



**HELPING HAND
FOUNDATION**

Empowering & Impacting Lives



10th

ANNUAL REPORT

2020-2021



- Message from the Founder
- About us
- Thematic Vertical : Education
- Thematic Vertical: Public Health
- Thematic Vertical: Poverty Alleviation
- Statutes & Compliances
- Leadership & Governance
- Resources & Fiscal management
- Awards & Recognitions
- Financials
- Gratitude to our benefactors / stakeholders
- Appeal to Support



VISION

“Empowering & Impacting Lives for better future”

MISSION

We have a simple, but robust mission:

"To empower and create impact in the lives of marginalized communities"

“Where there are people in need, we'll be there lending a hand, a smile, and an encouraging word”

PRINCIPALS

Commitment



Dedication & Integrity



MESSAGE FROM THE FOUNDER



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Hi.

Warm Greetings from Helping Hand Foundation !



I take this opportunity to thank you very much for everything you have done for our unprivileged beneficiaries.

A decade ago, we constituted HHF with an ambitious dream to positively empower and impact lives of the unprivileged and marginalized sections of society. Today I look back on our journey and feel overwhelmed with gratitude for the faith, that our donors and supporters have placed in us, for their empathy and generosity and for the encouragements we received at every step.

2020-2021 has been an incredible year for us, not only because we completed 10 years of our humanitarian interventions empowering the unprivileged communities but also for our continued association and engagements with most of you which sustained even during the ongoing global pandemic of Covid-19. Deep Gratitude to VFS Global, Mumbai for donating desktops to impart free I.T Skills to our unprivileged beneficiaries.

This year has been focused primarily on Covid—19 responses in the public health and poverty alleviation verticals which ensured zero mortalities in the beneficiaries under public health domain and zero hunger / participation in mass exodus of migrants during the pandemic in the poverty alleviation vertical from the areas of our coverage, however we weren't able to provide education services to the unprivileged children due to closure of preschools and also no ICC meetings held in compliance to POSH Act due to closure of the textile company.

Thank you very much for standing by us every step of the way and I hope that we can count on your continued support in the years to come.

Sd/-

Dr John Sircar

(Founder & Chief Functionary)

P.S : Do connect with me at hhfngo2011@gmail.com / johnsircar@gmail.com with your thoughts or feedback.



ABOUT US



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Warm greetings!

We are a legally constituted voluntarily, apolitical, secular, non-sectarian, non-discriminatory, non-proselytizing, non-for-profit & non-governmental multidisciplinary philanthropic and charitable organization directly empowering and impacting marginalized and unprivileged sections of Indian society through numerous free projects in rural and semi-urban geographical locations in the thematic verticals of education, public health and poverty alleviation as well as empanelled Ext NGO Member in ICC (Quasi-Judicial) under POSH Act, 2013 for corporate sectors





(Areas of our Intervention)



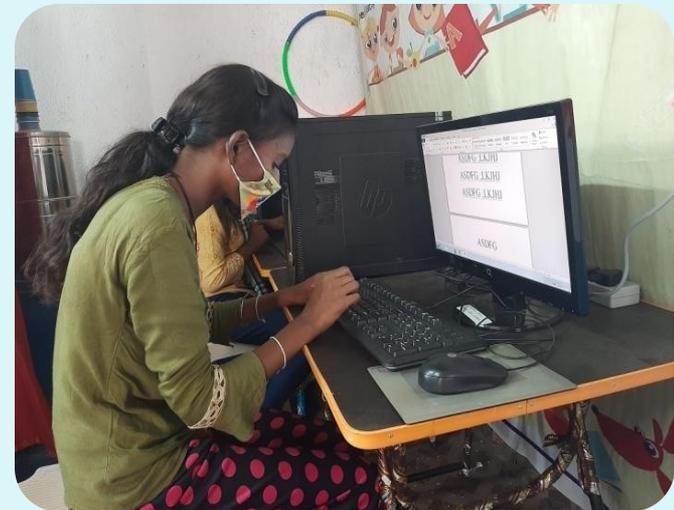
THEMATIC VERTICAL : SECULAR EDUCATION

6

“Ensuring children go to school at the right age and complete their basic academic education.”

IMPACT DURING THE YEAR : Cumulative 06 students

Due to restrictions imposed on educational institutions to mitigate the Covid-19 pandemic, we were not able to provide any academic education to our unprivileged students at the kindergarten level, but few elder students were lucky to benefit from the “Free Digital Learning” sessions imparted to them during the year. We profusely Thank M/s VFS Global for donating the desktops.





(Areas of our Intervention)



THEMATIC VERTICAL : PUBLIC HEALTH (Medical Relief)

7

“Preventive Health Screenings, Nutrition & Awareness”

IMPACT DURING THE YEAR : Cumulatively **26799** direct beneficiaries.

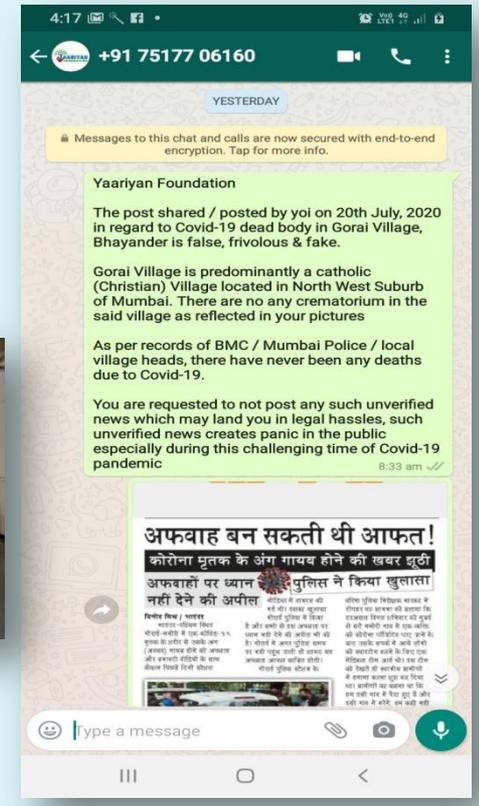


Mitigating Social Stigma on Covid-19)

8

During the initial days of the pandemic, misconceptions, misinterpretations and rumors about Covid-19 and its management protocols ruled supreme including in rural Mira-Bhayander and Mumbai, wherein people obstructed government medical team from carrying out necessary testing, isolation and quarantining of patients, hence it was necessary to educate the masses, accordingly we undertook to mobilize stakeholders and conducted awareness sessions about Covid-19, its prevention, management and treatment protocols through social media and online services, physical meetings and sessions, this ensured a reduction of obstructions in the government machinery by the public as well as mitigated social stigma on Covid-19.

- Dt: 08.03.2020: Disseminated facts to **600** fisher folks in rural Mira-Bhayander.
- Dt: 19.07.2020: Disseminated facts to **20K+** audience through Social Media
- Dt: 19.07.2020: Disseminated facts to village heads, Patils and other dignitaries (Uttan)
- Dt: 26.07.2020: Disseminated facts to **500+** audience through Social Media
- Dt: 23.08.2020: Disseminated facts to village heads, Patils and other dignitaries (Dongri)
- Dt: 24.09.2020: Disseminated facts to village heads, Patils and other dignitaries (Chowk)





(COVID-19 RESPONSE)



Syndromic Surveillance (Probable Cases)

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As per recommendations of W.H.O, it is necessary to monitor one's health regularly during the Covid-19 pandemic, accordingly we intervened and carried out Covid-19 Syndromic Surveillance (probable Cases) regularly and maintained detailed records of following beneficiaries free of cost ensuring early detection of symptoms and treatment, thus saving valuable lives. Zero mortalities were recorded during the tenure due to this initiative.

