

# BUILDING LIVES

NEWSLETTER, JULY 2018



## GO GIRL - DLF FOUNDATION DISTRIBUTES STATE OF THE ART HOCKEY KITS TO WOMEN ATHLETES



## From the Editor's Desk...

This quarter was a particularly fulfilling time for the DLF Foundation. The Autonomous Transportable Operating Module was (ATOM) was inaugurated at Shadnagar, Telangana to provide water for all, making sure everyone had access to safe water as per the law under the rubric of Right to Life in the constitution.

Recognizing the significance of advancements in human health, the Health Summit was organized, by the Cornell Sadhguru Foundation for development in the fields of human and animal anatomy.

Also underscoring the need for sustainable development and environmental protection, the foundation launched the biodiversity program in collaboration with Bombay Natural History Society researched on the variety of diverse species of DLF Golf course, Magnolias, Aralias and adjoining Aravalli. A number of endangered species were found, both flora and fauna.

Another decentralization plan for waste management was carried out effectively. The society has encountered a significant milestone as approximately 50,000 Kg of organic waste, 10,000 kg of compost has been produced-which is now being used for greening and landscaping.

The Autonomous Transportable Operating Module was (ATOM) was inaugurated at Shadnagar, Telangana to provide water for all, making sure everyone had access to safe water as per the law under the rubric of Right to Life in the constitution.

A program was also launched for senior citizens in Gurugram, giving them another chance at fun, learning and enjoyment. Activities like dancing, singing and brainstorming games helped them make new connections-with others and with themselves.

We made some new strides in sports too. DLF Foundation's Golf Excellence Program has many reasons to celebrate. The program was recently awarded Recognition for the Regional Initiative for Golf promotion by the Golf Industry Association. Selection of both boys and girls in the program provided both the genders equal opportunity at national and international games, which was a long time coming.

Hockey, the national sport of India was supported by providing 54 internationally standardized hockey kits to women players, thus providing them with equal opportunity as men. The women athletes certainly appreciated this opportunity to improve and flourish.

Sustainable development has clearly been the highlight of our recent endeavours; keeping in mind the coexistence of humans, animals and flora. This is the need of the hour and we would encourage more and more citizens to join us in this worthwhile initiative.

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### One step closer to a greener, cleaner Gurugram: DLF's first Solid Waste Management Unit

Solid waste management (SWM) is a severe problem in most Indian cities. If not managed well, it can be a hazard to the environment and lead to several public health issues. The problems can be attributed to lack of waste collection at source, partial segregation of recyclable waste and absence of infrastructure to treat and dispose the massive amounts of waste generated.



After witnessing the on-going strikes by sanitation workers in Gurugram leading to piling up of garbage, DLF Foundation, under the Swachh Haryana Campaign decided to test out a Solid Waste Composting Unit in H and G block, DLF Phase 1. The society has encountered a significant milestone as approximately 50,000 Kg of organic waste (food+garden) has been segregated and processed into nutrient-rich compost instead of being dumped or burnt. Approximately, 10,000 kg of compost has been produced from this facility out of which 7,000 kg of compost has been utilized for greening and landscaping of the individual houses, parks and common areas, 3,000 kg of compost sold to farmers, farmhouses and other establishments, even to the horticulture department of Mughal Garden at Rashtrapati Bhawan. The plant processes 600 kg of horticulture and food waste daily. This nutrient rich compost is then collected and distributed to local farmers.

The next phase will see many such decentralized composting units that will help with the management of organic solid waste at a local level thus avoiding the need to send wastes to landfill sites. The project has widened the horizons for waste collectors by providing them with new skill-sets such as operating SWM machinery and educating them about the processes and advantages of recycling. Moreover, the project has sensitized stakeholders as well as the community and made them optimistic about the idea of waste management and its results.

## THE EXCELLENCE OF DLF FOUNDATION'S 'GOLF EXCELLENCE PROGRAM': A RECOGNITION AWARDED BY THE GOLF INDUSTRY ASSOCIATION



PK Joseph, DLF Ltd (CSR) receiving the Award from Mr Rakesh Sharma, Board Member, Indian Golf Association.

