



हजारों लोगों ने करवाई
 तीन सौ निर्धन परिवारों को बांटे व निशुल्क चिकित्सा जांच

नगवाई — राष्ट्रीय स्तर पर अग्रणी सामाजिक संस्था हेल्प रूरल इंडिया जिले
 मंडी तथा कुल्लू में निर्धन लोगों की सहायता कर रही है। संस्था के प्रेसीडेंट
 संयोजक पि
 नगवाई, भूम
 निर्धन परिव
 शिव के पुत्र
 परिवारों को

हजारों लोगों ने कर
 निशुल्क चिकित्सा
 जिला नगवाई

दो दिवसीय निशुल्क

चिकित्सा शिविर संपन्न

हेल्प रूरल इंडिया

आंखें
 नर

Annual Report

2009-2010

संस्था हेल्प रूरल इंडिया
 लिए कई कार्य किए व
 11, नगवाई, पामसोई, ये
 परिवारों को निशुल्क व
 आयुर्वेदिक डिस्पेंसरीयां
 27 व 28 मार्च को रं
 के सहायतार्थ निशुल्क
 रज्व हंस व विल्पा हंस

जीवा जगता का सार

निजी सवादादाता, नगवाई

शुक्रवार को कैंप व

ग्राम पंचायत के तहत बनसोई गांव
 में एक आयुर्वेदिक डिस्पेंसरी का
 शभारंभ किया गया जिसमें स्थानीय

500
 लोगों

डिस्पेंसरी में लोगों को

1400 लोगों को कबल

मिलेंगी मफ्त

व बस्त्र बांटे

चिकित्सा शिविर

निःशुल्क एम.एस.आर. टाकाकरण

HELP RURAL INDIA

** Leading a helping hand to the Rural India **



From Founder's Pen

Dear Friends,

The reporting year 2009-10 is very significant for Help Rural India (HRI) as well as our nation. Pro-poor and pro-rural HRI has added two different activities towards achieving the goal of development. Two dispensaries have been opened and started by HRI for the underprivileged villagers during this reporting year. One of the biggest and reputed universities of the world, IGNOU has approved and provided registration code this year for our forthcoming community college on skill-based educational training programme.

At the end of 2009-10, nearly eight years after our constitution was amended to make education a fundamental right, the government implemented a historic law to provide free and compulsory education to all children in age group of 6-14 years. The new law makes it obligatory on part of the state governments and local bodies to ensure that every child gets education in a school in the neighbourhood. Its implementation will directly benefit close to one crore children who do not go to schools at present. These children, who have either dropped out from schools or have never been to any educational institution, will be enrolled in schools. It created a worthy space for us to stand among citizens of 134 other countries which enacted education a fundamental right of every child when the law came into force on 1 April 2010.

Since its inception, HRI has also been performing educational activities for underprivileged children, Free Computer Training Centres for rural students of Himachal Pradesh is an example of it. Other programmes such as free regular health camps and free ration distribution among below-poverty line are

benefiting not only children but also their elders in various parts of North-Indian. The tireless effort all the volunteers, team members and governing body members of HRI under these programmes have directly benefited nearly 5285 people throughout the year. I take this opportunity to thank all of them and HRI's partner organizations, medical teams and well wishers who have extended their help to meet the challenges which have faced by our rural community.

H.R. Shiv

Founder

ABOUT HELP RURAL INDIA

Help Rural India (HRI) is a non-government, non-political, non-partisan & non-profit voluntary charitable trust registered (vide Regn. No.: S-30528) on 18th September, 1996 under the Societies Registration Act XXI of 1860. It is a New Delhi based rural development organization, initiated by Shri. Hans Raj Shiv, a prominent industrialist, a philanthropist a "Karamyogi". Hailing from Hoshiarpur in Punjab, with a modest beginning, through sheer grit, hard work and foresight, Mr. Shiv rose from being the erstwhile president of M/s. Bharat Steel Tubes Ltd. to owning a large professional, diverse enterprise and providing employments to hundreds of people.

His job took him to various parts of the globe but he always looked towards his own country, particularly to under developed villages near Kullu valley where he spent few years of his early childhood. The malnourished children, sick and hungry old people, unemployed youth of the distant and far flung villages of this area camouflaged under beautiful mountains, caught his attention.

While the business enterprise grew under the able stewardship of his children, Mr. Shiv, with the support of a few like-minded souls, lunged head long into doing "Something" for these under privileged areas. Today Help Rural India is administered by a group of dedicated professionals reaching out to a large segment of the rural community of Himachal Pradesh, Punjab and Uttarakhand.

