About us:

Hyemath Kashmir is a non-governmental organization (NGO) registered under Indian Trusts Act and Niti Ayog that was born out of concern for the people during the COVID-19 pandemic. Our journey began as a small group of individuals who recognized the increased demand for Oxygen Cylinder and concentrators during the pandemic. We quickly realized that many people were struggling to access these life-saving devices due to financial constraints and lack of information.

To address this issue, we established a network of people who were either renting their cylinders and concentrators or providing them for free. We used our network to connect people in need with these life-saving devices, and we successfully catered to hundreds of cases. Our aim was to help people in their time of need and make a positive impact on their lives.

As we continued to provide support to people during the pandemic, we came across a new problem. We encountered people who were financially hit and didn't have monthly food supplies. We realized that access to food was as crucial as access to oxygen and we decided to expand our domain to include the delivery of food kits. We began providing food kits to those in need, and the number of cases started to increase rapidly.

Since then, we have expanded our services to include blood donation and empowerment as well. We believe that access to healthcare is a fundamental right, and everyone should have the opportunity to receive medical assistance when they need it. Our organization is committed to providing support to those in need, and we believe that every little bit helps.

We are grateful to our volunteers, donors, and partners who have helped us in our journey so far. With their support, we have been able to make a positive impact on the lives of many people. We are dedicated to continuing our work and expanding our services to reach even more people in need.

——- PROJECTS ——

Project 1 Food for all ;

In today's world, it is a sad reality that many people struggle to put food on their tables. Financial difficulties, especially in times of crises like the COVID-19 pandemic, can make it incredibly challenging for people to meet their basic needs. That is why non-governmental organizations (NGOs) play a critical role in helping the underprivileged.

One such NGO is our organization, which provides food kits to people in need. We believe that no one should have to go to bed hungry, and we strive to make that a reality for as many people as we can. Our organization provides monthly or on-demand food kits to registered families or new cases that we receive after proper verification. Our food kits include all the essential items, including cooking oil, flour, spices, tea, and other essentials.

We take great care in ensuring that our food kits are of the highest quality and quantity. Our volunteers work tirelessly to ensure that each kit has the right amount of each item, and that the items are fresh and nutritious. We understand that food is a basic necessity, and we want to make sure that the people who receive our kits have access to the best quality food possible.

Our organization has delivered hundreds of food kits to underprivileged families who didn't have enough food to eat. We have seen the relief and gratitude on their faces when they receive our kits, and it motivates us to continue our work. We believe that every small contribution can make a big difference in someone's life, and we are committed to making a positive impact.

We owe our success to the dedication of our volunteers and the donations made by our donors. Without their support, we would not be able to provide food kits to as many people as we have. We are grateful for their trust in our organization and the work that we do.

In conclusion, our organization is committed to providing food kits to people in need. We understand that financial difficulties can make it hard for people to meet their basic needs, and we want to help as many people as we can. We will continue to work towards our goal of ensuring that no one goes to bed hungry.

Project 2) Empowering Girls and Women: Breaking Taboos, Educating, and Providing Hygiene Kits :

Menstrual hygiene is an essential aspect of women's health, yet it remains shrouded in silence, shame, and misinformation. In many parts of the world, including cities and villages, girls and women face significant challenges when it comes to managing their periods safely and with dignity. Our NGO recognizes the importance of addressing this issue and has launched a project dedicated to educating girls and women about menstrual hygiene while dispelling taboos and myths associated with it. As part of this initiative, we also provide basic hygiene kits to help them manage their periods effectively.

Understanding the Challenges:

In both urban and rural settings, girls and women often lack access to adequate information about menstruation, leading to confusion, fear, and a sense of shame. Cultural taboos and myths further exacerbate the situation, isolating women and preventing open discussions on the topic. Lack of proper sanitary facilities and affordable menstrual products also contribute to unhygienic practices that can lead to health problems.

Educating Girls and Women:

One of the primary objectives of our project is to educate girls and women about menstrual hygiene, dismantling the barriers created by taboos and myths. We conduct informative sessions in schools, community centers, and villages, providing comprehensive knowledge about menstruation, menstrual hygiene practices, and the importance of using sanitary products. These sessions aim to empower girls and women by fostering confidence and self-esteem, enabling them to manage their periods with dignity.

