



Celebrating
1 Successful
Year of YPSF



YOUNG
PROGRESSIVE
SIKH FORUM

LAUNCHED OFFICIALLY ON
18-09-2019



CREATING LEADERS FOR
A BETTER TOMORROW

ABOUT YPSF

YPSF is an initiative by concerned Sikhs for helping the underprivileged Sikhs and empowering them via various welfare initiatives. The platform's objective is to become a bridge connecting inspiring Sikhs with aspiring Sikhs to influence an overall transformation in the Sikh community by prospering the Spirit of "Sikh for a Sikh".

Forum is a step towards making the world aware of the Sikh legacy, valour, selflessness and compassion and their proactive contribution to Humanity all across the globe.

YPSF INUAUGURATION



YPSF INUAUGURATION



रोजगार में मदद करेगा 'वाईपीएसएफ'

■ युवा प्रोग्रेसिव सिख फोरम का हुआ¹ उद्घाटन



नई दिल्ली, 18 सितम्बर (नवोदय दायरा) : जो युवा सिख खाई-बनन पर्यावरक स्थिति अर्जी न होने के बावजूद अपनी पढ़ाई और जीवन के पार या फिर उन बच्चों के पहर्दाक का कुछ बड़ा करने की चाहत होते ही भी उन्हें शिक्षा के लिए उत्तम माध्यमोंनहीं उपलब्ध होती। ऐसे आर्थिक रूप से कमज़ोर सिख खाई-बनों के लिए उत्तम सामग्री में लोधी रोटी वित्त गोवर्दी सामग्री में अपीली समाज लियों का विभागीय और आंतरिक पर्सोनेशन के बाहरी सांसार से खिल व अन्य गणव्यों की उपस्थिति में गठित को गई युवा

गया। परमजीत सिंह चौटाला ने बताया कि वार्षीपीएसएफ के जरिए हमने आर्थिक रूप से पिछड़े सिखों को पढ़ाइ में मदद, गाइडेंस व रोजगार संबंधी मदद और

प्रत्रेसिव सिख फैरार (वाईपीएसएफ) का उद्घाटन किया गया। इसकी पर मरदार त्रिलोक चंद्र ने समाज के बाहर वर्षा वर्षा के क्षेत्रों और रोजाना उपलब्ध करने के मकसद से शुरू किया गया इस फैरार की सफलता को कामना की। विसंगति के 'इमारायरिंग सिख' नाम से एक नैनल परिचर्चा का आयोजन किया अगर कोई स्टार्टअप युक्त करना चाहता है तो उसकी मदद करने का लक्ष्य रखा जाए। कार्यक्रम में वेस्ट सम्पूर्ण चैरपर्सन डॉ. राजिद चंद्र (जू. राजिद चंद्र), डॉ. भग्नजीत चंद्र, व्ही.डी.जी.पी.एसए पालिंग, डॉ. एस.पी.सिंह और अव्याकृत याहौरायरिंग की मार्गशीलीता (शीर्षकीय संस्था) डॉ. जयपाल सिंह सहित सेकेंडरी गणभाष्य व्यक्ति उपस्थित हैं।



दिल्ली में आयोजित प्रोग्राम में पहुंचे मुख्य मेहमान • जाहरा

यंग प्रोग्रेसिव सिख फोरम की लांचिंग पर कार्यक्रम

जास, पटियाला : सिख नौजवानों की मदद के लिए बनाया गया यंग प्रोग्रेसिव सिख फोरम की लांचिंग पर प्रोग्राम करवाया गया।

सरबत का भला चेरिटेबल ट्रस्ट से समर्थ सिखों की मदद लेकर जख्तरमदें डॉ.एसपी सिंह ओप्रेग्राम के अलावा डॉ. जसपाल सिंह, पर्वत चेयरमैन कम गिनती

New forum to work for uplift of Sikhs

NEW DELHI, SEPTEMBER 20
A new group—Young Progressive Sikh Forum—has been launched in New Delhi to work towards providing education, employment and entrepreneurship opportunities to Sikh youth. The forum has come into existence as a tribute to Guru Nanak to commemorate his 550th birth anniversary. A panel discussion themed 'Inspiring Sikhs for Aspiring Sikhs: The Way Forward'

