



Giving Light to the World



CANADIAN EYESIGHT GLOBAL



www.CanadianEyesight.org

Canada Ph: 604-582-0579

Email: info@CanadianEyesight.org



WATCH VIDEO



Unwavering Commitment

"I would like to commend all those associated with Canadian Eyesight Global for their unwavering commitment to the fight against global blindness. You may take great pride in your accomplishments and in the profound difference you have made in the lives of so many.

On behalf of the Government of Canada please accept my best wishes for an enjoyable evening for every success in meeting your fundraising goals."

STEPHEN HARPER

22nd Prime Minister of Canada
6-FEB -2006 to 4-NOV-2015



Supported by
Rotary

Clubs of
**SURREY
BURNABY**

NEW WESTMINSTER



Your Support = Our Success

Nirmaljot Eye Hospital, Amritsar, India,
Rotary Cub of Amritsar South East, India
and dedicated volunteers.

Arora Eye Hospital & Retina Centre, Jalandhar, India.
Rotary Club of Jalandhar West, Jalandhar, India.

NEWSLETTER APRIL 2019

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FREE EYE HEALTH CLINIC

(SPONSORS : ROTARY CLUB OF SURREY & ROTARY CLUB OF BURNABY, BC)

**Khalsa Diwan Society (Museum Complex)
8000 Ross Street, Vancouver, BC
Sunday April 28, 2019 from 1 to 4 PM**

A dedicated team of **Dr David Neima, MD, FRCS (C) Ophthl** and associates will participate. Every one is Welcome.

VOLUNTEERS NEEDED !!

For more info call : **604.582.0579**

Note: Anyone interested sponsoring an Eye Camp in their village in India, Punjab or any part of India, may contact: **Anup Singh Jubbal, Canadian Eyesight Global. Ph.: 604.582.0579, Email: info@canadianeyesight.org**

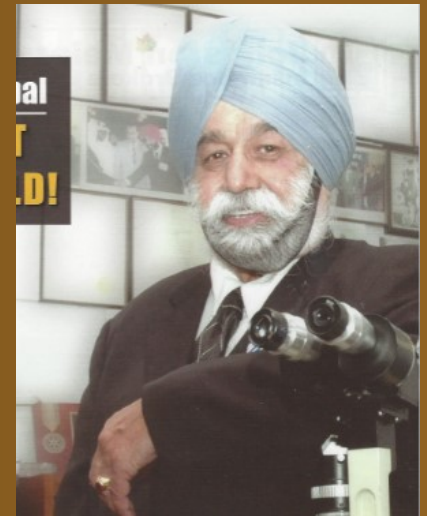
Service to the humanity is the main aim of my life.

From my childhood, since I was ten years old, due to the extreme poverty in rural parts of India, I was thinking, "Some day I would like to help the poor, needy, helpless and less fortunate people for the restoration of eyesight".

- Anup Singh Jubbal

His vision now also extends to helping the needy in British Columbia.

SUCCESS BREEDS SUCCESS!



Excellent!

Look forward to reading every time.

Very well done.

Jay Kalra, MD, PhD, FRCPC, FCAHS, CCPE

Professor, Department of Pathology
College of Medicine
University of Saskatchewan
Royal University Hospital
Saskatoon, Saskatchewan, S7N 0W8

It's all about our Newsletter

Again, another winner!

Lots of interesting information and lots of informative photos.

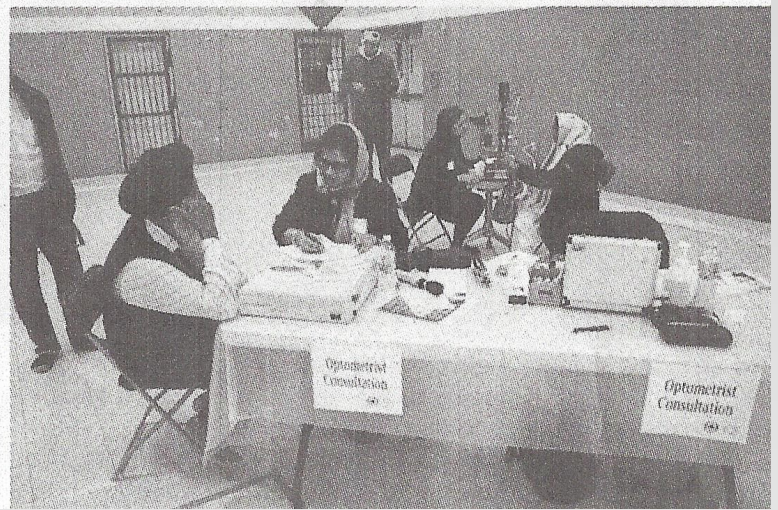
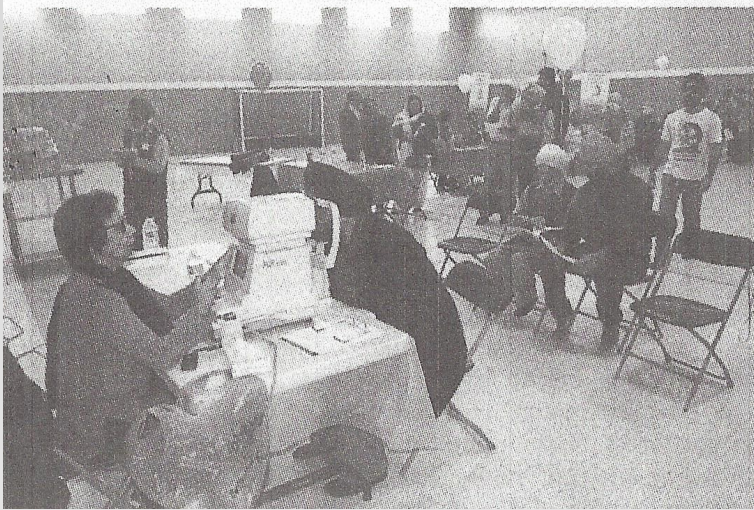
This is a great News Letter, as are all the other.

