

Returning to Pakistan

Country Profile

Pakistan is bordered by India, China, Iran, Afghanistan and the disputed territory of Jam-mu Kashmir.

Pakistan is divided into four provinces; Punjab, Sindh, Balochistan and Khyber-Pakh-tunkhwa.

The Capital of Pakistan is Islamabad. Other major cities include, Karachi, Rawalpindi, Lahore, Faisalabad and Hyderabad.



President: Asif Ali Zardari. (President-elect: Mamnoon Hussain, takes office on 9 September 2013)

Population: 182,592,947

Ethnic groups include Punjabi 44.68%, Pashtun (Pathan) 15.42%, Sindhi 14.1%, Sariaki 8.38%, Muhajirs [Mohajirs] 7.57%, Balochi 3.57%, other 6.28%

There are 72 live languages used in Pakistan. The national language is Urdu and other main languages include Punjabi, Balochi, Hindko, Mirpuri, Pahari, Pushtu, Sindhi and English remains the second language taught in schools.

The majority of the population (95%) practice Islam. This includes majority Sunni with approximately 25% Shia sects.1 Ahmadi are not accepted officially as practising Islam and are not allowed to identify themselves as Muslims. Other religions practised include Hinduism, Christianity, Parsism/Zoroastrianism, Bahaisism, Sikhism, Buddhism and others.

Currency: Pakistani Rupee

To call from the UK you require the international dialling code 00 + 92 followed by the City code.

Returning to Pakistan – Updated on 21 Jan 2015

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Useful Information

The cheapest way to call is with the use of phone cards. The cost of the Phone cards depends on the minutes required. A minimum card can be purchased for £1 and gradually going up, i.e. £2, £3, £5, £10 and £15. The cost of the card reflects the minutes on the card. For instance depending on the card purchased approximately £5.00 can buy approximately 500 minutes.

The cards are used by accessing a 0800 number followed by the pin number on the card and then the number you wish to contact.

Recent History

Following the liberation of India from British rule in 1947, Lord Mountbatten managed the division of India into two states. The second state, which emerged on 14th August 1947, was named Pakistan, but took the form of East and West Pakistan whilst India remained sandwiched between the two.

Following a war of liberation by East Pakistan in 1971 it emerged as the independent state of Bangladesh.

The dissection of India further created the dispute over the region of Jammu Kashmir to which both Pakistan and India lay claim. A UN resolution was passed to allow the residents of Jammu Kashmir the right of self determination. This was initially accepted by both countries, however following conflict one third of Jammu Kashmir became administered by Pakistan (as Azad Kashmir) whilst two thirds remain occupied by Indian.

Jammu Kashmir remains subject to numerous human rights violations by the Indian forces, as documented by Amnesty International² and other human rights organisation. This dispute has further fuelled three wars between Pakistan and India, as well as many border skirmishes and military stand-offs. Additionally, India has accused Pakistan of engaging in proxy wars by providing military and financial assistance to violent non-state actors.

Since the creation of Pakistan the military has governed both directly and indirectly. One of the longest serving military dictators was Mohammad Zia ul-Haq. Zia was killed in a Plane crash in 1988 and there followed successive civilian presidents all of whom have been removed with claims of corruption and abuse of power. These included Benazir Bhutto of the Pakistan People's Party (PPP) in 1990 and 1996 (assassinated in 2007) and Nawaz Sharif of the Pakistan Muslim League (PML) in 1993 and 1997 elections. However Sharif was deposed in a military coup by General Pervez Musharraf, in 1999.

Musharraf subsequently appointed himself president and declared a state of emergency, and suspended democratic institutions. In 2008 faced with impeachment, he resigned ushering in an elected civilian coalition government led by the Pakistan People's Party (PPP).³

Following the elections in May 2013 Nawaz Sharif was elected back into power and currently governs, however the country situation remains volatile with continued human rights abuses.

