



# PYARE FOUNDATION

Promoter of society, culture and heritage

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## ANNUAL REPORT

# 2021-22

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# ABOUT PYARE FOUNDATION

Pyare Foundation is a multi dimensional group in the sector of human service and knowledge concern to represent and present skills, methods, procedure and approach that are primarily tailor made to fill the gaps of realignment/ delinquency. This group has experience to furnish the rights of self actualization and realization. The services would follow till shadow is removed and light transcends through written, psychological, presentable and consented manner. The foundation is equipped with latest and finest tools to overcome the difficulty in being geared and linked up to make the difference count towards the realistic change. This change is the utility or suitability through the honed skills to realize dream, drive, ambition and objective. The educated values inculcated with practical character enable opportunity, justice, recourse and discourse to be dutiful & momentous in small but sure means.



## Our Vision

Pyare foundation will support the system of care cure and heal for perfect health by standards, parameters and gradients that are universally scientifically and technologically accepted.



## Our Objective

The objective to create, capacitate and care, on the ideology that keeps the spirits of rising against all odds intact. Foundation is working for the benefit of physical and mental health of the society.

## Message From President

**Dear All,**

The Pyare Foundation is a multifaceted group in the human service and knowledge sectors that represents and presents talents, techniques, procedures, and approaches that are primarily tailor-created to cover gaps of realignment/delinquency. This organization has prior expertise in providing self-actualization and realization rights. Our services will continue until the shade is dispelled and light transcends via written, psychological, presentable, and agreed-upon means. The foundation is outfitted with the most up-to-date and cutting-edge instruments to overcome the problem of being geared and hooked up to make a difference toward actual change. This shift is the utility or applicability of the refined talents to actualize a desire, passion, ambition, or goal. Opportunity, justice, and remedy are made possible by educated values instilled with real character.

I want to make the world a better place by donating my money, energy, and beliefs to holistic health. When I reflect on my path in the social field, I feel proud and happy.

The pandemic has been a turbulent journey for a lot



**Dr. Anjali Thapliyal Kaul**

President - Pyare Foundation

of people, and more so for the marginalized sector of the society. I would keep thriving for everyone who's in need and to make this a beautiful community. So I would urge all of you to come help us in this endeavor

*Dr. Anjali Thapliyal Kaul*

# MAJOR PROJECTS & PROGRAMS

## WHERE WE SERVE

We have been serving for more than 9 years in the following regions. We are expanding our roots of service to more areas.

Delhi

Uttar Pradesh

Uttarakhand

## PROJECTS & PROGRAMS

1. Project Love

2. Project Shambhoo Leela

3. Project Govind Leela

4. Female Healthcare Units

5. Women Empowerment

6. Pranik Exercises and Mental Health Programs

7. Etiquette Classes

8. Journal of Interdisciplinary Approaches (JIA)

# PROJECT GOVIND LEELA CONCLUSION

## INTRODUCTION OF PROJECT GOVIND LEELA

Pyare Foundation established five mini dispensaries and female care units in five remote villages in Uttarakhand for the health issues in those remote villages. Pyare foundation has upgraded in promoting good health in a few areas. Some common illnesses, symptoms, and diseases are either unvoiced are suggested to build tolerance in unprivileged areas. This happens due to a lack of education, financial independence, inexperienced workforce. Women and children are more vulnerable to such situations. Therefore Pyare Foundation took the initiative to promote good health among women and other individuals.



## ACCORDING TO THE SURVEY CONDUCTED BY PYARE FOUNDATION IN 2016

Working Area	Rudraprayag, Chamoli, Uttarakhand
No of Districts in Uttarakhand	13
No. of Blocks in Rudraprayag & Chamoli	03 & 09
No. of Villages in Ukhimath	232
No. of Villages Karnaprayag	219

