

INDIA
LOOD RELIEF MISSION

THE-SARA

THE-SARA THE-SARA
GIVE A BOOK

Contact: +91 94 11 91 66,
thesarajammu@yahoo.com

ANNUAL REPORT 2015-16



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MESSAGES...



Arrival of new Financial Year 2016-17 brings new promises, hopes & challenges. It gives us chance to work hard with more vigour, do the right things & tasks for precious lives , set new goals & work on achieving them with honesty & dedication .

We at 'THE - SARA' resolve to remain strong and excel to achieve our goal. I am grateful to all our well wishers and members of 'THE - SARA' for the sincere efforts , which has been instrumental in the success and growth of our Organization.

We hope for more support coming our way in future for the success of our cause.

- Gurjeet K Ghuman
President THE - SARA



As I look back 2015-16 was yet another memorable & rewarding Year for 'THE - SARA'

From our '**Mission against Suicides**' to '**Crisis Support**' work in the form of **#QuakeReliefNepal** Mission, **#ManipurFloodRelief**, **#GiftABook** Initiative to **#HealthIsWealth** Initiative we contributed to the best of our abilities.

The success we achieved was not overnight matter... it was concoction of hard-work, failures & disappointments.

Big Thanks! For your support Dear Wishers.

#LoveLifeLiveLife

- Dr. Raminder Jit Singh
Director THE - SARA

THE - SARA
MISSION SUICIDE PREVENTION 2015-16

THE - SARA
THE - S suicides **AR** are **A** avoidable

- ❑ In its Mission against Suicides THE – SARA is running Suicide Prevention HELPLINE # +91-9697-606060. This free & confidential HELPLINE is answered by professionally trained volunteer
- ❑ In the Year 2015-16 more than 1000 Phone Calls were attended by THE – SARA Helpline Manager.



Our WORK.. SUICIDE PREVENTION HELPLINE..

**THE - SARA organized
in Field Face to Face
Counseling Sessions for
the people with Mental
Health Issues.**



Our WORK.. FACE TO FACE COUNSELING SESSIONS..

GUEST LECTURE ON DRUG ADDICTION & MENTAL HEALTH FOR STUDENTS

GOVT. HIGHER SECONDARY SCHOOL BISHNAH



Our WORK.. AWARENESS LECTURES..

**THE - SARA under J&K
Flood Relief Mission
2014-15 donated
Medicines to Indian Red
Cross Society Jammu.**

**Ms. Manpreet Kour of THE - SARA with
Mr. RC Puri Hony. Secretary of IRCS
Jammu.**




**Our WORK.. DONATION OF MEDICINES TO INDIAN RED CROSS
SOCIETY JAMMU**

ACKNOWLEDGEMENT

Tele Fax : 0191-2543739
E-mail : redcross_jammu@rediff.com
website : www.ircsjammu.org

THROUGH HUMANITY TO PEACE

 **Indian Red Cross Society**

JAMMU REGION
Red Cross Bhawan, Kachi Chawni, Jammu (J&K)

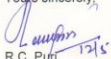
Ref. No./RCSJ/356 Dated: 12-5-15

Dear, *Raminderjit*

I, on behalf of Indian Red Cross Society, Region Jammu express my sincere gratitude for your valuable contribution in shape of Medicines which shall be utilized by organising Free Medical Camps in Rural Areas of Jammu Region.

We hope to receive your corporation in our future endeavours also.

With Regards

Yours sincerely,

R.C. Puri,
Hony. Secretary

Dr. Raminderjit Singh,
Director,
The Sara
106, Apna Vihar-Housing Colony,
Kunjwani,
Jammu

CONTRIBUTION TO RED CROSS IN NEWS

The-Sara donates medicines to Red Cross Jammu



Member of The-Sara handing over medicines to Honorary Secretary, Red Cross Society, R.C Puri at Jammu.

■ STATE TIMES NEWS

JAMMU: The-Sara, an NGO working on crisis support and suicide prevention under its initiative J and K Flood Relief Mission, handed over another lot of medicines to Honorary Secretary, Red Cross Society Jammu Region, R.C Puri at a Red Cross Bhawan here.

The medicines included antibiotics, pain killers which

shall be utilised in free medical camps organised by Red Cross in rural areas of Jammu region.

The - Sara under its initiative J and K Flood Relief Mission, in the last seven months had distributed blankets, dry ration, clothing and stationery items among flood victims across Jammu and Kashmir.

