

# EVERY HUMAN

Ramadan



Your mercy in action

All the latest from our  
distributions across  
18 countries.

**FIRST ASHRA | RAMADAN 2026**



# **EVERY HUMAN** **is back!**

## **THE FIRST 10 DAYS**

Every Human Ramadan is back to share the latest insights and stories from our work around the world during the holy month of Ramadan. 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 look at how your donations are helping the most vulnerable stay nourished this Ramadan. We'll also introduce you to Ammar, our global emergency response manager, sharing his experiences from his visit to Sudan. And Abdulrahman, our global media officer in Gaza will give you an insight into our prosthetics project, helping to bring mobility and ease to people injured in the bombings.

It's a chance to meet some of the people you help too – Laal, who received a food parcel thanks to you, and Yussuf, treated at one of our mobile clinics in Gaza.

# A PRAYER FOR THE FIRST 10 NIGHTS

The Messenger of Allah (PBUH) said,

*“Ramadan is the month whose beginning is mercy, its middle is forgiveness, and its end is emancipation from the fire.”*

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:

*“Oh my Lord. Forgive and grant mercy, for You are the best of the Merciful”*

[Quran 23:118]

Join us and get to know our projects, staff, and the people we helped throughout the first Ashra of Ramadan.

#RAMADAN26

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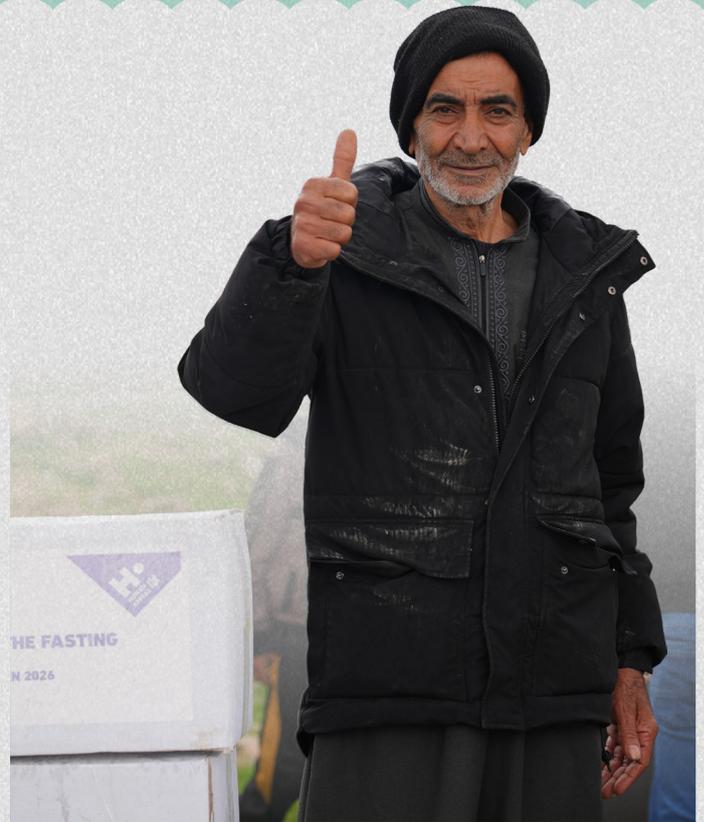
Laal tells how your food parcel changed her life.

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Seeking Allah's forgiveness.

# Ramadan live

Here we share snapshots of our work across 18 countries, along with updates on our distributions so far. Please note that, as our staff work daily to help as many people as possible, this does not capture the complete picture of our efforts.



*A community member receives Ramadan food support.*



*Volunteers serve Iftar meals to families during Ramadan.*

In **Gaza**, we've hosted **4 grand iftars**, helping families to enjoy iftar with their community and forget their hardship for a few hours. These iftars included decorations, sweets, and Quran recitations, with a focus on helping children to have fun. In the first 10 days of Ramadan, we've distributed **326,555** hot meals, and we're well on our way to our target of **1 million** hot meals distributed in Ramadan.



*Ramadan food parcels distributed to families in need.*

In **Syria**, we've distributed **1,001** family food parcels, providing **thousands** of people with nutritious iftars for the whole month. We also provided **1,274** hot meals through three grand iftars, including a fun iftar for orphans at Al Muttaqin Orphanage. This Ramadan, we've also provided **330** farmers in Idlib and Marrat Hurma with **50** olive tree saplings each, helping to recover their livelihood and income.



