

HAR SEWA MEDICAL TRUST
RECEIPTS AND PAYMENT ACCOUNTS
FOR THE PERIOD ENDED 31 DECEMBER 2024

Charity Number: 1199789

HER SEWA MEDICAL TRUST
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FOR THE PERIOD ENDED 31 DECEMBER 2024

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HER SEWA MEDICAL TRUST

TRUSTEES ANNUAL REPORT

FOR THE PERIOD ENDED 31 DECEMBER 2024

The trustees present their report and the charity's receipt and payment account for the period ended 31 DECEMBER 2024.

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
Mr Mukhtar Singh Rai
Mr Balbir Singh Heer
Mr Jorawar Singh Rai
Mr Sukhbir Singh Rai
Mr Gurdial Singh Rai MBE

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 Punjab. We also learnt through our work in Panjab and other parts of India that the reason people do not come forward for treatment is due to a lack of education, money and support from their communities. More recently, we have started sponsoring local primary schools and bringing gyms to a standard for better wellbeing.

HER SEWA MEDICAL TRUST

TRUSTEES ANNUAL REPORT

FOR THE PERIOD ENDED 31 DECEMBER 2024 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 raise 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 are 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 where we work. 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 2024 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 2024

Our medical camps begin long before the first patient arrives, with extensive research conducted by our dedicated medical volunteers to identify areas with the greatest need for healthcare services. Once a target community is identified, careful planning is undertaken in collaboration with local residents and key stakeholders to ensure that essential services are accessible and well-organised.

A crucial part of the planning process involves identifying suitable service providers and facilities. This includes hospitals, local transport links, and a registration site, typically a school building or community hall, with ample outdoor space as well as rooms for medical screening and consultations. These facilities accommodate a range of specialists, including doctors, opticians, dentists, and audiologists, among other healthcare providers.

Local volunteers are also recruited and trained to support both the planning and execution of the camp. Their knowledge of the area and community is invaluable in ensuring the camp runs smoothly and efficiently.

The Har Sewa Medical Trust, comprising executive trustees and volunteers, carefully coordinates the logistics for all visiting volunteers. This includes travel arrangements from airports, train stations, and coach services to the campsite. For volunteers travelling from the UK, the journey typically involves a nine-hour flight to Panjab, followed by approximately half a day's travel by car to reach the camp location. To facilitate smooth operations, the team generally stays together in one village, allowing for daily morning and evening debriefings to review progress and address any challenges.

The February 2024 camp was held in the village of Moranwali, Panjab, India, with the support of World Cancer Care. As the latest initiative in Panjab, this camp achieved several significant outcomes:

- Cancer Screening and Awareness: World Cancer Care followed up with treatments and tests for cancer patients, including mammography, pap smears, PSA tests, bone scans, and blood cancer evaluations. Educational lectures were conducted in groups to raise awareness about all forms of cancer, and free literature was distributed to attendees.
- Patient Reach: Specialist doctors from well-known local hospitals attended the camp, seeing an estimated 6,300 patients over the duration of the event.
- Laboratory Tests: Modern Medical Laboratory, Mediscan Lab, and Panam Nursing College Lab conducted over 2,100 blood tests, providing critical diagnostic support.
- ECG Screening: More than 600 patients received free ECG tests.
- Eye Care: Over 1,550 patients received eye tests, resulting in 695 patients being prescribed corrective glasses, 1,460 receiving free eye drops, and 220 diagnosed with cataracts, of whom 158 patients underwent successful surgery.
- Chronic Disease Detection: 80 patients were diagnosed with diabetes, 150 with high blood pressure, and 15 with previously undiagnosed heart conditions, highlighting the importance of preventative screening.
- Dental Care: Around 163 patients were examined by dentists and received treatment as required.

The February 2024 camp in Moranwali stands as a testament to the dedication of our volunteers, the cooperation of local partners, and the commitment of organisations like World Cancer Care. By bringing essential healthcare services directly to underserved communities, we not only provide immediate treatment but also raise awareness, encourage preventative care, and support long-term health improvements in the region.

Annual Accounts year ended 31 December 2024

The charity has a turnover for the year 30,333 and made a surplus of 25299. The detailed accounts are shown below.

Jagtar S Rai

Mr Jagtar Singh Rai

Har Sewa Medical Trust Trustee & Secretary

30 October 2025

HER SEWA MEDICAL TRUST
ANNUAL ACCOUNTS
FOR THE PERIOD ENDED 31 DECEMBER 2024
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 2024.

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:

SNepal

Name: Shashidhar Nepal FCCA

For and on behalf of Shrikish & Co

Chartered Certified Accountants

Address: Office F13b, Sabichi House, 5 Wadsworth Road, Perivale, Middlesex, UB6 7JD

Date: 30 October 2025

HER SEWA MEDICAL TRUST
RECEIPTS AND PAYMENTS ACCOUNT
FOR THE PERIOD ENDED 31 DECEMBER 2024

	2024		2023	
	£	£	£	£
Receipts: Unrestricted				
Donations	25,416		51,123	
HMRC Gift Aid	4,917		8,277	
Total Receipts		<u>30,333</u>		<u>59,400</u>
Payments: Unrestricted				
<u>Medical Camp Expenditure</u>				
Medicine	3,805		12,674	
Doctor's incentives	-		2,538	
Medical equipment	-		12,619	
Other Camp Running Cost	890		4,215	
		<u>4,695</u>		<u>32,046</u>
<u>Punjab School Expenditure</u>				
Wages and Salaries	17		3,258	
Books etc	30		819	
Vehicle expenses	15		6,115	
Repair and maintenance	-		7,280	
		<u>62</u>		<u>17,472</u>
<u>Gymnasium and Ambulance</u>				
Wages and salaries	127		4,391	
Repairs and maintenance	6		593	
Fuel	110		,122	
		<u>243</u>		<u>8,106</u>
<u>Other activities</u>				
Donation to Pingalwara		-		905
<u>Other Costs</u>				
Bank charges		34		-
Total Payments		<u>5,034</u>		<u>58,529</u>
Net receipts		25,299		871
Cash funds at 31 December 2023 Unrestricted		871		<u>871</u>
Cash funds at 31 December 2024 Unrestricted		<u>26,170</u>		<u>=</u>

All of the above amounts relate to continuing activities.

HER SEWA MEDICAL TRUST
STATEMENT OF ASSETS AND LIABILITIES
AS AT 31 DECEMBER 2024

	2024	2023
	£	£
CASH FUNDS:		
Bank and Cash (Unrestricted)	26,170	871
TOTAL CASH FUNDS	<u>26,170</u>	<u>871</u>
LIABILITIES	-	-
NET FUNDS	<u>26,170</u>	<u>871</u>
 CAPITAL & RESERVES:		
Surplus at 31 December 2023	871	-
Surplus for the year	25,299	871
Surplus at 31 December 2024	<u>26,170</u>	<u>871</u>
 TOTAL CAPITAL & RESERVES	<u>26,170</u>	<u>871</u>

These accounts were approved by the members of the Executive Committee and authorised for issue on 30 October 2025, and signed on their behalf by

Jagtar S Rai

Her Sewa Medical Trust Trustee & Chair
Jagtar Singh Rai
30 October 2025

HER SEWA MEDICAL TRUST

CHAIRS REPORT

FOR THE PERIOD ENDED 31 DECEMBER 2024

2024 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 £26,170 for the period ended.

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

Jagtar S Rai

Mr Jagtar S Rai

Chair Person

30 October 2025