



Food for thought

## Did you know that..

- ▶ Hunger remains the No.1 cause of death in the world. Aids, Cancer etc. follow. There are 820 million chronically hungry people in the world.
- ▶ A large proportion of the World's hungry live in India.
- ▶ A large number of Indians will sleep hungry tonight

Do you also know that

*You* have the power to make a  
difference-

By feeding just 1 hungry person  
today

Here are a few workable suggestions:

## Option 1

### Delhi Government's Jan Ahaar Scheme

- ▶ provides low cost nutritious and hygienic meals to the needy @ Rs. 18/- per meal. These centres, approved by the Delhi Government, are normally located close to Government hospitals, Railway Stations, Bus Stops- all places where one would expect needy and distressed persons.
- ▶ You could contact any conveniently located centre and pay for the meals of one, two, three or three hundred persons!

## Details

- ▶ A list of 45 such outlets is enclosed. This list has been downloaded from the website <http://wcddel.in/> For further information you could access this website.
- ▶ The biggest advantage of such an arrangement is that hygienic meals are available at short notice and at a number of locations all over the city giving flexibility.
- ▶ Similar schemes might be operating in other cities.

## Option 2

- ▶ You may have seen a huge quantity of cooked food being thrown away after parties and other celebrations, especially those at Baraat Ghars, Community Centres, marriage pandals.
- ▶ An arrangement with the caterer for picking up left over food after the event is an excellent way of redirecting food meant for the garbage bin into some hungry mouths, say in nearby slum clusters, orphanages, pavement dwellers.
- ▶ For this, a group of friends could team up to share the effort.

[Please see the news clippings below](#)

## Option 3

- ▶ The most well known method of course is organizing a ‘langar’
  - ▶ You could cook food at home
  - ▶ You could tie up with some ‘halwai’ or canteen
- ▶ Or you could simply distribute biscuit packets or buns. With this last option you could target children in MCD schools

“ A few heart-whole, sincere and energetic men and women can do more in a year than a mob in a century.. ”

Swami Vivekanand

Please do share information, ideas and suggestions on the subject at <http://pensionersportal.gov.in/Sankalp/Feedback.aspx?NoticeId=42&Desc=Food for Thought>



# News Clipping

## दैनिक भास्कर

आप पढ़ रहे हैं देश का नंबर 1 अखबार

राजस्थान

### शहर में 13 हजार किलो खाने से महाभोज

शादियों में बचे भोजन से  
जरूरतमंदों को भोजन  
कराने का बीड़ा उठाया था  
अन्नक्षेत्र फाउंडेशन ने

सिटी रिपोर्टर | जयपुर

आखातीज पर शहर में बड़ी संख्या में शादी समारोह हुए। इन समारोहों में करीब 13 हजार किलो से ज्यादा भोजन बच गया। यही भोजन जरूरतमंद 10 हजार लोगों के लिए बुधवार का महाभोज बन गया। इस काम का बीड़ा उठाया अन्नक्षेत्र फाउंडेशन ने। उन्होंने समारोह आयोजकों से आग्रह किया था कि वे बचा हुआ भोजन व्यर्थ नहीं जाने दें। लोगों ने उनके आग्रह को स्वीकारा और जिम्मेदारी के साथ इस सामाजिक सरोकार में भागीदार बने। फाउंडेशन की नेहा परनामी ने बताया कि हमारा उद्देश्य बचा हुआ अन्न बर्बाद नहीं होने देना है। अक्षय तृतीया पर करीब 18 से 20 जगह से करीब 13 हजार किलो बचा हुआ खाना एकत्र किया गया।



#### कई जगह हुआ कार्यक्रम

मुख्य मंडी में सबसे बड़ा महाभोज था। यहां बड़ी संख्या में मजदूरों, किसानों ने भोजन किया। इसके अलावा शहर के अलग-अलग हिस्सों में इस तरह के आयोजन किए और करीब 10 हजार लोगों ने भोजन किया।

#### आप भी बन सकते हैं भागीदार

यदि आपके यहां भी कोई समारोह हो और खान बचे तो इसे व्यर्थ न जाने दें। इस बचे हुए खाने से कई लोग भूखे पेट सोने से बच जाएंगे। उन्हें अन्न मिलेगा। इसके लिए आप 0141-3221267 पर फोन कर सूचित कर दें। आपका बचा हुआ भोजन किसी न किसी के काम आ जाएगा।

# Filling their stomach with leftovers from weddings

P Srinivasan

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**JAIPUR:** It was for the first time in their lives that Yogita and Pinky, both 11 years old, had tasted rasgullas on Wednesday.

