

Annual Activity Report

FY 2014-15

HELP (Human Effort for Love and Peace); a Kashmir based CSO incorporated in year 1997 by Mrs. Nighat Shafi. Since then, the foundation has been helping people in various fields with the help of donors, professionals, volunteers, trustees and philanthropists across the world. HELP established several schools across the valley and financially supported many others to provide quality education to children affected with the conflict in the state. HELP has been instrumental in uplifting the economically and socially weaker sections of the society with special focus on empowerment of women. Many other regular activities like awareness camps, training workshops, capacity building and mental health activities of the foundation have been effective in distressing the women and youth in the strife torn valley.

Glimpse of Major Activities over the year

Education:

HELP Foundation supported 560 orphans in their education by providing study material like books and stationary, financially supported 150 orphans so that they pay their tuition fees and transport charges to schools. A total amount of Rs. 16400/- per student was credited to the bank accounts of 236 students each during the year.

Direct assistance to flood affected Hr. Secondary school of Srinagar City: Lab equipments and books worth Rs. 2,50,000/- was provided to the school which benefited more than 1150 students during the year.

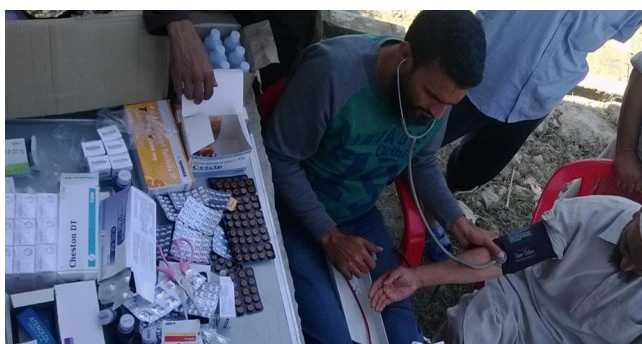


Occasional Assistance: More than 50 Orphans were paid Rs. 3000/- cash assistance each on occasions like Eid and "Ramadhan". Besides, 164 cases were dealt under CHILDLINE services in Srinagar District with the support from HELP Foundation.

Assistance and Support	No. of beneficiaries	Area covered	In collaboration/support with
Books and Stationary	560 Orphans	Budgam & Kupwara	25 individual donors and ICNA Canada
Uniform and scholarships	250 Orphans and underprivileged students	Kupwara	SD TATA Trust
Lab equipments and Lib Books	1150 Students	Srinagar/Flood affected School	Oak View Foundation
Cash assistance	52 Orphans	Srinagar and Budgam	ICNA Canada
Boarding and lodging	31 Orphans	HELP Orphanage	ICNA Canada and individual donors
Assistance to children in need of care and protection	164 Cases	Srinagar	CIF with support from MWCD GOI.

Mental health:

Mariam Wellness Centre; run under the aegis of HELP Foundation was instrumental in extending mental health services to 2500 patients directly over the year. The centre is offering mental health services under the domains of Domestic violence, suicide prevention, drug addiction and other mental health related issues. After extending its support to various schools and other institutions, the centre built the capacities of more than 300 teachers and trainers in detection of early symptoms of mental health issues among children and youth.



A series of awareness camps in mental health and general health issues like Cancer screening and diabetes etc. across valley has helped in detection of 89 cases with cancer and other severe disease symptoms.

Assistance and Support	No. of beneficiaries	Area covered	In collaboration/support with
Breast cancer screening Camp	3 Camps 1200 beneficiaries	Budgam, Srinagar & Kupwara	In collaboration with Cancer Society of Kashmir
School Mental Health Programme	12000 students and 300 trainers	Srinagar, Budgam, Ganderbal, Anantnag etc	MWC and individual donors
Medical checkups and treatment at MWC	2500	Flood affected area of Srinagar and adjacent areas	HELP Foundation support
Medical Camps during Floods of 2014	25000 beneficiaries	Srinagar	Several individual and institutional donors
Free medicines	60 poorest of the poor patients	Throughout valley	Individual donors
One time medical assistance	9 Chronic patients	Srinagar/Budgam/Kupwara	Individual donations

Economic Empowerment of Women:

Two main donors that support HELP Foundation in working for the economic empowerment of women are SEWA (Self Employed Women's Association), Ahmadabad and GPI (Godfrey Phillips India Ltd) a corporate with its CSR Programme. During the year 2014-15, the foundation opened new centers in districts like Gandarbal, Kupwara and Srinagar. Under the EEW initiative, HELP satisfactorily trained 1800 women during the year under various skill heads.



