



ANNUAL REPORT

August 2014
Eagan, MN

LETTER FROM THE **EXECUTIVE DIRECTOR**

Dear Friends,

Looking back over the past year, I am pleased to report that your support of OMEED projects has helped bring meaningful improvement and life-changing opportunities for people in some of the most vulnerable populations in Southeast Asia.

While continuing OMEED's ongoing programs of running the Kashif Free Wellness Clinic for Women and Children in Rawalpindi, providing food and winter clothing to families in need and supporting a number of schools and public health programs across Pakistan, we launched a number of new projects and expanded initiatives focused on improving access to education and economic opportunities for young people.

We shared in the joy of hearing-impaired children as they experienced hearing sound for the first time with hearing aids. We saw an increase in girls' school enrollment in remote areas of Azad Kashmir after building bathrooms for these schools. We began supporting orphans living at the SOS Children's Village in Rawalpindi and we hope to continue this support until the children graduate. We launched a new project to support the reconstruction and improvement of three schools in the rural areas of Leel and Suprai outside of Lahore and are now expanding on these projects. We were pleased to see that young adult students whom we sponsored in vocational schools completed their courses and found gainful employment.

With your support, we hope to continue to design small-scale projects that can be directly managed and monitored and make a meaningful impact in people's lives. If you would like to learn more about how to get involved or would like to volunteer to design and manage a project in Southeast Asia, we would love to hear from you.

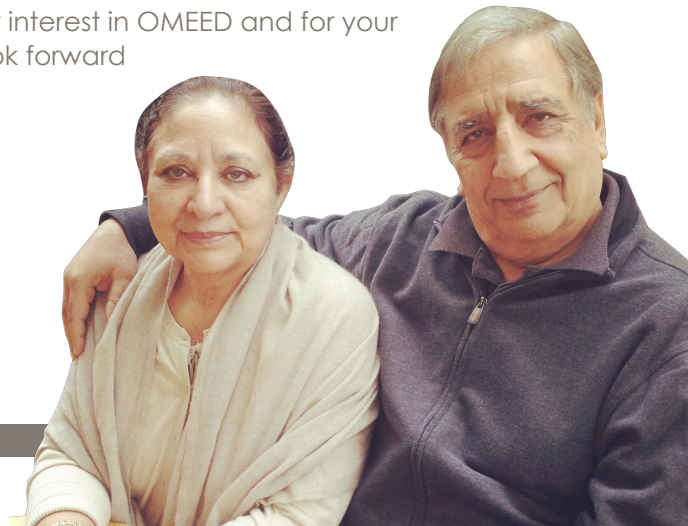
This work is only possible with your support. On behalf our volunteer board and committed volunteers on the ground, Rehana and I thank you for your interest in OMEED and for your financial support of our projects. Together with you, we look forward to continuing our efforts to make a difference.

Respectfully Yours,

Dr. J.R. Tareen

Executive Director, OMEED

OMEED is an Urdu word meaning 'hope' and stands for Organization for Medical, Educational and Economic Development.
Learn more at: www.omeed.org





HIGHLIGHTED PROJECTS 2013



The Gift of Hearing

10 hearing-impaired students from the Bright Horizons school in Mangla can now hear, thanks to new hearing aids. In supporting handicapped children at the Bright Horizon School at Mirpur, Azad Kashmir, we assessed whether some of the hearing-impaired children may be able to regain their hearing through the assistance of hearing aids. We then arranged for transportation of the children to Rawalpindi to receive examinations by audiologist, Mr. Mustaq Ahmad Dar and to be fitted with hearing aids. Mr. Dar, owner of the Radio Sonic Lab Hearing Health Clinic, generously donated services and funds towards the cost of the hearing aids. Thanks to those who helped research hearing aid options and to Usman Jalil for helping to coordinate the efforts. It was an exhilarating scene to watch these children responding to hearing for the first time in their lives!

