



ABAAD



Afghan Women Forward

Newsletter

Humanitarian Assistance

Empower Afghan Girls Together
(EAGT)

Human Rights through the
Lens of Islam



ABAAD : AFGHAN WOMEN FORWARD



Empower Afghan Girls & Women

JANUARY 2025

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ABAAD

Afghan Women Forward

Is a humanitarian organization founded to address the urgent needs of Afghan women after the Taliban regained power in August 2021.



Founded by Sunita Viswanath, Masuda Sultan, and Jazmine Shaw—two Afghan Americans and one Indian American with extensive experience in advocating for women's rights in Afghanistan—ABAAD seeks to empower Afghan women and mitigate poverty and hunger by providing essential resources and skills. The organization envisions an Afghanistan where women are acknowledged as valuable societal members with access to resources that enable their contributions to the country's economic, social, and political stability.

ABAAD's primary programs include:

- **Humanitarian Assistance:** Targeted support for domestic violence survivors and mapping grassroots resources to aid at-risk families.
- **Empower Afghan Girls Together (EAGT):** A youth-led initiative offering education and empowerment opportunities to Afghan girls.
- **Human Rights Dialogue:** Facilitating discussions on human rights from an Islamic perspective to foster a sense of belonging and trust among women.

These initiatives collectively aim to uplift Afghan women, enabling them to support their families and contribute meaningfully to their communities and the nation's development.

Humanitarian Assistance

Since its establishment in 2021, ABAAD is committed to supporting Afghan families through meaningful assistance and resources. With a focus on addressing economic hardships, ABAAD works to provide essential aid to those in need. Its efforts aim to create opportunities for stability and growth, helping families build a more secure and hopeful future. ABAAD remains focused on meeting immediate needs while also addressing long-term challenges faced by Afghan families. By providing practical support and essential services, it continues to assist communities in overcoming difficulties and rebuilding their lives with dignity and purpose.



Our efforts have made a tangible difference: we have distributed food, cash assistance, children's supplies, health packages, and vital support for Afghan women. In our recent distribution, for example, we provided 28 essential food items, including flour, rice, cooking oil, and tea. We also delivered health essentials and children's care packages containing clothing, blankets, baby products, and other necessities.

ABAAD's commitment shines through in every act of kindness, uplifting Afghan families and empowering women to thrive. We are proud of the impact we've made and look forward to continuing our mission of support and compassion.

ABAAD has been committed to supporting survivors and victims of gender-based violence (GBV) residing in Women Protection Centers (Safe Shelters). On average, each month, ABAAD assists 22 women and their accompanying children. Through its efforts, a total of 154 clients have received vital services, including humanitarian food packages, psychosocial counseling, mediation services, and health medication. These services aim to address the immediate needs of these vulnerable individuals and provide support for rebuilding their lives.



EAGT

Empower Afghan Girls Together

The Empower Afghan Girls Together (EAGT) program is a free educational initiative designed to provide Afghan girls with essential academic and professional skills. The program's mission is to enhance confidence, leadership, and practical skills, empowering a generation of educated Afghan girls. EAGT envisions a future where Afghan girls are prepared to make significant contributions to their communities.

01

English Language Courses

We offer comprehensive English courses across five levels, from A1 to C1, with a dedicated teacher for each level. Our classes focus on all key language skills: writing, reading, listening, and speaking. These online sessions are conducted via Google Meet and supported by Google Classroom, ensuring an interactive and engaging learning experience for every student.

02

Programming Courses

Our programming courses are led by three dedicated teachers, offering classes in HTML and Python. These courses are designed to build strong coding foundations, from web development to general programming skills. All sessions are conducted online via Google Meet, with additional resources and assignments managed through Google Classroom, providing students with a seamless and interactive learning experience.

03

Graphic Design & Calligraphy Courses

We offer training in Graphic Design and Calligraphy, focusing on essential design principles, with the guidance of two experienced teachers. These online classes are conducted via Google Meet and supported by Google Classroom, providing students with the tools and techniques to master these creative skills in an interactive and accessible format.

04

Online Conferences

We organize skill-building conferences and workshops focused on leadership, entrepreneurship, scholarships, opportunities, and cultural events for girls. These sessions are held online through Google Meet and Zoom, providing an accessible platform for students to learn and engage with experts from around the world.

05

Career Development

We offer internships, voluntary positions, and practical experiences that are held remotely. These opportunities allow students to gain hands-on experience, develop valuable skills, and contribute to meaningful projects, all while working from the comfort of their own homes.

