



Peoples' Foundation & All India Institute of Ayurveda (AIIA) organise

आयुर्वेदिक चिकित्सा शिविर

For inmates of CJ-04, Tihar jail

निःशुल्क
दवा
वितरण

Focus on Hypertension (Stress), Diabetes & Other Lifestyle Disorders

Supported by Tihar Jail (Delhi Prisons)



18th December 2021



Venue : CJ-04, Tihar Jail

info@peoplesfoundation.in | www.peoplesfoundation.in

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OUTCOME REPORT

AYURVEDA BASED MEGA HEALTH CHECK-UP CAMP cum FREE MEDICINE DISTRIBUTION

Venue – CJ – 04, Tihar Jail, Delhi Prisons

Date – 18th December 2021





Introduction

Taking its mission of disseminating holistic health and the ancient science of Ayurveda to the masses for happy and healthy lives a step further, **PEOPLES' FOUNDATION**, on 18th January 2022, organized a MEGA HEALTH CAMP cum FREE MEDICINE DISTRIBUTION for the inmates and security personnel of Tihar jail CJO4 at New Delhi. This camp named "**Health in your hands**" with focus on awareness generation, behavior change, early detection and treatment of common lifestyle disorders of Hypertension, Diabetes, Anxiety, Metabolic Disorder and Stress Management was led by reputed Doctors, Researchers, Pharmacists of esteemed **All India institute of Ayurveda** (AIIA), Ministry of AYUSH and managed and facilitated jointly by the jail administration of CJ04 and Peoples' Foundation.

Aims and objective

The core aim of the Camp was to investigate and assess the common disease burden of jail inmates and security personnel through examination and counseling. For this day long camp, approximately 200 patients were selected, examined and prescribed medicines. They got free medicines for 30 to 40 days period from the pharmacist of AIIA present there. The medicines distributed belonged to IMPCL, a reputed Government medicine manufacturing company. The patients were advised to keep prescription so that after **45 days** it could be reviewed by the visiting team of AIIA.





Format

For treating such a large number of patients, the senior doctors of AIIA formed four teams having two junior doctors and one senior professor completing the exercise in two shifts. Four pharmacists distributed the medicines in a queue. These 4 teams investigated patients in accordance with principles of Ayurveda.

Inauguration

The health camp was inaugurated jointly by Mr. Praveen Kumar Arya, Dy. Supt. Jail no 04, V N Jha, President, Peoples' Foundation, Professor Mahesh Vyas, Dean, AIIA, Professor Doctor P K Prajapati, Doctor Rajgopala, MS, AIIA and Dr. Bhargava Bhide.

They cut the ribbon and the guests were welcomed by Mr. Arya to the Dias for a brief inaugural ceremony and address by doctors for the assembled large number inmates and security Personnels. A message from AIG Sh. Mukesh Prasad was read out.

Welcoming the doctors and presenting bouquets to V N Jha and others, Dy Supt. Praveen Arya thanked the team AIIA and Peoples' Foundation for making this Philanthropic act possible. He said it was going to be a milestone in the history of Tihar jail and welfare of prisoners.

V N Jha, President of Peoples' Foundation, while thanking Tihar jail administration and team AIIA, said that His foundation was determined to carry the message of Ayurveda and holistic health to the last person in society for a happy and healthy lives.



Professor Mahesh Vyas, while thanking the jail administration and Peoples' Foundation talked of treating poor and deprived people in accordance with principles of Ayurveda. Professor P K Prajapati talked about ancient Science of Ayurveda and said it was related to our tradition, homes and ecosystem. He advised the inmates to remain disciplined and calm.

The jail administration provided an opportunity to team AIIA and team Peoples' Foundation to look at the arts, painting and sculptures created by the jail inmates in the Tihar school of arts.



Investigation and Free Medicine Distribution

Nearly 200 inmates and some administrative staff also were examined thoroughly. They displayed excitement and happiness and the whole process was conducted in two shifts in a much disciplined, orderly manner by the jail staff. In all, **52 medicines manufactured by IMPCL** were distributed as per prescription by the pharmacists in the large volume.

