

Innovedica Foundation

Innovating Sustainability for a Better Future

Report on Youth For Swaraj Program, Assam



Theme: Swasthya Swaraj – Youth Action for Health, Nutrition & Well-being

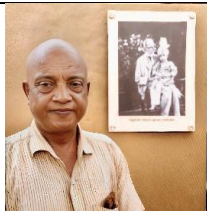
27th to 29th JUNE 2025

Organised by: Innovedica Foundation

Co-host- AGUP and Satra Assam

Program Location : Village – Deohati (Ujan Para), Abhayapuri, District – Bongaigaon, Assam, PIN – 783384

Special Thanks To:

❖ Shri Hembhai, CEO, Shanti Sadhana Ashram, Guwahati	
❖ Mr. Madhu Shudhan Das, CEO of Abhijan Society, Orissa	
❖ Mr. Abdul Malik, Director, AGUP, Barbeta, Assam	
❖ Mr. John, Coordinator, Nanhi Udan Program, Innovedica Foundation	
❖ Mr. Anthony Das, West Bengal	
❖ Mr. ShivDut Sharma, Compliance Director, Innovedica, Delhi	

Thanks to all our participants, Directors/ CEOs and their representatives.

Invitation

We, the members of **InnoVedica Foundation**, are pleased to inform you that **InnoVedica Foundation**, in collaboration with **AGUP**, and **SATRA**, is organizing a **three-day workshop** on “**Capacity Building for SWASTHYA SWARAJ (Youth Action for Health, Nutrition, and Wellbeing)**” under the umbrella of **Youth 4 Swaraj**.

The workshop will be held from **27th June to 29th June 2025** at **Deohati, Abhayapuri, Assam**.

We cordially invite all **Directors and Secretaries of respective NGOs** to join us for this important occasion, and are kindly requested to nominate **one youth participant** from your organization to attend the workshop as a guest.

Your gracious presence and support will greatly enrich the event, and we look forward to welcoming you.

Warm

regards,

Team InnoVedica Foundation



Invitation
YOUTH4SWARAJ

27-29 June 2025 | Village – Deohati (Ujan Para), Abhayapuri
District – Bongaigaon, Assam, PIN – 783384

Theme: Swasthya Swaraj
– Youth Action for Health, Nutrition & Well-being

Program Highlights

Day 1 – Connect, Serve & Celebrate Health

- Flag hoisting & registration
- Youth4Swaraj orientation & vision talk
- Health drill & peace rally (AYUSH awareness)
- Cultural evening at Barpeta College

Day 2 – Theme: Learn, Build & Lead with Purpose

- Shram Sanskar (camp clean-up)
- RebuildIndia@2047 launch at Abhayapuri College
- Visit to the bamboo entrepreneurship model
- Workshop on traditional medicinal knowledge
- Team role plays & cultural performances

Day 3 – Theme: Reflect, Recharge & Reimagine Change

- Plantation of medicinal plants
- Visit to Koya Khujia Eco Park
- Talk on mental well-being
- Traditional Health advocacy idea submissions
- Certificate ceremony & grand cultural night

Eligibility

- Youth aged 18–30 years (up to 35 with special permission)
- One-side sleeper class travel funded by InnoVedica
- Must carry NOC from parents/guardians (ages 16–18)

Special Coverage

Catch special sessions and cultural showcases on our Mahaul YouTube Channel.

Organized By:

- **Parent Organisation-** InnoVedica Foundation
- **Host Organisations-** AGUP and SATARA Assam

About Program:

Innovedica Foundation has been a committed platform for fostering developmental activities aimed at ensuring sustainable progress for the last person in society. The **Youth for Swaraj** initiative is a meaningful endeavour to revive and activate the philosophy of **Mahatma Gandhi** among today's youth and civil society organisations. It encourages deeper reflection and collective action toward the upliftment of common people, inspired by the spirit of **Gandhian, Vinoba Bhave** and **Ram Manohar Lohia's** thoughts.

