

2019 Annual Report



www.projecthelpindia.co





Project Help India provides education, health and human rights programs to people in Kotdwara, Bijnor and the surrounding rural areas of Northern India.



Our students learning about World Environment Day

Through relationships and respectful community engagement, we bring a message of love, dignity and purpose to people living in urban slums and rural villages.

Our Mission

To bring love, hope, dignity and purpose to the poor in Kotdwara and Bijnor, India

Our Vision

To focus on education, nutrition, health and human rights, so that individual lives are impacted, empowered and restored. We seek to bring about community change and generational transformation. Project Help India seeks to grow in its impact and influence in the lives of people and communities, with a goal to ultimately expand into other towns and places of need.

What We Do

Project Help holistically addresses the issues facing India's poor. By offering essential early educational opportunities to children, Project Help India connects with their families, so they can also assist with social and health issues, through direct intervention, counselling, education and material support. Importantly, it operates an education centre for children and teenagers with profound disability, a group tragically overlooked in Indian society – many disabled people would otherwise never leave their homes.

Project Help India is an entirely local enterprise. It is praised by community leaders and works closely with police and politicians to deliver social services. A local board of governance oversees all programs. Project Help India employs only local teachers and support staff. We also train and encourage local university students in leadership, to make a difference in their community and nation.

The human rights of India's poor are severely challenged. Society struggles with an under-resourced education system, drug dependence, human trafficking and domestic violence. Project Help strives to impact lives by breaking the cycle of intergenerational poverty. We do this through a number of programs, actions and initiatives:

- Education for children
- Support for children and young people with disabilities
- Meals and nutrition for children
- Technology education for young women
- Human trafficking awareness programs and care for rescued children and adults
- Drug awareness programs
- Medical and Health care
- Counselling and social work
- Crisis care and support for families and individuals
- Natural disaster emergency assistance
- Women's empowerment programs
- Development and training for teachers, police and community leaders
- Youth Leadership Seminars



Anti-drug rally



Anti-begging awareness



New sports and games for our village centres

Our Governance

'Project Help India' (a unit of Panah Foundation) is a non-government organisation registered with the Indian Government.

Our Board membership is comprised of the following respected citizens and community leaders from Kotdwara and neighbouring towns:

- **President:** Amit Samuel
- **Vice-President:** Reji John
- **General Secretary:** Daisy Samuel
- **Treasurer:** James Singh
- **Board Member:** Narendra Hamilton
- **Board Member:** Vishal Singh
- **Board Member:** Ester Dass

The Board of Panah Foundation meets four times a year and the address of the Panah Foundation office is registered with the Indian Government. In accordance with Indian Government regulations our finances are audited annually.

Our Team

In 2019 we employed 18 people

- **Program Director** - Amit Samuel
- **Co- Program Director and Technology Teacher** - Daisy Samuel
- **Teachers** - Sushila, Naomi, Sanjay, Rakhi and Neelam (Kotdwara) and Iris (Bijnor)
- **Kotdwara slums Family and Community Support Worker** - Kiran
- **Sport and PE Teacher** - Amrit Samuel
- **Cooks** - Usha (slum), Anita (City Centre), Masa Bibi (Jungle), Savitri (Jungle), Vajyanti (Jungle) and Rakhi (Bijnor)
- **Kotdwara Administration** - Gipsa
- **Office Assistant** – Aman



Team member Aman



Gypsa (centre) and Amit (far right) working with police and local leaders.

Some highlights of 2019

★ In 2019 we consistently had 275 students, aged 4 to 12 years, who attended classes and were fed a healthy meal five days a week.

Our classes are generally held two hours a day and the children receive lessons in Hindi, English and Mathematics. Importantly, they receive a large healthy meal at the end of every day's lessons and a sports and games lesson one day a week.

★ Over 55 000 meals served to children in 2019

★ 900 women attended our SHINE Conference in April

★ Partnering with Anti-Human Trafficking Police Team to rescue precious children

★ 270 children off the streets, no longer begging and now in school

We teamed with local and Uttarakhand State Police as part of 'Operation Freedom' with 270 children no longer begging and now enrolled in local schools.