Our WORK.. CONTRIBUTION OF MEDICINES TO INDIAN RED CROSS SOCIETY JAMMU

THE - SARA
QUAKE RELIEF NEPAL MISSION 2015

QUAKE RELIEF NEPAL MISSION
THE - SARA



#QUAKERELIEFNAPAL

Contact: +91 94191 91666, +91 90860 91666

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HIGHLIGHTS – QUAKE RELIEF NEPAL...

- ❑ **Quake Relief Nepal Mission was the first International Crisis Support Mission of THE – SARA.**
- ❑ **Sr. BJP leader from J&K Mr. Yudhvir Sethi donated large amount of Relief Medicines.**
- ❑ **Provided much needed succor to thousands of people by supporting Organizations like GOONJ and S.A.F Canada.**
- ❑ **Channelised over 50 Kgs. of Relief Medicines.**
- ❑ **Supported Govt. of Nepal in their Earthquake Relief efforts and dispatched medicines to Embassy of Nepal in India, New-Delhi.**

**Sr. BJP Leader from J&K
Mr. Yudhvir Sethi
supported THE - SARA
Quake Relief Nepal
Mission by donating
large amount of life
saving drugs for the
victims of Nepal
Earthquake.**



SUPPORT To Our Mission....

❑ **THE - SARA** in its effort to provide much needed **Medical Relief** to **Nepal Earthquake victims** dispatched first batch of medicines to **NGO GOONJ** which was working on ground in **Nepal**.



❑ **Medicines included** antibiotics, anti - hypertensive's, for diabetics and **Pediatric cough & cold formulations**.



Our WORK.. SUPPORT TO GOONJ.. First Dispatch

CONSIGNEE GOONJ NGO

TRANSPORT WAY BILL


THE - SARA


Scan the above QR Code

MEDICINES FOR NEPAL EARTHQUAKE RELIEF

FOR:

GOONJ

(H.O) J 93, SARITA VIHAR

NEW DELHI - 110076


PHONE: 011- 41401216

FROM:

THE - SARA (NGO)

NOT FOR

THE-SARA

 SAFEXPRESS <small>THE COMPLETE LOGISTICS SOLUTIONS</small>		<small>SAFEXPRESS PRIVATE LIMITED CORPORATE OFFICE N.H. No. 8, MANIPALPUR EXTN., NEW DELHI-110037, INDIA TEL : +91 11 26763281 FAX : +91 11 26761481 E-mail : safexpress@safexpress.com Website : www.safexpress.com</small>		FROM Jammu- 02	WAY BILL NUMBER 42238718	
Distribution Redefined		TO DELHI		DATE 02/05/2015		
CONSIGNOR THE SARA 106. APNA VIHAR Housing colony - Kunglami Jammu 180010			CONSIGNEE GOONJ, H.O J. 93 SARITA VIHAR New Delhi-110076			
CONTACT PERSON CST / TIN mob-9419191666			CONTACT PERSON TEL - 011-41401216 -			
PACKAGE INFORMATION				CHARGES	IN RUPEES	INSTRUCTIONS
NO. OF PKGS. (2)	TYPE OF PACKING CBP	VOLUME (IN CM/MCH/INCH) 12x8x10 2	SAID TO CONTAIN Relief. MEDICINE	FREIGHT	VALUE BURCHARGE	INSTRUCTIONS
				WAVE		

Our WORK.. SUPPORT TO GOONJ.. First Dispatch

❑ **THE - SARA for Nepal Earthquake victims dispatched second batch of medicines to Canada based NGO S.A.F which was working on ground in Nepal.**

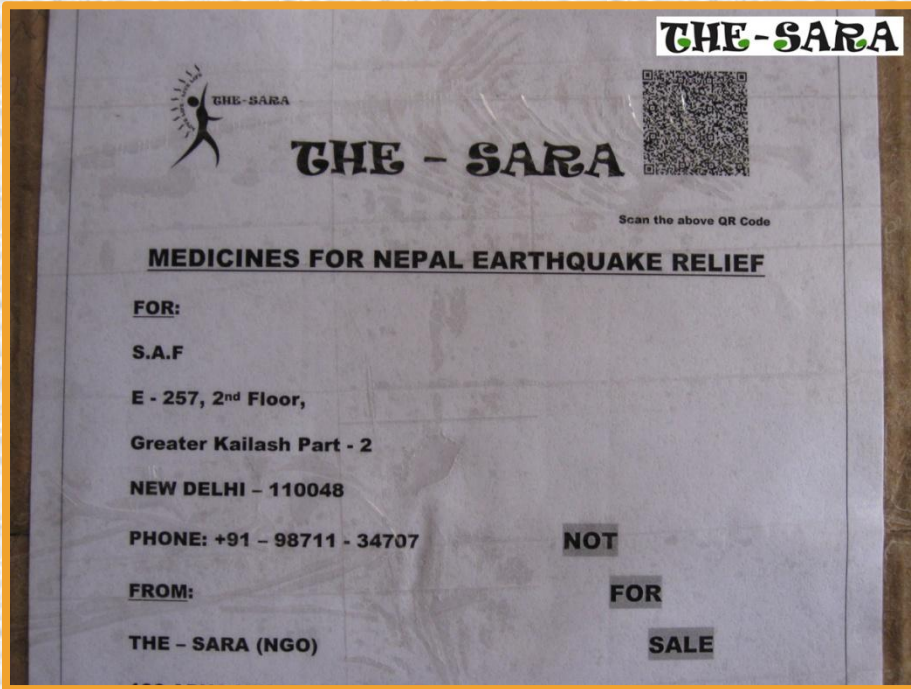
❑ **Medicines included antibiotics, anti - hypertensive's, for diabetics and painkillers.**



Our WORK.. SUPPORT TO S.A.F CANADA.. Second Dispatch

CONSIGNEE S.A.F CANADA

TRANSPORT WAY BILL



SAFEXPRESS THE COMPLETE LOGISTICS SOLUTIONS		SAFEXPRESS PRIVATE LIMITED CORPORATE OFFICE N.H. No. 8, MAHPALPUR EXTN., NEW DELHI-110037, INDIA TEL : +91 11 26783281 FAX : +91 11 26781481 E-mail : safexpress@safexpress.com Website : www.safexpress.com		FROM Jammu- 02		WAY BILL NUMBER 42238722	
Distribution Redefined		TO DELHI		DATE 04.05.2015			
CONSIGNOR NOT FOR ONLY Relief fund - THE SARA NGO. 106 APNA VIHAR. Housing Colony, Kungwani Jammu 180070				CONSIGNEE S.A.F. E.257 2nd floor Greater Kailash Part II New Delhi - 110048			
CONTACT PERSON CST / TIN 980-94191666		CONTACT PERSON CST / TIN 980-94191666					
PACKAGE INFORMATION				CHARGES		INSTRUCTIONS	
NO OF PKGS. ①	TYPE OF PACKING C/B	VOLUME (INCHxINCHxINCH) 12x14x10	SAID TO CONTAIN Relief H.L.M-	FREIGHT	IN RUPEES	INSTRUCTIONS	
				VALUE SURCHARGE			
				WAYBILL CHARGE			

Our WORK.. SUPPORT TO S.A.F CANADA.. Second Dispatch

ACKNOWLEDGEMENT – S.A.F CANADA



June 6, 2016

Raminder JS Kala

Dear Raminder,

We would like to thank you for your support towards Sikhi Awareness Foundation. Your donation of free medicine during Nepal earthquake relief changed the lives of many people.

Your organization "The – Sara" is doing wonderful work. The support of donors like you is helping us make it possible in many regions of India. Please know that your donations provided a much brighter future for people who were in medical distress.

Truthfully, we could not have done this without you. We, and those we served in Nepal, deeply appreciate your generosity.

Sincerely,

Shamandeep Singh
President

'Selfless Service to Humanity'

UNIT 204 – 7743 128 STREET, SURREY, B.C. V3W 1L4 • TEL: 604 572 5577 • WWW.SAFCANADA.ORG

❑ **THE - SARA for Nepal Earthquake victims dispatched third batch of medicines to Embassy of Nepal in India, New - Delhi.**

