

# SACHET-Pakistan

*Annual Report 2006*



## Acknowledgements

**Program unit - SACHET would like to acknowledge the support extended by:**

Ms. Afia Aslam (editing), Ms. Sonia Zahoor (Coordination), Mr. Ghulam Rasool (Photography), Mr. Saleemullah Baig, Mr. Amanullah Khan, Ms. Samina Nawaz (Contents), AGEHI Resource Centre (creative & technical support), EVP, Dr. Rakhshinda Perveen, Secretary General, SACHET, Mr. Muhammad Faheem and all team members for their ideas, cooperation and guidance.

From the desk of  
**Dr. Rakhshinda Perveen**  
EVP, SACHET-Pakistan



SACHET is endeavoring to promote human development for the disadvantaged communities with gender perspectives. It is pertinent to elaborate who is disadvantaged in the eyes of SACHET. All men and women who, along side income poverty, are also facing poverty of opportunities in meeting basic needs for life, self esteem and dignity are disadvantaged.

On what services can be provided to them; we believe, basic services which have ripple effects and snowballing potential viz. health, food, shelter, education and meaningful choices and opportunities.

We make our best effort to create, raise and revive human potentials by investing in human capital. We challenge the status quo and dare to reexamine and revisit the accepted wisdom, the mainstream jargon such as social inequality and violence against women.

We also believe in the power of our and others' dreams and the worth in trying to transform those dreams into living realities. In this effort, we adopt different means and measures. We formulate programs and projects with communities and donors in a strategic manner. We know we cannot do it if we cannot think creatively and act sincerely.

SACHET, to-date has kept its individuality of a voluntary, not for profit and independent organization. We have only partnered with other organizations and donors on those projects that matched our objectives and had a fit with our vision and thus have remained focused on issues that are most relevant to the contemporary Pakistani society.

I hope that in the year 2007, we continue to work with partner organizations and donor groups while remaining cognizant of real issues, real perspectives, real needs and realistic strategies for the benefit of the disadvantaged. I hope that our team would be able to institutionalize focus and ethical fiber in the tapestry development we are weaving.

I would like to express my personal and organization's gratitude for the continued encouragement, valuable intellectual and financial support offered to us by the serious donors and civil society organizations.

I pray and look forward to the day when SACHET would be a recognized Civic enterprise, globally.

26th August 2006  
Islamabad, Pakistan

Don't assume you've lots of time for all you want to do.  
Though the future seems to stretch away into the blue...  
Maybe you intend to scale those summits far away...,  
But all that matters - is the hill you've got to climb today.



Picture by Chris Pastella

pravsworld.com  
*inspiring you for a better tomorrow*



SACHET operates on the deep conviction that it is here to give optimism to the dispossessed in society. Therefore Faiz's stirring, epic salute to the socially marginalized serves as an appropriate **vision statement** for our organization.

*We Shall live to see*

We Shall live to see,  
So it is writ,  
We shall live to see,  
The day that's been promised,  
The day that's been ordained;  
The day when the mountains of oppression,  
Will blow away like wisps of cotton;  
When the earth will dance  
Beneath the feet of the once enslaved;  
And heavens'II shake with thunder  
Over the heads of tyrants;  
And the idols in the House of God  
Will be thrown out;  
We the rejects of the earth,  
Will be raised to a place of honour.  
All crowns'II be tossed in the air,  
All thrones'll be smashed,  
And God's word will prevail,  
He who is both present and absent  
He who's beheld and is the beholder.  
And truth shall ring in every ear,  
Truth which is you and I.,  
We, the people will rule the earth  
which means I, which means you.

ہم دیکھیں گے

ہم دیکھیں گے  
لازم ہے کہ ہم بھی دیکھیں گے  
وہ دن کہ جس کا وعدہ ہے  
جولوح ازل میں لکھا ہے  
جب ظلم و ستم کے کوہِ گمراہ  
روٹی کی طرح اڑ جائیں گے  
ہم غلوگوں کے پاؤں تلے  
جب دھرتی دھڑ دھڑ دھڑ کے گی  
اور اہلیِ بکرم کے سر اُپر  
جب بجلی کڑکڑ کرے گی  
جب ارضِ خدا کے کعبے سے  
سب نبت اُٹھائے جائیں گے  
ہم اہلیِ صفا، مردود و حرم  
مسند پر بٹھائے جائیں گے  
سب تاج اُچھالے جائیں گے  
سب تخت گرائے جائیں گے  
بس نام رہے گا اللہ کا  
جو مٹا تب بھی ہے حاضر بھی  
جو نظر بھی ہے ناظر بھی  
اور راج کرے گی خلقِ خدا  
جو میں بھی ہوں اور تم بھی ہو

(نثر، رتل)

Poem by Faiz Ahmed Faiz & Translated into English by Khalid Hassan

*"Faiz Ahmed Faiz (1911-1984) was one of the leading, if not foremost, poets of the Indian subcontinent during the greater part of the last century. Listed four times for the Nobel Prize for Poetry, he was often compared to his friend Pablo Neruda, a Chilean revolutionary poet and Nobel prize winner. Of Faiz's multifaceted talents, which led him to become, amongst other things, an activist for human rights and liberties, a famous journalist and editor of literary magazines (Urdu and others), trade unionist and film song writer, it is his poetry which will, no doubt, best survive the test of time." (Dr. Ms. Sarwat Rahman, editor and translator of 100 poems by Faiz Ahmed Faiz, 2002).*

## Mission

Promoting Human Development of the Disadvantaged in Gender Perspectives

## Vision

We strive in partnership with community, public & civic society organizations to develop a society based on three core values of sustainable human development: self esteem, freedom of choice and tolerance; a society where all have equal access to opportunities and justice irrespective of gender, color, race and status

## ساہے کا نظریہ

ساہے مقامی افراد، سرکاری اور غیر سرکاری اداروں کی شراکت اور شمولیت کے ساتھ معاشرے کی بہتری کے لیے کوشاں ہے۔  
ساہے کا خواب ایک ایسے معاشرے کا قیام ہے جہاں انسان کی عزت نفس، حق آزادی اور تحمل و برداشت کا راج اور رواج ہو، جہاں سب انسانوں کو یعنی سب مردوں اور عورتوں کو برابر جانا جائے، جہاں سب مردوں اور عورتوں کو رنگ، نسل اور خاندانی پس منظر یا عہدوں سے بالاتر ہو کر پرکھا جائے، مساوی مواقع دیئے جائیں اور انصاف تک سب کو برابری کی سطح پر رسائی ہو۔

## Mandated Objectives

- To promote gender awareness and sensitivity in Pakistan.
- To narrow gender gaps in health, education and economic participation.
- To promote economic empowerment of the underprivileged.
- To promote awareness and sensitivity about sexual and reproductive health rights, information, education and services.
- To promote development investments for Pakistani youth.
- To promote gender sensitive media advocacy on development issues especially HIV & AIDS, youth and gender based violence.



