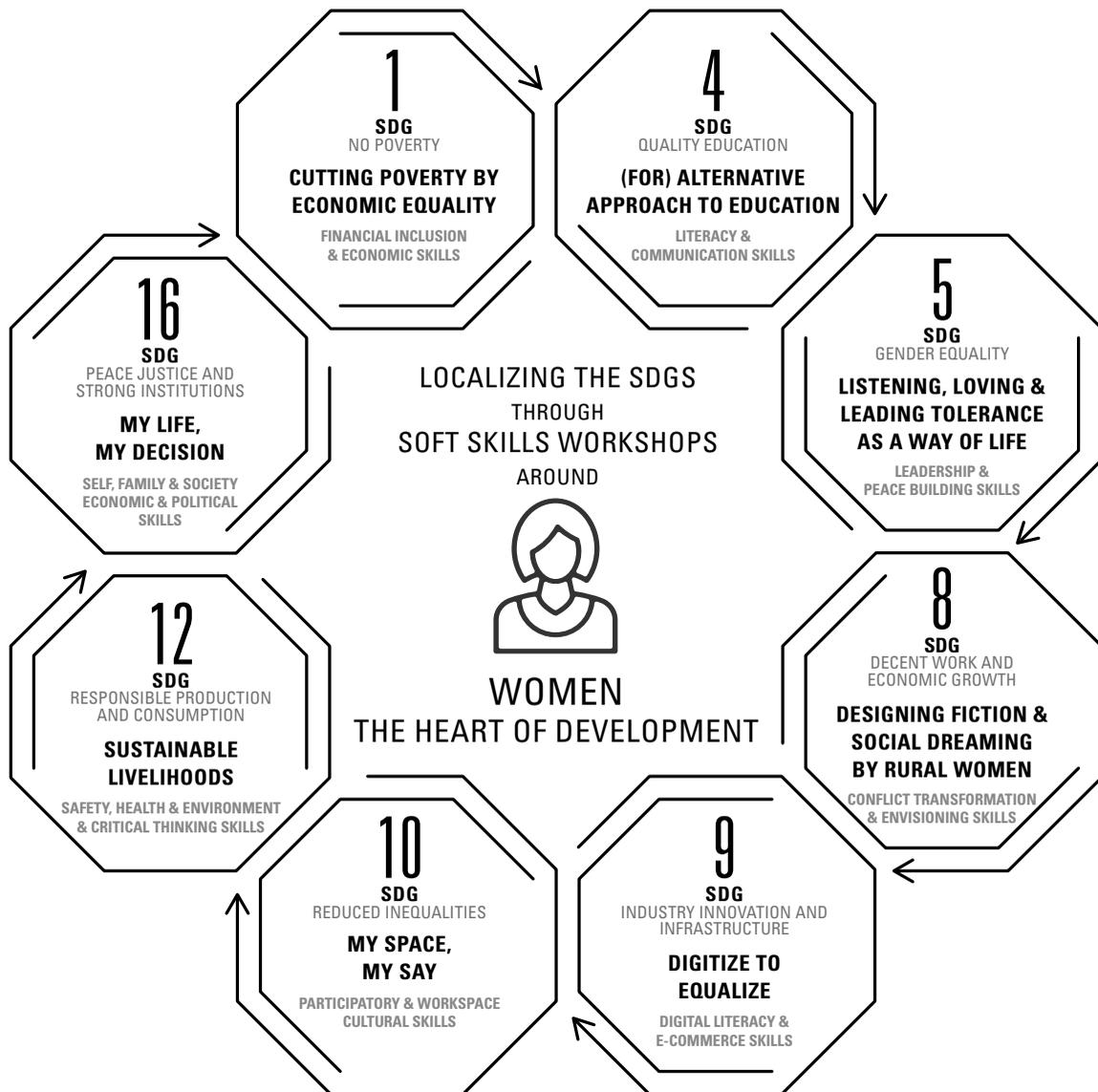


CONSTELLATION OF CHANGE

LOCALISING SDGS



PEACE EDUCATION WORKSHOPS BY CELEBRATING UN DAYS



Kaarvan Crafts Foundation

Crafting Livelihoods



KAARVAN CRAFTS FOUNDATION

INTEGRATED DAYS

UN CALENDAR, SDG & PEACE EDUCATION WORKSHOPS

WORLD CREATIVITY AND INNOVATION DAY

9 SDG
INDUSTRY INNOVATION AND INFRASTRUCTURE
DIGITIZE TO EQUALIZE
DIGITAL LITERACY & E-COMMERCE SKILLS

21 April

INTERNATIONAL DAY OF RURAL WOMEN

8 SDG
DECENT WORK AND ECONOMIC GROWTH
DESIGNING FICTION & SOCIAL DREAMING BY RURAL WOMEN
CONFLICT TRANSFORMATION & EMPOWERING SKILLS

15 October

WORLD DAY OF SOCIAL JUSTICE

16 SDG
PEACE, JUSTICE AND STRONG INSTITUTIONS
MY LIFE, MY DECISION
SELF-DEFENCE & SAFETY ECONOMIC & POLITICAL SKILLS

20 February

MICRO-, SMALL AND MEDIUM-SIZED ENTERPRISES DAY

1 SDG
NO POVERTY
CUTTING POVERTY BY ECONOMIC EQUALITY
FINANCIAL INCLUSION & ECONOMIC SKILLS

27 June

INTERNATIONAL DAY FOR TOLERANCE

5 SDG
GENDER EQUALITY
LISTENING, LOVING & LEADING TOLERANCE AS A WAY OF LIFE
LEADERSHIP & PEACE BUILDING SKILLS

16 November

INTERNATIONAL WOMEN'S DAY

4 SDG
QUALITY EDUCATION
(FOR) ALTERNATIVE APPROACH TO EDUCATION
LITERACY & COMMUNICATION SKILLS

8 March

INTERNATIONAL DAY OF PEACE

12 SDG
RESPONSIBLE PRODUCTION AND CONSUMPTION
SUSTAINABLE LIVELIHOODS
SAFETY, HEALTH & ENVIRONMENT & CRITICAL THINKING SKILLS

21 September

HUMAN RIGHTS DAY

10 SDG
REDUCED INEQUALITIES
MY SPACE, MY SAY
PARTICIPATORY & WORKSPACE CULTURAL SKILLS

10 December

THINKING GLOBAL, ACTING LOCAL!

Constellation of Change aims to provide a series of soft skills/ social skills in alignment with the International Sustainable Development Goals (SDGs) to **expand Pakistani Female Artisans personal capacities to act with others for socially constructive purposes**. Constellation of Change is part of Kaarvan's integrated holistic developmental approach that caters to both human dignity and individual integrity. We must honor the sacredness of human life — dignity. Also be steadfast to integrity — to multiple aspects of a person that include physical, intellectual, aesthetic and spiritual life. To attain happiness — economic resources, equal opportunities, democratic participation, self-freedom, and sustainable environment must be distributed. It is time to reclaim our imaginations. Not too be constrained by patriarchal worldview but to look beyond the allotted structures. We need to reexamine our lives, our homes, our work and our standards. To be aware that gender like any social construct is dynamic and changeable concept. We need to be wary of pre-determined dispositions of what it is to be a woman or a man. Lets be thoughtful in our every action, gesture and attitude — to be a little more gender sensitive and respectful of our biological and cultural differences. Everyone has a right develop their own bodies, minds and spirit.

Kaarvan does this through interactive workshops that help participants develop "caring occasions" in which they connect to deeper sense of self, awareness of their role in the situation and others. Each workshop is linked one of the SDGs to develop soft skills to face and change the challenges of poverty, inequality, education, waste and public space in their immediate environment. Through play, Kaarvan team unlocks the participant's curiosity to see the world anew and question things that fall through the cracks. It is through modeling, dialogue, practice, and confirmation that the group collectively dream, imagine, and create a new structure of the future, which is more peaceful — a gender-responsive space.

Each workshop is linked one of the SDGs to develop soft skills to face and change the challenges of poverty, inequality, education, waste and public space in their immediate environment.



*play shapes our brain,
helps us foster empathy,
helps us navigate
complex social groups,
and is at the core of
creativity and innovation*

ENABLE



EDUCATE



EMPOWER



There is strong evidence that showcases the importance of play inspire mindsets of growth and learning. American research professor Brené Brown states that “play shapes our brain, helps us foster empathy, helps us navigate complex social groups, and is at the core of creativity and innovation.” There are many other international intellectuals who assert the importance of creative expression and play to hold space for difficult subject matters. To name a few of these intellectuals or institutions are Wendy Ewald who uses photography for collaboration and reflection tools; Theatre of the Oppressed; Peter Brook using improv and theatre as total immersion into the creative process; Roger Manix using Play to develop non-cognitive skills in Stanford University MBA students.

Kaarvan believe in using this potential of play to confront and self-reflect on habits that may be constraining their connection to themselves and others. Through “play” participants experience a sense of joy and wonder, using creativity, empathy, and collaboration to problem solve complex issues and pave a deeper connection to the world around them.



**SDG 1
NO POVERTY**

TARGET 1.4

By 2030, ensure that all men and women, in particular the poor and the vulnerable, have equal rights to economic resources, as well as access to basic services, ownership and control over land and other forms of property, inheritance, natural resources, appropriate new technology and financial services, including microfinance

Skills Cultivated

- Creative Thinking
- Communication Skills
- Entrepreneurial Mindset
- Decision-Making
- Team Work
- Culture Skills
- Conflict Resolution Skills



**MICRO-, SMALL & MEDIUM-SIZED
ENTERPRISES DAY 2019**



SDG 1: NO POVERTY

Micro-, Small and Medium Enterprises Day

Kaarvan celebrated UN's International Day for Micro-, Small and Medium Enterprises (June 27) with 30 Female Micro-Entrepreneurs from Multan who are part of Kaarvan and DFID's Women Economic Empowerment Program (WEE) in collaboration with The British Asian Trust - by crafting "1 Rupee" dreams. Now you must be thinking what can one possibly create with just 1 rupee? In a rapid prototyping session, these Multani Women did some quick collaborative thinking — bouncing ideas of one another and testing ideas through making. Basically, these women were stretching their minds and actively creating & discussing "What can we do to make money if we start with absolutely nothing?" Within 15 minutes of collective creation, you have: comet organizers (to place the little things floating about in your room); interchangeable dress (layered dress that can shape shift depending on mood and function); DIY customizable kite; Fan-Dress; Pak-Indo Goodwill Ghagra. Not bad for 15 minutes session right? Now imagine, the economic possibilities of bringing such energy and polishing these ideas into reality... Kaarvan has connected UN MSMEs Day with SDG 8 (Decent Work and Economic Growth) to encourage vision, image and model of socio-economic possibilities.

