



Celebrating

*International
Women's Day*

To appreciate

"Women in Leadership"

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INTRODUCTION OF PPHI SINDH

PPHI Sindh is a not-for-profit company setup under section 42 of The Companies Act 2017 and recognized as such by Pakistan Centre of Philanthropist (PCP), a Government certified body for recognizing Not-for-Profit Organizations (NPO). The Company is governed by a Board of Directors comprising of seven seasoned members with vast and versatile public and private sector experience. The Board is also represented by Secretaries to Government of Sindh (Health, Finance, Planning & Development and Population Welfare Departments) as Ex-Officio Members.

PPHI Sindh is primarily entrusted with the operational and management control of primary health care units of Government of Sindh to ensure quality Primary Health Care (PHC) to poor masses of Sindh. Before becoming Company in 2013, PPHI Sindh, as a project under Sindh Rural Support Organization (SRSO), started its operations in 2007 from district Kashmore by contracting few dispensaries and basic health units. Gradually it has expanded to all districts of Sindh, with nearly more than 1300 health facilities under its contractual management.

The objective of establishing PPHI Sindh was to innovatively assist Sindh Government in revitalizing its primary healthcare in rural areas by ensuring availability of human resources, improvement of physical and medical infrastructure and provision of free of cost medicines. Today the Company is managing more than 1300 Primary Healthcare Facilities (HFs) across Sindh and Extended Program of Immunization (EPI) in districts Dadu and Khairpur. Among its value chain are 5 Caesarian facilities, 4 major and 294 mini labs, 310 (24/7) BHU Plus, 572 solarized HFs, 1,007 OTP (Nutrition) Sites in 21 districts, 102 TB Care facilities (TCFs), 195 EPI centers, 199 ambulances, 294 HFs equipped with Ultrasound, and 344 Kangaroo Mother Care Centers (KMCS).

Currently, PPHI Sindh is providing free of cost medicines and lab tests to all patients without any discrimination. Furthermore, PPHI Sindh signed another agreement with Health Department, Government of Sindh, for the management of children suffering from the Severe Acute Malnutrition (SAM) under Nutrition Support Programme (NSP) in nine districts of Sindh in 2016. At present, the nutrition services are scaled up in 23 districts of PPHI Sindh by establishing more than 1000 OTPs (Nutrition Clinics where SAM children are Managed. These services are provided with support from Sindh Government, United Nations, international and national partners like Accelerated Action Plan, European Union, Action Against Hunger, Concern World Wide, World Food Programme, Rural Support Programme Network and UNICEF.

In addition to the above-mentioned services, PPHI Sindh is also working on repair, renovation and rehabilitation of the health facilities to make them operational to their full capacity. It has also been working on solarizing its HFs to provide enabling environment to its staff, health care providers and community. So far, 670 health facilities have been solarized.

OUR MISSION, VISION AND VALUES

■ **Mission:**

To provide quality preventive and curative primary healthcare, in a respectful, fair and professional manner consistent with available human and economic resources, to most deserving communities for promoting and protecting their physical and economic wellbeing

■ **Vision:**

To be a most trusted partner of Government of Sindh in provision of comprehensive primary healthcare to the most deserving communities with the aim to improve health related outcomes and indicators.

■ **Values:**

● **Accountability**

every action, product, decision and policy is taken seriously as we believe we are answerable to the communities we serve.

● **Commitment**

providing quality service is always mandatory and not a choice.

● **Compassion**

serving with our best of expertise to impact lives within and outside the organization.

● **Diversity**

respecting the diversity and serving everyone without discrimination.

● **Innovation**

pursuing new creative ideas to serve the communities better.

● **Integrity**

acting with honesty and honour without compromising the quality.

● **Dignity**

treating every patient and providing healthcare with dignity regardless of their religion, caste, socio-economic status and political affiliation.

PPHI SINDH AND INTERNATIONAL WOMEN'S DAY

PPHI Sindh celebrated International Women's Day to appreciate and acknowledge its female team members, and to showcase their success stories. The main objective of the event was to recognize women's role in making PPHI Sindh a successful model.

International Women's Day is aimed at helping nations eliminate discrimination against women around the world. It also focuses on helping women to gain full and equal participation in development. On 8th March women around the world celebrate International Women's Day to fight against gender inequality.

Mr. Abdul Wahab Soomro, Chief Executive Officer PPHI Sindh, in his opening remarks mentioned, "Today is the day of women. I salute to those hardworking women of PPHI Sindh who are working in the far-flung areas of Sindh. They use their own transport to travel and serve the humanity also. I want to draw the attention on those women who are working in PPHI-Sindh's health center in night shifts and done their job efficiently."