•ਗਰੀਬ ਸਿੱਖ ਨੌਜਵਾਨਾਂ ਦੀ ਮਦਦ ਲਈ
ਯੰਗ ਪ੍ਰੋਗਰਾਮ ਸਿੱਖ ਫੇਰਮ' ਦਾ ਗਠਨ

ਪਟਿਆਲਾ, 20 ਸੰਬੰਧ (ਰਾਸੇਸ਼)-
ਸਿੱਖ ਨੌਜਵਾਨ ਲੁਕਕੇ-ਲੁਕਿਆਂ ਦੀ
ਲਈ 'ਜੰਗ ਪੋਗਿੰਨੇਸ਼ ਸਿੱਖ ਫੜਮ'
ਗਠਨ ਕੀਤਾ ਗਿਆ ਹੈ। ਸਾਥੀਂ
ਵਿਖੇ ਵਿਖੇ ਪ੍ਰੋਗਰਾਮ ਕਰਵਾਉਣਾ
ਗਿਆ ਹੈ। ਇਸ ਸੰਬੰਧ
ਵਿਚ ਸਿੱਖ ਨੌਜਵਾਨ ਨਾਲ ਸਬੰਧਤ
ਨ ਹਸਤੀਆਂ ਨੇ ਸਿਰਕ ਕੀਤੀ।
ਪੋਗਰਾਮ ਵਿਚ ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ
ਅਥਵਾ ਪ੍ਰਾਚੀਨ ਮੁਗਲ ਮਹਲ
ਵਿਖੇ ਦੀ ਕਾਰਿਅਤ (ਐਂਡੂਕੇਸ਼ਨ
ਟੀਚਿੰਗ) ਦੇ ਮੈਂਬਰ ਡਾ। ਜਸਪਾਲ
, ਕੌਰੀ ਘੱਟ-ਗਿੱਣੀ ਕਾਰਿਅਤ ਦੇ
ਕਾ ਚੇਅਰਮੈਨ ਤੱਤਲੇਚਨ ਸਿੱਖ,
ਰਾਸ਼ਟਰ ਦੇ ਸਾਥਕ ਛੀ. ਜੀ. ਪੀ. ਪੀ.
ਪੁਸ਼ਟੀ, ਇੰਡੀਆ ਲੀਲੀਪਿੰਡ
ਸੋਨੋਕਾਨ ਦੇ ਪੇਪਾਨ ਰਾਜਾ ਰਣਪੀਰ
ਪੁ, ਸਰਬੱਤ ਦਾ ਭਲਾ ਚੰਗੀਏਥਲ ਟੱਮੇਟ
ਮੌਲਿਕ ਟੱਮੇਟੀ ਛੀ. ਅੰਨ੍ਹੀ. ਪੀ. ਸਿੱਖ
ਨਾਥ, ਡਾ। ਰਾਮਿੰਦ ਸਿੱਖ ਰਾਮ ਚੰਦਾ
ਤੁਮਸਾਨੀ ਕੇ ਸ੍ਰੀ ਪ੍ਰਾਪਨ ਮੌਲਿਕੀਏਨ
ਕੇ ਮੰਟਾਨ ਹੋਰੈਂਸ ਕਾਂਸ਼ੇਸ਼ਨ ਪੁਰੰਦੇ।
ਇਸ ਮੌਕੇ ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਦੇ
ਅਕੀ ਅਫਸਰ ਅਤੇ ਬੰਗ ਪੋਗਿੰਨੇਸ਼ ਸਿੱਖ



