

SIDART

**Society for Integrated Development Activities, Research and
Training**



PRESENTED BY:
ANJALI MEHTA
ARUSHI AGARWAL
RASHMI PITALIYA
SHUBHAM VIJAY

ABOUT SIDART

- Established on 1st January 1998.
- The focus is on “to reach the unreached and underprivileged.”
- SIDART is an organization dedicated and committed to the sustainable development of rural and semi urban Indian communities.
- SIDART is a democratic, secular, micro level, voluntary organization committed for the empowerment of poor and marginalized children and women.

VISION

- To explore, promote, disseminate and strengthen the ways to help those who are in need.

MISSION

- To focus on human development, especially in the empowerment of marginalized and poor women and children.

OBJECTIVES

- Promote social and political leadership among women and other disadvantaged sections.
- Take up health camps, surveys, information dissemination and allied activities.

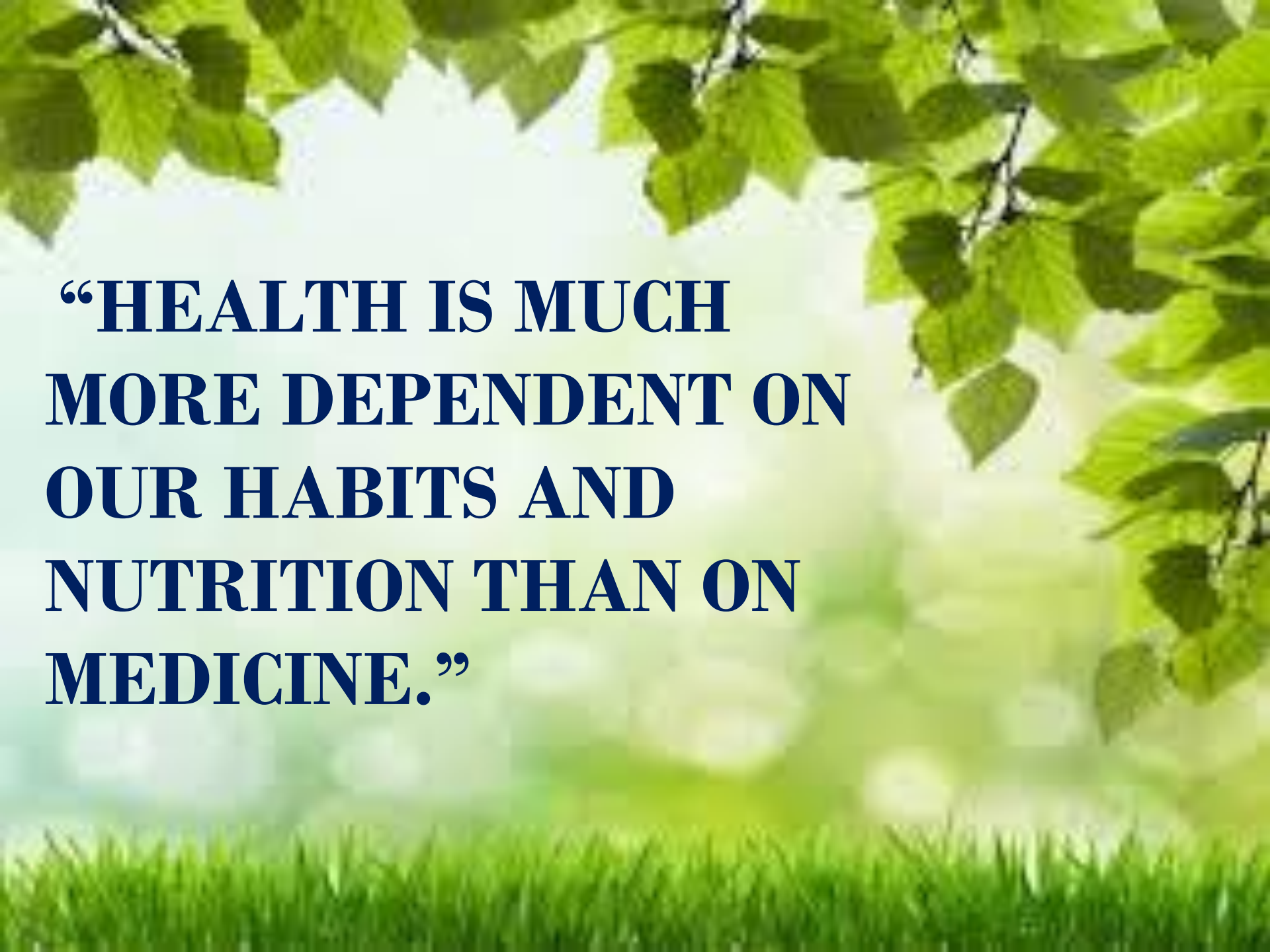
WOMEN
EMPOWERMENT

CHILD HEALTH
AND NUTRITION

CURRENT
PROJECTS

VOCATIONAL
TRAININGS FOR
YOUTH

RURAL
DEVELOPMENT



**“HEALTH IS MUCH
MORE DEPENDENT ON
OUR HABITS AND
NUTRITION THAN ON
MEDICINE.”**

PROJECTS UNDERTAKEN

