

THROUGH THEIR

EYES



ANNUAL REPORT 2022-23

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THROUGH THEIR EYES

At The Hans Foundation (THF), we believe that true understanding and empathy can only be achieved by seeing the world through the eyes of others. By embracing this philosophy, THF strives to create a society where every individual, regardless of their circumstances, is given the opportunity to thrive and lead a dignified life.

This report explores the stories, experiences and aspirations of the people whose lives have been touched by the Foundation's initiatives. Through their eyes, we gain insights into the challenges they face, the resilience they embody and the transformative impact of compassion and support. Each narrative is a testament to the strength of the human spirit and the potential for positive change through a shared vision.

From remote villages to bustling urban centres, THF's work spans across various sectors, including education, healthcare, livelihood and environmental conservation. Through partnerships with grassroots organisations, the Foundation has been able to make a meaningful impact in the lives of countless individuals and communities.

Looking at the world 'Through Their Eyes' is a reminder that empathy and understanding can help build a world where every individual's voice is heard, valued and respected.

MESSAGE FROM
CHAIRPERSON



Namaste!

I hope this letter finds you in good health and high spirits. As we reflect on the remarkable journey of The Hans Foundation, I am filled with gratitude and a deep sense of purpose. Our commitment to serving humanity has guided us in making a profound impact on the lives of those we aim to support.

I am pleased to introduce the theme of this year's annual report: 'Through Their Eyes'. This theme invites us to empathise with the individuals we serve and to understand their unique challenges, aspirations and dreams. It reminds us that our work goes beyond mere statistics; it is about the human stories that unfold before us.

In an increasingly interconnected world, non-profit organisations like ours play a pivotal role in addressing global challenges. The Hans Foundation has been at the forefront of this cause, striving to promote sustainable development and an equitable society. Our work aims to transform lives across our nation and leave an indelible mark on a global scale.

The entire world, including India, has seen substantial upheavals in the last couple of years. As the world grappled with change, it has become evident that the foundation of social progress is health and well-being. This has led to an increased centrality of the Health and Wellness pillar in THF's continued journey towards a more equitable society. Groups that have been historically underserved, including persons with disabilities, children, women, and the elderly as well as Rural India have remained constantly at the forefront throughout this shift.

Moreover, this shift has meant a change in our strategy on the ground. While we continue to flourish in partnership with invaluable non-profit partners, The Hans Foundation is now largely implementing its own programmes, with our organisation now having direct connections with the people for whom we work, across all intervention areas. As a result, we have grown from a modest team of around 30 individuals at the start of FY 2021-22 to a robust force of more than 1,500 team members by the close of FY 2022-23.

These profound changes reflect our dedication to creating meaningful change and working directly with communities to uplift lives. The challenges we face as a society are immense and it is through our collective efforts that we can bring

about transformative change. By deeply understanding the needs and aspirations of the communities we serve, we forge deeper connections, build trust and create sustainable change.

Our success is not measured solely in numbers but in the lives we have touched and the hope we have ignited. Through strategic partnership, collaboration, and direct expansion, we have expanded our reach to multiple states, ensuring that our initiatives have a far-reaching and sustainable impact. We have overcome geographical barriers to provide much-needed support to some of the remotest regions of the country. Our strategy has also involved aligning our efforts with the national Aspirational Districts Programme initiative to truly reach the communities most in need of our interventions.

Our endeavours are closely aligned with the United Nations' Sustainable Development Goals (SDGs). We actively contribute to the global agenda of creating a better world for all by addressing key areas such as education, healthcare and livelihood. However, our focus remains firmly rooted in the lives of individuals, ensuring that no one is left behind in our pursuit of a more equitable and compassionate society.

In closing, I extend my gratitude to all our stakeholders - the government as well as our corporate and institutional partner organisations and everyone who has tirelessly worked towards our shared vision. Through your support and collaboration, we have been able to make a meaningful difference: a tapestry of hope and resilience that transcends boundaries and unites us in our shared humanity.

As we embark on this journey, let us be guided by an unwavering commitment to create a lasting, positive impact in the lives of those we serve, and let us never forget to see the world through their eyes.

Warm regards,

Shweta Rawat
Chairperson,
The Hans Foundation

VISIONARY BEGINNINGS

The elegant swan – the ‘hans’ – has long been a spiritual symbol and is attributed to the mythical ability to extract the good from within murky surroundings.

The Hans Foundation is deeply rooted in the legacy of Shri Hans Ji Maharaj and Shri Rajeshwari Devi, spiritual leaders who preached a message of love and universal brotherhood. Under the patronage and guidance of Mata Shri Mangla Ji and Bhole Ji Maharaj and the able leadership of Ms Shweta Rawat, co-founder and chairperson, and Mr Manoj Bhargava, co-founder and prime funder, ‘The Hans Foundation’ was established in 2009, with a commitment to creating a better future.

From the outset, The Hans Foundation recognises the importance of providing both immediate relief and focusing on long-term sustainability and solutions, in the quest for an equitable society. THF’s vision encompasses health and well-being for all, as well as opportunities for every individual in the country: enabling children to pursue their dreams, supporting disabled individuals in realising their aspirations, empowering women to lead themselves and their families towards a brighter future and equipping farmers with the tools and technology to improve their lives. The Hans Foundation has always been a means for many, a vehicle to bring about positive change on a large scale.

Today, The Hans Foundation continues to stand committed to expanding its impact and interventions, with a vision to play a significant role in India’s developmental journey. THF aims to ensure that every Indian has access to all fundamental necessities for a fulfilling and healthy life. We recognise the importance of sustained efforts and strategic partnerships with corporations, civil society organisations (CSOs), NGOs and philanthropic entities to amplify the scale of social transformation programmes.

With clear goals and the means to achieve them, The Hans Foundation continues to work tirelessly for the most vulnerable.



MATA SHRI MANGALA JI & BHOLE JI MAHARAJ

The Hans Foundation holds deep gratitude towards Mata Shri Mangla Ji and Bhole Ji Maharaj, who are a constant source of inspiration and guidance. Their support and patronage are both a privilege and an honour for us. We are privileged to work towards their grand vision for humanity, striving to make a positive impact and bring about meaningful change.

LEADERSHIP

SHWETA RAWAT

Founder and Chairperson, The Hans Foundation

Ms Shweta Rawat is the Chairperson and Founder of The Hans Foundation. Together with Mr Manoj Bhargava, she established The Hans Foundation (THF) in 2009 and has been instrumental in shaping the organisation's goals and direction.

A dedicated advocate for social change, Ms Rawat leads the organisation's efforts to improve the quality of life for the underprivileged. Since its inception, The Hans Foundation has worked on various social initiatives and projects in healthcare, livelihood and education, with a particular focus on women empowerment and disability rights, which are topics of personal interest and significance to Ms Rawat.





MANOJ BHARGAVA

Founder and Principal Donor

Mr Manoj Bhargava is a renowned philanthropist and entrepreneur, best known as the founder and CEO of 5-hour Energy, a popular 2-ounce energy shot. Originally from Lucknow, India, he relocated to the United States with his family during his childhood. Following his college education, he returned to India and spent the next 12 years living as a monk, immersing himself in the realities of the country and developing a deep connection with its people.

Even after achieving financial success upon his return to America, Mr Bhargava's passion for serving others remained consistent. He is recognised as one of the members of the Giving Pledge campaign, through which he has committed to donating 99% of his net worth to philanthropic causes. His dedication to making a positive impact continues to drive his philanthropic endeavours.



GLIMPSE OF HOPE



HEALTH & DISABILITY

THF is dedicated to providing access to quality primary, secondary and tertiary healthcare for underserved populations. THF prioritises the overall wellness of individuals, with a special focus on child health, mental wellness, and people with disabilities. The goal is to ensure that everyone has access to essential healthcare services regardless of their gender, socio-economic background, and barriers to access and inclusion are removed from the path of those especially disadvantaged. Disability and disability rights, specifically, have long been an area of cross-sector focus for the foundation, and THF continues to work towards a life filled with dignity and devoid of discrimination for persons with disabilities.



EDUCATION

THF strongly supports quality and accessible education for children from socially disadvantaged backgrounds and underdeveloped areas. We recognise the importance of education in breaking the cycle of poverty and creating opportunities for a brighter future. Through various initiatives, THF provides necessary resources, infrastructure and support to ensure that every child has equal access to education.

 **LIVELIHOOD**

THF is actively involved in promoting sustainable livelihoods for poverty alleviation. THF achieves this by forming community groups, facilitating financial inclusion and providing skill development opportunities for marginalised individuals. The focus is on empowering these individuals to become self-reliant and economically independent.

 **DISASTER RELIEF & CLIMATE ACTION**

THF is committed to responding to, mitigating, and aiding in the recovery of communities impacted by natural and man-made disasters, including the looming spectre of climate crisis across India. It works tirelessly to provide immediate relief to affected areas, ensuring the safety and well-being of individuals. Additionally, THF focuses on long-term recovery efforts, helping communities rebuild and become more resilient in future disasters.

NUMBER OF BENEFICIARIES	HEALTH & DISABILITY	11,78,960
	EDUCATION	2,58,000
	LIVELIHOOD	17,310
	DISASTER RELIEF & CLIMATE ACTION	24,911

AN OUTLOOK ON **SUSTAINABLE DEVELOPMENT**

In a world where the delicate balance of nature is under threat, UN Sustainable Development Goals present a vision that transcends borders and unites humanity in a common purpose: to create a future where economic growth, social progress and environmental protection coexist harmoniously. The UNSDGs achieved through our programmes include:



End poverty
in all its forms
everywhere



End hunger,
achieve food
security and
improved
nutrition



Ensure healthy
lives and promote
well-being for all
at all ages



Ensure inclusive and
equitable quality
education and promote
lifelong learning
opportunities for all



Achieve gender
equality and
empower all
women and girls



Ensure availability
and sustainable
management of
water and sanitation
for all



Take urgent
action to combat
climate change
and its impacts



Protect, restore and
promote sustainable
use of terrestrial
ecosystems

Health refers to a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity. It encompasses various aspects, including physical fitness, mental wellness and social connections, all of which contribute to an individual's overall quality of life. People with both visible and invisible disabilities often encounter barriers that limit their full participation in society. These barriers can include inaccessible infrastructure, discriminatory attitudes, lack of inclusive policies and limited access to healthcare and support services. Addressing these challenges is crucial for promoting inclusivity and ensuring equal opportunities for all.



NUMBER OF BENEFICIARIES

11,78,960



BUDGET ALLOCATED

₹ 288.40 Cr



SDGs ACHIEVED





ENVISIONING EQUAL ACCESS TO HEALTH

Health

Disability

MOBILE MEDICAL UNITS

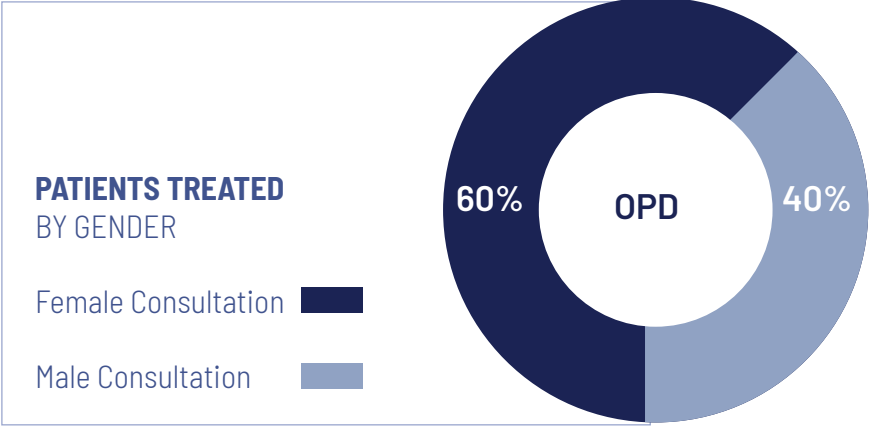
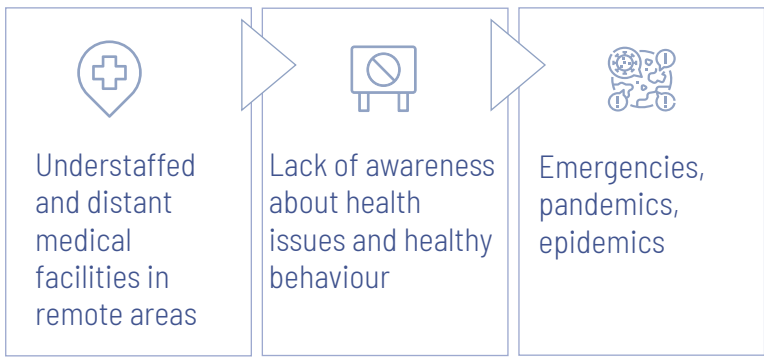
Revolutionising Rural Healthcare through Clinics on Wheels

Mobile Medical Units (MMUs) are healthcare delivery models that provide last-mile connectivity and essential healthcare services to underprivileged and marginalised communities, particularly those residing in remote rural areas. They offer primary treatment, diagnostic tests and medication, addressing the shortage of specialised healthcare personnel and improving health-seeking behaviours in these communities.

THF has assembled a multidisciplinary team of public health and social impact professionals to bring this vision to life. Their collective expertise is being harnessed to develop a comprehensive intervention for rural healthcare, with MMUs at the heart of it.



PROBLEM STATEMENT



ACTION

Access to healthcare is a basic right for all and The Hans Foundation has embarked on a mission to bridge the gap and bring medical services to underserved communities.

The intervention begins by conducting a comprehensive needs assessment, delving into the depths of data and analysing demographic information, health indicators and geographical factors. This process allows THF to identify regions with limited access to healthcare services, where the MMUs would make the most significant impact.

The MMUs are equipped with essential medical equipment, and diagnostic tools, ensuring comprehensive primary healthcare in remote areas regardless of diverse terrains and harsh environmental conditions. With the MMUs ready for action, attention is turned to staffing and training. THF handpicks a team of qualified healthcare professionals, including doctors, nurses and paramedics, who share

a passion for serving the underserved. These individuals undergo specialised training in emergency response, telemedicine and community outreach, ensuring they are equipped to handle any situation that arises. The organisation also understands the importance of collaboration and knowledge exchange. It fosters partnerships with local healthcare institutions, facilitating ongoing capacity building and sharing of best practices. This collaborative approach ensures that the MMUs operate at the highest care standard.

To create awareness and encourage healthcare-seeking behaviour, THF has organised extensive outreach campaigns. These campaigns educate communities about the availability and benefits of the MMUs, dispelling any doubts or misconceptions. THF forges partnerships with local community organisations and schools, in addition to organising health camps and medical screenings in collaboration with local authorities. These initiatives also help identify high-risk individuals who require specialised care.

The team plans the deployment of the MMUs to the targeted areas, ensuring that the units are strategically placed based on the needs assessment and ongoing monitoring of healthcare demands.

The MMUs become beacons of hope, offering primary healthcare services, including preventive care, basic diagnostics and treatment for common ailments. They facilitate consultations with specialists, ensuring that even the most complex cases receive the attention they deserve. For cases requiring advanced treatment or surgical interventions, they facilitate referrals to higher-level healthcare facilities, ensuring that no patient is left behind. THF's dream of accessible healthcare for all is slowly taking the steps to become a reality.



IMPACT



Improved Access to Healthcare:

- MMUs significantly increase the access to healthcare services in remote and underserved areas.
- They reduce travel time and costs for patients, enabling them to receive timely medical attention.
- They bridge the healthcare gap by reaching populations previously unable to access healthcare facilities.



Health Promotion and Disease Prevention:

- MMUs have conducted health education programmes, raising awareness about preventive measures and promoting healthy lifestyles.
- They increase awareness about vaccination leading to increased vaccination coverage and immunisation rates, leading to a decline in vaccine-preventable diseases.
- They identify and address public health concerns through community engagement and targeted interventions.

ACHIEVEMENTS

94%



94% of MMUs are Classified as 'Excellent' for patient-centric approach & professional conduct

90%



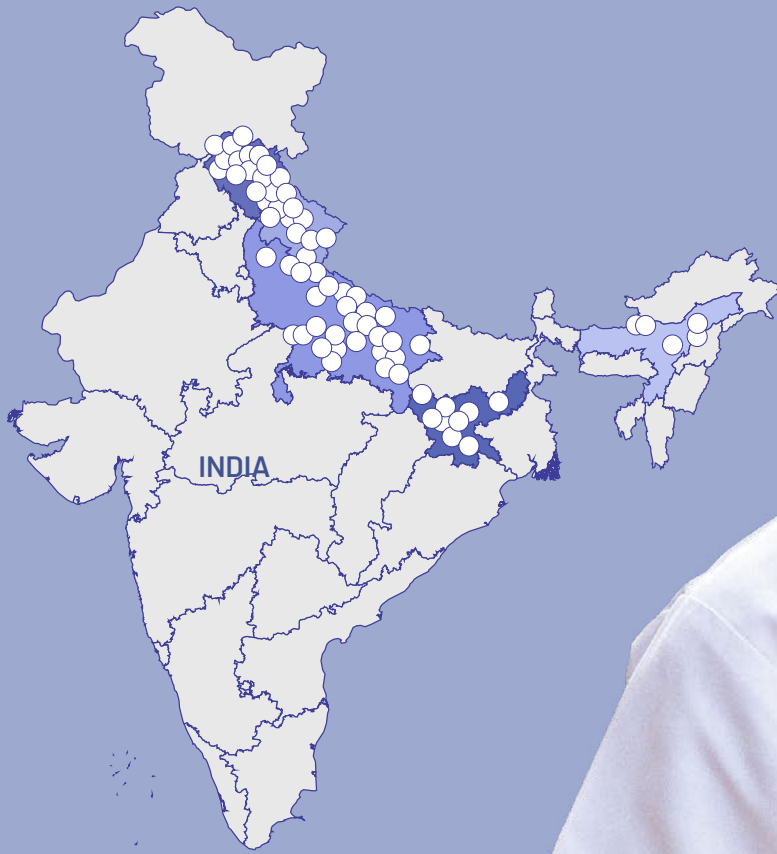
90% of elderly individuals reported 'Excellent' for improved health conditions through MMU services

71%



Reduced out-of-pocket expenses by 71% through the MMU Programme for the Elderly.





BENEFICIARY REACH

A total of 261 MMU vehicles provided primary health services during FY 2022-23 in 7 states namely Assam (10), Himachal Pradesh (46), Jharkhand (60), Nagaland (09), Punjab (10), Uttarakhand (52) and Uttar Pradesh (74).

NO. OF PATIENTS

3,49,504
UTTARAKHAND

2,92,382
UTTAR PRADESH

2,15,715
HIMACHAL PRADESH

1,75,155
JHARKHAND

17,347
NAGALAND

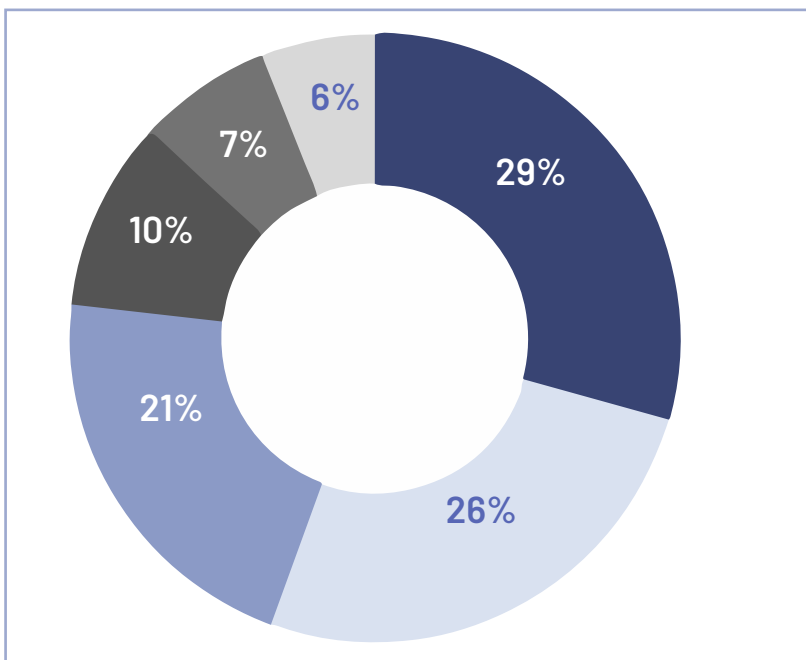
8,210
ASSAM

1,807
PUNJAB

10,60,120
TOTAL

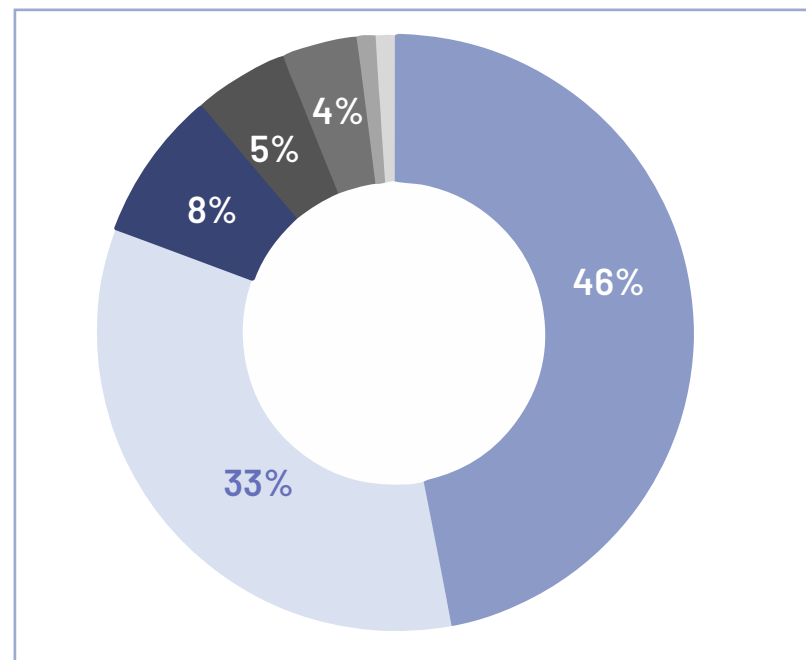
DISEASE PREVALENCE

Amongst Communicable diseases, Cough/Cold/fever (46%) and Skin diseases (33%) are most prevalent. Skin disease is most prevalent in Uttar Pradesh. Among Non-Communicable diseases Anaemia (29%), Hypertension (26%) and Diabetes (21%) are the most prevalent diseases. Anaemia is reported in high numbers from Uttar Pradesh and Jharkhand; a high number of Hypertension and Diabetes cases are reported from Himachal Pradesh and Uttar Pradesh, respectively.



