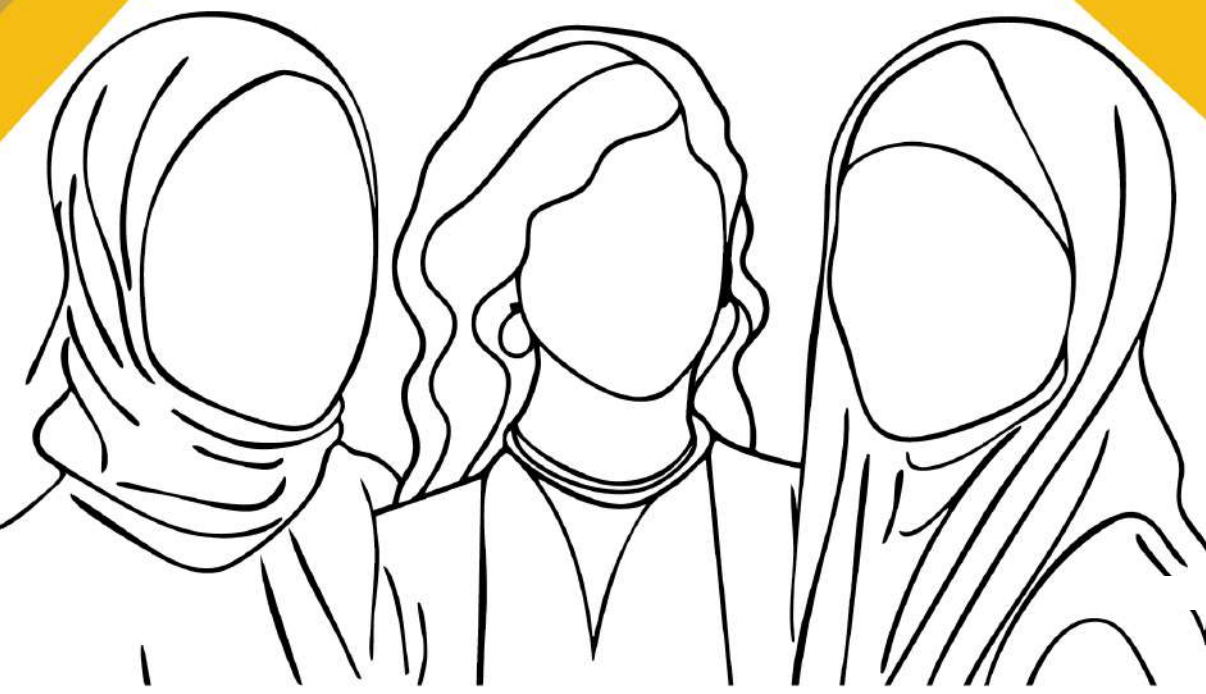




# ANNUAL REPORT 2025





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# Panah Annual Report 2025

## OVERVIEW

Panah Shelter Home, established on April 24, 2001, is a registered Trust under the Trust Act of 1882. It is dedicated to providing a safe and supportive environment for vulnerable women and children in Pakistan. Panah's mission, is to empower women and their children, particularly those affected by violence, abuse, and exploitation, to enable them to rebuild their lives with dignity and hope.

## OUR VISION

To actively support the creation of a society where oppressed and abused women regain their identity and self-respect and develop an understanding of their basic rights.

## OUR DONORS

We extend our heartfelt gratitude and deepest appreciation to our valued benefactors and donors. Your unwavering support and guidance have been instrumental in our mission to provide vital assistance and care to victims of violence and injustice. Your generosity has enabled us to make a tangible difference in the lives of those we serve, and for that, we are eternally grateful. Thank you for your kindness and compassion. May your philanthropic spirit be blessed and rewarded.

### Corporate Donors

- Abdullah Foundation
- Agro Processors & Atmospheric Gases
- Ali Husein Rajabali Ltd
- Allianz EFU Health Insurance Ltd
- Allied Engineering & Services
- Al-Murtaza School Network
- Arfeen International (Pvt) Ltd
- Bait ul Sukoon Cancer Hospital
- Bank Al Habib
- Cowasjee Foundation
- Dhamthal Sweets & Bakers
- Edhi Foundation
- EFU General Insurance Ltd
- EFU Life Assurance Ltd
- Ehtesham Packages (Pvt) Ltd
- ERAN Fund for Women
- Feroze1888 Mills Limited
- General Shipping Agencies Pvt Ltd
- GETZ Pharma (Pvt.) Ltd
- Habib Metropolitan Bank Ltd
- Hamdard Laboratories (Waqf) Pakistan
- Hilton Pharma Pvt Ltd
- IDA RIEU Welfare Association
- INFAQ Foundation
- Inner Wheel Club Karachi Metropolitan
- Khalid Anwer & Co.
- Kings Group
- Md. Siddique Sheikh & Associates
- Muhammad Shafi Trust
- National Foods
- Nestle Pakistan
- Pak Carpet Industries (Pvt.) Ltd.
- Pakistan Gum Industries (Pvt.) Ltd
- Pakistan Mental Health Association
- Progressive Traders Pvt Ltd
- Ryan Agencies Pvt Ltd
- Savills Pakistan (Pvt) Ltd
- Sindh Institute of Urology & Transplantation (SIUT)
- Siza Foods (Pvt) Ltd
- Soneri Bank Ltd
- Soorty Enterprises (Pvt) Ld
- Swat Ceramics Company (Pvt) Ltd
- Tata Textile Mills Limited
- TCS Pakistan
- The I-Care Foundation
- TPL Corp. Ltd
- TSL (Pvt) Ltd
- Vision Trust Eye Hospital
- Yoga Fit
- Zainab Panjwani Memorial Hospital