## About SACHET

SACHET a mini-pack of support and facilitation; a promise that is feasible and has a probability of being kept. In development-speak, the ability to sense, perceive and interpret human beings, their emotions as well as their expectations, through a realistic prism.

## Starting from Scratch

SACHET emerged on the continuously expanding horizon of Pakistani NGOs after some landmark events, mainly CEDAW, ICPD & +5 and the Beijing Platform for Action. This was a time when certain key themes for social development and NGO activities were coming to the fore in South Asia. Launching yet another NGO with the slogan "For Pakistanis, By Pakistanis", and with a vision of human development for the disadvantaged with a gender perspective, was not only challenging but also risky. The word gender is perceived as an imported agenda item in a patriarchal society. Our entry in this area not only raised suspicions among orthodox patriotic circles, but some self-appointed custodians of societal values also felt threatened. Our journey has been and is following a rocky pathway. However, in spite of limited resources, we continue to possess limitless determination to move ahead at a steady pace.



Registered under the Voluntary Social Welfare Agencies Registration and Control Ordinance (1961) SACHET seeks to provide social development – primarily in low-income localities – by investing in health, education, poverty alleviation, income generation skills, human resource and rural development. Grantees and beneficiaries are selected irrespective of race, religion or political persuasion. By the grace of Allah, our sincere approach has enabled us to record some tangible progress in our immediate environs. Some of the indicators of our success are community acceptance, community empowerment, stakeholders' participation, popularity of the word and concept of gender, and utilization of our services in defined areas of health, education and poverty alleviation cum income generation.

## Nay to Dependence

We are Donor-friendly but not Donor-driven. Hence we rely more on an indigenous resource base, supported mainly by Pakistani philanthropists, while remaining appreciative of the significant assistance given by foreign donors at the grassroots level in Pakistan.

## Institutionalizing Gender

SACHET has a woman Executive Vice President, which ensures female representation at the decision making level. Furthermore, the proportion of women in the Technical Advisory Group equals that of men. We create the best possible and most comfortable working environment for our female and male employees. The architecture of the organization encourages communication between both genders and also the observance of their respective privacy during office hours.

## Committed to the Community

SACHET is committed to purposefully focusing on the basic needs of disadvantaged people. This approach permeates and influences its entire modus operandi. Baseline information on target communities has been collected like health, poverty, education, basic needs, human rights etc. SACHET conducts regular studies to assess the impacts and results of its intervention.

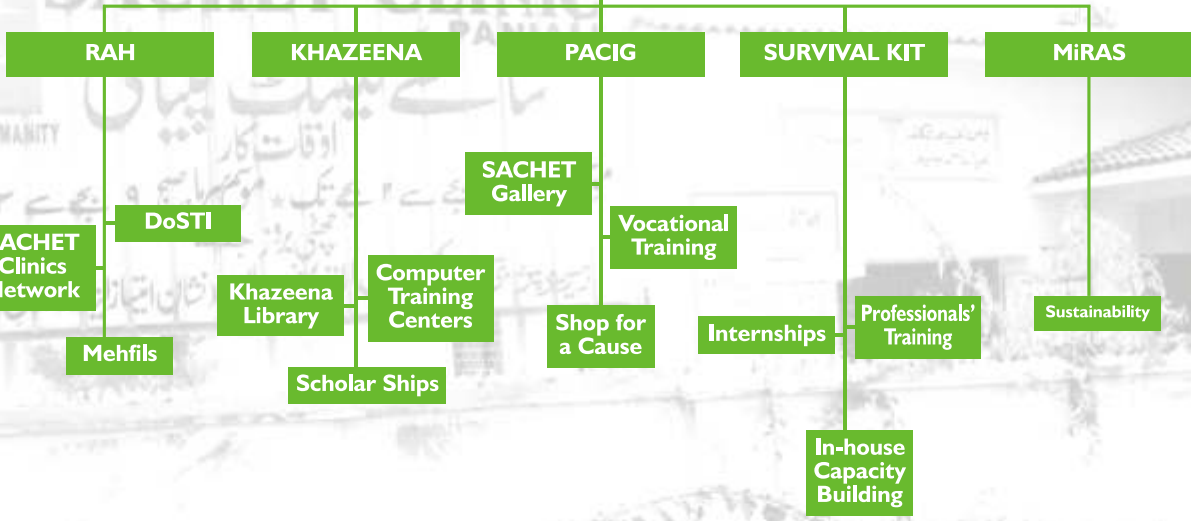
Developing a solid human resource base for ourselves and for the community is an important goal for us. We believe in community organization and involvement as a precondition to community participation. Due to this genuinely inclusive approach, SACHET has found target communities very receptive to its support. In this connection more than 35 community committees and two district level advisory groups have been formed. The committee members comprises mainly of community influential, government and civil society representatives and the young people. These committees meet on quarterly basis to review the progress and also to devise their recommendations for SACHET interventions.







## SACHET PROGRAMS





# SACHET

**Community Development Programmes**

**SCDPs**

A decorative green wavy graphic at the bottom of the page, consisting of a solid green area with a wavy top edge.

## Responsible Actions for Health (RAH) Health Programme

SACHET's health program is intended to deliver access (cultural, geographical and financial) to the disadvantaged to the essential health care services, particularly the poor rural women and children. Health program is the largest program of SACHET in terms of human and financial resource investment. Keeping in view poor health service structure, especially in the rural areas, SACHET initiated its free clinics in 1999 by establishing physical spaces which provide a range of preventive and curative services to thousands of target population. These spaces not only provide health services but also provide a platform for outreach health services, community meetings, health and social awareness, advocacy campaigns, capacity building and awareness.

