



## **SAMPURNA NGO**

**TOWARDS TOTAL DEVELOPMENT  
(A NON-GOVERNMENTAL ORGANISATION)**

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### **ANNUAL REPORT**

**(2022-23)**

**1<sup>st</sup> April 2022**

#### **Meeting**

A Meeting of Volunteers, Executive Members and the Donors was kept at the venue of the proposed program, Mata Ki Chowki for the next day. Every one present in the meeting was overwhelmed with the Mata Ki Chowki. The sub teams were ready to serve their duties the best. Dr Shobha Vijender the Founder President took the meeting and everybody was further reinstructed about their duties. The ten sub committees were formed. It is to be noted that Sampurna always tries to inculcate the values (Sanskar) among the population for better individual and better world.

**2<sup>nd</sup> April 2022**

**Sampurna celebrates the Hindu New Year with auspicious Mata Ki Chowki**

To celebrate the beginning of the Hindu New Year, Sampurna organized Mata ki Chowki. It was truly an auspicious event as the day also marked the beginning of the Navratri. The event started at 6pm and more than 300 people joined in to celebrate. The festivities were accompanied by beautiful devotional bhajans. The guests were welcomed in by applying tilak to the forehead and served water. Prasad and food were also served.

Dr Shobha expressed that it was joyous occasion as it had been a long time since Sampurna has last organized such an event due to Covid restrictions and safety. She said that Mata Ki Chowki also serves as a symbol as celebrating and worshipping the goddess sends a message across the community about women empowerment because we know that the goddess is empowered. So, it acts as positive reinforcement to respect women.

Dr Shobha further said that how holding such an event where members of the community come together to contribute to the event in various ways works to bring a sense of belonging and build a feeling of togetherness in the community. The

larger aim of uniting the people of all caste and creed is fulfilled through such events.





**5<sup>th</sup> April 2022**

### **Sampurna Announces - Water Ambassador**

Aarna Wadhawan 15-year-old, girl from Delhi was nominated as @ngo\_Sampurna's Water Ambassador today. In the august gathering of the volunteers & members of Sampurna, she was announced as Water Ambassador. Aarna is dedicated to water conservation and has been raising her voice for the same for the last several years. The @ngo\_Sampurna welcomes her to the team. On behalf of @ngo\_Sampurna, Dr Shobha Vijender said that they have big expectations from her that she would spread the campaign of water literacy among the student fraternity and youth. It is also desired that for our future Jal initiatives, Aarna will play an active role. In the end a certificate was awarded to Aarna nominating her as our water ambassador.

In her short speech, she thanked the Executives of @ngo\_Sampurna for entrusting on her.

**5<sup>th</sup> April 2022**

### **Mega Health Screening Camp in Asha Kiran Complex, Department of Social Welfare, NCT of Delhi**

The @ngo\_Sampurna with Special Olympics Bharat (SOB) organized a Health screening camp under #Azadi ka Amrit Mahotsav initiative in Asha Kiran Complex, Department of Social Welfare, NCT of Delhi Rohini.

The #Special Olympics Bharat under the Ministry of Youth Affairs & Sports provides the best sporting experience to the intellectually disabled children and adults. The #Special Olympics screens and follow-up care in six health disciplines such as eye care, oral Health, hearing, feet, fitness, and nutrition. The @ngo\_Sampurna joined hands with SOB in North-West Delhi to organize the camp for the inmates in Asha Kiran Complex.

The camp started at 8 am in the morning and went on for 8 hours till 4 pm. The 900 individuals including children and adults were screened out of which 474 were males and 483 were females. Their eyes, teeth, bones and general health features were checked. There were 20 volunteers from @ngo\_Sampurna present on scene to assist the athletes in getting their health check-up done. T-shirts and refreshments were also provided to them.

Padma Shree Yogeshwar Dutt, Indian Freestyle wrestler graced the occasion as the chief guest. He encouraged the participating athletes and expressed that participation is more important than winning medals. He also said that these intellectually challenged individuals who are considered weak in the eyes of the society are not weak at all. In fact, people who are well from mind have no goodness in their hearts to help others, he said.

Babita Phogat, Indian Wrestler was also present. She appreciated the efforts and said that she would love to participate in such programs which encourage people to take part in sports.

*Return to Play* is a campaign to bring their athletes back to the sports field after their prolonged absence from the field due to Covid19. As such, the screening would prove beneficial to ensure that they are fit to participate in sports after a long hiatus. Under this program, 750 sports centers will also be set up across India for these athletes where the athletes will be trained.

Dr Shobha Vijender said that these kinds of programs should be held regularly to support the overall development of intellectually challenge children as well as adults.









**9<sup>th</sup> April 2022**

### **Associate Members Meeting – Zoom**

An associate members meeting was held today via zoom. The following was the agenda of the meeting:

Agenda:

1. Discussion of past programme in the month of March
2. Discussion of Pan India Work
3. Future programs to be held
4. Steering Committee Established by @ngo\_Sampurna
5. Any other topic with the permission of the chair

In the zoom meeting, Dr Shobha Vijender congratulated the team of @ngo\_Sampurna who worked tirelessly to make the health camp at Asha Kiran Complex a great success on 5<sup>th</sup> April. The program completed its target as 900 intellectually challenged children and adults got their health checkup done.

The @ngo\_Sampurna supported Special Olympic Bharat by arranging the stage program, 2000 breakfast packets and 150 lunch packets were provided for the beneficiaries. The volunteers, doctors and other paramedical staff were also provided. The entire team shouted the slogan 'Hip Hip Hurray' appreciating the efforts of entire team. Nirmala Chahal, who was the convener of the program was given special thanks.

The second program was a huge success arranged by @ngo\_Sampurna jointly with Vaishya Swabhimani Sabha. Chitra Aggarwal was the convener of the program. More than 300 people came at Aggarwal Dharamshala to chant the Bhajans of Mahamaya on the first Navratr which is also known as the first day of Hindu Nav Varsh. Dr Shobha Vijender thanked the entire team for their contributions. It is to be noted that every member of Sampurna donated in cash or kind to make the program a successful event. Sampurna organizes one religious function annually as a part of the ritual being followed by the management of Sampurna since 1993.

The @ngo\_Sampurna has now opened its door to work at the national level and 'Nari' and 'Pani' are the two main agendas on which Sampurna aims to work.

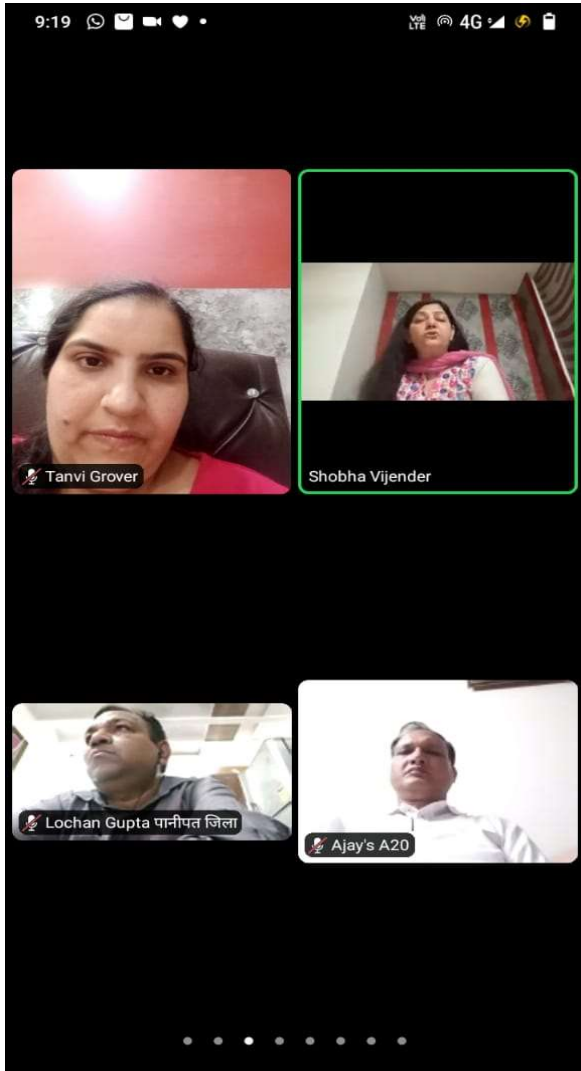
Jal Mitrs are being nominated at district level to work in close association with the administration and community to save water. Dr Shobha Vijender, with the young brigade of 2 general secretaries, has decided to go national. Tanvi reported that the team has started working. Regular meetings of short duration are conducted every day at 11 pm. 30 Jal Mitrs have been nominated so far i.e. @ngo\_Sampurna has reached out to 30 districts to work PAN India.

On 30<sup>th</sup> April Jal Samvad in Chandni Chowk, Delhi-6 is planned. The associate members are requested to participate in the function. It is also planned that @ngo\_Sampurna would showcase the work of Sampurna done in the past in last three decades. The @ngo\_Sampurna Jal Mitrs are going to present a play in the function on water.

It was discussed that the team of volunteers would meet the vice chairman of Gandhi Smriti and Darshan Smriti, Vijay Goel, Jal Mantri, Gajendra Singh Shekhawat and the chairman of National Monuments Authority, Tarun Vijay to invite them for the 30<sup>th</sup> April Program. During the discussion, Smita Kaushik suggested the name of Magsaysay Awardee and Waterman of India Dr Rajendra Singh for meeting and inviting him to be the chief speaker in 'Jal Samvad'. Everybody appreciated the idea and Tanvi Grover and Goldy Bhardwaj were asked to find out the availability of Dr Rajendra Singh in Delhi.

A Steering Committee for Sampurna Jal Mission was formed by the Executive Members of #Sampurna. Mohan Garg was nominated as the first member of the committee. More members will be selected later on.

In the end the General Secretary Tanvi Grover gave a vote of thanks to all the members.

