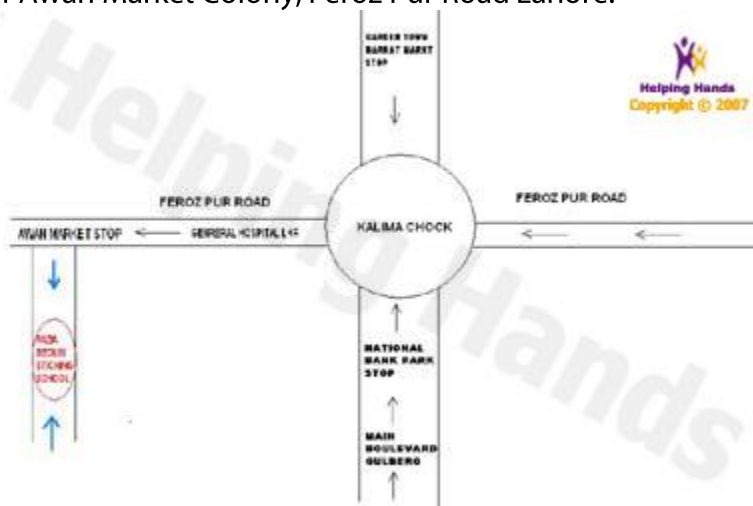


PAKISTAN: Razia Begum Vocational Sewing School, Feroz pur Road, Awan Market near Shahzeb PCO Basement Lahore Education and training is an essential and basic element of empowerment of women in the society.

- Helping Hands considers the women as an integral part of the society. Without education and empowerment of the women, nations cannot get development and progress in a real way.
- Organization promotes women education and empowerment in the society for the betterment and development of the nations. Women education and empowerment plays a vital role in the prosperity and development of the nations.
- Helping Hands is striving to empower the women to make them contributing member of the society and to provide them quality education & training so that they can fully and efficiently take part in the development process of the countries and the societies.
- Helping Hands is of the view that if we care about the development and progress of the societies and nations today and into the future, we must work now to ensure that women and girls have equal opportunities to be educated, to participate in government, to achieve economic self-sufficiency and to be protected from violence and discrimination.

Razia Baigum Sewing School is providing free vocational training to the unprivileged women of Awan Market Colony, Feroz Pur Road Lahore.



Awan Market Colony is included almost in the rural areas of Lahore. People of this area are very poor, backward and illiterate. Majority of the people is working in workshops, hotels and in factories on daily wages. These people have very low level of income and leading their lives in a very miserable condition. These people have no permanent source of income.



Helping Hands conducted a series of surveys to locate the most appropriate and deserving rural area of Lahore to

support the unskilled women of that area.

After very careful consideration and study, Helping Hands decided to establish a free Sewing School in Awan Market Colony because there was not found even a single vocational training centre for women in this area. Organization established a sewing school to facilitate the women of this area.

In the light of survey team's report it was analyzed that manpower of this area is not skilled and there was an extensive need of such women vocational training institute to help these women to contribute in the honorable sources of earning for their families. Women of this area were unable to go to vocational training centers in main city Lahore and they also couldn't afford to pay fee in those commercial training centres.

Razia Baigum free Sewing School has been proved very beneficial for the women of this locality and now they are reaping the fruits of this project. Women of this area are very glad because they are now supporting their families with the help of the skills and training they are getting in this sewing school.

In this school, women learn different aspects of cutting, sewing, stitching, designing and embroidery work.

Women are learning both ladies and gents sewing work in this vocational training school under the supervision of competent and expert lady instructor. They are taking special interest in learning all aspects of course. Having sewing school in this locality is a great source of pleasure because they are learning a creative work which will be very advantageous for them in future.

In Razia Baigum Sewing School, women learn to do embroidery work by hands as well as by machines and they do embroidery work skillfully and proficiently by hands and by machines. They are very keen in this work because embroidery is a high paid work. Learning embroidery and handicraft is very interesting for these women.

After completion of 6 months course each woman is given;

- a sewing machine with its accessories and,
- a reasonable amount to support for starting her career.
- Besides this, organization is making arrangements to



have an account in a garment factory for those women who complete their course from this school. Garments factory will provide pieces of cloth to those females to make shirts and other same cloth products. In this way these women can have handsome earnings and their future will be brighter.

Women of Awan Market colony Lahore are very glad and they express their sincere feelings and gratitude to the Helping Hands for establishing free sewing school in this locality.

Efforts Change the Course of Life.

