

DAKSHFOUNDATION.COM



# Khayal Apne Buzoorgon Ka

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#KAB

ORGANIZED BY DAKSH FOUNDATION

IN ASSOCIATION WITH



Red Cross  
Society



Haryana State Legal  
Services Authority  
Access to Justice For All

Haryana State Legal  
Services Authority



Haryana Police





## INTRODUCTION

"Khyal Apne Buzoorgon Ka" #KAB #KAB2023 is an annual event of Daksh Foundation to celebrate Senior Citizens. Our major focus is to strengthen the bond between elderly and the budding generation and instil inspiration of oneness amongst them. With this in mind, we are hosting Ashirwad Drawing Competition with an aim to encourage record number of participants - 12,000 kids in two Zones (Faridabad and Gurugram). Let's strive together to diminish the generation gap and foster meaningful connections between our young ones and their beloved grandparents.

Building on the massive success of last year's celebrations, where we featured 75 Senior Citizens' life stories on the auspicious occasion of Azadi ka Amrit Mahotsav, this year's event promises to be even more special.

Let's work together with zeal and dedication to create a memorable and heartwarming experience for everyone involved. With our collective efforts, "Khyal Apne Buzoorgon Ka" #KAB #KAB2023 will leave an ever lasting impact on all those who participate and witness this celebration of compassion and dignity of life.



## ABOUT US

Founded in 2015, "**DAKSH FOUNDATION** (Developing Appropriate Knowledge and Skill for Humanity)" is a Section 8 Non profit company that is earnestly working for environment & upliftment of underprivileged sections of society which have been highly appreciated and recognised by Govt of Haryana. Other initiatives of Daksh foundation Include:

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### **KALA SWARG:**

Aligned with the objectives of "Make in India" campaign, Kala Swarg is an initiative of DAKSH Foundation which aims to create a single platform to promote all the skilled artisans of India.



### **PARYAVARAN PAATHSHALA:**

To encourage environmental initiatives among kids & youth, we have organized various mentor sessions as well as live workshops on Best out of waste, Gullack to encourage kids for saving, slogan and essay writing on the theme of environment.



### **PAUDHA BANK:**

In line with Sustainable Development Goals of Govt of India, DAKSH Foundation has taken an initiative to improve the green cover and reduce the carbon foot print.



### **KHAYAL APNE BUZOORGON KA:**

Initiative to strengthen the bond between the elders and their grandchildren and to improve the quality of life for disadvantaged older persons, we collaborate with civil society, the judiciary, legislators, and government bodies.



### **DAKSH BOOK BANK**

Under the initiative "Khelega Bachpan Padhega Bachpan", we have set up a Community Library to emphasize on reading habit and nurture underprivileged kids to be good citizens in future.



### **DAKSH SANSKARSHALA**

Sanskarshala is an initiative that aims to impart the rich cultural heritage of India to the younger generation. Through this program, we strive to educate children about the traditional values and moral duties

# ORGANIZING COMMITTEE



**Dr. Ankur Sharan**  
Chief Operating Officer  
Daksh Foundation



**Dr. Pushendra Pratap Singh**  
(Country Head - Asia Shipping International  
Transport India Pvt Ltd)  
Chief Advisor - Corporate Affairs  
Daksh Foundation



**Rtn. CA Tarun Gupta**  
Chief Advisor- Social Welfare  
Daksh Foundation



**Brig. N N Mathur (Retd)**  
Chief Advisor -  
Elder Care & Welfare  
Daksh Foundation



**Col Adarsh Caplash (Retd)**  
Chief Advisor- Skill Development  
Daksh Foundation



**Wg. Cdr. HC Mann (Retd)**  
(Ex. Member JJ Board, Faridabad)  
Chief Advisor- Legal Literacy  
Daksh Foundation



**Dr. Ajay Garg**  
Chief Advisor- Strategic  
Planning & Compliance  
Daksh Foundation



**Dr. Sarita Sachdeva**  
ED & Dean Research Manav Rachna  
International University  
Chief Advisor- Research & Social  
Outreach Programme  
Daksh Foundation



**Mr. Arun Gupta**  
Coordinator -  
Paryavaran Pathshala  
Daksh Foundation Head - Asia



# Daksh Foundation Project: "Khyal Apne Buzurgon Ka"

## Fighting Isolation, Poverty, Neglect

Empowering Lives through **Medical,  
Legal Help & Physio Care**

At Daksh Foundation, we are committed to creating a positive impact by offering a comprehensive range of services aimed at empowering individuals and fostering a supportive community. Our focus revolves around three essential pillars: Medical, Legal Help & Physio Care.



