

Love All Serve All



Live And Let Live

# MAHAVIR INTERNATIONAL DELHI

A Non-Religious Social Service Organisation estd. in 1979

Celebrating

## EYE CARE DAY 2024

as

# Hope For Light

9th November 2024

EVENT PARTNERS



JanSewa  
जनसेवा 2024

# नेत्रदान महादान

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## प्रार्थना

भावना दिन रात मेरी, सब सुखी संसार हो ।  
सत्य, संयम शील का, व्यवहार बारम्बार हो ॥

धर्म के विस्तार से, संसार का उद्धार हो ।  
पाप का परित्याग हो, और पुण्य का संचार हो ॥

ज्ञान की सद्ज्योति से, अज्ञानता का नाश हो ।  
धर्म के सद्आचरण से, शान्ति का आभास हो ॥

शान्ति, सुख, आनन्द का, प्रत्येक घर में वास हो ।  
वीर वाणी पर सभी, संसार का विश्वास हो ॥

रोग, भय और शोक, होवे दूर हे परमात्मा ।  
ज्योति से परिपूर्ण होवे, सब जगत की आत्मा ॥



जन सेवा-2024

सबकी सेवा सबको प्यार

Love All Serve All



Live And Let Live

**Mahavir International Association, Jaipur**

(Registered No. 191/Jaipur/1975-76 Under Rajasthan Societies Registration Act. 1958)

**Mahavir International Apex**

Regd. Office : S-10, Mahavir International Bhawan, Near Shopping Center, Janta Colony, Jaipur - 302 004

A Non Religious Social Service Organization

International President 2023-2025

**Vir CA Anil Jain**

Mob.: +91 98100 81875

International Secretary General 2023-2025

**Vir Ashok Goyal**

Mob.: +91 81078 54000

International Treasurer 2023-2025

**Vir CA Sudhir Jain**

Mob.: +91 98101 63640



**Vir CA Anil Jain**

*International President*

*MI Apex*

## **MESSAGE**

Dear Members and Friends,

**“The greatest joy in Life is giving because unless you give, you will always be struggling to survive”**

**– Rhonda Byrne**

It gives me immense pleasure to extend my heartfelt congratulations to all the dedicated members of our Delhi Kendra, as you gather for this year's “**Eye Care Day**” as “**Hope for Light**” on 9th November 2024 and bringing out a Souvenir on this occasion. Your steadfast commitment to serving our communities and addressing essential healthcare needs, such as eye care, is a testament to the spirit of compassion and dedication that our organization upholds.

The annual observance of "Eye Care Day" is not merely an event but a vital reminder of the importance of proactive healthcare in our society. This also works as medium for channelizing all the resources and putting it to effective use throughout the year.

As we celebrate the achievements and aspirations of this day, I wish to commend each one of you for your contribution to this noble cause. Let us continue to work together with enthusiasm, compassion, and a sense of shared purpose. May our combined efforts continue to light up lives, restore vision, and bring hope to countless individuals across Delhi NCR.

As the leader of the Apex body. I wish all the success to Mahavir international, Delhi in its endeavour to serve the humanity with full energy and strength under the chairmanship of Vir K. Narayan.

With warm regards,

**Vir CA Anil Jain**

Email : [president@mahavir.international](mailto:president@mahavir.international)

Email : [treasurer@mahavir.international](mailto:treasurer@mahavir.international)

Email : [sg@mahavir.international](mailto:sg@mahavir.international)

Email : [office@mahavir.international](mailto:office@mahavir.international)

Website : [www.mahavir.international](http://www.mahavir.international)

Tel.: +91 0141-2612949, 2616949



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International Secretary General 2023-2025  
**Vir Ashok Goyal**  
Mob.: +91 81078 54000

International Treasurer 2023-2025  
**Vir CA Sudhir Jain**  
Mob.: +91 98101 63640



**Vir Ashok Goyal**  
International Secretary General  
MI Apex

Date: 25th Oct'24

## MESSAGE

### ‘HOPE FOR LIGHT’

I am very happy to know that Mahavir International Delhi is celebrating “Eye Care Day” on 9<sup>th</sup> November’24 and bringing out a Souvenir to mark the event.

It is indeed a matter of utmost contentment and pride that our Delhi center is progressing consistently in the field of Eye care for the less privileged section of society.

Needless to say that we, as a nation has to go a long way for bringing light in the lives of millions. The task appears to be tough. But Mahavir International would continue its efforts through its 350 branches and force of 10,000 volunteers in association with other similar service oriented organizations and Government agencies to propagate for eye donation among the masses.

Mahavir International Delhi is a brand with credibility in social service and stands as a beacon of hope and inspiration, inspiring our many other centers working for cataract free zones. I wish all the success to Delhi center in its mega efforts for “Eye care”.

With Regards,

**Vir Ashok Goyal**

Email : president@mahavir.international

Email : treasurer@mahavir.international

Email : sg@mahavir.international

Email : office@mahavir.international

Website : www.mahavir.international

Tel.: +91 0141-2612949, 2616949



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International Treasurer 2023-2025

**Vir CA Sudhir Jain**

Mob.: +91 98101 63640



**Vir CA. Sudhir K. Jain**

International Treasurer

Mahavir International Apex

## MESSAGE

It gives me immense pleasure to know that Mahavir International Delhi- a non-profit, non-religious, non-governmental organization is celebrating “Eye Care Day” as “Hope for Light” on Saturday, 9th November, 2024 and bringing out a souvenir “Jan-Sewa” on this occasion.

I am privileged to be a part of Delhi Centre of Mahavir International. The efforts of Mahavir International, Delhi in providing continuous health services to the poor, needy and under-privileged strata of the society with special emphasis on eye care, cataract surgeries including eye pledge and eye donation through three well equipped hospitals and four mobile medicare units is highly commendable and appreciable.

I extend my best wishes for successful culmination of the event, publication of the souvenir and in all its philanthropic endeavors in future.

**Vir Sudhir K. Jain**

Email : president@mahavir.international

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**Chandra Prakash jain**

Former Chairman & Managing Director NTPC Ltd.



**Vir C.P. Jain**  
Patron

308 Tower4, Augusta Town Homes,  
JP Wish Town, Sector 128,  
NOIDA, UP 201301

Mob: 9313330000  
Email : cpjain1946@yahoo.co.in

04 November 2024

**MESSAGE**

Mahavir International, Delhi is celebrating its Eye care day "HOPE FOR LIGHT" on 9TH November 2024. Over a period of time, it has established itself as a most credible and trustworthy friend of society in the field of health care with emphasis on eye care.

Mahavir International Delhi has been selflessly serving the society through Hospital OPD, Health camps in remote areas, Eye Pledge, Physio Therapy to elders, Eye surgeries and Eye Pledge etc.

All supporters of this cause with "तन, मन, धन" also have also to be thanked on this occasion. Please join in this movement to make it grow and flourish.

I convey my best wishes to MID for success in the endeavor for Health service and Eye care to the needy.

(CHANDRA PRAKASH JAIN)



**Vir Shanti Kumar Jain, IPS**  
**PATRON**  
*Former Member, Public Grievance Commission,  
Delhi Govt.*

## **MESSAGE**

It provides me immense pleasure to know that Mahavir International Delhi is celebrating its annual feature 'Eye Care Day' on 9th November'24. It is an honor to be associated with this incredible social service organization in its journey of notable noble initiatives of providing quality Health care to the marginalized strata of society since its inception in 1979.

I avail this opportunity to express thanks and gratitude on behalf of Board of Directors and on my personal behalf to all the Sponsors, Well wishers, Philanthropists for their continuous support.

To continue our journey with great vigor, determination and channelise our energy in the right direction towards fulfilment of our cherished mission of providing relief to the needy and marginalised strata of society, I humbly request all to extend support for providing quality Health care and emerge as 'Hope for light' for many families..

With the best wishes, I extend my heartfelt gratitude to Sh. K. Narayan Chairman for taking up new challenges and bringing the organization to greater heights.



**Vir Shanti Kumar Jain, IPS**



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5<sup>TH</sup> NOVEMBER 2024

## MESSAGE

I extend my heartfelt congratulations to each of you for your exceptional dedication and contributions to the healthcare sector. It fills me with immense pride to witness the remarkable strides Mahavir International has made in supporting and uplifting the weaker sections of the society.

Since its inception in 1979, I have been honoured to be associated with this organization that embodies compassion and commitment to the social good. As Mahavir International celebrates 'Eye Care Day' on November 9, 2024, I wish to recognize the profound impact that the organization has made through such initiatives. Mahavir International stands as a beacon of hope for countless families, offering essential eye and other health care services and elevating the lives of those in need.

I am confident that this celebration will not only highlight their achievements but also inspire a spirit of collaboration and generosity among all those who plan to contribute to such noble causes. Together, we can continue to foster an environment of support and kindness that will benefit our society as a whole.

With deep appreciation, I wish to express my gratitude to the entire Mahavir International team for its unwavering commitment and commendable efforts. May our journey forward be filled with even greater accomplishments in service of humanity.

Warm regards,  
**Pawan Jain**  
**Founder & Chairman**  
**Safexpress Private Limited**



[www.safexpress.com](http://www.safexpress.com)



Safexpress Pvt. Ltd., 28, Sector 18, Udyog Vihar, Gurugram 122015



**Vir K. Narayan**  
Chairman, MID

## From Desk of the Chairman

“गरीब वर्ग में धन और ज्ञान के अभाव  
में स्वास्थ्य के प्रति जागरूकता कम है”

हर वर्ष की तरह इस बार भी Mahavir International Delhi (MID) बड़े उत्साह के साथ अपना Annual Fundraiser & Eye Care Day दीपवली के उपरान्त मना रहा है, जिसके दो और उद्देश्य हैं – पहला हमारे Eye Donors के परिवार और अन्य Financial Donors को सम्मानित करना और दूसरा Eye Care और Health Care पर जागरूकता बढ़ाना।

अतः मैं मुख्यतः Eye Care पर कुछ तथ्य प्रस्तुत करना चाहूँगा। MID के तीन Centres में एक साल के दौरान औसतन 50-60,000 नेत्र जांच होते हैं और लगभग इतनी ही संख्या में लोगों की जांच हमारे 300 से अधिक स्वास्थ्य शिविरों में होती है। MID के प्रयत्नों से साल के दौरान अपने Centres में और अन्य affiliate centres में लगभग 2000 Cataract Surgeries सफलतापूर्वक संपन्न होते हैं। ऊपर उपरोक्त लिखे गए आंकड़े महज आंकड़े ही हैं या इनका कोई और तात्पर्य भी है। इस प्रश्न के जवाब ढूँढ़ते मेरी नजर हाल ही में छपे कुछ Research Papers पे गयी, जिनके कुछ Extracts मैं यहाँ प्रस्तुत करूँगा। 2022 में प्रकाशित “Blindness and visual impairment and their causes in India: Results of a nationally representative survey” के अनुसार निम्नलिखित बात उभर के सामने आई है :

“The results of the survey demonstrate that currently more than one fourth of persons aged 50 years and above are visually impaired (PVA<6/12 in better eye) in India. The prevalence of blindness among them is 1.99%, and older age and illiteracy are significantly associated with blindness. Major causes of blindness included cataract (66.2%), corneal opacity (CO) (8.2%), cataract surgical complications (7.2%), posterior segment disorders (5.9%) and glaucoma (5.5%). The proportion of blindness and visual impairment that is due to avoidable causes include 92.9% and 97.4% respectively”.

अब यह स्वाभाविक है कि अगर 100 दृष्टिहीन परिजनों में 93 को ऐसे होने से रोका जा सकता था, तो इनमें एक ये दो छोड़ के सभी समाज के गरीब से गरीब वर्ग के होंगे क्योंकि इसी वर्ग में धन और ज्ञान के अभाव के फलस्वरूप स्वास्थ्य के प्रति जागरूकता कम है। और इसी वर्ग का MID इलाज कर रहा है। अतः इस बात में कोई संदेह नहीं कि हमारे कार्य से कई हजारों लोग हर साल blind या फिर visually impaired होने से बच रहे हैं। पर यह सोचना कि इस कार्य से MID और हमारे donors केवल पुण्य कमा रहे हैं गलत होगा, क्योंकि एक और Research Paper में यह चौंकाने वाले आंकड़े सामने आये।

2022 में ही Indian Journal of Ophthalmology में प्रकाशित लेख- Current estimates of the economic burden of blindness and visual impairment in India: A cost of illness study के अनुसार...

"There are an estimated 4.95 million people blind (0.36% of the total population), 35 million people visually impaired (2.55%), and 0.24 million blind children in India.[1] Cataract and refractive error remain the leading causes of blindness and visual impairment, respectively, in India."

"The estimated net loss of Gross National Income (GNI) due to blindness in India is INR 845 billion, with a per capita loss of GNI per blind person of INR 170,624. The cumulative loss of GNI due to avoidable blindness in India is INR 11,778.6 billion. The cumulative loss of GNI due to blindness increased almost three times in the past two decades. The potential loss of productivity due to vision impairment is INR 646 billion."

