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ANNUAL REPORT 2020-21

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pyarefdn@gmail.com | www.pyarefoundation.org | +91-9811409367

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INTRODUCTION

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.

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.

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

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. Being the caretaker of the organisation I am concerned about the people basic health and hygiene. During the year 2020 we have seen



lot of miseries and distruction in the lives of nearones and dearones. I urge everyone to not to take this pandemic lightly and keep yourself and your relatives healthy in all the possible ways. I know work is also important to earn daily bread for the family but stay at home untill and unless it necessary to go out.

Stay safe and healthy

Dr. Anjali Thapliyal Kaul

ONLINE DRAWING AND PAINTING COMPETITION

08th April 2020



The imposition of the lockdown due to the corona virus pandemic situation has deeply impacted the mental health of not only the working-class people but also of the children as well. Expression of art through paintings and drawings is a good way to distract ourselves from the daily news updates of deaths and rising covid cases. Pyare foundation provided an opportunity for children to showcase their innovative and creative ideas on a piece of paper using colours of hopefulness and innocence. Pyare foundation organized a painting and drawing competition for children belonging to the age group of 7 to 14 years on the theme- Corona VIRUS. The main aim of the competition was to spread awareness about the deadly pandemic and precautions required to fight against the disease. Dr. Anjali Thapliyal Kaul (President Pyare Foundation), Mr. Kumar Amlendu (Founder - Artcozy) and Mrs. Kanu Priya (Event Coordinator) were the judges of the competition. The participants were awarded with certificate of participation and the top three winners were rewarded with the certificate of appreciation.

ONLINE DRAWING AND PAINTING COMPETITION

08th April 2020



Total number of participants: 79

Winners

First position: Sajal Jain Second position: Sharanya Pathak Third position: Shagun Sharma

GAYATRI MANTRA COMPETITION

17th April 2020



The Gayatri Mantra is a universal prayer. It is believed in the Hindu culture that chanting the Gayatri mantra induces certain vibrations of the sound produced while reciting the carefully designed words of the mantra. It is believed that these vibrations help sharpen the intellect and brightens one's memory. Chanting of this mantra is given the position of higher meditation. Pyare foundation in association with Kidzee Play School Jagriti Vihar, Meerut gave an opportunity for children below 6 years to showcase their talent of enchanting the powerful Gayatri Mantra. The foundation received absolutely amazing responses. The entries were full of innocence and accuracy. The students indeed gave tough competition to one another. Dr. Anjali Thapliyal Kaul (President - Pyare Foundation), Pt. Asharam Nautiyal, Vedpathi - (Kedarnath Dham, Himalaya), Dr. Meenakshi Arjun (Center Manager - Kidzee) served as the esteemed judges for the competition. All participants were given participation certificates and top three winners bagged special award certificates.

GAYATRI MANTRA COMPETITION

17th April 2020



Total number of participants: 90

Winners

1st position: Ishi Sharma 2nd position: Hnashika Gupta 3rd position: Udiksh Pal and Parth Tyagi

Consolations

1st: Vriti SindhwaniGupta2nd: Shanviand Parth Tyagi3rd: Ekaansh Vishnoi

Best Execution: Vishnu Thapliyal | International Participant: Samar Wali Special Category: Jeesha Koul | Best Presentation: Vedika Dube

SINGING COMPETITION

06th May 2020



Singing is an art, the way of coordinating the pitch and frequency of one's voice with the musical beats. Singing serves as instrument to carry the culture and traditions from one generation to another. There are several well-known epics which have been sung and passed on orally blended with music and flowery lyrics. The promoter of culture and society,

Pyare foundation successfully organized a singing competition in regional language. The idea was to promote the diminishing importance of the regional languages in India. The registration of the competition was free from charges and the age limit was set from 15 to 20 years. All participants were given participation certificates and top three winners bagged special award certificates. The competition was conducted fully in online mode. Dr. Anjali Thapliyal Kaul (President Pyare foundation) ,Mrs. Shweta Kaul (Software engineer, Producer, radio and voice over/ dubbing artist), Mr. Rajesh Kaul (Author & secretary Pyare foundation) served as the judges for the competition.

