

365 Posts, One Message: Stop Online Sexualised Violence!





#THINKBEFOREYOUSPEAK.

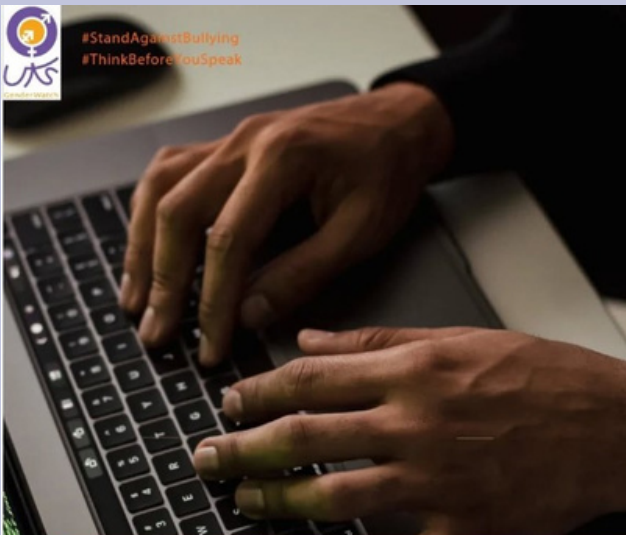
Introduction

This document is part of Uks' 2023–2024 project with the World Association for Christian Communication (WACC) and serves as a compilation of the comments and reactions gathered through our year-long #ThinkBeforeYouSpeak campaign. Over 365 consecutive days, we posted content on online misogyny and tracked how people responded. And respond they did, sometimes with support, sometimes with criticism, and sometimes with honesty.

These responses sit alongside Uks' broader SafeWords work, where abusive language in Urdu and Punjabi was mapped through research, podcasts, FGDs, and continuous digital engagement. Together, this compilation offers a very telling snapshot of how women in Pakistan experience online spaces, and how the public engages when these issues are consistently highlighted.

Cyber Misogyny: Speak Out Against Verbal Violence

To end cyber misogyny, it's crucial for women to identify and report it. By doing so, we not only reclaim our digital spaces but also send a strong message to perpetrators that their verbal attacks are not just offensive but entirely unacceptable.



Cyberbullying: From Fantasy to Reality

Cyberbullying isn't a distant fantasy; it's a harsh reality. Let's collectively recognise it, report it, and stand united against it. Together, we can reclaim our online spaces.

Comments

**Dr. Altaf Khan**

(Dean of Humanities, professor of mass communication, Forman Christian College University, Lahore)

Respect for women is the cornerstone of human societies. Cyber bullying and misogynistic attacks on women is the worst form of human behaviour. Not only because of its inherent inhumanity but more so because of the use of a modern platform of emancipation to threaten the existence of majority of humankind. It is important to make the cyber space safe for everyone, especially women. These are platforms that are bound to free us all and help us build a just human society, a global one. No one should be allowed to stand in the face of this development.

**Javaria Tareen**

(CEO Balochistan institute of research and development, Ex Technical advisor to Chief Minister Balochistan)

When I joined CM office Balochistan as his technical advisor, all of the sudden I saw a bit change in public attitude. I was being harassed and bullied online for more than three times by my own media family. In the edited video, one of my senior colleagues asked me politely to stand next to him, and I responded politely.

While raising my brows, I expressed my gratitude to him, as we all used to wear masks during Covid time. The clip was edited by a media office and shared on Facebook under the title 'CM office main Ishary', and I witnessed numerous derogatory comments under it. After this incident, I experienced anxiety and stress. But I was fortunate to have a strong support network of family and friends during that difficult time. Enough.



Zoya Anwer

Independent Journalist

As a woman, one may think that they are protected and safe in an online space because there is no one present to physically harm through words, gaze or worse actions. But such a wondrous world I live in where cyber misogyny tells us that people can harm us by swearing, demeaning and targeting my

gender just because I have dared to express myself without catering to their entitlement. So do understand that the online world is perhaps far more ferocious than the offline world so be ready, remind yourself it's not you, it's them and keep striving for sisterhood for it is one of the greatest support to exist.



Ayesha Ijaz Khan

Lawyer & Writer

Online misogyny is rampant. The root cause of it is insecure men who feel threatened by empowered women. My message to women is—don't let it bother you. They want to silence you. Don't let them win. You are important, and they are irrelevant. Particularly when they hide behind aliases and don't even have the courage to reveal their identities. Trolls don't matter.



Benazir Jatoi

Lawyer & Media Practitioner

Real-life misogyny and hate towards women has so easily replicated into online space. Every woman I know who has an online presence experiences it. The first time I was ambushed online, I was so shocked I deleted my accounts for a few years. The constant objectification, sexualisation, and hate is dehumanising and holds women and girls back from digital & technological participation.

That's not acceptable and we really need a radical rethink to tackle online misogyny



Adeela Akmal

Digital Journalist (Geo.tv)

Apart from having safety concerns in the real world, the virtual world is also a cruel place for many women, especially who have challenge norms or have bold opinions. No sophisticated safety protocols imposed by social media platforms have been able to combat the fear women feel while

posting something online. Women who express their strong opinions online are frequently subjected to hate comments, in an effort to stifle their voice. They end up limiting their exposure online, only sharing content on their accounts with heavy privacy, limiting their self-expression in the online environment. After experiencing cyberbullying vicariously through friends, I have personally limited my exposure on social media, despite being an avid user of three different apps. This has become an unfortunate reality as combatting trolls online is an exhausting process that most women, like myself, avoid in a bid to protect their sanity.



Raima Tariq

Cyber bullying and cyber harassment is yet another issue faced by women online. This type of violence can take many forms such as revenge porn, threats of rape and even murder. Some women are particularly exposed such as women rights defenders, journalists and bloggers. It is safe to say that cyber violence affects women disproportionately, causing them psychological harm and hindering them to share express themselves openly online. In my opinion, cyber attacks and violence against women isn't taken very seriously.

We really need a comprehensive policy and the intervention of government to address online gender based violence using the existing international human rights framework



Haroon Rashid

Managing Editor, Independent Urdu

The internet is full of hate against women. Whenever we run a story of a brave woman doing something daring, hateful comments abound. Facebook is especially full of anti-women males. They lose any sense of decency and call women using reprehensible words.



Mehrooz Waseem

Artist

As an artist it's part of my job to put myself and my work out there; however, as much as that brings positive recognition, it also comes with the risk of making myself vulnerable to all kinds of cyber- bullying; especially since I use digital spaces for my feminist activism as well. Such views are not popular with the majority and trolling of feminists is even deemed acceptable in our society. When we complain to those around us, we are usually advised to adjust our own decorum, as in real life. Abusers know this and take advantage of such victim-blaming narratives.



Rimsha Tahir

Chief People and Operations Officer

I have faced online misogyny when expressing different views, enduring the misuse of my pictures and the creation of fake accounts aimed at undermining me. It's disheartening to witness such behavior in online spaces, where open discussions should prevail. Whenever I express my opinions online, I face a barrage of abuse and character assassination.

Each tweet becomes an invitation for a flood of people to rush in, unleashing derogatory comments and personal attacks. This relentless online misogyny not only stifles healthy discussions but also takes a toll on my well-being.



Marvi Soomro

Consultant Neuropsychologist, CBT Certified (USA), Member American Psychological Association and Director Women Empowerment

Pakistani women are subjected to widespread online misogyny, which manifests itself as harassment, threats and cyberbullying. This toxic climate silences their voices and exacerbates gender inequalities. Strong legal frameworks to prosecute perpetrators, promoting digital literacy to empower

women to navigate safely online, cultivating online communities that support and uplift women, enforcing platform policies against hate speech and harassment, and conducting public awareness campaigns to challenge sexist attitudes and behaviours are all potential solutions.

Anonymous

"It is always jarring to encounter misogyny online in your meticulously curated timelines. Like a lunch with one's uncles, your favourite accounts' engagement in a misogynistic trope evokes a visceral reaction marked with a hint of betrayal. While so many women choose anonymity online for safety reasons, it is just so interesting to find people choosing it for the exact opposite ones."

