



**NATIONAL COMMISSION
FOR HUMAN RIGHTS**

Impact Through Courage: 4 Years of Serving Pakistan

*Advancing human dignity through
protection, reform, and accountability*

2021 2025





2021
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1. Message from Chairperson

When the National Commission for Human Rights was revived in 2021, it emerged from a period of silence into a new era of purpose. These four years have been a journey of renewal: of reclaiming our mandate, strengthening our independence, and reaffirming that human dignity is not an aspiration but an obligation.

The Commission today stands as a credible, reform-oriented and independent voice within Pakistan's human-rights landscape. We have re-established transparent governance structures, strengthened internal accountability, and revived the trust of citizens through accessibility and responsiveness. We have forged partnerships across government, civil society, and the international community to translate rights into tangible protections.

Our work has taken us to every corner of the country, to prison cells and police stations, to brick-kiln worksites, to migrant communities abroad, and to homes where silence once substituted for justice. Each inquiry, inspection, and intervention has reminded us that the struggle for rights is not abstract; it is personal. It lives in the story of a fisherman finally returning home, a young woman released from forced servitude, a child freed from bonded labor, a migrant finding safe passage, and a survivor of torture who is no longer unheard.

Through our reports, we have sought to confront entrenched inequalities, expose systemic injustice, and advocate for policy reform. These publications have not only informed national dialogue but have become blueprints for reform in areas long neglected; bonded labor, custodial torture, minority rights, gender equality, and migration governance.

Yet, the real transformation lies beyond the pages of these reports. It is seen in the changing culture of accountability within state institutions; in the recognition of NCHR by global human-rights bodies; in the willingness of provincial departments to collaborate; and in the growing expectation among citizens that justice is possible. We have also widened the definition of rights to include mental health, safe work, sport, and dignity, ensuring that the language of rights speaks to every Pakistani.

This report tells the story of an institution that has not only rebuilt itself but has begun to rebuild public faith in the promise of justice. It is the story of a Commission that has moved from reaction to prevention, from isolation to partnership, from reporting to reform.


Rabiya Javeri Agha

Chairperson, National Commission for Human Rights (Pakistan)

2.NCHR MEMBERS



MEMBER/COMMISSIONER KPK

Tariq Javed



MEMBER/COMMISSIONER
BALOCHISTAN

Farkhanda Aurangzeb



MEMBER/COMMISSIONER PUNJAB

Nadeem Ashraf



MEMBER/COMMISSIONER SINDH

Anis Haroon



MEMBER/COMMISSIONER
MINORITY

Manzoor Masih

3. About the Commission

The National Commission for Human Rights (NCHR) is an independent statutory body established under the National Commission for Human Rights Act, 2012 (Act XVI of 2012). The Act entrusts the Commission with a broad and comprehensive mandate to promote and protect human rights in accordance with the Constitution of Pakistan, relevant domestic legislation, and the country's ratified international human rights treaties.

The NCHR holds A-status accreditation from the Global Alliance of National Human Rights Institutions (GANHRI)—a United Nations-affiliated body—signifying its full compliance with the Paris Principles relating to the status and functioning of national human rights institutions. As Pakistan's principal national human rights body, the Commission is mandated not only to investigate human rights violations and facilitate redress for victims, but also to review existing and proposed laws, policies, and administrative practices from a human rights perspective, and to make recommendations for their alignment with constitutional and international standards.

4.

Mission

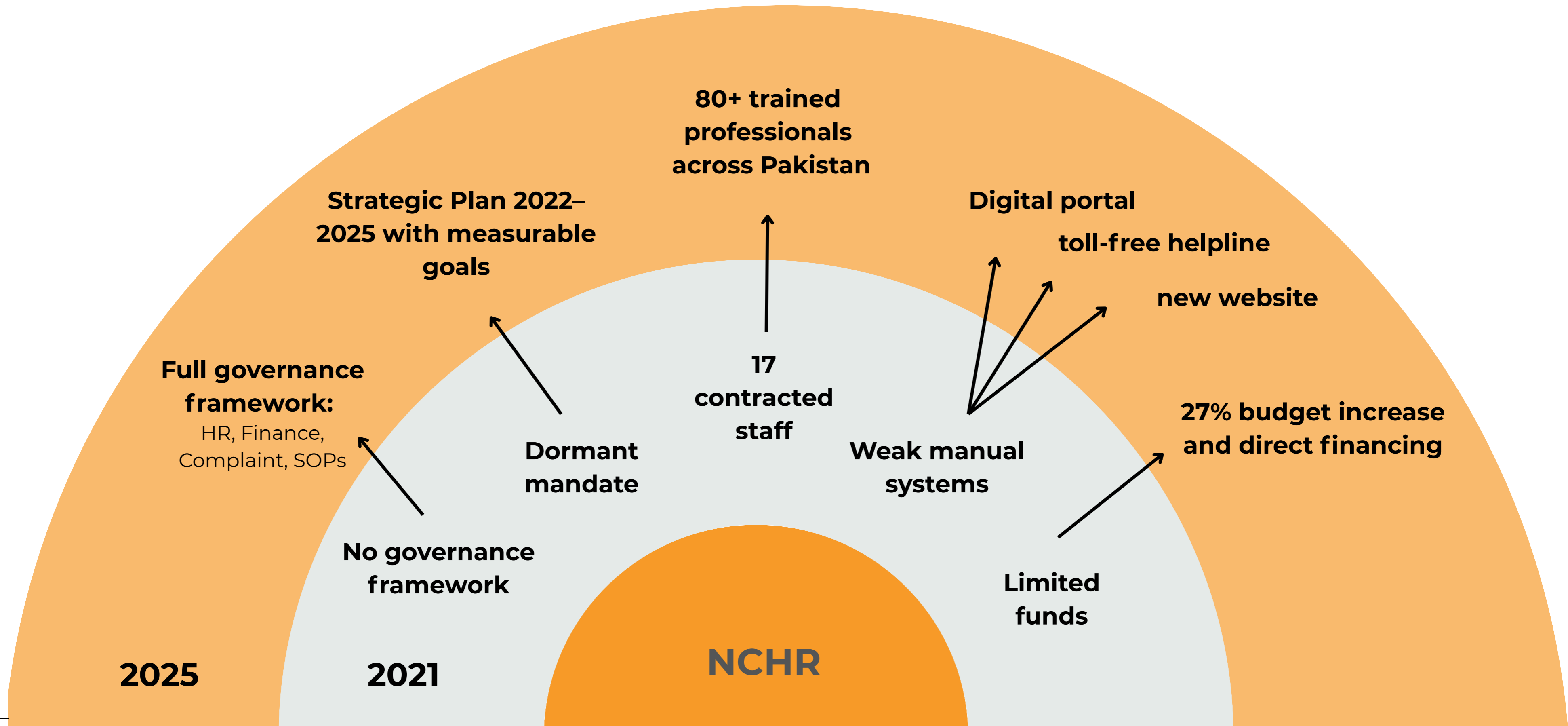
To monitor, observe, directly investigate, raise awareness, inquire into complaints, and make recommendations pertaining to human rights issues across Pakistan. The National Commission for Human Rights (NCHR) is committed to fulfilling its mandate of promoting the human rights of all persons with a focus on the most vulnerable and marginalised sections of society.



Vision

To see a progressive Pakistan where the human rights of all genders, faiths, races, and ethnicities are respected and celebrated.

5. The Institutional Transformation of NCHR 2021-2025



Through the following interventions, NCHR moves from mandate to impact; resolving grievances, improving state responses, and shaping long-term human rights protections.