06

Story Writing and Sharing

Students write and share their personal stories, which helps them develop narrative skills while also serving as a fundraising tool that raises awareness and financial support.

07

Global Pathways for Girls (GPG)

The Global Pathways for Girls (GPG) initiative connects girls with scholarships and mentorship opportunities in seven countries: USA, UK, Canada, Australia, Germany, France, and Italy. Focused on bachelor's and master's programs, GPG equips participants with the skills and resources needed to navigate scholarship applications. By addressing the lack of access to educational information in underrepresented regions, GPG fosters academic empowerment through expert mentorship and targeted guidance.

09

Duolingo English Test Preparation

Afghan girls participating in the EAGT program receive a tailored preparation for the Duolingo English Test, including customized study plans, tutoring sessions, and practice materials. These resources are designed to strengthen language skills and improve test performance. With this support, girls can overcome language barriers, unlock access to global educational opportunities, and confidently pursue their academic goals.

08

Data Camp Online Courses

Through the Empower Afghan Girls Together (EAGT) program, Afghan girls will receive free access to DataCamp Donates' advanced data science courses, along with a variety of other courses in fields such as data analysis, machine learning, Python programming, R, SQL, and data visualization. This opportunity enables them to develop critical data skills, fostering academic growth and preparing for impactful careers in technology and innovation.

10

Duolingo English Test

As part of the Empower Afghan Girls Together (EAGT) program, Afghan girls are provided with free Duolingo English Test coupons, helping them break down language barriers and unlock global educational opportunities. This support empowers them to pursue their academic goals and build brighter futures. Together, we are driving meaningful change for Afghan girls.

09

Cisco Networking Academy Online Courses

The Empower Afghan Girls Together (EAGT) program offers Afghan girls access to Cisco Networking Academy's comprehensive courses in networking, cybersecurity, programming, and more. This initiative provides them with the essential skills needed to excel in the tech industry, supporting their academic development and paving the way for future career opportunities in technology.

11

English Language Speaking Club

Our Speaking Club offers participants the opportunity to practice English through real-life conversations, discussions, and interactive activities. Engaging in regular dialogue helps bridge the gap between theoretical knowledge and practical application, allowing members to develop fluency and confidence in their speaking abilities.

EAGT TEAM



Sayed Abdul Karim Haqiq

Program Development Officer at Abaad & Program Director at EAGT

Sayed Abdul Karim Haqiq is a double major student at Istanbul Ticaret University. He graduated with his first Bachelor's degree in Business Administration, ranking second in his department, and is pursuing his second major in Finance and Banking at the same university. As Program Director of the Empower Afghan Girls Together (EAGT) program, Sayed is dedicated to providing Afghan girls with free online education and job opportunities. He also serves as Program Development Officer at Abaad: Afghan Women Forward, where he plays a key role in designing and implementing initiatives to support Afghan girls' education and empowerment. Sayed believes resilience, positivity, and kindness are essential to breaking down barriers. His leadership focuses on collaboration and teamwork, equipping Afghan girls with the skills and resources necessary for academic and professional success, with the goal of creating lasting change in their lives and futures.



Zohal M. Kazim

Program Coordinator at Abaad & Operations Director at EAGT

Zohal M. Kazim holds a Bachelor's degree in Business Administration, a Master's in International Business, and a second Master's in Logistics and Supply Chain Management. Zohal serves as a Program Coordinator at Abaad: Afghan Women Forward, and she is the Operations Director of the Empower Afghan Girls Together (EAGT) program, where she manages programs that support girls education and empowerment. She is passionate about creating opportunities that help young women build skills, confidence, and brighter futures. dedicated to providing Afghan girls with free online education, mentorship, and skill development opportunities.



Tamana Jan Mohammad Kazim

Media and Communication Coordinator at Abaad & Public Relations Director at EAGT

Tamana Jan Mohammad Kazim holds a Bachelor's degree in Business Administration and is a certified cosmetologist and esthetician. In her role as the Media and Communication Coordinator at Abaad: Afghan Women Forward, Tamana works to ensure effective communication and media strategies that support the empowerment of Afghan women. She is also the Public Relations Director of the Empower Afghan Girls Together (EAGT) program, responsible for managing the program's public image, enhancing relationships with stakeholders, and promoting educational and professional opportunities for Afghan girls. And with her background in business, beauty, and communication, Tamana is committed to providing women with opportunities that enable them to reach their full potential and make a positive impact in their communities.

