



MOTHER HELPAGE UK
www.motherhelpage.org

Charity Number 1148450

NEWSLETTER 2013

Jammu and Kashmir Edition



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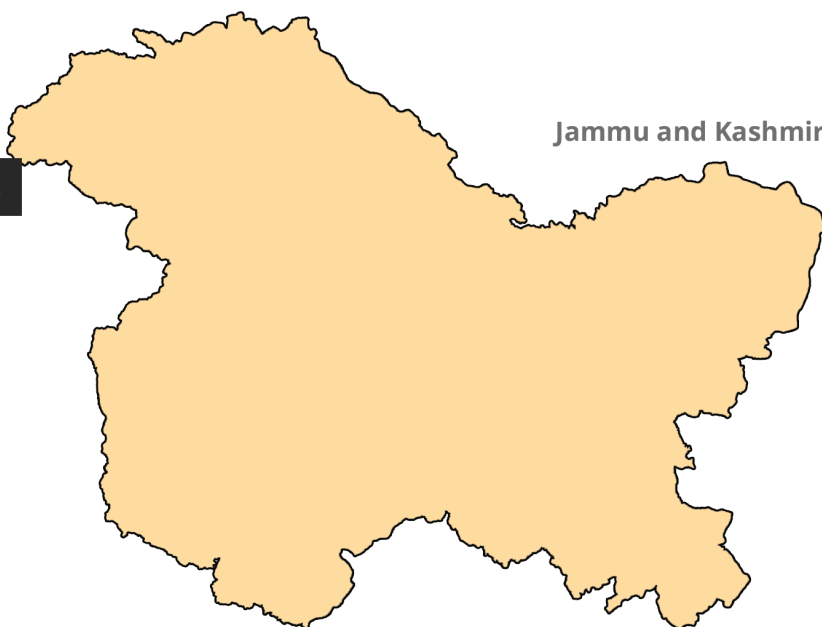
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A MESSAGE FROM THE FOUNDER



I urge you to follow us in our plight for global stability and social equality for all as without your prayers and support, our mission could not be realized. May the Almighty guide us to serve His creation - Ameen

2013 has focused on works within the conflict zone of Jammu & Kashmir. With the aim to deliver and sustain in an area of great turmoil and loss, Mother Helpage faced many challenges. However, with the grace of our Lord, the support came from the government of India, Government of the state of Jammu & Kashmir, many well recognized aid organisations, supporters and well-wishers from across the globe.

As the good work of Mother Helpage evolves, I am convinced we will be able to speak as one voice for humanity across the world. That is a powerful incentive to be involved.

I urge you to follow us in our plight for global stability and social equality for all as without your prayers and support, our mission could not be realized. May the Almighty guide us to serve his creation - Ameen

"Together we can & we will make the difference"



Mother Helpage Worldwide pays tribute to Jamilah Nasti



RIP - Sunday 26th May 1994

Mother Helpage (MH) has paid tributes to Jamilah Nasti, mother of (Capt) Dr Sohail Nasti, CEO Mother Helpage Worldwide. MH came into existence in 1994 following the death of Jamilah (May her soul rest in peace - Ameen)

MHW is working in more than 25 countries and has installed more than 8000 water wells across the globe; constructed more than 10 mosques in the last ten years and has sponsored more than 2000 orphans.

Future projects in Kashmir, MH aims to work for safe water and construct a state of art Islamic Centre in the name of her respected Jamilah Nasti, has responded to the needs of orphans, widows and destitute, awareness about disaster preparedness, drug de-addiction, women empowerment, livelihood projects and counseling. MHW has United Nations recognition.

"Great souls never die, they leave a legacy"



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Our Vision is Global Stability & Social Equality



Aid for Fire Victims - Kashmir



For nearly 20 years, Mother Helpage has responded to emergencies around the world. The most effective way to reduce the impact of a disaster is to be ready for it.