Dr. Nighat Shah, Member Board of Directors PPHI Sindh and a renowned gynecologist, was the Chief Guest of the event. Dr. Shah said, "Today is a day to celebrate the brave acts of ordinary women who have played an extraordinary role in their life. This date reminds us that we have the power to change the situations of inequality that surrounds us. In every corner of the society, we have seen that when women are empowered, the society is empowered too."



Ms. Sabira Soomro, representative of World Food Program (WFP), said, "I appreciate the hardworking and dedicated women of PPHI Sindh. I strongly believe that women highlight society's empowerment. I am feeling very fortunate to be a part of this wonderful event and I also appreciate the effort of PPHI Sindh's management who gives opportunity to every woman without any gender discrimination."



The frontline workers who also spoke at the event were Midwife Humaira from Sukkur, Midwife Bilqees from Shaheed Benazirabad, Midwife Amna Ali from Tando Allah Yar, Midwife Naila from Larkano, Midwife Afsana from Badin, and Dr. Nargis and Nurse Warda from Matiari.



The main aim of the event was to highlight the role of women in providing quality primary healthcare services to the communities through the platform of PPHI Sindh and to celebrate women's contributions to PPHI Sindh, to stand for all women in solidarity and join in one voice.



Inspirational stories of women who have struggled through their personal or professional lives from 24 districts of Sindh were showcased at the event. Few of them also got an opportunity to share their stories with the audience.

PPHI Sindh also distributed certificates of appreciation and giveaways among the women staff members to mark the day.

ABOUT THE BOOKLET

This booklet is a tribute to the women who have been associated with PPHI Sindh and have struggled through their personal and professional lives. PPHI Sindh feels honored to have such women in its team. Inspirational stories of 22 women from 24 districts of Sindh who have achieved excellence have been included in this booklet.



GENDER POLICY OF WFP

The United Nations World Food Programme (WFP) and the Government of Pakistan have initiated several humanitarian and development programmes to support gender equality and women's empowerment. Some of the programmes specifically target women and girls in responding to major gender gaps in education, early recovery and nutrition. The objective of these activities is to empower and support the food security and nutrition of women and girls, including addressing the specific pandemic related challenges.

LIVELIHOOD SUPPORT TO WOMEN WORKFORCE

While women constitute 49% of Pakistan's population, they represent only 25% of the labour force. This is well below the rates in countries with similar income levels. This low female participation in the labour force represents a major loss of potential productivity. It also has important implications for women's empowerment. Female participation drops further to 6% in the religiously conservative NMDs, where most women do not participate in labour outside their homes.

In 2020, WFP supported 273,000 people in Pakistan through its livelihood support programme, out of which 42% were women. To improve the opportunities for women's participation in economic activities, WFP provides cash stipends to women under this programme for attending skill-based trainings, including carpet weaving, food preservation, poultry management and kitchen gardening. These activities help empower women and foster transformative changes. The Government also acknowledges WFP's continued efforts to support women in the country.



Women and girls have increased power in decision-making regarding food security and nutrition in households, communities and societies. Ensured their participations in project designing



Equal opportunities for both men and women in project activities designing through participation in village development committees

By re-evaluating gender roles and working to challenge social norms, we change lives and contribute to the achievement of SDG 2 and SDG 5.

STUNTING PREVENTION AND FEMINIZING SOCIAL PROTECTION

Stunting is a rising crisis in Pakistan. The National Nutrition Survey in 2018 shows that over 40% of the children under the age of five are stunted which is one of the highest prevalence in the world. To reduce the high levels of chronic malnutrition in Pakistan, WFP and the Government launched in August 2020 an ambitious nation-wide 'Ehsaas Nashonuma' programme for stunting prevention linked to the country's national safety net Benazir Income Support Programme (BISP). This programme targets pregnant and lactating women and children enrolled in the Government's safety net and uses the Government's primary health care system to provide a comprehensive package of four interventions through facilitation centres: locally produced specialized nutritious foods, conditional cash transfer top-ups, awareness sessions on feeding and hygiene practices, and routine child monitoring and immunization. With a target figure of 195,080 beneficiaries across Pakistan, the 'Ehsaas Nashonuma' programme is currently in its pilot stage with 32,092 pregnant and lactating women and children enrolled. Women enrolled in the 'Ehsaas Nashonuma' programme have expressed satisfactions over the benefits they have received.

To complement the Government of Sindh efforts in addressing the issue of the widespread malnutrition, WFP along with department of Health, Accelerated Action Plan (Health and Nutrition Sector) assisted the around 111,059 moderately acute

malnourished children and acute malnourished pregnant and lactating women in the two districts of the Sindh in partnership with People Primary Healthcare Initiative-PPHI, Shifa Foundation and HANDs.



