

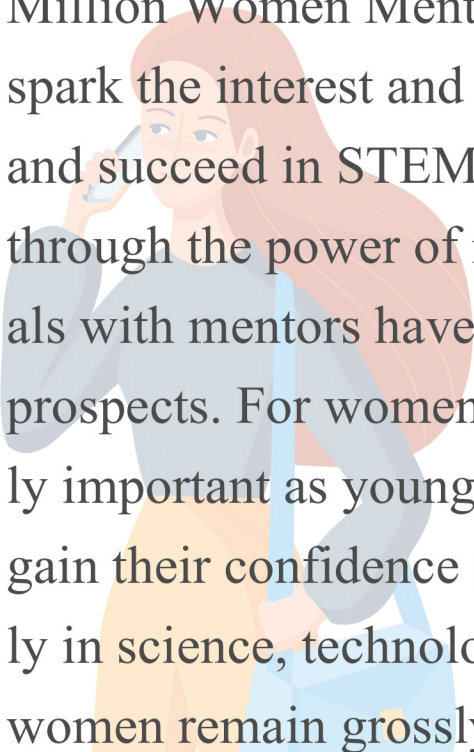
#EMPOWERING WOMEN

WHAT'S INSIDE ?

- * Million Women Mentor
- * ZAFAs Contribution to Women Empowerment
- * ZAFAs activities of MWM.



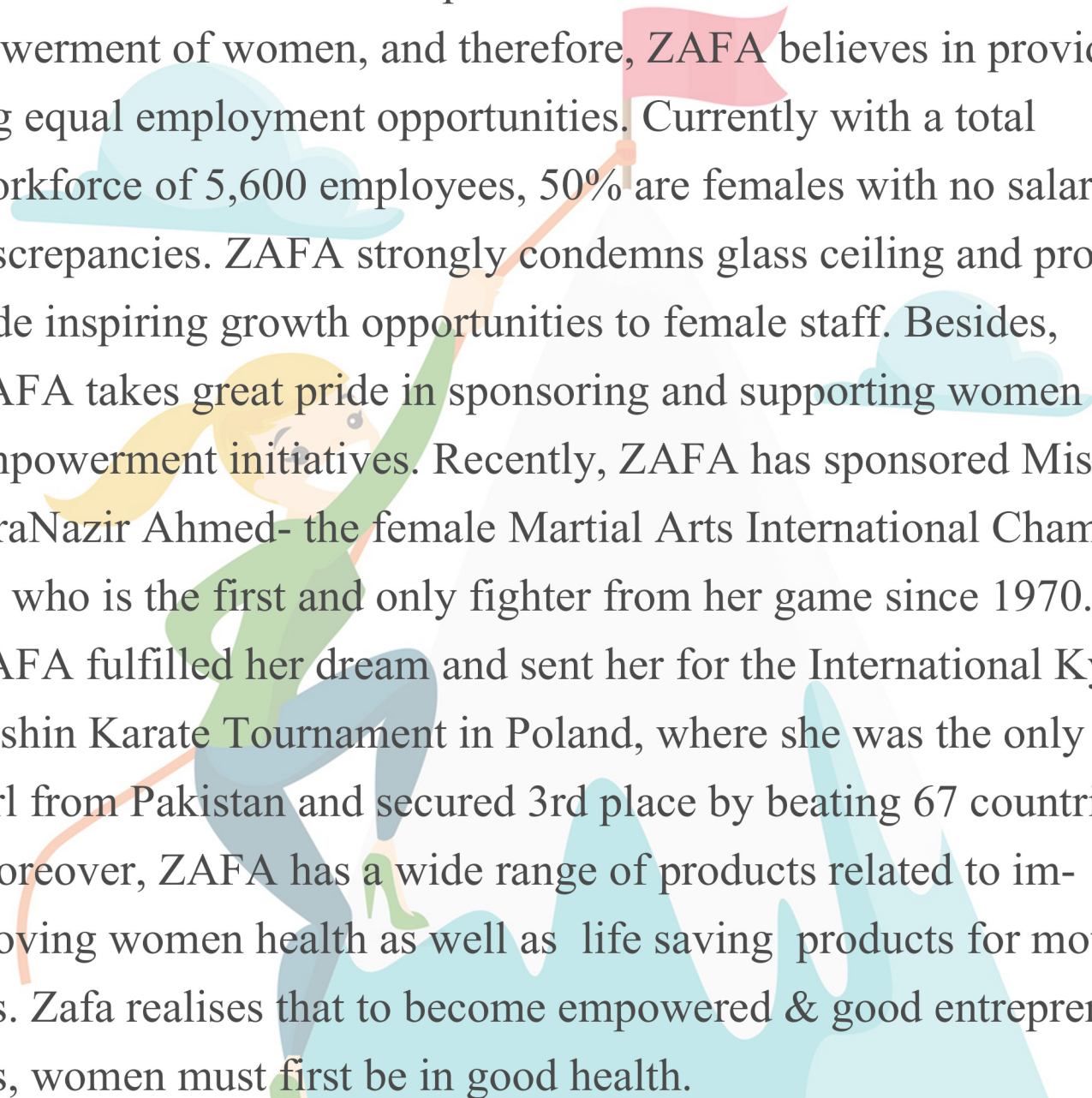
Million Women Mentors



Million Women Mentors is a movement rooted in the USA to spark the interest and confidence of girls and women to pursue and succeed in STEM careers and leadership opportunities through the power of mentoring. Research shows that individuals with mentors have improved academic, social, and economic prospects. For women in STEM fields, this becomes increasingly important as young women look to role models to help them gain their confidence and increase their opportunities, particularly in science, technology, engineering, and math careers where women remain grossly underrepresented

