

SRIMATHRUTVA VISION 2021

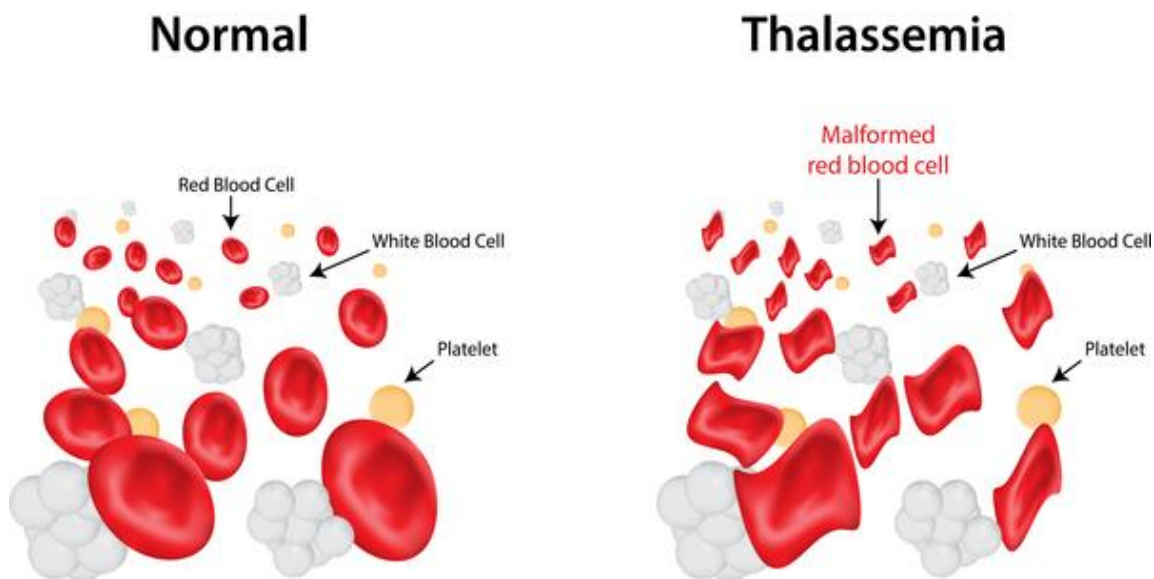
1. Awareness Programs for Beta thalassemia

SriMathrutva Charitable Trust had seen the problems faced by beta thalassemia kids in the year 2020. In 2021, SriMathrutva decided to conduct more awareness programs in Hospitals, Educational Institutions, Shopping Malls etc. to educate people to undergo simple test before/after marriage to avoid more Thalassemia kids born and suffer with blood disorders.

About Beta thalassemia

Beta thalassemia is a blood disorder that reduces the production of hemoglobin. Hemoglobin is the iron-containing protein in red blood cells that carries oxygen to cells throughout the body.

Thalassemia



In people with beta thalassemia, low levels of hemoglobin lead to a lack of oxygen in many parts of the body. Affected individuals also have a shortage of red blood cells (anemia), which can cause pale skin, weakness, fatigue, and more serious complications. People with beta thalassemia are at an increased risk of developing abnormal blood clots.

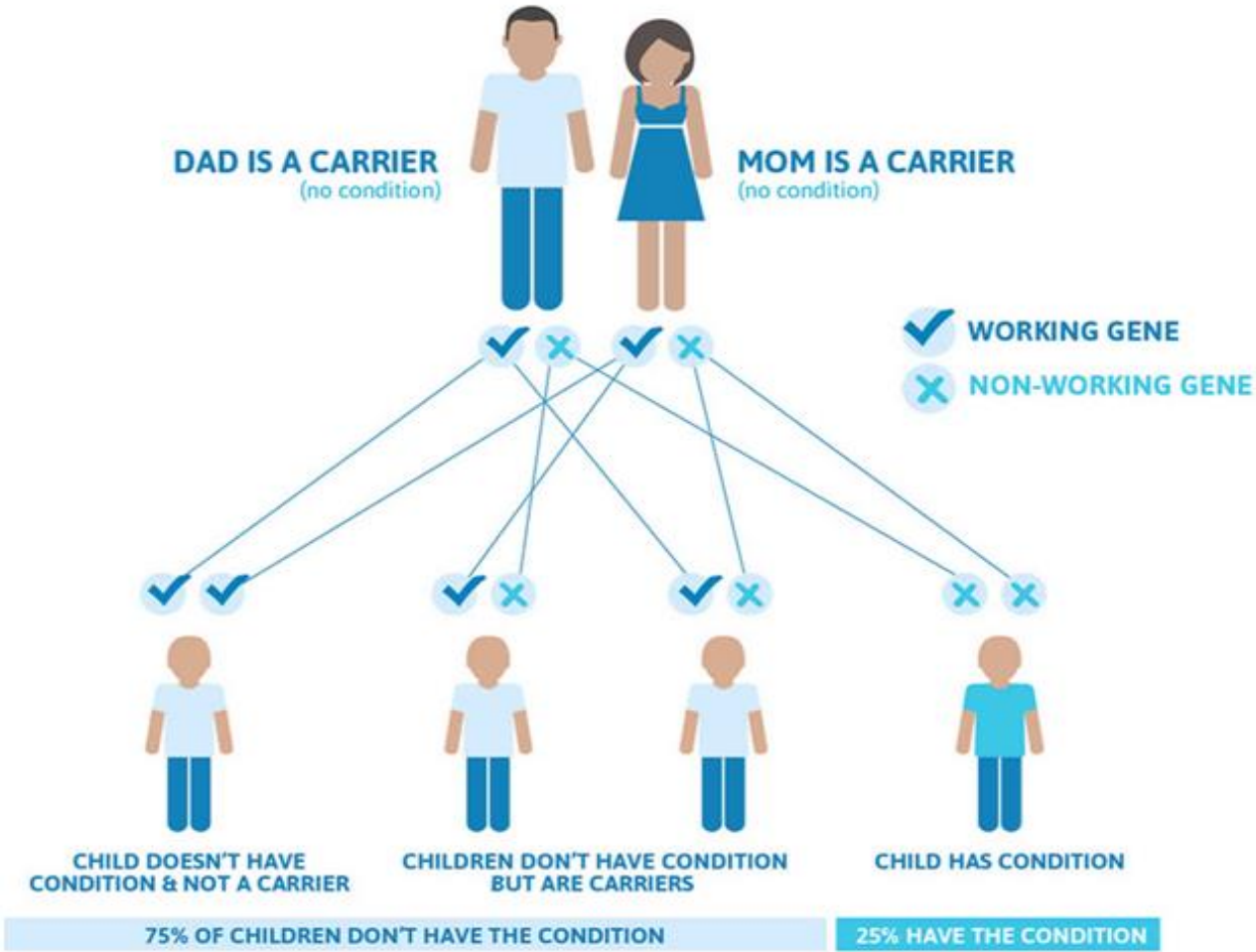
Beta thalassemia is classified into two types depending on the severity of symptoms: thalassemia major (also known as Cooley's anemia) and thalassemia intermediate. Of the two types, thalassemia major is more severe.

The signs and symptoms of thalassemia major appear within the first 2 years of life. Children develop life-threatening anemia. They do not gain weight and grow at the expected rate (failure to thrive) and may develop yellowing of the skin and whites of the eyes (jaundice). Affected individuals may have an enlarged spleen, liver, and heart, and their bones may be misshapen. Some adolescents with thalassemia major experience delayed puberty. Many people with thalassemia major have such severe symptoms that they need frequent blood transfusions to replenish their red blood cell supply. Over time, an influx of iron-containing hemoglobin from chronic blood transfusions can lead to a buildup of iron in the body, resulting in liver, heart, and hormone problems.

Thalassemia intermediate is milder than thalassemia major. The signs and symptoms of thalassemia intermediate appear in early childhood or later in life. Affected individuals have mild to moderate anemia and may also have slow growth and bone abnormalities.

Blood transfusions and iron chelation do not cure beta thalassemia. A stem cell transplant can cure it, but it is a serious procedure with many risks and won't benefit everyone with the condition. Doctors and scientist are working on developing gene therapies and other treatments to help people with beta thalassemia.

Below picture depicts the Chances of Thalassemia Carrier



2.Rejuvenation self-confidence programs for kid's

Online learning And Lockdown

Online learning can be understood as the synonym of self-explanatory. The learning procedures take place online. Various classes are conducted and usually taught by the professor. There's no matter of time and place particularity. You can attend a lecture anytime, from anywhere. Even online exams are conducted.



Traditional learning

In traditional learning one has to go to school, the teacher and group of students in the class are gathered for the learning purpose and the examinations are conducted in the school as well. There shouldn't be any of the **schooling issues** regarding the age-groups that include kids, young children, and teenagers.

Because at that age period, one has to know how to interact with people, for better discipline, be physically fit, and mental alertness. Now, let's see why **traditional learning** is considered better than online learning.

Is traditional learning is better than online learning?