Its objectives are to:

- Improve maternal and child health care in the targeted communities
- Increase male involvement in Reproductive Health, including family planning
- Reduce prevalence of communicable and non-communicable diseases
- Provide family planning services to clients
- Promote ASRH (Adolescent Sexual and Reproductive Health) services

These objectives are reached through service delivery, advocacy, communication, male involvement and training. Between July 2005 to June 2006, SACHET clinics working under RAH offered free primary health care, sexual and reproductive health including family planning counseling and services, referral services and health education to an estimated 324,000 people in 62 villages of Rawalpindi, Islamabad and Attock Districts. During the period under review, the SACHET Clinics provided preventive and curative services to approximately 3600 patients, women being 62% of the total. Turnover of patients treated at Pathergarh and Gagri clinics was highest i.e. 16,191 and 6,472 whereas Shahdra clinic had the lowest number of patients i.e. 3,072 followed by Banigala at 4,172.

There are three projects under the health program:

- SACHET Free Clinics
- Community Mehfil
- DoSTI (Dare to sensitize, Train & Inform)

*Two of my daughters come to this SACHET Center regularly. I think that there should be more of such centers as they provide information plus trainings and recreation to the girls. I can feel the change in my daughters since they have started to come here three months back. My eldest daughter never used to address her father but now talks to him with confidence."*

*(A mother 58, Tetral Village, Chakwal)*

## Milestones in the Health Program

- **12th October 1999** – Abandoned Basic Health Unit located in Shahdra village in the outskirts of Islamabad, converted into free SACHET Clinic under its community development program.
- **Oct. 1999** – First Programme of the "Gender watch" Tele series Started going on air on PTV. In the same year, free medical camps organized in Kahota, Bari Imam and Golra villages.
- **2nd February 2000** – Free SACHET Clinic established in Panyali, Rawalpindi District.
- **November 2000** – First satellite medical camp organized in Phareela, Haripur District. More than 150 patients benefited from the satellite camp.
- **1st February 2001** – Free medical clinic established in Banigala.
- **17th August 2001** – Free clinic at Gagri.
- **November 2001** – Initiated a five-year advocacy project DoSTI (Dare to Sensitize, Train and Inform) to create awareness on sexually transmitted diseases (STDs) including HIV & AIDS.
- **1st December 2001** – Launched video on gender and AIDS under Gender Watch series.
- **2002** – Free clinic established in Pathergarh, District Attock in 2002.
- **December 2003** – Theatre performance on HIV/AIDS titled "DoSTI", held in Islamabad to target decision makers and influential stakeholders.
- **1st June 2004** – Launched Behavior Change Communication project titled "Development and Implementation of BCC Strategies and Interventions to Target Adolescents / Youth in schools / colleges of Rawalpindi/Islamabad" in collaboration with Family Health International and USAID.
- **June 2004** – Launched RHIYA (Reproductive Health Initiative for Youth in Asia) with the financial assistance of EC- UNFPA in Chakwal District.
- **October 2004** – Launched advocacy project Mehfil to raise awareness and sensitization about different health and social issues in community development areas.
- **1st June 2005** – Launched a pilot project for mother and child health care titled "Promoting Responsible and Healthy Behaviors" in collaboration with Plan Pakistan in seven slums of Islamabad.
- **2006** – Women friendly spaces - a project on Reproductive health initiated in Menshra district in collaboration with UNFPA.





## SACHET Free Clinics

Performance at a glance of SACHET Clinics for the period 2005-2006 is given below:

Number of women patients	16,410
Number of male patients	7,323
Number of female children and adolescents	5,483
Number of male children and adolescents	6,524
Number of patients referred	540
Number of patients treated for RTI	6,094
Number of children treated for Diarrhea	2,188
Number of patients treated for Anemia	197
Number of patients treated for worms	565
Number of patients treated for STDs	88
Number of TB patients	41



Geographically, this Project cover four Districts: Rawalpindi (Panyali), Islamabad (Shahdra, Banigala and Gagri), Attock (Pathergarh) and Chakwal (ten Union Councils in four Tehsils).

### Services at SACHET Clinics

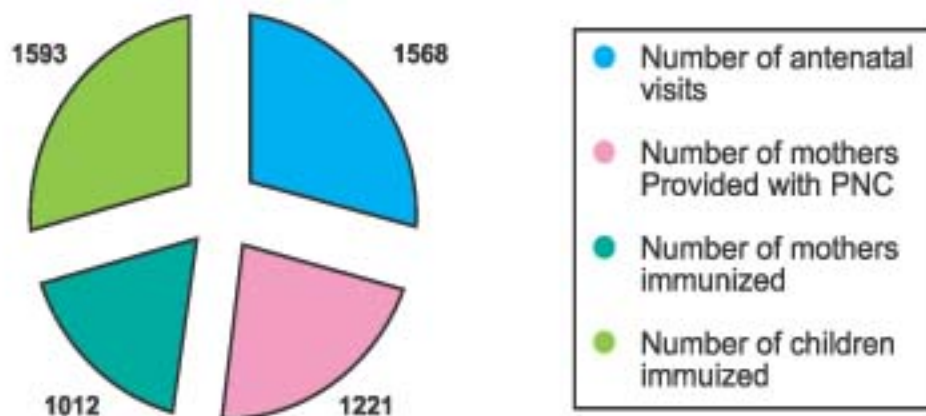
- Primary Health Care
- Family Planning counseling and services
- Sexual Reproductive Health (SRH) information, education and referrals
- Health education
- Antenatal and postnatal care
- Growth monitoring of the children under 5
- Training of community health educators
- Youth specific health services
- Emergency care

### Characteristics of SACHET free Clinics

- Youth friendly
- Gender focused
- No patient's fee
- Observance of infection prevention protocols.
- Proper waste management and disposal
- Belief and practice that patient is always right
- Confidentiality
- Respect of opinion

SACHET clinics remained committed to provide information on reproductive health services, including antenatal and postnatal care, and immunization of expecting mothers and children of age 5. Pregnant mothers regularly visit SACHET clinics for regular check ups.