INTERVENTION 1

Protection and Redressal

- A. Complaints & Access to Justice
- B. Investigations & Suo Motu Actions
- C. Detention Oversight
- D. Custodial Torture
- E. Juvenile Justice

INTERVENTION 2

Legislation, Reform and Engagement

- F. Legislative Development & Reform
- G. Research & Evidence-Based Advocacy
- H. Awareness, Education and Empowerment
- I. National & Global Engagement



NCHR MANDATE

Complaints & Access to Justice





1968

complaint backlog from
previous commission



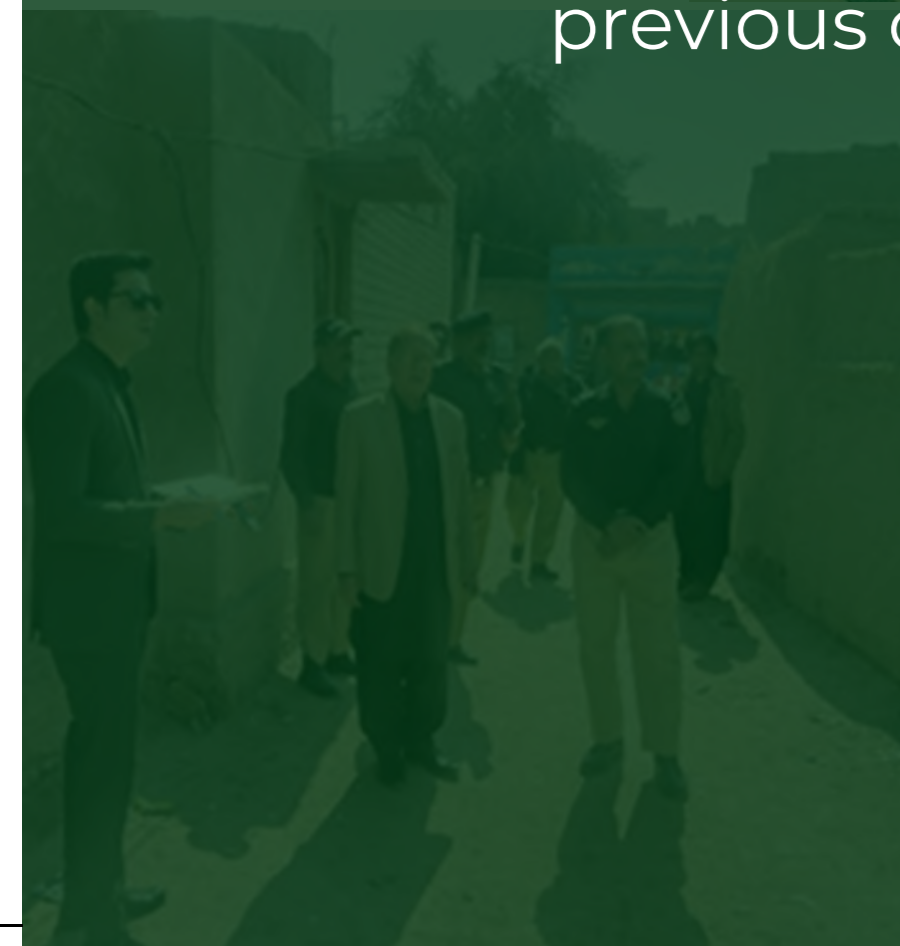
4772

complaints received by
current commission



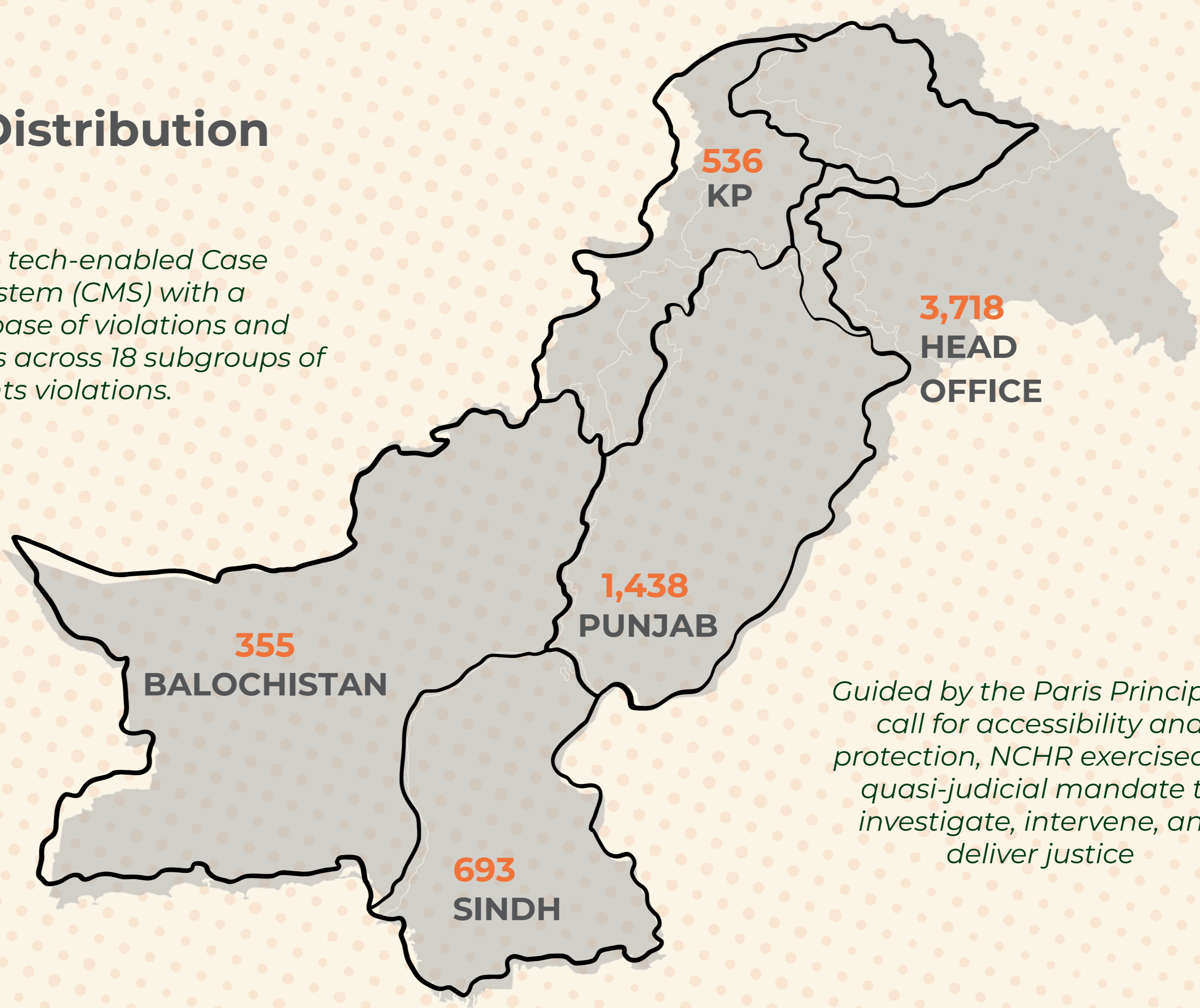
6700+

total complaints
resolved



Complaint Distribution 2021-2025

NCHR maintains a tech-enabled Case Management System (CMS) with a computerized database of violations and categorizes complaints across 18 subgroups of human rights violations.



Guided by the Paris Principles' call for accessibility and protection, NCHR exercised its quasi-judicial mandate to investigate, intervene, and deliver justice

From Complaints to Redress

Individual cases highlight systemic failures and NCHR uses them to drive policy change, institutional reform, and nationwide protections.



