



Mother Helpage UK
TOGETHER WE CAN

SMILE
It's Sunnah :)

2021

ACTIVITY REPORT

www.motherhelpage.org



Contents .

- **01.** About Us
- **02.** Our year in review
Statistics and Summary
- **03.** Mental Health and Zindagi
- **04.** Word about Covid
And its effect on our work
- **05.** Overview of Projects 2021
- **06.** Success Stories

About Us •

Mother Helpage UK is a non-profit international humanitarian charity that mobilises resources in the form of financial donations, materials, medical aid and volunteer workers in order to plan and implement sustainable projects and programmes. We provide direct support in the form of nutrition, medicine, shelter and clothing. We support income generating initiatives and vocational training such as empowering women and groups that are the most vulnerable and struggling with poverty.

Mother Helpage intends to increase its efficiency by outreach, accessibility, partnership and networking with other humanitarian organisations as we believe in sharing experiences and resources in order to achieve the best possible results and outcomes of our humanitarian initiatives.

Vision & Mission •

Our Vision

Achieve social and economic justice for the most vulnerable communities and to provide a sustainable future for these communities, through our humanitarian global development and sustainability programmes.

Our Mission

Our mission is to empower communities and vulnerable groups to create lasting solutions to combat poverty, hunger, and social injustice.

Our Values •

Integrity

We adhere to humanitarian principles and practice and will not place ourselves under any financial or other obligation to individuals or organisations that might seek to influence our performance or duties.

Objectivity

We will only make decisions on need and merit whilst respecting, empowering and fairly treating those in need and we will show compassion for all human beings.

Accountability

We are transparent and responsible for our decisions and actions, ensuring equality and diversity.

Openness

We treat everyone as equals and show compassion for all human beings in need.

Honesty

We are sincere in our approach to everyone, regardless of race, religion, sex or gender and recognise the benefits of equality and diversity.

Leadership

We promote and support our values and principles by demonstrating good leadership, empathy and example, inspiration and guidance.



Our Goals & Aims •

Empowerment

Empower people and communities who experience disaster, distress or difficulty.

Services and Support

Ensure the needy receive the appropriate services and support at the right time to help their recovery and enable them to live in safety, peace, harmony and stability.

Organisational Excellence

- Utilising our knowledge, experience, skills as assets to develop and sustain us as an exemplar organisation.
- Creating a performance management culture which provides strategic direction and builds on the strengths of its workforce.

Well-being

- Support communities struggling with natural disasters, food and safe water, medicines and shelter.
- Aiding communities with resources to develop sustainable income producing projects.

Develop partnerships

- To collaborate and work in unity and engage with partners to strengthen our impact at country level.
- To communicate openly with all organisations globally ensuring we make a positive difference.



Our year in review .

Statistics and Summary

01 Food Relief



Project Name	Families Supported	Direct Beneficiaries	Indirect Beneficiaries	Total Beneficiaries
Covid Emergency Project	625	4375	150	4525
Emergency Project	900	5940	70	6010
Homeless Project	60	340	20	360
Winter Relief Project	1170	7722	210	7932
Ramadhan Project	621	4430	135	4565
Qurbani Project	6222	37330	400	37730

02 Safe Water – WASH



Type of Well	Number of Water Wells Installed	Number of Households Covered	Number of Beneficiaries Covered	Water Output per Day (In Litres)
Tube Well	750	7500	49500	247500
Dig Well	170	4300	22440	112200
Bore Well	5	500	3300	16500

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

03 Sponsorships



Project Name	Applications Received	Sponsored	Pending Cases
Orphan Sponsorship	793	543	250
Widow Sponsorship	400	100	300

Message from the Founder.

Greetings,

It has been a year since my last communication with you in December 2020, and now it is also the end of the year 2021. The past few years has been challenging and everyone of us will remember these years as the entire world was struggling to survive. I am truly aware that all of us has experienced difficult times. We at Mother Helpage also had to go through some changes and has to start with new ways for the safety, health & hygiene of the communities and staff as well. From our field staff to the management, we all have had to work under tougher conditions in order to deliver quality work and reach those who are in desperate need amidst the pandemic.

The work done by our team at the ground level in different parts of the world is unforgettable and deserves applause. The organization has grown at different parameters despite all the obstacles and challenges in the way. Our dedicated team has put all their efforts to fight this pandemic by providing services to the communities at different levels. As we have dedicated ourselves in the service of humanity, not only we worked in towns and cities, our team also reached to remote locations in order to bring awareness about the virus. We also provided essentials which are requisite to fight this deadly virus. Our team tried their level best to reach out to deliver these essentials at the doorsteps.

I am deeply moved by the collective efforts that our team has made during these years. It is because of our dedication and passion that has helped us to overcome the obstacles in these tough times. I remember a very important saying, "We must accept finite disappointment, but never lose infinite hope. Even in these tough times, we thrive to work hard in order to take care of our communities.

As 2022 is near, we hope and pray that this virus will vanish from this world and this year will bring prosperity and joy to the whole world. We at Mother Helpage will continue to work with same zeal and try to reach more and more people who are in need of support. We would like to thank all our donors with whose contribution we have been able to give better services.

I would like to mention here that Mother Helpage Worldwide offices and its partners are dedicating year 2022 for Mental Health Awareness as we have seen that due to COVID crisis and its devastation Mental Health Awareness needs to be addressed properly because of its urgent need and the mental agony created by the devastation of COVID. I am hopeful for your continuous support on this initiative so that we can fight this menace together for a very positive outcome.

I sincerely thank all of you. May you all stay safe, stay healthy, and wish you a better year ahead.



A handwritten signature in black ink, appearing to read 'Sohail Nasti'.

Dr. Sohail Nasti
Founder, Mother Helpage



COMING
SOON



A SOHAIL NASTI FILMS PRODUCTION UK

ZINDAGI

"THERE IS NO EXERCISE BETTER FOR THE HEART THAN REACHING DOWN AND LIFTING PEOPLE UP"

PRODUCED BY
DR SOHAIL NASTI

DOP
YUSEF KHALIQ

WRITTEN & DIRECTED BY
KHORAM HEDAYATI

SUPPORTED BY: MOTHER HELPAGE UK
SUPPORTING GLOBAL MENTAL HEALTH AWARENESS

#togetherwecan

STARRING: SOHAIL NASTI

SUPPORTED BY: ROSHAAN KHAN | ANILA ASLAM | RASHID PLALVI | THABISO TOBEY | ASAD HUSSAIN | AMJAD AMIN
SPECIAL APPEARANCE BY MASTER QAISER KHAN NIAZI

Mental Health and Zindagi



Following the onset of covid-19 taking care of one's mental health has been of more importance. Entire World was taken aback by the deadly virus. The extended lockdowns, lack of social interaction and loss of employment has resulted into unwanted and unfathomable consequences throughout the world. Artists in south Asia have seen the industry grind to a halt and many losing their livelihood, as such, it is no surprise that depression and anxiety is rife.

Zindagi casts a light on the importance of good mental health for individuals, and the knock-on effect on society at large. The link between mental health and overall wellbeing is clearer than ever, yet far too often the stigma can lead to it being ignored. The male suicide rate is still over triple that for women in the UK as too often men struggle to reach out over fears of social judgement.

Young adults were hit especially hard by the effects of lockdown, with opportunities for socialising and travel restricted, and many missing out on the university experience. Over 75% of young people ages 16-25 worldwide believe "the future is frightening", with more than half anxious about climate change, and 55% feeling they'll have fewer opportunities in life than their parents.

Word about Covid: and its effect on our work

2021 has been a challenging year for people around the globe. Covid continues to impact societies, particularly with the new wave of delta variant, since government is struggling to control the same. Following on from last year, we've continued to mobilise our grounds team to provide relief wherever possible.

Charity fundraising has been increased across the board in the wake of the pandemic. As a result, we have been able to expand the work we carry out on behalf of our partners, reaching more communities and support more people get through this difficult time. Our sponsorships department grew by almost £70,000, and we've now crested over the £200,000 mark for the first time ever.

