

Ten Commandments of Social Work

1. *A genuine love of People.*
2. *A mind which is ever open to learning.*
3. *An intense personal faith in one's work.*
4. *A desire to give and seek cooperation.*
5. *The spirit and courage which can dare experiment.*
6. *An ability to look and plan ahead.*
7. *The ability to infect others with enthusiasm.*
8. *Willingness to revise ideas and plans, where necessary, to cut off dead branches and graft new shoots.*
9. *The ability to reduce work and situation to simple terms of action, of speech, of approach.*
10. *Tenacity of purpose.*

Begum Ra'ana Liaquat Ali Khan

Founder Life President

All Pakistan Women's Association

Report Edited by:

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APWA – A SHORT HISTORY

The All Pakistan Women's Association is one of the oldest and most respected women's organizations in the country. Conceived in 1949, to work initially with the refugees who came to Pakistan, at the time of partition between India and Pakistan, it has now made a strong base for itself in the areas of Primary Health Care, Primary/Secondary Schools in rural areas for the girl child, Family Planning, Safe Motherhood and Reproductive Health, and Education. Other areas of work include Health Awareness for the community in combination with Adult Literacy, Nutrition Classes for mothers (besides providing maternal health care to pregnant women, it also helps to ensure their continued well being by providing them milk on a regular basis), Gender sensitization to promote Gender Equality and male involvement in family planning and adolescent reproductive health.

In addition APWA has established the very first national call centre, in collaboration with a retired judge of the Supreme Court of Pakistan. Additionally in collaboration with Sindh Institute of Urology and Transplantation (SIUT), we have setup free dialysis centre in a densely populated, disadvantaged area of Karachi.

APWA's approach has been through integrated programmes and its efforts are multi and inter dimensional. E.g. the family planning programme also incorporates health aspects, working through UNESCO sponsored literacy programme, APWA took the message of maternal and child health, better nutrition for the family and the need for immunization to the grass roots of the population. By collaborating with national and internal NGOs as well as donors, APWA started projects to help improve the quality of life for women and children.

APWA now has more than sixty-two years of experience of working with the underprivileged in urban slums and the rural areas, applying a multicultural community based approach.

APWA has consultative status with the Government of Pakistan and UNESCO (Category Group B) and affiliation with other International Agencies; the International Council of Women, Associated Country Women of the World, International Alliance of Women and the General Federation of Women's Club. APWA has branches in every province of Pakistan and a liaison office in Islamabad which specifically liaises with the Government of Pakistan, the UN and donor agencies.

We also have over 76 establishments all over Pakistan with beneficiaries that run into thousands.

STRUCTURE

- General membership throughout Pakistan
- Governing body
- Executive body
- National secretariat
- National president
- Vice presidents
- Provincial chairpersons
- Secretary generals
- Joint secretary generals
- Treasurers
- Chairpersons

PROVINCIAL BRANCHES

- Sindh
- Punjab
- NWFP
- Balochistan
- Islamabad (Liaison Office)

DISTRICT BRANCHES IN ALL FOUR PROVINCES

- APWA Liaison Office, Islamabad

- Punjab
- Sindh
- Balochistan
- NWFP

AFFILIATES IN PAKISTAN

- Gul-E-Ra'ana Nusrat Industrial Centre
- Gul-E-Ra'ana Nusrat Community Centre
- Ra'ana Liaquat Craftsmen Colony
- APWA Cottage Industry Shop
- Women's International Club

APWA OVERSEAS BRANCHES

APWA UNITED KINGDOM

- London
- Birmingham
- Manchester

APWA NORTH AMERICA

- Washington
- New York
- Houston
- Dallas

APWA CANADA

- Toronto

INTERNATIONAL AFFILIATES

ICW: International Council of Women

ACWW: Associated Country Women of the World
IAW: International Alliance of Women
GFWC: General Federation of Women's Club, US.
PPSEAWA: Pan Pacific and South East Asia Women's Association
NCW: National Council of Women
Ms. Fardia Ali – APWA Representative to UN

ALL PAKISTAN WOMEN'S ASSOCIATION NATIONAL EXECUTIVE COMMITTEE

PATRON

Begum Tazeen Faridi (S.K) APWA National
Dr. Nafis Sadik North America

PRESIDENT

Laila Haroon Sarfaraz

ADVISORS

Begum Salima Ahmad
Begum Meher Afroze Habib
Begum Masuda Ahmed

SENIOR VICE PRESIDENT

Dr. Sabiha Syed

EXECUTIVE VICE PRESIDENT

Begum Meher Kermani

VICE PRESIDENTS

Mrs. Yasmin Dastur Human Resources & Admin
Ms. Fareeda Khan Projects and Programmes
Ms. Farzana Rehman Information/Research

Begum Jahan Ara Hai
Ms. Charmaine Hidayatullah

Education Section
UN Affairs Section/International Section

PATRON FRIENDS OF APWA
Begum Mehroo Rashid Habib

CONSULTANTS
Begum Najma Swaleh Syed
Ms. Faryal Jooma

SECRETARY GENERAL
Mrs. Zab Patel

JOINT SECRETARY GENERAL
Mrs. Shireen Zaheer

CHAIRPERSON
Ms. Mumtaz Reza

Human Resources & Admin

**CHAIRPERSONS OF ALL PAKISTAN WOMEN'S ASSOCIATION
PROVINCIAL BRANCHES**

Begum Sajida Soomro
Coordinator APWA Sindh Branch

Begum Almas Zafar
Chairperson APWA Sindh Branch

Begum Hijab Khoso
Chairperson APWA Sukkur & Khairpur

Begum Khalil Ramdey

Chairperson APWA Punjab Branch

*Begum Nighat Bilour
Chairperson APWA NWFP Branch*

*Begum Shahina Aftab
Chairperson APWA Balochistan Branch*

MEMBERS OF APWA OVERSEAS BRANCHES

*Mrs. Bashan Rafique
Chairperson APWA UK Branch*

*Mrs. Arnaz Marker
Chairperson APWA North America Branch
Ms. Shazia Rafi
Vice President*

*Ms. Ayesha Baig Mohammad
APWA Washington Chapter*

*Ms. Abida Haque
APWA Houston Chapter*

*Ms. Fouzia Hasan
APWA Dallas Chapter*

*Mrs. Talat Moinuddin
Chairperson APWA Canada Branch*

ALL PAKISTAN WOMEN'S ASSOCIATION NATIONAL AFFILIATES

Begum Suliman

Chairperson, Gul-E-Ra'ana Community Centre

Begum Zeenat Chinoy

Chairperson, APWA Cottage Industries Shop (Karachi)

Begum Mehroo Rashid Habib

Chairperson, Gul-E-Ra'ana Industrial Centre

Mrs. Hawa Abdullah

Chairperson, Women's International Club of Karachi

Mrs. Farhaneh Khaleeli

Chairperson Ra'ana Craftsmen Colony

APWA ANNUAL REPORT

APWA is grateful to Nestle, Hamdard, Rotary, Dr. Virjee, Peekfreans and Blue Cross for giving continuous aid in the form of medicines, equipment and supplementary rations, as well as free medical investigations by Blue Cross.

The APWA National Executive Committee and Administration/Finance Committees meet every month, as running of an organization as spread out and vast as APWA, needs organized planned activity and financing.

A Yearly meeting of all APWA Executive in which programmes, future strategies of all branches, allocation for governing body/triennial meetings and national interest – programmes are discussed – recommendations suggested and past programmes evaluated. All financial statements of national and provisional branches are duly audited and circulated.

Funds are received from the following sources:

- *Fund-raising campaigns*
- *Members' donations*
- *Donations from private sector companies*
- *Grant-in-aid from government and foreign donations*

APWA welcomes:

- *Volunteers to work with committees*
- *Tax-exempted donations in cash and kind (machines, books, medicines and furniture etc.)*
- *Patronage of its work and services*
- *Visits, queries and suggestions in writing*

FUTURE PLAN

a) Education

- *Increase educational facilities of Pakistani children specially the “Girl Child”*
- *Better Life skills*
- *Training of Teachers*

b) Health

- *Improve existing service delivery system*
- *A programme on optional birth spacing*
- *Upgrade existing projects*
- *To acquire a Mobile Unit to provide service to areas where facilities do not exist*
- *To run medical camps on regular basis in low income/deprived urban/rural areas*

c) Income Generation and Poverty Eradication

- *Micro credit and enterprise development*

LEGAL AID CALL CENTRE WITH JUSTICE (Rtd.) NASIR ASLAM ZAHID

The target of the centre is the large majority of the masses who either are not fully aware of their rights or are less privileged to obtain such services through other legal channels.

The APWA Legal Aid Call Centre (ALACC) accommodates 12 young advocates, both male and female, who have been trained in responding to queries and using the call centre software, and receive calls and provide required services in Urdu, Sindhi and English.

APWA'S MULTIFACETED ACTIVITIES

- *Pre and Primary education*
- *Secondary education*
- *Skill development and vocational training*
- *Craft centres*
- *M.C.H. and Reproductive Health Centres*
- *Training for community mobilization*
- *Legal aid and inmate support programme in jails*
- *Maternity homes*
- *Life skills based education programme*

The following are our achievements in year 2007:-

- *New buildings for schools have been constructed in Orangi and Yousuf Goth.*
- *We are now in the process of setting up a dialysis centre in collaboration with S.I.U.T in Bara Maidan. This service will be offered to the community free of charge.*
- *Land registry of all APWA properties is also being regularized.*
- *Nursery class has been added to the existing Ayesha Siddiq School, Gujjarnala.*
- *APWA's website has been redesigned and updated.*
- *Legal Aid Call Centre is up and running.*

- *A New Initiatives Department has been introduced at APWA National, Karachi.*
- *Due to the able-leadership of our President Laila Haroon Sarfaraz APWA NHQ is currently running all its projects independently, without assistance from outside agencies*

REPORTS

PUBLICITY AND PUBLIC RELATIONS

The Information Research and Public Affairs Section has been actively involved in the overall publicity, promotion and projection of APWA activities at various forums. Invitations were extended to APWA from various media agencies. APWA officials also attended and represented APWA on National and International Forums / Conferences.

Press releases regarding APWA activities were printed in leading daily papers. The statements on women issues were extensively covered. Series of seminars and workshops were conducted. All this helped APWA convey its position on important issues relevant to women in the country.

CELEBRATION OF WOMEN'S DAY

Women's day was celebrated on 8th March with great fervor this year. The day started by laying a wreath at the mausoleum of Begum Ra'ana Liaquat Ali Khan, wife of the first Prime Minister of Pakistan and founder of APWA. The wreath laying ceremony was covered by the electronic and print media.

DEATH ANNIVERSARY OF BEGUM RA'ANA LIAQUAT ALI KHAN

Death anniversary of Begum Ra'ana Liaquat Ali Khan, founder President of APWA was observed with due solemnity and officials of the organization visited her mausoleum to lay wreath on behalf of the organization. This event was duly covered by the national print and electronic media.

KARACHI SPRING FESTIVAL

APWA in collaboration with the Ladies Forum celebrated Spring Festival at Hawkesbay. For the last nine years this unique event titled Spring Festival by the Sea is being held annually and is attended by a cross section of the people including film and TV artists, opinion makers, diplomats and top government officials as well as well known business leaders of the country.

ACHIEVEMENTS

- APWA in collaboration with Justice [Retd] Nasir Aslam Zahid, have opened a facility known as APWA Legal Aid Call Center .This facility has trained personnel and universal access numbers for the convenience of those seeking legal recourse with our help. . APWA provided the space for the center which will operate as a community service to provide free legal advice to the people.
- Awareness programs in schools regarding women's rights in collaboration with Women's Center were also organized so that young girls can be informed of their rights at an early age.
- Renovation work was carried out at the Jail Industrial Home, also during the occasion of Eid milk, biscuits and Eidi were distributed among the women and children.
- Fund raisers were held which included programs by Munni Begum and Sheema Kirmani.
- Documentary film "Aurat aik phool hey" was aired on Indus TV by the courtesy of Hassan Soomro.

Letters of appreciation were sent to Women achievers and people from other walks of life.

PROPOSED AGENDA FOR NEXT YEAR

1. Health and Education.
2. Micro Credit Entrepreneur Development.
3. Safe Motherhood and Education Program for the Girl child.
4. Calendar printing to introduce and propagate the services of APWA.

CONCLUSION

The Public Relations and Publication Committee is proud of the efforts made in the period under review which gave adequate publicity to APWA activities and kept the public well informed. We

have excellent relations with the media which is reflected in our media coverage achieved with a shoe string budget. We hope to do even better next year and would like to place on record our deep thanks and appreciation to Mrs. Laila Haroon Sarfaraz, Mrs. Yasmin Dastur and Mrs. Zeb Patel for their support and cooperation with the Public Relations Committee which made it possible for us to achieve these results.

EDUCATION REPORT

Empowerment of women by and through education has been the prime concern of APWA. The education section at the NHQ has focused on providing education both at the primary as well as higher education by instituting various schemes whereby monetary assistance is given to needy, deserving and intelligent girl students. One such scheme is APWA Education Forum which has provided many scholarships during 2007-2008. All applications are minutely scrutinized to ensure complete transparency. Since all new school projects are not being looked after by the projects department the Vice President Education is now concentrating on networking with NGOs working in diverse fields of women's concerns. We also consider applications for scholarships forwarded by other sister NGOs. The Vice President Education attended various seminars, workshops, conferences and meetings by various organizations both government and nongovernmental.

The Vice President Education received the volunteer of the year award from Liyari Community Development Project, Karachi. She also participated in shows, aired by various television channels on International Women's day, the death anniversary of Begum Liaquat Ali Khan and Independence Day etc. She also spoke in a forum on strategies for the "**Elimination of Violence Against Women in Pakistan**" organized by PAKISTAN WOMEN'S FOUNDATION FOR PEACE, APWA, PAWLA, AURAT FOUNDATION and several other prominent NGOs.

Interaction is awareness and awareness is education. Networking broadens our mental horizon and helps us take the message of progress and growth to those women of Pakistan who may be deprived of the modern day opportunities but are always ready to assimilate and improve their skills and passion to go ahead.

APWA NATIONAL COMMUNITY DEVELOPMENT PROJECTS

NORTH NAZIMABAD, DISTRICT CENTRAL APWA MOTHER & CHILD CARE CENTRE & MATERNITY HOME

This maternity home, donated by Mrs. Tahira Ansari and renovated by APWA UK branch, is situated in Peoples Colony, North Nazimabad. A four bed maternity home provides the following services:

- *Antenatal and postnatal care*
- *Safe deliveries*
- *Immunization*
- *Treatment of gynecological problems*
- *Management of infertility and STDs and RTIs*
- *Minor ailments of mother and child*

It also has a small laboratory (where basic tests are done) and an ultrasound facility.

ORANGI CENTRE: DISTRICT WEST

Mother and Child Health Care:

- OPD
- Skill development for young women
- Immunization
- Nursery and primary school

The building has been renovated and new classes are under construction. The school has been registered with the Board of Education and the future plan is to bring it up to Secondary school level.

A cooler has been installed to provide cold drinking water in summer when temperatures can exceed 35 degrees centigrade.

SADIQABAD CENTRE

- 1- Health Services
 - a. Mother and Child Clinic (MCH)
 - b. OPD services
 - c. Immunization
 - d. Cutting, Sewing and Embroidery Classes.

2- School

The school has now been registered with the Board of Education and we hope to gradually extend it up to Matriculation. Since there are not enough classrooms, a plan for a second shift for the secondary classes is underway.

KORANGI CENTRE

Services Provided

- Mother and Child healthcare
- O.P.D services
- Immunization
- Ante-natal care

- Nursery school
- Skill development for young women

MALIR CENTRE

Services Provided

- Mother and Child health care
- O.P.D services
- Day care

YOUSEF GOTH

APWA Ra'ana School Yousuf Goth

The first Installment of a donation was received from the Dallas chapter of North America in March 2009. This amount was provided for the setting up of the school in Yousuf Goth. The school is a double storey structure which has been constructed by an anonymous donor on the ruins of an unused government school building.

The hiring of the staff created difficulties as the terrain, environment and the remuneration are not conducive to young unaccompanied girls from the city to come and work here. The local community is low income and are not adequately qualified. Therefore, with the minimum of staff, we started classes admitting only girls. This was done to encourage parents especially mothers to educate the females in the family. With the generous donation from the Dallas Chapter we have ordered uniforms for the girls. A room in the school has been set aside as a playroom with toys collected through friends and colleagues and with walls painted with cartoons.

As there is a great demand by parents to start classes for boys, it has been decided to hold afternoon session.

The lack of qualified staff is the real problem. We have been in the process of arranging trainings to upgrade their abilities. A 20 day training programme was conducted in July 2009 with a local organization.

Yosuf Goth Clinic

In December 2008 a group of ladies residing in the USA decided to join together to form a committee with the aim of helping the underprivileged and deserving women in Pakistan. The Executive Vice President of APWA, on a private visit to Dallas and Houston, had made them aware of the plight of women and children living in outreach areas of Karachi where no basic amenities are available. No Hospitals, schools or even professionally trained staff was within reach.

This group of ladies realizing the seriousness of the situation arranged a fundraiser and was able to collect a sizeable amount of funds, which they forwarded to National Headquarters Karachi. APWA National in Karachi, recognizing their commitment, instructed the American Branch to assist this group, and officially formed the APWA North America Dallas Chapter.

The clinic at Yosuf Goth is funded by IMANA (Islamic Medical Association of North America) Dallas. It has been instrumental in alleviating the pain and miseries of the poor patients who have to trudge miles for treatment to a proper clinic.

Yosuf Goth on the out skirts of Karachi used to be a small sleepy village devoid of amenities. Now it has been turned into a teeming, unmanageable slum. Unfortunately the setting up of a bus terminal has completely destroyed wherever roads had existed previously. Now there are only broken down tracks and big potholes.

While we look for an appropriate place, we are using three spare rooms in the school building. We have succeeded in appointing a doctor who fits into the local environment. She is a Balochi, speaks the language and has an affinity with the locals. She is also a Sinologist which is an asset. A Lady Health Visitor (LHV), a male motivator, a night watchman and an ayah complete the team.

APWA JAIL PROJECT – KARACHI

The APWA Jail Project was started in 1993 with the sole aim of providing help to those who have been cut off from their dear ones. For this purpose we have started an industrial home and legal aid service centre.

INDUSTRIAL TRAINING CENTRE

The industrial home has 25 sewing machines. The instructor visits the centre five days a week, the course is spread over six months and APWA also provides course completion certificate to successful inmates. Up till now 400 inmates have been trained by APWA.

APWA AYESHA SIDDIQA SCHOOL – GUJARNALLA

APWA's Ayesha Siddiqa Girls Schools was established 25 years ago, classes start from Montessori to tenth class. A total of 250 students attend the school. It is registered with the Board of Education. The English medium of education has been introduced from class I to class III. As these children progress each year the English medium of education will be applied. The school has a well equipped science laboratory. The silver jubilee of the school was celebrated in October 2009. Many programs were organized for the students and prizes were distributed. The students had also prepared a cultural show for the entertainment of the guests.

New Montessori and Pre-Primary School at Gujarnala, Liaqatabad

At the commencement of the new session, a new class of Pre-Primary English Medium was established at APWA Ayesha Siddiqa School in line with the view that parents now days give first preference to English Medium schools. This section consists of four classes including Montessori, Nursery, KG-I and KG-II. This section is running under the supervision of a trained Montessori director. Despite the fact that this section is in its early stages, we have received a good response from the community who appreciate the efforts made by APWA in providing a good education to their children. After the summer vacation the number of children increased and now there are 45 children enrolled. Milk and biscuits, which are donated by two multinational companies, are provided to the children at lunch to improve nutrition.

On the 10th September 2009, advisor to the President APWA Begum Badat visited APWA Ayesha Siddiqa School along with the Coordinator Sindh. Begum Badat has donated 2 swings for the school children. She awarded prizes to those students who had achieved the top three positions in their exam of the primary and secondary sections and the new pre-primary classes.

APWA MEHRA CYRUS MANIWALA MATERNITY HOME – GOLIMAR, GULBAHAR

This centre is located in the central district of Karachi, and provides medical facilities to the underprivileged women and children of Golimar, Lalukhet and adjoining areas. It gives 24 hours service and deliveries are conducted here. A sinologist attends the clinic four times a week and a vaccinator twice a week. A qualified lady doctor is appointed to run the clinic, maternity home and dispensary, along with

three nurses and two attendants. The centre provides primary healthcare to the community and a referral service has been set up for complicated cases with a local hospital.

APWA P.I.B COLONY CENTRE

This centre is situated behind the old Sabzi Mandi. The building was renovated and opened as a Health Clinic which will ultimately be a maternity home. The funds were donated by APWA UK.

ALL PAKISTAN WOMEN'S ASSOCIATION PROVINCIAL BRANCHES

SINDH

APWA Sindh Provincial (HQ) is running under the administrative control of its executive committee comprising of members of APWA.

APWA HYDERABAD

In Hyderabad a high school is running with 300 students. This year the school achieved a 100% result in the Matriculation exam. The school is running on land that belong to APWA. The branch is also running a marriage garden to cover its expenses.

Activities

In August the Chairperson ad Mrs. Nasreen Mir attended a workshop on Micro Credit and Micro Finance in Delhi, India.

In the month of Ramadan, Zakat was distributed among the needy students of the APWA School.

In December a HIV/AIDS Candle Light Memorial Day was also observed. Other activities were carried out according to the work plan.

DISTRICT BRANCHES

District branches of Nawabshah, Mir Pur Khas and Sanghar were visited and a written report was submitted to APWA National by the administrator Mrs. Shamim Akbar.

Nawabshah Branch

This branch was almost ineffectual. On 17th January 2009, the Vice President APWA Liaison Office, Islamabad, visited Nawabshah to survey the properties held in Nawabshah. On her recommendation the Vice President, Projects and Co-coordinator, Sindh from APWA National along with the Chairperson and Administrator from the Sindh Branch visited APWA Nawabshah on 15th April 2009 to gather information regarding Properties and the newly elected Executive committee. The visit was fruitful as we were able to reactivate the branch. Now by the grace of Almighty Allah the branch is working according to the constitution.

APWA Nawabshah branch has a middle school (up to class eight) and a marriage hall as its source of income.

Mirpukhas Branch

This branch was also visited by the same team on 16th April 2009. This branch holds a property which is rented out to EFU as well as a middle school (up to class eight). The school and the rented property are both held in the name of APWA. This branch is financially strong.

Sanghar

This branch is also running a middle school on a rented property, which is in a very poor condition. Therefore the principal has been instructed to shut down the school.

APWA SUKKUR & KHAIRPUR

One day workshop was organized at Khairpur with the collaboration of international donor agencies on HIV/AIDS amongst local NGOs and CBOs. More than 35 participants attended the workshop.

APWA education system has become one of the leading institutions in Sukkur city. APWA chain of schools has more than one thousand students enrolled in four branches. In year 2008-2009 girl students of class Matriculation has secured 98% with A & B grade from Sukkur board. To improve the knowledge and

skills of teachers APWA arrange different training and skill development workshops in Sukkur time to time.

Women Economic Empowerment

APWA Khairpur is working on productivity concept and practical activity. Through technical and economic support to the home based women workers of rural area of Kot Diji Khairpur, to enhance women empowerment.

The First Women Bank and State Bank of Pakistan have been requested to support APWA through their scheme of Micro-Financing.

PUNJAB

Adult and Primary Education

APWA Punjab is running sixty-eight multipurpose centers in rural and semi-urban areas of Lahore. Women from the ages of twelve to forty years' are the beneficiaries. These centers are run with the help of local committees.

The students are taught to read and write, income generation skills, health, health awareness programmes (HIV/AIDS), legal awareness, mother and child care and lectures on women's rights and responsibilities. Two APWA community health workers attended a HIV/AIDS awareness programme carried out by UNAIDS.

The six Primary Schools in rural and semi-urban areas of Lahore are located in the most deprived areas. The students in these schools are charged a nominal fee. Each school has eighty to hundred students on its register. Teachers are employed from the local areas. Regular monitoring by APWA members and paid staff is carried out. Over 2000 women and girls are the beneficiaries.

ACWW/APWA Project

This project was started on 1st January 2009 to run for a year.

Its purpose is to equip five rural primary schools through training and refresher courses for twenty-five teachers of these schools. These schools are in the most deprived areas. The schools were furnished from the first installment. Hand pumps for water were installed in five centers.

- Teachers' training for twenty-five teachers was conducted in APWA Headquarters. IEC material was developed and distributed. After the training all the teachers were given certificates. As soon as the next installment is released the project will be completed. Regular monitoring and supervision is done by an APWA team.*
- APWA Daycare Centre has been actively working since the establishment of APWA, Punjab. Mothers working on different projects on and around APWA premises benefit from this centre. The number of children vary from time to time. About 600 families are the beneficiaries.*
- APWA Youth League is a very important section of the association. It trains young members in APWA's social welfare activities.*
- APWA Family Welfare Centers Punjab opened in 1985 by NGOCC and despite financial shortage, APWA Punjab is funding all the centers.*

Family Welfare Centers are 10 in number and are located in rural areas around Lahore. The following activities are carried on in each centre:

- 10 LHV's attended a 2 day service provider training workshop in APWA Headquarters in June 2009. This workshop gave training to the participants in family planning, mother-care, child-care and record keeping.*
- In Sialkot Centre free medical camp was set by a local hospital. It was attended by 150 women.*
- Free medical camp was inaugurated by the CEO NATPOW in Gajjomatta. Altogether 700 women of the village attended the camp.*
- Green Star community meetings were held in Mansoor, Sialkot. Health talks are given monthly in all centers attended by 300-400 women. Patients receive vaccinations at low cost and free medicines are also provided.*
- Three APWA hostels built on the APWA Headquarters premises are being run very successfully. Located in the heart of the city of Lahore it is very convenient for the residents to commute to their offices or places of work. Moreover it is a secure place for young ladies to stay. Charges are reasonable. Special emphasis is given to hygiene. At present seventy ladies are residing in Begum Masooda Hamid Shah Hostel and fifty-six in Gul-e-Ra'ana Hostel I & II.*

- APWA Industrial Home and School has undergone a few changes this year. Besides having started as a beauty parlor on popular demand for ladies, gym and yoga class was also introduced. The handicraft section has developed into an exclusive embroidery section.
- This is the tenth anniversary of the APWA Zeenat Fida Hassan Merit Scholarship. All applications are scrutinized by a selection committee prior to awarding the scholarship.
- APWA Zeenat Hassan Auditorium is used for APWA functions as well as rented out to generate income for maintenance.
- APWA Social Welfare and Zakat is utilized for social welfare and distribution of Zakat fund to those in need. Preference is given to education expenses, funds for marriages and for medicines. Sewing machines were distributed among women that they may earn their livelihood. A large donation was given for Swat IDPs.

District Branches

Twelve district branches are working in both urban and rural areas of Punjab under guidance and monitoring of APWA Headquarters Punjab. These branches have the same objectives of providing education, health facilities and promoting awareness of their rights to women of their areas.

APWA Jhelum Branch

This branch was founded in 1949. Since then it has been actively working for the uplift and progress of women. APWA is open to women of any age, class and religion. Main objective is to enable women to earn so that they may raise the standard of their life.

- APWA Industrial Training runs many training courses extending over a year with diplomas on completion. Short courses on different skills like cutting, sewing, needlework, painting, woodwork, glass flowers, pinwork etc., and an average of 55 women benefit monthly from this facility.
- APWA Family Planning Welfare Centre started family welfare in 2005. About 50 patients were daily beneficiaries. Free medicine was also given to them. But due to the cession of the grant by NATPOW, this project has suffered.
- APWA Paralegal Aid Centre provides legal advice and redress to aggrieved women.

APWA hold periodical exhibitions and earns profit for ongoing projects. Other sources of income are donations collected through personal efforts.

APWA Rahim Yar Khan Branch

APWA Industrial Home established in 1965 is the main project of this branch. It has been training girls and women in different handicrafts since its inception. Above five hundred families are its beneficiaries annually. This branch is faced with financial constraints. We are exploring different avenues for income generating projects.

- A ten day refresher course was arranged for the teachers of Sanatzar to impart know-how of latest crafts and techniques.

APWA Sargodha Branch

APWA Sargodha branch is actively doing work in education and health sector. A proper office has been constructed on a piece of land in APWA Girls High School and College. This building comprises of an office for the chairperson along with an administrative block. This has helped the branch to perform its functions more smoothly and efficiently.

During the year under review Sargodha Branch has worked on different projects assigned to it by APWA Islamabad.

- A training camp to impart civil defense training to students was arranged in January 2009. At present Sargodha Branch is conducting programmes to impart awareness about HIV/AIDS. A training programme was organized on 24th March 2008 to give training to IDUs wives in income generating skills. 56 women attended this training.
- APWA Sargodha branch established a primary school and an industrial school in 1957. Its activities have multiplied since then. About 170 people are beneficiaries of this project.
- APWA Girls High School and College started as a primary school has been raised to the level of intermediate and it's affiliated to the Education Board. It is equipped with computer lab, science lab and a library. Students are trained in extracurricular activities as well. 720 persons are its beneficiaries.
- APWA Girls High School in Iqbal Colony established in 1995 in cooperation with Education Foundation as a primary school has been upgraded to higher secondary level giving excellent results. 480 persons are its beneficiaries.

APWA Sialkot Branch

The focus of this branch is on healthcare, education and training in income generating skills for the betterment of women.

The details of the projects run by the Sialkot branch are as follows:

- *APWA Primary School was established in 2000 and is registered with the Education Department. About 100 students are enrolled. It is being upgraded, 6th class was started in April 2008.*
- *APWA Industrial Home is housed in the premises of APWA Sialkot branch. Students get training in industrial crafts and are awarded diplomas on completion of courses.*

N.W.F.P

History

The North West Frontier Province is the only province which voted to join Pakistan through an election held on the basis of adult franchise. The female population actively participated in the election as well as in the volunteer services for refugees, National Guard training, and in providing generous aid for emergency relief in natural calamities, wars etc.

In 1968 APWA-NWFP was registered as an independent NGO under social welfare act of 1961 and since then the APWA-NWFP is working in NWFP as well as in adjoining tribal areas.

Introduction of Current Executive Committee APWA-NWFP

On 20th December 2008, Begum Laila Haroon Sarfaraz, President APWA paid a visit to one of the APWA projects, Dar Al Atfaal, an orphanage in Peshawar. She was accompanied by the Vice President, Sabiha Syiad and General Secretary Yasmeen Dastoor. This three member committee nominated Nighat Bashir Bilour as Chairperson of APWA-NWFP, to reshape and streamline APWA-NWFP and introduce young, energetic and educated ladies to the association.

In pursuance of the constitution, on 29th December 2008, with the approval of Mrs. Laila Haroon Sarfaraz and APWA National Head Quarters, an Executive Committee was constituted of nine members. This executive committee took over the charge on 5th January 2009. The current office is at the Dar al Atfaal (orphanage), G.T. Road, Peshawar until it gets another venue for the office.

Executive Committee

<i>Nighat Bashir Bilour</i>	<i>Chairperson</i>
<i>Naushaba Noor</i>	<i>Vice Chairperson</i>
<i>Roohi Zahir Shah</i>	<i>General Secretary</i>
<i>Farida Javaid</i>	<i>Finance Secretary</i>
<i>Farhana Sajid</i>	<i>Secretary Industrial Unit</i>
<i>Ghazala Adil</i>	<i>Joint Secretary</i>
<i>Farhat Jamshaid</i>	<i>Education Secretary</i>
<i>Roohi Hayat</i>	<i>Health Secretary</i>
<i>Hasina Bano</i>	<i>Press Secretary & Legal Advisor</i>

Progress Report

Work has been done so far in the following areas:

- *Crisis management of Internally Displaced People (IDPs)*
- *Dar al Atfaal (orphanage)*
- *Women poverty alleviation and skill development projects*
- *Future projects and plans*

In May 2009, there was a military action against terrorists in Swat. Government moved 2.5 million people from the surrounding areas of the city of Peshawar, in an emergency situation. The camps were set and also local government schools were turned into temporary shelter homes. The crisis was great and APWA-NWFP played a vital role to help them by providing relief of various kinds.

Funds were donated from APWA branches to aid IDP's. The committee immediately paid a visit to the local camps and made a survey of their immediate needs to enable them to provide support to these displaced people. The Committee arranged for the purchase of items of basic necessities such as bedding, clothes, shoes, medicines, clean water supply, 1200 water coolers, charpais (beds), floor mats (chitais), hand fans, Jaa Namaz (Prayer mats), buckets, cooking stoves, cooking pots and pans, basic crockery in large quantities.

The basic needs and food rations were also provided to at least 450 families as well as twelve large tankers of cold water as the weather became extremely hot by June. Medical help was provided to them through special medical camps and through liaison with local hospitals free of cost.

Due to the motivation by APWA staff, the displaced children were also provided with basic education through the local school staff along with Stationary and other basic requirements. Religious education is also given to the children through Qari Sahib and by another welfare organizations volunteers.

On their departure back to Swat in July, Rs. 5,000/- was given to each of the two hundred families, so that they may be able to purchase basic necessities when they reach home.

Dar al Atfaal (Orphanage)

Background

The orphanage was built by the founder late Mr. Gul Mohammad Khan of Peshawar, father of the present Chairperson Nighat Bashir Bilour in 1957. In 1973, he handed it over to the Municipal Committee who handed it over to APWA and since then APWA has run it. Currently it is housing about fifty children with tragic stories and scarred souls. They are given care such as health, hygiene, cleanliness and their educational needs are taken care of by a team of twelve employees. They are supervised daily by the Executive Committee who are volunteers.

- Education is provided by philanthropists who sponsored some children for Private School for contemporary learning. Soon more are expected to be sponsored as marked improvement is observed in these children's behavior and confidence. Adopting a child, changing a life is a big opportunity for donors to join in. The Executive Committee also encourages donations in cash and kind. A computer lab has also been set up. In house school supports evening classes and trained teachers help them to improve their knowledge and. Islamic and Quranic education is also provided daily.
- Health and hygiene is given great importance. A Medical camp is arranged in the orphanage, where Medical officers with the support of a Provincial Minister, visits twice a week to perform general checkup within the premises. In case of any severe illness, children are sent to the clinics/hospitals accompanied by staff members.
- Free deliveries were performed and basic care and support to the mothers and new born infants has been provided by the committee.
- For our project of poverty alleviation and skill development was a vocational centre was opened. The projects already implemented successfully have been a source of earning for poor women.

Homemade condiments were made by poor women and sold in a local hotel, courtesy of International Women's Club in their Spring Festival. The funds generated were distributed among the workers. "Thread and Needle", the new stitching centre has produced many kinds of embroidered work which were sold by a local boutique during Ramadan. The earning was distributed among the female workers.

Future projects involve a 150 yards plot in Hyatabad, Peshawar, which was reclaimed in 2009. To pay tribute to Begum Zari Sarfaraz, former Chairperson NWFP, her family are having a three storied Welfare Tower built on this land to house APWA projects.

BALUCHISTAN

Upgrading the APWA Girls School at Satellite Town to Intermediate College

Through careful study of the changing demographics of the locality and the respective needs analysis, it was observed that there is an opportunity to upgrade the school to intermediate level. Such a move would not only improve the standard of the school but also its image. All the legal requirements of registering the college with the education department, Government of Baluchistan, have been fulfilled.

Successful interviews were conducted and candidates have been shortlisted for various faculty positions.

The college plans to commence its classes with the start of new academic year of 2009.

The APWA girls' high school satellite town has achieved a record with a posting of 95% pass result by the students of Matriculation exams.

The English Coaching Centre for girls has been successfully established in the school premises in evening sessions. This project has been a great success.

APWA Schools at Killi Kotwal and Killi Mengal

The two other schools at Killi Kotwal and Killi Mengal are running smoothly with a nominal increase of the student body.

With regard to future plans the Chairperson met the Chairperson of NWFP in Peshawar. They discussed various projects that they are conducting in their respective provinces and shared views on improving their scope.

The school van project and the canteen project were also successfully launched in the Satellite Town Girls School. Both of these projects have been successful. The success of these initiatives paved the way for the planning and construction of new a canteen in the school premises.

Adara-i-Bahbud-e-Khawateen Industrial Home has approximately 100 women artisans working within its network producing various items. In June 2009 an exhibition of their work was held at a local hotel. Various products were displayed at the exhibition depicting the scope of activities carried by the industrial home.

Teacher's Training Program

Three teachers of APWA School underwent the The Teachers Training Program diploma course. These three teachers will further impart training to other teachers of APWA schools. This is part of the drive undertaken at the regional level to improve the standard of the APWA schools and to boost their image.

Aid for the Displaced People of Swat

APWA initiated a drive to raise funds and other necessary items for the people from the war inflicted areas of Swat. Items of basic necessity were purchased and forwarded to the IDPs.

Idara-e-Tarriqui-e-Niswa has been moved to the APWA Girls High School in Satellite Town and the building has been rented out to generate additional funds.

Series of lectures on health subjects were given to students of the three APWA schools. These lectures focused on creating awareness among the students on issues related to basic health. Polio drops were also given to the children (of up to five years) from the schools along with those living in the neighborhood of these schools.

On request of APWA head office a detailed report was prepared on the current scenario of HIV in Balochistan. The report, which included all the up-to-date statistics, was prepared through detailed study of the disease and its impact on the province.

NATIONAL AFFILIATES

GUL-E-RA'ANA NUSRAT COMMUNITY CENTRE CLUB – BAHADUR YAR JANG ROAD, KARACHI

In the past year our activities have covered various areas. These have included get togethers, Yoga classes, cooking classes with competitions, introductory class of nursing, World Children's Day among others. Begum Tajwar Shaukat was remembered with respect and affection. To pay tribute to her, we organized a program in November, inviting members from APWA to join us in sharing the memories of this remarkable lady who passed away in October 2008.

Last, but not least, is the medical camp held by us with in the premises of our centre. This camp provided basic medical knowledge to women who came from all over the city. We invited renowned cardiologists

and pulmonologists who did not only perform complete checkups for the attendees free of charge. They made follow up appointments at a local hospital for those who needed them. At the camp we also offered free check up for blood glucose level, cholesterol and blood pressure. This proved to be very convenient especially for the people who could not afford to have these tests conducted.

We plan to expand our services to the community by building a library at Gul-E-Ra'ana Community Centre as there is a need for a good library in our locality. This will enable the children to cope with the tough academic challenges they have to face in their daily life.

We also plan to setup a dispensary that will provide quality medications (at affordable prices or free) to those in need.

Along with all these activities our industrial home project provides classes in cutting, cooking, fabric painting, pottery painting, knitting and embroidery.

GUL-E-RA'ANA NUSRAT INDUSTRIAL CENTRE

The Gul E Ra'ana Nusrat Industrial Centre, now 63 years old, was founded by Begum Ra'ana Liaqat Ali Khan in 1947. It continues to follow the same two principles today as it did then:

- A) Training women from the under privileged backgrounds for earning a supplementary income.
- B) Empowering women, as above, via an industrial section.

A - Training Section

The following classes are being held at very nominal charges:-

- Machine embroidery and Aari work
- Computer
- Beautician and Mehndi
- Cooking & Baking
- Flower Making
- Painting
- Cutting & Sewing
- Silk painting and ribbon work.
- Jewelry making.

There were 708 students enrolled during the year.

Scholarship Fund

Although our fees are very nominal, many students are unable to afford even this amount. Therefore, a scholarship fund was started in July 2000 to provide assistance for deserving students. Some of these students are also supported by the Managing Committee members personally.

Joint Ventures

Beautician Course

A successful venture has been the collaboration between the GRNIC and M/s Farzana Beauty Parlor, whereby students from our institution have received training in a beautician course. The beauty business is a lucrative one these days, and training in this field will stand them in good stead for income generation in the future. Many girls have benefited each year from this course. Certificates are awarded for the successful completion of a three month course.

Industrial Section

In order to empower women, and men, from the under privileged section, the institution provides work conducted at its premises or to take home. Total work implemented during this period has brought in sufficient funds to cover the expenses.

Benefits and Facilities

- a) Medical Allowance is given to all workers. GRNIC pays for two thirds of their medical bills.*
- b) Educational Benefits are offered to the children of workers and staff. GRNIC pays 50% of the fees.*

Activities

The GRNIC has participated in many exhibitions during the year, such as SAARC, Behbood, American Women Association and exhibitions with Abbas Town, which have generated healthy profits.

Inflation & Uncertain Conditions

The economic depression in the country has taken its toll on GRNIC. Further, Guru Mandar has often been the area badly affected every time that there are disturbance in the city. Fewer customers now come to this part of the city and this has seriously affected sales, and often led to a reduction in students.

As an affiliate of APWA, the GRNIC has always worked closely with APWA. We have participated in their activities and we look forward to doing so in the future, and we are grateful to them for their support and patronage.

THE WOMEN'S INTERNATIONAL CLUB KARACHI

Several cultural and income generating activities were undertaken by the club members over the past year to generate sufficient funds to cover all their programmes as well as donations made to deserving causes.

AWPA RA'ANA LIAQUAT CRAFTSMEN COLONY

APWA RLCC is a nonprofit organization situated in Shah Faisal Town, Block I. This project was setup by Begum Ra'ana Liaquat Ali Khan for the rehabilitation of emigrating artisans from India in 1954.

Community Health Centre

The RLCC has a multifaceted health program, which revolves primarily around two initiatives – the Health Centre and the Outreach Program. The objective of the health centre is to provide easily accessible, quality healthcare to the residents of Shah Faisal Colony. The health centre consists of an OPD clinic where a Lady Health Visitor (LHV) provides consultation services regarding immunization, sexual health and family planning. The LHV can further refer patients to our in-house gynecologist or sinologist whose services are available in the evenings. Through collaboration with a local hospital, the centre is also able to provide lab services at subsidized rates. Medication is dispensed free of cost. Mobile clinics are also conducted by the Health Centre to access those families who cannot come to the OPD. Some patients are referred to other hospitals according to their ailments; also those patients who cannot afford the expense are helped through charity and provided with ration and monthly milk supplies.

Mobile Clinic

This project was initiated in February 2009. The purpose of the mobile clinic was to provide health examinations and medicines to those who are unable to come to the hospital. A nominal amount of Rs. 10/- is charged for medicines for two days treatment. The mobile clinic is facilitated with a lady doctor/LHV, a staff member from the Outreach programme and one compounder. The mobile clinic is linked to the outreach programme in providing awareness to the community on health issues such as

hepatitis B, breast cancer, child sexual abuse, family planning, etc. simultaneously. During the two hours clinics at each location, the lady doctor/LHV examine the patients in the mobile van.

This program has conducted three clinics to date and diagnosed different diseases, especially patients suffering with skin diseases and thorax problems. It has been analyzed that these mobile clinics have been quite helpful for those people in the community who cannot afford hospital expenses.

The Outreach Programme

The RLCC believes that among many roles women play in their lives – child bearers, primary care givers – they can become agents of change given sufficient opportunity, exposure and training. The outreach programme involves a dedicated team of experienced field workers, trained by a renowned local University Hospital, who conduct awareness programs regarding health, hygiene etc in specified areas of the community. Each field worker inducts a woman from the community to become a group leader who then holds regular meetings in her own home where her neighbors can voice their everyday concerns. This not only allows us to build trust within the community but also fosters a sense of empowerment among the women. There are nine outreach workers who focus on different issues of Shah Faisal town in the selected areas. These areas belong to lower income groups lacking in health awareness and access to health facilities. Field workers go to the community, identify issues and solve the problems within their limited resources.

School Training Programme

Health awareness program was started from December 2007 through collaboration with a local NGO focused on sexual health in Pakistan. Different areas were covered and sexual health awareness training was conducted for unmarried girls. In phase I, 10 meetings were held with 145 participants who were illiterate and belonged to low income groups. In phase II, 3 schools were covered and 20 school teachers were trained.

Education

Primary School

The Ra'ana Liaquat Primary School consists of classes Nursery, KG I and KG II. The total enrollment is 120 children.

Academics

In March 2009, we inducted the services of a qualified educationalist, as an academic consultant. Her responsibilities primarily include teacher training, academic planning and parental counseling. The curriculum has been upgraded to a higher caliber. The teaching methodology has been upgraded as well, employing soft boards and flash cards to enhance learning. A library period to motivate the children to read has been introduced once a week. The medium of instruction is English, focusing more on oral work; therefore our teachers also attend English language classes. Ongoing training of teachers is undertaken twice a week. Events like Independence Day, Environment Day etc are celebrated with vigor. Furthermore, to enhance learning by introducing new concepts to students for example Fruit day, animal day etc are celebrated at the school. Computer classes have been introduced, exposing the children to technology at an early age. Furthermore, the children are provided with a nutritious snack of milk and biscuits thrice a week at the school.

Adult literacy

We would be in remission of our duties to this nation if we overlook the education of our women. A literate, educated woman is a better mother, a better wife but above all she is a more worthy member of the society.

RLCC in collaboration with Literate Pakistan Foundation have initiated an adult literacy program at its own premises at Shah Faisal Colony Karachi. As a researched and developed program, it enables a completely illiterate person to read and write in Urdu and do basic arithmetic in just three months. The efficiency of the program is evident from the progress of our own students at RLCC.

The adult literacy program creates income generation opportunities for men and women from the community as they are inducted as prospective teachers. These teachers are trained by LPF and are provided a syllabus free of cost, allowing them to setup literacy centers in their homes. The teachers receives monthly fees from the enrolled students as well as a subsidy from RLCC. The premise behind this initiative is that a larger number of women are reached, particularly who do not otherwise have access to literacy programs. Also, as women are imparted with basic literacy, teachers have an opportunity for income generation.

In phase I, adult literacy program was started from February 2008. The program consisted of 6 teachers and 79 students. Each teacher and field worker was paid a subsidy to teach and monitor them. In phase II, the same program was expanded to other communities and covered 15 schools and 133 students. Our

centre has completed 5 classes and 56 students. Despite stigmas and taboos this program is roaring success.

Islamic Education

The Islamic education component is an effort towards dissuading families from sending their children to Madrassahs, which have unfortunately become a mixed blessing over time. Corporal punishment, child abuse and marital training in these organizations have created a society of angry and intolerant youth. At our RLCC Diniyat centre, the children are schooled in the fundamentals of Islam with special emphasis on equality of humanity. Quran Nazra is conducted alongside Islamic teachings.

This course has been upgraded over the past few years to include a basic literacy program as it was found that most girls attending were illiterate. Since the parents were unwilling to send them to school, we have introduced Urdu, English and numeracy. A steady rise in enrollment indicates the growing popularity of our Diniyat Centre. We have 60 students on roll at present.

Vocational Learning Centre

The vocational learning centre focuses on teaching income generating skills to the women of the area. Historically we have been teaching the traditional skills of cutting and sewing, hand and machine embroidery, arts and crafts and henna application. Keeping the community's needs in mind, over the past few years, more up to date classes have been introduced, these being computer literacy, grooming and English language. We enable women to earn a living in her own home or get a job when she leaves our doors. We have approx. 200 girls on roll. Courses have been modified to accommodate their needs i.e. shortened so that they have quick fix solutions to their immediate need for income.

Income Generation

Our primary focus now has shifted to income generation. We have hired additional staff to train women with neither education nor skills to make newspaper bags, which are being supplied to retail outlets in the city. This has been a huge success as these women see that their family's needs are fulfilled right away. We provide them with the raw material, as they produce these bags and are paid.

We also act as a catalyst for women entrepreneurship by providing them a platform whereby they earn a living with skills they already have. They produce samples of their products, which we circulate for orders. Currently we are supporting approx. 50 families through this project.

Other than our regular classes we have been conducting demonstration classes on various topics including the following:

- Newspaper bag making
- Gift envelopes for wedding gifts and Eidi
- Tie and dye
- Block printing
- Special beautician class on evening makeup

Future Plans

Health Component

- Introduction of pediatrician department in APWA RLCC
- The global alliance for vaccination and inoculation (GAVI) project of 18,000 children vaccination against hepatitis B in Shah Faisal Town Schools
- Women's Complaint Cell, Directorate of Women's Development Sindh to be approached for legal aid provision for women
- Health Awareness programme for school teachers expanded in Shah Faisal Town
- Psychological counseling for victims of child abuse will be introduced

Education Component

- Purpose built primary school, plan is ready and funds being raised
- Teacher training and resource centre to be run in the afternoons for the schools of Shah Faisal Town to benefit the community at large

Vocational Training Component

- In collaboration with the Rangoonwala Trust, adding a floor to the existing vocational training centre
- Adding new courses to further empower the women of the area
- Technical and paramedical training to our courses in collaboration with Hunar Foundation is planned to run their women's training courses out of our centre
- Specialized sewing classes for income generation, along with a machine for each of the students at the end of the course. These will be starting by mid October 2009.

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