## OUR WORKING MODEL

Our model is straightforward, first the **team visits the village from Delhi**. They meet the **prominent personalities** of the place and make aware the villagers about the organisation and objectives. The vision of the trust is shared through functional and strategical structure prepared by the core team members. The project of Govind Leela and its benefits and advantages are revealed among people. The head of the town, the Pradhan briefs the organisation about their facility. The papers are formed and an agreement is given shape to be accorded recognition through village committee in **Panchayat Ghar**. The Pharmacist is chosen from the village and adjoining places and assigned the job of looking after the Mini Dispensary. **The medicines, supplements, syrups and other ointments are sent from Delhi to Dispensary**. The records and paper work are maintained for the proper running of the dispensary. The Pharmacist takes care of the dispensary and maintains statistics of the 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 looks over the entire project and takes the report from all the pharmacists and Ashas. The project head then must 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 price is **INR 20** for each person, and they can get medicines for ten days by using the same slip, but the distribution of the medication is according to the patient's requirement. This is maintained by the pharmacist.

# VILLAGES COVERED

## 1. Village Hudu

Valley	Tungnath Valley
Tehsil	Ukhimath
Block	Ukhimath
District	Rudraprayag
State	Uttarakhand
Date of Opening	03rd October, 2016

Hudu gram sabha villages are Hudu and Karndhar, where approximately 65 families are staying, totaling about **350 members**. The distance from Delhi to Ukhimath is around **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.

The process from inception of roots till the inauguration of the dispensary consists of many steps such as visits, surveys, meetings in the village, permission from DM, CMO, village Thana, Mandir Samiti, and appointment of pharmacists and allotment of medicines and necessary medical health equipment. The entire process takes approximately six days, and the team Pyare Foundation visits these villages for six days to complete the process. Pradhan Anil Lal, Asha, Rekha Rawat, Ashish a villager and pharmacist Arjun Singh were responsible persons to take care the unit.

Hudu connects these villages: Usada (80 families, 320 members), Kanda (35 families, 140 members), Daida (45 families, 180 members), Semar (35 families, 140 members), and Bringali (30 families, 120 members). Hence, the total beneficiary families are 290 and 1250 members.



# VILLAGES COVERED

## 2. Village Gadgu

Valley	Madmaheshwar Valley
Tehsil	Ukhimath
Block	Ukhimath
District	Rudraprayag
State	Uttarakhand
Date of Opening	22nd November, 2016

The foundation established its second dispensary at Gadgu Village, District Rudraprayag, Uttarakhand, on **22 November 2016**. The distance from Delhi to Ukhimath is **427.2 km**, and from Ukhimath to gadgu the Distance is **13 km**. There are about **110 – 120 families (around 600 members) in Gadgu**. The village is also one of the remote areas of Uttarakhand where residents used to travel very long distances for medical treatment by spending a lot of money and effort. In many cases, when the environment is unfavorable, the patients have to lose their life due to the unavailability of transportation facilities. Keeping all these issues, the foundation created a team of six members and a pharmacist responsible for the maintenance and work of the dispensary on the village level. The foundation regularly monitors the dispensaries' work and provide necessary support, guidance, and medicines. Village Pradhan Mrs. Sarita Devi, Asha Mrs. Geeta Devi, Pharmacist Mr. Sudeep singh were the responsible persons to take care of the dispensary.

Gadgu connects these villages: Gair (100 families, 480 members), Giriya (80 families, 400 members), Mansoona (250 families, 1000 members), Burua (50 families, 220 members). Hence, the total beneficiary families are 590 and 2700 members.

## VILLAGES COVERED

### 3. Village Gondar

Valley	Madmaheshwar Valley
Tehsil	Ukhimath
Block	Ukhimath
District	Rudraprayag
State	Uttarakhand
Date of Opening	17th May, 2017

The foundation established its third dispensary at Gondar Village, District Rudraprayag, Uttarakhand, on 17 May 2017. No adjacent village are near Gondar. It's the last village There are about 40 – 50 families (around 160 – 200 members) in Gondar. The village is also one of the remote areas of Uttarakhand where residents used to travel very long distances for medical treatment by spending a lot of money and effort. The distance from Delhi to Ukhimath is **427.2 km.** and from Ukhimath to gondar the Distance is **21 km and 6 km by foot.**

Pradhan Mr. virender singh, pharmacist Ms. Rajni panwar, Mr. Shiv singh negi were the responsible persons to take care of the unit.

