



## Empower a woman – Empower a nation

Women are still the most prevalent segment in Pakistan who have long been bypassed in the process of empowerment mainly due to centuries old patriarchal system and traditions which barricade their socio-economic and political growth.

On this women's day, we must ask ourselves if this is the Pakistan, Muhammad Ali Jinnah, envisioned.

Sadly, history depicts the opposite.

**“No nation can rise to the height of glory unless your women are side by side with you.”**

**– Muhammad Ali Jinnah.**

He envisaged a country that would foster human rights, women's rights and minority rights according to the teachings of Islam but today the implementation of this is a sight unseen.

With an aim to revive Jinnah's Pakistan, OTF pledges to empower women and help them overcome societal challenges.

## Projects in which OTF mothers have been participating

### Stitching their way to a fulfilling life

Two of OTF mothers have started working in a garment unit of Muhammad Ashraf Pvt Ltd – a leather tannery situated in Korangi, Karachi.

They are being provided a chance to learn professional stitching which will open a new horizon of career opportunities for these mothers.



### Har-Fan Mola – A vision for all OTF mothers

Be it stitching or an IT Office Assistant course, we don't let OTF mothers shy away from any opportunity they fit best in. OTF has collaborated with Mumkin Trust (Flagship of Charter for Compassion) where 6 of OTF mothers are being trained for vocational training including beautician, sewing & stitching and IT Office Assistant.



### A Step towards Mental Health Awareness

Mental health is a major concern worldwide and Pakistan is not far behind. If we evaluate developments in the field of mental health, the pace appears to be slow.

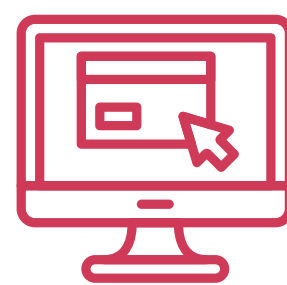
OTF is playing its part in raising mental health awareness in Pakistan – one family at a time.

Miss Anila Omer, an experienced clinical psychologist, has conducted Mental Health Awareness sessions for OTF mothers.

### Support, Encourage & Educate via Digital tools

A big thank you to ElleTech for conducting digital literacy workshops every Saturday to equip our mothers with basic computer skills.

From making a spreadsheet on excel to drafting official emails, every aspect of technical soft skill is taught in detail with an aim to enhance their career prospects and self-confidence.



## Acknowledgement

OTF has partnered with Santex to work together for the benefit of OTF Women. We are thankful to Santex for donating a year's supply of their products for our women and also promising to hold sessions to educate and make them aware about their menstrual health and hygiene.

A big thank you to our private donors, Caresse and Butterfly for sponsoring hygiene kits for OTF mothers!

## Success Stories

### Happily Ever After

Little girls often grow up reading the classic fairy tales which depict princesses as damsels in distress who need to be saved by their knight, but they are never taught how to handle themselves in case their knight physically abuses them and leaves them stranded.

At the tender age of 20, LJ, was married off to a man who she thought was her “knight in shining armor”. Soon enough, she realized that she wasn't really living her “happily ever after” as she was being tormented, physically and mentally.

Her 5 year old son has been awarded an educational scholarship by OTF but having no financial income is still an obstacle for her. She has learned stitching and sewing as means to take the shackles of poverty off her feet.

Through the help of OTF, she is now working from home and is the bread winner of her family. She aims to change the “fairy tale” perspective of what “happily ever after” means - Khudmuktari, a little bit of courage and robust self-belief.



### The Torchbearer of Hope

MT, a 28 year old single mother who not only suffered emotional abuse in her marriage but also tolerated bestial behaviour of her brother almost all of her life.

She didn't give up on her dream to become a strong independent woman and raise her son with the best of her capabilities, for little did she know that only education is the way forward for her liberation from an abusive environment.

OTF granted MT and her son educational scholarships. She will soon be graduating as a Doctor of Pharmacy from a renowned University for Women.



### Rewriting her fate - one thread at a time

When things get tough, the tough get going. AM's husband faced a huge loss in his business after which it became very difficult for their family to survive with no financial income.

Along with providing educational scholarships to their children, OTF also helped AM in finding a job through our employability program. She is currently employed in a garment unit of a leather tannery and has become a bread winner of her household.

They say when you empower a woman, you are empowering the whole nation. The stories of these brave and determined women inspire us every day to redouble our efforts until true equality and empowerment is achieved.

This Women's Day, OTF aims to constitute an exemplary empowerment of women in Jinnah's Pakistan with adherence to the mission of OTF to support, encourage and educate.