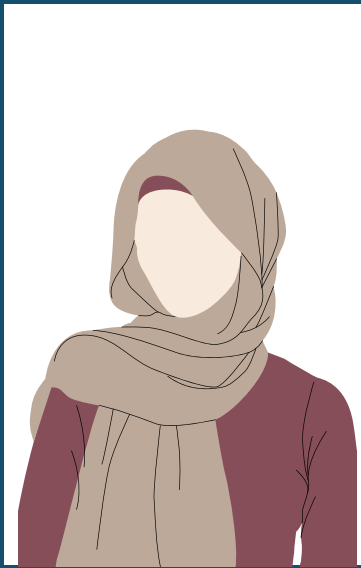
EAGT TEAM



Tifani Hikmanisa Bahtiar

English Language Instructor at EAGT

Hikmanisa Bahtiar, our new English Instructor at EAGT. Ms. Bahtiar holds a Master of Humanities in Linguistics and a Bachelor of Education, bringing extensive experience in teaching academic and professional English across diverse disciplines. At EAGT, she delivers interactive English language instruction at B2 and C1 levels, empowering students to enhance their communication skills and build confidence for academic and professional success. Ms. Bahtiar is also passionate about fostering cross-cultural understanding and supporting equitable access to quality education.



Pranoo Deshraj

English language Instructor at EAGT

Pranoo Deshraj is a volunteer English instructor at EAGT. She has over 4 years of teaching and research experience in English and Cultural Studies and holds a PhD in Gender Studies from the University of Hyderabad, India. She is passionate about building resilient and empathetic frameworks for education as a means of social change.



Mursal Begzad

English language Instructor at EAGT

Mursal Begzad is an English instructor at Abaad: Afghan Women Forward, combining her computer science background with a passion for language education. She holds a bachelor's degree in computer science from Kabul Polytechnic University and an advanced English language diploma from the Muslim English Language Institute. Mursal integrates technology into her English lessons to enhance students engagement and learning experiences. She is committed to inspiring a passion for language and technology in her students, aiming to make a significant impact on their academic and professional life through the Empower Afghan Girls Together (EAGT) program under Abaad's supervision.

EAGT TEAM



Tawos Nazari

English Language Instructor at EAGT

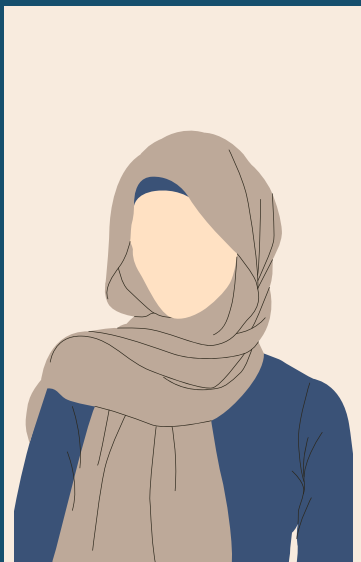
Tawos Nazari is currently pursuing her bachelor's degree at the American University of Afghanistan (AUAF). Three months ago, she discovered Abaad's call for volunteer teachers and was eager to contribute her knowledge to Afghan girls. She applied for the position and became a valuable member of Abaad. She is now teaching English at EAGT, finding the experience highly rewarding.



Bushra Bahar Sattari

English language Instructor at EAGT

Bushra Bahar Sattari, a passionate advocate for education and technology. Although her Auto-Mechanical Engineering studies at Polytechnic University were interrupted, she continued learning through JRS training courses and Science Tech Academic Center. With three years of teaching experience, Bushra has been a valuable member of ABAAD Organization for the past three months, contributing as an English teacher in our English Department,



Razia Sharifi

English speaking Instructor at EAGT

Razia is an English-speaking teacher at the Empower Afghan Girls Together (EAGT) program. With a background in business administration from Arizona State University's W.P. Carey School of Business, she is passionate about helping Afghan girls improve their communication skills. At EAGT, Razia focuses on building students' confidence and fluency in English, opening doors to new opportunities. Beyond teaching, she has supported Afghan refugees, organized educational activities, and promoted cross-cultural understanding, making her a valued part of the EAGT program.

EAGT TEAM



Fatima Sharifi

HTML Instructor at EAGT

Fatima Sharifi, originally from Helmand, Afghanistan, is a dedicated Computer Science student and an HTML instructor with ABAAD's EAGT program. Through her teaching, she equips young learners with essential technical skills, fostering education and personal growth. Passionate about education and community development, Fatima strives to inspire and uplift individuals, contributing to the progress and empowerment of her country.



