



PYARE FOUNDATION

The promoter of society, culture and heritage

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Annual Report - 2016-2017

Introduction

Pyare Foundation was established in 2012 with a purpose of psycho-socio rehabilitation of those people who are not able to regulate or utilize their potential and capabilities. This foundation is humble in work for service, chanceful in action for novelty, verve in activities for skillfulness and concerned in life for fulfillment of duty and responsibility. A dedicated team set upon to determine the horizons of objective aims so as to actualize the true nature within. The team is richly experienced to make difference in the practical arena of the research, whether connected with institution or without institution; the finale of the thoughtful endeavor is to accept the good difference made to the career, personality, stand and life. The foundation is pledged to bring new light movement with objective gains and aims unlined. The competitive multitasking and holistic constituent would be taken care by being mindfully in by endurance for sensible achievements. The vivid and viable traces would be located for the memorable mobility to provide dais and appearance to the admirers of literary measures.

Pyare foundation works for holistic welfare and wholesome wellbeing of human. Human being means the body, mind and soul. If we talk about body, is not the only body we see. It is the combination of Gross (Physical body) and Subtle (Astral, Etheric, Causal and Super causal body) matter. It means human has five bodies (Paanch Praan). The mind is not only the single mind. Our body is made up of 55 trillion cells and every cell has individual memory, consciousness and mind. In this way, human is the combination of 55 Trillion minds. Human body is a universe itself. Pyare foundation treated the human at Physical, Mental, Emotional and Spiritual level. Our programs are planned and executed for the highlighted requirement with other holistic supports..

Mission

Pyare foundation is true to its cause of wellness and happiness in the light of healthy state of mind, healthy growth, higher development and peaceful steadiness.

Objective

1. To attain transformation in society through constructive and practical approach.
2. A transformed state of mental and physical health through emotional balance and spiritual enlightenment.
3. To transmit positive vibration and energy that strengthens the belief in understanding the value of life.
4. To sustain, standardise and substantiate the cause of trust building.

Major projects and Visits in 2016-2017

Rejuvenation through Praan kriyaas shookshma kriyaas and meditation



Pyare foundation is working on the concept of holistic health. This part of foundation's action is related with mental health and in actual the process of rejuvenation.

As per the saying of WHO and our great ancient sages that the whole body fitness depends upon the health status of brain mind or mann(मन). The program is for rejuvenation so the treatment is the combination of modern techniques and ancient Indian therapies.

Our treatment includes.

- A. Family and individual counselling
- B. If any psychological issue detected then Counselling by clinical psychologist.
- C. Praan kriyaas, sookshma kriyaas and meditation.
- D. External supporting factor through divine beads.

Workshop Duration

Time: Five months February to June 2016 Once in every month

We taught.

1. Kriyaas by expert
2. The tips for happy healthy life

Outcome

1. The learners really felt change and give a positive feedback.
2. Team Pyare got appreciation.
3. A pilot study done with real and first hand findings.

A Press Conference on Foundation initiative in Saharanpur(June, 2016)

Pyare Foundation organised an introductory and awareness meeting at Saharanpur in June, 2016 with many esteemed journalists, lawyers and intellectuals. The Rudra project, Shiv priya Rudrani project and Govind Leela project, and other future projects were disclosed to the media. The renovation and restoration of old Shiva temples in Uttarakhand was emphasised, Rudraksha as a futuristic medicine and other health benefits with regards to dispensary and its improvement was discussed. It was very beneficial for the trust.



Workshop on National law day (26th November, 2016)

The Pyare Foundation was chosen by IIMT college of law meerut, UP to be the chief guest and panelist for panel discussion on 26th November, 2016 for the celebration of National law day. The topic for the discussion was “Hanging in a balance - freedom of expression and internet censorship” in which the students of law spoke in their own style and form to become a winner. The panelist Dr Anjali Thapliyal Kaul and Rajesh Kaul (Secretary - Pyare Foundation) were judges for the whole presentation and choose the best presenters for the top slot. Mr Kaul also delivered a lecture on the same topic and brought to the notice of audience that internet must be used wisely in large number with pure intention to improve the knowledge and awareness.



