

ਸੁਭ ਕਰਮਨ ਤੇ ਕਬਹੂੰ ਨ ਟਰੋਂ

Never refrain from righteous Acts.



Sikh Welfare Society

"Service with Sacrifice"

Registered Charity No: 1155444

15th Annual Function

Monday 29th May 2023



ਭਾਈ ਘਨੂਈਆ ਜੀ ਜੰਗ ਵਿੱਚ ਬਿਨ੍ਹਾਂ ਕਿਸੇ ਵਿਤਕਰੇ ਤੋਂ
ਜ਼ਖ਼ਮੀਆਂ ਨੂੰ ਜਲ ਛਕਾਉਂਦੇ ਹੋਏ

**Venue: London Chigwell Prince Regent Hotel
Manor Road, Woodford Bridge, Essex IG8 8AE**

Medical Camps 2023



The Worshipful the Mayor 2023/24
Councillor Jyotsna Islam

Mayor's Office
Town Hall
High Road
Ilford IG1 1DD

Telephone: 020 8708 2297
Email: mayorsoffice@redbridge.gov.uk

I am delighted to send you this message in support of your Annual Event.

Thank you for your kind invitation which I am delighted to accept. The Sikh community's contribution to the Borough and the wider Sikh community in Britain is very important to us and would like to commend your work in promoting cultural integration and community cohesion in the Borough.

I look forward to seeing you all on the 29th May and hope you all have a very enjoyable evening.



Councillor Jyotsna Islam
Mayor of the London Borough of Redbridge

Wes Streeting MP
Member of Parliament for Ilford North



HOUSE OF COMMONS

LONDON SW1A 0AA

Dear friends,

15 May 2023

I am so pleased to be writing ahead of the Sikh Welfare Society's annual celebration after an incredibly challenging few years for all of us.

As well as the excellent work that the Society does for the community in Red bridge, including donating toys to local hospitals at Christmas, they continue to do invaluable work on eye health in India. It is always a great pleasure to celebrate these successes.

A big thank you to the Sikh Welfare Society for their continuous hard work and dedication, and I hope everyone enjoys their 2023 celebration!

Best wishes

WES STREETING
Member of Parliament for Ilford North



10 DOWNING STREET

LONDON SW1A 2AA
www.gov.uk/number10

Head of the Direct Communications Unit

15 May 2023

Dear Mr Shergill,

Thank you for your letter of 6 April, inviting the Prime Minister to the Sikh Welfare Society's 15th Annual Function on 29 May.

The Prime Minister holds high admiration for those who commit their time to helping those less fortunate, and the work that the Society has done over the years is commendable. I would like to extend my congratulations to you and those who contributed towards achieving the work that went into providing vital healthcare to those 4 camps on the borders of Panjab and Haryana.

I am afraid that due to diary pressures, it will not be possible for the Prime Minister to accept your invitation at this time.

Please accept my best wishes for the function, and thank you once again, for writing.

Yours sincerely

MANDY GODRIDGE

Mr Kashmir Singh Shergill

Sikh Welfare Society
501 High Road
Ilford
IG1 1NZ

Cllr Jas Athwal
Leader of Redbridge Council

Redbridge Town Hall,
High Road,
Ilford,
IG11DD,

15 May 2023

Jas.athwal@redbridge.gov.uk

Dear friends at the Sikh Welfare Society,

Ahead of your annual celebration, I would like to express my gratitude and appreciation for the outstanding work the society has been doing in our community. For 15 years your selfless dedication and unwavering commitment to serving others has had a profound impact in Redbridge.

The Sikh Welfare Society's tireless efforts to promote equality, compassion, and social justice are commendable. The community outreach programs, educational initiatives, and humanitarian aid projects have brought hope and support to those who need it most. The delivery of vital health resources to those in rural India, and your support for those experiencing homelessness has had an immeasurable effect. You truly embody your motto - Service with Sacrifice.

The emphasis on interfaith dialogue and fostering understanding among diverse communities has played a vital role in promoting peace and coexistence. The respect you demonstrate towards people of all backgrounds exemplifies the best of our Redbridge community.

On the 15th anniversary of the Society and on behalf of Red bridge, I would like to express our deepest gratitude for the impact you have had. We are grateful to have you as an integral part of our community and wish you the very best for your 2023 celebration.

With gratitude,



Cllr Jas Athwal
Leader, London Borough of Redbridge



Tanmanjeet Singh Dhesi MP

19th May 2023

Letter of Support: Sikh Welfare Society

To whom it may concern,

I commend the valuable work that the Sikh Welfare Society does for communities both in India and the UK and thank them for their exceptional continued commitment to helping those most in need.

Through health camps in rural India, the Society has provided valuable medical and diagnostic services to those who do not have easy access to community healthcare. From cancer awareness to eye health, their work saves and changes lives.


In the UK, with the cost-of-living crisis causing struggle and strife, the Society has been ever present, working hard to help the most vulnerable in our community.


The Sikh Welfare Society is a shining example to us all and I wish them all the best in continuing their excellent work.

Best wishes,

Tanmanjeet Singh Dhesi MP

Labour Member of Parliament for Slough

020 72191946 / 01753 518 161  tan.dhesi.mp@parliament.uk @ www.tsdhesi.com

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King George & Queen's Hospitals Charity
Queen's Hospital
Rom Valley Way
Romford RM7 0AG
01708 435 000 ext. 2922/4894

www.supportyourhospital.org

In KingGeorgeandQueensHospitalsCharity

@SupportHospital

Sikh Welfare Society
501 High Road
Ilford
IG1 1TZ



"Thank you for your support. It really means a lot to all our staff and patients and makes such a positive difference to the time they spend in our hospitals".