★ Our students receive water filters for their homes at Christmas

★ 1000 people receive medical help at our three pop-up medical centres

★ Community Awareness Education Programs featured heavily in 2019

Anti-drugs, disability awareness, health and hygiene, personal safety, parenting courses, anti-addiction, human trafficking awareness, leadership, environment.

★ 'Project Help India' grows in reputation as an NGO, winning awards for our help and contribution to the local community

★ Individuals helped during times of crisis

★ Our Disability Program now has 12 students aged 3 to 18



Some of the remarkable kids who attend our Disability Centre

★ We appreciate each other and celebrate our differences. We are thankful for friendships and all that we learn from working alongside such courageous, beautiful and inspiring people each and every day.

2019 was a year of continued progress, exciting achievements, transforming communities, people cared for and lives powerfully changed

January

- We are delighted to start the new year with 260 children who attended our education centres.
- Our winter care programs provide chai, support and counselling to homeless people.
- Students celebrate the India Republic Day on the 26th January
- 8 Technology girls and boys graduate with a Certificate in Basic Computer Education

February

- We assist one of our teachers, Sunjay with his Law School tuition fees. In turn, Sunjay is providing valuable guidance and advice to his village community.
- We held one of three Pop-Up Medical Camps. Across 2019 approximately 1000 women, men and children received the health advice, medical check-ups and free medicines.

March

- 'India Cleaning Month' -Teams of youth volunteers work with us and the local police to clean the streets of Kotdwara.
- Amit and the team visit many local schools to help the police educate children, parents and teachers about the sinister ways human traffickers engage with and steal children. In 2019 approximately 1700 students participated in our awareness program and workshop.



April

- Throughout the year we continue to support individuals and their families impacted by hardship and tragedy.
- We provide encouragement and financial assistance to families in the Kotdwara Leprosy Mission houses.
- Project Help India is mentioned in the local news for the SHINE Conference, especially as we honour local women in their service to the community.
- Our Disability Centre teacher receives training. This year we have approximately 10 students and later in the year we are able to employ a Teacher's Aide at our Centre.
- Our second SHINE Conference is held with 900 women attending as delegates.



SHINE19 was a huge success

May

- 8 technology students commence.
- We are filled with sadness and grief of 24th May at the sudden passing of our Bijnor teacher, leader and mentor, Mrs Anglena Samuel. Anglena served in the field of education for 40 years, and we miss her greatly.

June

- Project Help India works with the Anti-Human Trafficking team on 'Operation Smile'. This project focuses on searching for missing children at railway stations, bus shelters, roadsides and illegal orphanages across the states of Uttarakand and Utter Pradesh. The police tell us that 20 children have been rescued so far this year.



July

- We support the many slum families who were impacted by the annual monsoon floods.
- Under Uttarakhand Traffic Police's Junior traffic Force Campaign, many students from our organisation were trained by police for 15 days and a Junior Traffic Police was set up. Because of their participation in this program, the students will get benefit to easily apply for a job in the police force.

August

- We celebrate India's Independence Day on
- At our Bijnor Ladpura Centre, a fibre sheet is assembled as a roof because children would study in an open space.
- Students across all of our centres participated in a drawing and colouring competition.

September

- Our Parmawala Center teacher Mr. Sanjay Kumar, held a drug de-addiction campaign was very popular with many of the local youth.
- An organization of WHO, named 'Vitamin Angels' organised a program workshop which we hosted. A number of municipal leaders, corporate, counsellors and social workers were invited. Health talks and vitamins were distributed to pregnant women, mothers and children.

