



HELP Foundation

#50, TULSI BAGH, SRINAGAR
BEHIND AMAR SINGH COLLEGE
SRINAGAR-190008, J&K



| 20 | 20
| 18 | 19

ANNUAL REPORT



<https://www.helpfoundation.co>



0194-2310256



helpfoundation1997@gmail.com



"In the future, there will be no female leaders. There will just be leaders."

Sheryl Sandberg

FROM THE DESK OF CHAIRPERSON

Jammu & Kashmir State continues to remain disturbed, because of the three-decade old turmoil, which has been taking a heavy toll of life and property, besides serious damage, in its aftermath, to the social fabric of the state. The State has witnessed nearly 100 civilian deaths during 2018, besides the collateral damage which takes place at the encounter sites. This has created manifold challenges for social service organisations like HELP Foundation. Mental health intervention has now become an unending involvement. Marginalized communities suffer more, as they lose their livelihoods to daily curbs, curfew and restricted movements. Tourism sector is in shambles, small businesses move at a snail's pace, economic deprivation has resulted in multiple social problems, including drug trafficking and sexual waywardness.

The recent surveys on mental health issues in Kashmir estimate over 1.8 million adults show mental illness symptoms, which is compounded by social stigma associated with it.

HELP's commitment to reduce mental trauma

through provisioning of livelihoods, women empowerment and education in Kashmir provides an impetus for sustainable and innovative solutions and working towards creating an impact in tackling this major issue.

In 2018, HELP Foundation, J&K directly reached to more than 8000 people in 70 villages with counselling, livelihood, rehabilitation and charitable support. Aligning our interventions with the core objectives of Sustainable Development Goals [SDGs], HELPs initiatives are placed in sync with the objectives of 17 SDGs.

It is my pleasure to present to you the HELP Foundation's Annual report for the year 2018-19. In this report we have tried our best to present a pictorial and descriptive view of our work. But the true import of this report lies behind the figures and scenes, in the small but significant impact that our efforts have created in the economic and emotional aspects of the lives of the families, helped by us through various initiatives.

For a couple of years, HELP has revived its intervention in disability sector, more so because of the impairment or loss of vision caused to the eye sight of young boys and girls, in the recent past, due



Mrs. Nighat Shafi

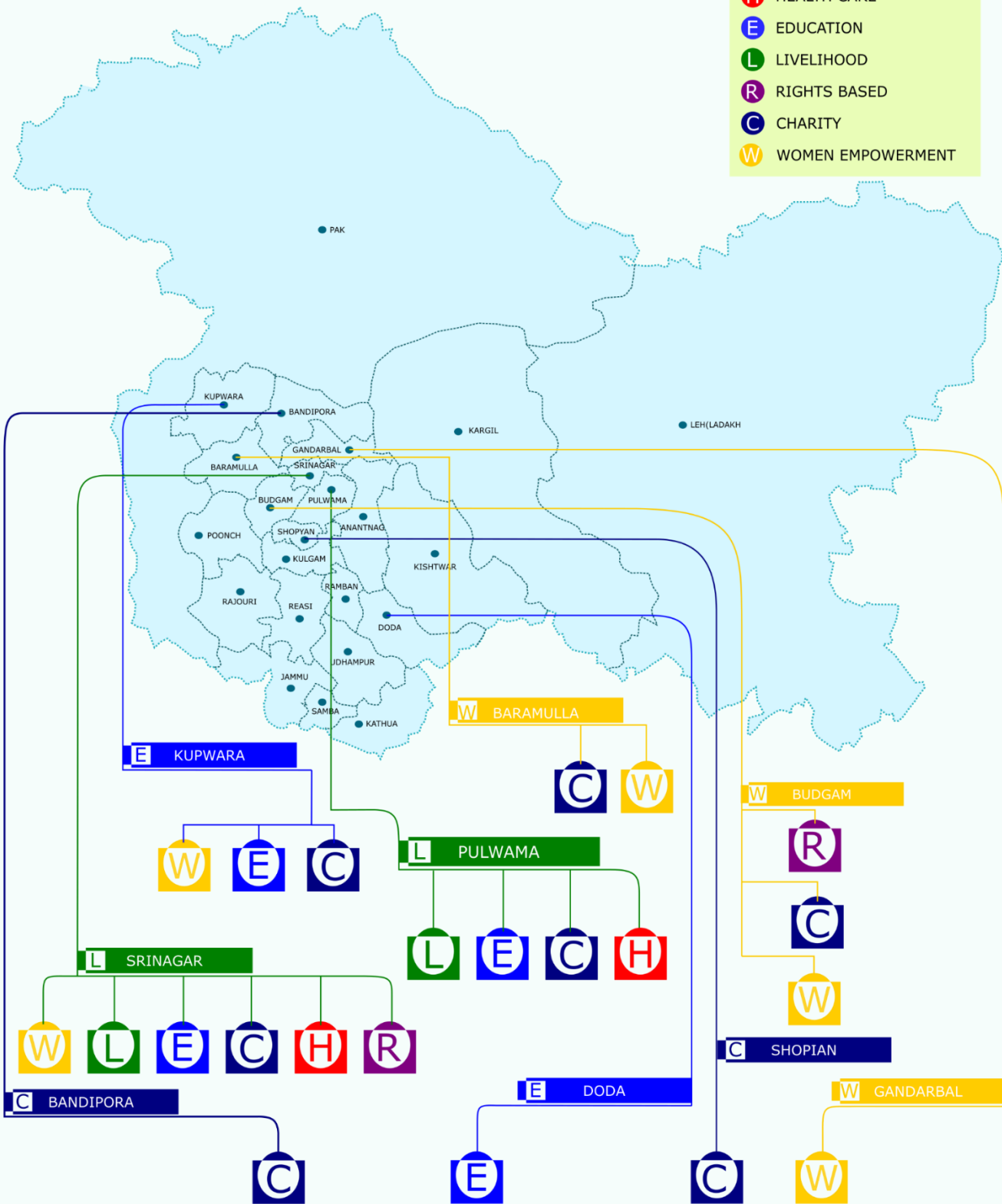
to pellet injuries. A full-fledged rehabilitation centre for persons with visual impairment has now been established, which supported over two dozen VI persons during 2018.

