

Mission Vijay



Since 1963

COMMUNITY WELFARE CAMPAIGN



Dr. Vijaykumar S. Shah

PADMASHRI AWARDEE

Padma Awards

1992 INVESTITURE CEREMONY-II

RASHTRAPATI BHAVAN,NEW DELHION,MONDAY, THE 6TH APRIL,1992







PADMA SHRI

DR. VIJAYKUMAR SWARUPCHAND SHAH

An eminent dental surgeon, Dr. Vijaykumar Swarupchand Shah has rendered valuable service to the society by way of his numerous oral health campaigns in rural areas.

Born on January 22, 1940 at Sangli, Maharashtra, Dr. Shah owns a Dental Hospital in Sangli and has founded a Community Health Service Centre at Sangli. Since 1966 he has been working with full dedication and missionary zeal in a field very few people have ventured. He has so far conducted 587 camps in 1965 villages and towns of 50 districts in Maharashtra, Gujarat, Karnataka and Goa and rendered free services to more than six lakh people, a large portion being children. In these camps, he educates and emphasises the importance of national integration, environmental awareness and abstinence from alcohol and narcotics. He has always stressed the inevitable relation of pan-chewing and tabacco consumption with dental ill-health. In the camps, he performs community service in public health, dentistry, health education, consultation, treatment and research. He has done surgical operations free of cost and successfully trained over 15000 volunteers to enlighten the masses about general health. One of his major achievements has been training of auxilliary workers in the Dental and utilising them in the camps in several villages to propagate oral hygiene. Believing in an integrated approach to child development, Dr. Shah also works with children to achieve environmental awareness. He has arranged an exhibition of posters, slides and photographs that informed about dental health. The exhibition is based on the history of dental health. He has also contributed oral cancer detention, prevention and treatment. He has carried out flouride level survey of drinking water of villages and towns. He has participated in the National Service Scheme for educating young through the dental camps and extended the same to the society at large.

Dr. Shah is Vice-President, Maharashtra State Dental Council; Honorary Consultant and Head of the Department (Dental Surgery), General Hospital, Sangli; Adviser, Shivaji University, Kolhapur; V.P. Dental College, Sangli; Adult Education, Sangli Distt. Committee; Fellow, International College of Dentists (U.S.A.); Royal Society of Health (London); Academy of Dentistry International (U.S.A.); Pierre Fauchard Academy (U.S.A.); International Association of Oral & Maxillofacial Surgeons (U.S.A.); Indian Academy of Implant Dentistry; Member, International Association for Dental Research.



Mission Vijay

1963-2026



COMMUNITY WELFARE CAMPAIGN

Health, Environment, De-addiction, Literacy National Integration

780 Districts in 28 States and 9 Union Territories in INDIA

Asia : Nepal, Myanmar, Bhutan, Bangladesh, Srilanka, Maldives, China, Indonesia, Vietnam, Cambodia, Jordan, Laos, UAE, Singapore, Pakistan, Brunie, Malaysia, Thailand, Armenia, Korea, Afghanistan, Philippines, Iraq, Iran, Lebanon, Turkiye, Yemen, Israel, Georgia, Hongkong, Japan.

Africa : Egypt, Seychelles, Mauritius, Reunion Island, Madagascar, Kenya, Tanzania, Gambia, Morocco, Algeria, Nigeria, Uganda South Africa, Ghana, Sierra Leone, Malawi, Delvin Island, Somalia, Congo, Senegal, Guinea.Zanzibar, Ivory Coast.

Europe : Estonia, UK, Luxembourg, Bosnia and Herzegovina, Russia, Mascow, Germany, Greece, Kosova, France, Austria, Ireland, Bulgaria, Portugal .

North America : USA, Canada, Costarica, Panama. **South America :** Peru, Bolivia, Chile. **Australia :** Australia, New Zealand, Fiji.



Dr. Vijaykumar S. Shah

PADMASHRI AWARDEE

BDS (Bom), PhD. (USA), DSc.(Sri Lanka), CDCH. (USA), Dr. Med. (Colombo), D. Litt (India)
DNM (Canada),PhD. (Italy), D.Litt. (U.K.), D. Litt (USA), FICD (USA), FRSH (London), FADI (USA),
FPFA. (USA), FIAOMS (USA), FISDR (INDIA) FRCP (Colombo) FRSPH (London) FTWU (UK)

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राष्ट्रीय एकता, पर्यावरण, आरोग्य नशामुक्ती साक्षरता अभियान



डॉ. विजयकुमार स्वरूपचंद शाह
(पद्मश्री पुरस्कारित)

BDS (Bom), PhD. (USA), DSc.(Sri Lanka), CDCH. (USA), Dr. Med. (Colombo), D. Litt (India)
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FPFA. (USA), FIAOMS (USA), FISDR (INDIA) FRCP (Colombo) FRSPH (London) FTWU (UK)

१६४, महावीरनगर, सांगली ४१६ ४१६ (महाराष्ट्र)
फोन (०२३३) २६२२३४७ मोबा. ०९८५०१५५१३७
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डॉ. विजयकुमार शाह का जनम ता. २२ जनवरी १९४०, स्वतंत्रता संग्राम में सक्रीय रहे हुए गांधीवादी परिवार में हुआ । सन १९६३ से आजतक हिमालय से कन्याकुमारी, कच्छसे कोहिमा तक और अंदमान से लेकर लक्ष्यद्वीप तक देश के २९ राज्यों, ६ केंद्र शासित प्रदेशोंसहित ७८० जिलो में श्रीलंका, मालदीव, म्यानमार, बांगला देश, नेपाळ, भूतान, चीन, यु. के., इजिप्त, जॉर्डन, इंडोनेशिया, व्हिएतनाम, कंबोडिया, लाओस, यु.ए.ई., सेशिल्स, मॉरिशस, रियुनियन आयलँड, मादागास्कर, केनिया, टांझानिया, सिंगापूर, ब्रुनेई, मलेशिया, थायलंड, लक्झंबर, पाकिस्तान, अमेरिका, गांबिया, मोरक्को, कोरिया, ऑस्ट्रेलिया, अफगणिस्तान, आर्मोनिया, इस्टोनिया, न्यूझिलंड, कॅनडा, नायजेरिया, फिलीपाईन्स, युगांडा, रशिया, इराक, इराण, लेबनॉन, तुर्की, येमेन, जर्मनी, ग्रीस, दक्षिण आफ्रिका, इस्त्रायल, जॉर्जिया, हाँगकाँग, जपान, घाना, सिएरालिओन, मलावी, डेल्विन बेट,सोमालिया, काँगो, सेनेगल कोसोवा, गिणी, मॉस्को, पेरू, बोलिव्हिया, फ्रान्स, आयव्हरी कोस्ट, ऑस्ट्रिया, झांझीबार, बल्गेरिया, चिली, कॉस्टारिका, पणामा, फिजी, ऑस्ट्रेलिया, आयर्लंड, पॅलेस्टाईन आदि देशों में १ करोड ९५ लाख ९७ हजार से अधिक छात्र, उनके गुरुजन और नागरिकों को व्यक्तिगत रूप से संमिलित करके समाजसेवा और समाजविकास का प्रयत्न कर रहे है। महाराष्ट्र शासन के समाजकल्याण विभाग का सहयोग उन्हे इस कार्य में प्राप्त हुआ है। उनके निजी प्रयत्न और इस विभाग के सहयोग के कारण वे महाराष्ट्र के २ करोड़ १९ लाख छात्रदूतों के माध्यम से उनके परिवार तक इस कार्य का लाभ पहुँचाने का प्रयत्न १९९७ से २०१४ तक किया है। सन १९९२ में उन्हे भारत के राष्ट्रपतीजी ने पद्मश्री पुरस्कार से सम्मानित किया गया। अब तक उन्हे ८१ डॉक्टरेट, ५३ फेलोशीप और १००० से अधिक पुरस्कार प्राप्त है। इसी तरह वे राष्ट्रीय, आंतरराष्ट्रीय स्तरपर कार्यरत संस्थाओं के सन्माननीय प्राध्यापक और सलाहकार की हैसियत से कार्यरत है।

।। पेड पौधे, हवा, पाणी, जमीन, चाँद, सूरज नही करते जात पात मानने की भूल। तो मानव क्यों करे ऐसी भूल; जब मानव है निसर्ग में एक फूल।।

अपने दांत, बदन की तरह अपना घर, आँगन, गली, गांव, हमेशा साफ सुतरा रखें। कौमी/राष्ट्रीय एकता के लिए जाती, धर्म भेद, भाषा, प्रादेशिकता भेद से अपने आपको दूर रखें और इसिलिए अपना मन भी पूरा साफ रखे। और इसी एकता के जरिये से अपने भारत देश को समृध्द और सामर्थ्यशील बनाएं।



- अपनी सेहत और सर्वांगीण विकास के लिए आपने निवास, निवासी परिसर, गली, सडक, गांव में वृक्षारोपण, वृक्षसंरक्षण, वृक्षसंवर्धन करना अपना कर्तव्य है। शुध्द परिसर के लिए घर में तुलसी भी अवश्य लगवाये। जंगल और जंगली प्राणी, पक्षी मात्र का संरक्षण भी करे और शुध्द पर्यावरण गतीमान करे।
- पानी कुदरत की अनमोल संपत्ती है। उसका उपयोग तोल मोल के करो। बारिश का पानी बांध से रोको। सार्वजनिक पानी की जगह कपड़े, जानवर मत धोना। पानी फिल्टर करो। कुडा कचरों से कंपोस्ट खत बनाओ। प्रयोग किया हुआ पानी पेड पौंधे को दिया जाए। रासायनिक खत का प्रयोग ना करे।
- पुराणे कपड़ो से कॅरीबॅग बनाये। प्लॅस्टिक बॅग का प्रयोग न करे । कागज का प्रयोग जरुरत के अनुसराही करे, रिसायक्लिंग कागज का प्रयोग करे। परिणाम स्वरूप वनकटाई कम होकर पर्यावरण की हानी कम हो जाएगी।
- घरों में धुवाँ न होने वाले चुल्हे, गोबर गॅस, सौर शक्ती का प्रयोग करें और लकडी का इंधन, बिजली, पेट्रोलियम पदार्थ की बचत जरुर करें।
- घर में प्रयोग होनेवाले रेडियो, टी. व्ही. लाऊडस्पीकर के आवाज कम से कम रखें। पटाके भी कम आवाजवाले हो।
- अपने वाहन (स्कुटर, मोटरसाईकल, कार या ट्रक आदी) का धुवाँ और अपने बीडी सिगार का धुवाँ अन्य जनों के लिए अत्याचार न बनने दे। इस बात का खयाल आप जरुर रख सकते है। रस्ते या खुली जगहरपर थुँकना बंद करे और अपनी बिमारी को अन्य जनों तक न पहुँचाए।
- एडस्– हां, एडस् पर आप नियंत्रण रख सकते है। डिस्पोजेबल सीरिंज और सुहयों का प्रयोग करें। अगर खून की जरुरत हो तो एडस् (एचआयव्ही) मुक्त ही हो। अपने जीवन नैतिकता जरुर होनी चाहिए, उसका बड़ा मोल है।
- पोलिओ खुराक देकर बच्चों को उससे दूर रखें। त्रिगुनी लस मात्रा टीबी लस मात्रा बच्चों को जरुर दी जानी चाहिए।
- रक्तदान बड़ा ही श्रेष्ठ दान है। रक्त देकर आप जीवनदान भी दे सकते है।
- अंध व्यक्ती के लिए आप मृत्यू पश्चात नेत्र ज्योती के साथ अवयव दान देकर पुण्य संचय भी कर सकते है।
- बच्चों की प्राथमिक शिक्षा जरुरी है। लोगों को उसके लिए प्रवृत्त करें। प्रौढ साक्षरता के लिए भी अपना योगदान जरुर दे। देश की आबादी जो दिनबदिन बढ़ रही है। उस पर रोक लगाने के लिए सरकारी प्रयत्नों मे हाथ बढाएं और देश की प्रगती का मार्ग मजबूत करें। इससे प्रगती में आनेवाली बाधाएं दूर होती है। लोगों में श्रध्दा जरुरी है, लेकिन व अंधी नही होनी चाहिए। अंध श्रध्दा रोकने का जरुर प्रयास किया जाना चाहिए। विकलांग व्यक्ती की मदद करे, इनकी सेवा करें।

राष्ट्रपति भारत गणतंत्र संदेश

अपने देश के छात्र छात्राओं के प्रति अपने कौमी / राष्ट्रीय एकता, बंधुभाव जैसे मूल्यों की दृढता बनाए रखने के लिए, साक्षरता और पर्यावरण रक्षा, आरोग्य संवर्धन के लिए दिया हुआ संदेश पढ़कर हमे बड़ा आनंद हुआ। इस संदेश के कारण विविधताओं में बंधा अपना देश और मजबूत समृध्द हो जाएगा और छात्र, छात्राओं में जागरुकता निर्माण हो सकती है।

आपका यह संदेश और उसकी माध्यम से जो काम आप कर रहे हैं वह निश्चितही प्रशंसनीय है। भविष्य में ऐसा ही कार्य और देश सेवा आपके हाथों होती रहे, इसलिए हमारी शुभ कामनाएं आप के साथ सदा रहेगी।

नई दिल्ली, १९ जुलाई २०१०

(प्रतिभा देवीसिंह पाटील)



संकल्प के साथ प्रतिग्या

मैं अपने देश की एकता, बंधुता और मजबूत होने के लिए कटिबध्द रहूँगा। पर्यावरण रक्षा और संवर्धन हेतू वृक्ष काटना बंद करूँगा। वनवृध्दी पर्यावरण संतुलन बनाने का प्रयास करूँगा। अपने घर में आँगन में तुलसी का पौधा जरुर लगाऊंगा। घर और परिसर में वृक्ष लगाने, बढ़ाने में मदद करूँगा। और वन्य जीव, पशु-पक्षियों की रक्षा करके सहायता करूंगा। पानी, बिजली की बचत, कागज की बचत करुँगा। प्लॅस्टिक के बॅग का प्रयोग करना बंद करुँगा। स्वच्छता के अभियान में सक्रिय रहूँगा। सुपारी, तंबाखूजन्य पदार्थ, मद्य, दारू, नशीले पदार्थ सेवन कभी नही करुँगा और अन्य जनों को भी उससे दूर रहने के लिए प्रवृत्त करूँगा। एड्स प्रतिबंधक जागृति अभियान में सक्रीय रहूँगा। राष्ट्रीय सर्व शिक्षा अभियान और प्रौढ साक्षरता अभियान के सक्रीय रहकर उसे बनाए रखने में वचनबध्द रहकर प्रयत्न करूँगा। अपना देश और मजबूत और महान बनाने में योगदान जरुर दुँगा, जय हिंद!

अपने आप और परिवार, समाज के लिए देश के लिए उपरोक्त उपक्रम अभियान में सहयोग देकर समाज विकास करे।



मौखिक आरोग्य शिक्षा अभियान

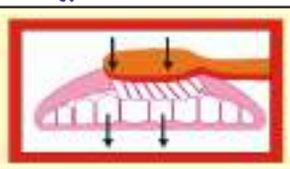


दात अपने शरीर की अनमोल संपत्ती है। उसकी रक्षा करना अपने ही हात मे है। अपने दात का ख्याल रखनेसे निसर्ग से मिली इस संपत्ती अपने जीवन के अंत तक आपकी साथ कर सकती है और इसी कारणवश आप कृत्रिम दात टाल सकते है। इसी लिए आपके खास प्रयत्न की जरूरत है।

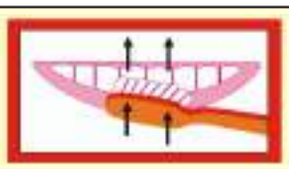
* अपने मुँह में मजबूत मसूडे और दात अपने जीवन की नीव है। इसलिये मसूडों और दांत की खास निगाह रखना जरूरी है अगर आनाकानी की तो आप अपने दात गवाँ सकते है। और तबियत पर विपरित परिणाम हो सकते है। इसी लिए बच्चे की उम्र के दुसरे सालसे दातोंकी जाँच जरूरी होती है।
* मौखिक आरोग्य के लिये, गन्ना, साग, तरकारी अलग अलग दाल, निंबू, इमली, टमाटर, गाजर, कचूमर, शंकरकंद, सेब, केला, आदी फलाहार , चना, सोयाबीन, मूँगफली जैसे पदार्थ–सेवन जरूरी है। और चॉकलेट, चिक्की, गोलियाँ, बिस्कीट, टॉफीज, चिकनी मीठी चीजे, सोडा, कोला के सेवन से दांतो की हानी होती है और दांतो के रोग जड़ जाते है।
* सडे हुए खराब दांतोपर दंत वैद्यक की सलाह जरूरी है। ऐसे दांतोको दंत वैद्यक से क्लीन करना और उनमें चांदी या सिमेंट, कांपोझिट जैसे पदार्थ भरा लेना भी जरूरी है।
* दांतोंपर फ्लॉग या टार्टर जमा होना मसूडोंसे खून/पस आना मसूडोंका सूजन और असहय वेदना हो तो दंतवैद्यकी सलाह जरूरी होती है। और सालमें कम कसे कम एक बार अल्ट्रॉसानिक मशीन से दातसफाई कर लेना चाहिये।
* उंगली या अंगूठा चूसना, निचले और उपरवाले दांतोबीच जीभ रखना, दांत चबाना, बचपनके दूध के दांत ठीकसमयपर न गिरना आदी कारणोंसे पक्के दांत आगे पीछे या उलटे सीधे आ सकते है। उनपर बचपनमेही इलाज करा लेना चाहिए। पहले दूध के दात गिरनेके बाद आनेवाले पक्के दांत किसी कारण निकालने पडे तो उस जगहपर कृत्रिम दांतोंका प्रयोग करना जरूरी है। वरना आपको कुछ समयबाद पासवाले दांत भी गँवाने पड सकते है।
* किसी अपघात या आघात से पक्के दांत गिर जाते है तो उसी समय वही गिरे हुये दांत दंतशल्य चिकित्सा से फिरसे रोपण किये जा सकते है।
* किसी कारणवश दांतोंका रंग बदला हो तो ब्लीचिंग और कांपोझिट लेपसे सफेद किये जा सकते है।
* साधारणत: १६ साल की उमरबाद आनेवाले दांतों के आने मे तकलीफ हो तो उन्हे निकाल देनाही ठीक है।
* क्लिनिंग कर लेने से दांत ढिले हो जाते है। या तो कुछ भी नही होता है। ऐसे उपचार से दृष्टीदोष भी दूर हो जाता है और अपनी सियत और आरोग्य भी ठीक बन जाता है।

⁂ हर एक खाने के बाद जोरजोरसे कुल्हा कर लेना जरूरी है। इसी तरह सुबह और रातमें सोने से पहले फ्लोराईड पेस्ट और सॉफ्ट ब्रश से दांत साफ कर लेना चाहिये। छोटे बच्चोंके दूध के दांत आनेके बाद उसकी माँने सॉफ्ट ब्रशसे दांत साफ करने चाहिये।

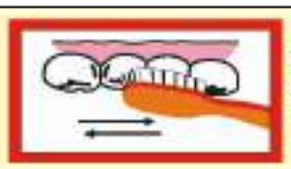
⁂ ऐसे दूध के पूरे दांत आनेतक उस बच्चे की उस की आदत हो जानी चाहिये। उसके बाद वो बच्चा अपने दात खुदही साफ कर सकता है।



उपरसे नीचे ब्रश करो।



नीचें से उपर ब्रश करो।



आगे पीछे ब्रश करो।

⁂ सुपारी, चुना, पानमसाला, जर्दा, मावा, गुटखा, तंबाखूजन्य पदार्थ पेस्ट दारू, गांजाअफीम, चरस, ब्राऊन शुगर, जैसे नशीले पदार्थ के सेवन से मुखविकार दांत और मसुड़ो की बिमारी, कॅन्सर होता है। उससे खुदको और अन्य जनों का भी दूर रखे।

⁂ आपके नशे पर खर्च करणेबजाय आप हररोज १० रुपये ८% ब्याजपर रखोगे तो आपके पास १० वर्ष में ५८,०००/- होंगे। २० वर्ष में १ लाख ८८ हजार रुपये, ४० वर्ष में ११ लाख २० हजार रुपये होंगे। आप हररोज २०, ५० अगर १०० रुपये खर्च करते हो तो आप इसका विचार करो और नशामुक्त रहो।

⁂ आप अगर इन आदतोंसे दूर रहे तो आप पूरी तरह तंदुरूस्त रहकर आप आर्थिक संपन्नता भी पा सकते है। इसी तरह अगर आप १०,२० या ५० रूपये रोजाना खर्च करते हो तो फिर आप खुदही इस बातपर गौर करके हिसाब लगा कें थोडासा विचार करे और व्यसन से दूर रहके तंदुरूस्त जीवन व्यतित करे।

प्रेरणा, आशिर्वाद, सदिच्छा.