Vocational Students Sponsored

Through this new program, we are providing scholarships and vocational training and certifications to young men and women ages 16-20 living in poverty, with the goal of promoting the value of education and creating employment opportunities to help young people break out of the cycle of poverty.

Our initial program selected 10 young men and 10 young women based on selection criteria of financial need and a demonstrated motivation to learn and work hard in a vocational program. Scholarships include tuition fees, room and board, expenses such as books and stipends to recipient families to alleviate the loss of income during the recipient's period of study. To maintain scholarships, recipients must demonstrate commitment to their program and adequate performance.

To date, we have sponsored 23 students in completing training in subjects such as auto mechanics, electrician, masonry, refrigeration and air-conditioner repair, and beautician services. Of our 23 sponsored students, 20 have become employed locally and 3 have gone to Dubai for employment with opportunities to support themselves and their families.



Building Bathrooms for Five Girls' Schools

Through our work in schools, we have learned that sometimes there are very simple solutions



to large systemic problems such as school attendance by girls. While visiting rural primary schools in Jaskool Chinari in Azad Kashmir, Dr. Maqbool realized that many girls' schools were lacking basic bathroom facilities and that the absence of this basic requirement affects many young girls' attendance at schools. With the support of a \$10,000 grant from the Family Health Organization of Beaver Dam, Wisconsin, we launched the Bathrooms Project. With this funding and the volunteer monitoring and supervision services of Honorable Judge Nazir Qadri, we were able to bring together local communities to provide labor and support and build bathrooms for 5 girls' schools in the Hatian, Chanjal, Ghori, and Tariq Abad communities of Azad Kashmir.



HIGHLIGHTED PROJECTS 2013



School Reconstruction near Lahore

In 2013, we began supporting the renovation and rehabilitation of three elementary schools in rural areas of Suprai and Leel in Gujranwala District, outside of Lahore. This project was proposed and is spearheaded by volunteer project manager, Dr. Bilal Naqvi, an oncologist from Woodbury, Minnesota and is being done in collaboration with the Muqbil Rubab Memorial Welfare Society, a family and volunteer based, non-profit organization in Lahore that is focused on initiatives that include reducing poverty, and improving education, health, and sanitation and the Care Foundation, a Pakistan-based non-profit foundation that focuses on adopting and rehabilitating distressed public schools.

Rehabilitation of these three schools has included adding and improving classrooms and basic facilities, providing support to cover salaries for qualified teachers and custodial staff and appropriate curriculum development. Since adoption, all three schools have seen significant increases in enrollment. OMEED will continue to support future phases of improvements for these schools.

Scholarship Awarded to Sidra Jabeen

Miss Sidra Jabeen was awarded OMEED's 2013 Professor Khalid Mahmood Memorial Scholarship, a merit-based scholarship awarded to a motivated student in the field of communications who demonstrates high academic performance, aptitude and a commitment to community service. Sidra is working on a Masters Degree in Communications at University of Punjab in Lahore, Pakistan.

This scholarship is given in memory of the late Professor Khalid Mahmood and funded by his family. Professor Khalid Mahmood was a leading political analyst, professor at Punjab University, journalist and scholar at the Institute of Regional Studies in Islamabad who contributed immensely in the area of South Asian affairs and was highly regarded for his unwavering integrity. He was also known by his family, students and colleagues for his love of family, food and intellectual debate. Scholarship selection entails a two-step process whereby candidates enrolled in a master's program are recommended by the Institute of Communications at the University and final awards are determined by a selection committee that meets on the University campus and includes an Institute representative and donor nominees. The scholarship pays for tuition, books and education-related expenses and is released in two annual installments.

Here is what Sidra had to say about receiving the scholarship.

"I was honored to receive the Prof. Khalid Mahmood Memorial Scholarship from OMEED. . . . The most beautiful thing about this scholarship is its mandatory volunteer community service, which added so much to my experience and confidence. I worked with two progressive and challenging organizations, where I enhanced my capabilities and experience. I also explored the new dimensions of the work and seek excellence in my work for the betterment of those organizations. It was because of community service that I came to know about some real issues and the ground realities of my community and now . . . I am more persuaded towards helping and adding up something to my community."

