



**LOK  
KALYAN  
SAMITI**

**YEAR' 2025**

**NEWS**

For Private Circulation Only

# Happy New Year



# 2025



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*From the General Secretary's Desk*



New Year Greetings from Lok Kalyan Samiti!

As we greet the brand New Year 2025, let's remember every sunset is an opportunity for a new sunrise. For us at Lok Kalyan Samiti, New Year is about continuity with fresh energy and of course with creating more opportunities to make ourselves better in all aspects.

The past year has been a time of immense satisfaction for all of us as our programs and activities have not only been up to the mark and regular but also exceeded the past numbers. We have worked round the year on all days except Sundays and public holidays. In all our Eye and General OPD clinics, over 37,94,368 patients have benefited till October 2024 since we started to keep a record some 50 years ago. Also, to our pride 62,341 modern, successful cataract surgeries have been performed. This makes us one of the most successful and enduring cataract elimination and voluntary healthcare provider with a legacy of over 60 years in this domain.

Talking about our three Centres, as you are aware, Chakkarpur Centre in Gurugram, has really evolved all these years as a community healthcare service facility. The partnership for vaccination of children program with district health services and a designated vaccination day brings many mothers to the Centre every month. Though the program is administered by the state health services department, it has always helped this population to avail our OPD services as they become acquainted and aware about the services.

The credit for Chakkarpur Centre's outreach is also shared by our willing doctors to become patient friendly and encourage them to seek help. We on our part are making sure, the visiting patients receive courteous and comfortable services along with proper consultation aided by modern tools and diagnostic services.

At our head office clinics, our doctors have taken extra effort to create patient awareness by brief talks on specific conditions and commemoration of various health days as designated by national and international bodies. Our Eye Care has remained popular as ever.

At our Nand Nagri Centre which is supporting our children education program, we are happy to note that out of 246 children enrolled in our remedial education classes more than half are girls. Our OPD service there offers periodic Eye and General Health Checkup to them, which is going well with the parents and the community. The vocational courses including Beauty Parlour and Sewing/Tailoring classes are empowering young women.

*Happy New Year*



As we enter the New Year with new thoughts, we're very much sure all our work this year will be as successful and impressive as in the past. You who have been important companions of our journey and are the real motivators for making this happen.

Please read to see the new equipment we have added and our programs and activities.

I'll end with my customary appeal for your generous donations. I am sure we'll reach out to a lot more of beneficiaries with your support in months ahead.

Once again, let us come together to wish a Happy New Year!

Mrs Harita Gupta  
General Secretary

## Eye Care to We Care, LKS's goodwill is about empathy

With a monthly average of over 100 Cataract operations, Lok Kalyan Samiti's Eye Care Program is steadfast in its objectives of supporting efforts at prevention of cataract blindness and restoring vision of those affected by cataract. With seven to eight free monthly operation camps of nearly 110-140 patients in the past six months, the work at LKS is consistent.

This number comes on trust of patients for not only the 100% success rate but also for the care and good behavior of the staff. And, this is now part of organizational culture and a healthy practice of many



years. Mukti Narain Lal, a well-wisher of LKS has been aware about LKS from 1990. After he benefited from health facilities here, he has never stopped talking about LKS and he now knows several people of his own circle having visited LKS for Eye check and other consultations.

A unique example of this trust and goodwill will be Prem Prakash, who recently got successfully operated for cataract. From 2021, first his mother Manuhai Devi got operated then his mother-in-law Hukuma Devi. LKS's Eye Care program has created a lot of awareness about cataract and this

awareness has made hundreds of people becoming aware of this problem. Talking about his own experience of all these years coming to LKS Prakash says, "LKS is providing a great service to the general public without any difference on basis of color, creed or faith. It is not only unique but appreciable the way doctors, nursing staff and other staff serve with humbleness and full dedication here. I salute their enthusiasm and empathy."