Pakistan's **First** Marriage Rights Helpline

An individual complaint on marriage rights triggered an NCHR inquiry, identified systemic failures and paved the way for the toll-free helpline '1413' for the protection of women's marriage rights



First Complaint Cell for Women Journalists

An individual cyber-harassment complaint prompted NCHR, in collaboration with the Digital Rights Foundation (DRF) and the Centre for Excellence in Journalism (CEJ), to launch a dedicated complaint cell for women journalists to address human rights issues and online targeting



Minority Quota Enforcement

across 8+ government hospitals
and 42+ government universities

A complaint on discriminatory hiring practices initiated a comprehensive campaign that resulted in broad compliance across public institutions



650

Indian fishermen repatriated

A complaint on the prolonged incarceration of foreign nationals led NCHR to launch a sustained repatriation campaign



622

Sanitation workers regularised

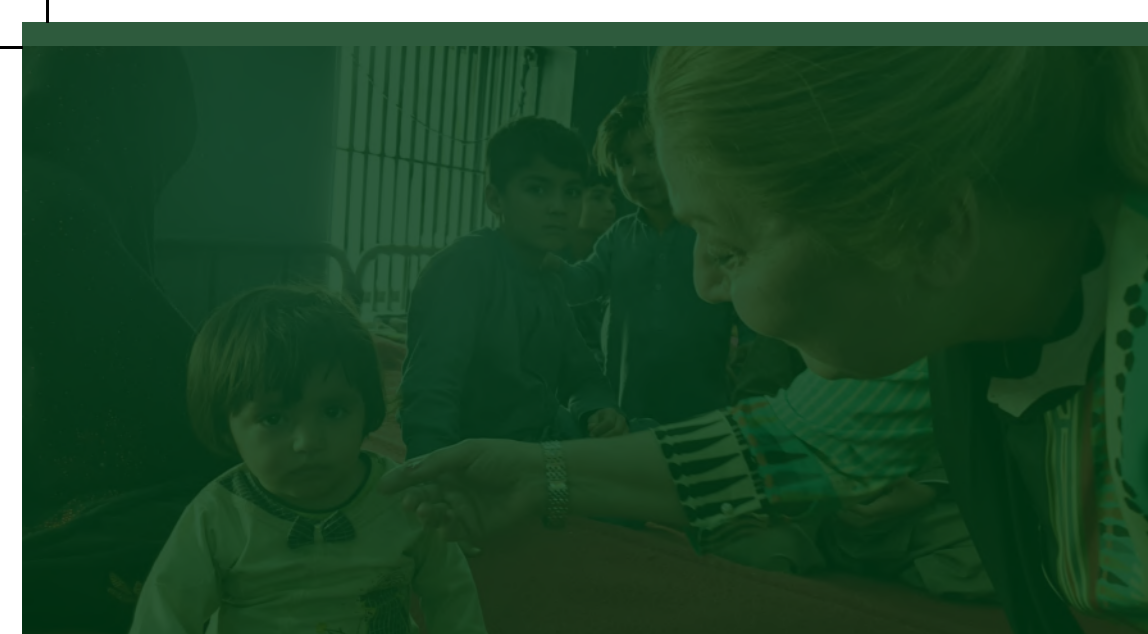
A complaint highlighting the precarious status of sanitation workers triggered NCHR's intervention, culminating in their formal regularisation



NCHR MANDATE

Investigations & Suo Moto Actions





14

Forced Conversion Recoveries

813

Suo Motu Cases

09

Girls Rescued from Rehabs



Landmark *Suo motos*: **Lynching Case**



NCHR took suo motu notice of the brutal mob lynching of Sri Lankan national Priyantha Kumara in Sialkot over blasphemy allegations. The Commission's monitoring and liaison with police and the Sri Lankan High Commission led to 87 convictions within three months, marking one of Pakistan's fastest justice outcomes for a mob violence case.

Landmark *Suo motos*: **Sexual Assault Case**

NCHR requested to become a party to the infamous Usman Mirza sexual assault case, and submitted recommendations to strengthen witness protection and prosecutorial reforms in Islamabad courts. The Commission's engagement contributed to life imprisonment sentences for the main accused.



Landmark Suo motos: **Jaranwala**



First organization to visit the affected families in Jaranwala within 10 hours. NCHR's open letter to the Prime Minister prompted a high-level inquiry and multi-stakeholder dialogue on religious harmony. The Commission held a town hall in Jaranwala to foster interfaith unity, leading to compensation for victims, reactivation of peace committees, and massive reconstruction by the provincial government.

Landmark Suo motos: **Ahmadiyya Community**

NCHR wrote to the government to demand swift action against the religious prosecution and violence against the Ahmadiyya community. The Commission also emphasized the government to prevent attacks on places of worship and ensuring due process of the law. The Commission also intervened in cases where students had been expelled due to their faith and facilitated their readmission.





CASE STUDY:

The Plight of Sanitation Workers

All across Pakistan, sanitation workers descend into manholes, unblock drains and carry out the essential, yet invisible, work that keeps our cities clean. Hidden within this service, however, lies a stark reality: catastrophic hazards, negligible protective equipment, informal contracts, and a profession steeped in stigma.



When NCHR took special notice of sanitation-worker deaths, including the tragic losses of workers in Karachi and Faisalabad in March 2024, it did more than document the incident.

The Commission invoked its mandate under Section 9 of the NCHR Act to initiate a suo motu inquiry, bringing spotlight and accountability to a sector long neglected.

IMPACT

Removal and ban on discriminatory job advertisements by Government.

Introduction of Standard Operating Procedures (SOPs) in Punjab for safe sewer-entry and worker protection.

Elevated sanitation-work hazards from “menial duty” to human rights priority, linking occupational safety, discrimination and dignity of work.

Published Fact Finding Report

Filed a constitutional petition in the Supreme Court seeking to phase out manual sewer cleaning and institutionalise health and safety regulation for sanitation workers.

Dawn
July 21, 2021

DISTRICT POPULATION WELFARE OFFICE KARACHI (SOUTH)
GOVERNMENT OF SINDH
House No. B2, Block 6, Administrative Co-operative Housing Society
Near Baloch Colony, Karachi (South) Phone: 021-9933092

Applications are invited from suitable candidates having domicile of District Karachi (South) for appointment against the following posts from BPS-1 to BPS-4.

S. #	Name of Post	BPS	Minimum Qualification / Experience	Age	No. of Post	Name of Town	Name of UC
01	Driver	04	LTV/HTV Driving License, Middle with five years driving experience	25-35	06	Karachi (South)	DHQ
02	Chowkidar	01/02	Preferably Literate	18-40	11	Jamshad Saddar Saddar Saddar Saddar Jamshad Jamshad	PECHS Jut Line Ranchore Line Pakistan Oms Saddar SE 551 Jahangir Road Baloch Colony
03	Aya / Helper (Only Women are eligible)	01/02	Preferably Literate	18-40	20	Saddar Saddar Saddar Saddar Saddar Jamshad Clifton Lyan Saddar Saddar 2 PECHS Saddar Clifton	Jut Line Ranchore Line Pakistan Oms Saddar SE 551 Jahangir Road Baloch Colony Khadda Market 602 Cantt Area Ghazdarabad Manzoor Colony Junejo Town Akhbar Colony
04	Sweeper (Only non-Muslims are eligible)	01/02	Preferably Literate	18-40	01	Karachi (South)	DHQ
05	Sanitress (Only non-Muslims are eligible)	01/02	Preferably Literate	18-40	02	Karachi (South)	DHQ
TOTAL						40	

Terms & Conditions

- Preference will be given to those applicants who are residents of respective UCs / nearby service delivery points / offices.
- Department reserves the right to increase or decrease the number of vacancies.
- Candidates must apply as per their qualification & experience.
- Applicants who are already in government service must apply through proper channel.
- 5% quota for minority, 5% for differently abled Quota & 15% for women quota would apply, where applicable.
- Incomplete application would not be entertained.
- Applications received after due date would not also be entertained.
- Only eligible candidates would be called for interview.
- No TADA will be admissible to candidates appearing for test / interview.
- Relaxation in upper age limit is allowed as per Government of Sindh policy.
- Application must be accompanied with two recent passport size photographs and attested photocopies of all relevant certificates, Domicile, PRC etc.
- Candidate must write name of post applied for on the envelope.
- Application must reach District Population Welfare Office, Karachi (South), House No. B/2, Block-6 Administrative Co-operative Housing Society, near Baloch Colony, Karachi within 15 days of publication of this advertisement.

District Population Welfare Officer
Karachi (South)
Ph: 021-34556163 / 34556162

INF-KPTV No. 300221 Say No to Corruption


INQUIRY REPORT
**RISKS OF
SANITATION WORK
IN PAKISTAN**
National Commission for Human Rights, Pakistan




UNEQUAL CITIZENS
ENDING SYSTEMIC DISCRIMINATION
AGAINST MINORITIES
NCHR FACT FINDING REPORT

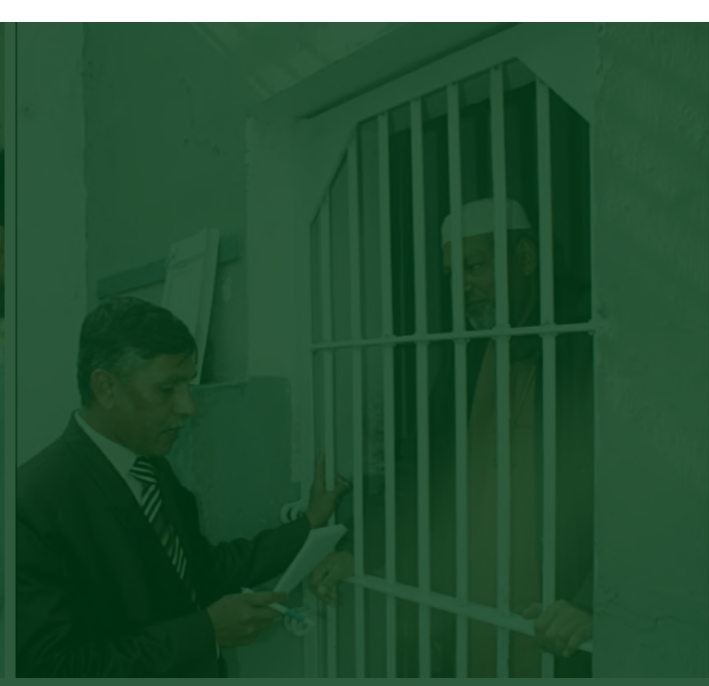
Photo Credit: Ahsan Arsool



NCHR MANDATE

Detention Oversight





198

Prison inspections



49

Officials disciplined for violating prisoners' rights



300+

Juveniles released





National Prison Reform Action Plan (2025)

NCHR developed draft National Prison Reform Action Plan for CJP.

This Action Plan is now being considered by the National Judicial (Policy Making) Committee (NJPMC)

CASE STUDY:

From Custody to Clemency

NCHR, along with Justice Project Pakistan (JPP), intervened on behalf of **Abdul Basit**, a paraplegic death-row prisoner who spent over 16 years in incarceration under inhuman conditions. The Commission raised the case with the Government and sought a presidential reprieve under Article 45 of the Constitution.



IMPACT



Highlighted Pakistan's obligations under the CRPD, CAT, and ICCPR.

Prompted the Government to review policies on execution of prisoners with disabilities.

Contributed to his release in October, 2025.

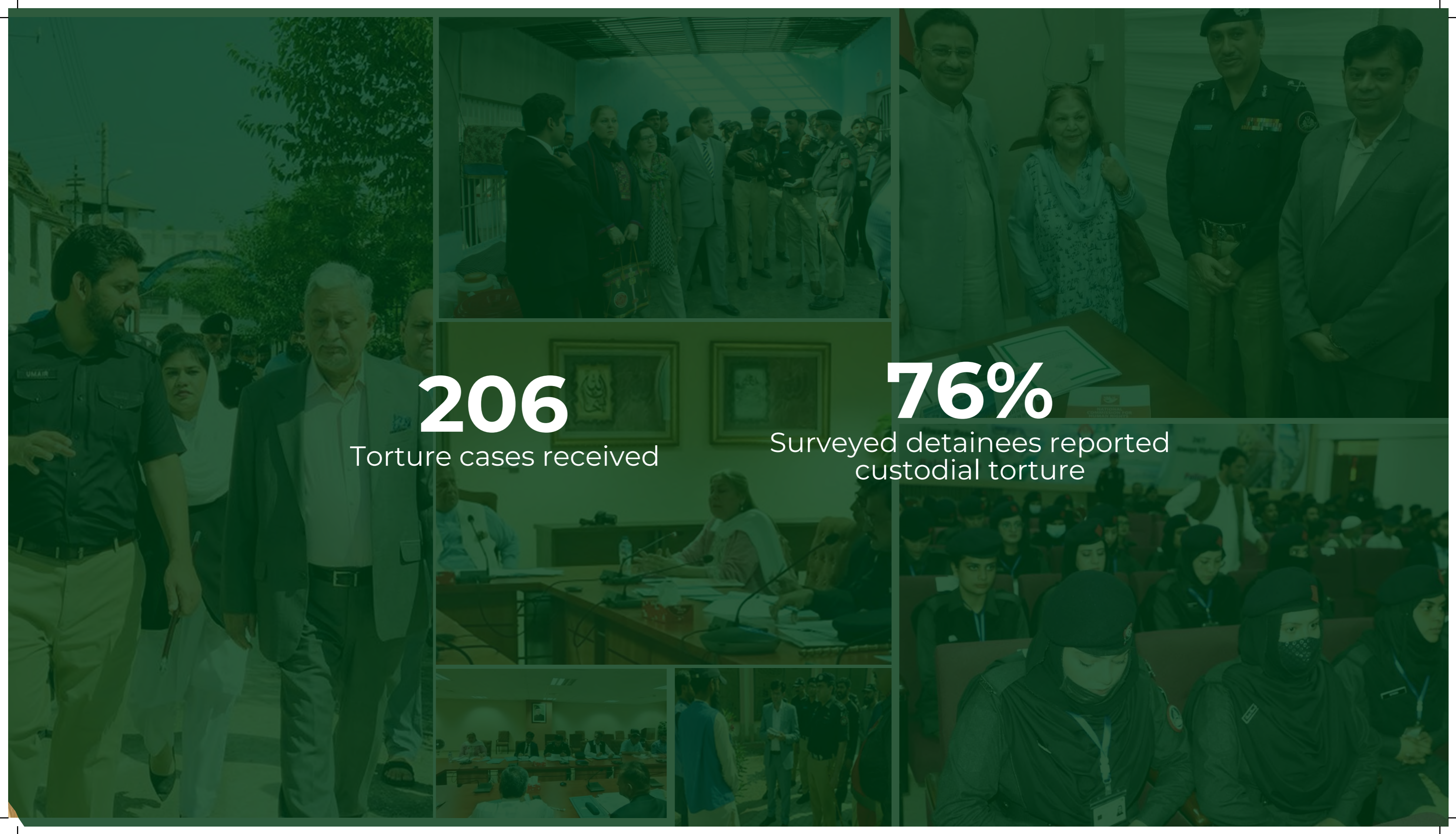
Once ranked among the countries with the highest execution rates, Pakistan has carried out zero executions since its informal moratorium in 2019; compared to 508 between 2015 and 2019



