



# ANNUAL REPORT | 2024-25



# LIST OF **ACRONYMS & ABBREVIATIONS**

WHO	World Health Organization
UNICEF	United Nations Children's Fund
GBV	Gender-Based Violence
IWD	International Women's Day
UNHCR	United Nations High Commissioner for Refugees
NGOs	Non-Governmental Organization
SDGs	Sustainable Development Goals
SCSW	Sindh Commission on the Status of Women
SCHR	Sindh Commission on Human Rights
UNDP	United Nations Development Programme
WDD	Women Development Department
BISP	Benazir Income Support Programme
CBO	Community-Based Organization
CSO	Civil Society Organization
EPI	Expanded Programme on Immunization
GIZ	Deutsche Gesellschaft für Internationale Zusammenarbeit
HEC	Higher Education Commission
HISWO	Haqooq-e-Insaniyat Social Welfare Organization
ILO	International Labour Organization
LHW	Lady Health Worker
NPB	National Bank of Pakistan
PACP	Pakistan AIDS Control Programme
PHC	Primary Health Care
PMT	Poverty Means Test
PWD	Persons with Disabilities
WASH	Water, Sanitation, and Hygiene

# TABLE OF CONTENTS

CHARIMAN MESSAGE	•01
WASH	•02
HEALTH	•06
RAMZAN DRIVE	•09
FOOD SECURITY	•12
LIVELIHOOD	•15



## MESSAGE FROM OUR FOUNDING CHAIRMAN:

As we reflect upon another year of service and impact, I am filled with immense gratitude and hope. This year has been a testament to our collective resolve in transforming lives through compassion, resilience, and community-driven action. Our mission remains rooted in the belief that every individual—regardless of where they are born—deserves dignity, opportunity, and access to life's most basic needs.

One of our most impactful interventions this year has been the Hand Pump Installation Initiative. In areas where families struggled daily to access clean drinking water, we saw firsthand how the simple act of installing a hand pump could bring immediate relief, renewed health, and hope. I had the privilege of visiting some of these sites—witnessing children smile as they filled their bottles from safe water sources, and listening to mothers express their deep thanks for not having to walk miles just to quench their families' thirst. These moments reaffirm why we do what we do.

Our work is never easy. Challenges such as climate vulnerability, resource limitations, and geographical barriers continue to test our capacity. But through the dedication of our field teams, the generosity of our donors, and the unwavering faith of the communities we serve, HISWO continues to rise to meet these challenges with strength and sincerity. This year, we not only provided clean water, but we also empowered communities with ownership and education. We built systems, not just infrastructure. We created partnerships, not just projects. And above all, we strengthened the human bond that unites us all in our shared pursuit of justice and well-being.

I extend my heartfelt thanks to every donor, volunteer, team member, and supporter who has walked with us on this journey. Your trust fuels our work and your belief in humanity continues to inspire us every day. As we look ahead, we remain committed to expanding our water access programs, deepening our presence in underserved regions, and exploring innovative, sustainable solutions. Together, let us continue building a future where no child sleeps thirsty, and every drop of water becomes a promise of life.

With gratitude and hope,

*Qazi Muhammad Ibrahim*



# WASH

ENSURING CLEAN WATER,  
SAFE SANITATION, AND  
HYGIENE FOR HEALTHIER,  
& EMPOWERED COMMUNITIES.





In many remote and underdeveloped regions of Sindh—such as Khairpur Mirs, Mirpurkhas, and Tharparkar—access to clean drinking water remains a daily struggle. Despite living in the 21st century, thousands of families still rely on unsafe, distant water sources, often contaminated and shared with livestock. The burden of water collection falls mostly on women and children, especially young girls, who must travel long distances on foot just to fetch a few litres of water. This daily hardship compromises not only their health but also their safety, education, and overall quality of life.

Recognizing the life-altering impact that access to safe water can bring, HISWO prioritized its Hand Pump Installation Project in the fiscal year of 2025. This initiative was more than just a response to a need—it was a proactive step toward restoring dignity, improving health outcomes, and empowering marginalized communities through sustainable access to clean water.

During this reporting period, HISWO successfully installed 7 hand pumps in critical locations identified in close consultation with local communities. These sites were selected based on severity of need, population density, and lack of existing infrastructure. Each pump now serves dozens of families, providing easy access to clean water for over 800 people collectively.

The impact was immediate and transformative:



Time spent fetching water dropped significantly, freeing up hours each day for women and girls to focus on education, income generating activities, and family care.



Waterborne diseases saw a noticeable decline, particularly among children.



Local participation in the planning, installation, and basic maintenance of each pump fostered a sense of ownership and responsibility, ensuring the long-term sustainability of these vital resources.



In areas where drought and extreme heat are common, these hand pumps have literally become the difference between survival and suffering.

*Beyond the numbers, the true success of this project lies in the stories of the people it helped. In one village in Mirpurkhas, mothers shared how their children no longer suffer from chronic stomach illnesses. In another area of Khairpur Mirs, elders expressed deep gratitude as the new pump brought fresh water within meters of their homes for the first time in decades.*

*The results of this project have been truly life-changing for the families it has reached:*



#### Improved Health

Communities reported a sharp reduction in cases of waterborne diseases. Clean drinking water has helped prevent sickness and improve children's overall well-being.



