



#2023-24 ANNUAL REPORT



ANNUAL REPORT

2023 - 2024



M.R. FOUNDATION

Parvati Moti Sadan, Ganetiya
Arari Rajwar, Turachoura, Almora-263658,
Uttarakhand

mrfgroups.org





1.	Message from the CEO	01
2.	Executive Summary	02
3.	Capacity Building	04
4.	Programs and Activities: Yoga and Naturopathy and other Health Initiatives Rural Development Community Engagement and Outreach Highlights of Some of the events	05
5.	Herbal Plants	11
6.	A Case Study of the Drinking Water	15
7.	Registration and Compliance	20
8.	Financial Overview	21
9.	Challenges and Future Directions	22
10.	Collaboration	22
11.	Guest House	23
12.	Acknowledgements	23
13.	Conclusion	23

CONTENTS



On behalf of the Board of Trustees and team at M.R. Foundation, Delhi and Almora (India), I am pleased to share with you our 2023-24 Annual Report.

“2023-24 has been marked by the continued expansion of our program capacity and a period of profound growth and impact for M.R.Foundation. thanks to the unwavering dedication of our supporters and Team members. Your support ensures that each day and night, we can meet the needs of villagers and families who rely on our critical programs so that they can get better outreach to health programme through Yoga, improve water supply and so on. The demand for our services continues to grow as families from near and far.

I am deeply grateful to every individual, corporate partner, pediatric partner, volunteer, donor, and member of our community who continues to stand by us and the families who rely on our services. As I look ahead to 2024, I do so with anticipation and confidence, knowing that together we will achieve even more. ”

Devi Datt Kandpal
Managing Trustee &
Chief Executive Office

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 financial year 2023-24 has been a period of profound growth and impact for M.R.Foundation. In the year 2023-24, the Foundation moved its office at Parvati-Moti Sadan, Ganetiya, Arari Rajwar, near Turachoura, situated in Development Block- Syaldeh, Bhikyasen Tehsil of district Almora (Uttarakhand) to achieve our mission to promote yoga, naturopathy, and holistic sustainable development in Almora, Uttarakhand. This has seen significant strides, driven by our commitment to enhancing well-being and fostering sustainable progress in our community.

About Almora (Uttarakhand)

Almora district, located in the Kumaon division of Uttarakhand, India, has its headquarters in the town of Almora, which is situated at an elevation of 1,638 meters above sea level. The ancient town of Almora has a rich history, predating its formal establishment. Originally, the land was under the control of Katyuri king Baichaldeo, who later donated a significant portion to a Gujarati Brahmin named Sri Chand Tiwari. In 1568, Kalyan Chand of the Chand dynasty founded the town of Almora at this strategically central location when the Chand kingdom was established in Baramandal. For more details, one can visit the official Almora district website.

The Foundation's office is located in the Development Block of Syaldeh, within Tehsil Bhikyasen in Almora district, Uttarakhand positioned approximately a kilometre above the Ganga River. The office is surrounded by the historically rich landscapes of Almora. Further details available in the Foundation's website.

Institutions as an autonomous bodies of the Foundation

In the 2023-24 fiscal year, the Board of Trustees of the Foundation approved the expansion of its activities through the establishment of autonomous bodies under it such as, Himalaya Yoga Sadhna Kendra (HYSK), Research Institute of Sustainable Innovation (RISI), Yuvaan Krishna Gosadan (YKG), and MRF Global Institute (MGI). This decision was made under Rule 3.8 of the Foundation's Rules and Regulations. These institutions undertake their activities from the Foundation's Almora office at Parvati Moti Sadan, Ganetiya, Arari Rajwar, Turachoura, Almora (Uttarakhand).

