

Love All Serve All



Live And Let Live

MAHAVIR INTERNATIONAL DELHI

(A Voluntary Charitable Non-Religious Social Service Organisation)

Celebrating

EYE CARE DAY

as

Hope for Light

SINCE - 1998

"EYES

*useless to dead,
priceless to blind"*

**Pledge Your Eyes
Gift A Sight**

28th NOVEMBER-2021

EVENT PARTNERS



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live concert by

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

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जन सेवा-2021-22

सबको प्यार - सबकी सेवा

सबकी सेवा!



सबको प्यार!

!! 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 ॥



डि. प्रशांत कुमार रेड्डी, भा.प्रशा.से.
D. Prasanth Kumar Reddy, IAS



भारत के उप-राष्ट्रपति के निजी सचिव
PRIVATE SECRETARY
TO THE VICE-PRESIDENT OF INDIA
नई दिल्ली / NEW DELHI - 110011
TEL.: 23016344 / 23016422 FAX : 23018124

MESSAGE

The Hon'ble Vice-President of India is happy to know that Mahavir International – Delhi, a voluntary organization, working in the field of eye care and eye donation is celebrating Eye Care Day on November 28, 2021 and publishing a souvenir “Jansewa-2021” to commemorate the occasion.

The Hon'ble Vice-President extends his greetings and congratulations to all the members of the Mahavir International, Delhi and wishes them all success in their endeavours.


(D. Prasanth Kumar Reddy)

New Delhi
3rd November, 2021.

MANISH SISODIA**मनीष सिसोदिया****DEPUTY CHIEF MINISTER
GOVT. OF NCT OF DELHI****उप मुख्यमंत्री, दिल्ली सरकार
DELHI SECTT, I.P. ESTATE,
दिल्ली सचिवालय, आई.पी.एस्टेट,
NEW DELHI-110002****नई दिल्ली-110002****Email : msisodia.delhi@gov.in****D.O. No. DyCM/202/265****Date : 18/11/2021****MESSAGE**

It gives me immense pleasure to learn that Mahavir International, Delhi has chosen 28th November, 2021 to celebrate "Eye Care Day" as Hope of Light with the objective to felicitate and honour the 22 families who have donated the eyes of their loved ones for the benefit of the unfortunate and a Souvenir " JANSEWA-2021" will also be released.

I am confident that such social activities will certainly help in motivating people to actively participate in such noble deeds with an aim to promote & provide services to suffering humanity for social benefits.

On this occasion, I convey my heartfelt congratulations to the management & associated staff personnel and wish for the success of the programme.


(MANISH SISODIA)

**सत्येन्द्र जैन
SATYENDAR JAIN**

स्वास्थ्य, गृह, जल, ऊर्जा, उद्योग,
सिंचाई एवं बाढ़ नियंत्रण, लोक निर्माण विभाग
एवं शहरी विकास मंत्री
Minister of Health, Home, Water, Power,
Industries, Irrigation & Flood Control,
PWD and Urban Development



राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार
GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI
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Fax : 23392044
E-mail : moh.delhi@gov.in

No.: minhealth/6152

Date.: 12-11-2021

MESSAGE

I am glad to know that Mahavir International (a charitable organization) are serving areas of healthcare, with special emphasis on eye care and eye donation since 1979 to achieve the mission of 'Cataract Free Delhi'. Apart from this, this organization is actively engaged in various activities for needy people.

Like every year, 'Eye Care Day' is being celebrated by Mahavir International on 28th November, 2021 in Delhi. To mark the occasion, a Souvenir "JANSEWA-2021" is being published for wide circulation amongst its Members, Donors, NGOs, etc. across the country which shall be quite useful.

I congratulate every member of this Organisation on this occasion and wish all the best for the upcoming Souvenir.


(Satyendar Jain)

इमरान हुसैन
खाद्य, नागरिक आपूर्ति,
उपभोक्ता मामले एवं चुनाव मंत्री
Imran Hussain
Minister of Food, Civil Supplies,
Consumer Affairs and Elections



राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार
Govt. of National Capital Territory of Delhi
दिल्ली सचिवालय, आई.पी.एस्टेट, नई दिल्ली-110002
Delhi Secretariat, I.P. Estate, New Delhi-110002
Tel No. : 23392067, 23392123 Fax : 23392055

D.O. No.: Imran/2021/1349

Date.: 02-11-2021



MESSAGE

It gives me an immense pleasure to know that Mahavir International is releasing its Souvenir "JAN SEWA-2021" on the occasion of "Eye Care Day" on November 28, 2021.

It is heartening to know that your Organization is involved in health care with special emphasis on eye care. I am sure that dedicated and sincere efforts of Mahavir International will also inspire other organizations to take up similar works in health care.

I wish all success to the Organization and its members for their future endeavours in this field.



(IMRAN HUSSAIN)

Sh. Vir K. Narayan
Chairman
Mahavir International,
6550, Qutab Road, Nabi Karim,
New Delhi.





वी. कल्याण रामा
अध्यक्ष एवं प्रबंध निदेशक

V. KALYANA RAMA
Chairman & Managing Director



भारतीय कंटेनर निगम लिमिटेड
बहुविध संभारतंत्र कंपनी
(भारत सरकार का नवरत्न उपक्रम)
Container Corporation of India Ltd.
A Multi-modal Logistics Company
(A Navratna CPSE of Govt. of India)

MESSAGE

It makes me immense happy to know that Mahavir International, Delhi is publishing a Souvenir "JANSEWA 2021" towards celebration of 'EYE CARE Day' on 28 November, 2021.

I am deeply moved by the dedication and devotion of Mahavir International, Delhi due to its deep-rooted involvement in serving society by taking up social activities like organizing health checkup camps, Covid-19 vaccinations camps, providing oxygen concentrators, ventilators, distributing food to standard laborer's, daily wager's etc. on PAN India basis during and post lockdown period partnering especially with CONCOR.

My best wishes are with Mahavir International, Delhi towards celebration of EYE CARE DAY on 28th November, 2021.



(V. KALYANA RAMA)

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प्रबन्ध निदेशक
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Managing Director



राष्ट्रीय पिछड़ा वर्ग वित्त एवं विकास निगम
(भारत सरकार का उपक्रम, सामाजिक न्याय और अधिकारिता मंत्रालय)
National Backward Classes Finance & Development Corporation
(A Government of India Undertaking, Ministry of Social Justice & Empowerment)

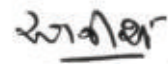
दिनांक: 12, नवम्बर, 2021 / 1457

शुभकामना संदेश

मुझे अत्यन्त हर्ष है कि प्राणी मात्र की सेवा में अग्रणीय महावीर इण्टरनेशनल नेत्र देखभाल पर बल देते हुए स्वास्थ्य देखभाल में अत्यधिक समर्पित अपनी सफलताओं का जश्र "आई केयर डे" के रूप में 28 नवम्बर, 2021 को मनाने जा रहा है एवं गतिविधियों का प्रकाशन स्मारिका "जन सेवा -2021" में किया जा रहा है। मैं इस समारोह एवं स्मारिका के सफल प्रकाशन के लिए हार्दिक शुभकामनाएँ प्रेषित करता हूँ।

हमारे देश में कोविड-19 एक चुनौती के रूप में आया, इस चुनौती पूर्ण समय में महावीर इण्टरनेशनल द्वारा लाक डाउन में गरीब, असहाय एवं मजदूरों की सहायकता के लिए करोड़ों रुपये खर्च कर के 1.78 लाख से अधिक खाद्य पैकेट, 34300 फेस मास्क, 29430 सेनेटरी पैड, 15000 पानी की बोतलें, 4400 साबुन, 3300 राशन बैग, 4300 कम्बल, 2650 बेबी किट और 300 पैकेट स्टेशनरी आइटम वितरित किया गया। इसके अतिरिक्त कोविड उपचार के लिए सरकारी अस्पतालों और चैरिटेबल अस्पतालों को 150 पी.पी.ई किट एवं 305 आक्सीजन कंसंट्रेटर्स उपलब्ध कराया गया तथा 9500 लोगों को शिविरों द्वारा कोविड टीका लगवाया गया। महावीर इण्टरनेशनल द्वारा किया गया यह अथक प्रयास अत्यन्त सराहनीय है।

मैं आशा करता हूँ कि महावीर इण्टरनेशनल के पदाधिकारी द्वारा समर्पित तथा ईमानदारी से किए गए प्रयासों से अन्य संगठनों को भी ऐसे कार्यों के लिए प्रेरणा मिलेगी। ऐसे उत्कृष्ट समाजोपयोगी कार्यों एवं इसके सफल क्रियान्वयन के लिए महावीर इण्टरनेशनल के पदाधिकारी बधाई एवं साधुवाद के पात्र हैं।


(रजनीश कुमार जैनव)

श्री के. नारायण, आई.आर.एस.एम.इ.
अध्यक्ष,
(पूर्व प्रबंध निदेशक, एन.बी.सी.एफ.डी.सी.)
महावीर इण्टरनेशनल
6550, नबी करीम, मेन कुतुब रोड,
नई दिल्ली- 110055.

एस.के. देव वर्मन, आईएएस
S.K. Dev Verman, IAS
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राष्ट्रीय अल्पसंख्यक विकास एवं वित्त निगम
(भारत सरकार का उपक्रम)
अल्पसंख्यक कार्य मंत्रालय
भारत सरकार
**Chairman-cum-Managing Director
National Minorities Development &
Finance Corporation
(A Government of India Undertaking)
Ministry of Minority Affairs
Government of India**



S.K. Dev Verman, IAS

MESSAGE

It gives me immense pleasure to learn that Mahavir International, Delhi is publishing a Souvenir viz. "JANSEWA 2021" to commemorate celebration of "Eye Care Day" on 28th November, 2021.

2. I am aware that Mahavir International, Delhi is actively organizing Health Camps in various parts of the country to help the poor and downtrodden, in the area of health care. It has also been doing yeoman service in the area of Eye Care, which is truly "hope for light". Mahavir International, Delhi has recently organized Covid vaccination camp through Rajdhani Charitable Eye Medical Centre, Nabi Karim, New Delhi for poor inhabitants of the area, under CSR programme of NMDFC which is an appreciable initiative.

3. I hope that Mahavir International, Delhi would continue its efforts to extend health care in the areas where such facilities are scarce and continue to save lives.

With best complements,



S.K. Dev Verman

Sh. K. Narayan,
Chairman
Mahavir International
6550, Qutab Road, Nabi Karim
New Delhi 110055.

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जन सेवा-2021-22

सबको प्यार - सबकी सेवा

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

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S.No./MI/2021-22/859

Dated : 25-11-2021

Vir K.Narayan, IRSME
Chairman,
Mahavir International Delhi



Vir Shanti Kumar Jain

Jai Mahavir.

In continuation of its tradition MID is celebrating its Eye Care Day this year on 28th November and bringing out a beautiful souvenir "**JANSEWA 2021**" covering all activities of the organization and articles on contemporary topics. This will surely create awareness and inspire all sections of the society to get associated with social cause. We congratulate the Chair man and the entire board including all Vir and Vira for completing another successful and satisfying year through their cooperation, dedication and support.

With selfless service and team spirit, Mahavir International Delhi works on the principle that "**!c tion speaks louder than words**" and continue its services, setting a bench mark and providing inspiration to other centres country wide.

Over the years, it has created a distinction and earned credibility in the field of Eye Care, Eye Pledge and Eye Donation with its slogan "**Cataract Free Delhi**" and partnered with Delhi government, PSU's and Corporate sector including MNC:s through CSR. We appreciate MID for making its mark in Delhi in the field of EYE CARE.

Wishing you all a healthy, happy and safe future

Shanti Kumar Jain

(Vir Shanti Kumar Jain)

International President



Vir CA Anil Jain

Anil Jain

(Vir CA Anil Jain)

International Secretary General

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



जन सेवा-2021-22

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Sudhir K. Jain

International Treasurer
Mahavir International Apex

24th November 2021



It is a matter of immense pleasure to know that Mahavir International Delhi is celebrating Eye Care Day on 28th November 2021 at India Habitat Center, New Delhi and also bringing out a souvenir on the occasion. Mahavir International Delhi is providing selfless health care services with special focus on EYE CARE to the poorest of the poor through its hospitals spread in every corner of Delhi and also through Eye and Health checkup camps in far flung areas. During last 42 years of its journey in SERVICE to the HUMANITY, it has expanded its activities in the field of X-ray, CT scan, MRI and Physiotherapy at very nominal charges and has so far served more than 5 million people till date.

During the COVID-19 pandemic, it has extended its services by providing food, masks, oxygen concentrators, sanitizers etc. to the destitute population and also front-line warriors like medical fraternity, police fraternity etc.

I feel honored and privileged to be a part of this esteemed organization. All the members, Doctors, Paramedical & other staff and organizations associated with the noble cause, deserves felicitations and accolades.

I wish all the success to Mahavir International Delhi in its endeavor to serve the humanity with dedication and humility.

Vir Sudhir K. Jain

To:
Vir Arun K. Jain
Secretary,
Mahavir International Delhi

Email : president@mahavir.international

Email : tresurer@mahavir.international

Email : sg@mahavir.international

Email : office@mahavir.international

Website : www.mahavir.international

Tel.: 91 0141-2612949, 2616949



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

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abpsprinters@gmail.com

MAHAVIR INTERNATIONAL DELHI**MESSAGE FOR JANSEVA**

I am pleased to know that Mahavir International Delhi centre is celebrating Eye care day.