Mother Helpage is committed to Emergency Preparedness- We will be launching our Disaster Preparedness Unit in the coming year and with a number of initiatives in place to ensure a rapid and holistic approach to emergency response. Our vision to provide resources on standby and responding to both disaster and conflict is being realized with the help of the community and MH ground staff who possess a wealth of expertise to ensure quality and timeliness

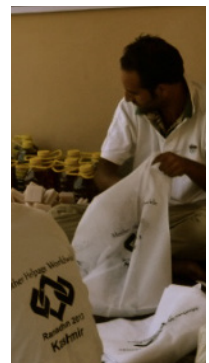


Ramadan & Qurbani 2013



Ramadan 2013 program benefitted approximately 20,000 people around the globe - our dedicated volunteers worked throughout the month tirelessly - may they all be rewarded for their intentions and commitment.

2013 Qurbani programs were conducted across Asia. Public ceremonies and distributions were received well.



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Jammu and Kashmir, located in the Himalayan mountains



Jammu and Kashmir is located mostly in the Himalayan mountains and shares a border with the states Himachal Pradesh and Punjab to the south. Jammu and Kashmir has an international border with the People's Republic of China in the North and the East line separates it from Pakistan and Gilgit-Baltistan in the west and northwest respectively.

Jammu and Kashmir consists of three regions: Jammu, the Kashmir valley and. Srinagar is the summer capital, and Jammu is the winter capital. While the Kashmir valley is famous for its beautiful mountainous landscape. Kashmir is also known as 'The Land of Sufi's (Saints)', Jammu's numerous shrines attract tens of thousands of Hindu pilgrims every year. Ladakh, also known as "Little Tibet", is renowned for its remote mountain beauty and culture.

Kashmir, if literally translated, means land desiccated from water: "Ka" (the water) and shimeera (to desiccate). Tradition says that Kashmir was originally a lake that was drained by the great saint of ancient India Kashyap. It was included in the empire of Ashoka Maurya who is credited with the foundation of the city of Srinagar around the year 250 BC. During this period Buddhism spread in Kashmir and flourished under the Kushans.

During the reign of Kanishka, the third Buddhist council took place in Kashmir which has been attested by the 7th century Chinese traveler Hien Tsang. But Hinduism held its sway in the region.

The 7th Century AD witnessed the establishment of a dynasty called the Karkota whose foundation stone was laid by Durlabhavarrrdhana. The most famous ruler of this dynasty was Lalitaditya Muktapid, who built the world famous sun temple (Martand) in Kashmir. The Karkotas were supplemented by the Utpalas in 855 AD. *augue ac purus porttitor ultrices.*

One of the most prominent rulers of this dynasty was Avanti-Verman. He recovered Kashmir from utter political and economic disorder into which Kashmir had fallen during the rule of his predecessors. Didda, a Gupta widowed queen, ruled Kashmir until 1003 AD when the Lohara dynasty took over. The last Hindu ruler of Kashmir was Udyan-Dev, with the death of His Chief Queen Kota Rani in 1339, Hindu rule came to an end. The Muslim rule in Kashmir under Sultan Shamas-ud-din- whose dynasty ruled the valley for 222 years.

Under the rule of Sultan Zain-ul-Abdin, Kashmir was culturally and politically at its zenith, the centre of great culture and economic progression.



The Kingdom was annexed into the Mughal Empire in 1586. In 1757 Kashmir came under the control of Ahmed Shah Durrani. In 1819 Kashmir was annexed by Ranjit Singh and made a part of his Sikh empire.

The two Anglo-Sikh wars fought between the Sikhs and Ranjit Singh resulted in the complete extinction of the Sikh sovereignty in Kashmir. The British gave away Kashmir to Ghulab Singh for the sum of 75 lakhs of rupees under the Treaty of Amritsar.

He extended his territory by annexing Ladakh. Ghulab Singh died in 1857 and was replaced by Ranbir Singh (1857-1885). Two other Marajahs, Partab Singh (1885-1925) and Hari Singh ruled in succession. Maharaja Sir Hari Singh ascended the throne in 1925. He continued to govern the state till 1950. In 1932 Kashmir's first political party-all Jammu and Kashmir Muslim Conference was formed by Sheikh Abdullah - his party was later renamed the National

Conference in 1939 and continues to be a major political party in Kashmir today.

