



HOPE4BEST
— FOUNDATION —

CSR an Initiative by

HRI

Where Beauty Evolves

Hygienic Research Institute Pvt Ltd

An Initiative



CSR IMPACT REPORT

Women's Vocational Skilling & Empowerment Project

2025 – 2026

Transforming Lives • Rebuilding Confidence • Economic Empowerment

This CSR Impact Report documents the outcomes, learnings, and transformative journeys of 180 women vocational skilling beneficiaries who participated in the Hope4Best Foundation and Hygienic Research Institute Pvt. Ltd. CSR Initiative (HRIDAY) Women's Economic Empowerment Programme over 3 months across 6 sectors. The programme was designed to address the multidimensional career challenges faced by women across 18 to 50 age groups, navigating midlife transitions, societal barriers, and personal growth.

180+	3 Months	6	100%
Women Enrolled	Programme Duration	Core Courses	Completion Rate

Outreach & Mobilizing Strategies

College Seminars	Asha Workers
Social media campaign	Local Social Workers
Door to Door	Newspaper Inserts

Programme Overview

Implementing Organisations	Hope4Best Foundation
Programme Title	Women Vocational Skilling & Economic Empowerment Project
Target Beneficiaries	Women (18 - 50) Years
Duration	3 Months
Number of Courses	6 Core Vocational Skill Courses
Total Enrolment	180+ Female Participants
Programme Mode	Blended In-person + Digital learning modules: Classroom Lab Workshop Internship OJT
Geography	Mumbai Navi Mumbai Palghar Thane Raigad

Understanding the Needs

India is home to over 300 million women between the ages of 18 and 55. Many of these women face a convergence of personal, physiological, and socio-economic challenges that are collectively referred to as the 'mid-life crisis' — a period often characterised by identity redefinition, health transitions, familial pressure, and a sharp decline in self-confidence.

Why This Programme Was Conceived

HRIPL and Hope4Best Foundation identified a critical skill gap leading to unemployability. While mainstream conversations around women's economic empowerment often focus on younger demographics, 18 to 30, the needs of women in mid-life, 30 to 50, remain largely unaddressed. The programme was therefore purposefully designed to serve women experiencing:

- Career re-entry challenges due to skill gaps & long breaks
- Empty nest syndrome and loss of purpose post-child-rearing
- Perimenopause and menopause-related physical and emotional changes
- Grief, divorce, or loss of partner — with inadequate support systems
- Financial dependency and limited economic decision-making power
- Erosion of social identity tied solely to homemakers & domestic roles

Key Insight from Baseline Survey:

80% of participants reported feeling 'invisible' or 'purposeless' at the start of the programme. 50% had never attended any structured skill-development or career development session in their lives. Only 30% felt they had the confidence to pursue a new career, skill, or social role.

Structural Challenges Identified

Challenge Area	Description
Social Isolation	Women reporting reduced social contact post-30.
Health Transitions	Physical changes leading to anxiety and reduced mobility
Digital Illiteracy	Inability to access online resources for learning
Patriarchal Constraints	Family restriction for investing time in self-development
Financial Barriers	Lack of income or access to fee-based programmes

SECTION 3: THE SIX CORE VOCATIONAL SKILLING COURSES

The programme comprised six carefully designed vocational skill courses, each addressing a specific dimension of women's holistic development. All courses were facilitated by certified trainers, counsellors, and community health workers associated with HRIPL.



COSMETOLOGY Hair & Beauty



PHLEBOTOMY & MLT Assistant



GERIATRIC CARE (GDA)



TAILORING & UNIFORM STITCHING



RETAIL & DIGITAL MARKETING



EVENT MANAGEMENT & FNB SERVICES

Women Skilling Project Cosmetology Hair & Beauty 2025–2026

Course Objectives:

To equip participants with industry-relevant theoretical knowledge and hands-on practical skills in hair care and beauty, enabling them to pursue successful careers as professional hairdressers and beauty therapists in the salon industry.



- Provide professional beauty and hair dressing skills.
- Enhance employment and self-employment opportunities.
- Promote women's financial independence.
- Develop entrepreneurship and salon management skills.
- Build skincare and hair care expertise.
- Train in essential hair & beauty services.
- Strengthen customer service and communication.
- Promote hygiene, safety, and professionalism.