In this year we have signed MoUs with different organization to work in the areas of healthcare, livelihood, education and mental health counselling.

I congratulate the respected trustees and associates of HELP Foundation for their dedicated support and guidance in carrying out our programmes. I also thank the staff members and volunteers, without whose dedication and hard work, we could not have achieved much. I also thank our partners, donors and other stakeholders for believing in HELP's ability to deliver in this conflict affected and highly militarized part of the world.

Signature

- H** HEALTH CARE
- E** EDUCATION
- L** LIVELIHOOD
- R** RIGHTS BASED
- C** CHARITY
- W** WOMEN EMPOWERMENT



A BRIEF ACCOUNT OF OUR JOURNEY DURING THE YEAR 2018-19

Livelihood support to vulnerable families in Pulwama: During four phases of livestock distribution, 55 families were given cross breed jersey cows which include 8 women headed families and 4 families with disabled members. Early outcome suggested an increase of 17% in net annual income for 54% of the target families.

Development of IT infrastructure at Government run schools: Four secondary and higher secondary level institutions were provided state of the art computer labs to extend computer science facilities to 300 poor students.

Upgradation of Science Laboratories at Government run schools in Pulwama: 450 students from underprivileged families are now able to access fully equipped science laboratories to complete their experiments prescribed by their curricula. Four high tech science labs were established in four secondary and hr. secondary schools in flood prone areas of Pulwama.

Health awareness and free medical aid distribution camps: During mass awareness and free medical aid distribution 1126 patients were assisted including; 245 patients under gynaecology in Srinagar, 197 patients under Psychiatry at Inderhama, 500 patients by general physician at Pulwama, 88 patients with USG service in Srinagar and 96 patients under paediatrics in Budgam.

Healthcare interventions in child care institutions: In a move to assess the health conditions of children at different privately-run childcare institutions in Srinagar, 456

children from 7 homes were identified as sick and provided medical aid including haematology examinations to 255 patients.

Counselling support to traumatized patients: one-to-one counselling and non-pharmacological interventions allowed 130 Obsessive Compulsive Disorder, anxiety and major stress disorder patients, over the year to benefit from our Mariam Centre for Mental Health Services in Srinagar.

Respiratory Aid Management Program: During harsh winters 26 COPD, bronchitis, pulmonary failure, and cancer patients were given equipment support like; Oxygen Concentrators, BiPEPs, oximeters and nebulizers for use only.

Attending distress calls of children in Srinagar and Budgam: Distress calls received on 1098 [free telephonic outreach service for children in need of care and protection] from 708 children were addressed and long term rehabilitation process of many of these children was initiated immediately.

Winter sustenance support to poor and vulnerable families in rural Kashmir: In the months of winter from Dec to Feb, people were supported with warm beddings, clothes and heating aid. An average size family got a standard kit including blankets, comforters, beddings, hot water coronation bottles, and woollens. The winterization support was provided to 257 families including families from Kuwara [119] Srinagar [88] Gandarbal [15] Bandipora [10] Pulwama [15] Baramulla [10].

Formation and consolidation of VDCs: VDC is an informal community-based heterogenic structure meant to address the local needs of people through government policy and NGO program linkages. During the year 2018-19, 20 such VDCs were formed in different communities of Pulwama involving 130 responsible community members.

Food aid to deprived families across Kashmir: During the months of winter, 2019 and early summer days of 2018, 600 families were given standard ration packs costing Rs. 2300 each pack. HELP's standard food pack is considered ideal for consumption over 20 days for an average size family of 7 members. These food packs were mostly given in the month of Ramadan-2018 and 150 packs during harsh winters in rural areas where supply of ration is affected due to road blockade.

Vocational trainings to orphan and poor girls: Six VTCs were established over the year to upscale the cutting and tailoring skill of 156 girls from various areas like; Srinagar [24] Budgam [15] Pulwama [12] Kupwara [40] Gandarbal [25] and Baramulla [40]

Rehabilitation of Persons with Disability: 63 Blind persons with visual impairment were trained in Braille, Assistive technology, computers and Orientation & Mobility techniques at HELP's Shehjar Rehabilitation Centre. 12 students including 4 girls were provided financial and logistic support for attending CBSE class 10th and 12th examination in New Delhi over 45 days.

Exposure Visit of VIs: A group of 15 persons with visual impairment went on exposure visit to New Delhi wherein they interacted with officials from Australian Embassy and visited several organizations working with Blind persons.

Marriage assistance to poor girls: Poor and Underprivileged girls who are in the late phase of their marriage age are financially assisted. During the year-2018-19, twenty-seven [27] girls received marriage aid.

Scholarships for higher education: Students from poor economic background sponsored by HELP who complete their secondary level of education with bright colours do qualify for higher education sponsorship. This year again 25 students were provided regular fund for higher education.

General education sponsorship: Children who study in lower classes and have no sustainable source to aid their education in primary education

Orphan Sponsorship Program: Orphans who stay with their guardians and are integrated back with the society defying orphanage culture and institutionalization. HELP sponsors them for education with annual support of Rs. 12000 to 15000 per child. There are around 330 such orphans who are provided monthly fund for education. The annual outflow of fund for these children for year 2018-19 is 46.2 lac rupees.

