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Panah Shelter Home

2014

**ANNUAL
REPORT**

Yearly Report of Panah Shelter Home

(January 2014 – December 2014)

Introduction

Panah Shelter Home is now in its 14th year providing free shelter and services to the survivors of violence by accommodating and rehabilitating women and their minor children.

Our aim is to provide a safe haven for battered women and their children by providing crisis intervention and a range of holistic support services. This helps them to restore their confidence, have a better image of themselves and regain their identity before they leave the Shelter. Various trainings and education help them to become financially independent and broaden their vision.

Statistics

Panah facilitated 309 women and 147 children during the year 2014. Out of these, 188 women were victims of domestic violence and seeking Khula. 68 wanted to exercise their right of marrying of their own choice, 38 sought protection, 8 were survivors of rape, 2 forced marriage, child custody and trafficking and 1 karo kari.

Activities

A number of activities were conducted at Panah during 2014 where the residents and their children participated actively and enjoyed themselves.

InnerWheel Club Karachi Metropolitan organized three certificate distribution ceremonies for residents on completion of beautician courses. On these occasions, the residents also celebrated Women's day, Mother's day and paid tribute to women.

As per tradition, Iftar parties, Eid Milan, Milad, Independence Day, Christmas/ Quaid-e-Azam day and other festivals like mango season were celebrated this year.

Dr. Shahnaz from Helpline conducted an awareness campaign on Oral Cancer, which received a very good response. Joshinder Chaggal performed a dance titled – 'She Flies with the Swallows'.

Quran Khawani was held for Isal-e-Sawab of Martyrs of Peshawar.

Trainings

- The residents receive Urdu literacy training "Jugnoo Sabaq" that consists of four workbooks, three of which focus on the phonetics based recognition of sounds and one on basic numeracy. The residents are trained by instructors 6 days a week for 3 months. By the end of the program, they are well equipped to read and write in Urdu and can do basic mathematics.
- Residents are given Arts and Crafts training to learn skills like block printing, embroidery, card and envelope making, jewelry making and other such skills that will help them to use these crafts for commercial purpose after leaving Panah.

- Sewing and cutting classes help the residents to sew their own clothes, and, if necessary, start a small business.
- Certified Beautician courses are held in Panah. This enables residents to improve their grooming, work in Parlors or from their homes.
- Women are also provided fitness training which is a good therapy and gives them relaxation.

Visitors

Some of the visitors who came to Panah in 2014 are:

- Ava Cowasjee , Cowasjee Foundation
- Maria Plant, Principal of British Overseas School
- Sadiqa Salauddin Indus Resource Centre
- Ruth Pfau, Marie Adelaide Leprosy Centre
- Syeda Shehla Raza , Deputy Speaker Sindh Assembly
- Laila Nusrat Chairperson, Bali Memorial Trust Lahore
- Sharmila Farooqui Member, Human Rights commission
- Rubina Qaim Khani, Minister, Women Development

Our visitors were very complimentary and praised the environment. They also emphasized the great need for such an Organization. Some of the remarks are:

“Well done judge. Will always be glad to help.”

-Ms. Ava Cowasjee. Cowasjee Foundation

“Thank you for taking the time to show me around your most impressive facility. You are doing such a wonderful job for so many women in need. I wish you every success for the future.”

-Ms. Maria Plant. Principal of British Overseas School

“Very well managed and very clean. It was a pleasure visiting Panah.”

-Ms. Laila Nusrat. Chairperson, Bali Memorial Trust Lahore

“We are very happy to know now where to send women in need where they will be looked after so well. Thank you for all you are doing.”

-Ms. Ruth Pfau. Marie Adelaide Leprosy Centre

“It’s a great honor for me and my members of Assembly (Sindh) to visit here in Darul Aman. I am greatly impressed by your way of work and your management. I hope you and your team will continue your mission. We are proud of you.”

-Ms. Syeda Shehla Raza. Deputy Speaker Sindh Assembly

“Pleasantly surprised to see the organized and well kept institution. A role model for other such shelter homes to follow. My compliments to Justice ® Majida Razvi, the Trustees and the Panah team.”

-Ms. Sharmila Farooqui. Member, Human Rights commission

“I am very surprised. This is very much organized and I hope Panah will continue this efforts for women of Sindh.”

-Ms. Rubina Qaim Khani. Minister, Women Development

Few Successful Cases:

Josaphine's Story

Josaphine, a young lady from Lyari came to Panah for shelter. She was caught in a gang war and raped by 5 people in order to settle scores. Until then she had been living happily with her husband and three children and was expecting her fourth child.

When she arrived at Panah she was in a terrible state, her leg was fractured and she had other wounds as well. She was immediately sent to hospital and had surgery for the fracture. On medical examination it was found that her blood count was very low. She was given blood transfusions and medicines and had regular checkups.

Our counseling, treatment and care helped to bring her out of her trauma.

She also participated in the trainings offered at Panah e.g. beautician course, arts and crafts, sewing, yoga and basic education. All this helped to regain her confidence and be ready to go back into society with confidence and better able to face life.

She now lives happily with her husband and children

Razia's Story

Razia comes from a broken home and lived with her grandmother.

Her father forced her to marry a cousin who regularly beat and abused her. He did not support her financially or in any other way. She did not get any support from her parents also.

Eventually she decided she could no longer live in this situation and went to her friend's house in Lahore who sent her to Panah.

Here she was helped to obtain a Khula. During her stay she attended all the training courses that we offer and received a Beautician Course Certificate.

Living in a non-violent environment, the counseling sessions and the training that she received made her realize her worth and believe in herself. She now has a job in a beauty parlor.

Rashida's Story

Rashida was married to a relative and right from the start her marriage was very rocky. She was beaten, abused and did not get any financial support from her husband who regularly got drunk.

Once when she refused to go back with her husband he accused her of having a relationship with his nephew. The Jirga declared her a Kari and ordered that she and her husband's nephew should be killed.

She managed to escape and came to Karachi with her children. The HRCP learnt of her plight, found and sent her to Panah.

She challenged the Jirga's decision and approached the SHC. The case is still pending.

Living in a better environment she took advantage of the facilities and attended all the training and courses that Panah offers. Her children also attended the basic education classes.

The counseling sessions with her and her family helped them to change their attitude and way of thinking and Rashida left the Shelter with her brother and sister.

Donors

It is with the continuous support from our benefactors that we are able to fulfill our mission of providing a safe and peaceful haven for distressed women and empower them to take the path of socio-economic independence.

Our special thanks and appreciation to all our friends and supporters, who have always stood by us and strengthened our mission with their continuous financial contributions each year and once again in the year 2014, We would especially like to mention Zainab Panjwani Hospital for their continuous support in providing free medical services to all our residents. Karwan-e-Hayat and Pakistan Medical Association have been a great support in our outreach programmes.

Donors list

- Adamjee Foundation
- Ali Hussein Rajabali
- Amnesty International
- Artistic Garment Industry
- British Overseas School Association
- Cowasjee Foundation
- Edhi Foundation
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- Shahnaz Chida
- Tata Textile Mills Ltd
- The Helpline Trust
- TPL Trakker Ltd
- Zahra Textile
- Zainab S. Muhammad



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Project of Panah Trust

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