

2025

ANNUAL IMPACT REPORT

Building Peace from the Ground Up

Parindey

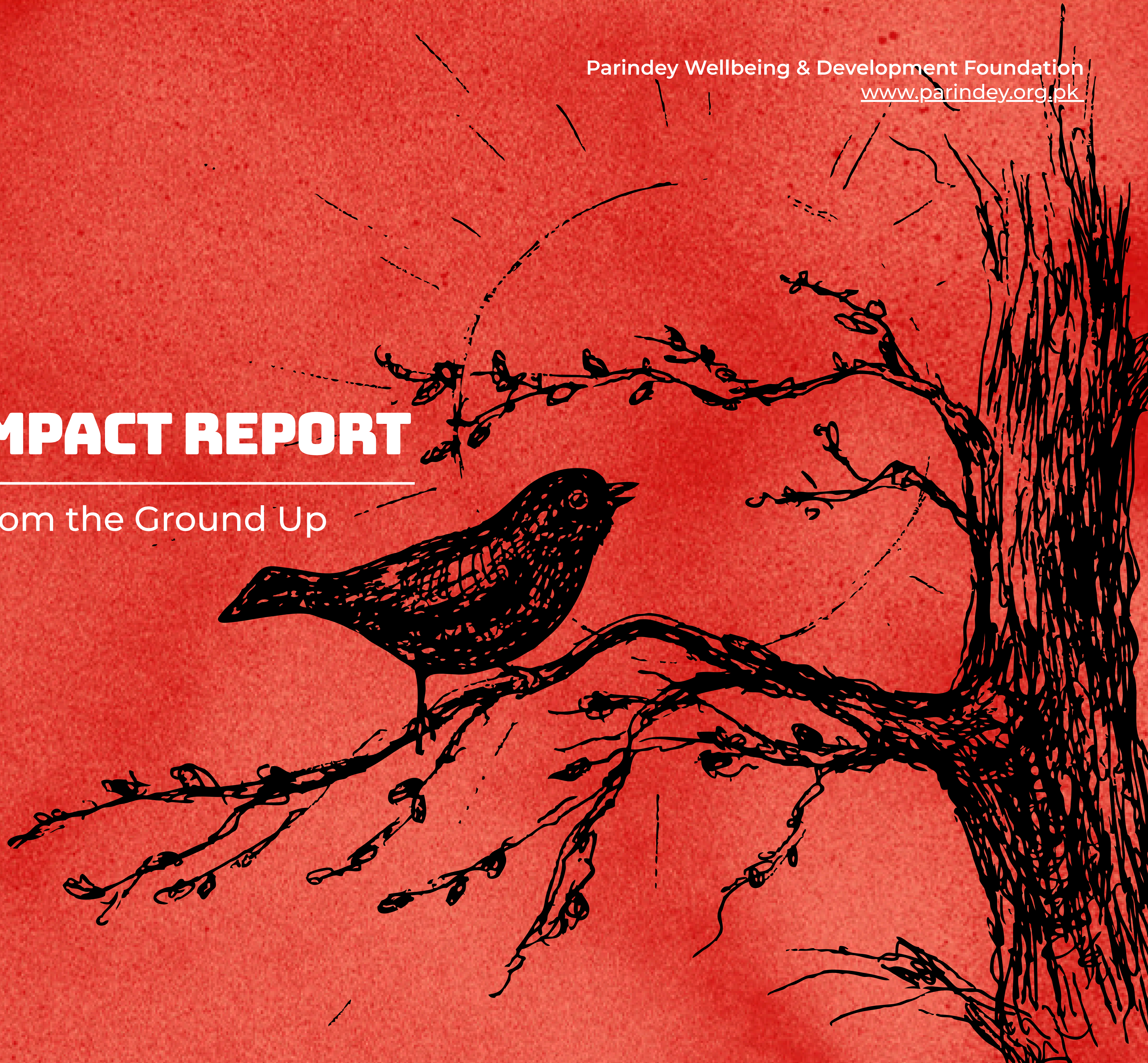


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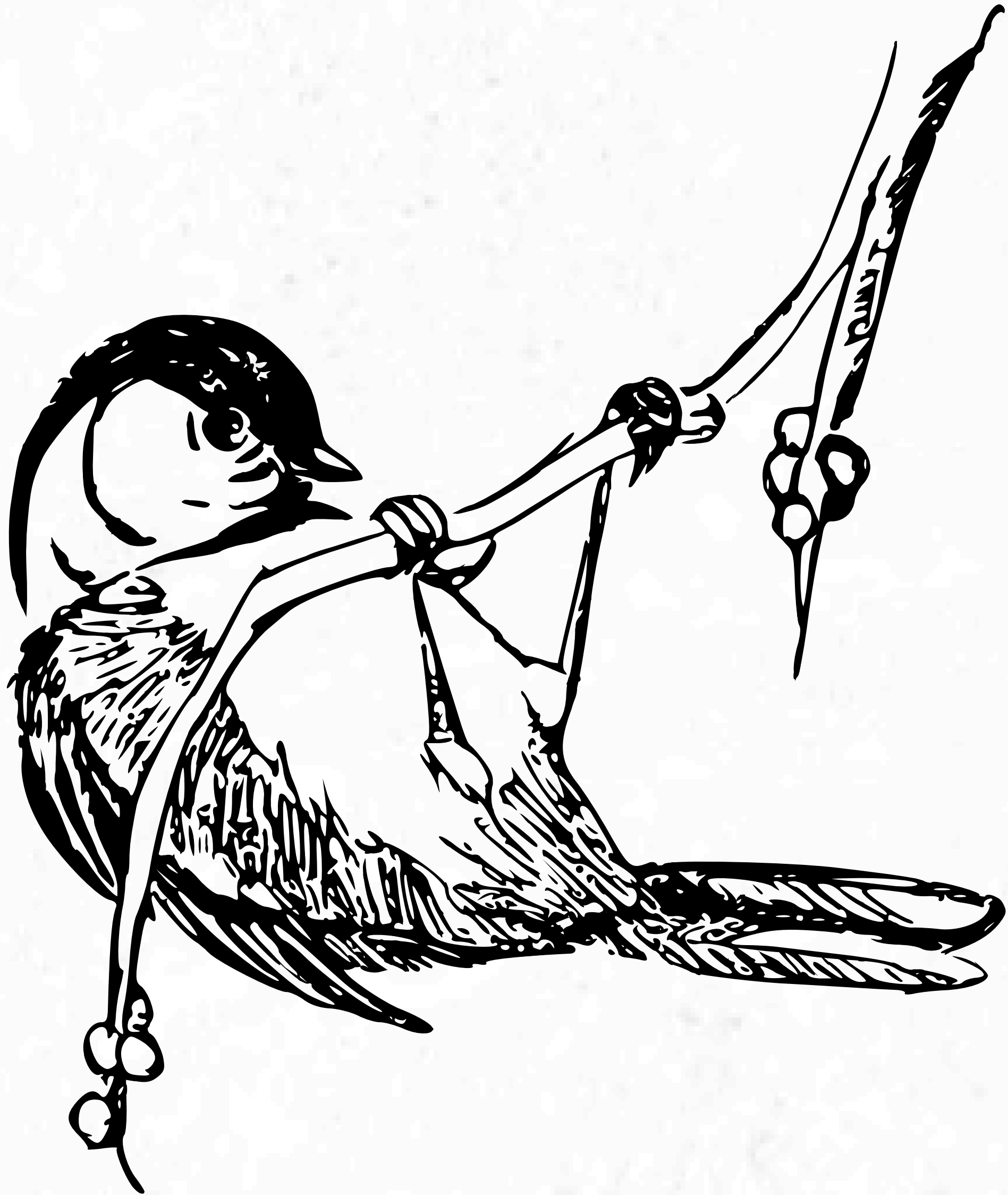
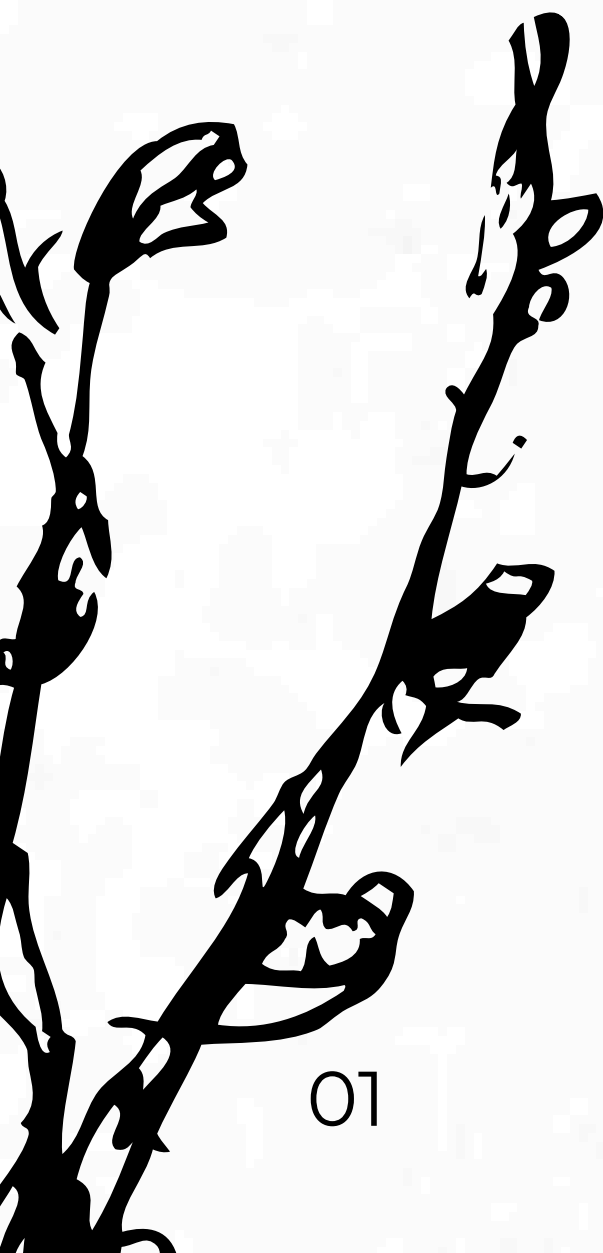
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MESSAGE FROM THE FOUNDER

Dear Friends, Partners, and Peacebuilders,

As I reflect on 2025, I am moved by the collective courage that has defined this year. In a world where conflict seems to deepen daily, where climate disasters displace communities, and where women's voices are systematically silenced from decision-making tables, Parindey chose to respond with radical hope and unwavering solidarity.

