

Love All Serve All

LOVE ALL - SERVE ALL

DONATE YOUR EYES TO NATION



Live And Let Live

MAHAVIR VISION

MAHAVIR INTERNATIONAL, DELHI

(A Voluntary Charitable, Non-religious Social Service Organisation)

JANUARY 2022

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Facilities in our MEDICAL CENTRES





From the Desk of - Patron MID



Jai Mahavir!

Mahavir International's contribution in healthcare & support amidst the devastating waves of the Covid-19 pandemic are appreciable and immense. I am honoured to be a part of their grand endeavour and initiatives taken by them to help the needy-ones in multiple ways, emerging as a hope of light for many families. While I am confident that Mahavir International will continue to extend its contribution and support through its generous services to society in the future as well, I am also optimistic that its mission will motivate the society to stand in solidarity to support its cause. I unfold my genuine gratitude and support to them and offer my best wishes to the Mahavir International and its staff for its endeavour and goal in future.

Jai Vir

- Pawan Jain



From the Desk of - Director MID & International Secretary General, MI APEX



Jai Mahavir!

New Dimensions of Social Sector :

"Change is the only constant in life. Once ability to adopt to these changes will determine success in his life."

The same applies to an NGO i.e. social sector. Today, the size, structure and management of the NGO's need a holistic and critical review in terms of competence, capacity, scale, bandwidth and so on, to match the enhanced expectations of the society and government. The government itself is going to be the biggest competitor, as it is in the process of reaching directly to beneficiaries through its own organization structure. Direct Cash Transfer, Cooking Gas, Health care, education etc. are such glaring examples.

Further, technology will play a very pivotal role in the growth of this sector and therefore, those NGO's who are able to build suitable technology infrastructure and implement for delivery of social service would survive and sustain for a long.

Still further, its governance needs an immediate shift from philanthropists-based management to professional management, who can ensure time bound delivery to beneficiaries in a most economical manner. There can be two-layer governance 1. Decision makers and 2. Management of operations.

One more important thing, even "Scope of Work" OR "Area of operations" will have to be changed. The NGO's now will have to put research centers in operation and equip them to keep identifying beneficiaries and their needs. Till now, every donor organization would simply decide what is to be distributed according to their sweet will and start distributing, who so ever come across. The beneficiary also accepts it gladly, irrespective of his need. The time has come to identify those social services, which are really needed by someone to sustain and earn his/her livelihood. In some areas/regions, there is oversupply of social services, which are reachable but there are many still starving for basic needs, though reaching there is a big challenge.

Let's start thinking in this direction, brainstorm within small groups and then take it to next level after achieving consensus. Let Mahavir International take a lead in this changing scenario of social sector.

Regards

Jai Vir

- CA Anil Jain



PERFORMANCE REPORT

During the period for the month of **January, 2022** free medical treatment in different disciplines was provided to **13,556** persons at our three Hospitals and camps.

- (I) Rajdhani Charitable Eye & Medical Centre, Nabi Karim..... (RAJDHANI)
 (II) Lala Aman Singh Jain Charitable Eye Research & Medical Centre, Hauz Rani..... (AMAN SINGH)
 (III) Kishwana Charitable Eye & Medical Centre, Badarpur..... (KISHWARNA)