Over the past years Delhi centre has grown exponentially and provided Hope for light.

I am sure that with its commitment to Seva works for needy it will achieve newer heights with every passing year.

I congratulate the entire members of MI Delhi centre and wish them all success in their future endeavours


(Vira Hema Jain)
International Vice President
(Region-1)

Region-1 : North Zone-1, North Zone-2,

E-mail - hema.jain42@gmail.com

Correspondence Address : House No. 866, Sector-4, Gurgaon 122001

Apex Office : S-10, Mahavir International Bhawan, Near Shopping Center, Janta Colony, Jaipur - 302 004 (India) Tel. : +91-141-2612949/2616949



Mahavir International North Zone-1

महावीर इन्टरनेशनल नोर्थ जोन-1

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North-I Zone

Zone Secretary (2021-2023)
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 International Secretary General
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Vir CA Sudhir Kumar Jain
 International Treasurer
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• (Region-1)
 International Vice President:

Vir Hema Jain (MIF)
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• Regional Secretary
 Vir Ravinder Jain
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• International Directors:

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Vir Umesh Arora
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• Governing Council Members:

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Vir Sumnesh Kumar Jain (MIF)
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Vir Arun Jain
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• Zone Co-ordinator:

Vir Aditi Jain
 Mob: 9557791048

• Zone Treasurer:

Vir Kajal Khurana
 Mob: 9871824736



Sunita Jain
 Zone Chairperson

Mahavir International Delhi Center is one of the top Centers of India who are Working hard to improve the society and helping great number of people by distributing food on everyday basis and providing vaccination to the people in need. Delhi center is doing great work in the field of Eye Care and Eye donation.

Center is helping other Centers of different states to do charity in their respective cities. During COVID thes distributed Concentrators to chantable hospitals as well.

They also helped other hospitals of Mahavir International organisation by giving Concentrators so that these hospitals could help the people in need during crisis. The Center is very well organised and have ensured proper reporting to produce authentic data. Mahavir Intemational is blessed to have such team of the Center which ts working selflessly to make the purpose fruitful.

Regards,

Sunitajain..
 26.11.2021
 (Sunita Jain)

Website : www.mahavir-international

Correspondence Address : H. No. 650, Kamaljeet Block, Anand Sports Complex Village, New Delhi-110049

Head Office : S-10, Mahavir International Bhawan, Near Shopping Center, Janta Colony, Jaipur - 302 004 (India) Tel. : +91-141-2612945/2618949

CHANDRA PRAKASH JAIN

Former Chairman & Managing Director
NTPC Limited



Sh. C.P. Jain
PATRON MID

307/308, Tower 4,
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21 st November. 2021

MESSAGE

On the occasion of "JANSEWA 2021" program on EYE care day to be held on 28th November 2021, I convey my best wishes to Mahavir International family. Mahavir International has contributed immensely to the service of Humanity in the field of HEALTH CARE through the programs like DOCTOR AT DOOR STEP, EYE PLEDGE and OPD & EYE OPERATIONS at its hospitals.

The initiatives taken by Mahavir International during COVID period for food, cloth and medical service have been of great help to the large number of displaced and migrants and have been admired and recognized by all.

I wish MAHVIR INTERNATIONAL more and more success in their endeavor and APPEAL to all to support and join this noble cause.



(CHANDRA PRAKASH JAIN)



Sh. Pawan Jain
PATRON MID



18th November 2021

MESSAGE

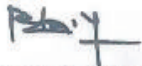
It's an absolute honor & inspiration to be associated with Mahavir International in its journey of notable social and noble initiatives it is engaged in, since its inception in 1979. While they celebrate 'JANSEWA-2021' on the occasion of 'Eye Care Day' on 28th November 2021, I would like to personally acknowledge their contributions towards the society.

Their contribution in eye care and support in overcoming the devastating impact of 1st & 2nd wave of the Covid-19 pandemic are commendable. They have emerged as a hope of light for many families..

I am optimistic that this souvenir will promote a tender environment by recognizing the families who are an inspiration and example for the society. I am sure that Mahavir International will continue to extend its contribution and support through its generous services made to the society. I also hope that their mission and cause motivate the society to come together and support them.

With the best wishes, I extend my heartfelt gratitude to the Mahavir International and its staff for their endeavor and goal.

Regards



Pawan Jain
Founder & Chairman
Safexpress Private Limited



+91 11 26783281



www.safexpress.com



Safexpress Pvt Ltd, NH-8, Mahipalpur Extension, New Delhi- 110 037, India

चेयरमैन की कलम से



के. नारायण
चेयरमैन

संदेश

सबकी सेवा सबको प्यार के उद्देश्य के साथ महावीर इंटरनेशनल दिल्ली इस 28th नवम्बर' 21 को Eye Care Day मना रहा है। इस उपलक्ष में जनसेवा नामक हमारे वार्षिक प्रकाशन के लिए सर्व प्रथम मैं हमारे कर्मठ सम्पादक मंडल को शुभकामनाएं देता हूँ जिन्होंने इस में विविध प्रकार के लेख सम्मिलित किया है।

‘नेत्रदान महादान’ और ‘नेत्र सुरक्षा मूल सुरक्षा’ – इन दो आधार पर मनाये जा रहे Eye Care Day नेत्रों के महत्व और हमारे इस इन्द्रिय के रोग और उपचारों के बारे में समाज का ध्यान आकर्षित करता है। इस समारोह के लिए हमारे सहयोगी संस्थान और अन्य सज्जनों द्वारा दिए गए योगदान के लिए MID के ओर से मैं हार्दिक धन्यवाद सहित यह आश्वासन भी देता हूँ, कि आपके sponsorship का अधिकांश अंश हमारे अस्पतालों में किये जा रहे आँख और अन्य स्वास्थ्य उपचारों को गरीबों तक मुफ्त या फिर न्यूनतम दर पर उपलब्ध कराये जाने पर ही खर्च किया जाएगा।

हमारे देश में लगभग 50 लाख नेत्रहीन परिजनों में से 33 लाख से अधिक को इस अवस्था से बचाया जा सकता था अगर ये समय पर मोतिआबिंद का ऑपरेशन कर लेते। इस परिस्थिति में MID द्वारा अब तक किये गए 28,000 से अधिक cataract surgery निःसंदेह Cataract Free Delhi के हमारे सपने को सिद्ध करने में अति महत्वपूर्ण है। इसके साथ-साथ मरण उपरान्त नेत्रदान पे चलाई जा रही मुहिम और उसके फलस्वरूप 500 से अधिक नेत्रहीनों को पुनः रोशनी के उपहार दिलाया जाना भी हमारे लिए अति संतोष दिलाने वाली उपलब्धि है। इसके लिए हम सभी donor परिवारों को हाथ जोड़ आभार देते हैं।

अंततः ईश्वर से विनम्र प्रार्थना - ‘सर्वे सन्तु सुखिनः सर्वे सन्तु निरामय’

जय महावीर

के. नारायण
चेयरमैन

Secretary's DESK

“Who are we as Human beings, if we ignore the sufferings of others”

– Mother Teresa



Arun Jain
Secretary, MID

Eyes are an important part of our body and healthy eyes are as important as other parts of our body to be able to lead a quality life. In our country eye diseases are dominant among economically weaker and under privileged communities. To tide over the situation Mahavir International Delhi since its inception in 1979 took onus on itself to take care of eye related problems being faced by the unreachable section of the society in Delhi NCR and evolved the vision of “Cataract Free Delhi” to provide “Sight to All” by providing services of highest quality free of charge with dedication, strength, stability and performance and bring smile on the gloomy faces of the downtrodden and economically weaker section of the society. Amid the on-going COVID-19 pandemic, we had to close down our Health Activities, but have resumed providing Health Services with the reopening of our three centers, organizing camps and Cataract Surgeries.

The second wave hit the covid patients gasping for breath due to drop in oxygen level and there was a big spike in demand of oxygen concentrators. MID extended the helping hands by initiating our Project “हर सांस है जरूरी”, supplying critical care equipment to home isolated patients on returnable basis, to hospitals and Trusts to increase the capacity and efficiency of hospitals so that they can treat COVID patients more vigorously.

The disease not only affected the normal life but also livelihood of a large section of society who could not afford their daily meal. Vira Vision Group of MID started services of providing Mid-day meal under the project “सबको भोजन”. Mid day meal was served to the poor and marginalised outside our three Centers. 26,425 were benefitted.

The biggest tool to fight the disease of COVID 19 is the Vaccination and MID also decided to join this program of national importance to vaccinate the population at large with the launch of another Project “मिशन संजीवनी”, wherein our focus is on the most marginalized who do not have the time, means or money to get themselves vaccinated. Two of our Centers at Nabi Karim & Badarpur are working as ‘Covid Vaccination Centers’. Till date a total of 13010 persons have been vaccinated under this initiative.

For receiving these glorious landmarks I stand highly indebted to our esteemed Donors and Philanthropists, Business and Corporate houses including Public sector Enterprises/ Banks for extending liberal support. I am also highly thankful to our doctors, para-medical and administrative staff who have always stood with us in the tough time with our limited resources for the success of our missions dedicated to humanity and ensure full support.



जन सेवा-2021-22

सबको प्यार - सबकी सेवा

Love All Serve All



Live And Let Live

VIRA VISION GROUP

A Wing of

MAHAVIR INTERNATIONAL, Delhi



A Non Religious Social Service organisation

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Vira Alka Jain
09312894474

SECRETARY
Vira Niraj Jain
09811704061

TREASURER
Vira Anu Jain
09818093930



वीरा अलका जैन
चेयरपर्सन, वीरा विजन

प्रिय वीरा बहनों एवं वीरा भाईयों,
जय महावीर

‘सबको प्यार-सबकी सेवा’ के उद्देश्य से संचालित ‘वीरा विजन महावीर इंटरनेशनल दिल्ली’ सेवा जगत में उच्चस्तर पर काम कर रही है। करुणा से ओत-प्रोत वीराएं समय-समय पर निम्नवर्गीय लोगों की जरूरतों को पूरा करने में अपना पूर्ण सहयोग दे रही हैं। विगत वर्ष में हमारी वीरा बहनों ने Baby Kit, Sanitary Napkins, गरीब विद्यार्थियों को Stationery वितरित की। इस तरह ‘निर्मल ज्योति संस्था’ में जहां मानसिक रूप से अविकसित बच्चियों को समय-समय पर भोजन कराना, Napkins और उनकी आवश्यकता अनुसार चीजें वितरित करती हैं। हमारी बहनें बच्चों के जन्मदिन, अपनी शादी की वर्षगांठ आदि के समय वृद्धाश्रम में व गरीब विद्यार्थियों को भोजन कराती हैं तथा आवश्यकतानुसार गरीब बस्ती में जाकर राशन वितरित करती हैं। इस वर्ष भी हमने मुफ्त भोजन व राशन बैग्स का वितरण जरूरतमंदों में किया है। आदिवासी बस्ती में जाकर उनको कपड़े वितरित किये। मैं आशा करती हूं कि हम वीराएं इसी तरह से सेवा के काम में निरन्तर सहयोग करती रहेंगी।

जय महावीर!

Aru Jain

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Website : www.mahavirinternational.com

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Paras Channel



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Sh. Rajat Jain
Director- Padup Ventures



Sh. Sukesh Jain
Consultant
Euhreka Consulting



MID – An Introduction

What started out as a humble effort by a few denizens of society in 1975 has since snowballed into a huge momentum called Mahavir International. Working selflessly, fearlessly, dedicated & committed to alleviate & ameliorate the sufferings of mankind, irrespective of religion, caste, colour or creed, that's the essence of Mahavir International. well encapsulated in its short but universal motto. "Love All Serve All!" (सबको प्यार - सबकी सेवा). Mahavir International was setup with the aim .

- To spread the teachings of Lord Mahavir all over the world
- To follow the path of truth, non-violence and love
- To provide solace and relief to all living beings
- To conserve the glorious intellectual, cultural and moral values

Today, with over 300 centres worldwide, including 5 abroad in USA, Australia, UK, Dubai and Singapore, the organization boasts of a committed member base of 8500 who are holding the beacon high.

Mahavir International Delhi centre (MID), registered in 1979 under the Societies Act 1860, has been the torch bearer of the APEX body since its inception. With the underlying objective of serving the humanity at large, Mahavir International Delhi took upon itself the challenge to specialize in & provide quality Eye Care & Health care to the poor & needy strata of society who can ill afford these basic needs.

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.

MISSION

To expand reach and spread of health facilities by organizing one mobile health check-up Camp a day in rural, remote and jhuggi clusters by empowering people, especially women, 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 centers and set up own Eye Bank.

HOSPITALS

The Organization has been steadfastly working in this direction, and constantly innovating to reach their desired objectives. Today, Mahavir International Delhi is running 3 Hospitals located in colonies with a large number of underprivileged comprising of migrant labour, daily wagers and other street vendors, housed in buildings liberally provided for use by their Samaritan owners. Each hospital has modern Eye Operation Theatre, physiotherapy clinic, pathological facilities and well equipped pharmacy. Besides specializing in eye care, general OPD, homeopathy and Ayurvedic consultancy is also provided for by our dedicated team of doctors well assisted by the para-medical staff. All in all the endeavour is to provide the patients facilities of a mid-level private hospital at very nominal costs.