Health Sector and health issues



We, the entire team of Pyare Foundation came to know about the health issues of the villages of the Uttarakhand. After the 2013 floods, the people of the state are still facing major issues in

their life. They do not have proper livelihood in the state. They have to face many problems for the livelihood. In the light of these issues, we identified health issue was one of the major concern in the area. The people of the connected villages with the main cities would not be able to get health facilities from these cities as they have to visit a long hilly distance to get the service and in the emergency, it becomes almost negligible to avail the health benefits from the main cities.

We identified the Rudrapryag district for our initial work area. Rudraprayag is 400km from Delhi and it is approximately 200 km from Rishikesh. The Ukhimath is one of the main city in the Rudraprayag which is connected with almost nine to ten villages. The Ukhimath block is approximately 90 km from Rudrapryag and the distance between Ukhimath and the villages, varies from 6 km to 10 km. We initiated our first analysis in the Hudu village which was approximately 6 km from the Ukhimath. We identified and made an observation that the village is consisting of approximately 150 families. The people of the same village needed to go to the city for any type of emergency even for small pain or cut. In the case of emergency they were charged exuberant cost for the vehicles. During rain the people usually lose the hope as the roads are broken and blocked.

Identifying this major concern in the area, we took the initiative for the welfare of the people. The idea is described below how we initiated and how we get the success but before that there is a small story which inspired us to start the project here.

A small touching story



That was a night time and it was raining outside in the Hudu village. A middle aged man of one of the family of the village suddenly got a pain stroke in the stomach. The patient was restless and the family members were wandering here and there in the search of medicine. As there was no medical facility available in the village, the family members were unable to find any medicine for the patient.

This continued for almost 2-3 hours. They could not even take him to the hospital or clinic as they were almost 6 km away from their location and the roads were broken and blocked due to heavy rain. Due to heavy pain in the stomach for very long period, the patient was dead after the moment of struggle.

The surprise was that the pain was due to the gas formation in the stomach and the man could not tolerate that heavy pain for long time. There were no medicines and the health facility was not available at that moment even for such a small ailment. This story inspired us the most to open a mini dispensary in the village. Hence, we took the initiative for this concern.

Research on the health issue – Village analysis



First, we researched and analyzed the village for the same concern. We made certain observations and demographics. We got to know that there were more villages connected to the Hudu Village. We also considered the suggestions of the villagers for this initiative. The news was spread all over district and we finally got the permission from the Chief Medical Officer and District Magistrate. The work was still not easy for us because the team was established in Delhi (plains) and that was a hilly area. Even then we took it as a challenge and succeeded in our

plan. The villagers had common health issues mainly the ladies because almost all the ladies are working in the farms. The demographic means of the family is not so bad but there are not plenty of earning sources. We also took this into our consideration while setting up the project in the village. Hence, we had challenge to setting up the health facility in such a way that it could benefit all the age groups, male and female, earning and not earning.

The project on Health issue – The GovindLeela – The proposal

What motivates us to initiate the project Govind Leela in Uttarakhand

When we see the overall health status in India then it is of average status neither best nor good. This average status is only found in Capital major cities and in metropolitan cities. Those states who are financially or geographically backward, their health status is really bad. In Uttarakhand villages and especially in extreme remote villages, there are almost no health facilities available. In Rudraprayag and chamoli district the government hospitals are at district headquarters like in Rudraprayag district. The distance from district hospital and the villages is usually more than 70 km. In hill regions 70 km means a big distance. By analysing all these aspects Pyare foundation decided to open mini dispensaries and female care units in extreme remote villages and is also trying to connect adjacent villages to the units.



The motive behind these units is to give at least the average health care to these remote areas. It is not very easy to run the units in those villages who are not even connected with roads. To reach a village we have to walk at least three hours from the main city. Every time after a gap of three months our core team visit there to see the functioning and to provide them the required or essential support and try to find out more new ways to strengthen the setup. There is a lot to be done, it is just an initiative. The geographically remote units required at least three times more

budget in comparison to those health units which are running in urban areas or at geographically normal places.

Project Govind Leela (Uttarakhand)

The Pyare Foundation established two mini dispensaries and female care units in two remote villages in Uttarakhand for the health issues in those remote villages. The two villages in which dispensaries were opened are as follows.

S . No	Villages	Block	Valley	District
1.	Hudu	Ukhimath	Tunghnath	Rudraprayag
2.	Gadgu	Ukhimath	Madmeshwar	Rudraprayag

According to the survey of Pyare Foundation, Rudraprayag is one of the **13 districts** of Uttarakhand which has **3 blocks** such as **Ukhimath, Jakoli and Augustmuni**. The Block Ukhimath has **56 Gram Sabhas** which include more than **70 villages**.

