

RISING HOPE

HEALTH ORIENTED PREVENTIVE EDUCATION



NEWSLETTER

APRIL 2009



Chairperson's Message

Dear Friends,
Assalamalaikum. I am pleased to announce that HOPE USA has finally been launched. HOPE USA is now a registered entity and tax exempt in USA. This gives an international status to HOPE. April 2009 saw the "Golden Collection" the fund raiser held by the Helpers of HOPE under the guidance of Mr. Saad Amanullah. This was a resounding success. The launching ceremony of the first of Barclays Home Schools was held in Karachi. This year a large number of interns from Foundation School and City School ,PAF Chapter completed their community services through HOPE. We have also had a lot of support from our patrons in Dubai. Also, at the academic front the second batch of students have appeared for their metric exams. The educational network of HOPE has expanded to AJK, NWFP and Dadu. Thus, with the support of our friends and God willing HOPE moves ahead.

Dr. Mubina Agboatwalla

Editorial

Dear Readers,
Moving forward in its mission HOPE collaborated with many organizations to achieve its ongoing objectives. Reviewing our activities over the past few months we see that the registration of HOPE USA has established the NGO on an international level. New to HOPE's list of involvements is the 'Support a Marriage Scheme', fast gaining momentum, thanks to the generosity of supporters in the USA. Barclays Bank successfully inaugurated two of its proposed 100 HOPE Home Schools. Survival stories portray HOPE Hospital's efficiency. Further more school internees discover the pleasures of teaching students from HOPE Schools and the newly introduced Psychomotor Study, tests learning difficulties in early childhood. On behalf of HOPE I thank all our old and new patrons for their continued support to fulfill the objective of the NGO for a healthy and educated nation.

Mrs. Ismat Asadali Editor.



Education and Fun Trip for Thatta Home School Students

Procter & Gamble volunteers led an "Educational Fun", road-trip to a UNESCO World Heritage Site with 140 children from the P&G-HOPE School from Thatta. These children study in some of the 60 home schools that are spread across Karachi and Thatta, run by P&G under the "Keeping the HOPE Alive" program. The idea behind the volunteerism trip was to enable the children to gain valuable extra-curricular experience in order to gain real-life confidence, open-mindedness and an insight into the historical legacy of Pakistan.

Seventeen P&G employee volunteers led the children through the historical landmarks of Makli Hills at Thatta. They explored the ruins and tombs together, discovering the rich and vibrant history of the area. The Makli Hills in Thatta are spread over 15.5 km and are the burial place of 125,000 Sufi saints. The site contains beautiful Mughal architecture, stone carvings and glazed tile decorations. Later the children were taken to the biggest man-made lake of the country, Keenjar Lake, for more learning, fun and lunch. The children returned from the trip wide-eyed, happy and full of new information and added interest about the history and culture of their country. Volunteerism trips such as these are part of P&G's mission to enable their employees to engage personally with P&G's commitments. "Keeping The HOPE Alive" is a long-term commitment of P&G, through which more than 2000 children receive informal education within their neighborhoods free of cost.



Ms. Nausheen Ishtiaq-P&G

Directors of HOPE



Mr. Tariq Niazi



Dr. Khalid Omer

Helpers of HOPE



Headed by
Mr. Saad Amanullah Khan



Mr. Danish Agboatwala
U.S. HOPE Coordinator

**HOPE Fund Raiser
A Tribute to the Legends**

The HOPE Fund Raiser organized by the Helpers of HOPE was really different this time. A Musical Evening dedicated to the legends of yesteryears. The Golden Collections of Kishore Kumar, Mohd. Rafi and Mukesh were beautifully rendered by a trio. Nearly 350 people attended the programme including city notables, Mr. Qaiser Shareef and Mr. Mohsin Nathani among others.

Mr. Saad Amanullah, President Helpers of HOPE planned the event with the support of Ms. Anisa Kemal, Ms. Ismaa Khan, Ms. Zeba Javed, Ms. Samina Haider, Ms. Seema Zuberi and Mr. Mohd. Ifrahim. Master of Ceremonies, Mr. Saad Amanullah talked about his teams fund raising efforts. Ms. Anisa Kemal, introduced each singer and presented the history of the legend. Dr. Mubina Agboatwala gave a brief introduction on the activities of HOPE. A very informal ambience was created with farshee seating and popular songs were sung by the singers. On many occasions the audience joined the singers when they sang heart rendering popular songs.