### **Medical Support:**

We believe in making healthcare accessible to all, especially those in need. Through our Medical Support program, we strive to provide aid and relief to those facing medical challenges. By organizing medical camps, offering consultations, and providing necessary treatments, we aim to improve the well-being of underserved communities.



### **Legal Help**

Knowledge of legal rights is crucial for a just and fair society. Daksh Foundation works tirelessly to raise awareness about legal rights and offer legal aid to those who need it the most. We provide guidance, support, and advocacy to ensure that individuals receive the justice they deserve.



### **Physio Care for Elderly**

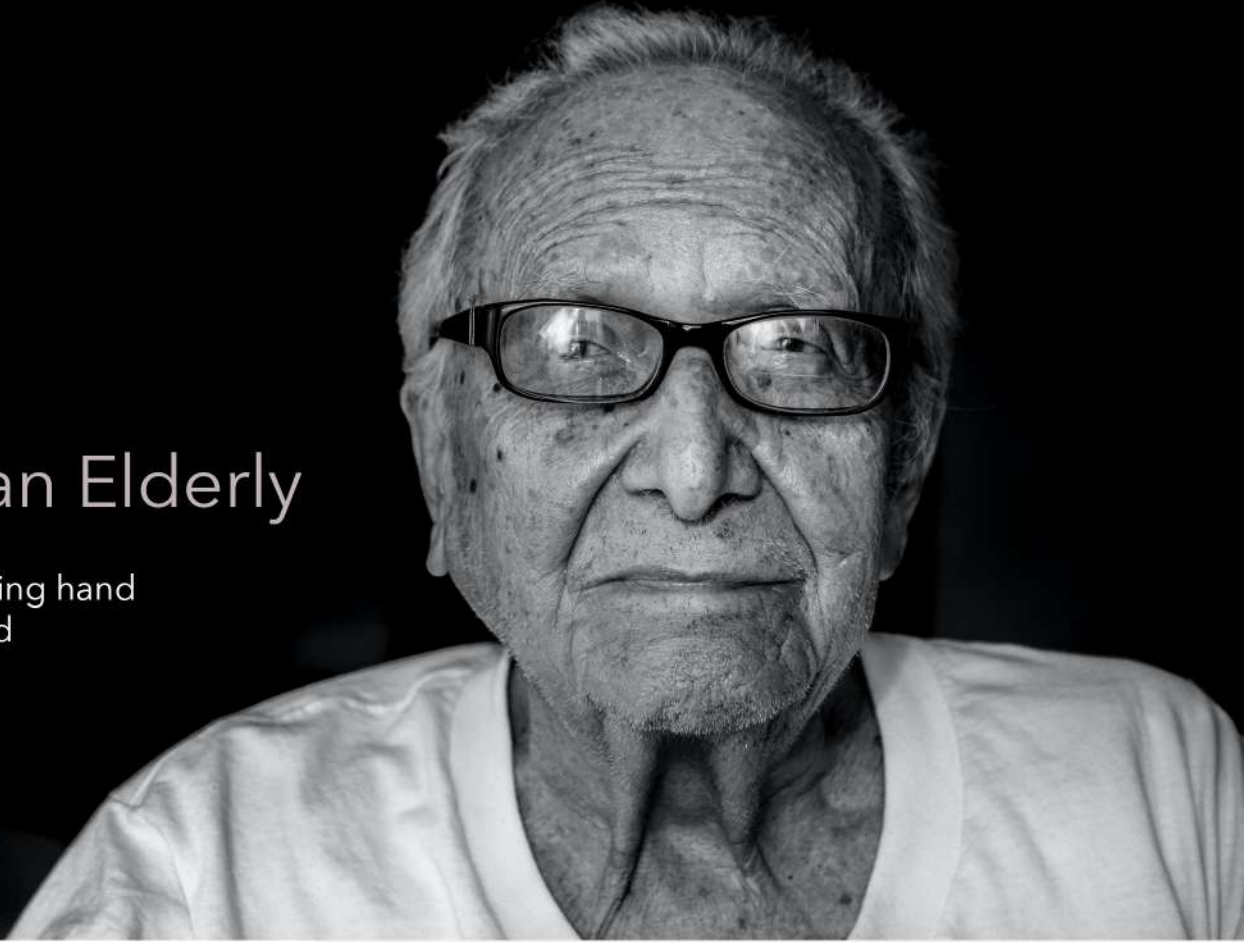
Our Physio Care program is designed to cater to the specific needs of elderly individuals facing musculoskeletal issues, such as back pain, arthritis, and mobility challenges. Our qualified physiotherapists offer their expertise through stationary physiotherapy clinics, mobile services, and home visits to residents of homes for the aged.

