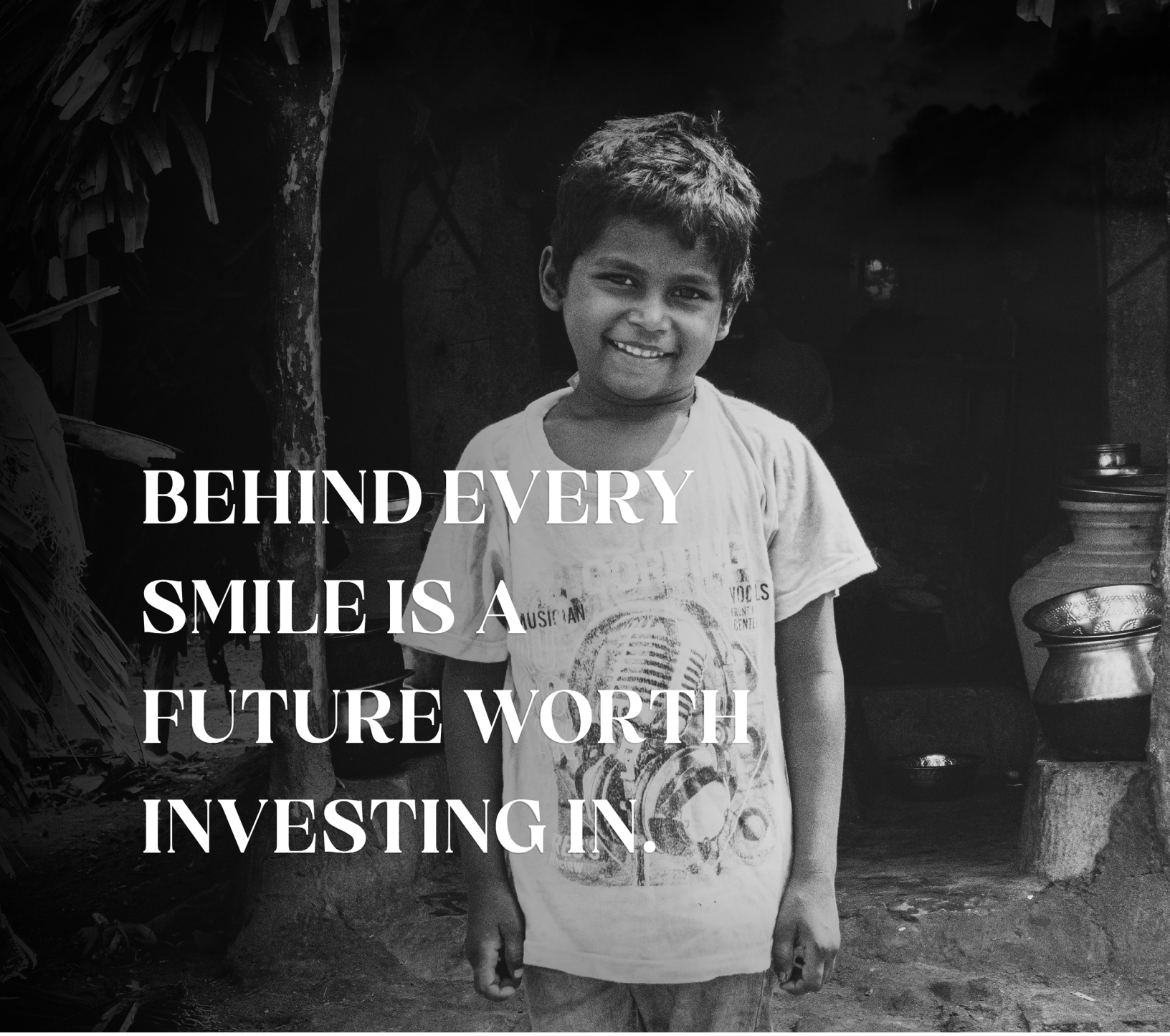


HELP EACH OTHER
FOUNDATION

September Newsletter
2026

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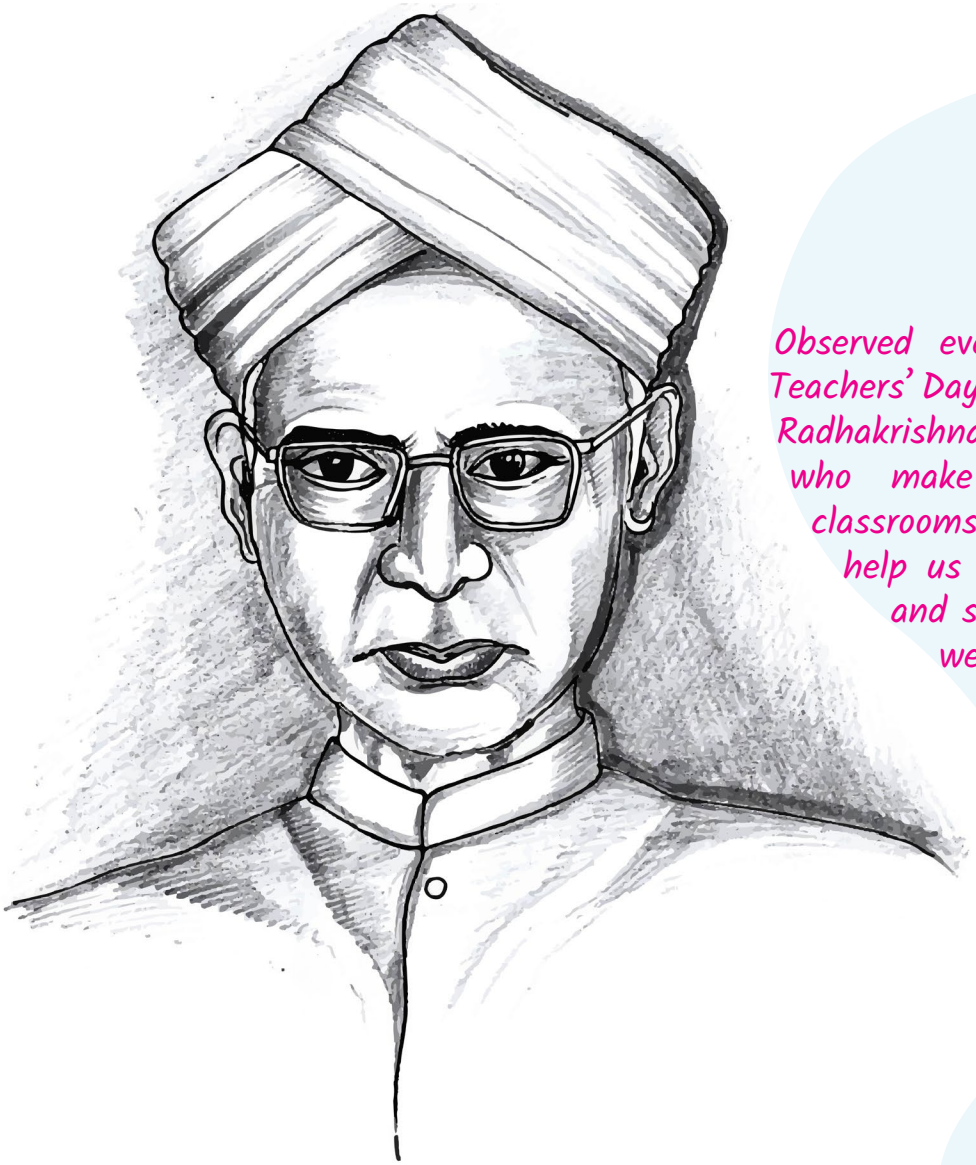
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Observed every year on 5 September, Teachers' Day commemorates Dr. Sarvepalli Radhakrishnan and celebrates the people who make learning possible. From classrooms to communities, teachers help us question, understand, grow, and see possibilities beyond what we already know.

MONTH AT A GLANCE











MAKING EVERY SMILE HEALTHIER

Help Each Other, in collaboration with Hamari Pahchan NGO, supported a Dental Health Check-Up Camp at Inder Camp in September, creating an opportunity for community members to access professional dental care closer to home.

Three qualified dentists examined approximately 30 participants, addressing individual dental concerns and providing guidance on oral hygiene and preventive dental care. Participants were also encouraged to understand the importance of timely professional consultation rather than waiting for dental concerns to become more serious.

