

JEEVAN JAACH ANNUAL GENERAL REPORT (April 2022- March 2023)

ONLINE PROJECTS

1] Number of batches conducted from April 2022-SEPT 2022 of Basic Course and hence number of students that enrolled and completed the course.

☐ 15+ on-going various courses

☐ Individual (1-1) courses

NUMBER OF STUDENTS CERTIFIED- 273			
Batch 11 (April 2022)	Batch 12 (May 2022)	Batch 13 (June 2022)	Batch 14 (August 2022)
Chaah- 5	Jeevan- 24	Jhalak- 8	Jag- 6
Chaiber- 28	Jas- 24	Jhankaar- 10	Jajbaa- 6
Chamak- 28			Tek- 4
Chand- 15			
Chattr- 12			
Chant- 8			
Nirmal 1- 10			
Nirmal 2- 11			
Nirmal 10- 15			

ONLINE PROJECTS

[illegible]

ONLINE PROJECTS

2] Sessions by Guest Speakers.



FLOWER MAKING
- By Ramneet Kaur

Materials required:
A4 size chart paper (any colour), origami craft paper, painting brush,
A4 green chart paper (compulsory), Glue, scissor,
4 tissue paper (any colour), thread, one rupee coin

Instructions:
Take a tissue paper cut it into half and keep it with you in the class.



FLOWER MAKING AND COASTER MAKING
- BY SUKHMEET KAUR

Materials required:
• Chart paper
• Sketch pen
• Glitter
• Scissors
• Waste paper
• Newspaper
• Fevicol
• Fevicyl color

27th August 2022
Saturday
04:30 to 05:30 PM IST



PAINTING
- BY SUKHMEET KAUR

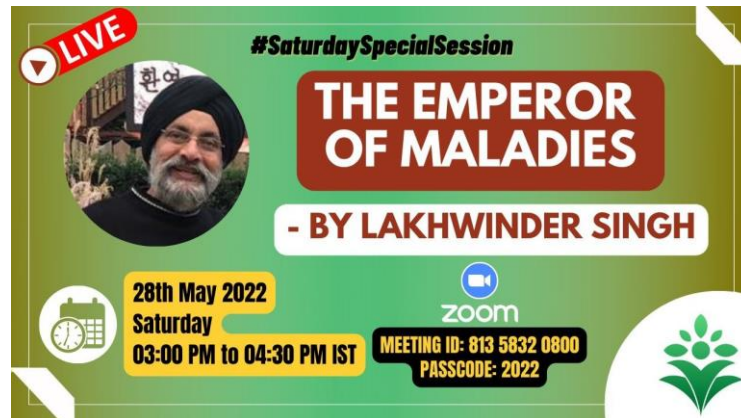
Materials required:
• Ear buds (5-7)
• Drawing sheets
• Water color
• Sketch pen

27th August 2022
Saturday
02:45 to 04:00 PM IST



BASIC CROCHET- 1
~ BY SURJEET KAUR

MATERIALS REQUIRED:
1. ACRYLIC YARN (4 PLY, COLOUR OF YOUR CHOICE)
2. CROCHET HOOK (4 OR 5 NUMBER)

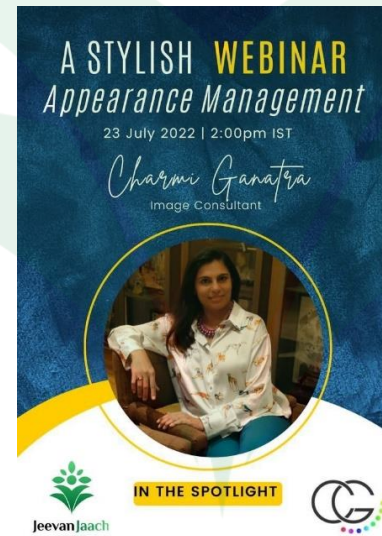


LIVE #SaturdaySpecialSession

THE EMPEROR OF MALADIES
- BY LAKHWINDER SINGH

28th May 2022
Saturday
03:00 PM to 04:30 PM IST

MEETING ID: 813 5832 0800
PASSCODE: 2022



A STYLISH WEBINAR
Appearance Management
23 July 2022 | 2:00pm IST
Charmi Ganatra
Image Consultant

