

Love All Serve All



Live And Let Live

MAHAVIR INTERNATIONAL DELHI

A Non-Religious Social Service Organisation estd. in 1979

Celebrating

EYE CARE DAY 2025

as

Hope For Light

9th November 2025

EVENT PARTNERS



Distribution Redefined



JanSewa

जनसेवा 2025



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31256
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Warehousing
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76
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854
Gateways

*Data as on 1st August 2025

www.safexpress.com

business@safexpress.com

सबको प्यार - सबकी सेवा



जियो और जीने दो

प्रार्थना



भावना दिन रात मेरी, सब सुखी संसार हो ।
सत्य, संयम शील का, व्यवहार बारम्बार हो ॥

धर्म के विस्तार से, संसार का उद्धार हो ।
पाप का परित्याग हो, और पुण्य का संचार हो ॥

ज्ञान की सद्ज्योति से, अज्ञानता का नाश हो ।
धर्म के सद्आचरण से, शान्ति का आभास हो ॥

शान्ति, सुख, आनन्द का, प्रत्येक घर में वास हो ।

वीर वाणी पर सभी, संसार का विश्वास हो ॥

रोग, भय और शोक, होवे दूर हे परमात्मा ।
ज्योति से परिपूर्ण होवे, सब जगत की आत्मा ॥



Vir C.P. Jain
Patron

CHANDRA PRAKASH JAIN
Former Chairman & Managing Director
NTPC Limited

308, Tower 4,
Augusta Town Homes,
JP Wishtown, Sector 128,
NOIDA, UP 201301

Mob.: 9313330000
Email : cpjain1946@yahoo.co.in

27.10.25

Message

Good Health care is one of the basic needs for the Society. While Governments have various facilities for General Health care and Eye care, but it lacks total penetration and access to all. Therefore, the complimentary role of intervention in General Health care and Eye care by social institutions like “**MAHAVIR INTERNATIONAL**” which is supported by the Society becomes important. Very importantly, it tries to fill the gap of availability of these service to the poor and down trend segment of the society.

Mahavir International, Delhi center is making a signification contribution to society by serving the society in this field. It has taken many new steps in arena of social service.

I wish, Mahavir International all the success.

(CHANDRA PRAKASH JAIN)

Message



Vir Satender Kumar Jain
Patron

Date : 30th Oct 2025

Message

It gives me immense pleasure to extend my warm greetings and best wishes to everyone associated with the organization on the occasion of our **Annual Eye Care Day**.

Having been associated for over three decades, I have had the privilege of witnessing its inspiring transformation—from modest beginnings to becoming a centre of compassionate service and medical excellence. I take pride in seeing the organization grow steadily in scope, outreach, and impact.

Over the years, the organization has remained steadfast in its core objective of preventing avoidable blindness and ensuring accessible healthcare for all. The recent initiatives such as i) **JNAM (Jhanke Nanhi Ankhon Mein) — organizing eye camps for children in schools**; ii) **Janitri Workshop, an awareness program for pregnant and lactating mothers along with the distribution of nutrition and baby kits**; iii) **Tuition classes for underprivileged students**; and iv) **Nursing Assistant training programs** are commendable initiatives that embody a holistic approach to community service — one that nurtures both body and mind, and empowers individuals for a better future.

It is heartening to note that the organization is now expanding its horizons **into environmental sustainability** also.

I extend my heartfelt appreciation to the doctors, volunteers, staff members, and supporters who have contributed selflessly to this noble cause. May the organization continue to grow in strength and spirit, bringing the light of vision, health, and hope to countless lives.

With warm regards and best wishes,



Satender Kumar Jain
Chairman, Rajdhani Besan Group



Vir Pawan Jain
Patron



29th October 2025

Message

I wish to extend my heartfelt congratulations to the entire team of Mahavir International for their outstanding and compassionate service to society. Since its inception in 1979, the organization has remained steadfast in its mission to restore sight, dignity, and hope to thousands in need.

It is heartening to note that Mahavir International has provided over 59 lakh free or subsidized consultations, performed thousands of cataract surgeries, and inspired eye pledges and donations that have gifted vision to many.

Such efforts truly embody the noble principle of "Seva Parmo Dharma" — service as the highest duty. As the organization celebrates Eye Care Day 2025, I feel honoured to acknowledge its far-reaching contribution to society and the exemplary dedication of every volunteer, doctor, and supporter associated with this cause.

I am confident that Mahavir International will continue to inspire collective action for a healthier, more compassionate world. My best wishes for the continued success of all future endeavours.

Warm regards,

Pawan Jain
Founder & Chairman
Safexpress Private Limited



www.safexpress.com



Safexpress Pvt. Ltd., 28, Sector 18, Udyog Vihar, Gurugram 122015





डॉ. नारायण
चेयरमैन

चेयरमैन की कलम से

सेवा में समर्पित वीर/वीराओं सादर नमन
जय महावीर!!!

Mahavir International Delhi (MID) के सम्पूर्ण Board और Management की ओर से Eye Care Day के उपलक्ष्य पर आप सभी को अभिनन्दन। साथ ही आप द्वारा हमारे कार्य-कलापों को वित्तीय और नैतिक समर्थन देने हेतु बहुत साधुवाद।

इसमें कोई संदेह नहीं कि गत वर्षों में सरकार द्वारा बुनियादी स्वास्थ्य सेवा पे विशेष ध्यान दिया जा रहा है। परन्तु देश की बढ़ती हुए आबादी और वंचित वर्गों के आकांक्षाओं के मद्देनजर अभी भी MID जैसे गैर सरकारी संगठनों का बहुत औचित्य है - विशेष कर जब बात न्यूनतम दरों में गुणवत्ता युक्त इलाज प्रदान करने की होती है।

उपरोक्त सन्दर्भ में उल्लेखनीय है कि बचपन में अंग्रेजी में एक कहावत हम सब ने पढ़ा होगा - Prevention is better than cure, पर दुर्भाग्यवश आज जब भी हम स्वास्थ्य सम्बंधित चर्चा करते हैं तब हमारा ध्यान बिमारी के इलाज पे केन्द्रित होता न कि उसके रोकथाम पे और इसी कारणवश संभवतः हमारे आर्थिक विकास के बावजूद हम एक अस्वस्थ समाज बन रहे हैं। MID इस परिस्थिति को बदलने में निरंतर प्रयत्नशील है और विशेषकर समाज के वंचित वर्गों के भौतिक और मानसिक खुशहाली के लिए बुनियादी कार्यक्रमों का आयोजन कर रहा है।

भगवान् महावीर से हमारी प्रार्थना कि हम इस उद्देश्य में सफल रहे।

सर्वे सन्तु सुखिनः, सर्वे सन्तु निरामयः

संदेश



Sh. Ashok Kumar Jain
Executive Chairman

From the Pen of the **Executive Chairman**

A Legacy of Service, A Vision for Humanity

It fills my heart with immense pride and gratitude to address you through Jansewa — a vehicle of communication of Mahavir International, Delhi (MID). MID has grown into a movement of compassion — a living example of what collective goodwill and selfless action can achieve.

Our guiding philosophy, **“Love All – Serve All”**, embodies the essence of our existence. Every initiative, every project, every smile we bring to a face reflects our deep belief that service to humanity is the truest form of worship.

Our mission to make Delhi Cataract-Free has brought the gift of sight to thousands who once lived in darkness. Through our Three State of Art Healthcare Centres — Rajdhani Charitable Eye & Medical Centre, Lala Aman Singh Jain Charitable Eye Research and Medical Centre, and Kishwana Charitable Eye and Medical Centre, we have provided affordable healthcare, advanced eye care, and diagnostic facilities to lakhs of beneficiaries. These centres stand as temples of healing, offering quality care wrapped in dignity and kindness.

The impact of our flagship project, **“Doctor at Doorstep,”** with fleet of 5 ambulances have been profound. With over **4,300 health camps and 59 lakh consultations**, we have carried the light of health to the remotest corners of Delhi and beyond. For countless families, our mobile camps have been the first encounter with structured healthcare — a bridge between hope and healing.

With initiatives like **“Swavlamban”**, **“Swasthya Saheli”**, **“Project Janitri”**, and **Asha Kiran Workshop**, MID has taken bold steps toward women’s empowerment, skill development, and health education. Thousands of women have gained new confidence, skills, and awareness — proving that empowered women truly empower society.

In the sphere of education and child welfare, **“Jhanke Nanhi Aankhon Mein”** continues to safeguard the vision of young learners, who are future of India ensuring that poor eyesight never dims the spark of knowledge.

Aligning with global Sustainable Development Goals MID has also ventured into **environmental conservation**, executing impactful water recharge and rainwater harvesting projects under the CSR initiatives of CONCOR.

None of this would have been possible without the tireless dedication of our team of 100 doctors and paramedical staff — and the unwavering faith of our partners, donors, and well-wishers. Together, we have transformed service into a collective celebration of humanity.

As we look ahead, let us rededicate ourselves to our eternal mission — to heal, to uplift, and to inspire. Let us continue to serve, as a duty to humanity.

**“When service becomes our way of life,
Every act of kindness turns into light.**

**Through love we rise, through care we give—
In every heartbeat, humanity lives.”**

Message



Sh. Arun Jain
Secretary



Jai Mahavir,

It gives me immense pleasure to share that **Mahavir International Delhi (MID)** has completed 47 years of dedicated service to humanity. Since its inception, our mission has been to provide **medical services to the economically weaker sections** of society with special focus on **Eye Care**, striving towards a **“Cataract Free Delhi”**. Guided by our motto **“Love All-Serve All”**, we extend our services to all, irrespective of caste or creed.

Mahavir International Delhi continues to expand its impact through **three Eye & Health Care Centres** with modern operation theatres, **five fully equipped Mobile Medicare Vans**, **30-35 free Mega Health and Eye Camps** held every month across Delhi NCR and Pan India.

In 2024-25, through our flagship project **“Doctor at Doorstep”**, we continued to provide quality primary healthcare to underprivileged communities. This was possible only because of the tireless efforts of our team and the generous support of our sponsors and well-wishers.

During the year, three new initiatives were launched:

- **Community Outreach Clinics** - offering free health check-ups, eye care, women’s counseling, subsidized spectacles, and sanitary pads.
- **Asha Kiran Workshops**, empowering **Asha** and **Anganwadi workers** with awareness on domestic abuse and alcoholism to help them support their communities effectively.
- **Groundwater Recharge in Kathuwas**, a terminal of CONCOR

Our ongoing projects — **Swavlamban (Women Empowerment) & Swasthya Saheli** continue to create a lasting impact. In South India, MID supported the installation of **medical equipment in PHCs and infrastructure in government schools** across Tamil Nadu.

We remain deeply grateful to all our sponsors and well-wishers — for their continued support and trust.

Let us reaffirm our commitment to serve with compassion and dedication, upholding our mission — **“Love All - Serve All”** and vision of a **“Cataract Free Delhi.”**

Message

Persons at The Helm of Affairs

PATRONS



Sh. S.K. Jain IPS
Former Member - Public Grievances
Commission, Delhi Govt.



Sh. C.P. Jain
Former CMD-NTPC



Sh. V.S. Jain
Former CMD-SAIL
& Member-PESB



Sh. Pawan Jain
Chairman
Safexpress P. Ltd.



Sh. Ranjan K. Jain
Former Advisor
Railway Board



Sh. Satender Kumar Jain
Chairman
Rajdhani Besan Group



Sh. Dharam Chand Jain
Former Special Director
CBI

CHAIRMAN



Sh. K. Narayan, IRSME
(Former MD, NBCFDC)

EXECUTIVE CHAIRMAN



Sh. Ashhok Kumar Jain
(Chief Mentor - Vibes Healthcare Ltd.)

VICE - CHAIRPERSONS



Sh. Chetan Jain
(Managing Director)
Rajdhani Besan Group



Smt. Anu Jain

SECRETARY



SH. ARUN JAIN
(Partner - S.K. Badjatya & Co.)

TREASURER



SMT. ABHA JAIN
Director - Tacoma
Global Pvt. Ltd.

Persons at The Helm of Affairs

JOINT SECRETARY



Sh. Vinay Jain
Retd., Banker-
State Bank of India

JOINT TREASURER



Sh. Arihant Sagar Jain
Advocate, Solicitor
And Legal Consultant

DIRECTOR ADMINISTRATION & HR



Sh. Vinay Kumar Agarwal
Retd. Railway Officer

DIRECTOR SUSTAINABILITY



Sh. Ajay Singh
Retd. Govt. Officer, Railways

DIRECTOR MEDICAL



Dr. (Brig.) R.S. Bhatia
Doctor

DIRECTORS



Smt. Anjana Jain
Social Worker



Sh. Anil Kumar Garg
Chairman- Hindustan Alcox Ltd.



Mrs. Raj Sharma
Partner - Mars Enterprises



Sh. Shekhar Bhandari
Managing Director
Super Roofers Pvt. Ltd.



Smt. Rekha Doogar
Chairperson Doogar &
Associates Securities Pvt. Ltd.



Sh. Parmod Kumar Jain
Chairman
Marc Enterprises Pvt. Ltd.



Sh. Harvinder Singh
Former Director
Bank of India



Smt. Urvashi Jain
Director - Concient
Infrastructure Pvt. Ltd.

