# SADGURU DRISHTI

News Letter

**JULY - SEPTEMBER, 2022** 



### **OUR INSPIRATION**



VISION
"SERVICE TO HUMANITY"

MISSION

"FOOD FOR THE HUNGRY",

"CLOTHES FOR THE DESTITUTE"

"SIGHT FOR THE BLIND"

(Param Pujya Shri Ranchhoddasji Maharaj)

" अगवान पर भरोसा रखो" " जागान प्रणी बरें जे तुम सब निमित्तर ही-चणप्रीडरास-

### **EVENTS**

#### National Doctor's Day - 1st July 2022

Only a doctor is blessed with the magical powers to treat a life, to bring health into our lives and to be there with us when we have lost all the hopes. We celebrated Doctors Day at Shri Sadguru Seva Sangh Trust with zeal & enthusiasm. "Happy Doctor's Day"



## Workshop on "Pradhan Mantri Motiabind Mukt Bharat Abhiyaan, Madhya Pradesh 20<sup>th</sup> July 2022



Two-day workshop on "Pradhan Mantri Motia bind Mukt Bharat Abhiyaan Madhya Pradesh" was held in Bhopal along with the association of National Programme for Control of Blindness & Visual Impairment (NPCBVI). Program agenda was 'Cataract free Madhya Pradesh'. Where Shri Sadguru Seva Sangh Trust, Chitrakoot Team presented a detailed view of 'Quality & Safety treatment'. The orientation session was conducted by Mr. Subeesh Kuyyadiyil, Dr. Asheesh Bajaj and Mr. Vijay Singh from Shri Sadguru Seva Sangh Trust in the presence of Mrs. Priyanka Das (IAS) from M.P. State, Mission Director - National Health Mission (NHM), Bhopal and State Coordinator Mr. Anshul Upadhyay from National Programme for Control of Blindness & Visual Impairment (NPCBVI).

## Visit- Shri Amit Mohan Prasad Ji, Additional Chief Secretary Health, Uttar Pradesh 8<sup>th</sup> August 2022

Shri Amit Mohan Prasad Ji, Additional Chief Secretary Health, Uttar Pradesh, visited Sadguru Eye Hospital- SSSST on 8th August 2022. He oversaw the humanitarian work and activities carried out by the staff along with the best-in-class eye care services being offered to the people of Madhya Pradesh. He appreciated the work carried out by the staff and doctors and encouraged them to continue with service to humanity. Dr. B.K. Jain Trustee & Director and Dr. Elesh Jain Administrator & Trustee felicitated the guest.



### **EVENTS**

#### Zeiss Lumera I Microscope Inauguration – 13th August 2022

Shri Parsanna Patankar Managing director of STCI Primary dealer ltd. Mumbai inaugurated "Zeiss Lumerai Microscope" at Sadguru Netra Chikitsalaya and performed pujan. Trustees of SSSST Dr. B.K. Jain Director & Trustee, Shri Manoj Pandya Trustee and Dr. Elesh Jain Trustee & Administrator felicitated them for their kind support and contribution.



### Eye Donation Fortnight - 25th Aug - 8th Sept. 2022



The 37th National Eye Donation Fortnight was inaugurated at Sadguru Eye Hospital, SSSST, Chitrakoot from 25th August 2022 till 8th September 2022 by worshipping Param Pujya Gurudev and distributing badges to the members of Sadguru family. A selfie stands and signature campaign for eye donation awareness was also set up. Various activities like Rallies, Poster presentation, Rangoli competition, etc. was organized. The eye donation awareness program will also be run through rural eye camps and vision centers to reach the backward population of Madhya Pradesh. The Director & Trustee of SSSST, Dr. B.K. Jain and all senior members of Sadguru Family graced the occasion.

#### Vision 2020 Conference - 3<sup>rd</sup> - 4<sup>th</sup> Sept. 2022

Vision 2020 Siliguri 3<sup>rd</sup> September 2022 - 16<sup>th</sup> Edition of vision 2020: The Right to Sight India National Conference happened in Siliguri on 3<sup>rd</sup> and 4<sup>th</sup> September. This year's message was "Leave No one Behind". Sadguru Netra Chikitsalaya delegates actively participated and shared knowledge for building an inclusive eye care system.



#### Quiz Competition – Eye Donation Fortnight 5th September 2022

A quiz competition was organized under the Eye Donation Fortnight by the Cornea and Refractive Surgery Department. All the Doctors of Sadguru Netra Chikitsalaya participated in the quiz. Dr. B. K. Jain (Director & Trustee), Dr. Elesh Jain (Administrator & Trustee), Dr. Alok Sen (Medical superintendent) graced the event along with all the HODs and Members of Sadguru Eye care departments. Certificates and gifts were distributed by Dr. B. K. Jain-Director & Trustee of Shri Sadguru Seva Sangh Trust.



