

ANNUAL ACTIVITY REPORT

OF

HELPING SOUL FOUNDATION

Regd. Office ADD: 940B, Mission Road, Water Tank, Near khatibaba, Jhansi, UP -284003

FINANCIAL YEAR: 2021-22

PREFACE

This preface serves as an invitation to explore the pages that follow, where the stories of resilience, compassion, and progress will unfold. It is an opportunity to learn about the remarkable initiatives, projects, and endeavors undertaken by welfare foundations across the globe. By delving into their work, readers will witness the transformative power of collective action, highlighting the importance of supporting these organizations in their mission to create a more just, equitable, and compassionate world.

The publication aims to raise awareness, foster understanding, and inspire readers to actively engage in the pursuit of social change. It is a call to action, urging individuals to contribute their time, resources, and skills to support welfare foundations and the causes they champion. By doing so, we can collectively work towards building a society that upholds the values of compassion, equality, and social justice.

Together, let us celebrate the extraordinary achievements of welfare foundations and join hands in their mission to uplift, empower, and transform lives. By embracing their vision and joining forces, we can create a future where every individual has the opportunity to thrive and contribute to a better world for generations to come.

ACTIVITIES

1. Empowering Communities through COVID-19 Awareness.

The COVID-19 pandemic has reshaped our world, impacting every aspect of our lives. In the face of this unprecedented global health crisis, COVID-19 awareness has become paramount. By understanding the virus, its transmission, prevention measures, and the importance of vaccination, we can work together to mitigate the spread of the disease and protect the well-being of individuals and communities. This article explores the significance of COVID-19 awareness, highlighting the need for accurate information, responsible behavior, and collective action to overcome this challenging time.



Prevention Measures:

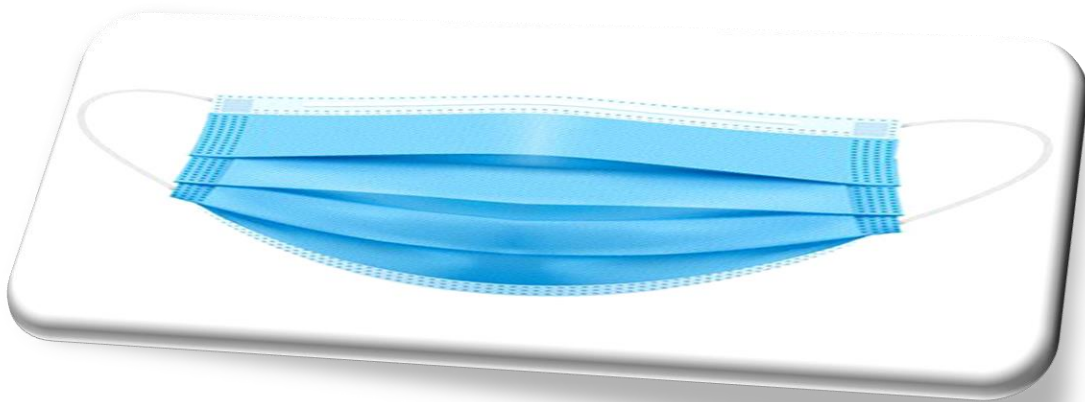
COVID-19 awareness emphasizes the importance of preventive measures to break the chain of transmission. These include practicing good hand hygiene, wearing masks in public settings, maintaining physical distance, and adhering to local health guidelines and regulations. By implementing these measures consistently, individuals can reduce the risk of contracting and spreading the virus.

Vaccine Education:

COVID-19 vaccines have emerged as powerful tools in the fight against the pandemic. Awareness programs play a vital role in providing accurate information about vaccine safety, efficacy, and the benefits of vaccination. They address common concerns, dispel myths, and promote the importance of getting vaccinated to protect oneself and the community. By encouraging vaccine uptake, awareness programs contribute to building immunity and achieving herd immunity, a crucial step in curbing the spread of the virus.

2. Distribution of Masks

Helping soul foundation distributed face masks to people living in neighborhood.



3. Spreading Awareness for a Mosquito-Free Future

Understanding Dengue:

Dengue is caused by the dengue virus transmitted through the bite of infected Aedes mosquitoes. The disease can range from mild flu-like symptoms to severe dengue, also known as dengue hemorrhagic fever, which can be life-threatening. Understanding the signs, symptoms, and modes of transmission is vital in early detection and prompt medical intervention.

Mosquito Control and Prevention:

Dengue awareness programs emphasize the importance of mosquito control to prevent the transmission of the virus. These programs advocate for measures such as removing stagnant water, where mosquitoes breed, from households and communities. Properly covering water containers, using insect repellents, wearing protective clothing, and using mosquito nets are also recommended preventive measures. By eliminating mosquito breeding grounds and protecting against mosquito bites, communities can significantly reduce the risk of dengue transmission.

4. Empowering Democracy: Unveiling the Power of Voter Awareness

Voter awareness refers to the level of knowledge and understanding individuals possess about the electoral process, their rights as voters, and the impact of their participation on shaping the future of their communities and nations. It involves being aware of registration procedures, voting locations, candidate profiles, and the significance of each vote cast. Voter awareness encourages citizens to exercise their democratic right and contribute to the decision-making processes that shape their lives.

Voter education plays a vital role in fostering an informed electorate. It involves providing citizens with accurate information about the electoral system, including voter registration, eligibility criteria, and the importance of participating in elections. Schools, community organizations, and government initiatives should prioritize teaching civics and electoral processes to ensure that individuals have the necessary knowledge to engage in the democratic process effectively.

