



THE ODYSSEY

BEYOND HELP

HELPING HAND CHARITABLE TRUST



MEDICAL HOME

A VISION TO WELLNESS

Dr. PRAFUL MEHTA
Founder CHAIRMAN,
Helping Hand Charitable Trust

"The Odyssey" *Beyond help* prefers to a long and eventful journey, often marked by challenges inspired by the epic poem "The Odyssey" by Homer. Dr. Praful Mehta's journey in founding and leading the Helping Hand Charitable Trust (HHCT) has been a profound and transformative odyssey with relentless pursuit of helping others, going above and beyond what is typically expected or considered possible in serving people making a meaningful difference in the lives of people.

This Book is dedicated to.
Late. Jayantbhai B. Champaneri

Written by: Dr. Praful Mehta
Compilation by

Shri. Vinay Desai
Shri. Nitin Desai
Shri. Kishor Pandya

Shri. Sharad Desai
Dr. Pratap Thosar

Trustees
HELPING HAN CHARITABLE TRUST
January 2024

**VISIONARY COMMITMENT:
DR. PRAFUL MEHTA'S
INSPIRING JOURNEY**



Dr. Praful Mehta, Consultant surgeon by profession, driven by an earnest commitment to societal welfare, drew profound inspiration from the cultural values instilled by his parents-particularly his father, a respected teacher and principal of Lal School Valsad. Their teachings of helping shaped his belief in service to humanity, During the journey as a student at Baroda Medical College and medical practitioner, He organized numerous free medical checkup camps regularly in rural areas of Dharampur and Kaparada with help from Mohanlal Dayal Hospital Trust, Pardi and instrumental in providing free anti TB drugs from Trust to needy patients. His serving humanity resonates with an unwavering commitment to uplift and support the needy. Humanitarian services are a blazing passion for him that drives his actions, igniting a profound desire to make a positive impact.

**The Transformative Vision:
Conceptualizing the Medical Home**

In the passionate journey of medical practice with profound humanitarian ethos, Dr. Praful Mehta envisioned a transformative initiative to revolutionise care for bedridden patients

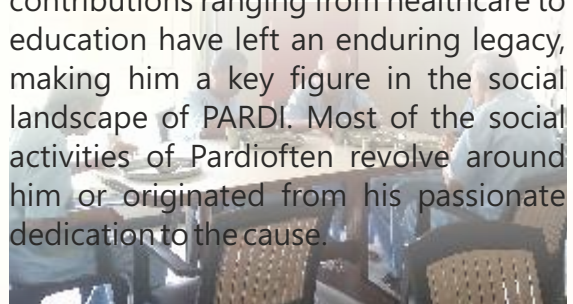
and elderly or frail individuals recovering from acute illnesses. His experiences as a medical practitioner highlighted the dire need for a specialized facility addressing the unique needs of such individuals for early and near normal recovery. He witnessed the struggles of families in providing optimal care which further fuelled his visionary approach. Thus, emerged the concept of the Medical Home-a comprehensive facility integrating medical, nursing, and physiotherapy services under one roof.

**Collaboration for Social Welfare:
Mr. Jayantbhai Chapaneri's Role**

Collaborating in this visionary endeavor was Mr. Jayantbhai Chapaneri, a distinguished engineer acclaimed for his outstanding contributions to



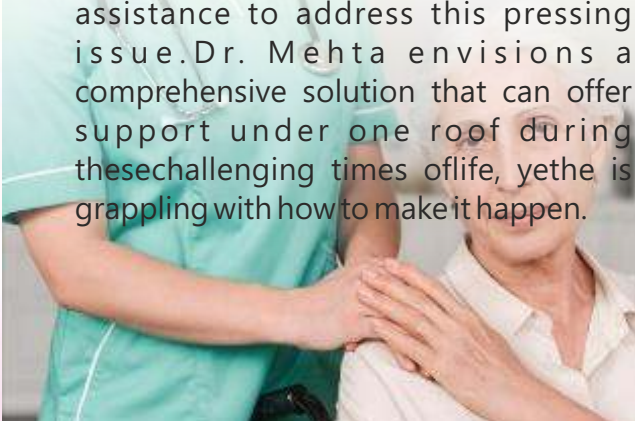
social welfare. His tireless efforts and passion for social services were evident in initiatives ranging from blood banks and eye banks to the establishment of a crematorium and a school for mentally challenged children. His multifaceted contributions ranging from healthcare to education have left an enduring legacy, making him a key figure in the social landscape of PARDI. Most of the social activities of Pardi often revolve around him or originated from his passionate dedication to the cause.





A Catalyst Moment for Change Mr. Chapaneri's Social Engagements & Dr. Mehta's Compassionate Vision

Dedicated social worker Mr. Chapaneri was a regular visitor to Dr. Mehta's hospital, mainly engaging in discussions about various ongoing social projects. One day, as Jayantbhai awaited Dr. Mehta's presence in his consulting chamber, Dr. Mehta entered, visibly burdened by the weight of a recent conversation with relative of a bedridden stroke patient. He revealed a struggle faced by daughter-in-law for optimum care required for her father-in-law. She sacrificed her job for caregiving duties. Despite substantial resources and financial expenditure, his recovery remained slower than expected. This situation was purely attributed to the lack of a professional care approach and the absence of specialized services. Dr. Mehta, driven by his compassionate vision, expressed his profound concern about frequent incidents and seeking assistance to address this pressing issue. Dr. Mehta envisions a comprehensive solution that can offer support under one roof during these challenging times of life, yet he is grappling with how to make it happen.



Unified vision and synergy

Mirroring these sentiments, Mr. Chapaneri resonated deeply with Dr. Mehta's concern and eagerly became ready for support revealing an unspoken alignment of their thoughts of caring. The synchronicity of their visions and collaborative effort prompted a joint visit to a facility in Wada, Maharashtra, which, unfortunately, fell short of providing the care which Dr. Mehta envisioned. Post this visit, Dr. Mehta elaborated on his distinctive concept, a vision cultivated throughout his professional career. He proposed that this approach could be the pioneering model and first of its kind in Gujarat and possibly in all of India.

Over the next 4-5 months, Dr. Mehta and Mr. Chapaneri were engaged in numerous meetings and discussions. This profound exchange led to an emotional connection with Shri. Jayantbhai that transformed Dr. Mehta's impassioned dream into a feasible reality. The result was the crystallisation of a definitive plan of action. Their commitment extended beyond the medical needs, focusing on comfort, nursing support, and emotional assistance. The aim was to nurture the dignity of the bedridden individuals and instil hope for a better tomorrow.

In this emotional journey, the



seeds of the Medical Home were sown—an institution that would become a beacon of compassion and care for seniors.

services like diaper changes, bathing assistance, regular medical examinations, medical checkups, and, when necessary, physiotherapy. Shri. Jayantbhai also

A Visionary Proposal Creating Medical Home for Comprehensive Care



At a crucial juncture, Mr. Jayantbhai proposed the inclusion of Mr. Vinaybhai Desai and Mr. Kishorebhai Pandya into the noble cause. Recognising the need for diverse expertise, Dr. Pratap Thosar, Mr. Sharadbhai Desai, and Mr. Nitinbhai Desai were also invited to contribute their valuable insights. The pivotal moment occurred during the first informal meeting held at Mehta Hospital on 10/07/2009. Dr. Mehta, in collaboration with Mr. Jayantbhai, presented a visionary plan to the esteemed dignitaries present in the meeting. Dr. Mehta emphasised the necessity for a facility catering to bedridden individuals or patients in need of comprehensive care, encompassing

stressed that such services were challenging to provide at home, often delaying recovery or incomplete rehabilitation. During the meeting, Dr. Mehta enlightened all dignitaries about the extensive study and research conducted by them, Dr. Mehta briefed the comprehensive roadmap to actualise the concept in with creation of such facility in Pardi. Despite starting on a small scale, the plan was designed to be scalable as needed in the future. With a preliminary plan laid out, Dr. Mehta sought consensus from everyone present, proposing to move forward with this transformative and essential concept. Without hesitation, everyone readily accepted, approved and wholeheartedly committed to move forward.



Subsequently, all the dignitaries present during the meeting became founder Trustees of the initiative.

Formation, Registration and Evolution of Trust

This gathering marked the shaping of the vision of Dr. Mehta and Mr. Jayantbhai, leading to the formal establishment of the Helping Hand Foundation. A collective suggestion for the trust's name encapsulated its essence. The term "Medical Home" was coined by Dr Mehta denoting a hospital like facility in homely environment. The emblem of the trust was developed collaboratively by Dr. Mehta and Mr. Jayantbhai, portraying waves as a representation of the sea of difficulties raised to the lights of the Sun by providing a helping hand.

The journey commenced with Mr.



J a y a n t b h a i wholead the laborious task of registering the trust within an impressive two-month period. The foundation evolved into the

Helping Hand Charitable Trust with registration under Charity commissioner of Valsad on 09/09/2009. Mr. Chapaneri's unwavering dedication and genuine concern were instrumental in turning impassioned dream into reality with creation of the **MEDICAL HOME**.

Rapid Implementation of the Medical Home Facility

A Vision in action

After the formation of the trust, a heartwarming gesture from Dr. Thosar came forth—he offered his hospital premises to initiate the Medical Home concept. Dr. Mehta, fuelled by the vision, was ready to contribute Rs.2 to 2.5 lakhs to kickstart this revolutionary concept. The journey took an auspicious turn when our first supporter Mrs. Vimlaben Lalbhai of Atul group promptly offered a generous donation of rs 1,51,000/- in first meeting with Dr Mehta and Mr. Chapaneri. Subsequently, Shri Nitinbhai Desai's commendable efforts secured an additional Rs 4 Lac from Dr Savitriben Champaklal Trust. Adding to this support Mr. Kishorebhai Pandya generously donated beds and essential accessories. This collective effort propelled the project into practical action, commencing on 15/11/2009 again in an astonishingly short span of only 35 days



“Endless thanks, forever grateful”

by an untiring effort made by Mr. Chapaneri for this execution.

Inauguration and Unprecedented Acceptance

The care protocols and guidelines, complying with all rules and regulations, were meticulously formulated by Dr. Mehta. The daily operations and activities were diligently monitored by a dedicated team comprising of Dr. Praful Mehta, Shri. Jayantbhai Chapaneri, Shri Vinaybhai Desai, Dr. Pratap Thosar, and Shri. Nitinbhai Desai.

Their commitment manifested in their daily rounds and continuous engagement, with a significant portion of their time invested to ensure the seamless operation of the Medical Home. Late. Dr. J. R. Parmar, seniormost respected family physician of Pardi who volunteered free service by taking daily rounds with examination of all patients and profoundly engaged in conversation with all inmates. This rapid and well-coordinated implementation showcased the collective determination in turning an idea into reality.

Dr Mehta expresses eternal gratitude to Shri. Jayantbhai for his dedicated work and contributions in creating such facility in PARDI. Without his active involvement, the progress made in the initial phases would not have



been possible.

“Endless thanks, forever grateful”

The inauguration took place on 10/01/2010, graced by the presence of Dr. Tushar A Chaudhary, Union Minister of India along with other dignitaries, Shri. C.R.Patil M.P., Smt. Darshanaben Jardosh, M.P. Shri Dolatrai Desai, MLA, Shri



Lalubhai Patel , MP , Smt. Ushaben Patel MLA and Shri. Hariprasaddas Swamiji.

Initially, there were apprehensions about how society would receive this new concept of caring for bedridden individuals. However, the response surpassed all expectations. Astonishingly, on the very first day, two patients were admitted.

Within a month, the count escalated to eight patients seeking the



specialized care provided by the Medical Home. This immediate acceptance and the swift rise in admissions immensely

bolstered our confidence.

To further amplify the awareness of Dr. Mehta's visionary concept and its visible benefits, an advertisement was placed in newspapers. This advertisement meticulously detailed the essence of the visionary concept, explaining its advantages and providing comprehensive information about each admitted patient distinctly outlining their condition at the time of admission and their present status of recovery. This transparent communication with the general population effectively conveyed the success stories, solidifying the trust and acceptance of this innovative and successful approach to caregiving.

From that day forward, our Medical Home experienced an unending waiting list, consistently at full capacity.

"Continuous Capacity Dilemma"

Decision Crossroads Shaping the Path Ahead with Redefining Commitments

After the successful implementation of our pilot project, we received commendable appreciation for the improvements observed in the bedridden individuals. The results were nothing short of spectacular, indicating the effectiveness of our approach. Encouraged by this success, we planned to expand our services to include various new facilities and activities for our inmates which were envisioned at the time of conceptualisation. However, our plans were hindered by other factors mainly space constraints.

Within a year, on realization of the growing demand and the need for enhanced facilities, we found ourselves at a crucial juncture. We made the difficult decision to retract from purchasing a rented premises despite our earlier commitment.