- *Health camp and nutritional counseling organized at :-*



Govt.Sr.Sec.School, near Kanoria College



Govt. School, Sambhariya



AU Jaipur Marathon

GOVT. SR. SEC. SCHOOL, NEAR KANORIA COLLEGE

The health camp (which included height and weight measurement) and nutrition counseling was provided to around 300 students.



GOVT.SCHOOL,SAMBHARIYA

- The health camp (which included height and weight measurement) and nutrition counseling was provided to around 500 students.



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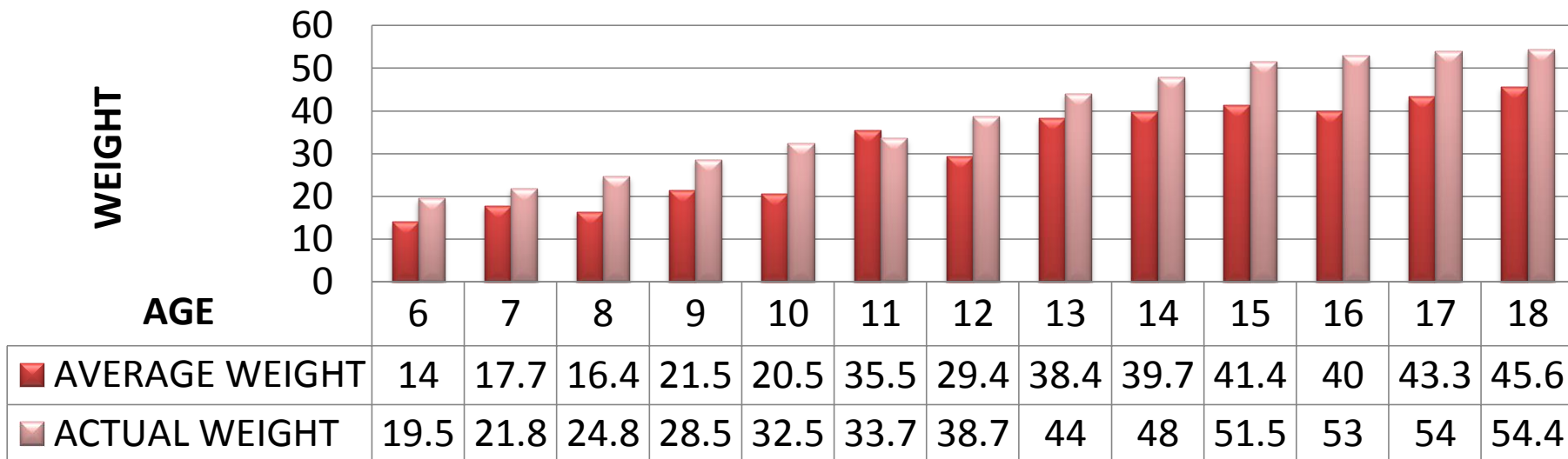
	A	B	C	D	E	F	G	A	B	C	D	E	F
1	NAME	Father's Name	Mother's Name	Age	Weight	Height	26	Girraj	Jagdish	Kamla	14	30.7	149
2	Himanshu	Mukesh	Chameli		6 14.7	92	27	Renju	Jagdev	Suniya Devi	8	17.9	110
3	Kartik	Lalchand	Puja		5 16.6	113	28	Sania	Sunil	Asha	10	27.8	127
4	Soma	Sunil	Seema		5 18.3	108	29	Manisha	Mangi Lal	Rajni	10	20.3	121
5	Yashasvi	Rajesh			4 13.5	94	30	Nandini	Rinku	Anita	9	22.7	121
6	Akshita	Vijay Raj	Meenakshi		7 19.2	111	31	Taniya	Mukesh	Krishn a	11	38.2	136
7	Sejal	Baagwnshy	Seema		7 18.7	109	32	Kalpana	Raju	Saroj	9	26.58	124
8	Ranveer		Madhu		4 17.2	100	33	Sarika	Mukesh	Seema	9	26.4	128
