



Kaarvan Crafts Foundation
Crafting Livelihoods

CASE STUDIES OF DIFFERENTLY ABLED

TRAINED AT KAARVAN CRAFTS FOUNDATION TRAINING INSTITUTES





NABILA SADIQ

Location Chak Khizar, Gujranwala
Scheme Skills for Job 2016
Trainee ID J7-004-020-1
Class Code J7-004-020
Roll Number 1
Center KCF Institute, Kashmir Road, Guj.

I was three years old when I fell off metal storage boxes and hit my head on charpai. I probably wouldn't have lost my footing, had my clothes not be drenched from playing in the rain earlier. But I had followed my mother into the storage room and climbed five feet on top of the mattress storage boxes before I slipped and was rushed off to the hospital. Honestly, I do not remember any of this. I was too young so my parents have filled the gaps of my knowledge of how I was in the hospital for ten days. The family couldn't follow the doctor's advice of continuous treatments because my brothers and sisters also needed looking after. At home, my parents supported me every way possible. Slowly, I came to walk again. One thing I can say confidently is that my mother is my strength. She tuned out the villagers prying manners and sent me to school. I attended school till 5th grade. Then I didn't go to school for about four to five months because of the lingering fear of commuting two kilometers back and forth to another village would be very tiring.

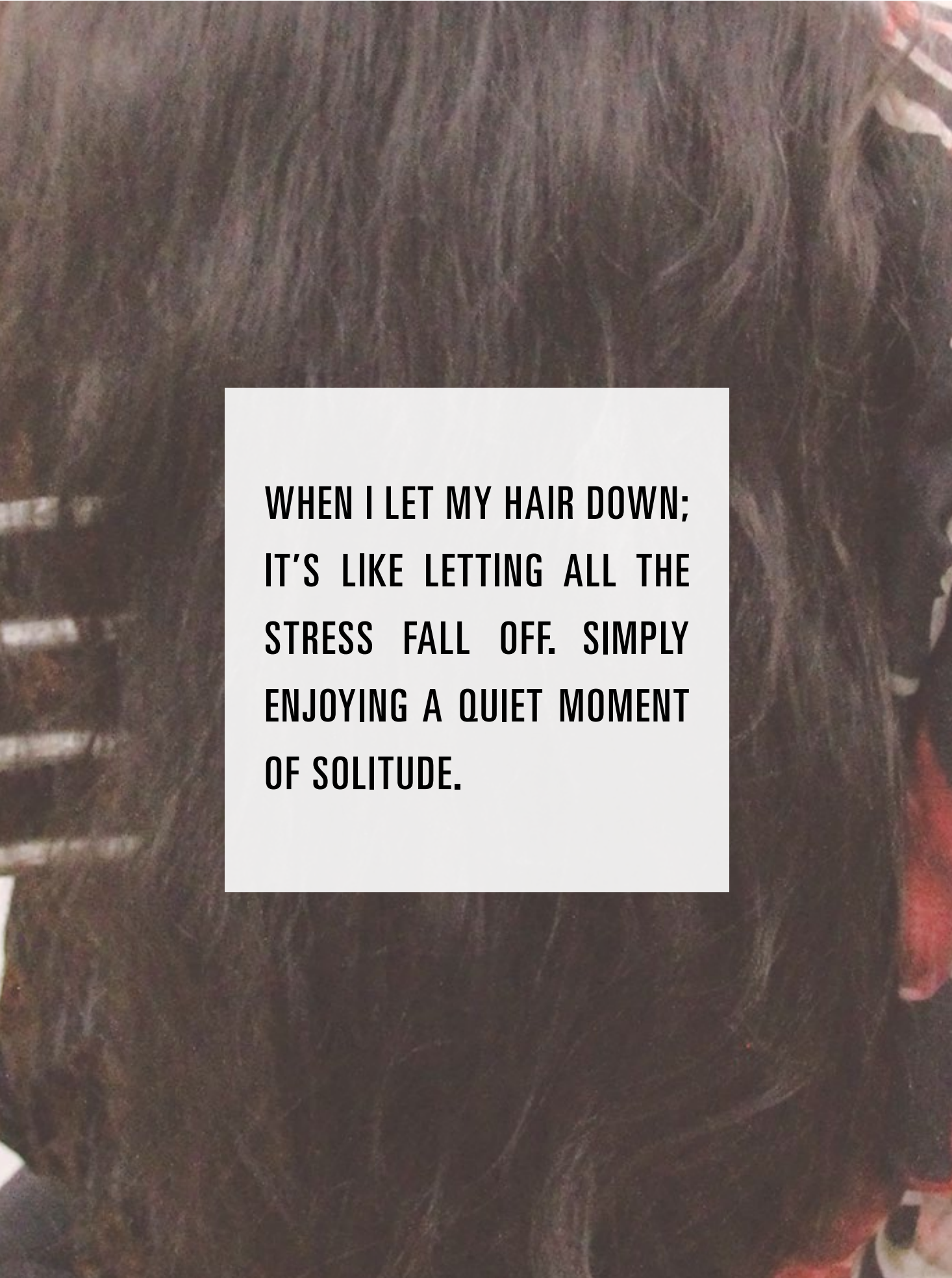
My father didn't let me loose faith. He said, "What are you going to do all by yourself at home? All your siblings are studying. If you don't continue, you'd be left behind." He then enrolled me in the Wani School. I studied till BA. But didn't complete my Bachelors degree because writing during exams proved to be difficult. My hand use to tire midway during writing, multiple times — I stopped and started. So the paper was left incomplete during the exam.

