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## Your Donations Accomplished So Much in 2018!



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REACHING OVER  
**2 MILLION PEOPLE**  
IN 2700 VILLAGES ACROSS PAKISTAN

### Education:

- Managed 52 schools with 6,550 students currently enrolled in HDF schools
- The pass percentage in 5th class exam has increased from 96% to 98% respectively in the year 2017 & 2018. Overall 49% students of 5 class secured 1st division
- The pass percentage of students of the 8th class remained 95%. Overall 64% students of class 8 secured 1st division
- The pass percentage of HDF School students of the 10 class remained 91%. Overall 67% students of class 10 secured 1st division.
- In-service Teacher's Training Workshops (teaching methodologies, lesson planning and demonstration, and classroom management) were organized in all HDF Schools under the supervision of PM Education.
- Out of 22 THANKS Scholarships received from HDFNA, we so far have been able to disburse 20 scholarships including 16 schools, 1 college and 2 universities. (233 students and 7 teachers)

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## **Your Donations Accomplished So Much in 2018!**

### **Health:**

HDF Health program has been taken to the next level and in this regard a Mother and Child Wellness nationwide campaign "Umeed Say Aagay – Moving Past Hope" has been launched in partnership with Planning Commission (Gov. of Pakistan). The campaign focuses on promoting Mother and Child Wellness in "First Thousand Days" and beyond. After the federal and provincial launch in Islamabad and Lahore, Provincial Launch in KP was organized on November 1, 2018 that was also attended by Dr Muhammad Khalid Riaz Chairman HDF Pakistan, Dr. Naheed Qayyum Vice Chair HDFNA and Dr Wali Khan.

Health staff continued providing health care services in program districts through Community Health Centers. Below is summary of accomplishments:

- Health staff continued providing health care services in program districts through Community Health Centers. Below is summary of accomplishments:
- 44,503 patients were treated through HDF CHCs in 3 quarters of year 2018
- 11,717 patients were provided physiotherapy services at PRTC (Holy Family Hospital) Rawalpindi in 3 quarters of year 2018.
- 99% Women of Reproductive Ages (WRAs) are fully immunized against TT
- 98% Children under two years of age are fully immunized against EPI
- 62% Contraceptive Prevalence Rate
- Under Five Mortality Rate is 33
- Infant Mortality Rate is 27

### **Economic Development:**

- HDF Technical Skill Center Samarbagh Mardan has been approved by Skill Development Council (SDC) Peshawar to run SDC approved short courses
- 65 Boys have been trained in HDF Vocational Training Centre (VTC) Mardan, 25 in Building Electrician, 20 in CIT and 20 in Graphic Designing.
- Dam in Zhob recharged with 22,000 fish seedlings in Community Fishing to improve food security and nutrition for the residents
- 275 women were trained in Kitchen Gardening and 260 has started kitchen gardening
- 12 Livestock management trainings and vaccination camps to reduce disease and mortality and improve food security
- 12 Vaccination camps held to vaccinate the animal.
- 13 Farmers' training on crop management and yield enhancement

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## **Your Donations Accomplished So Much in 2018!**

### **Sustainable Environment:**

- 1100 Moringa plants received from Livestock Production Research Institute Okara out of total 500 plants were planted in Islamabad Region and 600 Lahore Region
- Under the country wide tree plantation campaign, "Make Pakistan Green", VDO representatives and students of HDF Lahore Region stepped up to reverse the loss of green cover in the country. The campaign aims to plant the target of 25 lac trees in this year. HDF's Regional office in Lahore is also sensitizing the masses on the importance of planting trees. For every three signatures on a petition, HDF has committed to plant one tree.
- HDF teamed up with CDA to promote tree plantation in Islamabad under the slogan Go Green to Breathe Clean to battle the growing air pollution. Over a 100 people took part in the opening ceremony at Cricket Stadium, Shakarparian, by planting saplings. The plantation drive led to around 3.5 Lac saplings being planted across the capital
- A solar powered Water Pump has been installed for providing access to un-interrupted supply of water to Village Katho Sama and Bheel in District Tharparkar, Sindh. This project is sponsored by Mr. Sarodhi (California). Life has changed for the residents. For the women of this area who normally spent an average of 3 hour every time they went to pullout water from dug wells, the solar pump is blessing.

### **Social Capital Development:**

- 85 sessions were arranged on the "Importance and use of safe drinking water" (1190 people participated)
- 76 sessions on "Health, Hygiene and Sanitation" (1126 community members).
- 35 session on importance of birth registration, death registration and importance of Vote & registration. 484 members benefitted
- 46 Human Rights and Advocacy workshops (636 people participated))
- 35 sessions were arranged on "Use and Importance of Vote" 484 individuals participated
- 49 trainings were arranged for 694 VDO members on "Community Based Disaster & Risk Management" and 44 VDOs have developed their Village Disaster & Risk Management Plans.

### **Organizational highlights – HDF Pakistan**

#### **PCP Certification:**

HDF Pakistan successfully got the certification renewed from Pakistan Centre for Philanthropy (PCP) that had expired on June 2018. Assessment was conducted by PCP from July 31, 2018 to August 15, 2018. Assessment process entailed literature review of submitted documents, field visit, consultation meetings and formal and informal interviews with management, program and admin staff and community. On PCP certification standards HDF Scored 920 out 1000 (92%). We have maintained our position of staying among the high scoring organizations and have slightly improved our aggregate percentage compared with our last assessment of 2015.

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## Your Donations Accomplished So Much in 2018!