Acharya Vinoba Bhave



Pandit Jawaharlal Nehru



Hon. Indira Gandhi



Hor. Rajiv Gandhi



Hon. P.V. Narshinha Rao



Hon. Atal Bihari Bajpayee



Hon. Chandra Shekhar Singh



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Hon. RajNath Singh



Hon. J. P. Nadda



Hon. Nitin Gadkari



Hon.Dharmendra Pradhan

National Integration, Health, De-addiction, Environment, Literacy Campaign



Dr. Vijaykumar S. Shah

PADMASHRI AWARDEE

BDS (Bom), PhD. (USA), DSc.(Sri Lanka), CDCH. (USA), Dr. Med. (Colombo), D. Litt (India), DNM (Canada), PhD. (Italy), D. Litt (UK), D. Litt. (USA), FICD (USA), FRSH (London), FADI (USA), FPFA. (USA), FIAOMS (USA), FISDR (INDIA) FRCP (Colombo) FRSPH (London) FTWU (UK)

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Dr. Vijaykumar S. Shah was born on the 22nd January, 1940 at Sangli in a freedom Fighter's family. Since 1966 he has travelled for thousands of miles in and around India, with the sole purpose of reaching out to the millions of citizens through community service and getting them involved in national integration, oral health, de-addiction, environment and literacy campaigns. A dentist by profession, he is also an Hon. Professor and advisor of many renowned institutes in India and abroad. He has crossed boundaries - from the Himalayas to Kanyakumari, Kutch to Kohima, Andamans to Lakshadweep Islands, Covering 780 Districts, 29 States and 9 Union Territories, with a direct participation of more than 1,95,97,773 students, teachers and citizens in India, Nepal, Bhutan, Myanmar, Bangladesh, Sri Lanka, Maldives, U. K., China, Egypt, Jordan, Indonesia, Vietnam, Cambodia, Laos, UAE, Seychelle, Mauritius, Reunion, Island, Madagascar, Kenya, Tanzania, Singapore, Brunie, Malaysia, Thailand, Luxembourg, Pakistan, USA, Armenai, Korea, Afghanistan, Estonia, Gambia, Morocco, Australia, New Zealand, Canada, Russia, Algeria, Bosina & Herzegovina, Philippines, Nigeria, Uganda, Iran, Iraq, Lebanan, Turkiye, Yemen, Germany, Greece, south Africa, Israel, Georgia, Hongkong, Japan, Ghana, Sierra Leone, Malawi, Delvin Island, Somalia, Congo, Senegal, Kosova, Guinea, Moscow, Peru, Austria, Zanzibar, Bolivia, France, Ivory Coast, Bulgaria, Fiji, Panama, Chile, Australia, Costarica, Ireland, Palestine. He has managed to awaken citizens on all-round development in the community. With the help the Social Welfare Department, Government of Maharashtra, around 21.9 million students are indirectly involved in community development in the state of Maharashtra 1997 to 2014. Dr. Shah was awarded with the coveted Padmashri award by the president of India in 1992. He is also a recipient of 81 doctorates, 53 fellowships and 1000 prestigious awards.

"The elements of nature such as air, water, trees and plants - above all, mother Earth, does not indulge in any discrimination on account of caste or creed, nor do natures deities entertain any regional strife; then why should humans indulge in the madness knowing fully well that all are the product of nature only"

- Dr. Shah.

In all his campaigns Dr. Shah has educated and advised citizens on issues affecting the local community that area and also in general, some of which are highlighted below:

- Keep your mouth (teeth) and body home clean. • Clean and keep your compound, road and town free of dirt and garbage -so also the cobwebs of caste, creed and regional chauvinism be kept off in view of the larger cause for national integration, peace and harmony.
- Enrich and conserve nature - Plant trees at home, in the locality, towns etc. The animal kingdom must be protected and nourished by man and not at the cost of each other.
- Avoid washing of clothes, utensils, cattle, vehicles etc by riverside, lakes or other water sources to avoid polluting the water and spreading of epidemics.
- Ensure drinking water is filtered and covered at home and public outlets.
- Composting of organic waste from home and farms for use as manure. Effluent waste water channelized to plants.
- Save water and energy for future generations i.e. electricity, fuel, gas etc. Conserve energy by use of modern smokeless chulhas by use of bio-gas or solar energy in every possible way.
- Use home stitched carry bags made from old garments, cloth and avoid plastic bags. Send plastic for recycling. Use recycled paper and help save natural resources like forests.
- Avoid noise pollution by turning down volume levels of radio, TV, music systems, loud speakers and speak softly.
- Do not spread diseases by the nasty habit of spitting in public places and avoid in the same process, imparting carcinogenic 'gins' by smoking beedis and cigarettes that cause cancer to fellow-men around you. Why punish them for no fault of theirs?
- Do away with betelnut, gutka, tobacco, alcohol, narcotic drugs for good health and wealth in the family and community.
- Assuming a person spend just a rupee per day on habit/addict ion such as betel nut or chewing tobacco or paan, smoking or alcoholic drinks, setting aside that "one" Ruppe will fetch Rs. 4,69,283/- in 40 year Rs. 1,28,525/- in 30 years, Rs. 33,717/- in 20 years or a minimum Rs. 7,339/- in a period of 10 years. So imagine the wealth the person would be gaining by quitting the habit in addition to obvious health benefit.
- Vaccinate your child for Polio and also for Tetanus, Diphtheria, B.C.G., DPT, Hepatitis and Tuberculosis etc.
- Donate blood, organs and skin when alive as well as eyes and organs posthumously to save lives.
- You can prevent AIDS. Use disposable needles for injections. HIV-free blood transfusion is a moral responsibility.
- Arrest population growth -the biggest hurdle in development. Remove it. Don't believe in superstition.
- Motivate children to undertake compulsory education and eradicate illiteracy totally in adults for the all-round development of the family, society and country.

The Honorable President of Republic of India has conveyed this message to Dr. Shah

I Felt happy to note your message to our students about National Integration, brotherhood, Protection of Environment, Literacy and Health. This will awaken our students and will strengthen our unity in diversity. Your message for social bondage is really praiseworthy. My hearty wished for your future efforts also.

New Delhi, 19 July 2010. **Pratibha Devisingh Patil**



PLEDGE : -

For the all-round development of India and to protect nature, I will never cut down trees and destroy forests. I will try to protect and preserve nature. I promise to plant trees wherever I can – at home or in and around my city. I will help to protect birds and animals. I will help the growth of India by saving water and electricity. I will never waste paper and promise to stop using plastic bags. I will never consume betel nut, mava, gutkha or similar harmful products nor get addicted to alcohol, drugs and tobacco in any form but instead help others to quit the habit. I will participate in campaigns against AIDS. I will help motivate my friends to take prima education. I will try to retain the literacy of adults. I will always try to protect and encourage national integrity and brotherhood. I will do social service as a national duty for the country and make my mother India proud. Sujalam Sufalam.

PLEASE GET INVOLVED IN THIS CAMPAIGN FOR THE DEVELOPMENT OF OUR SOCIETY



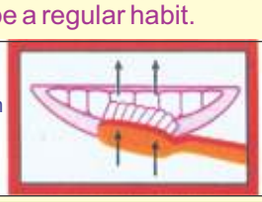
TAKE CARE OF YOUR TEETH & THEY WILL STAND YOU IN GOOD STEAD ALL YOUR LIFE



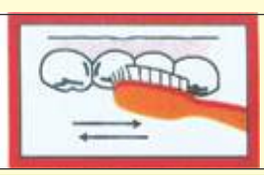
- **GOOD HEALTH** is based on the well being of gums & teeth. On the other hand carelessness about them will result in loss of teeth before time, adversely affecting your general health. There fore teeth ought to be checked periodically from two years of age onwards.
- **TO KEEP UP** Oral Health, eat sugarcane, green vegetables, carrots lemon, tamarind, sweet potatoes, fruits etc and avoid eating sticky sugary substances such as Toffees, Chocolates, Biscuits etc. Also avoid aerated drinks.
- **TO ARREST** Decay of teeth, they should be made to undergo florid treatment and sealants should be applied, to enable the teeth to fight caries of teeth.
- **PLAQUE/TARTAR** accumulating on teeth surfaces. Bleeding / Stinking gums - swollen and painful; are some of the diseases that are best referred to dental specialist. Annual cleaning of teeth by ultrasonic is also advisable.
- **SUCKING OF FINGER/THUMB** : always inserting the tongue between upper and lower teeth, continual biting of lips etc. as well as breaking of permanent teeth before the milk teeth are gone (The later could be inherited abnormality) lead to malocclusion i. e. unevenness of teeth. Such deformities (Whether due to the above bad habits or genetically transmuted) need to be corrected through an expert at a young age only.
- **OMITTING TO** replace permanent missing tooth will cause loss of entire dentition.
- **PERMANENT TEETH,** if lostdue to some accident, can be refitted once again by an operation.
- **SHOULD THE COLOR** of teeth go by natural causes or if teeth are discolored by any cause they can be made white once again by bleaching or by applying composites.
- **WISDOM TEETH** (4 in number after 16 years of age.) In cases where they cause too much trouble, it is advisable to have them nipped in the bud at thattime only.
- **TWO WIDELY PREVALENT** misconceptions are: a) Teeth get loosened by cleaning. b) Eyesight is affected by surgical removal of teeth. On the contrary, these remedies help in maintaining Good health.
- **SIMPLE TIPS To REMEMBER ARE** : Rinse mouth throughly after eating anything. Teeth to be properly brushed, first thing in the morning and before going to bed by any paste having florid and soft brush should be used for cleaning. Mother should brush the first milk teeth of a baby as soon as they break out. So by the time the baby gets all the milkteeth brushing will be a regular habit.



Upper teeth? Brush them from the gums downwards.



Lower teeth? Brush them from the gums upwards.



Chewing surfaces? Brush Them back and forth.

CONSUMPTION of Betel nut, Tobacco in various forms such as Zarda, Gutkha, Mava, Pan masala, suffs or Burnt, Tobacco, Toothpaste and smoking tobaccos in various forms e.g. Bidi, Cigarette will cause Cancer and other diseases.

Inspiration, Blessing, Appreciation



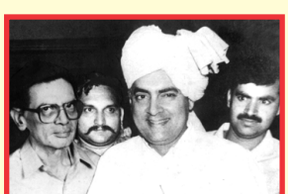
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Hon. RajNath Singh



Hon. J. P. Nadda



Hon. Nitin Gadkari



Hon.Dharmendra Pradhan

Continent, COUNTRIES, States, Districts
COVERED IN CAMPAIGN

ACCOMPLISHMENTS -	
Years	63
Camps	11887
Continents	6
Countries	81
States in India	28
Union Territories.....	09
Districts in India.....	780
Wadis, Villages, Towns & Cities	90412
Education Institutes	266106
Students	16728469
Adults	2869304
Total Persons	19597773
(1 Cr. 95 Lakh 97 Thousand 773	

INDIA

(1) Maharashtra

1) Sangli 2) Kolhapur 3) Solapur 4) Satara 5) Pune 6) Ratnagiri 7) Sindhudurg 8) Raigad 9) Bombay 10) Ahmednagar 11) Nasik 12) Dhule 13) Jalana 14) Aurangabad 15) Beed 16) Osmanabad 17) Latur 18) Nanded 19) Hingoli 20) Parbhani 21) Akola 22) Amravati 23) Yeotmal 24) Wardha 25) Nagpur 26) Bhandara 27) Chandrapur 28) Buldhana 29) Thane 30) Jalgaon 31) Nandurbar 32) Mumbai District 33) Washim. 34) Gondiya 35) Gadchiroli 36) Palghar.

(2) Karnataka

1) Belgaum 2) Hasan 3) Vijaynagar (Bijapur) 4) Chikmanglor 5) Shimoga 6) Dakshin Kannada 7) Codagu 8) Mysore 9) Chitradurg 10) Bellary 11) Dharwad 12) Gadag 13) Bangalore Urban 14) Tumkur 15) Haveri 16) Kolar 17) Davangiri 18) Hospet 19) Uttar Kanada 20) Bidar 21) Yodgiri 22) Koppal 23) Kalaburagi 24) Udupi 25) Chamarjanagar 26) Bagalkot 27) Ramnagar 28) Mandya 29) Riachur 30) Bangalore Rural 31) Chikkaballapura.

(3) Gujarat

1) Mehassana 2) Dang 3) Panchmahal 4) Kachha 5) Jamnagar 6) Junagad 7) Bhavnagar 8) Valasad 9) Bharuch 10) Badodara 11) Gandhinagar 12) Ahemdabad 13) Kheda 14) Surat 15) Patan 16) Banaskantha17)Navasari 18) Anand 19) Amrel 20) Surendranagar 21) Botad 22) Tapi 23) Mahisagar 24) Aravalli 25) Gir Somnath 26) Dwarka 27) Dahod 28) Narmda 29) Sabarkantha 30) Porbandar 31) Rajkot 32) Morbi 33) Chotaudaypur

(4) Goa

1) South Goa 2) North Goa

(5) Kerala

1) Kasargod 2) Thirvuanthapuram 3) Kollam 4) Alappuzha 5) Aranakulam 6) Malappuam 7) Thrissur 8) Kannur 9) Kazidoe 10) Palakkoad 11) Kottayam 12) Vaynad 13) Pathnamthitta 14) Idukki.

(6) Tamilnadu

1) Dharampuri 2) Namakkal 3) Karud 4) Trichy 5) Thanjavur 6) Madhurai 7) Sivaganga 8) Ramanathapuram 9) Kanyakumari 10) Chennai 11) Vellore 12) Tiruvanmalai 13) Villupuram 14) Kanchipuram 15) Thiruvallur 17) Erode 16) Chengalpattu 17) Theni 18) Coimbatore 19) Dindigul 20) Cuddalore 21) Virudhanagar 22) Krishnagiri 23) Mayiladuthurai 24) Perambalur 25) Nilgiris 26) Tirupur 27) Salem 28) Sankarapuram 29) Ariyalur 30) Tenkasi 31) Thoothukuddi 32) Nagapattinam 33) Tirupathur 34) Kallakurichi 35) Thiruvarur 36) Thiruneleveli 37) Ranipet 38) Pudukkottai.

(7) Uttarakhand

1) Dehradoon 2) Udhamsigh Nagar 3) Nainital 4) Almora 5) Bageshwar 6) Tihari Gadwal 7) Pauri Gadwal 8) Haridwar 9) Rudraprayag 10) Champawat 11) Uttarkashi 12) Pitharagarh 13) Chamoli.

(8) Uttar Pradesh

1) Varanasi 2) Merrut 3) Bagpat 4) Mathura 5) Agra 6) Gajayabad 7) Bareli 8) Muradabad 9) J. P. Nagar 10) Rampur 11) Jhansi 12) Bijnor 13) Saharanpur 14) Mujaffarnagar 15) Lucknow 16) Buland Shahar 17) G.B.Nagar 18) Alighar 19) Eath 20) Hathras 21) Praygraj 22) Gonda 23) Lakhimpurkheri 24) Gorakhpur 25) Farrukhabad 26) Pilibhit 27) Ayodhya 28) Balrampur 29) Bahraich 30) Kaushambi 31) Basti 32) Kannauj 33) Citrakoot 34) Amethi 35) Fatehpur 36) Ambedkar Nagar, 37) Deoria 38) Amroha 39) Moradabad 40) Bonda 41) Sultanpur 42) Hamirpur 43) Jaunpur 44) Hardor 45) Mainpri 46) Ghazipur 47) Hapur 48) Mau 49) Kanpurnagar 50) Mahrajganj 51) Sonbhadra 52) Kasganj 53) Etawah 54) Azamgar 55) Barabanki 56) Shamli 57) Raebareli 58) Sitapur 59) Pratapgarh 60) Sidharthnagar 61) Kushinagar 62) Badaun 63) Kanpur Dehat 64) Sant Kabir nagar 65) Shravasti 66) Sambhal 67) Unnao 68) Jalaun 69) Auraiya 70) Firozabad 71) Mohaba 72) Ballia 73) Mirzapur 74) Chandauli 75) St. ravidasnagar.

