A little support and they can move the world towards a brighter future
A few awards of appreciation
The uplift of the women, the awakening of the masses must come first, and then only can any real good come about for the country, for India.

- Swami Vivekananda

HELP Foundation - a family with a difference. None of us are related to one another yet we are together with a special bond - humanity. We are just 25 of us, working in 200 villages in the state of Maharashtra in India.

We have been in operation since 1987, involved in various activities in the field of rural development. We work with our rural brethren in the villages, motivating them in becoming self-sufficient, to live a life of dignity and prosperity. This is achieved through a focussed and structured series of programmes. Our effort is to reach the maximum number of village communities and support them to identify opportunities that enable them to improve their standard of living by making them self-reliant at the grass-root level.

We hope to have both moral as well as financial support of the economically privileged classes, corporate houses and financial & social institutions in fulfilling our objective. For, this is not just our India's objective, but humanity's. There are millions who are not so fortunate to be bestowed with life's bounties though they are capable and willing to move the world to live in dignity. A little support from you can work wonders.

What is the nature, purpose and direction of this movement? Man is living at a crucial time now. Science and Technology enormously helped man. His phenomenal success in conquering both Time and Space has unfortunately made him behave as Superman above nature. HELP movement is a humble attempt to unearth the traceable routes of his recklessly strange behaviour and also to identify the effective, checks and balances, with a view to counter such adverse developments.

Would someone refuse to share his resources in helping the needy child get educated, the hungry fed or the ailing treated? Certainly not! It is not only the common need but the primary duty that every sensible and civilized human would understand and appreciate.
THE HELPO FOUNDATION PRESIDENT

Dr. Abdul Salam is the Founder President of HELPO FOUNDATION (Founded in 1987). Born in 1940 and brought up in Kanyakumari, he has to his credit a P.G. Degree and Ph.D. in Linguistics.

At the age of 12, the struggle (as totally blind) that he underwent to get an education has resulted in his emphasis on providing better opportunities for the disabled and underprivileged population. He was instrumental in establishing the state organisation of the blind in Kerala, Tamil Nadu, Andhra Pradesh, Maharashtra and the National Federation of the Blind, New Delhi, from 1967 onwards.

He moved to Maharashtra in 1970 where he was appointed to the post of OSD (PH), Social Welfare, Maharashtra at the age of 43. The information and experiences he gained has developed his vision.

As a linguist, bureaucrat, yogi and social activist, Dr. Salam has several virtues and values that energise him to live a fuller life for the good of his fellow men around the world.

"If you can do it why not I? If I can do why not you?" has been his challenge and lifetime mission.

TRAINING:
- Goethe Institute, Germany, 1974

VOLUNTEER WORK:
- ACDI / VOCA (USA) Volunteer in Uganda, 2001

FELICITATIONS:
- Maharashtra State Govt. Award, 1983
- National Award Govt. of India, 1995

Certificates of appreciations from different organisations

FAITH
We believe, practise and propagate vital ideas, concepts and principles.

OPTIONS
Be human or inhuman?
Choose Development or destruction? Life or suicide?

NO OPTION
Live and let live. Let us share and exchange, learn and build up.

LEADERSHIP QUALITY
A rare resource. Movement and development is life. Inaction and stagnation is death.
It is the case of child care, more or less in Indian villages too. HELP Foundation solicit your partnership to bring about a positive change.

Groups of healthy and strong youth with bubbling energy in them, regardless of educational pursuit, in an average village in Maharashtra, India, idle away their valuable life seated comfortably in the cool shade of old trees, simply because they lack the right information, guidance and support services. Can we jointly think of helping them?

Have you ever thought seriously about the strange and privileged status accorded to women particularly in villages? Privileged because woman is symbolised as 'shakti' (energy) in Hindu scriptures. Woman is not just an individual. She is an institution. She is blessed with talents, skills, strength and abilities to lead a happy and productive family life. What she needs is the opportunity. Can we talk about the women's needs?
WOMEN EMPOWERMENT

This is the key to human development. Everyone agrees with this statement due to socio-cultural and socio-economic factors, tradition bound conventions, low or illiteracy issues. Our partnership level commences here.