Sustenance Aid: Old aged persons including widows and disabled persons receive sustenance allowances on regular basis. The amount ranges from 500 to 2500 per month. HELP has 23 such beneficiaries on roll who receive monthly assistance on regular basis.

Fund for small business Revival: Under the project ROZGAR eleven [11] small business establishments were supported with interest free loan. The maximum amount per establishment stood at Rs. 40,000 on establishing leather bag manufacturing unit.



HELP FOUNDATION AND TATA COMMITTEE

SUSTAINABLE LIVELIHOOD FOR PEOPLE AFFECTED WITH NATURAL CALAMITY

The Jammu and Kashmir state witnessed devastating floods in September 2014. Kashmir valley faced the brunt of this disaster due to its low-lying geographical state, resulting in inundation of houses for weeks together. The immediate consequences of this disaster were loss of connectivity that resulted into chaos among people, paralysis of administrative system and increased need of life saving articles HELP Foundation developed a project and came up with a comprehensive strategy and integrated approach for rehabilitation of most affected people of Pulwama District. Almost 20 revenue villages comprising of 5148 HHs, with over 32289 living souls were targeted for intervention. Livelihood support for most affected households and education

and medicines. The long-term impact was economic loss due to destruction of infrastructure and loss of livelihood. Since the magnitude of loss was huge and vast area got impacted, the immediate help and support was extended by hundreds of players like; NGOs, INGOs, individual donors, volunteers, Corporates and government agencies. There have been a very few players who continued support for long term rehabilitation of impacted people.

Pulwama was one of the most affected districts with over 100 villages impacted. Some of the INGOs and corporate bodies who continued support for rehabilitation have chosen Srinagar or the adjoining districts as their target areas.

infrastructure support to schools in the vicinity remained the main objectives.

This program was initiated in late months of year 2017. During the year 2018-19, the project has achieved 63% of its target with Livelihood support to over 55 families and establishment of computer and science labs in different schools.



IMPACT



REHTI BEGAM PANZGAM, PULWAMA

*In picture
Begum Rehti posing with the second
cow issued to her under project LIVED.
Photo credit: Munazir Shafi*

Rehti Begam widow of Ghulam Mohiuddin Hajam, who died in year 2008 and left behind seven children including three daughters. Since the death of her husband, Rahti supported single-handedly her family of nine members including her physically disabled brother-in-law. Managing for food and medicine, at times, would put the family in severe depression. Agriculture produce, the only source of support to the family would hardly last for a couple of months every year. Locals in the community approached several NGOs in the community for her assistance, a few came forward to provide doles to this family. Rahti consistently kept on saving small amounts and she bought a cow in year 2013. Integrating all her resources and earnings the family was able to overcome the difficulties of living.

Devastating floods of September 2014 in the valley was second nightmare after loss of their father. The family would live in a shared house which collapsed in floods leaving the family shelter less. Due to shared nature of their house, Rahti could not prove the proprietary rights of her part of house resulting in not availing the cash assistance which was provided by State government on account of Flood Relief Fund.

After the denial of the cash relief by the government for construction of their house, Rahti constructed a shed from the debris of their collapsed house and somehow managed the winter months. Later in year 2015, the family sold their small piece of land and constructed a new three-room house.

In June 2018 we had an interaction with village committee for the livelihood intervention under project “Livelihood and Education” supported by TATA Relief Committee. The village committee recommended Rehti Begam for livelihood support. Our baseline survey in the area also suggested Rahti’s family as a potential beneficiary for the Livelihood support. Rahti was rearing a cow with low milking capacity. We decided to provide them another high yielding cross breed jersey cow as livelihood support.

A half-yearly cost-to-revenue assessment of this beneficiary measured a net earning of Rs. 6240/- per month for this family. Rahti’s two sons and daughter were also mainstreamed in formal schooling. HELP Foundation provided a Sewing Machine to one of the daughters of this family under “One Nation” supported project. We hope this support also will prove as a sustainable livelihood option for this family.

OTHER INTERVENTIONS AT THE PROJECT SITE

Village Development Committee



| | |
|---|------------|
| No of collectives formed | 20 |
| Male participants | 130 |
| Female participants | 0 |
| No of CBS conducted per collective | 6 |
| No of community issues resolved | 62 |
| Small scale community development programs extended to the target areas by Rural Development Department | 13 |
| Disaster preparedness drills conducted during the year | 0 |
| Baseline survey conducted in No. of the villages | 20 |
| Business success rate among beneficiaries recommended by VDC | 97% |
| No of PwDs involved in VDCs | 8 |
| No of community outreach programs conducted by VDC constituted | 31 |



| | |
|--|-------------------|
| No of Livestock distribution camps held | 3 |
| No of Cows distributed among beneficiaries | 55 |
| No of cows insured during the year | 34 |
| No of cows died during the year | 6 |
| No of insurance claims settled during the year | 6 |
| No of calves with 55 cows at the end of year | 23 |
| Average monthly yield per cow (milk) in ltrs. | 200 |
| Average net earning per beneficiary per month (encashed only) | 5600 |
| Non monetary benefit received per beneficiary over the period | 25000 |
| Project component success rate suggested by cost-to-revenue assessment | 87% |
| Status | Continuing |

| Activity | Project Target | Target achieved April 2018- March 2019 |
|---|------------------------|---|
| RA1 Livelihood support | 100 families | 55 families have been rehabilitated with Sustainable livelihood support |
| RA1 Identification of livelihood beneficiaries | 100 families | 100 families have been identified and sensitized about the project objectives and program. |
| RA2 Computer lab establishment | 4 labs 700 students | 4 labs were established completely with 321 students covered under first year of intervention |
| RA2 Science lab establishment | 4 labs 700 students | 4 labs have been established with 405 students covered during first year |
| RA3 VDC formation | 20 VDCs 200 members | 20 VDCs 130 members organized in informal structures to work on developmental issues in their respective communities |