There is persecution and discrimination against religious minorities. Violence is perpetrated by both state forces and armed groups against the population. Violence included enforced disappearances, abductions, torture, deaths in custody, extrajudicial executions and unlawful killings. In addition USA drone attacks killed an undisclosed number of civilians, including children in the tribal areas.

Pakistan remains a patriarchal society and discrimination and violence against women persists.

National Documentation

BIRTH CERTIFICATES

Similar to the UK when a child is born they should be registered at an official office, such offices exist in local districts. A child can also be registered as Pakistani even if the child is born abroad. Application forms need to be lodged with the Consulate. However in villages it is common some families do not register the child, although it is the law to do so, there are no enforcement mechanisms.

NADRA IDENTITY CARDS IN THE UK

NADRA offers two types of identity cards to facilitate the Pakistani community living abroad.

National Identity Card for Overseas Pakistanis (NICOP); Apply for this card if you are a Pakistani citizen who is living abroad or a dual nationality holder contact the NADRA OFFICE on 0121 233 1834 or email nadrabirmingham@phclondon.org alternatively you may call Mr Azhar on 020 7664 934 or email on nadra.london@phclondon.org

One of the benefits of having a CNIC is that you do not require a visa to travel to Pakistan.

PASSPORTS

The Directorate General of Immigration & Passports will issue the Machine Readable Passports (MRP) valid for 10 years with effect from 01st of November, 2012. The applicant normally pays the fee at a branch of the National bank and then attends the Regional Passport Office with the receipt to apply for a Machine readable passport (MRP). You will also take with you CNIC, Birth Certificate. The application is then processed, with Biometric data and Photograph being taken. Following interview and decision by the Assistant Director the Passport can be collected.

NATIONAL IDENTITY CARDS (NIC)

The State now normally issues Computerised National Identity cards (CNIC). The cards are issued by the National Database and Registration Authority (NADRA). Applicant needs to attend at a NADRA Swift Registration Center (NSRC) with a birth certificate, educational certificates, and the national identity cards of the applicant's immediate/blood relatives. A citizenship certificate issued by the Ministry of Interior is also required. All adults are eligible for the new computerised National Identity Cards (CNIC). Most Pakistanis will have a National ID card, although in rural villages, this may not be strictly adhered too.

POTENTIAL BARRIERS TO RETURN

There are a number of Pakistani Consulates listed below which can be contacted in respect of obtaining a travel document and or National ID Card. There should

therefore be no issues in respect to this.

However some individuals may have a well founded fear of persecution upon return to Pakistan and thus may wish to lodge an asylum application. The basis of the fear can range from Honour issues, Political beliefs, sexuality, blood feuds, child custody rights e.t.c note this is not an exhaustive list. If a person fears returning to Pakistan they should be assisted to make a claim for asylum by contacting a legal representative.

LIST OF HIGH COMMISSIONS IN THE UK

BRADFORD - CONSULATE OF PAKISTAN

ADDRESS: 12-A North Parade, Bradford, BD1 3HT COUNSEL: Mr. Khalil Ahmed Bajwa
TEL: 0127 430 8062
FAX: 0127 430 8874
EMAIL: parepbradford@phclondon.org

BIRMINGHAM -CONSULATE OF PAKISTAN

ADDRESS: 2/26 Constitution Hill, Birmingham, B19 3LY COUNSEL: Mr. Shair Bahadar Khan

TEL: 0121 233 4123
FAX: 0121 236 5126 EMAIL:parepbirmingham@phclondon.org

GLASGOW -CONSULATE OF PAKISTAN

ADDRESS: 45 Maxwell Drive, Glasgow, G41 5JF COUNSEL: Mr. Shehryar Akbar Khan/
Mr. Saqlain Javed TEL: 0141 427 5755
FAX: 0141 4274114 EMAIL:parepglasgow@phclondon.org

LONDON - PAKISTAN HIGH COMMISSION

ADDRESS: 34-36 Lowndes Square, London SW1X 9JN OFFICIAL: Mr. Shahid Nawaz
TEL: 020 7664 9204 / 9274
FAX: 020 7664 9228 EMAIL:pareplondon@phclondon.org / consular@phclondon.org

