

# Festive Edition



33 Years  
of  
**SEWA** | SCHOLARSHIPS  
EDUCATION  
WELFARE  
ASSOCIATIONS

## NISHKAM TIMES

**NEWSLETTER**  
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### Freedom on wheels!

Shri Om Prakash from New Delhi is a Polio afflicted young man and orthopedically disabled with 75% disability. He was a Typist in NCERT and now working as a worker with a Contractor engaged by DDA (Delhi Development Authority) in their ITO based office in New Delhi. He approached Nishkam as he was facing commuting problems in coping with his regular job. He was given a Scooter for Handicapped (worth Rs. 70000 with attachments etc.) by Nishkam. Now he is timely reaching on his duty after covering 15 Kms. travelling from Shahdra to ITO. This has also uplifted his socio-economic status and he can cover more miles with dignity.



"I am thankful and appreciating Nishkam that they are helping divyaang (physically-challenged) persons. I am also one of them; it was so painful to push myself everyday but now the whole story got changed. May God bless Nishkam with more selfless service"  
---Om Prakash, The Beneficiary



### Workshop on Personality Development at Faridkot-Punjab

A one day workshop on 'Personality Development and Good (Positive) Behaviour' was organised at Faridkot on 11th Nov-2018 by Nishkam Sikh Welfare Council (Regd.), New Delhi with active support of local unit of Nishkam at Faridkot for Sikh Human Development Foundation (SHDF) scholars. Sixty five students of Faridkot, Moga, Ferozepur, Fazilka, Sri Muktsar Sahib and Bathinda area attended the workshop. The different sessions included training on various facets of personality development. Aiming to guide the students on how to adapt Soft Skills and how Interview Techniques would be helpful in building successful career. The main aim of the workshop was to boost up self-confidence of participants, in order to excel in the fields chosen by them. Self-confidence is important factor which matters in building better relations and overall development. The workshop was addressed by many expert and experienced speakers.



S. Harvinder Singh Khalsa, Coordinator of Nishkam's Faridkot Unit addressing the gathering.



Session in Progress



▲ Prof. Dalbir Singh, a very dedicated sewadar of Nishkam at Faridkot motivating the students.



# Awards and Recognition

## Bhai Ghanaiya Ji Award

Nishkam Sikh Welfare Council (Regd.) has been honoured with Bhai Ghanaiya Award from Bhai Ghanaiya Cancer Roko Sewa Society (Regd.) Faridkot, Punjab and Bhai Ghanaiya ji Sewa Simran Kendra, Phagwara- Punjab. Both these organizations are working for welfare and chosen Nishkam for its selfless service towards humanity irrespective of caste, creed and religion for more than 34 years. A Charitable services award was received by S. Harbhajan Singh, Founder Member on behalf of Nishkam.



Speaking on the occasion, S. Harbhajan Singh lauded the efforts of Nishkam and the donors who are supporting the mission of *Sarbat Da Bhala* (Welfare of All) for the last three decades. He elaborated the various welfare projects being run with moral and financial support of *sangat*. "A lot more needs to be done to restore the legacy of our great Gurus who have shown the path of *Kirat Karna* (To earn)-*Naam Japna* (To meditate) and *Vand Chhakna* (To share). He further asked every Sikh to fulfill the need of poor- *Garib da Muh Guru di golak*" (A poor man's mouth is Guru's treasury) **On behalf of Nishkam, he added that, this award goes to all selfless hearts who supported the pious mission with dedication and love for humanity.**

**About Bhai Ghanaiya Ji:** He was a disciple of Guru Gobind Singh and initiated the concept of medical aid, serving drinking water and giving first aid to the wounded soldiers in the battlefield without discrimination about 200 years before Red Cross was born. As a result numerous organizations named after Bhai Ghanaiya are now being run in the service of mankind by the Sikhs at the various places throughout the world.



## Scholarship Interviews of underprivileged university students

On 28th October, the scholarship interviews were conducted across 5 centres namely, Faridkot, Moga, Ludhiana, Amritsar and Chandigarh (4th Nov.) in Punjab and at Nishkam Bhawan in New Delhi. A total of 562 candidates appeared out of 621 short listed for 2018-19. The procedure started in a well arranged manner in various educational institutions coupled with cooperative approach from the local volunteers and Nishkam members. The students were addressed on moral values and their active involvement in nurturing the mindset for inclusive growth through coordinators and Nishkam members. India has more than 50% of its population below the age of 25 and more than 65% below the age of 35. Considerable progress has been made, but still the large number of young adults' give-up their dream of attaining education due to poverty. Nishkam for very long time has been striving to meet that need with the support of our donors and volunteers through various scholarship schemes. We may add that the interviews of the students eligible for renewal of scholarship were held while the written test was conducted for new students in September. Nishkam in association with Sikh Human Development Foundation, USA (SHDF) invite applications for scholarships from regular students studying in recognized Colleges and Universities for Professional Degree/Diploma Courses.





# Activities at Mata Gujri Sukh Niwas, Kharar (Punjab)

## Art and Craft Workshop



Wastav, an NGO organized "Make from Waste" session at Mata Gujari Sukh Niwas for children. The main motive of this workshop was to enhance innovative skills among children. They made beautiful things with the help of ice-cream sticks, newspapers, wooden sticks, colourful papers etc. The workshop was conducted very well and children participated enthusiastically.



