



HELPLESS HOPE SOCIETY

A SOCIETY FOR HELP & DEVELOPMENT



PROGRESS REPORT

YEAR 2023-2024

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Preface

Helpless Hope Society (HHS) is a non-profit organization dedicated to holistic community development mainly involved in providing skills, education, healthcare and nutrition facilities to the marginalized community. Helpless Hope Society is a group of people from different backgrounds irrespective of their age, caste, class, social status and gender. This group comes from different areas and has different skills, talents and knowledge. How can we make the best use of these creative talents; we will try to reach out to the deprived people through various means. We are convinced of our Indian constitutional values and committed to constitutional processes. And it has expanded its program activities.

For the last 6 years, Helpless Hope Society has been working on important issues like health, education, environment and livelihood promotion. Registered with NGO Darpan under NITI Aayog, Helpless Hope Society operates under the Uttar Pradesh Societies Registration Act.

The organization emphasizes on community-based interventions and works closely with communities and government departments to provide people access to their rights and entitlements.

Helpless Hope Society's primary focus is currently working on women empowerment, child abuse, drinking water, and sanitation in the backward districts of Maharajganj, Siddharth Nagar, Kushinagar in Uttar Pradesh, where it has established itself as a leading entity in rescue, repatriation, and rehabilitation efforts. Additionally, the organization is involved in livelihood promotion, micro-finance initiatives, community-based healthcare, education programs, and environmental sensitization as part of its comprehensive approach to community development.

Currently, Helpless Hope Society is working to empower the community in 10 districts of eastern Uttar Pradesh, with a special focus on issues affecting the youth, the elderly, women, and children.

Vision

To build a just, inclusive and sustainable society where every individual, especially the disadvantaged, has equal access to education, health, livelihood and dignity.

Mission

To serve the deprived, helpless, exploited people especially the physically challenged, women, aged, children and marginalized communities through holistic programs in education, health, nutrition, women empowerment, child welfare, cultural enrichment and environmental protection with a life cycle approach to development. By collaborating with communities, government and Corporate Social Responsibility (CSR) partners, we strive to create lasting and sustainable social impact.

From the Chairman's pen

Helpless Hope Society was founded as a humanitarian initiative that established meaningful relationships with communities, various stakeholder groups and government departments. The organization operates under three primary program pillars: child protection, women empowerment and drinking water and sanitation, environmental development, with a focus on addressing climate change concerns. Despite dedicated efforts, our journey has not been devoid of challenges, primarily centered around sourcing the resources needed for our activities.

Our organization is deeply committed to promoting sustainable development within the communities we serve. Our program implementers now rely on smartphones and laptops to conduct meetings and provide critical support. In these challenging times, the welfare of children has assumed even greater importance. The post-lockdown scenario has deeply impacted the livelihoods of the general population, resulting in various family-related issues, including an alarming rise in cases of domestic violence. As a result, our dedication to addressing women's issues has become even more resolute.

Helpless Hope Society is actively involved in anti-trafficking initiatives, child marriage prevention, universal education, reduction of school dropouts, skill development for adolescent girls and women, and formation of self-help groups to support women's livelihoods. Helpless Hope Society has also underscored the importance of our environmental programs, stressing the need for effective waste management and extensive tree planting efforts.

We have been engaged in these programs for many years; we would like to express our heartfelt gratitude to our partners and stakeholders who have accompanied us on this journey. We eagerly look forward to their continued support in the future as well.

Geographical reach

Helpless Hope Society has a reach of about 150 community development blocks in 15 districts of Purvanchal region of Uttar Pradesh.

District names – Gorakhpur, Maharajganj, Kushinagar, Siddharth Nagar, Sant Kabir Nagar, Basti, Balrampur, Ambedkar Nagar, Deoria, Bahraich, Azamgarh, Mau, Ayodhya, Shravasti, Gonda etc.

A look at the program conducted by Helpless Hope Society

Annual Progress Report from 01 April 2023 to 31 March 2024 In the year 2023-24, the organization laid special emphasis on women empowerment, quality education of children, child abuse, clean drinking water, groundwater harvesting, awareness towards saving water and environment. Under which, along with skill enhancement program to make women self-reliant, free education for children has been arranged by the organization. Apart from this, the organization worked intensively on issues like drinking water and sanitation, groundwater harvesting, women's education, animal welfare, awareness program against child abuse, capacity building and awareness program, and environmental awareness and road safety awareness campaign program. The activities conducted under the year 2023-24 are shown below.

Yuva Samvad Program

Helpless Hope Society organized Yuva Samvad, a platform for youth to communicate, exchange ideas and experiences. The program is organized to discuss various issues, spread awareness and work towards finding solutions to youth problems. The program is usually attended by youth leaders, experts, and social workers who try to inspire the younger generation and make them aware of social issues. Through this, youth get a chance to express their views, do networking and develop leadership skills. The Yuva Samvad program focused on various topics, such as education, employment, environment, health, and social justice. The aim of such programs is to strengthen the youth voice and make them active participants in the society. The goal of the Yuva Samvad program is not only to make the youth aware but also to inspire them to bring positive change in their community. The program is working in various fields, such as education, employment, environment, and health.

The Yuva Samvaad event discussed a number of important topics, including:

Education: Quality of education, employment opportunities, skill development, and higher education options.

