

Annual Activity Report of 'PAHAL' 2003-2004

36, New Vivekanand Park, Maqsudan, Jalandhar-144008 (Punjab) India.

This year was full of activities for 'PAHAL'. Members of 'PAHAL'(delegations) contacted and visited several educational institutions, governmental institutions, Organizations and eminent personalities of local, state, national and international levels to present discuss and launch its developmental and other projects of the noble cause. In this way 'PAHAL' motivated people in the light of educational social and environmental awareness and launched its various projects and campaigns.

1. On **21-04-03** a training camp was organized at Gandhi Vinita Ashram to give information about the Self Help Group Scheme being run by NABARD. About 150 members attended the camp from 85 villages. The scheme was presented & explained in detail by Mr. Lakhbir Singh, Mr. Amrik Singh DPO, Mr. Rajeev Mahajan and social worker Mr. Rakesh Singh.
1. Internationl Earth Day was celebrated by PAHAL on **22-04-03** at Deaf & Dumb School run by Red Cross Jalandhar. Around 60 saplings of Amrud, Jamun, Neem, and Bahera etc were planted on the occasion. While giving information about the day Mr. Lakhbir Singh also explained about the need and importance of the day. School Principal Ms. Pratibha Kang also spoke on the occasion.
2. On **06-05-04** a tree plantation camp was organized at State Public School, Nakodar Jalandhar. by PAHAL with active support of the Punjab National Bank. Jalandhar. The students & teachers of the school with great interest planted around 200 saplings of different plants. Mr. S.S.Arora Senior Regional Manager of the bank inaugurated the camp.
3. World Red Cross Day was celebrated by PAHAL on **08-05-03** by organizing an awareness camp at local Nehru Girls Senior Secondary School Jalandhar. A small quiz was also organized on the occasion. While speaking at the camp Mr. Lakhbir Singh gave information about the activities of the Red Cross.
4. On the same day of World Red Cross Day PAHAL distributed tricycles & blankets among the needy people at Chugiti Jalandhar. On this occasion Mr.B.S.Dhillon OSD Red cross was there as the chief guest to grace the function. Speaking on the occasion Mr.Lakhbir Singh gave information about the dangerous diseases like aids etc. Magician Mr. Balbir Kumar presented a small but very good magic show on the occasion.

5. Air coolers were installed & Water bottles were distributed among the needy students of Red Cross School For Deaf & Dumb Jalandhar in a special program organized by PAHAL on **09-05-03**. Speaking on the occasion Mr. Lakhbir Singh said that PAHAL is committed to its objectives of personality development of youth. The organization is helping the deaf & dumb for the last so many years. Mr. Raj Kanwal Chaudhary ADC was there as the chief guest to make the function aglorious one.. While praising the activities of the PAHAL he said that the work of administration become easy with the help of such NGOs.
6. A seminar on water conservation was organized by PAHAL at Wonderland Theme Park Jalandhar. on **10-05-03**. Around 100 students from different school attended the seminar. Detailed information was given about storage & recycling of the rainwater. Mrs. Sarojni Shardha Commissioner Municipal Corporation was presented as the chief guest on the occasion. Principal Scientific Officer of Punjab State Council of Science & Technology Dr. S.K.Saxena gave a scientific lecture on the occasion. Mrs. Sarojni Shardha gave information about various schemes of the corporation going on or about to be implemented. Mr.Lakhbir Singh also spoke on the occasion. On the spot painting competition was also organized on the occasion. Army Public School students grab the meritorious positions.
7. A special program on Bio-Diversity was organized by PAHAL on **22-05-03** at Wonderland Theme Park. Jalandhar. While inaugurating the function Mr.Lakhbir Singh give information importance of wild life & animals in our life. Approx 100 species of animals & plants are becoming instinct day by day. Chief Guest Mr.C.K.Shahi said that in order to maintain the eco balance in our life all of us should plant at least one plant. Dr. Satnam Singh Ladhar said that it is our moral responsibility to keep the bio-diversity. According to him the balance of nature can be maintained only by creating awareness on the topic. On this occasion a quiz and on the spot painting competition was also organized. Certificates & prizes were distributed among the winners.
8. Two day workshop on the environment was organized by PAHAL at Army Public School Jalandhar from **28 to 29-05-03**. Concluding function was organized at Forest Information Center. While inaugurating the function Mr. Lakhbir Singh said that for different facilities we are highly dependent on the machines. Our house is just like a laboratory due to excessive use of chemicals. A painting competition was organized on the occasion among the different schools. Prizes were given to the best pictures made. Principal S.S.Khera asks the students to take inspiration from the activities of the PAHAL.
9. World Environment Day was celebrated by PAHAL on **05-66--03** at Forest Information Center, Jalandhar. On this occasion special program was organized & various organizations working in the field of environment were honored. They include 'Dharat Suhavi', Kapurthala Environment Society from Kapurthala and another one from Phagwara. Mr.C.K.Shahi, Divisional Forest Officer, who presided over the function, said that global warming is due to imbalance in the