### **EVENTS**

#### Visit – Sadhvi Niranjan Jyoti Ministry of Rural Development, Government of India and Member of Parliament – 5<sup>th</sup> September 2022





Sadhvi Niranjan Jyoti visited Sadguru Netra Chikitsalaya on 5th September, 2022. She expressed happiness at the best-in-class eye care services and facilities being offered to the people of Madhya Pradesh.

### Chitrakoot Blindness Prevention Campaign – 16th September 2022



On the auspicious occasion of Chitrakoot Gaurav Diwas, a resolution was taken by Shri Sadguru Seva Sangh Trust towards the prevention of blindness in Chitrakoot region, in the presence of Honorable Chief Minister Shri Shivraj Singh Chouhan, saints and dignitaries of the area. The resolution was to conduct door-to-door eye screening under a special campaign. Blindness can be prevented by treating patients suffering from blindness by conducting camps and door-to-door screening programs. Giving embodiment of this resolve, Hon'ble Collector- District Satna Shri. Anurag Verma; Superintendent of Police Shri. Ashutosh Gupta; Chief Medical & Health Officer- Satna District Dr. Ashok Awadiya; CEO-District Panchayat Dr. Parikshit Jhade; SDM- Majhgawan Block Shri P. S.

Tripathi and Dr. Elesh Jain- Administrator and Trustee- SSSST, inaugurated the Blindness free campaign from the courtyard of Shri Raghuveer Mandir, Jankikund, Chitrakoot. During the event, other respective bureaucrats, Sant Samaaj, local dignitaries and Senior members of Sadguru family were present on this auspicious occasion.

### **EVENTS**

### Sadguru Eye Hospital Team felicitation for Eye Donation Program- 25<sup>th</sup> September 2022

District Collector, Shri Anurag Verma; Mayor, Shri Yogesh Tamrakar, Senior Surgeon - Dr. Sanjay Maheshwari and Shri Manohar Digwani- Amar Jyoti Parivar shows gratitude for team of Sadguru Eye Hospital in the ceremony organized under the auspices of Amar Jyoti Parivar, Satna. On this occasion, Dr. Gautam Singh Parmar (Head of Department – Cornea & Refractive Surgery), Dr. Ashok Kumar (Consultant- Cornea & Refractive Surgery), Suresh Kumar Patel (In charge – City Clinic, Satna), Balkishor Shukla (Eye Bank Technician) were honored.



#### Door To Door Eye Screening Campaign - 25th September 2022





First phase started - door-to-door eye screening campaign program was organized by the team of Sadguru Netra Chikitsalaya for fulfilling the resolution taken on Chitrakoot Pride Day. On this occasion, the teams were flagged off for testing in the presence of Shri PS Tripathi (SDM of Majhgawan), Shri Vishal Singh (CMO Municipal Council), Shri Ashish Jain (SDOP), Mr. Satyaprakash Mishra (TI), Dr. B.K. Jain (Director & Trustee), Dr. Alok Sen (Medical Superintendent), Mr. Subeesh Kuyyadiyil (CCO head) and Sadguru family members.

## Jankikund Chikitsalaya CHITRAKOOT

### **EVENTS**

### 33<sup>rd</sup> Orthopedic Correction Camp 12<sup>th</sup> & 13<sup>th</sup> July 2022



33rd complex orthopedic diagnosis camp organized under the auspices of Jankikund Chikitsalaya was inaugurated in memory of Late Dr. H.K. Vakharia. On this occasion Mrs. Jayshreeben Vakharia from Jamnagar, Mr. Madhav Vakharia from France, Dr. Manoj Patel from Surat, Dr. Anil Sharma from Agra, Mr. Devkinandanji from Mahavir Viklang Samiti and team from Kota were

present. Trustee Dr. B.K. Jain, Mrs. Usha B. Jain, CMO- Dr. Poonam Advani, Administrator Dr. A.B.S. Rajput welcomed all the guests. Along with this, 11 blood donors were honored, who donated blood for a maximum number of times in Sadguru Rakt-Kosh.

### Felicitation Ceremony For Voluntary Blood Donors-13th July 2022

Jankikund Chikistsalaya felicitate voluntary blood donors for doing heroic job of saving human life. Program theme was "Donating blood is an act of solidarity. Join the efforts and save life. Focus on younger generation to join this mission. In this occasion 76 people taken pledged to make regular blood donation in future.



