



**LOK
KALYAN
SAMITI**

YEAR' 2023

NEWS

For Private Circulation Only



Holi





From the Desk of the General Secretary

Greetings from Lok Kalyan Samiti!

Dear Friend,

As we step into the second quarter of this year and welcome a vibrant spring season, I have to thank you all for supporting Lok Kalyan Samiti and help keep our efforts to go on with our slated programmes. As I told you in my last communication, we have normalized our schedule and work and it is a great satisfaction to let you know that our work is registering a good response from all concerned.



We are seeing an increase of 15-20% in the patient footfall at our medical facilities and OPDs. It is also an indicator of people leading a normal life after Covid set back. In these times of high cost of living, medical expenses are something that often worry all of us. For those sections of society who cannot afford these expenses and face the rush in public hospitals, organizations like us play an important role. Pocket friendly expenses, professional services and modern facilities is what defines us in addition to our humane mission of alleviating sufferings in the society through our programmes.

Our cataract surgeries are going on as per calendar, twice every week. In addition, our Eye Care OPDs at all the three Centres are as usual busy and helping people with improved vision and importantly give them hope for their eye ailments and refractive errors.

We have been carrying out necessary upgradations, replacement of equipment and

appointments on regular basis to ensure our services remain-patient friendly while maintaining the necessary medical protocols and standards.

I would also like to bring to your attention our children-oriented Centre of Nand Nagari. The children in addition to regular remedial education through classrooms, technology aids and good teachers are also learning about various current issues along with value education. The centre on a regular basis organizes student assemblies to mark important international days, national days of importance and festivals. All this is immensely helpful in development of these children as informed citizens of future.

The festival of colors Holi, is a festival of brotherhood, merriment, fun and joy, so let us join our efforts to spread this joy to even those who cannot afford it by assuring them, helping them and importantly by providing them with affordable health-care for maintaining good health. This Holi, let us promise to support and help many more to see the beauty of colors and joys of spring blooms by restoring their eyesight.

Donate generously to our Eye Care Programs. As always, we look forward to your continued support by way of donations and more referrals.

Wish you and your family a Happy Holi!!

Mrs Harita Gupta
General Secretary

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*Happy
Holi*





Floral Tributes on Late Sh K. S. Gupta Anniversary

Shri Kalyan Singh Gupta, a Gandhian all his life, he gave his entire life to the causes of humanity. He passed away on 23rd January 2002 after a brief illness. He was the founding General Secretary of LKS for 50 years till his end.

LKS always remembers his greatness, his ideals and follows his vision. On January 23, 2023 on his 21st death anniversary floral tributes were paid in his memory at Sucheta Bhawan by the staff members and volunteers. A remembrance meeting was also held to revisit his teachings and life.



Free Health Checkup Media Workers

A free health check-up for Media Personnel and their families in association with Indian Media Welfare Association was held at LKS, Head Office on January 23. In the camp more than 100 media workers and members of their families benefited. Beneficiary media workers thanked Lok Kalyan Samiti for this gesture and suggested such camps should be held from time to time.

Rajesh Nishana, president IMWA also thanked the LKS for making the camp a great experience and worth a visit for media workers.



New Delhi, Sunday 22 January 2023 National English Daily

DELHI NEWS Live

Journos and families attend eye and health check-up camp

■ Syed Wajid, New Delhi

A free health and eye check-up camp was organised in association with Lok Kalyan Samiti and Indian Media Welfare Association at Sucheta Bhawan, Vishnu Digambar Marg, JPO.