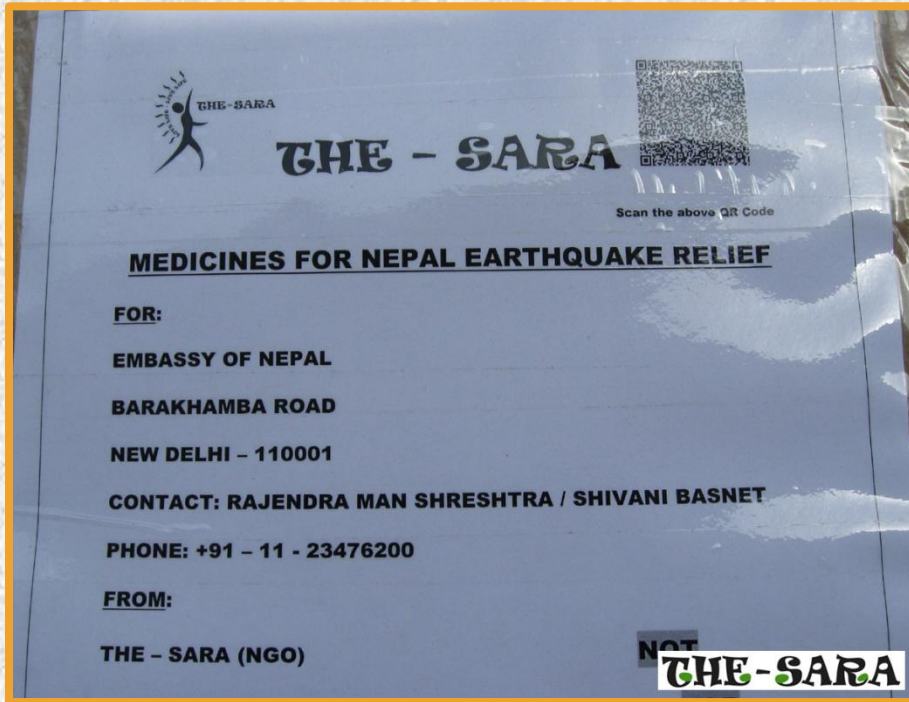
❑ **Medicines included antibiotics, painkillers, cough & cold formulations and for gastric conditions.**



Our WORK.. SUPPORT TO EMBASSY OF NEPAL.. Third Dispatch

CONSIGNEE EMBASSY OF NEPAL, NEW - DELHI

TRANSPORT WAY BILL



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Distribution Redefined		Jammu	02	42238745	DATE
Net for sale, only relief of Nepal		DELHI		08.05.2015	
CONSIGNEE		CONSIGNEE			
The SARA 106 APNA VIHAR Kunjwani Jammu-180010		# Nepal quake relief Embassy of Nepal BARAKHAMBA ROAD New Delhi-110001 011-23476200			
CONTACT PERSON CST / TIN	TEL	CONTACT PERSON CST / TIN		TEL	
PACKAGE INFORMATION			CHARGES	IN RUPEES	INSTRUCTIONS
NO. OF PKGS.	TYPE OF PACKING	VOLUME (INCHxINCHxINCH)	SAID TO CONTAIN	FREIGHT	
①	C/B	12x8x10 1	Relief. H.L.M.	VALUE SURCHARGE	
			WAYBILL CHARGE		

Our WORK.. SUPPORT TO EMBASSY OF NEPAL.. Third Dispatch

❑ **THE – SARA for Nepal Earthquake victims dispatched fourth batch of medicines to NGO GOONJ working on ground in Nepal.**

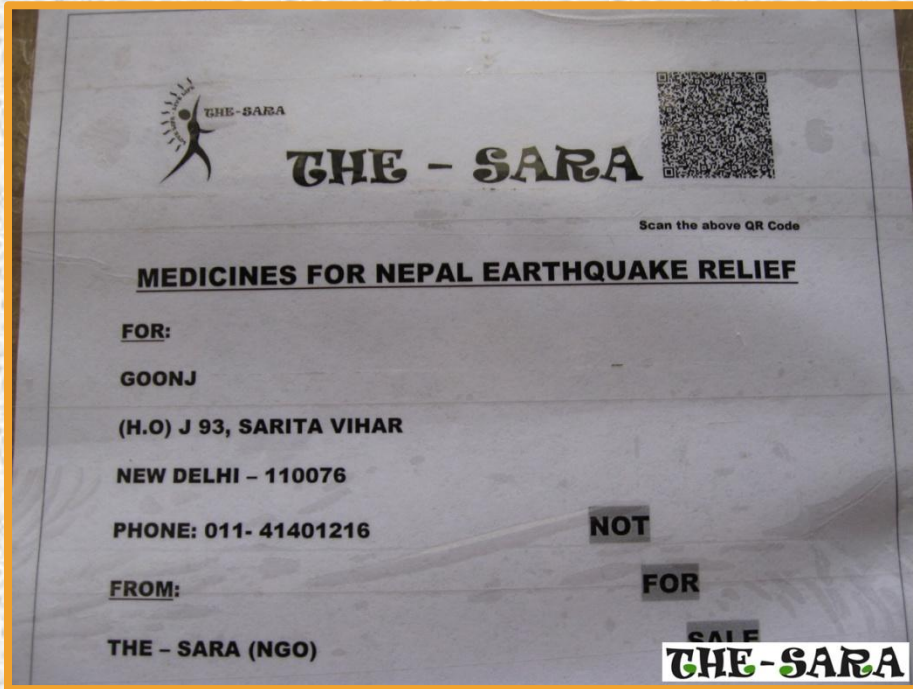
❑ **Medicines included medicines for hypertension, gastric conditions, antibiotics and painkillers.**



Our WORK.. SUPPORT TO GOONJ.. Fourth Dispatch

CONSIGNEE GOONJ NGO

TRANSPORT WAY BILL



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				VALUE SURCHARGE																														
				WAYBILL CHARGE																														

Our WORK.. SUPPORT TO GOONJ.. Fourth Dispatch

THE – SARA ‘QUAKE RELIEF NEPAL’ MISSION IN NEWS

The-Sara donates medicines for Nepal quake victims

■ STATE TIMES NEWS

JAMMU: The-Sara, An NGO, under its initiative 'Quake Relief Nepal' in the past one month dispatched large quantity of medical relief supplies for the victims of Nepal earthquake.

The medicines included antibiotics, pain killers, anti-hypertensive, etc. were dispatched to Embassy of Nepal in India, GOONJ (NGO) and Canada based NGO SAF working on ground in Nepal.

'Quake Relief Nepal' initiative of 'The - Sara' was supported various social organizations and individual donors. Senior BJP leader Yudhvir Sethi had also donated large quantity of medicines to 'The - Sara' for the victims of Nepal earthquake.

❑ **THE – SARA for the victims of 2015 Manipur Floods dispatched medicines to Father Dominic Diocesan Social Service Society Imphal, Manipur.**

❑ **Medicines included antibiotics, painkillers, cough & cold formulations and for gastric conditions.**



Our WORK.. MANIPUR FLOOD RELIEF..

CONSIGNEE FATHER DOMINIC DIOCESAN SOCIAL SERVICE SOCIETY

TRANSPORT WAY BILL



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		TO IMPHAL		DATE 12.08.2015			
CONSIGNOR The SARA (NGO) 106 APNA VIHAR KUMJWANT JAMMU CONTACT PERSON 9419191666 CST / TIN				CONSIGNEE FATHER DOMINIC DIOCESAN Social Service Society c/o Archbishop. + House MANTRIPUKHRI P.B. No. 275 CONTACT PERSON CST / TIN 795001			
PACKAGE INFORMATION				CHARGES		IN RUPEES	
NO. OF PKGS.	TYPE OF PACKING	VOLUME (INCHxINCHxINCH)	SAID TO CONTAIN	FREIGHT			
①	C/B	12x12x10	Relief H.L.M.	VALUE SURCHARGE			
				WAYBILL CHARGE			

Our WORK.. MANIPUR FLOOD RELIEF..

THE - SARA MISSION COMPASSION 2015-16



HIGHLIGHTS – MISSION COMPASSION...

- ❑ **THE – SARA under Mission Compassion carried out initiatives like ‘Health Is Wealth’ & ‘Share the Warmth’.**
- ❑ **Provided Medical Relief to Leprosy Patients by supporting Organizations like J&K Kusht Ashram Society Jammu.**
- ❑ **Provided Medical Relief to hundreds of people by supporting Charitable Hospitals like Swami Vivekananda Medical Mission Charitable Hospital Jammu & Guru Nanak Mission Hospital Jammu.**
- ❑ **Contributed over 40 Kgs. of Medicines.**

ACKNOWLEDGEMENT

Members of THE – SARA with Dr. Deedar Singh
AO, Guru Nanak Mission Hospital

Regd. No. 1644-S Phone: 2435564
ੴ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਹਿ
Guru Nanak Mission Hospital
Sec. 2, Guru Nanak Nagar, Jammu.