#### Neonatal Resuscitation-28th July 2022

Prof. Dr. A.K. Rawat conduct a workshop for Neonatal Resuscitation - This module is designed for education of nursing personnel in resuscitation of newborns in the delivery room. The same principles apply for resuscitation of sick newborns and infants up to age of three months in the wards and nursery.



## Jankikund Chikitsalaya CHITRAKOOT

### **EVENTS**

### Calipers Distribution Camp – 25th Aug, 2022

Jankikund Chikitsalaya organized free caliper distribution camp for handicapped people. 296 Calipers were distributed with the contribution from members of Mahavir Viklang Seva Samiti, Kota, Rajasthan. In the presence of Dr. B.K. Jain (Trustee & Director) Dr. A.B.S. Rajput, Dr. Abishek Samual (Orthopedic Surgeon). Dr. B.K. Jain (Trustee & Director) felicitate the team who manufacture calipers from kota for act of kindness.



#### Free Cancer Screening Camp- 26th August 2022



Chief Cancer Surgeon Dr. Manmohan Agrawal, Dr. (Mrs.) Laxmi Agrawal pushpadi cancer care center kota, Rajasthan. Have conducted Cancer Screening Camp in Jankikund Chikitsalaya Chitrakoot on 28 August 2022.

### Free Physiotherapy Camp- 26th August 2022

Free Physiotherapy Camp organized in Jankikund Chikitsalaya by Dr. Himanshu & Team Manochikitsa Physiotherapy Senter Kota, Rajasthan.



### **Education**

#### **CHITRAKOOT**

### **EVENTS**

### Shri Krishna Janamashtami -20th August 2022

A mind blowing program was presented by the students of Sadguru Public School, with the support of Shiksha Samiti, on the occasion of Janmashtami. In the Gracious presence of Dr. B. K. Jain Trustee & Director and Smt. Usha B. Jain President of Shiksha Samiti along with Sadguru Family.



### **Investiture Ceremony -23<sup>rd</sup> August 2022**

Investiture Ceremony was held at Sadguru Public School on August 23rd 2022. The Student Council team was formed for the session 2022-23, where House Captains, Sports Captain and Prefects were elected for the four houses "Varun, Vasundhara, Vayu & Vyom". Trustee Dr. B. K. Jain, Mrs. Usha B. Jain, President Sadguru Shiksha Samiti, along with Sadguru family awarded badges to the nominated student.



### Teachers Day Celebration -5<sup>th</sup> September 2022



Shri Sadguru Seva Sangh Trust & Sadguru Siksha Samiti jointly celebrated Teachers' Day to honour the valuable contributions made by teachers to society by imparting knowledge and enlightening and shaping the career of students. Trustee Dr. B. K. Jain, Mrs. Usha B. Jain, President Sadguru Shiksha Samiti along with Sadguru family felicitated Teachers.

## Raghubir Mandir CHITRAKOOT

### **EVENTS**

### Guru Purnima - 13th July, 2022



Shri Sadguru Seva Sangh Trust, Chitrakoot celebrated Guru Purnima Mahotsav today morning i.e. on 13th July 2022 at Shri Raghuveer Mandir. Trustees, Dr. B.K. Jain and Mrs. Usha B. Jain performed the Guru-Paduka Pujan. All the members of Sadguru family, Gurubhai, Gurubehans and saints from different places were present on the occasion.

### Jaya Parvati Vrat- 14th July to 16th July 2022



More than 200 girls from Sadguru Family participated in Jaya Parvati Vrat. They kept fast, performed Pooja and listened to the katha under the guidance of Acharyas with lots of joy and devotion. They also participated in Ratri Jagran and gave religious & classical performances related to Jaya Parvati vrat. A procession was carried out from Prathana Bhawan to Shri Raghuvir Mandir" for "Visarjan". Later on the Vrat was completed with "Kanya Poojan" and "Prasad Distribution". In the Gracious Presence of Trustee Dr. B. K. Jain, and Smt. Usha B. Jain, President Shiksha Samiti along with GuruBhai and Guru Behen.

## Raghubir Mandir CHITRAKOOT

### **EVENTS**

### Tulsidas Jayanti – 4th August 2022



On the auspicious occasion of Tulsidas Jayanti, Pujan of Goswami Shri Tulsidasji was performed at Shri Raghuveer Mandir with delightful presence of Pujya Shri Ramdineshacharya ji Maharaj from Ayodhya Thereafter, Manas Chaupai Antyakshari and Pad-Gayan competition was organized. The students also presented a Sanskrit theatrical performance on the life of Tulsidasji.

