

Islamic Help **PAKISTAN** 2020-22

EMPOWERING PEOPLE IN NEED

islamichelp.org.pk

Islamic Help



Islamic Help
is a **charitable**
organisation,
established in order
to **help** and
empower
some of the **world's**
most vulnerable
and
in need
communities



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Our Message



Assalamu Alaikum Wa Rahmatullahi Wa Barakatuhu

We are humbled to present this record of the work that your support has allowed us to carry out in helping some of the poorest and most vulnerable communities in Pakistan in the 3 years from 2020 to 2022.

Alhamdulillah, it is only with the blessings of Allah subhanahu wa ta'ala that we are able to fulfil your amanah (trust) by delivering your donations in the form of aid and support to improve the lives of so many people in need.

The uncertainty of recent years has confronted us all and led to unprecedented challenges; from the devastation of the COVID-19 pandemic to the destructive floods of 2022 that caused so much heartache and pain, from the continuing adversity of poverty to the ever-increasingly damaging impact of climate change.

We have been tasked by the Almighty in helping the marginalised and vulnerable overcome the crises in front of them, and we thank Him that our day-by-day work is making a difference, for the better, in the lives of so many deserving individuals and communities.

During these testing times, we have adapted to meet the immediate needs of those who are suffering from the pandemic or the natural disaster of the floods, while continuing to deliver longer term support in the form of orphan care, WASH (Water, Sanitation and Hygiene), livelihoods and education.

With the backing of our donors and supporters, and the engagement of our partners, essential service providers and frontline workers, we have endeavoured to deliver resources to the most affected based on our ideals of honesty, transparency and accountability.

While much has been achieved, there are still enormous challenges facing us. Insha'Allah, we intend to confront them with all the energy, commitment and dedication that we have. Finally, we extend our heartfelt thanks and duas to all our staff and volunteers, to the board members of Islamic Help Pakistan, to our friends, donors and supporters for allowing us to meet our ever-increasing responsibilities and duties for the betterment of Pakistan. May Allah swt bless and reward you all. Ameen.

Islamic Help Pakistan

Who We Are

Islamic Help Pakistan is a National NGO registered with the Security & Exchange Commission of Pakistan (SECP).

Since 2005, Islamic Help Pakistan has been dedicated to alleviating the suffering and hardship of the poverty-stricken, the poor and the vulnerable through the provision of emergency aid and long-term support. By putting beneficiaries at the heart of our work, we empower communities to become part of the solution towards achieving economic and social stability, security and prosperity.

Our Mission is to deliver sustainable solutions that empower people in need, so they can overcome poverty and adversity, and live in dignity and respect.

Our Vision is to empower people in need.

Our Values

Empathy Making beneficiaries part of the solution.

We involve communities in our assessments, allowing us to understand their needs, to help develop them and forge strong relationships.

Empowerment Providing people with the tools and means to develop and control their lives.

Sustainability Establishing self-sufficient Model Villages.

We are committed to providing communities with the means to achieve economic, environmental and social sustainability through the development of model villages.

Efficiency Dedicated IH offices.

Our status as a registered National NGO with our own office and staff allows us to achieve efficiency in procurement and delivery, resulting in lower costs and quicker response times.

Our Achievements 2020-22



FOOD

equivalent of 1.1 million people



WASH

10,674 hand pumps and 136 wells



WASH

15 Solar water stations and
24 filtration plants



WASH BENEFICIARIES

177,944



CONSTRUCTION

60 Mosques



HOUSING

200 New Homes



Pakistan Today

- The United Nation's 2021-22 Human Development Index – released in September 2022 and based on factors such as the population's health, education, standards of living – ranked Pakistan at 161 out of 192 countries.
- This compares with a position of 154th out of 189 countries in the previous report and places the country in the low human development category because of its inadequate health, income and education indicators.
- Pakistan has the highest infant mortality rate in South Asia and the second-lowest life expectancy. It faces a severe health crisis, yet has only 6 hospital beds per 10,000 people.
- Nearly 40% of its 220 million population is in what is described as multi-dimensional poverty.
- One-in-10 children are undernourished.
- Nearly a tenth of the population lacks access to clean and safe drinking water.



Focused Sectors

Disasters & Emergencies Management

Social Protection

Water, Sanitation & Hygiene

Shelter & Settlement

Education

Community Infrastructure

Livelihoods & Sustainability

Beneficiaries

Our oldest established office outside of the UK, Islamic Help Pakistan concentrated on emergency relief and the delivery of core programmes to some of the poorest and most remote communities in Punjab, Sindh and Baluchistan.





During the 2020-22 period, our team worked tirelessly across Pakistan to serve the equivalent of **1.3 million beneficiaries**



Floods Emergency

In the summer of 2022, Pakistan experienced extreme heatwaves followed by devastating floods, described as the worst in the nation's history. The country is listed as the most vulnerable on the Global Climate Risk Index and a population already struggling against Covid and poverty found itself suffering the devastating impact of climate change.

- Nearly 1,800 lives were lost
- The nation recorded 60% of its total monsoon rainfall in just three weeks
- More than 33 million people were affected
- 300,000 homes were destroyed and an estimated 2 million people displaced
- The cost of recovery has been put at more than US \$30 billion - about 10% of GDP.

Our Response

Our teams worked across the country, with locations including:

- Dera Ghazi Khan, Punjab
- District Mirpurkhas, Sindh
- District Lasbela, Baluchistan
- District Noshera, Khyber Pakhtunkhwa
- District Matiari, Sindh



Aid for flood-affected Families



Cooked hot meals | 15,200 Beneficiaries

Provided immediate nutrition to flood-affected and displaced families; fostered a sense of community and support



Food packs | 14,430 Beneficiaries

The packs contained dry rations including flour, rice, sugar, cereals, oil, salt etc. A total of 2,405 family food packs were distributed



Our Response



Water | 2000 Beneficiaries

With water sources contaminated by floodwater, 2,000 water bottles were distributed to help prevent the spread of water-borne illnesses



NFI & Hygiene Kits | 4,290 Beneficiaries

Aimed at preventing the spread of communicable and waterborne diseases and infections. There were 715 hygiene kits distributed and NFI included tents, shelter tool kits, kitchen sets, tarpaulin sheets, blankets and mosquito nets



Cash Distributions | 240 Beneficiaries

Unconditional cash assistance to 40 flood-affected widow-headed households in MirpurKhas district. It allowed crisis-affected households to fulfil their basic food needs with dignity



Housing

As part of a long term recovery programme for flood-affected families, Islamic Help aims to build 200 new houses for families whose homes were destroyed. The new brick structures will provide more secure housing for many families who were previously living in mud homes.



By providing durable and permanent housing, we aim to help families rebuild their lives and regain a sense of normality. Since the launch of the programme, 53 families in MirpurKhas have been provided with new homes and construction work is ongoing on the remaining 147 structures.



Relief Projects

When the Covid-19 pandemic took grip in 2020, lockdowns and social restrictions along with the health risks posed by the virus severely impacted food security, income generation and social mobility. As part of its emergency response, Islamic Help Pakistan set up food provision facilities in Karachi and Hyderabad, providing cooked meals for 700 families.

400 Kits | 1,500 Beneficiaries

Distributed in Quetta, during 2020

400 Kits | 1,500 Beneficiaries

Distributed in Khuzdar, during 2021

100 Kits | 500 Beneficiaries

Distributed in Kumrat Valley, KP, during 2022



Winter Kits

- including coats, sweaters, gloves, scarves, blankets





Wheelchair Distribution

- 2020: District Malir (Karachi) including Rehabilitation Centre for Multiple Handicapped Children (RCMHC); Lahore; Multan, South Punjab
- Distribution of wheelchairs, with partner COPE, to disabled adults and children
- 35 beneficiaries



WASH

In the 3-year period covered by this report, Islamic Help Pakistan's WASH programme saw the installation of thousands of family household water hand pumps and community wells. Overall, that work benefitted nearly **178,000** beneficiaries.



DONOR ID
VILLAGE ROHERO, TE
DISTRICT MITHI THA
SINDH,



Islamic Help
EMPOWERING PEOPLE IN NEED

WATER WELL

DONATED BY
AHSAN HAMID



THE PROPHET (PEACE AND BLESSINGS OF ALLAH BE UPON HIM) SAID:

Whosoever digs a water well, will receive reward for that from Allah on the Day of Judgement.