(9) Haryana

1) Gurgoan 2) Rewari 3) Sonepat 4) Rohtak 5) Jhejir 6) Faridabad 7) Karnal 8) Panipat 9) KuruKshetra 10) Ambala 11) Panchkula 12) Sirsa 13) Fatehabad 14) Hisar 15) Bhiwani 16) Charkhi Dadari 17) Kaithal 18) Jind 19) Mahendergarh 20) Yamunanagar 21) Nuh 22) Palwal.

(10) Punjab

1) Faridkot 2) Ropar 3) Patiyala 4) Mohali 5) Ludhiyana 6) Jalandhar 7) Kartarpur 8) Kapurthala 9) Amritsar 10) Tarantaran 11) Ferogepur 12) Bhatinda 13) Fazilka 14) Muktsar 15) Gurudaspur 16) Hoshiyarpur 17) S.B.S. nagar 18) Pathankot 19) Barnala 20) Fatehgarsahib 21) Moga 22) Sangrur 23) Malerkotla.

(11) Rajasthan

1) Alwar 2) Sirohi 3) Karoli 4) Dawsa 5) Jaipur 6) Ajmer 7) Bhilwara 8) Udaipur 9) JhunJhunu 10) Churu 11) Banswara 12) Chittorgarh 13) Baran 14) Sikar 15) Dungarpur 16) Tonk 17) Bikaner 18) Karauli 19) Jalora 20) Ganganagar 21) Nagor 22) Bharatpur 23) Jaisalmer 24) Jhalawad 25) Paratapgarh 26) Bundi 27) Jotapur 28) Aswada 29) Dholpur 30) Kota 31) Sawaimadhopur 32) Rajsmand 33) Pali 34) Hanumangarh 35) Barmer 36) Beawar 37) Deeg 38) Pholad 39) Salumbar 40) Khairthal-Tijara 41) Balotra.

(12) Andhra Pradesh

1) Chitur 2) Nellore 3) Guntur 4) YSR 5) West Godun 6) Krishna 7) Kadappa 8) Prakasm 9) East Godavari 10) Ananthapur 11) Vishakhapatnam 12) Kurnool 13) Balaji (Tirupati) 14) Srikakulam 15) Puttaparthi (Satyasai) 16) Kakinada 17) Nandyal 18) Annamayya 19) Bapatla 20) Alluri Sitharama raju 21) Eluru 22) Konaseema 23) NTR 24) Anakapalli 25) Parvathipuram (Manyam) 26) Narsaraopeta.

13) Telangana

1) Nizamabad 2) Hyderabad 3) Medak 4) Rangareddi 5) Mahabubnagar 6) Vikrabad 7) Kamareddy 8) Yadadri 9) Mehbubabad 10) Nagarkurnool 11) Jangaon 12) Karim nagar 13) Hanmakonda 14) Mulugu 15) Warangal 16) Manchiryala 17) Siddipet 18) Bhuwangir 19) Medchal 20) Narayanpet 21) Jayashankar 22) Nalgonda 23) Wanaparthy 24) Khammam 25) Suryapet 26) Badhadri Kothagudem 27) Jogulambagadwal 28) Rajnna Sirsila 29) Alidabad 30) Jagityal 31) Rajannasircilla 32) Nirmal 33) Asifabad (Komaram bheem).

(14) Chattisgarh -

1) Balod 2) Balodbazar 3) Balrampur 4) Bastar 5) Raipur 5) Bemetara 6) Bijapur 7) Bilaspur 8) Dantewada 9) Dhamtari 10) Durg 11) Gariyaband 12) Janjgirchampa 13) Jashpur 14) Kabirdham 15) Kanker 16) Kondagaon 17) Korea 18) Korba 19) Mahasamund 20) Mungeli 21) Narayanpur 22) Raigarh 23) Raipur 24) Rajnandgaon 25) Sarguja 26) Sukma 27) Surajpur 28) Gaurella pendra Marwahi 29) Kabirdham 30) Khairagarh Chhuikhadan Gandai 31) Mmchowki 32) Mohla Manpurchowki 33) Sarangarh.

(15) Madhya Pradesh -

1) Betul 2) Balaghat 3) Indore 4) Badwemi 5) Dhar 6) Dewas 7) Ujjain 8) Raysen 9) Vidisha 10) Shivpuri 11) Bhopal 12) Guna 13) Datiya 14) Chhatarpur 15) Jobalpur 16) Seoni 17) Gwalior 18) Panna 19) Durg 20) Damon 21) Chindwada 22) Katni 23) Tikamgarh 24) Sagar 25) Satna 26) Marona 27) Ashoknagar 28) Shajapur 29) Jhabua 30) Anuppur 31) Singrauli 32) Narisimhpur 33) Hoshangabad 34) East Nimar (Khandwa) 35) Dindori 36) Bhind 37) Chhindwada 38) Sheopur 39) Harda 40) Burhanpur 41) Rewa 42) Khargone 43) Sidhi 44) Rajgar 45) Ratlam 46) Alirajpur 47) Mandsaur 48) Shahdol 49) Agarmalwa 50) Neemuch 51) Hoshnugabad 52) Chhindwara 53) Chachaura 54) Ghoghri 55) Ujjain 56) Nagada 57) Mauganj.

(16) W. Bengal

1) Calcutta 2) Howrash 3) Hooghly 4) Darjeeling 5) Jalpaiguri 6) Cooch-Bihar 7) Burdwan 8) Birdhum 9) Parangana

10) Purvmedinapur 11) Paschim Medinipur 12) South 24) Pargana 13) Nadia 14) Murshidabad 15) Uttar Dinajpur 16) Dakshin Dinajpur 17) Purulia 18) Kalapathar 19) Bankura 20) Altpurduar 21) Paschim bardhaman 22) Jhargram 23) English Bazar.

(17) Orissa - 1) Angul 2) Balasore 3) Bargarh 4) Bhadrak 5) Bolangir 6) Boudh 7) Cuttack 8) Deogarh 9) Dhenkanal 10) Gajapati 11) Ganjam 12) Jagatsinghpur 13) Jajpur 14) Jharsuguda 15) Kalahandi 16) Kendrapada 17) Keonjhar 18) Khurda 19) Korapur 20) Malkangiri 21) Mayurbhanj 22) Nabarangpur 23) Nayagarh 24) Navpada 25) Phulabani 26) Puri 27) Rayagada 28) Sonepur 29) Sundargarh 30) Sambalpur.

(18) Jharkhand - 1) East Singbhum 2) Giriditi 3) Hajaribagh 4) Chatra 5) Ranchi 6) Khunti 7) Simdega 8) Dhanbad 9) Palamu 10) Pakur2 11) Jamtara 12) Sahibganj 13) Bokaro 14) Garahawa 15) Ramgarh 16) Lalardaga 17) Dumka 18) Godda 19) Kodarma 20) Letehar 21) Devghar 22) Gumla 23) Saraikela 24) West Sinhabhum.

(19) Himachal Pradesh - 1) Una 2) Kangra 3) Chamba 4) Mandi 5) Solan 6) Sirmor 7) Shimla 8) Hamirpur 9) Bilaspur 10) Kullu 11) Lahulandspiti 12) Kinnaur.

(20) Meghalya- 1) Ribhoi 2) East Khasi; hills 3) Jaintaia Hills 4) East Gorohills 5) North Gorohills 6) E.Jaintaia Hills 7) South W. Khasi hills 8) W.Jaintia hills 9) S.W.G. Hills 10) West Khasi hills 11) South Gorohills 12) W. Goro hills.

(21) Assam - 1) Kacher 2) Karimganj 3) Morigaon 4) Golaghat 5) Nagaon 6) Kamrup 7) Karbi Anglong 8) Dibrugarh 9) Golpara 10) Jorhat 11) Chirang 12) Lakhimpur 13) West karbi Anglong 14) Barpeta 15) Tinsukia 16) Hailakandi 17) Sibasagar 18) Udaluri 19) Dhubri 20) Dima Hasao 21) Nalhari 22) Sonitpur 23) Biswanath 24) Dhemaji 25) Salmara 26) Charaideo 27) Baksa 28) Hojai 29) Majali 30) Bajali 31) Bongaigaon 32) Darrang 33) Kamrupmetro 34) Kokrajhar 35) South Salmara Mankachar 36) Tamulpur.

(22) Tripura 1) North Tripura 2) Gomati 3) Dhalai 4) S. Tripura 5) Khowai 6) W. Tripura 7) Sepahijala 8) Unakati.

(23) Mizoram 1) Kolasib 2) Lawngtlai 3) Mamit Serchhip 5) Aizawl 6) Lunglei 7) Saiha 8) Khawzaw 9) Champhai 10) Hnahthial 11) Saitual.

(24) Arunachal Pradesh 1) West Kameng 2) Lower Subansiri 3) Kamle 4) Upper Siang 5) Upper Sabansin 6) Anjaw 7) West Kameng 8) Tawang 9) K. Khumey 10) Namsai 11) Tirap 12) Changlang 13) Dibang valley 14) E. Kareng 15) Lawer Dibang valley 16) W. siang 17) Longding 18) Papumpare 19) East Siang 20) Leporada. 21) Lower Siang 22) Lohit 23) Pakke Kessang 24) Kra Daadi 25) Shiv Yomi 26) Itanagar.

(25) Nagaland 1) Dimapur 2) Kohima 3) Phek 4) Longleng 5) Zunheboto 6) Peren 7) Makakchung 8) Wokha 9) Mon 10) Tuensang 11) Kiphire 12) Thoubal 13) Noklok 14) Shamator 15) Tseminyu 16) Niuland.

(26) Manipur 1) Senapati 2) Bishnupur 3) Chandel 4) Chandel 5) Imphal west 6) Lonling 7) Imphal East 8) Ukhrul 9) Kamjong 10) Kangpokpi 11) Noney 12) Kakchina 13) Churachandpur, 14) Tamenglong 15) Pherzawal 16) Tengnoupal

(27) Bihar - 1) Kishangag 2) Vaishali 3) Patna 4) Nalanda 5) Jamu (6) Nawada 7) Gaya 8) Champran 9) Banka 10) Paschim Champaran 11) Buksar 12) Begusrai 13) Katiyar 14) Buyar 15) Arwal 16) Rohtas 17) Shivpur 18) Jahandbad 19) Aravia 20) Aurandabad 21) Muzaffarpur 22) Madhubani 23) Samastipur 24) Gopalganj 25) Sahrasa 26) Munger 27) Khagria 28) Bhojpuri 29) Madhepure 30) Shekhpura 31) Sitamarhi 32) Saran 33) Bhagalpur 34) Begusrai 35) Buxar 36) Lakhisarai 37) Supal 38) Darbhanga 39) Kaimur.

(28) Sikkim- 1) S. Sikkim 2) N. Sikkim 3) Soreng W. Sikkim 4) E. Sikkim 5) South 6) Pakyong.

Union Territories

(29) Delhi

1) North Zone 2) North East 3) North West A 4) North West B 5) New Delhi 6) Central 7) South 8) South West A 9) East 10) West 11) North East Zone

(30) Daman & Diu - 1) Dabhol (Daman) 2) Diu.

(31) Dadara nagar haveli - 1) Khanve

(32) Pondicherry 1) Pondicherry 2) Male 3) Yanam 4) Karaikal

(33) Chandigarh 1) Chandigarh

(34) Andaman & Nikobar

1) Middle Andaman 2) South Andaman 3) Nicobar

(35) Lakshadweep 1) Kavartti

(36) Jammu & Kashmir- 1) Udhampur 2) Jammu 3) Shrinagar 4) Genderabals 5) Pulwama 6) Kathua 7) Kupwada 8) Ramban 9) Shopian 10) Kulgam 11) Rajouri 12) Bandipora 13) Samba 14) Dada 15) Baramulla 16) Badgan 17) Anantanga 18) Poonch 19) Kishtwar 20) Reasi.

(37) Ladakh - 1) Leh 2) Kargil

NEPAL - 1) Pokhara 2) Pashupatinagar 3) Rupandelri 4) Basti 5) Lumbini 6) Tiloffama 7) Bhartpur 8) Utwal.

BHUTAN - 1) Jongkhar 2) Paro 3) Punakha Dzongkhag

BANGLADESH -

1) Buvimari 2) Jessore 3) Khulna 4) Bagerhel 5) Dhaka 6) Pobana 7) Kishoreganj 8) Chittagong 9) Sylhet 10) Wegt Tarapasha 11) Balaganj 12) Dhakka 13) Cumilla.

MYANMAR 1) Tamu 2) Mandalaya 3) Yangun 4) Bago

SRILANKA 1) Dompe 2) Anuradhapur 3) Galla 4) Gampaha 5) Kurunegala 6) Malate 7) Kandy 8) Colombo 9) Jaffna 10) Vavuniya

MALDIVES (1) L. Gon (2) Male

CHINA - 1) Beijing **U. K. -** 1) London

Egypt - 1) Aswan, Alexandria **Jordan -** 1) Petra 2) Amman

Indonesia - 1) Bali, Solo **Vietnam -** 1) Hanoi

Cambodia - 1) Changkneas village 2) Siam Reap

Laos - 1) Luangprabang **UAE -** 1) Dubai

Seychells - 1) Port Gloud 2) Mahe 3) Anse Etoile 4) Victoria, Anse Bollea, 6) Takamaka

Mauritius - 1) Goodlands 2) Maka 3) Ilot depeprmy 4) Petit raffray 5) Fond-du-sac

Madagascar - 1) Maramanga 2) Andisine 3) Pierre et Pau 4) Antananarivo (Tana)l

Reunion - 1) St Denis

Kenya - 1) Loitakitok 2) Amboseli 3) Narak 4) Suswa

Tanzania - 1) Serengeti **Singapore -** 1) Singapore

Brunie - 1) Bandar Sen Begawan 2) Bruney

Malaysia - 1) Kuala Lumapur

Thailand - 1) Samut Prakan 2) Bangkok

Luxembourg - 1) Luxembourg City, Estonia.

Pakistan - 1) Islamabad

Europe - UK **USA -** 1) Oxford OH45056 **Armenia -** Yerevan

Korea - Duegu **Afghanistan -** Kabul **Estonia -** Harjumaa

Gambia - Brikama **Morocco -** Casablunca **Australia -** Sydney

New Zealand - Auckland **Canada -** Halifax

Nigeria - 1) Magbora 2) Abuja 3) Gwerwest 4) Alimosha

Philippines - 1) Zamboles **Uganda -** 1) Kampala

Russia - 1) Moscow **Iraq -** 1) Baghdad **Iran -** 1) Ahyaz

Lebanan - 1) Beirut **Turkiye -** 1) Gaziosmanpasa

Yemen - 1) Revolution area **Germany -** 1) Recklinghausen

Greece - 1) Attiki **South Africa -** 1) Uthukela **Israel -**

Georgia - 1) Kelkceuli **Hongkong -** 1) Yaumatei

Japan - 1) Tokya **Ghana -** Awutu, Greatar Accra, Wenchi

Sierra Leone - Kossoh Town **Malawi -** Kampepuza

Delvin Island - Nashville **Somalia -** Mogdishu **Congo -**

Senegal - 1) Dakar Kosovo - Ohio, **Moscow -** Moscow

Guinea - Conakry, **Bosina & Herzegovina -**

Peru -, Bolivia, France - 1) Paris, **Ivory Coast -** 1) Abidjan, **Austria -** 1) Salaburg, **Zanzibar -** 1) Tanzania, **Bulgariaon -** 1) Sofia, **Chile -** 1) Santinalo, **Costarica -** 1) Santana, **Panama, Fiji -** 1) Suva, **Australia, Ireland, Palestine -** 1) Beit Hanoun

Portugal

Date : 29 May 2026

MAHARASHTRA COMMUNITY WELFARE CAMPAIGN 1997-2014

With the help of the Social Welfare Department, Government of Maharashtra, 21.9 million students and 5 lakh 66 thousand teachers belonging to 64,918 primary schools, 14,441 secondary schools and 14,970 higher education institutes which belongs to 43,025 villages and 336 towns and cities covering 36 districts of Maharashtra state.

For the addiction-free individuals and community, literacy, national integrity and protection of environment, Dr. Shah has arranged mass rallies, human chains, marathon races etc. on various national occasions.

Dr. Vijaykumar Shah : A UNIQUE ROLE MODEL

Padmashri Dr. Vijaykumar Shah has been a self-less, visionary, and pioneering social activist, social reformer, and social advocate of global repute for over 6 decades. In 1966, he began his missionary career in Mumbai with a monthly honorarium of Rs. 75 (approximately 1$). The work involved oral health check-ups and awareness for primary school students. However, the teaching materials used were in English and were difficult for students to grasp. k, well, the demonstrated techniques required tools and materials that were too expensive for the working-dass families. Deeply moved by this, Dr. Shah committed himself to child development at grass root level in an affordable and sustainable way. Here turned to Sangli, Maharashtra, his native place and started his dental practice.

He started providing free service to the poor and the needy and to date continues to do the same. Soon he recognized the need of volunteers to help him. He was able to inspire and channelize local vagabonds to contribute to his mission and purpose. They joined him and started assisting him in organizing camps, keeping records, educating patients and their families, exhibiting educational posters and operating equipment. Furthermore, Dr Shah's wife, Ashalata, herself Master of Arts, joined the mission, volunteered, and assisted other volunteers and children. This incredible family led local movement laid the foundation of Dr Shah's work. It instilled moral values and leadership qualities in the volunteers to selflessly work together as a team for child welfare.

The journey of social impact

During the last 6 decades, through his camps, Dr Shah has directly served 2 crore people including children.

Over 600,000 teachers and social workers have offered valuable help to Dr Shah. k, a social reformer, Dr Shah has

led the visionary noble work of molding the health and environmentally conscious literate "ideal child" who is patriotic, compassionate, kind, and free of discriminatory vices of caste, color, creed. Dr Shah has always been a strong proponent of mental health. These children and their families have further catalyzed the chain reaction of awareness and have spread the message to countless other children and their families. Furthermore, many children have carried the message of de-addiction to their families to liberate the parents and elders from the shackles of alcohol and tobacco addiction. Indeed, Dr Shah made the first successful effort in India of accomplishing adult welfare through child welfare for well-rounded community development.

Enormous health care cost savings

If Dr. Shah had decided to collect nominal Rs100 as consultation fees from these 2 Crore patients, he would have easily accumulated Rsl00 crore. Furthermore, due to timely guidance and oral health awareness, he averted substantial further treatment in many of these patients. The actual cost of dental surgeries (including treatment for cavities, extractions, implants and orthodontic surgeries) is very high (often in lakhs of rupees). Even if we very conservatively assume that further treatment would cost Rs. 10,000 for each patient, the cost of this treatment would have been over 200,000 crores (>20 billion USD) today. Thus, through his preventive work Dr Shah has contributed to enormous savings in National health care costs.

