

HELP for The Helpless

HELP Annual Report

2024-2025



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Introduction:

HELP organization initiated in 2016 with a vision to help the poor and marginalized women in Pakistan's rural areas. This project helps rural women to be empowered by providing skill training and literacy education. Through this they will be able to earn with the skills they have acquired and live with confidence and dignity.

We have started sewing and literacy centers under this project. 11 sewing centers have graduated. We have 14 ongoing centers of which 7 are sewing centers and 7 are adult literacy centers. Our total number of students are 208, out of this 87 are literacy students and 121 are sewing students. We have 14 teachers to teach our students and we have 3 office staff at HELP Office.

Part of our vision at HELP is to give brand new sewing machines and sewing kits on graduation day so that they can easily start their own businesses at home and start earning for themselves and their families.

Objectives:

- To empower technical education to women about handicraft, sewing/stitching, and embroidery, so that the underprivileged women may be able to earn an honest living.
- To create awareness for the welfare and education of women in order to uphold their status in society and also take steps to maintain their fundamental rights.
- To discourage maltreatment against women.
- To provide financial help to poor and needy women and also take steps for alleviation of poverty.
- To provide help to the affected people in disasters.
- To give awareness about health, hygiene, education, and development.

Monthly Meetings:

We have HELP Monthly Meetings for HELP staff on the first Friday as Friday is a holiday in village areas.

First, we worship together and then we take their reports and we talk about the different challenges that the HELP staff faces and we also talk about the work they were able to finish in the previous month. It's about both learning from each other's experience in a challenging environment and to get encouraged by their success stories. I try to give them more ideas to cope with their challenges. Then we pay them an honorarium and we share lunch together and then they leave to go back to their villages.

Sometimes we put together a workshop along the monthly meeting so that they can polish their skills and also learn new skills and patterns for sewing different kinds of items. This year we did not have a proper workshop with a trainer, but when they were working for the Christmas sale they got together and shared different ideas with each other and helped each other with tips on how to sew different items.





Visitations:

We visited our HELP Sewing and Literacy Centers mostly during sewing tests. We also take this opportunity to visit HELP centers nearby after the sewing test.

We visited different centres and saw the work and how the trainings of sewing and literacy are going. Students were very happy to see us and we had good discussion times about sewing business, about the importance of education, how to come out of bad traditional norms and superstitions, and to put our full faith in God.

We made a system of visitation with different pastors, who live in the surrounding area, to oversee the work for HELP Project once a month. The pastors each go and check the centers in their allocated areas and provide us with a report.



Visit to Manga Mandi Sewing & Literacy Centre

Visit to Baath Lit. Centre



Visit to Baath Sewing Centre

Visit to Mudkay Sewing Centre



Visit to Gamber Sewing and Literacy Centre

Inauguration of New Sewing & Literacy Center:

We inaugurated a sewing and a literacy center near Okara Chak # 49. In this area women have very less opportunity for skill training and education. The ladies were very excited about coming to learn at the HELP Sewing and Literacy Center.

The rest of the 13 centers started a new sewing and literacy session with new students.



Tests before graduation:

We had six sewing tests and four literacy tests done in 2024-2025 session.

- | | |
|--|---------------------------------|
| 1. HELP Sewing Center Fateh Pur | 6. HELP Sewing Center Mudkay |
| 2. HELP Sewing Center Manga Mandi Shahdara | 7. HELP Literacy Center |
| 3. HELP Sewing Center Shahdara Colony | 8. HELP Literacy Center Paracha |
| 4. HELP Sewing Center Baath | 9. HELP Literacy Center Baath |
| 5. HELP Sewing Center Sikander Pura Mandi | 10. HELP Literacy Center Manga |

All the students tried their best and showed the wonderful skills that they have learnt. They were also very happy, confident, and proud of themselves. We were very encouraged to see their cutting and sewing and reading and writing skills during the test.

I led an interactive teaching session after every test I took.