Some of the significant highlights of the hospitals include:

- Deployment of latest Phaco-Emulsification Machine, Surgical Operating Microscope & Auto Refractometer.
- The First Charitable Hospital To Switch Over From Ordinary Cataract Operations To IOL Stitch less Operations.
- Set Up A Center For Glaucoma (Kala Motia) Detection & Treatment.
- Opening of Retina Unit which is rarely found in any Social Service organization
- Providing Integrated Medical Services Including Eye Care, Allopathy, ENT, Physiotherapy, Gynecology, Ayurveda, Homeopathy, Refraction / PMT And General Medicine, with Well Equipped & Modernised Diagnostic Laboratory.
- Providing spectacles at most affordable rates.

Brief write-ups of each of the three centres is attached as Annexure.

FIRM STRIDES IN EYE CARE, EYE PLEDGES AND DONATIONS

Mahavir International is committed to provide quality eye care to the needy underprivileged people of Delhi without any caste or religious bias but with a dream & vision of making Delhi a 'Cataract Free Zone'. We are associated with Delhi Government for its project, **"MOTIA BIND MUKTIABHIYAAN"**. Till date, over **28000 cataract surgeries with IOL implants have been conducted, thereby helping prevent blindness.**



The organization has also been part of various Delhi govt. programmes over the years, for eye screening & check-ups of students, pensioners, Tihar Jail inmates among others.

Moving another step closer to realizing its dream of providing 'Sight to all', Mahavir International Delhi had launched yet another initiative, Eye Donation Pledges and mobilized a host of people from all walks of life including prominent personalities and Renowned singers like Kailash Kher, Shaan, Shankar Mahadevan, Ghazal Maestro Late Jagjit Singh & his troupe, Sitar Maestro Shujaat Khan, model Joey Mathew, Avinash Kaur Sareen, Cricketer Saba Karim, Ms. Geetika Ganjoo, Hindi Poet Sh. Ashok Chakradhar, Tarot Reader Poonam Sethi, Politician Poonam Azad and Raju Srivastava Comedy King have pledged their eyes so far.

Over 34,000 persons have pledged their eyes so far. Actual eye donations from 271 persons after death have provided sight to atleast 542 of our blind brethren.

DOCTOR AT DOOR STEP – TAKING HEALTHCARE TO THE POOR

To further its service & reach, the organization has also launched a flagship project "Doctor at Door step" with 4 fully equipped vans under which it conducts a large number of Eye & Health checkup camps in far flung areas & JJ clusters of Delhi NCR. Camps are also organized in other parts of the country by availing services of our affiliates. The checks conducted in these camps include consultancy by general physician, eye/ENT specialists, and gynecologist. Blood & optometric tests are also conducted in these camps and free medicines and spectacles distributed.

Mahavir International is also organizing outstation Eye & Health checkup camps pan-India for PSEs & Corporates at their local hubs in association with local chapters of Mahavir International APEX.

VIRA VISION GROUP

Moved by the condition of the patients visiting our Hospitals, the womenfolk at MID – known as Viras, decided to do their bit and have formed the VIRA VISION group for actively supporting the activities of MID. Their aim is to provide relief to the poor and distressed members of society at a grassroots level. Towards this end their activities include facilitation of hygiene and sanitation, supporting development, and covering up deficiencies. The group has also been in the forefront of other humanitarian activities such as provision of nutritional support, baby kits, sanitary pads, warm clothing etc for the poor.

This group is indeed the pride of Mahavir International Delhi.

COVID RELATED MID DISASTER CARE ACTIVITIES

COVID-19 came upon our nation as a challenge putting the health of our citizen as also the economy at grave risk. MID rose to the occasion and provided Relief Support in several areas, taking help of the carious liberal donor organizations and individuals:

During the First Wave

More than **1.5 lacs** Food Packets, **34,000** Face Masks, **29,000** Sanitary pads, **15,000** water bottles, **4400** soaps, **3300** Ration Bags, **4300** Blankets, **700** Face Shields, **150** PPE Kits, **2650** Baby Kits and **300** packets of Stationery items besides Utensils/Gas Stove – all adding up to worth of more than **Rs. 1 Crore** were distributed. Additionally, **1000** diapers for Alzheimer patients; clothes to a similar number and four months complete ration to old-age homes, were also distributed. Most of these activities were piloted by **VIRA VISION**.

During the Second Wave

Which hit the city and the country with unexpected ferocity resulting in grave fatalities as also economic hardship for the poor, the following initiatives have been undertaken:

- Under 'हर सांस है जरूरी', more than **300 Oxygen Concentrators** at a cost of **Rs. 3.50 Crore** have been provided to Govt. Hospitals and Charitable hospitals for the treatment of COVID patients.
- Under 'मिशन संजीवनी', so far more than 12,000 persons primarily belonging to the under served communities have been vaccinated through camps and in our **Two Private Covid Vaccination Centres (PCVCs)** and through camp mode. This process is continuing and other than the free vaccination, it also provides help in registration with COWIN app to the beneficiaries besides removing their hesitancy to be inoculated.
- Under 'सबको भोजन', more than **25000 food packets** have been distributed to Daily Wagers, Rickshaw Pullers, Construction labourers etc.

OUR ETHOS & SUPPORT

The ethos of service is running thick in the veins of the organization. So, although the focus of Mahavir International Delhi continues to remain health care in general and Eye care in specific, the organization has never shied away from providing other services, whenever and wherever there has been a burning need for the same in other parts of the country.

Given the above, it is but natural that over the last 42 years since its inception, a large number of people from all walks of life, Professionals, Corporates, PSEs, PSBs, NGOs, Industrialists, eminent citizens, and Celebrities have joined hands with MID by way of providing both financial and moral support to help us on our chosen path of service & empathy. Whenever there has been a need, support has always been forthcoming – which has strengthened our conviction that we are performing Almighty's work and He is ever blessing our initiatives!

ANNEXURE*

MID Hospitals at a Glance

Rajdhani Charitable Eye and Medical Centre is situated at backward & thickly populated area of Nabi Karim, Qutab Road. It was set up in Nov. 1998 with 10 Beds & facility of Cataract surgery dedicated at the hands of Sh. Vijay Kapoor Hon'ble Lt. Governor of Delhi. It was converted to full-fledged hospital with the inauguration of other facilities by Smt. Sheila Dikshit Former Chief Minister of Delhi in October 1999. It has OPD facilities in Eyes, General Medicine, ENT, Gynecology, Homeopathy, Ayurveda, Digital Pathology Laboratory, Retina Unit, X-ray Unit and State of the Art Operation Theater for Cataract Surgeries.

Lala Aman Singh Jain Charitable Eye Research and Medical Centre at the backward area in Hauz Rani Market near Saket in South Delhi was inaugurated by the Dr. Ashok Walia on 10.2.2002, the then Health Minister of Delhi. In January 2012, this hospital has been upgraded with Ultra Modern State-of-the-Art operation theatre and 1.5 Tesla whole body MRI & CT Scan Facilities, The MRI and CT Scan is done at very nominal rates. It has OPD facilities in Eyes, General Medicine, Gynecology, Homeopathy, Ayurveda, Physiotherapy, MRI and CT scan, X-ray Unit, and State of the Art Operation Theater for Cataract Surgeries.

Kishwana Charitable Eye & Medical Center at Badarpur well equipped with Modern Art Operation Theater for Cataract surgeries donated by Late Shri Krishan Lal Arora of Kishwana Charitable Trust was inaugurated on 29th January 2006. It has OPD facilities in Eyes, General Medicine, ENT, Gynecology, Homeopathy, Ayurveda, Physiotherapy.



बच्चों में बचपन से ही डालें दान देने की आदत

एक संत ने एक द्वार पर दस्तक दी और आवाज लगाई 'भिक्षां देहि' एक छोटी बच्ची बाहर आई और बोली, बाबा, हम तो बहुत ही गरीब हैं, हमारे पास देने को कुछ नहीं है।

संत बोले - "बेटी, संत को मना मत कर, कुछ नहीं तो अपने आंगन की धूल ही दे दो।" उस लड़की ने एक मुट्ठी धूल उठाई और उन संत महात्मा के भिक्षा पात्र में डाल दी।

उनके शिष्य ने पूछा - "गुरु जी, धूल भी कोई भिक्षा है? आपने उस लड़की से धूल देने को क्यों कहा?"

संत बोले - "बेटे, अगर वह आज कुछ ना देती तो फिर कभी नहीं दे पाती। आज धूल दी है तो क्या हुआ, उसमें देने का संस्कार तो पड़ गया। आज धूल दी है, उसमें देने की भावना तो जागी, जब कल वह सामर्थवान होगी तो फल-फूल, धन-धान्य इत्यादि भी देगी।"

यह जितनी छोटी कथा है निहितार्थ उतना हो विशाल है, साथ में आग्रह भी, इसलिए दान करते समय दान हमेशा अपने परिवार के छोटे बच्चों के हाथों से दिलवाये। जिससे उनमें देने की भावना बचपन से बनेगी और जब उनमें कुछ देने की भावना बनेगी तो उनकी विचारधारा भी अच्छी बनेगी और जब विचारधारा अच्छी बनेगी तो वो स्वयं एक जिम्मेदार नागरिक बनेंगे।



Vir CA Anil Jain
International
Secretary General

A New Mantra in social service sector: Strategic Alliance

Strategic Alliance or an arrangement between two or more NGOs, **for uniting strengths and pooling of resource for a common goal**, would eventually result in **capacity building for scaling up of operations and** will surely bring in, **efficiency, quality and economy in timely delivery of services to the beneficiaries**, across the territories.

Its biggest advantage is that partners can scale up quickly, build creative solutions and consequently adapt to speed and innovation and be a game-changer in this space. It has few disadvantages too, like- difference in culture and language, management style and loss of autonomy and so on.

It is a need of hour if one wishes to go through a CSR route. It has and will have lot of funds. No NGO would be able to survive and grow by distancing with CSR funds, now. The effective utilization of CSR and its visible impact on the society demands corporatization of NGO's and adaption of professionalism in their governance.

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

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

At the end, the NGO's now will have to put research centers in operation and equip them to keep identifying beneficiaries and their needs. Till now, every donor organization would simply decide what is to be distributed according to their sweet will and start distributing, who so ever come across. The beneficiary also accepts it gladly, irrespective of his need. The time has come to identify those social services, which are really needed by someone to sustain and earn his/her livelihood.

Let's start thinking in this direction, brainstorm within small groups and then take it to next level after achieving consensus.

LOVE ALL - SERVE ALL

LOVEALL

"It is not how much we do but how much love we put in doing"

-Mother Teresa

"Love cannot remain by itself – it has no meaning. Love has to be put into action and that action is service."

-Mother Teresa

SERVEALL

"If u can't feed 100 people, then feed just-one."

-Mother Teresa

"The best way to find yourself is to lose yourself in the service of others."

-Mahatma Gandhi

"It is a privilege to serve mankind, for this is the worship of god. God is here in all these human souls."

-Swami Vivekananda



Sh. Ashhok Kumar Jain
Chairman Finance, MID

"LOVE ALL - SERVE ALL" IN BUSINESS ALSO

Today Corporate culture of Corporate Social Responsibility and Sustainable Development in pursuit to **'LOVE ALL - SERVE ALL'** has assumed a far reaching significance. God is Love and can be won only through the cultivation and exercise of Love. **Seva (Service)** brings out all that is great in man and broadens the heart and widens ones vision.

Following His commands of **'Love All - Serve All'**, our NGO Mahavir International Delhi has attained unassailable heights and glories in its quest to serve the poor, needy and disadvantaged strata of society. Through our three fully equipped charitable hospitals, we have received a landmark of providing Free treatment to more than **FIFTY LAKH** patients.

With the passage of time **'Love All - Serve All'** has been universally acclaimed in Business World. Love is quite like a triangle. It has **3Cs – Commitment, Compassion and Care**. The sum total of these 3Cs constitutes what is called 'true love'. Purity is the perpendicular of the triangle.

- (i) **Love your work** : Do only that work which provides peace and love besides creates a lovable and positive work environment. This is key to enhance one's business. Loving your work is like a wind to propel your ship with much less fuel.
- (ii) **Love your colleagues** : The success of a leader lies in creating a team work and for team work we need more mutual support among colleagues which is mantra for success. Besides building a cordial and lovely relationship among fellow colleagues and at the job, strong cordial friendships makes work more fun and less strenuous. Science supports this, having close relationships is essential to happiness, strengthens the immune system, and reduces anxiety.
- (iii) **Love your constituents** : To serve the constituents with love and caring and expressing thanks for their support is one of the key pillars of long-term business relationship and success. Besides providing greater accountability and transparency it helps in regaining the public's trust and confidence.
- (iv) **Love your customers/clients** : It demonstrates that in whatever line of work, customer/client service is a direct extension of the way both we and our company are viewed by the customer. Customer is supreme for the survival of any business.
- (v) **Serve with smile** : The service to the customer must be ensured that it is personal, is delivered with smile, respect, and sincerity to thrill him/her.

