



HELPING HAND FOUNDATION

Impacting Lives for better future



ANNUAL REPORT

2013-2014

ORGANIZATION AT A GLANCE

1. Name of NGO (Acronym) :

HELPING HAND FOUNDATION (HHF)

2. Address of the NGO :

Primary address (Registered Office)

B/103, Sai Sargam CHSL.,
Highness park, Mira Road (East).
Tal-Dist-Thane – 401107

Secondary address (Administrative Office)

302, Ganesh Society No: 02 CHSL
Uttan Navghar Church Road, Uttan.
Bhayander West, Tal-Dist, Thane – 401106.

3. Telephone / Cell Contacts :

Tel : (022) 28451365

Cell : (+91) 9987923843

Cell : (+91) 9821485939

4. Email/Website :

Email : hhfngo2011@gmail.com

Website: www.hhfngo2011.weebly.com

5. Legal Status :

U/s 20 of the Societies Registration Act XXI, 1860

U/s 18 of the Bombay Public Trust Act, 1950

U/s 139(a) Income Tax Act – 1961

U/s 12A Income Tax Act -1961

Regn No: MAHA/1027/11/Thane.

Regn No: F/23280/Thane

PAN No: AAATH9962J

No: THN/CIT-1/Tech1/12A/49/2013/14/280

6. Bankers :

State Bank of India (Bhayander West Branch)

A/c No: 31879021395

7. Auditors :

Mr Ramesh Patil (CA & Auditor), Bhy (W)

8. Date of Establishment :

06th April, 2011

9. Area of operation :

Nationwide

10. Total No of Members :

18

A Message from the Founding Trustee & Chief functionary



Warm welcome

It is my privilege and pleasure to reach you through our 3rd annual report comprising of financial information and activity records for the FY, 2013-2014 highlighting key events and milestones of our organization.

Poverty and ignorance is a very dangerous combination. It can trap people in inescapable circles and could lead to frustration and despair. It not only makes one vulnerable to disease and suffering but to all kinds of exploitations. We need to overcome such challenges prevalent in the lives of the marginalized communities and impact their lives by providing them with possibilities for a better future.

In a short span of three years, we have emerged as an upcoming social service organization contributing in the areas of education, healthcare and poverty reduction through community service.

Our organization enjoys the support of valuable members, volunteers and sponsors from within India as well as overseas patrons who believes us and our work for a noble cause while they contribute towards the growth and mission of our organization.

Our humble endeavor is to seek your persistent encouragement and support for many more years to come.

My sincere appreciation and thanks to all our committed members, volunteers, well-wishers and benefactors for their continuous support, dedication and hard work, all for a good cause.

I, on behalf of our founding managing trustees invite every one of you to come forward and join us in our journey to achieving success by impacting lives for a better future.

Best wishes

Yours Sincerely

Dr John Sircar
(Founding Trustee & Chief Functionary)

FOREWARD

It was the twilight of 30th January, 2011, the 63rd death anniversary of Mohandas Karamchand Gandhi i.e Mahatma Gandhi, when seven like-minded professionals forming the Founding Trustees and Board of executive committee members came together over a coffee table at a theme park in Mira Road, Mumbai with an idea, purpose and commitment to serve the underprivileged Indian communities and impacting their lives for better future. They discussed the formation of a non-governmental organization (NGO) that would address many pressing issues related to healthcare, literacy, education and social welfare under the leadership of the founders i.e Dr John Sircar and Dr Pramod Pasi who conceptualized the formation of the organization and christened it as “Helping Hand Foundation” (HHF) with a vision and mission to impact lives of under privileged beneficiaries, especially orphaned children, youths, broken families etc enabling them to maximize their potential and change their lives irrespective of caste, creed, religion or gender.

We have successfully completed three years of existence and have organized several free medical health screening camps for the beneficiaries of rural areas off Mumbai, set up a free first aid assistance center at a Christian pilgrimage shrine in Uttan, distributed free pre-owned clothes and organized several workshops pertaining to adult literacy and ngo management.