## Reproductive Health Services



SACHET clinics gave special emphasis on highlighting the role of men in reproductive health, including family planning. Services and counseling to married and unmarried men and women of reproductive age, creating awareness with regard to the reproductive health rights of women and responsibilities of men are effectively addressed and provided.

The breakdown of family planning services offered by number of patients per location is given in the table below.

Family Planning Services						
	Shahdra	Banigala	Panyali	Gagri	Pathergarh	Total
Oral Pills	14	6	24	12	0	56
Injections	4	6	0	4	0	14
IUDs	0	0	0	0	0	0
Condoms	13	385	314	210	149	1071

## Khazeena - Learn to Earn Project

The objective behind this project was to impart cost-effective and affordable computer education to rural communities so that they could acquire jobs. Two computer training centers were established, equipped with 25 new computer models. These training centers offer web page designing, office automation, In-page, database design and hardware courses. One of the girls trained in web page designing from the SACHET computer training centre in Gagri joined a software company as web page designer.

RHIYA-SACHET has replicated this initiative with UNFPA's help in Chakwal by establishing 14 computer training centers. The income generated from these centers will help SACHET to continue the RHIYA project after its funding finishes. These centers are monitored on a fortnightly basis to maintain the standard of the instruction.



## Khazeena - Community Mehfls

Monthly Mehfls (Assemblies) are organized for men and women separately at the SCDPs to create awareness among youngsters on issues such as:

- Importance of education
- Importance & relevance of education to poverty and health
- Importance of education for females
- Computer education
- Community participation & ownership.

In the past year, four awareness Mehfls were organized, in which 77 students participated.



## Khazeena – Education Program

SACHET's education program aims to provide access to education to disadvantaged young people, with gender perspectives. The education program feeds into SACHET's other community development programs, thus taking a holistic view of development.

### Milestones of Khazeena Program

- The first activity was the launch of the SACHET Calendar 2000, in December 1999, which gave the message that girls' education is beneficial not only to them but to the entire society.
- Oct. 1999 – An episode of Gender Watch, a TV-magazine show by SACHET addressing gender issues, was telecast on Pakistan Television. The program focused on the importance of education for both males and females, with special emphasis on female education.
- Jan. 2001 – The first Dr. A. Q. Khan Scholarship was awarded to a student of Punjab University. The first Computer Training Center at SCDP Shahdra also started functioning the same month.
- April 2002 – SACHET adopted 4 Govt schools under the "Adopt a School" initiative for a period of 3 years. These Schools were situated in the rural areas of Islamabad.
- Oct. 2002 – Community Mehfil (assemblies) initiative was launched raise awareness about health, education, poverty and youth development.

The projects under the Khazeena Education Program are:

- Dr. A. Q. Khan Scholarship Project
- SACHET Learn to Earn Project

These projects provide service delivery, training and advocacy in Islamabad, Rawalpindi, Attock and Chakwal Districts.



The objectives of this project are:

- To provide financial aid to academically sound students who cannot afford to continue their studies on account of financial constraints
- To provide financial assistance to deserving and brilliant students in the SACHET Community Development Program Areas

The project was initiated to help those students who could not afford a good education and the chance to earn a decent living. Initially, scholarships were given to students from all over Pakistan, but from 2002 onwards the scope of the project has generally been limited to SACHET's Community Development Programs. Exceptions are made for those cases where students have been victims of gender-based violence or have been orphaned. This has been done to maintain quality, rather than looking for quantity, which comes through increase in the number of beneficiaries. Between July 2005 and June 2006, 11 students (female to male ratio 7:4) were provided scholarships. All of the students showed visible improvement in their academic performance.



*It was five years back, when I came in contact with SACHET, through its television program, which I was watching at a distance of not less than 100 miles, in my village at Mardan. After passing my matriculation with an excellent percentage, I had deep desire to continue my studies, but it was more than impossible for me due to financial constraints, as my father was a disabled person and was unable to afford the heavy expenses of my higher education, at that difficult moment SACHET became my only hope, like a shady tree of a village, so my feelings of joy and happiness for SACHET are not less than the feelings of those farmers, which they have in their hearts for the blessing of that cool shade, because I was able to not only complete my*

*F.Sc course through SACHET'S scholarship but also got scholarship from SACHET for my 2nd professional year of Doctor of Pharmacy (Pharm-D).*

*In fact, there is an ocean of love, prayers and gratitude, which is surging in my heart for SACHET.*

**Hafiz Mazhar Ali Raja**

Doctor of Pharmacy (3rd prof.yr)  
Riphah International University,  
Islamabad, Pakistan

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## Poverty Alleviation cum Income Generation (PACIG) Programme

*"Poverty has not always been analyzed from a gender perspective. Prior to the feminist contributions to poverty analysis, the poor were either seen as composed entirely of men, or else women's needs and interests were assumed to be identical to, and hence subsumable under, those of household heads. Gender research and advocacy has challenged the gender-blindness of conventional poverty measurement, analysis and policy in a number of ways. Female heads of households as "the poorest of the poor" consequently became – and have remained – a primary variable in the equation between gender and poverty."*

Excerpt from Naila Kabir's editorial (1997)

*Tactics and Trade-offs: Revisiting the links between Gender and Poverty.*

PACIG Programme aims to enable disadvantaged communities to access economic empowerment, with gender perspectives.

### Milestones of the PACIG program

- October 1999 – A collaborative project called Women's Vision, financed and technically supported by SACHET and implemented by Hawwa Women Associates, was launched for girls and women in slums and low-income areas in Islamabad.
- April 2000 – SACHET Gallery was launched as a marketing and sales outlet for products made by disadvantaged artisans, without the cut-throat commissions usually given to middlemen.
- February 2001 - Learn to Earn - a training project for girls and women was launched. The project offered workshops on block printing and candle making etc.
- February 2001 – A vocational training centre was set up in Shahdra under SACHET's Skill Development project. After the success and popularity of this project, another was established in Banigala in May 2001 and third was inaugurated in Panyali in July 2002.
- April 2001 – SACHET Micro Enterprises for Life, (SMiLE) project started providing interest-free loans to the poor with an aim to develop micro enterprisers.

