

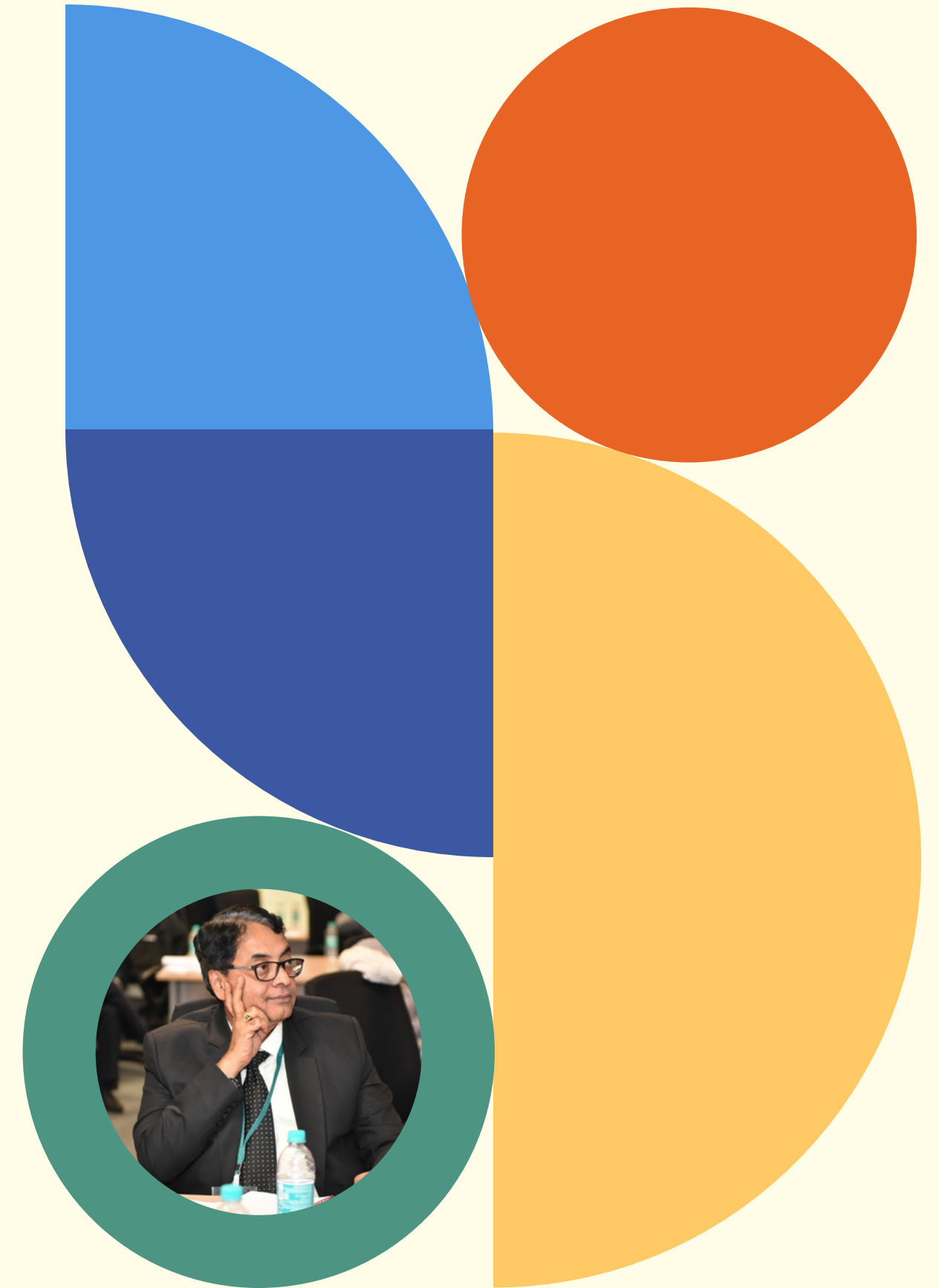




SAI HEALTH FOUNDATION

Program on Preventive Health

Mohan V. Nair
President





Sai Health Foundation is a Non-Government Organization committed to serve Society as a whole and strive to make a disease-free society.

The main focus area of Sai Health Foundation is to work on preventive health through awareness, education and training which will create a people's movement by its own.

As the logo of Sai Health Foundation represents sunrise, we want a light to shine upon all human beings in the form of good health. The objective is to transform society and create a healthy, happy and peaceful world.