HOPE USA Registered

HOPE USA is now registered in the USA as is a U.S. 501(c)3 registered tax-exempt organization (or charity). Explicitly meaning that US citizens can now make donations to HOPE in USA and claim tax exemption. As a first step, a fund raiser was held in the Bay Area in Paulo Alto at the residence of Mr. Kamal Ahmed who graciously hosted the fund raiser. Mr. Ather Siddiqui



was very active in initiating and arranging the program and gave a brief introduction about HOPE. Both Marwan and Yasmeen Majid enthusiastically took part in the proceedings. Mr. Shafath Syed and Fareena Shafath who were in Pakistan at the time, were the spirit behind this initiative and played an important part in organizing the event.

A presentation on the activities of HOPE was provided by Dr. Mubina Agboatwala followed by a documentary. A brief question and answer session followed. Present on the occasion were, Mr. Ashfaq Agboatwala and Mr. Asad Jaffery. An impressive amount was collected for contribution towards



the purchase of a van which will be used by HOPE to visit remote, catastrophe affected areas in Pakistan.

A similar presentation on HOPE was also held at the San Ramon Islamic Centre, which was attended by nearly 150 people. This was held with the cooperation of Mr. Javed Ahmed. Mr. Naveed Agboatwala and Mr. Nasar Agboatwala arranged the logistics. Mr. Shafath Syed has been actively involved with HOPE and has kindly consented to look after the West Coast activities of HOPE. Likewise, Dr. Farid Qazi during his Pakistan visit, volunteered to promulgate the cause of HOPE in the East Coast. Dr. Mubina Agboatwala.

**Ambulances Needed For Patients
Donation for Transport of Patients
Suzuki Hi Roof or Toyota Hi Ace**

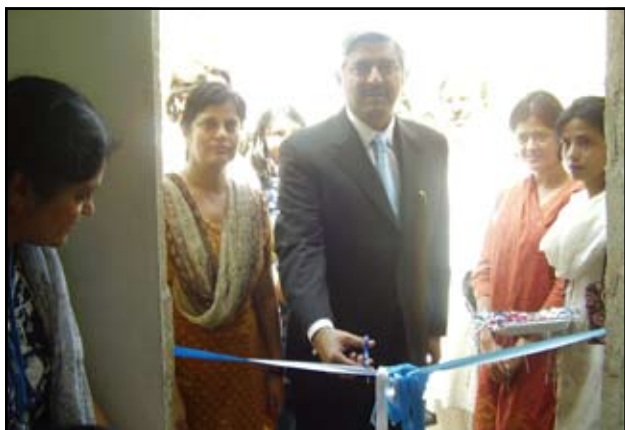
Inauguration of Barclays Home Schools

On Friday the 13th of March, a team representing Barclays Bank inaugurated two Home Schools near Abdullah Shah Ghazi Goth Saforah. Barclays Bank intends to sponsor a hundred informal schools in collaboration with HOPE. I was proud to be a part of the representatives of Barclays which included Mohsin Nathani, Country MD, Umaima Sohaib, Head of Corporate Affairs, Asad Ali, Head of HR, Kamal Akbar, Chief Operating Officer and Sara Afzal, Management Trainee.

Dr. Mubina Agboatwala, Chairperson of HOPE, along with the teachers and students of the Home Schools, warmly welcomed us on our arrival. Two of the young students presented a bouquet of flowers to Mr. Mohsin and lead us to a simply arranged setting to view a talent show. The students of the Home Schools displayed exceptional acting, singing and dancing talents and were thrilled to have an applauding audience. The speeches at the end of the program covered all aspects of the running of the HOPE Home Schools.



After the ribbon cutting ceremony which formally inaugurated the first Home School, Mr. Nathani casually talked to the teachers quizzed the students. He expressed his gratitude to the teacher and her father for giving up their home for the sake of education. The Barclays team distributed goody bags to the students, who were genuinely ecstatic to own a water bottle, a pencil case with stationary and a colourful story book. The teach-



ers also received the signature Barclays mugs as a token of our appreciation for their selfless contribution.

We left after some refreshments, quite convinced that this Friday the 13th was indeed a blessed day, contrary to the premonition attached to this date. Today Barclays had taken a positive step towards changing lives in these slums through education.

