‘Strengthening Human Rights Defenders & Peace Builders in the Conflict Zone’
Human rights as enshrined in our constitution are violated vehemently on the street, at home, in the work places, in the institutions and everywhere in Pakistan on daily basis. There are gross violations, ranging from imprisonment without trial and torture to child labor. Who is responsible for the violations and what should be done? Although human rights violations are frequently explained culturally in our context, the most effective solutions may be political and legal. The need to uphold the rule of law is inextricably linked to human rights.

The collection of these case studies is from four different areas like Swat, Peshawar, Charsadda and Khyber agencies. These are collected by PAIMAN's Human Rights defenders and Peace practitioners after extensively carrying out awareness regarding human rights violations in the above mentioned areas using different techniques including theater. They not only created awareness and sensitization but also helped finding remedies and solutions for those affected by such violations.

These case studies are an effort to share what type and forms of human rights violation exists in these areas and why. The collection spell out how human rights violation go unnoticed as these violation have become a part of the culture which is becoming more extremist, intolerant and radical with each passing day. Although there is a lack of awareness regarding these violations but those who dare to speak about it is silenced through different means and ways. The unfortunate part is that the law enforcing agencies, the custodian of human
rights themselves either lack knowledge regarding human rights or abuse and neglect human rights themselves many a times.

The case studies are the ground realities of the area where each one speaks of her/his own suffering and agony. It also talks about how PAIMAN's human rights defenders and peace practitioners helped these people in addressing these violations. It also reveals that given the awareness people of the area have the strength and courage to take actions against most of incidents of human rights violation.

At the end of the case studies FIRs are attached as annexure. It is a documented fact of the type and forms of human rights violations in these areas.

We believe that we have some very rich values that can be mustered to protect human rights. There is a justification for protecting such rights in our constitution, in our religion and in our traditions, wherever and whenever a person feels under duress. This means that the scope of human rights is potentially limitless, except in terms of balancing it with the rights of others.
Peshawar derives its name from a Sanskrit word 'Pushpapura', meaning the city of flowers. Peshawar is the provincial Capital of the KPK and is also the largest city in the Province.

The city district enjoys tremendous historical, military, economic and political importance. The total area of this district is 1,257 square km. According to 1998 census the total population of Peshawar is 2.019 million, (Male: 1,061,000, Female: 958,000). It is almost a fertile plain. The district is famous for producing both food and cash crops. The cultivated tracts consists of a rich, light and porous soil, composed of a pretty even mixture of clay and sand which is good for cultivation of wheat, sugarcane and tobacco.

Peshawar’s environment has suffered tremendously due to an ever increasing population. Peshawar is the provincial hub of political and economical activity, a rich culture and traditions. A city of Universities where modernity and extremism is manifested the way of living.

The rigid thoughts of the cultural influentials and male dominancy have lead to the violations of many human rights. Illiteracy, racial differences and unawareness towards the human rights are the factors adding fuel to fire.
Case Studies
Nabila Rehman was living alone in a house located at Dabgari area in Peshawar along with her 3 children and a nine year old maid servant. Nabila's husband was a banker who was posted at Kabul Afghanistan. For various chores and errands like buying groceries and depositing electricity bills etc, Nabila used to seek help from Faisal, who worked in her brother-in-law's shop situated outside her house.

One evening, when Nabila was not feeling well, she sent Faisal to fetch her some medicine, who got her the medicine later in the night when Nabila was sorting out her jewelry. Upon seeing the jewelry Faisal's eyes filled with greed. He asked Nabila for some water and as Nabila turned her back to fetch some water for him, Faisal at once pounced upon Nabila from behind and strangled her with her own shawl that she was wearing at the time. Nabila's four year old son, Shah Imam, who was around and was watching the incident, panicked and started crying. Faisal approached the child and first broke his ankles and then strangulated him as well. Nabila's little nine years old maid, Laiba, who was sleeping nearby also woke up with the noise. Faisal strangled her too. He then reached out to Nabila's six year old daughter, Fateeha, and started punching her on her face and broke her teeth and then broke her neck with his bare hands. Faisal then turned towards Nabila's two and a half year old son Sufyan and strangled him to death as well. Last but not the least, after committing this gruesome crime, Faisal tried to cover his brutality by attempting to put the house on fire by igniting the carpets in there. Fortunately, the fire did not spread as he expected but it did emit a lot of smoke that caught attention of the neighbors who came rushing to the house to see what had happened. By that time, Faisal had fled with gold worth 1200 grams, a lot of cash and Nabila's cell phone. An FIR was
registered after the post-mortem report of the bodies. Meanwhile, all theories and gossips regarding the gory incidence circulated in the area. It was said that Nabila had an illicit relations with someone and that she was killed by her secret lover over some internal dispute. 
Nabila's family was badly hurt by the incidence and her parents, in particular, felt completely devastated. They approached the Military Intelligence who agreed to help them. The MI undertook the investigation of the case. With assistance of PAIMAN Human Rights Activists (HRA's), and with support of the local police, Faisal was eventually tracked down through the victim's stolen cell-phone record. He was arrested with just Rs. 83000/- and only half of the stolen jewelry. The rest of items including cash been spent by him while some of the jewelry had been sold later, the goldsmith to whom the stolen jewelry was sold also got arrested. Both confessed to their respective crimes committed Cases were filed against Faisal and the goldsmith, and after two years of trial, they were pleaded guilty. Faisal was awarded death penalty by the court of law along with a fine of rupees five hundred thousand. The judgment was pronounced on 5th November, 2010 by the District and Sessions Judge Peshawar.

"Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbor... Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting." - *Mother Theresa*