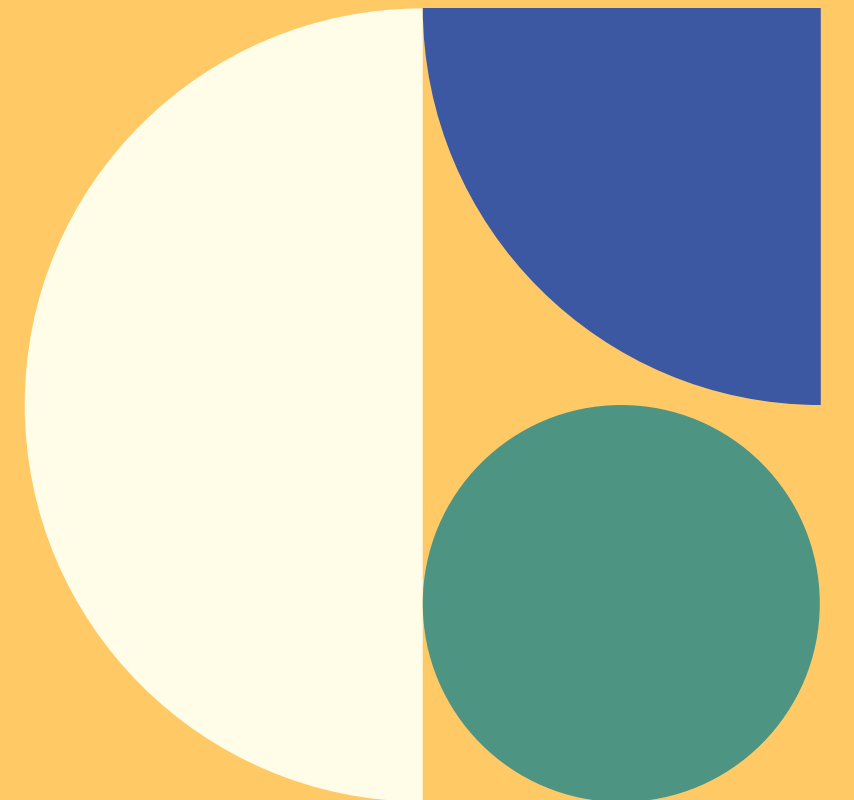
Vision

To create a Health conscious, disease-free and environment friendly Society through awareness of preventive Health care.

Mission

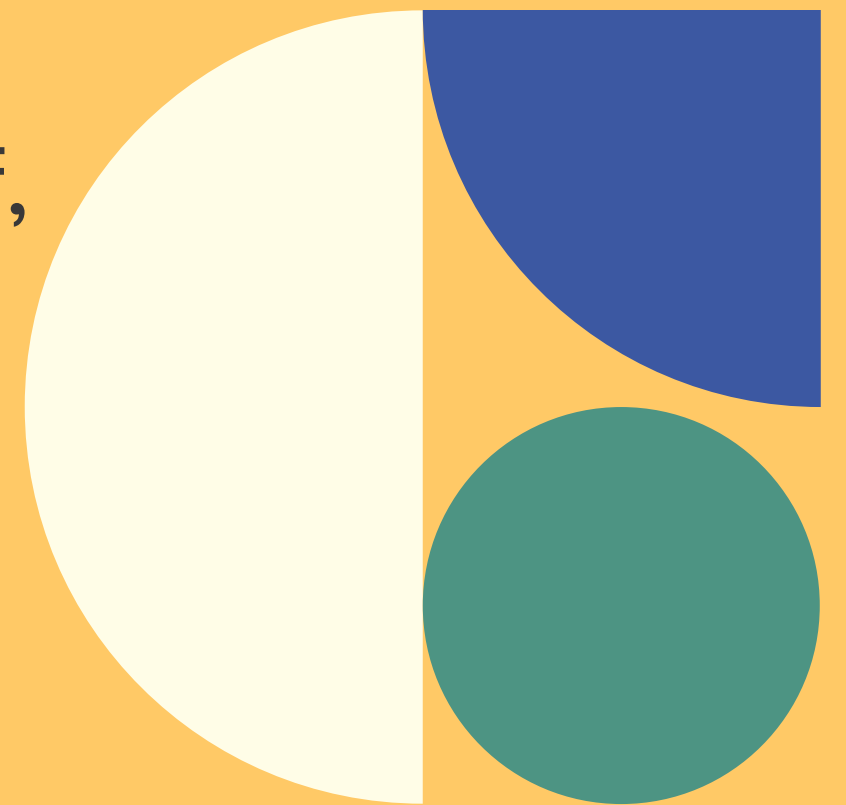
To work towards developing an illness to wellness Healthcare platform covering diverse facets of preventive Healthcare among the rural and urban population.

