

ANNUAL ACTIVITY REPORT

OF

HELPING SOUL FOUNDATION

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FINANCIAL YEAR: 2022-23

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.

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. Celebration of Republic Day & Independence Day

Helping soul Foundation Organized celebration of Republic Day on 26th Jan,2022 also distributed foods and clothing to the neighborhood.

Helping soul Foundation Organized celebration of Independence Day on 15th Aug,2022. With the parade display among the children.

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. Celebrated Hindi Diwas.

To Pay tribute to the official Language of India as Hindi was adopted as the official language of constitutional assembly on Sept 14th,1949.

7. Celebrated International Day for the preservation of Ozone Layer.

We spread awareness to commemorate the date of signing of the Montreal Protocol on substance that depletes the Ozone Layer.

8. Celebrated World Peace Day.

We spread the idea of strengthening the ideals of peace, both within and among the Nations and Peoples. Building Blocks for Peace.

9. Spread Awareness on Older Persons on International Day of Older Persons.

We draw attention to and challenging negative stereotypes and misconceptions about older persons and ageing.

10. Celebrated Gandhi Jayanti.

We celebrated Gandhi Jayanti on the Birth anniversary of Mahatma Gandhi.

11. Spreading Awareness on our Health on World Health Day.

We brought attention to mental illness and its major effects on people's life worldwide. Dignity in Mental Health – Psychological and Mental Health First aid for all.

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. Awareness on Our Planet on World Earth Day.

We spread awareness on how to save our Planet Earth. We demonstrate support for environmental protection. Trees for the Earth.

14. Celebrated Worker's Day.

We celebrated Worker's Day to pay tribute to worker's sacrifice in achieving economic and social rights all over the world.

15. Celebrated Mother's Day.

We Celebrated mother's Day to show their appreciation towards mother worldwide.

16. Spreading AIDS Awareness on World AIDS Vaccine Day.

We promoted the urgent need for a vaccine to prevent HIV infections and AIDS.

17. Say No to Tobacco on World No Tobacco Day

We draw attention to the widespread prevalence of tobacco use and negative health effects.

18. Plantation on World Environment Day.

We planted a whole lot of plants of different areas nearby to mark the sign of environment in our lives.

19. Blood Donation Camp on World Blood Donor Day

We raise awareness of the problem and thanked donors worldwide. Blood connects us all.

20. Spreading Awareness of Yoga on World Yoga Day.

We encourage the practice of yoga and meditation, creating awareness about Yoga and its benefits and taking up it in one's Day to day habits.

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)**