Mirror & Windows

realize the difficulty to truly empathize with a culture, a lifestyle and attire that is not your own



*“fairness as
a symmetry
of everyone’s
relation to
one another”*



SDG 5 GENDER EQUALITY

TARGET 5.1
End all forms of
discrimination against

Soft Skills Cultivated

- Decision-Making
- Confronting Stereotypes
- Team Work
- Communication Skills
- Culture Skills
- Conflict Resolution Skills



INTERNATIONAL WOMEN'S DAY 2020



INTERNATIONAL RURAL WOMEN'S DAY 2019



INTERNATIONAL WOMEN'S DAY 2019



INTERNATIONAL DAY FOR TOLERANCE 2018



LEGAL RIGHTS WORKSHOP 2018



INTERNATIONAL RURAL WOMEN'S DAY 2018



GENDER RESPONSIVE WORKSHOP 2018



INTERNATIONAL WOMEN'S DAY 2018



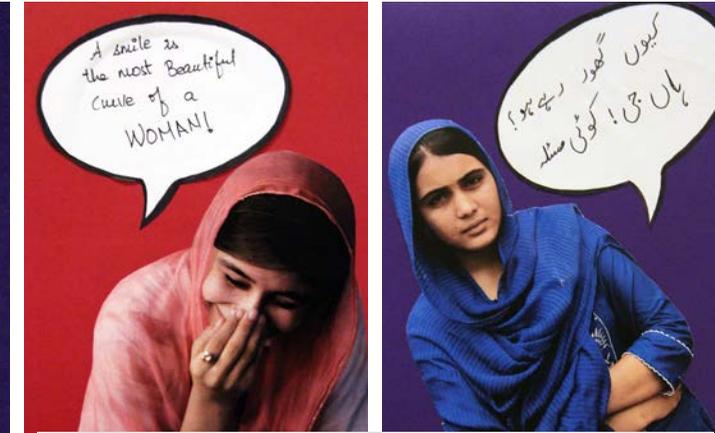
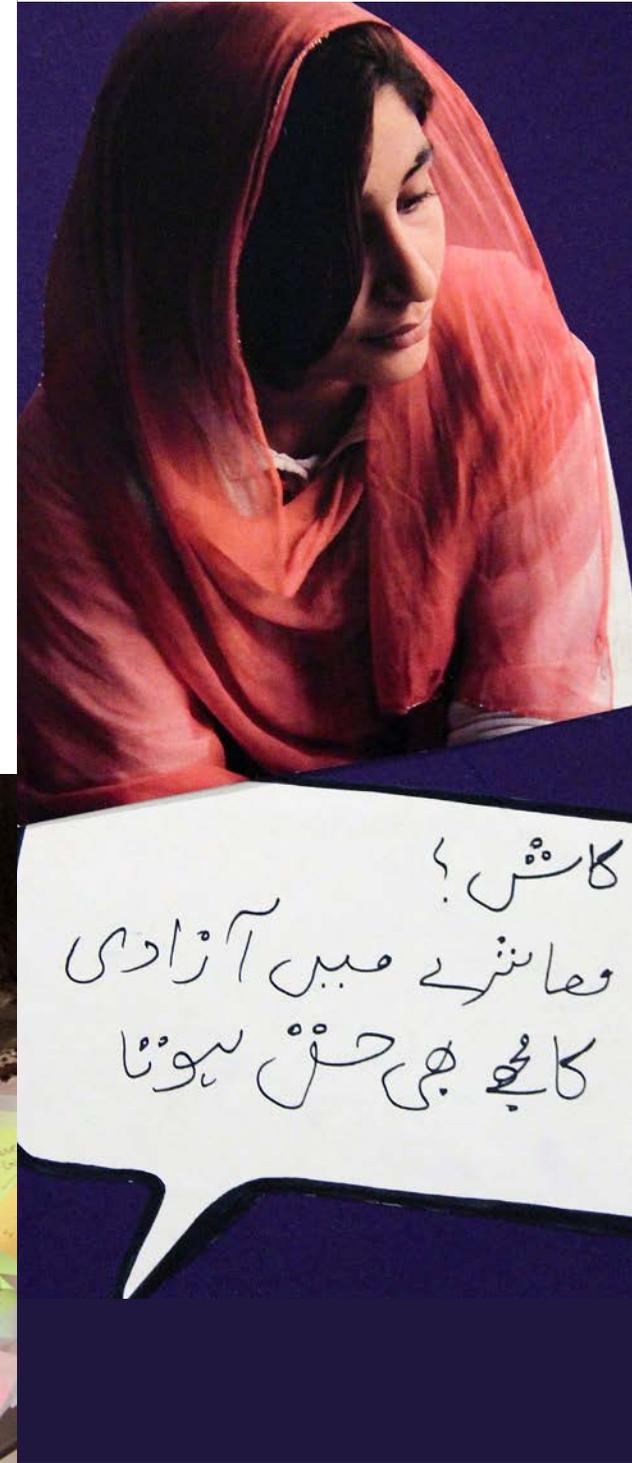
BENDING GENDER RULES 2017



INTERNATIONAL RURAL WOMEN'S DAY 2017



Notes of Gratitude



Speech Bubbles

that evoked each person's inherent dignity & integrity

**SDG 5: GENDER EQUALITY
INTERNATIONAL WOMEN'S DAY 2020**

Each for Equal – International Women's Day with Livestock Management Doctors

Celebrated International Women's Day with Livestock Trainers. Through a gratitude ice-breaker Livestock Trainers and Kaarvan Team wrote sticky notes of things they appreciated about their colleagues and then placed the sticky note on said colleague. This generated a lot positive energy and opened hearts for creation of speech bubble posters. The posters created by Livestock Trainers conveyed hopeful human rights images as the thoughts they wrote evoked each person's inherent dignity and integrity — that is their spiritual, physical, intellectual, emotional, sensorial and aesthetic thoughts.

Grateful Notes Campaign



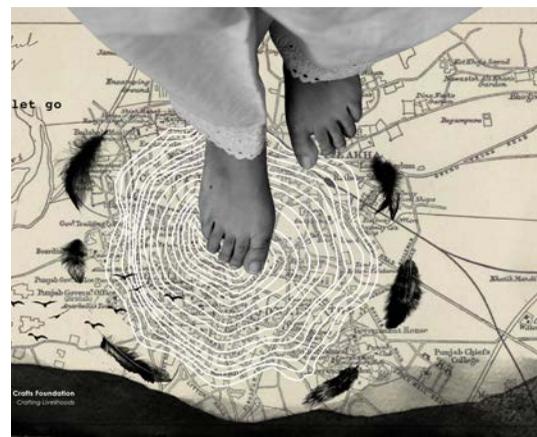
Community is us!
I'm afraid the concept of "feminism" has become tangled in web of identity politics — with fixation on the individual achievement and an unwillingness to share space with people with different opinions, worldviews and histories. This leads to our concern and our energy being directed inward than outward. Lets shift our focus from self to society.



All of us have beliefs, values and thoughts that makes us who we are and that we cannot imagine compromising on. We believe these are irrefutably right and that everyone would agree if they came to their senses. But this thought bursts the minute political views, religious beliefs, or life values come into discussion — an argument breaks out. Who is right? Who is wrong? No one feels heard or respected. There is a lingering feeling of anger, confusion and hurt.

Dialogue is good but like everything created — words must be selected mindfully. We must ask ourselves is it worthwhile to make each other feel unhappy or hurt in the name of defending our beliefs. Maturity that comes with experience. To be wrong isn't bad thing... because when we are open hearts, our minds and our will we learn to curb our ego and see the bigger picture.

Isn't it better to be happy together than to be right alone?



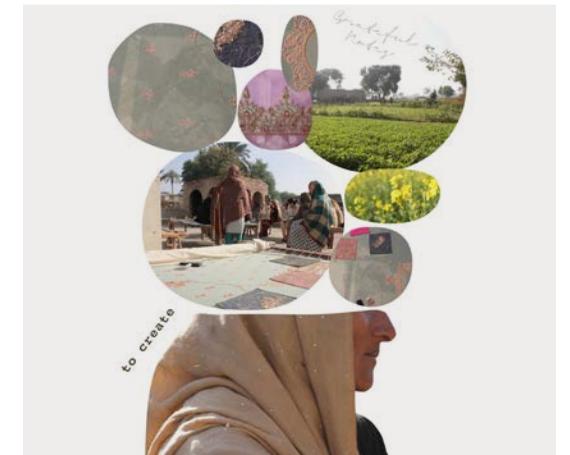
Let go the feeling of sadness, confusion, resentment — the feeling of be 'wronged'. Not for them, but for your own sake — truly completely, for yourself. The more we think about the negative. The more we become insecure and pessimistic ourselves. Sure, there exists inequality gaps in the system as the pay, opportunities and treatment are imbalanced. These type of inequality gaps can be closed up with coalition of multiple stakeholders — it requires good governance, transparency of work and dedication to face challenges with compassion. Such systemic changes don't happen in one day. It requires that we actively everyday make contribution through small acts of kindness.

#EachforEqual



It's kind of obvious to say this... There are limitations to our knowledge. Of what we know... Perhaps we forget this when we give advice to colleagues or neighbors without truly knowing what is going on in their lives. Let's try to unlearn certain regressive values that are internalized in mass culture. Let's desocialize from authority-dependence and empower community to pose questions, lead discussions and initiate ideas/startups. There is a need to transform traditional authoritarian models of education to be more participatory, based in dialogue, which has the potential to lead to critical consciousness.

Let's create and recreate our imaginations, push our boundaries that we have set for ourselves. Problems exist in every society, what makes nations different is the way they look at problems and create solutions for them. Instead of debating on persisting problems, let's discuss creative ways of engaging with the issues. We need to reclaim our imaginations. Think, feel, make things that gives community new ways looking at the world, give wings to creativity. Let's not try to engage this wonderful ability — think beyond the boundaries, beyond the borders and a more just society won't be a dream any more.



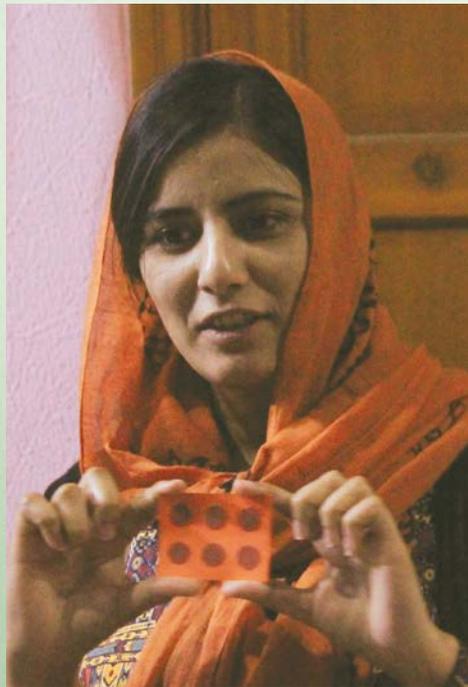
Let's live in the moment. A warm cup of tea during office hours is as enjoyable as a vacation on an island. Let's savor life, sip at a time, bit by bit. Joy doesn't necessarily have to be a huge pay raise or the smell of a new car or a mansion in the suburbs, it lies in the small moments of life. A handshake, a hug, a simple smile from a stranger, everything has its value and there is no guarantee that happiness will only come to us in a mansion. I've seen people living in one room houses and so grateful to have a roof over their heads and the love that the family has for each other and I've seen people living in big houses alone and depressed. Let's not put our happiness in the hands of others and in materialistic things, let's learn to be happy and comfortable within our own skins. Let's just be and let others be.



SDG 5: GENDER EQUALITY INTERNATIONAL RURAL WOMEN'S DAY 2019 Mapping Out Opportunities

Celebrated International Rural Women's at our Gujranwala Training Institute with 59 trainees. Kicked off by playing Bean Boozled and talking about cultivating authenticity and practicing nonjudgement when it comes to interacting with strangers. We then rolled up our sleeves got to mapping out the "Nodal Points" where human rights are crystallized. Where Gujranwala community had claimed space for their own and transformed empty plot to opportunity space such vendors selling merchandise or juice. In the end we have a map created by these women that outlines the human concentration points — hang-outs, paths of navigation to and fro, where non-governmental organizations respond to problems.





Livestock Trainers Playout Sceniories to Stop the Virus from Spreading



SDG 5: GENDER EQUALITY
INTERNATIONAL WOMEN'S DAY 2019

In what ways may we 'pause' the population boom?

Celebrated International Women's Day, 8 March 2019, with Livestock Trainers at Narowal. Where these women through interactive activities practiced their dialogic speaking provided a comprehensible and convincing argumentation, took turns appropriately in an interaction. Also worked as a team to reach a collective decision regarding who was 'wolf' among the villagers. Apart from cooperating, they also learn to listen to statements and information critically, and experience the power of manipulation first-hand. Being Livestock Trainers, they came up with innovative solutions to halting a virus that madman had spread in the community. Showcasing quick adaptability and responsiveness to the solution. It was greatly energizing to see these women talking straight and taking action.

