



# The Kaghan Flame

A Quarterly Newsletter of The Kaghan Memorial Trust

Summer 2009

April to June

## Features

First Annual Medical Camp Organised at KMS	1
The Managing Trustee's Column	2
Donation from PSO	3
Student Profile	3
Annotated Layout of the KMS Main Campus	4
Daily Nutritional Meals for KMS Students	6
Our Growing Library	7
Contact Us	8

## Members of the Medical Team

**Paediatrician**  
Dr. Tasleem Akhtar

**General Practitioner**  
Dr. Murad Afridi

**Dentist**  
Dr. Hina Inayat Khan

**Ophthalmologist**  
Dr. Shahzad Ali Khan

**ENT Specialist**  
Dr. Khalid Javeed

**Swab Technicians**  
Mumtaz Ali  
Mohammad Zaid

**EPI Technician**  
Tariq Hussain

**Eye Technician**  
Mohammad Tahir

## First Annual Medical Camp Organised at KMS

Five months of preparation culminated in the first annual Kaghan Memorial School (KMS) Medical Camp. The objectives of the camp were to:

1. give the children a complete medical check-up;
2. identify any serious problems that any child may have and to refer such children for immediate further treatment;
3. provide necessary vaccinations;
4. prepare comprehensive medical files for all students.

Five doctors (General Practitioner, Paediatrician, Dentist, Ophthalmologist and ENT Specialist) and four medical technicians conducted the two day camp. The Paediatrician also served in the capacity of a Dermatologist. All KMS students were given a thorough check-up by each doctor while the technicians administered vaccinations. The immediate medical needs of the children were identified and addressed, and the teachers and parents were also advised on further day-to-day care of the children, especially on matters relating to hygiene. Some children were also referred to local hospitals for further treatment. Medical history files were prepared for each child and these will be



maintained and updated by the School over the years.

A report containing an analysis of the camp's findings was prepared by two of the specialists. Some of the main findings of this analysis are listed as follows:

1. around 30% of the students were malnourished while only 25 of the 127 students checked at the camp had a satisfactory diet;
2. 41% had anaemia;
3. 30% had e-coli present;
4. 20 children had suffered a major illnesses, of whom 5 were untreated or were undergoing treatment;
5. 35% were prescribed and given medication;
6. the dental health of an overwhelming majority of the children was found to be poor, with 50% referred for treatment, the majority for extraction.

The introduction of medical camps represents part of the overall childcare programme being developed at KMS. This initiative aims to address and improve the physical health of the children, thereby enabling them to reach their full potential.

All of this would not have been possible without the support of the nine medical specialists and technicians who most kindly donated time from their busy schedules to help in both the planning and implementation stages of this Camp (refer to inset for their names). We are indebted to the Mobile Immunisation and Health Organisation (M.I.H.O.), a non-profit organisation that aims to 'reduce debilitating illnesses that drain local resources and lower the quality life in rural Pakistan' for generously

Contd. on page 2

## The Managing Trustee's Column



This quarter started off with the launch of two new classes at the Kaghan Memorial School (KMS) on April 6. The Kindergarten and Grade 1 classes already running at the School were supplemented by one new section each and the student strength was doubled to 130 children. The old classes are now KG A and 1 A while the new sections are KG B and 1 B.

Each class is being taught by a team of one international volunteer Teacher and one local Teaching Assistant. Our four Teaching Assistants are all from Balakot and the Kaghan Valley and working in the classrooms alongside the international Teachers is giving them valuable on-the-job experience in modern teaching methods. We hope that after a few years some of these Teaching Assistants will be able to take on the role of lead Teachers, either at our School or even in other institutions. In this way, KMS is helping develop quality local teaching capacity in addition to its primary goal of providing a good education to the children of Kaghan.

Construction work at the School continued in full swing alongside the academic activity, and by the end of the quarter, which was also the end of the financial year for KMT, four classrooms and a staff room had been prepared in the under-construction first Junior School Academic Block. The first two teachers' residential cottages were also ready for occupation.

