



People For Better World

OUR UTKARSH



GUESTS OF HONOUR

Monthly Newsletter - MAY 2025 | 175th Edition

www.utkarshglobalfoundation.org



People For Better World

Flamingos are a sight to behold. With their gorgeous pink plumage and slender build, they stand proudly in the shallow waters, seemingly unbothered by the attention they attract. Spotting a flamingo is a must for any nature enthusiast.

These stunning birds are among the many migratory species that visit India each year. As the world celebrated the World Migratory Bird Day on May 10 this year, let us take a closer look at this incredible phenomenon—where birds undertake long and arduous journeys spanning thousands of kilometres every year.



MIGRATION OF BIRDS

THE ROAD TO SURVIVAL

Surviving life and its myriad challenges is an art—and no one understands it better than migratory birds. When food becomes scarce due to changes in temperature, or when conditions are unfavourable for nesting, breeding, or raising their young, birds migrate to new locations—sometimes nearby, but often across vast distances.

While some birds migrate to escape freezing temperatures, others move when food supplies become insufficient. With their perfect morphology and physiology, migratory birds are built for long journeys. However, the voyage is exhausting, and yet they undertake it for survival.

The phenomenon of avian migration continues to intrigue scientists even today. Though the exact mechanisms of their navigation—their ability to find flyways (routes they follow during migration)—are not fully understood, experts believe birds rely on the sun during the day, the stars at night, and geomagnetic fields to find their way. Some birds may even detect polarized light, which helps them navigate in darkness. Physical landmarks such as coastlines and mountain ranges also serve as crucial guidance points.

While many birds travel impressive distances, one of the longest migrations is undertaken by the Red Knot, a robust shorebird from the far north, above the Arctic Circle. Each year, it covers an astonishing **160,000 kilometres—twice!**



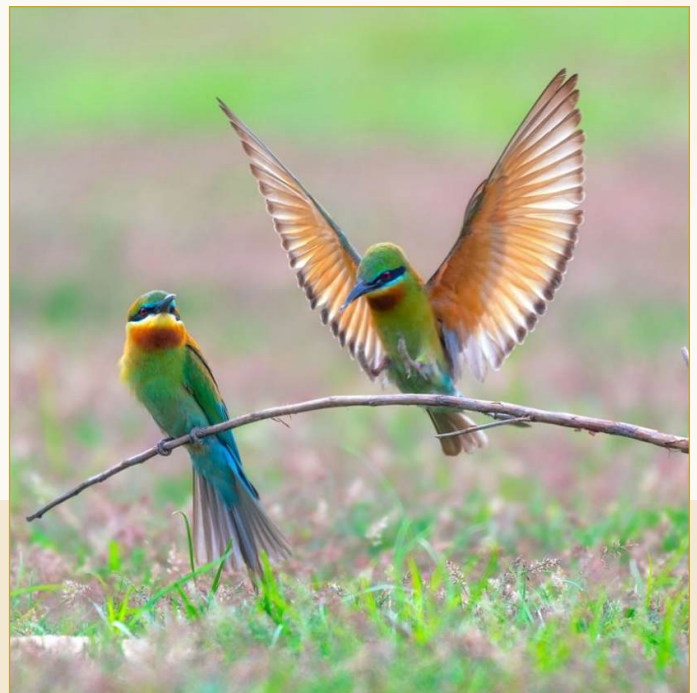
THE SPECTACULAR INDIAN GUESTS

An amazing fact about migratory birds in India is that, out of the 1,349 bird species found in the country, over 370 are migratory—or should we call them foreigners? Every year, birds from 29 countries fly to India, arriving in September and returning around March or April.



Winter is the best season to spot migratory birds. If you haven't yet had the chance to visit these charming guests, consider heading to a bird-watching spot near you this year. You'll love the experience! And who knows—watching their nonchalant attitude and untiring efforts to survive might just inspire you and teach you a life lesson or two.

