



# Sewa Sankalp

*Manav Sewa is Madhav Sewa*

## MESSAGE FROM MRS. LAVINA & MR. JACKIE MELWANI (USA)



Our recent visit to Sant Nagari was really an eye-opener where we saw an abundance of love, compassion and positive thinking to last us a lifetime. We saw first-hand what a few individuals under the right moral guidance can achieve. It was indeed awe-inspiring to observe real respect for the old and cultural values in every young person we encountered.

There is a remarkable stretch of land where there is a campus city of several schools and colleges, all created by donations from Indians of the Diaspora, from Hong Kong to the US, Singapore and Dubai. This is known as Sant Hirdaram Nagar and it is an education centre with many toppers in the nation. We visited the classrooms and saw all this in action.

**Paramhans Sant Hirdaram Sahibji**, a spiritual head to the Sindhi community, was a great believer in helping the needy & infirm and in the power of education for strengthening new generation, especially the women. It was incredible to see how the vision of Paramhans Santji has been implemented by his successor, Shri Hotchand Dhanwani, fondly called as **Rev. Siddh Bhauji** and his team of volunteers who runs this massive network of hospitals, schools and colleges, relying on the philanthropic Sindhis from abroad to contribute for the welfare of their needy brethren in this area.

**Mahesh Dayaramani** is the catalyst who connects the overseas donors to the projects and makes things happen. His enthusiasm and joyful positive attitude are big plus points.

At a time when so many parts of the world are undergoing difficult times, this remarkable and compassionate collaboration shows that it is possible for people to unite across continents and safeguard future generations, cultural and moral values.

- Lavina & Jackie Melwani



Dada K. H. Lakhani (Hong Kong) speaking in the "1st International Conference on Holistic Wellness through Naturopathy & Yoga" organized in Sant Hirdaram Girls College Campus, Sant Hirdaram Nagar, Bhopal, in the presence of - sitting on dias - R to L - Dr. Bimal Chhajer (New Delhi), Rev. Siddh Bhauji, Dr. Ishwar V. Basavaraddi, Dr. Biswaroop Roy Chowdhury, Mr. Ramesh Sawlani (Dubai), Dr. Charanjeet Kaur (Principal, SHGC) & Dr. Hemanshu Sharma (Principal, SHMCNYS)

# MEMORABLE VISITS DURING THE QUARTER



R to L - Mr. Jackie & Mrs. Lavina Melwani (New York, USA) in Mithi Gobindram Public School



L to R - Mr. Hiro & Mrs. Ravina Dayaram (Hong Kong), Rev. Siddh Bhauji, Mrs. Rashika & Mr. Mukesh Dayaram (Hong Kong), Mr. Mahesh Dayaramani on the inauguration of 4th floor of Harkishindas S. Dayaram Memorial Girls Hostel



2nd from right - Mr. P. K. Ramani (Hong Kong) distributing ration to the needy families



Mr. Wadhuram Kewalramani (Kuwait) and Mr. Vijay Keswani (USA) with Rev. Siddh Bhauji in pious Kutia Sahib



3rd from left - Dr. Dina Pahlajani, Dr. Radha Sukhani (both from USA), Mrs. Sona Gulrajani (Mumbai) with team of doctors from USA during their visit to Sant Nagari (News on page#6)



Dr. Dina Pahlajani & team of Doctors from USA in Children's Hope India Girls School (Gandhinagar, Bhopal) (News on page#6)



Rev. Siddh Bhauji & Dada Kan Lakhani (Hong Kong) felicitating the delegates who participated in ICHW 2019 (News on page#10)



3rd from right - Mrs. Renu Uttamchandani (Representative of IWCA, Madrid, Spain) distributing marriage items to needy girls

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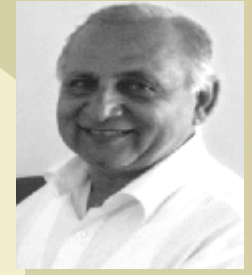
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**INSIDE PAGES**

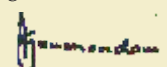
- 94th Mega Free Medical / Urology Camp (Page 2)
- Life Saving Gestures (Page 3-4)
- Free Plastic Surgery Camp (Page 3)
- Free Paediatric Cardiology Camp (Page 4)
- Philanthropic Gesture by Indian Bridge Association (Page 5)
- Sweets & Kharchi to widows during Holi (Page 5)
- Our New Philanthropists (Page 5)
- Memorable Visits (Page 6)
- Governor of M.P. felicitated students with Gold Medal (Page 7)
- Chief Minister of M.P. felicitated SSEH (Page 7)
- More than one lac eye patients treated in SSEH (Page 8)
- Hats off to Ms. Anjali Nair (Page 9)
- Students of MGPS shine at Inspire Award (Page 9)
- SHMCNYS hosts 1st International Conference.. (Page 10-11)
- Pujan for Const. of 4th floor on Ratti Girls Hostel (Page 12)
- Obituaries (Page 13-14)
- National Cleanliness Day observed in NHLPS (Page 14)
- Special Sessions on personal hygiene for girl students (Page 15)
- Imbibing Pious Sanskaras (Page 15)
- Jeev Sewa Sansthan & Its activities (Page 16-18)
- Help us to help others (Page 19)
- Help for the poor (Page 20)

**Editorial**

Respected Well-wishers,

'Would you like to live for 100 years?' If that question is asked, many of the people would say, 'that depends.....' Then, they start listing 'ifs'. The 'ifs' include, if our legs will carry us, if our hearts will pump as reliably as ever, if our brains remain razor-sharp etc. It is certain that people value life above all. The entire life insurance industry thrives on the theory that people are interested in protecting their lives at all costs and means. No one likes to die. But, everyone desires to remain healthy till last breath. From this, we may conclude that health is more important than years of age. Therefore, all around the globe, people have become more health-conscious. They exercise, meditate, do yoga, eat healthy food, change life-style etc. The day may not be far off when we will see more Wellness Centres rather than more hospitals. And, in this direction, naturopathy may become a way of life. At Sant Hirdaram Nagar (Bhopal), with the blessings of Paramhans Sant Hirdaram Sahibji and under the inspirational guidance of Rev. Siddh Bhauji, not only a full-fledged nature cure Wellness Centre is functioning since 1989, but also a college at post-graduate level – Sant Hirdaram Medical College of Naturopathy and Yogic Sciences – is on its mission to produce Naturopaths, the country and the world needs the most. Recently, from 15th to 17th March, 2019, First International Conference on Holistic Wellness through Naturopathy and Yoga was organized by the Centre and the College jointly. The details of the Conference are given elsewhere in this issue. Various research papers were presented in the Conference. Amongst the causes and cure in respect of different diseases, some non-medical aspects the papers touched towards holistic wellness were, keeping body and brain busy and positive attitude towards life. While, even after so-called retirement age, one engages himself in some or other positively useful activity, the attitude matters the most. It has been scientifically proved that positive attitude improves immune system and secretes hormones of bliss in the brain – the two important factors responsible for long and healthy life. Helping, showing compassion, doing something good for the less-fortunate, uniting with the Supreme Soul are the visible acts which can bring positive attitude.

Let's, therefore, do not express 'ifs', if someone asks us, 'Would you like to live for 100 years?', instead strive for the factors that bring positive attitude in our lives. Certainly, then, even above 100 years of 'healthy age' would not be a just imagination!



- Hero Gyanchandani

## 94<sup>TH</sup> MEGA FREE MEDICAL/ UROLOGY CAMP ORGANISED WITH SUPPORT FROM MEDICAL MISSIONS FOUNDATION (USA)

94<sup>th</sup> Mega Free Medical/Urology Camp was organized from 13<sup>th</sup> to 22<sup>nd</sup> February' 2019 with the kind support of Medical Missions Foundation, Kansas City, U.S.A. In this camp, the team of Medical Missions Foundation comprising of Super-Specialty Urologists/ Doctors, Anaesthetists along with Paramedical staff & volunteers from USA offered their honorary services for curing the needy & less-privileged patients. In India, Medical Missions Foundation has started organizing free camps only in Sewa Sadan Eye Hospital of Sant Hirdaram Nagar, Bhopal.

### INAUGURATION OF CAMP

Urology Camp was inaugurated on 13<sup>th</sup> February '2019 in the pious presence of Rev. Siddh Bhauji with the gracious hands of Dr. Radha Sukhani (USA), Dr. Deepak Jhangiani (Mumbai), Dr. C.P. Dewani, Dr. Sudhir Lokwani, Dr. T.K. Gyanchandani and Dr. Harish Bhawnani (Bhopal). On this occasion, many social workers, trustees, core group of volunteers and staff members of Sewa Sadan Eye Hospital were present.

### OPD AND INVESTIGATION

621 patients were registered, out of which 431 were male, 151 were female and 39 were children. These patients were examined by Dr. Radha Sukhani (USA), Dr. Sudhir Lokwani (Bhopal) and Dr. C.P. Dewani (Bhopal). Investigations like pathology were done by Dr. Farah Jalaly Meenai and sonography of patients was done by Radiologists-Dr. Deepak Jhangiani (Mumbai) and Dr. T.K. Gyanchandani (Bhopal).

### SURGERY

Surgery began on 18<sup>th</sup> February and concluded on 22<sup>nd</sup> February' 2019. Surgeries of 161 patients (118-Males, 34-Females & 09-Children) suffering from diseases like TURP, PCNL, DVIU, Hernia, Circumcision, Cystoscopy, URS, Urethroplasty, Hydrocele, Stone, Gall Blade, D J Stent were successfully performed by the team of doctors from USA & other parts of the country.

## GRATITUDE

Jeev Sewa Sansthan and Sewa Sadan Eye Hospital Trust convey heartfelt gratitude to all the donors for sponsoring this Mega Free Urology Camp. We are also grateful to various urologists, doctors, support staff, volunteers who strived hard to ensure success of this mega camp.

