

Raksha Foundation

INTRODUCTION

Raksha foundation was founded in 2019 to serve the needy underprivileged people. It has been in the field of social welfare for more than 3 years. Raksha foundation provides medical care, education, and other recreational activities for these communities.

Vision

It intends to empower the deprived for education, social & economic self-reliance.

Mission

1. To endorse and uphold RAKSHA FOUNDATION as an organization dedicated to building a society.

Raksha foundation is always ready to serve the needy people we had distributed blankets to the homeless people who sleep in the road side because most of the people not able to afford for those blankets also they are suffering from cold air and other dusts etc this small blanket distribution can save few needy people who are suffering from those disease.





Raksha foundation has taken an initiative to educate children towards nutritional food and its importance and impact.

We were selected in a government school where the children are from poor family backgrounds. We were all asked to make a line and get our height and weight checked to calculate BMI (body mass index) which explains whether the person is unhealthy or not. My BMI was 19.5 which comes under normal range. By 1 pm every student with staff got themselves checked for BMI, blood report and other health conditions if any. We all were advised some type of food and exercises by the doctors to maintain a healthy lifestyle.

Most of the doctors highlighted the need for sleeping inside mosquito nets at night and to drink boiled water to prevent diseases like malaria, dengue and enteric diseases. The students were told not to be lured by fast food, coloured drinks, cold drinks and cut fruits. The doctors also emphasized the need for taking physical exercise daily.



We had done plantation in terms of to spread awareness about saving forest, and environment

Because our planet is facing more issues due to deforestation and humans are becoming too greedy towards development. Recently we all know people have suffered and died across the world because lack of oxygen in the COVID-19 pandemic situation is the main reason behind this deforestation. Then we have decided to protect our planet and as well as to educate the public towards planting a plant from each one to save our earth.



Raksha foundation has stepped into to serve underprivileged people in terms of providing healthcare benefits and hygiene tips to the people who are not educated and not aware about keeping surroundings clean like who are residing near dumping yards, drainage areas also who are working in construction sector also counseled alcohol and tobacco addicts not to be consume we had conducted a health care camp to provide minimum health care facility to them



We had distributed dry ration kits to the needy people in the COVID-19 pandemic situation because many people had lost their jobs because of sudden lockdown many people not able to go for jobs many of daily and migrated laborers has hitted by the lockdown it was very difficult to survive daily life and even for food they have struggled then we came forward to help the needy people by providing dry ration and hygiene kits also we had distributed ready to eat food packets in this pandemic.

Also we appreciated by giving dry ration and hygiene kits who works in healthcare sectors like ward boy housekeeping staff and watchman etc because they are serving to the patients even in pandemic situation,