Farzana Mirzaie

Python Instructor at EAGT

Farzana Mirzaie graduated from Polytechnic University with a degree in Computer Information Science. After earning her degree, she started working in a private organization and teaching at the Afghanistan Institute of Technology, motivated by her passion for societal development. Currently, Farzana teaches HTML and web development at EAGT. She is a dedicated instructor and a valuable member of the EAGT team.

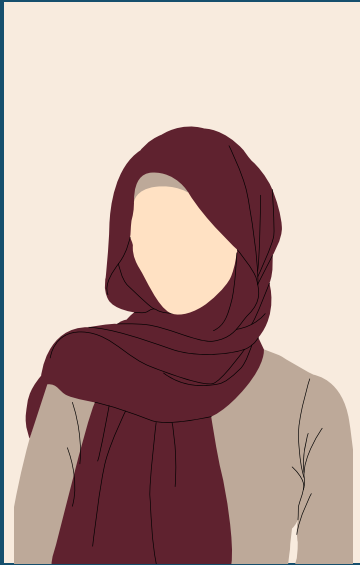


Basgul Nikzad

Python Instructor at EAGT

Basgul Nikzad, a second-year Computer Science student at the Asian University for Women (AUW), is an executive member of the Afghan Student Association and the Entrepreneurship Club. Passionate about empowerment, she teaches Python programming to Afghan girls unable to access formal education. Balancing academics with activities like chess, table tennis, and Taekwondo, Basgul finds inspiration in her students' resilience and is grateful to ABAAD and its EAGT initiative for fostering opportunities through coding education.

EAGT TEAM



Dua Nizam

Calligraphy Instructor at EAGT

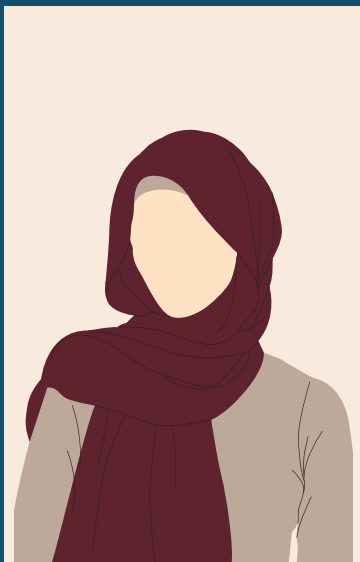
Dua Nizam holds a bachelor's degree in business management and a master's degree in business administration. Her true passion lies in the arts, particularly Arabic calligraphy. Known for her intricate designs and harmonious compositions, Dua blends classical Arabic scripts with modern artistic techniques, creating pieces that reflect themes of spirituality, and identity. As a instructor, Dua inspires her students at Abaad to explore their creativity and cultural expression through calligraphy, encouraging them to view art as a powerful tool for storytelling and self-discovery. Balancing her artistic pursuits with her business expertise, she aspires to continue refining her craft and empowering others to embrace this timeless art form.



Sonita Rahmani

Graphic Design Instructor at EAGT

Sonita Rahmani is a Graphic Design teacher at EAGT. She holds a bachelor's degree in Graphic Design and is currently studying branding at Vand Academy. Additionally, she is enhancing her expertise in Farsi typography at Vije School of Visual Communications. Sonita integrates her diverse knowledge into her teaching, aiming to inspire and equip students with the skills needed for success in the design industry.



Yasna Rasekh

Media and Communication Intern at EAGT

Yasna Rasekh has joined EAGT as a Media and Communication Intern. She completed four semesters in Public and Policy Administration at Kabul University and pursued Graphic Design studies at OJWa Organization and Vand Academy. Yasna is eager to contribute to our team and enhance her skills in social media and communication.

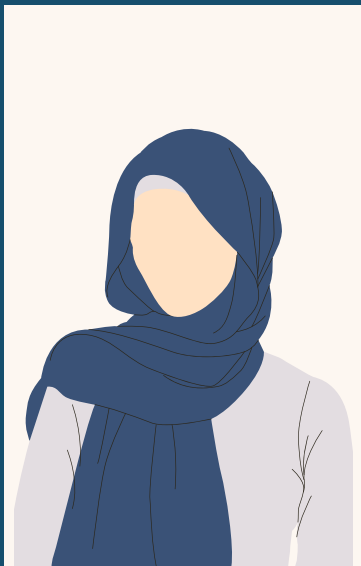
EAGT TEAM



Nida Khan Muhammad Bilal

Video Editor & Producer

Nida Khan Muhammad Bilal is a filmmaker with a First-Class Bachelor's Degree in Filmmaking from Middlesex University Dubai. Nida has worked on award-winning short films and has experience in cinematography, editing, and live broadcasting. Currently, she is working under the EAGT program as an Editor and Video Producer, creating impactful content to promote education and empowerment for girls worldwide.



