



## **A STITCH IN TIME SAVES LIVES**

A mother of four, 34 year old Shaheen has many challenges to face every day. Her husband works in a printing press where he gets a salary of Rs.3000 per month. Shaheen says, *“we have to pay a rent of Rs.2500 per month, which leaves us with just Rs.500 to run a household with four daughters. We are unable to provide education to them. My husband is suffering from poor health for almost one and a half years but seeking medical help for him is just out of the question in this situation.”*

In these circumstances Shaheen discovered the *Cutting and Tailoring* course run by the *Gender Resource Centre* of **CEQUIN**. Shaheen realized that this six months vocational training course without any fee was a big opportunity to learn a skill that would empower her to help her family. The hands on training gave her a lot of confidence in a short period of time. The Centre also gave her guidance on how to develop her own business. Immediately after the course, Shaheen started her own work of tailoring from home. Today, she is earning around Rs.4000 per month and her significant contribution has transformed the quality of life the family is living.

Shaheen remarks with joy, *“I have enrolled my daughters in school again. My husband is able to seek medical attention for the first time. Daily groceries are no longer a challenge. Now, together, we are able to at least provide food to our family with dignity.”*