IN THE SPOTLIGHT

JeevanJaach



SOUND HEALING
- BY NAVMEET KAUR

24TH SEPTEMBER 2022
SATURDAY
02:30 TO 03:30 PM IST

ONLINE PROJECTS

3] The Building Spiritual Muscles sessions conducted during this year and the amazing open forums that cleared so many myths. We conducted 5 open forums on the topic parenting alone.



[Click on the photos above to open the YouTube playlists.](#)

ONLINE PROJECTS

4] The award ceremony of the batches held during this year and the number of students that were awarded certificates



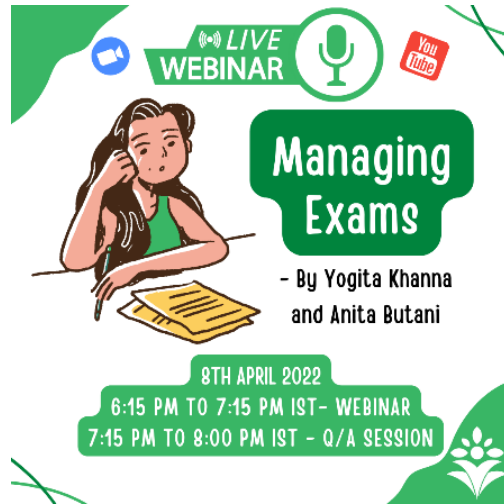
Playlist links: https://youtube.com/playlist?list=PLSnfKoRs80Kj_eFfxq9_iwcML0DaWV7Rx
<https://youtube.com/playlist?list=PLE-HqRAILPLj6jyAdewQ4HYFcJY1MsHDy>

5] The modules made for the upcoming advance course

- Punjabi Vyaakaran
- Gurbani Vyaakaran
- Prodavaad
- Gurbani Vichaar
- Bantar

ONLINE PROJECTS

6] The webinars and workshops held during this year, key among those were Grief management and mind maps



Click on the photos above to open the YouTube videos.

Playlist links: https://youtube.com/playlist?list=PLSnfKoRs80Kh2pPj84CgSS7L_NcSt1DLM

ONLINE PROJECTS

6] The webinars and workshops held during this year, key among those were Grief management and mind maps



TRANSITIONS IN ADOLESCENCE
- BY DR. JAGMEET CHAWLA

Friday, 07th October 2022
06:30 p.m. to 08:00 p.m. IST

REGISTER NOW



An exclusive 2 day live workshop on zoom

TRANSITIONS IN ADOLESCENCE

Dr. Jagmeet Kaur Chawla
Adolescent Pediatrician and Counselor

KEY LEARNING OBJECTIVES:

- Growing up is much more fun than being a grown-up
- Know your self, know your body
- Comprehensive in-depth knowledge about adolescents

11th & 12th November 2022
07:00 PM to 08:30 PM IST

REGISTER NOW >

www.jeevanjaach.org

<https://youtu.be/ppxOQuTRjp8>
<https://youtu.be/OqE9XFwPkMQ>

Click on the photos above to open the YouTube videos.

Playlist links: https://youtube.com/playlist?list=PLSnfKoRs80Kh2pPj84CqSS7L_NcSt1DLM

ONLINE PROJECTS

6] The webinars and workshops held during this year, key among those were Grief management and mind maps



LIVE WEBINAR

INNER PEACE BOOSTER PROGRAM

Friday,
10th February 2023
06:30 to 08:00 p.m. IST

FREE

REGISTER NOW

www.jeevanjaach.org

Speaker
Aarti Chawla

Reach out to us:
counseling_cell@jeevanjaach.com

Click on the photos above to open the YouTube videos.

