



Annual Report 2021-2022



## UMEED PARTNERSHIP PAKISTAN (UPP)

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# **UMEED ADMINISTRATION AND PROJECTS**



**Education**



**Legal Aid:**  
Minority Persecution



**Skills Training**



**Peace Building**



**Human Rights**



# *Introduction*

Umeed Partnership Pakistan (UPP) has a non-political, non-profit ethos, registered under Societies Act 1860 with registration # 764 on 18 April 2001 at Quetta and it is entitled to work nationwide. It is also registered with Baluchistan Charities Registration and Regulation Authorities Government of Baluchistan with registration no. BL-3900196290034825 on January 12, 2021. Umeed has received certificate from Pakistan Centre for Philanthropy (PCP) on 29 April 2021 with Certification no. PCP-2021/828. Umeed has submitted complete documents to EAD for certification and has received the letter of acknowledgment. UPP is multi faith and is a humanitarian organization committed to work for the development and promotion of human rights. In the year 2000 UPP initially started working in Baluchistan tribal areas and then its activities spread rapidly among the desert communities of the District of Bahawalpur, district Bahawalnagar Southern Punjab, rural areas of district Kasur and MianChannu/Khanewal and slum areas of Lahore.

Umeed Partnership exists to provide opportunities through education and vocational and human rights trainings to vulnerable and disadvantaged girls/women, transgender and street children across Pakistan. The organization has expanded and evolved into a women's support body to provide help to those who are victims of abduction, rape, forced conversion, forced marriages, widowhood, disease, domestic violence, torture, human trafficking, forced labor and transgender community.

Mostly, Umeed's work is focused on building up and empowering women, street children, minority and transgender through education, skills training, legal aid, direct assistance and programs of awareness about their own rights. UPP wants to see economic freedom where girls/women, children and transgender are able to take decisions to have control over their own lives. UPP's activities in all districts are mostly comprises of running adult literacy training centers for illiterate girls/women, educating street children especially girls in Umeed schools, training girls/women, children and transgender in their human rights, providing legal aid and direct assistance to girls/women survivors of abduction, rape, forced conversion and forced marriage, torture, human trafficking, forced labor, formation of peace committees among women of all faiths and conducting physical, psychological and digital security trainings especially for women human rights defenders, women victims of torture, human trafficking and forced labor and for organizations and institutions. Umeed also promotes the right of religious minorities and gender equality at all levels.

UPP is committed to the socio-economic rights and promotion of human rights amongst the masses of the country. It applies its resources to breaking the unjust structures prevailing in Pakistani society. It works at grass-roots level as well as lobby with policy makers and cooperate with all those who believe in human liberation and who have committed themselves to this worthy cause.

## Goal

To facilitate formal and non-formal education and human rights at all levels irrespective of caste, creed or gender.

## Mission

## Vision

The vision of Umeed Partnership is to see educated, skilled and talented youth, improved gender equality, poor people liberated from all forms of slavery and oppression and human rights promoted among the oppressed masses.

- To reach out to those who lack basic human needs with the aim of restoring dignity and respect irrespective of caste, creed or gender.
- To promote basic Human Rights and democratic processes within oppressed communities.
- To provide opportunities to young people to improve their talents, abilities and leadership qualities.

## Human Rights:

## Umeed's Focal Sectors

## Development:

- Human Rights and democratic education
- Empowerment of women and elimination of gender disparities
- Capacity enhancement of women's groups and civil society organizations  
Research and documentation

- Promotion of entrepreneurship and development of small business skills
- Formal and non-formal education
- Socio-economic empowerment of the poor
- Assisting women in distress through free legal aid

# Message from the Director

## Shamim Gulzar



We all know that during any pandemic, disasters or emergencies, the chances of getting depression, anxiety, fear and PTSD in Women and Children gets increased. It has been observed from our past experiences that organizations do not prioritize the mental health needs of their staff, children and women when emergencies strike. Humanitarian teams who work in the crises situations get effected badly. They become the prey of secondary trauma, anxiety, stress and burn out. Therefore, it is of utmost importance that the capacity of these teams be built on. Umeed Partnership Pakistan is one of the few organizations

in Pakistan which has expertise on providing Psychosocial support for vulnerable communities and conduct workshops and trainings for the staff of organizations who are working with suffering communities during disaster or pandemic emergency situations. These trainings are the perfect way to ensure that humanitarian teams on the ground have the skills to deal with themselves first and then with the effected communities, children and women.

Social workers unavoidably work with individuals with traumas including a loved one's death, natural catastrophe survival, violent marriage or family or sexual assault. Over time, social workers may develop traumatic symptoms, including anxiety, sadness or depression, and even posttraumatic stress (PTSD). In order to prepare and help community volunteers and to train them to deal with their own secondary trauma it is important to address their trauma, stress and compassion fatigue which is important for them to become effective workers.