### Organizational highlights – HDF North America

- Held fundraising events in Chicago, Silicon Valley, Michigan, Washington DC, Tampa, Florida, New Jersey, and Los Angeles.
- Three new directors – Bushra Dar (Minnesota), Sharmeen Khan (District of Columbia), and Fatima Hussain (Illinois) assumed responsibilities.
- New Executive Director assumed office for operational and financial leadership of the organization.
- Obtained accreditation from BBB Wise Giving Alliance.
- Held human development seminar on the sidelines of APPNA Convention in Dallas, Texas.
- Initiated Sabika Sheikh Memorial Scholarship Fund.
- Four persons – Naheed Qayyum (Vice Chair of the BoD HDFNA, Wali Khan (Chairperson Board of Trustees HDFNA), Naseem Hafeez (Network Leader Tampa Florida Network, and the Executive Director HDFNA - attended October board meeting of HDF Pakistan.

## Thank You HDF Network Volunteers *We Couldn't Do It Without You!*

Volunteer Networks held fund-raising events in Chicago, Silicon Valley, Michigan, Washington DC, Tampa, New Jersey, and Los Angeles this year.

Over \$1 million was raised at these events for the people of Pakistan.

HDF wants to thank these networks for their hard work and support.

If you'd like to volunteer with HDF, visit **[www.HDF.com](http://www.HDF.com)** to find a Volunteer Network near you.





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## Success Story of Asma

Reported by: Education Coordinator Sania Nisar

Edited by: Saira Israr & Sidra Idrees

An ordinary girl, an offshoot of a strict patriarchal social system with an 'unruly' dream to conquer the world with her pen and book, might sound cliché; however, meeting an epitome of strength and courage in flesh and bone is pleasantly unsettling and doubtlessly inspiring. The way her eyes twinkled, while she shared her story of shattering the glass-ceiling was admirable.

Asma, now 26, was a street child and would probably have ended up begging, had it not been for the HDF's Mardan team, which visited her home to educate her mother about the non-formal school operated by HDF near her home. During that time, Asma's father was a grade four employee in the government department of Agriculture with a very meager income. Being a female child in a big family of nine, with below the average living standards, Asma's mother enrolled her in one of the HDF's non-formal schools in Fazal Abad Manga.



For fear of Asma's father not permitting her to enroll Asma in a formal government school because of the additional burden of expenses on the household budget, her mother preferred HDF's low-cost non-formal school. Realizing how ruthless the social and financial constraints were for her, HDF Mardan team went an extra mile by providing the pick and drop facilities to her for the school and the regular updates of her progress at school to her parents, so that the family was aware of their daughter's academic success.

It was only after Asma passed all her grades with excellent scores through the primary levels at the local HDF School, that her father couldn't resist her admission in the high school. Her mother, recalling HDF's support during their family's dark times, said, *"HDF gave Asma a strong foundation to base her education on. I will be thankful to HDF for life"*.

Asma is currently a science teacher in The Peshawar Model School after graduating with a degree in Biotechnology. She explained how she shares her lessons of overcoming the social and economic constraints with her students, and urges them to follow their dreams as she did. While reminiscing her excitement as a child to join school, she told HDF how she still cherishes the memories of her friends and supportive teachers from the school of HDF.

Although, her life has not given her the deserved level of comfort yet (she has to travel 50km daily to earn Rs.17,000 per month); she is still determined to achieve her dreams of doing Ph.D. in Biotechnology. Asma is proud to be another breadwinner for her family and she is thankful to take some of that burden from her father.

***"Hard work is the key to success and I am going to fulfill my dreams with hard work", says Asma***





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## Umeed Say Aagay You Helped Start a Movement

HDF's Health program has been taken to the next level. A Mother and Child Wellness nationwide campaign "Umeed Say Aagay – Moving Past Hope" has been launched in partnership with the Planning Commission (Gov. of Pakistan).

The campaign focuses on promoting Mother and Child Wellness in "First Thousand Days" and beyond. After the federal and provincial launch in Islamabad and Lahore, Provincial Launch in KP was organized on November 1, 2018.

You will be updated on new information for this campaign with each newsletter.



Moving Past Hope  
[www.umeedsayaagay.com](http://www.umeedsayaagay.com)



### CRITICAL INFORMATION ABOUT

#### NUTRITION AND FIRST 1000 DAYS OF MOTHER & CHILD WELLNESS



More than half of all expecting mothers do not undergo at least **4 antenatal checkups** during pregnancy



**3/5** newborns are not exclusively breastfed



**90%** of a child's brain development happens before **age 5**



of all children **6 to 23 months** are not getting the diversified diet they need to develop normally and fight disease



Every 10 children who are born in Pakistan, one will die before the age of 5 close to half of all children under delivery, and low birth weight



Nearly half of Pakistan's children and mothers suffer from malnutrition



More than half of all Pakistani women are anaemic



**44%** of children under the age of 5 are **STUNTED**



**15%** suffer from **WASTING**



**32%** are **UNDERWEIGHT**



of children in Pakistan also suffer from anaemia, hindering their growth and making them vulnerable to disease, disability and death.



at high levels indicating a serious public health concern.



Low birth weight another key indicator of under-nutrition



Breastfeeding is initiated within an hour is only **18%** of births



have experienced chronic nutrition deprivation in utero and/or during early childhood



of the children are exclusively breastfed for **6 month** of their lives



women and children have severe **VITAMIN A** deficiency

**3.1M** CHILDREN under the age of **5** dying each year due to malnutrition.

Millions of our most vulnerable people primarily mother and children don't get enough

IRON

IODINE

VITAMIN A

FOLIC ACID

ZINC

CALCIUM

Leading to illness, blindness, mental disorders and increased **risk of death.**

National Nutrition Survey (NNS) 2011, Government of Pakistan  
PDHS, 1985 and PDHS 2007  
The State of the World's Children 2016, UNICEF  
The State of the World's Children 2016, UNICEF  
The State of the World's Children 2016, UNICEF  
Global Nutrition Report 2015

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