



# Helping Hand Charitable Trust

Medical Home

*“The disease might hide the person underneath,  
But there’s still a person in there who needs your Love and Attention.”*





## MEDICAL HOME : A Beacon of Hope

The Helping Hand Charitable Trust has embarked on a compassionate journey to provide comprehensive care and support for frail senior citizens and bedridden individuals. At the heart of this endeavour lies the unique concept of the **Medical Home**, a visionary program developed by Dr. Praful Mehta, founder and chairman of the Trust. This innovative approach blends medical care, nursing, physiotherapy, and personal care with a profound commitment to help senior citizens become self-reliant and enjoy a near-normal state to relish family life at home.

When compassion meets healthcare excellence, we understand the challenges faced by seniors in their grey years of life, we organise regular **Free Monthly Medical Checkup Camps For Seniors** bringing a sense of support and well being. Realising the pressing need for specialized Kidney Care, we lay foundation of **comprehensive Kidney Care**. This endeavour was born out of our experience in running a **Dialysis unit**, which highlighted the urgency of addressing kidney-related health issues in our community. Recently, We extend our reach beyond our premises by providing **Critical Care (ICU) Ambulance** services round the clock for transport of critical patients. As, We thrive to bridge the generation gap and fostering empathy with cultural ethics in younger individuals we launch a **"SENIOR COMPANION PROGRAM"** for college students thereby connecting hearts with each other.

The "emblem" of Trust signifies the waves as "a sea of difficulties" and a helping hand which tries to ease the situation and raises it to have a light of Sun with love, care and compassion.

## OUR PHILOSOPHY



Every person bedridden or frail is entitled to 'a rich quality of life, with the opportunity to live as independently as possible with dignity and respect.

## VISION



Extend helping hand to frail senior citizens through compassionate care, comprehensive support, and innovative solutions.

## MISION



To make positive and rewarding life experience to elderly and any physically challenged person by adding life to their years rather than just adding years to their lives.



## OUR JOURNEY

**2009**

An unique concept of Medical home spurted in the mind of Dr. Praful Mehta and with help of Late. Jayantbhai B. Champaneri “a dream became reality” with Trust formation.

A Trust name “**Helping Hand**” was coined unanimously by Sharad Desai, Dr. Pratap Thosar, Vinaybhai Desai, Nitinbhai Desai, Kishorbhai Pandya in a first informal meeting with a sole motto to help others.

**2010**

A Pilot project with 18 bed capacity started in a rented premises. Inauguration of Medical Home done by Dr Tushar A. Chaudhary Minister of state, Tribal affairs , Government of India and Guest of honour Mr C. R. Patil, MP Navsari.

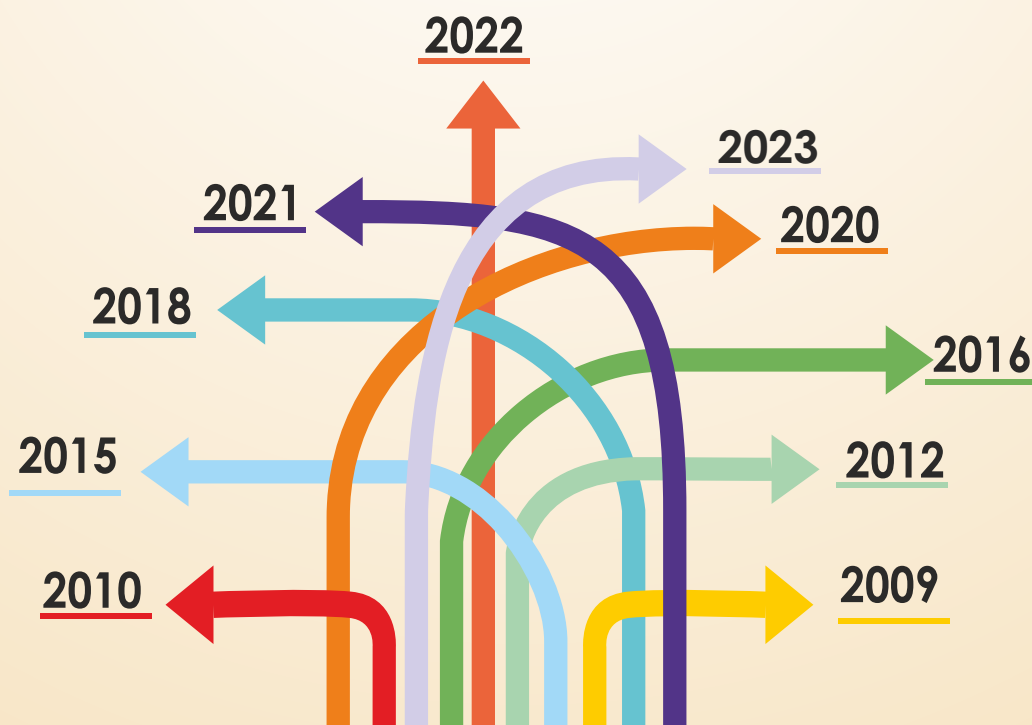
Kind Contributions: Kasturbhai Lalbhai Memorial Trust Ahmedabad. Smt.Vimlaben Lalbhai (Atul) Dr. Savitriben champaklal Patel charitable Trust, Pardi .

**2012**

A trust made a significant step towards improving the wellbeing of senior citizens by collaborating with an Joined to an ongoing activity of Mehta hospital for “FREE MEDICAL CHECK UP CAMP FOR SENIOR CITIZENS” First Sunday of every month as a part of senior citizens care.

Source of Inspiration: Nirmalaben & Yashvantrai M Mehta (Surtisaheb) Valsad/Pardi

Kind Contribution: Shri Dinesh Mashru , Mashru Garments.



## **2015**

A kidney Dialysis center. "An only Dialysis center in Pardi" was inaugurated by Mrs Paliben Desai with help of Navjyot Trust Mumbai at Mehta Hospital in auspicious presence of Shri Kanubhai Desai, MLA , Pardi and Dr K C Patel, MP Valsad & Dang

Kind Contribution: Navjyot Trust Mumbai/Paria, Smt. Parvatiben Babubhai Desai, Shri Bipinbhai and Belaben Desai

## **2016**

A "Bhumipujan" ceremony marked the beginning of a new Medical Home,

Kind contribution: Shri Pardi Bunder Trust, KillaPardi.