## HEALING HANDS

### FROM USA

Dr. Tammy Neblock-Beirne,  
Dr. Brandan Pomeroy,  
Dr. Narendra Khare,  
Dr. Pratibha Khare,  
Ms. Abigail Hayo,  
Mr. Wei Phin Tan,  
Ms. Teresa Von Hagel,  
Ms. Marjorie Ross,  
Ms. Aria Witherell,  
Ms. Clare Bond,  
Ms. Kay Johnston,  
Ms. Meredith Jackson,  
Ms. Rebecca Ettien,  
Ms. Chantal Sperry,  
Ms. Ruth Wetta,  
Ms. Josie Bell,  
Ms. Sofia Pomeroy,  
Mr. Ken Budd,  
Dr. Radha Sukhani,  
Dr. Narendra Khare,  
Dr. Pratibha Khare,  
Ms. Nyana Sabharwal, (Mumbai)

### FROM INDIA

Dr. Deepak Jhangiani (Mumbai),  
Dr. Naresh Himthani (Ahmedabad),  
Dr. Prashant Jain (Delhi),  
Dr. Neeraj Sharma (Delhi),  
Dr. Abhishek Gyanchandani (Delhi),  
Dr. Jimmy Shad (Chennai),  
Dr. Rajendra Punjabi (Indore),  
Dr. Deepak Jain (Bhopal),  
Dr. Shailendra Singh (Bhopal),  
Dr. Sudhir Lokwani (Bhopal),  
Dr. C.P. Dewani (Bhopal),  
Dr. T.K. Gyanchandani (Bhopal),  
Dr. Dilip Chotrani (Bhopal),  
Dr. Suresh Bhambhani (Bhopal)

### SPONSORS OF THE CAMP

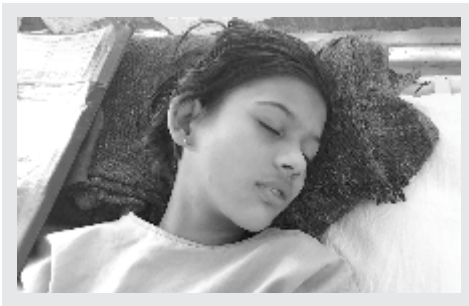
The camp was sponsored by  
Mrs. Nisha Thani (Barbados),  
Mrs. Anju & Mr. Gul Chandiramani  
(Dubai), Mrs. Sona Gulrajani (Mumbai),  
Mr. Pishu Mirani (Hong Kong),  
Mr. Kumar, Mr. Chander, Mr. Prem,  
Mr. Dinesh, Mr. Roshan, Mr. Pawan  
and Mr. Shailesh Kewalramani (Mumbai).



## LIFE SAVING GESTURES



### SUCCESSFUL BLADDER SURGERY (60 MM STONE) OF NISHA SINGH



A young child of 12 years- Nisha Singh had been walking around with a golf-ball sized stone in her bladder. A few months ago, she had enormous pain while urinating. Her parents were worried as her growth was also not upto the mark. Though her parents took her to a private hospital

but her pain worsened with every passing day. Then, in a stroke of luck, her nephew informed the mother of Nisha about the camp being organised by Medical Missions Foundation(MMF) in Sewa Sadan Eye Hospital, Sant Hirdaram Nagar, Bhopal. Fortunately, she was overjoyed to know that the camp was totally free for the needy & less-privileged persons.

Dr. Pratibha Khare, one of Indian-American doctors in Medical Missions Foundation said, "These parents love their children and are in a hard place. They even don't have

food for the evening meal. Poverty of course, leads to under-nourished kids. Kids who do not have a proper diet or enough water to drink, are more susceptible to bladder and kidney stones."

Dr. Bradon Pomroy performed surgery of Nisha successfully and expelled 60 mm stone from her bladder.

Mother of Nisha yelled up in tears of joy and expressed her profound gratitude to the sponsors of the camp and for the selfless services rendered by the team of MMF, volunteers & staff of Sewa Sadan Eye Hospital.



### FREE PLASTIC SURGERY CAMP ORGANIZED IN SSEH



With the blessings of Paramhans Sant Hirdaramji Sahibji and guidance & motivation of Rev. Siddh Bhauji, free plastic surgery camp was successfully organized in Sewa Sadan Eye Hospital from 2<sup>nd</sup> to 8<sup>th</sup> March'2019.

The Camp was inaugurated with the gracious hands of Dr. Nicholas Chris Ratson, Dr. Pratibha Khare, Dr. Vikram Dev Appannagari, Ms. Ashley Nichole Knezevich, Ms. Patricia Anne Armstrong, Ms. Nancy Marguerite Lijewski, Ms. Marianna Christine Karczewski, Ms. Martha Schweitzer(all from USA), Dr. Anand Jayant Kale (Bhopal), Ms. Nyana Sabharwal (Mumbai) in the pious presence of Rev. Siddh Bhauji. On this occasion, many social workers, trustees & staff of Sewa Sadan Eye Hospital were present.

As many as 218 patients (83 Male, 93 Female & 42 Children) suffering from cleft lips, skin grafting, arms & hands deformity, acne on face; acne emerged due to burning by fire/acid and abnormal body joints were registered in OPD. Out of these, total 50 surgeries and 5 procedures of 38 patients were successfully performed.

Rev. Siddh Bhauji visited Sewa Sadan Eye Hospital to console the patients for their anguish and wish them speedy recovery. He said that plastic & cosmetic surgery being very expensive, is beyond the capacity of the poor ailing patients. He applauded the service endeavors of Plastic Surgeons, rendering their honorary service in the camp, stating that they are the real messengers of God. He insisted Dr. Nicholas Chris Retson to visit Sewa Sadan Eye Hospital twice in a year for rendering his honorary services in plastic surgery camp so that more & more patients could be benefitted.

Jeev Sewa Sansthan and Sewa Sadan Eye Hospital convey heartfelt gratitude to all the doctors, para-medical staff, volunteers, management team etc. for their help, support & medical services.

### CASES TREATED IN FREE PLASTIC SURGERY CAMP

Any steel-hearted person can be compassionate on knowing the agony of the patients treated in the free plastic surgery camp. Some of the success stories are as follows:-

#### NEERAJ (AGE-15 YEARS)



Destiny can be really harsh sometimes, as is the case of Neeraj whose neck and chest was badly scorched when he accidentally fell in a tub of boiling

contd....

water. The family was doomed in despair of dark when unfortunately, his elder sister also died during that time. His father is auto rickshaw driver and sole earning member in the family. Parents somehow managed funds by borrowing from their relatives for treatment of Neeraj in private hospital but could not get proper treatment as expected. On the contrary, the chin of Neeraj was affixed with the chest, and he was not capable to raise his face properly and his left hand grip was tightened.

On knowing about free Plastic Surgery Camp, parents brought Neeraj to Sewa Sadan Eye Hospital to consult Dr. Nicholas Chris Retson. After examinations, Dr. Retson successfully operated his tightened hand grip. In the second & third phase, the affixed chin and chest were successfully operated. The smiles on faces of Neeraj and his parents cannot be expressed in words as he would now be able to lead a normal life.

### **JYOTI (AGE-40 YEARS)** **Patient from Village Koluva**

Resident of Village Koluva was gifted with a child, two months back. There was really jovial atmosphere in the family. Due to winter season, the hospital staff members had put the heater on. Unfortunately, left foot of Jyoti, mother of the child, got badly scorched with the flame of heater and she became unconscious. Infact, the burn was so intense that the flesh was clearly visible. She was not able to feed her newborn child as the doctors had prescribed heavy antibiotics to cure the burnt portion. Though the family members incurred heavy expenses in private hospitals for her proper treatment, but all in vain.

Jyoti was pleased to hear about the plastic surgery camp being organized in Sewa Sadan Eye Hospital for treating needy & less-privileged patients, suffering from complicated burn cases and that too free of cost. She immediately rushed to the hospital to register her name.

The mother of Jyoti could not control her tears of joy on knowing about the successful plastic surgery of Jyoti's foot. Even the smile on the faces of all the family members including Jyoti as well as her new-born child cannot be expressed in words. All of them expressed gratitude to the doctors, para-medical staff, volunteers & organizers who helped her to get relief from this distressful ailment.

## **FREE PAEDIATRIC CARDIOLOGY CAMP ORGANIZED IN SSEH**

A free paediatric cardiology camp was organized at Sewa Sadan Eye Hospital, Sant Hirdaram Nagar on 26<sup>th</sup> March'2019. The eminent Paediatric Cardiac Consultants- Dr. Vishal Changela and Dr. Alpesh Patel from 'Narayan Multi-specialty Hospital, Ahmedabad' offered their honorary services in this camp. Overall, 24 patients comprising of 6 adults and 18 paediatric cardiac patients were examined. Out of these, 7 children were identified for heart surgeries to be conducted at 'Narayan Multi-specialty Hospital, Ahmedabad'. These free paediatric cardiac surgeries will be performed under 'Rashtriya Baal Swasthya Programme'. Investigations like Echo-Cardiology, E.C.G., X-ray etc. of all the patients were performed free of cost alongwith free distribution of required medicines. Considering numerous less-privileged parents, whose children are suffering from complicated cardiac diseases, Rev. Siddh Bhauji insisted cardiac consultants to visit atleast twice in a year to Sant Nagari(Bhopal). Due to lack of funds and specialized services & facilities, such parents are deprived of availing the treatment of their beloved ailing children.

## PHILANTHROPIC GESTURE

### BY INDIAN BRIDGE ASSOCIATION (HONG KONG)

The Indian Bridge Association (IBA) is a charity trust formed by Mr. Gul. T. Mirpuri in Hong Kong. The salient feature of the Association is that a Bridge Game is organized every Saturday, which is well attended by all the members. Special festive day games are also planned in the year.