# VILLAGES COVERED

## 4. Village Thapli

Valley	Badrinath Valley
Tehsil	Karnaprayag
Block	Karnaprayag
District	Chamoli
State	Uttarakhand
Date of Opening	11th January, 2018

The team established a fourth dispensary in the Thapli village, district Chamoli on 12 January 2018. The distance from Delhi to karnprayag is **436.6 km.** and from karnprayag to Thapli the Distance is 13.1 km. There are about 20 families (around 80 members) in Thapli. Mr. Suman Dimri inaugurated the dispensary in the presence of villagers, and written documents were exchanged. Record slips were gathered, and medicines were distributed in large quantities.

Village Pradhan Shri Suman Dimri, Smt Anita, Asha, Vinod thapliyal and Birender thapliyal are the responsible persons to take care of the unit Thapli connects these villages: Siri (45 families, 180 members), Sirpa (25 families, 100 members), Salyana (25 families, 100 members), Kulsaun (30 families, 120 members), Bagoli (50 families, 200 members), Bangaon (40 families, 160 members), Khankar (15 families, 60 members), Koti (50 families, 200 members), and Erwadi (50 families, 200 members). Hence, the total beneficiary families are 350 and 1400 members.

## VILLAGES COVERED

### 5. Village Ratura

Valley	Badrinath Valley
Tehsil	Karnaprayag
Block	Karnaprayag
District	Chamoli
State	Uttarakhand
Date of Opening	24th December, 2018

On 24 December 2018, Pyare Foundation, under its Health and hygiene project banner, Govind Leela, established its fifth (5th) mini dispensary and female health care unit at Ratura Village in Uttarakhand. Ratura village comprised of about 125 families (around 500 members) as per the 2011 census but now it has around 65 families (around 260 members) as per the latest data. Out of 65 families, around 40 families (160 members) are from harijan community.

# CONCLUSION

We are now concluding the phase 1 of project Govind Leela to restyle the project in a new way with few modern techniques and deliverables. The tools, ideas, team etc. will be improvised in the next phase.

## **The results of the phase 1 are described as below**

The project Govind Leela is concluded with the completion of phase 1 till 30 March 2022. We get following results out of this project from 2016 to 2022

- 1. 5 mini dispensaries and 5 female care units were established**
- 2. More than 1400 families and 6000 people were benefited**
- 3. Basic health equipment and medicines were provided**
- 4. Health camps in various villages**
- 5. Special care for females**

**NOTE: The phase 2 of Govind Leela project is yet to start in 2022.**



# ANNUAL **EVENTS AND PROGRAMS**



# Corona Warrior Certificate by Swarna Mahasangh Foundation

30th May, 2021

Swarna Mahasangh Foundation (Uttar Pradesh) presented Dr. Anjali Thapliyal Kaul, President of Pyare Foundation, with a certificate recognising her as a Corona warrior as a gesture of appreciation for her unwavering commitment to serving and assisting people throughout the pandemic.



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Registered by Ministry of  
Corporate Affairs, Govt. of India

## सवर्ण महासंघ फाउण्डेशन (उत्तर प्रदेश) वैश्विक महामारी कोरोना वायरस से लड़ रहे



श्री आलोक रंजन आई.ए.एस.  
पूर्व मुख्य सचिव उत्तर प्रदेश  
(मुख्य संरक्षक)

### कोरोना सेनानी

—: सम्मान पत्र :—  
**डॉ. अंजलि थपलियाल कौल**  
संस्थापक व अध्यक्ष प्यारे फाउंडेशन



कोरोना (कोविड 19) के भारतव्यापी लॉकडाउन में जनता के प्रति आपके द्वारा प्रदान की जा रही सेवाएं अतुल्य व अनुकरणीय हैं। सवर्ण महासंघ फाउंडेशन, विश्व स्वास्थ्य संगठन (WHO) व भारत सरकार (Govt. of India) के दिशा निर्देशों में आपके द्वारा आम जनता को प्रदान किये जा रहे सहयोग के लिए आपका अभिनंदन करता है साथ ही आपके उज्वल भविष्य की कामना करता है।

