



CREATING CHANGE, TOGETHER.

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HELP EACH OTHER
FOUNDATION

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Month at a Glance



1 Strengthening Communities Through Legal Awareness

In collaboration with Hamari Pahchan NGO, Help Each Other organized a Legal Awareness Session to educate women about their legal rights and the protections available to them under Indian law. Led by legal expert Adv. Akanksha Singh, the session covered topics such as domestic violence, filing written police complaints, women's legal rights, and child protection under the POCSO Act.

The interactive discussion encouraged participants to share their concerns and seek practical legal guidance in a safe and supportive environment. Through this initiative, Help Each Other reaffirmed its commitment to ensuring that every woman has access to knowledge that empowers her to make informed decisions and seek justice with confidence.



Empowering women with
knowledge, confidence, and access
to justice.



2 Healthcare Within Reach

As part of its commitment to community well-being, Help Each Other, in collaboration with Hamari Pahchan NGO, organized a Health Check-up Camp to promote preventive healthcare and early diagnosis. Qualified healthcare professionals conducted free medical consultations and essential health screenings, including blood pressure, blood sugar, BMI assessments, and general health check-ups.

Participants also received guidance on healthy nutrition, hygiene, regular exercise, and disease prevention. By encouraging timely medical care and spreading health awareness, the initiative aimed to empower individuals to take proactive steps toward leading healthier and more fulfilling lives.

Making preventive healthcare accessible for every community.



3

Sharing Care, Creating Smiles

In collaboration with Hamari Pahchan NGO, Help Each Other visited Ashok Sahani Old Age Home to spend quality time with senior citizens and celebrate the value of companionship. Volunteers engaged in heartfelt conversations, listened to inspiring life experiences, and shared joyful moments with the residents.

Refreshments were distributed during the visit, making the day even more memorable. The initiative served as a reminder that kindness, respect, and human connection can make a meaningful difference in the lives of our elderly, reinforcing the organization's commitment to building a more caring and inclusive society.

*Celebrating compassion through
meaningful moments with our elders.*

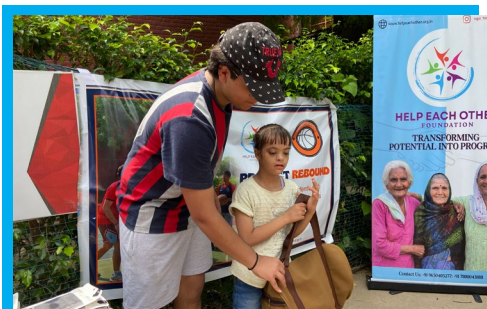


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Project Rebound

Project Rebound, led by Kiaan Uppal in collaboration with Help Each Other NGO, was conducted at Maitreyi College to promote inclusive sports opportunities for students with disabilities. The initiative focused on making sports more accessible through adaptive basketball training, inclusive coaching, community participation, and the distribution of essential sports resources. By creating a safe and supportive environment, the project aimed to build confidence, encourage physical well-being, and ensure that every student has the opportunity to learn, play, and thrive through sports.

“Every child deserves the chance to play, grow, and belong.”





The Hardest Thing They Carry Isn't an Empty Stomach

—Aasma Goyal

Every day, we cross paths with people who have nowhere to call home. We notice the torn blanket, the worn-out clothes, or the outstretched hand asking for food. We feel sympathy, offer a meal if we can, and move on.

But what if the deepest hunger isn't for food at all?

Imagine spending days without hearing your name. Imagine people avoiding eye contact, crossing the road to walk past you, or pretending you don't exist. For many people living on the streets, this quiet loneliness becomes heavier than the bag they carry on their shoulders. When someone feels invisible for long enough, they begin to believe they truly are.

Homelessness doesn't only take away a roof. It slowly steals conversations, friendships, celebrations, and the simple comfort of belonging somewhere.

pass by, birthdays are forgotten, and every day starts

look exactly like the one before. While survival

their daily battle, isolation becomes their silent companion.

This is where compassion becomes just as important as charity.

Project Sahaara by Help Each Other Foundation understands that dignity cannot be restored with food alone. A warm meal

fills an empty stomach, but a kind conversation can remind

someone that they are still worthy of being heard. A smile,

asking someone's name, or simply sitting beside them

for a few minutes may seem like small gestures, yet they carry a powerful message: You matter.

