

ACTIVITY REPORT 2019

www.motherhelpage.org



MOTHER HELPAGE DIVISIONS

A NEW ERA | A NEW BEGINNING



Since the evolution of Mother Helpage, Dr. Sohail Nasti (Founder of the organisation) has worked hard to transform the lives of people by providing them with essential services.

Dr. Nasti and his team work to create new ideas and initiatives in order to lead the organisation to develop and in turn assist the development of society.

Our aim for 2020 Mother Helpage will commence working on different projects under its new initiative "MH Divisions".

----- *Be the Change* -----



Message from the Founder

As founder of the organisation it is extremely heart warming for me to learn that Mother Helpage is bringing out its annual newsletter for the year 2019. The trend was set more than a decade ago and is continuing gracefully. All the previous publications were fabulous and informative and I believe this time it will be just as inspiring. These publications mark the milestones MH is crossing year after year. Each of the newsletters released are a statement of success which MH has traversed without looking back.

Be it Human Resource development, education, vocational training or creation of public amenities such as safe drinking water or home lighting provisions, MH is continually providing its relief and rehabilitation efforts during disasters whether manmade or natural. MH has created a niche of its own, purely with the help of its donors, staff (including volunteers) and leadership all rising to the call of humanitarian relief.

The role and amount of work done by MH is not only worth depicting but an inspiration and beacon for others to follow. Those who want to achieve the same feat have a model in the shape of MH before them and the example is worth emulating. So it is crucial for this organisation to publish its yearly performance in the shape of a newsletter. And this time I hope it is more inclusive, informative and comprehensive.

I wish the whole team of MH luck and success on this magnificent occasion. May Allah give them strength and power to serve humanity with more conviction, passion and determination.

"Together We Can and We Will Make a Difference"

Dr. Sohail Nasti

Prof. Upendra Kaul

MD, DM, FCSI, FSCAI, FAPSIC,
FACC, FAMS

Awarded Padma Shri &
Dr. B. C. Roy Award

Chairman Cardiology and
Dean Academics and Research,
Batra Hospital and Medical
Research Center.



Adjunct Professor: Jamia Hamdard University, New
Delhi and Amity University, Noida.

Joint Editor: Euro Interventions

Course Director: AICT/PCR and INDIA LIVE

Patron: Mother Helpage (INDIA)

Message from our Patron

I am very glad to learn that Mother Helpage India is going to publish a yearly News Magazine. My association with the organisation as a Patron has been very recent but it is heartening to learn about their achievements. The work done by MH as a NGO for the vulnerable population has been exemplary and needs to be disseminated to increase the awareness regarding this organisation in the entire country.

This communication is also meant to expand our reach so that MH can not only serve but also gets inputs from the community to improve in delivering its missions. Our ultimate goal is to become a National leader for selfless services provided by the entire team which started their activities from Jammu and Kashmir and have the ambition to grow and reach every nook and corner of this great country.

I do wish and hope that MH-India succeeds in its noble mission in times to come.

Upendra Kaul

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TOGETHER WE CAN ACHIEVE THESE GOALS

Lending a helping hand to the poor and opening your arms to the needy is the best form of charity. Whenever we talk about the society we are living in, a sense of responsibility arises on our shoulders, i.e. to take care of the most vulnerable and poorest people living amongst us.

We at Mother Helpage take initiatives to provide humanitarian aid to the people belonging to the downtrodden sections of society. Our initiatives are aimed to provide basic amenities to those who are devoid of them and are living in extreme poverty.

A Single blanket?

Not just a blanket but a protective layer from the chilling cold and most importantly giving people the ability to survive and socialize with a sense of dignity.

KASHMIR
2019



Gift of Warmth





WINTER RELIEF

We are committed to the welfare of downtrodden members of our communities, the organisation successfully completed our winter relief programmes in different parts of South Kashmir; Tral, Pulwama & Gadole. Our motive relies on reaching out to vulnerable groups in society and those who do not have access to basic amenities.

Our charity has for many decades and continues to provide these services to the people, especially in winter by sharing the gift of warmth and eventually saving lives by providing winter packages for those with the most desperate needs.



