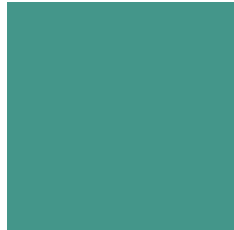




Aasha

Aasha the life of hope foundation



AASHA THE LIFE OF HOPE FOUNDATION ANNUAL REPORT 2021-22

Table of content

Founder Speech.....	01
Our Journey to provide hope to those who have lost hopes!.....	02
Medical Camp for the general population.....	03
Medical camp for the Adivasi population residing in the Vangni region.....	04
Food distribution to the poor and hungry.....	05
Distribution of clothes.....	06
Medical camp and HIV Awareness.....	07
Tuition centre for students living in slums.....	08
HIV Awareness sessions.....	09
“Child counselling” to address the issue addiction and promote Education.....	10
Other initiatives.....	11
Case Studies.....	12
Our Milestones.....	13
Awards and recognition.....	14
Way forward- Forging ahead with hope!.....	15

Founder's Speech

I am Dr. Rana Heera and I have worked in the medical field for several years. However, after observing some overwhelming situations of the poor and helpless people of our community, I decided to do something for them with the efforts and resources at my disposal. I aimed to help those who are in need and were unable to help themselves.

I witnessed the real situation of the people living in the slums in and around the Mahape and Panvel regions of Navi Mumbai. Observing people living in such miserable conditions made us take a step to solve the problem of poverty and lack of access to basic needs like food, shelter, and clothes. This marked the establishment of 'Asha the Life of Hope Foundation.'

It is very disturbing to see our senior citizens not getting basic needs like food, shelter, and care. Sometimes some people cannot take care of their parents despite having a decent lifestyle. And therefore, we decided to provide such senior citizens with an atmosphere they would feel better living in by successfully setting up an Old Age Home in the Vangni region of Mumbai in 2021. We also started distributing food to the needy people of our community (exact details would be helpful) on a very frequent basis.

We have also worked with individuals residing in the Red-light areas of the Turbhe region of Navi Mumbai. We interacted with and helped them through home visits by providing medical care and arranging follow-ups regarding awareness of general health and mainly HIV. We managed to arrange counselling sessions with the children of CSE (Commercially Sexually Exploited) women and encouraged them to take up education for a better future. We also tried to make them understand the ill effects of addiction (substance use disorder) and made efforts to help their children to get out of the trap of vicious addiction through counselling and medicines as well.

“Asha the Life of Hope Foundation”

Our Journey to provide hope to those who have lost hopes!

We observed that many people living under flyovers were sustaining without or very minimum food and nutrition intake for days. This made us take certain actions for helping them by providing them with the required nutrition. No medical aid was available and there were a lot of individuals who had major infections and zero treatment sources for medical attention. Hence we tried to provide them with medical help for their physical illnesses and other health-related issues. And this is how we started our journey to create “**Asha the Life of Hope Foundation**” for making a change in society leading towards a better tomorrow. We believe in helping those who deserve to be happy but aren't able to avail and reach the resources they need.

We also founded the Snehalaya Ashram in the Turbhe region with a capacity of 15 individuals. This Ashram is home to those senior citizens who are abandoned by their children and left on roadsides. We took them to the Ashram and take good care of their health and provided them with all the basic needs and facilities.

We have experienced

5 Years on this journey of bringing life and hope back to the lives of our beneficiaries

And this year we specifically focused on providing shelter to the homeless; providing treatment to the mentally challenged individuals across Panvel, Navi Mumbai, and Thane regions.



We also worked in the red-light areas of Turbhe and Navi Mumbai



The Ashram is for senior citizens

Our Holistic Interventions

Medical Camp for the general population

We conducted a medical camp for general check-ups which included basic health check-ups, Blood Pressure check-ups, and Blood sugar testing. Our focus was to check and analyse the basic **health status** of the general population so that we can help them achieve better health by providing medicines prescribed by our medical professionals. We conducted this medical camp in the month of **April 2021**. It was organized in the **Morve village of Panvel, Navi Mumbai**, and was a self-funded program by Asha the Life of Hope Foundation.

The aim behind organizing this camp was that everyone should have the proper kind of health screening. And when doing so, we needed to take into account aspects like age, lifestyle, family history, and risks.