Beheshta Saeidi

Administrative Assistant at EAGT

Beheshta Saeidi is currently studying BBA at Symbiosis International University. She has studied Entrepreneurship at the University of Leeds and completed Digital skills program at Accenture Academy. Beheshta is administrative assistant and collaborates in data collection at EAGT. She is committed to fostering a future where Afghan women are leaders and changemakers.



Fara Ibrahimi

Administrative Assistant at EAGT

Fara Ibrahimi is a dedicated volunteer administrative assistant at EAGT, where she oversees class recruitment, supports interviews, monitors classes, and tracks student progress. Currently pursuing a Bachelor's degree in Business Administration, Fara brings a wealth of experience from her previous roles as an activist at Shahamat Social Cultural Organization, where she supported vulnerable groups, and as an IELTS instructor at KIPS College and PELS, teaching English to Afghan migrants.

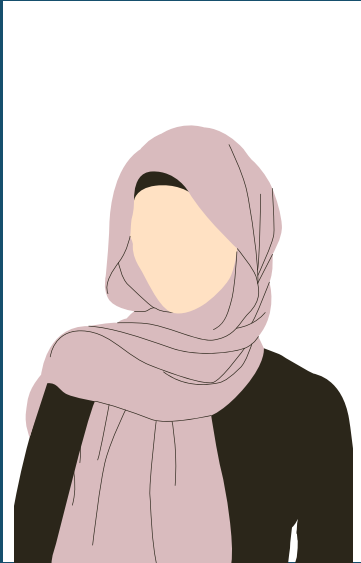
EAGT TEAM



Rukhsar Rahimi

Data Collector at EAGT

Rukhsar Rahimi, a Bachelor of Computer Applications (BCA) graduate from REVA University in India, has been a dedicated data collector and passionate volunteer at EAGT for the past two months. She actively supports data-driven initiatives that foster positive change in our community, aiming to enhance organizational effectiveness and contribute to the development of meaningful programs that empower individuals and communities.



Maryam Monib

Data Collector at EAGT

Maryam Monib holds a bachelor's degree in Public Administration and Policy. She recently joined Abaad Afghanistan as a Data Collector, contributing to the Empower Afghan Girls Together (EAGT) project. In this role, Maryam collects and analyzes data to support the empowerment of Afghan girls through education and development. She is passionate about creating opportunities for women and ensuring that her work makes a meaningful impact.