October

- We held our first ever 'Annual Project Help Celebration' at Bijnor, and our fourth function in Kotdwara. Both were attended by hundreds of people, including politicians, police, community leaders, social workers and parents and children from our projects. We loved the children's performances at both events.
- Leadership Seminar presented to university students.
- Sports and games equipment donated and distributed to all education centres
- Child Protection teacher training

November

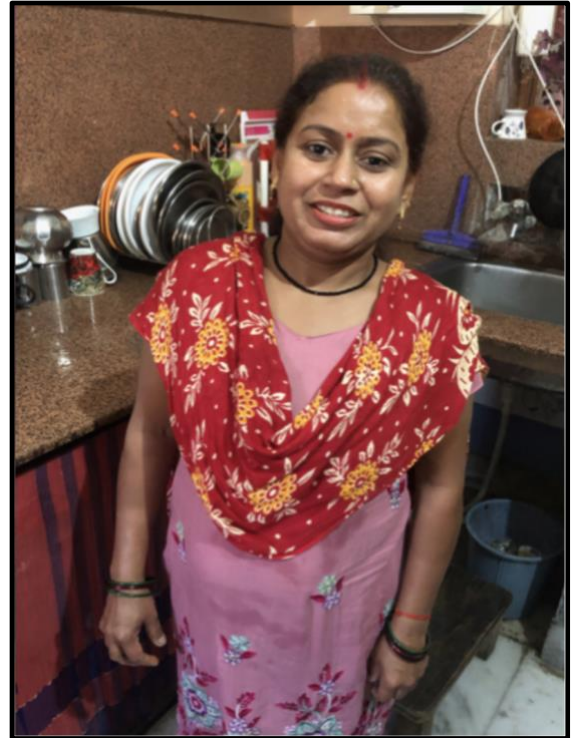
- We celebrate 'Children's Day' across each of our centres.
- Amit Samuel, our Director of Project Help India received a prestigious award of honour from the Director General of the Uttarakhand Police for his community work "bringing children from begging to school". Amit worked alongside the police as a key leader of 'Operation Freedom'. For 60 days, the Operation Freedom taskforce reached out to children and parents discouraging children from begging, raising awareness and to promoting opportunities for them to go to school. Some of the exciting outcomes of this included individual counselling given to 300 children and of these kids, 270 have been successfully enrolled in schools. Because of the success of the program the police will deliver this program in every district of Uttarakhand and 'Project Help India' has been asked to assist in an ongoing capacity, as part of the leadership team.
- At the award ceremony, the Director General of the Uttarakhand Police praised and acknowledged the important work of 'Project Help India' and has asked us to expand our work into other slum communities beyond the cities of Kotdwara and Bijnor.
- With the help of CBN Foundation water filters were bought and distributed to the family of each of our 260 students.

December

- We celebrate Environment Day with lessons and village street cleaning programs.
- We celebrate World Handicapped Day to raise awareness of people with disabilities and discrimination.
- We give Christmas gifts (including the water filters) to each of our 260 students.
- We distribute Christmas packs of food and blankets to some homeless people.
- We give Christmas gifts to all our teachers and we hold a Christmas party at each of our centres

Health at ‘Project Help India’

In October the kids at our Disability Centre found themselves enjoying the unique experience of having a medical check-up. One of the local volunteers, Dr Imran visited the centre to check on the children’s health. Adnam (pictured below), who has the biggest heart of gold, thought that it was so much fun. We guess he really hasn’t had a visit to the doctors before. We thank Dr Imran for his kindness, generosity and help. Our kids are healthier because of him.



Our City Centre Cook Anupama, always creates wonderful meals for the kids and her smile lights up the house.

Dr Imran with Adnam from our Disability Centre. Below: one of the three pop-up medical centres we had in 2019.



Child Protection at 'Project Help India'

At Project Help India we take our commitment to the safety of the children we work with very seriously. As an organisation it is our priority to work towards keeping children in our community safe by developing programs and interventions aimed at reaching the vulnerable and children who are at risk of exploitation.

When we identify individual girls or boys who are significantly at risk, we will report this to the local police, in accordance with Indian Child Protection laws. If we identify adults who present a risk, or danger to the welfare of individual children, the organisation will also follow Indian laws to report these adults to authorities.

