



MOTHER HELPAGE



ACTIVITY REPORT 2017

www.motherhelpage.org

Assalamualikum,

With the dawn of the new year, it is a good time to look back, reflecting on past achievements, and to look forward to see what we still need to accomplish.



Mother Helpage started its journey in 1994 in INDIA and 2007 in United Kingdom (UK) and became one of the trusted organisations of J&K by reaching out to the most disadvantaged and the poorest of poor sections of society in undeveloped areas and providing support to the needy.

Our main objective is to maximize the social impact by addressing the needs of children, youth and women.

As the founder of Mother Helpage, I truly believe that every member of the society has a moral obligation to help the poor. It is our duty to assist people who are in need.

I am very thankful to our supporters for their dedication and commitment to serve the downtrodden and poor sections of society.

Thank You
Dr. Sohail Nasti
Founder Mother Helpage

Assalamualikum,

To serve the local communities of J&K & to provide opportunities to the people who are very poor & needy, Mother Helpage worked hard day & night to reach out to thousands of such



loney and downtrodden sections of society, helping them and giving them strength to be self reliant.

Our aim is not just to serve society but to empower the youth with the abilities/skills so that they will get access to all the basic necessities of life enabling them to earn respect and dignity for themselves and their future generation.

As the Chairman of Mother Helpage I strongly believe that it's our duty and responsibility to give back and support to the marginalised sections of society.

I am thankful to all of our supporters and well wishers for their kind support in this mission.

Allah Bless You All.
Gul Muhammad Nasti
Chairman Mother Helpage

Assalamualikum,

With the beginning of a new year and looking back at the efforts and dedicated work carried out in year 2017 with the support of our respected donors, I can honestly say we had



succeeded in delivering the innovative projects to the beneficiaries in the valley of Jammu & Kashmir.

Continuous support from both our institutional and individual Donors is the only way, our positive deliverance of projects has been made possible. Not forgetting the support of the local authorities within J&K, who have made delivering of many wonderful projects possible.

With the intentions to boost the morale of the local residents, our projects have given the hope to residents to proceed in the positive manner for the betterment of Jammu & Kashmir.

We pray, the new year will bring many more new ideas and much more support from our trusted donors globally.

Thank you to All,
Kashif Salim
CEO Mother Helpage

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AQIQA PROJECT

The birth of a child is a great blessing and gift from Allah SWT that Muslim's around the world celebrate with family, friends and loved ones. One of the many ways this is celebrated, is through Aqiqah.

The Prophet of Allah (peace be upon him) said: Two sheep which resemble each other are to be sacrificed for a boy and one for a girl.

(Sunan Abu Dawood Book 15, No. 2830)



To perform the Sunnah of Prophet Muhammad (PBUH) Mother Helpage started Aqiqah Project in the state of J&K. The Project is managed by a team leader accompanied by a group of dedicated volunteers. Once the stuff is prepared and packed, the volunteers set up a distribution point at a suitable location where the beneficiaries can collect their share with ease.



Mother Helpage as a Disaster Response Unit has always shown commitment towards the society by responding to the Emergency situations ranging from colossal, natural and manmade disasters. Our motive is to reach out to the people who have been affected by the disasters so that they don't feel isolated.

EMERGENCY RESPONSE



A massive fire erupted in the Kadipora, Anantnag in March 2017 and Reshi Bazar in November 2017. Multiple houses were gutted in the incidents resulting in the loss of shelter, security and possessions. MH Team along with Volunteers rehabilitated victims by providing make shift tents and other basic household equipment like clothing, blankets, utensils etc



Kashmir, which is known for its beauty is also known for certain other things – like the unrest and unstable conditions, its culture, the warm hosting of its guests and for its harsh winter. The beautiful snow from outside is not so much beautiful on the inside since it brings along much cold and unbearable conditions to live in with.

WINTER RELIEF



Mother Helpage distributed winter relief among the destitute and needy in Anantnag town covering about 500+ beneficiaries. Most of them being poor who don't have the basic needs like blankets, heaters etc. to shield from the pricking cold. We are very thankful to our partners for supporting the people in this hour of need.



