

## **Annual Activity Report of 'PAHAL' 2007-2008**

36, NewVivekanandPark, 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

### **06-09-07, Van Maha Utsav**

**Van Maha Utsav** was organized with the joint efforts of organization and Forest Department one thousand plants were planted in Jawahar Navodhya Vidyalaya, Shahkot. SDM Shahkot Mr. Jasbir Singh, S. Diljinder Singh Dhillon DSP Shahkot, S. Satnam Singh Senior Officer of Forest Department and S. Dawinder Singh President Youth Welfare Club were the guests of the day. Vice Principal of school Mr. Paramjit Singh paid thanks to all and promised to maintain the saplings.

### **08-09-07, World Literacy Day**

**World Literacy Day** was celebrated by organizing a small seminar on importance of education. President Prof. Lakhbir Singh delivered a lecture on "Importance of being literate" and donated books on the behalf of Pahal to library in a Charity school. Other members present on the occasion were Kabir Arora Coordinator, Harpreet Singh etc. School students also debated on the importance of education and drawbacks.

### **14-09-07, Hindi Divas**

**Hindi Divas** was organized by PAHAL members in National College under the title "Rubru". Mr. Mohan Sapra, Famous Hindi poet was invited. Distinguished poets and literary personalities were present. Mr. Sapra recited his poems and answered the queries of audience. On behalf of organization President Prof. Lakhbir Singh honoured the guests. Mr. Kabir Arora Co-ordinator Pahal, Mr. N. Navrahi journalist, Ms. Reetu Kalsi short story writer, Mr. Jasveer Hussain up grooming poet in Punjabi, Mr. Parminder Kathak Sangeetkar, Mr. Harbans Rahi famous Urdu Poet, Dr. Ajay Sharma Sahityakar and Journalist were amongst the people present on occasion

### **6-09-07, 100<sup>th</sup> Birth Anniversary of Shaheed-E-Azam Bhagat Singh**

Quiz competition was organized on 'Bhagat Singh-Life and Ideology" in Lyallpur Khalsa Senior Secondary School, Jalandhar Co-ordinator Kabir Arora hosted the quiz. President Prof Lakhbir Singh said that we should inculcate national values in ourselves; we should be aware about social problems

and play an active role for the building of new social system as Bhagat Singh has dreamt. While Principal Gurnam Singh appreciated the participants. Harpreet Singh and Jasdeep Mohan were present on the occasion

#### **5-10-2007, free screening of documentary 'SARVANASH'**

**Free screening of documentary 'SARVANASH'** was done in the presence of Producer, Director and Writer Mangal Dhillon. The film was based on the theme "Intoxicants ruining our society".

#### **23-10-2007**

PAHAL Members participated in a State level Quiz competition under the banner of '**Mela Gadri Babian Da**' at Desh Bhagat Yadgar Hall, Jalandhar. Kabir Arora, Harpreet Singh and Gagandeep Kaur Saini participated and got 3<sup>rd</sup> Position.

#### **5-12-07**

President Prof Lakhbir Singh appealed to media to spread the message of organ donation after life and blood donation during the life span in the masses. He conveyed that organization will start campaign for this aim. He himself promised to donate his eyes.

#### **8-12-07, World Aids day**

**World Aids day** was celebrated Kapoor Pind village. Painting (Poster making) and Slogan writing competition was organized with the joint efforts of Health Department. Students of Government School, Kapoor Pind prepared different posters showing horror effects of Aids. S.M.O Health Center Adampur Jaspal Singh was the Chief Guest in the School. Prof Lakhbir Singh gave important information about bad effect of Aids. Winners were awarded with Prizes.a

#### **8-12-07,**

Liakit Bir Singh member Pahal, celebrated his birthday in a unique tradition started by organization. He planted fifteen Ashoka Plants at Red Cross with his friends. President Prof Lakhbir Singh, Mr Kuldip Singh, Principal Ravinder Singh and Mrs Harwinder Kaur were part of worthy occasion

#### **22-12-07, Pride of Jalandhar**

**Pride of Jalandhar** the students who Showed remarkable performance in National Defense Academy Kharakvasla(Pune) were honoured by organization at Dayanand Model School, Jalandhar. Principal of School welcomed the students and guests. Prof. Lakhbir Singh motivated the students to take inspiration from the distinguished invitees. Rt. Commandant-in-Chief Mr. B. S. Lali admired the students. Vice President Prof. Kamaldeep Singh, Executive Member Mrs. Harwinder Kaur and Mr. Amarjot Mahinia were also present there. Co-ordinator Kabir Arora worked as stage secretary.

