

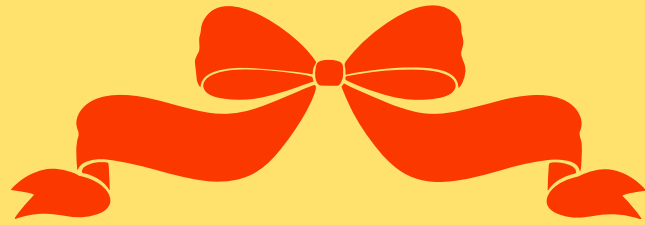
YES I CAN FOUNDATION



ACTION FOR CHANGE



ANNUAL HIGHLIGHTS FY 2023-24



CONTENT

1- Story behind Yes I Can

2- A message from our founder

3- Key highlights

4- My story with Yes I Can

5- Special events and achievements

6- How to connect with us



STORY BEHIND



YES I CAN FOUNDATION

Yes I Can Foundation, a non-profit organization initiated in 2017, is dedicated to utilizing the talents of professionals like you to uplift the underprivileged section of society. With a pool of over 100 volunteers, we have made significant strides in areas such as mental health , senior citizen wellbeing, support for the specially abled , underprivileged girls, and the transgender population.

The foundation today is known for our work towards diversity and inclusion and for creating sensitization for society.

Even today, the foundation uses the talent of professionals and also mentors students from various academic backgrounds to train them in social projects. We are one of the few organizations in India without paid staff, yet we run our operations smoothly to ensure integrity and transparency, adopting them as our values.



MESSAGE FROM OUR FOUNDER



We are happy to share our annual highlights for 2023-2024. As we enjoyed writing about each chapter mentioned in this booklet, I am sure you will enjoy and feel proud to be associated with it.

We achieved significant milestones in the year 2023-2024, one of which was our invitation to represent our work for G20. This platform, known as C20 under G20, provides a unique opportunity for non-profits to share their visions and suggestions with the government of India, underscoring our recognition and impact.



Our Founder - Ms. Neha (from right), with our visually challenged student and transgender student.





During COVID, we initiated a memory club for senior citizens, and for the first time, we successfully gathered our senior citizens on a shared platform to share their journeys.

We initiated our Saksham training (geriatric skills development) with medical professionals. We also began our projects for one of the most extensive slum areas in Mumbai –Dharavi for the marginalized population.

I want to thank each and every person who supported the causes we initiated. With this support, we are ready to initiate our future programs.

Do read these highlights and write back to me with your feedback.

Cheers!

Neha

Founder and Chief Trustee

Yes I Can Foundation

(neha.yesicanfoundation@gmail.com)



KEY HIGHLIGHTS

ART THERAPY SESSIONS

Art therapy taps creative expression to explore emotions. Making art externalizes inner experiences, fostering insight that helps healing through the artistic process.

Various art therapy sessions were conducted by Yes I Can Foundation, for specially abled children and senior citizens.



**YES, I CAN FOUNDATION ORGANISED A
NUMBER OF ART THERAPY-BASED
PROGRAMMES ALL YEAR LONG TO HELP
SENIOR CITIZENS AND CHILDREN, HELP THEIR
COGNITIVE ABILITIES.**



**We are quite pleased with the results of
these sessions, which helped the children
and seniors reflect with greater clarity.
Over 100 beneficiaries were influenced
by these sessions.**



PROJECT SAKSHAM

The Yes I Can Foundation has contacted a number of stakeholders as part of Project Saksham. We have taught visually challenged girls in geriatric care, apart from underprivileged girls.



In addition, the first group of medical professionals in the geriatric training programme was initiated, along with the geriatric training personnel from the old age home.





We are really happy to see that the reach of this program has been growing enough to cover more stakeholders in this country.



ASHIRWAD



In FY 2023–2024, the Yes I Can Foundation assisted many elderly people residing in assisted living facilities as part of Project Ashirwad. We were able to celebrate several birthdays and successfully put smiles on the faces of these seniors.



EK EHESAAS

The Yes I Can Foundation has trained over thirty visually challenged females in cooking (both with and without induction cooking) . These kinds of training, support the independence of women who are visually challenged. As a result, blind women were given braille kitchen labels to place in their kitchen cabinets and utilise on their own.