To learn basic principles of interacting with trauma survivors in a trauma-informed way UPP uses a bio/psycho/social/spiritual model of trauma. Teams are trained in trauma-informed interview following ethical protocol. Teams are provided with basic skills to become trauma-informed care workers and they are given tools to assist trauma survivors in a more effective way. Mental Health care is provided by Mental Health specialists e.g. psychologists, psychiatrists and trauma counselors.

My special thanks go to all those who have supported Umeed Project over the years especially the donor organizations, benefactors and friends without whose support the Umeed Project would have failed. Very special thanks to Umeed Partners in UK for their tireless efforts to raise funds to support the most neglected, suppressed and disadvantaged masses in Pakistan. I'd also like to thank all my colleagues, especially Executive Committee members, project committees, office staff, teachers, trainers, supervisors, beneficiaries, community leaders and many volunteers for their dedication to promote the cause of the most disadvantaged masses in Pakistan.

# Formal and non-formal Education

## **A. Formal Education**

- a. Umeed Middle Schools
- b. Scholarships

## **B. Non-formal education**

- a. Skills training for women and girls
- b. Skills training for street children
- c. Adult Literacy Program (ALP) for illiterate women

## *A. Formal Education*

### *a. Umeed Middle Schools*

In Pakistan Umeed Partnership provides education at all levels irrespective of caste, creed or gender. The rate of education among the communities Umeed serve is the lowest in the world. These communities in urban areas live on the fringes and peripheries of the cities forming miserable slums and in rural areas live outside of the main villages and towns where there is no access to any type of development. They have no schooling, no health care, no sanitation facilities, no roads and no facilities for socialization.

Umeed started two middle schools for dalit and most disadvantaged communities of Cholistan desert, district Bahawalpur, Southern Punjab Pakistan where there was 100% illiteracy rate. In 2007 a middle schools were started for the community of village 18/BC Bahawalpur and in 2009 another middle school was started for the community of village 52/DB Yazman. Both the schools continue providing quality education to about 300 students both girls and boys. The Schools for their day to day running are funded totally by Umeed since the pupils are unable to pay anything for their education.



# *a1. Celebrations*

## **1. Ration Distribution at EM Umeed Middle School 18/BC Bahawalpur**

Emma Marchant (late) is patron of Umeed Middle Schools Yazman and Bahawalpur. On 18th December 2021 her 45th birthday was celebrated by students, staff and parents of EM Umeed Middle School 18/BC Bahawalpur. In order to celebrate the event in a worthy manner ration packages were distributed among the parents and the students of the school. The ration packages were distributed under Emma Marchant Food Drive Scheme. Thanks to Rotary Club of Bangor, North Wales, United Kingdoms who contributed to this food bank. Director Shamin Gulzar, Coordinator Yousuf Jalal Gill, regional supervisor and the account officer of Umeed Partnership Pakistan graced the occasion.



## **2. School Patron's Birthday Celebrated**

Emma Marchant (late) is patron of Umeed Middle Schools Yazman and Bahawalpur. Her 45th birthday was celebrated by students, staff and parents of the school on 18th December 2021 at EM Umeed Middle School 18/BC Bahawalpur. The celebration was inaugurated by cutting the birthday cake and lighting up the candles by UPP administration, staff, students and the parents of the school. Director Shamin Gulzar, Coordinator Yousuf Jalal Gill, regional supervisor and the account officer of Umeed Partnership Pakistan graced the occasion. The students and staff offered a beautiful program which included games, skits, competitions with different themes, poems and cultural presentations. Through these programs Emma Marchant's life story was highlighted. Awards were distributed among winners of different categories. A festive meal was served to all participants of the occasion. UPP administration, staff, students and the parents of the school offered special prayers for the speedy recovery of Emma Marchant's mother Lis Perkins who is ill these days due to her brain tumor. May she be healed soon.



## **3. Ration Distribution at EM Umeed Middle School 52/DB Yazman**

Emma Marchant (late) is patron of Umeed Middle Schools Yazman and Bahawalpur. On 19th December 2021 her 45th birthday was celebrated by students, staff and parents of EM Umeed Middle



School 52/DB Yazman, Bahawalpur. In order to celebrate the event in a worthy manner ration packages were distributed among the parents and the students of the school. The ration packages were distributed under Emma Marchant Food Drive Scheme. Thanks to Rotary Club of Bangor, North Wales, United Kingdoms who contributed to this food bank. Director Shamin Gulzar, Coordinator Yousuf Jalal Gill, regional supervisor and the account officer of Umeed Partnership Pakistan graced the occasion.



#### **4. Emma Marchant Birthday at EM Umeed Middle School 52/DB Yazman**

Emma Marchant (late) is patron of Umeed Middle Schools Yazman and Bahawalpur. Her 45th birthday was celebrated by students, staff and parents of the school on 19th December 2021 at EM Umeed Middle School 52/DB Yazman Bahawalpur. The celebration was inaugurated by cutting the birthday cake and lighting up the candles by UPP administration, staff, students and the parents of the school. Director Shamin Gulzar, Coordinator Yousuf Jalal Gill, regional supervisor and the account officer of Umeed Partnership Pakistan graced the occasion. The students and staff offered a beautiful program which included games, skits, competitions with different themes, poems and cultural presentations. Through these programs Emma Marchant's life story was highlighted. Awards were distributed among winners of different categories. A festive meal was served to all participants of the occasion. UPP administration, staff, students and the parents of the school offered special prayers for the speedy recovery of Emma Marchant's mother Lis Perkins who is ill these days due to her brain tumor. May she be healed soon.