HADITH, BUKHARI



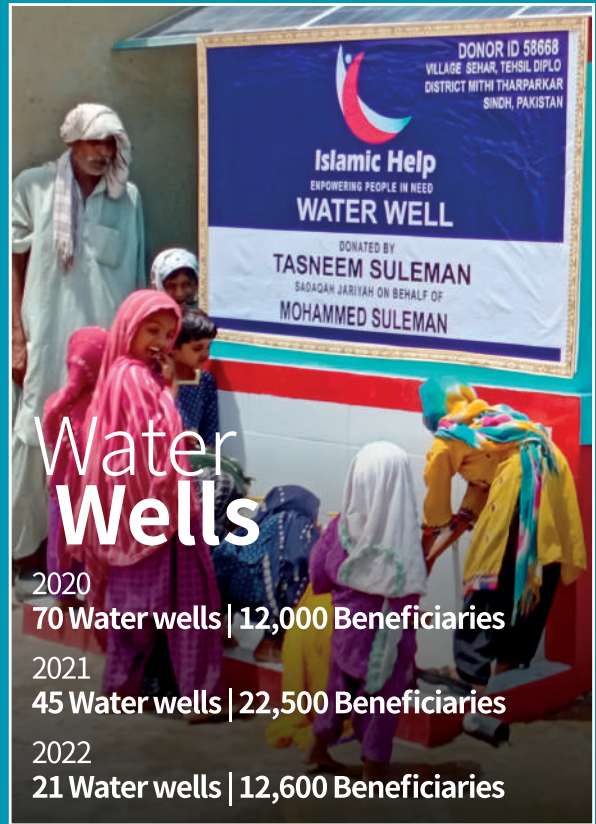


Hand Pumps

2020
6,500 Hand pumps | 40,000 Beneficiaries

2021
2,700 Hand pumps | 19,000 Beneficiaries

2022
1,474 Hand pumps | 8,844 Beneficiaries

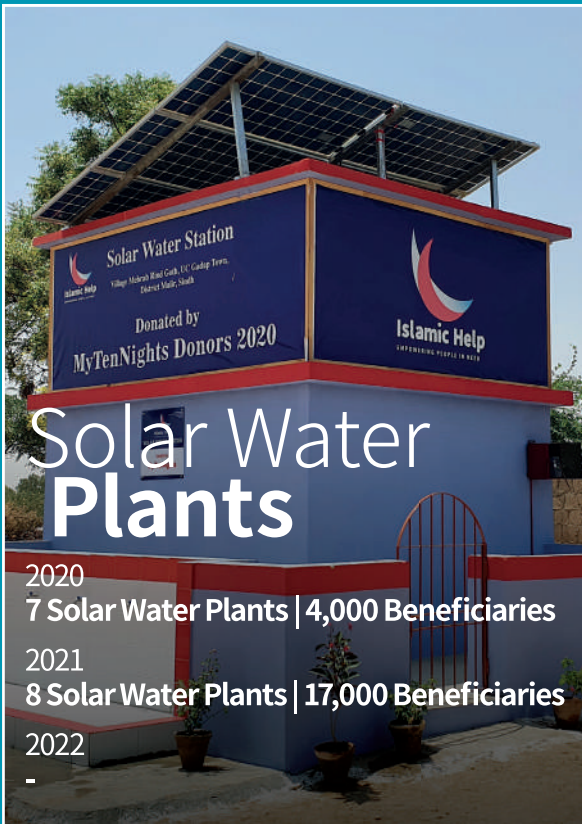


Water Wells

2020
70 Water wells | 12,000 Beneficiaries

2021
45 Water wells | 22,500 Beneficiaries

2022
21 Water wells | 12,600 Beneficiaries

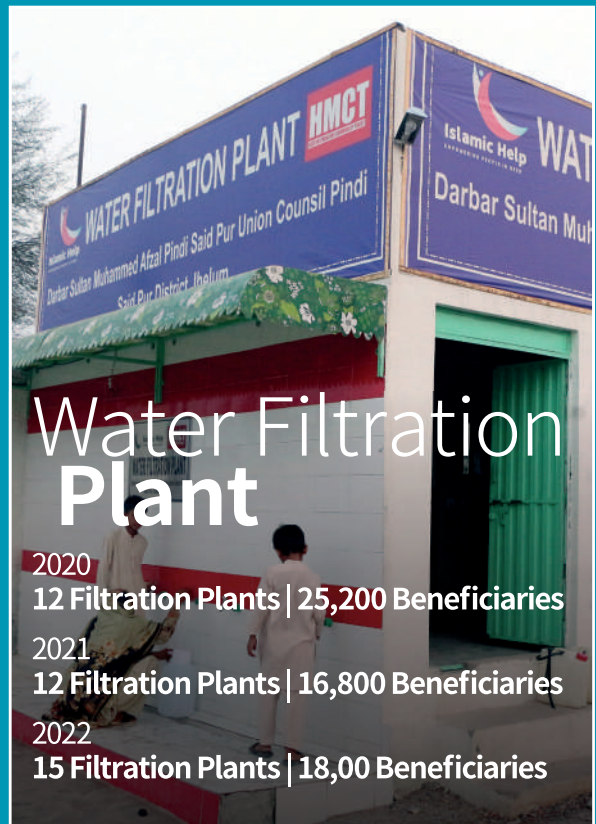


Solar Water Plants

2020
7 Solar Water Plants | 4,000 Beneficiaries

2021
8 Solar Water Plants | 17,000 Beneficiaries

2022
-



Water Filtration Plant

2020
12 Filtration Plants | 25,200 Beneficiaries

2021
12 Filtration Plants | 16,800 Beneficiaries

2022
15 Filtration Plants | 18,00 Beneficiaries

Education

As part of our commitment to the provision of education, Islamic Help Pakistan is running educational institutions (Holy Schools Systems) and Jamia-Tul-Hira al Islamia Mirpur plus other related facilities across Pakistan to ensure opportunities for boy and girls. Additionally, the Islamic Help Scholarship Scheme provides scholarships to talented needy students on a regular basis.



Quran Distribution

Islamic Help Pakistan is also meeting children's spiritual and religious needs through the distribution of Qurans, to aid their personal development through the teachings of Islam so they can benefit the whole of humanity.

2020 | 4,000 Beneficiaries

2021 | 10,000 Beneficiaries

2022 | 1,500 Beneficiaries



JAMIA-TUL-HIRA UL ISLAMIA MIRPUR AJ&K is one of the leading and most prestigious educational institutions in AJ&K. Functioning under the supervision of Islamic Help Pakistan and Hazrat Sultan Bahu Trust (HSBT), it has separate campuses in New Bandral Town, Mirpur, for male and female students.

- Launched in 2012 to provide high quality free education
- Every year, there are approx. 300 degree graduates
- Vast and beautiful campus comprising of 35 rooms
