

## AAGHAAZ



## MESSAGE FROM THE DESK

Dear Readers,

At the outset, I take this opportunity to introduce ROOTS FOR BEING to you. ROOTS came into existence in 2017. Since then with our continuous efforts we are working for the betterment of society and environment. At ROOTS, we believe that providing a pollution free environment & a better society to our future generations is everyone's responsibility. We are putting continuous efforts in this direction. We organize plantation drives, awareness campaigns & workshops to contribute our bit of share towards a healthy & Green Panjab.

During last 1.5 years world has fought with pandemic on one hand & economic slow down on the other hand. This alarming situation has forced us to think about real meaning of life. Humans have always been curious to know more but at the same time no creature has proven to be as destructive as humans are. In the race of earning money, humans have done massive destructions. Today, our oceans are polluted & air is suffocated. In the name of development, we have cut down our forests and the wild animals have started migrating towards urban areas. The viruses they carry have also started affecting human lives. Rest, we all are aware that COVID-19 has affected our lives badly.

It's high time to understand that we will have to shift towards our traditional practices. Humans have contributed a lot towards destruction of nature & now nature is giving it back to us. At ROOTS, let's pledge, that from now onwards we will start putting our efforts towards serving Mother Nature. Let's plant trees and motivate others as well.

With this, I bring out the first edition of "Aaghaaz-the beginning" Stay tuned with us!

Akashdeep Singh  
President

# ROOTS IN ACTION VIRTUALLY

## MENSTRUAL HYGIENE DAY-2021

ROOTS FOR BEING organized online webinar on occasion of Menstrual Hygiene Day-2021. The day is celebrated every year world wide on May 28 .

The objective of celebrating the day was to create awareness on menstrual hygiene among masses. The theme of the webinar was "Menstruation: A Taboo that needs to be Addressed". 100 participants from different colleges of Punjab attended the webinar. Dr Manjula Singhal was the guest speaker. In her address to the participants she emphasized on hygiene practices and motivated the participants to open up and discuss their problems related to menstruation.

**ROOTS**<sup>®</sup>  
for being...  
ਇੱਕ ਕਦਮ ਆਪਣੇ ਮੂਲ ਵੱਲ

**ROOTS FOR BEING...**  
Celebrates  
Menstrual Hygiene Day

**WEBINAR**  
Menstruation: A taboo that needs to be addressed

**May 28, 2021**  
4pm - 5 pm

**Platform: ZOOM**

**INAUGURAL**  
Ms. Kamaljit Kaur  
General Secretary, ROOTS  
Environmental, Motivational speaker

**GUEST SPEAKER**  
Dr. Manjula Singhal  
MD Obstetrics-Gyn

Free Registration @ [www.rootsforbeing.org](http://www.rootsforbeing.org)

# World Environment Day-2021



World Environment Day is celebrated on June 05 every year. ROOTS organized an online webinar cum workshop on June 02, 2021 to mark the day. The topic of the webinar was "Ill effects of plastic on human health & Environment". Mr Akashdeep Singh, President, ROOTS presided the webinar. In his address, he emphasized that for a healthy life and a better world one should stop the usage of plastic. 100 participants from different schools/colleges participated in the webinar.

Guest Speaker Meenal Verma, Winner of Water Hero Award, GOI, gave tips to upcycle the plastic bags. She insisted that we should adopt the concept of zero waste. She demonstrated that how the plastic bags, chips wrappers & empty milk bags can be converted into beautiful bags and mats.

Kamaljit Kaur, General Secretary, ROOTS for being in her address to the participants said that ROOTS will keep organizing programs/awareness campaigns to stop the usage of plastic. She further said that soon ROOTS will organize workshop on Best out of waste.



# World Food Safety Day-2021

World Food Safety Day is observed on June 07 every year. ROOTS FOR BEING organized an Online Webinar on the theme "Safe Food Now for a healthy tomorrow". The event was organized in collaboration with National Finishing & Cookery Institute, Jalandhar. The objective of the webinar was to provide knowledge on detection, prevention and management of food borne diseases. An online Poster Making Competition was also organized. Students from all over India participated & submitted their posters.

Ms Anjna Joshi, Director, NFCI Jalandhar was the guest speaker at this occasion. During her talk, she emphasized on food safety and good eating habits. She said that 1 in 10 people all over world fall ill by consuming contaminated food. She also talked about the causes and prevention measures.