SN	NAMES	BENEFICIARY TYPE	SN	NAMES	BENEFICIARY TYPE
01	Gorai Police Station	Police Personnel	11	Office of SDPO, Bhayander	Police Personnel
02	Gorai Macchimar Society	Staff of Ferry Services	12	Kashimira Police Station	Police Personnel
03	Gorai Volunteers (Road)	Covid-19 Volunteers (Village)	13	Home Quarantine (Uttan)	Fisher folks
04	Dilkush Children Home	Home for Children	14	Khidmat Old Age Home	Elderly Care Home
05	Fatima Convent, Gorai	Religious Elders	15	Mazzarello Centre, Uttan	Home for Children
06	Holy Magi Church, Gorai	Religious Institution	16	MBMC Sanitary Staff, Uttan	MBMC Sanitary Staff
07	Sneha Sadan, Gorai	Home for Children	17	MBMC Garbage Dump, Uttan	Garbage plant Staff
08	St Catherine's Cottage, Gorai	Religious Elders	18	Karuna Sadan, Uttan	Home for disabled.
09	Uttan Sagari Police Station	Police Personnel	19	Medical Nurses, Uttan	Staff of various hospitals
10	Bhayander West Police Station	Police Personnel	20	Assistance to UHP (MBMC)	Migrant Laborers



(COVID-19 RESPONSE)



Syndromic Surveillance (Probable Cases)

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Provisions of Immunity Boosters (Homeopathic Arsenicum Albumin - 30)

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Arsenicum Albumin-30 (Homeopathic Immunity Boosters) were thought to provide immunity against the SARS-Cov-2 virus causing Covid-19, hence same were gifted to unprivileged families in rural and hard-to-reach areas of rural Mira-Bhayander during the pandemic.



Provisions of fabric facemasks

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W.H.O recommended that the gold standard of preventing SARS-Cov-2 virus causing Covid-19 affecting humans is to cover the nose and mouth by a suitable facemasks, hence fabric facemasks were gifted to our unprivileged beneficiaries during the pandemic.



Provisions of re-usable medical grade FFP2/N95E facemasks

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High Quality reusable FFP2/N95e Medical grade facemasks were gifted to following beneficiaries :

SN	NAMES	BENEFICIARY TYPE	QUANTITY
01	Amcha Ghar Trust	Front liners - Social	050
02	Office of MBVV Commissionarate	Front liners - Police	100
03	Gorai Police Station	Front liners - Police	100
04	MBMC Health Post, Uttan	Medical Frontliners	200
05	MBMC Sanitary Deptt, Uttan	Front liners – Sanitation Staff	100
06	Bhimsen Joshi Hospital (Temba), Bhayander	Front liners – Covid Hospital	100
07	MBVV Traffic Police	Front liners – Police	100
08	Uttan Police Station, Uttan	Front liners - Police	100
09	Our Lady of Sea Church , Uttan	Front liners - Social	020



THEMATIC VERTICAL : PUBLIC HEALTH (Medical Relief)

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MEDICAL FIRST-AID BOXES

Medical First aid boxes are placed at police check points on rural arterial roads, entry/exit points to rural areas and the fire department in rural areas, for emergency assistances in case of fatal road accidents, medical emergencies in absence of any medical facility in the vicinity, the said boxes are maintained by us and replenished with new stock of contents every quarter free of any remunerations. This has helped many casualties reach hospitals in stable condition.



THEMATIC VERTICAL : PUBLIC HEALTH (Medical Relief)

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MONTHLY MEDICAL AID TO ELDERS

A homeless and unemployed elder being an amputee (Right Leg) and suffering from Cardiac Anomalies, Epilepsy and Diabetes is accessed to his monthly medicines and hunger relief products through us.





(Areas of our Intervention)



THEMATIC VERTICAL : POVERTY ALLEVIATION

16

“Poverty Alleviation is a set of humanitarian measures, that are intended to lift people out of poverty.”