This year taught us that peace isn't built in boardrooms alone. It's built in story circles on boats along Pakistan's rivers. In poetry shared across borders between India, Nepal, Bangladesh, and Pakistan. In the quiet resilience of women who choose solidarity over silence. In the hands of climate-affected communities who refused to let their stories be erased.

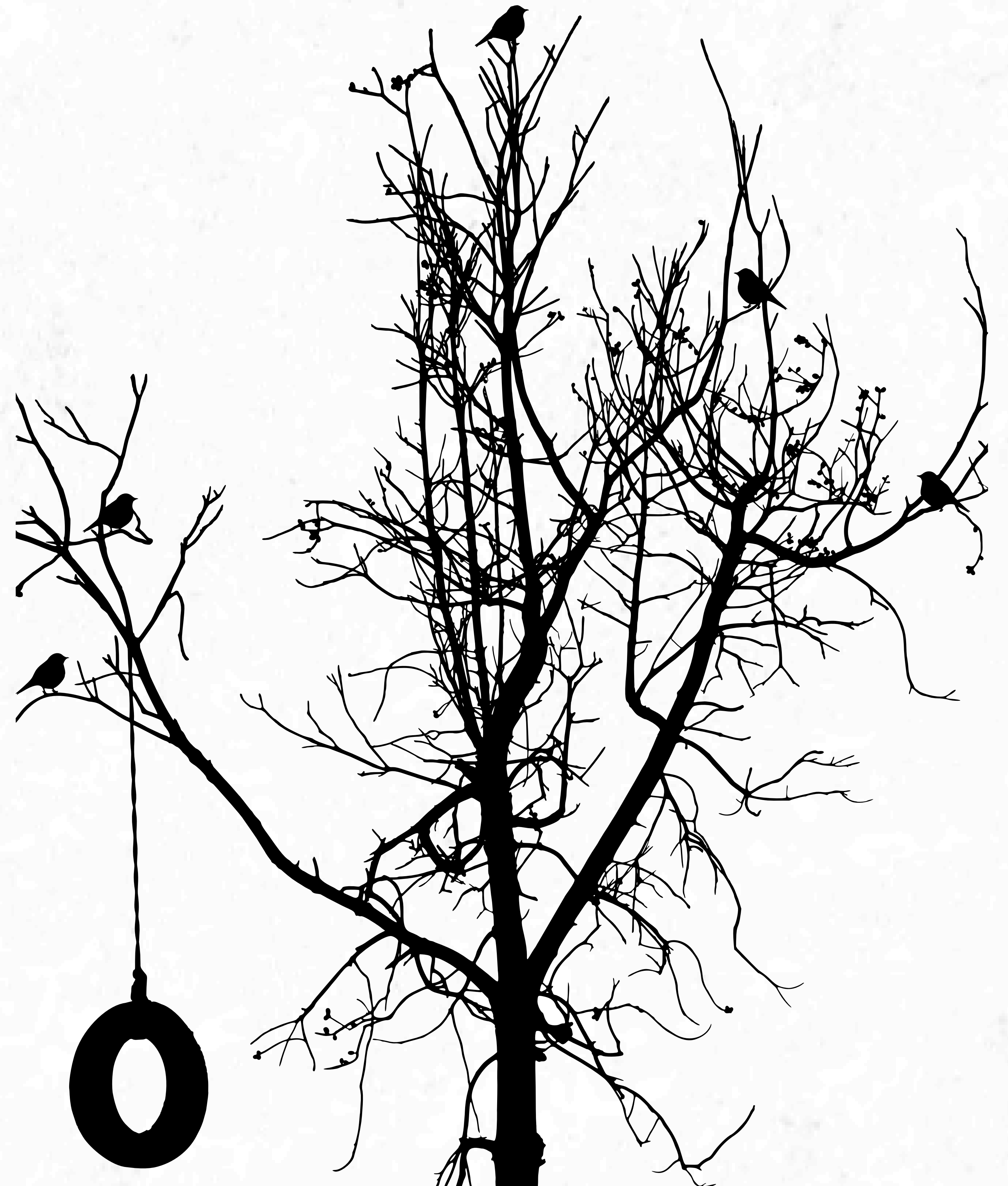
Through the Jaari Women Peacebuilders Fellowship, we witnessed 16 extraordinary women from across Pakistan transform personal trauma into collective action. In our collaboration with Roshni Publication and Mehrghar, we explored how art and joy can be revolutionary acts against gender-based violence. When floods devastated three villages, we mobilized \$5,000 USD in 72 hours because we understood a fundamental truth: healing hearts is just as important as rebuilding houses.

This report documents our impact in both numerical and narrative terms. However, what cannot be fully captured is the transformation that occurs when a woman peacebuilder realizes she is not alone, when a climate-affected community sees its story honored, and when young artists discover that their creativity can heal collective wounds.

To every partner who believed in our vision, every fellow who trusted us with their story, every volunteer who showed up when it mattered most: you are Parindey. Together, we are proving that feminist, trauma-informed, arts-based peacebuilding isn't just effective, it's essential.

In solidarity,
Sonal Dhanani

Founder & CEO Parindey Wellbeing & Development Foundation



ABOUT PARINDEY

Founded in 2015, Parindey Wellbeing & Development Foundation is a youth- and women-led organization based in Pakistan, working at the intersection of mental health, peacebuilding, gender justice, and climate resilience through trauma-informed arts-based programs.