## Individual Donors

- Aliya Q. Habib
- Assad Ahmad
- Dr. Arshad Razvi
- Dr. Mumtaz Shafi
- Durdana Elizabeth Sial
- Faiza Shafqat Hasan
- Farhana Mowjee
- Imitaz Quettawalla
- Irfan Nissar
- Irshad Mowjee & Yasmeen Mowjee
- Justice ® Majida Razvi
- Justice (R) Mushtaq A. Memon
- Kamran Javaid
- M. Tahir S/o Sabir Hasan (Late)
- Mahmood Elahi Farqui (Late)
- Mahmood Hussein Haji
- Maliha & Munir Bhimjee
- Miqdad Muhammed
- Mohammad Anwer Ali Rajpar
- Mohammad Najeeb Balagamwala
- Mohammad Rashid Hashmi
- Naheed Feroze
- Nargis & Azam Paunwar
- Rehman Ahmed
- Riyaz Ali Towfiq Chinoy
- Sadia Alam
- Sadia Syed (Razvi)
- Saira Pasha & Family
- Sajeeda c/o Anjum Khan
- Saleem Razvi
- Samina & Nadeem Qureshi
- Samira & Aqueel E. Merchant
- Seema Shariq
- Shahzad S. Qasim
- Shamim Mumtaz Qureshi
- Shenaz Jameel
- Syed Ahmed Moinuddin
- Syed Haider Ali Naqvi
- Umer Elahi Faruqi
- Waqar
- Zainab S. Muhammed
- Zaitoon Dada
- Zehra Yusuf Karamally

## EXECUTIVE SUMMARY

Welcome to the Annual Report of Panah Shelter Home. A beacon of hope and support for the women in need. Panah Shelter Home has been a steadfast presence in our community.

Our comprehensive range of services extends beyond just Shelter to legal services, counseling, skills development and advocacy to ensure a holistic approach to rehabilitation.

Panah Shelter Home has continued to provide a safe haven and supportive environment for vulnerable individuals, particularly women and children, fleeing violence and abuse. Since its inception in 2002 Panah Shelter Home has dedicated itself to the mission of empowering the vulnerable women and fostering a secure environment where they can rebuild their lives.

In 2025, Panah accommodated 273 women and their 81 Children and managed their cases. These women had experienced domestic and gender-based violence such as verbal divorce, underage marriages, abduction, drug addicted husbands, forced marriages, own choice marriage, watta satta, threats of honour killing, property/ inheritance disputes and trafficking.

Panah Shelter Home has provided refuge and holistic approach to rehabilitation services to our residents, ensuring access to basic necessities, counselling, education, and vocational training. Panah Shelter Home dedicated team has worked tirelessly to empower residents, promoting independence, self-reliance, and integration into society. Through partnerships with local organizations and stakeholders, it has strengthened our advocacy efforts, raising awareness about gender-based violence and promoting policy reforms to protect the rights of marginalized communities.

## 2025 STATISTICS

### Shelter Operating Budget

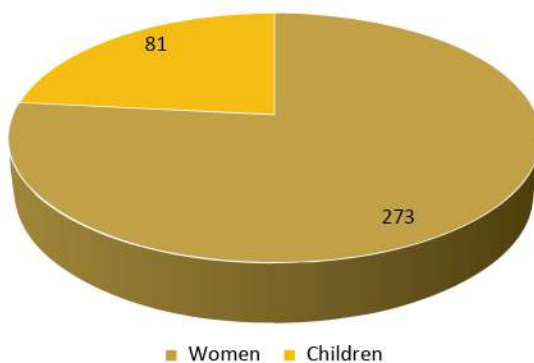
The operational and maintenance cost of the Shelter to cover the essential requirements was over Rs.24,425,462/- i.e. approx. Rs. 25 million for the year. This includes legal aid, boarding and lodging, clothing, educational, vocational training, books and supplies, medical (partly), transportation and special needs of children.