### Sawan Jhula Mahotsav – 8th August to 12th August 2022



Savan Jhoola Mahotsav was celebrated with a special Poojan at Shri Raghuvir Mandir on 8th August to 12th August 2022, Colorful devotional 'Jhanki of Gods' were displayed at the Mandir. Various bhajans and kirtans were recited by the Bhajan singers. The mahotsav continued for five days.

## Raghubir Mandir CHITRAKOOT

### **EVENTS**

### Shri Krishna Janamashtami- 18th August 2022



"Janmashtami – Mahotsav" was celebrated at Shri Raghubir Mandir in the presence of 1008 Badri Prapannacharya ji Maharaj & Sadguru family and devotees. Trustee Dr. B. K. Jain, and Smt. Usha B. Jain, President Shiksha Samiti along with GuruBhai and Guru-Behen performed poojan and aarti of Lord Krishna. Melodious bhajan and Kirtan were recited by the Bhajan Mandli and the devotees. Mahotsav was concluded with spectacular "Dahi handi" celebration.

#### Asthi Visarjan of Param Pujya Mahamandaleshwar Shri Haricharan das Ji Maharaj- 31<sup>st</sup> August 2022



Last rites of Param Pujya Mahamandaleshwar Shri Haricharan das Ji Maharaj performed by Pujya Shri Jayramdasji Maharaj from Gondal and Shri Nitin Bhai Raichura along with several Guru Bhai – Behen from Rajkot, flown his Asthi Phool in Maa Mandikni River Badi

gufa Raghubir Mandir at Jankighat, Pujya Maharajshri also visited the new Gurukul complex and organized a sadhu bhandara.

### Visit – Pujya Shri Jayaramdasji Maharaj Gondal -1<sup>st</sup> September 2022



Pujya Shri Jayramdasji Maharaj from Gondal and Shri Nitin Bhai Raichura visited SSSST Chitrakoot on 1st September 2022. Pujya Maharaj Ji observed the activities carried out by the trust along with other Gurubhai and Bahans.

### **EVENTS**

### Van Mahotsav- 1<sup>st</sup> July 2022

Van Mahotsav or Vanamahotsava is an annual tree planting festival celebrated in Srhi Sadguru Seva Sangh. This year theme "Let Us Plant a tree, let us save the earth"



## Visit – Shri Param Pujya Mahamandaleshwar 1008 Maluk Peethadhishwar, Shri Rajendradas Ji Maharaj-11<sup>th</sup> July 2022



Param Pujya Mahamandaleshwar 1008 Maluk Peethadhishwar, Shri Rajendradas Ji Maharaj, Visited SSSST from Shri Dham Vrindavan and Celebrated Annakoot by Worshiping and offering food to Gau-mata at Sadguru Gauseva Kendra. He also observed the entire Gauseva activities and expressed his happiness. He thanked Dr.B.K. Jain & Mrs. Usha B. Jain for their dedication and service towards Gau-Seva and gave special blessings to all the Gauseva workers.

### Hariyali Amavasya - 28th July 2022



On the occasion of Hariyali Amavasya, Dr. B. K. Jain, Smt. Usha B. Jain along with members of Sadguru family started tree plantation campaign 2022 by planting trees in the institution premises.

### **EVENTS**

75<sup>th</sup> Anniversary of Indian Independence (Har Ghar Tiranga Abhiyaan)-Aazadi ka Amrit Mahotsav 15<sup>th</sup> August 2022



For the celebration of Amrit Mahotsav of Independence, Sadguru family celebrated Independence Day with lots of joy and enthusiasm. Flag hoisting was accompanied by Prabhatpheri, panoramic illustrations, cultural presentations and march past. Trustees Dr. BK Jain and Mr. Manoj Pandya gave the remarks as well as the release of the annual magazine of the Trust.

### **EVENTS**

#### Ganesh Utsav Celebration- 5th September 2022



A beautiful cultural program was organized and performed by Doctors of Sadguru Netra Chikitsalaya on the occasion of Ganesh Utsav in the presence of Dr. B. K. Jain (Director & Trustee), Dr. Elesh Jain (Administrator & Trustee), Dr. Alok Sen (Medical superintendent), along with Sadguru Doctor family.

### Sadguru Navrati Mahotsav 2022- 26th September to 4th October



Sadguru family Celebrated Shardiya Navratri Mahotsav with great enthusiasm and joy. Total 14 teams from various departments of Sadguru family participated in garba competition. The teams were awarded prize by Dr. B.K. Jain-Trustee & Smt Usha B Jain-President Shiksha Samiti on the last day.