- The education purpose includes discipline, how to behave and these all cannot be taught on the online platform.
- In **traditional learning**, there's no chance of cheating during exams, while one can easily cheat in the online examination.
- A kid needs to know about the outside world and for that sending them to school is important.
- In online classes, the kids may have fun but won't interact with the faculty and the faculty wouldn't be able to recognize the lacking concept in the kid.
- The **problem with online education** is that one cannot have continuous interaction with the teacher to solve their doubts or calm the exam fear.
- In the school, the proper material is provided to the children for passing the exam with flying colors but it would be difficult with **online education issues**. As they don't provide you the physical bundle of notes.

Hence, the above was the difference between traditional learning and online learning concepts.

Online education impacts on the kid's

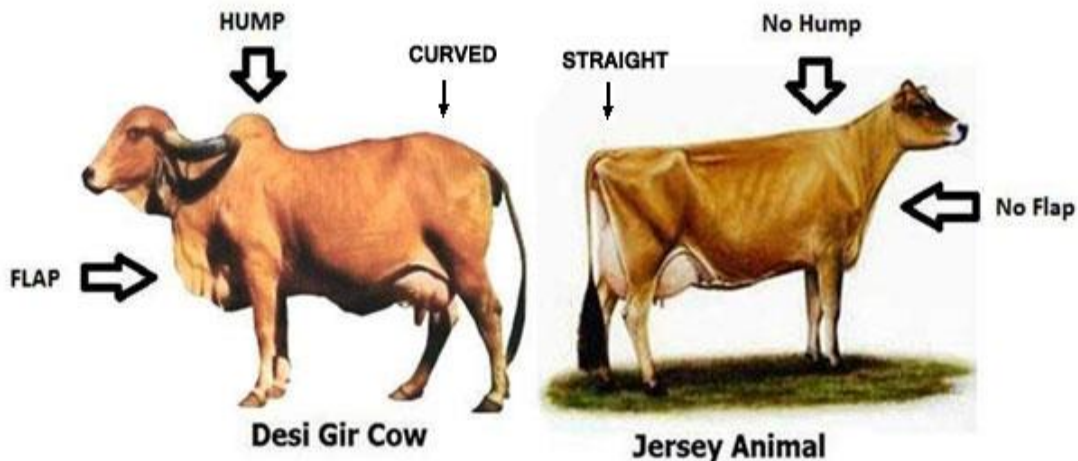
Kid's age is all about going to school, make some friends, to play outdoor games and to enjoy this fun phase of life. The only way to make friends out the door is by going to school and due to e-learning, social isolation will become part of the kid.

During lockdown many kids faced mental or psychological problems because of online education and entered into depressed stage and some kids lost confidence in their life. SriMathrutva decided to conducted rejuvenation confidence programs in schools to bring them back to early stage.

3. Awareness programs on advantages of drinking A2 Milk and disadvantages of drinking A1 Milk

SriMathrutva decided to start a DESI cow dairy farm and conduct more awareness programs on A2 milk and its advantages to avoid major health problems.

The health benefits of milk on the human system are well known — drinking milk in Indian families has been a cultural practice right from the early times when every individual household also housed a cow from which fresh milk was sourced. However, there has been a shift in our milk consumption patterns with a multitude of options available today. A topic that is much discussed today is the benefits of A1 milk versus A2 milk.



What's the difference?

In order to make a healthy decision, it is important to understand the difference between the two types of milk. A1 milk is the most abundantly available and, the most commonly consumed milk today. A1 milk is obtained from cows of Western origin like Holstein Friesian, Jersey etc. and yields large quantities of milk. A2 milk, on the other hand, is obtained from cows of Indian origin like Gir, Sahiwal etc. which may give relatively lesser milk.

Although both types of milk come from the same source that is the cow, there is a considerable difference in their chemical compositions. There is a difference in the ratios of lactose (carbohydrate component) and fatty acids (fat component) in both

milks. However, it is the protein component in the milk that differentiates the two from each other in terms of quality. A1 milk has A1 type of protein (casein) and A2 milk has A2 type of protein (casein). This is important because the way the milk is broken down and metabolised in the system is different.

Due to the difference in availability, A1 milk is relatively cheaper and easier to find than A2 milk. However, recently there has been a difference in opinion about the health effects/benefits offered by each type of milk. There has been a growing preference for A2 milk because of its health benefits. One of the major reasons behind the spark of this discussion is the presence of BCM-7 (Beta-casomorphine-7) in A1 milk which is not present in A2 milk and has been held responsible for several undesirable health consequences.

