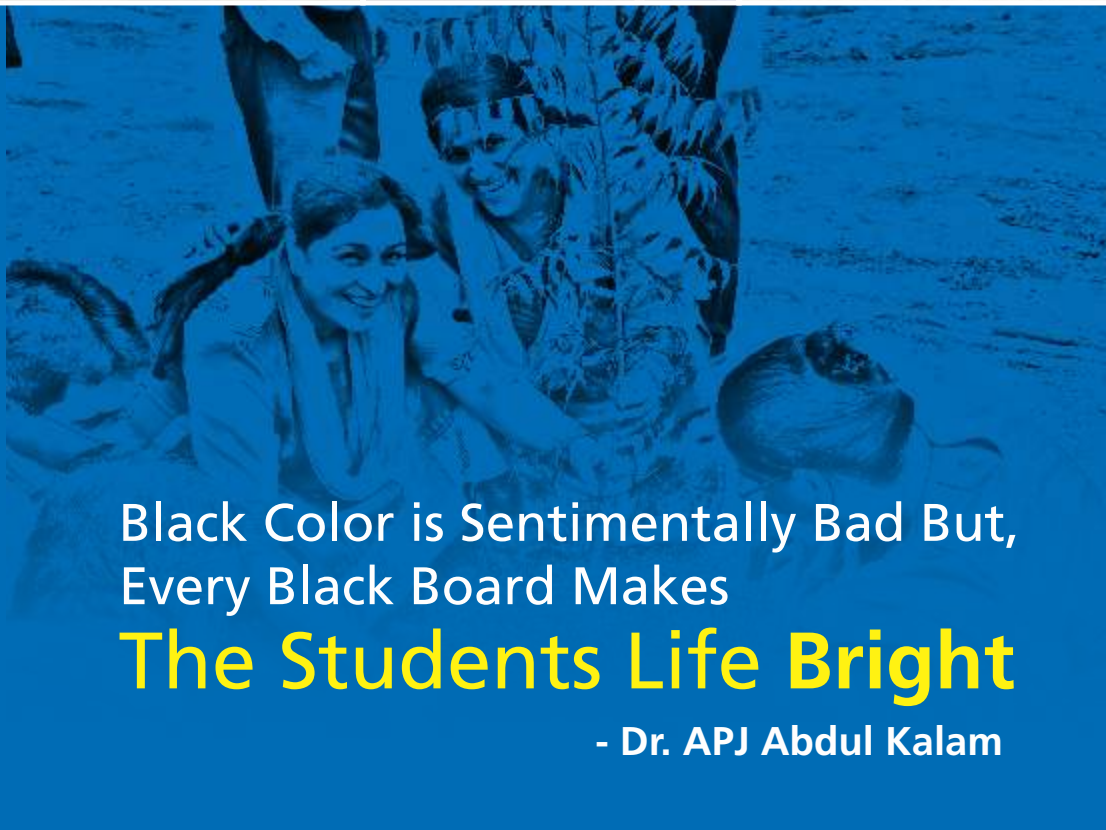


Clean, Green Healthy and Educated INDIA



Uttan Samiti-A Ray of Hope



Black Color is Sentimentally Bad But,
Every Black Board Makes
The Students Life Bright
- Dr. APJ Abdul Kalam



Our Motto

To Create Awareness about the
"Clean, Green, Healthy and
Educated India" Initiative

उत्थान अपने "क्लीन, ग्रीन, हेल्दी, एवं एजुकेटेड इंडिया " अभियान के तहत भारत के लोगों को विभिन्न माध्यमों से जागरूक करने का प्रयास कर रही है साथ ही भारत की संस्कृति की रक्षा के लिए तथा भारतीय संस्कृति की अपनी पुरानी विरासत को संजोते हुए उसकी अच्छाइयों को उकेरने का काम कला एवं अन्य माध्यमों के द्वारा कर रही है। उत्थान का मुख्य उद्देश्य भारत के नागरिकों को उनकी लुप्त होती सभ्यता से अवगत कराना तथा उसके फायदे बताना है। जैसे जिस आयुर्वेद एवं योग को हम भूल गए थे उसी आयुर्वेद एवं योग को आज अमेरिका ने शोध का विषय बनाया हुआ है वह भी इसका लोहा मान रहा है। तथा अमेरिका के लोगों के बीच में हल्दी वाला दूध एनर्जी ड्रिंक के रूप में अपनी पहचान बना रहा है। इसी से अंदाजा लगाया जा सकता है की भारतीय आयुर्वेद एवं योग पद्धति कितनी कारगर है।