On the legal front, we are proud to bring on record that we have obtained registrations under the Societies Registration Act, 1860 and The Bombay Public Trust Act, 1950. We hold valid PAN Card under the Income Tax Act as well as 12AA certificate U/s 12A of Income Tax Act.

Our temporary website, (www.hhfngo2011.weebly.com) located on a free website builder site was redesigned and updated, we are waiting for the new domain (.ngo) to be launched for the ngo sector next year by the Indian government, till then the current website on www.weebly.com shall be functional and regularly updated.

Our engagement with friends and benefactors all over the world has taken off on the popular social networking sites i.e Facebook, Twitter, Linkedin and our supporters are kept updated with our regular updates.

We are also listed on various online ngo databases i.e www.karmayog.org, www.propoor.org, www.askme.org, www.guidestarindia.org, NGO Partnership System (www.ngo.india.gov.in), Justdial.

Donations from friends and well-wishers helped us fund our activities which are absolutely free for the beneficiaries.

We, at HHF look forward to the challenges of 2014-2015 and hope that you enjoy reading our developments and successes of the past year in this, our 3rd Annual Report.



Dr John Sircar
(Chief Functionary & Founding Secretary)

Mumbai, 2014

ABOUT HELPING HAND FOUNDATION

VISION & MISSION

Impacting lives for a better future

HELPING HAND FOUNDATION (HHF) is a Mumbai based Indian registered multidisciplinary, secular, non-for-profit, non-sectarian and non-political social service organization, engaged in addressing the challenges of marginalized communities across India. HHF is established under the Societies Registration Act, 1860 and The Bombay Public Trust Act, 1950. It currently organizes free medical health screening camps, distributes free pre-owned clothing's and sponsors education expenses of orphans in semi-rural areas off Mumbai city and North East India at regular intervals. It aims to make it big in coming future and establish education and medical facilities.

OUR LOGO



- Shape of Logo** : Oval: Signifying the shape of the universe
Outstretched Hand : Signifies lending a helping hand to everyone who deserve.
Food Grains: Rice plant : Signifies our organization to work in providing free food & nutrition to our beneficiaries
Stethoscope : Signifies to work in the healthcare sector impacting lives of the underprivileged.
Book : Signifies to work in the education sector impacting lives of the underprivileged.

OUR AIMS & OBJECTIVES



EDUCATION & LITERACY

1. To give, assist and sponsor all educational help to children attending any medium of schooling from economically backward class and children of low income group or below Poverty Line families.
2. To run free or with (nominal fees) coaching classes and tailoring classes for economically weaker sections as well as open, run and manage computer classes for street children and children of below poverty line families.
3. To established, erect, equip and maintain or contribute towards the same (libraries, free reading rooms, hospitals, dispensaries, medical clinics, Paramedical centers, nursing homes, orphanages, Junior and Senior Colleges of all the faculties), establish and run pharmacy college, B.Ed., D.Ed. Colleges, Bio-technology college, Bioinformatics Colleges, IT institutes and courses, establish electronic waste material management setup, charitable institutions, for the relief of poor, education, medical relief and advancement of other objects of general public utility not involving the carrying on of any activity of profit.
4. To construct Social Welfare Center and also establish and run English, Marathi, Hindi medium educational schools, primary schools, pre-primary schools, balwadis, classes, colleges including Junior and Senior Colleges, Technical College, Barefoot Colleges, Medical colleges, Para-medical colleges, hospitals, etc..
5. To provide assistance to the poor and needy students of all the communities and encourage the values of education through free school book distribution, school stationary, bags, sponsoring a child's education or a child from another ngo quarterly or annually.