ECONOMIC EMPOWERMENT OF WOMEN

In picture-Chairperson Mrs. Nighat Shafi (3rd from right) posing with girls during certificate award ceremony. Photo credit: Aftab Ahmad

Of the 1.3 billion people who live in absolute poverty around the globe, 70 percent are women. For these women, poverty doesn't just mean scarcity and want. It means rights denied, opportunities curtailed and voices silenced. India being world's largest populous country after China hosts significant number of these women living in absolute poverty.

Jammu & Kashmir is also characterized and known by its patriarchal nature of communities. Women in Kashmir find a limited space in expressing themselves. There are limited number of women who possess the metal to break the patriarchal systems around.

.....Continuing effort of empowering the impoverished, this year also 156 girls were trained and supported with tools, machinery and equipment to continue their efforts of earning their wherewithal.

Local NGOs like HELP Foundation has a huge responsibility to uplift the women who are underrepresented, destitute and deprived. Over the years huge number of women and girls were empowered in one way or the other.

Women who used to stay idle at home developed mental trauma and anxiety. HELP has been instrumental in bringing them out, empowering them with sellable skill and trainings. Significant number of those trained women and girls are now source for economic and social wellbeing of many others in the community.



| | |
|-----------------------------------|--------------------|
| Training centre target | 25 Girls per cycle |
| Training period | 180 Days |
| Stipend during Training | N/A |
| Estimated revenue during training | 15-20 thousand |
| Status | ongoing |

HELP FOUNDATION WITH ONE NATION-UK

After signing an MoU with One nation-UK, HELP Foundation established a “Cut-to-Finish” tailoring centre at Waliwar area of Gandarbal District. Since the centre was established in last quarter of the year, the trainees were only able to learn basic tool and machine handling. Over fifty girls had registered for training at the time of

establishment of centre, however, due to paucity of training resources and machinery, only 25 girls were considered for first batch of training. HELP Foundation intends to link the trained girls with private schools and other institutional customers for bulk orders of sewing uniforms and other like apparels.

SHEEP REARING IN GANDARBAL



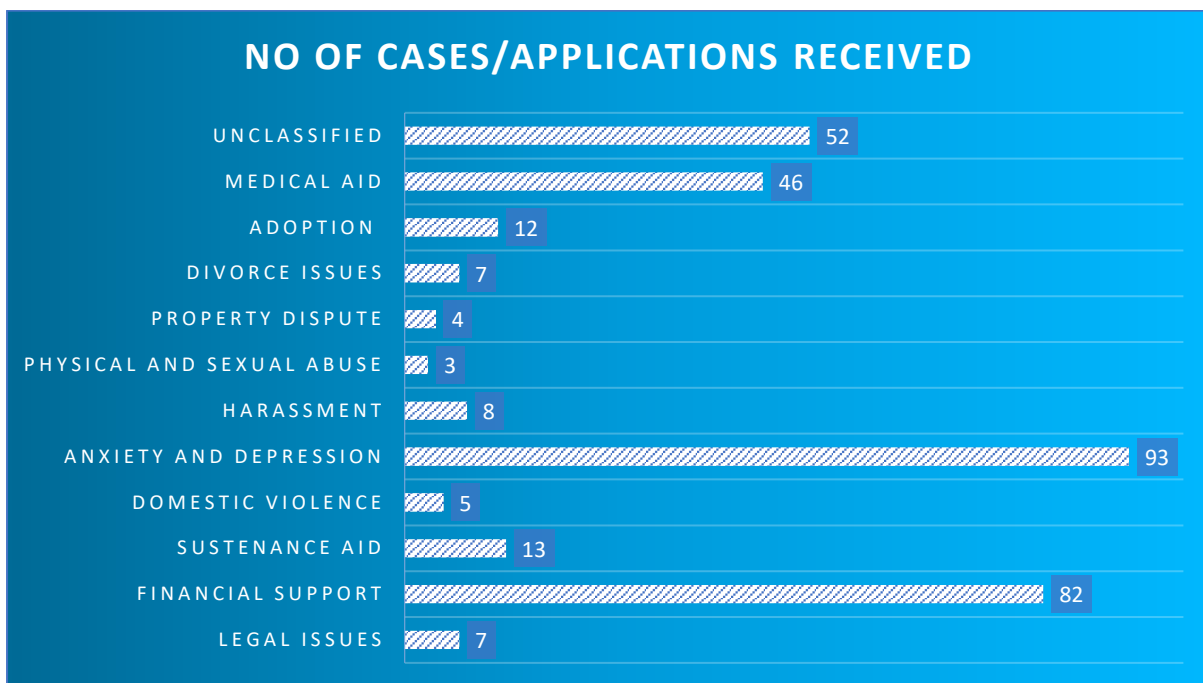
At times, it is quite difficult to leave your house for attending skill training, it often would affect your living if you are the only bread earner for your family. HELP support such families with alternative livelihood. Five [5] families from Gandarbal received sheep

(five each family) as livelihood option to allow their girls and women attend tailoring in our centers nearby. This program has been supported by One Nation-UK.