ਫੇਮ ਦੇ ਪ੍ਰਾਨਾ। ਪ੍ਰਲਿਨ ਸਿੱਧ ਨੇ ਰਿਹਾ
ਕਿ ਦਿਓ ਭੇਟ ਪੂਰੀ ਤਰ੍ਹਾਂ ਗੋ-ਸਿਆਸੀ ਹੈ।
ਇਸ ਦਾ ਮੁੱਖ ਮੌਤਵ ਸੰਖੇ ਨੌਜਵਾਨਾਂ ਦੀ
ਪੜ੍ਹਾਈ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਕੋਰਾਰ ਵਾਲੀ ਪੂਰੀ
ਕਰਨਾ ਹੈ। ਉਨ੍ਹਾਂ ਵਿਖੇ ਕਿ ਸਾਰਾ ਸੰਖੇ ਦੀ
ਮੁਦਰਾ ਹੈ ਕਿ ਲੋਕਾਂਵਾਲੇ ਤੱਕ ਪੁਰਾਣਿਓਂ ਦੀ
ਕੰਮ ਅਤੇ 'ਸਟੇਟ ਇੰਡੀਓਨ' ਨੂੰ ਹੋਰਾਂ
ਢੇਣਾ ਹੋਵੇਗਾ। ਪ੍ਰਲਿਨ ਸਿੱਧ ਨੇ ਇਸ
ਮਿਸ਼ਨ ਵਿਚ ਸਾਰੀ ਸੰਸਾਰ ਨੂੰ ਆਪਣਾ
ਯਹਾਂਨਾ ਪ੍ਰਿੱਡ ਦੀ ਅਪੀਲ ਕਰਿਆ
ਕਿਹਾ ਕਿ ਸਿੱਖ ਨੌਜਵਾਨਾਂ ਸੰਗਲੀ
ਕਿਹਾ ਕਿ ਸਿੱਖ ਨੌਜਵਾਨਾਂ ਦੀ ਰੋਗ
ਨੌਜਵਾਨਾਂ ਦੀ ਮੁਹੱਲਾ ਦਿੰਵਾ
ਡਾ। ਜਸਪਾਲ ਸਿੱਧ ਅਤੇ ਡਾ। ਪੀ.
ਗੁਰਪੀਤ ਨੇ ਕੀ ਹਰ ਤਰ੍ਹਾਂ ਦੀ ਮੁਹੱਲਾ
ਭਰੋਸਾ ਦਿੰਵਾਇਆ। ਇਸ ਮੁਹੱਲੇ ਰਾਨਾ ਨ
ਸਿੱਖ ਨੇ ਪੇਂਡਾ ਵਿਚ ਸਿੱਖ ਦੇ ਯੋਗਦਾਨ
ਚਾਨਨਾ ਪਾਇਆ। ਡਾ। ਗਾਂਧੀਦਾਰ
ਗਜੂ ਸੰਘ ਨੇ ਸਿੱਖ ਬੰਚਿਆਂ ਨੂੰ ਵਾਪਸ
ਲਾਵਾਂ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਇ
ਡਾ। ਗਾਂਧੀਅਗੀ ਸ੍ਰੀਨਾਥ, ਹਰਪੀਂਦਰ
ਗੁਰਪੀਤ ਸਿੱਖ ਨੰਬਰ ਅਤੇ ਹਰਪੀਂਦਰ
ਕੌਟਲੀ ਵੀ ਹਾਜ਼ਰ ਸਨ।



ਵਸਨੀਕ 15 ਸਾਲਾ ਮਨਜੇਤ ਸਿੰਘ ਜੋ ਬੋਲ ਅਤੇ ਸੁਣ ਨਹੀਂ ਸਕਦਾ ਅਤੇ ਵੱਖ-
ਸਤਤਾਂ ਸਜਾਉਣ ਅਤੇ ਸਿਖਾਉਣ ਲਈ ਜ਼ਿਲ੍ਹੇ ਵਿਚ ਮਸ਼ਗੁਰ ਹੈ। ਉਸ ਦਾ ਵਿਸ਼ੇਸ਼ 50
ਵੱਡੇ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ ਨੂੰ ਸਮਰਪਿਤ ਰਖੇ ਸਮਾਜਮ ਵਿਚ ਯੰਗ ਪ੍ਰੋਗਰਾਮ ਸਿੰਘ
ਅੰਡੀਟੋਰੀਅਮ ਵਿਚ ਕੀਤਾ ਗਿਆ। ਇਸ ਮੌਕੇ 'ਰਾਜਾ' ਰਣਧੀਰ ਸਿੰਘ, ਇੰਡੀਅਨ
ਅਭਿਜਨ ਅਵਾਰਡੀ ਡਾ. ਜਸਪਾਲ ਸਿੰਘ, ਡਾ. ਰਜਿੰਦਰ ਸਿੰਘ ਰਾਮੂ ਚੱਡਾ, ਡਾ.
ਅਤੇ ਹੋਰ ਦੇਸ਼ ਦੀਆਂ ਉਥੀਆਂ ਸ਼ਬਦੀਆਂ ਹਾਜ਼ਰ ਸਨ।

ਤਸਵੀਰ : ਅਮ

ਪਟਿਆਲਾ * A-1

ਜਲੰਧਰ 21 ਸਤੰਬਰ 2019 ਪੰਜਾਬੀ ਜਾਗਰਣ | ੩



ਸਮਾਗਮ ਦੌਰਾਨ 'ਯੰਗ ਪ੍ਰੋਗਰਾਮਿੰਡ ਸਿੱਖ ਫੋਰਮ' ਦੀ ਸ਼ੁਰਾਤ ਮੈਂਕੇ ਸ਼ਬਦਸੀਅਤ।

ਲੋੜਵੰਦਾਂ ਦੀ ਮਦਦ ਕਰੇਗੀ 'ਯੰਗ ਪੈਂਗਰੈਸਿਵ ਸਿੱਖ ਫੋਰਮ'