Organization	Hygiene Research Institute Private Limited
Course	Cosmetology Hair & Beauty
Beneficiaries	30 Women (age 18-45)
Duration	3 Months

Indicator	Result
Enrolled	30
Completed Training	30
Employment	9 Jobs 8 Business 13 Freelancers
Average Monthly Income	₹5,000 - 20,000

Women Skilling Project Cosmetology Hair & Beauty 2025–2026

Key Training Topics

- Introduction to Beauty & Wellness Industry
- Skin Care & Facial Treatments
- Hair Care Fundamentals
- Hair Cutting & Styling Techniques
- Hair Colouring Techniques
- Beauty & Grooming Services
- Hand & Foot Care
- Makeup Artistry
- Salon Operations & Customer Management
- Entrepreneurship & Career Development

Impact Highlights

- Enhanced employment and self-employment opportunities in the beauty sector.
- Improved earning potential, financial independence, and entrepreneurial capabilities.
- Increased confidence, self-esteem, and active participation in livelihood activities.
- Developed beauty therapy, customer service, and client management skills.

SUCCESS STORIES

Vaishnavi Mane



Vaishnavi, coming from a rural town, always loved styling hair for family weddings, finding quiet joy in making others look and feel beautiful. What she never imagined was that this passion could become a profession. Through HRIPL's Hair & Beauty course, she gained formal training in cutting, styling, and salon operations — and with it, the confidence to step into the industry professionally. Within weeks of completing the course, she was hired as a stylist at a local salon. Today, she earns independently and is saving for her future.

Before: No formal training, no income, beauty seen only as a hobby

After: Employed as a professional stylist, earning independently.



Manisha Sonar



Manisha had quietly stepped away from learning, working, and even imagining a life beyond household routine due to a financial crisis. She joined the course hesitantly, unsure if she could pick up a new skill at this stage of life. Week by week, she mastered facials, threading, skincare, and makeup application, gaining not just technical ability but a renewed sense of self. She now runs beauty services from her own home, serving over 15 regular clients — proof that it is never too late to begin again.

Before: No income, no formal skills, identity limited to household role

After: Runs a home-based beauty service with 15+ regular clients and steady income

Khushboo Chauhan



Khushboo had always admired hair and beauty from a distance, never imagining she could create a career for herself. She relied entirely on her family's income and had no exposure to professional beauty techniques. During the course module, she discovered a natural talent that surprised even her. She now takes bookings for all occasions, building a loyal client base through word-of-mouth — turning a single course module into a thriving seasonal business.

Before: No professional skills, fully dependent on family income

After: Runs a seasonal beauty business with a growing client base



Priya Yadav



Soft-spoken and reserved, Priya often struggled to speak up, let alone interact confidently with strangers. She had no prior experience in client-facing roles and doubted her own voice. Through hands-on styling practice paired with customer service and communication training, her confidence grew steadily, session by session. Today, Priya manages hair and beauty at a local salon — a role she once thought far beyond her reach.

Before: Reserved, low confidence, no client-facing experience

After: Confidently manages salon front-desk and client consultations

Anjali Singh



Anjali had the skill and the ambition — what she lacked was a platform. The salon skill training module gave her exactly that. Drawing on her training in hair-cutting and skincare, she launched her own freelancing beauty service, travelling door-to-door to bring professional care directly to her clients. What began as a single module in a classroom has grown into a livelihood of her own.

Before: No access to beauty services, no earnings of her own

After: Runs a freelancing beauty service, generating income.

Women Skilling Project PHLEBOTOMY & MLT Assistant 2025–2026

Course Objectives:

To equip women with the technical and practical skills required for blood specimen collection, handling, and laboratory support, preparing them for careers as certified phlebotomy technicians in hospitals and diagnostic centres.



- To provide knowledge of anatomy, physiology, and laboratory procedures.
- To provide knowledge of test tube and test details
- To develop competency in blood collection techniques and venipuncture.
- To train participants in proper specimen handling, labeling, and transportation.
- To promote laboratory safety and infection control practices.
- To develop understanding of biomedical waste management protocols.
- To ensure accurate patient identification and documentation.
- To prepare participants for employment in hospitals, diagnostic laboratories, and healthcare facilities.
- To enhance technical skills, professionalism, and employability in the healthcare sector.

Organization	Hygiene Research Institute Private Limited
Course	PHLEBOTOMY & MLT Assistant
Beneficiaries	30 Women (age 18 - 45)
Duration	3 Months

Indicator	Result
Enrolled	30
Completed Training	30
Employment	8 Jobs 15 Internship
Average Monthly Income	₹5,000–15,000

Women Skilling Project PHLEBOTOMY & MLT Assistant 2025–2026

Key Training Topics

- Anatomy & Physiology
- Blood Collection Techniques
- Venipuncture
- Sample Transportation
- Laboratory Safety
- Biomedical Waste Management
- Patient Identification
- Communication Skills

Impact Highlights

- 30 women trained in laboratory sample collection and handling.
- 23 candidates secured employment in hospitals and diagnostic laboratories.
- Improved technical competency in blood collection and laboratory procedures.
- Enhanced employability and professional readiness.

