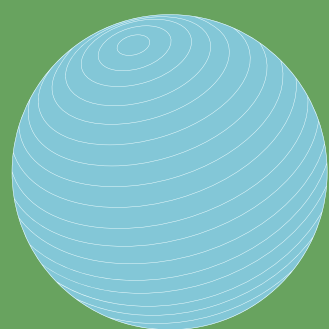
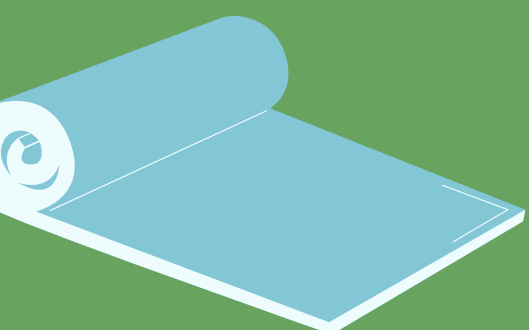




# HEALTH AND WELLNESS AT ARUNIMA





Health and wellness have always been a priority at Project Arunima.

We begin with our focus on our daily menu which includes:

- only **seasonal foods**, the healthiest grains including **millets**, and **natural sugar** as opposed to processed food, for example.

In addition, we incorporate **yoga, walks** and **exercise daily**.

Another factor we ensure is that individualised needs are met, through **special diets** where needed. According to the Biopsychosocial approach, biological, psychological and social factors are all interlinked and important with regard to promoting health and wellbeing for individuals with disabilities.

What affects the body will often affect the mind, and vice versa. Our dedicated staff members are on duty day and night to support the service users and we provide the same healthy on-duty meals to them as well.



Ignoring the health and wellness of people with special needs would result in early onset of illness, both physical and mental, both of which people with disabilities are more susceptible to.

Our organisation supports and believes that people with disabilities should be able to access the same resources as others in society, to ensure that they also get a chance to live the healthiest life possible.

It is more important to look after one's health as early as possible so that one remains healthy even while ageing when we become more **vulnerable** to issues like **vitamin deficiencies, bone strength deterioration, weakened muscles** and even **the nervous system**. It is vital to protect their immunity while we still can.

Such individualised support for meals comes at a cost. Our end of year food budget is currently listed at **15.82 lakh** and we are looking for support from organisations like yours that are strongly committed to social responsibility and community engagement.



**To help us have a  
successful year,  
donate here!**

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**Account Number: 911010006390350**

**Account Type: Savings**

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**Swift Code: AXISINBB093**

