



ایک شفقت بھرے معاشرے کا تصور

I AM JAMAL!

I am doing my last year of O-levels from the
Generation School

My journey started in an unexpected way when my mother got to know about kirana ibtedai school. However she reached late and all seats were taken. She was disappointed and came home. Luckily one of the child dropped out due to some personal issues and I was called to take that seat. Not me, nor my mother knew that this would be a 180 degree turn of our lives.



180 DEGREE TURN OF OUR LIFE

My mother was attending school with me and in no time she was motivated to restart her own education. She took up nursing and started her diploma. Kiran was a miraculous world! A world where everyone found refuge and healing. It was a like a mothers lap, safe, secure and cozy.

Sabbima created this heaven for all of us where she found her healing too.

After graduating from Ibtadai I found admission in Happy Home School. As a girl in this patriarchal society, I had to face many obstacles and challenges to continue my studies



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When I turned ten my extended family were all against my education and angry at the way my family was changing however my parents stood the ground and became my greatest support. Specially my mother who sacrificed her youth for us and faced all the verbal arrows to keep me unharmed. She role-modeled courage and resilience for me and continued her own studies to give me strength. She could not have stood so strong if she didn't have Sabbima as a friend and mentor in her life. For me she is more than a mother.



MY MOTHER WHO SACRIFICED HER YOUTH FOR US AND FACED ALL THE VERBAL ARROWS

As I became a teenager more restrictions and verbal abuse increased from my extended family.

There came a point that my father gave in to all talks and stopped understanding me. he even became abusive. I never knew that a lady who had no blood relation to me would become so important to me. The one who understood me, stood for me and gave hours and hours of listening time to both me and my parents. She made me see the important things of life and helped me make better choices. If not of her, I would have become totally rebellious.

AS I BECAME A TEENAGER MORE RESTRICTIONS AND VERBAL ABUSE INCREASED

There were moments in my life when I lost belief on myself but she never gave up on me. I call her Sabbima and consider her my mother figure. I believe that I am not just the ambassador of kiran foundation but also a successor. I am really passionate about being the next Sabina khatri, helping the needy and changing people's life for the better. I really want to give back to my community. I see myself as a psychologist in the next 9 years from today.

This inspiration comes from my journey at kiran and the way I have seen the miracles of mental health awareness and therapy in my life and others.

Can't feel grateful enough to be leading member of the kiran family. I am who I am today because of this great journey.

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JAMAL
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