

Yes I Can Foundation



Action for Change



Annual Highlights FY 2022-23

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Yes I Can Foundation attempts to implement projects/activities through the creative ideas of volunteers with unique approach which makes this foundation different from all other existing agencies. Yes I Can Foundation through strength assessment of the volunteers help them to direct towards the project where maximum benefits will be achieved by both our volunteer as well as beneficiary.



We also believe in creating an inclusive society and hence our projects are directed towards Mental Health, Betterment of the Specially Abled, Transgender's inclusion and wellbeing of the Senior Citizens.

The Foundation also believes in the collaborative approach where the foundation undertakes various capacity building programs for the grassroot level NGOs to upgrade their skills.



Message from our Founder

We are happy to share our annual highlights for FY 22-23 with all our stakeholders.

As we recovered from the COVID pandemic and resumed to our routine activities to an offline mode.

We are delighted to share that our skills development program 'Saksham' is growing where we have expanded programs to transgenders , visually challenged and to cooperative housing societies in Mumbai City.

Apart from that our capacity building programs continued for trainings in counseling, corporate social responsibility and play therapy techniques.

I am sure you will enjoy reading our journey as our beneficiaries has a lot to say to you through this highlights.

Cheers!

Neha Khare
Founder & Trustee



Key Highlights

SAKSHAM

SAKSHAM, our skill development program, is dedicated to empowering girls and women from underprivileged backgrounds by providing them with geriatric skills training. The program focuses on enhancing their abilities in caring for the elderly, encompassing both physical and mental health aspects. Through the efforts of the Yes I Can Foundation in the fiscal year 2022-2023, we have successfully trained over 800 girls and women, enabling them to embark on a transformative journey.



Key Highlights

SAKSHAM

Building on our achievements, we have extended the reach of the SAKSHAM project to encompass the transgender population, visually challenged women and girls, as well as cooperative housing societies. By expanding the program to include these marginalized groups, we aim to create a more inclusive and supportive society for all. Witnessing the success of this initiative fills us with immense joy and motivates us to continue our mission.



Key Highlights

SAKSHAM

Currently, SAKSHAM is being implemented in the cities of Mumbai and Pune, where it has garnered positive feedback and yielded fruitful outcomes. However, our vision extends beyond these two cities. We plan to expand the program to other states, with the goal of reaching more individuals in need and making a lasting impact on their lives.



Key Highlights

SAKSHAM

At the heart of the SAKSHAM project lies the belief that every individual, regardless of their background, deserves access to quality education, training, and opportunities for personal growth. By equipping girls, women, transgender individuals, and visually challenged individuals with geriatric skills, we enable them to contribute to the well-being of the elderly and foster a culture of compassion and care.



Key Highlights

ASHIRWAD

Project Ashirwad is a mental health initiative designed specifically for senior citizens who reside alone or who are staying at an old age home. The primary objective of this project is to enhance their quality of life by facilitating various activities and ensuring their well-being. These activities include:

- **Birthday Celebrations for Senior Citizens:**
The project organizes special birthday celebrations for senior citizens, acknowledging their milestone and making them feel valued and cherished.



Key Highlights

ASHIRWAD

- **Hand Motor Coordination Activities:** The project incorporates activities that promote hand motor coordination among the senior citizens. These activities help improve their dexterity and fine motor skills, keeping them engaged and mentally sharp.



Key Highlights

ASHIRWAD

- **Counselling Sessions:** Project Ashirwad offers counseling sessions to address the mental health needs of senior citizens. These sessions provide a safe and supportive environment where they can discuss their concerns, receive guidance, and access emotional support.
- **Feeding Programs:** The project ensures that senior citizens receive proper nutrition by providing feeding programs. This includes the provision of milk, snacks, and other nutritious meals to promote their physical well-being.

Key Highlights

ASHIRWAD



- **Volunteer Interaction:** The project encourages regular interaction between senior citizens and volunteers. These interactions aim to boost the mental health of the seniors by offering companionship, social engagement, and a sense of belonging.

Key Highlights

CAPACITY BUILDING

Under its Capacity Building Program, the Yes I Can Foundation offers training programs to various stakeholders, including NGOs, professionals, and students, to enhance their knowledge and skills. The programs organized cover a wide range of topics, such as:

- **Basic Counselling Skills:** Participants receive training in fundamental counselling skills, equipping them with the necessary tools to provide support and guidance to individuals in need.

Key Highlights

CAPACITY BUILDING



- **Corporate Social Responsibility Training Programs:** Training sessions are conducted to educate organizations and professionals about corporate social responsibility (CSR) practices. These programs emphasize the importance of social impact and sustainability, encouraging participants to contribute positively to their communities.