Playlist links: https://youtube.com/playlist?list=PLSnfKoRs80Kh2pPj84CqSS7L_NcSt1DLM

ONLINE PROJECTS

7] 1-1 counselling sessions held and many issues resolved of around 35+ clients. We healed people with expert spiritual counselling, relationship issues, etc.

8] Designation given to cofounders and other various heads.

Trustees: President- Rimple Arora, Vice-president- Baljit Kaur, Satwinder Singh Uppal, Paramjit Singh, Head of Tiny Tots section- Jasmeet Kaur

HOD of Counseling Cell- Vindri Kaur

Head of Human Empowerment cell- Arvinder Lamba

Head of Gurbani Academy- Satvinder Kaur

Head of Punjabi section in Language Academy- Mini Uppal

Admin Head- Naveen Mangtani

Advisory board-

Gurmeet Singh (C.A.)

Manmohan Singh (C.A.)

Arvind Nagda (C.A.)

9] BSM Community Page formed- A common platform offered to all to clear their illusions, delusions and doubts.

[Click here to Join](#)

ONLINE PROJECTS

10] 7 New Counselors inducted from all over the globe.

Full Name & Specialization
Aditi Oswal – Clinical Psychologist
Saeed Sameer Khan - Diploma in integrative counseling
Usha Unnikrishnan - Psychology (Counselling)
Nausheen Fareedha - Counselling Psychology
Udita Khurana - Early Childhood Education & Special Education
Nalini Vishnu Sakat - Counseling and Special Education
Sangeeta Bhatia - Counseling Psychology