HEALTHCARE

1. To give medical, food and educational help to all disable persons, orphans, semi-orphans as well as provide relief to all affected people by natural, man-made calamities.
2. To run and manage R & D activities of various technologies as well as run and manage Herbal development research center, alternative medicine institutes, undertake clinical research and development programs for others.
3. To undertake the activities or any program or to work on any project to evict the AIDS, HIV or other diseases in the field of healthcare.
4. To organize medical camp such as Blood donation camp, Free Medical check-up Camps, as well as multidisciplinary medical and health camp.
5. To distribute free medicines and healthcare products in camps along with diagnosis, screening of patients and consultations.



COMMUNITY SERVICE

1. To organize and undertake various social, educational, cultural and religions programs and activities for the welfare of the society as well as towards fund raising programs along with free distribution of food (cooked/uncooked) I
2. To implement government, semi -government and municipal schemes wherever applicable subject to their terms and conditions.
3. To establish, maintain and support homes for poor or needy women, divorcee, widow, destitute, orphans or old or aged persons or otherwise to support them and to do all acts, deeds and things for their relief and uplift.
4. To arrange various Sports Competitions, Cultural Programs, Street Plays, Picnic, Amusement Games, awareness program.
5. To form SHGs (Self-Help-Groups) at rural and slum levels, also run and manage Barefoot colleges.



OUR TEAM

We are very grateful to the following founding trustees who also form the executive committee board members of our organization.

Sr No	Name	Position	Occupation	Competency
01	Dr Pramod K. Pasi	Founding Chairman	Physician	Medicine
02	Dr Sarita P.Pasi	Founding Vice-Chairperson	Lecturer	Medicine
03	Dr John Sircar	Founding Secretary	Researcher	Alt Medicine
04	Mr Jalandar S. Redkar	Founding Jt. Secretary	Service	Social Work
05	Ms Lalita J. Sircar	Founding Treasurer	Auditor	Accounts
06	Dr Sanjeevani Kawale	Founding Committee Member	Physician	Medicine
07	Mr Tejas J. Wadekar	Founding Committee Member	Service	Clerical

OUR MAJOR DONORS FOR THE YEAR ENDED 31ST MARCH, 2014

We are extremely thankful to the following donors.

Sr No	Name	Donation particulars
01	M/s Om Vora Associates	Monetary Donation
02	Mrs Aruna Patel / Mr Shrikant Jadhav	Monetary Donation
03	Founding Trustees	Monetary Donation

OUR NEW MEMBERS DURING THE YEAR ENDED 31ST MARCH, 2014

We are extremely thankful to our new members who have joined us for a noble cause.

Sr No	Name of Member	Occupation
01	Sandhya N. Dalsingh	Student
02	Nikita S. Sawant	Student
03	Dr Saumyaranjan Pandey	Professional
04	Dr Fatema Z Kapadia	Professional

OUR ACCOMPLISHMENTS & IMPACT

EDUCATION & ADULT LITERACY

TOTAL NUMBER OF BENEFICIARIES BENEFITTED: 392

1. FREE BALWADI (Uttan)

A free balwadi (creche) has been setup at Uttan among the seasonal migrant adivasi labor community wherein basic vocabulary in English and Marathi are taught to children in age group of 3 to 14 years who have never been to a school before. Free biscuits and school stationeries are also given to them while outdoor and indoor games are played. The balwadi function for 1.5 hrs max early each morning.



(More pictures on our facebook page)

2. FREE SEMINAR ON ADULT HEALTH LITERACY:

Free seminar in Hindi were conducted by us in association with local churches for the fisherfolk beneficiaries wherein topics including sex education, abortion, basic law, female diseases, health and hygiene were discussed using power point presentations.

