

EVERY HUMAN

Ramadan

FIRST ASHRA

Your mercy in action

All the latest from our distributions across 16 countries.

RAMADAN 2025



EVERY HUMAN **is back!**

THE FIRST 10 DAYS

Every Human Ramadan is back to bring you all the latest insights and information from our work around the world in the holy month. It's your peek into our food distributions, day-to-day work, and the people who get your donations to where you intended, every single day of Ramadan.

We'll be updating you on all our Feed the Fasting distributions – a live, unfolding look into how your donations have helped the most vulnerable to stay nourished in Ramadan. We'll also introduce you to Abdulrahman, our media and communications officer in Gaza who'll share with you what it's like to observe Ramadan this year, and how his team is helping communities to fast and heal. And Muhammad, our media assistant in Pakistan will tell you all the details behind our iftar distributions on the ground.

It's a chance to meet some of the people you help too – you'll hear from young Mahmoud, who you helped with a new home in Syria, and we'll pass the mic to Nadeem, a security guard-turned-beekeeper in Pakistan.

A prayer
**for the First
10 Nights**








The Messenger of Allah (PBUH) said,
*"It (Ramadan) is the month, whose beginning
is mercy, its middle, forgiveness and its end,
emancipation from the fire (of hell)."*

Muhammad, peace and blessings upon him, said
that the first 10 days of Ramadan are for seeking
mercy, and in the first Ashra (ten days) we are
advised to make the dua:

*"O! My Lord forgives and have Mercy and You
are the Best of Merciful" [Quran 23:118]*

**So come, join us, and get to know our projects, staff, and those we help
a little better with all the details from the first Ashra of Ramadan.**

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Iftar meals reaching families in Gaza

Ramadan Live

Here we share some snapshots of our work across 16 countries, as well as updates on our distributions so far.



In **Syria**, we've distributed **2,289 family food parcels**, providing **11,445** people with nutritious iftars for the whole month. We also provided **867 hot meals**, and constructed **125 family shelters**.



In **Pakistan**, we've provided **150 hot meals**, and **720 food parcels** containing **46 kilos** of flour, sugar, chickpeas, lentils, dates, oil, and Jen-e-Shirin. We also hosted Quran recitation at our Aminah centre for children living on the street. In all, we've helped people across Islamabad, Kashmir, Rahim Yar Khan, Faisalabad, and Khyber Pakhtunkhwa in this first 10 days of Ramadan.



In **Yemen**, we've provided **2,910 food parcels** and more than **20,000 hot meals** across Sana'a, Taiz, and Aden, with a focus on displaced families, those with orphans, as well as supporting patients at a hospital. Our hot meals weigh just under a kilo in total and consist of rice, vegetables, roast chicken, and fresh bread.

Ramadan Live



In **Iraq**, in addition to **195 food parcels** provided in Erbil, we also completed our fig tree project, which provided **98 fig saplings** each to **37 farmers**, as well as irrigation systems, tools, pipes, and fertilizer, ensuring a livelihood for years to come.



In **Sudan**, we've distributed **1,200 food parcels** in Omdurman, and in Bangladesh we're supporting Rohingya refugees with food parcels.



In **Senegal**, we've provided **260 food parcels** in Dakar to provide **1,560 people** with enough food for the month, and we also provided month-long food parcels in Guana, Mali.



In **North Africa**, we've been providing food parcels to last throughout Ramadan in Gafsa and Medenine, Tunisia, and we supported **567 families** across eight villages in the earthquake-affected al-Hawz region of Morocco. These food parcels contained vital staples including flour, oil, sugar, and beans as well as locally tailored ingredients.



In **Mauritania**, we provided **750 families** with nourishing food parcels with essential staples for their iftars for the month.



In **Türkiye**, **2,625 people** benefited from our month-long food parcels, with a focus on Syrian refugees. We also provided **500 toys** to Syrian children living in Hatay.



We've also provided hot meals and fun days for children in **Lebanon** and hot meals and food parcels to families in camps



for displaced people in Somalia, as well as launching a deep water well project in three areas of Somalia.

