

Humanitarian Aid Project - Impact Report May 2018

On the afternoon of September 18, 2010, Amir Kabir¹ was near the gate of a government hospital in Baramulla for collecting his mother's prescription. All of a sudden, he heard a loud thud and everything went dark forever. Amir, then an 18-year-old student of class 12, is one of many Kashmiri young men who have lost their eyesight completely to pellets — a so-called non-lethal alternative to bullets introduced by security forces in the Valley in 2010 to quell protests. The incident has a negative impact on Amir Kabir and developed psychological complications. The darkness has engulfed his young life. Back in high school, Amir wanted to become a singer. Amir now finds solace in religion, spending a lot of time at the nearby mosque.



Amir Kabir - Visually Impaired pellet injury survivor from Baramulla.

"After I lost my eyesight, I have devoted my entire life to Allah. I download audio clips of verses from the holy Quran and memorize them, recite them," said Amir.

When we first visited Amir's home in Baramulla, He was a boy with Silent angry face, lacking confidence and being dependent to take a single step. Amir is a beneficiary of our rehabilitation programme for pellet injury survivors. He participated in training workshops conducted by HELP Foundation focused on Orientation and Mobility and ADLs, Individual Counseling Sessions by Clinical Psychologist and Group interactions. Moreover, free medicines, long cane and other assistive technology devices were provided.



He is now a young man with confidence, courage and energy and uses his potential to progress in his life. Amir, who was reluctant to use a long cane, encourages other visually impaired persons to use long canes.

It is better to help yourself and live independently than to take seek help from others, says Amir.

Amir, who left his education back in 2010 and has appeared in his 12th standard exams in 2017. The learning material and support was provided by HELP

¹ Hindustan times

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Foundation, J & K. Amir is beneficiary of our successive counseling and training in O and M, Braille and computers to help him to do better in his life and make them independent.

We pray to Almighty to restore vision of every pellet survivor but our support makes them able to accept their blindness and shows them to achieve in their lives.



About the project.

HELP Foundation, J & K has started a project in September, 2016 for rehabilitation of persons with Eye Sight Loss by pellets in Kashmir Division under Humanitarian Aid Programme supported by [Kashmir Development Foundation](http://www.kdf.ngo). The project activities include Home Based Assessment of the pellet survivor families for need based intervention, providing financial assistance for eye care which includes free medicines and treatment at LV Prasad Eye Institute Hyderabad and Hospitals in Kashmir, providing Trainings on Assistive technology, Orientation and Mobility and Activities of Daily Living, counseling to survivors and their families and Livelihood support to the families.

A door to door survey was conducted by HELP Foundation, J & K in February-March, 2017 to find the number and basic details of the pellet victims and survivors. The survey was conducted by volunteers in ten affected districts of Kashmir. All the team members have put in a great deal of effort for inclusion of all the pellet survivors. Despite our best efforts, it was not possible to extend all the pellet survivors because people refuse to provide the information for many reasons like security threats. The survey revealed that the number of pellet survivors in ten districts is 535, which include 48 survivors with both eyes impaired. For more information about our work, please visit our websites www.kdf.ngo and www.jkhf.in. The survivors of conflict in Kashmir need your continued help and support in their rehabilitation. Please donate generously online at <http://bit.ly/Donate4Pelletvictims> Or deposit in the **Account Name: Kashmir Development Foundation, Barclays Bank Account, Sort Code: 20-72-67 A/C: 70344923 Charity Reg. No. 1143891.**