

## Hands that heal: Harmanpreet's Journey to Public Health

Harmanpreet Kaur Oberoi's journey is one of resilience, ambition, and dedication to public health, beginning in childhood as the daughter of a single mother. Her mother, a Hostel Warden at a nursing college, instilled in Harmanpreet the importance of education despite their financial struggles. Inspired by her mother's sacrifices, Harmanpreet developed an early interest in science and healthcare, initially aspiring to become a doctor. However, financial constraints led her to pursue nursing instead.

Throughout her first year in nursing school, she excelled academically while worrying about tuition fees. To alleviate this burden, she applied for the SHDF Scholarship through Nishkam, aimed at underprivileged students in professional careers. Receiving the scholarship provided significant relief, enabling her to continue her education without incurring further debt. It allowed Harmanpreet to focus more on her studies and less on the constant stress of making ends meet. It was a turning point in her journey—one that not only validated her hard work but also fueled her desire to continue working toward her ultimate goal of improving public health.

As she progressed through the nursing institute and received scholarships for her full course, Harmanpreet's passion for public health began to flourish. She became particularly interested in the social determinants of health—how factors like poverty, education, and access to healthcare can shape individuals' well-being. After completing her studies, she was placed at the distinguished AIIMS Nagpur (All India Institute of Medical Sciences) in Maharashtra, where she worked for more than 8 months after clearing NORCET (Nursing Officer Recruitment Common Eligibility Test), a national-level exam conducted by AIIMS.

Inspired by this, Harmanpreet set her sights on public health nursing, where she could work on programs to prevent disease, promote healthy living, and reduce health disparities, especially in underserved communities. Keeping this vision in mind, she moved to Delhi in 2025 and started working at Guru Nanak Eye Hospital. A go-getter, she was also inspired by a workshop on Skill Development and Leadership organized by Nishkam and SHDF at Chandigarh University while she was studying.

Her ultimate dream is to combine her nursing background with public health initiatives on a larger scale, perhaps even working with organizations that address global health challenges, such as the United Nations. On a larger scale, she expressed her thanks to donors who helped her through scholarships, paving the way for her academic success.



Harmanpreet (Right) along with her mother at AIIMS, Nagpur, Maharashtra



**Name:** Harmanpreet Kaur Oberoi

**Roll No:** 20180666

**Work:** Registered Nurse at  
Guru Nanak Eye Hospital, Delhi

**Hometown:** Patiala, Punjab

**Charity feeds the hungry. Philanthropy asks why they're hungry – and funds the solution**

## The Journey of Rohit Singh: From a Student to an Agniveer in the Indian Army

Rohit Singh, a 12th-grade student from the small village of Binoli, Baraut, Baghpat, Uttar Pradesh, aspired to join the Indian Army, inspired by stories of valor and patriotism. His community, the Sikligars, had long suffered from poverty and illiteracy, but organizations like Nishkam provided educational support for him and his sister, helping them live with dignity. His father, a street vendor, supported Rohit's ambition despite initial concerns about his future. Rohit remained physically active, participating in sports and maintaining his fitness, knowing it was essential for military service.

After completing his 12th-grade exams, Rohit prepared for the Agniveer recruitment process, a new Indian Army scheme that allows young recruits to serve for four years. He eagerly attended the recruitment rally, where he faced rigorous physical, medical, and written tests alongside numerous other aspirants. Rohit's training paid off as he excelled in the fitness tests and studied diligently for the written exam. His hard work culminated in the announcement of his selection as an Agniveer, bringing joy to his family and pride to his community.

Following his selection, he underwent intense military training in Nasik, Maharashtra. The initial weeks were challenging, requiring him to adapt to strict military discipline, but Rohit's determination fueled his perseverance. He reminded himself of his commitment to serve his country and uplift his community's status.

Rohit's journey became a source of inspiration for many young people in the Sikligar community, demonstrating that dedication and hard work can transform dreams into reality. His success was not merely personal; it was a communal triumph, reminding his people of their history when they fought alongside the Guru's army against the Mughals. Now, dressed in his army uniform, Rohit had found his true purpose—not only as a soldier but as a symbol of hope, proving that even those from humble backgrounds can achieve greatness through commitment and service to their nation.



*Rohit Singh's father, a street vendor while selling and repairing locks in the narrow streets of Baraut, Baghpat, UP*

## 63 Sikligar students inspired audience on Guru Gobind Singh Parkash Parv



On the auspicious occasion of Guru Gobind Singh Parkash Parv, SSD School Aligarh, Uttar Pradesh, pays heartfelt tribute to the tenth Sikh Guru, whose life and teachings continue to inspire courage, compassion, and righteousness. **63 Sikligar students, sponsored by Nishkam, led the event**, during which they educated students about the personality and contributions of Guru Sahib to society. The school management organized the event following the morning assembly. May the legacy of Guru Gobind Singh Ji guide our students toward truth, leadership, and moral values. Born in 1666, Guru Gobind Singh Ji was not only the tenth Sikh Guru but also a visionary, poet, warrior, and a symbol of strength and resilience.

*I have found that among its other benefits, giving liberates the soul of the giver. - Maya Angelou*

## Good Morning Everyone... Anmol Kaur enlighten everyone, everyday.

Every morning, the school hall buzzed with the chatter of excited students, each eager to begin another day of learning. At the center of it all stood Anmol Kaur, a soft-spoken 10th-grade student with quiet yet unshakable confidence. She had been chosen to lead the morning assembly—a role that once seemed too daunting for someone her age at Ram Saran Das Inter College, Salempur Gosain, Amroha, Uttar Pradesh.

Born in Salempur, Amroha, her father sold and repaired locks and keys. Unfortunately, he passed away just a few years ago. Her voice had a calmness that captivated listeners, and it wasn't long before she transitioned into a speech about the importance of leadership.

Being chosen as Head Girl is a significant privilege that carries great responsibility, which she accepts with humility, honesty, and purpose. This role reminds her to lead with discipline, act with integrity, and uphold the school's values. **She feels deeply grateful to Nishkam, which has supported her education from Class 1 to the present.**

The community, once labeled as ignorant and illiterate, and reluctant to attend school, is now leading academic achievements across India—from the north to the south and the west. Wherever they are, they are excelling and progressing. This is the true impact we have witnessed after dedicating 20 years to Sikligar Welfare. Today, our hearts are filled with joy and pride, especially as our daughters take on leading roles.



## Sikligar students pay tribute to Guru Tegh Bahadur Ji through Shabads



Badkhalsa, a small village in the historic Rai tehsil of Sonipat, Haryana, has been enchanted by the innocent voices of children singing the spiritual hymns of pious Gurbani. During the Shaheedi Diwas event of the Sahibzadas at Gurdwara Badkhalsa Sahib Patshahi Nauvi, a Gurmat Sangeet program was held, where student beneficiaries from the Sikligar community recited marvelous shabads.

Their performance was also broadcast on television and online channels. The sangat was deeply moved by the devotional shabads. This news highlights how these students, despite coming from poverty-stricken backgrounds, have not only benefited from formal education in schools and colleges but have also gained significantly from free Gurbani Sangeet classes supported by Nishkam.

**They have gone on to lead and inspire others to follow their passion and overcome their circumstances. This is a powerful example of how education, passion, and faith can uplift individuals and communities.** Special thanks to S. Tarsem Singh ji, a dedicated moral education teacher and local coordinator in Sonipat, for motivating and facilitating this project.

