



Annual Activity Report of 'PAHAL' 2004-05

36, NEW VIVEKANAND PARK, MAQSUDAN, JALANDHAR-144008 (PUNJAB) INDIA.

This year was full of activities for Pahal. Delegation from Pahal connected and visited several educational institutions, governmental institutions, social organizations and eminent personalities of local, state, national and international levels to present, discuss and launch its developmental and other projects of noble cause. This year Pahal completed eight year of there age while marching towards. The goal of integrated personality development of youth. During these years Pahal motivated people in the light of educational and environmental awareness and launched its various campaigns and projects.

On 5th May, 2004 Pahal celebrated World Red Cross by organizing a Blood donation camp at Red Cross Bhawan Jalandhar. Sh. Ashok Kumar Gupta IAS, Deputy Commissioner Jalandhar was there as chief guest to grace the function. 15 units of blood were donated in the camp. Prof. Lakhbir Singh President Pahal motivated the audience to donate safe blood. Chief Guest delivered a lecture on need of blood and appreciated activities of Pahal. Dr. Ranbir Singh Med. Supt. Of civil Hospital Jalandhar was there among dignities present in the function.

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1. On 12th May 2004 NGO Pahal organized an 'Education Awareness and Child Development' Program at Govt. Ser. Sec School Ladhewali Jalandhar. Principal of this school Sh Kalsi welcome chief guest and all participants. Prof Lakhbir Singh delivered Lecture on 'child development' and motivated the audience regarding better health habits to save the children from diseases and social evils. Distt. Education Officer Jalandhar S. Chaten Singh was chief guest of this Program. He addressed the students, teachers and parents present in this functions and aware them regarding child development. At this time Punjab Kalan Manch

Hoshiarpur presented a Nukar- Natak 'Nawen Samaz Di Sirjana'. President of Kalan Manch Mr. Vinod Kumar, Pahal member Bikramjit and Miss Ranjit Sandhu also participated in this Program.

2. On 13th May 2004 Pahal Organized a Free Medical Check-up Camp at Govt. Ser. Sec School Kapoor Pind Jalandhar. Dr. Kiranjit Kumar Civil Surgeon Jalandhar was chief-guest. On this camp. While inaugurating the Camp chief guest Dr Kumar gave emphases on better health and appreciated the activities and efforts of Pahal for the common people. President Pahal Prof. Lakhbir Singh enlightened the audience regarding activities organized by Pahal and appeal them to join Pahal for the cause of humanity. 400 Students were checked by team of expert Doctors and free medicines were distributed among the patients. Prof. Lakhbir Singh and members of Pahal presented mementos as token of love to the chief-guest and doctors.
3. 22nd May 2004 Pahal Observed Inter-National Bio-diversity Day at Wonder Land Nakoder road Jalandhar. Mr. Sukhjot Singh Bains ADC Jalandhar was the chief guest of the function. Pahal arranged a Painting competition at this time. Many School Participated in this competition but the Students of Guru Amar Dass School, Innocent Hearts School and Lala Jagat Naryan DAV Pub. School won the prizes. Mr. Bains honoured to the Winners and delivered a lecture on bio-diversity. Mr. Patwal, Raghbir, Prof. Harvinder kaur and Miss Narinder Kaur helped to organized the program. Miss Mirnal Mathur, Miss Hina and Miss Zeba also participated from UNDP.
4. 10th June 2004 Pahal organized program on Personality development at Engg. And Management College Kapurthala. As a chief speaker Prof Lakhbir Singh delivered their lecture on Personality Development and need of creative mind. Miss Harpreet Kaur member Pahal lightened on the activities of Pahal. Director of the college Mr. Ashwani Puri, Madam Archana Verma Dr. Ajit Kumar and Students of the college were present.
5. 2nd September 2004 Pahal Organized Free Medical Check-up Camp with co operation of Patwar Khana at Kapurthala. Prof Lakhbir Singh was the chief-guest of the program and delivered lecture for need of good health. Mr. Balwinder Singh Patwari presiding the function. Dr. Mahinder Singh, Mr. Balwinder Singh Pharmasist. Madam Balbir Kaur A.N.M. Checked the patients. Mr. J.S. Atwal, Nambardar Gian Singh, Surinder Singh 'Panch', S. Dalip Singh 'Panch', S. Ajit Singh, S. Darshan Singh, S. Anokh Singh, S. Sardara Singh, S. Waryam Singh, S. Bachan Singh, S. Rashpal Singh & Pahal Members Madan Lal, Gurpreet Singh., Kawaljit, Nirdosh, Nirmal and Students of the Neura Convent School Participated.