NCHR MANDATE

Custodial Torture





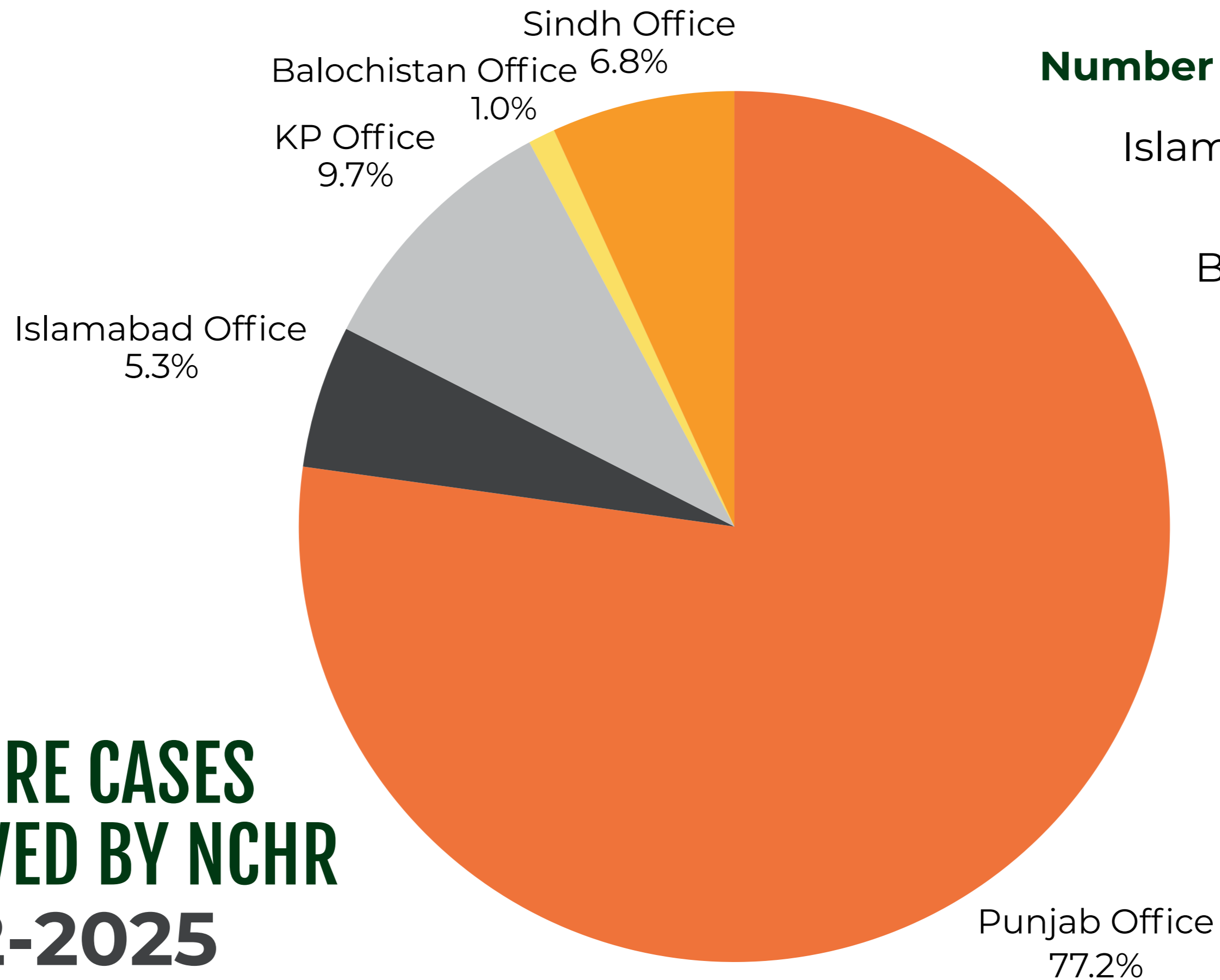
206

Torture cases received

76%

Surveyed detainees reported
custodial torture

TORTURE CASES RECEIVED BY NCHR 2022-2025



Number of Cases by Region:

Islamabad Head Office: **11**
Punjab Office: **159**
Sindh Office: **14**
Balochistan Office: **02**
KP Office: **20**
Total: **206**



CASE STUDY:

Trapped and Tortured

Following complaints by **Imtiaz Bibi** against officials at Adiala jail for torture of her son Shahbaz Hussain, the Chief Justice of the Islamabad High Court tasked NCHR to conduct an independent inquiry.

The Commission's detailed report exposed systemic torture, inhuman treatment, and entrenched impunity within the prison system.

“The findings of the Commission are indeed shocking and disturbing. The inquiry report has confirmed that the phenomenon of custodial torture is an established culture within jail...”

Excerpt from the Judgment



IMPACT



- **Human Rights Courts** notified across jurisdictions.
- **Oversight Committee on Torture** constituted with NCHR, HRCP, JPP and forensic experts.
- **Passage of the Torture and Custodial Death (Prevention & Punishment) Act 2022.**
- Custodial Torture **Training Modules** in police curricula.
- Comprehensive **overhaul of prison staff** at Adiala and allied facilities.
- **49 officials disciplined** (7 dismissed, 4 suspended, 38 transferred)
- Ministry of Human Right's **Commission on Prison Reform revived**, with NCHR's findings forming its baseline.
- The Commission convened **meetings on the development of Torture Rules**, following which focal persons on torture were formally notified by the FIA, police, and NCHR.



NCHR MANDATE

Juvenile Justice





90
Surveys conducted

100+
Visits to Juvenile Detention
Centers



A black and white photograph of two young boys standing on a beach. The boy on the left is shirtless and smiling broadly. The boy on the right is wearing a checkered button-down shirt and has his arm around the first boy's shoulder. The background shows a sandy beach and a line of trees under a clear sky.

300+

juveniles released through
NCHR's pro bono legal aid



First

Juvenile Justice Committees

notified in Islamabad

NCHR's report on detention of juveniles led the Chief Justice to order immediate enforcement of the Juvenile Justice System Act 2018 and the establishment of Juvenile Justice Committees to operationalise 'Diversion', steering children away from prison while maintaining accountability.



NCHR MANDATE

Legislative Development & Reform





19

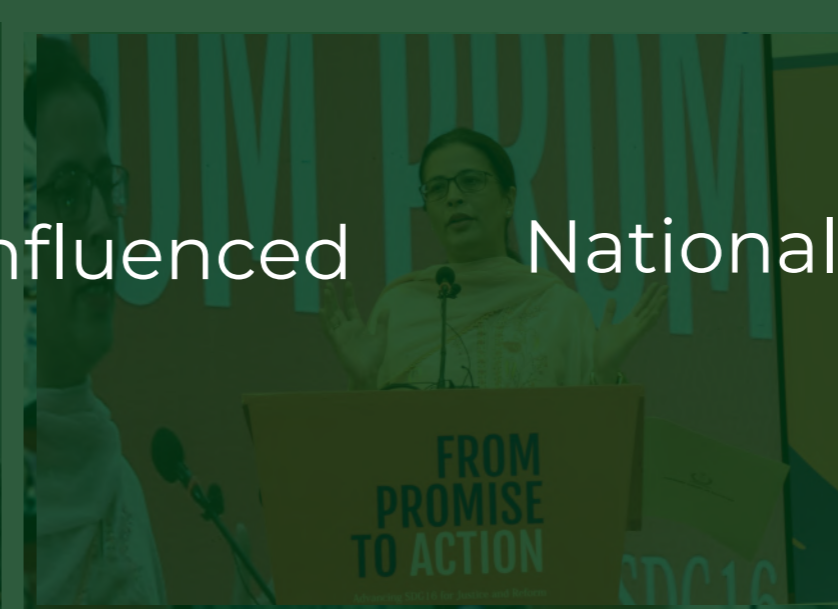
Laws lobbied for

21

Policies drafted/influenced

1

National Conference



Enacted / Passed

Fulfilling its advisory role under the Paris Principles, NCHR lobbied for national legislation that aligns Pakistan’s laws with its constitutional guarantees and international human rights commitments.

