

ANNUAL REPORT

2012-13



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

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INTRODUCTION

HELP Foundation J&K is a nonprofit organization (registered as a society with the Registrar of Societies) set up in 1997, by Nighat Shafi, along with a few likeminded people, with the objective of providing a helping hand to people affected by the violence in the strife-torn valley. The focus has been on providing education and mental health counseling to women and children, who have been the worst victims of turmoil, relief and rehabilitation to various sections of the society who are severely challenged by physical disability and/or economic deprivation. With a team of dedicated trustees, volunteers and staff, the Foundation has extended its activities in almost all districts of Kashmir province as well as some areas of Jammu province.

Sr. No	Activity	No. Of persons benefited	
		Free	At Cost
1	General Relief (Aid)	427	0
2	Education	1289	364
3	Health (Mental Health)	1600	0
4	Women Empowerment	2700	0

EDUCATION

HELP Foundation own its core competence in Education sector. Providing of free quality education to underprivileged has remained its priority. HELP has established two schools in boarder areas of the state to achieve its objective. There has been a long history of providing books, stationary, uniform and transportation facility to underprivileged children.

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1. Elementary Education

Shah Anwar Senior Sec. School, Lolab Kupwara : In the year 2000 the Foundation has built a school in a village named Lolab in Kupwara district which is close to the Line Of Control (LOC).

This area was worst hit by violence which erupted in the valley in 1989. The whole area had few schools but maximum of them were lack-



ing in infrastructure and quality education.

Transport is also provided in the whole region so that children from every village of Lolab and its adjoining areas can reach school on time.

During academic year 2012 (FY 2012-13); around 600 children have directly benefited from its services including 113 children who have received 100% free education and free books and uniform etc. Besides, around 14 families headed by widows who have their wards got admitted in the school have received livelihood support in the shape of sheep and goat.

HELP Foundation Model School, Mawar Handwara : The Foundation has built an another school in Mawar (Kupwara).

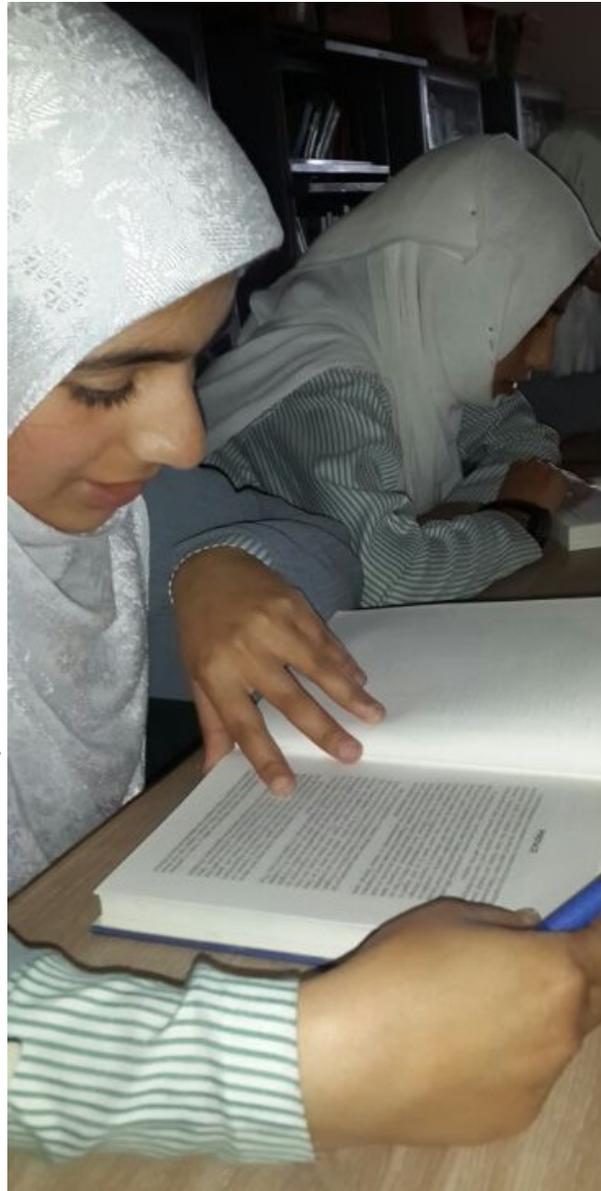
The Foundation has enrolled more than 105 orphan and poor children's in the school.

To develop our students in every field of life, we do not focus only on

academics but also on extra circular activities like music , social skills , theatre, soft skills etc.

HELP Foundation supported around 460 students beside the school in education.

HELP Foundation has established a computer lab with 60 student intake capacity at a time and a library that has almost 3000 books of various titles. Almost 700 students annually benefit from these two facilities. During current academic year the foundation has added 5 computers and 720 books respectively to these two facilities. Another Library has been established by HELP Foundation at Srinagar with the name of SHEHJAR Library that has almost 8000 books and periodicals for benefit of senior citizens, students, researchers etc. Apart from keeping various books, newspaper and magazine collection. Different workshops, arithmetic classes and career counselling programmes help to generate a desire for knowledge in youngsters and as well as senior citizens.



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The library has the below facilities as well:

- Internet cafe
- Debates
- Workshop & discussions
- Creative classes
- Heritage & Cultural Education

Higher Education scholarships: During the financial year 2012-13, the foundation has provided higher education scholarships to 12 students. These students continuously receive support for getting education at various professional colleges. The courses that HELP Foundation support include;

- Graduate course in Medicine
- Graduate and postgraduate course in Engineering and Technology
- Graduate and postgraduate courses in Law and fine art etc.