6. 3rd September 2004 Pahal organized a program on cleanliness and greenery with the co operation of Muncipal Corporation Jalandhar at Bultorn Park jal. With the Co operation of Mr. Ravi Dev President Balika Shiksha Trust Govt. S.S.School Gandhi nagar, Gagan Model School Kabir Nagar, Malhotra Model School Kabir Nagar, Govt. S.S. School Gandhi Camp, New Model School Kabir Nagar and Govt. Elemantery School Kabir Nagar Jalandhar 200 Students of these schools participated . 2nd Batalian NCC , G. S. S. School Gakhlan, APJ School, Khalsa College, DAV College, PAP School, Mehar Chand ITI and Polytechnice Cantt Board , Devi Sahaie S. S. School jalandhar also participated . Principal M.L.Aery, Lt. Col. M.L.Sawant and Prof Lakhbir Singh delivered their lecture need on pure environment. Major A.S Parmar, K. N. Kaul, J.S. Rana, Major R.S. Bedi and Cap. S. K. Tuli Presiding the function. 500 Plants were sap led at this time.

7. 8th September 2004 Pahal Organized program of Van Mahautsav at Khiran Wali Distt. Kapurthala . Pahal Sapled 100 plants . Prof Lakhbir Singh delivered in his lecture gave more stress on grow more trees and save life on earth. Pahal members J. S Atwal, Harpal Singh, Madan Lal Viky, Kamaljit, Balwinder Kaur and School Children participated in this function.

8. 13th September 2004 Pahal Organized program 'Rukh Lagao, Dharat Bachao' at Guru AmarDass Pub. School Ucha Bat Distt Kapurthala . In the Presidentship of the principal Mrs Baljit Kaur more than 100 plants were sapeld in the play ground. Prof Lakhbir Singh and J.S.Atwal Address the students & staff members. Pahal members Kawaljit, S Gurcharn Rattrra, Master Gurprem, Harpreet and ms Harpreet Kaur also present.

9. 14th October 2004 Pahal orgenised a program KOMAL KALIAN on child development at Govt. S. S. School Ladhewalli Distt. Jalandhar. 15 School Children participated in these competitions Fancy Dress, Folk Song, Rangoly, Slogen Writing and Painting comprtitions . At this time Mr. R. R. Badhan DEO Jalandhar was chief-guest and honour to the winner candidates . Mr. Harinder Sahni presiding the program. Mr. Kuldeep Singh Bedi 'Press Reporter', Mr. Paramjit Singh Editor 'Panj Darya' , Mr. Amar singh Painter and Mr. Rajinder Singh Pardesi was gave their judhement. Mrs Roma Kaul Principal, Mr. Tarsem Lal Principal and Mrs Neelam Principal Ladhewali also participated in the program. Miss Ranjit Kaur and their team presented one act play. Prof Lakhbir Singh thanks to all the participants and guests. Pahal members Mrs Harvinder Kaur , Mr. Parveen , Davinder and Amandeep helped to organized the program.