#### Saved Time

Women and children now spend less time and energy collecting water, allowing girls to return to school and mothers to focus on childcare or earn income through home-based work.



#### Women's Empowerment

Reduced water-fetching burdens have significantly improved the quality of life for women. Many shared that they feel safer, healthier, and more respected within their households.



#### Stronger Communities

Community members worked side-by-side with HISWO teams during implementation. Local caretakers were trained for ongoing maintenance, fostering a sense of pride and shared responsibility.

# COMMUNITY TRANSFORMATION:

The impact of these installations was immediate and life-changing. In areas where women once spent four to six hours a day collecting water, they can now fill containers just steps away from their homes. This has freed up time for more productive activities, such as attending school, managing households, or working for income. For many girls, access to nearby clean water has directly enabled them to return to school—ending a cycle where basic survival kept them out of the classroom.

Health improvements were also significant. Families reported a reduction in stomach illnesses and infections that were previously common due to dirty water consumption. Children, in particular, showed better health, more energy, and fewer school absences. Mothers expressed relief knowing their children could now drink water safely without fear of illness.

The project also strengthened community ties. Local volunteers took part in the installation process, and village-level caretakers were trained to manage minor repairs and upkeep of the pumps. This participatory approach not only ensures long-term sustainability but also gives residents a sense of pride and responsibility over their community assets.

Perhaps the most profound change is psychological. Where there was once hopelessness and fatigue, there is now relief, pride, and a new sense of possibility. The simple act of installing a hand pump has transformed entire villages—turning dry ground into a source of life.

## STORIES FROM THE GROUND

The voices of the beneficiaries speak louder than any numbers. In rural Mirpurkhas, Parveen Bibi, a mother of four, shared how her daughters no longer miss school to carry water from a far-off pond. *“Pehle paani laane ke liye teen ghante lagtay thay. Ab pump ghar ke paas hai. Meri beti school ja rahi hai, aur hamari zindagi asaan ho gayi hai.”* For her, this pump didn’t just bring water—it brought back her children’s future.

In the desert plains of Tharparkar, where temperatures soar and drought is common, Haji Bashir, a 70-year-old village elder, expressed his gratitude with tears in his eyes. *“Yeh pump hamari zindagi mein nayi roshni le kar aaya hai. Saaf paani milna kisi ne'mat se kam nahi.”* His words reflect the emotional and spiritual relief that comes when a community’s basic needs are met after years of neglect.

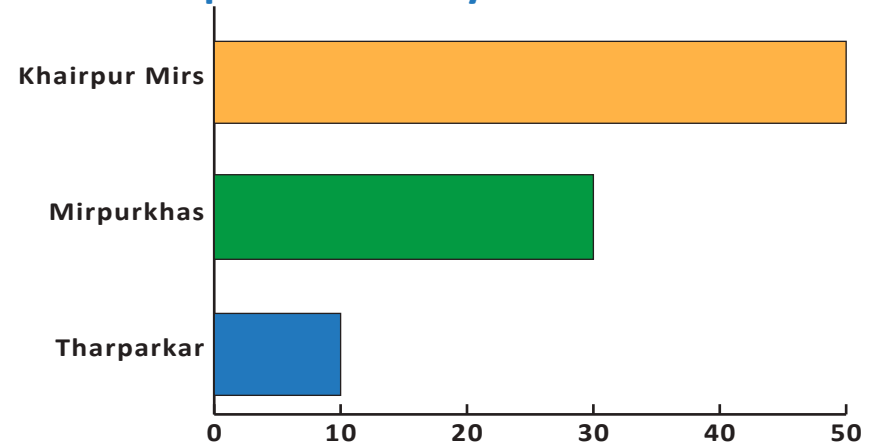


## SCALING OUR REACH:

While our progress this year has been impactful, the work is far from complete. Thousands of families across Sindh still wake up each day with the uncertainty of where and how they will find water. HISWO remains committed to addressing this injustice. In the upcoming year, we aim to install at least 200 additional hand pumps, prioritizing remote villages, informal settlements, and areas vulnerable to climate change.

We also plan to pilot solar-powered pumps and deep bore systems in areas with challenging terrain or deeper water tables. Our future strategy includes stronger collaboration with government departments, local NGOs, and international partners to scale solutions, secure more funding, and train more community caretakers.

## Hand Pumps Installed by District





With the continued support of our generous donors and committed volunteers, HISWO will not stop until every family we reach has access to the most basic human right: clean, safe, and dignified water.



### Improved Health:

Fewer cases of diarrhea, fever, and other water related illnesses.



### More Time for Education:

Girls once burdened with collecting water are now back in school.



### Empowered Women:

Mothers have more time for income-generating activities and family care.



### Community Ownership:

Each pump is locally maintained by trained caretakers for sustainability.

Families reported having two to four extra hours daily due to time saved from fetching water. This alone brought visible changes in household productivity, income, and mental peace.