Kathryn Halford, OBE
Chief Nurse
BHRUT

16 December 2022

To all who made this possible

Generous donation

I am writing to thank you personally, and on behalf of King George and Queen's Hospitals Charity, for your very kind donation of £1,050.00 in support of the Children's Play Account. This will help us to buy so many wonderful toys and activity items to entertain and distract the children under the care of our NHS Trust.

As always, it was lovely to see you all again, it's another reminder that Christmas is fast approaching!

As you know, our charity has a very important place in the community. It is not our aim to subsidise the core essential funding that is the responsibility of the NHS. We look at the things that fall outside of NHS funding. If we find that certain items or services will make the hospital journey even better, we do our best to raise funds to turn a wish list into a reality. We fund projects which our staff and patients tell us will enhance their hospital experience. We help to make the journey more efficient, informed and comfortable.

Once again many thanks for your support - we are working hard to make our hospitals even better. We simply couldn't do what we do without people just like you supporting us in the community.

With kind regards

M. Christopher

Marina Christopher
Fundraising Office Manager





Donation photograph for Queens & King George Hospital



Donation photograph for Brookside Mental Healthcare Facility



Health Way
foundation

Sikh Welfare Society
501 High Road
Ilford Ig1 1TZ

Dear Sikh Welfare Society

It was lovely to meet with you all on the 15th December at Brookside Adolescents Unit.

Your donation was an extremely kind gesture and it will go a long way towards supporting the fundraising of the unit's sensory garden that will enable young people to have more access to outdoor spaces when they are onsite.

Thank you for your interest in the unit and we hope that you found the visit informative about the work that is undertaken here at Brookside. Please do not hesitate to contact us if you would like to know more or if you would be interested in supporting the fundraising appeal further.

Wishing you all a happy holiday season and all the best for 2023.

With best wishes

Kerri Springer
Charity Manager



Health Way Foundation



@HealthWayFound



health_way_foundation


Receipt of Charitable Donation

The Health Way Foundation Charity is incredibly grateful for the following contribution, which will help us provide the best care for our patients.

■ Cash Donation in the amount of: £1,050

D Donation of goods:

Donation received from	Sikh Welfare Society
Donor address	501 High Road Ilford IG1 1TZ
Donor telephone number	0208 478 5333
Date donation received	15 December 2022

Donation received by			
Name	Kerri Springer		
Job Title	Charity Manager		
Signature		Date	15/12/2022



Honorary Guest Dr. Someit Sidhu

Dr. Someit Sidhu

CEO of Zura Bio (NASDAQ: ZURA)

Someit Sidhu is a medical doctor, entrepreneur and businessperson who has been at the helm of 6 different companies and currently holds the position of Chief Executive Officer of Zura Bio a NASDAQ listed biotechnology company developing medicines for patients with severe autoimmune diseases. Zura bio has partnered with Pfizer and Eli Lilly, two of the largest global pharmaceutical companies to take forward biologic therapies for patients with diseases such as autoimmune alopecia, asthma and COPD.

Dr. Sidhu previously was CEO & Founder of Izana Biosciences and Chairman, Chief Executive Officer & Director at JATT Acquisition Corp.

Someit Sidhu received an undergraduate degree from Oxford University Medical School. After Oxford, he went to practice medicine in the NHS as a junior doctor in cardiology and general surgery before leaving to embark on his business and entrepreneurial journey at McKinsey & Company - a leading strategy consulting firm



Honorary Guest Dr. Sandeep Toot



Ritchard Ledgerd graduated as an occupational therapist in Liverpool, United Kingdom in 1993. He has primarily worked with people with dementia in a variety of practice settings. He is currently the Clinical Lead for Dementia Research at NELFT and is responsible for the implementation of research studies for people with dementia, and published papers focusing on the management of dementia crisis and stakeholder perspectives. Ritchard is also the Executive Director for the World Federation of Occupational Therapists (WFOT), an international NGO in official relations with the World Health Organization.



Dr Sandeep Toot graduated from the London School of Economics in 2003 studying Economics followed by an MSc in Management. She completed her PhD in 2015 from University College London in Health Economics and Dementia, completing a thesis in 'Crises in the homes of people with dementia and appropriate interventions'. She is currently the Deputy Director of Research and Development at NELFT and is responsible for the overall financial, research and business operations of the department at the Trust.

Dementia

Dementia is an overall term for a particular group of symptoms. The characteristic symptoms of dementia are difficulties with memory, language, problem-solving and other thinking skills that affect a person's ability to perform everyday activities¹. Dementia results from a variety of diseases and injuries that primarily or secondarily affect the brain, such as Alzheimer's disease or stroke². Dementia is associated with an abnormal build-up of proteins in the brain that results in the death of brain cells or damage in parts of the brain that deal with thought processes. As the nerve cells die, different areas of the brain shrink and cause a long-term and often gradual decrease in the ability to think and remember that is severe enough to affect a person's daily functioning. Some forms of dementia, such as Alzheimer's disease, are degenerative.

Stages and symptoms of dementia

Cognitive, emotional and physical symptoms of dementia are diverse and often intensify as the disease progresses³.

In general, three different stages of dementia can be distinguished².

