

Building a Sustainable Future

"Working with MOOL was an incredibly rewarding and meaningful learning experience for both students and supervisors. Their team taught us a lot about how to lead with values, how to engage in creative and community centered research and advocacy, and how to foster transformative change. We are so grateful to have been able to work and learn alongside them."

(Research Team, Columbia Law School, Columbia University)



Activities and Programs

(2019 - 2022)

Vision

MOOL builds integrative, regenerative, peaceful and just lifestyles, communities and societies.

Mission

A charitable trust, MOOL works for sustainable socio economic transformation in Kashmir through participatory action research, capacity building and knowledge sharing programs.

MOOL inspires and empowers individuals and communities to build local resource based, environment-friendly and sustainable livelihoods.

Core Values

Sustainability | Self Sufficiency | Inclusivity
Participation | Equity | Collaboration | Dignity | Trust
Freedom | Responsibility | Wellbeing

www.moolsustainability.org

Index

Executive Summary (The Art of Building Sustainable Communities)	<u>01</u>
MOOL's Ethos and Approach	<u>02</u>
Methodology	<u>04</u>
MOOL Programs	<u>05</u>
The Impact	<u>06</u>
Recent Activities, Programs and Projects	<u>07</u>
I > Participatory Capacity Building among Young People	<u>08</u>
II > Sustainable Livelihoods	<u>26</u>
III > Leadership for Social Change	<u>30</u>
IV > Participatory Capacity Building among Local Children	<u>34</u>
V > Participatory Internships and Traineeships	<u>37</u>
VI > Emergency Relief and Rehabilitation Services	<u>40</u>
VII > Collaborations and Outreach	<u>42</u>
MOOL Admin	<u>51</u>
Core Team	<u>52</u>
Acknowledgements	<u>53</u>
How You Can Engage With MOOL	<u>54 - 55</u>

The Art of Building Sustainable Communities!

Dear Partner,

It gives me immense pleasure to bring to you an update of the work we have done over the last few years (2019 - 2022). Thanks to you, MOOL has achieved certain significant milestones in this period by inspiring and empowering eight thousand people in its journey towards building a sustainable future.

The report begins with MOOL's sustained engagement with young people including through **The Sustainable Kashmir Club** to take charge, and expand their personal and community transformation capacity. Several chapters of this initiative have already been established at various universities, colleges and schools.

Fostering a regenerative mindset among children holds an equal value. Presented next, MOOL's engagement with children from challenging socioeconomic backgrounds strives to achieve just that through **life skills education** and exposure to **regenerative living**.

A brief account on our sustainable development projects appears next including the **participatory capacity building** programs on **sustainable livelihood generation** and **adaptive leadership** among women.

The learning exchange with **academia, bureaucracy, civil society, media, social movements, farmers** and **local communities**, presented next, is designed to improve the overall **quality of our life and ecology**, and turn the conversations in to capacity building opportunities and actionable agendas!

Given that our ecological and social systems continue to head towards a dangerous decline, we know it is time for a massive shift. All our efforts are now geared to accelerate the processes necessary to make it happen soonest.

I hope you enjoy this report. MOOL continues to pivot its work around collaborations, partnerships and joint ventures with individuals and organizations invested in the sustainability mission. In case you have any questions or ideas, please write to us at moolsustainability@gmail.com or call/text at 9622565003.

As always I, together with my team, am looking forward to receiving your questions, ideas and contributions!

With Best Wishes,
Fayaz Ahmad Dar
Founder and Chairperson



MOOL's Ethos and Approach

Social, economic and ecological sustainability are imperative dimensions to MOOL's approach and work. Since its inception in 2010, MOOL has engaged more than 15,000 people in personal & community transformation. The work includes participatory action research, capacity building and leadership development in education, sustainable livelihoods, wellbeing, environment and ecology.



The methodology involves life skills education and entrepreneurial capacity building among young people from schools, colleges and universities; livelihood trainings including for individuals and groups from low socio economic backgrounds; consultations with community including farmers and practitioners with integrated methods, trades and skills; knowledge and experience exchange with academia, bureaucracy, civil society, media, local

communities and social movements; and regular engagement with individuals and institutions in public service delivery for individual, family, and community wellbeing.

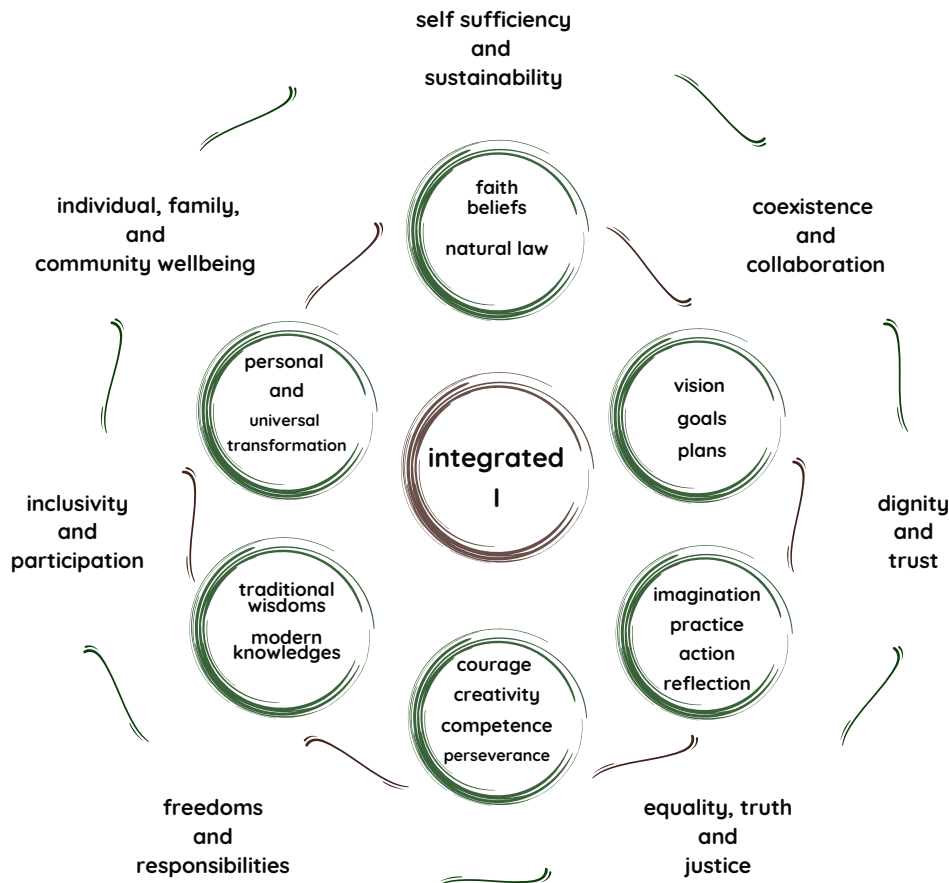
In practice, the optimum use of infrastructure, materials, and time are key values for MOOL. MOOL uses and promotes zero waste systems, cost-effective earth-building designs for infrastructure, and regenerative practices for farming, food and nutrition.