"IMHO, we need to ensure that the word 'misogyny' is more than just a buzzword which is often exploited to shun even slightly critical voices. We need to have an open discussion about issues without the fear of this labelling. It does a great injustice to the cause of women by trivializing the usage of this word even in instances when you need to call out actual instances of misogyny online."

"I am tired of being told to 'take it as a compliment' or 'not take it seriously' - online misogyny is real, it's suffocating, and it's exhausting to constantly fight for my right to exist online without being harassed or judged."

*"Online spaces should empower, not demean.
End cyber misogyny now."*

*"Women constantly face the worst kind of misogyny
on social media it's not just being helpless about
misogyny but helpless about what sort of
conditions lead to such misogyny in society"*

Anonymous

*"We need to create a more supportive & inclusive
online community where everyone can express
themselves without fear of harassment or abuse"*

*"Belittling women online creates toxicity, let's
foster respect not ridicule."*

*"Misogyny is deep-rooted in this country; whatever the post, if
they see it's by a woman, they target her and start acting up, using
sentences like "go back to the kitchen" & stuff like that. You can
easily find examples on here. Misogynists just hate women
speaking up for their rights"*

Posts

WHERE MISOGYNY IS BAD EVERYWHERE, IT'S PARTICULARLY BAD ONLINE WHEN IT COMES WITH A SENSE OF ANONYMITY. WHEN THEY'RE ANONYMOUS, THEY'RE NOT JUST WORSE BUT DANGEROUS. FROM THREATS TO KILL TO SLUT-SHAMING AND ABUSING WOMEN WHO DARE TO DISAGREE, MISOGYNISTS WITH KEYBOARDS MAN-AGE TO MAKE EVEN THE VIRTUAL WORLD FEEL UNSAFE.



Fatima Shah

Writer & Marketer



FEMINISM IS TARGETED ON SOCIAL MEDIA AND MISINTERPRETED IN A VICIOUS WAY AND THAT OWES TO THE PREVALANT ONLINE MISOGYNY HAVING DETRIMENTAL IMPACTS ON YOUTH.



Wajiha Chaudhary

Lawyer



WITH GREATER MOBILE INTERNET PENETRATION COMES A GREATER RESPONSIBILITY FOR THE GOVERNMENT TO THINK ABOUT WHAT MATTERS. BUT THE PAKISTANI STATE PRIORITIZES SHUTTING DOWN THE INTERNET OR BLOCKING PLATFORM X RATHER THAN PROTECTING WOMEN FROM CYBER HARASSMENT AND MISOGYNY.



Areeba Fatima

Investigative Reporter & Fact Checker



WHILE DISCUSSING ABOUT LIVING ABROAD AND FACING HARDSHIPS ALONE, A MAN QUIPPED JOKINGLY THAT "TOU KIYA HUA, AAP AURTON KO HI TO SHOK HOTA HAI GHAR SE BHAGNE KA AUR BAHIR KE MULKON MEIN NANGAY KAPRAY PEHANNE KA!" (I MEAN, I STILL AM DAZED AT WHAT THE CONNECTION WAS 😊)



Dr. Maryam Brohi

Consultant Cosmetologist



MISOGYNY IS VIOLATION OF WOMEN'S RIGHTS AND THE LACK OF ACCOUNTABILITY WORSENS THE DISPARITY. DIGITAL SPACES ARE WHERE MEN MONETIZE MISOGYNY, AMPLIFYING THEIR POWER MORE THAN EVER.

HAVE YOU EVER HEARD OF WOMEN MONETIZING MISANDRY?



Aleema Karim

Consultant, WEEI



A MISOGYNIST HAS NO GENDER. THEY CAN BE A MAN OR A WOMAN. IN THE ONLINE SPACE, I LIKE TO IMAGINE THEM AS GERMS. AND JUST LIKE BODY IMMUNITY AND HEALTH, I LIKE TO KEEP MISOGYNIST GERMS AT BAY BY BUILDING MY MENTAL IMMUNITY.



Fatima Yamin

Expert Disaster Risk Reduction and Emergency Response



Posts



بیٹی کو یہ کہنا کہ خدا
تمہارے نصیب اچھے کرے
بھی انٹرنلایزڈ مسوجنی
کیونکہ اسکا مطلب ہے کہ
اب بیٹی کے یا ماں
باپ کے ہاتھ میں
کچھ نہیں ہے۔ سارا
کنٹرول لڑکے کے
ہاتھ میں ہے۔

پہلے۔ سوچو۔ پھر۔ بولو

مدیحہ
فریشن ایم ڈی



شکاری کا
جال اگر کاٹنا
آتا ہو، تب
سوشل
میڈیا پر آئے

پہلے۔ سوچو۔
پھر۔ بولو

ڈاکٹر طاہرہ کاظمی
کانٹا کالجسٹ، مصنفہ و بلاگر



میں یہ تو جانتی تھی کہ
دیسی ثقافت میں
خواتین کو مردوں سے
کمتر سمجھا جاتا ہے،
لیکن مذہب کا اس
طرح استعمال
ہوتے ہوئے میں نے
پہلی دفعہ
سوشل میڈیا پر
آ کر دیکھا۔

