

**We are influencing people's lives. We are making impact.**

Students who participated in our schools program:

"As a peer-leader, I have noticed a change in behavior among students in my class. My fellow peer leaders and I are required to regularly check the tiffin boxes of our classmates. Now, after the Arogya World programme, we have observed that many students bring healthy food rather than fried or oily food in their tiffin boxes."

*Karan, Class VIII*

"Earlier, some students used to sit in games period, but now they have started playing games in school. These activities have not only helped us make our school healthy, they have also helped us make our home healthy. In my home, food from outside is bought only very occasionally now."

*Naheed, Class VIII*

Consumers who received our mDiabetes text messages:

*Karthik, 29 years.*

"My father, who has diabetes, did not previously go for his walk regularly, and was not careful about his diet & weight. I have made him go for a walk everyday, have added more healthy food items in his diet and made him aware of the problems and risks of diabetes. These messages have helped me gain better understanding of diabetes, which I use to help my father have a better life."

*Vettrivel, 58 years.*

"Based on the messages I have read, I made lifestyle changes such as, eating healthy food, doing exercise regularly. Diabetes messages have helped me improve the quality of my life."

Arogya World ([www.arogyaworld.org](http://www.arogyaworld.org)) is a Chicago-based global health non-profit organization committed to changing the course of chronic disease, one community at a time.

We believe deeply in prevention and implement scalable programs, particularly in India, in schools, workplaces, and with text messaging, to prevent diabetes through lifestyle changes. We are a 501(C)3 organization (EIN 27 2091051).



Changing the course of chronic diseases

*Annual Fundraiser  
2013*

## BENEFACTORS

Arjun and Anu Aggarwal                      Sandeep and Neelum Aggarwal  
Raj and Seema Bhatia                         Ravi and Nalini Saligram  
Mohan and Parminder Sawhney

## PATRONS

Mukesh and Nita Gangwal                      Anders and Donna Gustafsson  
Anil and Minnie Kumar                         Arun and Shashi Ohri  
Prabha and Anita Sinha

## FRIENDS

Karim Ahamed                                      Phil Carrier  
Rick and Susan Lenny                            Malcolm Proudfoot  
Vivek Sehgal and Manisha Shah              Amarjit and Becky Singh  
Randy and Heather Nornes

## HOST COMMITTEE

Shashi and Arun Ohri  
Heather and Randy Nornes  
Anu and Arjun Aggarwal  
Seema\* and Raj Bhatia  
Neelum\* and Sandeep Aggarwal  
Parminder\* and Mohan Sawhney  
Nalini\* and Ravi Saligram

\*Chicago-based Anogya World board members

*Thank you For helping us promote healthy living to prevent diabetes and other non-communicable diseases, which are among the greatest health and development challenges of the century.*

# PROGRAM

*Friday October 11, 2013*

*The Golden Triange  
330 N. Clark Street, Chicago, IL 60610*

6:30 pm – Champagne Reception

7:00 pm – Welcome and Opening Remarks

Followed by Fund-A-Need Auction  
to benefit Anogya World's educational activities  
and diabetes prevention efforts

### Food Donated by:

CJK Foods - Chef Josh Katt  
The Indian Harvest - Chef Sanjeev Pandey

### Wine Donated by:

Binny's

### Cocktails Courtesy of:

Kama's Bistro

### Music Provided by:

The Allium Strings

### Corporate Contributors:

**AON**

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According to the World Health Organization  
**80% of diabetes and heart disease and  
40% of cancer can be prevented**  
with avoiding tobacco, eating healthy Foods and increasing  
physical activity. Prevention is at the core of all our work.