The camp focused on making basic healthcare more accessible while creating greater awareness around everyday oral health. Volunteers assisted throughout the session, helping participants navigate the check-up process smoothly.

Through such collaborative initiatives, Help Each Other continues to support community well-being by connecting underserved communities with essential healthcare and practical health awareness.

30+ community members | 3 dentists | Preventive dental care







SEPTEMBER BIRTHDAY & MEMORIAL DAY FOOD DRIVES

In September, Help Each Other, in collaboration with Hamari Pahchan NGO, supported food drives organised around birthdays and memorial days. These initiatives turned personal moments of celebration and remembrance into opportunities to share meals with members of the community.

For supporters, these food drives offered a meaningful way to mark an important occasion while extending the spirit of the day beyond themselves. Whether celebrating a birthday or remembering a loved one, sharing food created moments of connection, care, and community.







The initiative reflects a simple idea: meaningful occasions can become even more purposeful when their joy is shared. Through such collaborative efforts, Help Each Other and Hamari Pahchan continue to encourage community participation and thoughtful acts of giving.



WHEELS OF OPPORTUNITY

Help Each Other, in collaboration with Hamari Pahchan NGO, supported a student-led initiative by Tej to provide mobility assistance to two children, Aryan and Annanya.

Through the initiative, both children received wheelchairs to support greater ease and independence in their everyday movement. The effort focused on a basic but important need: making mobility more accessible for children who require additional support.

Beyond the distribution itself, the initiative highlights how student-led projects can respond to real community needs. Tej's involvement, together with Hamari Pahchan's community outreach, helped connect the initiative with children who could benefit from mobility support.

2 children supported | 2 wheelchairs distributed | Student-led initiative



GROWING OLDER, GROWING INVISIBLE: THE SOCIAL ISOLATION OF SENIORS

Ageing is often discussed in terms of healthcare, pensions and physical needs. But one of the less visible challenges of growing older is loneliness. For many seniors, especially those living alone or with limited family support, social isolation can gradually become a part of everyday life.

Retirement, the loss of a spouse or friends, reduced mobility and changing family structures can all reduce opportunities for social interaction. Digital communication can also create a divide when older adults do not have the skills, access or confidence to use technology independently.

The consequences of prolonged isolation extend beyond feeling lonely. Limited social connection can affect emotional well-being, confidence and a person's sense of belonging. It can also make it harder for seniors to seek help when they need it.



Yet meaningful connection does not always require complicated solutions. A regular conversation, a community gathering, help with using a smartphone, or simply being present can make everyday life feel less isolated.

Elderly care, therefore, should not be limited to medical attention. It should also include companionship, participation and opportunities to remain connected with the wider community.

Growing older should not mean becoming invisible. Communities that make space for older people, listen to their experiences and encourage their participation create a more connected society for everyone.

"This is not just about aging... it's about being remembered."

WHEN BASIC NEEDS ARE NOT BASIC

Food, clean water, shelter, hygiene and healthcare are often described as basic needs. Yet for many vulnerable families, accessing these essentials can be an everyday struggle.

A missed meal may be linked to an uncertain income. A health problem may go untreated because a consultation or medicine is unaffordable. Poor sanitation can increase health risks, while unstable housing can affect a family's safety, education and ability to plan for the future.

These challenges rarely exist in isolation. When one basic need becomes difficult to access, others can quickly become harder as well. A family facing financial insecurity may have to choose between healthcare, food and other essential expenses. Children growing up in such circumstances can also experience disruptions to their education and development.

Support for vulnerable communities therefore needs to look beyond short-term relief. Providing food or essential supplies can address an immediate need, but connecting people with healthcare, education, skills and other opportunities can help address some of the conditions that create long-term vulnerability.

The idea of "basic needs" can sometimes make these necessities sound simple or guaranteed. They are neither.

Access to food, shelter, hygiene and healthcare is closely connected to dignity and opportunity. Ensuring that people can meet these needs is not only about helping someone get through today. It is also about creating the stability from which individuals and families can build a more secure tomorrow.



"This is not just about aging... it's about being remembered."

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