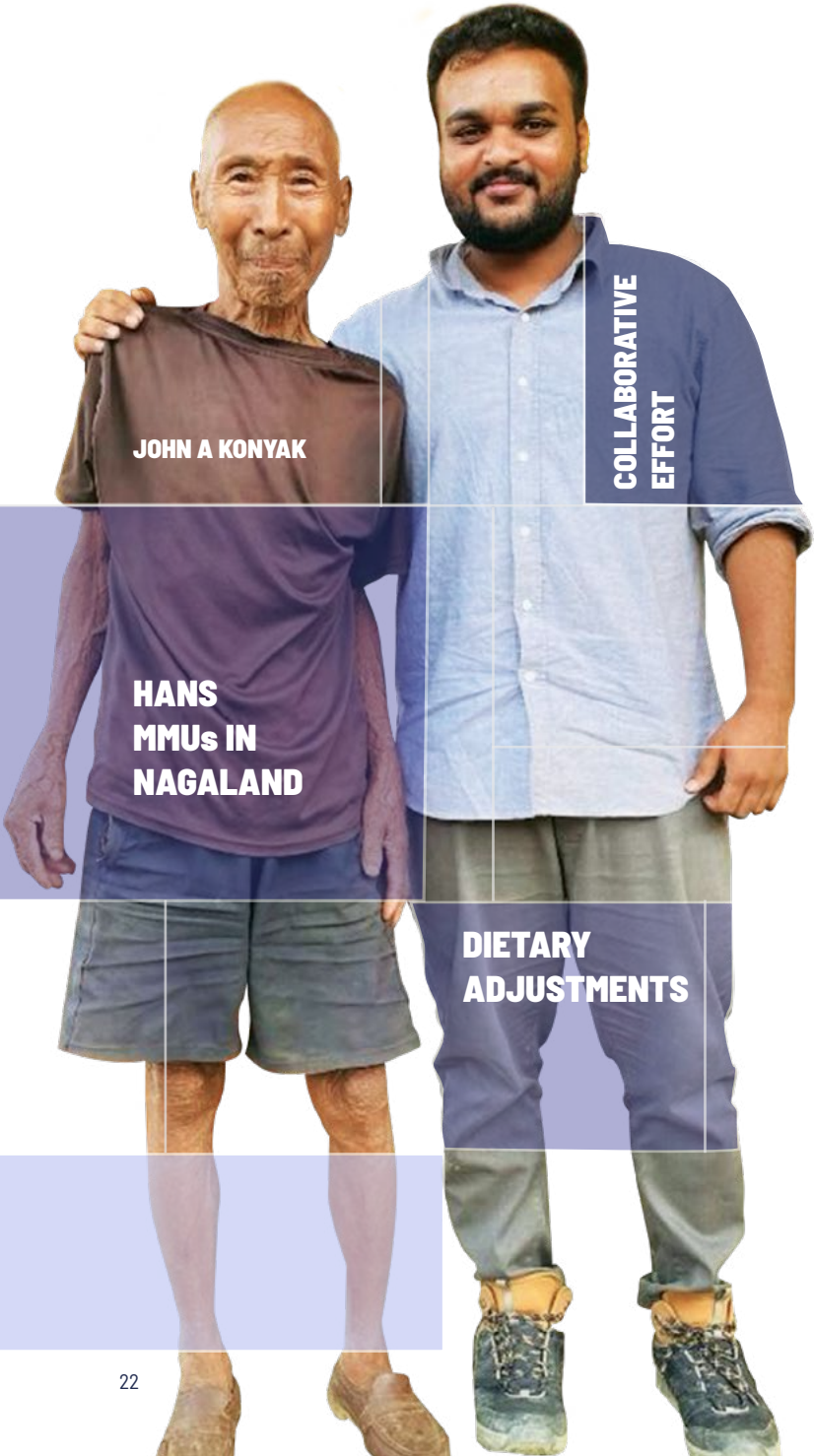
NON-COMMUNICABLE DISEASES

Anaemia	29%	
Hypertension	26%	
Diabetes	21%	
Dental	10%	
Liver disease	07%	
Asthma	06%	



COMMUNICABLE DISEASES

Cough/Cold/Fever	46%	
Skin	33%	
Eye	08%	
Urinary	05%	
Diarrhoea	04%	
ESR	01%	
Respiratory tract	01%	



JOHN A KONYAK

**HANS
MMUs IN
NAGALAND**

**COLLABORATIVE
EFFORT**

**DIETARY
ADJUSTMENTS**

01

CASE STUDY

In the heart of our small, close-knit community, I, Mr John A Konyak, have been a member of the community for decades. However, my health took a devastating turn when I was diagnosed with acute kidney injury. This condition left me bedridden and completely dependent on the support of my family and neighbours. It was a challenging time not just for me, but for everyone around me, as they rallied together to provide me with the care and companionship I needed.

During a health camp organised by the Hans MMUs in Nagaland project, the village health chairman informed the team about my condition. Recognising the gravity of the situation, the Hans MMU team went above and beyond their usual duties to help me. They visited my home to assess my condition and needs, providing not only medical treatment but also initiating a personalised care plan. This included medication management, regular monitoring of vital signs and dietary adjustments to support my recovery.

Thanks to the collaborative effort, I made a remarkable recovery. I transitioned from being bedridden to being able to walk short distances with assistance. My improved physical and emotional well-being is evident to all who know me. With the involvement of the Hans Foundation, our community's health outlook has undergone a significant transformation. The awareness and access to healthcare resources has increased, benefiting not just me but also those around me.

02

CASE STUDY

My name is Israji Devi and I am a 63-year-old woman living in the village of Ghorahat in the Karchhana block of Prayagraj district. For the past few years, I have been battling with diabetes and high blood pressure. The cost of treatment and medication was a significant financial burden for me and I couldn't afford to go to the hospital regularly.

In 2021, I was fortunate to learn about the Hans Mobile Medical Unit (MMU) programme. I started visiting the MMU regularly and received much-needed treatment for my diabetes and high blood pressure. The doctors and healthcare professionals at the MMU were incredibly kind and knowledgeable. They not only provided me with medication but also gave me valuable advice on diet and lifestyle changes that could improve my health.

After 18 months of consistent treatment at the MMU, my health has improved significantly. My blood sugar levels are now under control and my blood pressure is within the normal range. I feel more energetic and healthier. I am truly grateful for the help and support I have received from the Hans MMU.



HELP & SUPPORT

ISRAJI DEVI

**MOBILE
MEDICAL
UNIT**

**CONSISTENT
TREATMENT**

**PRAVAGRAJ
DISTRICT**

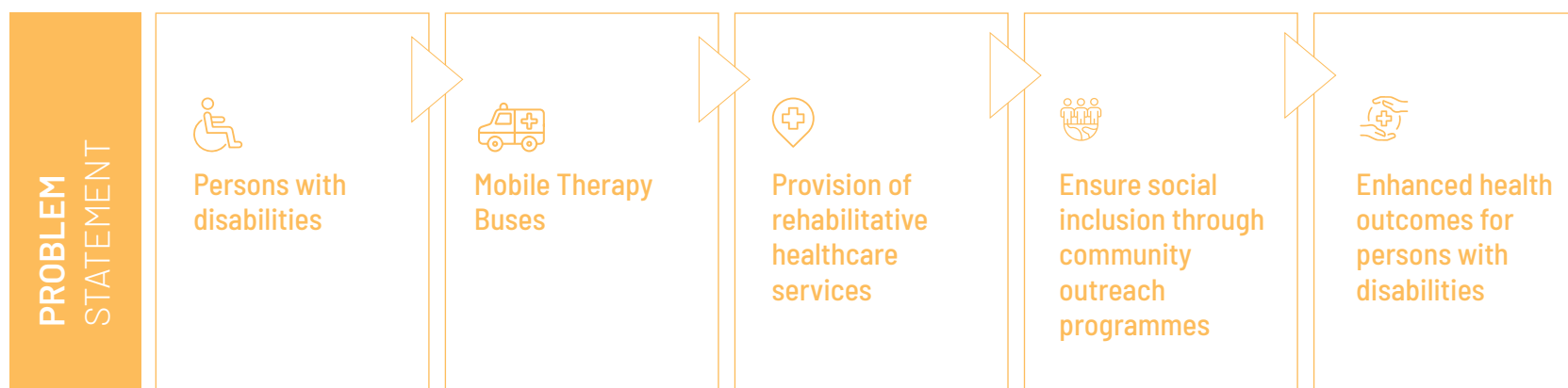
MOBILE THERAPY BUS

Community Outreach Services for Persons with Disabilities at their Doorstep

The mission is to ensure accessible and comprehensive healthcare for all, with a particular focus on understanding the challenges faced by persons with disabilities. Drawing inspiration from The Hans Foundation's mobile medical model and considering the Indian context, where essential services for persons with disabilities are often lacking at the community level, THF has introduced an innovative model. This involves the implementation of Mobile Therapy Buses, a collaborative effort between The Hans Foundation (THF) and the National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID).

The goal is to address barriers to quality healthcare, such as poverty, lack of information, and limited infrastructure, by bringing supportive services, including rehabilitative healthcare, directly to the doorsteps of marginalised communities. The initiative aims to enhance the health and overall well-being of persons with disabilities, ensuring their social inclusion through community outreach programmes.





ACTION

The Hans Foundation aims to create a sustainable and impactful mobile therapy unit programme. These units are designed and refurbished to serve as fully equipped vehicles, providing essential infrastructure for early intervention and rehabilitation services. Utilising advanced assessment tools and techniques, the mobile units ensure comprehensive service provision to individuals with various types of disabilities, including intellectual disability, physical/locomotor disability, mental health issues, hearing and speech impairment, visual impairment, autism, cerebral palsy, multiple disabilities and learning disabilities, as defined in RPWD Act, 2016.

To ensure the delivery of high-quality services, THF recruits a team of qualified professionals, including special educators, speech therapists, psychologists and , and doctors available as required. These professionals undergo comprehensive training to enhance their skills and knowledge in delivering effective rehabilitation services. The mobile therapy units follow a zero-rejection approach, ensuring that no individual is denied services based on their disability. This inclusive approach promotes equal access to healthcare and support for all individuals with disabilities in the targeted communities.

A key feature of the mobile therapy units is the provision of doorstep services for individuals with high support needs, who are unable to access traditional healthcare facilities. By reaching out to these individuals in their own homes, the mobile units ensure that they receive the necessary intervention and rehabilitation services in a comfortable and familiar environment. This personalised approach

enhances the effectiveness of the services provided and contributes to improved outcomes for individuals with disabilities. Community Awareness is also an integral part of the programme. The therapy bus professionals work closely with both the families of the persons with disabilities, as well as general community to demystify and help reduce the stigma around the topic.

In collaboration with local authorities and the community, the mobile therapy units will establish four resource centres. These centres will serve as hubs for rehabilitation services and other support for persons with disabilities. By empowering local individuals and organisations to manage these centres, THF aims to ensure the sustainability of services beyond the initial three-year project period. These future resource centres will play a crucial role in promoting inclusivity and empowerment within the community, fostering a supportive environment for individuals with disabilities.

To monitor and evaluate the progress and impact of the mobile therapy units, THF collaborates with the National Institute for the Empowerment of Persons with Intellectual Disabilities (NIEPID). Together, they are establishing a robust monitoring and evaluation system. This system is tracking the progress of the mobile therapy units, assessing the impact of services provided, and identifying areas for improvement. Regular reviews and joint meetings are being conducted to ensure the effective implementation of the programme and to make any necessary adjustments to enhance its impact.

IMPACT



Improved Access to Healthcare:

- Mobile therapy units significantly improve access to healthcare services for individuals with disabilities in marginalised communities.
- By reaching out to these communities, the units bridge the gap between healthcare providers and individuals who previously faced barriers in accessing services.



Enhanced Rehabilitation Services:

- The comprehensive therapeutic services provided by the mobile therapy units positively impact the rehabilitation outcomes of individuals with disabilities.
- Through a multidisciplinary approach, these units address the specific needs of each individual, leading to improved functional abilities and overall well-being.



Empowerment and Social Inclusion:

- The mobile therapy units play a crucial role in empowering individuals with disabilities and promoting their social inclusion.
- By providing counselling, guidance and support, these units help individuals with mental health issues and other disabilities to lead valued and productive lives within their communities.



Community Engagement and Awareness:

- The mass awareness and sensitisation programmes conducted by the mobile therapy units create a ripple effect in the community.
- These programmes not only increase awareness about disabilities but also foster a more inclusive and supportive environment for individuals with disabilities.



Strengthened Collaboration:

- The collaboration between THF, NIEPID and local resources strengthens the overall impact of the mobile therapy units.
- By leveraging existing infrastructure and resources, these units reach a larger population and provide more comprehensive services.



01

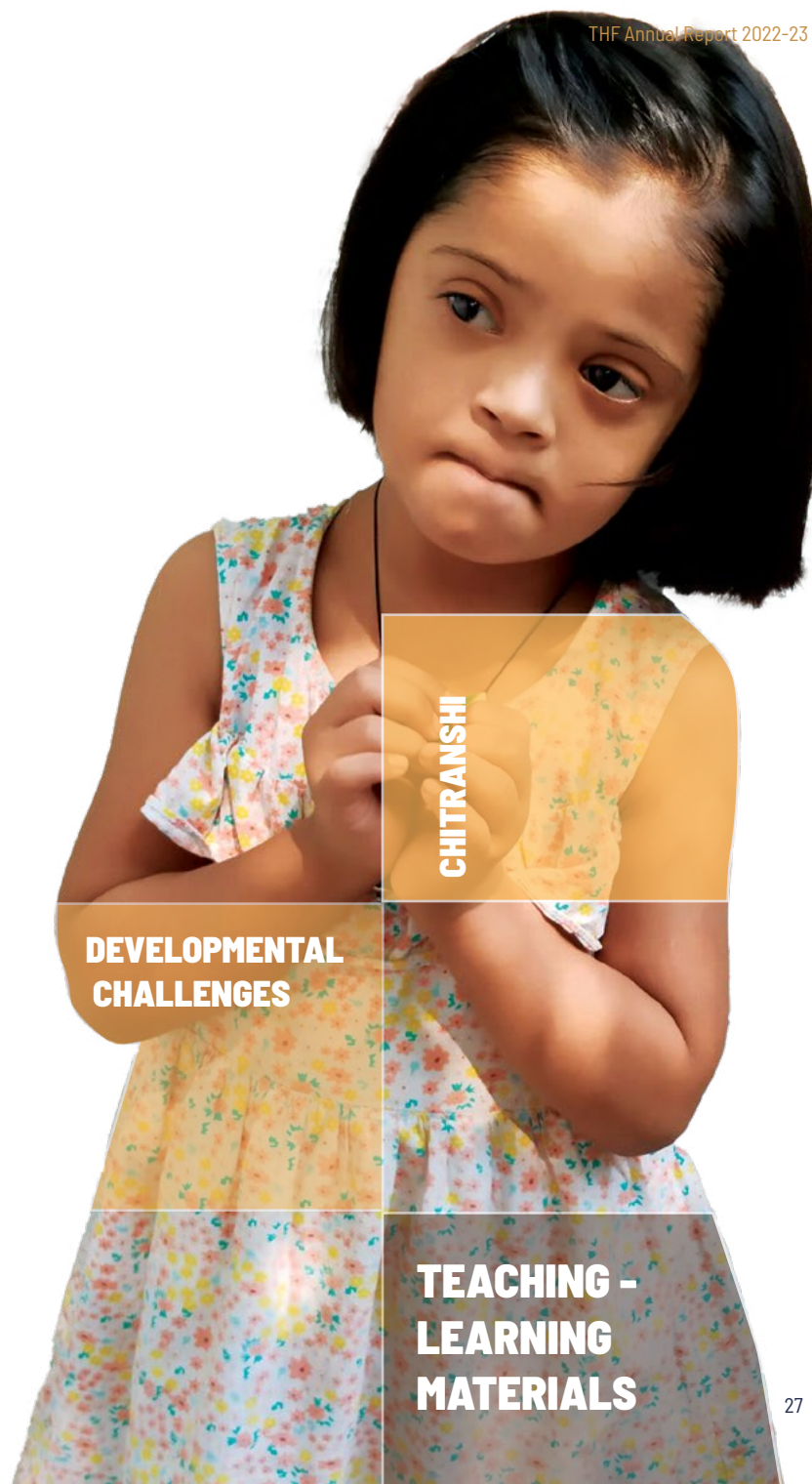
CASE STUDY

I am Chitranshi's mother, Mrs Prabha Singh. Before becoming involved in the project, my husband and I noticed that Chitranshi was facing developmental challenges. She struggled to understand things like other children her age, and her milestones were delayed. Concerned, I sought advice from doctors, but we remained unsure about how to help her. Despite visiting various hospitals and doctors in our village, we couldn't find the regular support and therapies that Chitranshi needed.

Adding to our difficulties, my husband had an accident and couldn't work for six months. This financial setback made it even more challenging for us to afford the therapies Chitranshi required. However, during this difficult time, an ICD worker informed me about The Hans Foundation's Therapy Bus project. This brought a ray of hope into our lives.

Chitranshi was referred to the project by the ICD worker, and since then, I have regularly brought her to the therapy bus for support. The project team identified several issues that Chitranshi was facing, including difficulty in communication, comprehension, sitting in one place, performing activities of daily living, and behavioral issues. They provided her with therapies and counseling sessions and even selected her to receive Teaching-Learning Materials (TLM), distributed by NIEPID from The Hans Foundation's project to improve her skills and abilities.

The support and guidance we are receiving from the project is instrumental in Chitranshi's transformation. The therapy sessions, coupled with continuous counseling for me as a parent, help build my trust in the project team. I am now confident that each session contributes to Chitranshi's well-being and development.



CHITRANSHI

DEVELOPMENTAL
CHALLENGES

TEACHING -
LEARNING
MATERIALS

HANS WELLNESS CENTRES FOR SCHOOLS

Transforming
Student
Communities



3 GOOD HEALTH
AND WELL-BEING

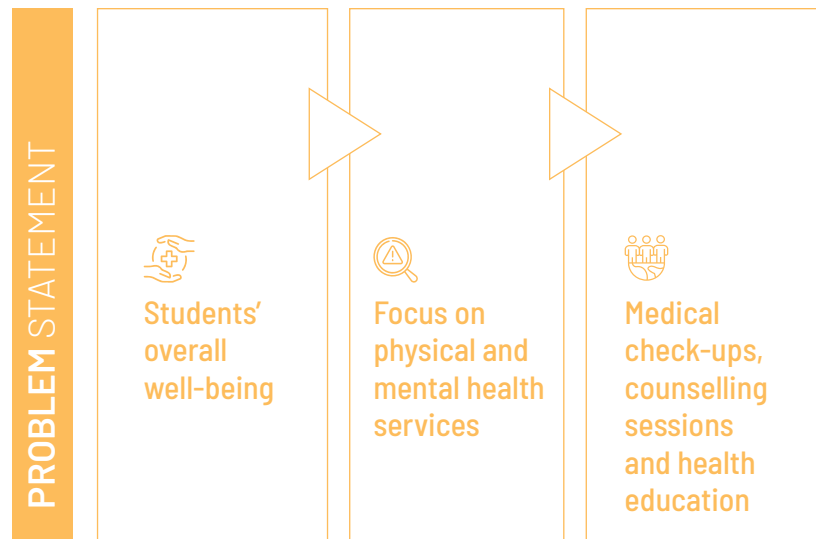


5 GENDER
EQUALITY

GEOGRAPHIC PRESENCE	
State	No. of Centre
Haryana	03
Delhi	04
Total	07

ACTION

The Hans Wellness Centres for Schools (HWCS) is an initiative aimed at providing physical and mental health services to children in schools. It focuses on promoting health, preventing illnesses and improving students' overall well-being. The HWCS operates through a team of healthcare professionals, including doctors, nurses and counsellors while utilising existing infrastructure in schools. The project aligns with Sustainable Development Goal 3, which emphasises ensuring healthy lives and promoting well-being for all.