The Association organized a Charity Bridge Game on 09<sup>th</sup> February'2019 to propagate various benevolent activities of Jeev Sewa Sansthan, Bhopal. The Charity Bridge Game was a grand success beyond expectation. The esteemed members of Indian Bridge Association contributed total amount of HK\$ 68000.

This donation shall be utilized towards following benevolent activities of Jeev Sewa Sansthan for serving the less-privileged sections of the society:-

- 1) Educational help to 15 school going children
  - 2) Providing help for marriages of needy girls
  - 3) Free Eye Camps
  - 4) Providing help to 03 widows for a period of one year
- Jeev Sewa Sansthan conveys in-depth gratitude to Mr. Gul T. Mirpuri & all the esteemed members of Indian Bridge Association (IBA) for their continued support towards noble endeavors of our trust.

## OUR NEW PHILANTHROPISTS

We extend hearty welcome to the following philanthropists in our "Jeev Sewa Sansthan Parivaar" & pray to the Almighty to further grow this bond of association so that together we could redress the sufferings of many needy & less-privileged sections of the society :-

1. Shri Gobind Lalchand Shahani, Hong Kong
2. Ms. Preeti Ramsinghani, Mumbai
3. Dr. Kartar Singh, Hyderabad
4. Shri Haridhaan Shewakramani, Dubai
5. Ms. Lovely Jain, Bhopal
6. Shri Om Prakash Udhani, Bhopal

## CELEBRATIONS

### PROVIDING SWEETS & KHARCHI TO WIDOWS DURING FESTIVAL OF HOLI

#### GOODWILL GESTURE BY

#### SMT. PADMA & SHRI HARRY WADHWANI, USA

*Paramhans Santji always used to say, "Essence of true celebrations lies in the deeds we perform with whole heart & soul for bringing radiance of happiness on the faces of the poor and needy."*

As per the service philosophy of Paramhans Santji, this year Jeev Sewa Sansthan celebrated the festival of HOLI in a sanctimonious manner by providing sweets & kharchi (pocket money) to the needy & less-privileged widows on behalf of Smt. Padma & Shri Harry Wadhwani(USA). The joy and happiness reflected on their faces cannot be expressed in words. They showered their immense blessings upon entire '**Wadhwani Family**' for their noble gesture.

We convey our heartfelt gratitude to '**Wadhwani Family**' for giving us the opportunity to make this festival of HOLI unique & colorful for needy widows who have lost their life mates at very young age and thus, are at mercy of God for their sustenance. Through this 'sewa', we are not only making the occasion a memorable one but also offering our real gratitude to the Almighty who has bestowed upon us all the comforts, sources and resources.

## 70<sup>th</sup> REPUBLIC DAY CELEBRATION

Navnidh Hassomal Lakhani Public School and Mithi Gobindram Public School celebrated 70<sup>th</sup> Republic Day in all its solemnity and grandeur on 26<sup>th</sup> January, 2019.

Chief Guest of the occasion, Col. Raju Kishnani hoisted the National Flag in the pious presence of Rev. Siddh Bhauji. The dignitaries and students of both the schools enthusiastically sang the National Anthem. The Chief Guest took the inspection of the parade followed by a well-coordinated march past by NCC troops and the school band of NHLPS and MGPS. He strongly believed that schools provide a platform for developing sportsmanship in students.

Students of both the schools demonstrated their expertise & showcased their skills through various displays in Judo, Yoga, Martial Arts, Aerobics, Boxing and Taekwondo. They were felicitated for their excellent performances in Inter School sports events.

# MEMORABLE VISITS

We are fortunate that the following philanthropists visited Sant Nagari(Bhopal) during the quarter. We convey our heartfelt gratitude to all of them for sparing their valuable time and motivating us further:-

- Shri Arjandas Naraindas Adnani, Mumbai
- Mr. Harish Lakhiani & his mother, Smt. Komal Suresh Lakhiani, Dubai
- Mrs. Renu Uttamchandani, Madrid, Spain
- Shri Wadhuram Kewalramani, Kuwait
- Dr. (Mrs.) Radha & Dr. Sugni Chand Sukhani, USA
- Team of Medical Missions Foundation, USA
- Dr. Dina Pahlajani, USA
- Dr. Silky Neel Pahlajani, USA
- Team of Interns from USA- Dr. Pamini Purwar, Dr. Jennae Lee, Dr. Jennifer Moody, Dr. Sarah Meisler, Dr. Joshua Kugler, Dr. Ashley Bonheur & Dr. Divya Kanneghanti
- Mrs. Maya Rajani, USA
- Mr. Nari Pohani, USA
- Mrs. Lavina & Mr. Jacky Melwani, USA
- Mrs. Jyoti & Mr. P K Ramani , Hong Kong
- Mr. K H Lakhani, Hong Kong
- Mr. J V Ramani, Chennai
- Mr. Delip Dadlani, Mumbai
- Mrs. Sona Gulrajani, Mumbai
- Dr. Raj Khanchandani, London
- Smt. Shanti Hargundas Khanchandani, London
- Dr. Bimal Chhajer, eminent cardiologist & ex-consultant at AIIMS, New Delhi
- Dr. Ishwar Basavaraddi, Director of Morarji Desai National Institute of Yoga
- Dr. Biswaroop Roy Chowdhury, eminent motivational speaker

## VISIT OF

### DR. DINA PAHLAJANI, PRESIDENT (CHI), MS. MAYA RAJANI, DADA NARI POHANI, DR. SILKY PAHLAJANI & TEAM OF DOCTORS FROM USA

It was a great honour for all of us to welcome Dr. Dina Pahlajani, Co-founder & President of renowned International NGO, Children's Hope India (CHI) in Sant Nagari(Bhopal) on 17<sup>th</sup> February'2019. She was accompanied by her daughter-in-law, Dr. Silky Neel Pahlajani & team of doctors (pursuing internship) from USA.

Dr. Dina Pahlajani & team of doctors from USA visited Gandhi Medical College(GMC), Bhopal on 18<sup>th</sup> February'19 to meet Dr. Jyotsana Shrivastava, HOD-Paediatrics Deptt, GMC. They had a good time and rich experience in the hospital while serving the needy patients as well as interacting with experienced team of doctors of Gandhi Medical College.

Dr. Dina Pahlajani, Ms. Maya Rajani & Dada Nari Pohani (USA) visited Children's Hope India Girls School in Gandhinagar alongwith team of doctors from USA on 19<sup>th</sup> February'2019. They were contented to observe the progress of the school & gave various suggestions so as to achieve greater heights & impactful results. All the students of CHI Girls School, volunteers of JSS & Laxmidevi Vikyomal Shroff Educational Society which runs the school were delighted to meet & interact with them.

Dr. Dina Pahlajani alongwith Dr. Silky visited Holy Kutiya & offered homage at Samadhi of Paramhans Santji. Both of them sought blessings of Rev. Siddh Bhauji in person & felt eternally contented after listening to his discourses.

JSS and its associated organizations express gratitude to all the guests for sparing their valuable time to visit Sant Nagari & providing us the opportunity to meet the young healing hands.



## FELICITATIONS

### GOVERNOR OF MADHYA PRADESH FELICITATED STUDENTS OF SHGC WITH GOLD MEDALS

Barkatullah University, Bhopal organised a Convocation Ceremony on 25<sup>th</sup> February'2019 at Gyan Vigyan Bhawan presided over by Her Excellency Hon'ble Governor of Madhya Pradesh, Smt. Anandi Ben Patel. Vice-Chancellor of Barkatullah University, Dr. R J Rao was also present on the occasion.

It was proud & mesmerising moment for two students of Sant Hirdaram Girls College (SHGC) namely, Ms. Khushoo(M.Sc.-Food & Nutrition) and Ms. Pooja Sharma(BBA) who brought laurels to the college when they were felicitated with Gold Medals with the gracious hands of Hon'ble Governor of M.P. In addition to these, 12 other students of SHGC were honoured for attaining position in the merit list of Barkatullah University.

Besides, two faculty members of SHGC namely, Dr. Varsha Mandwariya, Asst. Prof. (Mathematics) & Dr. Devkanya Gupta, Asst. Professor (Commerce) were awarded with Ph. D. Degrees.

Hon'ble Governor congratulated the students for their outstanding achievements and advised them to put their best efforts so as to create benchmarks in their respective fields.

### CHIEF MINISTER OF MADHYA PRADESH FELICITATED SSEH FOR EXCELLENT SERVICES

Honourable Chief Minister of Madhya Pradesh State, Shri Kamal Nath felicitated Sewa Sadan Eye Hospital (SSEH) for rendering excellent eye care services. The award was received by Shri L.C. Janiyani, Managing Trustee of SSEH. This ceremonial function was organised by 'Bhopal Utsav Mela Samiti(BUMS)' held at Bhopal. Former Chief Minister of M.P., Shri Babulal Gaur, Chairperson of BUMS, Shri M.M. Agrawal, Deputy Chairperson of BUMS, Shri Vijay Agrawal, many other ministers, dignitaries, entrepreneurs & local public etc. were also present to grace this occasion.

We dedicate this award to Paramhans Santji, Rev. Siddh Bhauji, staff members of Sewa Sadan Eye Hospital and all the kind-hearted donors who have been our companions in this journey of serving the poor & needy sightless patients.

