

Human Development Foundation

Helping People Help Themselves

July 31, 2018

Volume 1, Issue 3

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Message from Chairperson

Preamble to the Declaration of Independence, "We hold these



truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness" is the foundation stone of the US independence—our adopted homeland. It reminds us about our rights as an independent nation every fourth of July.

Dr. Mahmood Alam

In 1997, around July fourth, some visionaries of Pakistani Diaspora gathered to found Human Development Foundation (HDF) in New York City. It was a gift to Pakistani people on the 50th Independence Anniversary of Pakistan—Our motherland that we celebrate on August 14 each year. We must continue to support the people of Pakistan to empower them in achieving high Human Development Index in our lives.

Towards that end, HDF Pakistan has now embarked on a privatepublic partnership in mother and child health endeavor, "Umeed say Aagay". *Continue on Pg. 2*

Independence Day Celebration

Independence day is always celebrated with zeal at HDF schools. Students and teachers share ideas and collaborate to start planning and preparation for the Independence day celebrations program. On August 14th, student council from each HDF schools across the country will be raising the national flag on school buildings. The flag hoisting ceremony will be followed by the national anthem and the day will take off with cultural programs organized by different classes which will include performances on patriotic poems and songs, tableaus, skits portraying the historical events and speeches. These activities remind us of all the dedication and sacrifices our forefathers made for an independent Pakistan.



Human Development Foundation

Helping People Help Themselves

21-years later, this newsletter, HOPE! is a manifestation that we have not lost the sight of the promise we made with Pakistan in the pursuit of creating a Humane Society free of exploitation—where every citizen enjoys the right to education and healthcare as outlined in the constitution of Pakistan. HDF continues to strive for a holistic model of human development that encompasses Health, Education, Economic Development, Sustainable Development and Sustainable Environment. I congratulate and thank each of our donors, volunteers, and networks that have helped HDF in its mission all these years – the mission to help the less fortunate Pakistanis shape their own future and to become more productive citizens of Pakistan.

$\bullet \bullet \bullet$



Syed Mustafa Kamal

Message from Executive Director

Pakistan's Independence Day is around the corner. It is a yearly reminder for all of us: The reminder of the dream of the great poet-thinker-philosopher of the East, Dr. Mohammad Iqbal, and that of Quaid -e-Azam's vision of Pakistan. A Pakistan where everyone is truly independent - physically, economically, emotionally, and spiritually. A Pakistan where no one sleeps hungry at night; where everyone has access to quality primary healthcare and education; and where the majority and the diverse minorities coexist in peace, harmony, and justice under equal protection of law. Seeing that this dream remained

far from fulfilled for half a century, a group of conscientious Pakistani-Americans put their heads together, on the sidelines of the 1997 APPNA Convention in New York City, and decided to pool their resources and founded what would become a catalyst for positive socio-economic change. There were promises, pledges, and inspirations.

But that wasn't all there was. They lived up to the proverb, "put your money where your mouth is." Such was the beginning of Human Development Foundation. What was a humble seed planting with a clinic in Mardan district of then Northwestern Frontier Province 21 years ago, has grown into a mature and trusted organization touching the lives of over 2 Million Pakistanis in 33 districts – and counting - in all four provinces, AJ&K, and Islamabad Capital Territory. What began with a handful of Pakistani-Americans from a shared office in Westmont, IL has grown into three respected organizations - HDF United States, HDF Canada, and a strong HDF Pakistan.

This 71st Independence Day, I extend my heartfelt felicitations to donors, supporters, volunteers, and employees of all HDF organizations. I ask everyone to renew their pledge to help Pakistanis help themselves and fulfill the dream of Iqbal and vision of Jinnah.

This first issue of HOPE, HDF's official newsletter, has resumed after a long gap. We pledge to do everything we can to keep it going. We need your help and intellectual contribution to it. Whether you are a writer, a poet, a traveler, a photographer, an artist, I ask that you use your talent to enrich HOPE. Happy reading!