### **VISIT**

### Shri Cheteshwar Pujara - 18th September 2022



Mr. Cheteshwar Pujara a well-known player of the Indian cricket team visited Sadguru Netra Chikitsalaya -Shri Sadguru Seva Sangh Trust on 18th September 2022. He observed the ongoing work and other services including Gau Sewa Kendra, Schools, Sanskrit Vidyalaya and Raghuveer Mandir along with Eye Care Services operated under Shri Sadguru Seva Sangh Trust. He also took part in activities and played a cricket match with our Sadguru health team against Sadguru Education team.

## Sadguru Sankalp Netra Chikitsalaya ANANDPUR

### **EVENTS**

#### **Health Workers Training: July- September 2022**



Various training events to orient health care workers on eye health problems identification and referral were organized under Sightsavers initiative Netra Vasant Rural Eye Health program in Ashok Nagar, Rajgarh, and Sagar districts of Madhya Pradesh. More than 1000 health care workers were trained in the quarter July-September 2022.

### Trustees Visit and Review: 12th July and 26th September 2022



Trustees of SSSST Shri Raghunath MB, Shri Manojbhai Pandya and Dr. Elesh Jain visited Shri Sadguru Seva Sangh Trust Anandpur on 12th July and 26th September 2022 and reviewed the activities carried on by the team at Anandpur. The board members were updated about the progress made by the Anandpur center in first half of FY 2022-23.

## Other Activities ANANDPUR

### **EVENTS**

#### Guru Purnima Celebrations: 13th July 2022



Shri Guru Purnima Mahotsav was celebrated at Gurumani, Shri Ramdas Hanumanji Mandir, Anandpur on 13th July 2022. Paduka Pujan on the occasion was performed by Dr. Vishnu Jobanputra and Mrs. Bhartibahan Jobanputra in delightful presence of Trustees of SSSST - Shri. N. B. Lohani, Shri Manojbhai Pandya, Dr. Elesh Jain, gurubhai-bahans and members from Sadguru family.

## Pran Prathishta of "SHRI SANKALPESHWAR MAHADEV: 6<sup>th</sup>-8<sup>th</sup> August 2022



Prana Pratishtha Pujan of "SHRI SANKALPESHWAR MAHADEV" at Anandpur premise was performed from 6th-8th August 2022 in delightful presence of Su. Ilaben Jobanputra (President-Sadguru Seva Samiti) and members of Sadguru family.

## Other Activities ANANDPUR

### **EVENTS**

#### Independence Day Celebrations at Anandpur: 15th August 2022

75th Anniversary of Independence Day- AZADI KA AMRIT MAHOTSAV" was celebrated at Anandpur. Tri-color was unfurled at Smt. Susheelaben Arvindbhai Mafatlal H. Sec. School by Su. ILaben Jobanputra, President-Sadguru Seva Samiti in joyful presence of students, teachers and members from Sadguru family.



### Shri Krishna Janmashtami Celebrations at Anandpur: 19th August 2022

Shri Krishna Janmashtami was celebrated with great joy and devotion across Anandpur. Batuks of Shri Sadguru Sankalp Sanskrit Ved Vidyapeeth, students of Shri Sadguru Sankalp Higher Secondary School and members from Sadguru family celebrated the festival by organizing various events on the occasion.



### Visit of Shri Jayramdasji Maharaj, Gondal: 29th -30th August 2022



Pujya Shri Jayramdasji Maharaj from Gondal visited SSST Anandpur on 29th to 30th August 2022. Pujya Maharaj Ji observed the activities carried on by the trust along with other Gurubhai and Bahans. A Bhandara for students of Shri Sadguru Sankalp Sanskrit Ved Vidhyapeeth was also organized on the occasion.

## Sadguru In News

### **वर्ल्ड साइट डे आज** नेत्ररोग को लेकर संजीदगी जरूरी, संक्रमण काल के बाद युवा और बच्चे भी बन रहे आंख के मरीज

### स्क्रीन लगा रही आंखों को 'नजर', डायबिटीज भी बन रही नेत्रों की मुसीबत

दृष्टि दिवस' (वर्ल्ड साइट डे) मना रही है, तब यह जानना बहुत ही जरूरी हो जाता है कि आखिर इसका मकसद क्या है ? आंखें हमारे शरीर का सबसे अभिन्न हिस्सा है। बिना आंखों के हम जीवन जीने की कल्पना भी नहीं कर सकते, इसलिए इसकी देखभाल दूसरे अंग से कही

स्टार समाचार | सतना

'विश्व दृष्टि दिवस' का सबसे बड़ा मकसद आखों से जुड़ी बीमारियों को समझनकर उनका चिकित्सकीय निदान कर ताउम्र निर्वाध रोशनी प्रदान करना है। ्राच । का काराया।बद जैसी बीमारियों का तो सफलता पूर्वक इलाज किया जा रहा है

