





# Years of Impact and Progress

GReWS स्मारिका

**GLOBAL RESEARCH AND WELFARE SOCIETY** 















# Years of Impact and Progress

#### GReWS स्मारिका

National Conclave on Innovation Research in Global Trends

Organised by

**Global Research And Welfare Society** 

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मंगुभाई पटेल राज्यपाल, मध्यप्रदेश भोपाल - 462052



क्रमांक <u>०५२</u> /राजभवन/2023 भोपाल, दिनांक-<u>०</u>7.. फरवरी, 2023

#### संदेश

हर्ष का विषय है कि ग्लोबल रिसर्च एंड वेलफेयर सोसाइटी, भोपाल द्वारा नेशनल कॉन्क्लेव ऑन इनोवेटिव रिसर्च इन ग्लोबल ट्रेंड्स राष्ट्रीय सम्मेलन का आयोजन किया जा रहा है। इस अवसर पर स्मारिका का प्रकाशन सराहनीय है।

नेशनल कॉन्क्लेव ऑन इनोवेटिव रिसर्च इन ग्लोबल ट्रेंड्स पर चिंतन समसामियक पहल है। नवाचार राष्ट्रीय उन्नति का एक महत्वपूर्ण निर्धारक है। वैश्विक प्रतिस्पर्धा के वर्तमान दौर में नवाचार करने की क्षमता और उस नवाचार को समाज के वंचित वर्गों तक प्रभावी ढंग से पहुंचाना, समावेशी विकास का आधार है।

आशा है, कॉन्क्लेव का चिंतन तकनीकी, संगठनात्मक, बिजनेस मॉडल, आदि के क्षेत्र में हो रहे नए नवाचारों को समाज के वंचित वर्गों तक पहुंचाने, विकास की मुख्य धारा में शामिल करने के प्रयासों का मंच बनेगा।

शुभकामनाएं,

भागित प्रामुद्

( मंगुभाई पटेल )



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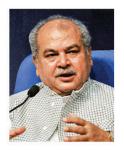




#### नरेन्द्र सिंह तोमर NARENDRA SINGH TOMAR



कृषि एवं किसान कल्याण मंत्री भारत सरकार कृषि भवन, नई दिल्ली MINISTER OF AGRICULTURE & FARMERS WELFARE GOVERNMENT OF INDIA KRISHI BHAWAN, NEW DELHI



सन्देश

यह बड़े ही हर्ष का विषय है कि ग्लोबल रिसर्च एवं वेलफेयर सोसाइटी दूरा शोघ शक्ति राष्ट्र शक्ति की मूल संकल्पना पर केन्द्रित नेशनल कोंक्लेव का आयोजन किया जा रहा है!

संस्था के 10 वर्ष पूर्ण होने के अवसर पर सैन्य अधिकारी, वैज्ञानिको एवं समाज सेंवियो का सम्मान किया जा रहा है इस सराहनीय एवं अनुकरणीय पहल हेतु संस्था के सभी सदस्यों एवं सहयोगियों का हार्दिक अभिनन्दन!

आशा है राष्ट्रिय संगोष्ठी मैं राष्ट्र के सर्वागीण विकाश मैं शोघ के विषय पर सामायिक चिंतन होगा तथा मार्गदर्शी विचार सामने आएंगे !

इस अवसर पर प्रकाशित हो रही स्मारिका हेतु मेरी हार्दिक सुभकामनाए!

आपका

(नरेंद्र सिंह तोमर)





#### गिरीश गौतम अध्यक्ष मध्यप्रदेश विधानसभा



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क्रमांक दिनांक 367 /3/am/ 23

#### <u>संदेश</u>

मुझे यह जानकर प्रसन्नता हुई कि आपकी संस्था " शोध शक्ति, सशक्त शक्ति " पर आधारित राष्ट्रीय सम्मेलन में वरिष्ठ समाज सेवी एवं देश सेवा में समर्पित पूर्व सेना के पदाधिकारी एवं अन्य वरिष्ठ नागरिको का सम्मेलन कर सम्मान करने जा रहे है।

ग्लोबल रिसर्च एवं वेलफेयर सोसायटी एक दशक अपनी सेवाए पूरी करने पर मेरी ओर से हार्दिक वधाईयां संस्था के पदाधिकारियों एवं इससे जुड़े सभी महानुभावों की देश सेवा में अपना योगदाद निरन्तर देते आ रहे हैं। इस सराहनीय एवं अनुकरणीय पालन हेतु संस्था के सभी सदस्यों एवं सहयोगियों का हार्दिक अभिनंदन।

आशा है कि राष्ट्रीय संगोष्ठी में राष्ट्र के सर्वागीय विकास शोध के विषय पर सामायिक चिंतन होगा ।

इस अवसर पर प्रकाशित हो रही स्थारिका एवं कार्यक्रम की सफलता के लिए हार्दिक शुभकामनाएं।

(गिरीश गौतम)







#### मध्यप्रदेश मानव अधिकार आयोग M.P. Human Rights Commission

पर्यावास भवन, अरेग हिल्स, जेल रोड, भोपाल-462 011

Paryavas Bhawan, Arera Hills, Jail Road, Bhopal-462 011

Phone: (0755) 2572034, Fax: (0755) 2574028

E-mail: mphumannght@yahoo.co.in, Website www.mphrc.nic.in



Dated: 13-02-2023

#### MESSAGE

I am delightd to know that a NATIONAL CONCLAVE on Innovative Research in Global Trends "SHODH SHAKTI RASHTRA SHAKTI" is being organized on February 14, 2023 at Auditorium, NITTTR Symala Hills, Bhopal (MP) for the striving youths to provide them opportunities to utilize their strength for the development of better India.

I wish all the best to the Conclave organisers team.

(Manohar Mamtani) Acting Chairperson











#### मेजर जनरल अजय कुमार महाजन अपर महानिदेशक मध्यप्रदेश एवं छत्तीसगढ़

Major General Ajay Kumar Mahajan

Additional Director General Madhya Pradesh & Chattisgarh

Tele : 0755-2464451, 2926565 E-mail : adg.mpcg@nccindia.nic.in रा. कै. को निदेशालय मप. एवं छग<sup>≸</sup> ई-5, अरेरा कॉलोनी, भोपाल (म.प्र.) 462016

NCC Directorate MP & CG E-5, Arera Colony, Bhopal (M.P.) 462016 Pin Code: 462016



#### **MESSAGE**

- 1. I gladly appreciate Global Research and Welfare Society (GReWS) for the wonderful concept of organising the event "National Conclave on Innovative Research in Global Trends". My heartfelt congratulations to the entire team to honour and motivate the silent effort of Armed Forces Veterans who have served in the country's Armed Forces to recognise their dedication and sacrifices. It is also significant that the Armed Forces Veterans will get free medical services, legal consultancy and counseling under this project.
- 2. I am pleased to know that the theme "SHODH SHAKTI RASHTRA SHAKTI" as Research is an important driver of economic growth as it spurs innovation, invention and progress. You are hereby providing a platform to facilitate the researchers and innovators for their continuous hard work.
- 3. I would like to congratulate GReWS on completing ten successful years for providing excellent services in sectors like health, education, women empowerment, counseling and many more.

4. My congratulations and best wishes once again on organising such a brilliant event.

(Ajay Kumar Mahajan)

Maj Gen

ADGNCC (MP&CG)

Place: Bhopal

Dated: 10 Feb 2023





#### नीरजा प्रधान, भा.स.से. Neeraja Pradhan, I.R.S.



### COMMISSIONER OF INCOME TAX (EXEMPTIONS)

Madhya Pradesh & Chhattisgarh
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E-5, Arera Colony, Bhopal – 462016
Phone – 0755 2426410, Fax – 2426419
e-mail – bhopal.cit.exmp@incometax.gov.in



**MESSAGE** 

I am pleased to know that, Global Research and Welfare Society, Bhopal (MP) has published its first edition of 'Smarika (समारिका)' on the theme "SODH SHAKTI-RASHTRA SHAKTI". I am extending my hearty compliments to them for their efforts.

It is indeed a proud moment for all the veterans, including Armed Forces veterans as well as the youth that, Global Research and Welfare Society, in association with other partners like Apollo Sage Hospital is organizing its first ever National conclave of its unique nature, where the civil veterans, Armed Forces Veterans and young ones are witnessing innovative concepts of research & social reform, which is a need of the present fast changing era.

I further, congratulate the Global Research & Welfare Society for their novel inclusion of free legal services in its objects and taking the initiative for providing free informal educational support & free medical services to the bereft group of youths, wards and families of veterans and bringing the intellectuals from various fields on one platform.

My Best Wishes to team Global Research and Welfare Society, Bhopal.

Bhopal, Dated: 10/02/2023

(Ms. NEERAJA PRADHAN) Commissioner of Income Tax, Bhopal











National Forensic Sciences University

Dr. Harsh Sharma, M.Sc., PhD., D.F.C&Tox., FIAMLE Officer on Special duty,

It gives me an immense pleasure to know that a National Conclave On Innovative Research In Global Trends is being organized by Global Research and Welfare Society, Bhopal (M.P.) on 14th Feb 2023.

The topic chosen for the conclave holds an immense importance in today's contemporary times.

Continual improvement and innovation in the field of research is the key to the formation of a country's image at a Global level.

I would also like to congratulate the Global research and welfare society for it's successful completion of decade with their dedicated service to the society and the Nation at large. I would also congratulate Armed Forces Veterans Association of India for their service and devotion towards society,

I wish this Conclave meets the very purpose with which it is being organized.

Best wishes

Dr. Harsh Sharma

M

 $\checkmark$ 

National Forensic Sciences University, Bhopal Campus, Barkhera Bondar, Bhopal (M.P.)







DR. RAVINDRA NATH SINGH

MA, M.Ed., MMS, Ph. D. (Economics) Addl. Asstt. Director (Trg.), NADT, RC, Bhopal IGNOU ACADEMIC COUNSELLOR

Email ID: singhravindra08@gmail.com

Date: 09 February 2023

#### MESSAGE

I am glad to know that, Global Research and Welfare Society, Bhopal (MP) is bringing its first edition of 'Smarika (स्मारिका)' on the theme of- "SODH SHAKTI - RASHTRA SHAKTI". I congratulate the Global Research and Welfare Society for such a historical ideology bring into practical life.

It is a proud movement for all the veterans including Armed Forces veterans and the youth that, Global Research and Welfare Society in association with other partners like Apollo Sage Hospital is organizing a first ever National conclave of its unique nature, where the civil veterans and Armed Forces Veterans are witnessing the innovative concepts of research & social reform which are the need of the present fast changing era.

I further congratulate the Global Research & Welfare Society for the inclusion of free legal services in its objectives and for taking the initiative for free informal educational support & free medical services to the bereft group of youths, wards and families of veterans and bringing the intellectuals at one platform from various fields.

XI.

(Dr. Ravindra Nath Singh) Addl. Asstt. Director (Training) National Academy of Direct Taxes, Regional Campus- Bhopal











Artist & Socialist

07.02.2023

प्रिय मित्रों ,

मुझे यह जान कर बहुत ख़ुशी हुई कि आपकी संस्था 'शोध शक्ति सशक्त शक्ति 'शीर्षक पर आधारित राष्ट्रिय सम्मलेन में वरिष्ठ समाजसेवी ,वरिष्ठ सेना अधिकारी ,वरिष्ठ वैज्ञानिक एवं अन्य वरिष्ठ नागरिकों का सम्मान करने जा रही हैं, इन सभी सम्मानित महानुभावों को अनेक बधाइयाँ और श्भकामनायें.

ग्लोबल रिसर्च एवं वेलफेयर सोसाइटी के दस वर्ष पुरे होने पर अनेक बधाइयाँ.आप इसी तरह देश सेवा में अपना योगदान देते रहें एवं,आपकी संस्था के कर्तव्य परायण सदस्य इसी तरह गतिमान रहें एवं समूचे देश और प्रदेश को, प्रगति में उच्च स्थान पर पहुंचाने में अपना अमूल्य योगदान देते रहें,यही अपेक्षा है

अनेकानेक साधुवाद एवं शुभकामनायें ,









# (Message

t is a pleasure to know that GReWS is organizing a National conclave commemorating on Innovations Research In Global Trends "SHODH SHAKTI RASHTRA SHAKTI". on 14th Feb 2023. The venue for this event will be Rajiv Gandhi Auditorium, NITTTR, Bhopal. Global Research and Welfare Society (GReWS), is a unique organization, which acts as an implementer, catalyst, socialist and advisory body in mobilizing resources to human beings involving human rights, Consumer protection, Environmentalism, Healthcare, Scientific development, Women empowerment, Counselling and Support, Health emergencies, Education, Advocacy rights, Child motivation, the reduction of crime and many more.

It is a matter of joy and honour that a large number of eminent nursing experts from all over the country and overseas are participating in the conclave and will have fruitful discussions in the field of perioperative Healthcare, Scientific development, education, practice and Innovations research In Global Trends. The collaborative and constructive deliberation by the renowned Healthcare experts, researchers and practitioners will be useful for the budding this professionals. I strongly believe that the knowledge gained by the delegates will go a long way in addressing the issues and challenges pertaining to perioperative Healthcare across the globe. The scientific presentations, discussions and other activities that are going to be held during three days will be of great help and will definitely leave new milestones. I take this opportunity to warmly compliment the efforts put by Shri Om Prakash Verma, Ms. Simi Shankar Tekur, Mr. Atul Pratap Singh Tomar, Dr. Chandra Bhadur Singh Dangi, Dr. Shadma Siddiqui and there team for putting all sincere efforts and hard work to organize such a wonderful conclave., I thank the committee for their wise advice and brilliant suggestions on organizing the conclave. All recognition should go to the committee members who have all worked extremely hard on the details of important aspects of the Conclave programs. There is no joy greater than celebrating the achievements and contributions of many hardworking individuals, courage and strength of Veterans, researchers and Scientists. This event remarks 10 years of Impact & Progress of GReWS, I extend my best wishes for the success of this event and welcome all the participants to City of Lakes.

JAI HIND

I wish the Conference all success.

Shri Mulayam Singh Patron GReWS,Bhopal











am delighted, to be able to join you for the first Conclave of the Society GReWS. Gratitude and credit are due to Dr.Chandra Bhadur Singh Dangi Ms.Simi Shankar Tekur, Mr.Atul Pratap Singh Tomar, Dr Shadma Siddiqui & team for all the hard work involved in organizing this event, , for his/her ongoing engagement and effort in establishing and embedding this GReWS, so that perioperative comes from researchers and scientists all over India can benefit from conclave. This is a very important year for our profession, and I encourage you all, at every opportunity to promote healthcare within your families, communities and societies), Our mission, To lower down the prevalence of hemoglobinopathies through Screening and Awareness strategies and to established better care unit for Thalassaemia and Sickle Cell Disease patients. A step towards their better future together with member organizations and other relevant collaborators, is to support who work towards improving Medical care globally, by advocating for researched evidence-based, practice standards and education, To help underinsured people with life-threatening, chronic and rare diseases, arrange medication and treatment. Advocating for improved access and affordability. To inspire hope, and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education and research. This delivery is not attainable without the input, commitment and engagement of the perioperative of Healthcare Profession & Colleagues, it is time for personal action, and each and every one of us is needed in that endeavor. I believe strongly that we cannot afford to abdicate our responsibility, and I share with you my personal mantra, and encourage you to accept and agree that 'It always begins with me, and for that I am responsible'. I very much look forward to sharing this journey with you all. National conclave commemorating on Innovations Research In Global Trends. At this moment, I express gratitude to each and everyone involved directly or indirectly in the organization of this Conclave and made this event a grand success. I am sure Conclave will emboss an ever-refreshing image and everlasting impression in the heart of everyone. Enjoy the academic feast, warm hospitality of City of Lakes, rich heritage of the region and culture. With the pleasant weather in the month of February, hope everyone's stay will be memorable. "Coming together is a beginning; keeping together is progress; Working together is success." Henry Ford....

