



# Kashmir Valley



**HELPING HAND**  
FOR RELIEF AND DEVELOPMENT

## HHRD Programs



### Orphan Support

200 Orphans Assisted



### Skills Development and Livelihood

175 trainees



### Winter Relief

336 beneficiaries



### COVID-19 Response

1,554 beneficiaries

## Seasonal Food:



### Ramadan Food

1,504 Beneficiaries



### Udhiya/Qurbani

29,890 Beneficiaries

## HHRD in Kashmir Valley

HHRD works globally, focusing on countries where most of the population lives below the poverty line. HHRD has successful relief and development programs in Kashmir Valley, including seasonal Ramadan activities, poverty alleviation, orphan support, and medical care. In addition, we provide educational support for orphaned children through our Orphan Support program. HHRD has historically worked on both sides of the control line, providing emergency winter supplies and Ramadan food boxes. Recently, HHRD has learned through humanitarian teams in the field, that there is a great need for relief from Indian oppression. We distribute emergency supplies whenever international aid organizations are allowed into the valley.

## HHRD Status

Helping Hand USA launched its "Kashmir Relief Fund" to assist families on both sides of the Line of Control (LOC), through its own HHRD teams in Azad Jammu and Kashmir (AJK), and with the help of a vetted partner NGO in Kashmir Valley Jammu and Kashmir (J-&-K). HHRD advocates for the opening of safe and secure humanitarian corridors to save the lives of the elderly, children, and the men and women of Kashmir. HHRD has also provided immediate emergency relief services after the 2014 floods in Kashmir Valley J-&-K. Furthermore, HHRD received a grant from the Islamic Society of Nevada, and with the assistance of the HELP Foundation J-&-K, a total of 52 artisans were trained in various skills to begin earning their living. After receiving the "No Objection Certificate" (NOC) from the government, Helping Hand USA, as an International Non-Governmental Organization (INGO) in AJK, continues to serve the needs of Internally Displaced People affected by this situation in AJK.

  
**200 Million**  
lives changed

  
**85+**  
Countries served

  
**4-Star**  
Top Rated Zakat Charity in US  
by Charity Navigator

  
**16 years**  
of service

# Country Context

Officially a world region, not a country, Kashmir includes land claimed by India, Pakistan, and China. The Kashmir Valley, recently known as Jammu & Kashmir, functioned as a state within the Indian government until 2019. Following natural disasters and government lockdowns, alarming reports from the area indicate an increased shortage of basic needs, especially medicines and healthcare. A geologically active region, the Kashmir Valley has suffered devastating earthquakes since 2005. For generations, the Kashmir Valley has been the subject of war between Pakistan and India. When the British withdrew from Asia in 1947, they arbitrarily drew country lines that separated India from Pakistan. Failure to define the future of Kashmir has led to over 75 years of conflict. The Indian government has maintained a military presence in Indian-administered Kashmir, leading to abuses of power and frequent protests. In October 2019, Indian-administered Kashmir, once an autonomous state, was divided and stripped of its government. New regulations forbid anyone with less than 15 years of residency from government and civil service jobs. Under the guise of COVID-19 precautions, lockdowns were enforced to discourage protests. Widespread reports of people unable to secure food and necessities while in lockdown emerged. The Kashmir region has low supplies of oxygen and inadequate covid-19 testing, because of which it has seen an increasing number of deaths. There is no oxygen facility in the rural areas, and hospitals in Srinagar report dwindling supplies.

## Key Figures



**214,000**  
orphans



**Over 70,000**  
lives lost due  
to war



**Over 35,000**  
widows



**Over  
3 million**  
are disabled



**Over 150,000**  
cases of  
Covid-19

**Over 8 million people**  
are confined to their homes  
without access to food  
or medicine, with limited  
communication capability

