

Annual Activity Report of 'PAHAL' 2009-2010

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'PAHAL' is proud to announce that the year 2009-10 was much fruitful for 'PAHAL' than the earlier years. In this year 'PAHAL' created new Foot Prints, which led to concrete development of the under privileged. Masses particularly youth and society at large 'PAHAL' has made contribution in the following sectors.

1. **Health:** - 'PAHAL' has done mentionable activities in health development maintenance and health safety issues.
 - (a) **Blood Donation :** During the year 2009-10 Pahal organized 14 blood donation camps and remained providing voluntary blood donors during urgent need of blood in Shaheed Babu Labh Singh Civil Hospital, Jalandhar, Tagore Hospital Jalandhar, Oxford Hospital Jalandhar, Patel Hospital, BBC Health Care, Pruthi Hospital Jalandhar, Guru Nanak Mission Hospital Jalandhar and all other Hospitals. The Voluntary Blood Donation camps were organized in A Pee Jay College of fine Arts Jalandhar St. Soldier college of Education, Innocent Hearth Education College Green Model Town Jalandhar, MGN College of Education, DM College of Education Moga, DAV College Jalandhar, DAV Ayurvedic College Jalandhar, Maha Raja Ranjit Singh Regional Center GNDU Ladhewali, N I T Jalandhar, A Pee Jay Institute of Management PAP complex Jalandhar etc. In all these VBDS and direct donation during 'PAHAL' mobilized around 8000 units of voluntary donated Blood. All above mentioned camps were organized with Blood Bank Civil Hospital, Jalandhar. 'PAHAL' worked day & night during dengue outbreak in the rainy season
 - (b) **Medical Camp for Remote Villages:** During the year 2009-10 'PAHAL' organized a large number of medical camps to provide free Medical Checkups and medical awareness to the remote rural residents and slum dwellers. In this campaign 'PAHAL' out reached around 25000 rural masses through specialist and super specialist Doctors in general Health, Dental, Eye, Cardio and Ortho
 - (c) **Reproductive Child Health Phase II (RCH II):** Under the aegis of NRHM and the patronage of Govt. of Punjab 'PAHAL' RCH II in collaboration with MNGO Jalandhar Welfare Society and out reached 10,000 population of PAP complex, Indira colony slum, Gautam Nagar Slum, Baseline survey was conducted and all the segments of population was taken care of as per their health requirements. Under RCH II immunization was given to 0-5 years kids, education and health care was given to adolescent boys and girls, eligible couples were

counseled and motivated for family planning, gapping the children and for institutional delivering ANC and PNC service has been provided to the eligible

(d) **Health Education and Awareness:** During the year 2009-10 'PAHAL' conducted a large number of activities in health, education and awareness. They celebrated world health day 2009, World Heart Day 2009, World Disability day 2009, World Mental Health Day 2009. Pahal organized Marathon on world hearth day in collaboration with Oxford Hospital. There were a large number of health, education and awareness programs throughout the year in villages and school/colleges.

2. **Education :-** Taking in view that Education in the backbone of all development 'PAHAL' made a number of efforts in education

(a) **Appreciation to the brilliant Students:** - 'PAHAL' organized activities in various schools for appreciation to the students for their best performance in the previous exams. These types of activities were conducted in Govt. Sr. Sec. 'School Talwandi Bharo, Govt Hight School Maqsudan etc.

(b) **Disaster Management and Preparedness:** 'PAHAL' continued its commitment to educate the masses for Disaster Management and Preparedness 'PAHAL' signed a MOU with Disaster Management Cell Govt. of Punjab for eight programs in various block of distt. Jalandhar and then programs were organized in Govt. Secondary School Chakk Khurad, Guru Arjun Dev Public School Kartarpur, Indian Medical Institute of Nursing Bidhipur, St Soldier Education Colleges. In these programs multimedia presentations were made, free pamphlets were distributed.

(c) **HIV/AIDS Education and Awareness:** - 'PAHAL' joined hands with AIESEC an International youth organization for HIV/AIDS education and awareness. Under this program around 15 young interns got training from 'PAHAL' and then organized programs in various schools and colleges to spread education and awareness for preventive measures. In this campaign DAV College, Jalandhar , IMI Bidhipur, Guru Arjun Dev Sr. Sec School, Kartarpur, Shining Star Public School Tibba Kapurthala, AIMS Public School Geeta Colony, Jalandhar CT Public School and Indira colony were covered.

3. **Environment:** 'PAHAL' kept its worlds for conservation and sustainable development of Environment during the year 2009-10

(a) **Tree Plantation :** 'PAHAL' planted around 25000 sapling of various types in the various educational institutions schools and colleges in distt. Jalandhar & Kapurthala Lala Jagat Narain DAV School Jalandhar, DAV College playgrounds, Guru Arjan Dev Sr. School, Kartarpur, Govt School Mallian were covered for tree plantation during this year.

(b) Water Conservation : : 'PAHAL' organized special programs on world water day 2009 World Earth day 2009 world environment day 2009, World Wetland Day 2009 in various schools to motivate the masses particularly youth for wise use of water. Masses were motivated the masses to implement water harvesting and recharging techniques in residential as well as institutional complexes.

(c) Pollution control initiative : During the year : 'PAHAL' has organized seminars, workshops and rallies to enlighten the masses regarding the ill effects of ever increasing pollution of all kinds of Air, Water, soil and noise. It has organized documentary shows and competition of the school and college students.

4. Community Development :

(a) **Self Help Groups:** In collaboration with National Agriculture and Rural Development Bank: 'PAHAL' launched a large camping to form Self Help Groups in distt. Jalandhar and Kapurthala in Rural areas. Till date 1500 women comprising 50 SHG has been formed and linked with the banks

(b) **Micro Insurance:** 'PAHAL' has covered around 2000 rural men and women for the Micro Insurance for life risk. It is mentionable that 6 poor families have been provided claim coverage for the deaths of their ensured earning hands.

(c) **Financial Inclusion :** For the objective of Financial inclusion : 'PAHAL' has signed a MOU with Punjab National Bank circle Jalandhar and covered around 10,000 rural heads, they have saved lacs of rupees and started financial transactions.

Overall the year 2009-10 was full of activities. It is matter of proud that PAHAL has created new mile stones in development sector. **Details of all activities**

The detailed list of activity in attached with this report