



## **ACTIVITY REPORT 2005-06**

**36,NewVivekanandPark,Maqsudan, Jalandhar-144008 (Punjab) India.**

Like wise the earlier years PAHAL has conducted a large number of activities in the year 1<sup>st</sup> April,2005 to 31 March ,2006 in its chosen field of youth development as following;

1. 4<sup>th</sup> April 2005.Seminar on Drug-addiction at V. Vadala Distt. Jalandhar in collaboration with NYK about 150 Young girls and ladies participated. Prof. Lakhbir Singh delivered main speech “ How to get red of drugs menace ” Mr Jassal, Miss Sonia youth members organized this program.
2. 15<sup>th</sup> April 2005. Seminar on Blood Donation and transfusion in Mehar Chand ITC. 160 students attended. Mr Parmjit Singh NRI from Dubai was the guest of honour, Dr. Ashwani Kumar Pg Dept of Political Sc DAV college delivered a Talk on “Importance of Voluntary Action” Prof Lakhbir Singh motivated the young members to be voluntary blood donors.Mr DRSONI Head ACT, staff members RK Bhardwas, Mr Raj Kumar, Mrs PremLata along with the PAHAL Members Parveen Kumar, Gurtej Singh Kanwaljit Singh Bhatia were present there
3. 20<sup>th</sup> April 2005. Blood Donation Camp was organized in Mehar Chand ITC. Principal Vijay Kumar was the chief guest. Dr H S Lamba along with his BTO team collected 11 units of blood out of 120 students present. Most of the girls found to be not eligible for blood donation. Dr. G S Bachan also visited the camp and pinned the badge to the donors
4. 18<sup>th</sup> April 2005 inaugurated a Tailoring and stitching training centre at V. Fattu DHINGA . Mr Nishan Uchewala a singer of the area entertained the masses along with the drama team from Jalandhar. Main guests were Mr. Parmjit Singh NRI from Dubai and Mr Daljit Singh from New Zealand. Prof LAKHBIR SINGH Delivered a lecture on” Empowerment of Rural Women”. About 260 residents of the area participated in this program. Mr Joga Singh Atwal activist of Bet area organized this program.
5. 7<sup>th</sup> May 2005 Blood donation camp at D M College of Education Moga. 18 units of blood has been collected by Br. H S Lamba BTO Jalandhar Wife of ADC Moga was the Chief Guest Principal M M Sharma presided over the program. Total 130 students attended this BDC
6. 14<sup>th</sup> May,2005 a National Seminar on “ OUR COMON LEGACY OF FAITH FAMILY AND PEACE” was organized in Hotel Sekhon Grand in collaboration with INTERRELIGIOUS AND

INTERNATIONAL FEDRATION FOTR WORLD PEACE. Mr. Ashok Gupta IAS DC Jalandhar was the Chief Guest and Dr. Robert Kittel Director Peace Education IIFWP, Ms Ursula Mclackland was the key speakers. 110 selected participants from various colleges, mostly lecturers attended this seminar. Director AIR Sh. F M Kasana Daljit Singh Sandhu PEX Doordarshana along with media persons, artists, NGO Heads and the renowned citizens were also present there. Dr. Ashwani Kumar conducted the program as emcee. Mr.Lakhbir Singh introduced the subject of the seminar. Dr. J K Wadia presented vote of thanks all participants took keen interest in this one day seminar.

