

# Saaya Association

Activity Report 2011-2012



# Saaya

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## INTRODUCTION

Saaya, Association of Persons with disabilities is a cross disability association which supports People with Disabilities (PWDs), enabling them to recognize their full potential through new opportunities, personal choice, and community involvement. The association is working for improving the status of PWDs with dignity and self-esteem. Saaya is focusing on thematic areas of Independent Living, Inclusive Education, Barrier Free & Right-Based Society, Young Leadership development, capacity building of PWDs in IT skills, promoting livelihood for PWDs and "Access to Justice".

## MISSION OF Saaya:

Mission of the Saaya is to contribute for improving the social-economic, cultural condition of people with disabilities through the promotion of information, knowledge, skill, awareness and advocacy through the mass media.

## Disability awareness training program (HAUM QADAM)

Hum Qadam is a new initiative by Telenor Pakistan to contribute towards the better Pakistan. This initiative is working nation-wide, creating a sense of harmony and responsibility to pay our part for the country. This is helping Telenor and in turn Pakistan, to create a community full of skilled persons that may result in the better life standard and something for the country as well. All permanent employees in Telenor Pakistan have to spend at least 20 paid working hours per year working with community engagement projects with partner organizations/NGOs in any of the following areas of interest:

Education  
Disability  
Emergency Response/disaster preparedness/Relief

Saaya Association has organized various Disability awareness training sessions in 2011. The almost 300 Telenor employs from different Fields and department of telenor has participated in these session (Hum Qadam activity) Saaya is one of partner organization with TP on Hum Qadam project. After training session they shared their experience and said we had some tremendous learning experience here during the training. Saaya team has dedicated their time in providing us basic knowledge about disabilities/Independent living, its types and issues PWDs are facing due to some unsupportive environment around. With little changes we can make environment accessible for all.

Saaya team has provided training and presentations regarding following:

- Disability
- Types and causes of disability.
- Social response to PWDs.
- Environment accessibility for PWDs.
- Its types and causes.
- Interaction/Communication with PWDs.
- Detailed training for sign language.
- Attendant Services

Whole team had some fruitful and tremendous time with Saaya Association. The participants said that we are now aware and capable to deal/communicate and manage with PWDs. Awareness sessions brought some useful knowledge regarding challenges PWDs are facing due to non-supportive community and environment. From now on we can also share knowledge and awareness with others and by doing this we can help others to understand PWDs challenges with little modifications in our environment. we can make it accessible for PWDs. Learning of sign language and shifting skills of PWDs (wheel chair handling) was the biggest plus in our knowledge and experience through which we can support/interact with PWDs we face in daily life prior to this we were unable to do that. We wish best of luck to Saaya team and Mr. Asim Zafar who is leading this team in a very efficient / inspiring way and also motivating others to work for the disability movement.



## Advocacy and Awareness through Seminars/workshops “PROMOTING THE RIGHTS OF PERSONS WITH DISABILITIES”

Our main focus is to work for the betterment of people's attitudes towards persons with disabilities and enhance, promote access to their opportunities in all facets of life including the health sector, the education sector as well as in sports. By achieving that, much secure and better living conditions for the disabled can be made possible.

People with disabilities account for approximately 10 per cent of the world's population and 20 per cent of the world's poor are living in poverty in developing countries. They struggle to gain access and recognition in employment, education and health.

The UN Convention on the Rights of Persons with Disabilities (UNCRPD) calls for the promotion of the rights of persons with disabilities through the implementation of policies and programs aimed at eliminating discrimination, prejudice and harmful practices.

Youth is about 60% of our total population. Consultative meetings, workshops and seminars are very useful tools to make the youth aware about their roles and responsibilities toward society especially people with Disabilities. Saaya Association conducted many seminars with the support of Sightsavers in various educational institutions also in this year. The main purpose of those seminars is too aware the students about the problems and rights of the persons with disabilities.



## Celebration of International day of Persons with Disabilities

The annual observance of the International Day of Persons with Disabilities on 3 December, 2011 aims to promote an understanding of disability issues, the rights of persons with disabilities and gains to be derived from the integration of persons with disabilities in every aspect of the political, social, economic and cultural life of their communities. The Day provides an opportunity to mobilize action to achieve the goal of full and equal enjoyment of human rights and participation in society by persons with disabilities, established by the World Program of Action concerning Disabled Persons, adopted by the United Nations General Assembly in 1982.