Enrollment and Workforce Overview

September 2024 - January 2025

Total Applications Received for EAGT Courses

2194
Female Students

Total Number of Students Enrolled in EAGT Courses

610
Female Students

Total Number of Applicants applied for the Job

443
Female Employees

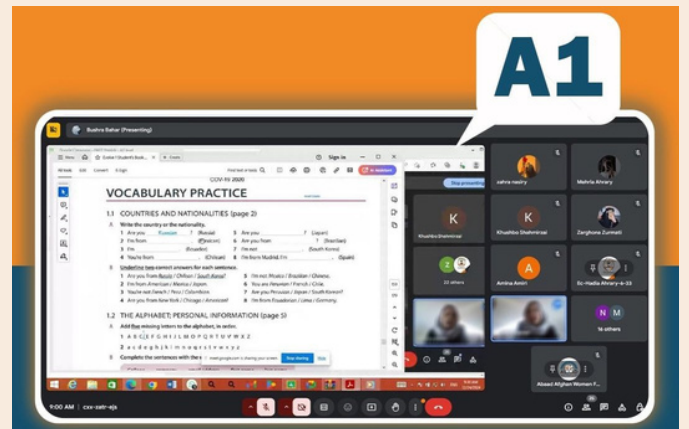
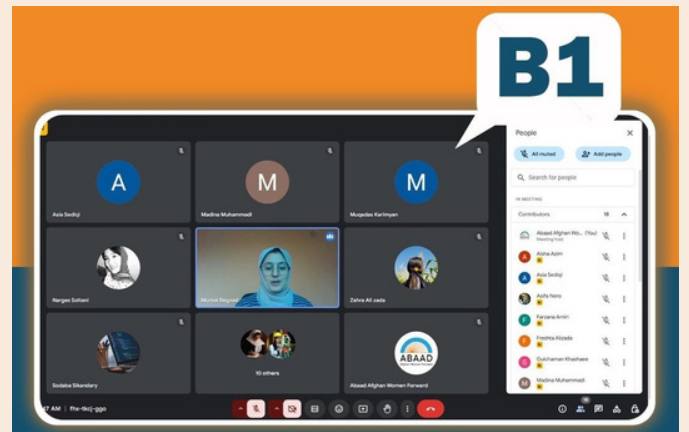
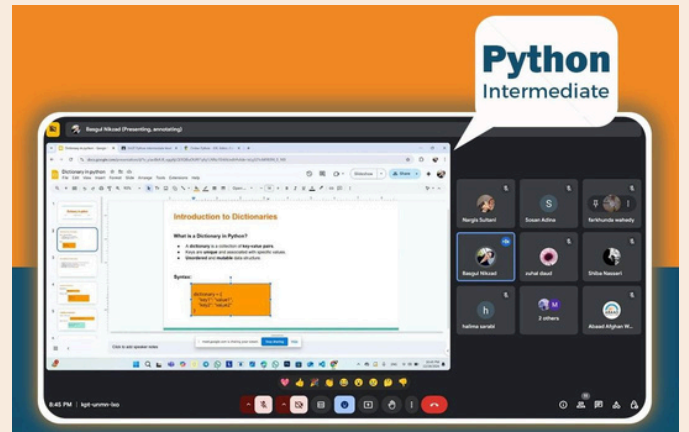
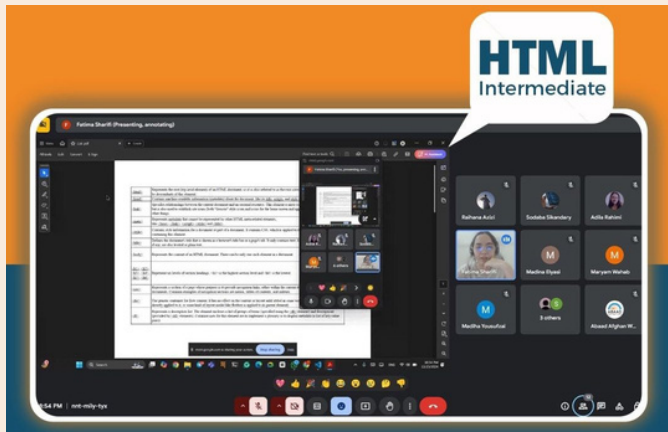
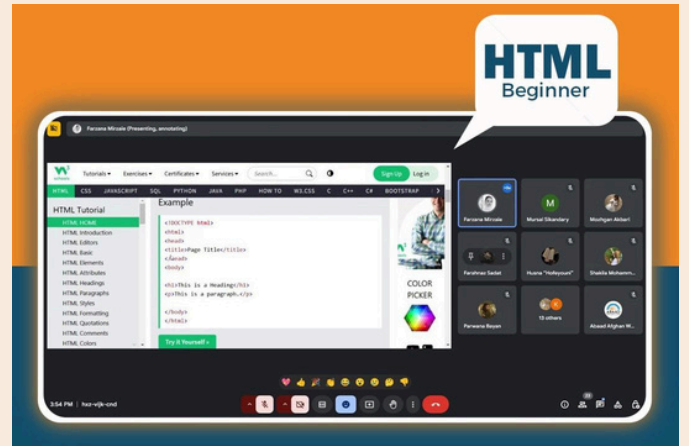
Total Number of Employees

