



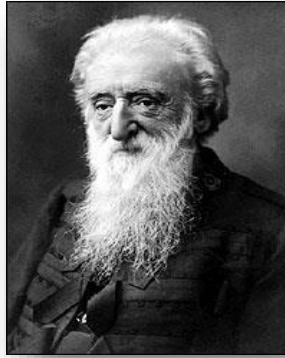
IDEAL HELPING HAND FOUNDATION

(Reg. No. M.H. 392/22, Ahmednagar)

“A helping hand is a helping heart!”



Mother Teresa



William Booth



Pandita Ramabai

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'Ideal Helping Hand Foundation', a beacon of hope and compassion dedicated to uplifting the lives of the needy and vulnerable in our society. Established on January 4th, 2021, and officially registered in 2022, I.H.H.F was founded on a simple yet powerful vision - to extend a helping hand to those in need.

During the COVID-19 pandemic, a group of social volunteers came together to extend help to those affected by the crisis. Efforts were made to support hospitals and organizations in Ahmednagar and Pune, including Booth Hospital, Manavseva Project, Balgram, Snehalaya, Himmatgram, Snehadip, Ahmednagar and Pandita Ramabai Mukti Mission in Kedgaon, Pune, by providing dry-fruit packets and fruits. Marathi Mission hospitals in Ahmednagar were supplied with gas cylinders. This service during the pandemic gave impetus to the founder's vision of reaching out a helping hand to the needy and vulnerable, leading to the formation of the Ideal Helping Hand Foundation.

The mission of Ideal Helping Hand Foundation is to reach out to marginalized communities with the love and compassion of the Almighty, striving to bring a ray of light and hope into their lives. Inspired by the compassionate service of Mother Teresa, William Booth, and Pandita Ramabai, our values are deeply rooted in the belief that every individual deserves dignity, respect, and the opportunity to thrive.

I.H.H.F is operated by a dedicated group of social volunteers who selflessly devote their time and efforts to serve others. Our team is driven by a shared commitment to making a positive impact and fostering sustainable change within our communities. It is also devoted to uplift and encourage other organizations by providing network, resources, manpower and guidance to achieve their goals and objectives.

Detailed Project Descriptions

Project 1: Employment Generation

Objective

The Employment Generation project aims to create sustainable job opportunities for marginalized and vulnerable communities. By providing skill development and professional training, this project empowers individuals to achieve financial independence and improved social status.

Special Features of Tailoring Class and Bed-Assistant Course

The Ideal Helping Hand Foundation (I.H.H.F) ensures that its Tailoring Class and Bed-Assistant Course provide comprehensive and high-quality training through the following special features:

- **Professionally Trained Teachers:** Both courses are taught by experienced and professionally trained instructors who are experts in their respective fields.
- **Timely Tests and Evaluation:** Regular tests and evaluations are conducted to monitor progress and ensure that students meet learning objectives.
- **Prayerful and Student-Friendly Environment:** The training programs are held in a supportive and student-friendly environment that includes a focus on spiritual well-being.

- **Individual Attention:** Each student receives personalized attention to cater to their specific learning needs and pace.
- **Simultaneous Theory and Practical Sessions:** Theory lessons are integrated with practical sessions to provide a holistic understanding and hands-on experience.
- **Notes and Journal Preparation:** Comprehensive notes and journals are prepared to aid learning and serve as future reference materials.
- **PTA Meetings:** Regular Parent-Teacher Association meetings are conducted to keep parents informed and involved in their children's progress.
- **Personal and Professional Counseling and Referral:** Students have access to personal and professional counseling services to support their development and address any issues they may face.
- **Participation in Foundation Events and Co-Curricular Activities:** Students are encouraged to participate in all events and co-curricular activities organized by the foundation to enhance their overall development.
- **Felicitation and Certificates:** Upon completion of the courses, students are felicitated, and certificates are awarded to recognize their achievements and skills.
- **Referrals for Nursing Students:** Nursing students receive referrals to support their further studies and professional careers.