We ensure that we have policy and procedures that guide our staff and volunteers as we work alongside the children who we care for. Strict policy guidelines ensure that all staff and volunteers act with transparency and behave a manner that promotes physical and psychological safety. 'Project Help India' expects the highest of standards of behaviour, of all staff, volunteers and people who represent the organisation.

Project Help India does **not** condone the corporal punishment of children who attend our education centres or other programs.

Project Help India strives to be a model of excellence in safety and care, not only to children, but to all staff, volunteers and others who represent our organisation.

Th Child Protection policies of Project Help India and 'The Hope' Child Protection Policy are uploaded at www.projecthelpindia.co



Our Teacher Neelam with her class at the Village Bagnala Jungle Centre.

Achievement of key targets and initiatives in 2019

The following targets and initiatives were identified in the 2018 Annual Report, and we are pleased to report what has been achieved

- ✓ Improve our educational provision to better meet the needs of children with disabilities by developing individualised learning plans for disability students and provide parental support
- ✓ Expand SHINE Conference to include a day session for high school girls
- ✓ Continue to improve facilities and the provision of resources at each of our education centres
- ✓ Investigate property purchase for Project Help India Centre in Kotdwara
- ✓ Partner with other Indian NGOs to provide additional support and resources to the people of Kotdwara and Bijnor
- ✓ Provide opportunity for Australian donors to receive tax deductibility for their support



Congratulations to our Director Amit, and the team for the awards and recognition received in 2019

Key targets and initiatives for 2020

The following targets and initiatives have been identified for 2020

- Improve our educational provision to better meet the needs of children with disabilities by developing individualised learning plans for disability students and provide parental support
- Hold our third annual SHINE Conference
- Continue to improve facilities, the provision of resources and quality teaching at each of our education centres
- Investigate property purchase for Project Help India Centre in Kotdwara
- Continue to develop our partnership in programs with the local Kotdwara and State Police



Village Parmawala kids



Bijnor Student



Jungle Village student



SHINE 19

Asha's Story

Asha is 36 years old. She is wife of Mr. Sher Singh, a local utensil seller, mother of five children, Aman, Karan, Sandhya, Vivek and Sahil. Asha says Project Help has had a huge impact on her life. Asha was suffering from heart disease when Project Help took the responsibility of helping her. She had an emergency operation and all of the expenses were paid for by Project Help. She was previously the cook in our Slum Centre but due to her heart condition she was unable to continue her job. Asha was also a door to door cosmetic seller, earning Rs 30 to Rs50 (60c to \$1AUS) per day, but because of her medical condition she could not continue this.

Asha's son Aman was born with many medical issues and his doctor told them that he would not live beyond 14 years old. But Project Help has given Aman the best treatment possible, providing for his surgery and long-term rehabilitation. Aman who now works as a member of our staff team is 20 years old and living a fit, busy and healthy life.

Asha says that her life was full of other hardships too. Her husband was an alcoholic but through the counselling by Project Help he stopped his drinking. Asha says that her children were facing lot of problems with malnutrition and no education but these problems have been solved by the programs of Project Help. Now three of her children are currently getting an education at our Slums Centre. One of Asha's brothers, Rajesh, was also suffering from some severe medical problems and he was the help of Project Help and cured of his condition. Her hardships have continued and in 2018 the thatched roof of her hut was destroyed in the monsoon and that too was mended by Project Help.

Asha also recalls many people in her community who have been helped in many ways by Project Help. Through connections with her extended family, Project Help has expanded to setting up a centre in a slum community in the city of Bijnor, approximately 50km away.