OUR MISSION

Parindey operates as a social innovation organisation working to build social cohesion, mental well-being, and community resilience by empowering those most affected by conflict, exclusion, and displacement to become drivers of change. We work with grassroots women leaders, youth, artists, educators, and marginalised communities, equipping them with the skills, tools, and networks to address trauma, challenge systemic inequalities, and lead transformative action in their own contexts. Our programs integrate healing-centered practices, arts-based methods, gender justice, and indigenous knowledge to tackle the root causes of division and disconnection.

OUR APPROACH

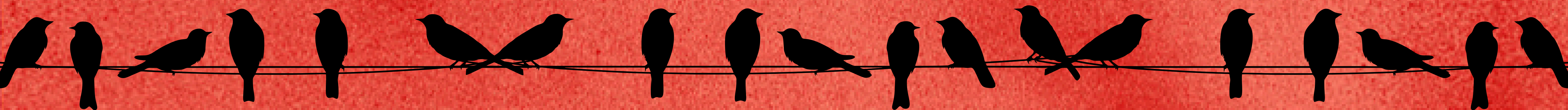
Parindey's work is grounded in four core principles:

Feminist Leadership: Centering women's voices, experiences, and leadership in all peace and development processes.

Trauma-Informed Practice: Recognizing the impact of collective and individual trauma on communities and integrating mental health and psychosocial support.

Arts-Based Methods: Using storytelling, visual arts, poetry, and performance as tools for healing, dialogue, and social change.

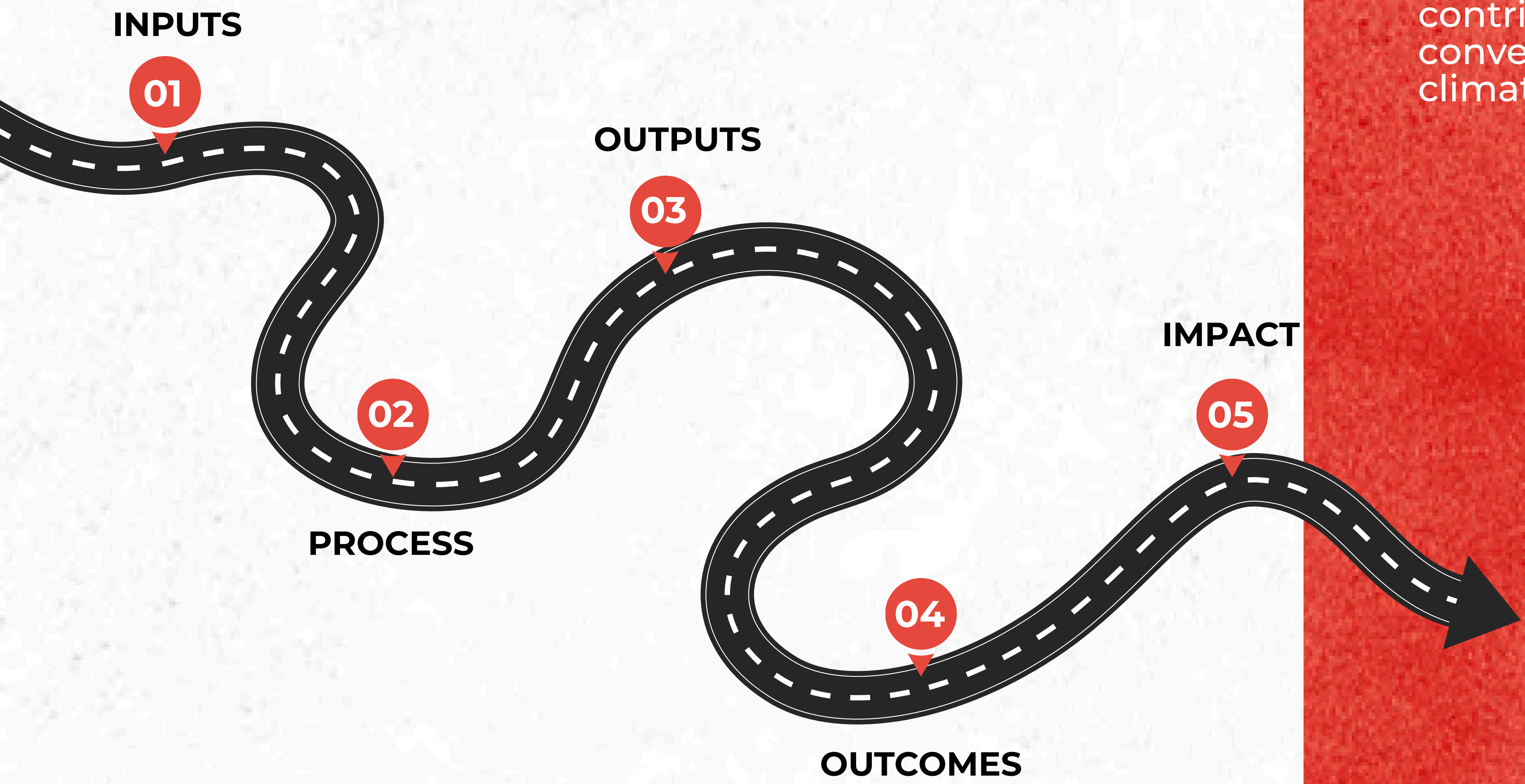
Community-Led Solutions: Trusting local knowledge and lived experience as the foundation for sustainable change.