HDF Profiles

Shining Stars



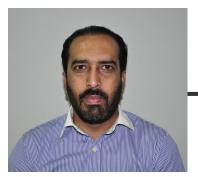
MAIMONA RAMZAN

Maimona of Basti Noor Nagar Village, Rahim Yar Khan is 1 of 7 children of farmer M. Ramzan. The family lives with many hardships but this has not stifled Maimona's desire to study. She enjoys learning and has graduated to

Class 9 with top marks in her class. Her family knows the importance of education, which is why her brothers and sisters are also attending HDF schools. Maimona understands how crucial it is to have an education. She describes education as the key to success in life and considers teachers as those who make a lasting impact in the lives of their students.

ANEEQA JABEEN

Aneeqa from HDF Secondary School Islamabad is a very bright, motivated and hardworking young girl. She scored 504 marks out of 600 in class 5th Federal Directorate of Education exams. Aneeqa aspires to pursue higher education and help her community.



ULFAT BANGASH

Ulfat Bangash took over the role of Program Manager Education & Literacy at Human Development Foundation Pakistan. He has a MPhil with an academic background in

International Relations and Economics.

Ulfat has recently developed a Teachers Training Manual and provided trainings in almost all regions. He also drafted the leadership manual and formulated a new plan for quality assurance at HDF schools. He has led the team for situational analysis in interior Sindh and Punjab for USAID and UNESCO projects as well. Despite the increasing demands on his time, he always manages to get the job done. Known among his colleagues for his sense of humor and his positive outlook on life, Mr. Bangash is a valuable member of the team at HDF Pakistan.

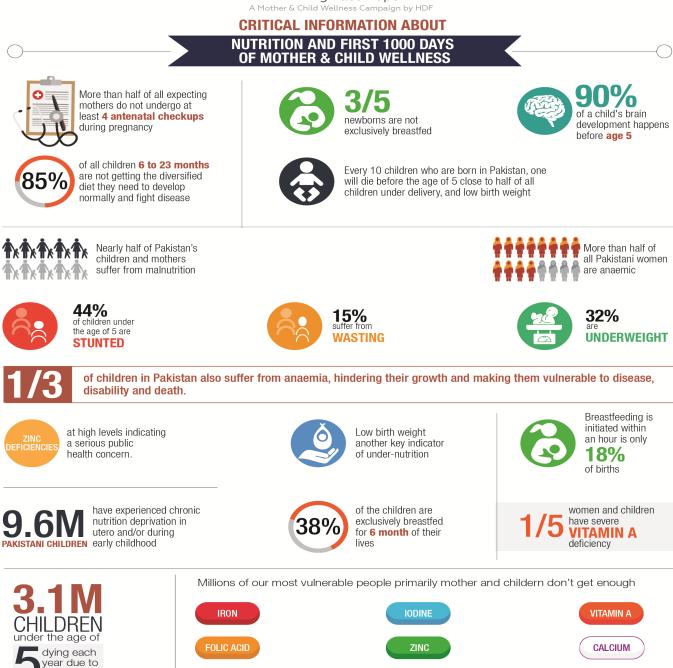


Healthcare

"Umeed Say Aagay"- Stats



Moving Past Hope A Mother & Child Wellness Campaign by HDF



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

National Nutrition Survey (NNS) 2011. Government of Pakistan

PDHS, 1985 and PDHS 2007

malnutrition.

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





Project Updates

"Umeed Say Aagay" advocacy campaign in collaboration with the Ministry of Planning Development and Reforms, HDF Pakistan has being elected to the executive council of the SUN Civil Society Alliance (SUNCSA) in Pakistan. Pakistan has been a member of the international SUN Movement since 26 January 2013 and has since established a Nutrition Development Partners Group at the Planning and Development Division in the Prime Minister's Office to help improve development partner coordination and multi-sectoral platforms at provincial level.

As an Executive Member, HDF Pakistan's Executive Director Saeed ul Hassan participated in the first meeting of newly elected Executive Council of the SUNCSA chaired by the Pakistan Poverty Alleviation Fund (PPAF). The SUNCSA movement is working to bring people together for a coherent policy and legal framework to align programs around a common results framework with secure financial tracking and resource mobilization.

Saeed UI Hassan highlighted that "Pakistan is a country where mother and child mortality is hitting alarming levels." Citing HDF Pakistan figures, he said "over **400,000** mothers and children under the age of five die of preventable causes every year in Pakistan and over **175,000** of these deaths are related to malnutrition." He stressed that "malnourished children have a higher risk of death from common childhood illness such as diarrhea, pneumonia etc." Nutrition-related factors contribute to about **45%** of deaths in children under the age of 5 years.

