

Love All Serve All



Live And Let Live

MAHAVIR INTERNATIONAL DELHI

A Non-Religious Social Service Organisation estd. in 1979

Celebrating

EYE CARE DAY 2023

as

Hope for Light

25th November 2023

EVENT PARTNER



Our real heroes- Eye Donors

"Donate Eyes-See the world twice"

JanSewa
जनसेवा 2023

www.mahavirinternational.com





AROMATICS (INDIA) PVT. LTD.

Commitment towards quality is sole reason of our existence

Aromatics India Pvt. Ltd. is the manufacturer of Linear Alkyl Benzene Sulphonic Acid (90%) LABSA from last four decades.

Aromatics India is recognized as the most preferred manufacturer and supplier of LABSA.



CORPORATE OFFICE

AROMATICS (INDIA) PVT. LTD.

F-25, DSIDC Industrial Complex, Udyog Nagar, Nangloi, Delhi-110041

UDAIPUR PLANT

RIICO Industrial Area, Gudli Mavli,
Udaipur, Rajasthan

PUDUCHERRY PLANT

Om Shakti Industrial Estate,
Sedrapet, Puducherry

GANDHIDHAM PLANT

GIDC Industrial Estate, Mithirohar,
Phase-2, Gandhidham, Kachchh, Gujarat



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 ॥



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 ApexVir K. Narayan,
IRSME
Chairman,
Mahavir International Delhi

Jai Mahavir.

I am happy to learn that Mahavir International, Delhi as per the tradition is celebrating its annual feature **"Eye Care Day"** as **"Hope for Light"** on 25th November'23 and is bringing out a Souvenir 'Jan Sewa 23' to mark the event. I feel honored and am extremely proud to be associated with this incredible centre.

Delhi Centre has established its credentials as an organization working in social sector with compassion, empathy and is front runner in providing quality health Care to the marginalized section of the society pan India in a multi- functional way. MID incessantly strives to create lasting solutions to Eye care issues, poverty and social injustice. Over the years MID has added many new services making Health Care services more comprehensive and imparting training in Skill Development, making it one stop shop.

I congratulate the Chairman, all the Members and associates in contributing selflessly to the cause of humanity without any expectation of reward. MID has emerged as a bench mark in providing inspiration to other centres of MI country wide.

May this Eye Care Day work as a catalyst guaranteed to induce new energy and rejuvenate the organization to take up more new challenges..

Email : president@mahavir.internationalEmail : treasurer@mahavir.internationalEmail : sg@mahavir.internationalEmail : office@mahavir.internationalWebsite : 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 Ashok Goyal**International Secretary General
MI Apex**Hope for Light**

At the outset, I congratulate you and express my Best wishes on the celebration of "**Eye Care Day-2023**" on the 25th November 2023. Your Eye care project through 03 Hospitals and a dedicated and fully equipped team is really a hope for light for the 15^l Lac sight disadvantaged persons in the National capital region. It is also a source of inspiration for other MI centers engaged in eye care projects.

The number of eye donors in our country is not very encouraging as compared to many other countries as well as the demand of this service. Such felicitation of 'Eye Donors' will surely spread a positive message in society.

We need to encourage and make general masses aware against all negative myths related to eye donation in the society. We at Mahavir International are always committed to reduce the pain and darkness in the lives of people with our theme – "सबको प्यार - सबकी सेवा"

On this occasion, I express my heartfelt gratitude towards all the eye donor families, our corporate partners in this pursuit and the team executing the project.

With profound regards,

(Vir Ashok Goyal)

Email : president@mahavir.international

Email : treasurer@mahavir.international

Email : sg@mahavir.international

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International Treasurer 2023-2025

Vir CA Sudhir Jain

Mob.: +91 98101 63640

**Vir Sudhir Jain**International Treasurer
MI Apex**MESSAGE**

It is a matter of immense pleasure to know that Mahavir International Delhi is celebrating Eye Care Day as 'Hope for Light' on 25th November 2023 and also bringing out a souvenir on the occasion. Mahavir International Delhi is in the forefront in providing selfless health care services to the marginalized. Your dedicated and concerted efforts in ameliorating the hardship of the downtrodden section of the society in the field of EYE CARE will go a long way in achieving your mission of "CATARACT FREE DELHI". During last 45 years of its journey in SERVICE to the HUMANITY, it has expanded its activities multifold not only in Health Care but in Skill Development, Child & Women Care. Services rendered by MID are exemplary and praiseworthy.

I feel honored and privileged to be a part of this prestigious organization. All the esteemed Members, Doctors, Paramedical & other staff and Organizations associated with the noble cause, deserve felicitations and accolades. I hope that Mahavir International Delhi will work more aggressively and dedicate itself for social service to the needy sections of the society and will generously follow the principles of "Love all-Serve all" and "Live & let live."

I wish all the success to Mahavir International Delhi in its future endeavor to serve the humanity and wish for a grand success of the event.

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**Vir V.S. Jain**

Patron, Mahavir International, Delhi
Former Chairman-SAIL

MESSAGE

My congratulations on the incredible work that Mahavir International, Delhi has been doing in the field of eye care. Its dedication to the cause of achieving a cataract-free Delhi and focus on providing special attention to the eyesight problems of children are truly commendable.

It is inspiring to learn that Mahavir international has served over 54 lakh patients and successfully performed over 31000 cataract surgeries since inception. The organisation's commitment to improving the vision and quality of life for so many individuals is a testament to the positive impact on society.

As Eye Care Day is being celebrated on 25th November 2023, I want to express my support and appreciation for the significant strides it has made in the field of eye health. Such initiatives play a crucial role in raising awareness about the importance of eye care and preventive blindness.

I am confident that Mahavir international, Delhi will continue to be a beacon of hope for those in need. My gratitude for its tireless efforts. I wish a grand success in such endeavours.





Vir Shanti Kumar Jain, IPS (R.)

PATRON

Former Member, Public Grievances Commission, Delhi Govt.

MESSAGE

It is a matter of great joy that Mahavir International Delhi like every year is celebrating Eye Care Day-2023 as 'Hope for Light' on 25th November'23 and will release a souvenir Jan Sewa 23 on this occasion.

Mahavir International Delhi Center is benefiting lakhs of beneficiaries by running 3 charitable Health centres and organizing free multidisciplinary health camps pan India. Very commendable service work is being done especially in the prevention of blindness with the mission 'Cataract Free Delhi' I feel proud to share my association with this organization for the last 34 Years.

This is the result of the selfless services being rendered by the members of Delhi Center under the able leadership of its Chairman Sh. K. Narayan with team spirit. Apart from this, from time to time, the center is implementing new Projects like imparting training in Skill development, awareness in menstrual hygiene, distribution of baby kits and educational material etc.

For taking up such an excellent social work and its successful implementation, the members of Mahavir International Delhi, all the associates and staff deserve congratulations and gratitude.

It is hoped that in the future also, with new energy and enthusiasm, MID will continue to move forward in the service of humanity, achieving high dimensions of service.

With best wishes





16TH NOVEMBER 2023

MESSAGE

I would like to congratulate and extend my heartfelt appreciation to Mahavir International for the "Jansewa 2023" initiative on Eye Care Day 2023.

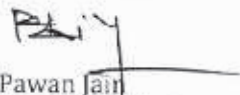
Your contribution to society is invaluable, positively impacting countless lives and fostering a sense of hope within the community.

This souvenir will serve as a symbol of gratitude and motivation for all contributing members. This collective effort highlights the potential for positive change when individuals come together.

I sincerely hope that Mahavir International will continue to make lasting contributions to society through its generous services. Your work is a beacon of hope, and I have confidence that it will continue to inspire others to join this noble mission.

My best wishes are always with Mahavir International for all their future endeavours. May you continue to bring hope, health, and happiness to those who need it most.

Warm regards,



Pawan Jain
Founder & Chairman
Safexpress Private Limited



www.safexpress.com

Safexpress Pvt. Ltd., 26, Sector 18, Udyog Vihar, Gurugram 122015

Chairman's Message



Jai Mahavir,

Hearty wishes to all members and well wishers in this festive season, which we couple up the celebrations with our Eye Care Day fundraiser.

The 2023-25 tenure of MID has started off on an auspicious note with CPSEs and other donors alike having a charitable disposition for our charity.

Especially speaking of Eye Care we are having sponsorship for cataract surgeries as also eye camps. Members are accordingly requested to help identify how we can reach out to the less privileged communities and offer our service with love.

We also look for your continued support to help kith and kin of the departed come forward to donate their eyes and hence spread hope and light for many of our fellow brethren in darkness.

All the same MID continues to face the challenge of running its health centres which are still quite some time away from self sufficiency. We also need to build on our reserves and bring the same to atleast one year expenses. On date they can barely see us through a quarter!

Hence the perennial request is reiterated to members for contributing directly or for facilitating contributions to MID from their near and dear ones.

I also additionally appeal to all members to participate in our initiatives which other than motivating our team on ground zero, will also help generate valuable feedback on how to improve our services.

I conclude by expressing the heartfelt gratitude of MID to our members & donors as also our core working team for holding aloft the flag of service with love.

K. Narayan

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



Sh. Ranjan K. Jain
Former Advisor
Railway Board



Sh. Pawan Jain
Chairman
Safexpress P. Ltd.



Sh. Satender Kumar Jain
Chairman
Rajdhani Besan Group



Sh. Dharam Chand Jain, IPS
Special Director (R) CBI



Sh. K. Narayan
Chairman
(Former MD, NBCFDC)



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



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



Smt. Anu Jain
Vice Chairperson



Sh. Arun Jain
Secretary
(Practicing Chartered Accountant)
(Partner - S.K. Badjatya & Co.)



Smt. Abha Jain
Treasurer
(Director - Tacoma Global Pvt. Ltd.)

At the Helm of Affairs



Sh. J.K. Jain
Joint Secretary
Development Officer-LIC of India



Sh. Vinay Jain
Joint Treasurer
(Retd., banker- State Bank of India)



Dr. (Brig.) Retd. R.S. Bhatia
Director Medical
(Doctor)



Sh. Bhanu Pratap Yadav
Director Project
(Retd. Govt. Officer)



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

DIRECTOR



Smt. Anjana Jain
(LM-04)



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



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

At the Helm of Affairs

DIRECTOR



Sh. Amresh Jain
Retd. Commissioner - I & C



Sh. Chetan Jain
Managing Director
Rajdhani Besan Group



Sh. Ajay Chowdhary, IPS
Addl. DG Mizoram



Sh. Sanjay Kr. Jain, IPS
Jt. CP Delhi Police



Sh. L.N. Rao
Former DCP Delhi Police
& Lawyer



Sh. Shekhar Bhandari
Managing Director Super
Roofers Pvt. Ltd.



Sh. Ashok Kumar Jain
Retd. Govt. Officer



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. Ameeta Sharma
Retd., Banker Bank of India



Ms. Shreya Jain
Founder- Director,
Lemon Chill Media Solutions



Smt. Rekha Doogar
Director of D & A Financial Services Pvt. Ltd.
Trustee of Manav Kalyan Foundation



Ms. Seema Jain
Educator



Sh. Rajat Jain
Director
Padup Ventures



Sh. Sukesh Jain
Consultant
Eureka Consulting



Sh. G. S. Singhvi
Chairman
Hindustan Fibres Ltd.

SECRETARY REPORT



Jai Mahavir

After the two struggling year 2020-2022 of COVID-19, we have come to normalcy and all our activities have now started to serve the society at the best.

It gives me immense pleasure and satisfaction, to be able to bring smile on the gloomy faces of the large populace of disadvantaged section of the society in the year 2022-23. The year ended on 31st March 2023 was eventful as always with addition of some new activities.