7. 22<sup>nd</sup> May 2005. PAHAL celebrated INTERNATIONAL BIO-DIVERSITY DAY in head quarters. Mr. Ajit Singh Anand retd Forest Range Officer, Retd Principal Sarbjit Singh, Retd Head Master G S Pannu along with 50 residents of Maqsudan attended this special program The focus was of the conservation of Bio-Diversity.
8. 31<sup>st</sup> May 2005. NO-TOBBACO DAY was observed in HERITAGE ITC Kapurthala Rd Jalandhar. Dr. Ranbir Medicat Suppt Civil Hospital Jalandhar Delivered a Talk on "ill effects of Tobacco on Health" SH Avtar Singh PCS Deputy Dir. Co-operative societies Jalandhar was the Chief Guest. Painting competition was held. Bahan Seema Kumari from ISHWARI BRAHMA KUMARI VISHAV VIDYALYA also addressed. Among others were present as judges Mr DR SONI, Narinder singh Hans Raj Sharma Surinder Singh Ms Simranjit Ramanpreet Jyotsna, Kamaljeet Bhatia Parveen Kumar Gurtej Singh and Yogesh. Prof. Lakhbir singh presided over the program.
9. 1<sup>st</sup> June 2005 Pahal Observed No Tobacco Day at Khan Pur Dharamshala, Distt. Kapurthala. S. Surinder Singh SHO kotwali was the chief guest of the function and delivered a lecture on bad effects of Tobacco. Mr. Surjit Singh and press sec. of Pahal Mr J.S. Atwal also address the peoples. Many peoples participated in this Program . S. Parminder Singh Bajwa, S. Gurcharan singh Rattara, S Taarlok Singh , Sonu Verma, Amrik Singh , Raju Khan Puri, Billa Fatudhinga, Ladikhan Pur, Madan Lal Atwal , Kuldeep and many peoples were present at this time .
10. 5<sup>th</sup> June 2005 PAHAL at the headquaters WORLD ENVIRONMENT DAY 2005 in collaboration with PSCST Chandigarh. Mr Gurdeep Singh CO 163 CRPF Btn was the Chief Guest Dr. M K Jha Head Bio-Chemical Engineering NIT Jalandhar was the keynote speaker. A Bio-composting pit was inaugurated at the time. Prof Lakhbir Singh delivered a talk on the priorities of Environment today. S. Kanwaljit Singh Suri, Mr. Deepak Raja, Mrs. Harvinder Kaur Mr. M L Simak, Parveen Kumar along with 200 delegates were present there.
11. 14<sup>th</sup> June 2005 PAHAL celebrated WORLD BLOOD DONORS DAY 2005 in RED CROSS BHAWAN. Eminent Guests present there were Sh S S Bains ADC Jalandhar, Dr. G S Nagi Assisst. Civil Surgeon Jal, Dr H S Lamba BTO Jal Thakur Raunak Singh MR Deepak Raja. PAHAL members who acted HARvinder Kaur Parveen Kumar GAGANdeep Harmit. 40 units of blood have been collected. About 270 persons from various fields were present... Prof Kamaldeep Vice president was also present. It was day long activity as at 8-30 there was a lecture on BLOOD DONATION MOTIVATION in Govt. Girls Sr. School Adars Nagar Jalandhar, followed by main celebration at RED CROSS BHAWAN Jalandhar. There was a lecture in Tagore day boarding public school Kishanpura Chowk Jalandhar at 2-30 pm.