### **12-04-08, Independence Day**

**Independence Day** was celebrated in Guru Nanak library, Jalandhar. Quiz competition was conducted. The topic of quiz was "History of Punjab from Indus Valley Civilization to Day of Freedom". Students from various schools participated. Cash Prizes were given to winners. President Prof. Lakhbir Singh introduced some real facts of India after independence and appealed students to preserve their culture. Mr. Kabir Arora Co-ordinator acted as stage secretary. Ms. Michelle Amrit Kaur was special guest of the function. Quiz questions were prepared by Pahal member Ms. Amarjeet Kaur, teacher Govt. School. Dr. Jagdish Kaur Wadia Vice President, Ms. Harinder Kaur executive member, Ms. Sukhjit Kaur, Ms. Reetu Kalsi, Mr. Kanwaljit Singh Suri, Ms. Narinder Kaur, Ms. Narinder Rani, Mr. Gurpreet Singh Josan were present on the occasion. Teachers and students of various schools were present on the occasion

### **National energy Conservation day**

**National energy Conservation day** was organized under the leadership of Kulbhushan Jain in Indian Medical Institute of Nursing, near Bidhipur crossing, Jalandhar. Students participated in essay and on the spot declamation competition. President Prof. Lakhbir Singh motivated the students to come forward to save environment Executive Member Mrs. Harwinder Kaur, Mr. N. Navrahi Journalist, Ms. Reetu Kalsi, Co-ordinator Kabir Arora were present with the staff at the Occasion.

### **17 -10-08, Seminar on 'Values in Education'**

**Seminar on 'Values in Education'** was organized by Innocent Hearts College of Education with the collaboration of Pahal. President Prof. Lakhbir Singh was the chief Guest of that Function .He emphasized on the role of education in making a healthy society. Principal D.K Joshi gave a presentation on the theme 'How Teachers can change society'. Mrs. Aradhana welcomed all the delegates.

### **17-01-08, Medical Camp**

**Medical Camp** was organized in the memory of late S. Karnail Singh at Govt. High School Village Kala Khera. Team of doctors checked and gave the medicines to those who were suffering from Heart, bone and eyes diseases. Health of children was also inspected. The program was sponsored by S. Chanchal Singh, S. Dilawar Singh and S. Seetal Singh Kang

### **International Mother Language day**

**International Mother Language day** was celebrated in Guru Nanak dev District Library Jalandhar. A seminar was organized upon on Present Status of Punjabi Language and Importance of Punjabi language. Retired Principal Pritam Singh Sarbodia admitted the ignorance of Govt. towards Punjabi. Sant Jagdish Singh Waryam Chief Editor of 'Waryam' magazine addressed the present delegates. Vice President Dr. Jagdish Kaur Wadia, Ms. Narinder Kaur etc were the speakers of the occasion. Many

literary people were present in the seminar. President Prof Lakhbir Singh paid a Warm welcome to Guest of the day and also highlighted the touching Facts about Punjabi boli.

### **22-3-08, World Forest day**

**World Forest day** was celebrated with the Joint efforts of Forest Department Division, Jalandhar and organization, at Indian Medical Institute of Nursing Bidhipur Railway Line Jalandhar. Divisional Forest Officer Satnam Singh, the Chief Guest said that there is only six Percent of Forest on Punjab Land which is too low from needed forest. President Prof. Lakhbir Singh added that the continuous cutting of Plants is unbalancing the environment and it is a becoming big cause of harmful disease like Cancer. The Plants like Silver Oak, Neem, Altmas etc were planted in the Quantity of 300.