Key Highlights

CAPACITY BUILDING

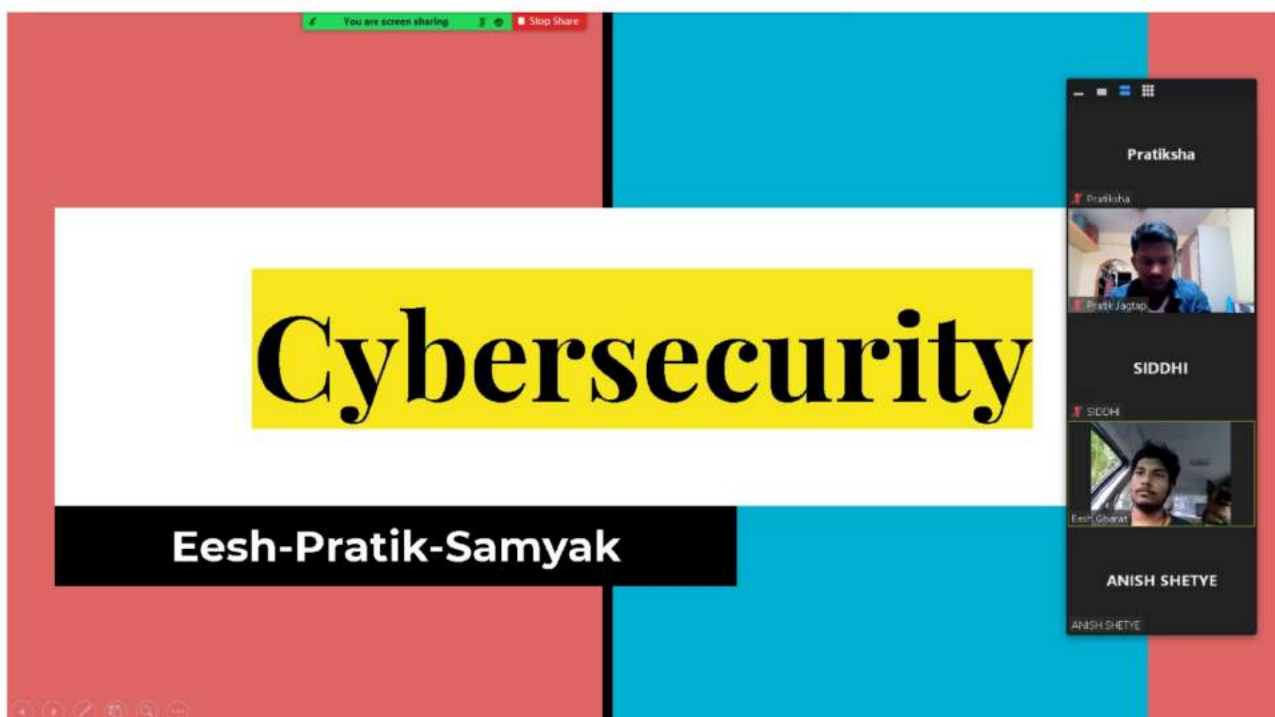
- **Play Therapy Workshops:** Workshops are conducted to educate participants on the principles and techniques of play therapy, a therapeutic approach used to assist children in expressing themselves and addressing emotional challenges.



Key Highlights

CAPACITY BUILDING

- **Cybersecurity for Specially Abled and Visually Challenged Students:** This program focuses on cybersecurity awareness and measures specifically tailored for students with disabilities, including those who are visually impaired. It aims to empower them with knowledge to navigate the digital world safely.



Key Highlights

HOBBY CENTRE

The Yes I Can Foundation collaborates with a government-established hobby center for senior citizens, providing support and organizing various activities. These activities aim to enhance the well-being of senior citizens, particularly those from underprivileged backgrounds, by nurturing their skills and offering meaningful engagement. The activities conducted include:

- **Art Therapy:** The foundation facilitates art therapy sessions for senior citizens, allowing them to express themselves creatively and find emotional healing through artistic endeavors.

Key Highlights

HOBBY CENTRE



- **Craft-related Activities:** The foundation organizes craft-related activities to nurture the skills and creativity of senior citizens. These activities enable them to explore their artistic abilities and engage in enjoyable and productive hobbies.

Key Highlights

HOBBY CENTRE

- **Physical Exercises:** Physical exercise sessions are organized to promote the overall health and fitness of senior citizens. These exercises help them stay active, maintain mobility, and improve their physical well-being.



Key Highlights

HOBBY CENTRE

- **Meaningful Topic Sessions:** Sessions are conducted on various meaningful topics, such as life skills, mindfulness, and personal development. These discussions provide valuable insights and empower senior citizens to lead fulfilling lives.

Through these activities, the Yes I Can Foundation strives to create a supportive environment for senior citizens, offering them opportunities for personal growth, social interaction, and a sense of accomplishment.

Key Highlights

STRONGER TOGETHER

Project Stronger Together, organized by the Yes I Can Foundation with the support of Mrs. Rekha Malya, focuses on assisting specially abled children in Mumbai city. The project aims to provide comprehensive support to these children, covering medical camps and offering counseling for both parents and teachers. The key features of the project are as follows:

- **Medical Camp:** The project includes a medical camp that caters to more than 80 specially abled children, both girls and boys. The camp focuses on diagnosis, treatment, and providing necessary medical support to enhance the well-being of the children.