## Time Saved Per Household

Activity	Before (Avg. hours/day)	After (Avg. hours/day)
Water Collection	3–4 hours	15–30 minutes
Time for Education	Minimal	Regular school hours
Time for Income Work	Rare	1–2 hours/day gained

BEFORE & AFTER INSTALLATION





# HEALTH

HEALTHY COMMUNITIES  
BUILD A STRONGER NATION



In the underprivileged regions of Sindh, healthcare is not just scarce—it is often out of reach. From the dusty streets of Mirpurkhas to the drought-hit lands of Tharparkar and the crowded informal settlements of Karachi, thousands of families live without access to even the most basic medical services. Many cannot afford a doctor's visit, let alone costly diagnostics or life-saving medications. Children suffer from malnutrition, elderly people endure chronic pain, and women face untreated illnesses in silence.

The absence of accessible, affordable healthcare contributes to a never-ending cycle of poverty, debt, and despair. When a family member falls ill, the entire household suffers. Parents must choose between medicine or meals, treatment or transport. Many suffer in silence—not by choice, but by circumstance.

Women, particularly in conservative and underserved areas, are further disadvantaged. Many cannot access female doctors, even during pregnancy. Children suffer silently from untreated infections or nutritional deficiencies. The elderly go years without medical checkups, enduring chronic pain without diagnosis or care.

This gap in healthcare delivery not only affects individual health—it leads to school dropouts, lost livelihoods, rising poverty, and intergenerational trauma.



## Medical Camps and Compassionate Support

Haqooq-e-Insaniyat Social Welfare Organization (HISWO) believes that healthcare is a right, not a privilege. That's why, during the reporting period, HISWO mobilized its healthcare response in the form of free medical camps and patient-focused support programs.

These camps served as mobile clinics—bringing doctors, nurses, medications, and screenings directly to underserved areas. They were set up in accessible village locations and urban slums, allowing people who otherwise would not seek help to receive medical attention close to home.

## Our Services Included:



**General health check-ups** by qualified doctors



**Free medications and prescriptions** based on on-site evaluations



**Basic lab screenings** such as blood pressure, blood sugar, and hepatitis tests



**Women's health consultations** in privacy with female medical professionals



**Health education** on nutrition, personal hygiene, and disease prevention



**Counseling and referrals** for serious or chronic conditions

Activity	Count / Beneficiaries	Areas Covered
Free Medical Camps Organized	6	Mirpurkhas, Tharparkar, Karachi
Total Patients Treated	1,400	Including women, children, elderly
Free Medicines Distributed	4,000	Provided on-site at each camp
Individual Medical Cases Supported	12	Emergency support and follow-up
Awareness Sessions Conducted	10	In schools and communities
Children (under 15) Treated	450	Mirpurkhas



Every medical camp became more than a health initiative—it became a hub of trust, healing, and relief. Communities that had been long ignored felt seen and cared for. By consistently delivering respectful, high-quality services, HISWO created a model of healthcare that didn't require large hospitals, but still brought real impact.

We placed special emphasis on:

👉 Ensuring female participation by providing female staff and safe spaces.

👉 Partnering with local mosques and schools for outreach and logistics.

👉 Training community health volunteers to help us identify critical cases and ensure follow-up.



*The result: stronger community relationships, more trust in medical professionals, and better health awareness even after the camps concluded.*

Our vision is to decentralize healthcare access and ensure that even the remotest communities are not left behind. HISWO aims to:

- Deploy Mobile Health Units in rural districts with rotating services.
- Create a Health Volunteer Network to increase community surveillance and early identification of illness.
- Launch Mother & Child Health Days focused on immunization, nutrition, and safe deliveries.
- Build long-term partnerships with health institutions for discounted diagnostic services.

With increased funding and support, we can serve thousands more, saving lives and rebuilding hope in places where medical care has long been missing.

## Emergency Medical Support: Shehryar's Story

Shehryar, a hardworking young man and the sole breadwinner of his family, was living a modest but stable life in Karachi. One ordinary day, while commuting on his motorcycle, Shehryar met with a devastating accident. The collision left him with two serious fractures—one in his leg and another in his pelvis—rendering him bedridden for over six months. In a single moment, everything changed for him and his family.

The aftermath was not just physical pain, but emotional and financial hardship. With Shehryar unable to work, the family was left without income, struggling to pay rent, afford daily meals, or cover the growing cost of medical treatment, surgery, and medications. Their basic survival became uncertain.

During this critical time, HISWO stepped in to provide comprehensive support. Through the Medical Emergency Assistance Fund and community donations, HISWO ensured that:

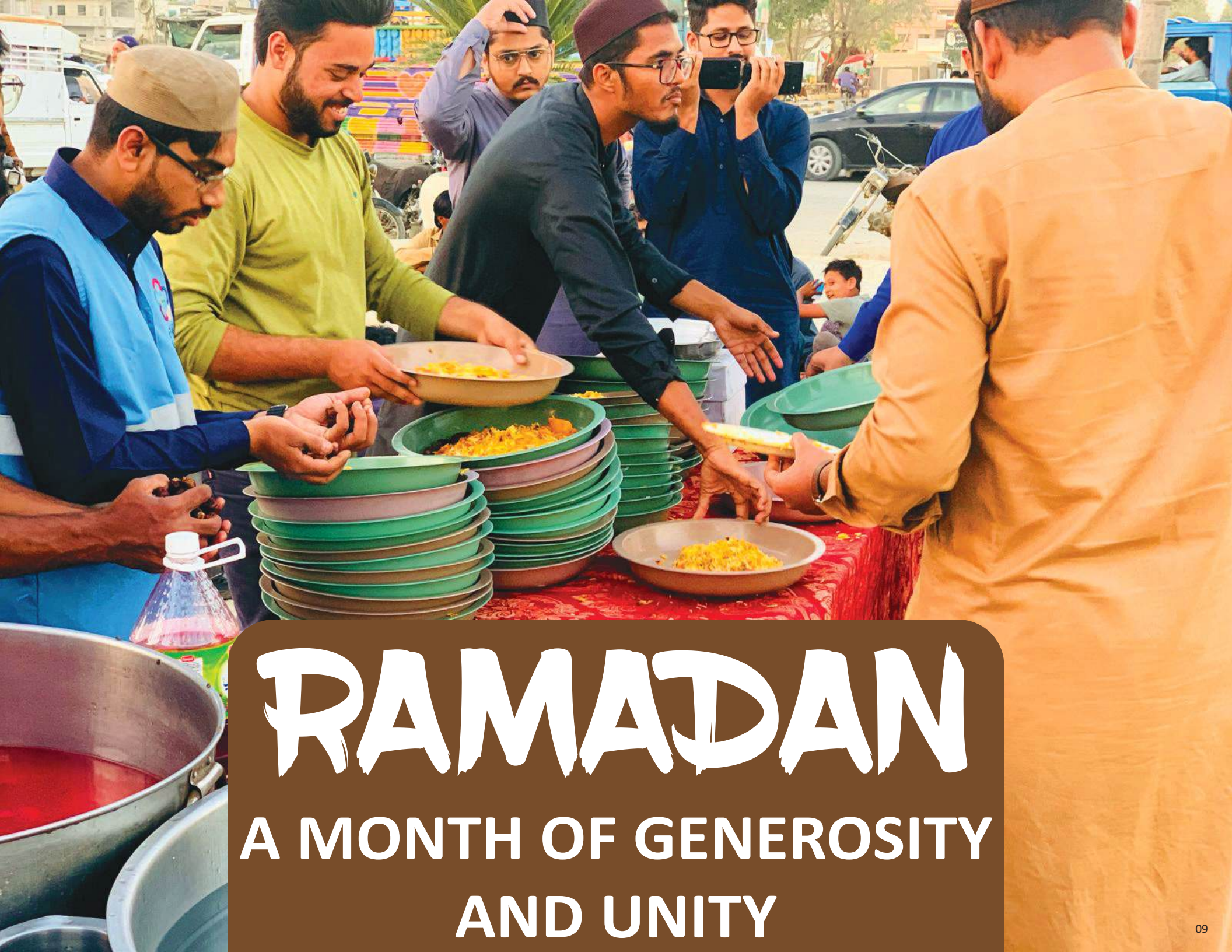
- Shehryar's family received urgent financial aid for rent and food
- Surgery and post-operative care expenses were covered
- Prescription medicines and physiotherapy needs were arranged
- Psychological encouragement and moral support were extended to his family

Today, Shehryar is on the road to recovery, able to walk short distances with support and his family is gradually returning to stability.

This story reflects HISWO's deep belief that every life matters. Our work is not only about broad impact, but also about individual families who are silently struggling and need a helping hand in the most vulnerable moments of their lives.







# RAMADAN

A MONTH OF GENEROSITY  
AND UNITY



Ramazan, the holiest month in the Islamic calendar, is not only a time of fasting and prayer—it is a spiritual journey that reminds us of humility, empathy, and self-discipline. While many of us gather at sunset to break our fast with loved ones and nourishing meals, thousands across underprivileged regions in Sindh approach sunset with empty plates and heavy hearts. The pressure of providing food during Ramazan becomes overwhelming for families already struggling with rising inflation, joblessness, and poverty.

In Mirpurkhas, Tharparkar, and informal settlements of Karachi, the cost of basic items like flour, sugar, oil, and dates surges beyond affordability during this sacred month. Families are often forced to choose between fasting or feeding their children. Many women go without food so their children can have a handful of rice at iftar. Widows pray silently for help, while children long for even a single date to open their fast. For these families, Ramazan is not only spiritually challenging but also emotionally and physically exhausting. The essence of unity and generosity risks being lost if the most vulnerable are left behind.

## A MONTH OF RELIEF AND RECONNECTION:

With faith as our foundation and humanity as our mission, HISWO took proactive steps to ensure that the essence of Ramazan—compassion, sharing, and unity—reached those who needed it most. Through a deeply coordinated and heartfelt Ramazan Relief Program, HISWO mobilized resources, donors, and volunteers to deliver not just food, but a message of care, respect, and belonging.

This program was not limited to food handouts—it was about rekindling lost dignity, lifting emotional burdens, and making sure every fasting soul had the means to observe Ramazan with hope. We partnered with organizations like the National Bank of Pakistan and activated a growing network of individual donors who trusted us with their zakat, sadaqah, and fidya, confident that HISWO would deliver aid transparently and efficiently.

Volunteers, many of whom were fasting themselves, worked throughout the month—packing ration bags, organizing iftars, and personally delivering aid to the doorsteps of the poor, elderly, and widowed. This was more than logistics; it was an act of collective ibadah (worship) carried out with sincerity, responsibility, and love.