**We really appreciate the help provided by
Innerwheel Club of Deonar**



EYES FOR YOU

The Yes I Can Foundation has given readers and writers to a variety of visually challenged students preparing for the government entrance exam. As a result of this project, a large number of our students successfully passed their exams today, and the majority of them have also aced their interviews and are now able to support themselves.



STRONGER TO GETHER - MEDICAL CHECK-UP CAMP FOR THE VISUALLY CHALLENGED GIRLS

We started initiatives as part of our medical intervention, including completing check-up camps for over 60 visually challenged girls. We were successful in diagnosing these girls' issues and in giving their parents medical advice on what to do next. We are grateful to Mrs. Rekha Mallya for her support with this programme.



PURAK POSHAK AAHAR

In order to ensure that millet distribution can occur for the largest slumps, such as Dharavi in Mumbai, we developed Puran Poshak Aahar in collaboration with Uday Foundation as part of our goal to create a healthy society. Since the Indian government has declared 2023 to be a millet year and more than 70 senior citizens and underprivileged people benefited from this campaign, we have chosen to support it.



STRONGER TOGETHER

Yes I Can Foundation organized a Physiotherapy Camp for the senior citizens in Dharavi. The camp focused on checking mobility issues and providing diagnoses to senior citizens. Apart from camp, healthy snacks were distributed to them. Yes, the I Can team is thankful to the Inner Wheel Club of Bombay Airport for their support of the camp.



WORKSHOP

Through this special workshop, we covered how to connect with Amazon to launch one product and how to process and create a pool of buyers. This workshop helped our students and served as a motivating factor to use technology for their art and craft skills.

The Hidden Factors

- Discounts & Competition
- Returns % and Cost of Return - (Sellable) and (Non-Sellable)
- GST impact (Input credit vs Output)
- Multiple packs or Combos
- Shipping Costs (Region wise)
- Actual weight vs Volumetric Weight

Start Selling!!...



Prasanna Joshi

Yes I CAN

Yes I CAN

Samsung SM-M515F

Dr.Komal Merani

Dr.Komal Merani

Preethi Sathaye

Anvee koparkar

A. Seller Registration

Documentation

- GST
- Bank Account
- Email ID
- Mobile number

Essentials

- Computer / laptop
- Laser / Inkjet Printer
- Amazon Packaging Material
- Strong Wi-Fi Internet connection



Prasanna Joshi

Yes I CAN

Yes I CAN

Samsung SM-M515F

Dr.Komal Merani

Preethi Sathaye

trupti karkera



DIVERSITY AND INCLUSION BASED PROJECT

Yes I Can Foundation has been always working with the diverse population such as transgenders and we are happy to connect our transgender students with the society - with students, volunteers to create an inclusive society



MY STORY WITH YES I CAN FOUNDATION

MY DREAM MY LIFE



“Hi, my name is Ishwari, I come from an underprivileged background and it was very challenging for me to pursue any higher education, I decided to take up my career in the healthcare services with the help of SNEHA. I got to know about geriatric course, which is run by Yes I Can Foundation in partnership with SNEHA, I decided to take up the training and I am very happy that now I am getting opportunities to serve senior citizens. It's not only opportunities, but I am also supporting my family and earning my livelihood.”



MY PROUD CAREGIVER – AMRUTA'S STORY WITH YES I CAN



“Namaste everyone, My name is Mrs. Amruta and I have two children. One of my daughter, she wanted to take up her career in healthcare. Our family comes from a very underprivileged background and we could not afford higher education for our children. We are daily wage labourers but still we try our best to educate our children. I feel very proud of my daughter that she is now expert in taking care of senior citizens. She not only takes care of me and her father but she also serves community senior citizens.”



MY INTERNSHIP JOURNEY WITH YES I CAN BY SANYA



Hello all readers. This is Sanya, I was interning with Yes I Can Foundation. And I am a psychology student. I was pursuing my bachelor's degree from one of the prestigious universities in United States. I wanted to come to India to learn about more experimental learnings. Hence, I contacted Yes, I Can Foundation. I was involved in various projects undertaken by the Foundation and by the communities. I was involved in Art therapy, educating underprivileged girls and it was a great learning for me.

I am thankful to Yes I Can Foundation for giving me this opportunity. This is going to sharpen my career in the future.



YES THEY MADE ME SPECIAL – STORY BY KUMAR



Hi everybody. My name is Kumar. I am a resident of Gujarat and I stay in one of the small town in Gujarat.

