



# **Helplife Annual Report 2023-24**

## Vision:

Our vision is to create joyful, empowered and inclusive communities through sustainable development.



## Mission/Goal :

Our mission is to empower vulnerable communities, more so adolescent girls and young women, ensuring their integration into society through innovative research, interventions and evidence-based practices.



**Purpose : Empower, **Perform** and Transform**

## **Background:**

Helplife is a registered public charitable trust (Reg. No.-E-2856) established in 1999 with the primary objective of uplifting the underprivileged community through meticulous research, targeted interventions, professionalism, and innovative rehabilitation programs. These programs are designed to enhance the physical and emotional well-being of individuals in various domains.

Helplife has a number of projects that support overall development of adolescent girls living with disabilities. The program aims to integrate them into society by equipping them with the skills and knowledge needed to become self-reliant professionals. It addresses the physical, mental, financial and social rehabilitation needs of these girls, who hail from impoverished backgrounds with limited access to education and financial support. By providing comprehensive medical care, nutrition, education, life skills training, vocational education, and holistic living support, the program endeavors to break the barriers that prevent differently abled girls from pursuing higher education and fulfilling careers.

Furthermore, Helplife is actively engaged in a community-based Empowerment and Livelihood program, catering to differently abled adolescents, women, and men. This program aims to foster independence and increased income for individuals from low socio-economic backgrounds.

Research has shown that there is a lack of comprehensive information and awareness about available facilities for differently abled individuals. To address this, Helplife seeks to serve as a centralized resource hub offering a wide range of information related to disability.

As part of its vision for a holistic development approach, the project aims to empower differently abled girls, raise awareness, reduce stigma and discrimination, provide support, and facilitate appropriate referrals. An important long-term goal of the project is to achieve self-sustainability through community engagement and volunteer involvement. By empowering the community to take ownership of project activities, Helplife envisions creating a sustainable model for disability empowerment. Helplife's initiatives are geared towards fostering positive outcomes and a model for disability empowerment that leads to the holistic development of differently abled individuals. We are currently testing a model Integrated comprehensive minimum package (ICMP) post covid that is transforming lives of the most vulnerable and with disabilities. Through its continued efforts and collaboration with the community, corporate, government and donors, Helplife seeks to make a lasting impact on the lives of those it serves. The innovative sustainable business model (ICMP) is shaping up to be the most cost-effective way of supporting PwDs in reinventing their life's road map. The ICMP program will be in the pilot phase for another two years.

**Fig: 2 Integrated Comprehensive minimum package (ICMP).**



**Impact:** The Helplife integrated sustainable innovative business model has proved to be a complete package of interventions that are transforming the lives of young women and men with disabilities on a daily basis. The Jagran platform is an interactive platform for all old and new community members that are ideating new ideas to bring in innovative business solutions and can be put forward to the CSR community for scaling up. The Jagran platform has now become a platform for healing after a motivational session of storytelling on every Saturday for the last three years.

The project design is women-centric but innovative because men are equally involved as key partners for their co-existence. Gender and rights are the cross-cutting principles in our programming. We believe in creating inclusive families and the societies of equality.

The program design is a multi-partner in building synergies for skills development of communities that are not part of the formal systems, like education, jobs and skills to survive in the current market for livelihood and sustainability for financial solutions. The program developed during Covid is "for the people and by the people," and therefore lots of intensive training has gone into community members who are called volunteers but are running the show with a stipend.

The beneficiaries help spread the word of mouth that Helplife has had a track record of quality work for the last 24 years. Any member of the community who wants to live a life to his or her fullest potential, surpassing any disability, remains connected to Helplife. Therefore, over the years this sustainable model has emerged out of the needs-based research, where we can influence the minds of the communities to be able to live a life of complete joy, with external support that is holistic in nature with exceptional results.

#### **a) Project Objectives**

1. Creating sustainable solutions in livelihood for all young women and men with disabilities from rural vulnerable communities through an innovative business model.
2. Mainstreaming disability into the fabric of the society, irrespective of the gender, through an integrated comprehensive minimum package.
3. Breaking the intergenerational cycle of poverty and creating champions of change throughout the country for transforming societies with inclusive interventions and closing the gap of inequalities.
4. Changing perceptions and creating transformational change through an intensive awareness generation program for the vulnerable families that have children with disabilities.
5. Creating a robust network of partners at various levels of the program with public and private partnerships, and engagement within civil societies throughout the country.

The project outcome is about transforming the lives of the community members with a complete change in their perception about life.

Our transformational results are extraordinary and will change the trajectory of physical disability in the country. The champions of change, **"the can-do communities,"** created in different parts of the states are heroes who will bring the required change needed in mainstreaming disability into the fabric of the society. We have a

baseline of the members before and after changing their lives and the documentation of the results using qualitative and quantitative methodology.

Our results are about positive change stories in the physical, mental, financial and spiritual health of communities after enrollment at Helplife.

## **Objectives :**

Our core objectives are aligned to the United Nations (UN) Sustainable Development Goals : We focus on the 9 SDGs; (1,2,3,4,5,10,11,13, 17), through the 7 objectives at Helplife.

1. Systematic efforts to create awareness and reduce stigma and bias in differently-abled and at-risk communities.
2. Holistic care and support through higher education, medical care, counseling, vocational training and recreational activities.
3. A commitment towards positive sexual and reproductive health and rights.
4. New interventions and innovations to help accelerate the delivery of care programs and overall development goals.
5. A focus on community-based rehabilitation and access, ensuring equal opportunities in rural areas for livelihood.
6. A focus on nutrition (body) and nurturing a positive social outlook (mind), ensuring mindfulness and joyfulness.
7. Breaking barriers related to human rights and gender in vulnerable communities.

The key areas of the programming are Education (NurtureHelplife), Health (EquipHelplife), Livelihood (SustainHelplife), and Maternal & Child Health (CareHelplife), for the vulnerable Communities enrolled at Helplife. Our program started in the state of Maharashtra and is now moving on to the other states of India.

## **EquipHELPLIFE -**

Is a need-based program that has been operating since 2006, where under the innovative model of community living 52 girls with disabilities (Polio), were supported for a period of 15 years to pursue their education, including graduation in Arts, Commerce, or Science at reputable institutes in Pune. The program also offers vocational training to empower the girls professionally and foster financial independence. Helplife sponsored all expenses during the girls' stay, including medical coverage, tuition fees, and transportation. Girls typically stay for two to five years until they can live

independently. During the Covid-19 lockdown, online classes, Spoken English, meditation, and self-care sessions were conducted, benefiting even individuals with disabilities in remote villages. The girls during covid had to join their parents and pursue further studies from their villages. Helplife operations then moved to villages because most of the people living with disabilities were suffering silently in their homes during Covid; therefore EquipHelplife was redesigned to be an integrated comprehensive minimum package (ICMP) program for holistic development of the people living with disabilities (PwDs). From 2021 July onwards we started putting a system in place that was online for providing all services remotely to the people living with disabilities more so for the girls /Women with disabilities. The year of 2022 and 2023 was completely dedicated to putting the systems in place for enrolling beneficiaries for their future action plans and sustainable livelihood. The redesigned program had a slow start, because of the after effects of Covid. The lack of mobility, funds and numerous changes in the environment had effects on the Helplife Programs.

In the financial year from April 2022 to 31st of March 2023, the enrolment of the beneficiaries took time as Helplife Volunteers surveyed and found out the most vulnerable men and women with disabilities who needed assistance of various kinds including rations for their daily meals. Secondly, we were trying to put a system in place for the follow up for the enrolled beneficiaries, including regular activities, e.g., meditation, Adult education program (English), education on setting up small businesses, training programs for the livelihood based on the skills development of the beneficiaries. Though the project design revolves around empowering women, the men are an integral part of the whole process. The men realize that they are in a better state than women in the whole gamut of cultural values, where men are superior even with serious disabilities but girls and women are not allowed to step out of the house for various reasons; the most important is the fear of being molested or taken advantage off their being female.

This program is innovative because it addresses all the issues that relate to disabilities of both genders. We try to keep equality and rights at the core of everything we do, as we strive to create inclusive families and communities built on **cross cutting principles of gender and human Rights**.

The ICMP takes care of individual needs, encourages individuals to chart their own course in life, reducing reliance on HelpLife funds beyond a period of two years. Our Saturday meetings and enrollment process entails the induction process of each and every beneficiary. Once enrolled beneficiaries are given a chance to grow with regular hand holding. Every beneficiary moves ahead depending on their will and overall situation around them. As this was a pilot program we were waiting to see results. Interestingly the results that came up were more than our expectations.

The lives of these beneficiaries have changed for the good. The life transforming stories are the results of this program that we are now planning to scale up next year as this seems to be the sustainable model for the PwDs.

## **Results:**

A total of **308 beneficiaries** were enrolled through a google form, and according to the process of verifications at Helplife, all these beneficiaries were put to a rigorous verifications process that includes verifying their bank statements etc. To be able to understand the real need behind these beneficiaries, they go through a process of extensive interviews, that is part of the process of ICMP program which provides assessment of their mental, physical, social and financial needs. The Next step is the mapping of skills exercise that further guides Helplife to understand the support beneficiary should be provided. Helplife makes sure that we do not create any stress of learning and simplify the process of learning and development and believe in celebrating the baby steps that our beneficiaries take.

