The Maria-Helena Foundation

(Registered Charity Number 89250 2725 RR0001)

# 919 – 4438 West 10th Avenue, Vancouver, B.C. V6R 4R8

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**www.mariahelenafoundation.org**

 **Annual Newsletter** November, 2020

Dear Family & Friends:

**NEW!** Last December we initiated a new program: Midwifery training of a class of thirty young girls and women. It is a one-year post nursing program at the Indus University of Health Sciences, Karachi. This program is costing us $650 per student per year with a total of $19,500 per year. In Pakistan the midwifery profession is considered of low social status. Students who enter this profession are generally from the lower strata of society. Most deliveries take place outside of formal institutional settings, especially in villages. The graduates from this program will also be able to work out of home. There is a very high rate of neonatal and maternal deaths at birth. Having trained midwives perform this service would help reduce such death rates. This initiative is being channeled through our partner: Human Development Foundation, Canada.

**IN PAKISTAN: EDUCATION**

**1.** **Permanent Schools:** Over the last 20-year period, in partnership with Pakistani NGOs, we have concentrated primarily on establishing permanent community-managed primary schools on land usually donated by the local communities. With current high real estate values those free gifts of land have become rare. At the same time, labour costs in Pakistan have skyrocketed, while our budget has not increased, rather it has decreased. Consequently, it has become difficult for us to undertake large new infrastructure projects. However, this year we helped expand the science laboratory at Fazal Noor Model School for Girls in Kot Lakhpat, Lahore. On Page 3 is a table of all schools completed until 2019. All primary schools are co-educational and non-sectarian. However, middle and high schools are exclusively for girls.

**2. Temporary One-Room Primary Schools** (Program started in 2001). These are one-room, one-teacher schools meant for the poorest children and for working children. Classes are held at the teacher’s home or in a community building. Students do not pay any fees. We provide them with books, notebooks, and mats or benches to sit on, and also pay the teacher's salary. All schools are co-educational and non-sectarian. In the Pakistani school system, the primary school academic program is five years (60 months). In the home-school system, due to fewer holidays, the same curriculum is covered in 36-40 months. Typically, the cost of supporting one such school of 25 to 35 students is about $1,500 per year. For several years, in partnership with Kawish Welfare Trust, we have been sponsoring 15 such schools, then reduced to 9 and now to 6 due to our reduced budget. These schools are in several villages in the district of Bahawalnagar, Punjab.

**3. Nobel Laureate Dr. Abdus Salam Science Scholarships for High School Girls:** (Program started in 2014). We have at present16girls in Grades 9 and 10 receiving these scholarships valued at $12 per month.

**IN PAKISTAN: SKILLS TRAINING**

We have helped establish two small vocational schools in which young girls and women learn traditional needlecraft and sewing. This training helps the invisible household economy of poor families, and can potentially generate income from outside work.

 **1. Nani Maria Vocational School, Lahore** (2000).In this two-room school, situated in Kot Lakhpat, Lahore, the enrollment has varied from 20 to 40 students. Al-Khidmat Foundation manages this school.

 **2. Dr. Marilyn Mohan Vocational School, Pind Dadan Khan** (2007). This one-room vocational school is

 located in Khewra, district Jhelum, situated within a girls’ high school.

**IN PAKISTAN: HEALTH**

**1. Amina Jabbar Trust Hospital, Lahore** (1998).This, our first project, is an outpatient hospital, the size of a single-family detached bungalow in Vancouver. It is managed by Al-Khidmat Foundation. About 80 patients per day receive a medical examination and 3 days of medication at a nominal cost of 25 cents per patient, about one-sixth the cost of private care.

**2. Medical Examination of Primary School Children** (Program started in 2005).At a cost of only $1 per child per year, about 1,500 children in primary schools in Bahawalnagar are examined and their health reports sent to their parents.

**IN CANADA: BURSARIES**

**The Maria-Helena Bursary Endowment Fund, University of British Columbia was established in 2000. Two years ago we established a similar bursary fund at McGill University. The bursaries are awarded annually from the income generated from the capital of these funds. The universities select the recipients.**

*Thank you all for your continued support and prayers. Let us know if you have any questions.*

Dr. Muhammad Iqbal Dr. Diane Fast

President Vice-President

(Please note that we now have a P.O. Box address. Kindly use this address instead of our home address. This new address will allow other members of the Board to pick up our mail when we are away.)