Persons at The Helm of Affairs

DIRECTORS



Sh. Ajay Jain
Managing Director
M.B. Tubes Pvt. Ltd.



Sh. Sukesh Jain
CEO & Director
BI Worldwide (India)



Sh. Tarun Jain
Real Estate- Advisory & Transactions
Earth Matters Realty



Smt. Sangeeta Jain
Social Worker



Mrs. Shreya Jain
Founder- Director,
Lemon Chilli Media Solutions



Ms. Seema Jain
Educationist



Dr. A.K. Jain
Country Head
SMC Insurance



Sh. Ashish Jain
Managing Director
Thermoplastic Pvt. Ltd.



Sh. Chandra Mohan Garg
Risk Management Professional



Sh. L.N. Rao
Former DCP Delhi Police
& Lawyer



Sh. N.C. Jain
Retd. Govt. Officer



Sh. G.S. Singhvi
Chairman - Hindustan Fibres Ltd.



Sh. Basant Kumar Gupta
Director
Gopi Chand Electronics Pvt. Ltd.



Sh. Ranjan Chatterjee (IAS)
Retd. Govt. Officer



Sh. Sanjay Kr. Jain, IPS
Jt. CP Southern Range
Delhi Police



Sh. Ajay Chowdhary, IPS
Special CP
Traffic Management Delhi Police



Sh. Sandeep Jain
Executive Director I/C GAS
IndianOil Corporation Limited



Sh. Amresh Jain
Retd. Commissioner - I & C



Sh. Bhanu Pratap Yadav
Retd. Govt. Officer-IA & AS



Dr. Amit Kumar Jain
Director (O)
Delhi Metro Rail Corporation

Mahavir International, Delhi

A Non-Religious Social Service Organization

ABOUT US

**LOVE ALL – SERVE ALL
LIVE AND LET LIVE**

Mahavir International Delhi (MID) was established in 1979 and has been engaged in social service activities since inception.

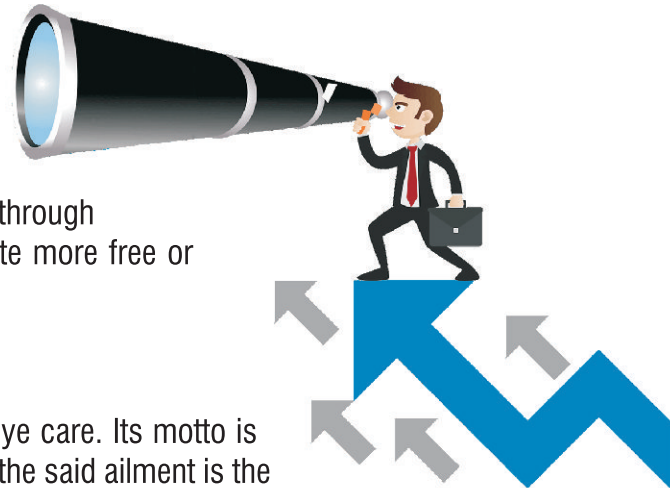
OUR VISION

Work selflessly and tirelessly towards laying foundation of creating a healthy society with special focus on timely diagnosis of diseases to prevent their aggravation in order to improve overall health of disadvantaged sections of society while aiming for a cataract free Delhi and ultimately the rest of India.



OUR MISSION

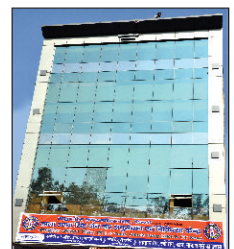
To expand reach and spread of health facilities by organising one mobile health check-up Camp a day in rural, remote and Jhuggi Clusters by empowering people, especially women by creating knowledge and awareness about need for better health and hygiene through sustained publicity and prevention of diseases. Manage and operate more free or affordable medical and diagnostic centres.



OUR MAJOR FOCUS

MID's primary focus is health care with special emphasis on Eye care. Its motto is 'Love All- Serve All' and mission is to make 'Delhi Cataract Free' as the said ailment is the major cause of blindness in the country (66% as per AIIMS report of 2018). It also work towards elimination of blindness by motivating people for "Eye Pledge" and for "Eye donation" of those who have passed away. Runs 3 Charitable Medical Centres in Delhi as under our focus is on providing quality health services for the underprivileged in the city – including daily wagers, street vendors, migrant labour and the their families with care, concern and compassion. OPD services are provided at nominal registration fee, along with free medicines and diagnostic test at highly subsidized tariffs :

- 1. RAJDHANI CHARITABLE EYE & MEDICAL CENTRE**
6550, Qutab Road, Nabi Karim, New Delhi -110055
(Space Donated by Rajdhani Besan Group.)
- 2. LALA AMAN SINGH JAIN CHARITABLE EYE RESEARCH AND MEDICAL CENTRE**
264, B-1 Hauz Rani Market, Near Saket, New Delhi-110017
(Space Donated By Heritage School Group)
- 3. KISHWARNA CHARITABLE EYE AND MEDICAL CENTRE**
(Space Donated by Kishwarna Charitable Trust)
36/3, Badarpur, New Delhi- 110044.
(Space Donated by Aroras)



All these centers provide comprehensive medical services in the field of Eye, General Medicine, Women's health consultation/counselling, Homeopathy, Ayurved, Physiotherapy, Ultra modern well equipped diagnostic Laboratory last but not least State of the Art Operation Theaters for cataract correction surgeries. At Hauz Rani Centre Dental clinic, Orthopaedics and Psychiatry services are additionally available.

OUR OTHER SIGNIFICANT PROJECTS

1. DOCTOR AT DOOR STEP

“If patients can't reach the Doctor then Doctor must reach the Patients” - MID

Under our flagship project ‘Doctor at Doorstep’, by the end of financial year 2024-25, we have organized more than 4,200 free check-up camps, resulting in over 17 lakh consultations. Out of these, 400 camps and more than 1,40,000 consultations were conducted in FY 2024–2025 alone. These health check-up facilities are offered either in remote locations with limited access to quality healthcare or at locations in and around the premises or operations of our sponsors. The services provided during these camps include consultations with general physicians, eye specialists, optometrists, along with ECG and blood tests as required, and the distribution of medicines and spectacles. Patients diagnosed with cataracts are further facilitated with free or subsidized corrective surgeries at MID centers or our affiliated hospitals. Acknowledging the impact of these camps in terms of taking health care to the Doorstep of the poor, various leading Business and Corporate Houses including Public Sector Enterprises and Bank have come forward to give us grant for conduct of the same. They include **IOCL, GAIL, IGL, PETRONET, CONCOR, IRCTC, IRFC, CWC, NBCFDC, NMDFC, SAFEXPRESS, RAJDHANI FLOUR MILLS, VIBES, MARC and others.**



2. JHAKHE NANHI AAKHO MEIN (झांके नन्ही आँखों में)

MID recognises the need for early vision correction in the underprivileged children in absence of which other than suffering from health issues, their education also suffers. Hence, MID has launched the project under the tag “JHAKHE NANHI AANKHO MAIN”. In this project, MID is organizing camps in schools run by MCD, Delhi Government and other NGO's to carry out prompt vision correction by provision of spectacles in a timely manner. During the **F Y 2024-25**, we carried out comprehensive health check up and health counseling to students of **189 Schools** covering nearly **48,093 Students**.



3. FREE OPD AT CENTERS

We provide free OPD Consultation (Eye, General Medicine, Ayurveda & Homeopathy), Physiotherapy and Laboratory services at each of our centers located at Nabi Karim, Hauz Rani and Badarpur. The average daily attendance is approximately 150 per center. We are also providing free Medical medicine to patients in free OPD.



4. CATARACT SURGERY

Each of our three centers has a well-equipped Operation Theatre for carrying out cataract surgery. The average number of cataract surgeries per month is approximately 50-60 per center. Majority of surgeries are done free of cost. In that for outstation patients, we cover their all expense related to the surgery such as transportation, meals, and accommodation during their stay.



5. SWAVLAMBAN (स्वावलम्बन)

MID in its effort to empower the unemployed women in and around its centers is carrying out the following interventions, under the new initiative “SWAVLAMBAN” :-



a. Sewing Training

MID has affiliated with **Singer** to provide up to six months of training in apparel stitching for underprivileged women living around its center at Nabi Karim. A total of **137 women** have been trained till date. Further, to encourage their entrepreneurial instincts, they have participated in fashion show as well in exhibition and sale of their products.



b. General Duty Assistants

Another such initiative has been the training of under privileged young persons as “General Duty Assistants”. The first course was started on 25th April, 2022 and till date **143 students** have been trained and certified by Apollo Mediskills. Almost all the trained beneficiaries have also been provided internship opportunities, with some carrying on in job.



c. Swasthya Saheli (स्वास्थ्य सहेली)

MID had taken-up the project SWASTHYA SAHELI for women where trained GDA's are providing counseling on menstruation and women health issue as menstruation and breast feeding at our centres. Since it is start in March, 2023, nearly **35,568** women have been benefited with these services. We are also generating **ABHA Card** of patients who visit our centers, which entitles them to avail benefits under **PM (Ayushman Yojna)**. Till date nearly **1000 ABHA** cards have been generated.

6. PROJECT JANITRI

MID is running a project “Project Janitri” at all its health centers to counsel young girls on menstrual hygiene and promote breast feeding among young mothers. **79 Janitri workshops** have been organised so far as a community outreach program with the basic objective to educate young expectant mothers on maternal and child health to reduce risk of complications during pregnancy and childbirth. **These workshops cover topics such as awareness of menstrual hygiene and use of Sanitary Napkins, prenatal care, proper nutrition and exercise during pregnancy, safe delivery practices, postpartum care, breast feeding, spacing of birth and merits of small family.** They are usually conducted in community centres in close vicinity of MID targeted beneficiaries.



One-on-one consultations with **ANC/GNM assisted** by trained general duty assistants, also ensures that women are able to seek clarifications to any nagging doubts they may have. Distribution of **Sanitary Napkins, Nutrition kit and Baby kit** which contains essential items to help mother take care of herself and her **new born baby** are also distributed

to the beneficiaries attending the workshops :-

- **Sanitary Napkins**
- **Nutrition Kit**
 - Bengal gram
 - Ground Nut
 - Jaggery
- **Baby Kit**
 - 8 Nappy
 - 2 Baby Tops
 - 1 Baby Cap
 - 1 Sheet
 - 1 Towel

7. ASHA KIRAN WORKSHOP

MID, with support from Sanjivini Society for Mental Health, has expanded its Project Asha Kiran workshops beyond Asha and Anganwadi workers to include social workers from NGOs serving underprivileged communities. These workshops focused on Alcoholism, Domestic Violence, and Drug Addiction.

In 2024–25, MID organized two Asha Kiran workshops under this initiative. Participants valued the practical insights and pledged to apply them in their fieldwork while maintaining their own well-being when dealing with such sensitive cases.



8. COMMUNITY OUT REACH CLINICS

MID has Conducted 111 weekly outreach clinics in Bawana, Kapashera, and Ghazipur's slums, Sangam Vihar, Meera Bagh and JJ colonies. Beyond general health check-ups and eye exams, the clinics offer cataract surgery referrals, women's counseling, and free medicines. Additionally, MID provides subsidized spectacles and sanitary pads, addressing critical needs like vision correction and menstrual hygiene. This initiative aims to enhance healthcare access and empower residents by ensuring affordable, comprehensive care tailored to their specific needs in these underserved communities.



9. VIRA VISION

Moved by the condition of the patients visiting our hospitals, VIRAS- the womenfolk at MID, decided to do their bit to provide relief to the distressed members of the society at a grassroots level and formed VIRA VISION group. Some of its activities include provision of hygiene and nutritional support and distribution of baby kits, sanitary napkins, and warm clothes to the needy.



OUR OTHER PRICELESS ACHIEVEMENT :-

By motivating families of 306 persons to donate the eyes of their near and dear who have passed on, atleast 612 persons are getting to see this beautiful world.

OUR TEAM

MID has a membership of about 414 persons comprising of senior bureaucrats belonging to IAS, IPS, IRS & other allied services, Chartered Accountants, Professionals, Industrialists, Businessmen, Social Workers and Philanthropists. Presently **Shri K. Narayan (IRSME), formerly Managing Director, National Backward Classes Finance and Development Corporation (NBCFDC) – a CPSE under Ministry of Social Justice and Empowerment, is its Chairman.**

All these members are working selflessly without any political, religious or profit motive. The operations at the ground level is headed by a senior retired Army Doctor (Brigadier level)

ACCREDITATIONS & AFFILIATIONS

Mahavir International Delhi, is registered with

- i. **Niti Aayog** Vide Registration No. **DL.2017/0152**
- ii. **Ministry of Home Affairs, Government of India** FCRA (Foreign Contribution Regulation Act) and are regularly submitting all returns.
- iii. **Ministry of Corporate Affairs, Government of India** Vide Reg. No-**CSR00002906.**
- iv. **Income Tax Act and Exempted under section 80G of Income Tax Act, 1961.**

IN THE SPHERES OF NATIONAL EMERGENCY AND NATURAL CALAMITIES

a. COVID- 19 Relief Project

The organization did an excellent work during wave of pandemic COVID-19 and supported more than 2.95 lakhs people by providing **food packets, ration bags, face masks, PPE kits, sanitizers, medicines** etc. with total spending of more than **Rs. 1 Crore**. We also arranged more than **250 Oxygen Concentrator** at a total cost of **Rs. 3 Crore** and More than 17,000 jobs administrated to Migrant Workers, Daily wagers and Rickshaw Puller, Construction Labors and Homeless people at total cost of Rs. 1.35 Crore were provided for by MID members, corporate houses, PSU's, and other generous donors.