During Ramazan 1445 AH, HISWO executed a carefully planned and impactful aid campaign across Mirpurkhas, Khairpur Mirs, and Karachi. With a focus on families with no regular income, orphans, widows, and daily-wage laborers, we ensured that every rupee donated was translated into relief and sustenance. The following key efforts were made possible:

### Ramazan Ration Pack Distribution:

*HISWO distributed over 350 food packages, each filled with essential supplies meant to last the entire month. These packages included wheat flour, lentils, rice, cooking oil, tea, sugar, salt, dates, and masalas. For many families, this was the only source of sustenance throughout Ramazan. Each package was tailored to accommodate a family of 5–6 members, allowing them to fast with comfort and dignity.*

### Daily Iftar Arrangements:

*In areas where cooked food was more effective than dry rations—such as urban labor communities or roadside settlements—we organized daily iftar meals. These included rice dishes, curry, pakoras, dates, fruits, and beverages. Serving over 5,000 meals throughout the month, our teams created shared spaces where fasting individuals could break their fast in unity and peace. These iftar setups were held in mosques, community grounds, and school courtyards—turning public places into centers of mercy.*

### Zakat and Cash Support:

*HISWO also disbursed cash assistance to over 60 families who faced medical emergencies, rent crises, or had no means to cook even with rations. This flexible support helped widows, single mothers, and elderly men manage their homes with dignity, without having to beg or borrow during a month that encourages self-respect and communal*

## Expanded Ramazan Relief Impact (2025)

Type of Support	Total Provided	Districts Covered
Ration Packs	350+ families supported	Mirpurkhas, Khairpur Mirs
Cooked Iftar Meals	5,000+ individual meals served	Karachi, Khairpur Mirs
Zakat / Cash Aid	60+ families received assistance	Widows, elderly, special cases
Total Beneficiaries	Over 2,000 individuals	Across 3 major locations

The success of our Ramazan campaign was only made possible through the tireless efforts of our volunteers and the compassion of our donors. Youth groups from schools, community workers, and our core volunteer team worked round-the-clock to prepare, package, and distribute food. Their energy, commitment, and spiritual dedication reflected the very soul of Ramazan.

We are also incredibly thankful to our generous donors—some gave from abundance, others from modest means—but all gave with sincerity. Their trust empowered us to reach families living in the shadows of our cities and villages, and to restore their faith in humanity during one of the holiest months of the year.



Inspired by the heartfelt feedback and the visible transformation in our beneficiary communities, HISWO plans to expand and strengthen the Ramazan Relief Program for 2026. Key goals include:

Expanding our reach to at least 6 districts, including areas recently affected by floods or drought.

Introducing Mobile Iftari Vans to serve hot meals to remote, roadside, and nomadic communities.

Distributing Eid clothing packages to children who otherwise wear the same clothes every year.

Launching a Sponsor a Family for Ramazan initiative to engage individual and corporate donors.

Establishing Ramazan Donation Hubs in key cities to facilitate wider community involvement.

Our vision is bold but rooted in compassion: to make sure no home remains hungry, no fast is broken alone, and no heart feels forgotten during Ramazan.





# FOOD SECURITY

**ONE MEAL, ONE SMILE  
A STEP TOWARD FREEDOM  
FROM HUNGER.**



In many parts of Pakistan—especially in rural Sindh, including Mirpurkhas, Tharparkar, Khairpur Mirs, Jacobabad and the urban slums of Karachi hunger is not just a temporary hardship; it is a daily reality. For countless families, putting food on the table has become a burden too heavy to carry. Soaring inflation, frequent climate-related disasters like droughts and floods, and widespread unemployment have pushed already vulnerable households into deeper poverty. These families are not struggling for luxuries—they are struggling for basic survival: a bag of flour, a handful of lentils, a few drops of oil to cook a simple meal.

In homes where the breadwinner has lost a job or passed away, food insecurity becomes a silent crisis. Children are sent to school on empty stomachs, women stretch meager rations across multiple meals, and elderly parents go hungry so their grandchildren can eat. In these circumstances, food is no longer just nourishment—it becomes a symbol of hope, a measure of dignity, and the only thing standing between despair and survival.

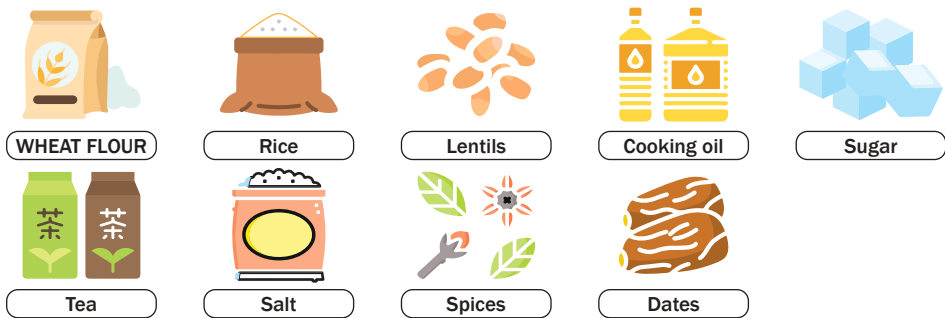
The pain of not having enough food is not just physical—it affects mental well-being, family relationships, and the ability of individuals to work, learn, or even pray with peace. It creates shame, helplessness, and isolation. For such families, receiving a well-prepared Rashan package is more than assistance—it is a moment of relief, a sign of care, and a reaffirmation of their worth as human beings.