After beneficiaries qualify to be part of Helplife's family then the process of capacity building through a process of five steps approaches in each of our components of the tagline; (Empower), Action (Perform) through baby steps, and then Change (transform) their lives.. In this process the beneficiaries stay on an average for a period of three months in the capacity building phase, as the enrollment keeps happening on a daily basis therefore the number of beneficiaries keep increasing in the empowerment phase. Out of 308 beneficiaries enrolled a cohort of **226 (73.37%)** beneficiaries qualified to move ahead with the ICMP program **27 (8.76%)** were gaining knowledge but did not ask for any assistance, **28 (9.11%)** were disqualified in the process of verification and **27 (8.76%)** beneficiaries dropped due to their personal reasons. Out of 226 beneficiaries that joined the capacity building program, **117 (51.80%)** beneficiaries were in the phase of **empowerment**, **66 (29.20%)** moved to the **performance** phase and **43(19.02%)** **beneficiaries transformed their lives** in the financial year **2023 to 2024**; Refer to the **table 1**

These beneficiaries who have transformed their lives through the overall development process at Helplife are now ready to face the world on their own and know how to navigate through the difficult times that they were not earlier equipped with. In addition, the beneficiaries remain part of Helplife forever, no one is ever asked to leave.

The process of joining as a beneficiary then becoming a volunteer and then a donor is a story of real empowerment, creating Champions of Change at Helplife that are contributing in joining hands with other vulnerable communities from different states of India, irrespective of their caste, creed, or religion.

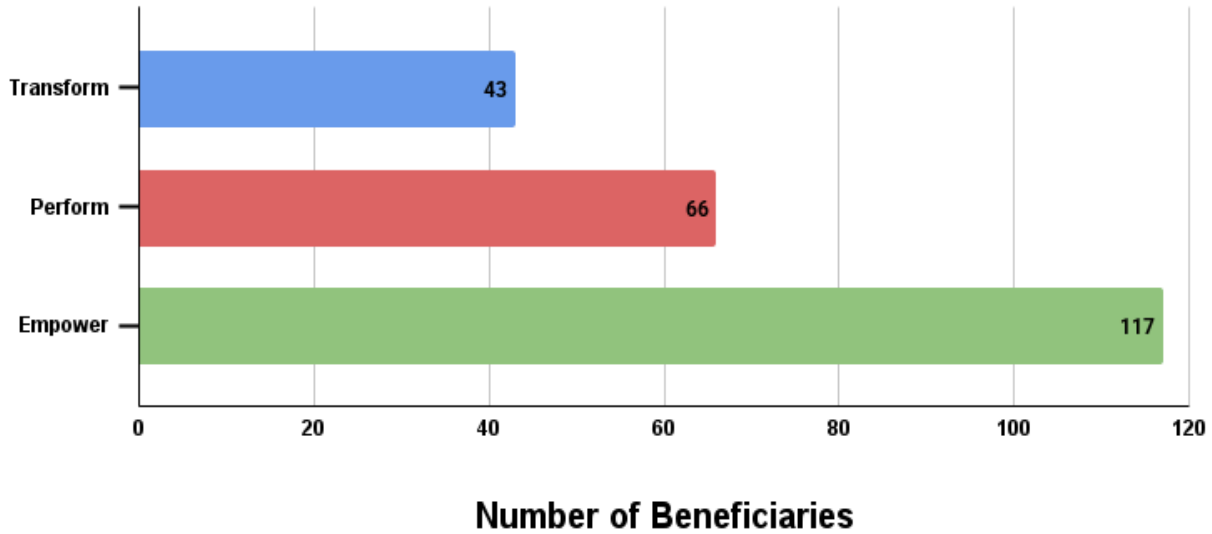
**Table:1**

<b>Analysis of Helplife Beneficiaries for FY 2023-24</b>						
	Transform ed	Drop out	Disqualify	gaining knowledg e from the platform	Counselling and Healing	Total
<b>No. of Beneficiaries</b>	43	27	28	27	183	<b>308</b>
<b>Percentage %</b>	13.96%	8.76%	9.11%	8.76%	59.41%	<b>100.00%</b>

