



## DESH APNAYEN NEWSLETTER

11<sup>th</sup> Issue, June 2016

### From the Editor's desk

Dear readers,

Hello!

It's wonderful to see you here, as always.

It's time to welcome the children back from summer holidays and of course, the rain! We hope you are enjoying yourselves in this wonderfully cool albeit wet weather.

The seasons remind us that change is the only constant. To survive and thrive, living organisms, industries, and institutions must evolve or adapt to changing environments. We are so proud to have embraced change and started a much needed citizenship education initiative in the country. Our aim, when we started, was simple. We wanted to

- educate people in citizenship and human rights through an understanding of the principles and institutions [which govern a state or nation];
- teach children to exercise one's judgement and critical faculty; and
- help children acquire a sense of individual and community responsibilities.

We started a little over a year ago with a handful of schools and now over 60 of them have joined hands in our journey. Not only that, our partner schools are also making remarkable strides through our citizenship clubs! They are staging street plays, filing RTI reports and helping the old and specially abled in their communities. This is truly a golden feather in our cap.

We are as excited as we are aware – we know the journey has just started and there are miles to go before we rest Your love and support keep us motivated.

And yes, don't forget to like us on facebook and follow us on twitter to keep an eye on all the action that is happening!

Aditi Mehta, Editor

## Our health in our hands

Our second blog this month was dedicated to understanding the healthcare system in India. As you must have read, we have made significant progress in improving the health of new born children and mothers. The government's plan to add 3,000 pharmacies under the Jan Aushadhi Yojana to provide generic drugs at affordable rates is a commendable move.

While all these wonderful things are happening at a large scale, let us look at the small things we can do at our level to make sure we remain healthy and well during the rains.

1. Always bring your umbrella. Stay dry to avoid infections.
2. Eat home-made, hot, healthy and fresh food. Boost your immunity with foods like ginger, turmeric, barley, wheatgrass and citrus fruits. People who face skin allergies during rainy seasons must avoid spicy foods. Spicy foods raise body temperature and stimulate blood circulation and it leads to allergies and skin irritation. Other problems such as boils, change in skin color dullness, rashes, pyodera are also some skin damaging effects which arise in this season.
3. Exercise well. Find indoor activities to replace your regular walk or jog.
4. Wash your hands regularly.
5. Drink clean water.
6. Make sure your surroundings are clean for the health of your family, your building/society and your community.
7. Spread this message to ensure well being and awareness of the same!



Image Sources:

[www.navimumbaidoctors.com](http://www.navimumbaidoctors.com)

## **Contribution from partner schools J.B. Petit High School**

Celebrating the spirit of health and wellness that we are highlighting in this newsletter, the J.B. Petit High School For Girls participated in the International Yoga Day Celebrations on 21st June 2016. The entire school community participated whole heartedly.

Desh Apnayen celebrates their commitment to a healthy body and a sound mind!



## Contribution from partner schools S.M Shetty International School

June was not only World Yoga Day, but World Environment Day as well. S.M Shetty International School in Powai, Mumbai. Students of class five participated in a poster making activity and made wonderful and informative posters about global warming and pollution. They also visited Melhua Ecotel Hotel, Powai, where in the the Environment manager(Aldrina Fernandes) explained the eco friendly practices carried out in their organization by virtue. It was a great learning experience indeed. The children also visited Smart Eco park, where they were taken around to appreciate the rich flora which was carefully planted and nurtured for years. The park is self sufficient with bio gas, solar energy, rain water harvesting and other Eco friendly practices.





## Our monthly favourites

### Sportsperson of the month

This month, we celebrate the brilliant Indian athlete, Dipa Karmakar. She is an Indian artistic gymnast from Agartala, Tripura who represents India at the international circuit.

Apart from being the first Indian woman, she also became first from the country to qualify for the Rio Olympics after 52 long years. "To achieve something, you have to take risk", is the mantra this 22 year old lives by. We congratulate her and wish her all the very best.



### Website of the month

Our website of the month is [allday.com/](http://allday.com/). All Day is a curation of really interesting articles and blogs that will have you reading... all day. The topics range from history to food to entertainment to culture, so there's bound to be something in it for everyone. The layout is also really interesting and easy on the eyes, and with the endless scrolling feature. It might be something you log on to with a cup of your favourite hot beverage on a rainy day!

## Fun and games

### Caption this!

Can you give a caption in under 50 words for these three wonderful images? Write in your answers to us at [komal@deshapnayen.org](mailto:komal@deshapnayen.org) or [info@deshapnayen.org](mailto:info@deshapnayen.org) Send in your responses by 31st July 2016.

Teachers, please ask your students to give responses as well. The best entries will be mentioned on our social media pages.



Image 1



Image 2



Image 3

Image Sources: [www.indianexpress.com](http://www.indianexpress.com)