



# Pyare Foundation

The promoter of society, culture and heritage

370 - D J&K Pocket Dilshad Garden, Delhi - 110095

Annual Report - 2017-2018

## **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 unived. 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 2017-2018**

### **Health Campaigns**

- A health campaign was organised in Darmoda village of Jakholi block in Rudraprayag on 26th February 2017. Pyare foundation participated in the campaign and were represented by Pharmacists of dispensaries.



1. Arjun Singh
2. Sudeep Singh
3. Rajni
4. Laxman singh Negi - Media Partner Ukhimath

### The contribution of our team was

1. Management and Coordination
  2. Free medicine distribution
  3. Awareness and medical health consultancy
- Pyare foundation in the year 2017 again two more health camps were organised in the month of March and April. Theme of health campaign was “Health and Nutrition awareness” which was organised at Dilshad Garden East Delhi.

The camp was mentored by **Dr. Tanushree Gahlot Yadav - MBBS MD**. The women of adjoining slum areas especially maids were told to attend the camp in large number and take benefit from Doctor. We provided tablets to all the females who attended the campaign.



1. Calcium
2. Iron
3. Multi vitamins and minerals
4. Nutrition hygiene and family welfare advice by the Doctor

### The team members who made the camp successful were

1. Dr. Anjali Thapliyal Kaul
  2. Rajesh kaul
  3. Parvesh
  4. Rohit Kumar
  5. Shweta Tikkoo
  6. Preeti Nehru
- Pyare foundation supported a Hygiene awareness camp for females at shahbad dairy slum area at Rithala Delhi in association with jugnu a ngo and university students Volunteers and Doctors on 29 March 2018. The given benefits in the camp was



1. Hygiene Nutrition and family awareness consultancy
2. Free sanitary pads distribution
3. Free health supplements
  - a. Iron
  - b. Calcium
  - c. Multivitamin and mineral tablets

### The team Pyare was associated with the program

1. Dr. Anjali Thapliyal kaul
2. Rajesh kaul
3. Pushpa Thapliyal
4. Parvesh

5. Rohit kumar

## **Pratibha Samman Samaroh- April, 2017**

Pyare Foundation in association with Himvart and Uttarakhand club organised a program to appreciate laureates, academicians and authors in different streams Hindi, Gharwali, Kumaoni and Sanskrit and social workers. We salute those contributors and we have presented a trophy, shawl and certificate..

Dr R.P Bahuguna - Faculty of Jamia Milia with higher degree and esteem academician is a great social contributor not only by his academic skills but by his financial contribution as contributor of Pyare Foundation and has been a source of encouragement.

Mr Laxman Singh Negi - Editor of Panch Kedar a weekly paper a journalist and a social reformer or social selfless worker.

### **Following poets and authors were honored at the event**

1. Mr Devendra Singh Khatri for social service
2. Mr Chandan Singh Gusain for social service
3. Mr Mahender Singh Rawat for social service
4. Mr Mahesh Chandra for social service
5. Mr Harish for social service
6. Mr Dinesh Mohan Ghildiyal for social service
7. Mr Lalit Keshwan for Garhwali Literature
8. Dr Prithvi Singh Kedakhandi for Hindi Garhwali Literature
9. Mr Ramesh Chandra Ghildiyal for Hindi Garhwali Literature
10. Dr Hema Uniyal for Hindi Literature and Art
11. Mr Jeet Ram Bhatt for Sanskrit Literature



## Press conference at Ghaziabad, Uttarpradesh

Pyare foundation organised a press conference at Vasundhra Ghaziabad on 3 june 2017.

Purpose:

1. To introduce Pyare foundation with Media.
2. we showed how our etiquette and behavioural classes had performed.
3. Talked about our major health project Govind leela.
4. Introduction of our Shivpriya Rudrani an external supporting factor for health and behavioural issues.
5. Team Pyare foundation discussed about many more local issues of Ghaziabad.