I now present Performance of Delhi centre during the year 2022-2023 :

For the year ended
31.3.2023

Total OPD consultations/tests	: 2,82,248
Patients examined in centres	: 1,22,067
Patients examined in camps	: 1,58,787
Camps organized	: 354
Cataract Surgeries performed	: 1,394
Eye Donations	: 13

With these figures, it is evident that MID has been able to pursue its main object primary health care services to the downtrodden section of the society, more aggressively and effectively through its project- **Doctor at Door step** by organizing 354 Eye and Health Checkup Camps and achieved our target of **"ONE CAMP A DAY"**. Out of total 354 camps, 150 camps were organized in Delhi NCR and 204 camps were organized pan India with the help of other centers of Mahavir international. With the unstinted, unconditional, continuous, dedicated and active support of local centers of MI, we have been able to do this herculin task with ease and maintaining high level of quality, keeping the faith and confidence shown by our sponsors, intact. I express my heartfelt thanks and gratitude to the entire team of local centers from the bottom of my heart. I sincerely thank our sponsor CONCOR, NSCFDC, RITES, EIL, GAIL, IOCL, TFCI, SAFEXPRESS, RAJDHANI GROUP, Vibes healthcare Ltd., Vandana Jain and Raj Jain from USA, Private Corporates and Individuals for their continued patronage and unconditional support.

In furtherance of primary eye and health care services, Other than our regular activity of providing healthcare services, a **Retina Unit** was inaugurated at Lala Aman Singh Jain charitable Eye and Medical Centre, Hauz Rani on the auspicious occasion of Mahavir Jayanti in April 2022.

Under the new initiative Mahavir International Delhi in its effort to empower the unemployed youth from the distressed & under privileged by commencing training programs as NURSING ASSISTANTS. I am happy to share that in the first year itself, 24 students have successfully completed their course. One project on sewing Training under initiative **SWAYLAMBAN** project for **WOMEN EMPOWERMENT INITIATIVE** of MI Apex under the wings of Vira vision was also started at Rajdhani Charitable Eye and Medical Centre Nabi Karim.

MID had taken-up the project **SWASTHYA SAHELI** for women where a trained General Duty Assistant is providing counselling on mensuration and women health at the hospitals.

During the year ended on 31st march 2023 the Medical Equipment worth Rs. 1.06 cr. were added to the infrastructure of MID under CSR initiative of PETRONET LNG LTD., a Navratna PSU. We are thankful to PETRONET LNG LTD for this magnanimous support. Rajdhani Besan Group also sponsored one Phaco machine for Rajdhani Hospital.

MID celebrated its Foundation Day-2022 at the of SAFEXPRESS Pvt. Ltd. Gurugram on 3th July 2022.

MID also celebrated Eye Care Day "Hope for Light" on 19th Nov 2022, with a new Initiative of honoring of Doctors and para medical service provider as Mahavir Chikitsa Sewa Samman. 6 doctors and 2 of para medical persons were honored in the program.

The International convention of MI Apex was organized on 17-18 February, 2023 in Surat and I am extremely happy to share that Delhi centre was bestowed with 11 awards in following fields:

1.	1st Position	:-	Vir K Narayan – Best Centre Chairman (Metro)
2.	2nd Position	:-	Vir Arun Jain – Best Centre Secretary (Metro)
3.	1st Prize	:-	Garima Project (Metro)
4.	1st Prize	:-	Eye Care and specs distribution (Metro)
5.	1st Prize	:-	Medical and Health services (Metro)
6.	1st Prize	:-	Eye Donation after death (Metro)
7.	2nd Prize	:-	Eye operations (Metro)
8.	2nd Prize	:-	Medical camps (Metro)
9.	2nd Prize	:-	Permanent project (Eye and Health)
10.	3rd Prize	:-	Food Bank / Bhojanashala / Food Distribution (Metro)
11.	Vir Ashhok Kumar Jain	:-	Excellent services as International Director - CSR & External Resource Mobilization.

SECRETARY REPORT

This was the year when the elections of the centre and Apex were held and I feel pleasure to share that this year Vir Shri Anil Jain member of Delhi Centre has been elected as the International President of Mahavir International Apex and Shri Sudhir Jain our member as International Treasurer and Shri Ashhok Kumar Jain Chairman Finance of Delhi centre as International Director CSR in the Apex. For the term 2023-25. I congratulate all.

I also congratulate present chairman Shri K. Narayan for his re-election as Chairman of Delhi centre.

I express my thanks and gratitude from the bottom of my heart to the Chairman Shri K Narayan, Patrons, Board members, my colleagues and others for their continuous guidance and support in fulfilling my responsibilities as secretary. I also thank Shri K. Narayan ji for keeping faith in me by re-nominating as Secretary of Centre.

In the end I express my gratitude to all donors, sponsors, philanthropists and supporters for their continued support and faith in us to achieve the cherished mission of service to the society in mitigating their hardships.

I will be failing in my duty if I do not mention the support given to me by the team of our Doctors, medical & para-medical staff, administrative staff and associated agencies and suppliers who have been working tirelessly in achieving our mission "LOVE ALL- SERVE ALL" and "CATARACT FREE DELHI" and hope that their support will continue to be forthcoming in the years to come.

Arun Jain



Mahavir International

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 its inception.

OUR VISION

Work selflessly and tirelessly towards laying the 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 care facilities by organizing one mobile health check-up Camp a day in rural, remote and slum areas by empowering people, especially women by creating knowledge and awareness about the need for better health and hygiene through sustained publicity and prevention of diseases. Manage and operate more free or affordable medical and diagnostic centers and set up our 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 works towards the elimination of blindness by motivating people for "Eye Pledge" and for "Eye donation" of relatives of people after their death. We have 3 charitable hospitals in Delhi. Our focus is on quality health services for the underprivileged in the city – including daily wagers, street vendors, migrant laborers and treating their families with care, concern and compassion. OPD services are provided at nominal registration fee, along with free medicines and diagnostic tests at highly subsidized rates.

1. RAJDHANI CHARITABLE EYE & MEDICAL CENTRE

(Space Donated By Rajdhani Flour Mills Ltd.)

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

(Space Donated by Heritage Group of School)

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 Eyes, General Medicine, Women's health consultation / counseling, Homeopathy, Ayurveda, Physiotherapy and ultra modern and well equipped diagnostic laboratories. We also have State of the Art Operation Theaters for cataract correction surgeries. At Hauz Rani hospital, a Retina treatment facility is also available.

At the same time there is a constant need to upgrade/ replace our equipment to cater better to the needy, so that they are not deprived of quality health care.

OUR OTHER SIGNIFICANT PROJECTS

1. DOCTOR AT DOOR STEP

Under our flagship project 'DOCTOR AT DOORSTEP,' we have organized more than 3578 free check-up camps resulting in more than 54 lacs consultations. Here, health checkup 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 sponsors. The services offered in these checks include consultation by general physicians, female doctors, eye specialists, optometrists, ECG, blood tests as well as distribution of medicines and spectacles. Those detected with cataract are thereafter provided with free / subsidized correction surgeries at centers 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 Banks have come forward to give us grants for conducting the same. They include **CONCOR, RITES, GAIL, IOCL, EIL, ONGC, ALICMO, CWC, SAIL, NBCFDC, NMDFC, NSKFDC, TFCI, FLUOR DANIEL INDIA PVT LTD, RAJDHANI BESAN GROUP, SAFEXPRESS, VIBES.**



2. 'झांके नन्ही आँखों में'

Mahavir International recognises the need for early vision correction in the underprivileged children. Otherwise, apart from suffering from health issues, their education also suffers. In earlier years, MID Participated in the Chacha Nehru Sehat Yojana of Delhi Government. Under this scheme, we carried out comprehensive health check up and health counseling to students of 12 schools covering nearly 5812 students.

Recently, 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 NGOs to carry out prompt vision correction by provision of spectacles in a timely manner. During the FY 2022-23, 29 such camps were organized, resulting in check up of more than 3000 students and distribution of nearly 650 spectacles.



3. SWABHLAMBAN

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 of 52 women have been trained till date. Further to encourage their entrepreneurial instincts, they have participated in fashion shows as well as in exhibition and sale of their products.



b. General Duty Assistants

Another such initiative has been the training of underprivileged women as “General Duty Assistants”. The first course was started on 25th April, 2022 and till date 71 women have been trained and certified by Apollo Mediskills. Almost all the trained beneficiaries have also been provided internship opportunities, with some carrying on in jobs..



c. Swasthya Saheli

MID had taken-up the project SWASTHYA SAHELI for women where trained GDA's are providing counseling on menstruation and women health issues such as menstruation and breastfeeding at our centers. Since its start in March 2023, nearly **10000 women** have been benefited with these services. We are also generating ABHA Cards for patients who visit our centers, which will entitle them to avail benefits under PM Jan Arogya Yojna (PM-JAY). Till date nearly **400 ABHA** cards have been generated.



4. 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 :-

Motivated families of 299 persons to donate the eyes of their near and dear ones who have passed away, making 588 persons to see this beautiful world.

OUR TEAM

MID has a membership of about 403 persons comprising of senior bureaucrats belonging to IAS, IPS, IRS & other allied services, Chartered Accountants, Professionals, Industrialists, Businessmen, Social Workers and Philanthropists.

Shri K. Narayan (IRSME) - former Managing Director of National Backward Classes Finance and Development Corporation(NBCFDC), a CPSE under Ministry of Social Justice and Empowerment, is its Chairman. A detailed list of persons at the helm of affairs of MID (2023-25) is enclosed as **Annex-I**. 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 excellent work during the COVID-19 pandemic and supported **more than 2.95 lakh people** by providing food packets, ration bags, face masks, PPE kits, sanitizers, medicines etc. with a total spending of **more than Rs. 1 Crores**. We have also arranged more than **250 Oxygen Concentrators** at a Total cost of **Rs.3 Cr** and more than 17000 vaccines have been administered to Migrant Workers, Daily wagers and Rickshaw Pullers, Construction Laborers and Homeless people at a total cost of **Rs. 1.35 Cr** were provided for by MID members, corporate houses, PSU's, and other generous donors.



b. The organization has also been in the forefront in extending support in natural calamities. We arranged essential materials to victims of the earthquake in **Chamoli, Garhwal in Uttar Pradesh in April, 1999** and also- **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 earthquakes (2001), Shelter homes for the victims of Nepal earthquake (2015) and provided Medicines, Clothes, Utensils and food packets to Flood victims of Kerala (2018).

c. Mahavir International, Delhi constructed 5 Rooms with 2 toilets, 5 blocks of Inter College at Naini in Rudraprayag Dist. (Uttarakhand) at a cost of Rs.35 lakhs.

HUMAN RESOURCES

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

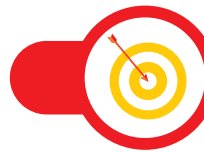
Contact Details:-

MAHAVIR INTERNATIONAL

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

E-mail : accounts@mahavirinternational.com | Website: www.mahavirinternational.com

    @midhopeforlight



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'
- To spread awareness on women related problems, breast feeding and menstrual hygiene under Swasth Saheli
- To impart training to underprivileged for self reliant under Skill Development project.



STRENGTHS

- 403 members comprising Senior Bureaucrats, IAS, IPS, IRS, Allied Services, Professionals, Industrialists, Businessmen, Social workers and Philanthropists.
- Committed team of about 110 Doctors and Para-medical staff.
- State of the Art Infrastructure in all Eye & Health Care Centres.