## DISTRIBUTING HOPE WITH EVERY PACKAGE

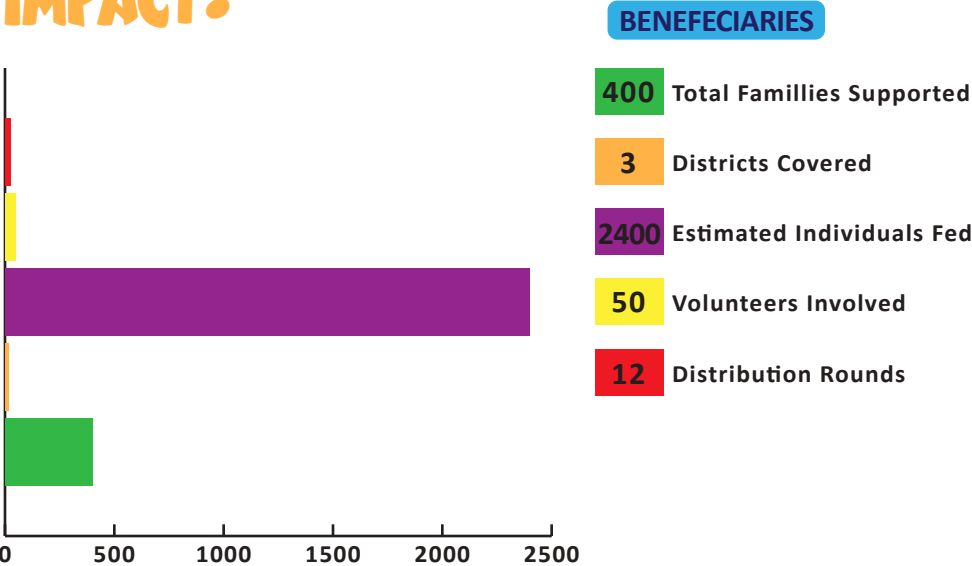
In response to this urgent need, Haqooq-e-Insaniyat Social Welfare Organization (HISWO) launched a targeted Rashan Distribution Program throughout the year 2025. With the help of generous donors and dedicated volunteers, HISWO delivered food assistance to hundreds of vulnerable families across Mirpurkhas, Tharparkar, and other underserved areas.

Each food package was designed to meet the essential dietary needs of a family for 2–4 weeks. Packages included items such as:



*Distribution efforts focused on widows, elderly citizens, orphans, persons with disabilities, and families without a stable income source. The program was implemented with care, confidentiality, and dignity to ensure that beneficiaries received support without shame or humiliation.*

## IMPACT:





In many areas, this was the only major food aid received throughout the year. Our teams worked tirelessly to identify the most deserving, often reaching far-flung villages where no other aid had reached before.

## RESTORING STABILITY AND DIGNITY

What made this program impactful wasn't just the contents of the packages it was the message it carried. A message that you are not forgotten, that your life matters, and that in times of hardship, there are people who care.

In addition to physical nourishment, the Rashan program brought:

- Emotional relief to families under financial stress
- Encouragement to children who saw support arrive at their doorstep
- Strength to widows who could now manage their homes independently
- Respect for the elderly who received help without having to ask for it

Every distribution was conducted with respect, proper documentation, and accountability. HISWO also maintained detailed records and feedback from beneficiaries to ensure transparency and continuous improvement.



## Our Commitment to End Hunger.

As poverty and food insecurity continue to rise due to economic instability and climate challenges, HISWO remains committed to scaling this program. In the upcoming year 2026, we aim to:

- Increase the number of beneficiaries to 5000 families across 5 districts
- Introduce nutritionally enriched food packs for children and elderly
- Develop community-based food banks in urban centers
- Launch a **"Sponsor-a-Family Rashan Drive"** to engage individual donors

With your continued support, we can expand our reach and help even more families break the cycle of hunger and helplessness.







# LIVELIHOOD

A SKILL IN HAND IS  
A FUTURE IN REACH



# FRUIT & SMALL CARTS DISTRIBUTION

In low-income urban settlements and underserved rural edges of Sindh, unemployment is not just a statistic—it's a lived reality. For thousands of families in areas like New Karachi, Surjani Town, and the outskirts of Mirpurkhas, the lack of reliable income means daily uncertainty: uncertainty about the next meal, the next month's rent, or a child's future. These are households where survival often depends on informal, irregular jobs—where even a small interruption in earnings can send families into crisis.

In such communities, vending through fruit carts, snack stalls, or secondhand goods is a common, practical path to income. However, for many families, even this humble opportunity is out of reach. The upfront cost of purchasing a pushcart, initial stock, and basic setup is simply unaffordable for someone who hasn't earned in weeks or months. Without access to even modest capital, they are trapped in a cycle of joblessness, borrowing, and dependence on others for survival.

These individuals don't lack motivation. They have the drive to work, the resilience to face hardship, and the dignity to want to earn instead of beg. What they lack are resources. This is where HISWO's intervention becomes life-changing.