Early stage: the early stage of dementia is often overlooked because the onset is gradual. Symptoms may include:

- Struggling to find the right word or name
- Finding it difficult to undertake everyday tasks in social or work environments
- Frequently losing or misplacing things
- Increasing difficulty with planning or organising
- Making decisions with uncharacteristically poor judgement

Middle stage: as dementia progresses to the middle stage, the signs and symptoms become clearer and more restricting. The middle stage of dementia is usually the longest and can last for many years. As dementia progresses, the person will need an increasing level of care. Symptoms may include:

- Becoming forgetful of recent events and people's names
- Becoming lost at home
- Increasing difficulty with communication
- Needing support with personal care

- Getting confused about where they are or what day it is
- Changing sleep patterns such as sleeping during the day and being restless at night
- Experiencing behaviour changes, including wandering and repeated questioning.
- Repetitive behaviours

Late stage: the late stage of dementia is one of near total dependence and inactivity. Memory disturbances are serious, and the physical signs and symptoms become more obvious. Symptoms include:

- becoming unaware of the time and place
- having difficulty recognising relatives and friends
- having an increasing need for assisted self-care
- having difficulty walking
- experiencing behaviour changes that may escalate and include aggression.

Mild cognitive impairment (**MCI**) is a condition in which a person experiences a slight - but noticeable - decline in mental abilities (memory and thinking skills) compared with others of the same age. The minor decline in abilities is noticeable by the person experiencing them or by others who interact with the person, but the changes are not severe enough to interfere with normal daily life and activities. Approximately 15% to 20% of people age 65 or older have MCI.⁴

Prevalence and cost of dementia

The most common type of dementia is Alzheimer's disease, which makes up 50% to 70% of cases. Other common types include vascular dementia (25%), dementia with Lewy bodies (15%), and frontotemporal dementia⁵.

Globally, the total number of people with dementia is projected to reach 82 million in 2030¹. In the UK, more than 920,000 people are living with dementia - a number expected to rise to over a million by 2024⁶. Dementia costs the UK economy about £35 billion in 2019 - more than cancer and heart disease combined⁶.

Whilst age remains the greatest risk factor for dementia, there are more than 40,000 people with early onset dementia (onset before the age of 65 years) living in the UK⁷

Out of people those who are aged over 65 living with dementia, 61 per cent live in the community in their own homes⁵.

Two thirds of people with dementia are women and over 600,000 women in the UK are now living with dementia. The condition is the leading cause of death in women in the UK⁴.

The probability of developing all types of dementia increases with age from 1% at age 60 to 40% at age 85⁸ however dementia is not a symptom of getting older.

Different types of dementia can affect people in differently, and individuals will experience symptoms in their own way.

Providing support for dementia within Havering, Redbridge, Waltham Forest and Barking and Dagenham.

There are a range of clinical and support services that support people with dementia locally. These include:

North East London NHS Foundation Trust (NELFT): Memory Services, Community Mental Health Teams, Home Treatment Teams/Crisis Intervention.

Admiral Nurses are specialist dementia nurses who provide life-changing care for families affected by all forms of dementia

Community and Voluntary Services - Age UK, Alzheimer's Society, Redbridge Carers Group, Barking & Dagenham Carers Group, Waltham Forest Dementia Hub, Rare Dementia Support (RDS) local events, Tapestry care and support (Havering), Dementia UK (national), Havering/Redbridge/Waltham Forest Dementia Action Alliance, Rotary Club Dementia Cafe (Leytonstone/Woodford)

References

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- 7 Alzheimer's Society. {2014}. Dementia UK: Update. Available from www.alzheimers.org/dementiauk Accessed 28 April 2021
- 8 Bolla LR, Filley CM, Palmer RM. Dementia DDx. Office diagnosis of the four major types of dementia. Geriatrics {2000}. Jan;55(1):34-7, 41-2, 45-6. PMID: 10659072.

Honorary Guests Heera Group

Heera Group UK is a **bhangra** music band that originated in the early 1980s. Founded by Satwant Singh Taak, London- composer and musician. Here's was also known as the pioneers of British Bhangra, and one of the most successful British Bhangra bands in history. the lead singers are Palvinder Dhami and Jasvinder Kumar (known as Dhami and Kumar) both from India. Jagawala Mela - was the first album and was arguably the best as it is the most authentically Bhangra. The later albums were more indfused with synth pop sound.

History

Known as the pioneers of British Bhangra, Heera were the first British Bhangra band who infused traditional Punjabi lyrics with western instruments to appeal to the emergence of the new era of British Asians.

Heera broke records with their songs such as Dowain Jaaniya, Sus Kutni, Maar chadapa to name a few.

Heera toured worldwide bringing British Bhangra to the forefront. Notably ghazal pioneer Jagjit Singh brought Heera to Delhi and arranged a sell out concert. Actor Dharmendra also had Heera for his sons Bobby Deol's marriage.

Heera were the first band to appear on mainstream British TV, notably Blue Peter.

The band were known for their high energetic performances and uplifting songs.

Their later works included acting and singing in the film Shaheed Udham Singh starring Raj Babber.

Recently Heera released a song in support of the farmers protest in Punjab India - Jit pakki saddi hai.

Career

With Charnjit Ahuja's music they released the album 'Bhabi Te Nanaan Nachdi' (1983). Jag wala mela saw them collaborate with legendary kuldeep bhamrah. Their iconic albums such as Diamonds from Heera and Cool & Deadly with Deepak Khazanchi as music director paved Heeras unique sound that they are known for. Later on J. Kumar also went sing "Teri Meri Ek Jind" in Hollywood. Palvinder Dhami became a solo singer in the Punjabi folk industry and acted in many movies. The duo continues to perform worldwide and have a recording studio in London used to promote new talent .