Jai Hind!



Shri Om Prakash Verma Chairman GReWS,Bhopal







# (Message

t is remarkable to express happiness that I,am working with Global Research and Welfare Society (GReWS), such a unique organization, which acts as an implementer, catalyst, socialist and advisory body in mobilizing resources to human beings involving human rights, Consumer protection, Environmentalism, Healthcare, Scientific development, Women empowerment, Counselling and Support, Health emergencies, Education, Advocacy rights, Child motivation, the reduction of crime and many more. GReWS is organizing a National conclave commemorating on Innovations Research In Global Trends "SHODH SHAKTI RASHTRA SHAKTI". On the occasion of ten year of impact and progress of our society.we have been working with the aim To Develop and Establish a National Control Programmes for the prevention and Quality management of Sickle cell/Thalassaemia and other haemoglobin disorders worldwide through research activities, training, counselling, awareness programs in prevention and control of haemoglobinopathies. Our organization Primary work is to provide treatment facilities to the Thalassaemic children and to carry on research activities to innovate more effective treatment protocol.to put in place various rehabilitation programs for the grown up Thalassaemics and facilitates activities like computer training etc.

High-quality care is only possible when we all adopt a collaborative approach and follow sensitive, intensive and critical interdepartmental interaction. This conclave will provide an excellent opportunity for delegates to share the platform with renowned international and national experts. This event of academic extravaganza will enlighten all fraternity about the expanding horizons in perioperative scientific approach of this conclave I welcome all renowned experts, resource persons and chairpersons who have accepted our invitation for discussion and mutual deliberations. We are honoured with the gathering of esteemed guest, eminent educationist, UG, PG and Ph. D. Delegates gather here from all parts of the country. To pen and place on record, an accurate account of everyone's contribution to the success of this mega event is a daunting and formidable task. My whole hearted Gratitude and credit is due to Dr. Chandra Bahadur Singh Dangi , Mr.Atul Pratap Singh Tomar, Dr Shadma Siddiqui for his endless support in organizing this conclave. I wish you all an edifying and transformative day.



#### Ms. Simi Shankar Tekur

Vice- Chairperson International Affairs GReWS, Bhopal







It is a matter of great joy that GReWS is organizing a National conclave commemorating on Innovations Research In Global Trends "SHODH SHAKTI RASHTRA SHAKTI". on 14th Feb 2023 with the motto of is the develop and establish of National Control Programmes for the prevention and quality treatment of Thalassaemia and other Haemoglobin disorders in every affected country. Global Research and Welfare Society (GReWS), is a unique organization, which acts as an implementer, catalyst, socialist and advisory body in mobilizing resources to human beings involving human rights, Consumer protection, Environmentalism, Healthcare, Scientific development, Women empowerment, Counselling and Support, Health emergencies, Education, Advocacy rights, Child motivation, the reduction of crime and many more. This organization has a multi domain specialty, it demands active involvement and collaboration of different health personnel. Role of perioperative of medical professionals in delivering quality perioperative care and attaining positive surgical outcomes has been widely appreciated and recognized Considering the present health care scenario and needs, this conclave will be a much needed effort to provide a common dais to intellectuals gathered here from all over the globe to address the current trends, demands and challenges in Innovations Research In Global Trends.

I hope the conclave will produce rich outcomes for everyone and serve as a platform for new ideas and will create opportunities for collaboration. I congratulate to entire team on this occasion and wish a grand success to this academic as well as professional endeavor. Best wishes to all.

Jai Hind!

**Mr. Atul Pratap Singh Tomar**Joint- Secretary
GReWS,Bhopal











# Milestane Recagnition

For more than ten years, our NGO GReWS has embraced and nurtured those who seek its care with a sole mission – to provide the best of the art and science of health and medicine care GReWS has long advocated for the needs of its communities. Committed to the highest of values it strives to be a place of enduring quality and strength.

We acknowledge and appreciate that the foundation of our Ten years of Impact & progress is built upon you and your commitment to our society.

He is the active member/coordinator/adviser of many Scientific and Academic organizations. He is the recipient of many awards and honors. He has received a Research fellowship from Thalassaemia International Federation (TIF), Cyprus, and from Christian Medical College, Vellore. He has published more than 61 research papers in National and International journals. He had authored eight books and owned the IPR of his work.

He always helps patients to understand the medical facts, including how heredity contributes to their condition, and the options for dealing with the risk of recurrence.

His support will be key for patients and their families to make decisions and to adjust to a condition. As a genetic expert, he manage his own caseload of patients - through face-to-face interactions, over the phone and via virtual clinics 24\*7 and interpret family and medical histories to calculate the risk of condition occurrence or recurrence. Under his guidance his team arranges genetic tests and medical diagnostic testing of patients as well as testing of relatives.

He always explain their patients in easy way, to understand language to patients and their relatives about risk and cure also educate them about inheritance patterns, testing, management, prevention, resources and research use his counselling skills to promote and informed patients adapt to the risk or condition suggest appropriate screening relating to their condition deal with psychological and ethical issues raised by individuals and their families over a several year he has been keeping patient records and other consultants to ensure appropriate follow-up of patients. He helps the society by facilitating support for Thalassaemia/ Sickle Cell Disorder Tests especially to the needy & poor children.

With the help of his expertise of his field he mentor junior or trainee genetic counsellors and trained them Using his skills, he has been writing a several books on sickle cell & thalassaemia. Through media and social media he also delivered many awareness programme on doordarshan and other channels.

Congratulations on 10 years of successful conduction and organizing GReWS with your expertise we have reached an important milestone at GReWS. Ten years of service and dedication to making our Mission, Vision and Values come true every day for every needy person.

Prof. (Dr.) Chandra Bahadur Singh Dangi is a Human Genetic Consultant, Bione Ventures Pvt. Ltd. Sr. Vice President, New Initiatives & Innovations, Care Pro Biosciences Pvt. Ltd. India. Dr. Dangi has expertized in diverse aspects of Genetics, Biotechnology, Hemoglobinopathies, Molecular Biology, Cyto- Genetics, and trace elements.

Congratulations, I look forward to celebrating future successes together.

Yours truly, GReWS, Bhopal











am delighted and honoured to bring this message to the National conclave commemorating on Innovations Research In Global Trends "SHODH SHAKTI RASHTRA SHAKTI". on 14th Feb 2023

Welcome to 1st GReWS is organizing a National conclave commemorating on Innovations Research In Global Trends "SHODH SHAKTI RASHTRA SHAKTI". on 14th Feb 2023 Bhopal, the most prominent and largest conclave in the field of perioperative health in Bhopal. It is with great pride to welcome highly regarded organization GReWS and Armed Forces Veterans Association of India (AFVAI), Ojas Foundation, Aarambh, Udhaan, Pal Pal India, Sahyog, Ansha Bionic, Apollo Sage Hospitals, AF Partners, Court mitra, GReWS Herbal jointly supporting us in this mega event. This event will unify acclaimed researchers, Healthcare specialists, leaders, educators, academicians, Indian Veterans and other interested participants to share their knowledge and discuss new trends, Innovations and opportunities addressing the current demand of our profession. What's highly remarkable is the exceptional scientific event with verity of sessions expending the knowledge and experience of every individual. The conclave would focused on recent advancement and critical expect of perioperative excellent health care, with focused theme on "commemorating on Innovations Research In Global Trends" to enable common person to face and adopt futuristic challenges of health care speciality in Thalassaemic children. I would be delighted to have your gracious presence and see you at conclave. As a Director, I know that the success of the conclave depends ultimately on the many people who have worked with us, in planning and organizing the conclave. I'm constantly amazed by the support given by the Shri Mulayam Singh, Shri.Om Prakash Verma, Ms.Simi Shankar Tekur, Mr.Atul Pratap Singh Tomar, Dr. Chandra Bahadur Singh Dangi. Most of all, I thank you, the presenters and sponsored, for enriching the Conclave by your presence. Together with all esteemed efforts of the organizing team, committee, experts and the respected support of our valuable exhibitors. We hope to offer you a rewarding conclave experience. I wish best of luck to the organizing committee, resource persons and Team.

On behalf of the Grews, we're looking forward to seeing you.





Director, Research and Innovation Editor in Chief- GReWS Smarika GReWS, Bhopal













संदेश

प्रसन्नता का विषय है कि ग्लोबल रिसर्च एंड वेलफेयर सोसायटी, भोपाल सिकल सेल एनीमिया से संबंधित मार्गदर्शिका का प्रकाशन कर रही है। सिकल सेल एनीमिया जनजातीय वर्ग में अधिक पाया जाता है। इस रोग के बारे में जन जागरूकता बढ़ाने की आवश्यकता है।

मध्यप्रदेश शासन ने सिकल सेल एनीमिया निवारण के लिए गत नवंबर माह से मिशन प्रारंभ किया है। प्रधानमंत्री श्री नरेंद्र मोदी जी ने भोपाल में हुए जनजातीय गौरव दिवस समारोह में 15 नवंबर 2021 को इसकी शुरुआत की थी। सिकल सेल एनीमिया के संबंध में जागरूकता बढ़ाने के लिए विभिन्न माध्यमों का प्रयोग आवश्यक है। प्रिंट, इलेक्ट्रॉनिक मीडिया और पारम्परिक माध्यमों से जागरूकता बढ़ाने का कार्य आसान हो जाता है। सोसायटी द्वारा इस संबंध में मार्गदर्शिका का प्रकाशन सराहनीय है।

आशा है, इस मार्गदर्शिका का लाभ बड़े जनसंख्या वर्ग को व्यापक रूप से प्राप्त होगा।

2) ठ्या प्री (शिवराज सिंह चौहान)





मुझे यह जानका चुनों हो भी है कि पीतीसीमिया केयर काउन्होंना की इकहें व रिसर्प एंड केन्ट्रेयर शोसास्त्री कोयात, हो माँ उत्कृत उत्तावस्था देखाना सुविधार्य कर रही है। यह इनव्हें नि-स्वार्य सेवा आजना के साम देश में स्वातान्या और मिया से जुब्द रहे नीया और असहाय सोगों की सहायता के अपने रिशन की प्रति र असार है।

मुझे अवगत करामा गया है कि यह सोतवाटी फैसेगीरिया और अपन Ininaffler विकारों के साथ हर ऐसी के लिए स्वास्थ्य देखनात की सुण्यातानुकत दुविया उपनक्षा करा हो हैं। सोताब्दी में फैसोगिया से संबंधित व्यापक स्वास्थ्य स्वास्थ्य सेवा और उपनियान कर्यों किया है हैंगा स्वास्थ्य तमा कर की संवस्था में कीटन कर्यों में मिसा है। यह सोसाबरी अपने आप में अनुक्यांग्य और सराहरीय कर्यों कर हो है।

मैं महोबाल रिसार्थ एंड बेंक्लेबर सोवायटी ओपाल द्वारा यैमोसीलिया और अन्य एकत विकास के क्षेत्र में क्षिण जा रहे अनवदार प्रयासी की सरहत्त करते हुए कमाना करता हूं कि पाउण्डेवल अपने मिशान में पूरी लाह करमायाब हो और इस में हम

्रोति( ११ विक्र सिंह तीमर)



अभय कुमार सिंह, भा र से. तान आयकर विदेशक (अन्ते.) ABHAY K. SINGH, IRS



Refer: 25. 5. 2022.



Central Revenue Building, Civil Lines, Raipur - Chhattisgarh 492001, Phone No. - 0771-2999601 জ্ঞানীয় ব্যাবাৰ পাল, বিদিয়া বাছ'ল।, বাৰুণ্ড (ড.গ.) এ ৭2.001 আন ন, – 0771–2999601. Email - Raipur.dt @incometax.gov.in

अनुराधा शंकर, मा.पु.से. अतिरिक्त पुलिस महानिदेशक (प्रशिसण) ANURADHA SHANKAR, I.P.S.

अर्थ शा.प्त क./ D.O. No/ ADG/ Trg/ ११/. 1.7.2.02



दिनांक / Date - ५ | 9 | 2024

मुझे यह जानकर अवधीयक हर्ष की अनुभूति हो रही है कि प्लोबल रिसर्प वेलकंपर सोतायटी, गोपात के साइंटीफिक बोर्ड मेम्बर्स द्वारा फारेंसिक साइंस के क्षेत्र में 'हैंब्बुक कॉए फारीक बोरोलाजी — साइंस फॉर सार्टिय काईंग शीर्यक से एक पुस्तक का प्रकारन कराया जा रहा है।

हम सभी अवनात है कि 'स्तोबल रिसर्च बलेस्टेयर सोसायटी विज्ञान एवं रवास्थ्य के क्षेत्र में अनुसंधान कार्यों को प्रोत्साहन देते हुए मारत को वैज्ञानिक क्षेत्र में आलामिनेद बनाने के 'मागीरखी प्रयार' में अपना निरंतर योगदान दे रही है। इस संस्थान ह्यात समय समय पर नवीन युवा वैज्ञानिक प्रतिमाओं को निखारने एवं आगे बढ़ाने का कार्य मी किया जा रहा है।

ंहैं बहुक कॉर कारोसल योंगोलाजी — साइंस कॉर साब्लिंग काईंग इस पुस्तक का प्रकाशन भी इसी कम में ग्लोबल रिसार्य वेकारेयर सोसायटी का नवीन प्रधास है, जो फारेंसिक ब्रियान क्षेत्र के विवासीयों के दिनों मौत का पथलर साबित होगा एवं किमिनल इन्वेस्टीगेशन से जुड़े वैज्ञानिकों एवं अधिकारियों के लिये सहायक सिद्ध होगा।

मैं कामना करती हूँ कि यह संस्था अपने क्षेत्र में नित नये कीर्तिमान स्थापित करें एवं अपनी स्थापन के ध्येय में कामयाब हो।

श्रीने चिंद्र)

्रभूकर (अनुराधा शंकर )



Dated 26th May 2020



#### MESSAGE

o take the opportunity to congratulate the second author Ms. Shadma for her efforts and thorough ies as much as her hard work and superb approach on a difficult topic that makes it richly trated and eminently readable for the layman.









/ / संदेश / /

Tenta Sept 8 2020

मुझे यह जानकर अत्यधिक हर्ष की अनुभूति हो रही है कि ग्लोबल रिसर्च वेलफंयर सोसायटी, भोपाल के साइंटीफिक बोर्ड मेम्बर्स द्वारा फारेंसिक साइंस के क्षेत्र में एक " Handbook for Forensic Biology- A Science Crime-Part I" का प्रकाशन काराया जा रहा

मुझे अवगत कराया गया है कि "ग्लोबल वेलफेयर सोसायटी" विज्ञान एवं स्वास्थ्य के क्षेत्र में अनुसंधान कार्यों को प्रोत्साहन देते हुए भारत को वैज्ञानिक क्षेत्र में आत्मनिर्भर बनाने के "भागीरथी प्रयास" कर अपना निरंतर योगदान दे रही है। संस्थान द्वारा समय-समय पर युवा वैज्ञानिक प्रतिभाओं की निखारने एवं आगे बढ़ाने का कार्य भी किया जा

प्रोफेसर डॉ. चन्द्रबहादुर सिंह दांगी एवं डॉ शादमा सिद्विकी ने परिश्रम एवं सतत् प्रसास कर लेखन कार्य किया है।

आशा करता हूँ कि " Hnadbook for Forensic Biology- A Science Crime-Part I'' फारेंसिक विज्ञान क्षेत्र के विद्यार्थियों के लिये उपयोगी एवं किमिनल इन्वेस्टीगेशन से जुड़े वैज्ञानिकों एवं अधिकारियों के लिये सहायक सिद्व होगी।

लेखन और प्रकाशन के लिए हार्दिक बधाई और सुमकामनाएं।





#### **Foreword**

any congratulations Prof. Dr) Chandra Bahadur Singh Dangi. I read your Book "Living with Sickle Cell Disorder.