The whole of Jammu and Kashmir is disputed with both India and Pakistan claiming it as their integral part. An armed insurgency started in 1989 and continues to this day. The conflict has already claimed 70,000 lives.

**"Kashmir is also known as the
Paradise on earth."**



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Mother Helpage makes a humble beginning

May 26th, 1994

Mother of MH
CEO passes away



Jamilah Nasti the mother of MH CEO passed away after a brief illness. In her memory the Mother Helpage Kashmir was founded by the CEO and his friends at Anantnag (Islamabad).

That was a time when the on-going insurgency was at its peak. Daily killings, bombs, protest, curfews and search operations were greatly in vogue. The MH volunteers started a fair price shop at Srinagar and catered to the needs of Batmaloo area. The MH would supply ration (rice, pulses, and vegetables) free of cost to the poor and at nominal prices to the well off people. The shops were then gifted to the unemployed youth.

In 1994, health care was also in shambles. MH conducted medical camps in rural areas particularly in South Kashmir's Islamabad district. While this was a humble beginning but it did help the people in those fateful days. A eye camp was also held in Leprosy hospital in 1995. Free medicines were distributed among the patients.

The going got tough in the subsequent years following creation of counter-insurgency groups by the government.. However, the mission continued unabated. The organization concentrated on coaching of students in tuition centers particularly in Srinagar. Computer education as also imparted to orphans and the poor. One such computer center was set up in a rented accommodation at Bemina, Srinagar.

Meanwhile, the CEO went to England for specialized education and founded the UK chapter of Mother Helpage.

2006 - 2011



This era witnessed increased activity by Mother Helpage globally. As well as our safe water projects, the organization concentrated on women empowerment. Vocational training centers (tailoring, crewel stitching centers) were opened at Islamabad and Srinagar. The trainees were given counseling, basic English; computer; accountancy and banking training.

Today they earn their livelihood with dignity. Most are no longer dependent on their families. Relief and rescue operations across Kashmir continued and Mother Helpage introduced the first disaster response consultancy. Our approach to emergencies is to ensure that we are ready for any disaster by making sure communities are educated and prepared - supporting this plight through continuous fundraising and awareness campaigns.

We have a dedicated and professional team of professionals within our air and sea rescue units we have a team of volunteers' equipped to respond. Our humanitarian work is well received in 20 countries across the globe and we have established partnerships with prominent aid organizations internationally. The United Nations recognizes and supports our work.

2012

- MH works towards the development of communication units for disaster preparedness
- Safe Water Programs
- Advances in Disaster Preparedness
- Donation of Library to Hindu community in Jammu & Kashmir, India
- Emergency relief and medical care to more than 2,000 families amongst the Myanmar Refugees
- Prince Al Waleed Bin Talal of KSA commends our work
- Orphan Programs - Syria, Indonesia, Kashmir, Pakistan
- Empowering women - more than 2,000 people benefitted from our centers and workshops.
- Youth Programs - Skill development, Entrepreneurship, volunteering - over 600 benefit.
- State of the art Intensive Care Unit donated to a trauma hospital in Jammu & Kashmir.
- Kitchen Program - a unique program to cater for those in need.
- Co-operative stores - providing lost cost at commodities.
- Ramadan Feedingb - Qurbani programs.

- 2000 Water wells constructed internationally
- Construction of disaster resilient schools in Indonesia
- Fair Trade Tea Factory in Sri Lanka
- Emergency relief work Syria - Albania - Kashmir - Pakistan - Ghana - Sudan - Somalia - Palestine
- Construction of a Community / Islamic Centre in Nepal
- Environmental Protection campaigning work continues
- Ramadan & Qurbani food distribution in 20 countries
- Construction of school for disabled children in Indonesia
- Moving forward in disaster preparedness
- MH continue to network with major humanitarian actors such as UNDPI, OIC, WHO and many other respected organizations
- Community Centre's and Masjids in Nepal, Sri Lanka and Niger
- Our health projects benefitted over 90,000 beneficiaries internationally
- Advocacy & Lobbying: works continue for Issues in Burma, Syria,
- Disaster Response, Terrorism, Drug Rehabilitation and Child Protection

