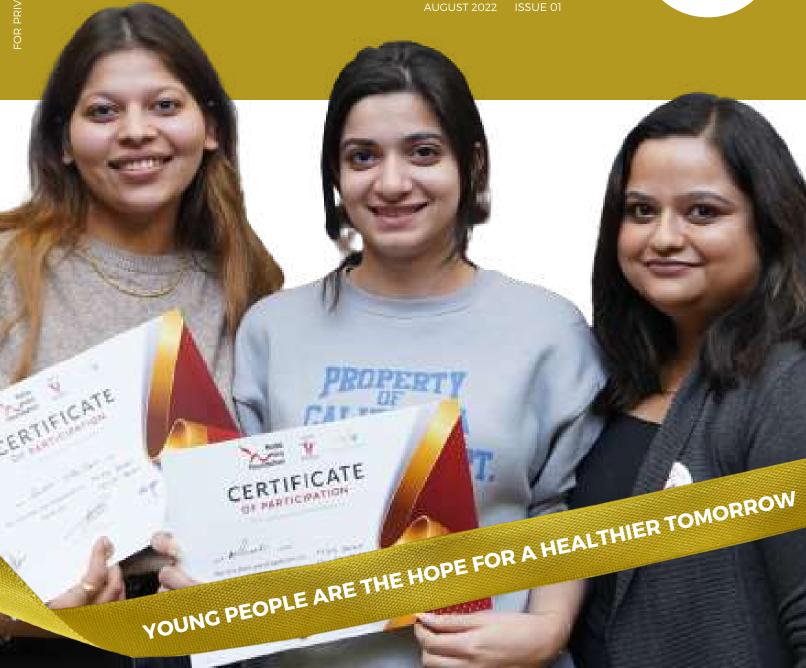
YOUTH FOR GOOD HEALTH

NADA YOUNG INDIA NETWORK (NYIN





YOUTH CONCLAVE

Nada India Foundation holds regular conclaves to engage and voice the message of the young people in National and International forums

VOLUNTEER TRAINING

The V Lead Academy initiative of the Nada India Foundation is a premier for youth training and capacity

MEDIA FELLOWSHIPS

We engage with media entities and budding writers with fellowship and international study opportunities on substance abuse and its remedies



► Read Nada Newsletter



NURTURING YOUNG FOR WELL BEING WWW.NADAINDIA.INFO

Founded in 1999, Nada India Foundation has been creating the spaces and nurturing diverse networks of community-based initiatives amongst the marginal and most at risk populations across India.

Through its advocacy and capacity building work Nada India has enabled the vulnerable youth, male and female and the adolescents as well to make choices for healthy ways of living. Through Youth Networks, trained and facilitated by Nada India Foundation, young people today are playing a pivotal role in policy and media advocacy on issues concerning the health of future generations.



WWW.YOUTHFORWELLBEING.ORG

Nada India Foundation works under the framework of the Convention of the Rights of Children, CRC, with male and female children and adolescents through the Young India Network for Good Health also called the NYIN. This network of young volunteers works for the prevention and control of NCDs and their associated risk factors.

The NYIN is a membership-based network that strives to foster a healthy community for all by and for the youth. It aims to amplify youth voices on good health issues and take big actions to resolve them.









YOUTH VOLUNTEERISM IN ACTION IS THE BEST BET FOR A HEALTHY FUTURE FOR THE NATION

SUNEEL VATSYAYAN, CHAIRPERSON, NADA INDIA FOUNDATION

In a nation brimming with opportunities and a society braced against time with a considerable young population dividend, what should be the biggest worry? The physical and mental health of its youth and children. Volunteering for a better tomorrow is about owning the responsibility of the future. Working with the inspired and talented youngsters in Nada India Foundation from across India is a lesson in volunteerism which each of us should learn. Asking the right question to the right people, reaching out to the masses and working for solutions in their own limited capacities is hope for us. We have a better future with our youngsters taking charge.