### Promotion of Swadeshi Products(15th August, 2017)

A protest procession was taken out by organisation in favor of Swadeshi products. A voice was raised against the use of chinese products and complete ban on purchase of chinese products. Pyare Foundation stressed on the need of hour for ingenious growth and self innovation for applications of home grown products.





## **DAAN UTSAV at Delhi technological University(11th October, 2017)**

DAAN UTSAV, 2017 inauguration ceremony was organized at DTU by Jugnu Let's make everyone shine in the presence of Mr Rajesh Kaul ( Secretary - Pyare Foundation) and the college professors. Mr Rajesh Kaul addressed the audience with his golden words on the topic DAAN (the contribution) and encouraged the youth for being socially active



## **Garhwal Adhyayan Pratishthan felicitats literature, language, drama, cinema and lyrics promoters(6th December, 2017)**

In two back to back functions, Pyare Foundation was invited as guests of honor by Garhwal Adhyayan Pratishthan to listen, absorb and enjoy their regional field of literature based connection. Rajesh Kaul presented shawls as a honor to celebrities. The program were held at Rithala and Gandhi peace foundation, ITO, Delhi.



### A meet of social delegates(30th December, 2017)

A program was organised by Bharat Vikas Sangam under the guidance of founder K.N Govindacharya and convenor, member Rajya Sabha Basava Rao Patil on 30th December, 2017 at Gandhi Smriti Darshan Samiti Rajghat, Delhi. This was a two days workshop in which large number of social scientists, social entrepreneurs and social activists participated and threw light on the work and development in the social sector. The productive projects, well written books, innovative trends and improvising experiences were shared from the dias. The audience could gather information about the roles and objectives of some organisations and few personalities in the evolution of society. Pyare Foundation was taken through the gallery and given opportunity to relate or discuss about their trend setting initiatives. Pyare Foundation in brief highlighted about the much required social upliftment and emancipation work through their model approach.



## 25th anniversary of national commission for women(31st December, 2017)

On the occasion of 25th anniversary of NCW at Vigyan Bhawan Delhi on 31st December 2017, a session of introductory lectures, a section of informative talks by acid victims, rape survivors, domestic violence sufferers and NRI marriages legality with an interactive session was conducted.

The commission briefed the audience about the action plans and major achievements in the last 25 years. Pyare Foundation took note of all activities taken up by NCW and we also supported their campaign by incorporating their strategies and suggestions in the framework of our organisation.



## Homage to father of nation (30th January, 2018)

Gandhi Smriti Darshan Samiti, Delhi organised an event on the martyr day of Mahatma Gandhi at 30th January lane on 30th January, 2018. Pyare Foundation was also invited to participate and grace the occasion. In this event many religious organisations, societies, schools and individuals delivered sermons and chants in their respective languages and religious ways. Homage was paid to the father of nation and demand was raised for peace in society and in all circles of clusters and we also prayed for peace to prevail and sustain in universe.



## Hindu Adhyatmik Mela(14th - 17th December, 2017)

Hindu Adhyatmik evam Seva Mela Samiti, Ghaziabad, UP organised 4 days Mela to promote those organisations working for the spiritual, social and cultural development. Pyare Foundation had the privilege to be amongst the top Hindu, spiritual and social organisation called to display and have discourse of their mission and vision and exhibit them.



### Project Govind Leela (Uttarakhand)

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

S . No	Villages	Block	Valley	District
1.	<b>Hudu</b>	Ukhimath	Tunghnath	Rudraprayag
2.	<b>Gadgu</b>	Ukhimath	Madmeshwar	Rudraprayag
3.	<b>Gaundar</b>	Ukhimath	Madmeshwar	Rudraprayag
4.	<b>Thapli</b>	Karnprayag	Pindar valley	Chamoli

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 **3 mini dispensaries** with **attached female care units** in three 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.