Taking Over Assets, Liabilities and Activities of the Krishna Samudayik Gosadan Samiti by the Foundation

During the 2023-24 fiscal year, the Foundation received immovable assets valued at Rs. 12,20,506/-, from the Krishna Samudayik Gosadan Samiti, Arari Rajwar, Turachoura, Almora. Additionally, it acquired a notional fixed assets fund (liability) of Rs.12,20,506 /- and Reserve & Surplus of Rs. 8,606/- from the Samiti. This transfer occurred following the Samiti's decision, dated November 11, 2023, to dissolve and hand over its assets to the M.R.Foundation. The Board of Trustees approved this transfer on November 30, 2023. The immovable assets comprise of land Rs,2,87,220/-, building of Gaushala Rs.2,84,015/- and Building of Help Age Home Rs.6,49,271/-, as per detail in the Fixed Assets Schedule.

The building of the Gaushala is in a dilapidated condition and is not in use. Apart from this, only one room out of four rooms on the building of the Help Age Home is in use, whereas the other rooms and the main gate, open area need repair.

With that being said, this annual report highlights this year's achievements, funds, and programs, which will in turn serve as a reference guide for any and all future programs to come.

Auditor of the Foundation: C.A. Hemant Singh Kathayat, Proprietor of the Chartered Accountant firm KSH and Company, has audited the Foundation's financial accounts in his capacity as its statutory auditor.

With that being said, this annual report highlights this year's achievements, funds, and programs, which will in turn serve as a reference guide for any and all future programs to come.



As part of its objective, the Foundation organises regular Seminars and health awareness programme sponsored by State/Central Government as well as non-Governmental organisations. The Foundation can also be contacted to organise conferences on Social/economic / Yoga & Naturopathy and Herbal plants by other organisations.

- **Event management:** The Foundation is capable to undertake Co-ordinating call for papers and registration, Participants, creating lists, Coordinate with Institute Authority on invitations, follow up on invitations, maintaining list of speakers & logistics, Coordination with participants, Participant bios/photos, meeting with service providers and negotiating rates, organising visas, Sourcing venues, service providers for translations, equipment, entertainment, printing, décor, promotional and corporate gifts, Designing invitation and name badges, Arranging international and local travel logistics, Selecting menus, Arranging theme dinners, Organising tours and site visits etc.
- **Data Collection:** The Foundation is capable of collecting data on various subject from rural as well as urban areas for researchers for different health and social science related issues for Central Government, State Government as well as different research Institutions.
- **Yoga sadhna and meditation programmes:** The Foundation attract small group of people interested in yoga sadhna and meditation programmes. Health awareness programme for individual in order to prevention and treatment of various diseases through yoga and meditation is carried out by the Foundation.

Join the Foundation in Shaping a Sustainable Future for India

The Foundation invites, individuals, organizations, or policymakers to join us on this transformative journey. Together, let's collaborate to foster growth and development in people and contribute to the progress of India.

Priority Areas of Intervention

- Sustainable ecosystem in Himalayan region
- Women and Child Development
- Sustainability Agriculture
- Education/Carrer advancement and employment generating programme
- Environmental Promotion
- Sustainability of water resources and water supply
- Health awareness programmes
- Promotion of Yoga and naturopathy
- Preserve Herbal Plants available in Himalayan region
- Street Cow Welfare
- Formation and Strengthening of Community-Based Organizations
- Livelihood Promotion through Individual and Group Entrepreneurship Ventures/Training Programs
- Human Rights Advocacy
- Sustainable social development & Social Security
- Tourism promotion in Himalayan region
- Lobbying and Networking to Address Issues Facing Neglected and Deprived Communities
- Monuments of National Interest

The summary of the current year's achievement is as under:

Yoga and Naturopathy and Health Initiatives

Our yoga and naturopathy programs have continued to thrive, reaching an increased number of participants across various age groups and backgrounds. Key highlights include:

- **Community Workshops:** We conducted over 27 yoga and naturopathy workshops, benefiting more than 5,000 individuals. These sessions focused on stress management, preventive health, and lifestyle improvements.
- **Specialized Programs:** Our specialized programs for women, children, and the elderly have been particularly successful. The introduction of tailored yoga routines and naturopathic treatments has led to noticeable improvements in participants' health and well-being.
- **Training and Certification:** We provided training to new yoga instructors, expanding our network of trained professionals who are now contributing to our mission and spreading our practices further into the community.
- **Dispensary:** At the Help Age Home at Turachoura, Almora free treatment and medicine is provided to the patients. This is operated with the help of Vaidya Shankar Dutt Sharma with the assistance of Ashirvad India Trust, Delhi.