The proposed interventions of the Hans Wellness Centres for Schools include developing health-seeking, health-promotive and disease-preventive behaviour among children. The centres offer a range of services, including regular screenings, primary treatment through outpatient departments (OPD), first aid, dispensing essential medicines and nutritional supplements, referrals to secondary and tertiary hospitals and regular follow-up and health awareness programmes. Additionally, the centres focus on providing life skill education to students, addressing issues such as peer pressure, self-esteem, interpersonal relationships, adolescent and reproductive health, substance misuse management and stress and anxiety coping mechanisms.

The staff structure of the Hans Wellness Centres for Schools consists of health professionals responsible for delivering healthcare services and counselling students. The centres are equipped with the necessary infrastructure, including separate rooms for screening, counselling and medicine dispensing. Each child's health portfolio is maintained through their school health card digitally alongside physical copies.

IMPACT

Improved Health-Seeking Behaviour:

- The presence of HWCs in schools enhances the health-seeking behaviour among students. They are more aware of their well-being and actively seek healthcare services when needed.
- This results in early detection and management of health issues, leading to improved overall health outcomes.

KEY ACTIVITIES

597 GROUP COUNSELLING SESSIONS

57 AWARENESS PROGRAMME

07 PARENT TEACHER COUNSELLING SESSIONS

682 DOCTOR OPD - PARENTS/TEACHERS

646 DOCTOR OPD STUDENTS

REGISTERED STUDENTS
1,785



Promotion of Healthy Habits:

- Through health promotion activities and education, HWCs play a crucial role in promoting healthy habits among students.
- They learn about healthy eating, and safe internet use and develop a preference for long-term satisfaction over instant gratification. This contributes to their overall well-being and development.

Enhanced Interpersonal Relationships:

- HWCs contribute to improved interpersonal relationships among students. They learn empathy, resilience and develop positive body image.
- This fosters a supportive and inclusive school environment, promoting overall mental well-being.

Community Impact:

- The impact of HWCs extends beyond individual students. The involvement of parents through livelihood programmes and inclusive education initiatives creates a positive impact on the community.
- This addresses socio-economic challenges and promotes overall well-being at the family and community levels.

Better Academic Performance:

- The presence of HWCs in schools shows positive effects on academic performance. Students in good health are better learners, leading to improved educational outcomes.
- HWCs contribute to creating a conducive environment for learning and growth.



INSTITUTIONAL HEALTHCARE

*Nurturing
Wellbeing*

Institutional healthcare refers to the provision of medical services and care within a formal healthcare institution, such as hospitals, clinics, nursing homes and other healthcare facilities. It involves a structured and organised approach to delivering healthcare services, often involving a team of healthcare professionals, specialised equipment and a range of medical treatments and interventions. While mobile medical units are innovative and effective at reaching the last mile, healthcare institutions remain important for complete and holistic wellbeing. These institutions have larger infrastructure and staffing and hence be better equipped to handle medical emergencies and provide critical care services, as well as more specialised tertiary care.



STRENGTHENING PUBLIC HEALTH INFRASTRUCTURE



The Hans Foundation works with the government to strengthen the public health infrastructure through operational support for running Primary Health Centres, Community Health Centers, as well as Sub-Centres in some of the most remote parts of the country. These health centres play a major role in helping the government make healthcare accessible to the underserved.



GEOGRAPHIC PRESENCE

State	No. of Centres
Nagaland	02
Assam	01
Uttarakhand	03
Punjab	01
Meghalaya	26
Total	07

As of April 1, 2022 to March 31, 2023

SUB CENTRES IN MEGHALAYA

ACTION

The Hans Foundation collaborated with the Government of Meghalaya to enhance, operationalise and run 50 Health sub-centres in Meghalaya over the coming years. This initiative aims to address the basic healthcare needs of the general public, especially those residing in rural and remote areas. The envisioned state-wide programme prioritises improvements in maternal mortality rates and overall health indicators.

As of March 31, 2023, THF has activated 26 sub-centres across the state, bringing them to various levels of functionality. These sub-centres diligently follow the Ayushman Bharat guidelines, with 13 providing expanded services and 12 dedicating to labour rooms, facilitating safe deliveries.

By addressing infrastructure gaps, ensuring medicine availability and intensifying behaviour change communication efforts, the intervention seeks to enhance the overall healthcare experience and outcomes for the target population.

IMPACT

THE SUB-CENTRES CATER
TO A POPULATION OF OVER

**1,20,000 PEOPLE
FROM
400 VILLAGES**



PRIMARY HEALTH CENTRE PESSAO, NAGALAND

ACTION

In Pessao, a remote village in the Mon district of Nagaland, The Hans Foundation works to strengthen the Primary Health Centre (PHC) by taking several key actions to address healthcare challenges in the village and its surrounding areas.

These include infrastructure development, with ongoing civil work to establish a fully functional PHC expected to be completed by January 2024. Capacity-building initiatives include training PHC staff, frontline functionaries and the local community to equip them with the necessary skills for effective PHC management. Efforts to improve hygiene and sanitation, increase the percentage of households with toilets and promote proper waste management practices are in progress. Additionally, measures are taken to ensure access to safe drinking water, reducing the risk of waterborne diseases.

IMPACT

1927 BENEFICIARIES FROM 6 VILLAGES

WERE TREATED IN FY 2022-23



PRIMARY HEALTH CENTRE KHATI, UTTARAKHAND



ACTION

The PHC Khati in the Bageshwar district of Uttarakhand, was established as a model primary health centre (PHC) under the Public-Private Partnership (PPP) model. The Hans Foundation collaborates with the government to enhance healthcare services in the remote villages of the Pindar Valley. This effort includes ensuring 24-hour availability of doctors, establishing a laboratory for disease diagnosis and conducting outreach camps. The PHC prioritises strengthening services for marginalised women and adolescent girls by enhancing staff capacity, establishing a clinic and managing the drug supply chain. Additionally, it implemented a quality assurance programme, that conducts regular reviews and provides feedback, resulting in improved care and reduced stock-out situations.

IMPACT

IMPROVED ACCESS
TO HEALTHCARE FOR

~16,000

PATIENTS

01

CASE STUDY

My name is Geeta Devi. I was diagnosed with anaemia during my first pregnancy. Despite taking IFA tablets and other supplements, my haemoglobin levels did not improve. The PHC Khati team recommended admission to the district hospital in Bageshwar to manage delivery risks. My due date was in the first week of June and my family planned to travel on the 2nd and 3rd of June.

However, unexpected snowfall blocked the roads, preventing us from reaching the hospital on time. Panic set in as contractions started. Desperate, my husband contacted the local sub-centre in Badiyakot, managed by PHC Khati. This sub-centre, as a part of their outreach programme, provided essential healthcare to remote communities. Nurses Ganga and Pooja, with expertise in maternity care, became our only hope. Desperate, my husband contacted the local sub-centre in Badiyakot. This sub-centre is managed by THF as part of the outreach activities of the PHC Khati programme part of their outreach programme, providing essential healthcare services to remote communities. The nursing staff at the sub-centre had experience in maternity care and was our only hope in this critical situation.

We rushed to the sub-centre, where they quickly assessed my condition. They informed my family that there was no time to reach PHC Khati due to the bad weather. Under their expert care, I safely delivered a healthy baby boy. Complications arose as my placenta got stuck, causing extreme pain. Nurses Pooja and Ganga used their experience to address the issue. Immediate postnatal care was provided, and we stayed at the sub-centre for 36 hours before being shifted to PHC Khati. When we finally reached the hospital, both of us were in stable condition. I am forever grateful to the nursing staff for their exceptional care and support during this miraculous rainstorm delivery.



PRIVATE STANDALONE CLINICS

While government health centres stand as strong pillars supporting institutional healthcare, The Hans Foundation also understands the need for a model consisting of private standalone clinics to further the health and wellbeing outcomes for underserved populations THF continues to work in this model.

HANS SRI SUDAMA MEHTA HOSPITAL

BEH CHUHAR, PUNJAB

ACTION

Located in Hoshiarpur District, Punjab, the clinic takes several proactive measures to enhance healthcare services in the region. Since its establishment in 2017, the clinic has offered advanced medical facilities such as laboratory tests, X-ray services, physiotherapy, dental care, pharmacy and a mobile medical van.

Additionally, THF is planning to add Eye and ENT services in October 2023 as well as 40 new Mobile Medical Units (MMUs) to provide healthcare coverage to over 900 surrounding villages.

IMPACT

- 51,092 patient visits during FY 2022-23.
- The mobile medical unit has extended healthcare access to more than 40 villages, ensuring that people in remote areas can receive timely medical care.
- The availability of advanced medical facilities, including diagnostics and physiotherapy, has contributed to improved health outcomes in the region, enabling early detection, effective treatment and better management of health conditions.



4,525

PHYSIOTHERAPY SESSIONS CONDUCTED

16,000

INDIVIDUALS BENEFITTED, INCLUDING PREGNANT WOMEN, LACTATING MOTHERS, ADOLESCENT GIRLS, CHILDREN AND THE ELDERLY

MASOOM HEALTH CENTRE

CHOUPARAN, JHARKHAND

ACTION

The Hans Foundation is working in partnership with Masoom Health Centre (MHC) to enhance access to quality healthcare services for marginalised communities in Chouparan block, Hazaribagh district, Jharkhand. The centre offers outpatient services, post-natal care, minor surgeries, radiology, pathology and physiotherapy services. Additionally it actively engages in health awareness campaigns to promote immunisation, safe delivery practices, breastfeeding and sanitation.

Collaborating with healthcare workers, such as ASHAs and nurses, MHC aims to break social barriers and improve marginalised groups' health and nutrition status. Supported by THF, MHC's initiatives have significantly improved the overall health and hygiene of underprivileged communities in Chouparan Block.

1,43,663*

TREATMENT SESSIONS CONDUCTED BY MASOOM HEALTH CENTRE

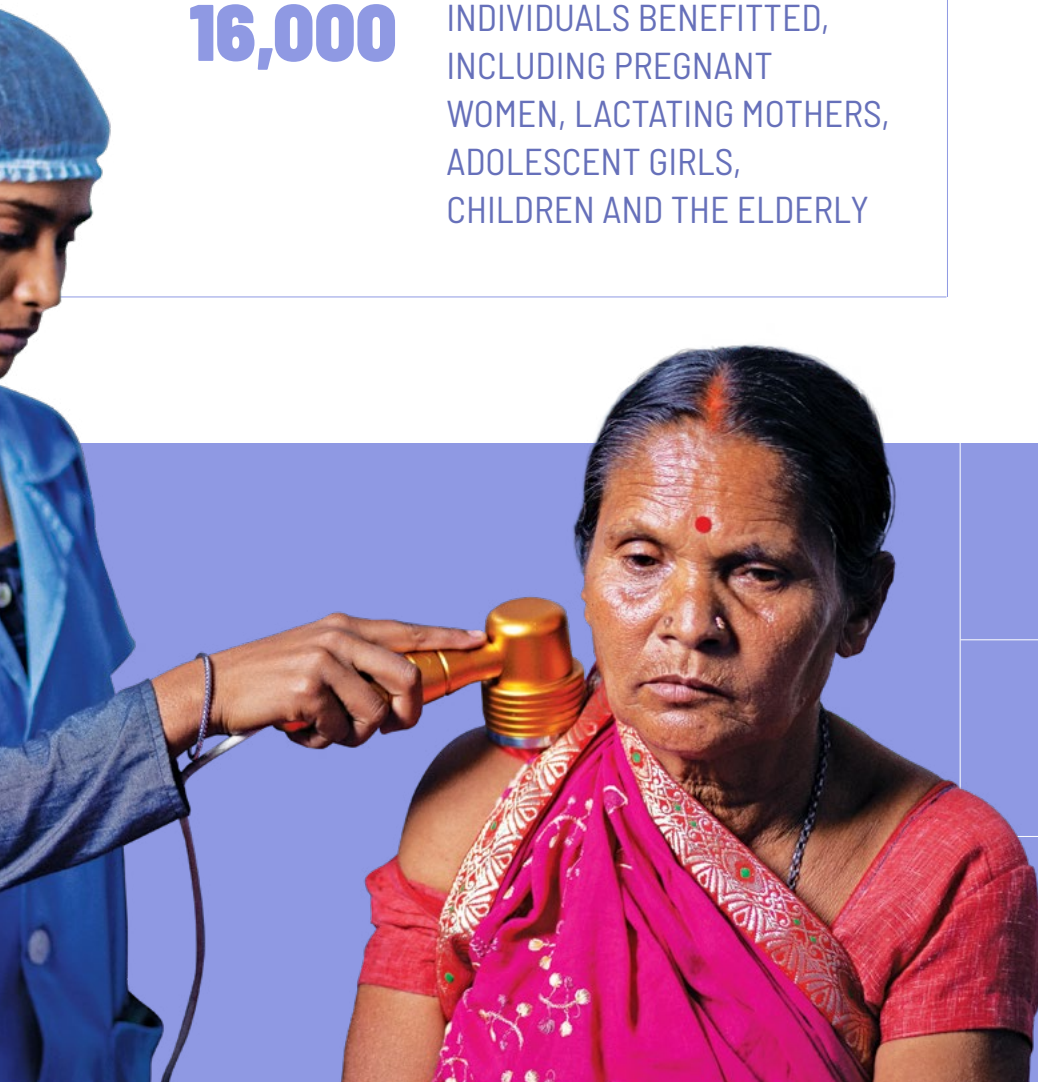
50,460

PATIENTS CATERED TO THROUGH ITS PATHOLOGICAL DIAGNOSTIC TEST CENTRE

~27,623

RADIOLOGY TESTS CONDUCTED

* April 2014 to March 2023



DIALYSIS CARE

Redefining Dialysis Excellence

The Renal Care Centres, operating under both the Government Hospital model and the Standalone Private model, collaborate closely with the respective governments and healthcare authorities to ensure the provision of cost-effective dialysis care for patients in a smooth manner. The recruitment and training of skilled personnel and the provision of necessary infrastructure and equipment are key priorities for these centres.

PROBLEM STATEMENT



Government Hospital Model and Standalone Private Model



Personalised treatment plans, regular monitoring and patient support services



Cost-effective dialysis care

GEOGRAPHICAL PRESENCE

State

Himachal Pradesh
Uttarakand
Punjab

Total

No. of Centers

10
13
01
24



ACTION

Working closely with the governments, the Hans Renal Care Centres (HRCCs) in both the Uttarakhand and Himachal Pradesh (HP) are dedicated to providing accessible and high-quality dialysis services to patients. In the UK, the Hans Renal Care Centres are establishing 13 district-level dialysis units, each equipped with 3 haemodialysis machines. These units are strategically located in district hospitals to ensure convenient access for Chronic Kidney Disease (CKD) patients residing in different regions. Similarly, in Himachal Pradesh, 10 dialysis units have been set up in government hospitals across the state, with a minimum of 3 dialysis machines in each unit. Operations in both states collaborate closely with the respective governments, such as the Department of Health and Family Welfare (DoMH&FW) in HP and relevant healthcare authorities in the UK, to ensure smooth operations. The governments provide the necessary space, power, water supply and other approvals for the functioning of the dialysis centres, as well as assistance with registration and regulatory compliance.

In addition to the model working in collaboration with governments, The Hans Foundation also operates Hans Renal Care Centres as standalone private dialysis centres. Centres under this model are operational in Dehradun, Uttarakhand and Beh Chuhar, Punjab, and also actively working to address the increased burden of chronic kidney disease (CKD) in their regions.

The Renal Care Centres prioritise recruiting and training skilled personnel, including nephrologists, medical officers, dialysis technicians, nurses, ward boys and administrators. The recruitment process is conducted in collaboration with healthcare authorities to ensure a competent and well-rounded staff. Continuous professional development and training programmes are implemented to keep the healthcare personnel updated with the latest advancements in CKD management and dialysis techniques. The centres also provide the necessary infrastructure and equipment, such as dialysis machines, reverse osmosis (RO) water plants, dialysers and consumables, to support dialysis services. They ensure that all equipment is properly maintained and in good working condition to deliver optimal care to patients.



IMPACT



Strengthening Healthcare Infrastructure:

- The establishment of HRCCs in collaboration with government district hospitals contributes to strengthening the healthcare infrastructure in remote areas.
- HRCCs enhance the capacity of these hospitals to manage and treat Chronic Kidney Disease (CKD) effectively by providing dialysis services.



Number of Dialysis Sessions Conducted:

- On average, each patient receives approximately 38.81 dialysis sessions.
- In Uttarakhand, the average number of sessions per patient is 39.02; in Himachal Pradesh, it is 37.79; in Punjab, it is 50.35



Cost-saving and Improved Quality of Life:

- Regular dialysis sessions help manage the symptoms and complications associated with Chronic Kidney Disease (CKD).
- HRCC's provision of free dialysis services alleviates the financial burden on patients and their families.
- HRCCs being established in across the states in many districts, helps cuts down on travel time and costs for patients, allowing them to access dialysis services more regularly and conveniently



HRCCS ESTABLISHED

24



UNIQUE PATIENTS REGISTERED FOR DIALYSIS SERVICES IN FY 2022-23

752



DIALYSIS SESSIONS CONDUCTED IN FY 2022-23

29,180



COSTS ANNUAL SAVINGS ON OUT-OF-POCKET MEDICAL EXPENSES PER PATIENT

₹ 77,620*

01

CASE STUDY

My name is Rakesh Kumar, a 43-year-old carpenter living in Khaneri Rampur. In April 2022, I was diagnosed with chronic kidney disease: end-stage renal disease. This condition left me unable to work and caused symptoms like facial puffiness, pedal oedema and shortness of breath. The biggest challenge I faced was the distance I had to travel for my dialysis sessions and follow-up consultations. I had to travel from Rampur to Shimla or Chandigarh, which was a journey of 150 to 230 kilometres one way. This not only affected my health but also put a strain on my livelihood. The expenses for travel, accommodation and dialysis sessions were overwhelming for my economically weaker family.

Fortunately, The Hans Foundation's intervention is a blessing for me. They established the Hans Renal Care Centre unit in Civil Hospital Rampur in September 2022, providing beneficiaries with free dialysis and necessary injectables like Erythropoietin(EPO) and Iron. I joined HRCC Rampur in November 2022 and it has been a life-changing experience. Before HRCC Rampur, I used to spend around ₹5,000-6,000 per dialysis session, including the cost of injectable medicine. But now, I receive dialysis and injectable medicine free of cost. The staff at HRCC, including nephrologists, a medical officer and a dialysis technician, provide me with proper care, counselling and treatment. I am grateful to The Hans Foundation for their support, as it has allowed me to resume my work and financially support my family.



**FREE DIALYSIS
AND NECESSARY
INJECTABLES**

**HANS RENAL CARE
CENTRE UNIT**

**CIVIL HOSPITAL
RAMPUR**

**RAKESH
KUMAR**

**END-STAGE
RENAL DISEASE**

PROBLEM STATEMENT



Timely health screenings and early identification of healthcare requirements



Improved outcomes and reduced risk of long-term complications



Building a foundation for a healthy future

While the institutional and general primary healthcare model is well developed, understanding and diagnosing the unique health issues and developmental milestones of children requires specialised expertise. Paediatric care is the medical care provided to infants, children and adolescents, focusing on their physical, emotional and developmental well-being.

Paediatric interventions play a pivotal role in ensuring the well-being and future of our society. Healthy children are not only the foundation of a thriving community but also the promise of a brighter tomorrow. Early interventions, from routine check-ups to preventive care and specialised treatments, are essential for nurturing the physical, mental, and emotional health of our youngest generation. By investing in the health of children, we not only alleviate immediate suffering but also pave the way for a healthier, more prosperous and compassionate world.

Paediatric care takes a family-centred approach, involving parents and caregivers in the healthcare process, providing education, support and guidance on various aspects of child health.

