



## **BHAVANA – A Family of Elders**

**DEDICATED TO THE SERVICE OF SENIOR CITIZENS SINCE YEAR 2000**  
**BHARATIYA VARISHTHA NAGARIK SAMITI**

An all India secular, non-political, non-profit, non-government voluntary organization dedicated to the cause and care of Aged Persons and weaker section of society including children, Women, Physically Challenged Persons and Destitute, registered under Societies Registration Act, 1860.

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### **A REPORT ON MINI MARATHON AND SEMINAR ON “DEVELOPING A HEALTHY ATTITUDE TOWARDS LIFE”**

#### **THROUGH AWARENESS ABOUT HIV/ AIDS**

With the objective of “*Developing a Healthy Attitude towards Life through HIV/AIDS awareness*” among adolescents, a Mini-Marathon followed with a **Seminar** was organized jointly by Bharatiya Varishtha Nagarik Samiti (BHAVANA) and Social Consultancy Services (SCS) in association with Sanjay Gandhi Post Graduate Institute of Medical Sciences (SGPGIMS) on 29<sup>th</sup> July’2012 at Lucknow. The Mini-Marathon started with a flag off by His Excellency, Sri B L Joshi, Governor of Uttar-Pradesh at 07:30 A M in the presence of a large number of citizens, dignitaries and organizers. The Marathon commenced from *Shaheed Smarak* covered a stretch of 3.5 Km. and terminated near *Gandhi Statue*, in GPO park at 08:00 A M. About 400 boys and girls in the age group of 14-18 years participated in it. The Sports College of Lucknow marked its excellence by fetching all the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions in both the groups of boys and girls.

Prior to flag-off, His Excellency addressed the gathering and said that awareness about HIV/AIDS is essential and through raising awareness, it is possible to contain it. He further emphasized that such events will give strong message to community to protect against

HIV/AIDS. He stressed that such pursuits should continue in future so that new youngsters entering into their 'teens' get acquainted with best practices of prevention. Sri Ramchandran, CGM of SBI and Prof. R.K. Sharma, Director of SGPGIMS also shared their views on HIV/AIDS and necessity of awareness about it. Sri V K Shukla Secretary General of BHAVANA compered the programme at flag-off point.

"Run 4 D Cause" Mini Marathon was followed by a Seminar held at Vishveshvaraya Auditorium at 09.00AM. To begin with, a QUIZ Competition on awareness about HIV/AIDS was organised for Marathon-racer boys and girls. Since the successful contestants were many, 5 winners were selected through a lucky draw. After welcome of guests and inaugural lighting of lamp, the Seminar started with welcome address by Sri Sharaf Abbas Khan, Chief Executive of SCS. The Seminar experienced interesting key note address by Dr I S Gilada, Hon. President, AIDS Society of India, Mumbai. He discussed facts, figures and preventive measures in a very informative way. It was followed by a useful talk on technical information about HIV/AIDS by Dr T N Dhole, Professor and Head of the Department of Microbiology, SGPGIMS. Capt. Ashok Bhatnagar, Chief Manager of Indian Bank and Sri R K Agarwal, General Manager of State Bank of India also expressed their views. Dr Sanjay Pandey, Chief of Health, UNICEF, Lucknow summarized the whole discussion integrating it from physical state of life to spiritual stage of it. He emphasized need for combining information, behavioural practices and values in life, so that we make integrated use of our intelligent-quotient (IQ), emotional quotient (EQ), social quotient and spiritual quotient.

**PRIZE DISTRIBUTION:** Winners of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions of Mini Marathon, each in the boys and girls group were given laptops, tablets and portable hard disks respectively. Consolation prizes were given to next three winners and certificates of merit awarded to next four position holders in both the groups. Five lucky winners of Quiz were also awarded attractive prizes. All the participants received Certificates of participation, a Cap and a T-Shirt with logo of 'Run 4 D Cause' printed on it. The Seminar concluded with vote of thanks by Sri Om Narayan, President of BHAVANA. The Seminar was anchored by Sri Deoki Nandan 'Shant', who conducted it

lucidly through his instant rhymes, he was applauded throughout for the same. The whole programme was a Memorable event for Lucknowites.