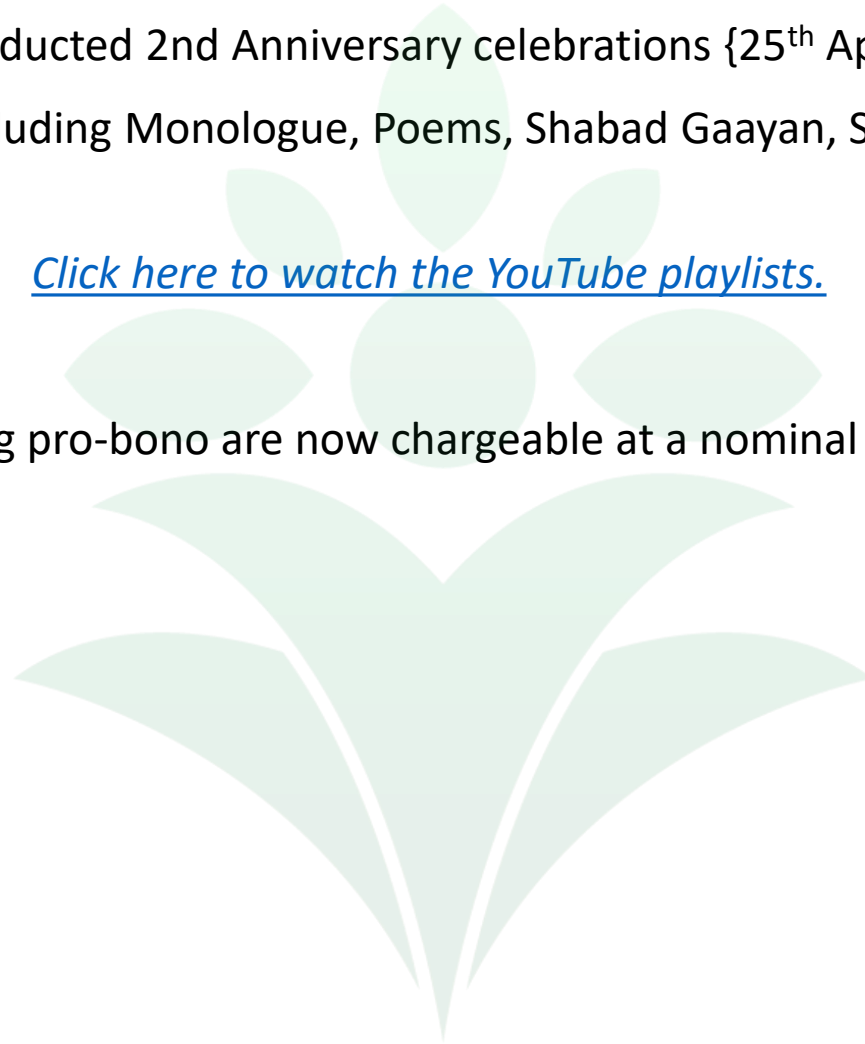
ONLINE PROJECTS

11] The highlights of the week-long conducted 2nd Anniversary celebrations {25th April-30th April}

Various performances and activities including Monologue, Poems, Shabad Gaayan, Shabad Vichaar, Baithak, Skit, Quiz, etc. were taken up by the participants.

[Click here to watch the YouTube playlists.](#)

12] The courses and sessions from being pro-bono are now chargeable at a nominal rate.



OFFLINE PROJECTS

- 1] Dashmesh Public School Khalsa Aid {Sangrur, Patiala}
- 2] Counseled the students, teachers and parents of the Dashmesh public school and Management Team of Khalsa Aid
- 3] Upgrading the academic curriculum of pre-nursery, nursery and secondary.

Click on the links below to watch the Highlights of the projects mentioned above:

- https://www.instagram.com/p/ChwO_1tvHd6/
- <https://www.instagram.com/p/Chy21v7hqnr/>
- <https://www.instagram.com/p/ChwpmefjdoE/>

OFFLINE PROJECTS

4] The vice-president and one of our volunteers Visited Orphanage in Goregaon, Mumbai



OFFLINE PROJECTS

5] Mumbai Seminars by eminent speakers of LT and JJ at different schools and Gurudwaras in Mumbai

{10 offline sessions/programs in a span of 5 days}

Impromptu counseling and knowledge sessions also held during these 5 days.

[Click here to open the YouTube playlist.](#)

6] Dates: 10th October to 14th October 2022 (Monday to Friday)

- Venue: Dashmesh Public School, Kakra (Sangrur) & Khalsa Aid India, Patiala
- Jeevan Jaach Volunteers:
 - Rimple Arora – President
 - Vindri Suri – HOD of Counseling Cell
 - Arvinder Lamba- Head of Human Empowerment Cell
 - Pinky Bajaj – Counselor

Activities conducted at Dashmesh Public School, Kakra, Sangrur:

- Conducted a motivational talk with the staff. (aunties and drivers)
- Conducted workshops for teachers, students, and parents

OFFLINE PROJECTS

- Observed the academic structure
- Observed the management and admin activities
- Provided on the table suggestions as per the observations
 - Follow the new-age teaching techniques
 - Speak the language as per the subject
 - Extra-curricular activities to be incorporated

Activities conducted at Khalsa Aid India Office, Patiala:

- Conducted a workshop on 'Power of Thoughts'
- Updated the management about activities at DPS

Links: <https://youtube.com/live/VKN2YSkQPSg?feature=share>
https://youtube.com/live/fHo83Bw2K_c?feature=share
<https://youtube.com/live/1mtgXGuUQEk?feature=share>
<https://youtube.com/live/6Y3th3p4ecU?feature=share>
<https://youtube.com/live/XSNMwv3SfXE?feature=share>
<https://youtube.com/live/tAg6A4UgOuo?feature=share>
<https://youtube.com/live/D1WylAZCpM?feature=share>

OFFLINE PROJECTS

7] 08th November 2022: Events at Khar, Wadala and Malad

Links: https://www.instagram.com/p/Ckqk26-j5Us/?utm_source=ig_web_copy_link

https://www.instagram.com/p/CkqtjtGP2Lr/?utm_source=ig_web_copy_link

https://www.instagram.com/p/Ckqwl tDCbf/?utm_source=ig_web_copy_link

- Our students from Sangeet Academy performed at Wadala along with Barinder Ustaad ji

