



HELP EACH OTHER
FOUNDATION

JUNE NEWSLETTER 2026





ABOUT US

Help Each Other Foundation is a nonprofit organization dedicated to empowering underprivileged communities through education, healthcare, and social welfare initiatives. Guided by the belief that compassion drives transformation, the organization works to improve the well-being of vulnerable individuals by addressing critical needs such as elderly care, skill development, mental health support, and access to essential resources. Through sustainable programs and community engagement, Help Each Other Foundation strives to build a more inclusive society where every individual has the opportunity to live with dignity, hope, and self-reliance.

MISSION

To create sustainable impact by empowering communities through health, education, livelihood, and awareness, ensuring long-term growth and dignity for all.

VISION

A society where every individual lives with dignity, opportunity, and a sense of belonging.



KEY INTERVENTIONS

Education & Skill Development

We promote learning opportunities and skill-building initiatives that empower individuals to become self-reliant. Through education and vocational training, we help create pathways toward brighter futures.

Healthcare & Mental Well-being

We work to improve access to healthcare services and raise awareness about mental well-being. Our initiatives aim to support healthier and more resilient communities.

Elderly Care & Support Services

Promoting healthier communities through medical aid, hygiene kit distribution, and awareness initiatives.

Orphan & Foster Care Assistance

We support vulnerable children by facilitating access to care, protection, and opportunities that nurture their growth and development.

Community Welfare & Essential Resources

Through community-driven initiatives, we help provide basic necessities and support to individuals and families facing social and economic challenges.

Sustainable Livelihood & Empowerment Programs

We encourage self-sufficiency through livelihood opportunities, capacity-building programs, and initiatives that strengthen long-term community development.



PROJECT INKSPIRE

Inkspire is a youth-led initiative founded by Neesah Kant Sharma, a Grade 9 student from Step By Step School, New Delhi. The project uses storytelling, creative writing, and mental health awareness to empower adolescent girls from underserved communities. Through illustrated storybooks, guided reading circles, creative expression workshops, and access to counseling support, Inkspire creates safe spaces where young girls can explore their emotions, build confidence, and strengthen their emotional well-being.

PROJECT HIGHLIGHTS

- 4 original storybooks on adolescent wellbeing
- Guided reading and discussion sessions
- Creative writing companion activities
- Student anthology showcasing participants' stories
- Mental health counseling support initiatives



PROJECT KIND MINDS

Kind Minds is a community-focused initiative led by Noor Bedi, a Grade 11 student from Pathways Gurgaon. The project aims to support the mental, emotional, and physical well-being of caregivers and elderly individuals through awareness sessions, health camps, and psychosocial support. By promoting health literacy, stress management, and caregiver resilience, Kind Minds seeks to create compassionate caregiving environments and improve the quality of life for both caregivers and senior citizens.

PROJECT HIGHLIGHTS

- Caregiver well-being and resilience sessions
- Geriatric health and wellness camps
- Mental health awareness and psychosocial support
- Guidance on nutrition and low-cost home care practices
- Sustainable community-based wellbeing interventions





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Photo source: Unsplash



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SCAN ME