Key Highlights

STRONGER TOGETHER



- **Sign Language Communication:** The Yes I Can Foundation takes pride in its ability to communicate with specially abled children through sign language. This approach enables effective communication and understanding, empowering the children to become stronger and more confident in pursuing their goals.

Key Highlights

STRONGER TOGETHER

- **Counseling for Parents and Teachers:** Recognizing the importance of a supportive environment, the project offers counseling sessions for parents and teachers. These sessions aim to guide and educate them on how to effectively support and interact with specially abled children, fostering their overall development.



Key Highlights

MEMORY CLUB

Yes I Can Foundation's Memory Club is a virtual platform designed specifically for senior citizens who are staying alone or have lost their loved ones during the Covid pandemic.

The primary objective of this project is to boost the morale of the elderly and provide them with a sense of community. The Memory Club has been successful in enrolling more than 32 senior citizens so far, and it is completely free to join.

Eligibility for the Memory Club is open to anyone above the age of 60 who is either staying alone or in need of assistance to prevent memory disorders such as Alzheimer's and dementia. Admissions are currently open for interested individuals.

Key Highlights

MEMORY CLUB



Key Highlights

SWAD

In Project SWAD , we empower underprivileged individuals to create snacks and meals for those in need.

We evaluate the impact on job creation, senior citizens' well-being, and community building. We aim for sustainability through revenue generation and seek partnerships for long-term support. Together, we make a positive difference in the lives of those in need.



My Yes I Can Stories

Madhuri's journey towards Empowerment in Inclusive Society

Madhuri, one of our students, faced barriers to higher education during her childhood due to her gender identity, leading to her leaving home in search of acceptance within her own community. She began begging & doing performances at weddings, but as time went on, she desired a career that would provide her with self-esteem. During our meeting, we discovered that Madhuri possesses excellent communication skills and a strong ability to learn. Through our project, Saksham, which offers geriatric training, Madhuri has been equipped to serve senior citizens in a professional capacity, marking the beginning of her empowerment journey.

My Yes I Can Stories

Madhuri's journey towards Empowerment in Inclusive Society

Expressing her gratitude, Madhuri states, "I am thankful to the Yes I Can Foundation for granting me the opportunity to receive government certification in geriatric skills training. This certification has enabled me to approach senior citizens with confidence and provide them with the care they deserve."



My Yes I Can Stories

Empowering Dreams: Leena's Journey in Geriatric Caregiving

"My name is Leena, and I come from a low socio-economic background. Despite my desire to pursue higher education, family issues prevented me from doing so. Nursing had always been a dream of mine. Fortunately, through the support of the Yes I Can Foundation and Sneha, I discovered the field of geriatric caregiving. I decided to study this field and successfully completed my course.

During my training, I had the opportunity to serve several senior citizens, which proved to be incredibly valuable. Not only did it provide me with a source of income, but it also allowed me to acquire essential skills for providing care and support to the elderly.

My Yes I Can Stories

Empowering Dreams: Leena's Journey in Geriatric Caregiving

I am deeply grateful to the Yes I Can team and SNEHA for giving me this opportunity, which has had a significant impact on my life."



My Yes I Can Stories

Manasi – From Struggle to Success towards raising differently abled child

Allow me to introduce Manasi, one of our beneficiaries, who is not only a successful mother but also the caregiver of a specially-abled teenager. Manasi faced numerous challenges in raising her son, who dealt with conditions such as epilepsy attacks, mental retardation, and cerebral palsy. Seeking assistance, she approached the Yes I Can Foundation, and our team closely collaborated with her to provide support.

Together, we focused on identifying and nurturing her son's positive qualities, enabling him to enhance his abilities to the fullest extent possible. Additionally, we worked on strengthening the mother-son bond,

My Yes I Can Stories

Manasi – From Struggle to Success towards raising differently abled

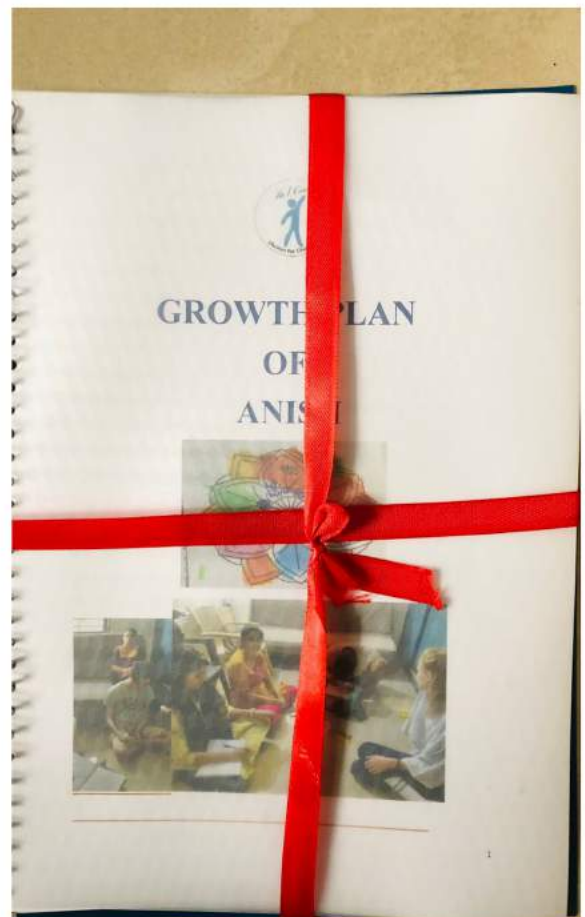
empowering Manasi to interact more efficiently with her son and facilitate his overall development. To ensure long-term sustainability, the foundation conducted extensive research on her son's illnesses and prepared a comprehensive toolkit specifically tailored for Manasi. This toolkit equips her with the necessary knowledge and resources to confidently care for her son, even after the foundation's intervention concludes.