A small Guest Kitchen was also built and made operational by the end of June. Once the Teachers' Kitchen and dining room and the student cafeterias and associated kitchen are finally built, this Guest Kitchen will cater solely to donors and other visitors at the School. For the time being, however, the Guest Kitchen will be used to prepare meals for the teachers living on campus, and just as importantly, it will be used to cook the daily lunches being served to the children on each school day. These lunches had been catered from a local hotel since the beginning of March. Preparation of the meals on campus should bring down the monthly meal expenses considerably.

And last but not least, KMT organised a major medical camp at the School in May, details of which are provided in this newsletter. Similar camps will be arranged in future years as well, as KMT attempts to provide the best possible care to the children studying at KMS.

The education, the daily lunches and the medical care being provided to 130 children at the Kaghan Memorial School are all made possible because of the support and generosity of many individuals, companies and organisations. You can all feel deeply satisfied with what your contributions have achieved in such a short span of time. Thank you!!!

For our part, as we enter a new Financial Year, we at KMT will continue to focus our full and undivided attention on the substantial work that remains to be done. A major portion of the School is still to be built, we need to continue to strengthen the academic programme, and we have to improve and build upon the additional essential services and care that we offer to the children enrolled at KMS and to their families. We may be able to relax somewhat in 3 or 4 years but now is certainly not the time for such luxury.

As we stand resolute in the face of all challenges, we continue to rely on you, our friends and benefactors, to help us see our objectives through. We may be the Trustees of KMT but the Kaghan Memorial School is as much your institution as it is ours.

Our best wishes to you all.

**Khurram Khan**

## First Annual Medical Camp Organised at KMS (Contd. from page 1)

funding the KMS Medical Camp with their donation of Rs. 300,000. We would also like to thank English Pharmaceutical Industries, Colgate-Palmolive Pakistan, Shaheen Chemists, Stiefel Laboratories Pakistan, D. Watson Chemists, Dr. Hamid Zeb and Dr. Shehla Ahmad for their contributions.



## Donation from PSO - Their Ongoing Support



Pakistan State Oil (PSO) is the nation's largest oil marketing company, tracing back its history to 1974. Today, alongside Excellence and Respect, the company highlights Corporate Social Responsibility as a core value. In the company's own words, PSO aims to 'permeate the very fabric of society towards uplifting the economic wellbeing of the people'.

PSO has definitely demonstrated this spirit in its support of The Kaghan Memorial Trust. As the inset

demonstrates, KMT has received support to the tune of Rs. 5.13 million from the corporation in the form of various sponsorships and donations over the past two years. This translates to roughly US\$ 65,000 at current exchange rates; an extremely generous figure by any measure.

For its latest contribution, PSO sponsored the educational expenses of 12 KMS students for one year through the Trust's "Sponsor a Child Programme". KMT attempts to cover the operational expenses of the School through this programme, and by supporting 12 children simultaneously, PSO has financed a significant proportion of the School's

running costs for the 2009 Academic Year.

We would like to express our sincere thanks to PSO and its management for their ongoing support. In particular we would like to thank Mr. Rizwan Ul Haq, Mr. Aamir Abbasi and Mr. Vaqar Khan of PSO, all of whom have taken a great personal interest in our work and who were particularly helpful in arranging the latest donation to the Trust.

We look forward to further strengthening this relationship between PSO and KMT that has already produced such wonderful results at the Kaghan Memorial School.

### Contributions by PSO

Tour of Islamabad 2007  
International Cycle Race  
Rs. 3 million

Tour of The Himalayas 2007  
Intl. Mountainbike Race  
Rs. 800,000

Winter Ball 2007  
Rs. 250,000

Chukkers for Charity 2009  
Polo Match  
Rs. 600,000

Sponsorship of 12 children  
Rs. 480,000  
June 2009

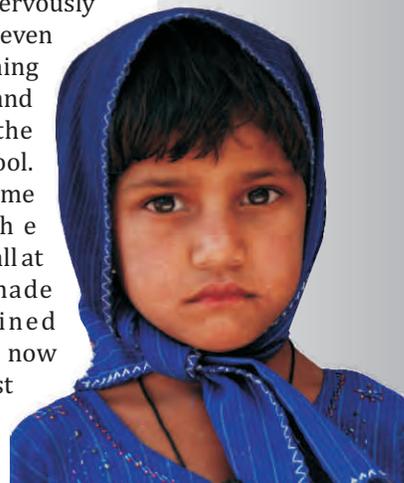
## Student Profile - Khadeeja Bibi, Class KG A