At the core of this initiative lie the following foundational values:

- **Swaraj – Self-rule**
- **Swadharma – Ethically bound duty**
- **Swabhimān – Dignity and self-respect**
- **Saadgi – Ecological and simple lifestyle**
- **Swadeshi – Self-reliance and local economy**

These values aim to guide individuals and communities toward a life that is not only sustainable and self-sufficient but also spiritually enriched. The initiative aligns itself with the universal spirit of Vasudhaiva Kutumbakam (The world is one family), and echoes the teachings of Lord Buddha and Lord Krishna, emphasizing the importance of living a meaningful and harmonious life

As Mahatma Gandhi rightly said, "Political independence from British colonialism was only the first step. True independence lies in economic freedom." Without economic self-reliance, peace and harmony cannot prevail, and the gap between the haves and have-nots will continue to grow. With a focus on skilling the youth, spreading peace and harmony, and promoting health-centric self-governance (Swasthya Swaraj), Innovedica Foundation has embarked on this historic journey.

Vision: The vision of the Innovedica Youth for Swaraj programme is to foster ecological democracy (Harit Swaraj), inspired by the Vedic principles of Sanatan Dharma and Gandhian principles, promoting a system rooted in ecological harmony and sustainability.

The Goal is to create a self-reliant system where communities live harmoniously with nature, practising sustainability, decentralisation, and self-sufficiency.

According to the Vedas, the basic gross elements or Pancha Mahabhoota of Nature represent a close connection between ecology and its surrounding democracy, which is known as **Ecological Democracy/Harit Swaraj**.

This term was coined by Shri Vijay Pratap and Shri Anupam Mishra ji during the first decade of the 21st century.

□□□□□□ □□□□□□ □□□□ □□□□ □□□□ □□
□□□□□□□□□□□□□□ □□ □□□□□□ □□.

**This is mine, that is yours, is the thinking of the narrow-minded;
For the broad-minded, the whole world is one family.**

It was understood that the well-being of Mother Earth depended on the preservation and sustenance of the ecology known as "Vasudhaiva Kutumbakam".

Program Theme: Swasthya Swaraj

Swasthya Swaraj promotes self-led, community-rooted health action. The Assam edition will focus on:

- Public Health & Hygiene Education
- Mental Wellness & Emotional Resilience
- Nutrition and Food Security Awareness
- Cleanliness Drives & WASH (Water, Sanitation & Hygiene)
- Youth as Grassroots Health Advocates

The program nurtures a generation of **Swasthya Sevak**s—youth trained to lead and advocate for health and well-being within their communities.

Program Objectives:

- Promote health awareness and hygiene literacy among youth.
- Encourage local action for wellness through shramdaan and peer engagement.
- Build communication and leadership skills for health education.
- Foster cross-cultural dialogue and regional unity through shared learning.
- Create youth-led networks for grassroots health and nutrition campaigns

Key Activities

- Swachhata Abhiyan & Plantation Drive
- Health Awareness Rally in the local community
- Sessions on Mental Health, Nutrition, and First Aid
- Interaction with ASHA/Health Workers & Local NGOS
- Dance, Drama & Skit-based awareness campaigns
- Peer-led idea pitching for local health campaigns, Certification & awards for outstanding contributions

Stakeholders

- Innovedica Foundation
- Local NGOs
- Partner Institutions
- Youth Volunteers
- Colleges
- Local Community

Participation:

245 Participants from 9 States: Rajasthan, Delhi, Haryana, Kerala, Bihar, Jharkhand, Odisha, West Bengal, Madhya Pradesh.



Day 1: June 27

Theme: Connect, Serve & Celebrate Health

Session 1: Morning Routine & Orientation

- 6:00 AM – Morning Tea
- 6:30 AM – Yuva Geet
- 7:00 AM – Yoga & Physical Exercise
- 8:30 AM – Breakfast & Freshen Up

Session 2: College Visit – Barpeta College

- 9:00 AM - Travel to Barpeta College
- 9:30 AM – Registration & Distribution of ID Cards, Notepads
- 10:00 AM –Flag Hoisting
- 10:30 AM – Icebreaker & State-wise Directors meet
- 11:30 AM – Language Exchange
- 12:30 PM – Youth4Swaraj Orientation & Vision Talk with Directors
- 1:30 PM - Lunch

Session 3: Camp Welcome & Icebreakers

- 3:00 PM – Health Drill: Swasthya Swaraj and Student Action
- 4:00 PM – Peace Rally (Health Swaraj & AYUSH awareness)
- 5:00 PM – Team-building Games
- 6:00 PM – Cultural Evening: “Unity in Diversity – Health”
- 8:00 PM – Dinner
- 9:00 PM – Reflection Writing

