

Annual Report

2016-2017



HELP (Human Effort for Love and Peace) Foundation, J&K

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INTRODUCTION

HELP (Human Effort for Love and Peace) Foundation, J&K; 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.

During FY 16-17 over 15000 households benefitted out of various charity and development programmes across the state with the intervention of HELP. This year, HELP extended its coverage to Jammu division in Rajuri and Punch districts also with a different programme regarding Education and awareness on mines and other remnants of war along border areas.

Coverage under various charity based activities can be tabled as under:

Sr. No	Activity	No. of persons benefitted
1.	General Aid	1000
2.	Education	688
3.	Marriage Assistance	26
4.	Health	1600
5.	Empowerment	3500

Development activities that HELP Foundation carried out during the year are:

- 1. Women Empowerment*
- 2. Education*
- 3. Healthcare*
- 4. Development work*
- 5. Assistance*

EDUCATION:

Since its conceptualization, HELP Foundation has been involved in multiple projects supporting quality education of under privileged children in the Kashmir region. Education to deprived children (orphans) has been its principal cause. The Foundation is sponsoring many children, not only orphans, from different areas of the Kashmir valley and additionally, is providing educational assistance to 1000 orphans of various districts of the State through scholarship and sponsorship programs. The major achievement in education field is **Shah Anwar Memorial Secondary School (SAMS)** at Khumriyal-Lolab, Kupwara.

At SAMS, there are 500 children on its rolls of which 251 are orphans (113 girls and 138 boys). Except orphans, most of the other children pay a nominal tuition fee. Expenditure of orphans in their education (tuition fee, books, uniform) has been supported by the organisation. Besides traditional curriculum, workshops have been organized by the Foundation for extracurricular activities like painting, collage making, photography, theatre and creative writing. For these purposes, experts from Srinagar and Delhi have come to work with the children and also with the teacher.

This year also, SDTT supported the school in terms of organizing teachers training workshops, Supplementary learning for children, Computer courses and other courses in the school. The registration with the BOSE (Board of School Education) has been renewed this year for further three years. Fourteen students of class 10th passed the term end examination with flying colours and opted for Science, technology and art subjects in pre-university courses from different colleges across valley and HELP continues to support some of them in for higher education.

SHEHJAR Home for Orphans: HELP is managing the affairs of an orphanage located at Inderhama , outskirts of Srinagar city with 31 children on roll. From the daily needs of food and accommodation, these children are also provided



with books, uniform and other facilities for best education and avail education/schooling facility in the vicinity of the area from a reputed institution. HELP has, in year 2016 decided to close down the orphanage gradually with no admission hereon. This decision was taken by board of trustees after observing mushroom growth of orphanages that resulted in uprooting children from societies. These children find it quite hard latter on to get integrated with their families.

Shehjar orphanage children participated in several theatrical programmes during the year including one at Hyderabad in collaboration with the Amnistry International and enacted the life of survivors of conflict in Kashmir.

Higher Education Scholarships:

During the financial year 2016-2017 foundation has provided higher education assistance to 14 students; Graduate course in medicine-2, Graduate and Post graduate course in Engineering and Technology-6, Graduate and post graduate courses in Arts (Fine Art and law)-6.

HEALTH CARE AND ALLIED SERVICES:

HELP Foundation believe that physical illness affects one patient but mental illness is a social problem which gives rise to depression, desperation, drug-addiction, social evils and conflicts in family by large. The problem therefore needs bigger efforts. The major focus is to create awareness in the community in identifying the different dimensions of mental illness, to reduce the stigma associated, and to mobilize the community support for such patients. HELP established Maryam Centre for Mental Health- Kashmir (CMHS) at Jawahirnagar Srinagar in year 2016. The center is a full time counseling services centre with special focus on mental ailments of women and children in specific and public at large in general. CMHS has successfully counseled over 620 patients during one year with one full time clinical psychologist and five assistant counselors.

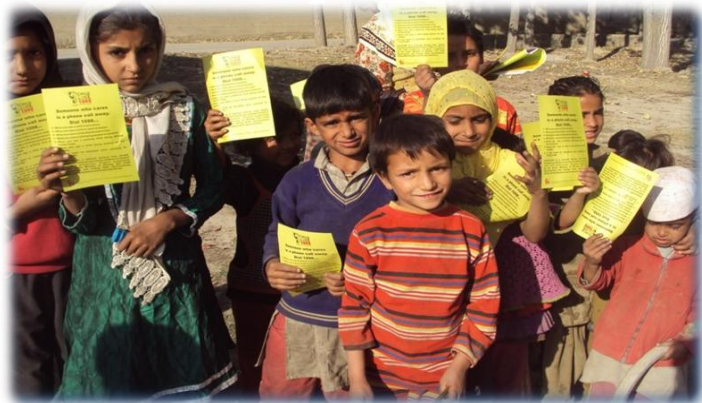
CMHS has besides counseled large



number of Pellet victims from across 10 districts of valley and extended its services to the inmates of Central jail-Kashmir with the special permission from DG Prisons. The centre in collaboration with Dr. Akeel Hussain organized series of **Psychological First Aid** workshops based on module developed by WHO (World Health Organization). These workshops were organized with various humanitarian service providers during 2016 crisis which included philanthropists, local VOs, CSOs, NGOs and other medical and legal professionals across valley.