### **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**

<b>S. No</b>	<b>Purpose</b>	<b>Amount (in INR)</b>	<b>Remarks</b>
1.	Transportation	4500	1500 per head
2.	Accomodation and meal	9600	3200 per head
3.	Survey and other hidden expenses.	3000	
4.	Inaugural ceremony	2000	
5.	<b>Medical instruments</b>		
	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
<b>Total (three months expenses)</b>		<b>57,850</b>	

#### **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)
<b>Total (nine months expenses)</b>		<b>1,31,900</b>	
<b>Total (12 months expenses)</b>		<b>1.89.750</b>	

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

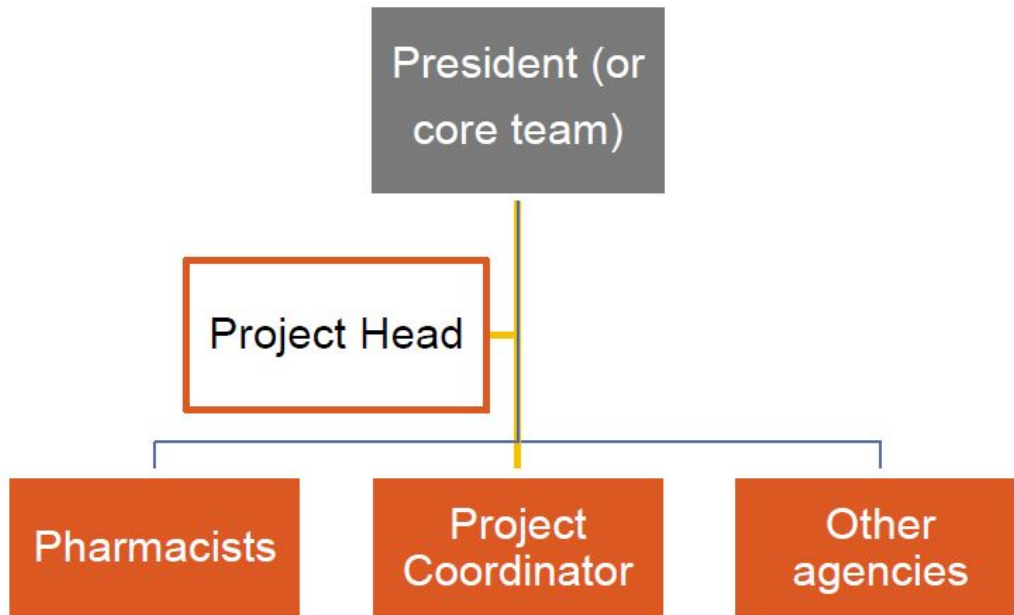
### **Our model**

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



### Village 3: Goundar Village – district Rudraprayag - 17th May, 2017

**Tehsil : Ukhimath**

**Block : Ukhimath**

**Valley : Madmaheshwar Valley**

The foundation established its third dispensary at Goundar Village, District Rudrapryag, Uttarakhnad on 17th May 2017. 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.

Village Pradhan Veer Singh Negi, Pharmacist Rajani along with other members took part in the event and pledged to take care of the dispensary.



**Village 4: Thapli Village – district Karnapryag - 12th January, 2018**

**Tehsil : Karna Prayag**

**Block : Karan Prayag**

**Valley : Badrinath Valley**

The team recently established fourth dispensary in the Thapli village district Karnprayag on 12th January, 2018. The dispensary was inaugurated by Mr Suman Dhimri in the presence of villagers and written documents were exchanged. A record slips were gathered and medicine distributed in large quantity.

Village Pradhan Shri Suman Dimri, Smt Anita, Asha and other members took part in the event and pledged to take part in the dispensary.



## Future expansion

There are 9 more villages which are adjacent but are not connected with each other, so if we open 2 dispensaries and female care unit at Salyana village, Bagoli village then it will cover 9 high population villages.

These are Siri, Sirpa, Salyana, Kulsaun, Bagoli, Bangaon, Khankar, Koti, Erwadi. These villages have good number of families approximately 70 families. By this expansion, we will be able to cater at least 630 families or 3150 members.

