



# HELPING HAND FOUNDATION

*Impacting Lives for better future*



**ANNUAL REPORT**  
**2012-2013**

## ORGANIZATION AT A GLANCE

**1. Name of NGO (Acronym) :**

**2. Address of the NGO :**

:

**3. Telephone / Cell Contacts :**

**4. Email/Website :**

**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

**6. Bankers :**

**7. Auditors :**

**8. Date of Establishment :**

**9. Area of operation :**

**HELPING HAND FOUNDATION (HHF)**

**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.

**Tel** : (022) 28451365

**Cell** : (+91) 9987923843

**Cell** : (+91) 9821485939

**Email** : hhfngo2011@gmail.com

**Website:** www.hhfngo2011.weebly.com

**Regn No:** MAHA/1027/11/Thane.

**Regn No:** F/23280/Thane

**PAN No:** AAATH9962J

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

State Bank of India (Bhayander West Branch)

A/c No: 31879021395

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

06<sup>th</sup> April, 2011

Nationwide

## *A Message from the chief functionary & founding secretary*



### **Warm welcome to Helping Hand Foundation.**

It is my privilege and pleasure to reach you through our 2nd annual progress report comprising of financial information and activity reports for the FY- 2012-2013 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 two years, we have emerged as an upcoming service organization contributing in the areas of education, healthcare and 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 for 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 continued support, dedication and hard work, all for a good cause.

I, on behalf of our managing committee 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  
(Chief Functionary & Founding Secretary)

## 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 professional team forming the board of founding 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 impacting their lives for better future and discussed the formation of a non-governmental organization (NGO) that would address many pressing issues related to healthcare, literacy through 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 two years of existence having organized free medical health check-up camps for the beneficiaries of rural sectors off Mumbai city limits, distributed free pre-owned clothes and organized a fund raising event in association with the leading English standup comedy group i.e Schitzengiggles which was also supported by Samhita Social Ventures, Mumbai.

On the legal front, we are proud to bring on record that we have obtained registrations under the Societies Registration Act, 1860, The Bombay Public Trust Act, 1950 and PAN Card under the Income Tax Act; we have applied for 12A certification which is a stepping stone to obtain 80G certification after completion of three years.

Our temporary website, ([www.hhfngo2011.weebly.com](http://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 in 2014 by the Indian government, till then the current website on [www.weebly.com](http://www.weebly.com) shall be functional and regularly updated.

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

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

Donations from friends and well-wishers helped us fund and organize several free medical health check-up camps in rural areas off Mumbai.

We, at HHF look forward to the challenges of 2013-2014 and hope that you enjoy reading our developments and successes of the past year in this, our 2nd Annual Report.



Dr John Sircar  
(Chief Functionary & Founding Secretary)

Mumbai, 2013

# 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 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 check-up 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 life members who also form the founding 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 31<sup>ST</sup> MARCH, 2013

We are extremely thankful to the following donors.

Sr No	Name	Location	Donation particulars
01	M/s Laxon Pvt Ltd	Goregaon, Mumbai	Monetary Donation
02	M/s Green Revolution	Mumbai	Monetary Donation
03	M/s Maxwell Resort	Mumbai	Monetary Donation

## OUR KEY VOLUNTEERS FOR THE YEAR ENDED 31<sup>ST</sup> MARCH, 2013

We are extremely thankful to our volunteers who participated and helped us extensively by their expertise in our programs.