**Table:II**

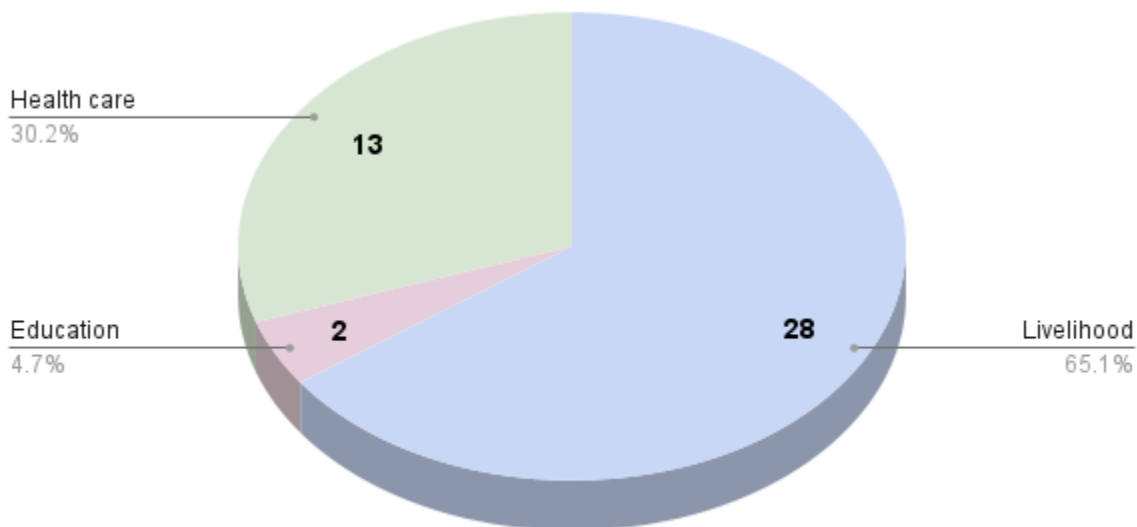
<b>Beneficiaries on the ICMP program after completion of the verification process</b>				
	Empower	Perform	Transform	Total
				(After removing Disqualified and Drop outs)
<b>No. of Beneficiaries</b>	117	66	43	<b>226</b>
<b>Percentage %</b>	51.80%	29.20%	19.02%	<b>100.00%</b>

**Figure 01**



**Figure - 02**

**Number of Beneficiaries transformed their lives at Helplife in 2023-24**



The lives of **43 Beneficiaries** were transformed at Helplife, through providing support in Education 2 (4.7%), 13(30.2%) beneficiaries were supported for Healthcare, and 28(65.1%) beneficiaries were supported for Livelihood.

The process of every day and every week involves joining various program platforms like Jagran Platform that is a Saturday meeting that happens without fail helps in healing and allowing participants to share their personal stories. There are separate sessions of counseling and motivation offered throughout the year, as majority of the beneficiaries are in poor mental health because of long stretched disease and trauma includes stigma that keeps them in depression, anxiety for a number of years. We tracked the progress of each and every beneficiary in respect to their physical, mental, social and financial situation and analysed the data before and after joining the helplife platform. The results of the program are encouraging therefore, we are still in the process of refining our tools and resources that are able to capture the qualitative and quantitative processes involved in each beneficiary's journey at Helplife. Detailed list of beneficiaries is in Annexure -III at the end of the report.

## Vulkan CSR Grant 2023-2024

Vulkan India supported Helplife with the grant of Rs.6 Lakhs in the financial year 1st April 2023 to 31st March 2024. Which gave a chance to put IT systems in place, through procurement of 23 computers and training of the beneficiaries enrolled in the online program at Helplife.

The transformational stories of our beneficiaries were documented and the final report submitted with the results. We are thankful to Vulkan India for continuing its support so that we will be able to scale up our programs to a next level, where we will be able to support IT programs in many states with wider interventions as mentioned below.

The Implementing Strategies are **1. Equity in Access, 2. Quality of Care 3. Transparency and accountability 4. Self-care**

**1. Equity in Access:** Implementing strategies for equitable access to all tools & resources for PwDs (Integrated comprehensive minimum package)

**2 Quality of Care:** Implementation strategies for improving quality of care in every aspect of life (physical, mental, social and financial) for PwDs

**3. Transparency and accountability:** Implementing strategies for creating an enabling environment through improving transparency and accountability in livelihood for business development

**4. Self-care:** Implementation strategies for promoting self-care at every stage of life (Physical, Mental, Social and financial).

These four implementation strategies feed into the bigger vision of the program implementation, which depend on the transformational approach of empowering, based on beneficiaries performance leading to transforming their lives forever. Therefore, the Implementation of the Program depends on its **three-pronged transformational approach, Empower, Perform & Transform**, that is women-centric but inclusive of both men and women where men are trained to be supportive of women's needs, and respect our cultural values and the ancient wisdom of India where women have a key role in creating an enabling environment within the families.

**Empower:** Capacity building creating can-do communities through life-skills education, coaching, vocational training and higher education possibilities, & opportunities for Personality development, adult education character building and positive thinking. (Holistic approach)

**Perform:** Learning by doing and self-help programs to support individuals, communities to achieve their targeted change, outcomes. Personality, financial acumen, and public speaking skills and on the job skills that includes administrative work at Helplife (online tracking).

**Transform:** Transforming communities through a holistic package of interventions and self-discovery. Life is "transformed" when they are ready to face the world, e.g., through financial independence, good self-esteem, voicing their rights, upholding their values, being persistent, becoming a role model and inspiration for other differently abled girls/boys, men/women.

The details of the transformational approach and the Tagline of Helplife (empower, Perform, Transform) are simplified in the diagrams Annexure III

The principles behind these approaches are the qualitative processes that are inbuilt in the five steps processes in all the three components of the Tagline, as mentioned in the figures below;

Empowerment: Storytelling, Counseling, Healing, Motivation, Ready for Action

Perform: Assessment for Action, Skills mapping, hand holding, Re-shape Action, Performance

Transformance: Start Change, Confidence building, Re-shape future, Embrace Change, Transform

A number of transformational stories are documented in the last 15 years, and more so after covid our stories of healing are much more heart touching, from the beneficiaries who became volunteers and then staff at Helplife. These life- saving experiences encourage us to scale up the ICMP for PwDs.