Through our collaborative efforts, Manasi has gained the skills and confidence needed to provide the best possible care for her specially-abled son.

My Yes I Can Stories

Manasi – From Struggle to Success towards raising differently abled

The Yes I Can Foundation remains committed to supporting families like Manasi's, fostering self-sufficiency, and empowering caregivers to create nurturing environments for their loved ones.



My Yes I Can Stories

Diksha gets her special blessings

Meet Diksha, one of our visually challenged students who has been actively involved with our organization since the lockdown. Diksha has undergone training in mobility and cooking skills, and she has successfully overcome the challenges posed by her blindness. Motivated by her desire to make a positive contribution to society, she approached us with a unique request for her upcoming birthday.

Diksha expressed her wish to celebrate her birthday by spending time with senior citizens. She visited a senior citizens' home, where she not only shared her presence but also cooked snacks for the residents. The gesture was met with immense gratitude and blessings from the senior citizens, who appreciated her kindness and generosity.

My Yes I Can Stories

Diksha gets her special blessings

We extend our heartfelt congratulations and best wishes to Diksha for her remarkable journey and accomplishments. Her determination and compassion serve as an inspiration to us all, and we have no doubt that she will achieve great success in her future endeavors.



My Yes I Can Stories

We all are ONE – Fedrika's Love towards the Foundation

Let us introduce Fedrika, an international student intern who hails from Germany and is currently pursuing her higher studies in social sciences. As part of her academic journey, she had the opportunity to visit TISS (TATA Institute of Social Sciences Mumbai), where she was directed to the Yes I Can Foundation. Impressed by our work, Fedrika eagerly got involved in multiple activities during her time with us.

During her tenure, Fedrika had the chance to meet underprivileged individuals, senior citizens, and specially-abled students. She also played a crucial role in facilitating cultural exchanges among our beneficiaries. Despite language barriers, Fedrika realized that effective communication extends beyond

My Yes I Can Stories

We all are ONE – Fedrika's Love towards the Foundation

words. Through non-verbal communication, warmth, and love, she was able to connect with and greet our beneficiaries.



My Yes I Can Stories

My Ability – My Strength By Siddhesh

Hello everyone, I'm Siddhesh from Maharashtra. I have been visually challenged since birth. Growing up in a remote village, accessing formal education was incredibly challenging. However, with the unwavering support and dedication of my parents, I managed to complete some of my studies and decided to pursue further education in Mumbai. My ultimate dream is to secure a government job that provides reserved seats for specially-abled candidates. Initially, it was quite daunting for me because I lacked mobility training.

Moving around, crossing roads, and using public transportation used to make me extremely anxious.

My Yes I Can Stories

My Ability – My Strength By Siddhesh

Fortunately, the Yes I Can Foundation came to my aid by inviting me to a mobility training program. I eagerly participated in this program, which has transformed me into a different person today. I learned how to safely cross roads, identify different routes, handle currency, and even gained proficiency in using digital applications solely on my smartphone.



My Yes I Can Stories

Empowering Anil's Independence Through Accessible Technology

Anil hails from a remote village in Maharashtra and has faced tremendous hardships. Tragically, he lost his eyesight due to medical negligence during his childhood. Coming from an underprivileged background, Anil's educational opportunities were severely limited, further compounded by mobility challenges. However, his determination to become independent and support his family led him to pursue vocational training.

Through his own initiative and with the assistance of a local institute, Anil acquired skills in massage therapy. During the COVID-19 pandemic, he connected with the Yes I Can Foundation, seeking accessible technology to expand his reach and showcase his expertise as a massage therapist.

My Yes I Can Stories

Empowering Anil's Independence Through Accessible Technology

The foundation provided him with a smartphone equipped with TalkBack software, enabling messages to be translated into voice for him to respond to inquiries.

With the newfound accessibility and reach, Anil began attracting more clients for his massage therapy services. He also ventured into old age homes, offering his services and even practicing speech therapy. Today, Anil is an independent and skilled masseur who never fails to bring happiness to his patients. He has also taken the initiative to learn computer skills, further expanding his business to other cities in Maharashtra.