To educate and create awareness of environmental issues and offer sustainable solutions, technology systems and preventive measures to eliminate disease and Improve quality of life.



Objectives

- To promote Health awareness through Programs, Training and Medical checkups among the rural & urban population.
- Special focus on preventive healthcare to the more vulnerable population like school children as well as mother and child.
- Awareness programs focused on professionals (IT prof, Industrial Workers, etc.) who are exposed to lifestyle disease.



WHAT WE DO

A brief snapshot of some of our activities

01

Executing several Health related programs in Rural and Urban Areas.

02

Conduct Awareness Lectures on Preventive health practices in regard to various preventable diseases

03

Over the years we have built up a network of Experts and Doctors to assist us in our activities

04

Our charitable aspects include free check ups in Rural areas and distribution of essentials to the poor and needy when required

05

Conduct bi-monthly Awareness Programs for Health & Hygiene in Schools.

06

Construction of Toilets, Water purification systems as well as providing Computers and Projectors for Partner Schools



Where We Began 2003





Community Outreach Programs

2003 - Present

Village Adoption

Vellang Village

2009





Wellness Seminar at VAMNICOM

Vaikunth Mehta National Institute of Cooperative Management
2013



Awareness & TT Injection Program

Esquire Healthcare and Logistics Pvt. Ltd.
December 2022

Activities Since 2020

SR	DATE	PROGRAM TITLE	SPEAKER
1	9/19/20	Reflections of a Covid Survivor	Mrs. Rajrohi Satyanarayan
2	10/11/20	Care for Your Heart - During & Post Covid	Dr. Ajit Mullassari
3	10/17/20	Journey from Fear to faith	Ms. Bilkish Tejani
4	3/12/21	Your Wellbeing Is Your Riches	Mr. Atanu Chatterjee
5	4/16/21	Minding your Bone Health	Dr Amit Mukherjee
6	5/15/21	Layman' s Lessons from Pandemic	Dr Joe Thomas
7	5/18/21	2 Containers Diapers donated through KC to Aundh Hospital	
8	6/12/21	Holistic Health -The Naturopathy way	Dr Babu Joseph
9	6/17/21	Donation of 15 Oxygen Humidifiers at Aundh Hospital	
10	6/21/21	International Yoga Day Session	Smt. Priti Sawant
11	7/16/21	Covid & post covid-Myths and realities	Dr Darrell Demello
12	9/4/21	Holistic Nutrition	Mrs Ambika Nair
13	9/7/21	Toys Donation to Aundh Hospital Pune	
14	9/23/21	Lecture on Diet and Nutrition in MSME in Pune	Dr Farah
15	10/30/21	Trustees Meeting	All
16	4/17/22	Health Check up for MSME workers	
17	5/14/22	Vaccination in Adults	Dr. Jyoti Gulati

THE WAY FORWARD

- Health Projects specifically for MSME's
- Training Programs for new Facilitators
- Development of new client specific Modules
- Health Projects catering to Rural areas
- Charity Runs
- Generating more donations through CSR Programs
- Increasing Membership
- Social Media & Branding Development



Proposed Modules for the Future

1	Dental Health & Awareness
2	Diabetes Awareness
3	Cardiac Awareness
4	Overcoming Stress through Mindfulness
5	Diet and Nutrition
6	Health, Mind & Body
7	Importance of Yoga & Exercise
8	Bone Health Awareness
9	Managing Health Through Naturopathy
10	Tobacco Cessation
11	Occupational Health & Safety
12	The Art of Living & Healing (Through Positivity, Happiness & Success)

TRUSTEES



- Mr. Mohan V. Nair
- Mr. Madhusudan V. Nair
- Mr. Chakkungal Ramachandra Menon
- Mrs. Manisha Tejas Bhosale
- Mr. Prashant Vasant Mulay
- Mrs. Kavitha Mohan Nair
- Mr. Kailas Shashikant Javeri

HOW YOU CAN HELP

-  Take active participation in our initiatives
-  Enroll in our Membership Program
-  Train to become a Facilitator
-  Suggest us to Organisations (MSME's) needing training in Health and Wellbeing
-  Connect us with your companies CSR department for Donations and feel free to Donate yourselves
-  Have other Suggestions? Help us with your valued Feedback!





Thank You