Sewing and Literacy Test HELP Sewing and Literacy Manga Mandi



Sewing Test Sikander Pura



Sewing Test Mudkay



Sewing Test Baath



Sewing Test Shahdara



Teaching Session at Shahdara and Manga Mandi



Graduation Ceremonies:

We had six sewing graduations and four literacy graduations in the year 2024-2025 by the grace of God almighty. God is so good to provide for all these graduations.

Students were very excited and overjoyed on their graduations. They shared their gratitude in their testimonies of how thankful they are for the useful and wonderful skills they have

learnt and how proud and confident they feel now. They shared their testimonies in front of the whole congregation, which is also a sign of how confident they are.

Now, they are able to start their own sewing business as we have provided them with brand new sewing machines and sewing kits on their graduation. And to the literacy students we gifted them Bibles, Biblical books, some stationary and a note book along with certificates.

Graduates of 6 Sewing Centers = 102

Graduates of 4 Literacy Centers = 54



Sewing Graduation of Sikander Pura, Mudkay, and Baath



Literacy Graduation of Baath, Shahdara, and Paracha Colony



Literacy Graduation of Manga Mandi

Sewing Graduation Manga Mandi and Shahdara



Group Photo and Cake Cutting at Sewing Graduation Fateh Pur

Sewing Training Workshops:

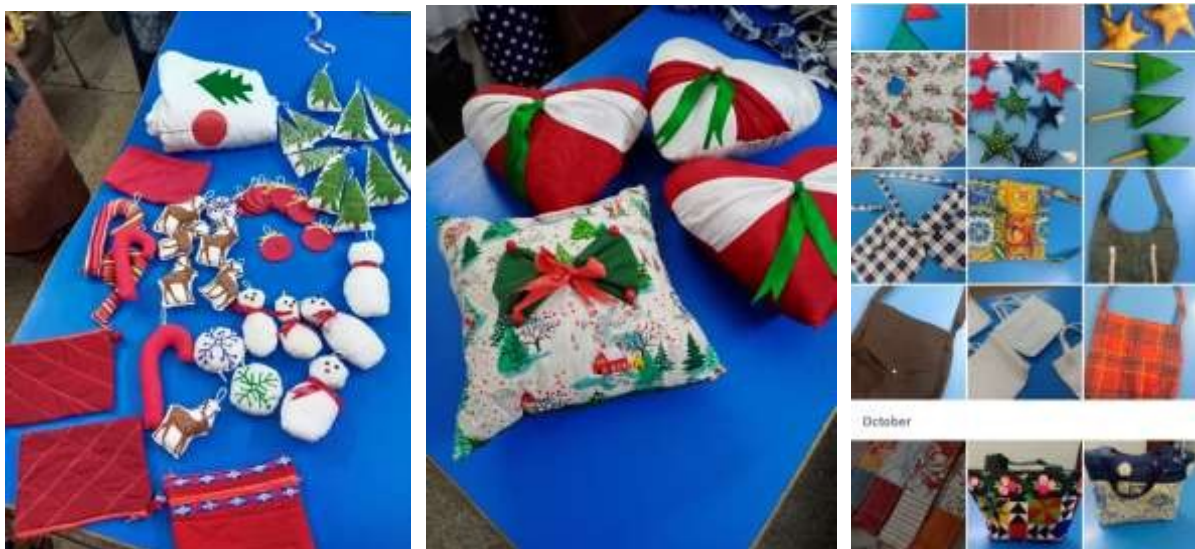
This year we did not have any workshops because of several reasons, the main reason being that our sewing trainer was not available most of the time. But our sewing teachers together learnt from each other many times and shared what they learnt and also contributed their skills for making things for the Christmas sale.



While showing products for the sale and learning from each other

Things made by HELP Sewing Centre:

Hope you will be encouraged by looking at the products made for the Christmas sale.





HELP Christmas Stall at FC College CHURCH and Stall at the TEF Expo

HELP Staff Picnic Day:

We had a HELP staff picnic day at the end of November. The staff really enjoyed it and some students of my OTS class joined as well. The resort where we had the picnic was dedicated to women. We had a Christmas cake cutting and Christmas gifts distribution as well, so that our staff doesn't need to come again for monthly meeting. We all had bush walks, rides, boating etc. We all had a wonderful time!