It was my dream to come to Mumbai since I wanted to see Mumbai. Though I am a visually challenged student, I wanted to feel the breeze of Mumbai city.

Me and my friends, we approached Yes I Can Foundation and guess what? Our dreams got fulfilled with the help of our supporters, Karishma Didi and team spreading smiles with the help of Yes I Can Foundation. All our arrangements were done to come to Mumbai and we were very happy to see the Mumbai city. This is only because of the interest and enthusiasm for all the volunteers associated with the foundation.

I really want to thank everybody and I wish to come here again and again.



HAPPIER THEN EVER– STORY BY HARIDAS UNCLE



Meet Haridas uncle, Haridas uncle is our resident from the old age home. Haridas uncle is alone and he always likes to talk to people. He is spiritual in nature.

He likes to watch TV, dance and sing his favorite songs. During Christmas time as a campaign by Yes I Can Foundation known as make me their Santa. We decided to give Haridas uncle his favorite book and guess what through Santa Claus, Haridas uncle got his favorite book "Bhagavad Gita."

We are so happy and thrilled to see the smile on uncle's face and we are very happy to see that uncle is reading this book every day without fail.



VAH KYA TAJ HAI- STORY BY OUR TRANSGENDER STUDENT SRIDEVI



“Namaste, everybody. My name is Sridevi and I am one of the transgender student of Yes I Can Foundation. I am also one of the first graduate from Mumbai University and a trans teacher. As you know, our access is limited in the community and we are not allowed everywhere to enter. However, it was my dream to see the hotel Taj Mahal, one of the most prestigious hotels in Mumbai. Though it was my dream, I never thought that one day I would enter in this hotel. Yes I Can Foundation fulfilled my dream and it was very difficult for me even to think about it today that I got an opportunity to enter into the Taj Mahal Palace Hotel. Thank you, Yes I Can Foundation and I wish to thank all the staff and all the managers at Hotel Taj. It's because of their efforts, I could see the hotel, I could meet all the chefs and I could also taste the delicious food.

Thank you once again and please support inclusion in the society.”



SPECIAL EVENTS AND ACHEIVEMENTS CHAPTER

MUMBAI DARSHAN TOUR FOR THE VISUALLY CHALLENGED



Yes I Can Foundation as a part of Project Ehsaas had organized A special Mumbai Darshan Tour for all the Visually Challenged students from Ahmedabad, Gujarat state. Yes I Can Foundation works in other states too, so as a part of Gujarat state, we had a request from the Visually Challenged students that it is their dream to come and see Mumbai city.

So, Yes I Can Foundation had decided to fulfill this dream and more than 16 Visually Challenged students were hosted by the foundation with the support of volunteers and supporters, and they were engaged in various sightseeing. Along with that, they also received a special surprise where Taj Colaba Hotel Hospitality team, they decided to give them a special brunch. Apart from that, they also visited an old age home project Ashirwad by Yes I Can Foundation and exchanged their creativity with the senior citizens, and that is how the tour ended with lot of smiles and satisfaction.



CELEBRITY VISITS FOR SAKSHAM PROJECT



Yes I Can Foundation has been always supported by some of the celebrities. So, we had a chance to meet some of the celebrity actors and actresses from the TV serials and they visited our project Ashirwad as well as Project Saksham where they interacted with senior citizens and underprivileged girls who are undergoing geriatric training and they had a nice creativity and interactions exchanges. Here is the glimpses of the actors and actresses from the Star TV network.



DIWALI CELEBRATIONS

Yes I Can Foundation has been always active in celebrating various festivals and one is Diwali. Diwali was celebrated by encouraging underprivileged children in lantern making along with diya painting and volunteers helped these children to make various beautiful lanterns to make their Diwali most enjoyable festival.



SURPRISE TO OUR TEAM



Yes I Can Foundation always values their team members and the team of trainers under various programs.

During the festival season, a foundation surprised them with a gift hamper delivered to their residence and we could capture a smile on their and their family's faces as a result of this gift hampers.



HOLI CELEBRATIONS



As a part of Foundation's regular festival celebrations, Holi festival gets celebrated every year with the senior citizens in the old age home as a part of Project Ashirvad. So various volunteers visited and a color of festival was celebrated in the presence of senior citizens, staff and the volunteers in a beautiful way.