Honestly, I didn't enjoy studying. I didn't like the two-kilometer walk to Wani School. It was always filled with passerbys asking, "what happened to you?" This question made me feel so insecure and lowered my confidence. I didn't answer them. I just quietly walked away. That is why I wanted to stay home. I didn't like hearing the community people saying, "Your disabled sister is going out. Can't you keep her at home? Can't you look after her?" In my small hometown, everyone gets into everyone's business. There is no such thing as personal life. Whether you are related or not related, everyone has to give his or her comment or advice. There used to be a woman living around the corner from us. I liked her. I thought she understood my condition as she used to say "hai bechari" whenever she saw me walking to school. One day she came to our house and confronted my father saying "Why are you sending her to school?" Don't you see her condition?" At that time there was only one girl attending the Wani School other than me. I guess it must have seemed strange why my father was sending me to school while most of the village girls stayed at home. The woman's comment greatly angered my father who said, "It's my responsibility what happens to Nabila. God forbid if she dies I will go carry her dead body back home. Please don't come again saying she must drop school." I was shocked by my father's response. Thinking he will surely be the death of me. He always said, "Nabila stand on your own feet. You cannot rely on anyone but yourself."

After completing my studies, I cut myself of society for four years. I just stayed at home. My family encouraged me to go out with them to relatives wedding or for outings. But I simply wanted to stay inside and not interact with people. One day, Miss Nimra from Kaarvan Crafts Foundation came knocking on our door. Nobody else was at home at that moment so I fated to talk with her. She requested that I come visit the Center. I personally, dislike being the cause of

some else's unhappiness so I warily said, "Yes, I will come visit the Kaarvan Institute." When my brothers returned home I told them about the encounter and my promise to visit. The next day they took me to the Kaarvan Wani Institute and there I met Miss Zara. She extended her hand for greeting. At once there was connection, a vibe of positivity that compelled me to come the next day and the next. Soon I found myself completing the three-month course without skipping a single day. I enjoyed learning new skills and getting out of my own head. It has been years since I visited the hospital or saw a doctor. I wish to go now and get a check up. See if there is some hope of a cure.