ज्यादा जरूरी होता है।



मोबाइल , टीवी व कंप्यूटर जैसे डिजिटल माध्यम आंखों को गंभीर नुकसा

लेकिन बीते कुछ समय से डिजिटल स्क्रीन जुड़ी बीमारी डायबिटीज आंखों के जटिल पर बढ़ी निर्भरता और लाइफ स्टाइल से रोगों का कारण बन रही है।

डायबिटीज शरीर को तो खोखला कर ही रहा ा साथ ही आंखों की दृष्टि को भी गृहण लग हा है। यूं तो पहले 50 से अधिक उम्र के विजों में अधिक देखने को मिलती थी लेकि मौजूदा समय की जीवनशैली ने युवाओं को भी डाबिटीज का शिकार बना दिया है, नतीजतन माजूदा समय का जावनशराना न युवाआ का मा डाब्टिरीज का शिकार बना दिया है , नतीजतन युवाओं में डायबिटिक रेटिनोपौथी के खतरे बढ़े हैं। जानकी कुंड अस्पताल के नेत्र विशेषज्ञ डा. इलेश जैन बताते हैं कि डायबिटिक रेटिनोपैथी एक जटिल नेत्र रोग है आंख के पिछले हिस्से (रेटिना) को प्रभावित करती है। इसमें रेटिना की रक्त कोशिकाएं प्रभावित होतीं है जो कि मधुमेह रोगियों में स्थायी अंधापन या दृष्टि हानि का कारण बन् रखायी जंवापन या दृष्टि हानि का कारण बन सकती है। 'गव मेर वाई' का मून अंत्र से हुए डा. जैन कहते हैं कि यदि किसी को दुधला दिखाई है या फिर कोई जाकृति बदली नजर आए, 'राज फे एकान्म में समस्या हो, हिंह में काले प्रयो का अनुभव हो तो रखेत हो जाइए क्योंकि यह डायबिटिक रेटीनोवेरेपी के लक्षण हो सकते हैं। यदि समय रहते हुनका इलाज कराया जाय तो इसे नियंत्रित किया जा सकता है।

### सेहतमंद रहे आंखें

- लिए 8 घंटे की नींद लें
- कंप्यूटर, टीवी या मोबाइल में देख रहे हों तो उचित दूरी बना कर रखें
- दिन में 3 से 4 बार अपनी आंखों को ठंडे पानी से अच्छी तरह धोएं
- धूप या किसी धूल-मिट्टी वाली जगह पर जाएं तो सनग्लासिज पहनें
- खाने में दूध, मक्खन अंहे. देसी घी और हरी
- सोते वक्त आंखों के

## बिखए स्कीन पर काम करने के दौरान 20:20:20 का फामूला अपनाना चाहिए यानि स्कीन 20फुट दूर हो, 20 सेकंड से अधि लगातार उसे न देखा जाय। एक मिनट में 10 से 15 बार

पलकें झपकना चाहिए, जिससे तरलता बनी रहती है। आंखों को लेकर संजीदगी बरतनी चाहिए और नियमित चेक अप कराना चाहिए ताकि नेत्र रोग



 मोबाइल या किसी डिजिटल स्क्रीन को
लगातार न देखें बल्कि गैप दें। रोशनी पर्याप्त रखें ताकि आंखों पर ज्यादा रखे तांकि आखी पर ज्यादा जोर न पड़े। कंप्यूटर और मोबाइल से चिपके रहने वालों की आंखों की नसों में सूजन आ जाती है। मोबाइल चलाते समय पलके नहीं इमफकती,

हैं।यह ड्राई आई में तब्दील हो सकती है।

#### सदगुरु में भाईचारा बढाने को हुआ डांडिया नृत्य



<sub>र</sub>न्देली प्रेस क्ल सम्पादक

संरक्षक

द्ध प्रकाश दिवे

राजेश्वर सिंह

समाचार

सम्पादक अनुज हनुमत

ब्यूरो चीफ,

अश्विनी तिवार्र सम्पादकीय

4 सतना-आसपासस्टार

देवी भक्ति में डूबा ग्रामीण इलाका, गरबा नृत्य से मनमोहक हुआ माहौल





#### पुलिस अधीक्षक से चर्चा कर आरोपीगणों के खिलाफ कार्यवाही का भरोसा दिलाया गया।

क्रिकेटर चेतेश्वर पुजारा ने सद्गुरू सेवा संघ के मानव-गौ सेवा को सराहा विवक्त ( नेजा ) देहर सीरीज के दिग्गज क्रिकेटर चेतेश्वर प्रवास प्रिक्त प्रवास प्रकास पृत्र पुत्रास क्षेत्र प्रवास क्षेत्र भाग प्रमाण क्षेत्र हैं प्रवास क्षेत्र के दिग्गज क्षित्र के स्वास्त के स्वास के स्वस के स्वास के स्वास के स्वास के स्वास के स्वास के स्वास के स्वास