Employment: Job prospects, self-employment, entrepreneurship, and career guidance.

Health: Mental health, physical health, healthy lifestyle, and access to health services.

Environment: Climate change, sustainable development, environmental protection, and cleanliness drives.

Social issues: Equality, gender discrimination, racism, and social justice.

Politics and citizenship: Role of youth, voting, and participation in the democratic process.

Technology and innovation: Digital skills, technological advances, and the impact of social media.

Culture and youth identity: Cultural heritage, youth culture, and social harmony.

These discussions aim to inspire, educate, and help youth find solutions to their problems.

Computer Training Programs

Computer training programs are an initiative aimed at teaching computer and technical skills to people.

The programs are organized at various levels, such as:

Basic Skills: Introduction to computers, operating systems, file management, and Internet usage.

User Applications: Use of software such as Microsoft Office (Word, Excel, PowerPoint).

Database Management: Introduction to database technologies.

Cyber Security: Awareness about online security, data protection, and risk management.

Digital Marketing: Awareness about social media marketing, and online advertising.

These programs are organized by our organization to help people gain technical knowledge and help them increase their employment opportunities.

The following topics were included in the basic skills in the computer training program.

- Introduction to computers:
- Different types of computers (desktop, laptop, tablet)
- Basic knowledge of hardware and software
- Operating systems:
- Introduction to Windows or Linux
- File management: Process of creating, opening, and editing files and folders
- Internet use:
- What is the Internet and how to use it
- Using browsers, search engines, and doing online research
- Email use:
- Creating and managing an email account
- Sending, receiving, and attaching files to emails
- Basic typing skills:
- Correct keyboard use and increasing typing speed
- Presentation software:
- Using PowerPoint: creating slides, adding text and images
- Spreadsheet software:
- Introduction to Excel: inputting data, using simple formulas, and creating charts
- Security and privacy:
- Basics of online safety
- Security and Privacy:
- Basics of online security
- Creating strong passwords and protecting sensitive data

These skills not only teach the correct and effective use of computers but also provide a strong foundation for learning other technical skills in the future.

Road Safety Awareness Campaign

The aim of the Road Safety Awareness Program is to promote the importance of safety on the road and to make people aware to avoid road accidents. These programs have been organized in various ways, such as:

- Education and training: Information about road safety rules and precautions was given in schools, colleges and communities.
- Community events and rallies were organized, where experts discussed the topic of road safety.
- Some rules related to road safety: Do not use mobile phone while driving, wear seat belt and helmet, walk carefully on footpaths, cross the road only at zebra crossing, keep in mind the speed limit.
- Promotional material: Road safety messages were spread through banners, posters, and videos.
- Follow road safety rules: People were encouraged to use helmets and seat belts. "World Road Safety Day" was celebrated.
- These programs aim to educate people about safe driving, walking, and cycling practices to reduce the number of road accidents.
- Its purpose is to promote and make people aware of road safety, promote safe behaviour on the road and reduce the number of road accidents.
- Road safety advocacy programs are activities done to promote road safety. Through these programs, awareness is raised about road safety issues.

Cultural Program

Workshop and stage presentation on Eastern Folk Art and Culture Festival (Dance Drama, Folk Singing) Program.

Helpless Hope Society Gorakhpur, Uttar Pradesh has been organizing seminars, workshops, training etc. for the last 06 years in the districts of Purvanchal including Maharajganj and Gorakhpur for the preservation of culture and display of cultural programs including Sarvadhan. The objective of the institute is to promote culture, honour artists and development and preservation of culture. A project proposal is presented for stage performance of folk-dance programs.

Workshop and stage presentation on Eastern Folk Art and Culture Festival (Dance Drama, Folk Singing) Program - The culture of Eastern Uttar Pradesh is a cradle of Indian traditional customs and practices. The culture of Eastern Uttar Pradesh is rich in music and dance forms. The music is grand. Bhojpuri folk songs and folk dances and dance dramas based on Bhojpuri are the most cherished for the lovers of folk arts of Purvanchal. Another famous music is Birha, which creates a mood of lamentation. A newly-wed bride is being separated from her husband as he is travelling to distant places to earn his livelihood and the woman expresses her feelings through this musical medium. Kajri are songs of the rainy season, Shraavan. Classical dance styles are also prominent in the culture of eastern Uttar Pradesh. Kathak, the classical dance of India, came from this region. The devotional dance form Karma is prevalent among the tribes of Uttar Pradesh. People are also mesmerized by the exquisite dance style of Dadra. It is a traditional dance, which immortalizes themes like marital love, intimate bliss. This dance has a unique style where singers sing playback for the artists performing on stage.

International Women's Day

By Helpless Hope Society International Women's Day is celebrated every year on March 8 to raise awareness of women's achievements, their rights, and gender equality. The day aims to recognize and honour women's contributions to social, economic, cultural, and political spheres. It is also an opportunity to take steps towards eliminating discrimination and inequality against women.

The United Nations formally recognized it in 1975 and since then it has been celebrated all over the world. Every year a special theme is chosen for this day that focuses on the ongoing struggle for women's rights and equality, such as education, equality in the workplace, raising voice against domestic violence, and health issues.

Various seminars, rallies, cultural programs, and social activities are organized on this day, in which women's problems and their solutions are discussed.