PAEDIATRIC CARE

Tiny Steps, Big Smiles



HANS BAL AROGYA KARYAKRAM



The Hans Bal Arogya Karyakram is a collaborative initiative between the government of Uttarakhand and The Hans Foundation, aimed at ensuring the health and well-being of children in the state. Established in 2017 through a Memorandum of Understanding (MOU) to complement the existing Rashtriya Bal Swasthya Karyakram (RBSK), this initiative provides free treatment to children aged 0-18 years who are suffering from critical diseases or conditions.

ACTION

The Hans Bal Arogya Karyakram operates through a well-defined set of modalities. It closely collaborates with the RBSK, utilising the District Early Intervention Centres (DEICs) for screening and referrals of children. Once identified, the children are treated at two empanelled medical colleges, namely Swami Ram Himalayan University and Shri Mahant Indresh Hospital. The programme follows the reimbursement model, where the medical colleges are reimbursed for the treatment expenses based on the Central Government Health Schemes (CGHS) rates upon submission of bills.

IMPACT

Reduced mortality and morbidity:

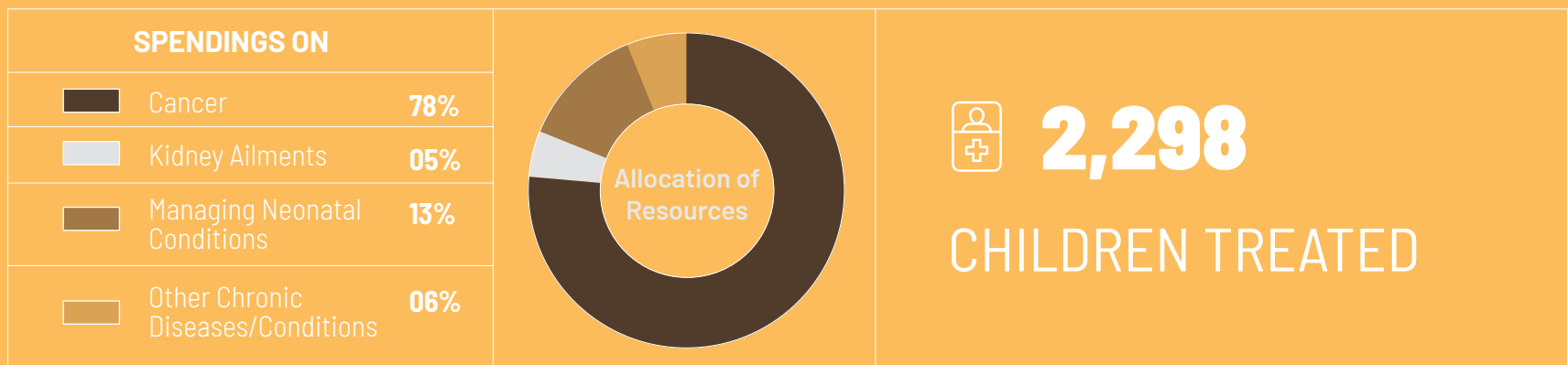
- The programme aims to reduce mortality and morbidity among children by ensuring early detection, management and treatment of critical conditions.

High impact on cancer patients:

- According to a medical audit, the programme has achieved a remarkable survival rate of almost 90% among cancer patients.

Financial relief for marginalised families:

- By providing free treatment to children, the programme alleviates the financial burden on these families, ensuring that they can access the necessary healthcare without facing financial hardship



01

CASE STUDY

My name is Shubham Verma and I live in the beautiful village of Timbi in District Sirmor, Himachal Pradesh. I was a playful and energetic child, always up to some mischief and I loved going to school. But in January 2022, everything changed. I began experiencing unexplained fatigue, frequent infections and persistent pain in my joints and bones. Concerned, my parents took me to the local clinic, where the doctors suspected something more serious. After a series of tests, the devastating news came: I was diagnosed with Acute Lymphoblastic leukaemia (ALL), a type of blood cancer. We were shattered.

Living in poverty, my family struggled to make ends meet. The cost of cancer treatment seemed impossible to bear. Moreover, being in a remote village meant limited access to specialised cancer treatment facilities. The nearest hospital equipped for paediatric oncology is miles away in Dehradun and one of my family members had to stay with me during the treatment.

It was then that my doctor at Himalayan Hospital told us about The Hans Foundation's Hans Bal Arogya Karyakram, which supports cancer treatment and bone marrow transplants. The Hans Foundation generously stepped in to sponsor my treatment, covering the cost of chemotherapy, bone marrow transplant, blood transfusions and other medical expenses. This support lifted the heavy burden of financial worries from my family's shoulders. As my condition progressed, the medical team recommended a bone marrow transplant, a critical step in my treatment. Thanks to The Hans Foundation's continued support, the transplant became a reality in February 2023.

The transplant marked a turning point in my battle against leukaemia. I underwent the procedure successfully and my recovery was closely monitored by the dedicated medical team. I am receiving post-transplant care, including medication, immune system support and regular check-ups to ensure the success of the transplant. Their compassion and generosity gives us hope and a chance at a brighter future.



SUPOSHIT MAA ABHIYAN



Suposhit Maa Abhiyaan is an initiative aimed at enhancing the nutritional status of pregnant women and adolescent girls in the Kota and Bundi districts of Rajasthan. The objective of the project is to address the dismal nutritional status of women in these districts, further exacerbated by a lack of knowledge and accessibility to services among the rural population.

To tackle these challenges, the Suposhit Maa Abhiyaan project has outlined a comprehensive strategy. Firstly, pregnant women and adolescent girls with a weight of less than 40 kg are identified for project intervention. These women receive a monthly ration weighing 17 kg for a year, consisting of high-calorie and nutritious food. The ration will be consumed by the pregnant women, even during lactation, on a daily basis for a period of 30 days.

The initiative is implemented in collaboration with 'Janani Social Works and Health Sanstha'. To ensure effective implementation, the project involves a team of volunteers, including government frontline staff such as doctors, ASHA workers, ANM workers and AWWs. These volunteers monitor the consumption pattern of the women and track the health status of the women using health cards. These essential interventions are expected to bring about positive changes in the health status of pregnant women and improve birth outcomes.

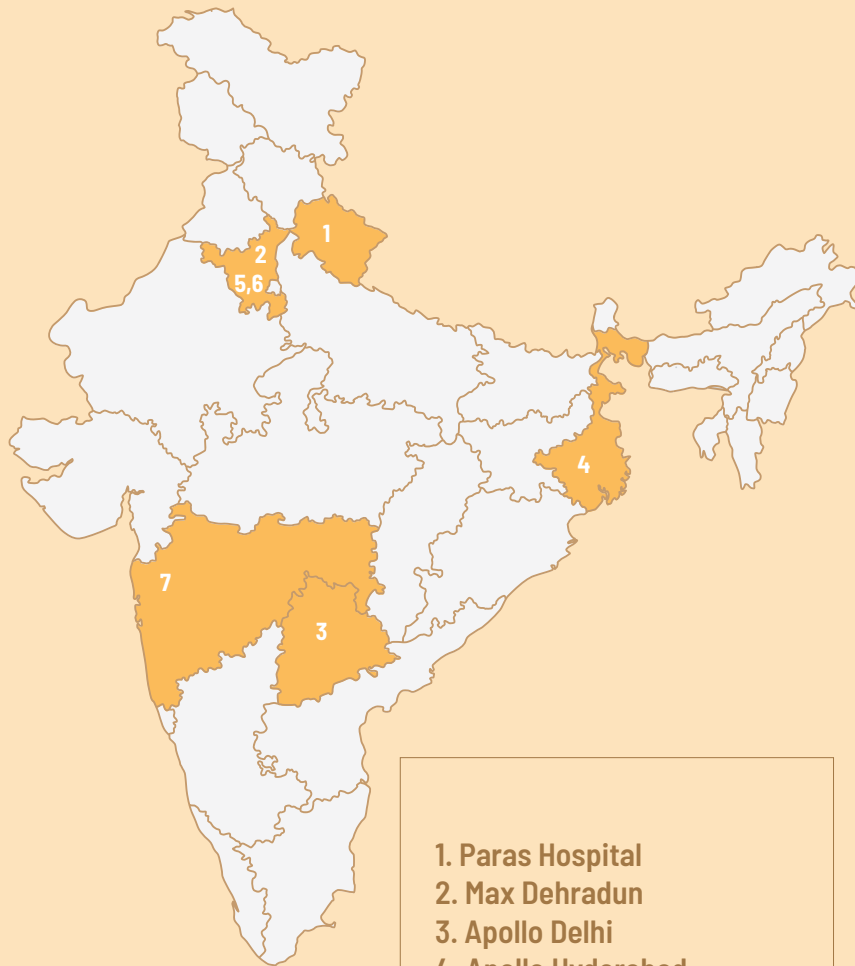


COCHLEAR IMPLANT PROGRAMME



The Cochlear Implant Programme, launched by The Hans Foundation in December 2013, aims to improve the quality of life for children and families affected by hearing impairment. This programme provides underprivileged children with access to cochlear implants, a medical device that replaces the function of the damaged inner ear. By bypassing the damaged hair cells of the inner ear, cochlear implants provide sound signals to the brain, enabling individuals to perceive sound and improve their communication abilities.





- 1. Paras Hospital
- 2. Max Dehradun
- 3. Apollo Delhi
- 4. Apollo Hyderabad
- 5. AMRI Kolkata
- 6. CK Birla , Gurgaon
- 7. Manipal, Gurgaon
- 8. Bhargava Hospital, Mumbai

PARTNERSHIP WITH HOSPITALS

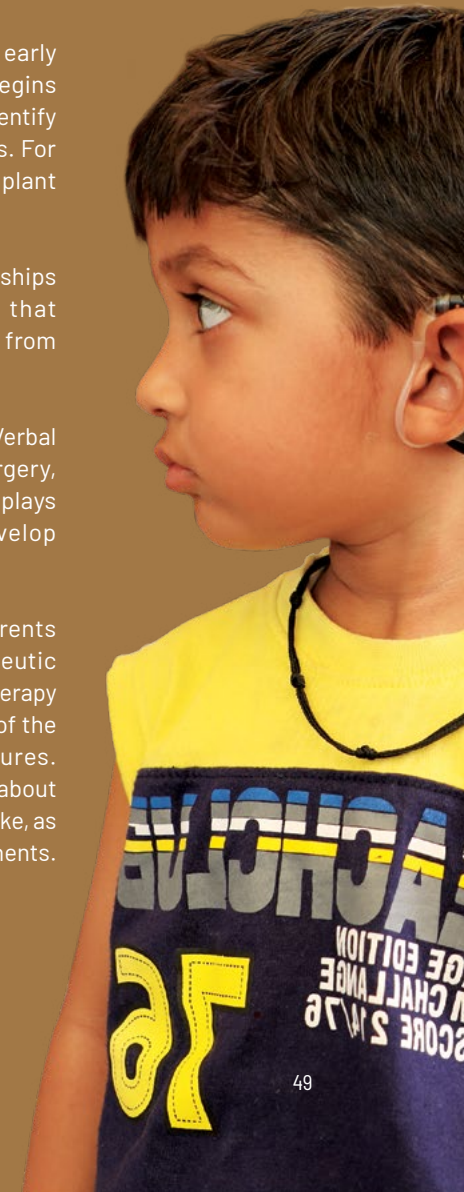
ACTION

The programme follows an approach of early identification for ideal outcomes. This begins with a thorough beneficiary screening to identify suitable candidates for cochlear implants. For eligible children, the cost of cochlear implant devices and surgeries is covered by THF.

The Hans Foundation establishes partnerships with renowned hospitals to ensure that children receive top-quality medical care from experienced cochlear implant surgeons.

In cases where families require Auditory Verbal Therapy (AVT) post-cochlear implant surgery, the programme provides support. AVT plays a crucial role in helping children develop age-appropriate spoken language skills.

To bridge the knowledge gap among parents regarding cochlear implants and therapeutic procedures, the programme encourages therapy centres to provide detailed explanations of the mapping process and therapy procedures. Efforts are also made to educate parents about the device itself, including its model and make, as well as the warranties of its various components.



IMPACT

Early Identification and Intervention:

- The Cochlear Implant Programme has made a profound impact on the lives of over 800 children and their families.

Access to Expensive Treatment:

- The Programme aims to provide access to cochlear implantation for underprivileged children who may not have the financial means to afford the treatment.
- 100% of children come from families with annual household income of less than 3 Lakhs; 51% of respondents had an annual family income of less than 1 Lakh

Positive Correlation with Language Development:

- Of the children who received implants between ages 0-3, 61% reached level 6 on the Auditory Perceptions Scale (CAP), while only 24% of those implanted at ages 4 and older achieved the same level.
- This finding underscores the importance of early intervention in achieving better understanding and communication skills.

Improved Social Integration:

- The Cochlear Implant Programme plays a crucial role in facilitating the social integration of children with hearing impairment. By enabling effective hearing and communication, the programme helps children participate fully in mainstream society.
- This integration reduces feelings of loneliness, isolation and the emotional effects associated with hearing loss.

ACHIEVEMENTS

49%



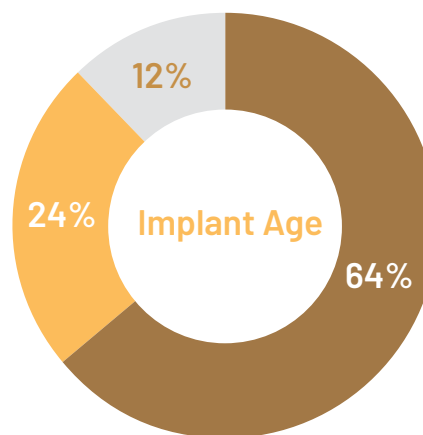
49% of respondents (mothers/caregivers) are illiterate

51%



51% of respondents were earning less than 1 Lakh (annual family income)

64% of children have undergone cochlear implant surgery in 0-3 years age group and remaining of 36% of children underwent surgery after 4 years.



0-3 Years

4-5 Years

5 Years & above



01

CASE STUDY

Roohi was born with a hearing disability. It was a difficult time for our family and we were devastated to learn that we couldn't afford the treatment she needed. We tried everything we could to find a solution, but it seemed like an impossible task.

Discovering the Cochlear Implant Programme was like finding a solution to a problem we thought was impossible. The team understood our situation and were determined to help us. The day Roohi received her cochlear implant was a day I will never forget. I saw her face light up with wonder as she heard sound for the first time. It was a moment of pure happiness and relief.

The Cochlear Implant Programme gave Roohi the gift of hearing and our family a lifetime of happiness. I am forever grateful to the Cochlear Implant programme for their support and for making this life-changing opportunity possible for Roohi.

COCHLEAR
IMPLANT
PROGRAMME

ROOHI

HEARING
DISABILITY



CIP SURGERIES TILL DATE **900+**



CIP SURGERIES IN FY 2022-23 **81**



EMPANELLED HOSPITALS **8**

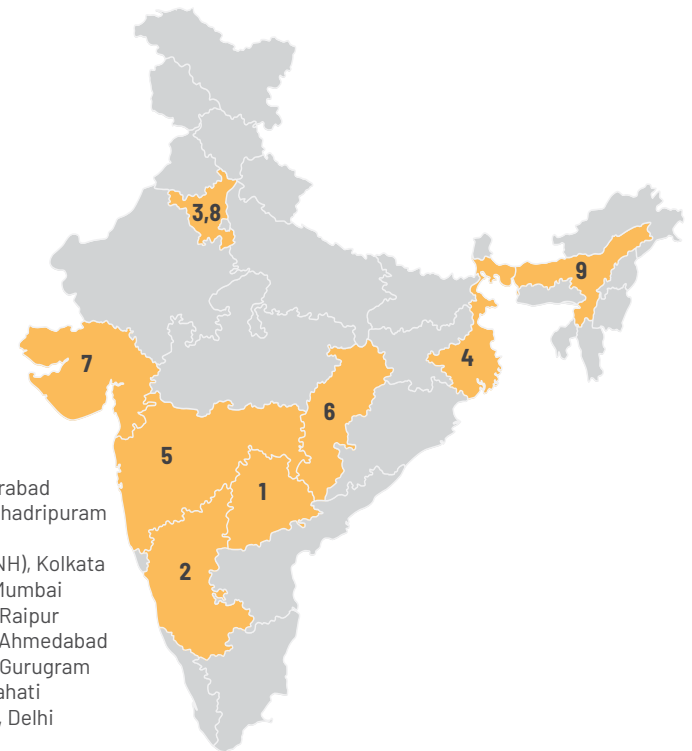


LITTLE HEARTS PROGRAMME

The Little Hearts Programme, initiated by The Hans Foundation in 2013, aims to bring hope and support to underprivileged children affected by Congenital Heart Disease (CHD) in India and their families. CHD is a defect or problem with the heart's structure that's present at birth. It could be a hole in the heart wall, problems with the heart valves, or issues with the blood vessels too many or too few, blood flowing too slowly, to the wrong place or in the wrong direction.

PARTNERSHIP WITH HOSPITALS

- 1-Apollo Hospital, Hyderabad
- 2-Apollo Hospital, Sheshadripuram
- 3-Apollo Hospital, Delhi
- 4-RN Tagore (a unit of NH), Kolkata
- 5-SRCC (a unit of NH), Mumbai
- 6-Nrayana Harudayala, Raipur
- 7-Nrayana Harudayala, Ahmedabad
- 8-Nrayana Harudayala, Gurugram
- 9-Apollo Hospital, Guwahati
- 10-Nrayana Harudayala, Delhi



ACTION

The Hans Foundation follows an approach of early identification and intervention. Congenital heart defects are the most common type of birth defect and the leading cause of birth defect-related deaths. But with early detection and timely treatment, children suffering from CHD can lead completely healthy and long lives.

THF works with leading cardiac surgeons and hospitals across the country to assist children in need of surgeries for the treatment of congenital heart defects. This is achieved through a meticulous screening process that includes reviewing medical and familial records, as well as engaging in interactions with parents to assess their preparedness for the surgery.

The Little Hearts Programme supports a diverse range of surgeries, including procedures such as Atrial Septal Defect (ASD), Ventricular Septal Defect (VSD), Tetralogy of Fallot (ToF) and more complex surgeries.

These surgeries are conducted in collaboration with hospitals to ensure that the surgeries are performed by experienced medical professionals in well-equipped facilities, further enhancing the chances of successful outcomes they.

IMPACT



Restored Hope And Improved Quality Of Life:

- By providing financial support for life-saving surgeries to families who are unable to afford available treatments, the Little Hearts Programme restores hope and improve the quality of life for these children and their families.
- The programme addresses the specific needs of each child, ensuring they receive the appropriate medical intervention.



A diverse range of supported surgeries in collaboration with reputed hospitals

- The Little Hearts Programme supports a diverse range of surgeries, including procedures such as Atrial Septal Defect (ASD), Ventricular Septal Defect (VSD), Tetralogy of Fallot (ToF) and more complex surgeries.
- The surgeries are conducted in collaboration with hospitals to ensure that the surgeries are performed by experienced medical professionals in well-equipped facilities, further enhancing the chances of successful outcomes.



LHP SURGERIES TILL DATE

1,300+



LHP SURGERIES IN FY 2022-23

873



HOSPITAL PARTNERS

10

01

CASE STUDY

When our daughter, Vrushti, turned 5 years old, she started experiencing continuous fever. Concerned, we took her to a paediatrician who noticed some unusual noise in her heart. It was a moment of great worry for us as parents. The paediatrician referred us to a heart specialist to get a better understanding of the situation.

After a thorough examination, the heart specialist informed us that Vrushti had a hole in her heart. It was devastating news for our family. We knew that immediate medical intervention was necessary, but the financial burden seemed overwhelming. That's when we were introduced to Dr Vishal, who informed us about The Hans Foundation and the Little Hearts Programme.

We were relieved to learn that The Hans Foundation could provide the necessary funding for Vrushti's treatment. The entire journey, from admission to discharge, was sorted out smoothly. During the operation, we were comforted by the presence of the dedicated workers from The Hans Foundation. They were there to support us and provide regular updates on her condition. The Hans Foundation has given our daughter a chance at a healthy life and we cannot thank them enough.

**LITTLE
HEARTS
PROGRAMME**

**HEART-HOLE
TREATMENT**

VRUSHTI

02

CASE STUDY

It was a normal day when our 18-month-old son, Aharp Piyushbhai Darji, developed a fever. Concerned for his well-being, I immediately took him to a nearby clinic. Little did I know that this visit would uncover a life-altering diagnosis.

We were devastated when we found out that Aharp had a hole in his heart at such a tender age. We knew we had to act quickly, but the financial burden of the necessary treatment seemed extremely huge. In this time of distress, the doctor informed us about The Hans Foundation and explained that THF could potentially provide the support we desperately needed.

Within three days, the surgery was arranged and our son's life was saved. The speed and efficiency with which The Hans Foundation acted left us in awe. The Little Hearts Programme provided comprehensive post-operative care and follow-up support. Our son received regular check-ups and the necessary medications to ensure a smooth recovery. The Hans Foundation stands by our side every step of the way, offering guidance and reassurance and we are truly grateful to them.