Here are a few bird species that migrate to India every year:

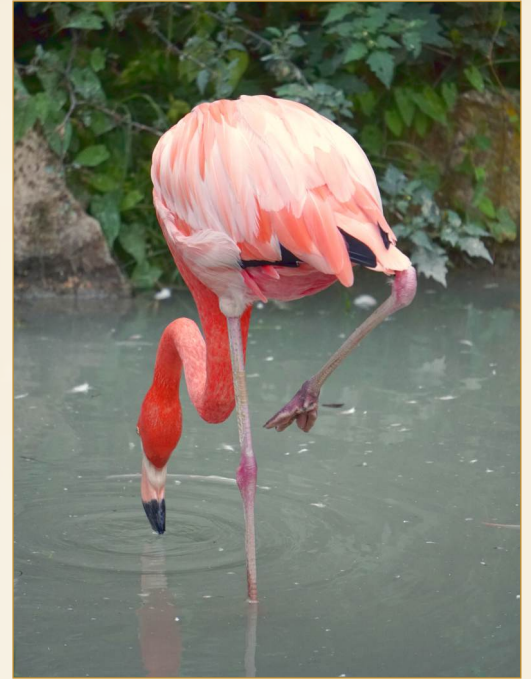


The Greater Flamingos

Flamingos are stunning birds, adorned with lush pink or orange hues. Every winter, Greater Flamingos migrate to India in search of food and rest, settling in coastal wetlands. Their distinctive colour comes from their diet, which mainly consists of molluscs, algae, and crustaceans.

Navi Mumbai in Maharashtra is known as the 'Flamingo City' because these birds arrive in flocks during the winter months, painting the landscape with their vibrant hues. You can spot them at TS Chanakya Wetland, Karave Flamingo City in Nerul, the Seawood Flamingo Refuge, Talawe Wetlands in Nerul, and Airoli Creek.

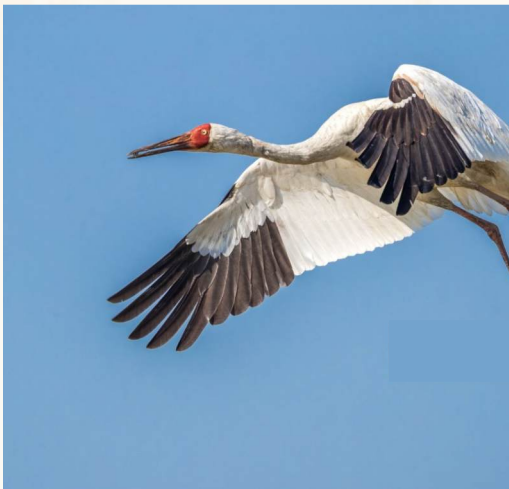
These stunning birds can also be seen in Tamil Nadu, Andhra Pradesh, Rajasthan, and Maharashtra, but witnessing the large flocks in Anda Bet in the Rann of Kutch is an extraordinary sight.



Siberian Crane

Sadly, the distinctive Siberian Crane is among the endangered species, but hopefully, these remarkable birds will reclaim their habitats and continue to survive and thrive. They nest in Siberia but migrate to India during winter, undertaking a gruelling 4,000-mile journey to escape the harsh cold and food scarcity.

In India, they can be spotted during the winter months at Keoladeo Ghana National Park in Rajasthan, formerly known as Bharatpur National Park.



Rosy Pelican

Rosy Pelicans have an impressive wingspan that can stretch up to 12 feet. Their distinctive appearance is marked by their enormous beaks, which they use skilfully to catch fish.

Typically found in shallow freshwater habitats, these birds rely on a diet of fish. However, overfishing has sadly forced them to alter their migration routes.

In India, Rosy Pelicans can be spotted in Gujarat, Rajasthan, Haryana, and Uttar Pradesh—and now, they are increasingly being seen in the southern states as well.



Amur Falcon

Amur Falcons are of average size, weighing around 120 grams. One of their distinctive features is the orange eye-ring, which appears in both males and females.