10. 18th September 2004 Pahal organized Program for poor school going children at vill Bhulana Distt Kapurthala. In the program Pahal helped to 100 students of 4 E.G.S centres S. Kuldeep Singh, Mr. Atwal, Prof Sarbjit Singh Dhir, Mr Bhupinder Singh and S. Gurjit Singh were present. Mr. Atwal said that Pahal is always ready for the help of intelligent students. Pahal members Mr. Suresh, Vikram, Ajit Singh and Sh. Ashok Kumar helped to arranged this program.
11. 22nd October 2004 Pahal Organized program of Rain Water Harvesting at Forest department Maqsudan Jalandhar. ADC Mr. S.S Bains present as chief guest and Deputy Director of Distt Sainic Board Col. Manmohan Singh presiding the function. Prof Lakhbir Singh Welcomed to all participants and delivered lecture on low level of water. Pahal also arranged a painting competition on water. Many School Children participated in it but D.A.V. Pub School got first & second prizes the third prize got by Guru Amar Dass Pub School. Lalla Jagat Naryan and Guru Amar Dass Pub School got consolation prizes. Mr. S.S. Bains ADC honour to the winners. Principal Sarbjit Singh, Mrs Surjit Kaur . Ms Ranjit , Mrs Harvinder Kaur, Amit Kumar joga Singh, Kavita,Harmit , Davinder and Parveen helped to organized this program.
12. 3rd November 2004 Pahal organized program to Stop Crackers Pollution at Public High School Kapurthala. Prof Lakhbir Singh released a poster on Diwali and delivered lecture on Diwali pollution. Mr Joga Singh Atwal , vice Prioncipal S. Shori and students were present. School Director Mr. Sadhu Singh Dhilon thanks to Pahal for providing valueable informations to students and villagers. Pahal Members Vikram, nasvdeep, Iqbal, Sohan also present.
13. 10th October 2004 Pahal Organized program on Environment at Govt. High School Mangu Pur Distt Kapurthala. Press Sec. Pahal Mr. J.S. Address to many School Children for stop crackers and planted more trees. Principal Asha , S Rajawant Singh,Mr R. P. Singh, HeadMaster Chaman lal and Master Parsan Lal Bhola took part in the program. Pahal members also present.
14. 16th November 2004 Pahal Organized Social Awareness program at Shagun Palace Distt Kapurthala. This day Observed as Blood Donors day and Pahal honour to regular blood doners with mementops & Certificates. Prof Suresh Kumari Sharma, Mr. Mahesh , Mr. Paramjit, S.Kuldeep singh, Prof Sarbjit Singhand Prof. Gurbakhsh Singh address to the participants. In his lecture Prof Lakhbir Singh told that if society gave a good co opration to Pahal that day was

not far when today's youth run the society. S. Paramjit Singh, Dr. Jagdish Kaur Wadia, Dr. Sandeep Bhola, Harkirandeep, Mandeep and Amandeep were also present.

15. 16th November 2004 Pahal participated three days workshop regarding disability at Paryas School, Nr. Sabzi Mandi Maqsudan Jalandhar. In the inauguration of the workshop vice-chansler of PTU Dr. S.K. Salwan, Lady Commissioner and chairperson of the school Mrs Amarjit Kaur, Dr. Shatrughan from CRC Sunder Nagar (HP) and Prof Lakhbir Singh Participated and addressed the participants.
16. 23rd November 2004 Pahal Organized Blood Donation Camp on Salana Sant Samagam and Kirtan Darbar at Kewal Cold Stores Malowal, Nakoder Distt. Jalandhar. Prof Lakhbir Singh Address to Samuh Sangat and motivated regarding blood donation. Sant Manjit Singh Hoti Mardan Ludhiana and S. Malkit Singh also Donated their blood . S kewal Singh Chohan, S. Sarwan Singh Dabb, S. Parkash Singh, Sant Sucha Singh, S. Rajinder Singh and Shivdev Singh honour to the blood doners. Pahal members Mr. Parveen and Mr Gurtej helped to Organized it. BTO Mr H.S. Lamba collected 20 units of blood with their team.
17. 3rd December 2004 Pahal Observed World Disabled Day at Paryas School , Distt Jalandhar. Pahal arranged Sports and painting competition on disabled. The first winner was Innocent Hearts School, Second PAP DAV Pub. School and third was Govt. Girls SS School, Nehru Garden Jalandhar. Prof Anil Gupta (APJ College) Prof Jeevan and Mr. Amit Kumar gave their Judgement. Manger R. K. Kaul 'State Bank of India' , Madam Anita Sehgal and Prof Lakhbir Singh honour to the winners. Mrs Amarjit Kaur , Mrs Indra Chug, Prof Lakhbir Singh, Jagdish Khaira Ranjana Bansal and Gurdev Sangha present their views on disabled. Mr. Parveen , Mrs Harvinder kaur, Prabhjot kaur, Kavita, Gurtej and Mr. Sarbjit Singh Were present
18. 9th December 2004 Pahal Organized seminar on AIDS at Govt. Sen. Sec . School Bolina Distt Jalandhar. Prof Lakhbir Singh delivered a lecture on AIDS. Another speakers S. Bhagwan Singh Johal, Dr, Manider Kaur PHC Patara, Dr. Harminder Johal PHC Bolina and Miss Ranjit Kaur also Present their views on AIDS. Principal S. Jaswant Singh thanked to all the participants. Students took parts in painting. Mrs Paramjit Kaur 'Sarpanch Bolina' & all Panchs students and many villagers were present at this time .