Rural Development

Our rural development initiatives have made significant headway in improving the quality of life in the Almora region. Notable achievements include:

- **Infrastructure Development:** We contributed to repair a link road used by the community.
- **Sustainable Agriculture:** Our projects on sustainable farming, converting land use for herbal farming have empowered local farmers, resulting in increased resources and better soil health.
- **Economic Empowerment:** Through our various seminars and workshops, we have supported over many rural youths, fostering economic growth within the community.
- **Improvement of rural roads:** The Foundation have been regularly following with different authorities for improvement of rural roads in Almora.

Community Engagement and Outreach

We have strengthened our community outreach efforts, ensuring that our services reach those who need them the most. Highlights include:

- **Health Camps:** Organized free health camps, offering consultations, treatments, and wellness advice to underserved populations.
- **Awareness Campaigns:** Ran successful campaigns on the benefits of yoga and naturopathy, reaching over 10,000 individuals through various media channels and local events.

In the beginning of distribution of function of the Foundation in the current reporting period, we could continue our activities under Himalya Yoga Sadhna Kendra (HYSK) and Research Institute of Sustainable Innovation (RISI). The seminar on Seminar on “Health and Yoga: Relevance in Rural Life” on March 17, 2024 at Parvati-Moti Sadan, Ganetiya, Arari Rajwar, near Turachoura, Almora was organised by these Institutions.

Highlights of Some of the events

1. 16.05. 2023: Free distribution of Healthy Food and Health Awareness Camp’ was organised at Ruchi Vihar, New Delhi organised in association of Archana Yogayatan in association and Susuhila Devi Charitable Trust. This was sponsored by Mrs. Poonam Khanna in memory of her husband late Sh. Pradeep Khanna through Archana Yogayatan.
2. 20.05.2023: A workshop on ‘Spiritual and Cultural Development through Yoga and Naturopathy was organised at Sushila Devi Charitable Trust, Dhara Naula, Almora Centre in association with Archana Yogayatan and Great River of Happiness.
3. 11.06.2023: Workshop on “Traditional Yoga, Naturopathy in Villages” held at the centre of Archana Yogayatan, Medanipur, Ghazipur (U.P.) in association with Sushila Devi Charitable Trust and Great River of Happiness.
4. 18.06.2023: International Yoga Day 2023 at Pocket-C, Greater Kailash-I, New Delhi. sponsored by RWA, G.K.I, New Delhi in association with Archana Yogayatan and Sushila Devi Charitable Trust and Great River of Happiness.
5. 21.06.2023: International Yoga Day 2023 at Holiday Club, Panchsheel Enclave, New Delhi in association with Archana Yogayatan.
6. 21.06.2023: International Yoga Day was organised at Sushila Devi Cheritable Trus, Almora in association with other associated Trusts.
7. 21.06.2023: Dr. S.N.Yadav, presented talk on “Yoga Holistic Health Practices for Mind and Body” on the occasion of International Yoga Day 2023 through virtual mode organised by Heart Care Foundation of India . The event was Chaired by Ms. Naina Aggarwal Ahuja, Co-Hosted by Dr. Bhawna malik, Lovely Public Senior Sec School, Delhi, Dr.Anju Mehrotra, Kalik Public School, Ms. Pratibha Ahlawat, Maxfort School, Rohini, Ms Ronita Sharma, Jgannath International School and Ms. Pooja Gaur, Maharaja Agarsain School, Delhi.
8. 09.07.2023: A workshop on ‘Yoga for Holistic Health’ was organised at Office of the Vishwa Hindu Parishad, Karnataka. By Dr.Satya Narayan, Yadav, Vice-President of the Foundation and Managing Trustee of Archana Yogauyatan.
9. 27-28..11.2023: 27-28 October, 2023: Yoga and Naturopathy treatment and

training programme was conducted at in the Perfect Health Mela organised by Heart Care Foundation at Delhi Heart, Pitampura, Delhi. This was organised in association with Archana Yogayatan, Sushila Devi Charitable Trust, Great River of Happiness and International Federation of Yoga Professionals (IFYP).