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Amount of Donation: $\_\_\_\_\_\_\_\_\_\_\_ (Make cheques payable to The Maria-Helena Foundation)

Please indicate: For projects in Pakistan\_\_\_\_\_\_\_\_\_, or for bursary at UBC\_\_\_\_\_\_\_\_, or for both\_\_\_\_\_\_\_\_\_\_\_\_

Family Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_First Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Please print legibly, thank you)

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Check us out at Canada Revenue Agency: www.cra.gc.ca/charities

Or phone Charities Directorate: 1 – 800 – 267-238

**PERMANENT PRIMARY/MIDDLE/HIGH SCHOOLS\***

\*A primary school will have 100-300 students, a middle school 60-90 students, and a high school up to 400 students.

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| --- | --- | --- | --- |
| Name of School | Year Established | District (Village) Province | Pakistani Partner |
| 1. Fazal Noor Primary School | 2000 | Lahore (Kot Lakhpat)Punjab | Al-Khidmat Foundation |
| 2. Haji Bostan Primary School | 2001 | Lahore (Ghaziabad)Punjab | AnjumanGhaziabad |
| 3. Dadi Helena Primary School | 2004 | Lahore (Dina Nath) Punjab | Care Foundation |
| 4. Maria-Helena Primary School | 2006 | Jhelum (Daryala Jalip) Punjab | Tameer-e-Milla Foundationt |
| 5. Hazara TM Public High School*(combined primary and high school rebuilt after the 2005 earthquake)* | 2007 | Mansehra (Shinkiari) Pakhtoonkhwa | Tameer-e-Millat Foundation |
| 6. Ratwal Residential Primary School*(For orphans of the 2005 earthquake. We provided six classrooms)* | 2008 | Islamabad(Ratwal) Punjab | Tameer-e-Millat Foundation |
| 7. Maria-Helena Primary School | 2008 | Khanewal(Wajhianwala) Punjab | Tameer-e-Millat Foundation |
| 8. Maria-Helena Primary School | 2008 | Jhelum(Pind Dadan Khan)Punjab | Tameer-e-Millat Foundation |
| 9. Maria-Helena Primary School | 2008 | Jhelum(Lilla village) Punjab | Tameer-e-Millat Foundation |
| 10. Maria-Helena Primary School | 2009 | Jhelum(Jethal village) Punjab | Tameer-e-Millat Foundation |
| 11. Maria-Helena Primary School | 2009 | Jhelum(Wara Buland) Punjab | Tameer-e-Millat Foundation |
| 12. Lieba-Helena Primary School |  2011 | Jhelum(Sugail village) Punjab | Tameer-e-Millat  |
| 13. Talis Primary School *( rebuilt after the 2010 floods)* | 2012 | Talis(Talis village) Skardu | Tameer-e-Millat Foundation |
| 14. Maria-Helena Primary School | 2014 | Mandi Bahauddin(Dandka Village) Punjab | Tameer-e-Millat Foundation |
| 15. HDF Maria-Helena Primary School, extended to a high school for girls in 2016 | 2014 |  Islamabad (Kalya village) Punjab | Human DevelopmentFoundation |
| 16. Maryam-Halima Middle School for Girls | 2015 | Mansehra (Shangri) Pakhtoonkhwa | Friends Welfare Association |
| 17. Maryam-Halima Middle School for Girls | 2015 | Mansehra (Raiter) Pakhtoonkhwa | Friends Welfare Assn. |
| 18. HDF Maria-Helena Primary School | 2016 |  District Zhob(Zhob Town) Balochistan | Human Development Foundation |
| 19. HDF Maria-Helena Primary School | 2017 | Rahim Yar Khan (Village 99-IL) Punjab | Human Development Foundation |
| 20. Lieba-Helena Primary School |  2017 | Mansehra (Banda Jalgali) Pakhtoonkhwa | Friends Welfare Association. |
| 21. HDF Lieba-Helena High School for Girls | 2018 | Mardan (Mirwas) Pakhtoonkhwa | Human Development Foundation |
| 22. Science Senior High School for Girls | 2019 | Mansehra (Khairabad) Pakhtoonkhwa | Friends Welfare Association |

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| Fig. 1. MHF president visiting Midwifery College, in the Indus University of Health Sciences, Karachi.  |  |
|  | Fig. 2. A teacher conducting a chemistry experiment in the new Rabya and Maryam Science Laboratory, Khairabad, Mansehra. |

**A Glimpse at Our Projects in Pakistan**

**(photos removed to reduce size of newsletter for upload to website)**

Fig. 4. Iqra primary school students wearing masks getting ready for their lessons. In these tuition-free non-formal schools students sit on mat-covered floors.

Fig. 3. Children celebrating World Literacy Day in HDF Lieba-Helena School for Girls in Mirwas, Mardan.