## *b. Scholarships*

On September 22, 2013, a Church in Peshawar was devastated when two suicide bombers attacked All Saints Church outside Kohati gate in Peshawar. The worshippers were just exiting following the Sunday morning service when the bombers attacked, exposing around 600 Christians to the deadly blast. When the dust settled, around 100 Christians were reportedly killed and scores more were seriously injured.

During the academic year 2020 – 2021 the schooling project was implemented to assist the studentsurvivorsof All Saints' Church bombing in Peshawar.

UPP extended financial support to 30 students under its schooling project. The support included following stuff for the project implementation.

- Monthly Tuition fee
- Necessary stationery for the year
- Stationery for the summer tasks
- Travelling expenses for the students (Home – School – Home)
- Additional coaching classes

UPP received 100% appreciation, encouragement and word of thanks by the beneficiaries and schools' management. They extended best wishes for the entire UPP team and supporters. The students were happy and promised to concentrate on their studies and producing good results.

## *B. Non-Formal Education*

### *a. Skills training for women and girls*

For the past several years Umeed is providing different skills trainings to women and girls so that they may be freed from the cultural barrier and male domination in Pakistan. Umeed has a dream to empower women at all levels, especially economic level. Umeed opens skill training centres in various areas for deprived and deserving women and it is our experience that after getting skills training these women become financial supporter for their families. They also provide assistance to other women of their localities to become entrepreneur.



It is possible to fly without motors, but not without knowledge and skill.  
Wilbur Wright

## ***6. Adult Education Project***

### ***a. Graduation Ceremonies***

#### **1. At 5/DNB Yazman, Bahawalpuron 24th. November 2021**

Graduation ceremony for the successful women students of Adult Literacy Program (ALP) session 11 (February to October 2021) was held on 24th. November 2021 at 5/DNB Yazman, Bahawalpur. 300 women students received their certificates. Mr. Nassir Justus the project In charge from Pakistan Bible Society Lahore, Yousuf Jalal Gill Executive Director UPP, Aneel Zafar account officer UPP, Kaberia Ram regional supervisor UPP and Romesh Raja ALP supervisor grace the occasion.



## **2. At Chistian district Bahawalnagaron 25th. November 2021**

Graduation ceremony for the successful women students of Adult Literacy Program (ALP) session 11 (February to October 2021) was held on 25th. November 2021 at Chistian district Bahawalnagar. 200 women students received their certificates. Mr. Nassir Justus the project In charge from Pakistan Bible Society Lahore, Yousuf Jalal Gill Executive Director UPP, Aneel Zafar account officer UPP, ShamaoonPatras ALP supervisor grace the occasion.



### **3. At Hasilpur district Bahawalnagaron 28th. November 2021**

Graduation ceremony for the successful women students of Adult Literacy Program (ALP) session 11 (February to October 2021) was held on 28th. November 2021 at Hasilpur district Bahawalnagar. 100 women students received their certificates. OMI Priests and Babu Augustine ALP supervisor grace the occasion.



#### 4. At Bashirabad, Nawakilli, Quetta Baluchistanon 11th December 2021

Graduation ceremony for the successful women students of Adult Literacy Program (ALP) session 11 (February to October 2021) was held on 11th December 2021 at Bashirabad, Nawakilli, Quetta Baluchistan. 100 women students received their certificates. Dignitaries from different walks of life graced the occasion.





## ***6. Training session for teachers and supervisors***

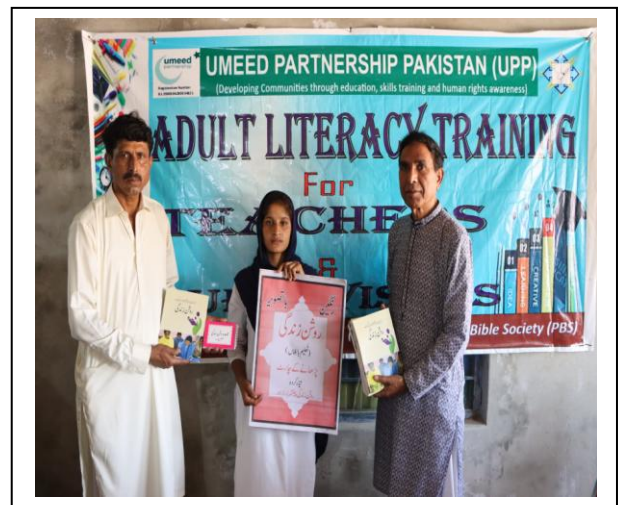
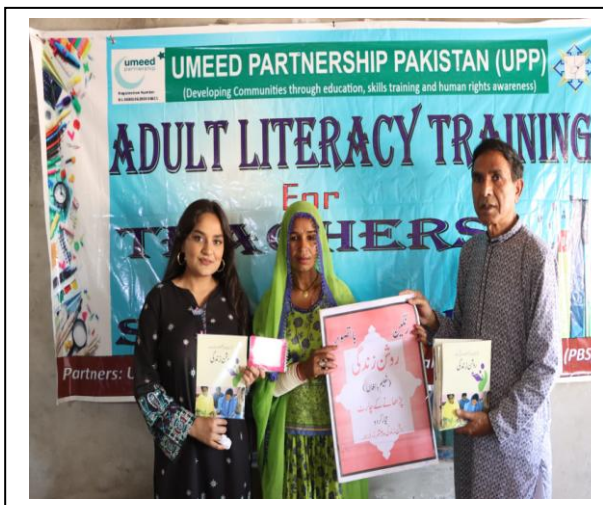
### **1. In rural areas of Hasilpur district Bahawalnagar on 14th March 2022**