HEALTHCARE

HELP is in the field of holistic health services with special focus on mental health and allied services. HELP has established a mental health counselling and guidance centre at Srinagar that caters to the patients with ailments like mental depression, anxiety, suicidal ideation, addiction to drugs, victims of domestic violence. The aim of HELP Foundation is to provide free psychiatric services to the effected women & children. The turmoil in the valley has badly affected the people here including men, women or children as whole. During year 2012-13 more than 1600 patients have benefitted directly while thousand others have received free medical checkups and counselling at various camps conducted by the Foundation.

HELP has started a school in the name of Step-by-Step within the centre

that has special facilities available for artistic children and children who have learning and other related disabilities. Mental health awareness by the doctors of said centre has reached to schools and colleges in the current year. The aim of the outreach is to curb the menace of addiction of drugs in youngsters at initial level. The foundation has also advocated for drug de-addiction as various state level programmes held during the year 2012-13.

Specific Healthcare Services: Keeping in view the impact of social issues in the valley, the Foundation mainly emphasis on Mental Health Issues to lower down the stress level and trauma of conflict affected people. The Foundation has conducted several medical camps in Srinagar and Kupwara

district which proved to be very effective and thousands of people have been benefited by these camps in terms of free consultation, medicines, ECG, blood tests etc. The aim of these camps is to render medical assistance to poor



and needy people who can't afford quality medical care. These camps also educate people on basic healthcare, sanitation and disease prevention.

WOMEN EMPOWERMENT

HELP Foundation is playing a vital role in helping and uplifting the women right from its inception who suffered due to the conflict in the state. HELP Foundation provides both the financial and technical assistance to the

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women so that they can easily feed their dependable ones without any problem.

The main focus of Foundation is to enable women to become self reliant.

Financial Assistance to Women:

Soft Loans & advances:

Interest free loans have been given to many women to make them financially independent and for starting or running the existing business smoothly

In 2006 the Kashmir women credit cooperative limited came into existence to encourage women's self reliance. Women can buy shares in the cooperative @ Rs 1000/- and can open a saving account in the bank. KWCCCL also provides small loans to its members

HELP provided interest free loans to 200 ladies for establishing Income Generating Units.

Technical assistance to Women:

Training Programme:

In 2000 Shehjar Craft Centre was established with the intent of providing training to widows and destitute. Initially, the Centre was only a training centre today it is both training centre as well as a production unit working with almost 30 girls and same number of girls got trained in different trades like cutting & tailoring, embroidery, sozni work etc. These women also participate in exhibitions conducted in and outside of Kashmir.

This program has provided them work thereby saving them from exploitation & ensuring a regular income for them which has lead to increase in their confidence and has helped them to build their self-esteem.

Another training centre namely Shehjaar Food Processing Centre is centre where women produces jams, chutneys, jellies, spices including WARI a special kashmiri masala and pickle. Five members are involved in the pro-

duction of the products. The Foundation also provided training in rural areas of Kupwara and Anantnag.

With the support of Sir Dorabji Tata Trust Pragaash Program HELP has founded another centre at Shah Anwar Memorial School (SAMS) in Khumriyal district Kupwara, the centre is both a training and pro-



duction centre. Almost 60 girls have been trained in cutting and tailoring and have learned to stitch kurta, shalwars, Afghani dresses, Pherans, pants, shirts, pillow covers and bed sheets. The girls who are in training stitch all the uniforms of the students of SAMS and receive payment for the same.

Beside, the foundation also established a Training centre at Kupwara, the centre has trained 700 ladies during the year.

JUVENILE JUSTICE

Helpline for children in need of Care and protection (CNCP)

In March 2011 joined hands India Founda- the valley's service in Sri- consisting of 12 out of HELP



HELP Foundation with Child line tion to set up first child line nagar. A team members based Foundation run

the program with the cooperation and help of district administration, the

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directorates of social welfare and its subordinate departments. The centre has helped 65 cases during the year. The services are available for missing children, abandoned children, children in contact and in conflict with law etc.

RELIEF & REHABILITATION OF DESTITUTES

One time Financial Assistance

To victims of natural calamities:

Foundation also provides aid to the victims of natural calamities like floods, earthquake, fire etc. During the year 2012-13 no such incident took place hence the programme has no beneficiaries at the list.

To Orphan girls for Marriage:

HELP Foundation also provides aid (cash and or kind) to the orphan and other needy girls who have nobody to look after at their marriage. Over last 10 years almost 1000 girls have been provided with the assistance. During the year 2013-14, 14 girls were provided marriage packs that include the wedding dress materials and basic marriage amenities needed on such occasion. A cash disbursement of almost 65400/= was made under this programme .

To Chronic Patients:

From past 10 years Foundation has provided cash assistance to almost 1200 patients for Heart surgery, Kidney failure, eye surgeries, cancer treatment etc, this year again, the foundation provided cash assistance to 6 patients for different treatments like CKS, COPD, Cancer etc.

Assistance to old age people and widows: Regular monthly cash assistance is also provided to the needy old age people who can't work. During the year 67 old aged persons were supported on monthly basis which include regular cash assistance of 800 per month per person.

For further details log on to : <http://www.helpfoundation.co>

