

SMOHAR

*(Dr. Shanta Memorial Organization for Healthcare
Awareness and Reforms)*



BIENNIAL REPORT 2018 & 2019



Idea of SMOHAR

Helping others is the first step in making the world a better place and improving the lives of unprivileged sections of the society. When someone around us performs a good deed, it encourages others to participate. Several studies have confirmed that people are more likely to perform generous acts after observing others. It helps in spreading the idea of altruism amongst people. This means that it only takes one individual to start a domino effect of inspiring people to help others. Better health is central to human happiness and well-being. It also makes an important contribution to economic progress, as healthy populations live longer and are more productive for the nation. In order to instrumentalize the idea, SMOHAR was established in April 2018 by a group of like-minded people to contribute in creating a happy community by working in areas of Health, Education, Community services & Human rights.

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Our Inspiration

Dr. Shanta was born in Lahore (presently in Pakistan) in a lower-middle-class family in 1917. She was a keen learner and an enthusiastic student. Growing up watching the freedom struggle of India, she always wanted to become a doctor. She completed her medical study in the year 1939 from Amritsar Medical College, Punjab. After completing her studies, she started her career as a Medical officer in Dalhousie.



In 1946, she was called by King of Khetri Constituency (Presently in Rajasthan) to work as a doctor. After Independence, she was posted in a government ladies hospital in Kotputli, Jaipur as a Medical Officer.

Dr. Shanta did not marry and dedicated her life in serving the community. She passed away on 15th Dec 2003. She was titled as “Mother Teresa of Kotputli” by the local newspapers. During that time, she was the only doctor in the area and hence performed more than 50 thousand medical deliveries. Although being a breast cancer survivor, her compassion to work for the community never dwindled. Her passion has inspired many of us to build a healthy community beginning starting with little endeavors.

SMOHAR

SMOHAR is a national level not-for-profit trust registered under the Indian Trust Act 1882. It has its presence in Chandigarh, Mohali, Delhi, Jaipur, Kolkata and Mumbai. SMOHAR is working to improve services related to health, education, human rights, agriculture etc. and is meanwhile being assisted by a dedicated team of doctors, pharmacists, I.T. experts, teachers and healthcare managers. We are primarily working on areas related to cancer, HIV, Chronic blood diseases, menstrual hygiene, community service, healthcare awareness and counseling. SMOHAR is certified under 12A & 80G acts on income tax exemptions.