## Old Phaco machine replaced with a new MICS



In a big boost to cataract surgery by Phacoemulsification, the old machine has been replaced with a brand new Chaxu (CX-3) Machine used for Micro Incision Cataract Surgery System at the Sucheta Bhawan Eye Hospital. The advanced CO-MICS Phacoemulsification System with micro-controller based peristaltic suction

offers high-end performance in a small console. With this equipment, Eye Operations will become easier and precise and benefit many more patients coming to LKS.



## Nand Nagri Centre

For the past 39 years, this Centre has tirelessly worked to provide elementary education, vocational training, and healthcare to the underprivileged, transforming countless lives in the process. Initially offering basic education to all age groups, the Centre shifted its focus to children, equipping coming generations with academic skills and foundational knowledge. Over 14,000 students have benefited from supplementary classes, with many now thriving in government and private sector jobs. The various activities are listed below: -



### Supplementary Classes:

From Balwadi to 10th grade, students receive support that strengthens their academic foundation and boosts their confidence. Enriched classrooms equipped with teaching aids and a dedicated library provide an environment conducive to learning.



### Vocational Training:

The Nand Nagri Centre has made significant strides in empowering women through skill development. Cutting and tailoring classes, running for over 35 years, have trained about 4970 women, enabling them to support their families and even establish their own businesses. Similarly, the Beauty Parlor program, introduced in 2019, has transformed the lives of about 507 women, providing them with employment opportunities and financial independence.

### Co-Curricular Activities:

Education at the Centre goes beyond textbooks. A thoughtfully designed activity calendar for the whole



year includes:-

- Celebrations of national festivals
- Painting, essay writing and debate competitions
- Music, drama, dance and folk song activities
- Hands-on activities like greeting card making and pot painting

These initiatives ensure that students grow into confident, well-rounded individuals prepared to contribute to society.

### **Health care, Medical Services, and Community Engagement:**

The Centre provides daily OPD for Eye patients, blood sugar/ ECG testing, and periodic immunization like government sponsored pulse polio program for promoting public health. The Centre also actively promotes health awareness amongst the families through community engagements. Doctors conduct regular sessions on maintaining hygiene and preventive care.

### **Education for the Future:**

With a New Computer Centre in the offing, an ever-growing library, and enriched classrooms, mixed with interesting co-curricular activities, the Centre fosters holistic development. Its activity calendar also includes educational tours, which ensure that children not only excel academically but also grow as confident, well-rounded individuals.



### **Key Milestones:**

- Over **14,000 students** have received supplementary education, with many excelling in government and private sector roles.
- **Beauty Parlor Training** introduced in 2019 has empowered about 507 women.
- Cutting and tailoring classes have provided financial independence to about 4970 women since the last 35 years in operation.
- The Centre continues to adapt and expand, most recently introducing blood sugar and ECG testing in 2024 and dance classes for the students.
- Health checkups for 276 children has been carried out this year
- Eye Testing for 260 children has been carried out this year.

### **Sponsor-A-Child Program:**

From toddlers receiving their first lessons to women gaining financial independence, the Nand Nagri Centre embodies the power of community and compassion. Running for over 35 years, this program has supported the education of more than **10,000 underprivileged** children. With the help of generous donors, the Centre has provided free supplementary coaching classes, enabling children to complete their education and secure stable jobs. Come join us for supporting the 'SPONSOR A CHILD Programme' by donation of Rs 20,000/- per child for the whole year.





## Chakkarpur Centre

Immunization camps are organized on every 18th of month at Chakkarpur Centre. This is organized by the Govt Health Department and about 100 children are regular to this camp.



## World Diabetes Day: Awareness is Empowerment

– Dr Rekha Jawa, Physician, LKS Chakkarpur

Every year November 14 is designated as the World Diabetes Day. While the Day serves the world as a reminder of the galloping increase of this disease, it also provides an opportunity to make public more aware about its prevention and control.