## Opportunity That Moves With You:

To address this pressing need, HISWO launched a Fruit and Small Cart Distribution Program under its broader Livelihood Empowerment portfolio. The initiative is grounded in a simple yet powerful belief: the most impactful form of charity is one that makes the recipient self-sufficient.

From July 2024, HISWO identified individuals who had no formal employment but had the willingness and physical ability to work if given the right tools. After an initial assessment and shortlisting, the organization provided newly manufactured, easy-to-push carts to selected beneficiaries in New Karachi, Surjani Town, and surrounding low-income areas.

*HISWO ensured that each cart was durable, weather-resistant, and tailored to the type of product the vendor planned to sell.*

In addition to the carts themselves, HISWO supported beneficiaries with:

- 👉 **Startup inventory support** to help them begin without debt or borrowing
- 👉 **Basic training** on managing goods, keeping the cart clean, and dealing with customers respectfully
- 👉 **Ongoing mentoring and follow-up**, especially during the first three months to ensure the business model was functional and adapted to the local market.



CATEGORY	Outcome
Total Carts Distributed	22 Vending Carts
Beneficiaries Families Impacted	Approx. 110 Individuals
Location Reached	New Karachi, Surjani Town
Types of Carts	Fruit vendors, snack stalls, dry goods
Additional Support Provided	Inventory, mentoring, basic training
Program Staff & Volunteers	20+ active field members involved

These carts are now part of everyday life in the communities where they were distributed. Families that were once dependent on handouts are now engaged in productive activity, serving their local areas with dignity while earning for themselves. In this way, HISWO's work has had a multiplier effect, uplifting not just individuals, but entire households.

Beyond the numbers, the impact of this initiative reaches deep into the emotional and psychological well-being of families. For the recipients, these carts represent more than just a livelihood—they symbolize independence, pride, and a return to self-worth. Children in these families are now able to go to school more regularly because their parents can afford fees and supplies. Households have become more stable, with regular income covering rent, groceries, and medical needs.

Moreover, this initiative strengthens community morale. When people see neighbors improving their lives through work, it inspires others. It challenges the culture of dependency and reminds communities that transformation is possible even in the most difficult conditions. The presence of these carts also improves the local economy by ensuring the availability of fresh fruits and low-cost goods within walking distance, reducing transportation costs for buyers and increasing social interaction.

## Program Vision: Growing from a Few Carts to a Movement

The success of this year's initiative has laid the groundwork for scaling up. HISWO's vision is to expand this livelihood model significantly in the coming year, making it a permanent part of our poverty reduction strategy. We plan to:

- Increase the number of carts to 50+ in the 2025 cycle
- Explore themed carts for women, such as home-cooked meals, clothing, and craft items
- Partner with local vendors and wholesalers for subsidized supplies
- Pilot a microloan + cart bundle, where individuals can eventually own and expand their mobile businesses
- Introduce community micro markets where HISWO-supported vendors can safely operate in clusters

By doing so, we aim not only to reduce unemployment but to nurture a culture of dignity-led income generation—empowering people to provide for their families, contribute to society, and believe in their own potential again.





# SKILL IS POWER

In Pakistan's underserved communities, especially in urban slums and remote villages, women face layers of barriers—poverty, illiteracy, unemployment, and gender-based restrictions. While many of these women are hardworking, resilient, and eager to contribute to their families, they are often denied opportunities for learning or earning.

Lack of formal education and limited mobility make traditional employment inaccessible to most. In such settings, skill-based home entrepreneurship—like sewing and tailoring—emerges as one of the most promising solutions. A woman with a sewing machine and proper training can earn a regular income, support her children's education, contribute to household expenses, and reclaim her agency.

In under-resourced communities across Pakistan, especially in urban slums like New Karachi, women often bear the double burden of domestic labor and economic struggle. Despite their desire to support their families, they face limited access to education, mobility, job opportunities, and financial independence. Traditional gender roles, combined with economic hardship, confine many to lives of silent sacrifice.



With rising inflation and the increasing cost of living, many households have reached a breaking point. The lack of vocational training and economic outlets for women not only deepens poverty but also limits community growth. For such women, skills like sewing are not just hobbies—they are life-changing tools of empowerment.



Our objective is not just to teach sewing but to build:

- **Self-confidence**
- **Income-generation capacity**
- **Entrepreneurial spirit**
- **Community networks of support**

The Sewing Training Course, initiated in July 2024 in New Karachi, was developed with a people-centered and skills-based approach. It was designed not just to teach sewing, but to build confidence, encourage self-expression, and open up real earning potential.

## Training with Purpose: HISWO's Empowerment Model.

*The 6-month course covered a carefully structured curriculum that included:*

- **Introduction to sewing machines and safety**
- **Cutting, stitching, hemming, and pattern-making techniques**
- **Practice on women's and children's garments**
- **Home textile basics (pillow covers, table cloths, curtains)**
- **Simple alterations and mending services**
- **Financial literacy and pricing strategies for home-based tailors**
- **Soft skills training: communication, customer interaction, time management**

All materials—including sewing machines, fabrics, scissors, thread, and measuring tools—were provided free of cost. Participants were trained by experienced instructors in a supportive, all-women environment. The learning space also served as a safe communal center where trainees shared experiences, built friendships, and encouraged each other through their progress.



