

ANNUAL REPORT

2025-26



HELP EACH OTHER
FOUNDATION



About Our Organisation

Who We Are

Help Each Other Foundation is a non-profit organization dedicated to uplifting underprivileged communities through compassion, support, and meaningful action. We work to improve lives by providing access to education, healthcare, skill development opportunities, and essential resources for those in need.

What We Do

Our initiatives focus on creating positive and lasting change in the lives of vulnerable individuals and communities. Through educational programs, healthcare support, elderly care, skill development initiatives, and community outreach activities, we strive to empower people and promote self-reliance.

Our Reach

With the support of volunteers, partners, and community members, we continue to extend our impact across diverse communities. Our programs are designed to address local needs while fostering inclusion, dignity, and equal opportunities for all.

Our Journey

Help Each Other Foundation was established with a simple belief: when people support one another, stronger communities are built. Since our inception, we have worked to address social challenges through compassionate initiatives that improve well-being and create opportunities for growth. Every project reflects our commitment to building a more equitable and supportive society.



Core Values

Compassion

We serve communities with empathy, kindness, and respect.

Empowerment

We equip individuals with the knowledge and resources needed to build better futures.

Dignity

We believe every person deserves respect and equal opportunities.

Integrity

We uphold transparency, accountability, and honesty in our work.

Community Engagement

We foster collaboration and collective action to create meaningful change.

Sustainability

We focus on solutions that create long-term impact and self-reliance.

Vision

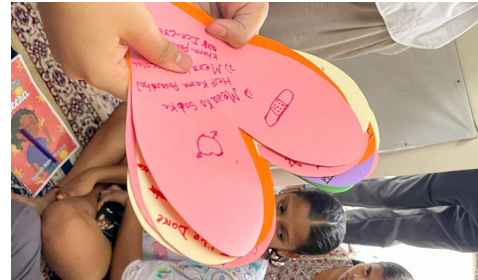
To create a society where every individual has the opportunity to live with dignity, access essential resources, and thrive within a supportive and compassionate community.

Mission

To empower underprivileged communities by providing access to education, healthcare, skill development, and essential support services. Through sustainable initiatives and collective action, we strive to improve well-being and create lasting social impact.



Gallery



Initiatives this Year

1. Project – KindMinds

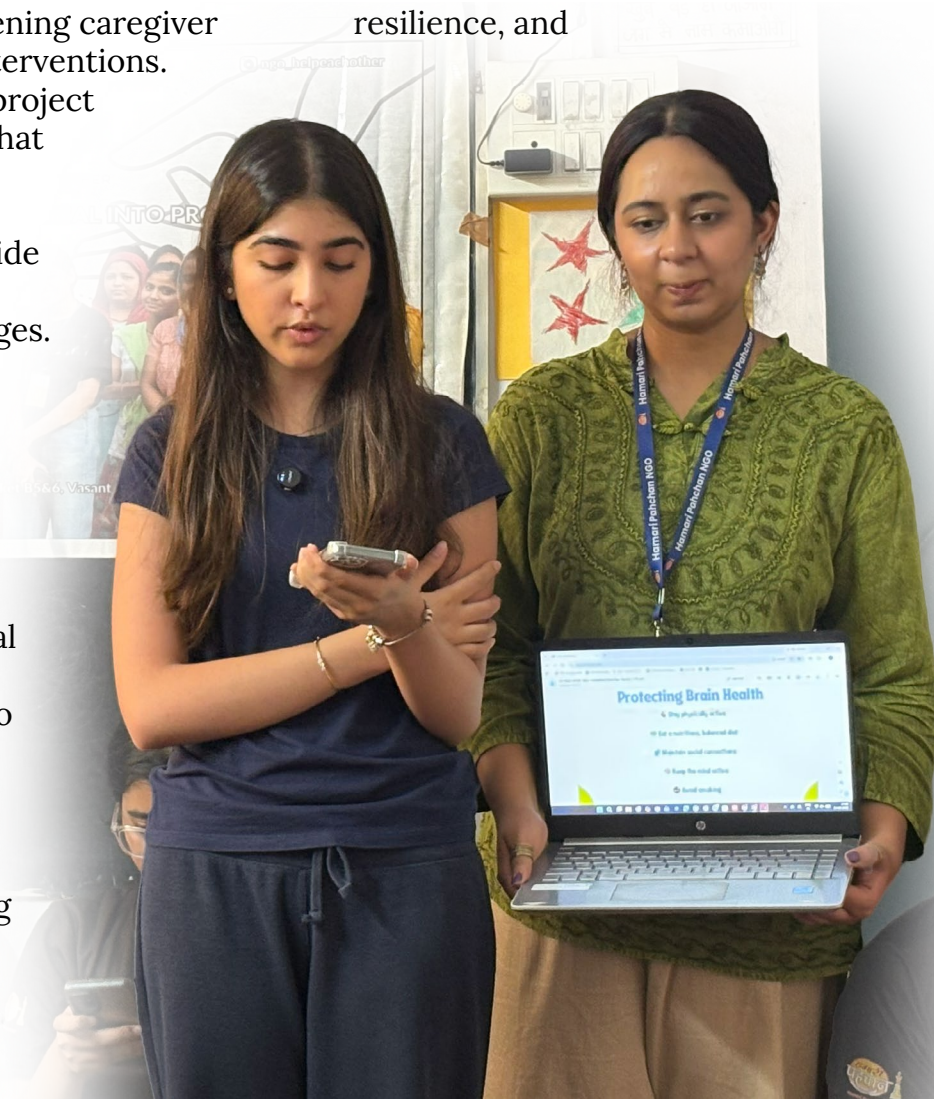
Behind every individual in need of care is a caregiver who often carries the emotional, physical, and mental responsibility of supporting others. Through Kind Minds, Help Each Other sought to recognize and address the wellbeing of both caregivers and elderly beneficiaries by creating a supportive space for learning, awareness, and preventive healthcare.