My Yes I Can Stories

Empowering Anil's Independence Through Accessible Technology

We extend our heartfelt appreciation to Anil for his unwavering dedication and hard work. We wish him the very best for his future endeavors as he continues to make a positive impact on the lives of others.



Awards & Achievements

Navbharat Times

In the December 21, 2022 edition of the national newspaper Navbharat Times, an article highlighting the remarkable achievement of the Yes I Can Foundation in training the transgender population in geriatrics was published.

नवभारत

महाराष्ट्र में पहली बार मिला ट्रांसजेंडरों को केयर गिवर का प्रमाणपत्र 15 किन्नरों को मिली सेवा की ट्रेनिंग

■ मुंबई, नवभारत न्यूज नेटवर्क. सेंटर फॉर द स्टडी ऑफ सोशल चेंज (सीएसएससी) की प्रमुख कार्यवाह एड. निर्मला सामंत प्रभावलकर और 'एस-आई कैन फाउंडेशन' की संस्थापक नेहा खरे ने किन्नर समाज के लोगों को बुजुर्गों की देखभाल कैसे की जाए, इसकी ट्रेनिंग देकर उन्हें सर्टिफिकेट सौंपे. सीएसएससी एक ऐसी ट्रेनिंग संस्था है जिसे सामाजिक न्याय और कल्याण मंत्रालय द्वारा वृद्धावस्था देखभाल के लिए क्षेत्रीय संसाधन और प्रशिक्षण केंद्र के रूप में मान्यता दी गई है. गोवंडी-मानखुर्द में एक कार्यक्रम आयोजित कर 15 किन्नरों को 'बुजुर्ग वरिष्ठ नागरिक रुग्णसेवा प्रशिक्षण' का प्रमाणपत्र दिया गया. इस प्रशिक्षण के औचित्य के बारे में बताते हुए निर्मला सामंत प्रभावलकर ने कहा कि इस प्रशिक्षण का विशेष उद्देश्य यह है कि



डेवलपमेंट सेंटर का निर्माण हो

मुंबई की मेयर और महिला आयोग की सदस्य रह चुकी निर्मला सामंत प्रभावलकर ने उम्मीद जताई कि सरकार बुजुर्ग हो चले किन्नरों के लिए किसी डेवलपमेंट सेंटर का निर्माण करेगी. कहा कि ऐसा दिया गया प्रशिक्षण दो तरह से काम आएगा.

बुजुर्गों की देखभाल करने में उपयोगी होगा प्रशिक्षण

उनको न तो कहीं स्कूली शिक्षा मिलती है और न ही कहीं नौकरी मिलती है.

तरह-तरह की कई बीमारियां घर लेती हैं, चूंकि वे बुजुर्ग हो चुके होते हैं,

Awards & Achievements

Pratham's Glory

We are immensely proud to announce that Pratham, our visually challenged student, has received the prestigious SABERA Award for his remarkable achievements in classical music. Pratham, at the age of 18, has shown exceptional talent in learning and performing classical music, and this recognition is a testament to his dedication and hard work. SABERA Awards: Honoring Social Responsibility and Entrepreneurship.



Awards & Achievements

Sridevi's Triumph



We take immense pride in the achievements of our transgender student, Sridevi. Not only is she an outstanding trans trainer and teacher, but she is also an incredible trans artist. It brings us great joy to share that her artwork has been chosen for display at the prestigious Kala Ghoda festival in Mumbai in 2023.

Awards & Achievements

Sridevi's Triumph

Sridevi has been given the opportunity to exhibit her art in the form of Wall Art Decoration, and witnessing the smile on her face as a result of her well-deserved success fills us with happiness and pride.



Awards & Achievements

Training and Caring

In December 2022, the Times of India, one of the prominent English newspapers, featured an article highlighting the remarkable work of the Yes I Can Foundation.

Transgenders being trained in geriatric care of senior citizens

Anuranjan Pillai

Mumbai: Ek Kadam, an event by transgenders for senior citizens, organized by CSSC, RRTC and Yes I Can Foundation under the guidance of former mayor Nirmala Samant Prabhavalkar was organised at Shivaji Park, Dadar, on Saturday. This is the first such event in the country and was an opportunity of employment for transgenders. C...



Sanjay Hadkar

transgenders to come into the mainstream and be treated with uttermost respect and dignity. Even they deserve to be loved and cared."

Senior citizen Shailaja Limaye said, "It was a very wonderful experience spending time with them. I felt really happy and would suggest that everyone gives it a try."

Founder and trustee of Yes I Can Foundation Neha Khare said, "This is the pilot batch of

The article specifically focused on the foundation's pioneering training program for transgender individuals in geriatric care. It shed light on how transgender students from the foundation are successfully working with senior citizens, not only providing care but also earning their livelihoods through this impactful project.

Awards & Achievements

GuideStar India Transparency Key Award



Yes I Can Foundation is proud to announce its registration with GuideStar India, the largest online repository for NGOs. The foundation has been awarded the prestigious GuideStar India Transparency Key for 2022, signifying its commitment to transparency and accountability. This recognition showcases the foundation's adherence to filing annual income tax returns and sharing them publicly.

