

Enabling Can'ts to Cans: A Future Re-imagined for Ashok Kumar

Such a Great way to Start the New Year With

A remarkable day and the way to start this 2020! With the blessings of Almighty and with your support, we could give freedom, hope and dignity to Mr. Ashok with the electric wheelchair at AIIMS- Delhi. He is the only breadwinner of the family; feels enabled and said, **"Now I Can"** We express our gratitude towards all of you who stood with us to enable him. With the warmth of "Service to humanity is the prayer of God." Let us take a pledge for 2020, to enlighten someone's life and spread happiness through humanitarian deeds.



S. Harbhajan Singh while sharing his words (L) and Dr. U Singh (Far Right) [Video on- YouTube](#)



The Panel of Doctors and Nishkam Sewadars at AIIMS- Delhi



Electric Wheelchair has been given with your support. His little daughter is suffering from deformity in her chest as well as his wife can't stand and walk properly due to problem in her legs. Your help uplifted the dying hopes of the family and they feel empowered.

On 1st Dec. 2018, Ashok Kumar, 40, a resident of Delhi met with a road accident and sustained several major injuries, including heart damage but somehow survived. The entire lower body was left paralyzed. He was taken to AIIMS (All India Institute of Medical Sciences- Delhi) Post-surgery, he was advised to use electrical wheelchair by Doctors as his heart got damaged in the accident and couldn't move the manual wheelchair. Dr. U Singh (HOD-Physical Medicine & Rehabilitation, AIIMS) referred his case to Nishkam for a wheelchair as the patient couldn't afford such expense with this condition. Nishkam took up his case and delivered the wheel of hopes with sangat's support. S. BS Anand, Vice President of Nishkam and ex- employee of AIIMS played a pivotal role in the entire process.



Aptitude Test for Talent Search & Support Program

Nishkam conducted an Aptitude cum Eligibility test for class 12 students under "Talent Search and Support Program" Around 50 candidates appeared for the test. This project's aim is to search & support talented, needy & deserving students pursuing or want to pursue professional/vocational or career-oriented study programs. Young talents are the future torchbearers & nurturing them at an early stage of their lives would shape their minds to go beyond barriers to reach the peak. In the recent past, many scholars tasted professional success and are leading the world around. Apart from financial help, a mentor has been allocated who is dedicated towards the attainment of the scholar's goals to let him/her perform better and better for overall success. Many students from marginalized families not only become breadwinners of their families but lead as change makers in the society as well. (24 Nov)



How Nishkam Transformed My Life

I am really thankful to Nishkam and my mentors S. Ravinder Singh Ji, and CS Shekhar Chopra Ji for providing me constant support to clear Company Secretary (CS) Course. With the blessings of Nishkam Sikh Welfare Council, I have been transformed from a layman to a professional and pursuing my CS Articleship with EIH Limited (the Oberoi group) Nishkam has played an important role in my professional journey and I feel blessed to be a scholar of this noble organization. You have lightened my financial burden which allowed me to focus more on learning. Your generosity has inspired me to help others and give back to the community.



SHAIFALI CHAWLA
Company Secretary

EIH Limited
A MEMBER OF THE OBEROI GROUP

Scholar of Nishkam's Talent Search and Support Program

550th birth anniversary of Guru Nanak Dev Ji celebrated with elan

On 10th Nov., Nishkam sewadars along with Nishkam staff celebrated the Parkash Purab with passion and devotion. Students recited the kirtan in the auspicious presence of Sri Guru Granth Sahib Ji. A serene and calm atmosphere was created by the soothing 'Shabads' sung by budding singers from Nishkam Music and Tuition centers. Nishkam management also honored the employees with incentive money being distributed in commemoration of Guru Nanak Sahib every year.

Later on the eve of Guru Nanak Birthday (12 Nov) Nishkam also exhibited at the local stall in Gurdwara Rakab Ganj Sahib. A large number of people took interest and became aware of the involvement of Nishkam in social welfare. Nishkam sewadars enlightened the Sangat with the exceptional performance which Nishkam has been doing in transforming lives since 1984. **People were amazed to see, how an organization existing for the last 36 years has been transforming the lives of marginalized but never sought the limelight.** A large number of Kachheras were also sold and few people also donated for welfare work.

Nishkam President and General Secretary gave their wishes for the birth anniversary of Guru Nanak Dev Ji and urged the gathering to follow the principles of Guru Nanak Dev Ji for contentment and happiness.



Students of Nishkam Music Center



At Gurdwara



While giving incentive to the staff



Testimonials



I am very much impressed by the selfless services being rendered by Nishkam towards the overall upliftment of suffering humanity in the true spirits of the teaching of Sri Guru Granth Sahib ji by extending helping hand to the poor and needy in a very selfless way. Taking example from Nishkam, all brothers and sisters should join hands with them for the upliftment of the humanity.

Giani Jagtar Singh Jachak
International Sikh Missionary, USA

Activities at MGSN- Kharar

Legal literacy and medical camp for senior citizens



The District Legal Services Authority organized a legal literacy-cum-medical check-up camp for senior citizens on the occasion of International Day for the Elderly at Mata Gujri Sukh Niwas- Old Age Home, Khanpur, Kharar. The camp was organized in coordination with a team of the Civil Hospital- Kharar.