In effort to bring down the child mortality, Human Development Foundation (HDF) launched the "Umeed Say Aagay" initiative to save mothers and children from death. "We can do it. Close to **90%** of the deaths are preventable in Pakistan and this is the driving force for us," he said. Saeed UI Hassan has been successful in bringing the government and other stakeholders together to foster a healthy community, where everyone is optimally nourished and where no mother or child dies due to any preventable cause especially malnutrition.

* * * * * * * * * *

Government of Pakistan launches Mass Awareness Campaign on Umeed Say Aagay in all provinces

Islamabad, July 23, 2018: Ministry of Planning, Development & Reform announced here today the launch of Mass Awareness Campaign on HDF's Umeed Say Aagay initiative of mother/child wellness. This follows the launch of the program last April on national level by SUN Secretariat of the Ministry in collaboration with HDF, which was inaugurated by Mariam Aurangzeb, then Minister of information & broadcasting. More than 150 persons from federal, provincial, AJ&K, Gilgit-Baltistan, and FATA governments, UN Agencies, donors, and development partners including the chairpersons of boards of directors of HDF Pakistan and USA attended that ceremony. The latest launch of the campaign begins on August 3 in Lahore followed by August 17, September 18, and September 25 in Karachi, Peshawar, and Quetta respectively. "This activity is crucial in creating awareness among masses regarding mother child health and nutrition...," said M. Aslam Shaheen, The ministry's focal person in a letter. HDF "works to facilitate for positive social change and community empowerment through mass education, enhanced quality of education, universal primary healthcare and grassroots economic development," he added.



Sustainable Environment

Pakistan Water Crisis

The Impending Doom?

By Afsheen Talat, Research Assistant

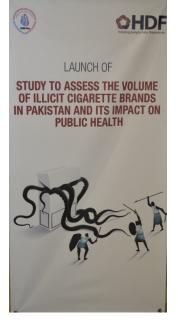


Among the most imminent challenges that Pakistan has faced since its independence, the water crisis has always been at the forefront.

Reports by United

Nations Development Program (UNDP) as well as Pakistan Council of Research in Water Resources (PCRWR) have warned that the country will reach absolute water scarcity by the year 2025.

Despite having abundance of water resources, Pakistan has failed to utilize most of them. Whenever the water crisis comes under discussion, the managing and construction of new dams becomes the bone of contention between provinces, and as a result the crisis remains unheeded. Water is desperately needed for agriculture in rural areas and a water crisis is blatantly apparent in urban areas as well. The mega dams of Pakistan such as Tarbela and Mangla are almost 40 years old and have reached their extreme lifespan as the storage capacity of these dams are falling short due to silting and sedimentation. The one reason that lies in the center of the water crisis manifesto is the lack of water reservoirs. According to a research study on water resources of Pakistan, water having economic values of approximately \$70 billion is being thrown into the sea every year due to non-construction of water reservoirs. Pakistan being a water starved country cannot



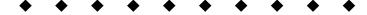
afford to waste water of such mammoth value.

Water crisis is one such topic that becomes the center of discussion of every government and political campaigns, but eventually erodes, as no solution is agreed upon. There are certain micro level solutions that can help reserve the water for future use. According to the United Nations Development Program (UNDP), the methods of precision land leveling (mechanical process of grading and smoothing the land to a precise and uniform plane surface at grade or no grade) and furrow bed irrigation (type of irrigation in which trenches or furrows are dug between crop rows in fields) has resulted in saving 30 per cent of water and has led to increasing water productivity by 25 per cent in Punjab. Its scope needs to be widened across Pakistan to achieve water availability.

The local authorities should make sure that there is minimum reduction in water losses through outflow, leakage and filtration by lining of canals, distributaries and water channels. Instead of focusing on constructing mega dams for water conservation, local dams should be constructed to facilitate areas that are facing extreme water scarcity.

At the government level, water pricing needs to be executed in the country for improved and efficient use of water.