12. 8<sup>th</sup> to 13<sup>th</sup> August 2005. Pahal organized ENVIRONMENT WEEK during the days of 8<sup>th</sup> to 13<sup>th</sup> August 2005. 100 Eco-clubs of various Government Schools took Part in this unique program 1<sup>st</sup> day Sh.Ashok Gupta IAS DC Jalandhar flagged off a rally which have been followed by 100 schools in their own villages and areas on the same very day. 2<sup>nd</sup> day all 100 schools took part in painting competition in their respective schools that ahs been emerged to a painting competition of 100 schools. Third Day there was weed eradication camp in all the schools. This removed the congress grass a very dangerous weed from the surroundings. 4<sup>th</sup> day all schools organized TREE PLANTATION CAMPS and planted 2000 saplings of Tahli, Neem, Arjun, Bahera , Peepal, Amaltaas, Jamun, Gulmohar etc 5<sup>th</sup> day there were declamation competition. In all the schools. On 6<sup>th</sup> day there was valedictory function in RED CROSS BHAWAN. Sh Ashok Gupta DC Jalandhar was the chief Guest Cash prize of Rs.1000/- Rs 700/- and Rs 500/- were given to the best Eco-Clubs along with the certificates and mementoes. A documentary was produced on this mega event which covered all the events incurred during the week. In the valedictory function Rattan Public School Balkohna presented a group dance. Sh. Harinder Sahni DEO Sec. Jal, Kanwaljit Singh Bhatia, Ms Ramandeep Kaur Bedi and Parveen Kumar were given appreciation award for their valuable service. Prof. Lakhbir Singh Coordinated this week within all the schools.Mr Ajoy Kumar ADC (D) , Ms Harjit Kaur DEO Primary Kapurthala and all presidents of Eco-Clubs were present in this function.Dr. Jagdish Kaur Wadia, Prof. Kamaldeep Singh both Vice presidents PAHAL, Mr Sant Parkash Singh, Mr Harmeet Singh, Mr GAgandeep Singh Mrs Harvinder Kaur, Miss Narinder Kaur, Mandeep Singh helped to make this event success.
13. 31<sup>st</sup> August, 2005 A tree plantation camp was organized in the campus of the UniversityDr. Subash sharma Head of Laws dept of laws was the chief Guest, Sh Sarwan Grover MC of the area visited as guest of honour. Prof. Lakhbir singh delivered a talk on the importance of trees in human life Dr. Usha Kapur Principal presided over the tree plantation camp Dr. Sarghi conducted the program and prof Mahajan presented the vote of thanks. All the 350 students and staff members were present. 70 saplings of asoka, Neem, Gulmohar, Tun Jamun Bottlebrush etc were planted.
14. 5<sup>th</sup> September 2005. Pahal organized a seminar of AWARENESS OF ILL EFFECTES OF DRUGS in the general assembly of Central sr. sec school Rail Coach Factory and Govt Sr. Sec School RCF. About 1000 Students participated in the both the schools. In Govt Sr. SEC School Sh Goel Deputy personal officer was the chief Guest.
15. PAHAL observed WORLD LITERACY DAY in Govt High School Maqsudan. A Group of young boys and girls presented one act plays and choreographies depicting the condition of the literacy levels of our region. Sh Inderraj Singh Bains Inspector Cooprtive societies were the chief guest. More than 400 students and residents of the area attended. Mrs Harvinder Kaur, Dr, Jagdish Kaur Wadia, Principal Sarbjit Sing, SH. Gurdial Singh Pannu were present. Mrs Manoranjan Kaur thanked PAHAL, the actors and the guests. Mr Phulwinder Singh and Amandeep Singh Prepared the one act play HOR HEERO SHEEMA NAHI and NASHIAN DAA KOHAR. They also presented Choreography KURIAN TAAN KURIAN NE, In the program Prof Lakhbir Singh Presented a talk on EDUCATION; THE THIRD EYE.