MANCHESTER - CONSULATE GENERAL OF PAKISTAN

ADDRESS: Pakistan house, 137 Dickenson Road, Rusholme, Manchester, M14 5JB
COUNSEL GENERAL: Mr. Ehsan Ullah Batth
TEL: FAX: EMAIL:
0161 225 2005/ 1786
0161 225 3281
parepmachester@phclondon.org

See the directory of charities at the end of this document for additional charitable organisations

Travelling to Pakistan

International Organization for Migration in Pakistan

Before you travel, you should make contact with the International Organization for Migration in Pakistan who will be able to offer assistance in organising airport pick-up, assistance in finding accommodation and other services in assisting your reintegration.

IOM) House # 9, Street # 6, F-6/3, Islamabad, Pakistan Tel: +92 51 230 7841 to 57

Fax: +92 51 230 7858 +92 51 230 7859

Email: sroisislamabad2.iom.int

Housing and Accommodation

There is no free Social housing in Pakistan. Homes are privately owned or rented. In accordance with Homeless international Population, around 48% of the urban population live in slums. The number of homeless has also increased significantly after various floods which have hit the country and Earth quakes, which hit in 2005 and April 2013 in South West Pakistan. Flash floods have continued in various parts of the country. Various human rights organisation and charitable NGO's have created temporary shelters for those displaced by the natural disasters. See list of organisations listed below.

An individual returning to Pakistan would need to have money in order to rent accommodation and/or rely on relatives. It will be particularly difficult for a lone female, given the traditions and culture in Pakistan, where a woman normally must be accompanied by a "Maharam" male guardian. A single female returning alone would be vulnerable to sexual exploitation.

Shelters for Women

Although there are women's shelters in Pakistan, culturally women who reside in these are seen as immoral and will be stigmatised by their families and communities. Further the shelters, even those specifically for victims of Domestic violence are not safe. A Maharam can come and collect his wife, daughter or sister and some are take only then to be beaten or killed. Also venturing out from the shelters is dangerous, as the women can be attacked.

Temporary Accommodation

If you arrive in Pakistan without a place to stay, the following places may be able to offer you short-term accommodation, either free of charge or for a small fee. If they are unable to provide accommodation directly, they may also be able to offer support in finding alternative accommodation. Contact can be made with Aurut foundation and or Edhi Foundation to make contact with the shelters, please see below;

	Accommodation	Services
	PANAH SHELTER HOME Panah Shelter Home, Project of Panah Trust, Darul Aman Premises Plot No. ST-6, Block 10, Federal B Area, Karachi Phone: +92 21 36360025, 36360028, E-mail: panahhome@yahoo.com, panahhome@gmail.com	Refuge offers temporary accommodation for female victims of domestic, sexual abuse, assault.
	EDHI HOME ALSO CALLED AS" APNA GHAR " (OUR HOME) Edhi International Foundation, London Tel: 02077232050 Edhi Head Office, Karachi Ph: +92 (21) 2413232 Email: edhikarachi@hotmail.com, Lahore, Ph: +92 (42) 5414211 Islamabad Ph: +92 (51) 2827844	Is a home for destitute, orphans and runaways. There are 13 homes in the country out of which seven are in Karachi.
	AURUT FOUNDATION Head Office, Islamabad Tel: (051) 2831350-52 (3-lines), Fax: (051) 2831349, E-mail: headoffice@af.org.pk other offices in Lahore, Karachi, Peshawar and Quetta).	Organisation supporting and advocating for women's rights, they may also assist in assisting in contacting women's refugees.
	ORANGI PILOT PROJECT Tel: +92 (21) 6652297 Email: opprti@cyber.net.pk	NGO operates programmes inter alia low cost sanitation, housing, health, education
Lahore	Mera Ghar	Christian shelter in Lahore run by Christian Legal Aid Assistance and Settlement. Only admits Christian women