10. 5-7.11. 2023: An International Yoga Seminar 2023 on 'Yoga for Health Wisdom and Harmony' was organised at Phul Chati ashram, Rishikesh, Uttarakhand. This was attended by delegates from 40 different Countries.
11. 17.3.2024: Seminar on "Health and Yoga: Relevance in Rural Life"



A Seminar on "Health and Yoga: Relevance in Rural Life" was held on March 17, 2024 in memory of Professor Maheshwar Dutt Kandpal, with participation from experts in yoga, social sciences, and the environment, along with other attendees. The event was organized by the 'Himalaya Yoga Sadhana Kendra' and the 'Research Institute of Sustainable Innovation' (an autonomous body under M.R. Foundation, Trust) at

Parvati-Moti Sadan, Ganetiya, Airari Rajwar, Almora (Uttarakhand).

In the first session of the seminar, Dr. Satya Narayan Yadav, Director of Archana Yogayatan and Vice President of M.R. Foundation, led participants in practicing yoga asanas in the morning.



In the second session of the seminar, all speakers paid tribute to late Professor Maheshwar Dutt Kandpal, former President of the M.R. Foundation and Akhil Bhartiya Manav Kalyan Sangathan, as well as Secretary of the Krishna Samudayik Gosadan Samiti, on his death anniversary. They also recalled his contributions to education, the environment, and rural development.

Mr. Sadanand Pandey, the seminar's Chairman, highlighted the personal and social qualities of Professor Maheshwar Dutt Kandpal, stating that he was "an extraordinary person who was strict with himself and generous to others. Such a multitude of achievements would have been impossible for an ordinary person to attain." Dr. Yadav, in his discourse on the topic "What is Health?", mentioned that "a person who remains

balanced in every situation is a true yogi." He linked Professor Maheshwar Dutt Kandpal's life to that of a yogi, dedicated to the upliftment of society.

Dr. Sadan Roy discussed how Professor Kandpal helped him and others in his circle by providing education and employment opportunities, thereby improving their socio-economic status. Professor Prakash Kandpal explained how Professor Maheshwar Dutt Kandpal achieved accomplishments equivalent to multiple lifetimes in a single life and how he became a source of inspiration, not only in Syaldeh Block, Almora, but also in Delhi, where his cooperative nature earned him a significant place among people of all castes and communities.

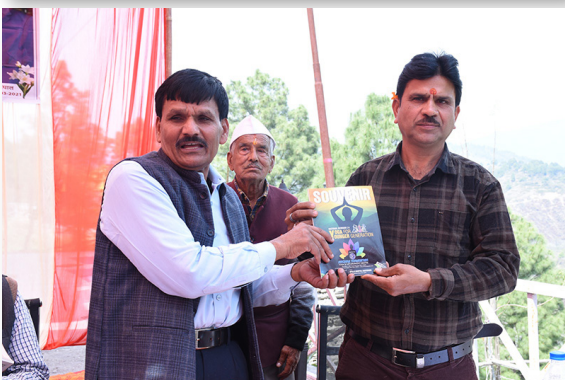
Following this, former Block Pramukh, Mr. Upreti spoke about how Professor Kandpal continuously corresponded with various government departments regarding the development of Almora (Uttarakhand).



Acharya Girish Jha, speaking online from the USA, explained the line from Patanjali's Yoga Sutras, "Yogaś citta-vṛtti-nirodhaḥ," emphasizing that "the mind is both the cause of illness and the cause of wellness."



Prakash Chand, the current president of M.R. Foundation, discussed the global significance of Uttarakhand and systematically highlighted the importance of its key sites.



Dr. Yadav explained that the primary reason for the prevalence of diseases in modern society is the growing distance from villages and nature. He emphasized that the remedies for all ailments are found in the elements of earth, water, sunlight, and air, which are abundantly available only in rural areas.