Pyare Foundation is catering **2 mini dispensaries** with **attached female care units** in two villages of Ukhimath block.

Hudu Village - Rudraprayag district, Uttarakhand

Hudu gram sabha villages are **Hudu and Karndhar** where approximately **65 families** are staying which totals to approximately **350 members in the village**. The distance from Delhi to Ukhimath is approximately **427.2 km**. The distance from Ukhimath to Hudu is **12 km** hence the total distance from Delhi to Hudu or vice versa becomes **439.2 km**. Therefore, Pyare Foundation is giving care and medical support to 350 members of the Hudu Gram Sabha.

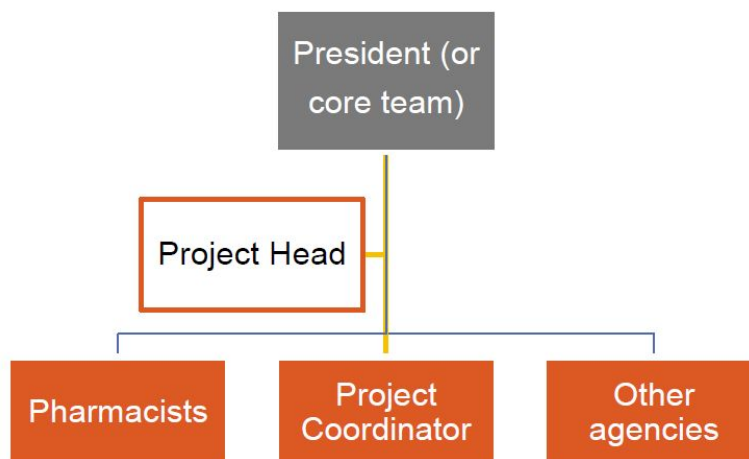
Our model

Our model is pretty simple. First, the team visits the village from Delhi, then met with the major personalities in the city and made aware the people of the village about the project. After that, a space was allotted for our mini dispensary. The overall duty was assigned to the pharmacist or Asha of the same village. The required medicines for the dispensary were sent from Delhi on the regular basis or on demand. The pharmacist takes care of the dispensary and maintains a report and statistics of the number of patients, the list of medicines and funds. The collected funds are sent back to the Delhi office and hence the salaries are issued to the pharmacists. The project

head look over the entire project and takes the report from all the pharmacist and Ashas. The project head then is required to report to the president and the other core team members.

Now we come on the working of the dispensary. We have put some minimal fees to avail the services of the dispensaries. The fee is INR 20 for each person and he/she can get medicines for 10 days by using the same slip but the distribution of the medicines is according to the requirement for the patient. This is totally maintained by the pharmacist.

The project hierarchy



Villages covered in Govind Leela project

Village 1 :Hudu, district Rudraprayag, Uttarakhand - 3rd October, 2016

Tehsil : Ukhimath

Block : Ukhimath

Valley : Tungnath Valley

The team managed to visit the Village for the third time. This time the team was ready in a place to set up a dispensary, get permissions from the officials and members of hudu village who pledged to take care of the dispensary. An inauguration ceremony was organized by the locals at the dispensary location and the team was welcomed with a great honor. This time the team guided all the members of the village and shared the dispensary plans of action with the locals

of the village. Membership Cards and Dispensary Cards were issued on the spot. A Pharmacist was assigned at the dispensary on regular basis to treat the people.

Village Pradhan Mrs Rakhi Devi, Asha Mrs Rekha Devi, Pharmacist Mr Arjun Singh along with other members took part in the event and pledged to take care of the dispensary.

The funds will be allocated in different departments

1. Medicines – In providing required medicines
2. Administration – In maintenance of the dispensary on regular basis, Salary of doctor and department heads and miscellaneous expenses.



Future Expansion

We are planning to connect 5 more adjacent villages which came in the 5 Km range from Hudu. These villages are **Usada(0.5 km with 80 families), Kanda (1.5 km with 35 families), Daida (2.0 km with 45 families), Semar (2.7 km with 35 families), Bringali (2.5 km with 30 families)**. The total beneficiary families will be **225**.