OMEED also provides various other merit-based and need-based scholarships to college and university students in Pakistan and Azad Kashmir.





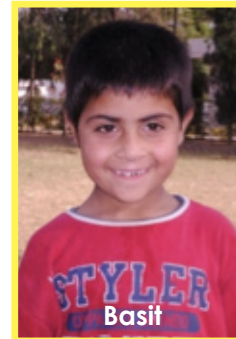
HIGHLIGHTED PROJECTS 2013

Supporting Orphans at the SOS Children's Village

In an effort to support orphans, in 2013, OMEED began supporting four children living at SOS Children's Village in Rawalpindi, Pakistan. We selected SOS Children's Village because -- like its affiliated associations around the world -- the Rawalpindi-based SOS Children's Village is a well-managed and reputable operation that takes in children who do not have parental care and provides them childcare, healthcare, housing and education.

OMEED's support covers the annual expenses for four young children while monitoring their progress on a quarterly basis. Our supported children include: a 6-year old boy named Kamran who is enthusiastic about sports and enjoys learning; a 14-year old shy boy named Basit who enjoys cricket and English; an 8-year old boy named Hasnain who enjoys outdoor games; and a 9-year girl named Amna who enjoys drawing and playing with dolls. We hope to continue supporting these four children until they graduate.

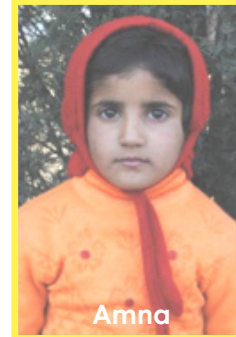
If you are interested in contributing to support these children or additional children at SOS Village through OMEED, [please contact us](#).



Basit



Hasnain



Amna



Kamran



ONGOING PROJECTS

Kashif Free Wellness Clinic for Women and Children

We established this clinic in the Dhamial area of Rawalpindi, Pakistan in November of 2010 to provide basic healthcare and health education to women and children. With a continued focus on preventative health and women's health issues, we provide free health screenings for hypertension, diabetes, anemia, malnutrition, breast cancer, and treatable childhood diseases. We have established a referral protocol with specialists in the area, provide basic medications and dedicate one day a week to education and follow-up with diabetic and hypertension patients.

In this same location, we have created a computer lab and small library and provide basic computer skills training to girls and women. This work is made possible by Col Rashid's generous donation of his building and his volunteering of time to oversee the clinic operations.





ONGOING PROJECTS

Sustainable Development Projects Continue to Provide to Communities

One of OMEED's goals is to invest in sustainable development by creating basic facilities and resources that local communities will eventually manage and sustain independently. Many of our initial projects such as the physiotherapy and acute care clinic, water purifiers and ecodome in Azad Kashmir continue to provide basic services to their communities under local community management. Through our computers for schools program, we have provided computer lab facilities, initial financial support for employing teachers and various health education resources and training in 27 schools across Pakistan and Azad Kashmir. You can read more about our completed and ongoing projects on our website at <http://omeed.org/projects/>

