

REPORT ON THE ACTIVITIES OF PAK NETWORK OF WOMEN WITH DISABILITIES ON APRIL 2021 MILESTONE INDEPENDENT LIVING CENTER (CIL) –LAHORE, PAKISTAN



MILESTONE Independent Living Center (CIL) - and YAHDOO Center for Independent Living, Miyazaki, Japan has agreed to work jointly for the betterment of women with disabilities in Pakistan under the title "**Pak Network of Women with Disabilities**". The main objective of the network is to empower women with disabilities in Pakistan by providing various services, knowledge and skills to live independently in the community. Similarly, making the government more responsible towards women with disabilities is major objective.

The Network conducted following activities from January 2021 to April 2021.

Day out of "Pak Network of Women with Disabilities."



After one-year Esha khan visited Lahore we arranged get-together at some outdoor places. We arranged lunch at an outdoor restaurant and enjoyed a lot. We not only visited shopping mall but also a local market because shopping malls are accessible but local market is not very accessible for person with disability. Also, our society of common people is not very used to about hanging out of wheelchair users in local market so they watch us weirdly when any wheelchair user moves freely in such markets. They also pass different comments on them. For an example a lady asked Esha that is there any hospital near this market so Esha replied that are the faces of patients like this? We enjoyed that day very much while hanging around in the market without feeling any hesitation. we were feeling proud on ourselves that how much we are satisfied and happy with our life style. Such kind of get together is very useful to change the mind sets of common people around us. They also watch that person with disability also have right to live and enjoy their life happily. Mind set of Pakistani people would change some day through such get together as we are promoting a message of equality to the society that person with disability also has right

to lead their life independently. When we arranged hangout for the first time everyone stared us but now, we arranged it for the third or fourth time and now people are starting to ignore us. Now people do not stare us whenever we go outside. Now they also do not feel us like aliens. If we keep on moving outside and made ourselves visible to others than people will start to treat us like normal human being. In this way sense of equality will be promoted in our society when persons with disability will keep on visiting local markets as a result mindset of our society will also change for us and they will stop discriminating us from normal human being. They will no longer consider us disable anymore.

It all was made possible because of the support of YAHDOO CIL.



Multi-Stakeholder Consultation:

We had a meeting in PC hotel with judges, lawyers, doctors, transgender and women with disabilities. They were going to make a policy on government level for all these communities. That's why they invited all of us and asked us to share your problems and experiences with us. They reviewed previous policies which were made and identify all those policies which were not implemented yet in previous years. They gave us a history

book in which some rights of persons with disability were mentioned but never acted upon. During this event they made our groups especially they made group of women with disability and asked to write all those issues you have to face in your daily life. So, we wrote down issues like accessibility issue for example inaccessible public buildings like inaccessible washrooms and stair system in building, similarly we mentioned that banks are also very inaccessible for us. Moreover, accessibility is also very poor in hospitals. Many women with disability share their experiences regarding inaccessible environment of hospital like one woman said that when I was admitted in a government hospital during pregnancy than my wheelchair could not enter into washroom. A deaf woman shared her experience that nobody knows sign language in hospitals so if any deaf women became pregnant and when she visits any hospital than no one could understand her so how she could deliver her problems to her doctor. Doctors must be given some awareness regarding sign language or there must be a separate subject about sign language during their studies. So, we raised our voice for our rights and asked our government via this platform to make accessible public washrooms and buildings. We also asked to include sign language as a subject because deaf people are also human beings; they also have the same rights to live their life. We also highlighted the point that there are separate schools for persons with disabilities and it is very good but they are distinguished from other members of society. Government should do such arrangements that a person with disability could take their education in regular schools and colleges of common people so that they could take education in inclusive environment and also, they could not feel themselves inferior to others. Also, this kind of same education system for both kind of communities will develop a healthy relationship of them all and in such environment a normal person could understand all problems faced by

person with disability, as a result a time will come that we would not need to conduct awareness sessions which we are giving now because the whole society will already be trained from the very beginning of their education that how they should treat person with disabilities.



Group Discussion



Group Picture

So along with special schools for persons with disabilities there must also be environment of inclusive education in Pakistan. I and sir Shafique-ur-Rehman attended the session along with other organizations who are working for the rights of persons with disability. They also wrote their opinions. They asked that a policy is going to be made by government that's why we are writing all your point of views for this purpose.

Star Asia Pakistan Award 2020.