Under the project "Adult Literacy Program (ALP), 12<sup>th</sup> session UPP inaugurated 20 adult literacy centres for illiterate women/girls in rural areas of Hasilpur district Bahawalnagar by conducting training session for 20 teachers and 2 supervisors on 14th March 2022. Shamin Gulzar and Yousuf Jalal Gill were the resources persons. The guests from The Pakistan Bible Society witnessed the training.



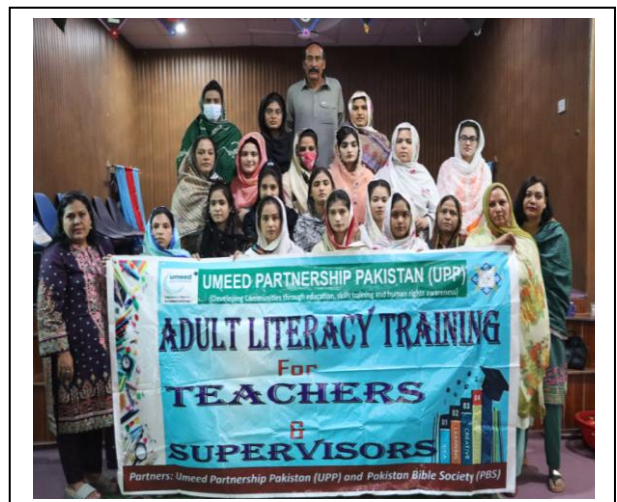
## **2. In rural areas of Cholistan district Bahawalpuron 15th March 2022**

Under the project "Adult Literacy Program (ALP) UPP inaugurated 30 adult literacy centres for illiterate women/girls in rural areas of Cholistan district Bahawalpur by conducting training session for 30 teachers and 3 supervisors on 15th March 2022. ShaminGulzar and Yousuf Jalal Gill were the resource persons. The guests from The Pakistan Bible Society witnessed the training.



### **3. In rural areas of Quetta district on 2nd April 2022**

Under the project "Adult Literacy Program (ALP) UPP inaugurated adult literacy centres for illiterate women/girls in rural areas of Quetta district by conducting training session for 20 teachers and 2 supervisors on 2nd April 2022. Shamin Gulzar was the main trainer. Mr. Yaqub Barkat and Mrs. Irum Yaqub board members of Umeed Partnership Pakistan participated in the training as guests of honor.



# Projects

## 1. UN slavery Project

### 1a. Psychological session

#### At a Cholistan village district Bahawalpur

United Nations Voluntary Trust Fund on Contemporary Forms of Slavery funded the project (2nd year) under the title Retrieving minority women/girls from the slavery and bonded labor of land lords of South Punjab, Pakistan Umeed Partnership Pakistan (UPP) conducted Psychological session on 13th December 2021 at a Cholistan village district Bahawalpur, South Punjab with women workers who work with land lords at their farms and brick kiln as their bought slaves. ShaminGulzar, Rukhsana and Yousaf Gill were the main resource persons for the session. More than 45 women/girls participated in the session.



## *16. Social awareness session*

### At a Cholistan village district Bahawalpur

United Nations Voluntary Trust Fund on Contemporary Forms of Slavery funded the project (2nd year) under the title Retrieving minority women/girls from the slavery and bonded labor of land lords of South Punjab, Pakistan Umeed Partnership Pakistan (UPP) conducted Social Awareness session on 14th December 2021 with most vulnerable women group of Cholistan desert South Punjab, District Bahawalpur. During Social awareness session their social and economic slavery situation especially the grave situation created due to COVID-19 Pandemic were discussed in length and ways and means were sought out how to tackle their grave situation. Yousaf Jalal Gill, Shamin Gulzar and Mehwish were the main resource persons for the session. More than 45 women/girls participated in the awareness session.



