

# ANNUAL ACTIVITY REPORT

Aug 2023- March 2024

**PRAJNA CHARITABLE TRUST**



## **Prajna Charitable Trust**

**Plot No. 3, Godown Area Road, Opposite  
Chamba Manali Transport, Bhabhat Road,  
Zirakpur, S.A.S. Nagar – 140603**

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**Website: [prajnatrust.org](http://prajnatrust.org)**

This report contains details regarding the welfare activities carried out in order to provide free food distribution, distribution of essential supplies to orphanages and organizing Health Camps during the financial year 2023-2024

## Prajna Charitable Trust – An Overview

**"Prajna Charitable Trust (Regd.)"** is non-government, non-political, non-profit making organization engaged in the field of social development. It was formed by like minded people for the purpose of carrying various kind of charity work i.e. Free Medical Camps, Free Food Distribution Programs, Distributing Cloths & Other Essential Supplies, Meditation & Mind Training, Yoga and other Wellbeing Programs & any other such initiative for the betterment of society and humanity.

### Legal Status

Prajna Charitable Trust was registered under Indian Trust Registration Act 1882 on 17<sup>th</sup> April 2023 bearing registration no. 2023-24/13/4/66. The Trust also registered with Niti Ayog vide NGO Darpan Id : PB/2023/0351917

### Core Objective

Building stronger and healthier communities through people's participation and assuring that common masses to live with pride, dignity and equality is the prime objective of Prajna Trust. Eradicating hunger by providing free quality food to needy, organising health Camps, Distributing Cloths & Other Essential Supplies, Meditation & Mind Training, Yoga and other Wellbeing Programs & any other such initiative for the betterment of society and humanity.

### Mission :

Emphasizing a holistic approach to health and wellness that combines wellbeing, healthcare, and spiritual guidance to help individuals achieve optimal physical, mental, and spiritual health.

### Board of Management

Broadly the affairs of Prajna Trust is management by a trust board. Apart from trust board Prajna Trust has also constituted a committee of executive members to assist in various welfare activities.

**About the event: 1**

**ACTIVITY : FREE FOOD DISTRIBUTION**

Place: Khuda Ali Sher, Chandigarh

Date: 27<sup>th</sup> August 2023



**PRAJNA CHARITABLE TRUST**



**A Charity Report  
on Food  
Distribution**

**27th August 2023**

**Venue : Ashoka Budha  
Vihar, Khudda Ali Sher,  
Chandigarh, India**



Trust Activity Journal  
Aug 27, 2023

Prajna Charitable Trust in conjunction with Sangye-menla trust organized monthly food distribution on 27th August, 2023, Sunday at Ashoka Budha Vihar, Khuda Ali Sher, Chandigarh. Around 400 people enjoyed delicious chana rice and halwa on this occasion. The objective of such such food distribution is to provide quality and delicious meal with equality and dignity for all. The press spokesperson of the trust said that in the coming time organising various health check up camps, Welfare activities for children and old age, assistance to orphanages, Developing Self-help groups, Conducting meditation and wellness camps will the major agenda of trust.



**A SELF-LESS SERVICE FOR HUMANITY**

**GLIMPSES OF EVENT - 1**  
**Free Food Distribution - Chandgarh**



About the event: 2

ACTIVITY : **ESSENTIAL SUPPLIES DISTRIBUTION (Kids Diapers, Milk Lactogen)**

Place: Shishu Grah, Sector – 15, Panchkula

Date: 28<sup>th</sup> August 2023



Trust Activity Journal  
Aug 28, 2023

On 28/08/2023, Prajna Charitable Trust distributed diapers and milk (lactogen), fruits etc. to new born babies in the nursery located in Sector 15, Panchkula. On this occasion, the guide of the trust, Lama Yeshe and Founder Arun Gupta handed over this material to the operators of the children's home. They also spent time with kids and obtained information related to the health of the infants & the operation of the crèche. The press spokesperson of the trust said that Prajna Trust will provide its possible contribution in the operation of other children and old age homes in the coming months. Trust officials Kamal Deep, Megha, Manish Sharma were present on this occasion.