Book is about the serious Disorder some! communities are struggling with. I would like to congratulate to the second author, "Prof. Shadma Shiddiqui" for her hard work and approach towards the topic.

I sincerely appreciated the message behind this book! Your piece was very revealing. Satisfying is the correct word to use because it promises readers that they will have positive feelings after reading the book Your work is Provocative as it suggests that the book takes an unusual approach to tackle a difficult topic in a sensible way. All the best for your future endeavors!



Col SBS Bhadouria









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#### **About GReWS**

#### Origin of Global Research and Welfare Society (GReWS):

Global Research and Welfare Society (GReWS) is a grassroots non-governmental organization founded in 2011 by service minded and dedicated youth of Bhopal district in the state of Madhya Pradesh. Limited social and economic development

prompted a team to start this organization to address unmet needs in the community. The NGO is registered under MP Society Registration Act. 1973 in the year 2011 with a unique ID (NITI Aayog) MP/2017/0166365. The executive committee members are well educated citizens of India and are directly or indirectly involved with the developmental work for our society.



To improve the quality of life for oppressed, disadvantaged, and marginalized peoples and focus on public health, education, initiating campaigns for awareness programmes, creating new opportunities in providing better health facilities.

#### Mission

To lower down the prevalence of haemoglobinopathies through Screening and Awareness strategies and to established better care unit for Thalassaemia and Sickle Cell Disease patients. A step towards their better future.

#### **Objectives**

- ► To help underinsured people with lifethreatening, chronic and rare diseases, arrange medication and treatment. Advocating for improved access and affordability. To inspire hope, and contribute to health and wellbeing by providing the best care to every patient through integrated clinical practice, education and research.
- ▶ To Development and Established a National



Control Programmes for the prevention and Quality management of Sickle cell/Thalassaemia and other haemoglobin disorders worldwide.

► To promote research activities, training, counselling, awareness programs in prevention and control of haemoglobinopathies.

#### **GReWS Roadmap for Local to Global**

Our NGO GReWS plays a major role in contributing to the welfare of a society in healthcare sector. Its identity reflects through the cause we stand for. As a team of healthcare professionals. Medical facilities Provider. volunteers & other professionals, get together to achieve a common goal, one that is more for the benefit of the society than to make profits for oneself. With this good intentions and initiatives we are going to welcomes a new series of healthcare systems future predictions for Global Care of for Sickle Cell and Thalassaemia disorder. patients care and their treatment specifically Haemoglobinopathy disorder.

We are shaping the future healthcare landscape with new models of care through holistic healthcare facilities like Ayurveda, Yog, Physiotherapy, Homeopathy, and Naturopathy along with latest and modern medical care system.

**Second,** integration of healthcare services financing, economics and insurance patient-based care and empowering the patient, universal healthcare, technology and information technology aging populations, preventative care.

**Third** we are going to take initiatives accreditation, standards, and policy for Sickle Cell and Thalassaemia disorder patients care and their treatment.

Fourth, Education, training for human development,

**Fifth,** futuristic medical care and research, innovation towards humanity.





# GReWS

#### **About Conclave**

lobal Research and Welfare Society (GReWS), is a unique organization, which acts as an implementer, catalyst, socialist and advisory body in mobilizing resources to human beings



involving human rights, Consumer protection, Environmentalism, Healthcare, Scientific development, Women empowerment, Counselling and Support, Health emergencies, Education, Advocacy rights, Child motivation, the reduction of crime and many more.

GReWS is organizing a National conclave commemorating on Innovations Research In Global Trends "SHODH SHAKTI RASHTRA SHAKTI". on 14th Feb 2023. The venue for this event will be Rajiv Gandhi Auditorium, NITTTR, Bhopal at 11 am in Morning.

There is no joy greater than celebrating the achievements and contributions of many hardworking individuals, courage and strength of veterans, researchers and Scientists.

This conclave organized as witness of 10 years of the establishment of GReWS.

It's a technical event for a world-class gathering of researchers from academia and industry, practitioners, and business leaders, medical care, healthcare, cinema, veterans providing a forum for discussing cutting-edge research, and directions for new innovation in healthcare and technology.

It is a large-scale event to bring together researchers, scientist and R&D professionals on ideas and common actions in the organization of knowledge while defining collaborative strategies using advanced technologies in multiple fields and application for society and its cultural, heath, education, economic and academic developments.

We are excited to start the tradition of honouring researchers and scientists also recognize and honour those who serve or have served as part of our military our veterans. To celebrate 10 successful year of impact and progress of our GReWS organization we allow researchers for presenting their latest scientific works through their pragmatic

vision, will contribute by expressing new requirements or by valuing existing solutions. This event also an opportunity for young researchers and scientists to expose and reveal their work and to make themselves part of this community.

Conclave covers all multidisciplinary topics related to the latest research and their importance in Innovations Research In Global Trends.

#### As part of the National conclave Highlights is:

- 1. GReWS Excellence Awards Ceremony
- Facilitation Ceremony: personalities from different sectors such as Research, Defence (Veterans), Academicians, Social Activators, Counselling, Health and Medical Services, and educationists.
- 3. Awareness activity on various educational aspects for striving youths with analysis and selection of services sectors by the aspirants
- 4. Panel Discussion on the hurdles in the way of success
- 5. Honouring Veterans attending the program from different parts of country (Limited to the selected group)
- 6. Resealed of GReWS Smarika
- 7. Open mic Interactions with Participants and Award winner

#### Insight of GReWS Smarika:

- 1. Decade Journey of GReWS
- 2. About National Conclave
- About Collaborators, Award winners, Aspirants
- 4. Future Prospects of GReWS







Dr. Harsh Sharma, Officer on Special duty, CFSU, Bhopal Campus, Retd. Director State Forensic Science Lab. of Madhya Pradesh worked as Head of forensic department at Central Academy for Police Training, Govt. of India, MHA, Bhopal. Major accolades awarded for best paper in Crime Scene Management in January 2009 at All India Forensic Science Conference at Ahmedabad. Awarded for the best paper of Crime Scene Investigation at All India Forensic Science Conference held at Jaipur. Meritorious Service Award in Scene of Crime Management by MHA, Govt of India, New Delhi, this was given by Shri Amit Shahii, then Home

minister of Gujarat. Indian Association of Medicolegal Experts has Conferred him with the Fellowship Award for doing outstanding work in Forensic Science.



Mr. Rajiv Verma is an Senior artist & Socialist who is seen in both films and television. He is always seen playing fatherly roles. Some of his films include Maine Pyaar Kiya (as Salman Khan's father), Hum Dil De Chuke Sanam, 90 Minutes, Benaras 1918, Rehguzar, Mohabbat Ho Gayi Hai Tumse, Dhamkee, Woh Tera Naam Tha, Andaaz, Yeh Raaste Hain Pyaar Ke, Hum Saath Saath Hain, Kachche Dhaage, Himmatwala and Jeet to name a few. Verma was born in Narmadapuram, Madhya Pradesh, India. He obtained his Architectural Degree from Maulana Azad National Institute of Technology. Later, he took a master's

degree in Urban Design in Delhi's School of Planning and Architecture. He won many national and international awards.



Prof. (Dr.) Chandra Bahadur Singh Dangi is a Human Genetic Consultant, Bione Ventures Pvt. Ltd. Sr. Vice President, New Initiatives & Innovations, Care Pro Biosciences Pvt. Ltd. India. Dr. Dangi has expertized in diverse aspects of Genetics, Biotechnology, Haemoglobinopathies, Molecular Biology, Cyto- Genetics, and trace elements. He is the active member/coordinator/adviser of many Scientific and Academic organizations. He is the recipient of many awards and honours. He has received a Research fellowship from Thalassaemia International Federation (TIF), Cyprus, and from Christian Medical College, Vellore. He has published more than 61



research papers in National and International journals. He had authored eight books and owned the IPR of his work. He helps the society by facilitating support for Thalassaemia/ Sickle Cell Disorder Tests especially to poor children.



Col. Dr. Bharat Bhosan Vata was commissioned in the senior most Infantry Regiment of the Indian Army in 1981; the Elite Brigade of the Guards. PhD in Disaster Management from Barkatullah University, Colonel Vats has held many prestigious appointments in his career in the Army. To name a few, he was Instructor of weapons in the trial wing at Mhow where new weapons to be introduced in the Army are field tested; instructor in the anti tank missile wing at Infantry School Mhow, Brigade Major of a Mountain Brigade where he actively fought the Kargil war in the War Zone, commanded a Mechanized Infantry Battalion during famous Operation PARAKRAM

and as a colonel operations of an Army corps, he was incharge of operations of 352 Kms on Punjab borders against Pakistan. Colonel Vats has been commended twice by the Chiefs of the Army Staff for his outstanding work in the Army. Founder President of Rotary Club of Bhopal- Kolar.







**Gp. Capt AK Upadhyay (Retd)** from IAF as Pilot Officer. He has the unique distinction of having served as a flight commander of bith MI-17 and Cheetah units. Vayu Sena Medal for Gallantry by the president of India in 2005. He has also served as the first chief test pilot of Hindustan Aeronautics Limited in Kolkata. He was sent to Indonesia to attend the staf and command course where also he was declared the topper among all foreign officers attending the course. His final posting was as director NCC for the states of MP and CG where with his deep insight and logical thinking he was instrumental in streamlining the NCC

training being imparted to the cadets. Group captain upadhyay is a keen sportsman who represented command cricket team and was the golf captain of a command team. An adventure enthusiast he participated in the tri service yachting expedition around the Indian Ocean and was awarded with a chief of air staf commendation medal for bravery during an emergency while on this expedition.



**Dr. Madhusudan Deshpande** is a well-known doctor based in Bhopal who specialises in Ayurveda. He has been practicing medicine for over 37 years. Dr. Madhusudan Deshpande works at Ojas Ayurveda Sanstha currently. He has previously worked at Owner of Own Clinic, Yoga Nature care Hospital, Sambhavna Trust. Dr. Madhusudan Deshpande specialises in Neuromuscular Care, Geriatric Care, Cardiac Care, Griva basti, child care, Snehan. Besides being affiliated with many hospitals, He has been professionally active in other important ways. He is a member of National Panchhkarma Academy, National Integrated Medical

association. State Level Dhanvantri Award, Yoga Sadhak are among the awards that Dr. Madhusudan Deshpande has won.



Shri Abhimanoj Presently he holds Editorial President Position at Pal Pal India. He is a well-known journalist having more than 36 years of experience in country's top media houses served his services in Nai Duniya (Indore and Bhopal), Dainik Free Press (Indore) and Dainik Samvet Shikhar (Raipur). Resident Editor in People's Samachar, also worked in Mumbai, Jabalpur and Satna editions of Navbharat. After the print media experience, desire to do something new in the field of information technology, from 2007, with intention to initiate work with digital media he started PalpalIndia Now it becomes one of the famous internet

news source portal worldwide.



Mr. Shrinivas Agrawal selected for National Scholarship Scheme from Department of Education, Govt of India. Awarded the certificate from former Chief Minister of Haryana Mr. Banarasidas Gupt in the year 2003 on the occasion of Akhil Bhartiya Yuva Agrawal Sammelan, Delhi .He awarded the certificate from Honorable Chief Minister of M.P. Mr. Motilal Vora in the year 1987 on the occasion of National Level Felicitation Ceremony organized by Agrawal Nav Yuvak Mandal, Bhopal. Awarded the certificate by the Honorable Minister Mr. Patni as the best student of Digamber Jain Higher Secondary School in the year 1982. Awarded

the certificate by the Honorable Minister Mr. Uma Shankar Gupta, Home Mininster, Govt of Madhya Pradesh as an eminent member of Agrawal Samaj in the year 2008. Lifetime Member of Tax Law Bar Association, Bhopal. Lifetime Member of Bhopal Chamber of Commerce & Industry . Member of "M.P & C.G Income Tax Free Legal Services Cell."

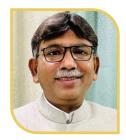








Mr. Amit Jain (CA), Joined as an Associate Member of the ICAI in 1989. Awarded as the fellow member of the Institute of Chartered Accountants of India (ICAI), 1994. Practicing as a Senior Partner in CA Firm in the name of M/s Shrinivas Agrawal & Associates, a partnership Firm from last 32 years. Running a leading auditing and tax-practicing firm of Chartered Accountants in the state of Madhya Pradesh.



Mr. Sharman Nagele, Senior journalist who pioneered the digital media in Madhya Pradesh, was honored with the prestigious KP Narayanan Award 2021 at Bhopal. Founder Chief Editor Mppost.Com Sr. Vice president & Coordinator Central India Press Club Former Member, State Level Accreditation Committee Govt. of M.P., Madhya Pradesh Communication Representative Welfare Committee Govt. of Madhya.



Mr. S.K. Rout, IPS Formar Director General of Police, MP Retaired Indian Police officer, recipient of President's medal for Distinguished as well as Meritorious Service, Joint Director of Central Bureau of Investigation, Deputy Director National Police Academy, Superintendent of Police (Indore) and various field posting across the state of Madhya Pradesh.



**Mr. Arjun Prasad,** Retired as Ex-junior commissioned officer, 5 times involved in Republic day parade, he was posted Akhnoor (Pak Boarder) in 1989,1995 posted at Siachen glacier, served his service as Drill Inspector, Joined as NCC officer at 2010, retired from Indian army in 2013, Joined DSC at 2014 retired in 2022 from DSC.



Major Ajay Shukla (Retd.)

Shri Ajay Shukla is a highly respected and accomplished individual, who served with distinction as a member of the Indian Army's Military Engineer Services (MES) for over 17 years. As Garrison Engineer(independent) Ajay played a critical role in executing the mandate of MES, which is to provide rear line engineering support to the Armed Forces and create the strategic and operational infrastructure needed to support the various branches of the military, including the Army, Air Force, Navy, and DRDO. He has taken his passion for serving others to the next level by leading a non-profit government organization that works to improve

sanitation, education, and health in multiple regions of Madhya Pradesh.



Dr. Sangeeta Jauhri

Pro Vice chancellor, Dean Faculty of humanities and liberal arts and IQAC Coordinator, Rabindranath Tagore University, Raisin District ,Bhopal Division. Having experience of 20 years in Teaching and Research. Certified Career Counsellor by ISCHS, Bangalore, Ph.D in Economics from BU ,Bhopal.Received Utkrisht Shikshak Samman from Madhya Pradesh Private University Regulatory Commission, Bhopal





Received Best Teacher Award by AISECT Ltd., Bhopal.Received Innovative Trainer Award by ISTD, Bhopal chapter.Received Research and Innovation Award from Madhya Pradesh Library Association Bhopal for the year 2022.45+ publications and co-authored 5 books. President of Grand Academic portal.



#### **Dr. Ravindra Nath Singh**

Additional Assistant Director (Training), National Academy of Direct Taxes, Regional Campus Bhopal. Dr. RN Singh, joined Indian Air Force in Technical branch (Electronics stream) as non-commissioned officer (aircraftman) at the age of 19. Dr. Singh served Indian Air Force for distinguished 23 years on various Radars, Aircraft which involves radar operation & maintenance, modification & retro fitment of aircrafts, second line services etc. posted at various locations such as Bengluru, Srinagar, Pune, Ambala and Gwalior. Mr. Singh Joined Income Tax Department as Inspector of Income Tax in MP-CG Cadre. Here also, he continued

his study and completed M.Ed. and Ph. D. Mr. Singh published many research papers in International as well as National papers including edited books, focussing on socio-economics issues. Presently, posted at Regional Campus of National Academy of Direct Taxes imparting and facilitating trainings to all cadre of officers of Income Tax Department and various financial and motivational sessions.