Helpless Hope Society (HHS) Multiple and intertwined forms of discrimination against women and girls, rooted in gender inequality, harm their health and well-being. Women and girls in many parts of the world face increased risks of unintended pregnancies, sexually transmitted infections, including HIV and cervical cancer, malnutrition, depression, and respiratory infections, among other risks.

Digital health and information platforms can improve health outcomes for women and girls and increase their autonomy and privacy – enabling them to make informed health decisions, improving access to health services, treatments and medicines, and raising awareness of women's rights, including sexual and reproductive health.

World Environment Day

World Environment Day is celebrated every year on 5 June by Helpless Hope Society Gorakhpur. The purpose of this day is to raise global awareness towards the environment and make efforts for environmental protection. It was started by the United Nations General Assembly in 1972, when the UN decided to declare a special day to focus on issues related to the environment and nature. It was first celebrated in 1974 with the theme "Only One Earth".

World Environment Day has a different theme every year, which focuses on a particular environmental problem, such as pollution, climate change, biodiversity conservation, plastic pollution, and forest conservation. On this day, various countries and organizations run campaigns to raise awareness about environmental protection, such as tree plantation, cleanliness drives, plastic-free programs, and environmental education workshops.

On this occasion, people become aware of environmental issues, get inspired to take responsibility towards the environment in their daily lives, and pledge to take concrete steps to preserve the environment.

Helpless Hope Society Gorakhpur ran an environmental awareness campaign in Maharajganj district. People were told to save the environment and this year they were sensitized on the subject of fighting barren land degradation and drought. The society has also organized such programs for the serious problem of pollution in our environment. Trees clean the air; they take CO₂ from the environment. The society encourages tree plantation and also plants trees at various places and distributes free saplings among people for planting at various places.

Bal Gurukul

Bal Gurukul is being run with the support of Indian Development Foundation. Bal Gurukul is being run in Maharajganj and Gorakhpur district by Helpless Hope Society Gorakhpur with the support of Indian Development Foundation Mumbai, in which 200 poor children are being given additional education apart from school education. Here children are being trained in sports, handicrafts, English, mathematics, science, etc. In this Bal Gurukul, children are being given education along with free sports material, notebooks, pens, etc.

Yoga Programs

Helpless Hope Society organizes yoga programs every year on 21st June on World Yoga Day. Yoga programs are events in which the process of balancing body and mind is taught through various yoga asanas, pranayama, meditation and yogic activities. The purpose of such programs is to make people physically and mentally healthy, establish balance in life, and provide mental peace.

Yoga programs are conducted in different ways:

Teaching programs: These programs are organized by yoga instructors, in which the basic principles of yoga, asanas, pranayama, and meditation are taught.

Health and Wellness Programs: These programs focus on ways to solve health problems through special yoga asanas and pranayama.

Meditation and Meditation Programs: In these, work is done on increasing mental peace and inner strength through meditation and mental balance.

Yoga Workshops and Retreats: These are multi-day yoga camps where people practice yoga in nature away from the hustle and bustle of the city. These provide in-depth yoga practice and lifestyle advice.

In these programs, one understands the various aspects of yoga, gets inspired to incorporate them into their lives, and moves towards achieving holistic health and well-being.

Labor Awareness Program

The main objective of Helpless Hope Society is to provide assistance to the poor and helpless. In this sequence, Helpless Hope Society provides information to the workers about their rights, duties, labor laws, health and safety standards, and various government schemes. Under this program, emphasis is laid on providing safe and respectful environment to the workers at their workplace, informing them about their rights related to their wages, bonus, working hours, holidays, etc.

Main objectives of Labor Awareness Program:

Information about the rights of workers - To make the workers aware of their fundamental rights such as fair wages, payment of overtime, respect and safety at the workplace, etc.

Awareness of Labor Laws - To provide information about various labour laws such as wage law, industrial dispute law, social security schemes, etc. so that the workers are aware of their legal rights.

Health and Safety - To provide information about safe and healthy environment at the workplace so that accidents can be prevented and the safety of workers can be ensured.

Information on Government Schemes - Making workers aware about the schemes run by the government such as Employees State Insurance Scheme (ESI), Provident Fund (PF), Labor Welfare Schemes so that they can avail the benefits of these.

Welfare and Development of Workers - Making them aware of various skill development and training programs so that they can increase their efficiency and get better employment opportunities. In the labour awareness program, workers are given information about many important aspects so that they can understand their rights and duties and work in a safe and respectful environment at the workplace. In this program, information is given **specifically on the following points:**

Basic Labor Rights:

Workers are given information about rights such as minimum wages, working hours, bonus, leave, overtime and gratuity. Measures to avoid any kind of discrimination, exploitation or abuse during work are told.

Labor Laws and Rules:

Information about labour laws such as Minimum Wages Act, Maternity Benefit Act, Employees State Insurance Act (ESI), Provident Fund Act (PF), Child Labor Prohibition Act, and Industrial Disputes Act.

Workers are informed about legal aid and the procedure for filing a complaint in the **labour court**.

Health and safety provisions:

Safety standards to be followed at the workplace, such as use of personal protective equipment (PPE), fire safety measures, and other emergency management.

Workers are told how to take care of their safety during work and what to do in case of an accident.