## **2018**

A Medical Home started at new premises with two floors operational (20 beds)

Kind contribution : Katty & NoshirCawasji Gotla , Mumbai. Smt.Shantaben Patel, Mumbai/Umarsadi. Mumbadevi MandirTrust, Mumbai

## **2020**

A state of art kitchen and Dining room inaugurated by Shri Kishorbhai Kanani (Kumar)Hon. Health minister (MOS) Gujarat state.

Kind contribution: Shri Nilesh Arvind Gandhi. Dr. Jaya and Dr. Harivadan Shah

## **2021**

- A second floor wing A & B made operational with addition of 18 beds. Inaugurated by Shri. C R Patil, Gujarat state president BJP and MP Navsari.

Kind contribution: Shri Kishorechandra Gulabbhai, Desai Paras Pumps Pvt Ltd.

- A Third floor wing A made operational with addition of 12 beds. Inaugurated by Shri. Kanubhai Desai, Cabinet minister, Finance, Energy and Petrochemicals, Gujarat State.

Kind contribution: Shri. Balubhai Bhulabhai Desai and Smt. Kusumben Balubhai Desai.

- A new state of art Dialysis CENTER established with 5 new Dialysis machines (Total 7 units) installed.

Kind contribution: Late Dr. Jaysukhlal R Marchant from Shri Mansukhlal Khadawala & family. Shri. Pravinchandra Bhikhabhai Desai, AUROCHEM Ltd. Mumbai.

- A comprehensive kidney care project with Mehta Hospital started at hospital campus. Inaugurated by : Shri. C R Patil, Gujarat state president BJP and MP Navsari and Guest of Honour Shri. Kanubhai Desai, Cabinet minister, Finance, Energy and Petrochemicals, Gujarat State.

Kind contribution: Shri Sidharth Kishorechandra Desai, Paras Pumps Ltd. Badshah Masala Pvt. Ltd. Umbergaon .

## 2022

- Physiotherapy unit: A state of art Physiotherapy unit started with all modern equipments . Kind contribution: Katty & Noshir Cawasji Gotla , Mumbai
- Critical Care (ICU) ambulance : This initiative is an example of commitment of our Trust towards the well being of Pardi people. It brings hope and assurance to countless families that a medical assistance is just a phone call away for transport of their critical patients to higher centers with safety.  
Kind contribution: SHRI KANUBHAI DESAI, THE FINANCE ENERGY AND PETROCHEMICALS MINISTER OF GUJARAT STATE & MLA, Pardi Legislative Assembly.

## 2023

- Senior companion program : A remarkable initiative to bridge generation gap and fostering empathy and instill cultural ethics in younger individuals.

.....**CONTINUING JOURNEY**.....

with deep sense of social responsibility in the realm of philanthropy and unique community service making positive impact in Society.

## OBJECTIVES

- To provide quality care for any bedridden/aged/frail persons better than home and akin to hospital care.
  - To ensure them dignity of Life, quality, safety and improved health.
  - To educate and prepare them to cope with their real-life situation so as to live an independent dignified life in society.
  - To provide compassionate care during medically challenged period of life.
- To motivate NGO's, Government and individual for providing elderly care / bedridden care on Medical Home concept at all district places in India.
- To promote active ageing / healthy ageing by various preventive measures to reduce morbidity.



## OUR VALUES

### TRUST

Act with integrity  
& fairness

### RESPECT

Consider everyone  
with dignity, kindness  
& compassion.

### QUALITY

Continuously pursue  
excellence in care  
& service.

### TEAMWORK

Uplift each other  
with positive energy  
& support

### STRENGTH

Dedicated caregivers,  
professionals &  
employees.

*"our commitment to excellence and patient centered care drives our mission every day."*

## NEED OF MEDICAL HOME

### Growing Need Of Caregivers Attributes To

- Aging population increases with medical advancement and improved living conditions
- Older population requires more care and time to recover from acute illnesses.
- Longer Life Expectancy with more people living with chronic illnesses and age related conditions often require additional care and support.
- Change in Family dynamics like dual incomes household and nuclear family concept which demands for external caregivers.
- Geographic mobility across different countries and regions making it challenging for adult children to provide care for aging parents.
- Increased prevalence of chronic illnesses like Alzheimer's disease, dementia, diabetes, heart disease and managing all such conditions often necessitates ongoing care and assistance.
- Preferential and secure aging in place like medical home



## EMERGENCE OF VISIONARY CONCEPT

At the Core of the Helping Hand Charitable Trust's mission is the visionary leadership of its founder, Dr. Praful Mehta. M.S. FISCPC Consultant Surgeon. Dr. Mehta's vision is rooted in a deep sense of empathy and a commitment to service. Being a Surgeon and a medical practitioner, he witnessed firsthand the challenges faced by frail and bedridden senior citizens and a need of short term care while recuperating from acute illnesses. He also observed that many families of senior citizens struggled to access the specialised care they needed. It was from this deep well of empathy and professional experience that the concept of "MEDICAL HOME" providing medical, nursing, physiotherapy, and personal care under one roof was conceived. Late Jayantbhai Champaneri, Sharad Desai, Dr Pratap Thosar, Vinaybhai Desai, Nitinbhai Desai, Kishorebhai Pandya played a pivotal role in bringing the Medical Home concept to reality.

One of the most remarkable aspects of the Medical Home program is the meticulous formulation of caring protocols by Dr. Praful Mehta. These protocols are not just guidelines; it's innovative and transformative with testament of the commitment to provide high-quality care. Every aspect of the care provided is governed by these protocols, ensuring that seniors receive the best possible support.

Dr. Mehta's vision extends beyond traditional healthcare; it envisions the belief that seniors should not merely exist but thrive in their later years. His vision sees frailty as an opportunity for renewal, self-discovery, and a chance to embrace life's joy.

The Trust's goal is to foster a sense of family togetherness, love, and medical security for senior citizens, allowing them to cherish their golden years with smiles on their faces. With the collective effort of all Trustees, staff, committee members, and under Dr. Mehta's able leadership, the Trust has become a symbol of hope and transformation for seniors and peace of mind for their families.