Come Join Me / Improv Play

Artisans to read into and build upon each other's action



Blind Contour Drawings
removed hesitancy and cultivated play

Hive of Thoughts

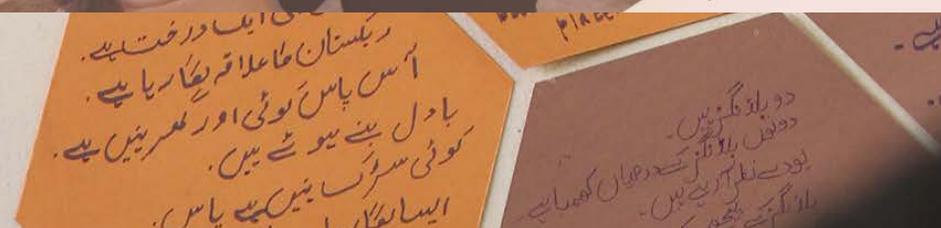
Sharing of experiences and perceptions



SDG 5: GENDER EQUALITY
INTERNATIONAL DAY FOR TOLERANCE 2018

Listening, Loving and Leading Tolerance as a Way of Life

International Day for Tolerance, November 16th, Kaarvan Crafts Foundation created a space of exploration around leadership, culture of peace and building personal capacity of social skills. Through a series of interactive activities Pakistani female artisans became more self aware of their innate leadership skills. Leadership isn't about wielding power and authority. It is about listening, understanding, being curious, being honest and responding with care & compassion. A tremendous aspect of leadership is tolerance and empathy — of being open and respectful to different perspectives to get a full picture of the world. Kaarvan Team opened hearts, minds and wills by engaging with the artisans through blind contour drawings, improv play, image deconstruction of seeing different perspectives and listening, hearing & sharing viewpoints to 'stuck' moments.





Building Political Capacity of Rural Women

to take democratic responsibility for
one's own life



SDG 5: GENDER EQUALITY

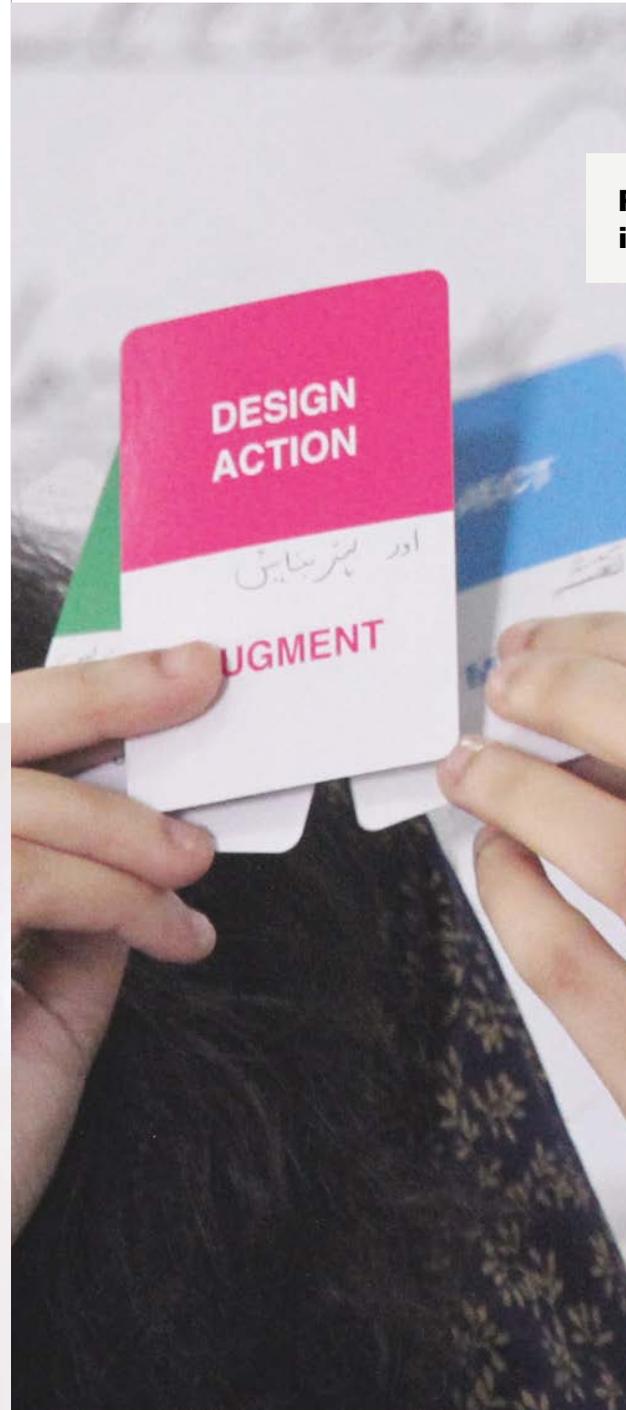
Legal Rights Workshops at Kaarvan Training Institutes

For a culture of peace, developing capacities for informed responsible citizens is key. Kaarvan is familiarizing the Female Trainees with their Constitutional Rights and Responsibilities. Human Rights Lawyers Razia Monnoo, Shahbano Masud and Mahnoor Anwar conducted Awareness Workshops at Kaarvan's Gujranwala and Bahawalpur Training Institutes on Women's Legal Rights in Pakistan — how they function, what they expect of its citizens and what the citizens can expect from them. Thoughtful conversations unfolded as the rural women questioned what can be done when their supposed lawyer is not being fully honest and providing all the information to them. Razia, Shahbano and Mahnoor shared case studies at how to best confront deceit and injustices with awareness of policies and taking a firm stand for one's rights.

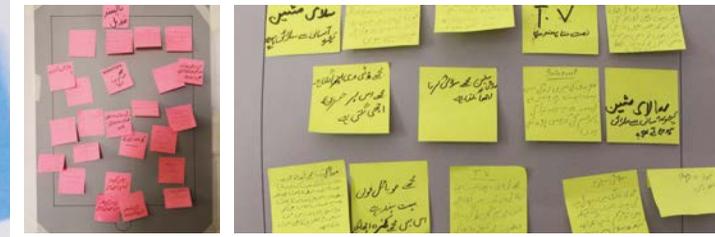
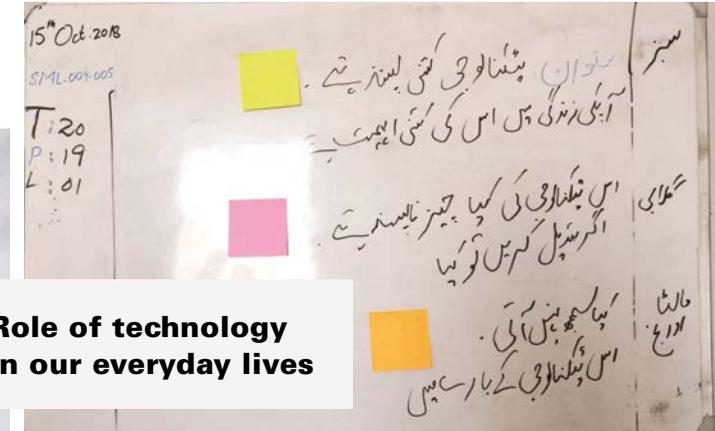


Designing Fiction

Playing cards to design, innovate new realities into existence



Role of technology in our everyday lives



SDG 5: GENDER EQUALITY INTERNATIONAL RURAL WOMEN'S DAY 2018

Designing Fiction and Social Dreaming by Rural Women

Today, 15th October 2018, International Rural Women's Day, roles were reversed as Pakistani Female Artisans from Pattoki, Kasur District of Punjab envisioned and created new artifacts/ objects that they would like see in reality. From the generative card game of "Design Fiction Creation Playing Cards" the whole idea was to churn out quick and dirty products or thoughts into society by using 'fiction' as a tool to bring forth 'dreams & truths' into reality.

6 groups, 6 design fictions. Pattoki Artisans present you Wholehearted Wallet (society of moral inclusion over capitalism); Teleporting Shoe (travel anywhere anytime); Spiritual Call (customized mobile that revolves around the time zones of azan, Muslim prayer times); No-Corruption Clothing (transparency in all process and resources); Color Chair (brighten your environment and mood); Ethnically Unraveled Headphones (no entanglements of chords with this artistic threadwork at play).



SDG 5: GENDER EQUALITY

Gender Responsive Workshop With Aysha Saifuddin Human Rights Series

Founding Director Aysha Saifuddin held gender responsive workshop at Kaarvan Head Office with aim to disseminate learning to take democratic responsibility for personal development. Talking about the difference between socially constructed definition of gender and our biological difference of being a man or woman. Gender is much more nuanced than one's sexual orientation or physical differences. The need to understand that gender is a dynamic and changeable concept. Through role-play activities of how males and females would respond or act in certain situations we discussed how gender roles and stereotypes become culturally conditioned ideas. For a preferred future, for peace, we must first and foremost become aware of our own personal biographies and biases. It is only when we look inward and understand self — self identify the social roles we have adopted that are restricting our possibilities that we can break away and step into our true selves. It is when we connect with the other that we can make both our lives ethically better.

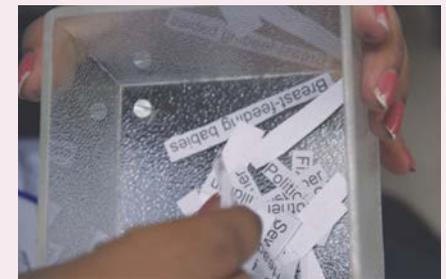
Social Responsibility

to realign ourselves to common goals and let go of gender factor that limits human possibilities



Gender

dynamic and changeable concept





International Women's Day

SDG 5: GENDER EQUALITY

International Women's Day 2018

Day celebrated with interactive learning sharing activities at Kaarvan's Gujranwala Training Center with 110 trainees.

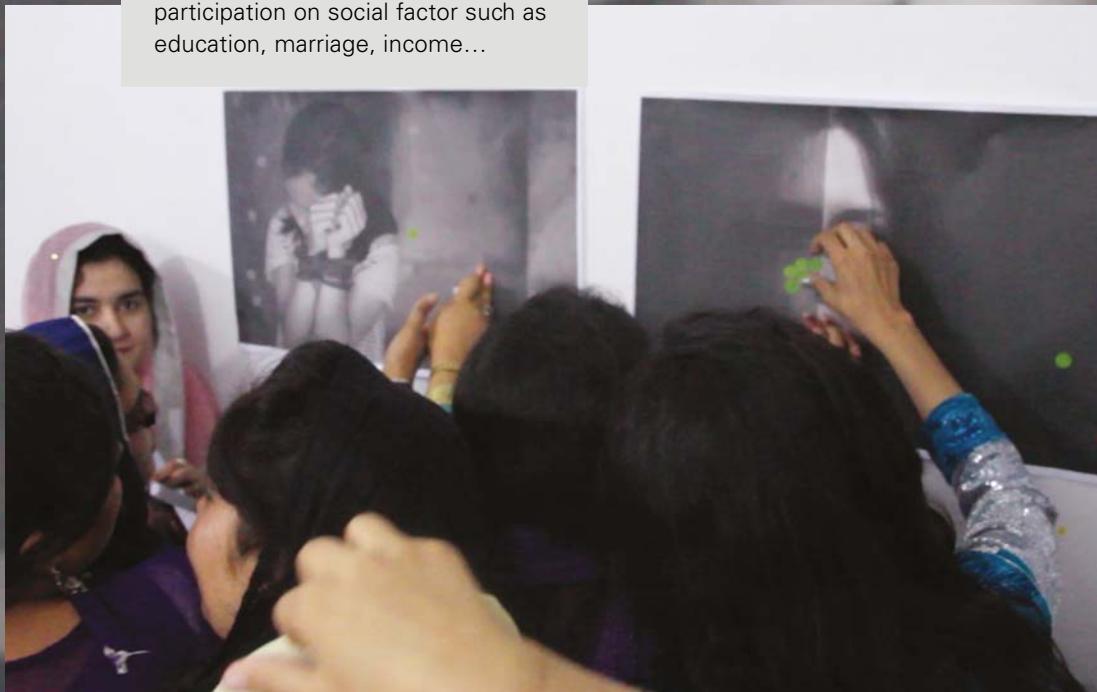
Through empathy card game, renaming objects and measuring silence — highlight the paradoxical nature of gender and how it both presents opportunities and limitations to personal growth at the same time.

Think about it — men and women — sort of represent the “yin and yang”; our lives are deeply intertwined — one cannot exist without the other. Extremity of any form is destructive... so is the case of severe silence... Can silence lead to disappearance? Won't disappearance of one population upset the natural order of things and trigger the disappearance of the other population? These female artisans, their stories are a testament that anything is possible if we try.



Measuring Silence

Think about their level of speech or participation on social factor such as education, marriage, income...



Multiple Truths

Reality is contingent on our individual experiences. There is a tendency to generalize men or women based on personal experiences.

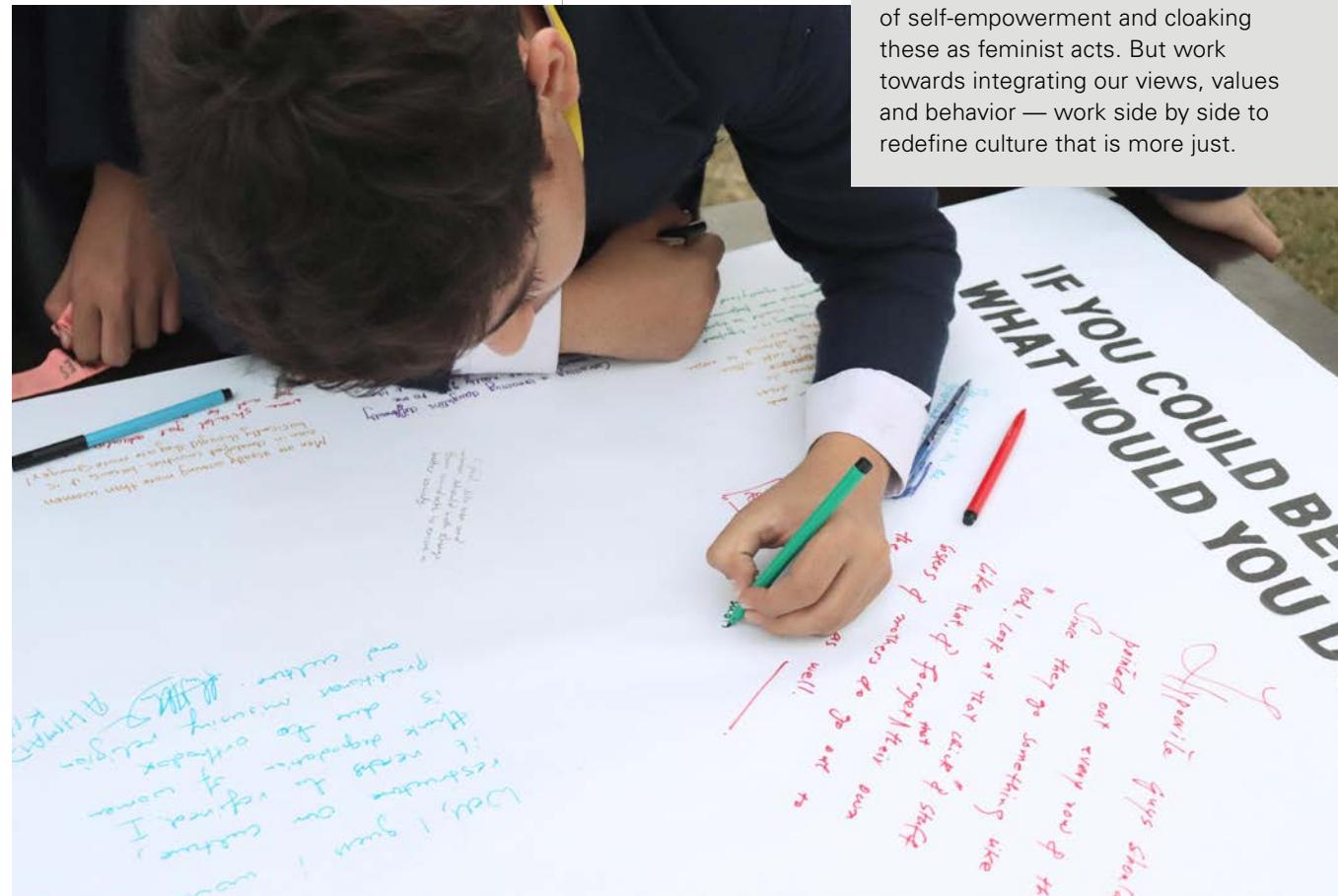




Mindset
 Notion of changing mindset with some form of awareness campaign seemed to be the most frequently recurring topic during the Art Fest.



See Beyond Self
 The need to look beyond our immediate circle and realize that while we might be privileged enough not to feel gender inequality. The mass majority of Pakistan is not as fortunate.



Collectivism than Feminism
 To work towards not only personal acts of self-empowerment and cloaking these as feminist acts. But work towards integrating our views, values and behavior — work side by side to redefine culture that is more just.



SDG 5: GENDER EQUALITY
Bending Gender Rules

Kaarvan collaborated with Aitchison College in their annual 2017 Art Fest using art as medium for creative expression and social awareness regarding gender responsibility. Through the informal set-up of photo-booth and a giant paper scroll spread across the table – the prompt asked participants:

IF YOU COULD BEND A GENDER RULE...WHAT WOULD YOU DO?

Gender Benders. The definition of gender needs to be reassessed. It is time to step away from binaries of male and female that creates gender roles based on biological differences. To redefine the gender narrative that rejects gender bias and create something new side by side, without one group trying to dominate or control the other. Bend gender rules through honest inquires, open dialogue and thoughtful activities.



Interaction
Sharing of individual stories between urban and rural women helped erase some bias and assumptions of city and village life.



Kasur
Dialogue disclosed that social pressures are present in both sides but the contextual manifestations are different. In villages household responsibilities takes precedence but in an urban lifestyle in addition to household responsibilities the women are trying to balance their personal career responsibilities with social life.



BNU
Explored our diversities, and commonalities of living in village and city. rural women step up and speak so openly without reserve about their experiences and push the boundaries for their right to education, right to develop skills for a livelihood... The only main difference is that their approach is quieter and not as easily visible on the surface level.



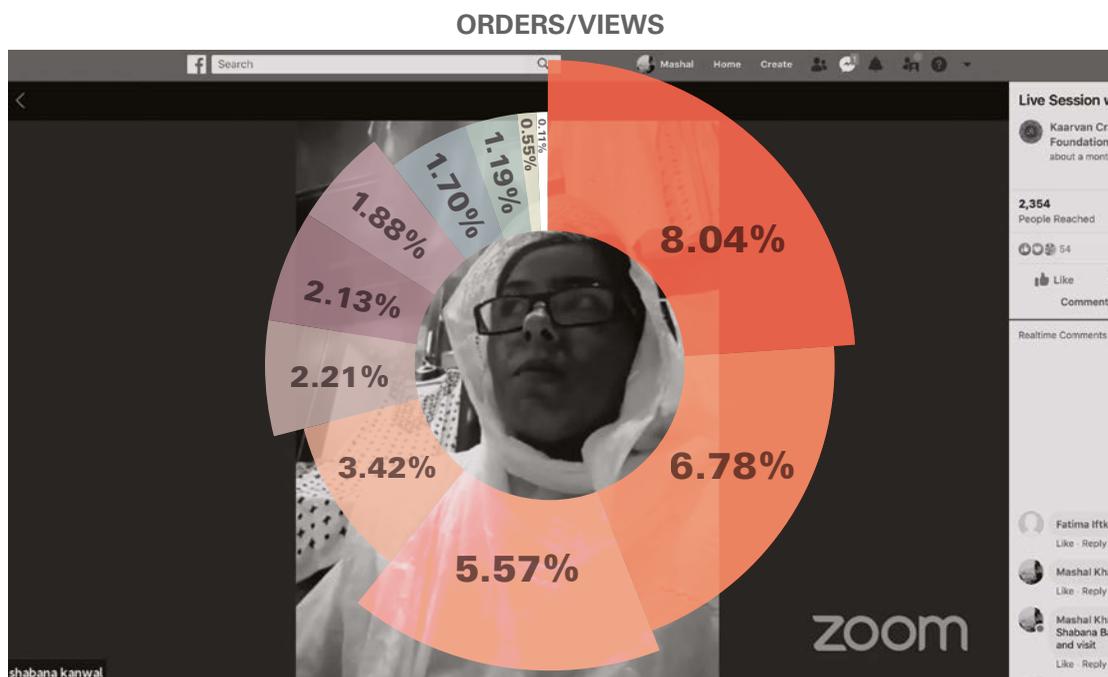
LUMS
In LUMS the topics of freedom, dress, color and education were raised. How to overcome the culture of nepotism? How to dismantle hierarchy? What steps to take to materialize one's dreams? Possibilities of group solidarity to help actualize each other dreams were envisioned.

Awareness
In terms of gender responsibilities and women's resilience there isn't much difference city and village life. In villages there is a lack of facilities and critical literacy that is needed for self-awareness and the mobilization of more local action.



SDG 5: GENDER EQUALITY
INTERNATIONAL RURAL WOMEN'S DAY 2017
Tangible Thought Experiment

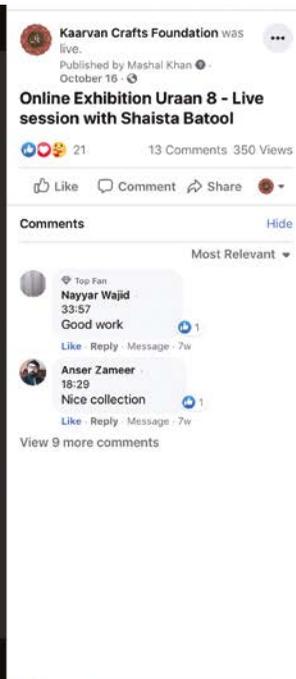
Kaarvan Crafts Foundation celebrated International Rural Women's Day by engaging with the whole community both rural and urban women through series of workshops held at various institutions on topic of feminism in Pakistan in order deconstruct, unlearn and reflect upon our existing ideas of gender. Through workshops defined as tangible thought experiments where Kaarvan is hoping to address the problem of "otherness" by engaging in story telling and dialogue in order to better envision/ imagine the reality of "other" people or our rural neighbors. Everyone has the right to express themselves. In Pakistan this right is mostly claimed and coveted by the elite — people with power who create our norms, our standards, our narrative. Our objective is quite simple we aim to explore diversity and commonalities through the medium of open dialogue, photo-study, and playful activities. These workshops are an attempt at inclusion — where rural women can speak for themselves.



■ Syeda Abida
 ■ Manaza Hyat
 ■ Misbah Nadeem
 ■ Asma Ahmad
 ■ Safia Bibi
 ■ Shahida Bibi
 ■ Zahida Nasreen
 ■ Saima Batool
 ■ Shabana Kanwal
 ■ Rubina Arif
 ■ Shahnaz Haneef

Syeda Abida had the highest percentage of orders by views with 8.04%, which means that 8% of the total views on Syeda Abida's live sessions converted into the number of products sold. Therefore, while Rubina Arif had the highest views, Zahida Nasreen had the highest engagement and Asma Ahmad had the highest engagement over views ratio, Syeda Abida's session views managed to derive most converted orders for her relatively.

