



33 Years  
of

**SEWA**

SCHOLARSHIPS  
EDUCATION  
WELFARE  
ASSOCIATIONS

**NISHKAM TIMES**

www.nishkam.in nishkam84@gmail.com +91-11-28334477

**NEWSLETTER**  
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**Do one act of kindness  
each day of the year and  
change 365 lives**



**HAPPY NEW YEAR**



**Waheguruji ka Khalsa, Waheguruji ki Fateh**

It was like yesterday...365 days passed and another 365 are in front of us. The figure looks small in terms of "ONE YEAR" but meanings get changed with "365" which looks bigger in numbers. Last year we were thinking about how many deeds we could accomplish, when targets look much bigger but your support turned around the whole paradigm and made it, possible.

From our committed supporters like you, to our volunteers, staff, and donors, every person involved with Nishkam plays a vital role in fulfilling our mission of supporting the lives of many in need. It has been incredible to see how our beneficiaries are sharing the global stage, supporting someone like they benefited from your support; giving back to the society in manifold and the list goes on...

As 2017 comes to an end, we feel proud to convey everyone that kindness and empathy has the ultimate power and people like you made it possible in accomplishing together. "Saach kahun sun leyo sabhe, jin prem kiyo tin hi prabh payo" is the mantra of contentment and hidden message for betterment of society. "If your actions inspire others to dream more, learn more, do more and become more, then we have to respect that "MORE" factor bestowed by Almighty which shows the reason why we are born whilst introspecting the role of great leaders and mentors who came and exist with same feeling to give, rejoice, change and nurture the true spirit for higher aim.

**Let's welcome 2018 with the aim of fostering new hopes**



# Nishkam's First Ever Physiotherapy Unit Inaugurated at Yamuna Nagar (Haryana)

On 23rd Dec, 2017 S. Harbhajan Singh- TG (Founder Member of Nishkam) inaugurated Nishkam's Physiotherapy unit at Nishkam Medical Centre, Sarni Chowk- Yamuna Nagar. It was a joyous evening with the Yamuna Nagar project members sharing their journey of being associated with Nishkam and how the selfless community has improved over the years. S. BS Anand and S. KS Talwar (both Nishkam Members) were also present. Dr Joginder Singh Baweja (Chairman of Yamuna Nagar project committee) welcomed the gathering. Equipped with state of art machinery, the Physiotherapy Unit will enable beneficiaries from Yamuna Nagar to access quality services at highly affordable rates for their musculoskeletal problems. With such services becoming more and more expensive in big cities each day, Nishkam's Physiotherapy Unit comes as a huge respite for needy and underprivileged.



## Sukhmani Sahib Paath recited for fruitful 2018

Nishkam organized 'Shri Sukhmani Sahib Paath' to seek the blessings of the Almighty. All the staff of Nishkam's project office along with Nishkam members were part of this religious ceremony. The function was organized at Nishkam Bhawan (Project Office) on 1-Jan-2018.

Prominent amongst those present on the occasion included Dr. RS Gulati (Vice President); S. BS Anand; S. KS Talwar; S. Daljeet Singh; S. Narinder Singh; S. AS Walia (Treasurer); S. Harmohinder Singh; S. R.S. Gujral & S. Parvinder Singh. S. Harbhajan Singh-JP (General Secretary of Nishkam) said such pious initiative with blessings of Almighty may bring peaceful and profitable gains in our lives and may our actions always serve humanity and involve in pious deeds. He also thanked all present in the function. Light refreshment was served after Ardaas.



### Sukhmani Sahib



Penned by 5th Guru Arjan Dev ji in 1602

Revealed at Gurdwara Ramsar, Amritsar-Punjab



Approx. 24,000 letters to account for 24,000 breaths per day



Brings Peace and Harmony to the mind

24



Ashtapadis/Hymns to account for each hour of the day.

Reciting in congregation 90 mins.

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ONE  
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(ੴ)

Teaches importance of meditation, contemplation and remembrance of "The ONE"





*In Pics: Dr. JS Nanra while laying the foundation stone & Nishkam team along with beneficiaries/villagers*

S. Gurdev Singh  
The face who  
is efficiently  
leading the project.



## Foundation Stone of 6 houses was laid in Tarn Taran (Punjab)

The foundation stone of 6 houses being built in Tehsil Patti, TarnTaran-Punjab was laid down by Nishkam team on 13-Oct-2017. After getting appeals from volunteers at Patti, Nishkam planned to build houses for the needy on their own land space. The construction would be completed within 6 months from the day of beginning of the work.

Dr. JS Nanra- President of Niskam, in the presence of local Nishkam team laid the stone laying ceremony. This project is being monitored by S. Gurdev Singh a very dedicated Nishkam Volunteer.

