

WE DREAM OF A SAFER PAKISTAN

We noticed a problem

From Day 1, Naya Jeevan & doctHERs have had a singular purpose: **Make healthcare accessible to all.**

To this day, that purpose has remained the same. Only now we have expanded our scope of services for our beneficiaries ranging from corporate B2B clients to women, children and transgenders who are part of several community projects.

With the current socio-cultural climate across Pakistan and the rise in physical and sexual gender-based violence globally after the COVID-19 pandemic, we decided to take a bold step last year. As part of our Self-care & Wellness Initiative, we provided self-defense and personal safety sessions for our employees and beneficiaries, particularly women.

We looked for a solution

We reached out to Haiqa Nasir, a dentist, and an expert trainer. And that's been one of our organization's best decisions so far.

Haiqa is hands-on, professional, and most of all kind. Through her involvement in various initiatives for women and children along with her profession, Haiqa helps women from all walks of life. Not only does she teach simple and effective moves to defend oneself from an aggressor, but she also makes sure all her students are aware of the context behind each move.

“I try to incorporate my personal and lived experiences into my self-defense workshops” – Haiqa Nasir

Haiqa is aware of the daily struggles of being a woman in Pakistan. Whether it's the commute to work, from one meeting to another, or dealing with harassers at work who hide in plain sight, the average woman needs to know how and when to defend herself, disengage, or leave an abusive situation.

As part of our work with Transpride Society, an NGO run by Nisha Rao, we arranged a personal safety session led by Haiqa for the transgender community. The transgender community is already the subject of regular cat-calling and casual harassment. Haiqa opened the floor for discussion to hear from the audience their personal experiences before she began to guide them.

“If someone disrespects us in public, at least now we have the means to defend ourselves”— an attendee from Transpride Society

Through sessions with Haiqa, we have discovered new ways to build team-spirit. Many attendees start off a little skeptical but slowly and gradually, they open up, grateful for the opportunity to share their experiences, and happy to learn how to take control should they need to.

We want you to join us

It's no surprise that employees are an organization's most valuable assets. With more and more women joining the workforce globally and in Pakistan, it is the job of every organization to ensure that its female staff feels safe.

Without our beneficiaries, Naya Jeevan & doctHERs would never be where it is today. Not only do we want our beneficiaries to experience quality healthcare, but we also want to be the reason they feel safe and secure.

As part of our Corporate Wellness initiative, we want to extend this opportunity to all our corporate partners. We want to collaborate and host more personal safety and self-defense sessions for women.

“I think when women venture out of their homes for work and contribute economically, they should know basic self-defense to get out of a difficult situation.”– Anam Nadeem, Director Marketing - Dolmen Group

We trust Haiqa, our Gender Safety Lead, to win the trust of our partners. As a woman herself, Haiqa knows the mental, physical, and cultural barriers women face whenever they are in a dangerous situation.

If you've stayed with us so far, we thank you for hearing us out. And hope you'll join us in making spaces safe for women across Pakistan.

We'll be waiting for your emails and messages on our social media platforms.