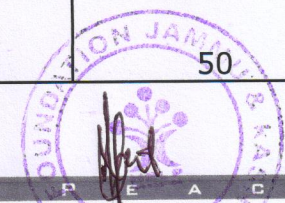




H.E.L.P.
FOUNDATION

Gist of activities done by HELP Foundation, J&K during the year 2019-2020

S.No	Activity done	No. Of Persons benefitted	Out of which No. of free beneficiaries
1	Seasonal Food distribution Program during RAMADHAN 2019 . 715 Families benefitted (Mostly widows , Underpreviliged, hnadicapped & Orphans)	4290	4290
2	Food distribution program during turmoil 2019 (Abrogation of Article 370 in August 2019 of Kashmir) Curfew was imposed when abrogation of article was happened . Foundation did food distribution program in which 1281 families benefitted mostly transporters , street vendors, labourers, widows , handicapped and other underpreviliged population covered in the food program	7686	7686
3	Foundation identified 50 orphan and poor girls in srinagar, budgam , kupwara and Pulwama district .These girls were trained in Cutting and Tailoring later foundation provided sewing machines to these girls, so that they would be able to stand financially	50	50
4	Livelihood given to Poor and marginalized people in district Pulwama in the shape of Livestock.	30	30
5	Foundation identified almost 12 families from pulwama district and they were provided items for establishment of grocery stores, hosiery, barber shop, etc . Foundation ensured that these families shall earn their livelihood	12	12
6	In view of demand from the patients , HELP Foundation procured 10 oxygen concentrators more for CAPD , bronchitis , pulmonary failure patients . Foundation provided these concentrators to 50 patients durin the year	50	50



HUMAN EFFORT FOR LOVE AND PEACE

Society Regd. No: 2905-S, FCRA No: 152750014
 Donations to HELP Foundation, J&K qualify tax
 exemption under Section 80 G. Please ask for 80G
 receipt for all your donations.

e-mail: helpfoundation1997@gmail.com
 Follow us on: twitter @HELPFFoundJK97
 Facebook: @HumanEffortforLoveandPeace
 Alternate URL: http://www.jkhf.in

H.No. 50, Tulsi Bagh
 (Behind Amar Singh College)
 Srinagar 190008, J&K
 Ph: 0194-2310256



Gist of activities done by HELP Foundation, J&K during the year 2019-2020

S.No	Activity done	No. Of Persons benefitted	Out of which No. of free beneficiaries
7	Mental Health counselling provided to traumatized patients in which mental disorder , anxiety, stress benefitted at our Health Clinic	635	635
8	General Checkup , Free Medical Assistance were given to Gyne , Psychatre ,ortho, dental , manual therapist , USG and general patients	1168	1168
9	Winter Support (Warm clothing) provided to 735 vulnerable families in which widows , orphans were covered from rural areas of Kashmir Valley	2940	2940
10	Medical Aid (Medicines and cost of medicines)provided to 141 patients.	141	141
11	Marriage Assistance provided to Poor & Orphan girls during the year 2019.	10	10
12	Students from poor background supported in Higher Education for completing their professional degrees.	27	27
13	In addition to the above HELP Foundation sponsors almost 360 orphan students from almost 10 districts, HF provided monthly cash assistance to cover their educational expenses like fee, books uniform and other items.	360	360
14	Old aged person including widows & disable persons received monthly assistance from the Foundation.	23	23
	One time cash assistance provided to the widows and underpreveliged people.	7	7



HUMAN EFFORT FOR LOVE AND PEACE

Society Regd. No: 2905-S, FCRA No: 152750014
 Donations to HELP Foundation, J&K qualify tax
 exemption under Section 80G. Please ask for 80G
 receipt for all your donations.

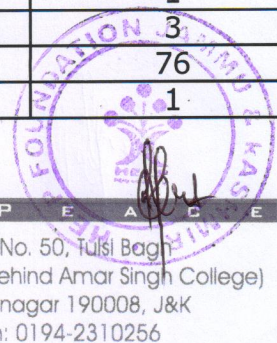
e-mail: helpfoundation1997@gmail.com
 Follow us on: twitter @HELPFFoundJK97
 Facebook: @HumanEffortforLoveandPeace
 Alternate URL: http://www.jkhf.in

H.No. 50, Tusi Bagh
 (Behind Amar Singh College)
 Srinagar 190008, J&K
 Ph: 0194-2310256