Shri Vinaybhai Desai's Decisive Action: Securing the Future of our Mission.

Recognizing the importance of upholding our commitment, it became necessary to either honour our assurance and purchase this property or seek a buyer who would continue our rent agreement until a suitable space could be secured or vacate the premises altogether. This decision weighed heavily on us as we navigated the delicate balance between fulfilling our promises and meeting the evolving needs of our project. In this critical moment, **Shri Vinaybhai Desai's** swift action was instrumental. Sensing the urgency of the situation, he readily stepped in and purchased the premises. This proactive move not only relieved the trust from their prior assurance of purchase but also provided the necessary space to expand our services as envisioned.

Expansion Endeavours Acquiring Land and Overcoming Challenges

With successful implementation and demand, our rented 3000 sq. ft. premises became a constraint for accommodating more needy persons

and limiting execution of our envisioned plans comprehensively. We all Trustees decided to increase our capacity and facilities. All Trustees in their capability-initiated efforts on finding a land/premises suitable for our cause. Mr. Jayantbhai, Mr. Vinaybhai, and Dr. Mehta have actively sought land donors, companies, or associations willing to support our expansion plans. Discussions were held with Mr. Sunilbhai Lalbhai of Atul Ltd, who generously offered 1 acre of land at Chanvai. Additionally, Mr. Jatin Bhai Desai from Balda also offered land. Despite initial enthusiasm, these opportunities did not materialize. With persistent efforts from Mr. Jayantbhai and Shri. Vinaybhai, we were able to procure a substantial 3.5-acre plot adjacent to the bank of River Par by donation. This generous contribution was facilitated by Pardi Bundar Trust by the Trustees Shri Vallabhbhai Patel, Kantibhai Patel, and Ashokbhai Patel. The acquisition of this sizable land has opened doors to transformative possibilities for an expanded and enhanced Medical Home. All legal formalities with Charity commissioner were taken over by Shri. Vinaybhai Desai, Shri. Jayantbhai Chapaneri and Dr Praful Mehta for an amalgamation of Shri Pardi Bandar Trust and Helping hand charitable Trust.

Construction Kick-off: Navigating Challenges with Diligence

The planning phase involved the collaborative efforts of Dr. Mehta, Shri Vinaybhai Desai, and Shri Chapaneri. They meticulously designed the building,

ensuring it felt like a home while not compromising on the basic requirements of a hospital. Bathrooms were specifically designed to allow easy assistance for bathing, featuring hand showers and ample space for manoeuvrability, with no doors but only curtains. Corridors were spacious and an extra space on each floor kept for utilisation by seniors residing on floor. Numerous meetings with the architect, Mr. Yogeshbhai Kelawala, and Mr. Dharmesh Modi were held at his Vapi office, where the trio shared their vision. A heartfelt gratitude is extended to the architect for a marvellous work in designing and planning at free of cost. Moreover, Mr. Sharad Desai's instrumental role in securing Palika permission for building construction was commendable.

Project Commencement and Financial Challenges

In visualisation to the pressing societal need and with a substantial plot of land, our vision for the Helping Hand Medical Home involved the establishment of a significant 350-bed facility, to be implemented in phases. The initial phase aimed at accommodating 110 beds, with a projected minimum budget of 1.5 crore. While initiating of the project, reservations arose from Dr Mehta's perspective concerning the lack of secured funding or commitments. However, Mr. Jayantbhai showed confidence, assuring that funds would materialize once construction commenced.

Construction Kick-off: Navigating Challenges With Diligence

With the auspicious "BHUMIPUJAN" ceremony on 09/02/2015, construction officially commenced. The construction site and ongoing work were diligently monitored by Dr. Praful Mehta, Shri. Jayantbhai, and Shri. Vinaybhai. Despite ailing health, Mr. Jayantbhai continued monitoring of construction work daily and was present until a day prior to his last breath. This affectionate dedication reflects his deep emotional attachment to the project.



A Heartfelt Tribute to Shri. Jayantbhai for his Legacy and Remarkable contribution

A special mention is deserving for Late Shri Chapaneri. who passed away on August 31, 2015. His active participation

and invaluable contributions will always be remembered and cherished by all those involved in the project. His selfless dedication and relentless pursuit of the project's goals have left a lasting impact, and we are forever indebted to him for his remarkable contribution. His style of working will continue to inspire us all to work tirelessly for this cause.

Financial Challenges: Steering Through Storms

During this time, efforts from Shri Pravibhai G. Desai secured a generous donation of Rs. 50 Lacs from **Shantaben Patel**, fueling progress. Additionally, a doctor couple Dr. Rameshbhai and Dr Shilpaben from the USA were impressed with our facilities, decided to stay and serve our residents. They offered a substantial commitment of Rs. 2.5 Crore. Construction preceded at a rapid pace driven by optimism of support. Unfortunately, unforeseen circumstances took a tragic turn with the unexpected demise of Dr. Rameshbhai. This heartbreaking event translated into an incomplete commitment, with only 15 Lacs of the total pledged amount received.

Shri. Miraj Vashi's Role in Overcoming the Challenges.

At this juncture, the construction cost had significantly advanced, reaching approximately 1.2 Crore. The project faced a critical financial situation, which led us to a challenging decision of temporary halt of the ongoing

construction. Acknowledging the financial constraints, our primary creditors, the steel supplier KharelCo-operative Mandali and contractor Mr. Hardik Desai, demonstrated remarkable cooperation and understanding. Despite the unforeseen hurdles, their courtesy and flexibility alleviated some of the financial pressures, for which we are deeply grateful.

Trustee's Collective Support: Surmounting Obstacles

In an urgent effort to address our outstanding debts, a crucial decision was made to seek a returnable loan from all the trustees.

Dr. Mehta, Ajay Shah, Vinaybhai Desai, Swatiben Lalbhai, and Miraj Vashi promptly supported and contributed for this cause. This collective financial backing, initially intended as an interest free soft loan, was later selflessly converted into a donation to the Trust. Despite the commendable efforts to settle the outstanding dues, challenges persisted in restarting the construction work. However, at this critical juncture, the intervention of **Shri Kishorbhai Pandya** proved instrumental. With his efforts, The **Mumbadevi Mandir Trust**, Mumbai generously extended a donation of Rs. 25 Lacs. This significant contribution played a important role in resuming the construction work, breathing new life into our transformative project. Subsequently, the project received another substantial boost with a

donation of Rs. 1.1 Crore from the Parsi Gentleman, **Shri. Noshirbhai Gotla**, facilitated by the dedicated efforts of **Daraish Pardiwala** and Hemant Bhagat. Additionally, Smt. **Shantaben Patel's** unwavering commitment to our cause was further demonstrated through a generous donation of another Rs. 50 Lacs. This was a remarkable display of collective support in overcoming obstacles.