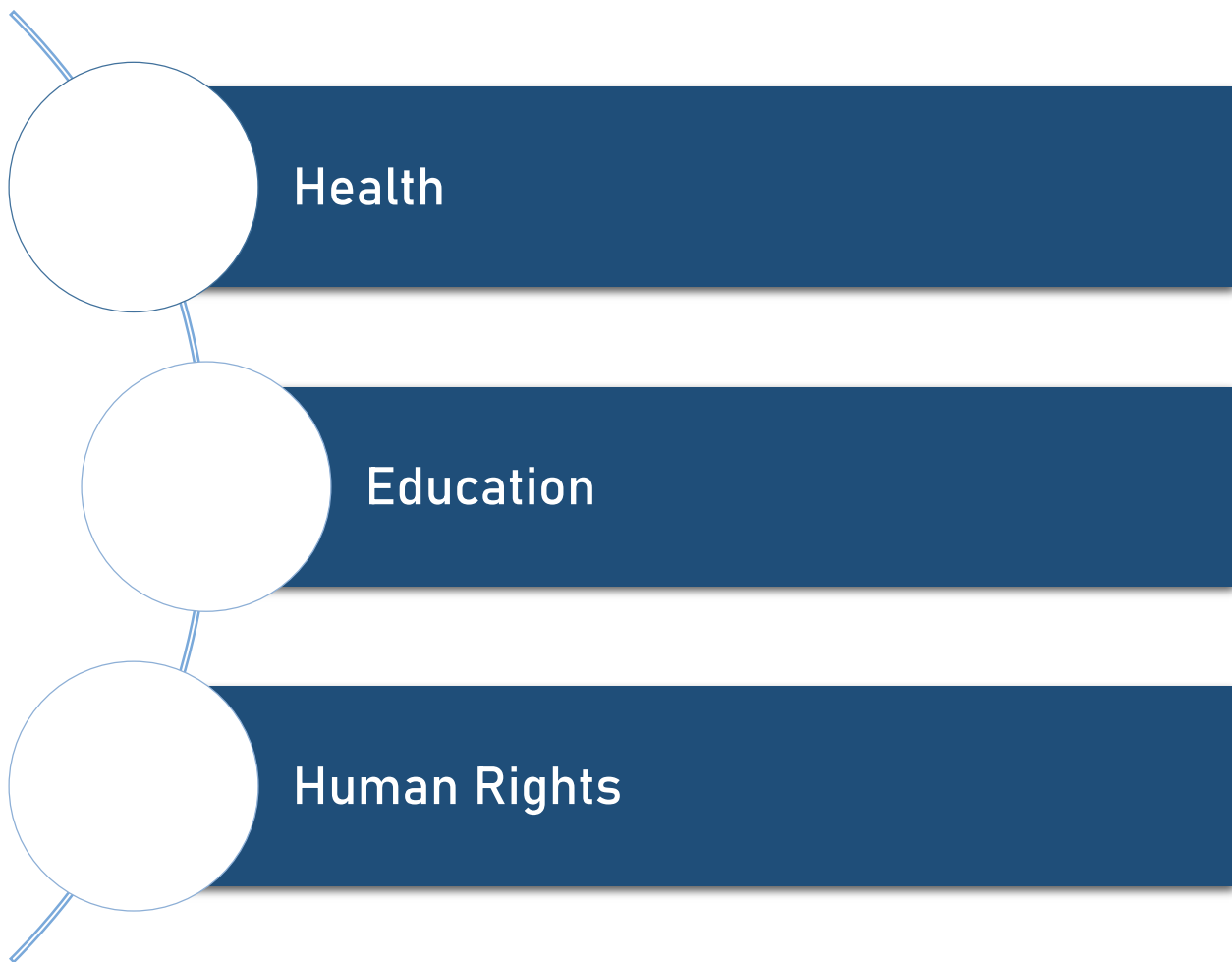
Mission

SMOHAR is dedicated to provide quality healthcare services selflessly with direct and indirect interventions in the community and also to uplift the marginalized section of society by providing relevant necessary resources.

Vision

To work hand in hand with community to generate healthcare awareness and to develop social platforms to provide basic livelihood needs to marginalized section of society.

Core Areas



Key Activities

Blood Donor Motivation and Basics of Blood Transfusion Services

Breast Cancer Awareness Drive

Blood Donation Camp

Menstrual Hygiene and Adolescent Health Awareness Workshop

Enhancing 'Rashtriya Bal Swasthya Karyakram' scheme in Solan District

Co-curricular Activities with Underprivileged Children

Dental Checkup and Oral Health Awareness Camps

Slum-related Activities

Digital Awareness Programme

Blanket Distribution Drive

2nd Blood Donation Camp

Sanitary Pad Distribution Drive

World Heart Day events

Diwali with Critical Pediatric Patients

Promoting Digital Education

2nd Blanket Distribution Drive

1. Blood Donor Motivations and Basics of Blood Transfusion Services

The theme of SMOHAR's first workshop was "Blood Donor Motivation: Basics of Blood Transfusion Services & Yoga" which was held at Vinoba Gyan Mandir, Jaipur, Rajasthan on 17th June 2018. It was organized by the Members of SMOHAR's Jaipur team comprising - Ms. Mamta



Chandani, Mr. Priyank Khandelwal and Mr. Abhishek Sharma. The workshop intended to educate the participants on the importance of blood donation and bring about clarity in their understanding on related issues. It was attended by more than 50 participants. Guest speaker Mr. Manish, the State Manager of Blood Cell programme in the National Health Mission gave a presentation on the fundamentals of blood transfusion. In addition to that, basics of Yoga was discussed by Mr. Rohit Singh, a certified Yoga Instructor. For the concluding session, Dr Pritam Pal, a Senior Consultant with SMOHAR shed light on the benefits of blood donation.

SMOHAR's membership program - SMOHAR MITRA, was introduced to the participants. The scheme received an enthusiastic response from the attendees, some opting for the same.