**SMOOTH
RECOVERY**

AHARP

**COMPREHENSIVE
CARE**

HANS HOSPITALS

The Hans Foundation Hospitals, consisting of The Hans Foundation General Hospital (THF GH) and The Hans Foundation Eye Care (THF EC), are dedicated to providing affordable and comprehensive healthcare services to the underprivileged populations in Uttarakhand, India. With a mission of 'Health for All,' these hospitals strive to bridge the healthcare gap in medically underserved regions and improve the overall well-being of the communities they serve. Through their compassionate approach, state-of-the-art facilities and community outreach programmes, The Hans Foundation Hospitals are making a significant impact in providing quality healthcare and enriching lives in rural areas.



ACTION

The hospitals strive to provide affordable care to patients, with most of them being treated free of cost. This ensures that healthcare services are accessible to all, regardless of their financial background. Additionally, the hospitals prioritise compassion in their approach, treating patients with respect and personalised care.

They offer a wide range of services under different categories. Emergency care is available 24/7, including trauma care, ensuring immediate medical attention in critical situations. Primary care services focus on preventive care, chronic disease management and psychological care, promoting overall well-being. Speciality care services, such as urology, nephrology and orthopaedics, cater to specific medical needs. Preventive care programmes are also implemented, including immunisations, screenings and education on diabetes and thyroid management. Furthermore, the hospitals engage in community health outreach programmes, partnering with other communities to provide health services and transportation assistance.

The Hans Foundation Hospitals go beyond healthcare provision. They aim to connect people and enrich lives, particularly in rural areas. By providing need-based and user-centric information and services, the hospitals address major constraints like low income and poor infrastructure. The hospitals also play a significant role in reducing mass migration from rural areas by providing employment opportunities and career guidance to the youth. Additionally, initiatives like the Hans Bal Mela, a fun and learning event, promote community engagement and education.

The hospitals have made notable advancements in eye care services. The upgraded eye care facility offers comprehensive, state-of-the-art ophthalmology services, covering super specialities like retina, cornea, oculoplastic, glaucoma and squint. Over the years, The Hans Foundation Eye Care has extended services to a large number of patients, performing surgeries and delivering spectacles to those in need. In fact, the hospitals are appreciated for their exemplary performance under the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana, a government health insurance scheme.

INAUGURATION OF HANS CLINIC IN KOTDWAR

Hans Clinic was inaugurated in Kotdwar, UK in 2023 on the auspicious occasion of Honourable Shri Bhole Ji Maharaj's birthday, celebrated on July 27. The clinic aims to provide a wide range of services for patients and their families, including counselling, rehabilitation and educational programmes. The Hans Clinic operates seven days a week and is staffed by a team of experienced medical professionals who are experts in their respective fields. Patients requiring more intensive treatment upon arrival are seamlessly directed to The Hans Foundation General Hospital in Satpuli, enhancing their access to quality healthcare and optimising the efficiency of our healthcare services. Every week, hundreds of patients benefit from the services provided at the newly launched Hans Clinic.





IMPACT



Outpatient Department:

- The extension of OPD services to over 4,50,000 patients has allowed THF General Hospital (GH) to provide essential medical care and consultations to a large number of individuals.



Inpatient Department:

- More than 45,000 patients have received treatment under various speciality doctors, demonstrating THF GH's commitment to comprehensive inpatient care.



Surgeries:

- THF GH has attended to 24,000 life-threatening or severe illnesses and trauma-related patients, providing immediate medical attention in critical situations and saving lives.



Dialysis:

- Over 3,000 patients have benefited from THF GH's dialysis services, ensuring individuals with kidney-related issues receive the necessary treatment and support.



Radiology Services

- THF GH has conducted over 12,000 CT scans, 25,000 ultrasounds, and 1,00,000 X-ray-related tests, aiding in accurate diagnosis and treatment planning.



Pathology Services:

- THF GH has conducted over 12,50,000 biochemistry, haematology, and clinical pathology-related tests, contributing to the diagnosis and monitoring of various medical conditions.



Outreach Community Programme:

- Through their 'Har ghar swasthya ki dastak' campaign, THF GH has treated over 1,50,000 patients based in remote hill locations through 1500+ health camps. This initiative has brought healthcare services to underserved communities, ensuring access to medical care for all.



In-house Speciality Clinics:

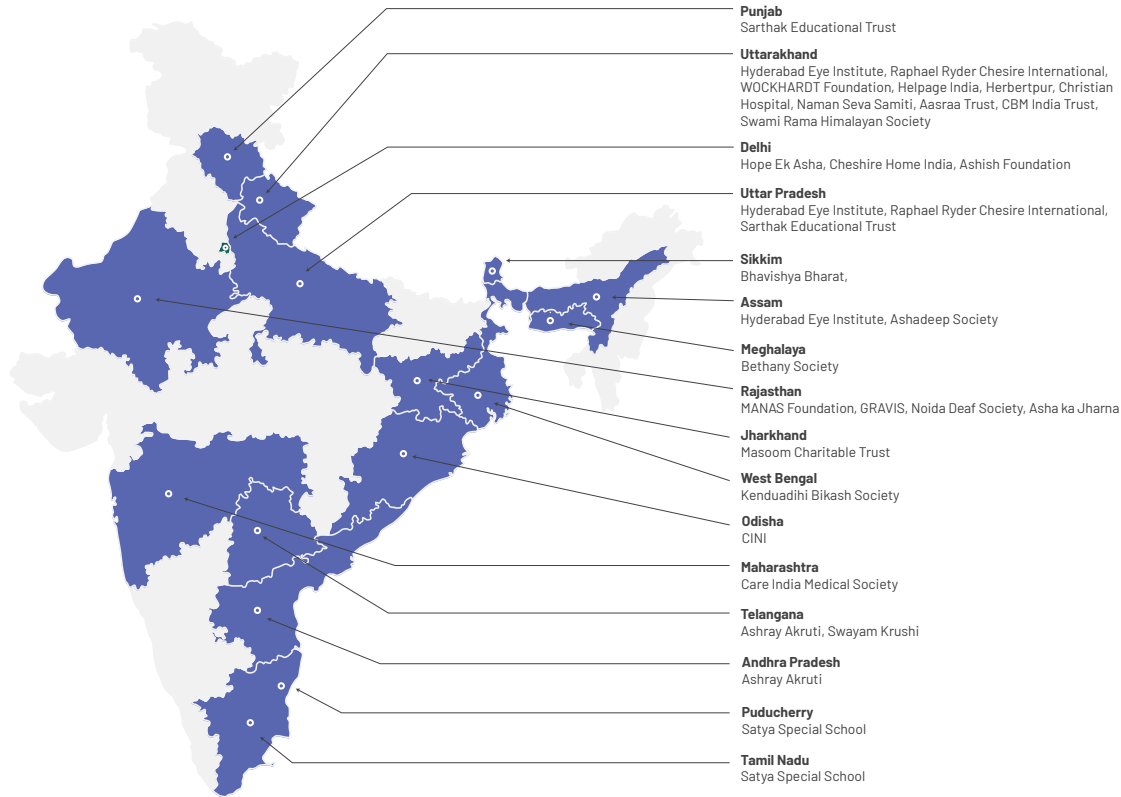
- THF GH has treated over 25,000 patients and performed over 2,500 surgeries in their in-house speciality clinics, providing specialised care and performing complex procedures within their facility.



Emergency Footfall:

- THF GH has attended to 24,000 life-threatening or severe illnesses and trauma-related patients, providing immediate medical attention in critical situations and saving lives.

HEALTH & DISABILITY IN PARTNERSHIP



- AFFECTIONATE SECURED HOME FOR ALZHEIMER'S - A.S.H.A.**

- Hope Ek Asha
- South Delhi, Delhi

The project aims to improve the quality of life and dignity of Persons with Dementia (PwD). Objectives include enhancing well-being through Day and Residential Care services for 46 beneficiaries, providing respite to family caregivers and offering training and counselling services. By addressing these objectives, the project supports PwD and their families, improving their overall quality of life.

- ACCELERATING MCHN AND ECE SERVICES TO TRIBAL POPULATION**

- CHILD IN NEED INSTITUTE (CINI)
- Rayagada, Odisha

The project aims to enhance the health, nutrition and early childhood education of children under 5 years in Rayagada district, Odisha. Objectives include improving household-level care practices, increasing enrolment and attendance in early childhood education and strengthening Integrated Child Development Services.

- CAMP - COMMUNITY ACTION MENTAL HEALTH PROGRAMME**

- MANAS Foundation
- Alwar and Bharatpur in Rajasthan

The project aims to improve mental health and quality of life for communities in Alwar and Bharatpur districts of Rajasthan, focusing on lower socio-economic backgrounds. The objectives include establishing four mental health units, strengthening healthcare and education systems and training 200 community-based mental health service providers.

- THF - SANJEEVANI**

- Bhavishya Bharat
- West Sikkim, Sikkim

The project aims to improve the quality of life in remote areas of Sikkim by providing basic healthcare facilities. This includes healthcare services in 60 villages through three Mobile Medicare Units (MMUs), mobile OPDs treating around 31,200 patients annually, specialised health camps and awareness camps promoting preventive healthcare and hygiene practices.

- **PROJECT CANTREAT**

- 👏 **Care India Medical Society**

- 📍 **Pune, Maharashtra**

- The project provides free therapeutic services to underprivileged cancer patients focusing on women with breast, cervix and ovary cancers. It encourages early detection and treatment.

- **PALLIATIVE CARE FOR ADVANCED STAGE CANCER PATIENTS-CONTINUATION PROJECT**

- 👏 **Care India Medical Society**

- 📍 **Pune, Maharashtra**

- The project offers palliative care to terminal cancer patients. It includes a 15-bed hospital facility called Vishranti, providing round-the-clock comprehensive care. The project offers home visits by healthcare professionals for pain management, symptom relief and emotional support.

- **THF-LVPEI EYE BANKING PROJECT**

- 👏 **Hyderabad Eye Institute**

- 📍 **Rishikesh in Uttarakhand, Guwahati in Assam and Varanasi in Uttar Pradesh**

- The goal is to establish accredited eye banks in Uttarakhand, Uttar Pradesh and the North east regions, eliminating the waitlist for corneal transplants within five years. The initiative also involves training local surgeons to provide care for corneal blind individuals. New eye banks will be set up in the North and Northeast regions, where corneal blindness is prevalent and eye banking is in its early stages.

- **IMPROVING HEALTH STATUS OF WOMEN, CHILDREN AND ELDERLY (IHWCE)**

- 👏 **GRAVIS**

- 📍 **Jodhpur, Rajasthan**

- The project aims to improve the health status of the Thar Desert communities in 15 villages, with a specific focus on women, children and the elderly. This is achieved through health awareness camps, community-based health training, monthly meetings for Village Health Workers (VHWs), training for adolescent girls and boys and outreach medical camps.

- **MASOOM HEALTH CENTRE**

- 👏 **Masoom Charitable Trust**

- 📍 **Hazaribagh, Jharkhand**

- The objective of the Health Centre in Chouparan Block is to improve the health and hygiene of marginalised individuals by providing accessible and affordable healthcare services. The Centre offers outpatient services at a nominal cost to people from 25 to 30 nearby villages. It aims to raise awareness about immunisation, water-borne diseases, safe delivery practices and breastfeeding.

- **SUPPORT FOR TB HOSPITAL**

- 👏 **Raphael Ryder Chesire International**

- 📍 **Dehradun, Uttarakhand**

The project aims to control and ultimately eradicate tuberculosis (TB) in Uttarakhand, India. It focuses on providing free care and treatment to TB patients, particularly those from weaker sections and remote areas. The Raphael TB Hospital offers a 20-bed facility, an outpatient department and a clinical laboratory for TB investigations.

- **7 NEW MMUS IN UTTARAKHAND**

- 👏 **Wockhardt Foundation**

- 📍 **Almora, Nainital and Champawat in Uttarakhand**

- The MMU Project aims to provide regular and free healthcare services to underserved communities in remote areas of Almora and Nainital districts, Uttarakhand. The project includes a team of trained medical professionals who offer prescription drugs, awareness sessions on various health issues, referral services and distribution of informational materials.

- **PROMOTING WELLBEING & IMPROVING MENTAL HEALTH CARE & AWARENESS THROUGH CBID**

- 👏 **Bethany Society**

- 📍 **Shillong, Meghalaya**

- The CBID Programme in Meghalaya aims to promote well-being and improve mental health care and awareness. It includes capacity building of seven partner organisations and 41 staff members to implement the Community Mental Health Programme using the Community Based Inclusive Development (CBID) approach.

- **PROMOTING LIVELIHOODS AND HEALTH INCLUSION THROUGH MOBILE HEALTH UNITS**

- 👏 **Helpage India**

- 📍 **Tehri, Uttarkashi, Rudrapurayag, Pauri and Chamoli in Uttarakhand**

- The project focuses on health and livelihoods through various activities like providing healthcare services, running a helpdesk, developing sustainable producers groups, creating plastic-free villages and promoting hygiene and nutrition.

- **AUDITORY-VERBAL THERAPY-01**

- 👏 **Ashray Akruiti**

- 📍 **Hyderabad, Telangana and Cuddapah, Andhra Pradesh**

- The project aims to mainstream hearing-impaired children into society for a better life. The objectives of this project include improving speech and communication skills of children with cochlear implants and providing speech therapy support after surgery.

- **INCLUSIVE INDIA 2.0**

- 👏 **Ashray Akruiti**

- 📍 **Delhi, Haryana, Rajasthan, Uttar Pradesh and Uttarakhand**

- The goal is to make India the inclusive capital for persons with disabilities. The initiative aims to establish 300 micro-entrepreneurs and facilitate 350 direct placements, fostering an inclusive ecosystem and promoting equal opportunities for entrepreneurship and employment.

- RENEWAL OF PROJECT 'UDAYAN' REHABILITATION HOME FOR HOMELESS MEN WITH MENTAL ILLNESS**

 **Ashadeep Society**

 **Kamrup, Assam**

The goal of project is to empower homeless individuals with mental illness in Kamrup (Metro) and Kamrup districts, helping them regain dignity and social inclusion. This is achieved by providing shelter, holistic support for recovery, facilitating reintegration, ensuring continued treatment and conducting a comprehensive impact study.
- COMMUNITY-BASED REHABILITATION PROGRAMME FOR CHILDREN WITH DISABILITIES**

 **Kenduadihi Bikash Society**

 **Bankura, West Bengal**

The project aims to mainstream children with disabilities in Bankura District, enabling them to lead successful and dignified lives. Objectives include enhancing skills and independence for children with cross disabilities and integrating 100 children into the mainstream education system.
- HOLISTIC DEVELOPMENT OF CWSNS FROM EARLY INTERVENTION TO INCLUSION**

 **Satya Special School**

 **Puducherry Union Territory, Tamil Nadu**

The project aims to ensure accessible and quality services for Children with Special Needs (CWSNs) in Puducherry and Tamil Nadu. Objectives include early screening and intervention for children aged 0-6 years, improving the health conditions of CWSNs aged 7-18 years and promoting inclusivity and acceptance in the community.
- COMMUNITY HOMES 2022-25**

 **Herbertpur Christian Hospital**

 **Dehradun, Uttarakhand**

The project aims to empower women with developmental disabilities to live dignified lives, actively participate in the community and cultivate meaningful relationships. Objectives include supporting eight women in acquiring essential skills, fostering connections and contributing to the community.
- HANS DISABILITY INCLUSIVE LIVELIHOOD PROJECT**

 **Naman Seva Samiti**

 **Dehradun, Uttarakhand**

The project aims to empower people with disabilities (PWDs) in the project area by creating sustainable livelihood opportunities for 3,000 individuals, including 1,191 PWDs and their family members.
- MAINSTREAMING DEAF YOUTH THROUGH VOCATIONAL TRAINING & EMPLOYMENT**

 **Noida Deaf Society**

 **Jaipur, Rajasthan**

This initiative aims to develop deaf youth and adolescents holistically through vocational training, life skills and professional development. Over three years, 640 candidates with hearing impairments have been trained for employment.
- SPECIAL SCHOOLS & RC FOR CHILDREN WITH INTELLECTUAL AND HEARING DISABILITIES**

 **Asha Ka Jharna**

 **Jhunjhunu & Sikar districts in Rajasthan**

This initiative aims to provide holistic education and training to intellectually disabled children and hearing impaired children. It includes preventive, intervention and rehabilitative services, as well as efforts to sensitise stakeholders.
- RESIDENTIAL TRAINING CENTRE AND REHABILITATION FOR INTELLECTUALLY DISABLED**

 **Swayamkrushi**

 **Hyderabad, Telangana**

This project aims to rehabilitate individuals with disabilities, enabling independence and employment. It involves stakeholders, provides training and places individuals in community group homes.
- AASRAA SPECIAL SCHOOL**

 **Aasraa Trust**

 **Dehradun, Uttarakhand**



This initiative aims to ensure the overall development of children with special needs through the establishment of a dedicated centre. The centre provides a suitable learning environment with a specialised approach. Each child is evaluated by professionals to assess their needs and abilities, leading to the creation of an Individual Education Plan (IEP) with personalised goals and strategies.
- PROMOTION OF SUSTAINABLE LIVELIHOOD IN THE HILLS OF UTTARAKHAND**

 **CBM India Trust**

 **Dehradun, Almora, Rudraprayag in Uttarakhand**



The project aims to improve the quality of life for people with disabilities in Uttarakhand through inclusive development. This includes forming and strengthening a State Level Disabled People's Organisation (DPO) and establishing a disability-inclusive scientific nursery under the Farmer Producer Organisation (FPO).

- **SPECIAL EDUCATION ON CAMPUS**

 **Raphael Ryder Cheshire International Centre**
 **Dehradun, Uttarakhand and Uttar Pradesh**

The Special Education (on Campus) Programme focuses on rehabilitating children and young adults with intellectual and developmental disabilities within their families and communities. It begins with a comprehensive assessment by a team of professionals to identify individual needs. An Individual Education Plan (IEP) is then prepared, outlining personalised goals and strategies.

- **SARTHAK KAUSHAL VIKAS KENDRA**

 **Sarthak Educational Trust**
 **Lucknow in Uttar Pradesh and Ludhiana in Punjab**


Persons with disabilities (PwDs) in India face challenges in developing employable skills and finding meaningful employment. The Sarthak Skill Building Centre aims to enhance employability through skill development and sustainable employment generation.

- **MAJ GEN VIRENDRA SINGH EARLY EDUCATION CENTRE**

 **Cheshire Home India- Delhi Unit**
 **Delhi**

The Early Education Centre supports families facing resource constraints in sending their intellectually and physically disabled children to school. It provides training, counselling, daycare facilities and age-specific activities.

- **PWD COUNSELLING & REHABILITATION CENTRE**

 **Cheshire Home India- Delhi Unit**
 **Delhi**

The WHO Special Initiative for Mental Health (2019-2023) highlights the neglect of mental health, leading to discrimination and lack of access to quality care for over 80% of people with mental health conditions. The initiative implements interventions like rehabilitation, counselling and vocational training to enhance functioning, independence and overall well-being.

- **INDEPENDENT LIVING FOR PWDS**

 **Cheshire Home India - Delhi Unit**
 **Delhi**

The project aims to support selected PwDs by providing housing, infrastructure and vocational training for sustainable employment. The deliverables include identifying new PwDs, assessing and setting individual goals, creating a livelihood plan and preparing monitoring and evaluation reports.

- **BEYOND BARRIERS - VALUED ROLES FOR PEOPLE**

 **Ashish Foundation**
 **West Delhi, Delhi**

The project aims to create an inclusive model environment for individuals with autism based on the 10 themes of Social Role Valorisation (SRV). By providing valued roles through image and competency enhancement, the project promotes inclusion and supports families in creating fulfilling lives.

- **IMPLEMENTATION OF WATER SUPPLY, SPRINGSHED AND SANITATION SCHEMES**

 **Swami Rama Himalayan University**
 **Haridwar, Pauri Garhwal in Uttarakhand**

The project aims to improve health and hygiene in nine villages by providing safe drinking water, toilet facilities and sanitation improvements. This includes constructing pumping schemes, connecting households to water sources and building individual toilets. The project also focuses on rainwater harvesting, spring protection and establishing water user committees.



Providing young minds with knowledge, skills and opportunities to pursue their dreams allows them to contribute to their personal growth and to society while breaking the cycle of poverty. This also enables them to make informed decisions about their health, participate in the workforce and become agents of positive change in their communities – a key intervention for the long-term enhancement of societal outcomes.

In India, ensuring the above becomes even more crucial when it comes to girl children. Despite progress, barriers to girls’ education persist, including gender-based discrimination, cultural norms, poverty, lack of access to schools, child marriage and gender-based violence. Overcoming these challenges requires concerted efforts from governments, communities and stakeholders to ensure equal educational opportunities for girls.