#### **Ravinder Pal Singh**

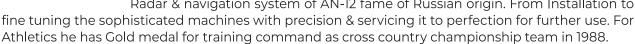
Associate Vice President, SYSKA Miterr Pvt Ltd. New Delhi and serving SYSKA at Dharuhera Haryana. He Served IAF for 23 years. After basic training at Sambar and trade training at Bangalore passed out as Radar Fitter from Bangalore. Got posted to Tezpur, Gorakhpur, Pune, Srinagar, Delhi & Suratgarh. Worked on state of art RADARs and ELECTRONICS WARFARE Equipment's. After retirement joined V-Guard Industries Ltd as GM (General Manager). Now serving as AVP and Plant Head of SYSKA Mitter Pvt. Ltd. Shri RP Singh was awarded by the Lions Club Kashipur Central for his devotion towards society for various social services.

In 2015 he received bronze medal for Manufacturing excellence from International Research Institute for manufacturing.



#### Shri Shunil Kumar Sharma

Shri SK Sharma Superannuated from prestigious organization IAF on 31 Jan 2021, to which he joined some 38 years back on 14 Sep 1983, at the age of 19 yrs, during his graduation. A rigorous & tough training for 27 months not only transformed a young & shy civilian into disciplined solider, but also carved a perfect technician & an Athlete out of it. On technical front I was privileged to work on ground radars viz FPS series of American Radar, THD -1955 series of French Radar, Art of modern technology ACMI Radar with seven layered PCBs of Israel origin & Air borne Radar & navigation system of AN-12 fame of Russian origin. From Installation to





#### Kanshi Ram

Shri Kanshi Ram vats joined AF at the age of 18 years in electronic stream as Radar fitter. Served on Mig 21, Mi-25 fighter, Helicopters. AMSE a calibration lab and THD 1955 radar. Discharged from service in 2003 after 20 years. After retirement he involved in real estate business,

After having an experience of construction. He has registered his own Company named Satvik Constructionnative place at Samalka, New Delhi.







#### **Nand Kumar Phuloria**

Mr. Phuloria, joined Indian Air Force in technical cadre in 1983 from Delhi batch at an early age of 20 years. After serving a prestigious 20 year of service, he took VRS and joined in private sector and presently working in MNC from US as a Senior Data Analysist. Shri Nand kumar Phuloria, belongs to a ruler village of Almora district of Uttarakhand State. His village- Audigram is declared to have 100% literacy and decorated with the many awards such as, Atal village, Swami Vivekananda Puraskar. Shri Nandkumar Phuloria completed his schooling from his native place and for further education he moved to Delhi and completed

graduation from Delhi University.



#### **Devraj Singh**

Shri Devraj Singh, joined Indian Air Force almost 40 years ago in electronics stream and had completed training at Samra Belgaum and Bangalore Karnataka state. Being posted at Jhabua, Assam he completed his graduation. He completed MBA in Human Resource from IGNOU, New Delhi. In the field of sports and games, he was an all-rounder player. He represented Training Command of Indian Air Force for hockey, Eastern command for volleyball and Maintenance Command in basketball. After retirement from Indian Air Force, I joined Metro Rail Corporation as Controller and presently working as Deputy General Manager (Operation) in

Delhi Metro Rail Corporation. Jai Hind



#### Shri Uttam Bandooni.

Joined Indian Air Force in Technical branch (Electronics stream) as non-commissioned officer (aircraftman) he completed post-graduation in MA political Science. He served Indian Air Force for distinguished 20 After retirement Mr. Uttam in 2003, joined Reliance communication as utility Manager at Dehradun and maintained network at Garhwal area with high efficiency. Mr. Uttam is one of the Founder member and General Secretary of Ex Airman Association. Being in Uttarakhand, he is engaged in social sector to provide help and supports in case of any natural disaster, Mr. Uttam has the hobby of, a theatre artist and acted

in many play at Dehradun under the banner of "Meghdoot Natya Sanstha". He also acted in few language movie and odd film. Presently, he is holding the post of General Secretary of "Shiv Shakti Vikas Samiti" (Registered), whose purposes are to perform social & Noble work.



#### **Shri Suresh Nair**

Shri Suresh Nair hails from Kerala and presently residing in kerala. He joined the prestigious organisation Indian Air Force in 1983 and served for more than 26 years on various electronics systems, radio and telecommunication system including wireless communication for ground as well avionics system. Among the various posting places, he worked at advance field station such as Thoise. Now Shri Nair is enjoying peaceful retirement life at home town Thrissur in Kerala.



#### Shri (Late) Shyam J Shukla

Who served for more than 38 years but unfortunately not available with us. Shri Shyam J Shukla served in Indian Air Force (IAF) for more than 35 years. In spite of confronting complex difficulties and unfriendly conditions during his time incorporating being harmed in Kargil Battle in 1999, Shri. SJ Shukla didn't allow his wounds to stop him from proceeding to serve others. He went to Congo for UN Mission and got back with triumph which was one more pleased second for Indian Air Force as well concerning us. All in all, Shri SJ Shukla was a genuine worker pioneer and a brilliant illustration of the responsibility, devotion, and

versatility of the people who have presented with the Indian Air Force. Shri SJ Shukla experiences Blood malignant growth and Parkinson sickness, in 2021 he passed away due to cardiac arrest.







# PRACTICAL MANUAL FOR CLINICAL AND APPLIED HAEMATOLOGY Shadma Siddiqui Chardra Bakadur Singh Dangi







#### **Books & Publication@GReWS**

Health research as complementary values ideally, society should strive to facilitate both for the benefit of individuals as well as the public. In addition to defining health research and delineating its value to individuals and society, GReWS and its member published and promoted many books under the flagship of GReWS some books based on diabetes, Where book authors try to established a relation to manage diabetes with green medicine concept with an experimental outcome. Another books is A study in children Cytogenetic discrepancies and pedantic performance, Living with Sickle Cell Disorder helps the patients to survive happily and healthily with sickle cell disorder, especially tribal people in Madhya Pradesh. In this book, guidelines are given to handle pain and various troubles arising due to sickle cell disorder to manage different kinds of pain and critical health issues. In Handbook for Forensic Biology acknowledges that benefits and limitation that apply to forensic biology techniques. Author has high hope that this book will assist students in becoming more knowledgeable about the field of forensic biology and the wealth of available information. In Practical Manual For Clinical And Applied this book covers practical topics are designed to supply the basic knowledge of both the clinical and laboratory aspects of Haematological investigation, related to diseases and blood transfusion.











# GREWS

#### **Education & Training @GReWS**

In simple words, education is a structured process that facilitates learning, skill development, morals, beliefs and habits. Various movements of education reforms talk about the improvement of quality and efficiency of education. We, the team of GReWS work towards promoting relevant knowledge to the students and efficient problem solving skills in modern or future society. Right to education is something that GReWS is very concerned about, we aim to promote quality education for all. We focus on every child from foundation level of education & training we collaborated with Aarambh- Pre School – Child Care Educational Unit of Global Research and Welfare Society.



















## GReWS

#### **Healthcare @GReWS**

An integrated medicine practitioner focuses on providing physical, mental, emotional, spiritual, social, and community-wellness care to each patient. Holistic medicine focuses on treating, newborn screening, counselling, clinical management of acute complications and long-term follow-up care for the largest region of the state. To help underinsured people with life-threatening, chronic and rare diseases, arrange medication and treatment. Advocating for improved access and affordability. To inspire hope, and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education and research.























#### Journey With Sickle Cell Anemia & Thalassaemia @GReWS

With a vision to make our nation Sickle Cell/Thalassaemia free. Our GReWS is to advancing the treatment and cure for this fatal blood disease, enhancing the quality of life of Patients and educating them. We stated with an awareness Campaigning for blood collection, counselling & educating SDC/Thalassaemic, within a small circle but now we reached to the every common man to the society, GReWS set up a local to global resource centre through mass media activities to facilitate screening and prevention programs for controlling of SCD/Thalassaemia. Soon GReWS GReWS SSD Memorial Hospital & Critical Care comes with "New possibilities in the Quest for Wellness" reliable multispeciality hospitals with the ability to deliver top-notch care strengthened by state-of-the-art infrastructure. high-quality and technologically advanced pieces of equipment, our aim is to provide superior care highlighting patient-centricity, Holistic Integrative Medical Care which is a great social, mental and emotional support and relief to the family.

























## GReWS

#### **GReWS @Covid Pandemic**

The health and care sector is one of the most severely hit by the pandemic as those employed or contracted in it face multiple hazards that affect their physical, mental and social well-being inspite of that GReWS worked as a frontline Worriers during this pandemic.we conducted Awareness Live Webinar Series: During COVID19 Lockdown withNational & International Keynotes Speakers: June 2020 MDRobo Nursing Assitance during COVID 19 Outbreak, During COVID19 Online Career Counselling, Awareness and Training Programs, Raw Food Stuff Distribution, Prevention -Temperature Screening, Campaign to Boost up Immunity through AIBD among corona warriors, Health Screening Camp and many other health care services, welfare programme and prevention and control of pandemic diseases, basic sanitation, immunisation, etc. And were 24/7 hour available for service of the patient and their role was praiseworthy.























#### **Felicitation of Indian Real Heroes**



Sunil Kumar Sharma



Smt. Sumal Lata



Subhadra Devi Sharma



Ganesh Sharma



Smt. Sampati Sharma



Suresh P Nair



**Nand Kishore Phuloria** 



Smt. Rama Phuloria



Mahesh Chandra gaur



Smt. Neema Gaur



**Ravinder Pal Singh** 



Smt. Anita Singh



Smt. Har Pyari



Kansi Ram



Smt. Nirmala Devi



Mrs. Indrakala Shukla



Shri Gagan Arora

DONATE



Smt. Shilpa Arora



Mihaan Arora

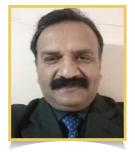


**Enaya Arora** 



# GReWS

#### **Felicitation of Indian Real Heroes**



Uttam Kumar Bandooni



Smt. Anjana Bandooni



Suresh Kumar Khanduri



Smt. Preeti Khanduri



Devraj Singh



Mrs. Arunlata



Mrs. Amita Choudhary



SK Chouhan



Alka Chouhan



Rampal Singh



**Resham Singh** 



Krishna Kumar Tyagi



Beena Tyagi



**RN Singh** 



Shashi K Singh



Shakuntala Singh



Pramila Singh



Lt. CDR. Krishna Kumar Singh



Ret. Naik Raghubir Sharan



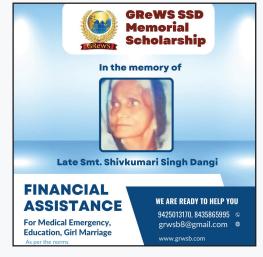


#### **GReWS SSD Memorial Scholarship**

In the memory of Late Smt. Shivkumari Singh Dangi For Education, medical assistant or Girl marriage also provides funds to graduate girl who have applied or secured admission into educational institutions Social Work, Social Sciences, Education, Education & Welfare of Children with Special Needs, Gender Studies – Violence against Women and Children including Domestic Violence, Child Health – Development and Nutrition, Health Policy and Health Education – Mental Health (with a focus on women and children), Public Health – Community Health Services & Reproductive Health, Rural Development Work, Needs



of Adolescents – Urban & Rural, Communication for Development, Development Studies, Research and Study of Social Norms in Communities.





**Sikta Tiwari**D/O Mr. Sunil Tiwari Journalist
Class V
School: Carmel Convent Sr Sec
School, B.H.E.L, Bhopal

#### **GReWS SSD Memorial Hospital & Critical Care**

Grand Opening Soon...

New possibilities in the Quest for Wellness

In the Memory of Shri Shivcharan Singh Dangi soon we are establishing as the multispeciality hospital & Critical Care for Thalassaemia and Sickle Cell patient our hospital provides free consultation, free blood and

transfuse on facilities, counselling, investigations and food for patients daily. Our hospital provides eminent doctors, specialists, hemato-oncologist, paediatric endocrinologist, cardiologist, paediatrician, pathologists, ophthalmologist, dentist, radiologists and research scientists associated with us in helping to provide best comprehensive care and cure for our patients.

GReWS SSD Memorial Hospital & Critical Care comes with "New possibilities in the Quest for Wellness" reliable multispeciality hospitals with the ability to deliver top-notch care strengthened by state-of-the-art infrastructure. high-quality and technologically advanced pieces of equipment, our aim is to provide superior care highlighting patient-

centricity, Holistic Integrative Medical Care which is a great social, mental and emotional support and relief to the family.

The patient and practitioner are partners in the healing process. Effective interventions that are natural and less invasive are used wherever possible. Alongside the concept of treatment, the broader concepts of health promotion and prevention of illness are given greater importance. The care is individualized to best address the person's unique conditions, needs, and circumstances

Traditional Western medicine with holistic medicine practices to create a personalized treatment option for patients. An integrated medicine practitioner focuses on providing physical, mental, emotional, spiritual, social, and community-wellness care to each patient. Holistic medicine focuses on treating physical, mental, emotional, and spiritual health to achieve improved health outcomes include Mindfulness, meditation, Homeopathy, Yoga, Chiropractic care, Massage therapy, Acupuncture, Integrated functional medicine, Physiotherapy, Naturopathy & Ayruveda





### **GReWS Research & Innovation**

#### GSA-1

# Analysis of Microbiome: A Potential Tool For Investigation

Shadma Siddiqui
M.phil, Ph.D (Applied Microbiology)

The focus objective of forensic sciences is to find clues in a crime scene in order to reconstruct the scenario. The rise of microbiomics and metagenomics has been driven by advances in genomic sequencing technology, improved microbial sampling methods, and fast-evolving approaches in bioinformatics. Humans are a host to diverse microbial communities in and on their bodies, which continuously interact with and alter the surrounding environments. Since information relating to these interactions can be extracted by analyzing human and environmental microbial profiles, they have the potential to be relevant to forensics. Classical samples include DNA or fingerprints, but both have inherent limitations and can be uninformative. Another type of sample has emerged recently in the form of the microbiome. Supported by the Human Microbiome Project, the characteristics of the microbial communities provide real potential in forensics. They are highly specific and can be used to differentiate and classify the originating body site of a human biological trace. Skin microbiota is also highly specific and different between individuals, leading to its possibility as an identification tool. By extension, the possibilities of the microbial communities to be deposited on everyday objects has also been explored. over 100 papers describing forensic microbiome applications with emphasis on geolocation, personal identification, trace evidence, manner and cause of death, and inference of the postmortem interval (PMI). Other uses include the determination of the post-mortem interval or the analysis of soil communities. One challenge is that the microbiome changes over time and can be influenced by many environmental and lifestyle factors. This review offers an overview of the main methods and applications to demonstrate the benefit of the microbiome to provide forensically relevant information.

Although this field is in its infancy, utilizing microbiome and metagenome signatures has the potential to enhance the forensic toolkit. However, many of the studies suffer from limited sample sizes and model accuracies, and unrealistic environmental settings, leaving the full potential of microbiomics to forensics unexplored. It is unlikely that the information that can currently be elucidated from microbiomics can be used by law enforcement. Nonetheless, the research to overcome these challenges is ongoing, and it is foreseeable that microbiome-based evidence could contribute to forensic investigations in the future

**Keywords:** Microbial Communities, Postmortem Interval, Metagenome, Skin microbiota, Human Microbiome project.

#### GSA-2

### Dimensional Epidemiology Of Sickle Cell Anaemia (SCA) In India

#### 🖊 Chandra Bahadur Singh Dangi

Ph.D (Human Genetics)

Sickle-cell anaemia (SCA) is a neglected chronic disorder of increasing global health importance, with India estimated to have the second highest burden of the disease. In the country, SCA is particularly prevalent in scheduled populations, which comprise

the most socioeconomically disadvantaged communities. We compiled a geo-database of a substantial number of SCA surveys carried out in India over the last decade. Using generalized additive models and bootstrapping methods, we generated the first India-specific model-based map of sicklecell allele frequency which accounts for the district-



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GReWS

level distribution of scheduled and non-scheduled populations. In the view of one research the inclusion of 1.3 million individuals, considerably increased the amount of data in mapping evidence-base studies. Highest predicted frequencies of up to 10% spanned central India, whilst a hotspot of ~12% was observed in Jammu and Kashmir. Evidence was heavily biased towards scheduled populations and remained limited for non-scheduled populations, which can lead to considerable uncertainties in newborn estimates at national and state level. This has important implications for health policy and planning. By taking population composition into account, we have generated maps and estimates that better reflect the complex epidemiology of SCA in India and in turn

provide more reliable estimates of its burden in the vast country.