ONE OF MOOL'S
MOST SIGNIFICANT ONGOING
PROJECTS IS
ARTICULATION AND BUILDING
OF A
SHARED AND VALUES BASED
VISION
BY
YOUTH
FOR A PARTICIPATORY, INCLUSIVE
AND
SUSTAINABLE SOCIETY!

The Methodology

MOOL's methodology is pivoted around an integrated understanding of a person, enabling people and communities to delve deeper into who they are, build what they envision, and contribute the best they have to offer.



Through a process of study, research, action and reflection participants in our programs align their mindset, heartset and skillset to the practice of their vision. Our time tested curriculum inspires them to integrate all their needs and resources across spiritual, cognitive, physical, technological, and ecological dimensions. The environment that feeds this lifestyle and results from it is characterized by values of sustainability, wellbeing, inclusivity, participation, equity, dignity, trust, and collaboration.

MOOL Programs at a Glance!



Boujwoatt - Collaborations for Sustainable Development

Collaboration with individuals, groups, institutions and organizations for participatory action research, capacity building, leadership development, and sustainable systems design in education, entrepreneurship, farming, health, environment, and ecology.



Zanun - Educational and Counseling Program

Participatory education and life skills training for personal leadership and professional competence among individuals and groups from schools, colleges, universities, organizations and other entities. A weekly coaching and counseling program for local children.



Panun - Integrated Practices Resource Center

Participatory action research, documentation, practice, and knowledge sharing on indigenous practices, traditional wisdom, and modern knowledges in nutrition, farming, clothing, and shelter for a healthy individual, family and community life.



Palzun - Community Wellbeing Program

Participatory action research for individual, family and community wellbeing; preservation of ecological balance and conflict resolution / coexistence; mobilization of resources for relief and rehabilitation activities during emergencies.

The Impact
(2010 - 2022)

**15000 lives
impacted, inspired
and
empowered**



**12000 youth
trained in participatory
personal and community
transformation**



**30 collaborative programs
with academia, CSOs, social
movements, bureaucracy
and media**



**1000 local children
from challenging socio-
economic backgrounds
trained in life skills**



**30 local children
trained in 09 multi-day
educational and
recreational camps**

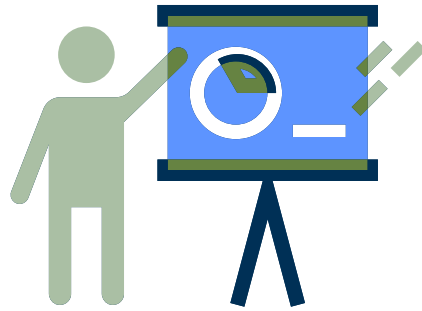


**45 individuals
trained as fellows, interns,
and volunteers in PAR and
sustainable systems design**



**300 families
provided with
emergency, educational,
and sustenance aid**

what is new?



Recent Activities, Programs and Projects

(2019 - 2022)

01

Participatory Capacity Building among Young People

6000 Young People Trained In
Vision Building | Personal Leadership | Life Skills
And
Ecological Entrepreneurship



For more than a decade now, MOOL has extensively engaged with youth across Ladakh, Jammu and Kashmir (LJK) through participatory action research, capacity building, and leadership development programs.

A major focus has been on:

- Articulation of a shared and valued based vision for a sustainable and ecologically sound future; development of personal and community leadership.
- Designing and executing sustainable developmental projects including sustainable livelihood generation among youth, women, farmers, social workers, and members of the community.
- Training entrepreneurs, eco businesses, and organizations on goal setting, planning, communication, team building, and leadership.



2019 - 2022

The period between 2019 and 2022 witnessed the 'next' level of this engagement. The approach was informed by an evolved methodology and our deep insights into the context.

The impact amplified at many levels despite the contextual and situational challenges such as with the COVID 19. We actively engaged with more than six thousand young people and up to thirty five groups, organizations and institutions through our participatory capacity building and knowledge sharing programs.

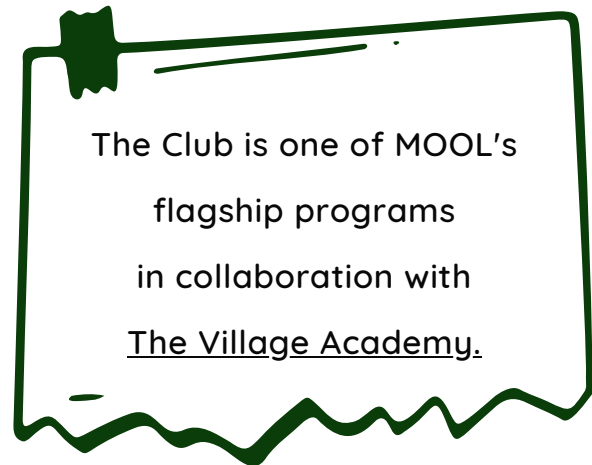
Following are a few highlights!



Launching the 'The Sustainable Kashmir Club' (2022)

What a feat!