Our projects department made similar strides, with more projects carried out for partners than ever before.

The UK office has grown significantly to manage the increasing workload and demand from our partners. We now have 8 staff in the UK, up from only 2 in 2020. We hope that with the additional support provided, 2022 will be our biggest and busiest year yet.



Overview of Projects 2021



Covid Emergency

As the year draws to an end, we look back at the events that have dominated the news cycle and brought hardships to countless. The year 2020 brought a variety of challenges to people which the entire world was completely oblivious to with the onset of the Covid-19 pandemic and unfortunately these challenges have continued all the way through 2021.

Around the world, governments are struggling to contain third and fourth waves of the virus with curfews. Though lockdowns and social distancing have been used as a means to curb the spread, it has cast its effect on all aspects of life. One such region that suffered the most this year was the country of India. Cases spread out of control quickly, leading to a medical emergency and widespread humanitarian crisis.

Mother Helpage has over 20 years of experience in delivering humanitarian aid and support in India. Utilising this experience, We quickly mobilised our resources to implement 4 key strategic Covid support projects and safeguard the interests of the most vulnerable.

The effects of COVID has adverse on people particularly on the marginalised section of society. With imposition of lockdowns and social distancing measures resulting in slowing down of industries, people are on spree of loss of jobs and therefore have been bereft of a viable source of income.

As such, we have been able to identify the people who have been profoundly affected by the pandemic so as to ease them of some burden. The local authorities have been a boon for us in identifying the same which largely constitutes people belonging to manual labour and small scale vendors, widows, orphans or elderly people who cannot support themselves. On proper identification and authenticity of the concerned population, we distributed food packs among them which consisted of all the essential material that would last for around 3-4 weeks. The project also ensured that it is a firm step against the spread of covid. This was obtained by ensuring that these beneficiaries remain socially isolated instead of having to find work that would put their health at risk.

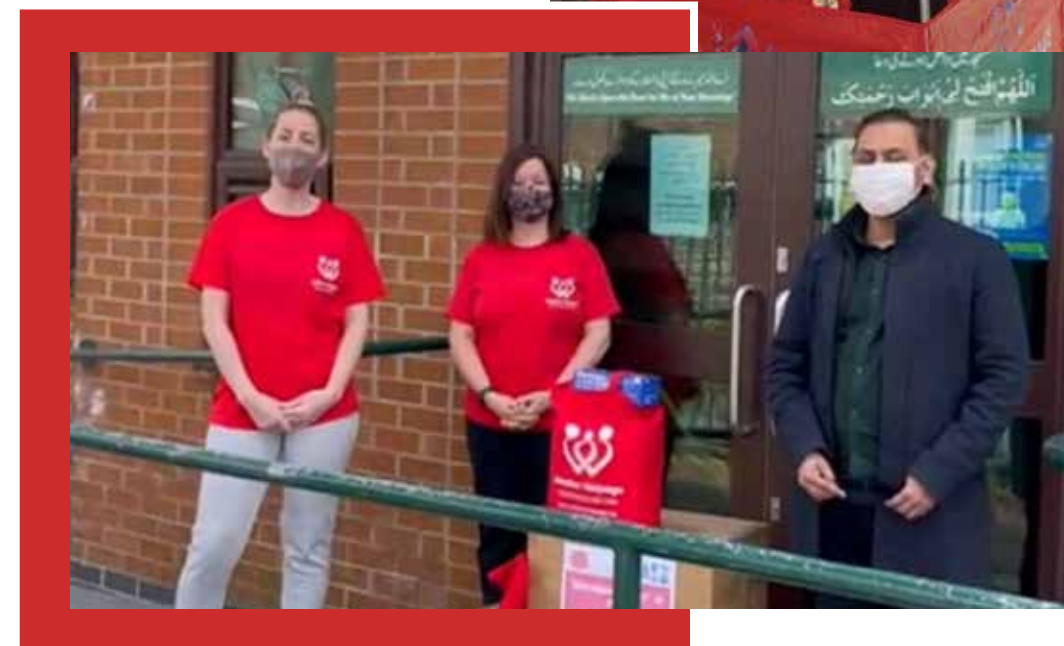
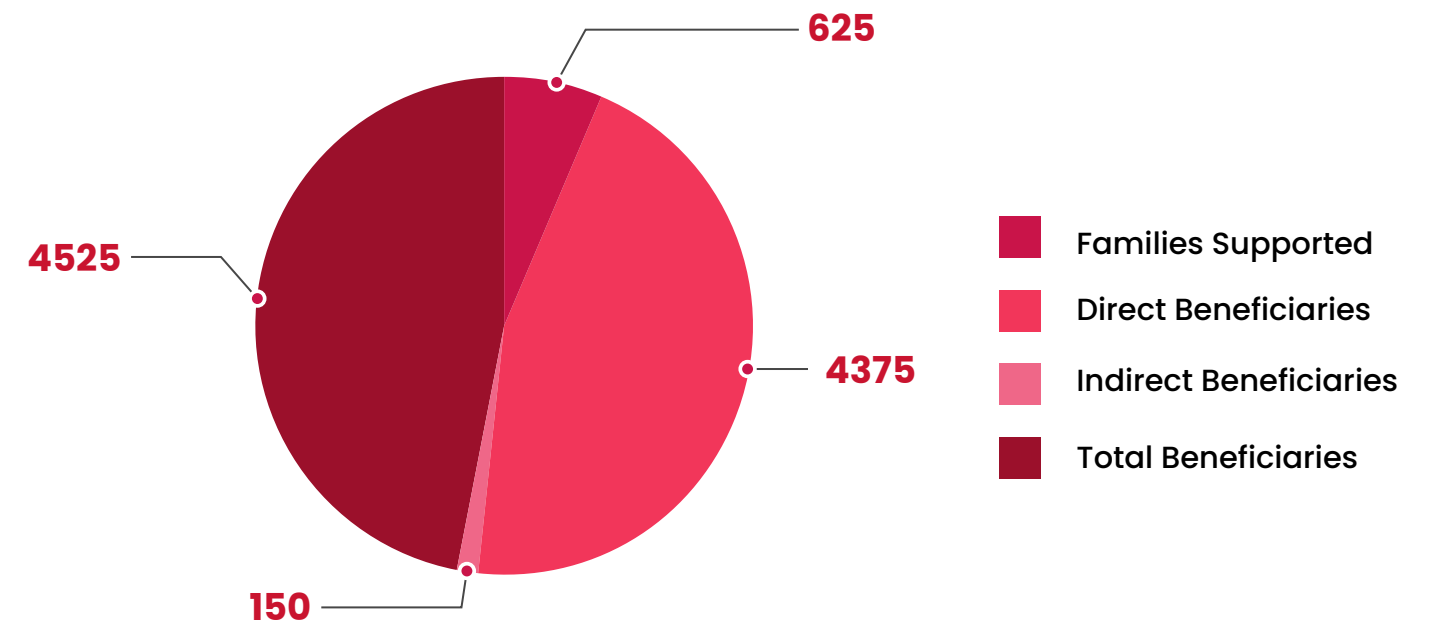
These food packs often serve as lifeline for families. These generally include people with no means of income, often for widows, orphans or elderly people who cannot support themselves. It provides the medically vulnerable with vital requisites for protection, allowing them to stay home and remain socially isolated instead of wandering from pillar to post in search of work and thereby placing their life on risk.

During the peak of the pandemic, hospitals around India came under huge strain due to a shortage of space and equipment to take on more patients. We provided direct support to health care workers by donating beds and oxygen concentrators to the Primary Health Centre, in Panzgam, Kashmir. This key equipment is necessary to the support the most critical covid patients and we hope that this scheme will continue to save lives for years to come.

Frontline health workers have worked tirelessly for the past 18 months to protect people from the worst effects of the covid pandemic. For many, this has meant working extremely long hours to keep up with the demand put on health services. Treating Covid patients does come at a risk to health care providers, as they are at constant exposure to sick patients. Mother Helpage distributed Masks among the patients/attendees at District Hospital Anantnag in order to combat this virus and to aware the general masses about the virus.

The importance of social distancing and mask-wearing measures continues even as case numbers have dropped and vaccinations have risen. It is vital for communities to prevent transmission wherever possible and employ good hygiene practices. To support this cause, Mother Helpage has distributed further N95 masks and hand sanitisiers to Deputy Commissioner Anantnag Dr. Piyush Singla. We have further supported several local Community Centres so that communities can continue to attend in a safe manner.

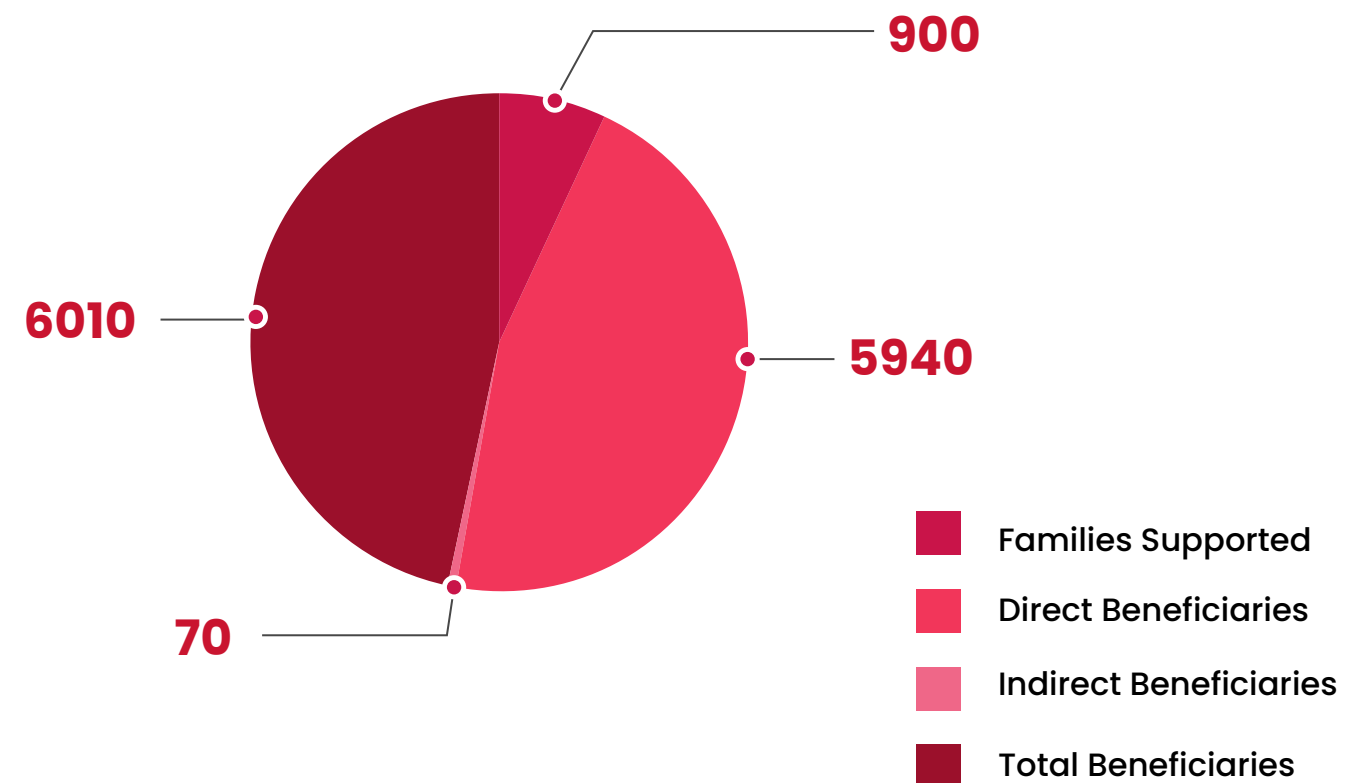
Locally to our Nottingham office, Personal Protective Equipments (PPE's) has been donated to Community Centres to provide funeral services in the local community, allowing them to stay open to perform this important service.



Emergency Relief 2021

Mother Helpage since many decades has been responding to the humanitarian emergencies by providing relief to the vulnerable sections throughout the world. In the year 2021, the pandemic has dominated our lives since day one. Due to the pandemic, millions of people all around the world have been affected, especially those belonging to marginalized section of society. In order to overcome this crisis, Mother Helpage has remained active on the ground to provide services to those who have been severe victims of the pandemic. Every year Mother Helpage carries out its emergency relief programmes by providing services to the people who are deprived of basic commodities. This year on the eve of Eid-ul-Adha, the team along with its volunteers distributed the essential commodities among the poor families.

After a proper assessment by MH team, the organisation conducted its food aid programme at Town Hall Anantnag wherein food packages comprising of basic and essential commodities were distributed among 50 families with special focus on widows. Our aim is to provide the timely assistance to the needy so that they can celebrate the precious occasion (Eid-ul-Adha) happily with their family.

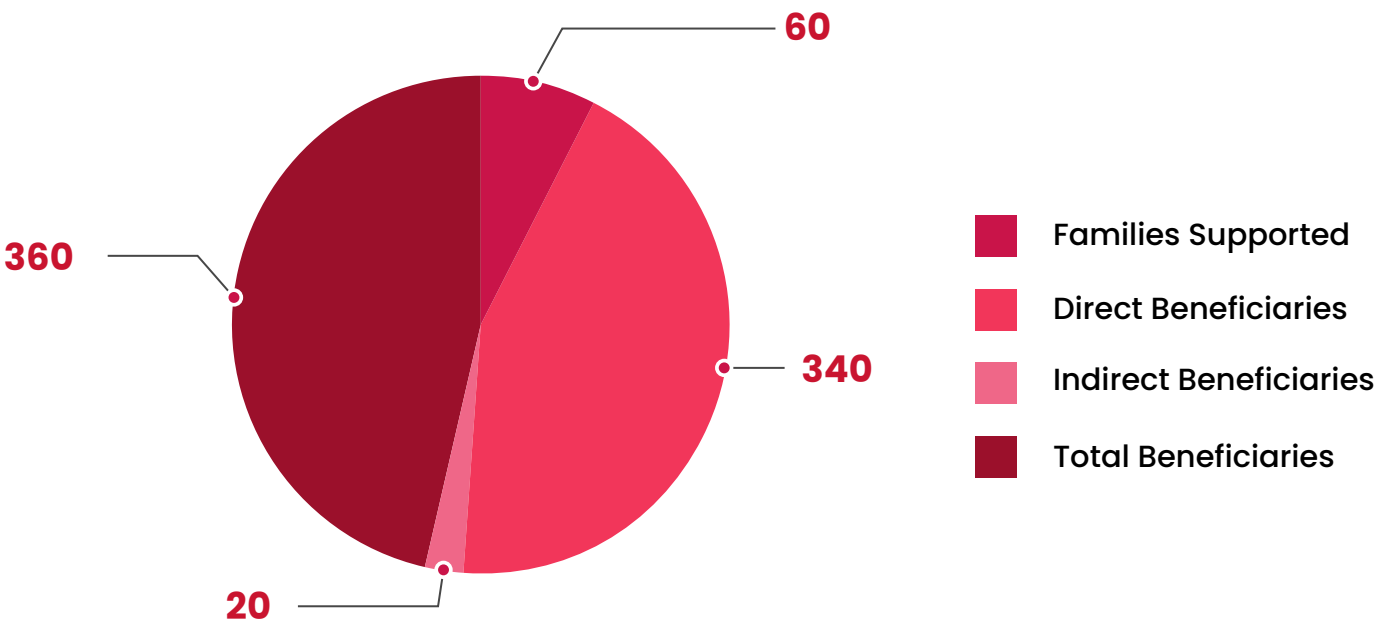


Food Distribution among homeless in UK

With the conventional mode of life being hit drastically by the current pandemic we are witnessing a significant effect of it on millions of jobs throughout the world, particularly when it comes to people working in the unorganized sector. The impact is more considerable when it comes to the people who have already been living their lives in poverty and found it difficult to put food on table in pre Corona times as well. The global vice of poverty is something that includes much more than scarcity of source of income, it includes restricted reach to education, hunger, malnutrition and more, prevalent in a society.

Being at an economically better position, it is our profound duty to improve the living standards of people who are living in abject poverty by taking subtle but firm steps towards lowering poverty levels among their members and communities. These may include small steps such as distribution drives to meet an urgent social need or long and sustainable steps such as provision of skills, trainings, job opportunities, and financial help. We at Mother Helpage have been doing both for years. One such recent instance was that of our Food distribution drive in the United Kingdom. With the vulnerable Section of Society being left completely out of an opportunity to earn which is on an increase in view of the surge in COVID-19, we decided to do a little towards these people in the form of small step of food distribution drive. We distributed food packs containing essential items keeping in view the nutritional aspect as well as the seasonal aspect to ensure that it avails an all round benefit to the beneficiaries. The food packets contained items such as milk, bread, canned food and were distributed among the homeless people living in and around the city.

We at Mother Helpage believe that it is our duty as a section of society which lies at an economically advantageous position to come forward particularly in these situations to contribute towards upliftment of marginalized sections of society. This will not only ensure the commitment we have made towards fulfillment of the SDG's but also ensure the survival of those who have been a victim of this pandemic.



Winter Relief.

As the year 2021 began with a plethora of challenges which include poverty, hunger and the rise of homeless people; there was an exponential increase in these challenges due to Covid-19 pandemic. This is owing to loss of work of countless hand to mouth workers across the globe. The destitute people living in sub temperate zones had to encounter a number of encumbrances during the winters. The winter season in sub temperate zones is extremely harsh as the temperature dips below zero. The people belonging to low income groups which include homeless people, widows, and orphans are devoid of the resources due to which they are unable to protect themselves from the chilling cold during winters. As we look at the reports published in various national and international dailies, we find out that people belonging to the low economic status (especially people living in temporary shelters) are mostly the victims of the harsh weather conditions. The winter incidents such as food shortage, unavailability of work for casual labourers are frequent and mostly the lives of people belonging to vulnerable sections of society are the victims. The other casualties are caused due to snowstorms, freezing cold, heavy snowfall, etc. Which are common happenings during Winters.

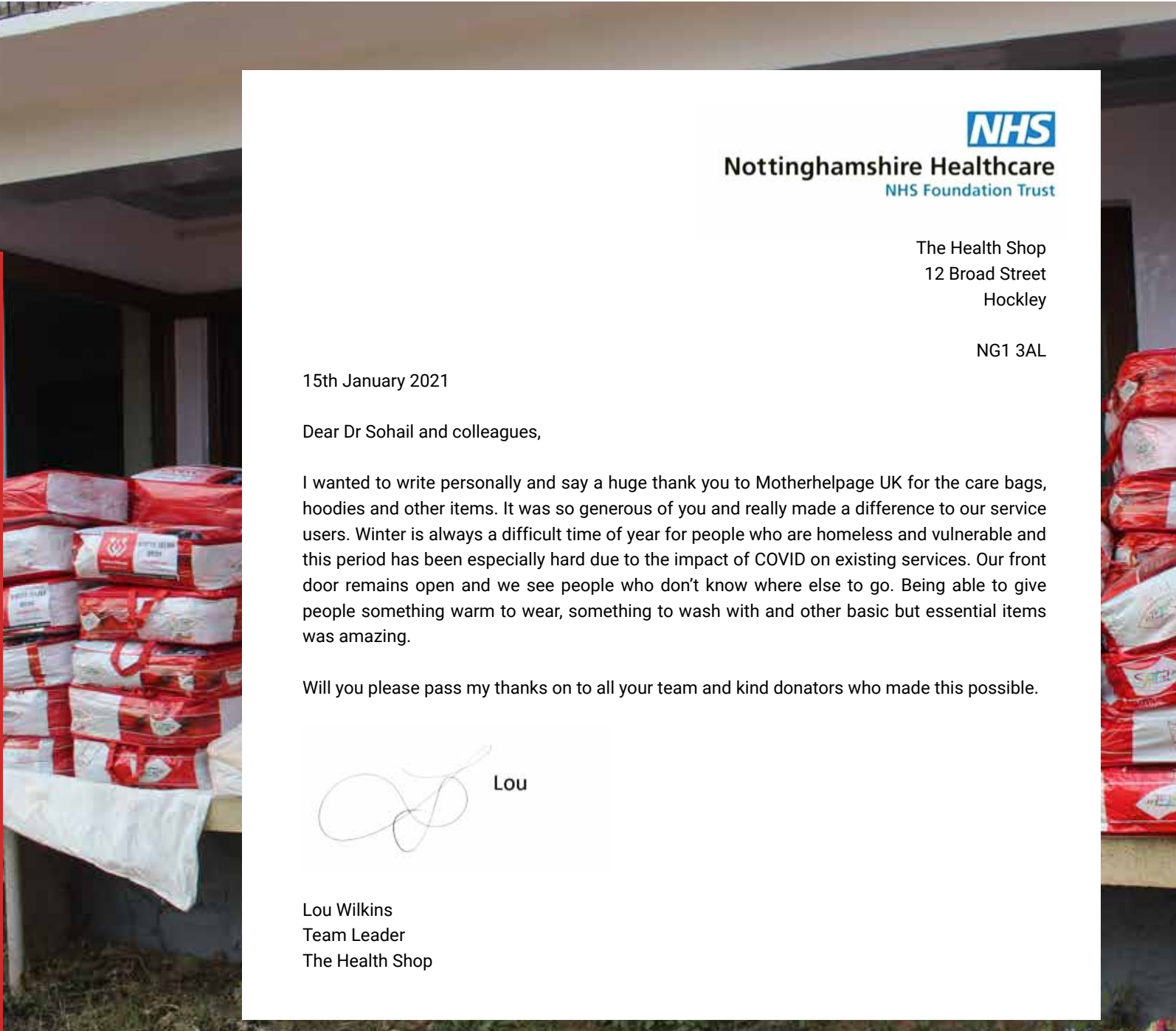
Mother Helpage realized its role and jumped into action in order to protect the marginalized sections of the society by providing them winter relief. Considering the inputs from various community heads, a thorough need assessment report was prepared to get an idea about requirements at various target areas so that we might be able to provide essential winter relief among the most deserving people. The winter relief project is aimed to provide basic amenities to those who are devoid of basic facilities 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 provided assistance to needy and deserving families so that they could survive the harsh winters. The Winter Relief package included the essential items required to live a sustainable life during this period. We provided food items, blankets, fire pots and other basic amenities to the families who didn't have access to them. It is worthy to note that, MH provided the winter relief services at the doorstep of the households which belonged to the most vulnerable sections of society and who could not reach us at the distribution site. The primary objective of this initiative is to reach out to vulnerable groups and those who do not have access to basic amenities by distributing among them the gift of warmth and eventually save lives by providing winter packages to those in dire need.

Under this project, our team distributed food packs and other essential winter items among poor and needy in United Kingdom and India. In Jammu & Kashmir, we distributed the winter relief packages at Anantnag, Srinagar, Sopore and Pulwama. The beneficiaries included primarily the homeless people or people living shelter homes for homeless, destitute widows and people who lack resources to be able to protect themselves from the harsh winters.

The winter relief project was extremely beneficial for the poor families who received the assistance from MH as they mentioned the same during the monitoring and evaluation process of the said project. The dedicated volunteers of MH played a pivotal role in the identification cum distribution process of the Winter Relief 2021 initiative.



15th January 2021

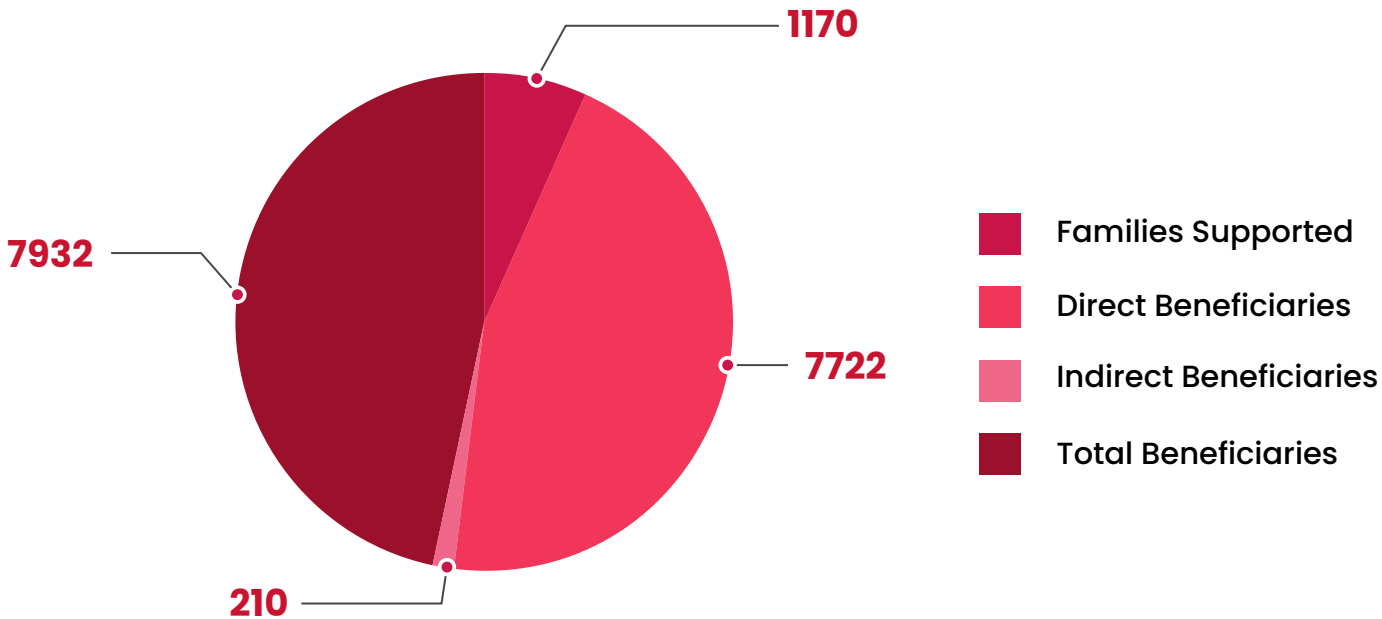
Dear Dr Sohail and colleagues,

I wanted to write personally and say a huge thank you to Motherhelpage UK for the care bags, hoodies and other items. It was so generous of you and really made a difference to our service users. Winter is always a difficult time of year for people who are homeless and vulnerable and this period has been especially hard due to the impact of COVID on existing services. Our front door remains open and we see people who don't know where else to go. Being able to give people something warm to wear, something to wash with and other basic but essential items was amazing.

Will you please pass my thanks on to all your team and kind donators who made this possible.

 Lou

Lou Wilkins
Team Leader
The Health Shop



Saaf Mahol.

Every year, protecting the environment, reducing pollution and halting climate change becomes more and more important as we race to hit net-zero. In November, COP26 was held in Glasgow with historic strides being taken to reducing carbon emissions and conserving the health of our natural world. Unfortunately, the effects of climate change disproportionately affect those who live in less developed areas, as drought, famine and extreme weather conditions become more prevalent and put further pressure on people who are already struggling.

At Mother Helpage we recognise the importance of raising awareness among communities so they are aware of best practices regarding environmental protection.

Many marginalised or isolate villages do not have sufficient sanitation facilities, resulting in poor hygiene practices being common. If waste is not properly disposed of, it can spill into local water sources, infecting local crops or animals. This can lead to disease or food scarcity, so it is crucial that good sanitation facilities are in place. In Sri Lanka, we constructed washrooms for public use in the local community in Kinnia. In Jammu and Kashmir, we constructed more washrooms at Al-Saba Public School, Wechi Shopian. Not only is this beneficial from a hygiene perspective, it also serves to protect girls by providing them with a safe space.



Community Care Unit

With an aim of increasing the aspects of lives touched and improved by Mother Helpage, this year we launched a health care initiative by starting the Community Care Unit at the Maternity and Children's Care Hospital Anantnag. Over a period of 6-week, we have provided essential services to over 600 patients, as well as distributed free meals and water. Our initiative also made provision for distributing baby kits to support the new-borns. The initiative was launched by Founder of Mother Helpage Dr. Sohail Nasti in memory of his beloved "Mother".

The Inaugural ceremony was held at MCCH Anantnag. Principal GMC Anantnag, Prof. Syed Tariq Qureshi officially inaugurated the Community Care Unit in presence of MCCH Staff, Sarai Committe Sherbagh, Media Fraternity and Mother Helpage Team.

Speaking on the occasion Principal GMC Ang, Prof. Syed Tariq Qureshi appreciated the efforts of Mother Helpage and quoted such initiatives to be a benchmark for social service in Kashmir. He was extremely encouraging for our provision of distribution of baby care kits among needy admitted in the hospital.



Housing Project



This year, we took on the difficult task of building a house for a widow who was living in a makeshift shelter. The widow was struggling to make ends meet, and could not afford to pay to move into a secure home with her 5 children. The beneficiary belongs to one of the remote areas of district Anantnag known as Sunglan. Our needs assessment found that the best way to support her was to find her family safe accommodation, but with none available, we took on the challenge of constructing one.

Over a few months, site of construction was selected, foundations laid, plinths put in place, brickwork completed and all the finishing touches added. We're pleased to say that she has now moved into her new home with her children, well ahead of the difficult winter season.

Projects like these are important to Mother Helpage for their two-fold impact on society. Not only are we able to move a widow and her 5 children to a secure home, we also generate jobs in the local community and build relationships with local tradesmen and construction contractors. As the charity continues to grow, we look for more opportunities to support housing and infrastructure wherever the need is greatest.



Tribute to Mother's .

Mother Helpage was established in 1994 in memory of our founder's mother, Mrs Jameela Nasti. Supporting the welfare of mothers and female empowerment is a key objective of the charity and we always look for opportunities for projects to further this cause.

On Mother's Day this year, we launched a pilot initiative to support mothers who experience complications in their birth. When such complications arise, the mother can be separated from their newly born child for an extended period, which can cause considerable distress to both mother and child. With this project, we aim to help mothers who have infants in the neonatal unit, by providing them with comfort packages to support them through this difficult time. We distributed the 30 packages to 2 hospitals locally in Nottingham and received stellar feedback from the appreciative NHS staff and mothers.



Wash Project

“

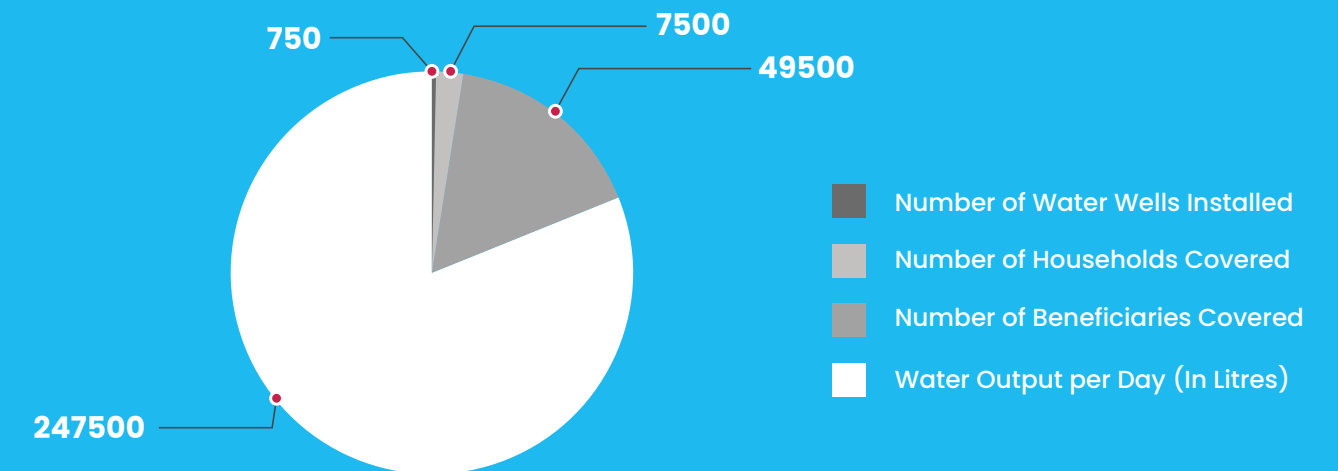
We are continuing our mission to bring a secure supply of safe drinking water to all the inhabitants of Jammu and Kashmir.



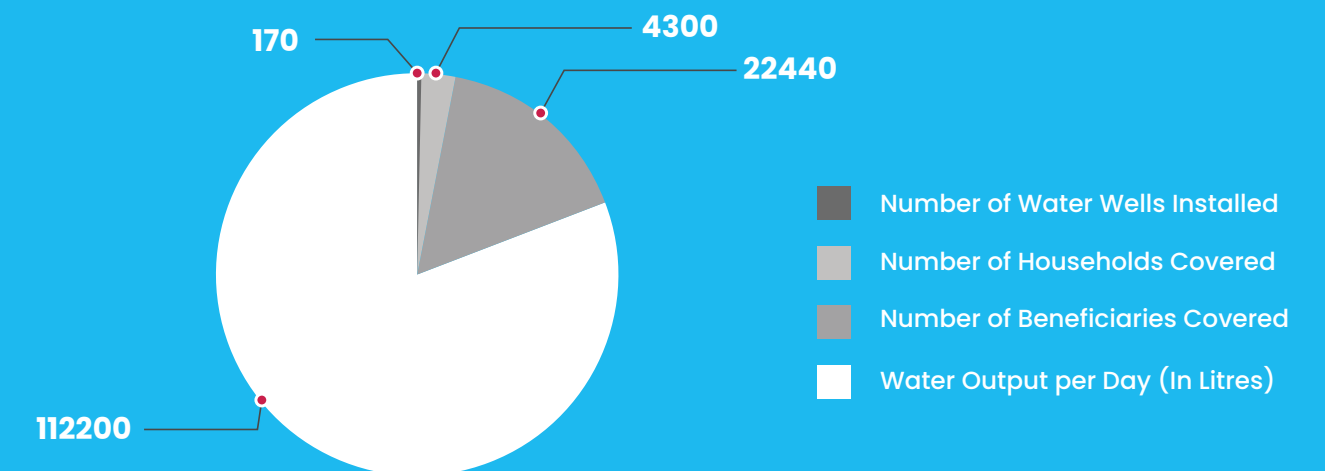
Unfortunately, there are still many villages and communities in Jammu and Kashmir which struggle to find a steady source of safe drinking water on a daily basis. Often times, this can mean drinking unsafe water, which can lead to sickness and disease. Other times, people are forced to walk several miles through tough terrain to carry water back for their families. This can pose significant risk to women and children in particular, who are more vulnerable to being victims of violence while travelling. It can also take considerable time, meaning there is less time to generate an income or get an education.

Access to a safe water supply is a cornerstone of human society and alongside food and shelter, the bare minimum to survive. We are continuing our mission to bring a secure supply of safe drinking water to all the inhabitants of Jammu and Kashmir by installing water pumps wherever possible. By doing so, we are securing the health and safety of hundreds of communities in Jammu and Kashmir. This is a crucial first step in protecting communities, and we endeavour to hit thousands of water wells installed by the end of this year.

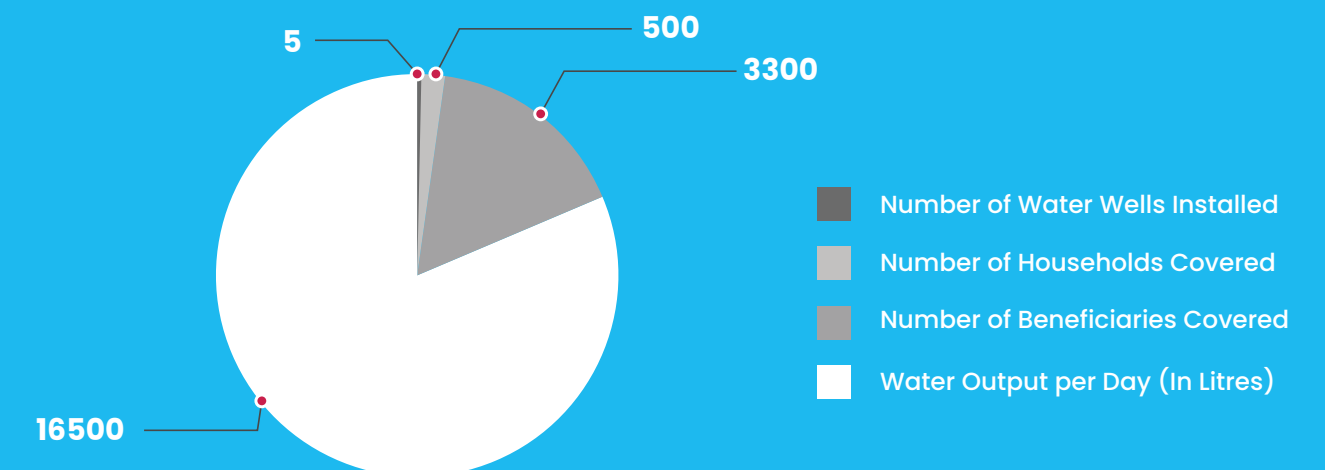
Tube Well



Dig Well



Bore Well



EDUCATION

for All

Education is proven to be a fundamental component of alleviating poverty and uplifting society. We at Mother Helpage are committed to implementing programmes that not only provide short-term relief, but also lay the foundations for a self-sufficient society, independent from the aid provided by NGOs and other sectors. The United Nation's Sustainable Development Goals (SDGs) make clear the crucial importance of education in long-term development.

In line with these goals, we are always looking for opportunities to expand the availability of education in the areas that need it most. In October, we organised an event in collaboration with Government Degree College Dooru, Anantnag involving both the educational staff as well as members of the student cohort.



The college NSS group identified 50 students from the local community who were in need of additional materials to complete their education. We distributed various stationery items in order to boost the morale of the students, reduce social isolation and ensure all their basic education needs are met.

Developing relationships with local communities and institutions is vital to the work we do at Mother Helpage. By working directly with the college staff and students, we hope that we can increase awareness of the issues faced by many children across society.

We hope that we may continue working alongside GDC Dooru in the future and are looking for more opportunities to reach out to those in need.

Moreover the organisation is providing the financial assistance to the hundreds of Orphans kids on monthly basis so that they can get quality education, secure their future and live a dignified life.



Sponsorships .

Orphan Sponsorship

Our sponsorship department has seen promising growth throughout 2021. We have expanded the work we do for our partners, meaning together we're reaching over 720 vulnerable people this year. We're continuing to invest in this area of the charity, as we see it as a key sector to hit the SDGs.

**We've seen an increase of over
£80,000 from 2020 to 2021 alone
and are expecting further growth for 2022.**

We work with international charities to improve the welfare of orphans living in Jammu & Kashmir. Funded by our partners, we currently oversee the sponsorships of over 400 orphans, giving them the support they need to succeed in life. What we provide can vary from partner to partner — but we always supply the essential and basic amenities required by orphans to receive a quality education. This may include paying for their transport to get to and from school if they live in an isolated area. It also includes paying for their stationary and uniform if their guardians are not be able to afford one. It includes buying books and other learning materials. In absence of a suitable public schools to attend, it includes paying for tuition fees of a private school.

For some partners, we are even able to pay for medical check-up's of the orphans to ensure they stay healthy. Our sponsorship has contributed to a large in providing access to medical facilities and helped in realising issues which if unnoticed for long periods may turn to be serious or even fatal.

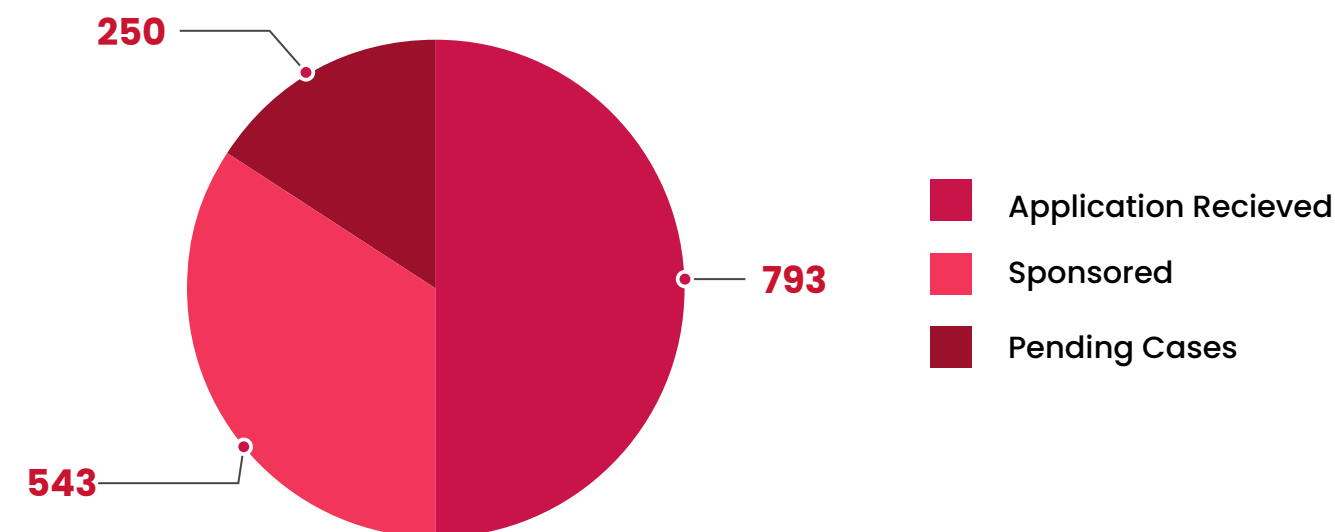
Orphans living in Jammu and Kashmir live a harsh and difficult life. Many of the orphans we support have been abandoned by their parents and have to go live with grandparents or extended family. These families often live in poverty and struggle to support themselves, let alone take on the additional responsibilities of providing for a child. As a result, many of these orphans lack the basic essentials that we often take for granted.

Most struggle to get a good education, as the cost of transport, uniforms, stationary and books can be far out of reach. The lack of access to transport is especially challenging for young girls, who can be left having to walk long distances on unsafe pathways, which makes them vulnerable to sexual assault.



Covid-19 has had a massive impact in an area where many already struggled with getting by on a day-to-day basis. Schools have been shut for months, with distance learning being put in place instead. This can pose a huge challenge for many of our orphans as either don't have devices to be able to connect to the internet or don't receive service where they live. As a result, many have to go stay with extended family or in hostels so they can continue their studies.

At Mother Helpage, we prioritise safeguarding and endeavour to always be completely transparent to our donors. We carry out frequent home visits to gauge the welfare of orphans and ensure they are receiving adequate care and support. We also carry out school visits to observe orphans in their learning environment and check the progress of their education. We ask for yearly report cards to assess academic performance and implement intervention strategies where children are struggling to keep up.



Sponsorships .

Widow Sponsorship

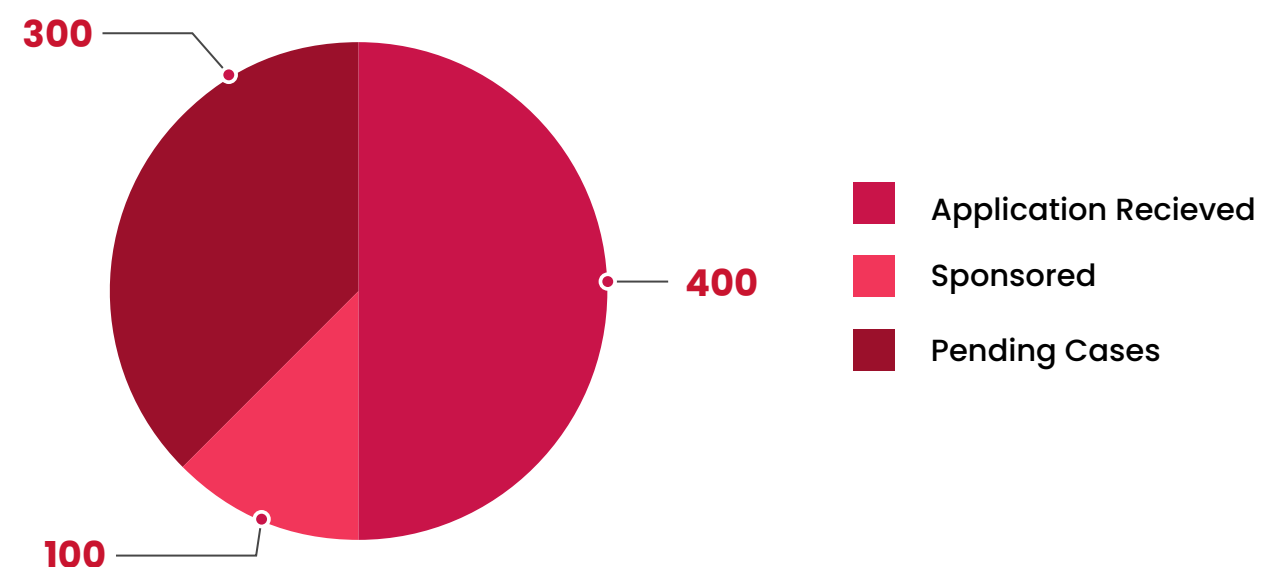
With the societies of Jammu & Kashmir being largely patriarchal, the man is often seen as the head of the family and the sole breadwinner. If the male head of family passes away, the widow and her children are generally left without any source of income. Often times, the widow is unable to find employment or generate the income required for all of her necessities.

For many years, we have supported widows by sponsoring them with regular payments to support their daily expenses.

We have carried out many other projects this year and prior with the aim of supporting widows, such as the housing project, or in previous years supporting income generating schemes. We hope to drive forward change that makes projects like the sponsorships redundant in the future.

Another vulnerable, often forgotten group in society are the elderly people. As we get older, many people are no longer able to go to work to support themselves financially. In most cases, one's children will take care of their parents to ensure that all their needs are met. Unfortunately, this is not always the case, resulting in higher rates of poverty and destitution among the elderly members of society. We aim to provide these people with the support they need to live a dignified life.

Moreover the organisation also provided one time financial support to the widows belonging to the poor and needy sections of society.



Religious festivals

(Qurbani/Ramadhan)

Many of our operations are carried out in Muslim-majority areas. It is a crucial part of the communities there to take part in religious festivals and celebrations. Unfortunately, due to difficult circumstances many are unable to celebrate their religion fully.

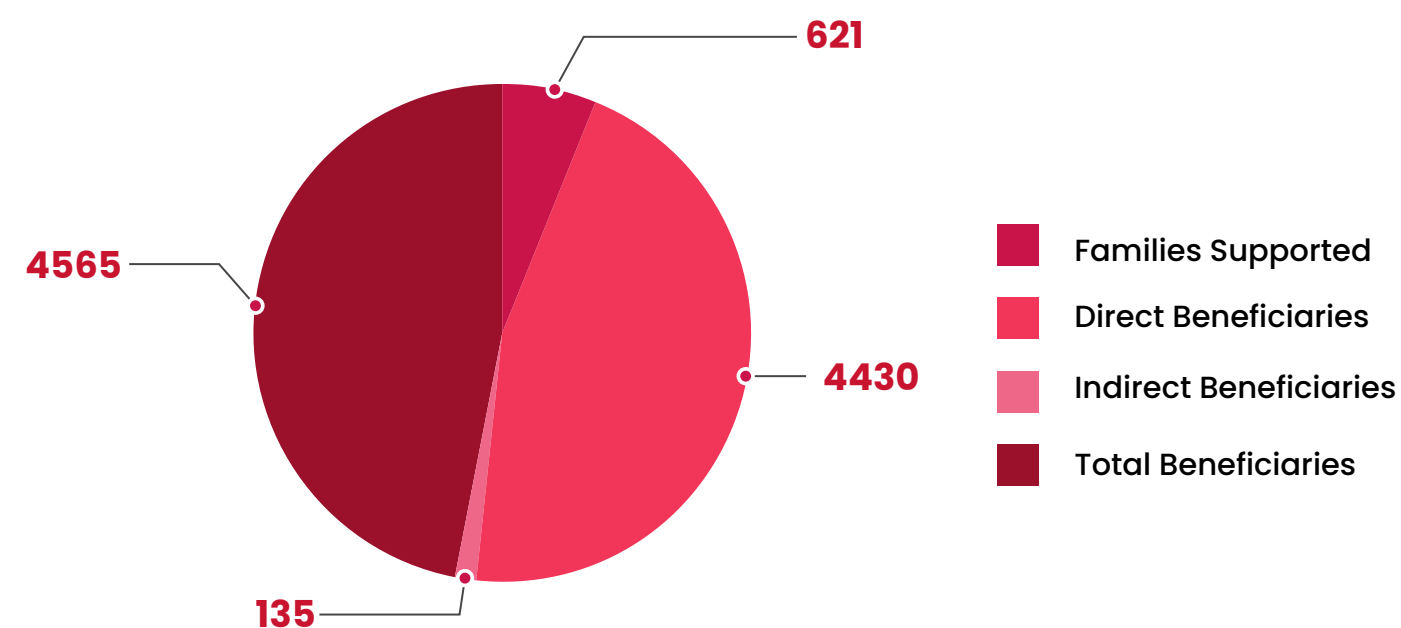
For many years, Mother Helpage has provided relief and shared the opportunity with the less fortunate to celebrate their religious holidays. Ramadhan, Eid and Qurbani are among our busiest times as we deliver food to thousands of people worldwide.

Ramadhan

This year, Ramadhan came at a very difficult time in Jammu and Kashmir. Covid cases were at a peak, meaning curfews and social restrictions prevented many from attending ceremonies and celebrating the festival together. It also posed a challenge to us, as we were not able to gather for our usual food distributions. Instead, we launched a "Meals on Wheels" scheme, seeking to go door to door, distributing free meals to the most vulnerable members of society. The project was a huge success, and we kept it running for 18 dates during Ramadhan providing support to hundreds of families.

We also carried out food distribution projects in Jammu and Kashmir (INDIA), Sri Lanka and Indonesia where we were able to deliver food packs to hundreds of families.

The organisation on the eve of Eid-ul-Fitr distributed the Eid Gifts among the children at Mutiara Budi Orphanage and Ummatul Yaqin Orphanage Indonesia.

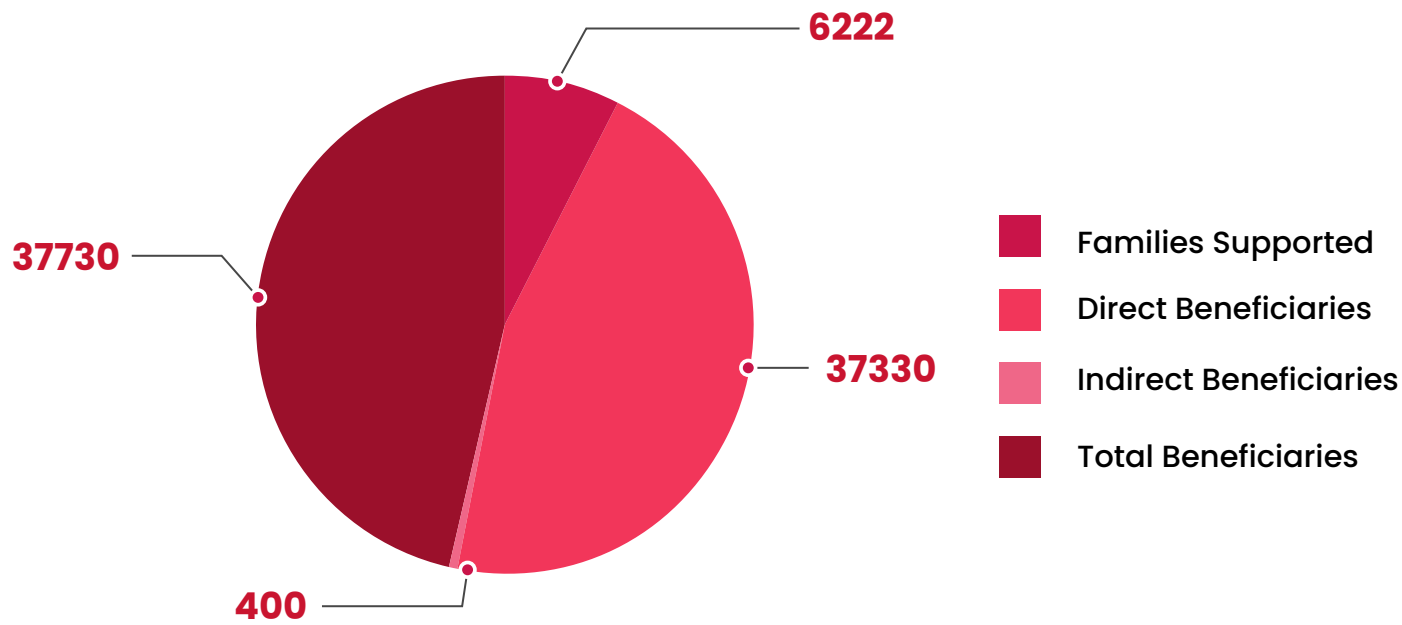


Qurbani .

Eid-al-adha is one of the most important dates in the Islamic calendar. It is tradition for all practicing Muslims to take part and perform sacrifice and distribute the meat during this period. Unfortunately, many Muslims are not able to afford this luxury and are not able to take part, often feeling great shame.

Another integral part of Qurbani is the idea that one third of any sacrifice should go to the needy and poor, so that they may be able to share in this great celebration. We facilitate this by working with local communities and paying farmers a fair price for their livestock.

This year, we were able to share meals among thousands of families who otherwise wouldn't have the able to take part. The project was carried out in Sri Lanka and Indonesia. In Sri Lanka, over 500 beneficiaries were able to celebrate the festival and eat meat thanks to the great efforts of our staff there and all of our donors.



Marriage Assistance .

Mother Helpage under its initiative "Marriage Assistance" is providing all the possible assistance to the poor girls who cannot bear the expenses of their marriage. Our sole aim is to ease their burden and re-educate communities on social norms that are not always necessary.

We always try to support the girl and her family by bearing the expenses of the wedding. 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.



Success Stories .

In line with our long-term vision for sustainable development, we run the orphan sponsorship scheme with the hope that they will become productive members of society and give back to their communities. One example of this is Umar, who was supported by Mother Helpage for several years and given the help necessary to complete his studies. After finishing his education, he went on to be selected for the Jammu and Kashmir police force where he is a distinguished and well respected officer. Moreover, his sister also found success through the scheme and has been selected to study her bachelor's degree at SKUAST.



Mohammad lived in difficult circumstances, but found out about the Mother Helpage Sponsorship Scheme. We provided him the support necessary to continue his learning and development. After completing his education with exemplary results, he has gone on to work in the Education Sector in Jammu and Kashmir, and is currently preparing for his Civil Service examination so he can continue to advance and give back to his community.

His past experience has taught him the importance of schooling and he has endeavoured to help others in similar situations:

“

Living the life of an orphan is not easy and I can feel it. If there are students like me who cannot afford the expenses for their education, I will try my level best to support them so that they can secure their future and live their life with dignity.

At last I would like to dedicate some words to the entire family of Mother Helpage.

May you all bloom like a pretty rose with sweet fragrance

Working under the regulatory **code of conduct**



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