There are many applicable solutions of the growing water crisis, but unfortunately the water crisis is politicized for personal and political gains. Our unwillingness to treat water as an economic good, and our ignorance regarding the environmental concerns related with current practices have led us towards this disastrous situation. An urgent remedy is needed; otherwise it



Campaign for Tobacco-Free Kids

Under the CTFK project, HDF aims to advocate for the effective taxation structure to decrease the consumption of tobacco products in Pakistan. It also intends to develop and advocate for the implementation of a comprehensive National Tobacco Plan which includes sustainable tobacco control practices. To deliver on the objectives of

the project, HDF has connected with the relevant media houses and has circulated various messages on the need to adjust taxation and price structure of the tobacco related products in Pakistan. The Anti-Tobacco forums on social media have also been created to convince the stakeholders about the adversaries associated with prolonged tobacco consumption. Opinion polls are circulated online to gather input from the general public about possible tobacco control policies in Pakistan. Moreover, HDF arranged a press-conference in collaboration with the other stakeholders to discuss the issues of illicit trade. An informative session was held with the channel Royal TV to discuss the health issues associated with prolonged tobacco consumption. This month, HDF attended a conference where the struggles of the health and development sector in combating the menace of tobacco consumption was discussed. HDF understands that advocacy and awareness raising is essential to press the government for tobacco taxation in the country and would hence continue its efforts towards the same.



News & Views

Pakistan Water Crisis

Should water be a luxury few can afford?

women can be seen struggling across the hard land, risking injury and forgoing education to survive. These residents of Village Ghandaya, one of many destitute villages of UC Shahabzai in Zhob Region, have to travel 2 km each day to fetch water for their families. Whilst mostly dependent on livestock and agriculture for their livelihoods, the 56 families also face low levels of education as they endeavor to fulfill their dire need of water.

To improve their living situation, a Community Physical Infrastructure (CPI) scheme for the provision of a drinking water source was proposed by HDF. Under the financial support of Programme for Poverty Reduction by HDF-PPAF, monitoring by LSO Shahabzai and implementation

by Village Development Organization (VDO) Ghandaya, the first ever Drinking Water Supply Scheme (DWSS) in the village was successfully completed, greatly easing the lives of the residents, especially women and girls. The DWSS includes a developed water source with storage capacity.

An elder in Village Ghandaya stated: "We are very happy and thankful to HDF for this scheme which is a big step towards a quality life for us."

Following the development of a water source, the girls have been able to focus on what mattered most; Education. They have been enrolled in an En-

Solar Water Pumps

Tharparkar Sindh

of inadequate safe drinking water for themselves and their giene, absenteeism and drop-out ratio has been reduced livestock for the last many decades. The villagers, mostly among school going children, while also reducing the risk children and women, faced a difficult practice of dragging of miscarriage for pregnant women, and allowing them to out water from a depth of more than 150 feet. This diffi- focus on important tasks for running their households. culty compelled inhabitants to use less water, resulting in health and hygiene issues.

HDF proposed to provide safe drinking water through alternative energy in order to improve health and hygiene in Villages Katho Samo and Katho Bheel in district Tharparkar. The project involves two solar powered submersible water pumps benefiting over 1000 people in over 150 households. More than 800 animals are also benefiting from this facility.

terprise Girls School which provides primary level education and is supported by HDF-PPAF, allowing the CPI to Through the barren desert under the scorching sun, the positively affect female education, health and livelihoods of the area.

> "I used to have the duty to bring water from far off areas with other girls. My wish was to get an education but I could not. Now because of this scheme I am free to get education. Thanks to HDF."-Razia Bibi

> With the looming water crisis, HDF has doubled its efforts to provide safe drinking water to vulnerable communities. Since 2005, the proportion of population with sustainable access to an improved water source, both urban and rural, has increased to 96% from 56% in HDF program areas. We have effectively provided clean drinking water with over 200 CPI projects in Zhob Region alone.



The improved water and sanitation services in the two communities has improved health and hygiene of the people. By providing safe drinking water and raising aware-People of Thar Desert have been grappling with the issue ness among them on the importance of health and hy-





News & Views Notables

Street Children Project in RYK

n 2017, the Labor and Human Resource Department in Punjab started a welfare project called "Elimination of Child and Bonded Labor" which enrolls children in schools who work at auto workshops, hotels and brick kilns. These children are under 16 years of age and used as labor which constitutes a criminal act. To tackle this issue, HDF regional team in Rahim Yar Khan collaborated with the Labor and Human Resource Department. The Government of Punjab has declared a stipend of PKR 550 for each student enrolled in the school or established center for study. Apart from providing a stipend to cover the operational cost of the center, the Government of Punjab provides curriculum based books for each student. As the implementing partner, HDF's regional office in Rahim Yar Khan deals with the operational part of the project, including identifying and enrolling the underage children.

