

Annual Report of

Social Orientation to Human Aspirations through
Meditation (SOHAM)

2011-12



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Our Inspirations

Swami Chinmayanand ji

Baba Nityanand Ji

Swami Muktanand ji

Swami Vivekanand

Yoganand Pramhans ji

Sri Sri Ravi Shankar Ji

Kumar Anil

Swami Vishvas ji

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SOHAM

Social Orientation to Human Aspirations Through Meditation (SOHAM) is a grass root organization working for the cause of Rehabilitating Destitute/underprivileged /poverty-stricken/orphaned Children through Meditation. It is registered under Society's Registration Act of 1860. It is 7 years old now.

Philosophy of the Organisation:

The basic philosophy is that no development is possible without developing your Inner Self. We believe that Meditation is a base for Self Enrichment. It helps to resolve our EGO, Inner Conflicts and Politics of personal motives and generates love and a strong will power. SOHAM is a small effort which is providing social orientation to human aspirations through Meditation. For us Meditation is a life long process for Self exploration and developing life skills so that one can realize the meaning of Education and life. We do not see meditation as a branch of Knowledge of any particular sect or ideology but we definitely believe that Meditation can bring mental peace, life goals and commitment in life. So all our developmental activities have Meditation as a core activity.



SOHAM Children

Emergence of SOHAM

Knowing one self : The phenomenon of life is a subject of Mind. It is just like a clean slate with an infant. From its surroundings it gathers information and starts storing the experiences in its data files. It includes experiences which are either good or bad. For eg. A child approaching a monkey can experience two kinds of behavior of Monkey. Either the monkey can make a hand shake with him or make the child frightened. Any good or

bad experience of that child will build up his experience of dealing with the monkeys. Gradually this process keeps on adding to the state of mind and every minute a new learning becomes a part of the mind. As a child grows with increasing pressures from parents, neighborhood and peer groups he starts liking what is being fed by others.



History about the founder Members and Profile of the Founder Members:

SOHAM has been basically conceived by Mr. Daman Ahuja and given a professional framework by Prof. Sanjai Bhatt. Though it may have not been possible without the help of Mr. George Philips a friend and colleague of Mr. Daman Ahuja and State Representative of Intra UP, Dr. Kavita Aggarwal Social Scientist Kamla Nehru

Memorial Hospital Allahabad, Mr. K. C. Khurana Head Publication Division National Labour Institute Noida, Mr. Ganesh Pandey Shramik Vidhyapeeth Kanpur, Dr. Srilata Dy. General Manager SIFPSA UP.

Prof Sanjai Bhatt is with Delhi School of Social work (DSSW) Delhi University for more than 10 years. He has been an Excellent academician and has many books to his credit. He is a well-known name in the Field of Professional Social work.

Mr. Daman Ahuja has been a Professional Social worker and has been into various Organizations for the last 14 years. He has been to various organization, such as CONSULTANT to UNICEF, Lucknow, V.V. Giri National Labour Institute, Delhi University, Bonded Labour Organisation, Breast Feeding Promotion Network of India (BPNI), Founder Member of Prayas- Delhi and State Innovation in Family Planning Services Project agency SIFPSA and associated with other organizations. He has edited KrantiDharmi a quarterly magazine of Bonded Labour Organisation with Swami Agneevesh. For 6 years he has been to various Child Labour Projects and was a Resource Person to various organizations for Child Labour Issues. He has been associated with the training of District Magistrate of 133 districts where for hazardous units under ILO Project with VVGiri National Labour Institute. He happen to be in the field with Mrs. Shanta Sinha Megsaysay Award Winner of MV foundation of Andhra Pradesh.

As a Management person he has established 8 offices and Managed them successfully in UP under RCH Project at Allahabad, Kaushambi Aligarh Hathras Kanpur Dehat Kanpur Nagar, Kannauj Farukhabad. He has been awarded as the best Project Manger Award by Prinsipal Secretary of UP. He has been Chief Executive Secretary in the Various districts of UP and was directly reporting to District Magistrate and monitoring the RCH programmes in the Districts. He has to his credit of handling a budget of about 3 crore annually.