- Students have constantly secured top positions in the B.I.S.E Mirpur

- Well-equipped computer lab with reputed female instructor
- Higher scholarships for brilliant students
- Four-year courses side-by-side with Adeb Arabi and Fazil Arabi courses
- Observing and providing opportunities to students in the departments of research, communication and Dawa after completion of education

Orphan Care

- Islamic Help Pakistan has been delivering our one-to-one orphan sponsorship programme since 2005
- Financial support is delivered to deserving orphans and their families mainly for the child's/children's education and health needs
- Islamic Help cares for orphans in Balakot, Rawalakot, Rawalpindi, Mansehra, Lahore, Sheikhpura
- From 2020 to 2022, we have supported 1,223 orphans, indirectly benefiting more than 7,000 beneficiaries



- Sponsorship money is transferred every quarter into the bank accounts of Minor Guardian Account of an orphan to ensure transparency
- A team conducts monitoring visits of the orphans' families on a regular basis to ensure the well-being of the orphans
- It also records information for feedback reports for the orphans' sponsors
- To cater for the educational needs of poor and vulnerable orphans in Lahore, Islamic Help set up the Iqra Islamic School where they receive free and high quality education



“

THE PROPHET (PEACE AND BLESSINGS OF ALLAH BE UPON HIM) SAID:

The best Muslim house is a house in which an orphan is well treated.

HADITH, BUKHARI & MUSLIM

”



Orphans supported by Islamic Help Pakistan

2020
450

2021
423

2022
350

Livelihoods

By providing livelihoods, Islamic Help Pakistan is giving the poor and disadvantaged the means and opportunities to earn incomes and provide for their families with dignity and respect. It is empowerment that allows them to become self-sustainable and not rely on others, to improve their standard of living, and to be respected and productive members of their communities.