AN APPROACH WITH A DIFFERENCE

Conventionally, the focus of all aids / projects have been urban-oriented with very little thought going to the rural issues causing migration to urban areas, thereby creating new problems for both urban and rural populations.

Help Rural India aims at alleviating some of the fundamental issues of, the underprivileged Rural India providing self sustenance and improving the quality of their lives.

What began as a small step towards poverty-alleviation by distributing monthly rations is turning out to be a revolution of sorts.

OUR MISSION

The Sole mission of the Trust is to provide help in the area of Basic Education, Health Care, Sanitation, Better Living conditions, Employment generation activities & Poverty alleviation.

Programmes & Activities -

Achievements during 2009-10 (Qualitative & Quantitative)

Health Care Programme (HCP)

With the opening of 2 dispensaries in Himachal Pradesh for poor villagers for free, Health care programme of HRI has achieved a new dimension this year. Nearly 1300 people have availed health care services through these dispensaries.



Since last nine years, HRI has also been organizing regular health camps in different parts, especially in rural India. In such camps, we provided free OPD services, primary treatment, and distribution of medicines etc. in association with:

- Medanta-The Medicity, Gurgaon**
- Escorts Heart Institute, New Delhi.**
- Max Heart & Vascular Institute, New Delhi.**
- Sohana Eye Hospital Mohali, Panjab**
- R. G. Stone Hospital New Delhi**
- Indraprastha Apollo Hospital, New Delhi**
- Himachal Dental College, Sunder Nagar (H.P.)**
- Cipla Vitalis**
- Ranbaxy**



(Free Medical Camp team Members at Kangra, Himachal Pradesh)

Panel of reputed and experienced doctors have not only provided medical facilities but also make the villagers, especially women aware of various diseases and facilities available for the treatment.

We organized camps during 2009-10 at:

- | | | |
|--------------------------|----------------------|--------------|
| • Free Medical Camp | Vasant Kunj, Delhi | 19-Apr-09 |
| • Free Immunization Camp | Jhanjeli (H.P.) | 26-Apr-09 |
| • Free Immunization Camp | Bajaura (H.P.) | 2-May-09 |
| • Free Immunization Camp | Nagwain (H.P.) | 3-May-09 |
| • Free Medical Camp | Jhanjeli (H.P.) | 4-5 Jul-09 |
| • Free Medical Camp | Nagrota (H.P.) | 26-27 Jul-09 |
| • Free Immunization Camp | Kullu & Mandi (H.P.) | 7-10 Sep-09 |
| • Free Medical Camp | Sunder Nagar (H.P.) | 27-28 Mar-10 |

Such Camps have been attended by State Ministers, senior administrators, Police officials, Local Panchayat heads etc. Thousands of needy people have been benefited from these camps. A total of 2457 people have got access of free medical facilities in different camps during the year.

Computer Education Programme (CTP)

Skill-based education has always been a primary area of intervention. In 2007, we established a computer centre in Nagrota Government School at Kangra (Himachal Pradesh) to promote ICT education in the neighboring villages, four computers and one printer with all necessary accessory installed in this school to promote this type of education in the rural community. HRI has directly been running 3 computer training centers in different parts of Himachal Pradesh and Rajasthan with assistance from **M/S. NIIT** where 154 poor children from different age groups have completed Basic Computer Course during this reporting year.



(Children learning under CTP)

Free Ration Distribution Programme for Poor People (FRDPPP):

Free Ration distribution has been central to our activities from last six years. Under this program rations are distributed among selected below poverty level people, saving lives and allowing the beneficiaries to stave off disease and malnutrition.



As per report of National Sample Survey Organisation (NSSO) under the Ministry of Statistics and Program Implementation, published in The Economic Times, New Delhi, dated 05.04.2005, that three out of 1000 rural families do not get enough to eat most of them come from rural areas, inspired us to run FRDPPP.



Ration is being given to more than hundred-fifty families every month through a systematic approach of distribution. Help Rural India has been distributing this ration to underprivileged rural families in Mandi, Kullu areas of Himachal Pradesh and also to a large number of villagers around Hoshiarpur of Punjab state.

Cloth and Blanket Distribution

Distribution of clothes and blankets to rural people in the villages where we hold our food relief programs has regular programme by HRI. During winter we have a special distribution of winter blankets to help the villagers keep warm at night.



A large number of winter clothes and other material have been also collected by our team for this purpose.

Beneficiary speaks....