WHEN I LET MY HAIR DOWN;
IT'S LIKE LETTING ALL THE
STRESS FALL OFF. SIMPLY
ENJOYING A QUIET MOMENT
OF SOLITUDE.





TUBA YASEEN

Location||||||| Raj Kot, Gujranwala

Scheme|| Women Focused Training SFPGS 2016

Trainee ID||||||| W3-004-003-18

Class Code||||||| W3-004-003

Roll Number |||| 18

Center |||| KCF Institute, Wania Wala Road, Guj.

I got polio when I was two years old. It is much better now with slight lingering effects. I don't pay it much attention. With a family of four sisters and three brothers, my father works with iron and has great general knowledge of how to make and repair things. From him I have learnt, that strength is made solid with unity — when each of us is the rock support for the other. Nothing gives me more joy than seeing my family members smile. For a better future for my family, I had joined Kaarvan Crafts Foundation. Everything starts on time at Kaarvan. At times I couldn't keep up with sharp 8 o'clock attendance. Circumstances were not always in my favor. The road close to my home was under construction and caused traffic. Our designated car ride use to drop off other college students and then come to my house. A little late, I used to step into the Institute holding my breath. After the worrisome commute, the rest of the day was quite enjoyable. Especially the sketching!

I like to sketch objects, places and clothing ideas. A relative comes gives odd and end jobs of the market. He drops off clothing for hand embroidery. This market work gets us by but it is not very profitable. It takes three to four days to complete hand-embroidered kurta. The pay doesn't match the labor and effort. Alas such is the market. I personally prefer the occasional stitching job for neighbors much more. The work and financial return is much more fulfilling. I hope to find a stable job where I can work regular hours and support my family just as they have supported me.

CERTIFICATE OF UNIT CREDIT TOWARDS

Level 2 Certificate in Design and Craft - Fashion (Fashion Wear)

is awarded to
TUBA .

who was successful in the following 2 modules

Fashion (Fashion Wear)
Design for Craft

Pass
Pass

Awarded 05 June 2017

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Kirstie Donnelly

Kirstie Donnelly MBE
Group Director
City & Guilds

Chris Jones

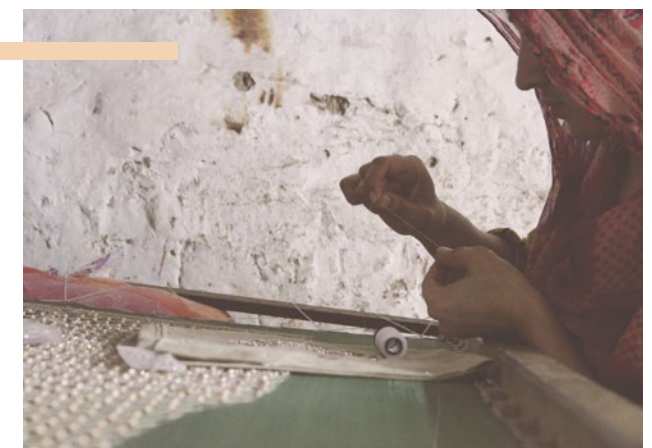
Chris Jones
Director-General
The City and Guilds of London Institute

Awarded by



The City and Guilds
of London Institute

The City and Guilds of London Institute founded 1878 and Incorporated by Royal Charter 1900.





KOUSAR PARVEEN

Location||||||| Ghouseia Colony, Gujranwala
Scheme|| Women Focused Training SFPGS 2016
Trainee ID||||||| W3-004-007-1
Class Code||||||| W3-004-007
Roll Number||||| 1
Center ||||| KCF Institute, Kashmir Road, Guj.

I was two years old when I got polio. Both my legs offer only the bare minimum movements. My mother rigorously looked for treatments but to no avail. I studied till primary school. My education stopped there because of lack of facilities in our subdivision. I don't see myself as less than anyone. I am just like you. I manage all the household affairs. Just now, was my niece's wedding and I did all the shopping. My bhanjas (nephews) greatly helped me out. I get around from place to place riding at the back of their motorcycle.