Saaya Association and STEP jointly organized seminar/walk on the 3rd December International Day of Disabled Persons in Iqra University Islamabad. The main purpose of these seminars to create maximum awareness among the students about the Disability issues



## Saaya's Outreach Program for Persons with Disabilities

Outreach is an umbrella term for a range of activities that have the end goal of promoting the sciences (both applied and natural) to the general public. Saaya has organized outreach activity for the Saaya team on 10th Dec, 2011 in Murree.

The main purpose of outreach activity

To search the disabled Persons sheepishly hidden in the walls of their homes

Traveling Experience

Interaction with different disabilities



## Provision of Assistive Devices

Saaya association successfully distributed two hundred wheelchairs among the needy and deserving Persons with Disabilities on various occasions with the support of community and Sightsavers International.

Reportedly, there are several million disabled children and adults in Pakistan in need of wheelchairs. Many have been immobilized for decades. Their condition not only has a devastating impact on their lives but also the lives of their families transporting and caring for a disabled person is a demanding challenge for any family. However, in Pakistan, with many families living in poverty, the challenges can be much, much greater. Keeping in view the situation Saaya Association had the contribution among the disabled people, distributed wheelchair. Additionally Saaya association also educated the beneficiaries' instructions on how to operate the wheelchairs, wheelchair ergonomics and safety instruction for public transportation. The past few months have been an exhausting yet eye opening experience. We were blessed to have met many incredible individuals during the mission whose optimism only served strengthened our resolve to broaden the locales of areas we wish to help with free wheelchair distributions. Wheelchair can make a difference in the life of a disabled person and provide him or her with the gift of mobility and a better quality of life.

There are many wonderful stories as to how a wheelchair can positively impact a recipient's life. However, one very simple example was recently provided by six family members who were crawling. Their parents are very poor. Now that they had a wheelchair



## Awareness Walk on World Polio DAY 24th Oct, 2011

Saaya Association, Shelf International and Rotary Club has organized Polio Awareness Walk to mark the world Polio Day 2011 on 24<sup>th</sup> Oct, 2011. Walk started from Islamabad Press club. Participants were carrying Banners which clearly giving message to community to save their children from endemic Polio Virus.



### Attendant Services:

Saaya Independent Living Center is also providing Attendant Service to many severely disabled persons at their homes for their daily works like eating, toileting, shifting, and cloth changing on daily basis. Now this service has started in Rawalpindi for severely disabled Persons. Many people want to use this service for the daily work of PWDs as their parents not able to work of their disabled children. Telenor employs are getting registered for outdoor services like going to hospital, shopping and family functions. Saaya is also providing training about shifting skills and attendant services in different university and collages.



## NATIONAL WHEELCHAIR USER CRICKET TOURNAMENT 2011

National Wheelchair Cricket Tournament 2011 (NWCCT) is one of the efforts to change people's attitude towards Persons with Disabilities and to close the gap between the PWDs and the society. This would help people know about the talent of PWDs and bring them out of their isolation. NWCCT, 2011 was organized by Saaya Association with the support of Sightsavers International, Chef International from 18-19 Nov, 2011 in Sports Complex Islamabad In this Mega event 150 PWDs (Wheelchair users) participated from all over the country. Students from different institutions of Islamabad and Rawalpindi and Telenor Employ worked voluntarily to organize NWCCT 2011, which provided them the opportunity to work closely with the PWDs. This interaction changed their perception and thinking about the abilities of these people. Students are the future of this Nation; they are the one who will perform influential roles in shaping the society. If their attitude toward PWDs will change and they accept them as viable part of the society, the inclusive society could be formed. Seven teams including Ravi Challengers Karachi, Khyber Kings Multan, Mehran Dolphin Lahore Gilgit Topper Murakkay, Chanar Heroes Pesahwar and Bolan tigers Mardan competed in the two-day event held under the Saaya Association. Each participating team awarded cash Prize Rs 5.000.

At the end DIG Islamabad Police Mr. Mukarram, DG Special Education Mr. Mustafain Kazmi and Khalid Naeem former DG special education DG Sports Mr. Shrafat Ali distributed the certificates, Shields, cash awards among the players. The winning team captain Nadir Khan received the winning trophy and Rs: 10.000 cash prize while the captain of Chanar Heroes Ayaz Khan collected the runners-up trophy.