The 91-year-old Shri Premgiri Goswami, a recipient of the President's Award, stressed the importance of environmental conservation and the need to plant more trees. Shri Radha Raman Upreti, former Block Chief of Syalde, Almora, mentioned that by drawing inspiration from Professor Kandpal's life, the younger generation can contribute to society in the future.



During the event, several distinguished individuals from the region were present, including Nandavallabh Akoliya, President of Rudreshwar Temple, Sanara; Balwant Basanal, Principal of G.I.C., Basedi; the village Pradhan's of Arari (Hema Devi) Dungri (Shyam Singh Garkoti), and Sanara (Raje Singh); Deepa Bangari, Deputy Block Pramukh of Syaldey; as well as Amba Datt Kabdal, Ramesh Chandra Kandpal, Leela Dhar Masiwal, Kanta Vallabh Papnai, Hari Datt Rikhari, Har Singh Bangari, Kripal Singh, Dharam Singh Negi, Shyam Singh, a young blogger Gauri Pandey, Mr. Anand Bawari.

In the final phase of the seminar, senior and distinguished local guests, Aganwadi and ASHA workers were honored with shawls, and certificates of appreciation were awarded to social workers and youths. The seminar organizer, Dr. Devi Datt Kandpal, Managing Trustee of M.R. Foundation, urged everyone to maintain the health of both body and mind through yoga practice and meditation. He also assured that research work on yoga, rural development, and social sciences will continue at Parvati-Moti Sadan in the coming times.

Cultivation of herbal plants and collection of their leaves, barks and grinding them to make powder

The Himalaya yoga Sadhana Kendra promotes the cultivation of herbal plants and the collection of their leaves, and barks and grinding them to make powder by holding workshops for the farmers. These are used in preparing Ayurvedic medicines as well as Naturopathy and Ayurvedic therapeutic uses. Some of the Ayurvedic pharma companies are procuring these Leaves, bark and powder of herbal plants from the Farmers. This has helped in the generation of self-employment and increasing the income of the farmers in the hilly area. Many cultivations and collections of herbs have been made, as listed below in this effort.



पाती (Artemisia) आर्टीमीसिया की की खेती



पाती (Artemisia) आर्टीमीसिया की कटिंग



बिच्छू घास की खेती



बिच्छू घास



सगीना (Indigo) की खेती और पाउडर



Paribhadra (मानिरी)



Paribhadra (मानिरी)



परिभद्र छाल (मणिरी)



Paribhadra (मानिरी)



परिभद्र छाल (मानिरी)



Alkanet (रतनजोत)



Mullien



Akarkara



Lemon Grass



चीड़ के छिलके (Pinat bark)



चीड़ के छिलके (Pinat bark)



रती (गुंजा) के बीज



जड़ी—बूटियों का भंडारण

Implementation of the Jal Jeevan Mission (JJM) Scheme: A Primary Case Study of the Drinking Water Supply in Gram Sabha Arari Rajwar, Development Block - Syaldeh, Almora (UK)

The Jal Jeevan Mission (JJM) was launched on August 15, 2019, by Prime Minister Narendra Modi. This mission aims to provide all rural households with Functional Household Tap Connections (FHTC) under the slogan "Har Ghar Nal Se Jal" by 2024. It is a time-bound, mission-mode programme designed to ensure access to safe and adequate drinking water for every rural household.

In Uttarakhand, significant efforts have been made by the state government, through the Jal Nigam Sansthan, to maximize the reach of Functional Household Tap Connections. In Almora District, considering the challenging geographical conditions, water is typically lifted from rivers or natural waterfalls using electric pumps. The water is then stored in large tanks constructed on the highest nearby hills, from where it is distributed to surrounding villages through a network of pipes and smaller tanks.

However, a critical challenge remains: there is no provision for filtering the water, especially during the rainy season when it becomes muddy and contaminated. This lack of filtration poses a significant risk to the cleanliness and purity of the water reaching households. Moreover, the water supply is often disrupted due to frequent power outages, delayed repairs of electric pumps, and a shortage of skilled plumbers and engineers. These issues result in irregular water supply, making it difficult to achieve the mission's goals.