- b. The organization has also been in the fore front in extending support in natural calamities. We arranged essential materials to victims of **earth quake in Chamoli, Garhwal in Uttar Pradesh in April, 1999** and also- to **Orissa cyclone victims in October** of the same year. MID also funded construction of **26 housing units at Raphar Distt in Gujarat** for the people who were affected by disastrous earthquake (2001), Shelter homes for the victims of Nepal earth quake (2015) and provided Medicines, Clothes, Utensils and food packets to Flood victims of Kerala (2018).
- c. Mahavir International, Delhi constructed 5 Rooms with 2 toilets, 5 blocks of Inter College at Naini in Rudraprayag Dist. (Uttarakhand).

HUMAN RESOURCES

MID is a very lean organization having strength of just 110 experienced and qualified doctors, paramedical & related administrative staff. **All theses personnel are rendering their services against modest compensation. Additionally the entire board level management provide its services pro-bono. This is what enables this organization to achieve what it does with limited resources.**

Contact Details:-

MAHAVIR INTERNATIONAL

6550, Qutab Road, Nabi Karim, New Delhi -110055 | Tel.: 011-48019614

E-mail : accounts@mahavirinternational.com | Website: www.mahavirinternational.com

    @midhopeforlight



OBJECTIVES

- To provide affordable healthcare to the underprivileged section of society
- To motivate people for eye pledge/eye donation.
- Creating awareness and working towards prevention of blindness and other eye ailments and to provide remedies to under privileged.
- Early eye care intervention for school children through 'झांके नहीं आँखों में'
- Spread awareness about menstrual hygiene and use of Sanitary Napkins, prenatal care, proper nutrition and exercise during pregnancy, safe delivery practices, postpartum care, and breast feeding through Project Janitri.



STRENGTHS

- Membership of 414 members including serving and retired bureaucrats and CPSE & PSB executives.
- Committed team of about 110 Doctors and Para-medical staff.
- State of Art Infrastructure in all Medical Centres.



ACCREDITATION

- Registered NGO with Niti Aayog under the DARPAN Portal.
- Registered with MCA for implementing CSR projects.
- Registered under FCRA by Ministry of Home Affairs to receive Foreign contributions.
- Registered under Section 12A of the IT Act.
- Donations-Enjoy Income Tax exemption under Section 80G of the Income Tax Act; 1961.
- Executing CSR projects for nearly 20 CPSEs including CONCOR, IRCTC, IRFC, GAIL, IGL, IOCL, PETRONET LNG LTD., CWC.

VIRA VISION & THEIR ACTIVITIES

"Vira Vision" as the name suggests, comprises of a group of women members of MID working with compassion for all underprivileged in general and for women in particular. We adopt and implement some of the national projects initiated by MI Apex besides running our own local projects. There were three board meetings held of Vira Vision. Some of notable activities are enlisted below...

1. MOTHER & CHILD CARE under which we undertake distribution of baby kits for new born and sanitary napkins for mothers at government hospitals besides counseling the latter on cleanliness/hygiene.

2. SWABHLAMBHAN project, to vocationally empower women. This programme includes Sewing Classes being conducted in coordination with Singer. These training programmes are being conducted at our centres and till date 137 women especially youth have benefitted from these initiatives.

3. SWASTHYA SAHELI is another novel project to counsel women who visit our three centres on menstrual hygiene and breast feeding. Further, the counselling is done by women trained as General Duty Assistants as part of our Swavalamban project. Since its inception in March 2023, around 28,252 for Menstrual Hygiene & 7,316 for Breast feeding women have benefitted from this initiative till March 2025.

4. OTHER WELFARE ACTS which are carried out round the year such as Khushiyon ka Bazaar involving sale of cloths and other consumables against a token price, support to institutions caring for Alzheimer patients, financial aid for patients with limited means etc.

5. PROJECT JANETRI is our latest initiative to spread awareness of pre and post natal issues to pregnant women and new mothers through special workshops being planned at our centres. This includes distribution of baby kits and nutrients to the attendees. Total No. of 4,026 Pregnant and Lacting Mothers got benefitted through this initiative.

Another redeeming feature of these interventions is that the Viras personally contribute to support these impactfull projects and also interact one on one with the beneficiaries making them feel loved.

Vira Vision hopes to carry on with the above initiatives as also new ones with the spirit of Love All Serve All' in the coming times.





PERFORMANCE REPORT

April 2024 - March 2025 Medical treatment in different disciplines was provided to 2,76,305 persons at our three Hospitals and camps

- (I) Rajdhani Charitable Eye & Medical Centre, Nabi Karim..... (RAJDHANI)
- (II) Lala Aman Singh Jain Charitable Eye Research & Medical Centre, Hauz Rani..... (AMAN SINGH)
- (III) Kishwana Charitable Eye & Medical Centre, Badarpur..... (KISHWARNA)

The break-up is as under:-

DISCIPLINE	CUMULATIVE 2024-25	CUMULATIVE AS ON 31.03.2025
EYE	51,089	14,23,484
GYNAE/MEDICINE	15,652	12,51,389
HOMEOPATHY	7,722	1,71,067
AYURVEDIC	5,029	1,78,879
ENT	-	1,43,316
PHYSIOTHERAPY	10,707	2,48,648
PMT	20,117	4,58,117
ORTHOPAEDIC	328	328
OPERATION PERFORMED	2,184	34,657
PATH LAB & DIAGNOSTIC	12,775	1,03,750
DENTAL	473	490
O.C.T/ RETINA	5	1,845
OTHERS	----	1,38,164
TOTAL	1,25,533	41,53,586
PATIENTS EXAMINED AT CAMPS	1,24,811	17,21,212
CAMPS ORGANIZED	316	4,028
JHANKI NANHI ANKHEIN MEIN (SCHOOL CAMPS)	91	182
BENEFICIARIES IN SCHOOL CAMPS	19,082	30,367
CLINIC ORGANIZED	98	111
BENEFICIARIES IN CLINIC	5,261	6,134
JANITRI WORKSHOP ORGANIZED	55	55
BENEFICIARIES IN JANITRI WORKSHOP	1,618	1,618
TOTAL	1,51,332	17,63,707
EYES PLEDGED	66	34,211
EYE DONATION & CORNEA TRANSPLANT	13	313
सबको भोजन	1,800	51,039
SEWING TRAINING	61	137
NURSING ASSISTANT TRAINING	47	143
SWASTHA SAHELI - Menstrual Hygiene	14,030	28,252
- Breast Feeding	1,779	7,316
TOTAL	17,496	1,21,111

PERFORMANCE REPORT



MAHAVIR INTERNATIONAL

Camp From April 2024 to March 2025

S.No.	SPONSORER	Camp Organised
1.	CONCOR	133
2.	Petronet LNG Limited	109
3.	Indraprastha Gas Limited	29
4.	IOCL State	20
5.	IOCL Corporate	20
6.	GAIL Chittorgarh	18
7.	SSS FOUNDATION	9
8.	AROMATICs	9
9.	Sh. Nagendra Prakash and Smt. Pushpa Bhargav	6
10.	SAFEXPRESS	6
11.	RAJDHANI FLOUR MILLS	5
12.	CMR Welfare Foundation	5
13.	MID	4
14.	Lancer Footwear Klick India Private Limited	4
15.	Kalyani Cast Tech Ltd	2
16.	Indian Bank	2
17.	Raj Jain and Vandana Jain (USA)	1
18.	Kan-Kan Merchandising C/O Sh.Anil Jain	1
19.	Sh.Arihant Sagar Jain (LM-322) JNAM	1
20.	Smt. Mona Jain & Dharmendra Garg JNAM	1
21.	AROMATICs	1
22.	Rotary Club of Delhi Heritage	1
23.	Alankar Foundation	1
TOTAL		388



OUR CORE CENTRES

Rajdhani, Charitable Eye & Medical Centre
 6550, Main Qutab Road, Nabi Karim, New Delhi-110 055

KISHWARNA Charitable Eye & Medical Centre
 36/3, Badarpur, New Delhi-110 044

Lala Aman Singh Jain Charitable Eye Research & Medical Centre
 264B-1, Main Hauz Rani Market, Saket, New Delhi-110 017

OUR SERVICES



EYE CHECK UP



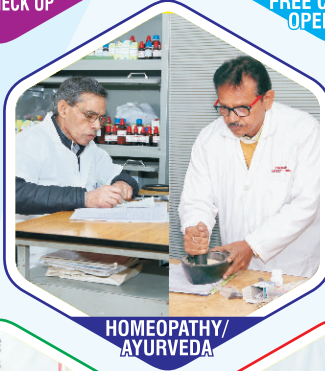
FREE CATARACT OPERATION



GENERAL CHECK-UP



PHYSIOTHERAPY



HOMEOPATHY/AYURVEDA



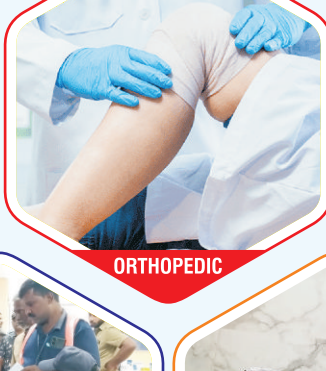
DENTAL



LAB TESTS



SWASTHYA SAHELI



ORTHOPEDIC



JANITRI WORKSHOP



JHANKE NANHI ANKHEIN MEIN



MEGA CAMP



WEEKLY CLINIC

FACILITIES PROVIDED BY MID

OUR ACHIEVEMENTS

as on 31st March 2025



ASHA KIRAN WORKSHOP



GENERAL DUTY ASSISTANT



TUITION CLASSES



SEWING CLASSES

Total Beneficiaries (Centres & Camps)	58,75,346
Total Camps Organised (Delhi-NCR, Pan India)	4,028
Cataract Surgeries	34,657
Physiotherapy	2,48,648
Dental	490
Eye Pledges	34,213
Eye Donations	313
Jhanke Nanhi Ankhein Mein (School Camps)	189
Beneficiaries of Jhanke Nanhi Ankhein Mein	48,093
Weekly Clinic Organised	111
Beneficiaries of Weekly Clinic	6,134
Janitri Workshop Organized	79
Beneficiaries Janitri Workshop	2,340
Asha Kiran Workshop	2
Beneficiaries Asha Kiran	70
Beneficiaries of Sabko Bhojan	51,039
Sewing Training	137
Nursing Assistant Training	143



CATARACT SURGERIES



मोतियाबिन्द मुक्ति अभियान



**जीवन का अमूल्य
वरदान नेत्रहीन
को नेत्रदान !!**

Late Jagjit Singh
Ghazal Maestro



Dr. Kiran Walia
Celebrated Politician



Shankar Mahadevan
Music Maestro



Poonam Sethi
Tarot Card Reader



Ghulam Ali
Ghazal Maestro



Shaan
Renowned Singer



Sonu Niigam
Music Maestro



Kavi Ashok
Chakradhar



**EYE
PLEDGE
BY
CELEBRITIES**



**LIVE YOUR
VISION
BEHIND**

EYE CARE DAY

With Celebrities



ANOOP JALOTA



PANKAJ UDHAS



Late JAGJIT SINGH



MALINI AWASHTI



SONU NIIGAM



RAJU SRIVASTAVA



SHANKAR MAHADEVAN



KAILASH KHER



SHER MOADAD KHAN



SHAAN



GHULAM ALI



SHAILESH LODHA



GROUP OF RENOWNED DOCTORS



KUMAR VISHWAS

Our Pillars of Strength

(In Alphabetical Order)



1. Artificial Limbs Manufacturing Corporation (**ALIMCO**)
2. Central Warehousing Corporation (**CWC**)
3. Container Corporation of India Ltd. (**CONCOR**)
4. Engineers India Ltd. (**EIL**)
5. Gas Authority of India Ltd. (**GAIL**)
6. Indian Railway Finance Corporation Ltd. (**IRFC**)
7. Indian Railway Catering and Tourism Corporation (**IRCTC**)
8. Indian Oil Corporation Ltd. (**IOCL**)
9. Indraprastha Gas Limited (**IGL**)
10. National Backward Classes Finance & Development Corporation (**NBCFDC**)
11. National Minorities Development and Finance Corporation (**NMDFC**)
12. Oil & Natural Gas Corporation Ltd. (**ONGC**)
13. Petronet LNG Ltd. (**PLL**)
14. Power Finance Corporation Limited (**PFC**)
15. Rail India Technical and Economic Services (**RITES**)
16. Tourism Finance Corporation of India (**TFCI**)