پہلے۔ سوچو۔ پھر۔ بولو

سکینہ حسن

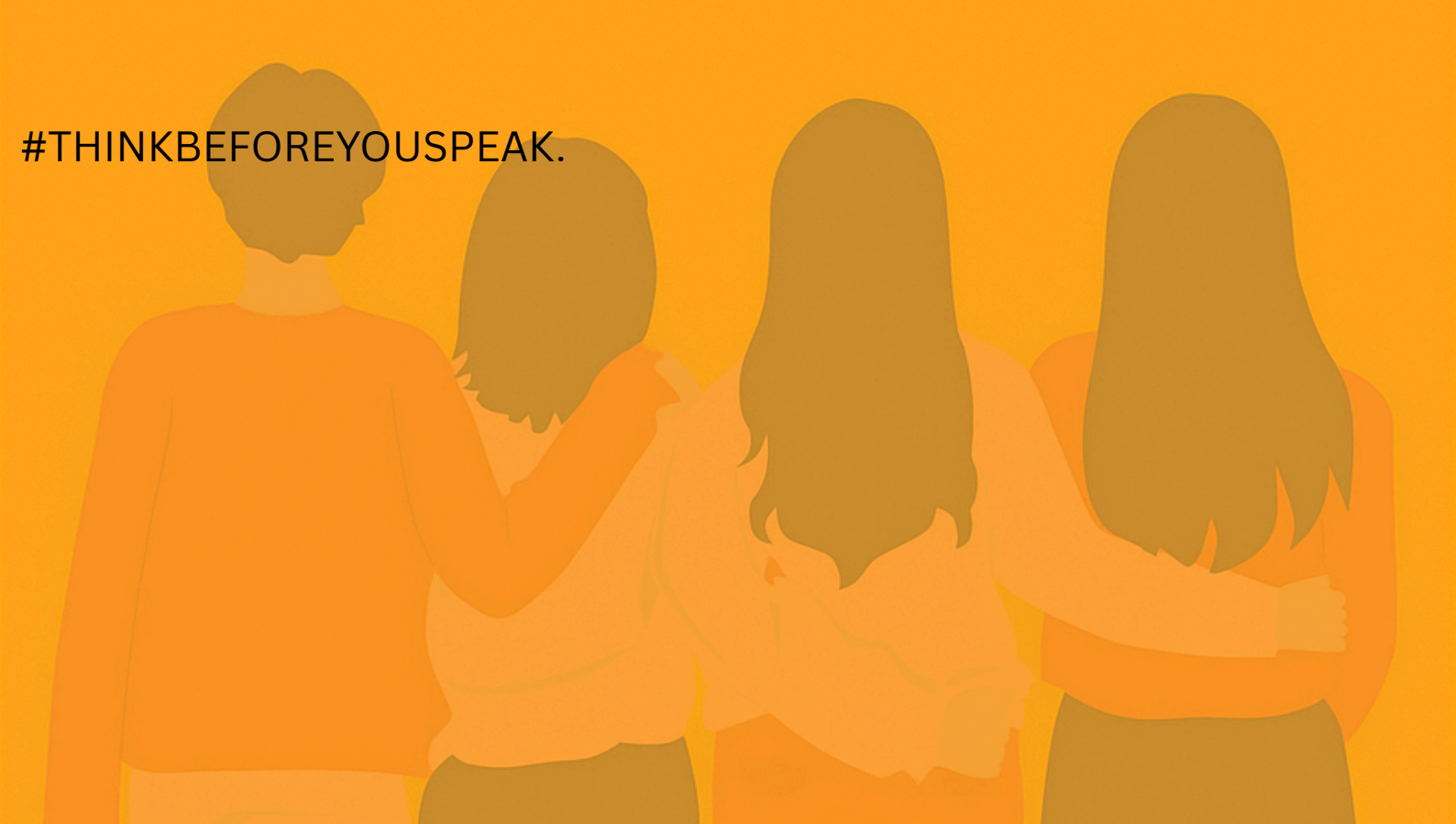


پاکستان میں خاتون صحافی کے طور
پر مجھے آن لائن براسمنٹ کے بے
شمار واقعات کا سامنا کرنا پڑا ہے۔
ڈیجیٹل پلیٹ فارم، جو کہ تعمیری
مکالمے کے لیے ہونا چاہیے۔ صرف
خواتین کے خلاف منفی کیمپین، کردار
کشی اور
براسمنٹ کے لیے استعمال
ہوتا ہے۔ یہ آن لائن تشدد
نہ صرف افراد پر حملہ
ہے بلکہ صحافتی آزادی
اور خواتین کے حقوق پر
بھی حملہ ہے۔

پہلے۔ سوچو۔ پھر۔ بولو

سعدیہ مظہر
تحقیقاتی صحافی

#THINKBEFOREYOUSPEAK.



Conclusion

The comments in this compilation make it clear that online misogyny is routine for many women. They also show that sustained conversation does make an impact. As part of Uks' 2023–2024 SafeWord Safer World project with the World Association for Christian Communication (WACC), the 365-day #ThinkBeforeYouSpeak campaign helped bring this issue into everyday discussion and became one of our most effective awareness efforts.

It's a fact that no single project can resolve the problem entirely. However, this effort succeeded in documenting lived experiences, and sparking a dialogue. It also encouraged individuals and institutions to take online abuse more seriously. This compilation reflects that progress and provides a grounded base for the work that Uks continues to do.

Links

Lubna Jerar Naqvi	https://www.instagram.com/p/C0WMmXIMXjb/?igshid=MTc4MmM1Yml2Ng==
Tabassum Adnan Khwenddo	https://www.instagram.com/p/C1O3pG2MyOn/?igsh=MWZ4cmdhYzk4OHJjbA==
Tabassum Adnan Khwenddo	https://www.instagram.com/p/C299RNNieEC/?igsh=MWZma3hxdnc3eWgxMw==
Fatima Atif	https://www.instagram.com/p/C0_fl9rMROR/?igshid=MTc4MmM1Yml2Ng==
Mahnaz Rahman	https://www.instagram.com/p/C0th6y_sSOq/?igshid=MTc4MmM1Yml2Ng==
Sadaf Raza	https://www.instagram.com/p/C081GsiMhsq/?igshid=MTc4MmM1Yml2Ng==
Sadaf Ajmal	https://www.instagram.com/p/C03zW7HMaHb/?igshid=MTc4MmM1Yml2Ng==
Raheela	https://www.instagram.com/p/C1EoiH0sCOh/?igshid=MTc4MmM1Yml2Ng==
Asiya Arif, SPARC	https://www.instagram.com/p/C0l-8vFCWTx/
Zarghoona Barrech	https://www.instagram.com/p/C0oagC5s1DD/?igshid=MTc4MmM1Yml2Ng==
Imran Takkar	https://www.instagram.com/p/C0ytdOXsn5E/?igshid=MTc4MmM1Yml2Ng==

Syed Ali Salman	https://www.instagram.com/p/C1RoU1eMgYo/?igsh=eXNlc2YxZnZkcXh4
Kissa Abbas	https://www.instagram.com/p/C1Ull71MzYS/?igsh=bzd3NHM1dnhrbWJm
Fazila Gulrez (Activist)	https://www.instagram.com/p/C1W5geMsVxy/?igsh=aDFzbWQybzNsbGI4
Hammad Iftikhar (contentcreator)	https://www.instagram.com/p/C1MiMtAsMw3/?igsh=end4ZDhkaHV3OHEX
Zohra Yusuf	https://www.instagram.com/p/C1ZjImAiJl/?igsh=MWFwYnM2anBzZDBxcg==
Quatrina Hosain (Journalist)	https://www.instagram.com/p/C1cRQRSCG0d/?igsh=OW44YzVyMWVucDV1
Zarghon Shah	https://www.instagram.com/p/C1fBq5eMEm4/?igsh=aG5lNm54ODlid2Fo
Dr. Faiza Mushtaq	https://www.instagram.com/p/C1hZO9hCqbC/?igsh=MXJvcXE5bGZqcnJ4OA==
Mahim Maher (Journalist)	https://www.instagram.com/p/C1jnUGTrWq5/?igsh=bHM2OWJqbzRleTVo
Zofeen T. Ebrahim	https://www.instagram.com/p/C1o_3bliXts/
Anonymous	https://www.instagram.com/p/C1rZdEpMKYo/?igsh=MWM2bmkyMDRpMXy1dQ==
Kainat Safdar (Student)	https://www.facebook.com/share/p/aHS9JaLx9zckmFuu/?mibextid=xfxF2i
Sobia Saleem	https://www.instagram.com/p/C1uRwVyiFmU/?igsh=MWYwcjdxN2xxNnNxaw==

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Naila Raheem	https://www.instagram.com/p/C11rvdjsUyf/?igsh=MTMwbXdObWFtdWpoNQ==
Bushra Iqbal Hussain	https://www.instagram.com/p/C2Rp-oMsfnv/?igsh=enpzODE1OXpOdGhy
Salmaan Shawani	https://www.instagram.com/p/C2mpBpGCIfY/?igsh=MWptaDg4azd5aHJtNA==
Dr.Saadia Ishtiaq Nauman	https://www.instagram.com/p/C2cSebZi-sw/?igsh=MXExMGVjN2R4cDluaw==
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Afra Fatima	https://www.instagram.com/p/C2Zqek6CdWp/?igsh=ejE4Z3RzcGJoanl3
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Kanza Huma Majeed-7	https://www.instagram.com/p/C6gUjw0CeSg/?igsh=MW5qbGM1NXZ3czBtMw==
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Kanza Huma Majeed-9	https://www.instagram.com/p/C32RN_riXqd/?igsh=ZGZwcndxMHA5Z3o1
Kanza Huma Majeed-10	https://www.instagram.com/p/C4F0syOCfyT/?igsh=MXFpbXM3N2NibzV0OQ==
Rashida Dohad-1	https://www.instagram.com/p/C2pS0bjiOIW/?igsh=MjA3eHh2Zm5zcGo=
Rashida Dohad-2	https://www.instagram.com/p/C22GiwLCeKW/?igsh=Y3l5cjNsNXMzcDA4
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Sabah Bano Malik-2	https://www.instagram.com/p/C3SQ_DaMgIF/?igsh=cTE1bjhpNTRzcnA3
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Sabah Bano Malik-4	https://www.instagram.com/p/C27VkhECV8C/?igsh=dzAzOHNwcXBvenpo
Ghanwa Sherazi	https://www.instagram.com/p/C2ze-2biSwH/?igsh=Z3ZoMmRlMzVzMmw5
Ayesha Maqsood	https://www.instagram.com/p/C24q5RnClIb/?igsh=Zm12bzB2dzlyYjlk
Neelum Toru-1	https://www.instagram.com/p/C2w3H2liyGG/?igsh=azM0N2hidXAwZDA4
Neelum Toru-2	https://www.instagram.com/p/C3FwriliNGC/?igsh=N2tldzZ4ZHplZWF5
Sajeer Shaikh (Journalist)-1	https://www.instagram.com/p/C4AT14FiG4r/?igsh=MXY2bmtkYTU3YzZvZw==
Sajeer Shaikh (Journalist)-2	https://www.instagram.com/p/C3IKUzMi_Aw/?igsh=MTJ3cHg5ZG1nZjN0cg==
Sajeer Shaikh (Journalist)-3	https://www.instagram.com/p/C3fZ3awizDT/?igsh=MnlpY2cxajdoYXpp
Zarfishan Hussain	https://www.instagram.com/p/C3XjoeNi1Pe/?igsh=cjd3OGwzYjg2bW90
Mehrooz Waseem (Artist)-2	https://www.instagram.com/p/C3sBSovidX1/?igsh=dXp5Z2JxZHg0MGJu
M (Research Assistant)	https://www.instagram.com/p/C3w6AZgCDuZ/?igsh=MTc0bGltMmloZnczZA==