## SEEDS OF COMPASSION

### PHILANTHROPIC GESTURE OF NAVNIDHITES

An exclusive programme was held at **Navnidh Hassomal Lakhani Public School (NHLPS)** on 19th January'19 in which substantial amount of Rs.1,30,052/- was donated to **HelpAge India**. The amount was donated by the students and the staff members of NHLPS, which was handed over to Ms. Sanskriti Gaur, State Head and Ms. Anuradha Mishra, Senior Executive, HelpAge India, in the presence of Shri L.C. Janiyani, Managing Trustee of Sewa Sadan Eye Hospital, Shri A. C. Sadhwani, Secretary, Shaheed Hemu Kalani Educational Society and Mr. Manish R. K. Jain, Principal, NHLPS.

Ms. Sanskriti Gaur expressed her gratitude towards the students of NHLPS for donating liberally. She highlighted the various activities being run by **HelpAge India** in various parts of the country. She informed that their charitable organisation provides support for free cataract surgeries and organises free health check-up camps for needy & less-privileged elderly persons.

Ms. Anuradha Mishra was moved by the philanthropic gesture of the students of the schools run under the pious and able guidance of **Rev. Siddh Bhauji**. She acknowledged that the work of charity is the work of highest virtue and the students could give their savings munificently due to the pious 'sanskaras' inculcated in them by Rev. Siddh Bhauji & staff members of NHLPS. Rightly has it been said, ***"The best way to know yourself is to dedicate yourself for the service of mankind"***.



# ACHIEVEMENTS



## MORE THAN 1.00 LAC EYE PATIENTS TREATED IN SSEH DURING 2018

It is exemplary to note that during the year 2018, more than 1.00 Lacs eye patients were diagnosed & treated in Sewa Sadan Eye Hospital. Under Blindness Eradication Program, cataract eye surgeries of 16,009 patients were performed during this period. With a view to identifying the cataract patients, free eye camps were organized in remote and far flung areas which are normally situated in 200 km periphery of Sant Hirdaram Nagar, Bhopal. The patients required to be operated are brought to Sewa Sadan Eye Hospital. It is worth mentioning that all the patients are provided pre- and post-operation facilities i.e., pathological tests, medicines, food, fruits, lodging & boarding etc. free of cost.

Besides cataract surgeries, 119 Cornea Transplantation surgeries were also performed during the year 2018. Providing sight to such a large number of visually impaired persons could only be possible through organizing eye donation campaign on continuous basis in the society by Sewa Sadan Eye Hospital. Besides, corneas are brought from the eye banks of Hyderabad, Bhubaneswar and Jaipur.

Diabetes, as a dreaded disease, is spreading silently in the society. This disease mainly affects the vision of many diabetic patients. A diabetic patient mainly suffers with Glaucoma and diabetic retinopathy eye diseases. During last year, 91 surgeries of Glaucoma were performed. Likewise, 306 surgeries of retina & diabetic retinopathy and 1184 surgeries of other eye diseases have also been successfully performed in the hospital. Considering the quality of treatment, specialty eye services, availability of modern technology equipments, quality of post-operative care etc. the Quality Council of India have accorded accreditation to Sewa Sadan Eye Hospital. As a result, Sewa Sadan Eye Hospital has become first NABH accredited multi-specialty Eye Hospital in the entire state of Madhya Pradesh.

Our salutation to the dedicated team of expert ophthalmologists, para-medical staff, volunteers, management staff of SSEH and moreover the benign support of philanthropists located across the world. Overall, 'Sewa Sadan Eye Hospital' is a synonym of home for lessening the miseries of eye patients by rendering them selfless services.

### BLINDNESS ERADICATION CAMPAIGN

With the inspiration & blessings of Paramhans Sant Hirdaram Sahibji, under the able guidance of Rev. Siddh Bhauji and generous contribution of our philanthropists, Indira Hotchand Lalwani Charitable Eye Hospital and Ishwarbai Buxani Post Operative Care Centre have been carrying on the campaign of organizing free eye camps almost every week throughout the year. During the quarter, the data of free eye camps organized are as under :-

- Number of camps : 52
- Number of OPD : 8865
- Number of operations : 2584
- Number of Keratoplasty : 30

### PEARLS OF WISDOM BY ACHARYA CHANAKYA

Let not a single day pass without your learning a verse, half a verse, or a fourth of it, or even one letter of it; nor without attending to charity, study and other pious activities.

Charity puts an end to poverty; reduces misery; lessens ignorance; and fights with fear.

As water collected in a tank gets pure by filtration, so accumulated wealth is purified by being employed in charity.



## HATS OFF TO MS. ANJALI NAIR



**Who says talent is inherited or it is a birth-right of only the affluent or who have all the facilities – be it at home or at school!** All these myths were negated by Ms. Anjali Nair, girl from poor family who never thought that she would acclaim such greater heights in her career. In fact, her father is an electrician with meagre

income & mother does stitching at home. Being a talented student, she easily cleared Pre-Engineering Test (PET) & got selected in one of the best engineering colleges namely, Technocrat Institute of Technology (TIT), Bhopal. Although she was very impulsive to take admission in B.E. (Civil) but income of her parents was not adequate to bear the higher expenses of education.

At this juncture, Mr. Anil Nair, father of Ms. Anjali approached Jeev Sewa Sansthan(JSS) for providing education help to his daughter. Considering her background and excellent academic performance, JSS appealed **Mr. Ritesh Punjabi**, an eminent philanthropist of Dubai who readily agreed to extend support for her higher education.

Ms. Anjali left no stones unturned & accomplished her B.E. (Civil) with flying colours. In order to break the vicious cycle of poverty, she appeared in various competitive examinations so as to achieve greater heights in her career.

The day arrived when her devotion, sincerity and perseverance brought fruitful result and finally she got selected as an 'Officer' in Indian Armed Forces. The joy of everyone—her parents, Mr. Ritesh Punjabi, volunteers of Jeev Sewa Sansthan cannot be expressed in words. Hats off to this brilliant girl for overcoming all the adversities & attaining the desired goal.

Rev. Siddh Bhauji while felicitating Ms. Anjali Nair blessed her to reach the topmost pinnacle of success in her future endeavours. Ms. Anjali expressed gratitude to Jeev Sewa Sansthan for transforming her life & accomplishing her dream.

Jeev Sewa Sansthan is grateful to **Mr. Ritesh Punjabi (Dubai)** for supporting Ms. Anjali Nair & many other deserving students by illuminating their lives with education & making them self-reliant

## ACADEMIC PROFICIENCY PRIZE DISTRIBUTION CEREMONIES OF NHLPS & MGPS

Navnidh Hassomal Lakhani Public School & Mithi Gobindram Public School have a tradition of rewarding & felicitating the meritorious students so that other students get motivated for excelling their performance. In this connection, the schools organised academic proficiency prize distribution ceremonies to felicitate the shining stars of the schools.

Rev. Siddh Bhauji, President of Shaheed Hemu Kalani Educational Society which runs the schools and other office bearers including the Principals of both the schools graced the ceremonies with their presence. The students were felicitated with certificates & saropa, while their parents, grand parents & other family members were honoured with 'Saropa' & 'shrifal'. 406 students of NHLPS and 253 students of MGPS were felicitated. All the students were given laminated photos of the great honour with their parents & grand parents so that the same remain in their drawing rooms for many years to motivate them & feel proud.

Rev. Siddh Bhauji in his address welcomed the parents and praised the efforts of the students for fetching honour not only for themselves but also for their families. He enunciated that optimism, love and respect for parents, tireless efforts, focus, sincerity, diligence, punctuality and honesty are the crucial ingredients for character building. The traditional act of touching the feet of parents, seeking their blessings, strengthens spirituality and induces positivity. He asserted that boys and girls should be trained equally and must be well equipped to meet the challenges in life. He emphasized that prayer is the only medium to stay connected with God. The students must worship the Almighty for purification of soul. They must also serve grains & water to birds in summer and offer food to stray animals. Such acts of kindness and nobility nurture sensitivity, love & compassion in human-beings. Parents must ensure that their pampering must not spoil the child. They must imbibe religious, social and moral values in their children. Students must be equipped with technology rather than being slaves of it.

Shri A.C. Sadhwani, Secretary of SHKES while congratulating the parents, advised them to create an environment of learning at home and inculcate the habit of learning amongst their children.

# SHMCNYS HOSTS 1<sup>ST</sup> INTERNATIONAL CONFERENCE ON HOLISTIC WELLNESS THROUGH NATUROPATHY & YOGA (ICHW-2019)



First International Conference on Holistic Wellness through Naturopathy & Yoga (ICHW) was organized by Sant Hirdaram Medical College of Naturopathy & Yogic Sciences for Women (SHMCNYS) at Sant Hirdaram Nagar (Bhopal) from 15<sup>th</sup>-17<sup>th</sup> March' 2019.

The main objective of organising this International Conference was:-

- To establish Yoga & Naturopathy as scientific systems of holistic healing
- Naturopathy & its emergence as a system of detoxification & healing
- To popularise Yogic & Naturopathic lifestyle as a healthy lifestyle
- To discuss recent scientific trends in Yoga & Naturopathy for serving patients
- Various aspects of Yoga & its integrated approach in different fields.

The grand opening ceremony was organised at Sant Hirdaram Auditorium in Sant Hirdaram Nagar, Bhopal in the pious presence of Rev. Siddh Bhauji, President of SHKES, Hon' Chief Guest-Dr. Ishwar Basavaraddi, Director of Morarji Desai National Institute of Yoga, Special Guest-Dr. Biswaroop Roy Chowdhury, Keynote Speaker-Dr. Bimal Chhajer, Founder of SAAOL and the Guest of Honour-Dada K.H. Lakhani, Shri P.K. Ramani (both from Hong Kong), Shri Ramesh Sawlani, Dubai, Shri Delip Dadlani, Mumbai, Dr. Gulab Rai Tewani, CMO, Sant Hirdaram Wellness Centre (Arogya Kendra) and Dr. Hemanshu Sharma, Principal, SHMCNYS. More than 1000 delegates and 300 students from the country and abroad attended this International Conference comprising of eminent

International & National academicians, researchers, speakers, naturopathy doctors, interns etc. from various countries like **Singapore, Vietnam, Malasia, Nepal** who shared their immense knowledge regarding new findings, trends, researches in the field of Naturopathy & Yoga with theme of Holistic Wellness on an integrated platform.