Milestone Achieved: Beginning at New Premises

The urgency to move to our new premises prompted the completion of all ground floor work and on the auspicious day of **May 7, 2018**, we celebrated a significant milestone by successfully relocating all 18 in-house bedridden patients to our new premises. A big task of shifting 18 bedridden patients from the old facility to new premises was carried out under able guidance of **Shri. Nitinbhai Desai and Dr. Neelam Mehta**. The initial days were challenging as we navigated the logistics of settling our patients and staff in the new space. Both have played an instrumental role in exhibiting remarkable dedication for accomplishing this Herculean task. Within a week, they effectively managed





Vital Player in Establishing and Managing the New Medical Home



Shri. Nitinbhai Desai Trustee and **Dr. Neelam Mehta**, then a Governing committee member played a crucial role in establishing and efficiently managing the new Medical Home.

Dr. Neelam Mehta's Commitment to Excellence



Dr. Neelam Mehta's meticulous attention to detail ensured that every aspect, from staff management to cleanliness and kitchen hygiene, adhered to the highest standards of care. Her invaluable medical expertise and oversight elevated the Medical Home's care standards. **Dr. Neelam Mehta's** role in ensuring patient well-being, supervising medical protocols, and contributing to overall management added a layer of professionalism and excellence to the Medical Home's services.



Shri. Nitinbhai Desai's Dedicated Guidance

Shri. Nitinbhai Desai being a respected and dedicated senior Trustee, His expertise and guidance helped streamline various operational aspects, contributing significantly to the overall management of the Medical Home. Their dedication and expertise were integral in establishing a thriving environment in Medical Home.

Governance Transformation for Operational Excellence

Recognising the considerable challenges of managing 50 senior inmates with a staff of more than 50, it became evident that two individuals alone couldn't oversee everything. Consequently,

A governing committee, comprised of **Dr. Pratap Thosar**, **Dr. Neelam Mehta**, **Shri Premalsinh Chauhan**, and **Shri Pritesh Bharucha**, was



established. They regularly visit the Medical Home and conduct weekly meetings on Fridays to address raised issues, often with the participation of one or two trustees. This proactive approach has significantly improved operational efficiency, positively impacting overall cleanliness, food standards, and staff management. Their selfless assistance and unwavering support are immensely appreciated as they continuously strive to enhance the well-being of our residents.

The wholehearted involvement of the governing committee in day-to-day activities, along with Dr. Mehta's guidance, has resulted in notable improvements in ambience, location, food services with medical and physiotherapy facilities. These collective efforts have led to a significant overall enhancement in the desired facilities and general conditions of our in-house residents



OUR TRUSTEES



Steadfast Leaders Shaping a Better Tomorrow

Mr. Sharad Desai A Visionary Leader with a Humanitarian Spirit

An esteemed leader with a vast network and a robust humanitarian spirit, He has played a pivotal role in providing unwavering support to the Trust across all its activities. Being a past President of Pardi Nagarpalika and Ex-Chairman of SBPP Co-op Bank Ltd, His influential connections and exceptional event management skills have significantly heightened awareness about our Medical Home and other initiatives. He has organized numerous fundraising events, often collaborating with celebrities for the Trust. His commitment and contributions have been invaluable, solidifying his role as a key figure in the success of our endeavours.



Mr. Ajay Shah Serene and Financially Astute

A serene individual with a profound understanding of financial complexity and a forward-thinking approach has played a vital role in shaping the course of the Trust's activities. His calm personality and financial acumen have left a persistent mark on our endeavours, establishing him as a key figure in the organization. With his authoritative command, he has provided valuable insights and guidance on financial matters steering the Trust towards prudent financial practices and sustainable growth. Moreover, his forward-thinking approach has been evident in his support for new projects. His generous contributions have not only provided financial backing but have also demonstrated a deep commitment to the Trust's mission.



Mr. Nitinbhai Desai Principled Leadership and Administrative Excellence

Shri. Nitinbhai Desai stands as an exemplary figure within our organization. His principled leadership, coupled with remarkable administrative skills, has contributed significantly to the Trust's operational



success. he dedicates a substantial amount of time to meticulously oversee day-to-day activities regularly. He is being a cornerstone for our administrative excellence. One notable aspect of his leadership is his unwavering commitment to upholding principles. He does not tolerate any deviations from ethical standards under his supervision. Despite his advanced age, He remains remarkably active and punctual. His proactive involvement in staff welfare and prompt resolution of their issues reflects his genuine concern for the well-being of the entire team. He has been an invaluable asset for the Trust.

Shri. Vinaybhai Desai
Instrumental Leadership:
Shri Vinaybhai Desai's
Impact on the Medical Home



Shri Vinaybhai Desai's leadership has been instrumental in the initiation and development of the Medical Home project, leaving an enduring mark on its foundation and progress. His noteworthy contributions commenced with the crucial step of procuring land from the Pardi Bundar Trust, setting the stage for the establishment of the new Medical Home. Beyond his pivotal role in land acquisition, He extended his influence to the detailed planning of the construction phase. His meticulous approach showcased in shaping the architectural aspects of the project,

ensuring a well-thought-out and efficient design for the Medical Home. His proactive involvement and consistent support make him a key figure, significantly contributing to the realization and progress of the Medical Home project.

Dr. Pratap Thosar
Exemplary Contributor and
Pillar of Support

Dr. Pratap Thosar is a highly respected family physician with extensive experience. He holds the senior-most position and serves as a trustee for various educational institutes. His contributions to the Trust go beyond his medical expertise; he is an invaluable asset, providing both medical and administrative advice. Dr. Thosar actively engages in daily rounds, interacting with the residents and offering his support. Additionally, he has played a pivotal role in our new project, generously providing his premises and making regular donations to the Trust.



Mr. Rajendra Desai
Driving Financial Excellence and
Healthcare Initiatives



A highly esteemed Chartered Accountant was the driving force behind the Dialysis centre not only the initial

establishment but also the subsequent expansion. His keen financial expertise and substantial influence within the community have been key in securing crucial donations for the Trust. He exhibited a steadfast commitment to enhancing healthcare services in Pardi.