These five families have found a new way of rearing their livestock in a group. They got their sheep together in one shed and attend to them one by one on rotational basis. This arrangement allowed these women to work in agriculture fields also.



| PROJECT ACTIVITIES ADDRESSING WOMEN ISSUES | QUANTITATIVE ACHIEVEMENTS |
|--|--|
| Total number of cases/applications received from or on behalf of women and girls seeking assistance and support in either of the forms; Legal issues, financial support, sustenance aid, domestic violence, anxiety and depression, harassment, other rights abuse, property dispute, divorce issues, adoption and others | 332 applications/issues received over the period |
| No of cases addressed completely by HELP Foundation efforts alone | 147 cases/applications fully supported/addressed. |
| No of cases referred to concerned authorities and other local agencies for further consideration | 60 cases |
| No of cases considered and are enrolled for perpetual assistance and support | 82 cases mostly requiring long term intervention |
| No of cases found false during physical and third-party verifications | 14 cases |
| No of applications/cases recommended for “hold” by the verifying authorities till more details are gathered for intervention | 7 cases |
| Cases pending; either due to issues in verification or other ascertaining factual positions. | 22 cases |
| Total No of cases intervened in one way or the other | 310 |



Case to case details can be accessed at Charity aid, CMHS and Admin divisions of HELP.



CHARITY AND SUSTENANCE AID

HELP Foundation, J&K was established as a charitable organization to support victims of Kashmir conflict. With the passage of time, HELP shifted its focus on development activities. However, it continued to support those deprived of resources to live life in a dignified way. In the effort of supporting poor and giving aid to the deserving, HELP distributed **Rs 13,96,232** as cash aid to ailing, old aged and disabled persons, including aid in kind over the year.

WIDOW PENSION

Over the year 23 old aged widows received aid of Rs. 345600/-, winter relief, food aid and occasional assistance on Eid and other occasions.

MEDICAL AID

More than 50 patients received medical aid in the form of medicines or cash as one-time assistance. Besides, some 8 patients continue to receive regular medical support. HELP has supported 3 patients for undergoing surgeries. Two eye injury patients were reimbursed their travel expenses to visit hospitals out side state, one of those patients went for advanced surgery to Delhi and then to Chandigarh.

MARRIAGE AID

Supporting unmarried girls financially whose families could not bare the marriage

expenses of their daughters, HELP assists them with special marriage aid kits. Usually these marriage packs contain wedding apparels, jewelry, footwear etc. Due to limited funds, the organization could only support 27 families during the year. This is the lowest number of marriages supported in last 4 years.

EDUCATION AID

Children from poor families with no source of income to support education of their wards have been helped in continuing their formal school and higher education. More than

417 students have been aided under different categories of education aid.

FOOD AID

Mostly during the times of unrest, Eid and Ramadhan some families are provided food kits. This year, 192 families were given ration sufficient for an average family of 7 members, four times a year. This food aid is over and above the Ramadan Food aid distributions.





HELP FOUNDATION AND KASHMIR DEVELOPMENT FOUNDATION

HELP has almost four years long association with KDF-UK. HELP and KDF signed memorandum of understanding in year 2015 with initial support for helping Persons with Disabilities (PWDs). Over the years KDF supported several projects of HELP Foundation implemented in Srinagar and Baramulla.

REHABILITATION OF PERSONS WITH VISUAL IMPAIRMENT

HELP Foundation established a rehabilitation centre in Inderhama, Srinagar for persons with visual impairment. This initiative was supported by Australian Embassy and KDF-UK. In the first phase of this project in 2018-19, over 63 students received rehabilitation training in visual aid, braille, computer and daily living skills. The project is ongoing and has received an overwhelming response from blind and VI persons.

A group of visually impaired boys and girls went on exposure visit to New Delhi. Under this project, people who have lost their sight due to any accident or are blind by birth can be supported in getting education out side state also.

RESPIRATORY MANAGEMENT PROGRAM

This program provides medical equipment support to patients suffering from pulmonary disorders like COPD, Asthma or any other problem. This project is supported by KDF. Initially the project started with 5 Oxygen concentrators and a couple of BiPAPs and other related equipment. During the year HELP foundation added two more machines to the project. These machines are provided to patients on nominal maintenance charges which otherwise costs thousands of rupees to poor patients draining out their earnings.

SKILL TRAINING TO GIRLS

HELP Foundation in collaboration with another local partner Human Aid Society Baramulla established cutting and tailoring training centers in Baramulla. Human Aid Society volunteered for mobilization of trainees in Baramulla district. The project is ongoing and has trained 68 girls so far.

IMPACT



A VISUALLY IMPAIRED MOTHER WITH A VISION

A STORY OF REHABILITATION

Mohammad Ishaq Sheikh a surrendered militant who had once crossed LOC to join insurgent groups in 1991, returned to the valley with his wife and three children.

Ishaq is from Chirsu Awantipora, Kashmir. The family lived there for a year, unfortunately Ishaq did not get rehabilitated under State government's Ex-militant rehabilitation scheme. Ishaq and his family members started developing signs of depression. This depression led to the loss of eye sight of Ishaq's wife (Naseema). Naseema had to undergo surgery for removal of