The break-up is as under:-

DISCIPLINE	Rajdhani	Aman Singh	Kishwana	Vira Vision & Camps	Total January 2022	CUMULATIVE 2021-22 (April 2021-January 2022)	INCEPTION UPTO 31.01.2022
EYE	980	753	1,276		3,009	30,958	12,54,370
GYNAE/MEDICINE	64	377	258		699	8,394	12,04,893
HOMEOPATHY	-	79	-		79	1,087	1,58,994
AYURVEDA	93	213	120		426	3,797	1,61,265
ENT	-	-	-		0	-	1,43,316
PHYSIOTHERAPY	199	126	205		530	6,092	2,13,853
PMT	700	510	441		1651	17,317	3,90,150
CATARACT SURGERIES	35	42	38		115	569	28,904
PATIENT EXAMINED AT CAMPS	-	-	-		1,683	15,510	12,96,376
VACCINATION	790	-	620		1,410	16,280	16,280
PATH LAB	174	115	111		400	3,748	65,024
X-RAY	-	-	-		0	-	3,873
MRI SCAN	-	149	-		149	1,593	25,048
CT SCAN	-	95	-		95	2,282	10,076
O.C.T/ RETINA	-	-	-		0	-	307
FUNDUS PHOTOS/RETINA	-	-	-		0	-	1,349
CORNEA TRANSPLANT	-	-	-		0	-	5
सबको भोजन	-	-	-	3,310	3,310	34,895	43,239
OTHERS					0	-	41,860
TOTAL	3,035	2,459	3,069	3,310	13,556	1,42,068	50,59,182
CAMPS ORGANIZED	-	-	-		7	67	3,092
EYES PLEDGED	-	-	-		-	6	34,136
EYE DONATION	-	-	-		-	-	273

EMPLOYEE RECOGNITION

To continue motivating our employees/team, monthly appreciation awards function for the month of December 2021 was organized on 20th January 2022 at Kishwana Charitable Eye & Medical Center, Badarpur, New Delhi. The ceremony was attended by Chairman Sh. K. Narayan, Vice-Chairman Finance Sh. Arun Kumar Jain, Secretary Sh. Arun Jain, Director Medical Services Brig.[Dr] R.S. Bhatia

1. **Best Doctor** : Dr. Rajul Agarwal, Rajdhani Hospital
2. **Best Safaikarmi** : Smt. Hemlata, Rajdhani Hospital
3. **Best Employees** :
 - (a) **Rajdhani Centre** : Ms. Padma, OT Asst.
 - (b) **Badarpur Centre** : Sh. Subodh Kumar, OT Asst.
 - (c) **Hauz Rani Centre** : Sh. Prem Benjamin OT Asst.
 - (c) **Nabi Karim** : Ms Bhagyashree, Physiotherapy Asst.
 - (d) **Main office** : Sh Govind Singh, MID office.



Best Doctor : Dr. Rajul Agarwal, Rajdhani Hospital. Sh. Satish receiving on behalf.



Best Safaikarmi : Smt Hemlata, Rajdhani Hospital



Best Employee Rajdhani Hospital : Ms. Padma, OT Asst.



Best Employee Badarpur Hospital : Sh. Subodh Kumar, OT Asst.



Best Employee Main office : Sh. Govind, Camp Coordinator



Staff of MID

"A PERSON WHO FEELS APPRECIATED WILL ALWAYS DO MORE THAN WHAT IS EXPECTED"













CSR INITIATIVE

It is a matter of pride and fulfilment for MI Delhi that Public Sector Enterprise, **NATIONAL HANDICAPPED FINANCE AND DEVELOPMENT CORPORATION [NHFDC]** has sanctioned Rs. 2.75 lac under CSR programme of NHFDC for 50 Cataract Surgeries to be conducted in our Hospitals. Financial support has been received under our Vision 'CATARACT FREE DELHI'

Mahavir International Delhi gratefully and humbly acknowledges this gesture of NHFDC for providing medical aid to the underprivileged and thereby preventing blindness and making 'Delhi Cataract Free'.

MAGNANIMOUS GESTURES

In the month of January 2022, following persons sponsored 'सबको भोजन' /Health Camp/Cataract Surgery/Equipment on BIRTHDAY/ SPECIAL OCCASION of their loved ones.

S.No.	SPONSORED BY	PROJECT	OCCASION	PHOTO
1.	Sh. Nitin Sethi & Smt. Neerja Sethi, D/o Smt. Anjana Jain, LM-004	SAB KO KAPDA WOOLLENS	In Fond Memory of her Father Sh. S.K. Jain, Our Founder Member	
2.	Smt. Swati Jain D/o Vira Alka Jain Chairperson Vira Vision	CATARACT SURGERIES	In Memory of her Father-in-law Sh. Sunil K. Jain on 3rd January	
3.	Smt. Vandana Jain LM-58	CATARACT SURGERIES	On her Birthday on 9th January	
4.	Smt. Asha Bhandari [Wife] & Sh. Atul Bhandari [Son]	EQUIPMENT-OIL HEATERS	In Memory of Late Sh. Om Prakash Bhandari LM-263 on 11th January	
5.	Smt. Kim Adhlakha Cousin of Ms. Usha Kapoor CEO, MID	'सब को भोजन' & SAB KO KAPDA [WOOLLENS]	On Birthday of her Husband Sh. Ranjan Adhlakha On 14th January	
6.	Sh. Naveen Jain, IRS LM-354	CATARACT SURGERIES	In Memory of his Father Sh. Shriniwas Jain On 18th January	
7.	Smt. Ranjan Adhlakha Brother-in-law of Ms. Usha Kapoor CEO, MID	'सब को भोजन'	On Birthday of his Wife Smt. Kim Adhlakha on 20th January	
8.	Smt. Sandhya Jain & Sh. Pawan Jain Patron MID, LM-053	'सब को भोजन'	On their Wedding Anniversary on 22nd January	
9.	Sh. Parag, Vikas & Vibhor Jain, Brothers of Smt. Vandana Jain, LM-058	EQUIPMENT-OIL HEATERS	In Fond Memory of their Father Sh. V. K. Jain On 23 January	
10.	Sh. Arun Jain, Vice-Chairman MID, LM-310	CATARACT SURGERIES	Birthday of His Daughter Smt. Siddhi Jain LM-374 on 9th February	
11.	Smt. Meenu Jain LM-155	EQUIPMENT-OIL HEATER	On Her Birthday on 26 January	
12.	Sh. Ranjan Adhlakha & Smt. Kim Adhlakha Cousin of Ms. Usha Kapoor CEO, MID	'सब को भोजन' & EQUIPMENT [OIL HEATER]	On their Wedding Anniversary on 27th January	

APPEAL - Kindly make a donation to MID in honour of someone to celebrate a Birthday/ Wedding Anniversary/ Memory or any other Social Occasion.

GLIMPSES OF CAMPS

During the month of January 2022, MID organised 7 Free Eye & Health check-up camps, 5 along with 'सबको भोजन', and 2 Outstation. 1683 persons were benefited, 875 were served meals.

SPONSORED BY : TAMIL FEDERATION OF REUNION ISLAND, FAGRHCTR (MLI)
(Eye & Health check up)

1. SPYM Night shelter JAMA MASJID New Delhi

Date : 5th January, 2022

Coordinator : Moh. Muradji, (SPYM)

Beneficiaries : 46

Cataract: Nil



Checking of BP of a Patient



Counseling to Patient



Patients being Registered at the camp



Food being Served to the needy

2. SPYM Night Shelter, Afas Ali Road, New Delhi

Date : 6th January, 2022

Coordinator : Mr. Anil Sharma

Beneficiaries : 180

Cataract : 04



Checking of Refraction by AR Machine



Distribution of Near Vision Specs



Food being Served to the Needy at the camp



Counseling by the Doctor

3. SPYM Night Shelter Bangla Saheb, NDMC Park, New Delhi

Date : 7th January, 2022

Beneficiaries : 193

Cataract : 08

Coordinator : Mr. Manjeet Singh



Registration of Patients at the Camp



Consultation



Food being Served to the Needy at the camp



Checking of Refraction by AR Machine

4. SPYM Night Shelter, Sarai Kale Khan, New Delhi

Date : 8th January, 2022

Beneficiaries : 164

Cataract : 08

Coordinator : Mr. Rajesh Gotam



Medicines being distributed to the Patients



Checking of Eyes for Distance Vision



Doctor Writing Prescription



Checking of BP of a Patient

5. SPYM Night Shelter, Fatehpuri, Old Delhi

Date : 9th January, 2022

Coordinator : Mr. Birjesh Kumar

Beneficiaries : 137

Cataract : 07



Checking of Eyes for Distance Vision



Food being Served to the Needy at the camp



Medicines being Distributed to the Patients



Consultation

SPONSORED BY : GAIL **(Eye & Health check up)**
In Association with MI Chittorgarh

