

# EMBRACING THE RADIANCE OF WELLNESS



by **Aaryan Kayal**

The Doon School, Dehradun

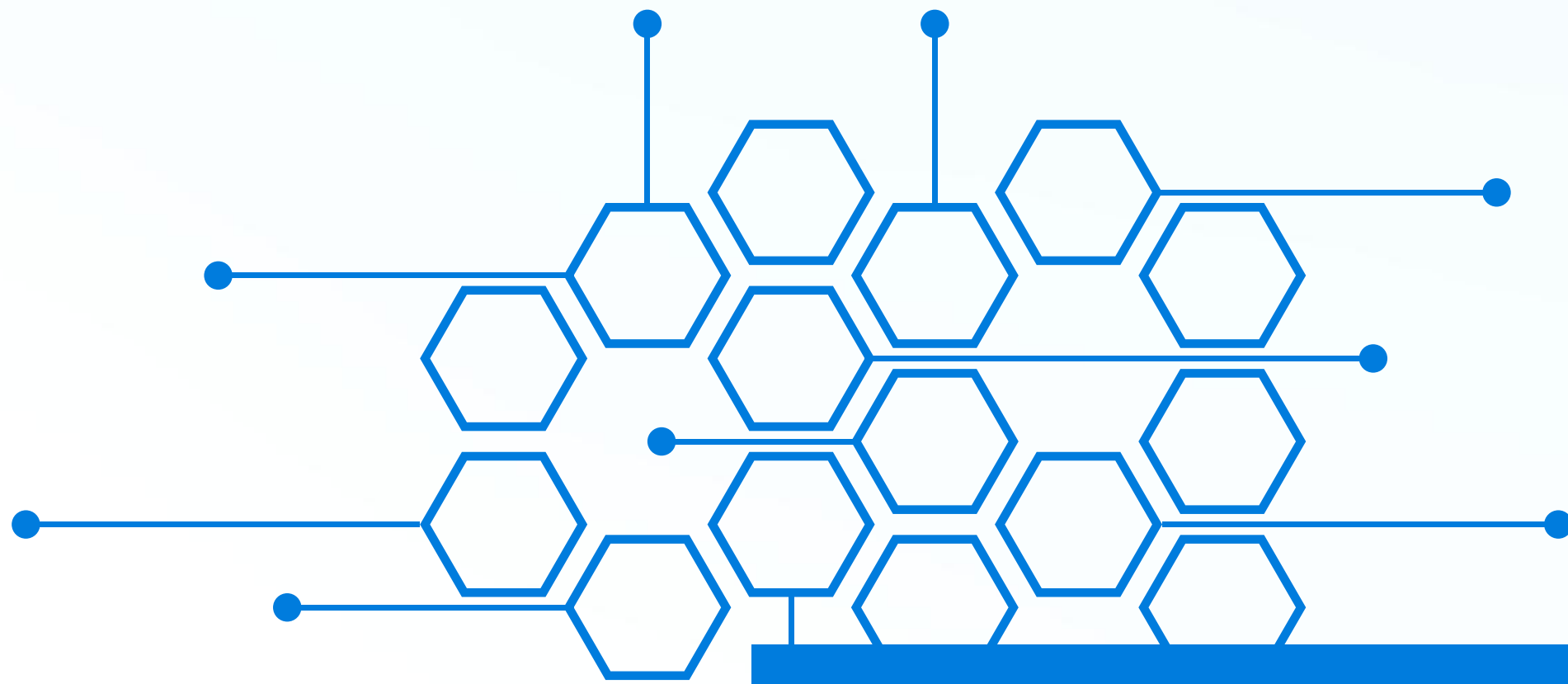




# Introduction

The grand symphony of compassion embarks on a noble quest: **ENLIGHTENMENT HEALTH THROUGH EDUCATION**. A transformative social initiative with the aim to illuminate the path towards the holistic well-being of humanity residing in rural landscapes, imparting the profound wisdom of basic education.





