



OUR UTKARSH VISIONARY NGO OF THE YEAR 2024



Monthly Newsletter December 2024 | 170th Edition

www.utkarshglobalfoundation.org

UTKARSH HONOURED WITH PRESTIGIOUS AWARD IN NEW DELHI

Utkarsh Global Foundation was honoured with the coveted “**Visionary NGO of the Year**” award on December 19, 2024, in New Delhi!

Adv. D. R. Londhe, President and CEO, and Aatish Waghmare, Vice-President, Utkarsh, received the award at the hands of Shri Tokhan Sahu, Union Minister of State for Housing and Urban Affairs, Smt. Raksha Khadse, Union Minister of State for Youth Affairs and Sports, and Ms. Kajal Agarwal, renowned film actress. The mega event honoured achievers from different fields to celebrate excellence that contributed to creating a positive impact in their respective fields. A host of eminent dignitaries from different fields, including changemakers, government officials, members of parliament, and ministers attended the spectacular event.

The "Atal Samman Samaroh 2024," organized by the Atal Foundation in memory of former Prime Minister Shri Atal Bihari Vajpayee, celebrated his enduring legacy.

The “Visionary NGO of the Year” award truly reflects the mission and vision of Utkarsh Global Foundation, highlighting our remarkable achievements in various fields, ensuring a lasting impact and touching lakhs of lives.



UTKARSH CLOTH BAGS THE OFFICIAL BAGS OF KUMBH MELA 2025



It is official! Cloth bags made by Utkarsh are the official bags of Kumbh Mela 2025!

The honourable Chief Minister of Uttar Pradesh, Shri Yogi Adityanath Ji presented the Utkarsh Cloth Bags to the former President of India, Shri Ram Nath Kovind Ji, and Ms. Nirmala Sitharaman Ji, Minister of Finance and Corporate Affairs, as he extended an invitation to the Maha Kumbh.

Utkarsh Cloth Bags are handmade by women from underprivileged backgrounds, thus earning a livelihood, and supporting their families. Utkarsh Cloth Bags not only represent women empowerment but also contribute to environmental sustainability by reducing the use of plastic carry bags.

The Maha Kumbh 2025 will be a plastic-free event, in line with Shri Yogi Ji's vision. All single-use plastics will remain banned during the event.

The Maha Kumbh will be held from January 13, 2025 to February 26, 2025, at Prayagraj (formerly Allahabad), in Uttar Pradesh. The Maha Kumbh Mela, which occurs only once every 12 years, is one of the world's largest religious gatherings. Over 45 crore pilgrims are likely to attend this year.

Utkarsh Global Foundation, in collaboration with the Uttar Pradesh State Government, is organising "Utkarsh Green Kumbh Mela" during the Maha Kumbh 2025, and will distribute 25 lakh cloth bags to the pilgrims.



UTKARSH CEO IN THE TIMES OF INDIA POWERFUL LIST

ADV. D. R. LONDHE, President and CEO, Utkarsh Global Foundation, was named one of the Times of India’s ICONIC INDIAN LEADERS OF 2024.

As per the TOI, “the list celebrates Indian visionaries making significant contributions across diverse fields. This list recognises leaders who have demonstrated extraordinary impact, leadership, and commitment to innovation, positioning India on the global stage in areas such as technology, business, social initiatives, and public service.”

This esteemed honour is a testament to Adv. Londhe’s tireless efforts to make a difference and create a better world for every living being. He has steadfastly walked the path of kindness, overcoming obstacles and challenges, transforming society into a safer and happier place for everyone. His vision and principles have made the Utkarsh Global Foundation one of the best NGOs in India.

Other remarkable leaders in the list include, Sudha Murty, Chairperson, Infosys Foundation, Adv. Vandana Shah, renowned divorce lawyer and social entrepreneur, and more.