Amur Falcons travel up to 220,000 kilometres every year across 14 countries, with tens of thousands crossing into Northeast India in October and November. One of their popular stopovers is the Doyang Reservoir in Wokha District, Nagaland.

Unfortunately, hunting of these falcons once escalated from a means of sustenance to mass slaughter, threatening their very existence. However, the government took proactive steps—including banning falcon hunting and raising awareness about migratory bird protection—to not only safeguard these birds but also promote tourism.

These birds primarily feed on insects, playing a crucial role in controlling pest populations that would otherwise damage crops.



Amur Falcon

Bluethroat

The Bluethroat is a small bird, weighing about 10–12 grams and measuring around 14 cm in length. While its body is brownish-grey, its neck boasts a striking blue plumage—hence the name. These beautiful birds are revered in many cultures, immortalized in poetry and art.

Bluethroats arrive in India in October and November, staying until April. They can be spotted in Arunachal Pradesh, Assam, Sikkim, Uttarakhand, Himachal Pradesh, and Jammu and Kashmir. Their primary purpose for visiting is breeding, but they also take the opportunity to rest and refuel.



Guests of Importance

The symbols of eco-health

Migratory birds are not just symbols of beauty and resilience—they serve as vital indicators of a healthy ecosystem. They play a crucial role in controlling pests that damage crops and contribute to seed dispersal, aiding in pollination.

Their continued visits to India signal hope for the country's ecosystem. The day these birds stop arriving will be a warning that our environment has deteriorated.



THE THREATS TO MIGRATORY BIRDS

It is deeply concerning that human activities pose a significant threat to the survival of migratory birds. Habitat loss remains a major challenge, as these birds migrate in search of

suitable breeding, wintering, and feeding grounds. If these habitats become unavailable, they are forced to seek alternatives—often with uncertain outcomes.

Tall buildings, windmills, and high-voltage power lines are major hazards, leading to countless deaths due to collisions or electrocution. Poaching also remains a persistent danger for migratory birds.





As wetlands and green pastures are destroyed to accommodate human expansion under the guise of development, we are stripping these birds of their rightful environment. Migratory birds contribute positively to ecosystems and even benefit humans, yet we continue to disregard their needs by erasing their habitats.



Creating bird-safe communities in both urban and rural areas is essential. Through thoughtful city planning, pollution reduction, and the preservation of healthy habitats, we can help migratory birds thrive. Preventing collisions with glass windows and other structures also plays a crucial role in their well-being.

Governments and local communities must collaborate to create a safe and thriving environment for these birds—not only to ensure their survival but also to preserve a healthy and balanced ecosystem.



World Migratory Bird Day is celebrated on the second Saturday of May and October to raise awareness about the conservation of migratory birds and their habitats. The day highlights their ecological importance and underscores the need for national and international cooperation in conservation efforts.

This year's theme, "Creating Bird-Friendly Cities & Communities," emphasizes the urgent need to address the threats migratory birds face due to human activities.