उत्थान "क्लीन, ग्रीन, हेल्दी एवं एजुकेटेड इंडिया " अभियान के तहत लोगों को जागरूक करने का प्रयास कर रही है। उत्थान का मुख्य उद्देश्य अपने भारत को "स्वच्छ, हरा-भरा, स्वस्थ एवं पढ़ा लिखा" बनाना है। जिसके तहत संस्था विभिन्न सांस्कृतिक कार्यक्रमों के माध्यम से, एवं लोक कला के माध्यम से, नुक्कड़ नाटकों के माध्यम से, विचार गोष्ठियों के माध्यम से, लोगों को जागरूक कर रही है तथा लोगों से विचारों का आदान प्रदान करके उनसे संवाद कायम करते हुए उनको समझाने की पहल कर रही है। जब हमारा भारत स्वच्छ होगा, हरा भरा होगा, तभी स्वस्थ भी होगा इसी को ध्यान में रखते हुए उत्थान लोगों को जागरूक करते हुए एजुकेट कर रही है।



Utthan Samiti

A Ray of Hope, is determined to make its campaign **"Clean, Green Healthy and Educated India"** a blazing success.

Children are the future of our Country and by making them aware of the challenges faced by our society and inviting them to become part of the solution, we pledge to make this a successful campaign. To achieve this, Utthan proposes to make four groups- **Clean, Green, Healthy and Educated**. Each child will be part of a group and various competitions will be organised and winners honoured to encourage participation.



Clean India

Green India

Healthy India

Educated India

General knowledge & Drawing competitions with themes based on hygiene and cleanliness will be organised. Awards will be given encouraging children to keep their homes and surroundings clean; and also to make others aware about not throwing garbage on streets, etc.

Competitions will be organised to make children aware of the importance of trees. To encourage planting of saplings in their own localities, and to educate other people in their vicinity, children will be awarded from time to time. Organisation will also take children for nature walks in nearby forests areas to make them aware about the benefits and uses of various trees and plants. Children will be encouraged to celebrate different occasions and festivals by planting trees and gifting sapling to others.

Besides competitions and awards related to health awareness, free health check-up camps will be organised in slum areas. This will increase awareness of health related issues such as cleanliness, sanitation etc. among children and the general public. Children will be encouraged to spread this information among their families, friends and neighbours.

Education forms the basis of knowledge on various issues such as health, cleanliness and environment. The aim of this group will be to encourage education amongst the children. Various competitions & awards are envisaged for outstanding performances by the children. Utthan will also provide help to those children who propose something remarkable in an effort to educate India.





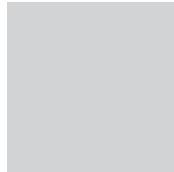
Children are required to make a data bank for the above activities under the groups **Clean, Green, Healthy and Educated** and update information on their contribution in this campaign. To make it comprehensive, taking pictures of their activities is advised. Based on these activities, the children will be awarded.

Utthan also organises Street Plays, Award ceremonies, Seminars and Cultural Programmes to make people aware about "Clean, Green, Healthy and Educated India" campaign. It also organises Cultural Programmes to protect Indian Culture and Tradition.



To protect trees Utthan celebrates Rakshabandhan as "**Vraksh Raksha Pran Diwas**" in which people tie Rakhies on trees and take pledge to protect them. Utthan also organises Tree Plantation drives from time to time.