LIFE-GIVING TO LIFE-THREATENING: THE STORY OF WATER TODAY

In 2022, the Central Pollution Control Board of India found that over 605 rivers in India were polluted. This alarming reality unfolds in a culture that worships rivers. Though we regard rivers as sacred, sadly, they are treated like garbage dumps, with people throwing all kinds of waste into rivers, without realising that they are sources of drinking water for humans and animals.

What is Water Pollution?

Water gets polluted when it gets contaminated with toxic substances such as trash, chemical compounds, and such other elements that deplete water quality, and can be harmful for the environment and humans.

Water is highly prone to pollution, as it is a universal solvent. Toxic substances can easily dissolve in it, with many such substances not even visible to the naked eye.

Studies have found that unsafe water kills more people each year than war or other forms of violence.

Causes of water pollution

There are numerous reasons for water pollution. Natural disasters such as floods and landslides can affect water quality, but primarily, human activity is largely responsible for increasing water pollution.

Take a look at the leading causes of water pollution:

Industrial Waste

Industrial waste is the No. 1 cause of water pollution, as it contains toxic chemicals and pollutants. While it is possible to ensure that industrial waste does not contain toxic elements through efficient waste segregation and management processes, this is often not the case. Instead, industrial effluents are frequently dumped into nearby water resources, which eventually end up in seas. Freshwater sources near industrial sites are heavily polluted, rendering the water unfit for human consumption. Toxic waste also causes “dead zones,” or areas of water with very low oxygen levels, making it impossible for marine life to survive.

Sewage and Wastewater

As cities grow, the quantity of waste dumped into the environment also increases. Many people treat land and water as dustbins, without considering the impact. According to the United Nations (UN), more than 80% of the world’s untreated wastewater flows back into the environment. Untreated sewage and wastewater can create havoc in the environment as they contain highly toxic organic matter and bacteria, turning precious water resources into breeding grounds for water-borne diseases such as cholera, diarrhoea, hepatitis B, gastroenteritis, and more. Moreover, this toxicity also kills marine organisms.

The situation in Mumbai is no different. The city generates over 2700 to 3,000 million litres of sewage every day. However, there is still hope. The Brihanmumbai Municipal Corporation (BMC) is in the process of setting up its 26,000 crore sewage treatment plants (STPs) to reduce the toxicity of the sewage, making it safe for discharge into water bodies.

Agriculture

Excessive use of pesticides and fertilizers in agriculture leads to the contamination of nearby water sources, as these chemicals seep into groundwater. Livestock farming also contributes to water pollution. When it rains, chemicals, animal waste and other pollutants wash from fields into rivers, contaminating the water.

Plastic Pollution

Marine dumping, or the disposal of garbage into the sea, is a major cause of water pollution. The world generates over 350 million tonnes of plastic waste each year, with 0.5% ending up in oceans. Apart from plastic waste, garbage such as glass, rubber, aluminium, and other waste is also choking up our oceans. These items can take hundreds of years to decompose. Marine animals often mistake the garbage and waste for food, leading to their death. Plastics degrade into microplastics, less than 5 mm in size. Marine animals, including fish, consume these microplastics, which eventually make their way into the human body when we consume the fish.

Radioactive Waste

Radioactive waste, generated by power plants and mining industries, can remain in the environment for thousands of years, causing hazardous effects on both the environment and human health.

Oil Spills

Oil drilling operations often cause spills and leaks, leading to significant water pollution. Additionally, oil enters water through factories, cities, and the shipping industry.



Effects of Water Pollution

Indeed, water pollution affects all forms of life, from the tiniest aquatic organisms to the largest ecosystems, as well as humans and animals. Ensuring clean and safe water is crucial for the health and sustainability of our planet.

Water pollution affects biodiversity and aquatic ecosystems. Water is life, so when it becomes toxic, what hope can there be for the planet or life? Water pollution is a major environmental concern, as it can lead to devastating effects.

Eutrophication or the excess accumulation of plant nutrients such as phosphorus and nitrogen, leads to algal blooms or dense growth of algae. These blooms block sunlight from entering the water, causing oxygen depletion, which results in the loss of marine flora and fauna.