1. Tailoring Course

- **Description:** This course offers professional training in tailoring for six months for the women and girls from lower socio-economic backgrounds.
- **Objective:** To equip women and girls with tailoring skills that enable them to achieve financial sustainability and gain dignified identities within their families and society.
- **Impact:** Participants have acquired essential tailoring skills, leading to increased employment opportunities and the ability to start their own tailoring businesses.
- **Beneficiaries Data:** From September 2022 till recent, around 130 women and girls have benefited from this course.

2. Bed Assistant Course

- **Description:** This course provides medical knowledge and professional training to individuals aspiring to become bed assistants.
- **Objective:** To address the care needs of the sick and bedridden, while also meeting the growing demand in the medical field for qualified bed assistants.
- **Target Group:** The course is offered to individuals from diverse backgrounds, including the poor, tribal communities, the unemployed, and other vulnerable groups.

- **Impact:** Graduates of the course have found employment in hospitals and private homes, significantly improving their financial and social status.
- **Beneficiaries Data:** Approximately 40 students have been benefited till now.

Project 2: Sports Academy for Child Development

Objective

The Sports Academy for Child Development aims to provide a platform for children of slum dwellers, the neglected, and the poor to develop their talent in sports. The program focuses on the holistic development of these children through physical training and sports coaching, ensuring they receive not only athletic skills but also essential life skills.

Activities

1. Physical Training and Sports Coaching

- **Description:** Professional sports teachers and coaches conduct regular training sessions for children, focusing on various sports.
- **Outcomes:** Children develop their sporting talents, physical fitness, teamwork, and discipline.

2. Nutritional Support

- **Description:** To ensure the children receive proper nourishment, the academy provides fruits, eggs, and other nutritious food items.
- **Outcomes:** Improved health and physical development of the children, enabling them to perform better in sports and daily activities.

3. Provision of Sportswear

- **Description:** The foundation supplies suitable sportswear to the children, including uniforms, shoes, and other necessary gear.
- **Outcomes:** Children are equipped with the right attire for training and competitions, boosting their confidence and performance.
- **Beneficiaries' data:** Approximately 40 children have been benefited from the sports academy.

Project 3: Food Ministry

The Food Ministry aims to address the nutritional needs of underprivileged individuals across various strata of society, providing them with hygienically prepared and nutritionally balanced meals.

Scope of Activities

- **Food Distribution:** Provides food packets to marginalized groups including impoverished families, slum children, and homeless individuals at key locations like railway stations, bus stands, and city streets.
- **Support for Institutions:** Supplies nutritious meals to children in hostels and orphanages, and senior citizens in old age homes.

Hygiene and Nutrition

- Ensures all meals are prepared with strict hygiene standards and are nutritionally balanced to positively contribute to recipients' well-being.

Support and Sponsorship

- Operates through the generous support of team members, volunteers, and donors, whose financial contributions and volunteer efforts are crucial for procuring supplies and conducting distribution drives.

Frequency of Operations

- Conducts food distribution drives bi-monthly or more frequently based on resource availability and community needs.
- Provides basic items such as blankets, toiletries, and first aid medicines as needed along with food packets.
- **Special Occasions:** On national and other festivals, traditional food is prepared and distributed.

Project 4: Hope Store

Objective

The Hope Store aims to provide essential materials to individuals and families facing socio-economic challenges, bridging the gap between abundance and need through the collective efforts of donors, benefactors, and dedicated volunteers.

Scope of Assistance

- **Provision of Necessities:** Supplies basic necessities to the needy, homeless, orphans, and marginalized members of society, including children. Items provided include food, blankets, toiletries, first aid medicines, basic cosmetics, clothing, footwear, seasonal wear, sports attire, toys, utensils, and other daily essentials.

Collection and Distribution

- **Donations and Sorting:** Donations from individuals and organizations are carefully sorted and organized to ensure efficient distribution tailored to the specific needs of recipients.
- **Systematic Approach:** Maintains a systematic approach to ensure the right materials reach the intended beneficiaries.