About Suneel Vatsyayan, Chairperson

Experienced social work practitioner and health advocate with a demonstrated history of working in the non-profit organization management industry. Skilled in Nonprofit Organizations, Public Speaking, Management, Leadership, and Project Management. Strong business development professional with a Master of Social Work - MSW focused in Criminology & Correctional Administration from Jamia Millia Islamia. Life Coach, Social Entrepreneur and Karmaveer Chakra Awardee





TOBACCO MENACE An avoidable catastrophe

■ By Suneel Vatsyayan

NDIA is reported to have lost half a million of its people to the pandemic over the past two years. This is despite that the fact that the situation had complete societal attention and everyone workedtowards minimising it. However, there is something equally serious and catastrophic that we are dealing with right now. The menace of tobacco use. It kills an esti-mated 1.35 million Indians every year. Scientific studies estimate that the consumption of tobacco results in the death of more than 3,500 Indians every single day. According to

right intention to act resolutely against tobacco use. One of the most notable and prompt steps toward tobacco control is the Prohibition of Electronic Cigarettes Ordinance, 2019 which prohibits production, manufacture, import, export, transport, sale, distribution, storage and advertisement of e-cigarettes. A few other notable steps by the government in this direction are the launch of the National Tobacco Quitline Services (NTQLS) which has the sole objective to provide telephone-based information, advice, support, and

narratives that will pre-empt any kind of tax increases on tobacco products.

The taxation scenario in India is not so encouraging in terms of tobacco control. Ever since the introduction of the Goods and Services Tax (GST) in 2017, there has been no significant tax increase on any tobacco products in India. No significant tax increase on any tobacco product for four years in a row has made all tobacco products increasingly more affordable. This has undoubtedly attracted new users to tobacco, especially the youth.

■ By Shubhendra Thakur

N ONE'S daily life, it is not uncommon to spot images warning one of oral cancer -- on cigarette packets, precautionary adverts ahead of movies, and even on television. This major global public health problem in India, however, has a high incidence and is only growing. In India, overfive people die every hour due to oral cancer. As shocking as the statistic may be, oral cancremains major cause of from oral disease we

At the individu cancer can he factors, se family 1 ₄e famre believed isk of cancer. shows that globat four out of five peoally, ple with oral cancer use tobac-

co, and about 70 percent are

anterior two-.ongue. These canar predominantly as

nous cellcarcinomas, and e highly lethal, incapacitating, and disfiguring.

Historically, the death rate associated with oral cancer has been particularly high due to late-stage diagnosis and intervention. According to the World Health Organisation (WHO), however, some of the most common cancer types, such as breast cancer, cervical cancer, co, including cigarette pipes, cigars, and c (smokeless) tobacco, tobacco quid inside mo paan with betel nut/a (supari).

• Periodic oral chec assess the risk: Regula ups and other regula tests by a doctor can hel cancer early, making th ment easier. Make appointments with vo tist. These days, early d kits such as by early s

YOUTH AS CHANGEMAKERS WORKING ACTIVELY WITH POLICY MAKERS AND OTHER STAKEHOLDERS

Haryana NYIN report

The state team reached out to MPs from Bhiwani, Shri Dharamveer Singh and Mrs Sunita Duggal from Sirsa as well as to Mrs Sunita Dugaal MP. Meeting with Shri.Ratan Lal Kataria, MP from Ambala and Shri Inderjeet Rao MP from Gurgaon was very fruitful. Youngsters held a follow-up meeting in the office of the State Tax and Excise Department. There was a poster-making competition on the occasion of World Environment Day. NSS and the Red Cross Society of PG College of Panchkula led a bicycle marathon in support of COTPA Amendment

Haryana State Coordinator Ms Deepshikha
Kumari with a senior Member of
Parliament Shri Ramesh Chander Kaushik
recently. Deepshikha is a testimony of a
young leader growing in activism with
hardworking. A postgraduate in Social
Work, she joined NYIN as a young
volunteer and rose to become an asst.
engagement officer and now is leading a
complete state team at a young age

2020 in favour of a healthy future.. Pilot survey by NYIN members on Point of Sale advertisement of Tobacco products in districts of Bhiwani, Panchkula and Gurgaon was also conducted.