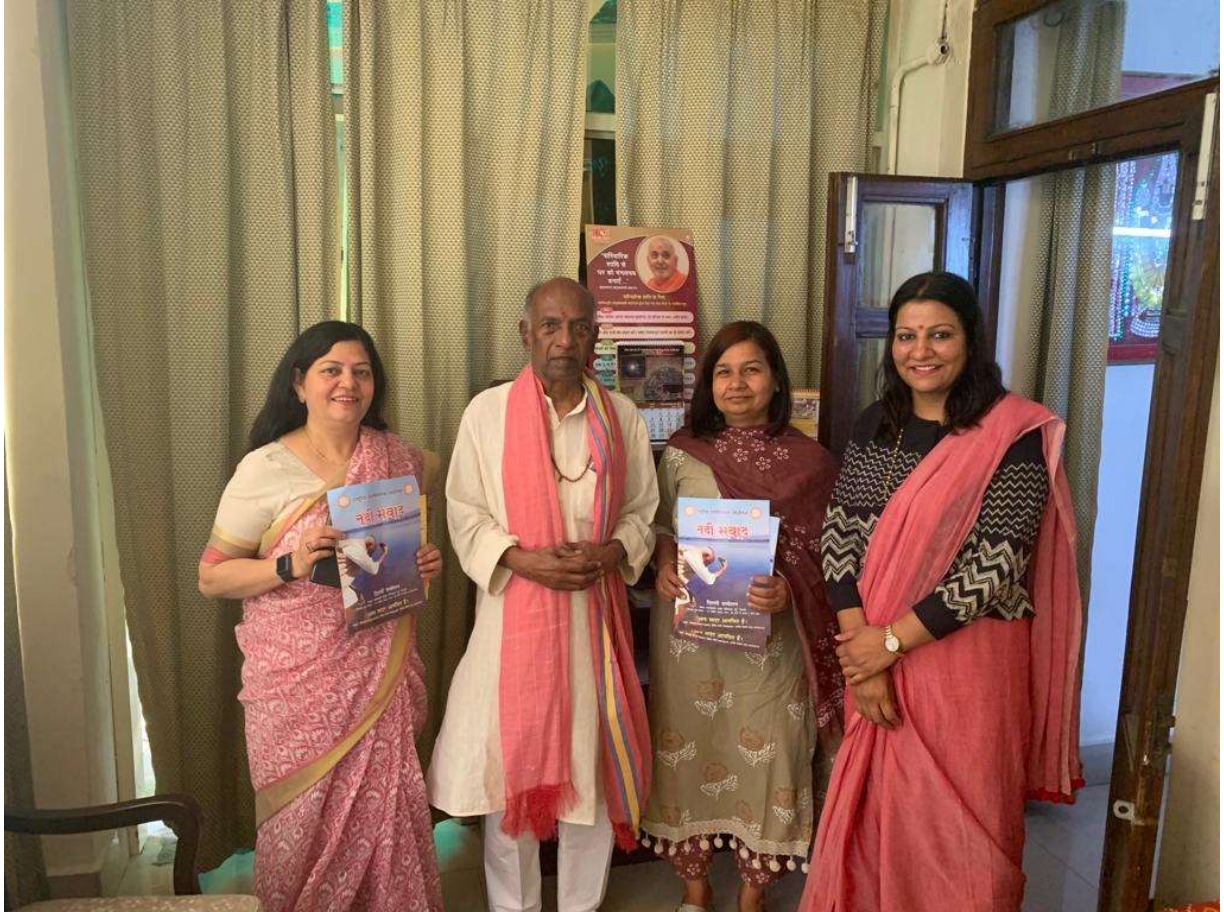




**9<sup>th</sup> April 2022**

### **Meeting with Shri Govindacharya**

The team of @ngo\_Sampurna met Shri K N Govindacharya under the leadership of founder president Dr Shobha Vijender. Shri K.N. Govindacharya is an eminent personality and a renowned environmental activist. Shri K. N. Govindacharya Ji is one of the tall figures in saving the Ganga river movement from the beginning. While discussing the issue of water with him, the team of @ngo\_Sampurna showed its willingness to work under the leadership of Shri Govindacharya Ji. Dr Shobha Vijender briefed him about the water crisis situation in Delhi. It was a fruitful meeting. Shri Govindacharya shared his experience on saving the important rivers of India and how he talked to the local people about the problems and solutions regarding the rivers.



**11<sup>th</sup> April 2022**

### **Sampurna visits Gandhi Smriti and Darshan Smriti**

The volunteers of @ngo\_Sampurna with Dr Shobha Vijender visited Gandhi Smriti, 30 January Lane, New Delhi. The vice chairman Shri Vijay Goel welcomed the delegation and after the introduction with the volunteers, he shared his experiences while working in Gandhi Smriti. The volunteers thereafter visited the Exhibition hall where the memories of Gandhi ji and his freedom movement are preserved for the view to national and international delegates. The volunteers also paid homage to the place where he was assassinated and he took his last breath saying 'He Ram.' The historical place was beautifully maintained with the utmost protection to the historical artifacts. The entire team of @ngo\_Sampurna was impressed and mesmerized to visit the place where the great saint, the apostle of

love, compassion and determination spent his last days. Dr Shobha Vijender thanked Shri Vijay Goel for his courtesy and evening tea.



**11<sup>th</sup> April 2022**

### **A Dialogue on Water Organized By Sampurna**

The @ngo\_Sampurna organized a *Jal Samvad* with the RSS Pracharak Shri Rakesh Jain, who is the co-convener of the environment project All India. The programme started at 6 pm at the residence of Shri Ramvir Singh Bidhuri, the Leader of Opposition Delhi Assembly. The meeting was presided over by Shri Mohan Garg who is the member of the @ngo\_Sampurna steering committee. The volunteers of @ngo\_Sampurna from all across Delhi attended the event. Shri Rakesh Jain shared his wisdom on various issues of water and told the volunteers about the work that RSS was doing on the issue of water. He said that people in India are experimenting to make healthy environment with meager means. He shared the examples of women who are segregating the garbage and then doing the composting. The

organic compost made by these women is being sold as organic manure to the kitchen gardens which they are also promoting.



**12<sup>th</sup>April 2022**

### **Meeting with NCPCR Chairman Shri Priyank Kanoongo to discuss problems of Juveniles on street**

Dr Shobha Vijender had a meeting with the Shri Priyank Kanoongo, Chairman, National Commission for Protection of Child Rights (NCPCR) along with the Public Representative Chitra Aggarwal and a few representatives from @ngo\_Sampurna. The agenda was to discuss problem of increasing street children on every red light and other congested public places in Delhi. Dr Shobha Vijender said that in the absence of any integrated impressive program on the part of the state Govt, we are unable to handle the problems of street children in Delhi. The NCPCR chairperson was convinced with the issue raised by @ngo\_Sampurna. He discussed the various programs / schemes, the Central Govt has embarked to improve the situation. He showed his willingness to work with @ngo\_Sampurna on this issue of street children. The meeting ended with the assurance to meet each other more frequently for the better future of Delhi.





**12<sup>th</sup>April 2022**

### **Nadi (RIVER) Samwad**

“Nadi Samwad” was organized by Rashtriya Swabhiman Andolan and Yamuna Mission in Delhi. Shri Govindacharya, social reformers, water heroes and spiritual leaders across the nation were present. The motto of the congregation is to save rivers. The Founder President along with @ngo\_Sampurna Jal Mitra attended the function in Tal Katora Stadium. The @ngo\_Sampurna has already joined hands with the aggressive volunteers of Rashtriya Swabhiman Andolan to save the holy rivers. The @ngo\_Sampurna is constantly meeting the likeminded organizations across India to present a strong consortium of organizations working for water.



15<sup>th</sup> April 2022

### **Awareness Meeting with farmers in Pilibhit, UP**

Dr Shobha Vijender met farmers in Pilibhit, UP. The meeting was held at Tanda Bijaise Village, Pilibhit. Dr Shobha had a one-to-one interaction with farmers on water. The women farmers were also present there. The water is not scarce there.

The water level is high as compared to many other districts of India where water is not available for farming. The farmers were enthusiastic to meet someone who has come from Delhi to hear their problems relating to water while farming. One of the woman farmers who supports her family business of Farming came forward saying that during the sowing period of rice, the entire Tanda area is clamoring with the noise of the electric motors used to draw underground water. She said that this leads to total chaos in the village and neighborhood areas. The peace is disturbed and all the farmers draw a lot of water from the ground as it is required while sowing the rice. She said till now, if someone has to go in search of water in the village and dig, they will find it. She warned that if it continued like this, ground water levels would be lower. She said that there is a need for provisions to save water so that less water is wasted which will also help in lowering the consumption of electricity in the village. This would be beneficial for all the farmers. She said there is urgent need for water literacy among the farmers as they believe that water is not going to end as it's a natural resource in abundance. The other farmers were also advocating the need to learn advance farming technology. Some of the farmers were raising the issue of infertile dry soil.

The Founder President was inspired by the farmers' concern for the wellbeing of the Mother Earth. The @ngo\_Sampurna is committed for spreading literacy on water everywhere. By arranging such type of awareness meetings with professionals' youth, woman and people in general all over India, @ngo\_Sampurna is spreading the awareness about the environment and water. There is as urgent need to make individual as well as joint efforts to save our resources.

**16<sup>th</sup>April 2022**

### **Meeting with the District Magistrate of Pilibhit, Uttar Pradesh**

Dr Shobha Vijender in her advocacy drive to force the policy makers and administrative heads for saving the Water Bodies met Pulkit Khare (IAS), District Magistrate of Pilibhit, UP. She discussed the Jal initiatives of #Sampurna. She informed him about the advocacy drive and requested to incorporate the Jal Mitra of Sampurna from Pilibhit for Water Conservation and rejuvenation of water bodies at district level.

Dr Shobha Vijender talked about how community mobilization and participation is key in conservation and proper management of water. Pulkit Khare resonated with the thought and said that he was more than happy to support Sampurna in Pilibhit in their Jal Mission. The meeting was a success. Jal Mitr, Gaurav was present there.



**19<sup>th</sup> April 2022**

### **Sampurna takes part in the heritage walk organized for Anang Tal**

Dr Shobha Vijender along with #Sampurna team members took part in a heritage walk organized for the purpose of spreading awareness about monuments of heritage. The main concern of the walk was Anang Tal which the National Monuments Authority recognizes as a historical monument.

