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H.E.L.P

NEWS LETTER

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'And lend Allah a goodly loan. And whatever good you send before yourselves, you will certainly find it with Allah, better and greater in reward. And seek forgiveness of Allah; verily Allah is Oft-Forgiving, Most Merciful.' (Muzammil: 20)

Message from President & Chairperson (Hon.)

We have come to the end of yet another year and another decade!

What should we anticipate in the 'teen' years of this century. Hopefully not the tantrums and behavior upheavals seen in our teenagers. The global community should hopefully bypass the teenage upheavals and show positive energy in development and a run-up to the MDG targets by 2015.

Pakistan is very much in the news globally – for the wrong reasons. But our citizens being optimists look forward to development in the social and education sectors with so much world attention and assistance coming our way.

The Establishment has now recognized the value of working with the NGO – or CSO sector. In fact this sector is now developing a significant VOICE-the voice of the actual people of Pakistan.

HELP has been busy adding to this 'voice' of the many communities we work with. Our projects in two Districts of Sindh have started with a velocity which is keeping us all busy.

Through the Nutrition Resource Centre we were able to adapt curricula related to Nutrition of infants and young children and take them to LHW's and doctors in Nagarpakar and later Sanghar. We hope to work especially with severely malnourished children in their rehabilitation with our special high density supplements.

Other exciting avenues are opening up. We look forward to an invigorating New Year with positive energy in our team of workers and hopefully in Pakistan. Lets pray also for peace in our troubled land and space for our children to grow and learn the value of living by giving to others.

PROF. D.S AKRAM'S MOTHER PASSES AWAY

HELP's staff and team members express their profound sorrow on the sad demise of Khanzadi Mohsina Akram, mother of Prof. D S Akram on 16-09-09 corresponding to 26th Ramadan 1430. The funeral was held on 18-09-09 (Jumatul wida) after Zuhr prayers at the deceased's residence.

May Allah bless the departed soul, grant her the highest place in heaven and help the family members bear the irreparable loss with fortitude.

HELP'S PROJECT OF "HOME BASED REHABILITATION OF SEVERELY MALNOURISHED CHILDREN" TAKES OFF

HELP's project of 'Home Based Rehabilitation of severely malnourished children' commenced in two union councils namely Jatia and Sarhari of Taluka Shahdadpur, District Sanghar. In this regard, a project office has been established at Shahdadpur and Mr. Shaukat Mangi has been appointed as the project supervisor. HELP has signed a MOU with SAWFCO, which is its partner in this project. It is worth mentioning that HELP's said project is one of the only two projects in Pakistan awarded funding by Development Marketplace World Bank, and is amongst the twenty projects selected from over 1000 applications from all over South Asia.

HELP HOLDS WORKSHOP FOR COMMUNITY BASED TRAINING

A workshop was held for community based training of Master trainers at HELP's Neelam health centre on 22nd October, 2009. The workshop was facilitated amongst other by Prof. D.S.Akram. HELP's team designed the module.

PROF D.S AKRAM'S SERVICES TO HUMANITY HONORED

HELP's honorary Chairperson and President Prof. DS Akram was awarded a shield by Lyari community development organization, in recognition of her services for the cause of humanity especially for the underprivileged children of the peri-urban slums of Karachi. It is worth mentioning here that Prof. DS Akram has also been honored with numerous other awards notable amongst which are the President's gold medal.

REHABILITATION OF CHILDREN WITH PCM IN KHUDA KI BASTI

Khuda ki basti is an underprivileged locality of Karachi, designed for displaced families. A survey carried out by HELPs in this area to determine the nutritional status of its inhabitants revealed that 7% of children under five years age were severely malnourished (< 3 SD)

In an attempt to rehabilitate these children in their home environment, HELP has started a project in collaboration with National foods. HELP's Doctors and Community health workers are counseling mothers regarding breast feeding, and complementary feeding.

Khuda Ki Basti is an underprivileged locality of Karachi, designed for displaced families. A survey carried out by HELPs in this area to determine the nutritional status of its inhabitants revealed that 7% of children under five years age were severely wasted (< 3 SD)

In an attempt to rehabilitate these children in their home environment, HELP has started a project in collaboration with National foods. HELP's Doctors and Community health workers are counseling mothers regarding breast feeding, and complementary feeding.

GENERAL BODY MEETING

HELP's General Body Meeting was held on Oct 3, 2009. Elections were held for the new term of office.

The following were elected as office bearers for the new term.

1. Prof. DS Akram, President and Chairperson
2. Associate Prof. S K Kausar, Vice President.
3. Associate Professor Dr. Fehmina Arif, General Secretary
4. Dr. Dure Shehwar Khan, Joint secretary
5. Dr. Gulrukh Nencey, Treasurer



GAVI'S TEAM VISITS HELP'S PROJECT OFFICE

A three member team from GAVI comprising of Dr. Huma Khawar, Coordinator GAVI, Dr. Faisal Mansoor, Dy National Program Manager EPI, Ms. Sundus Warsi, PM&E officer GAVI visited HELPs' office on 24-11-09 with the following objectives: to follow up the progress of HELP's project of 'Mother and Child friendly Community in Nagarparkar'; to introduce Ms. Sundus, to HELP's team; and to discuss and seek solutions of the problems being encountered in vaccination in the target area, with Dr. Faisal Mansoori



HELP'S TRAINING WORKSHOPS IN NAGARPARKAR, THARPARKAR

A series of workshops was held in connection with HELP's project of 'Mother and Child friendly community in Nagarparkar' Nagarparkar is situated in district Tharparkar. It is located 150 km from Mithi. This remote area of Sindh is deprived of basic health facilities, and the people there suffer from a lack of awareness regarding health issues.

Three workshops of 3 days each were held for Lady health workers and Lady health supervisors on community based training. One 3-day workshop was held for the staff of BHU, Verawav and BHU Danodhandel on facility based rehabilitation of malnourished children. Another 3-day workshop was held for the medics and para-medics of Taluka Hospital, Nagarparkar, on 'Establishment of a therapeutic feeding centre' for children. The workshops were facilitated by highly experienced Master trainers including Prof. DS Akram, Dr. Yasmeen Akbani, Dr. Neelkanth and Dr. Shakir Mustafa. At the end of the workshop, certificates were distributed to the participants and facilitators.



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