



# INDIA HERITAGE RESEARCH FOUNDATION



**ANNUAL REPORT  
2023 - 2024**

## ABOUT US

India Heritage Research Foundation (IHRF) is a non-profit humanitarian organization dedicated to serving humanity through a diverse range of projects. From education and youth welfare to women's empowerment, environmental protection, disaster relief, and cultural heritage preservation, IHRF works tirelessly to uplift communities and protect sacred traditions. Through its initiatives, IHRF continues to inspire and transform lives, fostering a more compassionate and sustainable world.



## OUR MISSION

IHRF is committed to:

- Reviving and sustaining India's spiritual and cultural traditions.
- Providing quality education that nurtures values and knowledge.
- Supporting environmental initiatives that align with ancient wisdom and modern sustainability.
- Empowering marginalized communities through education, vocational training, and social welfare programs.

# ACTIVITIES AND IMPACT

IHRF has been instrumental in running and supporting various educational, cultural, and environmental programs across India. Here are key initiatives from the past year:

## PARMARTH VIJAY PUBLIC SCHOOL

IHRF runs the **Uttarkashi, Parmarth Vijay Public School Samiti**, a specialized Blind School serving nearly one hundred students, ensuring inclusive education for children with disabilities. This institution is dedicated to providing adaptive learning methods, personalized instruction, and vocational skill-building to empower students with self-sufficiency and confidence. This residential school through a holistic approach, fosters an environment where every child, regardless of ability, can thrive, gain independence, and contribute meaningfully to society.





## VISHWANATH SANSKRIT MAHAVIDYALAYA

IHRF supports the **Vishwanath Sanskrit Mahavidyalaya Association**, an esteemed institution dedicated to the preservation and promotion of Sanskrit education and Vedic wisdom. With approximately 300 students, the Mahavidyalaya provides a comprehensive curriculum that blends traditional Sanskrit learning with modern subjects, ensuring a well-rounded education. Half of the students are residential students who are provided room and board on campus. Students are immersed in Vedic philosophy, rituals, and Indian heritage, while also engaging in yoga, environmental awareness programs, and community service. Through this initiative, IHRF continues its commitment to nurturing scholars, sustaining India's rich cultural and spiritual traditions, and empowering the next generation of Sanskrit intellectuals and leaders.



## KANVASHRAM GURUKUL

Nestled in the tranquil landscapes of *Kotdwar, Uttarakhand*, **Kanvashram Gurukul** is run by IHRF and stands as a revered sanctuary of Vaidic knowledge, spiritual practice, and holistic living. Deeply intertwined with the sacred heritage of Bharat, this historic ashram carries the legacy of Rishi Kanva, the great sage after whom it is named. According to ancient scriptures, Kanvashram is the very place where Shakuntala, the mother of Emperor Bharata, was raised, making it a site of immense historical and cultural significance.

It is believed to be the ashram of Rishi Kanva, where Shakuntala, the mother of Emperor Bharata, was raised. Today, the Gurukul continues to uphold the legacy of Vaidic Culture by offering a nurturing space for students and seekers to immerse themselves in Sanskrit studies, meditation, self-discipline, and eco-conscious living.



The activities at Kanvashram Gurukul reflect the time-honored Gurukul tradition, ensuring the continuity of Vaidic knowledge and spiritual values for future generations. Here, students and seekers immerse themselves in scriptural studies, Sanskrit learning, Yoga, meditation, and self-discipline, cultivating a deep-rooted understanding of both spiritual and practical wisdom.

## KANYA GURUKUL

IHRF also supports the **Kanya Gurukul in Delhi**, providing a nurturing environment for over 20 young girls in its first phase with plans to expand. Here they receive a traditional yet holistic education rooted in Indian culture and values. Along with Vedic studies, yoga, and self-development, the Gurukul emphasizes Swachhta (cleanliness) and environmental awareness, integrating eco-conscious living into daily practices. The students actively participate in tree plantation drives, waste management initiatives, and water conservation efforts, fostering a deep respect for nature.



Through this initiative, IHRF empowers young girls with knowledge, discipline, and a commitment to sustainability, ensuring they grow into confident, compassionate, and environmentally responsible individuals.