Madiha Khan-Barlays.

Thatta's Ray of HOPE

The trip to HOPE Hospital and School in Thatta was an eye opener as it made me ponder how cut-off I really was from the two thirds of Pakistan's population. It was a privilege to accompany my father, a doctor, who is a part of the HOPE

team. This team of doctors pays regular visits to HOPE Hospital-Thatta to render their valuable services to the residents. On the way we crossed many HOPE informal home schools, each home school accommodates about 20-30 uneducated children of the locality. In a short while we ar-



arrived at the HOPE Hospital in Thatta. There were numerable patients waiting to be examined by this team of experts from Karachi.

Leaving the Hospital on the ground floor I eagerly went up to the HOPE Vocational Centre which is housed on the first floor of the building to observe the set up. Much to my surprise I saw a well equipped computer laboratory consisting of about 8 computers. The principal's office was well designed and had an enclosure for a sick bay. Adjacent to the office was an auditorium, used for functions and report day ceremonies. There were some of the younger school girls dancing to the beat of the local music, practicing for an upcoming function. The room for vocational training for girls and women had many sewing machines where an instructor was conducting cutting classes for the students. Sewing helps to develop their skills and eventually provides a means of livelihood for the womenfolk of the area. The second floor of the building has class rooms with all the facilities for these underprivileged students.

The roof top gave me a bird's view of this ancient city dotted with graves, colorfully decorated trucks, paddy fields and unassuming mud houses.

At the end of the day gifts and snacks were distributed to the children of the school and a speech was delivered, highlighting the importance of education.

An Exclusive by Our Staff Reporter
Omer Naveed

Fibroid Survival Case

Fibroid is a gynecological problem defined as a benign tumor of the uterus. It occurs in 25-30% of women in the reproductive years of their life. It can lead to difficulty in conceiving, can cause abortion, congenital abnormality of babies, pre-term delivery, difficulty in delivery and severe hemorrhage after delivery.



Shamim aged 30, suffering from fibroid uterus, came to HOPE Hospital after taking treatment from different hospitals. She was extremely depressed as she was still issueless after five years of her marriage. She conceived twice but aborted in the first trimester. She was told by many doctors that it was very difficult for her to have a healthy baby with such a large fibroid.

The fibroid was as large as the head of a baby, causing distortion of the uterine cavity where the fetus develops. The only solution was to surgically remove the fibroid. This involved high risk of damaging the uterus as well as a possibility of removing the entire uterus in case of severe bleeding during the operation.

Against all odds Dr. Majida was optimistic that the procedure could be carried out successfully.

Thanks to the skilful gynecologist at HOPE Hospital, the one and a half hour operation was successful and the fibroid was removed with no damage to the uterus. The family was thankful to HOPE Hospital that Shamim could now hope to conceive and have healthy children.

HOPE's Study on Anemic Women

Anemia or the deficiency of blood (hemoglobin less than 11 gm %) is a very common medical problem in women in the reproductive age group. Among the causes of anemia the most common cause is nutritional anemia, in which iron deficiency anemia is more prevalent. The percentage of anemia increases during pregnancy and lactation, causing women to feel lethargic, having increased heart rate and fast breathing. This hinders their daily activities. Anemia during pregnancy may lead to abortion, premature delivery, low birth weight babies, hemorrhage during and after delivery and many other complication. The treatment of anemia is very cheap and easy. Taking an iron supplementation and improving the diet, women can improve their hemoglobin level. Women have different misconception regarding iron supplementation. Generally they don't take iron supplementation due to its minor side effect, like bitter taste, nausea, vomiting, black



colour stool or diarrhea.

To improve the health of women in their reproductive age and to increase their hemoglobin level, a community based project was under taken by HOPE along with Population Council of Pakistan, funded by Gates Institute of reproductive health at John Hopkins University.

A two years project was conducted in two urban slum locations of Karachi. Total 1200 women were taken, 600 from each area. The two areas were defined as the intervention and control group. The objective was to provide oral iron supplementation in both groups to improve anemia in women of the child bearing age group. The advocacy to motivate women to take iron was done only in the intervention group. This project was carried out over a span of 17 months. Hemoglobin levels of all women in both areas were checked before and after the intervention. The iron supplementation was provided to women at their door step by community health workers of HOPE.