Program Overview: 2024-2025

Key Component	Details
Location	New Karachi - Low Income Neighborhood
Course Duration	6 Months
Total Trainees	20 Womans
Age Range	18 to 45 years
Equipment Provided	20 sewing machines, fabrics, toolkits
Curriculum Focus	Garment stitching, home textile, alterations
Post Training Support	Mentoring, referrals, link to microloans
Completion Certificate	Awarded to all successful participants

Others are working alongside their daughters, inspiring the next generation of empowered women.

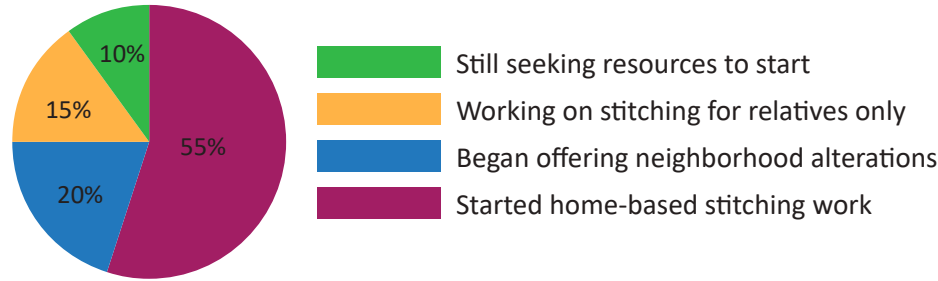
This program also contributes to improved community cohesion and resilience. It creates a shared network of skilled women who support one another with knowledge, emotional encouragement, and business referrals. For households that were once isolated and income-deprived, the ripple effects have been transformative.



Post-Training Outcomes

To measure the program’s success, HISWO conducted an internal impact review in March 2025. The following chart shows how many graduates began using their skills for income generation within three months of course completion:

Sewing Training Course Outcomes



**Note:** HISWO is actively supporting the remaining 10% with microloan options and donated sewing kits.

This data illustrates the strong start-to-income transition rate of the training program, validating the potential of vocational training as a sustainable poverty alleviation tool.

The effects of this program go far beyond income. Many participants reported increased confidence, reduced dependency on others, and more respect within their households. Some now support their families’ grocery and education expenses independently.



# A SMALL ACT, A PROFOUND IMPACT

In many underprivileged areas of Sindh, clothing is not merely a matter of fashion or style—it is a basic human necessity. For thousands of families living below the poverty line, purchasing seasonal or even everyday clothing is a luxury they simply cannot afford. From children attending school without uniforms to elderly people braving cold nights without sweaters or shawls, the consequences of clothing insecurity are often severe yet silent.

Lack of proper clothing leads to illness, low self-esteem, social exclusion, and even missed educational or work opportunities. Children feel ashamed to attend school in torn clothes. Widowed women feel isolated for not dressing modestly or appropriately. Laborers continue working in scorching heat or freezing temperatures without the protection their bodies need. Recognizing this often overlooked but vital need, Haqooq-e-Insaniyat Social Welfare Organization (HISWO) launched its Clothes Distribution Project to bring relief and restore dignity—one garment at a time.

HISWO conducted multiple clothing distribution drives, focusing on deeply underserved communities in Mirpurkhas and its surrounding villages. Our aim was simple yet profound: to ensure that no individual goes without clean, appropriate, and seasonally protective clothing.

Through the collaborative efforts of our volunteers, donors, and local community partners, we successfully distributed over 600 sets of clothing to those most in need. Our approach was guided by three core principles:

**RESPECT—** Every distribution was organized in a way that upheld the dignity of recipients. We avoided crowding and queues, providing a peaceful and respectful environment where individuals could choose suitable clothes.

**Reuse & Sustainability —** Many of the clothes were gently used and thoroughly cleaned. Others were newly purchased or stitched in partnership with local donors and tailors, promoting reuse while ensuring quality.

**Relevance —** Clothes were carefully sorted and distributed by gender, age, and season to ensure proper fit and cultural appropriateness.

## What We Delivered

Item Type	Quantity Distributed	Main Beneficiaries
Winter Sweaters, Shawls & Jackets	300+	Elderly, widows, children
Children's Clothes & School Uniforms	200+	School-age boys & girls
Women's Clothing	100+	Widows, housewives, girls

**Total Beneficiaries:** 600+ individuals from low-income households in and around Mirpurkhas.

Our distribution included winter clothes ahead of the cold season, ensuring that families living in uninsulated homes or roadside settlements could stay warm. We also provided children's clothes so that they could attend school with confidence and pride. Special attention was given to widows and senior women, many of whom suffer silently due to lack of proper clothing.



The need for clothing support remains high, especially during winters, floods, and periods of economic distress. In 2025, HISWO plans to:

- Expand distributions to **Tharparkar, Jacobabad**, and urban slums in Karachi.
- Introduce **Ramazan clothing kits** for children and mothers.
- Launch a "**Dress with Dignity**" campaign to engage corporate partners and fashion brands in mass contributions.

# SUPPORT ONLINE OR THROUGH VIA BANK ACCOUNT

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