The one and only

Dr Shah is the only activist to have completed his camps in all 780 districts of India. Furthermore, he has conducted awareness camps 80 other countries including Nepal, Bhutan, Myanmar, Bangladesh, Sri Lanka, Maldives, China, United Kingdom, Jordan, Indonesia, Vietnam, Cambodia, Laos, UAE, Seychelles, Mauritius, Madagascar, Reunions Island, Kenya, Tanzania, Singapore, Brunei, Malaysia, Thailand, Luxembourg, and Pakistan in all 6 continents. He continues his efforts to reach out to to more people in India and to other nations globally.

The unique perspective

For environmental conservation, he has operated the unique "tree processions"program since 1989. To date, over 5 lakh students and teachers have been involved in the same.

It is truly unparalleled that Dr Shah never received or requested any government money or grants for his work. He inspired, motivated, and sought co-operation at all levels, and particularly at grass root level, leveraging human capital and resource.

The vision and the future

Dr. Shah envisions escalating his efforts globally and inspire others to join his m1SS1011 of self-less service to humanity and environmental conservation. He continues to actively work with governmental bodies, institutions, leaders, politicians, academicians, researchers, teachers, volunteers, and students to spread awareness and join his efforts. Leading by example, Dr Shah has enormously contributed to national integration, de-addiction, literacy, health awareness and environmental awareness. A mentor and role model for everyone in every way, Dr. Shah is truly a living legend who continues to inspire and motivate everyone.

Dr. Vijaykumar S. Shah

PADMASHRI AWARDEE

BDS (Bom), PhD. (USA), DSc.(Sri Lanka), CDCH. (USA), Dr. Med. (Sri Lanka), D. Litt (India) DNM (Canada), PhD. (Italy) D. Litt (Europe)
FICD (USA), FRSH (London), FADI (USA), FPFA. (USA), FIAOMS (USA), FISDR (INDIA) FRCP (Colombo) FRSPH (London) FTWU (UK)

Shah Dental Hospital, 164, Mahavirnagar, SANGLI 416 416 Maharashtra (INDIA)
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BIOGRAPHICALSKETCH

A dental surgeon by profession, Dr Shah was born in a Jain Gujarati business family on Jan 22, 1940. His family home was a hub of India's freedom struggle. All the family's elders and adults were involved in the fight for freedom. He saw, heard, and interacted with several freedom fighters since early childhood. This experienced engrained in him the importance of freedom, the morals and values for humanity, the significance of national development and the need for societal upliftment.

The turning points

Meeting the Teacher of India

In May of 1958, Dr Shah had the opportunity to meet Acharya Vinoba Bhave, an eminent advocate of non-violence, a teacher, a philosopher, a guru, and an accomplished author. He was widely recognized as the teacher of India and spiritual successor of Mahatma Gandhi. The meeting caused lasting impressions on Dr Shah's mind which he vividly remembers to date.

Meeting the first Prime Minister of India

Soon, Dr Shah met Jawaharlal Nehru, the first Prime Minister of India at Trimurti Bhavan, New Delhi. The meeting was pivotal since Nehru impressed upon Shah the importance of protecting nature and committing to social work for service to the Nation.

The real world experiences

During his graduation, he attended the NCC camp as cadet captain in the Naval medical unit in Nanded, Maharashtra. There, in the 1960s, he felt a crying need for medical service and for awareness around de-addiction in rural India. This real-world experience had profound impact on Dr Shah and his career.

The work began with a lifetime of commitment

In 1966, he met veteran Indian politician Vasantdada Patil, known as the first Maratha strongman and the first mass leader in Maharashtrian politics. Patil convinced Dr Shah to pursue social service for the masses. This mentorship was critical and a stepping stone in Dr Shah's life.

Reaching the masses

Dr Shah continued his practice as a prolific dental surgeon of the masses. He continues to treat patients at a nominal cost or free to date. In addition, he pioneered a movement for National integration, health and dental awareness, literacy, deaddiction, and environmental conservation. The movement continues to date and continues to grow stronger by the day. He was instrumental in spearheading and organizing literally 11887s of camps, activities, and awareness campaigns over the next few decades.

The unique initiatives and lasting impact

Dr Shah pioneered preventive oral health in India in 1960s when the concept was virtually non-existent.

Through his ingenuity, Dr Shah is the first to lead adult welfare and de-addiction through child welfare by spreading the message of health awareness, de-addiction and literacy to school-going children.

In May 1983, Chief Minister Vasantdada Patil accepted and implemented Dr Shah's suggestion to start non-granted technical colleges in the state of Maharashtra with the help of technical advisors. This initiative was crucial in rapidly expanding the availability of qualified technical workforce.

The Govt of Maharashtra recognized Dr Shah's contribution by passing a resolution [No GHD/1083/4024/Phg (A), dated Feb 20, 1984] to support and facilitate his work and activities.

In 1991, Dr Shah instigated the idea of implementing Rajiv Gandhi Memorial gardens across the country to then Prime Minister, PV Narasimha Rao and his colleagues. This idea was subsequently implemented across India.

As an advisor to the Ministry of Health, Govt of India, Dr Shah proposed health check-ups for every primary school child in the country. This idea was adopted and implemented as a regular preventive health activity.

Age is no bar to Dr Shah, rather it's just a number. Into his 80s, Dr Shah actively practices dentistry and engages actively in community service for public health and welfare. It is truly unparalleled that Dr Shah never received or requested any government money or grants for his work. He inspired, motivated, and sought co-operation at all levels, and particularly at grass root level, leveraging human capital and resource

ACADEMIC : Dr. Vijaykumar S. Shah completed his BACHELOR OF DENTAL SURGERY (B.D.S.) from Bombay University.

Dr. Shah has worked and is still working for the benefit of Humanity. He did not stop even after his major cancer surgery in 1989.

AWARDS : Dr. Shah has received several awards including the prestigious PADMASHRI on 6th April, 1992 by the then president ofIndia, Honourable Shri R. Venkatraman.

He has received >1000 awards including the Sadaf Congress award in Sri Lanka, the great seal of the state of California, Mahatma Gandhi rural health service award in New Delhi, Seva Chakra award in Calcutta, Dhanvantari award in Varanasi, Indira Gandhi Priyadarshini award, Mother India award, New Delhi, Adult Literacy excellence award, Child welfare award, New Delhi, Star of Asia award, Sri Lanka, World famous doctor award, China, Peace culture award, Milan, Italy, Knight of Malta (Sir), Title of Pandit, Mahavir Sanman, Calcutta, Mother Teresa, Calcutta, International green ecology award, Brazil, the Albert Schrneitzer Prize of medicines Colombo, President J.R. Jayawardene Gold medal, Colombo, International Peace Messenger award, Kolkata, Prabhu Dayal memorial award, New Delhi, Yellow Emperess award, Sri Lanka, International College of Dentists, USA, Appreciation Certificate, Bharat Vikas Yatri, Delhi, Dr. Radhakrishnan Memorial International award of Excellence, Bangalore, Gurudev Rabindranath Tagore Sanman, New Delhi, Mahatma Gandhi Sanman, London, Nelson Mandela International Peace Award, Sri Lanka Jewel of India Award Washington. Sushrut Award, Indian Dental Association, New Delhi, Nelson Mandela Ledearship Award, London, Living Legend Award London, Royal Knights of Justice Colombo, Global Outreach Denta1Award,2020Ahmedabad.

Doctorate Awards: Doctorate of Philosophy, USA; Cultural Doctorate Community Health, USA; Doctorate of Literature, Shri Shivaji Lok Vidhyapeeth; Doctorate of Natural Medicine, Canada; Doctorate of Philosophy, Seborga, Italy; Doctor of Philosophy in Dental Surgery and Community Health, Washington DC, USA; Doctor of Preventive Oncology, Colombo, Sri Lanka. In total, a recipient >81 Doctorates.

Awarded Fellowship: The International College of Dentists (U.S.A.), The Royal Society of Health (London) Academy of Dentistry International (USA) Pierre Fauchard Academy (USA). The International Association of Oral & Maxillofacial Surgeons (USA). Indian Society for Dental Research India.He hasreceived>53 Fellowships.

Appreciated by: The late Chief Justice and Vice-President of India, Shri M. Hidayatullah, late Prime Minister, Mrs. Indira Gandhi; late President, Shri. Gyani Zailsingh; late President Shri.R. Venkatraman; former Prime Minister of Sri Lanka

D.B. Vijaytunga; late President Dr. Shankar Dayal Sharma; late Prime Minister Shri. Rajiv Gandhi; late Prime Minister Shri. P.V.Narasimha Rao; late Home Minister Hon'ble S.B.Chavan; Mrs. Sonia Gandhi; late Mother Teresa; late Prime Minister Shri. Chandra Shekhar, former Prime Minister Shri. H.D. Deve Gowda; former Prime Minister Shri. Atal Bihari Vajpayee; Late former President Dr. APJ Abdul Kalam; late President Shri. K.R. Narayanan, former Vice President Shri. Bhairon Singh Shekhawat; late former Prime Minister Shri V.P. Singh; His highness the Dalai Lama; former President of Costa Rica Mr. (Dr.) Radrio Kario Odio; former President Mrs. Pratibha Patil; former Prime Minister Dr. Manmohan Singh, former Hon'ble Ex-President of India, Pranab Mukherjee, Hon'ble Ex- President of India Ramnath Kovind, Hon'ble President of India Droupadi Murmu

Positions held: Dr. Shah was member of the Rural Health Service, Tripartite National Committee, Government of India, Ministry of Health and Family Welfare. He was also the honorary consultant and Head of department (Dental Surgery), General Hospital, Sangli (Teaching hospital of Govt. Medical College) founder advisor of dental faculty of the Shivaji University and advisor to Marathawada University, Chairman Friends of nature Institute. Ex-vice President Maharashtra State Dental Council, Mumbai.

Present Positions: President, Community Welfare Foundation India; President NRI Welfare Society of India; Organiser of Dental Health Service (Recognized by Govt. of Maharshtra), Coordinator of de-addiction campaign, Director of Environment protection research foundation; Honorary Professor, East-West University of Holistic Health Sciences, Stockton, CA, USA; Open International University, Colombo; Universitatea din Oradea, Romania; Apollo Digital University Austria; New Age International University, Las Vegas, USA; Hon Dean, Trinity World University, turks and Caicos Islands (UK overseas territory); Hon Advisor, Global Institutes Hon. Patron Peace Society Worldwide, Kolkata, International Peace Gorvernor, World Peace and Diplomacy Organisation, Global Governor, Gandhi Peace Foundation, Nepal Advisor, Human Rights Council of America, Chicago (USA)

Hobbies : Dr. Shah loves photography. He is a founder of the Bombay University Photographic Society and the first student artist to give a 'one-man-show' in photography in Mumbai in 1963. He is fond of travelling.

Family : He lives with his three children, Nikhil and his wife, Roma; Apurva and his wife Shalaka and Preshit, granddaughters - Muskan, Anushka, Isha and grandson Akash in Sangli, Maharashtra.

पेड, पौधे, हवा, पाणी, जमीन, चाँद, सूरज नही करते जात पात मनाने की भूल।

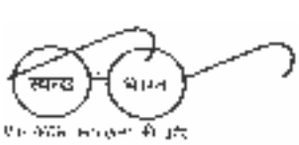
तो मानव क्यों करे ऐसे एसी भूल : जब मानव है निसर्ग में एक फूल।।

अपने दाँत, अपना शरीर इसके साथ अपना घर, आँगन, गली और गांव स्वच्छ रखिए।

राष्ट्रीय एकता के लिए जात–पाँत, प्रादेशिक वाद–विवादों से दूर रहिए ।

अपना मन पवित्र रखिए। एकता और समता से भारत को समृध्द और सामर्थ्यसंपन्न बनाईए,

यही आपका नारा है।



AREAS OF WORK

1. ORAL HEALTH

Soon after graduation, Dr. Shah began private dental practice in Sangli district and simultaneously launched a community health campaign. Since 1966 he has been working with extreme dedication and missionary zeal in a field, wherein very few people have ventured.

He has so far, conducted oral health camps in 90412 villages and towns of 780 districts in : -

1) Maharashtra, 2) Kamataka, 3) Gujarat, 4) Daman, 5) Dadara Nagar Haveli, 6) Tamil Nadu, 7) Pondicherry, 8) Kerala, 9) Uttar Pradesh, 10) Andhra Pradesh, 11) Telangana, 12) West Bengal, 13) Goa, 14) Chatthisgarh, 15) Madhya Pradesh, 16) Orissa, 17) Jharkhand, 18) Haryana, 19) Chandigarh, 20) Punjab, 21) Uttarakhand, 22) Rajasthan, 23) Delhi, 24) Himachal Pradesh, 25) Jammu & Kashmir, 26) Ladakh, 27) Meghalaya, 28) Assam, 29) Tripura, 30) Mizoram, 31) Arunachal Pradesh, 32) Nagaland, 33) Manipur, 34) Bihar, 35) Sikkim, 36) Andaman & Nicobar Islands and 37) Lakshadweep Islands.

Outside India, his camps extended to 81 countries all 6 continents

- Asia: Nepal, Myanmar, Bhutan, Bangladesh, Srilanka, Maldives, China, Indonesia, Vietnam, Cambodia, Jordan, Laos, UAE,
- Singapore, Pakistan, Brunie, Malaysia, Thailand, Armenia, Korea, Afghanistan, Philippines, Iraq, Iran, Lebanon, Turkiye,
- Yemen, Israel, Georgia, Hongkong, Japan.
- Africa : Egypt, Seychelles, Mauritius, Reunion Island, Madagascar, Kenya, Tanzania, Gambia, Morocco, Algeria, Nigeria, Uganda
- South Africa : South Africa, Ghana, Sierra Leone, Malawi, Delvin Island, Somalia, Congo, Senegal, Guinea. Zanzibar, Ivory Coast.
- Europe : Estonia, UK, Luxembourg, Bosnia and Herzegovina, Russia, Mascow, Germany, Greece, Kosova, Moscow, France,
- Austria, Ireland, Bulgaria, Portugal
- North America: USA, Canada, Costarica, Panama. South America: Peru, Bolivia, Chile. Australia : Australia, New Zealand, Fiji.

Dr. Shah has rendered free services to over 2 crore citizens including childrens & people out of which over Through these camps, Dr. Shah educates the people by emphasizing the importance of national integration, environment awareness and abstinence from alcohol and narcotics. He has always stressed the inevitable relation of gutkha, paan-chewing and tobacco consumption with oral ill health. In his camps, he carries out community service in public health i.e. Dentistry, Health Education, Consultation, Treatment and Research. He has done surgical operations free of cost and successfully trained more than 6 lakh teachers and volunteers to enlighten the masses on oral and general health will being. One of his major achievements has been in training auxiliary workers in the dental field and community development, and utilizing this manpower to propagate oral hygiene in various camps and villages. Believing in an integrated approach to community development, Dr. Shah also works with children to achieve environmental awareness. He has successfully contributed to oral cancer detection, prevention and treatment. He has carried out surveys on fluoride levels of drinking water in several towns and villages.

AREAS OF WORK

2. COMMUNITY HEALTH

Apart from his professional work in the field of dentistry, Dr. Shah also dedicates much of his time and energy to community development, health education, dietary consultancy, clean drinking water to avoid water-borne diseases, personal and social hygiene, propagation of blood and eye donation and the prevention of AIDS and cancer.

He has also emphasized on the use of non-conventional energy for a clean environment and good health. Dr. Shah is a strong supporter of vegetarianism. He has been organizing mass rallies and 'Vruksha Dindis' to spread public awareness for a long neglected need for protection of the environment, pursuing the people to plant trees at home and public places so as to help in social forestry which has grown in importance and scale and now constitutes a major element in India's overall programme of rural development. Dr. Shah's objectives has been to involve rural people in tree production and protect forests etc. and reduce environmental degradation.

3. CAMPAIGN FOR ADDICTION-FREE COMMUNITY

Dr. Shah first started the mission for a tobacco-free community since 1966 through his dental camps and programmes. While examining lakhs of patients in these camps he observed the hazards of tobacco, paan, betel-nut, gutka and how alcohol and narcotics were responsible for dental diseases, oral cancer and overall health problems. Dr. Shah felt the necessity of creating awareness through mass education for students and teachers about habits which were perilous to the health and wealth of the family and community at large. He has factually convinced students that an 'addiction-free' community begins with themselves first, then passes on to parents, family and others. Besides these camps, Dr. Shah has also created awareness and spread the message to nearly two lakh people in his district for an 'addiction-free' community, through his literacy mission, which was one of his several other successful social projects.

The Government of Maharashtra accepted his ideas for the involvement of 21.9 million students in 35 districts of Maharashtra to spread the message to every family, for an 'addiction-free' community, with the objective to subsequently reach out to l 00 million people in the state since l 997.

4. PREVENTION OF AIDS

With the risk factors present and the incidence of AIDS reaching higher proportions, Dr. Shah felt the need to address the threat of AIDS to the people, especially the young. He used various platforms and media.

Radio talks were also broadcasted. Messages were spread through his health education camps and literacy mission in the form of exhibitions, lectures, cultural, religious, national development camps, media conferences, small saving camps, teachers training camps, ladies clubs, national integration, mass rallies etc. Dr. Shah has served through government district hospitals and private practice in providing treatment to patients in need.

5. POPULATION CONTROL

During his campaign, Dr. Shah has spread the message of 'A Small Family, Happy Family', i.e. the need to control the population explosion for the overall development and progress of an individual member of a family and the entire family at large, thereby benefitting the nation.

6. LITERACY MISSION

Since the last four decades, Dr. Shah has been an active worker in the field of literacy work. He continues his work of spreading the message through his camps on the need of child and adult education for overall development of the community. In the year 1991, he conducted a total literacy campaign in Sangi district for about three lakh people. He wrote the pledge for the literacy campaign which was accepted on the 14th April, 1993 and subsequently the literacy mission started in the district. Dr. Shah published total welfare cards for the illiterate which was distributed free of cost to about two lakh people. He not only organized several resource persons training workshops but also guided other resource persons and stage artists to carry out his message of literacy to the masses. During this mission, he visited hundreds of villages inspiring students and teachers who were involved in his mission, through his lectures. He has arranged health camps, mass rallies and human chains. As part of his literacy mission he published many articles. Dr. Shah is still presently involved in child literacy campaign and his district mission received the National Award for the literacy work.

