

HAR SEWA MEDICAL TRUST  
RECEIPTS AND PAYMENT ACCOUNTS  
FOR THE PERIOD ENDED 31 DECEMBER 2023

Charity Number: 1199789

HER SEWA MEDICAL TRUST  
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FOR THE PERIOD ENDED 31 DECEMBER 2023

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# HER SEWA MEDICAL TRUST

## TRUSTEES ANNUAL REPORT

### FOR THE PERIOD ENDED 31 DECEMBER 2023

The trustees present their report and the charity's receipt and payments account for the period ended 31 December 2023.

#### REFERENCE AND ADMINISTRATIVE DETAILS

**Registered charity name** Har Sewa Medical Trust

**Charity registration number** 1199789

**Principal office** 45/49 Burch Road  
Northfleet  
Kent  
DA11 9NE

#### The Trustees

The trustees who served the charity during the year were as follows:-

Mr Jagtar Singh Rai (Appointed 26/07/2022)  
Mr Mukhtar Singh Rai (Appointed 26/07/2022)  
Mr Balbir Singh Heer (Appointed 09/09/2022)  
Mr Jorawar Singh Rai (Appointed 26/07/2022)  
Mr Sukhbir Singh Rai (Appointed 26/07/2022)  
Mr Gurdial Singh Rai MBE (Appointed 26/07/2022)

#### STRUCTURE GOVERNANCE AND MANAGEMENT

##### Objectives and activities

Har Sewa Medical Trust is registered as a not-for-profit charity in the UK. Its activities are managed by an Executive Committee of Trustees of up to six members supported by a team of volunteers.

Our overall aim is to provide medical, educational, and general well-being treatment, advice, and support to people from underprivileged backgrounds, primarily in India, who do not have the means to pay for treatment. This support can make a huge impact and improve the quality of life for individuals, families, and their communities.

India has a high prevalence of avoidable blindness, and basic medical needs we have been doing medical Camps in India since 2017, mainly in Panjab, We also learnt through our work in Panjab and other parts of India that the reason people do not come forward for treatment due to lack of education, of money and support from their communities. More recently we have started sponsoring local primary schools and bringing gyms to standard for better wellbeing.

# HER SEWA MEDICAL TRUST

## TRUSTEES ANNUAL REPORT

### FOR THE PERIOD ENDED 31 DECEMBER 2023 continued

Our objectives may therefore be summarised as

- To make a difference to adults and Children by addressing basic medical needs, which gives moral and financial support to the individual and enables them to provide for themselves, their families and communities.
- To work with reputable doctors and qualified specialists in different parts of India and other countries.
- To work with community leaders, and local and international volunteers.
- To raise funds in the UK and to minimise our administrative and other costs so nearly all the funds we raised are used for providing quality medical services and wellbeing services
- To raise awareness about the causes of various diseases, the importance of good health and regular exercise the effect it has on individuals and communities who have no access to adequate health care.
- To not only look at the medical model of disability (treating the cause) but also the social model of inclusion in a society where medical intervention is not an option and how the use of aids can help to maximise independence for people whose vision and hearing is impaired through the use of low visual aids.
- Finding volunteers in the UK and the countries where we operate who will support us with fundraising in the UK and local fundraising, promotion and the running of extensive annual medical camps in the countries where we operate.

We take account of the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

#### **ACHIEVEMENTS AND PERFORMANCE**

##### **Volunteers**

Volunteers come from many different backgrounds and professions and give up their time, energy and holidays freely by choice without any financial gain.

Recruiting volunteers in the UK who are going to support us with fundraising and also take the opportunity to do the organisational work for medical camps in other countries, is a focus of our activities.

We also recruit volunteers in the countries that we work in. They support us with our promotion campaigns, organisation of the camps and any local issues that we might not be aware of.

# HER SEWA MEDICAL TRUST

## TRUSTEES ANNUAL REPORT

### FOR THE PERIOD ENDED 31 DECEMBER 2023 continued

All our volunteers are truly committed to fundraising, raising awareness about avoidable illnesses, attending meetings, and attending medical camps in other countries.

We started with a group of about 7 volunteers and over the years the numbers have grown to 20 and include young people, working and retired Individuals.

We work with community leaders in the countries in which we operate. They give up their day-to-day work to support us in our role within the community.

The network of people we work with in the UK and India continues to grow and this is a key area in the growth of the charity.

A key element for Har Sewa Medical Trust is that all Executive Trustee members and volunteers pay for their travel and accommodation in India and the other countries within which we operate.

#### **A typical medical camp**

##### **February 2023**

This started with research carried out by our medical volunteers to find a suitable area of need. Planning to locate essential services within that area is completed with the help of locals in the area and key stakeholders. An essential part of this was finding service providers and locations such as hospitals, local transport and a registration site in the local area. This needs to be typically a school building or local community hall with lots of outside space as well as rooms to do the screening and checking by doctors, opticians, dentists and audiologist's other providers.

We also found local volunteers that we could work with and rely on to help us plan and run the camp.

The Har Sewa Medical Trust, comprising executive trustee members and volunteers, spent time working through the logistics and practicalities of how volunteers will get to the local camp area, including airports, and train and coach travel. Volunteers travelling from the UK had a 9-hour journey to Panjab and then about half a day travel by car where the camp was being held. The team usually all stay in one village so that we can do our morning and evening debriefings easily.

The camp was held in the village of Moranwali Panjab India and supported by World Cancer Care. As this was our latest camp in Panjab, we achieved the following; -

- World Cancer Care has followed up with treatments and tests for mammography, pap smear, PSA bones and blood cancer for cancer patients.
- Lectures had been arranged in groups for awareness of all cancer and free literature was handed out to all.

