

Manogat



Editorial

Manogat!

Uplift India Association - Swabhimaan is a network of eight organizations which work with you on financial, health and family issues.

Manogat is a common news-letter... where you are invited to express yourself, to share your ideas with everyone. Anyone can send its best ideas...

We hope that Manogat will reinforce the link and the communication between you and us!

This newsletter will give you tips, advices, councils, in



order for you to make the best of your business, to use your social security in a better way...

In this first issue, you will find some advices regarding your health during the monsoon season, some testimony of a lady who discovered how important school can be for her son, some tips and problem resolutions to run a Grocery Shop Business...

We are looking forward for your feedback, and for the subject you would like to read about!

Uplift India Association — Swabhimaan

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Health Tips for monsoon!

The monsoon is there! Here are our Doctor' suggestions to help you going through the rainy season !!!

In the monsoon, daily life becomes a bit more tiring due to rains... And people get diseases! In fact, water gets accumulated in low lying areas which forms areas for breeding insects in hilly or slope areas: water runs down in form of streams which carry along with them soil and other impurities which come along their way. These impurities include decaying organic matter, faecal matter, inorganic matter like chemicals, human inorganic waste etc...

In monsoon there is less sunlight, more moisture, more humid climate: ideal atmosphere for germs to grow and spread.

The spread of infection is through air - coughing, sneezing etc... - and faecal-oral route - improper hygiene maintenance, drinking contaminated water etc... -.

Common diseases seen in rainy seasons are: common cold, viral fever, upper respiratory tract infection, bronchitis, gastro-enteritis, dysentery, cholera, fungal skin infection, malaria, typhoid. It is important to be careful!

Precautionary measures to be taken in rainy season:

- If the drainage is either blocked or open nearby, do inform the PMC officials so that they either clean it or close the drainage
- Use phenyl for cleaning the house as well as toilets

- Use warm to hot water for taking bath
- While taking bath wash each body part thoroughly particularly arm pits, hair etc... where sweat or dust get accumulated.
- Wear dry clothes to avoid skin fungal infections
- Clean utensils used for storing water everyday
- First filter the water for clearing impurities and then boil it for at least 10 minutes to kill germs in it. Always keep the filtered and boiled water in a closed container.
- Avoid eating outside food displayed in the open
- Do not eat vegetables and fruits before thoroughly washing them

Home remedies:

- In case of Respiratory tract infection, make use of ginger, pepper, tulsi etc...
- In case of dysentery, gastro-enteritis, use butter milk, mung dal khichadi, masoor dal khichadi and ORS therapy in case of dehydration.
- Boiled drinks like tea and coffee are preferred to non-boiled drinks.

In any case, it is always better to consult doctor!

Doctor Abhijit mobile number: 9226819005

School days !

Shanta is a housewife and the happy mother of Suraj. As a mother, she wonders why sending her child to school! Here is the conversation between Shanta and her cousin Kamal who is visiting her:

"How old are you now Suraj?"
Shanta proudly answers "he has completed 3 years now!!!".
"Oh! Now he will start going to Balwadi!"
"No, not yet, he is still to young to go to school!!!"
"Shanta, have you ever visited Balwadi?"
"Yes I have seen sometimes them singing songs and playing...The teachers don't teach anything there!"
"But Shanta, they learn a lot of things in that way also: while playing, they are developing their

physical capacities, they are also learning to use their brains in other ways than at home..."

"Ah... I never thought about that... But how come? There are so many children at school!"

"Yes, but children need to learn how to share with the others..."

Suraj will evolve a lot by playing and interacting with his age mates. You will see, he will enjoy and will build companionship!"

"But how can one teacher take care of all of them?"

"Teacher is trained to manage them: it is also part of discipline, like following instructions given by the teacher, behaving properly, learning slowly to get more independent... We will soon be able to notice a difference in his personality building!"

"But if I am not around, Suraj cries... He never lives without me..."

"You can go with him at school for a week or so, till the time he ad-

justs... Then you can prepare him about school and the fun out of it!"

"ah... I realize the importance of sending Suraj to school. I will talk to his father, look for his birth certificate and tomorrow itself I will go to meet the teacher!"

"You will see: you will soon be proud of him!"



"What are you giving in my 'dabba' today that I can share it with my classmates?"

Any suggestions, please
inform us:

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What about starting a Grocery shop?

A grocery shop is integral part in daily life of a human being. **Although this business doesn't require specific skill, basic counting knowledge is required to operate this business, for any man or woman.**

Minimum approximately 50 sq ft room or stall is enough to start this business. Small furniture is also required to start this business.

Credit sale is one of the characteristics of this business. Many people purchase on credit throughout a month & prefer to pay once a month after getting a salary.

Many products can be sold from the long list of products: all types of grains, groceries, eatables, confectionery, milk, cooking ingredients...

Grocery shop is a business, which can be run through out 12 months. Beginning of the **month is a peak period of this business as people purchase one month's stock after paying their earlier credit.** Festival seasons like diwali, dashera are also better for the business.

Financially, to start a grocery shop business requires approximately Rs 5000 initial capital. The main expenses are the rent and the transportation. The daily income can be between 40 to Rs 500 per day, depending on the business opportunities.

Here are some tips, problems and solutions to handle a Grocery shop business:



A partner in her grocery shop...



We can always plan this !!!

There is a saying in Marathi - Tahan Lagalyawar Vihir Khanane!!! (which means: Digging a well when you feel thirsty). Many of the people do behave in this fashion. Every year monsoon is there. But we hardly plan in advance and put some money aside for the house repairs in advance. What happens is the house starts leaking as soon as the monsoon starts. Then we start cursing ourselves that we have to stay in such a condition.

When it starts pouring heavily, the condition in the house becomes still worse. The floor is wet, the clothes are wet, the children, elders and then practically everybody in the house falls sick. Then there are fights between the husband and wife, about why the repairing work was not done earlier. The wife curses the husband for drinking away all his earnings and the husband curses her for spending all his earning on useless things. **Still it won't solve the problem.**

But we could have planned to save us from all this trouble. Why did we not save? We must save to be safe!!!!!!

From Dr. Medha Puroo Samant