The **Sustainable Kashmir Club** is just what our young people especially in academic institutions are looking for - a space to come together, reflect, learn and gear up for action to bring the desired change!



The goal is to facilitate inclusive socio-economic transformation by building personal and community leadership capacity among young people in Kashmir. The Club brings a grassroots understanding of personal and social transformation, ecological entrepreneurship and community perspective to their academic experience. They develop a thorough understanding of the empowering growth mindset and how it can help them overcome limitations. They also understand how ecological entrepreneurship can help them realize their aspirations, as well as help solve the pressing problems our society is faced with.

The initiative could not have come about at a better time and represents a culmination of many processes in our work with young people!

In its first phase, the Club was launched in collaboration with the Central University of Kashmir, Ganderbal, The University of Kashmir, Srinagar, and the Government Boys Higher Secondary School, Lar, Ganderbal.

About a hundred students from these institutions have registered for the program so far. The launch took place as part of a series of events and participatory capacity building workshops on Climate Change and Sustainable Development also supported by Kargil Development Project (KDP), Ladakh.



Participants and faculty were trained in knowledge and tools needed to build self sufficient and sustainable communities. Ideas and recommendations were also exchanged about curriculum, careers and policies that support climate change mitigation and sustainable development work in Kashmir.





Many important questions were asked and answered!

Is change possible? If so, how?

Do we agree that there are a lot of problems in our society? Do we also agree that there are people without work? If there is so much to do, why does this gap exist then?

What can motivate us to keep going?

As a young student, what can I do to make a difference?

Experts in ecological entrepreneurship, personal development, environmental activism, and academia answered these and the many other questions participants had about driving a desired change.



Key Insights and Tools shared

Build

- a vision and goal driven life,
- critical thinking, conscientiousness in every day choices,
- self regulation, unshakable focus, grit and perseverance,
- collaborations.

A Participant Reflects



The Launch in the News



“

As part of our field work, we participated in this program. The experience has many aspects. We learnt how, as a social worker, we can work for our community. It was a great experience interacting with individuals who have initiated this program. We have taken a lot from this experience as a social worker, as a Kashmiri, and as a human being.

”

Going forward, MOOL will...

maximize impact and launch the club in other academic institutions

organize participatory training programs on critical knowledge and skills building including success mindset, goal setting, environmental education, and ecological entrepreneurship to build solution oriented attitudes, capacities, and social systems towards climate change and sustainable living.

streamline digital platforms, for example social media, to build an online community and share training content, and invite conversations for knowledge sharing and resource pooling

organize reflective conversations with faculty, educational administrators and policy makers to put forward recommendations on climate friendly policies, careers, and curriculums.



Kashmir Festival for Ecological Entrepreneurship (2022)

A momentous initiative to inspire ecological entrepreneurship, conversation, and collaboration.

MOOL collaborated with The Village Academy and Next Mile Co. to organize the Kashmir Festival for Ecological Entrepreneurship (KFest), the first of its kind in Kashmir. The festival sought to bring knowledge, experience and expertise to the benefit of young people in Kashmir and build a community of passionate ecological entrepreneurs. Sagg Eco Village Kashmir hosted the festival.

An inspiring group of eco entrepreneurs with expertise in ecological entrepreneurship, sustainable fashion, and natural farming and food processing came together to share their learning and resources with the audience, and answer the many they had!



Who were the expert panelists?

Mr. Fayaz Ahmad Dar (Founder, Sagg Eco Village and MOOL),
Mr. Abdul Rashid Chadinoo (Managing Partner, Aarafh Foods & Spices),
Ms. Insha Mir (Founder, EcoKash),
Mr. Tawfeeq Yousuf (Founder, Bee-Tech Kashmir),
Dr. Maleeha Gul (Coordinator and Asst. Prof., DMS, University of Kashmir),
Ms. Zitin Munshi (Founder, Next Mile Co.).

As many as eighty participants from diverse backgrounds across the valley were a part of this extraordinary deliberation. This included a significant number of students from institutions such as the University of Kashmir, SSM College of Engineering and Technology, MPML Higher Secondary Institute, Sri Pratap College and East West Institute of Technology, CHINAR International and members of Self-Help Groups as part of the National Rural Livelihood Mission. The event helped bridge that gap between academia and industry!



Key ideas and tools shared

- Create a vision and set goals
- Develop an Entrepreneurial mindset
- Nourish fresh and new ideas
- Research and map your resources
- Embed sustainability in the design of your ideas!

KFest in the News



Kashmir Life | Greater Kashmir
Kashmir Observer | Business Kashmir
Kashmir Monitor

Going forward,

MOOL will organize further editions to the festival to continue building ecosystems for sustainable entrepreneurship.

Here is what our Founder, Mr. Fayaz Ahmad Dar, had to say about it.

“

This was the first edition of the KFest, and we are grateful and overwhelmed by such an excellent response. The event will go a long way by sowing the seeds of ecological entrepreneurship in Kashmir and beyond.

”



Entrepreneurship Capacity Building Event

(2022)

Dialogue, action, and reflection on ecological awareness and ecopreneurship among young people!

The Department of Management Studies at the Central University of Kashmir, Ganderbal, collaborated with MOOL and The Village Academy to launch two of its flagship clubs - RACHRAAV (preserve in Kashmiri) and TABSUR (to reflect in Kashmiri) to promote dialogue, reflection, and action on ecological awareness and ecopreneurship among its students.

The event brought together a diverse audience - students, researchers, teachers and educational administrators from the institution to interact with an expert panel of eco entrepreneurs from the valley!

Yet another significant academia - industry collaboration to share knowledge, experience, and expertise from the field for the benefit of young people!



Students also worked in teams to brainstorm localized entrepreneurial solutions to varied ecological challenges and received expert reviews on them!



Who were the expert panelists?

Mr. Fayaz Ahmad Dar (Founder, Sagg Eco Village and MOOL),
Prof. Mohd. Afzal Zargar (Registrar, The Central University of Kashmir),
Dr. Mir Insha Farooq (Faculty, DMS, CUK and Coordinator of the two Clubs),
Ms. Insha Mir (Founder, EcoKash),
Ms. Afshan Burza (Founder, The Club),
Dr. Mushtaq Ahmad Lone (Faculty, DMS, The Central University of Kashmir).