5. Promoting Sanitation Awareness for a Healthy Future

Sanitation refers to the provision of facilities and services for the safe disposal of human waste, as well as the promotion of good hygiene practices. Access to sanitation goes beyond mere convenience; it is a fundamental requirement for human dignity, public health, and environmental sustainability. Adequate sanitation facilities and practices prevent the spread of diseases, protect water resources, and contribute to overall social and economic development.

Education plays a crucial role in promoting sanitation awareness. By providing communities with accurate information about the importance of sanitation, proper hygiene practices, and the consequences of poor sanitation, we can empower individuals to make informed decisions and take action. Schools, community centers, and public campaigns should focus on teaching basic hygiene practices, such as hand-washing, proper waste disposal, and maintaining clean water sources, to instill lifelong habits and ensure a healthier future.

6. Spreading Awareness on Girl Child on National Girls Child Day

Helping soul foundation organized Nukkad Natak to increase the awareness among people about inequalities faced by Girl child in the society.

Beti Bachao, Beti Padhao.



7. Celebrated Republic Day

Helping soul foundation Organized Republic Day Celebration Event on the theme of "Swachh Bharat and Digital India." Some outdoor competitions were organized and winners were rewarded.



8. Remembering Gandhi Ji on Martyr's Day

Helping soul foundation organized a natak on the life of Mahatma Gandhi and also had an essay competition.



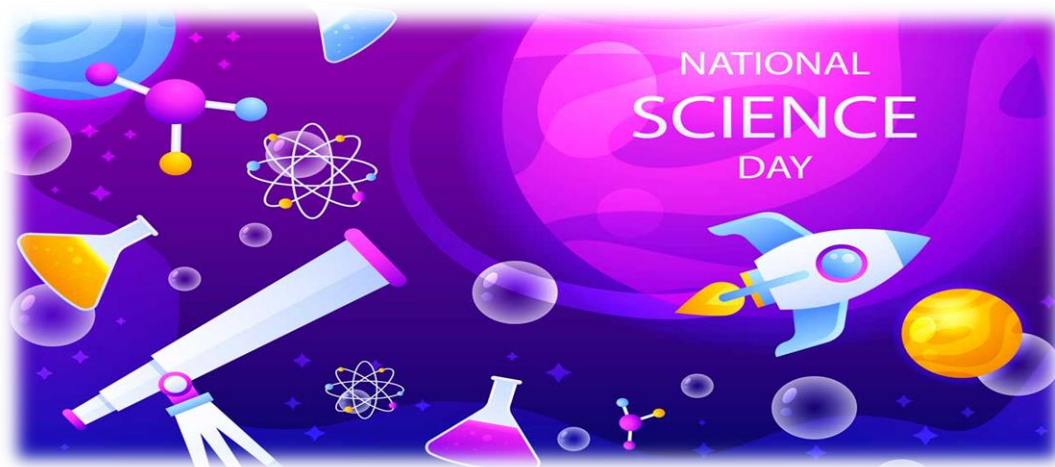
9. Spreading Awareness on Cancer on World Cancer Day.

We organized lectures and video presentation about how to keep fit and tackle cancer on World Cancer Day. We talked about importance of exercise to keep us fit in our daily busy lives and how to keep ourselves fit.



10. Awareness on Science Education

We displayed various Science Experiments on World Science Day. We also made aware to the people about Necessity of Science in our day to day lives.



11. Celebrated Women's Day.

Helping soul foundation celebrated Women's Day. Its purpose was to celebrate the achievements of women while calling for gender equality.



12. Spreading Awareness on Kidney on World Kidney Day.

We created awareness among the people about the importance of kidneys and also to reduce the frequencies and impact of kidney diseases and its associated health issues. Act Early to prevent it.

13. Spreading Awareness on Population on World Population Day.

We increase the people's awareness on various population issues such as the importance of Family planning, gender equality, poverty, maternal health and human rights.

14. Celebrated Kargil Vijay Diwas.

We celebrated Kargil Vijay Diwas to honor the Kargil war's heroes in kargil.

15. Spreading Awareness of Hepatitis on World Hepatitis Day.

We spread awareness to mark the awareness of hepatitis and to boost prevention, diagnosis and treatment of the disease. Prevent Hepatitis – It's up to you.

16. Saving of Natural Resources on World Nature Conservation Day.

We increase the awareness about Natural resource and how to protect them.

17. Save Tiger Awareness on International Tiger's Day.

We promote the protection and expansion of the endangered wild tiger habitats and to gain support through awareness.

18. Promote Friendship on World Friendship Day.

We promote the role that friendship plays in making peace.

19. Awareness on Saving Bio-Fuel on World Bio-Fuel Day.

We created awareness about non-fossil fuels (Green Fuels).

20. Celebrated Independence Day

Celebrated Independence Day and organized parade events among children.

21. Spreading Awareness on Poverty.

We promote people's awareness of the need to eradicate poverty and destitution worldwide, particularly in developing countries. Moving from humiliation and exclusion to participation: Ending poverty in all forms.

22. Spreading awareness on polio on World Polio Day.

We spread awareness on Polio and its affects and importance of its vaccine by taking them.

23. Celebrate Rashtriya Ekta Diwas.

We commemorate the birth anniversary of Sardar Vallavbhai Patel.

24. Celebrating Plastic Free Day.

We spread awareness on use of plastics in our daily lives.

25. Celebrate Farmer's Day (Kisan Diwas).

We celebrated kisan diwas by thanking all the farmers worldwide,
Our lives depend on them.

Thanking You
UMESH GUPTA
(Helping Soul Foundation)