

Annual Activity Report of 'PAHAL' 2008-2009

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

PAHAL completed Thirteen years of its age while marching towards goals of integrated personality development of youth through works of community development and now is in fourteen year. Keeping their tradition alive and maintaining their spirit in service to humanity PAHAL made the year 2008-09 full of activities and achievements. As usual PAHAL continued completing their project already started and started so many new projects and campaigns keeping in view its aims and objectives for better development of the society and its very noble cause for humanity. To achieve their goals and make its tradition alive members of PAHAL (delegations) managed the association of various government, non-governing educational, academic and other institutions to discuss, plants and materialize its new projects and campaigns.

On April 23, 2008 'PAHAL' celebrated WORLD EARTH DAY. At Govt. High School, Kudowal, Jalandhar. S.Gurmeet Singh Malhi was Chief Guest on this function. President PAHAL Prof. Lakhbir Singh addressed the students & staff of school and made them aware of safe ENVIRONMENT. More than 180 Plants were planted in this camp. Painting competition was also held and distributed prizes to the students who got first three positions. Sarpanch Santosh Kumari, S. Dasondha Singh, Sh. Bishan Dass, Smt. Balbir, and other Prominent members of village panchayat and school staff were present in the function. PAHAL member Mohal Lal, Jaswinder Singh, Avtar Singh play an important role in this Program

14 June, 2008 PAHAL celebrated World Blood Donors Day with help of St. Soldier Group in the memory of founder Late. R.C. Chopra at Civil Hospital Jalandhar. A Blood donation camp was held and PAHAL honored those institutions contributed in Blood donation camps. Members of donated blood Pahal honored Lovely University's General Secretary H.R. Singla St. Soldier Edu. Vice President Ms

Sangeeta Chopra C.T. Education president Charanjeet Singh Channi, M.G.N. College Principal Amit Kouts From Sahara Youth Kulbir Singh, Senior Citizens & welfare council Sec. Prof. Anup vats. Medical superintendent Dr. Ranbir Singh presented vote of thanks institutions who arranged camps and mobilized blood Bank President PAHAL Prof. Lakhbir Singh said Blood plays very important role in our body. Blood donation is the invention of medical science and it depends upon the individual will to donate. In Punjab only 40,000 units blood donations this camp voluntarily but we need 2 lakh units blood every year.

29 April, 2008 PAHAL arranged Blood Donation camp with the help of A Pee Jay college of Management in the campus. 88 students of this institution has donated blood. PAHAL president Prof. Lakhbir Singh sand voluntary Blood Donation is a very noble work. He encouraged the students to donate more & more blood he added that voluntary blood donors can provide the fresh blood 8 May, 2008. PAHAL and Red Cross society observed Red-Cross Day at St. Soldier College of education. Blood donation camp and a seminar to promote VBD He motivated young boys and girls chief guest was G.A to D.C. Mr. Anupam Kler and Vice Chairman St. Soldier Group Sangeeta Chopra were present there. In seminar president PAHAL Prof. Lakhbir Singh and District transfusion officer Dr. Gagandeep singh has given information about Blood Donation Lakhbir Singh said no that there is no side effects of Blood donating Every one should donate blood atleast once a year 500 students promised to give blood Red Cross society's Secretary Harinder Singh St. Soldier group M.D. Col. R.K. Khanna. Sandeep Kaur, College Principal Alka Gupta were presents in the camp & Seminar

10 May, 2008 N.G.O. PAHAL and District Red Cross society organized a declamation contest and painting competition on Global warming at St. Soldier divine public school Kapurthala Road, Smt. Ranjit Kaur P.C.S. Executive Magistrate and St. Soldier group Vice chairperson Presided over the function. President PAHAL congratulated the winners students and prepared them to be friend to the environment sifalli got first position in painting competition and Dimple get first position in declamation

11 May, 2008 PAHAL organized a blood donation camp at Red cross Bhawan in collaboration with civil hospital Jalandhar and Indian Red Cross Society Jalandhar Dr. Gagandeep Singh told that

healthy person from age 18 year to 65 year can give blood Santosh Mishra Deputy Director Doordarshan and Dr. Avtar Chand S.M.O. Surgery are the chief guest. Veena Jain I.M.I. Bidhipur, Jal. & Tajinder Kaur G.N.D.U. Ladhewali, Dr. Usha Kapoor Principal University College, Sukhwinder Singh Laly, Kulbir Singh Manav Kalyan Marg, S. Keser Singh Nirankari Mandal , Harinder Singh Sahota secretary Indian Red Cross Jalandhar Dr. Surjot Kaur Manav Jain I.M.I. Mehta, Principal welfare Manjit Singh D.T.O. were motivated and all were honored

12 Oct. 2008, Awareness camp was organized by PAHAL in Prayas School on World Mental Health day. Dr. Nirdosh Goel was guest of honor and he gave tips to children and parents regarding mental health. President PAHAL Prof. Lakhbir Singh made people aware that presently 450 million people are mentally retarded PAHAL gave eatable to mentally retarded children. Chanan associate President Amarjeet Singh, Mohan Singh Sehgal, Sweera Aggarwal, Paramjit Singh, Kashmir Singh and other were also present there.