After spending less than half-a-minute to squeeze out the syrup from the roundish sweet, the girls gobbled it up in one go. In the next moment they spread out their palm for a second helping.

The rasgullas, which left the two children of daily wagers from Muhana Mandi wanting for more, were leftovers from a marriage party, solemnised a day before.

The unique initiative has been taken up by non-governmental organisation Annakshetra Foundation to channelise surplus food from wedding parties to the needy people, especially children.



■ A child eats a meal served by an NGO at Muhana Mandi wholesale vegetable market on Wednesday.

HIMANSHU VYAS/ HT

The NGO had gathered leftover food from 18 weddings held on Tuesday night (on Akshay Tritiya) till wee hours of Wednesday and fed hundreds of labourers and underprivi-

leged people at Muhana Mandi wholesale vegetable market in Jaipur on Wednesday.

“Our sole aim is to effectively channelise the untouched high quality surplus food to

OUR SOLE AIM IS TO EFFECTIVELY CHANNELISE THE UNTOUCHED HIGH QUALITY SURPLUS FOOD TO THE NEEDY CHILDREN, WORKING POOR AND SENIORS, WHO LIVE ON LOW INCOMES

RAVI DHINGRA, executive director, NGO Annakshetra Foundation

the needy children, working poor and seniors, who live on low incomes,” said executive director of the organization Col (retd) Ravi Dhingra. The organisation ensures that the nutrition value of the food is maintained during transporta-

tion and till it is served, he said.

“Out of 365 days, food is served here almost for 290-295 days. When they (the NGO) do not serve food, I have to go home empty stomach. In the mornings, I eat stale rotis left after previous night’s dinner. I am dependent on the NGO for my lunch,” Badam Devi, 45, a daily wager said.

The initiative of has come as a relief to several such people who are struggling hard to meet two square meals. Now the NGO is planning to take the help of city-based caterers in their initiative to minimize food wastage during big parties.

“To reduce food wastage, caterers can supervise diners. The idea has already been implemented in many marriage parties. Besides, we have suggested caterers to reduce the size of the serving spoons too,” Dhingra said.

**DEPARTMENT OF WOMEN & CHILD DEVELOPMENT  
GOVERNMENT OF NCT OF DELHI  
ICDS BRANCH  
1, CANNING LANE, KASTURBA GANDHI MARG, DELHI 110034**

FN0 76(JS)/DWCD/ICDS/2012-13/1720 Dated 06-07-2012

**DELHI GOVERNMENT JAN AHAAR SCHEME**

- i) The Government of Delhi's Jan Ahaar programme of providing Low Cost nutritious and hygienic meal to the needy @ Rs. 15/- per meal has been successfully implemented in 38 areas. The Government facilitates running these centres, but does not provide any subsidy under the scheme.
- ii) The low cost meal is being provided everyday – all the seven days of the week from 8:00 AM onwards and 7:00 PM onwards.
- iii) The Govt. of Delhi has finalized the following menu: (Containing atleast 1000 calories per meal).
  - a) 6 Puri or 4 Roti or 400 gm Rice.
  - b) However, Puri is not given more than twice in a week.
  - c) One Subji plus Dal or Rajmah or Chhole (200 gms).
  - d) Two dishes (Dal + Vegetable / two vegetables) are served with alongwith Rice / or Roti.
  - e) In no case the Subji or Dal or Rajmah given in the Morning is repeated in Evening.
  - f) One packed glass of water.
- iv) For the selection of Jan Ahaar Centres responses were invited from the existing suppliers of Mid Day Meal and Integrated Child Development Scheme SNF (Supplementary Nutrition Food). The objective was to benefit from their existing infrastructure, economies of scale and experience in supply of hygienic meals.
- v) The NGOs running the Jan Ahaar Centres have been directed to ensure proper hygiene and cleanliness at the Jan Ahaar Centres. They also ensure that the food served is not only wholesome and cooked in a hygienic manner but is also served to the needy in a dignified way.
- vi) Additional 6 Jan Ahaar Centres will be opening shortly for which authorizations have already been issued. (As on 02.07.2012)