Senior citizens were made aware of legal services and their rights. In addition to this, free Blood Pressure, Blood Sugar Checkup, BMI Checkups were carried out to create awareness about diabetes and hypertension which is one of the most worrisome health issue prevalent in this country. (1-Oct)

A visit to Gurdwaras



The purpose of this visit was to let children know about Sikhism and a remarkable day, i.e., 550th Parkash Purab of Guru Nanak Dev Ji. In Gurdwara, students paid homage to the Guru Granth Sahib Ji. Students were excited to know about the significance of Sultanpur Lodhi, where Guru Nanak Dev Ji has spent 14 years. It was an enriching experience for the students as they were enlightened with the knowledge of ten Sikh gurus and paid homage to various historical Gurdwaras on the way, such as Goindwal Sahib, Khadur Sahib & Baba Bakala. (11-Oct)

Geysers Donated for Humanity

Sh. Sunil Kumar, Municipal Councilor of Kharar donated two water geysers for the elderly and children. Similarly, a group of students and teachers of Narayana E-Techno School Mohali also donated two geysers. We humbly salute them for their divine love towards humanity. (10-Dec)



50 saplings planted in Faridkot



Nishkam volunteers of Faridkot region planted saplings in village Dhimanwali. The volunteers have been planting saplings in various villages across Faridkot in commemoration of 550th Birth anniversary of Guru Nanak Dev Ji. S. Harwinder Singh Marwah, Coordinator of Faridkot's Nishkam unit along with Dr. Baljeet Kaur of Chandigarh formed the group before the Parkash Purab, says, "Our aim is to plant as many saplings as possible to mitigate effects of climate change and make Punjab pollution free. We plant fruit-bearing trees and create awareness among the villagers to use everyday kitchen waste as organic compost" (26-Oct)

ASPIRED: Soft Skills Workshop for university-level scholars

Nishkam along with Sikh Human Development Foundation (USA) in line with their commitment to groom students intellectually and morally organized a One Day Interactive Workshop on "Soft Skills and Interview Techniques" on 17th Nov. in Chandigarh University-Mohali. The workshop was attended by 60 students who came from marginalized families while doing professional studies at the university level with the help of scholarships. Our previous scholarship beneficiaries also attended the session and shared their experiences about how such initiative helped them in honing their professional skills. Industries nowadays not only look for technical skills but also the overall personality of its future workforce. To bridge the gap between the requirements of the industry and the current skill sets of the students, soft skills are identified as the most critical skills in the current global job market especially in the fast-moving era of technology.



Scholarship Interviews for University level students



Nishkam concluded the SHDF and Merit cum Means Scholarships interviews for professional /non professional courses students on October 20, 2019, at different centers across Punjab and Delhi. A total of 679 candidates appeared out of 714 for the interviews. All needy students, for what so ever reasons could not appear earlier in the written test as (New cases) and interviews (Renewal) on 8-Sep-2019 were given the second chance. The panel of interviewers assessed the students in order to find out their eligibility; particularly their financial status. The approach of interviewers was that no needy student should be debarred from the scholarship.

Scholarships' test conducted for needy school-goers

The annual Relief Committee and Perpetual Scholarship test was held across 3 centers across New Delhi centers (Sukho Khalsa Sr Sec School-Tilak Nagar, Bhai Joga Singh Khalsa Girls Sr. Sec School in East Patel Nagar; St. MS Karamjot Model School, East Delhi) and at SGNP Girls Sr. Sec. School, Shahbad-Haryana in Dec 2019. A total of 462 candidates appeared for the test. Meritorious students (Class 8th to 12th) from underprivileged families are eligible for the test. Last year scholarships worth Rs. 1,702,600/- were distributed among 309 students. Students from downtrodden families are taking advantage of the scholarship but despite all odds, they have high aims.



Amandeep

Meet Ms. Amandeep Kaur whose only aim is to uplift the status of her family and become self-sufficient after getting a good job. Her father is collecting milk from villages and selling it to doorsteps of people. Having 4 siblings in the family while they all are studying, she's capable to pay school fee through a scholarship given by Nishkam.

IMPACT

Similarly, Pavleen Kaur is studying hard to become a Doctor. Her father is a Welder and earns a meager sum for survival. Pavleen is buying school books and stationery with the help of the scholarship. There are endless hopes and dreams in the innocent eyes of such students and we thank all our donors who are supporting them and securing their hopes.



Pavleen

Sikligar Sikh children honoured at Sonipat

In commemoration of 550th Guru Purab of Sri Guru Nanak Dev Ji, a competition on Japuji Sahib was conducted at local Gurdwara Sahib of Sonipat, in which 17 children participated. Two students from Bamanwas and Aurangabad (Villages in Sonipat) earned first and second positions. The community which has long been isolated from Sikhism is integrating well to get back in the mainstream. The local team of Haryana who is actively working for Sikligar Welfare encouraged the children by giving them different honors. S. Tarsem Singh and S. Sharanjit Singh organized the event with the support of Nishkam. Not only this, the Sikligar community in Karnataka and Uttar Pradesh is performing well. The children from various cities are actively participating in events and competitions and earning a lot of laurels and knowledge while walking on the path laid down by Gurmat and the efforts of Nishkam's Moral Education Teachers and your support.



