

Dated: 07<sup>th</sup> May, 2001

**SUBJECT: "Let's Care for 'ADOLESCENTS & YOUTH' ."**

Dear Comrade,

You may kindly recall that REACHA (Research and Extension Association for Conservation, Horticulture & Agro-forestry), New Delhi, organized a nation-wide pulse-lamp-festival on 3<sup>rd</sup> December, 1999 in which over one lakh all-religion prayer meetings were held throughout the country to pray for the **Health of India's children**. Encouraged by this response, REACHA decided to observe **3<sup>rd</sup> December every year** as a day of all-religion prayer for "**Alleviation of Human Misery**" or "पीड़ा निवारण दिवस", and the year 2000 A.D. was devoted to dissemination of know-how relating to "**Ante-natal Care**". Over one thousand voluntary agencies in the country took over this message relating to Ante-natal Care and disseminated the same in their areas of influence. The High Powered Committee set up by the Government of India for preparation of disaster management plans

has recommended that **3<sup>rd</sup> December** every year be observed as **National Prayer Day** for **"Alleviation of Human Misery"** in order to generate awareness regarding importance of preparedness by people in coping with disasters.

REACHA has decided to observe the year 2001 A.D. for dissemination of concerns relating to the adolescent and the youth. It is in this context that a pamphlet under the caption **"Let's care for 'Adolescents & Youth'"** has been prepared and is enclosed with this letter. I would like to appeal to you to kindly disseminate the contents of this pamphlet to as many institutions and people as you think proper.

Thanking you and with personal regards,

Yours sincerely,

**(J.C.Pant)**

**LET'S CARE FOR**  
**"ADOLESCENTS & YOUTH"**

## WHAT ALL NEEDS TO BE DONE

1. Health check-up once a year, followed by appropriate treatment.

Slogan: **Healthy child for family happiness**  
व्यसन से बचाएँ, सृजन में लगाएँ ।  
खिन्नता छोड़ें, प्रसन्नता अपनाएँ ॥

2. Promoting physical fitness, including proper posture and gate.  
Each one to play at least one game.

Slogan: **Confident youth : secure family**  
व्यस्त रहें , मस्त रहें ।  
स्वस्थ किशोर : सबल परिवार ।

3. Promoting mental fitness. Each one to practice one art-form and develop power of observation.

Slogan: **Gentle youth : cultured Family**  
शालीन युवा : श्रेष्ठ परिवार ।  
सलाह लें , सम्मान दें ॥

4. Promoting concern for public property and development of common property resources.

Slogan: **Disciplined youth : Family's pride**  
सेवा भावी युवा : सुखी परिवार ।  
सम्पन्नता आफत न बन जाय ॥

5. Promoting economy in consuming resources, and respect for Khadi and Handicrafts. Each one to wear one item of Khadi-clothing & use Khadi handkerchief (रूमाल).

Slogan: **Simple living : High thinking**  
स्वावलम्बी युवा : सम्पन्न परिवार ।  
गरीबी को दीनता न समझें ॥



**LET'S CARE FOR**  
**"ADOLESCENTS & YOUTH"**

**WHO ALL NEED TO ACT**

- ☞ CAN PARENTS & TEACHERS BE FRIENDLY?
- ☞ CAN Schools, Colleges, Universities, Professional Institutes, Training Institutes & concerned Government Departments ACT through their FACULTY & STAFF?

CAN

- ☞ Retired Teachers work in their neighborhood?
- ☞ Retired Army personnel work in their neighborhood?
- ☞ Retired Government and Private employees work in their neighborhood?

मुस्कुराते रहो

•VOLUNTARY AGENCIES

to motivate and mobilize

All.