16. 25<sup>TH</sup> September 2005. PAHAL celebrated WORLD HEART DAY in the Gurudwara of Golden Avenue Maqsudan in collaboration with Tagore Hospitan Jalandhar. Cardiologists Dr. Nitish Garg, Dr. Sameer Goyal and Dr. Shangara Singh conducted the medical check-up. About 350 patients were checked up for the heart ailments. Mukhtiar singh President Gurudwara Committee. Jasmeer Singh Principal Sarbjit Singh Dr. Jagdish Kaur Wadia Harvinder Kaur, Prof KAMALdeep Singh S. Piara Singh Gurdeep aingh and Patwari Avtar Singh helped to organize the camp. The entire patients were provided medicine free of cost
17. 28<sup>th</sup> Sept 2005 Program on Cast bias was organized in the school of Village Dhadda. Prof Lakhbir singh Was the chief speaker. Mr Baljinder Singh NRI, MR Narpal NRI were the main guests. It was told that an amount of about Rs @20 Lacs was mobilized by the NRIs for the upliftment of the School. Prof Lakhbir Singh explained the subject with help of quotations from the Holy Scriptures.In this function the outstanding students were honored.
18. 1<sup>st</sup> October 2005PAHA observed NATIONAL VOLUNTARY BLOOD DONATION DAY in Govt Girls Sr. School Adarsh Nagar while delivering lecture on the importance of blood in our wellbeing. About 400 students and staff members of the school under the leadership of principal of sh. Romesh Kumar attended this lecture. Afterwards joined State Level Function in RED CROSS BHAWAN Where Sh R C DOgra Health Minister Punjab was the Chief Guest and the function was presided over by Project Director PACS Chandigarh Sh KULbir Singh IAS. Star donors of the area were honored. PAHAL member Miss Narinder Kaur presented a folk song there Bol Mitti Dia Bawya.
19. 4<sup>th</sup> Oct 2005 Pahal unit of Kapurthala organised a program on Crackers plution at Baba Bir Singh Pub. School Boolpur . Mr. J.S. Atwal deliverd a lecture to the students regarding crackers plution. Principal S Darshan Singh presiding the function. Gurpreet Singh Member Pahal S Tarnjit Singh , Taranjit Singh ,Paramjit Kaur, Manjit Kaur , Simerjit Kaur, Balwinder Kaur and Narinder Kaur also participated in this Program.
20. 4<sup>th</sup> Oct 2005 Pahal Oranised a meeting for Self help groups at vill. Amarkot Prof Lakhbir Singh delivered a lecture on self employment . Mr. J S. Atwal presiding the meeting . Mrs Surjit Kaur 'Sarpanch' of the vill. Amarkot promised to promot it and many villagers were participated and took benefit .
21. **6<sup>th</sup> Oct. to 16<sup>th</sup> oct. 2005** PAHAL observed Earthquake Awareness program in various school of the city e.g. Govt. S.S school Nehru Garden ,Govt. S.S. School Model Town , Junior Model School Ladowali Road , Adarsh Nagar Park , Senior Model School, Municipal Corporation Jal. G.S.S.school Uddopur Barsal, Govt. girls Sr Sec. School Adarsh Nagar Jalandhar. All of these programs Miss Damina Raina (Project officer of UNDP) deliver Lecture regarding Earthquake as a resource person. Prof Lakhbir Singh also trainded the students by their lecture that How to Save our-self and others? In this all program PAHAL distribute the literature of Save and Security from Destruction of Earthquake. Also show the bad effect of earthquake by

documentary film with the Multimedia. The 8<sup>th</sup> Oct was an interesting day when the program was going the Earthquake's event was happened at the spot and all the students and teachers follow the rules of Earthquake which is the deliver by Pahal. Same day at Evening this programme was organised at the Adarsh Nagar Park .At this time Mr. M.S. Kainth was the chief guest of the prog. Mr. Kainth deliver a talk on earthquake and told to all the city peoples to follow these methods for safe their and others life. Prof Singh tells the peoples regarding constructions that How to make their home. Miss Damina Raina also delivers the lecture on this event. S Sardul Singh Kahlon MC of this Area also presented vote of thanks .200 peoples were participated in this prog. Mr Kanwaljit Singh Bhatia and Mr. Parveen Kumar helped to organized this all programmes.