28
Female Employees

Total Number of Online Courses

13

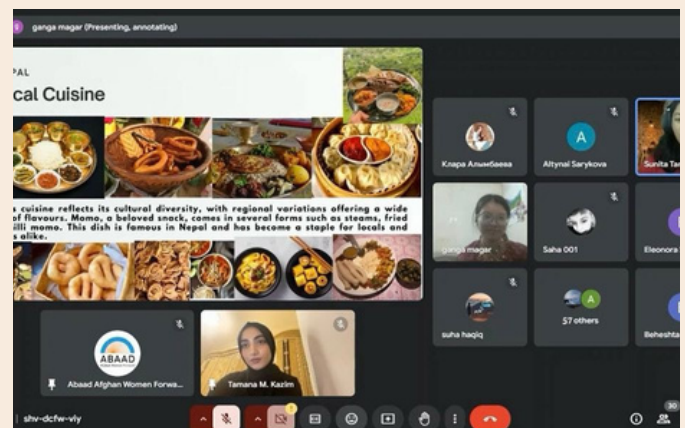
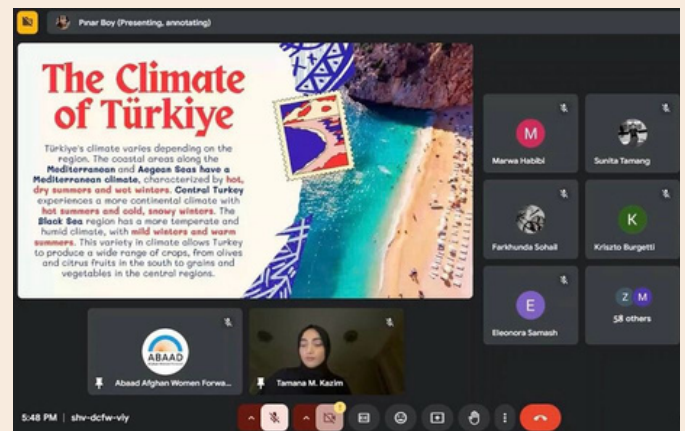
Highlights of EAGT's Classes



Highlights of our Webinars

Cultural Exchange:

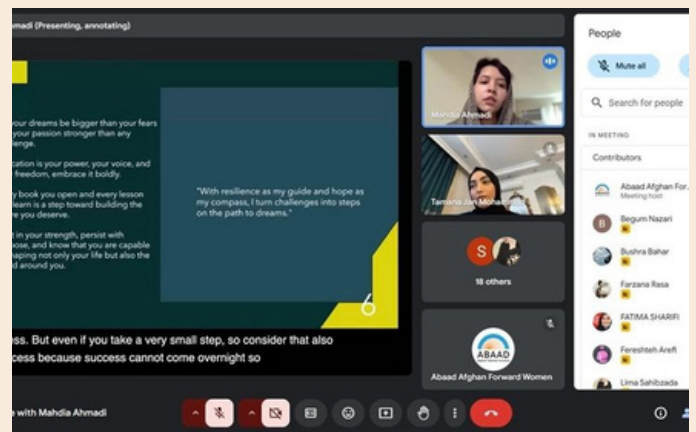
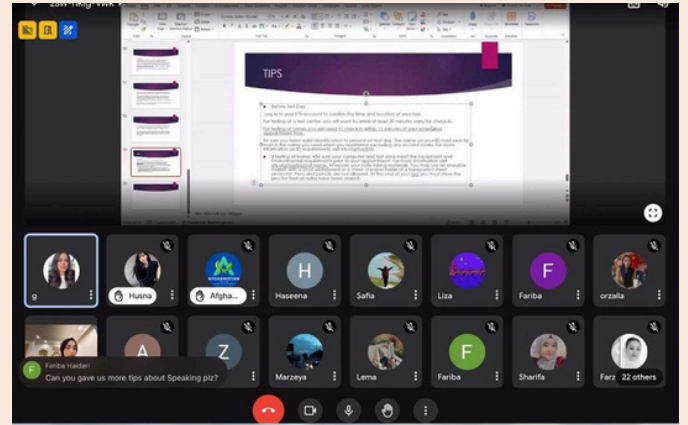
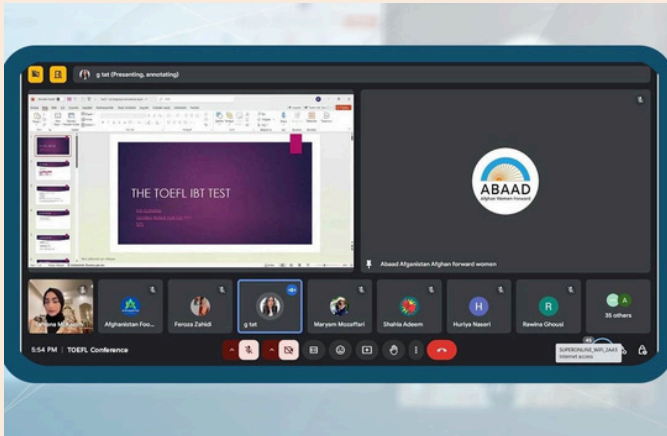
We successfully hosted "A World of Cultures United in Harmony," a vibrant celebration of cultural diversity featuring representatives from nine countries: Turkey, Hungary, Nepal, Afghanistan, India, Kazakhstan, Kyrgyzstan, Portugal, and Indonesia.



