



A NON-PROFIT  
ORGANIZATION

registration no. 1127  
registered under section 21  
of societies act 1860 in  
Uttar Pradesh State



# HOPE ACTION

laying the groundwork

that benefits our local communities across India

**HEEALS** (Health, Education, Environment, & Livelihood Society)

*Mending one family at a time, then one community, all the while, working hard to bridge a self sustaining society across all the states of India.*

Ensuring that through empowering our local communities with knowledge on our hygiene programmes through education we can bring about a healthy and sustainable environment.



Heeals have created a platform of not only sharing ideas and working together on issues that will bring about the change that their local communities desperately need, but we will help spread the word amongst a global platform through their international volunteer programme with your help.

Their common commitment is to create a organisation that would provide health, education, environment and livelihood support requested by the people of state across India.

HEEALS managing director a young vibrant and passionate, Mr Kashyap who has himself poured his own money and many unpaid hours into the project together with his wife Sonika, have been dedicated from the onset of taking over the reigns. "Our main challenge is funding and the lack of resources. India has issues with poverty and we have a number of competing non profits, all of which are important to Mother India and our people. HEEALS are looking to international volunteers and funding for help as well as local government support which is increasingly difficult to attain due to the increasing number of applicants. The fact that we are a young non profit does not help our cause." We need help from the outside to help the inside of India. But the inside is just as important to us and we are pleased for all the help we currently have.



## DID YOU KNOW

India is known as the defecation capital of the world with 638 million people defecating in the open. People have more mobile phones and easier access to banks than toilets.

66 % of girls' schools do not have a functioning female toilet in India resulting in a drop out rate of more than 40% after completing just year five.

Around 23 % girls drop out of school every year in India due to lack of menstrual hygiene facilities including toilets or adequate disposal units for sanitary pads.

Around 1,000 children die every day in India because of diarrhoea. This figure equals the number of children dying due to Aids, measles and malaria combined. More than half of the Indian population do not wash their hands after defecation, making respiratory and gastrointestinal infections major killers among children and adults alike.

This is just the tip of the iceberg. Young girls and women are the major victims of these issues, suffering health problems, economic disparity, sexual violence, harassment and much more.

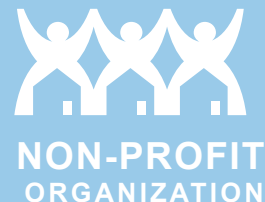
At Heeals we plan to create an international awareness about sanitation, menstrual hygiene, toilets and unsafe drinking water, and its effect on female education and health.

In particular we want to target those living in rural areas, urban slums, refugee camps and orphanages. Alongside our awareness campaign, we also want to ensure that communities are equipped to tackle these issues, by providing toilets in the areas most at risk, and by providing things such as water purification tablets, water tanks, soap and sanitary towels for young girls.

*But we cant do this alone and government funding is far from easy to secure.*

**"Join our cause & help us to provide water sanitation and hygiene facilities to local areas in need"**

Heeals was founded in 2010 but registered in 2012, after a group of young dynamic like minded individuals, set out to create and drive the vision of Heeals determined to provide India with a self sustaining livelihood. Most of the founding staff is working voluntarily or semi –voluntary.



# giving

## back to the community

***Our Vision, Mission & Objectives were shaped through a strategic planning process by a group of passionate volunteers who dedicate their time to our cause.***

### Our Vision

To provide the resources, education, expertise and leadership to help people and communities across India to use their own initiative, skills, and ability to improve their current quality of life, environment, education, knowledge and livelihood and for future generations to come.

The HEEALS organisation reflects part IV of the constitution of India as well as the Indian commitment to international development.

### Our Mission

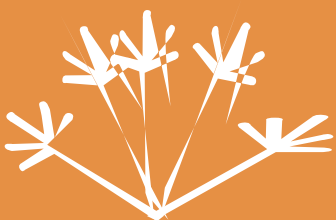
A vibrant civil society organization that aims to safeguard the health, environment, education and livelihood of poverty stricken Indian communities, in order to promote and create the development of a self-sustained society for them.

### Our Goals

Our main goal is to ***provide a self-sustained society in India.*** We want to ensure that through empowering our local communities with knowledge and educating them we can begin to eradicate poverty in India. We would like to do this by creating:

- 1. A Healthy Society*** – tackling hunger, malnutrition, woman & child development whilst promoting healthy practices.
- 2. An Educated Society*** – Promoting education amongst the most deprived societies.
- 3. A Cleaner Environment*** – Water Sanitation, Building Toilets, Menstrual Projects, WASH Projects, Climate Change Education.