	Accommodation	Services
Lahore	Dastak	Run on international donations.
Karachi	Ghosha-e-aafiyat	Private shelter in Karachi

HEALTH CARE

Health care in Pakistan is 80% privately funded and 20% public funded. There is therefore a significant difference between the medical services accessible by the wealthy and that accessible by the low-income majority. Pakistan thus does not have a national health insurance system it is the only country in the world without a National Health Ministry. Thus medical services are extremely limited unless you are able to pay for them. There are also allegations of corruption in the public health system.⁴

The free medical services, supplied government funded hospitals, are basic, but you would be entitled to a bed, a check-up and some basic medicine free of charge. However for more serious treatment it must usually be paid for and the state system requires that the person's application be first sent for approval to a separate office, a process that can take weeks for a sign-off on even urgently needed surgeries.⁵ Thus patients will take out loans to pay for treatment.

There are number of charitable organisations (listed below), however the assistance supplied can be relatively unpredictable.

Health insurance

Health insurance may be provided by large employers for their employees. Naya Jeevan Medical Services run an insurance program to subsidised rates under a national group health- insurance model for multinational corporations and local companies was introduced. But the program is under scrutiny from the country's insurance regulator. The regulator issued a notice in September to insurance companies reminding them that it is illegal to sell insurance to unregistered entities."⁶

Access to free medical services is particularly difficult if you live in rural or remote areas as you will be required to travel significant distances to locate a health professional.

Mental Health

90% of psychiatric care in Pakistan is private. Mental health issues carry a stigma in Pakistan and the populace at large will generally blame such conditions on supernatural causes such as Jinn e.t.c Hence initially patients will be taken to religious or alternative healers before approaching mental health professionals.

Hospitals and health clinics in Pakistan's major cities¹⁴

CITY	HOSPITAL
Islamabad	Dar-ul-Shifa Hospital, Islamabad
	Federal Government Services Hospital, Islamabad
	Gloria Welfare Hospital (Ghosia-Mahria Trust), Islamabad
	Pakistan Institute of Medical Sciences (PIMS), Islamabad
	PAEC Hospital, Islamabad
	Nescom Hospital, Islamabad
	KRL Hospital, Islamabad
	{Aslam Memorial Medicare Hospital (ISLAMABAD)
	National Institute of Health, Islamabad
Karachi	Abbasi Shaheed Hospital, Karachi
	Civil Hospital, Karachi
	Civil Hospital, Sukkur
	Civil Hospital - Burns Centre, Karachi
	Jinnah Postgraduate Medical Centre Karachi
	Karachi Institute of Heart Diseases, Karachi
	Kunri Christian Hospital, Umarmkot
	Lady Dufferin Hospital, Karachi
	Leprosy Hospital, Karachi
	Liaquat University of Health Sciences, Hyderabad
	Lyari General Hospital, Karachi
	National Institute of Cardiovascular Diseases, Karachi
	National Institute of Child Health, Karachi
	PNS Shifa, Karachi
	Police Hospital, Karachi
	Sindh Government Qatar Hospital, Karachi
	Sindh Institute of Skin Diseases, Karachi
	Sindh Institute of Urology and Transplantation (SIUT), Karachi
	Sindh Institute of Skin Diseases, Karachi

CITY	HOSPITAL
	Sir Cowasjee Jehangir Institute of Psychiatry, Hyderabad
	Sobhraj Maternity Home, Karachi
	Spencer Eye Hospital, Karachi
Lahore	The Children's Hospital, Lahore Data Darbar Hospital, Lahore
	District Headquarters Hospital, Rawalpindi
	Lahore General Hospital, Lahore
	Gulaab Devi Hospital, Lahore
	Holy Family Hospital, Rawalpindi
	HOPE Rehabilitation Center for disabled, Lahore
	Jinnah Hospital, Lahore
	Lady Aitchison Hospital, Lahore
	Lady Willingdon Hospital, Lahore
	Mayo Hospital, Lahore
	Nisthar Hospital, Multan
	Punjab Institute of Cardiology(PICS), Lahore.
	Psychiatric hospital, Lahore

CHARITABLE HEALTH ORGANISATIONS

Karachi	AL MUSTAFA TRUST: operates 12 hospitals throughout Karachi, Pakistan - They provide free medical care for the sick and poor patients who cannot afford the cost of treatment. UK office Email: info@almustafatrust.org Karachi office Email: almustafa@cyber.net.pk
	LAYTON RAHMATULLAH BENEVOLENT TRUST: a nationwide network of 16 purpose-built hospitals, with state of the art equipment and 39 primary eye-care centres/outreach clinics in all 4 provinces of Pakistan.