2013

2005

5 Years of MH Intervention

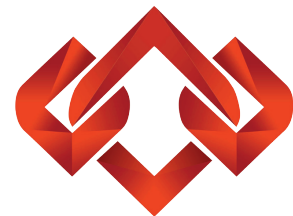


Kashmir is known for its fresh water lakes, lustrous springs, roaring streams and sprawling wetlands. However, not withstanding this precious treasure, portable water especially in rural Kashmir is still a big problem.

MHW launched its safe water program. Community and tube wells were installed in villages of South Kashmir. Although the wells did not cater to the needs of all villages, the operation made a difference. It relieved women from the burden of walking miles for a pail of water. Mother Helpage launched its Orphan Care program, identifying vulnerable children who endure hardship through loss of an earning parent or both parents - The aim of the

project was to ensure that Mother Helpage would contribute positively by safeguarding the community from anti-social behavior as a direct result of neglect, ignorance, illiteracy and mental trauma that vulnerable people such as orphans are susceptible to without appropriate support and care. Mother Helpage wishes to work to help alleviate such issues amongst communities.

50 orphans were sponsored at the start of the program. Our aim is not to only financially assist the orphans, our program looks to care for the children emotionally, mentally and physically - providing them with counseling, opportunities to interact with the wider community to help develop these children socially.



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Safe Water Program - Show your support at www.motherhelpage.org

Safe Water Program

More than 350 Pumps Installed
in Southern, Northern and
Central Kashmir



Over the years, MH has been helping communities across the globe and our mission is to provide safe water to vulnerable populations throughout the world.

We work with public; private and non-profit sector partners and local communities to implement evidence-based, cost-effective and sustainable programs. We strive to continuously innovate, evaluate and adapt our programs to maximize health impact.

In less developed areas of the world, water sources contain harmful parasites and bacteria, which make people very sick. Yet they are forced to drink it every day. For many, turmoil, war and violence means destruction of homes and lives.

- Portable Water Filters
- Mobile Water Tank
- Tube Wells
- Community Water Wells
- Water Reservoir Tank
- Agricultural Water Well
- Water Channels



Mobile Water Tankers



Dadoo village- Kashmir

Dadoo is a village situated in the lap of lower Himalayan range through Kashmir. The community is chiefly tribal with few having land to till. The Village is situated at an altitude of 4500 meters from the sea level and hence receives higher precipitation. A is predominantly poor and under-privileged community. Daddi canal intersects the village but is chiefly used for the agricultural purpose, becoming contaminated by washed away chemicals and pesticides used in the fields and orchards - making it unfit for drinking and cooking purposes. The regular water supply for the village is quite a tiresome task as the village has a hilly terrain and there are no perennial sources which could feed the taps during the year. Through their daily plight to fetch water for domestic use, women walk many miles carrying heavy loads and subjecting themselves to harassment and injury.

During the harsh winter months of 2013, Mother Helpage provide water tankers to various remote mountainous regions, alleviating the suffering of both humans and domestic animals.

100,000 people benefit from MHW Water Aid Projects around South Asia this year



"Safe water saves lives!"



Emergency Services

Mother Helpage Worldwide



Our emergency units have been busy in Syria, Albania, Pakistan, Indonesia, Jammu & Kashmir, India - benefitting 50,000 people.

In Jammu & Kashmir, Rohingya Refugees are estimated to be around 1700 families placed in slums. According to those Mother Helpage managed to speak to, there are more than 30,000 refugees displaced around India – most of whom are illegal and without UNHCR refugee cards.

There are many more refugees languishing in various Indian jails for many years, sadly these include women, children and the elderly.

As soon as information about the refugees reached the Mother Helpage regional office in Kashmir, we mobilized large scale local volunteers, involved the state and other humanitarian agencies to devise an effective approach to respond to the needs of this displaced community in the valley.

We were able to provide food items, medical aid, counseling and youth programs.

This project was a unique though painful experience for MHW. A scared face lifted the worn out

curtain of a thatched hut at Narwal, Jammu where the migrants from Burma have been putting up for quite some time now.

Their face lit up and the MH volunteers could see the glow in eyes. The food packs in the truck had conveyed it loud and clear. These much-needed items had finally arrived. What a relief?

The MHW volunteers led by Country Manager distributed 400 food packs in April. In addition sports goods like bats, badminton rackets, volleyballs and footballs were distributed among the children.

A medical camp was organized. The district administration Jammu and Chief Medical officer (CMO) were kind enough to depute five doctors and 2 paramedics/pharmacists to the camp. Around five hundred patients were examined and medicines distributed among them.



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Jammu refugee camp

Continuous support of refugees...

- Enable the refugees to speak for themselves to advocate, document and campaign
- Enable them to campaign for the release of prisoners
- Empower them to protect themselves against exploitation
- Meet their needs for clean water and sanitation
- Provide livelihood opportunities
- Provide baby food and hygiene kits
- Provide basic survival items, including cooking and lighting equipment
- Establish learning centers for women, children and the youth

You can view our short documentary on Youtube – please visit
<http://www.youtube.com/watch?v=X-4hrDkWQy0>

**"Mother Helpage voice for the rights of
refugees across the globe"**



MH recognizes no barriers



Library Project for the Pandit Migrants

To build up bridging gaps between two most affected communities of Kashmir, Mother Helpage has been working under different initiatives to promote community cohesion. One of the most important issue's "Youth empowerment" holds a key to building gaps between the two communities.

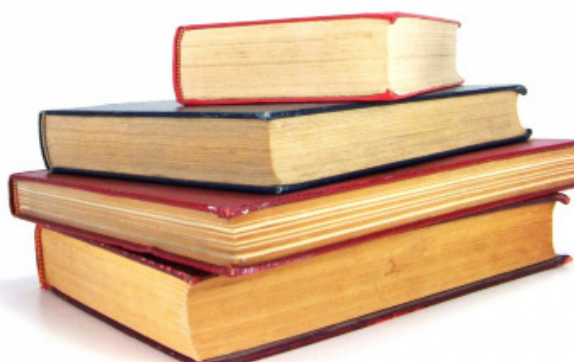
It is said knowledge & proper education empowers. According to new census around 60% of population is Youth in India are unemployed.

MHW chose to start working on the youth population who accounts for the large percentage of the migrant population. Mother Helpage has been working on different Issues with migrant communities as their migration is seen as disaster by Mother Helpage.

Mother Helpage being pioneers of disaster preparedness & post disaster management sent a team to assess the situation in one of the migratory camp " Muthi Camp " where a good percentage of the population are youth & studying in different schools, colleges & universities and

the community requested an inter loan facility to help support learning.

We presented the community with a cheque for 1 Lakh (Indian Rupees), which was received gratefully – our plight to encourage communities to come together continues.



www.publicdomainpictures.net/view-image.php?image=68838&picture=pile-of-books



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Community Programs

Mother Helpage Woman
empowerment.



Achievements include the setting up of small to medium scale factories for the following groups:

- Vocational Training Centre / factory for disaster victims in Kashmir
- Ice Cream manufacturing units for Tsunami victims in Indonesia
- Fair Trade Tea processing Plant for Tsunami victims in Sri Lanka

Women Empowerment projects proved popular and MH are proud to announce the success in setting up industries for women in disaster regions within Asia. We continue to be inspired by the women of Kashmir, their determination and enthusiasm allows us to continue to develop the community. We have started English and Technology centres in various regions of Kashmir



INTENSIVE CARE UNIT



Funded by IHH Turkey and implemented by Mother Helpage

An ICU unit was donated inaugurated at the Bone and Joint Hospital, Srinagar Kashmir, India by the incharge superintendent, Dr Aijaz Baba on May 11, 2013. Senior doctors including Dr Muneer, Dr Mahmooda, Dr Bashir, Dr Izna and others were also present at the function.

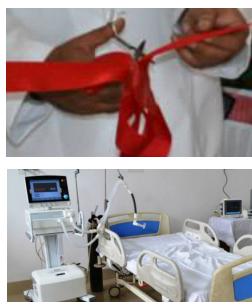
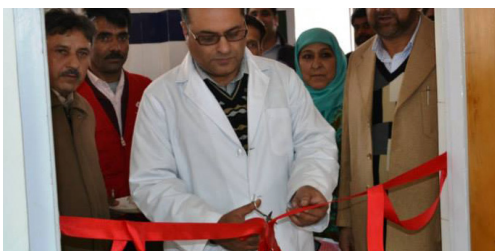
Addressing the inaugural function, Dr Baba thanked MH for organising vital equipment to the hospital. Mother Helpage's Country Manager said the medical fraternity and social organizations have to work together to improve patient care in Kashmir.

The ICU equipment donated to the hospital include a high-tech ventilator, Air Compressor, Blood Gas Analyser with electrolyte, Monitor and a Syringe infusion pump were imported from Europe for RS 28 Lakhs.

The CEO in his message expressed satisfaction over successful completion of the project. "It is first Muharram and the Islamic year starts today. This ICU is gift to the people of Kashmir."

Find out more on our Facebook page

<https://www.facebook.com/media/set/?set=a.608045642567613.1073741832.464043893634456&type=3>



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Empowering Youth

through skills and development

Skills Training
Volunteering Programs
Internships
Drug de-addiction



Mother Helpage aims to safeguard people from the ill-effects of drug abuse by imparting knowledge through various means of media and by providing community-based services for the identification, treatment and rehabilitation of addicts.

Computer training centres' and Internet cafés are becoming more prevalent in rural Kashmir. Moreover, being able to do research via Internet, present schoolwork prepared on computer, and use e-mail to seek employment or negotiate a community development project are fast becoming necessities.

With rural poverty rates over 70%, only a few can pay for training. This project gives 500 youths a year the opportunity to receive quality training in the use of computers and the Internet.

We have been offering Kashmiri youth the chance to receive computer and Internet training in courses especially designed to help them be more successful in school.

Scholarships are offered to those who cannot afford to pay.

Due to its success, the project has evolved from basic and local IT training to becoming an IT centre for both girls and boys with a view to help them pursue a career in the field.

We propose to offer internationally accredited Hardware, Software and Networking training.



Construction Programs



The end of 2013 has seen the progression of Mother Helapage construction projects. Work has commenced on places of worship and community centres in Kashmir.

Plans for a school have started and we hope to see development work to begin in 2014 - the school aims to support and develop a cohort of orphans through the charity and will open opportunities for the wider community to receive an education at an international standard.



Orphanage in Indonesia -supported by Prince Al Waleed bin Talal (Kingdom of Saudia Arabia)



Orphans Programs



Help support us to better their lives- Mother Helpage

There are tens of millions of children around the globe living without parents, working in hazardous conditions, sold into trafficking, forced to drug addiction, militancy and there is a long list of corruption towards these innocent souls.

Mother Helpage through its programs for these special children has so far succeeded in securing the lives of hundreds of such children who were vulnerable to the murky clouds of opportunism.

The process of post disaster rehabilitation often assumes adequate living serves everyone similarly. However, MH recognises the needs of

children according to gender, age culture, religion, stage of development. The impact of disaster disrupts young lives and can compromise the following areas at the very least, leaving children vulnerable:

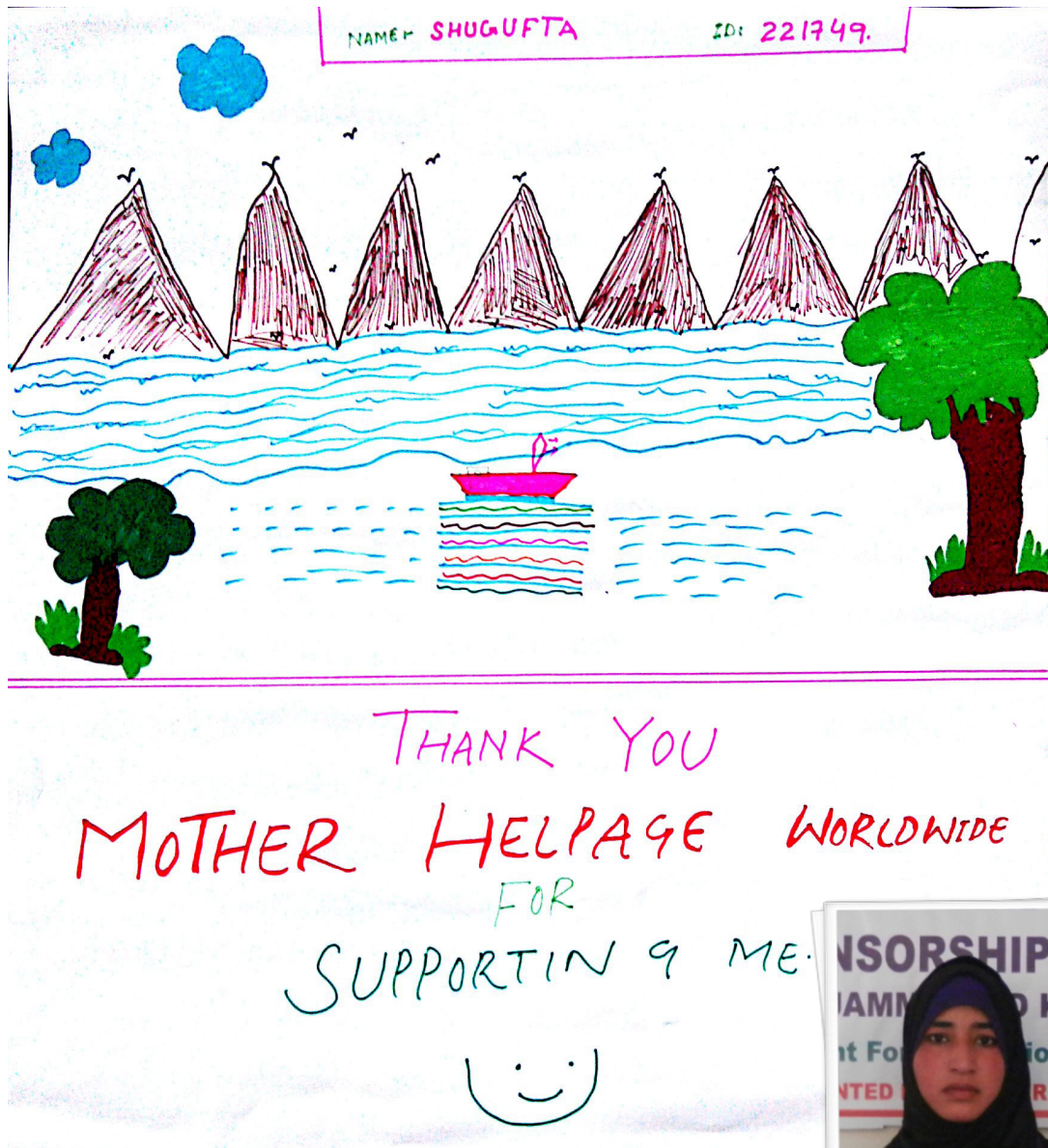
- Health & Safety
- Emotional Security and stability
- Mental development
- Social growth
- Identity
- Care

"We are currently sponsoring more than 1000 orphans directly and more than 5000 via other supportive procedures."

Show your support and follow us at
www.facebook.com/motherhelpage



Supporting Orphans in Social Development



Recent Collaborations

Help support us to better their lives- **Mother Helpage**



A new partnership begins- **Qatar Charity**

Mother Helpage is proud to announce our recent partnership with the Middle Eastern organisation Qatar Charity. Our collaboration will mean further strengthening the capacities of the neediest and vulnerable groups to protect their human dignity and achieve social justice.

We are confident that working with an organisation with international recognition and experience will continue to allow us to reach out to all the vulnerable groups by providing a set of sustainable solutions through policy and proper implementation.

Our registration with the Ministry means our charity has exposure and support from the Middle East -empowering the needy.

Recognised by- **London Luton**

Airport Limited

In our plight to involve businesses and prominent organisations locally, we are pleased that London Luton Airport Limited both recognises and supports our humanitarian work.



London Luton Airport Limited

Prince Alwaleed Prides our work

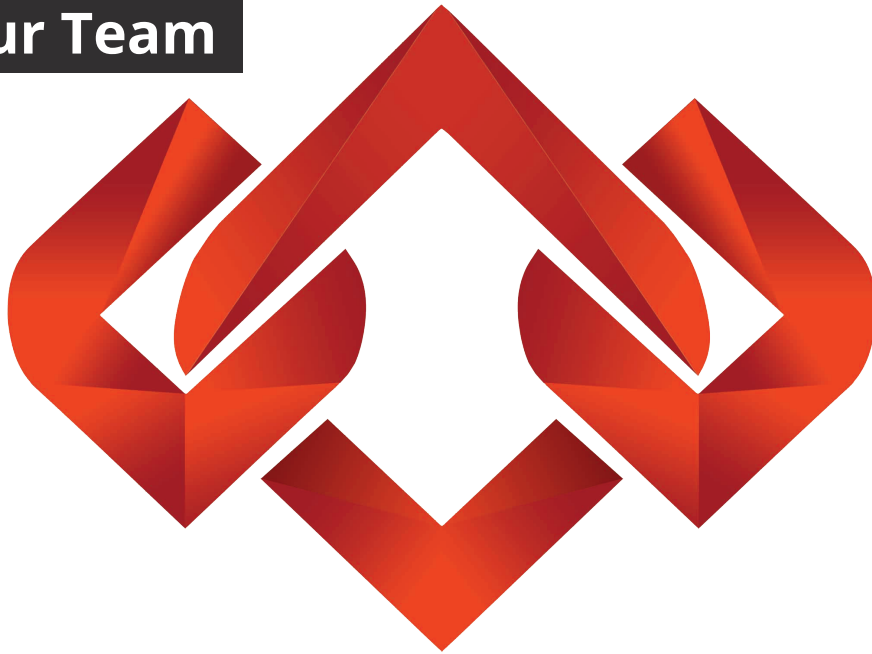
HRH Prince Alwaleed Bin Talal Bin Abdulaziz Alsaud, Chairman of Alwaleed Bin Talal Foundation held a meeting with the former Indonesian President to discuss humanitarian works in the country. The meeting was also attended by Princess Ameerah, Ms. Heba Fatani, Senior Executive Manager, Corporate Communications Department, Dr. Nahla Alanbar Private Executive Assistant to HRH the Chairman and Ms. Intisar AlYamani, Executive Manager, Corporate Communications Department.

Alwaleed Foundation made a donation for the earthquake victims of Indonesia to help reconstruct 3 orphanages, which were damaged by the disaster according to earthquake-resistant standards. The donation was made in coordination with the Indonesian government and implemented by Mother Helpage UK.

Prince Alwaleed mentions his readiness to continue support of Indonesia and Mother Helpage UK continue to work closely with the foundation.



Join Our Team



Mother Helpage UK

Helping to strengthen the cause or a mission working for the betterment of the society carries an enormous reward. Volunteering for such a mission not only contributes to a better plexus but also makes the mission or a cause more appealing and productive.

Volunteering is a great way to have an experience of how other people live, their needs and our part of services for them. You can volunteer your services in the following:

- Organising the fundraising events
- School visits for fundraising
- Street collection
- By helping to take the phone calls during the time of emergencies
- Fundraising among the family or in the community
- Providing your professional skills
- To visit any emergency location for the relief work or to deliver your professional skills
- By helping us to introduce our organisation among your known group, school, community group or any other institution

If you would like to join our dedicated team then please follow the link below and fill out our short form.

www.motherhelpage.org/get-invovled/

Thank you for your support!



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