अतः एक आदमी के दृष्टिहीन होने से देश को लगभग 1.7 लाख रुपये का सालाना नुकसान भुगतना पड़ता है - क्योंकि वे अन्य परिजनों के तरह कार्य नहीं कर पाते और उनके देखभाल में जुटे भी उनके करीबी लोग अन्य कार्य करने से वंचित रह जाते हैं।

ये लेख इस नतीजे पे भी पहुंची है कि निःसंदेह सरकार और अन्य संस्थाओं द्वारा किये जा रहे अथक प्रयासों से blindness में कमी आई है, परन्तु Cataract के फलस्वरूप Blindness का percentage 52% से बढ़कर लगभग 63% हो गया है।

There is a substantial reduction in the prevalence of blindness in India compared with 1997-98 from 1% to 0.36% in 2020 by using the same definition of blindness. There is a nearly 50% reduction in vision impairment in 2020 from 2010 estimates.[1] This indicates that there have been sustained efforts toward the reduction of the prevalence of blindness in India in the last 22 years by various organizations and institutions.[413] Further, 62.6% of blindness is due to cataract in 2020 compared to 51.6% in 1997-98. The cumulative loss of GNI has almost doubled, and the cumulative loss of GNI due to avoidable causes has increased 1.8 times compared to 1997 data even after adjusting to inflation"

तो ऊपर लिखित बातों से कुल मिलाकर यह स्पष्ट हो रहा है कि Team MID अपने कार्य कलापों के माध्यम से अगर प्रति वर्ष 6000 लोगों को भी दृष्टिहीन ये दृष्टि बाधित होने से बचा रहा है तो हम Rs 1-7 लाख प्रति व्यक्ति GNI loss के हिसाब से देश के GDP में Rs 100 करोड़ का इजाफा कर रहे हैं, जो कि हमारे सालाना खर्च का 20 गुना है और इतना ही नहीं गत वर्षों में किये गये इलाज के फलस्वरूप भी इस साल में GNI loss की बचत को जोड़ा जाए तो देश के लिए हमारी आर्थिक योगदान हजारों करोड़ों में जाएगा।

अंततः मैं अपने इस पारंपरिक सन्देश को इतना Technical बनाने के लिए क्षमा मांगता हूँ, परन्तु इसके पीछे एक ही सोच थी कि हम इस महान संस्था द्वारा Eye Care के क्षेत्र में किये जा रहे कार्य का महत्व समझें और इससे प्रेरणा लेकर अपने पहलों को बढ़ाने और सुदृढ़ बनाने में जुट जाएँ। इसी मापदंड से देखा जाए तो अन्य Health interventions भी देश के आर्थिक विकास के लिए बहुमूल्य है और इन क्षेत्रों पे भी हम निष्ठा से कार्यरत रहने का संकल्प लेते हुए, आप सब शुभ चिंतकों की सहायता की अपेक्षा करते हैं।





Vir Arun Jain, FCA

## From Desk of the Secretary

### Jai Mahavir

It is a matter of great pleasure that our NGO Mahavir International Delhi has completed a successful journey of 46 years.

The object behind the formation of this great institution was to provide Medical Services to Economically weaker sections of the society with special emphasis on Eye Care. Our Mission is to make "Cataract free Delhi". 'Love all - Serve all' is the slogan of our NGO. We provide our services to all irrespective of their caste & creed.

Mahavir International has a history of great achievements.

We are running 3 Eye & Health Care Centres with the state of the art operation theaters in Delhi. Five fully equipped mobile Medicare vans are deployed in the services of poor people. Not only this, we are holding 30 to 35 free Mega Health & Eye checkup camps every month in Delhi NCR & Pan India with focus on under privileged..

In 2023-24 MID has been able to pursue its main objective of primary health care services to the downtrodden section of the society, more aggressively and effectively through its flagship project-'Doctor at Door step' by organizing 306 Eye and Health Checkup Camps. This included 169 camps in Delhi-NCR and 137 Pan India with the help of other centers of Mahavir International. Heartfelt gratitude for the unstinted, unconditional, continuous, dedicated and active support of local centers of MI due to which we have been able to do this herculean task with ease and maintaining a high level of quality, keeping the faith and confidence shown by our sponsors, intact.

The recently ended quarter also saw us commence MID Anjuman, weekly clinics in three slums of Delhi NCR with support from our partner NGO. The initiative is funded by SSS Foundation.

One another project on sewing Training under project "SWAVLAMBAN" - WOMEN EMPOWERMENT INITIATIVE of MI Apex under the wings of Vira vision has enabled 121 women successfully complete this course.

MID had taken-up the project "SWASTHYA SAHELP" for women where a trained General Duty Assistant (GDA) is providing counseling on women health at the centres resulting in guidance of 22112 women on menstrual hygiene and 6325 on breast feeding.

MID launched a New Project - "जनित्रि कार्यशाला", aiming to educate expectant and lactating mothers about maternal and child health to minimize the risks of pre and post natal complications. Total 24 workshops were organized, where in more than 700 women were educated about the crucial topics including prenatal care, proper nutrition and exercise during pregnancy, safe deliver practices, postpartum care, breastfeeding, birth spacing and the advantages of small families.

Another ambitious project is also taken up by Mahavir International for recharging of ground water in Alwar district of Rajasthan. Through this project we hope to inject into mother earth lakhs of liters of rain water to increase the water level.

Last but not the least, MID has spread its wings in South India to serve the needy strata of the society by providing the support for installation of medical equipment in the Govt. Primary Health Centre (PHCs) and Infrastructure facilities in Government schools in Chennai, Cuddalore & Mayiladuthurai districts of Tamil Nadu.

During the year ended on 31st March 2024 the Medical Equipment worth Rs. 1 cr. and two New fully equipped Mobile Medical Van were added to the infrastructure of MID under CSR initiative of PETRONET LNG LTD & IRCTC Ltd A Navratna PSU. We are thankful to PETRONET LNG LTD & IRCTC for this magnanimous support.

I sincerely thank all our sponsors **CONCOR, PETRONET LNG Ltd., IOCL, RITES, GAIL, EIL, RITES, TFCI, SAFEXPRESS, RAJDHANI BESAN GROUP, Vibes healthcare Ltd., BIWorld, CMR Welfare Foundation, Vandana Jain and Raj Jain from USA**, Private Corporates and Individuals for their continued patronage and unconditional support.

I wish that the whole team of MID keeps working tirelessly in achieving our mission "LOVE ALL- SERVE ALL" and "CATARACT FREE DELHI".



## AT THE HELM OF AFFAIRS

### PATRONS



**Sh. S.K. Jain IPS**  
Former Member Public Grievances  
Commission, Delhi Govt.



**Sh. C.P. Jain**  
Former CMD-NTPC



**Sh. V.S. Jain**  
Former CMD-SAIL  
& Member-PESB



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**Sh. Pawan Jain**  
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Safexpress P. Ltd.



**Sh. Satender Kumar Jain**  
Chairman  
Rajdhani Besan Group)

### CHAIRMAN



**Sh. K. Narayan, IRSME**  
(Former MD, NBCFDC)

### CHAIRMAN FINANCE



**Sh. Ashhok Kumar Jain**  
(Chief Mentor - Vibes Healthcare Ltd.)

### VICE - CHAIRPERSONS



**Smt. Anu Jain**



**Sh. Arun Kumar Jain**  
(Former MD - Fluor Daniel India Pvt. Ltd.)

### SECRETARY



**Sh. Arun Jain**  
(Practicing Chartered Accountant)  
(Partner - Sarvam & Associates)

### TREASURER



**Smt. Abha Jain**  
Director - Tacoma  
Global Pvt. Ltd.



## AT THE HELM OF AFFAIRS

### JOINT SECRETARY



**Sh. J. K. Jain**  
Development Officer  
LIC of India

### JT. TREASURER



**Sh. Vinay Jain**  
Retd., Banker  
State Bank of India

### DIRECTOR MEDICAL



**Dr. (Brig.) R.S. Bhatia**  
Doctor

### DIRECTOR PUBLICATION



**Smt. Sunita Singhal**  
(Former Director, Global Logic)

### DIRECTOR PROJECT



**Sh. Bhanu Pratap Yadav**  
Retd. IAAS

### DIRECTOR - WATER RESOURCES



**Sh. Ajay Singh IRSME**  
Retd. Govt. Officer

### DIRECTORS



**Smt. Anjana Jain**  
Social Worker



**Sh. Darshan Kumar Jain**  
Proprietor - Thermo Plastic  
Surgical & Scientific Industries



**Sh. Chandra Mohan Garg**  
Risk Management Professional



**Sh. Anil Kumar Garg**  
Chairman- Hindustan Alcox Ltd.



**Sh. Atul Jain**  
Director - D S Group



**Mrs. Raj Sharma**  
Partner - Mars Enterprises



**Sh. Parmod Kumar Jain**  
Chairman - Marc Enterprises Pvt. Ltd.



**Sh. Vipin Ananad Parkash Jain**  
Managing Partner -  
Akshay Aluminium Alloys LLP



# AT THE HELM OF AFFAIRS

## DIRECTORS



**Sh. Harvinder Singh**

Former Director  
Bank of India



**Sh. Pradeep Jain**

MD - Magnum Ventures Ltd. &  
MD-Country Inn Hotels & Suites Sahibabad



**Smt. Urvashi Jain**

Director - Concient  
Infrastructure Pvt. Ltd.



**Sh. Ajay Jain**

Managing Director -M.B.  
Tubes Pvt. Ltd.



**Sh. Arihant Sagar Jain**

Advocate, Solicitor  
And Legal Consultant



**Smt. Sangeeta Jain**

Educator



**Sh. Amresh Jain**

Retd. Commissioner - I & C



**Smt. Ameeta Sharma**

Retd., Banker Bank of India



**Sh. Chetan Jain**

Managing Director  
Rajdhani Besan Group



**Sh. Ajay Chowdhary, IPS**

Special Commissioner of Delhi Police  
Traffic Management Division Zone-II



**Sh. Sanjay Kr. Jain, IPS**

Joint CP Delhi Police



**Sh. L.N. Rao**

Former DCP Delhi Police  
& Lawyer



**Sh. Shekhar Bhandari**

Managing Director  
Super Roofers Pvt. Ltd.



**Dr. A.K. Jain**

Country Head  
SMC Insurance



**Sh. Subhash Chand Jain**

Former Member National  
Consumer Redressal Forum



**Sh. Basant Kumar Gupta**

Director  
Gopi Chand Electronics Pvt. Ltd.



**Sh. Deepak Aggarwal**

Proprietor  
Rishab Enterprises



**Smt. Shreya Jain**

Founder- Director,  
Lemon Chill Media Solutions



**Smt. Rekha Doogar**

Director of D & A Financial Service P. Ltd.  
Trustee of Manak Kalyan Foundation



**Ms. Seema Jain**

Educator



**Sh. Rajat Jain**

Director  
Padup Ventures



**Sh. Sukesh Jain**

Director  
BI Worldwide



**Sh. G. S. Singhvi**

Chairman  
Hindustan Fibres Ltd.



जन सेवा-2024

सबकी सेवा सबको प्यार

# Mahavir International, Delhi

*A Non-Religious Social Service Organization*

## ABOUT US

LOVE ALL – SERVE ALL

‘LIVE AND LET LIVE’

Mahavir International Delhi (MID) was established in 1979 and has been engaged in social service activities since inception.

### OUR VISION

Work selflessly and tirelessly towards laying foundation of creating a healthy society with special focus on timely diagnosis of diseases to prevent their aggravation in order to improve overall health of disadvantaged sections of society while aiming for a cataract free Delhi and ultimately the rest of India.



### OUR MISSION

To expand reach and spread of health facilities by organising one mobile health check-up Camp a day in rural, remote and Jhuggi Clusters by empowering people, especially women by creating knowledge and awareness about need for better health and hygiene through sustained publicity and prevention of diseases. Manage and operate more free or affordable medical and diagnostic centres and set up own eye bank.



### OUR MAJOR FOCUS

Mahavir International's primary focus is health care with special emphasis on Eye care. Its motto is 'Love All- Serve All' and mission is to make 'Delhi Cataract Free' as the said ailment is the major cause of blindness in the country (66% as per AIIMS report of 2018). It also work towards elimination of blindness by motivating people for "Eye Pledge" and for "Eye donation" of those who have passed away. Runs 3 charitable hospitals in Delhi. Our focus is on quality health services for the underprivileged in the city – including daily wagers, street vendors, migrant labour and the their families with care, concern and compassion OPD services are provided at nominal registration fee, along with free medicines and diagnostic test at highly subsidized traiffs as under:

#### 1. RAJDHANI CHARITABLE EYE & MEDICAL CENTRE

6550, Qutab Road, Nabi Karim, New Delhi -110055  
(Space Donated by Rajdhani Besan Group.)

#### 2. LALA AMAN SINGH JAIN CHARITABLE EYE RESEARCH AND MEDICAL CENTRE

264, B-1 Hauz Rani Market, Near Saket, New Delhi-110017  
(Space Donated By Heritage School Group)

#### 3. KISHWARNA CHARITABLE EYE AND MEDICAL CENTRE

(Space Donated by Kishwarina Chairtable Trust)  
36/3, Badarpur, New Delhi- 110044.  
(Space Donated by Aroras)



All these centers provide comprehensive medical services in the field of Eye, General Medicine, Women's health consultation/counselling, Homeopathy, Ayurved, Physiotherapy, Ultra modern well equipped diagnostic Laboratory last but not least State of the Art Operation Theaters for cataract correction surgeries. At Hauz Rani hospital Retina treatment facility and Dental clinic is additionally available.

## OUR OTHER SIGNIFICANT PROJECTS

### 1. DOCTOR AT DOOR STEP

Under our flagship project 'DOCTOR AT DOOR STEP', till end of September 2024, we had organized more than 3922 free check-up camps resulting in more than 57 lacs consultations including hospital patients. In health check, facilities are offered either in remote locations with limited access to quality health care or at locations in and round the premises or operations of our sponors. The services offered in these checks include consultation by General Physician, Gynecologist, Eye specialists, optometrists, EGC and blood tests as per need and distribution of medicines and spectacles. Those detected with cataract are thereafter facilitated free / subsidized correction sugeries at centres of MID or our affiliates.