At the grassroots level,

change begins when we stop seeing

homelessness as a problem to solve and start

seeing the person behind it. Every individual

has a story that deserves to be listened to, not

judged. Sometimes, hope returns not through

grand acts, but through ordinary moments of

kindness that tell someone they haven't been

forgotten.

As we continue supporting Project Sahaara, let

us remember that relief is not only about

distributing essentials—it is also about

rebuilding human connections. Because

every person deserves more than survival.

They deserve respect, dignity, and the

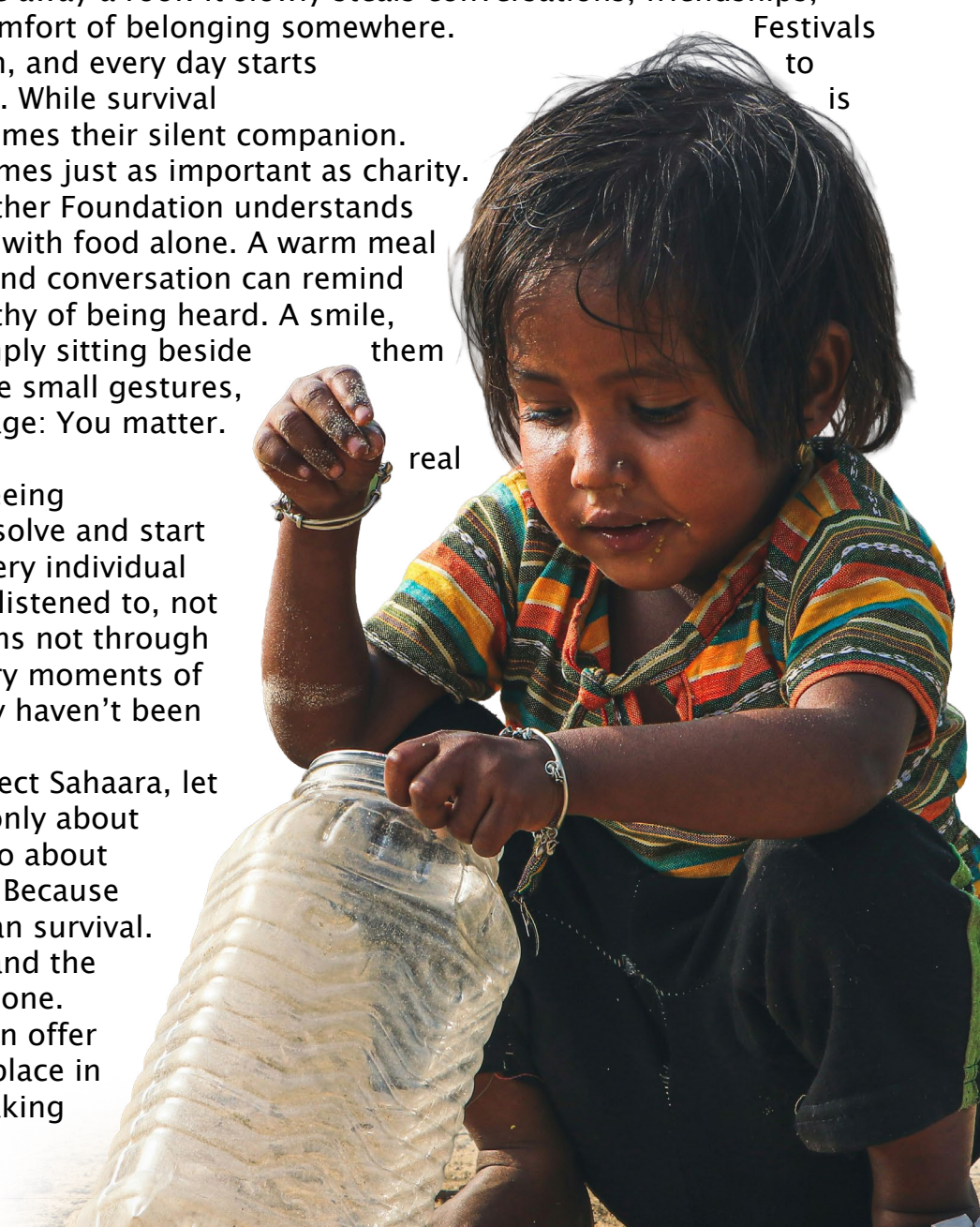
reassurance that they are not alone.

After all, the greatest gift we can offer

someone isn't always what we place in

their hands. Sometimes, it's making

them feel seen.





"Small
hands,
big
dreams."



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SCAN ME