







BOOND THE FORMER OF PARAM THE POWER OF PAANI

A RCC PLATINUM EDITORIAL AND TEAM PROJECTS PRESENTATION





SECRETARY





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TRIPTI SOLANKI

YOUNG INDIA AND WATER

With the advent of soda pops and areated drinks the trend to give your children tender coconut water and nimbu pani is long lost. Parents are mistaken thinking that these branded drinks are equivalent to drinking water but the truth is these flavoured and sugary drinks tend to dehydrate the body more. Our body needs plain water to process all these emulsifiers, so irrespective of the body size kids need to drink as much water to keep their anatomy functioning well.

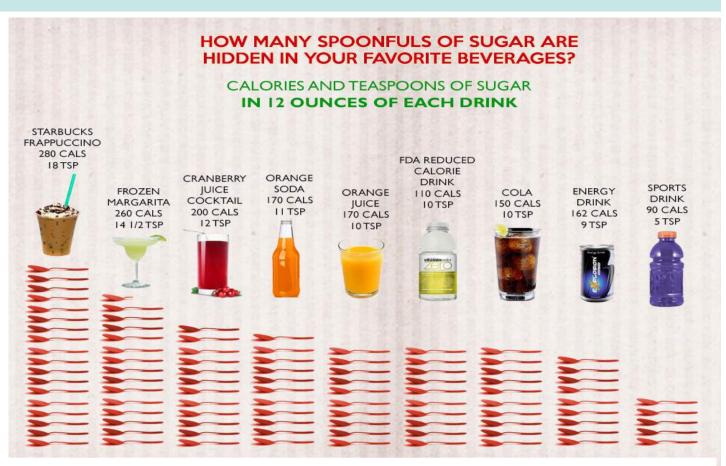
The most important nutrient for toddlers and young children is water. It helps flush out all the toxins before they become poisonous in our body.It also helps in the mental and physical performance of a child in any activity. Young children must be encouraged to have a water drinking routine from toddler stage. They must be taught that water will cool down their bodies, lubricate their joints and make muscles work smoothly. They should be encouraged to sip water at short intervals after meals but not during them.

Communities and schools have the responsibility to ensure that there is enough purified water for the children to drink. Most public places, schools and colleges have in adequate clean water resources set up. Children should also be trained to carry their own water bottles whenever they step out from home.

A study published in Archives of Diseases in Childhood states more than 70% of preschool children never drink plain water. Sugary drinks correlates with weight gain and leads to childhood obesity. So you can adopt the following actions

WHAT YOU CAN DO

- Give them fresh juice, soups and milk which have high water content
- Give them water rich foods all vegetables and fruits fall here.
- Give them attractive drinking water cups.





your kids should drink each day (13 cups, 3.1 L) (12 cups, 3.0 L) Men 19+ Boys 14-18 (11 cups, 2.6 L) (10 cups, 2.4 L) Pregnant (9 cups, 2.2 L) Women 19+ (8 cups, 1.9 L) Girls 14-18 (8 cups, 1.9 L) Boys 9-13 (7 cups, 1.7 L) Girls 9-13 (6 cups, 1.4 L) Children 4-8 (4.5 cups, 1.0 L) Toddlers 1-3

WATER - How much you and

TIP OF THE MONTH

Make Drinking Water Exciting.

Drinking water is the most beneficial way of keeping hydrated.

Although it tastes great as it is, sometimes it is nice to mix it up a little. Here are some tips on how to make your water more fun;

Freeze it. Freeze fruit like

Freeze fruit like berries in ice cubes for a chilled infusion.

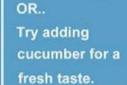


Add fresh fruits such as lime and berries to make your water tastier.



Make it Herbal.

Adding herbs such as ginger, mint leaves or lemongrass can improve the flavour of drinking water.



TEA ANYONE?

TEA AND HERBAL DRINKS NOT ONLY HELP YOU TO STAY HYDRATED BUT ARE FULL OF HEALTH BENEFITS.

Lavender and rose hips are packed full of vitamin C and may help ease arthritis pain. Add these to your water to improve the taste and experience healthy hydration.







