



HELP

Balochistan

Health Education
Livelihood Promoters

ہر پاکستانی کا دل بلوچستان کے محنت کش لوگوں کے لئے دھڑکتا ہے۔ یہ صوبہ ترقی کی دوڑ میں پیچھے رہ گیا ہے اور زندگی کی بنیادی سہولیات سے محروم بھی، لیکن یہ ہمارے اپنے لوگ ہیں۔ ان کو صحت، تعلیم اور صاف پانی جیسی سہولیات فراہم کرنے میں HELP بلوچستان کے قدم کے ساتھ قدم ملائیے۔
اپنی زکوٰۃ کا ایک بڑا حصہ ان کی امداد کے لئے عطیہ کریں، تاکہ ترقی کی دوڑ میں پیچھے رہ جانے والا صوبہ کہیں بہت پیچھے نہ رہ جائے۔

This Ramadan, Let Your Zakat Create A Ground-breaking Impact

The residents of Balochistan live short and challenging lives. Even in this age of advancement, these people live miserably without reliable sources of water, light, education, and healthcare. Men working in mines are exposed to hazardous fumes that cause asthma, pneumonia, TB and lung cancer. The enclosed environment from burning wood for cooking and kerosene lamps also make women inhale dangerous fumes all day in their homes. Unfortunately, without education, their children also have no choice but to step in the shoes of their parents and continue in the same cycle. At the same time, stagnant and contaminated water reduces their life expectancy to 40-50 years at most and even then they look much older.

People say that Balochistan is an important province of our country. This Ramadan, we want you to give them similar importance in your Zakat.

On the other hand, we are not doing enough for the people suffering there. In our hearts, we need to take a stand for the deprived people of Balochistan. Following our prophet (SAW), who greatly emphasized not only giving water but also wanted the best utilization of your Zakat for the welfare of our brothers and sisters.



KNOWN TO BE THE LAND OF RESOURCES, BUT...

These children and women, travel for miles to get water for their homes. Yes, the water you are seeing in this picture is what they consume several times a day. For these poor families, it is a routine to share the same pond of water with their cattle because they do not have any other option. Our mission is to save the lives of thousands of residents of Balochistan and their children who lose battles against several water-borne diseases. Sadly, most of those who survive spend their lives with stunting*. We urge you to stand next to us in this endeavor.

*Stunting is the impaired growth and development that children experience from poor nutrition and repeated infections.



764 water filters*
benefitting more than
81,730
people

24 medical camps
healed more than
21,100
people

8,350 solar lights**
eradicating darkness for
41,750
people

19 equipped schools
educating more than
11,920
people

*Each Community water filter gives water to more than 110 people everyday for 4-5 years, **We give 2-3 solar lights to every household that last up to 3 years.

LIMITED PEOPLE, WITH COUNTLESS PROBLEMS

When we ask for your help for the people of Balochistan, it is because the silence has been for too long. For years, these people have suffered and died due to reasons that still continue to haunt their lives. No one is safe until your support becomes their savior.

The Women, are rarely seen in these pictures because they usually stay indoors. For most of their lives, they inhale dangerous fumes from burning wood for cooking and kerosene lamps at night as a source of light. At the time they are expecting a child-birth, there is no proper maternal healthcare facility to rely on. As a result, many infants and mothers lose their life in this battle. Healthcare and sustainable lights can save so many lives.



The Children, wander aimlessly in the harsh environment of Balochistan. Unavailability of education or even skill and training leads them to the same path as their parents and the suffering continues for generations. When it comes to their health, thousands of children under the age of 5 die due to typhoid, respiratory diseases and diarrhea every year and child-stunting is increasing every day. It amazes us that only if provided with education and clean water, tables for hundreds of families can be turned.

The Men, start working in the mines as children and continue this life of misery till they die. A countless number among them direly need medical attention for their respiratory and skin-related issues due to exposure to dangerous fumes from the mines. They may seem up to 75-80 years old but sadly, their life expectancy is 50 years at most. They look up to HELP to live a longer and healthier life.



صاف پانی ایک محنت مند زندگی کی علامت ہے۔ یہ ایک ایسی نعمت ہے جس سے آج بھی بلوچستان کے ہزاروں شہری محروم ہیں۔ یہ ایک حقیقت ہے کہ بہت سے علاقوں میں آج بھی انسان اور مویشی ایک ہی تالاب اور ندی سے پانی پیتے ہیں۔ HELP بلوچستان کی درخواست ہے کہ آپ اپنی زکوٰۃ کا ایک بڑا حصہ ان کی محنت کے تحفظ کے لئے وقف کر دیں۔

GIVE LIGHT TO SAVE LIVES...

These girls that you see have to walk feet away to go for defecation since they do not have proper toilets. With no electricity or gas, they have to carry kerosene lamps which is a life-threatening experience every day. Most of these women are barefooted, the dangerous insects and snakes claim hundreds of lives each year.

With your support, HELP Balochistan is giving light to these children and women as they face extreme dangers while going for defecation in the dark nights. This Ramadan, join us and become their light because their lives are risked every day. They need your support more than ever.



