

## Help Yourself with Hope

Parveen is a 35 years old woman who migrated to Delhi from Muradabad, UP, with her family in 1989 when she was a child. They arrived in Delhi with next to nothing and depended on the visitors in front of the Nizamuddin Dargah (shrine) for meals and sleeping inside in the night. Food was scarce and thoughts or plans about the future were non-existent. Eventually Parveen's father managed to find a job pulling a rickshaw and was thus able to find Parveen a husband. Her husband was a daily wage labourer and they continued to struggle with poverty. One day Parveen found out about Hope's Self Help Groups (SHGs) and joined the Amal Group in May 2010. Amazingly, and in spite of all odds, and with the helpful advice of her group members - Parveen was able to start saving Rs.100 per month of her husband's income. She then took out a loan of Rs.16000 and rented a small space for a tea shop. Her strong will and dedication along with Hope's constant support and guidance enabled Parveen to take out another loan of Rs.30000. She now owns a refrigerator and sells cold drinks, milk, yoghurt, snacks and other small items. Parveen is currently making plans to expand her shop. She has progressed from a forlorn street child to a smart and successful business woman. She changed her life with Hope.



Parveen in her tea shop



<http://www.hope-project.de/>  
<http://www.hopeprojectindia.org>

## Dargah Hazrat Inayat Khan Hope Project

Initiated by Pir Vilayat Khan in 1975

### CONTACT ADDRESS:

- **United States:** Anna Less, email: annaless99@gmail.com  
Richard Quadra, email: cuadra@pacbell.net  
donations: Ingrid, email: ingrid.wisswaesser@gmail.com
- **Germany/Europe:** Heiko Schrader,  
email: heikoschr@googlemail.com  
phone: +49(0)521-8949919
- **India:** Carmen Hussain; email: carmen.hussain@gmail.com,  
mobile.: 9810625181
- **Hope Project:** email: info@hopeprojectindia.org  
<http://www.facebook.com/pages/The-Hope-Project/299695146714154>

### Hazrat Inayat Khan Foundation

Board of Directors: Pir Zia Inayat Khan, Carmen Hussain,  
Richard Quadra, Saroj Tucker, Rita Paul Mathew,  
Ambassador Fabian Kalarickal, Heiko Schrader

## Donation Accounts

Please send your donation to one of the following accounts.  
Do not forget your name and address!

Country	Recipient	Account No. [Bank Code] Note
United States	Hope Project, PBox 657, New Lebanon, NY 12125	Please send checks made out to Hope Project
Germany and Europe	Lebenshilfe Indien	Volksbank Paderborn-Höxter- Detmold IBAN DE32472601212711044500 BIC DGPBDE3M
Austria	Indienhilfe	03220137570 [14000], BAWAG
Switzerland	Förderverein "Hope Projekt"	CH11 8009 7000 0064 8430 7 Raiffeisenbank Laufental-Thierstein, 4242 Laufen
Netherlands	Stichting Hazrat Inayat Khan Dargah Hope Project	21.24.84.001, Triodos Bank
India	Hazrat Inayat Khan Foundation	004601049385 ICICI Bank MICR No.: 11022900, SWIFT Code: ICICI NBBCTS

## Dargah Hazrat Inayat Khan Hope Project Newsletter

Written by Elisabeth Henschel  
Edited by Samiur Rahman and Heiko Schrader

December 2015

No. 30

## Overcoming Challenges with Hope

Doing something is good, doing more is better. Thanks to your continued generosity and invaluable contributions, the Hope Project has been able to meet new challenges brought on by the need of our people, here in Delhi and in Kashmir.

We are especially proud to report on Hope's education system. Not only are more and more girls being enrolled at our Girls Non Formal School (GNFS) for the secondary and senior secondary levels, but some parents are actually taking their daughters out of formal schools and enrolling them with us. When asked why they replied: "Hope provides a safe and conducive environment as well as individual attention to each child". We keep pace with the socio-economic transformation and changes and strengthen networking with potential partners and skills building and empowerment of women and girls. In the past months we were also approached about accommodating boys in the GNFS. These boys belong to recently migrated families from poor states, they've either dropped out or never attended school in the first place. Five boys have been enrolled and four of them have already been mainstreamed. Co-education at P-1 level is uncomplicated and accepted by the community. This has been a real ice-breaker (cont.).



Boys attending GNFS

## (cont. front cover)

Furthermore, Hope hosted career counseling sessions facilitated by Prof. Riham Suri from Jamia Milla Islamia University. Our students were dazzled by the perspectives that an education can offer them beyond a “simple” job and were quickly making motivated plans to have careers with the government.

Under the scheme ‘Hunar se Rozgar’ (Employment through Skills) launched by the Indian government, six girls from the GNFS attended a six week housekeeping training at the 5-star Royal Plaza Hotel (4km away). They partook in 42 days of training accompanied by counseling for both the girls and their parents. It was an inspiring success and ended with five girls successfully completing their training, including examinations and certificates by a government agency, and being promised employment upon finishing their schooling. This instance of opportunity and empowerment has encouraged more girls to seek out such possibilities.

The Hope Project also enjoyed the visit of several students from Loomis Chaffe, a school in Connecticut, USA. In this exchange program, young people experience a different culture and learn about traditions, aspirations and realities. There was an interaction between the Executive Director and Indian and US students regarding the commonalities of all religions and how to promote peace, harmony and brotherhood at all levels through developing understanding and faith in others.



Students of Loomis Chaffe & GNFS

## Hope in Kashmir

The health centre’s success in Kashmir grows exponentially through faith and credibility. Due to the ever-growing demand, two more doctors have started seeing patients, many of which travel from distant villages. The costs of these two doctors are met by the doctors themselves who have been continuing since inception. The villagers have also started contributing as per their capacity and ability. This shows that the support and caring for each other is humbling and beautiful. Approximately 400 patients are being treated monthly for dental and physical ailments.

Referral services are provided through the centre for necessary lab investigations and chronic ailments.

Furthermore, awareness programs were held for reproductive and sexual health. Such sensitive issues need to be addressed further among the elders and adolescents. Additionally, we would like to broach the subject of girls education and vocational skills.

We have noticed the possible demand and would love to be able to offer our support, knowledge and time.



Pic: Kashmir Health Centre

All Photographs from The Hope Project

## Educated with Hope



Pic: Gulnaz intending to go to university

17 years old Gulnaz from Bihar lost her mother to cancer at a very young age. In 2012, her father passed away as well and all her siblings had married. Alone in Bihar, Gulnaz feared for her safety and her future. She moved to Delhi to live with her aunt, who received financial support from one of Gulnaz’s sisters. Although the aunt never acquired an education herself, she knew that Gulnaz’s life could only improve if she went to school. She came to the Hope Project and enrolled Gulnaz in our GNFS. At Hope, Gulnaz receives all support for her education. Only recently she passed the government conducted senior secondary examination. Gulnaz now wishes to continue her studying at the university. She is grateful for the future that is now in her reach, a future that she never saw for herself when she first migrated to Delhi, hopeless and deserted - now she has Hope.