What about the elders? How can you tap the boundless energy and accumulated expertise hidden in them. They too need our help.

HELPO thrust is rural development. Unless and until the last man in the last cottage in the last village of each rural boundary is contented, no single country on this planet can have the reasonable claim to be happy and prosperous.

Finally, the man-made calamities of excessive urbanization, unplanned and unrestricted industrial and non-industrial pollution, destruction of forest cover, depletion of ground water, pollution of water sources, and the end result of global warming, we have no drinking water both for all living beings and human beings.

Everyone has the right to fresh air to breathe, clean drinking water, organic natural food products. But how many of us do enjoy this? And, how many of us have the access to all natural resources?

RURAL EDUCATION
Vocational Guidance

On 8th March 2005, World Women's Day celebrations held at Saswad, Sangeeta Laddha (Joint Director Marketing NIPHT) addressed the audience. The message

"maximising agro-horticulture production using high yield modern crops enjoying better markets and applying organic farming, tissue culture and green house methods and technologies will result in increased economic benefits caught up like wild fire among the farming women. Mr. Dada Jadhavaro (ex- State Miniser for Agriculture MS) assured to help the women entrepreneurs with ready market.

Mr. P. G. Joshi (Assistant General Manager, NABARD) and Mr. Gavade, LBM (Lead Bank Manager), Bank of Maharashtra, Pune, indicated the immense possibilities of availing capital investment for rural development through bank loans.

The large turn out of women who came from the three Talukas 'Purandar, Haveli and Khadga', speak volumes about their commitments, dedication and devotion. They are determined to change themselves to bring about a socio-economic revolution focussing on 'professionalism, science and technology.'

Alongside the high-tech training, the HELPO village folks are pursuing various farm / non-farm industrial training such as computer education, garment making, handicrafts, food processing etc.
"We are guilty of many errors and many faults, but our worst crime is abandoning the children, neglecting the fountain of life. Many of the things we need can wait. The Child cannot. Right now is the time his bones are being formed, his blood is being made and his senses are being developed. To him we cannot answer "Tomorrow". His name is "Today"."

- Gabriela Mistral (Nobel Prize winning poet from Chile)

Educational, health and nutritional needs extended to poor, under nourished and destitute children. Exposure to new situations through excursions and picnics is a regular feature every year. The CSP children totally enjoyed their picnic to Sinhgad Fort on 31st May '04.

Dr. Nilesh Kumbhojkar, Mrs. Kalpana Diwadkar and Mr. Pradeep Belurkar reviewed the HELPO MBT GIRL CHILD EDUCATION PROJECT. They proposed some innovative programmes for the school leaving girls as well as young women in the villages.

350 girls in 70 schools are being extended educational support in the form of School uniforms, books, health education and personality development programmes.
SELF HELP GROUPS (SHG)

More than 1200 women are the main partners in this project. NABARD and MAVIM entered the scene and strengthened the hands of HELPO. Quality of service is ranked as No.1 by NABARD, MAVIM and Zilla Parishad of Pune and Satara.

NABARD officials on visit  NABARD team meets SHG representatives  Product exhibition for marketing

SHRAM-DAAN

Free community labour and message of healthy living by village folks. The villagers take their turn to work for the village sanitation, solving drinking water problems, spreading the message of healthy living, child education, adult education, & mother child care etc.

Cleaning the village surrounding  Training each other to decorate common place  Construction of sanitary toilets
A day long Marketing Workshop was organised by HELPO Foundation at Saswad Nagarparishad Sabhagruha.

