

Capacity Building on Stress Relief



Pic: Zuleikha's stress relief training course

The Hope Project would like to especially thank one remarkable woman in this issue, the founder and director of the Story Dancer Project, Zuleikha. She has developed a unique exercise program for children and adults from all over. It can be integrated into everyday life easily, where otherwise there would usually be no time for exercise. It's said it also helps very well as a stress relief. Zuleikha recently conducted a program for "Training of Trainers", with 47 participants. They will now be able to go out into the community and offer this exercise program to many. While our health centre addresses serious health issues with standard medicine, Zuleikha's inspiring program teaches people to help heal themselves. Many everyday aches and pains can be treated with the right exercises. Zuleikha's comments on her work:

"Having worked in Nizamuddin Basti for ten years, it is clear that this program can be a healthy choice for all ages."

"It was amazing and made me weep with joy to think about ten years ago and the obstacles I had to overcome. The same women who met me with locked gates are now entering the gates themselves. The same girls who were great in the program can now be assistants to it and help it unfold [...] It was a stunning day and everyone who took part had a shining face at the end."

We are very grateful for the past ten year! Here's to the next ten!

All photographs from the Hope Project



<http://www.hope-project.de/>
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Dargah Hazrat Inayat Khan Hope Project

Initiated by Pir Vilayat Khan in 1975

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Dargah Hazrat Inayat Khan Hope Project Newsletter

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Written by Elisabeth Henschel
Edited by Samiur Rahman and Heiko Schrader

Kashmir Project: Gains Popularity

One of our younger projects, the Health Centre in Kashmir, has relocated its premises from Mattipoora to Archanderhama. This enables more people to receive health care, as the village is located in a more central area. The facility space for the new Centre was provided by the head of the village, who also encourages young community members to volunteer with the doctors. In the past nine months, 1080 patients have been treated for both primary and dental health services. A qualified doctor and one health worker have joined the staff, supervised by Dr. Sheba Muzzaffar, allowing for a better and more efficient treatment of patients. The most common issues and illnesses are teenage pregnancy, hypertension, asthma, diabetes, malnourishment and thyroid hyper- and hypofunction. However, pre and post natal care is virtually nonexistent, portraying an urgent need for a gynecologist and a pediatrician, who would visit the clinic at least once a week. The interim solution is organizing a health camp attended by specialists from Srinagar's Florence Hospital. The Centre has already done a lot for many people, but it could still do so much more.



Pic: Hope Health Centre in Kashmir

A Life with Hope

Both of Ishrat Jahan's parents are illiterate. Her father pulls a rickshaw for a living and her only brother is learning to work in road marking. This is her story, which she always tells full of pride and she wants it to be shared.

When she was nine, Ishrat joined the hulla-gulla group, enjoying painting, handcraft and other creative activities with her friends and peers. She enrolled in the GNFS, attending diligently and reaping the reward when she was chosen in 2002 to join a group of selected few to travel to Barcelona, Spain on an exposure trip. Later on she also traveled to Rajasthan and Srinagar with this project. After passing the tenth grade with flying colors, Hope enabled her to finish her school education entirely, and she passed the twelfth grade with exceptional marks. She is currently enrolled as a freshman for a B.A. degree, yet she is simultaneously pursuing the beauty culture course with the Hope Project. She is already accomplished enough to help teach the newer attendees as well as work basic beauty culture from home. Ishrat has already succeeding in sustaining an income to support the family.



Pic: Ishrat

Her younger sisters are currently enrolled in the GNFS and Ishrat is an amazing role model for all three girls. She wants to keep Hope in her life for a long time, as it has always helped her succeed.

Hope's Horizon Expanded

The Hope Project's health mela in February 2013 in Seelampur was a wonderful success. Doctors as well as employees from Hope were joined by a team of doctors from Rajinder Parsad Eye Centre, All India Institute of Medical Sciences (AIIMS). They provided excellent care to all patients, including prescriptions for glasses, enabling all in need to purchase these independently. Hope's Dr. Gill and Dr. Arif performed basic check-ups, while our nurses took blood pressure, tested blood sugar and took weight measurement. Several info stalls provided visitors with material about the project's work: GNFS, SHGs (Self- Help Groups) as well as leaflets concerning basic health care: pre and post natal care, HIV, TB, etc.

Coaching classes for government jobs have also grown in popularity. Several youths from the community partook in written tests and pending the results, they will have the opportunities to finally enjoy a stable working environment. In time this will also help inspire others.

The Mobile Medical Unit (MMU) continues to reach out, now traveling to four new urban slums and providing basic medical care for people who would otherwise never even see a doctor. The MMU also helps spread Hope's visibility, resulting in people coming from further away daily to find support and possibilities with the project.

We are also very pleased with the continued interaction with "the public". On the international women's day, 37 of our employees and beneficiaries, joined local celebrity Ms. Nafisa Ali and the German Ambassador's wife in the German Embassy along with other invitees. Students and faculty members of the Loomis Chaffee School from Connecticut, USA visited Hope and interacted with members of the Basti, cooking together and learning to make chapatti.

Rising with Hope

Azharuddin joined the Hope Project's tuition class at the very young age of five, while his mother was engaged in the income generation project. In the coming years, he found support with Hope's teachers and social workers and finally succeeded in completing twelfth grade in a public school. Afterwards he joined the projects basic computer course for six months as well as the youth forum. Here Azhar learned about the hospitality course and was accepted at the Maurya Sheraton Hotel Regency. After six months of very competent teaching and highly qualified learning, Azhar applied for many jobs and was accepted as a waiter in a hotel in Kuwait. Here he makes a remarkable living of Rs.24,000 per month. It fills him with pride to be able to support his family so well. His sister also benefited from Hope. Having been a student for years, she joined the team after her graduation and now works to change other peoples' lives. Azhar's whole family knows where to find support, where to find Hope.



Pic: Azharuddin