Key insights and tools shared

- Find your 'why'
- View culture and ecology as your biggest resources
- Live a conscientious life; integrate principles of nature into your work, life and living
- Build adaptability, focus, and perseverance; trust the unknown



*Here is what the local daily
Kashmir Observer had to say about the program.*

Going forward,

The missions of RACHRAAV, TABSUR, and
MOOL's **The Sustainable Kashmir Club** are aligned!

MOOL will continue to work with CUK and build the student
community's capacity to bring the desired change!





Participatory Action Research on Education

Understanding Students' Experiences with Higher Education in Kashmir

(2019 - 2022)

Using participatory action research (PAR) framework, this program sought to understand the experiences and needs of students pursuing higher education in Kashmir.

The methodology involved extensive focused group discussions, individual surveys, and interviews with faculty and students in the University of Kashmir, Islamic University of Science and Technology and the Central university of Kashmir.

Going forward,

MOOL is in the process of developing a collaborative mentorship program with the team for university and college students in Kashmir especially for those who would like to pursue their higher education abroad.

This project was conducted in partnership between MOOL and a team of law students at Columbia Law School (CLS), Columbia University, US. The team was supervised by Ms. Gulika Reddy, Acting Director of the Human Rights Clinic at the CLS for the academic year 2021 - 2022.

MOOL provided consultancy services to the team and facilitated parts of the research.



Major Findings | What Students Need

- Skill based education for livelihood generation
- Practice based integrated curriculum
- Wellbeing and mental health services
- Modern day resources and facilities

“Working with MOOL taught us a lot about grassroots work, community organization and how to work with limited resources to impact positive change.

(Team @ CLS)





Vision Building

Youth Dialogues and Personal Leadership

(2019 - 2021)

Dialogues among young people across Ladakh, Jammu and Kashmir (LJK) on our living context, education and economy.

Common and shared vision building.

Personal leadership development.

Building on this long term engagement with young people from LJK, MOOL formed an inter regional youth network with participation from students, young professionals, activists, and entrepreneurs to strengthen constructive spaces for dialogue, reflection, co learning, and knowledge and skills enrichment.

30 inter regional
youth dialogues

25 participatory capacity
building programs

Despite the contextual and situational challenges, the engagement achieved several milestones. For one, it helped renew our connection with many young people who had engaged with the process before. Participants brought in fresh and rich perspectives to these dialogues including those conducted virtually in the year 2020 and 2021.

Many members from the network have been playing prominent leadership roles in their communities and across different regions. The dialogues were valued for robust knowledge exchanges, capacity building, and resource sharing.



The conversations were also a timely intervention given the unexpected alterations in the region's autonomic stature in 2019 and young people's need to reconnect and strengthen mutual understanding among the three regions.



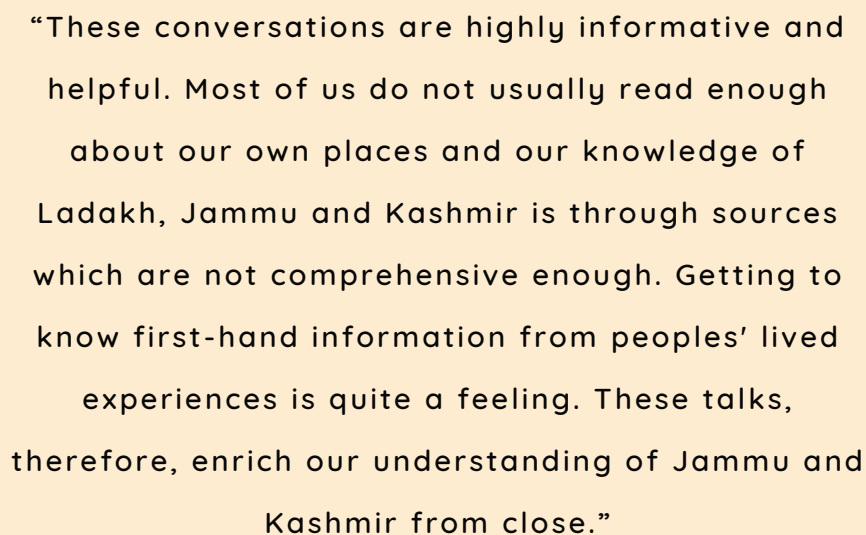
Some of the dialogues were also organized with our partners from AJK and Gilgit Baltistan to renew our collective engagement, reflect on our evolving contexts, and exchange ideas for impact driven work.



Another milestone is the inspiration derived by many young people from our work to build independent initiatives for change. For example, an energetic and enthusiastic group of young students, researchers, and activists in Ladakh sought practical ideas for their initiative **Maryul** to work towards building youth's capacity in the region for a self reliant and sustainable future.

Currently, we continue to exchange ideas, knowledge, and capacities with many members from the network at our own level, and as and when opportunities arise. Many among them also continue to support our programs, for example through outreach and resource mobilization.

A Participant Reflects



“These conversations are highly informative and helpful. Most of us do not usually read enough about our own places and our knowledge of Ladakh, Jammu and Kashmir is through sources which are not comprehensive enough. Getting to know first-hand information from peoples’ lived experiences is quite a feeling. These talks, therefore, enrich our understanding of Jammu and Kashmir from close.”

Our participatory capacity building programs also evolved and created critical opportunities given the context. We were able to organize several in-person workshops as well as webinars. The programs allowed us to exchange knowledge with a significant number of young people who benefitted from the training designed to bring about personal and community transformation.

Centered around specific themes, such as sustainable entrepreneurship, human development, goal setting and perseverance the programs equipped participants with knowledge and capacities to imagine change and build their own ideas in realms of sustainable livelihoods, holistic education, conflict transformation, effective governance, and social and economic equity. Participants came from diverse backgrounds with a significant number of young women and Pahari and Pashto speaking individuals.



