



**LOK
KALYAN
SAMITI**

YEAR' 2024

NEWS

For Private Circulation Only

Happy Holi





From the General Secretary's Desk

Greetings from Lok Kalyan Samiti!

Dear Donors,

Let me begin by wishing all of you a Happy Holi! The festival of colors, as Holi is called, is about positivity, a bountiful of spring, a myriad of colors and collective happiness. Its sanctity, traditional celebrations and inclusive nature in several ways defines us as a great civilization. And these values have not only sustained but inspired our unity in diversity.

In that spirit, I must thank all of you for supporting our work. As we move forward with this partnership where we are actually a bridge between you and the beneficiaries, I would like to reiterate that Lok Kalyan Samiti, which is one of the pioneering organizations in the cause of cataract elimination remains committed to provide quality eye care to the needy under-served people of Delhi and elsewhere.

Most of you know, we have been conducting our Eye Care Program consistently with necessary upgrades and improvements. We are very clear in our resolve to make our Eye Care services as comprehensive and accessible as possible and that is how our weekly cataract surgery camps are running successfully. Our doctors and other workers engaged in this mission at all our three Centres deserve a big pat for rendering professional service with empathy. This empowers patients and their



families with right information for taking a right decision.

A development that I want to share in respect to Eye Care is that keeping in view the convenience of patients, we have reopened spectacles vendor counters at Sucheta Bhawan and Chakkarpur Centre on patient demand and I am hopeful such additions will help our program do more service.

I would like to mention about an infra development at Chakkarpur. We have networked all our computer systems and connected them to a dedicated server. This is done to make the working more efficient and sharing of heavy file etc.

Talking about our other programs and activities, I am happy to inform you that our OPD clinics, diagnostic tests (Labs & X-ray) are running regularly. In particular, I would like to mention that our Dental clinics are seeing increased footfall indicating that the satisfied patients are spreading goodwill through word of mouth. Same holds good for our physiotherapy units.

You'll read in detail about our child activities at Nand Nagri Centre in this newsletter, yet, I would like to add that regular parent-teacher meetings (PTMs) are adding a lot of purpose; a dialogue with patients is a both ways feedback, which is ultimately helping children in being understood better. As all children appear in annual exams and are preparing for next academic session, we wish them success and will welcome them back soon.

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I'll also take this opportunity to thank all those esteemed donors who made donation of items at our Centres in the past few months. And, of course, we look forward to your continued support and donations, as always.

Let's think of those who can be helped to stand on their feet, can become self-reliant for daily

routines and see this beautiful world of colors again.

Once again wishing all of us a Happy & Safe Holi! Cheers!!

Mrs Harita Gupta
General Secretary

Help Provided to Young Heart Patient

Mr. Sandeep, aged 23, a patient of rheumatic heart disease (RHD) who had to undergo mitral valve replacement (MVR), was financially supported by LKS after taking note of his financial distress. The young man from Gairsian (Uttarakhand) and was operated at Govt RML Hospital. Belonging to a poor family, his case was brought to the attention of LKS by his uncle (LKS staff). After they were unable to arrange for the money required to save his life by this surgery. As a pleasant gesture, RML Hospital that the patient is very poor then decided to bear the cost itself and returned the LKS cheque back under the Ayushman Bharat Yojna. Operated in first week of February, he is currently recuperating and doctors have advised him a rest of 4-6 months. RML hospital is greatly acknowledged and appreciated for this God's Blessing!

Eye Care Program Continues in Full Swing

Lok Kalyan Samiti's flagship program of weekly cataract free operation camps is continuing with 100% success rate and in 2023 alone a total of 1618 surgeries were performed at a monthly average of 134. Phacoemulsification type of surgery continues to be the leading method in these camps followed by small-incision cataract surgery (SICS).

Remarkably 36 cases of unmanageable Pterygium were operated upon in 2023, which again demonstrates the expertise of LKS eye surgeons and lots of relief for such patients. It may be mentioned symptoms of Pterygium include persistent redness, inflammation, foreign body sensation, and tearing, dry and itchy eyes. In advanced cases it affects vision and inducing astigmatism and corneal scarring.