To ensure a reliable and safe water supply to every household, further efforts are required. This includes improving infrastructure, ensuring consistent electricity for pump operation, timely maintenance, and installing filtration systems to provide clean drinking water throughout the year.

Details and Water Supply Schemes at Arari Rajwar:

As per the information available on the Jal Jeevan Mission Dashboard, under the Department of Drinking Water & Sanitation, Ministry of Jal Shakti, Government of India, the details of the piped water supply schemes for the village of Arari Rajwar are as follows:

State : Uttarakhand,

District : Almora,

Block : Syaldeh,

Panchayat & Village : Ararirajwar

Number of habitations : 6,

No of Household: 68,

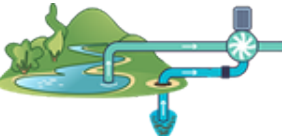

House hold with Tap Connection : 68


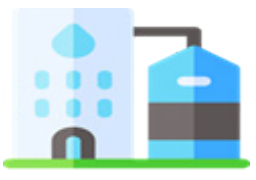

Total population : 210 (SC : 39 , ST:0, GEN: 171)

List of piped water supply scheme (Table-1)

S. NO.	Scheme Name	Sanction Year	Est.Cost (Rs.in lakh)	Rep. Exp (Rs.in lakh)	Status	Functionality Status
1	Arari Rajwar (scheme Id : 6253795)	Not Known	0.00	0.00	Completed	Functional
2	Shaktipeeth Gov Water Supply Scheme (scheme Id : 7737581)	2017-2018	1322.63	0.00	Ongoing	Functional
3	Retrofitting Fitting Works In Villages Arari Rajwar (scheme Id : 8367422)	2020-2021	19.47	0.00	Ongoing	Functional

Number(s) of Pipe Water Supply Schemes in village: Ararirajwar (Table -2)

Scheme No	1	2	3
Scheme Type	SVS	MVS	SVS
Scheme ID and Name	Arari Rajwar	SHAKTIPEETH GOV WATER SUPPLY SCHEME	Retrofitting fitting works in villages Arari Rajwar
 Source	6	1	1
 Treatment Plant	0	0	0

 Storage	0	0	2
 Disinfection	Not Provided	Not Provided	Not Provided
 FHTC Provided	2	0	56

(source: https://ejalshakti.gov.in/jjm/citizen_corner/villageinformation.aspx)

The data in Table-2 above, confirm that none of the water supply schemes in Arari Rajwar, serving a population of 271, is equipped with a water treatment plant. Moreover, under the heading of community engagement to manage water supply, there is no data available on name of Gram Panchayat members, women identify for field test kit (FTK) testing and operation and maintenance.

Water Supply Conditions in Arari Rajwar: A Case Study

The villages of Arari Rajwar Panchayat have long faced challenges in securing a reliable water supply for both domestic and livestock use. Senior residents recall that before 1984, the primary water sources were traditional "Chal-Khal" (small water bodies), rainwater harvesting ponds, and seasonal streams. These sources were often unreliable, especially during dry spells.

However, in 1984, a significant change occurred when the "Drinking Water Scheme" was introduced. Under this scheme, water was sourced from a natural waterfall ("Gadhera") near Bhaiswada village, with pipelines laid to supply every village with a community tap. At the time, water supply was sufficient even though 80% of the local population still resided in the villages and had livestock, averaging six animals per household.

Decline in Water Supply Infrastructure

Over the years, however, the condition of the infrastructure deteriorated. The filter tank constructed at the water source became non-operational, and many of the taps rusted. Despite a decline in population due to migration, the water supply situation worsened. To assess the current state, Mr. D.D. Kandpal, CEO of the Foundation, conducted a case study in the Gram Sabha Arari Rajwar of Syaldeh Block, Almora District.