Khadeeja sits on the veranda of her kindergarten classroom waiting for the other students to leave. Once they are off down the road she runs over for her special after-school hug and starts quizzing the Grade 1 teachers if they have any leftover worksheets, on which she promptly sets to work either colouring or tracing over the letters. This is Khadeeja on a quiet day! Other favourite after-school activities include counting to 100 over and over again in as loud a voice as possible, dividing workbooks into two piles as the teacher marks the books with Khadeeja keeping careful track of how many books are in each pile, or practicing her English by pointing out a passing goat

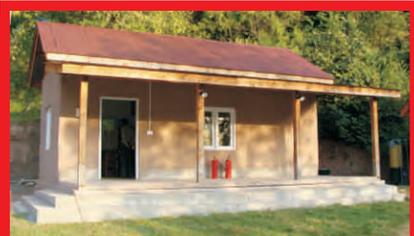
like it was a best kept secret.

Khadeeja was not always so confident, for the first three months of school she kept her distance from teachers and students alike. Perhaps she just has a cautious nature, or perhaps it was because she comes from a family that is poor even by Kaghan's standards, and because she speaks a "lower class" language at home; not Hindko like the majority of her classmates. Her father has difficulty earning enough money for her and her six siblings as he was injured in an accident a few years ago. Life became harder still for the family when they lost their grandparents and their house in the earthquake. Khadeeja

lives about four kilometers from the School up a steep winding road. Since her house happened to be on the way to the hotel in Shogran where the teachers were living, she was offered a ride each school day. In the Autumn, she sat nervously in her seat hardly even saying good morning to the teachers, and stood alone in the playground at School. But slowly with time and with the encouragement of all at KMS, she has made friends and gained confidence. She is now one of our brightest and bubbliest students.



Temporarily used as the School's Administrative Office, this building will eventually be converted into a Medical Room once the Admin. Block is ready. A paramedic and nurse will be based here to provide basic medical care to the students and to deal with emergencies.



Medical Room



Guest Kitchen

This facility is currently used to prepare daily school lunches for the students and meals for the volunteer teachers and other staff living on campus. In the future, once purpose-built student and staff kitchens and cafeterias are built as planned, this kitchen will cater to visitors and guests of the School.

International volunteer teachers live onsite with two teachers sharing each two bedroom residential cottage. An additional residence will be constructed each year to accommodate the growing number of teachers required for the School. Once complete, the allied buildings in the residency will include a communal kitchen and dining area, a gym, a common room, a laundry room and guard rooms.



Teachers Residences & Allied Buildings



# KAGHAN MEMORIAL SCHOOL MAIN CAMPUS (Junior School & Senior School for Girls)



Multi-Functional Rooms

Currently in use as temporary classroom buildings till the end of the 2009 Academic Year, these two room structures (along with two additional identical facilities yet to be constructed), will be used in the coming few years as Junior School Activity Rooms, and then later on as science labs and computer rooms for the Senior School for Girls.



Administration & Library Block

The ground floor of this building houses the administrative offices of the School. The entire first floor is the School's Central Library; the only library in the entire Kaghan Valley. This facility will be accessible to both the students of KMS, and also to other local schools.

This is the first of three such buildings that will be constructed on the Main Campus. Two of these will house the Junior School and one will accommodate the Senior School for Girls. Each of these blocks is designed to contain eight classrooms and a staff room.



First Junior School Academic Block

———— Completed  
- - - - Under construction

■ ■ ■ Miscellaneous facilities  
■ Academic buildings

## Nutritional Meals Being Provided Daily for KMS Students



The Food and Agricultural Organisation (FAO) of the UN estimate malnutrition to be affecting 40% of Pakistan's children. Other studies have shown that this figure increases when the area in question is rural. In the regions hit by the 2005 earthquake, which were by and large extremely underdeveloped even before the calamity, it would not be unreasonable to expect this statistic to rise further still.