9	Anshu	Lalchand	Pooja		8 22.3	129	34	Kiran	Ghanshyam	Omavati	11	27.2	129
10	Divyanshi	Vijay Raj	Sunita		7 17.8	108	35	Komal	Pahalad	Santosh	12	28	140
11	Ruchika	Mohi Din	Aashia		5 16.7	97	36	Vishakha	Ramesh	Manbhar	12	32.7	141
12	Priya	Ashok	Prem		7 16.8	109	37	Gunjan	Mukesh	Krishna	13	49.2	155
13	Sunny	Kamlesh	Khushbu		7 20.8	117	38	Gorav	MadanMohan	Pinky	11	29.8	132
14	Anjali	Soraj	Sugna		9 24.3	127	39	Uday	Gyanchaand	Neeru	12	28.9	124
15	Anshu	Jiyalal	Renu		8 21.7	120	40	Shankar	Radhyshyam	Guddi Devi	11	28	131
16	Amit	Aman	Savita		7 18.3	111	41	Ganesh	Suresh	Lali	11	35	154
17	Kuldeep	NandKishore	Lalish		9 20.2	115	42	Raunak	Raj Kumar	Poonam	8	17.7	111
18	Girraj	Kamlesh	Kushboo		10 25.7	131	43	Devansh	Amit	Sudha	5	15.2	100
19	Khushboo	Madan	Saroj		7 24	121	44	Rohit	Swaraj	Sugna	5	16.6	100
20	Radha	Soman	Anita		10 24.3	122	45	Pihu	Pawan	Seema	5	18.3	108
21	Kashish	Vijay	Divya		10 32	137	46	Mamta	Nayan Kishore	Lailasi	9	14.7	100
22	Kajal	Vishnaah	Bindu		13 39.5	137	47	Pihu	Shahid	Seema	5	17.1	109
23	Sumit	Amit	Laxmi		9 24.3	124	48	Tulika	Lal Chand	Pooja	6	19.2	121
24	Kunal	Mahendra	Annu		7 29.7	126	49	Priyanka	Pappu	Geeta	7	19.4	124
25	Sagar Singh	Jai Singh	Amar		10 27.3	136	50	Rahul	Pappu	Geeta	6	19	109

