



Annual Report 2022-2023



## UMEED PARTNERSHIP PAKISTAN (UPP)

House # 198/199, Block J-3, M.A. Johar Town, Lahore, Pakistan.

E-mail: [yousufjalalgill@yahoo.com](mailto:yousufjalalgill@yahoo.com),

[umeedpartnershipakistan@gmail.com](mailto:umeedpartnershipakistan@gmail.com)

Tel 0092 42 35957302, Cell. 0092 300 9444482

Website: [www.uppakistan.org](http://www.uppakistan.org), [www.umeedpartnership.org.uk](http://www.umeedpartnership.org.uk)

# **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. Non-formal education**

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

## **FORMAL EDUCATION**

### **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.

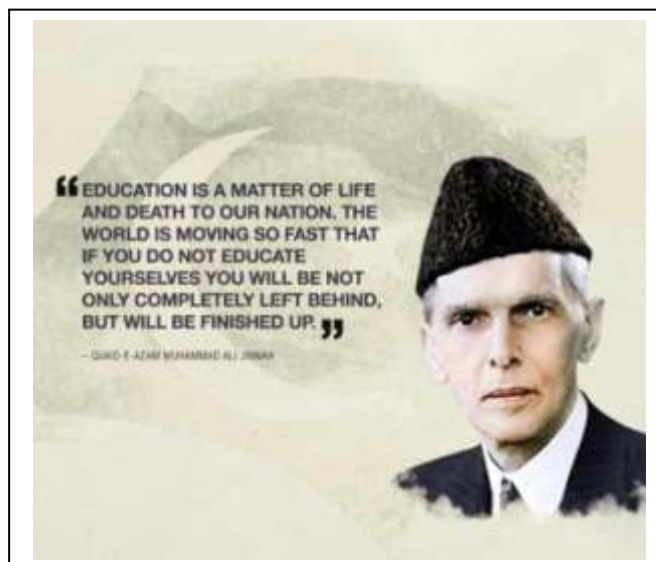
Umeed started two middle schools for dalit and most disadvantaged communities of Cholistan desert, district Bahawalpur, Southern Punjab Pakistan where there was 100% illiteracy rate. In 2007 a middle schools were started for the community of village 18/BC Bahawalpur and in 2009 another middle school 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.



## **14 AUGUST CELEBRATIONS**

### **AT 18/BC SCHOOL**

Emma Marchant Umeed Middle School 18/BC district Bahawalpur carried out Pakistan Independence Day Celebration (14 August 2022) with the students. The students performed beautiful programs singing national/patriarchic songs to express their joy and happiness on the occasion.



## **AT 52/DB SCHOOL**

Emma Marchant Umeed Middle School 52/DB Tehsil Yazman, district Bahawalpur carried out Pakistan Independence Day Celebration (14 August 2022) with the students. The students performed beautiful programs singing national/patriarchic songs to express their joy and happiness on the occasion.





## **ADULT EDUCATION PROJECT (ALP)**

### **CERTIFICATE AWARDING CEREMONY QUETTA REGION**

Adult Literacy Program's (ALP) 12th session was concluded during the month of October 2022. UPP organized Graduation (Certificate Awarding) Ceremony for the successful women students on 21st October 2022 at Community Hall Basti Pynchiat Quetta. 120 women students graduated the program who passed 9 months ALP successfully. The program was sponsored by The Pakistan Bible Society Lahore. The Umeed administration, the General Secretary and the project in charge from the Bible Society graced the occasion.



**Congratulations!**

## **GUESTS VISIT TO ALP CENTERS**

On 3rd November 2022 the honorable guest from Thailand Mr. Kimmo Kosonen Head of Literacy and Education Global Bible Ministry United Bible Societies along with Mr. Rev. Azhar General Secretary of Pakistan Bible Society and Mr. Nasir Justus ALP project In charge of Pakistan Bible Society and Mr. Yousuf Jalal Gill Executive Director UPP visited ALP Centers in Hasilpur and Chak no.21 Qaimpur prior to their graduation ceremonies. The successful students of the centers were very pleased to have the honorable guest in their midst.