## ORGANIC FARMING & TREE PLANTATION

IHRF also supports runs the **Najibabad, Dist: Bijnaur, Uttar Pradesh and Ajitpur, Dist: Haridwar, Uttarakhand farms** through farmers and sevaks, who are dedicated to organic farming and sustainable agriculture. These farms play a crucial role in nourishing and sustaining the institutions and organizations that IHRF supports, ensuring access to pure, natural, and sattvic food.

The cultivation of these lands is deeply rooted in India's cultural heritage, preserving traditional farming techniques that honor the earth, promote self-sufficiency, and uphold the sacred relationship between humanity and nature. Through these efforts, IHRF fosters a model of sustainability that aligns with its mission of holistic well-being and dharmic living.



*The President of India flags off a vehicle which carries saplings for a large fruit tree plantation drive in Uttarakhand.*

To promote environmental conservation, IHRF has distributed hundreds of lemon and Rudraksha saplings from its supported farms to families in Uttarkashi, encouraging reforestation and sustainable livelihoods. This initiative raises awareness about the importance of tree plantation in preserving biodiversity and combating climate change. Together, we are fostering a greener and healthier future for all.

## KESHAV PRIYA GAUSHALA

**Keshav Priya Gaushala** in **Rajasthan** is one of the sacred initiatives supported by IHRF, dedicated to the protection and care of cows, which hold immense spiritual, ecological, and cultural significance in Bharat. Gau Seva (service to cows) is a core value of IHRF, as it embodies compassion, sustainability, and the preservation of dharma. By nurturing and protecting cows, we uphold the ancient tradition of honoring Gau Mata as a source of nourishment, selfless giving, and environmental balance, ensuring their well-being as an integral part of our spiritual and social responsibility.



## SHRI YOG SHAKTI PEETH GURUKUL

**Shri Yog Shakti Peeth Gurukul** in Mehrauli, Delhi, provides holistic education rooted in traditional Gurukul principles, value-based education, offering awareness of environmental conservation, training in Yagya, Yoga, Aarti, and the arts.



Currently, the ashram supports fifty students and about ten teachers/staff, offering them a nurturing environment where they receive not just academic education but also values-based training, empowering them to become responsible and enlightened individuals who contribute positively to society.

## DIVINE SHAKTI FOUNDATION

In collaboration with the Divine Shakti Foundation, IHRF supports multiple educational and vocational training centers in Rishikesh. Including but not limited to ***Parmarth Vidya Mandir***, dedicated to providing quality education to underprivileged children, equipping them with academic knowledge, moral values, and practical skills. ***Parmarth Nari Sashakti Kendra***, a women's empowerment initiative that offers vocational training and skill development, including tailoring, handicrafts, computer literacy, and entrepreneurship courses. Additionally, IHRF supports other schools and vocational training centers that promote community-based education and sustainable livelihood opportunities for marginalized groups.



The IHRF has actively engaged in various educational, environmental, and social welfare initiatives through out 2023-2024. These activities reflect IHRF's ongoing commitment to education, sustainability, and social upliftment which it also carried out in partnership with the Divine Shakti Foundation.

**Some key events through this partnership and collaboration includes:**

- Scholarship awards at Parmarth Vidya Mandir (March 5),
- Environmental efforts were marked by the Ganga Samagra Conference (April 17),
- A spiritual retreat for rescued trafficking survivors (May 2)
- World Hand Hygiene Day celebrations (May 5),
- Menstrual Hygiene Day Awareness Program (May 28)
- World Environment Day (June 5),
- Awareness drive on World Toilet Day (November 18).
- International Yoga Day (June 21)
- World Forest Day (March 21) saw significant environmental and spiritual contributions.

In conclusion, through its diverse educational and cultural initiatives, IHRF continues to make a meaningful impact on individuals and communities. By integrating traditional wisdom with modern education and sustainability efforts, the foundation remains dedicated to preserving India's heritage while empowering future generations. As we move forward, IHRF aims to expand its reach, strengthen its existing programs, and continue serving as a bridge between conserving our heritage and sustainable progress.



Menstrual Hygiene Day



Spiritual Retreat for Survivors of Human Trafficking



'Ganga Pakhwada' Awareness campaign to protect River Ganga



World Environment Day celebrations

IHRF - PARMARTH NIKETAN  
P.O. SWARGASHRAM  
RISHIKESH - 249304 (HIMALAYAS)  
INDIA