



At a glance

Certificate No: PCP-2005/0025

Registration

The Voluntary Social Welfare Agencies (Registration and Control) Ordinance, 1961 (Registration No. VSWANICT\270) in April 1997 in Islamabad

Major Programmes

Protection, intervention and prevention of Child Sexual Abuse (CSA); Psychological counseling to victims of CSA and rehabilitation of juvenile offenders

Human Resource

Governing Body: 09 Members

President: Mr. Khawar S. Ansari

Staff Strength: 19 (9 Males, 10 Females)

Area of Operation
Islamabad

Banks

Soneri Bank, Islamabad

Auditors

Riaz Ahmed and Co. Chartered Accountants, Islamabad.

Tax Status

Exempt U/S 2(36) of the Income Tax Ordinance, 2001

For Information and Donations

SAHIL, 13, Al- Babar Center, F-8 Markaz, Islamabad

Tel: +92-51-2260636, Fax: +92-51-2254678

Email: info@sahil.org | Web: www.sahil.org.pk

Mission

To create a better future for the children of Pakistan by creating support systems for victims of Child Sexual Abuse (CSA); providing prevention skills and knowledge for body safety and providing alternate healing methods to heal the trauma of abuse.



Background

Child Sexual Abuse (CSA) is an important issue widespread, yet not spoken about because of cultural sensitivities, the queer sense of honour inherent in our society and a taboo on publicly discussing matters concerning sex. Consequently it remains unacknowledged as a problem. Established in 1995, Sahil is the first nonprofit organisation to focus and work exclusively on CSA. The organisation envisages creating a better future for the children of Pakistan by creating support systems for children, providing them with prevention skills and helping them recover from the psychological trauma of violence and abuse. The organisation addresses itself to all aspects surrounding this issue, with the intent of deepening awareness and understanding within the silent enclosures of our society. Given this consideration, it has structured its activities in such a way that child sexual abuse is acknowledged by society, thus creating a more sensitive and supportive environment for the victims and their families. The key issues that Sahil works with are identification, intervention and prevention of CSA as well as issues that are related to child sexual abuse such as sexual health, sexuality-related myths, parenting, etc.

Meri Hifazat (My Protection)

Sahil has created a story-cum-colouring book titled, "Meri Hifazat", which deals with information on body safety for children. Using this book as a starting point, Sahil has conducted trainings for teachers and parents to enable the participants to understand the issue of CSA and to use this book as a tool for teaching children the art of protecting themselves. To promote the book further, Sahil has developed training manuals for all categories of special schools. Three tools have been developed: Firstly, animations of Meri Hifazat chapters for hearing impaired children, recordings of the book on audio cassettes for visually impaired children and a puppet show on Meri Hifazat for the physically and mentally challenged. Sahil is also working towards the inclusion of 'Meri Hifazat' story units in the textbooks of primary school children.



Sahil

Ghar Say Adalat Tak (From Home To Courts)

Sahil provides victims and families with information on registering a First Investigation Report with the police, court procedures and legal aspects of child sexual abuse. For this purpose, 'Ghar Say Adalat Tak' has been designed. This book contains all the details of the medical, legal and court procedures in the wake of a CSA incident. 'Ghar say Adalat Tak' has been widely disseminated at police stations and in areas frequented by the general public. To raise mass awareness about FIR registration procedures in case of CSA incidents, an information poster on how to get a CSA FIR registered has been prepared and displayed in police stations across the country as well as in press clubs, bar councils, public parks, transport booking offices, labour union offices, and union, tehsil and district nazim offices.

Mass Media Awareness

Sahil's TV campaign is epitomised in a 70-minute play titled, 'Meray Khawab Rayza Rayza' (Broken Dreams). The play depicts true societal behaviour plus the stigma attached to the CSA victim in such incidents. Sahil has also prepared cartoon animations for children (45 seconds and 20 seconds duration) based on the units of the storybook, 'Meri Hiffazat'. These animations were aired on, 'International Day against Child Abuse' on 19 November 2003 on Indus Vision, a private TV channel with national and international coverage. In 2004, they were presented in 100 cinemas across the country.

A series of seven interactive radio programmes were also developed by Sahil and aired on radio channel FM-100 in 2003. Sahil has employed the print media to good effect and has published 'Meri Hiffazat' units in the children's section of Daily 'Jang'. The organisation's website provides information about sexual abuse and statistical data of CSA cases in Pakistan. They have received good results from their website promotional campaign and receive around 500 hits per month.

Jeet Healing Centre

For the psychological rehabilitation of victims and their families, Sahil has established a healing centre named, 'Jeet Healing Centre' (JHC). The centre was inaugurated in February 2003. A separate premise has been rented for the centre to protect the confidentiality of the victims. The basic idea behind the establishment of the healing centre is to provide psychological counselling and emotional support to the children who are exposed to sexual abuse in any form and to their parents who face the trauma of this reality. Along with psychological counselling JHC offers other alternative healing methods like 'Meditation' 'Reiki' to the clients free of cost for up to six successive sessions. Through this centre the organisation has

in 2004 and 76 in 2005.

“ Sahil helps the victims of CSA to come out of shame and guilt that is inflicted upon them by the acts of a brutal being ”

Humera Hussain, Programme Manager, Sahil

Income and Sources of Funding (Rs.)

Sources of funds	2003	2004 (6 Months)	2005
Self Generated Income	530,878	238,391	712,740
National (Grants/ Donations)	1,700,541	2,549,140	7,979,791
International (Grants/ Donations)	6,057,362	615,823	3,480,956
Total	8,288,781	3,403,354	12,173,487