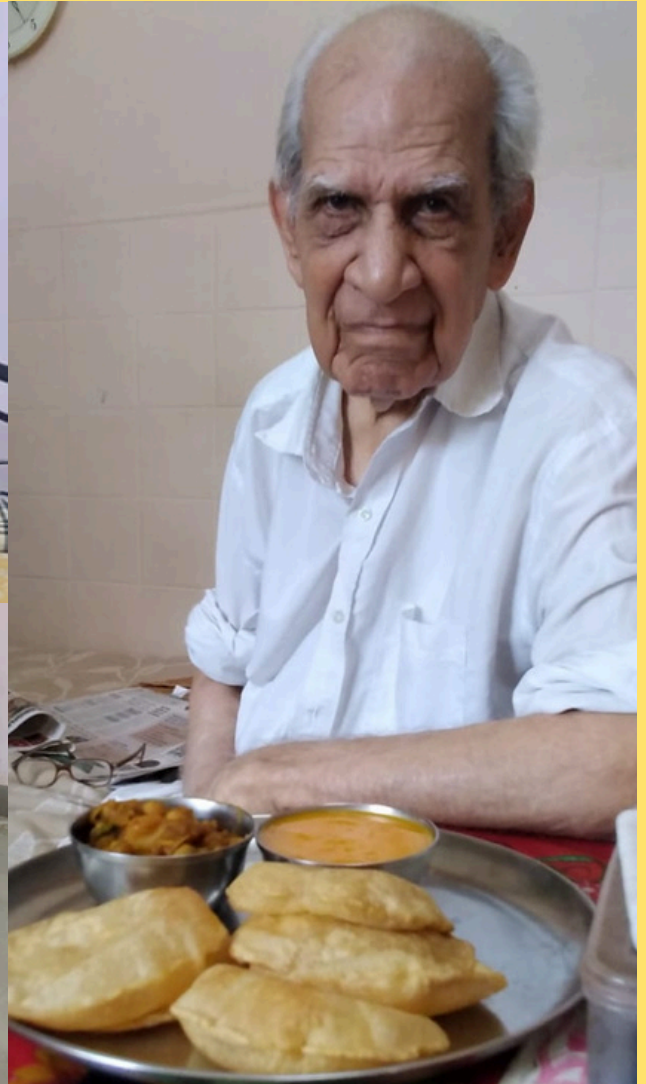
MAKE ME THEIR SANTA



Every year in the month of December, Yes I Can Foundation launches campaign known as Make me Their Santa. As a result of this campaign last year, we could reach more than 1000 beneficiaries with the surprises gifts through Santa those are in educational and creative in nature. In make me their Santa, all our underprivileged children, senior citizens and underprivileged girls participated and they received special gifts in the form of Santa which otherwise taken care by our supporters and volunteers. Yes I Can Foundation is very thankful to all our supporters for making this campaign successful



MANGO FESTIVAL



Every year, Yes I Can Foundation during the summer season launches the mango festival.

The aim of mango festival is to distribute mangoes and also to offer a delicious Aamras Puri lunch at our project sites where kitchen setup is possible. This year also, Yes I Can Foundation reached more than 500 beneficiaries with the mango festival by serving them delicious meals and also mangoes. We are thankful to all the supporters for making our mango festival successful.

Yes I Can Foundation through mango festival reaches out to the farmers in various regions so they can be also earn their livelihood by supplying the mangoes.



CELEBRATION OF MEMORY CLUB MEMBERS TOGETHERNESS



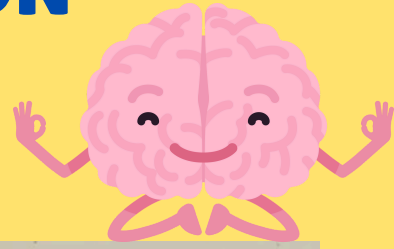
Yes I Can Foundation's memory club which got established in 2020 due to COVID to make senior citizens. The club aims at introducing virtual cognitive task for them to prevent them from the Alzheimer's and dementia. This year we completed three years for the success of the memory club. We have more than 20 senior citizens across Maharashtra in this memory club to celebrate this success.

Yes I Can Foundation along with CSSC Center for the study of social change in Bandra-Kurla complex organized a special program on the occasion of Senior Citizens Day. All the memory club members were invited along with The community senior citizens were invited. There were good performances as well as appreciation and felicitation of all the club members by Yes I Can Foundation.