Sheet1 Sheet2 Sheet3

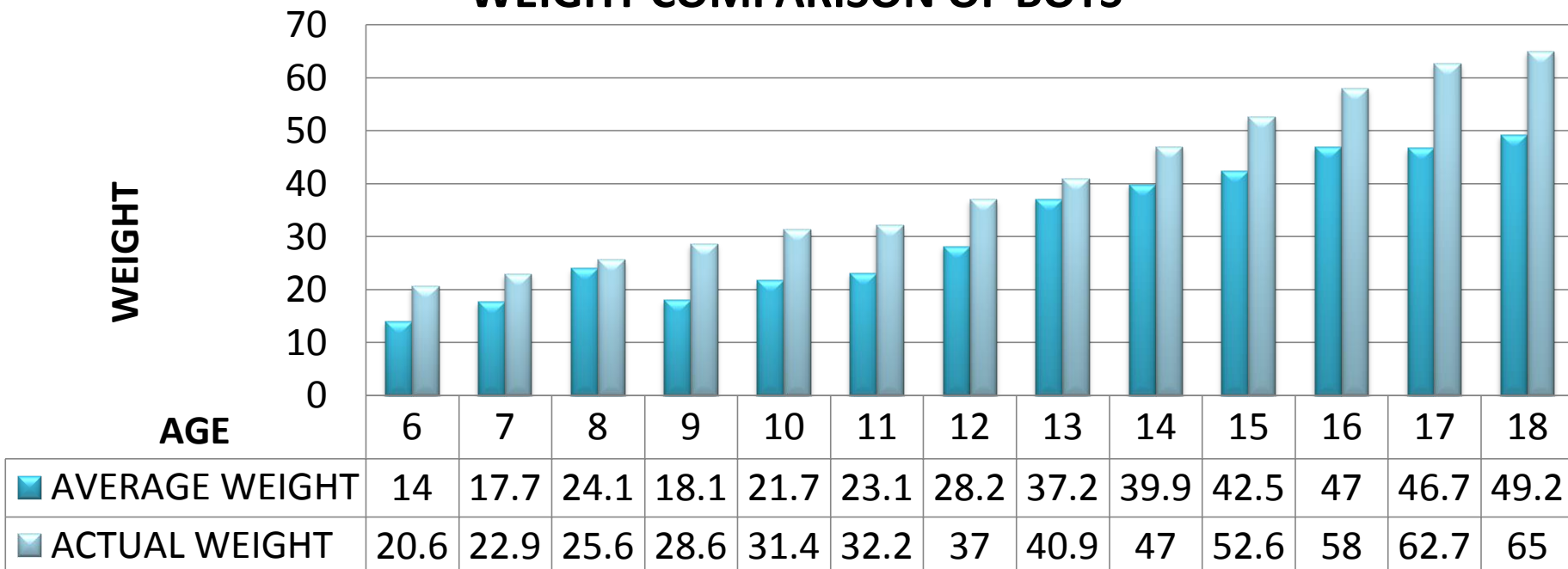
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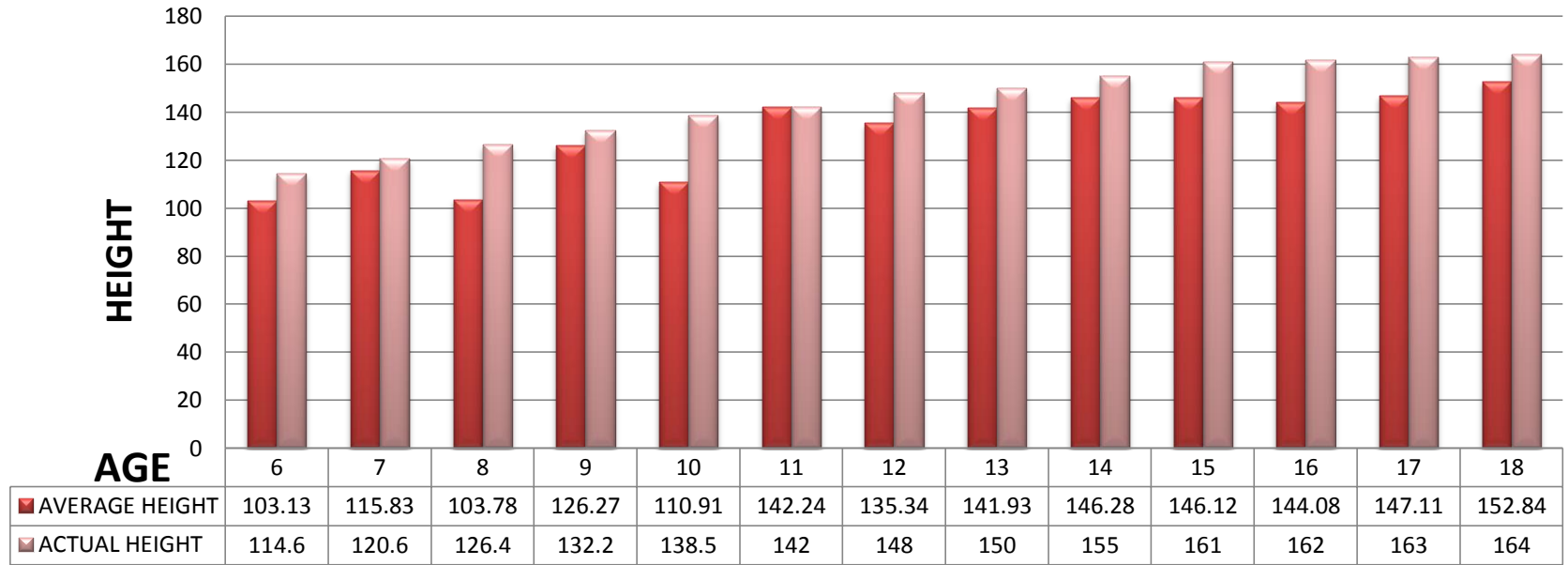
WEIGHT COMPARISON OF GIRLS