Acknowledging the impact of these camps in terms of taking health care to the Doorstep of the poor, various leading Business and Corporate Houses including Public Sector Enterprises and Bank have come forward to give us grant for conduct of the same. They inculde **CONCOR, PETRONET LNG Ltd., IOCL, RITES, GAIL, EIL, RITES, TFCI, SAFEXPRESS, RAJDHANI BESAN GROUP, Vibes healthcare Ltd., BIWorld, CMR Welfare Foundation, Vandana Jain and Raj Jain from USA, MARC** and others.



### 2. JHAKHE NANHI AAKHO MEIN (झांके नन्ही आँखों में)

Mahavir International recognises the need for early vision correction in the underprivileged children in absence of which other than suffering from health issues, their education also suffers. In earlier years MID Participated in Chacha Nehru Sehat Yojana of Delhi Government. Under this scheme during the F Y 2023-25 we carried out comprehensive health check up and health counseling to students of **106 schools** covering nearly **16,714 students**.

Mahavir International has re-launched the project in a slightly modified form under the tag “झांके नन्ही आँखों में” in this project Mahavir International is organizing camps in schools run by MCD and other NGO's to carry out prompt vision correction by provision of spectacles in a timely manner. During the period ending September 2024, **125** such camps were organised resulting in check up of more that **16,596 students** and distribution of nearly **1679 spectacles**.



### 3. FREE OPD AT CENTERS

We provide free OPD Consultation (Eye, General Medicine, Ayurveda & Homeopathy), Physiotherapy and Laboratory services at each of our centers located at Nabi Karim, Hauz Rani and Badarpur. The average daily attendance is approximately 150 per center. We are also providing free medicine to patients in free OPD.



### 4. CATARACT SURGERY

Our each center has a well-equipped Operation Theatre for carrying out cataract surgery. The average number of cataract surgeries per month is approximately 50 -60 per center. Most of our beneficiaries especially at Nabi Karim and Badarpur belong to the minority community, so we provide free cataract surgery facility to those. In that we cover their all expense related to the surgery such as transportation, meals, and accommodation during their stay.



### 5. SWABHLAMBAN (स्वावलम्बन)

Under the new initiative "SWABHLAMBAN" MID in its effort to empower the unemployed women in and around its centers is carrying out the following interventions:-



#### a. Sewing Training

MID has affiliated with singer to provide up to six months of training in apparel production for underprivileged women living around its center at Nabi Karim. A total **121 women** have been trained till date. Further to encourage their entrepreneurial instincts, they have participated in fashion show as also in exhibition and sale of their products.



### b. General Duty Assistants

Another such initiative has been the training of under privileged women as “General Duty Assistants”. The first course was started on 25th April, 2022 and till date **113 students** have been trained and certified by Apollo Mediskills. Almost all the trained beneficiaries have also been provided internship opportunities, with some carrying on in job.



### c. Swasthya Saheli (स्वास्थ्य सहेली)

MID had taken-up the project SWASTHYA SAHELI for women where a trained GDA's are providing counseling on menstruation and women health issue as menstruation and breast feeding at our centres. Since it's start in March, 2023, nearly **28,695 women** have been benefited with these services. We are also generating ABHA Card of patients who visit our centers, which will entitle them to avail benefits under PM Jan Arogya Yojna (PM-JAY). Till date nearly **800 ABHA card** have been generated.

## 6. PROJECT JANITRI (जनित्री)

MID is running a project “**Project Janitri**” at all its health centers to counsel young girls on menstrual hygiene and promote breast feeding among young mothers. **Project Janitri** has been conceived as a community outreach program with the basic objective to educate young expectant mothers on maternal and child health to reduce risk of complications during pregnancy and childbirth. **These workshops cover topics such as awareness of menstrual hygiene and use of Sanitary Napkins, prenatal care, proper nutrition and exercise during pregnancy, safe delivery practices, postpartum care, breast feeding, spacing of birth and merits of small family.** They are usually conducted in community centres in close vicinity of MID targeted beneficiaries.



One-on-one consultations with ANC/GNM assisted by trained general duty assistants, also ensures that women are able to seek clarifications to any nagging doubts they may have. Distribution of Sanitary Napkins and

Baby kit which contains essential items to help mother take care of herself and her new born baby is also distributed to the beneficiaries attending the workshops. In addition a nutritional package comprising of food items like :-

- **Sanitary Napkins**
- **Nutritional Kits**
  - Bengal gram
  - Ground Nuts
  - Jaggery
- **Baby Kit**
  - 8 Nappy
  - 2 Baby Tops
  - 1 Sheet
  - 1 Baby Cap
  - 1 Towel

They are also distributed for highlighting the importance of good diet.

## 7. COMMUNITY OUT REACH CLINICS

MID has launched a new initiative with weekly outreach clinics in Bawana, Kapashera, and Ghazipur's slums and JJ colonies. Beyond general health check-ups and eye exams, the clinics offer cataract surgery referrals, women's counseling, and free medicines. Additionally, MID provides subsidized spectacles and sanitary pads, addressing critical needs like vision correction and menstrual hygiene. This initiative aims to enhance healthcare access and empower residents by ensuring affordable, comprehensive care tailored to their specific needs in these underserved communities.



## 8. VIRA VISION

Moved by the condition of the patients visiting our hospitals, VIRAS- the womenfolk at MID, decided to do their bit to provide relief to the distressed members of the society at a grassroot level and formed VIRA VISION group. Some of its activities include provision of hygiene and nutritional support and distribution of baby kits, sanitary napkins, and warm clothes to the needy.



## OUR OTHER PRICELESS ACHIEVEMENT :-

By motivating families of 306 persons to donate the eyes of their near and dear ones, who have left for their heavenly abode, 612 persons are getting to see this beautiful world.



## OUR TEAM

MID has a membership of about 409 persons comprising of senior bureaucrats belonging to IAS, IPS, IRS & other allied services, Chartered Accountants, Professionals, Industrialists, Businessmen, Social Workers and Philanthropists. **Presently Shri K. Narayan (IRSME), formerly Managing Director, National Backward Classes Finance and Development Corporation(NBCFDC) – a CPSE under Ministry of Social Justice and Empowerment, is its Chairman.**

All these members are working selflessly without any political, religious or profit motive. The operations at the ground level is headed by a senior retired Army Doctor (Brigadier level)

## ACCREDITATIONS & AFFILIATIONS

**Mahavir International Delhi**, is registered with

- Niti Aayog** Vide Registration No. **DL.2017/0152**
- Ministry of Home Affairs, Government of India** FCRA (Foreign Contribution Regulation Act) and are regularly submitting all returns.
- Ministry of Corporate Affairs, Government of India** Vide **Reg. No-CSR00002906.**
- Income Tax Act and Exempted under section 80G of Income Tax Act, 1961.**

## IN THE SPHERES OF NATIONAL EMERGENCY AND NATURAL CALAMITIES

### a. COVID- 19 Relief Project

The organization did an excellent work during wave of pandemic COVID-19 and supported more than 2.95 lakhs people by providing food packets, ration bags, face masks, PPE kits, sanitizers, medicines etc. with total spending of more than Rs. 1 Crores. We have also arranged more than 250 Oxygen Concentrator at Total cost of Rs.3 Crore and More than 17000 jobs has been administrated to Migrant Workers, Daily wagers and Rickshaw Puller, Construction Labors and Homeless people at total cost of Rs. 1.35 Cr were provided for by MID members, corporate houses, PSU's, and other generous donors.



- The organization has also been in the fore front in extending support in natural calamities. We arranged essential materials to victims of **earth quake in Chamoli, Garhwal in Uttar Pradesh in April, 1999** and also- to **Orissa cyclone victims in October** of the same year. MID also funded construction of **26 housing units at Raphar Distt in Gujarat** for the people who were affected by disastrous earthquake (2001), Shelter homes for the victims of Nepal earth quake (2015) and provided Medicines, Clothes, Utensils and food packets to Flood victims of Kerala (2018).
- Mahavir International, Delhi constructed 5 Rooms with 2 toilets, 5 blocks of Inter College at Naini in Rudraprayag Dist. (Uttarkhand) at a cost of Rs.35 lakhs.

## HUMAN RESOURCES

MID is a very lean organization having strength of just 110 experienced and qualified doctors, paramedical & related administrative staff. **All theses personnel are rendering their services against modest compensation. Additionally the entire board level management provide its services pro-bono. This is what enables this organization to achieve what it does with does with limited resources.**

**Contact Details:-**

**MAHAVIR INTERNATIONAL**

6550, Qutab Road, Nabi Karim, New Delhi -110 055

E-mail : [accounts@mahavirinternational.com](mailto:accounts@mahavirinternational.com) | Website: [www.mahavirinternational.com](http://www.mahavirinternational.com)

@midhopeforlight

## वीरा विजन : A Unit of Mahavir International, Delhi

वीरा विजन का मुख्य उद्देश्य समाज के वंचित वर्गों के लिए विकास और सशक्तिकरण की दिशा में कार्य करना है। हमारे द्वारा संचालित प्रमुख गतिविधियाँ निम्नलिखित हैं :

- 1. स्वावलंबन :** इस कार्यक्रम के अंतर्गत हम कौशल विकास पाठ्यक्रम संचालित करते हैं, जिसमें मुख्य रूप से सिंगर सिलाई कक्षाएँ शामिल हैं। अब तक हमने 8 बैचों का संचालन किया है, जिसमें कुल 96 छात्रों ने भाग लिया। इस प्रशिक्षण के दौरान, प्रशिक्षार्थियों को जूट के बैग बनाने की कला भी सिखाई जाती है, जिससे वे आत्मनिर्भर बन सकें।
- 2. स्वास्थ्य सहेली :** हमारी तीन चिकित्सा केंद्रों में हम महिलाओं को मासिक धर्म की स्वच्छता और स्तनपान के महत्व के बारे में जागरूक कर रहे हैं। इस पहल का उद्देश्य महिलाओं के स्वास्थ्य और कल्याण को बढ़ावा देना है। हम सफरदरजंग जैसे सरकारी अस्पतालों में एक सेशन भी रखते हैं जिसमें उनको मासिक धर्म की स्वच्छता और स्तनपान के महत्व के बारे में तो बताते हैं साथ में बेबीकिट और सेनेटरी पैड बांटते हैं।
- 3. जनित्री :** इस परियोजना के अंतर्गत, हम गर्भवती और स्तनपान करने वाली माताओं को स्वास्थ्य संबंधी समस्याओं पर परामर्श प्रदान करते हैं। हम न केवल उन्हें स्तनपान के महत्व के बारे में जागरूक करते हैं, बल्कि स्वास्थ्य और स्वच्छता किट भी वितरित करते हैं, जिसमें शिशु किट शामिल होती है। यह पहल माताओं और उनके बच्चों के स्वास्थ्य को बेहतर बनाने के लिए बनाई गई है।
- 4. खुशियों का बाजार :** वीरा विजन ने 'खुशियों का बाजार' योजना की शुरुआत की है, जिसमें उपयोग की गई वस्तुएँ बहुत ही मामूली लागत पर वितरित की जाती हैं। इस पहल का उद्देश्य गरीब और जरूरतमंद परिवारों को आवश्यक सामान उपलब्ध कराना है, ताकि वे अपनी रोजमर्रा की जरूरतों को पूरा कर सकें और समाज में एक जुटता का संदेश फैला सकें।
- 5. सबको कपड़ा, सबको भोजन :** इस परियोजना के अंतर्गत, हम ऊनी कपड़े और भोजन का वितरण करते हैं। यह कार्यक्रम विशेष रूप से सर्दियों में जरूरतमंद परिवारों को ठंड से बचाने और उन्हें पोषण प्रदान करने के लिए आयोजित किया जाता है। हमारा प्रयास है कि हर परिवार को उनकी जरूरत के अनुसार भोजन और कपड़े मिल सकें।
- 6. स्टेशनरी वितरण :** ऐसे विद्यालय में जहां पर स्टेशनरी की व्यवस्था न हो वहां पर वीरा विजन के सदस्य अपने जन्मदिन पर या किसी विशेष उपलक्ष में जरूरतमंद विद्यार्थियों को स्टेशनरी वितरण करते हैं।

इन सभी पहलों के माध्यम से, वीरा विजन यूनिट का उद्देश्य समाज के वंचित वर्गों की बेहतरी और स्वास्थ्य को सुनिश्चित करना है। हम मानते हैं कि जब महिलाएँ और उनके परिवार सशक्त होंगे, तब समाज में सकारात्मक बदलाव आएगा। हमारी कोशिश है कि हर व्यक्ति को उसकी मूलभूत आवश्यकताएँ मिलें और वे आत्मनिर्भर बनें। हमारी इन पहलों के माध्यम से हम समाज के विकास में योगदान देने के लिए प्रतिबद्ध हैं। हमारे प्रयासों से न केवल महिलाओं की स्थिति में सुधार हो रहा है, बल्कि उनके आत्म-सम्मान और आत्म-निर्भरता को भी बढ़ावा मिल रहा है।





## OBJECTIVES

- To motivate people for eye pledge/eye donation.
- Creating awareness and working towards prevention of blindness and other eye ailments and to provide remedies to under privileged.
- Early eye care intervention for MCD school children through 'झांके नहीं आँखों में'
- Spread awareness of menstrual hygiene and use of Sanitary Napkins, prenatal care, proper nutrition and exercise during pregnancy, safe delivery practices, postpartum care, and breast feeding through Project Janetri



## STRENGTHS

- It has a membership of about 408 comprising Senior Bureaucrats, IAS, IPS, IRS, Allied Services, Professionals, Industrialists, Businessmen, Social workers and Philanthropists.
- Committed team of about 100 Doctors and Para-medical staff.
- State of Art Infrastructure in all Eye & Health Care Centres.