Haleema D/O. Muhammad Hameed is a resident of Awan Market Colony. She is disable due to polio and walks with the support of crutches. She told that Razia Baigum Sewing School created a great difference in her life. She was unable to go to any vocational training school faraway from her home due to disability. When Helping Hands established free sewing school in this locality, she joined this school and learnt cutting, sewing and embroidery work. Now she is getting sewing and embroidery work from the people of her locality and her family's level of income has increased due to her work. Her younger siblings are going to school and getting education. She and her family are now enjoying better opportunities of life.



She told that she is very proud of the fact that her efforts have been so productive in bringing a change in her family's condition. She says that by realizing one's capabilities and sheer hard work, one can change his own fate and control his own destiny and she is a proof of that.

She stated;

"I am very obliged to Helping Hands which provided me opportunities to learn and to create a big change in my and my family's life".

Bringing Dreams to Reality



Seventeen years Gulnaz D/O Abdul Rauf is very happy that she is learning many valuable things in Razia Baigum Sewing School. Gulnaz told that she had a dream to learn embroidery and sewing work but without the help and support of Helping Hands she couldn't have fulfilled her dream.

Gulnaz said;

"I learnt many valuable things in this vocational training course in Razia Baigum sewing school. I can now do all embroidery work, cutting, sewing and knitting. This increased my level of income because I get sewing

work and in this way I have an opportunity to support my family”.

Gulnaz expressed her feelings;

“Opportunities like the one given to me through vocational training are a boon for a person. The training that these people have been so kind to give has changed my life”.

She said that now she can buy the things of her interest and can save some money for her future.

Gulnaz told that with her income now she wants to purchase books and continue her studies because her studies will not be extra burden over her family now. Gulnaz is very gratified to the Helping Hands for securing her future.

Parents' views & feelings



Baigum Rukhsana is the mother of Fozia who is getting vocational training in Razia Baigum Sewing School. Rukhsana is very happy that women of this area have given the opportunity of vocational training in this locality. Rukhsana told that people of this area are very happy because before establishment of Razia Baigum sewing School, their girls had no opportunity to have vocational training in this locality.

Expressing her views, Rukhsana said that Helping Hands provided us a true opportunity for the fulfillment of our dreams. She added that we people never thought that our females will have such opportunities of vocational training at door step. This is what that we just dreamt for but Helping Hands is striving to make all our dreams a reality. Rukhsana expressed that we poor people are very grateful to the Helping Hands' team for their services which they are providing to our girls.

Rukhsana told that after learning this course our girls have got the honorable source of income to support us. Before learning this course most of them were suffering in depressed condition but now we and our girls are very happy. Smiling faces of our girls are the source of great happiness and excitement for all of parents of this locality.

Baigum Rukhsana acknowledged that in Razia Baigum Sewing School women are paid much attention and instructor is making maximum efforts to train all the participants optimally and efficiently.

Rukhsana hoped that Helping Hands will continue its services in this locality and will expand its activities to other backward areas to facilitate the helpless and poor women community of the country.

Baigum Rukhsana said that on the behalf of all the parents' I would like to thank Helping Hands and appreciate its efforts for changing our depressed lives to the way of happiness. Now we are much satisfied about the future of our girls. Thanks a lot to the devoted team of Helping Hands.

Teacher's views and inspirations



Zaib-un-Nisa is instructor in Razia Baigum Sewing School. Expressing her views and observations she said that Helping Hands' free sewing school changed the course of lives of these unprivileged women. Zaib-un-Nisa told that she is spending time with these females and they are very interested and committed to learn all aspects of this training. She explains that by spending time with them I can guess the happiness of these poor females.

Zaib-un- Nisa told;

"These females are very happy and their commitment and smiling faces show their happiness and contentment. I feel this training course is a ray of hope for the females of this locality".

She told that parents' of these girls were worried about their marriages because they couldn't arrange dowry for them but now they save some money out of their girls' income. These parents' are now much happier and satisfied about the future of their daughters. These girls can face hard and tough time at their in-laws too.

Zaib-un-Nisa said that large numbers of females are coming for training in this school so they have to put them in waiting list. There is a need of more sewing machines, sewing material and more space to accommodate additional females coming for training in this school. She told that these females are now much aware about their future and some of them want to study because now they are able to save some money for their studies.

Zaib-un- Nisa said that I think Helping Hands' free sewing school is contributing a lot in the development and betterment of these women. She added that this is not enough what we have done so far. Helping Hands has a long way to go to take these people out from the depth of poverty to the way of prosperity and happiness.