Accompanied by a team, CEO of the Foundation visited the source of the water i.e. the natural waterfall near Bhaiswada, where it was confirmed that water continued to flow through pipelines without filtration. Retired villagers, including ex-servicemen and staff from the Jal Jeevan Sansthan, recalled how the scheme initially brought relief when implemented under the leadership of then-Chief Minister Narayan Dutt Tiwari. Yet, they confirmed that the filtration system became dysfunctional within 10 years of installation, with no subsequent attempts to restore it.

Observations from Field Visits

The team extended their investigation to other villages, including Ganetiya, Bhangoli, Sinuda, Bagjiwola, Arari and Churena. Despite the introduction of the Jal Jeevan Mission in 2021, which provided tap connections to 100% of the 68 households (with retrofitting completed in 57 homes), residents still rely heavily on the 1984 scheme due to irregular water supply from Jal Jeevan Mission Scheme. Furthermore, a scheme from 2017-18, the Shaktipeeth Gov Water Supply Scheme (ID: 7737581), is reported as functional, but there is little awareness of its actual benefits or status among villagers.

Efforts to Improve Water Supply

To address these issues, Mr. Kandpal, along with the village Pradhan and Gram Panchayat members, approached the Jal Nigam Sansthan office in Naula (Bhikyasen), submitting formal letters from the community and associated NGOs. Following these efforts, Mr. Vivek Pathak, Junior Engineer of Jal Nigam Sansthan, visited the water source on October 27, 2023. A subsequent survey in July 2024 confirmed the water source's sufficiency even in summer. The Foundation was apprised in a formal meeting with Jal Sansthan Officials that a proposal for significant upgrades, including new pipelines and filtration systems, have been submitted to the Board of the Jal Nigam Sansthan in Dehradun.

Proposed Upgrades

The following upgrades were proposed based on the current state of the 1984 scheme:

1. New filtration system: Construction of a large water tank with a filtration unit at the primary source in Bhaisada village.

2. Additional storage: Construction of two medium-sized tanks in Arari and Bhangoli, and four smaller tanks for Bagjiwola, Sinuda, Churena, and Ganetiya.
3. Separate pipeline: A new 3 km pipeline to directly supply Bhangoli and Ganetiya, by passing Sinuda, where water supply is disrupted by usage in lower-lying areas.
4. Replacement of infrastructure: Replacement of old pipelines and auxiliary equipment to ensure reliability.

These upgrades are critical to improving water access in line with the goals of the Jal Jeevan Mission, ensuring a reliable and clean water supply for the residents.

Current Status

As of this report, no official response has been received from Jal Nigam Sansthan regarding the proposed upgrades, and no construction has commenced. Despite regular correspondence from Mr. Kandpal and the Foundation, progress remains slow.

Future Course of Action

A comprehensive study of the entire Syaldeh block is needed to understand the impact of the Jal Jeevan Mission and to address declining water levels in natural sources like "Naulla" (traditional ponds). This study could provide insights into strategies to replenish these water bodies, thus reducing the community's reliance on external water schemes.

The Foundation, holding PAN AADTM8869, is registered with the following bodies:

1. Income Tax Department under Section 12A (1)

- Registration number: DIT(E)/94-95/AY-555/94/265, dated October 10, 1994, effective from January 18, 1994.
- Renewal: Principal Commissioner of Income Tax, number AADTM8869LE20217, dated September 24, 2021, valid from AY 2022-23 to AY 2026-27.

2. Income Tax Department under Section 80G

- Unique Registration No. AADTM8869LF20241, dated May 29, 2024, valid for AY 2025-26 to AY 2027-28. Donations to the Foundation are eligible for deduction under Section 80G of the Income Tax Act 1961.

3. Ministry of Company Affairs, Govt. of India

- CSR grant vide no. SRN F96091756, dated June 11, 2024.

The financial year 2023-24 has been marked by a robust financial performance. We received substantial support from donors and partners, which has enabled us to implement our programs effectively. A detailed financial statement is included in this report, reflecting our commitment to transparency and responsible stewardship of resources.

M. R. FOUNDATION

Income and Expenditure Statement For The Year Ended 31st March, 2024

(Amount in Rs.)

