



Nourishing Futures: Report 1

Prepared by Shehroze Ameen, Director Administration
NHSD

Summary:

Since March 6 2025, Network for Human and Social Development has been focused towards ensuring that the two villages of Rawalpindi - Dhoke Chowdrian and Maskeenabad Rawalpindi - are continuously provided for so that the students enrolled in schools in the area can continue their education.

This is an initiative which has been made successful through the donations generated on this platform, GlobalGiving.

These children are from very impoverished areas of Rawalpindi. Maskeenabad is an unincorporated village which is part of the Tehsil of Misrial in Rawalpindi - it is 25 kilometers away from the largest thoroughfare, and the local community does not have access to sustainable livelihood. For the 150 students enrolled in the school in Maskeenabad, Misrial, their parents are illiterate and unskilled depending on daily wages and as labourers.

The 150 students who are enrolled in our school in Dhoke Chowdrian. They are all not able to access sustainable livelihoods because they are illiterate and unskilled. In fact, the majority of them, children inclusive, have to work because they are not able to make ends meet.

Considering the fact that systems regarding child protection in Pakistan are under-funded, significantly under-staffed, and they do not account for the integration of children into schools which, as a result, causes these children to either become part of a mafia which exploits them as touts, or for begging, this is a cause of concern.

It is the poorest segments of society which are burdened the hardest as a result of living below the poverty line. This is also becoming a major cause of



concern because it was determined that these children, if not given an opportunity to gain an education, will not be able to integrate successfully in society.

Background:

As of 2025, Pakistan has 112 million school-going age youth - 47% of the population. However, out of 112 million, 26 million children are out-of-school.

Punjab, where our project is ongoing, has 50% of the population of school-going age youth. Out of the 26 million children who are out of school, 6.4 million are from Punjab and who have never attended schools.

This seems minor, until you realize that the highest absolute number (the number of children who are based in a specific province and those which include both those who have never attended school and those who are school drop outs) is 9.6 million... and this is of children who are from Punjab.

It is also compounded by the fact that Punjab has 50% of the youth population aged 5-16, and that Punjab has a literacy rate of 66.25% - a third of the population is completely illiterate.

These are based on the 2023 Census, as well as the recent Pakistan Demographic and Health Survey. These data also have a significant problem of excluding Afghan refugees - a population in which the children were born in Pakistan, and do not have any direct linkage with their country of origin. This is also a vulnerable population as these children are excluded on the basis of their parents identity.

By not having significant literacy, these children will not have access to skill certification, which means they can only work as informal labor. It is fine if you are an apprentice, but it also means that there are only fixed opportunities for these youth, and they are not allowed to grow - the minimum required education is a matriculation certificate without which they cannot enroll into



technical colleges, and there the fees are significantly higher than their paying capacity.

NHSD acknowledges the burden that is placed on their children, and strongly advocates for their health and well being. Furthermore, it also found that, in all circumstances, the primary burden that is borne by these families is rent, with food being a key reason for why these children are forced into begging and child labour.

Pakistan has a significant culture of community driven food ration distribution drives and also a focus towards providing children with an opportunity towards free education. Child Protection Drives have come to accept the reality that they must integrate children into society and the Punjab government has especially focused towards empowering “Literacy and non-formal basic education department” towards completing this goal. Sindh and Punjab have been significantly driven towards completing these goals as a fundamental reality that has to be fulfilled.

And NHSD is in agreement with them.

To save children as a duty

NHSD has been providing regular meals to children of two schools, one in Dhoke Chowdrian and one in Maskeenabad. These schools are providing education free of cost to these children. The school in Dhoke Chowdrian has also worked towards providing technical and vocational training to the students which has substantially ensured that these children have access to sustainable livelihood. This training has been appreciated by the parents and children.

With the provision of regular meals to children, parents were spared one expense, and it also ensured that the children would be healthier and can develop mentally, psychologically and physically. These meals were developed with the communities in mind to ensure that they will continue to engage with the school.



This is our small step towards increase literacy in Punjab, one small village at a time. And it was made possible because you, benevolent and generous donor, appreciated and supported these children and continued to provide your invaluable support.

Thank you..