YEAR	TITLE	NCHR ROLE
2022	Torture and Custodial Death (Prevention & Punishment) Act 2022	Drafted, lobbied, and provided technical input; later developed Rules under the Act
2022	Decriminalisation of Suicide (Criminal Laws Amendment Act)	Advocated through policy brief on mental health and engagement with MoLJ
2021-2022	Balochistan Child Marriage Restraint Act 2021	Technical review and support
2022	Balochistan Domestic Violence Act	Advocacy for implementation and awareness
2022	Human Rights Courts Notification	NCHR recommended and facilitated provincial adoption
2022	Juvenile Justice System Act (JJSA), 2018	NCHR’s inquiry which led to notification of Juvenile Justice Committees in Islamabad under Section 10
2025	Punjab Hindu Marriage Registration Act	Achieved notification of Marriage Registration Rules through persistent advocacy

Under Review / Lobbied For

YEAR	TITLE	NCHR ROLE
2022	Federal Mental Health Bill (revision of 2001 Ordinance)	Drafted updated version
2023	Forced Conversion Draft Bill	Lobbied for enactment at federal and provincial levels
2023	Child Domestic Labour Bill (Federal)	Drafted and shared with MoHR
2023-24	KP Child Marriage Bill	Draft vetted, sent to CII for approval
2023-24	Punjab Hindu Marriage Registration Rules	Vetted and advocated for approval
2023-24	Punjab Protection of Rights of Transgender Persons Bill	Advised Punjab Assembly; aligned with Transgender Persons Act 2018
2024-25	Kalash Marriage Bill (KP)	Reviewed and recommended by NCHR Member KP
2023-25	Balochistan Women Protection Bill	Policy guidance and consultation

YEAR	TITLE	NCHR ROLE
2023	Transgender Persons (Protection of Rights) Act, 2018	Reviewed and sent recommendations to ensure enforcement
2024-25	Home-Based Workers Bill	Supported provincial enactment in Sindh and KP
2024-25	Prison Reform Action Plan	Drafted for the Chief Justice of Pakistan and submitted to MoLJ
2024-25	Gender Inclusion Strategy on Digital Rights (for PTA)	Authored by NCHR under digital inclusion workstream

Policies and Frameworks Influenced

YEAR	FRAMEWORK/POLICY	Partner/Scope
2022	Mental Health Policy Brief	Presidential Task Force; contributed to suicide decriminalisation
2022-23	Access to Environmental Justice & BHR Report → Policy Roadmap	Fed into MoCC Climate Policy Review
2023	Legislation against Domestic Violence (federal)	Published report and lobbied for federal law
2023	Child Labour and Domestic Labour Bills	Reviewed and recommended criminalisation frameworks
2023-24	GSP+ Implementation Plan for MoC	Drafted to align trade and human rights commitments
2023-24	Rules under the Torture and Custodial Death Act	Submitted to MoI
2024	Christian Marriage Act Amendment, 2024	Consulted and reviewed age-of-marriage reforms
2023-2024	Human Rights Defenders Protection Policy	Launched nationally in 2024

YEAR	FRAMEWORK/POLICY	Partner/Scope
2023	Women's Marriage Rights	Discussed in working group meetings of 'Inter-Provincial Working Group on Protecting Women's Marriage Rights'
2024	Protection of Ahmadiyya Community	NCHR has sent recommendations to the government to address issues like violence against the community
2025	Bonded Labour	Submitted to MoHR, Provincial Governments
2025	Provincial Child Labour Elimination Action Plans	Drafted for Punjab and Sindh
2025	Minority Quota Implementation in Public Hospitals	Monitored and implemented across 8 major health institutions
2025	National Prison Reform Action Plan (2025)	Included NCHR as a core contributor following NJPMC directives.
2025	National Action Framework on Justice Reform	NCHR held a national conference to identify gaps and coordinate reforms across Pakistan's justice process from the point of incident to redress and rehabilitation.
2025	Gender analysis of the Prevention of Electronic Crimes Act (PECA)	Identified gender gaps and proposed reforms for a more rights-based and inclusive digital legal framework

YEAR	FRAMEWORK/POLICY	Partner/Scope
2024-25	Dar-ul-Aman Reform Framework (Shelters)	Submitted to MoHR; piloted by Sindh Government
2024	Children on the Move	Published a technical note
2024-25	Policy on Protecting Rights of Foreign Nationals in Prisons	Drafted for MoHR and Foreign Office
2025	National Minority Quota Enforcement Framework	Developed to standardize recruitment in public institutions
2025	Forced Conversion through Marriage	Drafted a report with LAS, advocated for the enactment of comprehensive anti-forced conversion laws

CASE STUDY:

From Promise to Action: Strengthening Pakistan's Criminal Justice System

NCHR's national conference, April 2025, convened senior judges, law-enforcement officials, prison authorities, government representatives, academics, and civil-society leaders.

The goal was to identify gaps and coordinate reforms across Pakistan's justice process from the point of incident to redress and rehabilitation.





Three Foundational Pillars

Law-Enforcement Agencies

improving investigation standards, curbing custodial abuse, and ensuring accountability.

Judicial System

promoting access, efficiency, and rights-based adjudication.

Penal System

reforming prisons, improving rehabilitation and reintegration, and institutionalising data systems.

Impact

- Six briefing papers (LEAs, Judiciary, Prisons with focus on minorities, gender, juveniles) Preliminary outcomes document
- Detailed outcomes + action plan
- Clear political commitment by the Federal Minister for Law and Justice and Human Rights to integrate recommendations
- Marked a collective turn toward practical, sustained justice reform
- Set a foundation for SDG 16.3 work that is grounded in communities rather than institutions alone



CASE STUDY:

Fishermen & Invisible Lines

For decades, the Arabian Sea has quietly witnessed one of South Asia's most human tragedies. Along its unmarked waters, fishermen from both Pakistan and India sail daily, unaware of where survival ends and sovereignty begins. When these men drift unknowingly across invisible maritime boundaries, their freedom becomes collateral to politics.



The Fishermen Who Crossed an Invisible Line

What began as a small inquiry into missing fishermen grew into a sustained campaign for the release and repatriation of those wrongfully imprisoned on both sides of the border.

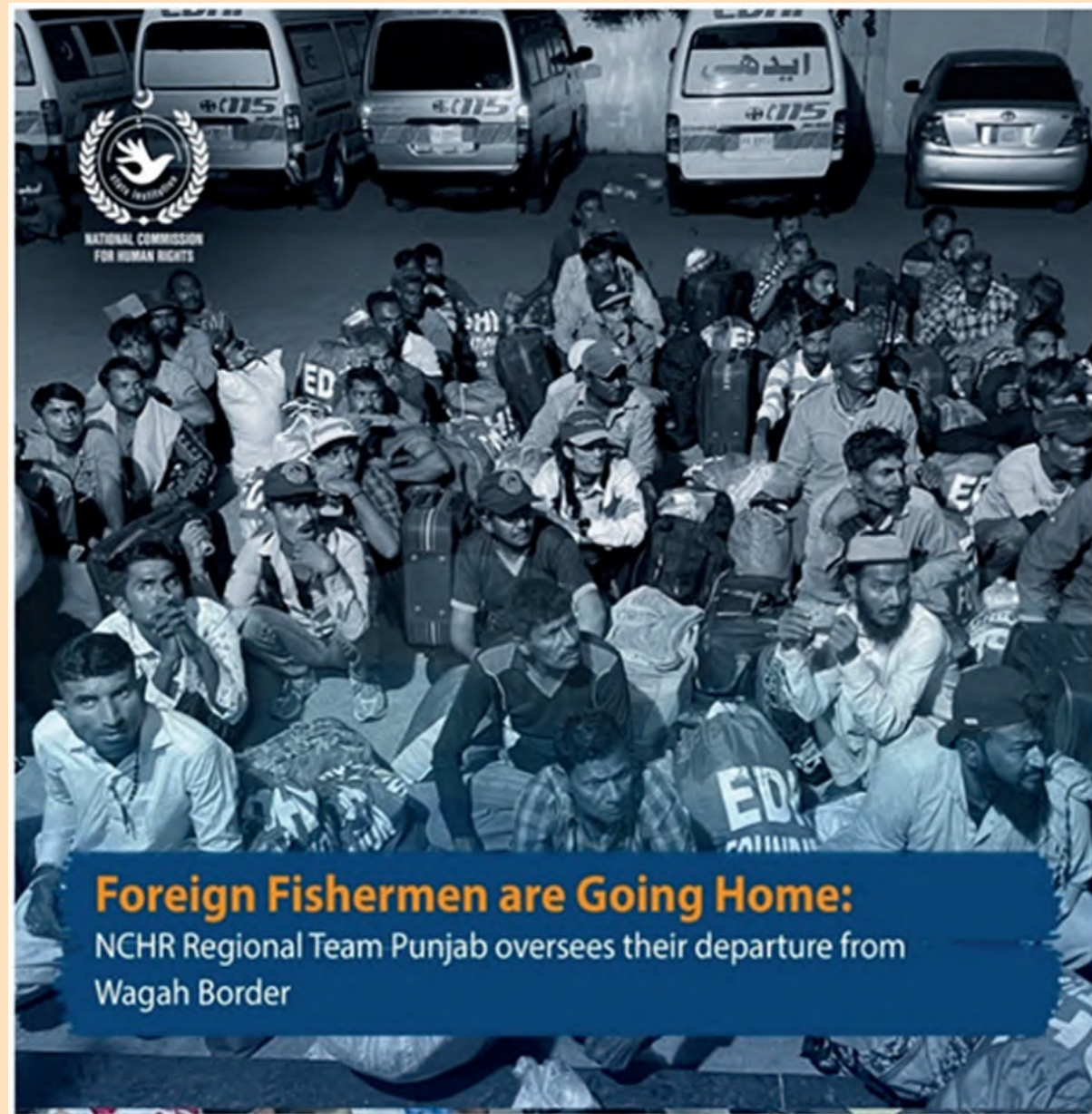
The Commission conducted prison visits, verified detainee lists, and advocated for expedited consular access and humane treatment.