Let the message of **'Love All- Serve All' – 'Live and Let Live'**, be an integral part in all spheres of our life be it personal social or business.



कॉनकॉर
CONCOR

(भारत सरकार का नौकरा परिवार)

75
आज़ादी का
अमृत महोत्सव



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

Follow us on Social Media

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UCSa4y5J0c bDw8W3I Aylow

co.pro@concorindia.com



Container as Warehouse



Bulk Loading



Oxygen Supply



CSR

भारतीय कंटेनर निगम लिमिटेड, कॉनकॉर भवन, सी-3, मथुरा रोड, नई दिल्ली - 110076

Container Corporation of India Ltd.

CONCOR Bhawan, C-3, Mathura Road, Opposite Apollo Hospital, New Delhi - 110076

कंटेनर की बात, कॉनकॉर के साथ

(A Navratna Undertaking of Govt. of India)

Think Container, Think CONCOR

GAIL (India) Limited



BRING ABOUT A REFRESHING CHANGE

- Switch to Natural Gas, a Greener Fuel
- Use Public Transport
- Ensure Pollution-Free Air



#HawaBadlo



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IRITES

THE INFRASTRUCTURE PEOPLE
A Government of India Enterprise



Best Wishes from NBCFDC!

National Backward Classes Finance & Development Corporation (NBCFDC) is a Govt. of India Undertaking under the aegis of Ministry of Social Justice and Empowerment. NBCFDC was incorporated under Section 25 of the Companies Act 1956 on 13th January 1992 as a Company not for profit with an objective to promote economic and developmental activities for the benefit of Backward Classes and to assist the poorer section of these classes in skill development and self-employment ventures. NBCFDC provides financial assistance through State Channelizing Agencies (SCAs) nominated by the State Governments/UTs. NBCFDC also provides Micro Financing through SCAs/ Self Help Groups (SHGs). The Corporation can assist a wide range of income generating activities to assist the poorer section of these classes in skill development and self-employment ventures under following broad sectors:

- Agriculture and Allied Activities
- Small Business
- Artisan and Traditional Occupation
- Technical and Professional Trades/Courses
- Transport and Service Sector etc.

The Corporation additionally facilitates skill development of poor persons belonging to OBCs, persons of Economically Backward Classes (EBCs), De-notified Nomadic and Semi-Nomadic Tribe, Sr. Citizen, Beggars and Transgender.

- To Promote economic & development activities for the benefit of Backward Classes.
- To assist, subject to such income and/or economic criteria as may be prescribed by government from time to time, individuals or groups of individuals belonging to Backward Classes by way of loans and advances for economically and financially viable schemes and projects.
- To provide for gainful employment and skill development to the target group.
- To grant concessional finance in selected cases for poor persons belonging to Backward Classes as per an annual income criteria defined from time to time (presently Rs. 3.00 lakh).
- To extend loans to the Backward Classes for pursuing general/professional/vocational/technical education or training at graduate and higher level.
- To assist in the upgradation of technical and entrepreneurial skills of Backward Classes for proper and efficient management of production units.



National Backward Classes Finance & Development Corporation

5th Floor, NCUI Building, 3, Siri Institutional Area, August Kranti Marg, New Delhi-110016

Tel.: +91-11-45854400 Toll Free : 18001023399 (10:00 AM to 5:00 PM On Weekdays) | Email : info@nbcfdc.gov.in



K. NARAYAN
Chairman
(Former MD, NBCFDC)

Oh Humility

Oh humility thou art not a virtue but my direst need,
For Didn't thou manifest in the Sufi saint, daily thousands he did feed

And in the mid-eastern messiah who while tending to sheep,
Preached the gospel of love, benefit of which till date millions reap

The bearded Guru whose followers in langars serve and cook,
He too advised them to bow not to his image but to the holy book

What about the prince, who for knowledge, royal glory he did drop,
And on gaining wisdom under Bodhi tree roamed a Bhikshu without stop

The father of great King Bharat, who transformed from ruler to a monk,
Thence this first of Jain gurus faced sufferings so his ego be fully sunk

The cowherd boy who before battle taught the famed archer his life's goal,
Enduring thence curse of the rightly wronged, playing a mere charioteer's role

Sankara, the monk who enunciating the paths of knowledge, devotion & service,
Tirelessly wandered the entire country preaching these ways of divine release

Mahatma, preacher of Dakshineswar, Maharashi of Arunachalam down south,
Preached and performed God's work banishing self-praise off their mouth

Unknown yogis atop the house of ice compose texts igniting energies latent,
Charging a fee that this wisdom be spread for free without patent

When you thus sprout from such masters as a sapling does from a seed,

Oh humility don't become my virtue, thence me into darkness you will lead
Why just the great ones, see that labourer lady working on buildings grand,
Never heard her say she carried its bricks, her infant in the other hand

So pray stay in me unnoticed such that to you I pay no heed,
Lest I see you as a virtue and my ego you begin to feed



दिल्ली की सर्दी

दिल्ली की सर्दी-धूप सेंकने गज़क खाने, रजाई में छुप जाने कि श्रृंखला पसीने और धूल-मिट्टी से छुटकारा, इस मौसम को कौन न पसंद करे भला' पर यह तो मेरा दृष्टिकोण है - क्या मैं दिल्लीवासियों का प्रतीक हूँ? इस प्रश्न के उत्तर का अभाव बेहद सताने लगा - न जाने क्यों!

और श्रवण मनन अध्ययन के बाद भी जब जवाब न लगा हाथ चल पड़ा एक रात मैं मोरी गेट कुछ समाज सेवकों के साथ ठिठुरती ठण्ड, घना कोहरा - ऐसे लगा मानो हूँ चक्रव्यू प्रवेशी अभिमन्यु "डरना मना है", साथियों ने सचेत किया, "आप को तो करना है night rescue"



Rescue - पर यहाँ कौन सी जंग छिड़ी है - किस पर करना है एहसान? तभी देखा सेवकों को अपने तन पे उठाकर रखते हुए एक बोरा भर सामान

पास गया, वास्तविकता झलकी, वो तो था कम्बल में लिपटा एक इंसान अगले घंटे यह सिलसिला चलता रहा, एक दर्जन ठण्ड में सोते पाए गए, कुछ मदहोश, कुछ बेहोश, कुछ चप्पल को फटी रजाई के नीचे छुपाये हुए, दो rescue van निरंतर लगाए चक्कर, रेन बसेरों में इन पीड़ितों को छोड़ते हुए

"क्या काम करते हो", पूछा मैंने जब एक को van में जगा हुआ देखा, कहा उसने ज़बान लड़खड़ाते हुए "जी मारता हूँ मै धक्का"

यह वो पेशा है जिसमे रेडे भर माल लाद, मजदूर उसे पकड़कर चलते हैं, फिर कमाई देहाड़ी के एक अंश से मदिरा सेवन कर, फुटपाथ पर ही सो जाते हैं, न है इनके पास Cell Phone, न PAN Card, न ही कोई आधार, भला हमारे Digital Smart City में कैसे हो इनका उद्धार?

यह समझाकर, Rescue टीम लीडर बोल पड़े - "बस एक निवेदन है सरकार" उस प्रजातंत्र के मंदिर के निर्माण सहित तनिक इस प्रजा के बसेरों का भी करो विस्तार

निकले थे दिल्ली कि सर्दी पर औरों कि प्रतिक्रिया सुनने को, हाथ आये ऐसे राज, शर्म के मारे झुकाया जिसने मस्तक को, उसी झुकाए मस्तक से Rescue Team सदस्यों को नमन किया, उनकी खुशहाली और सेवा भाव कायम रहने के प्रार्थना में प्रभु का स्मरण किया।

- के. नारायण





OUR HOSPITALS - No. 1

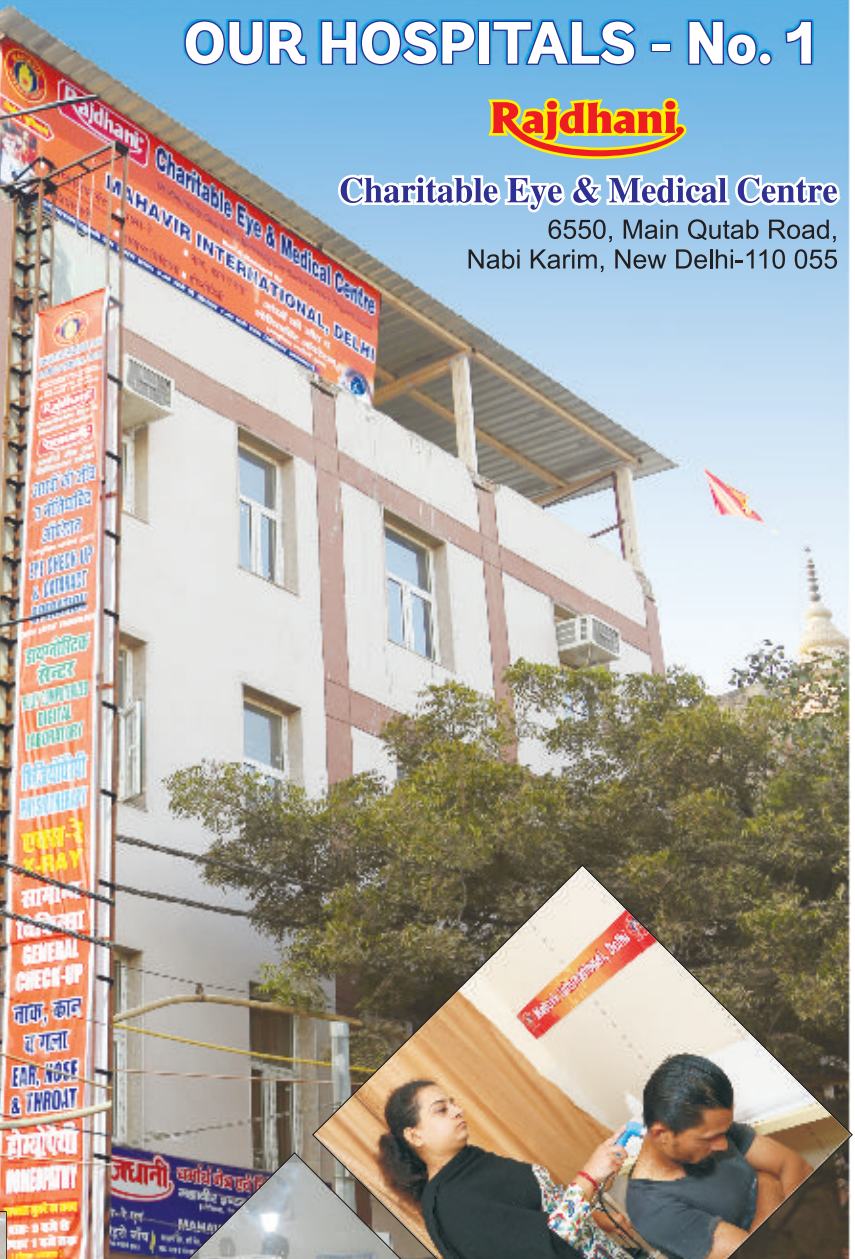
Rajdhani

Charitable Eye & Medical Centre

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



धानक द्वार एवं बाबू राम सोलंकी मार्ग
न चौक नदी कड़ीम में आपका हार्दिक स्वागत है।
मक : खला सोनी निगम पार्सल नं० ४७ राम नगर



2



KISHWARNA Charitable Eye & Medical Centre

36/3, Badarpur, New Delhi-110044



3



Lala Aman Singh Jain Charitable Eye Research & Medical Centre

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





Auto Refractometer



Phacoemulsification Machine



Solar Plant



Non-Contact Tonometers



Slit Lamps



YAG Laser



Nidek Green Laser



Perimeter



Optical Coherence Tomography

MEDICAL FACILITIES



Echoscan (A+B)



Micro Scope



Digital Lab



25.05.2021
10LPM Oxygen
Concentrator

OUR PROJECT-I

हर सांस
है जरूरी



A Bank of **258** Oxygen Concentrators
(OCs) Created During COVID Period &
Associated With Govt. Hospitals.



OUR PROJECT-II

सबको भोजन



Beneficiaries 31,585



OUR PROJECT-III

मिशन संजीवनी



Beneficiaries
12,110



ON-SITE VACCINATION CAMPS



EYE & HEALTH CHECK-UP CAMPS At a Glance



VIRA VISION ACTIVITIES

LOCATIONS :

- Outside Rajdhani Charitable Eye Medical Centre - Nabi Karim, New Delhi
- Outside Kishwana Charitable Eye & Medical Centre - Badarpur, New Delhi
- Outside Lala Aman Singh Jain Charitable Eye Reserch & Medical Centre - Hauz Rani, New Delhi
- Nirmal Jyoti Foundation, Vasant Kunj, New Delhi
- Guru Vishram Vridh Ashram - Gautam Puri, New Delhi
- Lal Kuan Slum Area - Okhla, New Delhi
- Nihal Old Age Home - Paschim Vihar, New Delhi
- Khaniadana - Distt. Shivpuri, Madhay Pradesh
- Earth Saver Foundation - Gurugram, Haryana
- Safdurjang Hospitals - New Delhi
- Uttarakhand



Projects

- Covid-19 Relief (Program)
- Baby Kit/Diaper Distributions
- Food Program
- Woolen & Cloth Distribution (Sabko Kapda)
- Daily Essentials
- Educational Help
- Medical & Health Camp





OUR ACHIEVEMENTS

Items	-	No of beneficiaries
Meals	-	19,669
Ration	-	1,640
Stationery kits	-	250
Oxymeter	-	15
Diapers	-	3,500
Clothes	-	2,210 Families
Chappals	-	150 Pairs
Baby kits	-	650
Sanitary pads	-	6,700
CVC vaccine	-	300



MID-PNET - The Way To Grow Together

Mahavir International Delhi (MID) had been toying with an idea on how to create a professional network within our organization for its members, who are from various streams of professions & businesses, with major objective of engaging them with various on-going activities/projects and at the same time, let everyone & MID grow together.