—: सम्मान कर्ता :—

**सवर्ण महासंघ फाउण्डेशन**  
पंजीकृत कार्यालय :  
2/36, विराज खण्ड, गोगती नगर,  
लखनऊ-226010 (उ.प्र.) भारत

श्री गजेंद्रमणि त्रिपाठी  
राष्ट्रीय अध्यक्ष

टा0 ओम प्रकाश सिंह  
राष्ट्रीय संयोजक

श्री अंशुमान दुबे  
राष्ट्रीय उपाध्यक्ष,  
प्रदेशप्रभारी

श्री दीपक अग्रवाल  
प्रदेश संयोजक  
उत्तर प्रदेश

# Pledge of 5000 Trees Plantation

9th June, 2021

Hindustan Scouts & Guides is a non-profit organisation that has been active in India for many years, and its volunteers participate in a variety of activities and events. This time, members of HSG, in collaboration with Pyare Foundation, pledged to plant 5000 trees over the course of a year, from June 5, 2021 to June 5, 2022. They are grateful for the opportunity they had of working with the nice and hardworking members of HSG. Around 80 people signed the pledge, planting up to 50 plants thus far. Pyare Foundation joins them in planting trees for a healthier environment, they encourage others to do the same.





# Mask Distribution at **Primary Health Center, Dehradun**

25th June, 2021



Mr. Yogesh Prasad Semwal, Vice President at Pyare Foundation, distributed medicines and masks to corona fighters at the Primary Health Center in Selakui, Dehradun. Dr. Tejendra, previous Medical Superintendent of CHC Sahaspur, MOIC Doctor Uma, Chief Pharmacist Krishnanand Raturi, ANM Rashmi Bhandari, and all Ashas and staff nurses, as well as other healthcare personnel participated in the activity.



# Commencement of Skill Development Program

4th July, 2021

Pyare Foundation has unveiled a new educational, awareness, and character-building initiative for children in grades 10 through 12. The plan is to have numerous workshops every Sunday that would aid many pupils in better comprehending topics and enhancing their personalities. The project began on July 4th and will finish on December 5th, 2021, spanning a total of 22 Sundays. The first meeting cum session was held on July 4th itself, with many students in attendance at our Dilshad Garden communication centre.



# Further Skill Development Programs

11th July, 2021 to 5th Dec, 2021

## Mr. Kumar Amlendu

**Artist, Graphic Designer, Animator, Founder of Artcozy institute of fine art and craft**

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Mr Kumar Amlendu placed sessions of Graphic Design for 3 weeks in which he explained about Graphic Design and took a quick session on Adobe Photoshop.

## Mrs Ritu Gupta

**Experienced Corporate Trainer, Spoken English Teacher, Founder at Stepping Minds and Herbalspume**

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Mrs Ritu Thapliyal took 3 sessions on Spoken English for 3 weeks for the people who were eager to learn English language. She also took doubts from number of people in those sessions.

## Mr Atul

**Calisthenics & Fitness Trainer, Calisthenics Instructor with 4+ years of experience**

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Mr Atul has 4+ years of experience as Calisthenics & Fitness Trainer. He disclosed all about fitness during his 3 weeks session to all the fitness freaks.

## Dr. Anjali Thapliyal Kaul

**President at Pyare Foundation, More than 10 years of teaching experience, Founder of Shivpriyarudrani**

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Dr Anjali Thapliyal Kaul, president at Pyare Foundation took career counselling sessions for young minds. She motivated and guided students from various fields in her 3 weeks sessions.

# Further Skill Development Programs

11th July, 2021 to 5th Dec, 2021

## Mr. Rajesh Kaul

**Secretary at Pyare Foundation, Author, Editor in Chief of Journal of Interdisciplinary Approaches**

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Mr Rajesh Kaul, secretary at Pyare Foundation took meditation and Yoga classes in his 3 weeks sessions. He motivated and guided all the participants during the sessions.