Dispelling Taboos and Myths:

To break the cycle of silence and shame surrounding menstruation, our project emphasizes the need to dispel taboos and debunk myths. We encourage open discussions that challenge traditional beliefs and misconceptions, replacing them with accurate information and scientific facts. By creating safe spaces for dialogue, we aim to foster understanding, acceptance, and compassion, thus empowering girls and women to embrace their menstrual cycles as a natural and normal part of life.

Providing Hygiene Kits:

In addition to education, we understand the importance of providing practical support to girls and women in managing their periods hygienically. Alongside our informative sessions, we distribute basic hygiene kits that include sanitary pads, clean underwear, soap, and other essential items. These kits not only address immediate needs but also help girls and women establish sustainable menstrual hygiene practices.

Collaborative Partnerships:

Our project operates through strong partnerships with local communities, schools, health centers, and other NGOs working towards similar goals. By collaborating with these stakeholders, we ensure a comprehensive approach that combines education, access to resources, and sustainable solutions. Together, we strive to create a supportive ecosystem that promotes menstrual hygiene and empowers girls and women to lead healthy and dignified lives.

Menstrual hygiene is a vital aspect of women's health and well-being. By focusing on education, breaking taboos, and providing hygiene kits, our NGO aims to create positive change and empower girls and women in both urban and rural areas. Through informed discussions and practical support, we can foster a society that embraces menstruation with openness, dignity, and equality. Together, let us celebrate the strength and resilience of girls and women, enabling them to navigate their menstrual journeys with confidence and pride.

Project 3) Ensuring Access to Clean Water in Remote Areas of Kashmir

Access to clean and safe drinking water is a fundamental human right, yet it remains a challenge for many communities, particularly in far-flung areas of Kashmir. In collaboration with other NGOs, our project, Hyemath Kashmir, aims to provide free water to these underserved regions where people have to endure long journeys on foot to access this basic necessity. We have initiated Phase 1 of our project by installing a hand pump in a remote village in Tral, with the goal of expanding our efforts to other areas in the future, In sha Allah (God willing).

Understanding the Water Crisis:

Remote areas of Kashmir often face a severe scarcity of water due to geographical factors, limited infrastructure, and challenging terrain. The residents, mostly residing in isolated villages, are forced to travel long distances, sometimes for several kilometers, to fetch water for their daily needs. This arduous task not only consumes their time and energy but also exposes them to health risks associated with using contaminated water sources.

Collaborative Approach:

Hyemath Kashmir believes in the power of collaboration to address critical societal challenges. We have joined hands with other like-minded NGOs to pool our resources, knowledge, and expertise to provide a sustainable solution to the water crisis in remote areas of Kashmir. Through shared goals and coordinated efforts, we aim to maximize our impact and ensure a lasting change in the lives of the communities we serve.

Phase 1: Installing Hand Pump in Tral:

In line with our mission, we have successfully completed Phase 1 of the project by installing a hand pump in a remote village in Tral. This village was chosen based on its specific needs and the challenges faced by its residents in accessing clean water. The hand pump serves as a reliable and convenient water source for the community, significantly reducing their dependence on distant water points and eliminating the need for arduous journeys.

Empowering Communities:

Hyemath Kashmir strongly believes in empowering communities by involving them in the decision-making and implementation processes. Before installing the hand pump, we conducted community consultations to understand their specific requirements and concerns. The active participation of community members not only ensured their ownership of the project but also contributed to their sense of pride and responsibility towards its sustainability.

Future Expansion and Sustainability:

Phase 1 of our project is just the beginning of our journey towards providing free water to remote areas of Kashmir. With the success of the hand pump installation in Tral, we are motivated to expand our efforts and cover more villages and communities in need. We are actively exploring partnerships with local authorities, governmental bodies, and philanthropic organizations to secure the necessary resources and support for future phases.

In sha Allah, our vision is to establish a sustainable and comprehensive water infrastructure network in these far-flung areas. This includes the installation of hand pumps, bore wells, and water purification systems to ensure that every resident has access to clean and safe drinking water within a reasonable distance from their homes.

Hyemath Kashmir's project is dedicated to bridging the gap in water access for communities residing in the remote areas of Kashmir. Through collaborative efforts and the installation of hand pumps, we are taking tangible steps to alleviate the hardships faced by these communities. We are committed to expanding our reach, touching more lives, and making a significant difference in the lives of those who have long suffered from the lack of access to clean water. Together, let us strive towards a future where every individual has the right to quench their thirst with dignity and convenience.