Links: <https://youtube.com/live/O9uSVGeWTRM>, <https://youtube.com/live/YW6RmjvCm-A>,

https://www.instagram.com/p/CksXFr2vT5b/?utm_source=ig_web_copy_link

https://www.instagram.com/p/CksknblvS q/?utm_source=ig_web_copy_link

- Stall was arranged with various activities: Arts and craft, counseling, gurmat quiz, Gurmukhi games
- Our HOD flew down to grace the occasion with our panel of counsellors
- Simultaneously, same events were being conducted at Khar and Malad

OFFLINE PROJECTS

- Links: https://www.instagram.com/p/CksRK3XP0K1/?utm_source=ig_web_copy_link
https://www.instagram.com/p/CksSL56PUJH/?utm_source=ig_web_copy_link
https://www.instagram.com/p/CksU0KuPr5Z/?utm_source=ig_web_copy_link
https://www.instagram.com/reel/CksY3FzDssH/?utm_source=ig_web_copy_link
https://www.instagram.com/reel/Cksar9RjG1M/?utm_source=ig_web_copy_link
https://www.instagram.com/p/CksI_jqvXyu/?utm_source=ig_web_copy_link
https://www.instagram.com/reel/CktJB_2j3H2/?utm_source=ig_web_copy_link
[ksl_jq
vyu/?utm_sour](#)
- A special session was arranged at Khar Gurdwara to break many myths and empower the people by imparting a new perspective. Topic: Illusion or Reality, followed by QnA
- Links: https://www.instagram.com/p/CktTQxbvx61/?utm_source=ig_web_copy_link
https://www.instagram.com/p/CktXmPBP2EL/?utm_source=ig_web_copy_link
https://www.instagram.com/p/CktcVbjPLPn/?utm_source=ig_web_copy_link
<https://youtube.com/live/bopgHaqpNZU>
- We interacted with 500+ people during these events. About 250+ people were inducted in our WhatsApp group to avail our services.

OFFLINE PROJECTS

8] Power of Thoughts seminar at West Punjabi Bagh Gurdwara

Link: <https://youtube.com/live/JEkXRx1NjQo?feature=share>

9] Dates: 17th December to 21st December 2022 (Saturday to Wednesday)

Venue: Dashmesh Public School, Kakra (Sangrur) & Khalsa Aid India, Patiala

Jeevan Jaach Volunteers:

- Rimple Arora – President
- Vindri Suri – HOD of Counseling Cell
- Arvinder Lamba – Head of Human Empowerment cell

Activities conducted at Dashmesh Public School, Kakra, Sangrur:

- Conducted workshops for teachers
 - Learning Styles
 - Learning Strategies
 - Spoken English

OFFLINE PROJECTS

- Planned the curriculum structure for the next academic year (2023-2024) Provided on the table suggestions as per the observations
 - Suggested reference books for library
 - Lab requirements
 - A detailed structure about functioning of the school

Activities conducted at Khalsa Aid India Office, Patiala:

- Conducted a motivational session for the induction of new volunteers
(17th December 2022_Saturday and 18th December 2022_Sunday)
- Topic: “Empathy Vs. Sympathy & Apathy
- Link: <https://youtu.be/MiQx2ZDE2lg>

OFFLINE PROJECTS

10] Events in January 2023: A month long staycation in Mumbai turns out to be a whirlwind of webinars and workshops for our HOD. Yes, seminars conducted in various Gurdwaras and Institutes wherein people were left asking for repeat sessions Human Empowerment Team is overwhelmed with the response and extends heartfelt gratitude to all. We shall soon be back with our sequel of seminars.

