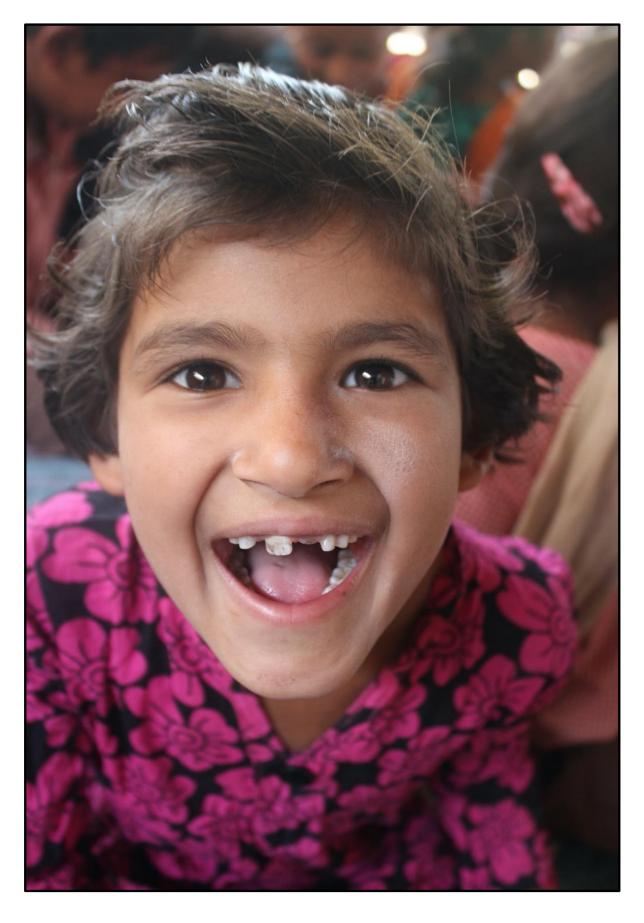
SHINE 2021



www.projecthelpindia.co





"I was born to shine, and my future is bright"

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



Our students learning about World Environment Day – we aspire to equip and empower young girls to become leaders in their community.

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

ABOUT PROJECT HELP INDIA

Our Mission

To bring love, hope, dignity and purpose to the poor in Kotdwara, Bijnor and Chandighar, 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
- COVID-19 Crisis Response









SHINE Women's Conference 2021

The COVID lockdown in 2020, stopped us in our tracks, and again this year the Aussie Team is still unfortunately unable travel to India.

However, our third Women's **SHINE CONFERENCE** will go ahead no matter what! We are so excited that our Indian team will be holding a conference in town in Kotdwara as well as travelling to a number of small villages and communities to meet and speak with local women.

500 women have registered as delegates

The **SHINE CONFERENCE** is an important aspect of the 'Project Help India' vision, and over the past three years we have had over one thousand delegates.

Many of our conference delegates are women who live in slums or jungle villages, in terrible poverty. These women can't afford to pay, so we do not charge them. Our goal is to bless them and give them an experience they will never forget. Teenage girls, mothers, grandmothers, our teachers and community leaders will be attending. Our aim is to empower all women in all spheres of life, sharing a message of dignity, strength, purpose and value.

Our conferences in 2018 and 2019 became the talk of Northern India, with local media doing press releases, billboard advertising, and even politicians and Bollywood celebrities wanting to both attend and be seen supporting and advocating for this important cause.

Again, this year we are positive and confident that women's lives will be changed and empowered.

'Project help India' is pioneering this cause in this remote part of the world, so please keep us in your thoughts and prayers. It's your financial support that makes this happen.



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

Aasma

With a life of hardship, made worse by her disability, Aaasma is determined for her daughters to be educated.

Aasma is 39 years old. She is handicapped, she can't walk properly. Aasma is wife of Mr. Shehzad, he is a tailor, what all he earns he spends all his money in gambling. He gives her nothing from his earning. Aasma works as a dry cleaner and she irons clothes. She earns a very little amount of money but still she arranged for her children's education. Aasma is mother of 4 children. Her elder daughter Farah (19 years) is mentally handicapped. Alisa (17 years), Manisha (14 years), Armaan (10 years). Aasma wants all her kids to get educated.