7. COMMUNALHARMONY&NATIONALINTEGRA TION

Emphasis was laid upon integration of true human religion, peace, love and non-violence, regardless of religious faith and cultural background, during his camps. In his camps, he intentionally brings together children of different castes and religions in communal harmony.

Sadbhavna Yatra -

In his endeavor to spread communal harmony, Dr. Shah has traversed through 28 States and 9 Union territories across India, arranging mass rallies, human chains, marathon races including Maharashtra.

SADBHA VNAYATRAbyroadacrossIndia

December 1980, Sangli - Delhi, December 1981, Sangli - Delhi, November 1983, Sangli - Ramtek (Marathwada, Vidarbha), May - June 1988, Sangli - Nepal, December1990 - January 1991, Gujarat, December, Calcutta (covering Madhya Pradesh, West Bengal, Orissa, Bihar and Andhra Pradesh)November, 1995. Varanasi, Uttar Pradesh, June 1996 Punjab, September 1996, Sangli - Bangalore November 2000 Sri Lanka, May 2001, China September 2001, Sangli - Kanyakumari (Kamataka, Tamil Nadu, Kerala and Goa) November 2001 Sri Lanka, January- February 2002, Haryana, Rajasthan, Uttar Pradesh and Delhi. July 2002 Sangli, Kamataka, Andhra Pradesh, Tamil Nadu, Pondichery, November 2002, Sri Lanka, December 2002, Maharashtra, Gujarat, Rajasthan. March 2003 Delhi to Katra, Haryana, Punjab, Himachal Pradesh, Jammu & Kashmir. September 2003 Meghalaya, Assam, Tripura, Mizoram, Arunachal Pradesh, Nagaland, Manipur and Bhutan, Myanmar. November 2003, Sri Lanka, February 2004 Madhya Pradesh, Vidharbha, Marathwada, Andhra Pradesh, April 2004 Delhi to Chandigarh, September 2004 Haryana, Delhi, Rajasthan, January 2005 Tamil Nadu, Kerala, Pondicherry April 2005, West Bengal, Bihar, Darjeeling, Sikkim, Nepal, Bangladesh. November 2005 New Delhi, Haryana, Rajasthan, Uttar Pradesh, Tamil Nadu. 2006 Vidarbha, Madhya Pradesh, Chattisgarh, Andhra Pradesh, Uttar Pradesh, Kamataka, March 2007 Uttar Pradesh, Uttarkhand, July 2007 Andaman & Nicobar, September 2007 Orissa, March 2008 Lakshadweep, April 2008 Delhi, June - July Leh, Kargil (Ladhakh), Srinagar, Genderbal, February- March West Bengal, Jharkhand, April 2010 Maldives, July 2010, Haryana, Rajasthan, August Amaravati, Vasim, April 2011 Andhra Pradesh. November 2011 Delhi, Uttar Pradesh December 2011, West Bengal. April - May 2012 Gujarat. 2013 February. Kamataka, March, West Bengal, Bangladesh, Bihar, April Goa, July Madhya Pradesh, Uttar Pradesh, Maharashtra, March 2014, Uttar Pradesh, Haryana, Punjab, Delhi, May 2014 Myanmar, May 2015 Telangana, Kamataka, Oct. 2016 Egypt, Jordan, July-Aug. 2017 Indonesia, Vietnam, Cambodia, Laos, Spet. UAE Oct. 2017, Feb. March 2017, Seychelles, Mauritius, Reunion Island, Madagascar, Kenya, Tanzania, April 2018, London., July 2018 Singapore, Bruine, Malaysia, Thailand, Oct. 2018 Landan, Paris (France), Luxembourg. Brussels (Belgium) Dec 2018, Uttar Pradesh, 2019, Nepal, London, Colombo, Bhutan, Rajsthan.

8. SUPERSTITIONS

Dr. Shah also works for the development of family, society and the nation against superstition.

Environment Awareness Campaign

Dr. Shah is very much concerned about health and environment and works in creating awareness by organizing campaigns in villages, towns and cities across India. So far, he has covered 780 districts in India right from the Himalayas to Kanyakumari and Kutch to Kohima, covering 28 States and 9 Union territories of India.

He has reached over 81 countries in 6 continents across the globe

He has served 2 Crore people of all ages and groups free of cost. He felt the need of working in the field of environment while visiting different States of the country.

While pursuing his hobby of photography during his school days and clicking a photo of the then Prime Minister Pandit Jawaharlal Nehru on the 18th May 1958 at a particular angle, Dr. Shah unknowingly stepped on a sapling. Panditji noticed it and gently advised him to be careful and not step on it as that too had life in it. This small incident was registered in his mind forever and at that very instant he decided to do something to avoid damage to the environment. Further motivation from Acharya Vinobha Bhave and Prime Minister, Smt. Indira Gandhi encouraged him to expand his environment awareness campaigns.

Dr. Shah has been creating awareness among students, teachers and villagers encouraging them to plant trees at his various camp locations. He brought saplings from his own home-grown garden and nurseries around. He even distributed seeds he collected himself or from forest departments to schools motivating them to plant trees. Dr. Shah was well known for arranging environmental exhibitions along with health exhibitions which have been part ofhis regular activities.

He has personally trained teachers, social workers, students. He has provided exhaustive information on environment protection and community development in health campaigns reaching out to over 2 lakh people in literacy campaigns through informative pamphlets and posters etc., which has been further conveyed to their respective families and friends inremotest villages, towns and cities.

Dr. Shah did not establish any institute but he carried out his work with help and involvement of a team of students who were uninterested in studies. By this he helped students discover their hidden qualities. He made his colleagues, teachers and students to contribute to this great task and that is how he was able todo this without any monetary aid from outside.

In one of the districts, the district officer invited Dr. Shah to a tree plantation committee meeting on 25th October, 1988. At this meeting Dr. Shah emphasized the importance of students contribution for creating environmental awareness, protection and maintenance of the same. Students contribution gained remarkable importance as it is >I/3rd of the total population here.

Dr. Shah suggested to arrange programmes like tree procession - 'Vriksha Dindi', to involve 5 lakh students and teachers from the entire district for this work. The suggestion was agreed upon by all. Since 1989, these tree processions have been arranged continuously. Students from kindergarten to high school take active part in these processions. They carry plants on their shoulders and move around all parts of the city. They consider trees as divine and worship them. They take the pledge of planting, nourishing and protecting trees. They also plant saplings around their house and in all public places wherever possible.

People from the adult education movement have also taken part in thee processions. These processions represent a family and so finally the message is conveyed to more than 25 lakh people around the district.

Maharashtra community welfare campaign

With the help of the Social Welfare Department, Government of Maharashtra, 21.90 million students and 5 lakh 66 thousand teachers belonging to 64,918 primary schools, 14,441 secondary schools and 14,970 higher education institutes which belong to 43,025 villages and 336 towns and cities covering 35 districts of Maharashtra State in an area of 308 thousand square kilometers are involved in this campaign for the protection of the environment, for the addiction-free individual and community, literacy, national integration and by arranging mass rallies, human chains, marathon races at different national occasions from 1997 to 2014.

Oath for Environment Protection

For the all-round development of India and to protect nature, I will never cut trees or destroy forests. I will try to protect and preserve nature. I promise to plant trees around my house, and in and around the city. I will help in protecting the birds and animals. I will help the growth of India by saving water and electricity. I will never waste paper and promise to stop using plastic bags.

Dr. Shah has initiated the environment awareness campaigns in various schools in India. He has been an active member of the government tree plantation committee, wildlife committee and tree-friend committee. He has been involved in the government tree plantation movements since 1989. He has arranged exhibitions and competitions for students on several occasions thus creating greater awareness among them.

At the national level, the idea of implementing the Rajiv Gandhi Memorial Garden was suggested to the then Prime Minister, Shri. P. V. Narsimha Rao (1991) and his colleagues, which was started throughout the country. Dr. Shah feels that moving forward while conserving nature to solve problems is the ideal task which he has achieved.

Practical suggestions given in the freely distributed card for environmental conservation.

- The elements of nature such as air, water, the trees, and the plant kingdom, above all, the good Earth does not indulge in any discrimination on account of caste nor do nature's deities entertain any regional strife - why then should humans indulge in discrimination? We are all product of nature.
- Keep your mouth (teeth) and body clean. You should clean your yard, your lane, your area and your town of all refuge and dirt
- The cobwebs of caste and creed, regional chauvinism be kept off in view of the larger cause of national integration.
- Enrich and conserve nature. Plant trees for this at home, in the locality, in the town and wherever possible. The trees as well as animal kingdom be protected (not at the cost of each other) and nourished by man.
- Washing of clothes, cattle at the pond, or by riverside or any other source of water to avoid spread of epidemic disease. Drinking water should be filtered and covered.
- The refuge and rejects of the home and farm should be composted and used as manure. Effluent wastewater be channelized towards plants.
- Conserve energy by use of modem smokeless fuel has, by use of biogas and solar energy in every manner.
- We must save water, electricity, and fuel (Petrol & Diesel) for current and future generations.
- Use recycled paper and help to save the natural resources like the forests.
- Avoid using plastic bags. Best alternative for plastic bags is home-made bags stitched from used garment cloth.
- Enjoyment of audio equipment such as transistors, television, music systems of especially loudspeakers should be low key, to avoid noise pollution. Also, speak gently.
- Betel-nut, gutka, tobacco, alcohol, narcotics, drugs be away for the health, wealth, family, and society.
- Do not donate diseases to others by the nasty habit of spitting at public places and avoid the same process imparting second hand carcinogenic smoke by smoking bidis or cigarettes. Why punish your fellow men for no fault of theirs?



Dr. Vijay Shah

Dentist
Shah Dental Clinic

Native Patan, Gujarat
Birth Sangli, Maharashtra
Residence Sangli, Maharashtra

WHO'S WHO

Dr. Vijay Shah's Success Mantra
"One year equals 365 possibilities, you just have to want to do it."

Dr. Vijaykumar Swarupchand Shah, recipient of Padmashri award from the president of India in 1992, is an internationally known social activist and Dental surgeon, born in a Jain Gujarati Business family in Sangli (Maharashtra)on 22nd January 1940. His home, he remembers, was the centre of the freedom movement.

During his school days, he won the opportunity to meet Acharya Vinoba Bhave and the then Prime Minister Late Shri Jawaharlal Nehru at Trimurti Bhavan, New Delhi who enthused him to commit towards serving the country.

Whilst his graduation in Dental Surgery from the Bombay University, he attended the N.C.C. Camp as cadet captain in Naval Medical Unit in Nanded, where he realised the call for Medical service and awareness for addiction free culture in the rural areas in 1963.Dr. Shah has not restricted his work to his dental profession but has taken an active role in National & International communal concord & veracity, Public Health, De-Addiction, Environmental protection, Total Literacy, Population Control, Aids Awareness, etc. in and around the nation.

It was Dr. Shah's idea to put into action on a national level the Rajiv Gandhi Memorial Garden suggested by him to the then Prime Minister Late Shri. P. V. Narsimha Rao & started throughout the country. He proposed Health check-ups for every primary school going child in the country which was implemented as a regular activity all over.

So far he has been the recipient of 554 awards, 25 doctorates and 5 fellowships. He has also been appreciated by a lot of honourable personalities of our country including the former President Mr.





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Pranab Mukherjee & former Prime Minister Mr. Manmohan Singh. His most prestigious award till date has been the Padmashri award earned by him on the 6th April 1992 by then Hon. President of India Late Shri. R. Venkataraman. He has been called the 'Knight of Malta' (Sir) and has been conferred with the title 'Pandit'. The college of Dentists, USA, bestowed upon him the Yellow Empress Award at Sri Lanka International college.

Formerly, Dr. Shah held a lot of reputed positions in various institutes and organisations viz. Advisor to Ministry of Health, Govt. of India and Vice President of the Maharashtra State Dental Council, Mumbai, etc. Currently he is the President of the Community Welfare Foundation India, & is an advisor & a Professor to many universities worldwide.

Dr. Shah never narrowed his field of work to his district or state, as boundaries between people or places is a word that does not exist in his dictionary and has extended it to the end of East, West, South and North of our country, and also in Nepal, Bhutan, Myanmar, Bangladesh, Shrilanka, Maldives, China, U.K., Egypt & Jordan in his own way. He has rendered his services to 42 lakh 67 thousand people including students belonging to 15360 schools totally free of cost.

He is also a founder of Bombay University Photographic Society and the first student artist to give a one man Show in photography in Mumbai in the year 1963 as it was a part of his hobby. He also loves traveling.

Dr. Shah has worked and is still running steady to promote the message of humanity at large, even after his major cancer surgery in 1989.

He lives with his wife Ms. Ashalata and three children Mr. Nikhil & his wife Ms. Roma, Mr. Preshit, Mr. Apurva & his wife Ms. Shalaka and grand - daughters Muskan, Anushka, Isha and Grandson Akash in Sangli.

A gentle, soft-spoken person with a vision for the future; his profound credence & conviction vis-à-vis the role of children as carriers of knowledge to wider society has been proved beyond doubt. Helping children participate in their own welfare schemes has been Dr. Shah's main triumph.

Dr. Shah has ambitions to hold many more national level campaigns in the future with the help of the government of India. The one who draws insight from Late Prime minister Pandit Jawaharlal Nehru, Late Acharya Vinoba Bhave and Late Freedom leader Vasantraodada Patil, he is today an inspiration himself, setting himself apart from the commoners.

"Changing the world begins with inspiring the youth"

मानववंश टिकविण्यासाठी पर्यावरण संरक्षणास पर्याय नाही

डॉ. विजयकुमार शहा

(जे. ए. पाटील याजकडून)

सांगली, दि. २७: फ्यर्यावरणाचा समतोल मानवानेव घालवला असून तो मानववंश टिकविण्यासाठी पूर्ववत करणे भला असून पर्यावरणाचे संरक्षण करण्यासाठी सरकारकडे बोट न दाखविता विद्यार्थी सेना वृक्षरक्षणाचे मोठे कार्य करीत आहे. त्यांना प्रोत्साहन दिल्यास ती मुले अधिक कार्य करू शकतील. वन निर्मितीसाठी विद्यार्थी आणि युवकांचा सहभाग वाढवला पाहिजे. प्रत्येक गावात वनराई निर्मिती अगदी वाढ्या वस्त्या, गावामध्ये झाली पाहिजे, असे विचार डॉ. विजयकुमार शाह यांनी दै. पुढारीशी बोलताना व्यक्त केले.

डॉ. शाह प्रसिध्द दंततज्ञ आहेत. दत शिबिराच्या निमित्ताने संपूर्ण राज्यातील शहरे, खेडोपाडमाषा दौरा करत असताना त्यांना अनुभवाने अळांचेही महत्व पटले. त्यानंतर त्यांनी पर्यावरण जामृती हिबिरेही घेण्यास सुरुवात केली. शाळकरी विद्याच्यांची वृक्षदिंडी काढण्याची मूळ कल्पना त्यांचीच आज या वृक्षदिंडीचे लोण सर्वत्र पसरत चालले आहे. 'पर्यावरण आणि वृक्षसंवर्धन' या विषयावर आपले विचार व्यक्त करताना ते म्हणाले.

मानवी इतिहासात पर्यावरणाचे संरक्षण कसे करायचे आणि निसर्ग कसा जिवंत ठेवायचा याची चिंता साऱ्या जगाला लागली आहे. बेसुमार वाढत असलेली लोकसंख्या शहरीकरण, औद्योगिकरण त्यामुळे हवेचे, पाण्याचे आणि जमिनीचे होत असलेले व्यापक प्रदुषीकरण, वृक्षतोड, ओसाडीकरण, रासायनिक अपघात आणि काही वनस्पतीचे, प्राण्यांचे होत असलेले समूह उथाटन इत्यादी गोष्टीमुळे धोका निर्माण झालेला आहे. अल्पावधीत मिळवायचा फायदा हीच बाब या गोष्टीस कारणीभूत आहे.

या सर्व समस्या आपणव निर्माण केल्या असल्यामुळे त्यांच्यावरील उपाययोजना आपल्याच हातात आहेत. तरी त्यावर तातडीचे उपचार आजच करायला पाहिजेत, नाहीतर उद्याचा सूर्य कदाचित पहायला मिळणार नाही. आणि मानववंश नष्ट होण्यास वेळ लागणार नाही. जगातील भारताच्या वाट्याला आलेली जमीन जगाच्या सुमारे अडीच टक्के आहे. तर लोकसंख्या मात्र सोळा टक्के लोकसंख्या आणि जंगल यांचे प्रमाण देशात दहा टक्के आहे. तर जर्मनीत २०, श्रीलंका, जपानमध्ये ६०, ४० टक्के इतकी आहे.

अनादी काळातील मृत वनस्पतींचे खनितेल आणि कोळसा रुपांतरीत झाला. या तेल व कोळशाचा इतका ऱ्हास होत आहे. की तो साठा लवकरच संपणार आहे. तेल आणि कोळसा जाळून हवा खराब होते. त्यामुळे माणसाला त्रास होतो. विाय सूर्यापासून येणाऱ्या उर्जेवर त्याचा परिणाम होतो.

पर्यावरण दुषित होण्याचे दुसरे कारण वृक्षवल्ली, जलसंपत्तीचा नाश होय. वृक्षामुळे आपणास अन्न, प्राणवायू, आर्द्रता तर मिळतेच शिवाय त्यामुळे जमिनीची धूप थांबते. आणि जंगल असलेल्या भागात पावसाचे प्रमाण अधिक असते. वन्यप्राणी जंगलामुळे जगतात आणि प्राण्यांच्या विष्टेमुळे जंगलाची जमीन सुपिक होते. प्राण्यांनी सोडलेला वायू वृक्षवल्ली घेतात. हा वायू वृक्षांनी घेतला नाही तर सूर्याचे उर्जेमध्ये याचे मिश्रण होऊन तपमान ४ डिग्रीने वाढेल आणि त्यामुळे पृथ्वीवरील उत्तर आणि दक्षिण ध्रुवाचा बर्फ वितळून जगाचा प्रलय होईल.

पर्यावरण दूषित होण्याचे त्सिरे कारण म्हणजे वाढती लोकसंख्या, पाणी, निवारा, अन्न या सोयीसाठी माणूस प्राणी आणि वनस्पती यांचा बेसुमार नाश करत आहे. कारानदारी, सांडपाणी, शेतीसाठी वापरली जाणारी कृत्रिम खीँ तसेच तणनाशके यामुळे प्रदूषणाचे संकट विहिरी, नद्या नाले, ओढ्याच्या पाण्यातून शहरी आणि ग्रामीण भागालाही धोका निर्माण झाला आहे.