Following projects are running under the PACIG program:

- **Shop for a Cause**
- **SACHET Gallery**
- **Learn to Earn (Skill Development) project**

### **PACIG - Shop for a Cause**

The objectives of this project are:

- To minimize the role of middlemen in order to contribute to the economic independence of artisans.
- To facilitate artisans and skilled person in promotion and marketing of the products.
- To promote indigenous crafts and artisanship of Pakistan.

Shop for a Cause serves as a sales and marketing outlet for the display and promotion of the products of disadvantaged artisans. It regularly holds exhibitions to introduce and promote products made by artisans. An agreement is signed, clearly indicating that 80% of sales go to consignors while SACHET retains 20% (in case of special persons 90% go to the consignors). SACHET's share of the proceeds goes for medical care of deserving patients at its clinics.



During the time period of July 2005 - June 2006, Shop for a Cause organized 19 exhibitions, in which 118 consignors displayed their products. The print and electronic media extended their support by printing and airing news about exhibitions, which ultimately helped to attract customers. During this period, 45 individuals from Islamabad, Rawalpindi, Taxila, Haiderabad, Khewra, Sahiwal, Peshawar, Hunza and Multan, and 4 NGOs came on board as consignors. An exhibition of relief products was also arranged, in which tents, shelters, lamps, tool kits, clothing, kitchen and bathroom sets were available for individuals and organizations engaged in earthquake relief services. SACHET's earnings from these exhibitions were utilized to help and support, SACHET Earthquake Field Hospital.



## PACIG - SACHET Gallery



SACHET Gallery, based in Islamabad, serves as a marketing and publicity forum for upcoming artists. It facilitates students and home makers to display their crafts and creative master pieces. The Gallery is open to every talented person for the display of their products. It organizes solo and group exhibitions to promote the work of artists, and to raise awareness on different issues of social concern. For example, in November to December 2005, an exhibition of diverse artwork was displayed by Creative Anger to generate funds for earthquake victims. In February 2006, an exhibition of art and craft products was organized to celebrate the struggle for gender empowerment, and in March 2006 an exhibition of news items (titled 'Looking Back') was held to celebrate International Women's Day.

## PACIG - Skill Development Project

This project, running in District Rawalpindi (at SCDP Panyali), has the following objectives:

- To provide vocational training to women and girls of villages for income generation.
- To enable skilled women and girls for self-employment.
- To contribute towards visibility of rural women and girls in economically productive activities.

Vocational crafts training centers have been established to give income generation opportunities to girls and women from villages. These centers offer three-month courses in cutting, sewing, stitching, embroidery, designing and preparation of decorative items along with the marketing and managerial skills. SACHET charges a nominal fee Rs. 75 from each trainee to ensure punctuality and quality of work. These centers are monitored on a fortnightly basis and feedback is taken directly from the trainees.

Between July 2005 and June 2006, 98 girls received crafts training from the Panyali center and 40 girls from Pather Garh Center. Two training workshops on candle making, porcelain, block printing and painting were also organized at SACHET, and ten trainers joined the PACIG trainers network.





## Survival Kit - Training Program

Training plays a very important role in building capacities of staff and consequently increases outputs and performance of the organization. SACHET believes in investing in its staff members, volunteers and partners through different training initiatives. SACHET not only organizes different training workshops for the capacity building of its staff and partner organizations but also identifies team members for national and international trainings that enhance their knowledge and exposure.

The current projects under the training program include: the internship project, capacity building project for staff and the professionals training project.

## Survival Kit - Internship Project

The internship project aims to train and impart relevant experience and exposure in different areas to the fresh graduate, which could help them to secure an attractive job in the development and corporate sectors. 17 young interns successfully completed their internships in SACHET, between November 2005 to June 2006.

## Survival Kit - Capacity Building Project

In the year under review, 24 SACHET team members attended 37 different local, national and international trainings on Reproductive Health and Development, Communication Skills for Improved Organizational Management, Domestic Child Labor, Project Planning and Management, Family Planning etc.



## Survival Kit - Professionals' Training Project

Under this project, a series of one-day training workshop is conducted, focusing on the most relevant and contemporary development issues. It is specially designed to meet fundamental knowledge and skill gaps in development professionals. The workshops aim to enhance the competency of development professionals.

Survival Kit offers following training workshops:

- Action in Emergency: Disaster Management
- Behavior Change Communication
- Civic Entrepreneurship
- Communication Skills
- Dare to Dream-Community Partnership
- Enigma: All about gender
- Gender Responsive Budgeting
- Gender Watch; understanding gender in Pakistani context
- Health Communication
- Knowledge Management System Development
- Masculinity-revisited
- Media Advocacy
- Media Matters- Gender based violence and responsible media reporting
- Media Strategy Development
- Men: Partners Not Masters; about Gender Equity
- 9 to 5:Organizational Management
- Peer Education Strategy
- Quesera sera-Stress Management
- Reproductive Health
- Spiritual Leadership for "dysfunctional" organizations
- Strategic Communication
- Theatre for change
- Television Script Writing
- Trauma Counseling
- Unlimited -HIV/AIDS and its influence on development
- Utopia- Sustainable and Sensible development
- Win Win –Effective Conflict Resolution

# Development

**Projects in Collobaration with International Donor Agencies**





SACHET initiated Behavior Change Communication Project, titled "Development and Implementation of BCC strategies and interventions target adolescents / Youth in Schools / College of Rawalpindi / Islamabad" in Collaboration with Family Health International and USAID in June 2005.

The project aimed at contributing towards the improved quality of life of adolescents & Youth through implementation of behavior change interventions by adopting different strategies like Communication, Advocacy and Trainings.



The Project Objectives were:

- To increase knowledge and awareness level about HIV & AIDS among adolescents/youth by 50% from base line level in 25 schools/colleges/academies of Islamabad in 16 months.
- To advocate for support in HIV & AIDS prevention efforts with 25 academic institution heads, parents, involved public sector organizations and media professionals.
- To train peer educators, teachers and student advisors at 25 academic institutions of Islamabad for dissemination of information on HIV & AIDS and later perform to influence students for change of their risk behaviours.
- To provide a forum to youth to discuss and debate their problems, promote healthy life style through sports and other creative activities and strengthen HIV & AIDS prevention efforts among Adolescents & Youth.