SUCCESS STORIES

Sneha Kamble



Before joining the Phlebotomy course, Sneha had limited knowledge of laboratory work and blood collection. The training provided by HRIPL helped her gain practical skills, confidence, and professional knowledge in phlebotomy. The supportive trainers and hands-on experience prepared her for real-world healthcare work. Today, Sneha is working as a Phlebotomy Technician and performs her duties with confidence.

Before: No technical skills, no healthcare exposure , less confident in blood collection

After: Employed as a phlebotomy technician at a diagnostic laboratory, proficient in blood collection



Zara Sayyed



Zara always dreamed of working in healthcare but did not know where to begin. The Phlebotomy course by HRIPL gave her the chance to gain hands-on experience in blood sample collection, patient communication, and laboratory procedures. With the training and support of her trainers, Zara grew more confident and professional. Today, she works in a healthcare facility, applying the skills she learned and building the healthcare career she always wanted.

Before: No clinical exposure, fear of medical procedures, no technical skill

After: Works in a hospital sample collection unit, handling specimens with confidence

Swapnali Londhe



Swapnali struggled to find a stable job and was unsure about her career path. The Phlebotomy course by HRIPL gave her the opportunity to gain professional healthcare skills and hands-on experience in blood collection, patient handling, and laboratory safety. The hands-on training helped her build confidence and prepare for the healthcare industry. After completing the course, Swapnali secured a position at a diagnostic centre. She is grateful to HRIPL for helping her start a successful and rewarding career in healthcare.

Before: Educated but unemployed, lacked specialized clinical skills

After: Placed at a diagnostic centre as a trained laboratory assistant



Kayra Dsouza



When Kayra joined the Phlebotomy course, she was very shy and had rarely travelled alone outside Andheri. as she lacked confidence and felt nervous stepping into a new environment. However, the supportive atmosphere helped her become more independent and confident. Through practical training in blood collection, patient care, and laboratory procedures, she developed both technical and communication skills. Today, she works in a hospital laboratory, interacts confidently with patients, and performs her duties professionally.

Before: Low confidence, no patient-handling experience

After: Works confidently in a hospital laboratory with strong patient interaction skills

Waheeda Asgar Ali Shaikh



After her marriage, Waheeda was unable to continue her education, as her in-laws did not support further studies. She heard about the Phlebotomy course by HRIPL and was excited to join, as it gave her a chance to pursue her dream of building a career in healthcare. She completed the training successfully and became more confident in her abilities. Seeing her dedication and progress, her in-laws began supporting her career aspirations and agreed to let her work in the medical field. She is thankful to HRIPL for giving her this opportunity and helping her take an important step toward an independent and successful future.

Before: No formal employment history, no access to healthcare careers

After: Works as a laboratory assistant in a diagnostic facility, a pioneer in her community

Women Skilling Project GERIATRIC CARE & GDA 2025–2026

Course Objectives:

The Geriatric Care (GDA) course prepares women for careers in hospitals, nursing homes, and home healthcare settings. It builds essential patient care and caregiving skills for elderly and dependent patients. The training equips the technical competence to work as certified care professionals.



- To provide knowledge of basic healthcare and patient care practices.
- To develop skills in assisting patients with daily living activities.
- To train participants in monitoring vital signs and maintaining patient records.
- To promote infection prevention and control practices.
- To develop effective communication and interpersonal skills.
- To provide first aid and emergency response knowledge.
- To prepare women for employment in healthcare institutions and home care services.
- To enhance confidence, professionalism, and workplace readiness.

Organization	Hygiene Research Institute Private Limited
Course	GERIATRIC CARE & GDA
Beneficiaries	30 Women(age 18 - 45)
Duration	3 Months

Indicator	Result
Enrolled	30
Completed Training	30
Employment	5 Jobs 10 Internship
Average Monthly Income	₹3,000–18,000

Women Skilling Project GERIATRIC CARE & GDA 2025–2026

Key Training Topics

- Elderly Care
- Patient Hygiene
- Blood collection
- IV Insertion
- Vital Signs Monitoring
- Infection Control
- Mobility Assistance
- Nutrition Support
- First Aid
- Professional Ethics

Impact Highlights

- 30 women successfully trained in elderly and patient care.
- 15 candidates employment in hospitals, nursing homes, and home care services.
- Enhanced caregiving skills, communication, and patient management competencies.
- Improved confidence and financial independence among beneficiaries.

SUCCESS STORIES

Preeti Singh



Preeti is a homemaker. Sometimes, when there was no one at home to look after her young daughter, she would bring her along to the institute. Despite these challenges, she remained committed to learning and building a better future. The training at Hope4Best helped her develop skills in elderly care, patient hygiene, and vital signs monitoring. Today, she works as a Geriatric Care Assistant, caring for patients with confidence and compassion. She is grateful to HRIPL for their support in helping her turn her dedication into a professional career.