## ACCREDITATION

- Registered NGO with Niti Aayog under the DARPAN Portal.
- Registered with MCA for implementing CSR projects.
- Registered under FCRA by Ministry of Home Affairs to receive Foreign contributions.
- Donations-Enjoy Income Tax exemption under Section 80G of the Income Tax Act; 1961.
- Executing CSR projects for nearly 20 CPSEs including CONCOR, GAIL, RITES, IOCL, PETRONET LNG LTD. EIL.



जन सेवा-2024

सबकी सेवा सबको प्यार

OUR HOSPITALS - NO. 1



**Rajdhani, Charitable Eye & Medical Centre**

6550, Main Qutab Road, Nabi Karim, New Delhi-110 055

OUR HOSPITALS - NO. 2



**KISHWARNA Charitable Eye & Medical Centre**

36/3, Badarpur, Near Pillar No. 25, New Delhi-110044



OUR HOSPITALS - NO. 3



**Lala Aman Singh Jain Charitable Eye  
Research & Medical Centre**

264B-1, Main Hauz Rani Market, Saket, New Delhi-110 017



EYE CHECK UP



FREE CATARACT OPERATION



GENERAL CHECK-UP



PHYSIOTHERAPY



HOMEOPATHY/AYURVEDA



DENTAL



LAB TESTS



SWASTHYA SAHELI

## FACILITIES PROVIDED IN HOSPITALS

### OUR ACHIEVEMENTS

as on 31th October 2024

Camps	3,578
OPD Consultations in camps	15,18,106
Cataract Surgeries	31,250
Eye Donations	299
Eye Pledges	34,140
Jhanke Nanhi Ankhein Mein (School Camps)	44
Janitri Workshop Organized	158
Sabko Bhojan	49,439
Sewing Training	121
Nursing Assistant Training	113
Physiotherapy	2,44,678
Dental	327



## CATARACT SURGERIES



मोतियाबिन्द  
मुक्ति अभियान



## जीवन का अमूल्य वरदान नेत्रहीन को नेत्रदान!!

Late Jagjit Singh  
Ghazal Maestro



Dr. Kiran Walia  
Celebrated Politician



Shankar Mahadevan  
Music Maestro



Poonam Sethi  
Tarot Card Reader



Ghulam Ali  
Ghazal Maestro



Shaan  
Renowned Singer



Sonu Niigam  
Music Maestro



Kavi Ashok  
Chakradhar



**EYE  
PLEDGE  
BY  
CELEBRITIES**



**LEAVE YOUR  
VISION  
BEHIND**

## EYE CARE DAY WITH CELEBRITIES





## Our Pillars of Strength

(In Alphabetical Order)

### PSES

1. Artificial Limbs Manufacturing Corporation (**ALIMCO**)
2. Container Corporation of India Ltd. (**CONCOR**)
3. Engineers India Ltd. (**EIL**)
4. Gas Authority of India Ltd. (**GAIL**)
5. Indian Railway Finance Corporation Ltd. (**IRFC**)
6. Indian Railway Catering and Tourism Corporation (**IRCTC**)
7. Indian Oil Corporation Ltd. (**IOCL**)
8. Indraprastha Gas Limited (**IGL**)
9. National Backward Classes Finance & Development Corporation (**NBCFDC**)
10. National Minorities Development and Finance Corporation (**NMDFC**)
11. Oil & Natural Gas Corporation Ltd. (**ONGC**)
12. Petronet LNG Ltd. (**PLL**)
13. Power Finance Corporation Limited (**PFC**)
14. Rail India Technical and Economic Services (**ITES**)
15. Tourism Finance Corporation of India (**TFCI**)

### PSBS

16. Bank of India
17. Indian Bank

### CORPORATES

18. Akshay Aluminium Alloys LLP
19. Arihant Buying Services
20. Aromatics (India) Pvt Ltd.
21. BI Worldwide India Pvt. Ltd.
22. Conscient Infrastructure Pvt. Ltd.
23. CMR Welfare Foundation
24. Daya Gopal Amrit Charitable Trust
25. Gateway Distriparks Limited
26. Hindustan Alcox Limited
27. INOXGFL Group of Companies
28. JH Jewellers
29. Marc Enterprises Pvt. Ltd.
30. Manav Kalyan Foundation
31. Manglam Ventures Pvt. Ltd.
32. M.B. Tubes Pvt. Ltd.
33. Niryat-Sam Apparels (I) Ltd.
34. Orient Craft Ltd.
35. Rajdhani Flour Mills Ltd.
36. Safexpress Pvt. Ltd.
37. Tamil Federation of Reunion Island FAGRHCTR (MLI)
38. The Midland Fruit & Vegetable Products India Pvt. Ltd.
39. Vibes Healthcare Ltd.
40. VKJ Project (P) Ltd.
41. Wonder Cement



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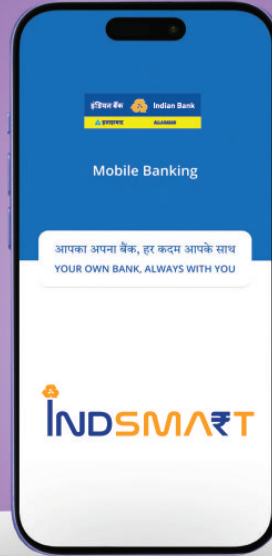
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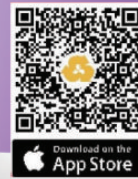
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**Smt. Anupama Datta**  
Head- Policy research and Advocacy  
Help Age India

# Voluntary Organisations Working for Older Persons in India :

## A Case Study of HelpAge India

Older persons were respected members of the family who were ensured a life and death with dignity. The times changed and with that all these factors also changed, the first non-family actor to intervene in the matter was the government which formulated and implemented policies and schemes for old age security. In 1978 a pioneering voluntary sector organisation HelpAge India (HI) tried to respond to the needs of the disadvantaged population of the elderly. The nature, composition and work of the organisation has changed over the years with change in demographic, socio-economic and political factors. Some of the milestones in the journey are as under. It is not only a pioneer in the field; but, also by far, the only pan India organisation that provides direct and indirect support to the older persons. With each decade the organisation faced new challenges and rose to the occasion.

HI commenced its operations in a time and age when all stakeholders including the government was convinced that population ageing was a challenge of the West. However, HI responded to the urgent needs of the poor elderly; therefore, the focus was on health and shelter for this segment. So the initial initiatives were for mobile health care and old age home.

In 1982, schools students of Delhi collected funds for HelpAge India's first medi-care programme: the Mobile Medicare Unit (MMU) to service Delhi and Faridabad. With this modest Unit, HelpAge India crossed the threshold of the most important and robust programme for health care of disadvantaged older persons where free services were delivered at the doorstep. Now HI is running 170 Units across 26 States and Union Territories benefitting over 8 lakh people.



In 1983 known as Adopt-a-Gran (now called Support-a-Gran) was modelled on a similar concept propagated by Help the Aged, UK. This programme was designed to look after the basic needs of the destitute elderly except housing. The donors/ sponsors were supporting a basket of goods for the included elderly for their lifetime. HI took up the task of supporting an old age home in Fatehpur Beri in Delhi for poor and destitute. Now HI run 8 barrier free homes for the aged in 5 states and supports more than 300 homes for disadvantaged elders across India. Also runs 12 age-care Centres in 5 States.

In another pioneering effort in the 1980s, HI set up a disaster rescue and relief unit under the supervision of a senior retired army officer. The unit was trained and equipped to for swift and effective relief measures in the face of natural disasters. Its abilities were tested in a post flood situation in to districts in Uttar Pradesh. HI rushed in to help the elderly along with the community in all natural disaster situations from Orissa Super-cyclone in the year 2000 to flash floods in Uttarakhand in 2013 to floods in Kerala. The underlying assumption was that the specific concerns of the elderly affected by the disasters were being overlooked while designing and implementing the post disaster relief and rehabilitation packages. In the immediate relief operations HelpAge India provided help



to all in the community by way of medical intervention, food and survival kits. However, the rehabilitation and disaster risk reduction are specifically focussed on the older persons. It is not restricted to providing support but also building the capacity of the older persons in disaster prone areas to be active participants in the process.

In the 1990s it was felt that growing number of older persons with increased longevity could not survive on doles, so an income generation programme for giving micro credit to the elderly was started. In the year 1991-1992, HI launched this programme aimed at involving elderly persons in income generation through the revival and upgradation of traditional crafts, cottage industries and animal husbandry units. The major thrust of the programme was that of organising the elderly as a group and increasing their participation in individual and group-based income generating activities. The modest income generation programme started in the early 1990s got a push with perspective that older persons are full and active participants in the economic activities. This is the philosophy that drives Elder Self Help Groups (ESHGs), which started to help senior citizens work for themselves and for their own betterment — a motive summed up under the principle of 'Elders for Elders'. Over 1 lakh elderly have been provided financial security through its pioneering Elder-Self-Help-Group (ESHG) programme, with the establishment of more than 8000 ESHGs, 70% of which are now functioning independently. HelpAge has been designated as the National Support Organization for the National Rural Livelihoods Mission (NRLM). MOUs for strategic support have been signed with State Rural Livelihood Missions (SRLMs) of West Bengal, Madhya Pradesh and Maharashtra, to further elder inclusion in NRLM.

In the first decade of the 21st century ageing was acknowledged as an issue of national importance, Government of India adopted National Policy on Older Persons. This Policy changed the perspective on older persons and recognised them as a resource and as active participants in society rather than passive recipients of welfare schemes. The demographic dimension of ageing was also highlighted by the Policy and their increasing needs for life with dignity.

HI recognised the potential of the Senior Citizens in urban areas as well and started working with Senior Citizens Associations (SCAs). Today HI is working with more than three thousand SCAs across India and the numbers are growing every day. HI reached out to nearly 1 lakh senior citizens from Senior Citizens Associations by conducting approximately 10,000 workshops on digital literacy & safety, legal & financial awareness and on the 'Maintenance and Welfare of Parents and Senior Citizens Act'.

HI does not rest with only providing intervention for the current challenges that the elderly face; but, has taken up the challenge of sensitizing the future generations to acknowledge, understand and resolve the issues that ageing population confronts today and in likely in the future. The student engagement programme started with the school education-cum-fund-raising programme and today has the track record of changing the mind-set of millions of students who were associated with this initiative since the early 1980s.

The journey continues and is becoming more challenging. So, now we are also focusing on intersectionality of ageing with gender, disability, climate change, urbanisation, technology and many such mega trends that will impact older persons in the future.



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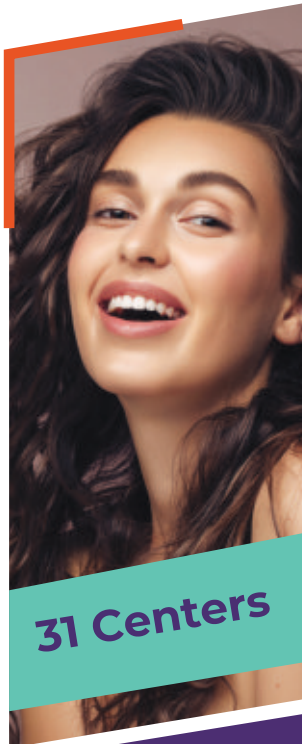
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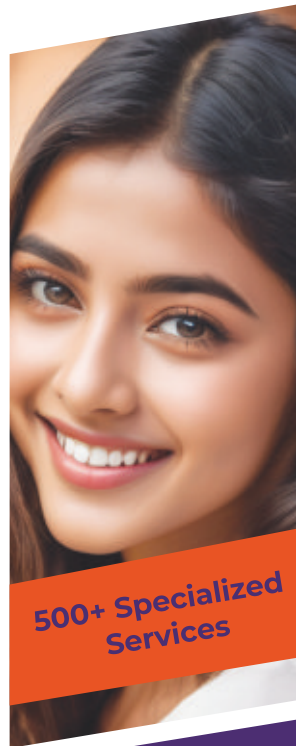
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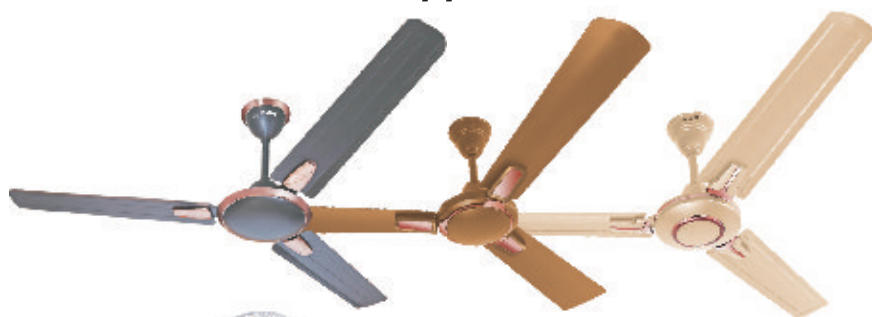


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**Dr. Shikha Nehru Sharma**

Founder – OneHealth

*The author is an allopath Doctor with a lifelong mission of promoting and evangelizing Vedic concepts of nutrition.*



# Vedique Nutrition - Ancient Diets based on Your Genetics

**I**n modern times, most people have realised the importance of a healthy balanced diet. Gone are the days when people would follow any random diet plan, because the awareness about the importance of good nutrition and its health benefits are well known. Today there is a lot of information available, both offline and online about nutrition and even mainstream media extensively covers many aspects of nutrition related to good health. However due to this information overload, many people get confused about food choices and get overwhelmed due to the extensive information available about diets, nutrition and health.

