HELP EACH OTHER
FOUNDATION

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SOMETIMES, A LITTLE ENCOURAGEMENT IS ALL A DREAM NEEDS TO FIND ITS RHYTHM.

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Month at a Glance











Project TAAL

Training in Arts for Accessible Learning

In collaboration with Help Each Other Foundation, Rania Kothari, a Grade 11 student at The Sri Ram School, Moulsari, developed Project TAAL to expand access to performance-based learning for students with intellectual and learning disabilities from underserved communities in India.

The initiative uses music, rhythm, and drama as tools for creative expression, learning, and inclusion. Through its Learning Melodies Sessions, Project TAAL introduces students to vocal and drama-based activities adapted to diverse learning abilities, creating opportunities for them to explore the performing arts in an accessible and supportive environment.

The broader initiative aims to develop educational resources for teachers, create dedicated spaces for arts-based learning, and raise awareness about the developmental benefits of creative education. Its planned components, including the Foundational Rhythms Primer, Empowered Voices Campaign, and Project TAAL Song Space, seek to make artistic participation more accessible to students with disabilities.

Project TAAL envisions a learning environment where every student can express themselves creatively, develop confidence, and participate meaningfully, regardless of their learning needs.




Every little talent holds the possibility of something extraordinary.

Joy Shared

Celebration filled with smiles, laughter, and moments of togetherness.

In collaboration with Hamari Pahchan, Help Each Other celebrated a birthday with children, making the occasion special through moments of laughter, smiles, and togetherness. The celebration was a reminder that birthdays become even more meaningful when happiness is shared, creating cherished memories and strengthening the bonds within the community.



Left Behind by the Digital World:

The Hidden Barriers Older Adults Face

As everyday services move online, something as simple as booking a medical appointment, checking a pension status, or making a bank transaction can become a difficult task for many older adults. While digitalisation promises convenience, it can also create new barriers for those who have not had the opportunity to develop digital skills.

India's India Ageing Report 2023 highlights digital illiteracy, limited access to technology, and difficulties using online services as significant challenges for older people. These barriers can affect more than convenience. When essential services become difficult to navigate independently, older adults may have to depend on family members or paid intermediaries for tasks involving their personal information and finances. This dependence can also expose them to confusion, exploitation, or digital fraud.

The solution is not to expect every older person to adapt to technology without support. Digital literacy programmes designed specifically for senior citizens can help them learn at their own pace. Simple instructions in local languages, accessible interfaces, patient guidance, and practical demonstrations of safe online banking can make technology less intimidating.

Equally important is maintaining offine alternatives and human assistance for essential services. Digital progress should expand access, not make people feel excluded from systems they depend on.

An inclusive society recognises that independence means being able to access essential services with dignity, regardless of age or digital ability. As technology continues to shape everyday life, ensuring that older adults are not left behind must become part of the conversation.

"A truly digital society is not one where everyone is online, but one where no one is left be-hind."



The People Behind Clean Communities

The hidden health risks faced by sanitation workers

"A clean community is only truly healthy when the people who keep it clean can work safely and with dignity."



Clean streets, unclogged drains, and functioning sanitation systems are essential to public health. Yet, the people responsible for maintaining them often work in conditions that put their own health and safety at risk.

Sanitation workers may face exposure to hazardous waste, harmful gases, contaminated materials, and infections. Inadequate protective equipment, unsafe working practices, and limited access to healthcare can make these risks even more serious. Workers engaged in cleaning sewers and septic tanks face particularly dangerous conditions when mechanised equipment and proper safety measures are absent.

The scale of the problem remains concerning. According to the Government of India, 317 sanitation workers lost their lives while cleaning sewers and septic tanks under hazardous conditions between 2021 and 2025. These deaths highlight that sanitation is not merely a matter of keeping public spaces clean; it is also a question of worker safety, dignity, and accountability.

Although government initiatives promote mechanised cleaning, protective equipment, occupational training, and health insurance, effective implementation remains essential. Safety equipment must be appropriate for the task, workers must be trained to use it, and employers must be held accountable for unsafe practices.

Communities also have a role to play. Respectful treatment, proper waste disposal, and greater awareness of sanitation workers' working conditions can help challenge the stigma surrounding their profession.

A clean environment should never come at the cost of another person's life. Protecting sanitation workers must be recognised as an essential part of protecting public health.

HELP EACH OTHER
FOUNDATION

Transforming *Potential*
into Progress!

info@helpeachother.org.in

www.helpeachother.org.in

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

+91 9953337687; +91 9650405277