With a vision of holistic development and a commitment to empowering lives, Daksh Foundation continues to make a meaningful difference in the lives of those we serve. Join us on our journey of compassion, care, and community building. Together, we can create a brighter and more inclusive future for everyone.



# Adopt an Elderly

Extending a caring hand  
to those in Need



Since its inception in 2015, the Adopt an Elderly program at Daksh Foundation has made a significant impact on the lives of countless disadvantaged elders. For many of these individuals, the absence of support, shelter, and companionship has left them struggling to survive.

Our mission is to improve the quality of life for these vulnerable elders by offering them a lifeline - basic sustenance through monthly ration support. Through this initiative, we aim to provide them with the essentials they need to lead active, healthy, and independent lives.

With your compassionate support, we can ensure that these elders receive the nourishment they require to stay physically and mentally well. The monthly ration not only fulfills their basic needs but also brings a sense of security and hope into their lives.

*Join us in making a difference  
- **by adopting an elderly person** in need, you can be  
the beacon of light in their  
lives and support them to live  
a dignified life.*

**Event: "Khyal Apne  
Buzoorgon Ka"**  
**#KAB #KAB2023**

## **Event Dates:**

- 23<sup>rd</sup> and 24<sup>th</sup> September 2023
- 01<sup>st</sup> October 2023

## EVENT DATES

### 23-24 Sep Ashirwad Drawing Competition

1. Drawing Competition for Grandchildren with Grandparents at two Zones:  
(I) Faridabad  
(II) Gurugram
2. Distribution of Health Cards
3. Health Talk
4. Awareness Session on Cyber Crime
5. Mega Health Camp with tests and Physiotherapy by Health Partner
6. Pledge for Organ Donation
7. Registration for Artificial Limbs by Red Cross



**SCAN THIS  
QR CODE FOR  
ASHIRWAD  
DRAWING  
COMPETITION**

Combined Age Group  
Categories for  
"Aashirvaad" Drawing  
Competition: -

- I. 55 years to 65 years
- II. 66 years to 75 years
- III. 76 years and above

**Last Date  
for registration  
is 10 Sep 2023**

Results of the "Aashirvaad" Drawing Competition will be announced on social media by 25th September 2023.

### 01 Oct World Elderly Day

1. Observance of 'World Elderly Day' 2023
2. Honouring Senior Citizens with Lifetime Achievement Awards
3. Prize Distribution Ceremony of "Aashirvaad" Drawing Competition
4. Cultural Performance
5. Announcement of Sports Meet for Senior Citizen "Aao Phir Se Khelo"
6. Performance by Senior Citizens
7. Legal Talk
8. Safety & Security Talk
9. Charity Dinner



**SCAN THIS QR CODE FOR  
LIFETIME ACHIEVEMENT  
AWARD**

Lifetime Achievements Award

Categories: -

1. Administration (Public Services)
2. Art & Culture
3. Defence Service
4. Education
5. Environment
6. Entrepreneurship
7. Health
8. Legal
9. Literature
10. Social Services
11. Sports

Only individuals above 65 years can nominate themselves for the Lifetime Achievements Award.



# DAKSH FOUNDATION: Moments of Compassion and Empathy

## भारतीय संस्कृति को पहचानें और माता-पिता का करें सम्मान : यशपाल

**राष्ट्रीय माता-पिता दिवस पर लगभग 501 तुलसी के पौधे।**

उपमहानगर, गुरुग्राम डेहली

विद्यालय लगे। जिसका एक मुख्य लक्ष्य है कि हम अपने संस्कृति को संरक्षित रखें और स्वच्छ इलाके में अपने-अपने लगे हैं। अब यशपाल के माता-पिता दिवस पर लगभग 501 तुलसी के पौधे का वितरण किया गया। यशपाल के माता-पिता दिवस पर लगभग 501 तुलसी के पौधे का वितरण किया गया। यशपाल के माता-पिता दिवस पर लगभग 501 तुलसी के पौधे का वितरण किया गया।