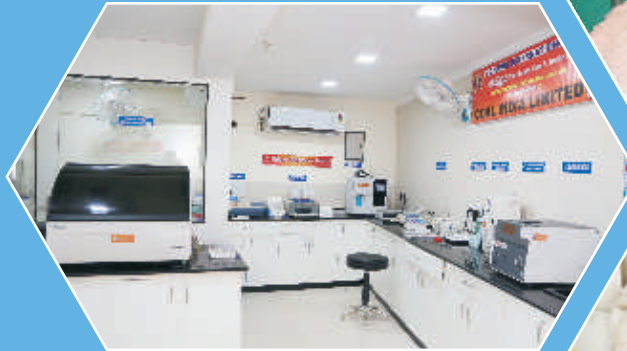
ACCREDITATION

- 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, IOC, EIL.

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, New Delhi-110 044



OUR HOSPITALS - NO. 3

Lala Aman Singh Jain Charitable Eye Research & Medical Centre

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



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OUR ACHIEVEMENTS

as on 31th October 2023

Camps	3,578
OPD Consultations in camps	15,18,106
Cataract Surgeries	31,250
Eye Donations	299
Eye Pledges	34,140



MOTIYABIND Mukti Abhiyan

मोतियाबिन्द मुक्ति अभियान



VIRA VISION ACTIVITIES

"Vira Vision" as the name suggests, comprises of a group of women members of MID working with compassion for all underprivileged in general and for women in particular. We adopt and implement some of the national projects initiated by MI Apex besides running our own local projects. Some of our notable activities are enlisted below...

1. MOTHER & CHILD CARE under which we undertake distribution of baby kits for new born and sanitary napkins for mothers at government hospitals besides counseling the latter on cleanliness/hygiene.

2. SWABHLAMBHAN project, to vocationally empower women. This programme includes Sewing Classess being conducted in coordination with Singer .These training programmes are being conducted at our centres and till date 49 women especially youth have benifitted from these initiatives.

3. SWASTHYA SAHELI is another novel project to counsel women who visit our three centres on menstrual hygiene and breast feeding. Further, the counselling is done by women trained as General Duty Assistants as part of our Swavalamban project. Since its inception in March 2023, around 7290 for Menstrual Hygiene & 3608 for Breast feeding women have benefitted from this initiative till October 2023.

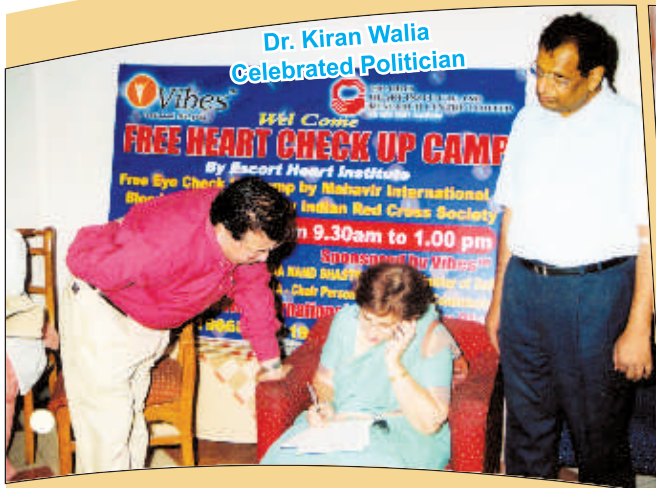
4. OTHER WELFARE ACTS which are carried out round the year such as Khushiyaon ka Bazaar involving sale of cloths and other consumables against a token price, support to institutions caring for Alzheimer patients, financial aid for patients with limited means etc.

5. PROJECT JANETRI is an upcoming initiative to spread awareness of pre and post natal issues to pregnant women and new mothers through special workshops being planned at our centres. This will include distribution of baby kits and nutrients to the attendees.

Another redeeming feature of these interventions is that the Viras personally contribute to support these impactfull projects and also interact one on one with the beneficiaries making them feel loved.

Vira Vision hopes to carry on with the above initiatives as also new ones with the spirit of Love All Serve All' in the coming times.





Dr. Kiran Walia
Celebrated Politician



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EYE CARE DAY WITH CELEBRITIES





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(In Alphabetical Order)

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10. National Handicapped Finance and Development Corporation (**NHFDC**)
11. National Safai Karamcharis Finance and Development Corporation (**NSKFDC**)
12. National Scheduled Castes Finance and Development Corporation (**NSFDC**)
13. National Minorities Development and Finance Corporation (**NMDFC**)
14. Oil & Natural Gas Corporation Ltd. (**ONGC**)
15. Petronet LNG Ltd. (**PLL**)
16. Power Finance Corporation Limited (**PFC**)
17. Rail India Technical and Economic Services (**ITES**)
18. Tourism Finance Corporation of India (**TFCI**)

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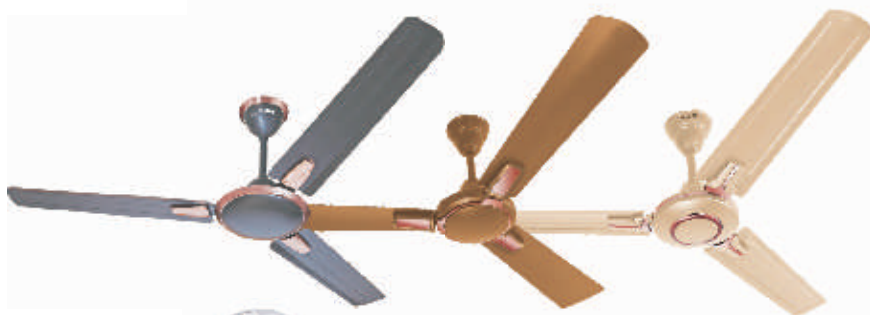


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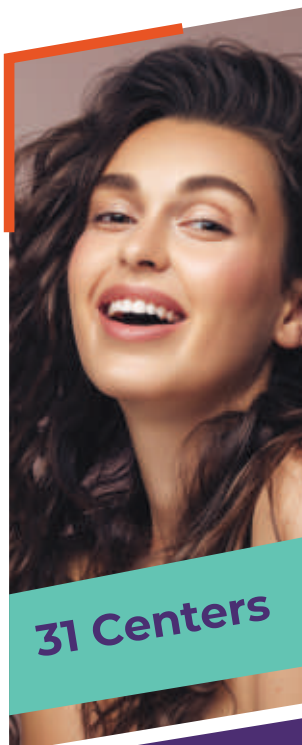
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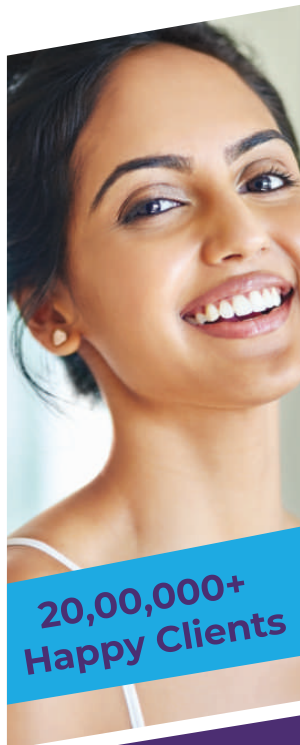


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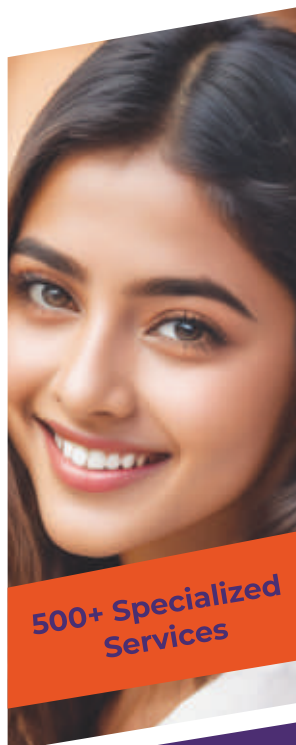
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हमारा लक्ष्य - ग्राहक मूल्य सृजन Our Ethos - Customer Value Creation

FIRST MILE LAST MILE CONNECTIVITY (FMLM)

FMLM App for Transporters-CONCOR e-Logistics Transporter App: CONCOR has developed FMLM App to provide End to End logistics support to its customers. The very purpose of FMLM is to strengthen and provide FMLM connectivity at reasonable and cost-effective rates to the Customers through competitive bidding among empanelled vendors at terminal level.

Bulk Loading Service (BLS) for Loose Cargo like Food Grains & Oil etc:

BLS benefits: No to Intermediary Transportation/storage/ Multiple Cargo Handling, spillage & wastage are avoided, No to fumigation at customer godowns, No Silo/Warehouse required as cargo is stored in containers thus saving in Cost.

Total Logistics Solutions (TLS)

CONCOR's aim is to provide TLS for EXIM/Domestic & is focusing on creating Multi Modal Logistics Parks across India which shall provide a single window clearance to all customer for logistics needs. **TLS Advantages:** Efficient rail transportation of containers, Massive warehousing capacity, Country-wide network, Large fleet of containers, Relationship with top-end customers/logistics intermediaries

CONCOR's Logistic Support During COVID Pandemic:

Worked 24x7x365, moved several Oxygen Trains Across India Provided O₂ Concentrators/Cylinders, Ambulance Service. Free Testing and Vaccination Camp, Distributed thousand Food Packets & Ration Kits #2fightCORONA



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Bulk Loading



Oxygen Supply



CSR

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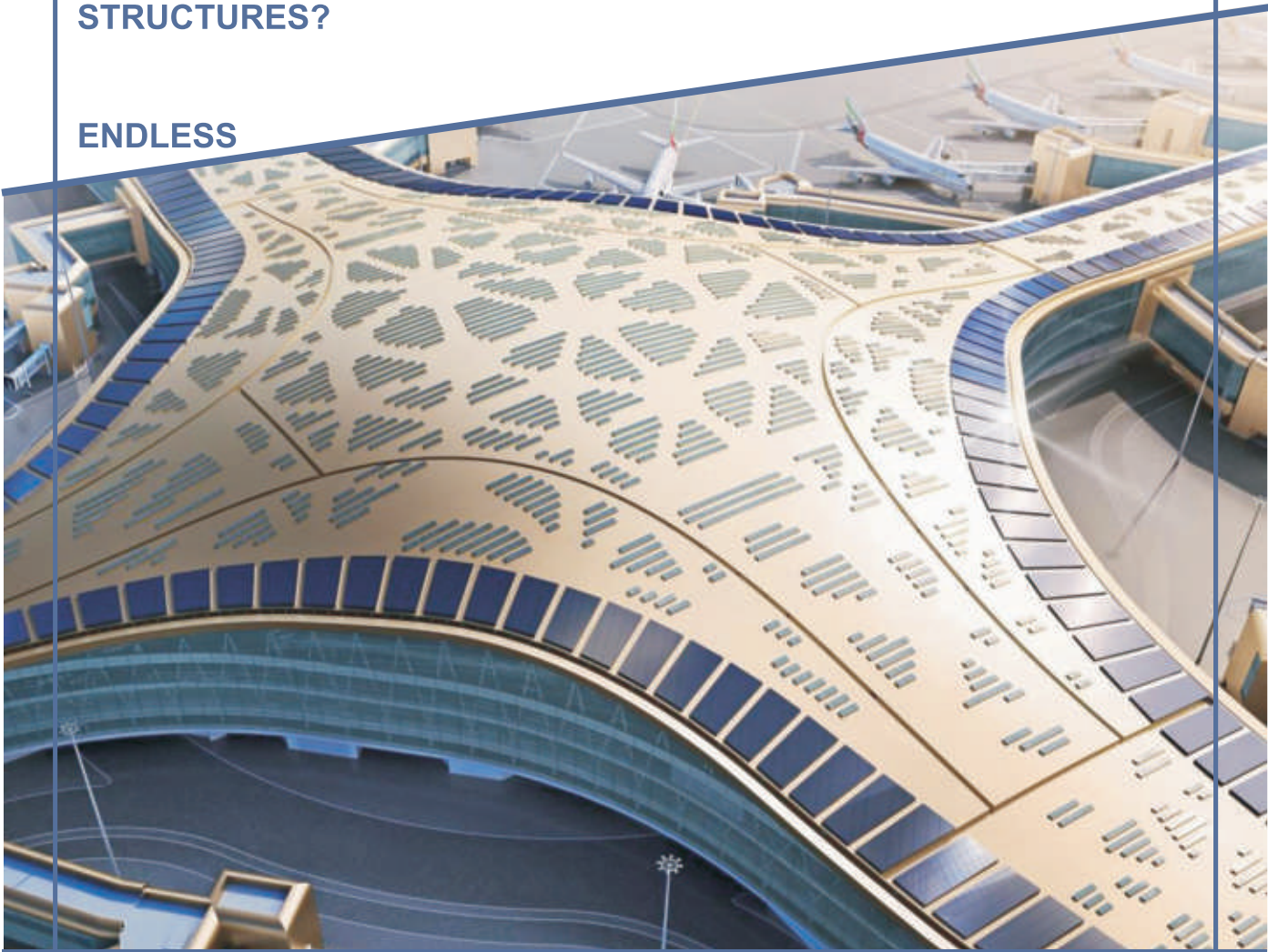
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You are important
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K. Narayan
Chairman