I have been married for three years. I don't know for some reason my heart didn't find peace at my husband's home. He has another wife who treats me like a sister. When I left home, my husband said that I won't come to get you. But his wife called me and requested that I come back home. That she will come herself and reunite the family. I told her "Leaving was my personal decision. Nobody kicked me out of the house. I am content with my choice." Though, I do miss the twin daughters from the other wife. I remember when she was in labor; I stayed by her side and took care of her for fifteen days. Community women were shocked and commented saying "why do take such care of the children? You're their step mother not their blood mother." I have no children of my own. I treat the twins as if they were my own. Since, I have left, my husband no longer calls me. I am the one who reaches out and calls to check in how is he and the family doing.

Fifteen years ago, I used to feel great shame about my body. My father noticed my insecurities and took me to Shera Wala Bagh and pointed out a man who couldn't walk and had no arms. His movements were of great effort, by lying flat on his stomach and dragging himself forward. After seeing that, I have never paid any attention of how others are looking at me when I walk. "Tauba. Tauba," taunts irk me. I am Allah's creation too. I am a human being with skills. Just look at my crochet work. See the clean lines. My hands are baadshaho wala. I don't rely on a wheelchair but on my two hands. The only time I used the wheelchair was when my leg broke and I was admitted into the hospital. We moved from one hospital to another. Most doctors were too afraid to operate on the leg saying it was too feeble and fragile. Finally after months of struggle, I recovered and was back on the motorcycle, checking off things to do. Of course my actions surprised the community members who said I was too reckless and foolhardy. I believe in living life wholeheartedly. One day, I hope to start my own Center at Hafizabad where I can create income for myself and share my embroidery skills with community women. I believe that the training I have received from Kaarvan will help me attain this dream. Until then I will steadily work towards it by creating some income through home based stitching products and getting my bhanjas to sell the products.



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is awarded to
KOUSAR PARVEEN

who was successful in the following 2 modules

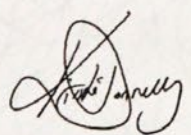
Fashion (Fashion Wear)
Design for Craft

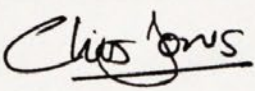
Pass
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Awarded 20 September 2017

200917/7716-32/847348/VTC1294/F/13/08/76

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Kirstie Donnelly MBE
Group Director
City & Guilds


Chris Jones
Director-General
The City and Guilds of London Institute

Awarded by



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KIRAN ASLAM

Location||| Mohallah Rasool Nagar, Gujranwala
Scheme| Women Focused Training SFPGS 2016
Trainee ID||||||| W3-004-005-2
Class Code||||||| W3-004-005
Roll Number |||| 2
Center ||||| KCF Institute, Kashmir Road, Guj.

I was 6 months old when I got polio. I underwent countless treatments but the paralysis had taken its hold. Family still says to go for further treatment but I refuse. Our household finance doesn't permit such operational necessities. I miss my father. He was the one who guided me how to walk with a stick. Without it, I cannot walk. At first managing my way through things was a bit difficult. I use to walk with two crutches. My father noticed my dilemma and suggested that I walk with one stick rather than two. That way I have one hand free to manage tasks with, while the other is leaning on the stick. From that point on I have been utilizing one stick. One is enough. Things are easily handled.

It has been three years since Abu passed away. I was pursuing my FA at that time but with news of death, I stopped. I didn't feel like doing anything or going outside the house. After I came to terms with my grief, I started looking for differently abled courses. Madame Shafqat Naseer informed me about Kaarvan Crafts Foundation that this institution is offering a stitching and fashion design course for the differently abled. I approached my mother about joining Kaarvan Crafts Foundation. She is my source of strength, my go to person whenever I have any doubts or concerns. It because of her that I plucked up the courage to go door-to-door informing neighbors about Kaarvan Crafts Foundation and to get their Identity Cards made. Being a Social Mobilizer was an incredible experience. I got to observe varying perspectives on life and how people view

the differently abled. The more I got out, the more I came to realize that we, the differently abled are NOT bad or weak. It's the people's perception of us that make us bad or weak.

