



1.4.1: Local Start-up Assistance

The Women University of Azad Jammu and Kashmir, Bagh, supports the development of financially and socially sustainable businesses by equipping community members—especially females—with skills, resources, and practical experience. Through mentorship, targeted training, access to facilities, and open seminars, participants learn to start income-generating ventures that also benefit society, ensuring both economic viability and community impact.

Kitchen Gardening Workshops

Several workshops on kitchen gardening were organized to train participants, including community members, students, and faculty, in sustainable kitchen gardening techniques. By producing their own vegetables, they can reduce household expenses, sell surplus vegetables in local markets, and create a small but reliable income stream—making it both financially viable and socially beneficial for community nutrition. [\(Annex. I-III\)](#)

Vegetable Cultivation Training

Several training sessions were organized to teach participants, particularly women, how to cultivate high-yield, marketable crops. This enables them to start small-scale agricultural businesses, earn consistent income, and contribute to local food availability. [\(Annex. IV\)](#)

Seminars on Freelancing and Other Opportunities

These seminars were conducted to train the community and students about the freelancing market and online earning opportunities. By working online, they can establish flexible, home-based businesses that generate income with minimal overhead costs, thereby supporting economic independence. [\(Annex. V\)](#)

Workshop on Career Counselling

Career counselling workshops were organized to help participants identify skills and match them with business or employment opportunities. Such workshops were open for female participation from the community as well as students. [\(Annex. VI\)](#)





Establishment of the First Women's Software Technology Park

The first women's software technology park in Pakistan was established in collaboration with the Pakistan Software Export Board to provide women with access to IT resources, training, and mentorship, enabling them to develop tech-based products or services. This creates opportunities for community members and university graduates to participate in high-growth, low-investment startups that can serve both local and global markets. [\(Annex. VII\)](#)

Practical Training through Economic Stalls

A hands-on training was organized to teach community females and students through economic stalls, including how to price, market, and sell their products directly to customers. This real-world experience builds confidence and business skills necessary for running sustainable enterprises. [\(Annex. VIII\)](#)





Kitchen Gardening Training

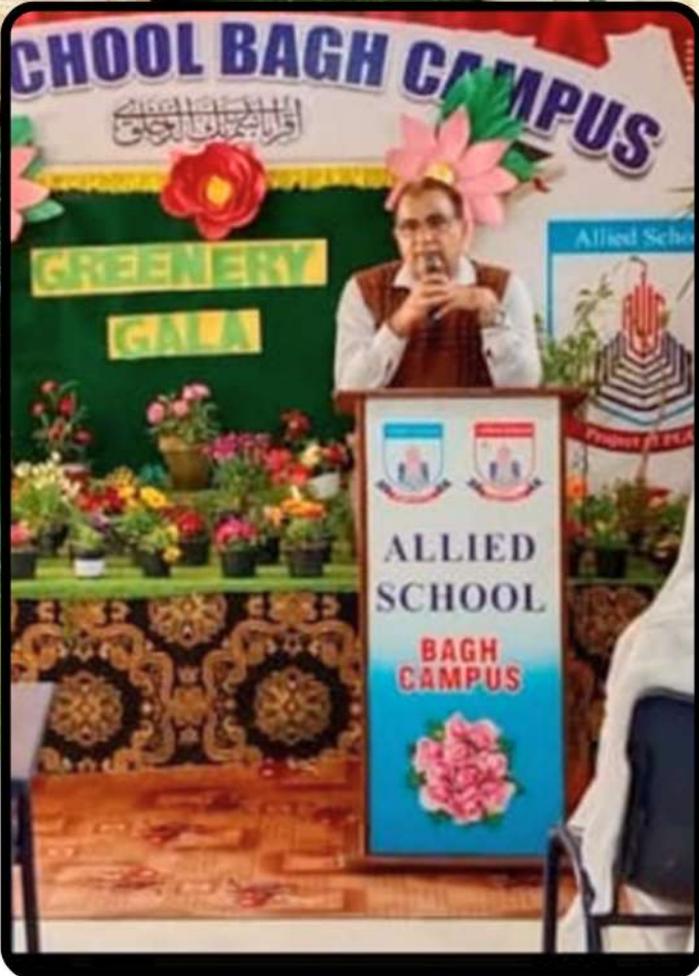
November, 2024





Training on Kitchen Gardening and Sustainability Habits at Allied School System Bagh