NUMBER OF BENEFICIARIES

2,58,000



BUDGET ALLOCATED

₹ 2.35 Cr



SDGs ACHIEVED



“

EYES ON LITERACY

Quality
Enhancement
and Life-skills
programme
for Girls

KANYA+

INCREASE IN AVERAGE
SCORE OF GIRLS IN
GRADES 6,8,9 AND 11

Mathematics

36% ▶ 51%

Hindi

57% ▶ 60%

ACADEMIC YEAR 2022-23

English

42% ▶ 50%

The Hans Foundation joined hands with the Titan Company under its CSR initiative in October 2022 for the implementation of a girl child education project through intervention in 4 Government Girls' Inter Colleges in two blocks - Kashipur and Gadarpur in Udham Singh Nagar, Uttarakhand. Implemented in collaboration with Aasra Trust and the Government of Uttarakhand - the programme aims to provide high-quality secondary and senior secondary education to girls from the selected schools of intervention. The programme focuses on empowering girls through academic support, life skills education, career guidance and stakeholder engagement.

ACTION

The programme employs various strategies to support girls' education. Professional tutors, community members and social mobilisers work in tandem with the schools to provide academic support and targeted remedial learning programmes in subjects like Mathematics, Hindi, Science and English. Peer educators and volunteers are trained to provide additional learning support at the community level. Girls in grades 10-12 also receive subject-specific tutorial support.

The programme utilises technology to enhance academic learning and offers workshops on critical social issues affecting girls' education. Additionally, it activates school management committees (SMCs) and encourages parents to advocate for girls' education by addressing any issues that hinder their learning.

IMPACT



Life Skills Development:

- The project focuses on developing essential life skills among the girls. Through life skills education sessions, girls learn and demonstrate core competencies such as decision-making, effective communication, public speaking and negotiation with family for higher studies.
- These skills are crucial for their personal growth and future success.



Increased Participation in Career Guidance:

- The project actively engages girls in career guidance activities. As a result, a significant percentage of girls participated in these sessions, gaining valuable insights into different career opportunities.
- This has empowered them to make informed decisions about their future education and career paths.



Reduction in Dropout Rates:

- The project has successfully reduced the dropout rates among girls. By providing academic support, life skills education and career guidance, the project creates a supportive environment that encourages girls to stay in school and complete their education.



Collaboration and Stakeholder Engagement:

- The project actively collaborates with the government and other NGOs to maximise its impact. Through partnerships, the project leverages the resources, expertise and networks to reach a larger number of girls and avoid duplication of efforts.
- Stakeholder engagement, including parents, communities, schools and government officials, are a key factor in the success of the project.

A GLANCE OVER WOMEN'S HOSTEL

ZISAJI PRESIDENCY COLLEGE IN KIPHIRE, NAGALAND

Kiphire, Nagaland located at the Indo-Myanmar border is the fourth most backward district in India, according to the 2018 NITI Aayog rankings. Presidency College, a general degree college, is the sole tertiary educational institution in the area. The college caters to students from low-income families who are unable to afford education in larger cities like Dimapur. The college lacked a women's hostel, forcing approximately 50 to 60 female students, many of whom hail from remote villages, to stay with relatives or rent accommodations. This arrangement not only posed a financial burden but also left these girls with limited time for studying.

To address these issues, the Hans Foundation worked with the state government of Nagaland and the university authorities to set up a hostel facility at the campus. This hostel now provides a stable and conducive studying environment for female students from low-income families.

01

CASE STUDY

My name is Mahak and I am a 13-year-old girl studying in the 7th grade at Government Girls Inter College in Gadarpur. I grew up as an orphan, with my grandparents as my primary caregivers. They have been there for me since I was just two months old, but they faced financial constraints and struggled to provide for my basic needs, let alone afford my education. Even my maternal uncle, who was responsible for me, believed that education was a luxury we couldn't afford. He saw little value in it, especially as I fell behind my peers academically. The lack of emotional support from my family also led to some behavioural issues.

I was on the verge of dropping out of school when the Titan Kanya+ team intervened. The team learned about my situation and recognised my potential. They were determined to help me stay in school and succeed. The Life Skills Education mentor from the Titan Kanya+ project visited my home to understand my challenges and address any concerns. They emphasised the importance of education and its long-term benefits. They also conducted sessions on effective communication, self-awareness, decision-making and problem-solving. These sessions helped me boost my confidence and realise the importance of maintaining a healthy relationship with my uncle and grandparents.

The Titan Kanya+ team provides me with the necessary stationery and books to continue my studies. They also offer additional tutoring and mentorship to help me catch up on the curriculum I had missed. With their support, I can continue my studies without my uncle or grandparents worrying about the expenses. I am proud to say that my attendance and academic performance steadily improved. I regained my self-confidence and became more motivated to pursue my dreams. Inspired by the teachers who changed my life, I aspire to become a teacher myself one day.



MAHAK

TUTORING AND
MENTORSHIP

TITAN KANYA+
TEAM

I ASPIRE TO BECOME
A TEACHER ONE DAY

02

CASE STUDY

My name is Jyoti Vishnoi and I am a tutor specialising in Physics. I have had the privilege of working with the TITAN Kanya+ project since February 2023 and I must say, it has been an incredible journey right from the start.

When I attended the three-day training session, I was introduced to the dedicated staff and gained a wealth of knowledge. This training equipped me with the necessary tools and guidance to conduct effective classes. I am responsible for teaching science and math to students in classes 9, 11 and 12.

Working with the TITAN Kanya+ project has brought me closer to the grassroots and it has transformed my life and my perspective in countless ways. It is not just a job; it is a lifelong lesson and an invaluable learning experience. The sense of camaraderie within the team is truly remarkable. We all encourage and motivate each other to strive for improvement every day. This supportive environment fosters personal and professional growth.

I am grateful for the opportunity to be a part of this project and to contribute to the education and development of young girls. It is a journey that has enriched my life and broadened my horizons. I am excited to continue making a positive impact and inspiring the next generation of learners.

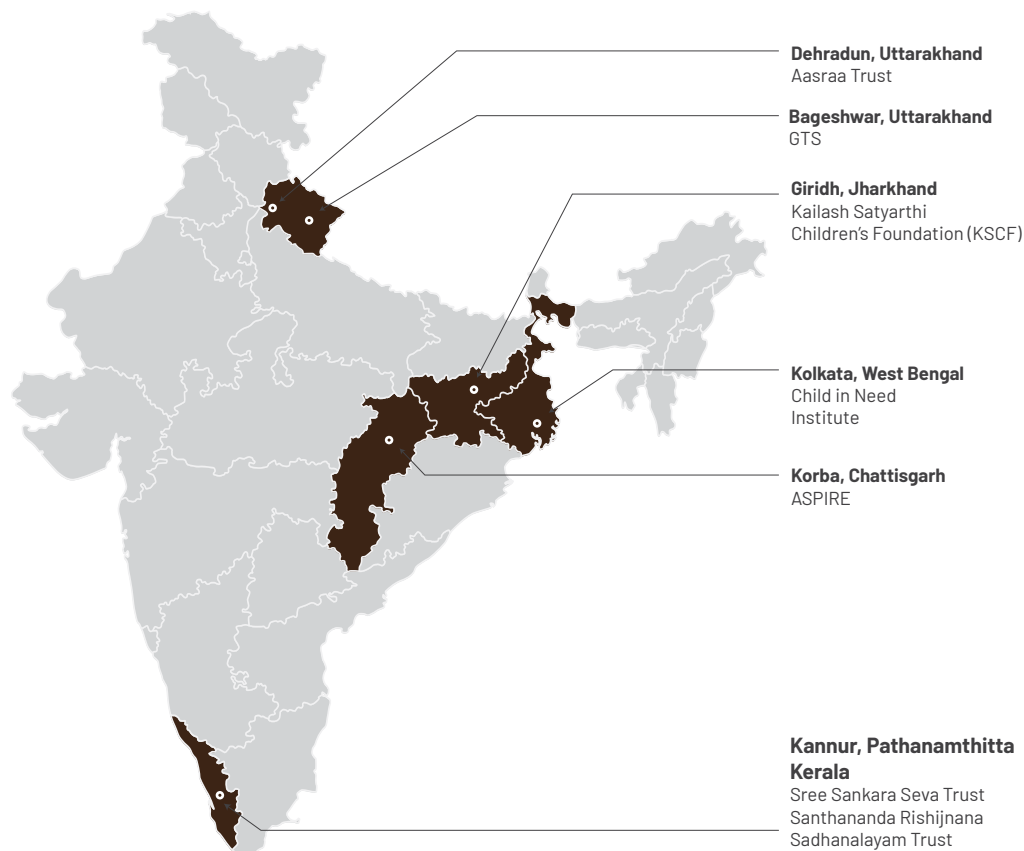
A portrait of Jyoti Vishnoi, a woman with dark hair pulled back, wearing a light-colored top with a patterned shawl. The portrait is overlaid with semi-transparent text boxes.

JYOTI VISHNOI

**TITAN KANYA+
PROJECT**

**INSPIRING
THE NEXT
GENERATION OF
LEARNERS**

EDUCATION IN PARTNERSHIP



- **EMPOWERING UNDERSERVED CHILDREN THROUGH EDUCATION**

- 🤝 **Aasraa Trust**

- 📍 **Dehradun, Uttarakhand**

The project aims to break the cycle of poverty for vulnerable children by providing them with access to quality education, nutrition, care and shelter. Objectives include bringing out-of-school children into the Street-Smart Programme, enrolling children in government partner schools and providing educational and mental health counselling sessions.

- **JAN PAHAL**

- 🤝 **ASPIRE**

- 📍 **Korba, Chattisgarh**

The project aims to promote children's overall development through equitable and quality school education, enabling them to lead successful and dignified lives. It has two objectives: reducing the drop-out rate among children aged 6-14 years and enhancing their knowledge levels through the use of digital technology.

- **BAL MITRA GRAM (2020)**

- 🤝 **Kailash Satyarthi Children's Foundation (KSCF)**

- 📍 **Giridh, Jharkhand**

The project aims to promote 30 child-friendly villages by 2023, ensuring that every child is free, safe and educated. Objectives include protecting children from exploitation, ensuring access to education, developing child leaders and improving early childhood care.

- **AN APPROACH TOWARDS REINFORCING EDUCATION OF DEPRIVED CHILDREN**

- 🤝 **Child in Need Institute**

- 📍 **Kolkata, West Bengal**

The project aims to establish 30 Child-Friendly Villages by 2023, prioritising the protection of children from exploitation, ensuring education access, developing child leaders and improving early childhood care in all 30 villages.

- **SAMPARK SMART SHALA**

- 🤝 **Sampark Foundation**

- 📍 **Uttarakhand, all 13 districts**

The project aims to improve learning outcomes for 3.81 Lakh children in 11,791 schools in Uttarakhand from 2020 to 2023. Initiatives include delivering Advance English Kits in the first year, Advance Math Kits in the second year and Science Kits in the third year.

- **HANS FOR EDUCATING BRIGHT & FINANCIALLY NEEDY ENGINEERING AND MEDICAL STUDENTS**

- 🤝 **Foundation for Excellence India Trust**

- 📍 **Bageshwar, Dehradun**

The project aims to provide academically deserving students from underprivileged backgrounds with opportunities to pursue degrees in Engineering and Medicine. It involves identifying eligible scholars, connecting them with facilitators, processing scholarship applications, disbursing scholarships and tracking academic progress.

- **WATER SUPPORT TO SCHOOLS UNDER HANS SCHOOL MODERNISATION PROGRAMME**

- 🤝 **Himmothan Society**

- 📍 **Uttarakhand**

The project aims to provide water supply support to 78 government schools in 9 districts benefiting students directly or through student baal clubs. This includes providing drinking water facilities, water connections in sanitation units, installing water storage tanks, raising awareness on WaSH (Water, Sanitation and Hygiene) among School Management Committees (SMCs) and implementing a sustainable operation and maintenance plan.

- **SUPPORTING LITERACY IN INDIA**

- 🤝 **Room to Read**

- 📍 **Bageshwar, Uttarakhand**

The project aims to enhance reading levels and cultivate a reading habit among children in Grades 1 to 5 in Bageshwar district. The project includes forming and strengthening a District Resource Group, training Master Trainers, building the capacity of DIET faculty on early grade reading, training teachers through Master Trainers and establishing libraries in 30 schools.

- **CONSTRUCTION AND RENOVATION OF SCHOOL TOILETS COMPLEX IN UTTARAKHAND**

- 🤝 **GTS**

- 📍 **Bageshwar, Uttarakhand**

The project aims to increase the retention rate of schools in Uttarakhand by ensuring clean and safe toilets in 32 government schools. This includes constructing toilets complexes, raising awareness among School Management Committees (SMCs) and implementing a robust and sustainable operation and maintenance plan.

- **SUPPORT FOR CENTRALISED KITCHEN PROJECT**

- 🤝 **Akshaya Patra Foundation**

- 📍 **Uttarakhand**

Akshaya Patra is a leading NGO in India dedicated to achieving Zero Hunger. It runs the largest NGO-run school meal programme in collaboration with the government, addressing hunger and malnutrition among underprivileged children.

- **OPERATION OF SREE SANKARA VIDYA NIKETHAN**

- 🤝 **Sree Sankara Seva Trust**

- 📍 **Kannur, Kerala**

The initiative aims to empower underprivileged children through quality education, reducing dropout rates and improving attendance. Additionally, it address malnourishment by providing nutritious meals, promoting their overall well-being.

- **OPERATION OF SREE SANTHANANDHA VIDYA NIKETHAN**

- 🤝 **Santhananda Rishijnana Sadhanalayam Trust**

- 📍 **Pathanamthitta, Kerala**

The programme strives to uplift underprivileged children by offering them quality education, diminishing the likelihood of dropout occurrences and enhancing regular attendance. Furthermore, it tackles issues of malnourishment by ensuring the provision of nourishing meals, actively contributing to their overall well-being.



Sustainable livelihood refers to the ability of individuals and communities to secure a decent standard of living while preserving natural resources and maintaining ecological balance. It involves economic activities that are environmentally friendly, socially equitable and economically viable in the long term. Some of the challenges faced in achieving sustainable livelihoods include poverty, limited access to resources and markets, climate change impacts and social inequalities. Addressing these issues requires a holistic approach that combines economic development, environmental conservation and social empowerment.



NUMBER OF BENEFICIARIES

17,310



BUDGET ALLOCATED

₹ 19 Cr



SDGs ACHIEVED



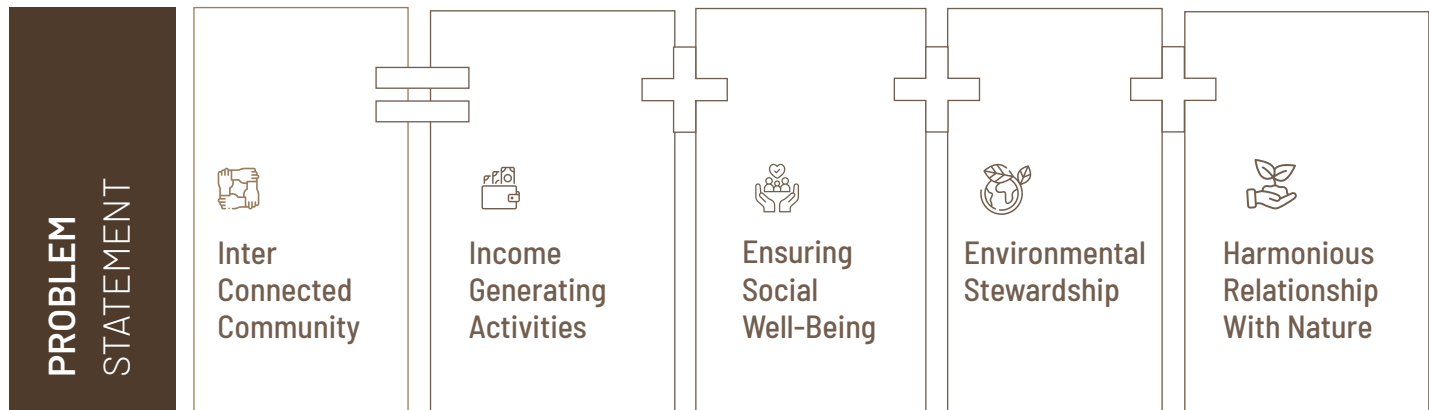


THE SUSTAINABLE LIVELIHOOD VISION

SUSTAINABLE LIVELIHOOD

In today's rapidly changing world, the concept of sustainable livelihood has emerged as a crucial aspect of human development. It goes beyond the traditional understanding of livelihood, encompassing a more nuanced approach that emphasises the long-term well-being of individuals and communities. It seeks to create opportunities that empower individuals to thrive while ensuring the preservation and regeneration of resources for future generations.





HIMADRI HANS HANDLOOM



Himadri-Hans Handloom (HHH) is an initiative undertaken by The Hans Foundation in collaboration with the Government of Uttarakhand. HHH is successfully managing a centre for the past five years. This centre encompasses various activities such as livelihood, training, employment, production, sales and marketing, all aimed at promoting the handloom and handcrafted textiles of Uttarakhand. In doing so, the initiative seeks to empower rural women artisans of Kumaon by imparting technical and design skills, thereby enhancing their indigenous capabilities.

ACTION

HHH places a strong emphasis on empowering women through regular skill upgradation in weaving, reeling, knitting and embroidery. By equipping women artisans with these essential skills, HHH enables them to become self-reliant and economically empowered.

Additionally, HHH has established five decentralised clusters in and around Almora, which work closely with the initiative. These clusters not only provide livelihood opportunities but also establish future linkages with the government. By promoting self-help groups, it fosters community engagement and sustainable development.

In collaboration with the District Industries Centre (DIC) and Weaver Service Centre, the initiative also organises various training programmes for rural women. These programmes aim to enhance their skills and ensure sustainable livelihoods.

HHH has also obtained certifications from trade mark, fair trade forum, India and registrations with MSME, Export Promotion Council for Handloom and Handicrafts of India and Handloom Export Promotion Council. These collaborations enable HHH to promote sustainable, equitable and participatory development. Additionally, HHH focuses on effective human resource management to ensure social welfare.

HHH actively sources natural fibres such as nettle, wool and others from Self-Help Groups (SHGs) and various departments in Uttarakhand. By promoting the use of natural fibres, HHH contributes to sustainable and eco-friendly practices in the textile industry.



IMPACT



Livelihood Generation:

- Himadri Hans Handlooms (HHH) has trained thousands of women in various skills, providing them with skill-based livelihood opportunities.
- Over the past five years, HHH has employed a growing number of women, with 126 women working full-time at the central handloom unit in Almora, promoting their livelihood opportunities.



Employment in Decentralised Units:

- In addition to the central unit, HHH establishes decentralised clusters in and around Almora, which provide employment opportunities for women in remote areas who are unable to travel to the central unit
- In FY 2022-23, the decentralised units provided livelihood opportunities to 74 women artisans.



Skill Training Programmes:

- HHH organises various training programmes for rural women, in collaboration with organisations such as the District Industries Centre and Weaver Service Centre.
- These programmes equip women with skills in weaving, knitting, natural dyeing, tie-n-dye and more.



Market Linkages:

- HHH successfully establishes market linkages for its products. The organisation has opened retail outlets in various locations in Delhi, Uttarakhand and Himachal Pradesh, as well as products are sold through presence in exhibition showcases.
- Additionally, market linkages for export to internal markets are also being developed.



Financial Linkages:

- HHH establishes long-term linkages with government and financial institutions. This allows the organisation and its decentralised units to access financial services and benefit from government programmes.
- The women artisans associated with HHH are registered on government portals, enabling them to avail of financial services even after the programme's tenure.



Empowerment and Sustainability

- Through skill training and employment opportunities, HHH empowers marginalised women artisans in the Almora district. These women now have the ability to earn and spend money, reducing their dependency on agriculture.
- The livelihood options provided by HHH contribute to the sustainability of the artisans' enterprises and promote responsible and sustainable textiles in the region.

PRODUCT RANGE

At Himadri Hans Handloom, a wide range of premium handloom products are crafted with utmost care and dedication. The company takes pride in reviving traditional techniques and supporting local artisans, particularly women weavers. Here are some of the exquisite collections offered by Himadri Hans Handloom:

PREMIUM PASHMINA PANCHACHULI PRIDE

Inspired by the majestic Panchachuli range in Munsiyari, this collection features pure luxurious Pashminas. These high-altitude treasures are meticulously crafted, reflecting the nomadic heritage of Mongolia.

VEGETABLE DYED LAMBS WOOL: NANDA DEVI

Celebrating the ancient art of handloom, the Nanda Devi collection pays homage to the bliss-giving goddess. Made with natural resources found in the Himalayas, these products embody the spirit of the gentle hills and valleys.

ALMORA TWEEDS:

The ancient capital of Chand Rajas is famous for its rich culture and traditions. The 'Almora Tweed' collection is inspired by the tweeds of Chand Rajas and the customs of Almora. It features hand-woven Merino wool fabrics with various patterns like Check, Herringbone, and Houndstooth.