Outcome

We organized the medical camp and the participants were further guided by our health professionals to take further treatments or tests if required. This camp created awareness about the significance of general health and helped our participants to diagnose their health issues.



Output

We sensitized 100 individuals of Morve village of Panvel, Navi Mumbai through this medical camp.

Sensitized 100
individuals of Morve village

Medical camp for the Adivasi population residing in the Vangni region

We conducted a medical camp for general check-ups which included basic health check-ups, Blood Pressure check-ups, and Blood sugar testing. Our focus was to check and analyse the basic health status of the **Adivasi population residing in the Vangni region of Maharashtra.**

We conducted this medical camp in the month of **May' 2021.** We aimed to help our beneficiaries achieve better health by providing certain medicines prescribed by our medical professionals. This medical camp program was organized and self-funded by Asha the Life of Hope Foundation.



Outcome

We successfully conducted this camp and created awareness in the context of health among our participants to whom the basic healthcare facilities are yet to reach. The Tribals who normally don't get access to basic healthcare facilities were reached out to by us.



Output

100 individuals from the Adivasi population of the Vangni region of Maharashtra benefitted from this medical camp and were successfully guided for further tests and/ or treatments if required for them.



Benefitted 100
individuals from Adivasi population

Food distribution to the poor and hungry

We are becoming more and more aware of how our nutrition affects both our physical and emotional health. Students who do not have access to appropriate nourishing meals are not able to succeed academically, and employees are not able to give their 100% at work. An essential tool for lifting workers and kids out of poverty is nutritious meals. This is a crucial first step, which ultimately aims to improve the condition of individuals battling poverty and hunger but by no means the ultimate solution to oversimplify the issue or imply that this is all that needs to be done.

We understand the importance of basic nutritious food and therefore we conducted **community development** events where we distributed food to the poor and needy people from **Sanpada, Mahape, Mumbra, Ghansoli, CBD Belapur, and new and old Panvel**.

We provided dal rice, chapati bhaji, bread, biscuits, and water to satisfy their hunger and starvation. This event was organized in the month of **May'2021** and was a self-funded community development program.



50 Beneficiaries
received food



Outcome

By successfully distributing food to needy people, we tried to meet their immediate basic nutritional requirements and contributed to fighting starvation. This activity made us understand the problem of hunger and how important it is to help our people by providing basic needs like food.



Output

We had **50 beneficiaries** from **Sanpada, Mahape, Mumbra, Ghansoli, CBD Belapur, and new as well as old Panvel** regions of **Navi Mumbai** who benefitted from this initiative by receiving the food we distributed.



Distribution of clothes

Having good clothes to wear every day, is not a possibility for many people in our country. During the day and as well as night, our volunteers conducted a field assessment in different areas of Navi Mumbai. People were sleeping on the street without wearing proper protective clothes on their bodies and without having any blankets to protect them from the cold.

Thus, after understanding their needs and requirements, Asha the Life of Hope Foundation took an initiative to meet the basic needs of individuals living in marginalized communities of **Sanpada, Mahape, Mumbra, Ghansoli, CBD Belapur, Panvel (New & Old), Taloja, Koparkhairane regions of Thane and Navi Mumbai.**

We initiated this event as an Aid to the community in the month of **June 2021**. In this clothes distribution drive, we have distributed thousands of old as well as new clothes in better quality and comfortable conditions to the homeless individuals living under bridges, on the streets, and in and around the slums in the above-mentioned areas.



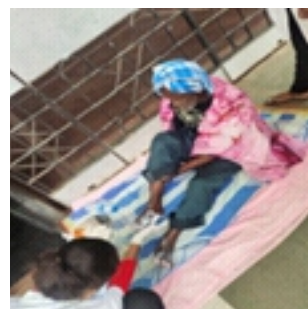
Outcome

The basic need of the poor and vulnerable individuals for clothes was fulfilled through our distribution drive in these selected areas.



Output

We managed to provide clothes to **15 individuals** residing in areas of **Sanpada, Mahape, Mumbra, Ghansoli, CBD Belapur, Panvel (New & Old), Taloja, Koparkhairane regions of Thane, and Navi Mumbai.**



Medical camp and HIV Awareness

Some important objectives of organizing a medical camp are that they increase **community health awareness** and teach residents how to handle communicable and non-communicable diseases; register rare and severe cases and refer them to specialized centres; evaluate the living conditions and identify the common challenges and obstacles to work on resolving their issues.