In my days as a practicing allopath doctor, I found a huge gap in wholistic management of chronic diseases due to the absence of application of “food as medicine”. The famous Greek Father of Modern Medicine - Hippocrates had many quotes related to food as medicine.

**“Let food be thy medicine and medicine be thy food.” Hippocrates (460 BC-370 BC) “**

In order to under the medicinal qualities of food one must first understand, what does it mean when we use the term food?

## Human Body is Made of Food

If we pause to reflect that what are we made of? what is our body made of? the simple answer is that the human (physical) body is constructed using food. The logical conclusion is that if each cell and organ of our body is made up of food particles (modified to be the human body) then it is quite clear that to manage any disease, we must first and foremost ingest the right kind of food materials. How do we know what our body needs? and what is the right kind of food to eat when the body has landed in a state of dysfunction?

The answers to all these questions like in our ancient texts – The Vedas

When I started looking for scientific answers to my curious mind, I could only find the logical and practical answers in the Vedas. The Vedas hold the key to understanding Nutrition and its medicinal properties. Lets delve deeper in the unique and amazing concepts of Vedas and nutrition.

## Unique Aspects of Nutrition in Vedas

1. According to Vedas the physical body is made from food. Food is the base food material used in making each cell of our body, however how the raw material is used to construct the body is dependent upon the “seed of intelligence” residing inside each one of us, which in modern medicine we call ‘Genetics’. Hence, our genetics is the super-brain guiding the construction of our body.
2. Since genetics plays a role in how our body uses food and utilizes food, it becomes important to understand what kind of body type we have and which foods are useful for our bodies and which foods we should avoid, because it is not suitable for the body.
3. In Vedas a very interesting and ingenious system is there to figure out our genetic type (prakriti – core physical nature) through a set of detailed questions along with the pulse diagnosis. You may call this method a sort of “reverse engineering”, Figuring out the kind of genetic makeup of the individual by assessment of the nature and workings of the human body which is the ultimate creation of the individual human gene. A typical assessment of the individual body type (called phenotype in modern medicine) is based on a set of questions which covers everything from the body structure, digestion, sleep, mind, psychological nature. A comprehensive assessment also includes the “pulse diagnosis. The final outcome of all this a classification of the person under a specific genetic type. Once you know your genetic type, then you simply have to follow the rules of eating specifically for your genetic type to live a long and healthy life.
4. According to the **Vedic Rules of good nutrition**, the human being has to abide by certain formulas for a successful health.

**These formulas of good eating are as follows –**

- a) Eat according to your unique **body type** for living a healthy life.
- b) Choose the foods which are appropriate for that season, for example do not have food with a cooling nature in a cold season like curd and coconut water. Similarly do not eat eggs and garam masala in summer.
- c) Eat according to the **circadian rhythm** of the body. The circadian rhythm of the body follows the Sunlight , so as the Sun rises and sets, so does our body's circadian rhythm behave . Our metabolism is the highest at noon and very sluggish after sunset , hence missing lunch and having a heavy dinner is a terrible idea and with definite adverse consequences on the health of the individual.
- d) Ensure your food is balanced according to the **6 prime tastes** as given in nature – which are – Sour (like Amla-Indian Gooseberry) Sweet (Like Fruits, Figs, Dates) Salty (like Rocksalt, natural salt in vegetables) Astringent (like Tea, Radish) Spicy (Green Chilies, red Chilies, Black Pepper) Bitter (Bitter gourd). According to Vedas, the reason we need these 6 tastes is rooted in science. Each taste has a functional value and is important as it supports the body's functions. Let us explore what is the importance and logic behind each taste and what is value they have for the body –

**Sour taste** – Reduces irritation and inflammation in internal tissues, helps to hold water in tissues ( if dry ) , promotes healthy bile movement which is important for the gall bladder and digestion of oils.

**Pro Tip** – Reduce sour taste after surgery for better tissue healing and avoid sour taste at night to avoid water retention.

**Sweet taste** – This taste helps to nourish the joints ,cells and tissues and helps to relax the nerves and the body , supports building/ growing the body, moisturises the body and joints, nourishes the tissues of the body . Helps in gaining weight and body strength.

**Pro Tip** – Reduce ( but do not eliminate )sweet taste if one is over weight.

**Salty** – Helps to improve appetite , helps to clear mucous in lungs , Holds water in the body if taken in excess.

**Pro Tip** – Reduce salt intake if one has loose soft flab. Also in High blood pressure.

**Astringent** – Helps the tissues to tone and tighten especially useful for post-menopausal women. Cools the body in summers.

**Pro Tip** – Taking One Amla Daily in vegetable juice is a simple antiageing formula.

**Bitter Taste** – Important for maintaining healthy pancreas, gall bladder, healthy blood and fat balance . Hence given more in cases of problems of gall bladder, Insulin (Pancreas), Cleans blood , good for skin problems like pimples . Over-weight issues.

**Pro Tip** – Find interesting recipes of Bitter Gourd (Karela), consume green leafy vegetables regularly for healthy gall bladder and insulin control.

**Pungent / Spicy Taste** – Found in Chilies, Onion, Garlic. It is important as it helps to expel excess gas, helps to improve blood circulation in the tissues, improves sweating so that the pores expel toxins from the skin.

**Pro Tip** – Having Kaada (decoctions ) using healing herbs and spices( ginger, Black pepper etc.) is a great way to be healthy in winters .

- e) Food is like medicine so always combine foods according to the rules of good food combinations . To the modern person , who is used to having berries with milk ( strawberry shake ) or watermelon with curd , it may seem strange , however the reality is that food is a Bio-chemical and much like a chemistry lab , you cannot mix wrong chemicals together , otherwise the resulting reactions can harm the lung , intestine , joints , and many more organs . Even though the adverse effects take time.
- f) Some wrong food combinations are –  
Milk or curd with fruits  
Watermelon with any other food  
Honey with Ghee in equal quantity  
Heating Ghee  
Non Vegetarian Food and Dairy products
- g) Consuming food according to the stage of life – Our body needs and digestive capability change with age, hence it is important to eat according to the age . For example in childhood one needs more of fats , carbs and proteins . In youth it is more of proteins and carbs , in middle ages it is more of proteins and roughage and in old age some healthy fats ( like ghee ) and vegetables with less of simple carbs and less of heavy proteins (but plant proteins are fine ).  
In today's era of rising lifestyle diseases like Diabetes , heart problems , Liver problems and cancers , Vedic way of eating foods can be the best way to protect ones health and live a high quality of life .



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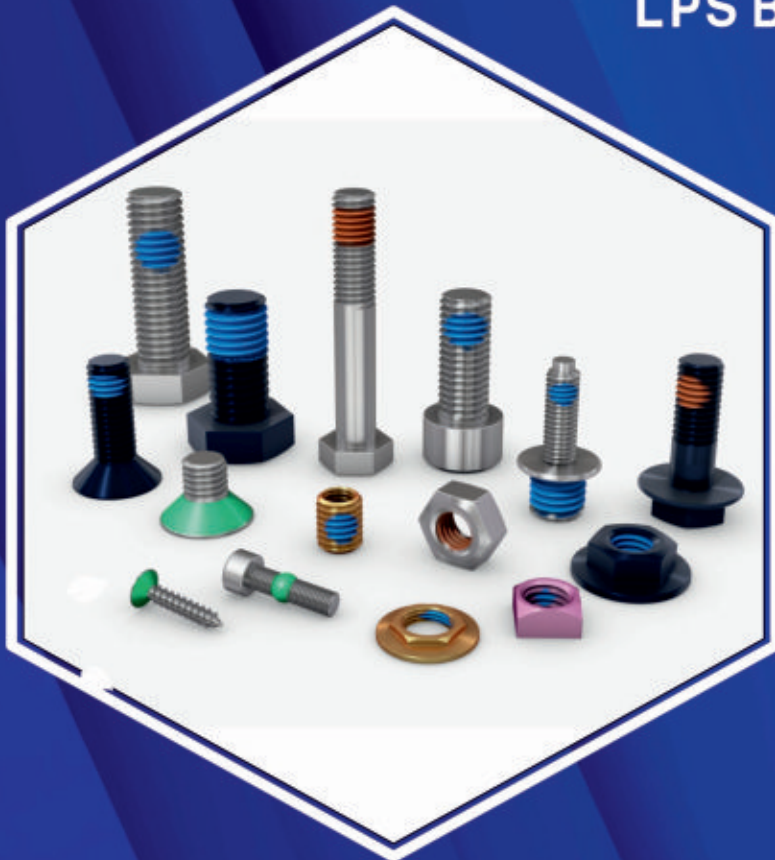
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**Professor and BMT Physician**  
Department of Pediatrics Mahatma Gandhi  
University of Medical Sciences & Technology, Jaipur  
**Bone Marrow Transplant Physician**  
South East Asia Institute for Thalassemia, Jaipur

# A JOURNEY BEYOND WORDS

**T**halassemia is a complex and serious condition that requires careful management and treatment options. It primarily affects the production of hemoglobin, leading to anemia and a variety of related health issues that persist throughout life.

## Clinical Features of Thalassemia Major

- Pallor (paleness)
- Poor feeding and growth failure in infants
- Enlarged Liver
- Growth Retardation
- Iron Overload in organs such as the heart, liver, and endocrine glands, which can cause significant organ damage over time.
- Delayed Puberty
- Puberty is often delayed in thalassemia major due to chronic illness and hormone imbalances.
- Fatigue, weakness
- Enlarged Spleen
- Bone Deformities
- Jaundice

## Complications of Thalassemia Major, if not treated

- Iron Overload and Organ Damage
- Gallstones
- Cardiac Complications
- Acute Chest Syndrome
- Infections
- Bone Complications
- Endocrine Dysfunction
- Thrombosis

The South East Asia Institute for Thalassemia (SEAIT) is an outstanding center of excellence for thalassemia care, focusing on providing life-changing bone marrow transplant (BMT) treatment for children with severe forms of the disease. The fact that SEAIT has been operating as a non-profit organization, funded entirely through donations, is remarkable and speaks volumes about the institute's commitment to providing the best possible care for its patients, regardless of their financial background.

SEAIT's ongoing work with the Government of Rajasthan to provide financial support for bone marrow transplants and its dedication to ensuring no patient is turned away due to lack of funds is commendable. With **200 transplants already performed**, SEAIT has made a significant impact in the lives of many families affected by thalassemia, and their continued efforts are helping pave the way for further innovations in treatment.

Each transplant costs a minimum of Rs 10.00.000/-. The Government of Rajasthan initially supported with a maximum of Rs 700.000/ per patient and the rest was borne by the Institute through funds procured from donations.

Now the Government supports through Chiranjeevi Yojna with a maximum of INR Ten Lac for HLA identical and INR Fifteen Lac for Haplo identical transplants.

The advancement of gene therapy and genome editing (like CRISPR-Cas9) is also incredibly exciting in the field of thalassemia treatment, offering hope for potentially permanent cures in the future. With these therapies, in the coming future, SEAIT hopes to bypass the need for lifelong transfusions and to correct the genetic mutations at the root of the disease, giving patients a much better quality of life.

Priding itself as the **ONLY** centre in India solely dedicated to the treatment of Thalassemia major, SEAIT remains committed to providing state of the art treatment to children of Thalassemia major from all corners of the world without any financial burden to the patient and YET committed to maintaining quality care and results as per International standards.

The Medical team consists of dedicated nurses and transplant physician.

The centre is governed by a board of management with Dr Rachna Narain as the Secretary of SEAIT.

The medical advisors include Dr GN Saxena and Dr Lawrence Faulkner

Dr Priya Marwah is the Bone Marrow Transplant Physician.