Utthan Samiti honours people who do outstanding work for the betterment of the society with the "**Dr. A.P.J Abdul Kalam Award**" and also honours people who are working for the society with "**Utthan India Award**".



Environmental Education to School Children.

Environmental Education refers to the organized efforts to teach and learn about how the natural environment functions, particularly, the impact of human on the environment and how human can manage their behaviour and the ecosystem in an integrated and sustainable way. It is also an active learning process that increases people's awareness and knowledge about the environment and the development of necessary skills to address 'the challenges, and fosters attitudes, motivations, and commitments to make informed decisions and take responsibilities. The values and ethics surrounding environment can be addressed through environmental education, so that environmental understanding and participation becomes part of our lives.

Introduction

Utthan Proposes to build a network of **Environmental Education Experts** as a robust network of teachers who plan, coordinate and implement environmental programs for their school students and staff. However, an understanding of the many factors that influence the environment, particularly the impact of people, is critical to maintaining and improving environmental quality. Our environment includes its natural and built elements as well as its social and cultural aspects- it is air, water, and land; it is plants and animals; and it is people, their communities, and their social and cultural values.

The aims of Environmental education are for students to develop:

- Awareness and sensitivity to the environment and related issues.
- Knowledge and understanding of the environment and the impact of people on it Attitudes and values that reflect feelings of concern for the environment.
- Skills involved in identifying, investigating, and problem solving associated with environmental issues.
- And create a sense of responsibility through participation and action as individuals, or members of groups addressing environmental issues.

Environmental issues related to a sustainable future are often complex. Multidisciplinary holistic teaching & learning approaches are therefore appropriate for meeting the aims of environmental education.

Prakriti is an initiative to raise awareness on today's pressing environmental challenges. Utthan proposes to partner with schools to develop Environmental Education modules to educate our young on issues such as global warming, pollution and climate change.



To Make

Clean India

Green India

Healthy India

Educated India

Help us by Donating

- Prepare Toilet (single sheet) complete – **45,000/-**
- Garbage Bins- 120 Ltrs. – **9,500/-**
- Garbage Bins- 60 Ltrs. – **6,500/-**
- Donating Liquid Soap in one School- Primary – 7 classes- **10,000/per month**
- Seminar/ Workshop on “Clean, Green, Healthy and Educated India”- **50,000/- to 1,00,000/-**
- Nukkad Natak on “Clean, Green, Healthy and Educated India”- **15,000/-**
- Indian Classical programme on “Clean, Green, Healthy and Educated India”- **1,00,000/- to 2,00,000/-**
- Tree Plantation – **10,000/- to 25,000/-**
(70 to 150 saplings /plants)
- Adopt a Tree – **1,000/-**
- Donate a Sapling (In Decorative Pots) – **500/-** on Birthday/Anniversary/Any remembering day
- Plant a Sapling on your birthday – **1,100/-**
- Health Check-up camp with the help of renowned Hospital- **10,000/- to 25,000/-**
- Blood Donation Camp – **10,000/- to 15,000/-**
- School one class furniture – **60,000/- to 1,00,000/-**
- School Bag per student – **250/-**
- School Dress per student – **2,500/-**
- School Stationary per Student- **2,500/-**
- Black Board/ Notice Board one- **1000/-**
- 1 no. of Computer for School with printer and UPS- **36,000/-**
- Projector- **1,00,000/- to 2,00,000/-**
- Safety and First Aid Training- **35,000/- to 75,000/-**
- For G.K. / Quiz/ Painting /Drawing / Different Competition – **30,000/- to 60,000/-**
- Jute / Cotton Bag – **125/- per pc**



