













asha

MOBILE CLINIC FOR THE URBAN POOR

ASHA Ekta Vihar, Sector 6, RK Puram, New Delhi 22

[www.asha.org](http://www.asha.org)







**Foods for better Nutrition and Health**

- Eat a variety of foods from all food groups.
- Eat more fruits and vegetables.
- Eat whole grains.
- Drink plenty of water.
- Limit fat, sugar, and salt.
- Limit alcohol.
- Avoid tobacco.
- Get regular physical activity.
- Get enough sleep.
- Manage stress.
- Practice good oral hygiene.
- Get regular health check-ups.

**BETTER NUTRITION FOR LIFE**

**Food and Nutrition Board**  
Department of Health and Family Welfare, Government of India

**MARCH**

1	2	3	4	5	6	7	8	9	10	11	12	
13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31							

For more information, visit [www.fnb.gov.in](http://www.fnb.gov.in) or call 1800-120-0000. For more information, visit [www.fnb.gov.in](http://www.fnb.gov.in) or call 1800-120-0000.

The bulletin board features several items: a poster of a Hindu deity (likely Lord Ganesha), a colorful graph with red, yellow, and green sections, and several pinned notices and forms. The board is mounted on a wooden frame.































जीवन का  
मूल आधार है

शिक्षा हमें  
ज्ञान देता है

शिक्षा ज्ञान  
की ज्योति है

WORLD  
CHAMPIONSHIP

Dr. Manish Arora 9811148851  
Dr. Gargi Jaiswal 9811022448  
Dr. Ujjwal Kumar Singh 9850322742  
Dr. Anshika Mishra 9850322742

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# ZAKIR HUSAIN DELHI COLLEGE







# UGC-DSA (SAP) and DST-FIST DEPARTMENT OF MATHEMATICS

गणितीय विज्ञान संकाय  
FACULTY OF MATHEMATICAL SCIENCES  
( ROOM NO.- 01 & 15 )

DEPARTMENT OF MATHEMATICS

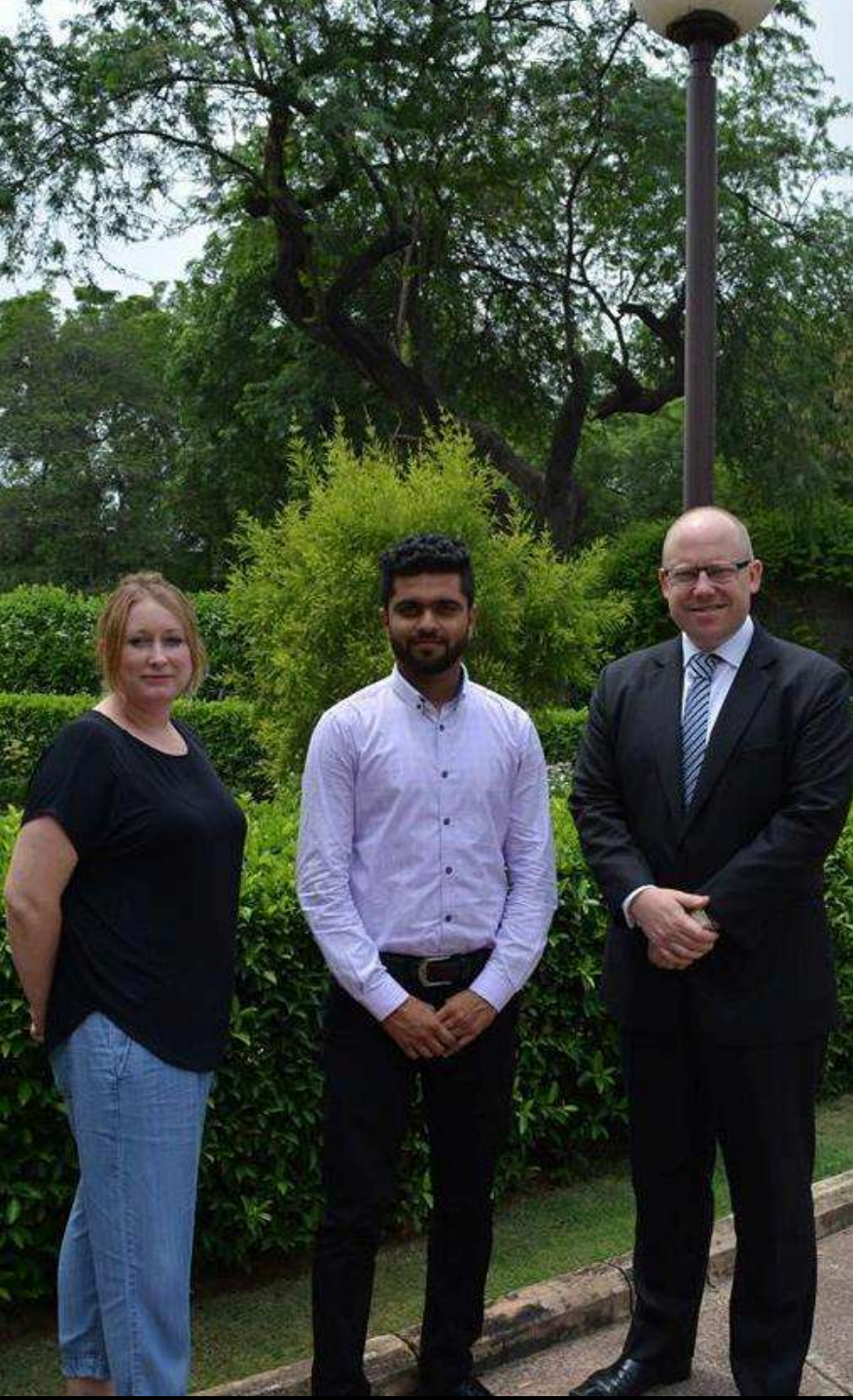


NO SMOKING

ZERO TOLERANCE  
RAGGING COMPLAINT  
RAGGING COMPLAINT











# MY JOURNEY OF HOPE

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Jubair Mohd

SEELAMPUR, NEW DELHI



























ms of Delhi

communities, protecting the  
and raising awareness  
programme and  
to all and  
risks