The noteworthy views expressed by eminent experts were as follows:-

- Dr. Bimal Chhajer (Eminent Cardiologist & ex-consultant at AIIMS, New Delhi) enlightened the gathering about the SAAOL – Science and Art Of Living and non-invasive management of heart diseases with special emphasis on zero oil cooking.
- Dr. Ishwar Basavaraddi emphasized on detoxification, diet and postural modifications.
- Dr. Biswaroop Roy Chowdhury (an eminent speaker on Diabetes Mellitus) explained about ' what happens when ' Medicine meet Blood' and demonstrated it wonderfully through his experiment. He enlightened the audience through the session titled, **"Table to toilet- A journey to cure"** and explained that our stomach is a short term food storage facility and acts as a barrier. He effectively highlighted the role of micro-biota especially the bacteria in the stomach, their types and their significance & harmful roles in the human body.
- Dr. Julia Nguyen provided insight about 'The Holistic Wellness through Naturopathy and Yoga' and

elaborated the rapid causes of diseases spreading and Wellness trends through naturopathy in Vietnam.

- Dr. Zorina Khalid highlighted on health impacts of deteriorating environmental conditions due to excessive use of plastics, fertilizers, pesticides etc.
- Mr. Muktiar Singh elaborated on alternative medicine adopted in Singapore and Bio-resonance.
- Dr. Pradeep Bharadwaj threw light on various methods to incorporate alternative medicines during natural calamities through Six SIGMA Ac creditation.
- Dr. Gopesh Modi emphasized on research work in the field of Naturopathy.
- Dr. Paawan Wadhawan shared his expertise on curing Rheumatoid Arthritis with Smile tri origin food consciousness and explained importance of Sujok therapy for pain management.
- Dr. Puneeth Raghavendra explained concept of Yoga in Holistic Wellness in all aspects of life.
- Dr. P. Saranyan expressed views on **“Vital components in clinical practice of Holistic healing methods”**. He threw light on the scientific research on stress in daily life and its effects on health & well-being. He suggested the use of mindfulness interventions and single therapy instead of multiple therapies for overcoming stress.
- Dr. Karthik Reddy spoke on **“Naturopathy for Auto-immune disorders”**.
- Dr. Dhananjay Anarkale expressed views on **“Management of stress and associated disorders through Naturopathy”**.
- Dr. Ritika Kalra gave presentation on **“Watch what you are eating- An insight into the kitchen”**.
- Dr. Vikram Pai threw light on **“New Frontiers of Research in Yoga and Naturopathy- A literature review”**.
- Dr. Mili Arpan Shah discussed on **“Ozone therapy- Indian experience & scientific evidence”**.
- Dr. Vivek Bhartiya explained the nuances on **“Role of Zumba Fitness in health and wellness centre”**.
- Dr. Ashish Tripathi from Vietnam walked the audience through the session entitled **“HOLO - YOGA”**.
- Dr. Suhas Vinchurkar focussed on **“Neurobiology of sleep and wakefulness – its impact on health & well-being”**.
- Another talk on **“Role of Yoga in cancer studies conducted by CCRYN”** was delivered by Dr. H.S.Vadiraja.
- Dr. Jazzy Nepram expressed her views on **“Aim of Hospitality to provide Holistic Wellness”**.
- Dr. Tridendra Shakya spoke on **“Other changing trends in naturopathy”**.
- Dr. Shristi Karki presented her views on **“Health research in Nepal & NHRC roles”**.
- Dr. Mary Jean Netario Cruz from Philippines focussed on **“Stress and pain management with Minerals – A human system approach”**.
- Dr. Neeraj Chouhan discussed **“Role of Yoga & Naturopathy in Spa & Hospitality Industry”**.
- Dr. Indupreet Kaur discussed nuances on **“Dentistry and Lifestyle Disease connecting the Dots”**.

All the presentations by the above speakers were well-received and followed by healthy discussions. First day concluded by felicitating 125 award winners of India Book of Records and mesmerizing cultural performances by the students of SHMCNYS. On second day, site seeing in the city was arranged for all the delegates.

The programme concluded by convocation ceremony in which 42 students were felicitated by Rev. Siddh Bhauji & other honourable guests. The conference culminated with heartfelt greetings from the delegates. The guests were extremely happy, felt at home and expressed their sincere appreciation to the host institutions.

## 'PUJAN' & 'SRI HAVAN SAHIB' PERFORMED FOR THE CONSTRUCTION OF FOURTH FLOOR ON DASWANI RATTI GIRLS HOSTEL

The 'Pujan' & 'Sri Havan Sahib' for the commencement of construction ceremony of fourth floor on 'Daswani Ratti Girls Hostel' was successfully organised on 16<sup>th</sup> January'2019 in the pious presence of **Rev. Siddh Bhauji**. The key volunteers of JSS & its associated organizations, Principals of colleges, management staff, wardens, students staying in the Girls Hostel & local dignitaries were present to grace this occasion.

**Rev. Siddh Bhauji** while remembering Mrs. Sheila & Mr. Ishwar Daswani & esteemed members of Ratti Trading Foundation, Dubai, who contributed for setting up this hostel in Sant Nagari(Bhopal) said, "The generosity extended by them in the form of girls hostel will be remembered forever and cherished not only by us but also by all the students who are coming from far off places to study here and stay in 'Daswani Ratti Girls Hostel'.

On the occasion, Shri Mahesh Dayaramani, Secretary-Jeev Sewa Sansthan informed that Daswani – Ratti Girls Hostel which is located in the campus of Sant Hirdaram Girls College has been constructed with the benign support of Mrs. Sheila & Mr. Ishwar Daswani and Ratti Trading Foundation, Dubai in 2011. Excellent infrastructure, hygienic, safe & conducive home like environment, round the clock security, nutritious meals, caring warden & helpers are the most appealing features that motivate parents to send their daughters to our colleges. Presently, as many as 175 students of SHGC, SHIM & Sant Hirdaram Medical College of Naturopathy and Yogic Sciences are residing in this hostel. Further, due to inclusion of new courses in the upcoming session and significant increase in intake of the students in MBA, MAM, BNYS courses etc. there will be increased number of admissions mainly of outstation students who will certainly need hostel facility. After construction of additional floor (4<sup>th</sup> Floor), 60 new students can easily be accommodated in this Hostel.

## STUDENTS OF MGPS & NHLPS SHINE AT INSPIRE AWARD 2018-19

The Department of Science and Technology (DST) has implemented a district level program -Innovation in Science Pursuit for Inspire Research (INSPIRE) for attracting talented young students to study Science and pursue career in research. In this regard, Science Exhibition was organised on 2<sup>nd</sup> & 3<sup>rd</sup> Jan' 2019 at Kamla Nehru Girls Higher Secondary School, T.T. Nagar, Bhopal.

Following four students of Navnidh Hassomal Lakhani Public School(NHLPS) were felicitated with Cash award of Rs.10,000/- for completing their projects :-

Sn.	Name of Student	Std.	Project
1)	Ms. Aarti Lohar	10th	Gravity Water Filter
2)	Ms. Manmeet Kaur	12th	Corn Cob Filter
3)	Ms. Priyanka Peswani	8th	Waste Water Treatment Plant
4)	Ms. Anjali Goswami	8th	Charcoal Filter

Mrs. Seema Sharma, Science teacher of NHLPS guided the above students to develop the projects.

Master Sambhav Raizada (Std.X) of Mithi Gobindram Public School (MGPS) was also awarded with Rs. 10,000/- for his project '**Hydroponical Tower**'.

Rev. Siddh Bhauji, President SHKES, Mr. A.C. Sadhwani, Secretary, SHKES, Dr. Ajaykant Sharma (Principal, MGPS), Mr. Manish R K Jain (Principal, NHLPS) along with all the staff members congratulated and appreciated the efforts of the students and wished them success for their future endeavors.

## ✿ OBITUARIES ✿

### PUJYA DADA LACHMANDAS PAGARANI (DUBAI) (1930-2019)



*Your life was a blessing; Your memory was a treasure*

*You are loved beyond words; And missed beyond measure.*

Pujya Dada Lachmandas Pagarani, Chairman and Founder of Al Maya Group, left his material physique on 2<sup>nd</sup> February' 2019 in Dubai and united with the Supreme Soul at the age of 89. He was the embodiment of love, compassion & charity. His all time blessings & rich heritage of noble deeds in Service of Humanity will lead all of us to follow his foot-prints.

Pujya Dada Pagarani was a kind & compassionate personality who was associated with our benevolent activities since last many years particularly for the marriage of less-privileged girls. He had so much concern for the needy parents that he used to feel their troubles & pains in himself. He had also contributed for setting up of **Deepmala Pagarani Sanskar Public School** in sant nagri.

Though there is no substitute of beloved Dada Pagarani yet pious souls always live around us through their sweet memories which are treasured in our hearts forever. The true homage to this great personality would be to make our life sublime by treading on the path of '**Sewa & Sumiran**'.

Jeev Sewa Sansthan & its sister organizations convey heartfelt condolence to the members of "**Pagarani Family**". We pray to the Almighty to rest his soul in peace and grant '**Shakti & Bhakti**' as well as peace to the family members to bear this irreparable loss.

### PUJYA DADA KISHORE GULABRAI HARJANI (HONG KONG) (1961-2019)



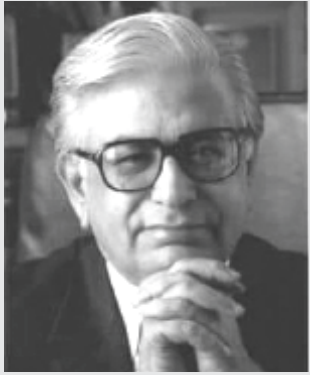
Pujya Dada Kishore Gulabrai Harjani, an apostle of 'Sewa & Sumiran' left for heavenly abode on 14<sup>th</sup> January'2019 in Hong Kong. He was a great philanthropist and a kind-hearted human being, always ready to extend his helping hand for the welfare of suffering humanity. He also imbibed pious 'sanskaras' in his children so that they continue to serve the suffering mankind with compassion.

Pujya Dada lived the life of selflessness, dedicated service & sacrifice. His heart marched ahead in an endless stream of sympathy for the less-privileged masses. He was associated with various benevolent activities of our Trust since last many years particularly for educating the needy children and solemnizing the marriage of less-privileged girls.

Paying tribute to this noble soul, Rev. Siddh Bhauji said, "Pujya Dada's services are accepted at the realm of Almighty and his noble soul will definitely find place in the heavenly abode. Due to his noble deeds, Dada Harjani is liberated from the cycle of birth & death."

In this grievous hour, we pray to the Almighty to grant peace to the departed soul and courage to all the family members & relatives to bear the blow of destiny.

**PUJYA DADA SITALDAS KEWALRAM MOTWANI (K.SITAL)**  
**(10<sup>TH</sup> OCT'1932 - 03<sup>RD</sup> FEB'2019)**



*Life is the greatest gift that God has given us  
 Death is only a bridge towards eternal life with God.  
 Certainly, heaven is rejoicing for another soul  
 That has finally reached his true home*

Pujya Dada Sitaldas Kewalram Motwani, popularly known as 'K.Sital', a renowned philanthropic figure of Hong Kong passed away from this mortal world on 3<sup>rd</sup> Feb'2019 at the age of 88 years.

Pujya Dada was an acclaimed personality, industrialist, publisher & social worker who touched numerous lives with his noble deeds. He was the President of Hindu Association; Chairman of Consul of Hong Kong, Indian Associations (CHIA); Chairman of the Indian Chamber of Commerce and Editor & Publisher of monthly magazine - **The Indian**. His life is a rare example of selfless service to the humanity. He was a kind & compassionate-hearted soul having great concern towards the needy & less-privileged masses. He had been of the great support towards various benevolent activities of our trust.

Pujya Dada has left the footprints for others to follow & lead a purposeful life treading on the path of '**Sewa & Sumiran**' so as to attain the ultimate aim of human life, i.e. **Salvation**. His departure is not only great loss to the entire **Motwani Family** but also for the entire humanity and the end of an era of saintly devotion. He will always remain immortal in the hearts of beneficiaries whom he has supported in one way or another.

We offer our heartfelt condolence on passing away of this great personality. We pray to the Almighty to grant peace to the departed soul and give courage to the near & dear ones to bear this irreparable loss with patience.

**NATIONAL CLEANLINESS DAY OBSERVED IN NHLPS**

30<sup>th</sup> January' 2019 is observed as 'National Cleanliness Day' in India in the memory of Father of the Nation- Mahatma Gandhiji. He always dreamt of a developed & clean country. Therefore, on this auspicious day, Shaheed Hemu Kalani Educational Society organized a cleanliness drive in Navnidh Hassomal Lakhani Public School(NHLPS) for taking the responsibility of maintaining clean environment everywhere-be it at home, workplace, streets and public places.

The students of NHLPS enthusiastically participated in this programme keeping in mind the importance of environmental cleanliness and took initiative to make the school dirt free. The students actively participated in cleaning all sections of the school like floors, corridors, assembly ground, playground etc. under the guidance of the Principal, Mr. Manish R K Jain, Vice-Principal, Ms. Amrita Motwani and teachers of the school.

The programme was successfully organized in the school which developed a sense of responsibility in the minds of the students. The students learnt from the activity that a clean environment is always a pleasure to live in. Therefore, it is the sole duty of all the citizens of the country to maintain clean & hygienic environment free from dust.



## SPECIAL SESSIONS ON PERSONAL HYGIENE FOR GIRL STUDENTS

The interns of Sant Hirdaram Medical College of Naturopathy & Yogic Sciences took special sessions on Personal Hygiene for students of Navnidh Hassomal Lakhani Public School (NHLPS). Age related biological & hormonal changes in girls amaze them and out of shyness they do not discuss even with their mothers. Therefore, it was found necessary to impart them knowledge & keep them healthy in respect of the changes. The girls of NHLPS who attended two sessions in Sant Hirdaram Auditorium were from Std. VIII to XII. Even girl students from other schools i.e. Sadhu Vaswani School & Sanskar Public School also were benefitted. Each session was of four hour duration & the students were provided heavy snacks after a break of 2 hours.

The students as well as their parents appreciated the efforts of Rev. Sidh Bhauji towards academics, sanskaras and health related issues of the students and they expressed gratitude to him.



## IMBIBING PIOUS SANSKARAS



The sole purpose, for which Shaheed Hemu Kalani Educational Society was set up, was to imbibe pious sanskaras in the students. Since, for only sanskaras the parents would not send their children to the schools of the Society, the quality of the academics was also kept very high. The fees is affordable. Even scholarship scheme was introduced for economically weaker students. Today, the Society has been marching ahead on its mission by running seven schools & two colleges and around 7000 students are studying in these schools & colleges. Rev. Sidh Bhauji himself plans & takes the value based sessions throughout the year, the important ones of which are named below:-

### 1) DAANA-PAANI

The students are motivated to keep earthen pots filled with grains & water on the roofs of their houses to quench thirst & hunger of birds. They are provided grains & pots free of charge.

### 2) MY MOTHER- MY BEST FRIEND

The mothers along with the students are seated together in the sessions & they are told about importance & value of a mother in one's life. Photographs taken with mothers are laminated & provided to the students to constantly motivate them to obey their mothers, confide their all problems with the mother & help in her daily chores.

### 3) NESTS

Nests made of good quality material are provided to the students to provide shelters to the birds at their homes.

### 4) SAVINGS

Saving Boxes are provided to the students to start in them the habit of saving from their pocket money. The amount so collected from the students is kept in Care & Share Fund in which schools also contribute more than the amount of the students. The amount of Cash & Share Fund is spent on providing food items, fruits,

medicines in the hospitals, elders' homes, villagers, orphanages etc. with the hands of the students.

- 5) **Vegetarianism** sessions are taken on the pious birthday of Dada T.L.Vaswani.
- 6) **Kshama Diwas** (Apology Day) is celebrated on 2nd August on the pious birthday of Dada J.P.Vaswani.
- 7) Sessions on celebration of specific festivals like Deepawali, Holi, Rakshabandhan are organized to motivate the students to celebrate these festivals in eco-friendly, sober & harmless manner.
- 8) Special sessions on personal hygiene are held under "Adolescence Awareness Programme".
- 9) The students are provided free material for doing "Aarti" at their homes to unite with the Supreme Soul.
- 10) Patriotic plays on the lives of great patriots of Indian Golden History are played by the students & while playing their roles they automatically imbibe the elements of patriotism.
- 11) Students are motivated to contribute from their pocket money some amounts towards rehabilitation of the relatives of the martyrs' who lose their lives on war fronts through "Bharat Ke Veer" App.
- 12) The students are provided almond oil, tulsi drops, mentat tablets, Safed Moosli, dates etc. to keep them healthy and thereby concentrate on study & values.
- 13) The boy students are motivated to touch the feet of their parents & seek their blessings while coming to school, whereas the girls are inspired to do salutations with folded hands.



## JEEV SEWA SANSTHAN



(A MISSION TO UPLIFT THE SOCIETY & SERVICE TO HUMANITY)

Jeev Sewa Sansthan was formed as an Apex organization in 1994, with an objective to Co-ordinate all the benevolent activities of the different social organizations functioning as per the Service Philosophy of the Paramhans Sant Hirdaram Sahibji (united with the Supreme Soul after completing 100 years of age), a synonym of the mission to uplift the down-trodden, the sufferers & the less-privileged.

The activities run by Jeev Sewa Sansthan & its associated organizations are focused mainly in the field of Health, Education, Women Empowerment, Skill Development etc. Besides, many other social activities are also being run either directly by JSS or through its sister organizations to serve the less-privileged souls.

JSS works with vision to uplift the Society and serve its suffering sections with the help from philanthropists/social organizations to accomplish its ultimate **Mission of "Manav Sewa is Madhav Sewa" through various benevolent activities described hereinafter.**

**Till date, more than 2.5 Million peoples are benefitted through various benevolent activities of JSS.**

**Activities undertaken by Jeev Sewa Sansthan directly, with the support of Philanthropists, are:**

<b>1. Helping Poor Widows</b>	<b>Since : 2004</b>	<b>Total Beneficiaries : 352</b>
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We provide help to widows, having no source of income, by way of providing monthly financial help of Rs.1,000/- per month till their children grow up and start earning or their economic conditions improve.

**We seek Support of Rs. 12,000/- per annum for each widow.**

<b>2. Monthly Ration to Poor Families</b>	<b>Since : 1990</b>	<b>Total Beneficiaries : 2098</b>
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Ration worth Rs.400/- per month (Rs.4,800/- per annum) is provided to poor families who have no financial resources or whose sole family member is not able to earn enough to look after the family needs.