Provision of life saving nutrition services under CMAM interventions for acutely malnourished girls and boys below five years of age and pregnant and lactating mothers through Targeted Supplementary Feeding Programme - CMAM in Sindh province

A mother of six from the coastal area of Sindh who has had two miscarriages says: "One of the neighbours told me that pregnant women are eligible to receive money from the programme. But after visiting the center, I learned that it's not all about money. For the first time I have understood why I and my children are so thin. We as a community do not generally regard low weight signs. This is a new and different programme. The most interesting thing about the program is that it offers higher allowances for girls and provides greater importance to pregnant and lactating women."

SHOCK RESPONSIVE SOCIAL PROTECTION

The Benazir Income Support Programme (BISP) and the World Food Programme (WFP) launched a joint shock-responsive safety net initiative in Tharparkar and Umerkot Sindh for the poorest of the poor.

The objective of the joint response was to alleviate food insecurity and associated vulnerabilities of drought affected households in Tharparkar and to bridge the gap until multi-sectoral needs and early recovery measures are adequately established. Under the project, a humanitarian cash top-up was provided to 63,000 females of the most vulnerable BISP registered households, in District Tharparkar. Around 32,000 females 's BISP beneficiaries have been assisted with a humanitarian top up, in addition to regular BISP payment in Taluka Umerkot.

ADDITIONAL EFFORTS TO PROMOTE GENDER EQUALITY

Out of the two million beneficiaries assisted by WFP in 2020, 55% were women and girls. WFP Pakistan has also extended cash support to 30 transgender community members under its COVID-19 response. As part of the '16 Days of Activism against Gender-based Violence' awareness campaign which started on 25 November 2020, WFP distributed 110,996 brochures and 529 banners among partners and community members to create awareness against gender-based violence. WFP also initiated social media campaigns to promote gender equality.



WOMEN'S DAY CELEBRATION





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AFSANA FARASH



Miss. Afsana Farash has been working at PPHI Sindh's Badin-A district since October 2017. She is a young and energetic female who belongs to a Sayyed family of Malkani city, which is approximately 70 kms away from Badin. Her family consists of ten family members with limited resources.

Before joining PPHI Sindh in October 2017, she was employed at a private centre where she worked as a helping hand in labor room. She was selected for PPHI Sindh's two years' CMW course. After completing her course, she was appointed at BHU Ghulam Hussain Parhyar, District Badin-A.

According to Miss Afsana, before induction in PPHI Sindh, her family suffered financially a lot but since joining in PPHI Sindh, their lives have improved. She supports her siblings in getting education and her parents financially.

She further mentions, "education is a weapon through which you can change your life in true essence. So, I would like to draw the attention of my female fellows that you need to get education because it will help you to be bold and brave in life. It will also reduce the economic burden of your family. Furthermore, after joining as Midwife, I have been supporting my parents and siblings since 2017. My siblings are getting education and this is all because I got education and started my professional life in a respectable organisation."





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DR. NOSHEEN JAMALI



“What I have learned is that the working women whether privileged or marginalized face equal challenges at work space”. Dr. Nosheen Jamali

Dr. Nosheen Jamali is currently working as MNCH Coordinator with PPHI Sindh since January 2020. Previously, she has worked as Female Medical Officer (FMO) at MCHC Ghulam Shah Mori at District Badin B.

Dr. Nosheen Jamali belongs, Taluka Talhar of district Badin. She did her intermediate in Badin and then her MBBS from ISRA University, Hyderabad. Later on, she pursued post-graduation part – I from Liaquat University of Medical & Health Sciences (LUMHS) Hyderabad in Obstetrics and Gynecology.

“I was able to complete my education while living at a hostel due to my parents’ support.”

Later in 2020, she faced major problems at work due to a male colleague. Initially, she ignored the matter for many reasons but it became frequent. On her request, an enquiry was ordered from PPHI Sindh’s Head Office. The person involved faced major penalty after he was found guilty as per PPHI Sindh’s policy.

“I always thought if I, being an educated woman from privileged background, can face harassment then how serious this issue must be for the women from marginalized and less educated background.”

She stated that ensuring safe work environment for women is a must for any organization. She advises her female colleagues to never be silent on such issues and report immediately to concerned authorities. She aims to focus on this particular issue during her new role as MNCH Coordinator along with other assignments.





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FAIZA



I am LHV Faiza and this is my story. I work at BHU Plus Thariri Mohabbat, Dadu. This health facility achieved 300 NVDS mark in the month of November 2020. I personally believe in PPHI Sindh's quality services which is why I counsel people to avail its services. The ratio of clients of FP services has increased manifolds due to my continuous efforts. I have been performing my duties in the morning shift for the past five years without any other paramedic support. I have always supported the FMO and has also helped in continuously improving the key performance indicators of my health facility using the effective tool of counseling.





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ASIYA



Ms. Asiya was appointed as Female Attendant in PPHI Sindh in 2013. She belongs to a family living in Dodo Naich UC Garhi Chakar, Taluka Mirpur Mathello, District Chotki.

During the job as female attendant at MCHC Mirpur Mathello, she was inspired by the trainee midwives of Community Collage DHQ Mirpur Mathello, who was on attachment training at the health facility. Asiya was motivated to enrol in Midwifery School and to improve her professional skills. She also wanted to support her parents as well as poor community of the catchment area of BHU Garhi Chakar.

She started the midwifery course in 2016. It was a difficult task to balance her job and studies but Asiya was determined to make her dream come true. She requested a transfer to night shift so she can attend her school regularly. She continued working in night shifts for two years and successfully completed the two-year course in 2018. After she passed her exams, she applied for a midwife post in PPHI Sindh in August 2020, and was selected to serve as a midwife at the health facility.

“Women should never consider themselves weak. They should be educated against the customs of Society which can lead to the development of the country, society and the people.” Sayd Miss Asiya.





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KASTORI

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Kastori, a 55 years old woman, is an active social worker and a resident of Azad Nagar near BHU Plus Bahawal Zounr district. She is married to Mr. Kaiwal, a labourer, and is a mother of three children. (She earns around 200 rupees per day and has been working for the labourers who work for daily wages). She also helps in arranging blood for needy people, and the pregnant women in her community. Kastori is a local ambassador for family planning particularly for LARC. she is very active in participating in local rallies. She even participated in the farmer's rally at Islamabad to raise her voice in their favour.

Kastori has also attended many trainings and has been awarded with certificates and shields. She is also active in arranging community health sessions and mobilization for ANC, NVDs and LARC for BHU Plus Bahawal Zounr.

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YASMEEN KHOSO

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Miss Yasmeen Khoso is posted as Aya at RHC Unerpur, District Jamshoro. Yasmeen belongs to a poor family and is a mother of seven children. Her husband died in 2014, since then she has been the only woman to take care of her entire family. She struggled to feed and clothe her family in the meager wages she earned. It was quite insufficient.

"When my husband died, it was difficult for me to take care of the whole house and children but I did not give up."

In 2017, when PPHI Sindh launched 24/7 MCHC services at RHC Unerpur, taking advantage of the opportunity, Yasmeen applied for Aya job and was successful in getting it.

Now, she is doing her job with utmost hard work, and is supporting her family. Her financial and economic conditions have improved and she has also received recognition at local level. People living in her village seek advice from her on different issues. She is now living a happy life with her children and is earning a handsome monthly salary enough to fulfill her family's basic necessities.

She has recently built a house of her own with monthly savings from her salary. And her three children are getting education at a local school.

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RAHEELA KOSH



Mrs Raheela Kosh is posted as a Midwife at BHU Din Muhammad Kosh, Kashmore. She belongs to a poor family. Her father is posted as a Naib Qasid at BHU Din Muhammad Kosh, from Health Department, Government of Sindh.

She was only able to complete her intermediate with her father's support even though he did not have much resources to provide for her education.

Through PPHI Sindh's mission of empowering women by its initiative of providing midwifery training especially in far-flung areas of Sindh, many women are now supporting their families and helping their communities as well. Raheela Kosh is also one of them who completed her midwifery course from Midwifery School, Koohi Goth, Karachi fully supported by PPHI Sindh.

Now she is supporting her family as well as spreading awareness on MNCH matters in her community.

"After I started working, I also received recognition at local level. People living in my village seek my advice on different issues which makes me proud."

On the basis of her outstanding performance, she has been assigned an additional charge of Nutrition Screening.





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AFSHAN

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Mrs. Afshan has three kids and belongs to a financially struggling family. She was appointed as a Female attendant at PPHI Sindh's MCHC Kotdiji.

Afshan is hard working and a dedicated employee. She is very cooperative, helpful and friendly with clients. She has been working on rotation basis (24/7) and has assisted in 50 + NVDs.

She treats the clients respectfully and maintains clients' dignity who come from different villages of taluka Kotdiji for MNCH Services.

She was inspired by the CMW and FMO of MCHC Kotdiji who provide MNCH services to poor and needy clients to train as a community midwife. She scored an admission in CMW Program at a private CMW school situated in Khairpur. She continued her job along with her studies and also did her Master's degree in Social Sciences.

Afshan wants her fellow female to achieve professional success and support their families too. She also advises them to always keep high hopes and you can achieve anything in life.

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WARDA

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The day of my life began on 23 August 1997 in Karam Khan Nizmani, a village in Matiari district. Every parent wishes to name their child themselves but my name was given by my maternal uncle, who named me ‘Wardha’, which means rose. My first misfortune was that when Baba found out that his second child is a daughter, he did not even see me.

