

SUMMARY REPORT 2012

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.



Mr. Liaquat, a poor disabled person living in Lalazar, Rawalpindi He used to work as a painter. Seven years back, he fell from a wooden ladder, while painting a building. His body below waistline became lifeless due to a severe spinal cord injury. Saaya Association has delivered a free wheelchair and training of Independent Living to him at his home. He and his family members were really over-joyed.

**Saaya Association:
Association of Persons
with Disabilities**

Disability Awareness Training/Workshop (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 from Jan to Feb 2012. The almost 300 Telenor employs from different Fields and department of Telenor has participated in these session and different activities (Hum Qadam activity) Saaya is one of partner organization with Telenor on Hum Qadam project.

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.



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 persons with disabilities 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 (UNCPRD) 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 various seminars with the support of Sightsavers in various educational institutions also in this year of 2012. The main purpose of those seminars is too aware the students about the problems and rights of the persons with disabilities.



Celebration-International Day of Persons with Disabilities

The annual observance of the International Day of Persons with Disabilities 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 did an activity regarding accessibility along with Telenor employs (HUMQADAM). The main purpose of this activity is to raise awareness among several shopkeepers and shop managers about accessibility, because there is no shop and restaurant accessible in blue area. Saaya team conducted accessibility audit of different shops, banks and public parks and aware them about accessibility on the 3rd December International Day of Disabled Persons at blue area Islamabad. Saaya team also protested in front of blue area along with many wheelchairs users for their rights.



Provision of Assistive Devices

Saaya association successfully distributed wheelchairs in different phases 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 person with disabilities, 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



Disability Awareness Seminar & Wheelchair Distribution Ceremony 9th August, 2012 at Hotel Margala Islamabad

Saaya Association has organized disability awareness seminar & Wheelchair distribution ceremony in the Holy month of Ramzan on 09th August, 2012 at Hotel Margala Islamabad. Eid gifts (set of clothes) were also distributed among the persons with disabilities.



Sensitization on disability issues & Wheelchairs distribution on 28th Sep, 2012 at Charsada



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 also joined 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.



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.



Accessibility Audit & Awareness Campaign Islamabad 9th May, 2012



Saaya Association has organized Various Accessibility Audit of twin cities. 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 1st to 3rd 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. 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 3rd 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



Saaya and Adventure Social Welfare Society organized Disability Awareness Seminar 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 Inclusive Skill development Center



Saaya Association has started computer lab and resource center 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 center will help trained persons with VI in use of IT and livelihood options. Inauguration ceremony was held on 13th Feb, 2012

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.



Orientation Workshop on Disability Issues 11-12 May, 2012- Charsada

Saaya Association has organized with the support of Chef International Two day's 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



Electronic Wheelchairs Distributed with The support of Milestone

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

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.

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



National Day for Person With Disabilities 05th 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.



Outreach Program for Persons with Disabilities

Saaya's Leisure Tour of Naran Valley 13-15 July, 2012

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 Tour of Naran from 13-15 July 2012. This Tour especially designed for Persons with disabilities and women with disabilities, everyone enjoyed a lot. Many person with severely disabilities and especially women with disability joined this activity, many of them first time came out from the corner of his/her home.



Sensitization Meeting with MQM Leadership Regarding UN-CRPD

Muttahida Qaumi Movement is third largest political party of Pakistan. The National Assembly's Standing Committee on Law and Justice already approved the MQM's Constitution amendment bill giving representation to the "disabled persons" in the parliament. The private member bill seeking amendments to Articles 50 and 59 of the Constitution for giving representation to the "disabled persons" in the National Assembly and the Senate had been moved by MNA Kishwar Zehra of the Muttahida Qaumi Movement (MQM) earlier. The bill suggests that there should be four reserved seats for the "disabled persons" — one from each province — both in the National Assembly and the senate and that is approved. The sensitization meeting was held on 08 August, 2012 at Margala Hotel Islamabad with MQM top leadership regarding the implementation of UN-CRPD in Pakistan. Dr. Farooq Sattar MNA, Syed Haider Abbas Rizvi MNA, Mr. Waseem Akhtar, Senator Raza Haroon and Mr. Asim Zafar attended the meeting. Mr. Asim also emphasized to the MQM leaders; they should take initiative and move bill in the parliament for the implementation of UN-CRPD. He said that there is not any ministry/department after the eighteen amendments at federal level so how we can carry those issues of persons with disabilities like UN-CRPD on federal level. Mr. Farooq Sattar realized and said it's my promise with you that we will work on it with your support.



Saaya's Achievements:

Muhammad Tahir living in G-9/3, Islamabad with his family, Muhammad Tahir suffering with severe disability (Muscular Dystrophy) from last many years. He is increasing his disability day by day. Mr. Asim Zafar CEO (Saaya Association) has found him and had various sessions with him, he encouraged and empowered him, and he also shared with him about Independent living. He is working in CDA, mobility was one of the major issues for him, and he was unable to use local transport for his office and other daily work. Saaya Association donated special designed motorbike to Muhammad Tahir. Now he is enjoying his life independently and also become agent of change. He also working at Saaya Association and contributing the movement.



Muhammad Tahir Javeed with special designed bike

Muhammad Javaid

Muhammad Javaid living in G-9/3, Islamabad with his family, Muhammad Javaid, his wife and son suffering with sever disability (Muscular Dystrophy) from last many years. He is unable to move and daily work likes toileting, cloth changing due to his severs disability, he spent most of the time of his life in house due to lack of mobility. Mr. Asim Zafar CEO (Saaya Association) has found him and had various visit of his house, during his visits he encouraged and empowered him, he also provided Electric Wheelchairs to him. After receiving electric wheelchair now he is living independently and able to move for his daily work.