**Watch the samagam:  
Press the Play icon**



*Every charitable act is a stepping stone towards heaven.-- Henry Ward Beecher*

From Challenges to Recognitions, our collective efforts speak volumes

## ਪ੍ਰਸ਼ੰਸਾ ਪੱਤਰ

ਇਹ ਪ੍ਰਸ਼ੰਸਾ ਪੱਤਰ

ਨਿਸ਼ਕਾਮ ਸਿੱਖ ਵੈਲਫੇਅਰ ਸੋਸਾਇਟੀ ਦਿੱਲੀ

ਨੂੰ ਸਨਮਾਨ ਵਜੋਂ ਦਿੱਤਾ ਜਾਂਦਾ ਹੈ। ਆਪ ਵੱਲੋਂ ਪਿਛਲੇ ਸਮੇਂ ਵਿੱਚ ਆਏ ਹਤਾ ਕਾਰਨ ਪ੍ਰਭਾਵਿਤ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਸਹਾਇਤਾ ਲਈ ਸ਼ੁਰੂ ਕੀਤੀ **EACH ONE ADOPT ONE** ਮੁਹਿੰਮ ਵਿੱਚ ਆਪਣੇ ਕੋਲੋਂ ਫੀਸਾਂ ਭਰ ਕੇ/ ਸਟੇਸ਼ਨਰੀ / ਵਰਦੀਆਂ/ ਵਿੱਦਿਅਕ ਸਮੱਗਰੀ ਉਪਲਬਧ ਕਰਵਾ ਕੇ ਮਹੱਤਵਪੂਰਨ ਯੋਗਦਾਨ ਦਿੱਤਾ ਹੈ।

ਤੁਹਾਡਾ ਇਹ ਮਨੁੱਖਤਾ ਭਰਿਆ ਕੰਮ ਸੇਵਾ, ਸਮਰਪਣ ਅਤੇ ਦਇਆ ਦੇ ਗੁਣਾਂ ਦੀ ਜ਼ਿਉਂਦੀ ਜਾਗਦੀ ਉਦਾਹਰਣ ਹੈ। ਇਸ ਸੇਵਾ ਭਾਵਨਾ ਨੇ ਸਿਰਫ ਮੁਸੀਬਤ ਦਾ ਸਾਹਮਣਾ ਕਰ ਰਹੇ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਚਿਹਰਿਆਂ ਤੇ ਮੁਸਕਾਨ ਹੀ ਵਾਪਸ ਨਹੀਂ ਲਿਆਂਦੀ ਸਗੋਂ ਸਾਰੇ ਸਮਾਜ ਲਈ ਪ੍ਰੇਰਨਾ ਦਾ ਸਰੋਤ ਵੀ ਬਣੀ ਹੈ।

ਅਸੀਂ ਤੁਹਾਡੀ ਇਸ ਨਿਸ਼ਕਾਮ ਸੇਵਾ ਲਈ ਭਰਪੂਰ ਪ੍ਰਸ਼ੰਸਾ ਕਰਦੇ ਹੋਏ ਭਵਿੱਖ ਵਿੱਚ ਵੀ ਅਜਿਹੀ ਹੀ ਸਮਾਜ ਸੇਵਾ ਲਈ ਸ਼ੁੱਭਕਾਮਨਾਵਾਂ ਪ੍ਰਦਾਨ ਕਰਦੇ ਹਾਂ।

*Jatinder Singh*

ਡਾ. ਸਤਿੰਦਰ ਸਿੰਘ  
(ਪੀ.ਈ.ਐਸ.)  
ਉੱਚ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ.)  
ਫਿਰੋਜ਼ਪੁਰ

Nishkam sincerely thanks the Education Department of Punjab for their kind words of appreciation and encouragement. We are deeply honored to receive this letter acknowledging the support and hope extended to schools during the challenging time of the floods. The circumstances were challenging for everyone involved, and contributing in any way to the well-being and continuity of education was a truly collective effort. This recognition further motivates Nishkam to continue working with dedication, empathy, and responsibility for the benefit of our schools and students. Once again, **we express our heartfelt gratitude for this honor and for the continued guidance and support from donors and well-wishers like you.**

*Your deeds are earning laurels*

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FRANCIS BACON

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