HR Learning & Development Centre (HRLDC)



HRLDC class in progress



Currently, HDF is running a center with 15 such children in a room in its regional office building. We aim to establish more centers and provide a way out to these oppressed children through education.



HDF developed its first social enterprise in the form of a technical and vocational training institute. Under the Economic Development section, the first ever institution by HDF in Samar Bagh, Mardan, Human Resource Learning and Development Centre (HRLDC), was established.

HRLDC began its operations in January 2018. Two batches of students have successfully completed training in the field of Office Automation and Building Electrician. Now, the institution is ready to add more batches of 25 students each.

In a very short span of time, the institution has been recognized by the Skill Development Council (SDC), allowing HRLDC to give its own certificates which will hold recognition in the job market. This creates better employment opportunities for these students, enabling them to break free from the vicious cycle of poverty.



Student Corner

Essays & Art

بان جعاليا، كشعاكا استمال مضرحت ب 152 مل مار معال مري بين بين بي الأليان مودد بين ان میں سب ایک بان گیک، نسوار، سکریٹ ختلف قسموں ک جمالدا استمال كن كى مادت سار برون براشان بين ج به المعاشر بعن المعالية مساحد المعالية المسكولون مس تفلم باف واب حي تك ان منفوح من جيزون كواستال كرديب س بجا مستقل كرم ار بس ٦ ف جا كواس ملا محدد سنهالى ب اكر تمان براشون س نين جس تواجع طريف س تعلم مامل كريري وتجار املك لأقى أور الريال المار ما ما تعلم ماعدا كرك اور اعلى بن من شيرى بن كران ملك كواسمة في بول وشرق مربوطف فوش بالى اور اس وامان يع مين ايمى تعاجرا مل كرب سا تدسا تد الله معاش میں بیدا ہونے والی بیا بنوں کو روکن کہ ای بھے کو شش کرنے تحاليس جنورين من من من حوار بد استعال أي تدري الله بان سكرين بماليا شوار ديس ميزون س م تورين جين اور جن كفرون مين والدين باب صافى اس طرح ف جيز ال استمال كرت بين الخص بد احب الدر سلف ساس بات بر راض كون ك الاتش سی کریانقعان دن چیزیں ہمارے گھروں کو اور ہماری

Written by: Muzammil Grade 5 HDF School Karachi



Artwork by: Humza Asif Grade 5 HDF School Rahim Yar Khan

Artwork by: Ayesha Batool Grade 5 HDF School Rahim Yar Khan



il اورمو باع) خون

موجوده دورسانس کا دور کالتاس س غراق ليعد بيوريع راعة راقل عمر أيا يس بيعوم مع أناف ستادها und harris www Francis and the she and sourced ويدعدا ينفسرهم لينا وتالف اومعاش الماسه وس العسار و الظاير فحق اللر الحاد الماد كم فالركاح شاد بين- الساغات ورف فاصلون توسميد مرابع للفر افرامان تو ترين مين بعي بهت الملاجع مدياكا فون ك دوم سع قطب مقالى تى تو والتومين تطاب ورود تك يونو التى ما سلى بهدوس على يعتد الديد والم محك الم معد الكرفون تحيينيا الأندي في سيوان _ مراسم بعرين بالمان المعمين مراسات معين بريعدا المعادي التعالي غلتان فطرناك الدميل دين والاي معالك المعادية المراهيل معاش على دريكرين بي الكرف في الل افلافي كرادر معلا عدينا يعوين بحاق ومسويرف اس ديشت كري قتل وكارت كرى اودلينى مس لمناف مدامىدميت الم استعال كماجار با ب معتقر بتعدوس ساتنه والمنات تعلق معربان فعن تر التعال تحديد الهم اور رب دواف بسلمين لهذا اس تراسكا اغار استع الكرن والع في والمعقار التعالي والمعالم المحالي المحالي المحالي والمحالي التعالي ·19 = 1912