The camp commenced at **9:00 AM** with a youth song at the **Innovedica Foundation Office premises in Abhayapuri**. Following the song, all participants assembled in the **office meeting hall**. The session began with a **formal introduction of participants**. Thereafter, **Shri Vikas Arora**, Founder of Innovedica Foundation, addressed the gathering and shared the **objectives of the three-day programme**, highlighting '**Health Swaraj**' as the central theme for discussion during the camp. He also provided a detailed explanation of the **programme agenda**, along with a clearly defined **timetable** for all sessions and activities.

Following this, **Shri Madhusudan Das**, Director of Abhiyan, conducted a **special orientation session** for all campers to ensure a deeper understanding and clarity regarding the program's vision and flow.

Yoga & Pranayama for Well-Being

A trained instructor guided the youth through a series of yoga postures and breathing exercises, specifically tailored to address common issues such as backaches, stress, and digestive problems. The session emphasized lifelong self-care skills, using simple, easily available props like mats or cloths, accompanied by local music or silence to create a calming environment.

Expected Outcome

Participants developed **practical self-care habits** to support both **physical and mental well-being**. Through accessible and low-cost **AYUSH practices**, they were empowered to manage stress, enhance focus, and maintain overall health using simple **yoga and pranayama techniques** adaptable to daily life.

Visit to AGUP



It was a great moment to visit **Anchalik Gram Unnayan Parishad (AGUP), Jania**, in Barpeta District, led by **Shri Abdul Mallik**, one of the co-hosts and partners of **InnoVedica Foundation**. The meeting began with a vibrant **Bihu dance performance** by Self-Help Group members from Amora village, creating a joyful and culturally rich atmosphere.

The objective of the meeting was to listen to the experiences and challenges faced by all partner organizations. Each participant shared their journey with deep emotion, expressing how proud and happy they were to be part of the **InnoVedica Foundation's** collective mission. Their words reflected a strong sense of belonging and purpose within the broader movement for sustainable community development.

The gathering was honored by the presence of **Respected Hembhai**, founder of **Shanti Sadhana Ashram**, who attended as the **Chief Guest**, and **Swami Hrudayananda Ji**, who graced the event as a **special guest**. A special thanks to **Shri Vikas Arora**, founder of InnoVedica Foundation, whose inspiring address brought clarity to the gathering and helped everyone understand the value of such partnerships in driving forward a common cause.

One of the most impactful moments of the day was the **spiritual message delivered by Hembhai Ji**, which served as a true **eye-opener** for all attendees. A particularly memorable detail was the **beautiful cane chairs** used during the meeting—handcrafted by AGUP artisans—showcasing the beauty of local craftsmanship and the spirit of self-reliance.

After the meeting, everyone shared a **community lunch** at the AGUP premises, further strengthening the bonds among participants. In the afternoon, a **Peace March** was held, where participants carried placards and banners, singing songs and walking in a mass rally to the local market. This public demonstration helped spread the powerful message of **Health Swaraj** to the broader community.

The group returned to the AGUP campus in the evening, where a short refreshment break was followed by an **All-Religion Prayer**, creating a sense of unity, peace, and spiritual reflection. The day concluded with a **brief evaluation session**, during which **Shri Vikas Arora** conveyed his best wishes and heartfelt appreciation for everyone's enthusiastic and meaningful participation on the first day of the program.

Day 2: June 28

Theme: *Learn, Build & Lead with Purpose*

Session 1: Morning Routine

- 6:00 AM – Morning Tea
- 6:30 AM – Yuva Geet
- 7:00 AM – Yoga & Physical Activity
- 8:30 AM – Breakfast

Session 2: College Visit – Abhayapuri College

- 9:00 AM – Shram Sanskar (Cleanliness at Camp Site)
- 10:00 AM - Bath and Clean up
- 11:00 AM – Travel to Abhayapuri College
- 11:30 AM – *Program Launch: RebuildIndia@2047*

Session 3: Learning Through Field and Art

- 1:00 PM – Lunch
- 2:00 PM – Visit to Koya Khujiya Eco Park
- 3:30 PM – *Yoga & Pranayama for Well-Being*