Mr. Mukarram DIG police said we will support such events and it is my pleasure to join you in this Cricket match and I enjoyed the cricket and spirit of participants, Mr. Mustafain Kazmi DG special education while speaking congratulated the winners and said that it was honor for him to grace the occasion. He assured the organizers to support them in future for holding such types of events; he also congratulated the organizers. President of Saaya Association Mr. Asim Zafar expressed his gratitude and thanked to everyone for making NWCCT 2011 a memorable event. The ceremony was concluded with the national song with active participation of audience and guests. It was wonderful end of a magnificent day.



## Independent Living Training program:

Independent Living is a philosophy and a movement of people with disabilities who work for self-determination, equal opportunities and self-respect.

Independent Living does not mean that we want to do everything by ourselves and do not need anybody or those we want to live in isolation.

Independent Living means that we demand the same choices and control in our every-day lives that our non-disabled brothers and sisters, neighbors and friends take for granted. We want to **grow** up in our families, go to the neighborhood school, use the same bus as our neighbors and work in jobs that are in line with our education and interests, and start families of our own.

Independent Living Philosophy is based on four principles:

1. PWD's belong in the community not in convalescent home or collected in institution
2. PWD's are not patients to be cured, children to be taken care of, nor brave souls to be admired
3. PWD's are victims of social injustice and discrimination not of their disability
4. PWD's are in a better position to manage their resources and be in charge of the assistance they may require.

Saaya association has organized various IL training program for **PWDs with the support of Sightsavers International.**

Independent Living training covers basic necessities awareness.

Like, use of wheelchair , white can and use of mobile for deaf persons, toileting, shoe wearing, cloth changing, cooking, health management, budgeting, arranging transportation, education, barriers identification, shopping, employment possibilities, advocacy and shifting skills.

Saaya Independent Living Center provided a set of core services which r based on these basic necessities. The scope of services is directed by individual and community needs. Saaya association also providing Peer Counseling which is provided between two or more individuals with disabilities, to share ideas and experiences about living with a disability, in order to gain greater awareness and control over one's own life.

Other services that are often provided include:

- Housing assistance ( Make houses accessible of disable persons)
- Acquiring and maintaining appropriate benefits and entitlements  
Architectural and communication barrier consultation
- Personal counseling that is non-clinical and short term in nature to address individual goals
- Securing, learning how to use, repair, and maintain equipment
- Assistance in registering to vote
- In-service training, workshops/seminars on disability issues, disability laws and Independent Living philosophy
- Disability awareness training



Basic purpose behind independent living training is that no doubt assistive devices are very important but the thing which able people to live independently be to know how to face all the obstacles of disability and solve them by determination and courage.

## Accessibility Audit & Awareness Campaign Islamabad 9<sup>th</sup> May, 2012



Saaya Association has organized Various Accessibility Audit of twin cities on supported by Sightsavers International. The main purpose of this exercise to change people's attitudes towards persons with disabilities and enhance, promote access to their opportunities in all facets of life and create awareness among the general public about the accessible environment for the persons with disability.





The members of Saaya have participated; they visited many buildings, Parks and restaurants and highlighted the barriers, where wheelchair user could not reach independently. Electronic media also covered the activity and raised the issue



Community based inclusive training workshop through Independent Living strategy from 1st to 3rd Feb, 2012



Saaya Association has organized community based inclusive training workshop through independent living strategy from 1<sup>st</sup> to 3<sup>rd</sup> Feb, 2012 in Karachi in Collaboration with Disabled welfare Association and Asha supported by Sightsavers International. The 50 persons with disabilities from different DPO's of Sindh participated actively.



On a very first day of workshop topics which were covered based on basic information like, about disability, Impairment and its types, the participants are also learnt about the individual issues of persons with disabilities and especially the response of society towards the person with disabilities. These topics meant to educate participants about the disabilities exist in our society, including the severity of the disabilities in order to create awareness and acceptance among our society for persons with disabilities to survive as an honorable individual without any dependence upon others as well as eliminate the factor of sympathetic attitude in society for person with disability., because the responses of the society towards the person with disability having strong influence, and CBID aimed to eliminate all these issues, and negative responses of the general mass and to provide a board insight about independent living among Persons with Disabilities just a non-disable person.