## Feedback



Mr. Mangesh  
Ghildiyal - DM  
Rudraprayag

I visited Mini  
dispensary of

Pyare foundation in Gondar and was happy  
to see their initiative. I assured the

foundation of my full help and support as I  
have written to state government about their  
role concern. I'll allow to hold health camps  
and awareness program.



**Manoj Rawat -  
Vidhayak kedarnath  
vidhan sabha.**

A intelligent lady with a kindhearted behaviour can only do this kind of job. Thank you Madam

President Dr. Anjali Thapliyal kaul for this welfare initiative



**Asha Nautiyal - Ex.  
Vidhayak kedarnath  
vidhan sabha**

I congratulate Pyare foundation that by opening the health

care units in our area they did what was expected from us the politicians of the area. Thank you for your great concern. I wish a good growth and success for Pyare foundation



**Rakesh Negi -  
Chairman  
Madhmeshwar valley  
vikas manch (17th  
May, 2017)**

We are always with you in this health development initiative. My wishes are with the team Pyare Foundation and also with Gondar village. Please nourish this initiative with love and affection



**Sumant tiwari - Kshetra  
panchayat sadasya  
Fhegu Nagjagai**

Commendable job done by Pyare foundation, a foundation which is really working on the pattern of universal wellbeing. God bless



**Sant lal shah - Block  
pramukh of Ukhimath**

I highly obliged by the wonderful efforts of Pyare foundation, an organisation which is seriously working for the human welfare. We are in need of such

kind of health unit. Great work done  
 Congratulations



**Shiv Singh Negi, project  
 Coordinator, Ukhimath**

In my whole life I saw many organisations working in our area but the working pattern and ideology like Pyare Foundation is unique for me. I really appreciate the work of Pyare Foundation, God bless.



**Laxman Singh Negi -  
 Media Partner, Ukhimath**

The pain taken by Pyare Foundation for the health welfare of these extreme remote villages is tremendous. I congratulate Pyare Foundation for their initiative and good efforts. All the wishes for success in future ventures.



**Rakhi devi - Pradhan of  
 Hudu village**

We are really grateful to  
 Pyare foundation for

opening a health unit in our area



**Sarita Devi – Pradhan of  
 Gadgu village**

I think a very basic necessity that was due before was fulfilled by Pyare Foundation. We have many expectations from them as they give assurance to fulfill our medicinal requirements. Pyare Foundation can do for us in many ways than one in future.



**Suman tiwari -  
 Pradhan of Thapli  
 village**

It's a great privilege for village Thapli that Team Pyare foundation choose our village for their health project Govind leela. We are expecting more facilities and expansion of this unit in future Thanks and good luck to Pyare Foundation.



**Rekha Rawat - Asha at Hudu village**

Being a woman I always thought that someday we would have a health unit in our village. Pyare foundation made my dream come true. Thanks to Pyare Foundation. I am already associated with health welfare as Asha but face many problems because of no medical help. Pyare foundation filled that gap by providing medicines and basic health check up instruments. We are very grateful to team Pyare and Govind leela project.



**Geeta Devi - Asha in Gadgu village**

We are so thankful to Pyare Foundation for their dispensary and specially their female care unit saved the health of females in that area. I am grateful on behalf of the villagers. Thanks Pyare Foundation.



**Anita devi Thapli - Asha at Thapli village.**

I am very happy with the opening of the health unit . It is not only providing health support but employment to me. I pledge to run it with full potential and honesty. Thanks to Pyare Foundation.



**Arjun Singh - Pharmacist in Hudu village**

The villagers had to go to Ukhimath for simple medicines that used to take energy, time and money. The opening of a dispensary in Hudu has saved our resources and we thank Pyare Foundation for their good service.



**Sudeep Singh - Pharmacist in Gudgu village**

This is for the first time in the history of Gudgu that any NGO has

established an allopathic charitable dispensary for us. We are highly obliged and happy. Thank You, Pyare Foundation



**Rajni - Gaundar  
Pharmacist**

Pyare Foundation took the great initiative towards the health issues in the village.