ਪੱਤਰ ਪ੍ਰੇਰਕ, ਪਟਿਆਲਾ : ਅਜੇਕੇ
ਸਮਾਂ ਦੀ ਲੋੜ ਨੂੰ ਮੁੱਖ ਚੰਗਿਆਂ ਲੋੜਰੰਦ
ਨੌਜਵਾਨ ਸਿੱਖ ਲੜਕੇ, ਲੜਕਾਂ ਦੀ ਮਦਦ
ਲਈ ਬਣੀ ਯੋਗ ਪੋਤੀਸ਼ੰਖ ਸਿੱਖ ਫੇਰਮ
ਦਾ ਗੋਦਾਵਾਨੀ ਆਡੋਟੋਰੀਅਮ ਲੋਈ ਹੈ।
ਇੱਥੀ ਵਿਖੇ ਹੋਏ ਸਮਾਗਮ 'ਰਾਗਾਤ'
ਚਾਰ ਦਿਨਾਂ ਪ੍ਰੇਰਕ ਵੱਡੀ ਦੇਸ਼ ਭਰੀਆਂ
ਦੀਆਂ ਉੱਘੀਆਂ ਸਿੱਖ ਸ਼ਬਦੀਅਤਾਂ ਨੇ

ਸਮੁਲੀਅਤ ਕੀਤੀ।
ਇਸ ਮੌਕੇ ਘੱਟ ਗਿਲਟੀ ਕਮਿਸ਼ਨ ਮੈਂਬਰ
ਡਾ. ਜਸਪਾਲ ਸਿੰਘ, ਸਾਬਕਾ ਚੇਅਰਮੈਨ
ਘੱਟ ਗਿਲਟੀ ਕਮਿਸ਼ਨ ਤਤਲੋਚਨ ਸਿੰਘ,
ਸਾਬਕਾ ਫੀਲੀਪੀ ਮਹਾਂਸਾਹਿਤ ਪ੍ਰੋਫੈਸਰ
ਪਾਸਰੀਚਾ, ਲਾਈਨ ਪ੍ਰੈਜ਼ੀਟ ਇੰਡੀਆਨ

धीर, मैत्रीनिंग टर्मसी मार्गचंद दा
ला उर्मीटीबुल टर्मसी ठड़ा। फौजीनी
वराह, डा. चर्निसिंह यारु संकु
पाठ पाठन भैमीनिंग अाम शेर्टार
लख बेस्कर डा. दलभूलीत बैंसु
धृष्ण बैंसु धृष्ण विसर्ग बीती
मात मेरे पाठन यंग विसर्गित बीती
उगम डा. बृक्षील मिंग न दीमा बि
उग देम न बैंसु नियमा थी, निम दा धृष्ण
तिउत बैंसु विसर्ग नेतृत्वी ए पीयु
विसर्गित बीती। ते देखनीया लाउटा
मार्गचंद मिंग दी मार्ग छो दे लेंडर्वट
मेरे बैंसु पुर्व दाक दीम ते मार्ग
ठट दिँगीया हु तुरांगा देण। उतु

मारे उतु दा मारियोग बरठ ता ते मिंग
तदारी हु मैत्रिलिङा ना सोइ। इस मेरे
दा लुक्कर बैंसु धृष्ण के दिय उतु दा
मार्गचंद।

इस बैंसु धृष्ण डा. उचितारु दे डेग
देल दे लेंडर्वट बैंसु धृष्ण, मैत्रीलिङ
दे लेंडर्वट बैंसु धृष्ण ती महस दा
बैंसु धृष्ण। डा. धृष्ण मापरीस ते
डा. जापार यारु संकु ली ए जरु ए
उगम दा बैंसु धृष्ण। इस मेरे
गुरु रुद्ध ने विसिया हु आपाद व्याप
सुख बरठ लाई उतु बैंसु धृष्ण। इस
मेरे जान भामी पूर्ण, रुद्धीय यारु
गुरुजूर दिन्द, रुद्धीय यारु संकु
पाठ पाठन पैण्डी।