The key activities of the project were training sessions with peer educators and teachers; advocacy with media professionals, youth and heads of institutions; quizzes, poster competitions and talent shows; summer camps; shadow plays and theatre performances; sports competitions; and a regular newsletter publication called DoSTI.

The table below gives an idea of how many people benefited from project activities:

Siral No.	Activity	Number
1.	# of training sessions	30
2.	# of training sessions with girls	16
3.	# of training sessions with boys	14
4.	# of training sessions with teachers	02
5.	# of training sessions with parents	None*
6.	# of peer educators trained	2065
7.	# of peer educators boys	967
8.	# of peer educators girls	1,098

\*As such no training session was conducted with the parents but meetings were held with them in order to gain their support for project activities.

The focus of the project was mainly on youth and adolescents between the ages of 15 and 24. This group took a keen interest in the project activities and participated actively. Activities like Summer Camp and World AIDS Day provided young people with the enabling environment to fully express their interest and demonstrate their hidden skills.

Teachers (male and female) were initially a bit hesitant to take on topics like HIV & AIDS, but after advocacy meetings and trainings they were ready to support the project and take initiative.

### Capacity Building Trainings

The training sessions dealt with some key topics of relevance to youth, such as the dynamics of peer education, behavior change communication, reproductive health education, managing relationships, hazards of drug use, life skills (decision making, communication, negotiation skills), and HIV & AIDS (modes of transmission, prevention, symptoms and stigma).

## Reproductive Health Initiative for Youth in Asia (RHIYA) Funded by EC/UNFPA

Reproductive Health Initiative for Youth in Asia is a multi-partner initiative that spans seven South and South East Asian countries, namely Bangladesh, Lao PDR, Nepal, Pakistan, Sri Lanka and Vietnam. SACHET is one of the three NGOs that implement RHIYA in Pakistan, specifically in Chakwal District (April 2004 - December 2006). The aim of the project is to contribute to improved adolescent reproductive health and the overall well being of youth in Pakistan.

### Outputs

- Increased awareness and improved SRH knowledge and behavior among youth and adolescents
- Improved access to and utilization of youth-oriented SRH services
- Enhanced technical, planning and managerial capacity of NGOs and CBOs to provide ASRH information and services
- Increased political and community support for ASRH policies and interventions

### Scope

The main target groups of RHIYA - SACHET are adolescent and youth. In order to have a more comprehensive, integrated approach, the project assumes that influential stakeholders, community elders, parents, school teachers, religious leaders, health service providers and volunteers are indirect beneficiaries. The main model of the RHIYA project at the District level is the Youth Friendly Centers (YFCs), established separately for girls and boys. The YFCs offer many services (recreational and otherwise) to empower youth. Events are organized with the help of skilled volunteers recruited from the community.





## Performance Review

During the period under review, more than 12,000 community members at the District level and more than 300 opinion makers were reached through 539 advocacy events. The YFC advisory committees, comprising village influentials held 12 meetings at each Union Council to discuss and review the project implementation. A total of 5,741 community elders were provided with specific ASRH knowledge.

More than 100 RHIYA staff members were trained as master trainers on ASRH counseling and communication, training learning and advocacy. These trained staff members conducted 215 ARH awareness sessions for more than 9,000 girls and boys.



As a pilot activity, SACHET organized a series of seminars in District Chakwal on "Islam and Reproductive Health". The community participation in these seminars was above expectation and the nature of questions raised by the community, especially by girls, were of great help in identifying the information needs of girls in a society where women's access to ARH information is very low.

The "RHIYA Youth Junction" featuring debates, theatre presentations, quiz and other presentations attracted more than 1,500 community members including parents, youth, religious leaders, teachers and civil society activists. ARH issues were openly discussed by youth and parents.

### Services Provided at YFCs

- ARH Awareness
- Literacy classes for out of school youth
- Coaching classes for students (especially in science subjects and English)
- Library services
- Counseling on ASRH
- Sports (Indoor and outdoor)
- School ASRH awareness sessions
- ASRH awareness sessions
- Theatre
- Recreational activities (debates, painting competitions, cooking competitions etc.)

### Materials/Products of the Project

SACHET produced the following materials during the period under review:

- Advocacy Packages (In English and Urdu) 3000 copies
- Video documentary (15 minutes) 100 DVDs + 100 CDs
- Brochures in Urdu (about the YFC concept and services 5000 copies
- Training manual on ARH advocacy (English) 100 Copies
- Mugs with messages aimed at advocacy - 500 pieces
- Track Suits and shirts with logos - 300 each
- Annual planners with specific messages - 2,000 copies
- Booklets on Islam and ARH (Urdu) 15,000 copies
- Booklets on Islam and ARH (English) 5,000 copies

This activity provided confirmation that SACHET has been able to break the culture of silence on a tabooed issue like ARH and has been able to bridge the communication gap between parents and young people.

ASRH-specific medical services were provided to over 2,500 youth. The majority of the clients were provided counseling and treatment on the spot, while over 200 clients were referred to secondary and tertiary care centers.

### Lessons Learned

The monitoring reports and activity evaluation reports suggest that: (1) RHIYA has provided essential RH support to youth; (2) YFC level workshops are not always the best means of providing training; (3) School level awareness sessions on a regular basis are essential (4) RH counseling services and IEC efforts need strengthening (5) Inter-district and other youth exposure visits broaden the intellectual capacity of the youth.

#### Parents' training is necessary to address ARH issues:

The training of parents on ARH issues has helped in addressing the issue of communication gap between parents and children. At three Union Councils (UCs) special training sessions were organized for parents to sensitize them about youth-related ARH problems. At these (UCs) it has been observed that the parents have become more supportive and helpful towards young people in solving their problems. It has also been observed that myths and misconceptions about ARH issues have been diminished which has helped in creating an enabling environment for youth.





**Use of culturally appropriate communication channels:** The seminars on "Islam and ARH" facilitated by a renowned scholar were appreciated by the community members. The questions that were asked (especially by girls) were considered to be tabooed subjects till now. Enthusiastic participation of the community in these seminars indicates that people are in need of knowledge but cultural beliefs and customs should be respected while discussing the ARH in the communities.