Mr. Kishorebhai Pandya
Enthusiastic Contributor and
Motivator

Mr. Kishorebhai Pandya, an enthusiastic motivator, consistently demonstrates an eagerness to contribute, assist, and support the Trust in various activities. Despite the geographical distance, his consistent involvement showcases a deep dedication to the Trust's mission and goals as evidenced by his visits and active participation in Trust affairs.



Mr. Miraj Vashi
Seasoned Builder and
Construction Oversight

Mr. Miraj Vashi, a seasoned builder, has played a crucial role in overseeing the construction activities undertaken by the Trust. His wealth of experience and expertise in the construction domain has significantly contributed to the success of our project designs. His strategic approach in procuring building materials without



compromising quality standards has helped in optimizing project costs.

Mr. Ashokbhai Patel
Generous Donor and
Person of Integrity



Mr Ashokbhai Patel has been a cornerstone in the realization of our noble cause by contributing a precious land to the Trust. He was not merely a Land donor but a man of politeness and integrity. His ethical practices and transparency adds strength to the Trust's foundation. We are grateful to him for being a pillar of success to our Trust's mission. We missed him ever since his untimely death.

Ms. Swatiben Lalbhai
Guiding Light with Unwavering
Pillar of Support

She has been an unwavering pillar of support, especially during critical situations. Her guidance and assistance have been invaluable to the Trust. Additionally, her mother Vimlaben's initial donation is a testament to the family's unwavering faith in our project before its official start. Her timely intervention and support helped the Trust navigate the challenging financial situation ensuring the continuity and progress of our construction work.



Late: Jayantbhai Champaneri
The Enduring Legacy of
Philanthropy and social
Services in Pardi



Mr. Jayantbhai Champaneri, a distinguished figure in Pardi, exemplifies the virtues of philanthropy and community service. As a respected engineer, he devoted his life to uplifting others, leaving an indelible mark on the social landscape of Pardi. Despite ample opportunities for personal gain, Mr. Champaneri's heart was drawn to a path illuminated by compassion and service, as evidenced by his diverse initiatives.

From facilitating thousands of free cataract surgeries and eye donations to establishing the first and only blood bank in Pardi and a school for mentally challenged children under auspices of Manav Aarogya Seva Kendra founded by him. He was also a key person in establishing a vital infrastructure such as a crematorium for Pardi,

Mr. Champaneri's legacy also includes the establishment of a Medical Home the envisioned project of Dr. Praful Mehta, providing dignified care for bedridden seniors and those recovering from acute illnesses. Despite his untimely passing, his vision lives on through the completion of the project ensuring a lasting impact on the social landscape of Pardi.

Mr. Champaneri's selfless endeavours serve as a beacon of inspiration to all of us, for the transformative power of compassion and service in enriching the lives of others.

Late: Shantaben Patel
A Tribute to a Lifetime of
Compassion and Generosity

Smt. Shantaben Patel, a remarkable philanthropist, made a significant impact on the initial phase of the Trust's evolution by generously donating Rs 1 crore which spoke volumes of her selflessness and dedication to uplifting others. Her humanitarian spirit was deeply rooted in her faith, as she



attributed all her charitable endeavours to "Pujya Jalarambapanikrupa". Smt. Shantaben Desai's compassionate spirit extended beyond monetary donations; she harboured a deep desire to directly serve the residents of the Medical Home. When she expressed her wish to stay and serve there, we recognized her genuine commitment and offered her the opportunity to become a trustee of HHCT. Despite her initial reluctance to take on the role, with persuasion from Dr. Mehta and Shri Jayantbhai, she eventually agreed to come on board and contribute her invaluable insights and dedication to our trust's mission. Throughout her life, she dedicated herself to social work, particularly she channelised her energies into serving the marginalized, focusing on empowering women in the slums of

Andheri, Mumbai. Renowned for her generosity, she opened her doors to young girls, offering them not just a place to stay but also a nurturing environment to pursue their dreams. Her magnanimity knew no bounds, as she selflessly donated her own residence, a cherished bungalow in Pardi, to the Helping Hand Charitable Trust, ensuring that her legacy of kindness would endure. Despite her passing on 19/02/2020, her legacy of compassion and support lives on through the Trust. She always remained steadfast in her desire to assist others. Smt. Shantaben Desai's legacy of love and unwavering dedication to helping those in need remains a source of inspiration to all of us. Her memory will forever be etched in our hearts, urging us to carry forward her noble mission of compassion and hope.

TEAM HHCT Making a Difference Together

The dedicated team at Helping Hand Charitable Trust works tirelessly to serve the community, embodying the values of compassion and empathy. Through their collective efforts, they strive to make a meaningful difference in the lives of those in need, fostering a brighter and more inclusive future for all.



Honouring Contributors and Donors: Pioneers of Compassionate Care

The success and impact of our Medical Home project are deeply indebted to the generosity and support of our esteemed contributors and donors. As we reflect on the journey of our Medical Home project, we are humbled by the overwhelming support and generosity of our contributors and donors.

Their selfless contributions and unwavering commitment to our cause have been the driving force behind our success. We remain deeply grateful for their invaluable support and pledge to continue our mission of providing compassionate care to bedridden individuals. Here, we acknowledge and celebrate the invaluable contributions of our major donors, whose support has been pivotal in propelling our project to its current level of success.



Major Donors: Catalysts of Growth and Impact

- Smt. Vimlaben Lalbhai (Atul group)
- Shri. Pardi Bundar Trust
- Smt. Shantaben M Patel
- Shri. Noshir&Katty Gotla
- Mumbadevi Mandir Trust
- Mr.Ajay Shah& Family
- Shri. Kishorechandra and Neelaben Desai (Paras Pumps)
- Shri. Pravinbhai Desai & family
- Aurochem Pharmaceuticals



Creating Awareness and Support: Fundraising Events

Over the years, the Helping Hand Charitable Trust has organised various fundraising events aimed at garnering funds and creating awareness about the unique concept of the medical home for caring bedridden seniors. These events, invariably spearheaded by Mr. Sharadbhai Desai, who not only raised funds but also attracted attention of the public to the noble cause.