The changing context, including with what COVID 19 presented before us, helped a section of young people realize the importance of such spaces and opportunities.

02

Sustainable Livelihoods

A Participatory Capacity Building Training Program for Women from Marginalized Backgrounds in Kashmir

(2022)

**20 Local Women Trained In
Personal Leadership | Critical Future Skills
Sustainable Livelihood Generation | Eco Business Development**



This program trained and supported twenty women including a significant number from Pahari and Pashto speaking families from Ganderbal in knowledge, skills, and resources

required to start and lead small scale eco business units around dairy farming and handicrafts including sozni works, knitting and stitching & design, and natural soap making.

Over a span of ten capacity building workshops, participants were trained in the mindset, personal capacities, and the skillset they would require to transform their business ideas into practical initiatives for their economic wellbeing, and that of their families and communities.

Supported by Tata Boeing Aerospace Limited, the program was organized in collaboration with the Department of Social Work, University of Kashmir.



Participants took part in a comprehensive assessment to map their interests, ideas, skills and resources to conceptualize the trades of their choice. The subsequent workshops focused on personal and business development skills needed to plan, organize, initiate and build the ventures. The focal point of each training remained them as individuals and the personal capacities they would require to master these areas, achieve their targets, and keep going.

Participants also interacted with experts from different institutions and resource organizations including from Sher-e-Kashmir University for Agricultural Sciences and Technology (SKUAST), Iqbal Memorial Trust and Sakhawat Centre Jammu & Kashmir, and the Directorate of Handlooms and Handicrafts.

They also had an opportunity to interact with individuals who have made a mark in such ventures, and learn from their experiences - both from successes and failures in the field. Participants will continue to benefit from the training and mentorship programs run by these and other resources organizations as they induct their own ventures.



The program, inevitably, created a safe space for reflection; it helped build mutual solidarities and some strong friendships for life among these women even though they came from diverse ethnic backgrounds.

The learning culminated into comprehensive business plans which participants developed for their ventures over the course of these trainings.



Going forward,

MOOL continues to support these women in their livelihood projects through mentorship and networking.



A FEW GLIMPSES

HERE!



Kashmir Reader | Kashmir Observer

"I am more confident now and I can look people in the eye. I see myself as a business woman now. I am determined. I think I can start a dairy farm, become independent, and support my family."

(A Participant Reflects...)

03

Leadership for Social Change

A Participatory Capacity Building Program for Young Women in Kashmir

(2020)

**25 Young Women Trained In
Personal Development | Critical Future Skills | Adaptive Leadership**



This program brought together another extraordinary group of young women from diverse socio economic backgrounds in Kashmir. The women took part in a series of multi day workshops on adaptive leadership to embody and lead change!

Supported by Conciliation Resources, the program was organized in collaboration with the HELP Foundation and Mouqj Bab Sufficiency School. Mool provided active programmatic support to the endeavor.

Participants explored:

- who they were and who they needed to become - through trainings in self awareness, self care, and self development;
- what influenced their lives - through an enhanced understanding of varied personal, socio-cultural, economic and political factors that impact their lives such as their rights as women or the prevailing gender dynamics;
- what would empower them to lead the change they desire to witness within themselves and their communities.



Participants were trained in:

- a) imperative life skills such as critical thinking, self confidence, effective communication, goal setting and planning, conflict transformation and adaptive leadership, and
- b) individual and collective approaches, tools, skills, methods, mechanisms and systems to live empowered lives and embody the change.



The group engaged in conversations and discussions, sharing circles and reflections, recreational activities, and practice based coaching exercises. The spontaneous music sessions helped bring more joy and laughter to the space.

As young women from diverse backgrounds, for example from both rural and urban settings; Kashmiri, Pahari, and Pashto speaking; and students and working professionals they were able to share to their hearts content and reflect on the perspectives that others had to offer.

Participants were also given critical readings to build their understanding and power! The experience helped create a network of young women armed with adaptive capacities to lead change!

A participant reflects

I liked all the activities and sessions. They were all creatively planned and executed. The task wherein we had to find one object that defined us became my favorite. I loved the trek as it made us step out of our comfort zones and push our limits.

The discussions we had helped me become more aware of myself. I found them extremely valuable, reassuring and inspiring.



The women have gone off to pursue their goals with new found confidence and vigor. Many went on to complete their education. Some have joined networks and organizations on ground to transform their learning into action! The network stays active. Most have formed camaraderie and friendships for life.

Ms. Sadaf Masoodi, a participant, who then went on to work for Action Aid International and also pursue a PhD in Media Studies, remembers the experience now!



"The program was a breakthrough. I learned the value of confidence, trust, self-esteem, anew. After going out as a professional in development practice in Kashmir, I realized how important such collectives are. The success was not only that but also the fact that many women from this program are still friends now - sharing, discussing and taking forward with them the ideas of empowerment and lifting fellow women along."

04

Participatory Capacity Building among Local Children

(2019 - 2022)

800 Local Children Trained In
Critical Future Skills | Personal Leadership
Regenerative Lifestyle



This initiative has created a beloved space for children especially from Pahari and Pashto families in the neighbourhood. The children wait all week so they can come together, play, ideate, engage, converse, learn and reflect!

Run as a weekly coaching and counseling program for children from low socio-economic backgrounds, it includes:

- Participatory training in self awareness, design thinking, goal setting, confidence building, effective communication, team work, and leadership.
- Career counseling.
- Coaching in self care and personal safety.
- Gender equitable education.
- Access to integrated play area for recreation, physical and cognitive development.
- Awareness sessions and exercises to build environmental consciousness.
- Exposure to integrated living practices such as natural farming, integrated architecture & space design, recycling, and organic composting.

The program is run in collaboration with the Mouaj Bab Sufficiency School every Friday between 02:30 pm - 05:30 pm. It is hosted by Sagg Eco Village.



Children also have an opportunity to interact with volunteers, interns, researchers and networks who work in collaboration with MOOL.

The conversations are insightful and engaging about what matters to them - education, identity, language, culture, community living, environment and ecology.