## *1c. Certificate awarding ceremony*

### Among the women victims of slavery of Cholistan desert

United Nations Voluntary Trust Fund on Contemporary Forms of Slavery funded the project (2nd year) under the title Retrieving minority women/girls from the slavery and bonded labor of land lords of South Punjab, Pakistan Umeed Partnership Pakistan (UPP) conducted skills training (sewing/tailoring, embroidery, patch work) for one full year among the women victims of slavery of Cholistan desert. The certificate awarding ceremony was held on 15th December 2021 for 50 successful women/girls students of skills training centres. It was a great success for the vulnerable women to start their own business and do away with the slavish work with the land lords.



## 2. OXFAM Pakistan

### *2a. In-house Training*

#### **For Project Staff & Community Volunteers on Compassion Fatigue and Secondary Trauma**

The project sponsored by OXFAM Pakistan titled "Women's Voices and Leadership – Pakistan" (COVID-19 Recovery Needs of Women and Girls Lahore Slums) was launched at Umeed Partnership Pakistan's Head Office Lahore on 9th October 2021 by conducting "In-house Training for Project Staff & Community Volunteers On Compassion Fatigue and Secondary Trauma". It was a day long training and the participants were highly enriched and had a novel experience throughout the day.



## *26. Training of Trainers (TOT)*

### Capacity Building of Women Community Leaders as Facilitators

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" Umeed Partnership Pakistan (UPP) organized "Training of Trainers for Capacity Building of Women Community Leaders as Facilitators" from 15th – 17th October 2021 at Kinnaird College for Women (KCW) LHR. 16 Women community leaders representing frontline health workers, domestic workers, beauty parlors workers, sexually abused women/girls, sweepers/sanitary workers from seven communities include Yuhannabad, Joseph Colony, Nishtar Colony, Asif Town, Khaliq Nagar, Township and Green Town Lahore participated in the training. The first day of the training was graced by Principal of Kinnaird College Dr. Rukhsana David, Dr. Helan Khokhar Head of Physics Department, Dr. Shamaila Nadeem Head of Zoology Department and Chairperson of UPP. The Principal while speaking to the trainees appreciated the training and their role as community facilitators. The trainees were very pleased to have the Principal in their midst and had good discussion with her about the role of women in Pakistan.





## *2c. Certificate Awarding Ceremony*

### **For the trainees of Capacity Building of Women Community Leaders as Facilitators**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" Umeed Partnership Pakistan (UPP) organized "Training of Trainers for Capacity Building of Women Community Leaders as Facilitators" from 15th – 17th October 2021 at Kinnaird College for Women (KCW) LHR. 16 Women community leaders representing frontline health workers, domestic workers, beauty parlors workers, sexually abused women/girls, sweepers/sanitary workers from seven communities including Yuhannabad, Joseph Colony, Nishtar Colony, Asif Town, Khaliq Nagar, Township and Green Town Lahore participated in the training. The training was concluded with the certificate awarding ceremony for the trainees on 17th October. The Ceremony was graced by his excellency Mr. Ejaz Alam Augustine Provincial Minister for Human Rights and Minority Affairs Punjab. The dignitaries from various NGOs, CBOs, institutions, journalists and lawyers also witnessed the ceremony. The trainees were very pleased to participate in such a beautiful ceremony meeting the provincial minister and various dignitaries which raised their morale, self-respect and dignity.



## 2d. Replications

### **1. At Green Town Lahore on 23rd October 2021 (First Training)**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The first training was replicated at Green Town Lahore on 23rd October 2021 from 10.00 am - 01.00 pm in the Church hall with 36 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises.



## 2. At Green Town Lahore on 23rd October 2021 (Second Training)

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The second training was replicated at Green Town Lahore on 23rd October 2021 from 02.00 pm - 05.00 pm in the courtyard of one of the facilitators house with 32 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises.



### **3. At Township Lahore on 25th October 2021 (First Training)**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The first training was replicated at Township Lahore on 25th October 2021 from 10.00 am - 01.00 pm in the Church Hall with 28 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises.



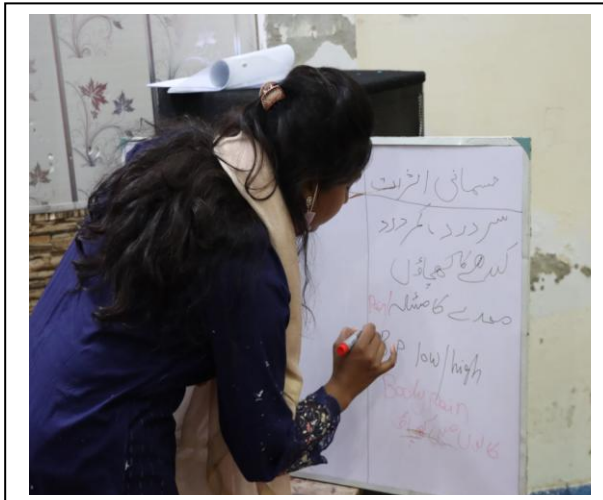
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## 5. At Khaliq Nagar Lahore on 26th October 2021 (First Training)