Awards & Achievements

GuideStar India Transparency Key Award



Joining GuideStar India strengthens Yes I Can Foundation's credibility among the nation's credible NGOs, affirming its dedication to making a positive impact in the lives of underprivileged individuals and communities.

Awards & Achievements

Transgender Wellbeing: Doordarshan Showcase



<https://youtu.be/fPqYnKE03qY>

We are thrilled to announce that Yes I Can Foundation's groundbreaking initiative, "Ek Kadam," focused on the wellbeing of transgender individuals, was showcased on India's national network, Doordarshan Channel. The project received recognition and appreciation during the bulletin segment for its efforts in improving the livelihoods of the transgender population. This recognition highlights the impact and importance of our initiative in creating positive change and fostering inclusivity for transgender individuals in society.

Awards & Achievements

Zashi Rani Award



It's a pleasure to receive an award Zashi Rani Award 2022 for Yes I Can Foundation work. and meet dignitaries like Padmashree Rahibai popare, Dr. Sheetal Malusare and President of Army Foundation Subedar Suresh. Thanks to all supporters of Yes I Can Foundation.

Special Events

Valentine's Day



In a joyous celebration, Yes I Can Foundation organized a special Valentine's Day event for our young hearts. The event included engaging games that allowed them to revive cherished memories of their partners, even those who have passed away. With happiness in their hearts, they shared delightful stories while enjoying fun-filled games, chocolates, and balloons. This day of love was truly a memorable and heartwarming experience for all.

Special Events

Lights - Camera - Action Educational field visit to the Film City



In a remarkable initiative, Yes I Can Foundation arranged a special field education visit to the renowned Film City, marking its first event after the COVID-19 pandemic. The visit included participation from our project beneficiaries, including special children, underprivileged girls, and senior citizens. It was not just a day of enjoyment but also an opportunity for them to learn about the techniques of dubbing, editing, and other technical aspects of filmmaking from industry experts.

Special Events

Lights - Camera - Action Educational field visit to the Film City



During the visit, the beneficiaries had the privilege to explore famous sets like that of Kaun Banega Crorepati (KBC) and engage in interactive sessions with various technicians. This unique experience provided them with valuable insights into the world of filmmaking and added an enriching dimension to their lives.

Special Events

Mobility Training



On the occasion of Women's Day, Yes I Can Foundation organized a comprehensive mobility training program for blind girls and women. This program was divided into two phases, with the first phase held in Vile Parle, Mumbai, and the second phase conducted in Navi Mumbai, Nerul.

Special Events

Mobility Training



The program focused on equipping blind women and girls with essential mobility skills, including safety awareness, self-defense techniques, cane usage, currency identification, ingredient recognition, navigating unfamiliar places, and road-crossing. Students received certificates as a token of their achievement.

Special Events

Mobility Training



Additionally, the program included training in cooking skills and culminated in a special fashion show. This unique event enabled the participants to showcase their confidence by walking the ramp, leaving a lasting impact. Yes I Can Foundation remains dedicated to empowering blind women and providing them with the necessary tools for independence and success.

Special Events

Make me their Santa



Each year, Yes I Can Foundation organizes "Make Me Their Santa," where volunteers become Santas for our beneficiaries. Over 100 beneficiaries receive special educational gifts, bringing joy and creating lasting memories.

Special Events

Anniversary Celebration



Every year, as part of our anniversary celebrations, Yes I Can Foundation holds unique programs to engage our students and senior citizens. This year, we organized a poetry competition with the theme "Yes I Can." We were overwhelmed by the enthusiastic response, with over 100 participants showcasing their poetic talents. After careful consideration, we are thrilled to announce the three winners of the competition:

Special Events

Anniversary Celebration

हो जाते हैं अपने टास्क में दंग
प्रतिदिन नई उम्मीद के संग,
येस आई कैन फाउंडेशन है,
तो सब कुछ हैं जो मुमकिन।

रिश्तेदारों से भी बढ़कर, है यह मित्र परिवार
हर कोई दे रहा इसपर अपना योगदान
कर रही है अपार कष्ट कई सखियाँ इस मंच पर
रोज नए नए टास्क और मस्तिष्क को खुराक पहुंचाने का काम।

भूल कर अपनी उम्र, बन जाते हैं हम बच्चे
दिन आरंभ होते ही करते टास्क दिल से सच्चे

न कहीं नोक झोंक, न कोई गॉसिप
येस, आई कैन फाउंडेशन ने दिला दिया जो ऑफिस।

रोजमर्रा के काम करने को मिली नई दिशा
येस आई कैन फाउंडेशन का चढा हम पर नशा।

सर्वांगीण विकास का यह मंच,
अपने आप में एक अनोखा संच
हमारी नेहा दी, रीना दी, प्रतीक्षा दी
प्रेक्षा दी, मानसी दी, सुमिता दी और अन्य दीदियां
कर दिया सबका जीना आबाद
ऐसे ही चले हम हाथ में लिये हाथ