Giloy Plantation Ceremony

As a part of "**MISSION GILOY**" at India's Amrit Mahotsav, The Team AIIA got a Plantation done in the green area of Jail No-4 during the recess by Jail Supt. Shri Rajkumar, Prof. Prajapati, V N Jha, Rajgopala and Rajiv Kumar, Gen. Secretary of People's Foundation. In all, around **10 Plants of magical Giloy** supplied by AIIA were planted and watered.









Press and Publicity

Since no media was allowed inside the Jail as per Jail SOP, it was decided to make a Press Release and use the Photographs of the Program shot by jail photographer for publication and coverage in different newspapers. Accordingly, we implemented it and an excellent coverage can be seen in Different Hindi, English newspapers and various social media sites. Newspapers such as The Pioneer, Virat Vaibhav, Impressive Times, the Asian Age, Gujarat Vaibhav, Sarkaritel.com, etc. did cover the event.

विराट वैभव
आई दिल्ली, सोमवार, 20 दिसंबर 2021

दिल्ली वैभव

03

हेल्थ कैप कैदियों व सुरक्षाकर्मियों ने लिया स्वास्थ्य लाभ

तिहाड़ जेल में आयुर्वेदिक हेल्थ कैंप का आयोजन

वैभव न्यूज़ ■ आई दिल्ली

तिहाड़ जेल नंबर चार में पोपुलर फार्मेशन और अडिक्टन भारतीय आयुर्वेद संस्थान (एआईआईएच) दिल्ली के संयुक्त तत्वाधान में बंदिदों के लिए आयुर्वेदिक हेल्थ कैंप और निःशुल्क दवा वितरण का आयोजन किया गया। आयुर्वेद को जन-जन तक ले जाने के आने लक्ष्य की दिशा में एक और कदम बढ़ाते हुए गैर सरकारी संगठन पीपुल्स फार्मेशन ने तिहाड़ जेल में जेल प्रशासन के सहयोग से एक वित्तीय आयुर्वेदिक चिकित्सा शिविर का आयोजन किया। इस आयुर्वेदिक चिकित्सा शिविर में तिहाड़ जेल के बंदिदों का

एआईआईएच को इस सामाजिक और मानव प्रश्न के लिए धन्यवाद भी दिया। वार्ड, एआईआईएच के डीन प्रोफेसर मोहन व्यास ने तिहाड़ जेल प्रशासन और पीपुल्स फार्मेशन को इस शिविर के आयोजन में सहयोग देने के लिए धन्यवाद दिया और आयुर्वेद के सिद्धांतों को भी चर्चा की व इन सिद्धांतों के ज्ञान से होने वाले लाभ पर भी प्रकाश डाला। जबकि, प्रोफेसर डॉक्टर वी के प्रजापति ने इस अवसर पर पीपुल्स फार्मेशन और तिहाड़ जेल प्रशासन को धन्यवाद देते हुए कहा कि आयुर्वेद हमारी प्राचीन परंपरा है जो हमारे परिवेश और चरों से जुड़ा है। उन्होंने बंदि बंधाओं से अनुभव किया कि वे शांत और

क रीदार बन चुके हैं। पूरी दिल्ली को छोड़ने के लिए नेताओं और अफसरों को बस ही जाती है इसलिए क्या आज केरलीकाल सुद एक सरकारी कर्मचारी रह चुके हैं, लेकिन उसके बन्धुत्व यह जानते हुए कि सविधान में भी यह बात कही गई है कि कोई भी प्रदेश सरकार राज्य के लिए प्रचार नहीं करेगी,लेकिन

कहा था कि एक राज्य को दुकान छोड़ने के लिए नेताओं और अफसरों को बस ही जाती है इसलिए क्या आज केरलीकाल सुद एक सरकारी कर्मचारी रह चुके हैं, लेकिन उसके बन्धुत्व यह जानते हुए कि सविधान में भी यह बात कही गई है कि कोई भी प्रदेश सरकार राज्य के लिए प्रचार नहीं करेगी,लेकिन