ANIMAL WELFARE MOVEMENT



4831

Sterilization
Surgeries



5846

Vaccinations under
Utkarsh Sanjivani



2744

Treatment under
In-patient
Department



4972

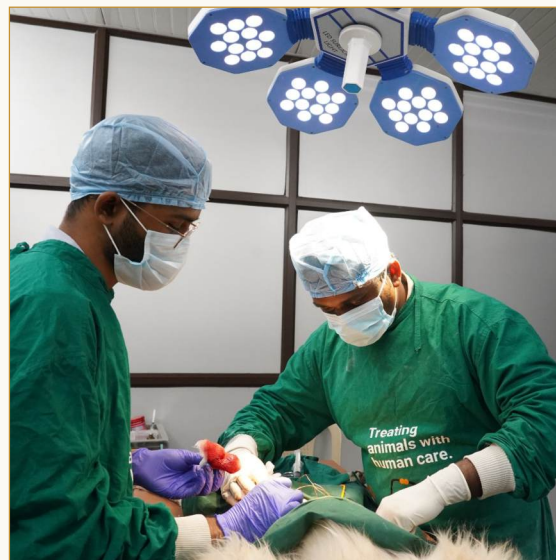
Treatment under
Out-patient
Department



3102

Ambulance
Rescues

24x7 OPD at Utkarsh Animal Hospital



8976925958

Workshop for Police on Animal Welfare laws

Raising awareness about legislation that protects animal rights is crucial in preventing cruelty and promoting responsible, compassionate behaviour toward animals.

On May 17, 2025, we conducted an awareness session on the Prevention of Cruelty to Animals (PCA) Act at Bhandup Police Station. Led by Adv. Gayatri Halaye, the session also highlighted the urgent need for stricter punishment for those who harm animals.



Utkarsh ABC (Animal Birth Control) Programme

Utkarsh conducts the **ABC programme** in

Mumbai

Ambernath

Latur

Nashik

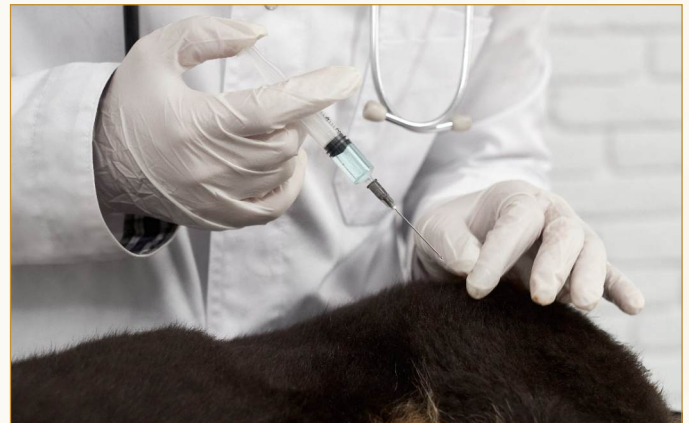
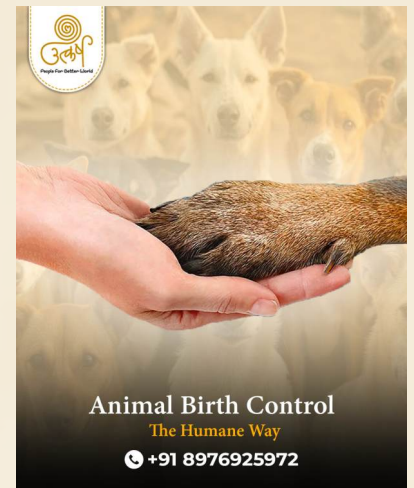
ABC (**Sterilization & Vaccination**) is crucial in dog population management.

Utkarsh ABC is unique. Apart from following the AWBI (Animal Welfare Board of India) guidelines, Utkarsh also undertakes the following procedures:

- Videography of the catching and releasing process to note and ensure the exact location
- 7-in-1 vaccination to the dogs at the time of admissions to prevent viral infections.
- Complete blood examination of the dogs before surgery
- Tying reflective radium collars to the dogs on their release to protect them from road accidents at night