Both research and action on SCD especially among tribal populations need immediate attention. While geospatial epidemiology has been well understood, gaps remain in context-specific knowledge for action in several parts, as well as evidence gaps across several health system building blocks, including governance and financing of care. Despite publication of a draft policy, delayed adoption and lapses in implementation have limited the response largely to local communities and non-governmental organizations.

**Keywords:** Sickle-cell anaemia, geo-database, sickle-cell allele, SCD

#### GSA-3

### Human Rights Commitment And Practice Droit De l'humane Derechos, Menschenrechte-

Fahad Imtiaz, Advocate, BBA, LL.B (Hons.)

The Rights of man- are literally the rights that one has because one is human.

Basic Human Rights are those rights which a person should enjoy to lead an honorable life as a human being with dignity and without any distinction of race, religion, caste, color or sex. Laws have been given a proper place in the constitutions of many countries.

The United Nations on Decembers 10, 1948 adopted the Universal declaration of Human Rights and called upon the different member nations to assure all the human rights to their people and celebrated all over the world every year as Human Rights Day. The Universal Declaration of Human Rights states that "every individual and every organ of society including companies shall strives by teaching and education to promote respect for human rights and freedoms and by progressive measures, national & international, to secure their universal and effective recognition and observance"[1].

Human Right Commitment includes the principles and systems adopted by individual or society or companies for their operations pertaining to human rights. It has an objective to define a reliable approach that allows each and every part of the society to identify and manage human rights risks

and also reduce potential human rights violation.

Human Rights Commitment was developed in accordance with the guiding principles on Business and Human Rights: Implementing the United Nations- "Protect, Respect and Remedy" Framework which was endorsed in 2011 by the United Nation Human Rights Council. These commitments are based on the International Declaration namely:

The Universal Declaration of Human Rights International Covenant on Civil and Political Rights International Covenant on Economic, Social and Cultural Rights

International Labor Organization

Fundamental Human Rights Conventions (Convention 29, 87, 98, 100, 105, 111, 138 & 182.)

It is concluded that those rights which are given by the International Conventions as well as the Constitution of a democratic countries should put to use only when they are at issue, when their enjoyment is questioned, threatened or denied. It is well said that "Claiming a right makes things happen"[2], and those rights must be exercise; must be given respects, must be enjoy by everyone and at last must be enforce in every organ of the society.

- [1] The Universal Declaration of Human Right
- [2] Fienberg 1980:150





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### Screening Knowledge And Prevention For Cervical Cancer

RIMPA MANNA, C.B.S DANGI, Asst. Prof., Faculty of Science. RKDF

Professor and Dean, Faculty of Science, RKDF University, Bhopal.

Abstract: Cervical cancer is the most common female cancer in developing countries India .Cervical cancer is one of the leading cancer killers among women all over the world. A woman dies of cervical cancer every two minutes. Its contribution to cancer burden is significant across all cultures and economies. However in India this disease is still killing up to 1, 23,907 women annually. Fortunately, this cancer is preventable by screening for premalignant lesions but this is rarely provided and hardly utilised. The aim of this research is to

assess the knowledge of cervical cancer screening among Indian women.

A descriptive cross-sectional survey was adopted to assess the knowledge of cervical cancer screening among women attending AIIMS Hospitals Bhopal and near by area arera colony in middle states of India. The sampling technique adopted in the study was the simple random sampling. The respondents were reassured of the confidentiality of the data. The instrument used basically was self-structured questionnaire. Data were analysed using descriptive statistics and chi-square.

**Key words:-** Cervical cancer, Pap smear, cervical cancer screening.

#### GSA-5

### **Effect Of NNK And Nicotine INL-132 Lung Cancer Cells**

✓ Shivanshu Shukla,

**Abstract:** Cigarette smoke and tobacco use is the most important risk factor for lung cancer. Nitrosamine ketones (NNK), Bap (Benzo (a) Pyrenees, NNN (N- nitrosononicotine are toxic compound causes cancer. The purpose of this study to determine the effect of NNK and Nicotine on ERK and STAT3 signaling in lung cancer cells. NNK, a carcinogen which induces phospho-ERK, STAT3, SGPP1, Sphk1 Signaling pathway in lung cancer (L-132) cell Line,

through activation of Janus kinase (JAKs) and Sphingosine -1-phosphate . Janus Kinase (JAKs) and sphingosine -1-phosphate are able to induce cell proliferation, tumor progression and tumor development. However combination treatment of nicotine and NNK didn't induce the signaling pathway. The result of this study showed that NNK is more potent inducer of singaling pathway as compared to nicotine.

**Keywords:** Cancer, NNK, Nicotine, NNN, Tobacco, Sphingosine -1-phosphate, ERK, Phospho-STAT3



#### GSA-6

### **Biotechnology In The Era Of Pandemic**

🖊 Uzma Imtiaz, Shadma Siddiqui

**Abstract:** Biotechnologists around the world worked hard continuously to prevent and spread of the coronavirus. The main purpose of Biotechnology in this situation is to produce medicines, drugs, vaccines as soon as that cause medicinal benefits for humans. COVID 19 pandemic has unveiled the importance of a biotechnologist and their industry; it has also

proven itself as a big challenge for the medical device sector. The corona pandemic has revealed the true importance of the biotechnologists, not only in the field of medical but also in biotech industry. This article highlights the importance of biotechnology field and how it's emerged as a leader in this era.

**Keywords:** Pandemic, Biotechnology, Research Vaccine





# Risk Factors For Tuberculosis Infection In Indian Population

Rajni Bagdi, Shadma Siddiqui, Sonam Sahu Deptt. Of Medical Laboratory, School of paramedical sciences, SAM Global University

**Abstract:** The risk of progression from exposure to the tuberculosis bacilli to the development of active disease is a two-stage process governed by both exogenous and endogenous risk factors. Exogenous factors play a key role in accentuating the progression from exposure to infection among which the bacillary load in the sputum and the proximity of an individual to an infectious TB case are key factors. Similarly endogenous factors lead in progression from infection to active TB disease. Along with well-established risk factors (such as human immunodeficiency virus (HIV), malnutrition, and young age), emerging variables such as diabetes, indoor air pollution, alcohol, use of immunosuppressive

drugs, and tobacco smoke play a significant role at both the individual and population level. Socioeconomic and behavioural factors are also shown to increase the susceptibility to infection. Specific groups such as health care workers and indigenous population are also at an increased risk of TB infection and disease. Conclusion-TB is a multifactorial disorder, in which environment interacts with host-related factors. This study offered important information for assessing host and environmental determinants of tuberculosis in order to improve TB control actions in developing countries.

Corresponding author- Rajni Bagdi, Deptt. Of Medical Laboratory, School of paramedical sciences, SAM Global University

#### GSA-8

# Threatening Impact Of Mobile Radiation On Human Liveliness

Shadma Siddiqui
M.phil, Ph.D (Applied Microbiology)

✓ Neelu Pawar

Abstract: Globalization is the new mantra. For, Communication and all digital activities, mobile phone become everyday necessity. The invention of this new touch technologies and the wide spread of smart mobile phones made humans embrace technology more and depend on it, extensively in their lives. With new communication technologies and smart phones the world really became a small village. Overuse of mobile provides positive and negative effects. It makes Comfort and easement environment, parallel effect adversely human health both physically and mentally.. Dominancy of Mobile work on human personality produce ill effect continuously. Continuous and chronic exposure to this radiation produce negative impact on biological system of human beings over the years. This Rays

penetrate human body and cause deleterious effect. It produce vulnerable impact and various health hazards that is Mood swings, Cervicogenic Headache, Ophthalmic headache, Insomnia, Carcinogenic changes and psychological disturbance etc. This become serious concern to overcome this health hazards with the passing time. Various modification has to be done with this dependency on mobile phone. In order to reduce exposure of this harmful radiation need to work on other ways to replace the use of Cell phones. The present study discusses the adverse effects associated in using mobile phones, and addresses sustainable perspectives to overcome the same. Although, for Human advancement and physical and mental wellbeing of human, work on the alternative use of cell phones or Potential risks of cell phones can be avoided by limiting the use.

**Keywords:** Insomnia, Ophthalmic, Cervicogenic Headache, Psychological, Globalization.





### **Covid -19 And Its Impact On Dentistry**

#### ✓ Dr. Sadaf imtiaz (BDS), Dr. Bushra Ahmad (BDS)

**Abstract:** Corona virus disease 2019 (COVID-19) is defined as illness caused by a novel coronavirus now called severe acute acute respiratory syndrome coronavirus 2 (SARS-CoV-2) which was first identified in Wuhan City, Hubei Provine, China. Its was initially reported to the WHO on December 31,2019. On January 30, 2020, World Health Organization declared the outbreak a Public Health Emergency of International Concern and a pandemic in March 2020. As of 21 February 2021, more than 111 million cases have been confirmed, with more than 2.46 million deaths attributed to COVID-19.

This latest pandemic is affecting human health and economy across the world, its been challenge to the world to face its speedy surge. While on one hand the

cases infected with corona virus were increasing and posing a set back to the medical health care system, on the other hand it pinned down the people and countries socio- economically. Given the widespread transmission of this virus, health care providers are at increased risk of contracting the infection and becoming the potential carriers of the disease. With the spread of pandemic most of the professions faced its darkest phase and so does dentistry. Dental profession placed in very high exposure risk category as dentists work in close proximity to the patient's oral cavity.

In these tough times practicing dentistry was another challenge as any slighest mistake in following norms and protocols or taking precautions can take a toll on health of either dentist or patient.

#### GSA-10

### **Banking Sector And Benami Transactions**

#### Advocate Geetika Singh, LL.B., LL.M.

Abstract: The concept of Benami Transaction or Benami Property and involvement of banks and financial institutions are not a new phenomenon. It's all are like a termite, which is hollowing the economy and security of any nation slowly & slowly and grabbing the entire world in its periphery. Entire world is facing the challenges raised by benami transaction, creation of huge net of benami property and support by certain institutions or group. Even United Nations Organization (UNO) has taken a serious cognizance of these practices and passed a resolution in its convention held in 2003 considering that the effort to counter such evil aspects should not be left as it is, it must be curbed in the interest of the nations' security, enhancing the scope of economy and social prosperity. India being a developing country, the impact of benami transaction has continued to affect in a wider range. In recent past, the Government of India has made many changes in its law regulating the fund flows in line to curb the creation of benami properties and black money flow. Such initiatives include Operation clean money (OCM) policy, Income disclosure Scheme (IDS), demonetization and

implementation of Prohibition of Benami Property Transaction Act, 2016 (PBPT). Demonetization of high value currency notes has attracted large amount of black money in the main stream through banking channels, and Government of India is all set to take on 'benami' properties to check corruption. In the line to operationalize a strong law, Government of India brought 'The Prohibition of Benami Property act 2016' retrospective from 1988 to effectively deal with 'benami' properties. This is seen as a major step to eradicate corruption and black money. But it is of the main concern that still these steps are not adequate to control the corrupt practices through benami transactions.

Financial fraud is an extremely touchy subject, where public confidence in the system's architecture is impacted. The public's trust serves as the cornerstone of the entire banking system. In a society, market systems are set up to promote public trust. The public is irritated by frequent market failure, undiscovered financial institution fraud, and staff collusion in financial fraud, which poses a challenge to any decent governance.







# GRews Base

# Dietary Risk Factors & Comorbidity In Type 2 Diabetes Mellitus

#### ✓ Sonam Sahu¹, Shadma Siddiqui², Rajni Bagdi³

- Assistant Professor, Department of Human Nutrition and Dietetics, Faculty of Paramedical Sciences, SAM Global University Raisen, Madhya Pradesh, India
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**Abstract-** DM is a metabolic disorder characterized by the decrease ability or complete inability of the tissues to utilise carbohydrate, accompanied by changes in the metabolism of fat, protein, water & electrolytes.

**Aims & objectives-** The main objective of the present study is to assess the unhealthy habits of diabetic adults, Dietary and other variables that affect how type 2 diabetes is affected by lifestyle.

Material & Method- the study was conducted to assess the causes & impact on young type 2 diabetes mellitus. Data for the study was collected by survey method & observation method. Assess the obesity of the sample was collected by using the BMI chart. It has used some educational tools to educate the subjects about diabetes mellitus.

Result- During the study it was found that the 36%

subjects strongly agreed to that healthy eating makes a big difference in getting disease. After the second counselling it was found that the subjects follow the diet chart very carefully and do exercise regularly and also follow to SMBG method regularly and their fasting blood glucose level were control and also PPBG level were control.

**Discussion-** From close observation & follow-up during the study period, No consumption of fruits and vegetables in an average day, probably it was the cause of obesity. An Apple and a few veggies a day still keeps the doctor away. The key components of management are weight loss and maintaining a healthy weight, cutting back on calories consumed, and eating a diet high in fruits, vegetables, whole grains, legumes, nuts, and dairy products.

Summery & conclusion- Results indicated that there was a marked deficiency in the nutritional level. 50% Diabetic adults were obese as they were consuming more outsider foods and less diet as recommended by ICMR. it was found that the adults understudy were taking less nutrient dense but high energy and unbalance carbohydrate foods when compared to the doses recommended by ICMR, therefore most of them were high blood glucose level. Social issues like illiteracy, poverty, and cultural misconceptions about the role of diet in the management of type II DM might make it challenging for patients to follow a diabetic diet prescription in some cases



#### **GSA-12**

### The Challenges of Parenting Teenagers

Anusha Tiwari Pathak, Educationist, Child Psychologist

**Abstract:** Teenagers face real concerns between 13 to 19 years of age, on a daily basis as this is the most awkward growth stage of their lives. During this time, teens are exposed to some overwhelming external and internal struggles. They go through, and are expected to cope with hormonal changes, puberty, social and parental forces, work and school pressures,

and so on. Many teens feel misunderstood. It is vital that their feelings and thoughts are validated and that the validation comes from their parents. Parents need to approach their children, who have been dealing with teenage growth issues, carefully and in a friendly manner to discuss the concern.

When it comes to discipline, parenting experts focus on the things that change for parents when their child begins adolescence. This is because teens





start to form their identities and need more independence. Therefore, a parent's job changes from being the person in charge all of the time to being more of a monitor and advisor. As you notice your parenting job changing, it may seem like your rights and responsibilities as a parent also change. It's true, some rights and responsibilities do shift over to your teen.

It is important for parents to need the mental and emotional requirement of their child. Adolescence means independence! Try to give your teen the appropriate time and space to be on their own. Needing space is a normal part of growing up. Whether you and your teen are getting along well or having challenges, it is important to show that you love and support them, that you can help them navigate tough times and that you are always there for them.

It is important to acknowledge and understand emotions they might be experiencing, even if it feels uncomfortable. When they open up to you, you can respond with "I understand", "it sounds like a difficult situation" or "that makes sense". Remind them that you are there for them, no matter what, and that you want to hear how they are feeling and what they are thinking. A few simple words of encouragement can help them feel comfortable sharing their feelings with you.

#### Work through conflict together

Listen to your teen's views and try to sort out conflict calmly. Remember: everyone gets stressed! Never discuss an issue while you are angry. Walk away, take a breath and calm down, you can talk with your teen about it later. Avoid power struggles. With the world feeling unpredictable and options looking limited right now, teens might be struggling to be in control. As difficult as it can be in the moment, empathize with their desire to assert control in a scary time, rather than attempting to fight back or overpower it. Be honest and transparent with your teen: you can let them know that you are experiencing extra stress as well. Showing them how you deal with your own difficult feelings can help them know their feelings are okay. When there is conflict, take some time to reflect on how you and your teen can resolve it. You can discuss these reflections with your teen, so they see how you are processing ideas.