Helping The Poor:

By the grace of God, some of our donors were able to aid us to help those in need. This year we helped the New Life Orphanage children with school shoes, books, note books, and stationery. We helped some other students with books and school stuff too. Altogether about 43 students got helped.

We helped one of our staff with some money as she lost her husband. We also gave some help to others with their medical issues.

We helped poor people with rations over Christmas and in total provided for 20 families. We gave some help to New Life Orphanage children by gifting some clothes over Christmas and we shared some time in worship, had a cake cutting, and enjoyed our time with the children.



Board Meetings:

We had two board meetings of the HELP Board of Directors, one on the 6th of January, 2025 and the other got late and we met as a board on the 9th of August, 2025. Board members were encouraged with the work of HELP Project and appreciated Rahila and the Team. They gave some very good suggestions to improve the quality of work at the office and at the sewing and literacy centers. We're so grateful for their time, efforts, and prayers.



Testimonies:

HELP Sewing Student Nazia

Our sewing student Nazia is married and has children, but she was enthusiastic to learn sewing skills and she got good at sewing. Now, her husband is quite ill and is not working anymore, so Nazia through her sewing skills is stitching people's clothes and running her house and taking care of everything.

Nazia is so thankful to HELP Project for the wonderful sewing skills which she learnt at the sewing course that made her confident and able to earn now.



HELP Literacy Student Aashi

Aashi is our literacy student and has a son. She is very eager to learn and read the Bible and to start an OTS course as well when she is done with her course. She is very good at learning and has strong faith. When her son got very ill and was really thin and weak, some of her relatives, friends, and neighbors told her to take her son to a local mystic (who is not Christian) and your son will get better. But she answered that God is good and I will pray myself and He will listen to my prayers and I will take my son to the doctor. After praying hard and taking medication, by God's grace her son got better and is doing really well now. She is so thankful to God and also to HELP Centre where she learnt to put her faith in the Lord and pray every day together with other women and listen to the scriptures as well.



Director's Note:

Greetings from Rahila in the precious name of our Lord and Saviour Jesus Christ.

First of all, I'm so thankful to the Lord God almighty for all His provisions and His protection over the whole year. I'm so thankful to all our supporters, who are faithfully supporting us financially and also in steadfast prayers.



I am so thankful to our Lord God that we were able to do a lot in this year and God has provided everything to help the poor and needy. I am so thankful to God that our literacy centers are going well. As you know, in rural areas of Pakistan, people do not give much attention towards literacy, rather they are more interested in skill training so that they will be able to earn through that. But I am so thankful to God that some of our younger girls at the literacy centers have furthered their learning and started the OTS Teenage Course. Some are doing the OTS adult courses as well. Our Literacy class for men is also going well.

At the moment we have 7 literacy centers and 8 sewing centers going on actively in multiple different villages. Please keep HELP Project in your prayers that God will provide all the resources and help us in arranging the graduations for all our centers as we need to buy sewing machines and sewing kits for sewing students and Bibles, books, and stationary for literacy students. Thank you so much for all your prayers for me, my migraines are much better now by the grace of our loving God. Keep praying for me, for wisdom, energy, and more ideas as I lead this project. Please keep praying for our teachers, that as they teach they will get more strategies in teaching so that they teach in a better way. Please also pray for the students, that they will grow in skills and also in their faith in the Lord and become a good example for people around them. Please keep Pakistan in your prayers: for peace, good governance, that God blesses our country and our people grow more in God's understanding, and also for people's financial growth as the economic situation is not good.

Now, may God bless you abundantly with His immeasurable riches and grace.
Every blessing in Christ,

Rahila with HELP Team

Australian Bank Details: Account name: Rahila Julius BSB: 733372 Account Number: 764296

Pakistani Bank Details: Account Name: Help for Helpless Account Number: 240010492

Bank Address: United Bank Limited, Sam LCCI Lahore, Pakistan Branch Code: 1924

IBAN Code: PK44UNIL0109000240010492 Swift Code: UNILPKKA028