By providing free, high-quality medical services and full-body complete medical examinations for the underprivileged population; we can refer medical cases to surgeries and other complex treatments if required. Therefore, understanding the importance of organizing medical camps, Asha the Life of Hope Foundation in the month of **August** organized a health camp for CSE women and their children. This **health-oriented** camp was held in the **red-light area of the Turbhe region of Navi Mumbai**.

Individuals who engage in unprotected commercial sexual activity without any awareness are at an extremely higher risk of getting infected by HIV and other sexually transmitted diseases (STDs) and hence HIV awareness is so crucial, especially for such populations.

Individuals who engage in sexual activity with multiple partners/customers should regularly get tested for HIV and be aware of their status. The ideal methods of prevention or treatment can be chosen by knowing one's condition. And hence along with the medical camp, we also organized an **HIV awareness camp** for them.



Outcome

Our intervention helped the individuals working in red-light areas by creating awareness regarding HIV, how to prevent HIV, and how to get tested for HIV. We also interacted with them and encouraged them for regular general health check-ups for overall good health.



Output

We sensitized a total of **100 women** working in the red-light areas of **Turbhe, Navi Mumbai** through our initiative of spreading awareness regarding health and HIV prevention and intervention.



100 women
were sensitized

Tuition centre for students living in slums

Education is an instrument for sustainably advancing the economy and national development. Education promotes the social, emotional, and psychological development of individuals and, by extension, holistic community development as a whole.

In the case of slum children, they have little possibility of receiving preschool services, which would aid in preparing them for school. The first challenge is signing up for classes. Birth certificates and other registration paperwork are frequently missing in the case of slum children, making it difficult for them to enrol in state-run elementary schools.

Asha the Life of Hope Foundation set up a "Tuition centre" for such children from 1st to 5th standard and from 6th to 8th standard. Our target population was school-going slum area children as they are the most deprived of basic educational support.

This Education oriented initiative took place in the month of October'2021. The area we selected for establishing our tuition centre was Chinchpada, Airoli region of Navi Mumbai.



Outcome

We encouraged the children to join our tuition centre for getting sustained quality education support and guidance to make their future better. We aimed to make them understand the importance of Education.



Output

We successfully managed to create an impact on **40 children** from the slum areas of the **Chinchpada region of Airoli, Navi Mumbai** in the context of the importance of education.



40 Children
successfully managed to create an impact on

HIV Awareness sessions

One of the most important methods used in the prevention and management of HIV/AIDS worldwide is the spreading of preventive information and creating awareness about HIV. Inadequate information and risky behaviours are two key obstacles to stopping the spread of HIV. It is important for such individuals who engage in sexual practices on a very frequent basis to get tested for HIV regularly and know their health status. Because the **ideal methods of prevention or treatment** can be chosen by knowing one's current health status.

We conducted an **HIV Awareness** session with the **CSE (Commercially Sexually Exploited)** women working and residing in the **red-light region of Turbhe, Navi Mumbai**. This was a health-oriented self-funded initiative by Asha the Life of Hope Foundation that took place in the month of **November 2021**.



Outcome

We created awareness regarding HIV disease among our participants and also explained the preventive measures to avoid transmission of HIV.



Output

We encouraged 30 individuals working in the red-light region of Turbhe, Navi Mumbai to participate in our HIV awareness camp.



Encouraged 30

working in the red-light region of Turbhe, Navi Mumbai

“Child counselling” to address the issue addiction and promote Education

It is very difficult for the children of sex workers to live their lives like other children as they are surrounded by many complex problems and issues such as discrimination and deprived of basic education, basic facilities and other basic human rights.

It is an unfair and insurmountable challenge for them to sustain themselves in a world where their existence is questioned and do not receive any dignity. And hence often they try to cope with such mental, emotional, and sometimes physical challenges by indulging in substance use like alcohol consumption, smoking, taking drugs, and other addictions. This leads them to illiteracy and eventually unemployment and a life full of frustration and depression. Therefore, they must be made aware of the importance and value of education and how to lead a decent life for themselves.

And hence, along with the session on HIV awareness, we also conducted a session which included guidance in the form of home visits in the red-light slum area and counselling sessions to the children about the ill effects of addiction in the context of alcohol, smoking, and other drug addictions. It was a self-funded drive by Asha the Life of Hope Foundation. This initiative helped us to understand how their surroundings are impacting them to choose the path of addiction and not education.



