

Annual Report

2017-2018



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 NGO 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 a secondary level school in frontier district, Kupwara 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 de-stressing the women and youth in the strife torn valley.

During FY 17-87 over 8000 households benefitted out of various charity and development programmes across the state.

Coverage under various charitable activities is tabled as under:

<i>Sr. No</i>	<i>Activity</i>	<i>No. of persons benefitted</i>
1.	Financial Aid	320
2.	Education Sponsorship	970
3.	Marriage Assistance	8
4.	Medical Help	2700
5.	Livelihood and empowerment	4200

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

- 1. Livelihood support- “agro based” to survivors of 2014 calamity at Pulwama districts*
- 2. Education for poor and underprivileged including Orphans*
- 3. Healthcare services like mental health and pharmacological support to ailing*
- 4. Development work like upgradation of school laboratories and computer labs.*
- 5. Financial support as seed capital for small enterprises.*
- 6. Legal awareness to home-based artisans*
- 7. Rehabilitation training for Persons with Visual Impairments.*

Livelihood -Agro Based support to farmers:

HELP Foundation conducted a baseline survey in 20 villages of Pulwama covering over 5000 souls. The purpose of the survey was to assess the Socio-economic profile of target beneficiaries. The project supported 36 beneficiaries with Cows- livestock support for sustenance and economic welfare. These were the most deserving and flood affected population who got benefitted with the program. It is right to mention here the project will end by Dec, 2019.

HELP has also collectivised over 160 community members under 16 Village development committees. These Committees support the program intervention in over 20 villages.

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 900 orphans of various districts of the State through scholarship and sponsorship programs.

Shah Anwar Memorial Secondary School (SAMS) at Khumriyal-Lolab, Kupwara has been established by HELP Foundation, J&K in year 2002. At SAMS, there were over 350 children on roll of which 187 are orphans and poor. 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. HELP foundation provided free books worth 267,000/- and uniform distribution costs exceeded Rs. 31400/- during the academic year.

Higher Education Scholarships:

During the financial year 2017-2018 foundation has provided higher education assistance to 47 students; Graduate course in medicine-8, Graduate and Post graduate course in Engineering and Technology-21, Graduate and post graduate courses in Arts (Fine Art and law)-11.

SHEHJAR Home for Orphans: HELP was 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 were 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. This year the remaining 13 children were sent to their wards and all their expenses including living and education is taken care of by HELP foundation, J&K.

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 at 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 with the disease, 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 reached out to over 1188 patients through non-pharmacological interventions besides conducting 13 community based sessions.

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. This Cell has assisted 71 cases in High court of state and helped in quashing 3 cases of PSA slapped on juveniles during 2017. The lawyers of the Cell also organize leadership workshops within the organization and also with several other outside institutions. This year only 2 such workshops were conducted by the Cell at Beerwah, Budgam.

CHILDLINE Srinagar: One of the prominent services for children in need of care and protection has supported 354 cases during 2017-18. Most of these cases were medical related

and some others related to emotional support and counseling. CHILDLINE Srinagar addressed 6 harassment cases and provided legal support to delinquents in various courts of city.

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 as a source for their livelihood.

During this year over 360 girls attained trainings and participated in legal awareness programs held at different paces. 14 girls were allowed to undergo internships at HELP during the year.

Highlights of year 2017-18:

Since 2001, HELP foundation continues to provide succour 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, Pulwama, Gandarbal and Budgam. 167 ladies collectivized into thirteen SHGs and established Income Generating Units in Srinagar and other places.

Some of the empowerment projects funded by external institutions completed this year also. The Impact assessment of all such projects has been carried out by external agencies.

Assistance and Support	No. of beneficiaries	Area covered	In collaboration/support with
Ari Embroidery training	120 women	Srinagar	Shehjar project supported by Individual donors.
Ari Embroidery training	263 women	Kupwara	SEWA, Ahmadabad
Cutting and Tailoring	300 Women	Srinagar	HELP Foundation, J&K
Production work/home-based job	221	Srinagar/Bandipora/Kupwara, Budgam	Economic revival Initiative
Job work to women	23	Srinagar	Shehjar (HELP

for food production etc			Foundation's marketing initiative)
Participation in Exhibitions	7 women artisans benefitted	Srinagar	Shehjar (HELP Foundation's marketing initiative)
Knitting and Tilla embroidery work	47 women workers continue to 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 82 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.

This year 4 Breakthrough workshops were conducted which benefitted over 100 students and professional workers.

B: ICNA Canada: A Canadian organization that has started working with HELP Foundation in year 2014, has so far sponsored 340 children. These children avail education facilities in different schools and stay with their guardians. During year 2017-18, the total outflow of funds was 43.7 lacs.

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 46 lacs during 2017-18 for providing technical skills to women and education to their wards in the vicinity of Srinagar city and Religious activities during month of Ramadan and Eid-Uz-Zuhha.

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 and continues to provide rehabilitation support for them. The organization also supported for Physical rehabilitation of 24 visually impaired children in year 2017-18 and supported in medical aid of over 14 patients and is continuing.

RELIEF AND REHABILITATION OF DESTITUTE:

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 2017-2018, organisation has provided marriage assistance to almost 8 girls. The marriage packs include the wedding dress material and other basic amenities like gold on such occasions.

Some Visuals:





