



PANAH SHELTER HOME

panah

# Annual Report 2016

# Report of Panah Shelter Home (2016)

## **Introduction:**

This year Panah will be celebrating its 16<sup>th</sup> year of service. From a small beginning we have come a long way and to date have provided shelter and relief to 2647 women along with their 903 minor children.

Panah provides a one window operation for women whereas previously they had to seek legal help, medical examination, counseling and rehabilitation at separate organizations.

Our mission is basically to help violated women. To acquire financial independence it is essential to impart income generating skills to our residents and towards this end we are improving and increasing the quality, content and scope of our vocational trainings. This plays an important role in restoring their confidence and reconnecting them with society in a meaningful way.

## **2016 Statistics**

During 2016 Panah facilitated new cases of 251 women and 95 children. Out of these, 139 women were victims of domestic violence at the hands of their husbands and in-laws and wanted Khula (dissolution of marriage), 63 wanted to exercise their right of marrying the person of their own choice, 33 sought protection, 03 were survivors of rape, 04 of forced marriage, 02 cases of survivors /accused of Karo-Kari and 05 cases of trafficking. On average we accommodate 40 women and 15 children at any given time.

## **Activities**

Interesting and diverse activities are regularly organized for the residents and their children. Many social workers and volunteers visit Panah and arrange activities for the residents. Residents and their children are taken to parks and recreational spots for outings often followed by special meals and treats.

We encourage and facilitate our staff to participate in seminars and conferences related to their work held by various training organizations such as:-

Ferozsons Laboratory held an awareness program on Hepatitis B-C followed by screening.



Dr. Shifa Naeem, a renowned Psychiatrist conducted counseling sessions on problem solving with all staff members of Panah.

Ms. Sheema Kirmani, celebrated artist and social worker conducted dance therapy sessions at Panah. Ms. Farah, a Kathak dancer, conducted dance classes for the residents.

Rotary Club Cosmopolitan in collaboration with Sight Welfare Organization conducted a free eye camp for our residents.

### **Trainings and Recreational Activities:**

Workshops on Women Rights, Sexual and Reproductive Health, Theatre Trainings, Health and Hygiene and Gender Sensitization Trainings were conducted.

Eide-Miladun-Nabi, Mother's Day, Independence Day, Deewali, Culture Day, Christmas and New Year were celebrated with great fervor and enthusiasm.

Recreational activities i.e. picnics, outings, other fun activities and training courses were provided to all residents under the USAID Gender Equity Program.

### **Regular Trainings at Panah:**

- The Inner Wheel Club Karachi Metropolitan sponsors a Beautician Training Program at Panah on an ongoing basis and holds certificate distribution ceremony on the completion of each training cycle.
- Residents receive 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 are able to read and write in Urdu and do basic mathematics. Panah also runs an informal education program in which residents are taught basic English and Numeracy.
- Residents are provided with Arts and Crafts training. They learn block printing, embroidery, paper crafts, jewelry making and other handicrafts.
- Residents are taught sewing so that they would be able to take up dress making as a profession. This vocational training is sponsored by Rotary Club of Karachi Cosmopolitan.

- A program of First Aid Training has been initiated for residents recently, this is also sponsored by Rotary Club of Karachi Cosmopolitan.
- Our residents are provided fitness training and yoga sessions under the supervision of a professional instructor.

## Visitors

Our credibility, transparency and quality services are all reflected in the comments of donors and visitors who come to see our Shelter:-

“Felt so privileged to have spent time with Uzma and the women here. They are an inspiration!!”

**Kathy Gannon, Associated Press Special Regional Correspondent**

“This is a fantastic facility with a very well thought out structure and routine planning. Congratulations on achieving so much and for the support provided to women”.

**Aneeta Pasha, IHS (Interactive Health Solutions)**

“I am so happy to be at Panah Shelter Home and see that there is such a Shelter for girls and women. I also enjoyed the workshop we did with the residents – I hope that they benefitted from our session”.

**Sheema Kirmani, Theatre Artist**

“It was great to visit Panah Shelter. It is very well run and we were impressed by the management and cleanliness of the facility. Please keep up the good work and we wish Panah all the best”.

**Farah & Shahzad Qasim, I-Care Foundation – Karachi**

“This was my first opportunity to visit a women’s shelter in Pakistan. As an educationist and having been trained for Domestic Violence support/volunteer, this cause is important for me. I found Panah to be well organized for the purpose and wonderful as a residence for women traumatized by their life conditions”.

**Farida Ahmed**

“It was such a great experience to visit Panah Shelter Home. They are providing wonderful facilities to the needy women and children. In addition to shelter they are also being trained for generating income. I found the administrative staff so



efficient and organized. I wish them every success in carrying out this very important Endeavour! Thanks for allowing me to visit the shelter home!”

**Farman Ullah, ASIA Foundation - Islambad**

## **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.

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**Nadira Panjwani H.I.S.I**  
Managing Trustee



**Justice (R) Shaiq Usmani**  
Trustee



**Jameel Yusuf S.St**  
Trustee



**Dr. Unaiza Niaz**  
Trustee

## **Panah Shelter Home**

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