environment. Famous scientist Dr. Gurbax Singh Bhandal said that radio waves are responsible for the mass destruction of small birds like sparrow.

10. In continuation of its efforts for environment balance PAHAL organized a TREE PLANTATION CAMP & Environment Awareness Camp at Govt. Senior Secondary School, Thata. KAPURTHALA. About 1200 saplings were planted on the occasion with active support from the students & staff of the school. A painting competition was also organized and prizes were given to the winning students. Mr. Gian Singh ADC was the chief guest on the occasion.
11. Another tree plantation camp was organized by PAHAL at NAVODYA VIDYALAYA, MASITA Jalandhar on **12-07-03**. Around 1000 saplings were planted on the occasion. While addressing the attendance gathered there Mr. Lakhbir Singh said that human being will be unable to face the natural calamities due to fall in number of trees. In India only 17% of land is under forest cover area and the situation in Punjab is worse than that where only 3% of total area is under forest cover. Principal Mrs. Anuradha Prashar while speaking on the occasion praised the activities of the PAHAL. She inspired the students to plant more and more trees.
12. PAHAL organized a tree plantation camp at District Complex Jalandhar on **14-07-03** where 105 saplings were planted. Program was presided over by Deputy Commissioner of Jalandhar Mr. Ashok Gupta. In addition to it ADC, Jalandhar and other prominent personalities were present there.
13. On **14-07-03** PAHAL organized a tree plantation camp at Village Chukhiara, Jalandhar. The function was inaugurated by newly elected sanch of village Mr. Amolak Singh by planting a sapling. The saplings were planted at the village cremation ground. The function was made a grand success with the active support of the villagers.
14. 15. On **21-07-03** PAHAL organized a tree plantation camp at Village Bir Pind, Jalandhar. Out of the total target of 2000 plants 700 were planted on the first day. Mr. Lakhbir Singh, Mr. Sohan Singh & Mr. V. K. Ahir addressed the audience gathered at the village gurudwara. In their address main stress was laid on the importance of trees in our life. At the end every one presented their resolve to plant trees and protect them like they're our sons.
15. On **25-07-03** PAHAL organized a tree plantation camp under its 'Rukh Lagao dhart bachao Camp' at United Christian Institute, Suranussi Jalandhar. On this day about 450 saplings of different varieties were planted in the campus. Mr. Lakhbir Singh welcomed the guests. While addressing he showed his great concern on continuous decrease in number of trees.
16. Continuing its efforts to increase the forest cover PAHAL organized a tree plantation camp under its 'Rukh Lagao dhart Bachao' project on **26-07-03** at Govt. High School, Talwandi Bhro. Jalandhar. In the camp about 500 saplings were planted. On the occasion environment awareness camp was also organized in which Ms. Harinder Sahni, D. Distt. Education Officer Jalandhar, participated as chief guest. To make the people aware about the

environment Mr.Lakhbir Singh PRESIDENT PAHAL, Mr. Kashmir Singh ex-sarpanch & Ms. Narinder Kaur Sarpanch of the village spoke on the burning issue.