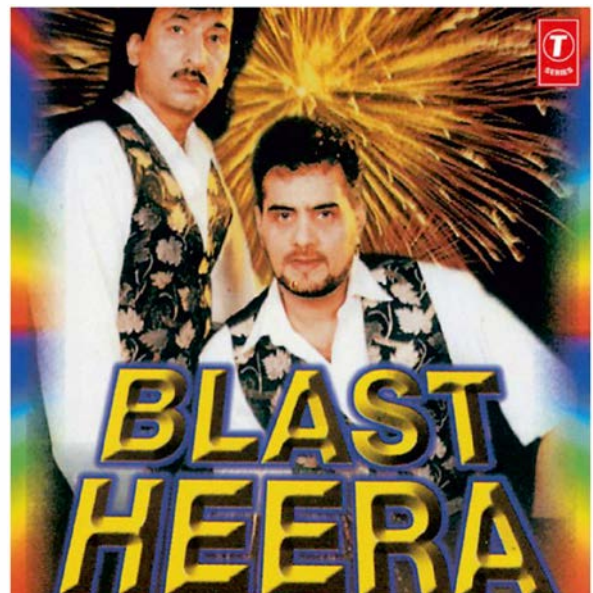
Albums

Bhabhi te Nanaan Nachdi

- Diamonds from Heera
- Bhangra Fever Vol 1
- Rabba Ki Kariye
- Beyond Control
- Jagh Wala Mela
- Yaaran Di Yaari
- Cool & Deadly
- Kohinoor
- Back to Desi
- Alaap & Heera Group Vol - 1
- Alaap & Heera Group Vol - 2
- Shaheed Udham Singh - Boli kich ke
- Legends Boliyan - GV
- PBN - Lak Hilda
- Jit Pakki saddi hai

Awards

In 2008 the group was awarded a "Lifetime Achievement" award at the [UK Asian Music Awards](#).



Chairman's Message 2023

Tarsem Singh Bains

It is my great pleasure to welcome you all to the Annual Function of the Sikh Welfare Society. First of all I would like to thank all the members of Sikh Welfare Society for giving me the opportunity to serve as Chairman.

Society, which was launched in 2008 by a dedicated team of like minded friends, over the years has developed into a very popular and diligently run registered charity. We never envisaged at the time of its launch that it will be so successful.

When the Society was launched, main aim was to help those who find it difficult to help themselves. I feel proud that we have remained true to our aims and objectives. Initially we started with one eye camp at Ramdas, Amritsar, the birth place of Baba Budha Ji. But since then society have gone from strength to strength.

This year we held five very successful Eye and Medical camps in various parts of Panjab and Haryana. Thousand of peoples took advantage of our free camps. Almost one thousand Cataract operations were successfully carried out. As well as supporting the Mayor's Charity in Redbridge, we supplied Gift Vouchers for the sick children who spend Christmas at Queens Hospital.

My sincere thanks to all our members and sponsors for supporting our society. However there are some exceptional members who, actually travel to India to attend the camps personally. Their attendance in India is paid for entirely by themselves and no part of their expenditure is funded by the society.

We are very thankful to Doctors, staff and members of the local societies, who provide their services for free. Without their help it would not have been possible to accomplish our mission.

Finally, I would like to thank you all for coming tonight. Enjoy the evening.

Sat Siri Akal

General Secretary's Report May 29th 2023

Kashmir Singh Shergill

I am delighted to welcome Mr Mayor, members of Sikh Welfare Society, their families and friends, our sponsors and distinguish guests to the annual function of Sikh Welfare Society. I am eternally thankful of our members for giving me the opportunity to serve this year as General Secretary of the Society.

Due to corona virus, we had a couple of difficult years but this year things were back to normal. Society organised six camps in the first two weeks of March 2023 in the border areas of Panjab, Haryana and Himachal. Society decided to concentrate on border areas because invariably all border areas between countries or states are deprived of basic amenities by the respective governments.

This year society organised six camps but unfortunately one camp at Anand Pur Sahib had to be cancelled at the last minute because of the death of our main organiser there. Other five camps were organised by Boota Singh Nijjer, Paul Waraich, Gurdip Singh Sandhu, Surjit Singh Toot and Gurprit Singh Toot. One camp was paid for by Toot brothers. Society is very thankful to them.

All our camps were very successful. Almost one thousand cataract operations were successfully carried out. Other patients with eye problems were given glasses, eye drops as appropriate on the site. Other patients with medical problems were checked by Eminent doctors like Dr. Raj Bahadur, Spine Specialist, Dr. Bhushan Kumar, Skin Specialist, Dr. Sarla Malhotra Gynaecology specialist, Dr Bindu Goel Singla Chest Specialist, Dr. Giridhar Lal ex director Health Services and Dr Ranjan Sharma, Rhythm specialist. More than 2750 people took advantage of these Eminent Doctors services. Thousands of people took advantage at all our camps.

In all the camps, all the services from cataract operations, transport, food and medicines were totally free with no cost to patients. On behalf of the Society I thank all the members who organised and attended the camps. Special thanks to all the Doctors staff and helpers. We appreciate help from Dr Makkar and Maharaja Ran Singh Society. We also thank Col Satbir Singh Waraich and their friends for help. Special thanks to Sukhjot Singh Sandhu and Nimritjit Kaur for organising the camp at katohar. Without their help we could not accomplish our mission this year.

Here, this year again Society donated toys vouchers to the Queens Hospital Romford, to benefit sick children's who, due to ill health were spending Christmas in the Hospital. We also support our local Mayor's Charity.

As always raffle prizes are donated by Amrik Singh Gill and other Members, all drinks are sponsored by Surjit Singh Toot, Gurprit Singh Toot and Jaswinder Singh Sandhu. We thank all our sponsors for their generous support.

Finally I would like to thank all members for their dedication and co operation all through the year. Thank you all for joining us tonight. Enjoy the evening.

Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh

ਸ਼ੁਭ ਕਰਮਨ ਤੇ ਕਬਹੂੰ ਨ ਟਰੋਂ

Never refrain from righteous Acts.