We are very proud to get associated with all our supporters for this program. Special guest invited were Dr. Poddar (Pediatrician and trustee of CSSC), Nirmala Samant Prabhavkar (Ex Mayer of Mumbai and chief functionary of CSSC), Dr. Bhojraj (Past President of the Association Spine Surgeons of India, President and Chief Trustee of Spine Foundation. and trustee of CSSC), Neha Khare- (Founder and Trustee of Yes I Can Foundation).



MEMORY MARATHON



Yes I Can Foundation in 2023 completed seven years. Every year during anniversary foundation launches creative platform for all their stakeholders. Even this year foundation launched special memory marathon. Memory marathon is nothing but various activities to boost senior citizens memory.

But time and accuracy was two important factors in this marathon. The complete marathon was designed and led by our psychologist and social workers. And we are proud to announce these winners of this marathon.

The Winners were Madan Joshi, Aparna Deshpande and Ms. Khairunnisa.



CHETANA – QR CODE FOR THE VISUALLY CHALLENGED



Yes I Can Foundation with Project Chetana is proud to declare that our visually challenged students participated in the QR code distribution ceremony where QR codes were distributed to them. The reason behind the QR code is that in case any visually challenged person loses his or her way, the QR code helps to identify his/her address when the helper scans it. This enables them to find their location. We are really happy to share that more than our 10 visually challenged students participated in this campaign and now they have QR codes ready for them.

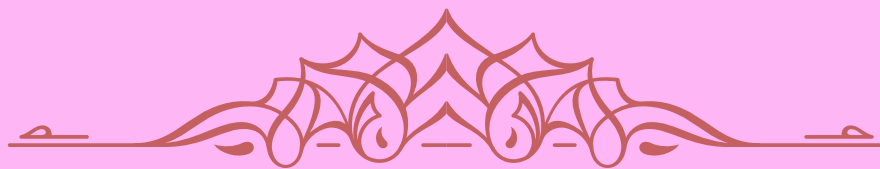


RIDE WITH PRIDE – WOMEN'S DAY SPECIAL



As a part of foundation's women's day celebrations, foundation decided to support an underprivileged women entrepreneur. So here is an interesting success story about our beneficiary. Her name is Kiran and she is a domestic helper.

She is a single mother and she has two children and she visited Yes I Can Foundation with her need to support her with the vehicle as she needs to travel a lot for the household works. Yes I Can Foundation completed the need assessment and decided to support her with the bicycle so she could save the time and she can cover many houses for her domestic work. So today we are very proud of Ms. Kiran and her struggle towards raising her children and we salute her and wish her a lot of success in the future.



FINANANCIAL LITRACY SESSION FOR SAKSHAM GIRLS ON WOMENS DAY.



वित्तीय साक्षरता - हर औरत का अभिमान



वित्तीय साक्षरता - धन के सही ढंग से
उपयोग को समझने की क्षमता

Content for educational purposes only: Private and Confidential

Email: anaisafmsavvy@gmail.com
Contact: +91-8527602045

SANAika

Sugandhi Garg
YES I CAN
Zohra Khan
Nikita Bhalariao
Prachi ghahre
prajakta sonaw...
prajakta sonawane

सन्देश 1 - जरूरतें बनाम चाहते

- जरूरत - अनिवार्य



- चाहत - अनिवार्य नहीं, प्राप्ति से अच्छा लगता है



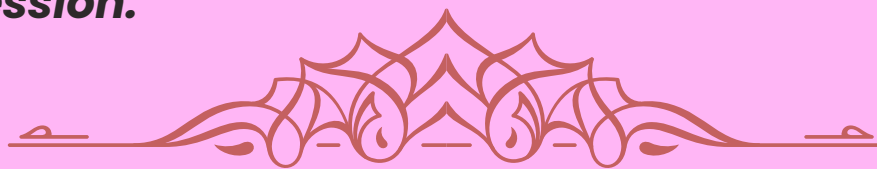
Content for educational purposes only: Private and Confidential

Email: anaisafmsavvy@gmail.com
Contact: +91-8527602045

SANAika

Sugandhi Garg
YES I CAN
YES I CAN
Zohra Khan
Vanita perisw...
Vanita periswami harji...
Komal
Komal
Alfiya Shaikh
Alfiya Shaikh

