



**Mother Helpage**  
TOGETHER WE CAN



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**EMERGENCY  
RELIEF 2020  
YEMEN**

**RED CROSS INITIATIVE**

# ACTIVITY REPORT 2020

**FIGHTING  
COVID**



**#STAY FIT #STAY HEALTHY**



## **Message from the Founder**

We all have been going through very hard and challenging times since March 2020. Hundreds and thousands have lost their lives innocently to this deadly virus and the skeleton of the global economy shattered worth billions since the start of this pandemic.

I would like to express my support and solidarity with everyone. Mother Helpage has a 25 year legacy of responsible humanitarian service delivery and we are committed to serve with more dedication and hard work.

I appreciate that all the governments, health care attendants, other professionals, humanitarian organisations, administrations, activists etc have played a vital role in containing this pandemic and have shown an example of togetherness irrespective of race, religion, region or colour. Mother Helpage's global family also stood united and delivered their best with the support of our partners, staff and volunteers to deliver support in more than 12 needy countries of the world. Our offices / partner locations in more than 20 countries are fully functional and ready to support to the best of their capabilities.

However, we had to strengthen our governance policies especially organisational financial conduct and management during this pandemic for the safer delivery of our work and we have set up an extensive contingency plan securing our supply chain and humanitarian operations. Mother Helpage strictly follows the advice of all governments and obeys the operational protocols strictly keeping in view the safety of the team and the beneficiaries.

I am extremely thankful to the governments, volunteers, ground staff, our partners and the implementing agencies who supported us throughout this period and enabled us to deliver our much needed services to hundreds and thousands of beneficiaries across the globe.

I am grateful to our entire team from office based officials to the operations units on the ground who adhere to the guidelines of WHO, Charities Commission and local health administration in all the countries we operated in our organisation will continue to follow the safety protocols as required.

I also feel painfully low to see the situation the students have faced globally and how this pandemic has affected education throughout the globe.

During this COVID-19 pandemic, it was a super challenge to stay focused and fit mentally and physically because of the extensive restrictions, however I think we have fought it out by dietary control measures, long walks, bicycle rides and keeping busy so that we stay fit by our soul, mind and physique.

We have to stay strong, focussed and united so that we can win this battle against COVID-19, because definitely **#togetherwecan**.

**Many Thanks,**

**Dr Sohail Nasti**  
**Founder Mother Helpage Worldwide**

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## RED CROSS DIVISION

Complex emergencies tend to pose varying levels of political and security risks. Consequently, different states/actors approach complex emergencies in different ways, depending on their political and security considerations. For nearly 20 years Mother Helpage has responded to various emergent situations around the world and placed itself on the ground to provide services to those who have been affected.

Every year Mother Helpage carries out its activities in various countries by providing the services to the urgent needs of the vulnerable people and frontline workers. Our motive relies on providing disaster response & preparedness services to people who are severely hit by man-made or natural disasters. We help people to survive and overcome such emergencies through our different humanitarian programmes like provision of food supplies, medical aid, baby food, winter relief, and sustainable living projects. Keeping in view the COVID-19 crisis that has engulfed the entire world, Mother Helpage continues to focus on promoting preventive measures to limit the spread of this deadly virus. In the rise of this deadly virus MH worked on front foot by providing and supporting health systems, frontline workers and those who are more vulnerable. The organisation also set up medical camps at various locations, providing free checkups and medicines for the poorest of the communities.

Mother Helpage considers “Disaster Preparedness and Response” as a vital aspect of its organisational mandate and has an “Emergency Preparedness and Response Strategy” in place at National and International levels in order to provide timely assistance to the people in the event of any humanitarian crisis. For many years our organisation is conducting the programmes in different parts of the world at times of emergency when people are in dire need and MH as a responsible humanitarian organisation reach those who are deprived of basic commodities.



## COVID-19 EMERGENCY





# COVID-19 EMERGENCY

As the year 2020 is about to end, there are events which we wish hadn't have happened. This breakout of COVID-19 Pandemic has wrecked much havoc around the world. While the lockdown has helped to curb the spread of the virus, but it has also turned out to be a bane for some. The poor marginalised communities with no means of livelihood have been severely hit and made them susceptible.

Mother Helpage continues to respond to the ongoing COVID-19 crisis through a multi-channel approach; working in collaboration with local authorities, administration, frontline health workers, academic institutions, communities and local self-help groups. In our COVID-19 Emergency response, we've reached thousands of families by providing them with food supplies and other assistance to ensure the vulnerable population remain protected. MH has focused on those sectors of society who are in dire need of help and do not have any sustainable livelihood. In order to protect these vulnerable, MH distributed food parcels and other essentials to such masses in different parts of the world.

Since WHO and other health-related organisations around the world have put emphasis upon personal hygiene as the main shield to remain safe against viruses particular deadly COVID-19, Mother Helpage is also concerned by the increasing risk of a wider transmission and appeals for the intensification of prevention measures and support to health systems.

In order to combat this virus, MH conducted a series of awareness camps to aware the masses about personal hygiene, social distancing and other preventive measures. Under this initiative we distributed masks, hand sanitiser and personal protective kits to the masses and frontline warriors who are more prone to the deadly virus.

Even after the lockdown has been lifted MH continues its fight against the deadly virus by being active on the grass root level. We thrive to support the people who have been severly effected by the lockdown especially those belonging to marginalised sections. Our aim is to lift the people who have been financially hit.









## **Covid-19 Updates**

- \* Distributed food packs among poor and needy in different districts of Jammu and Kashmir. (Districts Covered: Anantnag, Srinagar, Kulgam, Kupwara, Bandipora, Baramulla, Rajouri, Doda and Jammu)*
- \* Carried out Covid Emergency Programme in Uttar Pradesh (INDIA) and distributed the food and other essential items among the poor and needy.*
- \* Worked with the district administration of Anantnag and Srinagar by providing services to the people in terms of Food Aid.*
- \* Distributed the masks and gloves to the Media fraternity Srinagar.*
- \* Supported families under Income Relief Project by providing services to those who have been severely hit by the Covid-19 Lockdown with special focus on labourers and street vendors.*
- \* Provided financial support to the residents stuck outside state keeping in view the Covid-19 restrictions.*
- \* Provided support to the migrant workers by providing them services in terms of food and other necessities.*





**Mother Helpage UK along with its team of dedicated volunteers carried out the Covid-19 Emergency Programmes in different Countries.**

**1) Yemen   2) Gaza   3) Sierra Leone   4) The Gambia   5) Sri Lanka**





# MEDLINE PROJECT



Mother Helpline under its project “Medline” started Emergency Service (Ambulance) in District Bandipora. The main motive of this initiative is to provide the services to the people at the times of Emergencies. The initiative was initially started in District Anantnag wherein two ambulances are catering to the needs of a large segment of people. Moreover the organisation has a funeral service in Anantnag and is planning to start the services in other districts as well.









# MEDICAL CAMPS

The statement that “Health is Wealth” by American philosopher Ralph Waldo Emerson is very true to its meaning, as one cannot do anything if he or she does not have good health. It is important for every individual to get appropriate health check-ups at the proper time.

Unfortunately for the people belonging to marginalised sections, it only remains a distant dream. In the present world, health care services has become a luxury and the poor cannot afford the quality health care services due to lack of financial resources, poverty and expensive health facilities.

To address this problem, Mother Helpage is focused on providing high-quality health care to the poor and underprivileged communities. MH organises general and specialized health camps for the affected communities to make quality health care accessible to them. Also free medical check-ups are provided in the remote and hilly areas where people are neither able to afford medical treatment nor have any basic knowledge about health and hygiene. These camps have become a lifeline for the people of these areas. Besides proper consultation, the beneficiaries are also provided with free medicines. The programmes are conducted in its targeted areas with the help of doctors and paramedics.

Our primary focus in this domain is to bring healthcare to the doorstep in areas of intervention so as to make people aware of their personal well-being. Keeping this in view, we have conducted various medical camps, health education/ awareness camps in a few countries around the globe; India and Kenya.

Furthermore, MH is also committed to serve the communities who are in need at difficult times. MH's response to emergencies is rapid wherever and whenever needed. Our Ambulance services are working round the clock at many places for any medical and like-wise situations as the ambulances are well equipped with essential & modern medical facilities that provides services to patients transported over long distances. These programmes have been of great benefits to a large section of people every year who could not reach the nearest health facilities. Our aim is to save lives of people by providing better health facilities.







# WINTER RELIEF

As winter is coming bringing with it a lot of cold, the poor often do have neither the resources nor the ability to fight the cold when the temperature dips below zero. Mother Helpage realised the need for the intervention to protect society. Keeping in view the emergent requirements of winter, MH with the help of its dedicated volunteers take initiatives to provide winter relief 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. These mostly include people with minimal financial resources; daily wages, street vendors, widows, orphans, especially abled persons and families severely hit by COVID-19 lockdown.

Through the winter relief initiative, MH provides needy and deserving families with all possible assistance to live a sustainable and protected life during winters. The Winter Relief package includes all the essential items to live a sustainable life during this period. The package includes food items, blankets, fire pots and other basic amenities.

Further, it is also pertinent to mention that, MH also provide services at the doorstep to the most marginalised sections of society, who could not reach us at the distribution site. The main aim of this initiative is to reach out to vulnerable groups and those who do not have access to basic amenities by sharing the gift of warmth and eventually saving lives by providing winter packages for those with the most desperate needs.

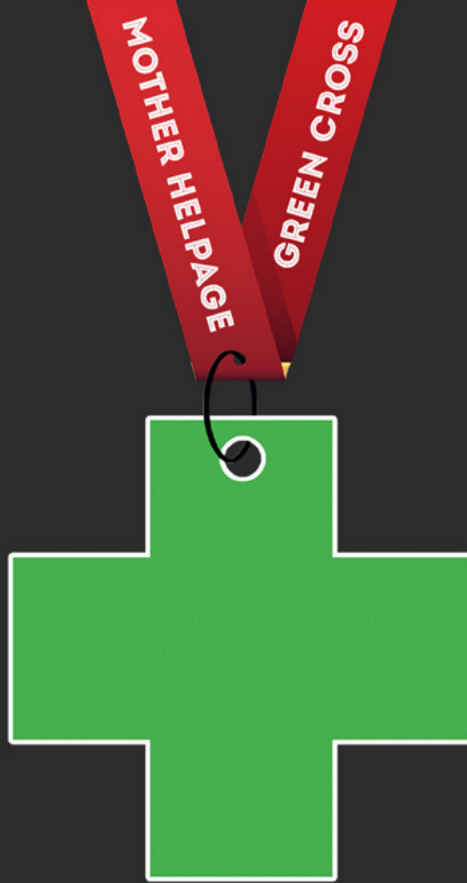
Under this activity during 2020, our team distributed 34 winter relief kits among beneficiaries from North Kashmir districts- Sopore, Bandipora and Handwara.











## **GREEN CROSS DIVISION**

Concerns about the environment are growing around the world as governments, scientists, and activists are witnessing first-hand devastating effects of climate change. The slogan of this division is to make the people aware about the rapid environmental changes and how we can assist to control and prevent any negative impacts. The vision of Mother Helpage in accordance with this initiative is to make this world a better and safer place for our future generations.

The simplest solution which Mother Helpage aims at, is to Act Green by keeping your environment clean and green and embracing a greener lifestyle. We are dedicated to promote care and regeneration of natural resources, building a more equitable and sustainable society, participating in the development processes of the community and the country, and promoting actions oriented to sustainable development that address various problems of the environment.

We at Mother Helpage believe that, if a single plant is cut down it will harm our ecosystem. In contributing to the environment we conduct various types of activities, like plantation, cleanliness drive and are planning to work on few other activities like waste management and protection of water bodies. Our mission is to raise awareness among the masses about the importance of small daily activities to change the future of the planet, reverse climate change and build a society with a different vision towards the future of the use of resources and the care of the environment. MH emphasis on keeping the environment GREEN.





## **AWARENESS PROGRAMMES**

Being a responsible citizen of the society, it is our responsibility to contribute to the environment in order to make it clean and green. Mother Helpage organises awareness programmes on different issues regarding the overall development of community. For the same purpose, MH makes use of different multi-media tools which communities are familiar with, like Display & Distribution of Information materials, Stickers, Banners, Address by subject experts, Address by community leaders etc. Another strategy employed is involving youth in awareness programmes like rallies, debates etc; because, youth is the best medium to carry forward the information to different sections of society in order to bring a positive change. Within this activity, Mother Helpage organises different awareness camps in coordination with the community members/youth while keeping their aspirations in our mind. The aim of this activity is to spread information, educate the masses, inspire people around the world to take action to encourage & inspire and bring practical changes in society. The main focus relies on creating the awareness about green and sustainable environment all over the world.





## PLANTATION DRIVE

*“An poshi teli, Yeli wan poshi”*  
(Food will thrive only till the woods survive)  
*Nund Reshi (A famous Kashmiri Mystic)*

A sustainable and clean environment can bring changes in the disturbed ecosystem. Realizing the multiple benefits of green environment; they release oxygen into the air, absorb unpleasant odours as well as harmful gases released from factories and automobiles, purifying the air and playing a vital role in preventing soil erosion and maintaining ecological balance. Mother Helpage conducted plantation drive in Sri Lanka and is planning to conduct such drives in other parts of the world in future. Our aim is to raise the awareness among the masses about clean and green surroundings. Plantation should be done as it is the urgent need of the hour to fight against climate change. We should plant trees to protect our environment against air pollution and global warming. MH, invites all of you to join us and let's make a healthy green atmosphere for a better place to live. We believe in working together for the environment and organise plantation and nurturing drives as an attempt to make a small contribution to replenish Mother Earth. Plantation plays a highly significant role in making our lives better and as a part of the society, it is our responsibility to protect the environment. At MH we believe if a single plant is cut down it will have an adverse effect on our ecosystem.





# SAAF MAHOL





# SAAF MAHOL

The cleanliness campaign of Mother Helpage aims to make aware the people all around the world about the clean environment. As a part of this society, it is our moral responsibility to improve sanitation practices and keep the environment and surroundings clean so as to keep it preserved for our future generations.

The increase in technology is directly proportional to increase in pollution. With the increase in technology, pollution is increasing in our societies at a rapid pace. We as human beings ignore such issues and most of the time, throw our garbage on the roads, instead of using the facilities in place. With time, this garbage gets accumulated and as a result, becomes a source for many air and water-borne diseases leading to severe health consequences.

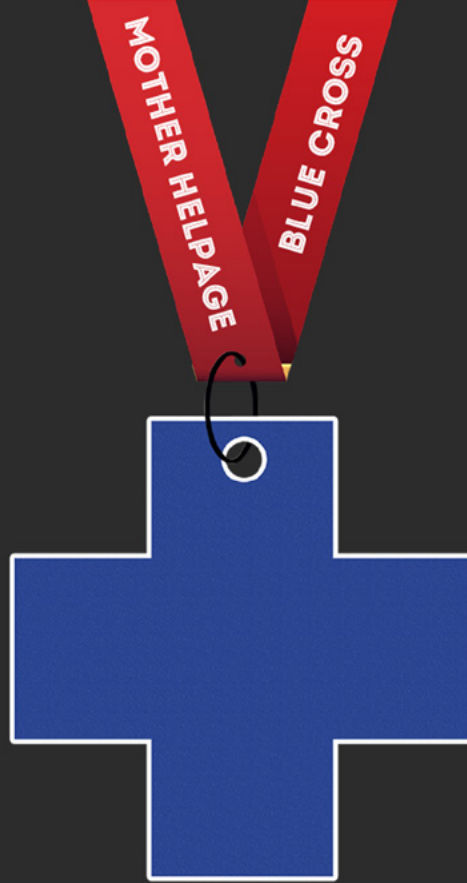
To address this issue Mother Helpage initiated the “Saaf Mahol” project to protect the environment and live a healthy life. Within this activity, Mother Helpage takes up different tasks along with its group of dedicated volunteers that help people to improve and overcome the challenges they face in their daily lives regarding cleanliness

- Educating the local masses and making them aware of the need to keep their surrounding clean.
- Playing vital role in constructing public toilets in populous and crowded places in order to avoid open defecation and the problems faced by the inhabitants especially females.
- Providing facilities to the marginalised villages which require proper sanitation facilities.
- Working closely with authorities and community based organisations to execute a daily Saaf Mahol plan in a certain area.
- Visit schools and colleges to teach children about the importance of cleanliness.









## BLUE CROSS DIVISION

*"Each and every animal (creature) on earth has as much right to be here as you and me"*  
Anthony Douglas Williams

Mother Helpage under its Blue Cross division is providing people with all the services so that they can take proper care of their animals, generate their livelihood and improve their economic conditions. MH works hard for the welfare of animals through the medium of humane and animal welfare education. We also partner with community leaders, opinion makers and likewise minds in order to promote awareness on animal-related issues. Our efforts enable us to significantly influence people, compassion towards animals and care for the natural world so that they can mark a difference and bring a positive change.

The welfare of the humans and animals is equally proportional to each other. To maintain the food supply of humans, animals should be provided with proper nutrition and care. The aim is to sow the seeds of empathy towards people, compassion towards animals and a respect for the environment.

The main motive of this project is to educate and create mindfulness among the communities about animal welfare so that animals are treated in the best possible way. Our focus relies on working with close coordination with the administration/ communities so as to mark a difference and make each and every animal lover a part of our organisation.





## ANIMAL WELFARE





# ANIMAL WELFARE

Our vision is a world, in which animals are appreciated, respected and treated according to their needs and nutrition. Through our Animal Welfare initiative, we focus on those regions where people lack knowledge about the proper animal welfare including proper veterinary care; putting emphasis on the rearing of animals like cows, sheep and horses. In all of our work, our charity stands for a high care for the animals.

Animal welfare is not just about animals. It is about us. Our living conditions, our children, our earth as we live in the same ecosystem where we are dependent on each other. The welfare of humans and animals is equally proportional to each other. Cruelty to animals has a significant and irreversible impact on human health, economy and environment.

Mother Helpage under its Animal Welfare initiative is providing the people with all the services so that they can take proper care of their animals, generate their livelihood and improve their economic conditions.

MH also partners with community leaders, opinion makers and likewise minds in order to create awareness among the people on animal related issues. Our efforts enable us to significantly influence people, show compassion towards animals and care for the natural world so that they can mark a difference and bring a positive change.

The main motive of this project is to educate and create awareness among the communities about animal welfare and help animals in the best possible way of utilising the available resources optimally and to achieve this objective success and to make a difference we need to make each and every animal lover a part of our organisation.







**WE CARE FOR ANIMALS**







## WHITE CROSS DIVISION

The overall goal of this division is to develop the capacities of the communities to change their own surroundings, through various long-term building programmes and activities. Mother Helpage believes that, all the community members should come together and are equally responsible to take collective action and generate solutions to common problems of society.

Under this project, MH organise different projects that are needed for the uplifting of the poor and marginalized communities.

It mainly includes

- 1) Water, Sanitation & Hygiene
- 2) Sustainable Living Project
- 3) Education for All
- 4) Sponsorship (Orphan / Widow/ Elderly)
- 5) Marriage Assistance
- 6) Youth Development
- 7) Community Development
- 8) Seasonal Projects (Qurbani and Ramadhan Food Aid)

For this purpose, MH work both independently and in close connection with the community members and the authorities for the welfare of poor people in most vulnerable areas. Our sole aim relies on providing the people with all the services in terms of Food, Financial Assistance, Education, Livelihood, Access to Safe Water and all other necessities that are required for sustainable living.







# WASH: WATER, SANITATION AND HYGIENE

*Pure Water is the World's First and Foremost Medicine.  
Slovakian Proverb*

Access to safe drinking water, sanitation and hygiene (WASH) is a fundamental element of healthy communities. Since it is essential to meet the millennium development goals related to environmental sustainability and health. So under this initiative, Mother Helpage prioritises those affected areas that face water scarcity, proper sanitation and poor hygiene conditions. Due to unavailability of safe water for drinking and other domestic use, people suffer a lot. The motive is to provide access to clean and safe water to maximum populations by installing water wells, where this necessity is scarce so as to improve the living conditions of people.

With this initiative of Mother Helpage, to install water wells at many locations which were in dire need of safe water across length and breadth of Jammu and Kashmir, the installation of water wells has been the best possible successful long term sustainable response. As the project has positively helped in changing thousands of lives who usually face an acute water crisis over many years. The activity has benefited several villages and has a huge impact on the overall development and growth of society. Due to easy access to safe water, a lot of mental and physical burden of womenfolk has been reduced who otherwise had to walk miles to get a single bucket of water which too is not safe for consumption.

Further, it is pertinent to mention that, during the COVID-19 pandemic MH launched awareness campaigns at various locations and distributed masks, sanitiser and other necessary items in order to promote good handwashing behaviour, physical distancing and the use of face masks for good health and hygiene.

Since poor WASH facilities can degrade the environment and make a community vulnerable to various types of diseases. Mother Helpage predominantly focuses on rural and small town areas to access safe water and proper sanitation. MH aims at saving lives and reducing illness by improving global access to healthy and safe water, adequate sanitation and improved hygiene.





## EDUCATION FOR ALL





# EDUCATION FOR ALL

*“Education is the most powerful weapon which you can use to change the world”- Nelson Mandela*

Education is a shared responsibility between government, community and private sectors. The vision for Mother Helpage to ‘Education for All’ is simple yet focused. We are committed to reach out to every child who doesn’t have access to education to make sure that he or she receives a quality education for a successful and bright future. The right to education is high on the agenda of the international community and to be at the front we provide quality basic education facilities to deserving students, children from the poor socio-economic profile, orphans and students from marginalised communities who have the passion to study and help them to achieve their dreams.

Besides this, Mother Helpage also works closely with different educational institutions that require dire intervention to fulfil the different demands of students, such as libraries, computer labs, distribution of books, uniforms, dictionaries etc. The main aim of this sub-initiative is to provide the needy students access to advanced knowledge so that they can understand their subject better and improve their communication skills.

Moreover, since the education sector has been severely affected by Covid-19 lockdown and we really feel it’s important to take it as a responsibility to provide the best assistance to those children who are either very poor or those belonging to downtrodden sections of society. Through this “Education for All” activity, the sole motive is to address quality concerns of education and provide the students with all possible support to become reasonable citizens.







## SUSTAINABLE LIVING





# SUSTAINABLE LIVING PROJECT

To address the livelihoods challenges of marginalised people in various regions and to bring positive change in their lives, Mother Helpage supports livelihood improvements through various sustainable living projects. We are always committed to bring new techniques and innovative methods with indigenous knowledge to improve the living conditions of poor people.

Mother Helpage introduce more effective and sustainable projects for making communities resilient. Under this project, we conduct and support various types of initiatives, by which people can be immersed in the world of sustainability. These mainly include skill development, education centres, farming support, entrepreneurship, sustainable trade, capacity building, piloting innovative livelihood models and livelihood support. We take a keen interest in activities to facilitate the development and promotion of small and medium scale enterprises. We assist in basic technical and vocational skills in both the rural and urban areas, to the poor and to those who are financially weak so that they can earn their sustainable livelihood.

Since its establishment, MH has worked with thousands of individuals on the issues of employment through education, community outreach, networking and proper counselling. The purpose is to give recognition and a voice to the vulnerable and exclusion by providing them with all the necessary prerequisites to succeed in life: achieved by providing raw materials, machinery and instructors so that they can gain skills and earn a livelihood. With the support of our donors, the project will help increase their socio-economic independence and provide opportunities for vocational training, skill enhancement and employment.

Mother Helpage under this novel initiative has carried out the following:

- 1) Generation of Livelihood units in Jammu and Kashmir.
  - i) Doodhmarg Tral
  - ii) Melhora Shopian
  - iii) Khudwani Kulgam
- 2) Rehabilitating the Gujjar Community at Doodhmarg Tral by providing them with all weather waterproof tents.





# LIVELIHOOD GENERATION







# REHABILITATING COMMUNITIES







## MARRIAGE ASSISTANCE





# MARRIAGE ASSISTANCE

*“Of my tradition is to marry. So, then whoever turns away from my tradition (Sunnah) is not from me (my nation).” (Prophet Muhammad PBUH)*

As humanity is the creation of Almighty, so is the marriage. Marriages are meant to be a very sacred thing in our society and each religious faith has its practices including wedding concerns that have been passed down through generations. As we all know that in South-Asian culture particularly Kashmir, the traditional wedding were simple but with the passage of time they have become elaborated and complex. It also requires a good amount of money and various marriage goods in the arrangement of bonding two scared souls. Nowadays marriage has become a luxury and the poor cannot afford it.

To address this issue, Mother Helpage provides financial assistance for this noble cause to meet the requirements of orphan and poor girls who cannot bear the expense of their marriage after collecting all necessary details and other important aspects. Since Kashmir has been as affected as any other region by modernity, materialism and cultural diffusion, which directly or indirectly affect the age of marriage. Every girl holds a dream in her eyes of being a bride but the increase in customs and traditions don't let them fulfill their dream.

As we know, today many girls cannot marry due to the cause of dowry and other social evils, that unfortunately are still prevailing in our society and are the main factors for late marriages which a big concern for the families belonging to low socio-economic profile. For solving this social problem with our selfless spirit, Mother Helpage is also committed to offering the best possible advice and counselling in making the marriages simple and at the right age and in removing extra burden for the lives of poor families. Our sole aim is to ease their burden and re-educate communities on social norms that are not always necessary.

Under this activity, we provide all the possible assistance to the poor girls who cannot bear the expenses of their marriage. We always try to support the girl and her family by bearing the expenses of the wedding and demolish dowry and suicide due to lack of funds for marriage. We believe that no girl should be treated as a burden just due to her marriage expenses. We aim to provide all the basic requirements for a wedding and help such poor families.





**Mother Helpage**  
TOGETHER WE CAN

# ORPHAN SPONSORSHIP PROJECT

Supported By:

**Mr. Nisar Ahmad Kar**

**Payment Period**

**From**

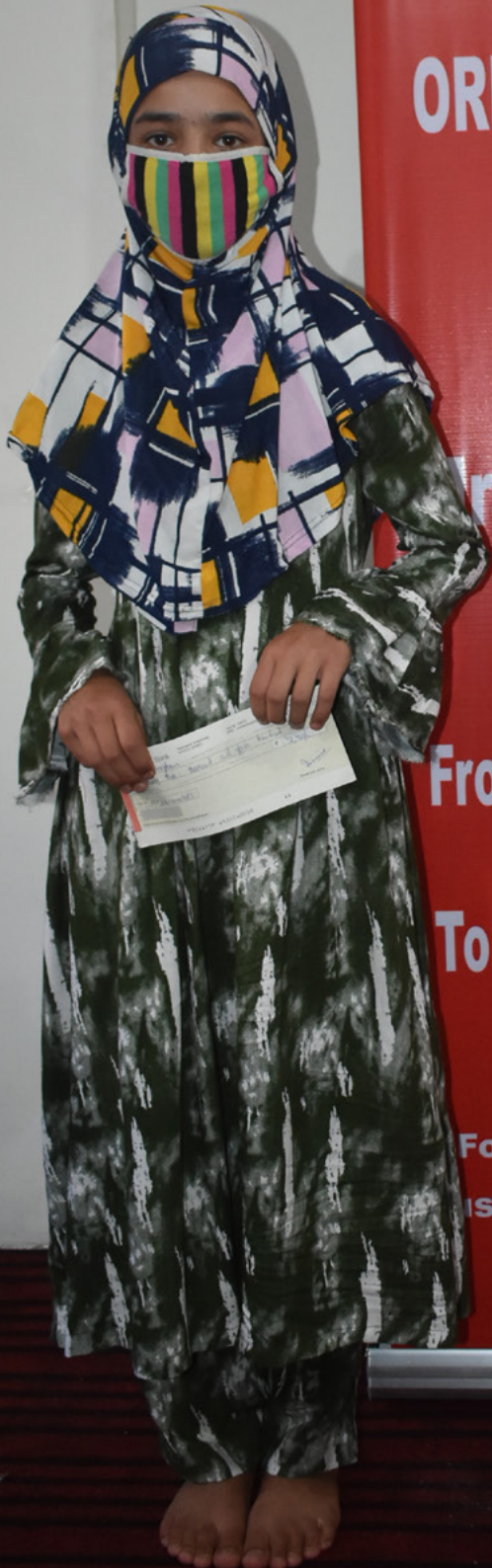
JULY 2020

**To**

SEPT. 2020

For more details visit our Office  
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K.P Road Anantnag J&K

[www.motherhelpage.org](http://www.motherhelpage.org)





# ORPHAN SPONSORSHIP

Despite planned development and special provision for accelerated socio-economic development of neglected/disadvantaged sections, the issue of the orphan, semi orphan and street children is not properly addressed in society.

Mother Helpage under its sponsorship project has for many years supported and continues to support orphans. It was one of the first projects started by our organisation. Proper monitoring is done by Mother Helpage Team, Volunteers and Orphan administrator in different targeted areas to identify and understand the problem that orphans are facing. We provide them all the facilities required to support their education.

Further, we involve the children in extra-curricular activities so that they have a change in their daily monotonous routine. We also provide counselling sessions to students to help them to overcome tough situations. These multidimensional initiatives have made a huge difference in the lives of these children.

Mother Helpage is also committed to encourage families, communities to treat all orphans and other vulnerable children and youths with respect ensuring that they are not treated as helpless victims but as actors in their own rights. They should be entitled to express their views and be actively involved in matters that relate to them.

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. This project has a potential impact in streamlining the lives of orphans.

Their basic needs are met & they will get new life by gaining knowledge, vocational skills & life skills. Their confidence level will increase & become a good asset to the community. They are developed physically, psychologically and made good & productive citizens.

The motive is to provide quality education so that they can live a decent life and become good citizens of society.





**Mother Helpage**  
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# **WIDOW SPONSORSHIP PROJECT**

**Supported By:**

**Mr. Nisar Ahmad Kar**

**Payment Period**

**From**

JULY 2020

**To**

SEPT. 2020

**For more details visit our Office  
Muslimabad near EFF EMM School  
K.P Road Anantnag J&K**

**[www.motherhelpage.org](http://www.motherhelpage.org)**



# WIDOW/ELDERLY SPONSORSHIP

Mother Helpage is committed to facilitating every individual's rights, especially the Rights to Identity, Dignity and Respect. Our mission is to act as a catalyst to enable access to basic rights to some of the most marginalised and vulnerable populations. In this paradigm the organisation has been addressing the issue of women who are at the risk of facing gender-based violence, destitute and elderly women.

Women who are single, widowed or elderly face multiple barriers due to illiteracy, malnutrition, abuse, poverty, isolation, social exclusion, ill health, lack of housing and exclusion from economic benefits. Against this backdrop, Mother Helpage organises both formal to informal consultations with the concerned sections and has pointed out the need for systematic documentation and innovative initiatives to address the discrimination and inequalities faced by women.

With support from our donors, MH provide food, clothing, & healthcare to such cases and help them with all essentials for a dignified & healthy living as well as skill training them for livelihood opportunities. We believe that empowering women with skills is the key to building a better future.

The initiative is 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. This project seeks to restore dignity in the lives of women folk and to make a difference in future.







## RAMADHAN FOOD AID





# RAMADHAN FOOD AID

*“Whoever provides food for breaking of the fast for a fasting person receives the reward of the fasting person, without the reward of the fasting person being reduced in any way.”*

*[Tirmidhi & Ibn Majah]*

Ramadan is a month in which Muslims around the world observe fasting during the hours of daylight. Fasting is an obligatory act upon all Muslims over the age of puberty, both men and women, rich and poor. This is the month to earn countless rewards by doing good deeds in the path of the Almighty and helping each other. But, not everyone is fortunate enough to celebrate the real essence of Ramadhan. In this contemporary society we are living in, there are still larger sections of populations that are struggling with food poverty and are in desperate need to feed their families especially in the blessed month of Ramadan.

Mother Helpage provides food to needy people that face food insecurity and hunger. Through the teachings of Islam, MH reaches families who have limited financial resources and aren't in a position to have cooked meals during Ramadhan. Focusing on the needy in many areas, we arrange larger Iftaar gathering and delivered iftaar meals at the doorstep so as to feed people at the end of the day. The objective of this project is to reach out to the poorest segment of our society and directly engage with them and show them our support by our Iftaar meals, after a long day of fasting.

Furthermore, through this project, every year food baskets are being distributed among the poor families' which mostly includes, orphans, widows and elderly so to fulfil the requisite requirements in terms of food insecurity and other necessities.

Each food parcel contains a sufficient amount of food for a family for three weeks and allows less privileged communities to be better prepared for the month of Ramadan, easing their worries about how to access food with which to start and end their fast. The aim of this programme is to provide food supplies to the targeted population so that they can celebrate the month of Ramadan with the same spirit and joy as other Muslims do.





**Mother Helpage UK along with its team of dedicated volunteers carried out Ramadhan Food Programmes in different Countries.**

**1) Congo 2) Greece 3) India 4) Kenya 5) Sri Lanka 6) Tanzania**











  
**Mother Helpage**  
WE ARE THE CHANGE  
**EID GIFT 2020**



## EID GIFTS

It is said that the well-known habit of the Prophet of Allah (peace be upon him) was to walk to the place of Eid prayer using one route and walk back using another. The simple reason for doing so was to see more people and be able to distribute more gifts. The end of the holy month of Ramadan is marked by the beginning of Eid-ul-Fitr. Eid is the day of celebrations for all the Muslims to spread happiness and love all around to create an ambience.

We at Mother Helpage, we recognise that thousands of people cannot enjoy the pleasure of Eid due to their helplessness and even do not have the luxury of wearing new clothes on the special occasion of Eid especially children. Every year, with the support of our donors, have made it possible for MH to ensure that the most helpless families have also the opportunity to enjoy the Eid celebrations.

Mother Helpage distributes Eid Gifts to various distressed families, widows, orphans and children to include them in the happiness and celebration. These gifts usually contain a package of food, new clothing, sweets and a toy for the family/children. This specific initiative has become a reliable source of happiness and joy for the children who often dream of celebrating this occasion like other children in society. The aim is to lower the suffering and provide a moment of happiness to those whose lives have been torn apart due to poverty.









# **QURBANI FOOD AID**

The blessed occasion of Qurbani is enjoyed by Muslims worldwide. Each year Qurbani animals are sacrificed from the 10th-13th day of the month of Zhul-Hijjah in honour and commemoration of Prophet Ibrahim's obedience to Allah's commands. The Qurbani Food Aid Programme is run by Mother Helpage every year during the Eid Al-Adha period. The nature of this program is to carry out the sacrifices and distribution of Qurbani meat to the poor and needy families among different parts of the world. The basic aim of this project is to make sure that the underprivileged and poor people are not left behind in this hour of happiness.

Qurbani symbolises the willingness to share some of the bounties that have been given by Allah as the meat from the sacrifice is required to be given to the marginalised populations as well as shared with family and friends. But due to the extreme poverty conditions experienced by our brothers and sisters, the source of rich food is not a part of their regular diet. Therefore, Mother Helpage on behalf of its donors performs Qurbani sacrifices, distribute fresh meat packs among thousands of families to celebrate the auspicious occasion.

The beneficiaries were selected with the active support of the local community members and volunteers. The project mostly involves the distribution of fresh meat parcels to the most vulnerable people -women, children,elderly, disabled, widows and daily wagers etc. It provides an opportunity for those people who cannot afford to purchase meat delicacies.Each meat parcel is packed with a good quantity of fresh meat that is appropriate and acceptable for the dietary culture of the community.

Further, the distribution of Qurbani meat is made in strict compliance with the Islamic injunctions. The distribution of Qurbani meat has enhanced the Mother Helpage to gain trust, respect and networking in different stakeholders.

Moreover, keeping in view the Covid-19, the organisation followed all the SOP's during sacrifice, packing and distribution. The organisation conducted door to door distribution so as the people belonging to unprevilged sections can celebrate this occasion with other people in the society.





**Mother Helpage UK along with its team of dedicated volunteers carried out Qurbani Food Programmes in different Countries.**

**1) Congo 2) Yemen 3) Gaza 4) Malawi 5) Kenya 6) Nepal 7) Sri Lanka 8) India (Areas covered in Union Territory of Jammu and Kashmir) (Srinagar, Anantnag, Bandipora, Pulwama, Sopore, Handwara & Doda)**











*The founder of Mother Helpage Dr. Sohail Nasti visited Al-Saba School, Wachi, Shopian and interacted with the students, faculty and community members of that village wherein different issues were discussed with special focus on education and other social issues.*





# COMMUNITY DEVELOPMENT

Community development is fundamentally based on the values of human rights, social justice, equality and respect for diversity. It may be best understood as a process where all the community members come together to take collective action and generate solutions to common problems. However, Mother Helpage recognises that some people, some groups and some communities in our society are excluded and oppressed due to the poverty and poor socio-economic conditions.

Under this project, Mother Helpage is offering its full support to the deprived people from all sections of the society across the world. The aim is to reach out at the grassroots level and help such masses in making such people, families and communities resilient and develop them socially and economically and ensure fairness for all citizens.

Since the development of a community largely depends on how aware the people in that community are, so to make appropriate interventions. MH team assess the problems, needs and resources of the community and then tries to solve them within the best of its capabilities and with the active participation of people on the initiatives of the community. We organise various kinds of workshops, awareness camps, vocational training programmes, sports activities, discussion groups, educational events, at the local level addressing needs across multiple sectors.

MH has been successful to do the needful and to contribute in uplifting those who are deprived of the basic learning and raised the living standards and environment by simply providing awareness about the things that matter and will matter to the future generations. The overall motive of this project is to make people aware of and create an environment of; Self-determination, Empowerment, Collective action and Working/Learning together for the larger development of society.

We at Mother Helpage believe

*“Together we can and we will make a difference”*





***Core Group Meeting held at Srinagar wherein MH Founder and core group members from Srinagar, Handwara, Sopore and MH Volunteers took part to discuss the working of the organisation and future community based initiatives.***



***Founder MH visited Sunrise Public School Jammu and interacted with the students and faculty members.***





**MH Founder Dr. Nasti also visited Doodhmarg Tral and Ratsuna Tral and interacted with the community members wherein different community development initiatives were discussed.**







**Mother Helpage started its operations in North Kashmir's District Bandipora wherein an ambulance service has been started to provide the services to the people at times of Emergencies. The organisation also stated its office in Central Kashmir, Srinagar as well.**

**Our motive relies on providing services to the people from all corners of the society.**







## STARS

Mother Helpage is working around the Globe and it is only possible through the efforts of our dedicated volunteers. We have more than 1500 registered volunteers regardless of race, colour, gender, religion, age, gender orientation, national or ethnic origin, disability, marital status or any other occupationally irrelevant condition. We believe that it is because of the passion and dedication of our MH stars that we have been able to serve thousands of families in difficult situations and try to make the world a better place.

Mother Helpage is always looking for highly motivated and passionate individuals interested in working with our organisation for the humanitarian works. Through volunteering, you can not only help others but also creates a network among the like-minded persons from diverse backgrounds to interact, work together and also provides an opportunity to improve your talent and social skills during the volunteering. Though MH Stars you will get an opportunity to work with our teams, explore your capabilities and organise your own events. We assure you support and help in every sphere of your life.

# ***“Be The Star”***





**VOLUNTEER WITH US**





# VOLUNTEERISM

Volunteers make up a key component of any organisation and are considered as the backbone for community mobilisation. They tend to perform their duties out of care and concern for the beneficiaries of the organisation. The success of any work depends on the strength and potential of the volunteers. Volunteering, which is a distinctly human characteristic, essentially calls for sharing and caring about fellow human beings.

Mother Helpage is working around the Globe and it is only possible through the efforts of our dedicated volunteers. We have more than 1500 registered volunteers regardless of race, colour, gender, religion, age, gender orientation, national or ethnic origin, disability, marital status or any other occupationally irrelevant condition.

At Mother Helpage we believe that it is because of the passion and dedication of our volunteers we have been able to serve thousands of families, individuals and communities in difficult situations and try to make the world a better place.

We encourage, motivate and guide volunteers; a list of tasks usually undertaken by volunteers is given. This, by no means, is exhaustive and all volunteers can use their own creativity and efforts to contribute to the best of their capacity in the projects. Further, during employment opportunities, MH gives first preference to our volunteers and also provides recommendation letters from our organisation which would further help them in their success.

## **VOLUNTEER WITH US**

- Arrange an event
- Take ownership of a project
- Organise a fundraiser
- Propose your own fundraising ideas

*Contact Us to register  
your interest today*

**BE THE  
CHANGE**  
**VOLUNTEER &  
MAKE A DIFFERENCE**





# WORKING UNDER THE REGULATORY CODE OF CONDUCT



UNITED NATIONS  
CIVIL SOCIETY



Small  
Charities  
Coalition

Informing | Supporting | Connecting

MEMBER OF

**bond**

FOR INTERNATIONAL DEVELOPMENT



CHARITY COMMISSION  
FOR ENGLAND AND WALES



Registered with  
FUNDRAISING  
REGULATOR

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*#Together We Can*