S. Harbhajan Singh (TG) Nishkam member speaking on the occasion said that the Sikh community should give due importance to both academic and religious education and their usage for the sake of human development mission led by our great gurus. He also sought the cooperation of people for Nishkam in its activities such as extending help to the poor, needy, students, patients and welfare schemes for needy widows and destitute senior citizens.

## Nishkam paid ₹20,000 to save the life of a baby girl

Saundarya-an 18-month-old-baby girl, got a new lease of life. She underwent a treatment of **Jaundice** in SDM Hospital-Hubli, Karnataka. She has been suffering from such serious condition since four weeks ago and has been shifted to three hospitals. It was a difficult case and lot of money was required. There was a financial constraint in the family. A public appeal was made and Nishkam paid Rs. 20000/- to the hospital. After successful treatment, the family feels grateful to donors and all those who wished for her good health to save the life of such innocent child.



## Can you imagine...

In the past **6 months** you've changed a lot by **GIVING**:



EDUCATION ASSISTANCE of:  
**SIKLIGAR PROJECT**

**₹ 55, 11, 131**



EDUCATION ASSISTANCE of:

**₹ 2, 52, 360**



FAMILY ASSISTANCE of:

**₹10, 23,600**



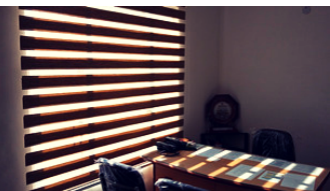
MEDICAL ASSISTANCE of:

**₹ 95, 674**

*Figures from July 2017- December 2017*

## Renovation of Nishkam Bhawan (Office)

It is a matter of pleasure and satisfaction for all concerned that the renovation of Nishkam Bhawan Building has brought fruitful result and the space now available has been utilized to give a new look to the office of Nishkam by shifting it from basement to well furnished first floor. A Conference Hall with new furniture and very attractive curtains have been provided. Besides our Tuition Center has also been refurbished with new desks and other equipment.





## Scholarships' test was conducted for needy school-goers



The annual examination was held across 2 centers (Sukho Khalsa Sr Sec School-Tilak Nagar & Bhai Joga Singh Khalsa Girls Sr Sec School in East Patel Nagar in New Delhi) and at SGNP Girls Sr. Sec. School, Shahbad- Haryana in Nov-Dec, 2017. A total of 589 candidates were eligible to take the examination out of which 517 got appeared in the exam. People have shown big interest and like every year the number of candidates are increasing which is a remarkable gesture that our mission is giving hopes and smiles to many in need. Meritorious students (Class 7th to 12th) from underprivileged families are eligible for the test. Scholarships worth Rs. 1,549,200/- were distributed among 432 students for 2016-17 session.

## SHDF raises ₹ 1.3 crore for underprivileged students



Just recently, our associate partner Sikh Human Development Foundation in Washington (SHDF) has raised \$210,000 or Rs 1.35 crore for underprivileged youth pursuing higher education in Punjab and neighboring areas. The fund was raised at an event featuring actor Gurpreet Singh Ghuggi. Nishkam the associate partner of SHDF has been imparting, organizing and promoting the scholarships since 2000 in India. The project was started with merely 22 scholarships and in the span of 17 years; it has crossed more than 550 scholarships mark.

## Nishkam Stall at Gurdwara Rakab Ganj- Delhi



On the occasion of Parkash Purab of the tenth Guru Gobind Singh, Delhi Sikh Gurudwara Committee celebrated this day with spiritual and religious activities. Celebrations began early in the morning at Gurudwara Rakab Ganj Sahab, New Delhi on 25th Dec-2017. On this occasion we exhibited our mission while distributing flyers and brochures. People from all walks of life, took interest and felt impressed to see how Nishkam is nurturing the spiritual concept of *Sarbat Da Bhala* through various welfare schemes.

## Sharing is Caring

It has been a privilege to see how the community people are taking interest and pain in stirring a wave of hope and development across needy and downtrodden. Just recently Dr. Navejeet Kaur one of the donors of SHDF along with her husband visited Guru Nanak Dev University to have interaction and face to face discussions with recipients' of SHDF Scholarships. She crossed thousand miles from USA to India to personally meet and feel them. The scholars exchanged views on job/career environment in India and possibilities of entrepreneurship. Such occasions of get-together add value to the knowledge of young and bright minds and future of this country. Similarly Ms. Surjeet Kaur (Donor of SHDF- USA) also visited Nishkam to discuss the possibilities for scholarships advancement.



<---Ms. Surjeet Kaur while meeting at Nishkam