OUR THEORY OF CHANGE

HOW WE CREATE IMPACT

Parindey's work follows a proven pathway from inputs to lasting community transformation:



We invest in **trauma-informed facilitators, arts-based methodologies, and youth co-design.** Through healing-centered sessions, dialogue circles, and creative practices, we produce confident peacebuilders, safe community spaces, and policy-engaged youth. This leads to measurable outcomes: increased well-being, expanded leadership, and community-led initiatives. Ultimately, we contribute to systemic impact: normalized mental health conversations, women-centered peace processes, and climate-just policies.



19

Women Peacebuilders
Trained in Jaari Cohort 2

\$5,000

Emergency Relief
*3 Villages Supported
During Floods*

3

Corporate Workshops
*Focused on Healthy
Workplaces*

2

New Climate Justice Platforms
*Awami Dastaan &
Floating Voices*

1

Regional Fellowship Cohort
*Ground-Up Creative
Fellowship*

3

Countries Represented
Pakistan, India, Nepal

2025 IMPACT AT A GLANCE !

OUR REACH ACROSS PAKISTAN



"The earlier we address climate trauma, the stronger our communities' capacity for economic recovery will be. Healing hearts is just as important as rebuilding houses."

OUR PROGRAMS & INITIATIVES

JAARI WOMEN PEACEBUILDERS FELLOWSHIP (COHORT 2)

Program Overview: The Jaari Fellowship is Parindey's flagship leadership program, training women from across Pakistan in trauma-informed peacebuilding, conflict resolution, and feminist advocacy. Cohort 2 brought together 16 women from diverse backgrounds from Karachi to Gilgit, creating a powerful network of solidarity that transcends geographic, ethnic, and sectarian divides.

Program Metrics:

- **19** women peacebuilders from Quetta, Gilgit, Karachi, Swat, and rural Punjab
- **90%** reported increased ability to negotiate within patriarchal contexts
- **85%** produced policy papers or advocacy projects aligned with UNSCR 2250 principles
- **12** community-level peacebuilding initiatives launched by fellows
- **80%** demonstrated improved self-care and healing-centered approaches



Impact Story: One fellow from Quetta reflected: 'We cannot talk of peace while ignoring the structural violence in our own homes.' Another participant initiated a mobility campaign in Karachi, helping women reclaim safer access to public transport. A fellow from Swat who previously experienced burnout established a weekly 'chai circle' for survivors of violence, creating solidarity and joy amidst grief.

CLIMATE JUSTICE PLATFORMS: AWAMI DASTAAN & FLOATING VOICES

Program Overview: In 2025, Parindey launched two groundbreaking climate justice initiatives that center on indigenous knowledge and lived experience. Awami Dastaan uses participatory storytelling, oral histories, and arts to document the experiences of climate-affected communities. Floating Voices is a river-based climate justice initiative working with fisherfolk and water-dependent communities, conducting mobile dialogues on boats to honor indigenous wisdom and create policy recommendations from the ground up.

Awami Dastaan - Program Metrics:

- **2** storytelling workshops held in Sindh and online
- **45** youth participants engaged
- **12** story reels submitted, with top 3 reaching **5,000+** people online
- Physical showcase in Karachi with **100+** audience members

Impact Story: A 16-year-old girl from Sukkur created a video on her grandmother's story of migration and river rituals. Her family had never seen her perform publicly. After the showcase, her community invited her to lead a storytelling circle in her area, inspiring other girls to join the next Awami Dastaan cycle.

Floating Voices - Program Metrics:

- **2** floating dialogues conducted with fisherfolk communities along the Indus River
- **12** oral histories were documented from climate-displaced communities
- Multimedia story archive created, accessible to researchers and policymakers
- Testimonies informed **2** provincial climate adaptation strategies



EMERGENCY FLOOD RESPONSE & CLIMATE TRAUMA SUPPORT

Program Overview: When devastating floods hit Pakistan in 2025, Parindey responded immediately with a trauma-informed approach that recognized climate disasters are not just infrastructure crises; they are mental health emergencies. We mobilized \$5,000 USD in emergency funds and deployed trauma counselors alongside material relief efforts.

Impact & Outcomes:

- Supported **3** villages with emergency relief and psychosocial support
- Provided mental health first aid to **156** flood-affected individuals
- Distributed emergency supplies to **89** families
- Established ongoing trauma support groups in affected communities

PAKISTAN-AFGHANISTAN POLICY CONSULTATION

Program Overview: This consultation brought together grassroots peacebuilders from Pakistan and Afghanistan with global allies, including the EU and UN Women, to reimagine cross-border solidarity, amplify women's voices, and center community-led solutions in policy discussions. The consultation challenged traditional top-down peace processes by ensuring those most affected by conflict had decision-making power.

Impact & Outcomes:

- **32** grassroots peacebuilders participated in high-level policy discussions
- Developed **5** community-led policy recommendations adopted by international partners
- Facilitated dialogue between women peacebuilders and EU and UN Women representatives
- Created a framework for ongoing Pakistan-Afghanistan civil society collaboration

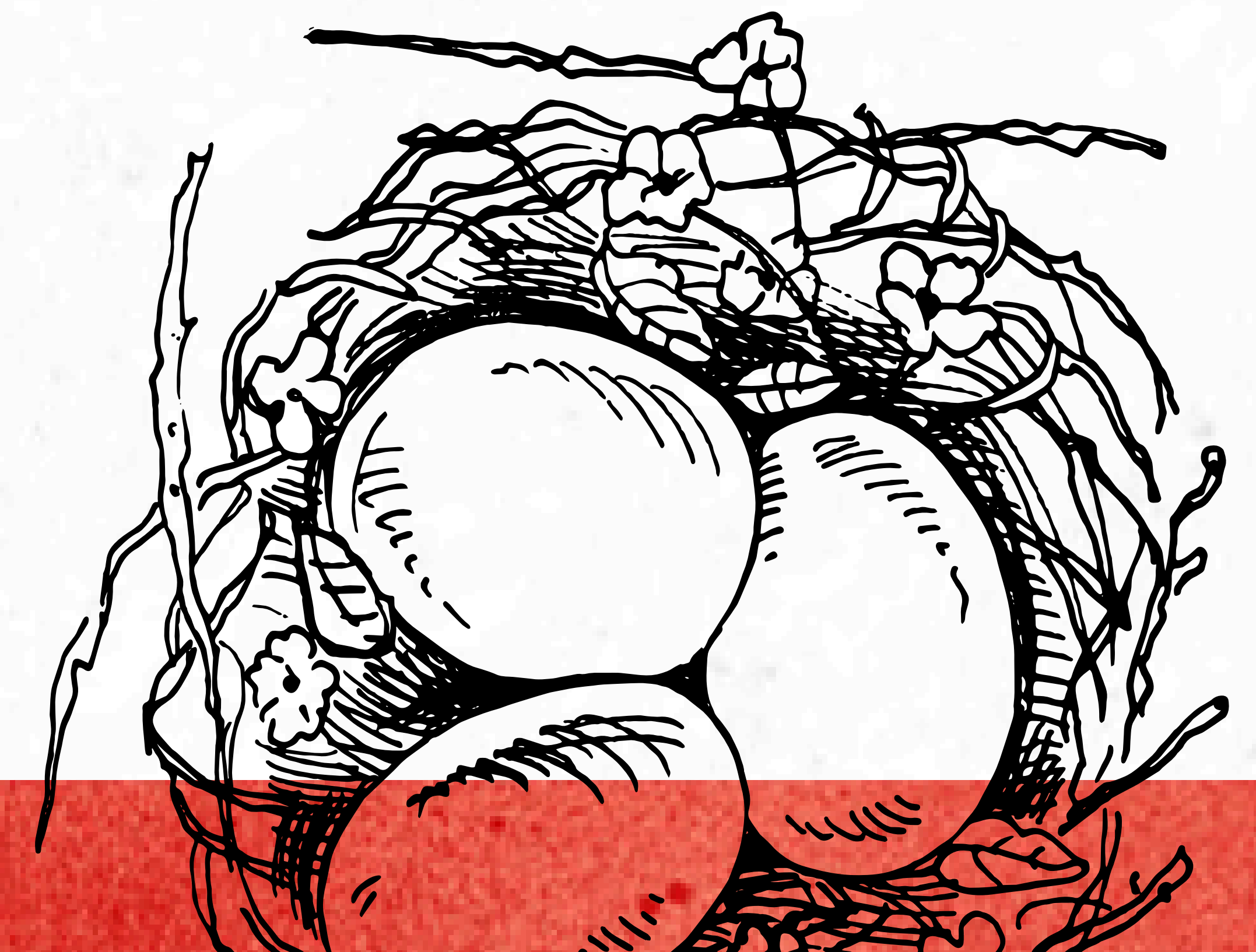
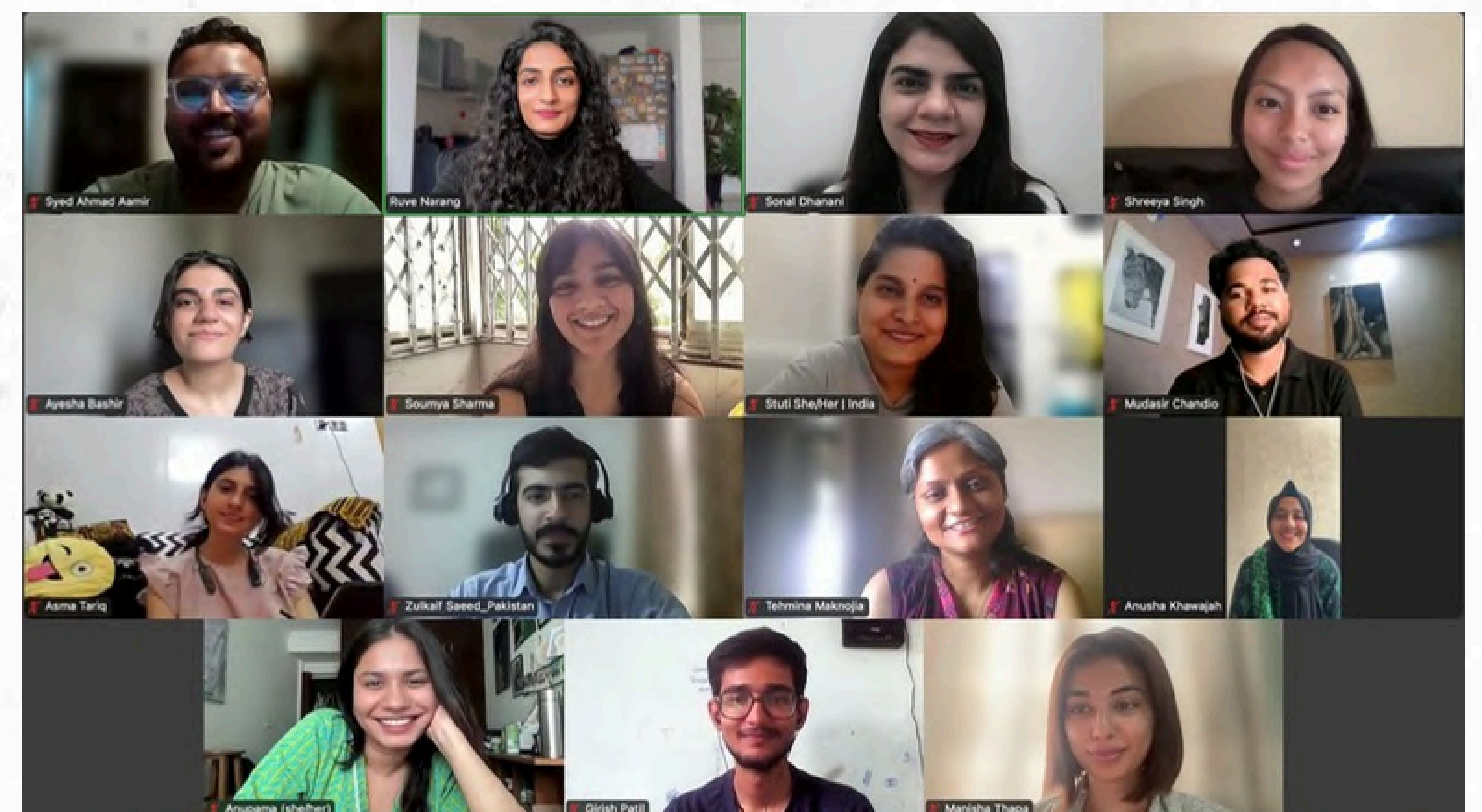


