



On the occasion of BSAIKHI the indo-American lions club of the bay area along with DISHA DARSHAN NON-PROFIT FOR THE BENEFIT OF WOMEN, AMERICAN RED CROSS, AMERICAN DIABETES ASSOCIATION, had a health screening at the SIKH GURDWARA IN SAN JOSE on Sunday April 12th from 8-4 p.m. The nurse at the temple screened 250 people for diabetes alone and it was found that more than half of them had high blood sugar and were unaware of it. They associated their symptoms with normal fatigue.

Around 400 people were screened at the temple. Most of the people got their Ht wt, BMI index, BP checked. Also, their eyes, ears were checked as well. Many of them were without insurance and some had also lost their jobs and could not afford insurance. A follow-up was requested by the people at the temple. Rini Johar the president of DISHA DARSHAN specifically mentioned that times were tough, with people not having jobs and not having the money to pay for insurance or doctors, organizations like the lions club and social

organizations like Gayatri parivar, ekal vidyalaya, sankara eye foundation, the American diabetes association, the American red cross, citizens for immigration, etc have to come forward and help the community. Rini said the need of the hour is Each one help one. Mr. sukhwinder virdi of virdi constructions donated health aids for the community. At the occasion were present Ash Kalra representing the San Jose city council a guest of honor so that the youth could learn about community service from him. He said he would do all he could to help have many more community programs like these. The secretary of the temple Bob Dhillon said many more such programs need to be held so that immigrants and people who have lost their jobs can be helped. Mr. Bajwa the temple priest said that The Guru always said SERVICE BEFORE SELF and by all these organizations coming together the Guru's words have been acted on.