He has written several Editorial Articles in Hindi Daily Newspaper Jansatta and many in magazine of Central Social welfare Board Samaj Kalyan. His article Economics Of Child Labour has been published in Child Labour In India book. He has made several feature programmes for All India Radio, Kurukshetra, New Delhi and Kanpur for 9 Years. He has been a Presenter to UGC programmes on DD-1 for 3 years. He has been attracted by Meditation as a tool to distress his managerial life to the extent that he left his Posh and Well-Paid Job of Unicef for the setting up of SOHAM and now he is full time person serving underprivileged children at Solan. Prof. Sanjai Bhatt is a source of academic and all kinds of support to the Organisations.

SOHAMVISHVAS GHAR

Every single child is a God's gift on this earth and he carries a light of that Almighty. His basic rights of love and affection, education, healthy life, vocational training and recreation at all costs be saved. Apart from an education of outer world to gain life's

physical earning he also needs to be trained in to an education of inside. This education of self exploration requires a practice to be engraved in his daily routines.

In the life of a common child it is very crucial for his overall development but it is much more important in the lives of children who do not have physical resources. It is here that they need to be emphasized that they are equally resourceful from inside. God has given them a better chance to struggle from their childhood. They can better understand the powers of prayers which a normal child can not understand easily. It is their strength of struggle of existence which needs to be emphasized and cherished and rewarded.

These children are not cared properly for their inner defense mechanisms of life yet they have developed wonderful arts of their existence. These arts can be taken up for vocational training to help them to gain physical earnings. Through a spiritual touch they would be shown a path of self exploration. As Vivekananda has rightly said knowledge exists in every human being, it needs to kindle from some body to spread its light.



Ex -DC, Solan sharing Moments at Sohamvishvas Ghar

Basic Package of Education, Dress, Recreation, Health and Boarding and Lodging with a special Stress on Meditation is kept for them:

Children normal routine includes meditation twice a day. Vocational training package will be included once the children will grow over 14 yrs of age.

Profile of the Children:

- 1. 2. Bablu Ram and Tarachand:**
2. Date of Birth:4.4.96 Sohamvishvas Ghar
3. Entry Date- 6.6.2005 till Aug 2010

Both the children are the resident of village Kotla, PO Kandhaghat, and son of Sh. Chetram. Children were unable to study and even get food and shelter for their existence at the place of their living. One of the reasons was that they had a broken family. Wife stays with other than the husband who mistreats the children. The actual father has lost one of the feet in the rail accident and unable to hear from the ears and speak. He is not able to perform any work and earn so that he can take care of both the children. The age of the father is around 65 years and of mother is 38-39 years.

Mr. Vijay Thakur the local Pradhan along with the SBI , Solan Branch Guard Mr. Kripa Ram has approached the Agency to keep the children with the Agency for the welfare of the children. They have actually inducted in Soham Vishvas Ghar with the written request of their mother and the request letter from their Panchyat. Children remained with the center for 5 years. Both husband and wife started living together therefore the children were shown interest to go home.

3. Kuldeep Kumar: Date of Birth:7.6.97

Sohamvishvas Ghar Entry Date- 1.3.06- Sep 2011.

Child belongs to village Chaher Post office Kanda, Distt. Solan

Son of Mrs. Bimla Devi

The child has lost his father 7-8 years ago. Apart from the mother he has a elder sister in his home. The mother work as Water Carrier in one of the school and gets Rs 750/- per month. It is not possible to maintain and educate both the children at such a meager income. For the good education and his upbringing ness of the child, she sent the child to Sohamvishvas Ghar. Child remained with center for 5 years. Since her mother required him for her help, he was sent home.

Address:- Village: Chaher

PO: Kanda

Disst; Solan

4 Rajkumar

Date of Birth :- 29.05.2000

Sohamvishvas Ghar Entry: 1.03.06

The child belongs to village Gramdhar Bramhana, elder son of Mr. Kamlesh Kumar.

There is one brother and mother in his house. The father is sick and unable to earn much, therefore have been given the admission in the Sohamvishvas Ghar.

5. and 6. Dikshant and Mehek

Date of Birth: 4.11.03, 21.04.05

Sohamvishvas Ghar Entry: 01.03.07

Both the children belongs to village Dherighat (on the way to Shimla) They are the children of Sh. Nandlal. Both their parents are the care takers in Sohamvishvas Ghar and looks after all the children.