- A Hindi drama (Shri. Sharadbhai Desai and Lions club)
- A Johnny Lever night (Shri.Kishorebhai Pandya)
- A Navratri Mahotsva (Shri. Sharadbhai Desai and Lions club)
- Bhavin Shashtri "Sufi sangeet" night (Shri Hemant Desai & Shri. Hemant Bhagat)
- A "Qawwali" event by Mehboob Naza (komi Ekta munch & Sri. Sharadbhai Desai)
- Jr. Bhappida Musical evening (Shri Sharadbhai Desai & Tulsi Lotus group)

KIDNEY AWARENESS PROGRAM

- Free Kidney check-up camp (Mehta hospital)
- Seminar on kidney disease for doctors (Mehta hospital)
- World kidney Day Celebration on Every 2nd Thursday of March every

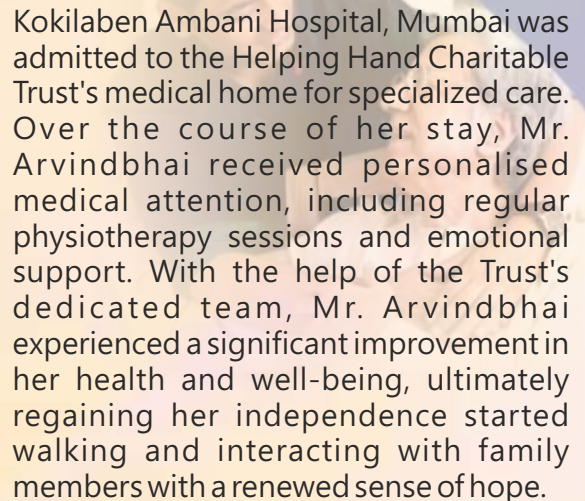
- year
- Walk for kidney event (Lions club)
 - Mashaal Rally for kidney disease awareness (Jeevdaya group)
 - Bike rally for kidney awareness. (Valsad racers group)
 - Yoga for kidney
 - Seminar on Diet for kidney
 - Blood donation camp (Vapi blood bank)

All these events brought together philanthropists, community leaders, and supporters for the cause. These gatherings have provided an opportunity to interact with local businesses and corporate sponsors for contribution towards the project under CSR scheme. Mr. Sharadbhai Desai's extensive network and connections in the entertainment industry played a crucial role in attracting celebrities to these events and also arranged visits to the medical home, thereby drawing larger crowds and generating more awareness about the cause. His efforts have played a vital role in advancing the mission of the Helping Hand Charitable Trust and making the vision of the medical home a reality for bedridden seniors in need of specialized care.

A Journey of Hope and Healing Testimonials and True Stories

True Story 1:

Mr. Arvinbhai an elderly male of 75 years suffering from a Neurological disorder with unconsciousness for more than 3 months, was under treatment at



Kokilaben Ambani Hospital, Mumbai was admitted to the Helping Hand Charitable Trust's medical home for specialized care. Over the course of her stay, Mr. Arvindbhai received personalised medical attention, including regular physiotherapy sessions and emotional support. With the help of the Trust's dedicated team, Mr. Arvindbhai experienced a significant improvement in her health and well-being, ultimately regaining her independence started walking and interacting with family members with a renewed sense of hope.

True Story 2:

Mr. Desai's journey at our medical home was nothing short of remarkable. Upon his arrival from Bhartiya Aarogyamidhi Hospital Mumbai, he was facing significant challenges, a known c/o CV stroke. His condition was such that he required a tracheostomy (a tube in windpipe through neck) for breathing issue and was dependent on a feeding tube (a tube in stomach through nose) for food supplement due to swallowing difficulties.

Despite the complexity of his medical needs, our dedicated team at the medical home provided Mr. Desai with the specialized care and attention he required. Through meticulous care and a tailored treatment plan, we were able to address his medical issues effectively. Within just 15 days of his admission, we achieved a significant milestone by successfully closing Mr. Desai's tracheostomy. This progress was a testament to the high level of medical expertise and personalised care provided

at our facility. Within one month of his stay, he began to show signs of recovery, including being able to consume food normally. Subsequently, we were able to remove his feeding tube, marking another milestone in his journey towards recovery.

With the dedicated support and rehabilitation efforts of our medical team, Mr. Desai's progress continued to surpass expectations. Within a short period, he regained his mobility and started walking with support, showcasing the transformative impact of our specialized care and rehabilitation services.

This remarkable recovery stands as a shining example of the positive outcomes that can be achieved.

True Tales of Resilience

Testimonials 1:

હું પારડી હેલ્પિન્ગ હેન્ડમાં એપ્રિલ 23 થી રહું છું. અહીં ખાવા-પીવાનું, રહેવાનું, બધુ જ મને ખૂબ જ ફાવી ગયું છે અહીં રોજ જુદો-જુદો નાસ્તો આપે છે જે આપણે ઘરે પણ ખાતા નથી એવું ખાવાનું પણ આપે છે. સવારે 7 વાગ્યે યા-કોફી અને બિસ્કિટ, 9 વાગ્યે નાસ્તો એન યા, 12.30 જમવાનું, 3 વાગ્યે યા અને નાસ્તો, સાંજે જમવાનું આખો દિવસ ખાવા પીવાનું આપે છે. દર રવિવારે મિસ્ટન પણ આપે છે. એટલે ખાવાના શોખીનોને ખૂબ જ મજા આવે છે. એન અહીં રહેવાનું ખૂબ જ પ્રસંદ કરે છે માંદા માણસની કાળજી પણ ખૂબ જ સારી રીતે રાખે છે. તેમની માંદગીને દયાનમાં લઈ ખોરાક આપવામાં આવે છે અહીં કસરત પણ દરરોજ કરાવવામાં આવે છે.

અહીં દરેક વાર તહેવાર પણ ખૂબ જ સારી રીતે ઉજવવામાં આવે છે. અહીં ધાર્મિક અને રાષ્ટ્રીય તહેવાર બધા જ ખૂબ સારી રીતે ઉજવાય છે.

અહીંની સ્વચ્છતા પણ ખૂબ જ સારી છે. ઘરમાં પણ એટલી સ્વચ્છતા ન રાખી એ એટલી સ્વચ્છતા અહીં જોવા મળે છે. અહીં ના ડોક્ટર પ્રકૃલભાઈ મહેતા અને નીલમબેન મહેતા દરરોજ અહીંની વિજીટ કરે છે અને બધાની ખબર અંતર પૂછે છે હું તો અંધેરી છોડીને અહીં આવી ત્યારે મારો ખૂબ જ જીવ બળતો હતો પરંતુ મને અહીં એટલું ગમી ગયું છે કે હું મારું અંધેરીનું ઘર ભૂલી ગઈ છું અને હવે જીંદગીભર અહીં જ રહીશ એવું મને લાગે છે

હેલ્પિન્ગ હેન્ડ માટે તો જેટલું લખું એટલું ઓછું છે.