# A CONCEPT OF MEDICAL HOME

This visionary concept of a "Medical Home" refers to a model of primary care that is patient - centred, comprehensive, and coordinated. It aims to provide high-quality, accessible healthcare services that are tailored to an individual's needs under one roof. The whole care plan (caring protocol) of Medical Home is designed in such a manner that it incorporates most of the needs of frail senior citizens.

|                          |                                      |
|--------------------------|--------------------------------------|
| 1. Patient -Centred Care | 7. Quality and Safety                |
| 2. Comprehensive Care    | 8. Team-Based Care                   |
| 3. Coordination of Care  | 9. Holistic Care                     |
| 4. Empowerment           | 10. Innovation in Care               |
| 5. Community Engagement  | 11. Physiotherapy and Rehabilitation |
| 6. Timely Care           | 12. Family counselling               |

## KEY COMPONENTS OF THE MEDICAL HOME PROGRAM

- 1. Medical Care:** The program offers medical care provided by experienced healthcare professionals and nurses. This includes maintaining daily vitals check-ups, medication administration, monitoring of chronic conditions, and immediate medical attention when needed.
- 2. Nursing Care:** Our dedicated nursing staff and their assistants ensures that seniors receive expert nursing care, assistance with medications, wound care, feeding and other essential healthcare services, all within the comforting confines of their "Medical Home."
- 3. Physiotherapy:** Physical therapy is a cornerstone of the program, It aimed at enhancing mobility, strength, and overall physical well- being. Our physiotherapists create customised rehabilitation plans tailored to each senior's needs.
- 4. Personal Care:** Seniors receive assistance with daily activities, such as bathing, dressing, and grooming. Our compassionate and trained caregivers ensure that seniors maintain their dignity and independence.

**A medical home is a place with hospital-like facilities in homely environment.**

## THE SIGNIFICANCE OF THE MEDICAL HOME PROGRAM:

**1. Comprehensive Care:** The program's holistic approach addresses all aspects of senior citizens' health, ensuring that no aspect of their well-being is overlooked. This comprehensive care model is particularly crucial for seniors with multiple healthcare needs.

**3. Personalised Care:** The Medical Home program recognises that every senior citizen is unique. It tailors care plans to individual needs, ensuring that each senior receives the personalised attention required for their specific health conditions and preferences.

**5. Enhanced Quality of Life:** By addressing both medical and non-medical needs, the program aims to improve the overall quality of life for frail or bedridden senior citizens. It helps them maintain their independence, mobility, and social connections.

**2. Streamlined Services:** By providing a wide range of services under one roof, the program simplifies the process for seniors and their families. It eliminates the need for multiple appointments at different healthcare facilities, reducing stress and inconvenience.

**4. Consistency and Continuity:** Seniors benefit from consistent care provided by a team of professionals who understand their medical history and evolving needs. This continuity of care enhances the quality of services and fosters trust between seniors and their caregivers.

**6. Peace of Mind:** Families of senior citizens also find peace of mind knowing that their loved ones are receiving comprehensive care in a safe and nurturing environment.



## Difference Between Home Care & Medical Home Care



**HOME CARE**



**MEDICAL HOME CARE**

|  |  |
|--|--|
| An individual based care   | Care provided in group which enhance speedy recovery   |
| Provided by Family Members. Gender conflict is a major barrier                         | Provided by trained coworkers and professionals  |
| It lacks tracking of vitals, laboratory tests consultant's opinion and visit of doctor | Daily tracking of vitals, laboratory tests & daily round by doctors and consultant's opinion |
| Emergency response service not available   | Emergency response service is always active  |
| Care is varied as per the time available to family members                             | Care is determined as per proactive plan & standardized as per fixed schedule                |
| Physiotherapy service has to be out sourced  | In house physiotherapy service available   |
| At home patients must inform about the problems  | Professional and experienced staff take note of the problem before they complain             |
| Timing for food and medication difficult to follow strictly                            | Timing for food and medication are strictly observed   |
| Stool/urine/RT feeding becomes cumbersome at home                                      | Stool/urine/RT feeding is a routine part of activity   |
| Cost play a major role in individual care with help of other personnel                 | It becomes cost effective with extra benefits  |
| Coordination with different service providers is difficult to manage                   | A well-coordinated service is provided by care givers in a professional manner.              |
| Quality care and safety often compromised  | Quality and safety is monitored by professionals & make rapid changes to improve it          |
| Return back to near normal life or becoming Self dependent is difficult                | Return back to near normal life or becoming Self dependent is easy                           |

## OUR SERVICES

### MEDICAL CARE

- Full time Doctors supervision
- Daily Doctors round morning and evening
- Emergency medical treatment
- Specialist/consultant's opinion/visit if required
- Management of chronic disease like stroke, Fracture, functional disability etc.
- Wound/bedsore dressing under Doctors supervision
- Facility of ECG, Oxygen, Cardiopulmonary Resuscitation (CPR) with endotracheal intubation
- Facility for Nebulization, suction, emergency medicine.
- Facility for Blood investigation from reputed laboratory
- 24 Hour Ambulance service for any emergency for transferring patient to hospital.

### NURSING CARE

- Basic nursing care with human touch
- Ryle's tube feeding, catheterization care, Bedsore care
- Incontinence care
- Vital data monitoring (Temperature, Pulse, Blood Pressure, Oxygen saturation) twice in a day.
- Blood sugar monitoring, Insulin administration
- Timely Medications
- In Emergency, if person has to be hospitalized, staff takes care till relatives arrive.
- Boosts self-confidence for speedy recovery

### PERSONAL CARE

- Assisting in their daily routines
- Bathing, hair combing, shaving, clothing, spoon feeding, nail/hair trimming and cleaning
- Taking them to dinning area in wheel chair for all meals or providing on bed & also feed them if required.





### REHABILITATION

- Physiotherapy for all residents by full time physiotherapist
- Speech Therapy, Occupational therapy. Gait training,
- Physical fine movement activity
- Encouraging for maximum possible independency
- Spasticity management, strength training, flexibility training, balance and coordination improvement.