**A Welcome Message
From the Members of the Sikh Welfare Society
for our 15th Annual Function**

Our annual function takes place after Vaisakhi each year. As you are all aware Vaisakhi is the holiest day in the Sikh faiths calendar. It marks the ceremony in 1699 when on the first day of the month of Vaisakhi the tenth Guru, Sri Guru Gobind Singh Ji, created the order of the Khalsa. On this day, the Panj Pyare (the 5 beloved *ones*) came forward to offer their heads to their Guru. The Amrit ceremony marked their "rebirth" as the first of a new order. Guru Gobind Singh Ji gave them an identity (Five Kakar), a strong sense of discipline and a moral code of conduct. The combined code of conduct made them Saint Soldiers with a commitment to defend faith and the oppressed.

Everyone is invited to join us in our annual function and celebration of the spiritual harvest of Vaisakhi. The celebrations promise to be a family geared free event.

We are grateful to all our friends including those who have advertised in our brochure for all their continued support.

We hope you will enjoy the evening.

Sant Balbir Singh Seechewal visits Barking Sikh Temple

Sant Balbir Singh Seechewal also known as Eco Baba was honoured at Barking Gurdwara Sahib. Members of Sikh Welfare Society along with Sangat and Gurdwara Sahib raised funds in support of the anti river pollution crusade in Panjab, India by his self help philosophy.

Sant Balbir Singh Seechewal was honoured "Hero of the Environment" title by Time Magazine, becoming not just the only Indian but the only Asian to get this distinction. Such a great honour was bestowed on Eco Baba because he undertook the task of cleansing Guru Nanak's historic river Kali Bein, 160 KM long tributary of river Beas. His low cost underground sewage system model, treat the stored sewage water in natural way then using it for irrigation was appreciated nationally.

Through his selfless work, he taught all of us not to take environment for granted but to step up when the situation arise to protect the Environment.

He also played important role in establishing Schools, technical centres and degree colleges. Sant Seechewal was recognised by National and International organisations. He was honoured with "Padam Shri" award by Indian Government. President Dr APJ Abdul Kalam appreciated his project at several National and International seminars and also visited Kale Bein at Sultanpur Lodhi.

Sant Seechewal was nominated as member of Rajya Sabha(MP). He was born in 1962. We salute Mr Seechewal for dedicating his life to protect our environment.

"This SINGH is certainly a King"



Religious Books

The society has designed number of books on Sikh religion and were distributed free of cost all over the U.K and Europe. The first book was designed under the title SIKHISM and 30,000 of these books were printed and distributed free.

The second book was designed in our mother language Punjabi with addition of Punjabi alphabet so that our future generations can also learn our own language. Ten thousand of these were printed. Some of these books were also distributed free in India.

In 2019 on the 550th birthday of Sri Guru Nanak Dev Ji the SIKHISM book was updated with additions of few pages based on the life of our first Guru Nanak Dev Ji.

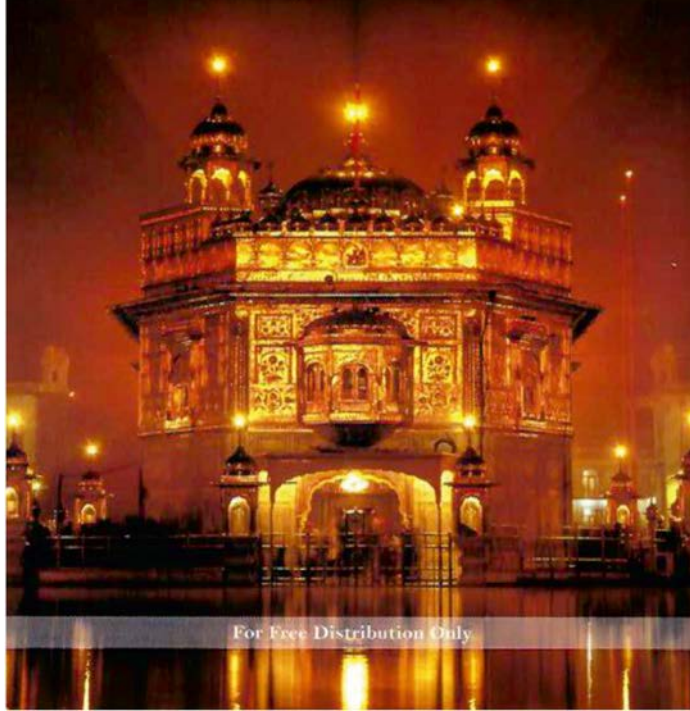
In the year 2021 a new book was published based upon the celebrations of ninth Guru Sri Tegh Bahadur Ji Maharaj coming into this world. Five thousand of these books are being distributed.

All these books are marked with FOR FREE DISTRIBUTION ONLY and are delivered at our own expenses.

Also these books can be downloaded free from our website
www.sikhwelfaresociety.co.uk