Rimsha Tahir -2	https://www.instagram.com/p/C3uvaxRCp7J/?igsh=MWZsNjQ5aG5wNTE5dQ==
Komal Salman (Founder of Folkloristan)	https://www.instagram.com/p/C3NVjOcMU_R/?igsh=MWI0cXkwbWw2dnFrdA==
Tazeen (Civil Servant) -1	https://www.instagram.com/p/C3kUJkgM80K/?igsh=cnFINmdoOWVmY3U5
Tazeen (Civil Servant) -2	https://www.instagram.com/p/C4KpQEgib3O/?igsh=MXQyMTNidGlqYzF6cQ==
Tazeen (Civil Servant) -3	https://www.instagram.com/p/C4url8CisNn/?igsh=dHhuYWh3eDhob2Q1
Swineryy-1	https://www.instagram.com/p/C3paVQMMxw0/?igsh=MTE5bzF3cGRjbGE3dg==
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Swineryy-3	https://www.instagram.com/p/C7MHk_sJLvB/?igsh=dTVjcDlnczlwNjR2
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Swineryy-5	https://www.instagram.com/p/C5StJGLivdD/
Swineryy-6	https://www.instagram.com/p/C4NURAiYaP/?igsh=Y3JvNDh5Z2s0Zjcz
Swineryy-7	https://www.instagram.com/p/C5StJGLivdD/?igsh=MTA4NXQxdWUycTZoag==
Maria Tahir	https://www.instagram.com/p/C4DIDYaLu5Y/?igsh=OWg0dWh3dHhub251

Hawwa Bilal-1	https://www.instagram.com/p/C4XejNCiTiq/?igsh=bng1bjN1aHpvNHVi
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Saadia Ahmed-1	https://www.instagram.com/p/C3-UHQuix0v/?igsh=Mzg1aHVyeGpoa2Vj
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Anonymous	https://www.instagram.com/p/C5NqDRUi5rq/?igsh=bncyMTAxZnJzdDRj
M.B (Chartered Accountant)-1	https://www.instagram.com/p/C4cux8NiJDS/?igsh=c2V6em96Mm9ycDc=
M.B (Chartered Accountant)-2	https://www.instagram.com/p/C5DOO3OCCh6/?igsh=MTFkajQxM3NqOGQ2bQ==
Barrister Zahrah Sehr Vayani	https://www.instagram.com/p/C4-U8StCOjZ/?igsh=ZWRnZ3kzdnZmODQ4
Shujaa Azmi (Student at NDU)	https://www.instagram.com/p/C4aJn1wifqX/?igsh=eGV4dXM4bmNkZnVm
Sara Mehdi (Writer)	https://www.instagram.com/p/C5lj8z7iIEv/?igsh=MXI4cTBhZmYzemZicw==

Dr. Zoha (Resident in general surgery)	https://www.instagram.com/p/C4fila_Cdhp/?igsh=MWU2ZXEpNGRoYnRucQ==
Rahmeen (Human nutrition research student)	https://www.instagram.com/p/C5As5GssutS/?igsh=bW9kYWI1czBhbndm
Mehar Khursheed	https://www.instagram.com/p/C5dM2AOiPNW/?igsh=MTd2ZTl1eXZpdTN3bg==
Maham Tariq (Feminist Activist)	https://www.instagram.com/p/C5ktzISiyYw/?igsh=OTZnYmZheGo4NW5w
Ayesha Naz (Student)	https://www.instagram.com/p/C5qBsQICMjN/?igsh=OGV0ZnczNjNpazVs
Hina Safdar	https://www.instagram.com/p/C5s4ydMCL9U/?igsh=MTVpenY1eGQzMnBpbw==
5h4h 44M1R	https://www.instagram.com/p/C50RoJwCKgw/?igsh=c3dxbHF1b2hweXR5
Ibraheem Ahmad-1	https://www.instagram.com/p/C5GJUe6LwGP/?igsh=cXVtdXByYXQ4dThj
Ibraheem Ahmad-2	https://www.instagram.com/p/C5vdVV0i5PA/?igsh=am1xN2w0b3I5czY0
Bakhtawar Murtaza Siddiqui -1	https://www.instagram.com/p/C5yH01OiL7O/?igsh=MTd6dG9yb2FrdTNlaQ==
Bakhtawar Murtaza Siddiqui -1	https://www.instagram.com/p/C5VPt6RiwbM/?igsh=cWU5ajZkanNkaWpj
Kinza	https://www.instagram.com/p/C4iGcDTCZ9k/?igsh=ODJsdnJ1cWRoM2Zm
Syed Ammar Ali Gillani	https://www.instagram.com/p/C4kV3eUi7hr/?igsh=dWJ6aHF2NjFkMWow

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Nida Usman Chaudhary	https://www.instagram.com/p/C42aOBciNUI/?igsh=MW8xdWxxcXlpZXZxMg
Aqsa Gharshin -1	https://www.instagram.com/p/C44_99GC3Eq/?igsh=MXd5MmdiNmswYTljbg
Aqsa Gharshin -2	https://www.instagram.com/p/C5LBlwcCcWW/?igsh=c201aG92MXIta2V6
Yamina Ishtiaq (Resident Gynaecologist)	https://www.instagram.com/p/C47cx9LMpLO/?igsh=MWM4cW0xOGh0em1qNQ
Daadlo Sain (Visual Artist and Activist)	https://www.instagram.com/p/C52_oAEiuYh/?igsh=cGVwb3JmeDhiZ3Y3
Rutaba Tanvir	https://www.instagram.com/p/C55twvXCyz/?igsh=MXZgNWWh1dHp1N3AwZQ
Azra Siddique (Teacher/Educator)	https://www.instagram.com/p/C575LKMibpZ/?igsh=aG1ocDlrbzlxOWIm
Mina Khan (Medical Student)	https://www.instagram.com/p/C5-hRU6rCnS/
Natasha Raheel	https://www.instagram.com/p/C6BQPsmLczl/?igsh=MTgzdTlyb2lzdW5rdg
Atif Malik	https://www.instagram.com/p/C6G8EQNCJKY/?igsh=bDg0NzhoazBpemJz
Gobi Faizi	https://www.instagram.com/p/C6lvi7DC8Hv/?igsh=NjNiaXQ4bzh1bXdv
Anonymous (11)	https://www.instagram.com/p/C6LYIWLil6i/?igsh=MTB2MjVrM2RqMm4wbA
Ayesha Shoukat (Clinical Psychologist)	https://www.instagram.com/p/C6RPgVdifKz/?igsh=d29iM3l6eWRjbjEm