IMPACT DURING THE YEAR :Cumulatively 3336 direct and Indirect beneficiaries



Provisions of Hunger Relief Supplies / Products to rural Daily Wagers

17

The unprivileged migrant "footloose" daily wagers rendering their services in the unorganized construction sector as laborers, masons, carpenters, painters, plumbers etc... in rural "hard-to-reach" areas were the most affected during the lockdown period imposed to mitigate Covid-19. They live with their families of an average 3 to 12 members in one 10X10 or smaller rooms constructed of unplastered brick walls, tin sheds and uneven floors on rent, located in Dhavghi, Utan and lost their jobs since early March, 2020, with no financial backup or resources, they were driven to extreme poverty with no food supplies. Hence it was just and necessary to maintain their food security primarily through provisions of free Hunger Relief Supplies / Products which was based on need assessment of the beneficiaries after visiting them door - to - door and has impacted them greatly, it is pertinent to note that none of the beneficiaries visited their native states or developed any criminal intimidating / suicidal thoughts as they were regularly receiving hunger relief supplies through our interventions.



Provisions of Hunger Relief Supplies to Adivasis (Tribals)

18

The Adhivasis (Tribal) communities are also part of unprivileged migrant "footloose" daily wagers rendering their services in the unorganized construction sector as laborers in rural "hard-to-reach" areas were the most affected during the lockdown period imposed to mitigate Covid-19. They live with their families of an average 3 to 4 members in small make-shift huts of plastic sheets, branches of Coconut Trees etc... located in Chavli, Uttan and lost their jobs since early March, 2020, with no financial backup or resources, they were driven to extreme poverty with no food supplies. Hence it was just and necessary to secure their food security primarily through provisions of free Hunger Relief Supplies / Products which was based on need assessment of the beneficiaries after visiting them hut- to – hut and has impacted them greatly.



Provisions of Hunger Relief Products to unprivileged rural children

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Lockdowns / Restrictions to mitigate Covid-19 has also impacted the unprivileged children in rural areas, threatening their food security, hence in addition to providing hunger relief supplies to their families, we ensured the children had some morsel of food every day, hence buns (Breads), Fruits, biscuits etc.. were gifted to them regularly which not only made them happy but also secure that they would be receiving something to eat in the evenings which was often shared by their siblings and parents too, at times sharing a bun among 6 members of the family by dipping in water.



Provisions of pre-owned apparels to unprivileged rural beneficiaries

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The unprivileged members of rural migrant daily wage families do not afford good clothing often, they gladly receive preowned clothing donated by like-minded donors, some clothing also aids them in procuring most used house hold items, thus saving their hard earned money.



Festival of Lights truly brightened the lives of our marginalized children in rural slum locality this year by the presence of Mr Raghuwanshi and his family as well as social worker Mr Deepak Jain and his friends from Mira-Bhayander who not only spent their time with them but also gifted sweets and water bottles respectively bringing great joy, happiness and festive mood in the lives of these kids during the pandemic. However it was celebrated by following Covid-19 appropriate behavior this year and no crackers busted.



This year our unprivileged children had a Post X'mas celebration in the presence of Christmas Goodies, Christmas Crib and X'mas tree, they had a great time viewing decorations, played games, danced to songs, witnessed the crib and X'mas tree followed by X'mas sweets. No party was held this year due to Covid-19 restrictions.

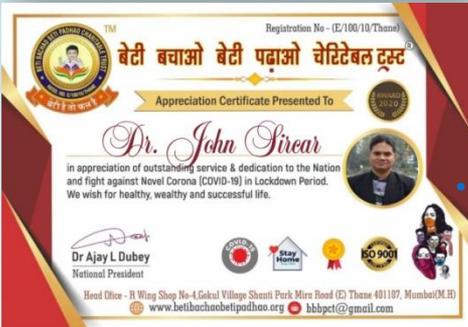




Felicitation by Adv P.H Patil, Amcha Ghar Trust, Uttan



Felicitation by Sr Inspector of Police, Gorai Police Station, Mumbai



Declared Change maker of the month of February, 2021 by Head Held High & GAP



CHANGEMAKER OF THE MONTH, FEBRUARY 2021



Dr John Sircar

Founder & Chief Functionary
HELPING HAND FOUNDATION

Helping Hand Foundation was formally established on 6th April, 2011 to empower and impact unprivileged communities including children, women, adults, youth, elders irrespective of caste, creed, gender, affiliations. Helping Hand Foundation worked to provide emergency response during the pandemic through its thematic verticals of Public health and poverty alleviation, the latter reserved for vulnerable communities in rural and semi-urban localities.