Keep an eye on our social media platforms and newsletter for all the latest updates from our Feed the Fasting campaign.



Morocco: Human Appeal staff chatting with a group of children.



Delivering hot iftar meals to children in Syria



Delivering Ramadan food parcels to families in need.



Essential Ramadan food parcels reaching communities in Iraq.



Feeding the fasting in Pakistan.



Delivering nourishing hot iftar meals in Yemen.



Your Ramadan donations are reaching Senegal



Feeding fasting families in Mauritania



We're reaching every human in Türkiye



Providing nourishing food parcels in Mali



Food parcels reaching families in Somalia



Keeping families nourished in Nigeria



We're reaching every human in Lebanon



Ramadan food parcels being delivered in Bangladesh



Honey Bee Farmer in Pakistan: A beekeeper tending to his hives, supporting his livelihood.

Your mercy last Ramadan = 165 new beekeeping families this year

Last Ramadan, our supporters generously donated to provide the training, equipment and hives to train 165 new beekeepers in Pakistan-administered Kashmir. So how have your donations changed lives in the last year?

Last Ramadan, our supporters generously donated to provide the training, equipment and hives to train **165** new beekeepers in Pakistan-administered Kashmir. So how have your donations changed lives in the last year?

We've taken a bee species native to Kashmir and, over the past 16 years, we've successfully turned them into bees that live in colonies, allowing farmers to rear them for

honey, which they sell for a profit. By acknowledging the local ecosystem, we've helped an area prone to climate shocks to harness its natural environment and create a beautiful, profitable and sustainable livelihood.

Last year, you helped us to train 165 people to become honeybee farmers. Let's hear from Nadeem, who has transformed his life and future with your help a couple of years ago.



Honey Bee Farmer in Pakistan: A beekeeper proudly showing his fresh honey, a testament to his hard work.

“ I used to work as a farmer, but now my day job is working as a security guard, which brings me about £48 a month. How is that enough to survive as a family of five? You'll be surprised by the answer.

I used to be interested in bee-keeping in the past, but when I tried to open a hive, the bees would die or fly away. When Human Appeal provided training, they taught me everything I needed to know. Since then, I've turned one beehive into 29, alhamdulillah.

The honey is completely pure. I sell it in the city to traders and in different neighbourhoods. I've even sold it to relatives in Saudi Arabia and Dubai. I produce between 100 and 120 kilograms [each year] and I sell each kilo for about **6,000** rupees (£17).

I'm happy, and my whole family is happy too. Now I'm able to rely on myself and afford good food. I also bought a cow to provide an additional income.

I'm so grateful to Human Appeal and the people who donated.



Food parcel provided to children in Lahore.

What's it like working on distributions this Ramadan?

Let's hear from 25-year-old Muhammad, our Media Assistant in Islamabad, Pakistan, who's spending this Ramadan working with our projects team to capture photos and stories of your impact.

My role blends office work with travel to the field across the country. I capture impactful video and photo stories, compelling narratives, as well as managing social media and handling some editing.

Before Ramadan, my work intensifies significantly, and once Ramadan starts, I travel extensively to capture the impact of our Feed the Fasting campaign, sharing powerful stories that helps our supporters to understand the impact of their donations, as well as connecting them to the lives of the people they've helped.

About **25%** of people in Pakistan live below the poverty line; our much-needed food parcels and hot meals make a difference. They're packed with high-quality food to nourish the people who most need help. We fit our Feed the Fasting into our wider work – for instance, the people who we provided flood-resistant homes to also received food parcels, and Eid gifts for their children.



My favourite iftar?

It depends on the mood, but a classic pakora, fruit chaat (mix), dates and rooh afza combo never disappoints! There's something about crispy pakoras and a chilled drink (rooh afza) after a long fast that just hits differently. Most Pakistanis would agree with me on this.

A moment that's stayed with me

During one of our Ramadan hot iftar distributions, I noticed a young boy, around 10 years old, sitting quietly among the others, waiting for Maghrib. Unlike the other children, he seemed deep in thought.