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Laiba Zainab (Journalist and Activist)	https://www.instagram.com/p/C6TbtgyLUbH/?igsh=MXdyMmJ5cXZnc2Qwbw
Zuha Malik	https://www.instagram.com/p/C6YO18mCo4t/?igsh=YzltjdvcDZsenlh
Yarmiah Bukhari - 1	https://www.instagram.com/p/C6ig-2miM13/?igsh=MTI5b3JxMWp2enh6NA
Farwa Rizvi (Behavior Analyst, ALS)-1	https://www.instagram.com/p/C5fk6eICODr/?igsh=MTVqbmcyeWFwYjdzeg
Farwa Rizvi (Behavior Analyst, ALS)-2	https://www.instagram.com/p/C6lHBp0iHbW/?igsh=NWJkOHVyaTg0a2N1
Mahwash Ajaz (Writer/Journalist)	https://www.instagram.com/p/C6qc2mSiRjn/?igsh=dmpwdTlnaThnenl0
Asad (A-Levels Student)	https://www.instagram.com/p/C6tLL-PCq7Q/?igsh=aXFwdTQ2YXo0M2hu
Moniza Kakar (Lawyer and HRD)	https://www.instagram.com/p/C6x_K4LiAc0/?igsh=MTk0bDdmZjgwbmxbpag
Anonymous (12)	https://www.instagram.com/p/C60qu8JC8Oe/?igsh=MWdmY3k2YjR0cnQ1NQ
Yarmiah Bukhari -2	https://www.instagram.com/p/C6ig-2miM13/
Dr. Maryam Brohi-2	https://www.instagram.com/p/C66AcUwC64k/?igsh=MTBzcWs5N3Z1bDFreg
Laraib Farhat	https://www.instagram.com/p/C7ClkKRiMXr/
Yarmiah Bukhari	https://www.instagram.com/p/C6ig-2miM13/

Fatima Yamin -2	https://www.instagram.com/p/C7E1j-pig7u/?igsh=MTFkMWthNjJ0aGduMg
Aymen Farooq	https://www.instagram.com/p/C7HQQJZOiXAa/?igsh=MXZyMjlsM2RtY2kyYg==
Wajiha Chaudhary-2	https://www.instagram.com/p/C7Jko1UiXNo/?igsh=bWU3NjVscjA2aDBt
Fatima Shah (Writer & Marketer)	https://www.instagram.com/p/C7OqNhtpCLW/?igsh=YmUxYjBwNGxmd2Ry
Dr. Maryam Brohi-3	https://www.instagram.com/p/C7RbTCbCH7h/?igsh=OTBjdmpyb2Yybmw2
Yarmiah Bukhari-3	https://www.instagram.com/p/C7T32xRJ4T_/
Sara Khalili (Behaviour Therapist)	https://www.instagram.com/p/C7WYOWTpBvl/?igsh=bmJ5OHozOGgxbjU0
Fatima Yamin-3	https://www.instagram.com/p/C7ZNAzAJrdl/?igsh=NGh2eGtjbTY1c29w
Farwa Rizvi-3	https://www.instagram.com/p/C7blwkaCxzA/
Ayesha Khalid	https://www.instagram.com/p/C7eZx6eihi_/?igsh=MW52Zm14Nmx6bnBwYw==
Mustafa Ali	https://www.instagram.com/p/C7jlLvVJ9S9/?igsh=bjQ5ZWQyaXR6eDJ3
Ahmed Saud	https://www.instagram.com/p/C7l2z5FpbyC/?igsh=MW5yNzVibDBvMnZ5MQ==
Dr Hajra Niaz	https://www.instagram.com/p/C7olGiFM6Z3/?igsh=bXpwbnBqcnp0dGto

Farwa Rizvi-4	https://www.instagram.com/p/C7rLQpgpk5w/?igsh=MTJ4dzhhZmlrYm8yeg==
Bisma Ghalib (Program Officer)	https://www.instagram.com/p/C7tuZqgpHvc/?igsh=N3pjYmM5NTg0NnF3
Fatima Yamin-4	https://www.instagram.com/p/C7wWxHDJtmm/?igsh=MW5saGM0cmFiM2h3dw==
Yarmiah Bukhari-3	https://x.com/CenterUks/status/1797996144016142439?s=08
Younib Hasan-1	https://www.instagram.com/p/C71lGmlJ2JM/?igsh=MWZocTRIYjFvdzh4Zg==
Taha Tajdar	https://www.instagram.com/p/C74OCs4vroQ/?igsh=OW81OWh0dHhqYmx3
Anonymous	https://www.instagram.com/p/C76sxczyh5m/?igsh=aG82ZXJ5MHQzeWsz
Obaid Atique-1	https://www.instagram.com/p/C79OV4WJSut/?igsh=MTVnMWZpbzkyY3J3Yg==
Shazia Hasan (Journalist)	https://www.instagram.com/p/C7_04tgprju/?igsh=Nnk5aG9remI1MWh4
Sindhu Abbasi (Journalist)	https://www.instagram.com/p/C8CKdG7JMxr/?igsh=ancyYW8xNHI3cm9w
Fatima Waqar Zaman	https://www.instagram.com/p/C8E6RN3CPPW/?igsh=NDUycmg2aGR4NzY1
Younib Hasan (Pricing Analyst)-2	https://www.instagram.com/p/C8HI-Xev4L0/?igsh=MTVtcThsejRuNmc0ag==
Momina Asif	https://www.instagram.com/p/C8J8aDZiQQI/?igsh=MzV6cHR2MXNkeDFs

Aimen Mohsin (Account Manager)	https://www.instagram.com/p/C8MpMuCiuna/?igsh=MXNubWlydHh3M3k0Zg==
Kumail Abbas	https://www.instagram.com/p/C8PLo8DiFIN/?igsh=OGVwem1idHNmbWR1
Faizan Tariq	https://www.instagram.com/p/C8RrraUJ7GM/?igsh=MTE3bW8wbTR0eHVpbA
Zaitoon	https://www.instagram.com/p/C8UnO0xixzk/?igsh=YTM0d3ZveTk0dzV6
Anonymous (14)	https://www.instagram.com/p/C8XMAMDiQQK/?igsh=cDRvNnRwNGNhZW03
Obaid Atique -2	https://www.instagram.com/p/C8ZpcZ-C0BI/?igsh=MWt4anNmY3U2d3p4eQ
Alina (Lecturer)	https://www.instagram.com/p/C8b6-SdC1tj/?igsh=MTIsN2R1Mmwyd253bg
Karim Ahmad	https://www.instagram.com/p/C8en2bdCbfU/?igsh=cXQ0NXRrOGFpaXB5
Omar Quraishi (Journalist)	https://www.instagram.com/p/C8hPFyEJKME/?igsh=Z3Y4NGYxdnk3N2V1
Maheen Khurram (Media Planner)	https://www.instagram.com/p/C8j27aRpaRR/?igsh=MW9lc2plbWl0Y2tjMQ
Maha Khan (Doctor & Online Activist)	https://www.instagram.com/p/C8mQB-7JzJj/?igsh=MXh6c2E3NmpjbmtiOA
Ayesha Noor	https://www.instagram.com/p/C8o0AtqpsKi/?igsh=amNIbTIzbDQzNzQ1
Faiza Khan	https://www.instagram.com/p/C8rq2m_i_l/?igsh=MTQ1NWozOTd1aTN2eQ