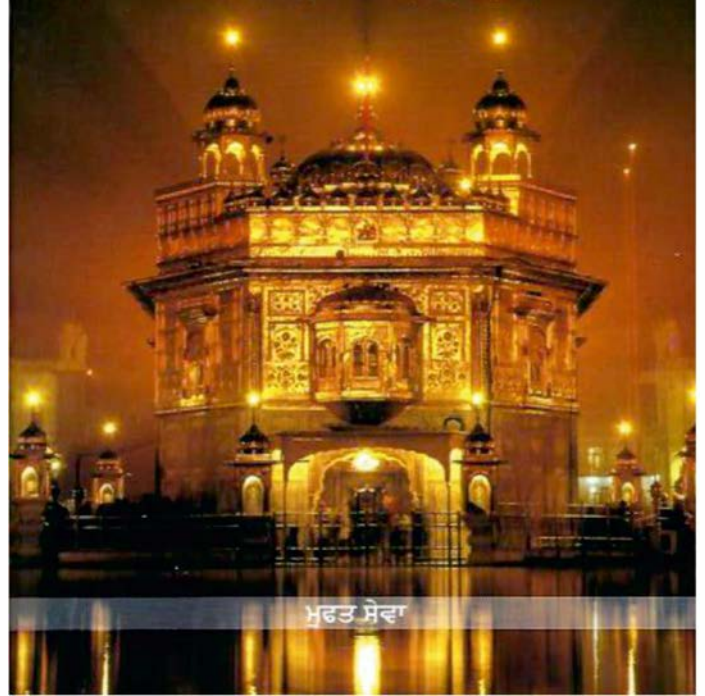


SIKHISM

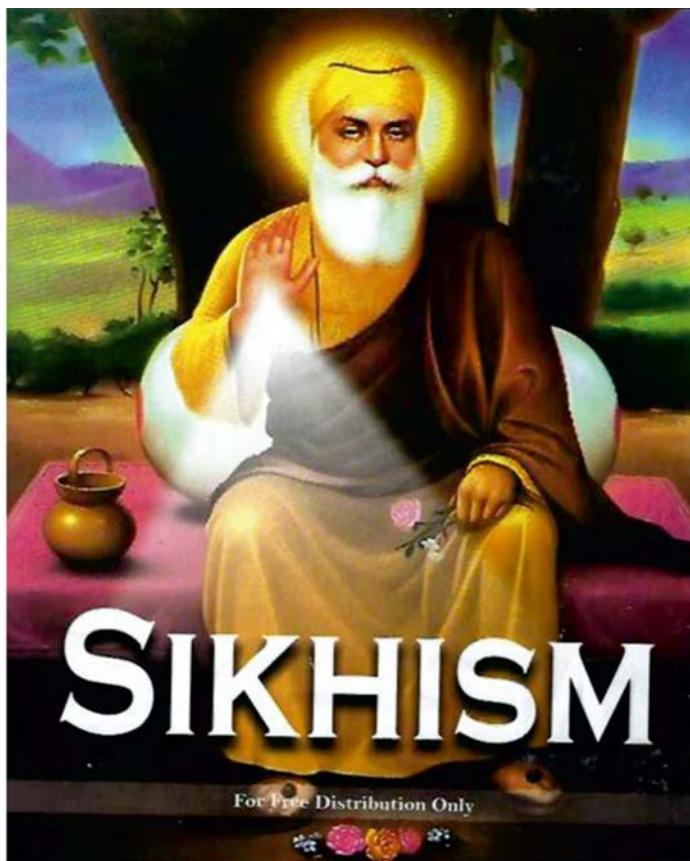


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ਮਫਤ ਸੇਵਾ



SIKHISM

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CELEBRATING 400 YEARS WITH

· Dhan Sri Guru · Tegh Bahadur Sahib Ji



For free distribution only

Free Eye Camp
At Katohar Distt Hoshiarpur
Saturday 18th March 2023

Free Eye camp was organised in the Village Katohar, Distt Hoshiarpur, Panjab. This place is on the Panjab and Himachal Border right in the middle of mountains. This is a very remote area with no amenities or opportunity of employment.

Medical services were provided by Akal Eye Hospital. We thank doctors, nurses and support staff. Hundred of local people took advantage of our services. Free transport to ferry patients was also provide. In the camp free food, tea and biscuits were also provided.

Heartfelt thanks to Sukhjit Singh Sandhu, Nimritjit Kaur and local youth organisations for their free help in organising the camp.

Free Eye Camp - Katohar Distt Hoshiarpur

18th March 2023



MEDICAL CAMP AT JHABAL (AMRITSAR)

March 2023

This year's Amritsar camp was held at a town called Jhabal. It is situated 20 kilometers from Amritsar and fairly close to the Wagah border of Pakistan. Jhabal is in close proximity of Bir Baba Budha Sahib which holds a prominent place in the Sikh history.

Baba Budha Ji spent many years of his life here and Guru Arjan Dev Ji also visited this place. Baba Budha Ji looked after the vast area of forest land and did farming. He was a venerable sikh who lived up to the age of 125. He anointed five succeeding Gurus after Guru Nanak Dev Ji.

The camp was well attended. It was a pleasant day. Patients came from far and wide. Guru ka langar was served throughout the day. Having spoken to a number of patients they were all very appreciative for the good work being done.

Some statistics about the camp.

Patients checked (OPD)	1050
Cataract operations	108

Medical Camp Jhabal (Amritsar)

March 2023



Medical Camp

at Bhuna, Distt Fatehabad

March 12, 2023

This Town is quite close to Punjab and Haryana border and our society has been providing these medical services to the local community from more than a decade now.

Eyes check up:	Dr. Vinod Kumar Sharma M.B.B.S. Fatehabad	
	Patients checked.	850
	Cataract Operations	150
	Others were provided with eye drops and essential medicine	
Orthopaedics	Dr. Sanjay Arora M.B.B.S. Orthomed Hospital, Hisar	
	Patients checked.	396
Dermatology	Dr. Rama Bansal MBBS, D.V.D. Fatehabad	
	Patients Checked	450
Children Medical Check up	Dr. Satish Bansal MBBS Fatehabad	
	Patients Checked	190
Dental OPD	Dr Deepak & Puneet Bansal Bansal Dental Hospital.Bhuna	
	Patients Checked	235
ENT	Dr Sachin Jindal MBBS, M.S. Advance Care Hissar	
	Patients Checked	275
Gynaecology OPD	Dr Manisha Sharma MBBS Banarsi Dass Hospital Hissar	
	Patients Checked	225

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Medical Camp Bhuna, Distt Fatehabad

12th March 2023



Medical Camp at Moonak Distt Sangrur

March 11, 2023

Moonak is a town situated on the border of Punjab and Haryana. It is a deprived area because of its bordering location. A multi-speciality camp was held which also included eyes check-up.