LAHORE, AZAD, JAMMU AND KASHMIR	Merlin Supporter Care: Providing people with free healthcare by supporting more than 100 health facilities in the country, giving around 2.2 million people access to our health care services in Pakistan. Tel: 020 7014 1712 Email: supporter@merlin.org.uk
	THE PUNJAB INSTITUTE OF MENTAL HEALTH: Care provider to the mentally sick in particular and the general population at large. Situated in the city of Lahore. It has 1400 beds. This Institute is providing services to Punjab and the adjacent provinces, including Azad Jammu and Kashmir.

Education for Children

A new law was signed by the President on 20 December, guaranteeing free and compulsory education to boys and girls between the ages of five and 16. The standard educational system is inspired by the British system and follows a similar structure; however the education provided in Pakistan is considered to be very poor.

There also exists gender discrimination, with many poorer households withholding sending girls onto secondary school. The Taliban have had a great deal of influence over preventing girls from attending schools and many private schools enrolling girls have been shut down.

Educational system;

Primary grades 1- 5 Middle grades 6 - 8

High grades 9 – 10 leading to the Secondary School Certificate or SSC); Intermediate grades 11 - 12 leading to a Higher Secondary (School) Certificate HSC) University programs leading to undergraduate and graduate degrees.

EDUCATION CONTACTS

You can contact Ms Syed Ali Yasir Naqvi the Education Attache at the Manchester Consulate on 0161 225 2014 or email on education.manchester@phclondon.org

See the Directory of Charities for more information on charities that can assist you.

Economy & employment

Pakistan has a semi-industrialised economy, which mainly includes textiles, chemicals,

food processing and agriculture. The years of internal political disputes and limited foreign investment has led to slow growth and underdevelopment in Pakistan. Textiles account for most of Pakistan's export earnings, and Pakistan's failure to expand a viable export base for other manufactures has left the country vulnerable to shifts in world demand. Official unemployment is under 6%, but this fails to capture the true picture, because much of the economy is informal and underemployment remains high. Over the past few years, low growth and high inflation, led by a spurt in food prices, have increased the amount of poverty.

Looking for employment in rural areas is through word of mouth and nepotism. Nepotism also appears in urban areas. There is no general benefit system for the unemployed. Generally contacting employers by letter or in person to locate vacancies is the way to find employment. Multinational companies operating in Pakistan will use online application forms.

Useful contacts/websites that may be able to help you find suitable employment
Mr Muhammad Amir Thahim, Consul/ Commercial Secretary at Manchester Consulate;
0161 225 5885 Mustakbil. Com - <http://www.mustakbil.com/>
Rozee PK - <http://www.rozee.pk/> BirghtSpyre.Com - <http://new.brightspyre.com/>
Byrozgar -
<http://www.bayrozgar.com/>
Prospects - http://www.prospects.ac.uk/pakistan_applying_for_jobs.htm

TRANSPORT

Almost all towns and cities provide some sort of public transport, among them buses, trains, taxi, rickshaws. Road safety is not a priority in either rural or urban areas. Use of the car horn rather than Indicators is traditional. When travelling, women normally travel with a Mahram (male guardian or elderly female).

AIR TRAVEL

Travel from the UK to the following airports in Pakistan; Islamabad International Airport, Karachi Jinnah International Airport and Lahore - Allama Iqbal International Airport.