IMPACT REPORT | URAAN CH. 7 ONLINE EXHIBITION | JULY 2020



SDG 9: INDUSTRY INNOVATION & INFRASTRUCTURE

TARGET 9.B
Support domestic technology development, research and innovation in developing countries, including by ensuring a conducive policy environment for, inter alia, industrial diversification and value addition to commodities

Skills Cultivated

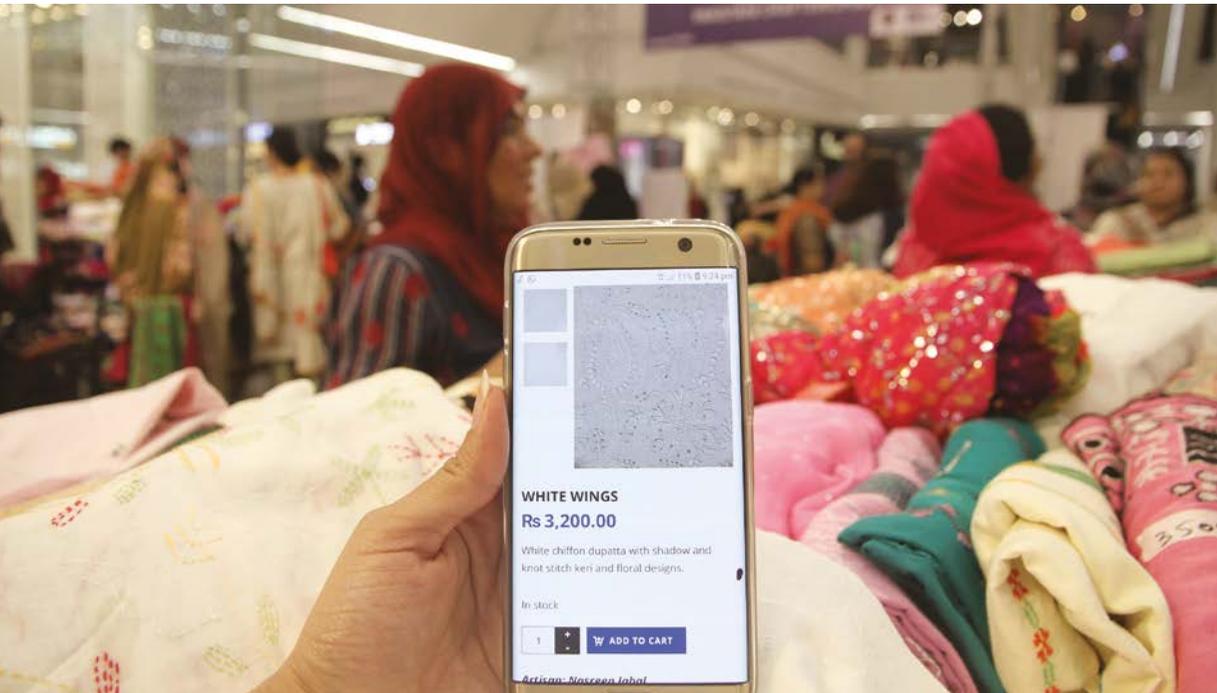
- Use of Email
- Use of Internet
- Use of Apps
- Photography
- Communication Skills
- Receiving a Product Order
- Dispatching the Product Order



AANGANPK.COM



DARAZ



SDG 9: INDUSTRY INNOVATION AND INFRASTRUCTURE

Aanganpk.com – A Tool of Social Mobilization

Eight Pakistani female artisans from far-flung villages of Lahore, Bahawalpur, Vehari, Lodhran, Multan Kasur, Gujranwala, Nankana, Sheikhpura are tapping into opportunities and global economy via Aangan, a digital e-commerce platform. Kaarvan Crafts Foundation and Samsung are taking technology to the grassroots!

AanganPk.com is an encasement of the Universal Declaration of Human Rights as well as the Sustainable Development Goals (SDGs) 5- Gender Equality and 9- Industry, Innovation and Infrastructure. Kaarvan has created an online shop with, by and for rural artisans — digital courtyard where female artisans can upload their crafts — take orders, sell, and receive payments from national and international customers through Android Mobile Devices provided by Partner Samsung. This is a community-based project that is activating the fundamental human rights to educate and provide a tool for social mobilization.

AANGANPK IMPACT



80

Micro-Entrepreneurs were provided Digital Literacy Trainings and Market Linkages Training.



86

number of micro-entrepreneurs increased, as more Pakistani women nationwide showed interest & joined the Multi-Vendor Portal – categorized as 'New Entrepreneurs'.



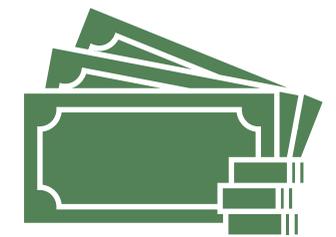
PKR 187,050

of total sales within three months for **78 products sold.**



62%

(55/86) of the micro-entrepreneurs are now earning an additional income through the Multi-Vendor Portal.



PKR 2,382

average amount earned by each Micro-Entrepreneur through AanganPk.



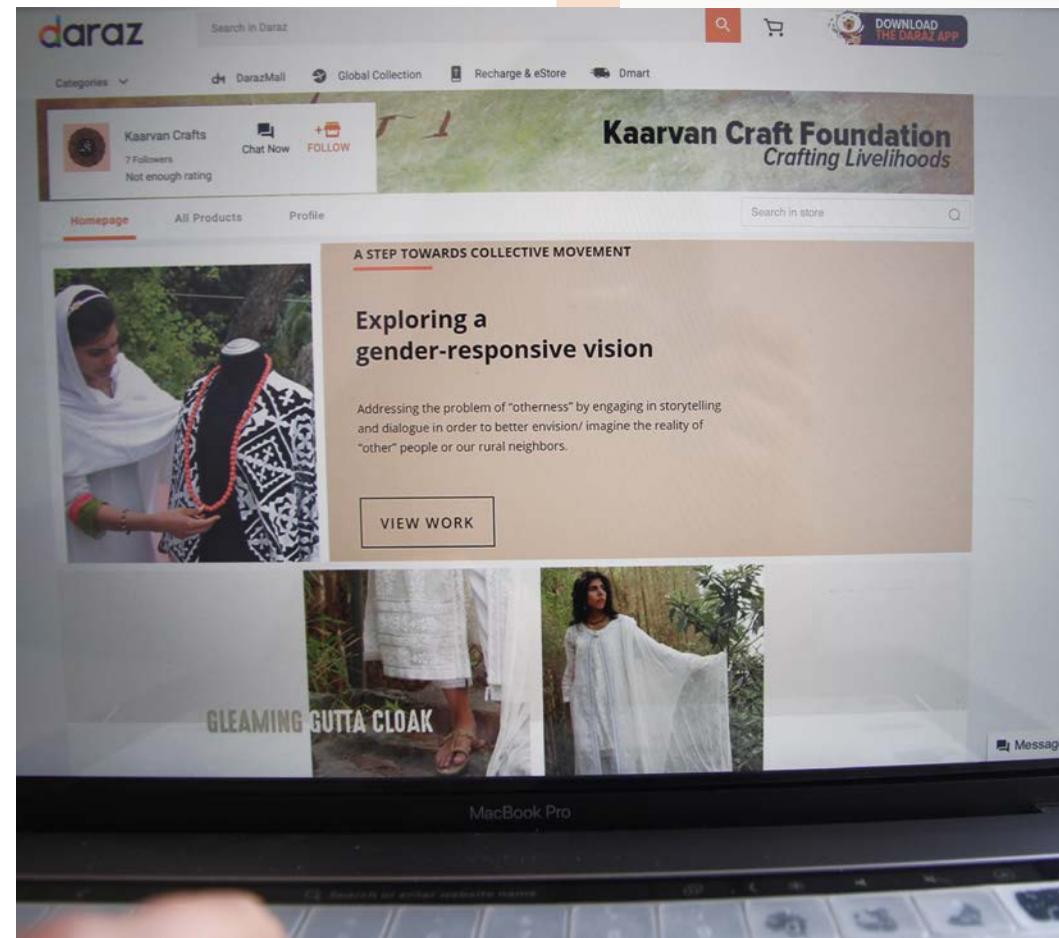
SDG 9: INDUSTRY INNOVATION AND INFRASTRUCTURE

Going Craftastic with Daraz

Kaarvan becomes a seller on Daraz! Daraz joins hands with Kaarvan Crafts Foundation, where you can find some unique handcrafted products by the design team at Kaarvan.

Check Out

www.daraz.pk/shop/kaarvan-crafts/



CHALLENGE

TO

CON

NECT



SDG 10 REDUCED INEQUALITIES

TARGET 10.2

By 2030, empower and promote the social, economic and political inclusion of all, irrespective of age, sex, disability, race, ethnicity, origin, religion or economic or other status

Soft Skills Cultivated

- Team Work
- Cultivate Compassion
- Cultivate Connection
- Let go of Comparison
- Communication Skills
- Culture Skills
- Conflict Resolution Skills



BLACK, WHITE & HUMAN RIGHTS
IN BETWEEN



WORLD CREATIVITY AND INNOVATION DAY
AT BNU



IMAGE OF PUBLIC SPACES AND
HUMAN RIGHTS WORKSHOP AT LUMS



SDG 10: REDUCED INEQUALITIES
HUMAN RIGHTS DAY

Black, White & Human Rights in Between

Celebrated Human Rights Day with 49 women at Kaarvan Waniawala Center in Gujranwala. Through the interactive activities we confronted societal stereotypes of good and evil around everyday objects and concepts such as education, home, security, rallies, etc. Women rumbled with concepts of black, white and human rights by speaking about their concerns of superstitious allegations stemming from lack of trust on one another, children compelled to panhandle and the need of more wholehearted daring teachers. While these are socially intractable wicked problem we came to the collective decision that what really matters is the intention behind the act. If the intention is right then the universe has away to make things right. The idea is to play down questions about human rights in order to elicit more popular responses. By focusing the stark contrast of color and its connotations of good/ evil and right/ wrong the workshop was able to build the artisans critical thinking skills as they rumbled to think beyond codified symbols. Like home for insistence is commo nly associated as safety net but the women stretched their thinking to realize that too much of comfort zone hinders them and further encourages societal thought of women beings of 'chaar-diwari'. Discussion also improved their communication and collaboration skills. For betterment the women recognized that they need to step outside their homes, to let go of whatever fears they may hold and know that failure isn't black it's a mere crisscross to learn from and rise stronger.

Mirror & Windows

realize the difficulty to truly empathize with a culture, a lifestyle and attire that is not your own





Candy Connection

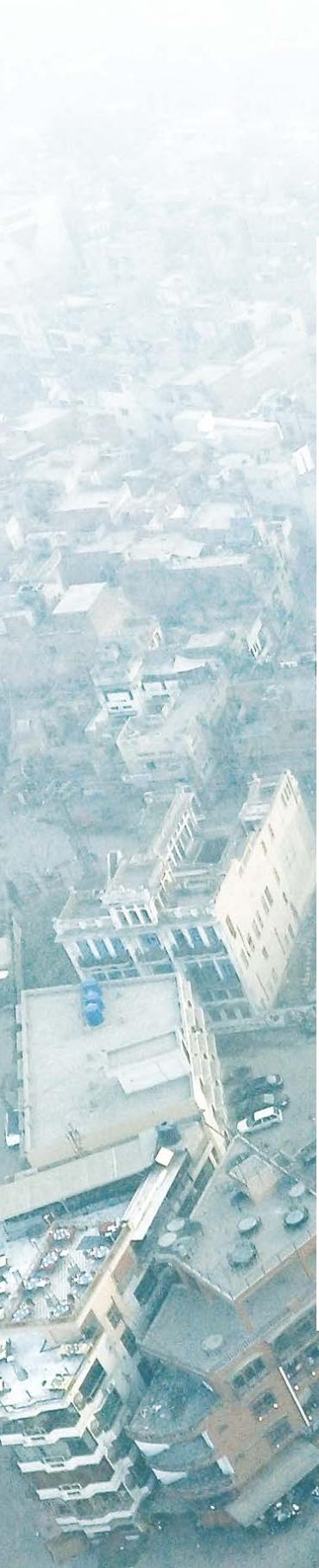
showcased commonalities by codifying candy with shared experiences



SDG 10: REDUCED INEQUALITIES

World Creativity and Innovation Day at BNU

Kaarvan Team participated in Beacon House National University's Nothing Fest by exploring what is 'Between the Blank? Women from Gujranwala and BNU students open up the blank by connecting with one another through creative expression. Imagination knows no boundaries, no race, no gender, and no discrimination. Creativity is that blank space of connection. Through interactive activities of Candy Connection and Completing Image the Story of another Gujranwala Women and BNU students came to realize that no matter their contextual differences, personal hardships there is an underlying human emotions — love, joy, sadness, pain, fear, frustration, gratitude, excitement — that connects us all. What was truly remarkable was that 3 of the Image-Stories completed by BNU students were on the same wavelength as their initial rural artisans as they drew very very close to sentiments and visual representation of initial creator. This shows that we are all indeed hardwired for connection. Connection exists beneath the surface just waiting to be received and felt.