But my innocent existence was smiling in front of him. Eventually, Baba gave me a smile and held me in his arms while laughing.

I faced many difficulties and hurdles in my life. Even my baba did not want me to get education but my Amma persuaded Baba to let me continue my studies. I even started receiving proposals at the age of 15 years. My Baba wanted me to get married but he gave up when he saw my determination for education.

After my intermediate, I wanted to continue studying in a college but here Baba won and I had to give up on my dream. But, later on I got a chance to take a Family Welfare Worker (FWW) course at the FWW Training Center. After 2 years of training I completed my course with a position.

I joined PPHI Sindh as a Nutrition Assistant, which despite the chains of restrictions by my family I was appreciated remarkably. I am doing my job with passion and spirit.

Thanks to PPHI Sindh for offering me this wonderful opportunity to serve the needy and poor community.

“Too many BINT HAWA have walked through the swamp. Now, they are fulfilling their dreams and living their lives like a LILY”.

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WAZEERAN



Ms. Wazeeran belongs to a small village name Ripri, near kacha area of taluka Gambat district Khairpur. Her financial condition was very poor as her father was a vaccinator in Government of Sindh who supported large family.

She has been working as a midwife at BHU Plus Ripri for the past four years. She completed her education while facing hardships and opposition of her brothers and other family members.

Her brothers were against her education and professional job but she resisted and succeeded in doing so with support of her mother.

She received her degree of midwifery and started working at PPHI Sindh's BHU Ripri.

She performed so well and her hard work paid off when due to her performance this health facility was upgraded as BHU Plus. She has now received ultrasound training as well and is now delivering service in an area where it is hard to work as a female medical officer.

Now all her family members are proud of her.





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NAILA SHAIKH

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I, Naila Shaikh, am posted as a Midwife at MCHC Rasheed Wagan, District Larkano. We are four family members in my house. My father is a retired employee. I have two siblings who are younger than me. Being the oldest, the responsibility of supporting my family fell on my shoulders. Finding a job was quite difficult for me after my father retired. But here I am today, working as a professional in PPHI Sindh. This is the story of my new beginning.

My story started when one day I saw an advertisement of PPHI Sindh offering a midwifery diploma to metric pass girls on the organisation's expense. According to the advertisement, the candidates will be provided with free study and monthly stipend. In addition to this, after passing the diploma they will also get a job on PPHI Sindh's health facilities. I was selected by PPHI Sindh in 2016 for the midwifery course and after graduating, PPHI Sindh offered me an attachment which suddenly improved our financial condition and it also empowered me.

Sometimes when I look back, I wonder what would've become of me if I hadn't seen that advertisement that day out of sheer coincidence and how Allah (s.w.t) helped me take a step towards my golden ladder of success. Even though my father isn't with us anymore, I'm sure he is proud of me and I can feel him smiling through the gates of heaven saying "that's my girl!".

"PPHI Sindh gave me a sense of recognition, my identity for who I am. Today, if someone asks me what I do for a living, I smile and proudly say "I am a professional working woman at PPHI Sindh."

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BILQUEES



Ms. Bilquees has been serving as LHV at BHU Jalalani. She is a dedicated and hard working professional and also the only bread earner of her family.

She is a single mother, of four children.

She is highly skilled and well experienced with good knowledge of protocols. She is very active and creative. She always provides quality services to the patients/clients within limited resources.

She is polite with her colleagues as well as patients/clients. She trains her juniors in an effective manner. She has proved herself an asset for the health care facility.





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DR. NARGIS ANSARI

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The life is all about struggling hard, being focused and attaining welfare and wellbeing of oneself, family, society and above all humanity; that's what I did and still on my way. This is a Journey of traditional sufferings, cultural bindings, professional obligations and domestic responsibilities, for all Allah had been always kind upon me. (Dr. Nargis Ansari)

I am Dr Nargis Ansari and I belong to Hyderabad, the city of historic perspectives and enriched culture of subcontinent. My tribe is Ansari, the inhabitants of Rural Sindh. My family is moderate, and they believe in hard work and success. My father wanted me to be a doctor and put all his hard work to make it happen. I completed my MBBS from Chandka Medical College, Larkana.

Soon after my post-graduation training, I joined PPHI Sindh in Matiari as FMO. Initially, I had faced a lot of problems and worked in different BHUs which were all far away from my hometown but my father's dream and my longing kept me moving forward.

I am a mother of four kids, Alhamdulillah. I have a committed social life like all other ladies.

Moreover, I am suffering with a disease named Wilson; I was diagnosed in 2019/20. It's a rare disease and so far, incurable. Since getting diagnosed, I promised myself to give all my energies to my profession to serve the poor people of Pakistan, educate the rural ladies, create health awareness among families with continuous counselling and workshops. I prefer medical camps and field work because it provides a better platform to serve the most deserving.