22. **28<sup>th</sup> Oct.2005** Pahal organised Environment Aware Program at Salapur Bat . S. Inderjit Singh presiding the program. Many Speakers delivered their lecture on Environment. Mr. Joga Singh also delivered their lecture . Narinder Singh Bajwa , S. Gurdeep Singh , S Joginder Singh, Sarpanch, Gurpreet Singh Member Pahal Mrs Sita President Self Help Group and Jasbir Singh also participated. Pahal distribute pamphlet regarding plution.
23. 11-12 Nov.2005 on this day Pahal also Organized a Earthquake Program in St. Soldier School Jalandhar Vihar and AIIMS Public School Gita colony Jalandhar. At this time Prof Lakhbir Singh Deliver a talk regarding Safety and Security of Earthquake Distribute the literature. All the staff members and students took part in this talk. Principals of the both schools presented vote of thanks to Pahal for this events.
24. 13<sup>th</sup> Nov. 2005 PAHAL organized a program of Earthquake Awareness at DAV College Jal. Pahal present the documentary film of the bad effects of the earthquake. At this time Prof Singh address to all 250 NCC cadets. NCC Captain S.K.Tuli and College 's others faculty Members also present there
25. 15<sup>th</sup> November 2005. Pahal organized an Inaugural Function of "PAHAL TAILORING AND EMBROIDRY TRAINING CENTRE" at Fattudhinga, Distt. Kapurthala.In this program S. Surinderpal Singh Khalsa (President Kaumi Chetna Manch) was the Chief-Guest .Baba Leader Singh saiflabad was Guest of honour. Prof Lakhbir Singh, S. Kamaljit Singh Matharu and 300 of villagers also participated. This program was organized by pahal activist Mr. Joga Singh Atwal.
26. 18<sup>th</sup> Nov.2005 Pahal organised inauguration program on self help group and Tailaring centre. S. Surinder Singh Khalsa president Komi Chetna Manch was chief guest . S. Khalsa praised the work of Pahal. Prof Lakhbir Singh encourage to women regarding self employment . Many Speakers and 250-300 peoples participated in this function.
27. 21<sup>st</sup> Nov 2005 Pahal organized a program of "Selection of Participants for CID Malta (Europe) at Guru Nanak Dev Distt. Library Jalandhar. Prof Singh address to all participants. Mr. Dharminder Khathak, Miss Shamina, Miss Harpreet Kaur present as a Judges. Four institutions –Lovely Inst. of Tech. Chaheru, Innocent Hearts School, Police DAV Public School, Layallpur Khalsa College for women Jalandhar Partisipated. Vice president Dr Jagdish Kaur Wadia, Mrs.

Harvinder Kaur, Mr. Gurdial Singh Pannu, Col, Rtd B.S Lalli and Parveen Kumar participated as a member Pahal.

28. 27<sup>th</sup> Nov. 2005 Pahal observed NCC day with the collaboration of DAV college Jalandhaar at DAV college Play ground On this day Prof. Lakhbir Singh Address all the Naval and AIR Wing Cadets. Their officiers (Prof V.K. Trivedi)also present there. This day celebrated with donate the **Blood** and Sapled 40 plants by cadets with the co operation of Pahal. ....On the same day at afternoon this day observed Army cadets at DAV College Campas . Col.M.L. Sawant was delivered their lecture as a chief-guest Army officers-Prof S.K. Tuli , Major J.S. Rana, C.Samir Sharma and Pankaj Gupta also Present there. Prof Singh motivate all the cadets to donate the blood for our society. At the end of this programe Pahal give the token of love to chie-guest and others. Dr. H.S. Lamba HTO of Blood Bank civil hospital Jal. Collect 50 unints of blood .Pahal member- Parveen, Gagan, Rishu, Miss Sukhpreet Kaur and Mr Amit helped to organized these programes.
29. 28<sup>th</sup> Nov 2005 Pahal's president Prof Lakhbir Singh participated with 50 volunteers in AIDS awareness compaign at sri Akal Takhat to sri Khadoor Sahib. Jathedar Joginder Singh Vedanti was the chief guest of the Program . School and Colleges students also took part in the rally.
30. 1<sup>st</sup> December 2005 AIDS day observed at Red Cross Bhawan Jal. In this programe from Pahal Prof Lakhbir Singh participated as a chief-speaker and delivered a Key note lecture on AIDS.
31. 3<sup>rd</sup> December 2005 Pahal observed **Disability Day** at Red Cross Bhawan Jalandhar. The event began with a rally from Junior Model School Ladowali road Jal.to RCB. S. M.S. Kainth was the chief- guest of the Program. Prof Lakhbir Singh, Dr. Kala Singh, Mr H.S. Sahni, (DDEO) Mrs. R.K Saroyamahi(Principal) Prf Anoop Vatas , Mr. Som Nath , Mr. Deepak Kumar , Mr. Gurmeet Singh , Mr. Jai Vishal, Mr. Satinder Kumar, Mr. Sandeep Manuja and Dr. Balbir Singh were presnt . On this occation Pahal handed over sound system each for the students of Red Cross School for the Deaf and Prayas school.Pahal Members Parveen, Mrs. Harvinder, Miss Harpreet Kaur, Mr.K.S.Bhatia, Harmit , Gagan, Raman. Miss Sukhwinder and Miss Gurmeet Kaur helped to orgenised this function.
32. 4<sup>th</sup> -5<sup>th</sup> December 2005 Pahal Jalandhar Unit Participated in FLOWER & BABBY SHOW at Burlton Park Jalandhar. Which is organized by Muncipal Corporation Jalandhar.
33. 10<sup>th</sup> December 2005 PAHAL organized a painting competition and Talk on HUMAN RIGHTS DAY at Guru nanak dev Distt. Library Jalandhar.On this occation prof Lakhbir Singh address the participants and Mr. Kabir Arora Deliverd a talk on Human Rights. In the competition Palak Kakkar bagged 1<sup>st</sup> position,Himanshu Jairth 2<sup>nd</sup> and Amritpal Kaur 3<sup>rd</sup> . Astha got consolation prize. Mrs. Jagdish Kaur Wadia (V. President ) ,Rtd Col. B.S. Lalli also present. Mr. Parveen , Mr Bhatia and Miss Harpreet Kaur helped to orgenised this function.
34. 16<sup>th</sup> Dec.2005 Pahal organized Free Medical Check-up and Medicine Camp at Angwari Centre No- 1 Shri Guru Ravidass Mandir , Anand Nagar jalandhar. Sh. Ajoy Kumar ADC Jalandhar was the chief-guest . Prf Lakhbir Singh Address the function and delivered talk for good health of