Acknowledged people about Polio, Spinal cord, visually impaired, Hearing impaired, Muscular Dystrophy, Mental Retardation and CP. The main purpose was to create awareness on comprehensive level about the issues that a Person with Disabilities has to face in their daily life activities, (education, accessibility, discrimination in the families lack of assistive devices, lack of knowledge regarding disability) that they can survive as an independent human beings. For the independent living, outreach activities are also very important for this purpose participant were oriented that how to travel, visit to shopping malls etc. In next two days sessions participants learnt how we can negotiate with the persons with disabilities which is one of the important element. So, it was the part of this workshop for the purpose to aware participants that

how families and non-disabled people can effectively negotiate with person with disabilities through peer-counseling, group-counseling and positive attitude at the same time negotiation with the families of person with disabilities to expose them to the achievements in the form of role model of independent individual well as to convince them on the benefits of the independent living program. Literate the participants about the independent living program its activities, benefits and what one can avail from it being a part of Independent Living Program like, skills for daily chores, attendant service, shifting skills and self confidence. Aware them that the independent living program actually means participating in community life, pursuing activities of your own choosing and taking responsibility for your own actions. Educate them how to make friends, to use assistive devices (wheel chair, white cane like pushing and shifting the wheel chair and how to use attendant service, self management (cooking cloth changing, toileting, shifting skills how to do shopping for the exposure in society just as an non-disabled person, in the end participants has shared their views and said we learnt a lot from this training, from now we can contribute in better way to our DPO and especially for disability movement. The closing ceremony was held in DWA office on 3<sup>rd</sup> Feb, 2012. The advisor of chief minister of Sindh and Director General of Special Education was the chief guest of the closing ceremony; they said we are the thanked full of Chef International for organizing such an innovative training program for the DPO's of Sindh, shield and certificate ware awarded by the chief guest.

### Disability Awareness Seminar

10th May, 2011 at HITEC University Taxila cantt





The main purpose of these seminar is to aware the students about the problems, needs and rights of the persons with disabilities. Saaya and Adventure Social Welfare Society has organized Disability Awareness Seminar with the support of Sightsavers on 10th May, 2011 at HITEC University Taxila cantt. Three hundred students participated in this seminar. The management of university said they will ensure the accessibility in the university.



## Saaya Skill development Center



Saaya Association has started computer lab and resource centre for Persons with Disabilities in Saaya office Islamabad. This project seeks to build capacities of persons with disabilities and persons with VI in its advocacy work and promote their independent living. Establishment of an information technology resource centre will help trained persons with VI in use of IT and livelihood options.

### **Overall goal:**

To promote disability as a development agenda

- To facilitate the visually impaired persons studying from matric to Master`s level.
- This lab will fulfill the needs of people from different spheres of life.
- With getting the basic training of how to use computer the visually impaired persons will find new ways to learn and get more computer skills as it is available for the non-disabled persons.
- It will open new paths for the visually impaired as they lack the oppertunities to learn the computer skills.
- It will help visually impaired to get more job oppertunities.
- Internet will open new ways for the visually impaired persons to gain more knowlege and information.
- It will provide them with an oppertunity to study indepth.

### **Computer Courses:**

Saaya Association is providing two weeks computer skills course with JAWS to make visually impaired persons familiar with computer JAWS and students will be provided with advanced computer skills course. Also along with that recording of curricular books will also be carried out to facilitate the students of Metric to Master`s level. In these early months we will establish links with deffrent educational institutions so that the disabled students there specially the visually impaired students studying in those institutions can be facilitated.



### **Independent Living Training:**

The training of Independent living is providing to the people with disabilities and people with VI during the computer classes once in a week. In that IL training people with VI can learn how they can live independently in the community. Saaya is also providing white cane and brail board to all the students during the IL training.

### **Performance Indicators:**

After three year of implementing the Independent Living Training and Information Technology Resource Center Persons with disabilities and persons with VI of Islamabad & Rawalpindi will be an agent of change, role model and source of inspiration for the other PWDs. This skill development center will open new ways for the visually impaired persons to make the name as useful members of the society and it will be a step towards an inclusive & barrier free society. As this lab will be an innovative and new concept for the Persons with VI so it will help to change and facilitate their lives.