Star Asia Pakistan is a media channel who organized an awards ceremony. This channel invited all persons with disability specially women with disability. On that occasion, this channel distributed gold medal to those persons with disability who actively take participation in games and other co-circular activities. So on this award ceremony all women with disability

of our network attended that event. They gave gold medals to our team because our team of women with disability takes active participation in games like cricket basketball badminton. It was a big achievement for our team members. This event was a great source of encouragement for our team members so that they could also feel superior to others that they could also make themselves recognized in society as a player. In that event of star Asia Pakistan, they also invited persons with disability from other countries who were also top players of different games. Our team members also got a chance to meet with them and developed great understanding with them. I am sharing with you pictures from that event; you can see the brightness of success on their faces.



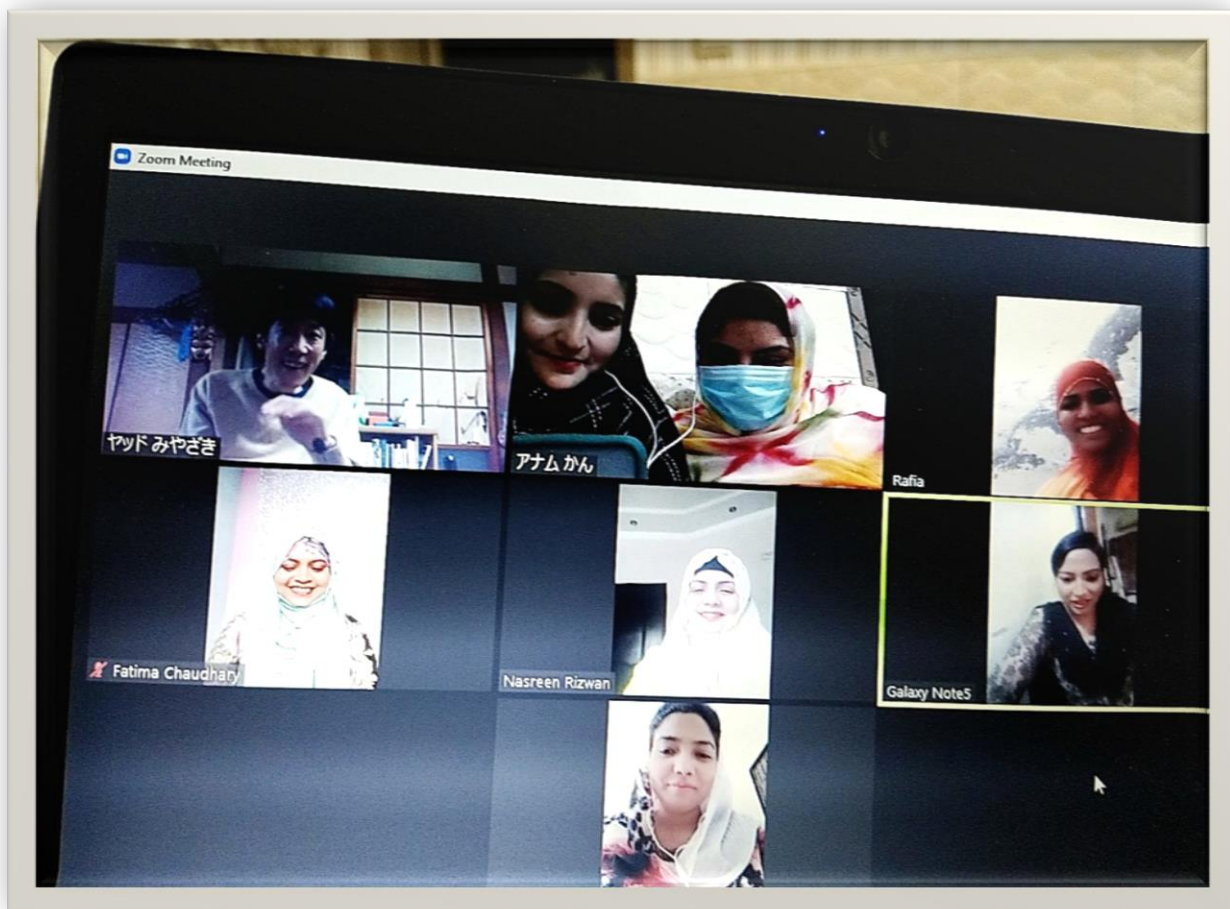
Zoom Meeting:

PNWD (Pak Network of Women with Disabilities in cooperation with YAHDOO CIL, Miyazaki, Japan conducted a Zoom meeting from their homes due to Pandemic covid-19.

In this zoom meeting total 8 participated 7 women with disabilities from Pakistan and 1 leader of YAHDOO CIL, Miyazaki, Yamanochi San.

This Zoom meeting has a special significance as it was conducted during lockdown due to pandemic COVID-19.

Zoom meeting replaced the monthly Skype meeting due to COVID-19. Women with disabilities shared their life after corona affects that how they are managing life after corona.



