



HELP EACH OTHER
FOUNDATION

EVERY CHILD DESERVES A WORLD
WHERE CURIOSITY CAN GROW INTO
POSSIBIITY

AUGUST
NEWSLETTER
2026

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MONTH AT A GLANCE



BREAKING BARRIERS THROUGH SPORT

Help Each Other Foundation supported Kiaan Uppal's Project Rebound, an initiative promoting sports access for children with disabilities. Through adaptive basketball training, sports kit distribution, jersey-making workshops, and court restoration, the project creates opportunities for children to participate, build confidence, and experience the power of inclusive sport.

Inclusion, Confidence,
and Equal access to
sports.



SHARING NOURISHMENT, SPREADING CARE

In collaboration with Hamari Pahchan NGO, Help Each Other Foundation supported a food distribution initiative at Safdarjung Hospital. The drive marked a special birthday celebration by sharing meals with patients, attendants, and others in need. Beyond providing nourishment, the initiative reflected the spirit of compassion, reminding us that even a personal celebration can become an opportunity to care for others.

DID YOU KNOW?

Around 645 million people worldwide faced hunger in 2025. That was 7.8% of the global population, according to the latest FAO estimates released in 2026.



SERVING HAPPINESS, ONE MEAL AT A TIME

In collaboration with Hamari Pahchan NGO, Help Each Other Foundation supported a thoughtful food initiative, bringing delicious pasta to children. The meal created an afternoon filled with smiles, laughter, and togetherness. More than a food donation, the gesture showed how sharing a warm and enjoyable meal can create meaningful moments of happiness for children.

DID YOU KNOW?

1 in 4 children under five worldwide experienced severe child food poverty, meaning their diets lacked the minimum diversity needed for healthy growth.



THE WORLD WASN'T BUILT FOR EVERYONE

A staircase at the entrance. A broken pavement. A bus without adequate access. A website that cannot be used with assistive technology. For many people, these may seem like ordinary inconveniences. For persons with disabilities, they can become barriers to education, employment, healthcare, sport, and everyday independence.



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India has laws and programmes that recognise accessibility as a right. The Rights of Persons with Disabilities Act, 2016, requires accessibility across public buildings, transportation, information and communication systems, and other services. The Accessible India Campaign was also launched to promote universal accessibility.

Yet the gap between what exists on paper and what people experience remains significant. A recent analysis using National Sample Survey data found that 57.7% of persons with disabilities surveyed reported difficulty accessing public buildings, while around 40% reported difficulty using public transport.

The problem is not always the absence of a ramp. Sometimes the ramp is too steep, the accessible toilet is locked, a pathway is blocked, or signage does not consider people with visual or hearing impairments. Accessibility therefore has to go beyond adding isolated facilities. It means designing spaces from the beginning with different abilities in mind.

This matters far beyond disability. Accessible design can make public spaces easier for older people, parents with strollers, people recovering from injuries, and many others.

Inclusion begins when we stop asking whether someone can fit into the world as it exists and start asking whether the world itself has been designed to include them.



WHY IS SAFETY ALWAYS A GIRL'S RESPONSIBILITY?

Girls are often given a long list of instructions about staying safe: do not walk alone, do not travel late, do not talk to strangers, be careful online, dress appropriately, and always tell someone where you are going.

These precautions may sometimes be useful, but there is a deeper problem when safety becomes almost entirely a girl's responsibility. It shifts attention away from the behaviour that creates unsafe environments.

Unwanted comments, persistent messages, inappropriate touching, cyberstalking, sharing private images without consent, and controlling behaviour can gradually become normalised. Because some of these experiences are dismissed as “just teasing” or “something girls have to deal with,” young people may hesitate to speak about them.

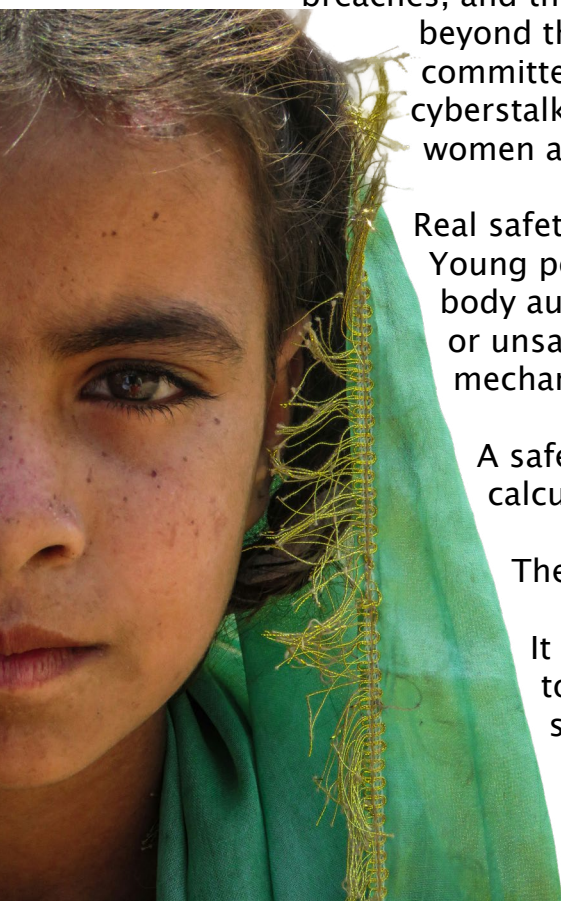
The digital world has added another layer. Cyberstalking, online harassment, privacy breaches, and the misuse of personal information can follow young people beyond the physical spaces they occupy. A 2026 Parliamentary committee report on cyber safety highlighted growing concerns around cyberstalking, sextortion, deepfakes, and online harassment targeting women and children.

Real safety therefore requires more than telling girls what not to do. Young people need to understand consent, personal boundaries, body autonomy, digital privacy, and how to recognise uncomfortable or unsafe situations. They also need trusted adults and reporting mechanisms they can approach without fear of being blamed.

A safer society is one where girls do not have to constantly calculate risk before participating in ordinary life.

The goal should not be to teach girls how to live smaller lives.

It should be to build communities where everyone learns how to respect boundaries, recognise harm, speak up, and create safety together.



EVERY SHOT
IS A CHANCE
TO AIM
HIGHER, AND
EVERY GAME
IS A CHANCE
TO GROW
TOGETHER.



helpeachotherngo@gmail.com



www.helpeachother.org.in



Help Each Other Foundation
Vasant Kunj, New Delhi, Delhi, India



+91 9953337687; +91 8882590888