Apna Rozgar

- Fruit and Vegetable Carts to poorest families in Karachi, Lahore, and Attock
- Beneficiaries from economically marginalised communities
- Opportunities for small business start ups
- Means to enhance financial stability
- Basic business management and financial literacy workshops for beneficiaries



2020
10 Carts | 50 Beneficiaries

2021
45 Carts | 225 Beneficiaries

2022
50 Carts | 250 Beneficiaries



Auto Rickshaws

- Beneficiaries in urban and semi-urban areas, to set up rickshaw taxis businesses
- Areas for distribution were Gujrat, and Jada and Pind Dadan Khan in District Jhelum
- Income increased by approx. 60% on average
- Workshops on traffic rules, rickshaw maintenance, and basic accounting
- Psychological impact with beneficiaries reporting new sense of purpose and drive

2020
10 Families
 (approx. 50 Beneficiaries)

2022
50
 (approx. 75 Beneficiaries)



Vocational Training Centre in District Malir, Sindh

- 180 beneficiaries (2020)
- Teaches sewing and dress-making skills to women
- Each student awarded a diploma and a free sewing machine on completion of training
- Cash prizes to the 3 top trainees so they can start their own business.

Seasonal Projects

Every Ramadan, our teams provide food security with food packs designed to last each family for up to a month. Each pack contains items that provide nutrition and meet dietary needs. At the time of Eid ul Adha, Qurbani meat is distributed to the poorest who may not have the means to enjoy meat dishes at any other time of the year.

Ramadan
Family food packs
2020
1,000 | 6,912 beneficiaries
2021
500 | 2,500 beneficiaries
2022
400 | 2,000 beneficiaries





Qurbani

Meat parcels, approx. 4kg each

2020

4,000 | 28,000 beneficiaries

2021

2,000 | 10,000 beneficiaries

2022

3,000 | 15,000 beneficiaries



Community Development

In the remotest or most under-privileged areas where communities do not have the means or resources to repair crumbling structures or build new ones, Islamic Help Pakistan and its donors have been providing masjids that are not only modern and fit-for-purpose but bring community cohesion through worship, education, religious and social activities.

Mosques constructed

2020

19 | 2,000 beneficiaries

2021

19 | 2,000 beneficiaries

2022

22 | 2,750 beneficiaries





A programme of constructing new housing for poorer homeless families or those living in derelict structures was stepped up as part of our long term recovery for communities devastated by the massive floods in 2023.

2020

5 Homes | Approx. 40 Beneficiaries

2021

-

2022

53 Homes | Approx. 265 Beneficiaries

Model Villages

Part of our commitment to delivering community development is our Model Villages programme. It aims to design and develop community-based, integrated and sustainable solutions for 12 communities that have been designated as model villages in under-privileged areas of Sindh and Baluchistan.





- Sindh, Baluchistan
- 12 model villages
- Solar Water Stations
- Community Washrooms
- Community School
- Community Centre/ Madrassa and Mosque.

Dastarkhawan Project

The Dastarkhawan project was set up in 2020 to address food security among the poorest during the Covid-19 crisis, especially labourers who found their livelihoods severely restricted or disappear altogether in the pandemic. It is now an established fixture in 4 cities and provides 1,000 free hot meals every day for those who are most in need, thereby helping alleviate food poverty.





Dastarkhawan Project

- Running in Karachi, Sindh; Rawalpindi, Chakwal, Kharian, all Punjab
- Beneficiaries: 1,000 individuals per day
- Equivalent to 365,000 beneficiaries per year

More than **1 million** meals served in 3 years

Our Thanks

Islamic Help Pakistan is only able to do its work to empower and help tens of thousands of families each year with the support of our donors, partners, supporters and volunteers.

To all of you, we offer our sincere and heartfelt thanks and gratitude for allowing us to deliver the amanah that we have been entrusted with in an effort to help humanity. May Allah swt accept and reward you all for your efforts and sacrifices in helping our brothers and sisters in need. Ameen.







THE PROPHET (PEACE AND BLESSINGS OF ALLAH BE UPON HIM) SAID:

Whoever relieves a Muslim of a burden from the burdens of the world, Allah will relieve him of a burden from the burdens on the Day of Judgement. And whoever helps ease a difficulty in the world, Allah will grant him ease from a difficulty in the world and in the Hereafter.

HADITH TIRMIDHI



THE PROPHET (PEACE AND BLESSINGS OF ALLAH BE UPON HIM) SAID:

Every act of kindness is charity.

HADITH BUKHARI





Islamic Help

EMPOWERING PEOPLE IN NEED

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Design & Print by **OUTSTANDING**