Session 4: Workshop & Team Skills

- 4:30 PM – Workshop: Exchange of traditional medicinal knowledge & Traditional Diagnostics
- 5:30 PM – Certificate Distribution & Reflections
- 6:30 PM – Grand Cultural Night & Community Dinner
- 9:00 PM – Dinner
- 10:00 PM – Submission of AYUSH Health Advocacy Ideas by Teams

Day Two began with a **youth song and morning exercise session** at 8:00 AM, led by **Rupali Hati** from **Abhiya, Odisha**. The energizing start set a positive tone for the day. After breakfast, all delegates proceeded to the **Abhayapuri Police Station** for a **mass cleaning drive** as part of the community engagement activities.

Sanitation & Community Health Response in Flood-Affected Zones

Assam, particularly **Barpeta District**, experiences severe flooding every June, making it one of the most vulnerable regions in the state. In light of this annual challenge, the **Youth 4 Swaraj** program has embedded **proactive sanitation and community health responses** within its **Swasthya Swaraj** framework.

As part of the field-level engagement, the following initiatives were undertaken:

- **Anti-dengue and anti-malaria spraying** was conducted in vulnerable areas to help control the spread of vector-borne diseases.
- **Youth teams engaged with local communities** to spread awareness about hygiene practices and the importance of managing stagnant water during the flood season.
- In collaboration with local partners and health workers, **nutritional and emergency medicine kits** were distributed to affected families and individuals to support immediate health and nutrition needs.

These interventions reflect the spirit of **community-led health action** and demonstrate how empowered youth can contribute meaningfully to disaster preparedness and public health resilience.

To streamline the **Shram Sanskar** (dignity of labour) activities, the campers were divided into **six groups**. With **songs echoing** and **slogans being chanted**, the atmosphere was filled with energy and enthusiasm. The cleanliness drive turned into a joyful experience, as **each participant actively engaged in their tasks**, working in harmony with their **respective team leaders**. It was truly inspiring to witness the spirit of collective action and camaraderie among the youth



At the end of the manual work, a brief interaction was held with the In-Charge of the Abhayapuri Police Station and the Circle Inspector, who both joined the gathering to encourage and appreciate the participants. The session concluded with the uplifting song "**Hindi Hain Hum, Karodon Karodon**", reflecting a sense of national unity and pride.

The spirit of Gandhiji and Bhaiji's vision—emphasizing the dignity of labour and collective responsibility—was truly brought to life through this mass cleaning programme. The effort received heartfelt appreciation from the police authorities, recognizing the positive role of youth in community transformation.



Later, the "Rebuild India 2047" campaign—an ambitious and visionary initiative of the InnoVedica Foundation—was formally launched at the Rajiv Gandhi Memorial College, Lengtinga. Although several activities had been planned for the college visit, due to time constraints, only the campaign launch could be executed. Nevertheless, the moment marked the beginning of a dream movement aimed at building a stronger, sustainable, and inclusive India by its centenary of independence.

We are all deeply grateful to Shri Vikas Arora ji for his visionary leadership and unwavering commitment to realizing the concept of "Rebuild India 2047" and popularizing it across communities. His dedicated efforts to bring together individuals and organizations under a unified mission reflect a sincere passion for building a better India.

By envisioning a greater future for the nation by 2047, he has inspired collective action rooted in purpose and patriotism. The true strength of this campaign lies in its core values—Hope, Technology, and Sustainability—which serve as the guiding forces for inclusive and future-ready development.

Moreover, the campaign is thoughtfully conceptualized around five foundational pillars, shaping a strategic path toward India's centenary of independence.

"100 Years of Independence, 100% Sustainable & Developed India"

Five Program Pillars of Rebuild India 2047

1. **Vocational Education & Training**
Empowering youth with practical skills for **employability, self-reliance, and entrepreneurship**, ensuring they contribute meaningfully to India's economic growth.
2. **Holistic Health – Health Swaraj AYUSH Centre**
Promoting **integrated healthcare** by combining **traditional, alternative, and modern medical practices**, to ensure physical, mental, and spiritual well-being for all.