The volunteers of #Sampurna showed great enthusiasm for this walk as #Sampurna has always focused on heritage and especially because the Anang Tal has a pond which is the focal working area of #Sampurna. To avoid the encroachment of the water body in the Anang Tal, this heritage walk was perceived as one that of utmost importance.

The Heritage Walk was organized by National Monuments Authority under the aegis of Chairman Tarun Vijay and was inaugurated by Chief Secretary of Delhi, Vijay Dev who appreciates the efforts of #Sampurna volunteers.



**19<sup>th</sup> April 2022**

**Sampurna brings the Concern of Water Bodies and Water Crisis to the Minister of Jal Shakti**

Dr Shobha Vijender along with members of #Sampurna had a meeting with the Minister of Jal Shakti, Gajendra Singh Shekhawat. The team talked about the fast-approaching water crisis. Dr Shobha said that @ngo\_Sampurna is actively working to spread water literacy so that water conservation could be done properly in Delhi as well as other states in India. Shekhawat appreciated this effort and said that the Government stands with @ngo\_Sampurna in their initiative to save water. He said that water is not only sensitive but complicated issue. The efforts of Sampurna to literate the people about water is a big issue and he congratulated Sampurna for taking the initiative to reach every household over water.





**22<sup>nd</sup> April 2022**

"Save the Earth" campaign was launched by @ngo\_Sampurna on World Earth Day today. Small programs were organized by Jal Mitrs of @ngo\_Sampurna in their respective areas. The basic objective of organizing such programs was to make the mother earth pollution free and water-rich. The organization is trying to involve the general public in this special campaign.

Under this campaign, 100 Tulsi plants were planted in the premises of Maharana Pratap Community Building ground, Rohini. @ngo\_Sampurna Jal Mitrs took the rain water harvesting project to the public through cooperative group housing societies. Such programs were organized Vinoba Kunj, Sunhari Bagh and other co-operative societies in Rohini. An impressive program was organized in Arya Samaj Mandir, Karol Bagh under the chairmanship of Gunjan Kheda, Jal Mitr.

**@ngo\_Sampurna's founder president Dr Shobha Vijender was the chief guest in the program. She told that according to the statistics of water scientists, in the year 2030, Delhi will become waterless. The water bodies that traditionally flowed in Delhi, have disappeared. Leaving aside the main city, there are no ponds or stepwells even in the villages of Delhi. According to the Wetland Authority, 252 water bodies have become completely encroached today. The situation is very serious. In such a situation, there is a need to make efforts for the empowerment and protection of water bodies.**

**A large number of Jal Mitras, Resident Welfare Committees and dedicated members of the society participated in the programme. This topic raised by @ngo\_Sampurna on World Earth Day was not only appreciated by everyone openly but they also took a pledge to return the moisture of the soil by protecting ground water.**

**Swati, Preeti, Priya, Rochak, Raju, Gunjan, Chitra Agarwal, Goldy, Monu and others were present on the occasion.**









**24<sup>th</sup> April 2022**

### **Meeting with CM of Gujarat**

Dr Shobha Vijender had a meeting with the Chief Minister of Gujarat, Bhupendra bhai Patel. Dr Shobha Vijender shared the work of @ngo\_Sampurna with the CM and told him about the Jal Initiative of @ngo\_Sampurna. He praised Sampurna and said that the work that @ngo\_Sampurna is doing is the need of the hour. He expressed his willingness to lend his help to #Sampurna if #Sampurna decides to work in Gujarat. He said he would be happy to help in global causes such as water conservation. Dr Shobha Vijender conveyed her gratitude and said that @ngo\_Sampurna looks forward to working in Gujarat.

**30<sup>th</sup> April 2022**

### **Jal Samvad**

#### **Sampurna's Endeavour for Water Literacy Aims To Pave the Way for Water Conservation**

@ngo\_Sampurna organized 'Jal Samvad', a dialogue on water literacy. The program was held in Charti Lal Goel Heritage Park, opposite Red Fort which is a historical monument symbolizing the sovereignty of the Indian Constitution.

Delhi is slowly going downhill on the path of water crisis. Once it reaches the point of no return, there will be no solutions left to undo the damage done to our water resources. To tackle the crisis, it is imperative that we acknowledge it and educate ourselves about water to conserve it in a manner which is proper, sustainable and efficient.

Dr Rajendra Singh, famously known as the Waterman of India or Jalpurush, was the Keynote Speaker. His address to the audience left everyone including the #Jalmitrs speechless in an awe-inspiring manner. He said that to have a water-full India we must revive our traditional water bodies like rivers, lakes, ponds etc. To do that, three necessary steps are to be taken

- i. Identification
- ii. Demarcation

### iii. Notification

These steps are necessary so that these water bodies or wetlands cannot be encroached by Real Estate companies. The second important thing to do while working on water conservation is to ensure that the ponds which have been polluted by the waste of villages, must be cleaned so that they can receive freshwater from rain as it is the right of ponds to have fresh water. Another, very important thing is the coordination with state governments. Dr Rajendra requested the authorities to focus on Jal security which in turn would help the nation with Food Security, which is largely affected by water shortage. He emphasized on keeping the rivers clean and connecting with the environment personally to ensure that each and every person thinks about the environment and their decisions on a deeper, more personal level.

Shri Deepak Parvatiyar who was also a speaker in the event shared his knowledge and thoughts regarding water management. He is extensively involved in water conservation and praised Sampurna for organizing such an event. He said that there is a dire need to take active action to preserve water and to revive water bodies.

Shri Vijay Goel, Vice Chairman of Gandhi Smriti and Darshan Smriti; and Shri Vijender Gupta, MLA and former LOP (BJP) were also present at Hon'ble Guests.

Shri Vijay Goel also expressed his concerns about the water scarcity. He said that we must encourage water conservation practices and that work on water conservation should be done on every level may it personal or professional. He said that there should be programs and events organized on the well-being of water bodies. He expressed that there is a need for children to be made aware of environment and water conservation while they get their education.

Shri Vijender Gupta said that without water human being cannot exist. Water is not only to drink but is the foundation of human life. He said that water and soil cannot be produced by machines. We must protect these natural resources and the environment. We must first stop the wastage of water in our own homes. There is a need to spread awareness regarding water conservation across the different sectors of society. He requested the Delhi Govt. to extend their support and provide funds to organizations and NGOs who are actively working on conservation of water. He said provisions should be made to encourage and motivate the Jal Mitrs.

In her closing address, Dr Shobha said that there is a need to protect and empower the women and the environment. She said traditional water bodies in Delhi have gone extinct. 252 wetlands have been encroached. She expressed her gratitude to all the guests present at the venue who had taken out time from their busy schedules to attend the event.

A play on the theme of environment was also organized by Jal Mitrs. There were Jal Mitrs present from 750 districts across the country.







**7<sup>th</sup> May 2022**

### **Associate Members Meeting**

An associate members meeting took place on the 7<sup>th</sup> May, Saturday in Sampurna premises in Maharana Pratap Community Center, Razapur, Sector 9, Rohini. The meeting was scheduled in advance as the associate members would be on the premises as a health camp was also being organized in the premises.

Agenda:

1. Discussion of past programs
2. To enhance the communication in the various districts of India to nominate more Jal Mitrs
3. To set a syllabus for young women during summer vacations
4. To bring more energy and synergy in the existing projects
5. Any other topic with the permission of the chair

Minutes:

The Founder President started the meeting by welcoming all the members. She praised everyone's efforts that were made for the past events. She praised the Jal Mitrs for staying active in the environment related matters. The celebration of world earth day was a successful program. Since Sampurna is based in Delhi it is imperative that the programs in Delhi are done with utmost importance and priority.

The Founder President also congratulated the team for making Jal Samvad a huge success. The event where Dr Rajendra Singh, Waterman of India and Magsaysay awardee, was the chief speaker and Shri Vijender Gupta and Shri Deepak Parvatiyar were eminent guests. Jal Samvad was the flagship event of Sampurna to kick start the Jal Mission and start actively engaging in issues pertaining to Water.

Dr Shobha Vijender encouraged the members to come forward and increase their communication with volunteers across India so that more and more Jal Mitrs can be selected and the work on water conservation could be taken to the next level as is the need of the Jal Mission.

Dr Shobha Vijender, founder president told the members that Sampurna will organize a summer camp for 150 girls of class 12<sup>th</sup> awaiting their board results. The summer camp would go on for 2 months. The participants will take classes on self defense, confidence building, take beautician course, learn art and craft etc from 9am till 3pm. These classes will help them in their future and empower them.

The members were excited and appreciated the plan as the summer camp would be restarting from this year after being on halt for 2 years due to corona virus pandemic.

Dr Shobha Vijender told the members that summer had come and Sampurna is starting projects again. She requested the members to be energetic and spread awareness about Sampurna's projects.

The Founder President also said synergy is required, not just from the members but from all people associated with Sampurna. The recent program Jal Samvad is the recent example that water is also Prakriti and woman is also *Prakriti*. It's important for everyone to understand this important message and why empowerment of women and conservation of water is important. It should not be just followed but should be truly believed in and spread to the masses.

**7<sup>th</sup> May 2022**

### **Eye Check-up Camp**

A free health and eye check-up camp was organized by @ngo\_Sampurna at Maharana Pratap Community Hall, Rajapur Village, Sector 9, Rohini, Delhi-110085 on the occasion of Guru Sudarshan's birth centenary year. More than 400 people from Rohini and far off places got their health and eyes checked.

Dr Shobha Vijender on this occasion said that the way the environment is getting polluted, the risk of diseases is also increasing among the people. To avoid these, all the people should get all the tests of their

body done every six months. @ngo\_Sampurna always provides such opportunities to the vulnerable section to the society.

Blood pressure, sugar, weight and thyroid tests were done by the doctors. People were also advised to follow certain rules in their life style by the doctors to keep themselves healthy. Medicines were distributed free of cost to the patients who came to the camp. Spectacles were also distributed to needy people after eye check-up.