The beneficiary patients are obviously grateful

to the LKS facility, doctors and support staff. In words of Tejpal Singh of Amar Colony Lajpat Nagar (Delhi), "Lok Kalyan Samiti is a movement and that too not an ordinary one. In a human body every organ is important and valuable but in case of eyes it is much more. Without vision, a person feels incomplete and is in darkness. Lok Kalyan is spreading light and self-reliance and I am feeling very elated for being part of LKS after my eye operation," he says while praising the team of doctors and support staff for his successful operation. "I'll remain thankful to LKS till my last breath," he adds.

This story has been repeated hundreds of times and with each passing week, with more and more eyesights of cataract patients being restored, the joy of seeing this world again is simply beyond words.



World Diabetes Day

Diabetes has a close relationship with deterioration in Eye health, so World Diabetes Day last year (Nov 14) was an apt occasion to spread awareness on the prevention and treatment of the disease. Our Eye Surgeon Dr. Seema Bahuguna provided awareness on the 'Effect of Diabetes on the Eyes' through a patient education seminar. Dr. Rekha Jawa too gave a talk on the 'Effect of Diabetes' at Chakkarpur Centre.

Mockdrill for Fire Fighting

A Mock Drill on Fire Fighting was conducted for doctors, allied healthcare staff and general staff aiming to equip them with essential fire safety techniques and preparedness. This was done in the presence of all staff members, illustrated several self-help and other techniques that one should be aware of.

Chakkarpur Centre's Organic Growth

The one thing that is defining about LKS's Chakkarpur Centre, is about satisfied and happy patients and their attendants. The see-through consultation and low cost treatment they receive here and the nice behavior of staff—everything has contributed to a growing community of admirers of this affordable facility in Gurgaon.

According to Dr B C Saini, Orthopaedic Consultant at the Centre, keeping things simple and clear in standard of operations is winning us goodwill of people. "Orthopaedics OPD is here since the Centre began and the services of this OPD have touched many lives helping people overcome trauma, pain and suffering. And, adding services like physiotherapy has aided our work and serve patients with good results," he adds. After the arrival of digital X-ray machine, things have really simplified both for doctors and the patients. This is reflected in more number of ortho patients coming for treatment here.

The provision of simple immobilization plaster has helped many patients. "However, in cases of dislocations or displacement of bones that can't be treated without anesthesia, the patients are advised and referred to the Government hospital. This too has kept our SOP workable,"

Spectacles Counter

LKS has engaged a vendor at Sucheta Bhawan Head office and Chakkarpur. By reopening the counter, a demand by many visiting patients has been fulfilled. As most of the Eye patients come for refractive error correction, provision of a specs store, adds to their ease and saving on time. Also, they can also buy them at reasonable price and quality.

says Dr Saini.

The orthopaedic problems that are routinely addressed and attended at the Centre include osteoporosis, osteoarthritis, rhemoid arthritis, frozen shoulders etc besides trauma and fractures. "The kind of affordable and accessible orthopaedic services we are providing aren't available anywhere close by, so we are experiencing increase in number of visitors," he explains.

What is helping the Centre to stand out is that most of the staff and doctors are experienced. "People who come to us are happy with the treatment and its low cost. Also, I would like to credit our management for making sure our inventories and medicines are always available with us," says Dr Brij Kishore Gujral, homeopath at the Centre.

The friendly neighborhood policy of the Centre is captured by a Chakkarpur villager, Dharam Chand, who has been visiting the Centre for many years. "Besides being a readily accessible facility in the neighborhood, the good behavior of staff has made me personally refer many patients to this Centre. I have experienced great results with treatment of my relative, who has been operated for cataract and he is doing absolutely fine now," he adds.





Nand Nagri's Vocational Training Centre

It is common that many women don't realize their dreams especially in the lower strata of society due to poverty and patriarchal traditions. However, gradually these women have been coming out of this restrictive practise and taking up careers and running small businesses with some handholding, incentivization and need for earning livelihood to support families.

LKS Nand Nagri, which has been running vocational training Centre in the trades of Beauty and Tailoring for women, has supported hundreds of such women for several years now. The Centre, which is running a certificate course of 6-month duration each for these trades, is actually aiding in their success stories to become motivational for many others.