PSBS

17. Bank of India
18. Indian Bank



19. Akshay Aluminium Alloys LLP
20. Arihant Buying Services
21. Aromatics (India) Pvt Ltd.
22. BI Worldwide India Pvt. Ltd.
23. Conscient Infrastructure Pvt. Ltd.
24. Country Inn & Suites
25. CMR Welfare Foundation
26. Current Technical Literature Co. Pvt. Ltd.
27. Daya Gopal Amrit Charitable Trust
28. Footwear (Klick) India Pvt. Ltd.
29. Gateway Distriparks Limited
30. Hindustan Alcox Limited
31. INOXGFL Group of Companies
32. Kalyani Cost - Tech Ltd.
33. KG Petrochem Ltd.
34. LPS Bossard Pvt. Ltd.
35. Marc Enterprises Pvt. Ltd.
36. Manav Kalyan Foundation
37. Manglam Ventures Pvt. Ltd.
38. M.B. Tubes Pvt. Ltd.
39. MLJ Industries
40. Niryat-Sam Apparels (I) Ltd.
41. Orient Craft Ltd.
42. Rajdhani Flour Mills Ltd.
43. Safexpress Pvt. Ltd.
44. Tamil Federation of Reunion Island FAGRHCTR (MLI)
45. Technofocus Solutions Pvt. Ltd.
46. Texmaco Rail & Engineering Ltd.
47. The Midland Fruit & Vegetable Products India Pvt. Ltd.
48. Vibes Healthcare Ltd.
49. VKJ Project (P.) Ltd.
50. Wonder Cement



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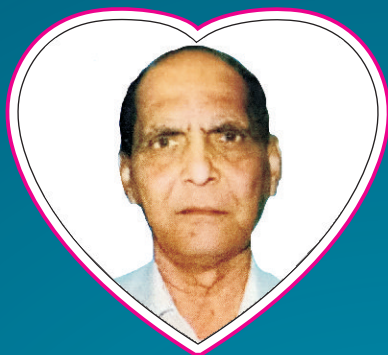
Rajdhani Besan Group		Safexpress Pvt. Ltd.	<p>Distribution Redefined</p>
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SPONSORS

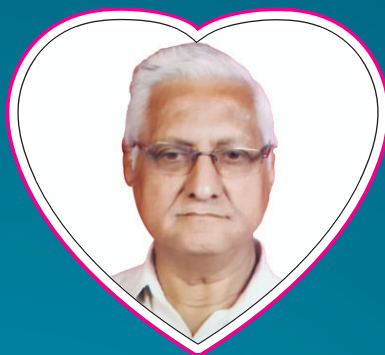
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INOX Group	<p>BEYOND INFINITY</p>	VIBES Health Care Ltd.	<p>SLIMMING BEAUTY LASER</p>
Country Inn & Suites	<p>PRADEEP JAIN COUNTRY INN & SUITES® BY RADISSON THE ONLY VEGETARIAN 5 STAR HOTEL EAST DELHI NCR</p>	Marc Enterprises Pvt. Ltd.	

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Visionaries of Hope : *Our Eye Donors*



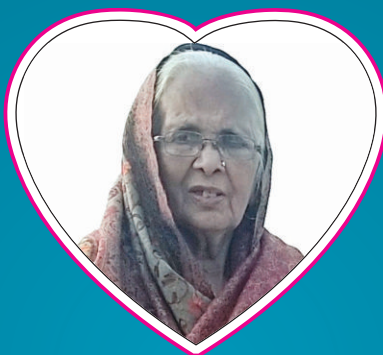
Late Sh. Ashok Kumar Jain
76 Years



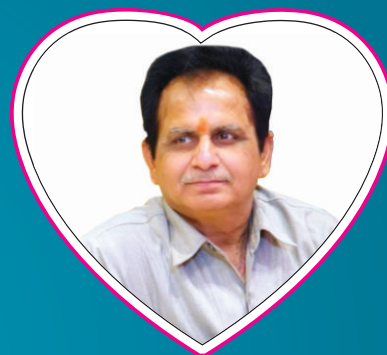
Late Sh. Vijay Kumar Luthra
76 Years



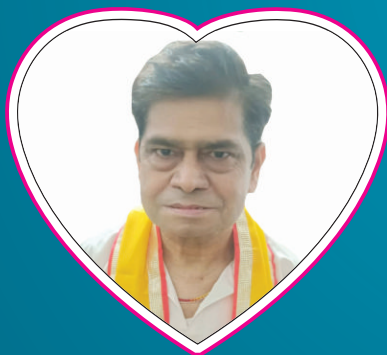
Late Smt. Shashi Jain



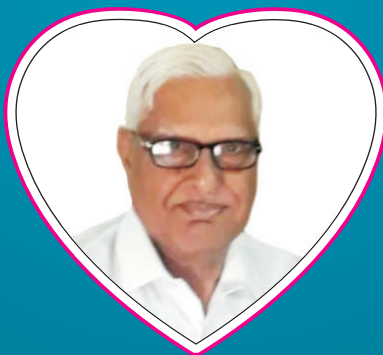
Late Smt. Shanti Luthra
82 Years



Late Sh. Inder Jeet Luthra
67 Years



Late Sh. Darshan Lal Nagpal
64 Years



Late Sh. Joginder Malhotra
85 Years



Late Smt. Saroj Dhamija
75 Years



Late Smt. Phoola Rani
64 Years



Late Smt. Ram Pyari Dhamija
75 Years



Late Sh. Kirshan Chand

THANKS & GRATITUDE

MID warmly honors the following donors for their precious support on **Eye Care Day 2025**. Due to generosity of well wishers like the following, MID has been able to reach out to the most under privileged for extending help at their door step.

EYE CARE DAY-2025		
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DIAMOND CHAMPION			
28	SH. ASHHOK KUMAR JAIN	- EXECUTIVE CHAIRMAN, MID	LM-066
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GOLD CHAMPION

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38.	SMT. RAJ SHARMA	- DIRECTOR, MID	LM-094
39.	SMT. SANGITA JAIN	- DIRECTOR, MID	LM-325
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41.	SH. RAJ GANDHI	- MEMBER, MID	LM-319

SILVER CHAMPION

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70.	MS. AINDRI ANURAG	- ACQUAINTANCE OF SH. K. NARAYAN, CHAIRMAN	
71.	SH. NARESH ANANTHA LYER	- ACQUAINTANCE OF SH. K. NARAYAN, CHAIRMAN	
72.	MS. MANISHA SENSARMA	- ACQUAINTANCE OF SH. K. NARAYAN, CHAIRMAN	



Thank you
So Much Everyone





Let us look at profile of five persons on the healthcare landscape. They may be fictitious but somewhere they represent reality of our country.



Sh. K. Narayan
Chairman, MID

- **Dr Rahul** – a compassionate and intelligent individual, who cleared the NEET effortlessly and completed his Masters in General Medicine from AIIMS. He went on to super specialise in Endocrinology abroad and is now practicing in a top multi-speciality hospital. His heart feels for the overall condition of healthcare in the country – especially for the lakhs in the lower economic strata. He has joined the Lions club and participates in an odd health camp – which are in some ways preventive healthcare for the underprivileged. However he is able to do little else as his practice in the premier Corporate hospital, patronised majorly by Google educated demanding patients, is too hectic. He has, as he shares with his friends, got trapped into the fast lane of financial empowerment and under intense peer pressure of fellow doctors and other professionals to graduate from a Honda City to an Audi to a Merc!
- **Dr Priyanka** – a few years his junior, was not as lucky with her NEET scores. She was eligible for a private college – but they were too expensive. So she ended up completing medicine in China – a cheaper option. She is now back and practicing in a government hospital in Delhi. She finds the load too much to handle. Many patients crowd from neighbouring states – quite a few of them suffering from serious ailments, not to forget victims of accidents/assaults etc. What irritates her more is that many who come here could have been attended to in Primary Health centres and district hospitals back in their native place – had they gone there in time or had been advised appropriately. She too ends up doing health camps of a NGO on her off days – but that's not for charity but for earning extra money
- **Dr Mahender** – is a Bachelor in Ayurvedic Medical Sciences (BAMS). He practices in a semi urban locality just out of Delhi. He is popularly called a Bengali doctor (don't know where the name came from) in the locality. Some even call him Jhola Chaap Doctor – a derogatory terminology in our class conscious society. But



New Delhi, Delhi, India



he is no quack as he treats large number of patients for multitude of ailments –mostly minor like cold cough, ear infection, dysentery – you name it! And he is the probably the one who, ironically, prescribes most general purpose allopathic medicines for them despite being an Ayurvedic doctor! His medical knowledge and financial returns remain much lower than that of his allopathic counterparts – however his role in primary and preventive healthcare is probably the most crucial for multitude of underprivileged – especially those with diabetes, who find going to Dr Rahul prohibitively expensive and to Dr Priyanka – very very time consuming and intimidating given the sea of people and maze of systems in the government hospital.

But then even meeting Dr. Mahender could be a bit time consuming for the lady residing in Meerabagh slum who is running temperature and has to go for carrying out domestic cleaning duties in the nearby colony. So she relies on another source and that is

- **Irfan**– he had the interest in medicine but knew he could never make it given the fact that his father was a carpenter and couldn't afford to send him for pre NEET coaching course. So Irfan chose a realistic path – finished his 10+ 2 in science and then did a Diploma in Pharmacology (D-Pharm). He set up a small pharmacy store, which he realised within six months was not sustainable. So he started working for nearby GargKirana Stores and managed to persuade Lalaji to diversify into selling medicines also, which was possible with Irfan's pharmacology license. He is today known as Dr Irfan as not only the poor but also middle class ask him which medicine to consume for a mild tummy upset, sore throat, rashes in the back side – you name it!

Today lakhs of enthusiastic students appear for the NEET but only around 30,000 make it to good medical colleges. One way to churn out more Doctors to tackle the huge load of patients, would be to increase the number of government colleges. However that would mean massive investments by the government.

- **Rekha** - is bottom of the heap in this health-care pyramid. She is an ASHA worker. She has studied till the 10th class. Her role is one of a local health counsellor for multitude of women. ASHA (Accredited Social Health Activist) workers in India are community health volunteers who serve as a link between rural communities and the public health system under the National Health Mission. Their primary role is to promote health awareness, encourage healthy practices, and facilitate access to healthcare services, especially for maternal and child health. They are typically literate women from the local community, chosen to provide a crucial first point of contact for healthcare demands after anywhere between 20 to 30 days of training. Rekha is the go to person especially for women and gives them valuable nuskaas on what diet to eat, how to ensure smoother periods, pre and post natal care and most importantly how to rear children into healthy human beings devoid of prevalent problems like malnutrition.

So that in a nutshell is the condition of health care in our country. The best of minds, on whose education the government has invested – and who may be earning

a million a month, end up serving the well to do and that too for major yet rare ailments, while those imparting preventive health care among the large number of lower income populace are lowly paid matriculates—getting probably 10K for their endeavours! It is also drives home the reality that though we liberally teach proverbs like **Prevention is better than cure**, we end up investing in human resource majorly only for curing, with prevention being left to informal or unrecognised sector.

Now this article is no way an attempt to belittle the highly qualified docs – they have worked hard to be where they are and playing an important role in a country with a burgeoning middle class aspiring for the best of procedures. Neither is it to find faults in the over worked (and in some ways underpaid) government doctors who end up seeing a sea of patients despite the limitation of time and resources on their hands. On the other hand, it is for rethink on bringing out ways of reducing some of the needless load that these Doctors can well avoid. And that is by giving preventive medical or community health care its due importance especially amongst the masses who have forgotten many of the age old healthy practices of their rural life. In fact the middle/upper middle classes, who had left these practices much before, have actually come a full circle and are now consciously trying to be fitter. However for the poor with many unfulfilled aspirations, fitness has taken a backseat!

What then is the way ahead – well there is obviously a need to focus on preventive health care through community engagement especially among the lower income group – both in the rural and urban landscape, who have unfortunately ended up aping most of the unhealthy ways of the upper classes. And this will mean intense engagement by way of health counselling and basic medi-care – a role being played by Rekha, Irfan and Dr. Mahender – all of who are ironically not strictly qualified to play that role. So somewhere there seems to be a crying need to empower these health care service providers by legitimising their existence.

Today lakhs of enthusiastic students appear for the NEET but only around 30,000 make it to good medical colleges. One way to churn out more Doctors to tackle the huge load of patients, would be to increase the number of government colleges. However that would mean massive investments by the government.

Another way could be to have a rethink – whether



we really need students to undergo the 5 – ½ years of grill to prescribe medicines for common ailments and advise healthy life style. Why can't we think of having courses of shorter duration and lesser cost for say the next one lakh interested students (beyond the 30000 elite) – who can be given the title of community health practitioner/ counsellor or whatever one wants to name them. There can be limitations set on what they can do – for instance they may be allowed to work only in Primary Health Centres so that they don't dilute the functions of a doctor. Today PHCs suffer from paucity of doctors and placing such captive practitioners there –can end up hugely restricting the need for lakhs to go to mainstream hospitals and hence help create a healthy society. In the same vein even the ASHA and other community workers may be trained a bit more and also paid a bit more so that they remain motivated to the cause of preventive health care at their level. A collateral benefit will be generation of dignified employment for many of the needy and deserving students, who may comprise a significant share of this one lakhplus .

There could be concerns of these less learned paraedics acting as Doctors – but then that is a matter of value systems and ethics – which sadly are violated by even the qualified Doctors and hence beyond the scope of this treatise.