## Transformational Stories of Beneficiaries Supported by HelpLife (2023-24)



After 40-45 years of disability, I have never gone outside of my house. Helplife's gift of a **wheelchair** and a **laptop** has rejuvenated me. Thanks to Helplife and their team, I'm standing on my own feet again. Now I can go anywhere. Currently, I'm working online for my livelihood and providing Excel classes and training.



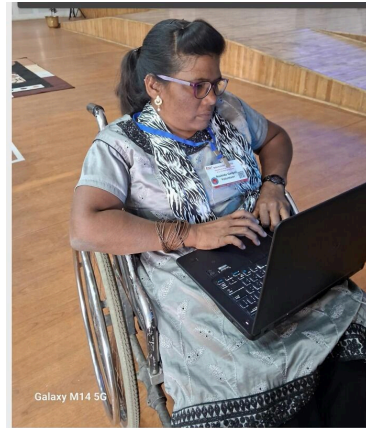
Helplife changed everything for me. After counseling sessions with the support of the Pingalwara Trust, I received a wheelchair and training on how to use a wheelchair, from Jan 29th to Mar 26th, relieving my spinal pain. Now, I'm independent, and feel in control of my life. All thanks to Helplife for their time and support!



Helplife transformed my life. Before Helplife's support, I was bedridden due to a spinal injury. Now, with their support and a wheelchair, I'm independent and hopeful for the future. Thank you, Help Life, for giving me back my freedom.



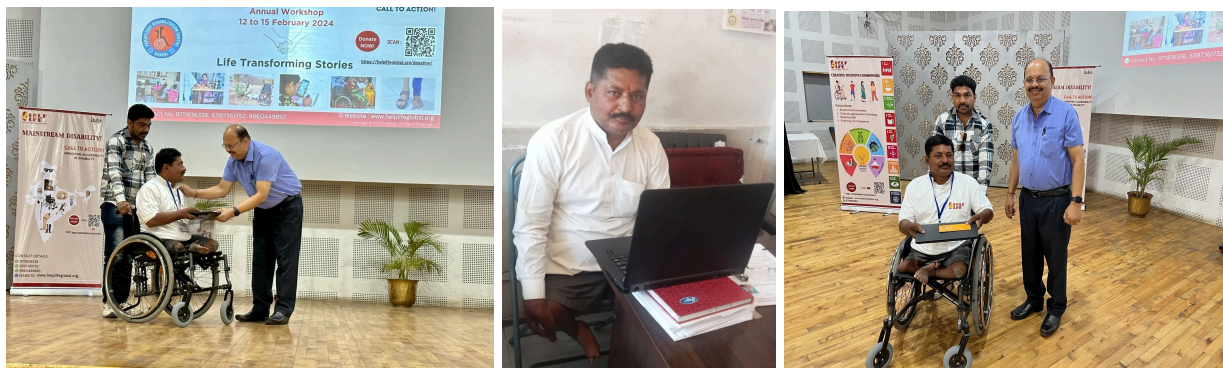
Helplife motivated me and Helplife's online meetings made me strong. Seeing their support for those facing greater challenges inspired me to pursue remote work and improve my skills. Helplife has made me resilient, and I'm committed to staying connected with Helplife.



Physical and mental peace are crucial in life. Thanks to Helplife providing me with a laptop, I've found a sense of tranquility. With their assistance, I've also secured work, ensuring my livelihood and earnings.



Despite being wheelchair-bound, Helplife offered me the role of Maharashtra State Coordinator, enabling me to contribute. They've supported my children's education and provided a laptop for my work. Today, I'm working online, Thanks to Helplife.



Helplife provided a laptop when I couldn't afford one. Now, I'm doing social work and earning income. Despite my disability, I teach music to school children using the laptop. Currently, I'm also undergoing government document extraction training. Thanks, Helplife, for the opportunity.



"Thanks to Helplife, I now have a laptop that enables me to work online effectively, earning a good income. I'm grateful to Dr. Neelam Bhardwaj and the entire team.