Keep up the good work, in solidarity,

Nelson Riis

Former Member of Parliament

Canadian Eyesight Global Holds Successful Free Eye Health Clinic in Toronto



Canadian Eyesight Global, a registered non-profit charitable organization with a dedicated team of volunteers and committee members of Eastern Canada, organized a Free Eye Health Clinic at the Ontario Khalsa Darbar (Dixie Gurdwara) on Sunday, April 3rd 2016, which was attended by 200 people.

Canadian Eyesight Global, formerly known Project Eyesight-India comprised of Surgeons, Doctors, Business leaders and numerous volunteers has been recognized by the Government of Canada, Rotary International, Rotary Clubs and NGOs in Canada and India. Canadian Eyesight Global has successfully sponsored and completed thousands of free cataract surgeries and treated unlimited people for avoidable blindness in rural parts of India since 1989.

Canadian Eyesight Global has held many successful free eye health clinics across Canada since 2004. These free eye health clinics allow for the greater population to recognize how important vision and regular eye check ups are. These eye camps provide

people with blood pressure measurements, sugar testing, physician consultations, eye pre-screening, dietary recommendations from dietitians and nutritionists and lastly, check-ups by optometrists and ophthalmologists.

The successful eye camp which took place on Sunday, April 3rd 2016 had numerous volunteers donating their valuable time. Canadian Eyesight Global would like to extend their thanks to Dr. Apreet Singh, Dr. Surinder Mahil, Dr. Navidetha Danda, Dr. Sarabjeet Kohli, Dr. Amrit Sehdev, Dr. Harpreet Bajaj of STOP Diabetes Foundation, Dr. Parminder Singh Bahra, our numerous volunteers, dignitaries and administration of the Ontario Khalsa Darbar for their timeless hours put into this event, their cooperation and support.

Anup Singh Jubbal, President of Canadian Eyesight Global, would like to make a special thanks to all the doctors, volunteers and administration of the Ontario Khalsa Darbar (Dixie Gurdwara), Mississauga, Ontario, for their cooperation and generous support.

Appeal for a Charitable Eye Hospital and Prevention Eye Centre in Amritsar, Punjab.

Canadian Eyesight Global making an appeal to establish a Charitable Eye Hospital in Amritsar to help the needy and helpless for restoration of eyesight.

Any one interested selling or donating any type of building may contact:

Anup Singh Jubbal,

Canadian Eyesight Global,
Ph.(604) 582-0579,
email:

info@CanadianEyesight.org



CANADIAN EYESIGHT GLOBAL
Giving Light to the World Since 1989



**30 YEARS OF SERVICE
WITH COMMITMENT**



Canadian Eyesight Global

30

Years
of
giving light to the world

Proudly Sponsored By:



Rotary Club of Surrey
Rotary Club of Surrey-Guildford

Rotary Club of Burnaby
Rotary Club of New Westminster

www.CanadianEyesight.org

CLICK LOGO TO DONATE



HELP US CELEBRATE OUR 30TH ANNIVERSARY

Canadian Eyesight Global is looking for sponsors for its 30th anniversary event.

Subject to your approval, your name and business logos will be printed on the 30th Anniversary Souvenir Magazine, along with your pictures (Platinum, Diamond Gold, Ruby and Silver) published on the program, the CEG website, and media displayed on the banner at the Gala Dinner.

Platinum	\$	10,000
Diamond	\$	5,000
Gold	\$	2,500
Ruby	\$	1,000
Silver	\$	500
Copper	\$	250
General	\$	50 and up

All the sponsors present will be invited on the stage and introduced and honoured. Charitable tax donation receipts will be given to the sponsors.

Each of the above sponsors will recommend 9 guests for his table at the Gala Dinner. Each of the ten attendees will receive a formal invitation from Canadian Eyesight Global, with each name assigned a seat number at the table.

forward to receiving your favorable response with your generous sponsorship as soon as possible to help us plan the event.

Canadian Eyesight Global
10563 - 148th Street,
Surrey, BC. V3R 6X7
604 582-0579



Canadian Eyesight Global is a not-for-profit society (formerly Project Eyesight-India) and has sponsored tens of thousands free cataract surgeries to the needy and helpless people in the rural parts of India since 1989.

CEG has been organizing Free Eye Health Clinics in Canada since 2004.

This noble eye project has been recognized by the Government of Canada and Rotary International.

The Tribune

VOICE OF THE PEOPLE

Tribune News Service

Restoring Eyesight His Vision

Sanjay Bumbroo talks to Mr Anup Singh Jubbal, an NRI, who plans to open a charitable eye hospital to help the needy

AMRITSAR 23 DECEMBER 2006: Mr Anup Singh Jubbal has been doing yeoman's service to people suffering from cataract or other eye disorders by holding eye camps in the border districts of Amritsar and Tarn Taran for some time now.

Mr Jubbal, president, Canadian Eyesight International, a charitable organisation looking to provide eyesight to people in India, has been raising funds in Surrey, Canada, for setting up a state-of-the-art Sri Hargobind Sahib Mata Sulakhni Eye Hospital at Chabba in Tarn Taran.

He plans to build a hospital that would not only provide cataract surgeries free of cost and conduct eye clinics but also impart education and training to youths.

Lamenting on the lack of support from the government, Mr Jubbal, while talking with The Tribune, said he had so far not received any financial or other aid from the state or the Central governments. But if the government wanted to help them, he would welcome the move, as it would give a help to the project.

He said a 24,000 sq ft building was recently donated by a local charitable organisation for the setting up of the project.

He was now planning to set up a permanent hospital and preventable blindness centre there.

Mr Jubbal, who has studied up to Class 12, had migrated to Canada in 1968.

In the beginning, he had to work very hard but the lady luck soon smiled at him and he set up a real estate business there.