At the end I would like to clarify – that what I have expressed is based purely out of my experiential learning in course of social work. They may not be factually correct in entirety and suggestions spelt here can definitely be challenged by people with more in-depth knowledge and understanding. However the purpose was to essentially highlight the increasing neglect of preventive and primary health care and starting a thought process on how to set things right.

Finally a prayer that all remain happy and healthy - सर्वे सन्तु सुखिनः, सर्वे सन्तु निरामयः



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Ms. Seema Jain
Educationist

Clear Mind, Clear Vision

Life today moves fast — our homes fill with things, our minds with plans, and our hearts with desires. In this constant chase for “more,” we often lose sight of what truly brings peace. The ancient Jain principle of Aparigraha, non-possessiveness, gently reminds us to pause. It teaches that happiness does not come from accumulation, but from letting go.

To live with Aparigraha is not to reject life’s comforts, but to hold them lightly, without attachment. It is to recognise that simplicity brings clarity, and clarity brings freedom. When we reduce the clutter around and within us of objects, ambitions, and even opinions — we create space for calm, compassion, and understanding.

A mind free from excess can see the world more clearly. It learns to appreciate rather than compare, to serve rather than seek. In such simplicity, life regains its natural balance.

As we observe Eye Care Day, let us also strive for this inner clarity to see with not just our eyes, but with awareness. True vision lies in perceiving what is essential and releasing what weighs us down. May we all practice a little Aparigraha each day so that our lives, like clear light, may shine gently and serve selflessly.



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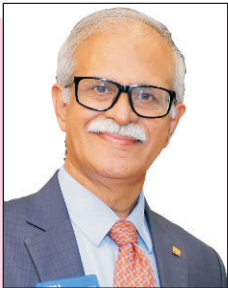
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Eye Care

Visual Impairment impacts life



Dr. N Subramanian
MBBS, MS, FRCS (G),
FRCS (Ed), FIAMS
Senior Consultant Urologist,
Regional Rotary
Foundation coordinator
and Past
District Governor

Visual Impairment impacts life in more ways than one. Apart from enjoying all the visual appeals of several aspects of life, it also limits one's educational and career opportunities and deprives the individual, the family and the nation of human potential. The estimated cost of supporting those with visual impairment is well over **411 billion** dollars in addition to the loss of Gross National Income (GNI). It also exposes individuals to higher risk of injuries and dependence on others.

Globally, over **2 billion** have visual impairment, of which **50 percent** have preventable causes with Cataract and refraction errors being the most common. A fourfold higher prevalence of these is recorded in low and middle income countries.

Nearly **5 million** Indians have significant visual impairment with seven times that number having varying degrees of partial disability. Over **250 thousand** children have significant visual impairment. Common causes in adults include Cataract, refraction errors, corneal blindness, Glaucoma, diabetic retinopathy and age related macular degeneration (AMD). Refraction errors, trauma, infection and retinopathy of prematurity are the common causes in children

The WHO has been focusing on integrated people-centred eye care including preventing blindness and vision impairment.

As volunteers and civic society, our role particularly in low income areas are vital. These include:

1. Raising awareness, promoting regular eye checkups with timely detection and correction of refraction errors, early diagnosis and timely intervention for cataracts, diagnosis, treatment and remedial measures for Glaucoma and macular degeneration for prevention eye injuries.
2. Raising awareness of corneal blindness and focussed expansion of eye donation programs.
3. Create adequate facility for diagnosis and treatment of Retinopathy of prematurity.
4. Regular assessment and early intervention for diabetic retinopathy.

Organisations like Mahavir International and Rotary International focus on restoring vision for a large number of those affected by visual impairment in creditable and transformation.



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DR. VANDANA KUMARI
MBBS, PGDMCH, Gynaecologist and
Family Physician, Mahavir International,
Hauzrani, Delhi



Cervical Cancer and HPV Vaccination :

A School-Based Strategy for a Healthier Future



Cervical cancer is one of the leading causes of cancer-related deaths among Indian women, despite being almost entirely preventable. According to Globocan 2022, India records around 123,000 new cervical cancer cases and over 77,000 deaths annually, accounting for nearly one-fifth of the global burden. The primary cause is persistent infection with high-risk Human Papillomavirus (HPV) types 16 and 18, transmitted through sexual contact. With effective vaccines now available, school-based HPV vaccination programs present a crucial opportunity to protect young people before exposure.

The Burden in India

Cervical cancer largely affects women aged 30–50 years, particularly from socio-economically disadvantaged backgrounds. Limited access to screening, delayed diagnosis, and social stigma around reproductive health contribute to the high mortality rate. However, the disease's slow progression offers a wide window for prevention through vaccination and regular screening.

Why Vaccination in Schools Matters

HPV vaccination is most effective when administered before sexual debut, ideally between 9 and 14 years of age. Schools serve as the most practical and equitable platforms for mass immunization of adolescents. School-based programs ensure wide coverage, encourage awareness among students and parents, and help normalize preventive healthcare discussions.

Vaccination at this stage can reduce the lifetime risk of cervical cancer by up to 90%. Moreover, introducing HPV vaccination in schools aligns with the government's broader goal of promoting adolescent health through the Rashtriya Bal Swasthya Karyakram (RBSK) and similar initiatives.



Vaccines Available in India

Three HPV vaccines are currently approved in India:

1. **Cervarix** – Bivalent, protects against HPV types 16 and 18.
2. **Gardasil** – Quadrivalent, protects against HPV types 6, 11, 16 and 18.
3. **CERVAVAC** – India's first indigenous quadrivalent vaccine, launched in 2023 by the Serum Institute of India. Affordable and effective, CERVAVAC enhances accessibility and supports the government's plan for nationwide rollout.

Vaccination Schedule

According to the National Technical Advisory Group on Immunization (NTAGI):

- **Ages 9–14 years** : Two doses, 6–12 months apart.
- **Ages 15 years and above** : Three doses (0, 1–2, and 6 months).

The vaccine provides the best protection when given before exposure to HPV, but can also benefit older adolescents and young adults.

Should Boys Be Vaccinated Too?

Yes. HPV affects both genders and causes penile, anal, and oropharyngeal cancers, along with genital warts in men. Vaccinating boys not only protects them but also helps break the chain of HPV transmission, creating herd immunity. Many countries, including the US, UK, and Australia, already follow gender-neutral vaccination programs with proven success. While India's national initiative currently targets girls, experts recommend extending coverage to boys in future phases.

Government Initiatives

The Government of India has prioritized HPV vaccination under the Universal Immunization Programme (UIP). A nationwide rollout for girls aged 9–14 years is planned, supported by awareness drives and pilot programs in states such as Sikkim and Delhi, where acceptance has been encouraging.

Conclusion

Cervical cancer is preventable, and HPV vaccination is the cornerstone of that prevention. Integrating vaccination into school health programs, covering both girls and boys, can drastically reduce India's cancer burden. With indigenous vaccines, government commitment, and active participation from schools and parents, India can move closer to eliminating HPV-related cancers and securing a healthier future for its youth.



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Dr. Jatin Sharma
M.B.B.S.

Preventing **METABOLIC SYNDROME**



One in four adults worldwide has metabolic syndrome, but simple daily habits can prevent it completely.

Metabolic syndrome means having three or more of these problems: Big belly (Obesity), high blood pressure(BP), high blood sugar(Diabetes), high bad fats (Triglycerides), and low good cholesterol(HDL). This combination doubles your heart disease risk and makes diabetes five times more likely. Research shows lifestyle changes reduce your risk by 20-69%.

What to do to prevent this?

Exercise:

Walking is your best medicine.

Just 30 minutes of brisk walking five days a week transforms your health. Regular movement helps muscles use sugar better, burns belly fat, and lowers BP by 8-12 points naturally without any monetary cost.

Start small - even 10 minutes of walking after meals helps. Take stairs, park farther away. Any movement beats sitting and improves metabolism.

Eat Smart, Simple Rules:

Fill half your plate with vegetables and fruits.

examples of healthier food options:

Green leafy vegetables, tomatoes, Peas etc.

Lean Proteins: Fish, lentils, chickpeas, beans, soy products (tofu, soybeans), paneer etc.

Complex Carbohydrates: Whole grains, Oats, millets etc.

Healthy Fats: Nuts, certain vegetable oils like mustard oil, groundnut oil. for healthy and traditional indian cooking, while limiting processed foods and sugary drinks.

Even losing 5-10% of body weight dramatically improves blood pressure, blood sugar, and cholesterol. Focus on smaller portions and nutrient-rich foods instead of empty calories.

Manage Your Stress:

Chronic stress directly causes metabolic problems.

When stressed, your body releases hormones that raise blood sugar, increase blood pressure, and trigger unhealthy food cravings.

Simple stress-busters: take five deep breaths when overwhelmed, short walks, music, or talking with friends. Five minutes of quiet breathing daily reduces stress hormones and improves metabolic health.

Sleep Well Every Night:

Getting less than seven hours significantly increases metabolic syndrome risk.

Poor sleep disrupts hunger hormones, increases insulin resistance, and promotes weight gain.

Good sleep habits: consistent bedtime and wake time, dark bedroom, avoid phones one hour before bed, aim for 7-9 hours nightly. If you snore or feel tired despite adequate sleep, consult your doctor.

Start Today, Start Small:

Dont change everything at once.

Pick one simple change:

- Week 1-2: Walk 10 minutes after dinner
- Week 3-4: Add vegetables to one meal daily
- Week 5-6: Set regular bedtime
- Week 7-8: Practice 5-minute stress breaks

Why This Matters:

Preventing metabolic syndrome is easier than treating diabetes, heart disease, and stroke later. These habits add healthy years to your life and boost energy.

*You dont need expensive programs.

*Walking regularly, eating vegetables, managing stress, and sleeping well are powerful tools you can use.

Start today with one small change.

Your future self will thank you. Every healthy choice matters, and small steps lead to big improvements in how you feel and live.

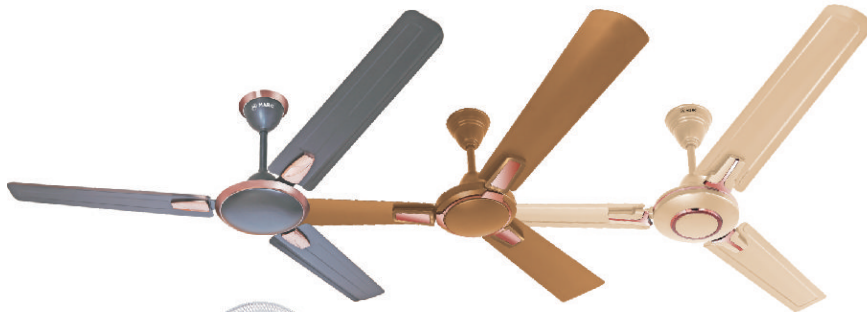


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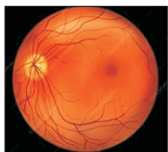
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Retinopathy

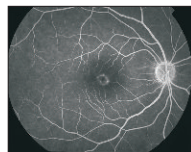


Dr. Anshuman Vaish
 MBBS, DNB (Ophthalmology)
 FICO (UK)
 FRCS - Ophthalmology

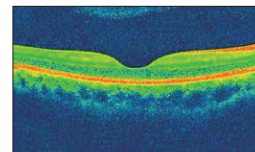
Retinopathy is any acute or chronic damage to the "Retina" of the eye. It is most commonly seen in people with uncontrolled diabetes and also with controlled but long standing diabetes. Second most notable causes of retinopathy is Age Related Macular Degeneration (Dry ARMD) & Choroidal Neovascularisation (CNVM) seen normally with an aging retina in 10-20% of people above the age of 70 years and upto 40% of people above the age of 80 years. Other most notable causes of retinopathy are Retinal Vascular Occlusions (Venous occlusions being much more common than Arterial), Hypertension Related Retinopathy, retinopathy associated with various Bacterial/Viral & Parasitic systemic infections like Tuberculosis, Syphilis, AIDS, Herpetic, Toxoplasma etc and retinopathy associated with various Systemic inflammatory, autoimmune and connective tissue disorders most notably Sarcoidosis, Behcets and Eales diseases.



Normal Retina



Normal FFA



Normal OCT

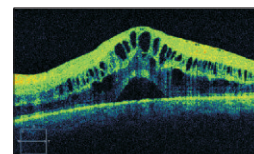
Any retinopathy can cause a variety of visual symptoms ranging from mild visual disturbances like hazy or distorted Distance or Near vision/ Floaters/ Flashes to a Total Loss Of Vision from either vitreous haemorrhage or retinal detachment. A meticulous follow up with both the treating Physician and Retinal Eye Specialist is necessary in order to keep the underlying systemic disease under control via disease-specific medications prescribed by the physician and to monitor the progression of the Retinopathy by 6-monthly or annual "Fundus examination" & to treat the ophthalmic complications by various ocular treatment modalities.



Fundus Photo Severe NPDR



FFA Photo Severe NPDR



OCT Photo Showing Macular edema

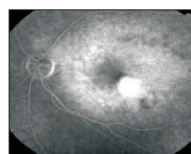
Any suspected case of retinopathy or a previously diagnosed case of retinopathy with suspected progression generally at some point needs certain special ocular investigations to exactly pin point the exact diagnosis, stage of disease, plan of further treatment required & future visual prognosis of the present condition, generally which are a set of twin investigations namely FFA (Fundus Fluorescein Angiography) to delineate the nature and extent of the disease on the total visible surface of retina and OCT (optical Coherent tomography) which tells us the extent of depth and up to which internal layers of retina and choroid the disease has penetrated.