**6<sup>th</sup> June 2022**

### **Sampurna Celebrates World Environment Day**

Sampurna organized a beautiful function in the premises of Sampurna to spread awareness about the boons of environment on the occasion of World Environment Day. Dance-Drama on environmental issues was presented with the combined efforts of Sampurna's beneficiaries and Summer Camp Trainees. The saplings in pots made of waste were distributed. A few saplings were also planted in the garden of Sampurna. The Executive Members, teachers, Area MLA Shri Vijender Gupta and many dignitaries were also present. Asha Jain awarded a few girls with mementos who actively participated in the cultural activities. According to current working President Asha Jain, the programme was a success as the youth was motivated to work for better environment.

**11<sup>th</sup> June 2022**

### **Associate Members Meeting**

The monthly Associate Members Meeting took place on Saturday, 11<sup>th</sup> June in Sampurna Premises in Maharana Pratap Community Center, Razapur, Sector – 9, Rohini, 110085.

#### Agenda:

1. Discussion of past programs – and special mention of Webinar on 5<sup>th</sup> June and function on 06<sup>th</sup> June to Celebrate the Environment Day.
2. Ongoing training programme for school girls.
3. Implementation of five projects with the inclusion of water literacy.
4. Valedictory function.
5. Any other agenda with the permission of the chair.

## Minutes:

It was a matter of great pride that the Chairperson, Special Olympic Bharat Mallika Nadda acknowledged the efforts of Sampurna in organizing the screening at the Health Camp last month in Asha Kiran, Rohini as told by Nirmala Chahal.

In a programme on 16<sup>th</sup> May in India International Centre, Mallika Nadda appreciated the team work of Sampurna. It is to be noted that Sampurna in association with the SOB did a service for 900 intellectually disabled children and adults.

Dr Shobha Vijender informed the members that Sampurna Co-sponsored the Webinar on World Environment Day. The other partners of the Webinar were Ram Janki Sansthan, Tapsil Adibasi Prakatan Sainik and Krishi Bikash Shilpa Kendra (RJS-TJAPS KBSK). The webinar was broadcasted all over India. Swami Shivan Saraswati, President Matri Sadan (Environment Protection Organization) was the Chief Guest. Dr Radhey Shyam Maurya, Principal, GVIC, Delhupur Pratapgarh, UP National & state Teacher Awardee Author on Environment was the chief speaker. Dr Shobha Vijender, gave the Keynote Address. The entire webinar was video recorded and uploaded on YouTube <https://youtu.be/hS7Ff0mAWM>

On 6<sup>th</sup> June, Sampurna organized a beautiful function in premises of Sampurna where the beneficiaries and trainees attending the summer camp presented dance - drama on Environment. The saplings in pots made of waste were distributed. A few saplings were also planted in the garden of Sampurna. The Executive Members, Teachers, Area MLA Shri Vijender Gupta and many dignitaries were present. Dr Shobha Vijender awarded a few girls actively participated in the cultural activities. The Programme went on well as told by Smt Asha Jain – the current president of the NGO.

The 200 girls of Govt Sarvodaya Vidyalaya from Samaypur Badli and Prashant Vihar are attending the Sampurna Summer Camps which started on 12<sup>th</sup> May,

2022. The girls are being trained in Self Defense by Delhi Police. The beneficiaries are taught embroidery, English Speaking, Cutting and Tailoring, Personality Development and Beauty and Wellness along with Basic Computer Education. Asha Jain while admiring the role of volunteers said that volunteers played a crucial role in running the camp smoothly. She praised Neeru Jain, Shalini, Gaurav and Vannssh for their huge support in teaching the beneficiaries Computer, English and course on Personality Development. The teachers of Sampurna are also giving their valuable time to teach tailoring and cosmetology.

Sampurna has been working on

- 1) Segregation of Garbage
- 2) Composting
- 3) Cotton Bags
- 4) Rain Water Harvesting and Water conservation
- 5) Solar Panel

The project conveners are Monika Singhal, Dr Aradhna Sharma, Smita Kaushik, Anand Singh Dahiya and Chitra Aggarwal. Dr Shobha Vijender informed that Water Literacy campaign is another project added to the Environment related initiatives and from now onwards, Sampurna would mention 6 Projects under Environment. The executive members were told to aware the community regarding the projects on environment. The volunteers told the members that they are meeting on every Friday to discuss about their projects and along with regularly conversing with the residents to start working on above mentioned projects.

The Working President Asha Jain is giving her precious time to the Centre. She has the concern for the certificates to be presented to the beneficiaries for completing the training courses as well as valedictory function. It was unanimously decided that on 21<sup>st</sup> June 2022, Sampurna would organize a Valedictory function to distribute certificates and to showcase the skills that the girls have learned during the summer camp.

In the end, cold drinks were served to the members.



**20<sup>th</sup> June 2022**

### **Anemia Check-Up Camp**

A camp was organized at Maharana Pratap Community Hall, Sector-9, Rohini to check anemia among girls in collaboration with Bharat Vikas Parishad, a well-known social organization. #Sampurna aims to make the capital city Delhi anemia free. In this camp, about 100 girls got their blood tested.

The chief guest on the occasion was Mr. Vijender Gupta, former president of Delhi BJP and popular MLA from Rohini. He said that there is a need for the Delhi government to run a massive campaign against anemia. The most effective way to eliminate anemia in the body is to eat iron-rich food specially in the age group of 13-18 years. This age is very sensitive as there are changes in the physical organs along with the mental. In such a situation, many types of problems and complications also come in front of the teenagers. To fight them all, a balanced diet is necessary. The state of stress in youth could be mitigated by eating proper food in healthy environment.

Medicines were distributed by the doctors to the girls who were found suffering from anemia in the camp. The girls were also given jaggery and gram and other supplements.

Asha Jain, working President of #Sampurna, thanked and praised all the office bearers of Bharat Vikas Parishad and team of doctors for their cooperation in the pious work of the camp.



**21<sup>st</sup> June 2022**

## **Sampurna Celebrates International Yoga Day, Observes Convocation of the Summer Camp**

The closing ceremony of 38-days long *Kishori Sanskar Shivir* was organized by Sampurna at Sampurna's campus in Sector – 9, Rohini.

On the International Yoga Day, the girls first surprised everyone by doing yoga. #Sampurna volunteers and executive members also participated in this yoga camp. Afterwards, girls presented a dance drama on the topic of cleanliness campaign, environment and women empowerment in the summer camp.

Former Leader of Opposition and popular MLA of Rohini Mr. Vijender Gupta was present as the chief guest in the closing ceremony.

He congratulated everyone on the International Yoga Day. He specially asked the young girls to include yoga in their lifestyle. Many physical and mental ailments can not only be cured through yoga, but the possibility of their occurrence can also be reduced. He also wished the girls the best of luck and wished them all the best for their bright future.

It should be noted that from May 13 - June 2022, these girls received training in computer operation, beauty and wellness, dance, sewing-embroidery and English speaking by qualified instructors. Along with this, children registered their participation in the competition organized daily during the camp.

Asha Jain, working President of #Sampurna, while welcoming the chief guest and all other dignitaries, expressed her gratitude. In her address, she said that they always come forward to support #Sampurna and that it was #Sampurna's good fortune to have them.







**16<sup>th</sup> July 2022**

## **Associate Members Meeting**

### **Agenda:**

1. Discussion of #Sampurna's past month activities.
2. Critical review of past programs.
3. Discussion on five projects of environment.
  - Composting.
  - Cotton bags.
  - Solar panel.
  - Water harvesting.
  - Segregation of garbage.
4. Self-help groups.
5. Discussions on any other topic with the permission of the Chair.

Today, a monthly meeting was organized in the premises of #Sampurna under the guidance of Dr Shobha Vijender. She informed the members present in the meeting about the new activities of #Sampurna incorporated last month. She shared her experiences about the two months long summer camp meant for 16 and above 12<sup>th</sup> passed Govt school girls. It was attended by 200 girls. It was a comprehensive course including tailoring, beauty & computer training, self-defense and spoken English. Mr. Gaurav and Ms. Shalini, the convenors were given a round of applause for their hard work. Both of them thanked the chair for providing them the opportunities to train the girls.

Smita Kaushik, convenor of the self-help groups, shared her experiences about the self-help group formed by her and requested everyone to form

self-help groups in their respective areas. So that women living in slums can get employment. She told everyone about the new organic soaps being made by #Sampurna.

Dr. Shobha Vijender explained in detail about the five environmental projects carried by #Sampurna. The #Sampurna General Secretary Tanvi and Goldy told about the ongoing work towards making Jal Mitr. Tea was served in the last.

**14<sup>th</sup> August 2022**

### **Associate Members Meeting**

#### Agenda:

1. Discussion on programs done last month
2. Water literacy
3. Planning for jal mitras in Delhi
4. Distribution of duties for the workshop to be held in the month of October.
5. Awareness campaign for making Delhi green.
6. Any another agenda with the permission of the chairperson.

#### Minutes:

Asha Jain, the working president of #Sampurna chaired the meeting. She congratulated the members on the occasion of Independence Day in the Amrit Mahotsav. She said that we are fortunate to be celebrating Independence Day when the 75 years of Independence are completing and India is growing as the strongest economy in the world.

The president said that July was a happening month for micro level projects. As #Sampurna announced a Recycling competition for Greener Delhi, the staff and volunteers of Sampurna were busy preparing to aware the Residents to utilize their waste material to reshape it in a green plant. More than 50 meetings were organized to meet the people and tell them about the importance of recycling for making the environment less congested. The



president said that people were appreciative of the efforts of the volunteers for such a noble cause.

Sampurna has been working on water literacy for a few months. It was observed that people are worried for water but do not know the complexities attached with the issue of water scarcity. Sampurna therefore, decided to launch a campaign to go every household and aware the family about water management and its conservation. The president requested the members to work hard and make the campaign a success.

The Founder President Dr. Shobha Vijender also requested the members to be our Jal Mitras. She motivated the members to talk everyone about water, as life without water is not possible. The members present there assured the founder president to work for water and making more and more Jal Mitras.

Sampurna is planning to hold a workshop in the near future to motivate the voluntary sector to join Sampurna for spreading the message of water literacy in their locations. It is not an easy task; hence it was decided to form a committee for organizing the workshop.

The members were requested to join in the cultural program kept on the eve of independence day. The function went well and every one was served food packets at last.

