

ACTIVITY REPORT 2018

www.motherhelpage.org



Regd. No. : 1148450

MOTHER HELPAGE

“Assalaamu ‘Alaikum Wa Rahmatullah” (May Peace and Mercy of Allah be upon You)



2018 has been a bumpy ride for some and possibly a flying year for others. The one thing we should remember is for those where the ride was bumpy, after the bump comes the smoothness, it is your efforts and energy you put in which is the hard part, your results are the reaped fruits. Keep trying and striving.

Mother Helpage, I can say in 2018 has faced a variety of paths but the results have been positive with the support of our partners, authorities and most importantly the core strength, the members of staff.

Some of us may feel we have failed, but we have constantly been reminded, failing is positive as long as that failure makes you move forwards.

We have constantly learned to FAIL FORWARDS.

Believe you are a winner; Winners Win, Losers Lose.

I thank all those who have been good to Mother Helpage, those who have smiled and those especially who have strived to keep positive.

Together We Can make a great difference for greatness.

Kashif Salim
CEO, Mother Helpage

OUR WORK | WHAT WE DO?

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CHARITY



WINTER RELIEF



Location: Anantnag



Mother Helpage distributed the Winter Relief in Anantnag town amongst the poor and downtrodden families.

Relief includes food baskets comprising of basic essential commodities, blankets and warm clothes.





EMERGENCY RELIEF



Location: URI, Baramulla



EMERGENCY RELIEF



Location: Lal Bazar, Srinagar



Location: Nowhatta, Srinagar



EMERGENCY RELIEF

EMERGENCY RELIEF



Location: Anantrag



Mother Helpage team carried out emergency relief programme in the Anantrag town & distributed the relief to the poor and downtrodden families.

Provided them with food baskets comprising of basic items like spices, cereals, edible oil, flour, sugar & rice bags.





EMERGENCY RELIEF



Location: Kerala



Mother Helpage First Responder's delivering services in Kerala during the 2018 devastating floods.

Distributed the essential items to the beneficiaries who have been affected by the floods.





EMERGENCY RELIEF



Location: Jordon



MH Founder Dr. Sohail Nasti visited Jordon & distributed emergency relief amongst the displaced people.

Dr. Nasti's vision is to start the medical camps and educational facilities to the children, so that they can secure their future and live a good life.



EMERGENCY RELIEF



Location: Anantnag



Mother Helpage First Responder's Unit provided the emergency services to the nomads who have lost their tents due to the devastating snow.

After a proper survey, our team provided them with the food packs comprising of essential commodities. Moreover, they were also provided with the tents and blankets keeping in view the harsh and chilling winter.





SADAQA SACRIFICE PROJECT



As part of the project, Mother Helpage team, distributed the meat to the beneficiaries from downtrodden section of the society.

The programme was carried out in two districts of South Kashmir; Anantnag and Pulwama with an aim to reach the vulnerable sections of the society.



Location: Anantnag



SADAQA SACRIFICE PROJECT



Location: Anantnag



Location: Pulwama



AQIQA PROJECT



Location: Anantnag



Mother Helpage is performing Aqiqa project in Kashmir for the past few years. The team on that occasion distributed the meat to the people who are financially weak and fall short of stock from time to time. The aim of this project is to celebrate this moment with the people in need.



QURBANI PROJECT



Mother Helpage team on first and second day of Eid-ul-Adha carried out the Qurbani Project in various areas of South & North Kashmir; Gadole, Anantnag, Bijnbehara, Kulgam, Pulwama & Sopore.

This year Mother Helpage distributed the meat to thousands of families and celebrated this occasion with the poor and needy section of the society.

Every year Mother Helpage works very hard, so as to serve the poor people from all corners of the Valley.

With the blessings of Almighty Allah and the support from our donors, the project has provided services to the people on the occasion of Eid-ul-Adha.





WOMEN'S EMPOWERMENT



Mother Helpage's Women's Empowerment project was initiated in Jammu and Kashmir with the aim to provide the training to the girls so as to enhance their skills and start their own livelihood projects.

This year Mother Helpage has started its vocational training centre in Purkhoo Migrant Camp, Jammu, where the training is provided to the girls residing in the camp. The training includes Cutting & Tailoring, Embroidery, Chain Stitching etc. The core aim of this project is to equip the girls with the skill sets in that field and to promote the Kashmiri handicrafts at National & International levels.



Location: Purkhoo Migrant Camp, Jammu

MARRIAGE ASSISTANCE



The MH Marriage Assistance scheme provides the assistance to the families which are financially weak.

We always try our level best to provide the services to the people who are in need and that is our main motive.

You can also be a part of this mission by donating to Mother Helpage.

EDUCATION FOR ALL



Mother Helpage Founder Dr. Sohail Nasti provided the scholarship to 35 students of Govt. Model Higher Secondary School, Dooru for their best performance.

Moreover, Dr. Nasti donated the mobile repairing kit to the institution so that the students can enhance their skills in the field of technology.

The project was carried out under the theme "Education for All".



MH under project "Education for All" provided the books and preparation material to the students for their academics and competitive exams. The aim of this initiative is to provide these students with all the facilities, so that they can achieve their dreams and secure their future.

EDUCATION FOR ALL



Mother Helpage donated The Holy Quran to the Eastern University Students in Sri Lanka translated in Tamil and Sinhalese as a Ramadan gift under project “Education for All”.



EDUCATION FOR ALL

MH Founder, Dr. Sohail Nasti distributed stationery items among the kids residing in Purkhoo Migrant camp and the project was carried out under theme “Education for All”.



WASH PROJECT



This year Mother Helpage under “WASH Project” has installed more than 500 water wells in different areas of Jammu and Kashmir which includes Tube Wells, Community Wells and Bore Wells.

The water wells are installed at the places, where there is acute scarcity of water.

The project is carried out after a proper research and survey by the field surveying team.

Our mission is to install 3000 water wells by the end of year 2020 under theme “Mission 2020”.

Our main focus is to develop the communities and provide them with the safe drinking water so as to improve their hygiene and sanitation practices.



IT'S MY PROJECT (SPONSORSHIP)



It's my project is an initiative started by Mother Helpage Founder Dr. Sohail Nasti, providing the financial assistance to the poor on a quarterly basis.

Dr. Nasti's family under this project sponsored 20 beneficiaries including orphans, widows and elderlies. The financial support is provided to the orphan children for their education and widows/elderlies for their basic needs.

Mother Helpage under “Sponsorship Project” distributed stationery items; notebooks, geometry boxes and bags to 20 children. The motive of this project is to provide the children access to all the facilities required for education. Our aim is to secure their future and provide them with all the services so that they can achieve their dreams and goals.



SPONSORSHIP PROJECT

EID GIFTS



Mother Helpage Founder Dr. Sohail Nasti visited “School of Excellence” Sri Lanka for the community development programme. On that event Dr. Nasti distributed the Gifts to the students as a token of love.



Mother Helpage along with its team of dedicated volunteer's visited Sri Lanka and distributed Eid Gifts to the students at “School of Excellence” on eve of Eid-ul-Adha as a token of love.



EID GIFTS

MoU with IUST



Signed the Memorandum of Understanding (MoU) with Islamic University of Science and Technology, Awantipora for various initiatives; Community Development, Student Exchange Programmes and Scholarships.

NORTH OFFICE



Started our operations in the North Kashmir; Sopore in year 2017. To date MH has carried out a few projects such as Emergency relief, Ramadan and Qurbani project. The mission is to start the operating units in various areas of Kashmir to serve the humanity.



A DAY WITH CHILDREN AT JORDON



Mother Helpage Founder, Dr. Sohail Nasti visited Jordan and interacted with the children and community members. The main motive of this visit is to start medical camps and institutions in order to impart quality education to these displaced children.

Moreover, the food parcel's comprising of basic & essential commodities were also distributed among the beneficiaries. "Spending time with the blessed children at Jordan was a heart aching experience and an extremely painful journey" quoted Dr. Sohail Nasti

Mother Helpage First Responder's Unit surveying various areas in Anantnag during emergency. The aim is to keep the First Responder's Unit ready so as to avoid any inconvenience during emergencies.



FIRST RESPONDER'S UNIT DURING EMERGENCY

EID MILAD-UN-NABI ﷺ

ﷺ

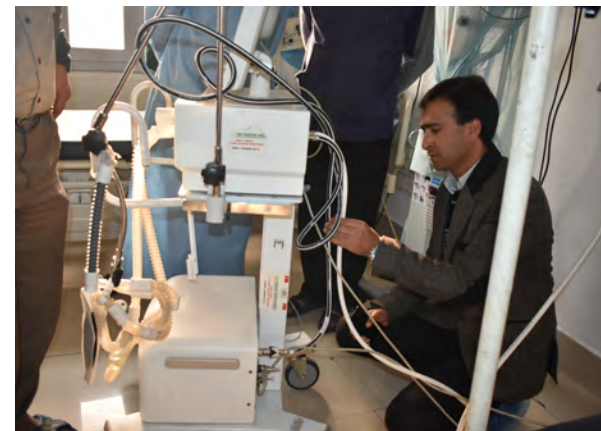


Mother Helpage team along with its team of dedicated volunteers on the occasion of Eid Milad-un-Nabi ﷺ safeguarded the procession and provide the ambulance services so as to avoid any inconvenience.

As a part of society it is our moral responsibility to help and provide the services to the people from all corners of society.

We are very much thankful to our volunteers team for assisting us and providing the services to the people from time to time.

ANNUAL REVIEW OF INTENSIVE CARE UNIT DONATED TO THE BONE & JOINT HOSPITAL, BARZULLA, SRINAGAR



Mother Helpage donated an Intensive Care Unit to the Bone and Joint Hospital, Barzulla, Srinagar post 2014 floods keeping in view the emergency requirements of the Hospital.

On 19th Nov 2018, an annual review was carried out by Mother Helpage; Steering Committee member, Mr. Arshid Bashir Akhoun in presence of Deputy Superintendent, Mother Helpage Team, Hospital authorities and Media Officials. It was found that the equipments are in a good state and are currently functional, serving patients on daily basis.

RAMADAN PROJECT

For the past two decades, Mother Helpage has been carrying out its projects in the state of Jammu and Kashmir by providing its services to the poor and downtrodden section of the society.

One among them is the “Ramadan Project”. The said project began with the aim to provide the poor people with the basic necessities in the holy month of Ramadan.

Every year Mother Helpage carries out the Ramadan Project in the various districts of state of Jammu and Kashmir. But this year it was completely different. Besides Jammu and Kashmir, Mother Helpage celebrated Ramadan in different Countries; Jordon, Palestine, Sri Lanka, Indonesia, Gambia, Uganda and Nepal by serving half a million people all around the world.

The Mother Helpage team distributed the food packs to the deserving & downtrodden families of Jammu and Kashmir.

Moreover the Iftaar programmes were also carried out by the Mother Helpage team at local and international locations. The aim is to bring the people together and celebrate this occasion with them. The Iftaar programmes also acted as community development programmes wherein the community members and youth interacted with MH Founder Dr. Sohail Nasti & MH Team and shared their ideas.

We are very much thankful to the people for their support and love especially in the blessed month of Ramadan. May Almighty Allah reward you for your contributions. Aameen



Location: Pulwama







Location: Gadole, Anantnag





Location: Anantnag





Location: Kulgam



Location: Anantnag





Location: Sopore



Location: Khanyar, Srinagar





Location: Ladakh





Location: Gadole



Location: Brah, Ronipora, Ang



Location: Pulwama





Location: Shezan, Pulwama



Location: Zero Bridge, Rajbagh, Srinagar





Location: Nepal



Location: Uganda





Location: Gambia



Location: Sri Lanka





Location: Indonesia



Location: Masjid-al-Aqsa, Palestine



COMMUNITY DEVELOPMENT

PUBLIC DARBAR



Location: Delhi Darbar, Anantnag



Community Development programme held in Anantnag town where Dr. Nasti & community members from different areas shared their ideas and perspectives of how to develop the community.



COMMUNITY DEVELOPMENT



Location: Purkhoo Migrant Camp, Jammu



Community Development programme held in Purkhoo Camp, Jammu with the Kashmiri pandit brethren. The aim is to develop the relationship between the two communities.



MH CHIEF FIELD VISIT



Location: Wakharwan, Pulwama



Mother Helpage Founder Dr. Sohail Nasti visited the various areas of South Kashmir; Sadura, Dehruna, Frisal and Wakharwan Pulwama along with its MH team members. Dr. Nasti during the field visit met community members and a healthy interaction was seen among them.

During the interaction, the community members shared their problems with MH Founder which includes scarcity of water and the non-availability of sports kits and the same has been followed with the promise to address these problems on priority basis.



Location: Anantnag





Location: Khaniqah, Tral



MH UNITS MEET



MH Units Meet at Anantnag Office



Community Development programme held at Anantnag Office wherein Community members from different areas of South Kashmir showed their presence.

On that event the members interacted with Dr. Sohail Nasti.

The core motive was to provide the community members with a sense of self reliance by starting self help groups and forming community chests so there will be no problems in the society we are living in.



COMMUNITY DEVELOPMENT



Location: Handwara



Community Development Programme held at Handwara, where in Dr. Nasti focused on the women's empowerment. Assured them to setup a Vocational Training Centre for girls.

DRUG DE-ADDICTION AWARENESS RALLY



Location: Anantrag



Drug De -Addiction awareness rally carried out by MH team and volunteers in Anantrag town. The aim of this programme is to aware the people about the rising Drug Menace issue.

REMEMBERING MOTHER JAMILAH



Location: Anantnag



A programme held in Anantnag town on the 24th death anniversary of Late Jamilah Nasti. On that day Mother Helpage completed its 24 years.

The programme was held in remembrance of our beloved mother and was concluded quite successfully with the prayers. May Allah (s.w.t) bless her soul.

COMMUNITY DEVELOPMENT



Location: School of Excellence, Sri Lanka



Plantation Drive carried out by Dr. Sohail Nasti at "School of Excellence" Sri Lanka for keeping the environment fresh and green and for the overall development of community.

YOUTH DEVELOPMENT THROUGH EDUCATION

COUNSELLING PROVIDED TO MORE THAN ONE HUNDRED THOUSAND STUDENTS.



It is a matter of pleasure to acknowledge that “Mother Helpage”, as an NGO has dedicated itself to the cause of poor, needy, destitute and the neglected segments of the society, with its main focus on the needs of the youth, women and children. The organization has a dedicated and selfless team of workers, who under the able guidance of its founder Dr. Sohail Nasti have shown commitment to the cause for which it was setup in the year 1994. Not forgetting that the organization has not only a national but an international field and flavor, it has been doing a wonderful job in the state of Jammu and Kashmir. It makes all efforts to reach the poor and needy for their help and assistance. It has been holding awareness programmes, seminars, debates and other events of competition of which our Vitasta School of Law had the privilege of hosting a few. Its awareness programmes have generated tremendous interest and enthusiasm among the younger people in general and the student community in particular who have associated themselves with this organization in its welfare events and activities.

It is hoped that “Mother Helpage” shall receive help and support from all sections of the society in order to give a moral as well as material boost to the organization.

I wish “Mother Helpage” all success in its endeavors and plans and pray Allah for its success.

Prof. Ali Mohammad Matta
Principal, Vitasta Law College
Nowgam, Srinagar



Set High Standard. Many become inefficient by evading responsibilities for fear of failure. Thus they fail of gaining. Let us introspect what our children read, what kind of moral and social education they get.

Allah requires them to do their best. Let those older in experience watch over the younger ones; and when they see them tempted, take them aside, and guide them.

With such an army of workers as our youth, rightly trained, might furnish, how soon the message of love might be carried to the whole world.

I dedicated my poem to generation of youngsters

When water go high, People start to cry, Good friends often say goodbye ,
I say I don't Quit .

When heart beat fast ,One can't afford to be last, Energy often die ,
I say I don't Quit .

When sun show its glow ,People start working low ,Back often tends to bow,
I say I don't Quit .

When good luck go away ,Bad luck comes into play, Demotivation is very high,
I say I don't Quit

I don't quit as I am the epitome of Allah's creation

Arshid Bashir Akhoun (Steering Committee Member, Mother Helpage)



It gives me immense pleasure to write that Mother Helpage is becoming sine qua non and cosmopolitan NGO with each passing day by its paramount work of uplifting society. It has been successful in feeding the hungry, quenching the thirsty and in providing the shelter to destitute. It has played a key role

in capacity building of youth by involving them in sports like activities. It has done tremendous work in the area of Drug De-addiction. Besides other social work Mother Helpage played a catalytic role for innovative education by donating lab equipments, libraries and sponsoring of programmes like night sky watching for students. Under the able guidance and patronage of its founder Dr. Sohail Nasti, Mother Helpage is bound to reach the pinnacle.

Dr. Hamza Rouf
Lecturer, Govt. Model Hr. Sec. School
Dooru, Anantnag



Interaction with the budding entrepreneurs so as to understand how to enhance the overall development of youth by means of career development, training, counselling, updating them with latest technology, helping them to explore their potential and develop skills, which would prove beneficial to the youth in the long run.



Venue : Sri Pratap College, M.A Road, Srinagar



Recognize the role of youth in entrepreneurship, provide strategies for directing the young energy towards a positive direction, promote skill development, promote networking and voluntarism in humanitarian works.





To recognize the role of an individual towards the society and responsibility to develop our community for a better and brighter future.

Empowering the youth with skills and work together to take collective actions and generate solution to the problems.



Venue : Vitasta Law College, Nowgam, Srinagar

Venue : SSM College of Engineering and Technology, Pattan, Baramulla



To interact with the youth and come up with the better ideas and perspectives for the development of Community. Gaining the skills and properly utilizing them for the overall development of the society.



Interaction with the youth, how to build future and direct yourself towards the goals and achieving your dreams. Special focus laid on Drug menace, how to protect yourself from this menace and make your communities a safer place to live



Venue : Govt. Model Higher Secondary School, Dooru, Anantnag

Venue : Fine Dine, Zero Bridge, Rajbagh, Srinagar



A core group committee meeting held in Srinagar regarding the overall development of the community by introducing new ideas/initiatives, promote Skill Development & Women's Empowerment, Youth Development & Entrepreneurship, Drug De-Addiction initiatives and promoting networking & voluntarism in humanitarian works. Moreover, the focus was laid on Education and Mental Health as well.





Overall Development of the Community with special focus on Drug Addiction Menace that is ruining the lives of our youth and spreading in the valley at a rapid rate. Dr. Nasti laid special focus on how to tackle this menace and protect our youth from it.



Venue : SSM College of Engineering and Technology, Pattan, Baramulla



Venue : Hotel Mannat Resorts
Rajbagh Srinagar



Gaining knowledge, experience and then utilizing /passing the knowledge to the future generations is the best development of the community. Youth should focus on their future, build their career and set an example in this world.

Community Development programme held in Dooru School with the aim to develop a sense of responsibility among students towards their parents.

Dr. Nasti on that occasion said “Our Youth is our Future”, they should focus on their career and build their future.



Venue : Govt. Model Hr. Sec
School, Dooru, Anantnag



Venue : School of Excellence
Sri Lanka



Community Development event held at “School of Excellence” Sri Lanka.

The main motive of this programme is to interact with orphan children and focusing on their well-being and right to learn, to grow in an environment where they are protected and supported.



Special lecture delivered by Dr. Sohail Nasti on “Importance of the Human Resource Development for the Community Development”. The main focus was on strengthening the students enthusiasm and enhancing their self confidence.



Venue : Faculty of Art & Cultural Auditorium, Eastern University, Sri Lanka

Venue : District Secretariat, Puttalam, Sri Lanka



Dr. Nasti invited by the President of Sri Lanka through his office for the Narcotics Control training. The programme was a joint intervention by the President's Secretariat Anti-Drugs wing through district Secretariat Puttalam and Dr. Sohail Nasti (An expert in Narcotics Control). Dr. Nasti delivered a special lecture on "Narcotics Control & Safer Community".



YOUTH DEVELOPMENT THROUGH SPORTS



MH GOLD CUP 2018

Mother Helpage on 6th Sep 2018 launched its new season of football tournament under theme “MH GOLD CUP 2018” in collaboration with District Football Association Anantnag.

Forty teams from all the districts of Kashmir participated in the tournament which includes some renowned teams from J&K ; JKSPDC, Real Kashmir Football Club, Kashmir Maharaja Sports, State Football Academy, Lone Star Kashmir FC, Iqbal sports, Novelty Football Club and JKSRTC.

The Inaugural match was played between JKSPDC and Anantnag XI.

Mother Helpage’s mission is to provide the platform to the youth in the field of sports so that they can excel in the field and prepare for higher levels.



Venue : Sports Stadium, Anantnag





MH (UK) FIGHTING AGAINST KNIFE & DRUG CRIME



Venue : Jawaid Khaliq (MBE) Boxing Academy, UK

Mother Helpage (UK) fighting against Knife and Drug Crime in collaboration with Jawaid Khaliq (MBE) Boxing Academy, UK.



Founder MH Dr. Sohail Nasti started this initiative to tackle this problem by involving the younger generation in sports activities, so that they can keep themselves away from these crimes and be better citizens.



Mother Helpage team provided the youth of Pulwama with two sports kits for Senior and Junior team.

The objective is to provide the youth with all the facilities so that they can excel in the field of sports and build their future.

The request for sports kits were raised by the two teams during the field visit of Founder at Wakhawan, Pulwama.

Mother Helpage Founder Dr. Sohail Nasti on 30th Sep 2018 at Fine Dine, Srinagar awarded Mr. Shakir Ahmad Sheikh from JKSPDC team with "Certificate of Excellence" and a cheque of Rs. 5000, as promised by him for his excellent performance in inaugural match of MH Gold Cup football tournament held in Sports Stadium Anantnag on 6th September 2018.

This initiative was taken by Dr. Nasti in order to boost the morale of the players and uplift them in the field of sports.



Name :

Address :

Email ID :

Contact No. :

PLEASE SHARE YOUR FEEDBACK

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Please submit your feedback to Mother Helpage
or email at info@motherhelpage.org
or Call Us (details at last page)



SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD



TOGETHER WE CAN ACHIEVE THESE GOALS

NETWORKING

FOR OUR UPCOMING PROJECTS

Together We Can



Mother Helpage Founder Dr. Sohail Nasti with Mr. Ahmed Mismar (Secretary General of Dubai Charity Association).

Meeting for Developmental Coordination.



A very effective participation of MH officials at the European Commission regarding involvement of youth leaders for the community development.



Mother Helpage Founder Dr. Sohail Nasti with Mr. Richard Harrington, Business Minister UK to campaign for a Safer Watford. (Fighting against Knife & Drug Crime).



Bollywood Stars, Mr. Aditiya Pancholi and his son Mr. Sooraj Pancholi joining Mother Helpage in fight against Drug Abuse.



Narcotics Control Mission - Sri Lanka

Mother Helpage Founder Dr. Sohail Nasti with Deputy Minister of National Integration, Syed Ali Zahir Moulana



MH Founder Dr. Sohail Nasti with brigadier (rtd) Khaled during his visit to Jordon. Planning to start a few rehabilitation projects for the IDP's In Sha Allah.



Meeting Mayors in London for our upcoming knife and drug crime campaign in the UK.



Dr. Sohail Nasti visited the Watford Council and had a very successful meeting with the civic Mayor of Watford Mr Rabbi Martins and the head of the Watford multicultural community centre. Starting a youth development programme to fight drugs and knife crime in Watford after the successful launch of the same programme in Nottingham UK.



Mother Helpage (UK) in collaboration with British welterweight world champion Mr. Jawaid Khaliq MBE, to fight against drug menace and knife crime in United Kingdom.

Dear Friends,

“Assalaamu ‘Alaikum Wa Rahmatullah” (May Peace and Mercy of Allah be upon You)



I am thankful to Almighty who gave me this opportunity again this year to share the work, views and future plans of action. Since the evolution of Mother Helpage, I have learnt a lot in terms of humanitarian work and personal development and I found out that it is all your knowledge what you invested in to make safer and resilient communities and that is why I have chosen to invest in youth by guiding them to stay away from crimes and to develop themselves through the gifted opportunities of education, skills and sports.

Mother Helpage is by the will of Allah touching the horizons of success each year, however I challenge myself and the team MH to introduce more effective and sustainable projects for making resilient communities. I would like to share that Mother Helpage was also accredited for its governance and operational policies and that is my aim to build the team which is professional, practical and law abiding and again I wish a safer world however this is possible only by our joint efforts and for sure “Together We Can”.

“

*Join our mission
to make this world
a better place*

”

Dr. Sohail Nasti (Founder, Mother Helpage)

UNITED KINGDOM OFFICE'S

OPERATIONS OFFICE

NBV ENTERPRISE BUILDING
6 DAVID LANE
NOTTINGHAM. NG6 0JU
T: 00 44 115 9985 667

FINANCIAL CENTRE

101 MIDDLETON BOULEVARD
NOTTINGHAM, NG8 1FW
EMAIL:
accounts@motherhelpage.org

BUSINESS CENTRE

MH HOUSE
6 CLAREMONT ROAD
LONDON, NW2 1BP
T: +44 20 8452 0288

UNITED ARAB EMIRATES

CONTACT CENTRE

226 / STREET ONE
JUMEIRAH VILLAGE CIRCLE
AL BASHRA. DUBAI
T: +971 4 513 1940

INDIA OFFICE'S

KASHMIR OPERATIONS OFFICE

NAIK BUILDING, NEAR AIRTEL
OFFICE K.P ROAD ANANTNAG
PIN: 192101
T: +91 1932 225 686

JAMMU OFFICE

JAGTI TOWNSHIP
LANE-16
NAGROTA, JAMMU
PIN: 181221
T: +91 90861 82200



/motherhelpage



info@motherhelpage.org



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