# Enlightenment Health through Education

At its heart, this initiative endeavors to nurture the very essence of humanity residing in rural landscapes, imparting the profound wisdom of basic education that serves as an empowering beacon amidst the currents of our modern world, ultimately fostering a harmonious co-existence of mind and body. My mission is to extend a nurturing hand to those in need who have been denied access to vital health services and the foundational knowledge that education brings. Through the integration of health partners and supporting NGOs, the underprivileged will find solace and upliftment, bridging the gap that separates them from the gifts of well-being and knowledge.



# Vision

1. **Health Camp** :- My vision extends beyond the ordinary, fueled by a dedication to elevate community health beyond mere ailment diagnosis. I am committed to a proactive approach to healthcare, striving to make accessible and comprehensive healthcare a reality for those who need it most. The primary objective is to empower individuals with knowledge about their health and foster habits that lead to a healthier lifestyle.

The services provided at the camp ranged from general health assessments to personalized physiotherapy sessions, addressing the diverse needs of the community. The transformative impact of witnessing individuals regain mobility and vitality through physiotherapy underscores the significance of my vision. This impact is complemented by a sustained commitment to health education in rural areas.

In essence, my vision transcends a singular event. It envisions a landscape where general health and physiotherapy seamlessly integrate into daily life, creating a resilient community that thrives in health and vitality.

# Vision

**2. Eye Camp**:- My vision extends beyond horizons, with a dedicated commitment to the well-being of the community. I orchestrated this eye camp with the goal of brightening lives through clear sight, paving the way for a brighter future for residents who often encounter challenges in accessing eye care services. It's not merely about correcting refractive errors; it's about providing a clear vision that unlocks doors of opportunities.

The eye camp offered comprehensive eye examinations, prescription glasses, and informative sessions on eye health. Witnessing the joy in people's eyes served as a testament to the impact of my endeavors.

Going beyond immediate solutions, my vision encompasses a sustained dedication to educating the community about preventive eye care measures. By fostering a culture of awareness around eye health, I aspire to ensure that the benefits of this camp resonate for generations to come. In this context, my vision transcends the physical act of organizing an eye camp; it envisions a community thriving with improved vision, knowledge, and a shared aspiration for a brighter tomorrow.

# Vision

**3. Blood Donation Camp :-** My vision was driven by a commitment to saving lives through organizing a blood donation camp and delivering the vital gift of donated blood to the doorsteps of our neighbors. It goes beyond the simple act of collecting blood; it's about cultivating a culture of altruism and solidarity.

The blood donation camp established a crucial link between donors and recipients, creating a lifeline that transcends boundaries. Witnessing the selfless act of donating blood not only saves lives but also strengthens the bonds within the community.

I am personally dedicated to raising awareness about the importance of regular blood donation. By promoting a culture of giving, my goal is to ensure a continuous flow of support for the health needs of the community.

# Mission

1. Empowerment through Education: Access to basic education equips them to make informed decisions, break free from the chains of ignorance, and elevate their socio-economic standing.



Health Camp inaugurated by DSP, Lanka



Apollo Excel Care Doctors' team

# Mission

2. Enhanced Health Awareness: Through the health camp organized under this initiative, rural people gain access to medical professionals and resources that were previously scarce or unavailable to them. This increased health awareness allows them to understand preventive measures, recognize health risks, and adopt healthier lifestyles, ultimately reducing the prevalence of preventable diseases.



Interaction with Patients



Local participants at the camp



# Mission

3. Improved Health Outcomes: As the initiative provides essential healthcare services to those who were previously underserved, it leads to a remarkable improvement in health outcomes. Timely medical interventions, early diagnosis, and proper treatment help alleviate health issues, resulting in a healthier and more productive rural population.



Blood Donation



Blood Donation

# Mission

4. Breaking Socio-economic Barriers: The integration of health partners, NGOs, and CSR initiatives fosters a collaborative approach to address socio-economic barriers prevalent in rural areas. This collective effort helps in creating a supportive environment where healthcare and education are no longer elusive dreams but accessible realities.



Local participants at the Health Camp



Doctor-Patient Interaction

# Mission

5. Strengthening Community Bonds: The social initiative encourages community participation and engagement, bringing people together with a shared purpose. Collaborative efforts in organizing the health camp and educational programs strengthen the sense of community belonging, creating a network of mutual support and care.