The initiative focused on promoting mental health awareness, strengthening caregiver resilience, and improving access to basic health support through community-based interventions. By combining health education with practical caregiving guidance, the project encouraged participants to adopt sustainable and affordable practices that improve quality of life for themselves and those they care for.

As part of the initiative, CareGiver Care Sessions were designed to provide caregivers with practical strategies for stress management, emotional wellbeing, anticipatory grief, nutrition, and everyday caregiving challenges. These sessions also promoted continuous learning through follow-up discussions and educational resources, ensuring that support extended beyond a single interaction.

Complementing these sessions, Kind Minds Health Camps brought essential healthcare services directly to NGO-supported communities. Elderly beneficiaries received basic health check-ups, while caregivers participated in guided discussions on geriatric care, nutrition, behavioral changes, palliative care, and simple home-based interventions. The camps also facilitated the distribution of essential health supplements to encourage preventive care and overall wellbeing.

By placing equal importance on the wellbeing of caregivers and elderly individuals, Kind Minds reinforced the idea that compassionate communities are built by supporting everyone involved in the caregiving journey.



KindMinds

Project Highlights

- Conducted caregiver-focused wellbeing sessions.
- Promoted mental health awareness and emotional resilience.
- Organized community-based health camps for elderly beneficiaries.
- Encouraged affordable and sustainable home-based healthcare practices.
- Distributed educational resources to support long-term learning.
- Strengthened awareness around holistic caregiving within the community.



“When we care for caregivers, we strengthen every life they touch.”



Mental Health Awareness



Caregiver Wellbeing



Elderly Health Support



Stress Management



Nutrition & Preventive Care



Community Health Education



Psychosocial Support

2. Project – Inkspire

Growing up comes with questions, emotions, and experiences that are often difficult to express—especially for adolescent girls from underserved communities. Inkspire was created to bridge this gap by using storytelling, creative writing, and mental health awareness as tools for confidence, self-expression, and emotional resilience.

Founded by student changemaker Neesah Kant Sharma, the initiative creates safe spaces where young girls can explore topics such as identity, puberty, body image, stress, anxiety, and self-esteem through literature and guided conversations. By combining creativity with emotional learning, Inkspire encourages participants to understand their feelings, share their experiences, and recognize that every story deserves to be heard.

At the heart of the initiative is Turning Pages, an original collection of illustrated storybooks addressing important yet often overlooked adolescent experiences. Through interactive reading circles and reflective discussions, participants engage with relatable stories that encourage empathy, emotional literacy, and open conversations around mental wellbeing.

Building on these sessions, the Pen-to-Paper Creative Companion introduces participants to the fundamentals of storytelling through engaging writing exercises, helping them transform their own experiences into meaningful narratives. These original works are later brought together in The Kahaani Collective, a digital anthology celebrating the creativity, courage, and unique voices of every participant.

Recognizing that emotional wellbeing requires continued support, the initiative also aims to strengthen access to professional adolescent counseling through the Building Stories Fundraiser, ensuring that creative expression is complemented by sustained mental health care and guidance.

By nurturing confidence through stories and creating opportunities for meaningful conversations, Inkspire demonstrates how creativity can become a powerful pathway to healing, resilience, and personal growth.



Inkspire

Project Highlights

- Authored an original series of illustrated storybooks addressing adolescent wellbeing.
- Conducted guided reading circles that encouraged open dialogue and emotional literacy.
- Developed a creative writing companion to help participants express themselves through storytelling.
- Compiled participants' stories into The Kahaani Collective, celebrating young voices.
- Planned a fundraising initiative to expand access to mental health resources and counseling.
- Strengthened awareness around identity, confidence, self-esteem, and emotional resilience.

Key Interventions



Turning Pages



Kahaani Suno
Reading Group



Pen-to-Paper
Creative
Companion



The Kahaani
Collective



Building Stories
Fundraiser



Beyond the
Page Counseling
Sessions

“Every story
shared is a
step toward
confidence,
healing, and
hope.”