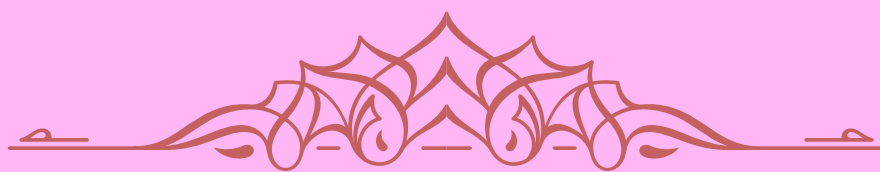
As a part of women's day initiative. Yes I Can Foundation also conducted an online session on the financial literacy where all the underprivileged girls who are undergoing geriatric caregiving training as well as our alumni today who are successful women entrepreneurs. We encourage them in terms of various terminologies of savings and importance of financial literacy and all our students were very satisfied with the session and with lot of takeaways from this session.



WOMEN'S DAY WITH TRANSGENDERS AT YES I CAN FOUNDATION



As a part of Women's day, how can we forget our transgender students. So we decided to benefit them by conducting a special session on their health and safety. Our in-house doctor- Dr. Payal and volunteers encouraged them in terms of taking care of their safety and their needs with the help of occupation therapy which benefitted our transgender students.



YOGA DAY WITH YES I CAN



Yes I Can Foundation always promotes health and well-being for all our students. So as a part of yoga day Yes I Can Foundation encouraged them to perform various yoga poses at their respective places. We are really happy to see the feedback and enthusiasm by all of our students including our transgender students and we really see that impact throughout the year.



VAH KYA TAJ HAI BY YES I CAN



Visiting Taj Hotel in Mumbai is the dream of everyone's and Yes I Can Foundation decided to fulfill this dream. This year with the support from our beneficiaries and volunteers we decided to have a trip to Taj and lot of our own students participated in this field trip. This field trip included visit to Taj having a brunch as well as taking up the Taj heritage walk. Along with that our students got an opportunity to interact with the chefs and to understand the hospitality mechanisms in the Taj Hotel.





We are also thankful to the Human Resource Department in the Taj for supporting this initiative and answering all the questions from our students very patiently.

We also got an opportunity to felicitate the Vice President HR of Taj and also to inaugurate our annual report through his hands.



Yes I Can Foundation in Media and Achievements

साप्ताहिक
आजोबा

जनसामान्यांचा आरसा; हिंदुत्वाचा वारसा !

E-mail : saptahik.bhagwewadhal011121@gmail.com
Mob. : 9699313621

TC No. :- MAHMAR 51394

वर्ष : ३ रे अंक : ०८ संपादक - दत्ता श्रावण खंदारे

सोमवार, दिनांक : २५ डिसेंबर ते ३१ डिसेंबर २०२३ पाने : ४ मूल्य : २ रुपये

धारावीत आजी आजोबा सोबत बाल विद्यार्थ्यांना किलबिल भेटवस्तू वाटप!

दिनांक २१ डिसेंबर २०२३ रोजी सायंकाळी साडेचार ते साडेसहा या वेळात गणेश विद्या मंदिर शाळा धारावी येथे एस आय कॅन हॉपिनेस सीनियर सिटीजन संघ धारावी व डब्ल्यू



डब्ल्यू एफ संस्था मुंबई यांच्या माध्यमातून ज्येष्ठ नागरिक आणि शालेय विद्यार्थ्यांची एकत्र किलबिल व बडबडीची जत्रा नुकतीच पार पडली. सदर कार्यक्रमासाठी एस आय कॅन संचालिका नेहा खरे, समाजसेविका राखी कोळी, हॉपिनेस ज्येष्ठ नागरिक संघाचे दिलीप गाडेकर, शिक्षक प्रतिनिधी शकुंतला सोनवणे आणि डब्ल्यूडब्ल्यूएफ संस्थेच्या सचिव वंदना गाडेकर इत्यादी मान्यवर उपस्थित होते. त्यांच्या हस्तेच ज्येष्ठ नागरिकांना व किलबिल जत्रेत सहभागी झालेल्या विद्यार्थी नातवांना भेटवस्तू देण्यात आल्या. त्यावेळी टाळ्यांच्या गजरात

एकच आनंदाचा कल्लोळ झाला. आजी आजोबांसोबत यंदाही बाल विद्यार्थी नातवंडाला जल्लोषात पाहताना उपस्थितांना गहिवरून आले आनंदही वाटला सर्वच विद्यार्थ्यांनी आणि ज्येष्ठ यांनी हात वर करून दिल्याला भेट वस्तूचे स्वागत केले. सोबतच गोड गोड बिस्किटात आनंद घेता आला. त्यामुळे नव्या वर्षाची सुरुवात चांगली झाली असा सूर निघाला. राष्ट्रगीताने कार्यक्रमाचे शेवट करण्यात आला.