**Theatre for change:** It has been learnt that the SACHET team and young people find it difficult to discuss ARH issues openly due to cultural sensitivities and traditional taboos; however, an indirect approach is workable in a conservative society like Pakistan's. The theatre performances in RHIYA focus areas have received a warm welcome by youth and adolescents as these performances are also used as a recreational activity, girls and boys equally contributed with great enthusiasm. Participants of these performances include youth, parents, teachers, community elders and influentials. Actors are provided with information and trained on issues so that they can properly convey their message to masses. During the period under review, over 100 performances were conducted in District Chakwal by the young artists. A notable achievement in this regard is that of the formation of 5 girls' theatre teams at the Union Council level.



## Culturally Appropriate Communication

Pakistan is a country inhabited by people with diverse cultural and ethnic backgrounds. But cultural sensitivity is a unique feature common throughout the country. Projects and programs on tabooed issues like ASRH need special care and attention.

SACHET, realizing the importance of culturally sensitive communication explored many new approaches to involve the communities without making them offended. In this connection, a series of seminars on "Islam and ARH" were held in Chakwal district facilitated by renowned scholars. This approach was widely appreciated by the community members.

As a follow up of these seminars, based on community feed back, SACHET in collaboration with UNFPA produced a set of book lets and IEC material on seven different topics related to ASRH like, HIV & AIDS, puberty, maternal and child health, issues of young people, marriage, contraception and spousal rights. Thousands of booklets and IEC materials have been disseminated to communities in RHIYA districts and other UNFPA intervention sites.



## **Background**

The health care situation in Pakistani slums is miserable, created by a lack of appropriate infrastructure as well as lack of technical knowledge in health. Due to cultural practices, women mostly get married before the age of 18, which adds to their poor health and ultimately leads to high maternal and infant mortality and morbidity rates. Knowledge about reproductive health problems and STDs (including HIV & AIDS) is also scarce in these slums. Most of the people in these areas are working as daily wage laborers or sanitary workers, so health has never been a priority area for them as they can hardly make ends meet. Hygiene conditions are poor, due to which women and children in particular suffer from different diseases.



SACHET with the financial assistance of Plan Pakistan is implementing Promoting Responsible and Healthy Behaviors project in the slums namely 100 Quarters, 66 Quarters, Tent colony, WAPDA store colony, Hansa colony, France colony, 48 Quarters and Alipur Frash.

## **Project Objectives**

- To raise awareness and sensitization level among women of reproductive age on health issues (nutrition, including 6 month exclusive breast feeding, nutrition during pregnancies).
- To increase awareness and sensitization level to 75% among women of reproductive age about Antenatal Care, Post Natal Care, and child spacing in the targeted communities.
- To improve primary health care services for children, adolescent and women of reproductive age in the targeted seven communities
- To enhance knowledge and awareness level to 70% of adolescent girls and boys on Sexual & Reproductive Health issues (Life skills, nutrition required for that age, STIs and HIV/AIDs, Family Planning etc).
- To increase immunization rate up to 90% among children under 2 in the seven targeted slums of Islamabad.
- To monitor growth of 90% children under 5 and primary school age.
- To facilitate communities in understanding importance of balanced diet including micronutrients.
- To facilitate vaccination of children (age 2-18) against Hepatitis in targeted 7 localities.
- To enhance and build the capacity of existing health workers to reduce malpractices.
- To build capacity of 35 mothers on parenting and behavior change communication.
- To train 7 community health committees.



The strategies used to achieve these objectives were training, behavioral change communication and community mobilization and organization. Almost 70,000 inhabitants of seven targeted slums (100 Quarters, 66 Quarters, Tent colony, WAPDA store colony, Hansa colony, France colony, 48 Quarters and Alipur Frash) were targeted. The key populations were children (0-11 years), adolescents (11-22 years), married women of childbearing age (mothers, pregnant women and likely mothers), married men and young men (23-30 years) likely to be married in the future.

## Achievements

Community participation was key to the success of this project. Fifteen introductory meetings and big gatherings with community influentials, CBO members and religious leaders were conducted, where they were briefed on health interventions for their communities. Nine hundred persons participated out of which 70% were females, and they showed keen interest and their support for the project implementation. To achieve maximum community participation, seven community health committees were formed with social workers, religious leaders, community elders and health workers as members. Two capacity building workshops, followed by refresher courses, were organized for 79 members to sensitize and train them in different health and management issues.



Seven primary health care outlets were also set up to provide quality health care facilities with a special focus on antenatal and post natal, family planning services and high risk pregnancy services. More than 4,000 patients were provided medical care, of which 85% were women and children. Growth monitoring and de-worming camps were organized in each slum on a biannual basis, through which more than 6,160 children were provided medical care against abdominal worms. Screening and vaccination camps were organized for Hepatitis B in all communities for children aged 1-18 years, through which more than 1,900 children were screened.



A total of 189 sensitization and awareness sessions on high risk pregnancies, child spacing, family planning, TT coverage, immunization, nutrition, personal and community hygiene and STIs were conducted, in which 5,481 women and girls participated. The project organized two capacity building workshops for mothers to train them in parenting skills. Eighteen health workers from seven targeted communities (including dispensers, homeopathic doctors and TBAs) participated in a month-long training course to reduce malpractice. The project provided micro nutrients to children under 5 to reduce iron, phosphorus and calcium deficiencies. It also organized one-day training sessions for young

people about nutrition requirements for the children. In addition, DIYA Theatre group performed 15 theatrical performances (witnessed by about 3,900 women and children) to raise awareness about different health issues. Health baby shows, best committee awards, sports competitions and youth assemblies are the other features of the project.