SINGING COMPETITION

06th May 2020



Total number of participants: 17

Winners

First position: A.K. Ramanathan Second position: Priyanka Kumari Third position: Nikhil and Hemant Langer

CORONA WARRIORS CERTIFICATE OF APPRECIATION

13th, 15th & 18th June, 2020

The covid 19 pandemic has truly made us realize that "health is wealth, and the protectors of health are no less that God to us". The frontline warriors are no doubt the most vulnerable to get the infection, but still, they stand for us, they serve for us, without thinking even once about their near and dear ones and even about themselves. Dr. Anjali also stood as a corona warrior, discharging it as her duty towards the society. Dr. Anjali Thapliyal Kaul continuously involved herself in helping people of the different sections of the society amidst the widespread of the corona virus pandemic. She was rewarded with the certificate of appreciation as a corona warrior by All India Mantavya Foundation on 13th June, Rashtriya Mahila Samman Morcha on 15th June and Sarthak Pehal Samiti, Uttarakhand on 18th June for her extraordinary hard work and dedication in helping the society during the covid 19 pandemic.

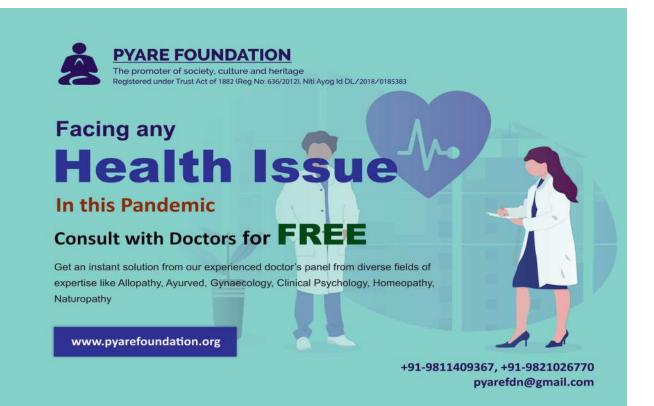






MENTAL HEALTH PROGRAMME

26th June - 26th August 2020



Medical science has defined the well-being of person not only in terms of physical health but also in terms of mental health. The urban population is slightly aware about these issues but the rural population has still some pre-notions attached to the word "mental" which definitely needs to be changed. The mental well -being of a person not only enhances one's performance in job or academics but also contributes to the overall happiness of the individual. Considering the fact that Mental illnesses affects 19% of the adult population, 46% of teenagers, and 13% of children each year, Pyare foundation initiated to help people suffering from depression and other mental health related issues. The foundation formed a panel of well qualified doctors to address and solve mental health related issues of the people. The program provides free consultation and advice from doctors with expertise in the field of mental health through a phone or a video call.

TELEMEDICINE PROGRAM

24th July - 24th September, 2020

The program commenced on 24th July 2020 and successfully continued till September 2020. The aim of the program was to introduce ways and means to attain good health, positive attitude, family welfare and life betterment. The program was equally sensitive towards the outbreak of the corona virus pandemic and the panic that emerged inside the country due to the rapidly increasing cases and deaths. The telemedicine program

offered counselling and advice to people facing distress and disenchantment through professional doctors with an expertise in their respective fields. The health experts associated within the initiative provided help and guidance to people seeking help to overcome ailments, infirmities, diseases, phobias, fear and weaknesses. A multidimensional approach of wellness was being employed which focused on physical, emotional, spiritual, intellectual, environmental and social well-being of a person. This initiative would have been impossible without the valuable contribution of the professional team of the doctors. The telemedicine program consisted of Dr. Sushil Kumar Arora (B.A.M.S.), Dr. Sonal



Rohtagi (Obs/Gynecologist, MBBS and MD), Dr. Tanushree Gahlot (MBBS), Dr. Sneh Pratap Singh (Homeopathic physician, D.H.M.S, Dip NIH Kolkata), Dr. Rajnish Bhardwaj (B.H.M.S), Dr. Vedprakash Maurya and Mrs. Sushma Thapliyal (clinical psychologists), Dr. Meenakshi Arjun (Naturopathy DNYS) and Dr. Sudhir Bagga (MD, MBBS). The range of doctors which were a part of the initiative enabled Pyare Foundation to aid a diverse group of people. People were given medical advice and guidance directly from the panel of well-experienced doctors via video conferencing, phone call or messaging. The program also employed interns for a better coordination and for working on health blogs to produce content concerning and addressing health issues.

