

# CHHAYAnke CHARITABLE TRUST

(tapati dhoop, thodi si CHHAYA)

Reg. No: 47/IV/2019,  
Pan Number AACTC5359E  
80G No: AACTC5359EF20212

1-31/5/2022 :- May Is A Mental Health Awareness Month.  
8/5/2022 :- Mother's Day Free Health Checkup Camp  
14/5/2022 :- Old Age Home Basic Checkup & Donation  
21/5/2021 :- BHARAT MATA ABHINANADAN  
22/5/2022 :- Love To Read Books Donation Drive Pustak CHHAYA

31st MAY 2022 Edition #5


1 to 31/5/2022:-

## May Is A Mental Health Awareness Month.


Spreading Awareness about mental health, well-being & wellness with renowned professionals.

I am stronger than depression and anxiety. There is no shame. Don't let it become your end.

8/5/2022:- Mother's Day Free Health Checkup Camp



Good Health  
Good Education  
Safety & Security  
G-Pay : 8328089875



**May is Mental Health Awareness Month.**

**Invest In Your Wellness & Wellbeing**

**Any One Could Be 1 in 5**

**\* Positively Repeat It Thrice in A Day With Nidhi & Sejal\***

**I am stronger than depression and anxiety.**

This disease makes patients pause in their day. It makes them stop and care for themselves. But it doesn't end them.

Share it. Reveal it.  
Talk about it. Display it.

There is no shame. Don't let it become your end.  
Support your 1 in 5. Show them that you see them. You hear them. You love them. Show them that their disease does not make them less of a person.

\*My name is ----!

**I am 1 in 5**

We are listening & we are with you with love, care & compassion. We will help you to overcome it.  
Let's Connect With

**Dr. Sejal Shah**  
Consultant Homoeopath  
Wellness Coach, Alternative therapist  
A Life Time member of CHHAYAnke  
setuhealthcare@gmail.com  
+91 70939 01075

**Adv. Nidhi Mishra**  
M.Sc., CDAC, B.Ed., LL.B., DECE,  
Founder & Director  
CHHAYAnke Charitable Trust

CHHAYAnke@yahoo.com www.CHHAYAnke.org



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**Mission:-** Swasthya, Sushikshit, Surakshit CHHAYA

**Vision:-** All round development of a girl child & empowerment.

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- 2) Funds for underprivileged ppl Education & Medical Care & for Basic Needs.
- 3) CHHAYA Ke Liye CHHAYADAR VRIKSHA Plantation for "Pran Vayu" "Oxygen For Life" from 5th June Environmental Day to 28th July World Conservation Day.
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### Donation Details:

**HDFC Bank:** Financial District Gachibowli Hyderabad Telangana

**Account Name:** CHHAYAnke Charitable Trust

**A/C No:** 50200057984563

**RTGS/NEFT IFSC:** HDFC0003788

**MICR CODE:** 500011189

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**HAPPY Mother's DAY**

Take care of yourself.  
Invest in your good health  
Gift a good health care package to a mother  
She deserves more than cards, chocolates & flowers

CHHAYAnke@yahoo.com www.CHHAYAnke.org galaxyhospital@gmail.com

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CHHAYAnke, Galaxy Superspeciality Hospital & are Spreading Awareness about Women's Health thus we are running the "Invest In Your & A Mother's Health Awareness Campaign" from Akshaya Tiritiya 3rd May 2022 To Mother's Day 8th May 2022. So come and join us for this awareness campaign.