Ref. No. Date: 17.10.2015

To
The Director THE SARA,
Jammu

Dear Sir
We are thankful to
you for the Medicines you have
donated to our Hospital
for the use of Poor Patients
I hope you will supply more
Medicines in future also.
Our aim is Mission Hospital
and we try to give Free Medicines
to Poor Patients

Dr. Deedar Singh
MEDICAL OFFICER
Guru Nanak Mission Hospital
JAMMU



**Our WORK.. DONATION OF MEDICINES TO GURU NANAK MISSION
HOSPITAL JAMMU OCT 2015..**

DAILY EXCELSIOR NEWSPAPER

STATE TIMES NEWSPAPER

SARA donates medicines to Guru Nanak Hospital

Excelsior Correspondent Mission Hospital, here today. This NGO working on the crisis support & suicide prevention, handed over a lot of medicines to Dr Deedar Singh, Medical officer, Guru Nanak Mission, Hospital, Guru Nanak Nagar, Jammu. The medicines include antibiotics, pain killers etc. These are meant for the treatment of poor patients in this hospital.



Dr Deedar Singh (MO), receiving medicines from NGO, SARA members for Guru Nanak Mission Hospital, in Jammu on Saturday.

Prominent SARA members including Dr Raminder Jit Singh, Manpreet Kour, Anish Dhar (NGO), 'The SARA' donated and staff members of the hospital were present on the occasion.

'THE - SARA' donates medicines to Guru Nanak Mission Hospital



THE - SARA members handing over medicines to Dr. Deedar Singh, MO Guru Nanak Mission Hospital.

■ STATE TIMES NEWS

JAMMU: 'THE - SARA' a Registered NGO working on crisis support and suicide prevention on Saturday handed over a lot of medicines to Dr. Deedar Singh, Medical Officer, Guru Nanak Mission Hospital, Guru Nanak Nagar Jammu.

The medicines included antibiotics, pain killers, etc. shall be utilized for the treatment of poor patients in Guru Nanak Mission Hospital.

Prominent 'THE - SARA' members including, Dr. Raminder Jit Singh, Manpreet Kour, Anisha Dhar and staff members of the hospital were present on the occasion.

CONTRIBUTION TO GURU NANAK MISSION HOSPITAL JAMMU IN NEWS...

ACKNOWLEDGEMENT

Director of THE – SARA with Dr. Deedar Singh
AO, Guru Nanak Mission Hospital

Regd. No. 1644-S Phone : 2435564
ੴ ਸਾਹਿਬੁ ਜੀ ਕੀ ਫਤਹਿ
Guru Nanak Mission Hospital
Sec. 2, Guru Nanak Nagar, Jammu.
(Donations are exempted from Income Tax under Sec. 80-G-1961)
PAN CARD : AAA-TG5053F

Ref. No..... Dated...24.11.2015

Director THE-SARA
Jammu

Thanks for supplying Medicines
to Guru Nanak Mission Hospital
for poor patients. I assure you
these Medicines will be used only
for needy patients. I hope you will
supply more Medicines in future
also.

[Signature]
Administrator
Guru Nanak Mission Hospital
Gandhi Nagar, Nanak Nagar, Jammu



**Our WORK.. DONATION OF MEDICINES TO GURU NANAK MISSION
HOSPITAL JAMMU NOV 2015..**

CONTRIBUTION TO GURU NANAK MISSION HOSPITAL JAMMU IN NEWS...

'THE - SARA' donates medicines on Gurpurab



NGO member handing over medicines to Dr. Deedar Singh, Medical Officer, Guru Nanak Mission Hospital.

■ STATE TIMES NEWS

JAMMU: 'THE - SARA' a registered NGO working on crisis support and suicide prevention on the eve of Gurpurab of Guru Nanak Dev Ji, today handed over medicines to Dr. Deedar Singh, Medical Officer, Guru Nanak Mission Hospital, Guru Nanak Nagar Jammu.

The medicines included anti-biotics, pain killers, etc. shall be utilized for the treat-

ment of poor patients in Guru Nanak Mission Hospital.

'THE - SARA' under its 'Health is Wealth' initiative time to time provides Medical Relief during natural disasters & distributes medicines for the needy. Prominent 'THE - SARA' members including, Dr. Raminder Jit Singh, Gurjeet Kour and staff members of the hospital were present on the occasion.

Our WORK.. DONATION OF MEDICINES TO SWAMI VIVEKANANDA MEDICAL MISSION CHARITABLE HOSPITAL JAMMU..