INAUGRATION OF THE PROJECT LOVE IN ANSAL TOWN MEERUT

1st Sanuary 2021

Pyare Foundation took the step forward, with the full energy and great objective, the Project Love was inaugurated by our President, Dr. Anjali Thapliyal Kaul in Ansal town, Meerut, Uttar Pradesh on 1st January 2021. The motive behind this project is welfare of female. This project involves Promotional program of female personal care by promoting sanitary pads, medicines, supplements and doctor's consultation. Pyare foundation hopes that their efforts will not only help the needy at one time but also adds towards awareness and understanding which can be brought to the people and specially to the women of the society.







10 BLIND FEMALE SPONSERED BY MRS.SUDHA

5th Sanuary 2021



Mrs. Sudha Thapliyal sponsored 10 blind female's personal hygiene in totality. Pyare foundation pays gratitude for this generous contribution. People like Mrs. Sudha Thapliyal are gift to society. Pyare foundation hopes that this could be a motivation for the society, and people can do whatever for the welfare of others and the society will surely and proudly be benefitted by the acts of prudence.

PRESENTING HONOUR TO DR. H.N SHARMA

7th Sanuary 2021

Pyare foundation, President and the Secretary on 7th January 2021 visited Chandra shekhar centre for cancer care Delhi to meet and honour Dr.H. N SHARMA, Founder and Director of Chandra shekhar centre for cancer care Delhi. His efforts are of great help for the society and the needy patients, it is a revolution in the medical field and a great contribution as well. He was Political advisor to former Prime Minister, Chandrashhekhar Ji. Pyare foundation wishes and dreams for a better medical health system and structure in the country.





DR. ANJALI THAPLIYAL KAUL HONORED AND AWARDED WITH A PEACE MEMENTO

10th January 2021

On 10th January 2021 our President Dr. Anjali Thapliyal Kaul was honored and awarded with a peace memento by Jagannath Charitable Cancer Hospital, Ghaziabad, Uttar Pradesh for Therapy and Social service in society. She is a great motivation for the members of Pyare Foundation as well as other people of the society. Her dedication and contribution for the welfare of society is not forgettable and we are glad to have her as our President.







PROJECT LOVE IN SAHARANPUR

15th January 2021



Few more females got benefitted from "Project Love" (A Female Hygiene Program) in Saharanpur, Uttar Pradesh on 15th January, 2021 by Pyare Foundation with the support from local team members, Mrs Nanda Juyal, Mr Rahul Juyal and Ms Swati Babber. Female personal hygiene packages (sanitary pads and sanitizers) were distributed to females in the program. Pyare foundation is glad in helping the needy people and foundation will carry on it's every possible efforts for the welfare of society without any halt because happiness on the face of people fuels the foundation and the foundation goes on. We are not stopping so why not you also help the needy.



SESSION ON HEALTH AND HYGIENE





A session on Health and Hygiene in closing ceremony of Youth Week Festival which was organised by Hindustan Scout Club, Gulabi Bagh from 12th January, 2021 (Birth Anniversary of Swami Vivekananda) to 17th January, 2021 (Closing ceremony) was taken by Dr. Anjali Thapliyal Kaul (President - Pyare Foundation) and Mr. Rajesh Kaul (Secretary - Pyare Foundation). This session was very well planned and organised so that the importance of health and hygiene could be understood by people very easily. The systematic and impressive approach of the key speaker was really amazing and the session proved fruitful for everyone.



THIRD INAUGURATION OF PROJECT LOVE

31st January 2021

The third inauguration of Pyare Foundation's, Project Love concluded on 31st January, 2021 in Vasundhara, Ghaziabad. The goal of this project is to encourage the health of women in which one rich woman will provide sanitary pads to other needy women. Pyare Foundation will also provide free doctor's advice to these poor women in case of problems related to iron, calcium and particular health issues. Councillor of Vasundhara, Sector 1, Ward 54, Mrs. Manju Tyagi, graced the program. The team of Pyare Foundation, President - Dr. Anjali Thapliyal Kaul, Secretary -Rajesh Kaul, Deputy Secretary - Pushpa Thapliyal, Head of Operations - Parvesh, Head of Marketing -Rohit Kumar and Member - Ayesha Shaikh joined and along with this project Love of Ghaziabad, Smt. Neetu Sethi was nominated as president of project love for Ghaziabad.