How do we claim space in urban and rural areas?



SDG 10: REDUCED INEQUALITIES

Image of Public Spaces and Human Rights Workshop at Lums

Kaarvan and LUMS's society Hum-Aahang collaborated and discussed the interaction between public spaces and human rights. How do we, THE CITIZENS, utilize, transform and reclaim spaces in our daily lives? What are the commonalities and differences of "claiming" space in urban & rural areas?

During the workshop the rural women surprised the LUMS students with their candid speech. One of the unspoken insights that materialized is that it is not the place itself that is welcoming or unwelcoming — it is the familiarity — it is the people. It is about intimacy that is the exclusionary factor. Being part of the community. Whether we exist inside or outside the storyteller's circle. Through interactive activities of photo studies and reweaving the Article 37 of the Pakistani Constitution the notion of overcoming the savior mentality — being overly dependent on the state was refuted. Discussion ensued on our role to amplify community driven solutions and resource the ability of people to gather together around a collective vision of preferred future.





Today 1st March, is Zero Discrimination Day! How tolerant are we of each other's worldviews? Looking at the recent current events locally and globally I would say that the "us versus them" polarity is like never before that we have experienced. Locally, the power players are at each other's throat to disgrace and reduce the other's social standing, overlooking the country's diminishing economy, so wrapped up in their personal power plays. Not to mention that today religious intolerance span globally... Where international leaders are fueling the divide and discrimination of every kind manufacturing narrative to settle their personal vendetta. Be it Islam against West, blacks against whites, immigrants against natives, Shias against Sunnis, WHY? What is there to be achieved from such polarity? At what cost?! The cost is dreary my friends... it is costing us our humanity — our future — our peace.

Yet, the idealist in me believes that we can overcome this! Being a social practitioner who is aware of the role culture plays in our life to cultivate/ grow/ develop certain values regarding race, gender and systems. I believe discrimination materializes subconsciously due to cultural upbringing in a patriarchal world that places emphasis on wealth, comfort and looks.

Let us question our culture, our leaders who perpetuate otherness and violence.

What would happen if we remove "discriminat" from discrimination and just focus on the word NATION? How would you define nation?



SDG 16: PEACE JUSTICE & STRONG INSTITUTIONS

TARGET 16.7

Ensure responsive, inclusive, participatory and representative decision-making at all levels

Soft Skills Cultivated

- Decision-Making
- Cultivate Courage
- Confronting Stereotypes
- Team Work
- Communication Skills
- Culture Skills
- Conflict Resolution Skills



WORLD DAY OF SOCIAL JUSTICE 2020

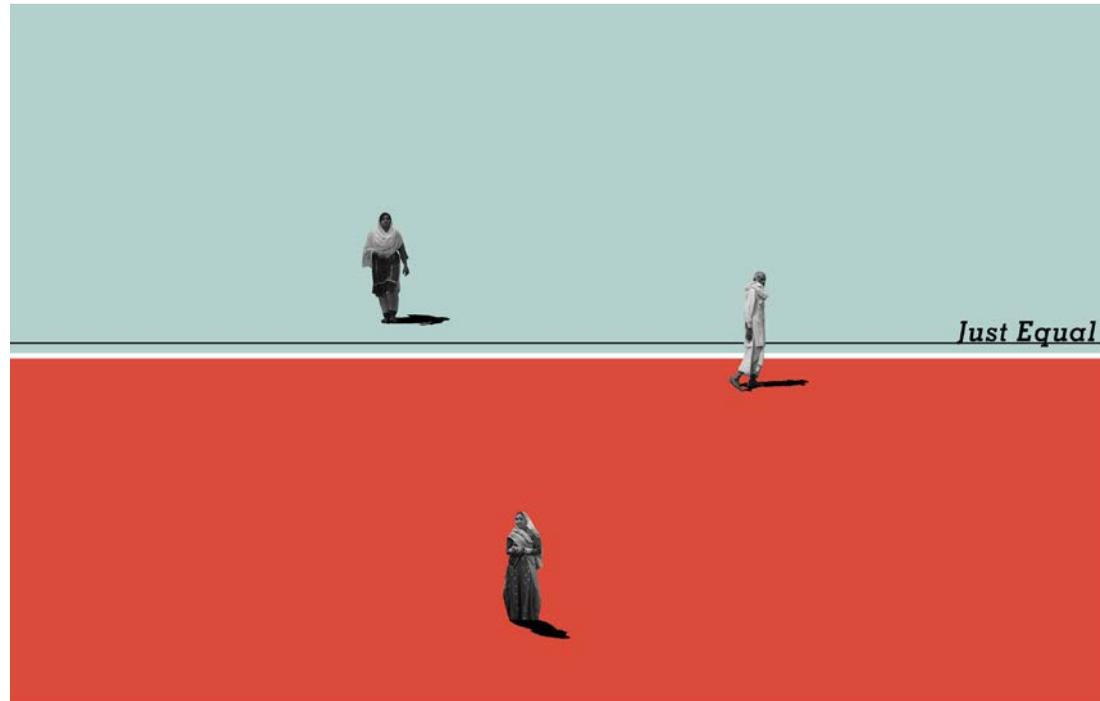


WORLD DAY OF SOCIAL JUSTICE 2019



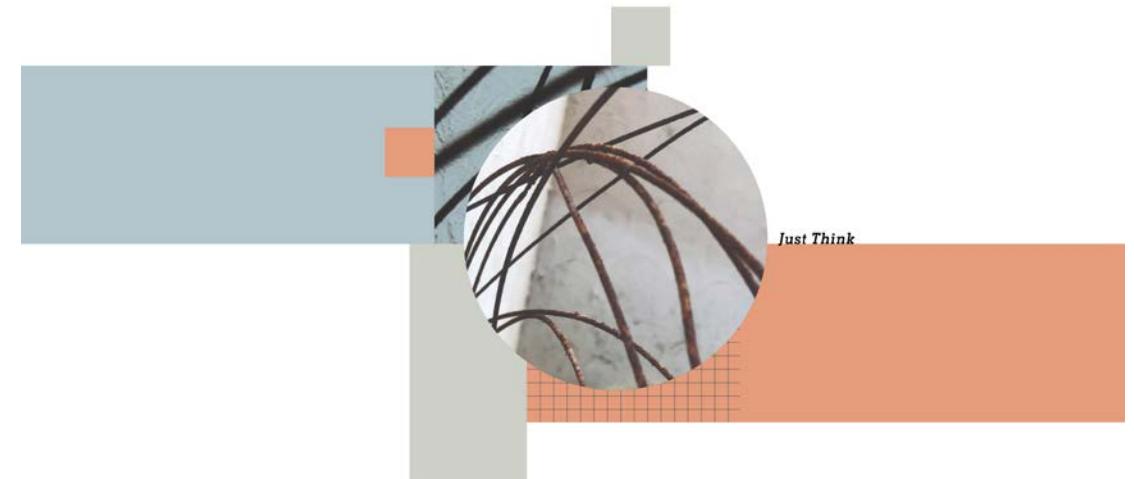
WORLD DAY OF SOCIAL JUSTICE 2018

#ClosingTheInequalitiesGap Campaign



JUST EQUAL. We all wish and hope for a just society without corruption and ill-will. Then what gets in the way? Perhaps the biggest factor is INDIVIDUAL WILL to do something and being open to DIVERSE PERSPECTIVES. In a space where everyone is working for a mutual goal, it gets easier to achieve the dream of social justice. Be it sports, or a society working towards common good, team effort is what comes in play. Let's explore the boundaries that exist in our society and question the things that are wrong at the grass root level. Let's observe around us, let's see what aspects are being ignored and how we can be of help. Let's not get lost in translations, let's keep it simple and make sure any kind of injustice is not being ignored, because together, WE CAN.

World Day of Social Justice 2020



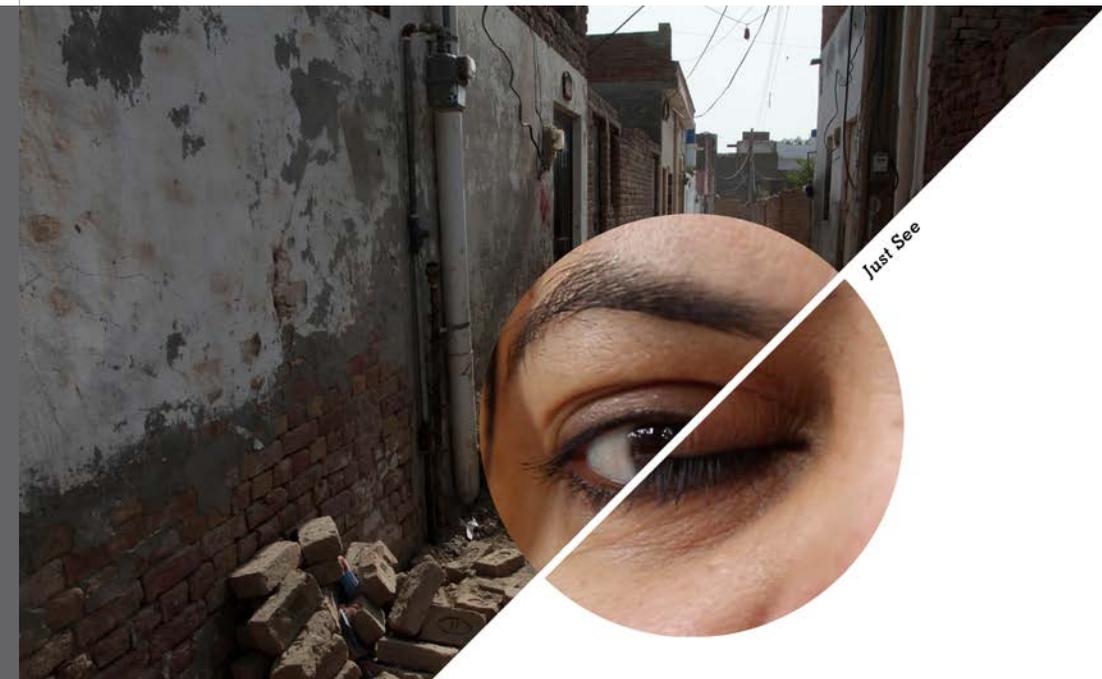
JUST THINK. What are you thinking right now? Perhaps you are thinking "oh god, not another goody two shoes message." Hey, I get it... sorry but so sorry as I'm gonna sound a bit preachy and ask: WHAT DO THINK of...

village life?
child begging?
anxiety?
depression?
race?
of those who are different from yourself?

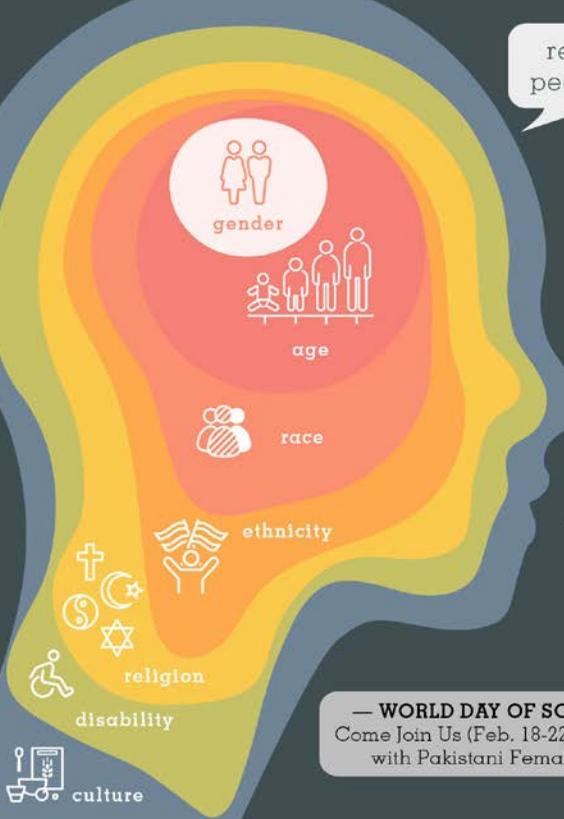
Take a minute and consider these things for yourself. Of course, there is no right or wrong... as long as we respond with respect and kindness we would like to receive ourselves. Let's take a look within ourselves and catch our thoughts before they take form into unequal attitudes. Change does not come overnight, but it has to start somewhere. Let's start by becoming aware of our own mindsets....