Water pollution also disrupts the food chain. On one hand, it can wipe out an entire portion of the food chain; on the other, it can transfer toxins from one level to the other. For example, contaminated water sources and groundwater can affect the quality of food crops, reaching farm animals and fish, and eventually transferring to humans through the food we consume.

Human Health

When will we, humans, realize that environmental health and human health are interconnected?

Water pollution not only affects the quality of drinking water, but also causes hazardous effects on the food we consume. Humans are ingesting microplastics through water and food. A study finds that humans ingest 0.1 to 5 grams of microplastics weekly!

While contaminated water can cause water-borne diseases, consuming drinking water containing chemical waste can cause hormone disruption, cancer, cardiovascular diseases, and even altered brain functions, to name a few.

The shocking fact is that there are toxins that won't go away even after filtering or boiling water.

Solutions

Though it is late and water pollution has entered our daily lives, all hope isn't lost. Governments, organisations, and individuals have to come together, as concerted efforts from everyone are essential.

Sustainable Agriculture Practices

The overuse of pesticides in agriculture doesn't benefit anyone—not the crops, the farmer, or the consumer. The government should step in to educate and train farmers in eco-friendly farm practices. Integrated pest management that combines crop-specific, chemical, physical and biological practices, can help in reducing the use of pesticides sustainably.

Buffer Strips on Farms

Protecting water sources near or within farms by building protection or buffer zones around them is a cost-effective practice that helps prevent pollutants from flowing into the water.

It is time to restore natural ecosystems such as wetlands and floodplains, as they can significantly prevent water pollution.

Efficient Irrigation Systems

They will not only help in water conservation but also reduce the flow of water into water sources, thereby decreasing the migration of harmful chemicals into water bodies.

Wastewater Treatment

There should be strict policies for industries to ensure proper wastewater treatment of industrial effluents. Municipal corporations should adopt modern technology to effectively manage sewage and wastewater in cities. Cutting-edge technology is required to effectively remove dangerous compounds and heavy metals.

How Can You Contribute?

- Adopt efficient waste management practices for your home or housing society.
- Reduce and recycle.
- Say no to single-use plastics in daily life. Use eco-friendly alternatives such as cloth bags, steel or glass water bottles, steel straws, cloth sanitary napkins, and other such biodegradable items.
- Do not litter, and encourage others to do the same.
- Implement composting processes for wet waste in your home and housing society.
- Use phosphate-free detergents.
- Buy seasonal fruits and vegetables. Buy local.
- Do not throw waste, even dried flowers, into water.
- Enjoy your beach outing, but do not litter. Do not carry plastic bottles or any other single-use plastic items when you are near water sources.

Water pollution is a serious environmental issue today, threatening to cause irreversible damage to our planet. If we don't act now, it may be too late to make amends. Water is precious. Let us worship it, not contaminate.

Utkarsh is organising "Clean Water" campaigns in five states, where we undertake cleaning drives to remove trash and plastic items from the water, along with raising awareness about protecting them.

Animal Welfare Movement

				
3228 ----- Sterilization Surgeries	3905 ----- Vaccinations under Utkarsh Sanjivani	1834 ----- Treatment under In-patient Department	3322 ----- Treatment under Out-patient Department	2072 ----- Ambulance Rescues