For Your Eyes Only



Eyes - indeed a doorway to all around us that doth exist,
The bright, the dull, the colourful, the grey, the huge, the small - endless the list

Eyes we take for granted, for opening the lids, it ever gives us sight,
Such that a clear vision, we begin to treat as an inherent birthright

But just imagine if we were told that of the five senses only one we can keep,
Not hearing, not taste, not touch, not smell - it's sight that will make a clean sweep

For without the other senses we may feel left out here and there,
But without the sight it will just be darkness everywhere

Nurture we must therefore our eyes, treating it with loving care,
Such that it can continue to be of use to someone even when we're not there



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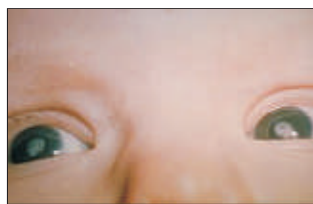
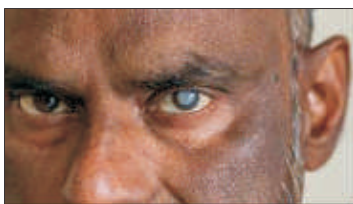
Dr. Aakriti Agarwal
Junior Resident
HIMSR & HAHC Hospital

Shedding Light on Cataract

Cataract ('Motiyabind') is clouding of the lens of the eye that leads to decrease in vision. It often develops slowly and can affect one or both the eyes.

Cataract is the most prevalent ophthalmic disease. About 22 million people are blind due to cataract worldwide. In India it is the principal cause of blindness (66.2%).

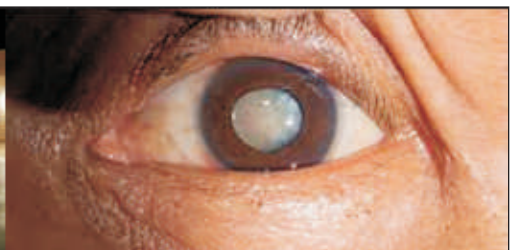
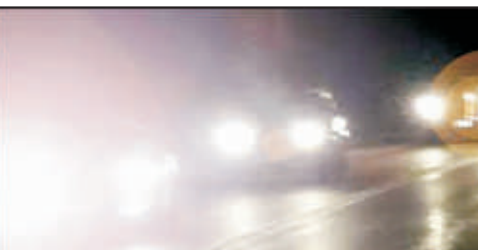
As a leading cause of vision impairment worldwide, cataract deserves attention and awareness to facilitate early detection, prevention and proper management. Blindness due to cataract presents an enormous problem in India not only in terms of human morbidity but also in terms of economic loss and social burden.



Cataract is most commonly due to aging, usually seen after the age of 40 years. It can be present from birth which may be due to genetic factors, maternal infections during pregnancy, or certain medications taken during pregnancy. Cataract can occur due to trauma or radiation exposure. Other risk factors include diabetes, long standing use of corticosteroid medication, smoking tobacco, prolonged exposure to sunlight, and alcohol.

Patient may notice fading or yellowing of colors, blurred vision, halos around light, and frequent change of glasses. Some patients may encounter difficulty in driving at night due to bright light of headlights.

In advanced cataract, patients may notice white colouration at the centre of the eye.



An example of normal vision versus vision with cataracts.

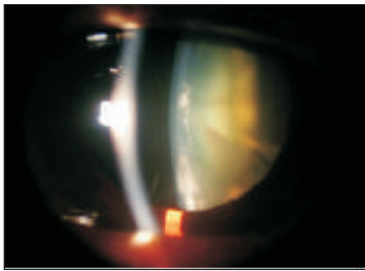
While some risk factors for cataract, such as age and genetics, are beyond one's control, several lifestyle choices can influence the likelihood of developing cataract.

Consuming a diet rich in antioxidants such as vitamin C and E, eating green leafy vegetables and fruits, wearing sunglasses that block harmful ultraviolet (UV) rays, quitting smoking and limiting alcohol consumption may slow the progression of cataract formation. It is also important to keep blood sugar levels under control.

Having regular eye check-ups to detect cataract in their early stages, allows for timely intervention. Timely surgical removal of cataracts can significantly improve vision and quality of life.



Severity of cataract formation, assuming no other eye disease is present, is judged primarily by visual acuity test and slit lamp examination. Initial stages of visual impairment may be improved with glasses. If this does not help, surgery to remove the cloudy lens and replace it with an artificial lens is the only effective treatment. No medical intervention has been beneficial.



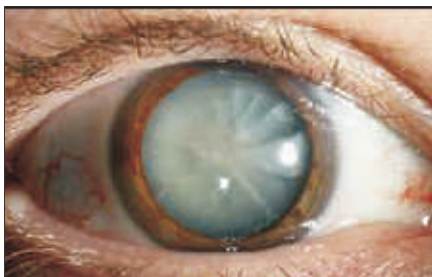
Decision of surgery depends on a patient's visual needs and requirements. If cataract is impacting the person's daily or occupational activities one may consider cataract surgery. Certain occupations require early surgical intervention like doctors, drivers, teachers and tailors. Cataract removal can be performed at any stage and no longer requires ripening of the lens. Surgery should not be delayed in advance cataract as it can cause lens induced glaucoma. Surgery is a day-care procedure and patient is discharged on the day of surgery.

Phacoemulsification is the most widely used cataract surgery. This procedure uses ultrasonic energy to emulsify the cataractous lens through a small incision which does not require sutures. There is a misconception that it is a laser procedure.

Femtosecond Laser-Assisted Cataract Surgery is an advanced technique that utilizes a femtosecond laser to perform several key steps of cataract surgery. This technology enhances the precision and predictability of the procedure.

After removing the natural lens, an artificial intraocular lens is implanted which stays in the eye permanently.

Recovery from cataract surgery is generally quick. Patients may experience improved vision within a day, although complete recovery may take a few weeks.



The choice of intraocular lens depends upon patient's profile and occupation. There are different types of intraocular lenses which are available such as monofocal, multifocal, toric, Extended Depth Of Focus (EDOF) lenses. Some of the popular brands for intraocular lenses are Bausch and Lomb, Alcon, Hoya, Eyhance, Vivity.

Monofocal lenses correct for either distance or near vision.

Multifocal lenses may be implanted to improve near and distance vision simultaneously, but these lenses may increase the chances of glare.

Toric IOLs are beneficial in patients who have cylindrical power hence improving overall vision quality.

Extended Depth Of Focus IOLs: Aim to mimic the natural focusing ability of the eye, potentially reducing the need for glasses for distance and intermediate vision. These are the latest advancement in intraocular lenses.

Post cataract surgery patients are typically prescribed eye drops to prevent infection and inflammation. They are advised to avoid activities that might strain the eyes such as heavy lifting or bending for about a month. Protective eye wear and ways to maintain hygiene are explained and follow up appointments are advised to monitor the healing process and ensuring optimal visual outcome.

In certain rural areas, limited access to healthcare facilities and eye care services can lead to delayed detection and treatment of cataract. Efforts have been made to address the issue through various healthcare initiatives including eye care camps, awareness campaigns, and subsidized or free cataract surgeries.

By fostering awareness about cataract, we can empower individuals to take proactive steps to protect their vision, leading to a healthier and more fulfilling life. Together, let us work towards a future where cataract is well understood, easily detected and effectively managed, ensuring a world with clearer vision for all.



Dr. Harpreet Bhatia
Associate Professor
Keshav Mahavidyalaya, Delhi

GRACEFUL AGEING

Aging is a natural process of growing old. With the increasing number of older people, the world today is referred to as the greying world. With progress in the medical field and greater awareness about health, people are living longer than before. However, aging brings with it several problems. It can be seen as a decline in different areas of functioning.

Three types of aging are evident – biological, psychological, and social.

Physical or biological aging can result in problems like arthritis, difficulty with sight and hearing, osteoporosis, sleep related problems, almost constant fatigue, and problems with body balance often resulting in falls.

One of the primary psychological issues is lowered self-esteem. For a person who has always been active, and may have been in positions of power, it may be difficult to come to terms with the change in status. Difficulty in remembering even the most basic things, problems with organizing the day effectively, and trouble with managing the activities of daily living can often result in frustration, despondence and depression. The situation becomes worse if the person loses their spouse or someone close to them.

Socially, the friend circle shrinks, leading to isolation and loneliness. At other times, the aging persons may experience neglect, and sometimes even abuse, at the hands of their caregivers. Ethical and legal problems may also come up for the elderly persons causing anxiety and depression.

The important point to remember however is that aging does not have to be a dismal process. Aging can also be a time for pursuing hobbies and doing all those things that one did not have time to pursue earlier. This can be the time for freedom, travel, and fun!

So, how can one age gracefully?

The first and foremost favor that we can do to ourselves is to have a positive attitude toward aging. It is important to feel good about ourselves and accept aging as another stage of our lives. Growing old

is a privilege denied to many.

Lifestyle factors have an important role to play in the physiological aging of the person. Eating good, nutritious food, doing regular light exercise, and a good night's sleep can have a miraculous impact on the physical health of the aging person. Regular timings for eating and sleeping can also have a positive effect.

Keep the mind alert by continuing to learn new things. Learn new skills, pick new hobbies, or go back to your favorite hobby that you had to stop because of lack of time, do what you always wanted to do now that you have the time for it. "You cannot teach new tricks to an old dog" is an adage that has lost its meaning today! Use brain gym to keep the mind alert and active. Indulge in puzzles, sudoku, crosswords, and other games that interest you.

Social circle also gets smaller as we age. However, this can be dealt with by making it a point to keep in touch with friends and close relatives, even if only by phone. When the friends hear happiness and contentment instead of complaints, they look forward to the conversations. Social service can not only help in keeping the social circle active, it can also increase self-esteem by making life worthwhile and meaningful.

Another important aspect of keeping the social circle is being financially healthy. Friends and relatives will avoid the aging person if they are likely to ask for financial support! Try and stay physically, mentally, socially and financially independent for as long as you can.