There are 45 women aged 17-40, who are currently training in beauty trade. According to Hemlata, the teacher at the Centre since 2019, the Centre is functioning more like an apprenticeship workplace for a lot of these women, who after being trained here or are working as assistants to established professionals. "They can't go to big academies for reasons of fees and logistics, but come here to learn about advance make-up, bridal make-

up and other latest techniques," she says. The Centre runs two batches of these women trainees in the morning and afternoon shifts. "The attraction of our Centre is that the flexibility we offer to these women. Though we prefer to start a batch on a particular date, these women have their own engagements and schedules, so we start in small groups and then bring them to the level of main batch through extra classes to make up for gaps," she adds.

Hemlata tells us tales of migrant worker women who have also benefitted from the course here. Some time back we had two women from Azamgarh UP, who had come to Delhi with their families for work. After training from here, they have opened their own beauty parlor and happily remain in touch with their mentor teacher. Like them, there are hundreds of others, who after learning here have either got employment and promotion or started their own businesses.

As beauty related work is a burgeoning industry and includes an impressive cottage industry (independent work from home), Nand Nagri 'Vocation Education training (VET)' is part of this revolution that is empowering women like never before.

Co-curricular Activities at Nand Nagri

Nand Nagri Centre of Lok Kalyan Samiti since its inception in 1975 has come up as a child friendly facility with a demonstrated success of holistic development of children. Co-curricular activities are part and parcel of this process. These activities have imparted values, stretched imagination of children and broadened their understanding of the real world.

In continuation of this routine throughout the calendar year, the Centre organizes quizzes, essay competitions and lectures to mark and underline the significance of important days. On the occasion of the International Day of Mathematics 2023 on December 24, students from class 5 to 10 took part in a quiz completion. They were also made aware about the theme of the Day "Mathematics for Everyone".

Similarly, the World Energy Day was celebrated on December 14 (2023) with the objective of raising awareness among children on the importance of saving our natural resources. Several issues like Air Pollution, Water Pollution, Soil Pollution and Electricity Energy were discussed with them by teachers to widen their understanding of the energy usage.



Like every year, Christmas Festival 2023 was celebrated with great enthusiasm. The children and teachers assembled together on December 23 (Dec 25 being a holiday) and created a great setting with Christmas



merchandise and Santa attire. Song and drama performances by children were an eye treat as everyone enjoyed the event. In conclusion keeping with the tradition, all children had candies as they sang merry X-mas.

Come New Year 2024, the activities resumed with an essay competition to mark Hindi Divas on January 10 for students from class 6-10. Another essay competition on Guru Gobind Singh to mark the birth anniversary of the 10th Great Sikh Guru, was held on January 17. Again Subhash Chandra Boss Jayanti's was also marked by an Essay competition on January 24 for the same group of classes to learn on his life and contribution to national freedom struggle. The essays are a means of creating awareness among children on these themes.

The festival celebrations for the period included Lohri and Republic Day. Lohri was celebrated at the Centre on January 13 and teachers gave a talk on how Lohri is one of those festivals in India which holds historical significance. It is a festival of harvest. Children were also told that Lohri is also seen as the farewell to winter and marks the arrival of the spring. People believe that after the day of Lohri, the days start getting longer and the night shorter. Revadis were distributed to all children as part of the celebration.

Republic Day was celebrated on the Republic Day eve (January 25) at the Centre. Students sang patriotic songs and danced. Teachers focused on the significance of Republic Day and informed students on what happened on this day in 1950 as the Constitution of India transformed us from a British dominion into an independence constitutional republic. Every child from Balwadi to 10th class participated with great interest and enjoyed the event. The refreshment snacks were provided to the students and staff.





Martyrs' Day, also known as Shaheed Diwas, observed on January 30th every year in India to pay homage to the freedom fighters who sacrificed their lives for the nation's independence, was also observed at the Centre. The day is marked to commemorate the bravery and selflessness of these heroes.

Pulse Polio Programme: Pulse Polio Programme was conducted at Nand Nagri Centre by the Govt. of NCT Delhi on Dec 10, 2023. Polio drops were given to 125 children (below 5 years). MCD provided staff for vaccination drive.