Highlights of our Webinars

Knowledge Sharing:

Dr. Gözde Tat, an English lecturer at Istanbul Ticaret University, recently conducted a TOEFL conference, offering valuable strategies for exam success and English proficiency enhancement.



Webinar for Scholarship :

We recently hosted an inspiring conference on scholarships, featuring Mahdia Ahmadi, a graduate assistant at Kent State University. Mahdia shared her journey from Ghazni, Afghanistan, to pursuing her Ph.D. at Kent State, highlighting the transformative power of education. Her story of resilience and dedication left a lasting impact, reminding us of the incredible possibilities achievable through hard work and determination.

Success Stories

Sharifa Nazari

English Language Student

“I want to say a big thank you for the B2 level English course. I'm so happy to have received my certificate and I really appreciate the great lessons throughout the program. Our teacher was amazing. Her fun teaching style and friendly attitude made learning enjoyable. I always learned something new and never felt bored in her class. I hope she will continue to teach us in the upcoming C1 level course. I'm very lucky to have been part of this course. Your organization does a fantastic job of supporting education and helping people like me. Your efforts have made a big positive impact on my life. I wish everyone in your organization lots of success, happiness, and prosperity. Thank you so much for everything!”

Shakira Qarizadah

English Language Student

“My name is Shakira Qarizadah, and I am 25 years old. I have a bachelor's degree in law and political science. My main goal is to become a successful advocate for women's rights, and I know that learning English is an important step in reaching this goal. English will help me connect with people around the world, find important resources, and grow professionally. Before I started studying English in a formal setting, I only knew basic words and phrases that I had learned at home with my siblings. I realized that in order to achieve my goals, I needed to improve my English. So, I decided to join an online English course at Abaad. In this class, my teacher, Ms. Mursal Begzad has been very helpful. She teaches in a clear and patient way. She makes sure that all students understand the lessons before moving on. The class is also a supportive and friendly place, where everyone works together to learn. At first, I found learning English difficult, especially with grammar and vocabulary. But with practice and effort, I have made good progress. Now, I feel more confident in speaking, writing, and understanding English. I would like to express my sincere thanks to all the members of the Abaad team and everyone who made it possible for the girls to learn English in such a warm and supportive environment. This atmosphere has been truly encouraging and has helped us improve our skills. Finally, I would like to offer my special thanks to my teacher, Ms. Mursal Begzad, for her dedication and guidance. Her support has been invaluable, and I am truly grateful for her efforts.”

Our Partners



Abaad: Afghan Women Forward has partnered with Cisco Networking Academy to enhance the EAGT (Empower Afghan Girls Together) program. This collaboration provides Afghan girls with access to high-quality courses in networking, cybersecurity, programming, and more.



Abaad: Afghan Women Forward has partnered with Duolingo English Test to support Afghan girls through our EAGT (Empower Afghan Girls Together) program. Duolingo provides free test coupons, helping girls overcome language barriers and access global educational opportunities.



Abaad: Afghan Women Forward has joined Catalyst 2030, a global movement dedicated to accelerating progress towards the UN Sustainable Development Goals. This collaboration aims to amplify ABAAD's impact in empowering Afghan women and addressing critical challenges such as poverty, education, and gender inequality.



Abaad: Afghan Women Forward has partnered with Microsoft Nonprofit, gaining access to advanced technology, cloud services, and training resources.



Abaad: Afghan Women Forward has partnered with DataCamp to enhance the EAGT (Empower Afghan Girls Together) program. This collaboration provides Afghan girls with access to essential data science courses, enabling them to pursue careers in technology and innovation. By advancing digital literacy, we are creating brighter futures for Afghan girls.



Abaad: Afghan Women Forward has partnered with Afghan Relief, a U.S.-based 501(c)(3) organization dedicated to providing humanitarian assistance to vulnerable populations in Afghanistan, including orphans and widows. Afghan Relief also constructs wells to improve access to drinking water across the country.



ABAAD: Afghan Women Forward has partnered with PARSA, a 25-year-old grassroots organization dedicated to training Afghan leaders who serve vulnerable citizens, including women, children, impoverished families, and the disabled. This collaboration focuses on training ABAAD's initial staff team to lead women's Safe Circles and conduct a mapping study. PARSA's mission aligns with ABAAD's commitment to empowering Afghan women and addressing critical challenges such as poverty, education, and gender inequality.

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Abaad: Afghan Women Forward



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