We cannot avoid growing old but we can definitely decide on how we want to age.



स्वास्थ्य सहेली एक अनुपम प्रयास



डॉ. रश्मि सारस्वत

अंतर्राष्ट्रीय निदेशक
महिला अधिकारिता एवं
बाल देखभाल।

महिलाओं को उनके अच्छे स्वास्थ्य के लिए प्रेरित करना एक आवश्यक राष्ट्रीय नीति होनी चाहिये क्योंकि महिलाएँ देश की आधी आबादी का नेतृत्व करती हैं तो देश के विकास में स्वस्थ महिलाओं की महती भूमिका रहती है।

महिलाओं को परिवार की धुरी माना जाता है घर परिवार, बच्चों, सभी रिश्तों-नातों की जिम्मेदारी परिवार में सबसे ज्यादा महिला ही कभी बेटी बन कर, कभी बीवी बनकर, कभी माँ बनकर और कभी बहू बनकर निभाती हैं, लेकिन सबकी जिम्मेदारियाँ निभाते-निभाते, सबकी खुशियों व सेहत का ध्यान रखते-रखते वह सबसे जरूरी इंसान को भूल ही जाती है। यानी खुद को महिला चाहे कम पढ़ी लिखी हो, या ज्यादा पढ़ी लिखी हो, ग्रहणी हो या कामकाजी उसकी खुद की सेहत को दुरुस्त रखने का ख्याल या खुद के लिए कुछ करने का ख्याल उसे सबसे बाद में आता है। अनेकों महिलाओं को सही सलाह का सही समय पर मिलने का भी अभाव एक बड़ी समस्या है।

महावीर इंटरनेशनल दिल्ली द्वारा इस समस्या को समझते हुए स्वास्थ्य सहेली योजना की शुरुवात की।

मैं स्वयं को गौरान्वित अनुभव करती हूँ की इस योजना का महत्वपूर्ण हिस्सा बन सकी।

विभिन्न कार्यशालाओं के माध्यम से स्वास्थ्य सहेलियों को माहवारी में स्वयं की देखभाल, सामान्य लक्षण व समस्याएँ साथ ही उनका का प्रथम चरण में घरेलू उपचार व किन परिस्थितियों में चिकित्सक सलाह व इलाज लेना है सिखाया साथ ही गर्भवती महिलाएँ गर्भावस्था में स्वयं की देखभाल कैसे करे, स्तनपान कैसे-कब तक कराएं। मीनोपॉज/रजोनिवृत्ति की उम्र, लक्षण, देखभाल कैसे करें जैसे महत्वपूर्ण विषय पर प्रशिक्षण दिया गया।

यह स्वास्थ्य सहेली अब दिल्ली केंद्र द्वारा संचालित अस्पतालों में अपनी सेवा दे रही है और वन्हा आने वाली महिलाओं की समस्याओं को सुनकर समझ कर उन्हें सलाह देती है ज़रूरत होने पर चिकित्सक सलाह के लिए उन्हें समझाती है जिससे महिलाओं को मानसिक सम्बल मिलता है।

परियोजना के नाम अनुसार यह एक दोस्ताना अनुबंध है एक महिला मरीज़ व सेवा प्रदाता के मध्य जिसके फलस्वरूप एक महिला को सही और सटीक सलाह प्राप्त हो रही है और दूसरी तरफ़ प्रशिक्षण प्राप्त कर सफल विधार्थियों को रोज़गार भी मिलता है।

दिल्ली केंद्र चेयरमेन के. नारायण जी की दूरदर्शिता व महिलाओं के समग्र विकास व सशक्तिकरण के प्रयासों की प्रशंसा करना चाहूँगी व आशा करूँगी की स्वास्थ्य सहेली की सेवाएँ देशव्यापी आयोजित चिकित्सक कैम्प में करेंगे ताकि वहां आने वाली महिलाओं को स्वास्थ्य सम्बंधित सही सलाह मिल सके।





Dr. Shikha Nehru Sharma
Managing Director
Nutriwel India Pvt. Ltd.



Diwali Sweets impacting your digestion?

Diwali, the festival of lights and joy, often brings with it a myriad of delectable sweets and savories that can be hard to resist. While indulging in these festive treats is a cherished tradition, it's essential to strike a balance and prioritize your digestive health. Ayurveda, the ancient Indian system of medicine, offers profound insights into maintaining a harmonious balance within the body, especially during times of indulgence. Understanding Ayurveda and Digestive Health:

Ayurveda, rooted in the principles of balancing the three doshas – Vata, Pitta, and Kapha – emphasizes the significance of a well-functioning digestive system. According to Ayurveda, an imbalance in these doshas can lead to various health issues, including digestive discomfort. Diwali, with its rich array of sweets, can often tip this delicate balance, leading to indigestion, bloating, and other digestive issues.

Balancing Vata (Air), Pitta (Fire) and Kapha (Water) :

VATA DOSHA :

- Vata, associated with the elements of air and space, governs movement in the body. Diwali sweets, which are often dry and rich in carbohydrates, can aggravate Vata. To counter this, include warm, nourishing foods in your diet such as soups, stews, and cooked vegetables.

PITTA DOSHA:

- Pitta, representing fire and water elements, is associated with digestion and metabolism. The excessive intake of spicy or fried Diwali sweets can elevate Pitta, leading to acidity and inflammation. Opt for cooling foods like cucumber, mint, and coconut to pacify Pitta.\

KAPHA DOSHA:

- Kapha, linked to earth and water elements, governs structure and lubrication in the body. Incorporating light, warm, and slightly spicy foods (add little bit of black pepper) into your diet. Jasmine infusion helps to stimulate digestion and balance water retention.

HERBAL INFUSIONS

- Incorporate herbal infusions with digestive herbs such as fennel, ginger, and peppermint. These herbs can help soothe the digestive tract and alleviate bloating.
- Rhododendron plants contain polyphenols and other compounds with potential antioxidant properties. Rhododendron infusion may have anti-inflammatory properties, which could be beneficial for conditions associated with inflammation.

After Diwali celebrations, it's crucial to prioritize your digestive well-being. Ayurveda provides a holistic approach to health, emphasizing the interconnectedness of the mind, body, and spirit. By incorporating Ayurvedic principles into your post-Diwali routine, you can strike a balance, alleviate digestive discomfort, and embark on a journey towards overall well-being. Remember, moderation and mindfulness are key to enjoying the festivities without compromising your health.



Dr. Jeetika Jain
BPT, MBA (Health)

Exercises in Children and its importance

Exercise is an essential component of a healthy lifestyle and it is particularly important for children. Regular physical activity not only helps them to develop strong muscles and bones, but it also promotes their overall well-being and sets the stage for a lifetime of good health habits. In today's world, where technology and sedentary activities have become the norm, encouraging children to do exercise is more important than ever.

- One of the key benefits of exercise for children is the **development of physical fitness**. Engaging in physical activities such as running, jumping, or playing sports helps in building strong muscles and bones, improving balance and coordination, and increasing endurance. Regular exercise is also beneficial for maintaining a healthy body weight, reducing the risk of childhood obesity, and preventing the onset of chronic diseases such as diabetes and heart disease.
- Furthermore, exercise plays a crucial role in **cognitive development**. Research suggests that physical activity stimulates the brain, leading to improved concentration, memory, and problem-solving skills. Regular exercise also enhances creativity and promotes a positive mood by releasing endorphins, which are natural chemicals that boost feelings of happiness and reduce stress.
- **Social development** is another aspect that exercise contributes to in children. Participating in team sports, group activities, or outdoor play provides opportunities for children to interact and connect with their peers. It helps them develop important social skills, such as teamwork, communication, and cooperation. Moreover, they learn to respect rules, follow directions, and develop a sense of fair play, all of which are valuable life skills.
- Also, exercise has a significant impact on the **emotional well-being** of children. Regular physical activity helps to reduce anxiety, improve self-esteem, and foster a positive body image. It provides an outlet for releasing pent-up energy and frustrations, thereby reducing the chances of behavioral issues. Exercise also promotes better sleep patterns, which are vital for children's growth and development.

To ensure that children receive the full benefits of exercise, it is crucial to provide them with a variety of physical activities that they enjoy. Parents, educators, and care givers play a vital role in encouraging and facilitating exercise in children. They can incorporate physical activities into their daily routine by promoting active playtime, organizing family walks or bike rides, enrolling them in sports programs, or simply encouraging them to engage in outdoor games.

It is essential to remember that exercising should be fun and not seen as a chore. Parents should lead by example and become active participants in physical activities themselves. This not only strengthens the bond between parents and children but also serves as a positive role model for adopting a healthy and active lifestyle.

So we can conclude that all forms of exercise have their own importance in children's well-being and they also lay a strong foundation for their healthy future.





Dr. Vishnu Gupta
Prof. & HOD Ophthalmology
HIMSR & HAHC Hospital



Dr. Sugourab Das
Assistant Professor,
HIMSR & HAHC Hospital



Dr. Alisha Rizvi
Senior Resident,
HIMSR & HAHC Hospital

GLAUCOMA or "Kaala Motiya"

The Silent thief of Eye

The leading cause of Irreversible blindness in the world. Unlike blindness caused by cataracts which can be reversed with surgery, eyesight lost due to glaucoma is gone forever.

Glaucoma is a disease of the optic nerve that can affect people of any age, including children. By far the most commonly affected are individuals above 40 years of age. It affects approximately 60 million people globally. In India, it affects approximately 12 million people, of whom 1.5 million are blind.

Individuals with the following risk factors have a higher chance of developing or having glaucoma: Elevated intraocular pressure (eye pressure), age >40 years, family history of glaucoma, among people who marry within their family, diabetics, hypertensives, history of using steroid medication, having history of multiple eye surgeries or eye trauma.

In newborns having glaucoma the manifestations can include big eyes, whitish or blue eyes, excessive watering, child will have difficulty in opening eyes. Immediate consultation should be sought. Treatment includes early surgical intervention.



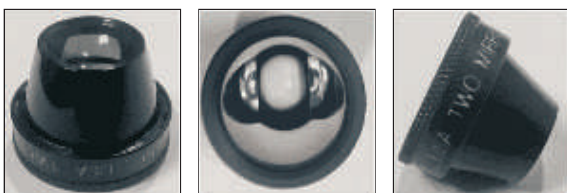
Most cases of glaucoma have no symptoms or very subtle symptoms. In this disease the vision loss slowly starts at the edges of the visual fields (peripheral vision) and then eventually the entire vision is lost. 90 % of the people in the society with glaucoma are undiagnosed. Most of the people with undiagnosed glaucoma do not realize that there is a problem until they have lost a large area of their vision. Hence it is

the Silent thief of eye sight.

A small percentage of people with glaucoma have episodes of eye pain, blurred vision, redness, headache with nausea or vomiting and seeing rainbow colored rings around lights.