6. Ahinsa Nagar, Ochari, District Chittorgarh

Date : 7th January, 2022

Beneficiaries : 184

Cataract : 22

VIP : Chief Guest Dr K.C Sharma, President Prayaparishad Chittorgarh

Coordinator : Mahavir International Health Care Charitable Trust, Chittorgarh, Rajasthan



Consultation with the Doctor



Checking of Vision



Dental Examination



Registration of Patients at the Camp

SPONSORED BY : RITES *RITES* (Eye & Health check up)
In Association with MI Sheoganj Sumerpur

7. Agarwal Panchayat Dharamshala, Sheoganj, Sirohi, Rajasthan

Date : 9th January, 2022

Beneficiaries : 779

Cataract : 64

VIP : Sh. Buddh Ram Chaudhry



View of the camp



Examination of Eye



Registration of Patients at the Camp



Distribution of Near Vision Specs

THANKS & GRATITUDE

MID warmly honours the following donors for their precious donation during the month of **Jan-2022**. Due to generosity of well wishers like the following, MID has been able to reach out to the most under privileged for extending help at their door step.

COVID-19 PROJECT 'हर सांस है जरूरी'		
1.	NATIONAL SCHEDULED CASTES FINANCE & DEVELOPMENT CORPORATION (FINAL INSTALMENT)	
CATARACT SURGERIES		
2.	GAS AUTHORITY OF INDIA LIMITED	
3.	SH. NAVEEN KUMAR JAIN, (IRS)	- MEMBER, MID LM-354
4.	SH. ARUN KUMAR JAIN	- VICE CHAIRMAN - MID LM-310
5.	SMT. MEENU JAIN	- MEMBER- MID LM-155
HEALTH CAMPS		
6.	GAS AUTHORITY OF INDIA LIMITED	
7.	RITES	
GENERAL		
8.	VIBES HEALTH CARE LTD.	- SH. NITIN JAIN, JT. MANAGING DIRECTOR LM-363
9.	SH. JITENDRA KEJRIWAL	- AQUINTANCE OF SH. ASHHOK KUMAR JAIN, CHAIRMAN FINANCE
10.	SMT. RUCHI DUTTA	- NIECE OF MS. USHA KAPOOR, CEO, MID
11.	SMT. MEENU JAIN	- MEMBER, MID LM-155
CAPEX		
12.	SMT. MEENU JAIN	- MEMBER, MID LM-155
13.	SMT. ASHA BHANDARI & SH ATUAL BHANDARI	- MEMBER, MID LM-263
'सबको कपड़ा'		
14.	SMT. ANJANA JAIN	- MEMBER-MID LM-004
15.	SMT. NEERJA SETHI & SH. NITIN SETHI (U.K.)	- D/O SMT. ANJANA JAIN, MEMBER, MID
EYE CARE DAY-2021-22		
SILVER SPONSOR		
16.	INDIAN BANK	
LIFE MEMBERS		
PLATINUM SPONSOR		
17.	DR. RAKESH KR. BAKSHI	- DIRECTOR LM-323



SNAP SHOTS OF OUR PROJECTS

‘सबको भोजन’ - ‘मिशन संजीवनी’

2,435 Served 16,280 Vaccinated



मिशन संजीवनी



SPONSORSHIP OF CATARACT SURGERIES



MEDICAL CENTRES FACILITY UPDATE

OUR RAJDHANI PHYSIOTHERAPY UNIT



This is **ULTRASONIC MACHINE**. It is used for its non thermal effect where High frequency sound waves cause vibrations and movements of cellular fluids. We have been used this machine for many diseases like. Bursitis. Tendonitis, Muscle sprain, Muscle strain, Osteoarthritis.



This is **TENS** (Transcutaneous electrical nerve stimulation). it is used to provide a degree of symptomatic pain relief by exciting sensory nerves like - Period pain, Labour pain. Postoperative pain Joint pain Neck and back pain Cord Injury Spinal Painful Diabetic Neuropathy Fibromyalgia Sports Injury, Endometriosis Multiple sclerosis

This is **IFT MACHINE**. we use IFT machine for intermittent pulse to stimulate surface nerve and block the pain. We have been used this machine for many diseases like- Cervical spondylitis Lumbar spondylitis Nerve compression Back pain Neck pain Radiating pain.