Families receive hot meals as part of our Ramadan support.

In **Pakistan**, we've provided **3,140** hot meals, and **950** food parcels containing flour, sugar, chickpeas, lentils, dates, oil, and Jam-e-Shirin. Throughout Ramadan, we're aiming to provide at least **41,000** hot meals in Pakistan. Our hot meals here contain chicken biryani, fresh fruits, chickpea salad, and juices.

We've also nearly finished the construction of a mosque in Golo Dero; families here were forced to pray under the open sky since their mosque was destroyed in the 2022 floods. Not only have we constructed **150** flood-resistant homes here, but we're now providing the community with a mosque too.



Community Iftar bringing families together during Ramadan.

In **Yemen**, we've provided **911** food parcels and **2,666** hot meals across Aden, Abyan, and Sana'a, with a focus on displaced families, those with orphans, as well as people in hospital. In Omar al-Mukhtar School, Aden, we arranged a grand iftar for local families.



A food parcel delivered to support someone in need.

In **Iraq**, in addition to **375** food parcels, containing rice, flour, sunflower oil, tomato paste, tea, sugar, powdered milk, and dates, we held a grand iftar in a camp in Akre for displaced families who received a meal of rice, chicken, soup, water, dates and yoghurt.



A man holds a food parcel received during Ramadan.

In **Sudan**, we're providing **1,500** daily meals to displaced people in Gedarif and **2,500** daily meals to families in Roro camp. We also provided **66,500** hot meals in El Obeid and **1,000** food parcels in Gedarif.



*A woman receives a Ramadan food parcel during distribution.*

In **Senegal**, we've provided **470** food parcels in Bambey and Rufisque, containing rice, pasta, cooking oil, sugar, and milk.



*Essential food supplied as part of our Ramadan support.*

In **Bangladesh**, we provided **634** food parcels to support **3,417** Rohingya refugees in Cox's Bazar, lasting them the entire month of Ramadan.



*Mother and daughter receive food items during Ramadan.*

In **North Africa**, we've been providing food parcels to last throughout Ramadan in Bizerte, **Tunisia**, and we supported **311** families with food parcels to last the month in Tangier, **Morocco**. We also arranged a community iftar for **200** families in Tangier with a focus on orphans and widows, who received water, milk, dates, Harira soup, local samosas, croissants, Moroccan breads with jam and cheese, a boiled egg, chebakia sweets, and two types of juice. They enjoyed Quran recitations, spiritual lessons, activities for children, and prizes were awarded to dedicated young hafizes.



*Our teams preparing essential food parcels for distribution.*

In **Kenya**, **680** families in Bula Nadhir and Mulanio received nourishing food parcels to last the whole month, and in **Somalia**, we hosted **3 grand iftars** in Kahda and Daynile supporting a total of **3,000** people. We also provided **303** nourishing food parcels containing **73** kilograms of rice, flour, sugar, and dates.

# Spotlight on Sudan

Let's hear from Ammar, our global emergency response manager, who visited Sudan in February.



Ammar, our global emergency response manager



Just before Ramadan, I visited areas across Sudan to assess projects that you helped to fund. Your donations are having a life-changing impact, helping people affected by the war, displaced and in need of help to survive.

In Madani, Al Jazeera state, I witnessed how we're rehabilitating water wells, bringing clean water across the state.

In Dar Al Salam, I helped as we provided daily hot meals to a girls' school as well as to hospital patients.

In Khartoum, I helped to prepare food parcels for families displaced by the war, each one weighing **50** kilograms, with long-lasting food. Here I also visited one of our two charity bakeries, which produces **18,000** loafs of bread each day, for **1,700** families who receive free bread each day, with a focus on displaced families.



Families receive bread at a Human Appeal bakery in Sudan.

I also visited a remote area of Omdurman, where we're providing **50,000** litres of water each day, helping **5,000** people to have clean water for drinking, cleaning and avoiding disease.

In 2025, we helped **640,872** people in Sudan, providing mobile clinics, baby incubators, hearing aids, wheelchairs and pacemakers, and we supported **184,742** people with nourishing food. We supported displaced people with vocational training, health centres, household kits, clothes, mosquito nets.