MOOL ALSO SUPPORTED THIRTY CHILDREN
TO TAKE PART IN
09 MULTIDAY RECREATIONAL CAMPS
ORGANIZED BY
MOU AJ BAB SUFFICIENCY SCHOOL
AT
SAGG ECO VILLAGE.

Going forward,

MOOL is seeking resources to support and expand this engagement, and make it even more powerful!

Catch a few reflections on the program by [Rising Kashmir](#)

05

Participatory Internships and Traineeships

(2019 - 2022)

**45 Individuals Trained In
Participatory Capacity Building | Sustainable Systems Design
Adaptive Leadership**



Between 2019 - 2022, MOOL engaged eighteen individuals as interns and trainees through its Boujwoatt - Collaborations for Sustainable Development Program.

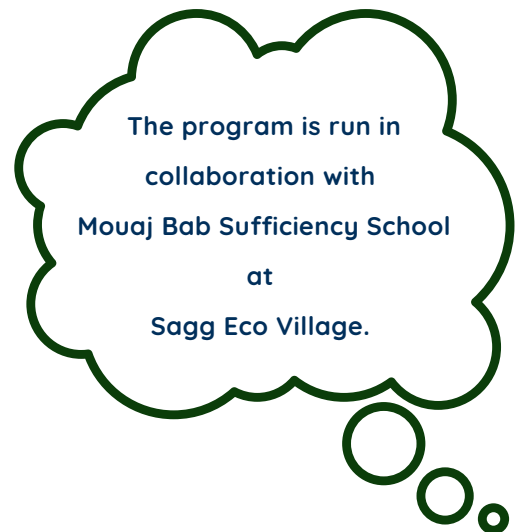
The trainees came from diverse fields of study, work and exploration, and backgrounds and regions.

Each traineeship lasted between six months to a year. Some of the themes included:

- curriculum and methodology development for MOOL's participatory capacity building programs
- communications and outreach
- natural farming and food technology
- documentation and office management

An intern, Quratul Ain, Jamia Millia Islamia, reflects:

"What a learning opportunity for me. I remember how I started with a one page basic proposal and had no idea how I was going to work. I feel at peace whenever I scroll through the 27-page-module on virtue building among children, now. Thank you to the team. And, of course, I am much better with MS WORD now."



Interns self-design the project based on their goals, and in tandem with MOOL's mission and core values. They also undergo trainings in self-development, critical life skills, leadership, community development and sustainable living. The experience is transformational.

Participants not only develop their interpersonal skills but also the professional competence needed to thrive in their lives ahead.

Going forward,

The program is open for exploration. Individuals who are self motivated and goal driven can apply in these areas:

Jessica Terbrueggen, Columbia University, who worked remotely as an intern reflects:



The opportunity to work with MOOL has afforded me immense growth. This is an experience in which I built my skills and capacities as an educator.

Communications and Outreach

Educational Methodologies
Interpersonal Pedagogy

Sustainable Entrepreneurships
Sustainable Systems Design

Natural Farming and Food Processing
Zero Waste Engineering

Organizational Management
and Development

06

Emergency Relief and Rehabilitation Services

(2019 - 2022)

**100 Families Provided With
Sustenance Aid | Educational Aid | Medical Aid**



MOOL runs a modest emergency relief and rehabilitation program for individuals and families in need. The program includes:

- emergency, medical and sustenance aid to families in Kashmir with difficult financial conditions including women with challenging life circumstances.
- educational aid to students from families with challenging financial backgrounds.

Between 2019 - 2022, the program has supported a hundred families. MOOL also collaborated with institutions and organizations such as the Social Reforms Organization (SRO), Iqbal Memorial Trust and Akhdan to support elements of this work.

Going forward,

MOOL continues to seek resources to support individuals and families who require assistance to run their day to day lives.

Meanwhile through mindset training MOOL is working to help people overcome dependence on such aid. MOOL also invites social workers, charities and other institutions to work together for such sustainable transformation.

More on this from our Founder,
Mr. Fayaz Ahmad Dar,
in this [message](#).

07

Collaborations and Outreach

(2019 - 2022)

30 Collaborative Programs For
Knowledge, Learning and Experience Exchange
Participatory Capacity Building | Ecological Entrepreneurship

With

ActionAid Association
Akhdaan
CHINAAR International
Indo Global Social Service Society
Iqbal Memorial Trust and Sakhawat Centre
Jammu and Kashmir Partners in Education
Kargil Development Project
Conciliation Resources
Tata Boeing and Aerospace Limited
Kalpavriksh
Vikalp Sangam
South Asia Bioregionalism Working Group
Sambhaavnaa Institute of Public Policy and Politics

The University of Kashmir
The Central University of Kashmir
The Islamic University of Science and Technology
The Sher-e-Kashmir University of Agricultural Sciences and Technology
Columbia University

and more...

Collaborations are critical to MOOL's approach and work. Over the years we have developed strong relationships with many institutions, networks and organizations with a shared mission to build inclusive, just and sustainable communities and societies. The conversations are rich, reflective and mutually rewarding. The exchange helps to co learn, build support, and maximize impact.

Below is a mention of a few of these collaborations with organizations, institutions and networks followed by a brief on MOOL's growing relationship with academia.

ACTIONAID ASSOCIATION

ActionAid Association works for social and ecological justice. MOOL has an ongoing learning exchange with the organization's field office in Kashmir. In 2021, MOOL also hosted participants from the organization's Young Urban Women Program for a participatory capacity building session on self development. The collaboration is growing stronger by the day; MOOL will continue to be a programmatic partner for future programs as well.

AKHDAAN

Akhdaan is a local initiative that provides relief and rehabilitation services to families with challenging economic conditions. During the COVID 19 breakout in 2020 and 2021, the organization contributed material support towards MOOL's emergency relief program for families who required aid to run their day to day lives.

CHINAAR INTERNATIONAL

CHINAAR International works with vulnerable children and youth from marginalized communities through quality education and initiatives for economic wellbeing. MOOL has an ongoing learning exchange with the organization. In 2022, a group of participants from the organization's youth entrepreneurship program also took part in MOOL's Kashmir Festival for Ecological Entrepreneurship (KFest - see pg. 15 for details).