Bibliography

Academic Research Articles

- Ali, M., De Muynck, A., Shahab, S., & Ujahima, H. (2004). Street children in Pakistan: A situational analysis of social conditions and nutritional status. *Social Science & Medicine*, 59(8), 1707-1717.
- Chaudhry, H., & Mohyuddin, A. (2014). Begging and human trafficking for sexual exploitation in Pakistan. *ResearchGate*. Preprint. https://www.researchgate.net/publication/260316504_Begging_and_Human_Trafficking_for_Sexual_Exploitation_in_Pakistan
- Granich, S., Jabeen, T., Omer, S., & Arshad, M. (2023). Addressing the issue of child sexual abuse in Pakistan: A conceptual analysis. *International Social Work*, 66(4), 812-825. <https://doi.org/10.1177/00208728211031955>
- Malik, I. A., Siraj, M., & Ahmad, Z. (2017). Child begging in Pakistan: A case study of Gujranwala. *Pakistan Journal of Social Sciences*, 37(2), 45-58. https://www.researchgate.net/publication/344387181_Child_Begging_in_Pakistan_A_Case_Study_of_Gujranwala
- Qureshi, S., & Malik, F. (2019). An analytical study of the nature and issues of beggars in Karachi. *Journal of Educational and Social Research*, 9(3), 95-108. https://www.researchgate.net/publication/342559845_An_Analytical_Study_Of_The_Nature_And_Issues_Of_Beggars_In_Karachi
- Ullah, K., Shah, R., & Ullah, I. (2024). Lived experiences of out-of-school children involved in begging and scavenging: A study of Khyber Pakhtunkhwa, Pakistan. *Vulnerable Children and Youth Studies*, 19(3), 434-453. <https://doi.org/10.1080/17450128.2024.2389376>
- University of Okara Research Team. (2021). An exploration of begging strategies of beggars. *Journal of Social Research*, 3(1), 1-10. https://www.researchgate.net/publication/357692936_AN_EXPLORATION_OF_BEGGING_STRATEGIES_OF_BEGGARS

Medical and Public Health Research

- Hyder, A. A., Malik, F. A., Bhutta, Z. A., & Rana, M. (2007). Violence against children: A challenge for public health in Pakistan. *Archives of Disease in Childhood*, 92(5), 421-427. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2753994/>
- Rahman, A., Mubbashar, M. H., Gater, R., & Goldberg, D. (1998). Randomised trial of impact of school mental-health programme in rural Rawalpindi, Pakistan. *The Lancet*, 352(9133), 1022-1025.
- Syed, E. U., Hussein, S. A., & Mahmud, S. (2007). Screening for emotional and behavioural problems amongst 5-11-year-old school children in Karachi, Pakistan. *Social Psychiatry and Psychiatric Epidemiology*, 42(5), 421-427.

Opinion and Analysis Pieces

- Editorial Board. (2021, October 12). Child beggars. *Dawn*. <https://www.dawn.com/news/1651561>
- Editorial Board. (2024, September 15). Child beggary. *Dawn*. <https://www.dawn.com/news/1859072>

News Reports and Press Coverage

- Correspondent. (2023, November 28). 20 beggars arrested in Rawalpindi. *Dawn*. <https://www.dawn.com/news/1793087/20-beggars-arrested-in-rawalpindi>
- Correspondent. (2025, February 1). Police arrest 87 beggars in Rawalpindi. *Dawn*. <https://www.dawn.com/news/1888928>
- Correspondent. (2025, February 7). Police arrest 293 beggars in a week during anti-beggary campaign. *The Nation*. <https://www.nation.com.pk/07-Feb-2025/police-arrest-293-beggars-in-a-week-during-anti-beggary-campaign>



Correspondent. (2025, February 2). Crackdown on beggars intensified. *The News*. <https://www.thenews.com.pk/print/1278922-crackdown-on-beggars-intensified>

Correspondent. (2024, March 11). Beggars flood Rawalpindi markets. *The Express Tribune*. <https://tribune.com.pk/story/2458980/beggars-flood-rawalpindi-markets>

Correspondent. (2024, May 6). Adiala Jail refuses to take in 'beggars'. *The Express Tribune*. <https://tribune.com.pk/story/2465347/adiala-jail-refuses-to-take-in-beggars>

Government and Administrative Sources

Child Protection & Welfare Bureau. (n.d.). Rawalpindi division overview. Punjab Government. <https://cpwb.punjab.gov.pk/rawalpindi>

District Government Rawalpindi. (n.d.). Administrative structure and services. Punjab Government. https://rawalpindi.punjab.gov.pk/district_government

ProPakistani. (2024, December 2). 5 new tehsils proposed in Rawalpindi division. <https://propakistani.pk/2024/12/02/5-new-tehsils-proposed-in-rawalpindi-division/>

Official Government of Pakistan Sources (Census)

Pakistan Bureau of Statistics. (2023). *7th Population and Housing Census - Detailed Results*. Government of Pakistan. <https://www.pbs.gov.pk/digital-census/detailed-results>

Pakistan Bureau of Statistics. (2024). *Announcement of Results of 7th Population and Housing Census-2023 'The Digital Census'*. Government of Pakistan. <https://www.pbs.gov.pk/content/announcement-results-7th-population-and-housing-census-2023-digital-census>

Pakistan Bureau of Statistics. (n.d.). *Population by 5 Year Age Group - Pakistan*. Government of Pakistan. <https://www.pbs.gov.pk/node/105>

Pakistan Bureau of Statistics. (n.d.). *Population Census*. Government of Pakistan. <https://www.pbs.gov.pk/content/population-census>

Government-Verified Analysis Sources (Census)

State of Children Pakistan. (2025, April 17). Insights from the 2023 Census Report - The state of children in Pakistan. *Analysis based on Pakistan Bureau of Statistics 2023 Census*. <https://stateofchildren.com/insights-from-the-2023-census-report/>