Inaugurating the workshop, Mr. D. R. Karthikeyan (Former Director, CBI, New Delhi & Director General, National Human Rights Commission) stressed the need to promote entrepreneurship development in cow rearing, milk production & processing, organic farming with special emphasis on semi-culture and other kinds of organic manure preparation. 25 crores of people living below poverty line in India are deprived of their rights to avail the very basic facilities of livelihood, he added.

Dr. Abdul Salam welcomed the guests and explained the primary task of the women SHGs. To begin with, the SHG members undergo entrepreneurship development training courses, followed by vocational training programmes of their choice. Traditionally the women borrow from banks submitting a ready made project report. What they lack is vocational and entrepreneurship development training. The real problem they encounter is their inability to pay back the loans with interest in time, because they are unable to find ready market outlets.

**Workshop Highlight**: Rural Industries will have brighter & wider scope in future. Scientific market survey, appropriate training programme and competitive production will enable the rural women entrepreneurs be competent to find better market avenues.
'E' in HELPO stands for Education - Environment - Empowerment. HELPO Foundation focus has been on the protection of environment right from the its inception. Hundreds of thousands of women in Self Help Groups have acquainted themselves with planting trees, raising kitchen gardens and fruit trees in their home surroundings, in addition to waste water management through soak pits and garbage disposal through vermi-culture.

So far, HELPO volunteers could reach over twenty thousand families in two districts - Pune and Satara of Maharashtra. Environmental education and training has been imparted to the village community during the last two decades. Dr. Abdul Salam, was the Chief Guest at the 'Seeds of Change' exhibition. It was 23rd June, 2006, jointly organised by the Soka Gakkai International and the Bharat Soka Gakkai at Mahatma Phule Kala Dālan of Symbiosis Institute of Management Operations, Nasik.

The World Environment Day exhibition was covered excellently by the media.
Sponsored by Cooper Group of Industries, Satara, in memory of Late Nariman Cooper and operated by HELPO Foundation.

The 'Seed of Change' was sown by village women belonging to Self Help Group (in two villages, Veer and Kodit, Taluka - Purandar, District - Pune). On 9th July 2006 they marched ahead with the firm determination to undertake and run a village library for their own self development. Education is the key to development, women, youth and children are the medium of development. Mrs Kavita Cooper inaugurated Nariman Cooper Development Library at Veer and Kodit in the presence of Mr. R. G. Jadhav, former President of Marathi Sahitya Sammelan (Marathi Literature Convention) 2004 by donating books and furniture.

A large number of villagers including the elected members welcomed the guest with cheer and joy. The women freely expressed their confidence and conviction that the library is an instrument, that will bring about a total change for community development.

The women thanked the Cooper Group and HELPO Foundation for their active social involvement. Special thanks go to Mr. J.B. Patil, who championed the cause of library at the doorstep. He selected a range of books catering to children, youth and women. Collection of books covered subjects like: agro-horticulture, soil, water, environment conservation etc. Sustained guidance and support services were assured by the Cooper Group associates - Mrs. and Mr. Jaywant Gujar.
HELPO WITH THE LEADERS AND THE WELL WISHERS

HELPO always appreciates contributions and recognizes them in the process raises the confidence level. The list of able leaders is huge...

Visitors come from all over the world to experience the contribution of HELPO FOUNDATION towards a better living for the less privileged ones.

BOARD OF DIRECTORS
- Dr. Abdul Salam - President
- Dr. G.S. Motzado - Vice President
- Mr. Nischal S. - Director General
- Mr. D.J. Deshpande - Treasurer
- Dr. M.V. Bhole - Member
- Mr. P.V. Thomas - Member
- Mr. K.E. Radhakrishnan Nair - Member
- Mrs. Grace S. - Member
- Mr. K. Amirali - Member
A HUMBLE APPEAL

Friends and well wishers around the world! Please let me share a moment with you.

My childhood, teenage and young adulthood experiences are unique and varied in nature and dimension—such as loss of my parental care at 4 (due to disability and death), loss of my eyesight at 10 (due to Retinitis Pigmentosa), loss of 7 youthful years (17-24 due to stigma of blindness).