શ્રીમતી મધુબેન જિતેન્દ્ર નાયક

Testimonials 2 :

હું સુશીલા એ મિસ્ટ્રી આજે આઠ માસથી હેલ્પિન્ગ હેન્ડમાં આનંદીત વાતાવરણમાં સર્વ બહેનો અને ભાઈઓ સહિત રહું છું મારી તબિયત ઘણી સારી રહે છે કારણ કિયનની વાત કરી એ તો પૂછવું જ શું ? કેટલું સ્વચ્છ, સુઘડ અને બનાવેલો પોષ્ટીક ખોરાક તે પણ કેટલા પ્રેમ થી બધાને જમાડે એથી વધુ શું જોઈએ ? ઓફિસમાંથી સિસ્ટરજી દવા વગેરેનો પેશન્ટની બીમારી પ્રમાણે પૂર્ણ ખ્યાલ રાખે છે આય બહેનો તેમજ વોર્ડ બોય ભાઈઓ પોતાની ડ્યુટીનો સંપૂર્ણ ખ્યાલ રાખી પોતાનો પ્રેમ આપી પેશન્ટની સેવા કરે છે. અહીં હિન્દુશાસ્ત્ર પ્રમાણે ઉજવાતા બધા જ તહેવારોની ઉજવણી થાય છે આરતી વંદના ભજનશ્લોક પણ બોલાય છે વાતાવરણ ઘણું જ આનંદ મય થઈ જાય છે અને સર્વ હોસ્પિટલના પેશન્ટને બહુ જ આનંદ મળે છે.

અહીં સર્વ પેશન્ટને માટે ફિજિયોથેરાપીની ખૂબ જ સુંદર વ્યવસ્થા છે ડોક્ટર અને લેડી ડૉ. આવી પેશન્ટની રૂમમાં જ વ્યાયામ કસરત કરાવે છે અને કલાસમાં પણ કરાવે છે ઉપરાંત દરરોજ સવાર સવારમાં સૂર્યનો કુમળો તડકો વિટામિન ડી મળે માટે વ્હીલ ચેરમાં પણ પેશન્ટને લાવવામાં આવે છે પેશન્ટ ઘણા જ આનંદ અનુભવે છે. પેશન્ટને જોઈતી જરૂરી વસ્તુનો પણ સંપૂર્ણ ખ્યાલ કરવામાં આવે છે

જે અમારા ઘરે પણ અમને કોઈ વેળા વહેલી તકે ન મળી શકે.

Outcome Statistics: Insights from Medical Home Journey

Since the inception of the medical home at Helping Hand Charitable Trust, detailed records have been meticulously maintained regarding all patients admitted. These records reflect a comprehensive overview of patient outcomes, including the number of individuals who have recovered, those who have sadly passed away during their stay, and those who have shown significant improvement. The data highlights the commitment to transparency and accountability in providing care.

As of December 31st, 2023, the following statistics illustrate the impact of the medical home:

- Total No. of Admission: 576
- Recovered and Discharge to home: 284.
- Total No. of Deaths: 117
- Average Waiting No. 6-7
- Average Waiting period: 15 days to 1 month.



These significant number of recoveries and discharges provide valuable insights into the effectiveness of the medical home model in addressing the needs of senior citizens and their families. Numerous seniors return home with restored optimal health and are able to live happily with their families, emphasizing the success of this approach in promoting overall well-being.



Furthermore, the average waiting number and waiting period reflect the need and requirement of such services in present scenario. The Trust is working hard to increase the capacity as per the plan of 350bed capacity as envisioned in the beginning in phase wise manner.

YEAR 2012

Caring for Our Elders & Enhancing
Well-being
Free Monthly Health Checkups
for Senior Citizens

In 2005, Dr. Praful Mehta's father a retired Teacher Shri.Yashvantraï Surti (Surtisaheb, Valsad) advocated a medical camp for senior citizens at free of cost regularly foreseeing the challenges faced by senior citizens about their health in their retired life with limited income. He also offered his pension income to cover the expenses incurred in organising these medical camps.

Initiating Change: Free Monthly Check-up Camps

Dr. Mehta wholeheartedly embraced this thoughtful suggestion and translated it into action. He initiated FREE MONTHLY MEDICAL CHECK-UP CAMPS for senior citizens at Mehta Hospital, conducting them on the first Sunday of every month. These camps were made possible with the assistance of various consultants who generously provided free consultations. The comprehensive check-ups included vital checks, blood sugar tests, ECGs, and counselling sessions, all aimed at promoting active aging and well-being among the elderly.

Extending Compassionate Care: The Trust's Noble Initiative

After the successful establishment and operation of the Medical Home by the Helping Hand Charitable Trust, the importance of regular health check-ups for senior citizens became even more apparent. Recognizing that many seniors avoid check-ups and fail to adhere to regular medication due to financial constraints following limited sources of income, the Trust undertook this noble project with renewed vigor in 2012. Shri Sharadbhai Desai, our Trustee, played a crucial role in securing yearly contributions and support from Shri. Dineshbhai Mashru of Mashru Garments for this noble cause. With this support, we were able to accommodate more consultants and facilities in the camp. Recently, Shri Sharadbhai Desai is actively involved to bring a benefit of medicine

and laboratory investigation at free of cost with support from donors. The initiative received continuous support from the **Lions Club of Pardi Pearl**, making it a permanent project of the Lions Club.

Impactful Outreach of Medical Camp

This free medical camp for senior citizens benefits to senior citizens include access to thorough health assessments, early detection and prevention of health issues, medical consultations with experienced professionals and specialists in one visit and at one place, provision of essential medications, health education sessions, and the fostering of a supportive community environment. Overall, this transcends to the positive impact of the medical camp facility in improving the overall health and well-being of elderly individuals in Pardi and surrounding villages.

Present Registration: 900
Monthly Footfall: 60-70

The data presented highlights the significant impact of the free medical camp facility organized by the Helping Hand Charitable Trust for senior citizens from 2012 to 2024. The total registrations demonstrate the increasing demand for comprehensive health check-ups among elderly individuals, with a steady rise observed each year. Additionally, the monthly footfall for the camp reflects the consistent participation of approximately 50 senior citizens per month, indicating

the ongoing need for such medical services within the senior community.



YEAR 2015

A Beginning of a New Chapter Dialysis & Kidney Care

In 2015, our esteemed Trustees, Shri Rajubhai Desai along with Shri. Sharadbhai Desai, presented the idea of establishing a DIALYSIS CENTRE in Pardi. Although initially hesitant due to the complexities associated with supervising kidney failure patients, I was eventually convinced to proceed, attributable to the persistence of Mr. Rajubhai Desai and the insistence of donor Shri Bipinbhai Desai. Launching the Project: A Step Forward

Launching the Project: A Step Forward



To kickstart the project, I offered Mehta Hospital's one deluxe room at free of cost for the dialysis centre's operation. Shouldering the responsibility of



overseeing the centre, we commenced operations with a single dialysis machine. The immediate success and high demand for services led to the acquisition of an additional machine within a mere 15 days.