## SUMMARY OF STATISTICS

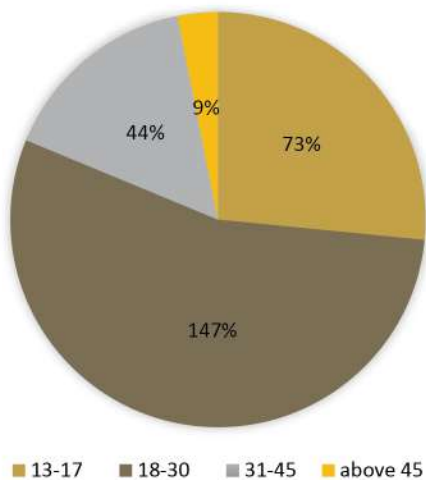
### Admissions for the year 2025

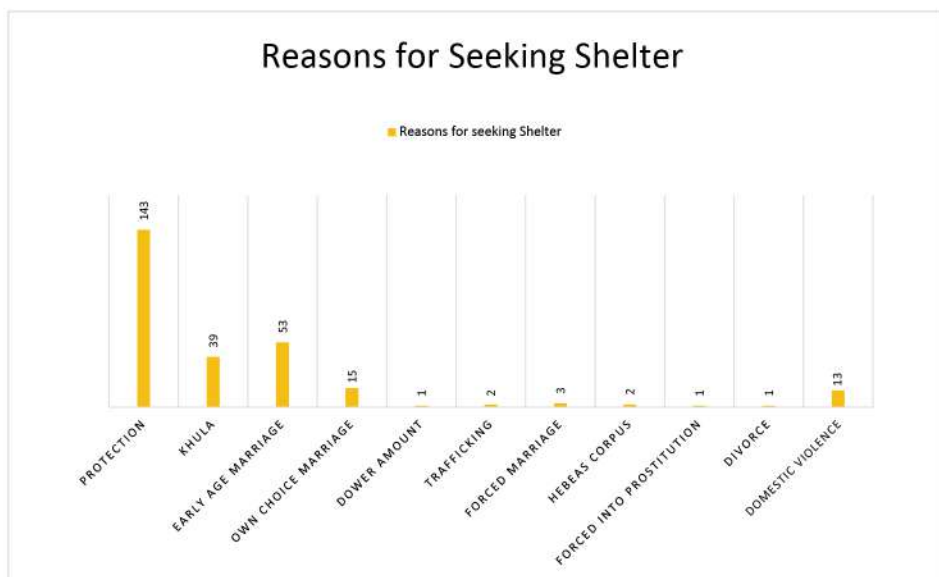
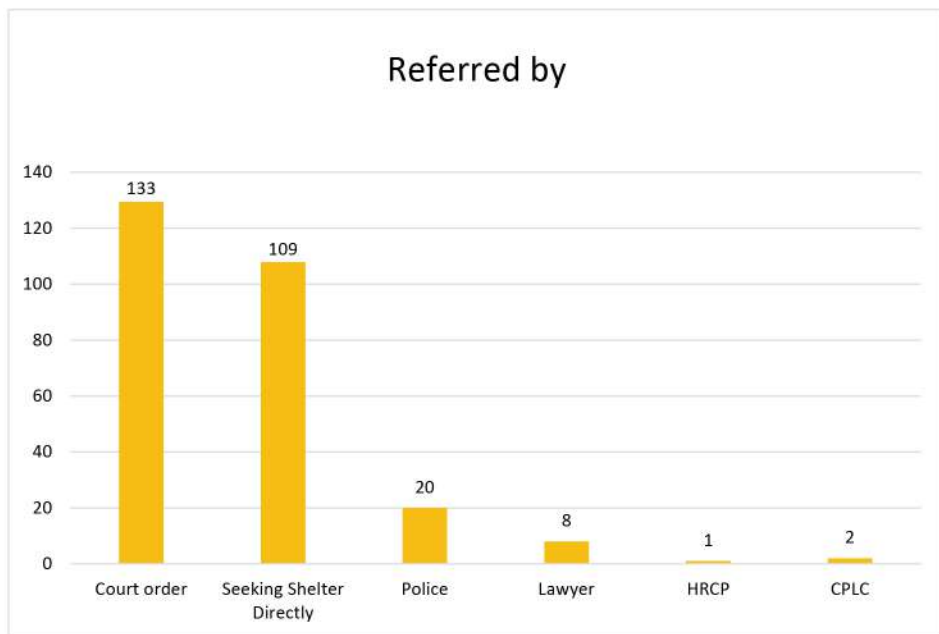
- 273 Total Admissions
- 81 Children accompanied 52 mothers
- Monthly 40-45 women have been received