Before: No formal training, caregiving limited to family, no income

After: Employed as a certified geriatric care assistant in a healthcare facility



Sadaf Khan



Sadaf's interest in healthcare began when her mother underwent long medical treatment. Seeing the care and support provided to her mother inspired Sadaf to pursue the Geriatric Care Assistant course at Hope4Best, so she could help other patients and families in the same way. The course helped her develop skills in patient care, first aid, and vital signs monitoring. Today, Sadaf works in a nursing home, caring for patients with confidence and compassion. She is thankful to HRIPL for helping her build a career in healthcare.

Before: No clinical exposure, fear of patient care, no employment

After: Works in a nursing home, delivering trusted, hands-on patient care

Khushboo Vishwakarma



Khushboo always wanted to work in healthcare and dreamt of becoming an ASHA worker. Balancing her studies with household responsibilities was difficult, especially with her unwell in-laws needing regular care, but she remained determined. The GDA course gave her practical skills in patient care, mobility assistance, and elderly support, along with the confidence to step into a healthcare role. Today, Khushboo works in home healthcare, caring for patients with dedication and compassion. She is grateful to HRIPL for helping her move closer to her career goals.

Before: Educated but unemployed, no specialized caregiving skills

After: Placed in a home healthcare role as a trained care assistant



Sabina Bano



Before joining the Geriatric Care Assistant course, Sabina was a homemaker who lacked confidence in communicating with new people. She was unsure whether she could work in a healthcare environment, but she always had a desire to help and care for others. The training helped her build communication skills and taught her patient care, hygiene, and professional ethics. With the support of her trainers, she grew more confident and prepared for a healthcare career. Today, Sabina works in a hospital, caring for elderly patients with compassion and dedication. She is thankful to HRIPL for helping her build a brighter future.

Before: Low confidence, no patient communication experience

After: Works in a hospital, recognized for compassionate and professional patient care

Khadija Karadia



As a student with strict parents, it was not easy for Khadija to pursue her dream of working in healthcare. But she was determined to build a career in nursing, and she successfully convinced her parents to support her decision. The Geriatric Care Assistant course helped her gain patient care and communication skills. Today, Khadija works in a hospital, living her dream. She is grateful to HRIPL for the guidance and support that made it possible.

Before: No formal employment history, no access to healthcare careers

After: Works as a geriatric care assistant, inspiring other women in her community

Women Skilling Project – TAILORING & UNIFORM STITCHING 2025–2026

Course Objectives:

This course provides hands-on training to develop professional tailoring skills. It aims to enhance employability and promote self-employment and entrepreneurship among participants. The training empowers women to achieve sustainable livelihoods and financial independence.



- Providing practical training in industrial sewing machine operation.
- Developing skills in machine maintenance and workplace safety.
- Enhancing fabric handling, cutting, and stitching techniques.
- Building expertise in professional garment finishing methods.
- Enabling participants to stitch a variety of garments and utility products.
- Preparing women to produce uniforms, dresses, pants, blouses, and shapewear.
- Encouraging the creation of value-added products such as potli bags and masks.
- Enhancing self-employment and entrepreneurship opportunities through tailoring skills.
- Promoting financial independence and sustainable livelihood opportunities for women.

Organization	Hygiene Research Institute Private Limited
Course	Tailoring & Uniform Stitching
Beneficiaries	30 Women(age 18-50)
Duration	3 Months

Indicator	Result
Enrolled	30
Completed Training	30
Placed in Jobs	6 Jobs 18 Freelancing
Average Monthly Income	₹3,000–18,000

Women Skilling Project – TAILORING & UNIFORM STITCHING 2025–2026

Key Training Topics

- Industrial Sewing Machine Operation
- Machine Maintenance and Safety
- Fabric Handling Techniques
- Stitching and Finishing Methods
- Garments and Products Developed

Products Developed

- Uniforms
- Dresses
- Pants
- Blouse Making
- Shape Wear
- Potli Bags
- Masks

Impact Highlights

- Enhanced self-employment opportunities through practical tailoring skills
- Built confidence and entrepreneurship awareness among participants
- Helped a participant start her own tailoring service within her community
- Generated steady income via blouse stitching, uniforms, and alterations

SUCCESS STORIES

Priyanka Tekke



Priyanka had basic sewing skills that she learned at home, but she lacked professional training and the confidence to take up paid work. Joining the Tailoring Course by HRIPL helped her improve her skills and learn garment stitching, fabric handling, and the use of sewing machines.

The practical training and guidance from the trainers gave her the confidence to work independently. Today, Priyanka stitches uniforms, dresses, and other garments for clients in her community, earning her own income. She is thankful to HRIPL for helping her turn her skill into a profession.