The following Airlines operate to Pakistan; Pakistan International Airlines (PIA), Airblue, American Airlines, Ariana Afghan Airlines, British Airways, China Southern, Airlines, Emirates, Etihad Airways, Gulf Air, KLM-Royal Dutch Airlines, Kuwait Airways, Qatar Airways, Saudi Arabian Airlines, Shaheen Air International, Thai Airways International, Turkish Airlines and United Airlines.

Culture, Law and Customs

Pakistan is comprised of numerous ethnic groups each with their own distinct variations of culture reflected through dress, language and cuisine. The culture of Pakistan is further influenced by many of its neighbours, such as the Turkic peoples, Persians, Arabs, and other South Asians, as well as the peoples of Central Asia and the Middle East. Religion also plays a significant part in shaping the culture and 95% of all Pakistanis are Muslim.

GENDER ROLES

Culturally Pakistan remains a patriarchal society. The concept of 'honour' is incredibly important and normally the chastity of the female relative is linked with the honour of the family. Thus if the chastity of a female relative (even a minor) is brought into question she can be stigmatised, beaten, or even killed. A danger to a female on these grounds, has led to successful asylum claims being made in the UK.

Thus it is normal for women when venturing out of the house to be accompanied by a Mahram (guardian) normally this is the male relative but can also include an elderly female relative. In rural areas in particular the women are normally confined to the house with shopping being brought in by the parents and or male siblings. In the traditional rural villages, girls normally would not be sent to school or withdrawn from school at a relatively young age. They will not be expected to go out to work, but taught house hold chores and cooking; such families will also marry their daughter off very young.

Female children culturally are seen as a burden, because upon marriage the groom's side can request a large dowry, which poor families cannot afford. Although in Islam such traditions are not acceptable, the tradition persists. In the cities women do have more freedom and are able to work, but remain vulnerable to sexual exploitation and thus require a Mahram or family support should issues arise.

Homosexuality is forbidden and so such open association can lead to arrest. Open sexual contact in public is also forbidden and again attention needs to be paid to social sensitivities.

Alcohol is again openly forbidden although private functions do have such beverages. Gender segregation normally takes place in homes when guests are present, as well as in restaurants, colleges etc. Members of the opposite sex tend not to shake hands. When meeting the elderly it is normal to stand up if sitting. Also, do not call someone elderly by their first name, normally one would refer to them as "Aunty G", "Uncle G", "Bazoorg" (elderly) or Mr/Mrs and the surname as a sign of respect.

It's customary to eat with your right hand, as the left hand is used to clean yourself when using the rest room. Shoes are removed when entering a place of worship and a

woman's head and body should be covered. Extremely revealing or tight clothing for both women and men are not allowed in public.

Women walking in rural areas in particular should be accompanied, if possible. During the month of Ramadan avoiding eating or drinking publically; although Islamically it is not forbidden, it is considered rude.

NATIONAL DRESS

In respect to clothing again the dress code would differ in across different parts of Pakistan, but the majority of women wear Shalwar Kameez: loose trousers covered by a long tunic. Women would normally cover their whole body and wear a thin, see-through "dubata" (scarf) around their necks or if a male is present over their heads. In the cities women tend to wear sleeveless Kameez and more western-style clothing is more common. This would not be seen in the rural areas where tradition is more rooted.

Other dress code includes a Dhoti (or Longi), which consists of a long piece of cloth wrapped around the waist, with a Kameez worn on top. This is worn by men and women in the Punjab rural areas. The Pathan women wear long baggy dresses with a shalwar below. Other ethnic groups have their own distinct dress code.

In the majority of cases when women leave the house they normally cover themselves with a Chaddur (large shawl) or a Burkha which covers their whole body and in some cases the veil to cover their face.

CUISINE

The food is predominantly spicy and usually accompanied by Roti (chappati). Rice dishes such as Biryani or Meetha Chawal (sweet rice) plau (brown rice) are normally reserved for special occasions.

FESTIVALS

Ramadan: this is an important month for Muslims in Pakistan. The 21-23-25-27-29 nights of Ramadan can be Laila tul Qadr, Nazoole Quaran Muslims spend whole night in prayers.