Punjab NYIN report

With the recent change in baton in the political realm, Punjab youngsters interested in policy advocacy are working steadfastly to reach out to the elected leadership to convey their concerns on the health situation. They could meet Shri Anmol Gagan Mann MLA from Khara and Shri Kuljit Singh Randhawa MLA from Dera Bassi to gather support for COTPA amendment 2020 and tobacco tax increase. They had meeting with Advisor to CM Shri RN Batta and State Tobacco Control Officer. Meeting with MP Amritsar Shri Gurpreet Singh to garner support letter was fruitful with the public representatives giving time to listen to the youth priorities. Team visited GNDU Campus to meet officials of campus for youth engagement in tobacco control and orientation programme was held at Jeevan Sandesh Foundation- drug treatment centre, Kharar Punjab and with students of Punjab University

Himachal Pradesh NYIN report

The Nada Young India Network members of Himachal Pradesh had a very challenging yet fruitful time during the Monsoon time. The last two months of policy advocacy activity included a visit the Commissioner of State Taxes and Excise department and interaction and meeting with Shri. JP Nadda, MP Nahan and president of ruling BJP as well as Shri. Sikander Kumar, MP Shimla. The youngsters also met senior parliamentarian Smt. Indu Goswami to express their concern over the urgent need to control tobacco use in the hill state. The young team procured letter of support from Shri Manohar Dhiman, Vice Chairman General Industry department for COTPA Amendment 2020. NYIN teams continued with its campus awareness in Himachal Pradesh University and video production work to support COTPA amendment 2020.



COMMUNICATING THE RIGHT MESSAGE TO THE RIGHT PEOPLE, AT THE RIGHT TIME

AKSHAY SHARMA. MEDIA HEAD

The volunteers of Nada Young India Network for Good Health like all the organisations working for health in this country are pitched against the mighty Tobacco Industry (TI). Matching the resources and connections of the TI to influence thought processes is near impossible. So how do we work for a tobacco-free India?

The answer is in harnessing the talent of the young minds to reach out to the mainstream media and policymakers innovatively and impactfully. NYIN is proud to have hundreds of new media experts and volunteer media interns who map, analyse and interact with the editors and correspondents of national and vernacular newspapers and television channels on a regular basis. Our graphic experts and new media influencers are our strengths. They play a pivotal role in putting the message across to the masses.

नैश्नल युथ डे पर नाडा यंग इंडिया नेटवर्क फॉर गुड हैल्थ ने तंबाक उत्पादों पर टैक्स बढाने का किया आहवान

'युथ फार टोबेको फ्री इंडिया' अभियान

तंबाकू से होता है कैंसर, हाइपरटेंशन ३ वान के 2022-23 के आतानी बजट से सभी

सिगरेट-बीडी की लत लगती है 13-15 की आयु में

वंडीगढ़, २८ जुलाई (ट्रिब्यू)

बीड़ी-सिगरेट का धुआं वायु में निकोटिन के अलावा करीब 4000 से ज्यादा केमिकल हवा में छोड़ता है। पीने वाले की खुद की सेहत के साथ पर्यावरण को भी इससे भारी नुकसान हो रहा है। इतना ही नहीं जो लोग तंबाकु का सेवन भी नहीं करते लेकिन उनकी सोहबत में रहते हैं उन्हें भी इसके दुष्परिणाम भुगतने पड़ते हैं। यह बात आज पंजाब यूनिवसिंटी के सेंटर फार पब्लिक हेल्थ के प्रोफेसर मनोज कुमार ने 'यूथ फार टोबेको फ्री इंडिया' अभियान के तहत नाडा

इंडिया फाउंडेशन और पीयू के सेंटर फार पब्लिक हेल्थ एवं सोशल वकं विभाग के सौजन्य से आयोजित वर्कशाप में कही। उन्होंने कहा कि तंबाकू से सांस से जुड़ी वीमारियों के साथ फेफड़ों और मुंह का कैंसर के अलावा हाइपरटेशन और हृदय रोग होते हैं। शांक या फन के लिये पीने से शुरू करने वाले स्कूली बच्चों को कब इसकी लत पड़ जाती है किसी को पता ही नहीं चलता। उन्होंने कहा कि सिगरेट-बोड़ी का नशा आमतीर पर 13-15 की आयु में शुरू होता है जो सेहत और जेब दोनों पर ही बुरा असर डालता है। उन्होंने कहा कि

