



PANAH SHELTER HOME ANNUAL REPORT 2018



INTRODUCTION



Panah is an all encompassing Shelter Home for violated women as it not only provides shelter but also facilities police reporting, legal aid, counseling, medical facilities, various trainings and education. Our mission is to improve the physical and emotional well being of the women who come to us. Residents receive various trainings – beautician, sewing, arts and crafts. They also get some basic education. We hope that the vocational trainings will enable them to become financially independent once they leave the shelter.

Our trained psychologist hold regular sessions with each resident. Our aim is to renew their confidence in a society that has been unjust to them. They are encouraged to shed off the anger, hurt and pain that they came with and leave the shelter free of any grudges and become emotionally stable. Because only then can they reach their full potential when they embark on their new adventure.

Panah has also introduced a formal rehabilitation program.

TRANSITIONAL HOME:

In 2018 Panah added a Transitional Home in a section of the existing facility. This facility is used by those residents who have been able to procure a job or wish to continue their studies/training and need time and space before they are integrated into the mainstream.

This will be another milestone for Panah.

PANAH AT A GLANCE STATISTICS

149

Women wanted Khula Out of which 27 wanted khula due to the forced marriage and 122 wanted khula due to the domestic violence at the hands of their husbands and in-laws.

61

Women wanted to exercise their right of marrying the person of their own choice.

40

Sought protection

8

Cases from previous years

7

Cases of trafficking

5

Cases of forced marriage

4

Women were rape survivors

4

Cases of Child custody

Out of 278 residents who came to the shelter in 2018, most of the cases were resolved according to the wishes of the residents who left the shelter happy and satisfied.



ACTIVITIES

Interesting and diverse activities are regularly organized for the residents and their children. Women and their children are taken to parks and recreational spots for outings often followed by special meals and treats. We also encourage and facilitate our staff to participate in seminars and conferences related to their work held by various training organizations.

A number of activities were organized for the residents and their children at Panah this year as per tradition, in house parties and festivities were arranged on the occasion of Eid, Eid Milad-un- Nabi, Mother's Day, Independence Day, Diwali, Holi, Nauroz, Christmas and New Year.

Our residents prepare for these occasions with a lot of enthusiasm. Plays with appropriate costumes, dances, songs and speeches for the day keep our residents happily engaged and perform with great confidence. They receive much applause and appreciation from our guests. Many social workers and volunteers also visited Panah and arranged interesting activities for the residents.



Annual Picnic of Residents at a Farm house 2018



Residents and Staff's participation in Aurat March 2018



Independence Day Celebration at Panah 2018

VOCATIONAL TRAINING



The Inner Wheel Club Karachi Metropolitan sponsors a beautician training program at Panah and holds a certificate distribution ceremony on the completion of these programs. This year two resident graduates of this program were given jobs at a beauty parlor sponsored by the Inner Wheel Club Karachi Metropolitan.

Residents were provided with Arts and Crafts training. They learnt block printing, embroidery, card and envelope making, jewelry other handicrafts.

Residents were also taught sewing so that they could take up dress making as a profession.

These vocational trainings are sponsored by the Inner Wheel Club Karachi Metropolitan.

The residents received Urdu literacy training using the "Jugnoo Sabaq" module. This course is conducted by trained instructors 6 days a week for 3 months. By the end of the program, the residents were able to read and write in Urdu and do basic mathematics.

Our residents were also provided fitness training and yoga sessions under the supervision of a professional instructor.

6 residents attended advance level certified cooking course conducted/organized by Soya Supreme.



VISITORS

Our credibility, transparency and services are well reflected in the comments of donors and visitors who come to see our Shelter.

Some of the comments by our visitors:

“Truly impressed with the lovely open, clean premises! Wishing you all the very best in this noble endeavor. Keep up the fantastic work!”

- **Fareezeh, Dinaz Avari.**

“Very nice and impressed, I am so glad to find a positive change in Dar-UI_Aman”

- **Zeenat Ara, Deputy Director, SWD.**

“Very Impressive and professional team with dedication changed the environment of shelter home. MY appreciations”

- **Tauha Ahmed Faruqi, Secretary Social Welfare Department, Karachi.**

“This is an amazing facility; I hope it can be replicated all over Pakistan. I saw nothing negative. Lots of positive. It’s a model which should be followed”

- **Ibtesam Hasan Qaisirani, Acid Survivors Foundation, Islamabad.**

“Eye opener. Dedicated work. Professionalism is apparent. Allah will reward you”

- **Muhammad Najib Balagamvala.**

“Emotional visit. Really got satisfaction. Everything is perfect. Look forward to work together”

- **Mohiuddin Chawala, Bosch Pharmaceuticals (Pvt.) Ltd**

“My first visit to Panah and very pleasant surprise to see how best this institution is working and managed. My special praise to the board of trustees particularly Mr. Jameel Yusuf, Caretaker Minister Information.”

- **Brig (R) Haris Nawaz, Advisor & CM on Social Welfare, Karachi.**

“It was a wonderful experience visiting Panah. The shelter has a friendly and effective environment conducive to rehabilitating more survivors of violence”

- **Fatima Khan, CM Office Punjab.**

پناہ جو کام کر رہا ہے اسکی بہت ہی زیادہ ضرورت ہے ہمارے سماج میں جہاں شنوائی بلکل نہ ہو وہاں پناہ جیسے اداروں کی ضرورت ہوتی ہے۔ میں آپ کے ادارے کے کاموں سے بہت متاثر ہوں اور امید کرتا ہوں کہ یہ کام ہمیشہ جاری رہے گا۔

- **Faisal Edhi, Edhi Foundation, Karachi.**

“It is a very good example of GBV affected women’s help. I am impressed by the work of Panah. Keep it Up!”

- **Nuzhat Shirin, Chairperson Sindh Commission on Status of Women.**

Inspiring work. Such a dedicated team doing such excellent and necessary work. GOD Bless. Keep it up and stay in touch.

- **Khurram Masood, CEO I-Care Foundation, Karachi.**

“I found the facility to be excellent. Much beyond expectation. Everything seems to be so well planned and for a purpose. It was simply a very pleasant surprise for me! I wish the Panah team success forever”

- **Asama Awan, Soya Supreme, Karachi.**

“Wonderful facility and was good to learn about all the good work Panah does. Many thanks”

- **Chris Kay, Bloomberg News**

DONORS

We wish to record our appreciation and gratitude to our benefactors and donors who continue to support and guide us in our struggle to provide every required facility and help to victims of violence and injustice. Without your help we could not have done it.

God bless and thank you.

- Ali Hussain Rajabali Ltd.
- Allied Engineering & Service (Pvt.) Ltd
- Amnesty International, Germany
- Agro Processors & Atmospheric Gases (Pvt.) Ltd
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- Arshad Razvi
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- Dr. Fazlur Rahman
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- Zainab Panjwani Memorial Hospital
- Panjwani Charitable Foundation
- Zainab Shabbir Muhammad
- Zuleikhabai V.M. Gany Ragoonwala



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Panah is a private non-profit organization that operates solely on donations and funds it receives from corporations, individuals and other NGOs.