

## **Empowering Women with disabilities: Islamabad hosts health and Support Event**

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Islamabad (Abdul Hadi Qureshi)

A prestigious event titled “Integration of MHPSS into the Sexual and Reproductive Health (SRH) of Young Girls and Women with Disabilities” was organized in Islamabad, focusing on women with disabilities. Participants from various walks of life, including medicine, human rights, law, journalism, and NGOs, addressed sensitive topics such as Mental Health and Psychosocial Support (MHPSS) and SRH, providing hands-on training throughout the day.

Professionals spent the entire day conducting training and capacity-building sessions. The event saw significant participation from men and women in diverse fields, highlighting a collaborative approach to supporting women with disabilities. Experts expressed their commitment to offering

free consultations and, in emergencies, deploying teams of doctors to treat women with disabilities nationwide.

Media professionals pledged to spotlight the issues faced by disabled women, ensuring these topics gain traction in television, newspapers, reports, dramas, and news. The legal community also promised full legal support.

Several disabled women shared their life stories, showcasing their resilience and perseverance in overcoming societal challenges. Among them was a blind woman pursuing a Ph.D. who remains determined to achieve her academic and professional goals.

The event was part of the Global U-Grade Exchange Programme (Pakistan), sponsored by the US State Department and funded by the US government. It was supported in its implementation by IREX.