Sr No	Date	Particulars	Location	Beneficiaries
01	13.10.2013	Women reproductive & health issues	Manori Village, Malad	Koli Community
02	12.11.2013	Purview of Adulthood	Manori Village, Malad	Koli Community
03	12.03.2014	Womens Health Issues	Arnana Village, Arnala, Virar	Koli Community



(More pictures on our facebook page)

3. FREE WORKSHOP FOR NGOS:

A free day-long interactive workshop was organized by us for the local ngos of Mira Bhayander at Hotel Maxwell, Gorai in which several ngos participated and obtained crucial information on ngo management, financial accounting, CSR, fund raising tips and statutory obligations. Breakfast, non-veg lunch and tea were provided to all participants.

Sr No	Date	Particulars	Location	Beneficiaries
01	09.02.2014	Interactive capacity building workshop – NGOs	Hotel Maxwell, Gorai	HHF Team and other NGOs



(More pictures on our facebook page)

MEDICAL HEALTHCARE

TOTAL NUMBER OF BENEFICIARIES BENEFITTED: 439

1. FREE MEDICAL HEALTH SCREENING CAMPS:

During the financial year 2013-2014, we had organized the following free medical health check-up camps in which the beneficiaries benefitted by accessing all the free services the camp offered including screenings for Blood pressure, Blood sugar, height/weight, eye testing, blood grouping along with free consultations and examinations by expert and qualified medical team, the beneficiaries also obtained free medicines and blood group cards. All the records of the camps were maintained and post camp analysis were done with suitable remedial advices by the camp team were recorded.

We thank all members of our team and volunteers for your valuable support.

Sr No	Type of Health Camp	Camp Location	Camp Date	No of Beneficiaries benefitted
01	Health Screening Camp	Nallasopara	21.04.2013	130
02	Health Screening Camp	Nallasopara	29.12.2013	105
Total				235



(More pictures on our facebook page)

2. FREE FIRST AID ASSISTANCE CENTER:

A 13-day free first aid assistance center was setup in the premises of Our Lady of Vailankanni Shrine, Bhatebunder, Uttan, Bhayander west, Tal-Dist, Thane to medically assist the large number of pilgrims from all walks of life who visit the shrine in the month of September every year.

The center was functional from 5.30 AM to 9.30 PM and catered to 204 patients including 16 critical patients who were stabilized and referred to nearest PHC and private hospitals. The staff from Uttan PHC also assisted us. Free medicines were distributed to needy patients.

Sr No	Type of Health Camp	Camp Location	Camp Date	No of Beneficiaries benefitted
01	First Aid Center	Uttan	29.09.2013	204



POVERTY REDUCTION

TOTAL NUMBER OF BENEFICIARIES BENEFITTED: 030

1. FREE DISTRIBUTION OF PRE-OWNED CLOTHING:

Several bags of pre-owned clothing donated by Skiusa Inc (India), Goregaon and other individual donors were distributed among the Adivasi communities in Uttan.

Sr No	Date	Particulars	Location	Beneficiaries
01	19.01.2014	Preowned clothes Distribution	Uttan	Adhivasi Community



(More pictures on our facebook page)