**We seek Support of Rs.4,800/- per annum for each family.**

<b>3. Dietary Help to Expectant Mothers</b>	<b>Since : 2004</b>	<b>Total Beneficiaries : 163</b>
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We extend help of Rs.5,000/- per person to provide supplementary diet to expectant mothers from poor socio-economic background. **We seek Support of Rs. 5,000/- per expectant mother.**

<b>4. Medical Help to Poor &amp; Needy Patients</b>	<b>Since : 2005</b>	<b>General Treatment : 19697</b>
		<b>Specialized Treatment : 1114</b>

**a) General Treatment (Since 2005):**

We provide help maximum to the extent of Rs.25,000/- per person (per annum) to the poor and needy patients for medicines, pathological/diagnostic tests, treatment for various diseases which involves hospitalizations. **For this activity, we seek Support of Rs. 25,000/- per patient.**

**b) Specialized Treatment:**

JSS also provides assistance, by way approaching to the kind-hearted philanthropists across the world to extend their financial help, for undergoing major surgeries viz., Valve Replacement, By-pass Surgery, Open Heart Surgery, Kidney Transplantation, Bone Marrow Transplantation for Thalassaemia Major Children, implantation of Hearing Aids, Help for retina surgery, pediatric eye surgery etc. **For this activity, we seek need based Support on case-to-case basis.**

<b>5. Help for the Higher Studies</b>	<b>Since : 2002</b>	<b>Total Beneficiaries : 147</b>
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Jeev Sewa Sansthan, with the support of well-wishers across the world, has been providing financial help to the poor but meritorious students for pursuing higher education in specialized area such as Engineering, medical, Advanced Computer courses, Fashion Designing, Chartered Accountancy, Business Administration etc. **We seek need based support on case-to-case basis.**

<b>6. Help for Last Rites</b>	<b>Since : 2007</b>	<b>Total Beneficiaries : 514</b>
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JSS, understanding the emotions of bereaved family, provides financial help of Rs. 5,000/- per person for the last rites to the poor families who cannot afford the expenses. **We seek Support of Rs.5,000/- for each case.**

<b>7. Help for the marriage of poor girls</b>	<b>Since : 1992</b>	<b>Total Beneficiaries : 3163</b>
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We provide help to the poor families for marriages of their daughters. Under this activity, free gift items pertaining to marriage ceremony and cash are provided for an aggregate amount of Rs.20,000/-. **We seek Support of Rs.20,000/- for each girl of marriageable age.**

**Activities through Associate Organizations**

<b>8. Adoption of students for Free Education (through Nav Yuvak Parisad)</b>	<b>Since : 1978</b>	<b>Total Beneficiaries : 9714</b>
		<b>Sponsored Students : 2017</b>

Every year a good number of children are adopted for providing free Education to the students from poor/under privileged section of society. Help includes School Fees, text books, stationery, uniform, woolen clothes, free coaching. **We seek Support of Rs.10,000/- p.a. for each student sponsored.**

<b>9. Free Water Supply (through Nav Yuvak Parisad)</b>	<b>Since : 1996</b>	<b>Total Bore-Wells drilled : 101</b>
		<b>Total Families benefitted : 30833</b>

Through this service, deep bore-wells are drilled and taps connected to them, in water scarcity area /villages for providing free drinking water. Each bore-well with network of pipelines alongwith electricity charges for one year costs Rs.1,50,000/-. **We seek Support of Rs.1,50,000/- for a bore-well.**

<b>10. Vocational &amp; Technical Training</b>	<b>Since : 1994</b>	<b>Total Beneficiaries : 35,589</b>
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Vocational & Technical Training at reasonable fees at Bhagwan Kala Kendra is being provided to make people

self-reliant, vocational and technical training is being provided at nominal charges/free to the under-privileged section of society.

### 11. Library & Career Guidance Centre | Since : 1998 | Total Beneficiaries : 10,708

Library & Career Guidance Facilities at Neetu Mahtani Memorial Library is provided to make available books, periodicals etc. for study & competition examinations, guidance for placements etc. Library is enriched with larger number of books (around 24000) & has the internet facility for accessing articles/books.

### 12. Quality Education with pious Sanskar at affordable fees through Schools/Colleges

JSS is engaged in providing Quality Education with Pious Sanskars at affordable fees through schools (right from play schools to Higher Secondary Schools) and colleges (General to Specialized Courses) runs under the aegis of its sister organizations/societies/Trusts.

School/Colleges/Medium	English	Hindi	Strength
Higher Secondary Schools	4	3	6391
Primary Schools	4	3	3139
Colleges [General + Medical (Naturopathy & Yogic) + Management]	3	-	2154
<b>TOTAL</b>	<b>11</b>	<b>6</b>	<b>11684</b>

### 13. Medical Facilities : Sewa Sadan Eye Hospital

Jeev Sewa Sansthan provides medical treatment through its extended arm-Sewa Sadan Eye Hospital since 1987 and catering medical needs of the poor masses in the specialized field of Eyes, Urology related ailment and Dental ailment. SSEH intensively working for the "Eradication of Blindness" and providing eye related treatments at affordable rates to the Walk-in patients. Besides, SSEH organizes (i) Free Eye Camps in local and rural Areas and (ii) Free Urology Camps. Till date more than 2.00 million peoples are benefitted through these medical services as under:-

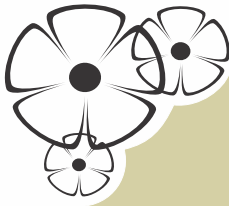
Particulars	Free Eye Camps	Free Urology Camps
Free Camps Organized (Nos.)	2227	94
Patients Examined	5,25,701	48,951
Patients Operated	1,79,676	10,660
Seek Sponsorship/Support for Camp of 100 Patients	1,50,000	15,00,000

### 14. Medical Services : Arogya Kendra – Naturopathy Hospital :

Naturopathy Hospital - Arogya Kendra, one of the best Naturopathy Hospital of India, is also extended arm of JSS and engaged in spreading the low-cost, side-effects-free & based on local resources naturopathic treatment to serve the Humanity to extend possible at large. More than 3,40,000 patients are cured at Arogya Kendra for the diseases considered incurable like blood pressure, diabetes, arthritis, asthma etc. Team of Doctors and committed volunteers are providing their selfless service and making unstinted efforts.

## GRATITUDE

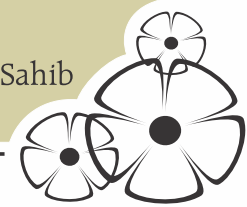
Jeev Sewa Sansthan and all its associate concerns humbly submit that we are in position to run all the benevolent activities, in pursuant to fulfil the service philosophy of Paramhans Sant Hirdaram Sahibji, under motivation & guidance of Rev. Siddh Bhauji, only because of open-hearted benign support from thousands of philanthropists across the world enabling us to serve the suffering humanity and reach to more than 2.5 Million under-privileged & destitute masses. We extend our heartfelt gratitude to all the philanthropists for their selfless benign support & hope to receive their continued patronage with more zeal and enthusiasm.



## PUSHKAR PRASAD

THE OLD, THE INFIRM AND THE CHILDREN,  
ARE LOVING FORMS OF GOD.  
SERVE THEM WITH HEART & SOUL,  
AND WIN LAURELS OF THE LORD.

Sant Hirdaram Sahib  
(Pushkar-Raj)



### **KINDLY HELP US TO HELP OTHERS**

*Still there are many more poor children deprived of education, still there are numerous poor eye patient needing operations, still there is a large number of poor parents worried about marriages of their daughter due to dowry, large population needing drinking water, many old persons needing support and there are many more other sufferers. The dreaded enemy of all of them is **Poverty**.*

#### **YOU CAN HELP THEM TO FIGHT AGAINST THIS DEMON BY CONTRIBUTING AS UNDER**

- |   |                                     |
|---|-------------------------------------|
| 1. Free Education to a poor child (upto XII Standard) .....                                 | : Rs. 10,000/- per year             |
| Free Education to a poor child (college level education).....                               | : Rs. 15,000/- per year             |
| 2. Cataract operation including implantation of an artificial lens .....                    | : Rs. 1,500/- per operation         |
| (For poor patients in free eye camps)   |                                     |
| 3. Full free eye (IOL) camp of 100 patients .....   | : Rs. 1,50,000/- per camp           |
| 4. Free Urology operation .....   | : Rs. 15,000/- per operation        |
| 5. A full free urology camp of 100 patients .....   | : Rs. 15,00,000/- per camp          |
| 6. Cash and dole for marriages of poor girls .....  | : Rs. 20,000/- per marriage         |
| 7. Food, nutritional & medical help to a poor family .....                                  | : Rs. 4,800/- per year              |
| 8. Electricity & maintenance charges for tube-well motors<br>for providing free water ..... | : Rs. 1,00,000/- per month          |
| 9. Monthly help to poor widows .....  | : Rs. 1,000/- per widow             |
| 10. Donation for last rites .....   | : Rs. 5,000/- per person            |
| 11. Dietary help to women for nurturing post delivery period.....                           | : Rs. 4,000/- per lady              |
| 12. For general activities / specific projects .....  | : Any amount as you wish            |
| 13. Help for higher studies of needy meritorious students.....                              | : Rs. 25,000/- per annum            |
| 14. Medical help for dreaded diseases .....   | : Case to Case Basis                |
| (Blood Cancer, Kidney Transplantation, Liver Cirrhosis, Heart Surgery)                      |                                     |
| 15. Medical help for chronic diseases .....   | : Rs. 25,000/- per patient per year |

The donations favouring JEEV SEWA SANSTHAN are exempted U/S 80(G) & 12(A) of Income Tax Act, 1961.  
The Sansthan is also registered under FCRA (No.: 063160059) for receiving foreign donations.