2. Breast Cancer Awareness Drive

Breast cancer is supposed to be the most common form of cancer among Indian women, accounting for about a quarter of all cancers in women in urban areas. One in every 22 women develop breast cancer and for every 2 new women newly diagnosed with breast cancer, one dies. Data furnished by Globocon shows that breast cancer cases have risen by 10 percent in the last 5 years.

Doctors purport that faulty lifestyle such as alcohol consumption, lack of exercise and stress, is a major factor increasing risk of breast cancer among Indian women.

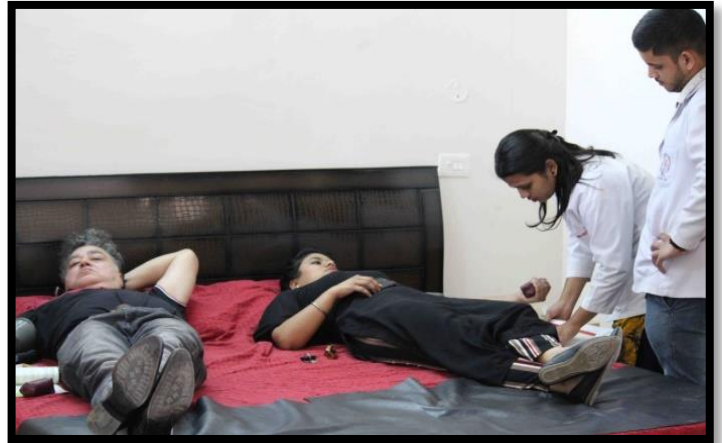
In order to create awareness in women regarding breast cancer, SMOHAR organized a breast cancer awareness program "walk and talk" at Sukhna Lake, Chandigarh on Saturday 25th August 2018. The walk and talk program discussed issues related to early detection and self-examination techniques of breast cancer. It was attended by 500 people. Awareness being the first step in early diagnosis of breast cancer and early detection being the key to reducing risk of mortality, SMOHAR team joined hands for this purpose and worked on spreading awareness about this burgeoning malaise affecting women.

During the program, the efforts were made to counsel the participants individually about self-examination technique of breast along with further diagnosis and prognosis of breast cancer. Brochures containing extensive information regarding breast cancer were distributed. The program was attended by people spanning all ages and the fact that people showed their interest was a heartening experience.

At the end of the talk, the participants were also requested to pass this message further and make everyone aware about breast cancer and its impact on the women in our society.

3. Blood Donation Camp

A 2019 Lancet Haematology report estimated that India has the largest shortage of blood units in the world. With 52.5 million units needed, only 11.3 million were supplied in 2017, a deficit of over 41 million. Encouraging blood donation among citizens can help in narrowing this deficit.



In that light, SMOHAR collaborated with the Rotary and Blood Bank Society Resource centre to organize a blood donation camp in Super Enclave, Sector 49, Chandigarh on 7th October 2018, from 10 a.m. to 2:30 p.m. The camp has managed to collect 68 units in that duration and made this drive a successful initiative.



The donors were selected as per donor selection criteria to ensure that the blood is received from healthy donors. Certificate of Donation, Refreshments, and token of appreciation were given to the donors.

During the donation, donors were appreciated for their contribution in saving precious lives and they were also encouraged to donate regularly.

4. Menstrual Hygiene and Adolescent Health Awareness Workshop

Menstrual and Adolescent health awareness (MAHA) is an extremely serious issue which requires to be addressed as unfortunately, there is an uncomfortable silence and a strong sense of shame associated with it. It has been observed that girls are skipping schools during their menstrual phases. Hence, SMOHAR took up the initiative of trying to eliminate the social stigma attached with menstruation. On 13th Oct 2018, a MAHA workshop was organized in Government School, Kotputli, Rajasthan.



As a part of the programme, SMOHAR initiated a dialogue with adolescent girls in rural areas. It turned out to be a mega event with 900 girls and teachers participating in a 3-hour interaction. The response was encouraging with multiple teachers stating that it was an eye-opening experience for them as they learnt important aspects of menstrual hygiene. Since many participants were not comfortable with asking their questions openly, personal and group talks were also organised. The interaction emphasized on the need to understand body processes.