Muhammad Javaid

Successful Stories by Successful Persons with disabilities: Waqar Khurshid



Waqar Khurshid

My name is Waqar Khurshid and I am with multiple disabilities. I have done BCS from A.I.O.U. When i was of 6 months, i had a minor attack of polio on my left leg which was recovered by putting braces and when i came at the age of 12, i got another attack which is too much severe but i didn't lose hope and continued my study. That time i can walk but slowly, when i got 2nd attack, before that me and my elder brother were in hostel, i did 6th in hostel but when i came in 7th class, i had a severe attack, so my body became so weak because and i came totally on bed and after 1 year treatment i again became able to walk but slowly, I continued my studies, when i was studying in 3rd semester of BCS, i fell from stairs and got head injury my parents again started my treatment but all failed after that my parents became hopeless and i went to isolation, i spend almost 10 years in isolation in 1 room. There was no activity, no outing, can't go to any family function. When i met Asim Zafar CEO Saaya Association and joined Saaya then my life became totally changed. Asim bhai encouraged me, motivated me and empowered me and taught me how to manage my life with disability, Saaya also provided me attendant which is known as PA service in foreigner countries, attendant does all my daily work which i cannot do myself. Now i can go anywhere, i visited Karachi, Lahore, Peshawar etc. and all over the city along with my attendant and i am so happy now. Saaya also provided me electric wheel chair and now i become more independent and contributing my community

USMAN BIN NAYYER

My name is Usman. I was diagnosed as suffering from Spinal Muscular Atrophy by doctors in 1992. I was a normal healthy child with normal growth but when started walking, the heel of both the feet was not touching the ground as one walks. When consulted with the doctors, their opinion was "WITH TIME THE PROBLEM WILL BE SOLVED". Also all kinds of test were prescribed such as muscle biopsy, various kinds of blood tests etc. were taken but their result was normal. But as time passed, the problem progressed and from the minor upraised heel during the walk to the point that my free walk was limited to few feet and then some object such as a wall was required for support. As the time passed, the muscle strength in the legs weakened. Contrary to this, tendon shortening and stiffness in bones continued. All kinds of exercises were conducted to slow the deformity. Also night splints and medicine shoes were used but to no avail. As a result, by 1992/93, I was more or less dependent on others in walking. Disfigurement in my spinal cord increased. Strength in hand also weakened. In 1991, I was diagnosed as suffering from Cerebral Palsy. It was rejected when consulted by doctors outside Pakistan for review as Cerebral Palsy is not a progressive disease where my problem was increasing every coming day. In the next medical board after few months new diagnosis "Spinal Muscular Atrophy" was declared which has no treatment yet. In 1994, deformity of both feet increased to the point that I was unable to walk freely and needed support to walk in the form of a hand of a friend. The left foot was more affected. In a walk, only the front and outer part of the foot was grounded. The right foot less affected and only its heel was raised. Also the bones of left foot were getting stiff. As due to feet deformity the body structure was also getting deformed.

The doctors suggested undergoing a tendon lengthening operation on both feet which would straighten the feet. But it will also decrease the muscle strength. In December 1994, I was operated in AGHA KHAN HOSPITAL, Karachi Pakistan. The feet were made straight but left foot was operated such that it lost all its flexibility. Right foot was movable. The surgeon said that with exercise, I would be able to walk without support in 2 to 3 years. In three months, I was able to put my feet on ground. Then after a year walked by help of a walker and approx. two years started using crutches. But the balance was not 100% and used to fall. As time passed so did the disease. The muscles kept on weakening and by 2007, I was on a wheel chair. Due to lack of mobility, all body muscles are weakening day by day. I can't sit-up if lying on bed. My speech is also affected and it has become difficult others to understand. On account of physical strength, I am 90 % dependent on my family members. But I am mentally fit and alert. Have B.Sc. DEGREE in subjects "Double math, statistics" and done various computer courses. I joined Saaya Association and met many person with disability at Saaya IL center. I attended various training of IL and had counseling session after that I have accepted my disability. Now days I am contributing to my community, Saaya also provided me wheelchair and attendant for my daily work during my office timing.



USMAN BIN NAYYER

A Princess Reborn Hasna Shah

When I was born it was thought a princess has been born because in our family girls were far less than boys. Till I was ten I used to top in every exam and competition. Then came my dark life .I was declared epileptic by the doctors for which I was put on medicines. Again after ten years the doctors said that I was not epileptic and that medicines should be withdrawn. But after the hard work of doctors it came to their knowledge that now my body had become addicted. I was no longer Independent. I and my family thought that rest of the life is just dependency.

One lucky day I read about Saaya, A DPO, on the web. I kept on trying and at last got the number of Mr. Asim Zafar the CEO of Saaya. He asked me to visit Saaya Association. Saaya then changed my life. M. Asim and his staff are not only friendly but extremely helpful. Asim Sir is like an angel, any problems just tell him. I did my first independent shopping in Saaya I went to visit Naran Kaghan where even non- disabled people don't dare. I went for accessible audit and awareness drives and came to know what seminars are. I went to Food Street where my Mom never accompanied any one because of me. I also took my MOM everywhere. She who had left every enjoyment for my sake can now enjoy with me. We have discussions lessons and trainings. Every now and then we have Functions and I am all over the Facebook. My cousins and friends have again started contacting me. I love it.
Saaya I love you .I am a princess once again



**THANK YOU SO MUCH FOR YOUR SUPPORT
PAKISTAN ZINDABAD!!!!**