Social security schemes:

Workers are informed about social security schemes such as Employees Provident Fund (EPF), Employees State Insurance Scheme (ESI), and pension schemes so that they can secure their future.

Government-run schemes such as Pradhan Mantri Shram Yogi Maandhan Yojana, Jeevan Bima Yojana, and Atal Pension Yojana are also informed.

Special provisions for women workers:

Women workers are informed about special provisions such as maternity benefit, protection from sexual harassment at workplace, right to equal pay, and safe working environment.

Leave and other benefits under the Maternity Benefit Act are explained.

Training and skill development:

Workers are informed about skill development and training programs so that they can perform better in their work and take advantage of other employment opportunities.

Information about skill development programs run by the government like Pradhan Mantri Kaushal Vikas Yojana (PMKVY) etc.

Welfare schemes for the welfare of workers:

Information is given about the welfare schemes run by the state and central government for workers such as housing schemes, assistance for children's education, health services, etc.

Complaint and redressal process:

Workers are explained the process of filing a complaint through the labour department, trade union, or other organization in case of violation of their rights.

The main objective of labour awareness programs is to empower workers by giving them information about their rights and benefits and to promote their welfare at the workplace.

Youth Day Celebration

Helpless Hope Society Gorakhpur celebrated Youth Day at Nichlol in Maharajganj district. Youth Day Celebration is a special event organized to celebrate the power of youth, their contribution, and their positive impact in the society. National Youth Day in India is celebrated every year on 12th January to commemorate the birth anniversary of great thinker, social reformer, and inspirational personality

Swami Vivekananda. The purpose of celebrating this day is to make the youth aware of their responsibilities towards the society, promote their moral and spiritual development, and motivate them to contribute to the building of the country.

Major activities to be held in Youth Day Celebration:

Rally and March: Rallies are organized to motivate the youth, in which they spread awareness about various social issues. Processions or marches are organized to increase awareness about the ideals of Swami Vivekananda and his thoughts.

Motivational speeches and lectures: Motivational speeches and lectures are organized for the youth, where the speakers talk about Swami Vivekananda's ideals, teachings, and his vision for the youth. Issues related to social, mental, and spiritual development are discussed.

Cultural programs: Cultural programs such as dance, music, drama, and poetry recitation are organized that showcase Indian culture and diversity. Youth participate in these programs, which develops their confidence and talent.

Sports and physical activities: Various sports competitions are organized to promote the physical development of youth, such as marathons, sports events, and yoga sessions. Sports competitions also become a medium to teach teamwork, leadership, and discipline to the youth.

Volunteer and social service activities: On this day, especially the youth are motivated to take responsibility towards the society, such as cleanliness drives, blood donation camps, environmental conservation activities, and service work in orphanages or old age homes. Through social service, the youth are inspired to bring positive change in the society.

Conclusion of the Celebration: The Youth Day Celebration concludes with the inspiration of Swami Vivekananda's thoughts. Youth are encouraged to follow his ideals. At the end, there is also prize distribution, in which the youth who perform well in the competitions are honoured.

Objective of Youth Day The main objective of the Youth Day celebration is to make the youth empowered, self-reliant, and responsible towards the society. Swami Vivekananda believed that youth are the backbone of any nation, and by motivating them in the right direction, the society and the nation can progress. Through the Youth Day celebration, the government, educational institutions, and society all together try to inspire the youth so that they can make their significant contribution to the development of the country.

SC and OBC Women Awareness Program

SC and OBC women in India are very backward in education, health, employment and income, this awareness program has been done to take these women forward. The objective of SC and OBC women awareness program is to make Scheduled Caste (SC) and Other Backward Class (OBC) women aware of their rights, government schemes, education, health, and employment opportunities. This program is organized to make women empowered and self-reliant so that they can make their place in society with respect and their standard of living can improve.

Key aspects of SC and OBC women awareness program:

Information about legal rights: Women are made aware of their legal rights, such as property rights, marriage and divorce rights, protection from sexual harassment, protection from domestic violence, and legal **provisions against discrimination**. Information about special provisions for Scheduled Castes and Backward Classes is given so that they can protect their rights and avoid any kind of exploitation.

Education and Skill Development: To spread awareness about the importance of education and encourage SC/OBC women to pursue higher education. To prepare them for employment opportunities by providing skill development training such as sewing, knitting, computer training, beauty Parlor, and other vocational skills.

Awareness of Government Schemes and Subsidies: Women are informed about the schemes launched by the Central and State Government for their development and welfare such as Beti Bachao, Beti Padhao, Pradhan Mantri Matru Vandana Yojana, Scholarships in Education, Self Employment Scheme, etc. Information about subsidies and loans is also given so that they can step into the field of self-employment.

Health and Hygiene: To make women aware about health and hygiene issues such as menstrual hygiene, nutrition, and care during pregnancy. By organizing health camps, free medical services are provided to women and their health checkups are done.

Social Security Schemes: Women are informed about social security schemes such as widow pension, old age pension, life insurance and health insurance schemes so that they and their families can stay safe. Information about girl child welfare schemes is also provided so that their daughters can avail education and health services.

Economic Empowerment: Motivating women to set up small industries and enterprises by forming women self-help groups (SHGs). Assisting them in loans, subsidies and training from financial institutions and banks to promote women entrepreneurship.