## **14<sup>th</sup> August 2022**

### **Sampurna Celebrates Independence Day**

To celebrate 75 years of freedom, Sampurna organized an event on 14<sup>th</sup> August in Sampurna premises in Maharana Pratap Community Center, Razapur, Sector 9, Rohini, 110085. The event started at 11 am and went on until 1 pm. Ganesh Vandana was sung by #Sampurna staff to inaugurate the event followed by a welcome speech by the founder president Dr Shobha Vijender. She greeted the gathering and congratulated everyone celebrating #Azadi Ka Amrit Mahotsav. She

addressed the audience and discussed about the future environmental threats that India is facing. She asked everyone to be more conscious of the environment and lead an eco-friendly life style.

Two Dance Dramas were later performed by students of Maya Goel Vidya Niketan School. The themes were 'Jal Hi Jeevan Hai' and 'Pulwama Attack'. The environmental issues were raised by the children. The gathering was mesmerized to watch the role of the Indian army depicted in the play.

In the chain of efforts made by #Sampurna for the environment, Plastic Bank was inaugurated. The aim is to have all the residents of Rohini submit their plastic waste to Sampurna which will then be collected by Indian Pollution Control Association. This collected plastic will then be recycled and converted in beautiful vases, flowerpots, benches and tables. The goal is to avoid any more plastic from going into garbage dumps as it is destroying the soil and can take up to more than 10 years to even start decomposing. Sampurna is making every effort to help the environment.

Sampurna also hosted a competition to instill a greener mindset in the people of Rohini. The participants were requested to submit a flowerpot made from waste materials found in their house and grow a plant from seeds found in kitchen waste like melon seeds, papaya seeds etc. The competition was met with a lot of enthusiasm as 200 entries were submitted. Out of those, 80 were made entirely from waste materials. The award ceremony was held during the Independence Day celebrations to give out prizes for the winners and first and second runner ups. Moreover, 10 consolation prizes were also given.

The best entry was submitted by a participant from Chandigarh which was a garden made of shoes. Every shoe had a different plant in it and it truly encapsulated the spirit of the competition.

The awards were presented to the winners by Dr Seema Gupta while many other gifts were also sponsored by the good Samaritans.

In the end, National Flag was hoisted by the chief guest Shri Vijender Gupta, MLA in the Sampurna grounds and national anthem was sung together by the audience.

Ms Smita Kaushik, Pankaj Gupta, Jaya Ghosh, Ms Komal and Ms Tanvi Grover were also present on this occasion.





**10<sup>th</sup> September 2022**

## **Associate Members Meeting**

### Agenda:

1. Discussion on programs done in the month of August.
2. Recycling and reuse competition.
3. Workshop on 20<sup>th</sup> October 2022.
4. Discussion on the proposed program on 24<sup>th</sup> September.
5. Any another agenda with the permission of the chairperson.

### Minutes:

Dr. Shobha Vijender, founder president of Sampurna chaired the meeting. She said that during the month of August, Sampurna did several macro level programs where thousands of beneficiaries were present. Working President Smt. Asha Jain informed the present members that the Cosmetology Department has worked hard and organized camps during the festive season. The services of manicure, pedicure, hairstyling and henna application were available to the women belonging to under privileged class at nominal rates. The ideology is for them to also feel and look beautiful and feel happy on such occasions. Everybody appreciated their efforts.

The recycling and reuse competition was a hit program where a woman from Chandigarh won first prize. The premises of Sampurna were looking like a heaven with green plants everywhere on the day of competition. The participants were feeling amazed the way Sampurna gave them the opportunity to show their skills.

The workshop – ***Solutions Through Voluntarism*** is being planned to be held on 20<sup>th</sup> October 2022 in the Constitution Club of India. Sampurna's General Secretary Tanvi Grover informed the members that The Constitution Club has been booked and that the payment for tea and biscuits was also deposited. Shri B.L. Santosh has given his consent for the inauguration. Ms Manpreet is assigned

the duty to reach out to the voluntary organizations as well as NGOs to attend the workshop and pursue them to become the part of Sampurna's consortium. The Associate Members were requested to find out voluntary organizations working in their neighborhood in order to register them for the workshop.

#Sampurna is going to organized a discussion on present Present values system (sanskar) in 21<sup>st</sup> century on 24<sup>th</sup> September 2022. Tanvi was requested to look after the arrangements for the program which she accepted humbly.

The meeting lasted for two hours. The members were served tea with pakoras.

## **24<sup>th</sup> September 2022**

### **Discussion on Present Values**

#Sampurna has organized a discussion on Present values system (sanskar) in 21<sup>st</sup> century. Dayanand ji, RSS and Sunita Bhatia ji (Rashtrasevika Samiti Delhi Prant) and Dr. Rajeev, MD were the speakers in the program.

On this occasion, Shri Dayanand ji said in his address that women have always guided mankind. In the scriptures, it is very important to have a wife with you for worship. India is a role model for the world. In the freedom struggle also, the women warriors actively participated along with the men. In Indian society, sacrifice is always given prime importance. But somewhere now in the 21<sup>st</sup> century, the values are deteriorating from the society. Describing about Raja Harish Chandra, he said that if his wife did not support Raja Harish Chandra, he would not have been able to become an icon for truth for the generations to follow. So, role of a woman is significant in keeping the ethos of cultural values imbibed in the children.

Dr. Rajeev said that no matter how educated we are today, the right direction in life can be obtained only through our values and understanding the word, Dharma. It is not related to religion but way of life. If anyone can transmit the values, it is a woman. Every woman and man has to understand this thing, if there is any need in the society the most, it is nothing but to understand culture and values in the right perspective.

Another speaker Mrs. Sunita Bhatia ji, keeping her views in the discussion, said that the mother is the medium to educate the child from the stage of pregnancy itself. That's why mother has got the title of first teacher.

Dr. Shobha Vijender said that there is no doubt that value system is necessary for both men and women. But the house in which the woman becomes devoid of sanskar, even if God himself

comes to that house, he too cannot escape the family from the brink of destruction. Presently, in the name of freedom, lack of values is also being seen in the mother. In the country of Gargi, Anusuya, Sita and Lakshmibai, lack of Sanskar is an alarm bell.

After the program, the volunteers of #Sampurna sat together and ate delicious dishes brought from their own homes. Eating together not only sanctified the courtyard of #Sampurna, but another unique ritual of our unprecedented culture became visible.

In the end, #Sampurna's general secretary Tanvi thanked everyone for attending the programme.



**8<sup>th</sup> October 2022**

**Associate Members Meeting**

Agenda:



1. Discussion on programs done in the month of September
2. Revisiting the preparation for the Workshop on 20<sup>th</sup> October 2022
3. Diwali celebrations
4. Any another agenda with the permission of the chairperson.

### Minutes:

Dr. Shobha Vijender chaired the meeting and discussed about the past programs. She appreciated the staff and volunteer of past programs for their prowess and hard work.

Dr Shobha Vijender addressed the staff and associate members about upcoming program which is going to be held on 20<sup>th</sup> October 2022 about water literacy and management, at Constitution Club of India, New Delhi. She also talked about the consortium form, which is the major source of uniting all the NGOs in Delhi for this noble cause. A Google form is also created for maintaining the record of guests who are attending the program.

Dr Shobha Vijender informed the present members and staff that this year we are not able to organize the Diwali Mela because of the unfortunate demise of the current working president Asha Jain's son-in-law. She thanked everyone for making the 24<sup>th</sup> September program a hit.

## **11<sup>th</sup> October 2022**

### **Cosmetology Camp in Sampurna**

Sampurna organized a 7 day long camp to provide beautician services to the girls and women belonging to the under privileged class in Rohini. Sampurna believes in happiness to all to make the world a better place to live. The Executive of Sampurna has decided to provide manicure, pedicure, facial, hair styling and henna at a nominal cost. The ultimate aim was to present an opportunity to the poor girls and women to look beautiful in the coming festivals like Karwa Chauth and Diwali. The camp started on 11<sup>th</sup> October and continued till 17<sup>th</sup> October, 2022. The students of cosmetology took special interest in the camp as the students were getting the ample opportunities to show their skills. The teaching faculty of cosmetology course was available for guiding the clients to find a suitable style according to the individual personality. The camp was appreciated by one and all. Keeping in view the need of beautician services in festive season, the faculty was requested to expand the camp till 19<sup>th</sup> October, 2022.

**19<sup>th</sup> October, 2022**

## **Virtual Meeting for Finalizing Preparations for Solutions Through Voluntarism Workshop**

A virtual meeting was organized on 19<sup>th</sup> October for the last minute preparation of the camp. The meeting was attended by the executive members as the core committee working hand in hand for making the 20<sup>th</sup> October workshop Solutions through volunteerism in Constitution Club a great success.

**20<sup>th</sup> October 2022**

## **Solutions Through Voluntarism**

Sampurna organized a workshop to sensitize the people of Delhi on water management and water literacy. A gathering of more than 100 reputed organizations of Delhi took place at Constitution Club of India, Rafi Marg, New Delhi. The participants in the workshop were the representatives of the voluntary sector.

This workshop commenced with lighting of the lamp by MLA Shri Vijender Gupta. In his inaugural address, Shri Gutpa said that only 30 percent of Delhi is well-planned. The services being provided in settlements colonies, unauthorized colonies and urbanized villages lack basic amenities even today. Due to carelessness of Govt, windows, doors, taps and other fittings etc of these flats have gone missing and these flats have become ruin. While describing about water, he said that same is the case with water. The Water pipelines have mostly gotten corroded as they very old. This leads to leakage and further wastage of Water.

During the session Smt. Bhavna Badola, CEO of Tree Craze Foundation, also spoke about Delhi changing into ugly shape. She talked about the people participation in managing the water. Shri Neeraj Gahlawat, Senior Water Resources Specialist, Embassy of Israel, emphasized to follow water conservation techniques followed by Israel. He gave many instances to prove the fact that technology plays a important role in managing the water. He also said that there is a dire need to implement better water management techniques in the urban poor population of India.

Senior Journalist and member of the World Water Council, France Shri Deepak Parvatiyar, while appreciating the efforts of Sampurna, said that water is a serious issue in the country. He pointed out that the need to understand the importance of water is there but volunteerism and generating activism in the people is not easy. He said that if one woman is targeted for water literacy, she can educate the entire family.