Number of Admissions



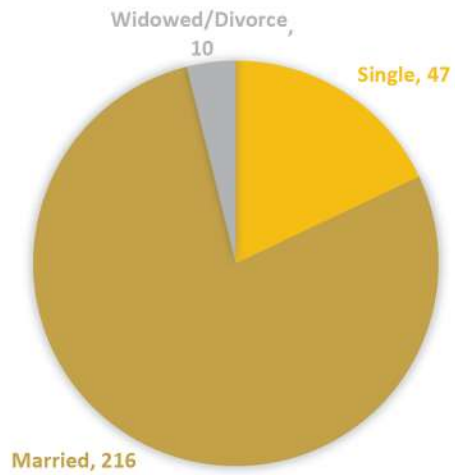
Age of Women



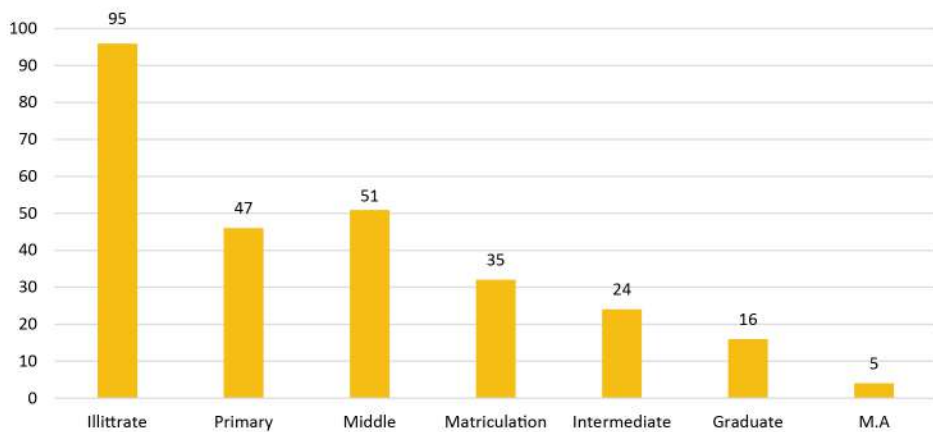




## Marital Status

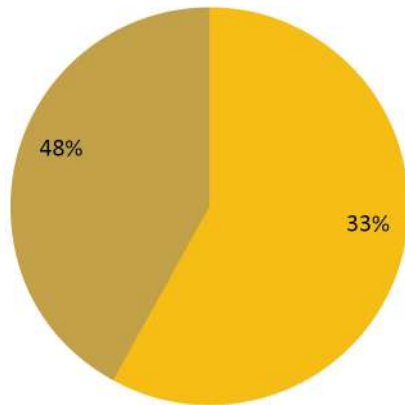


## Education Levels of Residents

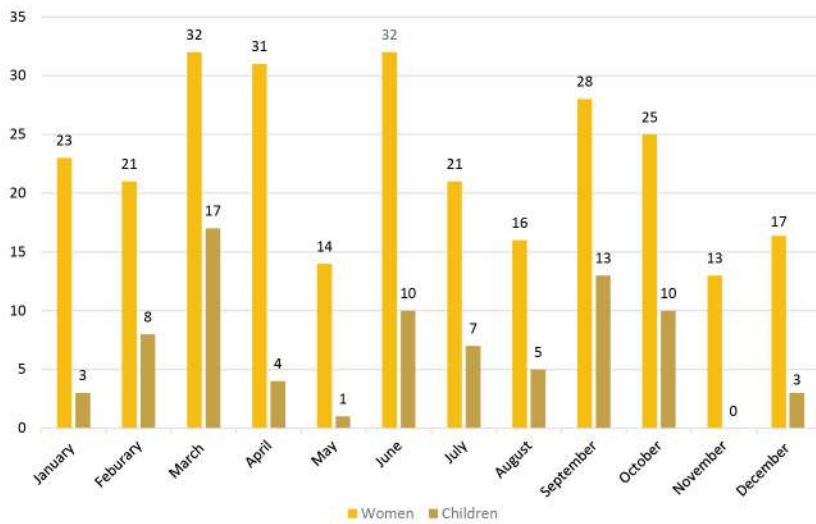


## Gender of Children

■ Girl ■ Boys



## Month Wise Admission



## ACHIEVED PROGRESS SUMMARY

34

Khula Granted

3

Habeas Corpus Cases resolved

2

Child Custody/Guardian & Ward Cases resolved

5

Transfers of underage residents to  
Child Protection authority

75

Children received pre-primary education  
at in house day care

209

Women /Girls received basic English, Urdu  
and Mathematics in the literacy class  
through the " Jugnu Sabaq".

209

Residents received vocational training with practical  
knowledge of making jewellery, block printing on  
cloth and paper bags, pottery, crochet, greeting cards,  
bag designing, tote bags, hair pony scrunchies etc. at  
the art and crafts class by trained teacher and  
volunteers sponsored by Inner Wheel club Karachi  
Metropolitan

54

Residents completed 3 months Personal grooming  
class, with certificates, sponsored by Inner Wheel  
Club Metropolitan

38

Residents completed 3 months sewing course,  
with certificates sponsored by Inner Wheel Club  
Metropolitan

## **TRAINING PROGRAMS FOR RESIDENTS**

Panah continues to assist residents in developing income generation skills to enable them to acquire financial empowerment. The vocational training program at Panah Shelter Home is a corner stone of its efforts to support and empower women and girls experiencing crisis. With the continuous support of Inner Wheel Club Karachi Metropolitan and I-Care Foundation. Our skilled vocational teachers tutor a range of classes. These include sewing, beautician services, arts and crafts, gym/fitness and literacy, amongst others. The classes have created meaningful learning opportunities that promote healing, confidence, and long-term independence for residents.

At Panah, we recognize that skills enable them to thrive following their stay with us. They are able to launch small businesses, secure formal employment, or pursue further education: paving the way for long-term independence and successful reintegration into society.

### **Literacy Class**

The literacy teacher at Panah Shelter Home continues to empower residents with essential reading, writing, and comprehension skills through the tailored Urdu and English language courses, known as “Jugnu Sabaq”.

### **Sewing and Stitching Skills**

Panah Shelter Home has been instrumental in equipping residents with practical skills in sketching, stitching, embroidery, and basic tailoring. Notably, under the ERAN Fund for Women project, skilled residents received sewing machines to boost their future employment prospects and promote economic independence.

### **Beautician Training**

Our beautician trainer, supported by Inner Wheel Club Karachi Metropolitan, facilitates skills related to personal grooming, hair styling, makeup, and skin care.

### **Gymnasium and Physical Fitness**

The gym instructor has enhanced residents' physical and emotional well-being. Through regular fitness activities, residents can manage stress, develop discipline, and rebuild self-confidence, essential components for recovery and resilience.

## Art and Crafts

The arts and crafts teacher at Panah Shelter Home has fostered a culture of creativity and self-expression, tutoring residents in areas such as painting, handmade crafts, and decorative items.

## Computer Literacy

The computer tutor has sparked residents' interest in acquiring essential computer skills, with hands-on training in MS Word and MS Excel. Residents learned typing, and spreadsheet management, developing a valuable skill set for future opportunities.

Program	Number of Hours of Classes	Number of Hours per Day	Number of Hours per Week	Facilitated by
Childcare	892	4 hours	5	Ms. Maham Jafferi
Literacy & I.T	532	4 hours	5	Ms. Qurrat – Ul Ain Ahmer
Sewing	324	3 hours	2	Ms. Hina Qazaffi
Personal Grooming (Beautician)	279	3 hours	2	Ms. Sadia Shuja
Arts and Crafts	441	3 hours	2	Ms. Urooj Kamran
Yoga	246	2 Hours	3	Ms. Sadaf Sadiq
Psychologist Sessions	420	3 Hours	3	Ms. Rubina Hafeez

## FACILITIES PROVIDED BY PANAH SHELTER HOME

### 1. Legal Aid and Advisory Sessions

Panah Shelter Home plays a critical role in disseminating information on rights, access to justice services. Panah holds legal advisory sessions along with the in-house lawyers to improve resident's knowledge about their cases and also shares accurate details about the legal procedure that each resident goes through. Residents are constantly getting the feedback of their cases until their case is closed in the court. The objective of these sessions is to provide basic legal-aid to the residents and to avoid any misunderstandings or conflicts with the law.

#### Free Legal Aid Services Provided By Panah Shelter Home

- |                                   |   |
|-----------------------------------|---|
| ❖ Maintenance                     | ❖ Dowry Articles                                |
| ❖ Cases of Guardian and Wards Act | ❖ Dower Amount                                  |
| ❖ Cases of Underage Marriages     | ❖ Habeas Corpus Petitions                       |
| ❖ Khula                           | ❖ Any other Litigations pertaining to residents |

These services are provided completely free by the Shelter. Special care is provided in vulnerable and financially disadvantaged cases like deaf & mute residents. Panah Shelter also helps and provides services to the young girls who are less than 18 years to avail the facilities until the cases are closed by the court and they are shifted to child protection authority.





## 2. Medical facilities

When it comes to health & hygiene of the residents of the Shelter Home, Panah believes health comes first. All the residents who enter the Shelter have to go through the mandatory consultation by the in-house doctor to make sure that they are in good health and also to avoid any infectious diseases spreading amongst in-house residents. Residents with special needs are well taken care of by the staff at the Shelter Home.



