



WE STRIVE TO SERVE HUMANITY



DONOR: ICNA RELIEF CANADA

EXECUTANTS: HELP (HUMAN EFFORT FOR LOVE & PEACE) FOUNDATION

PROGRAMME DATE: YEAR 2013- 1434

RELIEF & REHABILITATION ACTIVITY:

HELP Foundation, since its inception, extended and continues to extend its helping hand to the downtrodden and underprivileged sections of society. In the State of Jammu & Kashmir, HELP Foundation has pioneered in other developmental activities, like Healthcare, Education, Capacity Building, Child rights and Child protection and Economic Empowerment of Women.

The relief activity is being executed in the entire valley. During the times of natural calamity, the foundation provides instant relief to the victims in the form of edibles, clothing, shelter and finance. Besides, the Foundation also provides regular financial assistance to widows and elderly people, who have no one to look after. More than 500 ladies and elderly persons continue to receive the financial assistance which serves their minimal living needs. On occasions like Ramadan and Zabeeha, foundation also organizes feeding/Fasting programmes for economically deprived people. This activity is performed in full religious letter and spirit, in these days, Foundation also provide food packs and clothing to the needy people in institutions like Hospitals, Nursing homes, charitable trusts, orphanages, beggar homes, juvenile homes and Religious places like shrines and other such places. The expanses for all these activities are met out of the resources of the foundation, sometimes these activities are being carried out with the generous support of the institutions like Muslim Aid, London etc.

RAMADHAN 1413 RELIEF ACTIVITY:

Continuing the activity of relief this year also, the foundation provided food and related items to almost 1000 families with the support of Muslim Aid London, ICNA Relief Canada and other individual donors during the month of Ramadhan. A tailor-made food pack of Rs. 1200 each was provided to every individual (verified beneficiary) at central office which include all the daily



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household consumable items, like rice, edible oil, Salt, Spices, Cereals, Flour etc. The foundation also conducted food distribution programmes in Pattan area of (District Baramulla), Bandipora district, Kupwara district and few places of Budgam district.

ICNA RELIEF CANADA: RAMADHAN SUPPORT:

During the FY 2013-14, HELP Foundation received CAD 2500 equal to almost INR 1.4 lac for feeding the fasting project against the proposal submitted by the foundation to the Donor. The funds were utilized in accordance to the norms and policy of governance of the foundation. The entire programme of distribution of food items was directly supervised by the Chairperson of the



foundation. The packed food was distributed among 200 widows and economically deprived families in the areas of operation. The foundation could not reach to the remotest areas of its intervention for this programme due to the late confirmation of the project. However, the foundation had distributed the packs in those areas supported by other donors. HELP has also distributed the food items in Orphanages including its own orphanage comprising of 30 orphans and distributed the packs among other orphans from Bandipora and Baramulla districts besides those from Srinagar and Kupwara.

FOCAL AREA:

HELP Foundation is operational in almost all districts of Kashmir valley and in some districts of Jammu region of the State as well. HELP Foundation besides provide focused attention to the districts of Srinagar and Kupwara, being the worst hit districts of valley due to the more than two decade long armed conflict and political unrest. There are hundreds and thousands of



families in these two districts without the earning hand heads and these families often depend upon regular monthly assistance and support from individuals and institutions.



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HELP foundation contacted these families in the month of Ramadhan and provided them the tailor-made food packs of Rs.1200 each. These food packs were distributed at Central Office situated at Srinagar.

TABULATION OF FOOD PACKS:

Funds received at an exchange rate of INR 58 = I CAD

2500 CAD x 58 INR equals to **1,45,00.00 (one lac forty five thousand only only)**

Sr. No.	Particulars	Quantity	Approx. Rate INR	Amount in INR
1	Rice	2000 Kgs.	25 Per Kg.	50000.00
2	Edible Oil	400 Ltr.	145 Per Ltr.	58000.00
3	Salt	200 Kgs.	14 Per kg.	2800.00
4	Sugar	200 Kgs.	35 Per Kg.	7000.00
5	Flour	1000 Kgs.	20 Per Kg.	20000.00
Total Amount				137800.00

Other overheads

1. Cost of Packing Rs. 3400.00
2. Banner and other visibility materials Rs. 400.00
3. Carriage & other overheads Rs. 2650.00
4. Distribution Cost Rs. 1860.00

Total cost : **8310.00 INR**

NET COST: 137800+8310 = 1,46,110 INR

Net Deficit met out of Organization: 1110 INR



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ESSENCE AND BENEFITS:

No doubt the funds were received in the last fortnight of the Holy month of Ramadhan, the food items then procured and distributed have benefitted in its actual religious spirit. The foundation has distributed the food packs in the last week of the month almost 350 families have utilised this food during the last week and Eid ul Fitter. The food distribution hardly supported their economic status but has helped these families in celebrating the Eid without the feel of poverty and disparity.



HELP Foundation supports and will always volunteer for such programmes in the future which are for the welfare and benefit of people living in a state of poverty and underprivileged.

For HELP Foundation, J&K

Ashiq Ali

Programme Officer