the children. Pahal Honour to ADC Jalandhar and Dr. Damanjot Kour, Dr. Jasminde Kaur, Dr. Shashi Ahluwalia and Dr. Kamaljeet Kaur. Pahal distribute Copies and pencils to all Angerwari children and give love of token to Angerwari teachers also check the 350 children and other sick peoples by the Doctors team. Parveen, Raman Gurmeet, Poonam, Jyoti and Parminder also present.

35. 30<sup>th</sup> Dec 2005 Pahal arranged a Self Help Group Meeting at Sallpur distt Kapurthala. This meeting was related with training. Prof Lakhbir Singh address to the 50 group members and others. Mr Joga Singh Atwal, S Jasvir Singh Sarpanch and villagers also participated in this Program.
36. 31<sup>st</sup> Dec 2005 Pahal organised the Free Medical Check-Up and Medicine Camp at vill. Kalan Bahian Jalandhar. Prof Lakhbir Singh address to all NSS volunteers of HMV and peoples of the locality. Dr. Raman Pal Dr. Rohit Modi Dr. Poonam, Dr. Amrinder Singh Thind, and Cipla Ltd. Present there. Dr Raman delivered a talk on Heart problems. 100 Patients were Checked and done ECG and Blood Tests. Mrs. Mahima Khosla Camp Commander also present. Pahal honour to all Doctors and vote of thanks to him. Mr Parveen, Miss Gurmeet and Mr. Sandeep (Mandkind) helped to organize the function.
37. 2<sup>nd</sup> January, 2006 Lecture on **Personality Development** at Khalsa College Gardiwal, Hoshiarpur by Prof Lakhbir Singh. Principal, Faculty Members and students took part in this lecture.
38. 3<sup>rd</sup> January 2006 Organised Free Medical Check-up Camp & Medicine at Vill. Fatudhinga Distt. Kapurthala.
39. 12<sup>th</sup> January, 2006 Pahal Celebrated **National Youth Day** on the occasion of birthday of Swami Vivekanand Ji at Auditorium of DAV College Jalandhar. Sh Ashok Gupta was chief – guest of the function. Prof Lakhbir Singh Welcome to all the Guests and participants and addressed to all youngsters. Pahal honoured to all the toppers of the GNDU Amritsar in this function. In his lecture Mr Gupta lighted on the principles of Swami Vivekanand. Mr. M.L. Aery Principal of the same institution motivated the students for the future. Mr. Sital Singh Kang, Mr. Dilawer Singh Kang, Mr. G.S. Atwal, S Gursharn Singh, Mrs Gurdish Pal Kaur Bajwa, Principal C.L.Arora, rtd col B.S.lalli, Dr J.K. Wadia (VP), Dr.Sarbjit Singh, Prof Kamaldeep Singh, Mr. S.K. Chopra, Mr. InderRaj Singh Bains, Prof Harsh Bajaj, Prof R. K.Prashar, Dr. Vijay Verma, Mr. Parveen Kumar and Mrs. Harvinder Kaur also took part in this function. Miss Harpreet Kaur present classical dance and Miss Kamal Bahar Kaur present a Punjabi folk song. Dr. A.K. Sharma gave their service as a Anchor. At the last movement of the function all participants took lunch with the guests.
40. 18<sup>th</sup> January 2006 This day Pahal Organised National Conference on **PEACE PAVES THE PATH FOR PROGRESS AND PROSPERITY** at HMV Jalandhar. In this function Dr. Sawarn Singh Commissioner Jalandhar was chief – guest. Dr. Satish Verma Director Distance Education GNDU Amritsar delivered a lecture on peace. Mrs P.P.Sharma and Prof Lakhbir Singh presiding the function. Mrs. Ursula Macklacland chair person of UPF and Mr. David Macklacland Executive of the UPF New Delhi was the resource persons. Mrs Ursula, Dr. Anish