**PRAJNA CHARITABLE TRUST**

*A Charity Report on  
Essential Supplies  
Distribution*

*Venue : Shishu Grah,  
Sector - 15, Panchkula,  
Haryana, India*



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**GLIMPSES OF EVENT - 2**  
**Essential Supplies Distribution – Shishu Grah, Panchkula**



GLIMPSES OF EVENT - 2

दैनिक सवेरा  
टाइम्स

न्यूज गैलरी

प्रजना चैरिटेबल ट्रस्ट ने शिशु गृह में बांटा जरूरत का सामान



प्रजना चैरिटेबल ट्रस्ट के सदस्य शिशु गृह में जरूरत के सामान का वितरण करते हुए।

सवेरा न्यूज/ संतोष (पंचकूला) : प्रजना चैरिटेबल ट्रस्ट द्वारा 28 अगस्त को सेक्टर 15, पंचकूला में स्थित शिशु गृह में नवजात शिशुओं के लिए डायपर एवं मिल्क (लेक्टोजन), फल इत्यादि का वितरण किया गया। इस अवसर पर ट्रस्ट के मार्गदर्शक लामा येशे एवं फाउंडर अरुण गुप्ता ने शिशु गृह के संचालकों को यह सामग्री सौंपी। उन्होंने शिशुओं के स्वास्थ्य एवं शिशु गृह के संचालन से सम्बन्धित जानकारी भी प्राप्त की। ट्रस्ट के प्रेस प्रवक्ता ने बताया कि प्रजना ट्रस्ट आगामी महीनों में अन्य बाल एवं वृद्ध आश्रमों के संचालन में भी अपना यथासंभव योगदान प्रदान करेगा। इस अवसर पर ट्रस्ट के पदाधिकारी कमल दीप, मेधा, मनीष शर्मा उपस्थित थे।

प्रजना चैरिटेबल ट्रस्ट की ओर से शिशु गृह में बांटा जरूरत का सामान



पंचकूला | सेक्टर-15 में प्रजना चैरिटेबल ट्रस्ट की ओर से शिशु गृह में नवजात शिशुओं के लिए सामान वितरण किया गया। ट्रस्ट की ओर से डायपर, मिल्क लैक्टोजन का भी वितरण किया गया। इस अवसर पर ट्रस्ट के मार्गदर्शक लामा येशे और फाउंडर अरुण गुप्ता ने शिशु गृह के संचालकों को यह सामग्री सौंपी। ट्रस्ट आगामी महीनों में अन्य बाल एवं वृद्ध आश्रमों के संचालन में अपना यथासंभव योगदान प्रदान करेगा।

**About the event: 3**

**ACTIVITY : Free Food Distribution**

Place: Sector 5, Panchkula

Date: 24<sup>th</sup> September 2023



**PRAJNA CHARITABLE TRUST**



**A Charity Report  
on Food  
Distribution**

**24th September 2023**

**Venue : Fire Station,  
Sector-5, Panchkula,  
Haryana, India**



Trust Activity Journal  
Sept 24, 2023

Keeping it's objective to serve free quality food for all with dignity and equality, Prajna Charitable Trust organized monthly food distribution on 24th September,2023, Sunday at Fire Station, Sector 5, Panchkula (Haryana). Around 600 people enjoyed delicious Curry, Rice, Halwa and Laddu on this occasion. Lama Yeshe, mentor of the trust said that a wellbeinh centre will be operational in May 2023 at Ansal Sampark Plaza Building in Sector 5 Panchkula. He further adeed that people will have opportunity to learn various meditation practices for free. In the month of October Trust will distribute Dry Ration and other material at Leprosy Home, Chandigarh.



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**GLIMPSES OF EVENT - 3**  
**Free Food Distribution - Panchkula**



About the event: 4

ACTIVITY : Free Ayurvedic Health Check-Up Camp

Place: Sector 5, Panchkula

Date: 24<sup>th</sup> September 2023

**निशुल्क आयुर्वेदिक  
स्वास्थ्य जांच शिविर**

**24 सितम्बर 2023, रविवार**  
स्थान: शिव मंदिर, सेक्टर 5, पंचकुला  
समय : दोपहर 12.30 बजे से

Organized By  
**PRAJNA CHARITABLE TRUST**  
In Association With

Dr. Madhu Gupta MD (Ayurveda) Dr. Darshika Kaushik BAMS

**PRAJNA CHARITABLE TRUST**

**A Charity Report  
on Free Ayurvedic  
Medical Camp  
24th September 2023**

**Venue : Shiv Mandir,  
Sector-5, Panchkula,  
Haryana, India**

Trust Activity Journal  
Sept 24, 2023

Free Ayurvedic health check-up camp and community langar was organized by Prajna Charitable Trust on 24 August 2023 at Shiv Mandir, Sector 5, Panchkula. On this occasion, Dr. Madhu Gupta and Dr. Darshika Kaushik gave health related advice to the patients.