As soon as the adhaan was called, he approached me and asked, *"Bhai, can I take this meal home instead of eating here? My mother and sister don't have anything to break their fast with."*

His words hit me hard. While many of us worry about what to eat for iftar, this little boy's only concern was sharing his meal with his family, ensuring they wouldn't go hungry.

The best and hardest parts of my job

Knowing that even a small act can have a big impact – like sharing a story from the field to those who donated can encourage them to help more people, so that more people are able to benefit from our important work.

The hardest part has to be the deep hardships and struggles I witness. The extensive travelling means I often miss out on special moments with my family because I'm in the field so often.

My message this Ramadan

As I travel and witness the realities on the ground, I see first-hand how many families live in great difficulty, struggling for the most basic necessities. While we may take food, clean water, and comfort for granted, for many, it is a daily struggle simply to have these.

We should always remember to thank Allah for all that he has bestowed upon us and take it as our responsibility to stand and help those who need our help as a way of showing our gratitude to Allah, the Most Merciful.



Woman cooking in her home.



Pakistani man praying before iftar.

Ramadan, taraweeh, and hope in Gaza

33-year-old Abdulrahman is a media and communications officer in Gaza. He lives with his wife, daughter and two sons in a rented house in Nuseirat in central Gaza, after spending a year living in a tent in Deir al-Balah. He's worked for Human Appeal since last July - let's hear his reflections on the past few months and how the first Ashra of Ramadan has gone.



During Ramadan, I oversee all media activities in Gaza, and help with planning and implementing various projects. One of the main activities I'm helping with is our weekly community Grand Iftar – we held one the first day of Ramadan in Rafah, and another one week into Ramadan. Through this, we provided a total of **11,000** people with nutritious iftars with a hot meat-based meal, Arabic sweets and water. We also provided nasheeds, Ramadan décor, and Quranic recitation to help create a sense of community and hope.

Our Grand Iftars bring the community together, allowing people to briefly forget the hardships of war and feel a sense of normalcy. We work hard to create an atmosphere where people can share a meal, connect with one another, and experience the unity that Ramadan is known for. We provide festive decorations and banners associated with Ramadan, adding an extra

layer of joy and warmth to the atmosphere.

The difference of iftar

The situation in Gaza is very difficult. The siege and the war have made life even harder. In Ramadan, the needs increase dramatically because of the high prices and difficulties in meeting basic needs. A hot meal provided to a family also helps them save on cooking gas, which has become scarce and expensive.

We aim to provide **33,000** people with iftar every single day, working in camps and destroyed communities where families don't have access to basic necessities including gas and food.

How else your charity is helping this month

During Ramadan, we're also distributing clean drinking water in areas where it is scarce, paving streets to create a safe and habitable

environment, offering medical and educational services, and helping remove waste from the streets. These efforts are essential to restoring some level of dignity and comfort to the lives of the people living in Gaza.

Due to the severe fuel crisis and the overwhelming transportation difficulties in Gaza, Human Appeal also covers the cost of our transport to work every day, so that we can help our community. (This is just one part of how our admin fee works quietly and essentially to deliver your charity).

Ramadan highlights

The thing I love most about Ramadan is gathering with my family and having iftar with friends. Unfortunately, we have lost many friends during the war. I also love participating in charitable activities. For 13 years, I have not missed a single year of doing charitable work in Ramadan.

Due to the siege and the difficult situation in Gaza, there is a lack of meat, which prevents me from having my favourite dish, "Musakhan," a traditional Palestinian meal. Since the beginning of Ramadan, I have not been able to get it due to the shortage of chicken.

The destruction of mosques

Unlike last Ramadan, this Holy Month is special in that we get to mark it free of war, casualties, and

bombings. Last year, Ramadan was filled with devastation, but this year, the pain remains as our mosques were systematically destroyed.