Rooted in local programs but tied to a national movement, MWM connects mentors to a network of over 1000 volunteers across 40+ active states and multiple context-specific initiatives. By taking local mentoring initiatives and connecting them to a nationwide and global movement, MWM proves that change comes from efforts on the ground with an overall shared mission and approach

ZAFA Contribution To Women Empowerment

An illustration of a woman with blonde hair, wearing a green long-sleeved top and blue pants, climbing a light blue mountain peak. She is holding a red flag on a pole. The background features stylized clouds and a yellow sky with a blue and purple patterned border on the right side.

There is no tool for development more effective than the empowerment of women, and therefore, ZAFA believes in providing equal employment opportunities. Currently with a total workforce of 5,600 employees, 50% are females with no salary discrepancies. ZAFA strongly condemns glass ceiling and provide inspiring growth opportunities to female staff. Besides, ZAFA takes great pride in sponsoring and supporting women empowerment initiatives. Recently, ZAFA has sponsored Miss IqraNazir Ahmed- the female Martial Arts International Champion who is the first and only fighter from her game since 1970. ZAFA fulfilled her dream and sent her for the International Kyokushin Karate Tournament in Poland, where she was the only girl from Pakistan and secured 3rd place by beating 67 countries. Moreover, ZAFA has a wide range of products related to improving women health as well as life saving products for mothers. Zafa realises that to become empowered & good entrepreneurs, women must first be in good health.

ZAFA MWM ACTIVITIES IN COLLABORATION WITH US CONSULATE GENERAL KARACHI

Intended Objectives and Activities

Our aim was to mentor a total of 500 women. For this the mentorship was divided into two parts; one for LHVs, nurses & mid-wives and the other for house wives or other professionals. The program for house wives & other professionals provided training on the subject of maternal & general health, keeping in mind the fact that, with improved health women are better able to tackle other areas of their lives & put themselves on the road to empowerment.

The LHVs, nurses & mid-wives program included trainings on the use of life saving drugs for mothers & infants.

For our mentorship program we covered the larger Sindh area keeping in mind the following additional objectives :

- Target the interior and under-privileged areas of Sindh region to empower women.

- Provide mentorship based on 3 core paradigms of; Education, Employment and Entrepreneurship
- Develop public and private sector outreach to create employment and entrepreneurship opportunities.
- Improve the living standards and overall health of under privileged women.

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Celebrated the launch of the US-Pakistan Women's Council this morning by kicking off the Pakistan Million Women Mentors Initiative. Talented Pakistani @UGRADPakistan & @Fulbright exchange students joined us for vibrant speed-mentoring session. Thanks to @SaniaNishtar, @Citi...



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..@_USPBC, @STEMconnector, @TAMU & @USPWC members & supporters! The Pakistan Million Women Mentors Initiative aims to connect 1 million women &



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..@_USPBC, @STEMconnector, @TAMU & @USPWC members & supporters! The Pakistan Million Women Mentors Initiative aims to connect 1 million women & girls in #Pakistan to mentors over the next 3 yrs. Citi, S&P Global, KFC, the Resource Group, Zafa Pharmaceuticals..





Maternal Health Mentorship:

Population growth in interior region is one of the most alarming and menacing issues of the economy. Therefore, ZAFSA took the initiative of providing awareness on family planning and the usage and benefits of contraceptives along with a very benefiting session on maternal health. We targeted the underprivileged interior regions of Sindh.

Conducting these sessions has facilitated the women in improving their mental and physical health, consequently paving the way for them to become empowered individuals.

Maternal Health Program at Nawabshah:

- Mentor: Dr.Fareeda Farooq





Maternal Health Program at Larkana:

- Mentor: Dr. Rafia Balouch





Maternal Health Program at Mirpurkhas :

- Mentor: Dr. Parveen Tariq



Blistering and Packaging Training:

We also conducted a blistering and packaging training session at ZAFAs Head office. We believe doing so; will create employment opportunities for the women. They were also awarded certificates for attending the training session.



LHVs Mentorship:

In remote areas there are no proper hospitals and health care centers. LHVs are their only access to medical facilities. Providing LHVs helps in improving health for females in a larger number. Hence, ZAFAs provided mentorship and training to LHV's regarding life-saving drugs for both mother and child to decrease the mortality rates.

LHV Mentoring at Nawabshah :

- Mentor: Dr.Fareeda Farooq



LHV Mentoring at Larkana :

- Mentor: Dr.Rafia Baloch





WE DID IT

ZAFA successfully mentored 500 women across Sindh, Pakistan. A lucky-draw was conducted to award three lucky LHVs with cash prizes as an aid for starting their own set-up and promoting entrepreneurship.

"ZAFA never rests and aims to continue mentoring women across Pakistan"





Thank You

