

regards

mrs. madhu raj
STEPS

From: abhaya joglekar <abha_abhaya@yahoo.co.in>
Sent: Mon, 21 Jul 2014 23:09:24
To: ashok raj <sadbhav_harmony@rediffmail.com>
Subject: Re: Nutrition-tribal-women
resp sir sending your proforma filled
regards
abhaya

On Saturday, 12 July 2014 7:06 AM, ashok raj <sadbhav_harmony@rediffmail.com> wrote:

dear madam

so many thanks

ashok raj
STEPS

From: abhaya joglekar <abha_abhaya@yahoo.co.in>
Sent: Wed, 09 Jul 2014 07:30:52
To: ashok raj <sadbhav_harmony@rediffmail.com>
Subject: Re: Nutrition-tribal-women
dear sir
i will send reply in two days. regards abhaya

On Monday, 7 July 2014 12:26 AM, ashok raj <sadbhav_harmony@rediffmail.com> wrote:

STEPS

CENTRE FOR SCIENCE TECHNOLOGY &
ENVIRONMENTAL POLICY STUDIES
109, SFS DDA Flats, Sector 6, Pocket No. 1,
Dwarka, New Delhi-110 075
Telephone: 9891206988
E-mail: sadbhav_harmony@rediffmail.com

Dated: 07/07/2014

Dr. Abhaya R. Joglekar
Government G.N.A., P. G. College
Bhatapara
Chhattisgarh

Subject: Seeking Views of Nutrition Experts regarding the Project:

Re: Nutrition-tribal-women

From: ashok raj (sadbhav_harmony@rediffmail.com)

To: abha_abhaya@yahoo.co.in

Date: Sunday, 27 July, 2014, 12:19 pm IST

dear madam

so many thanks
we will send you the detail of work in a day.
we are sending you the honorarium of 2500/-by cheque by post.

best

madhu raj
STEPS

From: abhaya joglekar <abha_abhaya@yahoo.co.in>

Sent: Sat, 26 Jul 2014 20:49:42

To: ashok raj <sadbhav_harmony@rediffmail.com>

Subject: Re: Nutrition-tribal-women

dear sir we will be happy to work with your team. my scholars can join.

my address

29 recreation ground

choubey colony

raippur (c.g.)492010

mo- 919425203225

On Wednesday, 23 July 2014 9:07 PM, ashok raj <sadbhav_harmony@rediffmail.com> wrote:

dear madam

so many thanks for your kind help.

pl send your account no., branch of bank for submission of cheque in delhi. otherwise pl indicate your postal address for sending the cheque by post.

we also have to do a survey among tribal women in five districts of Chhattisgarh. we wonder whether you could be our state coordinator and engage some of your students to get a small questionnaire (already developed) filled up by the women respondents. we offer quite nice money for this task to you and your students. it will also help your students to get field experience. The districts to be covered are:

Koriya
Korba
Jashpur
Raipur
Surguja

the work can be done in two months. In case your are interested, we will send you the details and the payment offer. Also indicate you phone number if you do not mind.

Re: report

From: ashok raj (sadbhav_harmony@rediffmail.com)

To: abha_abhaya@yahoo.co.in

Date: Wednesday, 18 February, 2015, 01:23 pm IST

Yes; doing the needful.

From: abhaya joglekar <abha_abhaya@yahoo.co.in>

Sent: Tue, 17 Feb 2015 20:03:05

To: ashok raj <sadbhav_harmony@rediffmail.com>

Subject: Re: report

resp sir apko receiptmil gayi hogi
waiting for your reply
abhaya

On Sunday, 1 February 2015 3:53 PM, abhaya joglekar <abha_abhaya@yahoo.co.in> wrote:

resp sir
hope you get all receipt of vouchers
waiting for your reply
abhaya

On Tuesday, 20 January 2015 8:57 PM, ashok raj <sadbhav_harmony@rediffmail.com> wrote:

dear madam
many many thanks. sending you the payment within few days

best
ashok raj

From: abhaya joglekar <abha_abhaya@yahoo.co.in>

Sent: Wed, 14 Jan 2015 05:13:18

To: ashok raj <sadbhav_harmony@rediffmail.com>

Subject: report

resp sir first we sent two districts then again only two districts report .total 4 distrcts as you curtail one distrct. all bills and receipt for only 4 districts. pls go thru your previous letters in which you asked us for 4 districts.
regards abhaya

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Multi-Media Action Plan for Nutrition and Health Awareness Building among Tribal Adolescent Girls and Women in States around Central Plateau of the Country - Chhattisgarh, Jharkhand and Madhya Pradesh - for Explaining Relationship between Malnutrition and Women's Diseases and Role of Local Food and Herbal Remedies in Containing Malnutrition, supported by National Council for Science Technology Communication (NCSTC), Department of Science and Technology, Ministry of Science and Technology, New Delhi

Dear Madam,

We have been engaged by for undertaking the above projects. In this context, we approach your good offices to avail and make use of your highly valuable expertise in the implementation of this project. We seek your kind views on the subject via a short questionnaire containing only five questions, attached herewith. We offer you a token honorarium of Rs. 2500/- (rupees two thousand and five hundred only).