INDO GLOBAL SOCIAL SERVICE SOCIETY (IGSSS)

IGSSS works for development and capacity building of the vulnerable communities. MOOL has an ongoing dialogue with the organization especially about the contextual effectiveness of community based interventions. In 2019, MOOL also provided programmatic support for several capacity building workshops on life skills and conflict management conducted by the organization for its target communities.

SOCIAL REFORMS ORGANIZATION (SRO)

SRO is also a local initiative that provides relief and rehabilitation services to families in need especially during emergency situations. The initiative contributed material support to MOOL during its relief work in 2021.

IQBAL MEMORIAL TRUST AND SAKHAWAT CENTRE JAMMU & KASHMIR

IMT and Sakhawat Centre work for the education, rehabilitation and empowerment of communities from challenging socio economic backgrounds in Kashmir. Sakhawat Centre has supported several phases of MOOL's relief and rehabilitation program. MOOL has an ongoing experience

exchange with these institutions especially on contextually relevant methodologies for sustainable socio economic development in the region.

JAMMU AND KASHMIR PARTNERS IN EDUCATION (JKPIE)

Supported by UNICEF, JKPIE is an extensive network of organizations and institutions that work to strengthen the field of education in Jammu and Kashmir. In 2022, MOOL joined the network as a member organization for joint reflection and collaboration to promote participatory, inclusive, and holistic education for children and adolescents particularly in Kashmir.

KARGIL DEVELOPMENT PROJECT (KDP)

KDP works on children's rights, women's issues, youth livelihood, and education in the Ladakh region of Jammu & Kashmir. Sharing a decade old relationship of joint reflection and knowledge exchange, KDP has also supported several phases of MOOL's engagement with young people in Ladakh, Jammu, and Kashmir (LJK). In 2022, particularly, KDP supported MOOL's launch of The Sustainable Kashmir Club.

CONCILIATION RESOURCES (CR)

CR, a London based charity, works to bring people together to find creative approaches to peace. MOOL shares a long term relationship with the organization. The collaboration has involved joint reflection and robust learning exchange on our engagement with young people across LJK. CR has also supported several phases of this engagement from time to time.

TATA BOEING AEROSPACE LIMITED (TBAL)

In collaboration with the Department of Social Work, University of Kashmir, TBAL supported MOOL's participatory livelihood generation training program

through a tripartite collaboration (see pgs. 26 - 29 for details).

KALPAVRIKSH

Based in Pune, Maharashtra, Kalpavriksh has been working on environmental and social issues for more than four decades. MOOL shares long term relationship with the organization. Through cross visits and reflective conversations, the two entities engage in extensive experience and knowledge exchange including about grounded alternatives to build a shared and sustainable future.

Reflections

Mr. Ashish Kothari, one of the founding members of Kalpavriksh, and Ms. Shrishtee Bajpai, a member of the team, who visited MOOL in 2019, write about their experience.

VIKALP SANGAM

Vikalp Sangam (Alternative Confluences) facilitates joint reflection, learning and collaboration among practitioners, thinkers, researchers, and activists working on alternative and sustainable initiatives. Started by Kalpavriksh in 2014, the process includes over eighty movements and organizations in India.

Over the course, MOOL has participated in several meetings organized by the Confluence. In 2021, MOOL took part in the Western Himalayan Vikalp Sangam (WHVS) which includes the regions of Jammu and Kashmir, Himachal Pradesh, Ladakh and Uttarakhand to reflect on processes and community led initiatives that conserve ecosystems, species, functions, and cycles in this particular region.

SOUTH ASIA BIOREGIONALISM WORKING GROUP

This group has emerged out of the Vikalp Sangam process. Initiated in 2019, the group is a voluntary network of members reimagining a bioregional governance for South Asia. One of the objectives of the group is to highlight the contiguous nature of the region's ecology and culture through documentation, dialogues, and action.

SAMBHAAVNAA Institute for Public Policy and Politics

Based in Himachal Pradesh, Sambhaavnaa works to create value-based leadership by working with individuals and groups, especially the youth, to reflect, discuss and develop a critical perspective on political, social, environmental, and economic systems that impact our lives.

MOOL has an ongoing learning exchange with the institute through cross visits and participation in each other's programs. Previously, MOOL members have participated in workshops on socio-economic issues and alternative models of development and education. In 2021, Sambhaavnaa's programs officer, Mr. Mohammad Chappalwala, also visited MOOL for joint reflection especially on the contextual relevance of our engagements with young people and how the two organizations can further collaborate in this realm.



ACADEMIA

MOOL has worked with academia across LJK and beyond from the beginning through its extensive engagement with young people, and joint reflections with faculty and administration. In Kashmir, for example, some of institutions include **The University of Kashmir, The Central University of Kashmir, The Islamic University of Science and Technology, The Sher-e-Kashmir University of Agricultural Sciences and Technology**, in addition to a number of schools and colleges for undergraduate studies.

In Kashmir, the work has culminated into the launch of **The Sustainable Kashmir Club** in collaboration with some these institutions to strengthen the engagement (please see pgs. 10 - 21 for further details).

MOOL will continue to work with these spaces and more to max out the impact of this thread of its of work!



MOOL's outreach to civil society organizations, community groups, social movements, academia, bureaucracy, and media reached a new level in this phase!



The learning has enabled us refine our methodology and base it on an integrated understanding of all the areas that have a significant bearing on how individuals and communities shape their lives.



Our openness to build relationships with the local bureaucracy, policy design and implementers is also bearing fruit. We are able to bring the critical issues of youth, education, economy, entrepreneurship, gender, environment and culture to their attention.

Below are a few highlights!

Outreach: A Few Highlights

Career Enclave - Sustainable Livelihoods

Expert Session with 200 Students and Teachers from Kashmir's Government Schools.

UNICEF | Directorate of School Education | Move Beyond - 2022

Curriculum Design - Peace and Conflict Studies

Ideas and Knowledge Exchange on Curriculum and Pedagogy for Post Graduate Students.

