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# AMAN Newsletter : Kashmir

## AMAN Health Care Centre

Since 2003, the AMAN Trust has been running a health care centre in Baramulla district of Jammu and Kashmir. The centre provides basic health care facilities to over twenty neighboring villages, in a radius of around 7 kms. In the past one year, more than 5000 people have visited the centre for treatment and consultation. Out of these, majority were women and children. The centre also operates a laboratory which conducts basic tests like blood grouping, urine examination and Hepatitis B testing.

A dedicated team of 12 colleagues runs the centre. Some of them travel a distance of almost 6 kms by foot everyday due to lack of transport facilities.

Aimed at creating awareness about the disease of Tuberculosis which is rampant in the state, at the grass root level, AMAN is working in collaboration with the Voluntary Health Association since 2012. Monthly talks, seminars and workshops are held in district Baramulla, concentrating in blocks Puttan, Kreeer, Tangnang, Singpora and Kunzer. The programmes are successfully running in every block, with support from the community and youth volunteers.



## Young Scholars Programme

The programme aims to support young children affected by conflict in the region of Jammu & Kashmir. The YSLI initiative seeks to provide a more holistic framework for leadership development among the youth so that they not only build meaningful careers but become constructive citizens who advocate and nurture an equitable, just and caring society. At present the initiative supports 194 scholars, of which 95 are female scholars and 99 are male scholars spread across districts Srinagar, Ganderbal, Baramulla, Budgam, Anantanag, Bandipora, Pulwama, Shopian, Doula, Poonch, Rajouri and Jammu.



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Dear Friends ,

Greetings from AMAN!

We are happy to update you about our latest activities in Kashmir.

With hard work, dedication and support from AMAN Team and its well wishers, we have been able to expand our work to new areas and reach out to larger number of people. We have tried to keep the newsletter brief and reader friendly.

Kindly visit our website, [www.amanpanchayat.org](http://www.amanpanchayat.org), for further details of our programmes or mail us your queries at [rshyam@amanpanchayat.org](mailto:rshyam@amanpanchayat.org).

We look forward to your feedback and continued support.

With warm regards,

AMAN Team



AMAN PUBLIC CHARITABLE TRUST  
INITIATIVE FOR A JUST AND COMPASSIONATE SOCIETY

## Flood Relief Work

Jammu and Kashmir witnessed one of the worst floods in September 2014. In actual figures 2600 villages were reported to be affected in the entire state out of which 390 villages in Kashmir were completely submerged. Around 300 people died in these floods and 2.53 lakh houses are damaged. AMAN colleagues in Kashmir responded immediately to conduct relief with support from its generous donors. In the first phase, AMAN began intervention in district Baramulla from 17th September onwards by offering free health care and relief. A large number of people extended their solidarity and support for the relief programmes with financial donations, medicines and voluntary services.



In the second phase of intervention doctors from St. Johns Medical college of Bangalore volunteered their services and in collaboration with TATA group extended relief work in the form of free medical camps and community kitchens in districts of Baramulla, Bandipora, Budgam and Srinagar. A total of over 20,000 beneficiaries were given medical treatment and free medicines during the camps in various villages of district Baramulla (10000 patients), district Bandipora (7000 patients), district Budgam (1000 patients) and Srinagar town (3000 patients).

The camps were held in over 25 villages and localities. Along with the medical camps, the team of doctors and volunteers conducted awareness programmes in the evening informing the community about how to take measures to avoid post-flood diseases and epidemics. The community kitchens were held in between 17th September-8 October. Our team collaborated with the villagers to initiate community kitchen in different villages. The Community Kitchen reached out to over 50,000 people in Bandipora and Baramulla districts. The villages where the community kitchen were located were Najin, Gadakhnd, Shingupora, Khandajipora, Dour Yakwopora.



AMAN Laboratory technician demonstrates manual centrifuge technique used for urine testing. In the other picture she is testing sputum for diagnosing Tuberculosis.



Construction of one of the 20 houses that were fully reconstructed by AMAN for the survivors of 2014 floods.



School children mobilising people for an anti-tuberculosis awareness camp.



23 year old Margis regular visited the health care centre. Though she delivered a baby at the govt hospital, she received post natal care at the health care centre.



An RO (Reverse Osmosis) water purification plant in a village in Bandipora district. AMAN has installed 20 such RO plants that will cater to a population of over 30000 people.



Household amenity kit given to a beneficiary

Apart from the above, AMAN in collaboration with Charities Aid Foundation also distributed 500 health/food/hygiene/family kits in 7 villages spread across 3 districts of Bandipora, Budgam and Srinagar. Also, the AMAN team in collaboration with the TATA group has distributed family kits and warm kits among 927 families in 11 different villages of districts Baramulla and Budgam. In the last one year AMAN has built over 40 new houses for the survivors of floods whose houses were completely damaged. It has also helped people repair their damaged houses. This programme was supported by Habitat for Humanity and Charities Aid Foundation. AMAN with support of Tata Sustainability Group has installed 20 Reverse Osmosis (RO) plants in 20 villages of Baramulla and Bandipora. These plants will be operational from March 2016.