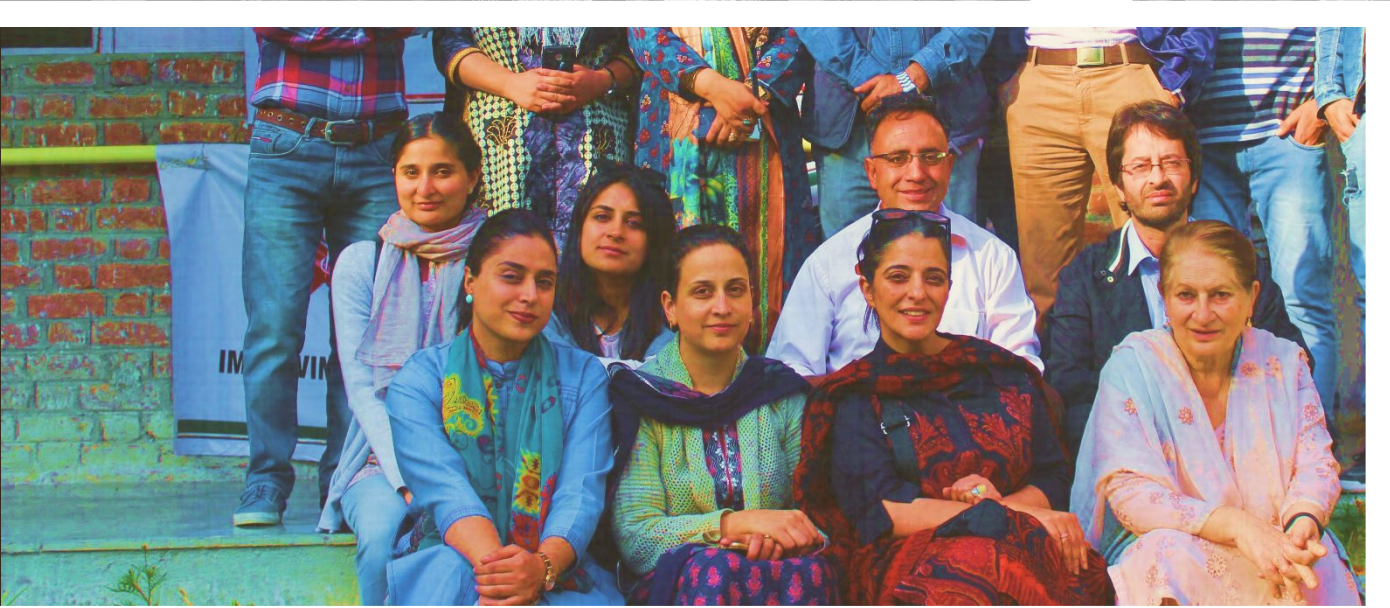
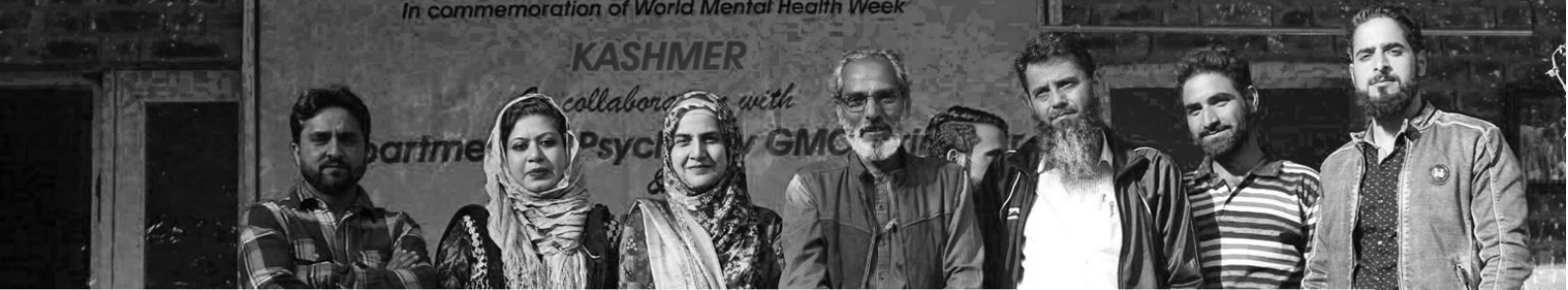
her uterus. Ishaq's family left Awantipora in 2015 and moved to Srinagar in search of job. Ishaq started living at a rented room with his three children and blind ailing wife. With the turmoil and uncertainty in the city, Ishaq could not find the job, and more so due to his involvement in looking after his children and wife most of the time.

One day our staff met this family and introduced them to the Chairperson Mrs. Nighat Shafi. After a long discussion with Ishaq and verifying the facts, HELP Foundation decided to rehabilitate the family in Srinagar. Some of the initiatives we took to help them out are lined below;

- 1) Provided them shelter free of cost at our Registered office, this has reduced the family's burden of paying monthly rentals.
- 2) Three of their children were admitted in an elite school in Srinagar which Naseema was more concerned about. Doctors had suggested that the reason for her severe depression is more because of her concern about children's education than her eye sight.
- 3) Naseema was sent to NIVH, Dehradun for attending rehabilitation training.
- 4) Ishaq was helped in getting employment in a coaching institute in city. Ishaq now earns Rs. 20,000 a month.

"Naseema was more concerned about the education of her children. She supported her husband throughout, lost her organ, eye sight but did not care about this all. She knew that all this is temporary, what lasts is the life well educated and disciplined. HELP Foundation's intervention helped this family holistically.

Naseema is now fine with doing her household chores to a great extent after getting trained from NIVH and Shehjar Rehabilitation Centre. She is completely blind, but can cook food, wash clothes and clean her house. Ishaq earns handsome salary to feed their family. He saves money for buying his own house. HELP sponsors the education of their children. We are proud partners of the happiness, the family lives nowadays with".



EVENTS AND WORKSHOPS

PLANTATION DRIVE AT GANDARBAL



On 25th of March, 2019, HELP Foundation and a couple of government and non- governmental agencies kick started plantation drive in Gandarbal District. On the occasion Chairperson HELP Foundation Mrs. Nighat Shafi planted a tree, this was followed by several hundred plantations on the day.