An ophthalmologists (eye doctor) examines the nerve of the eye (optic nerve), measures the eye pressure and views the fluid drain of the eye. Specific tests that are done in an eye opd for diagnosing glaucoma include:

1. Eye pressure test (Intraocular pressure/ often referred as IOP)
2. Eye fluid drainage visualisation using special gonio lens (Gonioscopy)
3. Visual field analysis
4. Optical Coherence Tomography (OCT) of optic nerve head and the retinal nerve fibre layer
5. Fundus evaluation



LENS (Gonio Lens) used to view Fluid Drain

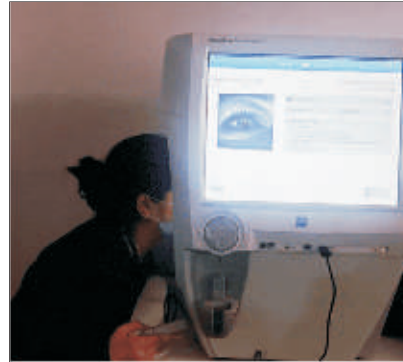
Machine used to
Check Eye Pressure
(intraocular Pressure)



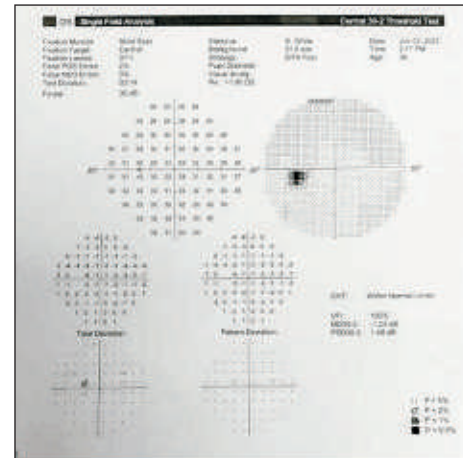
Also test is done to measure the field of vision and analyze the optic nerve.



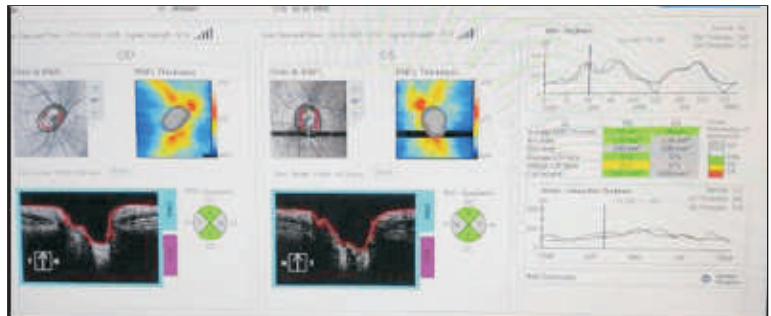
VISUAL FIELD ANALYSIS :
Test is done with Temporary Patch on the other Eye



Visual Field Test Done in Dark Room



Visual Field Report



Fundus and Optic Nerve Evaluation

Damage to the optic nerve caused by this disease is permanent. Hence it cannot be cured but can be controlled, if diagnosed early.

If detected early, your doctor can help preserve your remaining vision. So, please consult your eye specialist, and test for glaucoma if you are more than 40 years of age, or if a person is having any of the risk factors.

Depending on the type and stage of the disease at the time of detection, treatment options include medical therapy, laser or surgical intervention.

Initial medical therapy includes starting eye drops of one class of anti-glaucoma medications i.e., Monotherapy (most commonly – Beta Blockers and Prostaglandin analogue). If this fails to control the eye pressure, Dual therapy or combination therapy is started in which another class of eye drop are added to the therapy. If dual therapy fails then, a third class of eye drop are added – Maximum Medical Therapy (MMT).



Further, if MMT fails, patient is then given the option of laser therapy (SLT) and surgical intervention.

Since, there is no cure, lifelong monitoring is needed.

One of the most important aspect of controlling eye pressure after diagnosis is compliance by the patient. Once, started on the eye drops, the individual should make sure to put the eye drops as advised and not to miss. It must be continued lifelong.

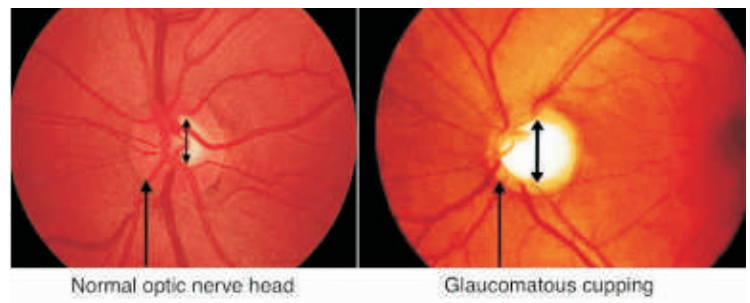
While putting the eye drops, lower eyelid should be pulled nicely to create a small pocket. ONE drop of the medicine is to be instilled in the pocket of the eye. At the time, when the doctor is prescribing the anti-glaucoma eye-drops, one must disclose any other systemic illnesses that they may have, especially if any breathing problems like asthma.

Once diagnosed, a few lifestyle changes are advised:

Do not drink 1-2 litres water at once and avoid head down posture, Shirshasana in yoga.

Regular follow-ups with the doctor as advised or every 6 months or yearly is a must. If diagnosed as advanced glaucoma, once every month checkup should be done.

To ensure awareness across the globe, we celebrate World Glaucoma Week in the month of March every year to beat the invisible glaucoma.



Normal optic nerve head

Glaucomatous cupping

Shirshasana



GLIMPSES OF CAMPS

During the months of **October 2023** MID organized a total of **31** Free Eye & Health checkup camps in Delhi NCR and Outstations. A total of **14,567** consultations were observed

S.No.	CONCOR TERMINAL	DATE	BENEFICIARY	CATARACT	ATTENDED BY
1.	IN ASSOCIATION WITH MAHAVIR INTERNATIONAL JODHPUR CONCOR, ICD, Bhagat Ki Kothi, New Power House Road, Near Railway Malgodown, Jodhpur, Rajasthan	04.10.2023	309	03	Sh. Sunil Dutt, J. O./ C&O, Sh. Hemant Kumar, J.O./C &O, Sh. Sunil Knajor, Auto Tech, Dr. J C Gandhi, Chairman, Sh. Arun Kumar Mahnot, Secretary, Sh. Prem Raj Mehta, Jt. Secretary, Sh. Prakash Chopra, Treasurer, Sh. Mahesh Goyal, Member MI Jodhpur & Sh. Dharmvir Singh Bajwan, Representative of MID.
2.	IN ASSOCIATION WITH MAHAVIR INTERNATIONAL NAVI MUMBAI Container Corporation of India Ltd. Dronagiri Rail Terminal Sector-2, Near Paghote Village Dronagiri, Navi Mumbai	06.10.2023	464	23	Smt. Chitra Meena, Manager, Sh. Satyawaan, Security Incharge, CONCOR & Dr. Anil Chhajed Director Medical, Sh. Manish Jain, Secretary, Sh. Pravin Kinkar, Coordinator MI Navi Mumbai
3.	Container Corporation of India Limited, Domestic Container Terminal Turbhe, Navi Mumbai	07.10.2023	476	15	Sh. Rajendra H Salunkhe, T.M, Dr. Balwant Chordia- Chairman, Dr. Anil Chhajed, Director Medical, Sh. Manish Jain, Secretary, Sh. Avinash Siyal, Treasurer, Sh. Dinesh Babel, Founder Member, Sh. Prakash Sancheti, Sh. Mohan Jain, Sh. Premchand Goliya, Sh. Pravin Kinkar- Coordinator MI Navi Mumbai Sh. Anil Pal, Representative MID.
4.	Container Corporation of India Limited, Inland Container Depot, Malanpur, Gwalior	07.10.2023	412	10	Sh. Anupam Chakraborty, Terminal Manager, Concor Malanpur Gwalior, Sh. Parasmal Parakh, Trustee, Shsudarshan Jain, Chairman, Sh. Alok Surana, Treasurer, Sh. Amit Parakh, Secretary, Sh. Bhagwan Das Gupta, Member, Sh. Arun Chordhary, Ex- Chairman, MI Gwalior & Smt. Anuradha & Ms. Harshlata, Representatives MID
5.	Container Corporation of India Limited Multi, Modal Logistics Park, Near Varnama Railway Station, opp-DFCC Interchange Yard, Itola Padra Road, Varnama, Vadodara, Gujarat	07.10.2023	398	15	Sh. Rajat Gupta, Chief Manager, Sh. M.A Alam, Asstt. Manager
6.	St. Sebastian's Roman Catholic Church, Puthuvypin Near CFS CONCOR Terminal, Vallarpadamm, Cochin, Kerala	08.10.2023	577	23	Sh. Shiva Kumar, Terminal Manager, CFS CONCOR Smt. Dharti Varshney Sr. Manager, Projects, Mahavir International and Dr. Praveen G. Pai, Camp Coordinator
7.	Shiv Carriers Roadways Pvt. Ltd. Sukhpur Private Freight Terminal Opposite Sukhpur Railway Station, Shakti Nagar Taluka, Halvad, Morbi Gujarat	08.10.2023	506	00	Sh. Ashok Kumar, Terminal Incharge, Sh. Manoj Kumar, Terminal Manager
8.	Khari Chuapal, Village- Tilpata, Dadri, District -Gautambudh Nagar, Greater Noida, Uttar Pradesh	13.10.2023	551	06	Sh. J.K. Jeenger, C. M, ICD, Dadri, Sh. Dheeraj Sharma, Assistant Officer, CSR, CONCOR, Sh. Bijay Kumar Shukla, Assistant Officer, Sh. Raja Gopalan, Assistant Officer CONCOR Dadari & Sh. Bhanu Partap Singh, Director Project, MID
9.	CONCOR Sector-34 1A New Industrial Area, Mandideep, Bhopal (MP)	13.10.2023	401	00	Sh. Prem Prakash, General Manager, Sh. Ajay Sexena, Officer (C&O) Sh. Vikash Gupta, Aadim Officer, Concor & Sh. Sunil Gupta, Representative MID.
10.	Genus Paper And Board Ltd. Agwanpur CONCOR, ICD, Locoshed, Moradabad, U.P	17.10.2023	528	00	Sh. Kamar Alam Dy. Manager Moradabad CONCOR & Sh. Deepak Choudhary, Genus Paper & Board Ltd.
11.	CONCOR Sidcul Infra Company Ltd. MMLP Pantnagar	17.10.2023	516	00	Sh. Atul Singh (TM), Sh. Gulraj Akhtar (ADMINISTRATION) & Sh. Ashish Mishra (CS)
12.	IN ASSOCIATION WITH CENTRE FOR ADVANCED RESEARCH IN HEALTH AND HUMAN BEHAVIOR Container Corporation of India Ltd, Container Frieght Station Mudurai By Pass Road, Milavittan Tuticorin, Tamilnadu	17.10.2023	272	06	Sh. Selvararaj Saravana Perumal, Assistant Terminal Manager (C&O) Sh. Dharamvir Singh Bajwan, Representative, Mahavir International
13.	Container Corporation of India Ltd. Inland Container Depot Near Taj View Road, Moti Mahal, Agra East Bank, Agra (UP)	18.10.2023	710	11	Sh. Dharmendra Singh Terminal Manager & Sh. Ajay Maan Asst. Manager ICD Agra.
14.	Container Corporation of India Ltd, Inland Container Depot, Ennore High Road Tiruvottiyar, Chennai, Tamilnadu	20.10.2023	401	06	Sh. K. Thamizh Selvan, Terminal Manager Alongwith Smt. Vijayalakshmi, Assistant Manager of CONCOR Depot and Sh. Dharamvir Singh Bajwan, MID & Sh. Ebin P. Benny, Camp Coordinator



S.No.	CONCOR TERMINAL	DATE	BENEFICIARY	CATARACT	ATTENDED BY
15.	Transport Bhawan CONCOR Tukladabad, Delhi.	21.10.2023	561	06	Smt. Ashu Sikka Terminal Manager, Sh. Hemant Sahni DGM Tukladabad CONCOR, Sh. Anand Ram Assistant, CONCOR Corporate Office.
16.	MMLP CONCOR, Jharsuguda, Odisha	25.10.2023	243	00	Sh. Navneet Sankhla, Terminal Manager, Sh. AK Chaubey, Assistant Manager CONCOR Jharsuguda
17.	CONCOR, MMLP, Opp. Airport, Viman Nagar, Visakhapatnam, Andhra Pradesh.	28.10.2023	186	00	Sh. Amol Yamar, T.M. & Sh. Surendra, D.M. CONCOR Terminal
18.	SPYM SHELTER HOME Sarai Kale Khan, Near Metro, New Delhi.	30.10.2023	158	04	Sh. Ram & Sh. Vicky, Care Takers, SPYM Shelter Home.
19.	ICD CONCOR Juhi, Kanpur, Uttar Pradesh,	31.10.2023	483	00	Sh. Anil Kanojiya on Behalf of TM of CONCOR.