He had to suffer losses in the business but that did not deter him from doing hard work again and getting back to his feet.

He said ups and downs in the life taught him that money could provide everything except peace of mind.

"This hospital is crucial and we need the support of the community," said Mr Jubbal, who is also member of the Rotary Club Surrey-Guildford.

He said though eye surgery cost just Rs 1,750, it was beyond the reach of a majority of people in India, especially those living in villages.

He said blindness was 80 per cent preventable with good nutrition, sanitation, medicine or surgery.

Honoured by Prime Minister and Governor in the past for his services, Mr Jubbal said he was being well supported by his wife, Sarup Kaur Jubbal, in his cause.

He said the Project Eyesight India, under the auspices of Eyesight International in cooperation with local doctors, has been conducting eye clinics and cataract surgeries in India since 1989.

He said cataract was the result of darkening of the eye's lens that could be caused by the rubella virus, trauma to the eye and ageing.

With surgery, impaired vision could be rectified by a lens implant, he added.

He said he had held several eye check-up camps in Gujarat, Uttar Pradesh, Madhya Pradesh, Maharashtra and Haryana with the support of rotary clubs of Canada and India.

So far they had restored the eyesight or performed surgery on around 43,000 persons and treated thousands more for avoidable blindness.

An eye camp was recently held in Gurdwara Parau at Fatehabad, near Goindwal Sahib, where surgeries were performed on people suffering from cataract and medicines distributed free of cost.

Mr Jubbal said people in Surrey could come to India and participate in eye clinics and get their families to attend these as well.

He said the organisation would spread the word in surrounding villages within a 10-mile radius and everyone, regardless of their age, ethnicity or religion, could attend these camps.

He added that they had also been holding free eye clinics in British Columbia. As eye examination was no longer free under the medical services plan there, people were now showing interest in getting their eyesight checked and even make donations to the hospital in order to help bring sight to countless individuals.

Editor's Note:

Unfortunately this Eye Hospital Project was abandoned due to legal problems and serious complications. Regardless, our efforts in India continues with the help of our partners and volunteers in India and in Canada.



Taking Pride

"Those who've had their vision restored, or who can now see for the first time, they never know of Mr. Jubbal, this fund raising dinner, or even Canada itself, they simply rejoice in being able to see their loved ones and the world around them. You can, however, take great pride in imagining what your support means to them."

JEAN CHRETIEN
20th Prime Minister of Canada
04-nov-1993, to 12-dec-2003.



Sponsored by
Rotary Club of Surrey & Rotary Club of Burnaby

Free Eye Health Clinic

Khalsa Diwan Society (Museum Complex)

8000 Ross Street (Corner Ross St. and Marine Dr.), Vancouver, BC

Sunday April 28, 2019 1:00 - 4:00 pm

**A dedicated team of
Dr. David Neima, MD, FRCS (C), Ophthl
and associates will participate.**

**Every one is welcome.
Volunteers needed.**

For more information, contact:

604-582-0579

Mr. and Mrs. Anup Singh Jubbal, joined by Board of Directors of Canadian Eyesight Global, sending their heartfelt condolence to Dr. and Mrs. Surinder Pal Singh, Grover, MD, and Grover family members for the demise of the beloved and respected mother and join with the Grover family in these moments of sorrow and grief.

**WITH PROFOUND GRIEF & SORROW, WE INFORM THAT OUR BELOVED
& RESPECTED**

Smt. Maninder Kaur Grover

W/O Late S. UTTAM SINGH GROVER

LEFT FOR HEAVENLY ABODE ON 12TH MARCH 2019



14th Jan 1938 - 12th March 2019



ਜੇਹਾ ਚੀਰੀ ਲਿਖਿਆ ਤੇਹਾਂ ਹੁਕਮ ਕਮਾਇ
ਘੱਲੇ ਆਵੇ ਨਾਨਕਾ ਸੱਦੇ ਉਠਿ ਜਾਹੇ ।

Cremation on 15th March 2019
at Model town at 4pm

**Cremation was held on
15th March 2019**

at Model Town at 4:00 pm

Dr Harvinderjit & Dr SPS Grover
Devinder & Er. Harminder P.S.Grover(USA)
Amrit & S. Ram Singh Setia

New Ruby Hospital Pvt Ltd
26,27 Lajpat Nagar Jalandhar
PH- 9872666177, 8146133375

Bhog & Antim Ardass was
held on 17th March 2019 from
12:30 pm to 2:00 pm at
Gurudwara Singh Sabha,
Model Town, Jalandhar
Followed by Guru Ka Langar

Dr Harneet & Dr Puneet P.S.Grover
Dr Harleen & Dr Manbir Singh
Dr Inderpreet & Dr Tejwant S Datta
Dr Harjot & Dr Vilok Vijayanagar
Sahab Singh Grover
Jasmeet Singh Setia
Guneet & Sirjan Singh Kochhar
Anmol Singh
Great Grand Daughters & Sons
Sehaj, Sidak, Milani, Darshan

LET'S TALK GLAUCOMA



Munsa Kaur Rana
Student Optometrist

We've heard so much about glaucoma, one of the most common diseases of the eyes, but do we really know what it is? With national glaucoma week recently passing, it only makes sense to dig deeper and find out about the insidious course of glaucoma. Glaucoma remains one of the biggest causes of irreversible blindness in the world.

Setting the background of Glaucoma

Glaucoma gradually decreases your vision starting peripherally and usually comes with no symptoms in its early course stages. Each person has their own individual eye pressure and each's individual's eye pressure affects the individual independently. Glaucoma

involves a process that affects this pressure and alters it, usually increasing it. This is not what we want. The only thing that can help combat this disease is altering that eye pressure. Increased pressure within the eye leads to a build-up of fluid within the eye which can lead to many damaging factors such as damaging blood vessels and the optic nerve. This holds true for most types of glaucoma. Often in glaucoma, peripheral vision is affected first and with time, an individual can begin to lose their central vision.