Eyes check up:	Dr. Manvander Singh MBBS Jain Samadhi Hospital Tohana	
	Patients checked.	1494
	Eyes Operation	594
Spine Orthopaedic	Dr Raj Bahadur Regional Spine Centre Mohali	
	Patients checked.	387
General Cases	Dr. Girdhari Lal Goyal MD	
	Patients checked.	128
Skin Related Cases	Dr. Bhushan Kumar Ex. Prof. PGI	
	Patients checked	336
Chest Related Illness	Dr Bindu Goyal Singla MBBS,MD,FXM	
	Patients checked.	166
Cardiology	Dr. Rajat Sharma Rhythm Specialist Fortis Mohali	
	Patients checked	118
Physiotherapy	DrLalit(MD) RajivKumar	
	Patients checked	56
Gynaecology OPD	Dr Sarla Malhotra Ex Prof. PGI	
	Patients checked	77

Patients were provided with free medicines and X-rays facilities whoever required. We are Grateful to **Maharaj Ran Singh** Welfare Society Moonak for their support in this Camp. We are also thankful to **Jain Brothers** for providing free Langar Seva.

Medical Camp Moonak, Distt Sangrur

11 th March 2023



Free Eye Camp
At Salempur Musalmana, Jalandhar
13th March 2023

Eye camp was organised by Toot family at Salempur Musalmana, Jalandhar. Hundred of peoples took advantage of the camp. All the test and Cataract operations were carried out by Dr Balbir Singh Bhaura of Akal Eye Hospital, Jalandhar. Other patients were given medicine, eye drops and Glasses as required.

Free transport to ferry patients was also provide. In the camp free food, tea and biscuits were also provided.

Special thanks to all society members and support staff for their help. Without their help it would not be possible to organise camp.

Thank you all.

Free Eye Camp At Salempur Musalmana, Jalandhar





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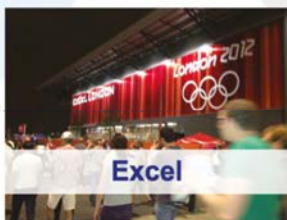
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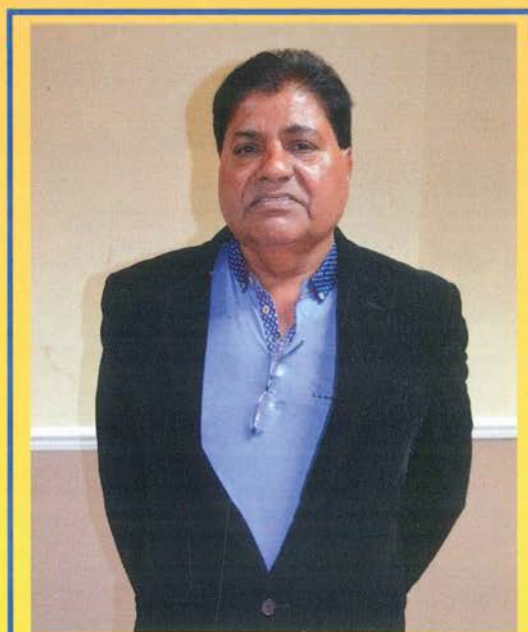
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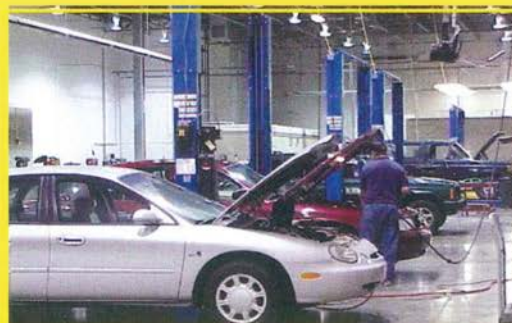
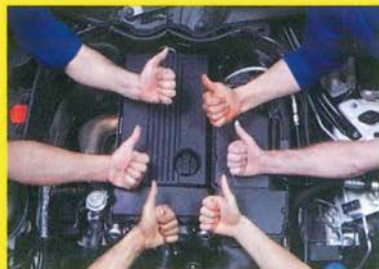
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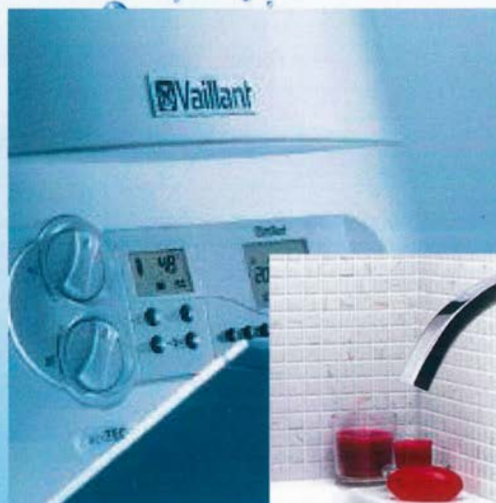