WORLD WHITE CANE DAY



HELP Foundation observed world white cane day on October 15th at Basera centre, Srinagar. The event was attended by persons with visual disability and various organizations and activists working for the welfare of persons with visual impairment.

DONOR VISIT



Mrs. and Mr. Imran, our foreign donors visited HELP Foundation school and Shehjar complex at Inderhama. The couple distributed gift items among students at Kupwara.

NEW AGREEMENT SIGNED



HELP Foundation signed an MoU with KASHMIR- a Kashmiri American non-profit. Both partners agreed to execute several projects in the area of healthcare in Kashmir in coming years.

VISIT TO MEDICAL FACILITY



Mr. Imran visited proposed site for advanced medical diagnostic Lab facility at Padshahi Bagh, Srinagar. After visiting the facility, Imran agreed to support the lab by providing machinery and equipment support in coming years.

CAPACITY BUILDING



HELP Foundation staff participated in a training session facilitated by Mr. Shrirung Dhavle from TATA Relief Committee. The staff received training in project evaluation and monitoring techniques.

TRAINING WORKSHOP



Two members of HELP Foundation staff participated in a three-day training workshop at Delhi. The workshop was organized by Childline India Foundation. CIF is HELP's donor for child rights intervention in Kashmir.

PROJECT IMPACT REVIEW



Action Aid association conducted project review on successful completion of Project EC-PIE implemented across 12 states of India. The review workshop was held at Puri, Odisha. It is pertinent to mention that HELP Foundation was partnering AAI in this project for J&K.

100% of your donation goes towards development and humanitarian relief work in Kashmir through

EDUCATION
WOMEN EMPOWERMENT
CHILD RIGHTS
MENTAL HEALTH
DISASTER RESPONSE



HELP FOUNDATION J&K
#50 TULSI BAGH SRINAGAR KASHMIR

INCOME & EXPENDITURE ACCOUNT FOR THE FOR THE YEAR ENDED ON 31-03-2019

| Expenditure | Schedule | Non FCRA | FCRA | Income | Schedule | Non FCRA | FCRA |
|---|----------|-----------------|-----------------|-----------------------------------|----------|-----------------|-----------------|
| Payments towards object of the Trust | | | | Donations Received | | | |
| Assistance | A | ₹ 1,267,054.00 | ₹ 129,178.00 | Sponsored Donation | | ₹ 647,000.00 | |
| Projectwise Payments | B | ₹ 17,674,186.10 | ₹ 17,553,569.50 | General Donation | | ₹ 976,903.00 | |
| Administrative Costs | C | ₹ 1,553,795.85 | ₹ 1,465,596.00 | Direct Donations | | ₹ 145,000.00 | |
| Bank Charges | D | ₹ 577.74 | ₹ 15,016.40 | Donation for Distitude | | ₹ 680,000.00 | |
| Depreciation | E | ₹ 1,191,991.10 | ₹ 187,226.47 | Projectwise Income | F | ₹ 18,085,692.00 | ₹ 19,749,932.00 |
| | | | | Other Receipts | | | |
| | | | | Bank Interest | G | ₹ 178,290.96 | ₹ 305,002.00 |
| | | | | Misc. Receipts | H | ₹ 9,232.00 | ₹ 5,000.00 |
| | | | | Other Receipts | I | ₹ 279,785.00 | |
| Surplus | | | | Deficit | | | |
| Excess of Income Over Expenditure | | | ₹ 709,347.63 | Excess of Expenditure over Income | | ₹ 685,701.83 | |
| | | ₹ 21,687,604.79 | ₹ 20,059,934.00 | | | ₹ 21,687,604.79 | ₹ 20,059,934.00 |

Chief Finance Officer (CFO) Chair Person (CP)

Place: Srinagar In absence of chairperson

Date: 25-09-2019 BAGHIR & ASSOCIATES CHARTERED ACCOUNTANTS SRINAGAR

BANK DETAILS

FOR FOREIGN FUNDS:

Bank Name: J&K Bank Ltd
Bank Address: Residency Road, Srinagar
Account No: 0005 0101 0000 6228
Account title: HELP Foundation, J&K
IFSC: JAKA0CHINAR
SWIFT CODE: JAKAINBBSRI

FOR DOMESTIC FUND TRANSFERS:

Account No: 0005 0401 0002 7687

INCOME TAX BENEFIT

All donations to HELP Foundation are exempted from tax (up to 50%) under section 80G

FCRA REGISTRATION NO.