20 संस्कृत

ਜਿਸ ਮੁੰਹ ਦੀ
ਜਵਾਨ ਸਿੱਖ
ਮਦਦ ਲਈ
ਖੜੋਰਮ ਦਾ
ਲੇਪੀ ਰੇਡ
ਭੀ ਸਮਾਗਮ
ਆਂਦੀ। ਇਸ
ਆਂਦੀ ਉਥੀਆਂ
ਅਤ ਕੀਤੀ।
ਸਿੱਖ ਪੈਂਬਰ
(ਵਿੰਦਿਆਕ

मरवर, असीसोइस्त आर्द मैले लेह अपारा
से अग्रह नहीं रुक्ष उत्तर 'ते' मिस्तु हो। अपारा बांजी राहीं दिया विश्व
न डारत डा। प्रबुहीनि सिंध पापारा बंगा
प. परीरुदा प्रेरोरिति सिंध हिम ने गुरुहीनि बि
हरारुदा रुद हिम रुहीमा हो जिना जिन
द धृतीडैट धृत धृत बैद्यनि सिंध नैवाको जी
सोसीटान, पद्मार्णी, औरपीरिति रुहीमा अडे
दे प्रिनेत्रिग बैद्यनि लगावाइटा हो, सार्वद
चैरीटानि सिंध दी मरद को लेन्दैद बैद्यनि
प गुरुहीनि तरंग पुर्वुचिता दा कम अडे रुहीमा
अडे डा। इन इंडिओरा हु गुरुहीनि देटा
पुण्य गुरुहीनि देटा। डी. सिंध वैल सार्वदा
से अग्रह नहीं रुक्ष उत्तर 'ते' मिस्तु हो। अपारा बांजी राहीं दिया विश्व
न डारत डा। प्रबुहीनि सिंध पापारा बंगा
प्रेरोरिति सिंध हिम ने गुरुहीनि बि
हरारुदा रुद हिम रुहीमा हो जिना जिन
द धृतीडैट धृत धृत बैद्यनि सिंध नैवाको जी
सोसीटान, पद्मार्णी, औरपीरिति रुहीमा अडे
दे प्रिनेत्रिग बैद्यनि लगावाइटा हो, सार्वद
चैरीटानि सिंध दी मरद को लेन्दैद बैद्यनि
प गुरुहीनि तरंग पुर्वुचिता दा कम अडे रुहीमा
अडे डा। इन इंडिओरा हु गुरुहीनि देटा
पुण्य गुरुहीनि देटा। डी. सिंध वैल सार्वदा

ਪੰਜਾਬ ਵਰਲਡ ਬਾਕਸਿੰਗ ਚੈਂਪੀਅਨਸ਼ਿਪ ਦੇ ਫਰਾਮ ਦੇ ਮਹੱਲ ਦੇ

YPSF INITIATIVES DURING 1 YEAR

Placement Assistance

We are delighted to share that with the efforts of the forum,

More than 15+ Students have been well Placed



Carrier/ Mental Health Counselling

Career counselling and mental health counselling of 1000 of students have been done by YPSF Members



Education Support

YPSF Working to improve the accessibility and quality of education across rural India,

25+ Students have been sponsored for Education



YPSF ACHIEVEMENTS

To pay tribute to 1984 riots
victims Screening of
31st October was "Organised"

On the 35th anniversary of the 1984 riots, Dr Prabhleen Singh, the President of Young Progressive Sikh Forum, announced that as a tribute to the victims of 1984, the forum will help wards of the victimised family in education, placements & entrepreneurship.

Dr. Rajinder Singh (Raju Chadha) graced the occasion with his presence

As a tribute to the many who lost their lives in 1984, the forum along with film-maker Harry Sachdeva organised a special screening of the film 31st October, written and produced by Mr Harry Sachdeva himself.



YPSF ACHIEVEMENTS

To spread message of Guru Nanak Dev YPSF organised show of documentary **Guru Nanak The Founder of Sikhism Life & Legacy** in different parts of country that includes National Museum, new delhi, Punjab university Patiala, Guru Granth Sahib University Fateh garh sahib and Khalsa Collage Patiala



YPSF ACHIEVEMENTS

YPSF Published the book "Prominent Sikhs of USA" which was release in Capitol Hills, Washington DC, San Jose & Sacramento California USA by 15 US Congressman, 3 Senators and Lieutenant Governer California.



TALENTHUNT CONTESTS

For Motivation and inspiring sikh youth between the age of 3 to 18 yrs who did something creative & innovative YPSF started Talent Hunt contest & received around 400 entries from all over the country.