Outcome

We were successfully able to get maximum participation and sensitized our participants (children as well as adolescents) to attend counselling sessions. We helped and supported them to understand their addiction-related issues and attempt towards leading a better life.



Output

We encouraged some of the children to engage in counselling sessions by interacting with them and making them comfortable to share their problems with us.



Other initiatives:

In the month of November 2021, we also identified, rescued and rehabilitated a few homeless women who were rape victims in shelter homes. We first made sure to make these women comfortable by interacting with them with professional care. Considering their trauma, it was very important for us to make them understand that they were never at fault and they deserve to live life ahead with dignity, joy, and happiness. We approached the homeless women and shifted them to the Bhethlam Gospel Children Ashram situated in the Seawoods area of Navi Mumbai. We managed to carry out this initiative in collaboration with IJM.



CASE STUDIES:

Case Study

01

One of the members of our foundation rescued 35 years old Ms. Jyoti Gupta from Kalamboli, Navi Mumbai. She was mentally unwell and was in a homeless condition for 3 to 6 months.

Our team member carried out all the necessary police formalities and safely relocated her at 'Bethel Gospel Charitable Trust ' which is situated in Seawoods, Navi Mumbai.

Now she is living there in a much better condition and receives regular counselling and required treatment for her mental and physical wellbeing.

02

We were very fortunate to provide shelter and care to 60 years old Mrs. Vandana Manohar Sangagade. We found her outside the Mindspace Office in Airoli.

She has a son and a daughter named Sakshi. She had no place to live when we found her as she was not working at that time and was abandoned by her son. She earlier used to stay with her son in the Chinchpada region of Airoli, Navi Mumbai. Her son was an alcoholic and did not look after her or take care of her. He made her leave the house rendering her homeless.

We provided a safe space for her to live for a few days till we contacted her daughter. Further she was shifted to her daughter's home at Ratnagiri.

03

We provided food and shelter to 52 years old Mr. Rajesh Nerulkar who formerly used to stay in Kalyan.

He was found in a disturbed condition near a bus stop in Panvel, Navi Mumbai. His wife and children abandoned him and made him leave the house when he used to stay in Kalyan. Therefore, he travelled from Kalyan to Panvel and was staying at the Panvel Bus Depot.

We provided him with food in the initial period, and then he was shifted to our Asha Snehalaya Ashram which is located in the Vangni region of Badlapur. Now he is in a much better condition without experiencing any mental illness/disturbance and physical health issues.

Our Milestones



We would proudly like to mention that we successfully **established an Ashram** in the month of December 2021. The Ashram is called '**Asha Snehalaya**' which is situated in the **Vangni region of Badlapur, Maharashtra**.

Our sole purpose behind this establishment is to provide shelter to the homeless and needy people. We made this Ashram with a capacity of 15 individuals. We provide basic and necessary needs like Food, Clothing, and Shelter along with medicinal assistance to these individuals at the Ashram. We have a separate section for females at our ashram so that they can reside in a comfortable environment. We have the helping hands of four staff members consisting of one male staff and three female staff. Currently, a total of **5 individuals** are staying in our Ashram.

Awards and recognition:



We were awarded by 'NGO Women Power and Social Awareness Foundation' for conducting medical camps in the red-light area.



01

Holistic Care and Training:

We aim to work with the children of women working in red-light areas. The focus will be more on getting maximum involvement in taking up Education; training them to develop and polish their skills, and we aim to keep them away from addiction.

02

Health and Wellbeing:

We will conduct more medical camps in the red-light area of Turbe; arrange skills development sessions for women. We will be focusing on creating more awareness about HIV. We will set up a medical camp in the rural and Adivasi villages of Panvel, Navi Mumbai.

03

Old age home for the senior citizens:

We are also planning to make an Old age home for the senior citizens of our community.

04

Care and Education for orphans:

We are also looking forward to working with orphan children and to provide them with shelter and education.

05

Other community initiatives:

We will surely continue our food distribution drive for the individuals staying in the slum areas and roadside dwellers. We aim to provide tutoring sessions for 1st to 10th -standard students residing in the slum areas of Navi Mumbai.



Aasha

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