करती हूं मैं उनका तहे दिल से शुक्रिया
येस आई कैन फाउंडेशन की छटी
वर्षगांठ पर देती हूं शुभकामनाएं हजार। 🌸

लेकिन वो 'Yes i can' कह गया।

कुछ बीते लम्हों का, ऐसा असर हो गया
कि मुश्किल जिन्दगी का, सफ़र हो गया,

लेकिन वो 'Yes i can' कह गया।

बदलता है ये आदमी भी किस तरह यारों,
कि कल तक इधर था, अब उधर हो गया

लेकिन वो 'Yes i can' कह गया।

न मिलेगा मेरे दिल में अब तो कुछ भी,
जो कुछ बचा था, वक्त की नज़र हो गया

लेकिन वो 'Yes i can' कह गया।

वक्त ने बिगाड़ दी सारी ही शानो शौकतें,
अब तो जिंदगी का ढांचा, लचर हो गया

लेकिन वो 'Yes i can' कह गया।

आखिर करें बात क्या हम रंगों की यारों,
अब तो असर ही रंगों का, बेअसर हो गया

लेकिन वो 'Yes i can' कह गया।

यूं ही लिए बैठे हैं हम तो लेकर तमन्ना जीने की,
पर उम्र का खाता तो, अब सिफ़र हो गया

लेकिन वो 'Yes i can' कह गया।

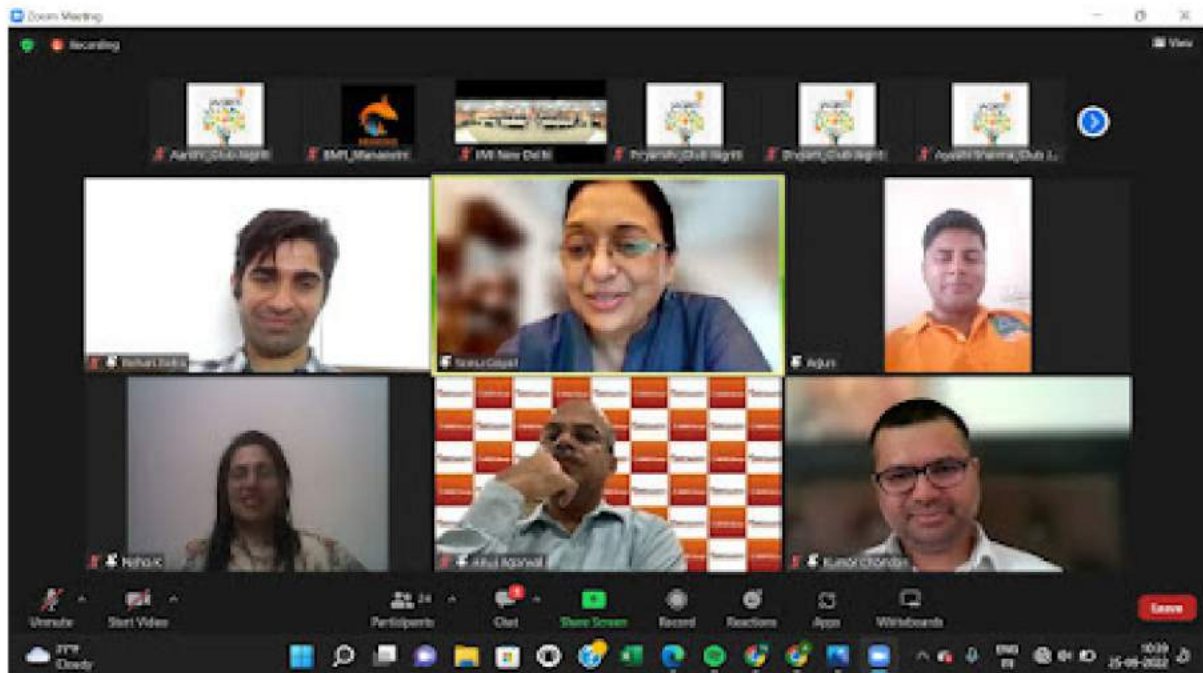
अब यारों की महफ़िलें मिट चुकी हैं "महेश भाई",

अब दिलों का फांसला, इस कदर हो गया

लेकिन वो 'Yes i can' कह गया।

Special Events

IMI Delhi



International Management Institute, New Delhi as a part of their social responsibility cell invited Yes I Can Foundation to talk about work we do in their CSR summit 2022. During this summit we got an opportunity to share the platform with wellknown organizations like ICICI Foundation and Mark and Spencer.

Special Events

Gifting with a Cause – CSR initiative



Yes I Can Foundation in partnership with Corporate Social Responsibility initiative of Majorel – Majorel is an international service company, specializing in customer experience (CX) and business process outsourcing (BPO) services. It has more than 82,000 team members and operates in 45 countries on five continents. It was formed in 2019 through the merger of the customer relationship

Special Events

Gifting with a Cause - CSR initiative



management businesses of Bertelsmann and the Saham Group. Yes I Can Foundation in partnership with Majorel implemented Ability Unlimited Project with educational gifts were distributed to the specially abled students to enhance their learning potential.