- Joined hands with Chief Khalsa Diwan (CKD) in Andheri. Conducted a seminar and workshop on the Parenting topic.
- Naam Simran: Aurangabad
- Naam Simran: Sher-e-Punjab Gurdwara, Andheri
- Cosmic Goddesses Rise up: Malad
- Open Forum: Khar
- Links: <https://youtube.com/live/bREBouf0RXo?feature=share>

<https://youtube.com/live/MAkOKdg3O-4?feature=share>

https://youtube.com/live/_IdiyLVV5mM?feature=share

UPCOMING PROJECTS

- 1] Visits to Dashmesh Public School will be continue by our President, HOD and core members
- 2] Visits to Gurudwara's/Schools/Institutes by JJ team for Gurmukhi/Gurbani/counselling sessions by our team of volunteers and our HOD, President/Vice President
- 3] Upcoming sessions, courses and services are being undertaken or worked upon by our BDC team
 - JJ community, Matrimonial, CSR.
- 4] Fundraising
- 5] Sponsorships to needy people in any of our services by following a proper legal process (The sponsor will have to follow a process and will be intimated for any requirements) The sponsor will be given the credits for the same.
- 6] Collaborate with Khalsa Aid for medical and education services to the needy people (The structure will be formed)
- 7] Financial Aid to the needy people
- 8] Upcoming Sangeet courses for Hindustan classical, Gurmat Sangeet (classical, semi-classical, and reet). Specialized levels for each learner.

Jeevan Jaach Expenses (April – March 2023)

- 1] Website Development- ₹2 Lacs
- 2] Digital Media & Promotions- ₹10,000 per month (p.m.)
- 3] Salary to Admin Head- ₹20,000/- p.m.
- 4] Khalsa Aid project- ₹30,000/- p.m.
- 5] Mumbai programs (held in September 2022)- ₹50,000+ (Inclusive of food, conveyance, lodging and miscellaneous)
- 6] Equipment required: ₹10,000/- (one time)
- 7] Zoom meetings platform: ₹4500/- p.m.
- 8] Other miscellaneous expenses as per the requirements.

Anyone can sponsor or donate as per the capability. You can get in touch with us.

More information

1. **Gurmukhi & Gurbani course-** 5000+ Alumni
2. **Award Ceremonies-** [Click here to watch the recordings.](#)
3. **Sangeet-** Coming up with new modules, instruments, levels and more convenient ways of learning.
4. **Building Spiritual Muscles-**

Successfully conducted series on 20 different topics

- **Part 1-** [Click here to watch](#)
- **Part 2-** [Click here to watch](#)
- **Part 3-** [Click here to watch](#)
- **Part 4-** [Click here to watch](#)
- **Part 5-** [Click here to watch](#)
- **Part 6-** [Click here to watch](#)
- **Part 7-** [Click here to watch](#)
- **Part 8-** [Click here to watch](#)
- **Part 9-** [Click here to watch](#)
- **Part 10-** [Click here to watch](#)
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- **Part 15-** [Click here to watch](#)
- **Part 16-** [Click here to watch](#)
- **Part 17-** [Click here to watch](#)
- **Part 18-** [Click here to watch](#)
- **Part 19-** [Click here to watch](#)
- **Part 20-** [Click here to watch](#)

5. **Counseling-** Conducted webinars on 11+ Topics → [Click here to watch](#) & provided 1-1 counselling to 100+ clients.

Connect with Jeevan Jaach:



Website- <https://www.jeevanjaach.org/>



Facebook- <https://www.facebook.com/JeevanJaach/>



Building Spiritual Muscles Community FB group-

https://www.facebook.com/groups/534696545104436/?ref=share_group_link



Instagram- <https://www.instagram.com/jeevan.jaach/?hl=en>



Twitter- <https://mobile.twitter.com/JeevanJaach?s=09>



YouTube- <https://www.youtube.com/channel/UCdNT9pq-HNwzhg7QPfk8UGQ>



LinkTree- <https://linktr.ee/Jeevan.Jaach>



Telegram Group- <https://t.me/+P37LZQzDUBo0NzA1>



Official WhatsApp Number- +919867310008 → <https://wa.link/6aydk8>

12 PM to 1 PM IST (Monday to Friday) 8PM to 9 PM IST (Monday to Friday)