Ensuring Recipient Satisfaction

- **Personalized Approach:** Committed to meeting the preferences and specifications of recipients whenever possible, fostering a sense of dignity and respect.

Impact and Outreach

- **Tangible Difference:** The Hope Store has made a significant impact on the lives of countless individuals and families, enhancing their quality of life and contributing to stronger, more resilient communities.

Project 5: Hope Mission

Objective: Hope Mission aims to rehabilitate homeless individuals, the needy, mental health patients living on the streets, and other vulnerable populations. The project's goal is to offer immediate relief and long-term rehabilitation, ensuring these individuals receive the care, dignity and support they need to rebuild their lives and reintegrate into society. Till date 15 individuals are benefited through the hope mission.

Activities:

1. Street Outreach and Identification:

- Conduct regular outreach programs to identify homeless individuals and those in need of immediate assistance.
- Partner with local authorities and community organizations to locate and approach potential beneficiaries.

2. Medical Checkups:

- Provide thorough medical examinations to assess the physical and mental health of the identified individuals.
- Collaborate with healthcare professionals and local clinics to ensure access to necessary medical treatments and ongoing care.

3. Provision of Basic Necessities:

- Distribute essential items such as clothing, toiletries, and food to ensure the immediate comfort and dignity of the beneficiaries.
- Create care packages tailored to the specific needs of different individuals (e.g., gender-specific items, seasonal clothing).

4. Legal Assistance:

- Offer legal aid to help beneficiaries navigate any legal issues that may arise during the rehabilitation process.
- Ensure all actions are taken within the legal framework to protect the rights and dignity of the individuals.

5. Rehabilitation and Referral:

- Develop personalized rehabilitation plans based on the unique needs of each individual.
- Refer beneficiaries to larger organizations and specialized institutions that can provide further support, such as long-term housing, mental health services, or

vocational training.

6. Follow-Up and Support:

- Maintain regular contact with rehabilitated individuals to monitor their progress and provide ongoing support.
- Offer counseling and mentorship to help them adjust to their new environments and overcome any challenges they may face.

Target Beneficiaries:

- Homeless individuals
- People in need
- Mental health patients living on the streets
- Other vulnerable populations

Location:

- The program operates in various urban and rural areas where homelessness and vulnerability are prevalent. Specific outreach locations are determined based on need assessments and collaboration with local communities.

Project 6: Rural Community Development Projects

Objective:

The Rural Community Development Projects aim to improve the quality of life for residents in rural areas by addressing critical needs such as access to water, education, healthcare, and sustainable livelihoods. By implementing targeted interventions, the foundation seeks to foster self-sufficiency and long-term development in these communities.

1. Bore well Project

Objective: To provide reliable access to clean water in drought-prone and water-scarce rural areas, enhancing the overall well-being and health of the local populations.

Activities:

1. Survey and Selection:

- Thorough surveys are conducted to identify rural communities facing severe drought conditions or lacking access to clean water.
- Each year around four locations are selected based on need assessments and community consultations.

2. Funding and Sponsorship:

- Secure funding for bore well projects are provided through a combination of organizational funds, donations from external donors, and contributions from local residents(when possible).

- The foundation engages with local stakeholders to encourage community involvement and ownership of the project.

3. Bore well Installation:

- The foundation partners with local contractors and water resource experts to drill and install bore wells in the selected communities.
- Use of high-quality materials and techniques are ensured to guarantee the longevity and efficiency of the bore wells.

4. Community Training:

- Basic training is provided to local residents on the maintenance and management of the bore wells to ensure their sustainability.
- The communities are educated about water conservation practices to maximize the benefits of the new water source.

5. Monitoring and Evaluation:

- A monitoring system is implemented to regularly check the functionality and impact of the bore wells.
- Periodic evaluations are conducted to assess the improvement in water access and its effects on community health and productivity.