**asha**  
ASHA COMMUNITY HEALTH & DEVELOPMENT SOCIETY  
EKIYATUNA, SEKTOR - VI, K. E. PURAH, KEMAJU - KEMAS  
Award of Excellence  
Zuhair

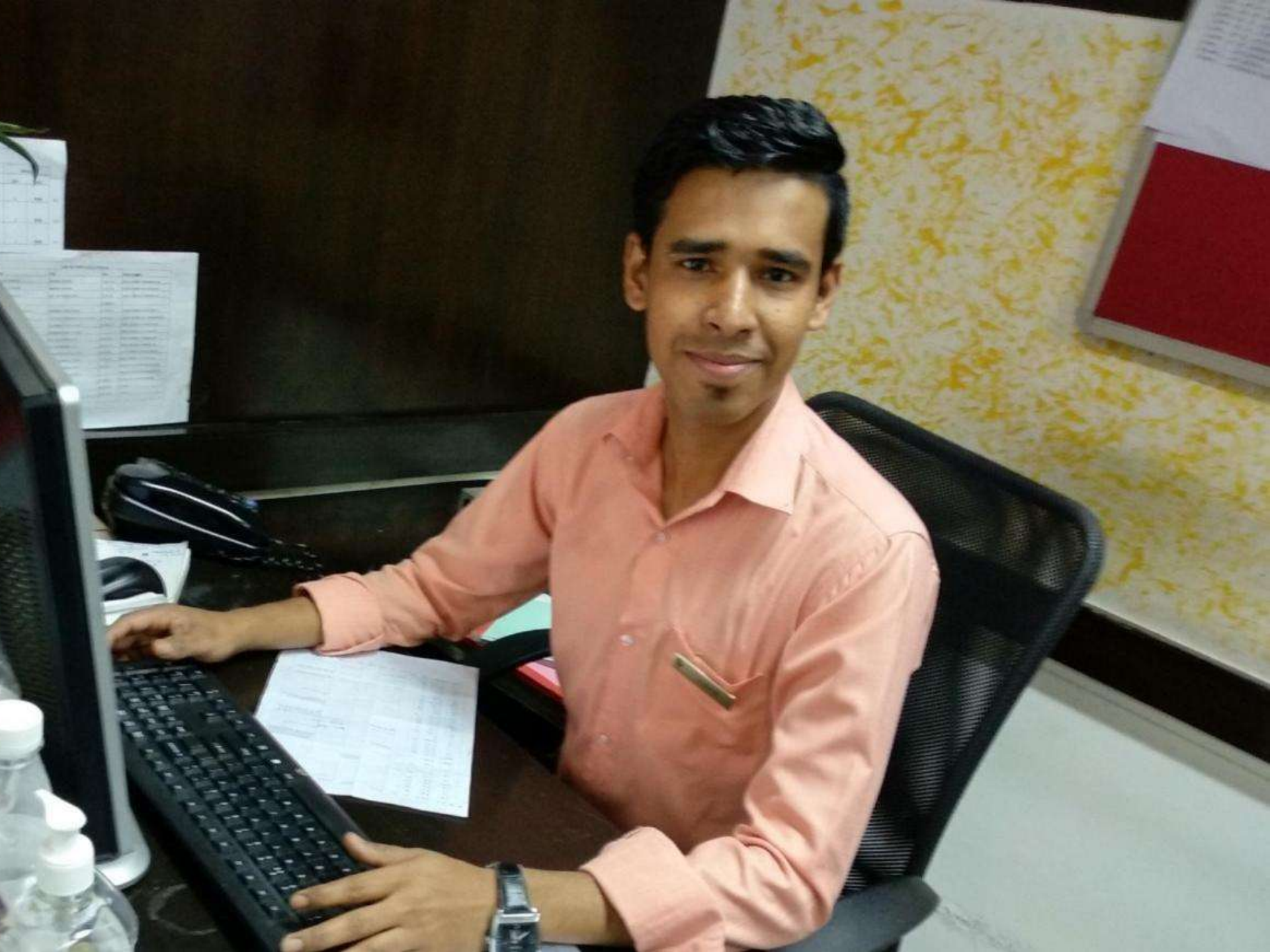
THE LODHI

NEW DELHI



A MEMBER OF  
THE LEADING HOTELS  
OF THE WORLD





# Music CD's | Music Concert

GUEST

Adv

ment

Sabha

SS D

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## **TRIBUTE: ZUBAIR**

She is her own comparison. There is no one in the world she can be compared with.

Her story is imprinted on the heart of every child.

She is the light that shines on the storms of our lives.

She has purchased all our anxieties and troubles with her love.

She is the one who saves us from drowning in our sorrows like a sailor in the sea saving drowning lives.

Her heart is always open with compassion for us all.

With both of her hands she pours compassion on us all.

She is a human, but to us her character and life are God like, she is like God.

**THANK YOU**

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