- Specialists from known local hospitals had attended to see an estimated 6,000 patients that attended the camp.
- Modern Medical Laboratory, Mediscan Lab and Nursing College Panam Lab conducted over 2,000 blood tests for patients.
- Over 500 patients attending the medical camp had free ECG tests.
- Over 1500 patients had eye tests which resulted in 795 patients given corrective glasses, 1400 patients given free eye drops, and 200 patients being diagnosed with cataracts of which 163 patients have been successfully operated on.
- 80 patients were diagnosed being diabetic, 150 were diagnosed with high blood pressure, 15 were diagnosed having heart diseases which they were not aware of being attending the camp.
- 150 patients were seen by dentists and treatment was given.

### **Annual Accounts July 2022 to December 2023**

The charity has a turnover for the year of £59,400 and made a surplus of £871. The detailed accounts are shown below.

*Jagtar S Rai*

Mr Jagtar Singh Rai

Har Sewa Medical Trust Trustee & Secretary

14 October 2024

**HER SEWA MEDICAL TRUST**  
**ANNUAL ACCOUNTS**  
**FOR THE PERIOD ENDED 31 DECEMBER 2023**  
**INDEPENDENT EXAMINERS REPORT**

I report to the members on my examination of the accounts of Har Sewa Medical Trust (1199789) for the period ended 31 December 2023.

**Responsibilities and basis of report**

As the charity trustee of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

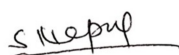
**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts are not in accord with those records.

I have no concerns and have come across any other matters in connection with the examination to which attention should be drawn in this report to enable a proper understanding of the accounts to be reached.

Signed:



Name: Shashidhar Nepal FCCA

For and on behalf of Shrikish & Co

Chartered Certified Accountants

Address: Office G10, Sabichi House, 5 Wadsworth Road, Perivale, Middlesex, UB6 7JD

Date: 14 October 2024

**HER SEWA MEDICAL TRUST**  
**RECEIPTS AND PAYMENTS ACCOUNT**  
**FOR THE PERIOD ENDED 31 DECEMBER 2023**

		2023
	£	£
<b>Receipts: Unrestricted</b>		
Donations	51,123	
HMRC Gift Aid	8,277	
<b>Total Receipts</b>		<b>59,400</b>
<b>Payments: Unrestricted</b>		
<u>Medical camp Expenditure</u>		
Medicine	12,674	
Doctor's incentives	2,538	
Medical equipment	12,619	
Other Camp Running Cost	4,215	
	<b><u>32,046</u></b>	
<u>Punjab School Expenditure</u>		
Wages and Salaries	3,258	
Books etc	819	
Vehicle expenses	6,115	
Repair and maintenance	7,280	
	<b><u>17,472</u></b>	
<u>Gymnasium and Ambulance</u>		
Wages and salaries	4,391	
Repairs and maintenance	593	
Fuel	3,122	
	<b><u>8,106</u></b>	
<u>Others activities</u>		
Donation to Pingalwara	905	
<b>Total Payments</b>		<b>58,529</b>
Net receipts		871
<b>Cash funds at 31 December 2023</b>		<b><u>871</u></b>

All of the above amounts relate to continuing activities.

HER SEWA MEDICAL TRUST  
STATEMENT OF ASSETS AND LIABILITIES  
AS AT 31 DECEMBER 2023

2023

£

**CASH FUNDS:**

Bank and Cash (Unrestricted) 871

TOTAL CASH FUNDS 871

LIABILITIES -

NET FUNDS 871

**CAPITAL & RESERVES:**

Surplus for the year 871

Surplus at 31 DECEMBER 2023 871

TOTAL CAPITAL & RESERVES 871

These accounts were approved by the members of the Executive Committee and authorised for issue on 14 October 2024 and signed on their behalf by

*Jagtar S Rai*

Her Sewa Medical Trust Trustee & Chair  
Jagtar Singh Rai  
14 October 2024

# HER SEWA MEDICAL TRUST

## CHAIRS REPORT

### FOR THE PERIOD ENDED 31 DECEMBER 2023

2022/2023 has been a successful year for Har Sewa Medical Trust. Our dedicated team has managed to raise substantial funds for the charity by trying out new ideas and strategies. Our donations include substantial corporate donations.

We carry out a detailed risk analysis for all the projects we undertake. On completion, we analyse how the project has gone and identify areas for improvement. This policy of continuous improvement has meant our medical camps and other activities are better organised with better outcomes each year.

Our Trustees are hardworking and carry out their duties without remuneration and this voluntary work has helped Har Sewa Medical Trust to prosper over recent years.

Our financial position continues to improve through the receipt of donations and HMRC Gift Aid. We made a surplus of £871 for the period ended.

Following our success in India considering extending the scope of our charitable work to other areas of the world.

Mr Jagtar S Rai

Chair Person

14 October 2024

# Signature Certificate

Reference number: WS4H2-UUUXM-VAZHK-7M7V7

## Signer

## Timestamp

## Signature

### Jagtar S Rai

Email: jack@jantagroup.co.uk

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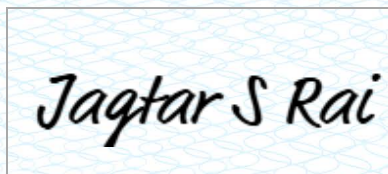
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14 Oct 2024 13:22:50 UTC



### Recipient Verification:

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IP address: 51.52.230.61

Location: Frome, United Kingdom

### Shashidhar Nepal

Email: shashi@shrikish.co.uk

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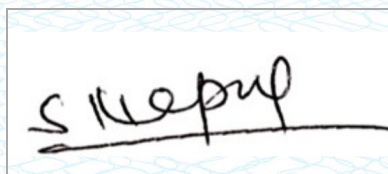
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