Dua, Mr. Bharat Bhushan , Prof Lakhbir Singh was the main speakers. About 300 delegates participates from different places. The students of HVM present dance on Wel Come ceremony. Mrs. Sudesh Suri was the anchor. Pahal members also took parts in it.

41. 22 / 24<sup>th</sup> Januray 2006 Pahal Organised Free Eye Check – up and Operation camp with the co-opearation of NRI Mr Dilawer Singh Kang( USA ) ,Mr.Sital Singh Kang ( Canada) at vill kala Khera near Kartarpur , Jalandhar. Dr. S.P. Sharma ( Civil Surgeon Jal.) was the chief-guest of the function. Prof Lakhbir Singh Presiding the function and prof Kamaldeep Singh Vice president was also present Dr. S.S.Maan MS, Dr. Harkirat Singh MS civil Hospital Jal. and others Doctors checked the 200 Patient and selected 11 patietns for operation . ...On 24<sup>th</sup> Jan. Doctors team operate all the patients at Civil Hospital Jal. Sh. M. S. Kainth ADC Jalandhar was the chief –guest.Prof Lakhbir Singh, Dr. Ranbir Singh Medical Superentendent and others CH doctors present here. Mr. Parveen. Mr. Rishu, Mr. Harmit Singh, Mr.Sandeep MR ( mankind ) Ms.Jyoti and Ms Poonam to help orgnsisedthe Program.
42. 26<sup>th</sup> Jan 2006 Pahal organized a Free Medical Check- camp and Inauguration of PAHAL Public Library at Rail Vihar , Jalandhar. Prof Lakhbir Singh was the chief guest addressed to all participants. Dr. A.S. Thind BDS and Narinder Singh Baweja MS Eye checked up the patients and provided free medicine to needy persons .Mr. Mukal Joshi , Mr. Vanit Bajaj , Mr. Inderjit Singh . Mr Surinder Singh ,Mr. Hardeep Singh, Arjun Sharma , Neelam Salwar, and Mr Davinder Singh cricket coach of Mr Harbhajan Singh also present here .
43. 2<sup>nd</sup> February 2006 Pahal celebrated the **INTERNATIONAL WETLAND DAY** . On this occation Pahal organized a tour Jalandhar to Kanjli Distt. Kapurthala. Here two competitions were organized the first was Quize and Second was Painting . In this competitions School & Colleges of both the cities were participated .Winner of the competition was honoured by the chief-guest Mrs. Bhawana Garag ADC Kapurthala. In the beginning of the Program DC.of Kpt. Mr. Samir Kumar addressed to all the participants and delivered a talk on need of pure environment. Prof Lakhbir Singh presiding the function and motivated the all students regarding environment. Mr. Sarbjit Singh Dhir was Quize Master. Manger Kanjli Mr. Davinder Neel Mrs. Harjit kaur Gill DEO , DPRO Mr. Nath Singh Butter Exn Drange Dept.and others officers were present there. In the end of the of Program all participants took lunch. Pahal members Mr.Raman , Mr.Parveen , Mrs. Harvinder Kaur ,Ms. Gurmeet, Ms Parminder Kaur ,Ms Narinder helped to organised the Program.
44. 4<sup>TH</sup> Feb 2006 Pahal organized Free Medical Check-up Camp at Salapur Bat Distt. Kapurthala . Sh Tarlochan Singh Bhatti SDM of the Sultanpur Lodhi was the chief guest of the function. Prof Lakhbir Singh presiding the function .Prof Sarbjit Singh Dhir and Joga singh Attwal also present .Dr. Rajesh Arora (Heart Spl.),Dr. Ramesh Maan (MS Eye) Dr. Shaila Bhala (BDS) Dr. Baljit Singh Med. Std. and Dr. Gurinderpal Kaur checked 200 patients and given free medicine to needy persons. S. Jginder Singh Sarpanch , Master Ved Parkash , S Amarjit Singh , Ms Jasvir Singh, Ms Parmjit , Ms Shital Kaur, Ms Simarjit and Pahal Members also Participated.