Risk Factors

ANYONE but those with higher risk are listed below

- ◆ Over 60 years of age
- ◆ Use of steroid medications
- ◆ High nearsighted or farsighted patients
- ◆ High Eye pressures
- ◆ Have relatives with glaucoma
- ◆ Having a thin cornea
- ◆ Of African, Asian or Hispanic descent

Signs and Symptoms

Although this process is very gradual and often painless, in less common types of glaucoma there can be some .

- ◆ Hazy Vision
- ◆ Eye and head pain
- ◆ Nausea or vomiting
- ◆ The appearance of halos
- ◆ Sudden sight loss

Your optometrist will do a series of tests including checking the inner eye pressures of your eyes using a tonometer, checking the look and color of the optic nerve head with a dilated fundus exam, examining the field of vision using a visual fields test, checking the thickness of the cornea measured with pachymetry and finally your optometrist will check the angle where the iris and cornea meet in the eye using gonioscopy.

Living with Glaucoma

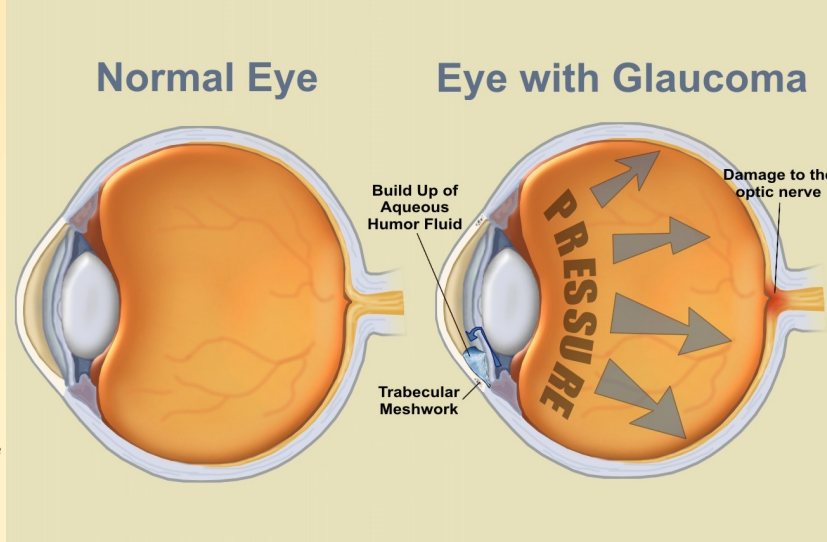
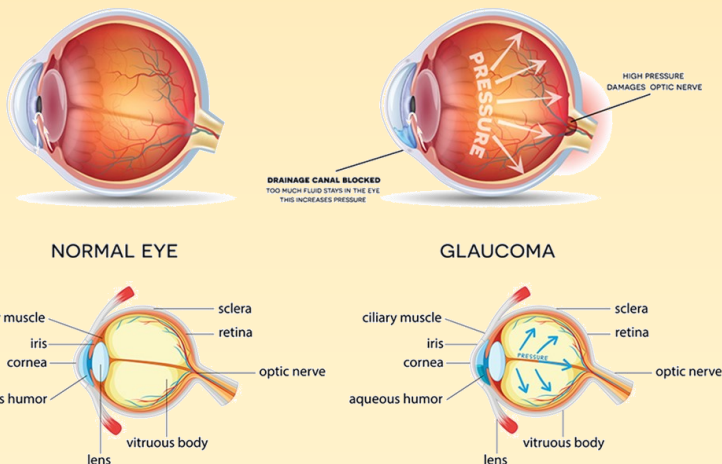
Once glaucoma is detected, it's important to continue working with your doctor. Ensuring that your doctor is listening and responding to your questions and any concerns you may have. Ensure you are aware and keep track of your medications on a daily basis and integrate these medications into your daily routine. This will ensure you are protecting the blood vessels and optic nerve in order to avoid any further damage from the glaucomatous processes. Since glaucoma is not a curable disease, these treatments such as eye drops given to control the patients eye pressures, are just to control the glaucoma. Take your time to learn about this disease and continue leading an active, healthy life. Many people are unaware of the importance of eye check-ups. You can encourage healthy eyes by ensuring your loved ones are aware of the importance of their eye pressure and optic nerves being checked regularly.

How Can You Decrease Your Risk?

- ◆ Maintaining a healthy lifestyle
 - Trying to work out and maintain a healthy lifestyle
- ◆ Eating healthy foods and trying to attain all 4 food groups
 - Diets rich in greens, anti-oxidants, Lutein, Vitamin A, C, E and Zinc.
- ◆ Protecting your eyes
 - Many glaucoma diseases can arise from eye traumas such as secondary glaucoma or trauma glaucoma
- ◆ Get your eyes checked regularly
 - Early detection is key and is the biggest preventative measure for glaucoma

With that being said, ensure you are always visiting your local optometrist and asking any questions you may have pertaining to your eyes. Ensure you are prioritizing the health of your eyes through a healthy lifestyle, protection, regular check-ups and early detection.

Development of Glaucoma





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Email: Info@CanadianEyesight.org

CANADIAN EYESIGHT GLOBAL SUCCESSFUL MEGA FREE EYE CAMP AT VILLAGE BILGA, NEAR JALANDHAR, SPONSORED BY MR. MAKHAN SINGH SANGHERA AND FAMILY MEMBERS, SQUAMISH, BC, CANADA.

Successful Canadian Eyesight Global, supported by Rotary Club of Surrey, BC. The Mega Eye Camp, village Bilga, near Jalandhar, Punjab, India, was sponsored in the sweet and loving memory of (late) Taya Ji Sardar Bachint Singh Sanghera and (late) Pita Ji Sardar Dara Singh Sanghera, by Mata Ji Sardarni Parkash Kaur Sanghera, Mr. Makhan Singh Sanghera and Mrs. Daljit Kaur Sanghera and members of Sanghera family, Squamish, BC, Canada.