- Disseminating Covid-19 facts to general Public (Rural / Urban) for 22,500 beneficiaries ((fisher men, village heads & others etc.)
- Covid-19 Syndromic Surveillance for Police & "High-Risk" Individuals covered 702 beneficiaries
- Hunger Relief Supplies (Kits) to 2,900 Rural Footloose Daily wagers
- Hunger Relief Products (Buns) to Rural unprivileged children -100 each day were distributed
- Immunity Boosters given to 50 Rural Footloose Daily wagers
- Fabric Masks were provided to 50 Rural unprivileged children



11th May, 2020

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Shanti Vallabh Times

ALL Political Religious Social Personal

हेल्पिंग हैंड फाउंडेशन पहुंचा रहा भोजन

May 11, 2020 • Deepak R Jain • Social



हेल्पिंग हैंड फाउंडेशन डॉ जॉन सिरकर के मार्गदर्शन में भायंदर समीप उत्तन क्षेत्र की झुग्गी झोपड़ीयों में काफी समय से कार्य कर रहे हैं. कोरोना महामारी के बाद से चल रहे लॉकडाउन के बाद से ही संस्था कार्यरत हैं. उन्होंने लोगों से अपील की कि इस कठिन घड़ी में बच्चों का ध्यान रखे और जरूरतमंदों को भोजन उपलब्ध करवाएं. सहयोग करने इच्छुक दानदाता 9987923843 with description "C-19 Food Relief" पर संपर्क करें.

“Thank you”
Sir Deepak Jain
for covering our
work in press media
probono.

12th May, 2020

11:06 11:06 4G+ LTE1 54% 100%

dailysurajprakash.com/news_det

सूरज प्रकाश

MIRA BHAYANDAR

हेल्पिंग हैंड फाउंडेशन पहुंचा रहा भोजन

Deepak R Jain May 12, 2020

हेल्पिंग हैंड फाउंडेशन डॉ जॉन सिरकर के मार्गदर्शन में भायंदर समीप उत्तन क्षेत्र की झुग्गी झोपड़ीयों में काफी समय से कार्य कर रहे हैं. कोरोना महामारी के बाद से चल रहे लॉकडाउन के बाद से ही संस्था कार्यरत हैं. उन्होंने लोगों से अपील की कि इस कठिन घड़ी में बच्चों का ध्यान रखे और जरूरतमंदों को भोजन उपलब्ध करवाएं. सहयोग करने इच्छुक दानदाता 9987923843 with description "C-19 Food

CNA Insider (Channel News Asia)

The 6th widest reached television news channel based in Singapore covered our story on Dt: 25.03.2021. The Link to the report is reproduced here for you to visit:

https://www.youtube.com/watch?v=Ni0F9eT7_IU





LEADERSHIP

(Executive Board of Trustees : 2016-2021)



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SN	NAME	POSITION	COMPETENCY	HONORARIUM
01	Dr Pramod K. Pasi	Chairman	Pharmaceutical	No
02	Dr Sandhya Dalsingh	Vice Chairperson	Healthcare	No
03	Dr John A. Sircar	Secretary	Healthcare	No
04	Mr Tejas Wadekar	Jt Secretary	Commerce	No
05	Dr Sanjeevani Dabre	Treasurer	Healthcare	No
06	Dr Fatema Kapadia	Committee Member	Healthcare	No
07	Dr Imran Shaikh	Committee Member	Healthcare	No

We are a grassroot level charitable organization with below 10 people, working across districts and domains in our thematic verticals. We try to, not very successfully, to keep a cushion for the running expenses of a year for our projects, We are now trying to build a corpus and will reach out to you soon! All of our monetary / Non - Monetary resources come from like-minded individual retail donors, we utilize the unused resources the next year as we take extreme precaution not to waste / misuse / misappropriate donor resources, hence you see the activities of our organization exceed our expenditures incurred.

We do not receive any grants or Funding from any sources , all interventions reflected in this report are purely through contributions from the founder , trustees and retail individual donors.