### DAILY NEEDS

- Morning Bed Tea, Breakfast with Tea, Lunch, Tea with light snacks, Dinner, A cup of hot milk at night.
- Nutritious meal menu created in consultation with family members and dietician as per requirement.
- Variety of delicious food menu keeps residents healthy and joyful

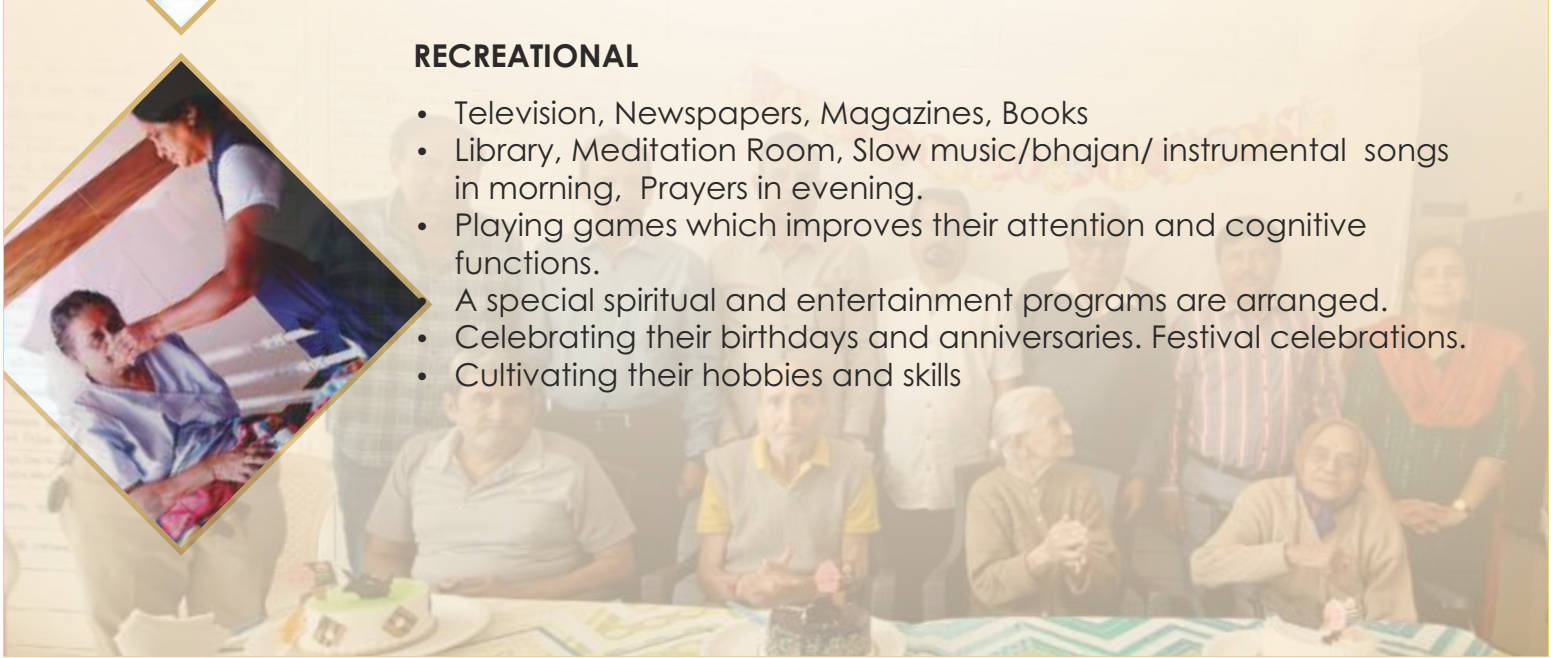


### COUNSELLING

- Explaining the disease and its co-morbidities in detail to patient and family members.
- Providing guidance to overcome impairment and acquiring highest level of independency.
- Need based information of residents are conveyed to the relatives or relatives can seek resident's wellbeing report from on duty doctors.
- A special psychoanalyst/social counsellor can be arranged if required.

### RECREATIONAL

- Television, Newspapers, Magazines, Books
  - Library, Meditation Room, Slow music/bhajan/ instrumental songs in morning, Prayers in evening.
  - Playing games which improves their attention and cognitive functions.
- A special spiritual and entertainment programs are arranged.
- Celebrating their birthdays and anniversaries. Festival celebrations.
  - Cultivating their hobbies and skills



## TESTIMONIALS

We came along with the students of MTA, udvada. the visit has really opened our eyes and the student's perception has changed. very good noble cause being carried out at Helping Hand trust. Good hyginic conditions were observed. we really loved talking with our senior people over here. Wishing all the best to HHCT and God bless themall...

**SANJAY SAVAN**  
**MARINE TRAINING ACADEMY, UDVADA.**  
**24/03/2017**

My mother stayed in Helping Hand Charitable Trust for more than 4 years. The long stay and pleasant stay was only possible because the staff was fantastic in their support and accepted her as their own despite the language barriers. it is hard leaving this as it is hard to leave one's family. Keep up the good work!

**SHAMIK CHAKRABORTY**  
**41 BROOKSIDE AVE LIVIGSTON, NJ 07039, UNITED STATES.**  
**shamika@yahoo.com**  
**09/10/2017**

મદદ (હેલ્પ) એજ સેવા મંદિર છે. અહીંના પરિવારજનોની સ્વસ્થતા, ચહેરા ઉપરનું હાર્ય અને અંતરના ઉમળકાથી અહીં થતી સેવાઓથી ઈશ્વરનાં આ બધા સ્વરૂપો તૃપ્ત છે. તેવું દેખી શકાય, સમજી શકાય. ટ્રસ્ટીઓના આ સેવા મંદિરમાં સેવા માટેની અભીરૂચી જ સંસ્થાની સાર્થકતા છે...

શ્રી સ્વામિ અધ્યાત્મનંદજી  
શિવાનંદ આશ્રમ, અમદાવાદ

આજ રોજ હેલ્પિંગ હેન્ડ સંસ્થામાં આવવાનું થયું ખુબજ આનંદ અને સંતોષ થયો. ડો. મહેતા સાહેબ, શ્રી નિતિનભાઈ દેસાઈ તથા શ્રી શરદભાઈ દેસાઈ સૌ આ સંસ્થા ના આત્મા બની જે કાર્ય કરી રહ્યા છે તે કાર્ય પ્રભુ સેવા જેવું ઉમદા છે. આ સંસ્થાનો વિકાસ થતો રહે અને જરૂરત મદ લોકોને લાભ મળે એવી શુભકામના...

શ્રી સ્વામિ હરિપ્રસાદ દાસજી  
વલ્લભઆશ્રમ-પારડી

Very Good Humanitarian Project It's Very need to Society today, Dr. Praful is Very Loving & Caring With All Persons. Very Well, We also Want to Join the Projects God Bless All and This Helping Hand Mission.

**Dr. GURUJEE KUMARAN SWAMI**  
**(Founder 5th Dharam Sanatan)**  
**Cambodia**

**PLOD ON BRIGHT FUTURE AWAITES YOU ALL**

ઈશ્વર અનુગ્રહ છે, તે શાશ્વત રહે, એજ પ્રાર્થના

## BOARD OF TRUSTEES

|                           |  |
|---------------------------|--|
| Dr Praful Y. Mehta        | Founder Chairman & Trustee (Consultant Surgeon)          |
| Shri Sharad M. Desai      | Founder Vice Chairman & Trustee (Ex Chairman, SBPP Bank) |
| Shri Ajay G. Shah         | Secretary & Trustee (Tax Consultant)                     |
| Shri Miraj P. Vashi       | Treasurer & Trustee (Builder)                            |
| Dr. Pratap V. Thosar      | Founder Trustee (General Practitioner)                   |
| Shri Vinay P Desai        | Founder Trustee (Industrialist)                          |
| Shri Kishor D. Pandya     | Founder Trustee (Social Worker)                          |
| Miss. Swatiben S. Lalbhai | Trustee (Chartered Accountant)                           |
| Shri. Rajendra M. Desai   | Trustee (Chartered Accountant)                           |

## PAST TRUSTEES

|                                |  |
|--------------------------------|--|
| Shri. Nitin R. Desai           | Ex. Founder Trustee (Farmer)                     |
| Late. Jayantbhai B. Champaneri | Founder Secretary & Trustee. Year 2009~2015.     |
| Late. Shantaben M. Patel       | Trustee (Social Worker) Year 2013~2021.          |
| Late. Ashok V. Patel           | Trustee (Farmer & Industrialist) Year 2016~2023. |

## ADVISORY BOARD

|                           |   |
|---------------------------|---|
| Shri. Kanubhai M. Desai   | Hon. Cabinet Minister Gujarat State, Finance, Energy & Petrochemicals |
| Shri. Tushar A. Chaudhary | Former Union Minister of Road, Transport & Highway, India             |
| Shri. Siddharth K. Desai  | Paras Pumps Pvt. Ltd. Bagwada   |
| Shri. Bipinbhai Desai     | Pali Polymers, Mumbai   |
| Shri. Hemantbhai Zaveri   | Badshah Masal Pvt. Ltd. Umbergaon                                     |

## GOVERNING COMMITTEE

|                            |             |
|----------------------------|-------------|
| Dr. Neelam Mehta M.D.      | 94268 09519 |
| Dr. Pratap Thosar M.B.B.S. | 98258 22199 |
| Shri. PremalSinh Chauhan   | 93753 18181 |
| Shri. Pritesh Bharucha     | 9727531963  |

**Admission & Inquiry :** Administrator  
97270 12289

## EXECUTIVE COMMITTEE

|                          |        |
|--------------------------|--------|
| Shri. Ketan Satish Joshi | Vapi   |
| Shri. Shailesh K Naik    | Pardi  |
| Shri. Khalid Siroya      | Vapi   |
| Shri. Bharat D. Desai    | Pardi  |
| shri. Somu Desai         | Pardi  |
| Shri. Dipesh Shah        | Valsad |



## SUPPORT CIRCLE

|                        |        |
|------------------------|--------|
| Girish P Patel         | Vapi   |
| Nilesh M Bhandari      | Pardi  |
| Jatin R Shah           | Valsad |
| Devanshu Desai         | Mumbai |
| Mohammad Nulwala       | Pardi  |
| Balvant G Patel        | Pardi  |
| Kamlesh G Patel        | Pardi  |
| Samir M Desai          | Pardi  |
| Bharat N Desai         | Pardi  |
| Sandip S Modi          | Pardi  |
| Kalpesh J Parmar       | Pardi  |
| Nimesh R Vashi         | Vapi   |
| Mohit K Desai          | Udwada |
| Deven Shah             | Pardi  |
| Jagrat S. Desai        | Mumbai |
| Miss.Subhonita Gargari | Mumbai |
| Mrs. Sonal N Shah      | Valsad |
| Jagdish Tanwar         | Vapi   |
| Himanshu Purohit       | vapi   |
| Pinkal M Patel         | Pardi  |
| Aniruddh Panchal       | Pardi  |

CONTACT :

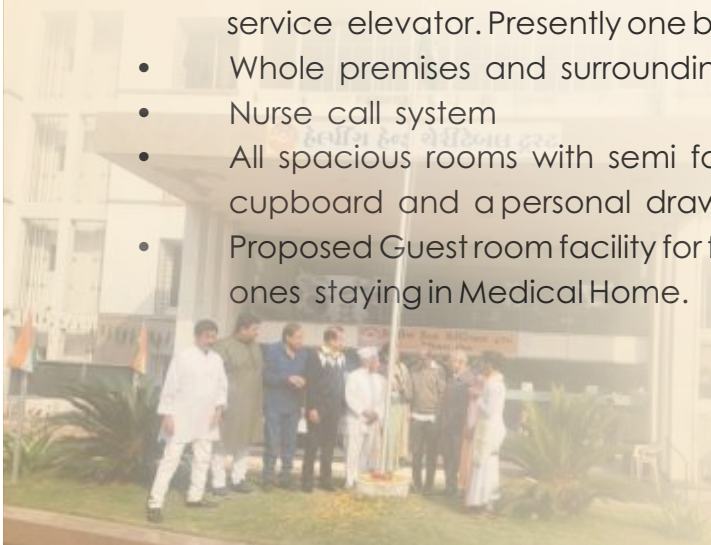
Dr PRAFUL MEHTA - 9825132289 SHARAD DESAI - 9825135136



## INFRASTRUCTURE SETUP

A helping hand charitable trust MEDICAL HOME campus spread over 3.5 acre land on bank river PAR in lush green area overlooking parnera hills and river Par in north and railway bridge in west. The serene atmosphere helps the person recover fast and come back to normal life.