HIMADRI PRIDE AND BLENDS:

Himadri Pride and Blends offer a variety of pure and Merino blended Pashmina shawls, stoles, blankets and hand knits. Pashmina is known for its softness and warmth, making it a popular choice for winter accessories. The Merino blend adds an extra layer of luxury and comfort.



01

CASE STUDY

My name is Neema Bisht and I was born and raised in the tranquil village of Matena, nestled in the heart of Almora, Uttarakhand. It all began in 1998 when I married Mr Bhupendra Singh Bisht. My husband was working tirelessly in a private job in Delhi, but the meagre income couldn't meet the needs of our growing family. Faced with the harsh reality of our poor financial condition, I decided to take matters into my own hands.

I enrolled myself in a handloom weaving training programme in Matena Village. Over time, I acquired various skills and honed my craft. Then, in December 2017, a turning point arrived in my life. The Hans Foundation stepped in collaboration with the Government of Uttarakhand with its livelihood initiative Himadri Hans Handloom (HHH). This project aimed to make Uttarakhand's handloom and handcrafted textiles accessible to global markets and empower rural women artisans of Kumaon by imparting technical and design skills. Under the guidance of HHH, my skills were further refined and I was promoted to the position of Supervisor. I became a trainer myself, passing on my knowledge to other artisans in my community. My responsibilities expanded to include product development and monitoring.

With my newfound expertise and responsibilities, I became more financially independent. I went from earning ₹99 per month to ₹11,100 per month. This transformation didn't just change my life; it had a ripple effect on my family. My son pursued an MCA degree and now works as a software engineer in a multinational company in Bangalore. My daughter completed her M.Sc. and B.Ed. and is a teacher at a private school in Delhi. Thanks to The Hans Foundation and the Himadri Hans Handloom project, my life underwent a remarkable transformation.



NEEMA BISHT

**LIVELIHOOD
INITIATIVE
HIMADRI HANS
HANDLOOM
(HHH)**

**POOR FINANCIAL
CONDITION**

HANS UDHYAMITA MISSION

The Hans Udhyamita Mission is a self-employment programme in coordination with the Government of Uttarakhand aimed at providing economic rehabilitation to reverse migrants who were affected by the COVID-19 pandemic. The programme also addresses the issue of unequal development in Uttarakhand, where economic opportunities are primarily concentrated in plain districts, leading to out-migration from hill districts. The return of migrants due to the covid pandemic presented an opportunity to create sustainable self-employment opportunities and contribute to the overall economic development of the state.



ACTION

The implementation strategy for the project starts by selecting beneficiaries who registered under the Mukhyamantri Swarojgar Yojna. The target group consists of individuals who can become self-employed in low-investment and productive activities. The strategy follows a participant-driven model where individuals choose their business from a set of options and apply to join the programme.

Advisory services play a crucial role in this strategy by providing technical assistance and counseling, ensuring that individuals are well-equipped to make informed decisions. Orientation workshops provide information about the programme, assess risk appetite and build confidence. Individualised business plans are prepared with domain experts, serving as primary documents for future support and access to grants and loans.

Access to finance is important, ensuring beneficiaries can fund their capital requirements. Sensitisation workshops inform stakeholders about the scheme and loan fairs help with application scrutiny and documentation. Continuous support is provided in the follow-up process with banks and government institutions for loan or grant disbursal.

Training, mentoring and networking services are also part of the strategy. Mentors guide entrepreneurs in setting up and running their businesses, making capital investment decisions and providing continuous support. Mentors also help identify business opportunities through market studies and buyer-seller meets. Short-term training programmes enhance soft skills like networking and client acquisition.

IMPACT



Economic Empowerment:

- The programme aims to create long-term sustainable self-employment opportunities for 32,000 youth and in-migrants in Uttarakhand.
- These individuals will have the potential to earn at least ₹25,000 per month, contributing to their own economic well-being and the overall economic development of the state.



Reduction in Outmigration:

- By providing viable self-employment options, the programme seeks to inspire the inhabitants of Uttarakhand to avoid outmigration. The goal is to address the issue of unequal development between plain and hill districts, which has led to significant migration from the hill districts.
- By creating economic opportunities locally, the programme aims to reduce the need for migration and promote balanced development across the state.



Skill Utilisation:

- The programme recognises the skills and expertise of the returnees, particularly in sectors such as agriculture, horticulture, animal husbandry, ecotourism and adventure sports. By leveraging these skills, the programme aims to create employment opportunities that align with the interests and capabilities of the beneficiaries.
- This will not only enhance their self-sufficiency but also contribute to the growth of these sectors in Uttarakhand.

1,999

SELF EMPLOYMENT OPPORTUNITIES CREATED



Increased Awareness & Convergence with Schemes:

- The programme acknowledges the low awareness among returnees, regarding government schemes meant for them. Through orientation workshops and sensitisation drives, the programme aims to increase awareness and understanding of the available support and resources.
- This enables the beneficiaries to make informed decisions and access the necessary financial and technical assistance.



Collaboration and Networking:

- The programme emphasises collaboration between various stakeholders, including the technical support agency, government departments, lead banks and financial institutions.
- By organising loan fairs and providing handholding support during the application process, the programme aims to facilitate access to finance for entrepreneurs.
- Additionally, mentoring, training and networking services are provided to support the entrepreneurs in setting up and running their businesses effectively.



Socio-economic Development:

- The successful implementation of the programme leads to the establishment of a large number of enterprises, resulting in increased employment opportunities. This improves the financial well-being of the entrepreneurs but also contribute to the socio-economic development of their families and communities.
- The programme aims to create a positive ripple effect by empowering individuals and fostering economic growth at the grassroots level.

01

CASE STUDY



**SHIVANI
MAMGAIN**

**INSPIRING YOUNG
ENTREPRENEUR**

**PERSONALISED
SUPPORT
AND TRAINING**

My name is Shivani Mamgain, and I am the founder of The Green Company UK. I am an inspiring young entrepreneur who started my own nursery when I was just 23 years old. Running my own business has always been a dream of mine and the idea to start a nursery came to me while I was in university.

In the beginning, I faced many challenges. Being a young person with limited experience, getting loans from banks was a major obstacle. Additionally, while I had a clear vision of what I wanted to do, the intricacies of starting and running a business were still somewhat mysterious to me. That's when I discovered the Hans Udhayamita Mission Programme. This programme, in coordination with the Government of Uttarakhand's Mukhyamantri Swarojgar Yojana (MSY), not only helped me by connecting me with banks for loans but also provided personalised support and training through workshops on financial and business management. This guidance was invaluable in helping me navigate the complexities of entrepreneurship.

Now, my business has been running for just over a year. What started as a nursery has expanded into landscaping gardening services. I am grateful for the support I received from the Hans Udhayamita Mission and the Government of Uttarakhand.

ORGANIC FARMING

Organic farming is an agricultural practice that emphasises the use of natural and sustainable methods to cultivate crops and raise livestock. It is a holistic approach that avoids the use of synthetic fertilisers, pesticides, genetically modified organisms (GMOs) and growth hormones. Instead, organic farmers rely on techniques such as crop rotation, composting, biological pest control and the use of organic inputs to maintain soil fertility and promote the health of plants and animals. Organic farming is important because it offers numerous benefits, including the production of nutritious and chemical-free food, the preservation of biodiversity, the protection of soil and water resources and the promotion of environmental sustainability.

SHIVANSH KHETI



Shivansh Kheti aims to promote low-cost and natural farming techniques for high farm outputs. The project includes a national-level training institute located in Chattarpur, Bhatti Mines, Delhi, where farmers from all over the country can receive training in organic farming practices. The institute has set up Gaushala to provide cow dung and urine for the preparation of organic manure.



ACTION

The project successfully conducts training sessions for farmers, exposing them to the Shivansh farming techniques. The training programme is designed to provide on-ground farming training and disseminate the best practices of organic farming. The institute has essential facilities for the trainees, including demonstration sites and a regular supply of cow urine and dung.

IMPACT



Increased Adoption of Organic Farming Techniques:

- The project successfully trains farmers from across the country in Shivansh farming techniques, which are low-cost and natural farming techniques for high farm outputs.
- As a result, there is an increased adoption of organic farming practices among the trainees, leading to a shift towards sustainable and environmentally friendly agricultural practices.



Improved Soil Fertility:

- The use of Shivansh Khad (organic manure) in organic farming augments soil fertility. This organic manure, prepared in just 18 days, increases moisture content in the soil, reducing the requirement of water for agriculture.
- The project contributes to improving the overall quality of soil, ensuring long-term sustainability in agricultural practices.



Replicability and Scalability:

- The project serves as a model for organic farming training and has the potential to be replicated and adopted by government agencies, donors and other partners.
- The success of the project in training farmers and demonstrating tangible results makes it a valuable resource for promoting sustainable agriculture practices on a larger scale.



Enhanced Crop Yield:

- By disseminating the best practices of organic farming, the project helps farmers to achieve higher crop yields.
The training provided at the national level institute in Delhi equips farmers with on-ground farming techniques, enabling them to optimise their agricultural output.
- This not only improves the livelihoods of farmers but also contributes to food security in the region.



Empowerment of Farmers:

- The residential training facility provided by the project empowers farmers from all parts of the country. By acquiring knowledge and skills in organic farming, farmers are better equipped to make informed decisions regarding their agricultural practices.
- This empowerment leads to increased self-reliance and improved socio-economic conditions for the participating farmers.

01

CASE STUDY

My name is Ramjanki and I am 37 years old. I come from the beautiful district of Banda in Uttar Pradesh. I am a married woman and a proud mother of three children. However, my family has always faced a challenge due to our limited land for cultivation. We struggled to grow enough crops to meet our needs.

That's when Shivansh Farming organised a training session supported by the organic farming training project of The Hans Foundation in the Banda district. The aim was to teach farmers like me how to produce an adequate number of crops using less land and organic manure, which is not only cost-efficient but also environment-friendly. We learned that organic manure can be prepared using the waste from animals at home.

Attending the training session has been a turning point for me. I discovered how to utilise the land around our house and sow multiple crops together to meet the nutritional requirements of my family. Organic farming not only improves the nutrition of my children, but it allows me to save money for their future. Organic manure is more affordable compared to chemical fertilisers and I am proud to be contributing to a sustainable and healthy lifestyle for my family.



RAMJANKI

COST
EFFICIENT

AFFORDABLE
ORGANIC MANURE

TULI LIVELIHOOD PROJECT

THF is working with the community in Tuli, Nagaland for the establishment of a Tea Garden and Tea Processing Unit. The primary objective is to create employment opportunities and generate income for the local community. The project aims to create around 700 direct jobs, with additional opportunities for wage labourers. It is expected to benefit 320 households, providing them with a steady source of income.

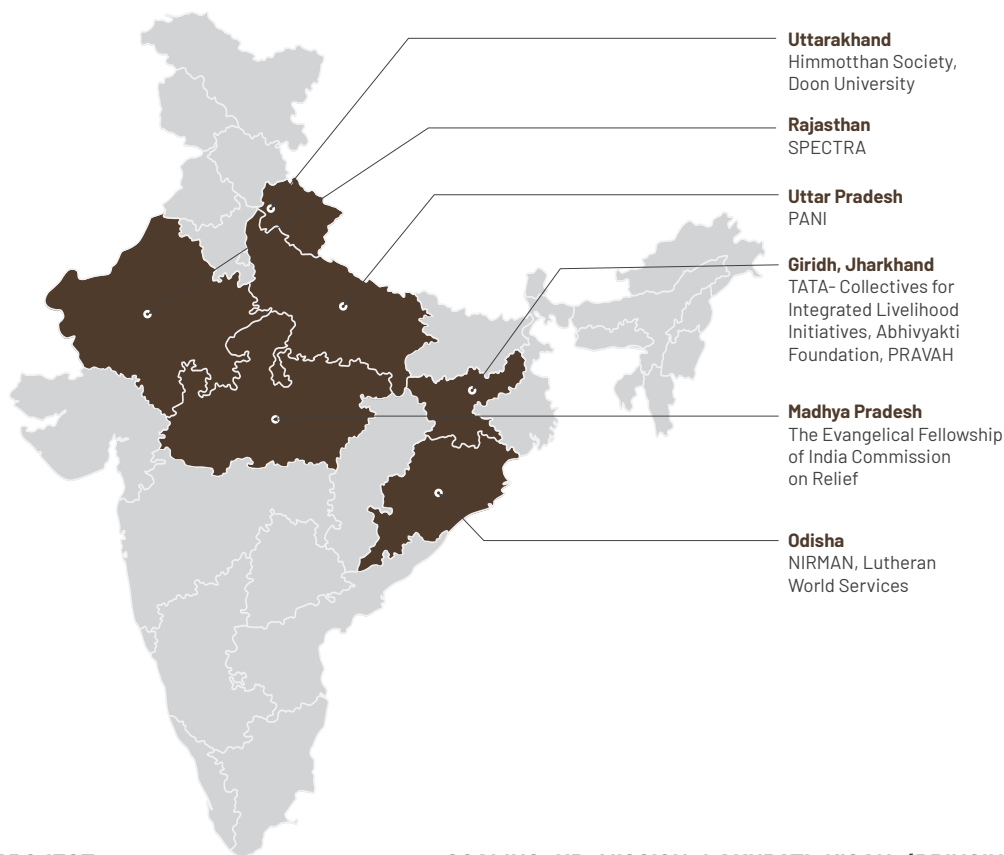
The project includes the development of a nursery for tea bushes, where high-quality tea plants will be cultivated. This ensures a sustainable supply of tea leaves for the tea garden. Currently, 90 hectares of land are dedicated to tea plantations. The tea garden focuses on organic tea production, adhering to environment-friendly practices. The tea leaves are processed using orthodox or CTC methods, depending on market demand. Upon maturation of the tea garden, THF will work with the community for the development of market linkages, and the processed tea will be marketed both business-to-business (B2B) and business-to-consumer (B2C).

**TUTORING AND
MENTORSHIP**

**BENEFITTED 320
HOUSEHOLDS**

**TULI
LIVELIHOOD**

LIVELIHOOD IN PARTNERSHIP



- **MAXIMISING MOUNTAIN AGRICULTURE PROJECT**

- 🤝 Himmatthan Society

- 📍 Almora, Nainital and Pauri in Uttarakhand

The Maximising Mountain Agriculture project aims to enhance income by improving productivity in mountainous regions. It organises farmers into self-help groups, promotes savings and credit activities and implements Integrated Pest Management (IPM) and Nutrient Management practices.

- **DOUBLING FARMERS INCOME THROUGH INTEGRATED AND COLLECTIVE FARMING APPROACH IN UTTARAKHAND**

- 🤝 Doon University

- 📍 Tehri Garwal, Pithoragarh, Champawat in Uttarakhand

The project aims to double the income of farmers by promoting modern and improved horticultural practices. It focuses on capacity building of farmers and linking them to government schemes, as well as implementing soil health management practices and providing irrigation facilities.

- **SCALING UP MISSION LAKHPATI KISAN (BRINGING PROSPERITY & UNLOCKING POTENTIAL)**

- 🤝 TATA- Collectives for Integrated Livelihood Initiatives (CInI)

- 📍 East Singhbhum, Jharkhand

The project aims to improve the quality of life for the tribal rural population of Gurabanda Block in Jharkhand. Objectives include enhancing the capacity of SHGs, VO's and FPCs for increased business opportunities, promoting entrepreneurship in agriculture and goat rearing, and increasing income levels through livelihood initiatives.

- **JABERA INTEGRATED COMMUNITY ADAPTATION PROJECT**

- 🤝 The Evangelical Fellowship of India Commission on Relief

- 📍 Damoh, Madhya Pradesh

The project aims to enhance socio-economic resilience through sustainable livelihood practices. It focuses on increasing surface water availability, improving livelihoods of targeted households and promoting women's participation in developmental activities.

- **IMPROVED FOOD, INCOME & NUTRITION SECURITY (FINS) FOR VULNERABLE COMMUNITIES**

 **Abhivyakti Foundation**

 **Giridih, Jharkhand**

The project aims to enhance food and nutrition security while reducing poverty in selected villages of Giridih district. Some of its objectives include improving food and nutrition outcomes for households, increasing annual income by 40% for 80% of the target community and enhancing access to government schemes and services.

- **INITIATIVE FOR SUSTAINABLE LIVELIHOOD DEVELOPMENT (ISLD)**

 **People's Action for National Integration- PANI**

 **Siddharthnagar district, Uttar Pradesh**

The project aims to enhance farmers' lives and livelihoods through improved sustainable agriculture practices. It has four objectives: improving livelihood conditions for farmer households, increasing the area and productivity of high-value and major crops, promoting water-efficient practices and improving marginalised farmers' access to government schemes.

- **STRENGTHENING LIVELIHOOD SECURITY OF TRIBAL AND FOREST DWELLING COMMUNITIES**

 **NIRMAN**

 **Kandhamal, Rayagada and Kalahandi in Odisha**

The project aims to enhance the livelihood security of marginalised tribal and forest dwelling communities in Odisha's tribal regions. It focuses on promoting sustainable farming practices, conserving natural resources and enhancing the capacity of community leaders.

- **ENHANCED LIVELIHOOD SECURITY FOR TRIBAL AND DALIT FAMILIES**

 **Lutheran World Services**

 **Balangir, Kalahandi, Mayurbhanj, Kendrapada and Jajpur in Odisha**

The project aims to enhance the lives and livelihoods of underprivileged farmers in rural areas of 4 districts in Odisha through improved sustainable agriculture practices. Its objectives include increasing household income levels through improved farming techniques and boosting crop trade through modern techniques.

- **WOMEN-CENTRIC SUSTAINABLE LIVELIHOOD DEVELOPMENT PROGRAMME**

 **PRAVAH**

 **Pakur, Jharkhand**

The project aims to enhance the socio-economic status of tribal women in Jharkhand through innovative agriculture practices. Its objectives include

improving livelihood security for tribal women farmers by introducing advanced organic agriculture and non-agricultural production techniques and promoting entrepreneurship.

- **IMPROVING THE BEST PRACTICES OF GOAT REARING FOR INCOME ENHANCEMENT**

 **SPECTRA (Society for Public Education Cultural Training and Rural Action)**

 **Alwar, Rajasthan**

The project aims to enhance the socio-economic condition of marginalised communities through integrated rural development initiatives. Objectives include involving youth and women in goat rearing for sustainable income, improving food sufficiency and nutrition for households and enabling access to government schemes and services.



Disaster relief involves providing immediate assistance to people and communities affected by disasters. It also includes efficient disaster management, preparedness and collaboration among stakeholders to ensure timely relief efforts.

In today's world, issues like water and climate are evolving rapidly and may become global crises. Therefore, a proactive disaster management approach requires coordination and planning to address these challenges in advance.



NUMBER OF BENEFICIARIES

24,911



BUDGET ALLOCATED

₹ 25 Cr



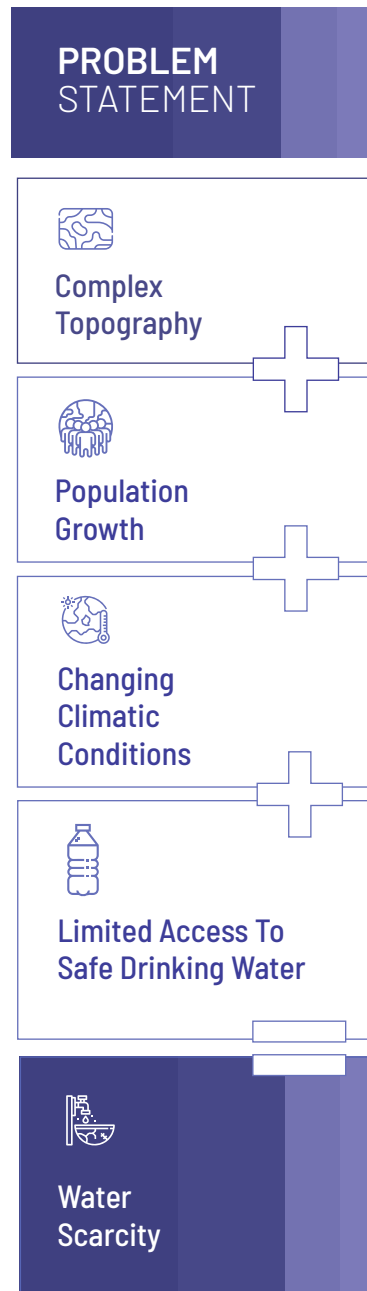
SDGs ACHIEVED





THE GAZE OF RELIEF

HANS JAL DHARA



Many villages in the state of Uttarakhand in India face a shortage of potable water due to complex topography and fragile ecology. This scarcity is exacerbated by population growth, changing climatic conditions and limited access to safe drinking water. As a result, communities, especially women, are burdened with fetching water from long distances multiple times a day, leading to health and hygiene concerns. This also impacts the overall quality of life and sanitation practices in the region.