Saman Tariq	https://www.instagram.com/p/C8t7vqfirGJ/?igsh=NGw1OWFjYWNINWxq
Red (Writer & Consultant)	https://www.instagram.com/p/C8wb7oqJQRs/?igsh=cThtMHExeWsybQ
Dr. Sauleha Kamal (Researcher & Writer)	https://www.instagram.com/p/C8zRLeAJUQ2/?igsh=MWVjbzk5am1henprNQ
Z (Project Manager)-1	https://www.instagram.com/p/C81x7u3JRXf/?igsh=MzhiMDNxYnFsbHVj
Anqa Gharshin -1	https://www.instagram.com/p/C84emT9JNem/?igsh=MTlxNjF2dDR5YXE0
Hafsa Rafaqat	https://www.instagram.com/p/C86_QhvJ0dS/?igsh=OW83ZnB2Z3J3cTBo
Reham Kundi (High Court Lawyer)	https://www.instagram.com/p/C89nmP5pVZf/?igsh=MXJ4ZDFqd2IxOXhjaA
Hunain Ameen (Journalist & Editor)	https://www.instagram.com/p/C9AK6H3p9nm/?igsh=eHo3dDF5cXgybDhh
Saba Noor	https://www.instagram.com/p/C9CsNhhpUr/?igsh=MTc2NnhjN3V0ZW05Ng
Z (Project Manager)-2	https://www.instagram.com/p/C9FYULkCuT-/?igsh=MXhlaDZ4cjgxbnY0Yg
Fareeha Kashif (Doctor)	https://www.instagram.com/p/C9H3KJfJGy6/?igsh=MXRma3YwNmE4aTM4OA
Mahwish Fakhar (Journalist at Dawn)	https://www.instagram.com/p/C9KWd1wplbC/?igsh=emFydDNqc2Z3OTgx
Anqa Gharshin	https://www.instagram.com/p/C9NH-MMTAKI/?igsh=ZWNxYmh4MDVicGVq

Asad Ali -1	https://www.instagram.com/p/C9PqAt0TdhI/?igsh=MTBtcnbpY2RlcHhkZg
Abdul (Research Associate)	https://www.instagram.com/p/C9See4VzPfS/?igsh=ODJkZ3dqbmmtb2FI
Naveen (Student)	https://www.instagram.com/p/C9U8wz6z3wi/?igsh=enUyjdjQ1bmF3OWtj
Umme Aimen	https://www.instagram.com/p/C9XTPvKCF9q/?igsh=bWF2cnFhcGlydDI
Kiran (Editor, Writer & Strategist)	https://www.instagram.com/p/C9Z5YHmT0Y7/?igsh=MWVvejc4Ynl6enc5bg
Abbasi (Manager Executive Office)	https://www.instagram.com/p/C9cZELHzXJa/?igsh=MTc2ZHVpa2NnMDh3dQ
Asad Ali -2	https://www.instagram.com/p/C9fF9a5TLrY/?igsh=MTB6MjBldmptaWY4MA
Sabbah Mubashir	https://www.instagram.com/p/C9hnEpQzv9Z/?igsh=YnBmbHpvNXczdm5j
Zoha Chishti	https://www.instagram.com/p/C9j88f6TCd2/?igsh=a2VyaHdpNWFzbGVv
Dr Javaria Farooqui	https://www.instagram.com/p/C9mzVuJTclO/?igsh=eGZrZnJhaTBkZ3lh
Z (Project Manager)-3	https://www.instagram.com/p/C9p8WqFCuaN/?igsh=eHp0bzA1dHVubnU5
Iqra Hassan (Editor & Writer)	https://www.instagram.com/p/C9ryyrPThfZ/?igsh=MTE1cnlyazE3djVoMg
Samar Khan (Adventure Athlete)	https://www.instagram.com/p/C9uqID3Tetg/?igsh=NnlhMWsxOWZxN21y

Ailia Zehra (Journalist & Editor)	https://www.instagram.com/p/C9w7F6hCwa8/?igsh=MWF5ZXphc2Z0czBrYQ
Dr. Sahar Rao (Medical Officer)	https://www.instagram.com/p/C9zcV7nCAJn/?igsh=MTAwamk2MjhrYjFnaQ
Dr Javaria Farooqui	https://www.instagram.com/p/C92Ic3Pzsl0/?igsh=aGw2bmQ4dTR4dWNU
Nida Arif (Research Analyst)	https://www.instagram.com/p/C94xLwwCfil/?igsh=MXRseWRldXRzZTA1bw
Malaika (Student)	https://www.instagram.com/p/C97YKW3TZyD/?igsh=MTVuejVINnB1dG1kbq
Ayesha Mehmood	https://www.instagram.com/p/C99wfg4TKxO/?igsh=cnZwZjR6bGN0ZGk2
Arfa Khan	https://www.instagram.com/p/C-AS5bHCCmd/?igsh=MTV4bXFvbTE4YjlzYg
Z (Project Manager)-4	https://www.instagram.com/p/C-DAhEyznda/?igsh=bmRna3F4cXUyc25o
Anonymous (15)	https://www.instagram.com/p/C-F1lsUigDj/?igsh=MWQ0aGthN29xeHN5
Zahra Salah Uddin (Journalist & Editor)	https://www.instagram.com/p/C-lTssezqNU/?igsh=c2tvY3pveGlsb3No
Faryal Sayed -1	https://www.instagram.com/p/C-Kq43RiP9T/?igsh=MXRqcHdjB1yeXBoMA
Hina Aftab	https://www.instagram.com/p/C-NZ9SvTQ6C/?igsh=MTJxZW56d3p2MXFzNQ
Mona Farooq	https://www.instagram.com/p/C-PxWYizole/?igsh=amlrdzNwamE0cWV5

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Anonymous-16	https://www.instagram.com/p/C-VC28ITHkc/?igsh=MWM5emE0MDU5aXY3cA
Rukhma Baig (Doctor)-1	https://www.instagram.com/p/C-XrNZrTfhL/?igsh=a29uODgydDJuM2o1
Amna Nahid	https://www.instagram.com/p/C-aNhDATJuc/
Hammad Waleed	https://www.instagram.com/p/C-crGLxzZdU/?igsh=MWM0ZHZhaXF6eTg3NA
Anonymous-17	https://www.instagram.com/p/C-fg_LZ1T5op/?igsh=MWc4czhrOWFienJ2ZA
Rukhma Baig (Doctor)-2	https://www.instagram.com/p/C-il9HnTBLD/
Rejab Naz Kazmi (Banker)	https://www.instagram.com/p/C-kaAOtz-id/?igsh=MTF2c2F5cXEyczM1ag
Z (Project Manager)-5	https://www.instagram.com/p/C-nLvOpiZFN/?igsh=MXJtMGdmOTQ3dXNsZQ
Uzma (Housekeeper)	https://www.instagram.com/p/C-pqWfZTsAy/?igsh=cDF3NGJvY3V5Yzdi
Anonymous-18	https://www.instagram.com/p/C-sL3tUCPB2/?igsh=bDNtOWUxYm05N3Nk
Zohra Ahmed	https://www.instagram.com/p/C-uwqtTCNmh/?igsh=MW95MnJ4dTcxYW5zcA
Hamza Khalid	https://www.instagram.com/p/C-xhMc7imU5/?igsh=MWx4bnFqb2cxdWgycA
Momina Mindeel	https://www.instagram.com/p/C-z-G3cCNZO/?igsh=MTYxMjBxc2U1NGRmMQ

Dr Sareema Ahmad	https://www.instagram.com/p/C-2f4KxCq_B/?igsh=MXVqMWZ3cXF4dnZncQ
Hina Nawaz (Doctor)	https://www.instagram.com/p/C-5l3gWiCpw/?igsh=cmk3bjAxaWtkdHYy
Dure Shahwar -1	https://www.instagram.com/p/C-7jLgwC3p1/?igsh=aG1laXM4cnVrM3Bz
Gaitty Ara Anis (Journalist)	https://www.instagram.com/p/C_Avq0rT2ya/?igsh=eHdxaTdzc2xhZXBw
Pashmina Khan (Lawyer)	https://www.instagram.com/p/C_DRe0lC0yf/?igsh=cXBoOGJlNjRjcDZp
Gulalai Khan	https://www.instagram.com/p/C_F8ATwCHME/?igsh=Y3NoMXVwczN6dzN6
Rabiya Tahir (Accountant)	https://www.instagram.com/p/C_lclqziEm7/?igsh=MWg0MGxjNTN1cjZwNA
M.Faisal (Medical Student)	https://www.instagram.com/p/C_NlJ1pTvtk/?igsh=MTJxNHQxZ21ucHc2eQ
Rabia Sarfraz	https://www.instagram.com/p/C_QL66GTuVd/?igsh=MXU0dzZ2ZHdyczM5cA
Dure Shahwar -2	https://www.instagram.com/p/C_SvCb3TMmY/?igsh=MTFpZGEzcGVlZ2dlZA
Kinza Fatima	https://www.instagram.com/p/C_YL6yZiYZK/?igsh=MXg2eXgwMXR6dXc1cg
Marwah Khan (Political Strategist)-1	https://www.instagram.com/p/C_aftpszKQU/?igsh=ZHhicDRrejhxY3pi
Fariha A. (Project Manager)	https://www.instagram.com/p/C_dC3YizzFX/?igsh=aWhycWM4emRvMHhh