Professor Rajanna Kumari, Director, Center for Social Research and renowned Sociologist, said that issues related to water are just like issues related to matters of women. She said

that the best guides to conserve and manage water are the women from the community itself. She suggested that the Govt should hold discussions with women on all issues related to water as participation of the people is of utmost importance when trying to conserve a resource such as water.

Renowned environmentalist Shri Vinod Ji Melana from Bhilwara (Rajasthan) spoke in detail about the efforts the being made for the improvement of ground water level in Bhilwara, Rajasthan. He emphasized that empathy for fellow humans and having an ethical conscience are important to have if one is trying to conserve water.

In the third session, Dr Mini S. Thomas, Dean, Faculty of Engineering and Technology, Jamia Millia Islamia spoke about the revival of three water bodies by her engineering students. She said that this is truly where science and technology meet nature. She requested Dr. Shobha Vijender to reach out to the Government and suggest that every water body in a place should be designated to a reputed institute/college in the area to integrate science in reviving and managing the water body. She also appreciated Dr Shobha Vijender forming association of Institutions working on water issues.

Dr Asghar Nawab, Ecology Head of Wetlands International South Asia said it is important to be aware, share importance and significance of wetlands. He also said that it is important to recognize that not all water bodies are wetlands but they are important for the ecosystem to thrive.

Ms. Shailja Alawadhi, Fellow of Wetlands Authority, shared information about the efforts being made by the Government to revive the wetlands. She said that the young minds employed in the government are dedicated to conserving the natural resources and saving the environment.

In the final session of the workshop, H.E. Dr. Janice Darbari, Honorary Consul General, India talked about how water is the very basis of a healthy human existence considering that the human body is made up of 70% water. Smt Manorama Bakshi spoke about connecting with water on a personal level for building a healthy nation.

While praising the efforts of Sampurna, Vice President of Gandhi Smriti and Darshan Smriti, Shri Vijay Goel, talked about selecting a particular area for overall development.

In the end, Dr Shobha Vijender thanked everyone and invited organizations to come together with Sampurna in the consortium for water literacy campaign being run by Sampurna. She said that Sampurna has been working for environmental issues and water literacy for a long time. Environment and its component - water - are the responsibility of each one of us. Therefore, we have to pay attention to water conservation and management. The workshop ended with distribution of participation certificates and sweets in the celebration of the upcoming festival of Diwali.



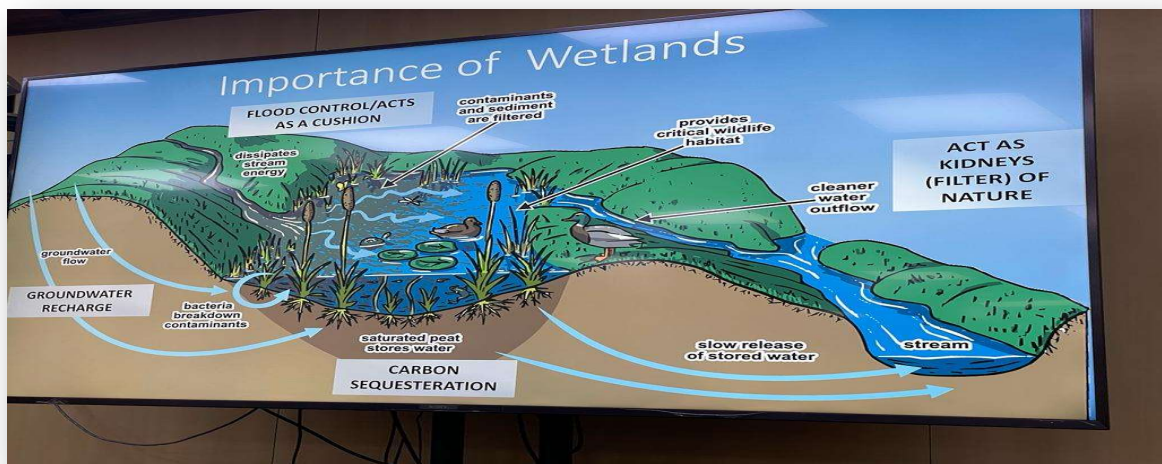
**31<sup>st</sup> October, 2022**

## **Workshop on Wetland Conservation**

### **Commencement**

The workshop commenced with the arrival of T.C. Nautiyal, Member Secretary of Wetland Authority of Delhi. He addressed the workshop with a rhetorical question, “Why in recent years, only a few centimeters of rain lead to flooding and blockage of roads?” He then answered, “Because we blocked the source of water seepage and that so called source is wetland.” Then he told the benefits of wetlands and how it can be used for recreational activities. He then proceeded to brief about his first goal, “to make the remaining wetlands a good place to sit around and enjoy nature.” He praised the volunteers and attendees and wanted everyone to be part of the Wetland Conservation family.

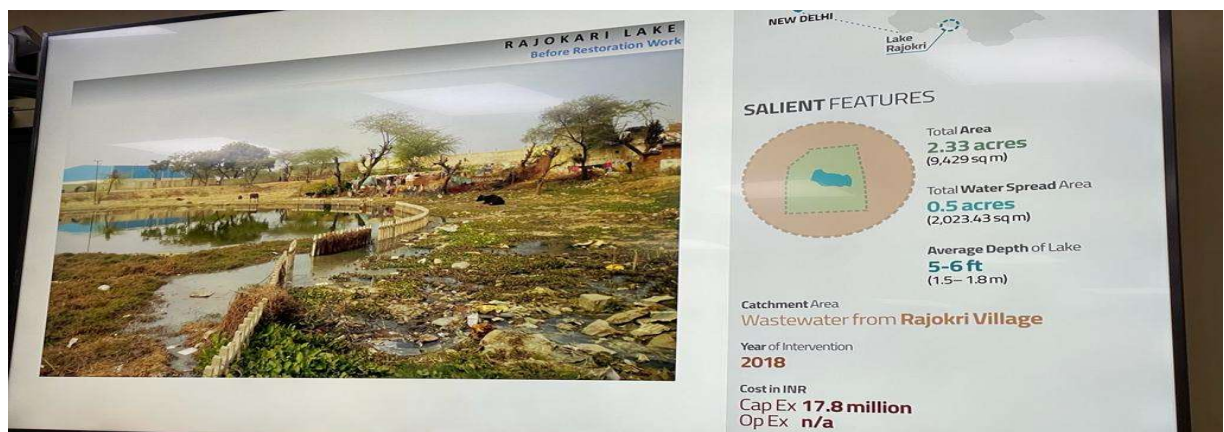
## Glimpse of Presentation (PPT) created by wetland authority:-



### Delhi Jal Board Advisor (Ankit Srivastava)

He said, “Firstly, Jal Board is not responsible for Wetland conservation as its main duty is to supply water to different parts of Delhi. However, with time the Government became aware of the importance of this institution and the situation. Then, in 2018, the Government began working on this.” He said that Delhi’s land is the bank for storing water and the wetlands are the gateway to this bank. He said, “We surveyed a lot of wetlands but whenever we try something to conserve it,

people start objecting because they thought it will bring diseases etc. In the end, most of the people wanted to convert it into a park.” He said that the Wetlands Authority wanted to convert these wetlands into a beautiful place to sit around and play but the main objective is to abdicate the use of concrete. Government installed a lot of technology for water conservation and rain water harvesting but there is no maintenance, which is a hindrance. He also told about different wetlands and lakes he contributed in the conservation of in the last 4 years: - Sannoth lake, Timarpur lake, Nilothi lake, Rohini lake, Ghogha drain and Dwarka lake, followed by showing before and after images of the aforementioned lakes/wetlands. He focused on Dwarka Lake which was barren for the past few years, but after careful conservation and good rain in 2021, it was now filled to the brim. He also showed the photo of people celebrating CHAT POOJA in it.



### **WWF Associate Director (Dr. Amit Dubey)**

Dr Dubey also raised the point of people having a misconception that wetlands near their houses will lead to diseases and other problems - which is the main hindrance of wetland conservation. That was the reason for the formation of Wetland Mitra who would aware people about the benefits of wetlands. According to the 2021 global wetland report, in the last 30 years about 30% of wetlands were destroyed. Wetlands are diminishing 3 times faster as compared to forest destruction. He said that we all know nowadays water is so polluted, but these wetlands are responsible for recharging ground water i.e. improving its water quality with the help of the vegetation and bacteria present in wetland. Wetland is a very important part of biodiversity and ecosystem hence it's our moral duty to protect it. He informed that there are about seven lakh fifty thousand wetlands still remaining in India and said that we all have to protect it. He also said that the wetland authority had been working hard for past several years but the staff is very limited and it's nearly impossible to deal with such large numbers of wetlands with such a limited staff so requested everyone to join this family and contribute to this noble cause. He also informed about conservation of Kunigal Wetland in Karnataka and showed the layout design of the project. He told about the different communication tools that can be used to aware people like: interpretation centers, 3d models and interactive games. He then explained about different conservation initiatives like plantation drives, mobilizing people, generating awareness, bird census, water school programme, sustainable agricultural practices and many more with illustrative pictures and diagrams. He also showed us the case study of Bashettihalli wetland, which is a barren four wetlands cascade, but in 2019 it was conserved by public funding.