The focus questions of the workshop were -

- Why do girls start menstruating?
- How is it essential for reproduction?
- How is this linked with ovulation and hormonal cycle?
- What are the causes of dysmenorrhea and what can we do to address that?
- How to know the normal discharge?
- How to manage the blood and available methods?

- Important tips for maintaining cleanliness.
- Common problems being faced by girls.

To deliver the message, various methods like power point presentation, demonstration of available methods for managing continuous blood flow and pictorial representations on methodologies for maintaining cleanliness were used.

Interaction with girls resulted in understanding the problems associated with dysmenorrhea and this was a burning concern among many girls in the group. Home remedies for dysmenorrhea were also shared.

The meeting finished with a vote of thanks by the school principal to the SMOHAR team for addressing this vital issue.

5. Enhancing 'Rashtriya Bal Swasthya Karyakram' scheme in Solan district

SMOHAR undertook a three month project called “Enhancing Rashtriya Balak Swasthy Karyakram (RBSK)” in Solan District of Himachal Pradesh with the support from the state government and in association with “Cerner India” and “AddressHealth Solutions India Pvt Ltd.”



The state of Himachal Pradesh today operates a full-fledged Rashtriya Bal Swasthya Karyakram (RBSK) program, employing close to 161 mobile health teams. In 2017-18, these teams completed close to 976,000 screenings. Despite the phenomenal

scaling up of the program, the state has made minimal investments in technology and program management of RBSK.



To address this issue, the project intended to introduce value-added services to improve quality, efficiency and effectiveness of the Rashtriya Bal Swasthya Karyakram Scheme in the state. Methodologies included - streamlining the planning and the screening process, improving the skill level of screening teams, enhancing measurement and monitoring mechanism, strengthening the

follow-up mechanism. Cerner in association with SMOHAR, piloted its software-app specifically designed for the RBSK program in Solan district of Himachal Pradesh state. SMOHAR recruited 13 associates as Kiosk Owners and Adoption Coaches who worked on this application with the respective RBSK Teams.

Overall, the pilot project was a success. Feedback from multiple stakeholders indicated that the new system was well-received by field workers, their managers and program officials. The project was able to demonstrate enhancement of the RBSK program at multiple levels successfully. It also acted as a push for the adoption of the system across the entire state.

6. Co-curricular Activities with Underprivileged Children

Well-being of underprivileged children has been at the forefront of SMOHAR's objectives. As a part of this, SMOHAR organised a few co-curricular activities in Shaheed Udham Singh Slum on November 4, 2018. For the inaugural event, Balraj Sharma, a magician amazed the young audience with his crafty tricks. The tricks of the magician left the children spell bounded. All and all, the kids had an enjoyable time.



Following this, Dr Ratnali Mahal, a consultant with SMOHAR, delivered a lecture on the basic preventive measure against outbreak of diseases which is a healthy lifestyle, hygiene, and sanitation. She engaged the kids so effectively that the kids enjoyed and had fun during the lecture. She majorly

focused on waterborne diseases, their basic prevention and cure at the personal level. She also gave kids basic information like why washing hands are so much important to live a healthy life. A quiz was organized and the winners received gifts.

A Diwali themed painting competition came next in line and children displayed the same enthusiasm for the same. Children channeling their creativity to come up with the best of the designs was a beautiful sight. Prize distribution was done, and a small token of gifts was also given to the participant as appreciation.

7. Dental Checkup and Oral Health

Awareness camp

Government data shows that 60% of the Indian population suffers from tooth decay while 85% are affected by periodontal disease. The data for school children paints a darker



picture – 70% of them have been afflicted with tooth decay. With oral cancer accounting for 30% of all cancers in India, the country is being called the world capital of oral cancer. Data suggests that dental hygiene has been a neglected aspect of the population's lifestyle, which is why SMOHAR conducted an awareness campaign to address the issue.

Dental Check-up and Basic Hygiene awareness camps were conducted on 22nd and 29th November 2018, from 12:30 P.M to 2:00 P.M. at Tegharia Shikshayatan High School, Tegharia, Kolkata by Dr Supratim and Dr Swagata Das, assisted by Farhan and Babai. 58 Students were screened during the program.

Brushing techniques, hygiene related tips, and general oral health methods were explained during the camps. Students were counselled on maintaining dental hygiene and were encouraged to adopt healthy oral habits. At the end of the camp, the student's response was positive.