After series of discussions & meetings with stakeholders, ultimately MID launched this much awaited initiative, called Mahavir International Delhi-Professional Network (MID-PNET) on 21st of September, 2021, under a dynamic team bursting with enthusiasm to make it a great success, comprising of Mr. Anil K. Jain as its Chairman, Mr. Ajay Jain, Mr. Rajesh Jain, Mr. Swadesh Jain & Mr. Pulin Mehta as executive members and Mr. Arun Jain (Secretary MID) & Mr. Ashhok Jain (International Director MI) as mentors. A separate Whatsapp group (MID-PNET) was created for like minded members only. As on date, it's a strong group of 130+ members. Few active members have started posting business enquiries in this newly formed group, which helped them close few transactions as well.

In order to provide added value to the members, MID-PNET started organizing series of lectures & panel discussions every week, which is getting good response. Following topics were covered under this series:

- Lecture was organized on 4th September, 2021 on "How To Recover Blocked Investment & Bad Debts" by Mr. Abhay Chandalia, who is Co-Founder of M/s Share Samadhaan (India's largest investment recovery advisory company)
- Another lecture was organized on 11th September, 2021 on "When You Are Sinking, Become Submarine", by Mr. Pavan Choudhary, who is CEO & MD of M/s Vygon India (a french MNC), TedX speaker and columnist TOI.
- A panel discussion was organized on 18th September, 2021 on "Emerging Role of Technology In Today's Era", by Dr. J. S. Sodhi (Group CIO & Sr. Vice President of Amity Group), Mr. Sachin Gupta (President & CIO of Usha International), Mr. Avinash Arora (Ex-Director ICT of New Holland Fiat India), Mr. Rajeev Seoni (Ex-CIO of EY India) and Mr. S. P. Arya (Ex-CIO of Hero Cycles Ltd.)
- Another lecture was organized on 25th September, 2021 on "Real Estate Opportunities in Delhi/NCR", by Mr. Shobhit Batra, Vice President (Sales & Marketing) of Buniyaad.

We plan to organize many such lectures and panel discussions in future on variety of subjects, which would benefit our members.

A Networking Get Together (NGT) was organized on 10th of October, 2021 at Hotel Country Inn, Sahibabad, where more than 125 people met to greet and introduced themselves. Many company's discount coupons were distributed for the benefit of members. Many games & cultural activities were also organized. It was an event full with fun & frolic and at the same time, members encouraged to donate on the spot, for MID's various projects.

MID-PNET plans keep organizing many such activities for continuous engagement of its members. Once it's well established in Delhi chapter, we plan to go inter-chapter i.e. pan india, so that maximum people of Mahavir International family can be benefited and support organization's core objective of serving deprived section of our society.





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National Safai Karamcharis Finance and Development Corporation (NSKFDC) works for the socio-Economic Development of Safai Karamcharis (including wastepickers), Manual Scavengers and their dependants. Major programmes of NSKFDC for its target group are :

- **Concessional loan for self employment projects.**
- **Skill Development Training Programme.**
- **Recognition of Prior Learning Training programmes for safai karamcharis and wastepickers.**
- **Organising Health-cum-Awareness Camps.**
- **Workshop on "Prevention of Hazardous Cleaning of Sewers and Septic Tanks".**
- **Marketing Assistance to the target group.**



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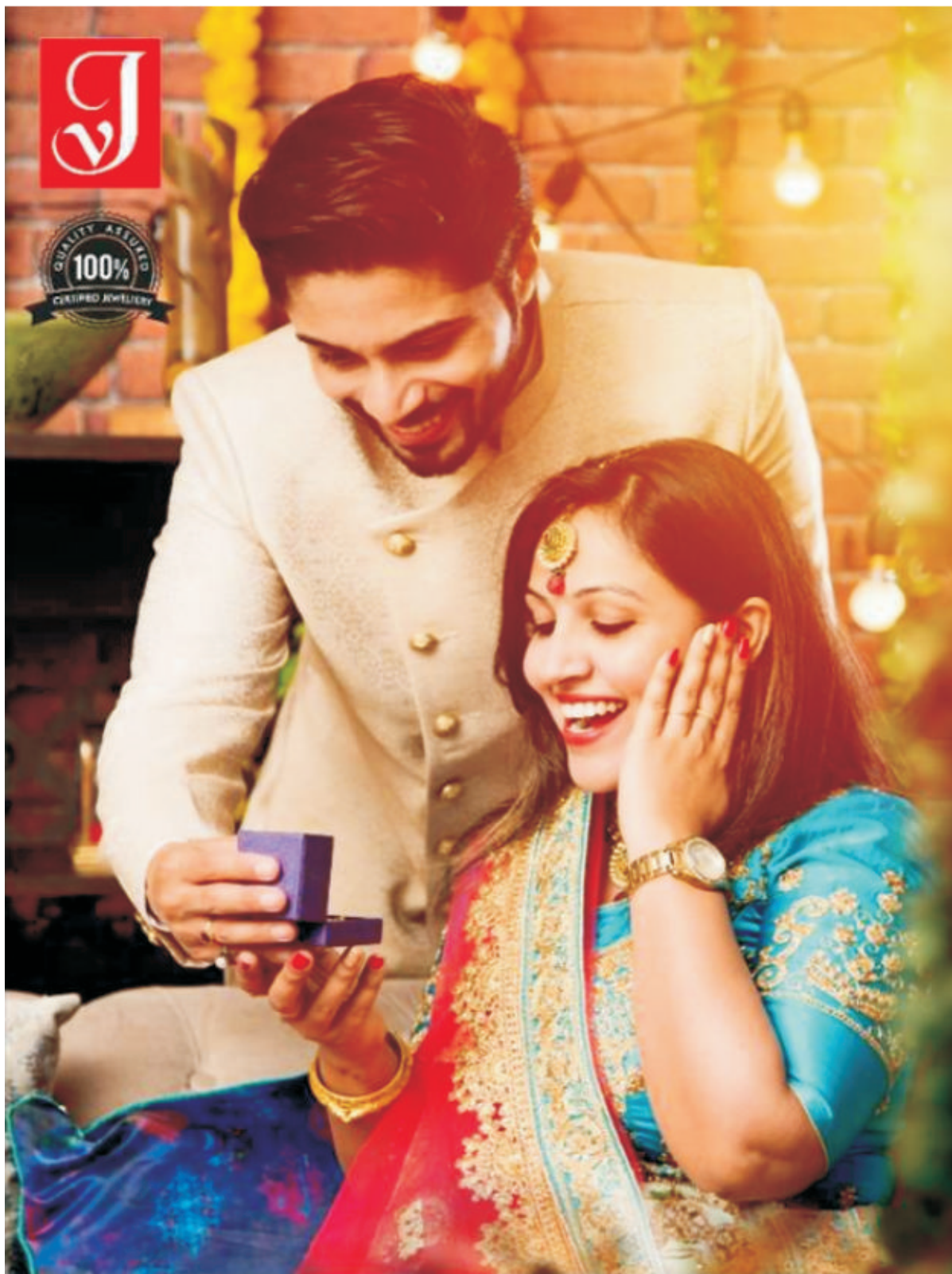
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Dr. Vishnu Gupta
Professor & HOD, Ophthalmology,
HIMSR & HAHC Hospital



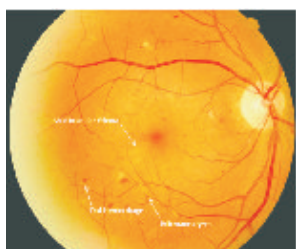
Dr. Monika Kapur
Asst. Professor, Ophthalmology,
SMSR, Sharda University

DIABETIC RETINOPATHY

Diabetes mellitus is a huge problem in our country. Thanks to life style problems (stress, lack of exercise, dietary indiscretion, excessive alcohol etc) and abdominal obesity (38 % Indians suffer from abdominal obesity), India has the largest number of diabetics in any single country. 12.5 % of India's urban population & 4 % of the rural population is diabetic. Diabetes is the mother of all diseases since it affects all the parts of the body.

Diabetic Retinopathy can develop in anyone who has type 1 or type 2 diabetes. The longer you have diabetes and the less controlled your blood sugar is, the more likely you are to develop this eye complication. Chronically high blood sugar from diabetes is associated with damage to the tiny blood vessels in the retina, leading to diabetic retinopathy.

Diabetic retinopathy can be classified into Non Proliferative and Proliferative:



Non Proliferative Diabetic Retinopathy

Hyperglycemia results in damage to retinal capillaries. This weakens the capillary walls and results in small outpouchings of the vessel lumens, known as microaneurysms. Microaneurysms eventually rupture to form hemorrhages deep within the retina which are called "dot-and-blot" hemorrhages because of their dot like appearance. The weakened vessels also become leaky, causing fluid to seep into the retina. Resolution of fluid lakes can leave behind sediment. This sediment is composed of lipid byproducts and appears as waxy, yellow deposits called hard exudates. As NPDR progresses, the affected vessels eventually become obstructed. This

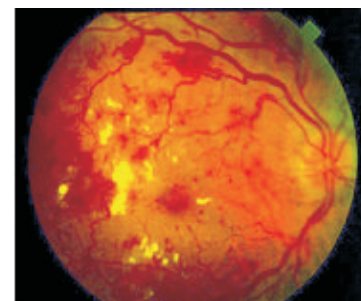
obstruction may cause infarction of the nerve fiber layer, resulting in fluffy, white patches called cotton wool spots (CWS).

Proliferative Diabetic Retinopathy

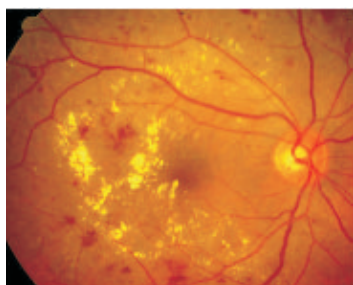
The retina has a high metabolic requirement, so with continued ischemia, retinal cells respond by releasing angiogenic signals such as vascular endothelial growth factor (VEGF). Angiogenic factors, like VEGF, stimulate growth of new retinal blood vessels to bypass the damaged vessels. This is referred to as neovascularization. The new vessels are leaky, fragile, and often misdirected. These new vessels can cause complications like Vitreous Hemorrhage, Retinal Detachment and Glaucoma.

While the effects of neovascularization in PDR can be devastating, the most common cause of vision loss in diabetics is macular edema.

Diabetics can also have problems located more anteriorly in the eye. The angiogenic molecules that are produced by the retina may float anteriorly, causing neovascularization of the iris. These vessels can grow into the angle of the anterior chamber where the trabecular meshwork, the drain of the eye, resides. This can obstruct outflow of aqueous fluid, raising intraocular pressure and causing acute glaucoma.



Proliferative Diabetic Retinopathy:
neovascularization



Diabetic macular edema
with Hard exudates

Diabetic macular edema (DME)

DME is the build-up of fluid (edema) in a region of the retina called the macula. The macula is important for the sharp, straight-ahead vision that is used for reading, recognizing faces, and driving. DME is the most common cause of vision loss among people with diabetic retinopathy.

Symptoms

You might not have symptoms in the early stages of diabetic retinopathy. As the condition progresses, diabetic retinopathy symptoms may include Spots or dark strings floating in the vision (floaters), blurred or fluctuating vision, Impaired color vision, Dark or empty areas in your vision and Permanent Vision loss. Diabetic retinopathy usually affects

both eyes.

Risk factors

Anyone who has diabetes can develop diabetic retinopathy. Risk of developing the condition can increase as a result of:

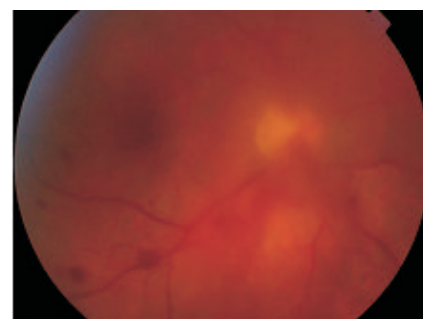
- Duration of diabetes — the longer you have diabetes, the greater your risk of developing diabetic retinopathy

- Poor control of your blood sugar level
- High blood pressure
- High cholesterol
- Pregnancy
- Tobacco use
- Being African-American, Hispanic or Native American

Complications

Diabetic retinopathy involves the abnormal growth of blood vessels in the retina. Complications can lead to serious vision problems:

- **Vitreous hemorrhage.** The new blood vessels may bleed into the clear, jelly-like substance that fills the center of your eye. If the amount of bleeding is small, patient sees few dark spots (floaters). In more-severe cases, blood can fill the vitreous cavity and completely block your vision. The blood often clears from the eye within a few weeks or months. Unless the retina is damaged, vision may return to its previous clarity.
- **Retinal detachment.** The abnormal blood vessels associated with diabetic retinopathy stimulate the growth of scar tissue, which can pull the retina away from the back of the eye. This may cause spots floating in the vision, flashes of light or severe vision loss.
- **Glaucoma.** New blood vessels may grow in the front part of your eye and interfere with the normal flow of fluid out of the eye, causing pressure in the eye to build up (glaucoma). This pressure can damage the nerve that carries images from your eye to your brain (optic nerve).
- **Blindness.** Eventually, diabetic retinopathy, glaucoma or both can lead to complete vision loss.