Campaign" Statistics Data: -

- Distributed Garbage Bins and Dustbins to RWA's- **2,500**
- Planted Plants- **76,000**
- Distributed Diya's on Diwali with oil to poor and in Leprosarium – **1,70,000**
- Rakhi messages and Rakhi's from school children to soldiers at Wagha Border – **2,50,000/-**
- Dr. APJ Abdul Kalam Awards -**2015 – 26**
- Utthan India Award - **54**
- Badminton court for children- **1**
- Sports Materials to Less Privileged - **31,000**
- Helped / Educated Less Privileged - **200**
- Hand Painting and vegetable paintings training camp for Less Privileged - **1,700**
- Computer and HR Training with to Less Privileged - **242**
- Indian literature & Sahitya Seminar for children – **512**
- Health Checkup Camp (Also include Eye Donation -**400**, Whole Body Donation-**3**, Blood Donation-**200**) with the help of Recognized Hospitals- **14**
- Play / Nukkad Natak on "Clean, Green, Healthy and Educated India" – **127**
- Seminar on "Clean, Green, Healthy and Educated India" – **65**
- Drawing / Painting Competition on "Clean, Green, Healthy and Educated India" – **1027**
- Jute / Cotton Bag free distribution to create awareness about disadvantages of Polythene – **1,00,000**
- Safety and First Aid Training- **1200**
- Indian Classical Programme on "Clean, Green, Healthy and Educated India"- **14**
- Donated Liquid Soap in Schools - **65 Schools**
- Prepare Toilet (single sheet) complete - **6**
- School Bags – **3500 Students**
- School Dresses – **4000 Students**



Dr. APJ Abdul Kalam Award

Dr. APJ Abdul Kalam Award Committee governed By **Utthan Samiti (A Ray Of Hope)** has been working to support Indian Community for its contribution and achievements rendered in the field of Education, Sports, Journalism, Government Services, Science, Medicine, Social Services, Social Justice, Astrology, Non-Government Organization, Art and Culture, Music, Writing, Infrastructure Development, Real Estate, Police Services, etc.

Every year the nominations are invited for the **Dr. APJ Abdul Kalam Award** and on selection and verification by the selection committee, eligible applicants are facilitated and awarded the Dr. APJ Abdul Kalam Award.

For further details please visit our website www.utthanindia.org.



Objectives of the Award:

- To motivate young people to achieve excellence in the field of Social Services as well as to achieve goal of **"Clean, Green, Healthy & Educated India"** initiative.
- To encourage young people to develop a sense of responsibility towards their community and thus improving their own personal potential as good citizens.
- Recognizing the work done by young people in Development/ Social service.
- To give recognition to the outstanding work done by voluntary organizations working with the youth for National development and / or social services.



Membership of Utthan

Executive Member

Any major individual of sound mind and integrity having unflinching faith in the aims and objectives of the organisation can become its general member. Membership fee for such member is Rs. 21,000 /- per year, subject to revision from time to time.

Honorary Member

Any person of remarkable achievement in any field of knowledge, creativity, work or service, member of port subscribing to the aims and objectives of the society may be enrolled an Honorary Member of the organisation without any membership fee.

Life-Long Membership/Donor Member

Any person of good integrity donating Rs. 1,11,000 or more in cash or land shall be enrolled as a lifelong member/donor member of the organisation. Any institution or organisation donating Rs. 1,00,000 or more in cash of land shall be enrolled as a lifelong member/donor member.

Special Member

Any major individual of sound mind and integrity having faith in the aims and objectives of the organisation can become special member of organisation. Membership fee for such member shall be Rs. 5100/- per year.

Termination: -

Any member of the society who works against the interest, objectives and reputation of the society will cease to be its member. The organisation shall have full power to take decision.

A member of the society shall cease to be a member of the society if-

He/she dies, resigns, becomes of unsound mind, becomes insolvent or is convicted of a criminal offence. He/she does not attend three consecutive meetings of the society, however, if he/she submits or sends prior written information to the President or Secretary mentioning proper reason for his/her absence, his/her membership may be continued.

A member may resign from the membership of the society/organisation any time by a letter addressed to the Chairman or the President. The organisation has full power to accept such resignation. There shall not be restoration of membership after termination.