Aware of this problem, the Trustees of KMT had agreed at an early stage in the project to eventually introduce student lunches at the School. However, it had also been agreed that the facilities required for this purpose i.e. student cafeterias and kitchens were a secondary priority that would be constructed only after the essential academic structures were first built. The student lunches would therefore be introduced a few years down the road when the Trust could afford to develop the required facilities and when it had the resources to finance such a programme.

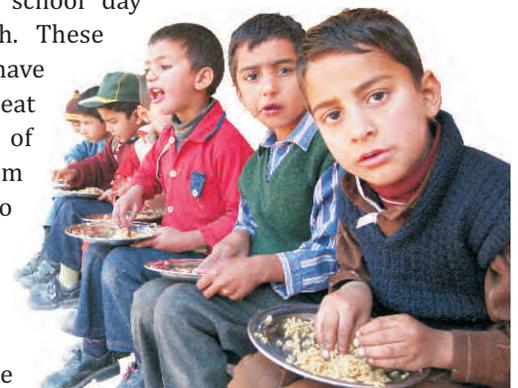
However, based upon what the Teachers and the Trustees observed during the Foundation Term, it quickly became evident that many of the children enrolled at the School were alarmingly malnourished, and that the problem was so acute that it simply could not be ignored in good conscience for an

extended period of time. Some of the students did not have the energy to even participate in classroom proceedings. During ensuing discussions on this issue between the Trustees and the Teachers, it was agreed that no matter how good an education the School provided, these young children would always be at risk of stunted mental development if their nutritional requirements were not also addressed. Finally, after considerable deliberation on this matter, it was decided by the Trustees that School Lunches would have to be introduced at KMS from the start of the 2009 school year.

In the absence of any kitchen and cafeteria facilities, it was decided to cater the lunches for the first few months from a local hotel and to feed the children in the verandas of the School (and in the classrooms on rainy days). Through this makeshift arrangement, the students of KMS have been getting one full and reasonably balanced meal of rice, supplemented with either Meat, Vegetables or Chickpeas each school day since mid-March. These lunches alone have increased the meat intake of some of the children from once a month to twice a week!

The additional financial outlay incurred by the

Trust is a definite burden in these early years when so much needs to be done with the limited funds available, and this was especially so during the months in which the lunches were being catered at considerable expense from the hotel. On a positive note, these costs are expected to significantly reduce when the School starts preparing its own meals at the newly prepared Guest Kitchen from early July onwards. Furthermore, burden or not, given the condition of the children placed in the School's care, the Trustees had no option but to introduce these meals, and discussing the financial merits or demerits of the decision is therefore meaningless. The costs will somehow have to be covered by KMT through its fundraising programme.



### Upcoming Event

KMT Drive for Education  
Charity Golf Challenge

December 6, 2009  
Islamabad Golf Club

## Our Growing Library

Books Donated by The Asia Foundation Making a Big Impact at KMS

### *How Living Things Grow and Change*

**Class 1 B**

**Teacher: Lauren Allen**

We are never short of excitement in class 1B. And one thing that is guaranteed to get the students abuzz is the chance to explore a new classroom item. In



this case, the addition to our classroom was a book, "How Living Things Grow and Change", part of a further donation made by The Asia Foundation as part of their Books for Asia scheme. The book alone was exciting enough but two weeks prior the class had planted several bean seeds as part of their science lesson. By this stage, due to careful watering and efforts by the students to ensure there was enough sunlight, the small leaves and stems were visible. This book became a much-thumbed edition as the students

examined the colourful depictions of the life cycle of a bean plant from germination to adulthood. In this manner, they were able to see the progression that the bean plants would make during the next few weeks of observation. Armed with magnifying glasses, another novel item, and with the book as reference, the next few weeks were spent observing and drawing the seedlings as they grew. Each child beamed with excitement to see how the plants had changed, and looking ahead in the book to see what the plant was to become brought an even bigger smile to their faces!

### *Hansel and Gretel*

**Class KG A**

**Teacher: Niamh Honohan**

The classroom environment can initially be quite intimidating for Kindergarten students, and the concept of listening to the teacher and following instructions alien. We had a few tearful episodes from individual children on the first day and more than one dispute between various students over who would sit on the yellow chair, who would come to the board to attempt their first letter and whose half eaten mango was sitting in the middle of the teacher's desk. I can safely say that it was during our first 'Story Time' class that all the students visibly relaxed and were able to sit quietly together.