## Free health camp for all groups begins at Galaxy Super Specialty Hospital

A FREE health camp for men and women of all age groups was organised at Galaxy Super Specialty Hospital from May 5 to 8 from 10 am to 2 pm. During the camp, cardiologist Dr Akhilesh Dubey, Dr Harishankar Chandel, Dr Anuradha Dubey, Orthopedic surgeon Dr Amitesh Chaturvedi, Dr Sunil Patel, Dr Vivek Gupta have been rendering services and resolving all health issues related to heart, bone, brain, teeth etc. With the slogan "Invest in your health from this Akshaya Tiritiya to Mother's Day", Nidhi Mishra from Chhayanke Charitable Trust and Dr. Rati Sharma Dubey from Aryara Foundation are encouraging women of all age group to take care of their health. Psychiatrist Dr Rati Sharma Dubey, gynaecologist Dr Anju Jha Dwivedi, Dr Shalja Gupta and nutritionist Shikha Singh are also providing the best health counseling to women of all age group. The Hospital administration has appealed to the public to take advantage of the free camp.

## निःशुल्क स्वास्थ्य शिविर आज से

जबलपुर। गैलेक्सी सुपर स्पेशियलिटी हॉस्पिटल में मदर्स डे के उपलक्ष्य में आज 5 से 8 मई तक सुबह 10 से दोपहर 2 बजे तक उखरी तिराहा विजय नगर अस्पताल परिसर में विशाल स्वास्थ्य शिविर का आयोजन किया गया है। इस शिविर में हृदय, हड्डी, मस्तिष्क, दांतों से जुड़ी समस्याओं का समाधान महाकौशल के सुप्रसिद्ध हृदय रोग विशेषज्ञ डॉ. अखिलेश दुबे, डॉ. हरिशंकर चंदेल, डॉ. अनुराधा दुबे, प्रसिद्ध अस्थि रोग विशेषज्ञ डॉ. अमिर्तेष चतुर्वेदी, डॉ. सुनील पटेल, तथा दंत रोग विशेषज्ञ डॉ. विवेक गुप्ता की उपस्थिति के साथ उपचार के साथ साथ स्वास्थ्य लाभ प्रदान किया जाएगा। इसी के साथ ही छायां के चैरिटीबल ट्रस्ट से एड. निधि मिश्रा और आर्या फाउंडेशन से डॉ. रति शर्मा दुबे द्वारा हर उम्र की महिलाओं को उनके स्वास्थ्य के प्रति सजग रहने हेतु जागरूकता अभियान मदर्स डे तक चलाया जा रहा है। सभी माताओं और बच्चों को मानसिक रोग विशेषज्ञ डॉ. अंजू झा द्विवेदी, डॉ. शैलजा गुप्ता और पोषण विशेषज्ञ श्रीमती शिखा सिंह द्वारा परामर्श प्रदान किया जा रहा है।



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**This AKSHAYA Tiritiya**

**Start Something New!**

**Invest In Your Health & A Mother's Health**

**SUBH AKSHAYA TRITIVA**

**Give her life**  
**Invest in her education & good health**  
**Raise her as an equal**  
**Love her unconditionally**

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**निःशुल्क विशाल स्वास्थ्य शिविर, सभी आयु वर्ग के पुरुष और स्त्री के लिए**

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**इस अक्षय तृतीया कछ नया आरंभ करें**

तक "इन्वेस्ट इन योर हेल्थ फ्रॉम दिस अक्षय तृतीया टु मदर्स डे" के नाम के साथ, छायां के चैरिटीबल ट्रस्ट से एड. निधि मिश्रा और आर्या फाउंडेशन से डॉ. रति शर्मा दुबे द्वारा हर उम्र की महिलाओं को उनके स्वास्थ्य के प्रति सजग रहने हेतु जागरूकता अभियान मदर्स डे तक चलाया जा रहा है। सभी माताओं और बच्चों को मानसिक रोग विशेषज्ञ डॉ. अंजू झा द्विवेदी, डॉ. शैलजा गुप्ता और पोषण विशेषज्ञ श्रीमती शिखा सिंह द्वारा परामर्श प्रदान किया जा रहा है।

अभियान में गैलेक्सी सुपर स्पेशियलिटी हॉस्पिटल जबलपुर का साथ दे रहा है।

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14/5/2022:-

## Old Age Home Basic Checkup & Donation

Every month is a health check - up & basic needs donation day at "Maa Narmada Old Age Home" by CHHAYAnke & Galaxy Superspeciality Hospital



Nice to see that Galaxy Superspeciality Hospital's employees & volunteers are taking care of all the old ladies each month with so much compassion, care, love, and respect...