Zainab Panjwani Memorial Hospital (ZPMH) provides free OPD services and hospitalization to the residents. Besides this, the consultation, medical tests, medicines of the residents are provided by ZPMH free of cost to the residents since the inception of Panah Shelter Home. These residents are given necessary treatment such as speech therapy from Ida Rieu and counseling services from PAMH (Pakistan Association of Mental Health).

## 3. Psychological Counselling Programme

Residents who enter the Shelter are more likely to report extensive histories of physical, sexual and emotional abuse. All residents have experienced some form of abuse in their lifetime. This includes sexual abuse, domestic violence and other physical and psychological forms of abuse, harassment and torture. In order to determine effective pathways for treatment during their stay at the Shelter, the residents go through a multiple counseling sessions with an experienced and professional in-house psychologist.



## 4. Physical Fitness/Yoga Class

Physical fitness & Yoga classes are the most popular activity class inside the Shelter Home. Every resident is encouraged to join the class to make sure that they are maintaining a good physical and mental health. These classes provide constructive recreational activities to women resident and also



allows them for self-motivation by encouraging each other. All physical activities such as stretching, breathing exercises, playing badminton and basketball help in necessary weight loss or weight gain and to recover their lost physical strength, minimize, muscle aches without medication.

## 5. Gymnasium

Gymnasium inside the Shelter Home is equipped with many updated exercise machines such as: Treadmills, Elliptical Machines, Rowing and Cycling machines. A highly qualified Physical fitness instructor is provided to guide the residents on how to use these machines accurately and effectively to achieve the best results. Most of the women have successfully gained their self-confidence back by regaining their health, losing and gaining weight by using our Gymnasium facilities during their stay here at Panah Shelter Home.



## CAPACITY BUILDING

### 1. Literacy Programme

Panah strongly believes “the way to success starts from education”. We believe it is a right of every human being to have access to education. In order to educate and to enlighten their future, residents attend the literacy classes which are held from Monday-Friday on a daily basis. Basic stationery including necessary books from “Jugnoo Sabaq” which are freely provided to every resident. Panah management makes sure that the residents who have lack of literacy knowledge are well taught and supports them to further develop their skills





## 2. Arts and Crafts Class

Arts and Crafts class plays a therapeutic role for resident's well-being. The residents are guided with practical knowledge of being creative and bring up their hidden talents to recognition. Residents are motivated to attend the class and gain the knowledge. The Inner Wheel Club Karachi Metropolitan continues its financial support for Panah Shelter Home in sponsoring salaries and material cost. The Inner Wheel Club also ensures Panah's participation in the SAARC Bazaar and other exhibitions where the work by the residents is displayed in various items such as: Jewelry, Pottery, Bag designing, Crochet, Fabric painting, Macramé work etc.



## 3. Sewing Class

Residents are encouraged to have the basic knowledge of sewing and other activities related to sewing. All the necessary knowledge is practically given to the residents who attend the classes while they are completing their 3 months sewing course. During these 3 months sewing course the residents are able to learn the basic to advance cutting and sewing techniques and how to operate all kind of sewing machines available in the sewing class, such as basic sewing machines, motor machines and other lock and inter lock machines. Mirror work, beads embroidery such as Sindhi embroidery and cross stitch work also takes an important part when it comes to finishing of the clothes made by the residents in the sewing class.



#### 4. Grooming Class

All the residents are supposed to complete the three months grooming course with no age limit. Necessary facilities are provided for them to complete the course. Cleanliness and hygiene is highly maintained in the classes and high quality cosmetics, antiseptics and all the necessary equipment's are provided for the residents to follow up their practices. All the expenses are facilitated by the Inner Wheel Club Karachi. We are delighted to mention that all the residents who complete the three months grooming course have been awarded with certificates for them to work out side and use their skills learnt from these classes and apply them to become independent and successful in the future once they leave the Shelter Home.



#### 5. Computer Training

Under the concept of skilled and educated women to win and achieve the new world, Panah has provided computer lab facilities to the residents who are interested in operating and learning about computers. Computer classes are conducted twice a week In the year of 2024 six residents were trained in Information Technology beginner courses from an established institution for a period of one month. Courses have been completed successfully with the certifications from the institution.



#### 6. Child Care

This capacity building facilities of Day Care was established for the children recently for the residents who come with their children aged from infants to 4 years age. They are learning different activities related to their early childhood education For children between 5-12 years languages, science, maths, arts& hand crafts activities are provided. A nurturing environment is provided that empowers all the children to build confidence and self-discipline. They are encouraged to recognize the transformative power of education, inspiring them to pursue their dreams and become positive change-makers, dedicated to creating a brighter, more compassionate world.



## IMPROVING LIVING CONDITIONS

- **Furniture Upgrades:** Dining room chair seats were refurbished with high quality materials. Two/three seater sofa sets in the recreational room were upgraded with new full-arm fabric leather, and three wooden-arm three-seater sofa sets received complete foam replacement, improving seating comfort for residents.
- **Generator Installation:** A new ISUZU 30 KVA diesel generator has been installed to ensure complete power supply for smooth operations, supporting the shelter's increased load, including air conditioners and other essential facilities.
- **Ambulance Support:** A brand-new Suzuki Bolan ambulance, generously donated by the Edhi Foundation has once again been replaced for the previous vehicle. It is being used to facilitate transporting residents to court and those needing medical care, and for other essential services in emergencies.
- **Safety Enhancements:** Additional IP cameras have been installed throughout the shelter to further ensure the safety and well-being of all residents.
- **Ongoing Building Maintenance:** Complete overhaul of the Shelter's drainage system, while providing continuous building maintenance. The shelter consistently provides a safe, functional, and welcoming space, reflecting strong management and responsible use of donor funds.
- **Garden Redevelopment and Landscaping Works:** The Panah garden is being redeveloped and landscaped with the generous support of Getz Pharma to create a more friendly, comfortable, & green environment for residents.
- **Solar Upgradation:** Additional solar panels have been installed to enhance energy efficiency to help save electricity costs, and support sustainable operations at the Shelter.
- **Refurbished and Air Conditioned:** The Residents Visitors area was refurbished & Air-conditioned, as well as the Art Class etc.