In 2023, this advocacy bore fruit. Over 650 Indian fishermen were released from Pakistani prisons, reuniting with their families after years of separation.

Setting aside the traditional reciprocal arrangement with India, Pakistan made a unilateral humanitarian gesture by repatriating the fishermen.



IMPACT



- 653 Indian fishermen repatriated (2023–24) under NCHR advocacy and policy coordination
- 22 additional releases facilitated and monitored, with support from LAS and fishermen forums, in February 2025
- Inter-agency collaboration strengthened between NCHR, LAS, MoFA, MoI, and JPP for tracking and humane detention of cross-border fishermen.
- Policy brief on foreign prisoners' rights developed and shared with relevant ministries. This policy brief was acknowledged globally
- Advocacy ripple effect: cross-border humanitarian engagement renewed through NCHR's independent diplomacy.



NCHR MANDATE

Research & Advocacy



40+
Research Reports

05
Annual Reports

04
Training Manuals





Treaty-Body Submissions

YEAR	MECHANISM	NCHR CONTRIBUTION
2023	Universal Periodic Review (UPR)	Independent NHRI Submission
2024	CERD Alternate Report	Submitted to the Committee on the Elimination of Racial Discrimination
2024	ICCPR Report	Submitted to the Human Rights Committee
2023-24	UNCRC Report	Contributed with inputs on juvenile justice and child labour
2025	UNCAT	Underway

Additional: Report on GSP+ Obligations



CASE STUDY:

Coercion Disguised as Care

NCHR received a tip about a young woman, Sana*, being unlawfully confined in a private rehabilitation centre outside Islamabad. What was initially described as a “family matter”, upon investigation, it emerged that Sana*, a 35-year-old professional with an MPhil degree, had been forcibly admitted by her relatives under the guise of “treatment.”

*Name changed to protect privacy

From Research to Reform: A Case of Coercion Disguised as Care

For nine days, she was denied contact with the outside world.

When NCHR officials visited the facility, they discovered a disturbing attempt to fabricate “proof of progress”: staff would dress her in a pink tracksuit, hand her a badminton racket, and send staged photographs to her family, pretending she was participating in recreational therapy.

In reality, she was heavily medicated, isolated, and traumatized.

NCHR intervened immediately, rescuing her from confinement and exposing the systemic failures that allowed unlicensed centres to operate unchecked across Pakistan.



Assalam -O- Alikum!

First of all, I am really really sorry for everything I've done with you.

Secondly,

Mein ne bohat ghalat kia mujhe aisa nhe krna chye tha. ap merey choty bhai thy. mujhe bohat ghussa ata tha jab ap bahir logon ko time daity thy tou mein ap ko insan hony ka margin ee nhe daiti the her bar apni manwany ki pari hoti the ap se bat krny ki koshish mein bongian mar daiti the tou bas sara time apny room mein akely beth beth kar tang agai the.

ap se bat ee nhe hoti the ap peh sary ghar ki zimadari the aur mein ne is bat ka ehsas ee nhe krna kbhi. I am really sorry once again. jab mein bahir

dua g
sb s
ap log

mujh
bhe

1

2

3

4

Mama I am really sorry jo bhi mein ne apko kaha aur jo bhi apky sath kia aur jo kuch bhi anab k sath kia mujhe aisa kuch nhe krna chye tha.

Mein insallah jab yahan se niklun gi tou theek ho kar niklun gi aur ap logon ko bilkul shikayit ka molka nhe dun gi. Inshallah

Apna khyal salchiay ga abug aur ami g ko mera bohat pyar aur baba aur anab ko bhi mera bohat pyar.

Mein ap logon ko bohat miss krli hun lekin bardasht krun gi aur theek ho kar niklun gi. sary shikayitein door kr dun gi ap sb ki. I miss you all so very much.

Patient made to write extensive apology letters

ap yeh chye mujhe bas apse aur isky

IMPACT



- Led to a national inquiry into the regulation of mental-health facilities and unethical psychiatric practices.
- In collaboration with Taskeen Health Initiative and UNFPA, produced “Malpractice in Mental Health in Pakistan”, Pakistan’s **first rights-based assessment** of psychiatric institutions.
- Contributed to the drafting of a new Federal Mental Health Bill and reforms to the 2001 Ordinance.
- NCHR’s advocacy led to decriminalisation of suicide through the 2022 Amendment Act.
- Recognised by the President of Pakistan, who constituted a National Mental Health Task Force following the report’s release.



NCHR MANDATE

Awareness, Education & Empowerment





2

Youth empowerment initiatives

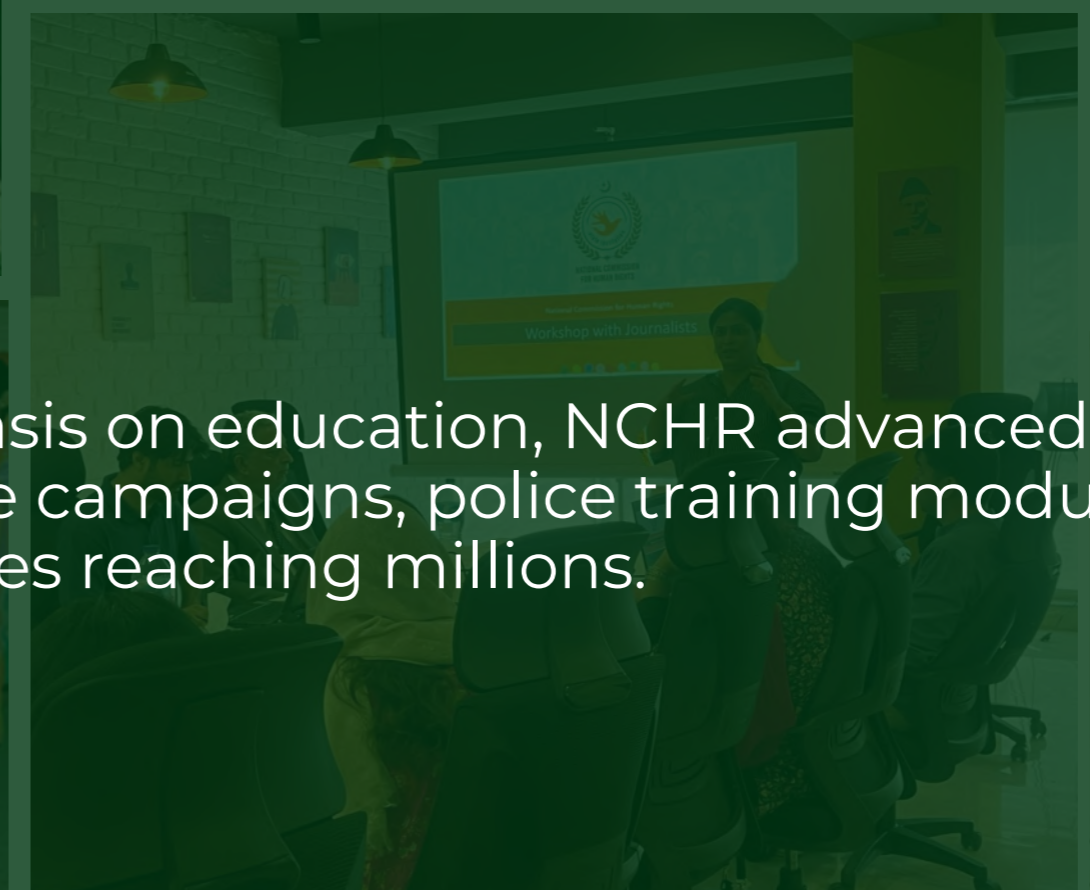
200+

Social media campaigns

55+

Trainings

In line with the Paris Principles' emphasis on education, NCHR advanced a rights-based culture through nationwide campaigns, police training modules, and awareness initiatives reaching millions.