8. Slum-related Activities

The 2011 census shows that 1 in every 6 Indians lives in unsanitary slums and almost one-third of the slum have no indoor toilets. Overcrowded homes, sanitation woes, inadequate income, water deficiency, contaminated water and other acute problems make their life more miserable and vulnerable to diseases.

SMOHAR in its endeavor to bringing about a change in their living conditions, has started a slum-adoption exercise. SMOHAR adopted Shaheed Udham Singh Slum and started necessary interventions to uplift the standard of living. In order to understand the baseline situation and suggest remedial action for this village, SMOHAR has done situational analysis using personal interviews, data collection followed by data analysis and intervention planning. This helped in initiating various interventions like tasks related to the hygiene, sanitation and water problems for the slum residents.

9. Digital Awareness Programme

Global Digital Population is growing faster and billions of us are active users of the internet and social media.

SMOHAR is utilizing this platform in its best effective way to digitally educate the population on various health concerns. This is a convenient and quicker way of approaching the large number of populations. SMOHAR is also planning to utilize innovative ways like taking live streaming sessions, small informative videos, FAQs etc.

10. Blanket Distribution Drive

Human Rights groups have suggested that Indian streets host more than 4 million homeless people. In this endeavor, SMOHAR organized a mid-night rally for underprivileged and homeless people in and around Jaipur city. The silent drive was held on the 29th midnight till 4:30 am in the morning.



The drive began from the statue circle and covered major areas like Ajmeri gate, Chaura Rasta, Collectorate circle Bani Park, Durgapura railway station area, Birla Mandir, Amarapura and main railway station and hospital areas.



During the drive, members distributed blankets to people sleeping on the roads or footpaths without warm clothes or blankets in the chilling weather. Efforts were made to give the blankets without waking them up.

People were requested to come forward to donate old/new blankets and quilts through a social media campaign by using the tagline “Let’s be a Santa this time”.

The commendable efforts made by the Jaipur Team to make this winter a little warmer for those who are in need, was successful. As a result, more than 250 homeless people sleeping on footpaths and corridors, rickshaw pullers, vendors etc. were benefitted from the activity. Many volunteers joined the drive and they felt satisfied, celebrating this New Year in the different and generous way.

11. Blood Donation Camp

After a successful Blood Donation camp last year, SMOHAR activists went ahead with its second camp on 28th April, 2019. 20 volunteers actively participated to make sure the activity gets the desired results. The event saw a participation of around 70 people and 48 units of blood were collected. Alongside, SMOHAR volunteers also educate the attendees on the benefits of blood donation and motivated them to attend future camps and contribute for the good cause.

12. Sanitary Pad Distribution Drive

Talking about Menstrual hygiene or sanitary pads have long been thought of as a taboo in the Indian society, especially in the rural areas. The issue of relegating it as a taboo has effectively been brought up in a recent Bollywood movie - 'Toilet.' It is estimated that 82% of the women in our country use leaves, dirty, worn out pieces of cloth or at time, nothing while menstruating. SMOHAR anticipates that most women begging or selling minor products on the streets might not have seen a sanitary pad in their lives.

Accepting this responsibility, SMOHAR on 22nd September 2019, successfully conducted a sanitary pad distribution and menstrual hygiene awareness drive at 117 sector slum area, Mohali. A total of 750 sanitary pads were distributed. The objective of this initiative was to make the women aware of how precious their bodies are and the role of sanitation in reducing vulnerability to diseases.

13. World Heart Day events

ON 29th September, the globe celebrated World Heart Day. WHO informs that cardiovascular diseases (CVDs) are responsible for 17.9 million deaths every year, forming 31 percent of all global deaths. The major causes are - tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol.

On the occasion of World Heart Day, SMOHAR organized a workshop in Mohali, Punjab to educate people on how to take care of their heart. Dr. Deepak Puri, senior cardiac surgeon with Max Hospital was invited as the Chief Guest. He gave a lecture to an audience of 150 families, giving them tips on cardiac health and made them aware of cardiovascular diseases.

In addition to this awareness program, SMOHAR also conducted exercises wherein women and men of all age groups participated. Session comprised of yoga, dance and Zumba. The attendees found the workshop beneficial and suggested that such workshops should also be organized in the future.