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Neelam Aslam (Broadcast Journalist)	https://www.instagram.com/p/C_fnozbtMXb/?igsh=MTVheTZ3MTBwMjg4dw
Abeer Rehan (Writer & Editor)	https://www.instagram.com/p/C_ilmZfCnaE/?igsh=ZzB1ZGZnMnQ3OHlr
Abigail	https://www.instagram.com/p/C_k1Dv5TjWA/?igsh=ODF6bW52NWl4bmpx
Nuzhat Nazar -1	https://www.instagram.com/p/C_p8351zNy_/?igsh=aDY1and6empiaHNk
Nosheen	https://www.instagram.com/p/C_seGbjzY-u/?igsh=Z2E1anVucGsyncXVp
Kinza Fatima-2	https://www.instagram.com/p/C_vAk_DCUou/?igsh=MWczd3ZzdnoxNTF5bg
Marwah Khan (Political Strategist)-2	https://www.instagram.com/p/C_x0NDBTfVD/?igsh=dHJkdGs3MzVmZnZj
Areeb Zaheer (Content Writer)	https://www.instagram.com/p/C_0N8Baz2gz/?igsh=MWQzcnNpMDNrY3p0NQ=
Ayesha Ijaz Khan (Lawyer & Writer)	https://www.instagram.com/p/C_5UCXbiS3s/?igsh=NHVtcmNybXVhMXpx
Sakina Shoaib (Fiction Writer)	https://www.instagram.com/p/C_79RPHzxNd/?igsh=MTUydWUwcGt4bTZ3aQ
Anonymous-19	https://www.instagram.com/p/C_-iOO4TUNT/?igsh=emxtNTJkemltOHpo
Dr Maria Malik	https://www.instagram.com/p/DADtatViEdd/?igsh=bWt0YTAwNTBieGgw
Zoha Yousuf (Data Analyst)	https://www.instagram.com/p/DAGVZVNzqmX/?igsh=MTdkYW85ajdwOTA3OQ

Nuzhat Nazar- 2	https://www.instagram.com/p/DAI2aFjipkg/?igsh=anpzcDZ1b2o5amlm
Minahil (Medical Student)	https://www.instagram.com/p/DALg5xyT0gp/?igsh=MXJ4ZjFmZDBlODNqdA
Marwah Khan (Political Strategist)-3	https://www.instagram.com/p/DAOEn7DzOEI/?igsh=bGE5bnRxMm9uZ28
Anonymous-20	https://www.instagram.com/p/DATlpTyTdUq/?igsh=Z3N2Y3VseHdiY2Jy
Maryam (Masters Student)	https://www.instagram.com/p/DAVnNVXC4JY/?igsh=aHkwMjJwZjRydHYw
Arzi	https://www.instagram.com/p/DAYPwU_z60h/?igsh=MWhjYXEzN3R2NWN5MA
Hiba Syed	https://www.instagram.com/p/DAa1Cy3z0MB/?igsh=MTV3eDJ3eTBxaHZi
Syed Zain Raza (Writer)	https://www.instagram.com/p/DAdd4z_zhGL/?igsh=MW5rNG5wNGNtc2NrYg
Amal Kamal (Policy Analyst)	https://www.instagram.com/p/DAf97NNisCU/?igsh=Znl6dWpobm5pMHUy
Anonymous-21	https://www.instagram.com/p/DAikOCOTFQJ/?igsh=dHNnMmxsbWhldTRh
People's Commisar	https://www.instagram.com/p/DAlIZMpztFn/?igsh=Z2FwNWU5NnBoZGkz
Fasi Zaka (Media Commentator)	https://www.instagram.com/p/DAnsztviYi2/?igsh=MWVoazB1MHIwenJnOA==
Nadia Yousafzai	https://www.instagram.com/p/DAqWqhozMyL/?igsh=MWhiYWhsN2ZpN2l2Zw

Syeda Raviha Zahra	https://www.instagram.com/p/DAs6vEsC5Ns/?igsh=MWtxNWWh0NzE1eGpxbw
Atiya Abbas (Activist)	https://www.instagram.com/p/DAvpMzyi1k1/?igsh=dGFsamYza2N1YzUz
Sarah Ilyas (Anchor at Geo News)	https://www.instagram.com/p/DA0lbWuT2mM/?igsh=cDZhZDUyZTV3bzI0
Syeda Zainab	https://www.instagram.com/p/DA3luNBCXNi/?igsh=MTY5ZGFjdXdhc2gwgcg
Izma Munir (Student)	https://www.instagram.com/p/DA8R-ZVCd0f/?igsh=eXI0YmlqbXp3MHI0
Shazma Gilani (PhD Student in Physics)	https://www.instagram.com/p/DA-2FSzT9Gf/?igsh=eXFhcWloNWRxb29p
Fizza Safia	https://www.instagram.com/p/DBD9fZTiNXu/?igsh=MWV4MjAzMzlmZm9qbG
Sadya Siddiqui (Policy Researcher)	https://www.instagram.com/p/DBGrgtsiplt/
Attiya Akram	https://www.instagram.com/p/DBJNYMsCdpg/?igsh=Z2huZjNINzR5azJv
Anonymous-22	https://www.instagram.com/p/DBOSEteCwIU/?igsh=MWMwZHBieGlyeXMxMg
Anonymous-23	https://www.instagram.com/p/DBQ_LHOCOoB/?igsh=MThnOGV5ZnRuOWJ0cA
Fatima Abdullah	https://www.instagram.com/p/DBTdVqJz-gR/?igsh=bnJleDg3cmk2Mmdt
Hiba (HR Executive)	https://www.instagram.com/p/DBWDxq4zcqv/?igsh=ZXVwcjZhMDcwcXcz

Anonymous-24	https://www.instagram.com/p/DBbNojXzwKY/?igsh=MXl4eTNkZXg3ZXRiZQ
Maryam Azhar	https://www.instagram.com/p/DBdxl8kT_Db/?igsh=cmR4NDRqZDNhOHRx
Zaynab Akbar (Student)	https://www.instagram.com/p/DBgcFkOi51J/?igsh=OW52NXlsd3M3bTdp
Zainab (Junior Sub-Editor)	https://www.instagram.com/p/DBi4ki_iXQH/?igsh=a3RmNzE4Z3dqZ2Vn
Anonymous-25	https://www.instagram.com/p/DBI80SkTGPU/?igsh=ZDAzbxm0cmlkaHlx
Mishal (Medical Professional)	https://www.instagram.com/p/DBoFe_MT-2/?igsh=ODk0cWJgNzRnazlz
Abeera Viqar	https://www.instagram.com/p/DBqpnL5TCxp/?igsh=MTQ4OTFxNnF4aDY2Zg
Zoya Anwer	https://www.instagram.com/p/DBtMTC3z61T/?igsh=MXZucTkwcXJ4YXN1aQ
Ayesha (Nutritionist)	https://www.instagram.com/p/DBv0qMnz1JE/?igsh=MWc5MGoxem92OXh6NQ
Zain Ul Abideen	https://www.instagram.com/p/DByWMvoCCEC/?igsh=MXNidWfxZzdrNXZkYw
Ifrah Maskan	https://www.instagram.com/p/DB1Lv9ezv-9/?igsh=MXRudm9kb3A5MjFrbA
Wardah Abbas	https://www.instagram.com/p/DB3sBvpj1d/?igsh=MTcwbDdtbjF5ZnZtcw
Mudasira Nizamani (Student)	https://www.instagram.com/p/DB6UgY9THz5/?igsh=aTg5Z3N0MzZIMzg3