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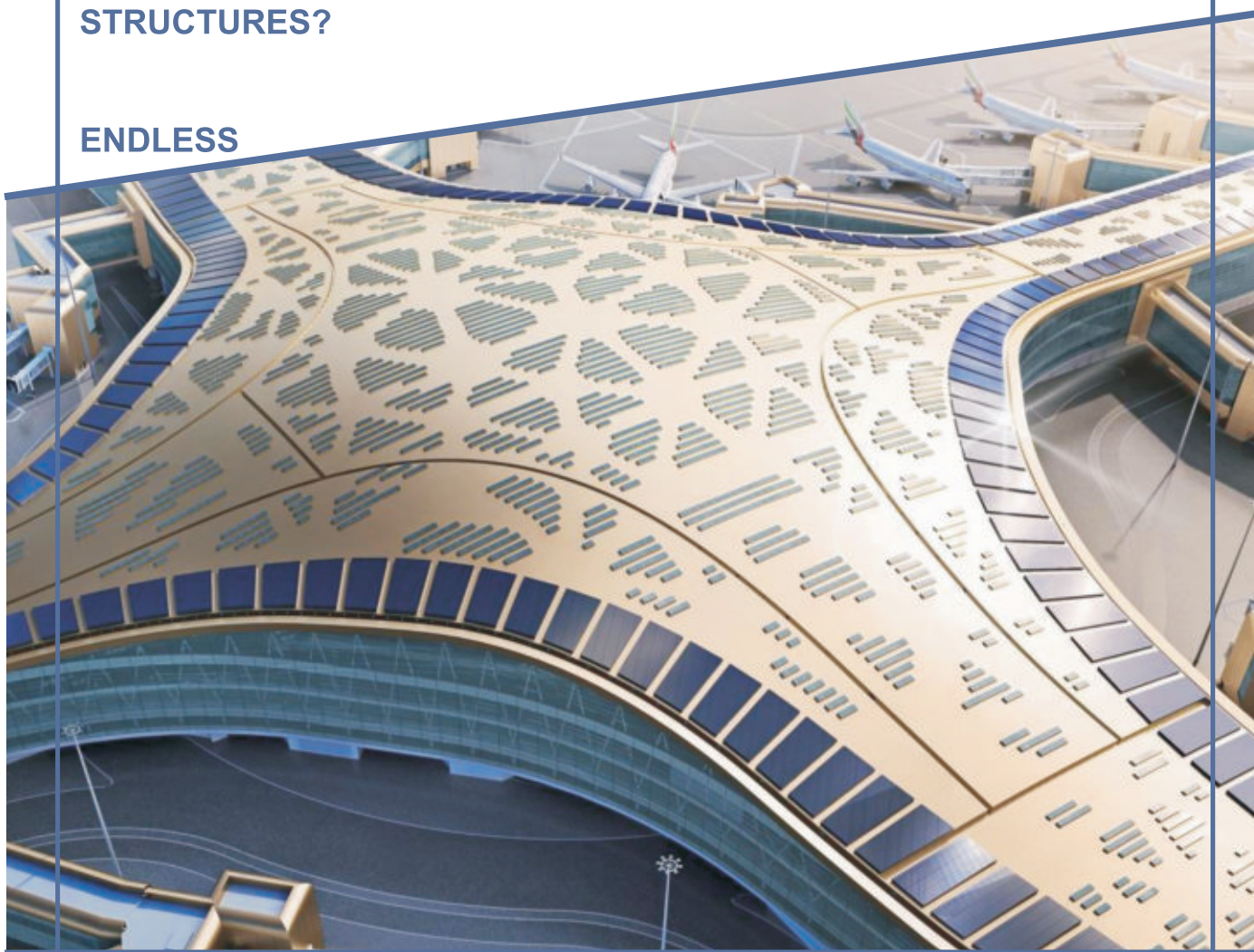
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**Ms. Seema Jain**  
Educator

# The Need to Invest Time in Health, Yoga, and Meditation: **A WAKE-UP CALL**

**I**n our fast-paced, success-driven world, it is easy to take our health for granted. We become so immersed in meeting deadlines, fulfilling responsibilities, and chasing goals that we often neglect the one thing that makes it all possible—our health. Sadly, for many, it takes a health scare or a significant breakdown to realize just how fragile our bodies are and how vital it is to invest in our well-being. By the time this realization hits, it may already be too late. Therefore, the need to consciously invest time in health practices, such as yoga and meditation, has never been more critical.

## Why We Neglect Health

Health often becomes an afterthought because it is not something we see diminishing day by day. Poor habits like a sedentary lifestyle, poor diet, and chronic stress silently build up over time. The human body is remarkably resilient, but only to a point. We live under the illusion that our bodies can withstand continuous neglect—until they don't. When lifestyle diseases like hypertension, diabetes, or mental health issues creep in, reversing them is far more challenging than preventing them in the first place.

## The Role of Yoga and Meditation

Yoga and meditation are powerful tools for maintaining both physical and mental health. Yoga, a centuries-old practice, not only enhances flexibility and strength but also improves cardiovascular and respiratory health. Regular practice of yoga reduces stress levels, enhances posture, and can even prevent certain chronic diseases. By incorporating yoga into your daily routine, you are proactively working to maintain your physical health, ensuring your body remains resilient to the challenges of aging.

Meditation, on the other hand, is a mental and emotional cleanse. In an age dominated by distractions and mental overload, meditation offers a way to center the mind and gain clarity. Studies have shown that regular meditation reduces stress, anxiety, and depression, while improving focus and emotional well-being. Just 10-15 minutes of daily meditation can significantly improve your mental health and quality of life.

## Investing in Health Now, Not Later

Investing time in health should be seen as a necessity, not a luxury. Yoga and meditation don't require expensive equipment or elaborate setups—just commitment and consistency. By making these practices a part of your daily routine, you are investing in long-term wellness. This investment will not only improve your productivity and mental clarity in the short term but will also safeguard you from the physical and mental challenges that come with age and stress.

Health is wealth, and once lost, it is difficult to recover. Don't wait for illness to become the wake-up call. Begin today—set aside time for yoga, meditation and physical activity. Your future self will thank you.





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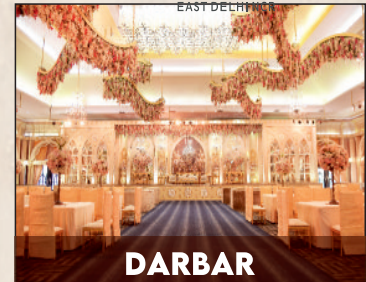
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# Women at the Front Rows : BREAKING STEREOTYPES

In modern society, women have begun to gain recognition for their individuality and capabilities. Today, it is widely acknowledged that women possess aspirations, abilities, and strengths on par with men and that they deserve equal opportunities to nurture their skills and pursue their dreams on their own terms.

Women throughout history have held significant roles in various sectors of Indian society, even amidst traditional limitations. Today, in the digital age, women are making remarkable strides in previously male-dominated areas like sports, the armed forces, media, and law enforcement. This progress reflects the transformation of society as it begins to embrace and uplift women's contributions across diverse fields.

In business and entrepreneurship, women like Kiran Mazumdar-Shaw, founder of Biocon, Falguni Nayar, founder of Nykaa, and Indra Nooyi, former CEO of PepsiCo, exemplify how women can lead with vision, innovation, and



**Dr. Rashmi Saraswat**  
International Director Women  
Empowerment & Child Care  
'VATSALYA', MI Apex.

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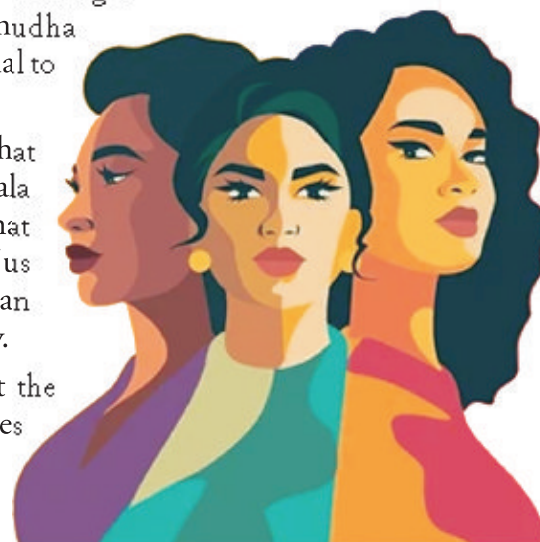
resilience. These entrepreneurs have proven that women can successfully lead major organizations and have a significant impact on the economy. Their achievements challenge stereotypes and set a new standard for what women can accomplish in business and leadership.

A recent example of this progress is Amudha, a women-led, self-funded conference organized in Dubai. This event, run entirely by women and dedicated to women, highlights the power of collective

action and women's commitment to supporting one another. By creating a platform where women's voices and experiences are prioritized, Amudha exemplifies the spirit of empowerment and collaboration that is essential to lasting societal change.

Globally, inspirational figures like Malala Yousafzai remind us that the empowerment of women is essential to social progress. As Malala poignantly expressed, "I raise up my voice—not so I can shout, but so that those without a voice can be heard... We cannot succeed when half of us are held back." This sentiment underscores the importance of creating an equitable society where women can thrive and contribute meaningfully.

To continue breaking down stereotypes, society must support the growth of women's roles in all sectors, providing platforms and resources for them to lead. Only then can we achieve a future where success is not limited by gender but driven by talent, passion and commitment. ●





**Vir K. Narayan**  
Chairman, MID

## Mainstreaming the Youthful Urban Poor – Some Thoughts

**L**et me commence with the admission that the views expressed here are based purely on ground zero experiences that I have gained due to my involvement with various charities over the last decade and a half, and hence may be subject to biases unlike the dispassionate macro-view based on facts and figures. Yet feel no harm expressing in this forum, where tolerance to my inadequacies is bound to be robust.

**Who are the Urban Poor** is indeed a subjective question. If poverty is defined as a gap of what we want and what we have, the profile of poor can range from the humble Rickshaw Wallah to the flamboyant industrialist – both of who resent the relative affluence of their neighbor. However sticking to a more conventional definition, for the article here - it comprises of (i) the multitude who inhabit the hutments in the street (most of them belonging to nomadic or tribes denotified from being in the criminalized list made by the British rulers), (ii) the migrant labour inhabiting the sprawling slums – constructed in mostly government land by paying local leaders called contractors or Thekedaars some protection money and (iii) the service providers (such as drivers, maids, colony guards etc) who are tenants in one of the multiple rooms of illegally constructed buildings by the local communities, traditionally inhabiting these urban villages. These are popularly called Lal Dora area. Again some of these terms used here are local to north Indian cities – particularly Delhi, however despite difference of nomenclature, the habitat of the poor will be mostly common in all our metros. Another similarity is the fact that the poor mostly belong to the historically marginalized classes or those migrating from the rural landscape of populous states in search of permanent employment, quality education and reliable healthcare. Now this raises the question why these opportunities do not exist in the villages – but that is not a subject of this treatise.

**The Youthful Urban Poor** essentially comprise of the second generation of the migrants. Their parents at best will comprise of both parents working – father as labour or a street side vendor or a driver or a guard of a household or a colony and the mother most usually as a domestic help or a cook. In the worst case, the father will be sole earning member addicted to alcohol or gambling and given to abusing the mother who is a housewife. Somewhere in the middle is the single earning mother whose hubby is either dead or absconding. 'हम दो-हमारे दो' has not percolated to this strata and typically each family has at least three children – more so if the first born are girls.

Primary education begins at the age of 6 years – as the government schools do not necessarily have kindergarten and even if they do there are no bus services. And the parents, who are busy earning their daily bread, may not always be available to drop them off to the school. So till then if these kids are lucky there will be a good

NGO filling in the gap or it could at least be a passable not for profit-lacking in sincerity, yet keeping the kids away from falling into anti-social activity. In absence of the same there are a host of relatively educated Didis or an odd Bhaiyya from the community. Of course the unluckiest end up without any education and just some very basic learning skills in the Anganwadi. Irrespective of their luck, the children – before they are six, have been hit by the educational divide of not attending formal pre-school or enjoying the affectionate and undivided mentoring by doting parents.

Post 6 years, when kids are usually big enough to walk a couple of blocks to the nearest Sarkari School, the picture gets brighter. The country has invested heavily on education through Sarv Shiksha Abhiyaan – which ensures that education along with books, uniforms, mid-day mealsetc are free and also compulsory. So from Class 1 to Class 8th all sail through financially and also educationally as passing is also free (no exams). The iceberg is hit in class 9th with many getting compartments. A few make it into 10th and fewer still to 12th – like the vaunted tutor Didi - Bhaiyya we talked about earlier.

However the real challenges begin in middle school itself. The inability to keep with the “one fits all” education system designed by intellectuals, is too difficult for most to comprehend. With no help at the home front and also limited scope to explore their other talents such as vocational skills/artistic talents/sports competenciesetc, a significant few end up as Victims of Substance Use or into other ills like petty thefts – with potential to making it into big time crime. While this afflicts the boys more, for the girls it’s usually a case of getting besotted by boys who pay some attention to them – unlike their family members who, more often than not, are ignoring them. Needless to say an unfortunate few land in flesh trade or even as co-victims of substance use. These are probably the worst cases. Harsh as it may sound, those facing more financial hardships may actually be luckier, as they are more focussed to get a job and also end up getting one- as daily wage labours or puncture attendants or vendors at traffic lights! On the other hand most – who don’t have the compulsions of making ends meet (thanks to all the well-meaning food security welfare schemes) are less motivated and hence end up whiling away their time post school – many enrolling in School of Open Learning (Correspondence graduation), some doing arbitrary free courses, some getting into gym training or making aimless reels and films on Youtube or Tic Toc et al. Quite a few end up getting into relationships and even prematurely marrying and having kids, without a plan in place to bring them up!



Safe to say they remain in the fringes of the society – quite required by but quite unaccepted as part of the middle class they serve.

**What is Mainstreaming :** Mainstream is a term which is literally associated with a river. It is the path through which the river flows and is joined by many tributaries. It is quite inevitable that the tributary joins and gets “mainstreamed” into the river. It is probably with a similar hope that a wise one has coined the term mainstreaming of the disadvantaged sections into the “Mukhyadaara” of the society. However unlike the case of the rivers where gravity and the paths carved out by mother nature makes this a seamless process, in the case of humanity, this requires immense efforts – both by those who are disadvantaged and by the the civil society, into which they endeavour to be mainstreamed. **This is because mainstreaming is not just about reaching some income level or acquiring a certain educational qualification. It is about a section of population believing that they rightfully belong to the society at large and about the latter accepting this as an undeniable fact. And in a class conscious society – where even little children belonging to Economically Weaker Sections studying in Public School, can be seen with a bit of a scorn by the better off parents – this is easier said than done!**

**So What is the Solution –** Again easier asked than answered! Will start off with the ideas at macro-level – as that is like telling Kohli to hit a six over mid-off while not budging an inch from my couch!