Assistance and Support	No. of beneficiaries	Area covered	In collaboration/support with
Ari Embroidery training	700 women	Srinagar	GPI (under CSR Programme)
Ari Embroidery training	1500 women	Kupwara	SEWA, Ahmadabad
Cutting and Tailoring	460 Women	Srinagar	GPI (under CSR Programme), Reliance under Flood relief programme
Tailoring Job to flood affected women tailors	150	Srinagar/Bandipora/Kupwara, Budgam	Flood Relief Programme
Job work to women artisans for Diwali gifting	260	Srinagar	Shehjar (HELP Foundation's marketing initiative)
Participation in Exhibitions	325 women artisans benefitted	Srinagar/Kupwara	Shehjar (HELP Foundation's marketing initiative)
Food processing	15 women workers earn their livelihood	Srinagar	Shehjar (HELP Foundation's marketing initiative)
Knitting and Tilla embroidery work	27 women workers earn their livelihood	Srinagar/Kupwara	women workers earn their livelihood

Flood- 2014 (Emergency Response by HELP):

Since thousands of people were stranded in their respective residence without food and water we started rescue operations. The operation was limited



to our neighborhood as we were short of basic resources like boats, life jackets. However, our teams visited many areas and provided packaged food, water and medicine. In emergency case they moved people to safer places and hospitals in case it was needed.

Sector	Location	Activities	Partnerships	Total beneficiaries reached
Rescue	Srinagar	<ul style="list-style-type: none"> • Provided drinking water, food to stranded. • Moved people to 	Several institutional and Individual	Over 12000

		safer places • Cooked food • Provided medicine	donors	
Rapid assessment of needs	1. Anantnag 2. Bandipora 3. Baramulla 4. Pulwama 5. Srinagar	House to house need assessment & damage evaluation	Care India	500 H holds 1000 H holds 2000 H holds 500 H holds 10000 H holds
Relief distribution	1. Anantnag 2. Bandipora 3. Baramulla 4. Pulwama 5. Srinagar	packaged water, NFI, blankets, food items, chlorine tablets, Hygienic items, clothes, tents, solar lights & blankets	Several institutional and Individual donors (list given below)	>400 H holds >500 H holds >2000 H holds >400 H holds >10000 H holds
Medical Intervention	1. Anantnag 2. Bandipora 3. Baramulla 4. Pulwama 5. Srinagar	Medical camps, mental health counselling, delivery kits to hospital, antiseptic liquid, chlorine tablets,	JLN Hospital Doctors Association Kashmir	Around 4000 patients were benefitted
Winterization	1. Anantnag 2. Bandipora 3. Baramulla 4. Kulgam 5. Pulwama 6. Srinagar	Pherans, sweaters, thermals, socks, woollens, quilts and blankets, hot water bags, stoles and shawls, caps	Muslim Aid ICNA Reliance India SEWA CARE India KER USA	900 beneficiaries 200 House holds 610 House holds 150 House holds 200 House holds 1200 H holds
Rehabilitation 1. Shelter	1. Ghat Tunika, Pulwama 2. Phalhalan Pattan, Baramulla 3. Bandipora 4. Rainawari & interiors, Srinagar	CGI structure 12x20 with 8 feet height. Interior 6 mm ply board insulated with 12 mm thermo cool.	HELP's individual donors	16 52 12 12
Economic Assistance	Srinagar	Cash assistance to street vendors, three wheeler repairs, reconstruction of shops, hand carts, carpet waivers re-establishment of tailoring units, handicraft units	HELP's individual donors GPI	125 individuals

Aid and Assurances:

During Financial year 2014-15, HELP foundation disbursed Rs. 4,55,000/- as occasional and timely assistance to poor patients and women headed families. HELP assisted a widow women entrepreneur in establishment of surgical goods manufacturing plant in Kashmir. Besides, help

sponsored several programmes highlighting social and legal issues with the women and children. HELP foundation organized many cultural programmes to boost the morale of local artists and celebrated International Women’s Day and Disability day.

During last month of the year, HELP Foundation in collaboration with Handicap international floated a one year awareness programme for border areas like Rajuri, Punch, Baramulla and Kupwara. The Programme is about education people on Mine risk and risks associated with the remnants of war.

HELP Foundation also took up development work of public structures like Parks and gardens in the main city to develop the devastated city to its normal state.



Religious Programmes:

Some religious programmes are purely charity based and are performed during the holy month of Ramadhan by Muslims. HELP Foundation also participates in these programmes to reach out to the poor and needy during these periods.



Two such programmes were conducted during the year, detailed as follows:

Programme	No. of beneficiaries	Assistance	Donor	Area covered
Food distribution during Ramadhan	205 families	Food packs of Rice, edible Oil , Salt, green tea, spices etc.	Muslim Aid London	Srinagar, Kupwara
Zabiha Programme during Eid-UI-Adha	2500 families	Meat of slaughtered animals	HHRD-US and Muslim Aid London and ICNA London and individual donors	Srinagar, Budgam, Kupwara
Winter relief	600 Families	Warmers, blankets, socks and apparels	HHRD-US and ICNA Canada	Srinagar and Kupwara.

Log on to: <http://www.helpfoundation.co> for more details.