22 Nov. 2008 On the arrival of Red Ribbon express for the awareness about AIDS PAHAL arranged different school student to come to the station and have a look at Red-Ribbon express so that they can awareness about AIDS. Prof. Lakhbir Singh addressed all the audience and said about the methods for the presentation of AIDS. Dr. A.K.L Sarangal registrar N.I.T., Dr. Gurmail Singh and 250 students from different universities have participated in this workshop and exhibition. The artist from sursangam Ajit Singh Mohinder Bhalla, Bhagwati Bhalla, Kulwinder Sharma, Som Badhan, Amrik Singh, Kanwal Krishan, Balvir Mann have presented their cultural items. Prof. Moinudin Director N.I.T. has praised all the Program. Prof. Teerath Singh and Miss Narinder Kaur Pahal Members were also present there

8th September 2008. On International Literacy Day PAHAL organized a camp in ChuKhiara so that they can give awareness to villages about the importance of literacy. President PAHAL Prof. Lakhbir Singh said to the thousands members of the village that although after Independence we have cross the journey of literacy only 8% to 65% even then we should think about the illiteracy and effect of illiteracy on this International literacy day. PAHAL promised to the village of chuKhiara that

they will open a library in this village and S. Hari Singh and Panchayat member Rashpal Singh gave full response to open the library so that villagers get benefited from literary

Nov, 2008, In the days of festival, PAHAL has started a campaign against fire works He said that plant trees no crackers slogan was Deep Jalao, Deewali Manao, Ptakhe Nahi, Trees Lagao with this slogan President Pahal Prof. Lakhbir Singh and other PAHAL members like Joga Singh attwal delivered a lecture about Deewali Festival that student will not buy Crackers in the different schools of Jalandhar & Kapurthala, Deewali is a festival of light why we pollute our environment with air pollution and noise pollution by fire works They give awareness to the student and took both to avoid from fireworks Poster about the awareness about fireworks, Pollution and how to celebrate Deewali to the different school students

28 Dec, 2008 PAHAL has organized a Program to honour leftinents who recently come from IMI Dehradoon. Those Leftinents who recently passed out new parade Dehradoon Those leftinents are Aditya Sharma. Leftinent Jagpreet Singh and Lieutenant Jaskaran Singh. Lieutenant General S. Gurjit Singh Sangra said that. There is ample scope for youth in armed forces.

6 July, 2008 PAHAL celebrated Van Mahotsva at D.A.V. College, Jalandhar.R.C. Nayyar the secretary of Punjab Govt of Forest and wild life department was chief guest of this Program More than 50 Plants were planted in the D.A.V. College grounds said Neem, Tahli and Akash Neem and other shrubs of different kind R.C. Nayyar said that Govt has declared to plant more than five lakhs in different school & Colleges Principal of D.A.V. College V.K. Tiwari promised that he will encourage students to plant more & more trees and to care them

25 Oct. 2008, PAHAL has organized declamation contest in different two school one in Govt Girls High School Nehru Garden Jalandhar and Innocent Hearts Education college. Purpose was to aware the students that they should not play with crackers and pollute the environment but they plant the trees and save the environment Who won in the declamation contest President PAHAL Prof. Lakhbir Singh gave prizes to them and said that we spent thousands of money to buy crackers and invite many ailments for us thousands of students took oath that they will not buy crackers PAHAL

members engineer Gurpreet Singh, Joga Singh Atwal, Kirpal Singh were Present there to arrange the Program Principal Harbans Kaur, Vice Principal Kamaljit Kaur, Lecturer Gurmukh Singh, Madam Balwinder Kaur & other school teacher were present in this occasion. 1500 students of the school promised to avoid the fireworks

2 Aug. 2008 – In the month of August PAHAL launched its environmental campaign Plant Trees Save Earth under this campaign Alichak tree plantation camp at Govt elementary school was organized with the help of forest department President PAHAL Prof. Lakhbir Singh said that they plants trees in the empty places of the village all around to save the environment 150 plants were planted there. Sarpanch Harpal Singh promised to plants more than lay number plants in his village to green their village Jeewan Jyoti, Ravinder Kumar, Harprit Kaur, Satnam Singh, Ram Lal, Amarjeet Singh were present there.

8 Aug. 2008 Under the campaign Plant Trees Save Earth PAHAL organized a series of tree plantation and environmental awareness camps in the month of August at various places keeping in view the best season for plantation PAHAL fixed a target of plantation for this year and it got achieved by those camps we to work had throughout the year PAHAL, Forest Department and education department Jalandhar were commencing a monsoon week 2008 with the help of 250 Eco Club a members of 250 different govt school. Prof. Lakhbir Singh addressed to these teachers and gave the training how to plants the trees with the awareness among students & how to save trees If students get awareness about environment they can be very helpful for the society to get it green DEO Sh. Harinder sownvey gave advice to the 250 club in charge teachers to work hard so that we get our earth green. S. Satnam Singh, Forest officer promised to provide plants to the teacher to fulfill this achievement 11, 12, 13 Aug every school organized a declamation contest and painting competition & tree plantation camps in their own school first three winners got prizes at 16 Aug in the function which will arranged again in Guru Nanak Library Jalandhar. K.P. Sharma Distt, Vice President of PAHAL Sc. Supervisor Dr. J.K. Wadia Mohan Lal Sarpanch, Baljit Singh, Jaswinder Singh, Narinder Kaur, Kirpal Singh and other Members of Pahal were present there

30th Sept. 2008 Lovely professional university has started a blood donation week. With the collaboration of PAHAL LPU launched their blood donation camp 300 students donated the blood. Dean University Rashmi Mittal has inaugurated the camp civil surgeon Dr. Swaran Singh Walia said that the launched of the campaign of blood donation was a great deed but only 30% of the voluntary blood we are get from voluntary blood donation President PAHAL Prof. Lakhbir Singh appealed to student to get healthy so that they can be donate blood With the help of BTO Dr. Gagandeep Singh blood has been collected. Sh. Mohal Lal, Baljeet Singh Kumari Griffin University Media officer Harmanjit Kaur has played an important role