This is **LASER MACHINE**. It is device that produces such a light. Low level laser therapy is used to treat various musculoskeletal condition. laser therapy is a non invasive light source treatment that generates a single wavelength of light. It emit no heat, sound or vibrations. It is used for : Relief of pain, Accelerate healing. Decrease inflammation. Osteoarthritis. Shoulder impingement syndrome. Low back disc degeneration. Disc herniation. Sciatica. Tennis elbow. Plantar fasciitis

ENDORSEMENT

Affan he is 3 years old boy. He has suffered from hemiparesis due to fever, but gradually he has been improving after taking physiotherapy. I have used Muscle Stimulator - to stimulate dead muscle and nerve and to regulate blood flow & I.F.T. - to strengthen weak muscles.

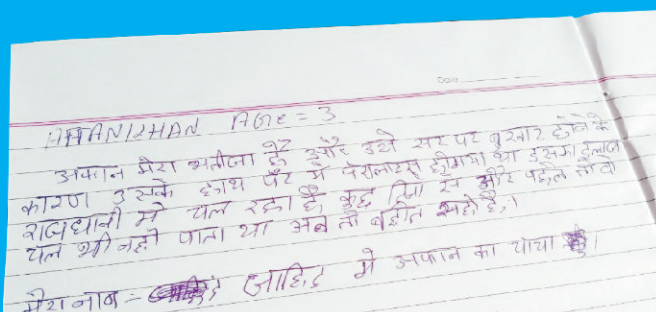
Exercises programme
Active exercise
Passive exercise
Mobilisation
Rehabilitation programme
Dr. Sonia Sharma
(H.O.D of Physiotherapy Department).



Dr. Sonia Sharma



MUSCLE STIMULATOR is used for muscle dystrophy, functional paralysis resulting from traumatic neurosis. It stimulate the denervated muscle. It is mainly used for cure diseases like - Stroke Multiple sclerosis Cerebral palsy Hemiplegia Bells palsy Fascial palsy Urinary incontinence Spasticity



MEDICAL CENTRES FACILITY UPDATE

OUR RAJDHANI PHYSIOTHERAPY UNIT

LONGWAVE DIATHERMY is used to improve blood circulation by causing vasodilation. it is mainly used in athlete to improve muscle flexibility. Long wave can treat smaller area than shortwave. it is mainly used for tendonitis.

- Low back pain
- Arthrosis
- Bursitis
- Ligament injury
- Ankle distortion
- Myalgia.



INFRARED LIGHT facilitate the circulation of oxygen rich blood in the body which can help in faster healing of deep tissues. Infrared lamp is a heating device that emit red colour light for giving heat therapy. It cure diseases like -

- Joint Pain
- Muscle spasm
- Muscle ache
- Muscle sprain
- Activation of skin
- Accelerate the skin's Blood Circulation



TRACTION machine is a treatment option that is based on application of a longitudinal force to the axis of the spinal column. In other words part of the spinal column are pulled in opposite direction to stabilize or change the position of damaged aspects of the spine. It is commonly used to treat.

- Slipped disc
- Bone spur
- Degenerative disc diseases
- Herniated disc
- Facet diseases
- Sciatica
- Cervical spondylitis
- Lumbar spondylitis



WAX BATH is one of the most effective ways of applying heat to improve joint mobility by warming the connective tissues. It is mainly used for painful hand and feet. It is used by physiotherapist in conjunction with gentle mobilising techniques and a tailored exercise program



EXERCISES PROGRAMME given by physiotherapist to enhance muscle strength by mobilisation, strengthen we exercises like active and passive exercises



SHORT WAVE DIATHERMY this is the treatment that uses electromagnetic energy to produce deep heating in joints and soft tissues. it is mainly used in patients like -

- Backache
- Knee joint
- Frozen shoulder
- Osteomyelitis
- Strain
- Sprain
- Fibrosis

VIRA VISION ACTIVITIES

During the month of January 2022, Vira Vision Group-A wing of Delhi Center distributed **240 Jackets, 298 Woollens socks, 60 woollen caps, 60 mufflers, 60 Gloves** and served meals to **2,435** persons at :

1. Meals to **1,625** Alzheimer patients at Guru Vishram Vridh Ashram, Gautampuri, New Delhi & to **810** mentally retarded children of Nirmal Jyoti Foundation Vasant Kunj, New Delhi on 14th, 20th and from 22nd January 2022 to 31st December 2022 sponsored by Vira Sandhya Jain & Sh. Pawan Jain, Patron MID & Chairman Safexpress Logistics Ltd & Ranjan & Kim Adhlakha.