45. 22<sup>nd</sup> Feb 2006 Pahal organized a Tree Plantation camp at Govt, Ser. Sec. School , Ladowali road Jalandhar. Mr. M. L. Aery Principal of the DAV College Jalandhar was the chief-guest of the camp. Prof Lakhbir Singh ,r. K.K. Aery Principal staff members and students of the school planted the trees.
46. 8<sup>th</sup> March 2006 Pahal organized a **INTERNATIONAL CONFERENCE ON PEACE** at Red Cross Bhawan Jalandhar. First day arranged a Press Conference at Press Club Jalandhar. After this all participants went to Wagha Border and Golden Temple Amritsar as tour for the peace of humanity.....9<sup>th</sup> **March 2006** Sh. Ashok Gupta was a chief guest , Dr. Christopher Kim (Continental Chair person of UPF-Asia), Mrs. Dr. Juli Kim, Dr. Robert Kittel (Director of Education and special advisor to south Asia. UPF Inter-national), Mr. Jery Lin (Education Director of India- UPF Taiwan), Mrs Ursula Mclackland ( Secretary General of UPF South Asia), Mr. Arjun (Nepal) also participated as a Guest. Prof. Lakhbir Singh Wel comed to all delegates . Mr. Gupta DC Jalandhar addresss the function delivered a talk on peace. Dr. Christopher Kim explain the theory of peace with help of multi media. Dr. also explain the history of their NGO. Dr. Kim gave the **Ambassador for Peace** awared to 24 persons for their social activities .Baba Sewa Singh ji honoured with certificates to all Pahal members. In this function Baba Nirmal Singh ji Sechewal, Baba Sewa Singh Ji and other more important personalities were presnt. All Pahal members helped to organized this Program.
47. 22<sup>nd</sup> March 2006 Pahal Observed World Water Day at Mehar Chand ITC Jalandhar. Prof Lakhbir Singh delivered their lecture on 'save water and save life.' All students of the institution participation in the painting competition . Mr. D.K. Nanda , Mr. Amit Kumar and Mr. Parveen Kumar gave their Judgement.in Paintings .Ms Kiran Bala baged first position, Mr. Kamal Kishore Second ,Ms Hrpreet Kaur .Mr. Sartaj Singh and Mr. Gorav got consolation prizes . Staff members of the institution and Pahal members Mr. gurpreet . Ms Gurmeet, Mr. B.S. Lalli, Gagandeep and Jyoti also participated.
48. 23<sup>rd</sup> March 2006 PAHAL Orgenised Blood Donation Camp on the occation of Bhagat Singh's Mortydom day at APJ Institute of Management & IT Rama Mandi road Jalandhar. Mr. M.S. Kainth ADC Jalandhar participated as chief-guest and Mr. S.P. Sharma civil Surgeon Jalandhar was guest of honour. Prof Lakhbir Singh welcome and thanks to all participants . Dr. H.S. Lamba Blood Transfussion officer collected 75 units of blood . Prof Kamaldeep Singh and Pahal members also participated.