A human is to invest his life for God's reward, as He blessed us for the cause.

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DHAMI BAI



My name is Dhama Bai D/O of Raju Mal resident of Nauabad village, Taluka Jam Nawaz Ali, District Sanghar. I belong to a minority community Menghwar and have been working as a CMW in BHU Plus Nauabad Sanghar-B, PPHI Sindh.

My father was the sole bread winner for a family of eight including six children. My father is a clerk. He had a weight of bringing up six children. We live in a discriminative society where individuals judge you by cast, color and creed. It was near to impossible for me to study and to sit with others. We are offered a separate glass of water, and a separate chair to sit. People do not greet us warmly. We are never offered a cup of tea in the same cup used by the family.

This system discouraged me and my family to the lowest, however, my father encouraged me. I stood, I flied, I completed 27 months' LHV Course from Public Health School Mirpurkhas. After completing it, my dad informed me about PPHI Sindh's job opportunities. I applied, and passed my test on merit basis and I got my offer for the post of community midwife in PPHI Sindh District Sanghar. That day showed me the rainbows that the society had stolen earlier. I dreamed, I believed that your persistent efforts never go to waste. However, the cruel society again showed its colours.

I heard individuals condemning my work and my status. My character was marred. But I just kept to my work and ignored all these things. PPHI Sindh improved me and showed me the way to shine. PPHI Sindh offered me a platform where I sat with individuals. I became a part of PPHI family without any differences. I got respect here in this organization and it allowed me to bloom.

I conduct approximately 100 NVDs per month at my HF. I solely run my home and supporting my family now. I am as strong as I dreamt of. I have earned my own reputation. I am independent now.

"My message to all women is to stay strong whatever the circumstances are, never be hopeless, your work repays you socially, economically as well as physically."





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MEHNAZ

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I am Mehnaz w/o Khan Muhammad. I live in a village Meer Ghulam Shah, Taluka Shahdapur, District Sanghar and I am currently posted as Dai/Aya at BHU Barhoon, Sangahr-B, PPHI Sindh.

I witnessed a past that I would never want to recall, a scary nightmare that scares me whenever I turn back the pages of my life.

I was brought into the world in a truly helpless family. My dad was a card shark and an addict. I previously lived in Karachi. We were never a happy family. My Mom worked as a maid in many houses, my elder brother sold ice creams, worked as a vendor and earned few pennies that helped me in completing my matriculation. After that I got married and moved to town Meer Ghulam Shah. I envisioned not a wonderful life ahead but a superior life, however, life isn't excessively simple.

My husband was the same as my father; a gambler, an addict plus a person that physically as well as emotionally abused me. I became a mother of two children. A woman can tolerate everything but when that woman turns into a mother, she changes.

I slept many nights without food, but watching my kids sleep hungry used to kill me. I thought to quit everything but the faces of my children weakened me every time. No one helped but Allah almighty showed me a way to PPHI Sindh.

I was brutally beaten on the test day, by my husband. But, I stayed focused. I saw my hungry kids and appeared in the interview, got selected and finally started my job.

After first year of my service, I feel a life of independence. I can feed my children good food, and educate them. I want to give them a better life that I once dreamt of for my self.

I am thankful to PPHI Sindh for giving me confidence and self-esteem. My biggest success is not quitting my life. I struggled and survived. I can earn, I can eat better and my kids have a better life.

My message to all women is to never think about quitting.

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SHAHIDA

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Ms. Shahida belongs to a poor family and is a widow with four children. She works as an Aya, Female Attendant, at BHU Plus Saeed Matoo, District Tando Muhammad Khan.

Her husband had already passed away when she joined PPHI Sindh. Hence, she had no support. Her mother, the only solace for her during her difficult days, was also aged and ill. Her father had also passed away a long time ago.

Shahida started working as an aya at a private school for Rs. 3500/- per month to provide for herself and her four kids. However, the meagre amount of Rs. 3500/- was not enough to run the house. The thoughts of not being able to provide for her family were affecting her own health.

To make the matters worse, her sister also got divorced and came to live with Shahida. Therefore, Shahida started sewing to earn some extra money.

At the time when she was totally overwhelmed by the burden of the house, PPHI Sindh announced jobs for the post of aya. She applied, got selected and joined PPHI Sindh BHU Plus Saeed Matto.

Now, she has got her three daughters admitted in a school run by TCF (The Citizen Foundation). Her daughters, 11, 9 and 7 are studying in classes 5, and KG 2, respectively. The youngest one, five-year-old, stays at home.

She has also got her sister remarried and she now lives in her own house with her husband and is doing well.