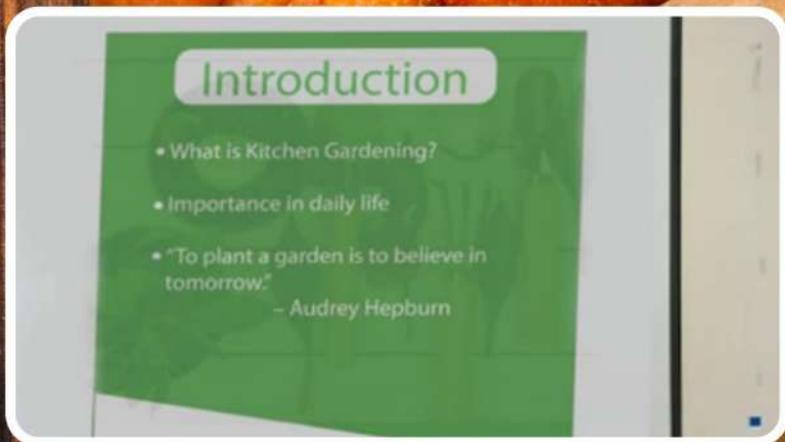
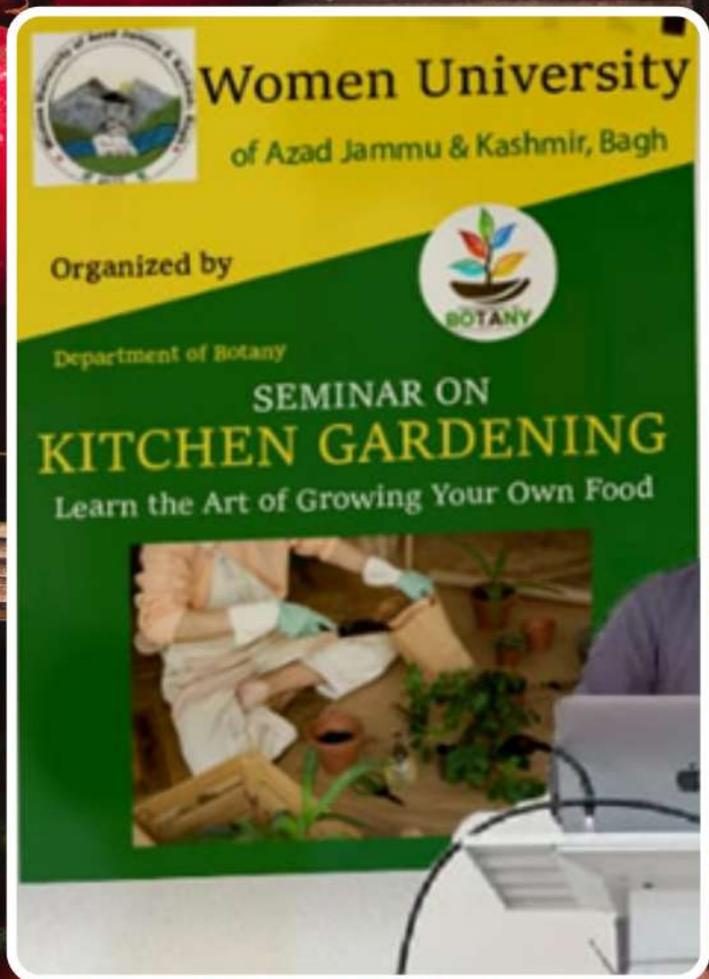
3-5 December, 2024





Seminar on Kitchen gardening

04 November, 2024





Seminar and Demonstration on Vegetable Cultivation

05 November, 2024



Yokohama University of
SHAN AKA
ONLINE
EARNING / FREELANCING
Presentation by Tabinda Ishtiaq

Seminar on Online Earning and Freelancing Opportunities

09 April, 2024

F R E E L A N C I N G



WHY

Why online earning can be a great fit for students alongside their education?



Career counselling and leadership develop

Leadership

1 February, 2024

Support →

← Influence





Establishment of "PAKISTAN FIRST WOMEN SOFTWARE TECHNOLOGY PARK"





Practical learning through interactive stalls and economic concepts

21 November, 2024