Vitreous Haemorrhage obscuring view of retina

Prevention

Vision lost to diabetic retinopathy is sometimes irreversible. However, early detection and treatment can reduce the risk of blindness by 95 percent. Because diabetic retinopathy often lacks early symptoms, people with diabetes should get a comprehensive dilated eye exam at least once a year. Women with diabetes who become pregnant should have a comprehensive dilated eye exam as soon as possible. Additional exams during pregnancy may be needed.

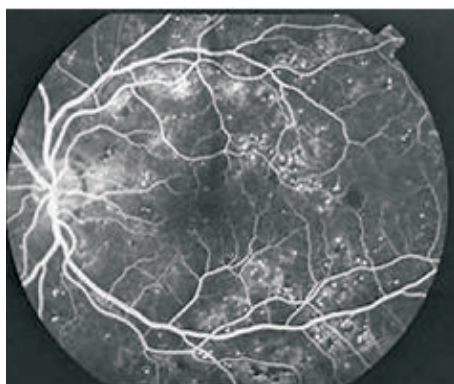
Studies have shown that controlling blood sugar slows the onset and worsening of diabetic retinopathy and can reduce the risk of vision loss among people with diabetes.

Diagnosis

1. **Visual acuity testing.** This eye chart test measures a person's ability to see at various distances.
2. **Tonometry.** This test measures pressure inside the eye.
3. **Pupil dilation.** Drops placed on the eye's surface dilate (widen) the pupil, allowing a physician to perform a comprehensive retinal examination.

Fluorescein angiography

It is used to look for damaged or leaky blood vessels. In this test, a fluorescent dye is injected into the bloodstream, often into an arm vein. With the pupils dilated, Pictures of the retinal blood vessels are taken as the dye reaches the eye.



Fundus fluorescein angiography showing pinpoint hyper fluorescence suggestive of leaking microaneurysms

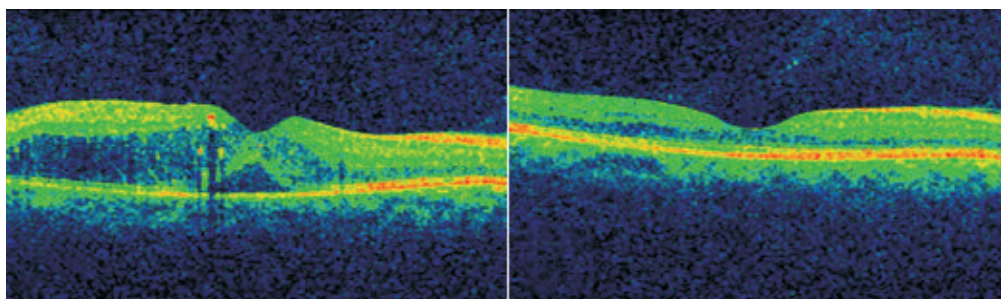
Optical coherence tomography

This imaging test provides cross-sectional images of the retina that show the thickness of the retina, which will help determine whether fluid has leaked into retinal tissue. Later, OCT exams can be used to monitor how treatment is working.

Advanced diabetic retinopathy

If you have proliferative diabetic retinopathy or macular edema, you'll need prompt surgical treatment. Depending on the specific problems with your retina, options may include:

- **Photocoagulation.** This laser treatment, also known as focal laser treatment, can stop or slow the leakage of blood and fluid in the eye. During the procedure, leaks from abnormal blood vessels are treated with laser burns.
- **Panretinal photocoagulation.** This laser treatment, also known as scatter laser treatment, can shrink the abnormal blood vessels. During the procedure, the areas of the retina away from the macula are treated with scattered laser burns. The burns cause the abnormal new blood vessels to shrink and scar. It's usually done in your doctor's office or eye clinic in two or more sessions.
- **Vitrectomy.** This procedure uses a tiny incision in your eye to remove blood from the middle of the eye (vitreous) as well as scar tissue that's tugging on the retina. It's done in a surgery center or hospital using local or general anesthesia.
- **Intravitreal injection.** This involves injecting medication into the vitreous in the eye. These medications, called vascular endothelial growth factor (VEGF) inhibitors, may help stop growth of new blood vessels by blocking the effects of growth signals the body sends to generate new blood vessels.



The retina of a person with diabetic retinopathy and DME, as viewed by optical coherence tomography (OCT). The two images were taken before (Top) and after anti-VEGF treatment (Bottom). Note the swelling of the macula and elevation of the fovea before treatment.

Anti-VEGF therapy, can be started as a stand-alone treatment or in combination with panretinal photocoagulation. It may stop the progression of diabetic retinopathy, but it's not a cure. Because diabetes is a lifelong condition, future retinal damage and vision loss are still possible.

RESUMPTION OF CATARACT SURGERIES

Pleased to share that CARARACT SURGERIES have resumed in our following hospitals as per Government guidelines.

- Lala Aman Singh Jain Charitable Eye & Medical Center, Hauz Rani, Malviya Nagar, New Delhi w.e.f. 7th September 2021
- Kishwarra Charitable Eye & Medical Center, Badarpur, New Delhi w.e.f. 8th September 2021

60 surgeries have been performed in both the hospitals till 25th September 2021 sponsored by GAIL under their CSR initiative.



MEMORIES-I



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BASICS ABOUT DIABETES

What is diabetes?

Diabetes happens when your body isn't able to take up sugar (glucose) into its cells and use it for energy. This results in a buildup of extra sugar in your bloodstream.

What are the different types of diabetes?

The types of diabetes are:

- **Type 1 diabetes** : Up to 10% of people who have diabetes have Type 1. It's usually diagnosed in children and young adults .
- **Type 2 diabetes** : This is the most common type of diabetes. Up to 95% of people with diabetes have Type 2.
- **Prediabetes** : This type is the stage before Type 2 diabetes.
- **Gestational diabetes** : This type develops in some women during their pregnancy.

What are the symptoms of diabetes?

Symptoms of diabetes include:

- Increased thirst.
- Weak, tired feeling.
- Blurred vision.
- Numbness or tingling in the hands or feet.
- Slow-healing sores or cuts.
- Unplanned weight loss.
- Frequent urination.
- Frequent unexplained infections.
- Dry mouth.

What are the complications of diabetes?

- Cardiovascular issues including coronary artery disease, chest pain, heart attack, stroke, high blood pressure, high cholesterol, atherosclerosis (narrowing of the arteries).
- Nerve damage (neuropathy) that causes numbing and tingling that starts at toes or fingers then spreads.
- Kidney damage (nephropathy) that can lead to kidney failure or the need for dialysis or transplant.
- Eye damage (retinopathy) that can lead to blindness; cataracts, glaucoma.
- Foot damage including nerve damage, poor blood flow and poor healing of cuts and sores.

How is diabetes diagnosed?

Diabetes is diagnosed and managed by checking your glucose level in a blood test.

Type of test	Normal (mg/dL)	Prediabetes (mg/dL)	Diabetes (mg/dL)
Fasting Glucose Test	Less than 100	100-125	126 or higher
Random (anytime) Glucose Test	Less than 140	140-199	200 or higher
HB A1c test	Less than 5.7%	5.7 - 6.4%	6.5% or higher
Oral Glucose Tolerance Test	Less than 140	140-199	200 or higher

How is diabetes managed?

You hold the keys to managing your diabetes by:

- Healthy meal plan (vegetables, whole grains, beans, fruits, healthy fats, low sugar)
- **Exercising regularly** Try to exercise at least 30 minutes most days of the week.
- Yoga
- **Losing weight** if you are overweight.
- Taking medication and insulin, if prescribed .
- Monitoring your blood glucose and **blood pressure levels at home.**
- Keeping your appointments with your healthcare providers and having laboratory tests completed as ordered by your doctor.
- **Quitting smoking** (if you smoke).

Conclusion

Type 2 diabetes is a lifestyle disease. Although diabetes risk factors like family history and race can't be changed but adopting some of the healthy lifestyle habits can help to decrease your chances of getting diabetes:



Dr. Jeetika Jain (PT)
BPT, MBA (Health)

EFFECT OF VIRTUAL LEARNING IN CHILDREN

COVID-19 has caused a lot of changes during these last 2 years. Most of the people are working from home, schools have started giving virtual education to children, people are mostly staying at home, social interaction among humans have reduced and some other health related problems too.

This has created the most impact on children as they are learning through virtual mode and their physical interaction with teachers and their peers has reduced and they are mostly getting bookish knowledge and the practical knowledge which they used to get in schools has reduced.

There have been a few positive things also but the side effects have been far worse. It has made the schools to improve their technology, the children have started using technology very comfortably including small kids also. But on the other hand, it has also increased the financial burden on parents and teachers as they have to buy new laptops or phones to attend the classes, they need to have a good internet connectivity to attend the classes without any disturbance and especially the poor families who don't have much electronic gadgets at home they had to buy the smartphones so their children can attend the classes.

Apart from all this there have been a lot of effects on physical and mental health of school going children.

EFFECT ON MENTAL HEALTH

The various effects on the mental health of children caused by online education are:-

1. **Lack of Interest** – Human interaction is important for every individual and due to online education, this human interaction has become minimal to none. Due to this the children have now started losing interest in the classes. When they are not interested, they just switch off the camera and start roaming here and there or playing.



2. **Stress & Anxiety** – Due to the lack of concentration they are not able to learn properly. Also, their eyes wander here and there due to so many distractions at home. This lack of concentration during classes, increase in the amount of home work after the classes and the pressure to perform well in the classes has increased the stress and anxiety among the children.
3. **Over Involvement of Parents** – As the children are studying in front of their parents so parents know what is being done in the class and they are also involved during the classes, so they create more stress on the children. On the other hand, when the children are going to school, the children get some time away from teachers and they get to deal with everything on their own.
4. **Increase in Screen Time** – Due to long duration of online classes, the screen time of all the children has increased a lot which causes a lot of mental exhaustion among them but there is no physical exhaustion among them.
5. **Lack of Social Life** – As children are studying from home, their social interaction with others have reduced which has an affect on their social health too.

EFFECT ON PHYSICAL HEALTH

Virtual learning has caused many health problems among children physically like:-

1. **Eye Problems** – Due to long screen timing, the strain on eyes have increased which in turn leads to increased headaches, weakening of eyesight and dry eyes problem etc.
2. **Lack of Classroom Ethics** – Virtual learning has led

to improper posture, irregularity, lack of routine among children and lack of attentiveness in class.

3. **Increase in Weight** – As there is no physical activity, constant sitting has also caused weight problems in children. They are becoming obese or there is also lack of nutrition among them.
4. **Lack of Physical Activity** – Lack of physical activities has made the students restless and frustrated. It has also disturbed their eating habits. It has also caused increase in muscle spasm, muscle rigidity and reduction in muscle strength.
5. **Bad Ergonomics** – Bad sitting posture has led to increase in back and neck pain, fibromyalgia etc.
6. **Lack of Vitamin D** – As the children are staying at home the whole day, they are missing out on the daily sunlight need of the body which is causing deficiency of Vitamin D among children.
7. **Calcium Deficiency** – Lack of physical activity and calcium has also resulted in trivial injuries.

Apart from all these effects there are some other issues also faced during online learning like:-

- Internet connectivity issues which lead to classes getting disconnected in between.
- Lack of exposure to practical life skills among students.
- It is also difficult for teachers to manage and teach children as effectively as they can manage in schools.

So virtual learning during this pandemic time has caused a lot of effects on children in many ways. Although, the schools are trying to bring changes in their teaching style through online mode also to overcome these problems as much as possible but it is still difficult to overcome all the problems caused by this method of learning.





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Dr. Neha Sharma

D.N.B Ophthalmology.

Lala Aman Singh Jain Charitable Eye Research
& Medical Centre - Hauz Rani, New Delh

Cataract Introduction

Cataract is the clouding of the lens of the eye which is normally clear.