Eye Checkup



Physiotherapy Session

# Mission

6. Long-term Sustainable Impact: By focusing on education, health, and community building simultaneously, the initiative paves the way for long-term sustainable development. The ripple effects of educated and healthier rural populations contribute to the overall growth and progress of the region.



Blood Collection Team



Blood Pressure & Sugar Monitoring

# Mission

7. Reducing Disparities: The initiative aims to bridge the gap between urban and rural areas by providing essential services and knowledge to underserved communities. By doing so, it contributes to reducing the disparities in access to healthcare and education, fostering a more equitable society.



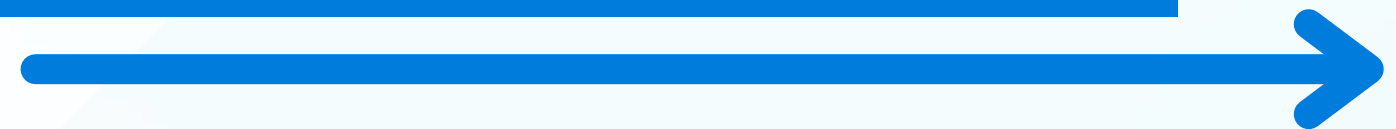
Registration Desk



Interaction with Patients

# COMMUNITY & HEALTHCARE PARTNERS

A Visionary Endeavor by Aaryan Kayal, in collaboration with Apollo Excel Care, Guwahati, Lions Eye Hospital Guwahati, and Marwari Yuva Manch, Guwahati Branch, alongside the compassionate support of Lanka, Hojai Assam-based NGO, Omprakash Pramila Devi Memorial Charitable Trust as it's esteemed allies, and the benevolent commitment of White Gold Agro Products as it's valued CSR partner.



# COMMUNITY PARTNERS



Vitality Vigilance  
Collaborators  
—  
**APOLLO EXCEL CARE,  
GUWAHATI**



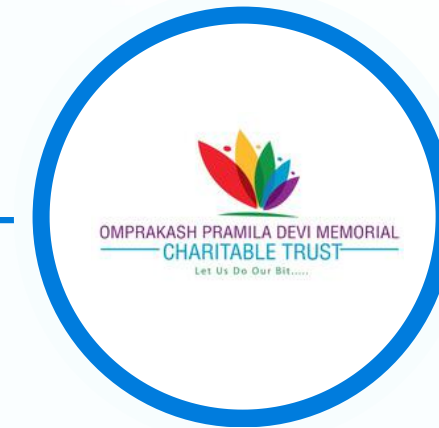
IllumiVision Advocates  
—  
**LIONS EYE HOSPITAL  
GUWAHATI**



HemaLife Advocates  
—  
**MARWARI YUVA MANCH  
GUWAHATI BRANCH**



CaringLink Envoys  
—  
**WHITE GOLD AGRO  
PRODUCTS**



HarmonyImpact Allies  
—  
**OMPRAKASH PRAMILA DEVI  
MEMORIAL CHARITABLE  
TRUST**





# Summary

The social initiative "Enlightenment Health through Education" is a profound and comprehensive approach that extends far beyond its immediate impact. By fostering education, health, community, and compassion, it has the potential to create a lasting legacy of positive change in the lives of rural people, enriching their journey towards a brighter, healthier, and more enlightened future.





# Appreciation Letters- From Health care Partners



## CERTIFICATE OF APPRECIATION

We are deeply moved by Mr. Aaryan Kayal's extraordinary initiative of organizing a Health Camp, at Bamungaon, Lanka, Assam on 13-12-2023 especially considering his young age, to serve the needs of those living in rural areas. The impact of his benevolent endeavor, named "Enlightenment Health through Education," resonated profoundly with us, touching our hearts.

The involvement of our organization, "Apollo Excel Care Hospital, Guwahati," in this exceptional and altruistic social initiative was a source of immense pride and gratification. Being a part of this noble endeavor filled our hearts with joy and a sense of purpose.

Furthermore, we fondly recall his dedicated participation in a rigorous one-month internship with our organization, which he completed with commendable success last year. His commitment and passion were evident throughout his tenure, leaving a lasting impression on us.