## Diwali Celebration

With more and more people preferring to celebrate their Diwali with social concerns, students of Paragon Senior Secondary School, Mohali joined the children and senior citizens of our orphanage to make the occasion an unforgettable experience. They donated shoes, blankets, sweets, clothes and gifts among all the residents of Orphanage. Social work is a professional and co-curricular discipline committed to the pursuit of a social welfare, social change and social justice. It underlines the welfare of an individual that ultimately leads to the welfare of society as whole and develop their personality for great social cause/philanthropy.



## Children's Day

Volunteers from Helping Hands Club, a Ludhiana based NGO celebrated Children's Day (14th November) with the children in MGSN. They distributed gifts and sweets among children.

Children's Day is celebrated across India to increase awareness about the rights, care and education of children. It is celebrated on 14 November every year. It is also a common practice to distribute gifts like clothes, toys and books to orphan children on this day. We thank the organizers for the efforts they made to put smiles on the faces of these children during festive season.



## Sharing is Caring

Manish Singh, a Sikligar Sikh child who has been beneficiary of Nishkam and sponsored by Ms. Priti Singh for the past 3 years, got gift on this festive season. Ms. Priti who is, a Lead Consultant at American Express Global Business Travel, always shares her generosity many a times for Manish's family. This time she asked S. Mukesh Singh, father of Manish Singh to visit her residence for Diwali, so that her family meet them. She gifted new clothes, some winter wear and cash of Rs. 5000 to his father. She has also offered to pay expenses of the child if he joins any activity/course such as English speaking course, Swimming or other activity during summer vacations. Last year she gifted a bicycle to Manish Singh. His father is into selling of locks and keys (*Taala Chabi*) and cannot afford his education and daily needs. **Thanks Ms. Priti Singh for sharing kindness and generosity which is the most valuable asset in making any person, a complete human being.**



Last year Ms. Priti Singh gifted a bicycle to Manish Singh, a class 8th student who's being supported by her for last 3 years.

## Sikligar children appeared for 'Kaun Banega Gursikh Pyara' exam

Guru Nanak Sewa Charitable Trust conducted Dharmik Prikhya (Preliminary phase) at Gurdwara Rakab Ganj Sahib- Delhi on 27-Oct-2018. 18 Sikligar students being supported by Nishkam passed the exam and got honored. The main motive of this event was for children to connect to the roots of the Sikhism and showcase their knowledge. Later, the selected students will participate in "Kaun Banega Gursikh Pyara" -A special Sikhi based quiz show where youth participants win prizes for correctly answering successive multiple choice questions of increasing difficulty. Sikligar Sikhs possess an incredibly rich history, still they are longing to return to the mainstream even three centuries later. The welfare efforts of Nishkam for them is yielding great results on humanitarian perspective.





# Guru Nanak's Parkash Purab celebrations



Glimpses at Gurdwara Rakab Ganj Sahib- Delhi



Sikligar Sikhs celebrating Parkash Purab at Karnataka and UP

Nishkam participated in the Guru Nanak Parkash Purab celebrations held at Gurdwara Rakab Ganj Sahib's premises on 23 Nov. It also marks the start of the year-long celebrations leading to the 550th birth anniversary of Guru Nanak Dev (1469-1539) next year (2019). Nishkam participated in the event with a full contingent of volunteers/*sewadars* who devoted their valuable time and explained to *sangat* the working of council and distributed the brochures and other relevant material among people who visited the stall. Good quantity of *Kachheras* (An article of Sikh Faith) were sold. The brochures were distributed to the people containing an appeal on various welfare projects being run for downtrodden. Nishkam members, few employees and volunteers dedicatedly put in the best efforts from early morning 6'o clock till 7pm in the evening. Meanwhile, Sikligar Sikh community also celebrated *parkash purab* with devotion and dedication. The Sikligar students being supported by Nishkam in Uttar Pradesh and Karnataka participated in various activities with moral support from our teachers who not only educate them regularly but enhance their overall personality. Preparing children for their moral responsibilities as adults is a crucial part of the education process. Our moral education teachers play an important role in fostering moral maturity in students. Nishkam has been providing support to Sikligar community by educating their children and building their houses.

## Staff meeting at Nishkam

After completion of one year the management committee of Nishkam India held an annual staff meeting on 13-Oct. It is good practice for Charities to have a meeting to act as a review of the year and deal with issues and solutions for betterment. "We are family, never think about being staff or outsider, please feel free to express and communicate for the betterment of Nishkam" said by Dr. JS Nanra- Nishkam President while addressing. He added that, it is privilege for the members/*sewadars* that joined us long back and still making deliberate efforts across seven seas for welfare projects and Nishkam's advancement. Among the present were S. Harbhajan Singh (General Secretary); S. Ashok Singh; S. Amrik Singh Walia (Treasurer) and S. HS Khera.



## Protection of Nishkam staff through Hepatitis B vaccination

To protect the staff members from Hep- B, Nishkam introduced a vaccination program. The vaccination was done by Dr. JS Nanra- Nishkam President. Free health consultation post vaccination was also given pertaining to this vaccination at our Nishkam Medical Centre in Nishkam Bhawan by expert Doctors. Considering the above a booster dose of Hepatitis B was given to staff after one month.

Hepatitis B is a liver disease caused by the hepatitis B virus (HBV). The virus can cause lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure and death. It is transmitted through blood, body fluids and to a newborn from his mother.



**KNOW HEPATITIS ACT NOW**

**WHAT IS HEPATITIS ?**

Hepatitis virus causes infection and inflammation of the liver

Hep B & C can lead to severe disease and possibly death

Hep B & C is spread by blood, semen and other body fluids

**400 million** people live with Hepatitis

**6-10 million** people are newly infected annually