Undoubtedly, our education system post 10th is not a recipe for gaining universal employment. Nor does it come in use in for most jobs on offer. The senior secondary school is more about getting good grades and hence a good college. Now as far as college education goes – yes we do get our share of Doctors, Engineers and Chartered Accountants, Lawyers, Architects etc through them, but what about the humbler yet more available jobs – like of a cashier at a mall or a mason or a plumber or an Eldercare attendant or a gig worker or a UBER driver. Well no

conventional college teaches these skills. And yet for an aspirational urban poor, this is the first step to move out of his slum or traffic signal. The Government did start off an ambitious KaushalVikasYojana in 2015, with many later iterations – however again from my practical experience of funding skill education of more than a couple of lakhs of youth over 5 plus years, I can say with confidence that most who underwent fresh training in any skill simply did not pursue it. Why – well because they were just going through a free course without much interest in the subject and more importantly because the certificate hardly brings them any more value as compared to one who has learned the skill on the job. In fact the second is more favoured by the employer as he is thankful and loyal unlike a skilled trainee who comes to the job market – a trifle haughty and with great expectations.

The above para is more about the problem and not the solution – a person still reading this article may question. Yes true, but understanding the problem is necessary to work out a solution. And so, a solution could be to introduce vocational education as an option at the school level – post 9th for those not interested in conventional education. This way we can keep those not wanting to learn trigonometry interested in school for they are adept at using a power tool or at neatly dressing an injured knee or furiously clicking numbers in a computer. The high school journey of students opting for this path can honourably end with a certificate of skilled artisan or paramedic or a local shop accountant and give him the confidence as also the credentials to enter the job market. College education then just becomes a sweetener and not an insipid main dish. Needless to say, the class conscious society that we are, this experiment can start with Govt Schools, where the poor normally study. And who knows, we may actually having some private schools also adopting this approach in the years to come.

The above can be combined with investment in tutorial education of the academically oriented kids, who opt to slug it out in the conventional educational system, post middle school. This can ensure that atleast some of them having the potential can make it to good government colleges and hence have a fair chance in the job market.

And yes – government schools should have bus or e-rickshaw or some similar services for pick up and drop of atleast primary school children with an additional facility of a local mobiliser from the community who motivates the kids to attend school. In fact parents of children who operate an e or auto rickshaw, will in all probability, most willingly takeup this task for a modest compensation.

**What Can We Do** – Of course as attempted above, all of us can give more of such smart ideas on how things can be improved at government level – akin to asking Kohli to add an upper cut to his repertoire after attempting the loft over mid-off. However here I dwell on humbler yet significant citizen efforts which is for brevity limited to triple Eviz by way of Example, Engagement & Educational Empowerment

- 1.) Example setting is both the easiest and yet a very arduous method of mainstreaming. Easy because it does not require to do anything differently yet arduous for we need to be ever mindful of our words and actions. Actually while many of us may be ignoring the lesser off, they keep observing us. Something akin to us ever being interested in the lives and times of political leaders, film stars or eminent sports persons. And when we are observed day in day out, aping our ways unconsciously becomes a convenient way for the poor to become one of us. So the next time we are crossing the signal in red, it is probably influencing a sharp observer of a youngster firmer in his conviction that violation of law is the best way to move ahead in life. So too with the migrant young security guard who sees us argue loudly over a parking lot hurling abuses – he gets the flash of enlightenment that aggression is the only way to get what he wants.

Conversely therefore, the more mindful we are to improve our conduct especially in public or for that matter in carefully tending to our little garden, we are unconsciously imparting lessons of civility and sincerity to an underprivileged youth, which could well prove to be his first step towards becoming an ethical and hence well sought employee.

**One of the not for profits into slum children education I am associated with has been able to retain and elevate the proficiency of its lower middle class teachers (who teach in tough conditions in slums of Mirabagh, Nangloi, Kichripur etc) over the last three decades despite modest compensation, only because each member of the Governing Body has walked the talk of simplicity and sincerity espoused by its founder Chairman who is a Gandhian former bureaucrat.**

- 2.) **Engagement** of the well to do with the have nots, more often than not, is out of compulsion. Conversation with the auto wallah or street side hanky seller is about haggling for the overcharging of Rs 20/- or Rs 50/-, with the maid –it is about how she always manage to leave a prominent stain on the bottom of vessel, and with the Zomato gig worker of why he took 25 minutes while the App was showing 15 mins delivery time.

Somewhere amidst all this, we forget they too are like us with their own share of remorse about past and aspirations for the future. We are nation of aspiring youths with stomach reasonably full yet the head reasonably empty on what to do! So talking with them about their personal lives other than being uplifting for them also makes them feel acknowledged and wanted. Such engagement can also become a first step

towards getting them to listen to some meaningful advice for their own good – be it of avoiding premature marriage, or doing some worthwhile work instead of wasting time as participant of intoxicated religious processions with police immunity or becoming a rabid X troller . As espoused by Carl Rogers – the father of humanist psychology – Empathy and Unconditional Positive Regard are the corner stones of any counselling exercise. So too for getting the erring urban youth on the right track, talking with them about them and from their perspective is crucial.

**A compassionate fellow alumni of mine, has been for instance, treating children of a homeless shelter home to movies and popcorn even as he funds their tutorial education. They should hopefully turn out more confident and compassionate citizens of tomorrow!**

- 3.) Educational Empowerment is possible in different ways, but may require more proactive involvement – be it trying to tutor kids of our service providers or associating with a not for profit involved in mentoring/educating street/slum children and youth. A word of caution here though – while NGOs may have noble objectives, they too are subject to human follies. WE cannot be judging them for being entities occupying the highest pedestal of morality and not settling for anything less. At the same time there are certain parasitic NGOs flourishing in the loopholes of government scheme, which can be easily identified and avoided like the plague! Also to be assiduously avoided are entities, who see this as a process of self-glorification – for I can vouch from personal experience that social service is actually a favour we firstly bestow upon ourselves.

The third E may therefore involve a bit of churning till one settles with a mode of service suiting one's taste. But it is indeed quite gratifying thereafter. And whilst it may sound a bit surreal – unknown forces tend to pitch in for the cause.

**There is a NGO in Bawana founded by a young DCE graduate who cracked JEE though being from modest background of college canteen worker's son. The boy however decided that instead of settling in a job, he should actually try and create more success stories like his. The initial years were a struggle even as the NGO produced a few success stories in JEE and NEET. Today the enterprise stand fully adopted - out of nowhere, by a well to do philanthropic US based businessman also a DCE passout- all of 50 years his senior. Many more success stories are thus on the anvil.**

I conclude this treatise bestowing my humble gratitude to the compassionate readers, who have reached thus far. On a parting note – **Why Mainstream at all?** Because I feel it is about helping ourselves and the next generations. The coexistence of two disparate groups of the Haves and Have Nots in the same city is indeed nothing short of self-destructive. Inclusivity and a certain extent of homogeneity among the fellow citizens is a very credible panacea for the various social discords and law & order problems that we witness in our bustling metropolises today, which much to our peril, have potential to get compounded tomorrow. Given the same, I am indeed proud to be part of MID as it is treading the path of the triple E's suggested above!





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## ACTIVITIES OF OCTOBER 2024





# PERFORMANCE REPORT

During The Month Of **October 2024** Medical treatment in different disciplines was provided to **21,017** 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	Camps / Clinic/ Workshop	Total October 2024	CUMULATIVE 2024-25	CUMULATIVE AS ON 31.10.2024
EYE	1,490	811	1,391		3,692	29,275	14,01,670
GYNAE/MEDICINE	569	389	126		1,084	8,473	12,44,210
HOMEOPATHY	-	178	-		178	1,216	1,64,561
AYURVEDIC	0	99	310		409	3,413	1,77,263
ENT	-	-	-		0	0	1,43,316
PHYSIOTHERAPY	471	221	371		1,063	6,737	2,44,678
PMT	695	468	374		1,537	11,098	4,49,098
ORTHOPEDIC	0	33	0		33	199	199
OPERATION PERFORMED	52	26	28		106	684	33,157
PATH LAB & DIAGNOSTIC	578	219	116		913	8,535	99,510
DENTAL	-	30	-		30	310	327
O.C.T/ RETINA	-	0	-		0	5	1,845
OTHERS	-	-	-				1,38,164
<b>TOTAL</b>	<b>3,855</b>	<b>2,474</b>	<b>2,716</b>	<b>0</b>	<b>9,045</b>	<b>69,945</b>	<b>40,97,998</b>
PATIENTS EXAMINED AT CAMPS				10,277	10,277	62,843	16,59,244
CAMPS ORGANIZED				24	24	146	3,858
JHANKE NANHI ANKHEIN MEIN (SCHOOL CAMPS)				3	3	35	126
BENEFICIARIES IN SCHOOL CAMPS				766	766	5,311	16,596
CLINIC ORGANIZED				15	15	51	64
BENEFICIARIES IN CLINIC				696	696	2,999	3,872
JANITRI WORKSHOP ORGANIZED				8	8	13	13
BENEFICIARIES IN JANITRI WORKSHOP				233	233	391	391
<b>TOTAL</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>12,022</b>	<b>12,022</b>	<b>71,789</b>	<b>16,84,164</b>
EYES PLEDGED					1	54	34,199
EYE DONATION & CORNEA TRANSPLANT					4	10	310
सबको भोजन					300	500	49,739
SEWING TRAINING				-		45	121
NURSING ASSISTANT TRAINING				-		17	113
SWASTHA SAHELI - Menstrual Hygiene	391	576	365		1,332	9,480	23,702
- Breast Feeding	69	175	12		256	1,044	6,581
<b>TOTAL</b>	<b>460</b>	<b>751</b>	<b>377</b>	<b>0</b>	<b>1,893</b>	<b>11,150</b>	<b>1,14,765</b>



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54.	SH. MUKESH CHAND JAIN	- MEMBER	LM-092
55.	SH. JITENDRA KUMAR JAIN	- MEMBER	LM-198

**स्वावलम्बन प्रोजेक्ट - सिलाई प्रशिक्षण केन्द्र**

56.	SMT. SARASVANI VEDRA- ACQUAINTANCE OF SH K. NARAYAN	- CHAIRMAN	
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**FREE OPD**

57.	SH. VIPIN ANAND PRAKASH JAIN	- DIRECTOR	LM-258
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**DONATION**

58.	SH. VIJAY KUMAR BHARGAV		
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**CATARACT SURGERIES**

59.	SAFEXPRESS PVT LTD		
60.	SMT. HARPREET BHATIA W/OF BRIG. (DR) R S BHAITA, DIRECTOR MEDICAL, MID		LM-402

**CAPEX**

61.	PETRONET LNG LTD.		
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**सबकी भोजन**

62.	SH. VIJENDER KUMAR JAIN - ACQUAINTANCE OF SH. ASHHOK KUMAR JAIN, CHAIRMAN FINANCE		
63.	SMT. REVA KHOSLA - COUSIN OF MS. USHA KAPOOR MID		

**HEARTIEST WELCOME - NEW MEMBER**

S.No.	NAME OF MEMBERS	LM NO.	PROFILE	PHOTO
1.	SH. ARUN KUMAR JAIN IRSME	410	RETIRED RAILWAY OFFICER (FORMER PRINCIPAL CHIEF MECHANICAL ENGINEER, IRCF KAPURTHALA)	

**EYE DONATION**

We Thank the Pragmatic donors to make their eyes live on through someone else and thereby making this world a much happier place. We are also grateful for their families in this effort to spread the ray of hope and spark of light.