Now the dispensary is benefitting many villagers and tourists. I appreciate the work of Pyare Foundation.



**Anil Lal - resident of  
Hudu village**

The presence of dispensary is a meaningful subject and it will provide healthcare to

villagers.



**Aashish - Govind  
Leela project  
Assistant**

It's really a love and care giving unit for us, we don't have



**Suman Devi- Pradhan of  
Goundar**

Being pradhan of this extreme remote village I was always worried about the health of my villagers. This problem

was solved my Govind leela project of Pyare foundation. I pay my heartcore thanks to team Pyare Foundation



**Pramod Thapliyal -  
Teacher at thapli village**

I am a teacher and I always think about the health issues to be solved.

This initiative of Pyare Foundation made our life better. Thank you Pyare Foundation for giving us care, help and medicinal support. Thank you again



**Birender Thapliyal -  
Resident of Thapli village**

We are living here in very harsh geographical

conditions. Majority villagers face joint pains backache and cold weather health issues. We are thankful to Pyare foundation to understand our problems and give solutions by opening the dispensary.



**Darshan  
Singh Rawat,  
Pushkar  
Singh  
Chauwan,**

**Devendra Singh Rana, Rajendra Singh Rana, kalam Singh Rawat, Ramchandar Singh Rana (Names are from right to left)**

Pyare Foundation did the commendable job by establishing a health unit in our villages.

### **Our future plans are**

1. Open more units
2. Connect the units with more adjacent villages
3. Convert the dispensaries into wellness centres with a wonderful intention of good life.

### **Wellness centres**

1. Yog and fitness team
2. Frequent visit of there nearby area personalities who are successful to lead a happy and healthy life means visit of motivators .
3. Some daily Sports recreation activities and small regular events.
4. Some entertaining activities.To make the life joyful and meaningful.
5. Introduction of natural products and therapeutic services.

Many nearby villages are also being benefited by the health unit. Thanks to Pyare Foundation.



**Amar singh Rawat -  
Resident of Hudu village**

At this age of my life I really needed health care. Pyare foundation gives us not only health care but affection and moral support too May god bless Pyare team



Eight units are running presently with dispensaries and female care units. We had 16 new requests from some more needy villages. Among 16 proposals, we have screened 6 requests. Till June 2019 we are trying to open at least 6 more units. Currently, we are giving health support to approximately 2000 people. If we will be successful to open these new units then the beneficiaries will reach up to 5000.

Till date we are not receiving any government grant. However we are managing very hard with our pocket and our contacts for the dispensaries.

## **Female health care units**

The foundation is taking a step in to pay attention towards the female issues of nursing their inner imbalances, inert disorders and in most psychological fears. This would be done in the by the improved services for the females who face one or the other hurdles to keep their health in check. The aim is to reaffirm the health awareness by action plan to solve the problems so that the results show improvement in the affairs if healthcare.



The health of pregnant ladies, emotionally weak, financially dependent and deservingly alert women becomes very important for us. The life of mother and child to be born, ailing mother, suffering wife and breaking daughter are the most crucial aspects to be worked upon. The typical and non typical problems would be given vent by the steps taken.

The sincere attempt is to regain foothold in the uneasiness and drop in confidence of mothers who wish to be at ease and feel confident about their physical self. This may be pertained to treatment, nurturing of illness, curing infection, selecting hygiene, giving normal deliveries, keeping health intact and selecting the right proportion. The counselling would also be taken up as the ladies would be enabled advices, tips, suggestions and counselling from time to time and have perfect chance to improve health standard. This is a step in the right direction as each stride would take nearer towards the goal to have the checks in place and plan to treat them convincingly. The moral of the story is to give the women all the facilities that are essential and take care of their health by special love showered on them through the efforts of work.