**ROOTS FOR BEING...**  
In Collaboration With  
**National Finishing & Cookery Institute**  
Organizes

FREE WEBINAR

**WORLD FOOD SAFETY DAY-2021**

Theme: Safe food today for a healthy tomorrow

**Speaker**  
**Anjna Joshi**  
Director at NFCI-  
Entrepreneur-Reiki Grand Master

07 JUNE 2021 | 04.00 TO 05.00 PM | LIVE ON ZOOM

**REGISTER @**  
[www.rootsforbeing.org](http://www.rootsforbeing.org)

**ROOTS** for being...  
ਦਿੱਖ ਕਰਮ ਆਪਣੇ ਮੂਲ ਵੱਲ

**NFCI**  
The Culinary Institute of India

Mr Akashdeep Singh, President ROOTS FOR BEING in his welcome address said that the objective of celebrating this day is to create awareness about food borne diseases. He said that healthy and safe food should reach every human being.




Ms Kamaljit Kaur, General Secretary, ROOTS present at this occasion said that United Nations in 2018 proclaimed June 7 as WORLD FOOD SAFETY DAY. She further said that approximately 93% of children all over the world consume junk/fast food, which is worrisome. She said that we should adopt good and safe eating habits.

# POSTER MAKING COMPETITION

On the Occasion of World Food Safety Day -2021, a Poster Making Competition was organized. More than 50 students participated in the competition from all over India. The winners were awarded attractive gifts, e-certificates and special course on cooking by NFCI.



## OUR WINNERS

Name of winner	Name of School	Poster	Position
Jass Kaur	St Andrews Scots School , Jagatpuri ,New Delhi		<b>FIRST</b>
Arshpreet kaur	GGSSSS lohian khas jalandhar		<b>SECOND</b>
Gurmanjot kaur	Major Ajaib Singh Convent School, Faridkot		<b>THIRD</b>
THIYAKSHWA SURESHKUMAR	SBOA School, Chennai		<b>CONSOLATION</b>

# World Day to combat Desertification & Drought-2021

ROOTS organized webinar to mark World Day to combat Desertification & Drought on June 07, 2021. The theme of the webinar was " Punjab- At the verge of Desertification". On this occasion Bhai Mandheer Singh from Agriculture and Environment Centre & Mr Akashdeep Singh, President, ROOTS addressed the participants. More than 100 participants attended the webinar .



**World Day to Combat Desertification and Drought**

**FREE WEBINAR**

**PUNJAB: AT THE VERGE OF DESERTIFICATION**

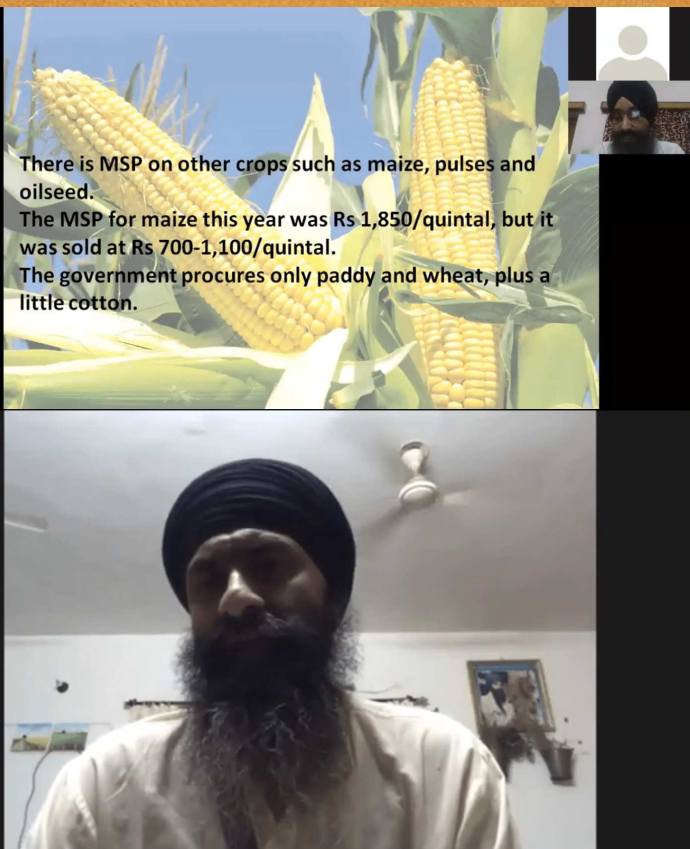
Bhai Mandheer Singh ji  
Agriculture & Environment Centre