In the health check-up camp, health check-up of 105 patients including blood pressure, diabetes, heart disease, mental disease, respiratory disease, skin disease, itching, gynecology, pediatric disease, back-knee pain, bone-related diseases and other patients required for them was done. Advice and medicines were distributed. The medical team made people aware about seasonal diseases, healthy liver, iron rich diet, nutrition, hygiene and daily dental cleaning.

The spokesperson of the Trust said that soon Prajna Wellness Center will be operational in May 23 where training in meditation, sound therapy, yoga, mindfulness etc. will be given under the guidance of Karma Yeshe Rabgce.

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**GLIMPSES OF EVENT - 4**  
**Free Ayurvedic Health Check-up Camp**



## GLIMPSES OF EVENT - 4

### स्वास्थ्य जांच शिविर और लंगर आयोजित

पंचकूला। प्रजना चैरिटेबल ट्रस्ट ने शिव मंदिर सेक्टर-5 पंचकूला में निशुल्क आयुर्वेदिक स्वास्थ्य जांच शिविर और सामुदायिक लंगर का आयोजन किया।

धन्वंतरी आयुर्वेदिक कॉलेज चंडीगढ़ से वरिष्ठ डाक्टर मधु गुप्ता और डाक्टर दरशिका कौशल ने मरीजों को स्वास्थ्य संबंधी परामर्श दिया। स्वास्थ्य जांच शिविर में करीब 105 मरीजों के ब्लड प्रेशर, शुगर, हृदय रोग, मानसिक रोग, श्वास रोग, स्त्री रोग, बाल रोग, कमर घुटना दर्द, हड्डी से संबंधित रोग के लिए जरूरी सलाह और दवाइयां वितरित की। चिकित्सीय दल ने हेल्दी लिवर, आयरन युक्त आहार, पोषण, स्वच्छता और दैनिक दांतों की सफाई के बारे में जागरूक किया। ब्यूरो



**About the event: 5**

**ACTIVITY : ESSENTIAL SUPPLIES DISTRIBUTION**

Place: Leprosy Home, Sector 47, Chandigarh

Date: 2<sup>nd</sup> October 2023



**PRAJNA CHARITABLE TRUST**

**Charity Report on  
Food & Other  
Supplies  
Distribution**

**2nd October 2023**  
**Venue : Leprosy Home ,  
Sector-47,  
Chandigarh, India**



Trust Activity Journal  
October 2, 2023

Continuing its social upliftment efforts, Prajna Charitable Trust distributed ration items like flour, pulses, rice, oil, tea, sugar, salt, chilli, turmeric, biscuits etc. for the food arrangements of the dependents living in Leprosy Ashram, Chandigarh. Apart from this, chairs and hygiene related items were also given. During this program, Trust guide Lama Yeshe and Trust officials met the leprosy patients and inquired about their well-being. They also got information about the functioning and activities of the Leprosy Ashram. On this occasion, Arun Gupta, Sandeep Sachdeva, Sanjay Sharma, Dr. Megha and Manoj Parekh were present on behalf of the Trust.



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**GLIMPSES OF EVENT - 5**  
**Essential Supplies Distribution – Leprosy Ashram, Chandigarh**



## GLIMPSES OF EVENT - 5



राशन वितरित करते प्रजना चेरिटेबल ट्रस्ट के सदस्य • सौजन्य - स्वतः

### कुष्ठ आश्रम में वितरित किया राशन

जागरण संवाददाता, चंडीगढ़ : अपने सामाजिक उत्थान के प्रयासों को जारी रखते हुए प्रजना चेरिटेबल ट्रस्ट ने सेक्टर-47 स्थित कुष्ठ आश्रम रह रहे आश्रितों के भोजन की व्यवस्था के लिए आटा, दाल, चावल, तेल, चाय, चीनी, नमक, मिर्च, हल्दी व बिस्कुट इत्यादि राशन सामग्री वितरित की। इसके अतिरिक्त कुर्सियां एवं स्वच्छता संबंधी सामान भी दिया गया। इस कार्यक्रम के दौरान ट्रस्ट के मार्गदर्शक लामा येशे