YOU CAN ALSO SUPPORT US BY:

Joining UTTHAN SAMITI (A RAY OF HOPE) Team 100 & playing a key role in sustaining UTAHAN SAMITI (A RAY OF HOPE). Sponsoring mats, schoolbags/notebooks made of waste paper/cloth for rural &slum schools. Spreading awareness among your friends, corporate, schools, and colleges across India & the world Donating clothes, woollens, footwear, bed sheets, blankets, utensils, toys, school items and storybooks. Committing your old monthly newspapers, one side used paper, books and magazines Organising a collection drive in your residential area or workplace Providing office equipment's like computer, printer, photocopy machine, fax machine etc. Hosting disaster awareness/fundraising exhibitions giving us your export surplus to raise resources by selling it. Prominently placing permanent UTTHAN SAMITI (A RAY OF HOPE) collection/donation boxes in your premises financially supporting our initiatives buying our hand made products developed out of waste paper& cloths.

Payment details (Offline Payment)

Option 1: -Send Cheque / Demand Draft

Cheque / Demand Draft should be issued in favour of :

UTTHAN SAMITI (PAN NO.- AAAAU2752J)

Payable at: - GHAZIABAD-U.P.

Mailing Address:

UTTHAN SAMITI, BE-243, GF, AVANTIKA, GHAZIABAD-201002-U.P.

Note: - Kindly mention your Cheque OR DD No and DONER NAME . behind the cheque / draft

Option 2: - Direct Deposit in Our Bank Account

You may deposit the amount directly in our UCO BANK Account or drop the cheque in any nearby drop box of UCO BANK any where in India

Account Name: - UTTHAN SAMITI

Account Number: - 08500110009666

Base Branch: - 22, VIVEK VIHAR, G.T. ROAD,GHAZIABAD-U.P.-201001

RTGS / NEFT / IFSC: - UCBA0000850

MICR : - 110028046

Note:

If you have online fund transfer facility with your bank, you may transfer the amount from your bank account to our bank account directly using NEFT facility from your bank's website. After depositing the amount, you need to send us the full details of cheque with your reference number, for activation of your account in time.

Our Distinguished Awardee of " Dr. APJ Abdul Kalam Award"-2015

1. Dr Bindeshwar Pathak (Founder- Sulabh International) Life Time Achievement Award – Padam Bhushan ,
2. Ustad Amjad Ali Khan (Sitar Maestro) Padam Vibhushan
3. Dr Shovna Narayan (Kathak Guru) – Padam Shree
4. Sri Ram V Sutar (Sculpture Artist) – Padam Bhushan
5. Mrs Malini Awasthi (Folk Singer) – Padam Shree
6. Prakash Singh (Ex-DG- BSF) Padam Shree
7. Sri Gulzar Dehlvi (Poet) – Padam Shree
8. Dr Uma Tuli (Social) – Padam Shree
9. Sonal Kalra (Chief Editor Hindustan Times)
10. Sangram U Singh (Wrestler & Film Actor)
11. Sri N P Singh (DM- G B Nagar)
12. Sunil Sethi (Chairman – FDCI)
13. Sahu Akhilesh Jain (Bhartiya Jnanpith Academy)
14. Mr. Dinesh Goyal (Publisher)
15. Dr Sukhdev Kumar (CMD - Indo Gulf Hospital)
16. Sulakshna Monga (Women Entrepreneur Fashion Designer)
17. Nikhil Thukral (Young Entrepreneur Fashion Designer)
18. Himmat Singh Fashion Designer Entrepreneur
19. Sudip (Piloo Bhattacharya) Music Director
20. Himadri Shivan Delhi University - Clean India Campaign
21. Vijay Pal Baghel - Environmentist,
22. Labhanshu Sharma - Bravery
23. K Kabilan - Young Scientist
24. Yogendra Jha - Social Activist

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Utthan Samiti - A Ray of Hope

ADD: H.O:- SH-295, 1st Floor, Shastri Nagar, Ghaziabad-U.P.-201002

B.O.:-D-129, 1st Floor, Sector-10, Noida- 201301 U.P.

M: 9818036460 / 9818697406,

E-mail: utthanindiagzb@gmail.com/utthaindia@yahoo.com

www.utthanindia.org