Revenue	2023-24	2022-23
Donation for Fixed Assets Fund	50,000	-
Donation to fund other than Corpus Fund	27,500	11,000
Contribution for Ganetiya	34,300	14,200
Conference-Seminar receipts	32,500	-
Miscellaneous Receipts	7,501	-
Interest on SB A/C	607	750
Interest on Investment	765	-
Total Revenues	1,53,173	25,950
Expenses		
Advertisement & Publicity Expenses	12,137	-
Seminar Expenses	36,853	24,020
Ganetiya Development expenses	31,600	11,700
Printing and Stationery	446	382
TA/Conveyance	-	450
Cartage Expenses	550	-
Contingent Expenses	3,945	1,810
Electricity Expenses	277	-
Bank Charges	146	46
Audit Fees	4,500	4,500
Postage Expenses	-	270
Website Expenses	901	-
Depreciation	6,079	-
Total Expenses	97,434	43,178
Net Surplus (+)/Loss (-) of the year	55,739	(17,228)
Income from Continuing Operations	55,739	(17,228)
Transferred to Balance Sheet to:		
Fixed Assets Fund	50,000	(17,228)
Reserve and Surpluses	5,739	
Total	55,739	(17,228)

Assets	2023-24	2022-23
Fixed Assets	12,65,430	-
Current Assets	52,453	33,032
Total Assets	13,17,883	33,032
Liabilities and Owner's Equity		
Corpus Fund	33,032	33,032
Fixed Assets Fund	12,70,506	-
Reserve & surplus	14,345	-
Total Liabilities and Capital Fund	13,17,883	33,032

CHALLENGES AND FUTURE DIRECTIONS

While we have achieved significant milestones, we acknowledge the challenges ahead. Our focus for the upcoming year will be on expanding our outreach, enhancing program effectiveness, and securing additional resources to sustain and scale our initiatives. We are committed to continuous improvement and innovation to better serve our community. In the coming year our focus will be to organise Health Mela involving Yoga, Naturopathy, Ayurveda and Doctors from Allopathy as well as provide clinical facilities , Skill Development Training Programmes, especially for women and un-employed youth, undertake research study on water resources, environment, village level health issues, sustainable agriculture, effect of government schemes to the rural people, causes and steps to be taken to prevent fire in the Forest of Uttarakhand, birth day of eminent Yogi's, Scientist and social workers, besides other listed in our objectives.

COLLABORATION

Our goal is to provide a platform for the study, teaching, and research in social science and the Indian System of Medicine. To achieve this, the Foundation seeks to collaborate with individuals, organizations, and policymakers who share our vision. We attract senior scholars and researchers interested in continuing their work under the Foundation's umbrella. We propose to offer positions such as Distinguished Professor, Honorary Professor, Visiting Professor, Senior/Visiting Professor, and Research Fellow to support their endeavors.

Additionally, we promote the involvement of interns and young researchers in development programs. The Foundation undertakes data collection on various subjects from both rural and urban areas to support research on health and social science issues for the Central Government, State Government, and various research institutions.

We also aim to attract individuals and groups interested in Yoga Sadhna and meditation. Guest house facilities are available, subject to availability, for these activities and participants.

The Foundation has taken many activities in association with Archana Yogayatan, Delhi, Sushila Devi Charitable Trust and Great River of Happiness, Dharanoula, Almora.

GUEST HOUSE

The Foundation arranges guest house or home stay accommodations for visitors conveniently located near the M. R. Foundation or venue of the event, based on requirements, subject to availability,

ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to our donors, partners, volunteers, and staff for their unwavering support and dedication. Your contributions have been instrumental in driving our mission forward.

CONCLUSION

As we reflect on the successes of the past year, we are inspired and motivated to continue our journey towards holistic development and well-being for the people of Almora. Together, we can create lasting positive change and build a healthier, more prosperous community.

“

Thank you for making these moments possible.
Stay up to date with the latest news and events
of the Foundation at mrfgroups.org
M.R FOUNDATION

”



M.R. FOUNDATION

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

mrfgroups.org