### **07-04-2007, World Health Day.**

A free medical check-up camp of eyes and dental care was organized in Government school, Maqsudan Jalandhar. Mr. K.D. Bhandari (M.L.A) was chief guest of the day. Team of civil hospital was there to serve the needy people. Prof Lakhbir Singh President, Pahal; Mr. Supreet Singh, Dr. Amrinder Thind, Ms. Narinder Neena, Mr. Kabir Arora members of PAHAL were fully involved to make all arrangements.

### **21-04-07, Earth Day**

Earth Day was celebrated at Shri Guru Arjun Dev Sr. Sec. Public School Kartarpur. Baba Sewa Singh ji Khadur Sahib Wale were the chief guest of the occasion. A panel discussion was organized to discuss on the issues related to environment. More than 50 saplings were planted. Student of the school formed Environmental Club and eradicated all the weeds and filth around the school. Prof. Sarabjit Singh Dhir, Mr. Sarabjit Singh Gugnani and Ms. Sukhjit Kaur were members for Panel discussion. Prof. Lakhbir Singh President, Pahal and Mr. Kabir Arora Coordinator summarized the report of panel.

### **22-04-07, World Heritage Day**

A trip was organized to Mecca of Punjabi literature Preet Nagar and Maharaja Ranjit Singh museum (Amritsar). Dr. Jagdish Kaur Wadia Vice President, Pahal; Mr. Joga Atwal, Press Secretary, Principal Surjit Dodar, Mr. N. Navrahi; Journalist, S. Kanwaljit Singh Suri, distinguished writer; Headmaster Bakshish Singh, Kabir Arora Co-ordinator, Pahal were the part of thirty four members who joined the trip.

### **23-04-07, World Book Day**

World Book Day was celebrated at Guru Nanak library Jalandhar. The very special quests of the day were Dr. Kartar Singh Suri, distinguished writer S/o Nanak Singh (father of Punjabi novel) and Kawaljit Singh Suri S/o Nanak Singh, other than members of organization, there were students from district

language department, who attended the programme. Prof. Lakhbir Singh, President Pahal, emphasized on the degrading culture of reading in Punjab. Dr. Jagdish Kaur Wadia, Vice President Pahal, welcomed the guests. Mr. N. Navrahi, Journalist and Ms. Reetu Kalsi, short story writer; Mr. Kabir Arora Co-ordinator Pahal were present on the occasion.

### **07-05-07, on the eve of World Blood Donation Day**

Blood Donation Camp in Lovely Professional University. In the assembly Mrs. Harmanjit Kaur gave a healthy welcome to all, Mr. Aman Mittal Corporate Head, Lovely University declared that such youth activities like blood donation camp and tree plantation should be made necessary in the institution. President Pahal, Prof. Lakhbir Singh said that approximately 1 crore bottles of blood needed in India every year due to thalesemia, accidents, major operations and delivery cases. Hundred of boys and girls donated blood on that day. Prof. Kamaldeep Singh Vice President, Pahal; Supreet Singh, Kabir Arora, Co-ordinator were present on the occasion

### **11-05-07, 150<sup>th</sup> Anniversary of First Freedom Struggle**

Girls School, Nehru Garden Jalandhar. Honourable guests of the occasion were Mr. Chain Singh Chain (freedom fighter) and Mrs. Sushila Chain (freedom fighters). Group discussion was organized in which more 24 students participated. Mr. Kawaljit Singh Suri acted as judge, while Dr. Jagdish Kaur Wadia Vice President Pahal; Prof. Kamaldeep Singh Vice President; Mr. Kabir Arora Coordinator, Ms. Narinder Kaur, Ms. Narinder Neena, Mr. Harpreet Singh, Mr. Sachin Bharati were present on the occasion. Distinguished speakers were awarded. School staff and students showed enthusiasm for the function. Topics were:

- Are we enjoying the freedom in practice after independence?
- How can I fight against evils?
- How can I maintain the unity and integration of country?

Anniversary of First Freedom Struggle was celebrated at Govt.

