



# APPEAL

by Idara-e-Taleem-o-Aagahi (ITA) Pakistan for  
the Flood Affected in Multiple Districts of  
KPK, Punjab, Balochistan, Sindh, & AJK

Appealing for Cash donations, Medical  
Support and Volunteers in wake of  
Pakistan's Worst Floods in 80 Years

*When situation demands we have to react and  
react strong....*



## **Idara-e-Taleem-o-Aagahi (ITA)**

Public Trust "Centre for Education and Consciousness"  
PCP Certification: PCP-R1/2009/0102 September 2009  
Tax Exemption No: I&E/84/236 October, 2006

**Details of Account and Remittance over leaf**

## Pledge Form for Donors-Citizens

### Support Options

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1.  **With Cash Support Relief and Ramzan Package**

US\$. 120 per family x Number of families  = Total Amount

2.  **Without Cash Support Relief and Ramzan Package**

US\$. 60 per family x Number of families  = Total Amount

3.  **Back to School support** (Books/School Bags/Uniform/Shoes)

US\$. 15 per child x Number of children  = Total Amount

**Total Pledged Amount**

Name	
Address	
Phone	
Email	
Pledge Voluntary Days of Support	Special Skills if any: _____ No. of Days: _____

Make your cheques payable to:

Title: **Idara-i-Talim-o-Aaghai**  
 Account: **01-5369428-09 (US\$)**  
 Name of Bank: **Standard Chartered Bank**  
 Address Bank: **Gulberg Branch, 86-A-D/1, Gulberg III, Lahore**  
 Swift code: **SCBLUS33**  
 Bank Information: Please Remit by Swift \_\_\_\_\_ (Using MT100 or MT103 Customer Transfer Format) to Standard Chartered Bank, NEWYORK (Swift Code: SCBLUS33 FEDWIRE No. 026002561) with Instruction for onward credit to Standard Chartered Bank, Karachi (Swift Address SCBLPKKX) Ac No. 3582050996001 for Ultimate credit to Account No. **01-5369428-09** in the Name of **Idara-i-Talim-o-Aaghai** Account maintained with Standard Chartered Bank Gulberg Branch Lahore, Pakistan

#### Addresses of ITA

Islamabad Office  
 Street.38, F-6/1, House.11, Islamabad  
 Ph: (92-51) 2824838, 9214459

Lahore Office  
 26 B Sarwar Road, Lahore Cantt.  
 Ph # (92-42) 36689831-3,

#### Emergencies Focal Persons:

Islamabad: Waqas Bajwa: Mob 0333-5137334, bajwa.0@gmail.com  
 Usman (Accounts Officer): 0333-9655590, mohammadusman84@gmail.com  
 Lahore: Imtiaz Nizami: Mob 0333-4047200, imtiaz.nizami@gmail.com  
 Shakeel (Accounts Officer): Mob: 0321-4992620, shakeelpk04@gmail.com

**Annex: 1 : List of Items for Flood Relief by Categories BY ITA & Emergency Focal Hubs/Persons**

Only medicines collection is handled by the Lahore Office – All other deliveries to ITA Hubs

No Clothes to be sent please unless new from wholesalers of different sizes

Kindly send materials to Flood Relief Hubs only: List ITA Hubs on next sheet w. addresses

<b>Food Items</b>
Dry Items Hardy Biscuits; Dates; Sugar; Dry Milk; Tea; Channa/Lentils; Atta/Flour; Rice; Salt; Tang; Nimkol; ORS –flavoured Energy drinks Ghee for cooking, Mineral Water bottles or Water with water purification tablets Hot Cooked meals..
<b>Medicine</b>
<u>Syrups:</u> Metodine DF, Entamizole, Septran DS, Disprol, Brufen, Maxalon, Actidil, Zentel, Maxima, Amoxal DS, Negram, Ventolin, Acefyl, Tixylix, Flagyl, Syp. Calpol, Syp. Motilium ORS
<u>Tablets:</u> Panadol, Panadol extra, Nivaquine, Brufen 200 mg, Brufen 400 mg, Novidat 250 mg, Flagyl 200 mg, Flagyl 400 mg, Folic Acid, Ponstan, Motilium <u>MEDISOL</u> Drip 500 & 100 ml
<u>Capsules:</u> Wymox 250 mg, Wymox 500 mg, Fervit
<u>Ointment</u> polyfax (eye) and Polyfax (skin)
Bandages 2 inches and 4 inches Surgical Bandage Saniplast
Eye drops: Lidosporin Genticyin,, Eye Ointement:cortisporin Ear Drop:otosporin <i>Family Health Kits (safe medicines)_</i> <b><i>Cluster Health Kits for professional handling only with complex medicines</i></b>
<b>Psychological Support: Post Trauma Distress and Disorders – Life skills</b>
<b>Hygiene</b>
Water Purification Tablets/ Water Tankers/Buckets/Containers Sanitary pads (towels, Hygiene Info Sheets with Images preferably –Hygiene Family kits
<b>Non-Food Items (NFI)</b>
<b>Health and Hygiene kits</b> Jerry cans buckets ; Soap Khes/Sheets (hardy ones); Tents/shelters - but preferred support in existing shelters Clothes - ready made all sizes (children, women, men) Toys for children – hardy ones for safe play spaces in one week’s time <b>ECE Learning Kits/ Drawing and Art materials for all ages</b> <b>Safe play areas</b>
<b>Education – After Sept 7, 2010</b>
Back to School Students’ Support : Books, Bags, Uniforms – one per child & Shoes Per child (Rs. 1000-1500) depending upon each grade School Rehabilitation support Furniture and Learning Materials support for each classroom to be rehabilitated