SYMPTOMS :-

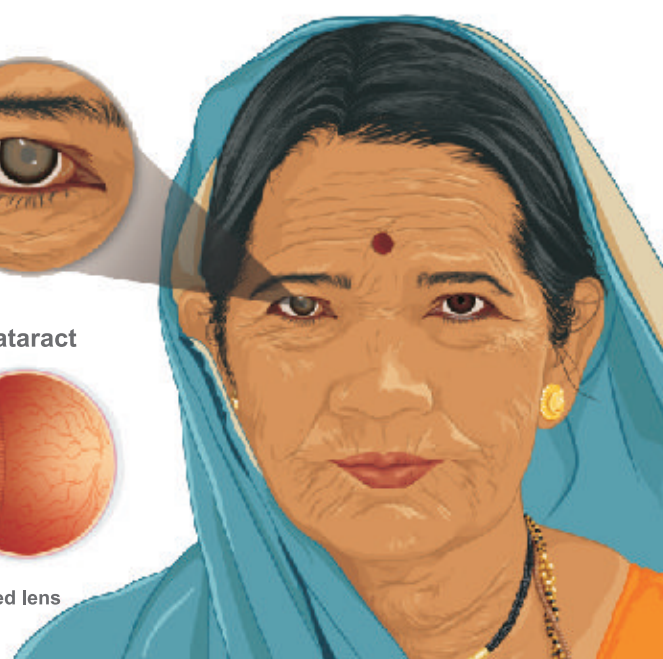
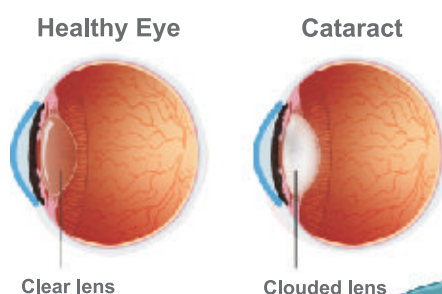
- Decrease of vision
- Frequent change in prescription of glasses
- Glare from lights
- Difficulty in reading
- Poor night vision
- Faded colours
- Feeling cloudy, blurry, faded and dark

There is no way to cure or get rid of cataract once its formed besides cataract surgery. No medication can eliminate existing cataract.

Intraocular lenses (IOLs) are medical devices that are implanted inside the eye to replace the eye's natural lens when it is removed during cataract surgery.

TYPES :-

1. **Monofocal intraocular lenses:** These lenses offer one focusing distance. Most people opt for distance vision and use glasses to see up close. Generally monofocal lenses are the only type covered by insurance companies.
2. **Multifocal intraocular lenses:** These lenses have focal zones that are set at different powers, which enable you to see both near & far. This means that you can see time on a wall clock as well as your wrist watch with lens depends on reading glasses. Night time drivers may experience glare & halos with these lenses.
3. **Toric intraocular lenses:** These lenses correct astigmatism aspect of patient's vision if there is any. Previously surgeons would typically perform refractive surgery or LASIK after an intraocular lens was implanted to help correct vision problems. Toric lens can correct both error due to cataract and astigmatism.
4. **Accommodating intraocular lenses:** These type of lenses allow you to change focus easily from near to far. These lenses provide significant advantage in addressing intermediate vision.





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Dr. Leena Aggarwal
Vibes Healthcare Ltd.

10 Easy Tips to REDUCE HAIR FALL

1. Add extra protein to your diet.
2. Take dry almonds to prevent nutritional deficit.
3. Provide mild massage to your hairs with Hot Oil 30 minutes before hair wash. Hair Wash should be done with Mild Paraben and Sulphur free shampoo.
4. Apply Onion Juice in hair scalp.
5. Apply Egg Mask for the duration of 30minutes helps in strengthening hair.
6. Biotin helps to reduce hair fall just in few days.
7. Take aloe vera, amla and beetroot juice daily.
8. Use soft brush for combing and avoid pulling of hairs.
9. Low level light laser therapy can be taken to improve blood circulation.
10. PRP is advance treatment which controls hair fall and improves growth. Treatment to be strictly done under supervision of qualified medical practitioners.



पत्नी :- मैं आपके लिए कितना भागदौड़ करती हूँ, पता है शादी के बाद काम कर करके मेरे दोनों हाथ छोटे हो गए हैं..

पति :- वो कैसे... तुमने नापे क्या ?

पत्नी :- हाँ...पहले मैं एक्सरसाइज करती थी, तो हाथ से पैर का अंगूठा पकड़ लेती थी, शादी के 15 साल बाद आज करके देखा तो हाथ घुटनों तक ही पहुँच रहे हैं..

.....
चाय पीते-पीते अचानक पति के हाथ से कीमती कप गिर गया। पति ने झुककर देखा कप टूटा नहीं था।
सो पत्नी की तरफ देखते हुए पति ने कहा - 'ही-ही-ही बच गया'।

पत्नी नैन चढ़ाकर बोली - 'बच गया नहीं, बच गये'।

.....
पत्नी : आप मुझे बार-बार सॉरी मत बोला करो।

पति : क्यों?

पत्नी : क्योंकि मेरा लड़ने का सारा मूड ही खराब हो जाता है।

NEED OF HEALTHY FOOD POST COVID

If there was ever a time that made us pay attention to our health, it has been this one of the COVID-19 pandemic. This year has also made that clear that not everything in the world of health is under our control. However, many of us are lucky enough to have a say in one important element and that is what we eat. Healthy diets play an important role in our overall health and immune systems. The food we put in our bodies directly affects the way that we feel and the way our bodies function. This is as true during an illness as it is before or after.

HERE ARE FIVE HEALTHY EATING HABITS

1. Mix it up and Eat plenty of fruits and vegetables.



Eat a variety of foods within each and across all the food groups to ensure adequate intake of important nutrients. National food-based dietary guidelines can help you. Fruits and vegetables provide loads of vitamins and minerals as well as the fiber that we need for healthy diet. Minimally processed frozen or canned fruits and vegetables are a good choice for limiting your trips to the market or supermarket. However, be sure to pay attention to the ingredients. In the canning and



processing of these products, sometimes sugar, salt or preservatives are added.

2. Take the pulse of the situation, be wholesome and go nuts!

Pulses, whole grains, nuts and healthy fats such as in olive, sesame, peanut or other unsaturated oils can support your immune system and help to reduce inflammation. Pulses, in particular, are environmentally friendly and a generally inexpensive source of protein. Beans, peas, lupins and other pulses are full of vitamins and minerals that, when part of an overall healthy diet, can help reduce the risk of diseases like diabetes and coronary conditions



3. Limit fats, sugar and salt.

In times of high stress, many people turn to comfort food. Unfortunately, these are often high in fat, sugar, salt and calories, which as part of an unbalanced diet can over time affect your overall health. As a good habit, check the labels of all the foods you eat to learn about their ingredients and nutritional value. Food labels are there to help you limit the amount of certain ingredients or increase the levels of beneficial ones.

4. Practice good food hygiene.

Hygiene in all forms is particularly important in this time of pandemic. However, it is good to remember that COVID-19 is a respiratory virus. It is not a food-borne disease. Yet practicing food hygiene and safety is always important.

Remember these five tips : (1) keep your hands, cooking utensils and cooking surfaces clean; (2) separate raw and cooked; (3) cook thoroughly; (4) keep food at safe temperatures and (5) use safe water.



5. Be physically active and drink plenty of water.



Exercise is important for both our physical and mental health. Obesity and overweight have been significantly increasing in the last years. Particularly now, when people are staying at home more due to COVID-19 restrictions, it is important to find other ways of being active. You should aim for at least 30-60 minutes of daily exercise depending on your age and lifestyle.

The COVID-19 pandemic has altered the daily lives of people around the world, causing many people a lot of stress, sickness and pain. Amidst these difficulties and changes, it is all the more important to maintain a healthy lifestyle.

Dr. Sumeeta Raj G

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Social Service an essential element for Social Change

Social Service as a concept has been existing in our society since ternity. Religion and philosophy have tended to provide frameworks for the conduct of social welfare. Whether in the "daan-poonya" concept in Hinduism, "Chaturvidha daan" in Jainism, humanity & welfare in edicts of the Buddhism, the socio-political doctrines of ancient Greece and Rome, the simple rules of the early Christian communities, 'or 'removing one from grief on judgement day if he removes worldly grief'in Islam or 'sewa' in Sikhism. However, it is when we see society growing morally and sociologically, we realize that true social service actually paves way for a social change, slow but evolutionary.

Social Change is generally perceived to be a radical transformation but in reality it is a slow and patient process where the basic foundation of society undergoes alteration which is reflective not only in the thought process but also action. Sociologists define social change as changes in human interactions and relationships that transform cultural and social institutions. These changes occur over time and often have profound and long-term consequences for society.

Social organizations are the key contributors to effecting these changes. They are pioneers of laying substance of positive changes leading with identification of cause and making well planned efforts to change people's perception around it. This is evident in the various projects that has been taken up by social bodies across the globe; be it children welfare of CRY, creating awareness for senior citizens through Helpage India, helping girl child have a future through Nanhikali, well the examples are many. What these organizations have done is initiate the change in the mindset which has eventually got ingrained in the society. Now, we live in a better society where girl child is not only loved but respected for her choices and not only amongst the educated class but even at the grassroot level, child education is given priority even by the underprivileged, senior citizens are respected and have a defined place in each family with their independence and needs well respected. Even Mahavir International Delhi (MID) is not behind in its endeavors for social welfare. This is evident in their programs starting with a campaign of 'sight for all' where pledging eyes has become a natural way of life for many; where Eye donation was not a very welcome step, now it is the most basic step for most individuals, old or young. While, it is not that a final destination has been reached for all the aforesaid social causes but certainly a significant positive mindset change has been achieved while of course more work is being done to ensure that the thought reaches remotest corner of the country and even the world.

The premise for social service is underprivileged, social injustice or social deprivation. Of course, there are some long drawn causes but some are momentary or a result of some untoward incident causing a wave of sympathy due to a natural disaster or calamity or a huge aftermath like explosion. But the change that Covid pandemic has brought in people is imploring; it has replaced the word 'sympathy' with 'empathy'. Most of the living human population empathizes with what any individual is facing at this point in time- whether its loss of a loved one, recovering from a harsh covid impact, paying huge bills for covid treatment, looking for medical supplies and infrastructure or even something as uncomplicated as virtual schooling and work from home. There isn't one thing that any individual will not relate to. So yes, it would not be untrue to say that COVID has in the truest sense unified mankind.

It was the first time that social organizations were also tested not only for their authenticity but also for their thought process, network, reach and most importantly quickness to act. While, initially the concerns and requirements of the needy were basic like food, shelter, economic support, clothes and basic medical supplies

however, with time the complexities increased and it was time for social workers also to innovate and identify causes that people support out of empathy and not sympathy, out of sincere determination to help others so that history doesn't repeat with someone else and not because this is what some religious text or philosophy prescribes. The innovations adopted by social organizations at this point in social welfare has led to the stepping stone for a social change with an overwhelming support by many.

Mahavir International Delhi also initiated some very constructive charter conceptualized programs which resonated with saving lives. MID steered a very important program "Sabko Bhojan" where people were encouraged to contribute towards food for the migrants and needy away from home. In this cause, generous donations have been received not only from people who are affluent but also from students and children who used their pocket money. Another social change brought about with making people understand that even a small amount can make a difference. The most important drive of MID has been 'Mission Sanjeevani', free covid19 vaccination drive for people who are either not aware of covid vaccination, its importance or process or merely shy away from it due to the assumed time taking process. The result is a real change; to be able to remove vaccine hesitancy and bring the intended folks to the vaccination centers. This is the change, vaccination for all to fight the pandemic and Members of MID are joining hands in the same realizing that each and every job is important to make this pandemic end.

As we understand the correlation between social service and social change it is clear that an essential part of making systemic change is learning why things operate the way they do, opening up to new ideas, and thinking about the implications of these ideas for the larger good. As a popular American Activist said that "I am no longer accepting the things I cannot change. I am changing the things I cannot accept". This is what social organisations like MID do, they wake us to harsh realities and then make us realise that it is not acceptable for mankind and do something about it. But some onus has to be on us, onus to take ownership of a cause or a service so that we can bring about that change for a better place, a better world.

As Mahatma Gandhi said "Be the change you wish to see in the world" and MID is a medium to make that

**मिट्टी के बर्तन, मूर्तियां, सजावटी चीजें और यहां तक कि एक दीया भी घर को सुख-समृद्धि से भर देता है।
लिहाजा घर में वास्तु शास्त्र में बताई गई दिशा के मुताबिक ये चीजें जरूर रखें।**

फिर शुरू हुआ मिट्टी से बने उत्पादों का चलन

वास्तु टिप्स

मिट्टी के बर्तनों का चलन फिर से शुरू हो गया है। वैसे तो लोग पर्यावरण की दृष्टि से इनके उपयोग को बढ़ावा दे रहे हैं लेकिन वास्तु शास्त्र के मुताबिक भी मिट्टी के बर्तनों का घर में होना बेहद शुभ (Auspicious) होता है। मिट्टी के बर्तनों का उपयोग अच्छी सेहत और अच्छा पर्यावरण देता है। वहीं घर की सजावट में मिट्टी के बर्तनों या चीजों का उपयोग किस्मत चमका देता है। हालांकि इसके लिए यह जानना बेहद जरूरी है कि मिट्टी के किस बर्तन को किस दिशा (Direction) में रखना चाहिए।

मिट्टी से बनी मूर्तियां : वास्तु शास्त्र के मुताबिक घर में हमेशा मिट्टी से बनी मूर्तियों की पूजा करनी चाहिए। बल्कि मंदिरों में भी मिट्टी की मूर्तियों की ही पूजा करनी चाहिए। ऐसा करने से घर में धन-धान्य भरा रहता है। लेकिन याद रखें कि ये मूर्तियां घर के उत्तर-पूर्व में रखें।

मिट्टी से बनी सजावटी चीजें : उत्तर-पूर्व (ईशान कोण) और दक्षिण-पश्चिम दिशा का सम्बंध पृथ्वी तत्व से होता है। लिहाजा घर की इन दिशाओं में मिट्टी से बनी सजावटी चीजें रखना बहुत शुभ होता है। ऐसा करने से घर में सुख-समृद्धि बनी रहती है।

मिट्टी का घड़ा : उत्तर दिशा में मिट्टी का घड़ा रखना किस्मत बदल सकता है। इस दिशा में रखा गया मिट्टी का घड़ा घर की नकारात्मकता भी खत्म करता है और आर्थिक स्थिति भी बेहतर करता है। याद रखें कि मटका खाली न रहे। थोड़े-थोड़े समय में इसका पानी बदलते रहें।

मिट्टी के दीपक : वैसे तो अब ज्यादातर घरों में लोग पूजा के समय धातु के दीपकों का ही उपयोग करते हैं लेकिन वास्तु शास्त्र की मानें तो हमेशा मिट्टी के दीपकों का उपयोग ही शुभ होता है। ऐसा करने से घर में बरकत बनी रहती है।





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

What you might not know about CHILDHOOD OBESITY

It was not that long ago that children of all ages spent most of their time in some or the other form of physical activity and ate what they liked in the diet which was reasonably healthy. But back then things like playstations, video games, advertising fast food chains did not exist.