Emergency Relief

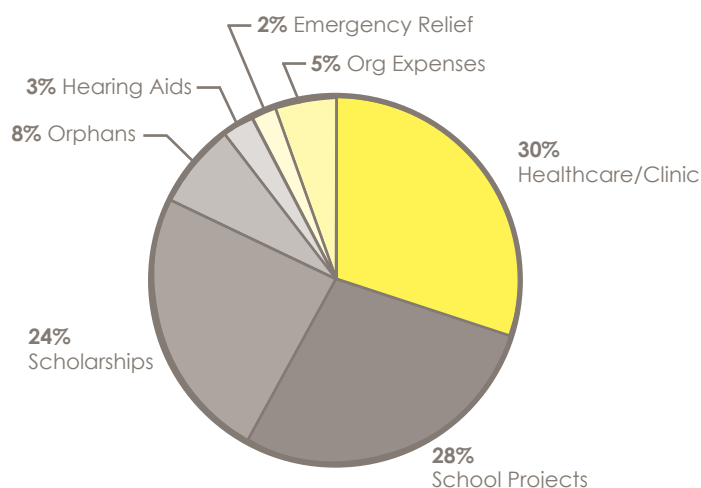
True to our roots, we continue to provide emergency food and clothing supplies to those in need. As needs arise, we create and distribute family-size packages of food supplies (e.g. flour, cooking oil, sugar, rice, dried milk) to refugees of natural disaster or political unrest and also provide funds to food kitchens that provide food the needy.



FINANCIAL REPORT

DONATIONS AND GRANTS RECEIVED

Individual donors	\$31,533
Foundations and trusts	\$20,000
Total Received in 2013	\$51,533



DIRECT PROJECT INVESTMENTS MADE

• Healthcare - Kashif Free Clinic and computer lab	\$11,300
• Education - Schools - Bathrooms project, Leel & Suprai Schools Project, and construction of new school in Poonch, Azad Kashmir	\$10,650
• Education - Scholarships - Scholarships for 20 vocational students, sponsorship of 20 students at Bright Horizon School, and scholarships for university and college students in Mirpur	\$9,025
• Support for orphans - Annual support for living and educational expenses for 4 orphans at SOS Children's Village	\$2,880
• Hearing aids - 10 children at Bright Horizon School in Mangla, Azad Kashmir	\$1,000
• Emergency Relief - Winter clothing for the needy	\$920

OPERATIONAL EXPENSES

• Administrative costs State filing fees, accounting fees, wire transfer and postage costs, website development. (Note: Other expenses such as international travel costs were covered directly by board members and project managers.)	\$1,960
• Total Investments and Expenditures in 2013	\$37,735



HOW CAN YOU HELP?

Volunteer! You can always volunteer your special skills wherever you are! For example, if you are savvy with researching project ideas and feasibility or have communications and social media skills and time to donate, we would love to hear from you at contact@omeed.org.

Design and manage a project. Do you know a community in Southeast Asia where there is a medical or educational need that can be alleviated with a solution and community buy-in? Consider designing and managing an OMEED project.

Donate. Because of our methodology and all-volunteer board, donations to OMEED go a very long way. You can donate to support current and future projects by:

- Mailing a check (be sure to provide us with an e-mail and mailing address for your receipt) payable to: OMEED
Attn: Jamil Tareen, Executive Director
1818 Jourdan Court
Eagan, Minnesota 55122
- You can also donate online via our website at www.omeed.org or via OMEED's page on GiveMN.org (<https://givemn.org/organization/Omeed>). This foundation processes our online donations safely and securely for a processing fee that will be deducted from your total donation to OMEED.
- If you would like to donate via a secure electronic funds transfer (EFT) from your bank account or through other means such as selecting OMEED through an employer-based giving program, please contact us.
- You may choose to honor someone with a donation in their name and we can send a personalized acknowledgment letter of the gift in their name to your honoree or their loved ones.



ABOUT OMEED

OMEED is a Minnesota-based 501(c)(3) nonprofit organization. OMEED's mission is to help those suffering from the effects of extreme poverty and natural disasters in Southeast Asia by providing medical care, education, and economic development.

OMEED was founded in the aftermath of the 2005 earthquakes in Southeast Asia to provide immediate medical and disaster relief services to earthquake survivors in Pakistan and Azad Kashmir.

Our active volunteer board directly manages all projects to ensure oversight and maximum impact of donor funds. We volunteer our time and manage and monitor projects to ensure effective use of all donor funds. You can learn more about past and current projects and our methodology at www.omeed.org.

Thank you for your continued support.

Board Members,
Dr. Jamil Tareen, Rehana Tareen, and Asmah Tareen