**LIST OF JAN AHAAR AS ON 02-JULY-2012**

S. No.	Name of the NGO	Address of the NGO	Name & Contact of the Concerned Person	Jan Ahaar Centre	Address of the Jan Ahaar Centre	Functional / Yet to be Functional
1	Dalit Prehari	Mata Wali Gali, Rajput Mohalla, Ghonda Village, Near Pooja Model Public School, Delhi - 110053	Sh. Anoop Kumar Ph: 9891220327	Anand Vihar ISBT	Near Main Gate, Anand Vihar Bus Depot, Patparganj Road	Functional
2	Bharat Ratan Dr. Bhim Rao Ambedkar Dalit Uthan Evom Shaikshanik Manch	B - 153, Rajvir Colony, Gharoli Vistar, Delhi - 110096	Sh. Beer Singh Ph: 9313059705	Anand Vihar Railway Station	Road No. 56, Near Anand Vihar Railway Station, East Delhi	Functional
3				Ghazipur	Flower Trade Centre, Ghazipur, Delhi	Yet to be Functional
4	Jan Chetna Jagriti Avom Shakshanik Vikas Manch	K - 473, Dr. Ambedkar Nagar, Sector - 5, New Delhi - 110062	Sh. Kumar Pal Ph: 9312265097	S.P. Mukherjee Marg	S.P. Mukherjee Marg, Community Hall, Kacha Bagh (Near Shiv Mandir), Opposite Janana Park, Town Hall, Delhi	Functional
5				Old Delhi Railway Station	Gate No. 2, Left Hand Side, Old Delhi Railway Station	Functional
6				Khari Baoli	Near Police Booth, Walled City Museum, Khari Baoli	Functional
7	Nav Prayas	D - 288 / 10, Wadhwa Business Centre, CH. No. 152 - A, Laxmi Nagar, Delhi - 110092	Sh. Sanjay Kumar Ph: 9313123600	Macchi Kata	Opposite Chandani Chowk Metro Station, Gate No. 2, Near Parsol Goddam, Delhi - 110096	Functional
8	Rewards	F - 30, East Jyoti Nagar, Delhi - 110093	Sh. Dinesh Aggarwal Ph: 9350166701	Sarojini Nagar Market	Opposite Shop No. 67 at First Cross Road, Babu Market, New Delhi	Functional
9				Shakarpur	Corner of V3S Mall at Red Light, Shakarpur	Functional
10				GTB Hospital	GTB Hospital, Opposite Gate No. 7, along Sanskar Ashram	Functional
11				Akshardham Temple	Akshardham Temple, Near Parking & Akshardham Metro Station	Yet to be Functional

12	Waruda	D - 165, Arya Samaj Road, Uttam Nagar, New Delhi - 110059	Dr. Anil Kumar Gupta	Dev Nagar	Lal Park, Dev Nagar, Near 22 - B, MCD School, Rayan Basera (Revenue), Night Shelter Home, Dev Nagar	Functional
13				Milan Cinema Complex	Main Karampura Road, Near Community Centre, Milan Cinema Complex	Timely Closed
14				Hari Nagar	Hari Nagar Clock Tower, Near Bus Stop	Yet to be Functional
15	The People's Welfare Society	519, Bijender Singh Maan Bhsawan, Sheeshe Wali Gali, Bawana Road, Delhi	Sh. Devender Singh Ph: 9313361333	Transport Nagar	T. Point Near Bypass Bus Stop, Transport Nagar	Functional
16	Indcare Trust	A - 1 / 112, Safdarjung Enclave, New Delhi - 110029	Ms. Reeva Sood Ph: 9971238222	Cycle Market	Parade Ground, Cycle Market	Functional
17				ITI Mori Gate	ITI Mori Gate, Infront of Bus Stand	Functional
18				Red Fort	Near Red Fort Bus Stand (Near Patri)	Functional
19	Royal Education and Social Welfare Society	KH No. 7 / 12, 1 / 13, Kirai Suleman Nagar, Prem Nagar, Kirari, Delhi	Sh. Ajay Kumar Ph: 9311532595	Lawrence Road and Ring Road	C - 32, Lawrence Road, Near Keshav Pura Bus Stand, Ring Road	Functional
20	Jay Gee Humanitarian Society	7, SFS Flats, Gulmohar Enclave, New Delhi - 110049	Mr. G.A. Pereira Ph: 9871599946	Green Park	Opposite Green Park Metro Station Next to Hanuman Mandir, Balbir Saxsena Marg, New Delhi	Functional
21				Saket	Near Saket Metro Station	Functional
22	Nival Samuday Kalyan Sangh	D - 1 / 43, First Floor, Dr. Ambedkar Nagar, Sector - 4, Madangir, Delhi - 110062	Sh. Pradeep Kumar Ph: 9868167525	Aali Gaon More	Aali Gaon More, Near Bus Stand (On Mathura Road)	Yet to be Functional
23				Saket District Court	Saket District Court	Functional
24	Stri Shakti	76, Nazafgarh Nangloi Road, Ranholla Village, New Delhi - 110041	S. Jaspreet Singh Ph: 9810806625	Old Delhi Railway Station	Delhi Public Library, Opposite Parcel Office (Inwards), Old Delhi Railway Station, Delhi - 110006	Functional
25				Lajpat Rai Market	Near DTC Bus Stand, Azad Hind Market, Red Fort Road, Delhi	Functional