FOURTH FOUNDATION DAY ORGANISED BY EK PAHAL SOCIETY

08th Sebruary 2021

Dr. Anjali Thapliyal Kaul (President - Pyare Foundation) and Mr. Rajesh Kaul (Secretary - Pyare Foundation) were honored on the occasion of fourth foundation day of Ek Pehal Society. The event was organised in Ghaziabad on 7th February, 2021.







INAUGURAL OF PROJECT LOVE IN KAITHAL HARYANA









Pyare Foundation's Project Love was inaugurated on 14 February 2021 in Kaithal, Haryana. The event was led by Project Love's Regional (Kaithal, Haryana) President, Advocate, Avi Chaudhary, which included many regional members besides him. The goal of this project is to encourage the health of women. In which one rich woman will provide sanitary pads to other needy women. Pyare Foundation will also provide free doctor's advice to these poor women in case of problems related to iron, calcium and some health issues.

HAUSLO KI UDAAN

22nd Sebruary 2021







On 22nd February 2021 team pyare foundation organised an event "Houslo ki Udaan" at Kidzee center, Meerut, Uttar Pradesh with the support of our very supportive and kind member, Chhavi Bindra (Founder & Director, Kidzee, Meerut). The event was a pre-celebration of the upcoming International Women's Day. The motive of the event was to honor two major female personalities with a lifetime achievement award and aware women regarding Pyare foundation's upcoming and ongoing events, projects and activities. The event got media coverage by local newspapers and news reporters.

FIRST DAY INAUGURAL OF HEALTH CAMP OF WEEKLY PROGRAM DIRECTED BY PMO









Our PMJAK was at extreme location in Uttarakhand, therefore, it was declared as a "MITRA KENDRA" by PMO. Hence a one week program needed to be organised by us and on first day of inauguration, a medical camp was organized in the auditorium of Block Ukhimath, District Rudraprayag, Uttarakhand on March 01, 2021 as directed by Hon'ble Prime Minister, Shri Narendra Modi's office, in which many villagers participated in large numbers. Apart from Pyare Foundation Team, Ukhimath Medical Officer, Dr. Renu Shah was also present in the camp. The motive of the camp was to spread awareness of health in the society and among the people. They were also told about various medical schemes and facilities which everyone is supposed to be aware of in case of necessity. The main objective was to make the public aware of the Prime Minister's, Jan Aushadhi Kendra. A daily report was also submitted to PM Office.

HEALTH DISCUSSION PROGRAM

2nd March, 2021





On the second day of weekly program of Pradhan Mantri Jan Aushadhi Kendra, Pyare Foundation organized a health discussion program at Shri Uttarakhand Ayurvedic Bhaishajya Kalpak (Pharmacist) and Panchakarma Sahayak (Panchakarma Technician) Training Institute Vidyapeeth on March 2, 2021, as directed by the office of Hon'ble Prime Minister Shri Narendra Modi Ji. The motive of the discussion was to spread awareness of health in the society and the institution as well. They were also told about various medical schemes and facilities which everyone is supposed to be aware of. The main objective was to make the public aware of the Prime Minister's Ian Aushadhi Kendra.

THIRD DAY PROGRAM "JAN JAN TAK JAN AUSHADHI

3rd March, 2021







As per the instructions of Hon'ble Prime Minister, Shri Narendra Modi Ji, the third day program "Jan Jan Tak Jan Jan Aushadhi" was also completed successfully on 3rd March 2021. The program was organized by the Pyare Foundation at Government Inter Mediate College, Ukhimath in which the college's teachers and students were made aware of the Prime Minister's Jan Aushadhi Kendra. These efforts of the Pyare Foundation are dedicated for the revolution in health status of the society. These efforts will carry on with positive hope.

HEALTH ESSAY WRITING COMPETITION

4th March, 2021





On March 4, 2021, "Health Essay Writing Competition" was successfully concluded on the fourth day of Jan Jan Tak Jan Aushadhi Awareness Week program organized by Pyare Foundation. The competition was organized at the "Saraswati Vidya Mandir, Ukhimath, Rudraprayag", whose main objective was to make the public aware of the Prime Minister's Jan Aushadhi Kendra. Many students participated in this competition and essays of some students were also selected for further selection. Competition was fruitful for the students and also they get aware of the Prime Minister's Jan Aushadhi Kendra.