सी एन आई चर्च में मनाया गया यूथ महोत्सव

### गुरु की पावन पुनीत भूमि के दर्शन करने आया हूं: पुजारा

क्रिकेट टीम के टेस्ट खिलाड़ी चेतेश्वर पुजारा रविवार को अपनी पत्नी पुजा के साथ चित्रकूट पहुंचे। उन्होंने अपने गुरु के गुरुदेव संत रणछोरदास का पूजन किया और उनके स्थापित सद्गुरु सेवा संघ के नर, गो व संत सेवा के कार्यों को देखा। मध्यप्रदेश जिला सतना प्रशासनिक अधिकारियों से भेंट की।

चेतेश्वर पुजारा ने सद्गुरु सेवा संघ टस्ट के एक-एक प्रकल्प का सेवा की और रघुवीर मंदिर पहुंच कर विद्यार्थियों-श्रद्धालुओं को भंड़ारे में मोजन परोसा। सद्गुरु सेवा संघ और



चेतेश्वर पुजारा व उनकी पत्नी पूजा (बीच में) को स्मृति चिन्हित भेट करते सद्गुरु सेवा संघ के डायरेक्टर डा वीके जैन (दाएं) और ऊषा जैन (बाएं)® संस्वा

डा. वीके जैन से मुलाकात की। इस रणछोर दास महाराज थे, जिन्होंने सद्गुर दौरान पत्रकारों से बात करते हुए कहा सेवा संघ के माध्यम से सेवा कार्यों

खेलने की टिप्स

सदगुरु से स्टेडियम में पुजारा ने युवाओं को क्रिकेट की टिप्स दो भाष ही युवाओं ने उसके साथ संल्की ली। युवा इस दौरान काफी उत्साहित दिखे। उनसे क्रिकेट को तमाम सवाल भी किए। शाम को भगवान

कि उनके गुरु हरिचरण दास महाराज की शुरुआत की। इसलिए उन्हें अपने चित्रकूट के थे। उनके गुरु के गुरु की पावन पुनीत भूमि के दर्शन

का जायजा लेने आए सतना कलेक्टर अनुराग वर्मा और सीईओ जिला पंचायत डा. परीक्षित राव से भी मुलाकात की। मध्यप्रदेश के हिस्से के चित्रकट के विकास पर भी चर्चा की। डायरेक्टर डा. वीके जैन ने राष्ट्रीय अंधत्व निवारण कार्यक्रम में संस्था की भूमिका के बारे में बताया। कहा कि नवजात बच्चों में होने वाली नेत्र रोग संबंधी समस्या के समाधान के लिए संस्था की योजना की है। एसडीएम

#### अक्षय कुमार इंटरनेशनल कुडो टूर्नामेंट में सद्धरु पब्लिक स्कूल के प्रथम ने जीता स्वर्ण



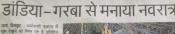
क्रिकेटर चेतेश्वर पुजारा ने सद्गुरु सेवा संघ द्वारा संचालित मानव सेवा गौ सेवा साधु सेवा को सराहा सीरीज के जाने माने क्रिकेटर गया।िक्रकेटर पुजारा को साल व

चेतेश्वर पुजारा और उनकी धर्म पत्नी पुजा पुजारा ने अपने चित्रकट भ्रमण के दौरान जानकोकुंड स्थिति श्री सदगुरू सेवा संघ ट्रस्ट द्वारा संचालित नेत्र चिकित्सालय का भ्रमण कर टस्ट द्वारा मानव सेवा के लिए संचालित सभी गतिविधियों को देखा उनके द्वारा चिकित्सालय,आई आपरेशन थियेटर ,ट्रेनिग सेंटर

स्मृति चिन्ह देकर सदगुरु सेवा संघ के टस्टी डा बीके जैन व सदगुरु शिक्षा समिति की अध्यक्षा श्री मती उषा बी जैन ने स्वागत किया।तत्पश्चात उनके द्वारा गौशाला , एसपी एस , रघुवीर मंदिर का भ्रमण किया गया एवम रघुवीर मंदिर में चल रहे साधु भंडारे में साधु संतो व विद्दार्थियो को अपने हाथों से भोजन परोसकर खिलाया। वही जब बता की गई तो उन्होंने बताया कि मेरे गुरु हरिचरण दास जी के गुरु रणछोड दास जी महाराज थे जो चित्रकुट के थे इसलिए यहां आने की बहुत इच्छा थी यहां आकर सदगुरु सेवा संघ द्वारा कि जा रही मानव सेवा,गौ सेवा एवम साध सेवा देखकर मन बहुत प्रसन्न हो गया।मैंने भी संकल्प लिया है कि मुझसे भी जितना हो सकेगा मैं भी मानव सेवा करूंगा और सहयोग करूंगा।

