

Introduction:

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.

Activities over the period

Education:

HELP Foundation supports 720 orphans for their education by providing study material like books and stationary, financially supported 200 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 during the year 2015-16.

HELP Foundation organized exposure visit for 65 scholars to several power grid stations of valley so that they attain knowledge of modern science and practicalities.



Occasional Assistance: A continued practice of the foundation is to provide timely assistance to needy and underprivileged youth for professional courses. During the year HELP disbursed 6 lac rupees to undergraduate students so that they are able to continue their higher education.

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	Kupwara	SD TATA Trust

	students		
One time cash assistance	53 Students	Srinagar/Anantnag/Budgam/Ganderbal and Shopian	Oak View Foundation
Cash assistance	52 Orphans	Baramulla/Ganderbal	ICNA Canada
Boarding and lodging	30 Orphans	HELP Orphanage	ICNA Canada and individual donors
Assistance to children in need of care and protection	264 Cases	Srinagar	CHILDLINE India Foundation

Mental health:

Mariam Wellness Centre; run under the aegis of HELP Foundation was instrumental in extending mental health services to 3100 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 and related issues. After extending its support to various schools and other institutions, the centre built the capacities of more than 400 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.

HELP foundation installed Doppler Ultra Sound machine at Srinagar to provide free and safe USG service to poor and downtrodden. The USG clinic provided free service to 124 patients during the year. HELP also distributed medicine in free medical camps worth lacs in Kupwara and Budgam areas.

Assistance and Support	No. of beneficiaries	Area covered	In collaboration/support with
Breast cancer screening Camp	2 Camps 850 beneficiaries	Budgam, & Kupwara	In collaboration with Cancer Society of Kashmir
School Mental Health Programme	15000 students and 400 trainers	Srinagar, Budgam, Ganderbal, Anantnag etc	MWC and individual donors

Medical checkups and treatment at MWC	3100	Flood affected area of Srinagar and adjacent areas	HELP Foundation support
Free Medical Camps	3100 beneficiaries	Srinagar, Shopian, Budgam, Ganderbal	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:

Since 2001, HELP foundation continue to provide succor to economically backward sections. Besides support in establishing income generating units, the foundation provided trainings to several hundred women. This year also a significant number attained training from 12 centres at Kupwara, Srinagar and Budgam. 24 ladies collectivized into five SHGs and established their boutiques at Srinagar. These five business units employed 15 more girls and are training free of cost 8 poor girls.

Some of the empowerment projects funded by external institutions completed this year. The Impact assessment of all such projects will be carried out next year. HELP Foundation, J&K revived two production centres viz. food processing centre and Shehjar Craft centre. Both the centres generated sales through Online portals like Jaypore.com, Kashmir Box etc. Shehjar supplied aari embroidered bed runners to Taj Hotels and many other renowned brands in the industry.



Assistance and Support	No. of beneficiaries	Area covered	In collaboration/support with
Ari Embroidery training	300 women	Srinagar	GPI (under CSR Programme)
Ari Embroidery training	840 women	Kupwara	SEWA, Ahmadabad
Cutting and Tailoring	157 Women	Srinagar	GPI (under CSR Programme)
Tailoring Job to flood affected women tailors	120	Srinagar/Bandipora/Kupwara, Budgam	Economic revival Initiative
Job work to women artisans for Diwali gifting	65	Srinagar	Shehjar (HELP Foundation's marketing initiative)
Participation in Exhibitions	55 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	47 women workers earn their livelihood	Srinagar/Kupwara	women workers earn their livelihood

Aid, Assistance and Development Projects:

During Financial year 2015-16, HELP foundation disbursed Rs. 247000/- as occasional and timely assistance to poor patients and women headed families. HELP assisted a widow women entrepreneur in second phase of 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.

In collaboration with Handicap International, HELP Foundation completed successfully one year of Mine Risk Education project and directly impacted 15000 population of Four border districts of state including Punch and Rajori of Jammu Region.



HELP handed over Pratap Park (developed under CSR initiative of GPI) to the state government in June 2016. The total investment in developing the public park crossed 1.25 cr.

Religious Programmes:

All religious programmes conducted by the foundation 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	560 families	Food packs of Rice, edible Oil , Salt, green tea, spices	Muslim Aid London, HHRD US	Srinagar, Kupwara

		etc.		
Zabiha Programme during Eid-Ul-Adha	4800 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.