Before: Informal sewing knowledge only, no industrial training, no income

After: Runs a tailoring service stitching uniforms and dresses, earning independently



Babita Suryavansh Nag



Babita had no source of income. She wanted to become financially independent but lacked the skills and confidence to start. Joining the Tailoring Course gave her the chance to learn professional stitching techniques and improve her abilities. The course taught her fabric cutting, machine handling, blouse stitching, and garment alterations. With regular practice and guidance from the trainers, she gained confidence in her work. Today, Babita regularly takes alteration and blouse-making orders, helping support her family financially. She is grateful to HRIPL for helping her build a skill and a source of income.

Before: No income, no industrial machine experience, low confidence

After: Takes regular alteration and blouse-making orders, contributing to household income

Gazala Samee



Gazala always had an interest in tailoring, but she never received formal training or thought of it as a career. Her daughter encouraged her to join the Tailoring Course and develop her skills professionally. The course helped her learn garment stitching, fabric cutting, and the making of products like potli bags and masks. With practical training and support from the trainers, she gained confidence in her abilities. Today, Gazala takes tailoring orders and earns an income through her work. She is thankful to HRIPL for helping her become confident, and independent.

Before: Basic tailoring interest only, no professional range, no business

After: Runs her own tailoring venture offering garments and value-added products



Urmila Raju Patta



Urmila had no source of income and depended on her family for financial support. Although she was interested in stitching, she had never learned professional tailoring techniques. The course helped her learn fabric cutting and stitching of pants and uniforms. With regular practice and guidance from the trainers, she gained confidence and developed professional skills. Today, Urmila takes stitching orders and earns her own income, which has made her more independent and confident. She is grateful to HRIPL for helping her build a better future.

Before: No employment history, fully dependent on family, no technical skills

After: Earns steady income through stitching orders, financially independent

Jyoti Sachin Mane



Jyoti knew basic sewing and would occasionally do small stitching work, but she lacked professional training and the confidence to take on regular orders. Joining the Tailoring Course helped her improve her skills and learn advanced stitching, garment finishing, and tailoring techniques. The practical training and support from the trainers helped her become more confident in her work. Today, Jyoti runs her own tailoring service, stitching uniforms, blouses, and alteration orders for customers. She is thankful to HRIPL for helping her turn her skills into a successful source of income.

Before: Informal sewing skills, occasional work only, no professional service

After: Runs her own community tailoring service with a loyal client base

Women Skilling Project RETAIL & DIGITAL MARKETING 2025–2026

Course Objectives:

This course equips women with practical skills in retail and digital marketing to enhance their employability and entrepreneurial potential. It covers service, sales, and marketing tools essential for modern retail environments. The training empowers careers in retail or build their own businesses



- Develop retail and customer service skills.
- Enhance digital marketing competencies.
- Build entrepreneurship and business promotion skills.
- Increase digital literacy and online awareness.
- Create employment and self-employment opportunities.
- Learn retail operations and customer service.
- Master social media marketing fundamentals.
- Use Meta, WhatsApp, and Google tools.
- Understand Google Ads and online advertising.

Organization	Hygiene Research Institute Private Limited
Course	RETAIL & DIGITAL MARKETING
Beneficiaries	30 Women(age 18 - 45)
Duration	3 Months

Indicator	Result
Enrolled	30
Completed Training	30
Employment	9 Jobs 11 Freelancers 3 Busienss
Average Monthly Income	₹2,000–15,000

Women Skilling Project RETAIL & DIGITAL MARKETING 2025–2026

Key Training Topics

- Introduction to Retail Management
- Retail Store Operations
- Customer Service & Merchandising
- Inventory & Supply Chain Management
- Social Media Marketing
- Meta, WhatsApp & Google Business Tools
- Google Ads & Digital Branding
- E-Commerce & Website Fundamentals
- Content Creation & Video Editing
- Professional Development & Interview Skills

Impact Highlights

- Enhanced employment and digital entrepreneurship opportunities.
- Improved income potential through online businesses.
- Increased digital literacy and confidence.
- Developed retail, marketing, and branding skills.

SUCCESS STORIES

Rajani Rani



Rajani was a homemaker juggling family responsibilities, searching for flexible work but unsure where to even begin. Social media and digital platforms were familiar to her only as personal spaces. Through hands-on training in social media marketing, Meta and WhatsApp business tools, and content creation, Rajani found both the skills and the confidence she needed. Today, she runs her own freelance social media business.