24x7 OPD at Utkarsh Animal Hospital

AT UTKARSH ANIMAL HOSPITAL,
MUMBAI, MAHARASHTRA IS AVAILABLE AT

8976925958



Utkarsh ABC (Animal Birth Control) Programme



**UTKARSH ABC
HELPLINE**

89769 25972

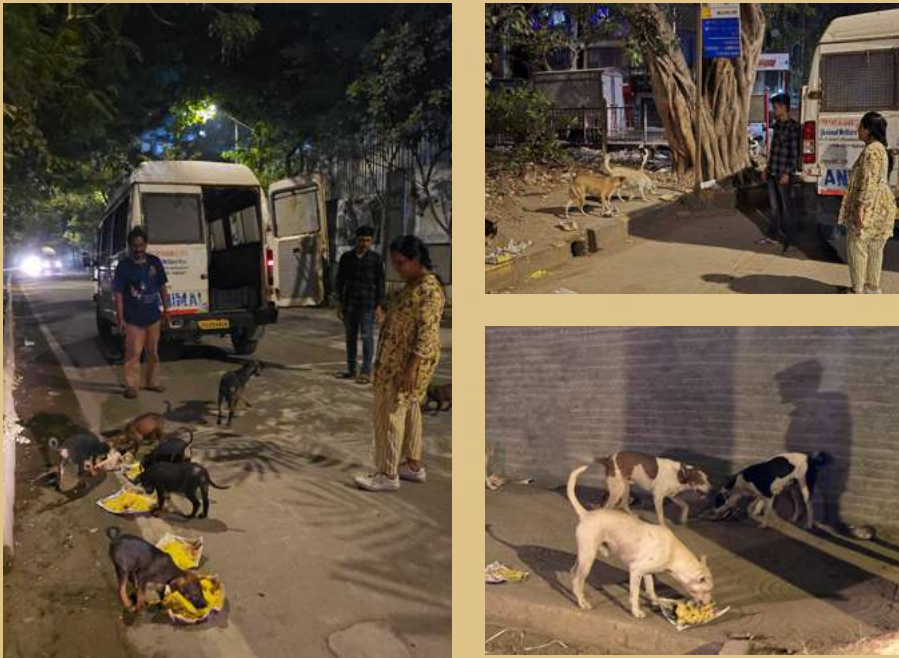


Utkarsh conducts the ABC programme in Mumbai, Ambernath, Latur, and Nashik.
ABC (Sterilization & Vaccination) is crucial in dog population management.

- 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 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.



Focus

Utkarsh Animal Hospital witnesses heart-touching moments every day, as our furry friends recover and prepare to return to their homes. A recent case at Utkarsh Animal Hospital in Mumbai was particularly moving.

Yogesh Jadhav and his wife arrived at the hospital in distress, their beloved pet cat in severe pain due to her advanced pregnancy. Unable to find a vet in the early hours of the morning, they thankfully reached Utkarsh Animal Hospital just in time.

Our dedicated vet and his team acted swiftly, admitting the cat and taking her directly to the operation theatre. She required urgent caesarean surgery. As her anxious parents waited outside, tears streaming down their faces, the delivery proceeded smoothly. The mother and her five kittens were healthy and safe. Yogesh and his wife leaped in delight as their tears of sadness transformed into tears of joy.

It is such rewarding moments that make the animal welfare movement of Utkarsh what it is, as we serve voiceless animals in need, and support those, who through their kindness, become the “Voice of Voiceless!”



Shocking Case of Sexual Assault on a Dog

Utkarsh Legal Cell received a shocking case of sexual assault on a stray dog in Kranti Krida Mandal, Bhatwadi, Ghatkopar, reported by Aditya Vilas Savlekar. The barbaric incident occurred on August 12, 2024, and a case was filed against the accused at the Ghatkopar West Police Station. Unfortunately, the accused was let off after paying a fine. Utkarsh Legal Cell is taking every possible step to ensure the culprit is punished for this heinous crime. There has to be strict punishments and hefty fines to act as a deterrent and prevent crimes against poor animals.

Induction Trainings at Utkarsh Head Quarters

Utkarsh CEO and President, Adv. D. R. Londhe, conducted the Induction Training for new team members, as he shared about the detailed the values Utkarsh stands for and about their roles as "People for Better World."

The second Induction Training for new team members was held on December 16, 2024. It was conducted by Pravin Kamdi, Vice-President, Operations, and Rishika Kashyap, Manager, Operations, Environmental Protection and Women's Education and Empowerment Movement.