## AWARDS, EVENTS AND TRAININGS IN 2025



### KE KHI Awards 2025 in the category of Empowering Women

Panah Shelter Home was the winner of the KE KHI Awards 2025 in the category of "Empowering Women". This recognition was based on the exceptional impact our initiatives have made in the social sector, as determined by the esteemed independent jurist's panel. Ms Uzma Noorani and Ms Tehmina Azim received the prestigious award.

In 2025, Panah Shelter Home organised a range of training programs and events aimed at empowering women and children.

Training sessions on life skills have been held at the Shelter. These included awareness-raising events on women's rights. Two sessions were conducted and facilitated by Ms. Faiza, Member of the Managing Committee. The Chairperson, Justice (R) Majida Razvi also attended the sessions.



### Medical Camp was held by Medicare Association

A medical camp was held by Medicare Association. Justice (R) Majida Razvi, Chairperson Panah Shelter Home, welcomed the team of doctors from the Medicare association who facilitated the awareness session with the residents focusing on physical fitness and health improvement.



### Firefighting Training

Firefighting training was held by Mr. Kashif Zeehsan (fire & safety consultant auditor).

He taught multiple tips and techniques on how to manage fire emergencies and how to protect ones lives and property.



## Project ERAN Funds for Women, on Sexual and Reproductive Health (SRH) & Gender-Based Violence (GBV).

Dr. Shifa Naeem visited Panah Shelter Home and held an informative session for the residents and staff, focusing on how to pause negative feelings and transform them into more positive mind-sets.

Additionally, Panah Shelter Home collaborated with local organizations to facilitate workshops on trauma-informed care under the Project ERAN Funds for Women, on Sexual and Reproductive Health (SRH) and Gender-Based Violence (GBV). These were conducted by Ms. Nazo Pirzada and Ms Zakia from Aahung organisation with the residents to raise awareness, build capacity, and promote informed decision-making. These sessions enhanced the capacity of staff and residents to respond to complex needs. These trainings and events benefited over 200 women residents, equipping them with skills and knowledge to rebuild their lives with dignity.



## Self-Defense Trainings

Two self-defense trainings were also held under the Project ERAN Funds for Women, conducted by Ms. Zainab Ansari, Mr Wasif and Ms Maham Ali. The sessions were held with the residents, focusing on building self-protection awareness and techniques. Certificates were distributed to all the participants.



## ERAN Funds for Women

Two visits were carried out under the Project ERAN Funds for Women. The first visit was conducted by Ms Uzma Noorani Managing Trustee, Mithan Soomro Rehabilitation officer, Kashif Kherani Manager Finance and Administration to Multan and Bahawalpur to Violence Against Women Center, Darul Amans and Women Crisis Centers.





## ERAN Funds for Women

The second visit was conducted by the Chairperson Justice (R) Majida Razvi, Manager Tehmina Azim and Manager Finance and Administration Kashif Kherani to Peshawar Khyber Pakhtunkhwa. They met the Secretary, Mr Nazer Hussain Shah Zakat & Ushr, Social Welfare, Special Education & Women Empowerment Department, Government of Khyber Pakhtunkhwa, Darul Aman (Women Crisis center ) Peshawar KPK and later they met the members of Khyber Pakhtunkhwa Commission on the Status of Women.



## Mehfil-e-Milad

Panah Shelter Home is grateful for the progress and project support of esteemed organisations, including ERAN Funds for Women, Inner Wheel Club of Karachi Metropolitan, Rotary Club Karachi Cosmopolitan, and National Foods Pakistan. Through our partnerships, we have been able to organise memorable events for our residents, such as Women's Day celebrations, Independence Day festivities, SAARC Bazar, and Mehfil-e-Milad. These collaborations have brought joy, hope, and a sense of community to our residents, and we look forward to continuing our work together to make a meaningful impact in their lives.



## Interns and Volunteers

We regularly host interns from various institutions in Karachi, providing them with hands-on experience and opportunities to contribute to our programs



Christmas and New year Celebrations



Breast Cancer Awareness Program  
by Inner Wheel Club Karachi Metropolitan



Certificate Distribution Ceremony by Members of  
Inner Wheel Club Karachi Metropolitan



Sewing Machine Distribution under the project of  
ERAN Funds for Women



14th August Celebrations sponsored by Rptary Club of Karachi Cosmopolitan



## VIEWS OF SOME OF THE VISITORS



- “It was wonderful to meet such inspiring women and to see such transformative facilities, thank you”.

**(Miss Alice Moss, British High Commission – Islamabad)**

- “It was an inspiring and uplifting experience to see the women and small children at the center. This center clearly plays a transformative role in their lives. All the women and children we met seemed happy and confident, which clearly reflects the effectiveness of the work that Panah does”.

**(Mr. Saleem Razvi )**

- “I was very pleasantly surprised to see very positive and noticeable improvements at Panah. Please keep up the great work”.

**(Dr. Shifa Naeem- a psychiatrist)**

- “It is an immensely incredible experience to visit this shelter home, met with almost all staff members who have been doing gigantic efforts in bringing back joys of life in the lives of the residents”.

**(Shafia Memon, Family Judge, Central, Karachi)**

- “It was an incredible experience to visit Panah and seeing the work that the team is doing here, looking forward to more collaboration in future”.

**(Miss Dur e Nayab Khan, Assistance Manager Culture National Food Limited)**

- “What you are doing is so important, vital and inspiring. To give these women in a way the respect, their dignity, to care for their hearts, minds, and bodies is something so necessary”

**(Ms. Maya Nadeem, Trauma –Informed Coach and Facilitator)**

- “K -Electric has contributed for Eid and Ramzan Iftar as a small gesture of appreciation. We wish the team and organizers the best of luck in future as well”.