Program Parivartan has been highlighted by the media - coverage of our project with Dharavi community was published in December 23





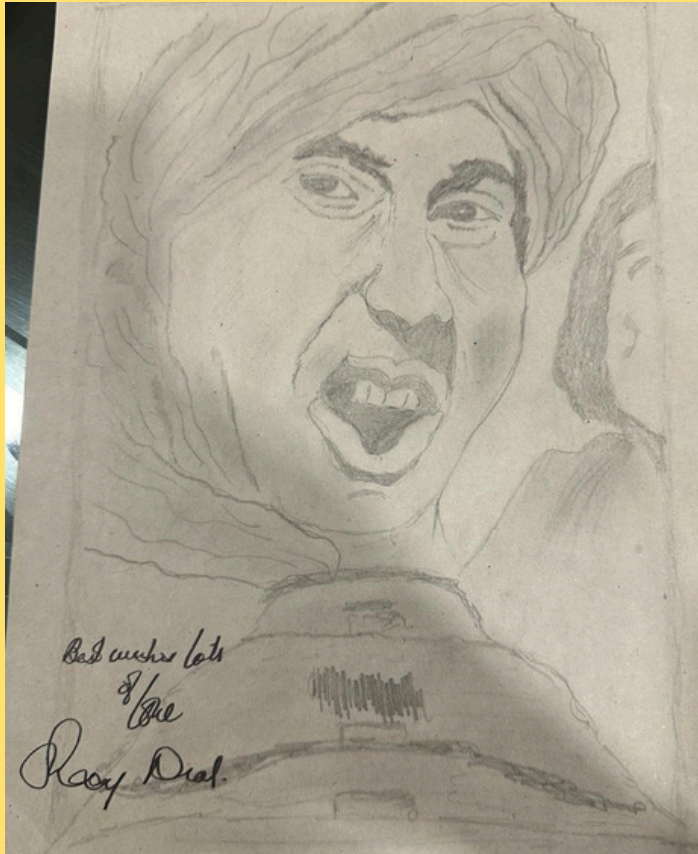
धारावी : नवी चाळ परिसरात ज्येष्ठ नागरिकांसाठी फिजिओथेरपी तपासणी शिबिर आयोजित करण्यात आले होते.

धारावीत फिजिओथेरपी तपासणी शिबिर

धारावी (बातमीदार) : धारावीतील ज्येष्ठ नागरिकांकरिता सांधेदुखी कंबर दुखी, हातापायाचे दुखणे, मणक्याच्या गॅप यासारख्या वयोवृद्धांना होणाऱ्या आजाराबद्दल उपचाराची माहिती व्हावी; तसेच तपासणी करण्यासाठी फिजिओथेरपी शिबिराचे आयोजन करण्यात आले होते. हे शिबिर संत कवकया मार्गावरील नवी चाळ येथील जय भवानी क्रीडा मंडळ येथे आयोजित करण्यात आले होते. हॅपिनेस ज्येष्ठ नागरिक संघ धारावी झोपडपट्टी पोलिस पंचायत आणि एस आय कॅन फाऊंडेशन यांच्या संयुक्त विद्यमाने हे शिबिर पार पडले. या शिबिराचा ६० ज्येष्ठ नागरिकांनी लाभ घेतला. या वेळी इनरव्हील क्लब ऑफ बॉम्बे एअरपोर्टच्या अध्यक्ष सुचिता रेविशी, दीपा पारखे, डॉ. रूपा दोशी आणि संचालिका नेहा खरे आदी उपस्थित होते. कार्यक्रमाला दिलीप गाडेकर, गिरीराज शेरखाने, शंकर गोपी रडे, शंकर खिल्लारे, नामदेव आबनावे आदी कार्यकर्त्यांनी विभागात फिरून शिबिराचा प्रचार करून ज्येष्ठांना लाभ मिळवून देण्यासाठी परिश्रम घेतले.