## Orientation workshop on Disability issues 11-12 May, 2012 in Charsada



**Saaya Association has organized with the support of Chef International** Two days orientation workshop on Disability issues 11-12 May, 2012 in Charsada the 60 Teachers from different primary and secondary school participated from Charsada. On a very first day of workshop topics which were covered based on basic information like, about disability, Impairment and its types, the participants are also learnt about the individual issues of persons with disabilities and especially the response of society towards the person with disabilities. These topics meant to educate participants about the disabilities exist in our society, including the severity of the disabilities in order to create awareness and acceptance among our society for persons with disabilities to survive as an honorable individual without any dependence upon others as well as eliminate the factor of sympathetic attitude in society for person with disability., because the responses of the society towards the person with disability having strong influence, and this workshop aimed to eliminate all these issues, and negative responses of the general mass and to provide a board insight about independent living among Persons with Disabilities just a non-disable person.

Mr. Asim Zafar also teach them about inclusive education he said that Inclusive education means that all students attend and are welcomed by their neighborhood schools in age-appropriate, regular classes and are supported to learn, contribute and participate in all aspects of the life of the school. It does not mean that students with certain characteristics are grouped together in separated classrooms for all or part of the

school day. Within regular classrooms, opportunities are developed for all students to learn together even though some students may have different education goals.



## Disability and Inclusive Development with focus on Accessibility and Removal of barriers 26-27 June, 2012 Islamabad

Saaya Association has conducted a session on environmental, attitudinal barriers in the training of Disability and Inclusive Development with focus on Accessibility and Removal of barriers organized by CBM.



## Community based Inclusive Development Training Workshop at Community level 3rd March, 2012 Kalu Khan Swabi



Training is one of the most powerful tools for an individual to become an effective agent of change in both organizational and societal level.

Saaya's mission is to empower persons with disabilities (PWDs) to become "Agents of Change" by promoting community-based inclusive development.

The main purpose of the training to train leaders with disabilities in the community to promote an inclusive, barrier-free and rights-based community

**Saaya Association** Islamabad has organized community based inclusive development training workshop supported by Sightsavers International on 3rd March, 2012 in Kalu Khan Village Swabi. The 40 Persons with disabilities from different SHOs of Swabi participated actively.

The overall training objectives were:

1. To strengthen an existing/planned CBR program in rural area.
2. Become effective agents of change and facilitators in CBR activities and projects
3. Promote an inclusive development approach
4. Empowerment of PWDs and SHOs





The training components highlighted on new CBR Guidelines, launching by WHO in October 2010, on the principles of the United Nations Convention on the Rights of Persons with Disabilities; in addition, two principles are highlighted including self-advocacy (Empowerment) of persons with disabilities.

Community-based inclusive development (CBID) has its roots in Community-based Rehabilitation (CBR) which is defined as "a strategy within general community development for the rehabilitation, equalization of opportunities and social inclusion of all people with disabilities.

## Electronic Wheelchairs distribution ceremony

Name: Muhammad Javaid  
 Father name: Mian Muhammad Khan  
 Date of Birth: 1<sup>st</sup> March 1950  
 N. I.C #: 61101-1848793-7  
 Disability: Muscular Dystrophy  
 Address: Block 8-A Quarter-4 CD4 G-9/3 Islamabad.  
 Contact Detail: 0333-5190171-03345006419

Name: Iqra Baatool  
 Father name: Ch: Abdul Ghaffar  
 Date of Birth: 1997  
 N. I.C #: 6110118064521  
 Disability: CP  
 Address: House # 355-A Gali # 113 I-10/4 Islamabad.  
 Contact Detail: 03335131549-051-9206848.



Name: Mr. Waqar Khursheed  
 Father Name: Kawaja Khursheed  
 Date of Birth: 31<sup>st</sup> Dec, 1976  
 N.I.C #: 61101-1884705-1  
 Disability: Multiple  
 Address: House# 907, main markaz road I-10/1  
 Contact Detail: 0324-5021368



### National Day for Person With Disabilities 05<sup>th</sup> July, 2012

CHEF International has observed the National day of persons with disabilities since on the completion of one year since the ratification of the United Nations Convention on Rights of Persons with Disabilities. Representative of International and national NGO's and person with disabilities in large number participated in the seminar. The theme of this year is "Right to Work" which is article 27 of United Nations Convention on Rights of Persons with Disabilities. Saaya Association also participated in the Seminar.