152750014

HELP FOUNDATION J&K
#50 TULSI BAGH SRINAGAR KASHMIR

RECEIPTS & PAYMENT ACCOUNT FOR THE YEAR ENDED ON 31-03-2019

| Receipts | Schedule | Amount | Payments | Schedule | Amount |
|------------------------------|----------|------------------------|---|----------|------------------------|
| Opening Balances | | | Payments towards object of the Trust | | |
| Cash in Hand | | ₹ 5,889.00 | Assistance | 5 | ₹ 1,384,232.00 |
| Cash at Bank | | ₹ 4,936,053.37 | Projectwise Payments | 6 | ₹ 35,256,029.00 |
| FDR | | ₹ 6,559.85 | Administrative Costs | 7 | ₹ 2,898,645.00 |
| Imprest | | ₹ 45,066.00 | Bank Charges | 8 | ₹ 15,594.14 |
| Donations Received | | | Advance to Staff | 9 | ₹ 42,000.00 |
| Sponsored Donation | | ₹ 647,000.00 | Purchase of Fixed Assets | 10 | ₹ 1,298,294.00 |
| Direct Donations | | ₹ 145,000.00 | Education Loan | 11 | ₹ 25,000.00 |
| General Donation | | ₹ 976,903.00 | Closing Balances | | |
| Donation for Distitude | | ₹ 680,000.00 | Cash in Hand | 12 | ₹ 4,110.00 |
| Projectwise Receipts | | | Cash at Bank | 13 | ₹ 5,618,096.04 |
| | 1 | ₹ 38,215,004.00 | Imprest | 14 | ₹ 2,106.00 |
| Other Receipts | | | Other Receipts | | |
| Bank Interest | 2 | ₹ 483,292.96 | Bank Interest | 2 | ₹ 483,292.96 |
| Misc. Receipts | 3 | ₹ 14,232.00 | Misc. Receipts | 3 | ₹ 14,232.00 |
| Other Receipts | 4 | ₹ 300,765.00 | Other Receipts | 4 | ₹ 300,765.00 |
| Recovery of Advance | | ₹ 76,341.00 | Recovery of Advance | | ₹ 76,341.00 |
| Recovery of Educational Loan | | ₹ 12,000.00 | Recovery of Educational Loan | | ₹ 12,000.00 |
| | | ₹ 46,544,106.18 | | | ₹ 46,544,106.18 |

Chief Finance Officer (CFO)

Place: Srinagar
Date: 25-09-2019

Chair Person (CP)

In absence of
Chairperson



HELP FOUNDATION J&K
#50 TULSI BAGH SRINAGAR KASHMIR

BALANCE SHEET AS ON 31-03-2019

| LIABILITIES | SCHEDULE | AMOUNT | ASSETS | SCHEDULE | AMOUNT |
|----------------------|----------|------------------------|---------------------------|----------|------------------------|
| Trust Fund or Corpus | I | ₹ 5,600,883.00 | Fixed Assets | IV | ₹ 12,510,640.90 |
| General Reserves | II | ₹ 11,689,147.41 | Loans & Advances | V | ₹ 151,223.00 |
| Current Liabilities | III | ₹ 3,553,662.50 | Education Loan | VI | ₹ 419,993.00 |
| | | | Receivables from Projects | VII | ₹ 2,091,295.00 |
| | | | Cash & Bank Balances | VIII | ₹ 5,622,206.04 |
| | | | Imprest Balance | IX | ₹ 2,106.00 |
| | | | TDS Recivables | | ₹ 46,229.00 |
| | | ₹ 20,843,692.94 | | | ₹ 20,843,692.94 |

Chief Finance Officer (CFO)

Place: Srinagar
Date: 25-09-2019

Chair Person (CP)

In absence of
Chairperson





INSTITUTIONAL PARTNERS

WITHOUT WHOM WE MAY NOT HAVE SUCCEEDED

We at HELP Foundation, J&K are highly obliged to all those who contributed and helped us to reach out to thousands of victims of conflict during the year 2018-19. We acknowledge the support and contributions of all our institutional funding agencies from within the country and abroad. We appreciate your sincere efforts to help us run several projects and development programs for the betterment of people in need.

We look forward to your continuing support, encouragement and valuable donations for the year 2019-20 and afterwards.

Team

HELP Foundation



ICNA RELIEF CANADA



HELPING HAND
FOR RELIEF AND DEVELOPMENT



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KASHMIR

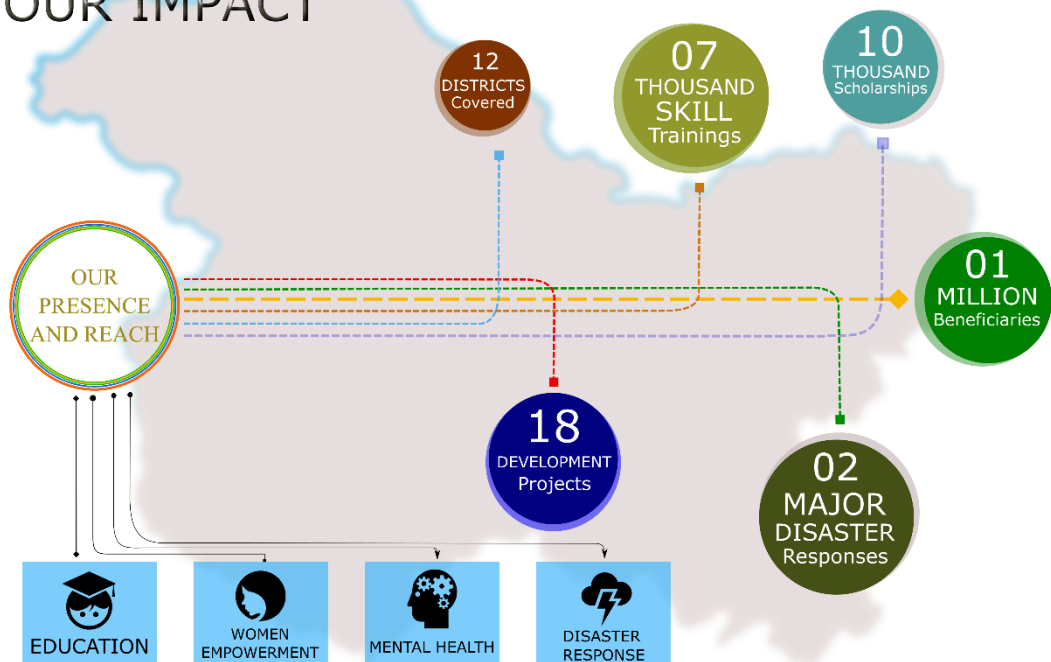
DEVELOPMENT FOUNDATION

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NOTES:

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OUR IMPACT





HELP Foundation

#50, TULSI BAGH, SRINAGAR
BEHIND AMAR SINGH COLLEGE
SRINAGAR-190008, J&K

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