Voices for a Better Society

Elderly Loneliness

—Mhajamo Ngullie

Growing old should be a happy time. It should be a time to relax spend time with loved ones and enjoy life. After working raising families and contributing to society old age should be a period of comfort and companionship. For many elderly people reality is very different. They spend their days alone. In silence. Many elderly people feel lonely. Modern lifestyles have changed the way families interact. People move to cities for work and families are busy with their lives. Children move away to cities or countries for better opportunities leaving their ageing parents behind. Technology helps us communicate. Its not the same as being with someone in person. Some elderly people have lost their spouses or friends. Others can't move around much because of health issues. When people retire they often have interactions with colleagues and friends. When elderly individuals live with their families they may feel neglected because younger family members are busy with work or their phones.

Loneliness is more than being alone. Its feeling like you don't matter and aren't connected to others. Studies show that loneliness can have consequences. It can lead to depression, anxiety, cognitive decline, heart disease and a weaker immune system. Emotional isolation can also discourage adults from seeking medical care or participating in activities.

The impact of loneliness goes beyond individuals. It affects families and communities too. Older people have a lot of knowledge and experience to share. When they are isolated society misses out on opportunities for learning and connection. We often focus on providing healthcare and financial help to adults, but emotional support is just as important. Every elderly person deserves to feel valued, heard and included. Simple actions, like making a phone call, visiting regularly or helping with errands, can make a big difference.

Help Each Other believes that no elderly person should face loneliness alone. Through community outreach and volunteer engagement, HelpEachOther NGO creates an environment where senior citizens feel respected, connected and cared for. Combating loneliness is a shared responsibility. We all have a role to play in ensuring that older adults remain active and socially connected. The elderly have spent years nurturing families, building communities and contributing to society. As they grow older, they deserve companionship, respect and appreciation. They deserve to know that they are not forgotten. We can ensure that ageing is not defined by loneliness. By compassion, inclusion and hope.



Voices for a Better Society

Elderly Care

—Abhay Paswan

For seventy-two-year-old Kamala, the world had slowly shrunk to the size of a single, dimly lit room in a crowded settlement in New Delhi. After losing her husband a decade ago and seeing her adult children move away for seasonal labor, her days became a repetitive cycle of absolute silence. Her arthritic knees made negotiating the steep, uneven steps outside her door a painful gamble, effectively cutting her off from the outside world.

Kamala's story is far from unique. Across underprivileged urban pockets in India, thousands of elderly women live in deep, invisible isolation. For them, aging isn't just a biological process; it is a gradual erosion of independence, healthcare access, and vital social connection. When grassroots community teams discover individuals like Kamala, the intervention restores a fundamental sense of human dignity.

The Rippling Impact of Active Intervention

When we uplift an elderly individual, the positive impact ripples outward. It teaches younger generations the value of empathy and respect, creates localized networks of safety, and ensures that the history and stories of our neighborhoods are preserved rather than forgotten.

Moving Toward a Better Future: How to Help

- **Time and Advocacy:** Volunteering even two hours a week to sit and converse with a senior citizen in an outreach center can dramatically lower their anxiety and feelings of neglect.
- **Resource Support:** Contributing toward mobile health vans, diagnostic camps, and regular distribution of prescription medications for chronic age-related issues.
- **Neighborhood Awareness:** Simply keeping an eye out for elderly individuals living alone in your local area, ensuring they have access to immediate medical help or daily necessities.

The Three Pillars of Restorative Elder Care

Medical Continuity and Physical Comfort:

Managing joint pain, monitoring blood pressure, and checking blood sugar levels are foundational to preserving quality of life. Setting up regular, doorstep medical checks and ensuring a steady supply of basic medicines completely changes an individual's physical reality.

Mental and Emotional Nourishment:

Medicines can heal the body, but they cannot cure a broken spirit. True care requires creating safe spaces where elders can speak, share stories, and participate in recreational activities. Mental stimulation keeps the mind active and provides an anchor for emotional well-being.

Cultivating a Circle of Belonging:

True rehabilitation happens when an individual is brought back into a lively community network. Connecting elderly individuals within a neighborhood creates an organic, peer-to-peer support system.



Future Roadmap

As we look ahead, Help Each Other Foundation remains committed to expanding its impact and creating sustainable opportunities for individuals and communities in need. Building on the progress of this year, we aim to strengthen our programs, reach more beneficiaries, and work alongside like-minded organizations to address pressing social challenges. Through compassion, innovation, and collective action, we will continue our mission of empowering lives and building stronger communities.



Every Contribution Creates Change

Every donation represents more than financial support. It is an investment in hope, dignity, and opportunity. Thanks to the generosity of our donors and supporters, Help Each Other Foundation has been able to provide education, healthcare, community support, and essential resources to individuals and families in need.

Together, we are creating stronger communities and brighter futures. Every contribution, no matter the size, helps us extend our reach and continue making a meaningful difference.

Because when we help each other,
we build a better tomorrow.



Your Kindness Starts Here

Scan to support Help Each Other Foundation.





HELP EACH OTHER
FOUNDATION

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