390
participants

63
coaches

86%
women

NCHR's campaign, EmpowHER, helped young women and girls in marginalised communities claim public space through sports.



Tech Solutions for Justice Reform

18 teams, 10 mentors, 03 startups

The NCHR Hackathon, Rewiring Rights, convened young innovators to develop practical, technology-driven solutions that expand access to justice and strengthen human-rights protection.

Campaigns

THEME	NO. OF CAMPAIGNS	EXAMPLES
Gender Equality & Women's Rights	40	"Har Aurat ka Haq", EmpowHER, Gender & Sports, Digital GBV, Women
Child Rights & Juvenile Justice	20	Birthdays Behind Bars, Child Labour awareness, Juvenile Justice
Labour & Economic Rights	05	"Brick by Brick" (child labour), bonded labour awareness
Minority Rights & Religious Freedom	35	Unequal Citizens, Forced Conversions, Minority Quotas advocacy
Custodial & Prison Reforms	25	Torture Prevention manual launch, International Day for Victims of Torture, prison visits

THEME	NO. OF CAMPAIGNS	EXAMPLES
Awareness on NHRIs and GANHRI	05	A-status Accreditation. GANHRI Bureau
Migration, Foreign Nationals and Repatriation	10	“Perilous Journeys”, reintegration advocacy, migrant rights
Education & Youth Awareness	15	Human Rights Education initiatives, university MoUs
Media Freedom	15	World Press Freedom Day, Joint Campaign with DRF
Mental Health	02	Mental Health and Human Rights, World Mental Health Day
Environment and Climate	1+	World Environment Day



How can we register our nikkahnama?

Some columns are crossed out in my sister's nikkahnama...

My friend is being forced to get married...

What rights do women have in a marriage?

1413 Helpline

Information - Advice - Free Legal Assistance

The helpline is operational in Punjab only. Helpline timings: 9:00 am to 5:00 pm

HELP US HOLD REHAB CENTERS ACCOUNTABLE.

Share Your Story!

Have you or someone you know ever been admitted to a **Rehabilitation Center** in Islamabad (ICT) or anywhere in Pakistan? We're collecting **Real Stories** from people, especially women, who have experienced:

- Forced Admissions
- Being drugged or sedated against your will
- Harassment or abuse (verbal, physical, sexual)
- Poor living conditions or unsanitary facilities
- Denial of your right to complain
- Medical malpractice or unethical treatment

Your voice matters. Your experience counts.

Fill out the form using the QR code given, *We will never share your identity. Your privacy is our top priority.*

Scan for Details

Let's Build Better Futures

World Day Against Child Labour 2025

NATIONAL COMMISSION FOR HUMAN RIGHTS

EMPOWERHER

CFLI/FCIL

EMPOWERING WOMEN AND GIRLS IN SPORTS

NCHR is excited to announce a new project to promote **Women Empowerment** through the transformative **Power of Sport!**

#EmpowerHER
#GirlsInSports

NATIONAL COMMISSION FOR HUMAN RIGHTS

Accreditation by the Global Alliance of National Human Rights Institutions (GANHRI)

The National Commission for Human Rights Pakistan (NCHR) has been accredited with **"A status"** under the UN Paris Principles

FROM PROMISE TO ACTION

"The government is committed to reach out to the most vulnerable section of the society. It is Prime Minister Shahbaz Sharif's top most priority."

AZAM NAZEER TARAR (Senator)
Federal Minister for Law, Justice and Human Rights

NATIONAL COMMISSION FOR HUMAN RIGHTS

Suicide has been Decriminalized in Pakistan

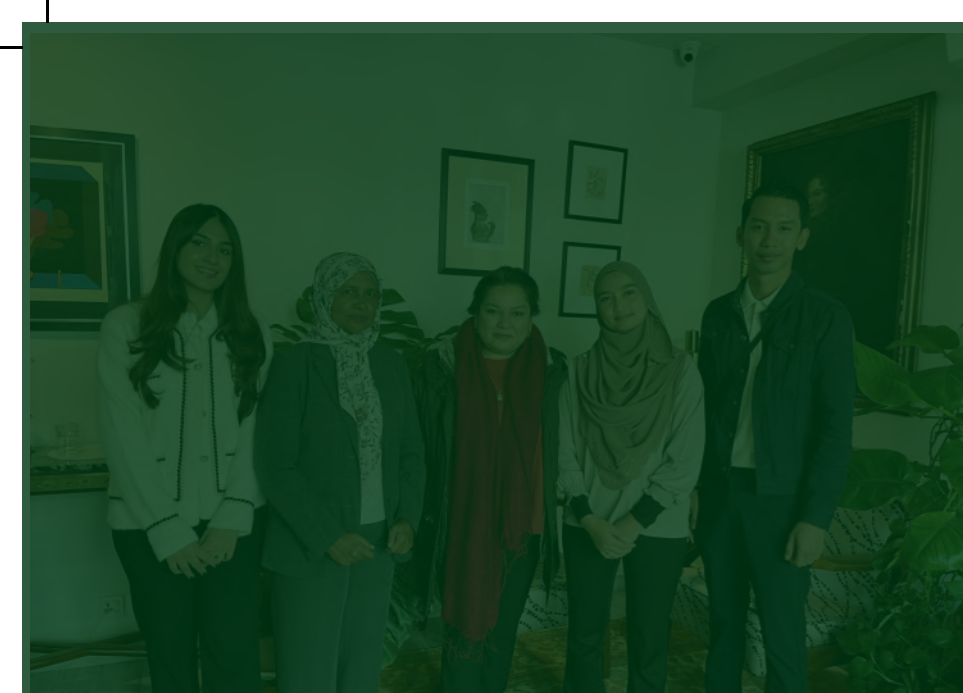
On 23rd October 2022, the Parliament of Pakistan **repealed Section 325** of the Pakistan Penal Code which criminalized suicide.



NCHR MANDATE

National & Global Engagement





50+
MoUs with CSOs

15
university collaborations



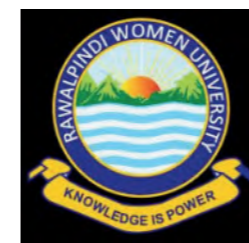
10
international forums



Collaborations with UNDP, IOM, ILO, UN Women, JPP, Taskeen, PPI, EU, and academia (15+ universities)
Represented Pakistan at World Justice Forum, GANHRI, APF forums, GSP+ Dialogues, etc.
Recognition by BBC, Reuters, Al Jazeera for leadership in rights protection



NCHR TEAM



NCHR PARTNERS



This four-year period marks NCHR's transition into a strengthened, credible, and proactive national institution. Through protection, reform, and collaboration, the Commission has laid a durable foundation for long-term human rights governance. The years ahead will build on this progress to deepen accountability and expand access to justice across Pakistan.



**NATIONAL COMMISSION
FOR HUMAN RIGHTS**