IMAGINE ONE DAY IN THEIR SHOES



Living in houses made of straws and clay, people of Balochistan barely make their ends meet. While men work in the coal mines, women stay at homes and children wander around. We believe that this cycle needs to be broken for a better tomorrow. HELP Balochistan is trying to progress every day. It is our collective responsibility to stand together and provide them with at least the basic necessities like Healthcare, Education, Light, and Water for an improved tomorrow.

Your Zakat can change their future by providing clean water and lights today that will benefit them for years to come.

LITTLE HADI HAS HIS WHOLE LIFE AHEAD...

He and his mother are each other's only support

When 6 years old Hadi came to us to get a blanket, we gave him one that was heavier than he could carry. When we asked if he wanted a smaller blanket, he denied it and told us that it was for his sick mother at home. Later, we got to know that Hadi is the only son and his father passed away in the recent earthquake. Hadi exemplifies thousands of children like him who have no school to go to, no source of clean water, and no light for their dark nights. It just makes one wonder that if we won't stand for such children today then who will?



Hadi from Aspani Village

DIFFERENT NEWSPAPERS APPRECIATE HELP'S EFFORTS

It is all because of those who support us

Recognizing the efforts of HELP Balochistan, **Daily Mashriq Quetta**, **92 Newspaper**, **The Daily Bakhbar Quetta**, **The Century Express**, **Daily Azadi Quetta** and **The Daily Jung Quetta** say "HELP Balochistan distributed solar lights, warm clothes, and blankets among more than 300 needy families (more than 3,000 people) of Harnai and Loralai. Electricity and gas are unavailable in the remote areas of Balochistan and in a time when coal and wood are too expensive to be afforded, these solar lights will enlighten the cold and dark nights for them. Also the warm clothes and blankets will help them fight the merciless winters.

"Serving the deprived people is nothing less than worshiping" –Dr. Amir Jomezai, The Daily Mashriq



LIVES OF COAL MINE WORKERS IN BALOCHISTAN

Balochistan is home to one of the harshest environments, where tens of thousands of men and children descend below the surface each day to dig up tonnes of coal. Every new day is a risk to life due to possible explosions, methane gas poisoning, suffocation, mine walls collapsing, and respiratory issues such as asthma, that need medical attention and regular checkups. Every year, especially in the month of Ramadan, hospitals get millions in donations. It may be because people see patients coming with their own eyes but we want you to believe that these people of Balochistan rely on you more than ever. It is because every day that they go in the mine may be their last but together, we can make a difference.



Every medical camp is organized with a kind contribution of Rs. 500,000 of our donors and provides medical treatment to more than 1000 people. Is Rs. 500 too big an amount when it comes to saving lives?

Since 2015, HELP Balochistan has been arranging regular medical camps especially to cater to the medical needs of mineworkers with breathing difficulties. With every visit, we want to ensure that they have access to not only medicines but inhalers. We need support from our donors in this endeavor more than ever because you have the power to not only heal the pain but to save lives as well. We are sure that you will not turn back from us..



بلوچستان جتنا ہر پاکستانی کے لئے اہم ہے، HELP بلوچستان کی درخواست ہے کہ اس رمضان اپنی زکوٰۃ میں بھی ان کو اتنی ہی اہمیت دیں۔

I GO THROUGH PAIN FOR DAYS WHEN I VISIT BALOCHISTAN

I thank those who have stood by me but urge the ones who are still thinking to support such people

On my last visit to Harnai, I met a lot of people who expressed their pain and struggle, especially after the recent disastrous earthquake. The disaster took roofs from above their heads and left these people under the open sky when the merciless and long winter was on its way. Keeping the pain and struggle of these people in mind, HELP team reached out to Harnai with blankets and warm clothes. In the hustle and bustle of distribution, I saw an old Baba Jee sitting in distance under the open sky. When I asked, someone told me that he was blind. I walked to him with a blanket, his words devastated me.



"The roof of my house fell on my head during the earthquake. After that, I could not see clearly for some days, and now, it's all dark. Somehow, I used to make my ends meet before but now, walking a few steps without a companion is impossible." – 70 years old Rehmat Ali

Covering his shoulders with a blanket, I thought to myself that even after working for the people of Balochistan for more than 7 years, there are so many people who live in despair. While so many of you continue to support our endeavors, I wonder why the rest are still hesitant. I urge every reader to donate to HELP this Ramadan because kindness is not seen, it's felt and we make sure that your kindness reaches the far-flung areas of Balochistan and its residents.

-A story by M. Amir Jogezi (President HELP)

MY GENERATION WILL GET WHAT I NEVER DREAMT OF

"My name is Habibullah and I have lived almost 60 years of my life in Gharibabad, Harnai. Life is difficult here but Allah has been kind and we make our ends meet. We have been using a nearby pond to drink water. For as long as I remember, our animals are also drinking water from the same pond. We had no other options. For us, a pond filled with water makes a good day but when the pond dries up and there is no rain, we have no option other than wait for rain or to go miles in search of water. All my life, the water we drink has always had smell and mud (ganda pani). Another form of water was never even in my imagination.



I have seen so many children die of diarrhea. The doctors in the medical camps told us that it is because of the water from the pond. We had no other option.

"When these people came to our village, we never thought that water can be without mud or smell. For the first time in my life, I have seen such and tasted such clean & odorless water. In last few days, I and my family have been drinking so much water that we almost fill our bellies with it and even there is no urge for food.

Ever since we started bringing water from this filter, my grandchildren have stopped having diarrhea. It is like a miracle. I am so thankful to these people who brought this filter to our village. May Allah bless them".

The people of Harnai had never even imagined the miracles your Zakat can bring. These filters installed with your support all around Harnai will benefit thousands of people for more than five years. Clean water is a blessing that we want to be shared with these people. Donate today and ensure the health and life of these children with HELP Balochistan!

AN ENORMOUS THANKS from HELP to B. BRAUN

for sponsoring this Newsletter.

B | BRAUN



BALUCHISTAN NEEDS YOU NOW MORE THAN EVER

I asked a friend what does Baluchistan need for survival. He replied clean water, light, health, education, and housing. When I asked everything about someone who worked selflessly for these people, I was told HELP Baluchistan. But it was when I listen to the journey about HELP that I realized how much they had achieved and how much remained.

"The best way to find yourself is to lose yourself for the best of others."

For example, clean water is the best of all charities, according to the messenger of Allah, was handed out in a form of a water purifying bucket (LS). Each bucket purifies up to 100,000 liters of water

which is enough for 100-150 people. HELP has taken advantage of the latest solar technology to purchase portable solar lights which function up to 8 hours without being charged. It has turned night into day as far as rural poor are concerned. To see the faces of deserving people light up at the prospect of clean water and light when needed is an unforgettable experience. I also hope that the reader experiences the same as I did by donating generously to HELP.



Zafar Hilaly
Pakistani Diplomat

MESSAGE FROM THE HELP PRESIDENT

Ever since the start of HELP and its endeavors, from identifying the problems to finding suitable solutions, the kind patrons who joined me in this journey have been our biggest support. I am so thankful to all of them, especially **Dalda, Al-Baraka Bank, PSO and Pakistan Cables** and many more partners that stood next to us. We are so humbled that because of kind people and corporates like them, thousands of people in Baluchistan are now drinking clean water, have lights in their houses and their children can go to school. Today, when we look back at how far we have come, instead of feeling contented,

we are motivated to do more and more. There are thousands of more families who await your support and kindness. This Ramadan, as always, I am reaching out to you because you hold the power to make a change in hundreds of lives. We invite you to join us because with your support and patronage, we can save these lives who have no other support in this barren land.



Dr. M. Amir Jomezai
President HELP

Words from Pakistan Cables

Over the years we have supported the Help Baluchistan's solar lamp and LifeStraw distribution drives to reach out to the people of Baluchistan living under adverse conditions. We hope that our collaborations lead to making a meaningful impact and inspire others to take action.



TRUSTED NOT TO COMPROMISE

Mariam Durrani
General Manager Marketing & Brands

YOUR SUPPORT CAN HELP IN UPLIFTING AND SAVING LIVES!



Send your
ZAKAT & DONATIONS to:
Health Education
Livelihood Promoters

Name: _____ Contact: _____

Address: _____

City: _____

Company: _____ Email: _____

Enclosed is my Zakat/Donation/Sadqa of Rs. _____ I would like my giving applied towards:

- | | |
|--|---|
| ☐ Sponsor Medicines for 50 Patients @ Rs. 30,000 | ☐ LifeStraw Community for 100 people @ Rs. 68,000 |
| ☐ Sponsor Medicines for 100 Patients @ Rs. 60,000 | ☐ Ration for one family (6-8 Persons) @ Rs. 7,000 |
| ☐ Medical Camp for 700-800 Patients @ Rs. 650,000 | ☐ Ration for one family (10-12 Persons) @ Rs. 14,000 |
| ☐ Solar Lanterns for one family @ Rs. 9,600 | ☐ Books & Uniforms for 10 Students @ Rs. 50,000 |
| ☐ Solar Lanterns for one community @ Rs. 96,000 | ☐ Books & Uniforms for 20 Students @ Rs. 100,000 |
| ☐ Donate amount of 1,000 to 10,000 or above | |

Kindly make a crossed cheque in favour of "Health Education and Livelihood Promoter" and send it to Resource Development Department:

HELP Regional Office : 5th Floor, Office No. 508, Business Centre, Shahrah-e-Faisal, Karachi

HELP Head Office : House No. 188/78, Near Allied Bank Jinnah Town, Quetta | Contact No. 081-2863810-11



Mobile No. 0333-0271817, 0333-0271816 | E-mail: helprrdd@gmail.com

Website: www.help-baluchistan.org | Facebook: fb/Help-Baluchistan