19. 19th and 20th December 2004 Pahal Organized two days **First Aids Training Workshop** with the co-operation of Distt. Administration Jalandhar and UNDP at Van-Chetna Kender. Deputy Director Red Cross Punjab Mr. Binder Singh, Rajinder Bedi and Project officer of UNDP Miss Mirnal Mathur trained to the participants. Lt Rtd. Col S. Manmohan Singh and Prof Lakhbir Singh address to workshop. Last day Mr. Ashok Kumar Gupta IAS DC Jalandhar was the chief guest and distributed certificate to all the trained first Aider. In his lecture Mr. Gupta said that First Aid Training should be start form the grass root .Mr. Amit. Miss Ranjit., Mrs Harvinder Kaur, and Mr. Parveen helped to Organized the program.
20. 24th December 2004 Pahal Organized Blood Donation Camp with the co op. of the 'Danik Jagran' at Civil Hospital Jal. Civil Surgeon DR. Kiranjit Kumar was the chief guest. Med. Spdt. Mr. Ranbir Singh was present as Spl. Guest and Dr. G.S. Nagi also present at this time. Prof Lakhbir Singh Presiding the function. BTO Dr H. S. Lamba collected the blood with their team. Mr. Parveen, Mr. Harmit, Mr. Gagan, Miss Ranjit and Miss Sukhjit helped to Organized the program.
21. 25th December 2004 Pahal Organized tree plantation camp at Govt. Model S. S. School Ladowali Raod, Jalandhar in the NCC camp. Prof Lakhbir Singh motivated to the cadeted for planting more trees. In the camp Neem, Jamun, Toon, Safeda, Gulmohar and Kashia Plants were sapeled. Camp Com. Lt. Col M.L.Sawant , Major A.S. Parmar, Major J. N. Kaul, Major Jasvir Rana, Capt. Rupinder Singh, Lt. Pankaj Gupta, Mr. Mahinder Pal Viridi, Vinod Suri, Ram Lal , Samukh Singh and NCC cadets were presnt.
22. 27th December 2004 Pahal Organized Blood Donation camp at Govt. Model S. S. School Ladowali Raod, Jalandhar in the NCC camp. 21 Units of blood donated by the NCC cadets. Col. M.L. Sawant presiding the function. Prof Lakhbir Singh delivered lecture on need of blood in our life . Major A.S. Parmar, Major J. N. Kaul, Major Jasvir Rana, Capt. Rupinder Singh, Lt. Pankaj Gupta, Mr. Mahinder Pal Viridi, Vinod Suri, Ram Lal , Samukh Singh and NCC cadets were present. Mr. Parveen helped to Organized the camp.
23. 14th January 2005 Pahal Organized a program Bol Sur Tal at Red Cross Bhawan Jalandhar. In this function the well-known Punjabi poet Mr. Surjit Parter was honored .Mr. Ashok Gupta Deputy Commissioner Jalandhar was the chief-guest of the program. Miss Ranjit and Kawarbahar kaur present their song Prof Lakhbir Singh thanked to all the participants. ADC Mr S. S. Bains, ADC Mr M.S. Kainth, Dr. Lahwinder Johal, Prof Amrinder Johal , Mr. Harful Singh and Pahal members were present.