Aasma says she has faced a lot of hardships in her life. She have to manage everything for the family needs by herself. Her in-laws have thrown her out of their home for having girl child for the third time. She belongs to a poor muslim family. Her in-laws are so orthodox that they don't want any of the girl to go to school, but Aasma fought for her children and now she lives alone in Kotdwara slum in a single rented room.

For SHINE Conference Assma says last year she joined in with the dancing. It was the first time that she had ever been on a stage. She says SHINE is like a festival for her. Because of the conference she was able to make her daughters understand about their personal hygiene and health.



Najmmen

Najmmen is 40 years old. She is a single mother with 5 children. After her husband died of heart disease 12 years ago, Najmeen had to sell her home and her jewellery and possessions to pay off the many medical bills. Her 5 young children were hungry and homeless. Her seven year old son (12 years at the time) had to become a vegetable seller. Najmeen worked hard as a house maid. She also had to endure epilepsy. Her illness is now so bad, she cannot work. Her son's work and look after their mother. All 6 family members live in a small rented room. Najmeen loved attending SHINE last year and she cannot wait for this year's conference. She loved the sense of equality with no discrimination. She loved the freedom and joy of dancing where she forgot about all of her sorrows and troubles.,

Najmeen is 40 years old. She is mother of 5 children. Juned (21yrs) Jamshed (19 years) Shaqib (17 years) Mariyam (14 years) and Maaz Aalam (12 yrs). Najmeen is a widow. Her husband passed away twelve years ago. He was a vegetable seller, he passed away due to his heart disease. Najmeen says she sold her home and all her belongings like jewellery for the treatment of her husband. After the death of her husband her life became miserable. Her children were small and she was uneducated. She suffered a lot. She worked as house maid in various homes. She gets epileptic fits. One day her husband's friend came to visit them and said that her elder son can come to the market to sell vegetables and he will help him. So from the next day Juned started selling vegetables. So the necessities of home runs through the daily wages of Najmeen and Juned. Juned had to leave his studies to earn money.

Now the family of 6 lives in a small rented room. Shaqib and Juned now sells vegetables and Jamshed drives a rented auto rikshaw. Due to the disease of epilepsy Najmeen have to left her work. Now three of her sons run the home and take care of their mother's medication. Mariyam and Maaz Aalam goes to a government school as they can't afford a private school.

The family is thankful to 'Project Help' that they have admitted Mariyam to their center, due to which she have proper meal and education. She now teaches her younger brother too.

For Shine Conference Najmeen says she loves the conference as there is no discrimination, she loves the freedom of dancing and enjoys what she learns and experineces at the conference. She loves the sessions and enjoys them. She takes the knowledge and spreads it into the community.



Sunita

Mrs. Sunita Devi is a mother from the Kotdwara slums works as domestic help. She will be attending SHINE 21. Her husband works as a daily wage labour in a paint shop. In 2020 Sunita came to Project Help office in Kotdwara with an urgent appeal to help. Sunita says it's her daughter's wedding and she has no food supplies for the function. Due to the Coronavirus spread and the lockdown of four months, all of her savings are now finished. It is the ultimate humiliation and loss of dignity to host a wedding with no food for your guests.

Sunita said she had heard from many people that Project Help India helps the needy people, so she too came to receive help from us. Listening to her story, Mr. Amit Samuel immediately supplied some dry rations and all the other food supplies that she needed for the wedding. The Project Help team also offered lots of blessings and good luck for the special day. Project Help will also provide a lovely wedding gift for the bride and groom.

The family is now so grateful to Project Help India. Sunita was speechless when she received the food, and she did not even have the words to repay her thanks. She prayed for the team and Australian sponsors and gave them a lot of blessings from the bottom of her heart.



Prakashi



Prakashi

This story is of Prakashi Devi. She is of 42 years years old. Prakashi is wife of Mr. Arun (44yrs) he is an auto driver who earns 3000 rupees (\$65AUS) per month. Prakashi is mother of 3 children. Akash (20 years), Kajal (16 years) and Khusboo (14 years). She works as a domestic helper and earns 1500 rupees (\$32AUS) per month.

Prakashi says she has suffered from many hardships in her life. Once her son Akash suffered from tuberculosis, and during his recovery her husband got the same infection. She says after some time her son get rid of the disease but her husband must still take the medicines. She further says that there was a time when they had just had to eat chapatis (bread) with water as they couldn't afford any vegetables. She says that ever since her children got admission in the 'Project Help' Center they never slept hungry because of the meals they received at the centre.

Prakashi says that she once thought ill things about her girls but since she attended Shine Conference she now feels she is proud of being a mother of daughters. Now she sends her daughters to the same school where her son is studying. She does more hard work to send all three of her children to a private school. She says she is now more aware of girls or lady's health and hygiene. She adds that the best part of the SHINE Conference was when she danced on stage because she thinks she could have never got the chance to face such a crowd from a stage. SHINE has made her famous in her community. Prakashi regrets that if she would have studied as a young girl, she could have done something big in her life. She wishes that she was taught from a young age that girls are valued and important. She would have believed in herself.

For Shine Conference she says the best thing is that it is a conference of women from all ages, cultures and backgrounds, they are bound by love and unity. She has never experienced this before in her life. Prakashi cannot wait for SHINE 2020. It will be the highlight of her year.

Rachna

Rachna is can't wait to attend SHINE again this year. She lives in a slum community in the city of Bijnor which is 50km from Kotdwara. Rachna has 2 children, a daughter Sanchi (aged 7) and a son Raghav (aged 5). Both children attend a 'Project Help India' education centre, which is the first ever school that they have attended. Rachna's husband is a labourer, and the family live below the poverty line. Both parents are thankful for the gift of a Project Help education which also provides a meal each day for the kids, as well as the opportunity to attend SHINE, if the family is able to juggle Rachna being away from the home for the day.









Neelam

Neelam is 21 years old. Neelam's father Mr. Charan Singh is a daily wage labour. Her mother Mrs. Vaijayanti is cook in our Jungle village Bagnala. Neelam has three sisters and one brother, and they all are students in a government school in Kotdwara.

Neelam belongs to the Bogsa tribe, living in the dense forest Bagnala about 15 kilometres away from Kotdwara. Neelam says she has faced many challenges in her life. She is the first girl in her village to ever receive an education. In her village the people believed that it is shameful to send girls out of their homes. Neelam and her family would be teased and taunted; "girls are born to get married and do housework, not to study" her neighbours would say. "Why teach girls! Teaching girls is of no use," many would tell her. Neelam however, was determined to study and somehow, she managed to get to school each day, which was 13 kms away from her home. This was scary, because of the jungle all around. There are wild animals and the fear of leopard and wild elephants is a normal risk. There were also bad people not of good character on the route to the school, who could harm Neelam. Despite these things, Neelam never gave up and the support of her family never faded. Neelam graduated from senior school. She received an education!

Neelam never wanted anyone else to face such problems to get education. She wanted the children of her village to receive an education so she approached Project Help and asked if they could set up a school and she would be the teacher. With her quiet determination and humility, Neelam proved everyone wrong, especially the many who thought that educating a girl to be shameful. Neelam herself helped people to understand that education is as necessary and as basic as the food we eat. By her individual efforts, and as an employee of Project Helps Neelam now teaches 44 students in her village. She has been doing this for 5 years. She works hard, she loves her teaching and she is dedicated to the care and wellbeing of her students.

Neelam says that earlier before she met with Mr. Amit Samuel (Director of Project Help India) her family was suffering from some curse. From his birth, her brother Priyanshu, was continuously ill with no doctor able to cure him. But once when Mr. Amit Samuel visited her house in the year 2015 and prayed for the family Priyanshu recovered from his weakness within a month and the family observed many changes in him. He is now 9 years old, and a fine, fit boy.

For Neelam the best part of 'Project Help' is attending the annual SHINE Conference. Neelam says she has attended the Conference for the last two years and has enjoyed it a lot. She says that SHINE Conference is equally useful and knowledgeable for her and her community. She came to know a lot of facts about her body after attending this conference. She further says it becomes easy for her to make the ladies of her village understand the importance of hygiene and health awareness. Neelam has brought 50 ladies and girls from her village to Kotdwara for the conference. This is an amazing achievement, because the men in her village believe that ladies are objects to be hidden, and they should never be allowed to leave the home. But the men now know and respect Neelam so they send the ladies to the conference. Neelam says "SHINE Conference is of much need for the ladies of her village as they know nothing about the facts that are discussed in the Conference."

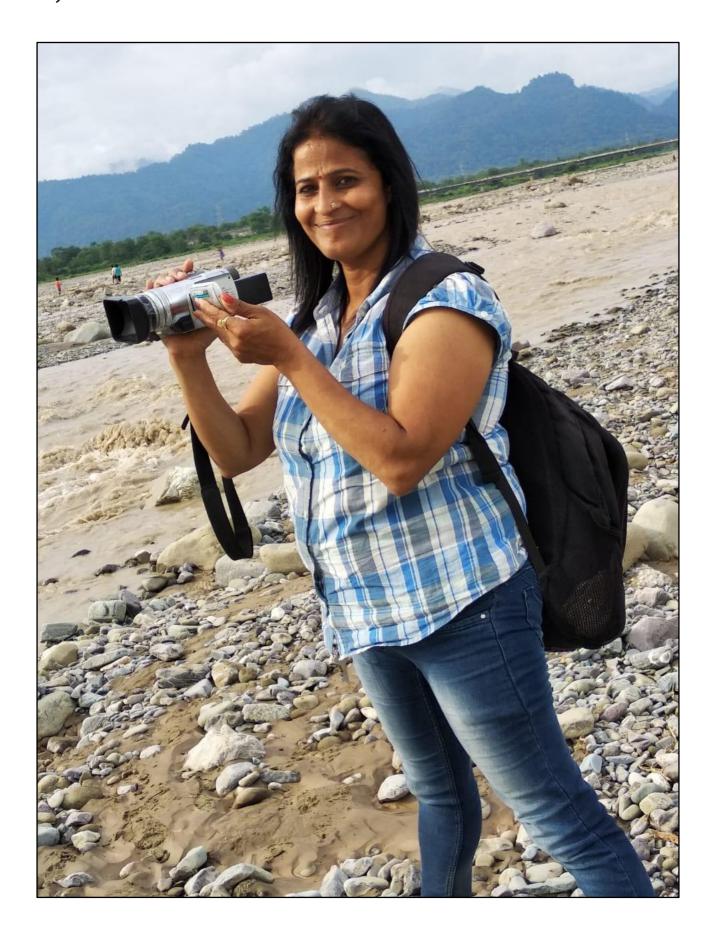
Thanks to Neelam, the women are learning for themselves, empowered in the new knowledge and awareness they have of the value and importance placed on themselves and their daughters. There is now a new awareness for a new generation of girls and young women in the village. Even the boys that Neelam teaches are having their minds and attitudes changed about girls and their sisters.

We think that Neelam is one of the most inspirational women ever, and we are so proud that she is a member of the 'Project Help' team.



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

Anjana



Mrs Anjana Goel is a a media personality and a well-known woman in Kotdwara. She is 45 years old. Anjana works as a news reporter on TV 100 news channel. She is mother of 2 children, a boy Rhythm (23 years) and a girl Bhoomika (20 years). Anjana is wife of Mr. Neeraj Goel. He is of 46 years old and he works as an accountant in the Tourist Sweet Shop. Mrs. Anjana has hope and compassion for many underprivileged people. She is the one who helped Project Help in the case of Krish (slum centre boy), who as a result of getting incorrect care by an untrained doctor he had his arm amputated. With Anjan's help and subsequent media campaign, Project Help along with the medical department closed many illegal medical clinics and prosecuted a number of untrained doctors.

Anjana also highlighted the story of many women whose complaints the police ignored. She worked and got awarded for her work for environment awareness. She is famous for her news regarding common persons problems like water unavailability, electricity problems in areas, safety issues and many other community issues.

