

EVERY HUMAN

Ramadan

SECOND ASHRA



Your mercy in action

All the latest from our
distributions across
16 countries.

RAMADAN 2025



EVERY HUMAN returns!

THE SECOND 10 DAYS

Every Human Ramadan is back to bring you all the latest insights and information from our Ramadan work around the world. It's a 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 Farah, our colleague in Türkiye who turned her life around and is now protecting orphans. You'll also hear from Abdelbari, our programme officer in Sudan who'll tell you all the latest on our Ramadan work.

It's a chance to meet some of the people you help too – you'll hear from Isina, who you've helped to protect from dirty water and crocodiles. We'll tell you all about Sondos, who you helped to construct a safe schoolroom for, allowing her to study so she can fulfil her dream of becoming a doctor.

A prayer **for the Second 10 days**

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 second 10 days of Ramadan are for seeking Allah's forgiveness, and in the second Ashra (ten days) we are advised to make the 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.

So come, take a peek behind the curtain of the second Ashra of Ramadan at Human Appeal, and get to know our projects, staff, and those we help a little better.

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Children in Gaza enjoying our grand iftar

Ramadan Live

Here we share some snapshots of our work across 16 countries, as well as updates on our distributions so far. Please note that because our staff are working daily to help as many people as possible, this is not a complete picture of our work so far.



In Gaza, we distributed **229,695** hot meals across Gaza – including in northern Gaza, Khan Younis and Deir al Balah - in the second Ashra of Ramadan alone, providing nutritious food to families facing starvation.



Your winter donations are keeping families in Gaza warm! As part of our Winter Campaign, **1,413** mattresses have been delivered to families still living in tattered tents. Thank you for supporting those in need this Ramadan!



In Pakistan, we've distributed **356** food parcels across the country, and served **4,230** hot meals in Burma, Islamabad and Dadu, Sindh. In the first half of Ramadan alone, we provided **22,750** people with hot iftar meals in Pakistan.



In Iraq, we delivered **12,500** hot meals in one week to refugees in Akre camp.



In Mosul, **50** farmers are transforming olive tree farming with high-quality saplings and sustainable tools. This project is an investment in livelihoods and a greener future!



In Somalia, we distributed **71** food parcels to sponsored orphan families, helping them throughout the month of Ramadan.



In Morocco, we hosted the **first of four** community iftars in Tangier, providing **200** traditional iftars along with Quran recitation, and entertainment and toys for children.



In Lebanon, we provided **753** hot meals to displaced families in Saida and Bekaa.



In Sudan, we provided **300** hot meals in Ala Basia, Wad Noubawi, and Algamair providing families with nourishing iftars.



In Syria, we provided **1,206** hot meals in Harim, as well as **140** food voucher parcels to families in Aleppo. We also finished rehabilitating three schools in the Aleppo countryside and have treated **8,898** people at Al Imaan Hospital in the last month.



Our mobile clinic in Northwest Syria is a lifeline this Ramadan, delivering essential healthcare to those in camps. From gynaecological care to children's nutrition, we're reaching the most vulnerable. Thank you for helping us provide life-saving care.



On Day 17 of Ramadan, Al-Iman Hospital in Sarmada treated **8,898** people last month! From paediatrics to gynaecology, we're providing free medical services to those in need. Your support helps save lives in Syria.



We've completed the rehabilitation of three schools in the Aleppo countryside in Syria, creating safe learning environments for children. The future is brighter thanks to your support this Ramadan.



Two men receiving hot iftar meals in Sudan.



Toys being gifted to children in Morocco.



An infant being examined at Al Imaan Hospital, Syria.



Hot meal being provided to a child in Iraq.



Girl in Gaza holding medication provided to her by the mobile clinic.



Olive tree saplings distributed in Iraq.



People enjoying hot iftar meals in Pakistan.



Family receiving a food parcel in Pakistan.



Food packs prepared for orphans in Somalia.



Child in Syria with food parcels.



Young girl in Syria holding a hot meal.



Child being examined in Syria.



Children standing in front of a rehabilitated school in Syria.



People enjoying one of the Grand Iftars in Gaza.

Spotlight on Gaza

As the devastating news of the renewed bombing in Gaza hit, we immediately kicked into gear, distributing food, water and shelters to displaced families. Our team continues to work daily to meet the most urgent needs in Gaza.