In recognition of his remarkable contributions, both through the health camp and his internship, we are honored to present this certificate as a token of our heartfelt appreciation. May his compassion and dedication continue to inspire others, spreading warmth and positivity in the world.



Apollo Excelcare Hospital



मारवाड़ी युवा मंच, गुवाहाटी शाखा  
মাৰৱাড়ী যুৱ মঞ্চ, গুৱাহাটী শাখা

MARWARI YUVA MANCH  
GUWAHATI BRANCH

Yuva Shakti  
Rashtra Shakti

Yuva Beejeet Parakash  
President  
9854050155

Yuva Suraj Jain  
JPP  
9706341625

Yuva Anup Sharma  
VP  
9864164816

Yuva Bishal Jain  
VP  
887652715

Yuva Ashish Jain  
VP  
9864447531

Yuva Abhinandan Sogani  
Secretary  
9864753203

Yuva Sumit Bhansali  
Treasurer  
9706414619

Yuva Ramesh Pareek  
Joint Secretary  
9706801904

Yuva Ankit Nandlal Jodhani  
Joint Secretary  
8638085398

## Permanent Projects

- Amritdhara
- Blood Donation
- Oxygen
- Public Toilet
- Ambulance
- Cancer Detection Van
- Dead Body Carrying Van

## मंच दर्शन

मंच आचार अनुरेखा मंच भाव समाज सुधार मंच शक्ति व्यक्ति विकास मंच चार्ज सामाजिक समान एवं आला सुखा मंच लक्ष्य संप्रुप विकास एवं एकता

3rd Floor, Above Shree Marwari Databya Aushadhalaya, H.B. Road, Fancy Bazar, Guwahati -781001  
E-mail : mymguwahati@gmail.com | Mobile : 91-9085601000

Date ; 15-12-2023

## CERTIFICATE

This Certificate of Appreciation is presented with heartfelt gratitude to Mr. Aaryan Kayal, a dedicated young resident of our city. His remarkable social initiative, "Enlightenment Health through Education," held on 13<sup>th</sup> December '23 at Bamungaon, Lanka, Hojai, Assam deeply touched our organization. Mr. Kayal's unwavering commitment to educating rural communities about the vital advantages of Blood Donation and his collaboration with us to organize a successful Blood Donation camp truly moved us.

In recognizing his diligent efforts, we commend Mr. Kayal for exemplifying the potential within the younger generation. His altruistic intentions and relentless hard work serve as a beacon of hope for our society. Through his actions, he has illuminated the path towards a better world, underscoring the transformative power of benevolence and dedication.

With profound appreciation, we extend this Certificate of Appreciation as a small token of our gratitude. We express our sincere thanks and extend our best wishes to Mr. Aaryan Kayal for all his future endeavors. May his journey continue to inspire positive change and uplift communities around him.

B. Singha

Yuva Beejeet Parakash  
President

A. Sogani

Yuva Abhinandan Sogani  
Secretary

Marwari Yuva Manch, Guwahati Branch



GAUHATI LIONS EYE HOSPITAL

A Project of

LIONS CLUB OF GAUHATI

LIONS HOSPITAL ROAD, CHATTRIBARI, GUWAHATI - 781 008 ☎ 0361 - 2637423, Cell : +91 80110 25000  
email : gliehosp@gmail.com

14-12-2023

Subject: A Heartfelt Letter of Appreciation for the "Enlightenment Health through Education" Initiative

Dear Mr. Aaryan Kayal,

It is with immense pleasure and admiration that we reflect upon the remarkable initiative you embarked upon with your social project, "Enlightenment Health through Education" organized at Lanka, Hojai District on 13 Dec'23. Your dedication to making a meaningful impact in the lives of those less fortunate has truly left an indelible mark on us.

When we were introduced to your project, particularly the Eye Check-up camp, little did we anticipate the magnitude of its success and the profound difference it would make in educating the rural population about the significance of regular eye check-ups, especially after the age of 40. Your innovative approach in elucidating the connections between eye health and various other ailments is truly commendable, shedding light on a crucial aspect of overall well-being that often goes overlooked.