Utkarsh ABC Helpline - **89769 25972**



Utkarsh Star of the Month **April 2025**



Ms. SAKSHI BHOIR

EXECUTIVE ADMIN, JANATA KI SOCH

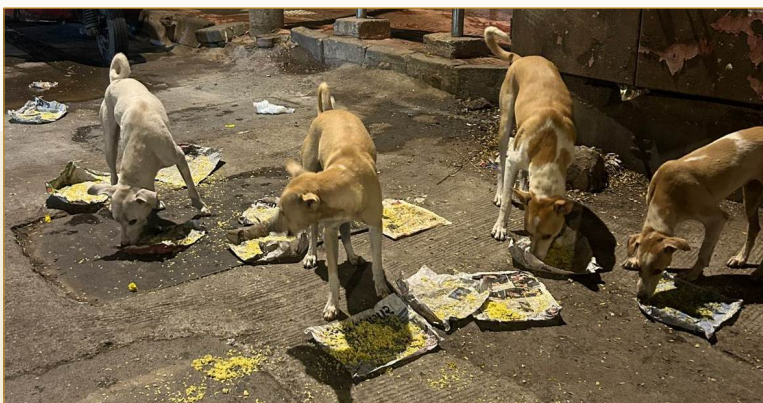
With a strong willingness to learn and an eagerness to contribute beyond her domain, Sakshi Bhoir stands out as one of the most enthusiastic team members, truly embodying the spirit of teamwork.

Sakshi is the driving force behind Utkarsh's Janata ki Soch initiative, which aims to connect with common people and assist them in resolving their daily issues-whether civic, legal, or otherwise. She has played a pivotal role in expanding the campaign's reach, ensuring maximum household engagement through awareness programs, door-to-door pamphlet distribution, and seamless coordination across all regions.

With remarkable dedication and motivation, Sakshi has single-handedly managed the campaign, setting an inspiring example for the rest of the team.

Utkarsh Daily Feeding Drive for Strays

Utkarsh undertakes feeding drive for stray animals in Mumbai and feeds more than 6000 animals daily. Strays are neglected animals and are forced to roam in search of food, often ending up in garbage bins. Hungry animals, especially dogs, can turn aggressive. When strays are well-fed, they do not roam but take rest. They are calm and peaceful when their stomachs are full. Utkarsh Daily Feeding Drives have helped reduce human-animal conflict in the regions.



Radium Collar Project (Mulund)

3253


Radium collars
sold in May 2025


57

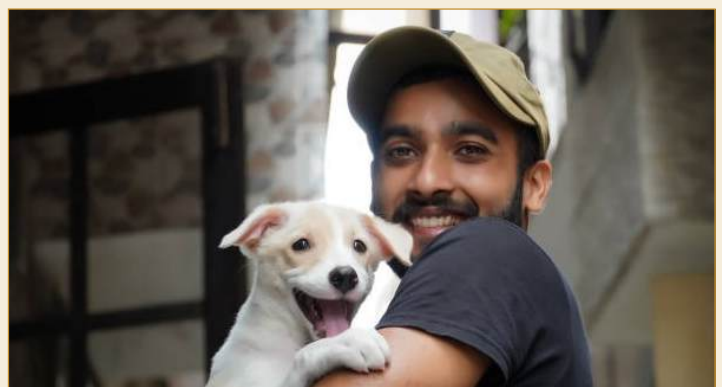

Number of women who
received employment
through the project

Voice of Voiceless

Every human who lends a helping hand to helpless strays is a 'Voice of Voiceless'. Utkarsh calls upon animal lovers to care for strays around them through the 'Voice of Voiceless' campaign. They will ensure food, treatment, vaccinations, and care of strays through the campaign with the help and support of Utkarsh.



VoV Engaged in May 2025

2944


#Stray Together

Aimed at spreading awareness about strays and to encourage and facilitate human-animal peaceful cohabitation, '#Stray Together' is held at housing societies and constitutes the following activities:

Sterilization and vaccination of animals in and around the area

Fitting them with radium collars



Ensuring feeding, medical treatment and care with the help of Utkarsh

Maintaining a register with details on each animal so outside or new animal could be identified

Please support Utkarsh Global Foundation (Animal Welfare Movement):



ENVIRONMENTAL PROTECTION MOVEMENT

Preparations for Utkarsh Awareness Dindi

Ahead of the grand launch of Utkarsh Awareness Dindi 2025, Utkarsh Founder-President Adv. D.R. Londhe, along with team members, met Siddhesh Kadam, Chairman of the Maharashtra Pollution Control Board, on May 20, 2025, to extend an invitation to the inauguration event.