3. **Technology Promotion, Research & Publication**
Encouraging **innovation, scientific research**, and the adoption of **sustainable technologies** through structured dissemination, experimentation, and knowledge-sharing platforms.
4. **Entrepreneurship & Startup Support**
Supporting **emerging entrepreneurs** with mentorship, incubation, funding opportunities, and strategic resources to build resilient, impactful ventures aligned with national priorities.
5. **Vasudhaiva Kutumbakam & Creating a Sustainable Future**
Fostering a sense of **global interconnectedness, inner well-being**, and **personal growth**, while promoting **environmental sustainability** and **ethical living**—inspired by the philosophy of *“Meaning of Life and Living a Meaningful Life.”*

The **Rebuild India 2047** campaign truly reflects a **bold yet compassionate vision**—covering key aspects of sustainable development such as **education, health, technology, entrepreneurship**, and **personal well-being**. It is both **sweet in spirit** and **challenging in scope**, meticulously designed and passionately driven by the **Innovedica Foundation** under the leadership of its visionary architect, **Shri Vikas Arora ji**.

The **launching ceremony** saw enthusiastic participation from **students** and **camp delegates** alike. The meeting was **presided over by Vikas ji**, with **Respected Hembhai**, Founder of **Shanti Sadhana Ashram**, attending as the **Chief Guest** to officially launch the **Rebuild India 2047 campaign**.

Vikas ji shared insightful thoughts, calling upon everyone to take this **historic movement to every doorstep across India**. He emphasized the need for **collective responsibility** and invited **partner organizations** to actively contribute to this **great mission**.

Shri Madhusudan Das followed with a powerful message, especially directed at the **students**, urging them to **rebuild themselves and their villages** through this vision. The event concluded with a heartfelt **vote of thanks by Shri Abdul Mallik**, Founder of **AGUP**, expressing gratitude to all participants, guests, and contributors.

Later, all participants visited the **Eco Park in Bongaigaon**, which served as a relaxing and inspiring outreach experience. The **natural beauty and peaceful environment** of the park offered a perfect backdrop for reflection. A particularly joyful moment was the **boating activity across the lake**, enjoyed by all, making the visit both **memorable and rejuvenating**.



A hands-on session covered CPR using a dummy/cushion and how to treat **burns, bites, fainting, and wounds**. Participants also performed a one-act play on First Aid during disasters, making it an engaging and practical learning experience.

Outcome: Youth learned basic first response skills for community emergencies.

As our theme was Health Swaraj, our participants performed an act play on First Aid. During a disaster, how can we help a victim? It was a participatory method to act with all interests. The performances were so effective.

Workshop: Exchange of traditional medicinal knowledge

- Teach youth to prepare simple AYUSH-based products
- Teach the preparation of simple recipes that double as home remedies
- Invite 2–3 respected elders or traditional healers from the village to sit in a sharing circle.
- Groups compare traditional remedies with modern treatments for common ailments, discussing accessibility, effectiveness, and cost to understand the relevance of both systems.
- Participants take a guided walk to observe and identify medicinal plants growing locally, noting their names and uses in Assamese, Hindi, and English to build botanical and cultural awareness.

Outcome: Youth gain awareness of indigenous health practices, build respect for local wisdom, and begin documenting traditional knowledge in a structured format.

Traditional Diagnostics Demo

- A local AYUSH practitioner demonstrates pulse-reading or tongue-examination for health clues. Youth practice under guidance, learning to connect simple physical signs (pale tongue, rapid pulse) to common ailments with no special equipment needed. Basic Acupressure & Self-Care Points

Outcome: Youth gain introductory knowledge of traditional diagnostic methods and basic acupressure techniques, enabling them to recognise early signs of common health issues and apply simple, non-invasive self-care practices rooted in AYUSH wisdom

Myth-Busting Discussion

- In small groups, participants list common health myths (e.g. “drinking cold water causes cough”) and then discuss evidence or experiences that confirm or debunk them. Using role-play, youth critically evaluate beliefs and learn to blend tradition with facts.

Outcome: Participants critically assess health myths, blending traditional beliefs with facts to make informed health decisions.

Submission of AYUSH Health Advocacy Ideas by Teams

- In this session, participants share their personal or family knowledge of AYUSH-based remedies, including herbal treatments, household cures, and traditional wellness practices. These entries will be reviewed, verified, and curated to create a community-sourced **Pocket Booklet of AYUSH Medicines**, preserving local wisdom for wider use.