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HDF School Karachi



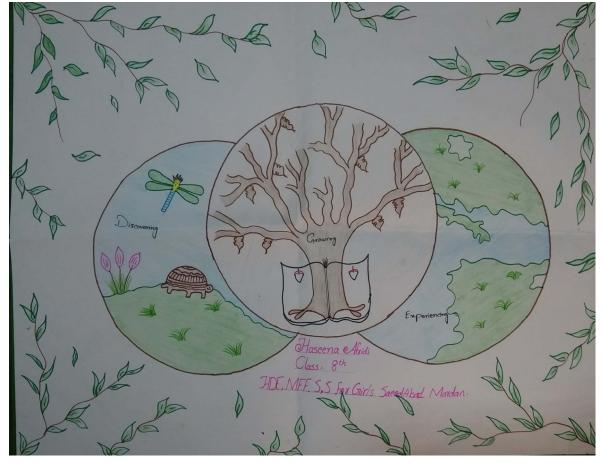
Student Corner

Artwork

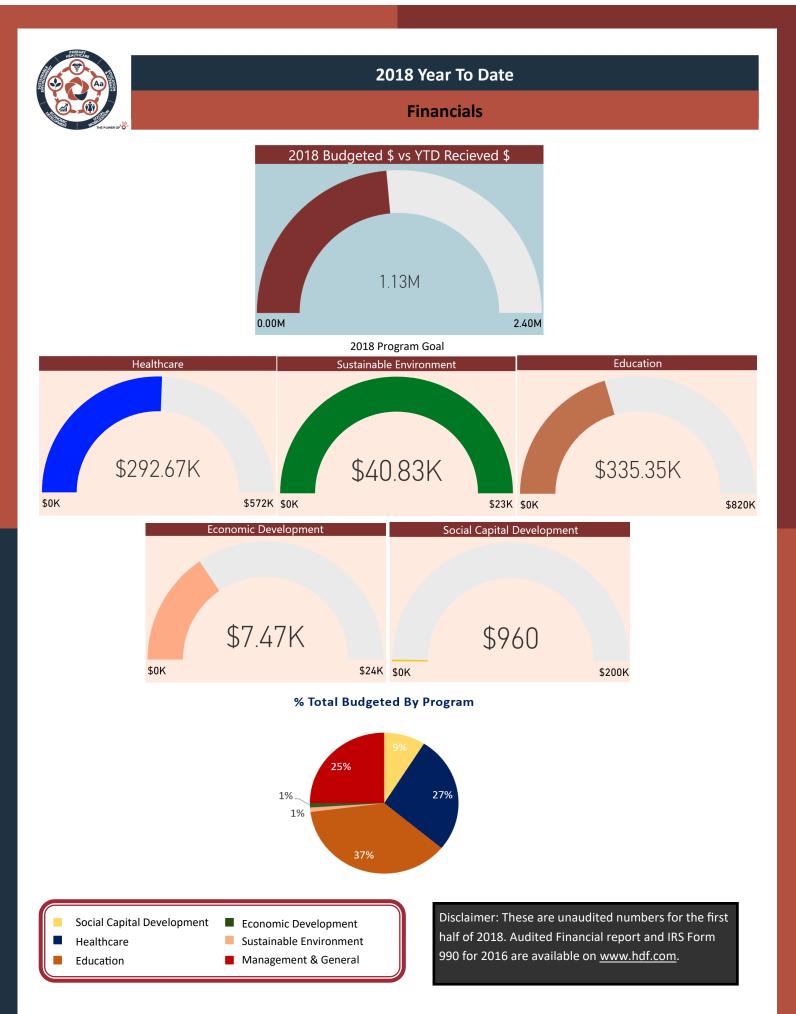
HDF Student Corner : We'll be highlighting artwork and essays done by HDF students in Pakistan. Keep a look out for newer art work and essays done by our talented HDF students in future HDF Newsletters.



Artwork by: Muskan Zahir Grade 8 HDF Girls High School Mardan



Artwork by: Haseena Afridi Grade 8 HDF Girls High School Mardan





Social Mobilization

Village Development Organization (VDO)

Leading Their Own Progress

Village Shahi Bagh was considered one of many villages in Mardan where development was restricted. A disorganized village platform with residents divided on village issues created a barrier to progress. The poverty ridden people were barely able to cover their own needs let alone work for the welfare of their community.