Metabolic reactions

When the body tries to breakdown casein in A1 milk, a chemical component called BCM-7 is released, which is the reason for morphine-like effects on the Central Nervous system. BCM-7 causes addiction towards milk, hence children prefer to consume milk all the time. Neuro disorders like cognitive disorders, which affect learning ability and aggravated symptoms of autism, are also caused by A1 milk, because of the presence of a morphinelike compound. Morphine effect causes constipation, hence, children who consume A1 milk are usually constipated. A1 milk protein has 'Histidine' at 67th position which is released to form Histamine (causing allergic reactions). As a result of this, kids tend to develop allergic dermatitis (allergy on skin), allergic rhinitis (running nose) allergic cough and asthma. Lipid and carbohydrate metabolism can get affected in children consuming A1 milk, leading to increased long-term risks of obesity and diabetes. Additionally, lactose intolerance is high with A1 milk. Fat and carbohydrate in A1 milk encourages the growth of unhealthy bacteria in human intestine, leading to reduced immunity in children. On the other hand, A2 milk encourages better immunity. Studies have shown that consuming A1 milk could negatively affect the immunohormonal system, and contribute to type 1 diabetes or heart disease. Benefits of A2 milk far outweigh the potential risks caused by A1 milk on the human body.

A2 milk advantages:

1. It is Safe for Lactose Intolerant People, Too

A2 milk doesn't cause the same inflammatory response in those who are lactose intolerant like the way A1 milk causes. When you consume pure A2 milk, you can relish its benefits without any gastrointestinal discomforts.

2. Every Glass Has 8 Grams of Protein

If you're a hardcore fitness enthusiast, you might stock up on a lot of expensive protein shakes. However, with a glass of chocolate milkshake with **A2 Desi Cow Milk**, you can get enough protein to repair and replenish your muscles after an intense workout session.

3. It Builds Strong Bones

A2 milk is an excellent source of calcium that helps in building strong bones in both, children and adults. By regular consumption, you can ensure healthy bones for a lifetime! If you're not a big milk drinker, you can even add this milk to your cereals, oats, or smoothies and baked goodies.

4. It Has 9 Essential Vitamins and Minerals

A2 milk has many nutrients like Vitamin A, D, and B12. It also contains phosphorous, potassium, and riboflavin. You can look forward to giving your body:

- 12% more protein
- 33% more Vitamin D
- 25% more Vitamin A
- 30% more Cream
- 15% more Calcium

5. It is Free of Hormones and Antibiotics

The cows aren't given any growth hormones or antibiotics to increase the output of milk. Every sip is pure and natural, and thus, safe for consumption by everyone in your family.

With so many incredible benefits of A2 milk, wouldn't you rather spend a little higher on milk rather than on expensive medical bills in the future.

4. Conducting awareness programs for blood donations



Every day blood transfusions take place that saves lives of many people all over the world. About 5 million Americans need a blood transfusion. Donating blood is good for the health of donors as well as those who need it. It is important that blood donation takes place in a hospital, a clinic or a blood bank, in the presence of medical experts. Donors should ensure that they are in good health to avoid any health issues post-transfusion to those who use it.

Donating blood can help in treating patients suffering from cancer, bleeding disorders, chronic anemia associated with cancer, sickle cell anemia, and other hereditary blood abnormalities. It is important to know that human blood cannot be manufactured, people are the only source of it and that is why it is important to donate blood and help those who need it. It is also possible to store your own blood for your future needs. Make sure the blood is stored at a good blood bank.

Health benefits of donating blood include good health and reduced risk of cancer and hemochromatosis. It helps in reducing the risk of damage to liver and pancreas. Donating blood may help in improving cardiovascular health and reducing obesity.

Post COVID-19, conducting blood camps is challenging task as most potential donors are not showing to come forward to donate Blood. SriMathrutva decided to conduct more awareness programs to educate donors to come forward and donate blood and save more lives.

5. Organizing pathways for social interaction for Elderly People



Among many obvious contributors to poor health in the elderly – such as lifestyle, past injuries, or limited access to medical care – SriMathrutva team has identified one factor which may not be immediately obvious but has a significant impact on overall health: isolation. By addressing isolation and helping an older adult find more pathways to social interaction, the elder’s overall health can be improved and their cost of care may be reduced. Few of them include:

1. Organizing video chats with their loved ones once in a while to boost their mood
2. Maintaining a schedule of regular health check-up .
3. Reading is a fantastic activity for older adults. SriMathrutva will set-up small libraries so that the elderly keep the brain engaged and also improve memory, reduce stress, improve sleep, and delay cognitive decline.