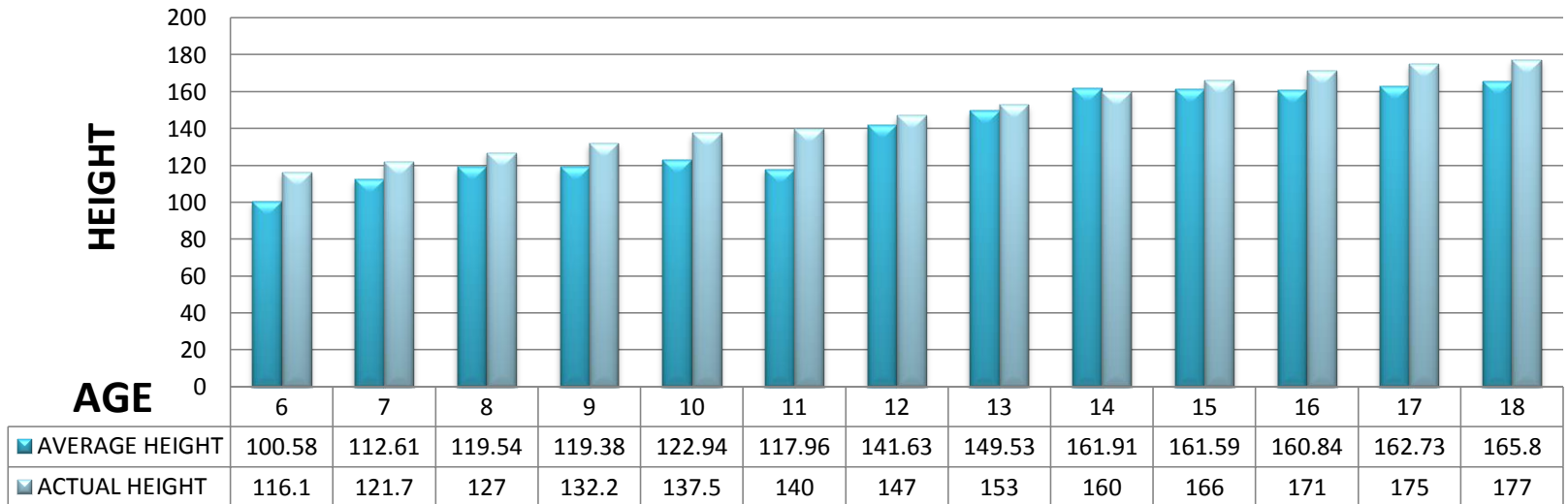
WEIGHT COMPARISON OF BOYS



HEIGHT COMPARISON OF GIRLS



HEIGHT COMPARISON OF BOYS



AU MARATHON

- Our NGO **SIDART** with association in AU Small Finance Bank conducted Mega Health Camp (which included Blood Pressure and Weight Measurement) for all the participants of Jaipur Marathon.
- Around 500 participants had their health checkups.
- Many participants were self motivated and health conscious whereas we motivated others to have their health checkups done.
- Health related advices were given by **Dr. Sucharita Acharya** and other coordinators.



CONCLUSION

- There is a wide gap between the standard and actual height and weights of the students.
- The reasons behind the gap maybe:
 1. Inadequacy of nutrients in their diet.
 2. Lack of resources.
 3. Bad health habits.
 4. Improper hygiene facilities.





SUGGESTIONS

- Regular health and nutrition camps should be organized.
- To provide better sanitation facilities.
- To conduct various awareness workshops for the local people.
- Motivating and linking with hospitals and doctors in order to conduct such health camps for the one in need.



LEARNINGS

Being associated with SIDART was a great experience. It was a great opportunity to learn the various facts and aspects of NGO functioning which can be summarized as follows:-

- We explored the different section of the society and got to know the problems faced by the underprivileged.
- Spreading smiles and supporting everyone in need not only makes them happy but gives us satisfaction as well.

We need to encourage
our kids to love
to eat real food -
honest, nutritious,
healthy food.
Less fast food.
Less junk food.
And they need to
see us eating healthy
by example.





THANK YOU!