Target Beneficiaries:

- Rural communities facing drought conditions
- Villages without reliable access to clean water
- Populations in water-scarce areas
- The problem of potable water is resolved for 15 villages and rural communities

Location:

- The bore well project is implemented in various rural areas identified through surveys and need assessments, with a focus on regions experiencing severe water scarcity.

2. Sheep Rearing Project

Objective: To support rural families in building sustainable livelihoods through sheep rearing, enhancing agricultural productivity, and providing a source of regular income and food security.

Activities:

1. Selection of Beneficiary Families:

- 10 rural families, especially widows and women who lack stable income source are selected each year based on need assessments, community consultations, and their potential to successfully rear sheep.
- It is ensured that the selected individuals have basic facilities and knowledge

for animal husbandry or are willing to undergo training.

2. Provision of Sheep:

- Each selected family/individual is provided with 1 sheep and 1 lamb to kick start their sheep-rearing journey.
- It is ensured that the sheep are healthy and suitable for the local environmental conditions.

3. Training and Support:

- Basic training sessions are conducted on various practices in sheep rearing, including feeding, healthcare, breeding, and shelter management.
- Ongoing support and veterinary services are provided to ensure the well-being of the sheep and the success of the rearing process.

4. Return of Offspring:

- A system is implemented where each family returns one offspring to the foundation, ensuring the sustainability and expansion of the project to benefit more families in the future.
- The returned offspring is used to support new families or enhance the project's impact.

5. Monitoring and Evaluation:

- Regular follow-ups with the beneficiary families are conducted to monitor the health and growth of the sheep.
- The economic and social impact of the project on the families are evaluated, including improvements in income, food security, and overall quality of life.

Target Beneficiaries:

- Rural families in need of sustainable livelihood opportunities
- Agricultural communities seeking to diversify their sources of income
- Families willing to engage in animal husbandry

Location:

- The sheep rearing project is carried out in various rural areas selected through surveys and community consultations, focusing on regions with suitable conditions for sheep rearing and families in need of economic support.

Project 7: Counselling Centre for Women and Girls

Objective: To provide free, comprehensive counseling services to women and girls from lower socio-economic backgrounds, addressing a range of issues including domestic violence, marital problems, education, and health.

Services Offered:

- Marital Counseling

- Relational Counseling
- Educational Counseling
- Pre- and Post-Delivery Counseling
- Counseling for survivors of domestic violence, divorce, abuse, etc.

Background: The center was established by the Ideal Helping Hand Foundation to address the specific challenges faced by women and girls in slum areas, such as domestic violence, early childbearing, infidelity, family issues, and lack of medical services, unprotected sex, abandonment, and financial struggles.

Facilities Available:

For Counselees:

- Free counseling services for women and girls from lower socio-economic backgrounds.
- A safe, comfortable, and non-judgmental environment.
- Independent counseling rooms.
- Prioritization of confidentiality.
- Professionally structured counseling sessions.
- Referrals to specialized therapists or doctors if needed.
- Maintenance of ethical boundaries.
- Promotion of mental health awareness through various mediums.

For Trainees and Interns:

- Opportunities for internships aimed at equipping trainees with skills to address issues faced by women and girls from lower socio-economic backgrounds.

Other Activities

By incorporating the following activities, the foundation aims to support and uplift various segments of society, from the elderly and vulnerable women to hardworking individuals in undervalued jobs, fostering a community of care, recognition, and support.

1. Picnics for Senior Citizens

Objective: To provide social and recreational opportunities for senior citizens who lack familial support.

Activities:

- Organize four picnics each year for senior citizens.
- Provide transportation, meals, and activities during the picnics.
- Foster a sense of community and reduce isolation among elderly participants.

Target Beneficiaries:

- Senior citizens without familial support.

2. Awards and Felicitation

Objective: To recognize and honor individuals and organizations contributing positively to society.