We've pledged to deliver **1 million** meals to Palestinians in Gaza this Ramadan and beyond. With your generous support, within the second 10 days of Ramadan, we've provided **229,695** hot iftar meals, as well as **485** family food parcels. This brings our total number of hot meals to **603,156** so far, and **2,738** food parcels.

We've hosted three Grand Iftars providing a total of **14,000** people with meat-based hot meals, desserts, water, and a chance

to heal and connect with their community with nasheeds, Ramadan décor, and Quranic recitation.

Our two makeshift mosques in central Gaza continue to allow **1,000** people to pray at any one time. We've also continued to provide clean water, tents, and medical care, while we continue our ongoing projects to provide prosthetic limbs, clinics and waste management.

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

GAZA



Food being prepared for a Grand Iftar.



Grand Iftar in process in Gaza.



Rehabilitating homes in Gaza



Delivering hot iftar meals to children in Gaza



Human Appeal staff delivering mattresses to sheltering families in Gaza.

GAZA



Hot meals being given to a bed-ridden child in Gaza.



Delivering food to sick patients in Gaza



Hot iftar meals to families in need



A man's bandages are checked and replaced at a mobile clinic in Gaza.



Human Appeal staff cleaning up solid waste in Gaza.



Grand Iftar held at Al Aqsa Mosque.

“I have the best job in the world”

Farah joined Human Appeal in Gaziantep, Türkiye two years ago. A Syrian refugee herself, she's transformed her own life, and now she's helping young orphans to do the same by assisting in the protection side of our orphan sponsorship programme. This Ramadan, she shares a look into what it's like to work in orphan protection.



Farah standing with an orphan in Turkey who has just received a food voucher.

Of all the jobs that exist in the world, I feel I have the best one.

In 2012, aged 12, I came to Türkiye with my family as refugees to escape the war in Syria. After a few years of struggle, I learnt the Turkish language and found a job in the charity sector.

I work as part of a professional team who are devoted to serving the most vulnerable people in society. Because of the values we share and how much we enjoy our work, I feel we are more than colleagues – we're like family.

We travel together to the poorest areas in Türkiye, then our team splits up to reach more families. We visit the homes of Syrian widows and orphans to assess whether they qualify for orphan sponsorship.

We carry out this duty in a respectful, friendly and dignified manner. There are many things we need to assess when selecting orphans for sponsorship, such as child welfare, family income, medical information, etc.

We complete official documents to ensure we meet the highest standards so those most in need are treated with top priority.

But what all these orphan families share in common is that with the right support and opportunity they can succeed and live fruitful lives.

Doing this role does make me sad, when I see the urgent need and poor living conditions of many of these families.

Some of the widows I meet are sick and have no income or support. They completely rely on the goodwill of their

neighbours to survive.
Other widows collect plastic bottles from the streets for a small amount of money so they can feed their children.

My favourite moment of the week is when I receive a call or email that somebody has decided to sponsor one of the orphan families I have visited. It's the happiest feeling ever, especially when I get to tell the family the good news.

That makes it all worth it.

I have the best job in the world because I'm able to see orphans and widows that were once struggling now able to manage their lives and have real hope for the future.

Thank you to all who are sponsoring orphans this Ramadan. Every single month, you change lives.

“ *I have the best job in the world because I'm able to see orphans and widows that were once struggling now able to manage their lives and have real hope for the future.* ”





Ali bin Abi Taleb School, one of the schools Human Appeal renovated.

Renovating schools in Yemen

Your donations didn't just fix and build schoolrooms, it made learning safer and more efficient, and brought education to communities that had none.

Amid the ongoing conflict in Yemen, millions of school children struggle to access education. Since 2015, **2,916** schools have been destroyed, damaged or appropriated for another use – that's one in every four schools. Damage, targeting, and neglect have left **2 million** children out of school, with another **4 million** at risk of dropping out.

In **five** schools across **three** governorates we rehabilitated and constructed classrooms benefiting a total of **5,900** schoolchildren in the immediate, and we're confident that new, safe, and well-equipped classrooms will encourage an uptake in enrolment. We also supported education for disabled children by making corridors, classrooms and toilets more wheelchair friendly.

One of the schoolchildren you helped was 12-year-old Sondos.