*The best of people are those
that bring most benefit
to the rest of mankind*

Prophet Muhammad (pbuh)

In support of the UN Sustainable Development Goals, Mother Helpage aims to install 3,000 water wells by the end of 2020, providing clean and safe drinking water in Jammu & Kashmir.

The motive of the project relies on providing access to safe water where this necessity is scarce and enhancing the levels of hygienic practices amongst the people.

Currently we are working in five major districts of Kashmir and are in the process of planning to reach several more as soon as we practically can.

Between 2015 and 2019 we have installed 1828 water wells all across Jammu & Kashmir and our mission is to complete the installation of 3000 water wells by the end of 2020 covering all the districts of Jammu & Kashmir.

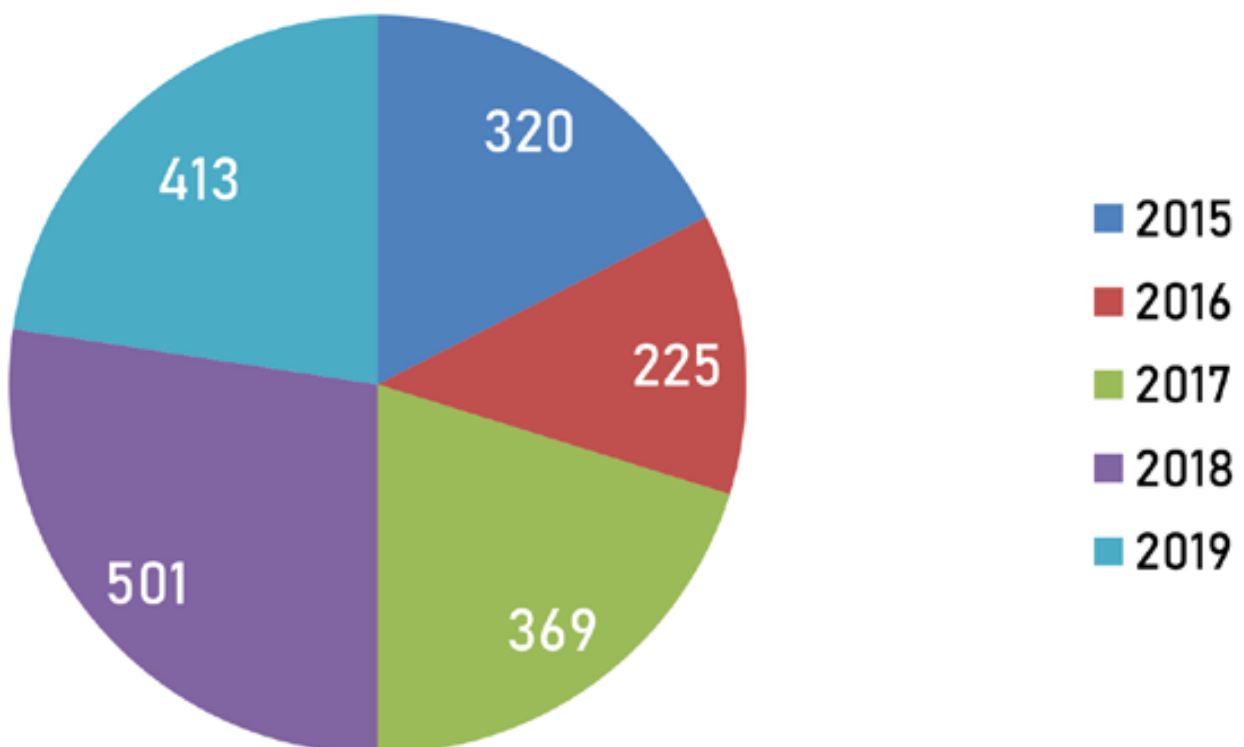


Safe water for healthy living

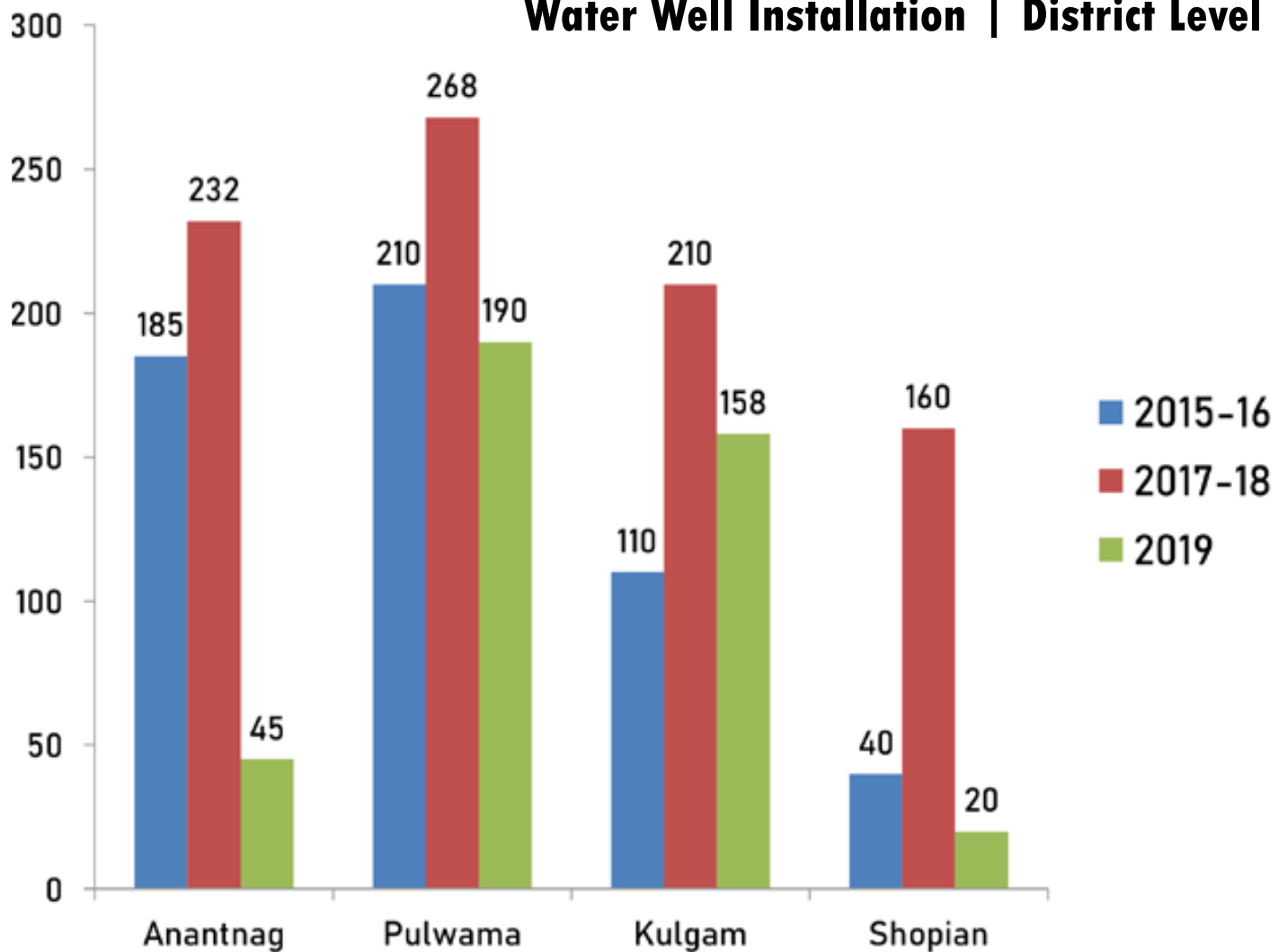
*The best charity is
to give water to drink*



WASH (Analysis)



Water Well Installation | District Level



General overview of the WASH programme implemented in Jammu & Kashmir by Mother Helpage:

S. No.	Type of well	No. of water wells installed	No. of households covered	No of beneficiaries covered	Water output per day (in Liters)
1	Tube well	1458	14580	87480	437400
2	Dig Well	342	6840	41040	205200
3	Bore well	28	2800	16800	84000
Total		1828	24220	145320	726600

- An average of 5 litres of water is supposed to be consumed by one beneficiary from an installed water well.