FINANCIAL INFORMATION 2012-2013

RECEIPTS (INR)	2012-2013	2013-2014
Self generated (Contribution from Founding Trustees)	49716.00	134,518.00
Donation from Indian individuals	39,900.00	7000.00
Other donations from Indian individuals	0.00	0.00
Donations from foreign individuals	0.00	0.00
Other donations from foreign individuals	0.00	0.00
Grants from Indian sources (trusts/ govt/ companies/ foundations)	0.00	0.00
Grants from International sources (under FCRA)	0.00	0.00
Sale of assets	0.00	0.00
Miscellaneous (Int from Bank)	284.00	299.00
Total Receipts	89,900.00	141,817.00
PAYMENTS (INR)	2012-2013	2013-2014
PAYMENTS (Capital)		
Capital items purchased for the organization, excluding investment (Fixed Deposits etc.)	0.00	0.00
Capital items purchased for beneficiaries	0.00	0.00
PAYMENTS (Revenue) Programme related		
Salaries and benefits	0.00	5,600.00
Staff /Member training	0.00	1797.00
Staff / Member travel	1040.00	1,489.00
Consultant's fees	0.00	0.00
Office support expenses (rent/ telephone/ electricity etc.)	5165.00	0.00
Materials procured (Medical Camp items, Education, Seminars.)	77040.00	123,736.00
Grants/ donations given to other organizations as part of programme	0.00	0.00
Depreciation (to be taken from Income and Expenditure account)	675.00	574.00
Others (Bank charges) (Donor cheque bounce case)	0.00	102.00
Non-programme related		
Salaries and benefits	0.00	0.00
Staff training	0.00	0.00
Staff travel	0.00	0.00
Office support expenses (rent/ repairs/ telephone/ electricity etc.)	0.00	0.00
Communication (correspondence/ Annual Reports/ brochures/ appeals/ website etc.)	2500.00	4,945.00
Consultants' fees (audit/ legal/ programme) (Formation of Trust)	3000.00	3000.00
Depreciation (to be taken from Income and Expenditure account)	0.00	574.00
Other non-programme expenses	0.00	0.00
Total Payments	89,420.00	141,817.00

NOTE: The actual audited statements of accounts are available on request.

HOW YOU CAN HELP

YOU CAN MAKE A HUGE DIFFERENCE IN SOMEONE'S LIFE

Helping Hand Foundation is always ready to welcome like-minded individuals, students, corporate houses, and well-wishers to be our members, donors & volunteers who wish to help us in our mission by donating their time, energy, skills & resources.

There are numerous ways in which you can help us impacting lives and building better communities. If you like to be a part of this effort, you can render your support in the following ways:

Our Organization is looking for generous donors like you

- 1. DIRECT DONATIONS:** Through D.D or Cheque sent to "HELPING HAND FOUNDATION"
302, Ganesh Society No: 02 CHSL, Off Uttan Navghar Church Road,
Uttan, Bhayander West, Tal-Dist, Thane - 401106, Mumbai, Maharashtra, India.

- 2. CORPORATE:** If you or your company is interested in making a difference as part of its CSR activity, please get in touch with us, we'd love to hear from you and try to align our project with your dreams of working for marginalized communities, alternatively you can also choose any of the following to support us.
 - a. Payroll giving Programme
 - b. Employee Engagement

- 3. ORGANIZATION PARTNERSHIPS:** National and international organizations (educational institutions, donor organizations, Nonprofit organizations, etc can partner with Helping Hand Foundation under Alliances to further the development initiatives at grassroots level.

- 4. INDIVIDUAL PARTNERSHIPS:** Be the change you wish to see. Because all change begins with an individual. Too often in life, we wait around for someone else to instigate the changes we want to see.

We doubt our own ability and become paralyzed to action, thinking either we are not solely capable of bringing the changes about, or that someone else will get around to it.

But this inability to act alone is all in our head. Because history bears witness that the most extraordinary things were done by the most ordinary people.

And this individual action is certainly the need of the hour for India - the land of great contrasts! While the country has 53 billionaires, it also has 17 million child laborers. While it has a galloping GDP growth, it also has 2 million children dying before their first birthday due to the lack of immunizations and medical facilities!

So if you've ever wished to be able to do something for the greater good, the time could not be more right. Remember! You don't have to make radical changes for your efforts to count, because the small changes make a big difference! You can choose to sponsor any of the projects from the annexed budget FY - 2013-2014.

CONTACT US

We love to hear from new friends and supporters, whether you 'r looking to volunteer, join us as a member, make a donation, fund a program/project or would just like to learn more about our work, there are many ways in which you can get in touch:

Email : hfnngo2011@gmail.com

Call us on : 9987923843, 9821485939

Send us a message on facebook : www.facebook.com/hfnngo2011

Visit our website: www.hfnngo2011.weebly.com

OR

Snail mail us at **HELPING HAND FOUNDATION**

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