## दक्ष फाउंडेशन कर रहा है अच्छा कार्य : अर्पित जैन

विद्यार्थी डॉक्टर अर्पित जैन बच्चों को सम्मानित करते हुए

दक्ष फाउंडेशन ने आदर्शवर्ष में डॉ. ए. वी. पुलिस पब्लिक स्कूल, गुरुग्राम में एक कार्यक्रम आयोजित किया। डॉ. अर्पित जैन ने बच्चों को सम्मानित किया। डॉ. अर्पित जैन ने बच्चों को सम्मानित किया। डॉ. अर्पित जैन ने बच्चों को सम्मानित किया।

## स्कूल में सुलेख प्रतियोगिता का पुरस्कार वितरण समारोह

श्री अर्जुन मंडलवाला फाउंडेशन, डीसीपी पुलिस पब्लिक स्कूल में आयोजित सुलेख प्रतियोगिता का पुरस्कार वितरण समारोह आयोजित किया गया।

श्री अर्जुन मंडलवाला फाउंडेशन, डीसीपी पुलिस पब्लिक स्कूल में आयोजित सुलेख प्रतियोगिता का पुरस्कार वितरण समारोह आयोजित किया गया। श्री अर्जुन मंडलवाला फाउंडेशन, डीसीपी पुलिस पब्लिक स्कूल में आयोजित सुलेख प्रतियोगिता का पुरस्कार वितरण समारोह आयोजित किया गया।

## दक्ष फाउंडेशन एकादशवीं संस्था को तीन स्वच्छों पर बनाए पौधा बैंक, जगज्जल खरित विस्ली स्वस्थ मौके पर तलाक सचको है फौ

इसे खरत कर और पौधा बैंक शुरू किया जाएगा।

दक्ष फाउंडेशन ने एक कार्यक्रम आयोजित किया। डॉ. अर्पित जैन ने बच्चों को सम्मानित किया। डॉ. अर्पित जैन ने बच्चों को सम्मानित किया। डॉ. अर्पित जैन ने बच्चों को सम्मानित किया।

## साइकिल रैली निकालकर दिया जल संरक्षण का संदेश

जागरण संरक्षण, फरीदाबाद : जिला फाउंडेशन द्वारा रविवार को टाउन पार्क सेक्टर-31 जल संरक्षण को लेकर साइकिल रैली का आयोजन किया गया।

जागरण संरक्षण, फरीदाबाद : जिला फाउंडेशन द्वारा रविवार को टाउन पार्क सेक्टर-31 जल संरक्षण को लेकर साइकिल रैली का आयोजन किया गया। जागरण संरक्षण, फरीदाबाद : जिला फाउंडेशन द्वारा रविवार को टाउन पार्क सेक्टर-31 जल संरक्षण को लेकर साइकिल रैली का आयोजन किया गया।

## पर्यावरण संरक्षण हम सब की नैतिक जिम्मेवारी : यशपाल यादव

पर्यावरण संरक्षण हम सब की नैतिक जिम्मेवारी है।

यशपाल यादव ने एक कार्यक्रम आयोजित किया। डॉ. अर्पित जैन ने बच्चों को सम्मानित किया। डॉ. अर्पित जैन ने बच्चों को सम्मानित किया। डॉ. अर्पित जैन ने बच्चों को सम्मानित किया।

## जागरण संरक्षण, फरीदाबाद : जिला फाउंडेशन द्वारा रविवार को टाउन पार्क सेक्टर-31 जल संरक्षण को लेकर साइकिल रैली का आयोजन किया गया।

आमजन को जागरूक करने के लिए उपायुक्त ने साइकिल रैली चलाई। उन्होंने कहा कि शहर को हरा-भरा जल्द ही है।

उपायुक्त ने दक्ष फाउंडेशन द्वारा सहयोगी संस्थाओं का आभार व्यक्त किया। उन्होंने कहा कि इस तरह के कार्यक्रम शहर में होते रहने चाहिए। साइकिल रैली के प्रेरणा मिलती गमम 80 छात्रों और युवाओं तथा नवभग चार किलोमीटर लंबी निकाली गई। दक्ष फाउंडेशन ने कैलिंग फार ए कोज नाम से एक शुरु की है। जिसके अंतर्गत

सेक्टर-31 टाउन पार्क में जल संरक्षण को लेकर साइकिल रैली के दौरान साइकिल चलाते जिला उपायुक्त यशपाल यादव। सफेद टैग शूट फ्लेन हुए।