Prize money for the winners has been sponsored by
Dr. Rajinder Singh (Raju Chadha), Chairmen Waves Group

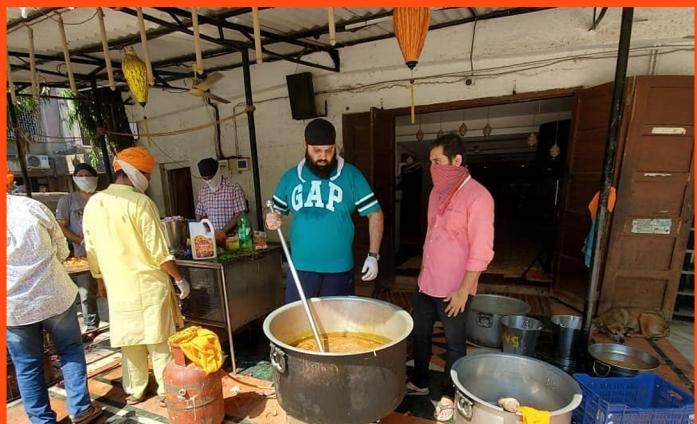
Winners will get cash prize of rupees 31000, 21000, 11000 and 10 consolation prize each of rupees 5100



ROLE OF YPSF DURING LOCKDOWN

Medical kits, Masks, food, sessions of mental health counselling were organised.

YPSF honored corona warriors in different parts of the Country



Motivational and Inspirational messages by Sikh Legends during COVID Lockdown



Role of YPSF Members During COVID-19 Phase

Dr. Prabhleen Singh Author & President Young Progressive Sikh Forum lead the team from the front. In span of just one year YPSF has earned huge name in helping Sikh youth in their education, employment and entrepreneurship. During corona lockdown he along with his whole team served society without any discrimination and honoured corona warriors in various parts of the country.



Dr. Prabhleen Singh



Harpreet Singh Sahni

#Harpreet Singh Sahni, Editor @ptc_news has been working as a frontline #warrior since the beginning of the #lockdown. He has become the voice of common people and a communicator between the public and the government. He ensures that every issue faced by the public is conveyed to the government and addressed. He not only raises the issues but also tries to either solve them or gets it solved by the concerned authorities. He very strongly raised his voice against the injustice to Bhai Nirmal Khalsa ji's dead body. Because of his efforts, strict action was taken against the guilty. In addition to this, everyday through his live phone in sessions, he listens to the problems of common people and conveys them to the concerned departments. He also made the return of the Sikh sangat, got stuck at Hazoor Sahib, possible. It was because of his efforts at personal level that many families reunited with their loved ones. His motive is not to scare people, but help them in every possible way.

Indian Academy of Health Psychology (IAHP) is feeling proud to declare the list of 205 experienced/trained psychologists from 25 states of India selected to become the part of the IAHP Task Force to provide free psychological aid and counseling to the public in assistance to COVID- 19. YPSF member Dr. Damanjit Sandhu has been selected amongst top Indian psychologists. YPSF team wishes her good luck with this important and crucial assignment.



Dr. Damanjit Sandhu

YPSF Member Dr. Inderpreet Sandhu, faculty, Dept. of Psychology, Punjabi University has been actively working towards creating awareness about the conditions causing psychological chaos in our lives, especially in today's youth. Stressing upon the need to understand how the development of today's youth is taking place, she emphasized how can the adults in their lives support them in exploring life alternatives and help them find meaning in current COVID times.



Dr. Inderpreet Sandhu



S. Arshdeep Singh

COVID -19 has brought in many sorrows for many families. So as a president of Rotary club of Zirakpur had to take up the responsibility to serve as many as possible.

Could only achieve this with a help a group 'SAVE HUMANITY' group and SSP Mohali/ SSP Chandigarh along with there task forces.

YPSF member S. Arshdeep Singh from Ludhiana has been #donating #ration (Wheat flour, sugar packets) and is providing Parshadas to underprivileged people in and around #Ludhiana.



Karan Jaspal Singh

While serving as the secretary of Don Bosco Siliguri Alumni association wherein we pooled in resources to donate PPE kits to north Bengal Medical College and other local hospitals in Siliguri. He along with his family is also involved in managing and providing regular food packets, ration to the underprivileged through siliguri Gurudwara on a daily basis.