Talking about her hardships she says it all started after her marriage as the common thinking of people is still to bound women inside the home. People think that women can't work outside and they are made only to do housework. Anjana has challenged this thinking. Her husband was supportive, but Anjana was bound her mother-in-law who forced her to work from home making envelopes and selling them. Anjana found this to be a non-profitable business so she started knitting sweaters. It was a slow way to earn money. She also took cooking classes to earn money as her husband was unable to earn enough to manage the needs of the family.

Because Anjana dared to disagree with her in laws, the fights increased, and they were made to leave the home. Anjana stood rigid. She was determined to find work to support her family. They moved into a poor and simple rented room. She would never forget her days of struggle and she is a true believer of God. Once in her struggle days she got an offer because of her bold personality, to be a reporter in a weekly paper "Sunday Post". She was not confident as she was not a media student and she knew nothing about the media. However, her husband encouraged her. Anjana says she will always be thankful to him to show confidence on her and for standing by her. She was determined to prove her husband right, and she has received numerous awards for her reporting. She is respected by dignitaries and community leaders. The only message she gives is "always be determined to make it work and everything will be possible."

For Shine Conference she says "I wait for this Conference, to cover it for my channel as I have seen a lot of women's lives changed through this. It makes the ladies understand their value, strengths and purpose".



Anupama

This story is of Anupama. She works as cook in our City Center. She is 37 years old. She is wife of Mr. Parveen Saksena. Anupama is mother of 2 children Mansi (15 years) and Priyanshi (12 years). Anupama is a graduate. Talking about her hardships Anupama says I was a graduate but still because of orthodox thinking my in-laws have never allowed me to go out of home and work. She says her in-law family members have never behaved well with her just because she don't have a son. She does all the house work. Her husband was in a low profile private job as a photographer in an insurance company. He does not earn a salary but only commission and that could be Rs 50 to Rs 100 (\$1 to \$2AUD) for a day or sometimes nothing. In this situation it was impossible for Anupama to manage the home and school fees of her children. Due to this there occured several fights between us. Last year her mother in law and father in law passed away. They had sold their home for their medical care and to wipe away their debts. Now Anupama and her family live in a rented room. Anupama is an asthma patient. In 2019 she heard Mrs. Daisy Samuel speak at the Shine conference. She was inspired by what she learnt at the conference. She had a talk with Daisy Mam andt old her conditions. Mrs. Daisy took Anupama's problem as her own and solved it all by giving Anupama a job of cook in one of the Project Help Centres. Anupama says Project Help is a shining star of their life it is a blessing bestowed by God on her children's life. As Project Help is giving their school fees, now both the girls could continue their education. Shine Conference has given her life new direction.



Mrs Shimla Devi

Today I share an inspiring story of an old lady from village Bijnor. Mrs Shimla Devi she is 60 years old. She is wife of Mr Buddh Singh (69 years). Mr. Buddh earns nothing as he has been a chronic asthma patient for the past 13 years. He lives on medical care. Mrs. Shimla Devi has 4 sons and 1 daughter. Sher Singh (39 years) is a utensil seller, Sansaar (37 years) is a rikshaw puller, Bijendar (35 years) is a utensil seller, Manoj (33 years) works as a helper in a shop and her daughter Rakhi is 29 years old.

Shimla says she feels blessed because Project Help, as her daughter works as a cook in the Bijnor Centre. The school centre runs in their home so they get financial help from the rent and salary of their daughter. They depend on this money as the only source of funds for their basic necessities and medical expenses.



Shimla says that their lives changes because of SHINE Conference in 2018 and 2019. It was here that she learnt that ladies are fare better than men, and she had the abilities to take charge of her life and family. For the first time in her life, she had the courage to get a job. She sold utensils just like her sons. She started paying the bills and earnt enough to buy her husband's medicines.

She says she never misses to buy a sanitary napkin for her daughter when she is on her periods, as her safety and hygiene is the first priority for her. She thinks these are the best changes in her life, thanks to attending SHINE Conference.