Trust is a big issue between parents and teens. While teens are allowed to make mistakes and parents should give their teens the ability to earn back their trust.

Parents have the right to make mistakes and change their minds. Mistakes happen, learning to fix a mistake and apologizing is important. No one is perfect and the decision you made may not be the best when you look back on it. It may be time to fall back and regroup. While your teen may not appreciate your reversal right away, your willingness to apologize and correct a mistake is a good to model for them.

### As He Says "No News Is Good News"

#### APoetpreneur Ranjeeta

#Proudarmywife

Married to an army officer demands a lots of sacrifices and strength. We being army wives have develop a sense of positivity and strong will power in a due course of time. I too was not exceptional. It has been a beautiful life which came to hault as soon as his posting orders came. He had to go to borders. Trying to be strong, for the first time there were two separate trucks...His luggage went to border and mine to my native place. He came along with us, settled me and our kids. Everything was happenning so fast as if time showing some sort of betrayal. Being mother of two kids it was obviously a challenge but we are not fortunate to have choices. Soon it was time to say goodbye,as he was leaving, my son asked "Papa" when will you be back". This question was boggling my mind since so many days but I can't gather courage to ask him.but my husband answered with a smile "soon dear" and that moment brought tears in my eyes. Uncertain future, standing on the thresholds of nightmares, I was bound to behave strong.He went .It was his daily drill to call me once everyday. Thanking god each day was my daily ritual.

Soon I observed he didn't gave me a call on Monday, the whole day passed waiting for his call. Then came Tuesday...again no call, that night was sleepless. My worries were obvious.On Wednesday,I was not able to concentrate on any of my daily chores. I was restless,he had not given any other number and few whom I knew ,their phone too coming switch off.My worries started growing bigger and bigger.

Came Thursday and now it was tough to hold my tears. My kids watching me since days became nervous asking me "what happenned mumma " I was unable to answer. Relatives started querying.





GReWS PAR

Came Friday and in the morning at 7'o clock...my phone rang.

O my god...I ran with so much of anxiety and fear and said "Hello"

I heard back his voice

"hello....how are you".

I froze for a moment thanking thousands of gods and goddesses. I replied back..with a lot of anger

"I am fine..what about you,I shouted...why didn't you call me,do you have any idea what all I was thinking... It was horrifying"

He replied calmly...

"We were stuck. There was landslide here ."

And he started laughing

I was puzzled..

"Why are you laughing "

He said....

"Don't worry...if you all are not getting any call from here that means I am absolutely fine.If something happens,media will let you know on that very day...hahahahaha"

So casual he was...but it was indeed a harsh reality. So deep and rooted. Such a sense of practicality I learnt from him.

He was right.. God forbid if any unpleasant thing happens I will be the first one to get the news. Since then, I was more practical. With such an ease he prepared me to be more positive. Thats the beauty to marry a man in Green (defence). After that incident all my worries vanished. Its a proud feeling to be associated with such mentally strong person who takes each day of life as a challenge.

#Indianarmy



### Research & Innovation @ GReWS

### **Medical Examiner & Detection Instruments (MEDI-Robo)**

The invention discloses an education robot platform technology belongs to the field of robot education and meets the needs of national and social development. This innovation developed & design by GReWS

#### **Detail about MEDI Robo:**

- Specification for Human Robotic For Medical Care
- Height: 4 feet
- Mobile friendly, ease to see the details from anywhereIoT based Control and Coordination
- IoT based Temperature and SPO2 wireless reading on mobile application.
- Emergency Button Feature with Emergency Message on mobile app.

- Wireless live video streaming on any mobile.
- Robot load carrying Capacity upto 10 kg.
- Diabetes Diagnosis
- Heartbeat Detection
- Voice control feature Two separate trays for multipurpose usage.
- Battery charging included
- Complete App Based Control throughout the world









### **GReWS @ Media**

### प्रदेश टाइम्स

#### डॉ. चंद्र बहादुर दांगी ने थाना निशातपुरा में कोरोना से बचाव के उपाय बताये



कारण निवाद पर विकास के स्वारत हैं कि स्वारत के स्वारत हैं कि स्वारत के स्वारत है कि स्वारत है क



<sup>अकि</sup> राज्या कार्येत्र क्षित्र क्षा कार्येत्र क्षा कार्येत्र क्षा कार्येत्र क्षा कार्येत्र कार्य

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#### एनसीसी कैडेट्स ने किया नुक्कड़ नाटक मंचन



गेपाल। एनसीसी कैडेट्स 1 एमपीसीटीआर के छात्रों ने नुक्कड़ गटक से सिकल सेल, थेलेसीमया के प्रति एमपी नगर स्थि मॉल में जनरूक किया। ग्लोबल रिसर्च एंड येल्फेयर सोसायति के सरस्वें के कार्यक्रम में कैडेट्स, ऑफिसर डॉ. चंट जनाटर स्थित टांगी उस्ताट अर्जुन प्रसाद, सोसायटी की तरफ से डॉ. तपस्या तोगर, डॉ. हेमलता उपस्थित रही। कैडेट्स अनुष्का, देवांशु, पूजा ने प्रस्तुति थी। अर्जुट प्रसाद एनसीसी केडेट्स द्वारा सिकल के एनसीसी केडेट्स द्वारा सिकल कन अभियान अंतर्गत प्रस्तुत किया जा रहा है।

#### सिकल सेल एनीमिया और थैलेसीमिया के प्रति किया जागरूक









या जा रहा है। यह सीमारी बहुत पातक है इसे नैतिब स्टाज न करे, आप सभी का सहयोग अपेवित है। सो प्रोपेक्सर पद सी सी ऑफिसर (दी.) चंद्र सहादुर हर सी ने कहा कि एस एस दी सी के तहत एम सी टी आर, एन सी सी कैडेट्स हारा सिकल सेल - के स्मीकि किया जा

नैतिक क्रियमेशारी है। ग्लोबल रिसर्च एंड बेल्फेक्स सोसाइटी की सदस्य डॉ. तपस्या तोमर ग्लोबल रिसर्च एंड बेल्फेक्स सोसाइटी जागरुकता अभियान का सहयोग कर, सिकल सेल जैसी बीमारी से बचाने के लिए नितंत 2011 से काम कर रही है। हमारा उदेश्य ज्यादा से



#### लॉकडाऊन में थैलेसीमिया पीड़ितों के लिये संकट मोचक बनी ग्लोबल रिसर्च एवं वेलफेयर सोसायटी

क्षेत्रिया ए के बारण विश्वपाद में की की नामील प्राथम की बारण है कि हम स्वारण ने 1 कारण है ना कारण की बारण है के हम स्वारण ने 1 कारण है ना कारण के 1 की नाम स्वारण ने बारण है कारण है कारण कर में दे पूछा कारण ने बारण है कारण है कारण कर में दे पूछा कारण ने बारण है कारण है कारण कारण है के बीरण है के बारण है कारण है कारण है कारण की कारण है के बारण है कारण है है कारण है



भूभाव भी पार, भूभावमाल केला के 24 भी साथे दिन तथा है। बीट विकास से भी बीट विकास से भी बीट विकास से भी बीट विकास से बीट व्यापत के प्रकार कर किला को क्षेत्र के उनकी स्वारपत के प्रकार कर किला कर 15 वर्षों है के बात कर 15 व्यो के बात कर 15 व्यो के बात कर

क्रमारा को दो पान पान, राजिन्म निरामीयान कराय को होंगा उसमारा करत के मारा में क्या सात है। हाँ, वीकीएस देंगे में करत कि न्दा गोर्स कर में सहस्य को बोली कि स्त्रीकर किट पाने मिलीयों में सहस्य के स्त्रीकर के स्त्रीकर के स्त्रीकर का प्रकार करते हुए सीतात सक्रम में राज्य पाने मिलीयों को स्वरूप प्रमाणका के लियों कर पाने की स्त्रीवार को स्वरूप प्रमाणका के लियों कर के स्त्रीवार करा में की स्त्रीकर को में किरीया करने मार्थीय करते कि कियों पोपानों के स्वरूप प्रमाणका के स्त्रीवार की कियों पोपानों के स्वरूप प्रमाणका के स्त्राप्त पूर्ण में स्त्रीकर की स्वरूप के स्वरूप के स्वरूप की क्षेत्रीय के स्वरूप के स्वरूप का स्वरूप के स्वरूप में में स्त्रीक काम की स्वरूप के अस्त्राप्त की

कियों पोपाने के बाद ट्राज्यपुरत की मुचित्र प्रात्मक है साहि तो हान के कारण में पूर्व के ये मार्च प्रकार की कारण पूर्व जायस्त्रीत के सामने सेत्री है ताहिक सेत्रीत्मित्र में हा सिक्ता के स्तित्म के सामने सेत्री है ताहिक समय की सिक्ता है ता कारण के सामत्री को सामतिक स्वत्य प्रकारों मार्च के सामत्र को स्ति सामतिक स्वत्य प्रकारों कारण के सामतिक की सामतिक स्वत्य प्रकार मार्च के सामति कारण कारण मार्च कारण की सामतिक हाण जाव कारण सिक्ता की अवस्थायक जीवान शास्त्र कारण की निवाद्य कारणी हो होने कारण को मार्च प्रकार के सिंगी प्रवार के प्रकार की मार्च के प्रकार के सिंगी प्रवार के प्रकार की सीम्यु की सामतिक की सामतिक की सामतिक की सामतिक की सामतिक की सामतिक की सीम्यु की सीम्यु की सीम्यु की सीम्यु की सामतिक की सामतिक की सामतिक की सामतिक की सीम्यु की सीम्य की सीम्यु की सीम्य की सीम्यु की सीम्

#### राज एक्सप्रस मिरानीगर

#### विजनेस न्यूज टेक्नोक्रेटस ग्रुप में धुमधाम से मनाया गया क्रिसमस डे



भ्यानस 5

प्रकार | डिम्मस पर्व के एक दिन पहले शर्म 
क्रिक्टा क्रुप में झाँडल्सास के साथ विभिन्न 
अक्रविन हुआ शरम-शर्मका क्रिक्ट मन्मोकक 
स्तुत किया गया। कुछ स्ट्रेट्स सेन्टा के रूप 
रेटी केरस नीति की प्रतिविक्ति भी अव्यक्तित हु 
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संदेश भी दिया गया। वार्यक्रम के आर्रनाइन्द्रर तथ डा. दिनीता राजीय ने स्वानत करते हुए कहा कि क्रिसमत प्रेम और सौहाद का त्योहर है और हमें ईसा मसीह के जीवन विश्व देनी चाहिए। टेब्नोकेट्स सुच के जनसंघर्ठ अयरेक्टर आरएस मुख्जी ने बतावा कि यह उत्सव साल के अधिन उत्स

#### आरकेडीएफ यूनिवर्सिटी के एनसीसी कैडेट्स ने सिकल सेल् बीमारी के प्रार



जागरूक किया

भेषता सिकत सेत और बैतेसीमिया र्र
प्रति जन जारारण अभियान में आर दिखरिकारन कर योगदन दिया जा तारायात मंगुभाई पटेल एवं दिखरिकार कुलावियति जी सामा करता के सकता हैं समाजिक करता में आरक्षेत्रीरण विश्वविद्या दिया में नाहित्र है। इसके अर्जात विश्वविद्या

्यानी के दिन्द वापनी सीरिक्षण के इस हम मिलियों में ते का क्या करना नाय की पूरानी देवन तेनी को जाय ज्यान इस सार्थाय न स्वाता कर विकास सार्थाय की आपने प्रभावती को व्यावान करना कि दूर हमानी की व्यावान हमिला न स्वाता कर दिन्द कर कि सार्थाय की व्यावान के किए के स्वातान के स्वातान कर हमें कि स्वाता के प्रभाव है कि स्वातान के प्रभाव के स्वातान क













### GReWS Associate with Miracles Hospital



### Sickle Cell Anemia & Thalassaemia Genetic Disorder



GReWS and its Medical team are specifically deputes for awareness of Haemoglobinopathy disorder, GReWS associate with Miracles hospital as an extended medical facility provider. Together Miracles hospital and GReWS provides medical facilities with their team of experts from hospital and Genetic Councillor dedicated for Sickle Cell and Thalassaemia disorder patients care & their treatment whenever the requires in emergency/IPD patients in hospital, jointly Miracles and GReWS conduct free health talks by various specialties and organize periodical health checkup, Blood bank, blood donation camp, Screening of SCD, Medical care to SCD sufferers, Medicines at lowest cost, Blood transfusion facilities, jointly organized camps & awareness program for Sickle Cell and Thalassaemia disorder patients since 7 years of togetherness. Lab Test facilities specifically for Genetic Disorder patient provides in Miracles hospital. In emergency with Thalassaemia patient needs hospital Miracles treat patients without any depth formalities in minimum possible time.

Address: Hoshangabad Road Near Ashima Mall, 200 Feet Road, Bhopal, Madhya Pradesh 462026, India





### **Ojas Foundation**



A yurveda is a well-established ancient medical science which systematically talks about the prevention, protection and rejuvenation of human life as well as of the environment. Its principles can be easily revalidated in a modernized well equipped world. Introduction

OJAS FOUNDATION is a trust constituted in 2014 at Bhopal, Madhya Pradesh, India on the occasion of Guru Purnima. Vaidya Madhusudan Deshpande is the visionary behind this organization who perceived this concept through his vast clinical expertise for since 35 years. Bringing a comprehensive economically viable health model for all through a holistic integrated approach is the basic aim of OJAS FOUNDATION.

Ayurveda is our traditional system of medicine that deals with a healthy lifestyle, prevention of disease, diagnosis



and treatment. Advancing on a similar path OJAS FOUNDATION Trust now took this opportunity to systematically explore the science of Ayurveda from the established practitioners, scientists, education faculties and folklore practitioners to record, analyze, validate and open them for the benefit of society.

OJAS Academia is created to imbibe

young tender minds with critical thinking as the science of Ayurveda requires deep probing of the aptly coined words in expressive universal and probably the mother language Sanskrit.

OJAS Academia has planned to start skill development courses for general people, students and physicians of all systems of medicines.

Tri-Sutra Ayurveda Parishad is constituted by OJAS Foundation in the year 2021 for a deeper analysis of core Ayurveda subjects by a group of expert in Ayurveda to deliver clinical and practical experience for new Ayurveda practitioners, postgraduates and undergraduates.

OJAS foundation is committed to encouraging novice UG students, postgraduates, practitioners and others to disseminate their expertise.



# Apollo Sage Hospitals: A Centre of Excellence High-Quality Technology-Enabled Healthcare Affordable For All



Er. Sanjeev Agrawal

Er. Sanjeev Agrawal, who is the Chairman & Managing Director of the prestigious SAGE Group hailing from Central India. He is the man who is holding onto the fort of SAGE Group from last four decades. Started his journey with a small real estate venture Agrawal Construction Co. in 1983, the Sage Group continuously grew and evolved, transitioning from a real estate company to a conglomerate touching and influencing innumerable lives. He believes that the journey of a group isn't confined to a single person or family but goes

beyond and is truly the proverbial roller-coaster ride. Sometimes you've reached a breakthrough to your next milestone, and sometimes an assumption you made along the way turns out to not be true and you've taken two steps back.

Sudhir M Diggikar, Regional Chief Executive Officer, Apollo Hospitals (Central Region - Odisha, Chhattisgarh & Andhra Pradesh) is a management professional with an experience in healthcare management for more than 34 years. He has worked in various capacities of the top management positions in number of tertiary care hospitals of the Apollo Hospitals Group.

With over 3 decades of experience with Apollo Hospitals, he is a role model to many within and outside the group. He is a highly



Sudhir M Diggikar
Regional Chief
Executive Officer

respected individual for bringing the correct mix of aggression and intelligence, which today is the motivation for young aspiring leaders.