A team of dedicated members of Rotary Club of

Jalandhar West and Dr. Amandeep Arora, Dr. Surinder Pal Singh Grover, Grover, Dr. Sushma Chawla, Rtn. Er. Kuldip Singh and a team of Retina Eye Hospital, Jalandhar, Vip's and dedicated volunteers had participated. Mr. and Mrs. Makhan Singh Sanghera, Squamish, BC., for sponsoring Eye Camp annually since 2010. App. 350 people attended the Mega Eye Camp and patients required cataract (IOL) surgeries were operated successfully and free prescription eye glasses and eye drops were given to the needy

peoples. Special thanks greetings were sent by Anup Singh Jubbal, President and Board of Directors, Canadian Eyesight Global to the people who were operated and have seen this beautiful world again. Special thanks to Mr. Makhan Singh Sanghera, Mrs. Daljit Kaur Sanghera and Sanghera family members, Squamish, BC., for sponsoring this mega Eye Camp. Village Bilga, Jalandhar.

Special thanks to the dedicated team of

Rotarians and volunteers visiting from Rotary Club of Amritsar S.E, Rtn. Dr. Parshotam Lal, President, Rtn. K.K. Dhand, Secretary, Rtn. Surjit Singh Arora, PP., Mr. Santokh Singh, a great supporter and others.

Note: Any one interested sponsoring an Eye Camp in their village in Punjab, or any part of India, may contact: Anup Singh Jubbal, President, Canadian Eyesight Global, Ph.(604) 582-0579, email: info@CanadianEyesight.org or may visit: www.CanadianEyesight.org.



With Best Wishes and Compliments From:
Mr. Makhan Singh Sanghera and Mrs. Daljit Kaur Sanghera
 and members of Sanghera family
 Squamish, BC, Canada

Why the last mile is so important



Michael K. McGovern

International PolioPlus Committee chair

1. There were more cases of wild poliovirus in 2018 than in 2017. Should we be discouraged?

No, not at all. We've always expected the number of cases to fluctuate somewhat as we get closer to zero. We've gone four straight years with fewer than 100 cases per year. That's an indicator of great progress. With dedication from governments and Rotarians in areas still affected by polio, we'll get there.

2. Why is it so difficult to eradicate a disease like polio?

Remember that even in the United States, where the polio vaccine was readily available, it still took 20 years to become polio-free. And the areas we are working in now don't have health systems that are as well-developed as in the United States.

3. What challenges are you seeing now?

We have been working intensely in the endemic countries — Afghanistan, Nigeria, and Pakistan — for a number of years, and some of the citizens in those countries are getting concerned that we are spending money on polio eradication when they have so many other needs. There's some resistance to keep on receiving immunizations for polio, and polio alone. Our challenge is to find ways to provide other services to the citizens and children so we still have the parental support we need — to provide the "plus" in PolioPlus.

4. What role does armed conflict play in those areas?

It makes the logistics of immunization far

more difficult. The Global Polio Eradication Initiative partnership is not only dealing with governments — we're dealing with anti-government elements as well. While we've worked to gain everyone's trust and support, we've had areas that were inaccessible to immunization teams for months and sometimes years at a time.

5. Do immunization teams know when they miss children? Or are there children they don't even know about?

I think we have a good handle now on knowing when and where we're missing children. The challenge is to keep reducing the number we miss. In Nigeria, we have done a lot of work since we were surprised by the discovery of several polio cases in Borno state in 2016, two years after the country had last seen a polio case. We now know through GPS mapping where the children are, and we are working with authorities there to make sure all children receive the polio vaccine.

6. Where are we seeing successes?

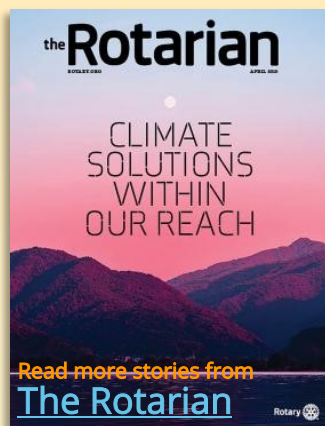
We haven't had any cases of wild poliovirus anywhere in the world in nearly five years except in the three endemic countries. And in Nigeria, it's been almost three years since we had any wild poliovirus cases, and those occurred in a small area of the country.

7. What's the most important thing Rotarians should know?

I've been extremely impressed with the dedication and persistence of Rotarians in Afghanistan, Nigeria, and Pakistan. They are working hard to make sure polio is eradicated. It's pretty amazing what they do in those countries.

Rotarians should continue to be optimistic and to support eradication. We also need Rotarians to bring the need for continued funding to the attention of their government leaders. We can't lose sight of the goal.

Diana Schoberg



Female surveillance officer for WHO pushes through gender-related obstacles to help end polio in Pakistan



DR. UJALA NAYYAR dreams, both figuratively and literally, about a world that is free from polio. Nayyar, the World Health Organization's surveillance officer in Pakistan's Punjab province, says she often imagines the outcome of her work in her sleep.

In her waking life, she leads a team of health workers who crisscross Punjab to hunt down every potential incidence of poliovirus, testing sewage and investigating any reports of paralysis that might be polio. Pakistan is one of just two countries that continue to report cases of polio caused by the wild virus.

In addition to the challenges of polio surveillance, Nayyar faces substantial gender-related barriers that, at times, hinder her team's ability to count cases and take environmental samples. From households to security checkpoints, she encounters resistance from men. But her tactic is to push past the barriers with a balance of sensitivity and assertiveness.

"I'm not very polite," Nayyar said with a chuckle during an interview at Rotary's World Polio Day last year in Philadelphia, Pennsylvania, USA. "We don't have time to be stopped. Ending polio is urgent and time-sensitive."