Mother Helpage started its Sanitation & Cleaning drive initiative in South Kashmir in 2017 under Project “SAAF MAHOL”

The aim of this project is to keep the surroundings neat & clean & moreover our aim is to create awareness among the masses and inspire people around the world to take action towards achieving sanitation and hygiene

SANITATION DRIVE

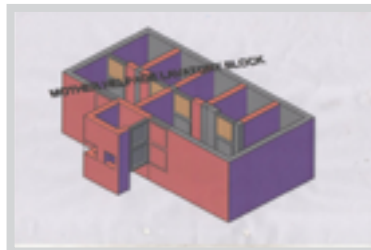


SANITATION DRIVE IN DISTRICT HOSPITAL ANANTNAG BY MH TEAM AND VOLUNTEERS



The absence of public conveniences has become a source of inconvenience to people, particularly to women. In Anantnag, the biggest and most-populated town in Kashmir after Srinagar, there is only one public toilet for men in the General Bus Stand area. Even the district's business hub Lal chowk, busy Mattan chowk, and around 10 km-long K.P Road don't have any public conveniences.

PUBLIC TOILET



To overcome the problem of public convenience, Mother Helpage under Project “Saaf Mahol” constructed a public toilet for both men and women. The toilet is constructed near Govt. High School Khanabal, Anantnag and it will cater large segment of people including locals, tourists etc. We need your support to deliver such projects which make a real difference in the lives of people on a day to day basis.





Mother Helpage founder along with MH team members visited Hazarat Khadijat-ul-Kubra R.A. Darul-ul-Uloom at Ahlan-Gadol Kokernag, an institute supported by the organisation. This was an opportunity to inspect the ongoing work and explore issues to further enhance the experience of the students.

LUNCH WITH DAUGHTERS



The institution has the enrolment of 366 girls, which belong to poor families. We currently provide them skills related to cutting & tailoring so that they may overcome financial challenges. Mother Helpage is taking care of their education, vocational skills, clothing etc. During interaction, the girls shared their problems with Dr Sohail Nasti and he assured them that Mother Helpage will support them in every possible way.



Diwali, the festival of lights is indeed the most awaited and the most celebrated festival of India. On that occasion everyone is busy picking and choosing the best gifts for their near and dear ones. Mother Helpage distributed Diwali gifts in Jammu on that occasion.

UNIVERSAL BROTHERHOOD



The Mother Helpage Team came all the way from Kashmir to Jammu to celebrate this festival with their Kashmiri Pandit brothers. On this occasion Mother Helpage distributed gifts viz Candles, Sweets and Blankets among Kashmiri Pandits in Jagti. The aim is to spread Harmony and Brotherhood.





Herath or Maha Shivratri, the most important festival of the Hindu's, is being celebrated throughout J&K for Centuries. On this Occasion Mother Helpage under Universal Brotherhood Project distributed gifts among the Kashmiri Pandits.

UNIVERSAL BROTHERHOOD



With the aim to promote humanity, brotherhood and to build harmony and peace among all communities in Jammu & Kashmir, the Universal Brotherhood initiative revived the cultural practice of Muslims giving gifts of walnuts and lotus stem to their Pandit neighbours and friends on this occasion.

On this occasion MH distributed walnuts and lotus stem among the Kashmir Pandit brethren at Jagti Nagrota in Jammu.

Traditionally Pandits would invite their Muslim neighbours and friends on Shivratri to dinner in which fish and the lotus stems formed an important dish of the feast.



SAFE WATER PROJECT



*safe water
for healthy living*

Mother Helpage has installed Water Wells in different areas of J&K that will benefit hundreds of families, who don't have access to clean and safe drinking water. These installations were made in the areas where there is acute scarcity of water only to restrain this menace.



Our mission is not just to give communities access to clean water but to achieve lasting change by improving their hygiene and sanitation practices and encouraging them to exploit their economic opportunities, so that they reach a point of self-reliance and no longer need the support of us or anyone else.





Vocational Training Centres active in District Anantnag in the year 2017

- MH VTC Sarnal
- MH VTC Nambal



The main motive of this project is to assist widows/orphan girls in skill development so that they will become independent and live with dignity. To make these women self sufficient we provide them with all the necessary perquisites such as raw material, machines, instructors and course material so that they may thrive in traditional industries.



HUMAN RESOURCE DEVELOPMENT



Mother Helpage Kashmir organised events at IUST Awantipora, SKUAST Kashmir Campus and Govt Degree College Women's Anantnag besides visiting a few of the schools and religious seminaries as well. We envisage expanding it further in the times to come and establish a full fledged HRD Centre at Pazalpora Bijbehara by your support and prayers. We wish having a long term relationship with this important section of society in making their lives advanced and beautiful.



Mother Helpage HRD Initiative is all inclusive. It aims at bringing the change among the lives of youth who had gone astray or got diverted from the straight path. We also aim at intervening in the lives of youth who are in their critical stages of development like who are going to set their foot from teenage to adulthood. Through the sessions of Counselling, youth are motivated to choose the path which would help them in a long way making their career, taking all of the global concerns into consideration. Based on their abilities, their energies are channeled to achieve best under the prevailing circumstances. Leadership skills are imparted. Their indispensable role towards the development of society at large is inculcated in them. They are sensitised towards their responsibilities vis-a-vis the progress of nation. In short the needs pertaining to their overall development are taken care of.

YOUTH DEVELOPMENT



MOTHER HELPAGE SUPER LEAGUE



Mother Helpage Jammu and Kashmir started its Super League on 24-April 2017. 32 teams from South Kashmir participated in the annual Mother Helpage Super League. The MH SL was hosted by Mother Helpage Jammu and Kashmir in collaboration with District Football Association Anantnag.



The purpose of this initiative is to provide an excellent opportunity for youth to showcase their skills not only on the ground, but off it too. Aiming to engage the youth, providing them the opportunity to indulge in competitive sports activities and to inspire them to take part in district and other levels. The final was played on 17th September 2017 at Sports Stadium Anantnag, and was concluded quite successfully, as JIDDAH FC beat HAYAAT KASHMIR FC by 1-0. Mother Helpage aims to set-up a sports academy in the district involving sports personalities. Furthermore future sporting events will involve all districts.



VOLLEYBALL TOURNAMENT

Mother Helpage J&K organised Volley Ball tournament in Jagti Camp Jammu under banner Mother Helpage Sports for Life. 8 teams from Jammu participated in this tournament. Dogra volley ball club Jammu and Jagti youth volley ball club reached the final. Dogra club Jammu emerged as winners of the tournament. Due to saturation of jobs and increasing number of youth getting involved in drugs, the sports activities are aimed to help them to avail better opportunities and provide them a platform to secure their future in a better way.



MH DANGAL

KABBADI CHAMPIONSHIP



Mother Helpage on Friday, 13th Oct 2017 officially launched Champions Cup 2017 under banner "MH DANGAL".

The Sport has witnessed unprecedented participation from various areas of Kashmir. The motive is to encourage the youth across the valley.

This season 12 teams over 144 players participated to show their talent in Kabbadi. The matches were played in district Pulwama. The two teams who reached to the finals were Padgampora and Ratipora. The team of Padgampora emerged as winners. The main aim of this initiative is to identify and promote young talent in the sports of Kabbadi.

NIGHT SKY WATCHING

Advancing the next generation of Scientists



Mother Helpage on 20th October 2017 organised an event at Government Higher Secondary School Dooru, Anantnag. The main motive of this event is to develop young scientists and to promote young researchers in different fields by giving them a chance to present their achievements and future perspectives



ORPHAN SPONSORSHIP PROJECT



The Mother Helpage Orphan Sponsorship Project has been a great success. It was one of the first projects implemented by the Mother Helpage team. The project was started to meet the educational needs of orphan kids who are victims of conflict. The main aim of the project is to help the community to achieve communal harmony and protect the children from going onto the wrong tracks by educating them. Mother Helpage often organize events for extracurricular activities like painting competitions, day-out programmes etc. These events help them to achieve ambitious goals in sports and other extracurricular activities. A proper monitoring is done by Mother Helpage Team, Volunteers and Orphan administrator that help us to know what problems the orphans are facing with regard to their studies so as to help them to overcome this situation by means of Counselling.



Mother Helpage organised Creative Art Day under banner Orphan Sponsorship Project. Not only is this an enjoyable day for all recipients, but any child showcasing a passion and skill for art will be selected by Mother Helpage for further training so that they can polish and furnish their skills. In this way, a new avenue for progression is identified which will inspire other children to look at alternative vocations.



Mother Helpage added 9 more orphans from the Hindu community from Jammu province to the Orphan Sponsorship Project and are being sponsored for their education. These orphan children were identified by our team after due process and verification.

A camp was organized by Mother Helpage in collaboration with Swabhiman Charitable Trust Jammu at their office, where the orphans are provided with the scholarship amount for the period of 3 months. This continues to be a popular initiative resulting in increased community cohesion.



IT'S MY PROJECT



It's my project is an initiative by Founder of Mother Helpage Dr.Sohail Nasti. Under this project any person who desires to sponsor an orphan, Elderly, Widow or Half-Widow can make donations and can also distribute cheques or other gifts to the sponsored kids or elderlies. The first sponsor for this project is Mrs. Sohail Nasti. She has sponsored five orphan kids for their education, Five Elderlies, Young Widows and Half Widows who have no source of income and are being provided with financial aid after every six months.



Electricity is one of the great inventions that science has given to mankind. It has become a part of modern life and one cannot think a world without it. Electricity has many uses in our day to day life. It is used for lighting rooms, working fans and domestic appliances. Despite the huge advancement in technology, the need for electricity remains a dream for people especially the people residing in rural areas

SOLAR PROJECT



Mother Helpline as one of its initiatives installed solar lights under banner Solar Project in Daru-ul-aloom Khatijat-ul-Kubra of Gadole area. The main aim of this project is to provide the services to the people who are in need and are suffering due to the shortage of electricity. By installation of this project, the institution is feeling a sigh of relief and the project has catered the needs of 400+ beneficiaries who are studying in that institution.



Library is the place which, with its calm and tranquil atmosphere has a special call to the students who go there and quench their thirst for reading the material which cannot be provided to them in the class room.

EDUCATION FOR ALL



Mother Helpage on 13th December 2017 officially inaugurated the School Library at Govt. High School Khanabal Anantnag. The main purpose of this project is to help every member of School viz Students, Staff to gain new knowledge and to build personal development, that they will use throughout their lives. Apart from this, it will help students to build up the habit of self-learning. The library was officially inaugurated by the CEO Anantnag, Mr. Ghulam Rasool Shah in presence of School Staff and Mother Helpage team. The library was donated by Mother Helpage Chief Dr. Sohail Nasti to the Govt. High School Khanabal, in memory of his beloved Mother Late. Jamilah Nasti. Moreover, Mother Helpage provided books to the library, that will be beneficial to the students as well as staff. Our aim of setting up library is to uplift education and provide the students with all facilities, so that they can secure their future.

MARRIAGE ASSISTANCE

The Mother Helpage Marriage Assistance scheme provides financial support to the poor girls. Due to the financial constraints, many families are unable to marry their daughters and due to the present-day marriage demands they become psychologically depressed and socially outcast. Marriage Assistance is a source to support and reduces the financial burden of poor and needy families.

It is our religious and moral obligation that we should intervene in these circumstances whenever possible.



RAISING FUNDS & AWARENESS



Mother Helpage Jammu and Kashmir started fund raising project in the valley and visited various places across the valley along with their volunteers for the purpose of fund-raising and creating awareness among the masses.

Our mission is to encourage, inspire and bring practical changes through community development, awareness and humanitarian efforts, using carefully planned activities to promote communal unity, building the nation, uplifting the poor and restoring dignity of the downtrodden.



Mother Helpage has been supporting some of the most vulnerable individuals in society through the Elderly Sponsorship Project.

The “Gapshap” initiative is an opportunity to bring these isolated individuals together.

ELDERLY CARE



The objective of the “Gapshap” program is to relieve the burden and the stress they are carrying in their minds. These women have found sisters and friends in one another. This is an initiative that has worked wonders for us. The 2017 Gapshap event was held on the eve of Eid-ul-Fitr, and on this occasion Mother Helpage trustee, Mr. Nisar Ahmad Kar distributed 100 Eid Gifts to the widows and elderly. Many were overwhelmed by this gesture



Mr. Kar also took the opportunity to meet the orphans he is sponsoring & gave them gifts for Eid.



MOTHER HELPAGE MEDLINE FIRST RESPONDERS

Mother Helpline launched Medline Project, First Responders wherein three highly equipped ambulances have been launched to cater the people of J&K. One among them has been donated to Migrant Camp Jagti Jammu





In day to day life, many situations arise that call for immediate medical responses or otherwise an individuals condition worsens and lives are put at risk.

The ambulance service is essential in every society, in saving lives and provision of services that prevent occurrences of irreversible medical complications.

Mother Helpage officially launched Medline Ambulance Project First Responders in collaboration with Islamic Help at DC office Anantnag. This project was inaugurated by Honourable Deputy Commissioner Anantnag Mr. Syed Abid in presence of other dignitaries & media officials.

The project aims to serve the vulnerable and those in need in difficult times and to save lives by providing an emergency response service, wherever and whenever needed. As the ambulances are fully equipped with essential & modern medical apparatus, it provides services that are also useful if patients need to be transported over long distances.





QURBANI PROJECT



This year, we served the poor communities of Gadole, Pulwama, Shopian & Anantnag. With priority to the poor & needy people of Jammu and Kashmir, we reached to more than 5000 beneficiaries that includes orphans, widows and the elderly.

Our staff worked very hard and remained dedicated to their work, this resulted in successful implementation and disbursement of our duties.

Every year we work very hard to make this programme reach more people and have a positive impact. With the blessings of Allah and your support the Mother Helpline Qurbani programme is getting bigger and better.

We pray to Allah SWT to accept the Qurbani's that were performed. Ameen.



RAMADHAN PROJECT

The Ramadhan food basket consists of basic essential commodities, that can last for entire month of Ramadhan

Distribution points Include:

- GADOLE ANANTNAG
- PANZGAM PULWAMA
- ANANTNAG TOWN
- SARNAL ANANTNAG
- SADURA ANANTNAG



Over 30,000 individuals benefitted through the Ramadhan project this year, including orphans, widows and the elderly. Every year, Mother Helpage distributes Ramadan Food packs in the state of J&K. We always strive to make this programme reach more people and have a positive impact.



Every year Mother Helpage provides Iftar for thousands of families. Mother Helpage hosted a large Iftar Party for hundreds of beneficiaries at different locations in South Kashmir including Grand Iftar at Anantnag town attended by over 700 people. Attendees of the Iftars were served with healthy portions of meat, rice, soup, salads and other delicacies.



Mother Helpage team organized Eid Milan Party in Anantnag Town Hall, bringing together executives and professionals from civil society organizations of various sectors. The main aim of this initiative was, how to develop society.

Hundreds of persons participated in the event and shared their ideas. A practical work plan was created, of how to reach identified milestones benefitting the community.



EID GIFTS



In every section of society, there are some children who cannot have the luxury of wearing new clothes on the special occasion of Eid. The support of our donors has made it possible for Mother Helpage to ensure that the most vulnerable children in society have the opportunity to enjoy the Eid celebrations.



To overcome this situation and to bring smile on the face of those children, Mother Helpage started this initiative, so that these children donot feel isolated on such a blessed occasion.

This specific initiative has brought smiles on the face of many children. It has become a reliable source of happiness and joy for the children who often dream of celebrating this occasion like other children in society.

On this occasion Mother Helpage Chief distributed Eid Gifts to those children and they were extremely happy. The moment when these partially clad children are given new clothes, the immediate sparkle visible in their eyes is rather priceless.

Name : _____

Address : _____

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Contact No. : _____

PLEASE SHARE YOUR FEEDBACK

*Please submit your feedback to Mother Helpage
or email at projects@motherhelpage.org
or Call Us [refer to Contact Us (last page)]*



SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD



TOGETHER WE CAN ACHIEVE THESE GOALS

DEVELOPING COMMUNITIES



Mother Helpage Chief along with MH team visited Yader, District Pulwama to introduce educational support for the poor students, a Sports Academy, Vocational Training Centre's for women, Livelihood support programs, a medical dispensary and Orphan, Widow and Half Widow sponsorship programs. MH is offering its full support to the people of Pulwama so as to help them in making their communities resilient and at the same time to develop them socially and economically.

Mother Helpage has initiated a Livelihood Project in collaboration with the Agricultural Department of Anantnag. The aim is to maximise farmers yield's resulting in a better quality of life. The Salia Village of District was found to be an area which would benefit from this collaborative scheme. Steps were taken to ensure that the local community was consulted, identifying their needs and a program to distribute hybrid seeds to local farmers of the village.



Mother Helpage Jammu and Kashmir started Narcotics Control Unit in the valley. The main motive to start this project is to create awareness among the youth regarding Drug Addiction and its effects on life.

Mother Helpage Jammu and Kashmir has so far rehabilitated twenty two persons involved in Drug Addiction and engaged them in their projects as their volunteers so that they will come out of this situation. Regarding this project Mother Helpage organized Narcotics event at SKUAST Wadura Sopore.

***“TOGETHER WE CAN &
WE WILL MAKE THE DIFFERENCE”***

OUR UPCOMING PROJECT

MOTHER JAMILAH HUMANITARIAN CITY



FACILITIES AVAILABLE

- * State of Art-Diagnostic Centre
- * Dialysis Centre
- * Super Speciality Consultation
- * Geriatric Care
- * Diabetic and Spinal Injury Rehabilitation Centre
- * Drug-De-Addiction and Rehabilitation Centre
- * Rescue and Relief Department
- * Vocational Training Centre
- * Sports and Fitness Centre
- * Mother Helpage Headquarters



OUR UPCOMING PROJECT

BY MOTHER HELPAGE



YEAR 2018 : MOTHER HELPAGE TO FOCUS ON EDUCATION AND MENTAL HEALTH

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BE THE CHANGE!

Volunteer your time to help change lives in J&K

- Arrange an event in your local area
- Take ownership of a project
- Organise a fundraiser
- Propose your own fundraising idea

Contact our Mother Helpage Office to register yourself.

OUR PARTNERS



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