**Bhopal:** For the **SAGE Group**, serving society has been the core of its existence. Be it Education or Infrastructural development delivering the best has been our endeavour for the last four decades. In our endeavour to bridge the healthcare services gap in Bhopal, the Sage Group with its legacy of 40 years, partnered with Asia's largest and most trusted healthcare brand, Apollo hospitals, to open a premium 350 bedded tertiary care centre, Apollo Sage Hospitals in Bhopal.

Based on the three foundations of cutting-edge technology, State of the art infrastructure, and the finest Clinical talent, Apollo Sage Hospitals (ASH) is destined to deliver world-class treatment to the people of Bhopal and Central India. This tertiary care hospital will have an excellent amalgamation of medical specialities, laboratory services, Imaging (Radiology), and Rehabilitation services with sophisticated Therapeutic/ Diagnostic equipment.

Centres of Excellence (COE) which make ASH stands out as a referral tertiary care hospital in Central India are Cardiac Sciences, . Surgical Specialties, Gastro Sciences, Women & Child Care, Nephrology & Urology, Neuro Sciences, Orthopaedics, State-of-the-art Blood Centre, Advanced Critical Care: 100+ Critical Care beds with state of art Ventilators is the most talked about the setup in medical circles today. 24\*7 in-house availability of Intensivists/ Critical care specialists in each of these ICUs.

Our vision is to provide the most advanced clinical care in a safe environment with a personalised touch, unparalleled service, and measurable predictable outcomes. We are located in heart of bhopal at prime location of E-8 Extension, Arera Colony, Bhopal. For Appointments you can reach us at 0755-4308111 & for any Medical Emergency 0755-3505050. Website - www.apollosage.in



### आज के आधुनिक युग के चिकित्सा जगत में फिजियोथैरेपी की महत्वपूर्ण भूमिका





Dr. Pavan Patidar (PT)
Senior Physiotherapist (MPT - Ortho),
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Moh 9:041908/17

फिजियोथैरेपी के महत्व को बताते हुए ग्लोबल रिसर्च एंड वेलफेयर सोसायटी के सदस्य एवं ऑप्टिमल फिजियोथैरेपी क्लिनिक के डायरेक्टर डॉ पवन पाटीदार

आधुनिक युग में जैसे-जैसे चिकित्सा जगत में नई नई पद्धति आती जा रही है वैसे ही साथ - साथ फिजियोथैरपी की भूमिका भी बढती जा रही है आज के समय में

न्यूरोलॉजी, ऑथोंपेडिक कार्डियोथोरेसिक एवं स्पोर्ट्स इंजरी के मरीजों में अस्पताल से लेकर पुनः कार्यस्थल पर लौटने तक मैं फिजियोथैरेपी की महत्वपूर्ण भूमिका होती है आज के समय में फिजियोथैरेपी चिकित्सा जगत की ऐसी पद्धति है जिसमें बिना दवाई एवं बिना ऑपरेशन के आधुनिक पद्धति के द्वारा एक्सरसाइज , बायोइलेक्ट्रिकल मशीनों एवं बायोमैकेनिकल उपकरणों द्वारा मरीजों का उपचार किया जाता है जिससे बहुत से रोगों जैसे कि स्लिप डिस्क , स्पोंडिलाइटिस , अर्थराइटिस , स्पोर्ट्स इंजरी , पार्किसन, मस्कुलर डिस्ट्रॉफी आदि रोगों में बिना ऑपरेशन एवं बिना दवाई के ही फिजियोथैरेपी कारगर सिद्ध हुई हैं एवं बहुत सारे रोग जिनमें दवाई के साथ-साथ फिजियोथैरेपी के द्वारा बिना

ने बताया कि

ऑपरेशन के ही मरीज को बेहतर उपचार किया जा सकता है

साथ ही ऑथोंपेडिक फिजोथेरेपी विशेषज्ञ डॉ. पाटीदार बताते हैं की बढ़ती दिनचर्या में 10 से 12 घंटे लगातार व्यस्त रहकर काम करना फिजिकल एक्टिविटी का नहीं हो पाना जिससे बहुत सारी जोड़ों की समस्या एवं विशेषकर रीड की हड्डी संबंधित स्लिप डिस्क, स्पॉन्डिलाइटिस, अपर क्रॉस सिंड्रोम की समस्या बढ़ती जा रही है इसलिए सावधान हो जाना बहुत जरूरी, जागरूक रहकर कार्यस्थल पर अपने संयमित आसन के द्वारा रीड की हड्डी से संबंधित रोगों से बचा जा सकता है यदि आप इस बीमारी से ग्रसित भी है तो चिंता की कोई बात नहीं आज के आध्निक

युग में फिजियोथेरेपी चिकित्सा के अंदर इस बीमारी का बहुत अच्छे से इलाज किया जाता है।

साथ ही फिजियोथैरेपी के महत्व पर प्रकाश डालते हुए डॉ रवीना पाटीदार (न्यूरो फिजियोथेरपी विशेषज्ञ) ने बताया कि कार्यस्थल पर सेल्फ स्ट्रैचिंग करना जरूरी, सेल्फ स्ट्रैचिंग के द्वारा लगातार मांसपेशियों



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पर पढ़ते हुए तनाव को कम किया जा सकता है जिससे स्पाइन एवं जोड़ो का मैकेनिज्म संयमित रहता है।

### मातृशक्ति संगठन, जिला सिवनी

मातृशक्ति संगठन जिला सिवनी (मध्य प्रदेश) देश, समाज और मानव जाति के उत्थान एवं विकास के क्षेत्रों में कार्यरत एक पंजीकृत संगठन है, जिसका उद्देश्य देश की सुरक्षा में शहीद जवानों के शौर्य, पराक्रम व स्मृतियों को देशवासियों के हृदय में संजोते हुए शहीदों के परिजनों के सम्मान व हक की लड़ाई लड़ उन्हें न्यायोचित अवसर उपलब्ध कराना है।

देशभक्ति और राष्ट्रनवनिर्माण की भावना से ओतप्रोत मातुशक्ति संगठन की परिकल्पना श्रीमती सीमा चौहान द्वारा १ जून १९९९ में की गई। मातृशक्ति संगठन एक गैर अनुदान प्राप्त, गैर - राजनीतिक, समाज सेवी संगठन है, यथा नाम तथा गुण के अनुरूप केवल महिलाएं ही इसकी सदस्या है, संगठन के समस्त दायित्वों का खर्च संगठन स्वयं ही उठाता है देश में हये सबसे बड़े आतंकी हमले 26/11/2008 (मुंबई) ने देश के साथ ही संगठन की आत्मा को झकझोर दिया जिसके बाद से संगठन वीर शहीद सपूतों की याद में प्रतिवर्ष जिला मुख्यालय सिवनी में 26/11 के दिन वृहद स्तर पर विगत 15 वर्षों से शौर्य का सम्मान कार्यक्रम आयोजित करता है..कार्यक्रम में संगठन देश पर अपने प्राण न्योछावर करने वाले बलिदानी शहीदों के परिजनों को देश के कोने कोने से आमंत्रित कर सम्मानित करता है। संगठन अब तक देश की रक्षा में शहीद हुए सेना, अर्ध सैनिक बलों के साथ, विभिन्न पुलिस सेवाओं के जवानों के अनगिनत परिजनों को कार्यक्रम शौर्य का सम्मान के अंर्तगत सम्मानित कर चुका है, जिसका सिलसिला अनवरत रूप से साल-दर-साल जारी है, संगठन समय समय पर प्रदेश के मुख्यमंत्री को शहीदों के परिजनों की समस्याओं से अवगत कराकर, उन्हें शासन

- प्रशासन से लाभान्वित कराता रहा हैं।

महिलाओं के विरुद्ध होने वाले भेदभाव एवं अपराधों पर महिलाओं की नैतिक, सामाजिक न्यायिक मदद के अलावा उनके मनोबल को बढ़ाने का कार्य करता है। विभिन्न सामाजिक दायित्वों में संगठन रक्तदान, पर्यावरण सुरक्षा, यातायात सुरक्षा, मतदान, निशुल्क स्वास्थ शिविर, बेटी बचाओ - बेटी पढ़ाओ, शहीद वाटिका और स्वछता जैसे जनजागरण अभियानो का कुशलता पूर्वक निर्वहन भी करता आ रहा है।

इसी तारतम्य में संगठन जिला पुलिस बल के उत्कृषट कार्य करने वाले जवानों का सम्मान भी प्रतिवार्ष करता आ रहा है। संगठन की निःस्वार्थ कार्य कुशलता को देखते हुए

प्रशासनिक मार्गदर्शन में १ जून २०१८ को यूथ विंग का गठन समर्पण युवा संगठन के नाम से किया गया। साथ ही ग्रामीण महिलाओं को मातृशक्ति संगठन के कार्यों से प्रेरित कर उपशाखा के रूप में उन्हें संगठित कर जागरूक करने का निर्णय लिया है, अतः हमारे द्वारा ग्रामीण क्षेत्रों में भी उपशाखायें खोलने का कार्य अनवरत जारी है।

मातृशक्ति संगठन की महत्वपूर्ण भूमिका को सराहते हुए संगठन को अंतरराष्ट्रीय, राष्ट्रीय प्रशासनिक, सामाजिक, सांस्कृतिक व् विभिन्न मंचों के माध्यम से सम्मानित होने का गौरव

भी हासिल है।

धन्यवाद ...

#### श्रीमती सीमा चौहान

अध्यक्ष, मातृशक्ति संगठन, रिलायंस टॉवर के पास राम नगर, बारापत्थर, सिंवनी मध्यप्रदेश







#### 36 वर्षों से अधिक पत्रकारिता

- देश के शीर्ष पत्र-पत्रिका- कोलकाता से प्रकाशित रविवार, मुंबई से प्रकाशित धर्मयुग, नई दिल्ली से प्रकाशित दिनमान, जनसत्ता, चौथी द्निया आदि में स्वतंत्र लेखन-पत्रकारिता की।
- दैनिक बेगूसराय टाइम्स में बिहार की राजधानी पटना स्थित विशेष संवाददाता रहा।
- उस समय के आधुनिक तकनीक वाले सर्वाधिक प्रसारित उर्दू दैनिक कौमी तंजीम के पटना संस्करण में बतौर संवाददाता करीब दो वर्षों तक कार्य किया।
- मध्यप्रदेश में पत्रकारिता की पारी नई दुनिया (इंदौर) के भोपाल संस्करण में १९८७ में बतौर उपसंपादक प्रारंभ की।
- नई दनिया के विभाजन के कारण भोपाल से स्थानांतरित हो कर १९९१ में इंदौर संस्करण आ गया।
- १९९२ में संयुक्त राष्ट्र शैक्षिक, वैज्ञानिक एवं सांस्कृतिक संगठन (UNESCO) एवं माखनलाल चतुर्वेदी राष्ट्रीय पत्रकारिता एवं संचार विश्वविद्यालय के सौजन्य से 'शिक्षा का लोकव्यापीकरण' पर शोध अध्ययन।
- तत्पश्चात अंग्रेजी दैनिक फ्री प्रेस (इंदौर) के हिंदी संस्करण लांच करने विशेष संवाददाता के रूप में नई पारी की शरूआत की।
- लगभग एक वर्ष बाद ही वर्तमान छत्तीसगढ़ की राजधानी रायपुर में दैनिक समवेत शिखर के साथ बतौर समाचार संपादक नाता जोड लिया।
- दूरदर्शन की सांस्कृतिक पत्रिका- सुरभि, के लिए इंदौर में लोकल कोऑर्डिनेटर के रूप में कार्य किया।
- वर्ष १९९७ में महाराष्ट्र एवं मध्यप्रदेश के सर्वाधिक प्रसारित समाचार-पत्र समूह नवभारत के इंदौर संस्करण में वरिष्ठ संपादकीय सहयोगी के दायित्व के साथ नई यात्रा शुरू की।
- वर्ष १९९९ में नवभारत के सतना संस्करण की शुरुआत करने स्थानीय संपादक की जिम्मेदारी मिली।
- तीन साल बाद २००२ में स्थानांतरित हो नवभारत समूह के प्रदेश के सबसे प्रतिष्ठित संस्करण जबलपुर में लगातार ८ वर्षों तक स्थानीय संपादक रहा।
- २००८ में एयर इंडिया के सौजन्य से 'रैंक एवं बोल्ट्स 'कार्यक्रम के अंतर्गत सिंगापुर में नागरिकता अध्ययन प्रवास।
- वर्ष २००९ में महाराष्ट्र के नवभारत समाचार-पत्र के मुंबई संस्करण का स्थानीय संपादक रहते हुए पुणे एवं नाशिक संस्करण का दायित्व भी संभाला।
- महाराष्ट्र छोड़कर कुछ वर्षों बाद जबलपुर लौटकर दैनिक

पीपुल्स समाचार में स्थानीय संपादक रहा।

- इसी बीच प्रिंट मीडिया अनुभव के बाद सूचना प्रौद्योगिकी के क्षेत्र में कुछ नई करने की चाह में 2007 से ही डिजीटल मीडिया की अवधारणा को लेकर कुछ करने का इरादा धीरे-धीरे आकार लेने लगा।
- विभिन्न क्षेत्रों के विशेषज्ञों से ऑनलाइन मीडिया विषयक वैचारिक मंथन के बाद- पलपल इंडिया डॉट कॉम, इंटरनेट समाचार-पत्र को मूर्त रूप में देने में जुट गया।
- इंटरनेट समाचार जगत में 23 मई 2012 को पलपल इंडिया डॉट कॉम के अस्तित्व में आने से लेकर सम्पादकीय अध्यक्ष के रूप में लगातार सक्रिय।

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E-mail: Inmalviya@rediffmail.com | Website: www.lninfra.com
For Services Please Contact : 9910832248 & 9770767999



### **LIST OF AWARDEES**

- 1. Shri. Sunil Kumar Sharma & Smt. Sumal Lata
- 2. Shri. Suresh P Nair
- 3. Shri, Nand Kishore Phuloria & Smt, Rama Phuloria
- 4. Shri. Mahesh Chandra Gaur & Smt. Neema Gaur
- 5. Shri. Ravinder Pal Singh & Smt. Anita Singh
- 6. Shri. Kansi Ram & Smt. Nirmala Devi
- 7. Smt. Indrakala Shukla
- 8. Shri. Uttam Kumar Bandooni & Smt. Anjana Bandooni
- 9. Shri. Suresh Kumar Khanduri & Smt. Preeti Khanduri
- 10. Shri. Devraj Singh & Mrs. Arunlata
- 11. Mrs. Amita Choudhary
- 12. Shri, SK Chouhan & Smt. Alka Chauhan
- 13. Shri. Krishna Kumar Tyagi & Smt. Beena Tyagi
- 14. Dr. Ravindra Nath Singh & Smt. Shashi K Singh
- 15. Smt. Shakuntala Singh
- 16. Smt.Pramila Singh
- 17. Group Captain A K Upadhyay
- 18. Shri. Arjun Prasad
- 19. Col. Yaswant Singh (Jila Sainik Board)
- 20. Col. G C Goyal
- 21. Smt. Subhadra Devi Sharma
- 22. Smt. Har Pyari
- 23. Shri. Gagan Arora & Smt. Shilpa Arora
  - i. Mihaan Arora & Enava Arora
- 24. Shri. Rampal Singh & Smt. Resham Singh
- 25. Shivaji Jayash & Chandni Chauhan
- 26. Col. B.B.Vats
- 27. Shri. Suyash Singh
- 28. Major Ajay Shukla (Retd.)
- 29. Naik. Raghubir Sharan
- 30. Shri. S.K.Rout, IPS , Director General of Police (retd.), MP
- 31. Dr. Harsh Sharma
- 32. Shri. Rajiv Verma
- 33. Shri. Sharman Nagela
- 34. Dr.Madhusudan Deshpande
- 35. Shri. Shrinivas Agarwal (CA)
- 36. Shri. Amit Jain (CA)
- 37. Shri. Abhimanoj