Address; Vill: Dherighat

PO: Bisha

Teh- Kandaghat

Distt; Solan

7. and 8. Prakishit and Anil

Date of Birth: 9.07.97 (Anil)

Both the children are the residents of village Berathi and the sons of Sh. Ratan lal. Apart from them they have three sisters and one brother and a real and a separate mother. The economic condition of the family is not so good. Because of the second mother there is always a fight in the family and these kids are just victims of that do not get the environment to study. These kids have already been detained out of school by their father. Their original mother and sister requested Sohamvishas Ghar to keep these children for education and sanskars.

Address:

Vill: Berthi PO: Ghatti

Distt; Solan

9.and 10 and 11. Vikram , Chain singh and Bunti.

Date of Entry to Sohamvishvas Ghar: 15/8/2006.

Date of Birth: 23.02.94, 26.06.96, 27.07.98

All three children are the residents of Sainj and son of late Sh. Jeet Ram and Mrs. Vidhya Devi. Because of family dispute unfortunately their father have killed their mother and then himself with a gun. After that these three kids have been just abandoned. With the interventions of some Social Workers of Red Cross and Ex- Supritendant of Police Solan Sh. Gyaneshwar singh They have been requested to keep in Sohamvishvas Ghar by all responsible.

Address: Vill: Sainj PO: Ochghat

Distt: Solan

12.Desraj

Date of entry to SohamVishvas Ghar: 2.03.07- August 2011)

The child belongs to village Dahan , Teh- Rajghar Distt: Sirmour

He is a elder son of Sh. Devraj. Apart from him there is a younger brother and parents in his home. The economic condition of the family is very poor and therefore he is given admission in the Sohamvishvas Ghar. The area is a backward area and there is not much scope for the family to earn.

Child left in August 2011 due to emergency situation at home.



Ex-SP, Solan , celebrated with the inmates of Home.

SOHAMVISHVAS GHAR's Activities

SOHAM Children are with a Computer

With the help of local Inner Wheel club of Solan and Rotary Club of Solan, SOHAM has been provided with a computer for the Children. It was a long cherished goal of SOHAM to equip the less privileged children with an idea of computer and to equip them with latest development of technology. The dream was fulfilled on 5th May 2008. Children now play games, see children movies and draw pictures on the screen of computer.

They still have to go a long way to actually learn and master the computer skills. But who knows that one day one of them becomes a Computer Expert.

Deepawali and Holi Celebration



Deepawali and Holi are the two festivals in which children always wait for them to come.

Community Assimilation Programme

Children of SOHAM had visited their native villages in the month of December and January and joined us again in February 10. It is a special programme of SOHAM in which they all are sent to their villages and community is asked to care for them so that at the later stage they can easily be assimilated in the community. We do keep a check in between so that if there is a need in between we can fulfill that.

The basic aim of the programme is to keep Children intact to their roots, culture and social milieu. It also provides a chance to them to explore themselves with their communities and to experiment what all has been gained from the Soham Vishvas ghar.



Women Programme: We always wanted people to be empowered from within as well as in terms of their household economy. 15 ladies in and around SOHAMVISHVAS Ghar have been selected. Mostly they are from low economic status with SC/ST background. They have been given a training on cutting, sewing and tailoring with the help of a trained teacher. Apart from their vocational trainings they have also been given exposure in hygiene, nutrition, HIV/AIDS knowledge. They have also been asked to add meditation as a routine activity in their daily routines. It has immensely benefitted them as their concentration and self organization has increased and they are equipped to take better decisions with regards to their family and overall environment. The programme has started in Feb 09 and ended in Oct, 2009.

HIV/AIDS Intervention:

- SOHAM is provided consultancy to various organizations locally and at the National Level also for Specially School Aids education Programme. SOHAM's Executive Director has been selected as the Resource person for the State of Himachal Pradesh at the National Level.
- He has participated in the National level Training for the Regional Trainers held at Vishvas Yuvak Kendra, in Delhi to represent the State of Himachal Pradesh.