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The first training was replicated at Khaliq Nagar Lahore on 26th October 2021 from 10.00 am - 01.00 pm in the Church hall with 32 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises



## 6. At Khaliq Nagar Lahore on 26th October 2021 (Second Training)

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The second training was replicated at Khaliq Nagar Lahore on 26th October 2021 from 02.00 pm - 05.00 pm in the Church hall with 36 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises



## 7. At Joseph Colony Lahore on 27th October 2021 (First Training)

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The first training was replicated at Joseph Colony Lahore on 27th October 2021 from 10.00 am - 01.00 pm in the community hall with 25 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises





## 8. At Joseph Colony Lahore on 27th October 2021 (Second Training)

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The second training was replicated at Joseph Colony Lahore on 27th October 2021 from 10.00 am - 01.00 pm in the house with 29 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises



## **9. At Yuhannabad Lahore on 28th October 2021 (First Training)**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The first training was replicated at Yuhannabad Lahore on 28th October 2021 from 10.00 am - 01.00 pm in the house with 33 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises



## **10. At Yuhannabad Lahore on 28th October 2021 (Second Training)**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The second training was replicated at Yuhannabad Lahore on 28th October 2021 from 02.00 pm - 05.00 pm in the house with 24 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises.



## **11. At Nishtar Colony Lahore on 29th October 2021 (First Training)**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The first training was replicated at Nishtar Colony Lahore on 29th October 2021 from 10.00 am - 01.00 pm in the Church hall with 24 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises



## **12. At Nishtar Colony Lahore on 29th October 2021 (Second Training)**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The second training was replicated at Nishtar Colony Lahore on 29th October 2021 from 02.00 pm - 05.00 pm in the house with 24 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises



### **13. At Asif Town Lahore on 30th October 2021 (First Training)**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The second training was replicated at Asif Town Lahore on 30th October 2021 from 02.00 pm - 05.00 pm in the house with 29 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises



## 14. At Asif Town Lahore on 30th October 2021 (Second Training)

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by OXFAM Pakistan UPP trained 14 women community leaders as facilitators through 3-day Training of Trainers (TOT) sessions. These 14 women community leaders were selected from 7 targeted communities of slum areas of Lahore. Two trained facilitators replicated 2 trainings in pairs with more than 25 women/girls in their community. The second training was replicated at Asif Town Lahore on 30th October 2021 from 02.00 pm - 05.00 pm in the house with 29 women/girls. The project staff, psychologist and psycho-social support and wellbeing trainer were present during the training for back stopping. The psychologist listened to the stories of women/girls with severe trauma privately and the psycho-social support and wellbeing trainer helped the facilitators in physical, mental and spiritual exercises



## *2e. Wellbeing Sessions*

### **1. At Green Town Lahore on 4th December 2021**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by the Government of Canada through OXFAM Pakistan UPP organized Psycho social support and wellbeing Session for community women/girls impacted by COVID-19 Pandemic at Green Town Lahore on 4th December 2021. ShamimGulzar Trauma Counselor and Yoga trainer, Zainab Khalid psychologist and ShaguftaNazir the project manager were the main resource persons. The session was attended by more than 25 participants.



HEALTH IS A STATE OF COMPLETE PHYSICAL, MENTAL, AND SOCIAL WELL-BEING, AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY-WORLD HEALTH ORGANIZATION



## 2. At Khaliq Nagar, Lahore on 5th December 2021

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by the Government of Canada through OXFAM Pakistan UPP organized Psycho social support and wellbeing Session for community women/girls impacted by COVID-19 Pandemic at Khaliq Nagar, Lahore on 5th December 2021. ShamimGulzar Trauma Counselor and Yoga trainer, Zainab Khalid psychologist and ShaguftaNazir the project manager were the main resource persons. The session was attended by more than 25 participants.



### 3. At Yuhannabad, Lahore on 10th December 2021

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by the Government of Canada through OXFAM Pakistan UPP organized Psycho social support and wellbeing Session for community women/girls impacted by COVID-19 Pandemic at Yuhannabad, Lahore on 10th December 2021. Shamim Gulzar Trauma Counselor and Yoga trainer, Zainab Khalid psychologist and Shagufta Nazir the project manager were the main resource persons. The session was attended by more than 35 participants.



#### **4. At Township, Lahore on 8th January 2022**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by the Government of Canada through OXFAM Pakistan UPP organized Psycho social support and wellbeing Session for community women/girls impacted by COVID-19 Pandemic at Township, Lahore on 8th January 2022. Shamim Gulzar Trauma Counselor and Yoga trainer, Zainab Khalid psychologist and Shagufta Nazir the project manager were the main resource persons. The session was attended by more than 30 participants.



## 5. At Asif Town, Lahore on 13th January 2022

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by the Government of Canada through OXFAM Pakistan UPP organized Psycho social support and wellbeing Session for community women/girls impacted by COVID-19 Pandemic at Asif Town, Lahore on 13th January 2022. Shamim Gulzar Trauma Counselor and Yoga trainer, Zainab Khalid psychologist and Shagufta Nazir the project manager were the main resource persons. The session was attended by more than 25 participants.