S. Sarabjit Singh Hora



S. Nirmal Singh Khalsa

YPSF Members S. Nirmal Singh Khalsa and S. Karam Singh from Bangkok are open-heartedly giving people dry ration kits, food packets, tea and medical essentials in Bangkok and Kurukshetra, India. They are serving thousands of people in need. They have also been supporting the front line workers like police personal throughout the lockdown period by providing basic safety essentials.

Our forum member Dr. Parmeet Singh Chadha from Delhi is instrumental in arranging 1000 packets of Langar daily in Lajpat Nagar



Dr. Parmeet Singh Chadha

Rajkumari Sunaina Vice President of Indian Olympic Association and Rajkumari Ria International Shooter YPSF members from Delhi are carrying the legacy of family like their father Raja Randhir Singh ji Life President Indian Olympic Association, They have been guiding and motivating youth for adopting sports in their life. Not only this both are involved with various groups and have been helping the needy during this lockdown period.



Rajkumari Sunaina



Gurwinder Kaur

YPSF member Gurwinder Kaur, International Gatka Player from Seechewal is regularly serving Langar, donating masks to needy people and Policemen on duty since day one of lockdown. She is also closely working for environment with Padamshree Balbir Singh Seechewal ji.

Our forum member from Delhi S. Gagandeep Singh has provided ration to families of widow colony, tilak vihar who were 1984 victim with the support of NGO Voice of Voiceless and MLA Jarnail Singh. He has also been instrumental in providing food meals to families with the help of Delhi government and other NGOs.



S. Gagandeep Singh

Jaskit Singh Dham Volunteer/Member of YPSF from Mumbai, Maharashtra. As we all are well aware how this Pandemic has taken over the entire World and we all at our individual levels have to defeat it for our own survival . Need of the hour in our city for many Migrants and Underprivileged is not just maintaining Social distancing, but also a meal for themselves, their kids, their Family members.

Under the leadership of Dr. Pasricha former DGP Maharashtra It all started on 22nd March, where we decided to cook a batch of 50kg Rice Pulao for the needy once in our local vicinity. But after seeing the gravity of the situation we decided there is lot more which has to be done. The very next day our production was increased by 10 times and we started serving more in need.



Jaskit Singh



Ushmeet Singh Kalka

His father is currently leading DSGMC as Gen.Secretary, which is providing langar to Lacs of people daily. Its kitchens are spread across 4 zones across delhi. His mother is MCD councilor from Kalkaji ,and he is helping her inher daily operations for cleanliness of complete kalkaji area through MCD. Personally they are providing food in camps for 300 people on alternate days.. along with it , they have given 3 executives who are doing Sanitization of the area, except from MCD trucks and employees.



Inder Mohan Singh

Inder Mohan Singh Honey Forum Member from Rajasthan worked tirelessly in rescuing many families who were stuck in different parts of the country due to lockdown. Recent case was one family was stuck at Amritsar from last 30 days but with the efforts of Mr. Inder Mohan they reached safely at Delhi. Not only this he has been distributing ration, food items in different parts of Rajasthan. He is helping people without any discrimination of caste, colour or religion.

Harneet Singh Oberoi forum member from Mohali is renowned advocate in Punjab & Haryana High Court. During this lockdown period he is providing free legal advice to the people whosoever is approaching him as well he is instrumental in providing medicines and other help to the poor and needy people through various organisations.



Harneet Singh Oberoi



Sirjan Ubha

Arvinder Singh Forum Member from Ludhiana in coordination with various Gurudwara teams is distributing #ration and Langar packets to needy and poor people in and around Ludhiana



Arvinder Singh

Avneet kaur Bhatia Anchor and Journalist in DD News is spending most of her time in doing social service along with her professional coverage in and around Delhi. She is involved in making and serving of Langar in various parts of the Capital.



Avneet Kaur Bhatia



Jupinderjit Singh

Jupinderjit Singh, Forum Member from Chandigarh is a special correspondent, The Tribune, who specialises in crime and investigative journalism. He had discovered the lost pistol of Shaheed Bhagat Singh and has authored three books : Photographer, Chess player and an Amateur Pianist. During this lockdown period he has dedicatedly covered stories which have been very informative and beneficial for society. He is also associated with various social and religious organisations in and around Chandigarh.