## Foundation Day celebration (2nd of June 2023)

The 24<sup>th</sup> foundation day was celebrated to look back at the beautiful journey that Helplife has covered to bring more meaning to the Helplife family with our core values in place and being joyful like any other being in the universe. The beautiful messages from the trustees of Helplife and the opening remarks by the head of strategy Mr. Ananth Adiga gave the firm footing to the 24<sup>th</sup> foundation day celebration. The guest invited spoke on the collaborating and contributing to SDGs; Sharon Idahosa, the founder of "Let's Talk Agriculture", spoke about the importance of agriculture for rural communities of Africa, Dr. Nadira Maharaj, senior academic designer in inclusive education from South Africa spoke about how vulnerable communities can be included in the education system. Shaym Kumar Katta, Program director at Heifer International; Director advisory board at smart Farming Tech. has been doing a great job in getting skills across the Adivasi communities of Andhra

Pradesh, Mr. Sanosh Ganesh, DEI Hero was the chief guest speaker at the foundation day, who has provided a new direction to Helplife volunteers. He was the first one to invite Helplife volunteers on GCPIT interactive platform for the global business. With GCPIT platform our volunteers got the first exposure as to how a business functions and what are the challenges to setting up a small business.

The similar message came from our long term partner, Sameer Ghosh, Director Shodhna, who reinforces the fact that the non -profits are not ATM machines, we need to find other ways of funding in addition to the support from the Helplife, like government schemes, and other financing mechanism that are now very much in place for accessibility.

Our Volunteers spoke about the Transforming lives at Helplife, Asha Patare and Vijay Patil gave brief about their stories and how Helplife family is transforming lives of the most vulnerable.

The performance night by the band Musicstaan that belongs to the young people from the post-graduate institution, who worked as interns at Helplife felt the need to give back to the society. The young people who gave a beautiful performance online were given a certificate of appreciation as they have organized beautiful messages for the viewers to mainstream disability; as it is our perception that makes PwDs most vulnerable, and not the disability per-se. The young performers were Yash K Mishra, Tamanna Sinha, Hritisha Nanaware, Aarushi Wal, Abhinava Kasavajhala, Rohan More, Avikshit Kumar.

Ms. Sunita Kaimal at Helplife concluded the meeting by thanking all the guest speakers and the volunteers of the Helplife who have contributed immensely to make this foundation day a memorable one. Our strength lies in moving together and mainstreaming disability.

## **Annual workshop (Innovating minds):**

The third annual workshop of Helplife was held on February 11th to February 15th, the workshop was held at the Paraplegic Rehabilitation Centre (Khirki) in Pune.

The objective of this workshop was to have an understanding of different partnerships and environments where people with disabilities live. It was a great workshop where our beneficiaries learnt how the army discipline supports and keeps them fit and healthy as they have all the facilities that any community would desire. The Director of PRC Dr. Colonel Shri Ratan Mukherjee, was instrumental in allowing Helplife beneficiaries and volunteers to interact with their Jawans and other officers who lost their limbs or other parts of body during wars. The rehabilitation center is a well equipped centre, where the retired hurt army Jawans and officers with disabilities can live their life of dignity and respect. It was an eye opening experience for everyone from Helplife. We had not seen anything like this for the civilians in their lives unless they are from well-to-do families and can afford expensive wheelchairs, all recreation facilities, Ramps all over the centre and a MI room too. They have a mess where they can eat a well nourishing food and everything is provided from time to time as the army discipline shows in each and every act. There is a swimming pool, disability friendly toilets

and ramps all over the campus. There are sports like basketball and other games that they can play, they have an advanced music system and a lot of recreation facilities, the jawans also paint with their mouths, some amazing pieces of art were displayed by the inmates and the quality of the craft was very good. We bought a lot of stuff from their shop. The PRC also has a temple that displays all religions practiced in India.

When our people interacted with some of the inmates at PRC, we came to know that sometimes they too feel very lonely as they are not allowed to go outside in the pune city to roam around freely. They have to be taken together in the group only. Some families don't come to see them and therefore they are very lonely in the PRC even when they have all the facilities,

We had our guest speakers Samir Ghosh, Vijay Kanhrekhar, Dr. Subhash Salunkhe, Abhay Nalwande, and Director Vulkan Mr. Rajesh Mishra, Dr. Hitt Sharma, Dr. Komal sharma and Mr.Amol from Vulkan. We had retd.Lt.Gen P.C Bhardwaj and Mrs. Deepa Bhardwaj as the participants in this three day workshop.

The workshop reviewed the results from the last year and discussed the way forward for the old and new volunteers. The workshop was a success because of the teamwork of the volunteers at helplife. The volunteers like Rohit Kushwaha,Saloni Virkar, Ramdas Kamdi, Vijay patil and Sadaf.

### **Monitoring and evaluation of programs at Helplife :**

All programs are monitored at Helplife and there is an inbuilt operational research in all programs at Helplife. The beneficiaries enrolled at Helplife become volunteers after a period of time and they are taught how to monitor all the activities that are conducted through various programs at Helplife. We have created a great team that has taken responsibility of monitoring and evaluation of the various components of the programs e.g., Assessment of the beneficiaries, Monitoring of the utilization of the equipment provided through Helplife, tracking use of funds provided through small loans/ micro financing, making sure that the funds provided through various donors are spent for the activities they are allocated for, making sure transparency and accountability remains the top priority with in Helplife through intense monitoring of each and every volunteer working with in the Helplife operating system.