**D**LF Foundation's 'Golf Excellence Program' has many reasons to celebrate. The program was recently awarded 'Recognition for the Regional Initiative for Golf promotion' by the Golf Industry Association. The ceremony took place at the seventh edition of the India Golf Expo 2018, Bengaluru, an event organized by the Golf Industry Association in collaboration with the Bengaluru Indian Golf Union. Program Director, Mr. PK Joseph, received the award on behalf of DLF Foundation.

The DLF Golf Excellence Program recognizes the capabilities of budding golfers in India and trains them to achieve their true potential. The program has so far selected 10 boys and girls in the age group of 12-18 years, who will be trained in golf for national as well as international tournaments.

Apart from the existing well-qualified teaching faculty of the DLF Golf Academy, the modules have

been structured by the Director of Education of PGAs of Europe and Jonathan Mannie (Austria), who has coached the national teams of several countries. They also help conduct periodic assessments of the promising golfers. Head Professional Anitya Chand and Senior Instructor Akhil Nayar from the DLF Golf Academy have ensured to provide all golfers at the program with fitness experts and nutrition specialists.

Dr Vinay Sahni, CEO, DLF Foundation remarked: "It is an honour to receive this prestigious award. Golf Excellence Programme is a comprehensive initiative that aims to establish a nursery of Golf Champions in the making. The programme provides support to budding golfers on all facets of the game that enables them to realize their full potential."

From April 2018, the program has increased the intake of young golfers to 18. It also plans to expand the program to other cities across India.

## GO GIRL - DLF FOUNDATION DISTRIBUTES STATE OF THE ART HOCKEY KITS TO WOMEN ATHLETES



Dr. Vinay Pratap Singh, DC, Gurugram along with DLF Foundation officials distributing hockey kits

**D**LF Foundation's core belief to empower women resulted in many cheers and smiles when 54 International Standard Hockey Kits were distributed among Junior, Sub-Junior and Senior Womens' Hockey District teams, Haryana.

Mr. Vinay Pratap Singh, Deputy Commissioner, Gurugram, thanked DLF Foundation for taking up this initiative of supporting and encouraging the girls hockey team players to be better equipped to represent Haryana and India in the sport at not only national but at the international level.

The women athletes were delighted to receive such high quality Hockey Kits. Twenty-year-old Manisha Dhawal, Senior Girls' Hockey Team Captain and national level player stated that they have never practiced with proper equipment before. "This is a major step in our growth. We will practice more efficiently now and aim for a much higher performance," she remarked.

Eighteen-year-old Payal, Junior



Girls' Team Captain also said that this gesture by DLF Foundation will go a long way in helping them achieve perfection. "They have provided us with proper kits -hockey sticks, shoes, shin guards, track suits etc. Now we can practice without any risk of injury".



Hockey is the national game of the country and a recent stellar performance in Commonwealth Games at Gold Coast has lifted hopes of the Indian women in various sports.

## #LIVE YOUNG



*Gurgaon Municipal Commissioner inaugurates Senior Citizen Rejuvenation Centre*

“Let us never know what old age is. Let us know the happiness time brings, not count the years.”  
Ausonius

With this intention, DLF Foundation partnered with Dignity Foundation and set up a Senior Citizen Centre that provides a platform to them to interact socially, build a support network and lead an active life.

Col. Prakash Tewari, Executive Director, DLF Foundation champions the cause of senior citizens in Gurugram, and has been the principle catalyst in setting up this centre at the DLF Community Centre, Phase 2. The Gurugram Municipal Commissioner was the Chief Guest on Oct 14th inaugural and has promised a number of extended facilities for senior citizens.

The main aim is to bring a wide variety of enrichment and rejuvenation activities in the lives of senior citizens, to reduce loneliness and enhance the skill sets of members post-retirement.

The concept is unique- the Centre proves that there is no age for learning. The members keep acquiring new skill sets and also share what they already know. *Mr O.P Govil, a member gives yoga sessions at the centre. Dr. Asha Arora is a PhD in English and volunteers at the centre to share her experiences of life.*

There are various fun activities conducted at the centre such as dance, singing, participatory games aimed at memory improvement, general knowledge, ways to enhance life skills and coping strategies post retirement.

The senior citizens enjoy dance and brainstorming activities the most because dancing instills a kind of energy in them whereas brainstorming sessions churn their minds.