Resources & Fiscal management



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WE HEREBY CONFIRM THAT:

1. The Annual accounts, have been prepared on the basis of the accounting policies adopted by the organization in compliance to the existing accounting standards wherever necessary, the audit of the accounts are to be carried out by qualified Chartered Accountant in a rigid process.
2. Sufficient care has been taken for the maintenance of accounts as per the applicable legal statutes of India.
3. During day to day operations of the organization, ethical accountability, value of money have been given highest priority. NO part of the income during the previous years have been applied and used directly or indirectly for the benefit of :
 - a. The founder or founders or trustees or their families/relatives.
 - b. Any person who has made a substantial contribution to the organization.
 - c. Any concerns in which the above mentioned category of persons have substantial interest (As required U/s 13 (3) of Income Tax Act, 1961)
4. None of the members/trustees/governing board has been given any honorarium and none of them occupies a place of profit in the organization.
5. All our initiatives, programs & events are currently funded by member contribution and seasonal domestic donors & well-wishers.
6. All accounts are audited annually and copies of the annual reports are available to general public & prospective donors on request.
7. **100% of all monetary donations are directly utilized in our initiatives benefiting marginalized communities.**
8. **Administrative expenditures are incurred by the founder.**
9. **100% of all in-kind (Non-monetary) donations benefit our beneficiaries from the marginalized communities**

Gratitude to our donors / benefactors / stakeholders

Every year as we grow and spread our work; We are overwhelmed by the love and support of people from all walks of life. We take this opportunity to thank all our donors, volunteers, benefactors, well-wishers, institutions, and agencies who have stood by us over the years irrespective of its value or status each and every contribution is important for us.

We are very thankful to the below mentioned donors without whom this annual report would not exist, it is only because of your contributions that we were able to fulfill our objects which are reflected in this annual report.

SN	Rs: 5000/- and above	Rs: 100/- to Rs: 5000/-	Non-Pecuniary Donations	Non-Pecuniary Donations
01	Mr Hitendra Shah	Mrs Soniya More	Mr Ravindra Raghwanshi	Mr Tushar Songare
02	Mr Bipin Patel	Dr Sandhya & Team	Amcha Ghar Trust	Mr Salvador Rodriques
03	M/s Indian Finesse	Ms Shweta Dave	Mr Tejas Bagwe	Mrs Dhara Shah
04	Dr Ratan Ramchairy	Mr Rajesh Taleja	Mr Kamlesh Tolia	
05	Dr John Sircar	M/s Metro Medical	Mrs Shweta Dave	
		M/s Janseva Medico,	Mr Umer Shaikh	
		Mr Sachin Pachpor	Dr Pramod Pasi & Sarita Pasi	
		M/s Winner Electronics	Mr Deep Singh	
		Dr Karishma	Shri Raju Bhoir	
		Mr Johnson D'mello	Dr Asmita Bansod	



AUDITED STATEMENT OF ACCOUNTS FOR THE YEAR ENDED 31.03.2021



The Bombay Public Trust Act, 1950

SCHEDULE - IX
(Vide Rule 17(1))

Name of the Public Trust : **HELPING HAND FOUNDATION**
Income and Expenditure Account for the year ending 31st March, 2021

Regn No: F-23280

EXPENDITURE	Rs.	INCOME	Rs.
		(accrued)	
To Expenditure in respect of Properties :-		By Rent -----	
Rates, Taxes and Ceases	-	(realised)	
Repairs and Maintenance	-		
Salaries	-		
Electricity Expenses	-		
Depreciation [by way of provision of adjustments]	-		
To Establishment Exp.(As per list Attached)		(accrued)	
To Remuneration To Trustees	-	By Interest -----	
		(realised)	
To Legal / Professional Fees	-	On Securities	
To Audit Fees	3,000.00	On Loans	
To Contribution and Fees(Website Renewals)	1,278.00	On Bank Accounts	1,501.00
To Amount Written off :		By Dividend	
Bad Debts	-	By Donations in Cash or Kind	2,37,522.00
Loan Scholarship	-		
Irrecoverable Rents	-		
Other Items	-		
To Miscellaneous Expenses		By Grants	
To Bank Charges	25.00	By Income from other sources (in details as far as possible)	
To Printing & Stationary	1,725.00	Income from Auction Sale	
To Depreciation on Furnitures/Other Fixed Assets	6,103.00	By Transfer from Reserve	
To Amount transferred to Reserve or Specific Funds	-	By Deficit carried over to Balance Sheet	
To Expenditure on Objects of the trust			
a. Religious	-		
b. Educational	22990.00		
c. Medical Relief	58197.00		
d. Other Charitable Objects:	145084.00		
To Surplus Carried over to Balance Sheet	621.00		
Total Rs.	2,39,023.00	Total Rs.	2,39,023.00

