

Activity Report

2021-22



M.R.FOUNDATION

(Registered under Indian Trust Act.1982)

Regd. Office:

B-6/13 (Second Floor), Sector-5, Rohini, Delhi- 110085

Email:mrfoundation@gmail.com, Mob.9999321716

Back Ground Information

The M. R. Foundation (hereafter referred to as "MRF" or "Foundation" or "Trust") is a self-governing and multi-disciplinary research and training institution established under the Indian Trust Act 1882. The Trust was registered on January 19, 1993, with the Sub Registrar in Delhi and holds registration number 1035.

The Foundation is registered under section 12A (1) of the Income Tax Act of 1961. Its registration number is DIT(E)/94-95/AY-555/94/265, dated October 10, 1994. The registration is effective from January 18, 1994. The Principal Commissioner of Income Tax has renewed the registration with registration number AADTM8869LE20217, dated September 24, 2021. The renewal is valid from the Assessment Year 2022-23 (Financial Year 2021-22) to Assessment Year 2026-27.

Main objectives of the Foundation

1. To promote and provide for the study, teaching and research in the field of the Indian System of Medicine.

2. To establish, conduct and manage Institutions and hospitals in different parts of India.
3. To promote, give aid and/or maintain institutions for the promotion of arts, literature, commerce and science including fine arts through public institutions, research institutions devoted solely for the purpose of diffusion of such knowledge and conducting research in appropriate field thereof for the benefit of the public.

Main activities during 2021-22:

Yoga Naturopathy promotional activities, events were organized in different locations in India, time to time in association with group of organisations such as Archana Yogayatan. Free healthy food items, clothes, Face masks, Sanitizers were distributed during Corona pandemic. In addition, guidance about safety, Hygiene, cleanliness was provided.

1. National Webinar on "Yoga, Naturopathy for Youth" was Organised at Mata Vaishno Devi University, Karta, J&K, India in Association.
2. "Celebration function on "International Day of Yoga" free Yoga camps & Health awareness activities cum

Workshops were organized in 30 villages in different Districts of eastern UP on 21.6.2021.

3. Mr. D.D. Kandpal. Managing Trustee of M.R. Foundation was inducted as Trustee of the Sushila Devi Charitable Trust (SDCT) and Great River of Happiness. The SDCT is having its building at Golna Karedia, Near Dhara Naula, Almora (Uttarakhand). So, the Foundation also initiated some of its activities at the premises of Sushila Devi Charitable Trust in association with Archana Yogayatan of which Mr. D.D.Kandpal is also a Founder Trustee.
4. The Yoga Lecture programme was organized at Sushila Devi Charitable Trust Almora on 27.11.2021 under the chairmanship of the Deputy Speaker of the Uttarakhand Government Sh. Raghunath Singh Chauhan. This was attended by about 500 participants from different location of India including nearby villagers. In the programme Lecture on Yoga & Naturopathy was delivered by Dr S.N.Yadav, Dr.Pawan Kumar Chauhan, NIOS, Ministry of Education and Yogi Krishan Sharma and other distinguish speakers. Students also demonstrated Yoga Asanas during the programme.
5. Health awareness Camps Workshops Symposium on: "Yoga, Naturopathy for Post Corona Problems" for 7days were organised by the team member in Kanpur, UP, India.
6. Regular Yoga, Naturopathy promotional activities has been started at Sushila Devi Charitable Trust, Almora center.
7. National Webinar Series part-1 for Uttar Pradesh Yoga Sports Association was organized on 28.5.2021.
8. On 9.9.2021 inauguration of Herbal Park at Sarita Vihar was organized.
9. On 2.10.2021 free yoga workshop was organized for Police colony, Sector-9, Dwarka, New Delhi.
10. On 16.4.2021 a workshop on "Stress Management through Yoga and Naturopathy" at Sharda University, U.P. was organized which was attended by more than 2000 students.