Before: No digital skills, no online presence

After: Runs a freelancing business using social media and WhatsApp marketing



Afsana Siddiqui



Afsana had no clear career path after the 12th. She struggled to find stable employment due to a lack of structured, in-demand industry-specific digital skills. After learning Retail management and digital marketing skills, she gained the most relevant job-readiness customer service skills and social media marketing ad skills. and AI skills, and have started a role as a Social Media Executive

Before: No formal skill-based training,

After: Started a career as a Social media Executive as a New Career

Parul Kamal Makwana



Parul had a small home business but no knowledge of digital branding or online advertising tools. Her business remained limited to word-of-mouth within her immediate circle. Through training in Google Ads, digital branding, e-commerce and AI fundamentals, Parul Kamal Makwana learned to position and promote her business online. Her customer base has since expanded well beyond her neighbourhood; driven by targeted digital marketing, she now manages her business independently.

Before: Home business Creative Art and Craft Classes, no digital branding, word-of-mouth only

After: Expanded customer base through self-managed digital marketing and branding for her Art and Creative Classes



Lakshmi Mahaver



Lakshmi was hesitant to appear on camera or create content, with no prior experience in video editing or digital storytelling. The course's training in content creation and video editing helped Lakshmi build both technical skills and on-camera confidence. She now creates and edits promotional content for her business independently, using it to engage customers and drive sales online.

Before: No content creation experience, camera-shy, no digital marketing

After: Independently creates and edits promotional content to drive her Cloud Kitchen business

Rohini Bhingardeo



Rohini had limited formal education and no prior interview or workplace experience, making her hesitant to apply for jobs despite her capabilities. Through training in professional development and interview skills alongside retail and digital marketing modules, Rohini gained both the technical knowledge and the confidence to present herself professionally. She has since secured an employment that combines her newly acquired retail and digital marketing skills.

Before: No interview experience, hesitant to seek interviews and employment opportunity

After: Secured a full-time job applying core retail management and digital marketing skills professionally now in Automotive Retailing industry

WOMEN SKILLING PROJECT EVENT MANAGEMENT & FNB SERVICES 2025–2026

Course Objectives:

This course builds practical skills in event planning, coordination, and food and beverage service. It strengthens communication, customer service, and digital design competencies essential to managing events professionally. The training opens pathways to employment and entrepreneurship.



- Develop event planning and coordination skills.
- Build food and beverage service competencies.
- Enhance communication and customer service skills.
- Improve digital design and presentation skills.
- Create employment and entrepreneurship opportunities.
- Learn event planning and execution.
- Train in budgeting and resource planning.
- Develop hospitality etiquette and teamwork.
- Prepare women for hospitality careers.

Organization	Hygiene Research Institute Private Limited
Course	EVENT MANAGEMENT & FNB SERVICES
Beneficiaries	30 Women (age 18 - 45)
Duration	3 Months

Indicator	Result
Enrolled	30
Completed Training	30
Employment	05 Jobs 10 Freelancers
Average Monthly Income	₹3,000 – 25,000

WOMEN SKILLING PROJECT EVENT MANAGEMENT & FNB SERVICES 2025–2026

Key Training Topics

- Introduction to Hospitality & Event Management
- Event Planning & Coordination
- Client, Vendor & Guest Management
- Event Budgeting & Scheduling
- Team Management & Leadership
- Digital Design with Canva
- Event Promotion & Presentation Skills
- Food & Beverage Service Fundamentals
- Restaurant Service, Table Etiquette & Buffet Management
- Customer Service, Communication, Hygiene & Food Safety

Impact Highlights

- Enhanced employment and self-employment opportunities.
- Improved income potential and financial independence.
- Increased confidence, leadership, and communication skills.
- Developed hospitality, event management, and digital skills.

SUCCESS STORIES

Vijay Laxmi



Vijay Laxmi had a natural flair for organizing family functions but no formal training in event planning or vendor coordination. She lacked the structured knowledge needed to manage events professionally. Through training in event planning, budgeting, and client and vendor management, Vijay Laxmi transformed her natural talent into a marketable skill. Today, she coordinates small events independently, managing logistics and vendors with confidence and precision.

Before: No formal event training, informal family-function experience only

After: Started a Freelance Family Event Business using digital marketing tools.



Trupti Sharma



Trupti is a Dancer by Passion and was lost in her passion without a clear pathway to design a Career through her passion of dancing and teaching, and worked as a freelance event hostess in past. With the right kind of hand-holding and guidance through the Event Management and F&B Service Course, she has now started her own Family Event Company, Driving Special Occasions.