Reflecting on the impact that Project Help has had on her life and family, Asha says that Shine Conference has been a significant highlight helping her to know that she has importance. "This program tells women their purpose of living" she says. She also says that the conference was the only time when she and many women could have a rest, dance and have some fun. She was given a mirror at Shine Conference. She says that when she now looks in the mirror she can take care of herself and is reminded of her value and worth. The conference has helped the women get knowledge about themselves and understand their hygiene and health. Asha says that the first time she had ever seen a sanitary napkin was when she was given one at SHINE. "The best thing she says was that Shine Conference taught them to live happily in whatever conditions they are in. The lady should know her value, her purpose of life and her strength."

Asha now shares this message with her friends and other women in her community. The women in the slum highly respect Asha, and come to her for guidance, help and support in the day to day problems that they face.

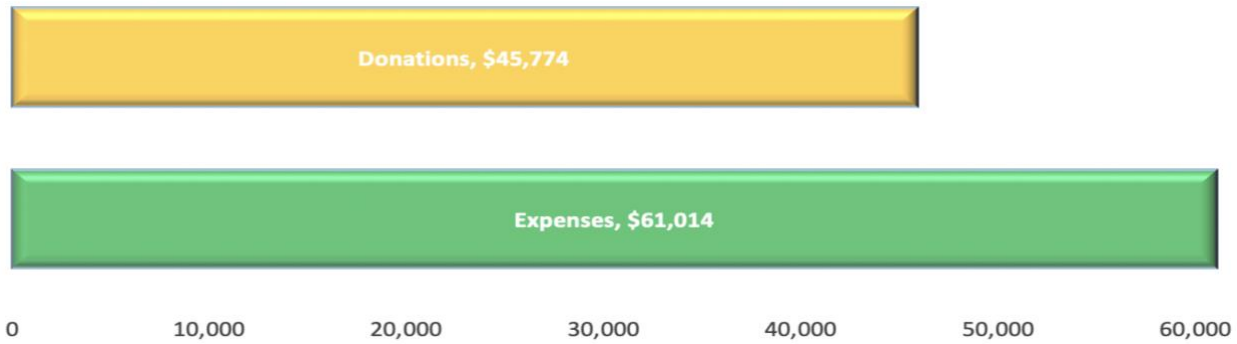
Asha now shares this message with many of the women in her community.



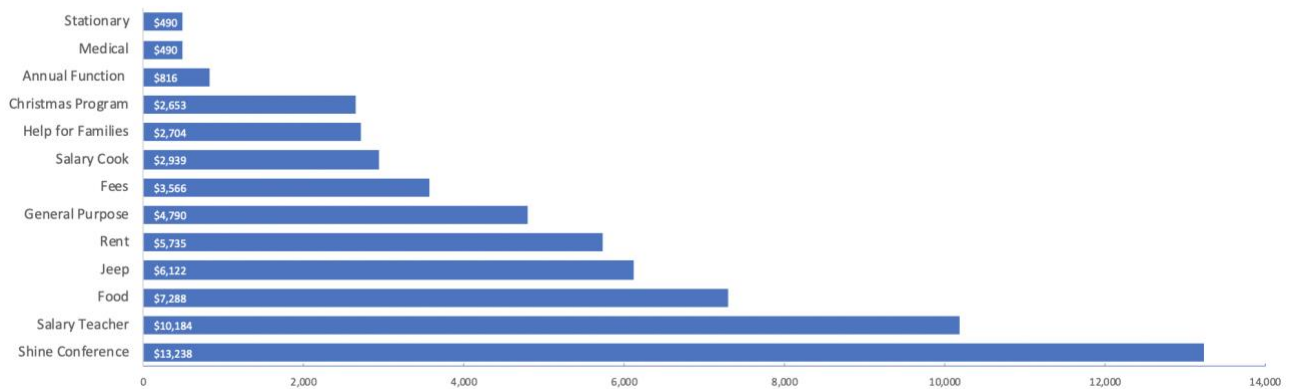
Asha at her home and with her family

Finances at 'Project Help India'