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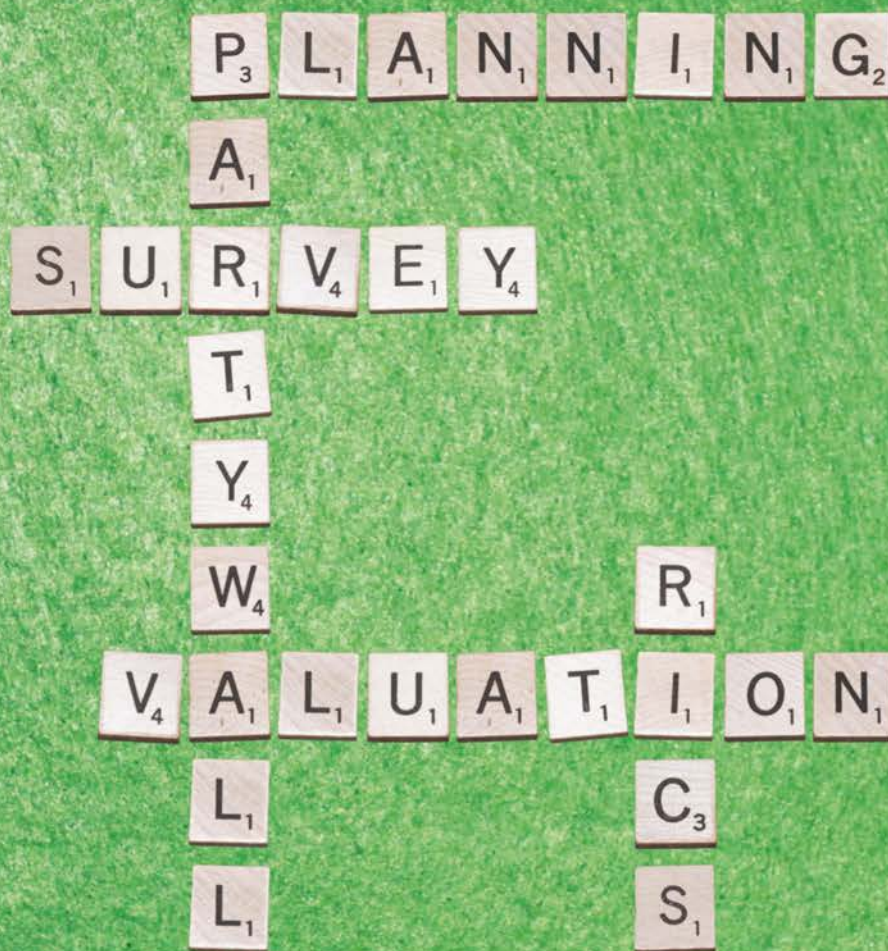
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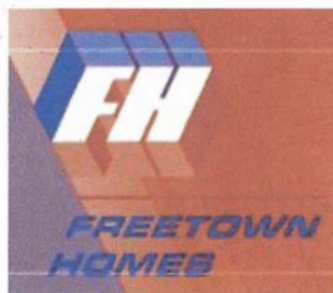




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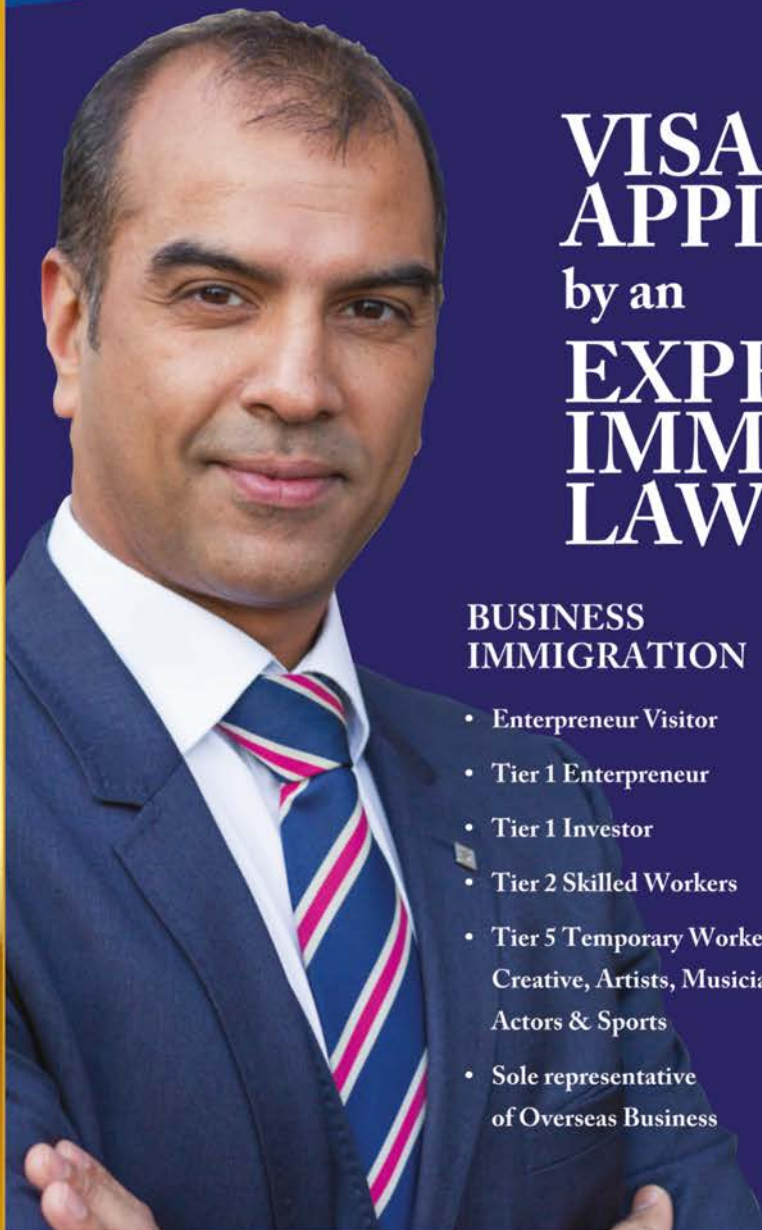
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