Guru Vishram Vridh Ashram



Nirmal Jyoti Foundation



2. Woollens [Jackets, Caps, Socks, Mufflers, Gloves] at Shastri park, Yamuna khadar slum area, near metro depot, Shyam Giri mandir Delhi-110052

Sponsored by :

- **Jackets:**

- i. Smt. Anjana Jain, Member MID [LM-004]
- ii. Sh. Nitin & Smt. Neerja Sethi daughter of Smt. Anjana Jain

- **Caps, Socks, Mufflers, Gloves :** Sh. Ranjan & Smt. Kim Adhlakha.

Distributed by : Sh. Tarun Jain, Director MID [LM-225] & his daughter Ms. Kyna Jain



Tribute



Sh. Narendra Kumar Chugh (LM- 081)
(7th January 1948 – 2nd January 2022)



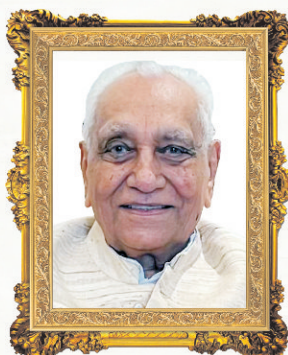
Vira Anita Jain
Sh. Kailash Chand Jain LM-247
(7th September 1960 – 30th January 2022)

1. The Parivar of Mahavir International Delhi, expresses its deep sorrow and grief at the sad and untimely demise of our Member Sh. Narendra Kumar Chugh, LM-081.

Late Sh. Narendra Kumar Chugh, was associated with MID for the last 28 years. He was a very close friend of our Chairman Finance Sh. Ashhok Kumar Jain and was associated with him for 46 years. He led a very disciplined, simple, regulated and graceful lives. He was dedicated and devoted to mitigate the suffering of needy and poor segments of society. His philanthropic nature helped in contributing to the mission of the organization.

2. Parivar of Mahavir International Delhi is deeply grieved at the sudden demise of our Vira Anita Jain w/o Sh. Kailash Chand Jain LM-247.

Late Vira Anita Jain, was a very religious, pious and pragmatic lady and led a very graceful life. She was ever willing to extend a helping hand to the underprivileged.



Sh. Ratiramji Garg
(27th October 1929 – 16th January 2022)



Sh. Vinod Jain
(15th January 1949 – 22nd January 2022)

Mahavir International Delhi expresses its deep anguish and sorrow at the bereavement of near and dear ones of our Members.

3. Sh. Ratiramji Garg father of our Director Sh. Anil Garg (LM-055). Late Sh. Ratiramji Garg had a deep sense of commitment, personal initiative coupled with unmatched integrity which had earned him and his whole family unabashed respect. The family is a living example of value based life totally bestowed to humane, social charitable and benevolent cause, the traits inherited by his son Sh Anil Garg.
4. Sh. Vinod Jain, brother of our Director Sh. Pradeep Jain [LM-290]. Late Sh. Vinod Jain was a true visionary and a philanthropist and led a very simple and disciplined life.

He was true friendly person, great supporter and a person with keen sense of social responsibility.

We extend our deepest condolences to the bereaved families and pray Almighty to afford them courage and strength to sustain this incalculable loss and pray for peace to the departed soul.



श्री प्रेमदास गुरदे नमः



श्री महावीराय नमः

दया करुणा प्यार से,
शुद्ध करो शरीर।
धर्म कर्म में व्यस्त रहो,
मन में धरे महावीर॥



श्री शिवाचार्य गुरदे नमः





स्व. श्री आनन्द प्रकाश जैन स्व. श्रीमति कमलेश जैन
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