S.No.	MITES	DATE	BENEFICIARY	CATARACT	ATTENDED BY
1.	Village- Malab, Tehsil & District- Nuh (HARYANA)	02.10.2023	807	13	Dr. Shariq Hussain Youth Leader, Sh. Narendra Patel, Leader, Sh. Dalbir Sarpanch, Sh. Balvinder Jogi, Md. Altaf Sarpanch Village Malab, Sh. Hemraj Sharma, Mandal President, Md. Shakeel Member BJP Md. Salim, Social Worker & Smt. Dharti Varshney, Sr. Manager (Projects) MID
2.	Batavada, District Baran	07.10.2023	421	13	Vir Rajendra Jain Tathedia, Kota MI Apex Governing Council Member & Md. Irfan, Representative of Mahavir International Delhi.
3.	IN ASSOCIATION WITH MAHAVIR INTERNATIONAL SHIVGANJ SUMERPUR Parjapati Dharmasala, Jalor Road, Village Jawal District- Sirohi, Rajasthan	08.10.2023	321	13	Smt. Payal Parshram Puriya, Ex. District President, Sirohi, Sh. Kana Ram Bhil, Chairman Nagar Palik, Jawala, Sh. Tulsi Ram Purit- Nagar Paalika Adhyaksh, Jawala Mi Sumerpur Sheoganj Sh Anil Jain- Zone Chairman, Sh. Madhav Dutt Dave, Chairman Mi, Sumerpur & Sh. Dharmvir Singh Bajwan, Representative of MID.
4.	Gram Khakhara, Kelwada, District Baran	13.10.2023	243	05	Vir Rajendra Jain Tathedia, Kota MI Apex Governing Council Member.
5.	Village Knowledge Centre (Old School) Village- Garhi Bazidpur (Murali), Tehsil-Sohna, District Gurugram, Haryana.	27.10.2023	727	18	Sh Sanjay Metha, Sr. Dy. Gen. Manager, Rites, Mrs. Rajni Kapoor, Assistant Manager (Pers. & Admn) CSR Along With Vigilance Team and Smt. Dharti Varshney, Sr. Manager Projects, MID

S.No.	RAJDHANI BESAN	DATE	BENEFICIARY	CATARACT	ATTENDED BY
1.	Rajdhani Floor Mills Ltd., Phase-2, Industrial Area, Rai, Sonipat, Haryana	04.10.2023	944	02	Sh. Arun Jain, Secretary, MID
2.	Rajdhani Floor Mills Ltd., Industrial Area, Lawrence Road, Delhi	05.10.2023	1,358	02	Sh. Satender Jain, MD Rajdhani Besan Group & Patron MID, Sh. Chetan Jain Director Rajdhani Besan Group, Smt. Swati Jain, Director (Sales), Sh. Ashok Kumar Jain, Chairman Finance MID & International Director CSR Resources MI.

S.No.	SSS FOUNDATION	DATE	BENEFICIARY	CATARACT	ATTENDED BY
1.	Prachin Shiv Mandir Kapashera, New Delhi	02.10.2023	274	09	Sh. Anil Yadav (Ex. Nigam Parshad) & Smt. Aarti Yadav (Nigam Parshad)
2.	BETCO Furniture, B-140, Sector-4, Bawana Industrial Area, New Delhi	29.10.2023	225	02	Sh. Arun Jain, Secretary MID & Sh. Manoj Gupta, Proprietor, BETCO Furniture

S.No.	SAMAJIK KARYAKARTA PARISHAD, (RG)	DATE	BENEFICIARY	CATARACT	ATTENDED BY
1.	Shree 1008 Aadinath Digamber Jain Mandir, Dwarka, Sector-12, New Delhi	15.10.2023	468	08	Sh. Prakash Chand Jain, Secretary, Samajik Karyakarta Parishad (Rgt.) & Sh. Vipin Jain, Director, MID & President of Samajik Karyakarta Parishad (Rgt.)

“JHANKI NANKI AANKHON MEIN”

S.No.	PETRONET LNG LIMITED	DATE	BENEFICIARY	CATARACT	ATTENDED BY
1.	MCD School Jai Rani Bagh Padam Nagar, New Delhi	26.10.2023	295	00	Sh. Vikas Singh, CGM & Vice President, Along With Sh. Gaurav, Manager, Shipping & CSR PETRONET, In Presence of Sh. Satpal Singh Principal, Sh. Pawan Khera, School Inspector, Smt. Santosh Incharge & Sh. Ashok Kumar Jain Finance Chairman, Brig Dr. R.S. Bhatia, Director Medical, Smt. Dharti Varshney Sr. Manager Projects MID
1.	MCD School Jai Rani Bagh, Sarai Rohilla, New Delhi.	30.10.2023	332	00	Sh. Satpal Singh, Principal & Smt. Santosh, Incharge School.

Glimpses of Camps Sponsored by CONCOR



Glimpses of Camps Sponsored by OTHERS



SABKO BHOJAN



Vira Vision, a wing of MID distributed ration under the Project SABKO BHOJAN, sponsored by Sh. Jasjeet Singh to Alzheimer patients of Guru Vishram Vridh Ashram, Okhla New Delhi on 14.10.23

Vira Vision is grateful to S. Jasjeet Singh for sponsoring it.



Vira Vision, a wing of MID served special lunch to Alzheimer patients of Guru Vishram Vridh Ashram, Okhla New Delhi on 14.10.23 sponsored by Sh. Arihant Sagar Jain (LM 322)

Vira Vision, unit of Mahavir International Delhi is thankful to Sh. Arihant Sagar Jain for this noble cause.

- Team Vira Vision unit of Mahavir International Delhi.



Vira Vision, a wing of MID arranged confectionery & food items under the Project SABKO BHOJAN, sponsored by Smt. Pravina Raj Mehta (cousin of Ms. Usha Kapoor, CEO) in memory of her mother Smt. Chandra Mohini Jolly to Alzheimer patients of Guru Vishram Vridh Ashram, Okhla New Delhi on 14.10.23

Vira Vision, unit of Mahavir International Delhi is thankful to Smt Pravina Raj Mehta for sponsorship.

- Team Vira Vision unit of Mahavir International Delhi



Vira Vision, a unit of MID served special food to Alzheimer patients of Guru Vishram Vridh Ashram Gautampuri on 27th October , sponsored by Smt.Sandhya Jain and Sh.Pawan Jain Patron , on the birth anniversary of their mother Late Smt. Naraini Devi Jain "Ammaji" dtd 26th October 2023.

Vira Vision is highly thankful to Smt.Sandhya ji and Sh.Pawan ji for this noble gesture. Team Vira Vision



BOARD MEETING

The Board of Directors of Mahavir International Delhi met for the 2nd meeting of the FY 2023-24 on 5th October, 2023 at Rajdhani Flour Mills Ltd. B-30, Lawrence Road, Industrial area, Delhi. The meeting started with Meri Bhawna.

The following agenda items were discussed seriatim.

1. To confirm Minutes and review of "Action Taken Report" of last Board Meeting held on 30th June, 2023.
2. To take note of the observations and Management comments in respect of the Internal Audit conducted for the period April to June, 2023.
3. To apprise the Board about preparation for Eye Care Day-2023 being celebrate on 25th November, 2023.
4. Approval/ Acceptance of New Members as life Member.



LAURELS FOR MID

Our respected patron Shri Pawan Jain, Founder & Chairman, Safexpress Private Limited, has been awarded the "Best CSR practices in Logistics".

MID Parivar congratulates Shri Pawan Jain and Shri Rubal Jain for this well deserved recognition and wishes Safexpress grand success on all fronts in future.

CSR INITIATIVES



Under the CSR initiative of the Petronet LLP, Eco Van was flagged off by Sh. Vikas Singh, CGM & Vice President, Sh. Gaurav, the Manager, Shipping & CSR PETRONET.

Sh. Ashhok Kumar Jain, Chairman Finance, Brig. Dr. S. Bhatia, Director Medical & Smt. Dharti Varshney, Sr. Manager Projects, Sh. Satpal Singh, MCD School Principal, Sh. Pawan Khera, School Inspector, Smt. Santosh Incharge were present in the ceremony.

The vehicle will be dedicated to the medical camps by Mahavir International Delhi.

MOTIYABIND MUKTI ABHIYAN



S.No.	SPONSOR	October	Total
1.	Dr. Harpreet Bhatia	02	02
2.	Rajdhani Besan	08	08
3.	SAFEXPRESS	11	11
4.	Sh. J.M Godhia	01	01
5.	Sh. Naveen Jain LM-213	01	01
6.	Sh. Pawan Jain LM-35	01	01
7.	Sh. Raj Jain & Vandana Jain USA LM-292	03	03
8.	Sh. Rajat Jain LM-320	02	02
9.	Sh. Shailendra Palvia	04	04
10.	Smt. Abha Jain Treasure MID	01	01
11.	Smt. Anu Priya Jain D/o Sh. Swadesh Bhushan Jain & Smt. Rekha Jain	01	01
12.	Smt. Sarita Bhargav	02	02
13.	SSS Foundation	06	06
TOTAL			43



नेत्र एवं स्वास्थ्य जांच शिविर आयोजित

महावीर न्यूज

महावीर न्यूज, भारतीय कंटेनर निगम लिमिटेड एवं महावीर इंटरनेशनल की सहभागिता



बाधन, डॉ. सोनी सिंह व उनकी टीम को देखते हुए शिविर में आने वाली महिलाओं को जांच कर निःशुल्क चश्मे एवं दवाइयों का वितरण किया गया। शिविर में रोहताई मोबाइल फोन से उनकी टीम डॉ. विनित सिंह भट्टीवाल, डॉ. विकास श्रीवास्तव, डॉ. अरुण श्रीवास्तव, डॉ. भिष्मिका मिश्रा एवं धर्मेन्द्र ने केएच के माध्यम से लोगों से अपील करते हुए कहा कि निःशुल्क, निःशर्त व गुणवत्ता का सेवन कराई न करें। कल व सचिवालय भी भोकर खाए ही मैन में आए। प्रदर्शन से बचने का

MID IN NEWS

शिविर में 311 मरीजों की जांच कर दवा वितरित की



नेत्र एवं स्वास्थ्य शिविर लगा

महावीर, भारतीय कंटेनर निगम लिमिटेड एवं महावीर इंटरनेशनल की ओर से मालनपुर स्थित अलर्टेरीय कंटेनर डिपो में निःशुल्क नेत्र एवं स्वास्थ्य जांच शिविर लगाया गया। ब्लड प्रेशर, खून की जांच, डायबिटीज, ईसीजी, मेमोग्राफी व सभी प्रकार की जांच की गई। मरीजों को निःशुल्क चश्मे एवं दवाइयों की गई। डिपो मैनेजर अनुपम चक्रवर्ती, अधिकारी, पारसमल पारदर्शन जैन, अमिता पारख, भगवान दास गुप्ता आदि उपस्थित थे।



कन्टेनर कोर्पोरेशन ओफ इंडिया द्वारा आंभ

तथा स्वास्थ्य तपासना की केम्प योजनो

शक्तिनगर गांव आवेल शिव डेरियर रोडवेज प्रा.लिमिटेड आते योजनयेल केम्पमां ४५००० वधु लोकमे लाभ वीधो



महावीर, भारतीय कंटेनर निगम लिमिटेड एवं महावीर इंटरनेशनल की ओर से मालनपुर स्थित अलर्टेरीय कंटेनर डिपो में निःशुल्क नेत्र एवं स्वास्थ्य जांच शिविर लगाया गया। ब्लड प्रेशर, खून की जांच, डायबिटीज, ईसीजी, मेमोग्राफी व सभी प्रकार की जांच की गई। मरीजों को निःशुल्क चश्मे एवं दवाइयों की गई। डिपो मैनेजर अनुपम चक्रवर्ती, अधिकारी, पारसमल पारदर्शन जैन, अमिता पारख, भगवान दास गुप्ता आदि उपस्थित थे।



PERFORMANCE REPORT

During the months of **October 2023** Medical treatment in different disciplines was provided to **24,890** persons at our three Hospitals and camps.