Awareness against equality and discrimination in society: Women are made aware against caste discrimination, gender discrimination, and other types of exploitation so that they can live their lives with equality in the society. Various sessions and seminars are organized to promote their self-esteem and self-reliance.

Legal Aid and Counselling: Women legal aid groups are formed and legal counselling services are provided so that women can get help in any kind of legal issue. Women are explained the ways to seek legal assistance and the process of taking recourse to law to protect their rights.

Motivation and Guidance from Motivational Persons: Women are made aware of their rights and possibilities through motivational speeches and guidance given by successful and inspiring persons.

Objective of SC and OBC Women Awareness Program The objective of this program is to empower women of Scheduled Castes and Other Backward Classes to live a life with dignity in the society, make them self-reliant and provide them education, health, economic empowerment, and legal aid. Such awareness programs are helpful in promoting equality and unity in the society, so that women can build a better future for themselves and their families.

Family Planning Awareness Program

Due to lack of education in India, it is very important to run family planning awareness campaigns in rural areas, so Helpless Hope Society runs the Family Planning Awareness Program in rural and backward areas. Its main objective is to give information about family planning to the people, make them aware, and explain its benefits. Under this program, people are told about the importance of safe and responsible reproduction. Also, they are given information about various contraceptive methods, such as condoms, contraceptive pills, IUD, sterilization, etc.

The following objectives are focused on in this program:

Health benefits: Family planning helps reduce maternal and infant mortality, as it allows women to have children at the right time according to their health.

Economic stability: A small and balanced family means that parents can pay better attention to the education, health, and nutrition of their children, making the family financially strong.

Social awareness: Overpopulation impacts social resources such as health services, education, housing, and employment. Family planning helps in population control, thereby reducing pressure on society.

Personal freedom: This program gives women and men control over pregnancy decisions, allowing them to live their lives according to their plans.

Family planning awareness programs cover many important topics to help people learn about safe, healthy, and responsible reproduction. The program covers the following key points:

1. Importance of family planning. The purpose of family planning and its benefits. How a small and healthy family can improve the quality of life. Positive effects on maternal and child health.

2. Information on various contraceptive methods

Temporary methods: Condoms: Discussion on its uses and benefits. Oral contraceptive pills: How they work, who should take them, and their safety. Injections (Depo-Provera): How to use and its benefits.

Permanent methods: Information about male sterilization (Vasectomy) and female sterilization (Tubectomy) and the myths and truths associated with it.

3. Natural contraceptive methods Information on controlling pregnancy based on the menstrual cycle. How to identify safe and unsafe days.

4. Myths and reality of contraceptive methods Common myths related to contraceptive methods and their truths. Remove misconceptions and give correct information to people.

5. Reproductive health and rights Awareness of reproductive health. Explain why it is important to keep a gap between children. Equal rights of women and men on the decision of pregnancy.

6. Emphasis on women empowerment Importance of family planning for women empowerment. Women's self-determination and positive impact on their education.

7. Population control and environmental impact on society and environment due to high population. Benefits of balanced population and contribution to the protection of the environment.

8. Government schemes and services Information on free facilities and schemes provided by the government for family planning. Support services provided by government and non-government organizations. Health services available in rural and urban areas.

9. Counselling and Consultancy Services To make people aware of the importance of counselling services. Individual counselling sessions with couples and advice based on their individual needs.

10. Social Responsibility for Population Stability Contribution of every individual in the society towards population stability. Need for collective efforts to control population growth.

In the family planning awareness programme these points are explained in simple language so that people from all sections can understand it and get motivated to adopt the importance of family planning.

Disabled Welfare Program

The main objective of Helpless Hope Society is to help the helpless people, so helping disabled people is our biggest priority. The objective of the Disability Welfare Program is to support people affected by physical, mental, and other types of disability, protect their rights, and provide them equal opportunities in society. Under these programs, efforts are made to empower and make disabled persons self-reliant through various services, schemes, and policies. And our organization is working in this sequence.

Main objectives of Disabled Welfare Program:

Education and Training: Organizing special schools, inclusive education, and skill training programs for children and youth with disabilities. Preparing them for mainstream education and employment.

Health Services: Medical services for persons with disabilities, such as free surgery, medical equipment (wheelchairs, crutches, hearing aids, etc.) and treatment facilities. Availability of medical services to reduce disability and improve their health.

Financial assistance and employment: Providing financial assistance to persons with disabilities, such as pension, employment opportunities, and financial assistance for self-employment. Reservation and tax incentives in job opportunities in government and private sectors.

Organizing special entrepreneurship development programmes for persons with disabilities.

Social security and rights: Legal aid and awareness campaigns to protect the rights of persons with disabilities. Laws and policies to prevent discrimination and provide them a dignified life in society.

Efforts to integrate them into the mainstream through social welfare schemes. Such instruments help persons with disabilities gain independence and functionality.

Awareness campaigns: To develop positive attitudes towards disability in society and to raise awareness about the rights, needs, and contributions of persons with disabilities. Awareness campaigns to increase sensitivity towards disability in schools, workplaces, and communities.

Conclusion

Disabled welfare programmes are a holistic effort to provide persons with disabilities the opportunity to live with equality, self-reliance, and dignity in society. It aims to fulfil their needs and rights and provide them equal opportunities in every field, so that they can lead an independent and prosperous life.