Another event was organized in Jaipur, a heart day talk at Central Park. Along with the SMOHAR team, Dr. Manish discussed tips to lead a "Heart Healthy" life. The team also discussed the increasing prevalence of breast cancer, educating people on breast cancer examination techniques. We believe that this activity will benefit a lot of people.

14. Diwali with Critical Pediatric patients

Pediatric Health is a pertinent health issue in India, given its relatively young population and underdeveloped health facilities. According to National Family Health Survey, 80 percent of Indian children aged 12-23 months are anemic. India accounts for almost 43 percent of underweight children.



On 26th October 2019, SMOHAR team organized a gift distribution and fun activity in PGIMER Chandigarh, where SMOHAR volunteers spent a day with more than 100 kids undergoing critical pediatric treatment and gave them Diwali Gifts. Three critical patients were identified and were also provided with financial support for their treatment.

15. Promoting Digital Education

With increasing mobile and internet penetration in India, experts say that digital education is going to be the future of Indian education system.

SMOHAR intends to promote digital education in India. There are multiple benefits of digital learning in transforming a child's life like - Motor Skills, Decision Making, Visual Learning, Cultural Awareness, Improved Academic Performance, and Inventiveness etc. On 12th Dec 2019, a smart LED TV was donated by SMOHAR to Primary School, Magra, Punjab.



16. Blanket Donation Drive

'This winter let's feel the warmth of someone's heart, who needs your help to escape from cold'

With the above call for support, the Jaipur SMOHAR team was again at the streets on 27-28th December, distributing blankets to the needy on a cold winter night. The team covered multiple locations in Jaipur – Mansarovar Madhyam Marg, Durgapura, Gandhinagar, 22 Gaudam, C-scheme, M.I road, Amrapura, Chaura Rasta, SMS Hospital, J.K Lon Hospital and JLN Marg.

In some cases, the team found people with sleeping on newspapers or directly on the cold pathways, they were given 2 blankets. Extra blankets were distributed to children sleeping without any form of bedding and people sleeping on wet surfaces. Similar distribution activity was done in Kotputli, Rajasthan where SMOHAR team distributed more than 40 blankets.

Articles by Members

Prevention of Oral disease in the Indian context - Dr. Supratim Pal

Introduction

As of 2017-18, the Indian population has reached a staggering 1.36 billion which is around 17% of the world population. Recent reports state that around half of this population suffers from some form of oral disease. 90% of adults in India have gum disease. 50% of adults don't use brushes and 70% of children below the age of 15 have cavities. (Source: dmdtoday.com). Nebi.org states that India is an oral cancer capital.

DCI website states the number of registered dentists to be 253339 till date. This implies that there is one dentist per 5370 people. So it is imperative that prevention is taught and followed by the general population since childhood to minimize the disease burden.

In rural areas, it is one dentist per 1.5 lakh people compared to one per 10,000 people in urban areas. (Source: World Health Statistics 2004)

Major causes of oral diseases

1. Improper diet: Refined carbohydrate and sugary diet is the main cause of cavities. For example, biscuits, chips, chocolates, etc.
2. Lack of awareness: Many people do not use brushes. Some people don't feel the need of going to a dentist for a regular check-up.
3. Tobacco use: Smoking and chewing tobacco products is the single largest reason for oral cancer.
4. Poor access to Oral professionals: Majority can't access private dental health care. Most government hospitals in rural areas neither have the infrastructure nor the required professionals.

Prevention

1. Training of would-be parents: Making them understand the importance of oral hygiene right from birth till adolescence.

2. Timely check-ups and frequent follow-ups: Half-yearly check-ups and follow-ups of the advised treatment. Proper referral of children in case of serious/complicated cases.
3. Diet: Gradual shift from refined carbohydrates to home-made food and fiber-rich diet is necessary. Reduction in the frequency of consumption of cavity prone foods between meals.
4. Prevention of smoking/tobacco chewing
5. Improved personal hygiene: Twice a day brushing, massaging of gums, etc. are very much important in preventing oral diseases.