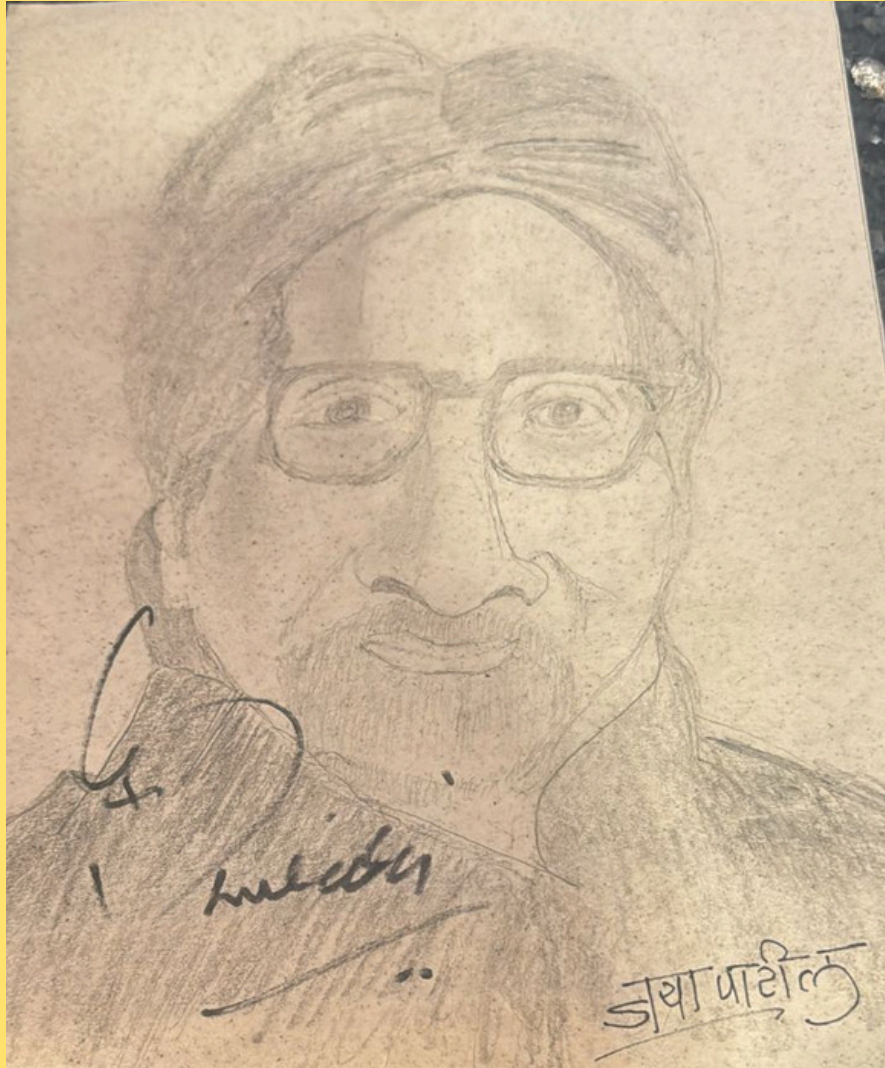
Our physiotherapy camp was successful and attracted the attention of the media by getting published in the local newspaper in Mumbai





**Actor Sunny Deol appreciates project Ashirwad-
We are pleased to share an appreciation by Sunny
Deol for our senior citizen for showcasing his
sketches even after crossing 60. We are happy to
receive an autograph too.**





The legend Amitabh Bachchan appreciated our senior citizen Jaya's art and offered an autograph.





Our visually challenged student Darshan Kamble -wins national Para Judo 2023- a proud moment for Yes I Can Foundation. This competition aims at-

- **Equality and sports**
- **To encourage, promote and control the Judo amongst boys and girls, men and women of the state.**
- **Create awareness of Judo sports in society and especially boys and girls.**



HOW TO CONNECT WITH US

Email ID:

neha.yesicanfoundation@gmail.com

Website:

<https://www.yesicanfoundation.in/>

Instagram:

https://www.instagram.com/yes_i_can_foundation/

Facebook:

www.facebook.com/Yes-I-Can-Foundation



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.