24. 20th January 2005 Pahal celebrated Lohri with Hans Raj Hans and Disabled children at Paryas School Maqsudan Jalandhar. The Famous Punjabi Singer Hans Raj Hans was the chief- guest of program. For their happiness Hans sung many songs. 230 disabled children and the staff of the both school were present. Prof Lakhbir Singh welcomed to all and honoured to Mr. Hans. Mr. Hans Raj Hans Distributed stationary and sweets to all disabled children. Mrs Amarjit Kaur, Mrs Pratibha Kang, Mrs Khahra, Mr Parveen, Prof Kamaldeep Singh, Amit, Mr. Paramjit Singh and Principal of Paryas School Mr Ravinder Kumar were participated
25. 2nd February 2005 Pahal Organized World WetLand Tour in the presidentship of Punjab State Council of Science And Technology Chandigarh at Kanjali and Harike Patan Distt Kapurthala. Many colleges participated in the Quiz Competition . Prof Sarbjit Singh Dhir Explained the history of Kanjali Wet Land. Over all Trophy won by DAV College Jalandhar. First prize won by Ms Preeti DAV Jal, Ms Rashmi Govt. College Kpt. Won Second and Third prize won by Mr. Vishal Sharma of DAV Jalandhar. Prof Lakhbir Singh presiding the tour and awarded the students regarding wetland . Prof Ram Gopal Sagar. Mr Jagdip Singh SDO Wild Life. Prof Nidhi, Prof Tirath, Mrs Harwinder Kaur, Prof Sunita Dhawan and Dr Anoop Gakharh were present.
26. 12th February 2005 Pahal Organized Blood Donation Camp at DAV Jalandhar with the co-op of NSS units of DAV college Jalandhar. 20 Units blood were donated by volunteers. At this time Mr. Kundan Lal Aggarwal Chairman Local Management Committee of DAV, Principal M.L.Aery, DR.R.K.Gupta, Prof Lakhbir Singh, Prof Vijay Verma, Prof Rakesh Sharma, Prof K.S. Thind, Prof. Shalin , Prof Kamaldeep, Prof Davinder Mand, Prof Ashok Khurana, Prof. Rajiv Sharma and Dr. H. S. Lamba were present. Mr. Parveen, Mr. Gurtej and Vikram vasnit helped to Organized the camp.
27. 13th February 2005 Pahal Organized Blood Donation Camp at Mallian Kalan Distt. Jalandhar with the co-op of Youth Sports & Welfare Club Mallian Kalan. S Hardev Singh Aoujal 'Sarpanch Jagsir' inaugurated the camp with donate their blood. Prof lakhbir Singh addressed the blood donors and villagers . Blood donors honoured by Pahal with mementos and certificates. Management and staff of Ratan Public School mallian helped to Organized the camp. Mr. Parveen, Mr. Harmit , Mr. Harbans., Jasvinder, S. Faqir Singh Malli 'Sarpanch', Parminder Singh Mathar, Ranjit , Amarjit, Parmjit and Joginder Singh were present in this program.

28. 8th March 2005 Pahal Celebrated the World Women Day at Red Cross Bhawan Jalandhar. In the program Pahal organised blood donation camp. 50 donors donated their blood . GA to DC Mr. Rahul Gupta and ADC Mr. Mahinder Singh Kainth also donated the blood. After this they addressed the function. Many Speakers delivered their lecture on women rights. Prof Lakhbir Singh, Ms Monika Datt, Dr. Shusma Chawla, Prof Harvinder Kaur , Dr, Jaspal Singh and Mr. Kanwaljit Singh were present. Eight women Nursing Institute also participated. Pahal members helped to Organized the program.

29. 14th March 2005 Pahal Organized a meeting in the Pahal Public Library Mallian, Kartarpur Distt. Jalandhar. Prof Lakhbir Singh delivered their lecture on value of books in our life and present donated many books to the library.Mr. Mohan Lal Library incharge said that many peoples took benefit from it . Many villagers were present at this time.

30. 22nd March 2005 Pahal Organized program on World Water Day at Heritage ITI Kapurthala Road , Jalandhar. Pahal arranged Painting competition on water.Mr S.P.Jolly DSP Traffic Police was the chief-guest of the program.Mr. Jolly delivered lecture on need to save water. Prof Lakhbir Singh said that wastage of water creates many problems. Chief-guest honoured the winner of the painting competition. Director Mr. Charanjit Singh thanks to all.

31. 30th March 2005 Pahal Organized Education Tour Jalandhar to Ropar and Anandpur Sahib with the co-op of PSCST Chanduigarh . In this tour 70 students were participated from 10 institutions. All Participants done breakfast in Phagwara at Mr. Balwinder Nangla's Home . In the Roper tour stay for 2.30 hrs . There first saw the meeting place of Maharaja Ranjit Singh and Biliam Bantik. After this participants took part in quiz competition . Mr. Mahesh was Quiz master Prof Lakhbir Singh explained the Roper wet land and Mr. Harnek Singh ADC of Roper honoured the winner of the competition . After this the tour's next stay was Anandpur Hydal project Ganguwal .Here Mr Prem Kumar Deputy Engg. Give full information regarding Hydel Project. Pahal members Ms Harvinder Kaur, Ms Gursharn Kaur , Ms Roma Kal, Ms Surinder Kaur , Mr.Parveen, Ms. Seema Sharma and Mr. Tarlochan Singh also participated.