## Problems and health issues among females

1. Heavy monthly bleeding severe back and legs pain and low haemoglobin
2. Heavy white vaginal discharge weakness infection and bone decay.
3. Issues : Infection

## Solutions

- A. Sanitary pads
- B. Doxycycline
- C. Clotrimazol

A B and C are for vaginal infection

## Weakness

- a. Calcium
- b. Iron
- c. Multivitamins and minerals

## Sports tournament

A sports tournament was held on 9th June, 2017 at Dilshad Garden. The purpose of the event was to encourage underprivileged children for sports activities.

### There were two games organized for the children

1. Cricket
2. Chess

Children participated with full enthusiasm and enjoyed a lot. Trophies and medals along with certificates were distributed in during prize distribution ceremony.



## Pyare Foundation in media



**प्यारे फाउंडेशन की बैठक**  
सहारनपुर : प्यारे फाउंडेशन द्वारा एक सभा का आयोजन किया। सभा की अध्यक्ष डा. अंजली थपलियाल ने फाउंडेशन के द्वारा कराए जा रहे कार्यों को बताया। इस मौके पर जीएम गांधी ने प्यारे फाउंडेशन के संस्थापक बरिष्ठ अधिवक्ता लेखक व समाजसेवी प्यारे लाल कौल का संक्षिप्त परिचय दिया। जिसमें उन्होंने स्व. प्यारे लाल कौल को अपने उत्कृष्ट कार्यों के लिए अनेकों राष्ट्रीय व अंतरराष्ट्रीय सम्मान प्राप्त हुए। इस दौरान अमीर खान, सुधीर भारती, शैलेजा, जितेंद्र चौहान, राजेंद्र, राकेश तोमर, राहुल, रोहित, पुष्पा, नंदा, मीना, सुष्मा आदि मौजूद रहे।  
चंद अग्रवाल, मा. रामस्वरूप शास्त्री, सुरेश

**जीर्णोद्धार के बारे में बताया**  
सहारनपुर : प्यारे फाउंडेशन की आयोजित बैठक में प्यारे लाल कौल व शास्त्री में व्यक्ति शिवालय की जीर्णोद्धार करवाए जाने के उद्देश्य को विस्तार से बताया गया।  
पूर्व सभासद स्व. राजेंद्र जुयाल के आवास पर आयोजित बैठक में संस्था द्वारा कराए जा रहे कार्यों की जानकारी दी गई और जीर्णोद्धार हालत में शिवालयों का जीर्णोद्धार कराए जाने पर प्रकाश डाला गया। संस्था की डा. अंजली थपलियाल कौल ने कहा कि अति प्राचीन समय से रूद्राक्ष को नये एक रूप में प्रोत्साहित करने के लिए संस्था कार्य कर रही है। इस अवसर पर बरिष्ठ अधिवक्ता अमीर खान, बरिष्ठ पत्रकार सुधीर भारती, शैलेजा जुयाल, जितेंद्र चौहान, राजेंद्र, राकेश तोमर, राहुल पंडित, रोहित जुयाल, श्रीमती पुष्पा मौजूद रहे।

**प्यारे फाउंडेशन के कार्य गिनाए**  
सहारनपुर : प्यारे फाउंडेशन की हकीकत नगर में आयोजित बैठक के दौरान संस्था पदाधिकारियों द्वारा फाउंडेशन द्वारा कराए जा रहे कार्यों का विस्तृत ब्योरा प्रस्तुत किया गया। बैठक में अध्यक्ष डा. अंजली थपलियाल, जीएम गांधी, अमीर खान, सुधीर भारती, शैलेजा जुयाल, राजदान आदि उपस्थित रहे।  
**पचास हजार की दवाइयां चोरी**  
सड़क दूधली : थाना कोतवाली देहात के पुवारका गांव के अड्डे पर चोर दुकान में सेध लगाकर करीब पचास हजार रुपये की दवाओं की पेटियां ले