#### **YOU CAN ALSO MOTIVATE OTHERS**

The return will be GRACE of God and BLESSINGS of the poor beneficiaries

**P.T.O. FOR SPECIFYING YOUR KIND CONTRIBUTION**

To,  
The Secretary,  
Jeev Sewa Sansthan,  
First Floor, Navnidh Hassomal Lakhani Public School Building,  
Lake Road, Sant Hirdaram Nagar, Bhopal (M.P.), India - 462030

Dear Sir,

## **HELP FOR THE POOR**

Consequent upon your appeal in Sewa Sankalp, I enclose a cheque/draft bearing  
No. .... dt: ..... for Rs. .... for following purpose.

(1) Help to ..... poor student(s) Free Education to a poor child (upto XII Standard) : Rs. 10,000/- per year Free Education to a poor child (college level education) : Rs. 15,000/- per year	₹
(2) Cataract operation with lens implantation for ..... poor patient(s) (@ Rs. 3500/- - 2000/- being grant-in-aid received from DBCS) Rs. 1500/- per surgery	₹
(3) Sponsoring a full free eye camp of 100 patients on the birthday / marriage anniversary of ..... or in loving memory of .....	₹ 1,50,000/-
(4) ..... Urology operation(s) (@ Rs.15,000/- per operation)	₹
(5) A full Free Urology Camp of 100 patients in loving memory of .....	₹ 15,00,000/-
(6) Items and cash given, in marriage of..... poor girl(s) (@ Rs. 20,000/- per marriage)	₹
(7) Monthly Ration to .....Poor Families(@Rs.4800/-per year, per family)	₹
(8) Monthly help to ..... young poor widow(s) (@Rs. 1000/- per widow)	₹
(9) Dietary help to ..... women in post delivery period (@Rs. 4000/- per lady)	₹
(10) Help for the ..... last rites and other ceremony(ies) (@Rs. 5000/- per person)	₹
(11) Help for Higher Studies of.....needy student(s) (@Rs.25,000/- per annum, per student)	₹

Full Name & Address	Phone (O) :	
	Phone (R) :	
	Fax :	
	E-mail :	

“Sewa Sankalp may be sent to my / our friends / relatives at following address”

Full name, address, contact numbers & e-mail ID	Full name, address, contact numbers & e-mail ID
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Kindly tick (✓) the items (s) mentioned above for which donation is related

# GLIMPSES OF VARIOUS BENEVOLENT ACTIVITIES



Shri Kamalnath (Chief Minister, Madhya Pradesh) honouring Shri L. C. Janiyani (Managing Trustee, Sewa Sadan Eye Hospital) (news on page#7)



H.E. Mrs. Anandiben Patel Governor of Madhya Pradesh (centre) felicitating one of the students of Sant Hirdaram Girls College with Gold Medal in the convocation ceremony (news on page#7)



Inauguration of 94th Mega Free Medical / Urology Camp by Rev. Siddh Bhauji, in the presence of (4th & 2nd from right) Dr. Radha Sukhani (USA) & Dr. Deepak Jhangiyani (Mumbai) (news on page#2)



Dr. Pratibha Khare (USA) examining the operated patients in Free Plastic Surgery Camp, in the presence of Rev. Siddh Bhauji (news on page#3)



Commencement of construction work on 4th floor of Daswani Ratti Girls Hostel (News on page#12)



Rev. Siddh Bhauji distributing grains and pots to students of CHI Girls School, Gandhi Nagar to feed the birds in summer.



Sant Hirdaram Girls College organized a Psychological session & workshop of Dr. Neelkanthan (Mumbai) (extreme left), in the pious presence of Rev. Siddh Bhauji.



Shri Mahesh Dayaramani giving away cheque of help to a needy lady, in the presence of volunteers of Om Namah Sewa Trust & 'Sant Hirdaram Swami Basantram Sewa Trust' (Ahmedabad)

# STATISTICAL PROGRESS

(Various activities upto March'2019)

## 1. Children benefitted by adoption through NAV YUVAK

**PARISHAD** (since 1978) : **9714**

## 2. Unemployed youngsters imparted Vocational

**Training through BHAGWAN KALA KENDRA** (since 1994) : **35589**

## 3. Inculcating sanskars & values in adolescent girls through

**MANJU SUKHRAMDAS SANSKAR KENDRA** (since 1978) : **11292**

## 4. ERADICATING BLINDNESS THROUGH

**[A] SEWA SADAN EYE HOSPITAL**(since 1987)

(i) Outdoor patients : **1287328**

(a) Free : 515701

(b) Paid : 771627

(ii) Operations performed : **250346**

(a) Free : 179676

(b) Paid : 70670

(iii) Keratoplasty : **1662**

**[B] INDIRA-HOTCHAND LALWANI**

**CHARITABLE HOSPITAL** (since Jan-2004) : **662776**

(i) Outdoor patients : 483100

(ii) Eye Operations : 179676

**[C] ISHWARIBAI BUXANI POST-OPERATIVE**

**CARE CENTRE** (since 1999)

(i) Free Urology Camps : **94**

(ii) Free Urology Camp Patients : **48951**

(iii) No. of urology operations : **10660**

**[D] Kamla Roopchand Gidoomal Memorial**

**Dental Clinic** (since 2006) : **54418**

**[E] Lekhraj & Kala Ladharam Mirpuri Dental Clinic**

(since 2013) : **42801**

## 5. Dadi Laxmidevi Pathology Centre

(Since 1997 for free eye camp & other patients)

[a] No. of tests in eye camp : **170233**

[b] No of test for general patients : **114807**

## 6. FREE UROLOGY CAMPS (since 1992)

[a] No. of Free Urology Camps : **94**

[b] Outdoor Patients : **48951**

[c] No. of Urology operations : **10660**

## 7. Providing medical help to the poor for

(a) Surgery of various chronic diseases \* : **1114**

(b) Sundry Medical Expenses \*\* : **19697**

## 8. Youngsters benefitted through SWAMI

**VIVEKANAND CAREER ACADEMY**(since 2001) : **10541**

## 9. Help for the last rites of less-privileged people

through **JEEV SEWA SANSTHAN** (since 2008) : **514**

## 10. Dietary Help to the women for nurturing post delivery

period through **JEEV SEWA SANSTHAN** (since 2008) : **163**

## 11. Career guidance and library facility to youngsters

through **NEETU MAHTANI MEMORIAL LIBRARY**

(since 1998) : **10708**

## 12. Persons benefitted for physical fitness through

**FABIANI FITNESS CENTRE** (since 1993) : **10886**

## 13. Naturopathy treatment through

**AROGYA KENDRA** (since 1989) : **348343**

**SWAMI HARIHARJI MAHARAJ INDOOR**

**PATIENTS WING** (since Jan 2005) : **28750**

## 14. Imparting qualitative education with sanskaras through Schools & Colleges -

**[A] Run by Shaheed Hemu Kalani**

**Educational Society** (since 1997)

: **5221**

[i] Vidyasagar Public School (1997) : 790

[ii] Mithi Gobindram Public School (1999) : 1479

[iii] Navnidh Hassomal Lakhani Pub. School(2002) : 1416

[iv] Kewalram Chanrai Public School (2001) : 944

[v] Radhibai-Hassomal Khiantani Foundation School

(since 2005) : 224

[vi] Arjan Hathiramani Memorial Play school : 71

[vii] Kala Laxmandas Vensimal Ganwani Foundation

School (since 2015) : 297

[viii] Sant Hirdaram Girls College (since 2006) : **1400**

[a] Jaslok Science Wing : 482

[b] Rukmani - Krishan Arts Commerce Wing : 809

[c] Radhadevi T. Kewalramani Professional Wing : 109

[ix] Sant Hirdaram Medical College of Naturopathy

& Yogic Science (since 2009) : **289**

**[B] Run by Sudhar Sabha** (since 1974) : **1600**

[i] Sadhu Vaswani Middle School : 1100

[ii] Ku. Jethi T. Sipahimalani Higher Sec. School : 500

**[C] Run by Laxmi Devi Vikyomal Shroff**

**Educational Society** (since 1994)

: **2709**

[i] LVS Play Group School : 166

[ii] Laxmidevi Vikyomal Shroff H.S. School : 1275

[iii] Prerna Kiran Public School : 559

[iv] Veena Charlie Daswani Girls School : 647

[v] Children's Hope India Girls School : 62

**[D] Sant Hirdaram Institute of Management**

**(MBA & PGDM Course)** (since 2010)

: **465**

## 15. Financial help for Higher Studies through

**JEEV SEWA SANSTHAN** (since 2002) : **147**

## 16. Help extended in marriage of needy girls through

**JEEV SEWA SANSTHAN** (since 1992) : **3163**

## 17. Supply of free water through Nav Yuvak Parishad

(since 1996)

[a] No. of bore-wells : **101**

[b] No. of tape connections : **1182**

[c] No. of families benefitted : **30833**

[d] No. of Tankers : **05**

## 18. Help to needy widows through JEEV SEWA SANSTHAN

(since 2004) : **352**

## 19. Help to needy families (Ration) (since 1999)

: **531**

[a] Jeev Sewa Sansthan : 262

[b] Nav Yuvak Parishad : 269

## 20. Benevolent Activities at Ajmer & Pushkar

**Patients benefitted through**

[a] **DAYAL VEENA HARJANI DIAGNOSTIC RESEARCH**

**CENTRE, AJMER** (since 1999) : **806251**

[b] **RISHI GODHUMAL HOMEOPATHIC HOSPITAL** (since 1991) : **142162**

[c] **RISHI GODHUMAL EYE CARE CENTRE** (since 2011) : **14726**

[d] **DEEPMALA PAGARANI HOSPITAL &**

**RESEARCH CENTRE** (since 2009) : **145628**

\* Heart Disease, Valve replacement surgeries, Cancer, Thalassaemia etc.  
\*\* ENT, Nephrology, Gynaecology, Urology, Pediatrics, Endocrinology, Skin, Cardiology, Psychiatry Gastro, Physician, Pathology, Orthopedic.

Published by :

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