The very essence of your project's name, "Enlightenment Health through Education," encapsulates the essence of your mission - to bring a ray of understanding and awareness to the lives of those who lack basic medical facilities for reasons beyond their control. Your efforts, much like the rising sun on the horizon, have breathed new hope into the hearts of countless individuals, illuminating the path towards a healthier and brighter future through selfless acts of social service.

It is with great admiration that we extend our heartfelt appreciation for your noble cause. Your commitment to uplifting the underprivileged and underserved is an inspiration to us all. Your journey is a testament to the potential for positive change that lies within each individual, and we are confident that your efforts will continue to ripple through communities, leaving lasting transformations in their wake.



- 10 Bedded Hospital
- Cataract Surgeries
- Phaco, SICS & other Surgeries
- Glaucoma Surgery
- Cornea Clinic
- Corneal Transplant Surgery
- DCK & DCT

- Uveitis Management
- Ocular Trauma Management
- Nd:YAG Laser
- Computerized Eye Examination
- Power Correction Contact Lenses
- 3D Lens Implantation
- Intraocular Ophthalmology

- Intra Ocular Lens (I.O.L.) Implantation
- Automated Refractive
- Contact Lens
- Micro Surgery
- Biometry
- Refractive Surgery
- B-Scan



- Optical & Pharmaceutical Shop
- Rural Eye Screening Camps
- Student Vision Screening
- Mobile Eye Check-up Camps

As you continue on your path, we wholeheartedly wish you continued success and fulfillment. This letter serves as a token of our sincere appreciation for your unwavering dedication to the betterment of society. May your endeavors continue to illuminate lives and foster positive change.

With Utmost respect and admiration,  
For Gauhati Lions Eye Hospital

Anup Sharma  
Administrator  
Gauhati Lions Eye Hospital  
Signature

Apollo Excelcare Hospital - A Unit of Asclepius Hospitals & Healthcare Pvt. Ltd.

Regd. Office: NH 37, Near Ganesh Mandir, Paschim Boraigaon, Guwahati, Assam - 781033

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📍 ApolloExcelcare

# Appreciation Letters- From Community Partners



## CERTIFICATE OF APPRECIATION

AARYAN'S FERVENT DEDICATION HAS IGNITED A SPARK THAT ILLUMINATED EVERY CORNER OF HIS GRAND EVENT "ENLIGHTENMENT HEALTH THROUGH EDUCATION" ORGANIZED AT LANKA, ASSAM ON 13<sup>TH</sup> DECEMBER 2023, EARNING HIM ACCOLADES AND ADMIRATION FROM ALL WHO WERE FORTUNATE ENOUGH TO BE A PART OF IT. HIS RELENTLESS PURSUIT OF EXCELLENCE PAINTS A VIVID PICTURE OF HIS UNWAVERING MOTIVATION.

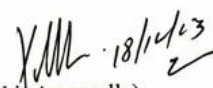
HIS UNYIELDING COMMITMENT, TIRELESS EFFORTS, AND GENUINE SELFLESSNESS HAVE ETCHED A REMARKABLE MILESTONE IN THE TRIUMPHANT SAGA OF HIS THIS NOBLE ENDEAVOR THAT EPITOMIZES EXCELLENCE.

BEYOND THE REALM OF ACCOMPLISHMENT LIES HIS EXTRAORDINARY CONTRIBUTION TO SOCIETY'S ENLIGHTENMENT. HIS RENDEZVOUS WITH EDUCATION HAS LEFT AN INDELIBLE MARK, SHAPING MINDS AND INSPIRING CHANGE. AARYAN KAYAL, IS A BEACON OF INSPIRATION, AN EMBODIMENT OF LEADERSHIP, AND A SYMBOL OF WHAT CAN BE ACHIEVED THROUGH SHEER PASSION AND HARD WORK.

AS WE STAND IN AWE OF HIS ACCOMPLISHMENTS, WE EXTEND OUR HEARTFELT APPRECIATION FOR HIS REMARKABLE ROLE IN SHAPING A BRIGHTER FUTURE. MAY HIS PATH BE PAVED WITH EVEN GREATER SUCCESS, AND MAY HIS JOURNEY AHEAD BE AS EXTRAORDINARY AS HE IS.