The result of the study has shown that the hemoglobin levels increased in the group in which motivation was carried out, but on the other hand in the controlled group the hemoglobin levels further decreased over a period of time.

Thanks to Gates Institute, not only has the over all health of women improved and their hemoglobin levels increased, but also many misconception regarding iron supplementation during pregnancy have been removed together with enhanced knowledge regarding nutrition.

Dr. Rehana Ahmed

Ambulance donated by Mr. Mohsin Nathani- CEO Barclays Bank



Friend of HOPE Dr. Farid Qazi-USA based Oncologist.

Dr. Farid Qazi is a specialist in Blood disorders and Cancer treatment and is in solo practice at Dublin Hematology & Oncology Care, PC. He has served as an assistant professor of internal medicine at Mercer University School of Medicine. A socially active person, Dr. Farid Qazi, has also been ex President DOGANA. Recently Dr. Qazi initiated the "Support a Marriage" project in USA and within a period of 1 month has secured commitments for 15 marriages for underprivileged girls this year. He is now enthusiastically campaigning for other projects of HOPE Foundation in USA. During his recent trip to Pakistan he visited the HOPE Hospital and School, and had detailed meetings with Dr. Mubina Agboatwala.



Opportunities to Teach and Learn at HOPE



I am Jam Jahanzeb Khan, a student at The City School - PAF Chapter (A - Level Section). This year a batch of our students volunteered to help out students at HOPE School, Zia Colony. The HOPE Organization works for the promotion of humanitarian issues. As a team we wanted to help the unprivileged students of our country. I was in charge of the volunteers from my school. We taught the children at HOPE School, and surprisingly even learned from them, as the famous saying goes, "All human interactions are opportunities to learn or to teach", and in my case especially, it was both.

During my time spent at the HOPE School I noticed that the children were eager to learn about absolutely everything. They were active during class discussions, showing their intelligence and fervor to study. At HOPE I realized that life is not a bed of roses for everyone; there are many who need our help so that they too can enjoy the gift of life.

This experience helped me build my self-confidence and social skills with different people and most important of all it made me realize my responsibility towards my fellow countrymen.

I would like to applaud HOPE for its brilliant efforts in health and education for the masses residing in the slums of our country.

My message for the HOPE students: "Life's blows cannot break a person whose spirit is warmed by the fire of enthusiasm."

I will always remember you guys! =)

Jam Jahanzeb

Friend of HOPE Shafath Syed Coordinating HOPE USA Activities in California

Shafath Syed lives in the San Francisco Bay Area in California with his wife Fareena. Recently the couple adopted a baby girl, Imaan, through HOPE. By profession Mr. Shafath is a marketing manager at Adobe Systems and has worked at other high technology companies including Apple and Microsoft. Over the years he has been volunteering in the Muslim community and is currently the President of SBIA (South Bay Islamic Association) as well an executive committee member of the San Francisco Bay Area chapter of CAIR (Council on American-Islamic Relations). Shafath is a great friend of HOPE and is coordinating HOPE USA activities in California. He has been instrumental in arranging a very successful fund raiser in USA. He has also been networking and coordinating within USA for HOPE especially in relation to collection of donations.



PSYCHOMOTOR STUDY Of Developmental Delay in Pre-School / School going Children

Learning difficulties in children and their causes has escalated in the past decade accentuating the dilemma of concerned parents. Realizing the dearth of diagnostic clinics for assessments, CDC Atlanta and P&G Pakistan collaborated with HOPE and have started a pilot psychomotor study of developmental delay.

Battelle Development Inventory II is a typical test that is being currently used in USA and Canada. It constitutes standardized, individually administered assessment tests, to assess key developmental skills in children from birth to 7 years 11 months of age. This test is very practical in measuring the functional abilities in young children.

The full psychomotor test consists of 450 test items grouped into the following domains:

- Adaptive
- Personal/social
- Communication
- Motor
- Cognitive

Learning disabilities tend to manifest in the early years. Due to its high predictive value BDI II has established itself as an important tool for early detection and intervention. In fact, research has proved this test to be a valid, multi factored assessment for use in educational, clinical and/or research endeavors with young children.