JUST SEE. Sight is such an interesting thing. To see. Then pretend to not see it. To look away from poverty — a person tapping on your car window makes one uncomfortable. So we look away and pretend that they are not there. Looking away, ignoring, justifying, assuming we know and it's enough — these are choices we make in our privilege. These are choices that allow gaps of inequality to widen, to allow the person next to us to be ignored for their ethnicity, religion, even their very existence.

Till when will we continue to turn a blind eye? Each and everyone of us need to consciously choose to see. We need to rumble with the fact that others have fewer rights and freedoms than us. We have a role to play in this. There is something to do about it. Each one of us can contribute in our ways, but we all need to pay attention. The only way to make a difference is to "WALK STRAIGHT INTO THE DISCOMFORT," as author Brené Brown writes, and once there, do something.



remove barriers that people face because of



SOCIAL JUSTICE

is an
UNDERLYING PRINCIPLE

for
peaceful & prosperous
coexistence
within and among nations.

— **WORLD DAY OF SOCIAL JUSTICE, 20 FEBRUARY** —
Come Join Us (Feb. 18-22) Week of Social Justice Workshops
with Pakistani Female Artisans at Kaarvan Centers



SDG 16: PEACE, JUSTICE AND STRONG INSTITUTIONS WORLD SOCIAL JUSTICE DAY 2019

Social Justice Week with Rural Women and Fellow Change Makers

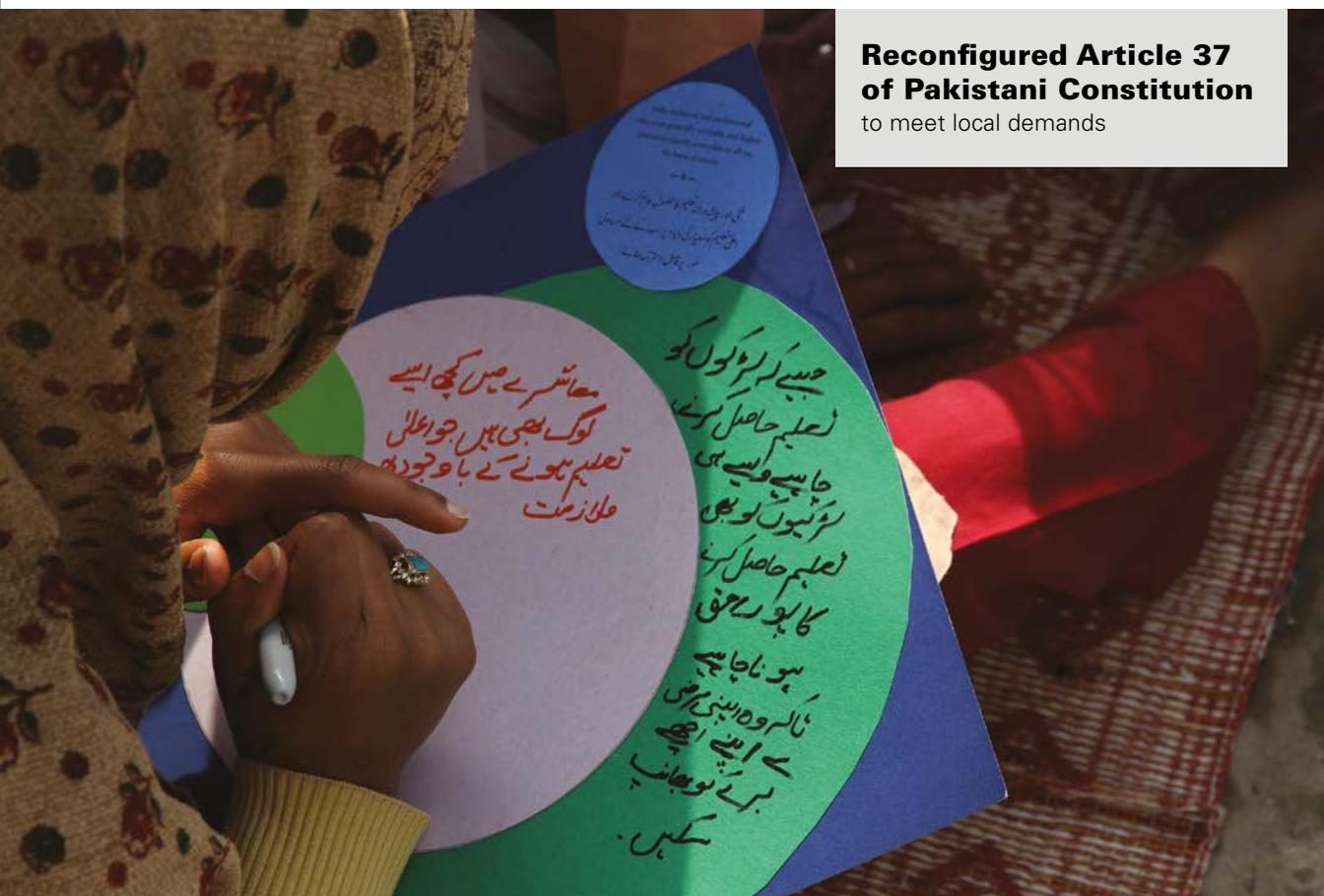
A week long of interactive workshops was held at 5 districts of Punjab: Gujranwala, Nankana Sahib, Kasur, Sheikhupura and Bahawalpur — a great gathering of change makers as Punjab Commission on the Status of Women and Centre for Economic Research in Pakistan also joined us alongside women artisans — as we discussed the idea of justice, fairness, inclusivity and participation through interactive activities with rural women.

“Clarity is kindness.” Rural women showcased this during the confronting stereotypes as whispered to Kaarvan team to assist participants that couldn’t read the label. In the hypothetical flood catastrophe their deep listening, open will and responsiveness to the situation as team led them unlock and getaway from catastrophe. During the deconstruction and reconfiguration of Article 37 of Pakistani Constitution these women came to terms with the invisible way power shows itself in groups — who speaks up; who talks over who; what of the quiet listener? It was great learning sharing session of communication skills, teamwork, decision-making skills, conflict resolution skills and self-awareness. In addition to field workshops, there was an ongoing digital dialogue on social media and with RJ Sophie around the concept and meaning of social justice; #JustBeJust.

Confronted Societal Stereotypes & Cultural Cliques

associated with work professions





**Reconfigured Article 37
of Pakistani Constitution**
to meet local demands

JUST WHAT?

What do you want me to do? What can I, an individual, a commoner possibly do? Deep down... in our hearts we secretly know where we are not doing enough, where we are letting ourselves and the rest of the world down. We turn a blind eye; we tune out ugly parts of reality — we want that kurta forget whether price is just; we buy wheat knowing that farmer harvesting crop is most likely under pressure of crushing debt by the massive food corporations they are contracted to.

What to do? The problem is too big and there is nothing I as an individual could do. That's lazy thinking, easy scapegoating and sets up a false us-versus-them mentality.



JUST EDUCATE

Oh I know this topic seems blah and you're probably rolling your eyes thinking not this topic again. While its true that women are going to college and working in traditionally masculine fields and speaking in public. This is happening to a lesser degree in rural areas. Remote village areas all over Pakistan need more resources, facilities and public institutions.

It's just education right? Think about how women in rural areas are missing out on opportunities because of the resistance to discuss the importance of education and its correlation to women empowerment in urban colleges. Brushing this topic off as a feminist ideology when patriarchal mindset is quite strongly rooted in villages and prevent girls and women from fully understanding/ questioning the world around them. Everyone has the right to education that helps express themselves and develop in whatever she wants to become — a doctor, a teacher, a chef, a designer.



JUST WORK

Then what gets in the way of rural women working? Is it trust? Culturally unventured space? No go? Lack of exposure? Control? Power? It could be bits of all these things that create hurdles for women working rural areas.

Let us work towards opening hearts, minds and self to things that get in the way — concepts of gender, age, race ethnicity, religion, culture or disability. Work towards a community where these things can take a back seat and look at developing human capacity for a culture of peace.

Just Work



JUST MOVE

How often are we stuck in rut, thinking oh man what now? Mentally, we list all things preventing us from doing what we really want to do. Okay, some of the stuff like financials, mobility (getting from one to another) do get in the way. But the biggest challenge to overcome is one's personal willingness. Once you step out the mindset of 'I can't do this' to 'let me take a risk and try'. A world of opportunities open up. Yes, its nerve wrecking as hell... if you truly believe in yourself and in your dream. All you need to do is move. Take responsibility for both dreaming and reality-checking those dreams with action*.

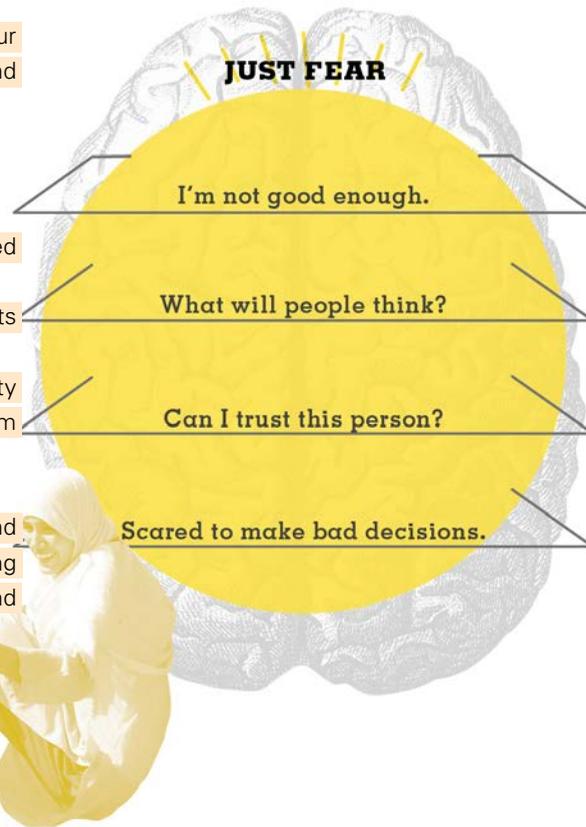
*Maybe have a planning buddy/ family member on board to hash out the action plan with.

JUST FEAR

Whether its social justice or any other aspect of our personal or working life — fear of failure — freezes us and get in the way of our moving forward. Thoughts like...

- "I'm not good enough" or
- "I can't do that what will people think?"
- "Why bother speaking up when no one is even interested in what I have to say?"
- "No way am I going to be honest about this. What if its used against me? Better keep quiet."
- "I don't want to make mistake in front of my community and embarrass myself. Better to keep doing what I'm familiar with."

It is this very fear that halts innovation, change and creativity to take place. Instead of being fearful of not being perfect... we should embrace our imperfect selves and practice healthy striving, empathy and self-compassion.



JUST THINK

How often do we get stuck in the mindset of success/ failure – leaders/ followers – oppressor/ oppressed – creative/ business – realist/ idealist? When really things are much blended than these hard binaries we have come to believe and act on. It's time we visit our 'blind spot' that invisible dimension where our everyday social interactions take place. Practice integration of our attention and intention. Acknowledge that we don't know everything and rumble with the limits of knowledge... to call out to our hidden prejudice. Redirect our attention to COLLECTIVE ACTION OF CO-CREATING NEW FUTURE OF LIVING that is opposite to the false world of binaries.



Just Think

JUST LAND

Land I walk on, sleep on and cultivate food on. Land is always there. So what will throwing a little wrapper here or there; or using coals for energy; or constantly drilling out oil or gas — really matter? The thing is on its own it probably doesn't but things are much one interconnected. It is this interconnectivity and collective blind spot that leads "dynamic complexity," this systematic distance or delay between cause & effect in space and time.

Yes even the tiniest action has a ripple effect. Therefore, each one of us play role in affecting our land — the choice on how is up to us.

Like support local farmers, waste less, litter less... because the little things we do, do matter.