Getting appropriate health check-ups and proper treatment is important for every human being. But unfortunately it just remains only a dream for the poor, health care services are too expensive and out of reach for the most vulnerable and disadvantaged.

One of our major concerns is the lack of awareness of how to access and utilise medical services that are available especially amongst people living in rural areas.

To overcome this problem MH organised free medical camps on sites in different areas of South Kashmir; Kulgam, Pulwama & Shopian in which free medical checkups and medicines were provided to the poor and underprivileged.

Our aim is to make people aware of their personal well-being so that they get the proper health care and education at the right time thus avoiding any long term health issues.



Health is Wealth



Ramadan: An auspicious month of joy and blessings for Muslims around the globe. This is the month to earn countless rewards by doing good deeds in the path of the Almighty and helping the poor is one of them.

Unfortunately, in the society we are living in today there are people who are struggling with food poverty and are in desperate need to feed their families especially in the blessed month of Ramadan.

Every year Mother Helpage distributes Ramadan food packs among those who are suffering from poverty with little or no access to the basic amenities.

In 2019 Mother Helpage carried out its distribution programmes at different locations of South Kashmir; Pulwama, Shopian & Anantnag.

Your contributions have and can feed the poor families by giving them access to nourishing food in this blessed month.



*The best charity is
that given in
Ramadan*

Prophet Muhammad (pbuh)



FEED THE NEEDY





*Happiness is sharing Iftar
with others*





Token of Love





MARRIAGE ASSISTANCE

Due to crushing poverty, countless families cannot afford to get their daughters married and as a result most of the girls have already crossed their marriageable age.

The extravaganza in marriages and one of the oldest social evils (excessive DOWRY) that is still prevailing are the main factors for late marriages and a big concern for the poor families. Communities are caught in social values and traditions, and they try to follow such trends, to evade disgrace. Unfortunately these cultural norms adds extra pressure, creating an extra burden for the lives of poor families.

Mother Helpage provides advice and financial assistance to the poor girls who cannot bear the expense of their marriage. Our sole aim is to ease their burden and re-educate communities on social norms that are not always necessary.

Empowering women with skills is the key to building a better future. Not only do they act as a path to success but they are a great factor for economic growth, social development and environmental sustainability.

Mother Helpage has for many years has and is still working on Skills Development. The initiative was started to provide access to skills for women especially orphans and widows, helping them to live their lives with dignity & more importantly become confident and self dependent.

Our aim is to empower Women by providing them with all the necessary perquisites to succeed in life: achieved by providing raw materials, machinery and instructors so that they can gain skills and earn a livelihood.

**Empowering Women through
Skills Development**



Being Empowered





*“Neither their flesh reaches Allah
nor their blood. But it is your piety
that reaches Him”*

The Holy Quran 22:37



Mother Helpage annually on behalf of its donors performs Qurbani sacrifices, benefiting thousands of families celebrating the auspicious occasion.

In poor communities the source of rich food is not a part of their regular diet. Therefore we distribute fresh meat packs among thousands of families who are underprivileged. Each food pack contains an amount of meat that provides a family of five with meals for approximately one week.

Through this project our donors not only provide families with nourishing food but a sense of hope and happiness facilitating the celebration of this occasion along with the millions of Muslims around the globe.

This year, apart from Jammu & Kashmir, the organisation carried out its Qurbani project in Gambia, Nepal, Sierra Leone, Sri Lanka, Indonesia and Gaza, Palestine.



SHARE YOUR QURBANI
with those in need





Humanity Matters





Education for All





EDUCATION FOR ALL

DONOR NAME : DEEPA KAU

DONOR NO : 56

AN INITIATIVE TO

A GIRL CHILD



EDUCATE A GIRL

Mother Helpage in support of the UN's Sustainable Development Goals aims to provide quality education to students who have the passion to study and help them achieve their dreams. The organisation is providing basic educational facilities to poor children, orphans and schools with the aim of leading them to a successful future.

Under its initiative "Education for All", we have provided financial assistance to poor children and distributed items such as school uniforms amongst the twenty most deserving students at Sunrise Public School Jammu.



Mother Helpage under its Sponsorship Project has for many years and continues to support orphans, widows and the elderly by providing them with financial assistance on monthly basis.

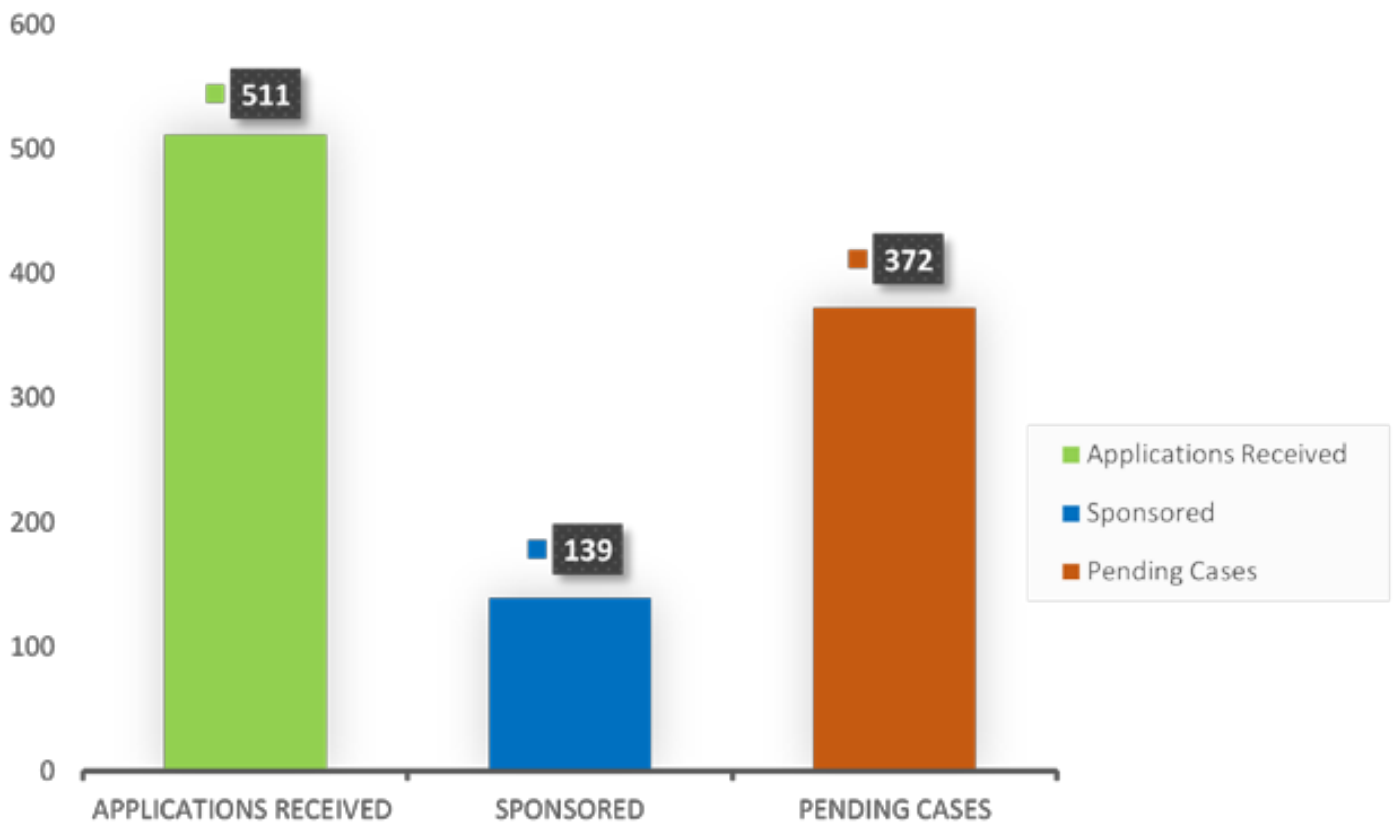
- **Supporting orphaned children with their educational needs, helping them to achieve their dreams and potential.**
- **Supporting the well-being of widows and the elderly**

“One who strives to help a widow or the poor is like one who struggles in the cause of Allah”

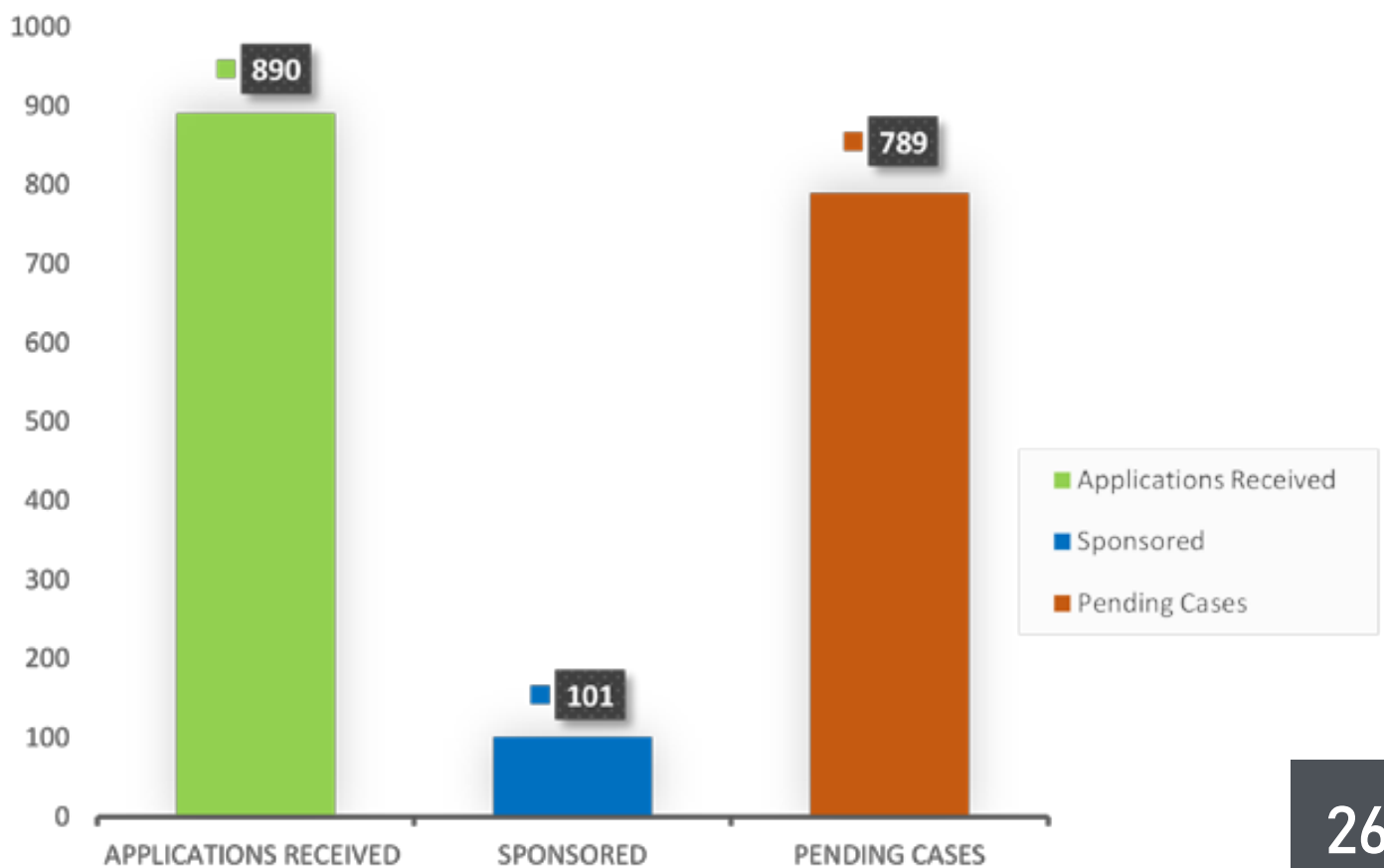
Prophet Muhammad (pbuh)

NEED YOUR SUPPORT

STATISTICS | ORPHAN SPONSORSHIP



STATISTICS | WIDOW/ELDERLY SPONSORSHIP





Serving Mankind



“Whoever saves the life of one, it is as if he saved the whole of mankind” (The Holy Quran 5:32)

For nearly 20 years Mother Helpage has responded to emergencies around the world. During emergencies MH has always placed itself on the ground to provide services to those who have been affected.

In 2019 MH reached out to residents of rural areas who were deprived of basic commodities. The organisation provided relief to the people living in such areas by distributing food including baby food and blankets.

The organisation also set up medical clinics at various locations, providing free checkups and medicines for the poorest of communities.

Our sole motive relies on providing timely assistance to the people in the event of any humanitarian crisis.





First Responders
at your service





Our youth is our Future





RisingKashmir

July 24, 2019 | Rising Kashmir News

Maharaja beat Hyderya to lift trophy

In a scintillating contest Maharaja Football Club defeated Hyderya Football Club by a solitary goal in the final of Mother Helpage Gold Cup at Sports Stadium Anantnag on Monday evening.

The match turned out to be a scintillating contest as both teams displayed quality football on the day. Both the teams made several attacks on each other's goal post without any success. However, in the end Maharaja players held their nerve and converted one into goal. contd.

Deputy Commissioner Anantnag, Khalid Jahangir, J&K Football Association President Zameer Thakur, JKFA Secretary Prof Bashir Ahmad, President DFA Srinagar Fayaz Ahmad Sofi, President DFA Anantnag Mohammad Amin Malik, Project Manager Mother Helpage (MH) Rizwan Wani, and other officials were present to witness the final match.

Before the match started a message “Let’s Play For a Drug Free Community” was displayed. “A fight against the drug menace” is an initiative started by Founder Mother Helpage Dr Sohail Nasti.

Speaking on the occasion DC Anantnag said, “I thoroughly enjoyed the game as both the teams played with enthusiasm and great spirits. I want the organisation (Mother Helpage) to continue such programmes in future and provide the youth with opportunities as well.”

He appreciated the vision of the founder of the Mother Helpage to safeguard youth from the menace of drug addiction and providing exposure to the youth of the state. “He (DC) also appreciated the gesture of Dr Sohail Nasti for offering a week long sports trip to England to the Man of the Series of this tournament so that he is groomed to become a polished professional sportsperson,” a spokesperson of the MH said.

Mother Helpage is not only carrying its fight against the drug menace in Jammu and Kashmir but in more than ten countries of the world, he said.



GLOBAL PROJECTS

Being poor is not a choice for any human being. People who have financial issues face many problems and one of the biggest problems is that of homelessness.

Globally millions of people are homeless and spend their entire lives living on the streets. Being alone and neglected by society, they struggle on daily basis and can only dream of the opportunity to improve their condition. These are mostly vulnerable and require proper attention from society. Deprived of basic amenities these people suffer on regular basis with no access to food, clothes or medical facilities.

Mother Helpage UK this year supported many homeless people by providing them with duvets, gloves, scarves and woolly hats to keep them warm during the freezing winter.

We at MH believe that being a privileged part of society makes it our moral duty to provide timely assistance to those less fortunate and living in isolation and deprivation.



Hope for the Homeless





BLANKETS FOR REFUGEES | JORDAN

FOOD AID | KENYA



QURBANI PROJECT



Sierra Leone



Sri Lanka





Gaza, Palestine



- _____



WORKING UNDER THE REGULATORY CODE OF CONDUCT

Humanitarian



**CHARITY COMMISSION
FOR ENGLAND AND WALES**



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

MEMBER OF

bond
FOR INTERNATIONAL DEVELOPMENT

Governance

Financial



**CHARITY COMMISSION
FOR ENGLAND AND WALES**



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