Kindly send your reply preferably by email within 10 days. Your department/organizations/staff/students can become part of the nutrition-promotion campaign to be launched by after the completion of this study.

With warm regards

Yours Sincerely,

Madhu Raj
(Field Coordinator)

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Re: Nutrition-tribal-women-survey details

From: abhaya joglekar (abha_abhaya@yahoo.co.in)
To: sadbhav_harmony@rediffmail.com
Date: Sunday, 12 October, 2014, 04:03 pm IST

resp sir , in my previous mail i had mention that we have recvd amount. we will start work earlier. regards abhaya

On Sunday, 12 October 2014 11:04 AM, ashok raj <sadbhav_harmony@rediffmail.com> wrote:

dear madam
Rs30000/-has been sent to your account. kindly begin the survey work as indicated earlier.

best
madhu raj

From: abhaya joglekar <abha_abhaya@yahoo.co.in>
Sent: Wed, 08 Oct 2014 20:05:44
To: ashok raj <sadbhav_harmony@rediffmail.com>
Subject: Re: Nutrition-tribal-women-survey details
dear sir what next
abhaya

On Thursday, 2 October 2014 2:03 PM, abhaya joglekar <abha_abhaya@yahoo.co.in> wrote:

dear sir
i hope u have receivd mail earlier,in which my account numbr was given
abhaya
happy dashahara

On Monday, 29 September 2014 7:41 AM, abhaya joglekar <abha_abhaya@yahoo.co.in> wrote:

sbi,pbb,central avenue,raipur
choubey colony
raipur,chihattisgarh
492010
ifs code-stin0012289

On Monday, 22 September 2014 2:19 PM, ashok raj <sadbhav_harmony@rediffmail.com> wrote:

pl indicate bank branch

From: abhaya joglekar <abha_abhaya@yahoo.co.in>
Sent: Mon, 22 Sep 2014 07:52:58
To: ashok raj <sadbhav_harmony@rediffmail.com>
Subject: Re: Nutrition-tribal-women-survey details

dear mam/sir
good morning

my account no is SBI10005208228 . you can deposit the money i this act.

Mr. Abhaya R. Jyethar
127, P. 15
ABHAYA JYETHAR

27, P. 15
127, P. 15
127, P. 15
127, P. 15
127, P. 15
127, P. 15
127, P. 15

Ref.

आदरणीय महजुजी,
नववर्ष की शुभकामनाएँ

आपके द्वारा प्रदत्त सर्वेक्षण चारों जिलों में किया इनमें
स्वेरवार, असोराहुष्, बेकुपुर, चेडवार, अम्बारिया, अम्ब-
अम्बारिया, राधनारवार एवं पोन्दी अम्बाराश गांव में मासिक
किया एवं वात्सीत की।

इन जिलों में कोरिया जिला ही ऐसा था
जहाँ साक्षरता स्तर आधीन है जबकि सरगुभाजिले में साक्षरता
पोषण स्तर अपोक्षित नहीं था। स्थानीय प्रतिक्रिया
अभाव था एवं आधीनतर परिवार मजदूरी पर आधारे
वागान्यतः सभी जिलों में केवल दिन में 2 आकर-
ते हैं। एनीमीया, मलरिया एवं कुपोषण का प्रभाव आधीन
दिरवा।

शुभाकांसी
Ajaykar
डॉ. अभयारा वागान्ये

Mr. Abhaya R. Jyethar
127, P. 15
ABHAYA JYETHAR

27, P. 15
127, P. 15
127, P. 15
127, P. 15
127, P. 15
127, P. 15
127, P. 15

Ref.