पीने वालों में 10 फीसदी इसबे आदी हैं जबिक 90 फीसदी कॉफी फोन करते वक्त, दोस्तों कं महफिल या फिर सोसायटी में बैठक के दौरान नशे का इस्तेमाल

कार्यक्रम में पीयू के डीपीआ एवं सोशल वर्क विभाग के प्रो गीरव गीड ने कहा वि सेमिनार/व्याख्यान जैसे बाहरं कार्यक्रमों के अलावा कार्यक्रम भी आवश्यक है जिसमे ऐसे विषय पाठयक्रम में जोड़े जायें उन्होंने जोर दिया कि स्कूली बच्चे के व्यवहार को समझना आवश्यव नाडा इंडिया फाउंडेशन वे

मनाया जा रहा है। एनवाईआईएन के सदस्यों के अनुसार केन्द्र सरकार द्वारा राजस्व ance Minister to जुटाने की अरुरत को पूरा करने के लिये तबाकू उत्पादी पर शुल्क बढ़ाना एक प्रभावी the upcoming b नीतिगत उपाय हो सकता है। इस राजस्य से लंबाकू से होने वाली बीमारियों और कोविंड 19 रोगों को कम करने में बल मिलेगा। एनवाईआईएन की हरियाणा ईकाई के डिजाईन the eve of Natio एविटविस्ट और लीडर अक्षय शर्मा ने बताया कि तबाक् को महंगा बनाया जाना चाहिये und 'Saksham '} जिससे की इसकी पहुंच तक अंकुश लगाया जा सके। करों में वृद्धि का अर्थ है कि राज्य ong Youth)' calls जिससे की इसकी पहुंच तक अकुश लगावा जा एक प्राप्त में किया है। उन्होंने wing ecosystem के लिये फायदा जबकि तंबाकू की कम खपत का मतलब जीवन को बचाना है। उन्होंने wing ecosystem दतील दी कि जब तंबाकू की कीमतें बढ़ेगी तो धुम्रपान और अन्य तंबाकू का उपयोग कम हो जायेगा और विशेष रूप से कमजोर समूह जैसे की युवा गर्भवती महिलायें और m 2ng~nation~awayसशक्त युवा बगैर नए भारत की कल्पना असंभवः रवि कवि" for tax increase on tobacco

यंग इंडिया नेटवर्क फॉर गुड हैल्थ ने तंबाक उत्पादों पर टैक्स बढ़ाने का किया आह्वान

भयदा नाडा यंग झेंड्या नेटवर्क फॉर नुड हैल्थ की

चंडीगढ़, २६ जून (ब्यूरो)

नाडा यंग इंडिया नेटवर्क ने चंडीगढ में 28 और 29 जून को आयोजित होने वाली जीएसटी काउंसिल की बैठक से पूर्व तंबाकू संबंधित उत्पादों पर कांपेनेशेसन सेस में ईजाफा करने की मांग की है। इस पहल से सरकार को अतिरिक्त राजस्व प्राप्त होगा जो कि वैश्विक कोरोना महामारी से उत्पन्न संकट में हुए नुकसान की भरपाई को पूरा करने र्क साथ देश के हैल्थ इंफ्रास्ट्रकर में सुधार कर युवाओं के लिए एक सुरक्षित और हैल्थी वातावरण बना सके। इंटरनेशनल-डे एगेंस्ट इग्स एब्यूज एंड एलीसीट ट्रैफिकिंग