As per our report of even date

Dated at 21/7/2021

Place : Bhayander

For Helping Hand Foundation

CHARTERED ACCOUNTANT AUDITORS

Dated at 21/7/2021

President TRUSTEES Treasurer




The Bombay Public Trust Act, 1950

SCHEDULE - VIII
(Vide Rule 17 (1))

Name of the Public Trust : **HELPING HAND FOUNDATION**
Balance Sheet As At 31st March, 2021

Regn No: F- 23280

FUNDS & LIABILITIES	Rs.	Rs.	PROPERTY & ASSETS	Rs.	Rs.
Trusts Funds or Corpus :			Immovable Properties :- (At Cost)		
Bal.as per last Balance Sheet	-		Balance as per last Balance Sheet	-	
Adjustment during the Yr.	-		Depreciation up to date	-	
Other Earmarked Funds :			Investments		
(Created under the provisions of the trust deed or scheme or out of the Income)			Note: The Market value of the above investments in Rs.		
Depreciation Fund			Furniture & Fixtures		
Sinking Fund			Addition during the year	21,467.00	
Reserve Fund			Depreciation up to date	3,220.00	18,247.00
Loans (Unsecured or Secured)			Blood Pressure Machine		
From Trustees			Addition during the year	2,098.00	
From Others			Depreciation up to date	318.00	1,780.00
Liabilities			Blood Glucose Test Machine		
For Expenses			Addition during the year	1,743.00	
Medical Expenses Payable		4,500.00	Depreciation up to date	281.00	1,482.00
Education Exp. Payable			ECG Machine		
For Advances			Addition during the year	15,358.00	
For Rent and Other Deposits			Depreciation up to date	2,304.00	13,054.00
For Sundry Credit Balance			Loans (Secured or Unsecured)		
Income and Expenditure Account			Good/doubtful		
Bal.as per last balance sheet	75,518.00		Loans Scholarship		
Less : Appropriation, if any			other Loans		
Add: Surplus	621.00		Advances:		
Less:Deficit			To Trustees		
		76,139.00	To Employees		
			To contractors		
			To Lawyers		
			To Others		
			Income Outstanding		
			Rent		
			Interest		
			Other Income		
			Cash and Bank Balances :-		
			(a) In Savings Account with SBI		36,070.00
			In Fixed Deposit A/c. with		
			(b) With the Trustees		10,006.00
			(c) With the Manager		
Total Rs.	80,639.00	Total Rs.	80,639.00		

As per our report of even date

Dated At 21/7/2021

For Helping Hand Foundation

CHARTERED ACCOUNTANT AUDITORS

Dated At 21/7/2021

President TRUSTEES Treasurer






SUPPORT OUR CAUSES



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PECUNIARY DONATIONS:

- **Online** : The simplest way is to GPAY at 9987923843 or NEFT to our bank account
- **Cheque**: You can send them directly or contact us for a pick-up from your place.

NON-PECUNIARY DONATIONS:

Connect with us through WhatsApp at 9987923843

Other ways to Help:

Raise funds for our thematic verticals by online crowd funding, encouraging your family and friends to donate as a gift on your or their birthdays, events, festivals.

Help us with CSR Partnerships with local brands and business

Build awareness about our causes on social media by following our pages and sharing our posts in your networks / contacts.