GROUND-UP CREATIVE FELLOWSHIP

Program Overview: The Ground-Up Creative Fellowship supports emerging artists, activists, and storytellers (ages 21-35) from **India, Nepal, and Pakistan** who use their practice for social cohesion and peacebuilding. This cross-border fellowship recognizes that art is not just decoration; it's a powerful tool for healing, dialogue, and resistance.

Impact & Outcomes:

- Supported cohort of emerging artists from 3 South Asian countries
- Facilitated 6 cross-border artistic collaborations addressing shared themes of displacement, identity, and belonging
- Built a lasting network of South Asian artists committed to peacebuilding





MEASURING OUR IMPACT

Parindey's impact extends far beyond numbers. While quantitative metrics demonstrate our reach, our true impact lies in the transformation of individuals and communities:

INDIVIDUAL TRANSFORMATION

- **Increased Leadership Confidence:** 85% of Jaari fellows reported a significant increase in their confidence to lead peacebuilding initiatives in their communities
- **Mental Health Awareness:** 92% of program participants demonstrated improved understanding of trauma and mental health stigma
- **Cross-Border Understanding:** 78% of Ground-Up fellows reported decreased prejudice towards people from neighboring countries

COMMUNITY-LEVEL CHANGE

- **Local Peacebuilding Initiatives:** Fellows launched 12 community-level initiatives addressing local conflicts and promoting social cohesion
- **Climate Trauma Recognition:** 3 flood-affected villages now have ongoing trauma support systems, breaking the silence around mental health in disaster response
- **Policy Influence:** Awami Dastaan and Floating Voices testimonies directly informed 2 provincial climate adaptation strategies

SYSTEMIC IMPACT

- **Shifting Peace Narratives:** Pakistan-Afghanistan consultation demonstrated the viability of women-led, community-centered peace processes to the EU and UN Women.
- **Corporate Culture Change:** 3 organizations implemented trauma-informed workplace policies following Parindey's corporate workshops
- **Regional Network Building:** Established lasting collaborations between peacebuilders across South Asia through Ground-Up Fellowship

"Peace isn't built in boardrooms alone. It's built in story circles on boats. In poetry shared across borders. In the quiet resilience of women who choose solidarity over silence."

HIGHLIGHT OF THE YEAR

OUR FOUNDER SONAL RECEIVES GENEVA HUMAN RIGHTS AWARD

In a moment of profound recognition, Parindey's Founder and CEO, Sonal, was honored with the prestigious 2025 Individual Award for Defending Freedom of Expression Online from the Geneva Centre for Human Rights and Dialogue.

This award celebrates Sonal's unwavering commitment to amplifying marginalized voices, challenging digital authoritarianism, and creating safe online and offline spaces for young people and women to speak truth to power. It recognizes over a decade of fearless advocacy at the intersection of human rights, digital rights, and peacebuilding across South Asia.