2022 पर आयोजित शेयर इंग्स फेक्ट्स दू सेव लाइव्स नामक वेबिनार में नशे के खिलाफ जुटे संगठनों ने इस आह्वान के माध्यम से सरकार से गृहार लगाते हुए तर्क दिया है कि तेंबाकू और इससे संबंधित उत्पादों पर अतिरिक्त कर लगाकर महंगा करने से लोगों को पहुंच दूर हो सकता है। नाड इंडिया फाउंडेशन के चेयरमैन सुनील वात्सायन के अनुसार ट्रेंड्स इन एफोर्डिबिलिटी ऑफ टोबेको प्रोडक्टस बीफोर एंड आफ्टर दि ट्रॉजिशन टू जीएसटी ईन इंडिया पर हाल ही के शोध से पता चल है कि गत पांच सालों में सिगरेट, बीडी और स्मोकलैस टोबेको किफायती हुए हैं।

Good Health as **National Priority** #Youth4TobaccoFreeIndia





- Prohibit DSA (Designated smoking Area)
- Ban Point of Sale (POS) Tobacco Display
- · Increase the legal age for Tobacco use from 18 to 21 years
- Increase public smoking penalties
- · Ban sale of Single Cigarettes



lucts: NYIN for good health तथाक कराया का तिराजन कुछाता स हुं स्थाने में कुछ सालकृष्ण पाला की या गांका भारत में भी नाज हिंगा भारतिला नीती अनेस सम्मानिक संस्थार इस दिला में तहेगा को, संगठनें को, सरकार को इस विषय में लगावत कारान्य करने का काम कर गाँ। है। प्रमाना में अपन पाला करते हुए माननिव प्रधानमंत्री नी, हिता मंत्री मी और स्वस्थान मंत्री nandigarh, Youth under the banner of Nada Your India Network for Good Health (NYIN) have urge

ਪੱਤਰ ਪ੍ਰੋਰਕ, ਚੰਡੀਗੜ੍ਹ : ਕਿਹਾ ਕਿ ਤੰਬਾਕੁ ਦੇ ਉਤਪਾਦਾਂ ਨੂੰ ਹੋਰ ਨਾਡਾ ਯੋਗ ਇੰਡੀਆ ਨੈੱਟਵਰਕ ਮਹਿੰਗਾ ਕੀਤਾ ਜਾਣਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ (ਐੱਨਵਾਈਆਈਐੱਨ) ਫਾਰ ਗੁੱਡ ਜੋ ਇਸ ਦੇ ਸੇਵਨ ਨੂੰ ਲੋਕਾ ਦੀ ਪਹੁੰਚ ਹੋਲਬ ਦੀ ਅਗਵਾਈ ਅਧੀਨ ਦੇਸ਼ ਤੋਂ ਤੂਰ ਕੀਤਾ ਜਾ ਸਕੇ। ਇਸ ਦੇ ਦੀਆਂ ਨੌਜਵਾਨ ਜਥੇਬੰਦੀਆਂ ਨੇ ਪ੍ਰਧਾਨ ਸਾਡਾ ਮਕਸਦ ਤੰਬਾਕੁ 'ਤੇ ਟੈਕਸ਼ਾਂ ਮੰਤਰੀ ਤੇ ਵਿੱਤ ਮੰਤਰੀ ਨੂੰ 2022-23 ਦੇ ਆਗਾਮੀ ਬਜਟ ਤੋਂ ਸਾਰੇ ਤੰਬਾਕੂ ਉਤਪਾਦਾਂ 'ਤੇ ਟੈਕਸ ਵਧਾਉਣ ਦੀ ਅਪੀਲ ਕੀਤੀ ਹੈ। ਇਹ ਅਪੀਲ ਫਾਸ਼ਟਰੀ