The need here is immense, with Sudan home to more displaced people than any other country in the world – **11 million** – and its people are enduring the worst humanitarian crisis in recorded history.

***Thank you for helping us to sustain precious lives across Sudan this Ramadan.***

# Mobile clinics

saving lives and preserving health in Gaza

With your support, we're running eight mobile clinics across Gaza, in addition to a prosthetics clinic. Each day, every clinic treats an average of 50 people, collectively helping to provide lifesaving healthcare to 12,000 people each month.

Let's hear from Yussuf, one patient at our clinics.



I am 18 years old and currently living in Al-Sirat in Gaza. During the war, my family and I were displaced about five times as the bombing intensified and moved closer to us—first Beit Lahia, then East Jabalia, and other areas after that.

At the same time, I developed a painful lump on my chin that became badly inflamed. Day by day it worsened until the pain became so severe that I was almost living on painkillers just to get through the day.

When I went to the clinic, the medical staff welcomed me warmly and treated me with kindness. The doctor examined my condition and gave me the appropriate treatment. Because the infection was on my chin, they had to open the wound and drain it. After that, I returned every day so they could clean and dress the wound.



Yussuf shares a playful moment with his younger sister.

The Gaza Strip is suffering greatly right now. There is a serious shortage of medicines, bandages and blood units, and the healthcare system is under enormous pressure.

Insha'Allah, the next Ramadan will be a time of love and cooperation, not like the past months filled with suffering. We hope it will be like the Ramadans we knew before the war, because this past Ramadan was full of hardship and famine.

The continued support from Human Appeal donors is helping address urgent needs in Gaza and making a real difference for people who are struggling.

***Thank you for preserving lives in Gaza through vital healthcare.***

# Prosthetics

## Transforming lives with prosthetics

Our prosthetics project provides made-to-measure prosthetics to people who lost limbs in the war. Read this message from Abdulrahman, our Media Officer in Gaza.



Abdulrahman, our media officer, documenting hope in action.



Gaza has the largest number of children with amputations in modern history. **6,000** people lost one or more limbs during the war – a quarter of them were children.

In light of this, Human Appeal launched a prosthetics project, based out of the only hospital in Gaza with prosthetic manufacturing.

Currently, we're providing **130** people with prosthetic limbs. The first part of their treatment involves assessing their amputation and limb. At this point, the doctor determines whether the case needs surgery, hospitalisation or recovery in order to prepare them for a prosthetic.

Then we take a cast and measurements for the prosthetic limb.



A man stands with his new prosthetic leg, reclaiming mobility.

Here the initial adjustable version becomes personalised for each person.

Following rehabilitation and training in prosthetic use, patients are fitted with their new limb in up to **1** hour, and continue to receive regular follow-ups and maintenance.

***Thank you for providing amputees with a way forward, allowing them to adjust to their circumstances with comfort and dignity.***

# From hunger to nourishment

Laal from Rajanpur, Punjab, Pakistan is 75 years old and living a life she never expected. Two years ago, her husband passed away. Even in his old age, he worked hard to provide for her. After his death, Laal was left with no stable source of income and no one to rely on. Her sons left her years ago and never returned. "They left me alone and have never come back since," she told us. Today, Laal lives in a single-room mud home with her divorced daughter and one young grandchild in the village of Basti Daim. With no steady income, putting food on the table is a daily struggle.



*A parcel of joy: Laal's Ramadan food aid for her family.*



"It's fine for me if I don't eat, but I am worried about the child," she said. Many nights they sleep hungry. When there is nothing left at home, Laal prepares herself to ask neighbours for help or to work in their houses just to bring back some food. This Ramadan, Human Appeal's supporters brought comfort and relief by donating food parcels that included flour, rice, cooking oil, lentils, chickpeas, sugar, salt, tea, and dates.

These essentials will last for more than a month, easing their burden and ensuring her grandchild does not sleep hungry. Human Appeal Pakistan has already distributed over **1,200** nourishing food parcels for Ramadan to families across the country.

***Thank you to all who donated so far to our feed the fasting programme.***



# SHARED BLESSINGS

As we enter the second Ashra, seek Allah's forgiveness with this 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.

Young child in Pakistan offers dua, embracing Ramadan blessings.

Share this dua with family and friends.

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