Mr Baldev Singh Raina forum member from and renowned businessman of Jammu & Kashmir(Chairman Peaks Group of Companies, Chairman PHD Chamber of Commerce, Member J&K Board of Technical Education and State President of Sarbat Da Bhall charitable trust) is putting every possible effort and letting no stone unturned to help and safeguard the people in this pandemic. He along with his team has distributed Masks, PPE Kits to various Govt. and Private Hospitals to safe guard the frontline workers and to ensure that these items are not a barrier for them on call of duty, he also distributed free Ration kits to the needy families of J&K and he is also feeding 5000 families of J&K during lock down who have no source of income, Moreover he has brought back several stranded families to their homes who were stuck during this pandemic due to lock down



Mr Baldev Singh Raina

Harpreet Singh Popli Forum Member from Delhi is dedicatedly working for humanity and is providing free legal aid in and around New Delhi. He is also involved in distribution of essential items to the needy people in collaboration with government of Delhi.



Harpreet Singh Popli



Harjeet Singh Oberoi

Harjeet Singh Oberoi Forum Member is a film director by profession and is work in collaboration with various organisations and television channels to make short & feature films that create awareness that lead up to a spiritual life. Along with his profession he is working for poor people by providing them food, ration and medicines in and around Ludhiana.



S. Gurpreet Singh Nibber

S. Gurpreet Singh Nibber Forum Member from Chandigarh an Assistant Editor in HindustanTimes highlighted various national and international key issues during lockdown. along with his profession he is also associated with various religious, social and media associations through which he has been actively participating and working for the welfare of humanity in and around Tricity.

Divya, member of YPSF is supporting 22 needy families for their monthly ration and basic needs alongwith carrying out frequent distribution of food. She is also providing mental health sevices with a group of professional psychologists helping people cope up with anxiety and stress concerns which have elevated due to this nation wide lockdown.



Divya Sharma



Harry Sachdeva

Me and my team is dedicated wholly to #serve the #Needy ones, the ones who have lost their #Dailywages and are struggling for their daily meals. I urge people to come together and unite against this fatel virus and serve the humanity. Do any bit that you can

Ishmohan Singh YPSF member and businessman from New Delhi along with his father S.Manjit Singh Gk and JAGO party members have organised Langar Seva at Gurudwara Shaheed Ganj Sahib (Tilak Vihar) which is also called the widow colony after the 1984 Sikh genocide to provide Langar to all during the Covid Epidemic. As residents of Greater Kailash they have also organised a community kitchen (Langar) at Gurudwara Sri Singh Sabha Gk-1 Pahare wala to provide for over 1000 persons daily across various parts of Delhi.



Ishmohan Singh

YPSF Member Iqbal Singh Sadana owner of Sadana Brothers is working round the clock for welfare of humanity. Since day one he has been providing ration and other materials to not only to his 100+ staff members but also to poor residents of Patiala. He manufactured thousands of masks which YPSF handed over to Patiala Administration and to many employees of government departments who were fighting Corona from frontline.



Iqbal Singh Sadana



Ajitpal Singh Kohli

Ajitpal Singh Kohli YPSF Member and Former Youngest Mayor & Businessman left no stone unturned in serving humanity during lockdown phase. Along with serving Langar, ration, medicines, masks to needy and poor people in various localities of Patiala he ensured that his 150+ staff members don't face any hurdle in survival. He also handed over the masks to government officials in Patiala.

RAMANDEEP SINGH SODHI YPSF Member and SPECIAL CORRESPONDENT IN PUNJAB KESARI GROUP has been working tirelessly for welfare of the society. His contribution during lockdown in highlighting the social and political issues has been applauded everywhere. Along with his profession he is also associated with various social and religious organisations under which he is helping people who are economically weaker and needy.



RAMANDEEP SINGH SODHI

Preeti Singh YPSF Member and Treasurer in vishav satsang sabha(society)State Secretary women empowerment cell, Delhi(International human rights)CO-convenor beti bachao beti padoa BJYM Delhi, Sikh minority Member in Delhi minority commission with her team distributed food supplies to 850 people in west and north Delhi along with sanitary pads. She also did live sessions with corona warriors like doctors, police etc



Preeti Singh



Paramjit Singh Rana

Paramjit Singh Rana MC from Karol Bagh and Member DSGMC is YPSF Member from Delhi. Along with his duties he did a lot of social service for the people of his area. He was instrumental in providing honey to boost immunity of 1000 police personnels who were on frontline duty, honoured sweepers, corporation staff on frontline duty. Not only this he has been providing food to around 1000 families daily since day one of lockdown, ration to 1000 families, breakfast to homeless children on streets and he also sponsored tuition fees of around 10 students. His services towards society have been applauded and appreciated everywhere.

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Amritpal Singh Dardi