Legal aid Cell: HELP Foundation established a legal aid cell in year 2016 to provide legal aid to people (underprivileged) who have long pending cases in different courts of the state. The cell is headed by a senior lawyer of J&K high court (as consultant) assisted by two other lawyers in the office. Reportedly, the Cell has assisted over a hundred cases in High court of state and helped in quashing over 10 cases of PSA slapped on juveniles during 2016 unrest. The lawyers of the Cell also organize leadership workshops within the organization and also with several other outside institutions. The Legal Aid Cell has also organized legal awareness sessions with home based women workers in Budgam and Kupwara.

CHILDLINE Srinagar: One of the prominent services for children in need of care and protection has supported 168 cases during 2016-17. Most of these cases were medical related and some others related to emotional support and counseling. CHILDLINE Srinagar repatriated a Nepali child who was brought in Kashmir by some labors and had gone missing. CHILDLINE activated some centres and found him in Jammu, later the child was repatriated in Nepal. CHILDLINE also conducted 268 Open house sessions in markets and different vulnerable places besides, street plays, theatrical programs, training workshops and awareness sessions on child labour, physical and sexual abuse and other child rights issues.



WOMEN EMPOWERMENT::

Breathing in a male chauvinist society, women are not being allowed to come out of their homes and work of their own, so they remain reliant on others for their needs. Keeping such things in mind, the foundation thought of empowering them, by establishing self help groups. For this purpose, the foundation generated programmes wherein women were provided employment and all the proceedings of the program were given to them. HELP provides both financial and technical assistance to women which became a source for their livelihood.

Highlights of year 2016-17:

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. 42 ladies collectivized into five SHGs and established their boutiques at Srinagar. These five business units employed 20 more girls and are giving training, free of cost to 8 marginalized workers.

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

Financial Assistance to women:

Soft Loans and advances:

Interest free loans have been given to women to make them financially independent so that they can run their own business smoothly. Women were linked to local and national level financial institutions from capital. KWCCCL provided loans @ 12% during the year 2014-2015. Around 164 ladies got benefitted with a reimbursement of Rs 10,000 to 20,000 each. Some of them have started repaying their loans during current year.

DEVELOPMENT WORK with partners:

A: Manford Allianz: Help foundation has a long term association with MANFORD since 2001. The organization is headed by Anand David, a renowned behavioural scientist who performed in 68 countries across world. HELP has conducted Almost 150 three day workshops with Anand so far. The foundation has covered Universities, Colleges, Duty bearers, Bankers, corporates, lawyers, journalists, doctors and many other professionals. This year also the Foundation signed MoU with **three** universities to conduct Breakthrough workshops for students on regular basis.

B: ICNA Canada: A Canadian organization that has started working with HELP Foundation in year 2014, has so far sponsored 250 children. These children avail education facilities in different schools and stay with their guardians. During year 2016, the total outflow of funds was 43.7 lacs.

C: Muslim Aid London; This organization help us in carrying out religious activities like food distribution during Ramadhan, Qurbani sacrifices on Eid etc. With the seasonal programs of M Aid, HELP reached to 800 households this year and provided food and clothing to almost 240 families last winter.

D: HHRD US: Helping Hand for Relief and Development is a US based organization that supports the foundation in religious and women empowerment programs. HHRD has contributed over 20 lacs during 2016-17 for providing technical skills to women and education to their wards in the vicinity of Srinagar city.

E: Action Aid India: Action Aid is supporting a women empowerment project in Budgam. This project helps home based women workers in skill building and awareness regarding laws and social security schemes available to them in the state.

F: KDF-UK: Kashmir Development Foundation is a UK based organization that has helped the Foundation during 2016 unrest in supporting pellet victims in their surgeries and medical aid. The organization also supported for Physical rehabilitation of 15 visually impaired children in year 2016 and supported in medical aid of over 42 patients and is continuing.

G: Handicap International: Mine Risk Education and awareness on CWRR (Conventional weapon risk reduction) programmes were held in border areas of the state to educate people on mine risks. The programme also supported in physical rehabilitation of victims of RW in

Poonch and Rajouri districts. HELP Foundation also organized cricket match for persons with disability in Kupwara during 2016.

RELIEF AND REHABILITATION OF DESTITUTE:

Assistance to victims of natural calamity:

HELP foundation provides relief benefits to victims of flood, earthquake, fire etc., either in the form of reimbursements or relief material like food, shelter, etc. This year also 240 cases of general relief were attended.

Assistance to orphan girls for marriage:

HELP has always prioritized those who have no one to look after especially orphan children and girls. For girls, who couldn't afford their marriage expenses, HELP provides aid, both in form of cash and or kind. During the year 2016-2017, organisation has provided marriage assistance to almost 26 girls. The marriage packs include the wedding dress material and other basic amenities like gold on such occasions. A cash disbursement of almost 70,000 was made under this programme in the year.

Assistance to old age people and widows:

The foundation provides regular monthly cash assistance to elderly who couldn't work. During the year 2013-2014, HELP provided "Winter Packs" to its beneficiaries from different areas and districts as well. Around 70



households were catered which included 500 beneficiaries were benefitted.