

HEALTH:

“To keep the body in good health is a duty otherwise we shall not be able to keep our mind strong and clear “Buddha.

Health is the greatest gift. We really regret what people eating or buying from the market. What is the quality of vegetables where are they grown; how they are grown we don't know. Health is not a weight or diet. You are made up of 50 trillion cells. Our thoughts and our diet affect every single cell. How are we nourishing them decides our health. Most of the middle class families are paying heavy amounts for medical treatments and facing many hardships. They are not taking care of their health in the initial stages. Good health and good sense are greatest blessings. But we are neglecting them poorly. To be stupid and selfish also we need good health. One's aim in life should be to die in good health than face severe or multiple health hazards. If so it creates many social and family issues. Good health is not a commodity which we can buy from market. It should be nurtured properly since birth. Life expectancy would grow by leaps and bounds if green vegetables and fruits are tasted and good flowers smelled. One more good health tip is Don't eat what your body doesn't digest and don't drink what doesn't suit to your health.

Let the food be the medicine to body and don't let the medicine as food to your body.

To improve the health of the people in the constituency, MLA garu innovatively introduced certain concepts like growing vegetables with organic manures as INNOVATIVE RATIONING and wants to provide good quality drinking water to each and every household.

Ro Plants :

Billions of people can live with out love and affections but can't live without water.

Water the sources of Life. Clean water means health. Many infants and 10% children below 10 years are dying every year because of water born diseases in India.. Economical, Social and political rights are critical but what is more important for the People is **Clean Water**. Some People are wantonly or unknowingly spoiling the water resources. Clean Water is basic birth right of every citizen. Clean Water is necessary. We are talking about the Neutrality of Internet or Basics but **we are not talking about the Clean Water Equality. One in Nine people doesn't have access to clean drinking water. Let us work on that.**

Every Drop of water is thing of beauty, glinting in the dew drops, Echo in the river beds, gleaming in the rain drops secured on the leaves, immaculate on the shining flowers, alluring on the green grass, lustrous on the faces of children who are dancing in the rain.

W-A-T-E=R means for me is W stands for Weight Loss, Letter A stands for Activate Bowl function, letter T stands for transport nutrients to cells and waste material, Letter E stands for Energize Muscles, Letter R stands for Regulate Calories and body temperature.

Godavari Delta Region is dependent upon surface water for both irrigation and drinking water as the ground water is not suitable due to alkalinity, high salinity and very hard nature. Green Revolution occurred from 1976 onwards. It has good impact in terms of food security and qualitative improvement of agriculture production. It has negative impact on drinking water. Canals and drainages are concentrated with chemical pollutants due to excess usage of

chemical fertilizers and pesticides in agriculture and aqua culture. When Department officials and local bodies are filling the drinking water tanks with surface water then these tanks are filled with pollutants. The local bodies are not able to purify it due to lack of monetary resources. Filter beds are frequently stagnant and almost dead. It costs around 2 to 3 lakh rupees to get it repaired.

Hence, people in this region stop drinking water provided by the local Panchayats. This pollution leads to a drinking water crisis. No individual is daring to drink water from canals. They are buying water bottles or water pouches. They travel to nearby towns and buy drinking water tins which cost around 40 to 50 rupees.

Siva Rama Raju garu identified the issue and with the help of donors constructed 78 R.O plants in almost all the 70 villages in his constituency and provided 20 liters of pure potable drinking water at a nominal cost of 2 rupees. The project is named after former CM late Sri N.T.Rama Rao garu as {NTR Sujala Sraavanthi}. Now the people are very happy. This project may be a unique first of its kind in having



One of the RO Water plant inaugurated by honorable Chief Minister of Andhra Pradesh Sri. Nara Chandra Babu Naidu



Modal Village Health Center at Pedakapavaram:

I am planning to provide better medical facilities and infrastructure to each and every hospital. I want to strengthen the primary sub centre and planning to start a village health centres also. This centre work has a diagnostic centre and report to the people. I want to provide better health facilities to people from my Siva Swachanda Seva Samstha. & NTR Health Insurance. The sadistic part is the villagers are not getting proper medical facilities since Independence. Health for all is become a dream to be paper objective but nothing achieved