Outcome: Participants contribute and share AYUSH remedies, helping preserve local health knowledge through a verified, community-sourced Pocket Booklet.

Cultural Evening

Day 2 concluded with an All-Religion Prayer and a performance of *Bharat ki Santan*, celebrating peace and harmony among people of different faiths, castes, and cultures. Despite diversity in language, food, attire, and traditions, the program highlighted the unity of India. The cultural evening was dedicated to the local community, who participated in large numbers,

including both men and women. The event was anchored by Khushi Behn from Odisha and Rohit Bhai from Bihar, creating an atmosphere of togetherness and celebration.



One of the most cherished moments was the “**Bharat ki Santan**” performance by our young campers. Special thanks to **Rupali Ji** for bringing this meaningful program to life. Rooted in Bhaiji’s deep insights, it evokes a strong sense of **national pride and identity**—reminding us to feel proud as Indians. The day concluded with a **certificate distribution ceremony**, where all participants received their participation certificates from **Vikash Ji** and **Madhusudan Ji**.

Day 3: June 29

Theme: *Reflect, Recharge & Reimagine Change*

Session 1: Morning Routine

- 6:00 AM – Morning Tea
- 6:30 AM – Yuva Geet

- 7:00 AM – Yoga & Physical Activity
- 8:30 AM – Breakfast

Session 2: Green Action

- 9:30 AM - Flag Hoisting
- 10:00 AM – Plantation Drive (Medicinal & Nutritious Plants)
- 10:30 AM – Bath and Clean up

Session 3: Exploration & Wellness

- 12:00 PM – Lunch
- 2:00 PM – Visit to Local Entrepreneur Models (Bamboo Products Site)

Session 4: Celebration & Closure

- 5:00 PM – Myth-Busting Discussion
- 8:00 PM – Dinner
- 9:00 PM – Final Closing Circle

The final day of the camp began at **8 AM** with a **youth song** and **morning exercise**. After a **group photo session**, all participants proceeded to the **field visit**.

Visit to the Bamboo project.





As Gandhiji rightly said, “*Production by the masses is more important than mass production by machines.*”

Our visit to **Raipur village** in Barpeta district was truly memorable. The **struggles of 300 families** have led them towards **happiness, health, and sustainable livelihoods**. Thanks to **AGUP** for promoting **bamboo handicrafts**, which have become a vital source of income for the local community.

During the visit, we interacted with **Jehrul Bhai**, caretaker of the **Community Facility Centre** under AGUP and an active trader. His insights were inspiring and strengthened our belief in the power of grassroots innovation. The dedication and perseverance of the artisans have helped them achieve financial stability. Their handcrafted bamboo products now have a **growing market across India**, showing how small-scale rural industries can be powerful tools for sustainable development.

Concluding Remarks

The three-day youth camp organized by **Innovedica Foundation** was a meaningful and inspiring experience, enriched by several key learnings:

- The **Raipur Bamboo Project** visit offered valuable exposure to sustainable, community-driven innovation.
- Listening to **Respected Hem Bhai** was a profound learning moment, full of wisdom and clarity.
- Sharing and learning from each other fostered **confidence and collaboration** among participants.
- The **launch of the Rebuild India 2047 vision** was a timely and ambitious step forward.
- All partners of Innovedica Foundation demonstrated openness to **new ideas, innovations, and collective action**.
- The strong **sense of unity and oneness** throughout the camp was deeply felt and appreciated.
- Lastly, the quiet leadership and constant encouragement of **Vikas Arora ji**, always present with a smile, served as a powerful source of motivation for everyone involved.