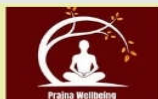
और ट्रस्ट के पदाधिकारियों ने कुष्ठ रोगियों से मुलाकात की और उनकी कुशलक्षेम पूछी। उन्होंने कुष्ठ आश्रम की कार्यप्रणाली और गतिविधियों को जानकारी भी प्राप्त की। ट्रस्ट के प्रवक्ता ने बताया की आगामी माह प्री मधुमेह एवं हृदय जांच शिविर का आयोजन किया जाएगा। इस मौके पर ट्रस्ट की तरफ से अरुण गुप्ता, संदीप सचदेवा, संजय शर्मा, डाक्टर मेघा और मनोज पारेख उपस्थित रहे।

**About the event: 6**

**ACTIVITY : Free Food Distribution**

Place: Sector 5, Panchkula

Date: 24<sup>th</sup> September 2023



Trust Activity Journal

October 8, 2023

In continuation of its prime objective to eradicate hunger and to serve free quality food for all with dignity and equality, Prajna Charitable Trust organized monthly Community Langar on 8th October, 2023, Sunday at Shiv Mandir, Sector 5, Panchkula (Haryana). Around 500 people enjoyed delicious Puri, Chana, Kheer and Sandwiches on this occasion. During this occasion Prajna Wellbeing T-Shirts were distributed to Prajna Volunteers.

**PRAJNA CHARITABLE TRUST**



**A Charity Report  
on Community  
Langar**

**8th October 2023**

*Venue : Shiv Mandir,  
Sector-5, Panchkula,  
Haryana, India*



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## GLIMPSES OF EVENT - 6 Free Food Distribution



**About the event: 8**

**ACTIVITY : Free Food Distribution**

Place: Sector 5, Panchkula

Date: 26<sup>th</sup> November 2023



**PRAJNA CHARITABLE TRUST**



**A Charity Report  
on Food  
Distribution**

**26th November 2023**

**Venue : Fire Station,  
Sector-5, Panchkula,  
Haryana, India**



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Trust Activity Journal  
November 26, 2023

In continuation of its prime objective to eradicate hunger and to serve free quality food for all with dignity and equality, Prajna Charitable Trust organized monthly food distribution on 26th November, 2023, Sunday at Fire Station, Sector 5, Panchkula (Haryana). Around 500 people enjoyed delicious Dal Ruce and Moong Dal Halwa and Sandwiches on this occasion. It was decided that Trust will distribute shoes at ASHIANA Girls Hostel, on 1st December 2023. Next community Langar will be held on 31st December.

## GLIMPSES OF EVENT - 8 Free Food Distribution



**About the event: 7**

**ACTIVITY : Shoes Distribution for Girls**

Place: Ashiana Bhawn, Sector – 16, Panchkula

Date: 1<sup>st</sup> December 2023



Trust Activity Journal  
December 1, 2023

Shoes were distributed by Prajna Trust on 01/12/2023 to the girls living in Ashiana Children's Home located in Sector 16, Panchkula. On this occasion, the guide of the trust Lama Yeshe and founder Arun Gupta handed over this material to the operators of the children's home. They also obtained information related to the operation of Ashiana. The press spokesperson of the Trust said that Prajna Trust will also contribute as much as possible in the operation of other children and old age homes in the coming months.