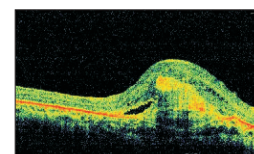
Dry ARMD



Wet ARMD



FFA of CNVM with Hemorrhage



OCT of CNVM

Depending upon the report of FFA & OCT, the extent and stage of the disease is diagnosed and generally depending upon the amount of "Leakages" on FFA and Swelling or Edema' on OCT, the treatment is planned which generally can be either some recently approved special intravitreal Anti-VEGF or steroid injections (Avastin/ Lucentis / Macugen / Aflibercept / Ozurdex). or the time tested Retinal Laser Photocoagulation therapy (divided in multiple weekly sittings in either eye stretched over a period of around 1-2 months) in order to stabilize the vision.



Intra-Vitreal Injection



Laser Pan Retinal Photocoagulation



3 port Vitrectomy

Sometimes Vitreo-retinal Surgery (Pars Plana 3-port Core Vitrectomy) may be required in severe cases which are unresponsive to conventional Anti-VEGF or Laser treatment or with persisting Vitreous Haemorrhage / Retinal Detachment, in order to Improve vision. Of course there is no denial that all this 'Ocular Treatment' may eventually fail if the underlying disease is not kept under control. So it goes without saying that any untreated or uncontrolled Retinopathy is a "Sight Threatening" condition and in order to prevent loss of vision, strict and regular follow up with the treating physician & eye specialist along with taking the above said appropriate ocular treatment at the correct time is a MUST.



Dr. Shital Khandelwal
Dentist with 30 Years of
Clinical Experience

DENTAL HEALTH :

A pathway to General Well-Being



Over the course of three decades in dentistry, one principle that has remained constant is oral health is linked to overall health. Dentistry is not confined to teeth and gums alone; it plays an important role in systemic well-being, disease prevention, and quality of life.

Importance of oral health:

The oral cavity is often referred to as the "gateway to the body." Scientific evidence continues to demonstrate the connection between periodontal (gum) disease and systemic conditions such as cardiovascular disease, diabetes, respiratory illness, and adverse pregnancy outcomes. Chronic oral infections can act as reservoirs of inflammation, placing undue stress on the immune system and contributing to other health complications.

The Importance of Prevention :

Preventive dentistry remains the most effective and least invasive approach to oral healthcare. Daily brushing, thorough rinsing after every meal, flossing and adherence to a balanced diet low in refined sugars are the first lines of defense. However, professional dental examinations and cleanings are equally critical. Early detection of dental caries, gum disease, or precancerous lesions can prevent progression to more serious conditions that require complex and costly treatment.

In my years of practice, I have witnessed the consequences of neglected oral health. Patients often

seek care only when pain or visible damage occurs — by which time treatment may be more complicated. Conversely, patients who commit to regular check-ups and preventive care consistently experience fewer emergencies, lower treatment costs, and improved long-term outcomes.

My recommendations for patients is to

schedule routine dental visits every 6 months, or more frequently if advised.

Maintain meticulous oral hygiene practices — brushing twice daily, rinsing your mouth after every meal, and using antimicrobial mouthwashes where appropriate.

Individuals with diabetes, heart conditions, or compromised immunity should be particularly vigilant about oral care.

Avoid harmful habits such as smoking, excessive alcohol consumption, or neglecting night time tooth grinding (bruxism).

Seek professional advice promptly at the first sign of bleeding gums, persistent bad breath, tooth sensitivity, or oral lesions.

Final Note

Dentistry is preventive medicine. Protecting the health of the mouth protects the health of the body. By prioritizing oral care, patients not only preserve their smiles but also contribute significantly to their overall health and longevity.

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Juvenile Drug De-addiction and Rehabilitation Centre (JDRC) : Giving Young LIVES A Second Chance

Society for the Promotion of Youth & Masses (SPYM)

A First-of-its-Kind Experiment in Juvenile Justice

In India, where the twin challenges of juvenile delinquency and substance use intersect, one pioneering initiative stands tall: the Juvenile Drug De-Addiction and Rehabilitation Centre (JDRC) in New Delhi. Established in 2010 under the guidance of the Hon'ble Juvenile Justice Committee of the Delhi High Court and run by the Society for Promotion of Youth and Masses (SPYM) in collaboration with the Department of Women and Child Development, JDRC remains the only centre of its kind in India dedicated to children in conflict with the law who struggle with drug dependence—often leading them into crime to sustain their addiction. It was the first experiment in providing an alternative to incarceration for substance-using juveniles.

From its inception, JDRC has worked on the principle of therapeutic jurisprudence, treating each child not as an offender but as a young life capable of healing and transformation. With over 50 beds, the centre runs a 90-day holistic program that combines detoxification, counselling, literacy, vocational training, and therapies such as Just for Today, art, yoga, dance, expressive art and sports. Its mission is not only to treat addiction but to restore dignity, rebuild trust, and reintegrate adolescents into society.

Impact at Scale

Over the years, JDRC has grown into more than a rehabilitation facility—it has become a model for reform in India. Since its inception, the centre has treated over 4,000 juveniles in conflict with the law, with many successfully reintegrating into schools, vocational

programs, or jobs. In 2022–23 alone, 286 adolescents underwent treatment, nearly half of them school dropouts, underscoring JDRC's critical role in bridging education, rehabilitation, and social reintegration.

The centre also pioneered innovative platforms such as the Child Parliament, where residents voice their opinions, practice leadership, and learn the values of

democracy. Its impact extends nationally through Navchetna : A New Consciousness on Life Skills and Drug Education for School Children—a teacher-driven set of modules developed from JDRC's experiences and launched by the Union Home Minister in 2022. This program is now being implemented by the Government of India in different parts of the country. In addition, JDRC developed the Community-Based Peer-Led Intervention (CPLI) module, which was later adopted and scaled by the Government of India.

Recognitions have followed : SPYM has received National Awards from the President of India, and JDRC has hosted delegations from the judiciary, ministries, and international experts—each acknowledging its uniqueness in addressing one of the most pressing social issues of our time.

Stories of Transformation

The true spirit of JDRC lies in the stories of its residents—stories of despair turned into resilience, and broken lives rebuilt with care.

***Names have been changed to protect identities.**

A 17-year-old boy from Delhi, orphaned young and trapped in cycles of poverty and addiction, entered JDRC with multiple criminal cases and little hope for the future. Here, he found recognition and responsibility, eventually becoming a peer mentor guiding younger children and coaching them in games. Today, he dreams of becoming an entrepreneur—a remarkable transformation from a boy once lost to crime and drugs.

Another resident, RR, was branded a thief and murderer before he turned 18. At JDRC, he discovered a passion for cooking and gradually rebuilt his confidence. Choosing not to return to crime, he stayed on as a volunteer. Today, as head chef at the centre, he supports his family and looks forward to building a stable future with his wife.

SS, who left his home in Mumbai as a child, drifted for years in addiction and crime before finding JDRC. Homeless and estranged from his family, he finally found



stability and purpose at the centre. From being a wanderer, he now manages the daily routines of dozens of children—a role that gives him both pride and a sense of belonging.

Each of these stories is powerful proof that change is possible when compassion meets structure.

A Model for the Future

JDRC is more than a centre; it is a symbol of second chances. By addressing addiction and legal conflicts together, it shows how young people—often written off as “offenders”—can be nurtured into leaders, caregivers, and responsible citizens.

Its story underscores a vital truth: rehabilitation works better than punishment. With its therapeutic, child-centered approach, JDRC is charting a path India can replicate nationwide.

As one international visitor remarked: “We have nothing like this in Scotland, and we have a lot to learn

from SPYM.”

Conclusion

Every child at JDRC carries scars of abandonment, poverty, and addiction. Yet when given care, structure, and faith, those scars heal into strength. The Juvenile Drug De-



Addiction and Rehabilitation Centre is not only saving young lives—it is rewriting India’s approach to juvenile justice and addiction.

It remains, truly, one of a kind in India.





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Ayurvedic Perspectives on EYE CARE



DR. VIKRAM SINGH
BAMS, CCIM

Vision and ocular health have been long-recognized in Ayurveda as vital to overall well-being. Eyes are the locus of Vata-Pitta balance and emphasize nourishment of Rakta-Dhatu (blood) to maintain ocular function. Modern lifestyles (long screen hours, pollution, poor diet) disturb this balance, leading to common issues like dry eyes, strain and refractive errors.

Ayurveda therefore prescribes a **holistic approach**: systemic therapies combined with local treatments to **lubricate, nourish and detoxify** the eyes. For example, dry eye is seen as Vata-Pitta imbalance affecting tear film, so we employ systemic Rasayana (rejuvenation) alongside topical therapies to restore ocular health. This integrated strategy also targets general well-being (better sleep, stress reduction), recognizing the factors like mind-body stress and diet directly impacts vision.

Holistic Lifestyle and Preventive Measures

Prevention in Ayurveda emphasizes daily routines and lifestyle. Simple measures such as *Palming* (covering closed eyes with warm hands), regular *blinking* and taking breaks during screen use are traditional recommendations to prevent eye strain.

A contemporary research with 291 computer users found that an hour of daily yoga (including relaxation techniques) significantly **reduced self-rated visual discomfort** over 60 days.

Diet and nutrition are also important, Antioxidant-rich foods from Ayurvedic tradition (fresh fruits, green vegetables, triphala herbs) protect eyes by combating oxidative stress. For example, **Amla** – is very high in vitamins C and A. Its antioxidants support eye tissue and help fight infections: one source notes that amla's vitamin A

“improves eye health” and its vitamin C content “helps protect your eyes from infections”.

Triphala Ghrit is rich in vitamin A and anti-inflammatory linoleic acid are helpful for xerosis and dry eyes. Beyond diet, lifestyle factors like adequate sleep, stress management and avoiding tobacco or excessive screen time are advised. Traditional practices like *Trataka* and meditation are believed to sharpen vision, reflecting the Ayurveda principle that mental calm enhances sensory health. In short, daily regimes (*Swasthavritta*) and balanced nutrition form the preventive bedrock of Ayurvedic eye care.

Herbal and Nutritional Therapies

Ayurveda offers many classical formulations aimed at strengthening vision. For instance, medicated ghee made from Triphala fruits is used in *Netra Tarpana* to soothe dry and irritated eyes.



In a comparative study of dry-eye patients, Netra-Tarpana with Triphala Ghrita significantly alleviated symptoms: patients receiving it had better relief from dryness and improved ocular health status than those on standard lubricating drops.

Ashwagandha and **Brahmi** are used systemically as Rasayanas to support the nervous system and optic nerve; while direct clinical evidence on eyes is limited, their antioxidant and anti-stress effects are well documented.

Recent biomedical research also affirms the value of some Ayurvedic constituents. A 2024 JAMA Ophthalmology cohort study found that patients taking curcumin (the active ingredient in turmeric) had markedly lower risk of developing or progressing age-related macular degeneration (AMD). Use of curcumin supplements was associated with a ~77% reduction in new nonexudative AMD and similarly lower rates of progression to advanced AMD or need for anti-VEGF therapy. This suggests that anti-inflammatory antioxidants like curcumin can be pharmacoprotective for retinal health.

Ayurvedic Ophthalmic Procedures and Therapies

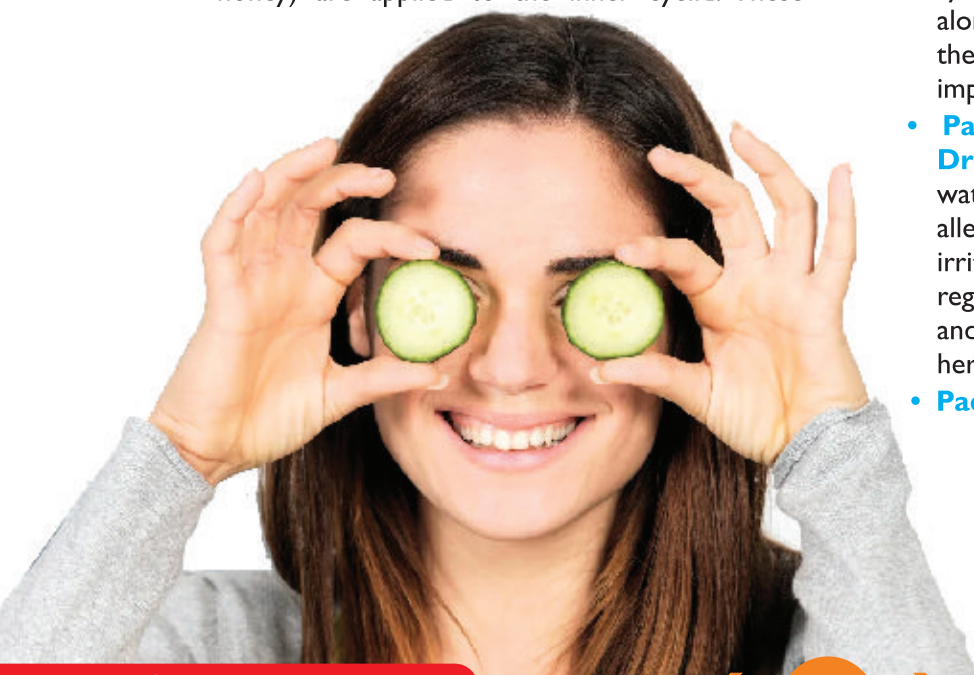
Ayurveda prescribes a range of eye-specific treatments (*Netra-Roga Kriya Kalpa*) tailored to particular conditions. These are often simple, non-invasive procedures:

- **Netra Tarpana** : Medicinal ghee or herbal decoctions are poured in a dough dam around the eyes to bathe them. The ghee deeply lubricates cornea and conjunctiva. As noted, Triphala Ghrita Tarpana improved dry-eye symptoms in trials. Tarpana is classically said to enhance Drishtibala (strength of vision) and remove ocular discomfort.
- **Keshanjana / Anjana (Collyrium)** : Medicated pastes or drops (often containing ghee, herbs, or honey) are applied to the inner eyelid. These



cleanses the eyes and nourishes tissues. Keshanjana was clinically tested against regular tear drops; both gave similar symptom relief in dry eye, but Ayurvedic treatment was more cost-effective. Classical texts praise collyriums as Netraprasadak (beautifying to eyes) and recommend oils or powders of herbs like Cassia absus for chronic eye complaints.