***“He who opens the door to education closes the door  
to poverty, hunger & imprisonment ”  
With your support we can achieve our goals.***



# the

# reality is:

## WE NEED YOUR SUPPORT, FUNDING & WORLDWIDE VOLUNTEERS



## Support us

With your help we can provide local communities with access to nearby **Water Facilities** that will drastically improving their daily lives e.g. provision of simple **Water filters**, **Water Purifying Tablets**, **Soap Bars**, **Sanitary Pad Vending Machines**, as well as **Building Toilets** so young girls don't have to walk late at night into fields alone to relieve themselves leaving themselves vulnerable to rapes that have now become so prevalent in India.

You can **Support a Child** on a monthly basis. This amount will protect children from child labour keeping them off the streets and providing them with an education, healthy meals and in turn providing for their families futures.

You can also **Support the Heeals Organisation** allowing us to improve our own infrastructure as we rely solely on the generosity of the public. We a number of Monthly expenses e.g. petrol to get to our local communities, rent, Internet, phone bills, mobile charges, so donations are crucial at this point to help our work continue as we are all volunteers.

**Fund our Wash on Wheels Outreach Project**, We are trying to raise funds to lease/buy or to get a car manufacturer to sponsor Heeals with a Minibus. We would like to kit the vehicle out as a educational Van that is used to drive to area's that are in desperate need of hygiene education, water purification knowledge, and our other work projects. We need organisations to sponsors free samples like soap, water purification tablets, sanitary towels, hygiene products, baby products, petrol to run the project. We will need drivers to volunteer and other volunteers to help run the project when we can get it up and running.

**Volunteer your time and your skills.** We want to hear from you. From professionals with financial, business, marketing and legal skills we need your help. We also need volunteers that will help us go out into the community and assist with individual ongoing projects. Volunteering can make a real difference to your life. **So please contact us, we always need help.**

## Some of our Projects

Here at Heeals we use interactive communication dialogue, games, tools, and other techniques with of all of the students we encounter. The approach has successfully brought about behaviour change toward healthy practices with our students. We divided our approach into four steps, Games, Multimedia, Method Demonstration and Facilitation. We found that this leads to a student that is far more aware of the current issues than if we used the traditional methods of teaching. To spread our message we target schools and self help groups in urban slums and rural areas.

### RECENT PROJECTS

Water Sanitation Programme  
Menstrual Hygiene and Girl Education Project  
Children Informal Education Project  
Green Earth Project - Promoting Environmental Awareness & Protecting the Environment  
Volunteer Engagement Program And  
Trans Volun-tours - Promoting our cause further



### SOME ACTIVITIES

RAF Model (Research Awareness & Facilitation) through IEC & ICT Tools  
Educational Drama, Puppet Shows & Street Plays  
Animated Educational Shows + Games & Role Play Activities  
Documentary Film Making Courses  
Video & Film Show Productions  
Medical Health Camps & Counselling

### RECENT DOCUMENTARIES

"The Curse" on Menstrual Hygiene Taboo and its effect on Girls Health and Education. Available to Watch on Youtube:

<http://www.youtube.com/watch?v=1iRIngOAsxo>

The Role of Sanitation In Girl Child Education. Available to Watch on

Vimeo : <https://vimeo.com/58771979>

*It is every individuals basic human right to have safe drinking water and sanitation*

*Please help us provide it.*



## NON-PROFIT ORGANIZATION

registration no. 1127  
registered under section 21  
of societies act 1860 in  
Uttar Pradesh State



### We are proud members of:

WSSCC  
WASH United  
UN Volunteers  
Gender Progress Consortium  
Sustainable Sanitation Alliance

for more information please call

**+91-0124-4240984**

feel free to email

**communications@heals.org**

or visit our website

**www.heals.org**

or skype with us

**heals.communications**

or write to us

**#692, Sector -22 – B  
Gurgaon -122015  
Haryana**

Join us/Follow us/Like us and help us spread the word



### DONATE TO HEEALS

#### India Donators please donate via:

**Account Number:** 002101200566

**Bank:** ICICI

**Address:** Gurgaon Branch

Sco-18 & 19 Sector -14. Huda Shopping Center

Gurgaon -122001

**RTGS/NEFT IFSC CODE:** ICIC0000021

#### International Donators:

please email us @: [communications@heals.org](mailto:communications@heals.org)

#### Sponsors:

Soap Box  
Vandervliet Architects  
Benevola  
Sustainable Sanitation Alliance  
NASSCOM Foundation  
Creative MarComms Solutions  
SUM1 - US NGO

