

2018 - 2019

Some of the activities undertaken by us during 2018-19 are enumerated below:

19. On 24th June 2018 we had organized awareness campaign on “Cervical Cancer”, “Reproductive Tract Infection (RTI)” & “Benefit of uses of Sanitary Napkins” and also distributed free sanitary napkins in Srjyopara, Shikatuli and Bhuna villages, Maldah among 320 nos. of adolescent girls and women.



20. On 19th July 2018 we distributed old usable clothes amongst 450 villagers of **Closed Hantapara Tea Garden**. Also distributed exercise books, pen, pencil, cake, biscuits and chocolates among 86 Nos. of children of closed Tea Garden of Hantapara.



21. On 9th August 2018 handed over Rs.15,000.00 in favour of Mr. Amal Kumar Dey for his cardio logical treatment.



22. On 26th August 2018 a blood donation camp was organized at Udayan Club Premises, Bikramgarh where **54 Nos. of donor donated blood**. An awareness campaign was also conducted during the blood donation campaign on various issues:

- “Talking about Cancer could save life” by Dr. Suranjan Maitra, Oncologist, Calcutta National Medical College & Hospital,
- “Save water Save Future” by Samrat Moulick, Solo Cyclist and Socialist
- “Protection of childhood” by Dr. Rupali Ganguli, Sr. Medical Officer, I.P.G.M.E.R., S.S.K.M. Hospital
- “Benefit of Blood Donation and prevention and control of HIV/AIDS” by the authorized person from West Bengal State AIDS Control Society, Department of Health & Family Welfare, Govt. of West Bengal.





23. On 29th September 2018 we distributed new garments in Barasat District Hospital among 42 Nos. of Children Living with HIV/AIDS of North 24 Parganas district and also provide lunch to these children.



24. On 6th October 2018 we distributed new garments among 114 Nos. of Children Living with HIV/AIDS of South 24 Pgs and Kolkata districts at Bikramgarh also provide lunch to these children.



25. On 03rd November 2018 we distributed new garments among 72 Nos. of Children Living with HIV/AIDS of Bankura and Purulia districts at Bankura and also provide lunch to these children.



26. On 13th January 2019 we celebrated one day out with 30 Nos. of underprivileged children and 11Nos. of differently able children. Distributed woolen garments and lunch among them. They also participated in the sports with us.



27. On eve of 3rd birthday of Bansdrone Hridhi i.e. 24th March 2019 we distributed 50 new 'Bed Sheet' among pavement dwellers and distributed leaflets on "Body Donation" & "Cancer" in various railway stations of South 24 Parganas.



Stay Well

Cancer - in a nutshell

What is Cancer?

Cancer - cells that have uncontrolled growth and swamp parts of the body.

Some facts about Cancer

- Cancer is neither contagious nor hereditary disease
- Cancer is not just swelling or rotting in any part but arises from a group of abnormal cells.
- Cancer does not arise from any virus or bacteria.

Common Symptoms of Cancer

- Excessive bleeding after even a minor injury.
- Vomiting of blood
- Lumps or other forms of raised hard areas on skin in any part of the body.
- Pain and swelling of bones.
- Sudden loss of weight
- Diminished appetite/loss of appetite.

Cancer at the Cellular Level

- Cells play an important role in the growth of body
- The cell cycle
 - At the beginning of the cycle the cell enlarges and makes new proteins
 - Then the cell rests
 - Then it reaches the Restriction point i.e. cell decides whether to commit itself to complete the cycle
 - Then it replicates its DNA
 - Then it prepares to divide
 - Then finally it divides and the cycle goes on.
- Division of a Cancer Cell
 - Cancer cell seems normal but is predisposed to proliferate excessively
 - At the first mutation the cell seems normal but is predisposed to proliferate extensively
 - At the second mutation cell begins to proliferate too much but is otherwise normal
 - At the third mutation cell proliferates more rapidly and it also undergoes abnormal changes
 - Now the malignant cell takes shape and at the fourth or later mutation the cell grows uncontrollably and looks abnormally changed.

Body Metabolism and Cancer

- Body metabolism is the central system of the body.
- Deviation in the metabolism of normal cells gives rise to cancerous cells. Thio deviation arises when the metabolic system either becomes sluggish or it cannot break down and the deviated molecules isolate them and throw them out of the system.
- Increase in the deviation of metabolism is the cause of cancer; its decrease is related to the arrest of cancer.

Cancer of Cancer

- Consumption of tobacco in any form.
- Excessive consumption of alcohol.
- Excessive and improper use of chemical based medicines.
- Effect of toxic/poisonous chemicals
- Repeated exposure to X-ray radiation
- Use of chemical fertilizers, insecticides and pesticides in growing crops
- Pollution of air and water
- Hereditary

Normal Cell and Cancerous Cell

- Cell is the smallest unit of the body
- Cancer cell is a mutated cell
- Normal cells undergo cell division that increases their number.
- A cancer cell also divides and feeds on the dead body of normal cell.
- Normal cell is course of time undergoes and dies eventually.
- Ageing
- Cancer cell never loses its capacity to divide and hence does not die.

Remedies for Cancer

- Allopathy offers surgery, chemotherapy, and radiation therapy but all these are associated with severe side effects.

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When I'm gone and no longer around
Don't burn or bury me deep in the ground
Let my body be there for Science and saved
Take my organs out and let them be shared
Let my eyes help someone see the sunrise
Let the lungs be filled with air fresh and nice
Let my kidneys break the shackles of a machine
And my heart dance to a new beat
Let them be a reason for someone's new start

BANSDRONI Hridhi
Here effort counts

As I chose to retreat...
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Also took responsibility of monthly “Nutritional Support” for 3 (three) orphan immunocompromised children from different districts of West Bengal for one year. On monthly basis Hridhi is giving following items to these children: Suji, Egg, Fish, Meat, Soyabean, Chicken, Fruits, Daal, Badam and other nutritional foods. After few months we have also took responsibility of another orphan immunocompromised children.



We also arranged awareness campaign on “Prevention and Control of HIV/AIDS” by Mr. Jagadish Jana, Assistant Director (GIPA), West Bengal State AIDS Control Society, Department of Health & Family Welfare, Govt. of West Bengal during, “Benefit of Body Donation” by Mr. Sudipta Saha Ray of Ganadarpan and “Save water save future” by Mr. Samrat Moulick, Socialist and Solo Cyclist. Published 1st Souvenir “Hridhi Initiative” of Bansdroni Hridhi.



On that very day we also started **body donation / organ donation for the sake of humanity** and also handed over body donation pledge card to 4 (four) donors.