1. Name: Shyama Devi
Age: 41 yrs.
Village: Shushan Village (Himachal Pradesh)
Family members: 4



Widow with three children, Shyama Devi is one of the economically deprived residents of Shushan Village (Mandi, H.P.). She has a small piece of land for farming which is not enough to feed her whole family as she doesn't have other source of income. Lack of proper nutrition also causes regular health problems for her family members.

Services of Help Rural India like, Free ration distribution programme, free cloth and blanket distribution programme and HRI Dispensary Programme have tried to make her capable to meet some primary needs of her family. "All these works of Help Rural India have made the lives of all poor people of my villager easier. I am very much thankful to Help Rural India and its founder Shiv-ji for their continuous and tireless effort to fix the major issues of my village," Shyama Devi says, now.

2. Name: Fulmu Devi

Age: 49 yrs.

Village: Takoli (Himachal Pradesh)

Family members: 5



"The on-going activities of Help Rural India have been tremendously benefiting as the people of my village had not easy access to health and other facilities", says Fulmu Devi. Mother of four children, Fulmu's husband died 4 years back after suffering from a disease. Now Fulmu Devi is accessing Free Ration Distribution and Free Dispensary run by HRI at her Village.

Fulmu Devi happily says," at HRI dispensary, we not only get free medicines but also gather information from the dispensary people on how to keep ourselves safe from different diseases. So, I request Help Rural India to continue its support to the rural community in days ahead.

A brief introduction to HRI Team

Governing Body Members:

Sl. No.	Name	Designation	Address
1.	Mr. Ashok Mandal	President	80, Anand Lok, New Delhi – 49
2.	Mr. A. P. Singh	Secretary	Plot No.318, Road No.12, Site-IV, Jhandapur, Ghaziabad-201010,
3.	Mr. S. K. Gupta	Treasurer	RZ-137, Manas Kunj, Uttam Nagar, New Delhi-59
4.	Ms. Shilpa Hans	Member	109, Sainik Farm, New Delhi
5.	Mr. Neerav Hans	Member	D-10, Neb Valley Neb Sarai, New Delhi – 68
6.	Mr. Rajesh Kumar Sharma	Member	V.P.O. Nagwain, Sub Tehsil-Aut, Distt. Mandi (H.P.)-175121
7.	Mr. Razi-Ur Rehman Kidwai	Member	Bagh-E-Shafiq, 271, Jamia Nagar, New Delhi-110025
8.	Mr. Ashish Kumar	Member	B – 799 GD Colony Mayur Vihar Phase – III Delhi – 92.

Other members:

Sr. No.	Name & Address of Members	Designation
9	Mr. Dev Raj Shiv H.No. 400, Samir Cottage, Red Road Hoshiarpur, (Punjab)	Member
10	Ms. Sita Devi Lakhanpal Near Post Office, Bhuntar, Kulu (H.P.)	Member
11.	Mr.Ashish Gupta 605/606, Samarpan Complex, 131A/444, New Link Rd. Ckakala, Andheri E, Mumbai-400052	Member
12.	Mr. Chaudhary Suraj Bhan 302/27, C.R. Cottage, Model Town, Rohtak (Haryana)	Member
13.	Mr.Gurdev Singh Sidhu H.N.1173, Sector 15B, Chandigarh	Member
14.	Mrs.Gurdeep Sidhu H.N.1173, Sector 15B, Chandigarh	Member
15.	Mr.Kadim H.Dangra 605/606, Samarpan Complex, 131A/444, New Link Rd. Ckakala, Andheri E, Mumbai-400052	Member

Acknowledging the support of other eminent members...

Mr. Rakesh Kumar Aggarwal

Mr. Gopal Panda

Mr. Rahul Sharma

Mrs. Harsha Arora

Mr. D.S. Rana

How to Support us:

We in Help Rural India keep on working with the economically and socially deprived villagers. We enable them to be self-reliant and enjoy a healthy and dignified life.

Donations

If you want to support our on-going as well as future programmes, please consider a donation. You can also send a cheque in favour of Help Rural India and send it to our address.

Gifts-In-Kind

You can donate products or services to support HRI. Examples of contributions that help include sewing machines, computers, books, construction products, travelling fares etc. We accept old working condition products as well. For additional information, please contact us.

Programme sponsorship

Your sponsorship in any activity or programme is always welcomed by HRI. For more information about sponsoring, please contact us.

HRI has been granted section 80 G (5)(vi) of Income Tax Act where all donations are tax exempted . HRI has also been registered with Ministry of Home Affairs; Govt. of India under FCRA (Registration number 231661016) to receive foreign contributions.

In case of any query or suggestion, please feel free to contact us.
Help Rural India always welcomes you at

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