**“THE EDUCATION OF WOMEN IS THE BEST WAY  
TO SAVE THE ENVIRONMENT.”**

**E. O. WILSON**

## **CERTIFICATE AWARDING CEREMONY BAHAWALPUR REGION**

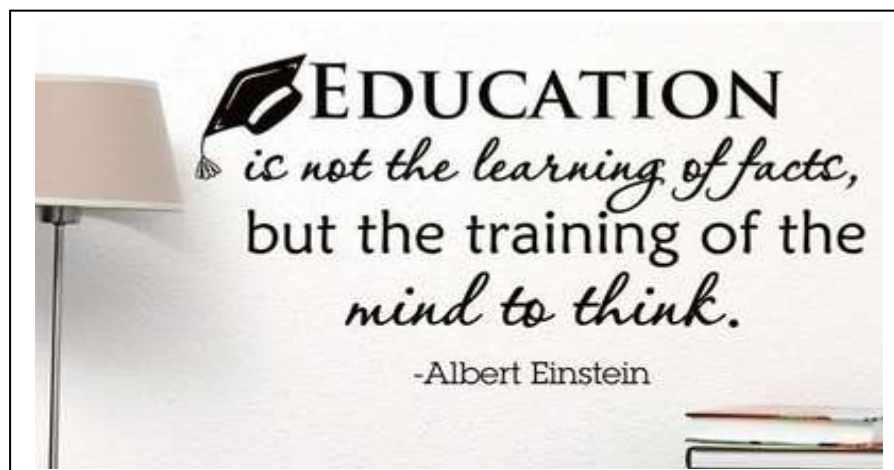
Graduation ceremony for the successful women students of Adult Literacy Program (ALP) session 12 (February to October 2022) was held on 3rd November 2022 at Chak no.18/DNB district Bahawalpur. 122 women students received their certificates. The honorable guest from Thailand Mr. Kimmo Kosonen Head of Literacy and Education Global Bible Ministry United Bible Societies along with Mr. Rev. Azhar General Secretary of Pakistan Bible Society and Mr. Nasir Justus ALP project In charge and Mr. Yousuf Jalal Gill Executive Director UPP grace the occasion. The whole community of chak no.18/DNB and the communities from the surrounding villages participated in the program. It was a joyful occasion for them and were pleased to have distinguish guests among them.



## **INAUGURATION OF ADULT LITERACY CENTERS**

### **QUETTA DISTRICT**

Under the project "Adult Literacy Program (ALP) UPP inaugurated adult literacy centers for illiterate women/girls in rural areas of Quetta district by conducting training session for teachers and supervisors during the month of February 2023.



## **LAHORE DISTRICT**

Under the project "Adult Literacy Program (ALP) UPP inaugurated adult literacy centres for illiterate women/girls in slum areas of Lahore district by conducting training session for teachers and supervisors during the month of February 2023.



**"Education  
is not a PROBLEM.  
Education  
is an OPPORTUNITY."**

Lyndon B. Johnson

## **DISTRICT BAHAWALNAGAR**

Under the project "Adult Literacy Program (ALP) UPP inaugurated adult literacy centers for illiterate women/girls in rural areas of district Bahawalnagar by conducting training session for teachers and supervisors during the month of February 2023.



The education and empowerment of women throughout the world cannot fail to result in a more caring, tolerant, just and peaceful life for all.

— Aung San Suu Kyi —

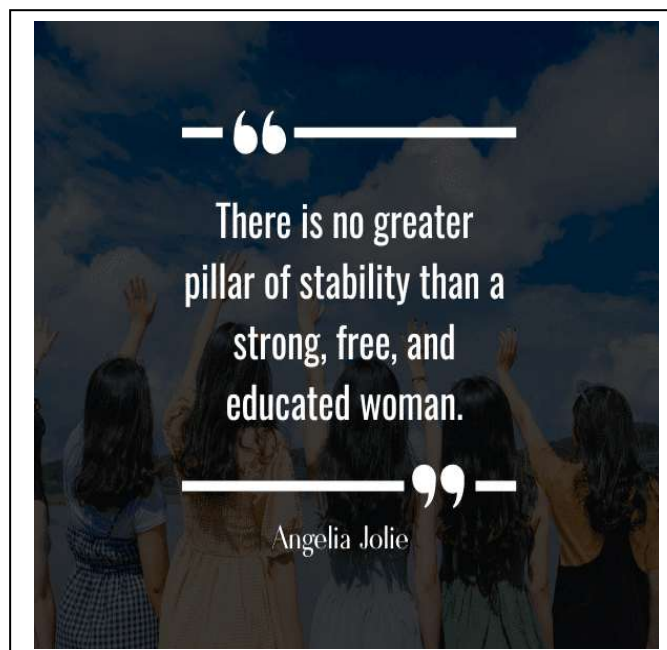
## **DISTRICT BAHAWALPUR**

Under the project "Adult Literacy Program (ALP) UPP inaugurated adult literacy centers for illiterate women/girls in rural areas of district Bahawalpur by conducting training session for teachers and supervisors during the month of February 2023.