## Mr. Gaurav Thapliyal and Mrs Sushma Thapliyal

**Clinical Psychologist, Center for Special Education, Muscat**

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Mr Gaurav Thapliyal and Mrs Sushma Thapliyal jointly took 3 week sessions on mental health. They disclosed plenty of knowlegable and useful information to the participants.

## Dr. Reena Chikara

**President at Abhyudaya Charitable Trust, Reiki Healer, Acupressure Therapist**

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Dr. Reena Chikara, a Reiki healer and Acupressure therapist, took 3 weeks sessions on Acupressure and healing

## CONCLUSION

The entire program went very well, and we were able to organize 22 sessions with experts from various fields. During tenure, people from different age groups joined the sessions and got a beneficial learning experience. Skills are an essential requirement for almost everyone. Some aspire to learn it for professiional purposes, some just for knowledge and experimentation, while some for their passion. However, insufficient resources stand out as a significant problem in learners' paths. Therefore we withhh our initatiive have tried to cover up the gap and educate India for its enlightenment and innovations.

# Corona Warriors Appreciation Program

21st July, 2021



Mr. K.C. Raturi (Chief Pharmacist) and Mr. Jeet Mani Penuli (Editor “Pahado ki Gunj”) were named Corona Warrior 2021 by Team Pyare Foundation on July 18th at Hotel Vishal Residency in Dehradun, Uttarakhand. The event was attended by the President of Pyare Foundation Dr. Anjali Thapliyal Kaul, Vice President, and Secretary of the core body. People from many disciplines attended the event and expressed their ideas and opinions.

# Plantation Drive

22nd July, 2021



Pyare Foundation launched a project in collaboration with Team India Scouts & Guides. Volunteers from many walks of life sent images of themselves planting and watering plants. We should all plant trees and plants and care for them so that we can ensure a better future for the coming generations and continue to breathe pure and clean air tomorrow as well.

# All India Panchayat Parishad Meeting

28th July, 2021

Mr. Balwant Rai Mehta founded All India Panchayat Parishad and Pyare Foundation discussed about how and by which means the youngsters get right direction and a sense of pride for their nation and culture. Mr. Valmiki Prasad, the president of AIPP is really a source of inspiration for all of us.



# Independence Day Celebration

15th August 2021

On the occasion of the 15th of August Independence Day (Platinum Jubilee), the President of Pyare Foundation, Dr. Anjali Thapliyal Kaul, was summoned by the Akhil Bhartiya Panchayat Parishad organisation for flag hoisting. The ceremony was attended by the president, Secretary Rajesh Kaul, and Paras Kumar, an active member of our organisation.





# Kavi Sammelan

21st August 2021



On August 20, 2021, Sri Kedar Khandi Ji hosted the Kavi Sammelan at Vasundhara, Ghaziabad. It was a refreshing and reminiscing memory of the previous poet slams. Our president, Dr. Anjali Thapliyal Kaul, was also invited to this ceremony and performed a poem she had written on her own.



# Teacher's Day Celebration

05th September 2021



The Pyare Foundation family gathered to celebrate the Teachers Day. The 25 trainees expressed their thanks to their mentor and President, Dr. Anjali Thapliyal Kaul. It was a very warm gesture in an over whelming atmosphere. As a sign of their appreciation, the volunteers cut the cake and presented a gift. After then, a general meeting was organised to inform everyone about the next initiatives.



# Plantation Drive

14th September 2021

Volunteers from a variety of neighbourhoods lent a hand to the planting drive. It was part of the Pyare Foundation's effort with Team Hindustan Scouts and Guides. They've planted plants in areas where people have littered recently in order to encourage and create a greener with plastic-free environment.



# Gandhi Jayanti Celebration

02nd October 2021

Pyare Foundation, in collaboration with Hindustan Scouts and Guides volunteers, commemorated the birthdays of Father of the Nation Gandhi Ji and Lal Bahadur Shastri Ji on October 2nd. The Foundation, along with all of the volunteers, pledged to make India plastic-free and motivated everyone in present by distributing out cotton cloth bags.