Executive Director SOHAM was selected as a Resource Person for Himachal Pradesh for Life skills education at Delhi organized by NACO

- SOHAM also takes Meditative sessions With HIV + people's Network to increase their coping skills with regards to depression, Stigma, physical health and Social Environment.
- The Executive Director has been appointed as the Training Coordinator of State Training and Resource Centre (STRC) set up at PGI, Chandigarh by National AIDS Control Organisation (NACO) for the three states of Haryana, Punjab and Chandigarh.
- He has trained at least 250 trainees of various level of the Targeted Intervention Projects run by the State AIDS Control Societies of the three States.
- As a matter of Innovation he introduced a special session on Self Management based on Meditation and Self introspection in all the trainings conducted under STRC.
- He has visited more than 79 TI projects in the three States of Haryana, Punjab and Chandigarh and provided inputs to various Postive People networks working at the State and District levels.
- ED, SOHAM has taken special sessions as a National Level Trainer on behalf of State AIDS Control Society, Himachal Pradesh at Bilaspur, Shimla and at other places in the State for different Red Ribbon Clubs runned by Nehru Yuvak Kendras under Ministry of Youth Affairs.

SOHAM Executive Director as also the Honorary Director for Vishvas Seva Kendra , Kumarhatti, Solan:

Vishvas Vidhya Mandir, Kumarhatti.

As a disciple of the Vishvas Meditation from Vishvas Foundation SOHAM continue to provide direction in the management of the Project for children of the Migratory labour at Kumarhatti, Solan runned by Vishvas Foundation, Dagshai. SOHAM's ED also deputed as the Honorary Director of Vishvas Foundation, Dagshai to run and execute the affairs of Vishvas Seva Kendera, Kumarhatti.

There are various programmes of service which has been started under its umbrella.

Vishvas Computer Centre

Apart from a free School for the Children of Migratory Labour, Vishvas Seva Kendera Kumarhatti runs a Free Computer center for the educated but unemployed girls of the near vicinity. The Centre is equipped with all the modern facilities for running the computer centre and has a Computer Lab containing 8 computers, a qualified Computer Teacher with a separate Computer Class room. Girls of various ages learn the skills of modern comuter education. They are also enabled to learn and practice meditation. The whole environment of the Vishvas Seva kendera is vibrated through the words of Swami Vishvas Ji. It provides an opportunity to the students to open up and practice their skills in various functions been organized by the Vishvas Foundation, Dagshai. It is a one year course. Three batches have been successfully completed.

Vishvas Sewing and Craft Centre

The centre aims to empower the less educated women of the area to equip them with the skills of Sewing and craft. This is a skill which every woman uses in her day to day life in her house. The centre provides a chance to the women to save money on sewing and also to earn something for their own Economic Development.

Balsansakar Kender Visit:

SOHAM Centers.

SOHAM has design, develop and implemented a pattern of programme which makes education with meditation more relevant to people lives in the rural areas and gives them the insights necessary to take decisions and make choices about their livelihoods and better meaning of life as a whole. SOHAM Centre are the off shoots of the community outreach programme. Two such centres have periodic meetings at Kothi Devera and Kailer village .

These Centers organize children in each village and create activities such as telling them about hygyne, placing stress on the completion of their home works, telling them small stories of character building, bravery, patriotism and Leadership. This helps to develop their overall personality by saving them the negative effects of social environment. These Education Centers will also be provided with a small box

library in each village and promote children to have a reading habit developed by distributing good books to them.

SOHAM Committee for the sustenance of the Project.

A committee for the above purposes will be created as SOHAM Committee. People from village such as Mahila Mandals, youth groups Panchyat and organizations nominated for it so that it gets a cross section of representation of whole village. Awareness camps will be organized by involving the committee so that at a later stage they may be able to sustain the activities. Schools Children of near by villages will also be involved in it.

Involvement with Universities and other Institutions

SOHAM has developed an innovative model of training all the Developmental professional on the concept of Self Management. These sessions have been taken with PGI, Chandigarh at different trainings of HIVs with State AIDs Control Societies of Punjab, Haryana and Chandigarh.

Special sessions on “Youth and Self Management” were taken at Indra Gandhi sports complex, The Mall, Shimla organized jointly by Department of Youth Affairs, Himachal Pradesh and HP State AIDS control Organization.

Sessions were also taken up at Bilaspur, Himachal Pradesh jointly organized by Nehru Yuvak Kendera and HP, State AIDS Control Organisation.

The Brief Context of the Session is summarized below.