Winners with moral education teachers



Reciting Sehaj Paath together

Call of Duty: Back to work after surgery

Dr. Rajinder Singh Gulati, one of the senior members and dedicated sewadar of Nishkam who has been serving for a very long time while providing the sewa as General Physician returned back after Spinal Stenosis surgery. He was facing a problem since April 2019. The condition got worse and he was operated at London on 24 Oct. Just after recovering from the hospital he motivated many to get back to work again by setting an example. May Waheguru bless him with good health and energy to perform more sewa for humanity.



Free medical camp organised at Yamuna Nagar



On the eve of the 550th birthday of Guru Nanak Dev Ji, a free medical camp was organized by Nishkam- Yamuna Nagar. This medical camp was set up in the premises of Nishkam's project office under the supervision of S. Diljit Singh the Chairman of Nishkam's Yamuna Nagar Project Committee. Over 200 people were examined during the camp by a team of doctors. Needy patients were also provided with free medicines. Nishkam Yamuna Nagar at Haryana has been organizing Free Health Check-up Camps in order to raise mass awareness about health and the importance of regular health check-ups. Guru Ka Langar was also served on this occasion. (Nov. 3)

Nishkam helps women to lift themselves out of poverty

Enabling the generations



Nishkam is reaching out to the most disadvantaged group of women and helped them to be the breadwinner of the family. Sheela Kaur, a resident of Tilak Vihar was raising the family of four granddaughters after the death of her son. Her daughter-in-law abandoned the daughters and left the family. The situation was particularly challenging for Sheela Kaur, who raised them with difficulties. Out of four, the two granddaughters learnt to stitch and tailoring course from an NGO but required a Sewing machine. Nishkam helped the family and with your support, both girls can support the family.

The breadwinner of the family



Rajni Kaur belonged to a poor family in Delhi, she was struggling pathetically for her and her family needs and could not make her ends meet. Her husband left her just a few years back. She applied for help at Nishkam and after survey; she has received a sewing machine. She supports herself and her two children by earning some income. She was grateful to Nishkam for making her capable of getting income to support her family.

Thanks, Ms. Babra for enlightening our lives

Nishkam Donors are always showing compassion towards marginalized and vulnerable families. Just recently one of our donors Ms. Khushwant Kaur Babra from USA gifted washing machines to two families. Ms. Babra enabled these women with sewing machines last year so that they can be the breadwinner of their families. These women are the sole breadwinner of their families and supporting their families with tailoring work. Earlier she has provided them with the sewing machines and now they are supporting their families. Both Asha and Jasbir Kaur are saying thanks to Ms. Babra for the gift while promoting economically stable family life and a healthy environment at home.



Ms. Jasbir Kaur and her daughter (L)

Taking a Small Step to Set a Big Example in Nashik-Maharashtra

Dedicated to 550th Prakash Purab of Sri Guru Nanak Sahib Ji, **Nashik chapter of Nishkam came into existence.** Nashik is an important town of Maharashtra and is on main Delhi-Mumbai Railway line. After getting information on social media of Sikligar Sikh families living in abstract poverty and unhygienic conditions in slums of Nashik, a team of sewadars of Nishkam from Bangalore, Delhi and Mumbai, visited the city and met about 250 families. Most of the families are living in acute poverty and illiteracy prevailing among adults and children.

It is heartening to share with you all that with efforts of Bibi Jeevanjot Kaur and her team of few dedicated volunteers and with financial support from Nishkam, the covered shed was constructed and classes started on 12 Nov. on the auspicious occasion of Prakash Purab of Guru Nanak Sahib with 40 children got admitted including 15 young girls. The class is taken care by one teacher and a helping hand. The monthly salary of staff is being paid by Nishkam. An estimate of Rs. 70,000 has been spent in the construction of classroom shed of area 700 sq. ft. This is just a step towards rehabilitation of Sikligar Sikh families of Nashik, for which cooperation of Nashik Sadh-Sangat and helping hand from all Guru Nanak Nam-leva is solicited.



(L) At Classroom (R) Classroom Shed

Laid Foundation for Sikligar Welfare

Obituary

Pray for eternal peace and happiness for the departed soul Mrs. Darshan Kaur Ji Mrs. Darshan Kaur, 75, our Medical Supervisor at Nishkam Medical Center-Nishkam Bhawan departed on Oct 30, after fighting with Cancer. She was Nursing Superintendent of Lady Hardinge Hospital (Kalawati Hospital) - Delhi She joined Nishkam in 2004 and tirelessly served on a regular basis. She worked in Health Services for more than 35 years. She will always be with us and will be deeply missed and remembered for her kindness and love she had for suffering humanity.



Mrs. Darshan Kaur

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SERVING HUMANITY
36 YEARS

Do contact for detailed information, the fund-raiser roving ambassador of Nishkam:
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