CONTRIBUTION TO SWAMI VIVEKANANDA MEDICAL MISSION CHARITABLE HOSPITAL JAMMU IN NEWS...

'THE-SARA' donates medicines to Vivekananda Hospital

■ STATE TIMES NEWS

JAMMU: 'THE-SARA', a registered NGO working on crisis support and suicide prevention, on Wednesday under its 'Health is Wealth' initiative donated lot of medicines to Swami Vivekananda Medical Mission Charitable Hospital, Ved Mandir Amphalla, here.

The donated medicines shall be utilised for the treatment of poor patients in the hospital.

"THE - SARA under its 'Health Is Wealth' initiative time to time provides medical relief to the needy people and distributes medicines free of



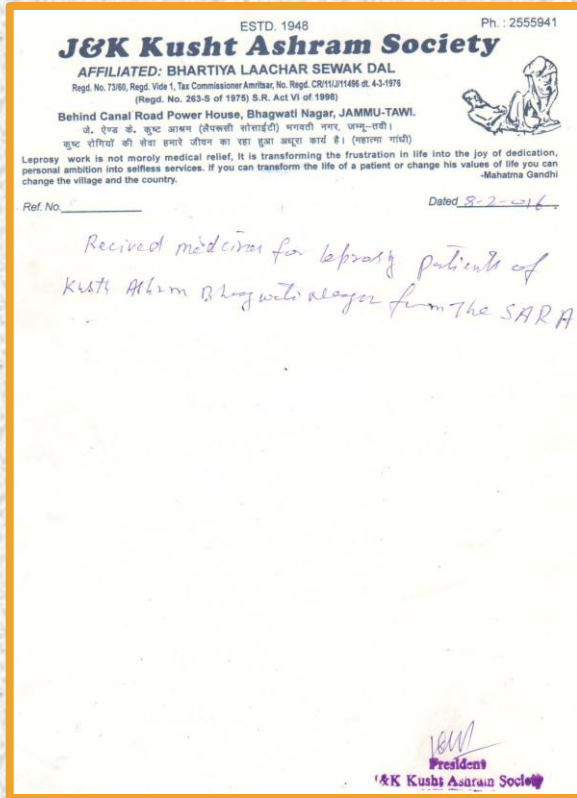
THE SARA member Dr. Raminder Jit Singh giving away medicines to a Doctor.

cost to various organisations who are engaged in providing medical relief to the masses," Dr. Raminder Jit Singh, a member said. Prominent

'THE - SARA' members including Gurjeet Kour, Manpreet Kour and staff members of the hospital were present on the occasion.

ACKNOWLEDGEMENT

President of THE – SARA with Members of J&K Kusht Ashram Society



Our WORK.. DONATION OF MEDICINES TO J&K KUSHT ASHRAM JAMMU..

STATE TIMES NEWSPAPER

'The - Sara' donates medicines to Kusht Ashram

Excelsior Correspondent

JAMMU, Feb 10: "The - Sara", an NGO working on crisis support and suicide prevention, today donated a lot of medicines to J&K Kusht Ashram, Bhagwati Nagar, Jammu, under its 'Health is Wealth' initiative.

The donated medicines shall be utilized for the treatment of the inmates of Kusht Ashram. On the occasion, food items were also distributed among the inmates of the Ashram.

'The - Sara' through its

'Health is Wealth' initiative under 'Mission Compassion' time to time provides medical relief to the needy people and distributes medicines free of cost to various organizations, who are engaged in providing medical relief to the masses.

Prominent members of the NGO including Manpreet Kour, Anisha Dhar, Dr Raminder Jit Singh and members of J&K Kusht Ashram Society, Kuldeep, Abdul Karim and Mohd Latif were present on the occasion.

DAINIK JAGRAN NEWSPAPER

दि-सारा संस्था ने दवाइयां वितरित की

जम्मू : 'दि-सारा' गैर सरकारी संस्था ने अपने सामाजिक दायित्व को निभाते हुए भगवती नगर स्थित कुष्ठ आश्रम का दौरा किया और आश्रम को जरूरी दवाइयां दीं। यह दवाइयां आश्रम में रहने वाले जरूरतमंदों को दी जाएंगी। इस दौरान गैर सरकारी संस्था के सदस्यों ने आश्रम में रहने वालों में खाने का सामान भी बांटा। 'दि-सारा' संस्था अपने हेल्थ इज वेलथ अभियान के तहत जरूरतमंद लोगों में दवाएं उपलब्ध कराती है और जरूरी वस्तुएं प्रदान करती है। इसके लिए जगह-जगह कैंप भी लगाए जाते हैं और दूरदराज क्षेत्रों में पहुंचा जाता है। यह दवाएं मुफ्त में उपलब्ध कराई जाती है। गैर सरकारी संस्था दि-सारा के सदस्यों ने आश्रम के स्टाफ सदस्यों