WHAT THIS AWARD MEANS FOR PARINDEY

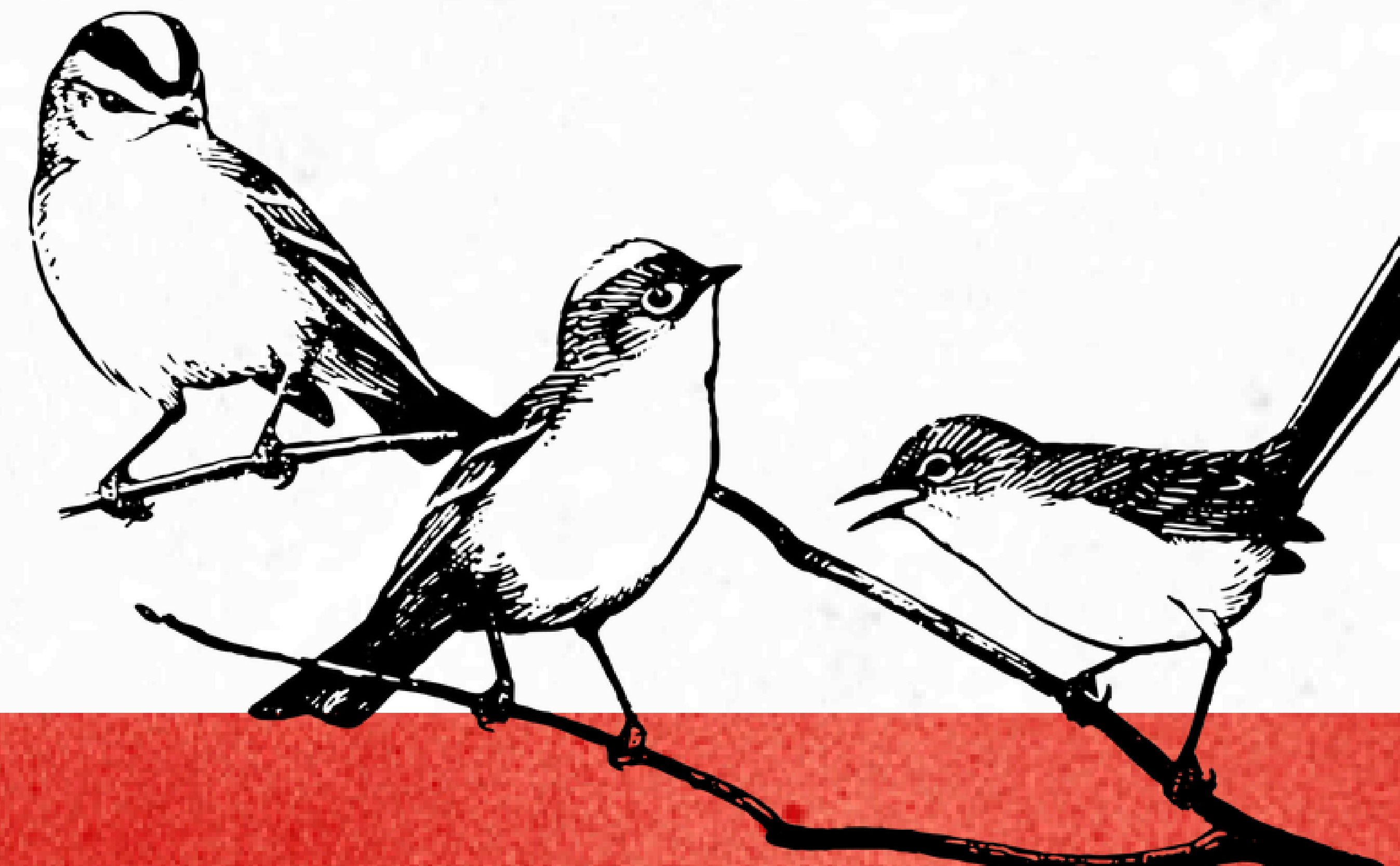
This recognition is not just a personal achievement; it belongs to every young person who found their voice through our programs, every woman peacebuilder who refused to be silenced, every community member who chose healing over hatred. It validates our belief that feminist, trauma-informed, arts-based approaches to peace and justice are not just effective, they are essential.

The award amplifies Parindey's mission on a global stage, opening doors for greater collaboration, visibility, and resources to deepen our impact. It reminds us that even in the face of rising authoritarianism and shrinking civic space, grassroots movements led by women and youth can—and do—shift power.

"This award is for every young person who dared to dream of a more just world, every woman who refused to accept violence as normal, and every community that chose dialogue over division. We are Parindey—and together, we build peace from the ground up." — Sonal.

LOOKING FORWARD

As we celebrate this milestone, we remain grounded in the work ahead. The award is not a destination but a renewed call to action. We carry it forward into 2026 with humility, accountability, and an unwavering commitment to the communities we serve. To every partner, ally, funder, and community member who has walked this journey with us: thank you. Your belief in our vision made this possible. Here's to building a future where human rights, dignity, and peace are not privileges but guarantees for all.



ACKNOWLEDGMENTS

This year's achievements would not have been possible without the unwavering support of our partners, funders, and community:

OUR PARTNERS

Roshni Publication, Mehrghar, HIVE Pakistan, Urgent Action Fund, Oak Tree Foundation, and Civicus.

OUR COMMUNITY

To the 19 Jaari fellows who trusted us with their stories and transformation. To the flood-affected communities who showed us the meaning of resilience. To the fisherfolk who shared their indigenous knowledge. To the Ground-Up fellows who believe art can change the world. To every volunteer, facilitator, and community organizer who showed up when it mattered.

OUR FUNDERS

Thank you to all individual donors, institutional funders, and emergency response contributors who believed in our vision of trauma-informed, arts-based, feminist peacebuilding. Your support literally saves lives and transforms communities.

"You are Parindey. Together, we are proving that feminist, trauma-informed, arts-based peacebuilding isn't just effective—it's essential."

GET INVOLVED

Join us in building peace from the ground up. Whether you're a potential fellow, partner organization, funder, or volunteer, there's a place for you in our movement.

Website: www.parindey.org.pk

Email: info@parindey.org.pk

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