आपल्या देशातील सर्वच पवियत्र नद्या ईंक्या घाण झाल्या आहेत. की शुद्ध पिण्याचे पाणी मिळेनासे झाले आहे. इतकेच नाही तर आधुनिक जलशुद्धीकरणाची यंत्रणाही ते संपूर्ण शुद्ध करू शकत नाही. असे तज्ञांचे मत आहे. नैसर्गिक पाण्याचे मोठ्या प्रमाणावर प्रदूषण होात असल्यामुळे सुरक्षित पाणी पुरवठा योजना अपुऱ्या आहेत. पाण्याचे प्रदूषण टाळण्यासाठी कारखान्यानी वापरलेले पाणी शुद्इध करून सोडले पाहिजे, तसेच रासायनिक खीँ आणि जंतूनाशकांचा वापर करू केला पाहिजे तसेच शहररातील सांडपाणी नदीत प्रक्रिया न करता सोडल्यामुळे खालच्यां नावांना पाण्यातून रोगजंतूचा फैलाव झाल्यामुळे अनेक रोगांच्या प्रसारांना बळी पडावे लागत आहे. त्याची नोंद जागतिक इतिहासा सांगलीच्या शेरीनाल्यानी काही वर्षापूवी केली आहे.

पर्यावरण संरक्षण करण्यासाठी लोकाजगृतीची नितांत जरूरी आहे. त्यासाठी ग्रामीण भागातीलू वस्त्या, वाड्या, गाव आणि शहरातील व्यक्तिशी व्यक्तिगत संवाद साधण्याची गरज लक्षात घेऊन एका कुटुंबापर्यंत संपर्क साधण्याचा सरळ साधा अत्यंत कमी खर्चाचा पण अत्यंत प्रभावी माध्यमाचा शोध विद्यार्थ्यांसाठी आयोजित केलेल्या आरोग्य संस्कार शिबिरातून लागला. अगदी चार-पाच वर्षाच्या बालवाडीच्या विद्यार्थ्यांनी पालकांच्या तंबाखूसारख्या कॅन्सरजन्य व्यसनापासून पालकांना दूर केलेली शेकडो उदाहरणे आज समाजात दिसतात. जे मोठ्यांना जमले नाही ते बालके करीत आहेत. या बालकांचा वननिर्मितींसाठी वापर करून घेतला पाहिजे.

ग्रमीण भागात वननिर्मितीबरोबर गुरांना रनात चरण्याची बंदी करून त्यांना लागणार गवत चारा कापून दिल्यास जमिनीची धूप आपोआप थांबेल, मोठ्या प्रमाणावर वननिर्मिती करून इंधनाचा प्रश्नही सोडवता येईल. वननिर्मितीबरोबर वन्य पशु, पक्षी, प्राणी यांनाही संरक्षण मिळेल. ते सर्व मिळून पर्यावरणाचा समतोल राखण्यास मदत होईल. याकामी विद्यार्थ्यांचा सहभाग होऊ शकतो.

७०-८० फूट उदीच्या चिमणीच्या कारखान्याच्या धुरामुळे जसा मारसाच्या शरीरावर परिणाम होतो तसाच अगदी नोद इंच लांबीच्या विडी सिगारेवटमुळे स्वत:ला तर होताच पण शेजारी बसणाऱ्या निष्पाप स्वत:च्या मुलांना, कुटुंबाला किंवा अन्य व्यक्तीला त्याची शिक्षा भागेावी लागते. तंबाखूच्या व्यसनापासून मानव दूर झाल्यास प्रचंड पैसा वाचणार आहे. त्या पैशात उघडे बोडके डोंगर काही वर्षात हिरवेगार होतील.

पर्यावरणाविषयी प्रेम उत्तपन्न होण्यासाठी प्रत्येक गावात राजीव गांधी विद्यार्थी वनराई निर्माण करावी व त्या वनराईमध्ये प्रत्येक शाळांना जागा वाटू द्यावी. त्याचप्रमाणे तेथील वननिर्मिती आणि वनसंरक्षणाची जबाबदारीही त्या त्या शाळांच्या विद्यार्थ्यांवर सोपवावी, तसेच या वनराईचा उपयोग विद्यार्थी व महिलांच्या सार्वजनिक, सांस्कृतिक, कार्यक्रमासाठी व्हावा. असेही त्यांनी सूचविले आहे.

CAMPAIGN FOR ADDICTION FREE COMMUNITY

1) De-addiction Campaign through personal oral health camps

During his graduation, Dr. Shah attended the N.C.C. Camp as Cadet Captain in the Naval Medical Unit in Nanded. There he felt the need of awareness for de-addiction in rural areas in the year 1963.

After graduating in dental surgery in 1966 from Mumbai, Dr. Shah was surprised to see the high level of addiction to tobacco, bidis cigarettes, alcohol etc. among the student community. He was advised to work in the rural areas by the late Chief Minister of Maharashtra, Shri Vasantdada Patil. It was because of his decision to work in the rural areas he could start his health and de-addiction campaign in 1966 which has continued for the last five decades and over.

For running this health and de-addiction campaign, Dr. Shah did not establish any institution nor did he receive any monetary help from any individual or organization. He got the help for running this campaign from likeminded school teachers, students and social workers. He also received a lot of cooperation from different government agencies.

Since 1966, through media promotion of his dental health checkup camps, Dr. Shah has run a campaign for the elimination of tobacco and other forms of addiction from society at large. For this, he has conducted such campaigns during the last 57 years. in these camps he has stressed on the damage caused physically, psychologically and financially to an individual and society because of these addictions.

It is in these camps that Dr. Shah has imparted knowledge to the people regarding the ill effects caused due to 1) Chewing of betel-nut, 2) Chewing and consumption of tobacco, 3) Combination of betel-nut, tobacco and other constituents in the form of mava, gutka, paan-masala etc., 4) Smoking of bidis, cigarettes, 5) Addiction to different forms of alcohol, 6) Drugs like heroin, cocaine, brown sugar, LDD, mendrex etc. He has also treated people suffering from various dental diseases caused due to addiction in these camps.

2) Maharashtra Campaign since 1997

1. 26 June, 1997 – Anti Narcotics Day De-addiction Campaign.
2. 26 June, 1998 – Anti Narcotics Day De-addiction Campaign.
3. 2nd October, 1998 – Gandhi Jayanti De-addiction Campaign.
4. 1st March, 1999 – Vasantdada Patil Punyatithi De-addiction Campaign.
5. 26 June, 1999 – Anti Narcotics Day De-addiction Campaign.
6. 2nd October, 1999 – Gandhi Jayanti De-addiction Campaign.
7. 1st March, 2000 – Vasantdada Patil Punyatithi De-addiction Campaign.
8. 26 June, 2000 – Anti Narcotics Day De-addiction Campaign.
9. 2nd October 2000 – Gandhi Jayanti De-addiction Campaign.
10. 1st March, 2001 – Vasantdada Patil Punyatithi De-addiction Campaign.
11. 1st May, 2001 – Kamgar Din De-addiction Campaign.
12. 26th June, 2001 – Anti Narcotics Day De-addiction Campaign.
13. 2nd October, 2001 – Gandhi Jayanti De-addiction Campaign.
14. 1st March, 2002 – Vasantdada Patil Punyatithi De-addiction Campaign.
15. 26th June, 2002 – Anti Narcotics Day De-addiction Campaign.
16. 2nd October, 2002 – M. Gandhi & Shastri Jayanti De-addiction Campaign.
17. 1st March, 2003 – Vasantdada Patil Punyatithi De-addiction Campaign.
18. 26th June, 2003 – Anti Narcotics Day De-addiction Campaign.
19. 1st August, 2003 – Gutka Muktidin De-addiction Campaign.
20. 2nd October, 2003 – M. Gandhi & Shastri Jayanti De-addiction Campaign.
21. 1st March, 2004 – Vasantdada Patil Punyatithi De-addiction Campaign.
22. 26th June, 2004 - Anti Narcotics Day De-addiction Campaign.

23. 26th June, 2004 - Anti Narcotics Day De-addiction Campaign.
24. 1st March, 2005 - Vasantdada Patil Punyatithi De-addiction Campaign.
25. 26th June, 2005 - Anti Narcotics Day De-addiction Campaign.
26. 2nd October, 2005 - M. Gandhi & Shastri Jayanti De-addiction Campaign.
27. 1st March, 2006 - Vasantdada Patil Punyatithi De-addiction Campaign.
28. 26th June, 2006 - Anti Narcotics Day De-addiction Campaign.
29. 2nd October, 2006 - M. Gandhi & Shastri Jayanti De-addiction Campaign.
30. 1st March, 2007 - Vasantdada Patil Punyatithi De-addiction Campaign.
31. 26th June, 2007 – Anti Narcotics Day De-addiction Campaign.
32. 2nd October, 2007 - M. Gandhi & Shastri Jayanti De-addiction Campaign.
33. 1st March, 2008 - Vasantdada Patil Punyatithi De-addiction Campaign.
34. 26th June, 2008 - Anti Narcotics Day De-addiction Campaign.
35. 20th October, 2008 - M. Gandhi & Shastri Jayanti De-addiction Campaign.
36. 1st March, 2009 - Vasantdada Patil Punyatithi De-addiction Campaign.
37. 26th June, 2009 - Anti Narcotics Day De-addiction Campaign.
38. 2nd October, 2009 - M. Gandhi & Shastri Jayanti De-addiction Campaign.
39. 1st March, 2009 - Vasantdada Patil Punyatithi De-addiction Campaign.
40. 26th June, 2011 - Anti Narcotics Day De-addiction Campaign.
41. 2nd October, 2011 - M. Gandhi & Shastri Jayanti De-addiction Campaign.
42. 1st March, 2012 - Vasantdada Patil Punyatithi De-addiction Campaign.
43. 26th June, 2012 - Anti Narcotics Day De-addiction Campaign.
44. 2nd October, 2012 - M. Gandhi & Shastri Jayanti De-addiction Campaign.
45. 1st March, 2013 - Vasantdada Patil Punyatithi De-addiction Campaign.
46. 26th June, 2013 - Anti Narcotics Day De-addiction Campaign.
47. 26th June, 2014 - Anti Narcotics Day De-addiction Campaign.

3) Literacy Campaign – Sangli District

Dr. Shah has worked in more than 700 villages and towns and lectured over 2 lakh people about literacy. He has actively involved himself in spreading the message of de-addiction and community development. The district received the national award for the same. He has visited almost all the villages here. Dr. Shah has also worked in other districts too. Currently, he is working in 'Sarva Saksharta Abhiyan' in India.

4) Environment awareness campaign 'Vriksha Dindi'. Dr. Shah launched this in Sangli district since 1989. He has involved around 5 lakh student and teachers. This procession is carried out in the rainy season more often on 9th August which is Kranti Din.

5) Lectures in cultural conferences.

6) In national community welfare camps.

7) Through religious teaching camps.

8) Holistic and various medical seminars.

9) Small savings propagation drives.

10) Propagation through medias such as Doordarshan Radio, Newspapers etc.

11) He has been H.O.D. in District General Hospital from 1970 to 1998 where he has treated the victim patients of tobacco.

12) Dr. Shah has treated victim patients of tobacco in his private practice, guided them and saved them from cancer and oral diseases.

13) Aids awareness programmes.

14) Aganwadi health camps.

15) Lectured in physical and academic teachers training colleges and teachers workshops.

16) Village social workers training camps.

17) Poster exhibitions.
18) Labourers get-togethers.
19) Ladies social groups in villages and towns.
20) National cadet corps.
21) Posters and banners display in Ganesh festivals.
22) Exhibition in Religious get-togethers like Jatra and Urus.
23) Display of banners, posters and pictures in clean village and city camping.
24) Lectures on 1st August which is declared as Gutka Mukti task force day.
25) Messages spread through communal harmony and national integration Yatra.
26) Spreading messages and guiding the people he meets daily.

Dr. Shah has during his health campaigns, seen the addiction of tobacco in different forms in different age groups – poor and rich, illiterate to the highly educated people.

The tobacco consumption in any form develops dental, oral, general health problems and cancer too. Dr. Shah took the challenge himself and tried his best to control the addiction. This main force in the campaigns were mainly school children.

Dr. Shah's work to control consumption of tobacco by his health camps in schools for students and for adults has shown considerable effects. Because of ignorance and lack of health knowledge, they used to apply tobacco as tooth powder 40 years back for cleaning teeth. This habit was seen more predominantly in ladies as compared to men which was the main cause of gum diseases i.e. bad smell, bleeding gums, oozing of pus and loss of tooth supporting bone and other oral condition.

Dr. Shah constant efforts for de-addiction since 1966 has given him good results. In his survey conducted after some time, the school-going students attending his camp were reported to be 100% addiction-free from tobacco. The students in turn have successfully convinced their parents to get rid of the habit of tobacco chewing, paan or gutka and how they can prevent cancer and other diseases thus saving money in the long run.

Dr. Shah is among the few people in India who has given proper guidance to the addicts to save them from further health and social hazards. He has suggested the state government to accept his idea of state de-addiction campaigns for schools. He has also suggested the state government to 1) Ban tobacco chewing and spitting in public spaces, 2) Ban to sell tobacco products near school campus, 3) Ban on paan masala and gutka, 4) Awareness through clean village and city campaigns which were accepted and implemented by the state government.

-
- Do not donate diseases by the nasty habit of spitting at public places and avoid the same process imparting carcinogenous gifts (cancer possibilities) by smoking bidis or cigarettes. Why punish your fellow men for no fault of theirs?
- Betel-nut, gutka, tobacco, alchohol, narcotic drugs, be away – for health, family and society.
- Often people do not recognize the *enormous* impact of addictions on their finances in addition to the impact on their health and wellbeing.

What effect would a packet of tobacco or a few cigarettes have? Not much right?
In fact, addictions can be very expensive in the long run. Typically, people develop addictions when they are adolescents or young adults.
Let's consider a person who starts spending just Rs 10 to 20 daily on his addictions (for instance bidi, or cigarette or tobacco) at age 20 until age 50. Thus, he spends approximately Rs 400 to 500 every month or Rs 5000 yearly on his addiction.
The graph below shows what would happen if this same person invested Rs 5000 yearly at an interest rate of 8%. At the end of 30 years, at age 50, the person would have over 6 lakh rupees to support his life and lifestyle.
Moreover, the impact would be even greater if the addiction continued in future years, both on health and on finances.

MAHARASHTRA COMMUNITY WELFARE CAMPAIGN SINCE 1997

With the help of the Social Welfare Department, Government of Maharashtra, 21.9 million students and 5 lakh 66 thousand teachers belonging to 64,918 primary schools, 14,441 secondary schools and 14,970 higher education institutes which belongs to 43,025 villages and 336 towns and cities covering 35 districts of Maharashtra state in an area of 308 thousand sq kms are involved in this campaign.

For the addiction-free individuals and community, literacy, national integrity and protection of environment, Dr. Shah has arranged mass rallies, human chains, marathon races etc. on various national occasions.

THEY HAVE TAKEN THE OATH HAS BELOW

FOR THE ALL-ROUND DEVELOPMENT OF INDIA AND TO PROTECT NATURE, I WILL NEVER CUT DOWN TREES AND DESTROY FORESTS. I WILL TRY TO PROTECT AND PRESERVE NATURE. I PROMISE TO PLANT TREES WHEREVER I CAN – AT HOME OR IN AND AROUND MY CITY. I WILL HELP TO PROTECT BIRDS AND ANIMALS. I WILL HELP THE GROWTH OF INDIA BY SAVING WATER AND ELECTRICITY. I WILL NEVER WASTE PAPER AND PROMISE TO STOP USING PLASTIC BAGS.

I WILL NEVER EAT BETELNUT, MAVA, GUTKHA OR GET ADDICTED TO ALCOHOL, DRUGS AND EVEN HELP OTHER TO GET RID OF THERE ADDICITIONS. I WILL PARTICIPATE IN CAMPAIGNS AGAINST AIDS. I WILL HELP TO MOTIVATE MY FRIENDS TO TAKE PRIMARY EDUCATION. I WILL ALWAYS TRY TO PROTECT AND ENCOURAGE NATIONAL INTEGRITY AND BROTHERHOOD. I WILL DO SOCIAL SERVICE AS A NATIONAL DUTY FOR THE COUNTRY AND MAKE MY MOTHER INDIA SUJALAM SUFALAM. JAY HIND!

Dr. Shah has convinced his ideas to the Government of Maharashtra for greater involvement of the community where he cannot reach personally. But his message can be spread through the students which can reach further to their respective families. Dr. Shah does not claim full success because it depends on the real and actual desire of the teaching institutes.

Convey this message to every family member of Maharashtra. This message is reaching to over 100 million people of Maharashtra i.e. nearly 10% population of India through the active involvement of 21.9 million Students in the state campaign.

Since 1997 to 2014, community Welfare Campaigns been conducted on different occasions such as Vasantdada Patil Death Anniversary, Anti Tobacco Day, De-Addiction day, Gandhi Jayanti, Lal Bahadur Shastri Jayanti etc.

Dr. Shah's Ambition :- With the help of Govt. of india do the similar campaigns at the national level in near future.