Hyder Chattha (Social Researcher)	https://www.instagram.com/p/DB8nzJIC4yO/?igsh=MXFwenlwNGZxN3c4aA
Lady Cavill	https://www.instagram.com/p/DB_OPZ5zse2/?igsh=MTA3Nm41OTIsbm41Zw
Amna Mazhar	https://www.instagram.com/p/DCHA0irzxBI/?igsh=MWQWdnEwYjE2c3BnOQ==
Faran Manj (Writer)	https://www.instagram.com/p/DCJhUk9zmTi/?igsh=cWVtN3RtYzgyZ2M2
Farwa Naqvi	https://www.instagram.com/p/DCMMt-CTfDk/?igsh=bHR5Y2Z4aTJsYjF3
Anonymous-26	https://www.instagram.com/p/DCRVUCAT4Qg/?igsh=MTA5ZnhjZGJ1cHI2Ng==
Anonymous-28	https://www.instagram.com/p/DCWdseeTYSe/?igsh=dTEzZnN5aG1zNWUz
Zehra	https://www.instagram.com/p/DCbm0NUCD-E/?igsh=N3RtcXljbTZqa2Uw
Iraj Muqet Rao (Media Analyst)	https://www.instagram.com/p/DCeI-8NicJd/
Maham (University Student)-1	https://www.instagram.com/p/DCgsYxKTMkD/
Kashish Fatima (Software Engineer)	https://www.instagram.com/p/DCjQgXszeWk/?igsh=MXRncmx2bXRkcmhzZw
Maham (University Student)-2	https://www.instagram.com/p/DCtgndoNd1N/?igsh=MWVkbWp4Z2R0cnlidw==
Mustajab Nazir Dhoki (Writer)	https://www.instagram.com/p/DCtgndoNd1N/?igsh=MWVkbWp4Z2R0cnlidw==

Umm-e-Saim (Student)	https://www.instagram.com/p/DCysTF0NnKF/?igsh=MWR1a3B3NzA2N2dnbQ==
Anonymous-29	https://www.instagram.com/p/DC1YnVtzTFf/?igsh=MTF3N3VocG50em1iNw==
Sameen (Architect)	https://www.instagram.com/p/DC31t49TxCg/?igsh=MWxpdTU5MDVnam56cw==
Anonymous-30	https://www.instagram.com/p/DC6eKrtzMTJ/?igsh=aW4zbTk0a2V5Zmo2
Aileya (Research Assistant)	https://www.instagram.com/p/DC9BPretmMS/?igsh=NDVvZTImbGZ2c2U0
Khaulah Ahmed	https://www.instagram.com/p/DC_fNJ7zvCD/?igsh=eDN1YjI2enp6czg5
Riffat Anjum (journalist)	https://www.instagram.com/p/C06KXdQMjbb/?igshid=MTc4MmM1Yml2Ng==
Dr. Tahira Kazmi-1	https://www.instagram.com/p/C0bsK3kif4d/?igshid=MTc4MmM1Yml2Ng==
Dr. Tahira Kazmi-2	https://www.instagram.com/p/C0jVav9C5xu/?igshid=MTc4MmM1Yml2Ng==
Dr. Tahira Kazmi-3	https://www.instagram.com/p/C2PhjYWiZh-/?igsh=MTJ6MDZoZm4xdDNpOA==
Dr. Tahira Kazmi-4	https://www.instagram.com/p/C2e8dXoCshe/?igsh=MWszOXh6czM5Mm5hcw==
Dr. Tahira Kazmi-5	https://www.instagram.com/p/C3C7iSZiroM/?igsh=MWdqcjVweWJpYnlpag==
Tahira Abdullah (activist)	https://www.instagram.com/p/C6a5ljGLFzd/?igsh=MWEweDR0Ymcwdnlneg==

Dr. Tauseef Ahmed Khan	https://www.instagram.com/p/C1mZ3nOMPys/?igsh=MXMxbnd3a2N0c251ZA==
Shehnaz Shabbir (Radio Jockey)	https://www.instagram.com/p/C2VCYM9C_WX/?igsh=MW50dzU3dmJ3YWZ1aA==
Dr. Tahira Kazmi-6	https://www.instagram.com/p/C3z7CzJil1U/?igsh=aDZ2eXA2N3VqYXFo
Dr. Tahira Kazmi-7	https://www.instagram.com/p/C4sObWGiZDk/?igsh=MXdjOHNyYTRjMHAzMQ==
Marvi Soomro-2	https://www.instagram.com/p/C4SppgviBB0/?igsh=MTM5YzQ5ZWg4a3Zpdg==
Faryal Sayed- 2	https://www.instagram.com/p/C-Kq43RiP9T/?igsh=MXRqcHdjbG1yeXBoMA==
Nazish Naz (M.Phil Scholar)--1	https://www.instagram.com/p/C--Nh_RiPis/?igsh=Z2Nkbn0zZ2xwdmM2
Humna Fatima (Student)	https://www.instagram.com/p/C_LBr-Az_aM/?igsh=MWhvNGo5NGxrcXkybQ==
Nazish Naz (M.Phil Scholar)-2	https://www.instagram.com/p/C_VVcV2TChL/?igsh=d3F3NGhIbDdhcWMw
Dr. Nayab Bukhari (Professor)-1	https://www.instagram.com/p/C_neroJTIOV/?igsh=ZWt1cmE0bDc5YnZs
Dr. Nayab Bukhari (Proefessor)-2	https://www.instagram.com/p/C_21UECzmm8/?igsh=MXNvdGp1dTdtZDMyaQ==
Saddia Mazhar	https://www.instagram.com/p/DABJZcXC7pc/?igsh=MTY4MTRnODhmNmR5eQ==
Fatima Zahra	https://www.instagram.com/p/DAQiaqTCDSa/?igsh=MXQwdHg3eWdxYXNsaw==

Eman Janjua (Student)	https://www.instagram.com/p/DAyFk45CUzJ/?igsh=ejZscXM0ZnJ4Y2tn
Sara (Student)	https://www.instagram.com/p/DA5uBoszyDn/?igsh=MWwwZmw2aHBrdWN1Nw==
Minahil Ghaffar (MBBS Student)	https://www.instagram.com/p/DBBivrzT6Fi/?igsh=MTRjZGtjeGtnZWs2bQ==
Dr. Zara (Dentist)	https://www.instagram.com/p/DBLsf8ACmCo/?igsh=aGhrN3YxZGN3cG44
Madiha (Physician M.D)	https://www.instagram.com/p/DBYnYHrTwA5/?igsh=cjBuaHllb2g1NDVn
Imran Gabol	https://www.instagram.com/p/DCCAZRhzeUr/?igsh=Y3g5aDE0aXhpeTRp
Zunaira Abid	https://www.instagram.com/p/DCEaYp4iap-/?igsh=MTV0NjBoZGI4dTVzYQ==
Ayesha Salim	https://www.instagram.com/p/DCOuuY9TX2C/?igsh=YTFyaW83ZmhhZGcx
Anonymous-27	https://www.instagram.com/p/DCUfC2oz-R4/?igsh=ZWpxOXFybml1cndl
Misbah Shafiq	https://www.instagram.com/p/DCZCqV5zDZ4/?igsh=MXE1eHRxbmlrN3dtZw==
Hurria Fatima	https://www.instagram.com/p/DCI4RIOTosW/?igsh=MTRtbW1tdTg4dm8zdQ==
Afia Salam (Journalist)	https://www.instagram.com/p/DCodTk8zUGC/?igsh=MWpwZ25oMWJwYWcyag==
Sakina Hassan	https://www.instagram.com/p/DCwTMfBNY6H/?img_index=1

Kinza	https://www.instagram.com/p/C4iGcDTCZ9k/
Swinery	https://www.instagram.com/p/C4xQOLNi4N9/
Dr. Maham	https://www.instagram.com/p/C6OCwotCV50/