17. In another tree plantation camp was organised under its 'Rukh Lagao Dhart bachao ' project on **02-08-03** at Govt. Senior Secondary School, Fatudhinga Kapurthala. PAHAL planted 1200 trees. On the occasion a painting competition was also organized. In these van mahotsavs, students of Govt. Sr. Sec. School Paramjitpur Govt. School Saidpur, Govt. School busoval & Govt. School Nva Ththa all from Dist. Kapurthala.also participated with great interest. Mr. Gian Singh BAL ADC was presented as chief guest. Prominent social worker Ms.Anuradha Prashar was also there.
18. A seminar on Van Chetna was organized on **02-08-03** in Govt. Elementary School, Masitan Kkapurthala. Dist. Education Officer Mrs. Tejinder Kaur Dhillon presided over the function. Mr. Gian Singh ADC was addressed the audience as chief guest. While addressing he spoke on the greater need of trees in our life. Great concern was shown on increasing use of pesticides for the crops.
19. Van Mahotsav was celebrated at Burlton Park Jalandhar on **05-08-03** in which saplings of different varieties were planted. Ms. Sarojni Gautam Sharda, Commissioner Muncipal Corporation was present there as chief guest. In the function Mr.Gurnam Singh Saini, Principal Layalpur Kahlsa School, Mr.T.R.Shastri Commissioner Training Scouts & Guide and other dignities were present on the occasion.
20. In another tree plantation camp at Govt. Primary School at village satowali, Adampur Jalandh.More than 150 plants were planted by PAHAL on **14-08-03**. This camp was organized by Adampur branch of PAHAL where Mr. Lakhbir Singh was present as the chief guest. Mr. Gurmukh Singh suri, president PAHAL Adampur said that trees are very important part of our life. Due to less number of trees people are suffering from more & more diseases.
21. A grand Van Mahotsav was celebrated in the play grounds of D.A.V.COLLEGE, JALANDHAR on **18-08-03** by PAHAL. Mr. Ashok Gupta D.C .Jalandhar was present there as the chief guest. While addressing the audience chief guest showed concern over illegal cutting of trees. He praised the environment campaign started by PAHAL and asked the other NGOs to follow the same steps. Principal Mr. Subhash Kumar welcomed Deputy Commissioner on the occasion. About 500 trees of amaltas, sukhchain, jamun, dahera were planted. Mr. Lakhbir Singh, while speaking on the occasion, said that about 2901 square kilometer area of Punjab is under forest cover which is just 2.8% of total land area.
22. Another tree plantation camp was organized by PAHAL under its on going scheme 'Rukh Lagao at Janta High School, Jandu Singha Jalandhar on **06-09-03**. In this camp which was inaugurated by Mr. Lakhbir Singh & Mr.Lakhvir Singh, President, Management Committee of the school., students were told about the importance of the school.