## **6. At UCH (United Christian Hospital) Lahore on 14th January 2022 for doctors and nurses**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by the Government of Canada through OXFAM Pakistan UPP organized Psycho social support, compassion fatigue and wellbeing Session at UCH (United Christian Hospital) Lahore on 14th January 2022 for doctors and nurses impacted by COVID-19 Pandemic. ShamimGulzar Trauma Counselor and Yoga trainer and Zainab Khalid clinical psychologist were the main resource persons. The session was attended by more than 25 participants.



**7. At UCH (United Christian Hospital) Lahore on 15th January 2022 for Nurses, technical and serving staff**

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by the Government of Canada through OXFAM Pakistan UPP organized Psycho social support, compassion fatigue and wellbeing Session at UCH (United Christian Hospital) Lahore on 15th January 2022 for Nurses, technical and serving staff impacted by COVID-19 Pandemic. Shamim Gulzar Trauma Counselor/Yoga trainer and Zainab Khalid clinical psychologist were the main resource persons. The session was attended by more than 25 participants.



## *2f. Counselling Sessions*

### At UPP head office, Lahore on 9th January 2022

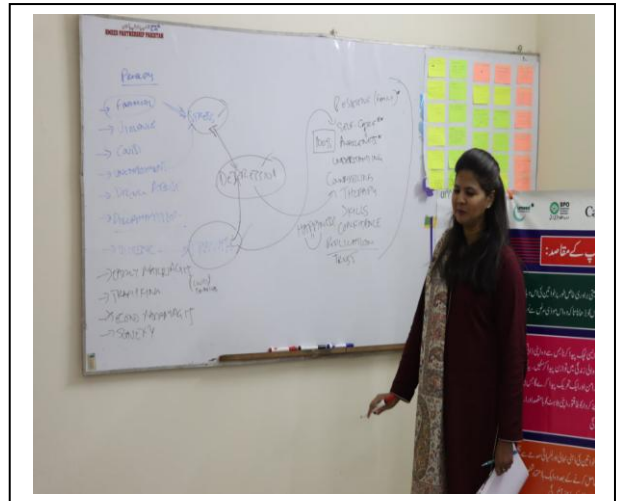
Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by the Government of Canada through OXFAM Pakistan UPP organized Counselling Sessions at UPP head office, Lahore on 9th January 2022 for two women/girls victims of severe trauma, stress, anxiety and burnout caused during COVID-19 Pandemic . Miss Shumaila Pervaiz the clinical psychologist lead the sessions. Three sessions were provided to each victim on various dates. The victims greatly benefitted from the sessions.



## 2g. Final Evaluation Session

### At UPP head office Lahore on 17th January 2022

Under the Project titled: "Women's Voices and Leadership – Pakistan: Covid-19 Recovery Needs of Women and Girls of Lahore slums" funded by the Government of Canada through OXFAM Pakistan UPP in order to conclude the project the final evaluation session was organized at UPP head office Lahore on 17th January 2022. The session was conducted by an external evaluator Miss ElainAlam of Sussex University United Kingdom (UK). More than 25 community facilitators, community volunteers, project and admin staff participated in the evaluation.





# National days Celebrations

## a. Independence Day Celebrations

### 1. At Christian Colony Hasilpur

Under the banner of Umeed Partnership Pakistan the minority community of Christian colony Hasilpur , district Bahawalnagar carried out Pakistan Independence Day Celebration (14 August 2021). It was a moment of joy for them to show solidarity with the whole nation as equal citizens of Pakistan.



Let's keep the memories of all the people who sacrificed their lives for our country alive. Wish you a Happy Independence Day.

## 2. At Umeed Middle School 52/DB

Emma Marchant Umeed Middle School 52/DB Tehsil Yazman, district Bahawalpur carried out Pakistan Independence Day Celebration (14 August 2021) with the students. The students performed beautiful programs singing national/patriarchic songs to express their joy and happiness on the occasion.



### 3. At Christian Colony Chishtian

Under the banner of Umeed Partnership Pakistan the minority community of Christian colony of Chistian , district Bahawalnagar carried out Pakistan Independence Day Celebration (14 August 2021). It was a moment of joy for them to show solidarity with the whole nation as equal citizens of Pakistan.



#### 4. At Umeed Middle School 18/BC

Emma Marchant Umeed Middle School 18/BC district Bahawalpur carried out Pakistan Independence Day Celebration (14 August 2021) with the students. The students performed beautiful programs singing national/patriarchic songs to express their joy and happiness on the occasion.



## 5. At Chack No.5/DNB Tehsil Yazman

Under the banner of Umeed Partnership Pakistan the minority community of Chak no.5/DNB Tehsil Yazman, district Bahawalpur carried out Pakistan Independence Day Celebration (14 August 2021). It was a moment of joy for them to show solidarity with the whole nation as equal citizens of Pakistan.