Before: No hospitality experience, no exposure towards Professional Event Industry

After: Started her well planned events Startup

Sonali Dilip Pawar



Sonali, as a Student and coming from an average family, had no skills for computer literacy and digital design tools, & always relied on others for any presentation, Resume Building and job readiness skills in this digital era. Through training in Canva and event promotion design, Sonali learned to create professional invites, posters, and presentations herself. She is now confidently handling social media online branding for events across her social circle, building her career into the Corporate Event marketing team

Before: No digital design skills, dependent on others for materials

After: Creates professional event designs and Creatives Designs supporting her career as a Social Media Event Planner



Shrutika Jagtap



Shrutika was reserved in group settings, and after completing Class 12, Shrutika had not pursued any further formal education and lacked confidence in social settings. She doubted her ability under social pressure. She has started small School and College event promotion and planning, confidently

Before: Reserved, no work experience, avoided group communication

After: Aligned Her Goals as Event Executive

Elaf Shaikh



Elaf Shaikh, as a Student completing class 12th in 2026, had limited communication confidence and no formal exposure to customer service and social media marketing. She struggled with guest interactions in informal settings. Through training in customer service, communication, and event planning, Elaf Shaikh developed both technical knowledge and people skills to Work Confidently in the event planning industry and Agencies as a Set Career path after her Graduation

Before: Low communication confidence, no clear career roadmap

After: Works confidently in Digital Designing and Social Media Planning for Events and Weddings Agencies

SECTION 4: JOURNEY — BEFORE, DURING & AFTER

Before the Programme

The baseline assessment conducted before enrolment revealed the following composite profile of participants:

Indicator	Baseline (% of Participants)
Reported feeling purposeless or lost	78%
Experienced frequent anxiety or depression	61%
Had no financial independence	54%
Never attended a self-development programme	65%
Reported poor self-confidence	72%
Had never spoken publicly or in a group setting	69%

During the Programme

A Life-Changing Learning Journey

For every participant, this was far more than a training programme — it was a turning point. With state-of-the-art infrastructure, qualified trainers, a strategic curriculum, and a guaranteed career roadmap, the 3-month journey was designed to transform not just skills, but lives.

Structured around daily classes, monthly assessments, and industry-led mentoring sessions, the programme unfolded in three powerful phases:

Month 1 — Foundations & Breakthroughs: The opening weeks created a safe, supportive space where participants began to open up, connect, and heal. Early sessions saw profound emotional breakthroughs as women confronted long-held barriers. Cohorts quickly formed bonds of trust and solidarity that would carry them through the entire journey.

Month 2 — Skills Take Shape: As participants moved deeper into hands-on practical training, the change was not just visible — it was felt. Newly acquired skills translated directly into real-world confidence. Women who once hesitated now stepped forward with precision and purpose — handling tools, demonstrating techniques, and leading practice sessions with quiet authority. Their posture changed. Their voice changed. The 30-day skill challenges pushed them beyond the classroom, turning practice into muscle memory and hesitation into habit. Every session reinforced not just what they could do — but who they were becoming - Skilled Professionals.

Month 3 — Career Transformation: By the final month, the shift was undeniable. Women were no longer just learners — they were trained professionals, ready to transfer skills to a job, and mapping out futures they once thought impossible. Achievement portfolio sessions drew out deeply personal narratives of resilience, growth, and ambition.

What began as a course ended as a community — and for each woman, a new chapter.

After the Programme — Impact Outcomes

The baseline assessment conducted before enrolment revealed the following composite profile of participants:

Indicator	Before	After
Feeling of self-worth (High)	28%	81%
Confidence in public speaking	31%	74%
Anxiety / depression (Low or None)	39%	76%
Financially independent / literate	46%	83%
Sense of community belonging	34%	91%
Readiness to pursue a career	12%	78%
Possession of a job-ready skill	18%	94%
Employability opportunities	22%	87%
Confidence to attend a job interview	15%	72%
Set personal career goals	9%	83%
Enrolled in further education or training	6%	41%
Started a home-based business or service	4%	78%
Access to a professional network	11%	68%
Family support for career pursuits	37%	74%

“50% of women did not wait — they began their careers the day the course ended.”

Community & Social Impact

- Family dynamics: 69% of participants reported improved communication with family members
- Ripple effect: Each participant informally mentored or inspired 2–3 women in their immediate network
- Civic participation: 27 women joined local governance bodies or women's collectives post-programme
- Health outcomes: 58% adopted healthier lifestyle habits (diet, exercise, preventive health awareness)
- Intergenerational impact: 50% of participants noted that daughters or younger relatives were inspired to enrol in formal education or vocational training

Facilitators Feedback



COSMETOLOGY
Hair & Beauty

"What I noticed most was the change in confidence, not just skill. Many of these women had never even touched professional beauty tools before. They could not imagine running a salon chair on their own. By the end of the course, they could solve problems themselves, give advice to clients, and felt proud of their work."

– Deepika Parab



Tailoring & Uniform
Stitching

"The change I saw in these women was remarkable. Many came in knowing only how to mend simple clothes. By the end, they could stitch uniforms and blouses to a professional finish. What I valued most was watching them go from saying 'I can sew a little' to proudly saying 'I run a tailoring service' — all within just a few months."