## **Emergency Family Health & Hygiene Kit Suggested by ITA Public Trust**

The following items should be included in a family health and hygiene kit to be sent to the flood affected areas:

The items are in four basic categories and it may be useful to pack them separately within the overall kit to make it easier for explaining their usage to families.

### 1. Personal Hygiene items

- 2 medium sized towels
- 2 bars of Dettol or Safeguard soap
- 1 comb
- 5 pieces of miswaak
- 1 bar of clothes washing soap

### 2. Water related items

- 2 half liter water bottles (if considered feasible)
- 2 plastic glasses
- 10 water purifying tablets (the method of using depends on the make. You will have to explain the instructions to the families)
- 1 bucket (optional, because this increases the size of the kit, but very useful for washing, for storing and purifying drinking water)

### 3. First Aid items (all the following items are safe medicines which can be given to the families without any fear of adverse reactions. A brief explanation may be necessary so that they know what each thing is for.)

- 1 piodine bottle (to clean small wounds, cuts abrasions)
- 1 polyfax cream (to be applied on cuts, wounds etc)
- 1 Fucicort cream (to be applied on insect bites)
- 6 pieces of Saniplast first aid bandages of various sizes
- 4 sachets of ORS (explain instructions...one packet in 4 glasses of water, to be given in case of loose motions to both adults and children...but not infants. In case of infants, **encourage mothers to continue breast feeding where ever possible.** This will protect against infections, dehydration etc.)
- 1 Calpol syrup (for fevers in children)
- 10 Brufen (200mg) tabs or Paracetamol tablets (fever, aches and pains in adults)

It is possible that malaria will spread in these areas because of the mosquitoes that will start breeding in the water. Prevention tablets to be taken once a week by adults, can be given, but only add these to the kits if you can explain their dosage. If this is not possible then send these to places where doctors can dispense them.

- 10 Malaria prevention tabs (Nivaquin)

### 4. Women related items

There are two women specific issues that will be seen in the field. Menstruation, which will be a need for every woman in a certain age bracket, and child birth which will be a rarer need but nevertheless one that may be encountered.

For menstruation, we can provide the following items:

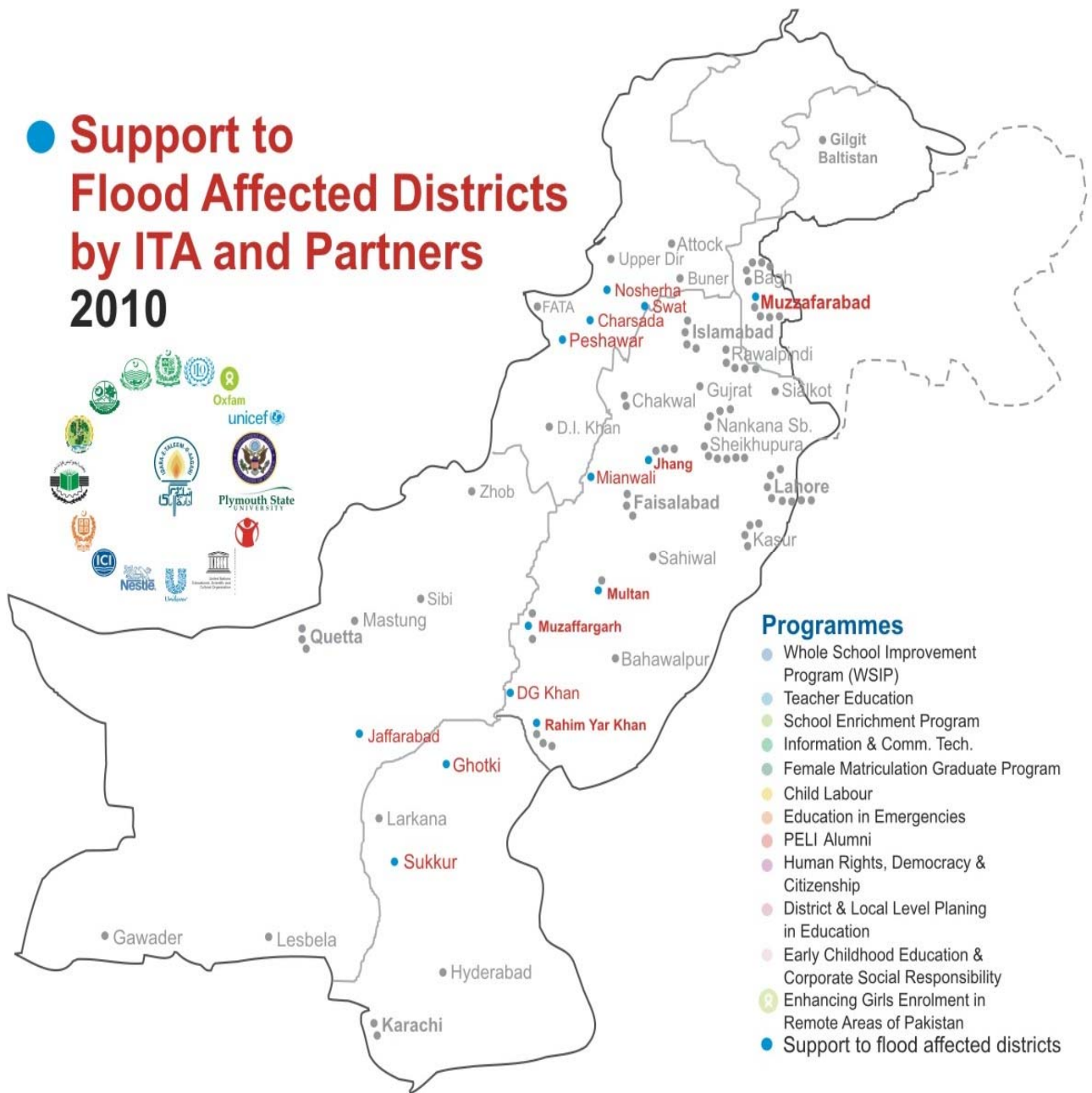
- 1 packet cotton wool

- 1 packet gauze bandages  
(women can make their own pads, which may be preferable to sanitary pads as cotton is more easily biodegradable)
- 1 plastic scissors

In case a delivery has to be conducted within a camp or home by the family women themselves, the bare minimum requirements will be:

- 1 sterile razor
- thread ( a needle, though not related to this need, may be useful to include as well)
- small plastic sheet (optional)
- 1 small receiving cloth for the baby (optional)

## ● Support to Flood Affected Districts by ITA and Partners 2010



**Emergency Relief Contact Persons/Cell no /emails and Addresses of ITA Hubs**

**Imtiaz Nizami / Shakeel Khan**

Mob 0333-4047200 / 0321-4992620  
Lahore (Main office )  
26 B Sarwar Road,  
Lahore Cantt.  
Tel: 042-6689831-2  
Email: Imtiaz.nizami@gmail.com

**Waqas Bajwa /Muhammad Usman**

Mob 0333-5137334 / 0333-9655590  
Islamabad (Mianwali / Swat)  
Street.38, F-6/1, House.11,  
Islamabad  
Tel: (92-51) 2824838, 9214459  
Email:Bajwa.@gmail.com

**Rashid Aziz**

Mob: 0321/0300-6540561  
Multan (also Muzzafargarh / DG Khan / Rajanpur)  
Boys Comprehensive School,  
Bosan Road, Lahore  
Tel: 061-6511182

**Akhtar Mirza**

Mob: 0333-7493223  
Rahim Yar Khan (also Ghotki / Jacobabad/Shikarpur and Jaffarabad)  
Govt. Girls High School,  
Old Sadiqabad  
Tel: 068-5038180

**Khurshid Ahmed**

Mob: 0333-9386338  
Peshawar (also Noshehra / Charsada)  
University Public School, Jamrud Road,  
University of Peshawar, Peshawar

**Mr.Zubair Torwali**

Mob: 0346-9196360  
Project Coordinator  
Idara Barai Taleem\_o\_Tarkki  
Bahrain/Swat.

**Mr.Zaki Ullah**

S.S.T  
Deptt of Education  
Peshawar (also Noshehra / Charsada)  
NWFP  
Mob # 0333-9326798

**Muhammad Rafique**

Mob: 0301-6355335

President research and Community Development Org.

Daud khel

**Mainwali**

**Dr.Nawaz**

President Mahad Health Foundation

MHF Main office

Shoukat Line Gojra Muzzafarabad

Tel : No 03012163799