Activities:

- Annual awards ceremony to honor workers in various fields and those doing humanitarian work.
- Specific recognition for women working as house-help, garbage collectors, and similar roles.
- Public acknowledgment to inspire others and raise awareness about the importance of these contributions.

Target Beneficiaries:

- Workers in various fields, humanitarian organizations, and individuals making significant social contributions.

3. Events and Celebrations

Objective: The Ideal Helping Hand Foundation (I.H.H.F.) actively celebrates various national and other festivals, days, and events to foster community spirit and recognize the contributions of different societal groups.

- **Foundation Day (January 4th):** Celebrated annually to honor the service of the foundation. This day includes a prayer for continued success and expansion of our noble work.

- **National Festivals:**

Republic Day and Independence Day: These days are celebrated to honor the sacrifices and contributions of national leaders and soldiers, as well as to recognize the rich heritage of our country. These celebrations also serve to instill and encourage patriotism, especially among students.

- **Women's Day:** This special day is marked by programs that appreciate and felicitate women working as house helpers, rag pickers, sweepers, peanut and chickpea sellers, and those running small-scale household businesses. Trophies, gifts, and snacks are distributed to honor these women.
- **Children's Day:** Celebrated with various games, team-building activities, snacks, and gifts for slum children, along with discussions on the importance of the day.

4. Free Health Check-up Camps

Objective: To provide free health screenings and services to marginalized people, senior citizens, and children.

Activities:

- Various health check-up camps, including eye check-ups and blood donation camps are conducted.
- Through these camps screenings for common health issues are done and referrals are provided for further treatment when necessary.

Target Beneficiaries:

Marginalized communities, senior citizens, and children.

Future Goals

Through the future goals, the Ideal Helping Hand Foundation aims to expand its impact, creating sustainable solutions that empower individuals and uplift communities.

1. Skill Development Training Centres in Rural Areas

Objective: To equip rural residents with vocational skills that enhance employability and self-sufficiency.

Activities:

- To establish training centres offering courses in trades such as carpentry, tailoring, and computer skills.
- To partner with local industries to provide job placements for trainees.

2. Old Age Care Home for the Homeless and Neglected Elderly

Objective: To provide a safe, supportive living environment for elderly individuals without familial support.

Activities:

- To construct and maintain a facility offering accommodation, healthcare, and social activities for the elderly.
- To ensure the provision of emotional and psychological support.

3. Health Checkup Camps in Vulnerable Areas

Objective: To improve health outcomes by providing free medical checkups and preventive care in underserved regions.

Activities:

- To organize regular health camps offering screenings for common diseases, vaccinations, and health education.
- To collaborate with healthcare professionals and local clinics for comprehensive care.

4. Vocational Courses

Objective: To provide specialized training that enhances career opportunities in the healthcare and beauty sectors.

Courses Offered:

- Beauty Parlor Training
- X-ray Technician Course
- Operating Theatre (O.T.) Assistant Training
- Laboratory Technician Course

5. De-addiction Centres for People and Youngsters

Objective: To address substance abuse issues through rehabilitation and education.

Activities:

- To establish centres providing counseling, rehabilitation programs, and support groups.
- To run awareness campaigns about the dangers of addiction and the benefits of a healthy lifestyle.

➤ **Contact us:**

- **Your Name:**
- **Phone No.:**
- **Email:**
- **Comments/Questions:**

➤ **For Donations:**

*** All donations are tax-exempt under Section 80G and 12A of the Income Tax Act.***

Donate for:

- Tailoring/ Bed-assistant course
- Food ministry
- Hope store
- Hope mission (Rehabilitation)
- Sports academy
- Sponsoring a student's training/ education
- Bore well project
- Sheep rearing project
- Scholarships for slum children (Academics and Sports)
- Health Camps
- Future Goals
- Other

QR Code:



Bank Account details:

A/c Name: Ideal Helping Hand Foundation

Bank Name: Bank of Maharashtra

Branch Name: Savedi, Ahmednagar

A/c No.: 60436303730

IFCS Code: MAHB0000937