Sr No	Name of Volunteer	Occupation	Programs
01	Ms Gauravi M. Jadhav	Student	Free Medical Health Check-up camp
02	Ms Tanushree Nair	Student	Free Medical Health Check-up camp
03	Dr Badal Pasi	Physician	Free Medical Health Check-up camp
04	Mr Vithal Kadam	Student	Free Medical Health Check-up camp
05	Dr Tabassum Kazi	Physician	Free Medical Health Check-up camp
06	Ms Heena	Service	Free Medical Health Check-up camp
07	Ms Anchal Singh	Student	Free Medical Health Check-up camp
08	Ms Chetana Chauhan	Student	Free Medical Health Check-up camp
09	Ms Sandhya Dalsingh	Student	Free Medical Health Check-up camp
10	Mr Ishan Manjrekar	Freelancer	Fundraising Event Photography

## THE YEAR (2012-2013)

### PROJECTS AND PROGRAMS

**EDUCATION SPONSORSHIPS:** Due to lack of donors this year, we couldn't sponsor the educational expenses of our beneficiary from North East India unlike last year. Hope he continues his schooling and completes his studies. Regardless of shortage of funds, notebooks and pencils were distributed among needy students of Gorai

**HEALTHCARE:** Free Medical Health Check-Up Camps

Sr No	Type of Health Camp	Camp Location	Camp Date	No of Beneficiaries benefitted
01	Free Health check-up camp	Vasai East, Mumbai	23.09.2012	082
<b>Total</b>				<b>082</b>



(More pictures on our facebook page and website [www.hhfngo2011.weebly.com](http://www.hhfngo2011.weebly.com))

During the financial year 2012-2013, we had organized one free medical health check-up camp in which the residents from the Krishna Kirtan CHSL, Vasai East benefitted through accessing all the free services the camp offered which included free screening of Blood pressure, Blood sugar, height/weight, eye screening, blood grouping along with free consultations and examinations by expert medical team, distribution of 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.

The volunteers and team members who assisted us in our above said camp were served breakfast, lunch and tea by the organizing committee of Krishna Kirtan CHSL, Vasai East for which we are very thankful.

## COMMUNITY SERVICE: Distribution of pre-owned clothing

Several bags of donated pre-owned clothing were distributed among the Maharashtrian marginalized communities in Gorai, Mumbai.

The communities numbering about 150 odd residents reside by the Arabian Sea in temporary structures erected on a government owned plot of hill-top land with no medical or educational facilities in the vicinity. They follow the Buddhist religion and speak Marathi and have to travel approx 2-3 kms by foot to avail basic facilities in education and a good 20 kms for medical emergencies. It is here that our organization wants to setup pre-primary schools, crèches and a free medical center, but due to constraints in funding, the projects is temporarily stalled.

We request our well-wishers, friends and members to support us as per annexed budget in our endeavor to start our first educational and medical project in this area which will impact lives for the better future of these communities.



(More pictures on our facebook page and website [www.hhfngo2011.weebly.com](http://www.hhfngo2011.weebly.com))

**EVENT:** An evening of light music, heavy laughter and surprise gifts.

An evening of light music, heavy laughter and surprise gifts in association with the leading English standup comedy group of Mumbai i.e Schitzengiggles were organized by us on 25<sup>th</sup> November, 2012 in view to raise funds, this event was also supported by Samhita Social ventures, Mumbai under the guidance of Ms Chandni Parekh,

The event started at 6.30 pm at Abhinav College Grounds in Bhayander East with lighting of the traditional lamp by the founding members of our organization and a welcome dance by Ms Sandhya Singh followed by skits based on “Humanity is the best religion” by Dr Pramod and team, a gorgeous fashion show and English comedy gigs by Karan Talwar and his team. Token of love in form of mementos were presented to the team of Schitzengiggles. Advocate Pravin Patil (Treasurer of Thane Bar Association) and Ms Susheela Singh (Social worker and founder of Amcha Ghar Trust) were the honored guest of the evening. The event called off by 8.30 pm which was followed by non-vegetarian supper in the college premises for members, event team and volunteers.