HOPE Zia community center now hosts the Psychomotor Study in a special room prepared according to BDI requirements. The assessment focuses on pre-school and early school going children of lower middle class and poor families. Apprehensive youngsters soon lose their reservations under well trained facilitators and quickly form a rapport which helps to procure accurate results.

These children are also screened for vision and hearing, their height and weight is documented and hemoglobin tested. Other medical problems diagnosed during the test are treated at HOPE Hospital free of cost. Findings of the screening tests are explained to the mothers, and they are guided on how to help their children to overcome these issues at home, too. Vitamin supplements are provided to the children, followed by iron supplements if necessary after the hemoglobin test. Much to their delight, each child receives a story book, an activity book and colors pencils. These tests are an on going process at HOPE covering scores of children. The positive results of this screening will be evident over a period of time under the supervision of specially trained staff of the HOPE Community.

Dr. Maria Tariq.



Internship Programme of HOPE

This year two of Karachi's leading schools - Foundation Public School and City School PAF Chapter sent their O'level students for community work. Nearly 60 students from Foundation School completed 60 hours of community work at the HOPE School, Zia Colony. They interacted with the students, taking English Language and General Knowledge classes besides involving them in extracurricular activities. Ms. Rakhshinda Rehman coordinated their activities on behalf of Foundation Public School.

In addition, 17 students from City School, PAF Chapter were involved in community work. Ms. Shireen Karamally and Ms. Roomana Peerzada coordinated on behalf of City School. The students not only assisted at the HOPE School, Zia Colony, but also worked at the HOPE Hospital and Home Schools.



YOUTUBE LINKS

<http://www.youtube.com/watch?v=miXzojn12kk>

<http://www.youtube.com/watch?v=120eUk5rR8A&feature=related>

<http://www.youtube.com/watch?v=mZjnKU6aTww&feature=related>

<http://www.youtube.com/watch?v=DtjCAATuvUw&feature=related>

Survival at HOPE for Fareen.

Excessive blood loss or post partum hemorrhage is a life threatening condition and the most common cause of maternal deaths in



Pakistan. This is a story of thirty year old Fareen who suffered from excessive blood loss after delivery due to mishandling by the Dai at home. The long hours of labor had exhausted and dehydrated Fareen, finally at night she gave

birth to a baby girl. After the delivery she started bleeding profusely due to retained placenta. Normally the placenta is spontaneously expelled after delivery of the baby. As her condition worsened her family brought her in hypovolumic shock to the HOPE hospital.

She was instantly taken to the Operation Theater for emergency treatment. A team comprising a surgeon, anesthetist and OT technician were called on emergency duty. HOPE Blood Bank was prompt in arranging for blood, required by the patient. Once the patient's condition became a little stable her placenta was removed under anesthesia, this helped to stop the bleeding. Fareen and her family were very thankful to the doctors and staff at HOPE Hospital's for saving her life.

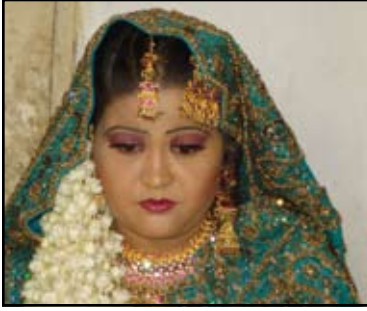
Dr. Rehana Ahmed

Milad un Nabi Programme at HOPE School, Karachi



Support a Marriage

HOPE has recently introduced "Support a Marriage" scheme for young girls from families who cannot afford the high expenses of their marriage. The project was initiated by Dr. Farid Qazi, a USA based Oncologist.



The support scheme includes furniture, jewelry, clothes, utensils as well as the ceremony expenses. Domestic electrical appliances are also provided which include an iron, washing machine as well as a sewing machine. Priority is given to orphans and the

extremely underprivileged class. HOPE takes the responsibility of providing the support in the form of kind and delivers the goods to the door step of the family. Till date HOPE has supported 5 marriages, which have taken place not only in Karachi and Thatta but also in Punjab.

The sponsors for these marriages include Dr. Farid Qazi, Ms. Shabana Darvesh, Mr. Kassim (Dubai) and Dr. Rizwan Jabir.

This will be an ongoing scheme whereby 12-15 marriages will be supported per year. Only poor and needy girls are supported after full investigations are carried out by the HOPE team headed by Zaheda Khanum.