WISHING HIM BOUNDLESS SUCCESS AND FULFILLMENT IN HIS FUTURE ENDEAVORS.

Thanking You  
Yours in Service

  
(Rohit Agarwalla)  
Chairman cum Managing Trustee.

STATION ROAD, P.O. LANKA - 782 446, Dist. - HOJAI (ASSAM), INDIA  
Contact no.91-94350 61140 | Email : opdtrust@gmail.com



## WHITE GOLD AGRO PRODUCTS

### Letter of Appreciation

In the dazzling tapestry of life, Aaryan Kayal emerges as a beacon of dedication, engagement, and discipline, revealing a realm of leadership qualities that have been a hidden gem. His tireless commitment, selflessness, and unyielding motivation have not just shaped but etched a new chapter in the saga of success for the awe-inspiring ultra mega camp "Enlightenment Health through Education" held at our premises on 13.12.23 With a fervor that ignites hearts, he pursued his mission with unparalleled passion, drawing accolades from all corners.

The triumph of his social pursuit stands as a testament in itself, and his crusade to enlighten society stands as a remarkable hallmark. With admiration and respect, we honor his profound role and extend our best wishes for his forthcoming journey in the world of limitless possibilities.

Thanks & Regards

For White Gold Agro Products,  
Lanka, Assam

For WHITE GOLD AGRO PRODUCTS  
  
(Vinita Agarwalla)  
Partner

Head Office: House No.62, Bye Lane 2, ABC, Tarun Nagar, G.S.Road, Guwahati-781005, Assam, ☎ : 94350-30401, 📠 : 0361-2460020/21  
Admin Off : Station Road, Ward No.04, P.O.Lanka -782446, District : Hojai, Assam, ☎ : 94350-61140  
Factory Address : Bamun Gaon, Mouza Kaki, District : Hojai, Assam.  
✉ : whitegoldsugar@gmail.com, GSTIN : 18AADFW3590Q1ZC

# Media Gallery



## Interaction with Media

**Asomiya Protidin:**  
<https://jionews.com/home/reader/newspaper/Asomiya-Pratidin/Lakhimpur/Sat-Dec-16-2023/920507>

**Dainik Purvoday:**  
<https://epaper.dainikpurvoday.com/index.aspx?p=b2fcb9be-ae7f-4992-aaf4-e714e72c3674&e=4f16fe56-1ea8-425a-970c-986c95b30e74>

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## Community welfare prog held at Lanka

**GUWAHATI, Dec 15:** A mega community welfare programme was organized at the White Gold Agro Products campus at Bamungaon, Lanka, Hojai on Thursday, a press release stated.

The social initiative 'Enlightenment Health Through Education' was an outcome of the vision of Aaryan Kayal, a student at The Doon School and a young prominent advocate for sustainability and holistic well-being.

The mega camp saw the collaboration of many prominent organizations such as Apollo Excelcare Hospital, a leading multispecialty hospital of Guwahati which provided free health check up for all employees and attendees. Lions Eye Hospital,

Guwahati arranged for free eye check up, emphasizing the significance of eye health. A blood donation drive was also arranged by the Marwari Yuva Manch, Guwahati and Hojai branches. Along the sidelines of the camp, a class on spoken English was hosted by Educational, a platform for education and career-related services.

The endeavour was made possible through the support of the Omprakash Pramila Devi Memorial Charitable Trust and the Corporate Social Responsibility (CSR) initiative by White Gold Agro Products.

Aaryan Kayal expressed his gratitude to all collaborators and sponsors, envisioning the event as a catalyst for positive change.

**The Assam Tribune:**  
[https://epaper.assamtribune.com/full-page-pdf/epaper/pdf/2023/12/16/the-assam-tribune/5495/epaper-page-9?infinite\\_scroll=1](https://epaper.assamtribune.com/full-page-pdf/epaper/pdf/2023/12/16/the-assam-tribune/5495/epaper-page-9?infinite_scroll=1)

Postal on NS  
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 The Com Mukh mail:  
 The Delhi The e result www  
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 Price ate :



This initiative serves as an empowering beacon amidst the currents of our modern world, ultimately fostering a harmonious coexistence of mind and body.

**THANK  
YOU**