# Female Health & Hygiene Awareness Program

14th December 2021

A Female Health and Hygiene Awareness Workshop was held at Dr. Jacques Vigne National School in Guptkashi Rudraprayag on December 13th, 2021. The workshop was attended by Pradhans, Locals, and Government officials, with Shaili Prajapati and Deepika Kandpal representing the District Magistrate as the primary guests. Attendees were given mementos and shawls as a token for their enthusiasm and devotion towards the cause. Finally, organization members provided sanitary pads, hand sanitizers, and face masks to everyone. Lunch was also organised for 250 people at end. A reimbursement of Rs 24, 500 for Lunch was made by DM, Rudraprayag.



## Meeting with Mr. Teerath Singh Rawat

19th December 2021



Dr. Anjali Thapliyal Kaul, the President of our esteemed organisation met with Mr. Tirath Singh Rawat (Member of the Lok Sabha) at his residence in Delhi on 19th December 2021 to present him with a memento and a few other gifts in appreciation for the workshop on women's health and hygiene that Pyare Foundation had hosted in Uttarakhand on December 13th, 2021. He was invited as the principal guest but owing to his legislative sessions he was unable to attend the event. As a result, our President and Secretary presented him with a gesture of respect and admiration.



# Shelter Home - Avadhoot Bal Seva Kendra

October, 2021 - December, 2021

Pyare Foundation initiated a program “Avadhoot Bal Seva Kendra” for 3 months started from October 2021 to December 2021. The program was for overall development of children. The daily schedule at the center started from morning till evening. In the morning, children were served with breakfast which was followed by an academic session till lunch.

Academic session covered all the subjects and school homework which was followed by lunch. After lunch, extra-curricular activities were performed like mental exercises, entertainment exercises, dance, poems etc. In the evening, children were served with snacks. At 5 O clock, all the activities were winded up with prayer.

The breakfast, lunch and evening snacks were under check of nutrition value. It was really a wonderful, overwhelming and an amazing time for Pyare Foundation.

In the future, we will plan and work on such kind of programs with dedication.



# Christmas Celebration in Shelter Home

25th December 2021

Upon the eve of Christmas, we held a celebration on the grounds of our shelter home (AVADHOOT BAL SEVA KENDRA). Many executives from the organisation attended the celebration, including our own Dr. Tanushree Gahlot, who brought chocolates and appetizing goodies for our children and shelter house employees. We are grateful that everyone backed us up on this. Along with that, we honoured Pt. Madan Mohan Malviya's birthday. He was dedicated with dance performances and poem recitations by the children of the shelter home.





# Trimaduram Baisara Trust Trip Arrangements

10th March 2022

The Tri Madhuram Baisara Trust conducts a three-day tour for 17 kids from Uttar Pradesh to Delhi. Pyare Foundation welcomed the team with flowers, shawls and breakfast.