आदरणीय महोदय,
नववर्ष की शुभकामनाएँ

आपके द्वारा प्रदत्त सर्वेक्षण चारों जिलों में किया इनमें
स्वेतार, अमोराहुष्, बेकुपुर, चेडवार, अम्भारिया, अम्भारिया,
राधनारवार एवं पोन्दी अम्भारिया गांव में मातृ
किया एवं वात्सीत की।

इन जिलों में कोरिया जिला में तथा यह
हैं साक्षरता स्तर आधीन हैं जबकि अम्भारिया जिले में मातृ
पोषण स्तर अपोक्षित नहीं था। स्थानीय स्थिति में
अभाव था एवं आधीन परिवार मजदूरी पर आधारे
वागान्यतः सभी जिलों में केवल दिन में 2 आधारे
हैं। एनीमीया, मन्डारिया एवं कुपोषण का प्रभाव आधीन
दिरवा।

शुभाकांक्षी
A. Jyethar
डॉ. अभयारा ज्येठार

To.
 Dr. Ashok Raj
 Dear sir,
 Sending all details as per your requirements

Ques.1

3. As per your perceptions, what local foods/herbs should be popularized (through a campaign on radio/ television/mass SMS on mobile phones) for improving the nutrition status of the tribal women in your area?

Suggested local foods /herbs	
1 Ragi (finger millet) ✓	6 Rice Puff with Jaggery ✓
2.Kodo ✓	7.Roots and Tubers
3.Leady Vegetables ✓	8.Other Forest Products
4.Local Forest Fruits ✓	9.Local Rice
5.Basi ✓	10. roasted nuts(gram dal) ✓

Kindly provide more detailed information as per the tables below:

Name of food	Family/English name/Nutrition content	Good for which malnutrition?
1. kodo	Pacepalem Scrobiculetum Kodo	Good for controlling, diabetes, obesity and ulcer
2.Basi	Boiled rice, overnight soaked in water especially in summer. This becomes slightly alcoholic due to fermentation. If rice soaked in water for long time it will be harmful.	Easily digestive, energetic, carbs Vitamin B group
3. Names of a few local rice	nagri-Dubraj,ambikapur-tulsi manjari, kali much	Good source of Energy
Names of a few local nuts	Char,	
Names of a few roots and tubers	Aalu kanda, mishri kanda, pidi kanda,jimi kanda, beerin kanda,keshri kanda,kochai kanda, kasoor kanda.sankhen kanda and tikhar	Rich source of carbs

Cost of Survey

To.
 Dr. Ashok Raj
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Cost of Survey

S.NO	NAME	DESIGNATION	RATE	AMOUNT
1	Dr. Abhaya R. Joglekar	Expert	20000.00	20000.00
2	Dr. Abhilasha Sharma	Field Investigator	18000.00	18000.00
3	Savita Bhoi	Field Investigator	18000.00	18000.00
4	Outstation Travel/boarding/lodging		30000.00	25000.00
5	Photocopy of questionnaires		1080.00	1080.00
			Total	82080.00

S.NO	NAME	DESIGNATION	RATE	AMOUNT
1	Dr. Abhaya R. Joglekar	Expert	20000.00	20000.00
2	Dr. Abhilasha Sharma	Field Investigator	18000.00	18000.00
3	Savita Bhoi	Field Investigator	18000.00	18000.00
4	Outstation Travel/boarding/lodging		30000.00	25000.00
5	Photocopy of questionnaires		1080.00	1080.00
			Total	82080.00

Re: tribal project

From: abhaya joglekar (abha_abhaya@yahoo.co.in)

To: sadbhav_harmony@rediffmail.com

Date: Friday, 31 July, 2015, 08:01 am IST

resp sir sending one file.it will help you.

pls give me some time as exact nutrient content of that rice ,i will talk to people from agriculture college,

you asked some name working in this field ,as per my knowledge one reader from university is working . rest will inform after 2-3 days.

regards

abhaya

On Wednesday, 29 July 2015 9:45 PM, ashok raj <sadbhav_harmony@rediffmail.com> wrote:

Dear Madam,

Kindly provide the following information by return email:

	Hindi/English name if available	Main nutrient content (just names – like iron, vitamin A, etc)
Basi		
Ant mule		
Aghitha		
Ranga bhaji Aghitha		
Lakhari dal		
Rahar dal		
Rahar channa		
Rakhiakhadi		

What is the vitamin B9 (folic acid) content of *mota* rice eaten by the tribals? For 60 gms (1 kachhuwal) of cereals, the general value is given as 48 mcg, which is high and upsetting my calculations!! Pl advise.

Also pl suggest 4-5 names +addresses of institutions/ngos working in tribal health and nutrition in the districts covered by you.

There is going to be a big project on technology needs of tribals soon.

I am going to give your names as one of the project investigators; I hope you will not mind it.

Best

Ashok Raj

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