The camp, mainly organised for media persons and their families, received more than 100 journalists, their families and their relatives for their eyes and health check-up. The attendees expressed their gratitude towards Lok Kalyan Samiti and Indian Media Welfare. There was an unexpected view among camp of the media personnel who attended the camp that such events should be organised at a regular interval. "We

frequently have such camps where people come and have the problems pertaining to their health resolved. We have白内障 surgery free of charge. Our aim is to provide medical assistance for those who cannot afford. The hospital has OPD on all days except Sundays. Colonel Rajesh Lalabhar, Chief of Administration, specially elaborated on the services rendered by the hospital where in-house doctors, sensitive staff and well-equipped equipment provide the best of services in dentistry, ophthalmology, gynaecology, paediatrics, thyroid cases, dermatology, physiotherapy, ENT etc. While interacting with the press, IMWA President Rajesh Nishana,

elucidated that the association has been organising medical camps so that the media employees can manage their work stress and improve their mental health. They have also put in order to keep the media people physically healthy and fit as well.

name of Yamuna Cricket Trophy in order to keep the media people physically healthy and fit as well.





Health Information Awareness: Lecture Series Continues

The talk series by doctors at Sucheta Bhawan on important designated health days of the calendar continued. For example, on the occasion of the **World Pneumonia Day (Nov 12, 2022)**, awareness about the disease was made public by our General Physician Dr. Navtej Jassi who raised the awareness about the Causes and Prevention of Pneumonia. All those who attended including a large section of incoming patients benefited from such information.

On **World Diabetes Day** where the primary goal is to bring focus on Diabetes mellitus by a global awareness campaign on 14 November each year, LKS's Eye Surgeon Dr. Shruti Vaish lectured on the 'Effect of Diabetes on the Eyes' to the gathered audience on this day in Nov, 2022.

Similarly, **World AIDS Day** - every year falls on 1 December as people around the world unite and show support for people living with and affected by HIV and to remember those who lost their lives to AIDS. The day was also marked at LKS with awareness campaign.

International Universal Health Coverage Day (Dec 12) - aims to raise awareness of the need for strong and resilient health systems and universal health coverage with multi-stakeholder partners. On this occasion, Dr. Deepa Sharma (Dietician) gave a talk titled, 'Eye and General Health Awareness'.

EOD top Retina Service

The specialised Retina Services are benefiting a large number of patients with EOD at the top. ASCAN, Foreign Body Removal From eye (FBRE), Galaxy Fold (GF) and Yag Laser are other procedures done at the OPD.

Drusen are yellow deposits under the retina. Drusen are made up of lipids and proteins. Drusen likely do not cause age-related macular degeneration (AMD). There are different kinds of drusen. Small drusen may not cause vision problems for a long time. Larger drusen increase the risk for advanced AMD, which can result in vision loss.

Most people with drusen do not have any

symptoms. Often, a routine eye exam will incidentally reveal their presence. A few small drusen are not a symptom of eye disease. However, the presence of a large number of bigger drusen is an early sign of dry age-related macular degeneration (AMD). The symptoms of AMD include hazy vision, difficulty seeing when going from bright light to low light, and a blank or blurry spot in your central vision.

Optic nerve drusen also often do not produce symptoms. However, some patients with optic nerve drusen experience vision problems, including loss of peripheral (side) vision and temporary flickering or graying out of their vision.

Chakkarpur Centre winning trust of patients

Chakkarpur Centre of LKS over a period of time has come up as a trusted medical facility not only for the underprivileged and needy sections of the society but for everyone. According to doctors of the Centre, they find patients are also coming from far off places in addition to Gurgaon and neighbourhood.

Skill and efficiency of doctors, diagnostic lab tests, physiotherapy, and different OPD specialities along with affordable fee are mostly the cited reasons by doctors of the Centre for this rising popularity. "What I feel and notice every patient receives a good treatment and goes satisfied. Staff including doctors, paramedical, administrative and class 4 employees are all nice and well-behaved," says Dr S P Gupta, Gen Physician at the Centre.

Adds dentist Dr Seema Khan, "The workplace environment is very amicable. All staff members are very cooperative and simultaneously professional. My department has all the equipment for most procedures under one roof and very affordable as compared to other places." She also attributes the rising trust of patients on observing of necessary protocols, discipline and professional handling. Good word spreads!