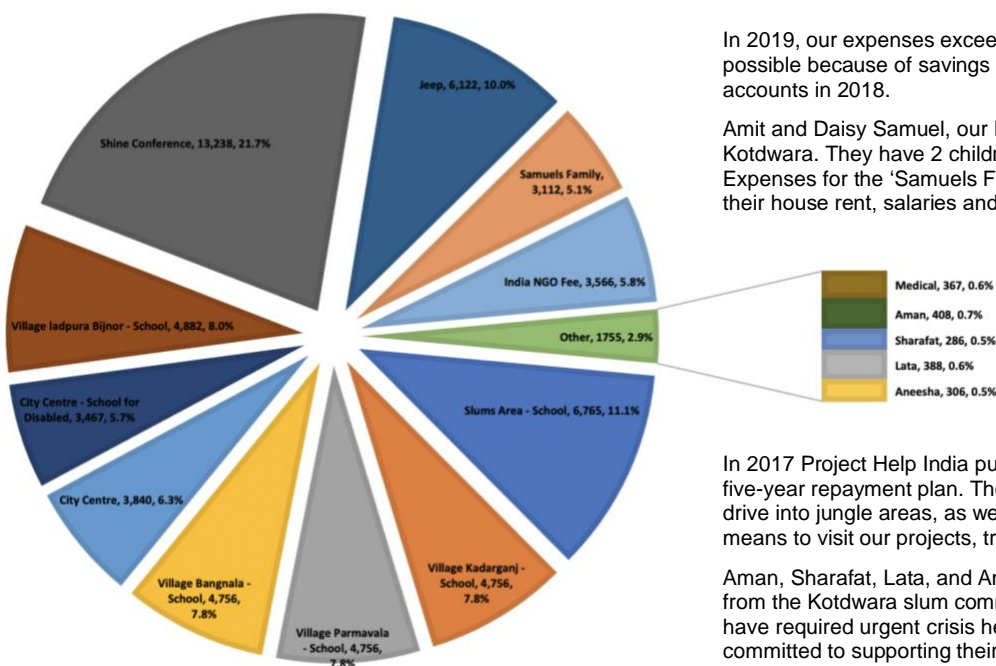
Donations and Expenses



How your money was spent in 2019



Where your money was spent



In 2019, our expenses exceeded our income. This was possible because of savings carried over from our accounts in 2018.

Amit and Daisy Samuel, our Project Directors live in Kotdwara. They have 2 children Jonathan and Jasmin. Expenses for the 'Samuels Family' include payment of their house rent, salaries and the children's school fees.

In 2017 Project Help India purchased a new jeep on a five-year repayment plan. The jeep enables us to safely drive into jungle areas, as well as having a reliable means to visit our projects, travel and do our work.

Aman, Sharafat, Lata, and Aneesha are local people from the Kotdwara slum community who at some stage have required urgent crisis help. 'Project help India' is committed to supporting their ongoing medical care, counselling and other needs.

Thank you for being a part of our story

We are indebted to many people, both in India and Australia, who support our work. Your encouragement and generosity make all that we do possible. Doors are opening and lives are being changed. Thank you for being a significant part of this story.

Please consider making a donation or give monthly as a regular supporter

EFT Donations

Account: Project Help India

BSB: 062 230

Account Number: 1134 1909

Please include your name in the reference section.

OR

Your **tax-deductible donation** can be made from our website and will be directed to our Projects in India via the Entrust Foundation by clicking this link.

About Entrust

Entrust is an Australian philanthropic organisation that partners with international aid projects. Entrust identifies the most suitable national partners such as 'Project Help India' to build long term, trusted relationships with them.

Entrust works in 17 nations, with people of all cultures, genders and religious beliefs, to enable long-term change through co-operatively funding community development projects in some of the toughest places on earth. Entrust seeks to lead by example, helping those who are poor, sick, isolated and marginalised within their society.

www.projecthelpindia.co/donate

Your donation goes directly to our people and projects in India, with 7% held as a requirement of the Indian Government's *Foreign Contribution (Regulation) Act, 2010* after funds are transferred from Australia to India. These funds assist us with compliance mechanisms, policy assurance and financial auditing.

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