Basic checkup & donation at Maa Narmada Old Age Home Khairi Ghat, Jabalpur MP on 14/5/2022...



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AaryAra  
(illuminate Aspirations)  
Gratitude to all of you for this service.



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## शिक्षाविद सहित्य साधिका छाया त्रिवेदी

प्रभुत्व श्रीधरराव



आज जन्म दिवस पर विशेष

(जयश्रीका)। मैं, टीटी अथवा टीटी अथवा के रूप में अपनी पुस्तकालय, पुस्तकालयों और जग-जग के असीमित की छद्म से जो खोज रही हूँ उसी की अपनी छेद और में बांध लेती हूँ उन्हें लोग विदुषी सहित्यसाधिका श्रीमती छाया त्रिवेदी के नाम से जानते हैं। छाया जी का नाम जबकि सख्त रूप से रहस्य के सहित्य जगत में रहस्य से भिन्न है। निरुप, मंडल में जन्मी छाया जी को दैवीय, सेवा और सहित्य के संस्कार अपने स्वयंसेवा सेवनी पिताजी स्व. गंगाधरदास त्रिवेदी एवं मातुली स्व. श्रीमती सुशीला त्रिवेदी से प्राप्त हुए हैं। एए.ए., एए.एड., एड., एड., एड. जी ने शिक्षाकीय कार्य करते हुए अध्ययन, विनय-यत्न, लेखन जारी रखा। अपने विविध विषयों पर दर्जों लेख, कालियां, लघुकथाएं, कविताएं एवं अन्य लिखे विनय प्रकाशन देना की प्रतिभा प्रायः-विनयों से भिन्न। सारा-सारा पर आकाशवाणी, एडरॉन से भी कालियां-चर्चाओं का प्रकाशन होता रहता है। और यहीदास हर गई (कहानी संग्रह), यन इक लता भन भंजा (कवय संग्रह), दुर्द्विदा लता की खो (लघुकथा संग्रह) एवं स्वयंसेवा सेवनी अपने माता-

पुस्तक की सहित्यिक-संस्कृतिक संस्थाओं से जुड़कर मैं पीछे के रचनाकारों को प्रेरित कर रही हूँ। इसीसे प्राप्त ज्ञानों को, सहित्यिकों के विनय, पुस्तक में सहित्य, टीटी भाषा के विनय एवं मातुल के लिए अनेक कार्य किए। सर्व-अभ्यास एवं पर्वटन में रचित ने आनेकी चारों समय की यात्रा करा दी। यही कारण है कि आनेकी रचनाओं में भीमिक, धर्मिक, सांस्कृतिक और सेवा प्रवृत्तिक विनयों के दर्शन होते हैं। अनेकिक के विनय शोधों का तीन बार यत्न कर अपन रहे के अनेक आयोजनों में देना का प्रतिनिधित्व कर चुकी हूँ।

सारा जग हो अपना न हो कीर्ति परसा की भावना से अनेकल छाया जी को सेवा समारोहोंमें लेखन पर कालियां सहित जगजग की अनेक संस्थाओं द्वारा पुरस्कार-सम्मान किया जा चुका है। विहार, कोलकाता, पंजाब, हरियाणा आदि की संस्थाओं से सम्मानित होकर अपने संस्कारों का गौरव बढ़ाया है। आयोजन, कालियां, पर्वटन, लेखन जारी रखा। अपने विनय कार्य करते हुए विनय जग किया है कि से अपनी सुस्वास्थ्य और वृत्ति का संरक्षण करते हुए लोक कल्याणकारिता सहित्य की रचना करती रहती। आज 73 वर्ष की छाया त्रिवेदी के जन्म दिवस पर उनके सभी सहित्यिक प्रशंसकों, सुधींसकों की ओर से उन्हें स्वस्थ, सुखी, यशस्वी जीवन की शुभकामनाएं। चर्चा। मैं पीछे की विनय आनेका मार्गदर्शन मिलता रहे।



CHHAYAnke  
(tapati dhoop, thodi si CHHAYA)

Mission:- Swasthya, Sushikshit, Surakshit CHHAYA

Vision:- All round development of a girl child & empowerment.