**(Aliya Idris, Head of ESG-K-Electric Ltd)**



- “It is a reputable institution for women rights and their protection. I was very happy to talk to the residents and saw that they are ready to think better for themselves”.

**(Zakia Gill, Trainer Aahung )**

- “It was nice exploring the secured shelter for girls in need. SCPA Team is glad to see and witness the productive environment in Panah”

**(Syeda Ghanwa Hussaini , Deputy Director, Sindh Child Protection Authority)**

- “It is very well-organized and has a comfortable atmosphere. I felt good to meet with residents, very powerful ladies. I loved to visit here”

**(Anita Pinjani, WAF, SVF)**

- “Very well maintained facility. Absolutely loved the confidence I was met with during the visit”

**(Zainab Ansari, speaker and corporate diversity trainer)**

- “It was incredible to teach these girls. They are full of potential if given the right opportunities”

**(Mr. Wasif Ali, Taurus MMA and Fitness)**

- “It was a lovely visit to Panah Shelter Home, Very inspiring and wishing you good luck and Duas”

**(Misbah Khalid, TV artist and member of the Samina Alvi Task Force on Breast Cancer)**

- “Amazed to experience such a calming environment, with Friendly staff. Interior is well ventilated with lots of open air spaces. Staff is well trained”.

**(Syeda Anam Fatima Rizvi, Researcher Sir Syed University Architecture Department)**



## **SURVIVORS**

### **From Despair to Independence: Nila's Journey of Empowerment**

Nila's, married at a young age to her paternal cousin, found herself in an abusive and toxic marriage. Her husband, a drug addict, was not only financially irresponsible, but also emotionally and physically abusive.

She had four young children. She wanted to give them a stable and secure future, but without financial independence, her options were limited. Then, after years of struggle, a particularly violent altercation forced her to make the difficult decision to leave. With the help of her paternal family, she escaped to Karachi and sought refuge in the Panah shelter home.

At the Panah shelter Home, Nila found more than just a roof over her head - she found hope. The organization not only provided her with a safe space, it helped her to get khula from her abusive husband and also introduced her to various skill development programs designed to empower women. Realizing that financial independence was key to securing a better future, she eagerly took part in the literacy class and learned skills at the grooming and sewing training programs.

Nila proved to be a quick learner. She mastered stitching techniques, embroidery patterns, and tailoring skills. The trainers at the shelter home recognized her enthusiasm and encouraged her to develop her craft further. She spent months perfecting her skills, determined to transform her life.

Seeing her commitment and potential, her sewing teacher recommended that a sewing machine be gifted to her so that she could start her own business. Nila's hard work had paid off. With this newfound opportunity, she began taking tailoring orders from women of surrounding communities.

Today, Nila stands as a role model. She is no longer a victim - she is a survivor, a businesswoman, and an inspiration to many. Her journey is a testament to the power of resilience, the importance of skill development, and the life-changing impact of support systems like Panah Shelter Home. With courage and determination, Nila transformed her life from one of suffering to one of strength, proving that no matter how dark the past, a brighter future is always possible.

### **From Struggle to Stability: Sakeena's Journey to Reconciliation**

Sakeena arrived at the Panah shelter home through a court order. She and her brother had lost their mother at a young age, and soon after, her father remarried. Sakeena then gained a half-sibling, but that marriage ended in divorce, after which, he married again, but she passed away.

Her father's strict and rigid nature became even harsher after the loss of his third wife; with Sakeena and her brothers bearing the brunt of his anger. Unable to endure the constant abuse, Sakeena, with her brothers, fled from Lahore to Karachi, seeking refuge with an acquaintance she had connected with through social media. They rented a small house and attempted to build a new life.

However, their escape did not go unnoticed. Their father filed a police complaint in Lahore, which led to their recovery by authorities in Karachi. The court placed them under their father's custody, and Sakeena found herself living with her uncle. Unfortunately, her stay there was no better, as she faced cold treatment from his family. After a few months, she returned to her father's home but once again, she moved to Karachi.

This time, her previous acquaintance was unable to provide significant support. As she struggled to find stability, her father took legal action in Karachi. The police intervened once more, bringing Sakeena before the court. Overcome with despair, she refused to return to her father and, in a moment of desperation, attempted to take her own life within the court premises. Recognizing the gravity of the situation, the district judge intervened immediately. Sakeena was placed in Panah shelter home, while her brothers were sent to a children's shelter.

At first, Sakeena remained adamant that her brothers should be placed under her custody. She was strong-willed and resistant to any compromise. However, the manager, rehabilitation officer, psychologists, and legal experts at the Panah Shelter home counseled her. Gradually, she opened up to discussions about meeting her father under certain conditions.

Her father, with his inflexible nature, was resistant to change. However, understanding that his children's future was at stake, he, too, engaged in the discussions facilitated by the Panah shelter home team. The rehabilitation officer, legal officer and psychologist worked to create common ground between them. Slowly, both sides softened their stances.

After much deliberation, Sakeena agreed to reunite with her father, provided that her brothers could be with her and that they would be treated with care and respect. With the support of the Panah shelter home, a structured reconciliation plan was put in place. Eventually, Sakeena and her brothers returned to their father's home.

Sakeena's journey was one of immense struggle, but through patience, counseling, and intervention, she found a way to rebuild a relationship with her family. While challenges remained, she emerged stronger, proving that resilience and support can turn even the most difficult situations into opportunities for healing and growth.

## **Living with Disability**

Fiza was resident at Panah shelter home twice, first admitted through the police in 2019, and again through a court order. She is mute, and she has impaired hearing.

During the first stay, her mother in law, Samina and her son (Fiza's husband) came to Panah. Fiza recognised her, but refused to go with them. Her mother in law told us that three years ago she solemnised Nikkah with her son. This took place in Bahawalpur, and they had with them the nikkahnama, which the Rehabilitation Officer of Panah Shelter Home verified with Bahawalpur.