A number of skills development take place at Helplife; Communication skills, Social skills, respecting each other's culture, Becoming Responsible citizen, Wellness & Meditation, Adult education, Classes on spoken English continued throughout the year, but the results were not as expected, therefore we had to start teaching computers in hindi and marathi.

### Health related activities :

Helplife plays a crucial role in rehabilitating physically handicapped youth from economically disadvantaged backgrounds. Helplife has a network of rehabilitation centres where we send our beneficiaries regularly for learning how to use a wheelchair and how to live a life with dignity with the disability. How to use their muscles and stay healthy with self care and wellness programs and the physiotherapy program. We make sure that the beneficiaries enrolled at Helplife and completely investigated for the diseases that they may have and are not aware of.

Besides physical health, emotional support and career counseling are prioritized, given the emotional baggage they carry. The need for the counseling services to help them cope with negative emotions, leading to a sense of relief and enlightenment after interacting with the social worker or the counselor.

### Counseling and healing through various approaches:

Counseling and guidance is an ongoing process. The beneficiaries are encouraged to come forward with their problems to the group of volunteers and the coordinators. The online sessions are organized by the coordinators and counseling sessions are continued unless the results are evident.

### Award for Helplife:

Dr. Neelam Bhardwaj was **awarded the Women Leadership Award for NGO in Health and Differently Able** at the Women Who Lead National Consortium on 27th of February, 2024 at The Westin, Pune. The award ceremony was supported by the Government of India and Government of Maharashtra, implemented by Summentor Pro Sales & Marketing Consultants.



In the year April 2024 to March 2025, we are expected to consolidate our program that has been put in place with a lot of hard work and diligence of our volunteers at Helplife.

In this financial year we are proposing the following interventions, in addition to the already existing program in place of training uneducated men/women, girls and boys with disabilities getting trained for their livelihood.

It is expected that over 500 individuals/families will be supported in this year and depending on the application and its enrollment we will be starting the program in other states of India depending on the needs of the communities with disabilities and vulnerabilities.

**Internship program at Helplife :**

The Internship program was joined by seven Interns and all of them had different duration of stay at helplife and also the tasks entrusted to them were very different. The names of the interns are Tamannah Sinha, Sadaf, Srishti, Jaynath Maurya, Sudrishti Bhardwaj, Dhananjay singh Jhala, Deepali Bhardwaj.

**Monitoring and Evaluation Program at Helplife :** [Monitoring & Evaluation of the Program at Helplife](#)

**5 year Communication plan at Helplife** [Helplife-5-Year Communications Plan 2020-2025 for PwDs.docx](#)

## Annexure:I







## Annexure- II

 EMPOWER. PERFORM. TRANSFORM		
24th FOUNDATION DAY		
Time	Session	Speaker
7:00	Introduction to HelpLife and Opening Remarks	Ananth Adiga, Associate Consultant YCP Auctus (Summer Intern), Strategy Head, Youth Ambassador at HelpLife
7:05	Message from Trustees of HelpLife	Dr. Hitt Sharma, Pratibha Mehta, Sadhana Luthra
7:20	Message from Director Health, Disability	Dr. Komal Sharma
7:25	Message from Sameer Ghosh, Partner of HelpLife	Sameer Ghosh, Director Shodhana Consultancy, Inclusive Advisor at World Bank
7:30	Transforming Lives	Asha, Vijay Patil
7:35	Collaborating and Contributing to SDGs	Sharon Idahosa, Founder of 'Let's Talk Agriculture'
7:40		Dr. Nadira Maharaj, Senior Academic Designer in Inclusive Education
7:45		Shyam Kumar Katta, Program Director at Heifer International, Director of Advisory Board at Smart Farming Tech
7:50		Santosh Ganesh, DEI hero, Chief Guest Speaker
7:55	Thank you Note, Opening of Nationwide Campaign on Disability	Dr. Neelam Bhardwaj, Founder and Managing Director of HelpLife Global
8:00	Performance Night by Musicstaan	Yash K Mishra, Tamanna Sinha, Hritisha Nanaware, Aarushi Wal, Abhinava Kasavajhala, Rohan More, Avikshit Kumar
8:30	Concluding Remarks	Sunita Kaimal