Dept. of Politics and Governance
Central University of Kashmir - 2021

Experience Exchange - Sustainable Future

Interaction with Individuals, Practitioners, and Activists Working on Alternative Movements in Environmental Justice, Holistic Education, Sustainable Livelihoods and Socio-Economic and Gender Equity Issues.

Vikalp Sangam India - 2021
(Alternative Confluences Movement)

Expert Consultation - Women's Rights

Expert session on Economic, Reproductive and Public Service Rights of Young Women in Kashmir.

ActionAid Association- Kashmir
2021

Policy Design - Sustainable Tourism

Expert consultation and experience exchange.

Department of Tourism
Jammu & Kashmir - 2021

Impact Assessment - Social Enterprises

Expert Session and Reflections on the Work, Challenges, Impact, and Future of Organizations and Institutions for Social Transformation in Kashmir.

Social Venture Partners (SVP)
India - 2021

Core Development - Adaptive Leadership

Participation of MOOL's Core Youth Group and Extended Team in Adaptive Leadership Training Program.

Conciliation Resources (CR)
Kennedy School of Governance
Harvard University - 2019

Capacity Building - Ecological Entrepreneurship

Coaching session with 40 aspiring entrepreneurs from Kashmir.

Ministry of Micro, Small, and Medium Industries' Development Institute (MSME - DI) Kashmir - 2020

MOOL Admin | Financial Receipts & Payments

MOOL is a charitable trust registered u/s 12AA of the Income Tax Act and u/s 80G (5) (vi). MOOL was also registered with the Registrar of Companies in 2021 to undertake CSR activities with registration number CSR00019406.

Following is a summary of our audited annual receipts and payments (2019 - 2022).

Year	Receipts		Payments		Closing Balance
2019 - 2020	Opening Balance	37824	Educational Sponsorships	26000	26824
	Donations	34000	Emergency Relief	15000	
			Program Support	4000	
	Total	71824		45000	
2020 - 2021	Opening Balance	26824	Educational Sponsorships	22000	43324
	Donations	75500	Emergency Relief	37000	
	Total	102324		59000	
2021 - 2022	Opening Balance	43324	Educational Sponsorships	35000	543867
	Donations	1,36,800	Emergency Relief	109275	
			Program Support	018	
	*Grant for Sustainable Livelihood Training	10,52,600	Livelihood Generation Training	544564	
	Total	1232724		688857	

*This 03 months project was facilitated between February - April 2022; the remaining grant amount was expended in the Financial Year 2022 - 2023.

Core Team



Mr. Fayaz Ahmad Dar
Founder
Ecopreneur | Coach | Speaker



Dr. Shaheena Parveen
Executive Director
Psychologist | Educator



Ms. Lubna Rafiqi
Facilitator
Psychologist | Entrepreneur



Mr. Umer Qadir
Facilitator
Landscape Architect | Nature Guide

Gratitude!

A heartfelt gratitude to everyone who supports MOOL build the vision!

MOOL is profoundly thankful to all persons, groups, networks, institutions and organizations in Kashmir and across the globe who have engaged with us through knowledge and experience exchange. We would also like to thank our dearest colleagues, friends, supporters and critics from academia, civil society, social movements, local communities, bureaucracy and media in Ladakh, Jammu, and Kashmir and beyond who contributed their wisdom, knowledge, time and resources along the way.

Our deepest appreciation to Conciliation Resources, Kargil Development Project, Iqbal Memorial Trust, Sakhawat Centre J & K, Social Reforms Organizations, Akhdaan, HELP Foundation, Department of Social Work, University of Kashmir, and Tata Boeing and Aerospace Limited for their support with various threads of MOOL's mission in this phase.

Our gratitude to Ms. Freny Manecksha, Ms. Sambul Jan, Ms. Meenu Hamid, Ms. Muftisa Rashid, Ms. Saima Bashir, Mr. Aijaz Ahmad, Mr. Nisar Ahmad Mir, Mr. Rahil Bin Sultan, Mr. Mohd Shafi Hajam, Ms. Rehana Majeed, Mr. Aijaz Ahmad Shah, Mr. Mehrajudin, Ms. Supritha Suresh, and Dr. G.N. Suhail, Ms. Shazlia Qureshi and Mr. Rupesh Gesota for their generous contribution to our emergency relief and rehabilitation program.

We are grateful to our families for their support and just being around.

Forever grateful, everybody. Best wishes for your success and wellbeing.

It is a pleasure and we look forward to continued collaboration!

How you can engage with MOOL?

MOOL seeks collaborations and partnerships to further its mission and programs.

Areas for Collaboration



Participatory Action Research and Sustainable Systems Design in Education, Environment, Ecology, and Sustainable Development



**Participatory Capacity Building among Young People
Fellowships For Ecological Entrepreneurship**



Sustainable Livelihood Generation including among Youth and Women from Challenging Socio Economic Backgrounds



Participatory Education, Life Skills and Leadership Development among Children including from Challenging Socio Economic Backgrounds



Emergency, Educational, Medical, and Livelihood Relief Program

Please consider donating to MOOL

Please also alert us by giving us your name, address and PAN when you make a donation. This will enable us to give you a receipt to claim rebates under section 80G 5(vi) of the income tax in India.

Mool Sustainability Research and Training Center

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Beehama, Ganderbal, Kashmir, J&K (0081) | IFSC Code: JAKA0GANDER

Are you looking for an internship or traineeship
to get to the next level in your life?

MOOL also offers these hands on training opportunities to self motivated
and goal driven individuals in the following areas:

Communications and Outreach

Educational Methodologies
Interpersonal Pedagogy

Sustainable Entrepreneurships
Sustainable Systems Design

Natural Farming and Food Processing
Zero Waste Engineering

Organizational Management
and Development

If you are ready to take challenges head on, learn and deliver, please share
your resumes/CV and get in touch to explore the program!

Get in touch!

We would love to hear from you!

Please share your thoughts, ideas and questions with us.

And we look forward to collaborate and co-create the sustainable future!

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