- **Nasya (Nasal Administration)** : Ayurvedic nasal therapy – instilling medicated oil or herbal milk into nostrils – is believed to have a direct effect on eye function. In one open trial for myopia, adding Nasya with before Tarpana produced more relief of symptoms (improved visual acuity) than Tarpana alone. Ayurvedic rationale is that nasal oils reach the sinus regions associated with ocular nerves, improving tear secretion and nourishment.
- **Parisheka / Ashchyotana (Eye Washes/ Drops)** : Decoctions of triphala or rose petal water are often used to wash the eyes gently, alleviating inflammation. These cleansings dilute irritants and can reduce surface inflammation. regular gentle eye irrigation to “avoid eye diseases” and maintain vision (e.g. lukewarm filtered water or herbal infusions).
- **Padabhyanga and Snehapana** : Though not strictly ocular, general oleation (oral ghee/drink therapy) and oil massage of feet or body are described in classics for Shirovirechana (head cleansing) and ocular health. A case report notes that Nasya (with oil) and Padabhyanga were effective in relieving dry eye and eye strain.



These therapies are ideally done in sequence or as a regimen and such ophthalmic procedures should be used under guidance, and often after preparing the patient with body cleansing (Panchakarma) to balance doshas. In practice, however, even simple home therapies (brief Trataka gazing, yoga breaks) can make a difference.

Evidences from Ayurvedic Ophthalmology Research

- **Dry Eye / Computer Vision Syndrome :** In a study at an Ayurveda college, 50 patients with work-related dry eye were divided into two groups. Those receiving Triphala Ghrita Netra Tarpana (3 days/week for 3 months) reported significantly greater relief of dryness and other symptoms than the control group using lubricant drops. The authors attributed the success to Triphala's anti-inflammatory and vitamin-A rich profile.
- **Allergic Conjunctivitis :** A multicentre CCRAS trial (54 patients) tested a purely Ayurvedic regimen for allergic red-eye. Patients took Mahatriphaladya Ghrita orally (a ghee preparation) and used Triphala kwath as eye



drops for 12 weeks. The result was "statistically significant improvement" in itching, redness, tearing, photophobia and other allergy symptoms. There were no adverse effects, confirming the safety of these herbal treatments in eye allergy.

- **Refractive Errors (Myopia) :** A case report of a 10-year-old with myopia found that five months of Ayurvedic treatment (nasya, tarpana, herbal eye procedures and Rasayanas) improved his unaided vision from 6/18 to 6/9, and halted further progression. These reports suggest that while Ayurveda doesn't "correct" refractive error like glasses, it can strengthen visual function and slow deterioration.
- **Yoga and Relaxation :** A trial in Bangalore



found that office workers practicing daily yoga had significantly lower visual discomfort scores after 2 months compared to controls. This underscores that stress reduction, improved circulation and mindful rest can complement ocular therapies.

Together, such studies published in Ayurvedic journals and allied medical journals provide emerging evidence that Ayurvedic eye care techniques are effective and safe. Many are small or preliminary, but the trends are encouraging. Importantly, Ayurveda's holistic eye protocols often achieve symptom relief comparable to standard treatments (e.g. lubricating drops) while also addressing systemic health.

Integrating Ayurvedic Eye Care

In practice, an Ayurveda-informed eye care plan might combine diet, habits and treatments. For example, a regimen could include: taking morning Triphala tea (antioxidant detox), applying a drop of pure ghee at bedtime (natural lubricant), daily yoga/eye exercises for circulation, and periodic Nasya/Tarpana sessions under professional supervision. Such a plan aligns with Ayurveda's emphasis on nidana-parivarjana (avoiding causative factors, like eye strain or poor diet) and dinacharya (healthy daily routine).

On Eye Care Day (and year-round), these measures supported by both tradition and research can enhance visual comfort and resilience.

Ayurveda treats ocular disorders not merely with topical drops but with systemic treatment modalities like Snehapana orally, Nasya, Basti, Rasayana as well as topical procedures (eye ashes, Tarpana, Snehana putpaka, lubricating collyrium). For the patient, this means eye health is seen in context of whole-body balance, not just symptom relief.

In conclusion, Ayurveda offers a time-tested, multifaceted approach to eye care: prescribing herbs and diet rich in ocular nutrients, recommending cleansing and nourishing therapies for the eyes, and promoting holistic lifestyle practices. When used judiciously alongside modern ophthalmology, these methods can help maintain clear vision and comfort into advanced age.

Sources : Ancient Ayurvedic texts, International Ayurvedic Medical Journal, PubMed, International Journal of Herbal Medicine, AyuCaRe by AIIA, CCRAS.

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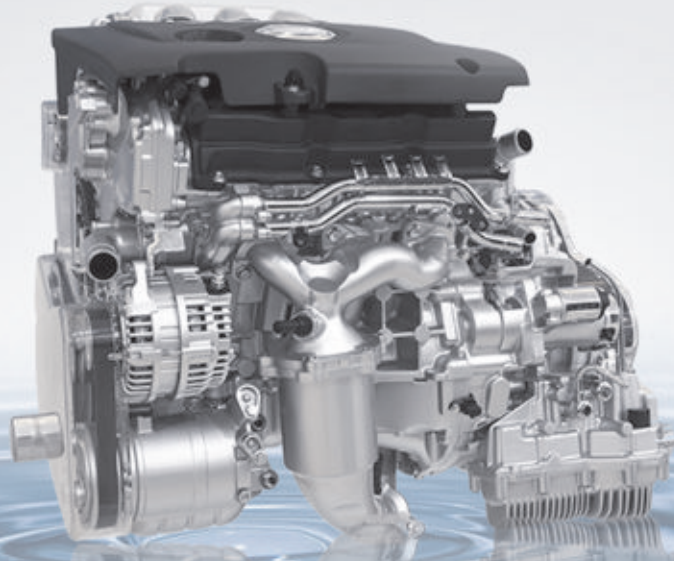
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All the best MID, please keep doing the good work. It is truly heartening to see the selfless service that **Mahavir International Delhi** continues to render in the fields of **healthcare, education, and women empowerment**. The organization's consistent dedication towards uplifting the underprivileged reflects the true spirit of compassion and humanity.

May MID keep growing in its noble journey, touching more lives and inspiring others to join this mission of service and kindness.

“When kindness becomes a purpose, miracles become a routine.”



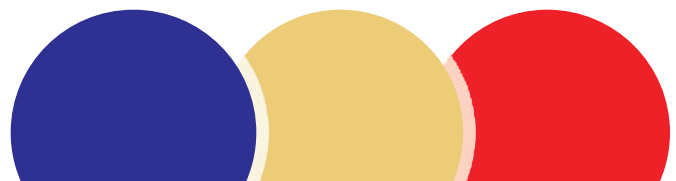
Sh. Arjun Israni

I plan to earn more so that I can give more.

True joy lies not in what we possess, but in what we share. It is deeply fulfilling to see the commendable work that **Mahavir International Delhi (MID)** is doing in the service of humanity — from healthcare and education to women empowerment and community development. The organization's dedication and transparency inspire confidence that every contribution truly transforms lives.

May MID continue to grow and illuminate many more lives with its compassion, care, and commitment to service.

“The more we give, the richer our hearts become.”



DIAMOND CHAMPION



Message from Sh. Ashhok Kumar Jain (LM-66), Executive Chairman, MID

Serving **Mahavir International, Delhi**, has been an honour— a journey rooted in compassion, collective effort, and unwavering faith in humanity. Our organisation’s mission to create a Cataract-Free Delhi and to extend quality healthcare to the underprivileged reflects the essence of our motto, “Love All – Serve All.”

From the core of my heart, I wish to convey my deep sincere gratitude to dedicated team of Doctors & Para Medical Staff, committed supporters/ Donors and Board of Directors who supported to reach millions who once had limited access to care. Every milestone we achieve is a reminder that true service lies not in words, but in action that transforms lives. Together, let us continue this sacred journey of service with renewed energy and dedication.

“Hearts that serve and hands that care — Build a world that’s just and fair.”



GOLD CHAMPION



Message from Sh. Arun Jain (LM-212) Secretary, MID

It is a matter of great pride to see Mahavir International Delhi growing stronger each year in its mission of “Love All–Serve All.” Since 1979, the organization has been dedicated to providing affordable healthcare to the underprivileged through its **three Eye and Health Centres** at Nabi Karim, Hauz Rani, and Badarpur.

Through our flagship initiative **“Doctor at Doorstep,”** we have organized over **4,300 camps**, serving more than **59 lakh beneficiaries** and conducting thousands of free and subsidized OPD consultations. Our relentless efforts have led to over **35,000 cataract surgeries**, along with extensive work in Ayurveda, Homeopathy, and Physiotherapy.

Every milestone achieved reflects our team’s compassion and commitment towards a healthier and happier society.

“In serving others, we discover the true meaning of humanity.”



GOLD CHAMPION



Message from Sh. K. Narayan (LM-369), Chairman, MID

It is a matter of immense pride to lead an organisation that embodies the true spirit of seva — selfless service for the welfare of humanity. Mahavir International, Delhi, has continually strived to uphold its guiding motto, “Love All – Serve All,” through dedicated efforts in healthcare, eye care, education, women empowerment, and environmental sustainability.

Our journey from a modest beginning in 1979 to serving millions today stands as a testament to the collective compassion and unwavering commitment of our members, donors, and partners. Together, we have built not just hospitals and projects, but trust, hope, and human connection.

Let us continue to serve with humility and purpose, ensuring that our work reaches every corner where care is needed most.

“Service is the light that brightens every heart - When we give with love, miracles start.”

DIAMOND CHAMPION



Message from Sh. Vijay Kumar Jain (LM-71) MID

It gives me immense joy to witness the remarkable work being carried out by **Mahavir International, Delhi**, in the field of *health care and community service*. The organisation's tireless dedication toward providing medical aid, organising health camps, and ensuring that quality care reaches even the most underprivileged, truly deserves admiration.

Their compassionate approach not only heals ailments but also spreads hope — a virtue our society deeply needs today. Such initiatives remind us that humanity flourishes when we care beyond ourselves.

**"A heart that serves is a heart that heals —
In every act of kindness, true compassion reveals."**

GOLD CHAMPION



**Message from
Smt. Raj Sharma (LM-94), MID**

Education is the most powerful tool for shaping the destiny of a nation, and Mahavir International, Delhi, has been illuminating young minds through its noble initiatives in this field. Under the project "JhakeNanhiAankhon Mein," the organisation has organised more than 189 school camps, ensuring timely vision correction for over 48,000 children studying in MCD and NGO-run schools. By restoring their eyesight, Mahavir International has helped these children rediscover not only clear vision but also renewed confidence in learning and life.

Such selfless dedication towards nurturing the future generation truly embodies the organisation's motto — "Love All – Serve All."

**"Open a child's eyes to the light of learning —
And the world begins its brightest turning."**



GOLD CHAMPION



Message from Sh. Vinay Kr. Agarwal (LM-412), Director (Admin & HR), MID

As part of Mahavir International, Delhi, I feel privileged to contribute to an organisation where compassion meets professionalism, and service becomes a way of life. Having joined in January this year, I have already witnessed the dedication, discipline, and warmth that make this institution truly exceptional.

Our dedicated team of doctors, paramedical staff, and volunteers work tirelessly every day to ensure that healthcare, education, and empowerment reach those who need them most.

At the core of our success lies our people — selfless individuals driven by empathy and a shared vision of humanity. Together, we continue to build an institution that stands for trust, transparency, and tireless service.

Let us remain united in our mission to touch lives with care and dignity, carrying forward our guiding light — "Love All – Serve All."