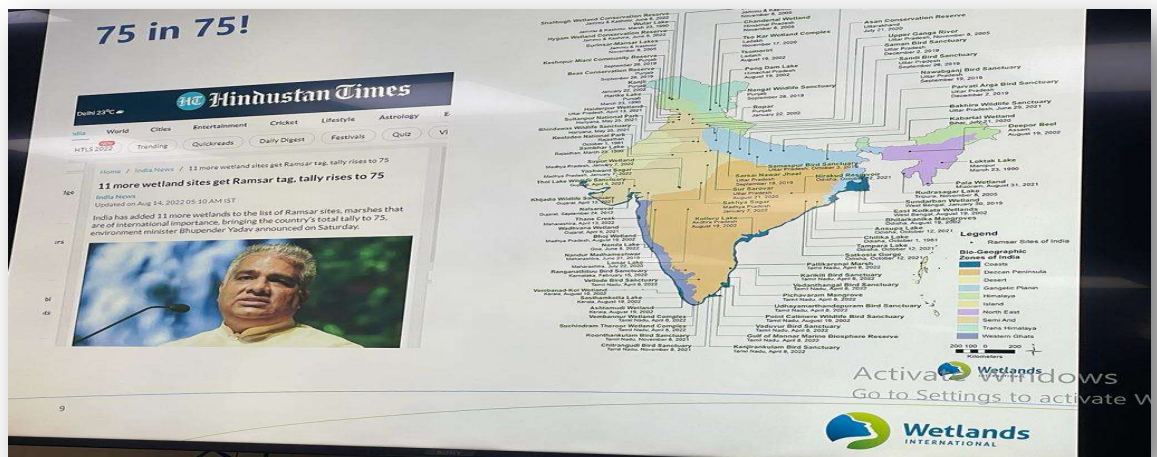
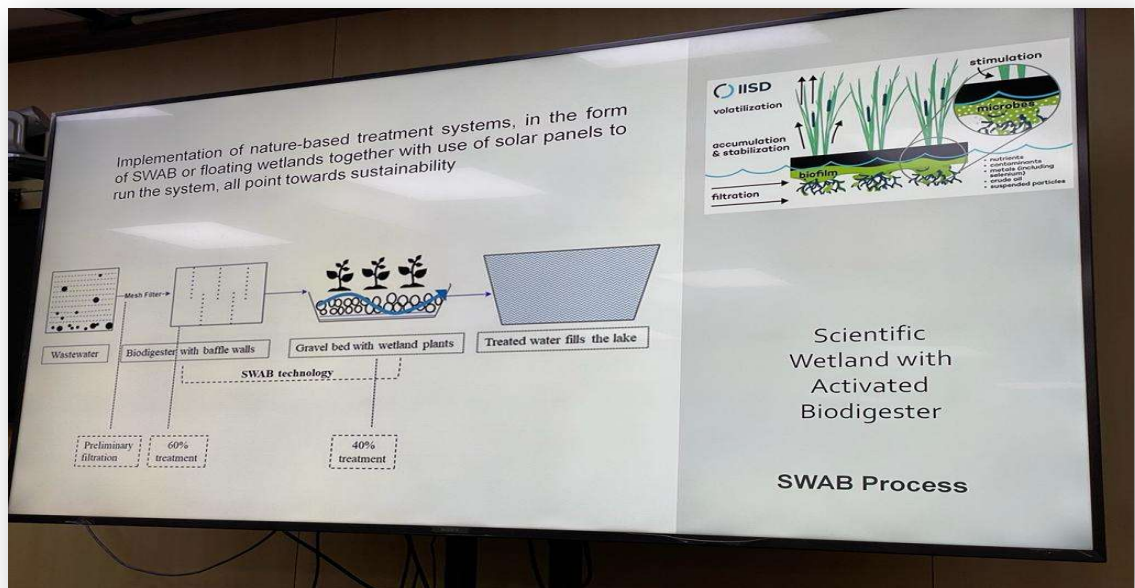
This was followed by lunch.

### **Wetland specialists in Wetlands International South-Asia**

#### **(Mr. Ravi Prakash and Mr. Arghya Chakrabarty)**

The two experts informed about their organization which is situated in Netherlands and has been working on the issue of wetland conservation for several years. They

also added that a wetland is not just a water body but a whole diverse ecosystem. They informed that wetlands are the major source of catchment for rain water and later this water seeps into the ground. They also told us about Ramsar convention, sites and about 9 criteria used to determine whether a wetland is Ramsar or not. They also added there are 75 Ramsar site in India which is the largest in whole South Asia. They added if a water bird is present in a certain water body, then it indicates the good quality of water.





## **Group Activity**

The workshop wined up with a very interesting group activity in which 5 groups, each containing 5 people, were created and each group was assigned with one hypothetical wetland with 5 problems and we have to suggest the solutions to these problems.



**05<sup>th</sup> November, 2022**

## **Associate Members Meeting**

### Agenda:

1. Discussion of the past programs in the month of October
2. To make more Jal Mitra.
3. Tight security in the premises of Sampurna
4. Stock of all projects.
5. Any other agenda with the permission of the chairperson.

### Minutes:

An associate members meeting was organized through hybrid mode as the pollution level was very high in Delhi. The Founder President, Dr Shobha Vijender presided over the meeting. The small red bags of Sampurna recycled from God and Goddesses of temples were distributed to the people to use those in Kanjak puja. People were very appreciative of the initiative of Sampurna. Sampurna organized a successful workshop - Solutions Through Voluntarism on 20<sup>th</sup> October in Constitution Club of India, Rafi Marg, New Delhi. More than 100 NGOs participated in the program.

Dr Shobha Vijender addressed the members and explained that Jal Mitra Abhiyan is going on. She requested the members to meet people and make at least 20 Jal Mitras until the next meeting takes place. She asked the staff members to talk to the beneficiaries and motivate them to become Jal Mitra. Smt Asha Jain, the working president of Sampurna, further requested the members to be more active to make the project a great success. She also requested the staff and the volunteers to take stock of the project wise situation.

After Diwali and other big programs of Sampurna, it is the time to analyze the whole situation. Sampurna has always been an accountable organization therefore, every project of Sampurna should be responsive and there should be balance in the input and output. All the members answered positively and agreed to the issued raised by the chairperson. The meeting ended with the note of thanks given by the General Secretary Ms Tanvi Grover.

**10<sup>th</sup> December 2022**

### **Associate Members Meeting**

Agenda:

Discussion on:-

- A. last month programs
  - B. Sampurna's activities
  - C. Making Jal Mitras from all over Delhi & their training
  - D. Five environmental projects
1. Any other matter with the permission of the Chair

Today Sampurna's monthly meeting was held under the leadership of Dr Shobha Vijender. Some new members joined today too. Dr. Shobha Vijender thanked everyone for joining the #Sampurna family. She told about the activities going on in Sampurna. Sampurna is running a campaign to make Jal Mitras (water friends) all over Delhi. Jal Mitra coordinators are being nominated in every ward. #Sampurna Rohini team is nominating Jal Mitra in Cooperative Societies, RWAs, Slums etc. Through this campaign, all the households will get awareness about water conservation, so that the coming generation will be able to save water and use it properly because #Sampurna's slogan is **"if there is water, there is life"**. Further, she told about the five ongoing projects related to the environment. The huge efforts of Sampurna are contributing to keep a clean environment around us. All the present members appreciated Sampurna work. In the end Tanvi, #Sampurna General Secretary thanked all the members present in the meeting. Everyone had a snack!

### **15<sup>th</sup> December 2022**

#### **Meeting with Suman Nahta Ji**

#Sampurna with Akhil Bhartiya Tera Panth Mahila Mandal is going to adopt Suraj Park slums to convert it into Model Basti. The authorized Executive Members Suman Nahta and Pushpa Bengani kept a meeting and it was decided that soon they would give us in writing to collaborate with #Sampurna. Meeting ended in positive note.

### **17<sup>th</sup> December 2022**

#### **Meeting with Indira Khurana Ji at Sarita Vihar**

The Executive Members of #Sampurna had a meeting with an Environmentalist Dr Indira Khurana. She is one of the members of Peoples World Commission on Drought and Flood & Tarun Sewak Sangh. The Executive body of Sampurna shared their experiences about water and Dr Indira Khurana showed her concern for community centric solutions for any work to be done for water. According to her drought and flood mitigation – both disasters have increased due to climate change and community driven water conservation is the solution. The mass movement on water literacy run by #Sampurna is a step forward towards positive action to create more water conservation possibilities.

**07<sup>th</sup> January 2023**

**@ngo\_Sampurna #G20 #C20**

Dr Shobha Vijender and Tanvi on behalf of Sampurna attended the training workshop organized by #C20 secretariat Ram Bahu Probdhini at Tagore Hall, Gandhi Darshan, Rajghat, New Delhi. As we know, that India had taken over the Presidency of #G20. #C20 2023. The members of working group met to discuss the sub theme of the working group. The inaugural session was attended by Shri Vijay Goel, the Chairman of Gandhi Darsahn and Gandhi Smriti. In his speech, he talked about the importance of India as #G20 presidency. Shri Vinay Sahasrabuddhe, the President of Indian Council for Cultural Relation, spoke about the Indigenous ways and means to save environment. According to him, India is one of the oldest civilizations in the world. There are ample good practices in the system to protect environment and the working group on #Lifestyle for environment would take a lead to identify, document and then suggest the world those best practices to be followed for better world. The second session was introductory session which was attended by 12 members of the working group who gave their suggestions based on their life experiences about various sub theme suggested by the members. It was a full day preparatory training workshop.

**14<sup>th</sup> January, 2023**

**Associate Members Zoom Meeting**

Agenda:

Discussion on:

- A. last month programs
- B. Sampurna's activities
- C. Resignation of Manpreet
- D. Financial crunches
- E. Any other matter with the permission of the Chair

Dr Shobha Vijender presided over the meeting as the working president was not able to join on zoom. The last month program were discussed in short. The matter which was affecting every member was to financial crunch as Social Welfare Department of Delhi Govt is not releasing the fund for Recreation Centre for Senior Citizens for the last two and a half year. Similarly, The Central Social Welfare Board is going to be closed as per our information. The Family Counselling Centre is not being provided any fund for the last two years. Hence the situation is grim. Sampurna has only Rs 2500 in the bank account. Sampurna even finds no ray of hope in coming times. Manpreet Kaur has given her resignation as counsellor on 09<sup>th</sup> January 2023. It was decided by the working President to request Taruna Kataria MA Psychology to join the FCC as counsellor. The Treasurer Nirmala Chahal has no solution. It was decided by the Associate & Executive Members that they would support the day to day expenditure like cleaning of the Centre, Electricity, HO Expenses, Water and Gardening Expenses. The Zoom meeting was over with in the stipulated time.

