



**GOALS  
2022-23**



# **DARE CARE SHARE**



- W**      **WOMEN & ADOLESCENT  
GIRL WELFARE**
  
- E**      **ENVIRONMENT**
  
- C**      **CANCER**
  
- A**      **ANAEMIA**
  
- R**      **RETENTION & EXTENSION  
IN INNER WHEEL**
  
- E**      **EDUCATION**



**W**

**WOMEN & ADOLESCENT  
GIRL WELFARE**



**PROJECT POSITIVE HEALTH STOP  
NON COMMUNICABLE DISEASES**

- PAN INDIA CAMPS- POSITIVE HEALTH DAYS
- 29TH SEPTEMBER-WORLD HEART DAY
- 14TH NOVEMBER-WORLD DIABETES DAY
- 10TH JANUARY-INNER WHEEL DAY
- 7TH APRIL –WORLD HEALTH DAY
- ANY OTHER DAY

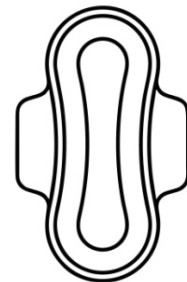


**GOALS**

- 4 CAMPS PER CLUB ON FIXED DAYS
- ADDITIONAL CAMPS IF POSSIBLE
- AWARENESS CAMPS IN SCHOOLS For CLASS 7TH & 8TH
- TEACHING YOUNG ABOUT HEALTHY FOOD

**MENSTRUAL HYGIENE MANAGEMENT  
GOALS**

- MHM TRAINING IN SCHOOLS
- AWARENESS ABOUT OPTIONS / CHOICES AVAILABLE
- TRAINING OF TEACHERS
- STUDENTS AS GROUP TRAINERS
- SUPPLY OF REUSABLE MATERIALS
- STRENGTHENING WASH FACILITIES



**LEGAL HELP  
GOALS**

- AWARENESS OF FREE LEGAL SERVICES FOR WOMEN & CHILDREN
- HELPING THOSE WHO NEED HELP.



**SENIOR CITIZENS  
GOALS**

- CELEBRATE FESTIVALS WITH  
THEN MAKE THEM FEEL NEEDED AND USEFUL
- CAMPS FOR MENOPAUSAL WOMEN
- HOLD HEALTH CHECK UP CAMPS FOR THEM.





**AWARENESS ABOUT GOVERNMENT WELFARE SCHEMES GOALS**

- AWARENESS TALKS AT VARIOUS LEVELS



KNOWLEDGE IS POWER



**SKILL DEVELOPMENT & REHABILITATION GOALS**

START SKILL TRAINING SCHOOLS :

- At CLUB LEVEL WITH CSR & GOVERNMENT

SPONSOR /FINANCE DESERVING WOMEN :

- AWARENESS ABOUT FREE SEWING MACHINE FOR POOR



- SOLID WASTE MANAGEMENT
- BIODEGRADABLE & PLASTIC WASTE MANAGEMENT
- GREY WATER MANAGEMENT
- AIR POLLUTION
- NOISE POLLUTION



**GOALS**

ADOPT A VILLAGE TO CREATE AWARENESS & START PROJECTS FOR THESE CLEAN DRINKING WATER

- WORK IN SLUMS / NO PIPED WATER SUPPLY/ (SAWYER) etc
- SAVING WATER CAMPAIGN
- TALKS ON WATER POLLUTION
- TALKS IN SCHOOLS
- RECHARGING WATER-1 Project per club

ENVIRONMENT: TREE PLANTATION & AFFORESTATION

**GOALS**

- PLANTATION AND TAKING CARE
- 1 TREE FOR EVERY FAMILY MEMBER
- TAKING CARE OF THOSE TREES FOR 1-2 YEARS





# C

## CANCER

### GOALS



#### AWARENESS :

- WARNING SIGNS IEC DISPLAY
- HEALTH TALKS

#### EARLY DETECTION:

- SELF EXAMINATION OF BREAST (VIDEO) TO BE SHARED AMONGST MEMBERS & SOCIAL MEDIA TO CREATE AWARENESS ABOUT SELF EXAMINATION .
- PAP SMEAR CAMPS
- COLPOSCOPY CAMPS
- MAMMOGRAPHY CAMPS

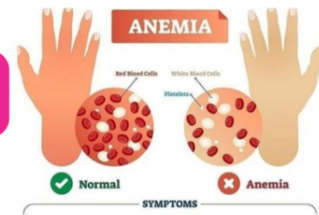
#### PREVENTION :

VACCINATION FOR CA CERVIX FUNDING (CSR, DONATION, GOVERNMENT SCHEMES)  
MEASLES & RUBELLA VACCINATION.

# A

## ANAEMIA

### GOALS



- HEMOGLOBIN CHECK UP CAMPS IN SCHOOLS- 2 Schools per club and in Slum Areas

#### AWARENESS TALKS IN SCHOOLS, COLLEGES & SLUM AREAS

- IRON FOLIC ACID SUPPLEMENTS
- DEWORMING of school children, & adults
- TALKS ABOUT HEALTHY BALANCED IRON RICH DIET IN SCHOOLS, COLLEGES & SLUM AREAS



### ANAEMIA & DISEASE PREVENTION HAND WASHING

- WHEN AND HOW TO WASH HANDS IN ATLEAST 5 SCHOOLS PER CLUB
- UPGRADING AND SUPPORTING HAND WASH FACILITIES IN SCHOOLS
- I.E.C ON WHEN AND HOW TO WASH HANDS
- GROUP HAND WASH STATIONS
- PROVISION OF SOAP FOR HAND WASHING







# R

## RETENTION & EXTENSION IN INNER WHEEL

### GOALS

- INCREASE IN CLUB MEMBERSHIP BY 20%
- INCREASE NEWGEN CLUB BY 5%
- RETENTION OF 95% MEMBERS IN EVERY CLUB

# E

## EDUCATION

### GOALS

- **ADULT EDUCATION**  
Involve 5 Schools/Colleges per Club for Adult Education 1 to 1 approach.

- **VOLUNTEER TEACHERS**  
In your area where there is shortage of teachers in these schools.



- **OUT OF SCHOOL CHILDREN**  
Bring At least 10 Out of School Children back to Schools.

- **E-LEARNING**  
Provide E-Learning Kits to Govt. Schools.

**TRY TO DO PROJECTS IN ONE AREA  
ADOPT A VILLAGE FOR ONE YEAR FOR GREATER IMPACT  
OF ALL THE GOALS**