Special Events

Felicitation to Yes I Can Foundation

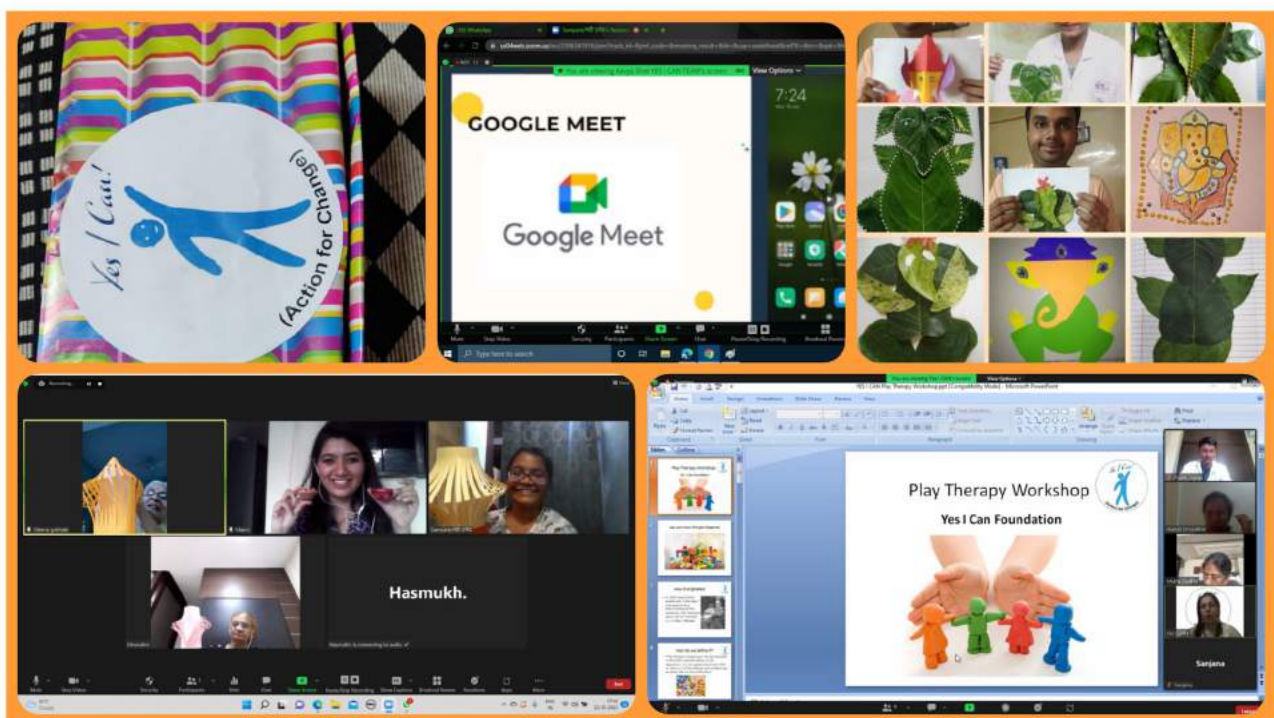


Yes I Can Foundation's work was appreciated by Ex Mayer of Mumbai Nirmala Samant Prabhavalkar as we were invited at the centre of study of social change - CSSC under empowerment of social justice with Govt of India.

In this program as observance of world elder abuse day, we shared platform with Dr. Bhojraj (Celebrity Spine Surgeon) and Dr. Potdar. (Director Research and President ,Centre for the Study of Social Change,Mumbai and Mumbai's well-known pediatrician).

Training Programs

Yes I Can Foundation as a part of its capacity building training programs invites various Non for Profits in India and professionals to upgrade their skills and knowledge. During FY 22 various such training programs are conducted such as basic counseling skills , geriatric caregiving online sessions for all the middle aged population and for those who wish to pursue this as a career option, play therapy training programs and special lecture on technology and applications for the senior citizens . Here is the glimpse -



Training Programs

As a part of our work in geriatrics we have developed a 'Memory Box' which is useful for senior citizens to prevent them from Alzheimer's and dementia type diseases.

Currently this memory box is being used at the hobby centre for senior citizens established by govt in Mumbai.



How to connect with us

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- Website: <https://www.yesicanfoundation.in/>
- Instagram:
https://www.instagram.com/yes_i_can_foundation/
- Facebook: www.facebook.com/Yes-I-Can-Foundation
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What's in it for you ?

- **If you are a working professional**- You can volunteer and contribute your skills at our projects .
- **If you are a student**- Participate in our customized internship programs to learn community work and earn certificate.
- **If you are non for profit** - indulge your team with our various capacity building services to scale up your organization.
- **If you are company or individual donor** - You can contribute for a cause of your choice for the ongoing project activities.

Annual Highlights FY 2022-23

Yes I Can.



Yes I Will.