“I would advise women to not to be discouraged in difficult times. Keep up your hard work and effort, God willing, you will make it. You must educate your children so that they can stand on their own feet and if you see any other women like yourself then support her”.

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*International
Women's Day*



KAVEETA



Kaveeta D/O Bhanmro Bheel belongs to Bheel Community of district Sanghar. Her father is a farmer and like most villagers is uneducated due to unavailability of educational institutions. It was a challenging situation for her family to admit her in a school which is far away from their village. However, Kavita got education with many difficulties and hurdles.

In Sindh, Mostly Bheel community neither admit their children in any educational institutes nor allow their females to do jobs. It is really admirable that being poor and un-educated family, her family supported her and enrolled her in Hyderabad for Diploma in Lady Health Visitor.

Kaveeta is the daughter of Sindh, who proved herself that even if she belongs to an underprivileged family, she can be successful in her community. After completion of her diploma, she got married and moved to District Sanghar and started working at PPHI Sindh's BHU Plus Jiabad. Her husband is a daily wager.

Kaveeta is now a ROLE model for the whole Bheel community. After getting a job she is the spine of her family, she leads her family like a true leader.

Now a days, in her community, hundreds of women avail services from her regarding health and maternal issues.





*International
Women's Day*



DR. ZARINA NOORANI



“Strong women are not born - they are made by the storms they walk through”.

Dr Zarina Noonari was born in Sindhi Noonari family. She was married in 1989 at the age of 15 years following the family tradition when she was studying in matriculation. She lived in a slum of Taluka Mehrab Pur in Sindh with her husband's family.

She delivered her first child during her Intermediate. She was very confident and had a goal to become a Doctor. She continued her studies and completed her MBBS in 1997. She was a mother of two when she completed her MBBS.

She has been actively supporting poor families, female victims of child marriages and became their voice at different social forums. She joined PPHI Sindh as an FMO at BHU Plus Kotri Kabir with an aim to serve the marginalized female communities regarding gynecological issues.

During her job, she realized that some cases require her attention during the night as well. In order to serve those cases, she learnt to drive the car, and started providing her services during nights to save the lives of poor patients in case of complications. Meanwhile, her husband was assassinated on controversial piece of land and she herself faced threats as well, but she did not give up and kept serving the communities, fighting for justice for her husband and looking after her children. She has four children. Her one daughter is studying in USA, and other is doing MBBS and two sons are doing engineering.

She wants women to be brave in order to get their basic rights of education, marriages on attaining the certain level of age, disclosing the health issues they face, and to be active in socio economic affairs. Women should not underestimate themselves; they should stand shoulder to shoulder with their husbands, siblings and community.

“We need to change the minds of the patients. I encourage doctors to pay attention to their patients in a very friendly environment, so that they can share their issues / sufferings and can realize a respectful environment and find a remedy.”





*International
Women's Day*



HUSSNA BHUTTO



It takes courage to do something different. It also takes courage to do the same as everyone else, when what everyone else is doing hurts you inside.

This is our Midwife Hussna Bhutto's from district Shikarpur. Her journey of courage and struggle starts from the day her Carcinoma was diagnosed. She got married in 2007. Her husband was from a typical feudal mind set, she suffered mental as well as physical abuse from him. He sold all her belongings and used to beat her on regular basis. Once she was beaten a lot and developed an abscess on her leg which was left untreated for many days.

Then one day, she managed to escape from his house and visited the doctor for treatment where her abscess was developed in a hard mass which was removed after surgery. The specimen was sent for biopsy and as a result, she came to know that she had developed Ewing Sarcoma. It was a tragic and heartbreaking day for her as she was worried not for herself but for her family. When her husband came to know about her condition, he divorced her immediately.

She was left empty handed with no money for treatment. It was only her sister by her side who sold her gold to initiate Hussna's treatment. She started her treatment from Larkana Institute of Nuclear Medicine & Radiotherapy (LINAR) Hospital, Larkana and underwent Chemotherapy and radiations. With the passage of time, she was left impoverished as the treatment was very costly and had to bear 80% of the cost on her own while remaining 20% was given by hospital from Zakat Fund. She was in desperate need of some good fate as she was completely broken financially but the only thing that kept her going was her will.

One day, she luckily saw an advertisement of PPHI Sindh's free Midwifery Training course and submitted her application. After all the required test and interview procedure, she was selected for the course and enrolled at Kohi Goth for her training in 2014. During her midwifery course, she also regularly visited LINAR Hospital for her regular bone scanning and checkups. In 2016, she passed her course successfully and was appointed at BHU-Nabi Shah Wagan of District Shikarpur, where she is currently working and serving humanity with aiming to save lives of mother and children. Whenever any patient visits her center, she always welcomes them with a smiling face.

