

# Activity of Uttaran Foundation

## ➤ *Holistic Health Care*

- *ICT Based Medical Information Center*
- *Telemedicine (Virtual Consultation) Center*
- *Promote Naturopathy & Yoga for Better Health Care*
- *Blood Donation & Free Health Checkup Camp*
- *Biologically Vector Control*
- *Life Skill Education*

## ➤ *Mushroom for Health & Wealth*

- *Production of various types of quality mushroom spawn*
- *Popularize Mushroom for Better Health Care [www.mlovers.in](http://www.mlovers.in)*
- *Promote Mushroom under ICDS & MDM schemes*
- *Value addition of Mushroom*
- *Training on organic Mushroom Cultivation*

## ➤ *Environment Protection & Pollution Control*

- *Parthenium Eradication Programme*
- *Pollution Free Diwali or Green Diwali*
- *Plastic Free ocean to prevent aquatic life*
- *Tree Plantation & maintenance*

## ➤ *Restoration of Land & waterbody*

- *Watershed management and rain water harvesting*
- *Restoration of waterbody for Scientific Pisciculture*
- *Control of water hyacinth (*Eichhornia crassipes*)*

## ➤ *Training & Skill Development for socio economic upliftment*

- *Free Learning programme for holistic development ([vgurukul.org.in](http://vgurukul.org.in))*
- *Women empowerment using Aquarium Aquaculture*
- *Awareness & Community development for vector control*

➤ *Senior or Elder Care*

- *Personal care & Health support*
- *Life style services*
- *Old age Home*
- *Home safety ICT based support system*
- *Free consultation service for elder care*
- *Wellness Center for Elder Person*

➤ *Research and promotion of Hi-Tech Agri & Aqua Farming*

- *LAB on Wheel for instant Water and Soil testing facilities for farmer.*
- *Waste to Wealth Programme (Value addition of Parthenium)*
- *ICT based support system for small & marginal farmers*  
*"[www.msathi.co.in](http://www.msathi.co.in)"*
- *Training and capacity building using cultivation of Green Fodder*
- *Promotion of Hydroponic and Aquaponic for Soil Less Farming*
- *Promotion of Roof Top, Vertical, Multilayer, Organic Farming*

*To fulfill our dream, we need your active participation in our activities. We can't get Success without your active support.*