The formal meeting took place by the introduction

The details of the women with disabilities participated in this activity is as follow:

Sr.No	Name	Age	Disability
1	Anam khan	26Yrs	Polio(Translator)
2	Raffia	14Yrs	Spinal cord injury
3	Nasreen	40Yrs	Spinal cord injury

4	Fatima	25Yrs	Polio
5	Annie Rubby	28Yrs	Spinal cord injury
6	Sofia Amanat	29Yrs	Polio
7	Isaha	22 Yrs	Muscular dystrophy
Japanese participant			
1	Yamanochi San	Yahdoo CIL Japan	Spinal cord injury President of Yahdoo Miyazaki

Independent Living Program (ILP) & Self-Management Training in Chistian:

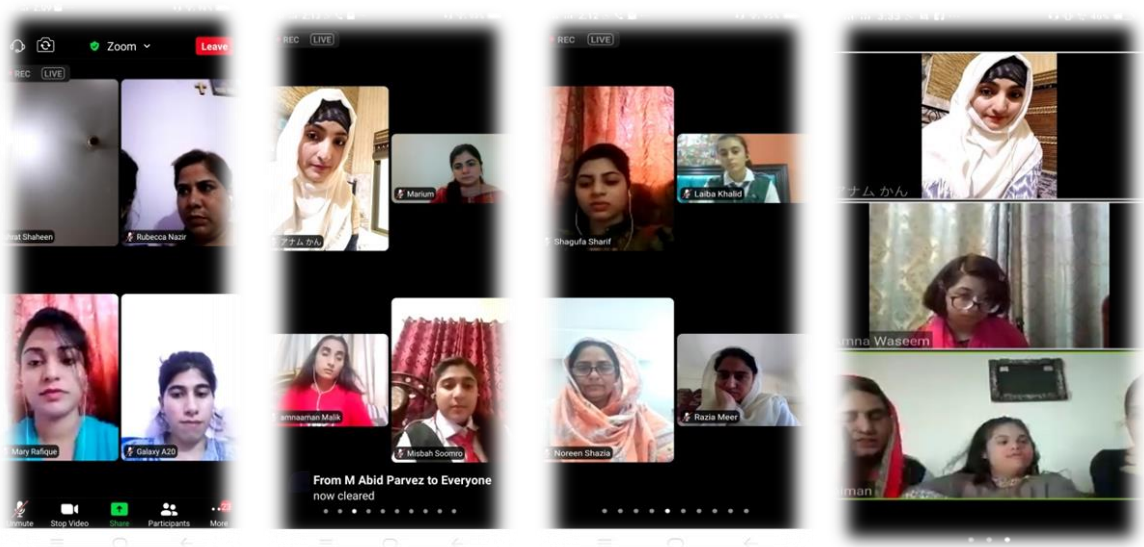
PNWD (Pak network of Women with Disabilities) spreading awareness knowledge particularly to women with disabilities by conducting regular ILP (Independent Living Program)



Miss Esha khan president of Ujala foundation Chistian delivering *shifting training from wheelchair*.

" Webinar organized by an organization:

15 girls participated in that webinar including some children suffered from down syndrome. Many females joined this webinar. They shared their experience regarding disability and its management. Different kind of lectures was delivered by some participants. I also gave speech in that webinar. During my speech I mentioned rights of women with disabilities. In Pakistan children suffered from Down syndrome are considered abnormal here in our society but I shared my experience of Japan visit where I saw that down syndrome people were engaged in different jobs like some work in different factories. They were involved in different creative activities like making breads and cakes etc. Special dance classes are organized for those who are interested in dancing. Appropriate salaries are also given to them so that they become financially independent. So in this webinar I told them that do not consider Down syndrome person mentally retarded, they are also normal human being like us. They have all basic rights of living and spending life. I gave proper training to the families of Down syndrome persons and to those women who were attending such meeting for the very first time about problem related to person with disability. So I convinced all of them to explore the interests of Down syndrome person and involve them in those activities which they like the most. It was a very successful counseling session with them as my session motivated them all. Because I shared all my experiences from Japan and Dushkin visit. My main message was to treat Down syndrome person according to their interests and behavior rather than forcing them to live according to your interests and consents.