Research Paper Presented on Public Health



Youth 4 Swaraj
WORKSHOP ON HEALTH, NUTRITION AND WELL-BEING
Organised by
Innovedica Foundation
In collaboration with
RAJIV GANDHI MEMORIAL COLLEGE, LENGTISINGA
Venue : Rajiv Gandhi Memorial College, Lengtisinga
Date : 28th June, 2025

To,

Cordial Invitaiton
to the Youth 4 Swaraj at Rajiv Gandhi Memorial College, Lengtisinga on 28th June, 2025

Programme Schedule

Time	Details of the Programme/ Workshop	
7:00 a.m.	Flag Hoisting : To be hoist by :	Dr. Zahurul Islam , Principal, Rajiv Gandhi Memorial College, Lengtisinga
7:30 a.m.	Plantation : To be Inaugurated by :	Sri Vikash Arora , Director, Innovedica Foundation
8: 00 a.m.	Shram Sanskar and Clean up :	To be performed by the Office bearers and members of Innovedica Foundation
10:00 a.m.	Youth 4 Swaraj Vision Talk : Workshop on Health, Nutrition and Well-being	Chair Person : Dr. Zahurul Islam , Principal Resource Person & Guests : 1. Sri Hem Bhai , Director, Shanti Shadhana Asram, Guwahati. 2. Madhushudhan Das , Abhiyan Director, Odisha 3. Lesuhu Mero , CEO, NE, CASA 4. Himangshu Misra , Secretary, JPS, Jharkhand. 5. Shiva Prashad Parjoshi , Secretary, JYWW, Odisha. 6. Ashis Mondal , Kolkata. 7. Abdul Malik , Secretary, AGUP, Jania, Barpeta, Assam.
2:00 a.m.	Cultural Performance-14 different States of India	


Principal
 Rajiv Gandhi Memorial College
 Lengtisinga



আজিৰ পৰা জনীয়াত
ইনোভেডিকা ফাউণ্ডেশ্যনৰ
সজাগতা কাৰ্যসূচী

বাবি কাকত, জনীয়া, ২৬ জুন : বৰপেটা জিলাৰ জনীয়াস্থিত ফখৰুদ্দিন আলি আহমেদ মেম'ৰিয়েল ছিনিয়ৰ ছেকেণ্ডাৰী স্কুল প্ৰাঙ্গণত অগ্নী স্বেচ্ছাসেৱী অনুষ্ঠান ইনোভেডিকা ফাউণ্ডেশ্যনৰ উদ্যোগত ৰাষ্ট্ৰীয় বঁটা প্ৰাপক স্বেচ্ছাসেৱী অনুষ্ঠান আঞ্চলিক গ্ৰামোন্নয়ন পৰিষদৰ সহযোগী ব্যৱস্থাপনাত যুৱক স্বৰাজ সন্দৰ্ভত সজাগতা কাৰ্যসূচী অনুষ্ঠিত কৰা হ'ব। ২৭, ২৮, ২৯ জুনলৈ তিনিদিনীয়া সজাগতা কাৰ্যসূচীৰ আয়োজন কৰা হ'ব বুলিও ফাউণ্ডেশ্যনৰ সঞ্চালক গৰাকীয়ে জানিবলৈ দিয়ে। উক্ত কাৰ্যসূচীৰ জৰিয়তে ইনোভেডিকা ফাউণ্ডেশ্যন হৈছে উদ্ভাৱন, বিজ্ঞানভিত্তিক জ্ঞান, সামগ্ৰিক উন্নয়ন হৰিৎ সুৰাজৰ দৰ্শনৰ দ্বাৰা পৰিচালিত ই কৃষি, স্বাস্থ্য, পানী, উদ্যোগীকৰণৰ আধুনিক পদ্ধতিৰ সৈতে বৈদিক প্ৰজ্ঞাৰ মিশ্ৰণ ঘটায়, বহনক্ষম কৃষি, জনস্বাস্থ্য, সৰ্বাংগীন বিত্ত, নবীকৰণযোগ্য শক্তি, জল সংৰক্ষণ, বৃত্তাকাৰ অৰ্থনীতি, বিকল্প শিক্ষা, আৰু সামাজিক উদ্যোগীকৰণৰ দৰে মূল ক্ষেত্ৰসমূহত গুৰুত্ব আৰোপ কৰে, চি এই আৰব লক্ষ্য আৰু ৰাষ্ট্ৰীয় উন্নয়নৰ অধ্যক্ষিকাৰ সৈতে নিজৰ প্ৰচেষ্টাক একাৰ কৰে আদি সন্দৰ্ভত সজাগতা বৃদ্ধি কৰায় হৈছে ফাউণ্ডেশ্যনৰ মূল লক্ষ্য। সেয়ে উক্ত কাৰ্যসূচীত সকলোৰে সহায় সহযোগিতা উপস্থিতি আন্তৰিকতাৰে কামনা কৰিছে ফাউণ্ডেশ্যনৰ সঞ্চালক গৰাকীয়ে।