The Awareness Dindi 2025 is dedicated to contributing toward a single-use plastic-free Pandharpur Wari 2025. Utkarsh will hold awareness campaigns through the entire of Pandharpur Wari and distribute over 15 lakh cloth bags and 15 lakh steel water bottles to warkaris.

Utkarsh Environment Wari 2025 is held in collaboration with the Ministry of Environment and Climate Change, Government of Maharashtra, and the Maharashtra Pollution Control Board.



Meeting with Alandi & Dehu Devasthan Presidents

Utkarsh President and CEO, Adv. D. R. Londhe, with Vice President Aatish Waghmare, met with Shri Rajendra Umap ji, President of Alandi Devachi Devasthan, on May 1, 2025. During their meeting, they informed him about the upcoming Environment Wari 2025 and Utkarsh Awareness Dindi 2025.

and On May 31, 2025, Utkarsh President and CEO met Shree Jalindar More Ji, President, and Shri Umesh More Ji, Trustee, of Jagadguru Shree Sant Tukaram Maharaj Sansthan (Shree Kshetra Dehu) ahead of the Utkarsh environment Dindi 2025 to be held during the Pandharpur Wari 2025. We sought permission to commence the Dindifrom Dehu Sansthan, which they graciously granted.



Single-Use-Plastic-Free Shirdi Temple - Campaign by Utkarsh

On May 1, 2025, Utkarsh marked the joyous occasion of Maharashtra Day, with a step towards making our state cleaner and healthier. Utkarsh President and CEO, Adv. D. R. Londhe, engaged in a meaningful discussion with Shirdi Temple CEO, IAS Goraksh Gadlikar about impactful strategies to make the revered Shirdi Temple free from single-use plastics. Adv. Londhe shared valuable suggestions and ideas to support this initiative, reinforcing Utkarsh's commitment to environmental protection.



WOMEN EDUCATION & EMPOWERMENT MOVEMENT

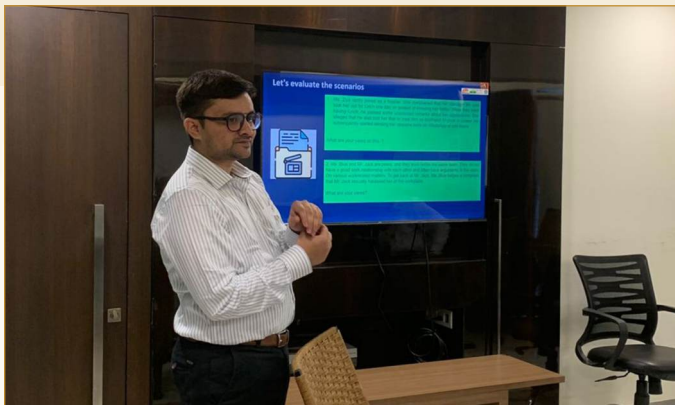
Utkarsh POSH Internal Committee formed to protect and uphold trust

A Safe Workplace Ensures Dignity and Empowerment

Utkarsh Global Foundation has formed an Internal Committee (IC), in accordance with the provisions of the Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013 ("POSH Act") to address complaints and concerns related to sexual harassment in the workplace.

The Internal Committee held its first meeting on Saturday, May 17, 2025, at Utkarsh Headquarters in Mumbai. Sai Krishna, a certified POSH trainer and HR Professional, briefed the Committee members on the law, its significance, the role of each member, and the proper procedures to be followed in the event of a complaint. The members of the committee include Chairperson- Ms. Supriya Edke, CEO WEE; Internal Members -Dr. Vishal Khedekar CHRO, Heena Solanki EA to CEO, Leena Jadhav - AVP-HR; Govind Talape, Senior

Accounts Executive, and external member (as mandated by the Act) Ms. Gayatri Halaye, Advocate



Menstrual Hygiene Day Celebrations

Creating Empathy, Sharing Knowledge

Menstrual Hygiene Day, observed on May 28, 2025, aims to raise awareness about the importance of menstrual health and hygiene. It encourages open discussions about periods, helping to break taboos and challenge the stigma often associated with menstruation.