Wheelchair and Assistive Devices Distribution Program:

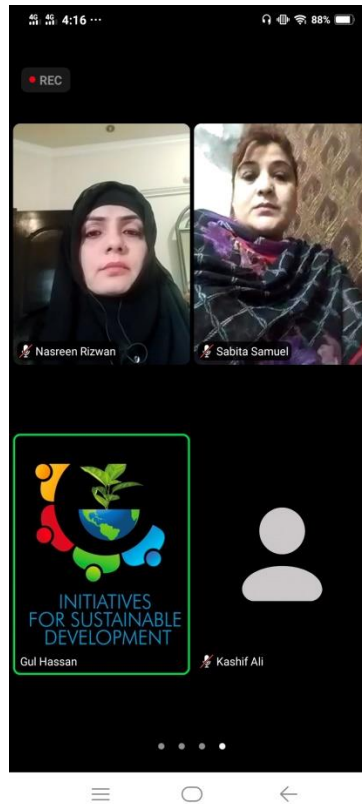
PNWD (Pak Network of Women with Disabilities) provided wheelchair to 2 women with disabilities 'the distribution of wheelchairs in co-operation with MILESTONE and Yahdoo CIL. Women with Disabilities received assistive devices as they required in Peshawar and Karachi. These wheelchairs not only making them part of society but it is the basic agent of change for their lives and they are very active after getting the wheelchairs.



Individual pictures of girls with disabilities after getting wheelchairs.

"Gender Perspective of Covid-19: violence Against Women with Disabilities and other Vulnerable in Punjab.

They conducted a survey regarding violence against women with disability so they asked me to take interview of such women who had to face any kind of violence during their life from family members or other people in their surroundings but no one listen to them and even don't know about their problems.so I started to take interviews but most of them felt hesitation while sharing their experience but I gave them some confidence that they should report such cases so that we can fight against them. I said to them we could help other women with disability via this survey if we highlight such violence issues. Women with disabilities have to face double discrimination due to their disability and they are not given proper rights. Violence cases noted during that interview include violence from brother or sister. They are mistreated by their own family members. If anyone is married than they have to face violence from their husband. Lawyers needed real time data to work for the rights of women with disability as they want to make strong policies for them so that they could feel themselves protected by law. Many women share their violence experiences.



Pictures of women with disabilities, during Interviews.

Media Channel Appearance:



Voice of America social media Channel

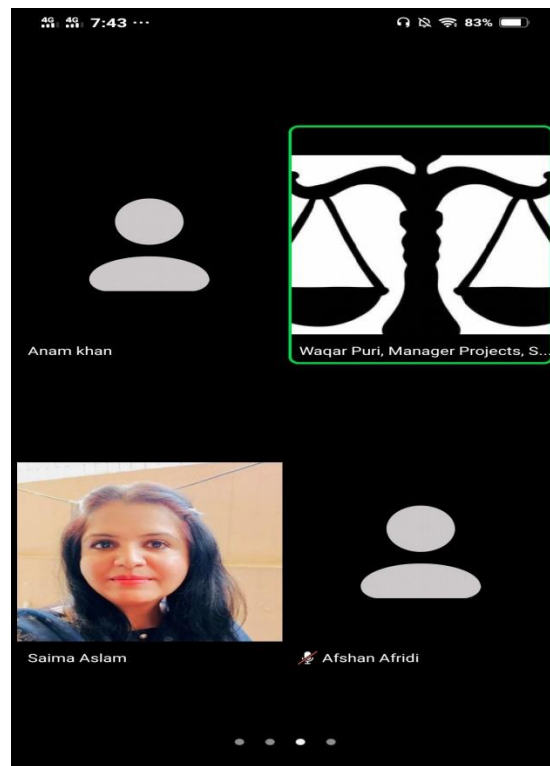
Ms. Sofia and Mis. Anam Khan the leader of PNWD (Pak Network of Women with Disabilities) participated in a television program and highlighted the activities of this network and shared the accomplishments of the network. That is a very popular show of the country and it has more views than any television show in the country. Ms. Anam Khan expressed the life difficulties faced by women with disabilities in the country due to unavailability of services and different barriers present in the country. She was appreciated by other panelist as well.



360 news Channel

National form of women with disabilities Islamabad:

It is in Islamabad; established and led by Abia Akram. I am a member of this forum. We are working on the rights of women with disability nationally. We conduct meetings about our work on rights of women with disability. Due to coronavirus we conducted online zoom meetings. In meetings we discuss about where problems are and how we can solve them. We discussed different small projects. We discussed that every woman from each province will provide awareness regarding disability issues and their management via online zoom sessions to 10 other women with disability in their area. We will provide small grant for that purpose which is still in process. Each girl including me will share our experiences with them. This task is still under process and we are now deciding to conduct physical meeting for this purpose soon after coronavirus. I am a member of national forum. I take active participation in all their meetings and share my experiences with them about my projects.



Picture of National forum of women with disabilities.

Different Activities:

Different activates took place under this PNWD (Pak Network of Women with Disabilities) project:



Miss Anam Khan and Miss Sofia had meeting with government officials, about the Issues of woman with



Miss. Fatima moving independently.
With her attended .