Almost every single mosque in Gaza has been damaged or destroyed. People are now desperately searching for mosques that are still under construction, rushing to them in hopes of finding a place to pray. Human Appeal has worked hard to help them overcome these challenges by providing mobile mosques allowing people to perform taraweeh prayers in a safe and dignified environment.

A moment that I'll never forget

When we visited an orphan shelter, and a little girl who had lost her father ran towards me, grabbed my legs, and said "Baba" because she thought I was her father as I look similar to him. It was a very emotional moment, and I couldn't hold back my feelings.

My message to you

Thank you for everything you do. You cannot imagine the impact your donations have. Every effort and every penny you contribute makes a difference in the lives of people here. Every meal brings happiness, and every food parcel contributes to the well-being of a family.

Please don't hesitate to give as much as you can, because everything you contribute helps in bringing a smile to the faces of families in need.





Gaza Iftar: People enjoying a hot, nourishing iftar meal together.

Spotlight on Gaza

We've pledged to deliver **1 million meals and 15,000 food parcels** to Palestinians in Gaza this Ramadan and beyond. With your generous support, within the first week of Ramadan, we've provided **191,512 hot iftar meals**, as well as **1,573 family food parcels**.

We've hosted two Grand Iftars – one in Rafah and another in northern Gaza – providing a total of **11,000** people from **850** families with a meat-based hot iftar meal, desserts, water, and a chance to heal and connect with their community with nasheeds, Ramadan décor, and Quranic recitation.

We've built **2** makeshift mosques in central Gaza, allowing **1,000** people to pray at any one time. We've also distributed **230,000** litres of clean water, erected **45** tents while we continue our ongoing projects to provide prosthetic limbs, healthcare, clinics and waste management.

Thank you for helping us to fight malnutrition and hunger in Gaza.



A patient in Gaza receives a prosthetic leg.



A young girl studying at our makeshift school in Gaza.



Building temporary Masjid's in Gaza



Delivering the best of charities in Gaza

GAZA



Clearing waste in Gaza



Delivering hot iftar meals daily in Gaza



Providing shelter for displaced families in Gaza



Al Zohoor Village and School

Turning charity into homes of the future

Last Ramadan, our supporters generously donated to provide more durable long-lasting homes in well-equipped communities in Syria.

How have these homes changed lives?

In Syria, we've rehomed **16,360** displaced people from **3,272 families** in homes across three towns. Each family receives a flat in a building, containing two bedrooms, a kitchen, a bathroom and a living space. Each flat also has a small outdoor space and a

water tank, and is connected to water, sewage, and electricity networks. Each town also has a community school, mosque and primary healthcare centre in two villages, and the community buildings, and water tanks. With your help this Ramadan, we will be able to expand our housing project to accommodate more displaced families.

Let's hear from 14-year-old Mahmoud, an orphan who was rehomed in Al Zohoor village, where he attends the school we built.

My father died in an airstrike eight years ago. At first, we fled to Jabal al-Zawiya, and then to Sarmada, but after three years there was the earthquake which caused our building to collapse.

I couldn't attend school for three years – every time I went to register, they said the slots were full. Eventually I found one but it was very far away and I struggled every day because of the long distance.

Now, alhamdulillah, [now that I have moved into a home in Al Zohoor village], we have a school nearby.

It's nice and pleasant, with a pitch to play on. I'm supposed to be in Year 9 but they placed me in Year 3 because I couldn't read or write. But now I've learnt to read and write, and I'm good at maths.

Before my father passed away he wanted to see me finish my education and become an engineer. Now I want to become an engineer.

Thank you to everyone who donated to our Syria homes project, providing homes and communities where children like Mahmoud can build brighter futures.



Mahmoud, a 14-year-old orphan at school.



Al Zohoor school



Al Zohoor Health Centre

Shared *Blessings*

As we enter the second Ashra, we should seek Allah's forgiveness with the following dua:

"I ask forgiveness of my sins from Allah who is my Lord and I turn towards Him."

May Allah accept your duas and reward all your worship this Ramadan.



Woman Praying in Pakistan: A moment of devotion and peace.