Life has been full of challenges that I resolved with perseverance and dedication. I have one brother who lives separately and barely contacts us. Basically, it's just me and my mother now. My two sisters are married. One sister lives with us. She has two kids. I financially support everyone by stitching clothes at home. These days I am stitching men's kurtas. I am able to stitch two to three kurtas per day. It gets us by, as I get Rupees 600 for each kurta.

Happiness is interconnected with my mother. When she is happy, I am happy. I hope that one day I can gather sufficient funds for my mother and I to go for Umrah and Hajj.







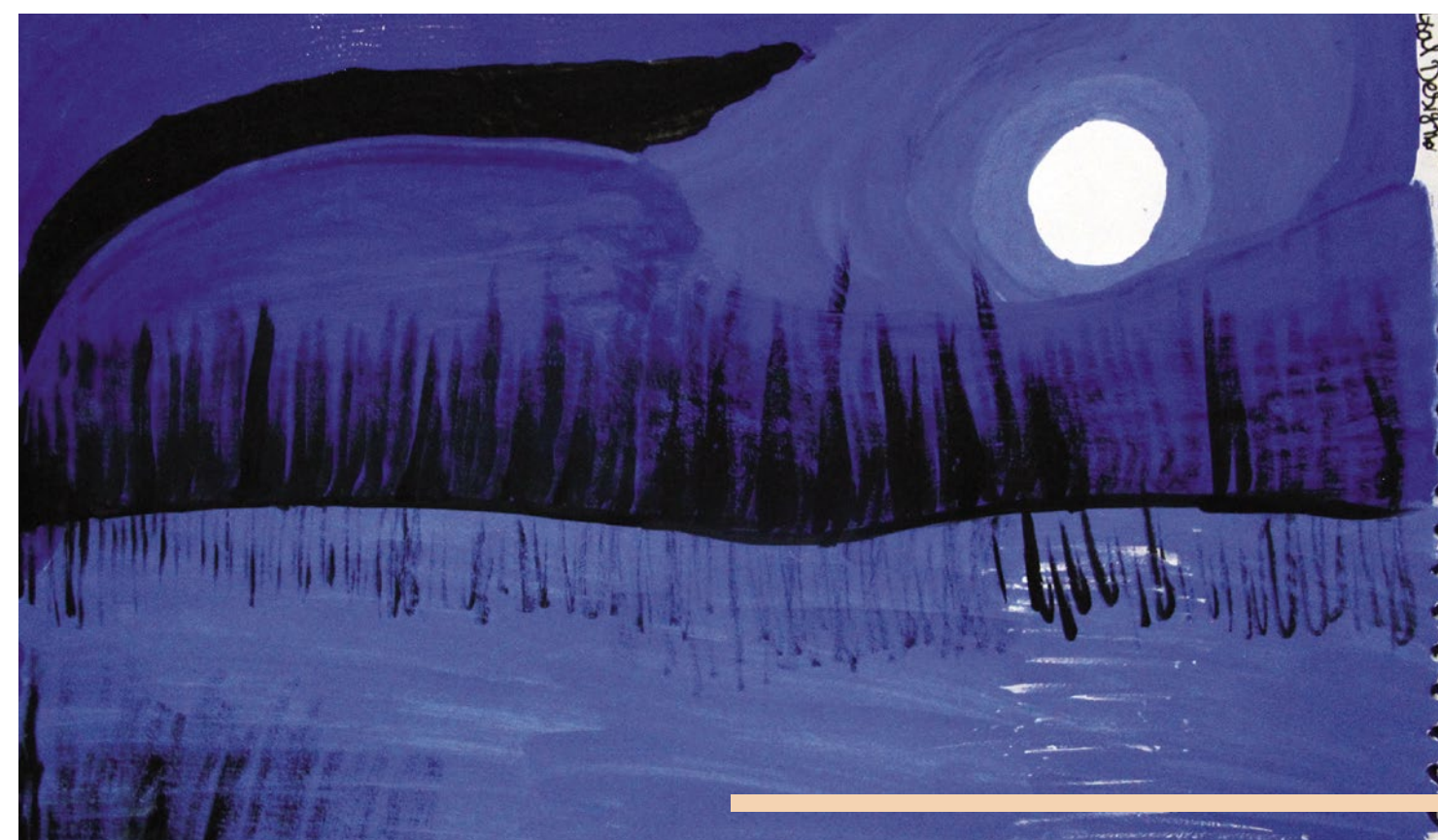
FIZA MURAD

Location||||||| Faqir Pura, Gujranwala
Scheme| Women Focused Training SFPGS 2016
Trainee ID||||||| W3-004-007-24
Class Code||||||| W3-004-007
Roll Number ||||| 24
Center ||||| KCF Institute, Kashmir Road, Guj.

I was 6 months old when polio gripped me. Initially, we didn't notice the effects of polio until I was going to school. Thankfully to the treatments and home care, I can now confidently walk on my own. The first operation took place five years ago. Second operation was three years later. During this time I also completed my education till Matric. At that point, the pain in the foot increased and I stopped going outside. I just used to go to school and then back home. But with increasing pain I let go pursuing education further. I still have regular monthly hospital check ups.

I can't imagine facing this without my sister and family who give me immense courage and confidence. They don't let me feel that I'm different. I help out with household chores like cooking and cleaning. I also have a lot support from Kaarvan Center especially from Sir Naser Sahib. At the center I have come to observe that everyone has their own struggles. Some of whose situations are more trying than mine. I take courage from these brave women. If they can overcome their condition so gracefully; so can I.