#### सदगुरु नवरात्रि उत्सव डांडिया, गरवा में दिखी एक भारत, श्रेष्ठ भारत की झलक







वी मंदिरों में उमडी भक्तों की भीड



# COMPARATIVE PERFORMANCE CHITRAKOOT & ANANDPUR

	CHITRAKOOT		ANANDPUR		TOTAL	
Eye Care Services	2021-22	2022-23	2021-22	2022-23	2021-22	2022-23
Particulars	Jul-Sep	Jul-Sep	Jul-Sep	Jul-Sep	Jul-Sep	Jul-Sep
Walk-in Outpatients	100938	143557	5727	5735	106665	149292
Outreach Outpatients	92454	157372	825	27850	93279	185222
Child Outpatients	15047	22792	815	1053	15862	23845
Vision Centre Outpatients	89458	145742	1877	7195	91335	152937
Total Outpatients	297897	469463	9244	41833	307141	511296
Walk-in -surgery	13305	15687	1079	772	14384	16459
Out ReachSurgery	13142	18875	198	4259	13340	23134
child Surgery	962	1338	9	38	971	1376
Vision Centre Surgery	5854	10774	363	686	6217	11460
Total Surgery	33263	46674	1649	5755	34912	52429
General Health Care Services	2021-22	2022-23	2021-22	2022-23	2021-22	2022-23
Particulars	Jul-Sep	Jul-Sep	Jul-Sep	Jul-Sep	Jul-Sep	Jul-Sep
OPD	74774	85008	8752	7752	83526	92760
Minor Surgery	617	440	120	155	737	595
Major Surgery	1531	1663	70	72	1601	1735
Institutional Delivery	765	799	184	163	949	962

## GIFT A VISION

Providing Sight to the Blind is the mission of

### Shri Sadguru Seva Sangh Trust

Be the part of this movement and support us serve under privileged rural population especially women and children.

Gift - In the end, is all about love,

about compassion that touches the soul



## SUPPORT US..

EYE CARE	Head	ТҮРЕ	AMOUNT					
One Cataract Surgery (IOL)	Donation	One Time	3,500					
One Cataract Surgery (IOL) will be performed every year	Corpus	Each year	35,000					
One Vitreo-Retinal Surgery	Donation	One Time	20,000					
RURAL OUTREACH CAMP								
One Rural Outreach Camp	Donation	One Time	25,000					
One Rural Outreach Camp will be performed Every year	Corpus	Each year	2,50,000					
EDUCATION SCHEME								
Free education to one underprivileged child every year	Corpus	Each year	1,00,000					
Free education or training of poor student for one year-Hindi Medium	Donation	One Time	10,000					
Free education or training of poor student for one year with boarding-Sanskrit Medium	Donation	One Time	25,000					
RAGHUBIR MANDIR								
Sadhu Bhandara Tithi	Corpus	Each year	10,000					
Mandakini Aarti Tithi	Corpus	Each year	10,000					
Shivaalaya Rudrabhishek Tithi	Corpus	Each year	10,000					
CATTLE DEVELOPMENT-GAU SEVA								
To Provide shelter for Gauvansh (cattle) and basic need of their diet for one cow for 1 year	Donation	One Time	3,000					
Donation for Feeding all cows one day every year on behalf of donor	Corpus	Each year	30,000					
FOOD SERVICE-ANNAPURNA SEVA								
Patient's attandents will be provided lunch @5/- per meal on behalf of Donor	Corpus	Each year	30,000					

#### HEAD OFFICE MUMBAI

Shri Sadguru Seva Sangh Trust Mafatlal Centre, 1st Floor, Nariman Point, Mumbai - 400021

Tel : (022) 62321000 Fax : (022) 6232109 E-mail: info.mumbai@sadgurutrust.org

#### **OUR CENTRES:**

#### **CHITRAKOOT**

Shri Sadguru Seva Sangh Trust Jankikund Chitrakoot - 210204,

Dist. Satna (M.P.)

Tel : (07670) 265320, +917471116346 E-mail: info.chitrakoot@sadgurutrust.org

#### **ANANDPUR**

Shri Sadguru Seva Sangh Trust Sadguru Nagar, Anandpur - 464 112

Tel: (07590) 278 714, 278 711

E-mail: info.anandpur@sadgurutrust.org



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