HOPE Barclays Schools Muzaffarabad-AJK



Qurbani with HOPE.

As in the previous years Qurbani was done on behalf of many overseas Pakistanis by HOPE. The Qurbanis were done in Thatta, Muzaffarabad AJK, Dadu as well as Karachi. This time there were qurbanis of 3 cows and 20 goats in total. The meat was distributed to the poor and needy who otherwise don't get to eat meat.



Adopt a Child

Children studying in HOPE School belong to the low socio-economic class. These children cannot afford to go to school and would otherwise be playing on the street.

HOPE has started a scheme of ADOPT A CHILD whereby the educational needs of a child for one year can be looked after by a volunteer donor. This includes the education expenses of the child including books, uniform, stationeries, shoes etc. The amount for adopting a primary school child is Rs. 3000 per year while the amount for adopting a secondary or high school child is Rs. 4000 per year.

By donating this amount you can contribute to providing one full year of education for a child. The progress of the child is shared with the donor who has adopted the child.

Adopt a TB Patient

HOPE is running a TB clinic for tuberculosis patients in Thatta, where tuberculosis drugs are provided to TB patients from the villages around Thatta. The treatment cost of one TB patient is Rs. 5000 per annum. It is requested that people should come forward and adopt TB patients so that a large number of TB patients can be provided TB medicines free of cost.

HOPE CALANDER 2009





Dr. Farid Qazi , Coordinator HOPE USA visited HOPE Hospital, Karachi

List of Collaborators

1. Embassy of Japan
2. Japanese Women Association
3. The Consulate of Germany
4. UNICEF
5. World Health Organization (WHO)
6. Centre for Disease Control, (CDC), Atlanta (USA)
7. Procter & Gamble, Cincinnati and Pakistan
8. John Hopkins School of Public Health, USA
9. The Asia Foundation
10. Rotary Club of Karachi, Metropolitan
11. Rotary Club of Karachi, Cosmopolitan
12. Rotary Club of Karachi, Continental
13. ARY Cash & Carry
14. Philantropists

HOPE - Barclays Schools - Dadu



Helpers of HOPE Committee

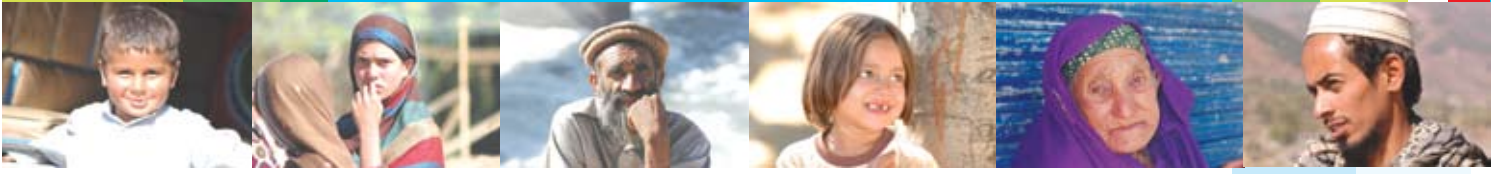
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- Mr. Muhammad Ibrahimi
- Ms. Samina Haider
- Ms. Nasreen Mateen

Contributors for HOPE

- Procter & Gamble (P&G)
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Donations

To contribute to these charitable works and to provide quality health and education to the impoverished population, we would like your sincere help and contributions.

YOU CAN HELP MAKE A DIFFERENCE.....

Your contribution can help educate a child and help make a family healthy

HOW!

- For just Rs. 4000 educate a child via formal school and support his health for one year.
- For Rs. 3000 educate a child via informal home schools for a year.
- For just Rs. 5000 educate an older child in secondary and high school for one year.
- For Rs. 5000 adopt a hospital bed for one month.
- For Rs. 35,000 adopt an informal school for a year.
- For only Rs. 5000 adopt a TB patient for its complete treatment.
- Help with investigation and treatment of poor and needy patients - as much as you can afford.
- Hospital equipment required

Kindly send us your donations payable by cheque / Bank draft in the name of "HOPE"

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Donations can be made in cash or kind.

(Approved U/S 2 (36) of the Income Tax Ordinance 2001 by the Commissioner of Income Tax.). For further detail please contact us at HOPE Community Center.

HOPE COMMUNITY CENTER, KARACHI

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Fax: 92-21-4520464

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