- Total proposed 1,75,000sq. feet Built up area. Presently operational area is 55,000sq.ft. with surrounding tree plantation and greenery.
- A wide passage with vitrified floor tiles and wall dado of 8 ft height.
- Spacious Bathrooms with hot/cold water supply and hand showers with support for easy access, Bathrooms have no doors only curtain.
- Proposed Two bed size elevators for "ON BED" movement of patients & one service elevator. Presently one bed side elevator operational.
- Whole premises and surrounding areas are under CCTV surveillance
- Nurse call system
- All spacious rooms with semi fowler bed with railing, over bed table a cupboard and a personal drawer.
- Proposed Guest room facility for family members to stay with their near and dear ones staying in Medical Home.





## FACILITIES

- Deluxe Rooms : Single Occupancy (With AC, TV, Freeze), (With an option to keep attendant)
- Special Rooms : Single Occupancy (Non AC, TV) (With an option to keep Attendant)
- Semi Special Rooms : Twin sharing
- General Room : Triple Sharing
- Guest Rooms: Single/Double Rooms for the near and dear ones of residents Who desires to stay with them for couple of days on chargeable basis (proposed).
- Yoga /Meditation Hall (proposed) Library
- Dining Room very spacious with facility to use dining table with wheelchair.
- Kitchen: A state of art facility which can cater more than 350 residents
- Physiotherapy Room
- Recreational Hall /Auditorium : A 250 person capacity with added exhibition and dining space and separate kitchen and washroom area.
- Landscape Garden : An arrangement for self or assisted movement with wheelchair or bed to experience the serene atmosphere and reconnecting with nature. (proposed)



## DONATION SCHEME

### DONATION for CAPITAL EXPENDITURE

| NO. | DESCRIPTION                                 | AMOUNT      |
|-----|---|-------------|
| 1.  | Naming a MEDICAL HOME                       | ₹ 11 Crores |
| 2.  | Naming a Physiotherapy Unit                 | ₹ 51 Lacs   |
| 3.  | Naming Each Wing                            | ₹ 51 Lacs   |
| 4.  | Reserve-a-bed Scheme (One Bed)*             | ₹ 21 Lacs * |
| 5.  | Naming Each Room for Patient (single Plate) | ₹ 11 Lacs   |
| 6.  | Naming Each Room for Patient (Twin Plate)   | ₹ 5.51 Lacs |

## GENERAL DONATION

| NO. | DESCRIPTION   | AMOUNT      |
|-----|---|-------------|
| 9   | Adopt-a- Parent scheme (one Patient for one year)             | ₹ 1.51 Lacs |
| 10  | Sponsor one patient's Monthly Medical Home Fee (in multiples) | ₹ 17000     |
| 11  | Sponsor for Diapers & Disposables (2 patient/month)           | ₹ 11000     |
| 12  | Sponsor of one inmate's Birthday or Anniversary               | ₹ 5000      |

## DIALYSIS

|   |  |            |
|---|--|------------|
| 1 | Adopt-a- Patient scheme for Dialysis (one Patient for one year)  | ₹ 1.51 Lac |
| 2 | Sponsoring one Patient for Dialysis for Three Month              | ₹ 25000    |
| 3 | Sponsoring Dialysis for one month for one patient (in multiples) | ₹ 11000    |
| 4 | For Dialysis Contingency Fund                                    | ₹ 11000    |
| 5 | Sponsoring a Dialysis Kit for Two Patients                       | ₹ 5000     |
| 6 | Sponsoring one Dialysis for one Patient (in multiples)           | ₹ 1200     |

## SENIOR CITIZEN'S FREE MEDICAL CAMP (MONTHLY)

|   |   |             |
|---|---|-------------|
| 1 | Sponsoring a Free Medical Camp for One Year (12 Camp)     | ₹ 1.51 Lacs |
| 2 | Sponsoring a Free Medical Camp for One Month (1 Camp)     | ₹ 15000     |
| 3 | Sponsoring CBC RBS ECG, X ray Chest in One Camp           | ₹ 5000      |
| 4 | Sponsoring Medicine for poor senior citizen for one Month | ₹ 1500      |

**NOTE :** Your donations are exempted under Income Tax Rule 10 AC and 80 G.

## TRUST DETAILS

|                                       |   |
|---------------------------------------|---|
| Legal Status :                        | Public charitable Trust                     |
| Public Trust Reg. No :                | E-2501-Valsad /09-09-2009.                  |
| Registering Authority :               | Assistant Charity Commissioner, Valsad      |
| Municipal Registration (form B) No. : | CR 168000010. PARDI NAGARPALIKA, PARDI.     |
| PAN No :                              | AAATH8086M                                  |
| F.C.R.A. Reg. No :                    | Under Process                               |
| 80G Income Tax :                      | CIT/VAL/Tech/HHCT/2009-10/8281              |
| FORM NO.10 AC :                       | AAATH8086MF20214 (AY 2022-23 TO AY 2026-27) |
| CSR Registration:                     | CSR0001954                                  |
| DARPAN NGO Registration:              | GJ/2021/0276277                             |

## BANKERS DETAILS

**HDFC Bank Ltd. Pardi Branch.** A/c No. 50100215822336, IFSC Code. HDFC0002051

**IDFC First Bank Ltd Pardi Branch.** A/c. No. 10062873377. IFSC code. IDFB0042443.

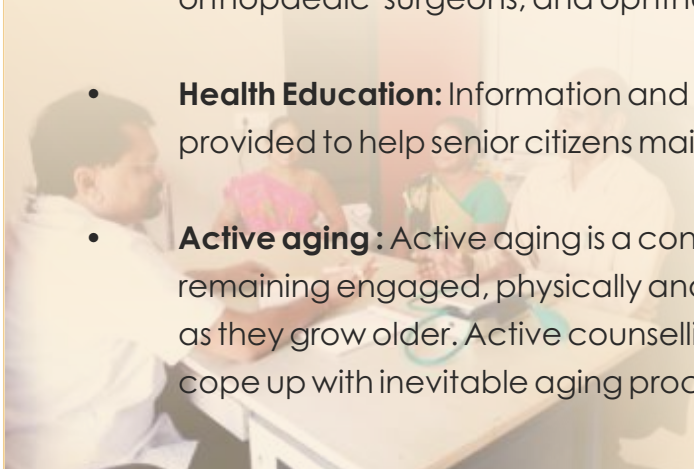
**SBPP Co-op Bank Ltd Pardi Branch.** A/c No. 021100002064 IFSC Code No. UTIB0SBP

## Free Senior Citizen Medical Checkup Camp: A preventive care (Year 2012)

In an age where healthcare costs continue to rise, access to medical services is a privilege that not everyone can afford. This is particularly concerning for senior citizens who often require regular medical checkups to monitor their health and simultaneously income source becomes limited. However, Helping Hand Charitable Trust Medical Home, in collaboration with Mehta Hospital, is taking a commendable step towards addressing this issue by organising a regular free senior citizen medical checkup camp every month. This initiative is a beacon of hope for many elderly individuals who may otherwise struggle to receive essential healthcare services. Presently, more than sixty senior citizens are taking benefit of this service every month and get involved in active aging with our counselling.