DONOR	ADDRESS	RELATOR	DONATED DATE	HOSPITAL NAME	REFERENCE
Late Smt. Raj Kwatra	C-63-A, Ram Prastha, Ghaziabad (U.P.)	Sh. Tarun Kwatra Mother	5th October 2024	Santosh Eye Bank Ghaziabad	
Late Krishan Lal Ahuja	29, 1st Floor Juge Enlave Ahinsa Khand-II, Indira Puram, Ghaziabad (U.P.)	Smt. Seema Ahuja Husband	15th October 2024	Shroff Hospital Eye Bank, Darya Ganj	
Late Sh. Surender Singh	1561/7, Jawahar Nagar, Patiala Chowk, Jind, Haryana -126102	Smt. Neelam Ahuja Husband	27th October 2024	I-Care Hospital Noida	



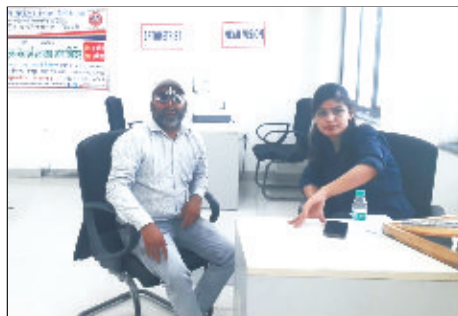
## HEALTH CHECK UP CAMPS PAN INDIA

SPONSORED BY :  CONCOR

S.No.	DATE	CONCOR TERMINAL	TOTAL OPDS	CATARACT DETECTED	ATTENDED BY
1.	4.10.2024	Agra Container corporation of india Ltd. ICD, Near Taj View Road, Moti Mahal, Jamuna Bridge Agra	604	9	Sh. Jagdish Prasad ( TM) Sh. Ajay Maan (Assistant officer)
2.	10.10.2024	ICD CONCOR, Juhi Marshalling Yard, Kanpur, (U.P)	362	-	Sh. R.N Hensranm on behalf of TM of CONCOR Kanpur
3.	18.10.2024	ICD, CONCOR, Sanath Nagar, New Railway Goods Shed Road, Moosapet, Hyderabad- 500018	575	4	Smt.Nandita Assistant Officer, Vira Rajkumari Srisimal Chairperson, Vira Trishna Rakesh Bamboli Secretary,Vira Aarti Sanjay Gadia, Joint secretary, Vira Monica lukkar, Director,Vira Ms.Babita Srisimal & Mr.
4.	18.10.2024	CONCOR, Central Railway Goods Shed, Commercial Office, Ist Floor, Near CWC, Sec.-20, Turbhe, Navi Mumbai- 400705	342	3	Sh. Harshvadhan Gautam Terminal Manager, Sh. Sanjay Swan, CONCOR, Dr. Anil Chhajed Medical Director
5.	19.10.2024	ICD Malanpur, Gwalior, Northern Region Container of India Ltd. Inland Container Depot Malanpur.	428	0	Sh. Harish Gautam, Terminal Manager, CONCOR Malanpur Gwalior, Sh. Parasmal Parakh, Trustee, Sh. Sudarshan Jain, Chairman, Sh. Alok Sharma, treasurer, Sh. Arun Chaudria, Member MI Gwalior
6.	19.10.2024	Dronagiri Rail Terminal, Sector-2, Near Paghote Village, Dronagiri Node, Navi Mumbai- 400707	574	7	Sh. Rajendra Salunke Manager, Mr Prakash Bhagat & Dr Anil Chhajed Medical Director
7.	19.10.2024	Container Corporation of India Ltd. Mandideep Container Terminal 34 Sector-New 1A, Mandideep Tehsil Gauriganj Distt. Raissen (M.P)-462046	279	0	Sh. Bikash kumar Assistant Officer ( C&O) Shri Rakesh Kumar Singh Officer along with Staffs
8.	23.10.2024	ICD CONCOR, Kanakpura, Jaipur 302034 (Rajsthan)	539	7	Sh. Paresh Agarwal, Chief General Manager, Concor, Jaipur, Ms.Nishtha Sharma, Deputy Commissioner Custom Sri Ram Bhagat, Terminal Manager, Sh. Sanjay Kumar Kumawat Assistant Officer, Mr. Hemant Jain, Assistant officer.CONCOR & Usha Kapoor chief executive, MI Apex Jaipur, Vir Jinendra Kumar Jain-Chairman, Vir Rajesh Badjatya Secretary, Vir Dhanu Kumar Jain Treasurer, Vira Sushila Badjatya, Vira Sumitra jain, Vira Vijay Laxmi Jain, Vira Seema Badjatya, Vir Mohan Lal Gangwal, Vira Manju Jain, Vir Rajeev Sangh, Vira Pratibha Sanghi, all members MI Greater Jaipur were available for conduct of camp which was also attended by Sh. K. Narayan, Chairman MID.
9.	25.10.2024	SIDCUL CONCOR Infra Company Ltd. Plot No. 4&5, Sector-14, IIE, Pantnagar, Rudrapur, Uttarakhand-2631533	156	0	Shri Atul Kumar Singh( Terminal manager)Shri Gulrej Akhtar(Administration) Shri Ashish Mishra (CS)
10.	26.10.2024	MMLP Logistics Park, NH-3, Near Rau, Village Tihi, Tehsil MHO, District Indore, Madhya Pradesh-453331.	450	5	Sh. Amol Yamyar CM CONCOR, Sh. Ajay Saxsena, Asst. Manager (C&O), Sh. Ritesh Malviya, DM (C&O) Vir Arun Jain, Secretary MI Delhi, VIR Rakesh Nahar, Chairman, VIR R K Maru, Vice President, Vira Sheetal Bhandari, Secretary, Vira Anita Tongia, Director & Vir Pradeep Tongia, Deputy Director & Vir Pratap Sisodia, Member MI Indore Center.
11.	26.10.2024	Container Corporation of India Ltd. Near Railway Station Dhappar NH-22, Ambala Chandigarh NH-22, Highway Near Rail Head Dhappar, Tehsil Derabassi, Distt. Patiala, Punjab 140506	344	-	
TOTAL			4,653	35	

## SCHOOL CAMPS UNDER 'झांके नहीं आंखों में' DELHI-NCR

S.No.	DATE	CONCOR TERMINAL	TOTAL OPDS	CATARACT DETECTED	ATTENDED BY
1	8.10.2024	Nagar Nigam Primary School, Kadam Sharif-I, Pahar Ganj, New Delhi-110055	22	0	School Representative: Smt. Sunita Chaudhary (Incharge)
2	8.10.2024	Nagar Nigam Primary School, Kadam Sharif-I, Pahar Ganj, New Delhi-110055	103	0	School Representative : Sh. Suresh (Incharge)
TOTAL			125	0	





## SPONSORED BY : PETRONET

S.No.	DATE	PLACE OF CAMP	TOTAL OPDS	CATARACT DETECTED	ATTENDED BY
1.	6.10.2024	A-Block, Near Post office Camp No.- 4, Jwalapuri, Udyog Nagar, Delhi	673	9	Sh. Raghuvinder Shokeen (MLA ) Sh. Santosh Pappu Chhilwal (Municipal Counselor) Sh. Suresh (Facilitator) Sh. Rakeshh (Social Worker)
2.	6.10.2024	Jaitpur Police Station South-East Delhi, New Delhi 110044	354	2	Sh. Sunil Kumar SHO, Jaitpur Police station
3	6.10.2024	Khanpur New Delhi-110080	523	5	Sh.Sunil Vasist, Social worker
4	13.10.2024	Bawri Samaj Gujarati Mandi, B-3, Raghuvir Nagar, New Delhi	551	6	-----
5	13.10.2024	A1, Block, Maharaja Agarsen Vradha Manoranjan Kender, Kashav Puram, Kashav Puram, Delhi	476	11	Sh. Nelesh Garg alongwith Sh. Sourav Goyal, Social worker of Yuwa Aggarwal Samaj Tri Nagar
6	13.10.2024	Prachin Shiv Mandir, Kapashera New Delhi-110097	572	13	-----
7	14.10.2024	Bagichi, Raghunath Mandir, Basti Julhan, Sadar Bazar, Delhi	443	2	Sh. Ram Babu, Social worker
TOTAL			3,592	48	

## SPONSORED BY : RAJDHANI FLOUR MILLS

S.No.	DATE	PLACE OF CAMP	TOTAL OPDS	CATARACT DETECTED	ATTENDED BY
1	5.10.2024	B-30 Industrial Area, Lawrence Road, New Delhi-110035	490	3	ACP Sh. Satender Kumar Singh - SHO, Keshav Puram, Police Station , Sh. Satender Jain - Patran, MID, Sh. Chetan Jain - MD, Rajdhani Flour Mill, Sh. Rajnish Jain - Manager, Rajdhani Flour Mill
2	9.10.2024	2248-2250, Phase-2, Industrial Area, Rai, Sonipat-131029 (Haryana)	443	2	Sh. Ashhok Kumar Jain - Chairman Finance of MID, Sh. Jitinder Kumar - Sr Manager (Finance, CSR & HR), Sh Amib Khan - Director of Rajdhani Flour Mills Ltd.
TOTAL			993	5	

SPONSORED BY : ARIHANT SAGAR JAIN (LM-322)  
SCHOOL CAMPS UNDER 'झांके नहीं आंखों में' DELHI-NCR

S.No.	DATE	PLACE OF CAMP	TOTAL OPDS	CATARACT DETECTED	ATTENDED BY
1	1.10.2024	GODHULI Sainik Colony, Nangloi Delhi -110041	338	-	Smt. Santosh Bansal (Godhuli Member)

## SPONSORED BY : KAN-KAN MERCHANDISING C/O SH. ANIL JAIN

S.No.	DATE	PLACE OF CAMP	TOTAL OPDS	CATARACT DETECTED	ATTENDED BY
1	21.10.2024	Smt. Chandrawali Siddhomal Hospital & Parsuti Kendra, Shree Mahaveer Ji, Rajasthan	408	27	Sh. Sudhanshu Kasliwal, Sh. Shanti Kumar Jain - Petron & Vice President President, Digambar Jain Atishay Kshetra Shree Mahaveer Ji, Sh. Mukesh, Sr. Pandit, Sh. Ashhok Kumar Jain-Chairman Finance, Sh. Vikas Jain, OSD / Manager Administration , Digambar Jain Atishay Kshetra Shree Mahavir Ji & Mr. Gajendra Sharma, hospital incharge.



## COHESIVE INTERFACE



Felicitation of Sh. Anuj Jain, Director (Finance) of Indian Oil Corporation Limited by Sh. Ashok Kumar Jain, Chairman (Finance).

## MID ANJUMAN CLINICS SPONSORED BY : SSS FOUNDATION

During the month of **October 2024**, **15** Anjuman Clinics were organized at following locations:-

1. Gyankunj Foundation J.J Colony Bawana,
2. Shakti Foundation Gazipur,
3. Swabhlamban Nipun Evening Health Clinic Kapashera.
4. Kumar Mohalla Badarpur.

**Total 696 people were benefited.**



## ‘मोतियाबिन्द मुक्ति अभियान’ CATARACT SURGERIES

Free CATARACT SURGERIES  
UNDER OUR VISION "Cataract Free Delhi"

S.No.	SPONSOR	Total
1	CONCOR	42
2	TECHNOFOCUS SOLUTION PVT. LTD	19
3	SAFEXPRESS	6
4	SSS FOUNDATION	11
TOTAL		78



## FREE OPD's

During the month of October 2024, 5 free OPDs were conducted at following hospitals Total 401 patents were benfited .

### SPONSORED BY: CMR WELFARE FOUNDATION

RAJDHANI CHARITABLE EYE & MEDICAL CENTER, NABI KARIM, DELHI-110055

S.No.	Date of OPD	Eye Check up	General Checkup	Total OPD
1.	4.10.2024	91	43	134
2.	9.10.2024	80	47	127
3.	16.10.2024	80	48	128
Total		251	138	389

### SPONSORED BY: CMR WELFARE FOUNDATION

LALA AMAN SINGH JAIN CHARITABLE EYE RESEARCH & MEDICAL CENTRE, HAUZ RANI, DELHI-110017

S.No.	Date of OPD	Eye Check up	General Checkup	Ayurvedic	Total OPD
1.	4.10.2024	72	31	19	122
2.	9.10.2024	78	32	22	132
Total		150	63	41	254

### SPONSORED BY : CMR WELFARE FOUNDATION



## सबको भोजन

During the month of **October 2024**, Vira Vision, a wing of MID arranged lunch under the Project “**SABKO BHOJAN**”, at the following locations.

1. **Sponsored by Sh. Arihant Sagar Jain, Director MID** to Alzheimer patients of Guru Vishram Vrid Ashram, Okhla New Delhi on 1.10.2024



2. **Sponsored by Smt. Reva Khosla, Singapore**, to Alzheimer patients of Guru Vishram Vrid Ashram, Gautampuri, New Delhi on 2.10.2024, in the memory of her in-laws Late Sh. Laxmi Chand & Late Smt Gayatri Khosla.



3. **Sponsored by Smt. Reva Khosla, Singapore**, to Alzheimer patients of Guru Vishram Vrid Ashram, Okhla New Delhi on 2.10.2024 in the memory of her parents Late Sh. Sohan Lal & Late Smt. Swarn Kanta Ghai.



4. **Sponsored by Dr. Nirmal Jain & Sh. Vijendra Jain & Family** on the 2nd Punyatithi of their mother Late Smt Santosh Jain on Sunday 6/10/24 at Police Station Jaitpur South East Delhi.



5. **Sponsored by Alankar Foundation** for 210 People at Smt. Chandwali Siddomal Hospital & Parsuti Kendra Shree Mahaveer Ji Rajasthan on 20.10.2024.





6. Sponsored by Smt. Sandhaya Jain & Sh. Pawan Jain Patron MID to Alzheimer patients of Guru Vishram Vrid Ashram, Gautampuri New Delhi and at Jaipur on Birth Anniversary of their mother late Smt. Naryani Devi “Amma Ji” on 26.10.2024.

## जनित्रि WORKSHOP

Sponsored By CONCOR

In the month of September 2024 five Janitri workshop conducted at following Locations:-

S. No.	DATE OF WORKSHOP	VENUE OF WORKSHOP	PREGNANT LADY	LACTATING MOTHER	TOTAL REGISTRATION
1.	1.10.2024	Lala Aman Singh Jain Charitable Eye and Medical Centre	2	28	30
2.	8.10.2024	Lala Aman Singh Jain Charitable Eye and Medical Centre	17	13	30
3.	10.10.2024	Kishwana Eye and Medical Centre	18	8	26
4.	15.10.2024	Lala Aman Singh Jain Charitable Eye and Medical Centre	18	12	30
5.	17.10.2024	Hauz Rani Chaupal	12	20	32
6.	19.10.2024	H. No. -1/10709 Subhash Park, Shahdara New Delhi-110032	17	13	30
7.	22.10.2024	Hauz Rani Chaupal	12	13	25
8.	29.10.2024	Lala Aman Singh Jain Charitable Eye and Medical Centre	10	20	30
<b>TOTAL</b>			<b>106</b>	<b>127</b>	<b>233</b>



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Gateways

\*Data as on 1<sup>st</sup> November 2024

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