– Vanita Pande



Retail & Digital Marketing

"From no prior digital exposure to running Meta ad campaigns and managing WhatsApp Business catalogues on their own. The biggest win wasn't just the technical learning — it was watching their fear of technology turn into genuine digital confidence. Several are already using these skills to market their own small businesses."

– Sareeta Belwalkar

About This Report

This report brings together the voices of learners who completed skill development programs run by Hope4Best Foundation in collaboration with HRIPL (Hygienic Research Institute Private Limited). Each story reflects a real journey — from a community member seeking opportunity to a confident professional building a new future.

Across six domains — Cosmetology Hair & Beauty, Geriatric Care (GDA), Retail & Digital Marketing, Event Management, Tailoring, and Phlebotomy — these learners represent the power of community-based skill training in transforming lives.



“The GDA trainees demonstrated professionalism, compassion, and strong patient care skills during their internship. They were well-trained in assisting patients, maintaining hygiene standards, and supporting healthcare staff. The program has helped create a pool of skilled and job-ready healthcare workers.”

– Zainab Lala



“I gained knowledge of retail operations, social media marketing, and online advertising. The course enhanced my communication and digital skills for today's job market.”

– Rani Verma



“The beauty course helped me learn professional makeup and grooming skills. The practical sessions increased my confidence and job opportunities.”

– Prajakta Sathe



“I learned professional makeup, skincare, and grooming techniques during this course. The trainers were very supportive, and the practical sessions helped me gain confidence.”

– Ragini Yadav



“This course gave me hands-on experience in blood collection and laboratory procedures. I feel more prepared to work in a diagnostic laboratory now.”

– Alisha Khan



“The lab training provided hands-on experience in sample collection and laboratory procedures. It prepared me for a career in the healthcare sector.”

– Rinku Suthar



“The course provided practical knowledge of event planning, budgeting, and client handling. Managing a live event boosted my confidence and teamwork skills; we had even organised a small event in the institute”

– Aaisha Ansari



“I learned patient care, infection control, and basic nursing skills. The training improved my confidence and helped me understand the topic; all the staff were supportive”

– Khushboo Vishwakarma



“I learned how to stitch blouses, frocks, and pants professionally. The practical training helped me improve my skills, and I had started taking customers’ orders too.”

– Anagha Vijay Sawant



“I learned uniform stitching, basic kurti and pants, and machine handling. The course helped me start earning through tailoring work.”

– Poonam Padsala

Recommendations for Scale

- Expand programme to 1000+ women in the next phase, including aspirational districts
- Strategic Support for 3 years to develop a structured team and tech-enabled project efficiency.
- Develop a Government-certified Train-the-Trainer mentorship model.
- Create a digital alumni network for continued peer mentorship and HR - Training & Placement Cell.

Curriculum Enhancements

- Develop a digital LMS with vocational training videos and entrepreneurship modules as an RPL subscription model.
- Integrate complete physical & mental wellness awareness through structured Yoga and Meditation Workshops and a personalised diet plan
- Develop AI-enabled Lifetime Supportive Incubation and Acceleration Women Community Application [weia.ai](#)

Monitoring & Evaluation

- We follow a strong weekly monitoring methodology across parameters such as 100% attendance, 100% practical sessions, and 100% theory completion, supported by monthly learner feedback and MCQ-based assessments.
- A structured Final Theory and Practical Evaluation tracks the sustained impact of learnings across the 90-day skilling course, with progress cross-evaluated by HRIPL CSR Leadership at regular monthly intervals.
- A standardised Women's Empowerment Index (WEI) is being developed for consistent baseline and endline measurement, built on the Monthly Learning Matrix and final employment outcomes.

Hope4Best Foundation extends heartfelt gratitude to:

- Hygienic Research Institute Pvt Ltd, as our Esteemed CSR Partner, whose funding made this initiative possible
- All 180+ courageous women who trusted this Programme with their stories, their tears, and their triumphs
- Our team of dedicated industry-led skilled trainers, facilitators, counsellors, and Suppliers
- The families who supported their women in attending and completing the Skilling Course, building their Future Careers a Reality



*We extend our special thanks to Mrs. Savita Chhabra, Founder & Head- CSR,
For her vision and continued support throughout this initiative.*

*We are also deeply grateful to the entire HRIPL team for believing in us and standing by
us every step of the way on this journey.*

HRI हृदय

Shine On with HRI Foundation

Every woman who walked through our doors came with a story society had taught her to keep silent. She leaves with the knowledge that her story matters, her voice matters, and her future is hers to write. This is why we do what we do.

"Preeti Mishra"
Hope4Best Foundation



Thank You

91-9920261626

91-9820860800

info@hope4best.org
info@proskillindia.org

Mayor's Bungalow,
Mahila Bhavan, Beverly
Park Mira Road East,
Thane. Maharashtra.
India - 401107.

www.hope4best.org
www.proskillindia.org