## 6. At Chack No.18/DNB Tehsil Yazman

Under the banner of Umeed Partnership Pakistan the minority community of Chak no.18/DNB Tehsil Yazman, district Bahawalpur carried out Pakistan Independence Day Celebration (14 August 2021). It was a moment of joy for them to show solidarity with the whole nation as equal citizens of Pakistan.



## 7. At Chack No.23/DNB Tehsil Yazman

Under the banner of Umeed Partnership Pakistan the minority community of Chak no.23/DNB Tehsil Yazman, district Bahawalpur carried out Pakistan Independence Day Celebration (14 August 2021). It was a moment of joy for them to show solidarity with the whole nation as equal citizens of Pakistan.



# International days Celebrations

## *a. International Charity Day*

### **1. At Umeed Middle School 52/DB Yazman**

As UN announced 5th September "International Day of Charity" Umeed Partnership Pakistan organized special programs at Umeed Middle School Chak no.52/DB Yazman district Bahawalpur Celebrating International Day of Charity: "Global Solidarity to Eradicate Poverty". The day was celebrated with much joy with school children since it is declared by UN as a special day dedicated to NGOs



We are not put on this earth for ourselves, but are placed here for each other. If you are always there for others, then in time of need, someone will be there for you.

*Jeff Warner*



## 2. AT Umeed Middle School 18/BC Bahawalpur

As UN announced 5th September "International Day of Charity" Umeed Partnership Pakistan organized special programs at Umeed Middle School Chak no.18/BC district Bahawalpur Celebrating International Day of Charity: "Global Solidarity to Eradicate Poverty". The day was celebrated with much joy with school children since it is declared by UN as a special day dedicated to NGOs



### 3. At Adult Literacy Centers of Chishtian

As UN announced 5th September "International Day of Charity" Umeed Partnership Pakistan organized special programs at its women Adult Literacy centres of Chishtian, district Bahawalnagar Celebrating International Day of Charity: "Global Solidarity to Eradicate Poverty". The day was celebrated with much joy since it is declared by UN as a special day dedicated to NGOs



#### **4. At Adult Literacy Centers of Hasilpur**

As UN announced 5th September "International Day of Charity" Umeed Partnership Pakistan organized special programs at its women Adult Literacy centres of Hasilpur, district Bahawalnagar Celebrating International Day of Charity: "Global Solidarity to Eradicate Poverty". The day was celebrated with much joy since it is declared by UN as a special day dedicated to NGOs.



## 5. At Adult Literacy Centers of Quetta

As UN announced 5th September "International Day of Charity" Umeed Partnership Pakistan organized special programs at its women Adult Literacy centres of Quetta, Loralai and Ziarat Celebrating International Day of Charity: "Global Solidarity to Eradicate Poverty". The day was celebrated with much joy since it is declared by UN as a special day dedicated to NGOs.



## *6. World Mental Health Day*

### **At Umeed Partnership Pakistan's head office**

(10th October), an international day for global mental health education, awareness, and policy advocacy was celebrated at Umeed Partnership Pakistan's Head Office Lahore by Umeed Staff and the Community Volunteers as it goes with their Self-care and Wellbeing agenda. This year's theme – as announced by the World Federation for Mental Health – is Mental health in an Unequal World.



Please note that your health, both mental and physical, is the most important area of your life as you can't achieve anything or help others if you are not well. Martin Formato, Discover Yourself

## *c. 16 days of Activism*

### **At various slum communities of Lahore**

Umeed organized 16 days of Activism on the theme of violence against women at various slum communities of Lahore on 9th and 10th December 2021.



16 Days of Activism Against Gender-Based Violence is an international campaign supported by the United Nations Commission on the Status of Women to challenge violence against not only women and girls but also, diverse populations including Indigenous people, LGBTQ people, people with disabilities, children, and seniors. It takes place every year from November 25th (The International Day for the Elimination of Violence Against Women) to December 10th (International Human Rights Day). December 6th, which falls right in the middle of this campaign is also the National Day of Remembrance and Action on Violence Against Women. This initiative originated from the first Women's Global Leadership Institute coordinated by the Centre for Women's Global Leadership in 1991.



**Come and join Umeed:**

Become partners of Hope  
 Hope for a better and just world;  
 Hope for men and women's equality;  
 Hope to strengthen the hopeless and those in despair.

**Join us to support our program of**

Human Rights Training for women and street children (Just Society)  
 Economic freedom for women and street children (vocational)  
 Girls' & boys' education (schools)  
 Rehabilitation of women in distress (Legal Aid)  
 Talent Development (Youth)  
 Peace building and interfaith harmony (tolerant society)

**Help Umeed in providing:**

Administrative and skills-based support  
 Tools and materials (in-kind)  
 Financial support  
 Support as volunteers

**Visit or write to us:**

**Shamim Gulzar**

Chairperson - UPP

**Yousuf Jalal Gill**

Executive Director – UPP

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