Women are critical in the fight against polio, Nayyar says. About 56 percent of frontline workers in Pakistan are women. More than 70 percent of mothers in Pakistan prefer to have women vaccinate their children.

That hasn't stopped families from slamming doors in health workers' faces, though. When polio is detected in a community, teams have to make repeated visits to each home to ensure that every child is protected by the vaccine. Multiple vaccinations add to the skepticism and anger that some parents express. It's an attitude that Nayyar and other health workers deal with daily.

"You can't react negatively in those situations. It's important to listen. Our female workers are the best at that," says Nayyar.

With polio on the verge of eradication, surveillance activities, which, Nayyar calls the "back of polio eradication", have never been more important.

SURREY ROTARY TEAMS WITH BASANT MOTORS TO GIFT CAR TO VOLUNTEER

Cars for Compassion: Basant Motors surprises community volunteer with 2017 Nissan Sentra

When Karen Moraes was presented with a free 2017 Nissan Sentra from Basant Motors on March 8, she realized the vehicle would allow her to increase her ability to do what she loves most. “My passion is working with people and volunteering for different causes,” the mother of seven says.

The colleagues who nominated Moraes for Basant’s Cars for Compassion contest (which was judged by the Rotary Club of Surrey, led by member Dave Hayer), think the win is richly deserved. John Aldag, MP for Cloverdale-Langley City, noted in a letter to Basant that in addition to her day jobs at the Township of Langley and City of Langley, “she still finds time to volunteer, to assist those less fortunate, and to volunteer at her children’s schools.”

For Basant Motors, Cars for Compassion is one of many ways that this family-run premier pre-owned auto dealer involves itself in the



Karen Moraes with Fleetwood-Port Kells MP Ken Hardie and Basant Motors founder Baldev Singh Bath.

community, in addition to providing a huge selection of used cars, trucks and SUVs to a diverse array of clients.

Jas Koonar, operations manager, credits Basant founder Baldev Singh Bath for making philanthropy an integral part of business since opening his Surrey-based dealership in 1991: “All of our staff are encouraged to think about new ways of giving back, and one of our sales people came up with the concept of Cars for Compassion, which we thought was an excellent idea.”

Basant’s knack for drawing attention to causes and generating funds to support them is well known. For example, several years ago it became involved in a diabetes fundraiser and wound up raising \$70,000 to help combat the disease.

In 2016, in conjunction with Basant’s 25th anniversary, the dealer launched an annual scholarship that resulted in six students out of several hundred applicants receiving \$15,000. Last year, the scholarship contest saw \$27,000 awarded to 10 students from across Metro Vancouver.



Vancouver hockey player Antoine Roussel was on hand at Basant Motors in Surrey as Karen Moraes was presented with a free 2017 Nissan Sentra on March 8. Moraes was selected as the winner of the dealership’s Cars for Compassion contest.

Bath also contributes to various projects abroad. Whether it be donations to healthcare, education or athletics, Basant makes it a priority to be involved as much as possible.

As for Moraes’ philanthropic leanings, she says, “people have always supported me, so giving back is natural, and it’s a value I try to instill in my children.”

Despite Moraes’ energy, it’s been logistically difficult for her to fulfill work, volunteer and family obligations: her truck has been repaired 14 times since 2017. “It was even a struggle to have it available to attend the ceremony staged by Basant, whose people told me I had won a gift certificate instead of the car,” she says.

Koonar says of the March 8 event that was attended by Fleetwood-Port Kells MP Ken Hardie, NHL star Antoine Roussel, and many others, “We wanted the car to be a surprise, so we threw Karen off track, and when she arrived and learned the truth she was over the moon. We couldn’t have been happier for her.”

Tears of Joy and Disbelief!



Moraes believed she would be receiving a gift certificate, but was instead surprised with a new car.

AYURVEDIC HOME REMIDIES

7 Herbs to Get You Pain-Free Joints Naturally!

If it is about joint pain, pharmaceutical drugs are not only the path to pain relief. Yes, there are efficient and effective natural pain treatments too. Herbal medicines, which are worldwide getting popular these days, can be used medicinally to treat your joints. Learn how to manage pain with herbs to treat joint pain naturally.

Aching joints are enough to make your life difficult. It can be stressful when you climbing stairs, walking down the stairs or even doing your household chores. And it is not only about one or two; over 4 million Indians expected to be living with chronic joint pain. This number includes both men and women, regardless of their age and color.

Generally, the problem is linked with the elderly. Certainly, aging is one of the prime factor for paining joints. But that doesn't restrict it to the growing age. It may be due to wears and tears, incorrect working/ sitting posture or due to lack of appropriate diet. So, whatever the reason is, one thing is sure, you need to treat it well. All you need a solution which is safe and efficient. Isn't it?

Thankfully nature has the solution. There exist 7 herbs which can help you keep joint pain at bay. Here's the list:

formation of cytokines, specific immune chemicals which lead to inflammation and cause swelling. Hence using this herb turns out to be very effective to help your body pain.



Arnica: This genus of perennial, herbaceous plants in the sunflower family used for formation of homeopathic arnica tablets for arthritis pain. Well-known to aid rheumatism and arthritis joint pain, this herb works by reversing the effects of prostaglandins (the pain causing agent in joints). Due to this reason, why arnica present in number of products use to rub into the skin for pain relief. It helps fight soreness and stiffness.



Bromelain: An enzyme found in pineapples help joint pain. Yes, you read it right. Basically, found in the juice and stem of the plant, it is an excellent anti-inflammatory choice and thus it is added to the list of herbs for joint pain relief. It stimulates the body to produce natural anti-inflammatory chemicals, prostaglandin E1 and prostaglandin E2 which are responsible for causing inflammation. So for tendon injuries, it is the best solution.