As per WHO, in India, there are estimated 77 million people above the age of 18 years are suffering from diabetes (type 2) and nearly 25 million are prediabetics (at a higher risk of developing diabetes in near future). More than 50% of people are unaware of their diabetic status which leads to health complications if not detected and treated early. Adults with diabetes have a two- to three-fold increased risk of heart attacks and strokes. Combined with reduced blood flow, neuropathy (nerve damage) in the feet increases the chance of foot ulcers, infection, and the eventual need for limb amputation.

Diabetic retinopathy is an important cause of blindness and occurs as a result of long-term accumulated damage to the small blood vessels in the retina. Diabetes is among the leading causes of kidney failure.

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough

insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood glucose. Hyperglycaemia, also called raised blood glucose or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.

There are two types of Diabetes Type 1 Type 2. And it is important to remember that more than 95% of people with diabetes have type 2 diabetes.

Type 1 diabetes is characterized by deficient insulin production. So far, neither its cause nor the means to prevent it are known. It requires daily administration of insulin. However, it is Type 1 diabetes, which is preventable. Factors that contribute to developing type 2 diabetes include being overweight, not getting enough exercise, and genetics. Basically, it is a lifestyle related disease.

Type 2 diabetes diagnosis is important. The best way to detect diabetes early is to get regular check-ups and blood tests with a healthcare provider. If left untreated, over time, type 2 diabetes can cause serious damage to the body,



especially nerves and blood vessels. Diabetes causes blindness, kidney failure, heart attacks, stroke and lower limb amputation.

A healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use are ways to prevent or delay the onset of type 2 diabetes. Diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication and regular screening and treatment for complications.

We should pay full attention to it in pregnancy and also watch for symptoms in our children as diabetes is spreading like an epidemic.

### For Your Kind Attention Please

We're grateful for your donations online. Please send us details of these transactions over email/ WhatsApp for acknowledging and sending you formal receipts.

### Message from Donor

Team LKS... thanks ever so much for all your advice and help! All went off well... thanks to you and the good work you are involved in!

May you achieve more and more to help humanity... really! Kudos

### Your Attention Please

This newsletter comes with a Business Reply Envelope attached to it. This envelope is to be used for sending your donation cheques through post without having to bother for postage or writing down our address. The postage is already paid under relevant postal rules and our address printed. Just slip in your cheque and covering note and drop in a postal letterbox.

### Feedback of Donor

Lok Kalyan Samiti is a leading organization who conduct free cataract operations in the country. Dr. Capite is associated with L.K.S. in this charitable programme. Every time we come to L.K.S. after the conclusion of eye operation camp, we are delighted to meet the patients who have undergone the operation. They are full of praise for the way they receive attention here.

In my view, very few charitable organizations can make the service rendered by L.K.S.

Asst. M. S.

### Appeal for CSR Funding

Corporates are welcome to explore CSR activities with our organization. We'll be happy to connect with all and every interested company in this regard. If you have any queries or would like to discuss this further, please feel free to contact us at: 011-23235505, 011-23230685, 011-23234564. You can write to us at: info@lokkalyansamiti.org.

For our work and programs, please visit our website [www.lokkalyansamiti.org](http://www.lokkalyansamiti.org)





### 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, Bhisim 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.

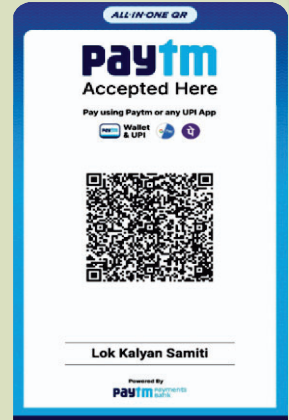
**Branch Code : 00691, IFSC Code of Bank's Branch : SBIN0000691.**

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

### You can now pay Donations Online/ **paytm**

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 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...

NEW YEAR

- 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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