I was displaced from Al Bayda Governorate because of the war. War causes a lot of damage and fear. I feared for my life, my father, my mother, my brothers, and my sisters. We moved to Taiz, Shu'ab al-Salam, Al Zafer district because it is a safe place.

[Before Human Appeal's renovation], I had difficulty understanding my lessons. The classroom ceiling was broken, the blackboards were broken, and there were not enough chairs.

In the new classrooms, I can now understand my lessons well and concentrate with the teacher. The blackboards are new, the chairs

are new and plentiful, and the ceiling is not broken.

I want to be a doctor in the future so that I can treat people at an affordable price.

When I go to school and enter the classroom, I feel happy and comfortable because there are enough chairs, a blackboard, and windows that protect us from dust, cold, and wind.

Last year, I got the best grades out of all the students. I love mathematics because I can solve problems quickly and help my classmates understand theirs.

Thank you for helping us to provide safe, well-equipped schools in Yemen.



Children celebrating the renovation of their school in Yemen.



Group enjoying a hot iftar meal provided by Human Appeal in Sudan.

Shining a spotlight on Sudan

Abdelbari Hassan, 50 is a programme officer at our Khartoum office in Sudan. He joined us just six months ago, but already his job is leaving a deep impact. Let's hear how his Ramadan is going.

Before the start of Ramadan, we scheduled our hot iftar distributions across three parts of Omdurman, working on logistics and buying all the items needed to provide it to the takaya – the community kitchen that prepares these hot meals.

We also work to ensure that the people we're helping are aware of the iftar ahead of Ramadan. Many of the people we help are also being supported through our other

projects, so this provides them with additional help during this critical time.

Our food parcel project is considered one of the best in Khartoum because of the quality of the contents, they allow people to observe Ramadan without the stress of worrying about their iftars.

Abdelbari



My Ramadan so far

I usually break my fast with my family, but sometimes when I'm working I have iftar at the community kitchen. My favourite iftar is a simple one of asida (a wheat pudding) tagalia (meat stew) and balila (chickpeas), with dates, of course.

My favourite thing about Ramadan is appreciating being among family and my community.

One moment that has stayed with me during this Ramadan, is when I went to one of the takayas, people had been waiting for five hours in anticipation of the iftar, and many come on a daily basis.

The best part of my job is making people smile, seeing them thank Allah for the work we're doing. But it's always hard to know there are more people who need us and waiting for us to include them too.

My message to you

In this crucial time in Sudan your generosity can have a real impact on families living through horrific experiences, whether through providing hot meals, food parcels, hygiene kits for girls, orphan sponsorship, clothing, or medical care. You can make a difference.



Older man receiving a hot iftar meal in Sudan.



Young children enjoying a hot iftar meal



Isina enjoying the gift of clean water

Isina no longer has to drink from dirty, crocodile infested water

Hear from Isina, a mother living near the Tana river in Kenya. Before your donations provided her community with a water well, she used to live in fear of her children being eaten by crocodiles as they fetched water.

“The main needs of a human being are food and water. My greatest fear is fetching water from the river. It's full of crocodiles. I fear the children going to fetch water. There is no other fear bigger than this!

Recently, three of our neighbours were taken by the crocodiles. We saw it with our own eyes. People searched for them. We only found two. One of the bodies was all eaten; we only found the head. One was never found. All of them were girls.

The dirt in the water causes stomach issues. Cholera is common here. Water is life. We cannot live without water.

Alhamdulillah, thanks to Allah! I now have access to water, Alhamdulillah!

The water well is just here. It only takes minutes to fetch water from the well. Thanks to Allah and to those who dug this borehole for me. I feel good.



Last year, you helped us provide 46 wells to over 6,000 people in Garissa, Kenya, a region along the Tana River where crocodiles often target humans. This sadaqah jariyah saves lives in two ways -not only do these wells spare families the dangerous trip to the Tana River, but they also provide communities with a sustainable source of clean water, providing plentiful water for cleaning, drinking, and cooking.

Thank you for donating water wells in Kenya last Ramadan.



A mercy that will never run dry



Blessings in every sip Isina's children drink

Shared Blessings

As we enter the third Ashra, we should ask to be saved from hellfire with the following dua:

اللَّهُمَّ اجْرِنِي مِنَ النَّارِ

*Allahumma Ajirni minan naar
O Allah, save me from the fire.*

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



Prayers being offered in Iraq.