## **ALP CENTERS VISIT QUETTA REGION**

During the month of April 2023 Adult Literacy Project team from Lahore visited the women Adult Literacy Centres in Quetta to check their performance and standard.





## **PROJECT OF SERRA FOUNDATION**

### **ORIENTATION SESSION**

Under the project title "Promoting psycho-social support and self-care wellbeing among the most vulnerable women/girls in the slums of Lahore, Punjab, Pakistan impacted by Covid-19 Umeed Partnership Pakistan (UPP) conducted Orientation Session for the project staff and the community leaders on 23rd July 2022 at Umeed Head Office Lahore. Director UPP briefed the project and assigned the responsibilities among the project staff and the community leaders. The project is being sponsored by Serra Foundation Netherlands.



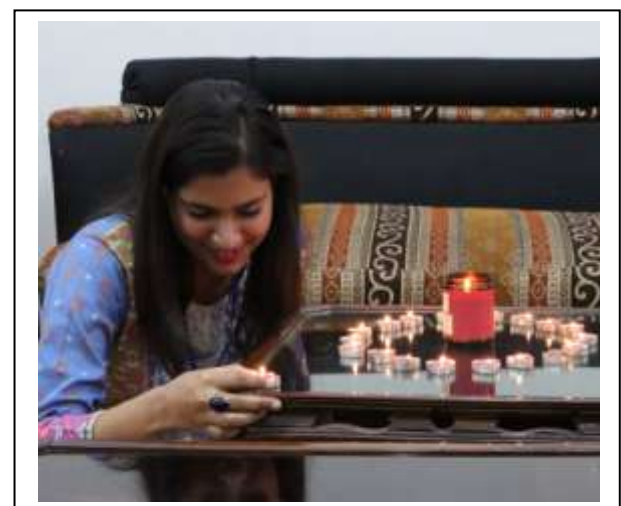
## **1ST DAY OF 4-DAY TOT**

4- Day TOT for Capacity building of women community leaders as facilitators was held from 10 – 13 August 2022 at National Council of Churches in Pakistan 35-B, Queen’s Road, Mazang, Lahore. 16 women community leaders from various settlements of Lahore belongs to various faiths participated in the TOT. The community leaders were trained as facilitators to Promote psycho-social support and self-care wellbeing among the most vulnerable women/girls in the slums of Lahore impacted by Covid-19 pandemic. The first day sessions were conducted by Psychologist Miss Shumaila Pervez and physical trainer Miss Bukhtawar along with Shamin Gulzar the trauma counselor and Yoga trainer. The project is being sponsored by Serra Foundation The Netherlands.



## **2ND AND 3RD DAY OF TOT**

4- Day TOT for Capacity building of women community leaders as facilitators was held from 10 – 13 August 2022 at National Council of Churches in Pakistan 35-B, Queen’s Road, Mazang, Lahore. 16 women community leaders from various settlements of Lahore belongs to various faiths participated in the TOT. The community leaders were trained as facilitators to Promote psycho-social support and self-care wellbeing among the most vulnerable women/girls in the slums of Lahore impacted by Covid-19 pandemic. The second and third day sessions were conducted by Shamin Gulzar the trauma counselor and Yoga trainer and Mr. Yousuf Jalal Gill coordinator - UPP. The project is being sponsored by Serra Foundation The Netherlands. View some glimpses of the second and third day of TOT.



## **4TH DAY OF TOT**

4- Day TOT for Capacity building of women community leaders as facilitators was held from 10 – 13 August 2022 at National Council of Churches in Pakistan 35-B, Queen’s Road, Mazang, Lahore. 16 women community leaders from various settlements of Lahore belongs to various faiths participated in the TOT. The community leaders were trained as facilitators to Promote psycho-social support and self-care wellbeing among the most vulnerable women/girls in the slums of Lahore impacted by Covid-19 pandemic. The fourth day was dedicated for the certificate awarding ceremony which was graced by Rotarian Adnan Saboor Ruhaila District Governor of district 3272 Rotary International and hnorable rotarians from different clubs of district 3272. The project is being sponsored by Netherlands. View some glimpses of the fourth day of TOT.