Executive Director leading Red Ribbon Express In the country as National Incharge (Field-Planning RRE) of NACO

Involvement with Other NGOs

“SOHAM” made a dent in attitude of different organization’s children in the Solan district of Himachal Pradesh in India like Himgiri Kaliyan Ashram, Indian Association of Muscular Dystrophy (IAMD) and Paryavaran Avam Gramin Vikas sansthan (PAGVS). It has successfully developed a module for the Rehabilitation of Children

SOHAM has also been involved for promoting meditation with other NGOs working for the cause of children. We invite you to see our SOHAMVISHVAS Ghar.

Intended Activities

WHAT WE INTEND TO DO

Problem identified

People in rural areas have been largely undertaken by the problem of alcoholism. People take to alcoholism mostly during and after the tomatoes season, when they sell their produce in the market and have enough to enjoy. Young children watch their parents with all these activities but because of their innocence they are not able to say anything. This fills them with a negative feeling for their fathers and also they become prey to these habits when they grow up.

During our survey in different villages of in and around Solan district we found that many males have 2 wives. Children from the first wife are just living in the family with no attention. First wife does not have a say in the family and father enjoys his life with the second wife. This has a direct impact on the development of children, when they watch their fathers in unjust activities. Wife beating is a normal activity in such families. With low income in the family most of the basic needs of the children

are ignored. There is hardly any environment in the family where children can study. In most of such cases children are the biggest sufferers and they leave their studies in between.

Education syndrome had been left unattended

Children particularly in villages are not that fortunate to have regular schooling and continuous education, where as the children in urban areas, the school, parents/guardians are facing the similar problems which are being faced by the children of any Metro City . The children in rural areas are deprived, lacks opportunities and do not get exposure for better education as they are also overburdened by the heavy school bags. Education syndrome had been left unattended for their personal and social problems. There are many efforts by the Govt. to provide bookish knowledge and school curriculum which does not prepare them to cope the new societal challenges. Therefore there is a need to provide extra inputs for school going and out of school children to develop their life skills. We at Soham wish to make an attempt through Innovative approach to integrate meditation in the learning and experiences. We propose to initiate an innovative project called SOHAM (Social Orientation to Human Aspirations through Meditation)

Our Experience

Children Home SOHAMVISHVAS GHAR has evidently shown us that the problem of Children are interlinked with multiple complex issues in the family and community, primarily poverty, alcoholism, gender discrimination, and lack of education. Since we are fully aware that all the children can't be kept in homes, which is neither desirable nor feasible. We have strong belief that there is an urgent need to integrate meditational skills in their day to day life so that they are in a position to convert their bitter experiences of life to better one. Keeping this philosophy in mind Soham has already initiated its community outreach programme where children, adolescents or young persons are to be given skills to integrate meditation in their day to day life in order to minimize their problems, deficiencies and deprivations. Once we reach to the children then we make efforts to involve their parents, families and schools in these programmes at second stage. Our initial experiments in 2 villages Kothi Devera and Keller in Solan block have given us a strength and courage to expand the programme in 20 villages.

SOHAM an Innovative project to create a compassionate Community

The basic aim of the SOHAM project is to develop coping life skills among children aged between 6-16 years through Meditation so that they may realize the meaning of their life. The secondary objective is to involve parents, other family members and other social institutions like schools and Panchayat in the process of building life skills. Life skills means an inner integrity, honesty, commitment at individual level and a feeling of cooperation at the community level. The project will have following activities.

1. Organizing children at school level and integrating meditation for their holistic development.
2. To train and develop group facilitators for conducting meditation with group of children.
3. To conduct awareness programme for parents school teachers and key persons of the village.
4. To develop a small course with clear, concise and communicative contents for integrating in their educational course content as extra " co curricular activities.
5. To produce and publish a small booklet own "How to inculcate Meditation in a day to day life for Students, parents and school teachers."
6. To publish and disseminate learning material on meditation and life education.

What is Innovation?

We at SOHAM believes that innovation means the new way of doing things in simple and focused manner so that anyone can replicate without much difficulty. Innovation must demystify myths, break barriers and offer the convincing way of learning. We also believe that any innovation should compulsorily answer the 2 basic questions-WHY and HOW. We wish to experiment integration of meditation in ongoing studies on one hand where as we intend to bring back out of school children through slow process of motivation through Meditation on other.