26				Inderlok	Gupta Complex, Shahzada Bagh Road, Bus Stop, Inderlok	Functional
27				Chandani Chowk	Opposite Gauri Shankar Mandir, Near Old Lajpat Rai Market Stair, Chandani Chowk	Functional
28				Fountain Chowk, Fatehpuri	H.C. Sen Road, Opposite Punjab and Sind Bank Fountain Chowk, Chandani Chowk	Functional
29				Baratuti	Opposite Chawla Bartan House, Shop No. 4853, Chowk Baratuti, Sadar Bazar, Delhi - 110006	Functional
30				Ajmeri Gate	U.P. Transport Office, Near Metro Station Gate No. 4, Thomson Road, Ajmeri Gate, New Delhi	Functional
31				Dhaura Kuan	Dhaura Kuan Bus Stop, Near Petrol Pump, Dhaura Kuan	Functional
32				Gaffar Market	Arya Samaj Road, Hathi Wala Chowk, Opposite Ganga Mandir, Regurpura Road, Delhi	Functional
33				Safdarjung Hospital	Safdarjung Hospital Burns & Plastic Department, Near Chemist Shop No. 2	Functional
34				Tilak Nagar	Tilak Nagar Main Market, Opposite Lalani Sadi House, Near Metro Station Gate	Functional
35				Shadipur	Shadipur DTC Depot, Near DMS Gate	Functional
36				Kirti Nagar	Kirti Nagar, Marble Market, Opposite A - I / I Building, Near Vishwa Karma Park	Functional
37				New Delhi Ajmeri Gate	Anglo Arabic Secondary School near Ajmeri Gate	Functional
38				Ram Manohar Lohiya Hospital	Ram Manohar Lohiya Hospital Entry Gate No. 6, Near Blood Bank & Lab Room, Opposite New Building "ADMIT WARD", New Delhi	Functional

39				Sucehta Kriplani Hospital (Lady Garden Hospital)	Sucehta Kriplani Hospital (Lady Garden Hospital), Main Gate, Punchkuian Road, Opposite Dwarka Rajiv Chowk Metro Line, New Delhi	Functional
40				Kalawati Saran Children Hospital	Kalawati Saran Children Hospital, Main Gate, Bangla Sahib Road, New Delhi - 110001	Functional
41				Safdarjung Hospoial Emergency Gate No. 6	Safdarjung Hospital Emergency Gate No. 6, Dhaula Kuan, M.G. Road, 567-567-569, Bus Stop Backside, Safdarjung	Functional
42				Janak Puri	Janak Puri District Centre, Plot No. 7 A, Opposite BSES Office, Near Janak Puri Development Authority	Functional
43				Hon'ble Supreme Court Parking	Hon'ble Supreme Court Parking, Outside Parking, Between D & C Gate, Bhagwan Das Road, New Delhi	Functional
44				Lok Nayak Hospital	Laok Nayak Hospital: Accident & Emergency Gate No. 6 (Indise the Gate), Lok Nayak Hospital, Delhi	Yet to be Functional
45				Delhi Junction Railway Station	Delhi Junction Railway Station, Near Batra Kandi Mandir, Back Side, MCD Office	Yet to be Functional

**38 Jan Ahaar Centre's are Functional, 6 Jan Ahaar Centre's are Yet to be Functional, 1 Jan Ahaar centre timely closed. This may change from time to time.**

# DELHI METRO MAP Phase-I & II