I fill house with my chatter and laughter. Simply being present in the moment and enjoying small moments with loved ones. I hope to find a job so I can contribute to household expenses. Not to mention my own medical expenditures. I want to be their strength, just like they have been mine.





TAYYABA SHAHBAZ

Location Mukhtar Colony, Gujranwala

Scheme Skills for Job 2016

Trainee ID J7-004-032-11

Class Code J7-004-032

Roll Number 11

Center KCF Institute, Wania Wala Road, Guj.

In Wania Wala, we have a reserved place where women go to wash clothes. We, my sister and I, were walking back home with freshly washed clothes. In the next moment, smack, I'm hit by a truck. Things are a blur from that moment on. I think it's because of my sister's speedy actions that I am alive today. I was rushed off to the hospital and given pain medication. The local hospital at Gujranwala said my case was beyond their abilities and suggested that I be taken to a major hospital. We commuted to Lahore. I cannot describe what an emotionally charged journey that was for all of us.

Alhamdulillah, I am alive. I don't think we truly appreciate our life until we are on the edge of losing it. To move, to breathe, to laugh are the little things we take for granted. I am grateful for a number of things. To have my own leg intact, to have loving and supportive family, and to be able to stitch to my heart's content. Doctors had suggested that I get the leg amputated and replaced with an artificial one. My parents were resolute and said a flat "no." Just imagine the diminished quality of life and who knows what technical issues the artificial leg would have provided.

But, look at me now; I can walk on my own two legs. Given that I don't put too much pressure on it. It's only when I walk for 2 to 3 hours straight without any rest that I get shooting pain in my leg. With proper rest and soothing medicine cream, the pain begins to ease away.

