

ANNUAL REPORT (STATEMENT) FOR THE YEAR 2018 – 2019

1. **05.05.2018:** Urjo's Annual General Body Meeting was held at ILS hospital auditorium. The new executive Members were elected. Past presidents of Urjo were also felicitated.
2. **21.06.2018:** World Yoga Day was celebrated by Urjo members at Belur Math on 21st June under the aegis of Ministry of Ayush, Government of India. Urjo members underwent 15 days of training for 1 hour each day prior to the program.
3. **15.07.2018:** Urjo in association with Palsons Derma Pvt. Ltd. conducted acne and fungal screening camp at Nabajatak Vidyabhavan for Girls for the hostel boarders. The girls were checked for acne, dandruff and fungal infections and free samples were distributed. A total of 93 students were screened from among primary and secondary section. Awareness talk was delivered by Dr. Ratnabali Chakravorty & Dr. Srirupa Pal on acne and its development and fungal hygiene
4. **22.08.2018:** Urjo donated ready usable grocery items to Goonj, another NGO, to be distributed for the Kerala Flood Victims.
5. **27.08.2018:** Urjo donated a cheque of rupees twelve thousand to the Prime Minister's relief fund for the Kerala Flood victims.
6. **19.09.2018:** Urjo again in association with Palsons Derma Pvt. Ltd. conducted the second acne and fungal screening camp at Anulia Mahamaya Vidyamandir Girls High School in Ramchandrapur, Howrah. Awareness talk on menstrual and fungal hygiene was delivered. A total of 72 students of higher secondary were involved in the program.
7. **19.09.2018:** Urjo donated a wheelchair for the old residents 'Ekante', an Old Age Home at Baranagar.
8. **29.09.2018:** Urjo's Half Yearly General Body Meeting was held at ILS hospital auditorium.
9. **08.12.2018:** Urjo visited Apan Ghar Old Age for the first time to initiate there " Bhalo Rakha ar Bhalo Thaka" project with arrangement for a Pre – Christmas program for the residents. The program was arranged as a meet and greet with the residents. Grocery items, warm blankets and blouses were distributed to the residents. They also received gifts from Santa Claus. Excelsiors (a band of 2 young boys) performed Christmas Carols.

10. **16.01.2019:** Monthly groceries along with sweetmeats were taken to Apan Ghar by Urjo Members.
11. **24.01.2019:** An eye check-up for cataract surgery was arranged for 4 needy residents of Apan Ghar at Sri Satya Sai Seva Kendra in Kasba. Urjo members readily took the ladies for their checkup. As per doctor's advice blood tests and ECG were also taken care of by Urjo to check their suitability of surgery.
12. **05.02.2019:** A free medical checkup was organized by Indian Menopause Society (IMS) at Apan Ghar and Dr. Nirmala Pipara and Dr. Bipasha Sen conducted the checks up and Urjo members were present to give them support. Calcium Test were done free of cost. 13 residents and 3 staff members were examined and free medicine was distributed based on their ECG reports which had been done earlier and examination by IMS doctors.
13. **07.02.2019:** Three residents of Apan Ghar had successful cataract surgery on 7th February, 2019 at Calcutta Lions Bimal Podder Eye Hospital located on Manohar Pukur Road, South Kolkata. The fourth resident was advised to take a second opinion and visit the Eye Hospital again on 28th February; 2019. The members of Urjo were there throughout to handhold the patients and take them through the entire process including the follow up for the next day.
14. **08.03.2019:** Post-operative eye checkup for power correction was done for the 3 operated residents of Apan Ghar. Urjo members took care of the checkup and new spectacles
15. **04.03.2019:** Urjo donated five thousand rupees to "Bharat Ke Veer" for our Indian Soldiers who were attacked at Phulwama.
16. **23.03.2019:** Monthly groceries were taken to Apan Ghar by Urjo Members. New spectacles after the eye checkup were also given to the operated residents. The residents were also given blank pictures to colour. This was an idea to check their interest.

Other events were Urjo Participated:

1. **13.10.2018:** On the occasion of World Menopause Day, Indian Menopause Society (IMS) organized a health camp at Rabindra Okakura Bhawan, Saltlake for 40+ women where Hemoglobin and Bone Mineral Density were checked. Urjo members participated in the said camp. A public awareness talk on breast cancer was also delivered by Dr. Sanjay Sen and an interactive session was held. Urjo members also

participated in pottery painting and singing competition. A Yoga presentation by Urjo members was also held.

2. **24.11.2019:** Urjo celebrated “Bijaya Sanmelani” with cultural programs at Paikpara.
3. **12.01.2019:** Cardiac screening, blood pressure, blood sugar and lipid profile test were conducted for 40+ women at Saltlake where Urjo members along with others participated.
4. **01.02.2019:** The Annual Picnic of Urjo was held.
5. **15.02.2019:** Urjo members participated for an awareness talk on the health of menopausal women at the Annual Conference of Indian Menopause Society (IMS) at ITC Sonar. A Yoga demonstration was also presented by Urjo members.
6. **03.03.2019:** To celebrate International Women’s Day, Urjo participated at a walk organized by Indian Menopause Society (IMS). A martial arts workshop on self-defense was also organized.
7. As Mental Health Day is celebrated on 10th of every month, so Urjo members participate in a meditation session arranged by the Brahma Kumaris for their mental as well as spiritual well-being on the **10th of every month**.