"What can he do? He is after all a poor blind boy!" was, and still is, the tragic common place utterance. Hundreds of thousands in India get victimised and lead a pitiable vegetable like life due to stigma.

I have always been different in my approach and outlook—busy in dreaming to help others both the able bodied and the disabled ones, so that they earn a decent livelihood, organise regular maternity and child care clinics in villages every week, provide nutrition rich food, conduct nutrition education to women, educate the unschooled children, set up a pre-school, a mobile library, a vocational training programme, computer education in villages, construct individual household sanitary latrines, organise soak pits, vermiculture pits, kitchen gardens in home surroundings, build check dams under watershed, several enterprising businesses in villages and empower the women.

Having been lucky to realise many of my dreams, my skills and talents enabled me to enrich my 'vision' clearer and broader, to strengthen my will power to accept life time challenges. Surely I could make, certainly with you, a change not only in my own life but also in many blind and able bodied brethren.

I therefore welcome everyone interested to join me in partnership with a clear 'mission'.

                Dr. Abdul Salam
                Helpo Foundation

DONATION FORM

I/we __________________________

hereby forward the amount of Rs.(in words) __________________________

by M.O. / Cheque / D.D., No. ___________, Drawee bank __________________________

________________________, Place __________________________ drawn in

favour of Helpo International, Pune as donation. I have no objection to print
my name in the donor's list.

Name __________________________

Address __________________________

________________________

Phone: __________________________, E-mail: __________________________

________________________

Signature

Date: __________________________

Place: __________________________
FOR OFFICE USE ONLY

Donation received on ____________________________________________

Donation received through Post / Courier / In person / Other ______________

Donation received by ____________________________________________

Other information (if any) _________________________________________

DATE: __________________________ TIME: ___________________________

Signature

MONETARY DONATION FIGURES
- Help establish a Balwadi, a Library, a playground & a child day care centre in the village - Rs.3,000/- a year per child.
- Mini watershed - Rs.75,000/-
- Sanitation project in a village - Rs.2,500/-
- Training one health worker - Rs.1,500/-
- Vocational training for income generation - Rs.1,500/- per person
- FCRA (Foreign Contribution Regulation Act)

SERVICE INKIND
- Training personnel • Training package
- Tools • Transportation etc.
- MH585-91 Pune (Reg. Act - 1860)
- Regd. No. F6596 Pune (Bombay Public Trust Act - 1950)

HELPO FOUNDATION
- India Office:
  5, Archana Corner, Sahakar Vihar Road, Pune - 411 048, India.
  Tel.: +91-20-26855632, 2685564. Fax: +91-20-2685564.
  E-mail: helpo@vsnl.com

- USA Office:
  1170 Fairfax Street, Denver, CO 80220, USA.
  Tel.: 303-3559915. E-mail: global3@concentric.net

www.helpo.org
Dr. Abdul Salam received a World of Options scholarship from the National Clearinghouse on Disability and Exchange to support his participation in ACDI/VOCA’s exchange programme.

In July 2001, Dr. Abdul Salam traveled from the United States to Uganda - commonly referred to as ‘the Pearl of Africa’. As a volunteer specialist with ACDI/VOCA, he spent four weeks sharing his professional skills and knowledge with non-governmental organisation (NGO) there.

In the photograph from right to left: Ms. Florence Naiga (Honourable Minister of State, Elderly & Disability Affairs, Uganda), Dr. Abdul Salam, Honourable James Mwonda (Member of Parliament representing people with disabilities, Eastern Region, Uganda), Honourable Hood Kafuramu (Member of Parliament representing people with disabilities, Western Region, Uganda), Mr. Willberforce Kato (Research Officer, Uganda Parliament) and Ms. Biningi Pauline (Dr. Salam’s Assistant on his assignment in Uganda)