Obesity is one of the most difficult lifestyle oriented disorders. It becomes even more difficult if it occurs in childhood. The children who are obese in their childhood are most likely the ones who develop Diabetes, Cardiovascular diseases, Hypertension, girls develop pcos etc in their later life.

The rate of children having obesity is growing rapidly not only in India but in the entire world. Therefore, this article will throw light on what causes obesity, what are its complications, prevention and what parents can do about it.

Understanding what Causes Childhood Obesity

The fundamental cause of any type of Obesity of any age group is the increasing imbalance between the calories we consume and how much we spend it. This implies to all human beings, children, adults, men or women.

The fundamental cause of any type of Obesity of any age group is the increasing imbalance between the calories we consume and how much we spend it. This implies to all human beings, children, adults, men or women.

1. Genetic Factors

Children whose parents are obese are at greater risk of becoming obese. The inherited genes that they get from their parents predispose them to gaining weight. Also, we must not ignore the fact that the type of food their parents eat or what is available/ cooked in the house directly influences the choices and eating habits of children. The genetic factors also include the routine of exercise or workout. If children get to see their parents/ siblings working out that naturally develop the habit for the same and vice versa.

2. Fast Foods & Unhealthy Snacks Consumption

In the modern era, the fast paced lifestyle has made people dependent on fast foods and ready-to-eat foods. This is dominant especially in nuclear families where both parents are working. The increasing fast food consumption is linked with childhood obesity in all parts of the world as these foods contain large quantities of salt, sugar, refined flour, chemicals and preservatives.

3. Sugary Beverages

This is also a potential factor contributing to childhood obesity. Children prefer packed fruit juices over whole fruits, sodas & colas over plain water and many similar food swaps. The packed juices have no fiber, on the opposite side they are loaded with sugars & preservatives.

4. Portion Size

With the change in our lifestyle, the way we consume food has also changed drastically. Now it is a normal scenario in every house to eat in front of the television or having phones in our hands. This distraction affects the portion size of what the child is consuming, which is generally more.

5. Activity Level

The increased amount of time spent on watching television, indoor games, playstations and smartphones leave no time for children to play outside or invest in some sport. This behaviour alone can cause obesity in childhood.



Complications: What are the Health Implications of Childhood Obesity ?

We must understand that being obese not only affects the child's physical health but also affects his/ her mental, social, emotional well being. It also impacts their academic performance, self esteem and low quality life.

Obesity in children may lead to the following medical concerns in their later life:-

- Hypertension
- Type 2 Diabetes
- Cardiovascular diseases
- Respiratory problems
- Gallbladder diseases
- Dyslipidemia
- Osteoarthritis
- Hormonal Problems
- PCOS in girls
- Kidney & Liver diseases
- Digestive problems
- Some kind of Cancers
- Emotional & Mental problems (anxiety, depression, ADHD, OCD etc)

How to prevent your Child from Obesity

For the ease of your understanding, we have divided the Prevention methods into 4 parts:-

- a. Healthy Diet
- b. Physical Activity
- c. Role of Parents
- d. Some tips to include in daily lifestyle

A. Healthy Diet

The core of preventing a child from getting obese is to introduce him/ her to healthy eating. Only a Balanced Diet will ensure the child receives maximum nutrition. A well Balanced Diet includes the following :-

Whole grains (Brown rice, oats, whole wheat etc)

Beans, lentils, legumes (if the child eats then eggs, fish & chicken also) Fresh Fruits & Vegetables

Nuts & Seeds (almonds, walnuts, flax seeds, pumpkin seeds etc)

You can learn different types of healthy recipes from genuine sources from the internet so that they don't have the urge to binge outside.

B. Physical Activity

Make physical activity a part of their daily regime in which running, cycling, swimming, badminton, basketball, cricket, or any other sport are included. Yoga must be encouraged in all children at an early age to ensure full growth, development, flexibility, strength and endurance. You can also set a weekly time table for different activities so that it doesn't become monotonous. Daily 45-60 minutes of physical activity is a must.

C. Role of Parents

Parents are their children's role models. Children learn from them what to eat, how to sleep, play, speak etc. As Parents, you must ensure to set a good example for your children. Few tips are:-

Fix the time of the house for going to bed and waking up

Make sure at least 2 meals are eaten together (breakfast and dinner) Eat home food that has all the vital nutrients

Limit the television, playstation and mobile usage time for them as well as for yourself Focus on physical activity daily along with them.

D. Some Tips to include in Daily Lifestyle

Make sure you avoid these foods in your child's diet :-

- Processed foods.
- Ready-to-eat foods.
- Frozen foods.
- Fried foods frequent consumption.
- Red Meat (mutton, beef, pork).
- Street Food.
- Refined Oils.
- Refined flour & its products.

Swap the following food items with the suggested ones :-

- White Sugar with Jaggery.
- White salt with rock salt.
- Refined oils with Cold pressed natural oils.
- Fast foods with homemade fresh snacks.
- Potato Chips with Roasted Makhana/ nuts / seeds/ murmura.
- Fruit Juices/ Colas with Fresh Fruits.
- Full fat milk with toned milk.





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EYE	12,42,324	VACCINATION	12,110	CT SCAN	9,725
GYNAE/MEDICINE	12,02,109	OPERATIONS PERFORMED	28,432	CORNEA TRANSPLANT	5
HOMEOPATHY	1,58,632	PATIENT EXAMINED AT CAMPS	12,87,327	O.C.T./RETINA	307
AYURVEDIC	1,59,914	PATH LAB	63,701	FUNDUS PHOTOS/RETINA	1,349
ENT	1,43,316	X-RAY	3,873	सबको भोजन	31,585
PHYSIOTHERAPY	2,11,508	MRI	24,521	OTHERS	41,860
PMT	3,84,472	EYES PLEDGE	34,133	TOTAL PATIENT	50,07,070
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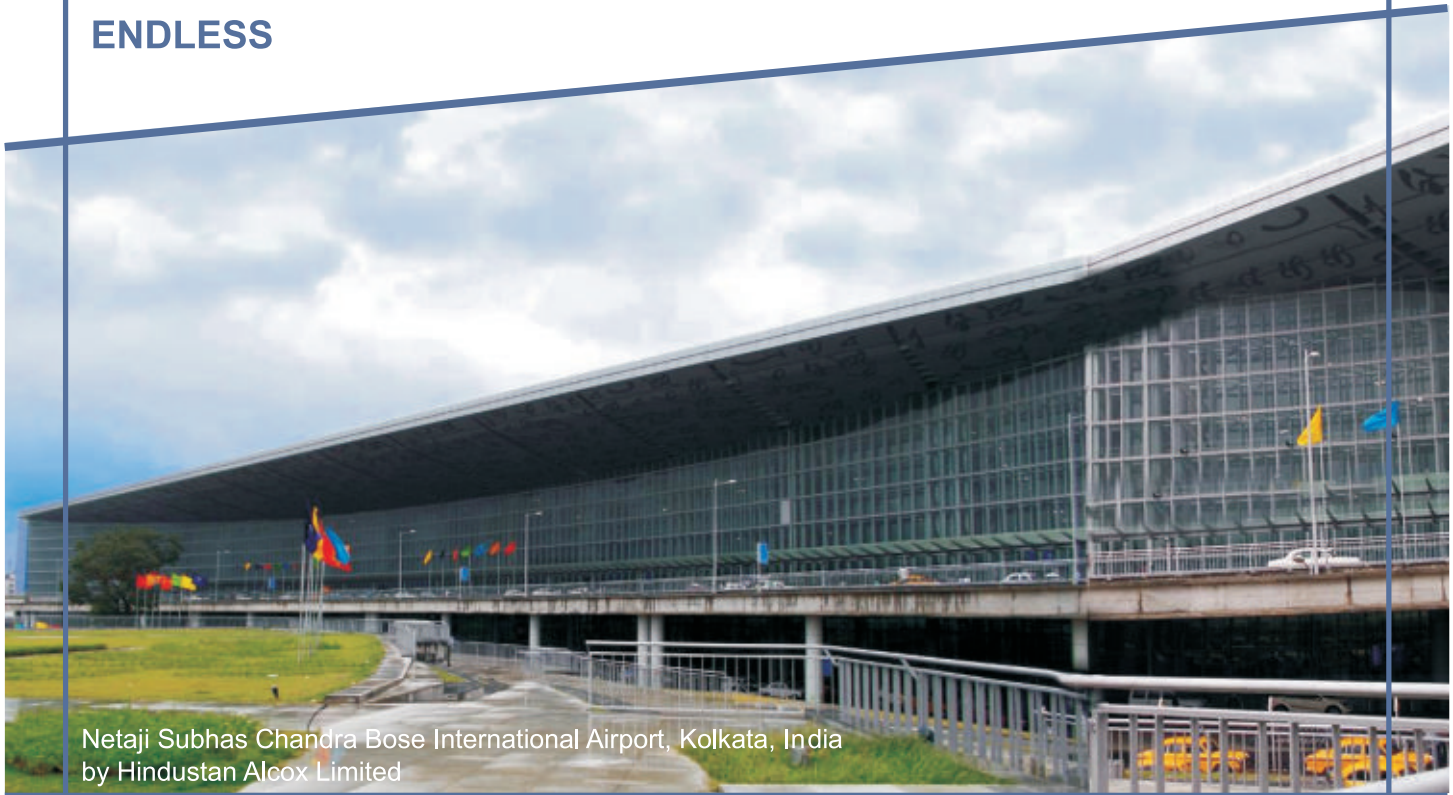


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सुबहवार 08 जुलाई 2021 (दिल्ली)

दिल्ली

हिन्द की आशा 3

मेडी डायलिसिस सेंटर, जसोला को 10 लीटर के पांच ऑक्सीजन कंसंट्रेटर दिए

विप की आशा



मेडी डायलिसिस सेंटर, जसोला को 10 लीटर के पांच ऑक्सीजन कंसंट्रेटर दिए। डॉक्टरों ने बताया कि ये कंसंट्रेटर बहुत ही महत्वपूर्ण हैं।

एक कार्यक्रम में महावीर इंटरनेशनल, दिल्ली द्वारा मेडी डायलिसिस सेंटर, जसोला को 10 लीटर के पांच ऑक्सीजन कंसंट्रेटर दिए गए। डॉक्टरों ने बताया कि ये कंसंट्रेटर बहुत ही महत्वपूर्ण हैं।

डॉक्टरों ने बताया कि ये कंसंट्रेटर बहुत ही महत्वपूर्ण हैं।

कोरोना महामारी में जान गवां चुके लोगों को श्रद्धांजलि अर्पित की

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पल्लव

महावीर इंटरनेशनल दिल्ली के 42वें स्थापना दिवस के उपलक्ष्य में

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5.	Sh. Anil Garg	55	31.	Sh. Puneet Jain	285
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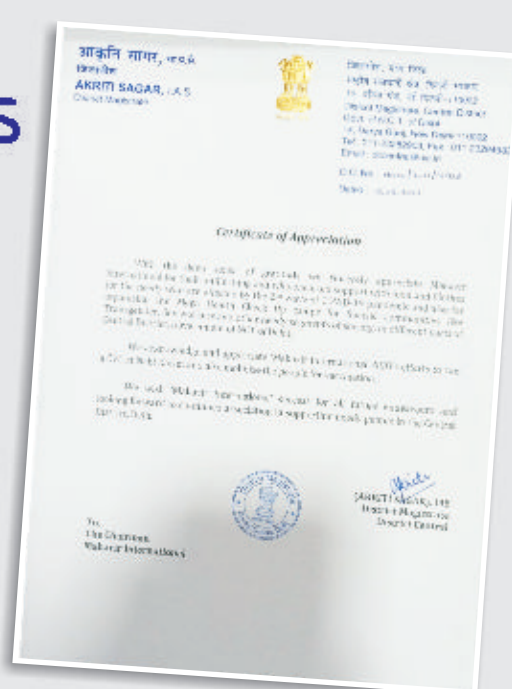
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