Donors Feedback

It is a pleasure to visit once again within a short period. Thanks a lot Haritaji & Team for all the hospitality and guidance. We are blessed to be associated with your kind endeavours for the mankind and sincerely pray for long term association.

— Mr. Deepak Gupta

I have been big admirer of the work being done by LKS. It was a pleasure to visit the Centre and have been very impressed by the organised way in which the Centre is being run and the cleanliness. I wish all the best to LKS and hope that the good work continues for many years to come.

— M/s Skets Studio

It is our pleasure to conduct the Eye Operation Camp here. Everything is very smoothly organised and Lok Kalyan Samiti is doing excellent social work towards Society by running this Hospital.

— Mrs. Sohina Om Paul

Patient Feedback

We have been visiting the hospital for five years now and we find it really nice and the staff are courteous. Treatment is really effective. Hospital is very clean and hygienic. Staff is highly supportive and helpful. Special mention of Dr. Jyoti Rani as she has been really helpful and courteous every time. Visiting with a senior citizen can be tough at any place but here it is extremely easy. Thank You.

— Shahida

I have been taking homeopathic medicine from last 2 years (from LKS). The medicine is quite nice, helped my mother to get a relief from cervical pain. Dr. Manu Kapoor is very good with a great human nature, she is kind of a friendly type. Ms. Geeta on counter also helped me every time. Thank you.

— Farhan Khan

Dr. Avtar Singh (Homeopath) is a polite and a kind person. He thoroughly takes keen interest in patients and I have all appreciation him.

— Tayyab Aziz

Dr. Shruti is very nice doctor. I am feeling excellent. Here everyone is very caring.

— Adleena

I'm grateful for your services, which are marvellous and outstanding. Thank you.

— Razi Hasan

Mujhe Lok Kalyan Samiti Hospital Bahut Pasand Aaye Yahan Per Ilaaj Bahut Acchi Tarike Se Hote Hai. Hospital Bahut Achha Hai. (I liked Lok Kalyan Hospital very much, here treatment is done in a good manner. Hospital is very good). Thank you LKS.

— Bharati

Treated always with best and exact diagnostic besides best assistance from team LKS.

— Anita Rani

Nand Nagri Centre

Celebrations go on as per calendar

Guru Nanak Dev's Birth : The day was marked by extolling Guru Nanak's teachings on Nov 12, 22. A short lecture was delivered by Head master, Jaivir Tomar on importance of social services and how children can contribute in social service for society. Also an essay competition was held on the topic of Guru Nanak Dev.

World Toilet Day : World Toilet Day was observed on 19/11/22. Teachers interacted with the children on the topic and told them about everybody's responsibility towards proper hygiene and sanitation systems especially for the poor and needy in our country. Toilets are very important to prevent public health crisis and to maintain human dignity in the society. Human waste due to defecating in open areas in spreading diseases such as Cholera, dysentery and dengue that can be fatal.





World Day of the Handicapped : On 03.12.22 teachers of the Centre discussed with students the best way to handle handicapped persons and how to support them. Often, in moments of crisis people in vulnerable situations such as persons with disabilities are left behind and face a lot of hardships, so they were told that handling them properly was necessary to avoid such situations.

World Energy Conservation Day : The day was celebrated on 14th December 2022 in two shifts to raise awareness on the importance of preserving our natural resources for sustainability, conservation, climate change, carbon emission reduction, and environmental protection. Staff and students participated in this programme. All these contribute to increasing energy efficiency and sustainability.



National Mathematics Day : Great mathematician, Srinivasa Ramanujan's birth anniversary on 22nd December is celebrated as the National Mathematics Day and Nand Nagari Centre students participated in a Quiz to mark the Day. Also, a problem solving practice session was organised for class 5th to 10th students by class teachers. The students participated with great enthusiasm and they were highly motivated. The overall performance of students was very positive and up to the mark.