'ਚ ਵਾਧੇ ਦਾ ਅਰਥ ਮੁਨਾਫ਼ਾ ਨਹੀਂ ਹੈ ਜਦਕਿ ਤੰਬਾਕੂ ਉਤਪਾਦਾਂ ਦੀ ਖ਼ਪਤ ਘੱਟ ਕਰਕੇ ਅਜਾਈ ਜਾ ਰਹੀਆਂ ਮਨੁੱਖੀ ਜਾਨਾਂ ਬਚਾਉਣਾ ਸੀ। ਉਨ੍ਹਾਂ ਨੇ ਦਲੀਲ ਦਿੱਤੀ ਕਿ ਜਦੋਂ ਤੰਬਾਕੂ ਦੀਆਂ ਕੀਮਤਾ ਵਧਦੀਆਂ ਹਨ, ਤੰਬਾਕੁਨੋਸ਼ੀ ਯੂਵਾ ਦਿਵਸ-2022 ਮੌਕੇ ਕੀਤੀ ਗਈ ਜੋ 'ਸਕਸ਼ਮ ਯੁਵਾ-ਮਰਬੁਤ ਯੁਵ ਦੇ ਨਾਅਰੇ ਅਧੀਨ ਦੇਸ਼ 'ਚ ਮਨਾਇਆ ਅਤੇ ਹੋਰ ਤੰਬਾਕੂ ਦੀ ਵਰਤੋਂ ਘਟੇਗੀ

ਤੰਬਾਕੂ ਉਤਪਾਦਾਂ 'ਤੇ ਟੈਕਸ ਵਾਧੇ ਦੀ ਮੰਗ ਸਿਹਤ ਸੰਗਠਨ ਵੀ ਮਿਛਾਰਸ਼ ਕਰਦਾ ਹੈ ਕਿ ਤੰਬਾਕੂ ਉਤਪਾਦਾਂ 'ਤੇ ਆਬਕਾਰੀ ਟੈਕਸ ਦਾ ਹਿੱਸਾ 75 ਪਤੀਸ਼ਤ ਤਕ ਹੋਰ ਵਧਾ ਇੱਤਾ ਜਾਣਾ ਚਾਹੀਦਾ ਹੈ। ਹਿਮਾਚਲ ਪ੍ਰਦੇਸ਼ ਇਕ ਪਹਾੜੀ ਰਾਜ ਹੈ, ਜਿਸ 'ਚ ਐੱਨਵਾਈਆਈਐੱਨ ਦੇ ਯੂਥ ਆਗੂ ਪਰਮੀਸ਼ ਨੇ ਕਿਹਾ ਕਿ ਤੰਬਾਕੂ ਉਤਪਾਦਾਂ ਦੀ ਵਰਤੋਂ ਨੂੰ ਰੋਕਣ ਲਈ ਕਈ ਉਪਰਾਲੇ ਕੀਤੇ ਗਏ ਹਨ। ਭਾਰਤ 'ਚ ਤੰਬਾਕੂ ਦੀ ਵਰਤੋਂ ਕਰਨ ਵਾਲਿਆਂ ਦੀ ਵਿਸ਼ਵ 'ਚ ਦੂਜੀ ਸਭ ਤੋਂ ਵਾਲਿਆ ਦੀ ਵਿਸ਼ਵ 'ਚ ਦੂਜੀ ਸਭ ਤੋਂ ਵੱਡੀ ਗਿਣਤੀ 268 ਮਿਲੀਅਨ ਤੋਂ ਵੀ

प्रधानका ना, त्या चाना चा तहर स्वस्तव्य पता जो को तम्माक् ज्यादों पर टैक्स माहाने हेतू अपना विनक्ते वित्य कर अनुनीय किया है। बेशक एक छोटी पाल है लेकिन निर्वित ही एक प्रभावी और दूसरों को प्रेरण देने वाली पहल भी है।

the Prime Minister and Finance Minister to taxes on all tobacco products in the upcoming of 2022-23. The appeal came on the eve of I Youth Day 2022 which is themed around m Yuva, Sashakth Yuva (Capable Youth, Strong calls for enabling a healthy and tobacco-free ecosystem for the young people of the country. A ation away from addictions is possible by making products unaffordable and out of reach from

eople in the country. According to NYIN member ng excise on all tobacco products can be a very



RAMESH CHANDER KAUSHIK Phone 011-23782735 E-mail mp.sonepat@gmail.com INDU BALA GOSWAMI Member of Parliament (Lok Sabha) Sonepat, Haryana Date-27-04-2022 December 16, 2021 I am in receipt of letter from Nada India Four Respected, Amendment Act, 2020, the copy of the said letter is Hon'ble Minister, Shri Mansukh Mandaviya Ji Subject: Regarding tobacco tax increase and COTPA Act Amendment 2020 Mr. Mangal Singh - State Coordinator (Himacha Foundation has requested to the Government of Ind kind perusal. Amendment Act, 2020. Nada India Foundation consumption of tobacco & tobacco products are hig As the country grapples with overwhelming death, disease and despair as a result of the second wave of COVID-19, we want to draw your attention to some critical facts that makes it more important than ever before to keep a Right Rad bacco products out of the hands of vulnerable populations like youth and the THE PER LESS OF iths of our country.