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

The break-up is as under:-

DISCIPLINE	Rajdhani	Aman Singh	Kishwana	Vira Vision & Camps	Total OCTOBER	CUMULATIVE 2023-24	INCEPTION UPTO 30.10.2023
EYE	1291	1102	1732		4125	3225	1351504
GYNAE/MEDICINE	527	365	287		1179	8764	1229319
HOMEOPATHY		178			178	1152	162474
AYURVEDA		184	397		581	3289	171402
ENT					0	-	143316
PHYSIOTHERAPY	384	222	206		812	7787	233295
PMT	560	535	432		1527	12564	430243
OPERATION PERFORMED	29	30	34		93	646	31250
PATH LAB & DIAGNOSTIC	1086	507	439		2032	6539	85755
MRI SCAN		154			154	1084	28394
CT SCAN					-	0	11110
O.C.T/ RETINA		2			2	27	1836
OTHERS						-	58870
TOTAL	3877	3279	3527	0	10683	74111	3938768
PATIENTS EXAMINED AT CAMPS				14207	14207	37850	1518106
CAMPS ORGANIZED				31	31	84	3578
TOTAL	0	0	0	14238	14238	37934	1521684
EYES PLEDGED					0	2	34140
EYE DONATION & CORNEA TRANSPLANT				1	1	5	299
सबको भोजन				300	300	900	48304
SEWING TRAINING					-	33	52
NURSING ASSISTANT TRAINING					-	33	71
SWASTHA SAHELI - Menstrual Hygiene	490	585	190		1265	7224	7290
- Breast Feeding	184	209	2		395	3405	3608
TOTAL	674	794	192	301.00	1961	11602	93764

THANKS & GRATITUDE

MID is grateful to the following donors for their precious donation during the period **October 2023**. Due to generosity of well wishers like the following, MID has been able to reach out to the most under privileged for extending help at their door step.

EYE CARE DAY 2023		
GOLDEN SPONSOR		
1.	SIDHO MAL CHARITABLE TRUST	
LIFE MEMBERS		
2.	SH. SHANTIKUMAR JAIN - PATRON	LM-147
3.	SH. CHANDRA PARKASH JAIN - PATRON	LM-144
4.	SH. RANJAN KUMAR JAIN - PATRON	LM-275
5.	SH. ASHHOK KUMAR JAIN - FINANCE CHAIRMAN	LM-066
6.	SMT. ABHA JAIN - TREASURER	LM-108
7.	SMT. ANU JAIN - VICE CHAIRMAN	LM-352
8.	SH. BRIG. (DR) R.S. BHATIA - DIRECTOR MEDICAL	LM-402
9.	SH. LAXMI NARAIN RAO - DIRECTOR	LM-048
10.	SH. DEVESHWAR KUMAR KAPILA - MEMBER	LM-075
11.	SMT. REETA JAIN - MEMBER,	LM-083
12.	SH. DEEPAK JAIN - MEMBER	LM-102
13.	SH. SHEKHAR BHANDARI - DIRECTOR	LM-124
14.	SH. PREM ARORA - MEMBER	LM-254
15.	SH. V. K. NAGPAL - MEMBER	LM-277
16.	SH. AJAY JAIN - DIRECTOR	LM-313
17.	SH. RAJAT JAIN - DIRECTOR	LM-320
18.	SH. ARIHANT SAGAR JAIN - DIRECTOR	LM-322
19.	SMT. SANGITA JAIN - DIRECTOR	LM-325
20.	SH. AMRESH JAIN - DIRECTOR	LM-356
21.	SH. SUNIL TATED - MEMBER	LM-358
22.	SH. RAJESH DEWANI - MEMBER	LM-387
23.	DR. ARUN KUMAR JAIN - DIRECTOR	LM-403
CATARACT SURGERIES		
24.	SH. RAKESH JAIN - MEMBER	LM-279
25.	SH. VIJAY KUMAR BHARGAV - ACQUAINTANCE OF SH. K. NARAYAN, CHAIRMAN	
26.	KHATUSHYAM NAV MANDAL SHAKTI APARTMENTS	
DONATION FOR EYE AND HEALTH CAMPS		
27.	PETRONET LNG LTD.	
28.	DAYAGOPAL AMRIT CHARITABLE TRUST	
DONATION		
29.	SH. RANJAN CHATTERJEE - MEMBER	LM-296
30.	SH. KAPILANDER SINGH	




ACCOLADE



EYE DONATIONS

S. No.	DATED	NAME OF EYE DONOR	FAMILY OF EYE DONOR	MOBILE NUMBER	RELATION	REFRANCE	ADDRESS
1.	20.10.2023	Late. Ram Pyari Sachdeva	Sh. Rajesh Sachdeva	9810347009 8700026610	Mother	Sh. R.C. Luthra (LM-160)	6/24, Gali No.4 (Nala Side) 60ft Road, Vishwas Nagar Shahdara, Delhi-32
2.	23.04.2023	Late Sh. Vaibhav Gupta	Sh. Rakesh Gupta	9312810006	Son	Sh. R.C. Luthra (LM-160)	B218, Jhilmil Colony, Shahdara, Delhi-110095
3.	09.09.2023	Late Smt. Kaushalaya Devi Ahuja	Sh. Sanjay Ahuja	9871332265	Mother	Sh. R.C. Luthra (LM-160)	S-30, F6, Shalimar Garden Ext. 1, Ghaziabad

HEARTIEST WELCOME - NEW MEMBERS

S.No.	NAME OF MEMBERS	LM No.	PROFILE	PHOTO
1.	Dr. A.K. JAIN	403	Country Head - SMC Insurance Brokers Pvt. Ltd.	
2.	MR. SAMBHAV JAIN	404	Consultant	
3.	MR. VIKRAL SINGH	405	Self Employed	

!! Shradhanjali !!



अत्यंत दुख का समाचार है कि हम सब के प्रिय वीर धीरज जी कोठारी (पूर्व अंतरराष्ट्रीय अध्यक्ष) अब हम सबको छोड़कर मोक्षधाम चले गए। वीर धीरज भाई साहब एक कर्मठ, सकारात्मक और कुशल नेतृत्व क्षमता से संपन्न व्यक्तित्व थे।

महावीर इंटरनेशनल की यात्रा में वीर धीरज जी कोठारी का योगदान सदैव श्रद्धापूर्वक याद किया जाएगा।

हम इस दुख की घड़ी में भाई अभिषेक कोठारी और सभी परिवारजन के साथ हैं। समस्त महावीर इंटरनेशनल परिवार परमपिता परमेश्वर से प्रार्थना करता है कि वीर धीरजजी कोठारी को परम मोक्षधाम प्रदान करें एवं सभी परिवारजन को इस असहनीय दुख को सहने की शक्ति दे।

TESTIMONIAL



मैं जसविंद कौर मुझे यहां आकर अच्छा लगता है। यहां की सर्विस भी बहुत अच्छी है। मुझे यहां Wait बिल्कुल भी नहीं करना पड़ता और यहां के ट्रीटमेंट से मुझे बहुत फायदा है। काउंटर पर भी बहुत अच्छा लगा है। डॉक्टर और फिजियो के स्टाफ का व्यवहार बहुत अच्छा है। मुझे बहुत फायदा है और यहां उपचार की फीस भी ठीक है।

J. S. Kaur

मैं योगिन्दर बदरपुर अस्पताल में पिछले 10 साल से आ रहा हूं। यहां डॉक्टर का और स्टाफ का बात बर्ताव और उनके कार्य का नियम मुझे संतोषजनक लगा है। मैं हर प्रकार से संतुष्ट हूं। मैं अपनी पत्नी (गीता देवी) और पिताजी का (श्री मोहन प्रसाद) दोनों के ऑपरेशन बहुत अच्छे हुए हैं। वो दोनों लोग भी संतुष्ट हैं और अच्छे से देख पा रहे हैं।



Yoginder Badarpur



Nida
I visited the hospital Servile timed and all the times. I got the amazing facility. The entire hospital, Checkup, doctor and treatment were fabulous. I am very satisfy with this hospital the reason. I always visit love i would like to thanks the entire Staff for giving me such a good gesture.

Nida

मैं सतेन्द्र कुमार बदरपुर अस्पताल में फिजियोथैरेपी के लिए पिछले 5 दिनों से आ रहा हूं। मैं फिजियोथैरेपी का ट्रीटमेंट ले रहा हूं। मुझे अपने आप में 25% आराम महसूस हो रहा है। यहां के डॉक्टर और स्टाफ सभी का स्वभाव बहुत अच्छा है और मैं यहां की सर्विस से संतुष्ट हूं।



Satyendra Kumar



मैं शरीफन निशा, मेरी आंखों का ऑपरेशन मार्च में हुआ था। आज लगभग मुझे छः महीने हो गये हैं। मेरी आंखें बिल्कुल ठीक है और मुझे अब साफ दिख रहा है। अस्पताल में जिस दिन से मैं आई यहां का स्टाफ और सुविधाएं काफी अच्छी रही, सभी कार्य आराम से हुए। डॉक्टर तथा पूरे स्टाफ बहुत ही सहयोगी था। मुझे यहां की सभी सुविधाएं बहुत पसंद आईं।

शरीफन निशा

Nida
I visited the hospital that is clean & tidy and all Staff behavior is very helpful. Also cast at this hospital uses lae sitting also ca



Shaniqua



Life Members Eye Care Day-2023

PLATINUM SPONSOR

S.No.	Name of Members	LM. No.	S.No.	Name of Members	LM. No.
1.	Sh. Satender Kumar Jain	31	18.	Sh. Vishnu Kumar Sureka	185
2.	Sh. C. M. GARG	37	19.	Sh. Arun Jain	212
3.	Sh. L. N. Rao	48	20.	Sh. Tarun Jain	225
4.	Sh. Anil Kumar Garg	55	21.	Sh. Sukesh Kuar Jain	250
5.	Sh. Ashhok Kumar Jain	66	22.	Sh. Basant Kumar Gupta	266
6.	Sh. Vijay Kumar Jain	71	23.	Sh. Ranjan Kumar Jain	275
7.	Sh. Deveshwer Kumar Kapila	75	24.	Sh. V. K. Nagpal	277
8.	Smt. Reeta Jain	83	25.	Sh. Pradeep Kumar Jain	290
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