**PRAJNA CHARITABLE TRUST**



**A Charity Report  
on Shoes  
Distribution**

**1st December 2023**

**Venue : ASHAIANA BAL  
BHAWAN, Sector-16,  
Panchkula, Haryana, India**



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GLIMPSES OF EVENT - 7



**About the event: 9**

**ACTIVITY : Free Food Distribution**

Place: Sector 5, Panchkula

Date: 17<sup>th</sup> December 2023



Trust Activity Journal

December 17, 2023

In continuation of its prime objective to eradicate hunger and to serve free quality food for all with dignity and equality, Prajna Charitable Trust organized monthly food distribution on 17<sup>th</sup> December, 2023, Sunday at Fire Station, Sector 5, Panchkula (Haryana). Around 600 people enjoyed delicious Chana Poori, Halwa and Sandwiches on this occasion. It was decided that Trust will distribute blankets and winter clothes in January 23

**PRAJNA CHARITABLE TRUST**



**A Charity Report  
on Food  
Distribution**

**17th December 2023**

*Venue : Fire Station,  
Sector-5, Panchkula,  
Haryana, India*



**A SELF-LESS SERVICE FOR HUMANITY**

**GLIMPSES OF EVENT - 9**  
**Free Food Distribution - Fire Station, Panchkula**



**About the event: 10**

ACTIVITY : **Blanket Distribution**

Place: PGI CHANDIGRH

Date: 12<sup>TH</sup> January 2024



Trust Activity Journal

January 12, 2024

Prajna Trust distributed Blankets to the needy people at PGI Chandigarh. Around 150 blankets and peanuts were donated on Friday Nite.

**PRAJNA CHARITABLE TRUST**



**A Charity Report  
Blanket  
Distribution**

**12th January 2024**

**Venue :**

**PGI  
Chandigarh**

As the biting chill of winter tightens its grip, spare a thought for those who have no warm haven to seek refuge in. Every night, countless individuals brave the unforgiving cold without the simplest of comforts - a blanket. But you can make a difference. need. It can mean the difference between life and death.



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GLIMPSES OF EVENT - 10



पंजाब राज भवन में पेट्रोलियम और प्राकृतिक गैस नियामक बोर्ड (पीएनजीआरबी) के अध्यक्ष डा. अनिल कुमार जैन ने पंजाब के राज्यपाल और यूटी प्रशासक बनवारी लाल पुरोहित से मुलाकात की।

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### प्रजना ट्रस्ट ने जरूरतमंदों को वितरित किए कंबल

चंडीगढ़ (वि) : प्रजना ट्रस्ट ने पीजीआई में जरूरतमंद लोगों को कंबल वितरित किए। कंबल वितरण कार्यक्रम गुरु लामा येशे की अध्यक्षता में शुक्रवार रात को हुआ, जिसमें 150 से ज्यादा कंबल वितरित किए गए। लामा येशे ने कहा कि कंपकपाती ठंड में सैकड़ों लोगों को कपड़ों की जरूरत होती है, जिसे पूरा करने के लिए समय-समय पर पीजीआई जाकर सामान प्रदान किया जाता है। इसी प्रकार से नयागांव स्थित आश्रम में भी लोगों को रहने का सहारा दिया जाता है। जरूरतमंदों की मदद के लिए सभी को प्रयास करना चाहिए और अपनी नेक कमाई में से कुछ दान जरूर



पीजीआई में जरूरतमंदों को कंबल वितरित करते प्रजना ट्रस्ट के लामा येशे।

कार्यक्रम करना चाहिए। हर इन्सान का छोटा सा दान बहुत बड़ा बदलाव ला सकता है। इस अवसर पर प्रिंस पाल, मनोज पारीक, मिनाक्षी, मनीष, विजय और राकेश मौजूद रहे।

**About the event: 11**

**ACTIVITY : Free Food Distribution**

Place: Sector 5, Panchkula

Date: 17<sup>th</sup> December 2023



Trust Activity Journal  
January 28, 2024

Prajna Trust, in continuation of its pledge to eradicate hunger by providing quality food to the poor, organized a free food distribution kitchen at Sector 5, Panchkula.

As many as 600 people had delicious lunch. Prajna serves meals to all free of charge, regardless of religion, caste, gender, economic status, or ethnicity. Eating together in this way is expressive of the equality and oneness of all humankind.

During this occasion Lama Yeshe along with other trustees of Prajna participated in cooking food and distribution.

**PRAJNA CHARITABLE TRUST**



**A Charity Report  
Free Food  
Distribution**

**28th January 2024**

**Venue :**

**Sector 5, Panchakula**



**A SELF-LESS SERVICE FOR HUMANITY**

**GLIMPSES OF EVENT - 11**  
**Free Food Distribution – Sector – 5, Panchkula**