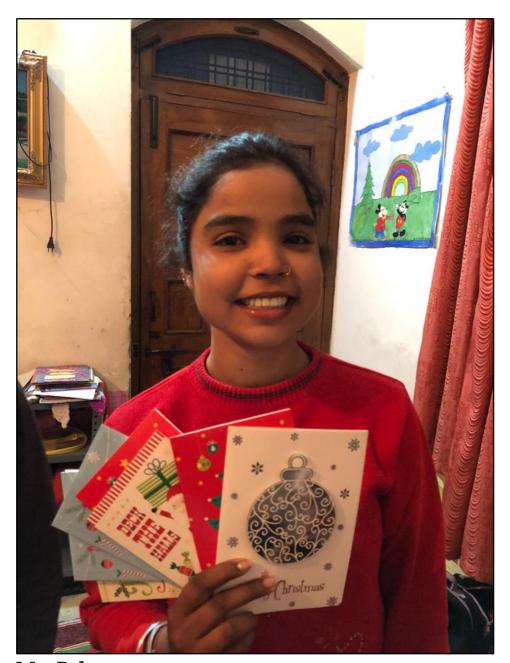


Hemlata

Hemlata is 17 years old. She lives in a slum area on the river bank in Kotdwara. Her father Mr. Sunil Singh is a daily wage labour. Her mother Mrs. Shanti Devi is a house wife. She has 2 brothers Pawan (22 years) and Pankaj (21 years) they both are college students.

Hemlata says she is the first generation of girls in her family to ever get an education. Every day she must walk 2 kms each way to attend a government school as her parents can't afford a private school. Four years ago Hemlata suffered a lot of hardships. She was very weak because she had various problems related to her menstrual cycle. These medical issues were completely ignored by her family because they saw this as "a girl child problem and a burden on family." Hemlata was told that because of her, God had cursed the family. Her family and relatives in the slum hated her.

During a visit to the slums, it was Daisy Samuel who noticed the deterioration of her health. Hemlata shared her troubles and Daisy took her to a gynaecologist for a consultation. Hemlata received the best treatment and her health issues were solved. The bills were paid by Project Help. Hemlata says that Project Help is a blessing in her life. SHINE Conference has been a blessing in many ways. Her mother attended as well.



"my mother's thinking towards a girl child has changed and now she believes in me.
One day I know I will now do something important in my life".



Mrs Bala

The story I am writing today is about Mrs Bala. She is 36 years old and mother of 3 children Rohit (18 years) Mohit (16 years) and Shobhit (14 years). Mrs Bala is wife of Mr. Dharmendra (41 years). He is a daily wage labour.

Mrs Bala says her family depends on the earning of her husband and its really difficult for her to arrange food for the family on the days that her husband doesn't get work. During the COVID lockdown of 2020, it was Project Help who provided food for them on the darkest of days, weeks and months.

Mrs Bala thanks project Help for feeding and educating her children. Project help is very important to her. They learn a lot of good and important things from the knowledge learnt at the education centre.

She thanked SHINE Conference a lot, and she wants to attend it ever again as she finds it very useful for a lady. She says she have learned so much from the Conference and she shares this knowledge with all the other ladies of her community.





Bala says

"that by SHINE Conference, Project Help is saving many lives as the ladies don't know their value, purpose and strength and by attending this they come to know themselves in a better way. The way of their thinking has changed."

Daisy



Daisy

Mrs Daisy Samuel is 39 years old. She is a wonderful and hardworking lady. She plays various roles in her daily life, she is a care taker, she is a mother, she is a home maker, she is studying at university and she is General Secretary of Project Help. She is a team leader. She is a torch bearer to many people. She is a social figure in her community. She is mother of two awesome kids Jonathan (16 yrs) and Jasmine (9 yrs). She is wife of Mr. Amit Samuel. Mrs. Daisy Samuel is General Secretary of Project Help India. Her journey stared with the burden of hardships from 4 October 1980 on the day when she was born. Mrs. Daisy Samuel was born in a very remote village, in a poor family. Remembering her days of struggle, she says "when I was a kid I was very fond of education. I loved to go to school but it was male dominated environment in my village. I faced a lot of criticism and a lot of people actively tried to ensure that I did not succeed and grow".

When she was recalling her earlier days she was sad and said she never want to remember those days. She says I used to wake up early morning and do the chores that was very tiring for her. The house had no water so she had to walk 2 kms each way to the river to fetch water for her and her beloved pets like cows and ox.