### **20-05-07, World Biodiversity Day**

World Biodiversity Day was celebrated at Vivekanand Day Boarding Public School, Jalandhar. Group discussion and Quiz was conducted between students. Ms Sukhjit Kaur and Headmaster Bakshish Singh acted as judges for the competition. Members who were present on the occasion were Dr. Jagdish Kaur Wadia Vice President, Kabir Arora Coordinator, Ms. Narinder Rani, Mr. Baljit Singh, and Mr. Sarabjit Singh Gugnani etc. Principal Satyapal Sharma with whole staff participated in the event

### **25-05-07, World No Tobacco Day**

Group discussion was held on the health issues and their relation with tobacco at Govt. Sr. Sec. School, Pasla. Special guests of the day were Ms. Nitika Puri (Principal Punjab State Institute of Science and Technology), Judgment was given by Ms Narinder Kaur, Mr. Joga Atwal Press Secretary, Pahal. Principal Rashini Amar promised to motivate students to remain away from these deadly things. Mr. Kabir Arora Co-ordinator, Mr. Baljit Singh were the other speakers of the day. Students took pledge against tobacco. Ms. Narinder Rani and teachers of school were present on the occasion

### **17-06-07 to 22-06-07,**

A trip was organized by the organization to "Manali"with aim of trekking It was a group of fifteen members and they visited Gurudwara Sahib, Mandi, Manu temple, Hadimba temple, Solang valley, Anandpur Sahib and many other beautiful historical places. A trek of two kilometers was also organized. S. Kanwaljit Singh Suri, Rt. Commandent in Chief Mr. B. S Lally, Kabir Arora Co-ordinator Pahal were group leaders.

### **08-07-07 Van Mahan Utsav**

08-07-07 was celebrated as Van Mahan Utsav trees were planted in villages. Jiallan Singh Ambian Tohfa, Dugri and some other Govt. Primary Schools and Prof. Lakhbir Singh President, Master Jaswinder Singh addressed the students and told importance of tree plantation.

### **11-07-08, World Population Day**

World Population Day was celebrated at Tagore Day Boarding Public School, Jalandhar. Poster making and Quiz competition was conducted on the topic-status of population on world level. Vice President Pahal Dr. Jagdish Kaur Wadia presented facts on the status of population worldwide. Co-ordinator Mr. Kabir Arora conducted the quiz. 15 students participated in the quiz, while audience was also the part of competition. More than 30 students participated in Painting competition. Mr. B.S. Lally, and Mr. Kawaljit Singh Suri were also present.

### **4-08-07 Death Anniversary of Bhagat Puran Singh**

On the occasion of Death Anniversary of Bhagat Puran Singh Quiz competition with theme "Life of Bhagat Ji" was conducted at Sant Raghuvir Singh AIMS Public School. President Prof. Lakhbir Singh presented the vision of Bhagat ji to audience. 100 saplings were planted to commemorate the event. Mr. Kabir Arora conducted Quiz competition. School administration and staff participated with the students in the event eagerly.

### **12-04-08, Independence Day**

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from various schools participated. Cash Prizes were given to winners. President Prof. Lakhbir Singh introduced some real facts of India after independence and appealed students to preserve their culture. Mr. Kabir Arora Co-ordinator acted as stage secretary. Ms. Michelle Amrit Kaur was special guest of the function. Quiz questions were prepared by Pahal member Ms. Amarjeet Kaur, teacher Govt. School. Dr. Jagdish Kaur Wadia Vice President, Ms. Harinder Kaur executive member, Ms. Sukhjit Kaur, Ms. Reetu Kalsi, Mr. Kanwaljit Singh Suri, Ms. Narinder Kaur, Ms. Narinder Rani, Mr. Gurpreet Singh Josan were present on the occasion. Teachers and students of various schools were present on the occasion

### **13-08-07, Van Mahotsav**

Van Mahotsav in the memory of S. Apaar Singh Bajwa (I.P.S) was organized in Lyallpur Khalsa Sr. Sec. School Jalandhar. 21 plants were planted on that day in school campus by President Prof. Lakhbir Singh along with family members of S. Apaar Singh paid their tributes in the unique way.

### **05-09-07, Forest Day**

Forest Day was organized at Jawahar Navodhya Vidyalaya Talwandi Maddo. On this occasion Vice Principal Paramjit Singh assured that they will fight for the cause of environment. S.D. M Jasbir Singh Dhillon, Forest Senior Officer S. Satnam Singh and President of Youth Welfare Club S. Dawinder Singh were the guests of the occasion