Methodology to Implement SOHAM project:

The intended innovative project is being implemented in 20 villages of Solan Block of Solan District in HP. At first stage we will pick up 1 young person preferably Adolescent ranging in the age of 13-16 years for training them as community facilitators if need arises may be we will not mind to pick up even adults from the same community. These 20 persons will be provided 10 days training at Sohamvishvas Ghar. The purpose of the training will be to inculcate an attitude and aptitude for meditation and their life skills with respect to forward and backward linkages to their own social and community life. At 2nd stage these Community Facilitators will start working in their own communities and will persuade their own communities about the meditation and life skills.

As the next step this Community Facilitators will organize 1½-1 hour exercise on meditation and life skills. They will prepare the group of children in and out of schools and will impart skills in their day to day life. This process will go on for 6 months and thereafter Community Facilitators will be recalled back for further refresher courses to enrich their own skills, method of working and to sort out the problems faced by the community. At 5th Stage these facilitators will be given a module on how to integrate meditation in their day to day life.

At the last stage their experiences will be compiled and a module/booklet to develop the final course contents for different Age Groups . **Soham is also a registered Member of Idealist.org, Propoor.org, eNGO network of Inda.**

SOHAM is member of Planning Commission of India:

SOHAM is member of Planning Commission of India with its unique id code no. : HP/2012/0053891

SOHAM's Hon. Executive Director had supported the National AIDs Control Organisation (NACO) and UNICEF in Red Ribbon Express Project 3rd time:

A train called Red Ribbon Express has been flagged off by Mr. Gulam Nabi Azad, union Health Minister and Mr. Dinesh Trivedi the Railway Minister on 12th January, 2012 on National Youth day from Delhi Safdarjung Railway Station. The project is run by National AIDs Control Organisation.

The train will halt at 162 Railway Stations, covering 23 states and touching almost 50000 villages through its outreach programme. The Executive Director SOHAM has the privileged to associate itself with this grand project at the National Level which is considered a history in world.

Persons who have contributed

Frankly speaking every one who came into our contact from the day we were born has contributed in a way in emerging what we are today, whether they were living or nonliving things. Infact SOHAM is a thought process and it is not something physical and also it is an ongoing process rather than an end in itself. The people who will associate with SOHAM in future will perhaps contribute more than what that Almighty have tried to produce through us presently.

Still we would like to share in the interest of a larger community of the people who have contributed in all the way.

1. Swami Vishvas Ji- Vishvas Foundation
2. Swami MuktaNand Ji- Siddhyoga Foundation.
3. Late Smt. Krishna Ahuja- Loving Mother Of Daman Ahuja
4. Mr. R. D. Ahuja- Father Of Daman Ahuja
5. Kumar Anil- Mentor Of Daman Ahuja
6. Mrs. Sangeeta Ahuja- Wife of Daman Ahuja
7. Dr. Sanjai Bhatt- Friend, Motivator and President SOHAM
8. Mr. Nandlal- Care Taker SohamVishvas Ghar
9. Mr. Ajay Gupta- Delhi
10. Mr. Shailender Gupta
11. Mr. George Philips- Lucknow
12. Dr. Kavita Aggarwal- Allahabad
13. Mr. Pardeep Suri- (Solan)
14. Dr. A. D. Dubey- Allahabad
15. Dr. Krishna Mukerjee- Allahabad
16. Mr. Rajiv Shandil- (Solan)
17. Mr. Arun Tehran- (Solan)
18. Mr. Prateek Goyal- (Solan)
19. Ms. Vibha Srivastav- Delhi
20. Ms Rachna Singh- Lucknow
21. Mr. Atul Goyal- (Solan)
22. Mr. Sunit Singh- (Solan)
23. Mrs. Kamla Bhardwaj- Solan
24. Redcross Society- Solan
25. Saisamiti- Solan
26. Lions Club- Solan
27. Mr. Prem Chand- PAGVS, Solan
28. Mr. Aggarwal- Solan
29. Mr. Rajesh Kumar- Solan
30. Mr. V. D. Dhingra- Delhi
31. Mr. Neeraj Mittal- Solan
32. Mr. Parmil Mittal- Panchkula
33. Dr. Jyoti Seth- Chandigarh
34. Mr. Suresh Pathare- Maharashtra
35. Mr. Trilok Kaushik- Solan
36. Mrs. Namrata Mehta- Panipat
37. Mr. Gaurav Gaur- Punjab University, Chandigarh
38. Mr. Satish Mehta- Solan
39. Prof. Khosla-Solan.