## FINANCIAL INFORMATION 2012-2013

RECEIPTS (INR)	2011-2012	2012-2013
Self generated (Contribution from Founding Members)	29852.00	49716.00
Donation from Indian individuals	00.00	39,900.00
Other donations from Indian individuals	00.00	00.00
Donations from foreign individuals	9633.00	00.00
Other donations from foreign individuals	00.00	00.00
Grants from Indian sources ( trusts/ govt/ companies/ foundations)	00.00	00.00
Grants from International sources ( under FCRA)	00.00	00.00
Sale of assets	00.00	00.00
Miscellaneous (Int from Bank)	00.00	284.00
<b>Total Receipts</b>	<b>39,485.00</b>	<b>89,900.00</b>

**Please note that the actual audited statements of accounts are available on request.**

PAYMENTS (INR)	2011-2012	2012-2013
<b>PAYMENTS (Capital)</b>		
Capital items purchased for the organization, excluding investment (Fixed Deposits etc.)	00.00	00.00
Capital items purchased for beneficiaries	00.00	00.00
<b>PAYMENTS (Revenue) Programme related</b>		
Salaries and benefits	00.00	00.00
Staff /Member training	00.00	00.00
Staff / Member travel	00.00	1,040.00
Consultant's fees	00.00	00.00
Office support expenses (rent/ telephone/ electricity etc.)	00.00	5,165.00
Materials procured (Medical Camp items, Education Sponsorships.)	17923.00	77,040.00
Grants/ donations given to other organizations as part of programme	00.00	00.00
Depreciation ( to be taken from Income and Expenditure account)	00.00	675.00
Others		
<b>Non-programme related</b>		
Salaries and benefits	00.00	00.00
Staff training	00.00	00.00
Staff travel	00.00	00.00
Office support expenses (rent/ repairs/ telephone/ electricity etc.)	00.00	00.00
Communication (correspondence/ Annual Reports/ brochures/ appeals/ website etc.)	00.00	2500.00
Consultants' fees ( audit/ legal/ programme ) (Formation of Trust)	20,500.00	3000.00
Depreciation ( to be taken from Income and Expenditure account)	00.00	00.00
Other non-programme expenses	00.00	00.00
<b>Total Payments</b>	<b>38,423.00</b>	<b>89,420.00</b>

## BUDGET FOR FY – 2013-2014

**NAME OF PROJECT 1:** Creches at Culvem, Gorai, Mumbai.

**Objective** : To impart qualitative education to children of marginalized communities

**Our Survey results** : No educational facilities found within radius of 5 kilometers

**Project Commencement:** Not yet commenced due to lack of following funds

Sr No	Particulars	Details	Amount
01	Premises rent	(500 X 11 months)	5500.00
02	Salaries to teachers (02) )	(2000X12 months)	24000.00
03	Electricity expenses	(500X12 months)	6000.00
04	Toys, Games, books		In-Kind Donation
05	Picnics / Excursions	(Annual)	5000.00
<b>Total</b>			<b>40500/-</b>

**NAME OF PROJECT 2:** Free Medical Center at Culvem, Gorai, Mumbai

**Objective** : To attend emergencies and regular medical treatment

**Our Survey results** : No medical facilities found within radius of 20 kilometers

**Project Commencement:** Not yet commenced due to lack of following funds

Sr No	Particulars	Details	Amount
01	Premises rent	(500 X 12 months)	6000.00
02	Honorarium to doctor	(02) (2000X12)	24000.00
03	Electricity expenses	(500X12 months)	6000.00
04	Medicines / Nutritional products		In-Kind donations
<b>Total</b>			<b>36000/-</b>

## 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 help you organize fundraising events and activities for a great cause. 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 : [hfhngo2011@gmail.com](mailto:hfhngo2011@gmail.com)

Call us on : 9987923843, 9821485939

Send us a message on facebook : [www.facebook.com/hfhngo2011](http://www.facebook.com/hfhngo2011)

Visit our website: [www.hfhngo2011.weebly.com](http://www.hfhngo2011.weebly.com)

**OR**

**Snail mail us at**                      **HELPING HAND FOUNDATION**

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