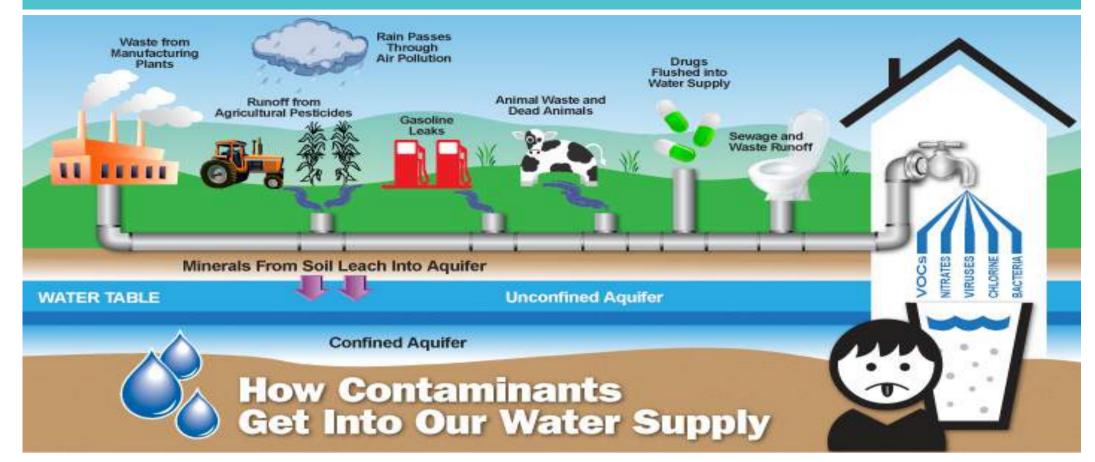


BENEFITS OF STAYING HYDRATED





SAY NO TO CONTAMINATED WATER



The importance of clean water as a foundation for life is realized by many, but steps taken to maintain the same are not taken to the required extent.

A slight change in the physical, chemical and biological properties of water will have a detrimental consequence on not only the living species but the entire ecosystem and this water pollution in a major reason for extinction of many species.

WATER GETS POLLUTED DUE TO

- 1) The use of pesticides, fertilizers and chemicals which get washed away to underground bore wells during rain.
- 2) Untreated sewage and waste water from houses, schools and hospitals let out in water bodies.
- 3) Oxygen depletion due to hazardous substances getting mixed with water leaving it unfit for use.
- 4) Acid rains caused by emissions of sulphur dioxide and nitrogen oxides from industries.
- non recyclable items in the water.

Play your part, be water smart! Wise Water Use Use low flow Get an Energy Star labeled washing shoerhead. mashine. Wash only full loads Use a shut off nozzle on Put faucet aertors on sink faucets. Mulch around plants to hold Install new toiletes that use Water your yard Turn off the water while and outdoor plants early or late in the day less than 1.6 soaping hands and gallons per brushing teeth to reduce Turn off sink faucet while scrubbing dishes and Use plants that require ake shorter Use a broom, not a showers five minutes or less is hose, to clean

driveways and walkways. Save it, or do without it!

WHAT JUST HAPPENED?

best.



5) The most important of all the The need of the hour is a set up for clean, dumping of plastic, rubber and all safe and adequate disposition of treated sewage, industrial and domestic waste into the water leading to less contamination and healthy ecosystem.



HOW DO WE MAKE EVERY DROP COUNT

DROPS OF BLESSING

Drops of blessings ... Where Every drop counts .. Be it water or blessings...

In this unique program the trust will meet eminent personalities/celebrities from various walks of life -Business, Bollywood, Tollywood, Hospitality etc., and take wishes from them, create awareness and promote our cause.

interactions, bless-After the ings/wish would be taken by way of an autograph on a water drop shaped memento specially designed for this.

PARYUSHAN DRIVE

Every year during Paryushan, the eight auspicious days for all jain's we keep our stalls at various jain temples to create awareness of our Project Paani. We also promote our brand Paani by giving 300ml bottles to all the visitors.

2017.



Come and Join with us for a good cause Advertise, plz contact Mr Vikas Solanki @ 9840122666









This year we had collection of Rs. Zrupee has partnered with RCC Platinum trust to You can partner with us 9.5 lacs which was inclusive of RO donate 10 liters of water for every like that is given in many ways: plants and donation by people. The for our project facebook page facebook.com/rccp-Paryushan Drive was conducted paani. This drive was conducted during the Pary- merchandise from 19 August to 25th August ushan period where we saw our likes increase by store. 75%

About Zrupee:

Zrupee provides a merchant or consumer the freedom to accept or make a payment through their your product with our most preferred option like any mobile-wallet, UPI "save water" campaign. or any other form of digital payments (credit card, debit card, aadhar, etc). Zrupee is a blend of as-come. sorted digital wallets and payment platforms for hassle-free payment remittances.



RO Plant Donors during the Paryushan Drive:

Platino Vivek Dasot Platino Prashant Kiran Platino Sushil Lalwani (Donated two plants)

To Donate an RO plant and to become a brand partner please contact Mr. Sushil Lalwani @ 98413 44444

Selling our product your

Get our standees at your store or restaurant and promote awareness.

Tie up for co-branding

Other ideas, most wel-







paani.org

An Initiative By RCC Platinum Trust