The interns from different universities are also placed at the centre, who participate as well as conduct various activities for the Senior Citizens. Recently they performed a Street Play ‘Old is The New Gold’ for our members. On the last Friday of every month, the birthday celebration takes place where the birthday of the members falling in that particular month is celebrated. It is so much fun

to see members enjoying like young children as they sing, dance and cut the birthday cake.

So far it has 21 elderly members who pay a modest fee of 2500 per annum.

*“I have learnt to use a smartphone now. This has helped me to stay connected with my family and friends,” remarked one of the members.*

*Senior Citizen Rejuvenation Centre operates from Monday to Friday 5PM to 7PM at K-Block, DLF Phase-2 Community Centre, Gurugram.*



### A NEW LEASE:

This eclectic group doesn’t know what loneliness is anymore.

- They are learning new skills like gardening, waste management and attending to a medical emergency to name a few.
- They play games, watch movies, conduct talent shows and celebrate birthdays and festivals together.
- Health has taken centre stage with Yoga, Tai Chi and sessions with health experts.
- Similarly, sittings with legal and financial advisors have given them an elaborate understanding of their own issues.
- Friendships are becoming deeper and bonds are getting strong.

## BIODIVERSITY STUDY FINDS ENDANGERED SPECIES IN DLF GOLF COURSE, MAGNOLIAS, ARALIAS AND ADJOINING ARAVALLI FOREST AREAS

**W**hile the Indian constitution guarantees the Right Good news for nature lovers and Gurgaon residents. A study conducted on the biodiversity of DLF Golf course, Magnolias, Aralias and adjoining Aravalli has found endangered species such as Steppe Eagle and Alexandrine Parakeet (*Psittacula Eupatria*) in the area.



*25 wildflowers from 13 families were found during the Biodiversity study*

The main objective of the study- conducted by DLF Foundation in association with Bombay Natural History Society (BNHS) was to map the flora and fauna of the setting and form an ecological model which can be replicated over multiple sites in Gurugram. This survey also highlights existing management and conservation plans and identifies gaps in their implementation.

*“The area of Golf Course, Magnolias and Aralias and adjoining Aravalis possess rich biodiversity. However, the rapid pace of urbanization coupled with changes in the land use is a threat to the biodiversity of the region. The study conducted by DLF Foundation will go a long way in generating awareness on the need to protect biodiversity and habitats, besides identifying gaps in the process,”* said Col Prakash Tewari, Executive Director – DLF Foundation.

Some of the migratory birds that have been spotted in the study area are: Spot billed duck, Eurasian



*Common Hoppe spotted during the DLF Foundation Biodiversity Survey in Gurugram*



*The butterfly survey reveals 36 species representing five families*

**The study will serve as a precursor to the Green and Blue Gurugram 2030 workshop, planned by the DLF Foundation. The Gurugram 2030 workshop aims to sensitize stakeholders on sustainable urban development-giving ecosystem management top priority. The idea is to create an effective and sustainable blueprint which can be replicated across cities.**

Collared Dove, Rosy Starling, White wagtail, House sparrow and Black Redstart. A total of 76 species representing 36 families were recorded in the Avian population.



*Floral survey revealed 61 species from 16 families*

Floral survey revealed that 61 species of trees from 16 families of trees belonging to the family, Fabaceae, Bignoniaceae, Apocynaceae, Myrtaceae, were the highest in number.

*“It is imperative to study urban ecology for us to find out the health of our eco system and prepare future mitigation steps to relieve the biotic pressures on our cities. This study can serve as a pilot project and replicated at other centers around the city”,* said Sohail Madan, Bombay Natural History Society.

## A RESPONSIBLE APPROACH TO CLEAN DRINKING WATER: A DLF FOUNDATION WATERHEALTH INDIA INITIATIVE

**W**hile the Indian constitution guarantees the Right to Water as a fundamental right (under the broad rubric of Right to Life under Article 21), it is still a far-fetched dream for many. In an attempt to provide safe and clean drinking water, DLF Foundation recently inaugurated the ATOM (Autonomous Transportable Operating Module) at Shadnagar, Telangana. The ATOM was designed and developed in India by WaterHealth India, an enterprise owned by WaterHealth International. Their skilled team was responsible for the installation and is in charge of ATOM's maintenance as well. The futuristic mobile water purification unit adheres to the "Indian Portable Drinking Water" standards i.e. IS 10500 and can deliver up to 75,000 litres of safe drinking water everyday. With a footprint of 200 sq.ft, the life expectancy of the ATOM is around 25 years.