ROLE MODEL IN A NUT SHELL

1.	In carrying out all his work, no financial help was received nor were any government grants given. He motivated and sought the co-operation of teachers, students, social workers and various government sources.
2.	Through the means of camps and experience, along with personal camps, he has been arranging 'Vruksha Dindi' comprising of over 5 lakh students in Sangli district for environmental awakening since 1989.
3.	In the Sangli district literacy campaign, Dr. Shah has devoted himself to make nearly 2 lakh people literate, with the help of students and teachers. He continues to work all over India through Sarva Shiksha Abhiyan.
4.	Involved in integrated community welfare campaigns with the help of the Social Welfare Department, Government of Maharashtra. Since 1997 to 2014, about 21.9 million students from 35 districts of Maharashtra state have been covered so as to reach every single family of the state that covers a population of over 100 million people in Maharashtra – a unique way for community outreach.
5.	It must be emphasized that all the above mentioned efforts of his was a 'one-man show'. A team of assistants was actually formed and trained by him – picking raw recruits he encountered upon in welfare camps. His efforts were more than compensated by the encouraging response he received from these welfare camps. Dr. Shah has made the first successful effort in the country of accomplishing 'Adult welfare through child welfare for community development'.
6.	Dr. Shah is the only social activist in the country who has worked in **780 districts in India covering every single state and union territory** a unique and astonishing achievement. In addition, though his own efforts, he has reached **over 81 countries in all 6 continents**

FIELD OF ACTIVITES

- Propagation of dental health knowledge to the child and through children spreading health consciousness in general and oral hygiene particularly among the low income groups, backward classes, remand homes, orphanages, mental rehabs, physically handicapped and leper asylums in rural, urban and Adivasi areas. Imparting the same knowledge through volunteers of the literacy mission for the benefit of the illiterate community.
- Integrated approach starting with dental hygiene in particular for the overall development of the child and through child media and literacy mission, the development of society at large.
- Instilling the importance of preservation of the environment in the children and organizing Vriksha Dindi (rallies) of 5 lakh students for environmental awareness and tree plantation every year in Sangli district and other parts of the state. The same has been carried out in integrated community welfare camps.
- Imparting oral health education to children through lectures, films, poster exhibitions through organized camps and other institutions.
- Imparting practical knowledge and technical knowhow to auxiliaries especially school teachers, literacy workers, voluntary workers working with school children and communities.
- Dietary consultancy – advising children on good food habits, avoidance of sugary items such as chocolates etc that stick to teeth.
- Through the effective child media and through literacy classes, the evils of tobacco addiction, betel-nut or paan chewing, alcohol and narcotics were conveyed to adults at home thus resulting in small savings.
- Simultaneously with the education of dental health, preventive knowledge in the case of other diseases was also given in camps through medical workers.
- Educated people in the consumption of safe and clean drinking water so as to prevent water-borne diseases.
- Propagation of vegetarianism.
- Making campers aware for the necessity of preserving forest wealth and importance of social forestry.
- Prevention of AIDS – Counseled through health education camps, literacy mission in the form of exhibitions, radio talks, lectures, mass rallies etc.
- Superstitions – Worked for the development of family, society and the nation against false beliefs and superstitions.
- National integration and communal harmony – Spreading the message of national integration and unity through camps, literacy campaigns and rallies.
- Oral Health Exhibition – Dr. Shah's research and genius resulted in an exhibition of posters, models, slides, photographs etc that informed patients about modern dental treatment, reasons and prevention of diseases, care taking, history of dental science dating as back as six thousand years and its progress. Such an exhibition is probably one without the second in the country and also in the world according to his information. It consists of more than 100 posters.
- Exhibition on environment, literacy, AIDS, general health and the evils of addiction.
- Promotion of awareness on personal and social hygiene.
- Promoting the importance of vaccines like polio, diphtheria, tetanus etc.
- Propagation of blood donation. v Skin donation v organ donation
- Propogation of eye donation
- Promoting awareness for population control.

A world class oral and dental health exhibition for community Welfare and education

Dr Vijaykumar shah convinces everyone seeing his Oral health exhibition that a dentist is your friend! This is how the journey started.

Dr. Shah's research and genius resulted in an exhibition of posters that inform patients about history of dental science dating to 6000+ years ago to modern dental treatment. It consists of more than 100 posters. Such a unique exhibition is probably one without the second in the country and likely in the world.

The aim of this dental exhibition is to inform people about healthy teeth, signs and symptoms of dental problems, dental anomalies, oral cancer, preventive oral and dental care as well as modem dental treatment. Inspired by Mahatma Gandhi Ji, Dr shah highlights that appropriate dental care is our collective responsibility.

The exhibition highlights 6000-year-old history of dentistry in India in a comprehensive manner. According to Lokmanya Tilak, the history of dental science in India dates to 4000 BC. Ayurveda highlights dental science. In Taxila university, medical curriculum included dental studies and lasted 7 years. They accepted 500 students every year. Nalanda university as well included dental studies. The great Susruta developed dental tools since 750 BC. Additionally it shows Indian tools shaped like bord beak from 750 BC. A wooden plaque in Egypt from 5000 years ago shows world's first dentist with his tools.

The holy temple with Lord Bhudda's teeth from Kandy, Sri Lanka is truly incredible. The pyramids in Egypt show evidence of teeth tied in a gold thread. A roman skull from 2500 years ago shows permanent bridge with golden teeth. During the reign of Emperor Ashoka from 272 to 232 BC, forensic dentistry employed dental imprints on stamp paper to prove a person's identity. This is truly amazing since the dental structure and imprint of each person is unique. Teeth adorned with diamonds have been found in Mexico. Skull and jaw bones free of any dental caries have been found in excavations near Somnath temple in Gujarat. The exhibition highlights variety of materials used to make artificial teeth including bovine bones, elephant ivory, metals, wood and even gold at variety of time points in history. Forced teeth removal was often used as a punishment in ancient Europe (Greece). Use of dental science for identification of bodies is noteworthy. King Jaichand Rathod of Kanauj was martyred in the war against Shahbuddin. His body was identified based on the artificial teeth he had. Similarly, Hitler's dead body was identified based on his pre and post mortem dental X rays.

Hereafter the exhibition highlights evolution of dentistry, particularly office and street dentistry. Amsterdam had street dentists in AD 1620! Dentistry was even practiced in fairs and gatherings in 17th century Europe. An antique carving from 1780 shows dental caries in an ivory carving.

The exhibition demonstrates progress made in the 19th century with the advent of a dental chair and advanced dental tools. A foot operated dental drill was invented in 1871.

While we assume anaesthesia as a given now, it is shown that Dr James Robinson used ether in 1846 for teeth removal. Local anaesthesia was discovered in 1920. Similarly dental X-rays were discovered in late 19th century and have rapidly evolved since then. The evolution of tooth brush from ancient to modem times is particularly interesting.

The exhibition highlights the role of a dentist as a patient's friend to maintain healthy dentition. Dental anatomy is further explained so people understand the structure of the teeth with enamel, dentine, pulp and other tissues.

Dr Shah attempted to instill the importance and value of maintaining disease free dentition all our lives and urged everyone to take on this responsibility. He explains that primary teeth erupt from 6 months to 28 months of age and are 20 in number. In contrast permanent teeth are 32 in number and erupt from 6 to 18 years of age. While demonstrating the change in dentition over childhood, the exhibition celebrates teeth as a natural gift and the need for preventive care to ensure that both a person's smile and dentition are preserved all their life. Advising on the food groups that promote caries, Dr Shah highlights the importance of curbing refined sugar, chocolate and candy.

It is clear from the exhibit that everyone needs to regularly visit a dentist from age 2. Dental plaque promotes caries. The type and extent of dental caries demonstrated is particularly eye-opening. However, it is amazing to note that majority of the caries can be treated with modem methods. You may need dental filling, dental caps or even a root canal treatment. Untreated, caries may lead to abscess formation and lot of pain. This may need surgical removal. The information is not just limited to dental caries. We learn about diseases of the gums such as pyorrhea and gum recession too. These need to be appropriately treated too. It is very important to learn that if untreated, dental caries and diseases of the gums may lead to loss of permanent teeth.

We learn that many habits such as thumb sucking, lip and tongue biting, or oral breathing can lead to dental anomalies. These need to be treated at an early age. Similarly temporary teeth should not be removed too early, this can interfere with permanent dentition. Dental anomalies, malocclusion and jaw abnormalities can be treated with modem dentistry very successfully.

We particularly learn about the third molars called wisdom teeth. These erupt from 16 to 18 years of age. Unerupted, or partially erupted wisdom teeth can lead to variety of problems including dental problems, ear problems, sinusitis and even headaches and must be treated at expert hands. Untreated wisdom teeth may lead to damage to other teeth, infections and even bone loss. Similarly missing teeth can lead to dental anomalies, food traps, caries, infections, bone loss and worsening of overall bite and dentition. Thus, expert evaluation and treatment is needed. With esthetic dentistry many anomalies such as discoloured teeth can be corrected, and reshaping teeth is possible. The miracles of modern dentistry are amazing and results can be permanent. Lost teeth after an accident can also be replaced and salvaged, this is a rather important message.

A lot of children and adults are loath of brushing teeth. The exhibition explains the need of regularly and appropriately brushing teeth every day. The correct technique is demonstrated as well to make sure all teeth are brushed appropriately. Brushing after every meal is desirable. Pictographic demonstration of proper brushing technique is highly impactful. The exhibition truly urges regular and appropriate brushing! Furthermore, use of fluoridated toothpaste is particularly important to prevent dental caries along with appropriate tooth brushes.

The exhibition now moves to deleterious impact of addictions. Dr Shah urges everyone to quit any and all types of addictions but particularly tobacco (in any form), cigarettes, pan, pan masala, ghutka and any oral addictions. The pictures and information presented is highly convincing that addictions is an invitation to cancer. Oral cancer is highly preventable through habit change and de-addiction. The preventive oncology aspect of this exhibition is a particular high point. Dr Shah's dream is to have an addiction free India. He highlights addiction to alcohol, tobacco and other substances as an invitation to cancer and death. He demonstrates adverse impact not only on health but also on finances, family and overall wellbeing. De-addiction is important not only for the person but also for the family, community, society and nation at large. The posters and the pictures demonstrate the harsh reality an addict may have to face and are enough effective to scare the most ardent addict. Information is also provided to prevent AIDS.

Overall, Dr Shah's exhibition is among the most comprehensive, effective and impactful exhibit on dental history, dental and oral hygiene, preventive dentistry, common dental problems, modern dentistry, and de-addiction.

INTEGRATED CHILD WELFARE CAMPAIGN

HEALTH

- Provide health services to children in remand homes, orphanages, tribal areas, ashrams, day care centres, disability, and special needs schools, and in slums
- Provide health services to Anganwadi, pre-nursery, nursery, primary and secondary schools.
- Provide health education and emphasize moral education for children.
- Provide medical and dental consultation and treatment to children from socially and economically challenged background free of cost.
- Promote awareness on personal hygiene.
- Promote healthy and balanced diet
- Promote universal vaccination, especially for people in remote rural and tribal areas.
- Prevention of sexually transmissible infection including AIDS through education and awareness.

- **DE-ADDICTION**
- Educate children about the evils of drug and substance abuse and addictions including narcotics, cigarette smoking, paan (beetle leaf), tobacco, paan masala/gutka etc.
- Impress upon children and adults the adverse financial impacts of any form of addiction.

- **WELLNESS CAMPAIGN**
- Arrange poster, essay, and debate competitions on variety of subjects for all round development of students.
- Promote science, nature, and de-addiction clubs in schools.
- Facilitate community and adult education and welfare through children.
- Leverage mass-communication media such as internet, social-media, television, radio, newspaper, and other print media to spread message around health, wellness, environmental conservation, de-addiction and national integration.
- Promote and facilitate training camps and events for sports, cultural activities, personality
- development and national integration
- Facilitate and promote leadership development and train student leaders to champion community development.
- Spread awareness around child and community welfare in various events, festivals, gatherings,
- and mass rallies through exhibitions, distribution of pamphlets, brochures, and reading materials.
- Spread awareness around superstitions and false beliefs
- Promote social and community hygiene and condone public spitting, urination, and defecation in public areas.

- Organize lectures and seminars in medical, dental, complimentary medical schools, colleges and
- universities on child welfare.
- Imparting practical knowledge and technical knowhow to school-teachers, social workers, voluntary workers who work with children and the community at large.

- **ENVIRONMENT**
- Educate children about the importance of environmental protection
- Motivate children to plant trees at home and in public places
- Highlight the importance of conservation of water, electricity, and paper.
- Promote social forestry

- **LITERACY**
- Motivate the children for education and literacy.

NATIONAL INTEGRATION

- Bring children of all caste and religion together for communal harmony and national integration.
- Educate children about the importance of preserving our traditions and cultural heritage.



COMMUNITY HEALTH CAMPAIGN SINCE1966



India, Nepal, Bhutan, Myanmar, Bangladesh, Sri Lanka, Maldives China, U.K., Egypt, Jordan, Indonesia, Vietnam, Cambodia, Laos, UAE, Seychelles, Mauritius, Reunion Island, Madagascar, Kenya, Tanzania, Singapore, Bruine, Malaysia, Thailand, Luxembourg, Pakistan.

Oral & General Health, National Integration, Literacy, Family Welfare Environmental Awareness, evils of Addiction.

- To spread the health consciousness in general and oral hygiene in adults and children – particularly students, teachers among low income groups, backward classes, Anganwadis, remand homes, orphanages, mental and physically handicapped, leper asylums in rural, urban and adivasi areas.
- To organize and conduct camps for health education, consultation, treatment and surgical procedures, medicines on oral health for needy patients all free of cost.
- Giving diagnosis and treatment cards to every patient with follow up. The card gives a message of oral and general health, community health and sanitation, communal harmony, national integration, environmental protection, conservation and tree plantation, conservation of electricity and use of non-conventional energy, literacy and family welfare, evils of addiction. Prevention of oral cancer and importance of small savings, fight against superstitions etc.
- To compile statistics about the relationships of habit causing diseases, causes of oral cancer and fluoride levels in drinking water.
- To disseminate methods of dental care, prevention of oral diseases through lectures, audio visuals shows and exhibitions based on the history of dental health from 6000 years to present modern dentistry in schools, colleges, social clubs which were broadcasted through radio, TV, newspaper articles etc.
- Lakhs of Teachers, youth volunteers, social workers and students trained to propagate welfare activities.
- Emphasis was laid on national integration, truth, religion, peace, love and non-violence. Adult education, family welfare, environment awareness, vegetarianism etc. through the effective student media, the evils of tobacco addiction, betel-nut, pan chewing, alcohol and narcotics were conveyed to adults at home thus diverting money into small savings.

Do you believe that achieving zero dental diseases at grass root level is possible?
Yes through a novel collaborative initiative with Anganwadi Sevikas

Padma Shri Dr. Vijayk:umar Shah is an International Social Activist and dentist from Sangli, Maharashtra. He has been implementing comprehensive community welfare programs for the last six decades and creating awareness in the field of holistic community development.

Since 1963, his Oral Health Movement has directly benefitted over 20 million people. He has conducted 12000 Oral Health & Personal Hygiene Camps in the villages & towns of 780 Districts of India and in 81 countries in the world.

As a social reformer, Dr Shah has led the visionary noble work of molding the health and environmentally conscious literate "ideal child" who is patriotic, compassionate, kind, and free of discriminatory vices of caste, color, creed. These children and their families have further catalyzed the chain reaction of awareness and have spread the message to countless other children and their families. Furthermore, many children have carried the message of de-addiction to their families to liberate the parents and elders from the shackles of alcohol and tobacco addiction. Indeed, Dr Shah made the first successful effort in India of accomplishing adult welfare through child welfare for well-rounded community development.

This scale of work has been made possible by his ingenuity and novel research. One such initiative has been his collaboration with Anganwadi Sevikas (AWS).

The Sevikas work in Anganwadis in each and every village in India and play an important role in early childhood development, antenatal care and community development. They are often the first point of contact for many children and their families. Dr Shah is among the pioneers to have recognized the invaluable work the AWSs do for the community and their role in societal development.

The original idea for an Anganwadi was conceived in Maharashtra as part of a small grass root level early childhood development program. This was subsequently adopted by the government of India across the country. Today, over 33 lakh Anganwadis are functional across India. Furthermore, Dr Shah has personally visited 1000s of Anganwadis across Maharashtra through his campaigns.

Dr Shah sees the Sevikas in the form of personification of Goddess Saraswati as early childhood educators, of Lord Dhanvantari for their role in prevention, detection, and treatment of common medical condition, as well as patriots serving motherland India. In particular, their work towards communal harmony, national brotherhood and national integration in accordance with Indian constitution is noteworthy.

The AWSs are able to reach each and every person in their area regardless of their caste, creed, social status, religion or any other identifier. They are often looked at as ideal citizen and women. He recognizes their limited remuneration despite tremendous contributions and need of work in the area.Dr Shah particularly highlights his association with AWSs and work at grass root level. During his community welfare campaigns he has experienced particular flare in AWSs with regards to understanding and capacity to lead change and consequently community welfare.

Dr Shah has created significant awareness regarding oral hygiene, dental caries, dental diseases, gum diseases as well as dental anomalies through AWSs. In particular he has raised awareness regarding ability to treat or prevent majority of these disorders. He highlights the significant role AWSs can play in prevention and treatment of these disorders. Through training these grass root level workers, Dr Shah has achieved zero dental disorder state in many communities.

Treatment of dental caries, complex dental conditions, orthodontic treatment and implants can cost tens of thousands to lakhs of rupees per patient. Prevention of dental disorders at grass root level also means substantial personal as well as national health care savings of crores of rupees. Additionally, the reduction in morbidity, pain and suffering are key benefits.

Sevika's role in antenatal care is also noteworthy. Particularly, their role in ruling out high blood pressure, anemia, diabetes, and such other disorders and appropriately referring to experts for care. Simultaneously, the need of assessing dental and oral health in these women and accompanying children is key and the role of AWSs cannot be underestimated. They are easily able to recognize halitosis, obvious facial anomalies. He has always highlighted the need of oral exam to rule out black teeth, major pits, pyorrhea, and other diseases. Additionally, they can assess exposure to high fluoride levels easily as this discolors teeth and is recognizable. Thus, effective community oral healthcare via Sevikas is truly novel and ingenious.

AWSs can easily rule out any addictions in pregnant women such as tobacco consumption in any form, alcohol consumption or consumption of illicit substances. Additionally, they can assess secondhand exposure to smoke. Given the significant implications of substance abuse on fetus such as fetal alcohol spectrum disorder, neonatal abstinence syndrome, intrauterine growth retardation and a range of anomalies that can occur in the newborn baby, the role of Sevikas in recognizing addictions is key. Thus, the role of AWSs is pivotal to ensure good antenatal care and appropriate growth of the babies.

As a recognized and respected citizen of small communities, Sevikas can often deliberate and assist in resolving domestic disputes, additionally contributing to comprehensive wellbeing. Dr Shah has always highlighted this role for Sevikas.

In summary, Dr Shah is among the pioneers to have recognized the unique role Sevikas can play as a champion on the ground at grass root level and leverage on their skillset to aid comprehensive community welfare and zero dental disorders. He continues to actively conduct community welfare campaigns through Sevikas and significantly contribute to holistic community wellbeing.

Dr. Vijaykumar S. Shah

Inspiration

- Late Prime Minister Pandit Jawaharlal Nehru.
- LateAcharya Vinoba Bhave.
- Late Freedom leader Vasantraodada Patil.