Christmas Festival : Christmas is one of the most famous and joyful festivals which is celebrated around the world by billions of people. Likewise the festival was also celebrated in the premises of Lok

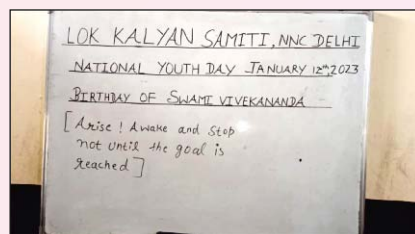


Kalyan Samiti, Nand Nagri Centre on 24th December, 2022 in both shifts with staff members and students with fun and frolic. A cake was also cut by students and sweets were distributed by some dressed in Santa Claus dresses.



Veer Bal Divas Day : Veer Bal Diwas was celebrated in honour of four Sahibzadas of Guru Gobind Sahib Ji, who were martyred in the 17th century. Our teachers explained the significance of sacrifice in life for ones values and principles.

Swami Vivekanand Jayanti (National Youth Day) was celebrated on Jan 12, 2023 at the Centre. Headmaster Sub Maj (Retd) Jaivir Tomar gave a talk on Swami Vivekanand as a great scholar, educationist and spiritual leader of India.



An Essay competition on the life and teaching of Swamiji was also organised for student of class 6th to 10th. Students participated enthusiastically.



Lohri Festival: As always, the festival of Lohri was celebrated with enthusiasm at the Centre by the children to mark the onset of the harvest season. The sweetness of revadis reminded them of the fun they



have on the day. All students including from Craft center participated on the happy occasion as the importance of day was being talked about and celebrated.

Tributes paid to deceased teacher

Mrs. Indu Agnihotri, a senior teacher breathed her last on 29th November 2022. As a mark of respect to the departed soul, two-minute silence was observed by staff members and prayers held for her. Her services were remembered and praised. She was a senior teacher at Nand Nagari and worked for the last 30 years.

74th Republic Day celebrated

Children from all classes in both shifts with teachers and other staff members came together to celebrate 74th Republic Day. National flag



was unfurled and national anthem was sung to mark the Day. The students came well dressed for the occasion, and were very excited and sang patriotic songs.



Note

We would like to inform you if you are sending Foreign Currency cheque for accepting the cheque, the Bank requires the scanned copy of the following documents. You are requested to send with your letter.

For Individual Donor:

Identity proof of Signatory with photo and address.

For Organisation:

- Copy of your Organisation Registration Certificate.
- Identity proof of Signatory with photo and address.

OR

You can also deposit your donation amount directly to our FCRA bank account or you can also pay through Website (<https://lokkalyansamiti.org/>).



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Pragati Vihar, New Delhi-110003
IFSC Code : ICIC0000548

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Foreign Currency donors can use SWIFT Code which is **SBININBB104** for credit to Saving bank A/c No. **40239877493** of Lok Kalyan Samiti with State Bank of India, FCRA Cell, 4th Floor, State Bank of India, New Delhi Main Branch, 11, Sansad Marg, New Delhi-110001.

Branch Code : 00691, IFSC Code of Bank's Branch : SBIN0000691.

*Please advise us details of your remittance separately i.e.
Name/Address/Cheque No/Amount etc.*

You can now pay Donations Online/

Apart from donating through our website <https://lokkalyansamiti.org> you can send donation either directly to our bank or through - Payment wallet /UPI- Paytm, Google Pay, BharatPe etc. (No. 9871006976) OR Scan the QR Code.

Please do inform us by WhatsApp message on 9871006976 about your donation through Paytm/Bank transfer.



YES, I WANT TO SUPPORT...

- ☐ Contribution for Full Eye Operation Camps @₹75,000/- per camp*
- ☐ ₹35,000/- (Partial cost of eye camp)*
- ☐ Contribution for Operation @₹5,000/- per operation*
- ☐ Contribution for Children @₹5,000/- per child per year*
- ☐ Contribution for infrastructure fund*

Name _____

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E-mail _____ PAN No. _____

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**50% exemption u/s 80G of Income Tax Act*


Registered under the Societies Act XXI of 1860


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