କହନ୍ତୁ ତାହାହିଁ
ତତ୍ତ୍ୱମାତ୍ର ତାହା
ଭିନ୍ନ ଭିନ୍ନ

[illegible]

YouTube Link:

About Youth For Swaraj Programme and RebuildIndia@2047 Programme Link:

1. 1) [Innovedica Foundation Director Speaks on Youth4Swaraj & RebuildIndia@2047 | JANIA LIVE 24x7](#)
2. 2) [Youth 4 Swaraj Assam Empowers Youth Through Health & AYUSH Initiatives | covered by local media](#)

Distribution Essential Flood Relief Kit

Health & Hygiene

- Dettol or antiseptic liquid (50–100 ml)
- Soap bar (antibacterial) – 1
- Sanitary napkins – Pack of 6
- ORS sachets – 3–5 packets
- Mosquito repellent cream or coil – 1
- Disposable masks – 2
- Toothbrush + small toothpaste – 1 each
- Cotton & bandage roll – 1 small pack

Dry Food Essentials

- Chire (flattened rice) – 500 g
- Gur (jaggery) – 250 g
- Dry fruits or roasted grams (chana) – 200 g
- Glucose biscuits – 2 small packs

Basic Medical Supplies

- Paracetamol – Strip of 10
- Anti-diarrheal tablets (like ORS + loperamide) – Strip
- Multivitamin tablets – Strip
- Betadine ointment – 1 small tube

Other Essentials

- Plastic sheet or poncho – 1 (for shelter/rain cover)
- Matches or lighter – 1
- Small torch with batteries – 1
- Reusable cotton cloth or gamusa – 1



Participants Engagement



An Urgent Appeal: Support Health Swaraj in Assam

Dear Valued Philanthropists and Supporters,

Assam is currently grappling with a dual crisis: devastating floods and the ongoing challenges of the COVID-19 pandemic. The confluence of these calamities has severely impacted public health, sanitation, and the overall well-being of countless communities.

At InnoVedica Foundation, our commitment to "Innovating Sustainability for a Better Future" and our belief in "□□□□□□ □□□□□□□□□□" (The world is one family) compels us to act swiftly and decisively. We are launching the "Health Swaraj in Assam" program to provide immediate and crucial relief to those affected.

Our immediate focus is on:

- Initiating cleaning facilities: To prevent the outbreak of waterborne diseases and restore hygiene in affected areas.
- DTDC powder sprinkling: For disinfection and vector control, mitigating health risks in flood-affected regions.
- Providing essential relief: Addressing the urgent needs of flood victims, including food, shelter, and medical supplies.

This endeavour requires significant resources, and we humbly appeal to your generosity. Your contribution, no matter the size, will directly translate into tangible support for the people of Assam, helping them rebuild their lives and safeguard their health during these challenging times.

Join us in bringing "Health Swaraj" to Assam:

Bank Details for Donations: Bank Name: ICICI Bank Account Number: 673605601140 IFSC Code: ICIC0006736 Branch: Alwar Email: innovedicafoundation@gmail.com Contact Number: +91 9999062208 Website: www.https://innovedica.com/	
--	--

Documents Required from Donors for 80G Exemption (for Indian citizens):

- PAN Card
- Aadhar Card
- Mobile Number

We assure you of complete transparency and accountability in the utilisation of your valuable donations. Together, we can make a significant difference in the lives of those battling these immense challenges in Assam.

Thank you for your compassion and support.

Sincerely,

The Team at
InnoVedica Foundation
Innovating Sustainability for a Better Future

Rebuild India@2047, Inaugural Team and Event Photos









RebuildIndia@2047 Team visited to understand the northeast ecology, uncultivated food and public health.

Contact

- ☐ innovedicafoundation@gmail.co
- ☐ www.innovedica.com
- ☐ +91-9999062203

Address

INNOVEDICA FOUNDATION RESEARCH CENTER
Link Kalindi Kunj (Delhi) -Yamuna Expressway (U.P.)
Sector -88, Near Amrita Hospital
Faridabad – 121002, Haryana