The theme of Menstrual Hygiene Day 2025, “Together for a #PeriodFriendlyWorld,” calls for collective and collaborative action to ensure that menstruation does not lead to restrictions or stigma. It emphasizes the importance of guaranteeing access to health, education, and opportunities, empowering menstruating individuals to reach their full potential.



The motto of Utkarsh’s Menstrual Hygiene Day celebrations was to foster empathy, raise awareness about menstruation, and dispel misconceptions and shame surrounding periods. The event was inclusive, engaging not only women but also male team members, recognizing that empathy begins with knowledge and informed understanding.

Awareness Through Knowledge

The first event at Utkarsh head office in Mumbai, on May 28, 2025, was a session by Dr. Shruti Thar, an Obstetrician-Gynaecologist, as she explained about the process of menstruation, importance of menstrual hygiene and its role in reproductive health of women. She also delved on the importance of normalizing periods.

Awareness Through Empathy

One of the challenges menstruating individuals face is physical discomfort, often accompanied by debilitating menstrual cramps, which can make daily activities difficult to manage.

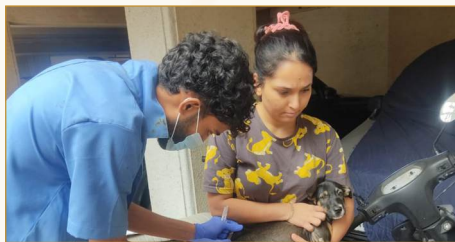
To foster understanding and challenge taboos surrounding menstruation, we organized a Period Cramp Simulation activity, that artificially induces menstrual cramps, for the men on our team. This experience allowed them to gain insight into the pain and discomfort of menstrual cramps, promoting empathy and awareness, and encouraging greater support for menstrual health—especially among men.

Over 35 team members participated in the Menstrual Hygiene Day events.

HEALTHCARE MOVEMENT

Rabies Mukti Mission

The Utkarsh Rabies Mukti Mission aims to eradicate rabies from Maharashtra. We organise anti-rabies vaccination drives all over Maharashtra and vaccinate dogs (pets and strays) to ensure they are rabies-free. Till date, the Rabies Mukti Mission has vaccinated more than **one lakh dogs** in the state and made them rabies-free!



Meeting with the Minister on Rabies Elimination in India

Adv. D. R. Londhe, President and CEO of Utkarsh Global Foundation, met Shri Prataprao Jadhav Ji, Hon'ble Minister of State (Independent Charge), Ministry of Ayush and Minister of State for the Ministry of Health and Family Welfare, to discuss the Rabies Elimination Programme in India.

During the meeting, Adv. Londhe also apprised the Hon'ble Minister of the Utkarsh Rabies Mukti Mission and its significant contribution to rabies prevention in Maharashtra.



PLEASE SUPPORT UTKARSH GLOBAL FOUNDATION

(Animal Welfare Movement)

YOU CAN DONATE VIA

BANKING DETAILS AS BELOW:

Name of Beneficiary:

Utkarsh Global Foundation

Name of Beneficiary Bank:

Bank of Maharashtra

Beneficiary Bank Address:

Mulund Colony, Mumbai – 400 080

Account No:

60220550003

IFSC Code:

MAHB0000789



OR YOU CAN
ALSO DONATE
VIA GPAY /
PAYTM / PHONEPE
9619036373

TAX EXEMPTION AND CSR

- When you DONATE to Utkarsh Global Foundation (Animal Welfare Movement), you can avail the 80G Exemption Under Income Tax Act, 1961.
- This Programme also falls under Corporate Social Responsibility activity under schedule VII of Companies Act, 2013 in item (iv).
- You can include support to Utkarsh Global Foundation under your CSR Project.
- Your employees can also donate their time, expertise and services to Utkarsh through volunteering.





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