Slogan:- CHHAYAnke believes it is important to impart Awareness within the Society for everyone's Wellbeing.

CHHAYAnke had planted 10k saplings on the occasion of "World Nature Conservation Day 28th July 2021" at Bhedaghat Jabalpur. Which we started from Haritha Haram 2016 from HCU Hyderabad. CHHAYAnke is known for its main initiatives along with all other social services these are.

- 1) POCSO Act 2012 & Cyber Security For Kids. POSH Act 2013 for working woman & Human Rights for all.
- 2) Funds for underprivileged ppl Education & Medical Care & for Basic Needs.
- 3) CHHAYA Ke Liye CHHAYADAR VRIKSHA Plantation for "Pran Vayu" "Oxygen For Life" from 5th June Environmental Day to 28th July World Conservation Day.
- 4) Free Workshops & Awareness campaigns through Social Media, podcasts, Audio, videos, Flyers, Brochures.
- 5) We are helping school kids with community services projects & provide certificates for social services.
- 6) Online & Offline awareness session in many topics like hygiene & adolescent with renowned doctors & professionals.
- 7) We are working as a helping hand for the survivals of natural disasters & pandemics.

CHHAYAnke is empowering women by talking to them about their rights & laws with the help of renowned professionals, awarding them for their achievements & motivates them. CHHAYAnke is working for environmental safety by plantations & by using eco-friendly sustainable items & by promoting plantation drive & water saving drives, water donation from last 5 years to save Mother Earth. CHHAYAnke is becoming a helping hand to the survivors of natural disasters & to fight with the pandemic. CHHAYAnke is working for Humanity.

### Donation Details:

HDFC Bank: Financial District Gachibowli Hyderabad Telangana

Account Name: CHHAYAnke Charitable Trust

A/C No: 50200057984563

RTGS/NEFT IFSC: HDFC0003788

MICR CODE: 500011189

CHHAYAnke Provides "4 Honors & Awards" in a year. To know about those awards, to participate & to know how to apply for these prestigious awards please contact us.

Mail: CHHAYAnke@yahoo.com



Wishing You Are Very Happy 73 rd Birthday President of CHHAYAnke Charitable Trust Mrs. CHHAYA TRIVEDI. You are the one full of life, full of energy & full of love, care & compassion

Not only for others but for us too. You are the one who is an inspiration and the mentor of mindfulness not only to your students, and thousands of others but to us two.

I pray to God we can learn something good from you and pass it on to the next generation.



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# CHHAYAnke CHARITABLE TRUST

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Reg. No: 47/IV/2019,  
Pan Number AACTC5359E  
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1-31/5/2022 :- May Is A Mental Health Awareness Month.  
8/5/2022 :- Mother's Day Free Health Checkup Camp  
14/5/2022 :- Old Age Home Basic Checkup & Donation  
21/5/2021 :- BHARAT MATA ABHINANADAN  
22/5/2022 :- Love To Read Books Donation Drive Pustak CHHAYA

31st MAY 2022 Edition #5

## 22/5/2022:- Love To Read Books Donation Drive Pustak CHHAYA

Books are our best friends. So let's donate them to someone who loves to read specially future of the world "Children". I'm so flattered to see the blushing, little innocent faces with their favorite books they like to read.



CHHAYAnke@yahoo.com www.CHHAYAnke.org



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