A TOBACCO TAX INCREASE IS HELPFUL IN MANY WAYS

DR. ANANDAJIT GOSWAMI

NYIN Media volunteers talked to Dr Anandajit Goswami, Professor, MRIIRS (Manav Rachna International Institute of Research and Studies) to underline some thought-provoking views on the tobacco tax increase and to clear some popular myths surrounding it.



Question: Does tax increase in tobacco products and its consumption have any correlation? Why is there a myth that strict tobacco control measures will damage the country's economy?

Answer: Taxes represent transfers of money from citizens to their governments. They do not represent economic activity in the sense of actual consumption of valuable resources. In fact, reducing tobacco consumption by raising tobacco taxes will increase government revenues as it diminishes the disease burden associated with tobacco use. There is research evidence which proves that aggressive tobacco control campaigns can proceed full speed ahead without fear of damaging a country's economy.

Question: There are many opinions, especially the ones supported by the Tobacco Industry (TI) that tobacco is crucial to a nation's economy. What's your view on this?

Answer: I must deal with this question by telling you the findings of a case study. The economies of the six-state "tobacco bloc" in the southeastern United States are perceived by many Americans to be heavily economically reliant on tobacco growing and manufacturing. However, the reality is, that only 1.6% of jobs in these six states are associated with the core tobacco sectors of the economy. Almost half of the tobacco countries in the US derive less than 1% of their income from tobacco farming, and the vast majority of tobacco farmers work off their farms, most holding full-time jobs elsewhere.

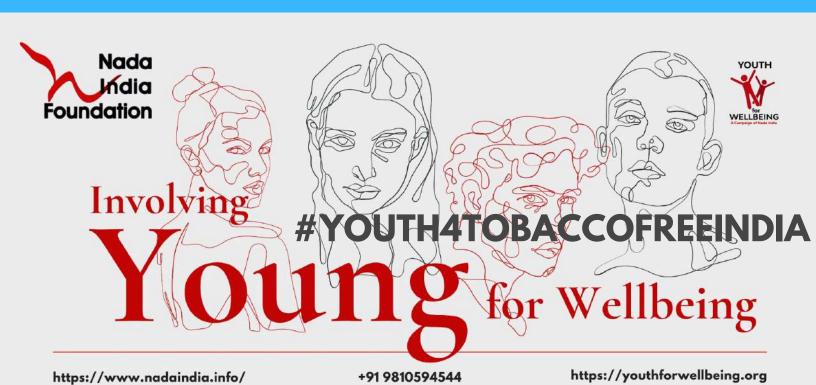
Question: Do you have a similar argument around the myth of an expenditure-induced economy diminishing by the drop in sales of tobacco products?

Answer: The reality is very different from this argument. If a person ceases to smoke, for example, the money that individual would have spent on cigarettes does not evaporate. Rather, the person spends it on something else. The new spending will generate employment in other industries, just as the spending on cigarettes generated employment in the tobacco industry. Studies by non-industry economists in several countries have confirmed that reallocation of spending by consumers quitting smoking would not reduce employment or otherwise significantly damage the country's economy.





Nada Young India Network believes in "Good Health as National Priority" to create a healthy and safe space for all fellow Indians and individuals around the globe. The theme echoes the concerns f youth to be the change-makers and create smoke and drug-abuse-free India. Good Health as a National priority shares a concern for the well-being of the young and hence stands to support and build Tobacco Free India.



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Youth For Well-Being Nada India 25, Jyoti Building, II Floor Near Govt. Dispensary Chattarpur Village -110070 Email: nadaindia@gmail.com