Village 2 :Gadgu, Rudraprayag, Uttarakhand - 22nd November, 2016

Tehsil : Ukhimath

Block : Ukhimath

Valley : Madmaheshwar Valley

The foundation established its second dispensary at Gadgu Village, District Rudrapryag, Uttarakhand on 22 November 2016. The village is also one of the remote areas of Uttarakhand where residents used to travel very long distance for medical treatment by spending lot of money and efforts.

In many cases when environment is unfavorable the patients had to lose their life due to unavailability of transportation facility. Keeping all these issues, the foundation created a team of six members along with a pharmacist who will be responsible for maintenance and work of the dispensary on the village level. The foundation will monitor the dispensaries' work and will also provide required support, guidance and medicines on regular basis.

Mr Sumant Tiwari was invited as a chief guest at the time of inauguration. He addressed the people of the village and promised to provide sitting arrangements for the dispensary.

Village Pradhan Mrs Sarita Devi, Asha Mrs Geeta Devi, Pharmacist Mr Sudeep along with other members took part in the event and pledged to take care of the dispensary.



Future Expansion

We are planning to connect 4 more adjacent villages which came in the 5km periphery from Gadgu. These villages are Gair, Goriya, Masoona, Gurua. Total families in these villages are **292** with total members of approximately **1460**.

Expenses (Inaugural plus three months expenses)

The process till the inauguration of the dispensary consist of many steps such as **visits, surveys, meetings in village, permission from DM, CMO, village thana, Mandir Samiti, Appointment of pharmacists.**

The entire process take approximately 6 days and the team Pyare Foundation visits these villages for 6 days to complete the process. The expenses of the team visit for 6 days are as follows.

First three months expenses of one dispensary

S. No	Purpose	Amount (in INR)	Remarks
1.	Transportation	4500	1500 per head
2.	Accommodation and meal	9600	3200 per head
3.	Survey and other hidden expenses.	3000	
4.	Inaugural ceremony	2000	
5.	Medical instruments		
	a. Blood pressure machine	1350	
	b. Sugar machine	1000	
	c. Weighing machine	900	
	d. Thermometer (2)	300	
6.	Medicines (Over the counter product, health supplements and sanitary pads)	25000	
7.	Pharmacist remuneration for charity work	5400	1800 per month
8.	Asha remuneration for charity work	2400	800 per month
9.	Supervisor's remuneration for charity work	2400	800 per month
Total (three months expenses)		57,850	

Next 9 months expenses for a dispensary

S.No	Purpose	Amount (in INR)	Remarks
1.	Pharmacist remuneration for charity work	16,200	1800 per month
2.	Asha remuneration for charity work	7200	800 per month
3.	Supervisor's remuneration for charity work	7200	800 per month

4.	Visits and verification	51,300	1 visit per 3 mopnths
5.	Medicines	50.000	Approximate value (depending upon demand)
Total (nine months expenses)		1,31,900	
Total (12 months expenses)		1.89.750	

Total expenses in Hudu village dispensary from October, 2016 to April, 2018 for 65 families/350 person is Rs 2,26,200.

40 days collective prayer for peace winded up with *Bhandara*

After the tragedy of Kedar Nath in which many lives were lost and vast resources wasted, a drive was started by Uttrakhand people to retrospect and correct the mistakes. It was seen that divine work had diminished and there was bad luck due to evil and ills. In order to overcome evils and ills, people prayed and worshipped. Pyare Foundation on its part participated in the morass or after affects of tragedy. We took decision to work in Uttrakhand for a noble cause with right action direction. Forty days of Puja path or prayers was placed for redressal of any wrong doings and forgiveness from sins. This was done by women folk of Hudu village in Uttrakhand.

Every day Bhajans and path puja was solemnised to please the deities to grant boon to never ever bring such kind of calamity in the hilly terrain of Uttrakhand. With all devotion and compassion towards the deities, the 40 days program came to an end and a Bhandara was organised by Pyare Foundation. The men folk made the arrangements for the program. In this bhandara, the locals and some nearby villages partook the prasad and made this event a success. Pyare Foundation has tried to become a useful partner in village building. The dispensaries have come, awareness has grown, camps are held and loyalty has grown.



An ancient traditional festival - Pandav Leela

Pyare Foundation became a part of rich Uttarakhandi culture when the team members participated and came to know about the Pandav Leela, a month long dramatise dance narrative of Mahabharata era. This was a rare opportunity for Pyare Foundation to know about the age old traditions and beliefs of Uttarakhandi tradition in particular an Indian culture in general.



Thank you