## **14 AUGUST CELEBRATIONS**

At the end of the 4- Day TOT the participants celebrated Independent Day of Pakistan 14 August 2022 with great joy and vigor. TOT was held for Capacity building of women community leaders as facilitators from 10 – 13 August 2022 at National Council of Churches in Pakistan 35-B, Queen’s Road, Mazang, Lahore . 16 women community leaders from various settlements of Lahore belongs to various faiths participated in the TOT. The community leaders were trained as facilitators to Promote psycho-social support and self-care wellbeing among the most vulnerable women/girls in the slums of Lahore impacted by Covid-19 pandemic. The project is being sponsored by Serra Foundation The Netherlands



**“Expect the best, prepare for the worst.”**  
(Muhammad Ali Jinnah)

A decorative green banner with white stars of various sizes scattered across it. The stars are simple line-art designs.

## **REPLICATING THE SESSIONS**

### **1ST SESSIONS**

Under the project title: "Promoting psycho-social support and self-care wellbeing among the most vulnerable women/girls in the slums of Lahore impacted by Covid-19 pandemic UPP trained 16 women community leaders as facilitators through a 4-Day TOT sessions who are replicating the sessions among women/girls of their own communities. The 1<sup>st</sup> replication session was held on 23rd September 2022 at Shahdara Lahore conducted by Varda Nadeem as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.



## **2ND SESSIONS**

The 2<sup>nd</sup> replication session was held on 14th October (Morning) 2022 at Terrah Village Mugalpura Lahore conducted by Wavia Shamaon as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.



**It's up to you today to start making healthy choices. Not choices that are just healthy for your body, but healthy for your mind.**

Steve Maraboli

### **3RD SESSIONS**

The 3<sup>rd</sup> replication session was held on 14th October (Evening) 2022 at Dogage Village near Indian boarder Lahore conducted by Sidra Parvez as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.



You don't have to control your thoughts.  
You just have to stop letting them control you.  
— Dan Millman

An illustration of a person with dark hair, wearing a red long-sleeved shirt and dark pants, sitting on a wooden stool. They have their hand to their face in a thoughtful or distressed pose. In the foreground, there are green leaves of a plant. The background is a light blue gradient with stylized hills.



## **4TH SESSIONS**

The 4<sup>th</sup> replication session was held on 15th October 2022 at Fazilia Colony Lahore conducted by Shifra Shareen as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.



## **5TH SESSIONS**

The 5<sup>th</sup> replication session was held on 22nd October 2022 (Morning) at Green Town Lahore conducted by Sehrish Kamran as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.



## **6TH SESSIONS**

The 6<sup>th</sup> replication session was held on 22nd October 2022 (Evening) at Green Town Lahore conducted by Tabeeta Yaqub as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation



## **7TH SESSIONS**

The 7<sup>th</sup> replication session was held on 29th October 2022 (Morning) at Labor Camp Lahore conducted by Noreen Wilson as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation



## **8TH SESSIONS**

The 8<sup>th</sup> replication session was held on 29th October 2022 (Evening) at Batapur Lahore conducted by Ms. Aqsa Akram a trained facilitator and backstopped by UPP project staff. The session was conducted with the college girls. The project is sponsored by Serra Foundation



## **9TH SESSIONS**

The 9<sup>th</sup> replication session was held on 13th November 2022 (Morning) at Township Lahore conducted by Sehrish Kamran as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.



## **10TH SESSIONS**

The 10<sup>th</sup> replication session was held on 13th November 2022 (Evening) at Township Lahore conducted by Mrs. Mishal as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.



## **11TH SESSIONS**

The 11<sup>th</sup> replication session was held on 17th November 2022 at Murgzar Colony Lahore conducted by Miss. Maham as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.





## **12TH SESSIONS**

The 12<sup>th</sup> replication session was held on 19th November 2022 (morning) at Awami Colony behind General Hospital Lahore conducted by Miss. Neha as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.



## **13TH SESSIONS**

The 13<sup>th</sup> replication session was held on 19th November 2022 (evening) at Awami Colony behind General Hospital Lahore conducted by Miss. Sobia as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.



## **14TH SESSIONS**

The 14<sup>th</sup> replication session was held on 20th November 2022 at Labor Camp no.1 Lahore conducted by Mrs. Rebecca Shahzad as a trained facilitator and backstopped by UPP project staff. The project is sponsored by Serra Foundation Netherlands.



## **MEDICAL CAMP**

Umeed Partnership Pakistan with the collaboration of Rotary Club of Lahore Liberty organized a successful Health Camp at the community centre Labour camp No 1 Hurbanspura, Lahore on November 26th, 2022. The health camp was divided into 5 major components.