1st Shawal, "Eid ul Fitr" Three days festival for Muslims after observing a whole month of fasting and reverence.

Zil Haj, Another important month for Muslims when they come to Mecca from all over the world to perform "Haj" pilgrimage. Zil Haz, Eid ul Adha Also known as Eid e

Qurban, celebrated after " Haj "

Muharram, it is the Day of Ashurah an important month in Islamic calendar as it's the beginning of Islamic year.

Basant, this festival is celebrated at the start of spring by kite-flying. 23 March, Pakistan Day, an official Holiday.

1 May, Labor Day, an official Holiday

5 February, Kashmir Day, an official Holiday.

30 June, Bank Holiday.

14 August, Independence day, official Holiday.

6 September, Defence day

11 September, Quaide Azam Muhammad Ali Jinnah Died 9 November, Iqbal Day, official Holiday

25 December, Quaid-e-Azam Day(the birthday of Quaid e Azam) & Christmas Day, Official Holiday.

Organisation	Contact	Services
BEDARI	House No 875, Street No 79 I-8/3, Islamabad +92 51 4900369	Working for the protection and promotion of womens' and girls' human rights in Pakistan. Two areas that Bedari focuses on are violence against women and education for women.
BEHBUD ASSOCIATION	Islamabad Behbud Complex, Saidpur, Islamabad Tel: 051-921-6954 Karachi ST 9, Block I, Scheme 5 Kehkashan, Clifton 7550 Tel: 021-3582-0663 / 021-3582-4524 021-3586-2093 Fax No: 021-3582-0665 bahbud@yahoo.com Karachi Sub-Office SS-25 Mahmoodabad Road, Defence Authority Phase-I, Karachi Tel: 021-3538-3552	Social welfare organization that is widespread in Pakistan. Behbud's programs focus on community development, as the organization aims to alleviate poverty, illiteracy, poor health conditions and economic deprivation. In addition, Behbud works to empower women and the community at large. It follows a three-pronged approach: providing healthcare, educational opportunities and vocational training for income generation to help under privileged communities. It has many of its own schools.

Organisation	Contact	Services
EHSAS (EDUCATION, HEALTH AND SOCIAL ACHIEVEMENT SERVICES)		NGO based in Chakwal and Islamabad. Its projects target a wide range of areas including poverty alleviation, healthcare, education, and social development. EHSAS has various ongoing efforts in place including EHSAS library, EHSAS blood bank, EHSAS Hepatitis Awareness and Vaccination Program, EHSAS Horticulture Development Program and EHSAS Good Governance Program.
FATMA WELFARE FOUNDATION	Head Office: Main Banda near Timer Grid Station Timargara Lower Dir Tel: 0092 -945-821633 – 0092-937-840832 Regional Office: House #47 street # 3 sector S Sheikh Maltoon Town Mardan. Regional Office: Amiri Kass Pump near Haleem Haji House Dir Khass Dir Upper Email: baseerat@fatmafoundation.org info@fatmafoundation.org	Situated in the Khyber Pakhtunkhwa province. Assists the needy and warfare affected people of the province. Objectives include; flood relief, improving health, education, eradicating child abuse, poverty, drug addiction, and also campaigning against extremism.
HANDS: HEALTH AND NUTRITION DEVELOPMENT SOCIETY	140-C, Block II, PECHS, Near Kashmir Road, Karachi, Pakistan Tel: +92-21-3453-2804, 34527698, 34389180 Email: info@hands.org.pk	Primarily provides basic health services, primary education, and income generation opportunities to empower the underprivileged communities. HANDS has set up many flood relief camps in the Sindh province