### KEY SERVICES

- **General Health Checkups:** Senior citizens receive thorough checkups to assess their overall health \ status. This includes measuring vital signs, such as blood pressure, heart rate, and temperature.
- **Blood Tests:** Routine blood tests are conducted to check for common health issues, such as diabetes, cholesterol levels, and anaemia.
- **Medication Review:** Medical professionals review the medications that senior citizens are currently taking, ensuring they are on the right treatment plans and making any necessary adjustments.
- **Specialist Consultations:** Specialists, such as consultant Surgeon, Physician , orthopaedic surgeons, and ophthalmologists, Dentists examine them during the camp
- **Health Education:** Information and guidance on healthy living, diet, and exercise are provided to help senior citizens maintain a healthy lifestyle.
- **Active aging :** Active aging is a concept that promotes the idea of individuals remaining engaged, physically and mentally active, and involved in their communities as they grow older. Active counselling with seniors and family members is carried out to cope up with inevitable aging process camp.



## DIALYSIS CENTRE AND KIDNEY CARE

Helping Hand Charitable Trust has been dedicated to serving a frail and bedridden senior citizens by an innovative and transformative concept of MEDICAL HOME has taken a significant step forward after recognising a growing need of dialysis facility for renal failure patients in Pardi. Helping Hand Charitable Trust has embarked on a transformative journey of healthcare reach by establishing first and only Dialysis Centre at Mehta Hospital, Pardi in year 2015. Furthermore, the Trust have ambitious plans for the future, including the creation of a Kidney Care project and a Research Institute with transplant facilities.

### The Dialysis Center: Bridging the Healthcare Gap (Year 2015)

The cornerstone of Helping Hand Charitable Trust's recent healthcare initiatives is the Dialysis Center. This state-of-the-art facility was born out of an acute awareness of the rising number of patients suffering from kidney diseases, especially those in underprivileged communities who often lack access to life-saving treatments. The Dialysis Center provides a ray of hope for these patients by offering them high-quality dialysis services at subsidised rates or, in many cases, completely free of charge.

The Center is equipped with cutting-edge dialysis machines, staffed by skilled healthcare professionals, and designed to provide a comfortable and welcoming environment for patients. This endeavour reflects the Trust's unwavering commitment to addressing a pressing healthcare issue and ensuring that financial constraints do not hinder access to essential treatments.



### Critical Care (ICU) Ambulance: A Lifesaving Initiative (Year 2022)

In a world where every second counts in saving lives, Critical Care Ambulance (A lifeline on wheels) service by the Helping Hand Charitable Trust started with generous donation and support from Shri. Kanubhai Desai, the Finance Minister of Gujarat State and MLA, Pardi Legislative assembly is a monumental step towards enhancing emergency medical services during transport of critical patients of Valsad. His visionary contribution has laid the foundation for a fleet of Critical Care Ambulances, each equipped with state-of-the-art medical equipment and staffed with highly trained medical professionals. This initiative is a testament to our dedication ensuring best medical services to reach even the most remote and vulnerable communities at very affordable cost.



Critical Care Ambulances are a vital link in the healthcare chain, especially in cases of trauma, heart attacks, strokes, and other life-threatening emergencies. These ambulances are not just vehicles; they are fully equipped mobile ICUs capable of delivering life-saving interventions on the spot.