### Annexure: III

Beneficiaries supported by Helplife in 2023-24			
S. no.	Name	Support provided	Category
1	Santosh shendge	Ration and Stipend	Livelihood
2	Mukta sharma	Stipend and Laptop	Livelihood
3	Rasheeda Galgali	Stipend and Laptop	Livelihood
4	Vijay patil	Stipend and laptop	Livelihood
5	Sadaf	Laptop	Livelihood
6	Suman Gupta	Laptop	Livelihood
7	Rakesh Kumar	Laptop	Livelihood
8	Anita Pawar	Laptop	Livelihood
9	Sagir Uddin	Laptop	Livelihood
10	Swati Sadashiv Kate	Laptop	Livelihood
11	Priya Umesh Patil	Laptop	Livelihood
12	Saloni Sanjay virkar	Laptop	Livelihood
13	Ramdas Vitthalrao Kamdi	Laptop	Livelihood
14	Shrikant Ganpat Gurav	Laptop	Livelihood
15	Dipak Garad	Laptop and stipend	Livelihood
16	Jalinder sawant	Modified Table	Livelihood
17	Tara verma	Wheelchair	Livelihood
18	Manisha shinde	Wheelchair	Livelihood
19	Vandana kushwaha	Wheelchair	Livelihood
20	Krishna dattatray satwar	Wheelchair	Livelihood
21	Vijay mohan walke	Wheelchair	Livelihood
22	Sangeeta shankar shinde	Wheelchair	Livelihood
23	Mukul Badri shivhare	Wheelchair	Livelihood
24	Sarita Kumari	Wheelchair	Livelihood
25	Rajrani Gupta	sewing machine	Livelihood
26	Suvarna Shendge	sewing machine	Livelihood

27	Kanta Bunker	sewing machine	Livelihood
28	Shabina Shaikh	sewing machine	Livelihood
29	Supriya Vijay patil	College fees	Education
30	Saloni Sanjay virkar	Books for MBBS	Education
31	RAVINDRA KAUR	Self care and Wellness	Mental Health
32	Sandhya	Self care and Wellness	Mental Health
33	Sapna	Self care and Wellness	Mental Health
34	SARASWATI	Self care and Wellness	Mental Health
35	Shamsunnisa	Self care and Wellness	Mental Health
36	SHOBHA JOGIA	Self care and Wellness	Mental Health
37	Shree devi	Self care and Wellness	Mental Health
38	CHANCHAL GUPTA	Self care and Wellness	Mental Health
39	Chandni Gautam	Self care and Wellness	Mental Health
40	Dimple Kumari	Self care and Wellness	Mental Health
41	MANJU MEHAK	Self care and Wellness	Mental Health
42	POOJA PARCHA	Self care and Wellness	Mental Health
43	Seema Rani	Self care and Wellness	Mental Health

### Beneficiaries supported by Helplife in 2023-24

S. no.	Name	Support provided	Category
1	Santosh shendge	Ration and Stipend	Livelihood
2	Mukta sharma	Stipend and Laptop	Livelihood
3	Rasheeda Galgali	Stipend and Laptop	Livelihood
4	Vijay patil	Stipend and laptop	Livelihood
5	Sadaf	Laptop	Livelihood
6	Suman Gupta	Laptop	Livelihood
7	Rakesh Kumar	Laptop	Livelihood
8	Anita Pawar	Laptop	Livelihood
9	Sagir Uddin	Laptop	Livelihood

10	Swati Sadashiv Kate	Laptop	Livelihood
11	Priya Umesh Patil	Laptop	Livelihood
12	Saloni Sanjay virkar	Laptop	Livelihood
13	Ramdas Vitthalrao Kamdi	Laptop	Livelihood
14	Shrikant Ganpat Gurav	Laptop	Livelihood
15	Dipak Garad	Laptop and stipend	Livelihood
16	Jalinder sawant	Modified Table	Livelihood
17	Tara verma	Wheelchair	Livelihood
18	Manisha shinde	Wheelchair	Livelihood
19	Vandana kushwaha	Wheelchair	Livelihood
20	Krishna dattatray satwar	Wheelchair	Livelihood
21	Vijay mohan walke	Wheelchair	Livelihood
22	Sangeeta shankar shinde	Wheelchair	Livelihood
23	Mukul Badri shivhare	Wheelchair	Livelihood
24	Sarita Kumari	Wheelchair	Livelihood
25	Rajrani Gupta	sewing machine	Livelihood
26	Suvarna Shendge	sewing machine	Livelihood
27	Kanta Bunker	sewing machine	Livelihood
28	Shabina Shaikh	sewing machine	Livelihood
29	Supriya Vijay patil	College fees	Education
30	Saloni Sanjay virkar	Books for MBBS	Education
31	RAVINDRA KAUR	Self care and Wellness	Mental Health
32	Sandhya	Self care and Wellness	Mental Health
33	Sapna	Self care and Wellness	Mental Health
34	SARASWATI	Self care and Wellness	Mental Health
35	Shamsunnisa	Self care and Wellness	Mental Health
36	SHOBHA JOGIA	Self care and Wellness	Mental Health
37	Shree devi	Self care and Wellness	Mental Health
38	CHANCHAL GUPTA	Self care and Wellness	Mental Health
39	Chandni Gautam	Self care and Wellness	Mental Health

40	Dimple Kumari	Self care and Wellness	<b>Mental Health</b>
41	MANJU MEHAK	Self care and Wellness	<b>Mental Health</b>
42	POOJA PARCHA	Self care and Wellness	<b>Mental Health</b>
43	Seema Rani	Self care and Wellness	<b>Mental Health</b>