Conclusion

Keeping in mind the facts stated above, it implies that the best way for us Indians to reduce the burden of oral diseases is to focus on prevention. Also, prevention will become important when awareness about oral diseases and conditions increase. Responsibility of oral health lies on both the government as well as the citizens.

TB “a serious concern” - Dr. Bharat Kumar

Tuberculosis (TB) is airborne bacterial infection spreads from person to person and usually affects the lungs (Pulmonary TB), although it can spread to other organs around the body (Extra Pulmonary TB). Generally, Doctors make a distinction between two kinds of tuberculosis infection, latent and active.

- Latent TB - the bacteria remain in the body in an inactive state. They cause no symptoms and are not contagious, but they can become active.
- Active TB - the bacteria do cause symptoms and can be transmitted to others.

About one-third of the world's population is believed to have latent TB. There is a 10 per cent chance of latent TB becoming active, but this risk is much higher in people who have compromised immune systems, i.e., people living with HIV / Malnutrition / people who smoke.

The estimated incidence of TB in India was approximately 28, 00,000 accounting for about a quarter of the world's TB cases. In 2017, India re-estimated its national figures of the burden of Tuberculosis incorporating information from a wider range of sources. The major additional information source is the private sector notification seen throughout the

country and in certain project locations with interventions targeted at private sector notification.

India has the Revised National TB Control Programme (RNTCP) which is an on-going Centrally Sponsored Scheme, being implemented under the umbrella of National Health Mission. The programme was initiated in 1997, covered the entire country in 2006. The programme, since then, has achieved a global benchmark of case detection and treatment success and achieved millennium development goals in 2015 of halting and reversing the incidence of TB.

Under this program, the recent updates like the expansion of Daily Regimen for treatment of TB across the country; scale-up of Bedaquiline; conditional approval of Delamanid; release of guidelines on PMDT in India; National ToT guidelines on PMDT and introduction of MERM boxes took place in 2017 which made revolutionary changes in the program.

One of the landmark achievement of program in 2017 is approval of bold and ambitious National Strategic Plan (NSP) 2017-25 for TB Elimination which is a framework to provide guidance for the activities of stakeholders including the National and State Governments, Development Partners, Civil Society Organizations, International Agencies, Research Institutions, Private Sector, and many others whose work is relevant to TB elimination in India.

The program has put in several patient-centric systems such as ICT based adherence monitoring, increasing the breadth of treatment and social support options available to people affected with TB, expanded laboratory capacity and policy for detecting drug resistance. The program is currently scaling up its policy of Universal DST whereby all cases diagnosed with TB will receive a minimum of Rifampicin and Isoniazid resistance testing. The programme adopted a Direct Benefit Transfer (DBT) mechanism for the transfer of monetary support and incentives to patients. This will ensure the funds reach rightful recipients promptly.

Some remarkable strategies like reaching the unreached through Active Case Finding (ACF) campaign which focuses on clinically, socially and occupationally vulnerable populations and shifting from passive to active case finding along with passive case finding in the community made the TB elimination goal much stronger.

There are many modifications that took place in the diagnostic approach for drug sensitive and drug resistant TB cases. TB C&DST laboratories under RNTCP Lab Network are equipped with different diagnostic technologies for DR TB diagnosis, which include Solid/Liquid Culture DST or Line Probe

Assay. Decentralization of equipment for the diagnosis of TB and Rifampicin resistance (CBNAAT machines) has been a significant step.

Genome sequencing facilities are being established at six Reference Laboratories, for surveillance of drug resistance, for providing information on transmission dynamics and molecular epidemiology. First National Drug Resistance Survey results showed the rates of MDR among new TB patients to be 2.84% and that in previously treated to be 11.60 %. CTD has developed a web-based application "Nikshay Aushadhi" for the management of Anti TB Drugs and other commodities under RNTCP.

We being a highly populated country having the burden of globally second largest killer TB, achieving elimination by 2025 is a very ambitious goal. However, the current efforts like private sector engagement, vigorous, active case finding, affordable and accessible health systems, feasible newer diagnostics, newer drugs with lesser side effects, fight against MDR/XDR, Advocacy against stigma and last but not least community & political commitment together can give a try for the accomplishment of this Goal so-called "TB ko Bhagao.... Desh Ko Bachao."

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Volunteer Presence of SMOHAR:

