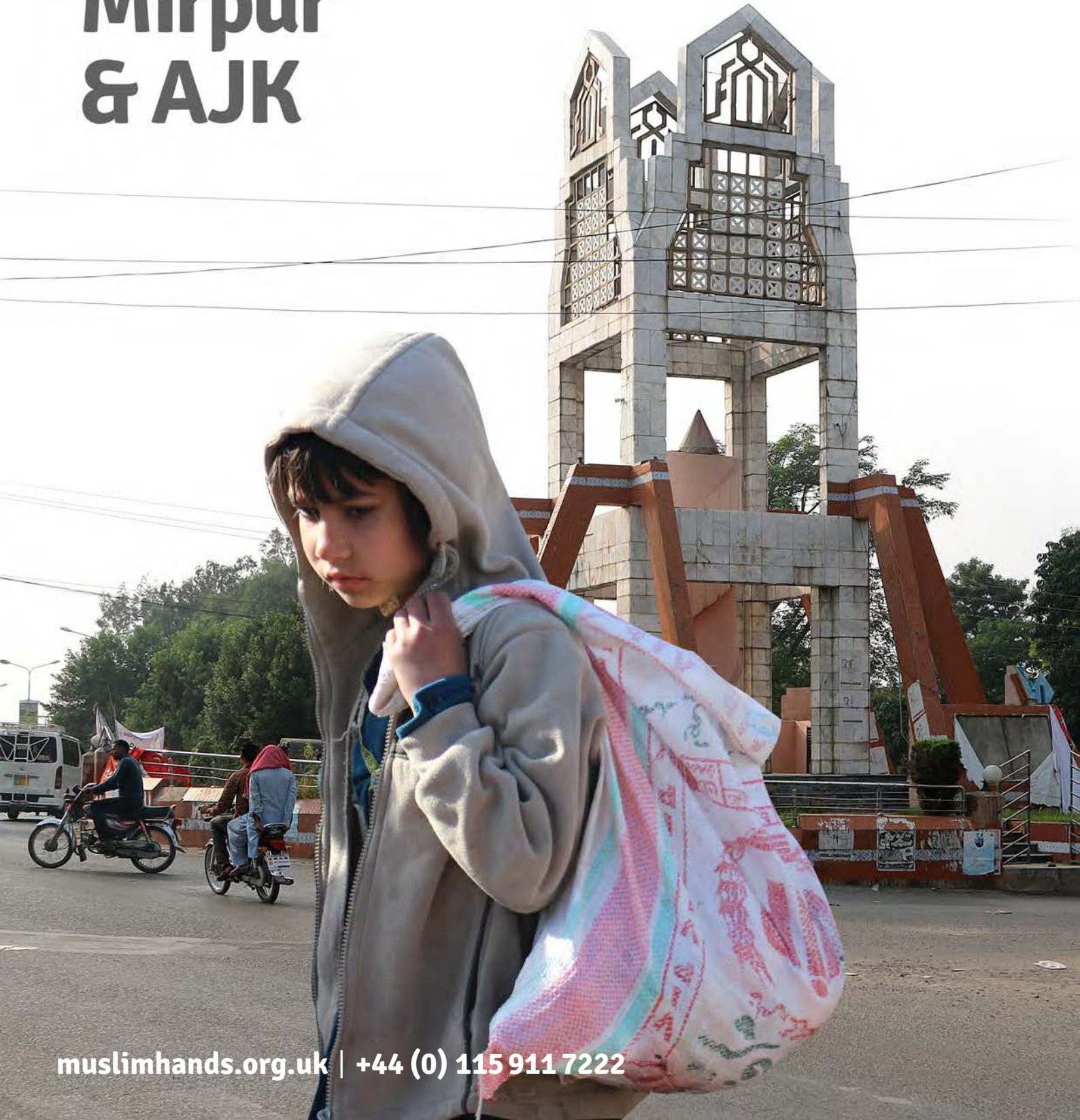




Muslim Hands

# Focus Mirpur & AJK





# CEO MESSAGE

Dear All  
Assalamu- alaikum,

I am pleased to present to you the Muslim Hands Focus Mirpur & AJK Campaign booklet.

Formally established only a year ago, the Mirpur Office has already shown encouraging results in reaching those in need and improving lives across the district of Mirpur and beyond.

The tremendous success of this office is a testament not only to the dynamic team of young men and women who have worked voluntarily and relentlessly since the establishment of the office, but a credit to the generosity of the Mirpuri community in Kashmir and here in the UK.

Moreover, MH Mirpur has from the outset, focused on delivering aid through strong partnerships with grass-roots community groups, the Government and the private sector. Not only does this reduce duplication and wastage – evidence shows that only such partnerships can produce lasting change. May Allah reward all those who have made this work possible.

The rapidly expanding Safe Drinking Programme, which has already seen 16 modern water filtration plants installed across Mirpur in less than a year has been the most prominent intervention made by MH Mirpur – however, much good work has been done in the areas of education, medical care and environmental protection to name but a few. This report highlights some of the work already completed. Despite the successes there is still much work to be done, and many of the problems that require immediate attention are complex and difficult. By Allah and with your support we are confident we can make a positive impact. I hope therefore, you will take a few moments of your precious time to read the report and join us in this much needed endeavour.

  
Syed Lakhte Hassanain  
Chairman



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## HADITH

The Prophet Muhammad (PBUH) said,  
“The believers shade on the Day of Resurrection  
will be his charity”  
(Al Tirmidhi)



# Summary

Azad Jammu & Kashmir is situated in North east of Pakistan with a population of over 4 million. 70 % of its population lives in villages, majority of them are poor and lack primary necessities like clean drinking water, access to a doctor and medicines.

There are three major factors contributing in vulnerability of locals:

- Poor public infrastructure and services.
- Tensions on Line of Control, now for more than quarter of a century.
- Natural disasters like earthquake 2005 and landslides in rainy season.

Conditions in cities is no different to the villages, taking one example of Mirpur, in 2014 a comprehensive research by Muslim Hands and Pakistan Council for Research in Water resources, on water quality test revealed that 56% people in the city were drinking contaminated water that resulted in a higher number of water borne diseases among children and women. Diseases like Dysentery, typhoid Fever, cholera and hepatitis-A were very common. To irony, these diseases were more common among poor who couldn't afford to buy the medicines.

## EDUCATION & TRAINING

For over 20 years, Muslim Hands is providing quality education to needy and orphan children in AJK through its Model Schools and School of excellences. 70% of the students are needy and orphan who get free education along with:

- Daily meals and lunch boxes
- Annual medical check-up.
- Uniform (Winters & Summers)
- Transportation (Home-School-Home)

With your support, we started "Rehabilitate a School" project in Mirpur in 2015. So far, we have rehabilitated / reconstructed 4 Primary schools in vulnerable communities like Chitterpari and Mahajer Basti.

With your help , 50,000+ needy and orphan children have benefited from Muslim Hands school in the last 22 years.



## 1994 - 2017

### HOW YOU HAVE HELPED

Responding to situation Muslim Hands is serving the deprived Kashmiri community since 1993 in terms of Education, health, Water, Livelihood, environment and emergency response.

- Provided 50,000 families with essential food items.
- Provided medical treatment to over 3,77,362 beneficiaries
- Provided almost 50,000+ children with education.
- Provided Eye Treatment to 5,174 beneficiaries with 734 Cataract Removal Surgeries.
- Provided Cleft lip/Palate Repair Treatment to 5000+ beneficiaries with 1372 surgeries.
- Provided Gynae Treatment to 642 female beneficiaries through Gynae Camps.



## WATER & SANITATION

Muslim Hands is working on both water quantity and quality. So far, we have installed hundreds of water bore holes and water supply schemes to secure water quantity. While clean drinking water is one of the major alarming issue in southern part of AJK (Mirpur and Bhimber). After Shocking results of comprehensive research by Muslim Hands and Pakistan Council for Research in Water resources, on water quality test revealing that 56% people in Mirpur city were drinking contaminated water in 2014, Muslim Hands started a mega project of installing Water Filtration Plants. So far, we have installed 8 water filtration plants in Mirpur city and 15 in peripheries like Pulmanda, Chaksawari, Ghazighura, Mangla, Chitterpari, Dorah Rajgan etc. According to assessment studies, today 64% urban population in Mirpur is daily consuming 1,39,200 liters clean drinking water from our water Filtration Plants. For more details please see water page.

## HEALTH CARE

Health care facilities in AJK are a languor for poor. Not only we have served the community during emergencies like earthquake 2005 and tensions on line of control but we are managing some of the most beneficial health care projects in AJK. Our RCPD (Rehabilitation Centre for Physically Disabled) in Taitrinot (Rawalakot) and in Muzaffarabad have served 250,600 people over last 22 years. Since August 2015, our Pharmacy at DHQ Hospital Mirpur has saved 23,478 lives in acute emergencies like accidents, gun shots and severe medical conditions by providing them free lifesaving drugs. So far, in our free eye camps, we have restored 11,34 eye sights by cataract removal surgeries, thousand others have received free medical treatment in our free medical camps.

## ENVIRONMENT

Muslim Hands has set new standards when it comes to interventions in environment. Conventional plastic bags are major contributor of garbage and litter in AJK. In 2015 we started advocacy campaign "Mirpur a polyethene free city" that resulted in complete ban on manufacturing, import and use of conventional plastic bag in Mirpur. In addition, we distributed 1 million Environment friendly (oxo-bio-degradable) bags among local businesses.

Muslim Hands experimentally planted 1000 pine trees in Mirpur to contribute in conservation and restoration of the environment, it has already become a success story. "Muslim Hands Pine Park" at view point Mirpur values paying a visit.





# Educating Orphans & Needy

Rehabilitate a school for  
**£5000**

For over 20 years, Muslim Hands has been striving to improve both access to basic education and the quality of education amongst the poorest people in the world.

While in our early days we sponsored children to go to school, we found that, unfortunately, the schools which they could access were often as deprived as the neighbourhoods in which they were located. We had limited ability to influence the schools and improve the educational standards.

So, in 1997 we began establishing our own schools and focused heavily on offering a high level of education. Fifteen years on, from teacher training and community involvement, to construction of schools and extra-curricular activities, our schools have set exemplary standards.

Today we run 14 schools in 6 districts of AJK catering the need of more than 8000 students. With your support we have been building more schools year on year, as well as expanding and upgrading the existing ones. Here is a brief look at some of those improvements.

Alhamdulillah, every year we are seeing fantastic success stories, not only in academic achievement, but also in how our school children are using their education to break out of poverty.

With your support we have been building more schools year on year, as well as expanding and upgrading the existing ones. Here is a brief look at some of those improvements.

Govt. Primary School Chitterpari

Govt. Primary School Chitterpari

## 12 Model Schools

Kotli | Bhimber | Dadyal | Leepa & Patika

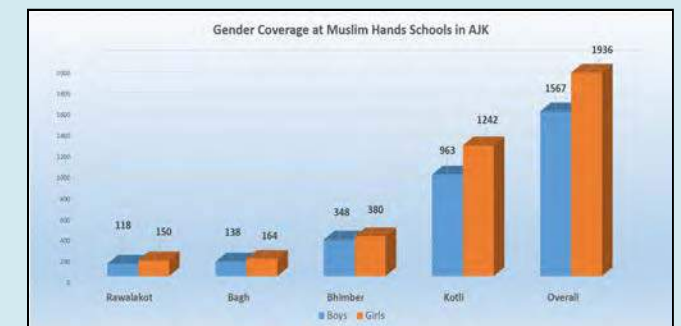
Muslim Hands is providing quality education services to deprived rural communities in far flung areas of AJK through its 6 model schools situated in Tehsil Charhoi and Sehnsa in District Kotli, 1 school in Dadyal, 2 model schools in district Bhimber, 2 in Leepa Valley & 1 in Village Patika district Muzaffarabad. 3600+ students are given quality education at MH model schools in AJK.

## Schools of Excellence

Rawalakot | Bagh

MH schools of excellence in Bagh and Rawlakot AJK are facilitating 550+ students including orphans and needy in terms of quality education and extra curricular activities. These schools provide following value added services to orphan and needy pupils:-

- Free education
- Daily meals & lunch
- Medical check up
- Uniform (twice a year)
- Transportation (If Required)



SCHOOL KIT FOR  
**£30**

### STATISTICS OF SCHOOLS IN AJK

43% of children (age 5-16) not in school

88% without electricity

40% schools without buildings

75% have no drinking water

73% Schools don't have toilet facilities

19% of schools in AJK operate within a single room



# Livelihoods

## SUPPORTING AND INVESTING IN SKILLED DEVELOPMENT AND TECHNICAL VOCATIONAL CENTERS IS PART OF OUR LIVELIHOOD PROJECTS

We aim to help increase the income of lower middle classes by skilled development at our technical training centers. Our prime focus is women’s empowerment so they can contribute in the well being of their families and grow their business to support their families.

In Kotli AJK, we are training 70+ female on sewing and knitting, so they can establish their own small scale business on a domestic level. By doing so they can also help other women by engaging them in their business.

This training has helped to drastically increase the income of the families, ensuring they are making enough money to safeguard the future of their children through education and other means.



### Vocational Training: Kotli

In Kotli AJK, we are providing technical training to 70+ females in sewing and knitting so they can establish their small skill business on domestic level. By doing so they can also help other women by engaging them in their busi-ness.

This training has helped to increase the income of their families ensuring that they are making enough money to safeguard the future of their children through education and other means.

So far 300+ women have got training in terms of sewing & knitting from Muslim Hands Vocational Training Center Kotli.



### Tech Training Institute Rawalakot

In 1999, Muslim Hands established Vocational Training Center in Hajira to provide technical training to less educated. So far we have trained 1400+ male and female under following trades:

- Electronics
- Electrical
- Plumbing
- Computer Education
- Mechanics

Most of the trained are running their own small scale business and not only earning good money for their families but also providing employment opportunities to others as well.



## Mirpur and AJK needs you!

Supporting and investing in small-scale agriculture forms the core of our agricultural aid programmes at Muslim Hands.

### HOW YOU CAN HELP



Donate a Milking Goat to a Needy Family

£120



Donate a Sheep to a Needy Family

£120



Donate a Milking Cow to a Needy Family

£450



Donate a Fruit Tree to a Needy Family

£20



Donate a Milking Buffalo to a Needy Family

£975



Donate 4 Egg Laying Chicken to a Needy Family

£20



Fund to Establish a Small Shop

£1000



Donate a Sewing Machine

£90



+ Donate a Sewing Machine & Training

£300



Donate Farming Tools & Seeds

£50

[muslimhands.org.uk](https://muslimhands.org.uk) | +44 (0) 115 911 7222



# Water

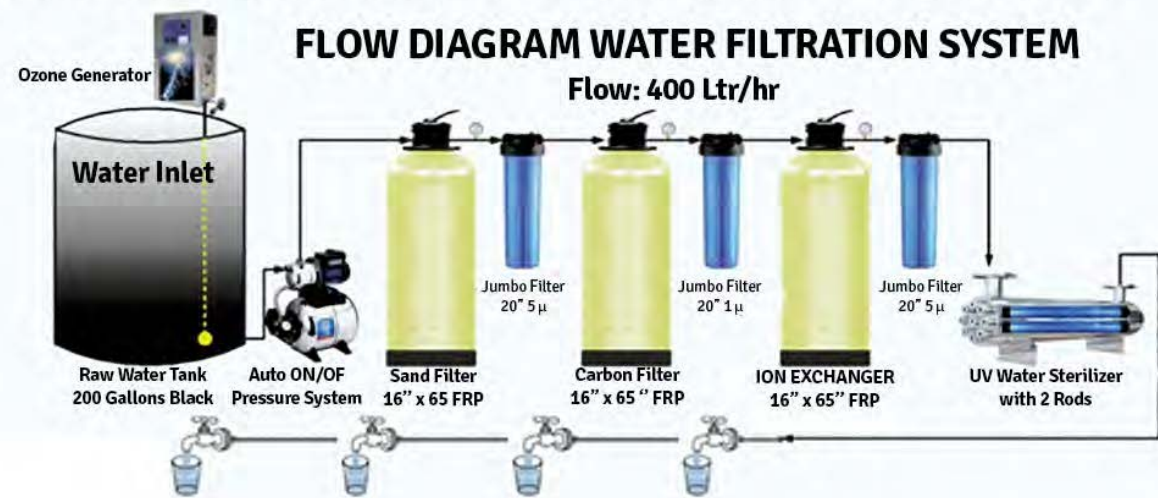
## Wells & Filtration Plants



### The need for water filtration plants:

According to researches 56% population in Mirpur had no access to safe drinking water. Which results in spread of water born diseases especially amongst children and women. Our state of the art water filtration plant can provide 4000 Ltrs /hour to a larger community.

## LAYOUT PLAN OF MUSLIM HANDS PROJECT



- 1 Water Storage Tanks**  
store 200 gallons of raw water.
- 2 Ozone Generator**  
has a greater disinfection effectiveness against bacteria and viruses compared to chlorination
- 3 Sand filters**  
are used in water purification for treating raw water to produce a potable product
- 4 Carbon filter**  
uses a bed of activated carbon to remove impurities or harmful chemicals
- 5 Ion Exchange Filter**  
Softens and deionizes the water, removes sodium, magnesium and calcium ions
- 6 Ultra Violet Rod (UVR)**  
Ensures any remaining micro-organisms are killed
- 7 Jumbo Filters**  
Removes small particles of sand, nitrate chemicals and other small particles from 5 to 1 micron in size
- 8 Output per plant**  
32,000 liters/ day
- 9 Daily Service**  
MH staff monitor/maintain the unit daily and water quality checks are logged
- 10 Access 24/7**  
Each Water Filtration Plant is housed in purpose built room and a plaque bearing the name of the donors is fitted



## Padhan Case study

Village Padhan, located in a remote area of Barnala region of District Bhimber AJK, with a population of 12000+ including four surrounding villages. Govt. of AJK built a water storage tank in 1982 which had a capacity to withhold 10,000 gallons of water but due to lack of maintenance the pipelines broke and the water tank had been out of order for past 20 years in a row. In the absence of any appropriate water source, the village faced severe shortage of drinking water, where every day village females had to bring water in their containers, walking miles on foot on daily basis. After a detailed assessment of necessity, Muslim Hands started rehabilitation project of water storage tank, providing community with a new bore hole. Today Padhan along with its neighboring villages, take benefits of safe drinking water from the storage tank which is directly contributing towards health, hygiene, education and women empowerment in the area. "Feeling, that we have sufficient water for drinking, Bathing etc in our homes and our women no longer have to bring water from far away is very satisfying". One of the villagers told Muslim Hands

Following are the outcomes of Water Storage Tank project at village Padhan, District Bhimber AJK.

- % decrease in waterborne diseases.
- Safer and healthy safe drinking water for 12000+ residents and commuters.
- Availability of 32,000 litres of water/per day
- % Increase in health and hygiene of school going children.
- % increase in Women empowerment

## Salient Features of Water Filtration Plants in Mirpur AJK

- 24/7 Operation
- Fully Automated
- In Addition With Ozone Generator & Water Softner

**Daily Capacity: 32,000Liters/Plant**

**Beneficiaries: 80,000+/Day**

**Cosumership: 100% Free for All**

## Planned For 2018

- 5 Water Filtration Plants
- 2 WFP with R.O Technology & Solar Panel
- 25 Community Bore Holes

DONATE  
1 WATER FILTRATION  
PLANT  
**£4900 ONLY**







# Health

Health care facilities in AJK are a languor for poor. Not only we have served the community during emergencies like earthquake 2005 and tensions on line of control but we are managing some of the most beneficial health care projects in AJK. Our RCPD (Rehabilitation Centre for Physically Disabled) in Taitrinot (Rawalakot) and in Muzaffarabad have served 250,600 people over last 22 years. Since August 2015, our Pharmacy at DHQ Hospital Mirpur has saved 23,478 lives in acute emergencies like accidents, gun shots and severe medical conditions by providing them free lifesaving drugs. So far, in our free eye camps, we have restored 11,34 eye sights by cataract removal surgeries, thousand others have received free medical treatment in our free medical camps.

## ALARMING HEALTH STATISTICS

**27%**  
OF POPULATION IS GETTING  
BASIC HEALTH FACILITIES

**73%**  
DO NOT HAVE ACCESS TO  
BASIC HEALTH FACILITIES

**201/10,000**  
MATERNAL DEATHS/10,000  
LIVE BIRTHS

**62/10,000**  
INFANT MOTALITY RATE

**27%**  
MALNUTRITION(CHILDREN)

**27%**  
MALNUTRITION(CHILDREN)



## Maternity Kit

**£70**



## Gift of Sight

**£75**



## Wheel Chair

**£70**

**24/7 Pharmacy Services DHQ**

**23,478 Beneficiary Patients**

**11,974 Males, 71% Children**

**11,504 Females, 29% Children**

**1200/Month Average**

**40 Patients daily coverage**

## Establishment of Emergency Pharmacy at DHQ Hospital Mirpur

It is one of the major projects implemented by Muslim Hands. During first phase, Muslim Hands, on 6th July 2015, signed an MOU with DHQ Hospital Mirpur to establish its pharmacy in the emergency ward, to provide free life saving drugs to acute emergency patients.

Muslim Hands is also providing personal hygiene kits to each registered patient at Kashmir Institute of Cardiology.

The pharmacy has prime focus to facilitate the orphan, needy and the poor who are more vulnerable to initial emergency treatment. The Pharmacy provided free of cost medicines to key emergency cases cumulatively in the last ten months includes; Shock cases (33%), followed by joint pain (13%), bronchial asthma (9%), Road Traffic Accidents (24%), Hypertensive (35%) etc.

## Basic Health Unit (BHU) Ghazi Gurha

BHU Ghazi Gurha was established in 2013, delivering free primary health care services on permanent basis to the local and surrounding communities.

On average 37 poor patients get free medical treatment at BHU along with below facilities.

- Outdoor patient & indoor patient services
- Preventive Health Care services
- Mother & Child Health Care services
- Free vaccination for MN&CH
- Minor Operation Theater Services
- Echocardiography (ECG)
- Ultrasound
- 4 bed restroom/ward
- Free dispensary (Medicine)
- Preventive Services for Epidemic (Widespread Diseases) & Emergency Services
- Nebulization
- Blood Sugar Test

**Life Saving Medicines  
for accute emergency**

**£25/Month**



# Food & Nutrition

Pakistan is a lower middle income country with an annual GDP of \$246 billion and a population around 185.1 million. Political instability and higher inflation rates are a major cause of economic deprivity in AJK. The National Nutrition Survey (NNS) 2011 shows an alarming nutritional situation in this respect. The results reveal that 32% of the child population in the state is stunted, 80% wasted, while 26% children are underweight. This is clearly an indication of the worst malnutrition scenario in the state. Furthermore, the survey also narrates that under nutrition is the main cause of death among infants and higher drop-out ratio among young children. Muslim Hands plans to overcome the affects of malnutrition by facilitating the vulnerable communities of AJK through its annual Ramadan and Qurbani projects.

## Kashmir Emergency Response

Kashmir is a territorial conflict primarily between India and Pakistan, having started just after the partition of India in 1947. India and Pakistan have fought three wars over Kashmir, including the Indo-Pakistani Wars of 1947 and 1965, as well as the Kargil War. During the last week of October 2016, continuous cross border firing by the Indian Army affected local community residing nearby the border villages. The most affected areas were Nakyal & Tatta Pani of district Kotli AJK, Iftikharabad Bhimber, Neelum Valley, Titrinote, Rawlakot & Forward Kahuta in Haveli District. Different villages in Tehsil Nakyal, & Tatta Pani District Kotli were severely affected and observed a complete unrest at line of control. In Nakyal sector, 15 people were martyred and 53 people got severe injuries, 350 families were displaced from their homes to secure temporary settlements. Responding to this humanitarian crisis, Muslim Hands provided comprehensive food packages and household items to 600+ displaced families in 5 districts of AJK.



## MH Qurbani Program

This Eid al-Adha your Qurbani sacrifices fed thousands of needy families worldwide across South America, Africa, the Middle East and Asia. For impoverished families, meat is a rare luxury but alhamdulillah, your donations provided healthy, fresh meat for local families to eat over the days of Eid.

One of the places your generous donations made a huge impact is in Mirpur (AJK), Pakistan. Here you helped provide quality veterinary pre-examinations for all of the Qurbani animals, environmentally friendly packaging and quality meat for impoverished 2,820 families on the blessed days of Eid. That's a staggering 14,100 people

## MH Ramadan Package

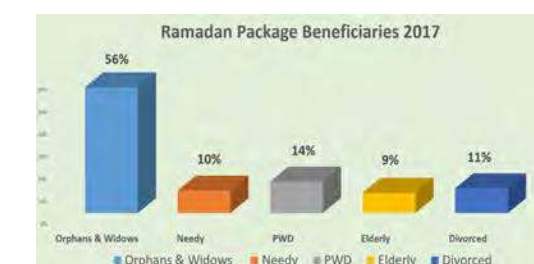
Muslim Hands, every year plans and distributes a comprehensive Ramadan package including higher nutritional value for the deprived communities of AJK particularly orphans, widows, disabled and needy people of the society so that they can also enjoy the festivity of Ramadan along with all other Muslims.

This year Muslim Hands has provided a comprehensive food package to 1157 families and 5875 individuals during the holly month of Ramadan.



### Nutritional value of Single Ramadan Package Details

1	Rice	5	18500 k cal
2	Yellow split peas	1	3410 k cal
3	Green Gram	1	3470 k cal
4	Brown Lentil	1	3410 k cal
5	Red Beans	1	3410 k cal
6	Flour	20	72800 k cal
7	Dalda	5	45000 k cal
8	Tea	450	2025 k cal
9	Salt	2	0 k cal
10	Red Chili	1	400 k cal
11	Rooh Ahfza	2	1800 k cal
12	Sugar	5	19600 k cal
13	Dates	1	2820 k cal





# Environment

Distinguishing the adverse affects of climate change in AJK, Muslim Hands stepped forward and developed environment protection/ climate change programs, and 1000 Pine trees will be planted every year in AJK to provide a healthy environment for the local communities with following objectives:

- Restoration of clean and healthy environment

for human life and to minimise the pollution.

- To improve the weather conditions by stabilising environment degradation.
- Strengthening public sector institutional capacity for planning, development and management of the forestry resources.

## Plantation of 1000 pine trees in Mirpur

Pine Trees are evergreen conifers that are native to the Northern Hampshire but few species grow in warm climates like in Mirpur. These trees can grow 100 feet tall and spread over 50 feet wide over a span of 100 years. They are disease-pest resistant trees having needles instead of standard leaves that have tremendous ability to consume a larger quantity of CO<sub>2</sub>. Eventually having a very pleasant and fresh affect on the environment, additionally a large number of Pine Trees together can reduce temperature up to 5 to 10. In order to benefit from these exceptional peculiarities, Muslim Hands planted 1000 Pine Trees in Mirpur as a gift to future generations. Our further interventions in environment are;

- Development of Green Belts from Medical College to Y Cross (3.6Km).
- Fencing of Green Belts.
- Establishment of a Pine Field at Viewpoint park along with grass carpeting.
- Protective Fencing for each plant to ensure their sustainability.
- Green-plating & Coding of Plants
- Post-Plantation Monitoring.
- Public Private Partnership Branding

## Mirpur a Polythene Free City Campaign

Muslim Hands in partnership with Environmental Protection Agency (EPA) launched its “Mirpur a Polythene free city campaign”. The campaign was carried out in two phases. PHASE 1 consisted of advocacy campaign through public service messages, media and awareness walks. Muslim Hands organised awareness walk in Mirpur at World Environment Day in collaboration with EPA with the slogan “Say No to Plastic bags”. The walk remained very succesful as a large number of people from civil society, students from local schools and colleges, lawyers, media persons and district administration participated. As a successful endeavors EPA imposed ban on use of conventional non degradable plastic bags after 31st December, 2015. PHASE 2 In substitution of conventional plastic bags, Muslim Hands has introduced environment friendly Oxo-Bio degradable bags that can degrade with soil within 6 months leaving no harm behind. For promotion of Oxo-Bio degradable bags Muslim Hands is all set to distribute 1 million free bags among the local Traders.





# Orphan Care is at the Heart of Muslim Hands

SPONSOR AN ORPHAN TODAY

For just **£29.5** a month, you can help provide care and education to an orphan child.

YOUR DONATION COVERS



Education  
& Training



Welfare  
& Support



Nutrition  
& Health

Muslim Hands believes that education is the biggest part of orphan care. It is the framework which nurtures growth and opportunity, leading the way for children to build their own independence and success.

To ensure that we deliver the highest level of education and care, the majority of our sponsored orphans attend schools built and run by us.

We couple education with a close monitoring of the physical and mental health of each child. Children who live in poverty are, inevitably, more prone to falling ill, so we ensure that each orphan is fed a warm, nutritious meal at school, and we monitor their health and development.



**Muslim Hands**

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