Our first class story was

Hansel and Gretel. The theme of this classic fairytale struck a chord with many of the students and the discussion that it provoked among the students was quite astonishing. The children of the Kaghan Valley have grown up in an unstable world. In this community, still reeling from the devastating effects of the earthquake of 2005, there underlies a sense of impermanence and insecurity with everyone trying to rebuild their lives and livelihoods. Children are still trying to cope with the tragic loss of mothers, fathers, brothers and sisters, these survivors seemingly abandoned by their loved ones.

Together we followed the exploits of the two yellow

headed children, through the forest, to the house made from cake, into the old hag's cage and through to the happy reunification with their father. The children delighted in Hansel's cunning and Gretel's bravery and the relief that accompanied the happy ending was palpable. It is through stories like these that our charges can begin to work through their own fears and insecurities and to build their confidence to regenerate their own lives and the lives of those in their communities.





## Contact Us

**The Kaghan Memorial Trust**  
**House 1**  
**Old Firing Range Drive**  
**Main Bani Gala Road**  
**Bani Gala**  
**Islamabad, Pakistan**  
**Phone: +92 (0) 51 2514681**  
**Cell: +92 (0) 300 8551322**  
**Fax: +92 (0) 51 2612678**  
**E-mail: info@kmt.org.pk**



### KMT Board Of Trustees

**Khurram Khan**  
Pakistan

**Syed Junaid Qasim**  
Pakistan

**Kashif Khwaja**  
Pakistan

**Daniëlle Bekkering**  
The Netherlands

**Michelle Bergstrand**  
United Kingdom

## About the Trust

The Kaghan Memorial Trust (KMT) is a non-profit Charitable Trust registered in Islamabad in January 2006 in the aftermath of the 2005 earthquake in Northern Pakistan.

The sole immediate objective of the Trust is to establish a school in the Kaghan Valley that offers a first-class education to children of this underdeveloped earthquake-affected region. Through the provision of quality education, KMT contributes towards sustainable long-term development in the Kaghan Valley.

## About the School

The Kaghan Memorial School (KMS) is the first of its kind in Pakistan, in that the best possible standard of education is being made freely available to some of the poorest children in the country. The resources and facilities being provided and developed in this school will rival those at the best institutions in Pakistan.

The Kaghan Memorial School is dedicated to the memory of the thousands of children who lost their lives to the earthquake.

## Friends of KMT

### Pakistan

Munawar B. Ahmad  
 Meraj Humayun Khan  
 Dr. Tasleem Akhtar  
 Dr. Murad Afridi  
 Mansoor Khan  
 Hassan Khan  
 Mehr Zeb  
 Dr. Hina Inayat Khan  
 Faridullah Khan  
 Raza Ullah Khan  
 Ahsan Mehmood

Tahir Ayub Khan  
 Shahbaz Rana  
 Nadeem A. Sheikh

### New Zealand

Nathan Dahlberg  
 Robin Reid  
 Britta Martin

### Holland

Francis Linthorst  
 Casper Helling

### Germany

Isabel Puchinger

### USA

Amanda Lawrence  
 Maryam Shahid Khan

### United Kingdom

Jeremy 'Jez' Cox

### UAE

Ijaz Anwer

## New Contributors April to June 2009

### Child Sponsors

Pakistan State Oil Co. Ltd.	12 children
Mr. Adnan Asif	2 children
Thal Limited Pakistan Papersack Division	2 children
Mrs. Judith Riskind and Mr. Kenneth Riskind	1 child
Mr. Ijaz Anwer	1 child
Ms. Farida Mannan	1 child
Lahore Regency (Pvt.) Ltd.	1 child

### Other Donations

M.I.H.O.	Rs. 300,000
Mr. Khurram Khan	Rs. 200,000
Petroleum Exploration Ltd.	Rs. 20,000
English Pharma. Industries	Rs. 10,000
Ms. Marjory Slavin	US\$ 150

### Interest Free Loans

Mr. Khurram Khan	Rs. 1,843,729
De Laas Gul, Peshawar	Rs. 500,000
Mr. Kashif Khwaja	Rs. 100,000
Aman Sarai Foundation	Rs. 600,000