23. There was a special program organized by PAHAL on **08-09-03** at Govt. Senior Secondary School, Nehru Garden, Jalandhar in which there was an attempt to create interest among students about the trees. Samplings of different types were planted on the occasion. While welcoming the chief guest Mr. Ashok Gupta, DC of Jalandhar, Mr. Lakhbir Singh said that if we don't care about the trees the coming generation will not spare us.
24. In another tree plantation camp under its 'Rukh Lagao DHARAT Bachao' Scheme on **11-09-03** at Govt. High School, Lidhran Jalandhar.. PAHAL planted 125 samplings. Mr. Jagdish Singh Manager Regional Rural Bank was present there as the chief guest. Mr. Lakhbir Singh said that more and more trees should be planted to protect from diseases.
25. In another tree plantation camp under its 'Rukh Lagao DHARAT Bachao' Scheme on **29-09-03** at Sodal Railway Crossing Jalandhar. PAHAL planted about 1100 trees of different varieties. Lt. Col. Mr. R.S. Chahal was present there as the chief guest. While speaking on the occasion he said that in today's world the importance of trees has increased many fold because in Punjab the forest area is almost nil. Due to rapid increase in the population there is great pressure on the forest area. Around 150 cadets of N.C.C. played an important role in the camp.
26. A medical camp was organized at the Govt. Sr. Sec. village kradi Jalandhar and 250 samplings were planted on **06-10-03** by PAHAL. In the camp almost all the students of the school were examined. This program was inaugurated by prominent social worker of the village Mr. Harbhajan Singh Kradi. Among the dignitaries present were Mr. Lakhbir Singh, Principal Mr. Satpal, Mr. Balwinder Singh Kradi.
27. A poster was released on **07-10-03** by PAHAL with the cooperation of Punjab National Bank Jalandhar.. The poster was released by Mr. Ashok Gupta Deputy Commissioner of Jalandhar. While speaking on the occasion he said that youth of the society should come in this great work of blood donation. Mr. Lakhbir Singh said that the organization has done a good job in the field of blood donation and we are serving upto 80% need of the patients. On this occasion Mr. S.S. Arora Senior Regional Manager of the bank was also present.
28. A function on 'Role of books in the development of personality' was organized by PAHAL at local Guru Nanak Dev District Library on **18-10-03**. The function was chaired by Mr. Mohinder Singh Kaypee, Technical Minister and he announced a grant of Rs.50,000/- to make the whole work of library computerized. In the function Librarian Mr. Ram Sarup Sharma was honored with the Prof. Ragnathan Librarian Award.
29. An awakening poster was released by PAHAL on **29-10-03** to make the people aware about the effects of crackers in our life. The poster was released with the active cooperation of Punjab State council of Science & Technology at a function of Commerce Forum, D.A.V. College Jalandhar.. While speaking on the occasion Mr. Lakhbir Singh said that Diwali was the festival of lights but now it is the source of noise pollution & sound pollution. People of the country are spending money worth of million on cackers.

30. A blood donation camp was organized by PAHAL on **30-10-03** at local D.A.V.COLLEGE.jalandhar. The camp was inaugurated by Civil Surgeon Dr.Kiranjit Kumar where the active students in the field were honored. 70 units of blood were collected in the camp. While addressing the students Mr. Lakhbir Singh said that per minute 1 unit of blood is required specially at the time of accidents, heart operations etc.
31. On **05-11-03** PAHAL organized an awareness camp on environment. In this camp there was discussion on the forest, PAHAL also checked the progress of the samplings which were planted in the month of July, August & September. In addition to it some samplings were also planted. Among the dignities presented were prominent social worker Mr. Saran Singh, some employees of the Punjab National Bank Jalandhar and some members of the nearby societies.
32. A village level library was opened by PAHAL at village Malian Jalandhar on **11-11-03**. In this library books of worth Rs.10,000/- were provided the organization. While inaugurating the function Prof. Mangat Ram gave information about the activities of the PAHAL and ask the people to take inspiration from it. Vice president of the PAHAL Dr.Jagidsh Kaur Wadia said that security & education of the girls is very important. Prof. Lakhbir Singh said that development of the village is dependent on the personality of the village men and the library will play an important role in it.
33. National Harmony Day was celebrated by PAHAL with the cooperation of National Foundation for Comunal Harmony at nearby village Ghurial Jalandhar on **25-11-03**. In this function children of communal violence & brilliant students were helped by the organization. On the occasion retired teacher Mr. Hardev Singh Bhatti was also honoured for his services. People of the village, school students were also presented there.
34. On the occasion of World Aids Day An Awareness Camp was organized by PAHAL on **01-12-03** at Govt. Girls Senior Secondary School, Adarsh Nagar. Jalandhar. In the camp Prof. Lakhbir Singh said that initiative should be taken at home to create awareness about the diseases. He said that while there is treatment available for other diseases there is no medicine available for Aids. He also showed the effects of Aids with the help of a poster. According to him the only remedy for the Aids is to create awareness about the disease. Some students of the school also shared their view on Aids. They promised that they will discuss it among their friends & family members. The principal of the school thanked the guests.
35. A three day camp from **11-12-03 to 13-12-03** of eye check up & operation was organized by PAHAL at village Malian Jalandhar. On the first day 181 patients were examined by prominent doctors and after that 26 them were called for the operation on the next day at local civil hospital. In addition to it free medicines were also distributed among the patients. At the time of inauguration of the camp District Governer of the Lions Club Dr. J.S.Thind was present as the chief guest. Civil surgeon Dr. Kiran Kumar was also there as special guest. On the occasion Dr. Thind said that club is committed to provide the medical facilities to the poor people. Dr.