S. Akashdeep Singh  
ROOTS FOR BEING...

Platform: ZOOM

Free Registration  
@www.rootsforbeing.org

**June 17, 2021**  
India-7pm-8pm



Mr Akashdeep Singh, President ROOTS during his address highlighted the various reasons of desertification. He further said that if the malpractice to grow paddy crop will not stop, we will be responsible for converting the land of Punjab into a desert.

Guest Speaker Bhai Mandheer Singh ji in his address said that one of the primary reason of desertification is modern agricultural/farming practices. Paddy crop takes thousand litres of water to grow. It is resulting in depletion of underground water. He further said that decrease in rain fall has also lead to deterioration of soil, which ultimately results in desertification. The need of the hour is to return to our traditional farming practices and to conserve water resources.

# International Day Against Drug Abuse & Illicit Trafficking

ROOTS FOR BEING organized a webinar in collaboration with KC School of Management & Computer Applications, Nawanshehar. More than 100 participants attended the webinar.

Ms Kamaljit Kaur, General Secretary ROOTS in her welcome address said that ROOTS is Committed for the betterment of society. She further said that a drug addict needs emotional support of his/her family members and friends to get rid of drugs.



**JUNE 26, 2021**

**International Day**  
Against  
**Drug Abuse & Illicit Trafficking**

**WEBINAR**  
Theme: Share Facts on Drugs *Save Lives*

**Platform: ZOOM@7PM**

Free Registration @[www.rootsforbeing.org](http://www.rootsforbeing.org)

Mr Akashdeep Singh, President, ROOTS in his introductory remarks said that one should take directions from Gurbani to live a happy drug free life. He further said that to keep youth away from drugs it is essential to conduct awareness campaigns & Nukarh Nataks so that youth may understand that how drugs not only spoil their lives but also affect whole family.

Dr Deepali Gul, MD, Psychiatry, PIMS was the Guest Speaker on this occasion. Addressing the participants she said that the major problem is lack of awareness about the long term effects of drugs. She further said that to meet the daily requirement of drug dosage youth shifts towards criminal activities. She concluded that a drug addict should be dealt with love & care. Parents and family members should keep an eye on their children. She also answered the queries of participants.

Mr Ankush Nijhawan, Principal, KC School of Management & Computer Applications, Nawanshehar was also present on this occasion. He said that the issue of Drugs and Illicit trafficking needs utmost attention. This is high time to take serious initiatives to save the youth from drugs. He further said that he & his college will always come forward for any social activities organized by ROOTS in future.

# Workshop- Make Bio Enzymes at Home



ROOTS FOR BEING organized a workshop in collaboration with Swabhlambhi. 195 participants attended the workshop. The objective of the workshop was to create awareness about how chemicals that one uses on routine basis can be replaced with bio-enzymes.

Ms Kamaljit Kaur, General Secretary in her introductory remarks highlighted the work & achievements of ROOTS.



WORKSHOP- MAKE BIO-ENZYMES AT HOME (KEEP YOUR HOME CHEMICALS FREE)

WHAT IS  
FERMENTATION?

- Fermentation is a metabolic process that produces chemical changes in organic substrates through the action of enzymes. In biochemistry, it is narrowly defined as the extraction of energy from carbohydrates in the absence of oxygen
- Aerobic & Anerobic
- From Food to Flight everything is a product of fermentation.



Ms Balwinder Kaur, Founder, Swabhlambhi addressed the participants about the harmful effects of chemicals and emphasized on reducing their usage.

Resource person Mr Shrikanth RG the famous Youtuber & blogger demonstrated the procedure of making bio-enzymes at home. He said that by not using chemicals we may move a step ahead towards a holistic life. He further added that use of bio enzymes not only has health benefits but is also environment friendly.



# ROOTS<sup>®</sup>

*for being...*



ਇੱਕ ਕਦਮ ਆਪਣੇ ਮੂਲ ਵੱਲ

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