दिल्ली विकास प्राधिकरण

सूचना

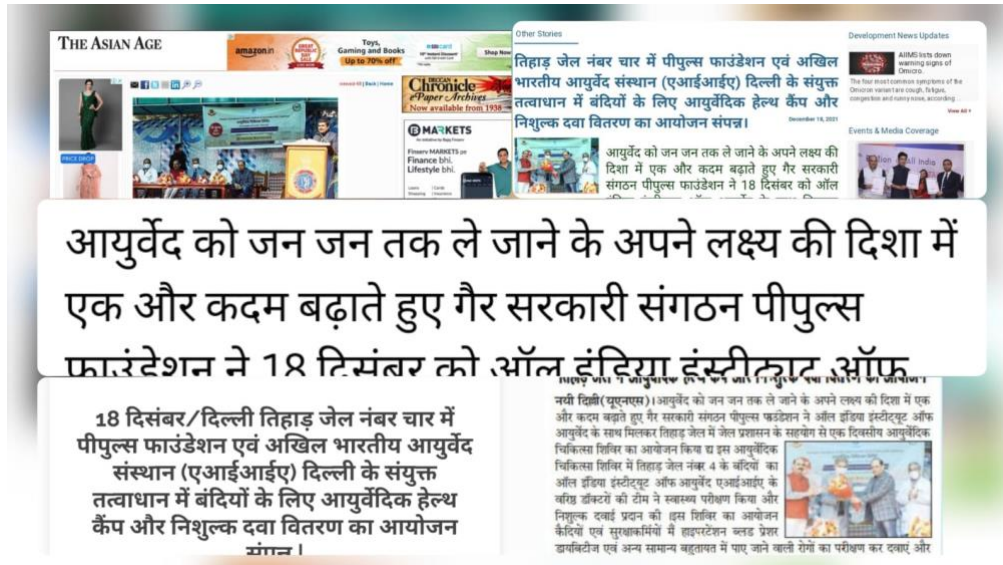
भूमि प्रदाय विभाग ने अगस्त आसार पर परराज्यीयता के साथ से शैवविभूत अधिकाधिकों की निःशुल्क के संबंध में

दिनांक 04.11.2021 से 09.11.2021 तक के समारंभ पर जे में और साइट www.dda.gov.in पर अनुप्राण (03 घण्टे), नायब तहसीलदार (09 घण्टे), तहसीलदार (01 घण्टे) के लिए विभाग में परामर्शदाता के रूप में निःशुल्क किए जाने के लिए विज्ञापित। भूमि से पराज्यीयता से 20 वर्षों के अग्रपुत्र वाले शैवविभूत अधिकाधिकों/कर्मचारियों से आवेदन प्राप्त अवधिगत किए गए थे। इन संबंध में एनए द्वारा सूचित किया जाता है कि आवेदन प्राप्त होने की अंतिम तिथि दिनांक 31.12.2021 तक का ही गई है।

दिनांक 31.12.2021 तक शैवविभूत को पुनः/शैवविभूत होने वाले अधिकाधिकों/कर्मिक परामर्शदाता को ही अनुप्राण कर सकते हैं।

विभाग की अन्य विवरण एवं सार्वजनिकित्व संबंधी सूचना (ऑफिस)

f @ddainfo@ddadiv@ddadiv_dda या सौ सार्वजनिकित्व से 011-26103322-33333 सार्वजनिक



Closing Ceremony

After Day long Hard and Sturdy Schedule for The Doctors, Researchers, Pharmacists, Jail Staff and the team Peoples' Foundation, the time came for Expressing thanks and rewarding people involved in this onerous Humanitarian Task. Sh. Rajkumar Superintendent of CJO4 & Praveen Kumar, Dy Superintendent proposed **Vote of Thanks** and praised the Team AIIA and Team Peoples' Foundation for success of this mega Health camp. They also presented mementos and some Made-in-Tihar Products to all participants. The opening and closing ceremony was nicely conducted and anchored by Rajiv Kumar, Gen. Secy, Peoples' Foundation. Our volunteers and coordinators namely Amrit Singh and Alok Shrivastava immensely contributed to the success of the event.





Thanks