# International Women's Day

08th March 2022

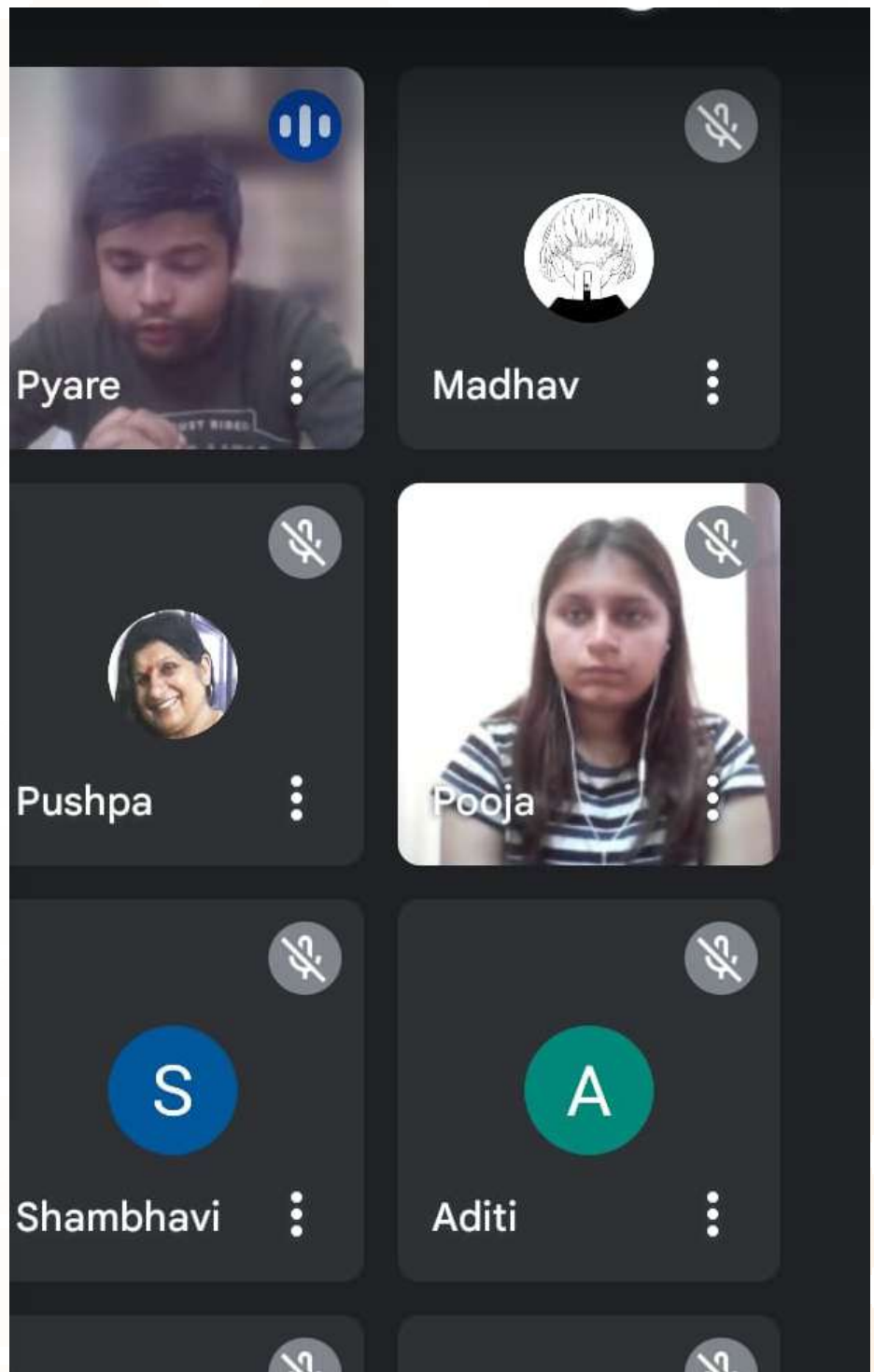
On the occasion of the international Women's Day 2022, Shree Ram Group of Colleges at Muzzafar Nagar U.P. conducted a motivational workshop for their students. It was really a wonderful session for college as well as Pyare Foundation.



# Orientation Session with **UPES** **University Dehradun**

14th March 2022

Pyare Foundation hosted an orientation seminar with students from UPES on March 7, 2022. It is a renowned petroleum University in Dehradun. The purpose of the session was to provide a quick assessment of the organisation and to inform them about internship program for which we have signed 5 years of MOU with UPES. This is our second internship program with UPES. Mr. Rohit presided over the meeting, which was attended by all members, including the President, Secretary, Deputy Secretary, and Operations Head. The internship tenure will be from 1st June, 2022 to 1st August, 2022.



# Kavi Sammelan Chandra Kunwar Bartwal Samriti Manch

16th March 2022

Pyare Foundation, in collaboration with Himvant (Chandra Kuwar Bartwal Smriti Manch), held a Kavi sammelan, on March 16, 2022, which is an annual engagement for both groups. Poets/ Kavis from different activities are invited to participate in this program and read their poetry. This year, many teenagers attended the event. They were all aged from 12 to 20 and performed a dance and a poem in front of the community.





# THANK YOU

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You can know more about us on our website

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[www.pyarefoundation.org](http://www.pyarefoundation.org)

STAY CONNECTED