14 फरवरी को पहली साइकिल जागरूकता रैली रोड सेप्टी पर आधारित थीम पर आयोजित की गई थी। उसी कड़ी में रविवार को दूसरी साइकिल निकाली गई।

अंतरराष्ट्रीय महिला दिवस के अवसर पर 14 मार्च को तीसरी साइकिल जागरूकता रैली का आयोजन जल स्टूडेंट सेंटर से किया जाएगा। कार्यक्रम में आरडब्ल्यूए

सेक्टर-28, 29, 30, 31, इंद्रप्रस्थ कालोनी, सिंगमोडल कालोनी एवं इको क्लब का विशेष सहयोग रहा। इस मौके पर अंकुर शाण, बीपी सिंह, विमल खंडेलवाल, देवेन्द्र सिंह, सुनील काटियाण, हिमांशु मलिक, रिया चितकारा, उदित नायण, बैसला, सेक्टर-31 बाना प्रधारी मनोज कुमार, सेक्टर-28 पुलिस चौकी प्रधारी विजय कुमार मौजूद थे।

## सड़क हादसों में घायलों की मदद के लिए रक्तदान शिविर

जासं, फरीदाबाद : सड़क हादसों में घायल होने वाले लोगों की मदद के लिए दक्ष फाउंडेशन की तरफ से ओमेक्स ग्रीन वैली और ग्रीन फोल्ड कॉलोनी में रक्तदान शिविर का आयोजन किया गया। इस दौरान डीसीपी एनआइटी नौतिका गहलोत मुख्य अतिथि के तौर पर उपस्थित थीं। दक्ष फाउंडेशन के निदेशक प्रवेश कंसल, रोटीर क्लब इंस्ट के प्रधान तरुण गुप्ता, सचिव रेडक्रॉस बोबी कथुरिया, ग्रीन फोल्ड कॉलोनी आरडब्ल्यूए के प्रधान वीरेंद्र भड़ाना, ग्रीन वैली आरडब्ल्यूए के प्रधान सतीश मिश्रा, चौकी प्रधारी राजेश कुमार, दप प्रधान डॉ. गोविंद, सचिव राजेश पटनी, ट्रैफिक ताऊ वीरेंद्र सिंह, रोटीरियन दीपक रक्तदाताओं का उत्साह बढ़ाने के लिए मौजूद थे।

रक्तदान शिविर में रक्तदान करने पर एसआइ राजेश कुमार व डीसीपी एनआइटी डॉ. नौतिका बादशाह खान व रोटीर क्लब ब्लड रक्त एकत्र किया। इस दौरान ग्रीन वैली बैंक की टीम ने शिविर में 42 यूनिट में पौधरोपण भी किया गया।



# DAKSH FOUNDATION: Waves of Appreciations



THROUGH HUMANITY TO PEACE

**Indian Red Cross Society**

DISTRICT BRANCH  
RED CROSS BHAVAN SECTOR-12, FARIDABAD

Website : www.redcrossfaridabad.org & E-mail : drcsfaridabad@gmail.com

President :  
Deputy Commissioner, Faridabad  
Ph. : 0129-2227936



Secretary :  
Utkar Kumar  
Ph. : (O) 0129-2283176

Ref. No. RCF/1009/19

Dated: 7/8/2019

## Appreciation Letter

District Red Cross Society, Faridabad thanks Daksh Foundation for supporting District Administration and District Red Cross Society by distributing food to poor and needy migrant labour during covid-19 pandemic lockdown.

Your generous contribution towards this noble cause has helped thousands of those who needed food to sustain themselves during covid-19 lockdown looking forward to further constructive engagement for social cause.

*(Signature)*  
Secretary,  
District Red Cross Society,  
Faridabad



Dr. Anshu Singla, IPS

D.O. No. 18523

अं-सरकारी पत्रिका  
Dy. Commissioner of Police,  
Hqrs. Faridabad

पुलिस उपपुस्तक, मुख्यालय  
फरीदाबाद

Dated: 07-03-2019

दिनांक :

## APPRECIATION

Dear Sh. Parvesh Kansal ji

It gives me great pleasure to convey my deep appreciation for outstanding work done by you. Your contribution to donate sanitary pad machine to all three women Police Station in Police Commissionerate, Faridabad is really appreciable and a good step in providing cleanliness and maintaining hygiene in Women Police Stations.

I hope you shall continue to work with same zeal and devotion for contribution to hygiene in future as well as and bring good name not only to yourself but also succeed in campaign of hygiene

*(Signature)*

(Dr. Anshu Singla), IPS

Sh. Parvesh Kansal,  
Director, Daksh Foundation,  
Faridabad.