Turmeric: This one of popular for all good reasons. And without any doubt, it is one of the best natural herbal pain remedies. It's simply a powerful anti-inflammatory herb. The action as a strong pain-relief remedy helps treating arthritis, osteoarthritis, rheumatoid arthritis and gout.



Cayenne Pepper: Among the many solid health benefits of cayenne pepper, this one is known to ease pain in the gut caused by overuse of aspirin. The anti-inflammatory properties and the powerful ingredient in it called Capsaicin make it a perfect addition for any rubbing cayenne cream. Its application causes irritation to the skin. So this action helps get rid of the pain messengers in the joint.



Boswellia: Being a potent herb to heal your joint pain, it comes with natural herbal anti-inflammatory property. Actually, it's about the boswellic acids, the active ingredients which comes with super anti-inflammatory action and prevent damage of white cells. It is a pain reliever and can be consumed in combination with other herbs such as turmeric.

Last note; while these herbs heal in natural way, it is essential to keep your joints fit through different means. One way could be through different exercises. Though hard workouts not preferred, some simple things can be tried on! Natural herbs to treat joint pain.

Author Bio:

Shishir Gupta the director of [Alliaance Biotech](#) & [Alliaance Herbal](#).

This licensed firm to manufacture the Drugs
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Liquid, Injections (Dry & liquid), Hormone's
Tablets and injections.
Alliaance Biotech is ISO 9001:2008, head office located at Chandigarh, with activities mainly in the manufacturing Pharmaceutical finished products.

Visit <https://alliaancebiotech.com/> for more of the products available from this company.



Ashwagandha: Known as Withania Somnifera (botanically), this herb is easily visible on the labels of many of the natural remedies, ensuring fastest relief from the pain of arthritis. The action of this herb for joint pain comes from the strong anti-inflammatory properties and active ingredient sterol, which help reducing pain and the swelling, altogether. So this herbal adaptogen aid the symptoms of adrenal gland fatigue and stress.



Ginger: Especially, the ginger root extract known to have strong natural anti-inflammatory properties assisting in reduction of pain levels. It prevents the

BENEFITS OF PAPAYA



Papayas grow in tropical climates and are also known as papaws or pawpaws. Their sweet taste, vibrant color, and the wide variety of health benefits they provide make them a popular fruit.

The papaya, a previously exotic and rare fruit, is now available at most times of the year.

The possible health benefits of consuming papaya include a reduced risk of heart disease, diabetes, cancer, aiding in digestion, improving blood glucose control in people with diabetes, lowering blood pressure, and improving wound healing.

Papayas are a soft, fleshy fruit that can be used in a wide variety of culinary ways. Here we will explore more on the health benefits, uses, how to incorporate more of them into your diet, and what nutritional value papayas have.

Fast facts on papaya:

- Papaya is native to Mexico. However, it grows naturally in the Caribbean and Florida too.
- According to the Food and Agriculture Organization of the United Nations (FAO), India produces the most papayas - over 5 million tons in 2013.
- It can be added to salads, smoothies, and other dishes.

Benefits

The nutrients found in papaya are thought to have a range of health benefits. They may help protect against a number of health conditions.

Age-related macular degeneration

Zeaxanthin, an antioxidant found in papaya, filters out harmful blue light rays.

It is thought to play a protective role in eye health, and it may ward off macular degeneration.

However, a higher intake of all fruits has been shown to decrease the risk of and progression of age-related macular degeneration.

Asthma prevention

The risk of developing asthma is lower in people who consume a high amount of certain nutrients. One of these nutrients is beta-carotene, contained in foods like papaya, apricots, broccoli, cantaloupe, pumpkin, and carrots.

Cancer

Consuming the antioxidant beta-carotene, found in papayas, may reduce cancer risk. Among younger men, diets rich in beta-carotene

may play a protective role against prostate cancer, according to a study published in the journal *Cancer Epidemiology and Prevention Biomarkers*.

Bone health

Low intakes of vitamin K have been associated with a higher risk of bone fracture. Adequate vitamin K consumption is important for good health, as it improves calcium absorption and may reduce urinary excretion of calcium, meaning there is more calcium in the body to strengthen and rebuild bones.

Diabetes

Studies have shown that people with type 1 diabetes who consume high-fiber diets have lower blood glucose levels, and people with type 2 diabetes may have improved blood sugar, lipid, and insulin levels. One small papaya provides about 3 grams of fiber, which is equivalent to just 17 grams of carbohydrates.

Digestion

Papayas contain an enzyme called papain that aids digestion; in fact, it can be used as a meat tenderizer. Papaya is also high in fiber and water content, both of which help to prevent constipation and promote regularity and a healthy digestive tract.

Heart disease

The fiber, potassium, and vitamin content in papaya all help to ward off heart disease. An increase in potassium intake along with a decrease in sodium intake is the most important dietary change that a person can make to reduce their risk of cardiovascular disease.

Inflammation

Choline is a very important and versatile nutrient found in papayas that aids our bodies in sleep, muscle movement, learning, and memory. Choline also helps to maintain the structure of cellular membranes, aids in the transmission of nerve impulses, assists in the absorption of fat, and reduces chronic inflammation.

Skin and healing

When used topically, mashed papaya appears to be beneficial for promoting wound healing and preventing infection of burned areas. Researchers believe that the proteolytic enzymes chymopapain and papain in papaya are responsible for their beneficial effects. Ointments containing the papain enzyme have also been used to treat decubitus ulcers (bedsores).

Hair health

Papaya is also great for hair because it contains vitamin A, a nutrient required for sebum production, which keeps hair moisturized. Vitamin A is also necessary for the growth of all bodily tissues, including skin and hair. Adequate intake of vitamin C, which papaya can provide, is needed for the building and maintenance of collagen, which provides structure to skin.

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Canadian Eyesight Global

Giving Light to the World



Canadian Eyesight Global – formerly Canadian Eyesight International – is a registered Canadian charitable organization comprised of surgeons, doctors, business leaders and numerous volunteers concerned with global blindness. It is made up of individual Canadians concerned about other people – those in India and such developing nations who are especially vulnerable to blindness as well as those who have already lost their eyesight.