Stitching makes me feel alive. It centers me, to be able to stitch clothing that contributes to family income and also to share that skill with fellow community members, gives my life meaning. I am extremely grateful that my family has always encouraged me to follow my dreams. It led me to Kaarvan Crafts Foundation where I met caring instructors who showed me the art of drawing, colors and patterns. With their kindness and guidance I soon picked up the skills of sketching and stitching.

These days, I mostly work from home. I can stitch a suit in 1.5 hours. Passion drives the work. Otherwise it could take much more time. Sometime, I wonder... do I choose to work from home or is it because society frowns upon the differently abled. I wonder why people associate weakness with us. Why do they like (or want) us to stay at home? Why can't they be more like my family — to enable than hide us away?

Whatever, may be the reasoning, my family and I make the most of life. I assist my mother in stitching footballs also. The material is quite tough and requires heating to soften it and then the stitching holes are made. Then one by one each hexagon piece is meticulously stitched into a circular football. My family and I, hope to start a local business of clothing retail. Just need to recuperate as the leg has bouts of pain these days.







KOMAL TABASSUM

Location Jhanday Bazaar, Gujranwala

Scheme Skills for Job 2016

Trainee ID J7-004-017-20

Class Code J7-004-017

Roll Number 20

Center KCF Institute, Kashmir Road, Guj.

I have completed FA. I have also done a beautician course and vocational/ stitching/ designing course with Kaarvan as well. I enjoyed my time at Kaarvan the most. Learning to paint, studying color theory and sketching clothing ideas was great fun. Miss Zahra and Miss Fauzia are very caring. They seemed less like instructors and more like friends. The center has a great vibe about it. A place to learn, grow and play.

I'm your local prankster! I love pulling practical jokes around the house and neighborhood. Ha ha ha people get annoyed by my antics. Sometimes I sneak needle into couch. Other times I create frightening sounds in the dark. I try to think of new tricks everyday.

My source of energy and aliveness stems from my family. Their guidance, kindness and love help me grow and venture into new areas of exploration and learning. Ha ha ha I am my own strength.

I want to work towards becoming a great model. I would like to design a pant-shirt clothing line and model it as well. I have a little diva inside of me. Initially, I didn't want to stitch clothes, afraid of breaking a nail or toughing my soft skin. Ha ha ha but Miss Zahra was just too much. At first she was going to give in, seeing my soft hands. But then she caught herself midsentence and said, "No, Komal stitching is part of the process. If you want to become a leading designer come model, you have to fully commit to the dream. Heart, hands and head." Miss Zahra's words rang true to me. Ever since then I have stopped making shortcuts on work and am fully committed to everything I do.

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is awarded to
KOMAL TABASUM

who was successful in the following 2 modules

Fashion (Fashion Wear)
Design for Craft

Pass
Pass

Awarded 26 October 2017

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Kirstie Donnelly

Kirstie Donnelly MBE
Group Director
City & Guilds

Chris Jones

Chris Jones
Director-General
The City and Guilds of London Institute

Awarded by



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AQSA TABASSUM

Location Jhanday Bazaar, Gujranwala

Scheme Skills for Job 2016

Trainee ID J7-004-018-19

Class Code J7-004-018

Roll Number 19

Center KCF Institute, Kashmir Road, Guj.

I like my nose. It's small just like me and sits perfectly aligned with my facial features. I have completed FA. I greatly enjoyed my school days. I learned so much from books, people and field trips. School opened up the world for me. When we traveled to different places, I met different perspectives and worldviews. It is interesting how with changing landscape you also encounter different thinking. I have also done a Fashion Design course with Kaarvan.

At the moment, I'm simply being present in the here and now. Enjoying time with family. My parents have showered me with great love and care. Such love has created a strong base upon which I can confidently stand on and not get bogged down by what will people think. My father always said, "don't take people's chatter to heart. Negativity leads to misery. Just keep moving forward resolutely." There is still a lot to do in life. I would like to start a computer course soon and continue to pursue fashion-designing practice further.





Kaarvan Crafts Foundation
Crafting Livelihoods

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