Eye Care During Holi

– Dr Seema Bahuguna, Senior Ophthalmologist LKS Hospital

The festival of colours is round the corner again and I extend my warm greetings to everyone for the same.

Much as we love celebrating Holi, one needs to be very cautious while playing colours. On the day of Holi and subsequent days, hospitals are flooded with a lot of patients with various eye problems.

The main reason for visiting the ER post holi is, accidental colour in the eyes. The dry colour sometimes has rough particles, which can cause corneal abrasion (scratches). That can turn into an ulcer, if infected, sometimes even threatening vision. The colour can also cause infection and allergic reaction in the eyes, which presents as severe irritation, pain, redness and swelling.

Eyes can also be subjected to blunt trauma with water balloons. The high velocity with which the balloons hit the eyes can cause lens damage, bleeding in the eye and even retinal trauma. Should such an injury occur, a thorough examination by a specialist is required.

Other than eyes, some bad quality colour can also cause skin rashes and allergies. This is to be treated by cleaning the area well with soap and water and taking anti-allergic medications. Here are some dos and don'ts regarding eye care during Holi.

Don'ts:

- Avoid colour in eyes. If required wear light protective goggles. Vigorous rubbing of eyes should be avoided if colour goes into the eye
- Do not take 'over the counter medicines'
- Do not try home remedies

Do's

- Washing eyes thoroughly with clean tap water without rubbing
- Can do cold compresses, if there is swelling on around eyes, and use lubricant eye drops
- Visit an Eye Specialist immediately and take proper treatment

Enjoy Holi with its myriad colours but do be careful with your eyes. Happy & Safe Holi!

Note

The following documents required from the donors for the FCRA bank account.

Payment mode through Online

Name of Donor, Email ID of Donor, Address of Donor, Mobile number and any Identity Proof of Individual Donor/Non Individual Donor.

Payment mode through Cheque

Individual Donors

1. Identity Proof of Individual Donor.
2. FEMA DECLARATION-cum-Undertaking.

Non Individual Donors

Any one of the below mentioned documents :

1. Certificate of Incorporation
2. Trade Registration
3. VAT Registration
4. Memorandum of Association
5. Any other Identification document issued by Government Authority of the respective country.

* Along with the above mentioned documents you need to deposit FEMA Declaration from the beneficiary (if one time FEMA Declaration option is not exercised).

You can send funds directly to our Bank Account

You can remit funds directly to our ICICI Bank account from your Bank account. Please note the banking details as given below :

Title of A/c : LOK KALYAN SAMITI
A/c No. : 054801000477
Name & Address : ICICI Bank Ltd., NBCC Place, Bhishm Pitamah Marg,
Pragati Vihar, New Delhi-110003
IFSC Code : ICIC0000548

Information for Foreign Currency Donors

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.

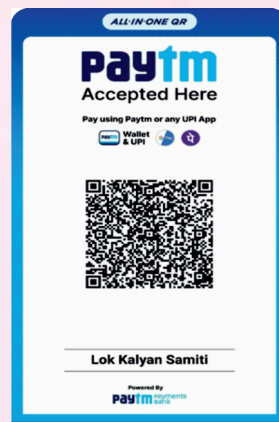
Branch Code : 00691, IFSC Code of Bank's Branch : SBIN0000691.

*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...

- ☐ Full sponsorship of one Cataract Eye Operation Camp - 4 lakh *
- ☐ Partial sponsorship of one Cataract Eye Operation Camp - 2 lakh *
- ☐ Contribution towards One patient Cataract Operation - Rs. 20,000/- *
- ☐ Contribution for Children @ Rs. 20,000/- per child per year.
- ☐ Any Amount may be contributed for Infrastructure fund.

Name _____

Address _____

Mobile : _____

E-mail _____ PAN _____

Date of Birth _____ Marriage Anni. _____

*** Note : Partial contribution of donation towards any of the above may also be made.**

"All donations made to Lok Kalyan Samiti are 50% exempt from tax under Sec- 80G of the Income Tax Act".

Registered under the Societies Act XXI of 1860


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