1: Awareness Session. 2: Medical Assistance. 3: Vaccination Booth. 4: Distribution of Clothes. 5: Group Therapy

Yousaf Jalal Gill director Umeed Partnership Pakistan and secretary Rotary Club of Lahore Liberty welcomed all participants and explained the objectives of the health camp for mother and child care at physical and psychological level.

The focus of the camp was also to raise awareness on Polio prevention, the importance of having children vaccinated against Polio. Polio drops were administered to 25 children under the age of 5 in this extremely underserved community. 4 Highly expert doctors along with their team of well-trained assistants, provided excellent medical services and free medicines to more than 450 families. Psychosocial support and group therapy on mental well-being was also provided to almost 420 women and girls. A small distribution camp was also established with the help of Akhuwat Foundation who donated good quality clothes for 200 neediest families that were distributed during the camp. Many distinguish guests from various rotary clubs, from NGO sector and institutions participated in the camp. They were served with shields, flower bouquets, lunch and refreshment. The camp was a great success.



## **STREET THEATER**

On 3rd December, 2022, under the project “Promoting Psycho-social support and wellbeing funded by Serra Foundation a street theatre for most unaware community on mental health was organized at Green Town Lahore slums. The theme of the play was “LOG KIA KAHEN GAIN” (What people will say?) During replication sessions we observed that in our society Trauma, mental health, psychological disorders are all stigma and taboo topics thus people always feel hesitant discuss them. More than 280 people were present for the street theatre which was held in open street. The prevalence of mental health problems among beneficiaries have been found increased due to COVID-19 and then due to current disastrous flood situation in Pakistan. Common mental health problems have been identified in all the targeted areas while conducting replications by our community leaders as facilitators. Depressive and anxiety disorders appeared to be highest followed depression, hallucination, obsessive compulsive disorder and post-traumatic stress disorder. There was also a high prevalence of depression amongst poor women and a serious problem of substance misuse and drug addiction among their male folks which increased after COVID-19. Therefore, it was decided to make these pressing challenges a topic of street theatre. After the play, audience burst out with their full traumatic stress, misery, trauma and burnout conditions. They learnt to vent it out through this theatre. It was observed that the audience have a shift in their attitude and mindset after participating in the meaningful street theatre program. They raised their hands and promised to follow wellbeing instructions and listen to their bodies, minds and souls and not to be worried about “Log Kia Kahangay”.



## **MEETINGS AND CELEBRATIONS**

### **EXECUTIVE BOARD MEETING**

Umeed Partnership Executive Board Meeting was held on 22nd July 2022 at Umeed head office Lahore. All the board members participated in the meeting.



## **14 AUGUST CELEBRATIONS**

### **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 2022). It was a moment of joy for them to show solidarity with the whole nation as equal citizens of Pakistan.



**AT CHAK NO.105/DNB, YAZMAN**

Under the banner of Umeed Partnership Pakistan the minority community of Chak no.105/DNB , Yazman district Bahawalpur carried out Pakistan Independence Day Celebration (14 August 2022). It was a moment of joy for them to show solidarity with the whole nation as equal citizens of Pakistan.





**AT CHAK NO.18/DNB DISTRICT BAHAWALPUR**

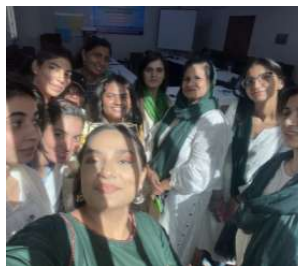
Under the banner of Umeed Partnership Pakistan the minority community of Chak no.18/DNB district Bahawalpur carried out Pakistan Independence Day Celebration (14 August 2022). It was a moment of joy for them to show solidarity with the whole nation as equal citizens of Pakistan.



## **AT QUETTA REGION**

Under the banner of Umeed Partnership Pakistan the minority community of Quetta carried out Pakistan Independence Day Celebration (14 August 2022). It was a moment of joy for them to show solidarity with the whole nation as equal citizens of Pakistan.





**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

House no. 198/199 block J-3, Johar Town,  
Lahore Pakistan.

Tele: 0092 42 35957302, Cell 0092 300 9444482

[umeedpartnershipakistan@gmail.com](mailto:umeedpartnershipakistan@gmail.com)

[yousufjalalgill@yahoo.com](mailto:yousufjalalgill@yahoo.com)

[www.uppakistan.org](http://www.uppakistan.org)