Kumar praised the activities of the PAHAL and assured that health department will fully cooperate with the NGO for the social service.

36. An Education Awareness camp was organized by PAHAL at Govt. School, Kapur Village Jalandhar on **04-01-04** with the help Ms. Jasbir Kaur NRI from philipines. In the camp needy students were given sweaters & shoes. Principal Ms. Uma Kaul said that village panchayat & PAHAL has special eye on this school which will help to make the future of the students very bright.
37. It was a proud day in the history of PAHAL when its president Prof. Lakhbir Singh was honored with Red & White Bravery Award. The Governor Mr. O.P. Verma awarded him bronze medal in the field of Social Acts of Courage on **07-01-04** at Hotel Mount View Chandigarh.
38. The birthday of Swami Vivekanand was celebrated as National Youth Day PAHAL on **14-01-04** at D.A.V.College Jalandhar.. Dr. D.R.Vij inaugurated a 3-day book exhibition before the start of the function. In the start of the function Prof. Lakhbir Singh that India is passing from more critical time than the time of Swami Vivekanand. From the last few decades scandals and immortal activities are putting the humanity in the tight spot. Aids, TB, Malaria & various accidents are destroying the human race. Ms. Jasleen Kaur compared the function.
39. A three day health check up camp from **17-01-04 to 19-01-04** was organized by PAHAL at sports stadium of village Gakhhal. Jalandhar.The camp was in the memory of My Bhago & Karam Singh. In the camp patients of eyes, teeths & blood pressure were treated. They were given free medicines also.
40. A campaign against polythene was launched jointly by PAHAL & Balika Education Trust on **24-01-04** at local burlton park Jalandhar. On this occasion Ms. Sarojni Sharda, Commisioner MC Jalandhar was present as the chief guest. She said that polythene is very dangerous for the environment so the people should be made aware of the facts. She also assured full help from the corporation for the campaign. Mr. Lakhbir Singh appealed to the students not to use polythene in day to day life.
41. World Wetland Day was celebrated on a grand scale by PAHAL on **02-02-04**. To mark the day a one day trip of about 60 students & teachers from 12 colleges of Jalandhar & Phagwara and some members of PAHAL was arranged. The touring party had their first stoppage at Kanjali where they were addressed by prominent social workers Dr. Kaushal & Principal Wariam Singh. A quiz of the students was arranged at Harike Patan in which M.G.N. College of Education, Jalandhar bagged the first prize. Certificates were also given to all the participants. While addressing the students Prof. Lakhbir Singh gave information about the migratory birds. About 40 types of migratory birds come to Harike Patan every year.
42. A blood donation was organized by PAHAL at local MGN College OF Education on **24-02-04** in which 34 units of blood were collected. Out of 34 units 16 were given by the girl students. The

camp was inaugurated by Civil Surgeon Jalandhar Dr.Kiranjit Kumar. Prof. Lakhbir Singh encouraged the students to donate more and more blood as according to him only voluntary blood donors can provide the fresh blood needed.

43. An awareness program on Earth Quake was arranged by PAHAL on **12-03-04** at local Anand Nagar Park Jalandhar. The program was jointly arranged with the cooperation from the district administration Jalandhar, UNDP & Nojvan Sewak Dal. ADC MR. Sukhjit Singh Bains was present there as the chief guest. He said that with our efforts we can reduce the loss from such disasters. For this purpose all of us should be aware of the effects of it. Prof. Lakhbir Singh informed the gathering about the earth quake, its reason and its after effects.