Organisation	Contact	Services
ORIENTAL WOMEN ORGANIZATION	U.S. Chamber of Commerce Business Civic Leadership Center 1615 H Street, N.W. Washington, DC 20062-2000 Emily Drew, +1 (202) 463-3143, edrew@uschamber.co m	Aim advancement of women in the social, political, educational, economic, and child welfare related realms. Primarily operational in the provinces of Punjab and Sindh, the organization has conducted many projects including the organization of workshops and training and also the provision of counselling and legal aid to victims of violence.
RAHMA ISLAMIC RELIEF PAKISTAN	RAHMA Islamic Relief 314 - Poonch House Complex, Adamjee Road, Saddar, Rawalpindi, Pakistan Email : info@rahmapk.org Telephone : 051-5513117	NGO provides humanitarian services for the deserving poor people of Pakistan and Azad Jammu & Kashmir. RAHMA Islamic Relief is working in close coordination with RAHMA Islamic Relief Fund Norway, which is working worldwide and providing humanitarian assistance and relief to deserving people. It deals with a wide range of relief work in Pakistan such as providing humanitarian aid, health resources, safe drinking water, and also social support.
SHAHINA AFTAB FOUNDATION	Apt #209, Golden Heights, F-11/1, Opp F-11 Markaz, Islamabad, 44000, Pakistan phone: +92 (051) 2212 985 Cell :+ 92 (300) 855 6285	NGO aim to provide women who are set back in life by the impact of natural disasters/conflicts/social exclusion/ hardship & distress, with tools & skilled to restart their lives. This is done through skill based training, empowerment & sustainable income generating project.
TEEN CHALLENGE PAKISTAN	Headquarters Address: House 805-C Street 80-C I-8/4, Islamabad	Provides assistance to individuals who are suffering from life- controlling addiction.

Organisation	Contact	Services
THALI	60-C, Satellite Town, Rawalpindi 46300, Paki- stan info@thali.org.pk	Objective to feed the less fortunate also supports other social causes.
THE MEHNAZ FATIMA ED- UCATIONAL & WELFARE ORGANISATION	Mehnaz Fatima Special Education Centre Near Serena Hotel, Jutial, Gilgit Tel: 92-5811-55632 Mehnaz Fatima Montessori Shahrah-e-Quaid-e-Azam Jutial, Gilgit Tel: 92-5811-54966 Pro- jects of the Mehnaz Fatima Educational & Wel- fare Organization Shahrah- e-Quaid-e-Azam, Jutial, Gilgit Tel: 92-5811-55632 or 92- 5811- 54966 E-mail: zebarasmussen@ yahoo.com andkoresar@ hotmail.com	Provides quality educa- tion for young children and children with special needs. The organisation also aims to develop hu- man resources, optimal learning facilities and community awareness in the Northern Areas of Pa- kistan.
READ FOUNDATION (RU- RAL EDUCATION AND DEVELOPMENT FOUNDA- TION)	READ Foundation Second Floor 628 Stockport Road Man- chester M13 0SH Tel: 0161 224 3334	One of the largest not- for-profit educational net- works in rural Pakistan. It runs 331 schools with a student body of over 69,000 students and a fac- ulty of over 3500 teach- ers. READ deals with all educa- tion related areas such as capacity building, spread- ing education for girls, and teacher training. READ schools aim to pro- vide quality with facilities such as science and com- puter labs.

Organisation	Contact	Services
THESPIANZ FOUNDATION (THESFO.)	F6, Junaid Plaza, Block-6 Gulshan-Head Office: F6, Junaid Plaza, Block-6 Gulshan-e- Iqbal, Karachi info@Thespianz.org ThespianzTheater@gmail.com Mobile: +92-333-21279632 +92-321-9256200 Landline: +92-21-34984144 e-Iqbal, Karachi - Pakistan Email: info@Thespianz.org ThespianzTheater@gmail.com Mobile: +92-333-21279632 +92-321-9256200 Landline: +92-21-34984144	Based in Karachi focuses on spreading free primary education to the under-privileged. It is engaged in several education related projects such as creating awareness through theatre performances, building educational institutes in the flood affected areas of Sindh and Punjab, organizing the “Flying Classroom Project” in IDP camps near Karachi, and initiating teacher training and student scholarship programs

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