Her advise to her female colleagues is to have strong believe in yourself. If she being CA-patient can fight all the odds and can live a successful and happy life, anyone can. She is currently facing many financial hardships for her treatment but she is not losing her hope and doing her job with full honesty and sincerity. Her deteriorating health has never come in between her professional responsibilities.





*International
Women's Day*



SHAZIA MUNWAR

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Mrs. Shazia Munawar, a hard worker midwife of the PPHI Sujawal family, belongs to a very poor family from Darro Town, District Sujawal. She is currently working as a Midwife at BHU Plus Kandhra (Night Shift). She did her BS General Nursing from JPMC (Jinnah Post graduate Medical center) in 2009.

She joined PPHI Sindh as a midwife in 2017. Even though she faced various difficulties but she never lost her hope and continued to support her family and continued her services at different health facilities in some far away areas too.

It was difficult travelling 100 km daily on bike, performing night duties while my husband was jobless and my kid was suffering from blood cancer.

“Don't leave the hope, never stop trying, hard work always leads to the success.”

Her performance has remained wonderful throughout her tenure in PPHI.

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*International
Women's Day*



AMNA ALI

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I am Amna Ali. I was born in Jhando Mari, a small town in District Tando Allahyar. I am 2nd eldest among my siblings. I got my primary education from a primary school in my village. My parents worked as washermen in the village. My uncle, a primary school teacher, supported us financially in time of need.

I completed my intermediate from Government Girls' College, Mirpurkhas, which was quite far from my home. I used to take the only bus on the route towards the college. The bus usually arrived late in college due to long distance from my town to college.

In March 2017, Dr Jethanand told my uncle about the admissions in midwifery training by an organization named PPHI Sindh. The organization trains the female candidates as midwives and also provides job opportunities in their respective hometown after the completion of their training.

My uncle and my parents wanted me to become a midwife so I could be a role model for my sibling and other relatives, whereas I wanted to be an Alima.

Alhamdulillah, I got admission and completed my training for midwifery at Kohi Goth Hospital Karachi. After completion of training, I came to my hometown and joined PPHI Sindh as midwife at BHU Plus Jhando Mari in my village.

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*International
Women's Day*



HUMAIRA NAZ

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Humaira Naz has been working with PPHI Sindh, District Sukkur since 2016 as a Midwife. She belongs to a family where there is no concept of women's education.

She was married at an early age. She was fond of learning new skills and education; therefore, she continued her education.

Humaira completed her two-year Midwifery Course at Isra University Hospital, Hyderabad with the support of PPHI Sindh. While having twins to care, she continued her course with her mother's support.

She started her work as a midwife at a village hospital BHU Thikratho to serve the local and poor community. After starting the professional career, her relatives and villagers made allegations and negative comments related to female education. Soon their behavior changed when they saw the Maternal child health services provided by female staff at her health facility. Now they respect her and even call her a doctor. She was the first midwife posted at BHU Thikratho.

“I performed my first NVD at my health facility in my village. Earlier, most of the females were delivering at home. After that, I educated the females of the village through community sessions to come at health facility for their check-up and to deliver their babies at hospital by skilled birth attendant. Now, my community understands the importance of safe delivery and visits the health facility for antenatal care, NVD's and family planning.”

I can't emphasize enough on women's education but I can say that education earns you respect, builds your confidence, and makes your life better.

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*International
Women's Day*
March



AMBREEN CHOHAAN

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Ambreen belongs to a poor family of a coastal village, Goth Ghorabari, District Thatta. She completed her primary education from a school in her village. Due to her passion for education, her parents enrolled her at Qirrat Public High School which was 50 kms away from her village. She would travel every day to her school by the only local bus with her father.

She completed her matriculation in 2014 from the same school but the financial condition of her family didn't allow her to continue her studies. Her father was jobless and her mother used to sell goat milk to make a living which was minimal.

Ambreen's maternal uncle helped her in her education. He was the one who informed her about PPHI Sindh's advertisement about two years' free training for midwife course at Kohi Goth, Karachi. When Ambreen cleared the entry test for Midwife's training and planned to leave her village, she and her family faced a lot of opposition and criticism from their community. But six months later, when Ambreen visited her village and informed the people about the opportunities PPHI Sindh was offering her, the villagers self-financed two more girls hailing from the same village to be trained as midwife at Kohi Goth.

Ambreen completed her training in February 2019, after which she was deputed at BHU Ghorabari.

Ambreen is the only daughter of her parents. She has five younger brothers. Earlier, her family lived in a mud house but after her job, she has built a house of concrete by saving some amount in various committees. She is also helping her brothers in seeking education.

Ambreen is grateful to PPHI Sindh that this institution completely changed her life and has put her and her family on the path of prosperity. She works with dedication at BHU Ghorabari and is happy to serve the poor community of her village.

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