ACTION

- THF aims to ensure all households in the intervention area have piped water in their homes. This involves constructing and repairing existing water supply schemes, ensuring the availability of funds, technical expertise and adherence to project progress reports and completion reports.
- THF works with the village communities to create and train Functional User Water and Sanitation Committees (UWSCs). This entails formulating guidelines for the committees, conducting awareness generation activities, facilitating meetings, ensuring the formation of UWSCs, mainstreaming gender in water supply management activities and providing capacity building for committee members.
- All households have Individual Household Latrines (IHHLs). This output focuses on counselling and motivating households to construct and use IHHLs, liaising with the government for availing subsidies and providing THF contribution for IHHL construction.
- THF also works to ensure households have IHHLs by focusing on counselling and motivating the community for construction and use of toilets, as well as liaising with the government for availing subsidies.
- Spring recharge measures are implemented in all sources wherever technically feasible as per Detailed Project Reports (DPRs).

IMPACT

- All households in the identified villages have access to clean and safe drinking water, reducing the incidence of waterborne diseases and improving overall health.
- The construction of IHHLs contributes to the elimination of open defecation, promoting better sanitation practices and reducing health risks.
- Implementing spring recharge measures helps ensure a sustainable water source, benefiting the communities in the long term.
- The formation of Functional User Water and Sanitation Committees enhances community participation, leading to better planning, implementation, and maintenance of water supply schemes.

CASE STUDY

My name is Shakuntala Devi and I am a resident of the beautiful village of Rauniya in Tehri Garhwal district. Our family consists of four members and our main income source is agriculture and animal husbandry. However, the only water source in our village is a natural stream located 1 km from our house.

As a woman in the village, I took it upon myself to lead the charge in finding a solution. Many of the men in our village were hesitant to support the construction of a pumping scheme, fearing that it would impact our irrigation and drinking water. However, I refused to accept this notion and rallied the women of our village to stand up for our rights.

In 2021, The Hans Foundation came forward and met with our community to discuss our challenges. We highlighted our village's need for a reliable drinking water system. The team from The Hans Foundation introduced us to the Hans Jaldhara Phase 2 scheme, which aims to provide clean drinking water to villages like ours. With the active participation of the villagers, an action plan is formulated for the construction of a solar-pumping drinking water scheme. The impact of this project is truly life-changing.



**HANS JALDHARA
PHASE 2 SCHEME**

**SOLAR-PUMPING
DRINKING WATER
SCHEME**

**GARHWAL
DISTRICT**

**PURE
DRINKING
WATER
SYSTEM**

**WATER AND
SANITATION**

FOREST FIRE MANAGEMENT

PROBLEM STATEMENT



Deliberate
Burning/
Negligence/
Irresponsible
Farming Practices

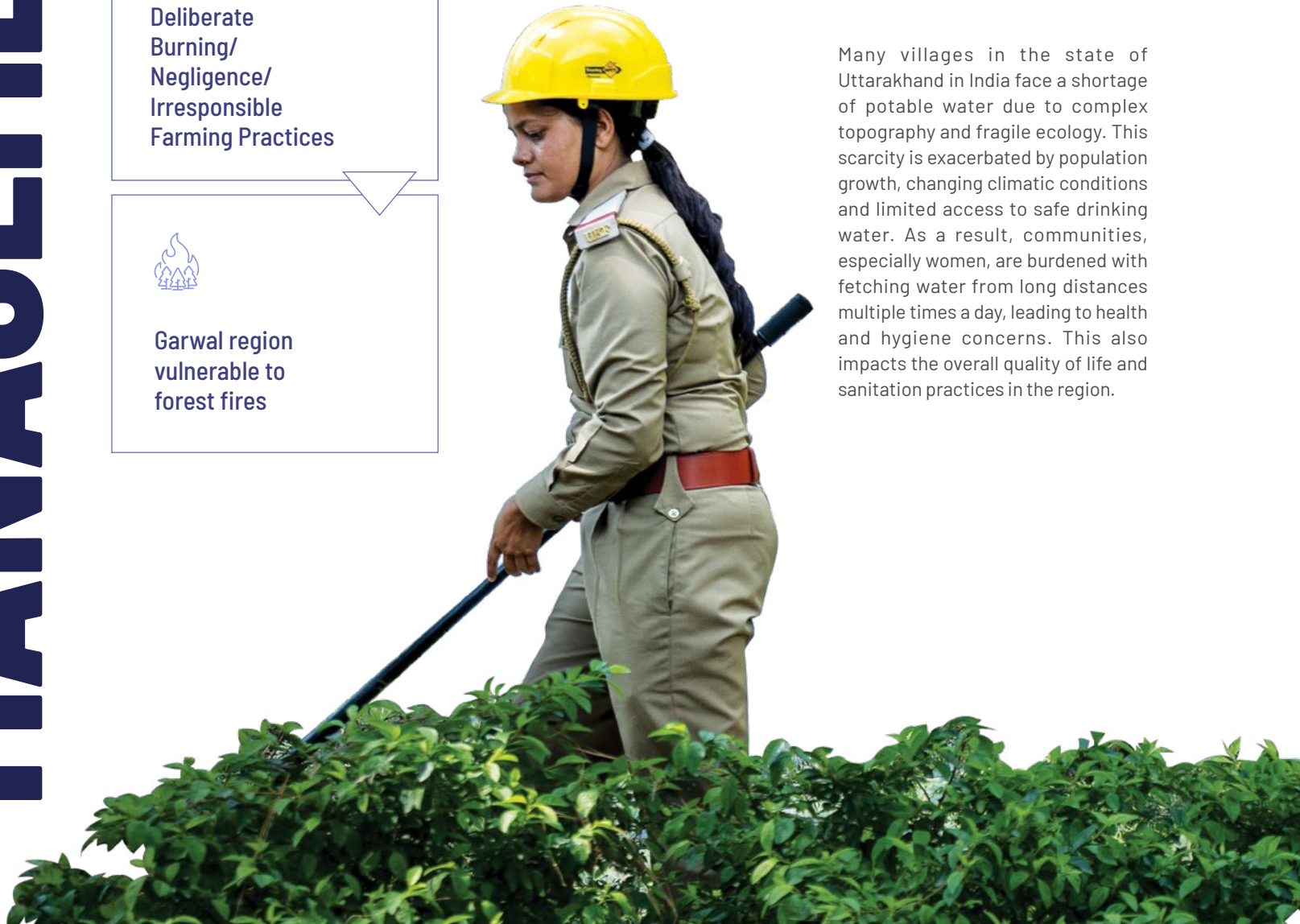


Garwal region
vulnerable to
forest fires

Forest fires pose a significant threat to the biodiversity, environment and communities of Uttarakhand, India. With over 48,000 hectares of land already affected, the Garhwal region, known for its diverse ecosystems, is particularly vulnerable. These fires are caused by a combination of environmental factors and human activities, including deliberate burning, negligence and irresponsible farming practices.

ACTION

Many villages in the state of Uttarakhand in India face a shortage of potable water due to complex topography and fragile ecology. This scarcity is exacerbated by population growth, changing climatic conditions and limited access to safe drinking water. As a result, communities, especially women, are burdened with fetching water from long distances multiple times a day, leading to health and hygiene concerns. This also impacts the overall quality of life and sanitation practices in the region.





Volunteer-based Firefighting:

- The Hans Foundation engages locals, including village women groups as well as youth, as volunteers in firefighting efforts. In coordination with the Forest Department, these volunteers receive training and firefighting gear to tackle forest fires effectively and at the source.



Community-based Management of Fuel Load:

- The Hans Foundation works with the local community to manage fuel load on public and private lands. This involves planned burning, slashing, mowing, clearing works and creating and maintaining fuel breaks and fire infrastructure. The goal is to implement an integrated and risk-focused forest fire management approach.



Supporting Afforestation Efforts of the Forest Department

- The Hans Foundation is also working for the establishment of Mahila Kisan Nurseries to provide seedlings for the robust afforestation efforts of the Forest Department while engaging the communities and building their participation in these efforts at the same time.



Community Engagement:

- The Hans Foundation recognises the importance of community involvement in long-term planning for mitigation. THF made collaborations with the local people-based institutions, Van Panchayats, responsible for managing forest resources in their respective areas. THF also supports the preparation of micro plans through Participatory Rural Appraisal (PRA) in each Van Panchayat. These plans include mapping forest areas, identifying fire-prone locations and implementing measures like check dams and water harvesting structures to improve moisture levels. The community, guided by experts, also plans fire lines to prevent the spread of fires. This initiative covers 500 Van Panchayats in the targeted area.



Awareness Generation and Youth Participation:

- Since the largest source of these fires is human carelessness, The Hans Foundation works with schools and villages around the selected areas. They aim to bring awareness to the communities about the potential of the potential contribution of their activities in spreading fires. They educate them about fire safety in the forests and build community ownership of the issue. The campaigns also disseminate messages about the causes of forest fires, reporting procedures, proper disposal of farm waste and ways to reduce fuel load in nearby villages.

IMPACT



Support for livelihoods

- The programme protects agricultural lands, benefiting the largely agrarian population of Uttarakhand. It also promotes sustainable forest management, providing resources like wood and non-timber forest produce, supporting local economies and diversifying livelihoods.
- The programme involves community participation, sustainable forest management practices through Mahila Kisan Nurseries, development of fodder resources, volunteer-based fire-fighting, community-based management approaches and eco-restoration through afforestation and invasive weed management.



Reduction in forest fire incidences

- The programme aims to achieve an 80% reduction in forest fire incidents compared to the average of the last five years in 1,000 selected villages of four fire-prone districts.



Habitat Preservation

- By preventing and mitigating forest fires, the programme helps maintain essential ecosystem services such as pollination, decomposition, water regulation, soil erosion prevention, carbon storage and climate regulation.
- The programme helps preserve the natural habitat of a diverse range of animal species, including carnivores, herbivores, birds and reptiles, contributing to biodiversity conservation.

01

CASE STUDY

My name is Pritam Singh, and I live in the beautiful village of Chhwara in the Dwarikhhal Block of Pauri Garhwal district. In the past year, an impactful forest fire suppression and prevention project initiated by The Hans Foundation has brought about substantial positive changes to our village. One key outcome of this initiative is the establishment of a dedicated volunteer working group at the village level, and I am part of this group.

Before the project, our village faced numerous challenges with forest fires. With a vast forest panchayat area spanning 92.575 hectares, we frequently experienced fire incidents due to a lack of awareness. Some individuals unknowingly set fire to the forests, believing it would promote the growth of healthy grass. Moreover, the abundance of pine forests in our Van Panchayat area made us susceptible to fires, with Pirul being a primary cause. Other causes include the burning of stubble in fields, the careless disposal of burning beedi cigarettes by passers-by, and shepherds cooking food in forest areas, leading to accidental fires.

Under The Hans Foundation's project, we undertake various activities to prevent and fight forest fires. Since January 2022, the project staff actively organises meetings and provides detailed information about forest fire prevention to the villagers. This significantly contributes to reducing the number of forest fire incidents. The project plays a crucial role in raising awareness among the villagers, reminding them of the importance of our forests.



**DEDICATED
VOLUNTEER
WORKING
GROUP**

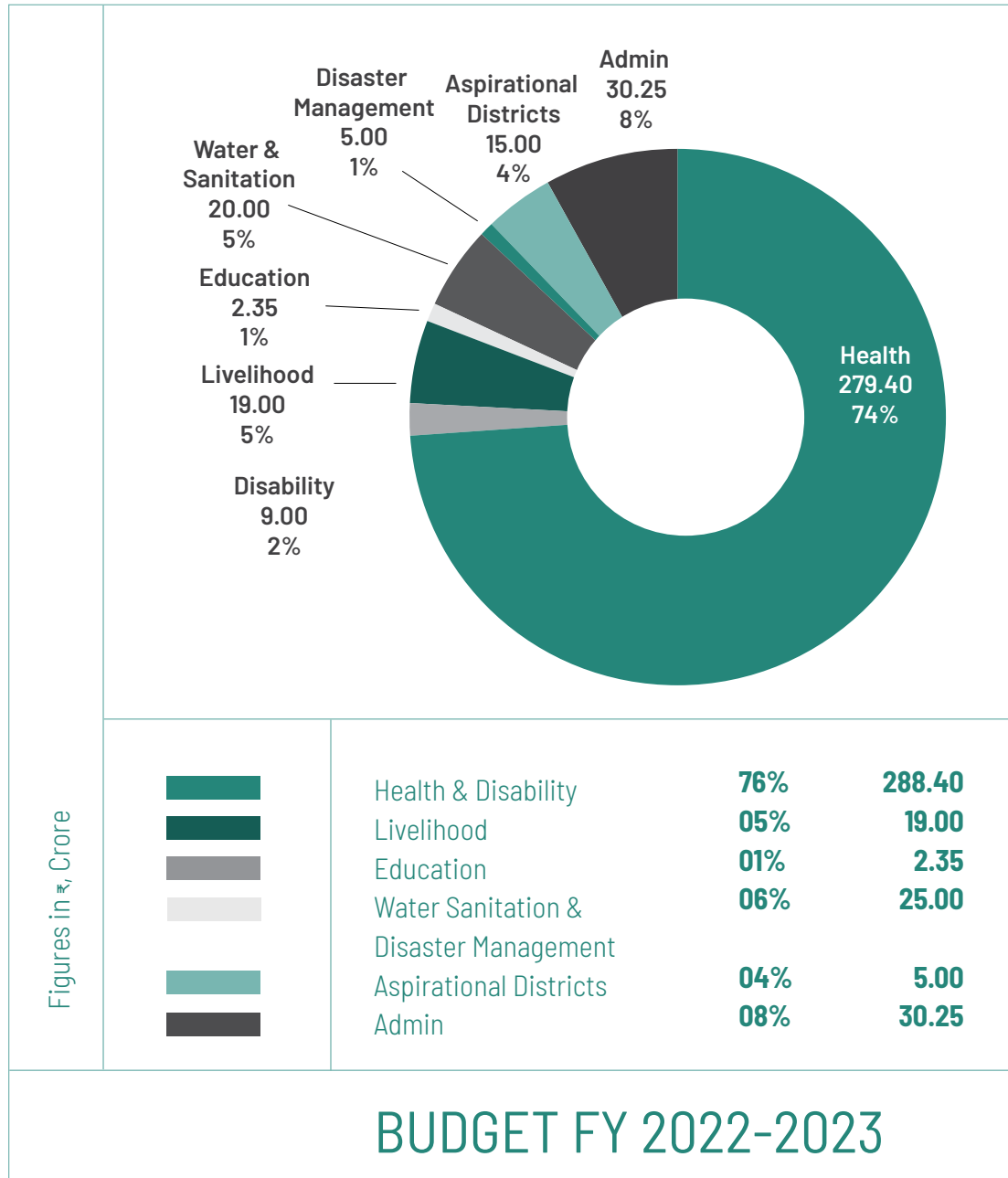
**GARHWAL
DISTRICT**

PRITAM SINGH

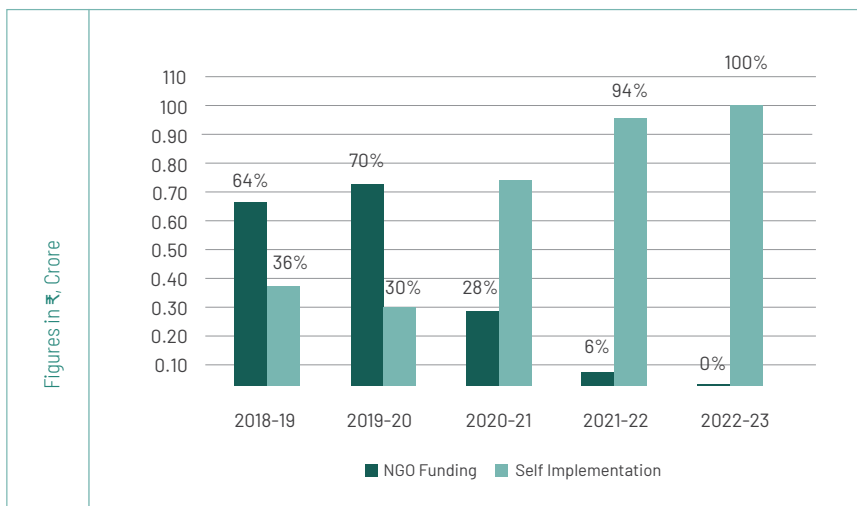
**FIGHT
FOREST
FIRES**

**FIRE SUPPRESSION
AND PREVENTION
PROJECT**

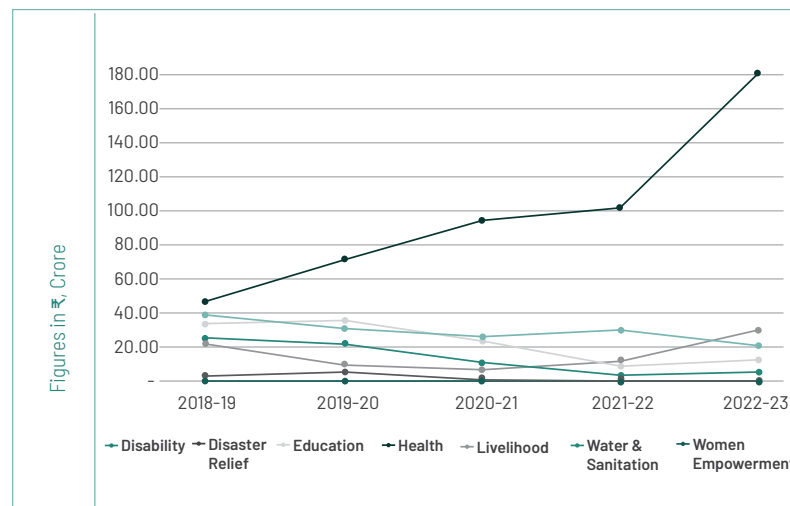
FINANCIAL REVIEW



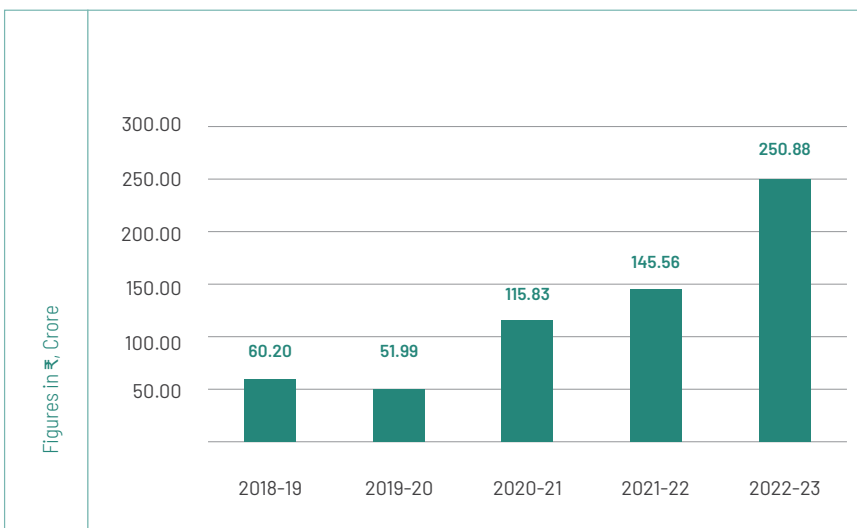
BUDGET FY 2022-2023



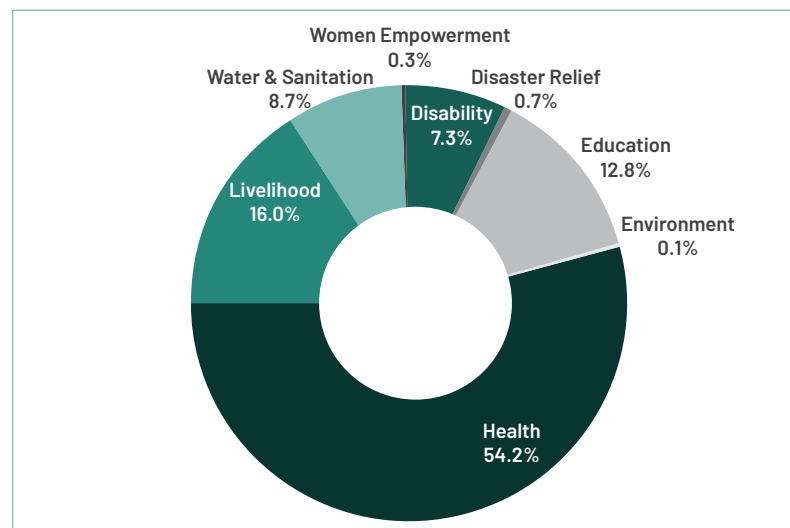
YEAR - WISE COMPILATION OF SELF IMPLEMENTATION AND NGO FUNDING: 2018 - 2023



THEMATIC - WISE TREND OF SPENDING DURING 2018-2023



DIRECT IMPLEMENTATION BY THE HANS FOUNDATION: 2018 -2023



TOTAL FUNDING: 2018 -2023

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