Adult Education Campaign

There is a great lack of adult education in India, which increases problems in people's lives. Helpless Hope Society runs this campaign to solve this problem. The purpose of Adult Education Campaign is to provide education to those adults of the society, who could not get education in childhood due to some reason. The main goal of this campaign is to provide them with basic literacy, numeracy, life skills and various vocational skills so that they can become self-reliant and empowered in society.

Major objectives of Adult Education Campaign:

Increasing literacy: To enable adults to read, write and calculate. To make those people literate who have not been able to get education, so that they can do the necessary work in their daily life.

Economic and social empowerment: To make adults self-reliant through education, so that they can do small business, self-employment or job. To improve their social status through literacy and education, so that they can get equal opportunities in the society.

Providing life skills: To increase awareness about health, nutrition, hygiene, child rights, and environment.

Teaching them the skills needed in different areas of life, such as creating a household budget, decision making, and understanding health-related information.

Digital Literacy: As the importance of digital technology has increased in the modern era, educate adults on basic computer and mobile usage. Teach them how to do digital transactions, online banking, and use the Internet.

Emphasis on Women Empowerment: Empower women economically and socially by providing them education.

Train women in education and vocational skills to make them self-reliant, so that they can understand and use their rights in the family and society.

Awareness of Social Issues: Make adults aware of their rights, duties, and legal information.

Make them aware of dowry system, child marriage, domestic violence, and discrimination so that they can prevent them and bring about a change in the society.

Health and Hygiene: Provide health and hygiene information to adults so that they can take care of their and their family's health.

Teach them how to use health services, first aid, and ways to prevent infectious diseases.

Conclusion

Adult Education Campaign not only makes adults literate but also makes them self-reliant and aware citizens. This program provides them opportunities to live a better life in the society and plays an important role in reducing socio-economic inequality. Through Adult Education Campaign, adults can make a new beginning in their life and play an active role in the society.

Tobacco Control Program

The practice of consuming tobacco is increasing day by day in India. It is very important to stop it because many diseases are increasing due to it. In order to stop this, Helpless Hope Society conducts tobacco control programs. The objective of the Tobacco Control Program is to reduce the health, social, and economic losses caused by the consumption of tobacco products and to get people who use tobacco away from it. This program is run in collaboration with the government, health institutions, and social organizations and aims to make people aware of the harmful effects of tobacco, provide assistance in quitting tobacco, and impose strict restrictions on tobacco consumption.

Major objectives of Tobacco Control Program:

Reduction in tobacco consumption: To reduce the consumption of tobacco products (such as cigarettes, bidis, gutkha, khaini, pan masala).

To prevent the use of tobacco, especially among youth and children.

Health awareness: To provide information about the health hazards caused by tobacco use. These include lung cancer, oral cancer, heart disease, stroke, and respiratory diseases. Making people aware and encouraging them about the benefits of quitting tobacco.

Promotion and mass awareness campaigns: Conducting awareness campaigns for tobacco control through various media such as social media, posters, and pamphlets. Raising awareness about the ill effects of tobacco in schools, colleges, and workplaces.

Quit assistance: Providing free counselling and consultation services for quitting tobacco. Providing measures such as Nicotine Replacement Therapy (NRT) to help people quit tobacco addiction.

Education in schools and colleges: Providing education about the harmful effects of tobacco in schools and colleges and developing anti-tobacco attitudes among children. Providing life skills training to adolescents to keep them away from tobacco.

Community-based interventions: Organizing tobacco control programs in collaboration with health workers and social organizations in communities. Forming anti-tobacco committees at the local level and spreading awareness through them.

Conclusion

Tobacco control program is an important effort towards reducing the health risks caused by tobacco and building a healthy society. Through this, awareness is increased among the people about the ill effects of tobacco and they are motivated to quit tobacco. This program is extremely important not only for individual health but also for the well-being of the entire society.

Child Abuse Awareness Program

With the support of Aina Organization, Helpless Hope Society Gorakhpur organized India against child abuse Awareness Program in all the Gram Panchayats of Campierganj development block of Gorakhpur district. In which children will be given information about child abuse, sexual abuse, good

touch, bad touch and in the same sequence they will be told about 1098 child helpline and 1090 women helpline. The awareness has been efficiently conducted by our organization Helpless Hope Society.

Blanket distribution to the elderly, poor and needy

Helpless Hope Society Gorakhpur, in collaboration with Indian Development Foundation Mumbai, distributed blankets to the poor, elderly, helpless and needy people in Maharajganj and Gorakhpur districts to protect them from the cold.

Water Public Awareness Campaign

On the occasion of World Water Day 22 March 2024, Helpless Hope Society took a pledge to conserve water under the community meeting and water oath program keeping in mind the water conservation and the community was sworn in to conserve water.

The President of the organization Skand Kumar Chaurasia said that if there is water, there is tomorrow. Talking about history, water has been the most important place since ancient civilization. To save water, it is necessary to plant as many trees as possible on barren land so that it will improve the environment and there will be sufficient rainfall. He said that if the rainwater falling on the roof of the house is collected by making a concrete well, then it can be used for drinking in the summer season.

He said that the amount of potable water on this earth is very limited. Due to continuous exploitation of which, such a situation has arisen that the level of underground water has gone very low in some places. Said that we should store rainwater so that the level of underground water always remains good. Drinking water should not be wasted.