Fiza's mother in law informed us that Fiza was working in Karachi as a house maid, with her grandmother. A few days ago, her grandmother had travelled to her ancestral village to attend the funeral of a relative. She did not know why Fiza left the house where she used to work. Her employer had called her relative to take her, but on her way to her relative's house she became restless, and created a fuss. The police then came and took them to the police station. She refused to go with her relative, as she said that lady is involved in sex work. The court sent her to Panah Shelter home.

Panah had her Berra Test (for deafness), and the doctor suggested a hearing aid for her. With the help of Ida Rieu, Panah arranged a hearing aid for her and she attended speech therapy at Ida Rieu. With the help of Panah's legal aid, she got khula from the court.

Despite her disability she showed great skills and learning abilities. During her stay, she participated in a sewing course. She not only completed it successfully, but excelled. The class teacher recommended that she be given a sewing machine. Following this, Panah's Rehabilitation officer interviewed her, and Fiza expressed her desire to start a sewing business from home in the future to support her financially while staying at home and transforming her Disability to Ability.

## SUCCESS STORY:

میر انام حلیمہ ہے میں ایک عرصے سے شوہر کے تشدد کا شکار رہی ہوں میں تشدد اس لئے بھی برداشت کرتی رہی کیونکہ میں نے اپنے گھر میں اپنی والدہ کو پیٹے ہوئے دیکھا، میں نے اپنے ارد گرد یہی دیکھا تھا کہ عورت کمتر ہے، بے عقل ہے اس کو مار کر ہی سدھارا جاسکتا ہے۔ مجھے پڑھنے کا شوق تھا لیکن ہمارے خاندان میں لڑکی کی تعلیم کو معیوب سمجھا جاتا ہے اس لئے جب کبھی محلے میں لڑکیوں کو اسکول کا یونیفارم پہن کر بستہ لئے اسکول جاتے دیکھتی تھی تو من میں خواہش ابھرتی تھی کہ میں بھی اسکول جاؤں، صاف ستھرے یونیفارم پہنوں اور کتابوں کے جہان میں کھوجاؤں لیکن جب بھی امی سے فرمائش کرتی تھی تو امی کی طرف سے زناٹے دار تھپڑ ہی ملتے تھے لیکن اسکول جانے کی اجازت کبھی نہیں ملی۔ بہر حال جوان ہوتے ہی میری شادی کروادی گئی لیکن شوہر کا گھر بھی والدین کے گھر سے مختلف نہیں تھا اب تو شادی شدہ ہو چکی تھی تو پڑھنے کی حسرت لئے ہانڈی چولہا کرنے لگی۔ لیکن خوابوں کو چولہے میں جھونک دینے کے باوجود اگر صرف تشدد ہی نصیب میں ہو تو میں نے اس طرح جینے سے انکار کر دیا اور میں نے تحفظ کے لئے عدالت کا دروازہ کھٹکنا یا۔ اس طرح میں پناہ شیلٹر ہوم میں آگئی۔ پناہ میں جب میں نے دیکھا کہ یہاں خواتین کے لئے پڑھنے لکھنے کا بندوبست بھی ہے تو میری خوشی کی انتہا نہ رہی۔ میں نے اس کلاس میں نہ صرف اردو لکھنا اور پڑھنا سیکھی بلکہ میں نے انگریزی کی تعلیم بھی حاصل کی کیونکہ کہ جب میں کسی کو انگریزی میں بات چیت کرتے سنتی تھی تو دل میں ایک خواہش حسرت بن کر ابھرتی تھی کہ کاش میں بھی انگریزی لکھ پڑھ سکوں۔ پناہ شیلٹر ہوم میں آکر میری یہ خواہش بھی پوری ہو گئی اب میں انگریزی لکھ پڑھ سکتی ہوں اور ساتھ حساب پڑھنے سے مجھے حساب کتاب رکھنے کا بھی شعور آ گیا ہے۔ میں نے یہاں رہتے ہوئے سلائی کا کورس بھی مکمل کیا اور بیوٹیشن کا کورس بھی پایہ تکمیل تک پہنچایا، اب میں کمپیوٹر بھی سیکھ رہی ہوں۔ مجھے لگتا ہے کہ پناہ کے تناکورسز ہم عورتوں کو معاشی طور پر خود مختار بنانے کے تمام مفید ہیں ہم ان کورسز کے ذریعے گھر میں رہتے ہوئے بھی معاشی طور پر مستحکم ہو سکتے ہیں۔ میرے خیال میں پناہ کا ادارہ میرے جیسی خوابوں کی جلی خواتین کے لئے امید کی کرن ہے۔



## PANAH IS A TRUST MANAGED BY A BOARD OF TRUSTEES COMPRISING



### Left - Right:

- **Dr. Unaiza Niaz**  
(Trustee)
- **Justice (R) Shaiq Usmani**  
(Trustee)
- **Mr. Jameel Yusuf S. St**  
(Founding Trustee)
- **Justice (R) Majida Razvi**  
(Chairperson)
- **Mrs. Uzma Noorani**  
(Mng Trustee/Gen Secretary)
- **Mrs. Nadira Panjwani HI, SI**  
(Mng Trustee/ Treasurer)

Board Meeting in 2025

## MANAGING COMMITTEE MEMBERS



### Left - Right:

- **Ms. Fatima Habib**
- **Ms. Madiha Latif**
- **Ms. Faiza Hashwary**
- **Justice (R) Majida Razvi**  
(Chairperson)
- **Mrs. Nadira Panjwani HI,SI**  
(Mng. Trustee/Treasurer)
- **Mrs. Uzma Noorani**  
(Mng. Trustee/Gen. Secretary)
- **Ms. Arshi Aziz**

Managing Committee meeting in 2025





## **Panah Shelter Home**

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