### GRews GReMS

### **LIST OF AWARDEES**

- 38. Shri. Shivendra Pratap Singh & Smt. Richa Singh
- 39. Lt. CDR. Krishna Kumar Singh & Smt. Geetika Singh
- 40. Dr. Rakesh Mishra
- 41. Prof.(Dr.) Chandra Bahadur Singh Dangi
- 42. Prof.(Dr.) Shadma Siddiqui
- 43. Ms. Sameena Farooki
- 44. Ms. Shruti Dubey
- 45. Dr.Tapsya Tomar
- 46. Dr.Pawan Patidar
- 47. Dr.Ravina Patidar
- 48. Dr.Ruchi Shood
- 49. Ms.Anusha Tiwari Pathak
- 50. Shri Sudhir M Diggikar
- 51. Dr.Sangeeta Jauhri
- 52. Shri. Devendra Singh
- 53. Shri. Harish Tomar
- 54. Shri. Rakesh Sen
- 55. Ms. Ranjeeta Sahay Ashesh
- 56. Advocate Fahad Imtiaz
- 57. Ms. Seema Chouhan
- 58. Er. Sanjeev Agrawal
- 59. Brig. Rajesh Shiivhare
- 60. Shri Uday Singh (Rajya Sainik Board)
- 61. Mr. Arsh Siddiqui

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### THE GReWS NATIONAL CONCLAVE



TNA India

शोध की दिशा में भारत फिर से

विभिन्न क्षेत्रों में जिन्होंने अपना जीवन समर्पित कर दिया है

और अपना विशेष योगदान दिया है ऐसी विभूतियाँ हुई

भोपाल: (TNA News Network) मध्यप्रदेश विधानसभा के

एनआईटीटीआर ऑडिटोरियम में शोध शक्ति-राष्ट्र शक्ति विषय पर

शोध की दिशा में भारत फिर से

अध्यक्ष गिरीश गौतम मंगलवार को राजधानी भोपाल के

BHOPAL ▼ FEB 15, 2023 ▼

विश्वगुरू बनने को अग्रसर:

गिरीश गौतम

by Editor TNA News Network

### **GReWS National Conclave @ News Coverage**

#### अपना प्रदेश

शोध शक्ति-राष्ट्र शक्ति विषय पर आयोजित राष्ट्रीय सम्मेलन में शामिल हुए विधानसभा अध्यक्ष

#### शोध की दिशा में भारत फिर से विश्वगुरू बनने को अग्रसर : गिरीश गौतम



#### ल (काप्र)।

विधानसभा के गौतम मंगलवार को एनआईटीटीआर में शोध शक्ति-राष्ट्र पर आयोजित राष्ट्रीय य अतिथि के रूप में



देने वाली विभूतियों को सम्मानित भी ट्रीय सम्मेलन का आयोजन ग्लोबल ाफेयर सोसायटी भोपाल एवं आर्म्ड सोसायटी ऑड इंडिया द्वारा आयोजित



के समय में विदेशी आक्रांताओं के हम करने का कार्य किया गया है। आज फि है कि हम अपने पुरा विज्ञान को सामने दिशा में नए कार्य भी करें। उन्होंने अ आज की यवा पीटी में उर्जा एवं क्षम

#### 52 कारगिल सैनिक और उनके आश्रितों का हुआ सम्मान वीर जवान हैं देश का गौरव- गिरीश गौतम

देने वाले 52 सैनिक एवं उनके आश्रितों का सम्मान राजधानी के



**एंटिटी सभागार में किया गया।** गर्यक्रम में विधानसभा अध्यक्ष भारतम् न । जियानस्य । जियानस्य । मिर्गरिश गौतम् , ह्यूमन सहः कमीशन की चेयरमैन, डॉक्टर चंद्र बहादुर सिंह दांगी, मधुसूदन देश पांडेय, कार्तिक पटसारिया सहित वरिष्ठ समाजसेवी एवं पत्रकार गण उपस्थित रहे। संस्था के नितिन शरण ने बताया द्ध में अपनी सेवा देने वाले वीर हीद जबान एवं उनके परिवार जनों

#### वीर जवान हैं देश का गौरव- गिरीश गौतम

तत्वाधान में कारगित हुद्ध में सेवा देने वाले 52 निक एवं उनके शांत्रियों का सम्मान

राजधानी के एंटिटी प्रधारा में किया गया। कार्यक्रम विधानसभा अध्यक्ष गिरोश गीतम , ह्यूमन सहट कमीशन की चेवरमैन, डॉक्टर चंद्र बहादुर सिंह दांगी, मधुसूदन देश पांडेय, क परसारिया सहित वरिष्ठ बसेबी एवं रार



एवं उनके परिवार बनों के लिए किया। जिसमें कारगिल युद्ध में संबा देने वाले शाहिद जवानों के परिवन एवं वीर जवानों का समाप्त किया गया। साथ हो पाले बीर जवान हमारे देश बाहिए। वहीं विधानसभ भध्यक्ष गिरीश गीतम ने बताया कि संस्था का यह

क्योंकि कारगित युद्ध में अपनी जान की परवाह किए जिन भारत मां के सच्चे सपूर्ती ने देश की रक्षा के लिए चोटी प तिरंग फहराया। वीर जवान ही निस्वार्थ भाव से रष्ट के लिए तर

)3] भोपाल, रविवार, 19 फरवरी 2023

#### शोध शक्ति-राष्ट्र शक्ति पर राष्ट्रीय सम्मेलन





### दैनिक भारकर

ऋषियों ने शोध के बल पर विज्ञान, आयुर्वेद और ज्योतिष के महान कार्य किए : गौतम



भोपाल। मप्र विधानसभा अध्यक्ष शोध के बल पर विज्ञान, आयर्वेद, गौतम मंगलवार पनआईटीटीटीआर ऑडिटोरियम में शोध शक्ति-राष्ट्र शक्ति विषय में विदेशी आक्रांताओं के हमलों में पर आयोजित राष्ट्रीय सम्मेलन में उसे नष्ट करने का कार्य किया है।

ज्योतिष, गणित जैसे क्षेत्रों में महान कार्य किए थे, लेकिन मध्य के समय मुख्य अतिथि थे। उन्होंने कहा कि आज जरूरत है कि हम अपने पग

पलपल इंडिया के संपादकीय अध्यक्ष वरिष्ठ पत्रकार अभीमनोज का हुआ सम्मान पल पल INDIA इंडिय

ग्लोबल रिसर्च एंड वेलफेयर सोसाइटी का राष्ट्रीय सम्मेलन

अपने क्षेत्र के समाचार एवं विज्ञापन के लि



लपल इंडिया के संपादकीय अध्यक्ष वरिष्ठ पत्रकार अभीमनीज का हुआ सम्मान इंडिया 🐓

ीर अधिक खबरों से जुड़ने के लिए पल-पल इंडिया न्यूज के सोशत

### शोध की दिशा में भारत फिर से विश्वगुरू: गिरीश गौतम

पलपल इंडिया समृह के चेयरमैन अभिमनोज का सम्मान









### GLIMPSE @NATI

The President of the Madhya Pradesh Legislative Assembly, Shri.Girish Gautam, attended the National Conclave on "Shodh Shakti Rashtra Shakti" held at the in the capital city of Bhopal on Tuesday as the chief guest. The special guests of the program included Shri. Manohar Mamtani, Active Chairman of the Madhya Pradesh Human Rights Commission, and various other individuals such as Group Captain A.K. Upadhyay, Colonel B.B Vats, Former Police Director General of Madhya Pradesh S.K Rout, Additional Assistant Director - Training Income Tax, Dr. R.N Singh, Major General T.P.S. Rawat, OSD National Forensic Science University





## GReWS

### ONAL CONCLAVE

Bhopal Campus, Dr. Harsh Sharma, Renowned Film Actor and Social Activist Shri. Rajiv Verma, Dr. Madhusudan Deshpande, Senior Journalist Shri Abhimanoj and Shri Sarman Nagale, with Dr. Chandra Bahadur Singh Dangi, Sr Genetic Expert discussed Innovative Research on Global Trends. GReWS Souvenir was released during the conference by Dr. Shadma Siddiqui and Shri Atul Pratap Singh. The National Conclave was organized on 14 February 2023 under the supervision of the Global Research and Welfare Society. (GReWS) Bhopal and the Armed Forces Veterans Association of India, and was held at the NITTTR auditorium, Bhopal





### Prizing Words@ National Conclave 🎉





Smt. Chandani Chouhan - This was my first trip with all of you, and a memorable one. I can't even put in words, how difficult it can be to coordinate such a versatile group with regards to age, food and other choices... Thank you to everyone including the GReWS, who made this happen and for bringing all Air veterans of 5/83 and families together.



Dr. Ravindra Nath Singh - यदि वास्तव में देखा जाए तो यह यात्रा बहुत ही चुनौतीपूर्ण भरा था। तीन अलग-अलग स्थानों पर खाने -रहने की व्यवस्था के साथ-साथ वहां के कार्यक्रम को संपन्न कराना मेरे समक्ष एक बहुत बडी चनौती थी। सबसे बडी चनौती थी, महाकाल का भस्म आरती और गर्भगृह से दर्शन। ग्लोबल रिसर्च एंड वेलफेयर सोसायटी GReVVS) इस सफलता के कड़ी में बहुत ही महत्वपूर्ण भृमिका निभाई और यह उनके कुशल प्रबंधन और सामाजिक दायित्व का ही परिणाम है कि यह त्रिकोणीय यात्रा सफल ही नहीं रहा अपितु इसे एक राष्ट्रीय मंचन का भी रूप दिया गया और वायुसेना 5/83 के भृतपूर्व अधिकारियों एवं उनके परिवार का इस अभृतपूर्व तरीके से स्वागत किया गया, इसके लिए वायसेना 5/83, सदैव आभारी है। यह संपूर्ण याला लोगों के सहयोग और भोलेनाथ की कपा से हम लोग भगवान भोले का दर्शन करने में समर्थन रहे। फिर वहां से 125 किलोमीटर दर ओमकारेश्वर वहां भी दर्शन अच्छे से हो गए. वहां भी रहने का स्थान

उत्तम मिला। फिर तीसरे दिन वहां से 262 किलोमीटर दुर भोपाल। भोपाल में भी सभी प्रस्तावित कार्यक्रम संपन्न हुआ। इसमें लोगों का भरपुर सहयोग मिला और इस प्रकार यह देखा जाए तो यह तिकोणीय याता- भोपाल - उज्जैन -ओमकारेश्वर - भोपाल सकुशल 5 दिनों में संपन्न हुआ। इतने बड़े लक्ष्य को लेकर मन में बहुत ही संशय था कि भोपाल में रहते हुए उज्जैन और ओमकारेश्वर में व्यवस्था जैसा सोचा जा रहा था वैसा होगा कि नहीं होगा, लेकिन GReWS के सहयोग और समर्पण, अपने अन्य साथियों और सहयोगियों के माध्यम से यह संभव हो सका। धन्यवाद।



**Shri Ravinder Pal Singh** - As being expressed by other friends here and by me, in my earlier statements, you have set a very high benchmark of managing a heterogeneous, multicultural, multiplication trip with perfection. My Mother is so happy after Darshan and touching Mahakal Shivling. I just can't explain. At the same time the emotional touch of Affection, Love & belongingness with GReWS can't be expressed. Uttam has rightly expressed and I am in agreement with him. Thanks & all are very small and insufficient words.



Shri Mahesh Gaur - दोस्त तुम्हारा और तुम्हारे परिवार का धेर्य और उत्साह बहत ही सराहनीय था। यह बहत ही कठिन कार्य आपने और आपके सहयोगी सोसाइटी ग्लोबल रिसर्च एंड वेलफेयर सोसायटी ने बड़ी ही सरलता से संपन्न किया।



Shri Nand Kumar Phuleiria - Simply great, great and great efforts from Dr RN Singh with family and support from GReWS who were part of the tour. My Sincere salute to RN for his PR ans GReWS. A very successful and satisfying tour with memories to stay life long. Spl thanks to Dr RN Singh and Family for organizing such a wonderful tour and event and love to all. With the hope we all meet very soonShri Nand Kumar Phuleiria - Simply great, great and great efforts from Dr RN Singh with family and support from GReWS who were part

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Shri SK Sharma - Ujjain Bhopal pilligrimage.. Journey from 10 Mar 1200 hrs to 17 Mar 0700 hrs.... Six days & 20 hrs. 6 x 24 +20 x 60 x 60 =590400 seconds of dream world where even single moment lived valued worth a life. I could live million years in this short span of life. An oasis has been explored. Courtesy 5/83 family. With every gathering we are inching closer to one another's emotions, feeling the pulse & help melting the ice. Let the bonding strengthen further & strength for good. A log of wood has been carved into beautiful lady by this

carpenter. Now it is time for tailor to stitch a befitting dress & gold Smith to decorate the lady with garments & them finally infusing life into it by Pandit ji. Is their any tailor any gold Smit & a priest who can transform my dream sculpture into beautiful living young lady we call it 5/83. Together we can & we will.. "दूर से एक आशा की किरण नजर आ रही है । आस अभी बाकी है मेरे दोस्त।" Sep 1983 we the 1194 youth from all walks of life joined at Sambra and 40 years, with the Blessings of





### Prizing Words@ National Conclave 🎉



Mahakal Omkareshwara & honor showered on we the veteran by GReWS a concept in 5/83 reunion, now it is time to pay odey from where we begin. It was a mega event & lot of emotions attached with it. The standard of magnificent programme by Dr. RN Singh & the GReWS, now sky is the limit.



Smt. Shilpa Arora - We reached home safely, had a great time with you all, made lots of unforgettable memories. Traveling and touring with 2 small kids is never easy but with you all it didn't feel like it at all.. Along with us all of you also took good care of the children, gave them time and played with them. They also enjoyed this trip with us. thank you so much for all the love. You all will take care of yourselves. Our thanks to Dr. RN Singh and the GReWS, who made this trip special and wonderful. I love you all... and lots of love from Enaya and Mihaan



Shri Devraj Singh - Don't have words to express joy and happiness we all had during this holy trip. The involvement of Dr. R N Singh and family including the society GReWS for making this trip a grand success is beyond to express. They all have taken lot off pain and involvement in making this trip successfully. Also special thanks to Shri SK Sharma for caring of all.



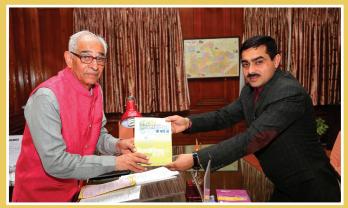
Advocate Geetika Singh - It has really been a proud moment for us to be a part of the get together of veteran air warriors and the national conclave on Shodh Shakti to relive and cherish what we call the great grand Air Force family. This platform has given me a chance to feel the warmth, hospitality and affection of my extended family again. Unfortunately I could not be a part of Shri Mahakal and Shri Omkareshwar Darshan due to some personal issues but I have been told that the same was very well executed. I have even heard

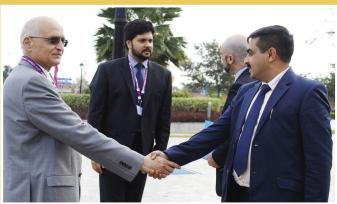
people saying that they felt like VIPs during the Darshan and could see lord Shivaling upfront. What else could I have expected from my own father who was the main coordinator. I have seen him working so hard to make this event a grand success. Luckily I could attend another class event i.e. a National Conclave conducted by GReWS. It's Secretary Shri (Dr) CBS Dangi, worked at micro level to facilitate veteran armed force personnel and family members for their contributor in nation building and protecting our international borders. The conference was aimed to promote research in various fields and its importance. I would like to take this opportunity to congratulate each and every one associated with the events that have made it a grand success.

















#### **GReWS Herbal Products**

















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#### **In Association**