Gist of activities done by HELP Foundation, J&K during the year 2019-2020

S.No	Activity done	No. Of Persons benefitted	Out of which No. of free beneficiaries																														
15	2 girls were sent to delhi for training on tactile breast cancer detection . Foundation have started a unit where these two girls are providing now training to the 8 visually girls .	10	10																														
16	Fund for small business revival , Foundation provided financial assistance to most deserving families for settingup of small business units to earn their livelihood .	4	4																														
17	Foundation established a pharmacy shop (Janaushudi Kendra) at Srinagar & Kupwara district, where poor and underprevilged people got the medicine on nominal rates in comparison to retail outlets . Almost 4000 patients visited the clinic .	4000	4000																														
18	Foundation provided finacial assistance to a sports person who was nominated for participation in Grand slam qualification championship (olympic ranking G-2 event) in china .	1	1																														
<p>Foundation had MOU with ministry of Women & Child development Govt of India. Foundation have been executing a project titled Childline 1098 with the ministry on child rights in Srinagar & Budgam district . During the year 2019 , foundation through the chidlline 1098 intervned in following cases :-</p> <p align="center">Srinagar District :-</p> <table border="1"> <tbody> <tr> <td>1. Child beggary</td> <td align="center">5</td> <td align="center">5</td> </tr> <tr> <td>2. Child Labour</td> <td align="center">6</td> <td align="center">6</td> </tr> <tr> <td>3. Child Traffiking</td> <td align="center">2</td> <td align="center">2</td> </tr> <tr> <td>4. Complaint against school</td> <td align="center">2</td> <td align="center">2</td> </tr> <tr> <td>5. Conflict with Law</td> <td align="center">1</td> <td align="center">1</td> </tr> <tr> <td>6. Corporal Punishment</td> <td align="center">1</td> <td align="center">1</td> </tr> <tr> <td>7. Domestic Voilence</td> <td align="center">1</td> <td align="center">1</td> </tr> <tr> <td>8. Drug addiction</td> <td align="center">3</td> <td align="center">3</td> </tr> <tr> <td>9. Eduction support (Sponsorship)</td> <td align="center">76</td> <td align="center">76</td> </tr> <tr> <td>10. eve teasing</td> <td align="center">1</td> <td align="center">1</td> </tr> </tbody> </table>				1. Child beggary	5	5	2. Child Labour	6	6	3. Child Traffiking	2	2	4. Complaint against school	2	2	5. Conflict with Law	1	1	6. Corporal Punishment	1	1	7. Domestic Voilence	1	1	8. Drug addiction	3	3	9. Eduction support (Sponsorship)	76	76	10. eve teasing	1	1
1. Child beggary	5	5																															
2. Child Labour	6	6																															
3. Child Traffiking	2	2																															
4. Complaint against school	2	2																															
5. Conflict with Law	1	1																															
6. Corporal Punishment	1	1																															
7. Domestic Voilence	1	1																															
8. Drug addiction	3	3																															
9. Eduction support (Sponsorship)	76	76																															
10. eve teasing	1	1																															





Gist of activities done by HELP Foundation, J&K during the year 2019-2020

S.No	Activity done	No. Of Persons benefitted	Out of which No. of free beneficiaries	
19	11. Emotional Support & Guidance	1	1	
	12. Kidnapping	2	2	
	13. Link with Govt Schemes	1	1	
	14. Medical Support	77	77	
	15. Missing cases	10	10	
	16. Parent asking Help	2	2	
	17. Physical abuse	7	7	
	18. Protection from abuse	58	58	
	19. Rescue	2	2	
	20. Sexual abuse	2	2	
	21. Shelter provided	4	4	
	Budgam District :-			
		01. Child beggary	1	1
		02. Child Labour	10	10
		03. Conflict with Law	15	
		04. Drug de-addiction	2	2
		05. Education support (Sponsorship)	68	68
		06. Emotional Support & Guidance	3	3
		07. Link with Govt Schemes	2	2
		08. Medical Support	28	28
		09. Missing cases	23	23
	10. Physical abuse	16	16	
	11. Rescue	2	2	
	12. Sexual abuse	1	1	
	13. Counselling	18	18	
	14. Abandoned	1	1	
	15. Child Marriage	1	1	
	16. Care & protection	5	5	
20	In addition to the above , Foundation has been running a private school in district Kupwara near to LOC where free education is providing to orphan students and a boarding home in srinagar where the foundation enrolled 20 orphan students there . They are staying there and taking education in different higher secondary and high schools .			

Dated:- 12/02/2021

on behalf of HELP Foundation, J&K