Utkarsh CEO Meets Animal Lovers

Adv. D. R. Londhe, CEO and President, Utkarsh Global Foundation, had a fruitful discussion with the Runwal Forest Animal Welfare Committee, the kind initiative by the Runwal Forest Housing Society in Kanjurmarg, Mumbai, for safeguarding the interests of animals and animal lovers, on December 5, 2024. Adv. Londhe shared information about “#StrayTogether,” the unique campaign by Utkarsh to find solutions to human-animal conflicts through the scientific and humane management of stray population. The committee members appreciated the Utkarsh campaign and expressed interest in implementing #StrayTogether in their housing society.



Utkarsh Star of the Month - November 2024

Anand More
Photographer



“It’s not enough to just own a camera. Everyone owns a camera. To be a photographer, you must understand, appreciate, and harness the power you hold!”

Then you use your skills and power to create lasting imagery. Being a professional photographer is no easy feat, especially when capturing the emotions of animals. Utkarsh staff photographer Anand More makes it look effortless. His touching photographs beautifully showcase the true spirit of the Utkarsh animal welfare movement. Anand is not only passionate and dedicated to his craft but also devoted to the cause he is working for. He goes above and beyond by editing videos to create heart-warming reels of our pawed siblings.

His edited videos have garnered impressive engagement on social media, further extending the reach of the Utkarsh cause. Anand’s dedication and willingness to take on additional roles have not only brightened our social media presence but also significantly supported the Utkarsh animal welfare movement. Anand, thank you for your unmatched dedication and professionalism. You truly are our “Utkarsh Star!”

Radium Collar Project
(Mulund)

Radium collars sold in
DECEMBER 2024

2174

Number of women who
received employment
through the project

38



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
DECEMBER 2024

1968

#StrayTogether

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

Sterilisation 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 animals
could be identified

Christmas Celebrations at Utkarsh



Communication Training for Utkarsh Team

Effective communication is crucial for the successful management of any organization. To enhance our team's communication skills and abilities, Utkarsh Global Foundation organized an interactive workshop on December 7, 2024, at our Head Office in Mulund, Mumbai.

Ms. Sumita Nair from the IMPA (Image Management Professionals' Association) Group delivered an insightful session, as she engaged our team in various activities, covering topics such as verbal and nonverbal communication, ways of expression, and more.



Environmental Protection Movement

Chennai, Tamil Nadu

More than 5000 Manjapai cloth bags were distributed to people at Ambattur Market in Venkatapuram, in Chennai, Tamil Nadu as a part of the Utkarsh “Say No to Single-Use Plastic” campaign, on December 20, 2024. A group of volunteers performed an inspiring street play to spread awareness about the harmful effects of single-use plastics. Ms. R. Priya, Mayor, Greater Chennai Corporation, Mr. Joseph Samuel, MLA, and Mr. P. K. Moorthi, Chairman, Zone 7, were the special guests of the event. Mr. E. L. Venkateshwaran, Senior Vice-President, and the team from Temenos India, the sponsors, attended the event.



Women’s Education & Empowerment Movement

Wada, Palghar District, Maharashtra

More than 80 children, aged 11 to 16, participated in a craft workshop conducted by Utkarsh (Women's Education and Empowerment Movement) at the Government Ashram School in Aamgaon, Wada, Palghar district, on December 16, 2024. They learned to make stylish hair bows and paper butterflies at the workshop. Vice Principal Mr. Ganesh Kinge, and teachers including Mrs. Mrunali Nadge, Mr. Vikas Kamble, and Mrs. Suvarna Mene, also attended the workshop.



PLEASE SUPPORT UTKARSH GLOBAL FOUNDATION

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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UTKARSH ANIMAL HOSPITALS

MAHARASHTRA

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AMBERNATH

Chhatrapati Shivaji Maharaj Vegetable Market, Near Circus Ground, Harjerished, Ambernath (West), Thane - 421501
Contact: +91 98898 81089
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LATUR

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NASHIK

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SAVITRIMAI PHULE WOMEN EMPOWERMENT CENTRES

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Before you throw away plastics, before you litter, before you dispose of waste irresponsibly, take a moment to understand all this waste will return to your homes through the water you drink and the food you consume. Let us protect our water resources because **WATER IS LIFE!**