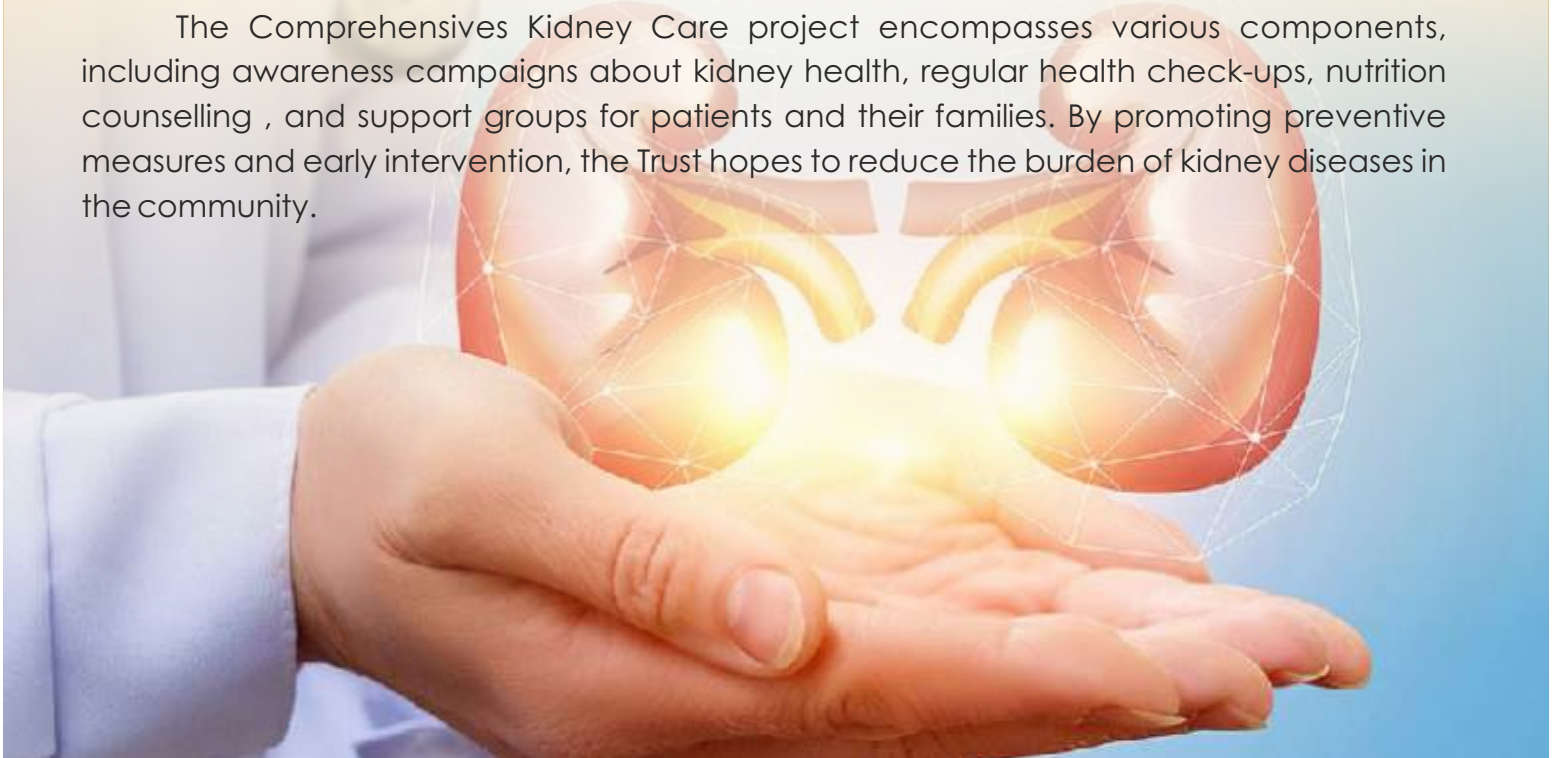


## THE COMPREHENSIVE KIDNEY CARE PROJECT :

### A Vision for the Future ( Year 2021)

After experiencing the growing need of dialysis with more and more kidney failure patients, we recognised that dialysis alone is not the solution to kidney-related health challenges, Prevention, early detection, and comprehensive care is the key element of treatment. Helping Hand Charitable Trust has set its sights on launching a Comprehensive Kidney Care project with Mehta Hospital. This ambitious endeavour aims to take a holistic approach to kidney health and provide all sorts of kidney related treatment and surgeries under one roof. This facility is authorised under **National health mission scheme** of India to help beneficiaries of **Ayushman Bharat card** holder for providing free services.

The Comprehensives Kidney Care project encompasses various components, including awareness campaigns about kidney health, regular health check-ups, nutrition counselling , and support groups for patients and their families. By promoting preventive measures and early intervention, the Trust hopes to reduce the burden of kidney diseases in the community.



## Connecting Hearts And Bridging The Generations Gap: A New Initiative (year 2023)

### “SENIOR COMPANION PROGRAM” : Fostering Empathy and Connection “वरिष्ठ साथी कार्यक्रम”

In today's fast-paced world, Helping Hand Charitable Trust has taken a remarkable initiative of bridging generations and fostering empathy in younger individuals through the Senior Companion Program. This program not only provides invaluable support to seniors but also offers college students a unique chance to enrich their lives through meaningful connections and service.

The Senior Companion Program at Helping Hand Charitable Trust is a heartwarming endeavour that pairs college students with senior citizens in need of companionship and support. This initiative recognises the often-overlooked wealth of experience and wisdom that seniors possess, while acknowledging the importance of combating loneliness and social isolation among the elderly. College students volunteer their time to spend quality moments with seniors. These interactions may involve engaging in conversation, playing games, reading books, or simply listening their success story and showing them own talent. Through these activities, bonds are formed that not only brighten the seniors' days but also leave lasting impressions on the students.

#### BENEFITS FOR SENIORS

For the seniors at Helping Hand Charitable Trust, the Senior Companion Program brings a ray of sunshine into their lives. Many seniors in care homes often experience feelings of isolation and loneliness. The companionship provided by these college students offers emotional support, eases feelings of solitude, and provides a sense of connection to the outside world. The benefits extend beyond the emotional sphere as well. Engaging in conversations and activities with the students helps to keep seniors mentally active and sharp. Moreover, the shared moments of joy and laughter have a positive impact on their overall well-being.

#### BENEFITS FOR STUDENT

- **Empathy and Compassion** : Interacting with seniors allows students to develop a deeper understanding of the challenges and joys of aging.

- **Life Lessons**: Seniors often share their life stories, wisdom, and valuable life lessons. These interactions provide a unique form of education that cannot be found in textbooks.

- **Skill Development**: Students learn essential interpersonal and communication skills that will benefit them in their personal and professional lives.

- **Gratitude** : Spending time with seniors often leads students to reflect on their own lives and appreciate the gift of youth and good health. It instills a sense of gratitude and perspective.

- **A certificate of Social work** : which is important for future career opportunities in India and abroad.



## FUTURE PLANS

### Research Institute with Kidney Transplant Facility: Pioneering Innovation

One of the most groundbreaking aspects of Helping Hand Charitable Trust's future plans is the establishment of a Research Institute with transplant facilities. This initiative reflects the Trust's commitment not only to providing healthcare services but also to advancing medical knowledge and expertise in the field of nephrology.

The Research Institute will serve as a hub for kidney-related research, fostering collaboration with leading medical professionals, researchers, and institutions. It will also have state-of-the-art transplant facilities, enabling the Trust to offer life-saving kidney transplant surgeries to patients in need. This multifaceted approach demonstrates the Trust's dedication to continuous improvement and innovation in the realm of kidney care.

In summary, Helping Hand Charitable Trust's journey from its humble beginnings of Medical Home to becoming a force for positive change in the healthcare sector in Valsad district is remarkable. With the establishment of the Dialysis Center and the visionary plans for the Comprehensive Kidney Care project and Research Institute with transplant facilities, the Trust is poised to make an even more significant impact on the lives of those affected by kidney diseases and giving hope to countless individuals with kidney failure awaiting for a definitive treatment of renal transplant.



# Location Map



## Helping Hand Charitable Trust

Medical Home

Shri Pardi Bunder Complex, Bunder Road,  
Off Station Road, Balakhadi, Killa-Pardi-396 125,  
Dist. Valsad, Gujarat, India.  
Mo.: 91-9727012289, 91-9913353100, Ph. : 91-0260-2370080  
www.hhctindia.org E-mail: helpinghandct@gmail.com

## Location