कुष्ठ से पीड़ित लोगों के लिए दवाइयां सौंपते 'द सारा' संगठन के सदस्य। से भी मुलाकात की और आश्रम के कामकाज की जानकारी ली। स्टाफ सदस्यों ने अभार जताया।

CONTRIBUTION TO J&K KUSHT ASHRAM JAMMU IN NEWS...

Our WORK.. MISSION COMPASSION RELIEF DISTRIBUTION AT J&K KUSHT ASHRAM JAMMU.



THE – SARA under J&K Flood Relief Mission 2014-15 continued with its GIFT A BOOK initiative for the school children affected by J&K Floods of 2014. Under this initiative School Bags, Note-Books & Stationery Material was distributed among school kids.



THE-SARA

GIFT A BOOK



J&K FLOOD RELIEF MISSION

Contact: +91 94191 91666, +91 90860 91666

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Our WORK.. GIFT A BOOK INITIATIVE..

Our WORK...

GIFT A BOOK Distribution In GOVT. PRIMARY SCHOOL MALKEY CHAK JAMMU



Our WORK...

GIFT A BOOK Distribution In GOVT. GIRLS MIDDLE SCHOOL KARWAL JAMMU



GIFT A BOOK INITIATIVE IN NEWS...

4 STATE TIMES • Monday • May 18, 2015

THE-SARA provides stationery to flood-hit children



NGO members giving away stationery items to a student.

■ **STATE TIMES NEWS**

JAMMU: THE-SARA, an NGO under its 'Gift a Book' initiative for the school children affected by

floods and rains in Jammu and Kashmir carried out yet another distribution of books and stationery items.

Team of 'THE-SARA' led by Vice-President Gurjeet Kour on Sunday visited Government Primary School Malkey Chak and Government Girls Middle School Karwal in Phallian Mandal area falling under Satwari Zone of Jammu District.

The team distributed note books and stationery items among the students of both of schools.

'THE-SARA' has been granted special permission from Director School Education Jammu to carry out 'Gift a Book' initiative.

AWARDS & APPRECIATION... APPRECIATION LETTER FROM IGP, SDRF J&K FOR THE - SARA J&K FLOOD RELIEF MISSION



Inspector Genral of Police,
Homeguards, Civil Defence & SDRF,
J&K, Jammu

Phone: 0191-2430831
Fax: 0191-2437030

J. P. Singh, IPS

D.O. No. 121
Dated 17-03-2015

My dear *The SARA*

With the deep sense of gratitude I place on record my sincere appreciations to the Jammu based NGO "THE SARA" for their unflinching and wholehearted support in relief and rehabilitation works after the devastating floods in September, 2014. The NGO mobilized resources of essential commodities like blankets, medicines, books and warm clothing for the victim families providing them much needed succor and consolation in the times of distress.

My special appreciations for Dr. Raminder Singh who remained in the forefront of this effort during this period.

I wish you happiness and success in future

With *Warm Regards.*
Yours *Sincerely*

J. P. Singh
(J. P. Singh) IPS

Director,
"THE SARA", Jammu

THE – SARA FELICITATION IN NEWS

SARA felicitated for flood relief work

TRIBUNE NEWS SERVICE

JAMMU, APRIL 30

SARA, a, NGO working on suicide prevention, has been commended by State Disaster Response Force (SDRF) for its role in the flood relief and rehabilitation work after devastating floods of September 2014.

Under its initiative, the J&K Flood Relief Mission in the past six month has distributed blankets, dry ration, clothing, medi-

cines, books and other items among flood victims across J&K with the help of the police and through self-organised relief distribution camps.

During the September-2014 floods in the Kashmir valley and Jammu region thousands of people got uprooted. They needed water, food and shelter and NGOs played an important role in reaching out to people and distribution of relief material.

The Tribune Fri, 01 May 2015
(Jammu & Kashmir Edition) epaper.tribuneindia.com/c/5

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