Appreciated by

- Late Vice President oflndia Shri. M. Hidaytulla
- Late Prime Minister Mrs. Indira Gandhi.
- Late President Shri. Gyani Zailsingh
- Late President Shri. R.Venkatraman
- FormerPrimeMinisterofSri LankaD.B. Vijaytunga.
- Late President Dr.Shanker Dayal Sharma
- Late Prime Minister Shri. Rajiv Gandhi.
- Late Prime Minister Shri. P.V.Narasimha Rao.
- Late Home Minister Hon. S. B. Chavan.
- Smt. SoniaGandhi
- Late MotherTerasa
- Late Prime Minister Shri. Chandrashekhar.
- Former Prime Minister Shri H. D.Devegouda.
- Late Prime Minister Shri.Atal Bihari Vajpayee.
- Late President DrAPJAbdul Kalam.
- Late President Shri. K. R. Narayanan.
- Vice President Shri Bhairon Singh Shekhawat
- Late Prime Minister Shri.V.P.Singh
- **H. H.** The Dalai Lama
- FormerPresidentofCostaRica Dr. Radrio Kario Odio.
- Former President Mrs. Pratibhatai Patil
- Former Prime Minister Manmohan Singh
- Late President Shri. Pranav Mukharji
- Former President Shri Ramnath Kovind
- President Droupadi Murmu

DR. P.N.PANCHAL
Officer on Special Duty (L)
Phi 3014321

राष्ट्रपति सचिवालय
राष्ट्रपति भवन
नई दिल्ली-110004
President's Secretariat
Rashtrapati Bhavan
New Delhi-110004

14.5.1987

President is pleased to know that DR. VIJAYKUMAR S.SHAH, a DENTAL SURGEON and a PHILANTHROPIST is doing a great service to our country men in the state of Maharashtra. He has organised several free camps in Maharashtra as well as in the adjacent districts of Gujarat and Karnatak. He has been educating the students and villagers for the last twenty years in General Hygiene and Environment. He is doing a valuable service to the cause of National Unity and Integraty.

President conveys his best wishes in his endeavour.

(DR.P.N.PANCHAL)

Dr.VIJAYKUMAR S.SHAH
Shah Dental Hospital
164 Mahaveer Nagar
SANGLI - 416 416 (Maharashtra).

राष्ट्रपति
भारत गणतंत्र
PRESIDENT
REPUBLIC OF INDIA



संदेश

आपल्या देशातील विद्यार्थ्यांना राष्ट्रीय एकात्मता, बंधुभाव यांसारख्या मूल्यांच्या जपवणूकीसाठी आणि पर्यावरण संरक्षण, साक्षरता, आरोग्याचे रक्षण करण्यासाठी आपण दिलेला संदेश वाचून मला आनन्द वाटला. या संदेशाद्वारे देशातील विद्यार्थ्यांमध्ये जागरूकता निर्माण होऊन, आपल्या विविधतेतून एकतेच्या तत्वावर आधारलेल्या समाजाला बळकटी मिळेल.

आपण पाठवलेल्या या संदेशाद्वारे आपण सामाजिक बांधिलकीचे जे काम करत आहात ते निश्चितच प्रशंसनीय आहे. आपल्या पुढील वाटचालीकरिता माझ्या सदिच्छा आणि पुढील नवनवीन उपक्रमांस हार्दिक शुभेच्छा.

(प्रतिभा देवीसिंह पाटील)

नई दिल्ली
19 जुलै 2010

डॉ. विजयकुमार रतनचंद शाह.
शाह डेन्टल हॉस्पीटल,
164, महावीर नगर,
सांगली - 416 416.
महाराष्ट्र

PRESIDENT
REPUBLIC OF INDIA

MESSAGE

I felt happy to note your message to our students about National Integration, brotherhood, protection of Environment, Literacy and Health. This will awaken our students and will strengthen comunity in diversity. Your message for social bandage is really praiseworthy. My hearty wishes for your future efforts also.

New Delhi (Pratibha Devisingh Patil)
19 July 2010

Dr. Vijaykumar S. Shah PADMASHRI AWARDEE

ACADEMIC QUALIFICATION

Bachelor of Dental Surgery, Bombay University 1966

FELLOSHIPS -

(1) The International College of Dentists(U.S.A.)
(2) The Royal Society of Health (Lon.)
(3) Academy of Dentistry International (U.S.A.)
(4) Pierre fauchard academy (U.S.A.)
(5) Indian Academy of Implant Dentistry.
(6) The International Association of Oral & Maxillofacial Surgeons (U.S.A.)
(7) International alternative Medical Association.
(8) International Holistic Medical Society (USA)
(9) Foundation of Intergrated Medicine, New Delhi
(10) American Nutritional Medical Association (USA)
(11) World Association of Intergrated Medicine
(12) International Holistic Health Academy
(13) United writers Association
(14) International Council for complementory Medicines, Lucknow.
(15) Indian Holistic Medical, Acadamy Thansavur.
(16) Medicina Alternative, Colombo.
(17) Royal Society of Acupuncturists Pakistan.
(18) Royal Complementary Practitionars, Shrilanka.
(19) Member International Association for Dental Research (USA)
(20) Diploma of Integrated Medicine.
(21) Diploma of D. Honneur (Honaris Causa)
(22) Diploma in D.E.H.M. Islamabad.
(23) Founder Life member of the Faculty of Universal Energy Health, Colombo.
(24) Hon. Patran Member IFA Mumbai.
(25) Association of Oral & Maxillofacial Surgeon of India.
(26) Commonwealth Institute of A. & N. Medicines Colombo.
(27) Indian society for Dental Research, India.
(28) New Age International Univercity, Seborga, Europe
(29) The Global Institutes
(30) The Global Intitute of Studies
(31) The Global Intitute of Health Sciences
(32) The Global Intitute of Ecology & Environment
(33) The Global Intitute of Naturopathy
(34) The Global Intitute of Yoga
(35) The Global Intitute of Psychotheropy & Counselling
(36) The Global Intitute of Sexology
(37) The Global Intitute of Aromatherapy
(38) The Global Intitute of Ayurveda.
(39) The Royal Society for Public Health, London.
(40) Aum Organization Inc. NewYark USA
(41) Trinty World Unniversity British Weast Indies.
(42) Institute of Education, Research & Development
(43) International Institute of Health Sciences
(44) International Institute of Holistic Homoeopathy
(45) Indian Institute of Naturopathy
(46) Emeritus Fellow of the Zoroastrian College, Mumbai
(47) Registration Consul of Hmeopathy UK (Life Fello)
(48) World Yoga Foundation, Kolkatta.
(49) Peace Society Worldwide, Kolkata.
(50) The World Academy, Kolkatta.
(51) Master Fellowship, Naigeria.
(52) Fellow Member AICFM (American Institute of Charterd Finanace and Manegament, USA.
(53) Fellow certified Professional Mangagers, U. K.

Doctorates

(1) Doctorate in Philosophy (A.M.)
(2) Doctorate of science (T. M.)
(3) Doctorate of Philosopy (Acu)
(4) Doctorate of Science (Honaris Causa) Sri lanka
(5) Doctorate of Philosophy (Honoris Cousa) (USA)
(6) Doctorate of Philosopy (D. S.) USA
(7) Doctor of Homeopathic Medicine (U.S.A.)
(8) Cultural Doctorate Community Health (USA)
(9) Doctorate of Medicine, Colombo.
(10) Doctorate of Phillosopy Sri Lanka.
(11) Doctorate of Sciences (A. M.)
(12) Doctorate of Philosophy Alternative Medicines.
(13) Doctora of Philosophy world University Arizona, USA.
(14) Doctor of Literature (Health Literacy) Colombo.
(15) Doctorate of Literature (Honaris Causa) Shri Shivaji Loka Vidyapith, Kalyan.
(16) Doctorate of Sciences Integrated Dentistry, Delhi.
(17) Doctor of Philasopy (Dental Surgery) Colombo, Sri Lanka.
(18) Doctorate of Natural Medicine Canada.
(19) Doctor of Philosophy in Dental Surgery and Community Health Washington, D.C., U.S.A.
(20) Doctor of Philosophy [Holistic Healing] Seborga, Italy.
(21) Doctor Literature Seborga, Europe.
(22) Doctor in Literature (Social Work) British Weast Indies.
(23) Doctor of honours [Preventive oncology colombo, Sri Lanka.
(24) Doctor of Literature (Communal Peace & Harmony Education) U. K.
(25) Doctor of Science (environment Protection) Sri Lanka.
(26) Doctor of Excellence, Honor's Causa, Mumbai (WPDO)
(27) Doctor of Philosophy, Honor's Causa, Mumbai (Young Scientists University)
(28) Doctor of Excellence (Honor's Causa) Social Service USA
(29) Doctorate on Gandhian Philosophy Nepal.
(30) Doctor of Letters - D. Litt USA (Honoris Cousa) (American National Business University USA) Colombo.
(31) Doctor of Letters (Peace) Colombo (Open International University for Complementary Medicines.)
(32) Doctor of Letter (Honor's Cousa) Colombo. (Commonwealth Peace, University USA)
(33) Doctor of Letters (Honoris Cousa) Colombo. (World Tamil University, USA)
(34) Honorary Doctorate, Karnal (Haryana)
(35) Honorary Doctorate of Humanity Belgrade (Serbia)
(36) Humanitarian Doctor, Assam.
(37) Honorary Doctorate, Palestine.
(38) Honorary Doctorate NWLO, SriLanka.
(39) Honorary Doctorate in Humanity Conferred Upon, Egypt.
(40) Honorary Professor Honoris Causa of Professar of Medicine (The George Washington Univercity of Peace USA)
(41) Honorary Doctorate, International Human Rights Unit, Sri Lanka.
(42) Doctor of Social Works (Honoris Causa) (National Humanity Global Peace Federation, Chennai.
(43) Doctor of Excellence (Honoris Cousa), Nigera.
(44) Honorary Doctorate Sweden (Gandhi Philosophy Peace and Humanity)
(45) Honorary Doctorate Doctor of Peace and Human Rights, Naigeria (International Security & Strategy Studies, College)
(46) Honorary Doctorate, (Martial Arts Friendship Academy) Iran.
(47) Honorary Doctorate in Human Rights and Peace from World wide Human Rights and Universal Life Church, USA.
(48) Certificate of Honorary Doctorate, Sweden
(49) Doctor of Letters, American University, Mexico.
(50) Certificate of Doctorate (Honoris Causa) [MGGPF, Bhubaneswar India]
(51) Certificate of Honorary Doctorate Award, DPRMI, Naigeria.
(52) Honorary Doctorate of Letters, Global Peace University, USA.
(53) Honorary Doctorate, NGF, SriLanka.
(54) Doctor of Excellence Multicultural International University Maxico.
(55) Doctor Honoris Causa, Maxico (Omnia tempushabent)
(56) Doctor of Humanity Gearge Washington University of Peace, USA.
(57) Honorary Doctorate Yoga, Naturopathy & Human Service, Chandrapur.
(58) Doctor of Humanites, Higher Institute of Business Studies Maxico.
(59) Honarary Doctorate Certificate, Turky.
(60) Honarary Doctorate, Jordan.
(61) Doctor Honoris Causa in Philosophy & Peace Building, Brasil
(62) Doctor of Philosophy.
(63) Honorary Doctorate, Andhrapradesh
(64) Certificate of Doctorate Bhubaneshwar, Odisha.
(65) Doctorate of Excellence, Bangladesh
(66) Honorary Doctorate in Social Work, New Delhi.
(67) Doctorate High Degree, Malaysia.
(68) Doctorate of Human Rights (Honoris Causa) Pune.
(69) Diplom VIP Certificate Germany
(70) Honorary Doctorate in Community Health, Jaipur.
(71) Honorary Doctorate in Record Breaking, Croatia.
(72) Honorary Doctrate in leterature, Juan Gacima.
(73) Joint Honorary Doctorate, Andhra.
(74) Certificate of Honour Doctor of Peace, Andhra.
(75) Certificate of Doctorate Bhubaneshwar, Odisha.
(76) Doctor of Humanities, America.
(77) Doctor of Letters, Srilanka.
(78) Doctor of Business Administration, USA.
(79) Honorary Doctorate in Education, Peru.
(80) Doctor of Business Administration, USA.
(81) Doctor of Honors Causa in Environmental Science, Peru

तंबाकूविरोधी अभियान

डॉ.विजयकुमार शाह (पद्मश्री) १६४ महावीरनगर, सांगली.४९६ ४९६



तंबाकू विरोध	किस लिए
तंबाकू विरोध	खुद के लिये
तंबाकू विरोध	मौखीक आरोग्य के लिए
तंबाकू विरोध	शारीरिक आरोग्य के लिए
तंबाकू विरोध	शारीरिक सौंदर्य के लिए
तंबाकू विरोध	मानसिक आरोग्य के लिए
तंबाकू विरोध	आर्थिक विकास के लिये
तंबाकू विरोध	कुटुंब के लिए
तंबाकू विरोध	धर्म के लिए
तंबाकू विरोध	पर्यावरण के लिए
तंबाकू विरोध	साक्षरता के लिए
तंबाकू विरोध	समाज प्रगती के लिए
तंबाकू विरोध	देश के लिये
खुद	तंबाकूसे दूर रहो
दुसरों को	तंबाकूसे मुक्त करो

आझादी के लिये
बापूने अंग्रेजोको कहा, ''भारत छोडो
आप कहो, तंबाकू छोडो''

तंबाकू,पानमसाला, सुपारी, चुना-तंबाकू, गुटका, पानमसाला, मावा, जर्दा, तपकीर, तंबाकू-मंजन, तंबाकु टुथपेस्ट, बिडी, सिगारेट, दारू, आफिम, गांजा, ब्राऊन शुगर, मादक पदार्थ, अनैतिक लैंगिक संबंध से दूर रहो और आप अपना आरोग्य संपन्न बनाओ।

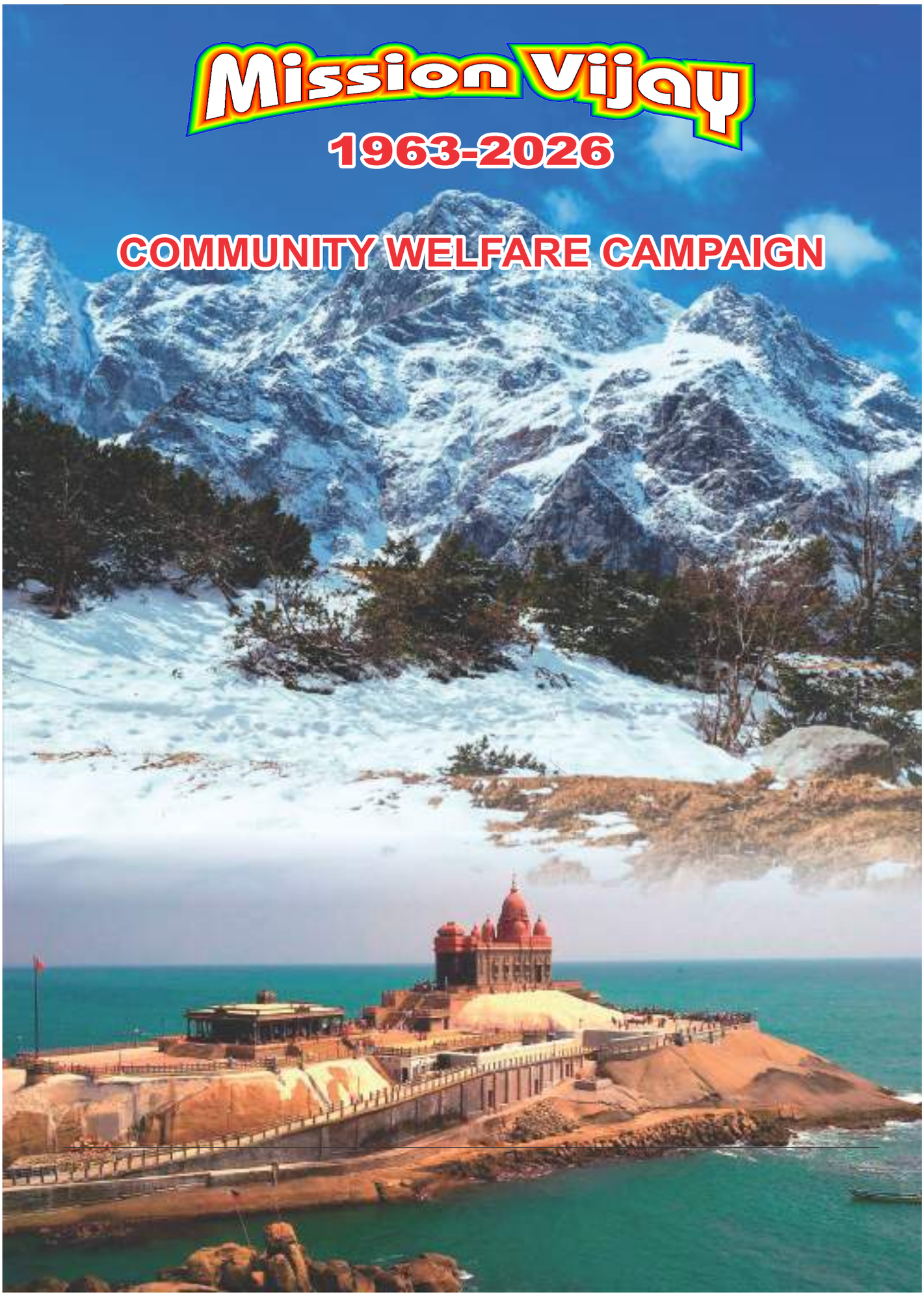
क्या आप जानते है 40प्रतिशत कॅन्सर का कारण तंबाकू सेवन है, कॅन्सर के साथ अन्य शारीरिक बाधा होनेका कारण है

बिडी, सिगारेट के धुआसे आप खुद खुशी करते हो और साथ में आपके पास के निरपराध लोगोंको भी धुवे से व्याधी की शिक्षा देते हो, आपको क्या उसका अधिकार है आपको कॅन्सरपर ऑपरेशन या उपचार करनेसे आयु बढ़ सकती है । पर आपके चेहरेका रूप आप करोडो रूपये प्लॅस्टिक सर्जरी पर खर्च करनेसे भगवान ने दिया चेहरा सौंदर्य कभीभी नही मिल सकता।

अगर आप नशा के लिए रोज १ रूपया खर्च करते हो तो वही पैसा बॅक मे रिकरिंग डिपॉझिट मे आपको बारा टक्के ब्याज से ४० साल मे ४,६९,२८३ रूपये, ३० साल मे १,२८,५२५ रूपये २० साल मे ३३,७९७ और १० साल मे ७३३९ रूपये मिल सकते है.,
अगर आप रोज १०,२०,५०,१०० रूपये नशे के लिए खर्च करते हो तो थोडा सोचो
नशा छोडो.. अरोग्य संपन्न होने के साथ धन संपन्न बनो..

आपको प्रार्थना है, इस अभियान में शामील होकर मानवी कर्तव्य बजाओ

Dr. Vijaykumar S.Shah Cell- 9850815937


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