### **24-25<sup>th</sup> January, 2023**

Dr Shobha Vijender on behalf of Sampurna attended the International Conference on Water Management & Climate Change, Government of Karnataka Water Resources Department, Water and Land Management Institute (Walmi) Dharwad, Karnataka, India

### **29<sup>th</sup> January, 2023**

Akhil Bhartiya Terapanth Mahila Mandal organized a Samaj-shala on #Lifestyle for environment at Terapanth Bhavan, Gandhi Nagar, Bengaluru, Karnataka, India

Under #G20 Presidency and #C20 engagements, we are spreading the message across India which is our commitment to #C20.

On the broad topic of #Lifestyle for Environment, Sampurna in association with Akhil Bhartiya Terapanth Mahila Mandal organized a workshop on 29th January, 2023 in Gandhi Nagar, Bengaluru, Karnataka. The theme of the workshop was "Save Water – Save Future" which falls within the ambit of #Life Style for Environment.

Environmentalist and Sampurna founder Dr. Shobha Vijender talked about the urgency to save water. According to her Sampurna is working across the country through her Jalmitras (Friends for water). She said that the amazing work of making Jalmitras is being done in 250 wards in Delhi. The idea is to reach 7000 slums, unauthorized colonies, co-operative group housing societies and single unit houses to literate them about water in Delhi. She thanked All India Tera Panth Mahila Mandal for their support in Bangalore and other states. The empowered women volunteers of Mahila Mandal are joining hands to spread water literacy as one of there important. The #C20 engagements through #Samajshala is an attempt to deliberate #Lifestyle for Environment. The indigenous lifestyle in India to save water is the role model for other countries to follow. The addition of advanced science and technology in the old methods is the need of he hour.

The other eminent speaker Deepak Parvatiyar, Member, Central Water Commission in his address said that water is an important part of our life. We have to do our part to save it so that future generations can get water. Don't let water go to waste. The women power of India can bring this change and Sampurna through her Jalmitras with Mahila Mandal could be pioneer in making water literacy a mass movement.

Suman Nahta, National Coordinator, Akhil Bhartiya Terapanth Mahila Mandal in her address thanked Sampurna for introducing the Mahila Mandal to #C20. She assured that she with her team would associate with Sampurna to work on #Lifestyle for environment in Assam, Rajasthan, West Bangal and Jammu.

**24<sup>th</sup> February, 2023**

### **Meeting with Associate Members**

An Associate members meeting took place in Sampurna today. Dr Shobha Vijender, Founder President chaired the Meeting as the Working President was not well. A good number of Associate and Executive members were present in the meeting. The members firstly congratulated Dr Shobha Vijender for being included in the working group #Lifestyle for Environment #C20 #G20.

Civil20 is one of the engagement groups of #G20 where Civil Society Organisations (CSOs) across the country and the world deliberate on different issues ranging from education, livelihood to Life Style. Mata Amritanandamayi Devi is the Chair of #Civil20 India. while Rambhau Mhalgi Probodhini is being assigned the duty as the Secretariat. Vivekanand Kendra Kanyakumari and Sri M of Satsang Foundation are other group members of Civil20. These groups jointly have been entrusted with the responsibility of organising Civil20 activities across the country.

Dr Shobha Vijender on behalf of Sampurna has to collaborate and partner with working group #Lifestyle for Environment. Sampurna has been given the task to organise various engagement events across the country throughout India under #G20 presidency and #C20. Dr Shobha Vijender appealed the members to get their inputs and explore collaborations with @ngo\_Sampurna. The members were very happy and all assured Dr Shobha Vijender to support in this endeavour. Tanvi was nominated by the members to collaborate with the secretariat of #C20 in New Delhi. Tanvi thanked the members for given her this proud opportunity to represent Sampurna in the prestigious #C20 engagement.

Dr shobha Vijender asked the members to celebrate Holi this year with great fanfare. Holi is a festival of colours which is being celebrated by Sampurna for last 30 years. The beneficiaries, staff and Associate members celebrate the festival together as a symbol of cohesiveness. It was proposed by Chitra Aggarwal that 04<sup>th</sup> March is the best date for celebrating Holi. All the members agreed. Jaya, the Family Counsellor proposed that the cases of domestic violence and other relationships are increasing and many of them want telephonic counselling. Hence, we should begin a new chapter of counselling on phone. The members cherished the idea. It was decided that Sampurna would start counselling on phone project from 01<sup>st</sup> March 2023. In the end, Dr Shobha Vijender shouted the slogans of Women Empowerment usually repeatedly chanted in Sampurna. Tea with biscuits was served.

04<sup>th</sup> March, 2023

### **Sampurna's Holi celebrated with great enthusiasm**

#### **Brave sons had played Holi of blood**

@ngo\_Sampurna and Aditya Nath Jha Memorial Trust today organized 'Holi festival and felicitation ceremony' at Sampurna Kendra, Rajapur village, Rohini. The function was dedicated to the brave sons of the soil who sacrificed their life for the freedom of the country. On this occasion, books named Hindu Hriday Samrat Chhatrapati Shivaji and Jyotipunj Pandit Chandrashekhar Azad were released.



Dr. Shobha Vijender, the Founder of Sampurna while presiding over the program, wished everyone a very Happy Holi and said that Holi is a symbol of harmony. Today, beneficiaries, staff, members, dignitaries and a large number of women enjoyed hot & sweet gujyas, a symbol of Holi, in the premises of Sampurna. This scene was looking very tempting.

Dr. Bharat Jha, Secretary, Aditya Nath Jha Memorial Trust also gave a brief speech. According to him celebrating Holi, full of patriotism, inspires us to include patriotism in every act of life.

Dr Shobha Vijender said that like Holi, our life should also be colourful. The brave hearts had played Holi with their own blood. The program filled with patriotism is inspiring for all of us. She also congratulated the authors of the books written on two great patriot characters. The take-off of today's function is about forgetting all differences and moving towards social solidarity. Sampurna has invited all sections of the society on a single platform. The management of Sampurna deserves appreciation for this.





Everyone wished each other a happy Holi by applying gulal and sandalwood to each other and took the blessings of the elders. Enjoyed the musical chair and cultural program on the occasion.

Ms. Smita Kaushik, Mrs. Jyoti, Mr. Pravesh Wahi, MCD councillors were honored at the Holi Milan ceremony.

Mrs. Asha Jain, Ms. Nirmla Chahal, Ms. Tanvi Grover, General Secretary, Sonia Bansal, Monika, Jaya, Kiran, Chanda and others were also present in the occasion.

**11<sup>th</sup> March, 2023**

## **Associate Members Meeting**

Agenda:

Discussion on:

A. last month programs.

- B. Sampurna's activities.
- C. Making Jal Mitras from all over Delhi & their training.
- D. Membership Drive.
- 1. Any other matter with the permission of the Chair.

The meeting was started in a hybrid mode. Some of the members joined physically and some of them were online. Dr Shobha Vijender greeted the members. The members were excited after the grand celebrations of Holi. Dr Shobha Vijender thanked the members for making Holi, the festival of colors, a day of community harmony where members, beneficiaries and even community leaders joined the celebrations on one platform.

Dr Shobha Vijender requested the Working President to present a note of social and cultural activities going on within @ngo\_sampurna. Asha Jain briefed the members about the projects of Sampurna. She told the members that Mass Marriages of poor girls project has restarted. People from all over Delhi have started coming to seek the help for wedding of their daughters. The committee members ensure that no girl should be below 18 years and the parents of the girl are not able to spend any money on the necessary auspicious ceremonies to solemnize the wedding. The members sometimes do visit the families of the girls. The Working President also emphasized to submit the annual fees for associate and executive members. She also raised the points that there is an urgent need to enhance the subscription fee for associate members from Rs 250 to Rs 300 and the fees for executive members from Rs 500 to Rs 600. All the members gave their consent by raising their hands in affirmation. It was announced by the Treasurer that for the financial year 2023-2024, the annual subscription fee for associate members is Rs 300 and for the executive members it is going to be Rs 600.

Dr Shobha Vijender discussed with the members about the awareness campaign on water. Reaching every household through #Jalmitras is the motto of @ngo\_sampurna. Every member has to make all efforts for motivating the youth and women to join the campaign as #jalmitra.

The meeting lasted for one hour and in the end, the members were served Hot tea and the members present via internet were also given warm wishes by the Working President.

### **22<sup>nd</sup> March, 2023**

On the occasion of World Water Day, @ngo\_sampurna, a social organization dedicated to women empowerment and environment, organized a tree plantation program in Rohini Sector-9 to improve the ground water level. 51 saplings were planted. On this occasion, Asha Jain, Working President urged the people that they must plant a tree near their house. While planting saplings, the members of @ngo\_sampurna took a vow that they will not let the soil's fertility get depleted and will restore the soil's moisture by planting more and more trees. In this campaign, plants of marigold, basil, rose, jasmine, curry leaf, celery, palm, evergreen, hibiscus etc. were planted. She appealed to everyone to become jalmitr of @ngo\_sampurna and actively participate in the programs being run for water conservation. On the other hand, @ngo\_sampurna Founder Dr. Shobha Vijender issued a press release discussing the water literacy campaign being run by @ngo\_Sampurna. She said that if efforts are not made now, Delhi will become waterless by 2030. The ground water in Delhi is continuously depleting and here water is supplied to Delhiites only through tube wells. Therefore, there is a need to take water literacy campaign to every house.

The @ngo\_sampurna members, volunteers and beneficiaries planted saplings and took a pledge to conserve water and inspire people. After this Tanvi thanked everyone. Chitra Agarwal, Kiran, Jaya Ghosh, Komal, Chanda, Lakshmi, Santosh Garg, Nirmala were also present there.

## **23<sup>th</sup> March, 2023**

Today, The 1<sup>st</sup> meeting on Water Literacy and Waterbodies Rejuvenating Mission was held at GK-1 Sudesh Verma, Deepak Parvatiyar and Dr Shobha Vijender were present in the meeting.

The following points were discussed in the meeting:

1. Research, advocacy and action are the steps to do the mission.
2. White paper to be brought on waterbodies.
- 3 There is a need to research first Dr Shobha Vijender would first write about it.
- 4 Water audit on water conservation may be another project in future.
- 5 ONGC, reliance, Salman khan may be contacted.
- 6 Jalmitr may be called water warriors to attract the youth.
- 7 Water literacy and awareness should be included in school syllabus.
- 8 Meeting may be kept near waterbodies.