HDF succeeded in organizing the divided village under the umbrella of a Village Development Organization (VDO). The members were trained and facilitated to prepare a plan for village development. They prioritized problems and identified actors through whom these problems could be solved. The VDO started to create linkages with government and NGOs to solve these problems, such as those of education and high mortality from diseases.

By eliminating misperceptions of parents through awareness campaigns, the VDO encourages them to enroll their children in schools for a better future. The members have also succeeded in approving a government primary school for girls in the village due to which the education rate rose from 60% to 95%. A free tuition center for children has also been established to improve their academic understanding.



The girls education rate ratio rose from 60% to 95% in the village.

To set up their own business, skills trainings are being provided to men and women through various organizations leading to beneficiaries securing earnings and ultimately resulting in poverty reduction. To ensure environmental sustainability, a committee has been formed at village level which has made responsible for monthly cleaning drives. Streets and roads have been paved through help from government and other NGOs. The VDO also carries out sanitation and hygiene awareness campaigns which has reduced 60% of waterborne diseases in the village. Joint efforts to ensure vaccination have helped to increase immunization from 65% to 95% under the Extended Program of Immunization (EPI).

HDF has established over 1600 Development Organizations across eight regions of Pakistan. These grassroots institutions have been working to enable communities to develop their own future.



Beneficiaries of trainings and loans are working and earning to support there families.



80% streets and sanitation system have been paved



1

2

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3. How	likely a	are you	to reco	mmeno	d HDF to y	ou friend	ls & far	mily?			

5 4. How Satisfied are you with the frequency of communication received from HDF?

		-		-
1	2	3	4	5

3

5. How likely are you to attend the next HDF Fundraiser in your area?

4

1	2	3	4	5

6. If you have any questions or comments please let us know in the space below?

7. Future Communication preference:

Email	US Mail

8. Would you like to volunteer for HDF's Mission?

Yes (if yes, pleas fill Donor Contact below.)

No

*Name:	
*Email:	
*Phone:	

You can also take this survey online at: www.hdf.com

We greatly appreciate your Feedback!



Impact

How can you Help?

HDF has several upcoming events around the country for you to enjoy. If you are located in any of these areas, call **847.490.0100** for more information!

Event tickets are available online at

www.HDF.com

Upcoming HDF Events

Saturday, September 8th HDF DC Network Event

Saturday, October 6th HDF Los Angeles Network Event

Saturday, November 3rd HDF Michigan Network Event

Ways to Donate

The Human Development Foundation is a registered 501(c)(3) not for profit organization with Tax ID 36-4184940. Your donations are tax deductible to the fullest extent allowed by law.

Donate Online

Its easy to donate online at www.HDF.com

Donate by Mail

Make checks payable to "Human Development Foundation" and mail checks to: 2775 W Algonquin Rr. Suite 240 Rolling Meadows, IL 60008

Matching Donation

Your employer might be able to match your donation. You can double you impact!

Donate by Wire Transfer or Auto Debit from Bank Account

HDF can automatically deduct funds from your checking or savings account for one time or recurring donations. Let us know the amount you want deducted and how often you would like that's amount deducted and send us a voided check or account & routing number.

Please contact Dan Papavasiliou at 847.490.0100 or danp@hdf.com

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Executive Director

Syed M. Kamal



HDF is proud to introduce the children's **Pen Pal** program. This program will help develop new relationships between students in HDF schools and children in the US. It will also help children in the US learn more about the challenges young students face in Pakistan.

Some of the goals of the Pen Pal Program include:

- promoting positive self-esteem for HDF school students
- increasing school students' motivation for academic success
- developing and practicing writing skills of students
- providing all program participants with a greater understanding and appreciation for both cultures and life-styles

What are the benefits in participating?

Your dedicated commitment to volunteering with the Pen Pal Program will have many benefits, such as:

- making a valuable contribution to a student's learning
- being a positive role model for an HDF student

If your children would like to Join HDF's Pen Pal program, please send a confirmation email to *info@hdf.com* with *"Pen Pal Program"* as the subject.

We want to thank all of HDF's donors, employees, consultants, and volunteers – past and present. Thanks to your relentless dedication and hard work, we have made a difference in over 1.75 million lives.



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Human Development Foundation is a tax-exempt organization under section 501 (C)3 of Internal Revenue Code. Our Tax Identification Number is 36-4184940.

If the program is temporarily overfunded, HDF will use your donation where it is most needed.