Daisy's family lived on a farm and her parents discouraged the education of a girl child. Many times she was pulled out of school to go help on the farm in the middle of the day. There was no electricity in her village. And after finishing her chores she would have to walk 10 kms to school along a very dangerous mountain lane which passed through dense forest. There was a life risk due to carnivore animals like bear, tigers and jackals. There were many accidents that happened in that way, but her love for studies compelled her to attend classes every day. With determination she passed her 9th standard examinations.

The worst days of her life started when her father passed away because of a paralysis attack. There was no medical facility in her village and no ambulance, and because of this her father did not survive. She remembers she was in 6th standard then. This was the time when they faced the conditions that could hardly be called liveable. The family scrounged for food and money almost on a daily basis. They would beg from their neighbours. One day both of her elder brothers decided to work. They worked as labourers in the fields and roads, they paid Daisy's school fees and arranged food for the family. After passing 9th standard Daisy's brother got a small job in district Chamba as a helper in a clinic. He took his sister along with him and there she continued her studies. After a year Mrs. Daisy shifted with her other elder brother to the small mountain town of Pauri where she completed her studies of school. After passing 12th class her family shifted to Kotdwara from where she graduated and completed post graduate studies.

In the year 2003 married her soulmate Mr. Amit Samuel. Even then many hardships followed. They didn't have a proper home to live in and they lived in a single room on rent. The room was not in good condition, it was tin shaded and in rainy season the roof would leak. Then she was blessed with a baby boy Jonathan. It was hard for her to manage with everything. Amit's salary was not enough to meet the needs of the small family. But anyhow she managed. She used to sit with her baby on her lap in the shade of a tree because in summers it was next to impossible to be inside the room because of the heat of the tin roof. But she never complained to God. They knew that some day God would chose them to do His work. Their believe turned true when one day in 2011 the couple thought to start an education centre in the slums area of Kotdwara.

Now Daisy and Amit have set up 6 education centres and 1 disability centre. She says when they started the first centre in the slum, the local leaders put a lot of barriers in their way as they didn't want the children to be educated. They needed the children to earn food for the family, either by rag-picking or by begging. Some children would be sacrificed to the gods to earn blessing for the family. But anyhow the couple managed everything and got success. The rest is history.

What becomes clear from Daisy's story is that "there can be ups and downs in life, and it is pretty normal. We just should stay determined and never give up." Education and SHINE are making all the difference.

Haseena

Haseena Begum is 35 years old. She is wife of Mr. Mukeem Ahmad and he is a daily wage driver. Haseena is a house wife who has 3 children. She says she belongs to a muslim family so there is a lot of purdah system, (the practice of social exclusion and complete covereing) she can't step out of her home without purdah. Haseena's husband is a heart patient.

Haseena says that Project Help has been a life changer for them, because her daughters have started coming to the city center for school lessons. With this their health has improved and they are becoming educated. Haseena says that earlier she was in favour of the purdah system and believed that girls should not be educated. But now she has changed her mind.

Haseena says SHINE Conference is the best part of the year for her. She praises the 2019 SHINE Conference. She enjoyed the whole conference so well. It was the first time in whole of her life that she danced. She loved the gifts. For her SHINE Conference is an event that is designed to make a lady shine in her family, her career, her community and in her everyday life.



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

SHINE Women's Conference 2021

Account Number: 1134 1909

Please include your name in the reference section.

OR

Your **tax-deductible donation** can be made from our website or by following this link to our <u>GDG</u> <u>project page</u> where you can make your payment in the following ways;

Secure credit card donation
PAYPAL
Direct Bank EFT Transfer

Please consider setting up ongoing regular weekly, fortnightly or monthly payments.

www.projecthelpindia.co/donate

Contact Us

www.projecthelpindia.co projecthelpindia@yahoo.com

Facebook and Instagram: @projecthelpindia

Doug Thomas: 0434 393233

Rowena Thomas: 0405 534468



We thank our Aussie team who helped make SHINE possible in 2018 and 2019.



stronger women
stronger children
stronger families
stronger communities
a stronger India