In these nations, there are many health and social issues that require attention. Because blindness is caused by many problems, including lack of adequate nutrition, sanitation and trauma, we have the opportunity to bring health in many different forms.

Canadian Eyesight Global strives to help those who are unable to help themselves and to give people who are blind or visually impaired real support. For over 29 years, we have been helping our community with our partner doctors in India and other developing countries to enhance the facilities and treatment programs, with outstanding results.

Our Vision is to eliminate avoidable blindness by 2020 and to ensure the best possible vision for all people. This a major health issue among the young, the underprivileged, the elderly. Visual impairment in some instances can lead to death. This problem is growing day by day. Every second, one person in the world goes blind. A child goes blind every minute. Yet for three out of four of these people, blindness was completely preventable. Global trends show millions of people going blind each year. Eighty percent of the world's blindness is preventable by means of nutrition, sanitation, antibiotics or surgery.

Canadian Eyesight's goal is to work toward the elimination of the preventable causes of blindness. Working with other health organizations and various levels of government, we believe this goal is achievable.



In 1989, the Founder and CEO Anup Singh Jubbal (pictured left) established the Project Eyesight with the cooperation of Rotary Club of Burnaby-Hastings and the Rotary Club of Lucknow-Khass. Approximately 5,000 people from the rural segments of the Lucknow district received free medical treatment for a wide range of eye diseases. 991 free eye operations were performed in eight Eye Relief Camps organized by Project Eyesight.

The programme was financed by the aid of over a quarter million rupees, provided by the Rotary Club of Burnaby-Hastings, RI District 5040. Human resources, money, and materials were also provided by the Rotary Club of Lucknow-Khass.



The then Canadian Deputy High Commissioner in India, H.E. Mr. Gary Smith (pictured left) was accompanied by his First Secretary of Development and delegation of six Rotarians from the Rotary Club of Burnaby (pictured bottom left). Not only was he able to visit the camps first hand and make an appraisal of the enormity of medical problems in rural India, but he could also witness the significant contribution Project Eyesight 1989 was making.

Special thanks from

**Anup Singh Jubbal, MSM,
President and CEO (Founder)
Canadian Eyesight Global**

to:

**The members of board of directors,
Canadian Eyesight Global,**

**the President and members of
Rotary Club of
Surrey-Guildford, BC. Canada;**

**The team of
Dr. David. R.S.Neima,
MD, FRCS(C), Ophthl,
V.P. Overseas Programs, Canadian
Eyesight Global and associates,**

**for participating in the
Free Eye Health Clinics in B.C.,
since 2004;**

**Dr. Bhupinder Singh, M.S., and
associates and para-medical staff of
Nirmaljot Eye Hospital, Amritsar. India;**

**Rtn. Surjit Singh Arora, eye camps
coordinator, Amritsar and members of
Rotary Club of Amritsar South East and
dedicated volunteers;**

**PDG. Manjit Singh Sawhney and members
of Rotary Club of Rotary Club of Delhi
South Metropolitan,
Delhi. India,
for supporting Eye Camps, since 1991.**

**Members and volunteers of Sri Guru
Singh Sabha Panchayan, Faridabad,
Haryana, India; Dr. Shamim Ahmed and
para-medical staff, City Eye Hospital, Nuh,
Haryana, India;**

**Hundreds of Rotary Clubs, local Eye
Hospitals and Para-medical staff and
dedicated volunteers in India, supporting
this noble eye project in India,
since 1989;**

**Dr. Amandeep Singh Arora, MS.
Arora Eye Hospital & Retina Centre and
Para-medical staff,
Jalandhar, India;**

**PDG. Dr. Surinderpal Singh Grover MD.
Rotary Club of Jalandhar West and
members, Jalandhar, India.**

**Rotary Clubs, Indo-Canadian Community,
Sikh Temples, Non-Governmental
Organizations in Canada and India.**

PROJECT EYESIGHT-INDIA

Thirty Years ago, in 1989, Mr. Anup Singh Jubbal made a commitment - to serve the people of his native state of Punjab, in India, in such a way that it will make meaningful difference in their quality of life.

From the beginning as Eyesight Project - India, his vision - Canadian Eyesight Global - has now grown into a global charitable organization receiving support locally and internationally from many sources, including Rotary International.



CANADIAN EYESIGHT GLOBAL

Anup Singh Jubbal's Vision

"When I was a kid, from the age of seven or eight, I would go to the gurdwara and do honorary work. I did service in the temples all my life. I never wanted to be an elected official (of the temple) - president, secretary or anything - that was never my intent. I wanted to be doing something for the community.

Anup Singh Jubbal's Philosophy

"God has given us 24 hours in a day; For eight hours, we should work; For eight hours we should do some nice things and For eight hours we should sleep."

Canadian Eyesight Global

Striving to eliminate avoidable blindness by 2020 and to ensure the best possible vision for all people.

Your donations provide eyesight saving or restoring care and surgery for people in India and the developing world.

Your Donation does everything you really need your donation to do.

Canadian Eyesight Global, Formerly Project Eyesight-India since 1989, has changed lives of tens of thousands of people in rural parts of India by giving the gift of sight who otherwise spend their lives in blindness and despair.

Your gifts directly improve people's lives through our valuable services and programs designed to create quality eye care for everyone.



Free Eye Camps Near Amritsar

Canadian Eyesight Global (CEG) is proud to host free eye check-ups and cataract implant lens surgeries in various parts of rural India since 1989.

CEG is proud to be hosting eye camps near Amritsar, India, on every second Sunday.

For more information, contact
Canadian Eyesight Global
at 604-582-0579 or
info@canadianeyesight.org



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EYESIGHT
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Canadian Eyesight Global

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Project Eyesight