Drinking Water and Sanitation Awareness Program

The Drinking Water and Sanitation Awareness Program is a major program run by the Government of India, which aims to ensure the availability of clean and safe drinking water across the country and improve the condition of sanitation. The main goal of this program is to provide clean drinking water to the people in rural and urban areas, eliminate open defecation and spread awareness about cleanliness. Helpless Hope Society is also working in this sequence.

Main objectives of this program

- 1. Availability of safe drinking water** - To ensure that clean and safe drinking water is available in every house so that water-borne diseases can be reduced.
- 2. Improvement in sanitation conditions** - To eliminate open defecation and encourage construction of toilets in homes so that cleanliness increases and health problems are reduced.
- 3. Health and Awareness Campaign** - To run various awareness campaigns to increase awareness about cleanliness, water conservation and health.
- 4. Special focus on rural areas** - To make and implement special schemes to improve the condition of drinking water and sanitation in rural areas.

Major schemes

- 1. Jal Jeevan Mission** - This initiative has been started with the aim of ensuring tap water supply to every rural family at their home. Helpless Hope Society is working as a partner in this scheme in association with the Implementation Support Agency.
- 2. Swachh Bharat Mission (Rural)** - The objective of this mission is to increase the level of cleanliness by creating sanitation facilities in rural areas, which also includes construction of toilets in homes.

3. National Rural Drinking Water Program (NRDWP) - This is a special program run to ensure the supply of clean and safe drinking water in rural areas.

This program is implemented with the joint efforts of the states and the central government, in which local institutions and society also participate.

Drinking Water and Sanitation Program is a comprehensive program run by the Government of India, which aims to provide clean water and better sanitation facilities to the people in rural and urban areas. The Drinking Water and Sanitation Program includes several major issues and actions, which fulfill the objective of the Government of India to provide clean water and better sanitation facilities in rural and urban areas. It can include the following:

1 Objectives and targets of the program:

- **Ensuring availability of drinking water:** Ensuring availability of clean and safe drinking water in every household.
- **Improvement in sanitation conditions:** Improve the level of sanitation in both rural and urban areas.
- **Impact on health:** Expansion of water and sanitation facilities to reduce waterborne diseases.
- **Water conservation and management:** Rainwater harvesting, groundwater recharge, and conservation of water sources.

2 Community participation and women empowerment:

- **Community participation:** Encouraging rural and urban communities to participate in water and sanitation programs.
- **Women's Participation:** Increasing the role of women in water supply and sanitation so that they can be involved in leadership and sanitation management.

3 Health and Hygiene Awareness:

- **Swachhata Abhiyan:** Conducting campaigns at various levels to make people aware of sanitation.
- **Protection from waterborne diseases:** Creating awareness and finding solutions to diseases caused due to lack of clean water and sanitation facilities.

4 Water Management and Conservation:

- **Rainwater Harvesting:** Promoting rainwater harvesting to conserve water.
- **Groundwater Recharge:** Use of recharge techniques to maintain groundwater level.
- **Restoration of Water Sources:** Restoration of water sources such as rivers, ponds and lakes.

The drinking water and sanitation program aims not only to promote sanitation and water availability but also to improve health, environment and economic conditions.

Groundwater Harvesting Campaign

This Helpless Hope Society for water conservation works towards creating clean and green landscapes to ensure sustainability of natural resources. Their water conservation venture works on the concept of rainwater harvesting – they collect excess rainwater and help replenish groundwater.

This water conservation NGO in India has been promoting rainwater harvesting techniques through bore well recharge and rooftop rainwater harvesting for over three years now. Founded by Mr. Skand Kumar Chaurasia, an entrepreneur in modern-day rainwater harvesting, it believes that India cannot face water shortages if its water harvesting methods are followed.

The organization's Direct Bore-Well Recharge technology combines common rainwater harvesting practices with innovative practices to replenish groundwater tables and aquifers with naturally filtered rainwater. Borewells recharged with its technology have seen increased water levels. Rooftop water harvesting is another way through which this NGO is inspiring many people to save water. This water can be used for drinking and domestic needs, agriculture and recharging borewells and groundwater levels.

Laxmi- Women Literacy Program

In collaboration with Indian Development Foundation Mumbai, Helpless Hope Society has conducted awareness campaigns to provide information about spending, saving and investment to poor, illiterate, economically backward women and has given training to women on spending, saving and investment.

Saksham – Home Credit – Women Literacy Campaign

In collaboration with Indian Development Foundation Mumbai and Home Credit of India, Helpless Hope Society has conducted awareness campaigns to provide information about spending, saving and investment to poor, illiterate, economically backward women and has given training to women on spending, saving and investment.

Seminar for use of pure drinking water

Helpless Hope Society Gorakhpur organized a seminar for use of pure drinking water in Gram Panchayat Indarpur in which people were told to use pure water. Nowadays the ground water has become very contaminated and people are falling ill due to many diseases after drinking it. To get rid of these water-borne diseases, we will have to use pure drinking water only.

Awareness campaign in Jal Jeevan Mission

Helpless Hope Society Gorakhpur has done all the activities like community meeting, women meeting, men and women joint meeting, demonstration of hand wash, Prabhat Ferry Rally PRA etc. in Jal Jeevan Mission 'Har Ghar Jal' with the support of Implementation Support Agency Baba Ram Karan Das.