GIFT AND SANITARY PAD DISTRIBUTION

5th March, 2021







On March 5, 2021, "Gift and Sanitary pad distribution program was organized in Government Senior Secondary Girls School, Ukhimath Rudraprayag" on the fifth day of Jan Jan Tak Jan Aushadhi Awareness Week program organized by Pyare Foundation. Its main purpose was to encourage students and make people aware of health and hygiene. People were also informed about the Prime Minister's Jan Aushadhi Kendra. This distribution program hoped that positive wave of awareness could be spread in Society. A very important issue of sanitary pad was discussed with the hope that awareness can be spread in the society and change can be brought.

6TH DAY OF JAN JAN TAK JAN AUSADHI AWARENESS WEEK PROGRAM









On 6th day of Jan Jan Tak Jan Aushadhi Awareness Week program organized by Pyare Foundation on March 6, 2021, "Students of Government Girls Senior Secondary School Ukhimath, Rudraprayag participated in health padayatra organized by Pyare Foundation and made people aware of Pradhan Mantri Jan Aushadhi Kendra. This Padayatra was very effective and fruitful. A positive wave of awareness was the only motive of the Padyatra. Students made people aware about health and its importance with the help of various method. Foundation will not stop until a revolution will come in the society for health and hygiene.

FINAL DAY OF JAN JAN TAK JAN AUSADHI PROGRAM JAN AUSHADHI DIWAS









A seven-day program organized by the Pyare Foundation, Jan Jan Tak Jan Aushadhi was completed on **07 March 2021 on Jan Aushadhi Diwas** with the address of Hon'ble Prime Minister, Shri Narendra Modi and 59 naunihals were awarded with certificates in the block auditorium of Ukhimath. This sevenday program was full of enthusiasm and energy and the organisation aims to bring awareness in the society related to Medical Health and Hygiene. Pyare foundation will come up with more awareness as well as medical support program.

WEBINAR ORGANIZED BY GOVERNMENT WOMEN SCHOOL, KHARKHAUDA, MEERUT, UTTAR PRADESH





On March 8, 2021, Dr. Anjali Thapliyal Kaul Ji (President - Pyare Foundation) was invited as the keynote speaker in a one-day webinar organized by Government Women's School, Kharkhauda, Meerut, Uttar Pradesh on International Women's Day, in which she spoke on women's empowerment She expressed her views and encouraged many women. Dr. Anjali Thapliyal Ji discussed various scope and fields in which women are supposed to participate. Her speech covered various aspects and was very effective and encouraging. Her participation in webinar was very fruitful for the audience and the program was of great importance.

ANNOUNCEMENT OF PROJECT RUDRA

11th March, 2021

Pyare FoundationannouncedProject Rudra onMahashivratri.More details willbe available inthe annual report2021-22

MATA MANGALA PRERNA SHAKTI SAMMAN

14th March, 2021







On International Women's Day, Dr. Anjali Thapliyal Kaul Ji (President - Pyare Foundation) was conferred with the Mata Mangala Prerna Shakti Samman by wellknown social worker and former Minister of State, Shri Sachchidanand Sharma Pokhriyal Ji. Mrs. Pushpa Thapliyal Ji (Deputy Secretary - Pyare Foundation) received the award on 14 March 2021 in her absence.

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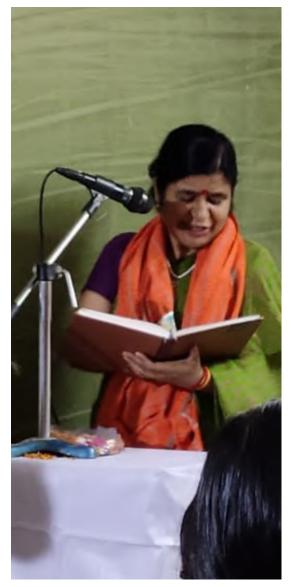
HOLI MILAN SAMAROH EVM HIMNANT KAVI SAMMELLAN 2021

27th March, 2021





Holi milan samaroh and Himvant Kavi sammellan 2021 was sponsored by Himwant and Pyare Foundation. This was organised on 27 Mrach 2021.





Know more about us on our website

www.pyarefoundation.org

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STAY CONNECTED