Just Land

JUST PEOPLE

People are just people. No matter what religion, color, area, or social status we were born into. It has to do with how we meet one another with respect, humility and open heart.

Let us forgo this age-old way of sensing and seeing the world through prestige, status and influence. Engage in a deeper way of seeing with our hearts. Enable infrastructures that facilitate shared seeing and finding new modes of existing that disrupts unhealthy systems that alienates and creates us-versus-them structures.



Just People



Just Connect

JUST CONNECT

How often do we enter space/ meeting/ travel with preconceived notions of an individual, a sect or an area? The trouble with “Yeah, I know that already” is that are simply reconfirming habitual judgments and aren’t truly listening or learning anything new.

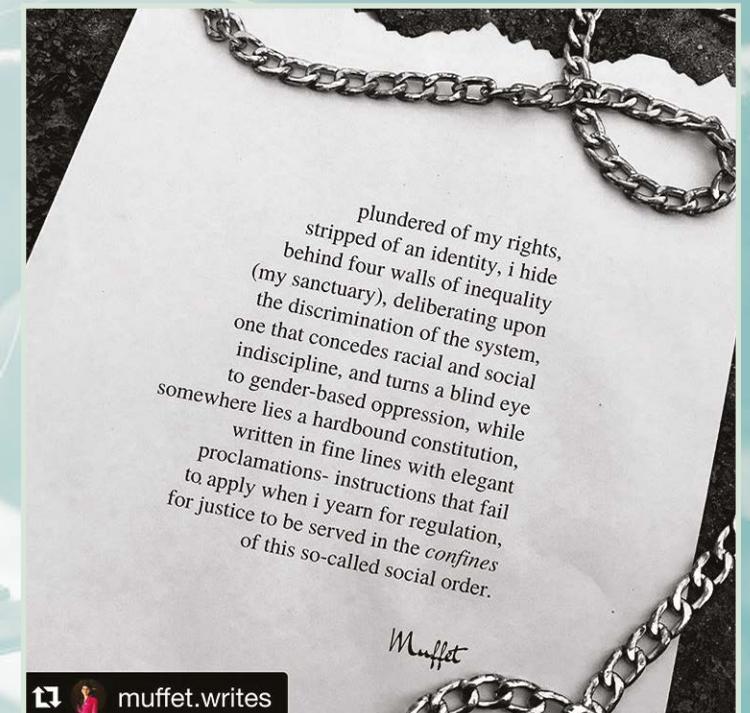
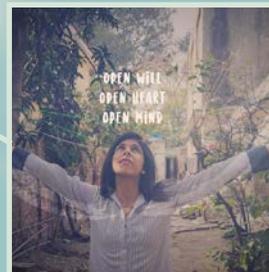
Imagine meeting people with blank canvas and engage in real dialogue where diverse perspectives can emerge — be included, respected and valued.

Let us bridge this distance between urban and rural economy into one. To listen empathically and shift perceptions. To truly connect with one another by seeing, hearing; giving and receiving without judgment.



#JustBeJust Challenge

What does social justice look like?
Held digital dialogue on social media and with Event/ Radio/ TV Host/ Social Worker Sophiya Anjam around the concept and meaning of social justice; #JustBeJust.



muffet.writes



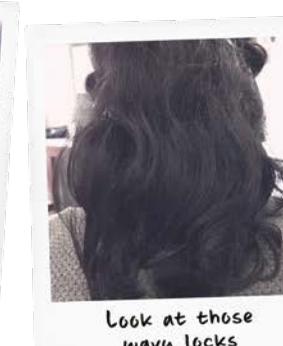
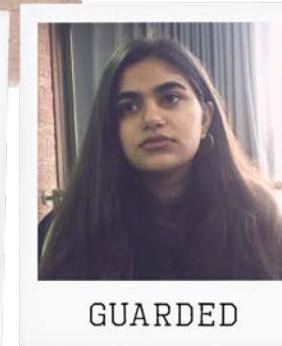
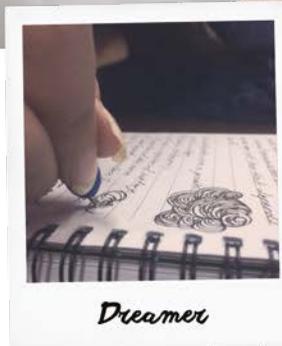
SDG 16: PEACE, JUSTICE AND STRONG INSTITUTIONS
WORLD SOCIAL JUSTICE DAY 2018

Investigating Social Justice and Beauty in the Ordinary

Engaged in a month long critical literacy campaign on the topic of social justice, beauty and empathy. The workshops spanned a week of looking at our locality with a sense of humility, wonder and respect utilizing varied means of expression ranging from photography, writing and drawing.

What exactly is this quest for justice? The need for justice arises when something goes array, when something ceases to exist. Justice stands opposed to injury: "injustice." A series of workshops were held at Head Office in Lahore, with Beaconhouse National University and Kaarvan Gujranwala Training Institute with the aim to seek out what is absent from human community, become aware of daily unmindfulness of the aliveness of others, seek beauty in the ordinary thing and thereby bring into being new beauty, new hope, new way of living.

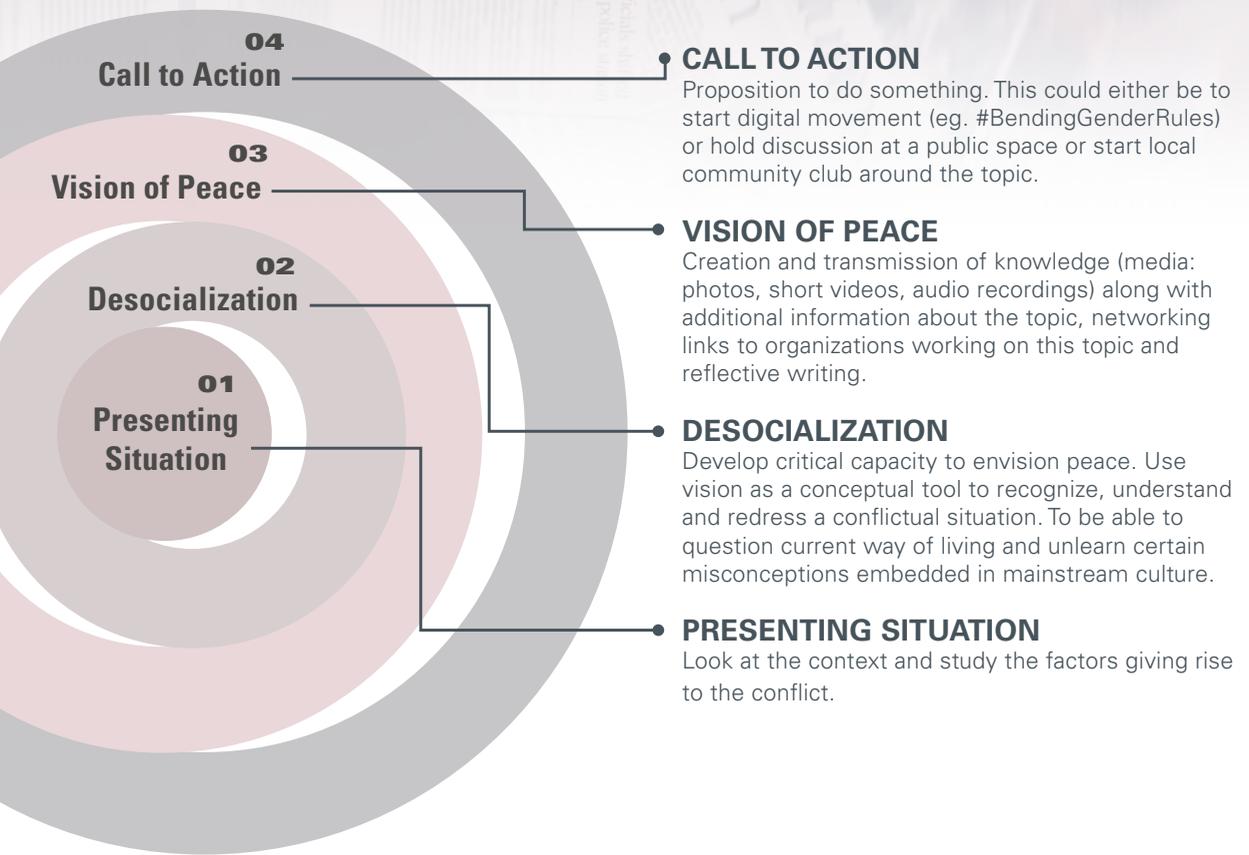
PHOTOGRAPHING EACH OTHER
 AND UNDERSTANDING EACH OTHER'S PERCEPTIONS...





Call to Action
Proposition to do something

PACKAGE MEDIA FOR TRANSFORMATION



RADIO PANEL DISCUSSION ON JUSTICE, CIVILIAN PROTECTION & HUMAN RIGHTS

The tragic incident of violence that took place in Kasur where an 8-year-old Zainab's life was whisked away by a troubled soul was a rude awakening to society of the threats looming within hidden in streets. How to face such fears and dangers? In conversation with RJ Sophie from FM 91 on topic of civil rights and use of media, art, writing, sounds, rallies and vigils to voice out our concerns and create pressure points that compel law enforcement to take critical action.



SDG 5: Gender equality

Come Join Me / Improv Play with Pakistani Female Artisans

www.youtube.com/watch?v=BqgOQIMXWlo

International Day for Tolerance, 16 November 2018

Mein hoon

www.youtube.com/watch?v=3PtDkYBQ2lw

International Women's Day, 8 March 2018



**CELEBRATING
INTERNATIONAL WOMEN'S DAY**
with Kaarvan Trainee's at
Gujranwala Training Institute

میں ہوں
اور نہیں بھی ہوں
نہ جانے کب سے ہوں بے آواز
حیران ہوں ، پریشان ہوں
متلاش میں ہوں خود کی
کھو گئی گر میں ان خاموشیوں میں کہیں
ہو نہ جاؤ تم بھی گم نام یوں ہی



SDG 5: Gender equality

International Day of Rural Women, 15 October 2017

Tangible Thought Experiment in Kasur

www.youtube.com/watch?v=e69H7ZPZ_Kc

**Tangible Thought Experiment at Beaconhouse
National University, Lahore**

www.youtube.com/watch?v=Qf_G-jMOx-4

Tangible Thought Experiment at Lums, Lahore

www.youtube.com/watch?v=Zmik_b0UJ0I



SDG 9: Industry Innovation and Infrastructure

**Aangan - Digital Courtyard by Rural
Micro-Entrepreneurs**

www.youtube.com/watch?v=wffKJRlgaQg



SDG 10: Reduced Inequalities

Human Life is Not Conditional

www.youtube.com/watch?v=m098hLmAOFA

Human Rights Day, 10 December 2019

Question Language

www.youtube.com/watch?v=knsejCDyC7s

Human Rights Day, 10 December 2019

SDG 16: Peace, Justice and Strong Institutions

World Day of Social Justice, 20 February

Closing the Inequality gap, 2020

www.youtube.com/watch?v=vsVRFjYsQQ

Investigating Social Justice & Beauty in the Ordinary, 2018

www.youtube.com/watch?v=F-irwrQGcc

Cities, Justice & Beauty (Zunaira)

Can we stretch our minds as wide as the sky? 2018

www.youtube.com/watch?v=usTLm4UaR8k

Cities, Justice & Beauty (Wasim)

Can sense of aliveness lead itself to equality? 2018

www.youtube.com/watch?v=t9MiNNM3eT4

Cities, Justice & Beauty (Shiela)

How to circle out of self to caring for community? 2018

www.youtube.com/watch?v=lnDrUKLvrCo



DISTRICT 1
LAHORE

DISTRICT 2
GUJRANWALA

DISTRICT 3
SHEIKHUPURA

DISTRICT 4
NANKANA

DISTRICT 5
KASUR

DISTRICT 6
BAHAWALPUR

DISTRICT 7
MULTAN

DISTRICT 8
BAHAWALNAGAR

DISTRICT 9
NAROWAL



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470 WOMEN
FOR A CULTURE PEACE

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