**कर्ट काइसम**  
**हेल्थ की कर्स्ट**

**शारीरिक व मानसिक दोनों के लिए लाभप्रद होता है रूद्राक्ष: डा. अंजली थपलियाल**



साहित्यवादा क्षेत्र में रहने वाली डाक्टर अंजली थपलियाल का कहना है कि रूद्राक्ष मानसिक व शारीरिक दोनों के लिए अत्यधिक महत्वपूर्ण होता है। रूद्राक्ष वह बीज है जो हमारे भीतर की अमिनी धुरी अर्थात् शिरा प्रदान करता है। इसका तात्पर्य यह है कि वह ऊर्जा (अग्नि) जो हमारे शरीर की चालती है, रूद्राक्ष उसे तत्त प्रवाहित होने में मदद करता है। अर्थात् हमारे शरीर को ऊर्जा व स्पन्दन प्रदान कर उसे तेजस्वी व सक्रिय बनाता है। रूद्राक्ष से सदा एक ऐसी ऊर्जा का प्रवाह होता रहता है जो व्यक्ति के शरीर में गति व जीवनता को बनाये रखता है।

**प्यारे फाउंडेशन एक नई सोच से चलने वाली संस्था है**

साधक हुसेन



**प्यारे फाउंडेशन गरीब बच्चों को शिक्षा ग्रहण कराने में हमेशा अग्रसर रहें हैं**

मनदूरी करने वाले बर्बक दुर्गुमि श्रेष्ठ को बनाकर रहते हैं और उनके बच्चे शिक्षा के अभाव के कारण उनकी के साथ बड़े होकर वह भी मनदूरी करने के लिए मनदूर हो जाते हैं और सच्चाई भी यही है कि वह पढ़ नहीं पाते हैं तो फिर उनके लिए मनदूरी ही एक बाव्र उपाय है। और हम आम्हो यही चाहते जा रहे हैं कि ऐसे बच्चों को प्यारे फाउंडेशन की अग्रगण्य श्रीमती डाक्टर अंजलि थपलियाल कौल को तो यह कहना पड़ेगा कि ऐसा एक पाठ्यक्रम क्या बन रही है। और मैं तबय लोगों से यही कहना चाहूँ कि ऐसी किसी भी संस्था को उसके सामाजिक कर्तव्य की हीमालय अचानक जरूर कम ही होना है कि संस्थाओं द्वारा समाज में गरीबों की व्याप्त समस्याओं को दूर करना समाधान करने में बेहतर साधक हूँ हों परंतु प्यारे फाउंडेशन ने एक मिशन जरूर काया में की है और यह एक बेहतर कर्तव्य है।

के लिए उनके या - आप भी यही सोचिए कर रहे हैं कि किसी तरह से उनके बच्चे पढ़ सिका पर एक बेहतर उपाय को तब आनी पहचान काया करे। और तबही का प्रथम कर्तव्य करे। अब हम बात करे प्यारे फाउंडेशन की अग्रगण्य श्रीमती डाक्टर अंजलि थपलियाल कौल को तो यह कहना पड़ेगा कि ऐसा एक पाठ्यक्रम क्या बन रही है। और मैं तबय लोगों से यही कहना चाहूँ कि ऐसी किसी भी संस्था को उसके सामाजिक कर्तव्य की हीमालय अचानक जरूर कम ही होना है कि संस्थाओं द्वारा समाज में गरीबों की व्याप्त समस्याओं को दूर करना समाधान करने में बेहतर साधक हूँ हों परंतु प्यारे फाउंडेशन ने एक मिशन जरूर काया में की है और यह एक बेहतर कर्तव्य है।

## Our dedicated team

1. Dr Anjali Thapliyal Kaul - President
2. Mrs Sushma Kotnal - Vice President
3. Mr Rajesh Kaul - Secretary
4. Mrs Pushpa Thapliyal - Deputy Secretary
5. Mr Gopal Dutt Thapliyal - Treasurer
6. Mr Rajendra Singh Rawat - Project Head - Govind Leela

7. Mr Rohit Kumar - Marketing Head
8. Mr Parvesh - Operations Head

# Thank you