



BOOND

THE POWER OF PAANI

A RCC PLATINUM EDITORIAL AND TEAM PROJECTS PRESENTATION



SOURCES OF OUR ELIXIR



WHICH WATER TO CHOOSE?



SMASH IT



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SOURCES OF OUR ELIXIR

Water is but life itself! But when water is unsafe and sourced from unhygienic places, water can kill. International organizations use the access to safe drinking water and hygienic sanitation facilities as a measure for progress of the country in the fight against poverty and disease. Access to clean water is considered to be human rights, not a privilege.

EFFECTS OF ACCESS TO CLEAN WATER

Unsafe water along with a lack of basic sanitation cause 80% of all diseases in the developing world and kill more people than all forms of death. Roughly 40% of the world's population does not have access to adequate sanitation services. Sanitation and hygiene are the first things compromised in natural disaster areas or conflict zones. The effects of this can be seen in cholera and other water borne disease outbreaks. In addition to illness caused by lack of clean drinking water and poor sanitation, approximately 443 million school days are lost each year due to water related diseases.

Globally, there is water available in abundance but, its not evenly distributed. Here in India, the Constitution ensures that the right to life includes the right to sufficient and safe water.

Access to clean water should be provided through the following:

- >Piped water connection for domestic use
- >Public pipe supply
- >Borewell
- >Protected dug well
- >Protected water spring
- >Rainwater collection

Water contained in many ground water sources were deposited during rainfall and the rate of use from some aquifers today exceeds the rate of their replenishment. Desalination and reverse osmosis (RO) plants are very popular to remove dirt and impurities and provide clean water.

**SAFE
AFFORDABLE
WATER**
BASIC RIGHT



DIFFERENT TYPES OF DRINKING WATER

WHICH DRINKING WATER TO CHOOSE?

Safe drinking water is defined as any type of water that complies with the stipulated water safety standards set by the national or international certified bodies for water that is supplied for human consumption. Drinking water has no special taste and is expected to contain permissible levels of disinfectants and contaminants. Though it might sound easy, choosing the right water to consume, in reality is not a simple task. We have a wide range of “drinking water” available in packaged bottles to choose from.



SOURCES OF DRINKING WATER

Ideally water bodies like river, glacial water and streams provide us our aqua requirement. But the biggest source of water used for drinking in India comes from underground.

Well water is a confined aquifer that is a water bearing underground layer of rock and sand. The well water level is at some height above the top of the aquifer. Borewell water is another source of getting direct ground water.



The water what we get from the tap could contain heavy metals such as arsenic, mercury and lead. Lead is a dangerous contaminant in water supplied through old pipes or taps. Some water treatment facilities may contain fluoride in the water, which is equally harmful.

Bottled water comes in a variety of types including spring water, mineral water and purified water

Spring water comes from the seepage or filtration springs, fracture springs or tubular springs in the surface of the earth. Seepage and filtration spring water naturally filters up through the earth. Fracture springs is a water from fissures, joints or faults in the earth. Tubular springs are in underground cavern systems. Spring water contains small amount of natural minerals and appears crystals clear or sometimes tea coloured from the springs.



Purified water is treated water that undergoes a process such as reverse osmosis, deionization or distillation to remove bacteria dissolved water solids. Overuse of purified water endangers our health in the long term as important minerals get filtered out. Majority of the bottled water in the market use purification process.

Mineral water is an affordable alternative for increasing the daily mineral intake including salt, sulfur gases and minerals. Sparkling water contains natural carbon dioxide from the source or artificially carbonated version of mineral water

TIP OF THE MONTH



How many minutes does it take to boil water until it's safe to drink?

30 minutes at 160° F

3 minutes at 185° F

Instant at 212° F

prepforshff.com

Water temperatures at 160° F (70° C) kills all pathogens within 30 minutes and above temperatures 185° F (85° C) kills all pathogens within a few minutes. So the instant water reaches a rolling boil, it has already become safe to drink

Remember:

Boiled water will not remove chemical toxins that could be present.

HEALTH BENEFITS OF DRINKING WARM WATER



- IMPROVES DIGESTION
- SOOTHES SORE THROAT
- DETOXIFIES YOUR BODY
- IMPROVES BLOOD CIRCULATION
- ALLEVIATES MENSTRUAL CRAMPS
- TREATS NASAL CONGESTION
- SLOWS DOWN AGING
- SHEDS EXCESS POUNDS
- RELIEVES CONSTIPATION

Top 10 Home Remedies
To explore more, visit www.Top10HomeRemedies.com

WARM LEMON WATER HEALTH BENEFITS

- Boosts the immune system
- Assists with weight loss
- Prevents digestive disorders
- Relieves respiratory problems
- Alkalizes your body
- Regulates bowel movement
- Hydrates and oxygenates



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HOW DO WE MAKE EVERY DROP COUNT

SMASH IT INTERCLUB

From the last three years RCCP has been organising an interclub Badminton Championship competition, the proceeds of which go towards the Paani Project. The Championship is called "Smash it" and has gained a lot of momentum since its start. With 10 recognised clubs participating in the event which took place at Velammal Vidhyala on 24th September 2017. It also featured the Frisbee competition apart from Badminton. The event was inaugurated by renowned actor Mr Sreekanth who also obliged to sign our initiative of drops of blessing. With great enthusiasm, Fun and fellowship like every year Smash it will continue its noble cause.

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



TOCA BOCA



PAANI PROJECT

Today's children are tomorrow's future and RCC Platinum has been a great help in making many children smile and live happily. From giving food to clothes and supporting education, the group has been very supportive and lately they have started this 'Paani Project' to instal clean and healthy drinking water with RO plants in many schools. For a healthy India, healthy children are the future. For a child to be healthy, clean drinking water is neccessary and to fulfil this, they started a project called 'PAANI'. Great going RCC. If there are more organisations like this in the country, I'm sure we will have a better and healthier future.

TOCA BOCA KIDS CARNIVAL

In pursuit to raise funds to support its social projects RCCP had organised an exclusive kids mega carnival named Toca Boca on 4th February 2018 at St George School from morning 7am to 9pm. The day long event had Jogathon exclusively for kids, Painting competition and Fashion Show performed by kids apart from carnival games, obstacle courses, bouncing castle, robotics and Diy zone.

With more than 10000 people attending the event and enjoying it, the cause and need for the Paani project was well made aware of. On the whole the entire show was a great success and since the proceeds are going to the needy the crowd was joyful having been part of it. The above article on the right was written by Mr Karun Raman Fashion Choreographer in a magazine.

DONORS - SMASH IT & TOCA BOCA

1. Parasmull Prakash Lalwani Trust and Rotary Galaxy -Rs 15,00,000
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