मूल चन्द शर्मा  
Mool Chand Sharma



D.O. No.

परिवहन, खन एवं भूगर्भ, भारत सरकार  
परिवहन एवं खन और सांस्कृतिक सचिव कार्यालय, दिल्ली

Transport, Mines & Geology, Skill Development  
& Industrial Training and Art & Cultural  
Affairs Minister, Haryana

Chdcl, Chandigarh

To,  
Director,  
Daksh Foundation,  
Faridabad

This is to express my deepest appreciation to the commendable work you have done in Faridabad Raahgiri at Ballabhgarh.

I want to congratulate you and Daksh Foundation for setting an example and I hope more young people like you contribute to the amelioration of social ills in our society.

I wish you the very best for future projects and look forward to collaborating with your NGO in other such initiatives.

With best regards,

Yours Sincerely,

*(Signature)*  
(Mool Chand Sharma)  
Mool Chand Sharma  
Minist & Geology, Minister  
Haryana, Chandigarh

कार्यालय : खन व भू. एवं अ. विभाग दिल्ली, भारत  
पिन : 110 025, भवन : 1  
012-2740517 (महिला), 012-2740543 (श्री), 012-2779077 (मह)  
दूरभाष : E-mail : mcharyana2019@gmail.com

## Office of District Legal Services Authority, Faridabad

No. 1082 Dated: 15/03/19

Dated: 15 March 2019

Subject: Letter of Appreciation.

Dear S. Dahiya,

There are many organizations and groups which are working and contributing to make a better society. It is good to know and see that since last three plus years 'Daksh Foundation' has been playing a good role in engaging society for some or the other cause, in turn benefiting the community. Few of your programs like 'Raahgiri' with District Administration, 'Khyal Apne Buzoorgon Ka', 'Daksh Mela' and 'Khelega Bachpan Padhega Bachpan' have been good so far and the recent on 'Khyal Apne Buzoorgon Ka' with District Legal Service Authority, Faridabad was informative and educative one.

We wish you Good Luck and share our Best Wishes for all the good work you have done so far and for future endeavors too.

Thanking You,

Yours Sincerely

*(Signature)*  
(Mona Singh)  
Chief Judicial Magistrate-cum-Secretary,  
District Legal Services Authority, Faridabad

S. Dahiya,  
Director,  
Daksh Foundation  
Faridabad.



Dr. Arpit Jain, IPS

D.O. No. 17503

अं-सरकारी पत्रिका  
Dy. Commissioner of Police,  
Hqrs. Faridabad

पुलिस उपपुस्तक, मुख्यालय  
फरीदाबाद

Dated: 25-04-2021

दिनांक :

## APPRECIATION LETTER

Respected Madam,

I wish to place words of appreciation for carrying out great humanitarian work during covid-19 pandemic.

I sincerely hope that you and your team shall continue to work with same zeal and dedication in future also.

*(Signature)*  
(Dr. Arpit Jain), IPS

Mrs. Sonia,  
Director, Daksh Foundation,  
Faridabad.



Kushal Singh, HPS  
पुलिस ऑफिस, स.पु.दे.

D.O. No. 4700-908

अं-सरकारी पत्रिका  
Dy. Commissioner of Police  
Ballabhgarh, Faridabad

पुलिस उपपुस्तक

सहायक, फरीदाबाद

Dated: 23-12-2022

दिनांक :

## Letter of Appreciation

Dear Ankur

I would like to place on record my sincere appreciation to your organization for extending your support to us at time of need. It is due to your persistence and commitment that we have achieved our goal towards "Drug Free Faridabad" campaign.

I wish you and your team good luck and share my best wishes for all good work you have done so far and for future endeavors too.

*(Signature)*

Sh. Ankur Sharan  
Chief Operating Officer,  
Daksh Foundation

Yours,

*(Signature)*  
(Kushal Singh)

13-03/12/2022



# DAKSH FOUNDATION: Impactful Moments from the Past



Each photograph tells a unique story of resilience, unity, and the overwhelming power of human connection. Join us as we reminisce about our journey so far and look forward to creating countless more memories and impactful moments in the lives of our esteemed senior citizens.







Website: [www.DakshFoundation.com](http://www.DakshFoundation.com)  
 Email: [dakshfoundation2015@gmail.com](mailto:dakshfoundation2015@gmail.com)  
 Phone: +91 971 666 1000



/DakshFoundation2015