*Shadnagar in Telangana gets safe and clean drinking water system*

ATOM has had a positive influence on the lives of the citizens of Shadnagar. Apart from saving time and effort to quench their thirst for clean drinking water, it has helped the residents reduce their expenditure on healthcare. At the same time, it is proving to be a sustainable and eco-friendly route as it eliminates the need to purify water by boiling; thus, helping save fuel and decreasing carbon emission.

To improve the perception of the benefits of consumption of clean drinking water amongst the masses, DLF Foundation in partnership with WaterHealth India promises to conduct social marketing and awareness programs.

The spokesperson of DLF Foundation said: "Accessibility to safe drinking water is a basic necessity. The provision for safe drinking water will help ease the risk of waterborne diseases." He further added by saying- "We envision ATOM to be a long-term solution to the problem of unavailability of clean drinking water. Its six stages of purification deliver the promise of clean and disease-free water to all residents of Shadnagar."

## ONE HEALTH INDIA SUMMIT PAVING THE WAY TO ONE HEALTH INDIA



*Dr. Samar Mahendran at One Health India summit*

**T**he "One Health India" summit was organized in Delhi by the Cornell Sadhguru Foundation for development, which focuses on the concept of analogy of human health, animal health, and environment, to protect the health of our planet as a whole. The One Health summit was inaugurated by Dr Eshwar Reddy, Drug Controller General of India and Dr SR Rao, Department of Bio Technology.

This two-day summit brought together the most brilliant minds in the industry alongside influential policymakers and eminent academics to discuss the future of One Health in India and how interconnected food, healthcare and

environment is. Some of the organizations which participated were DCGI, CDSCO, FSSAI, FAO, WHO India Office, NCDC, DBT, Welcome Trust, CDC India Office, DAHD, Cornell University, TANUVAS and University of Hyderabad.

Speaking on the occasion, Dr. Samar Mahendran, Director, CGS Hospital said, "It was a pleasure to be a part of the One Health India Summit. The triad of human health, animal health, and environment has gained currency in the recent years. It is imperative to save our planet from challenges of climate changes and global warming. Animal health has been adversely affected due to human developmental activities. Similarly, the human health deserves equal importance which has been relegated to the background due to hectic and fast-paced life."



*Dr. Samar Mahendran addressing the audience*

## WORRY NO MORE FOR YOUR CANINES & FELINES: GURUGRAM GETS AN EXCLUSIVE CT SCANNER & OPHTHALMOLOGY UNIT FOR PETS



**C**GS Hospital, the Charitable Trust under DLF Foundation, is all set to inaugurate a CT scanner and ophthalmology unit exclusively for dogs and cats in DLF Phase 3, Gurugram. Assembled at a cost of Rs 2 crore, it is the first of its kind in India. The new CT scan machinery will speed up the process of testing these animals for tumours, certain types of cancers along with internal injuries. At the same time, the ophthalmology unit will help veterinarians treat dogs and cats of eye ailments including cataract, which has of late become a common occurrence in animals.

CGS Hospital is spread over an area of more than an acre. It offers multiple services including diagnostic endoscopy, laparoscopy, echo-cardiograph and orthopaedic surgeries for felines and canines.

With the hospital functioning round the clock, it additionally offers emergency services from 7 pm to 8 am. Furthermore, it boasts of an air-conditioned inpatient facility for about 20 dogs or cats at a time. It also has boarding facilities for the four-legged friends, a pet shop, grooming services, an in-house pharmacy and separate microbiology and pathology laboratories. With a separate OPD for cats, the hospital is presently treating 100-200 patients and performing 5-6 surgeries daily. The medical facilities also extend to stray dogs and cats.

Samar S. Mahendran, Director of CGS hospital, says -*“heart disease, diabetes and kidney stones have become common in dogs and cats, and therefore a need to create awareness among pet owners was necessary”*.

All social and economic interventions by DLF Foundation are identified and conceived keeping in mind the need, requirement and the benefit which they are likely to give to the community for which they are intended to be implemented.

Published by DLF Foundation , 4th Floor , Gateway Tower , DLF Cyber City , Phase - III , Gurgaon

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Designed by Global Publishing Solutions, NOIDA

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