The establishment of the dialysis center became a reality through the generous donation from Mr. Bipinbhai Desai and the Navjyot Trust Mumbai. Their philanthropic contribution facilitated the setup and operation of the entire dialysis center, equipped with two dialysis machines.

Expanding Capacities: Meeting Growing Needs

The pressing need for dialysis services due to the increasing number of kidney failure patients was evident during the operation of the dialysis. we embarked on the ambitious endeavour of expanding our dialysis center. we took proactive steps in expanding the existing setup by creating a new dialysis center, significantly scaling up our capacity and brought the total to seven with genuine efforts from Shri. Rajubhai Desai and Shri. Sharadbhai Desai, following contribution



from Mr. Khadawala and Mr. Pravinbhai Desai.



Insights on Dialysis Services

The Helping Hand Charitable Trust and Mehta Hospital Dialysis centres are the only approved facility under Ayushman Bharat Yojana in Pardi. So, this initiative has provided free dialysis services to a significant number of patients.

The trust conducts an average of 10-12 dialysis procedures per day with an average registration of 25-30 kidney failure patients. These procedures are performed by skilled medical professionals in compliance with established medical protocols and standards. By offering free dialysis, improving access for poor patients, and easing financial burdens, this initiative leads to better health outcomes, managing kidney-related conditions, and enhancing patients' quality of life. It fosters community support for individuals facing similar health challenges, and patients benefit from receiving care at their doorstep.

Pioneering Prevention: Introducing Kidney Care Initiative Shri. Sharadbhai Desai's vision



We recognised that dialysis alone is not the solution to kidney-related health challenges. Being a silent disease, an awareness about kidney disease, early detection, and prevention with comprehensive care is the key element of treatment. A visionary project was set in motion- [The KIDNEY CARE initiative](#). This transformative initiative is a brainchild of our Trustee **Shri. Sharadbhai Desai** who was very instrumental in getting the donations for the same and eager to establish an ultramodern transplant facility in Pardi. The contribution was received from our usual donor **Shri. Siddharth Desai**, Paras pumps and with efforts of **Mr Ajay Shah** by **Mr Hemant Zaveri**, Badshah masala and **Mr. Rajiv Mistry**, Accent health care.

This expansion marked a significant milestone in the Kidney Care project, underscoring our dedication to providing state-of-the-art facilities and comprehensive care to those grappling with kidney-related health challenges.

KIDNEY AWARENESS PROGRAM



DIVERSIFIED SOCIAL SERVICES

Helping Hand Charitable Trust is dedicated to serving the community through a wide range of social services, extending beyond traditional medical care to address various healthcare needs and promote overall well-being.

Critical Care (ICU) Ambulance Services

The Trust operates an ICU ambulance service equipped with state-of-the-art medical equipment and staffed by trained healthcare professionals. This ambulance service plays a critical role in transporting patients requiring intensive medical care between hospitals or to specialized medical facilities. The Trust ensures access to essential and timely medical services to the rural areas of Pardi. Notably, this ambulance was generously donated by Shri Kanubhai Desai, Cabinet Minister of Finance, Energy, and Petrochemicals, Gujarat state, and the MLA of Pardi.

Medical Check-up Camps for Police Personnel

Understanding the demanding nature of police work and the importance of maintaining the health and well-being of police personnel, Helping Hand Charitable Trust organizes regular medical check-up camps. These camps offer comprehensive health assessments, including vital checks, blood tests, and specialized screenings. The Trust aims to support their physical and mental well-being, thereby enhancing their ability to perform their duties effectively.

Blood Donation Camps

Helping Hand Charitable Trust collaborates with local organizations and blood banks thereby assisting in blood donation camps on various occasions. These camps serve as vital platforms for encouraging voluntary blood donation among community members thereby spreading awareness about the event.

Senior Companion Program "Bridging Generations with Youthful support"



Recognizing the importance of social interaction and companionship for senior citizens, the Trust offers a Senior Companion Program for college students and higher secondary school students. This program pairs younger students with elderly individuals who may be isolated or in need of companionship. Students dedicate their time to engaging with seniors in various activities such as conversation, leisure singing, reading, playing games, or simply providing a listening ear. This program makes a significant difference in the lives of seniors and students, promoting dignity, respect, and social inclusion with each other. In addition, the students get a social service certificate for their self-service.



Through these diverse initiatives, the Helping Hand Charitable Trust demonstrates its commitment to addressing various social needs and improving the lives of people across different age groups and sectors.



Continuing Legacy...

The Helping Hand Charitable Trust, on its journey with a noble mission: to extend a compassionate hand to those in need and make a meaningful impact on society. From its inception, the trust has been dedicated to serving the community in a unique and impactful manner through its various initiatives and programs.

As the trust continues to grow and expand its reach, it remains guided by its core values of empathy, integrity, and solidarity. It seeks to adapt and evolve its programs to address emerging needs and challenges, ensuring that its impact is felt far and wide. The Helping Hand

Charitable Trust stands as a beacon of hope and support for those in need, now and for generations to come.

The journey continues...

Upcoming Initiative A Kidney Care Institute with Research & Transplant Facility

The Helping Hand Charitable Trust is launching an ambitious endeavour to establish a state-of-the-art Kidney Care and research Institute with transplant facilities in Pardi. This future project aims to address the critical need for comprehensive kidney care services in this region, providing advanced medical care to patients grappling with kidney-related ailments. This kidney specific institute will be the second most distinct hospital following Muljibhai Patel Urological Hospital, Nadiad, In Gujarat. This institute will fill a crucial gap in providing access to advanced kidney care for the people of Valsad, Surat, Tapi, Dang districts and surrounding areas. Presently, they must travel to Nadiad, Mumbai or Ahmedabad for these specialised services.

The success of the Kidney Care Institute project relies on collaborative efforts and partnerships with stakeholders, including government agencies, healthcare organizations, philanthropic donors, and the local community. The Helping Hand Charitable Trust is committed to working closely with all stakeholders to realize this transformative project and make a lasting impact on kidney care in the region.



Our Journey is our inspiration



હેલ્પીંગ હેન્ડ
ચેરિટેબલ ટ્રસ્ટ
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