**"When hearts unite with purpose clear —
Service turns to joy sincere."**



DIAMOND CHAMPION



**Message from
Sh. Pradeep Kumar Jain (LM-290)**

True service lies in touching lives, uplifting communities, and creating hope where it is needed most. Mahavir International, Delhi has embodied this spirit through its selfless initiatives in healthcare, education, and women empowerment. Its commitment to the underprivileged has not only healed countless individuals but also strengthened the moral fabric of our society.

Over the years, Mahavir International has become a symbol of compassion, integrity, and collective service. Its wide spectrum of activities — from organizing medical and social welfare programs to nurturing young minds and empowering communities — reflects a deep sense of purpose and unity. Each member, volunteer, and supporter contributes towards building a society where empathy, equality, and service are guiding values.

I firmly believe that when compassion guides our vision and service shapes our deeds, progress becomes inevitable. It fills me with immense pride to be a part of this noble journey where every contribution, big or small, becomes a step toward a healthier and more equitable world.

Let us all continue to support and strengthen this mission, ensuring that the light of Mahavir International keeps illuminating the lives of those in need for generations to come.

“Greatness is not in what we have, but in what we give.”



GOLD CHAMPION



**Message from
Sh. Suresh Chand Jain (LM-200), MID**

It fills me with immense pride to see **Mahavir International, Delhi**, serving humanity through its wide-reaching healthcare initiatives. With three charitable hospitals located at *Nabi Karim, Hauz Rani, and Badarpur*, the organisation provides comprehensive medical care — including *Eye, General Medicine, Ayurveda, Homeopathy, and Physiotherapy* — to hundreds of underprivileged patients every day. Over **150 patients** are attended to daily at each centre, receiving free consultations, medicines, and diagnostic support with compassion and dignity.

Such noble efforts truly reflect the spirit of *seva* and reaffirm faith in humanity. The dedication of Mahavir International towards building a healthier, happier society stands as an inspiration for all.

**“Healing hearts with selfless care —
Spreading hope everywhere.”**



GOLD CHAMPION



**Message from
Sh. Raj Pal Gandhi (LM-319)**

The tireless efforts of **Mahavir International, Delhi**, in restoring sight and spreading awareness about eye health are truly commendable. Guided by the noble mission of making *Delhi Cataract-Free*, the organisation has been a beacon of light for thousands. With more than **35,000 cataract surgeries** and **321 eye** donations facilitated so far, Mahavir International continues to bring the gift of vision to those who once lived in darkness.

Each restored vision is not just a medical achievement — it is a moment of renewed hope, joy, and dignity. The commitment of Mahavir International reminds us that service to humanity is indeed the truest form of worship.

**“To give sight is to give life anew —
A vision of hope, pure and true.”**

DIAMOND CHAMPION



Message from Sh. Rajender Kumar Jain (LM-292)

I deeply appreciate the noble efforts of **Mahavir International, Delhi**, in making quality health care accessible to all, especially through its extensive network of *Eye and Health Check-up Camps*. Under its visionary **“Doctor at Doorstep”** initiative, the organisation has already conducted over **4,300 free health camps**, benefitting more than **59 lakh individuals** with medical consultations, medicines, and spectacles. Its commitment to building a cataract-free Delhi stands as a beacon of hope for countless underprivileged families.

Such tireless service reflects the organisation’s guiding spirit — *“Love All – Serve All.”* Mahavir International has shown that when compassion meets commitment, even the most distant eyes can find the light of vision and care.

**“Where healing hands and hearts combine —
Even darkness learns to shine.”**

GOLD CHAMPION



Message from Sh. Vipin Jain (LM-258)

Healthcare is not a privilege; it is a basic right of every individual. Mahavir International, Delhi has been a torchbearer in making this vision a reality by bringing affordable and quality healthcare to the underprivileged sections of society. The organization’s relentless efforts — from conducting free eye and health check-up camps to organizing awareness and preventive health programs — reflect its unwavering commitment to human welfare.

It is truly heartening to witness how **Mahavir International** transforms compassion into concrete action, reaching out to those who often remain unseen and unheard. Their service goes beyond treatment; it restores dignity, confidence, and hope in countless lives.

I feel deeply proud to be associated with this noble cause and to contribute towards such meaningful change. Together, we can build a society where good health is within everyone’s reach and where every act of kindness becomes a step toward a better tomorrow.

“The highest form of service is to heal — not just bodies, but lives.”

DIAMOND CHAMPION



Message from Sh. Atul Jain (LM-63)

It's truly inspiring to witness the remarkable work being carried out by Mahavir International, Delhi. The organisation's unwavering commitment to serving humanity, empowering the underprivileged, and promoting the cause of eye donation reflects its noble vision and compassion.

I feel proud to be associated with such a purposeful movement that continues to touch countless lives and spread kindness across communities.

My heartfelt best wishes to the entire team of MID for their continued success and ever-growing impact in the years ahead.



GOLD CHAMPION



Message from Smt. Sangita Jain (LM-325)

It is truly heartwarming to see **Mahavir International**, Delhi, extending its vision of service beyond healthcare into the sphere of *environmental sustainability*. By initiating large-scale **water recharge and conservation projects** under the CSR partnership with public sector undertakings, the organisation has demonstrated how compassion for people and care for the planet go hand in hand. These efforts, aligned with multiple **United Nations Sustainable Development Goals**, ensure that future generations inherit a cleaner and greener Earth.

Mahavir International's commitment to serving humanity in every possible form — from health to environment — reflects its timeless motto, "Love All – Serve All."

"When we nurture nature with mindful care — A brighter tomorrow fills the air."

Doctor at Door Step (DADS)– Healthcare Where It's Needed Most

- 3 permanent medical centres–Nabi Karim, Hauzrani & Badarpur
- 59+ lakh patients treated
- 4,200+ free health & eye camps
- 35,000+ cataract surgeries performed
- Fleet of mobile health vans serving Delhi's slums and underserved areas



DIAMOND CHAMPION



Message from Sh. Amit Sankhwal (LM-357)

Mahavir International, Delhi has been doing exceptional work in bringing hope and vision to many lives through its dedicated social initiatives. The organisation's efforts in promoting eye donation and serving the underprivileged truly exemplify compassion in action.

It is a matter of great pride to be a part of this noble journey that continues to inspire society towards greater empathy and service.

Wishing the team of MID continued strength, unity, and success in their mission of making the world a brighter place.

Project Janitri

A special community outreach programme that educates young mothers and adolescent girls on menstrual hygiene, nutrition, safe delivery, and child care, while distributing essential health and hygiene kits.



Jhanke Nanhi Ankhon Mein (JNAM)

Eyes of Hope, Dreams in Sight

- 200+ camps in MCD schools
- 50,000+ children screened & given free spectacles
- Promoting clear vision for brighter futures





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- Contract for Operation & Maintenance of Navi Mumbai Metro Line-1 for a period of three years since April 2024.
- O&M of Katra-Banihal section of USBRL project

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- Five locations — Indapur, Khed, Ratnagiri, Verna, and Thokur have been notified as Container Rail Terminals.
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- State-of-the-art warehouses developed at Indapur (Maharashtra), Verna (Goa), Udipi and Thokur (Karnataka) in collaboration with Central Warehousing Corporation.

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- Rail Arcade at Madgaon
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- Executive Lounge at Khed, Chiplun, Ratnagiri, Thivim, Madgaon, Mookambika Road Byndoor & Udipi



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राष्ट्रीय पिछड़ा वर्ग वित्त एवं विकास निगम (एन.बी.सी.एफ.डी.सी.)

राष्ट्रीय पिछड़ा वर्ग वित्त एवं विकास निगम (NBCFDC), सामाजिक न्याय और अधिकारिता मंत्रालय के तत्वाधान में भारत सरकार का उपक्रम है। इस निगम की स्थापना कम्पनी अधिनियम 1956 की धारा 25 (अब कम्पनी अधिनियम, 2013 की धारा 8) के अन्तर्गत एक लाभ मुक्त कम्पनी के रूप में 13 जनवरी, 1992 को की गई। इसका उद्देश्य संबंधित राज्य सरकारों/संघ राज्य क्षेत्रों द्वारा नामित राज्य चैनेलाइजिंग एजेंसियों, चयनित सार्वजनिक क्षेत्र की बैंकों व क्षेत्रीय ग्रामीण बैंकों के माध्यम से गरीब (वर्तमान में ₹. 3 लाख वार्षिक पारिवारिक आय तक के व्यक्तियों को) पिछड़े वर्ग के व्यक्तियों के लाभ के लिए आर्थिक और विकासात्मक कार्यक्रमों को प्रोत्साहित करना है। इसके साथ ही साथ NBCFDC मंत्रालय द्वारा समय-समय पर सौंपे गए अन्य वर्गों के उत्थान के लिए भी योजनाएं क्रियान्वित करता है। निगम द्वारा लक्षित वर्गों के आर्थिक सशक्तीकरण की दिशा में एक महत्वपूर्ण कदम आगे बढ़ाते हुए 'परंपरागत हस्तशिल्पियों के उत्थान हेतु आजीविका कार्यक्रम (ट्यूलिप)' नामक एक समर्पित ब्रांड का शुभारंभ किया है। इसका उद्देश्य दस्तकारों/हस्तशिल्पियों की आय को बढ़ाने हेतु पारंपरिक बाजारों के साथ-साथ उनके उत्पादों को राष्ट्रीय एवं अंतर्राष्ट्रीय ई-कॉमर्स प्लेटफॉर्म तक पहुंच उपलब्ध कराना है।

विशेष योजना "SEED": इस योजना के अंतर्गत, NBCFDC "विमुक्त, घुमंतू और अर्ध-घुमंतू समुदायों के लिए विकास और कल्याण बोर्ड (DWBDNCs)" के अंतर्गत DNTs के आर्थिक सशक्तीकरण की योजना (SEED) की कार्यान्वयन एजेंसी के रूप में कार्य कर रहा है। वर्तमान में सूचीबद्ध एजेंसियों के माध्यम से NBCFDC इस योजना के आजीविका और स्वास्थ्य घटकों को लागू कर रहा है। आजीविका घटक के तहत, इन समुदायों की महिलाओं के स्व-सहायता समूहों (SHGs) का गठन कर महिला सदस्यों की आय-उपार्जन क्षमता को बढ़ाने के लिए विभिन्न प्रकार की शत-प्रतिशत अनुदान राशियों के साथ-साथ निःशुल्क कौशल प्रशिक्षण भी प्रदान किया जा रहा है। स्वास्थ्य घटक के तहत, समुदाय के सदस्यों को आयुष्मान कार्ड जारी करने का कार्य प्रगति पर है। कार्ड जारी होने के बाद, लाभार्थी योजना के दिशा-निर्देशों के अनुसार निःशुल्क चिकित्सा सुविधाओं का लाभ भी प्राप्त कर सकेंगे।



पंजीकृत कार्यालय: पंचम तल, एन.सी.यू.आई.बिल्डिंग, 3, सीरी इन्सटीट्यूशनल एरिया, अगस्त क्रान्ति मार्ग, नई दिल्ली-110016
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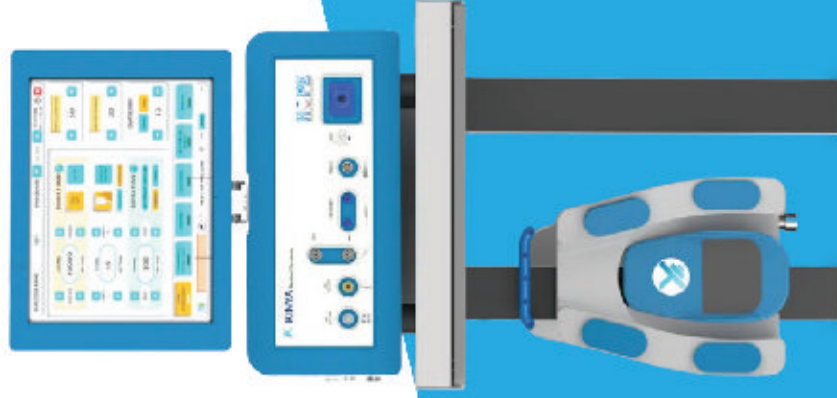
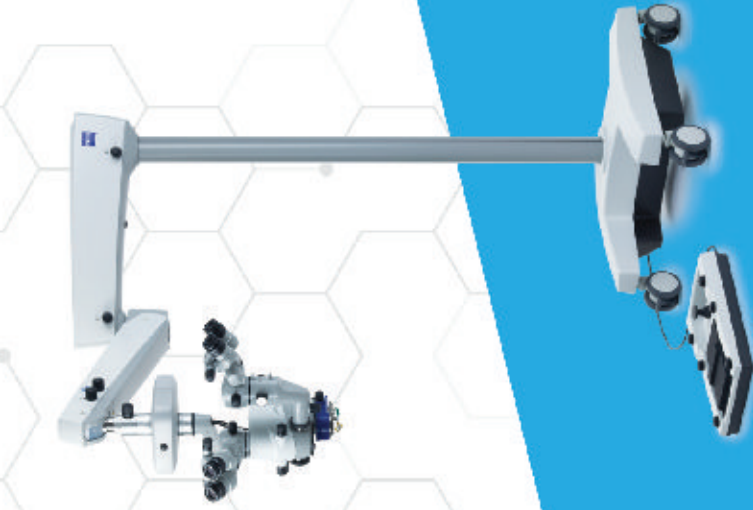


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