The organization has done the work of water quality testing in the village of Maharajganj district. In this, the quality of water and the ruling area was tested and people were made aware about the benefits of clean drinking water. Our organization has tested the water quality with FTK kit in 24-gram panchayats of Brijmanganj block of Maharajganj district. Through water quality testing, community people were made aware to drink clean water.

Environment awareness program: -

Helpless Hope Society Gorakhpur conducted an environment awareness campaign in Maharajganj district. People were told to save the environment. This year they were sensitized on the subject of fighting against wasteland erosion and drought. The society has also organized such programs for the serious problem of pollution in our environment. Trees are cleaning the air; they take CO₂ from the environment. The society encourages tree plantation and also plants trees at various places and distributes free saplings among the people to plant at various places.

Capacity Building and Awareness Programs: -

Creating awareness about the difficulties and injustices faced by many people in Maharajganj and Gorakhpur is central to the work we do here at Helpless Hope Society. This means expressing concerns and sharing solutions with the local government body, local societies, and working within communities facing these challenges to empower individuals and effect lasting change.

The Helpless Foundation realizes that focusing solely on practical programs and solutions, without looking closely at the organizations that manage them, is short-sighted and superficial.

Building the capacity of individuals, organizations, and institutions is crucial for strengthening civil society and grassroots development. By increasing the capacity of organizations involved in development, interventions can be made more effective and their results last longer.

In response to this need, The Helpless Foundation regularly conducts capacity building programs for institutions and individuals. These provide the training and tools needed to effectively assess their own information needs, set their own priorities and build their own information systems.

International Literacy Day and Human Rights Day: -

Helpless Hope Society (HHS) is a voluntary organization of Maharajganj and Gorakhpur district, evolved in the year 2019 by a group of like-minded people with an innate vision to serve the marginalized and downtrodden communities for a major social transformation in the field of social-economic empowerment. Since its inception it has been struggling hard to show its efficiency and effectiveness in the development process, while providing the best possible services for the overall development of the community.

HHS activities work towards a just and sustainable society by facilitating the empowerment of the poor irrespective of caste, creed, language and religion to bring about a change in the lives of the most vulnerable sections of the society on the basis of caste, creed, language and religion. Strengthening grassroots capacities by building confidence, problem solving ability, resilience and skills among local people in ensuring children, education, health, women, rural development, socio-economic development.

Minority Awareness Program

The Government of India is running many schemes for minorities, but due to lack of information, the minority people are not able to take advantage of the schemes. Therefore, Helpless Hope Society conducts awareness programs to give information about the schemes to the minorities. The purpose of the minority awareness program is to make the minority communities in the society aware of their rights, government schemes, and welfare programs. Through this program, minority communities (such as Muslims, Christians, Sikhs, Buddhists, Parsis and Jains) are provided with the necessary information and resources for education, employment, social empowerment, and overall development.

Major objectives of the minority awareness program

Educational awareness: To promote education in minority communities. To provide information about scholarship and financial assistance schemes so that more and more students can get education. To provide information about special schemes to increase educational opportunities in government schools and colleges.

Health and social welfare: To spread awareness about health services and free medical schemes.

To make communities aware about hygiene, nutrition and health care. To provide information about special schemes for the health of women and children.

Employment and Economic Empowerment: Providing information on skill development programmes for youth from minority communities.

Raising awareness on self-employment schemes and microfinance services to improve livelihoods. Information on reservation and employment opportunities in government and private sectors.

Women Empowerment: Providing information on special programmes for women, such as self-employment schemes, tailoring training, and entrepreneurship development. Spreading awareness on women's rights, education, and health.

Awareness on Legal Rights: Providing awareness on constitutional and legal rights of minorities. Awareness on how to avail legal aid against discrimination, oppression, and injustice. Special programmes to promote communal harmony and brotherhood.

Awareness on Government Schemes: Providing information on ongoing Government schemes for the welfare of minorities, such as Pradhan Mantri Jan Vikas Karyakram (PMJVK), scholarship schemes, free coaching, and financial assistance.

Awareness on the procedure, eligibility, and documents required to avail these schemes.

Cultural Preservation and Community Development: Preservation of cultural heritage, traditions, and religious places of minorities.

Awareness campaigns to promote social harmony and communal harmony among communities.

Financial Literacy: To make minorities aware of the importance of banking, insurance, savings, and investments.

To provide information about schemes offered by banks, such as Mudra Yojana, Jan Dhan Yojana, etc.

Major Minority Welfare Programmes Running in India

Pradhan Mantri Jan Vikas Karyakram (PMJVK): This scheme aims to improve the economic and educational level of minority communities. **Maulana Azad National Fellowship:** To provide financial assistance to minority students for higher education.

Scholarship Schemes: Pre-Matric, Post-Matric, and Merit-cum-Means Scholarship Schemes for minority students.

National Minorities Development and Finance Corporation (NMDFC): Financial assistance and loans at low interest rates for the economic development of minority communities.

Conclusion The main objective of the minority awareness programme is to make the minority communities aware of their rights and available resources and provide them opportunities for education, health, employment, and cultural preservation. This helps the minority communities to join the mainstream of society and leads to their overall development.

President

Skand Kumar Chaurasia