## Vision Statement

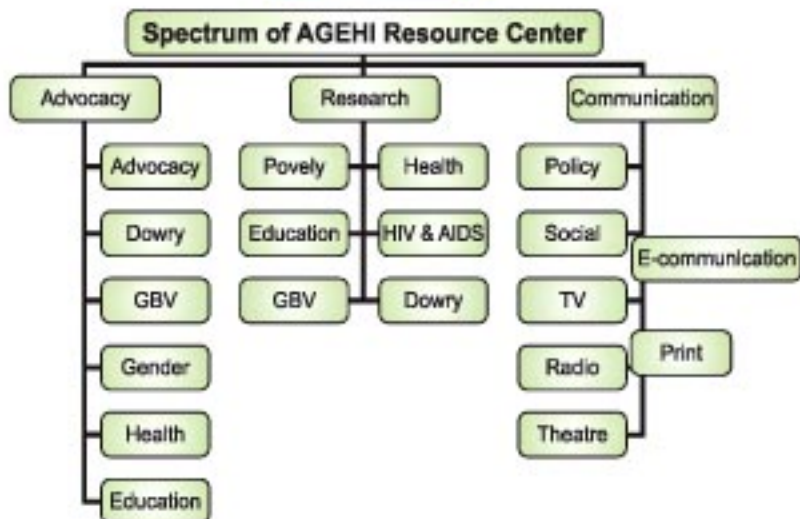
### Speak...

Speak-your lips are free.  
 Speak-your tongue is still yours.  
 This magnificent body  
 Is still yours.  
 Speak-your life is still yours.  
 Look inside the smithy.  
 Leaping flames, red-hot iron.  
 Padlocks open wide  
 Their jaws.  
 Chains disintegrate.  
 Speak - there is little time  
 But little though it is  
 It is enough.  
 Time enough  
 Before the body perishes -  
 Before the tongue atrophies.  
 Speak - truth still lives.  
 Say what you have  
 To say.

*Faiz Ahmed Faiz  
 (Translated by: Daud Kamal)*

### بول

بول کہ لب آزاد ہیں تیرے  
 بول زباں اب تک تیری ہے  
 تیرا ستواں جسم ہے تیرا  
 بول کہ جاں اب تک تیری ہے  
 دیکھ کہ آہن گر کی دکان میں  
 تند ہیں شعلے سرخ ہے آہن  
 کھلنے لگے قفلوں کے دہانے  
 پھیلا ہر اک زنجیر کا دامن  
 بول یہ تھوڑا وقت بہت ہے  
 جسم و زباں کی موت سے پہلے  
 بول یہ سچ زندہ ہے اب تک  
 بول جو کچھ کہنا ہے کہ لے!  
 (فائز احمد)



Advocates of Gender, Education and Health Information (AGEHI) is a Resource Centre that supports a broad range of policy and social communication activities for SACHET and other organizations. AGEHI is also an Urdu word that implies knowledge, awareness, perception and insight.

### **AGEHI Theatre Group**

AGEHI Theatre Group is one of the many tools of creative expression and communication at AGEHI-SACHET. It emerged in 2001 to create awareness and sensitivity about different social issues through theatre performances at various forums and events. The group consists of amateur performers, mainly development activists and practitioners who believe that theatre is an effective tool for social change.

To date, the group has delivered around 80 street and interactive theatre performances, five of them at International Conferences to sensitize the masses and the classes on issues such as gender based violence (dowry violence and its off-shoots, like honor killing), HIV & AIDS and other youth-related issues relevant to social sector development in Pakistan.

- **August 2003** – CHAT, reflecting emotional issues of young people in the context of marriage and dowry was performed in the closing session of the first International Youth Conference by SACHET, held at Islamabad. The play was directed by Clair Paimont. and script was developed by SACHET volunteers. It was produced by Creative Anger Pakistan and Context theatre LK.
- **December 2003** – 10 street plays on HIV & AIDS awareness were performed for the rural masses of SCDPs, i.e. Shahdra, Banigala, Panyali, Gagri, Pathargarh.
- **December 2003** – Dosti (friendship), highlighting the stigma and discrimination in the context of HIV & AIDS, was performed on World AIDS Day at Islamabad Club. Dosti was directed by Mr. Syed Mofsin Shah from Tarash Academy.
- **August, 2003** – Tamasha (fun/play), which was performed at the Inaugural session of the International Youth Conference held at Islamabad. Written & Directed by Jamal Shah. Tamasha was a playful comment towards life in our society. The play basically attempts to see the world from a disillusioned youth's point of view.
- **12th February 2004** – A shadow play Hum Daikhain Gein (we shall see) based on the issue of discriminatory laws and violence against women was performed in Islamabad on the occasion of National Women's Day. The play was written & directed by Faheem along with volunteers of AGEHI Theatre group.
- **July 2004** – Marz se Nafrat aur Mareez se Dosti (hatred for the disease, love for the patient) on the issues of HIV & AIDS was performed in Islamabad.
- **Dec 2004** – Marz se Nafrat aur Mareez se Dosti on HIV & AIDS issue was performed in Dosti talent show organized by SACHET at NIC building hall, Islamabad on the occasion of World AIDS day.
- **March and April 2005** – A shadow play Apnay Baitay key Naam jou main Paida na kar Saki, aik Chitthi (to my unborn son-a letter) was performed on International Women's Day in NIC building hall Islamabad and later at the AGEHI Training Hall. Written and directed by Dr. Rakhshinda Perveen, the play portrayed different forms of violence against women and girls, executed and tolerated in the name of culture, norms and values in Pakistani society.





- **May 2005** – A shadow play *Awaara* (vagabond) on youth-related issues like unemployment, violence etc. was staged on the occasion of first RHIYA youth summit in Islamabad. This shadow play was based on a famous poem of Majaz and beautifully recited by Imam Shamil. The poem is about a young revolutionary's anger and repulsion against capitalism, inequality and hypocrisy rampant in his surroundings.
- **December 2005** – A skit titled *The Youth* was performed on the occasion of World AIDS Day at NIC auditorium, Islamabad in collaboration with FHI, Pakistan. The performance depicted different health behaviors of the diverse youth of Pakistan."
- **December 2005** – A one-day workshop on theatre and modeling techniques for members of AGEHI theatre group and YAN (Youth Advocacy Network) was conducted at AGEHI Resource Centre.
- **March 2006** – the shadow play *Apnay Baitay key Naam jou main Paida na Kar Saki, Aik Chittthi* was performed again at the World Social Forum field at Karachi. OXFAM GB collaborated with SACHET for this performance.
- **July 2006** – A play titled *Totay ki a'ala Taleem* (Higher Education of the Parrot) was performed on the occasion of second RHIYA Youth Summit held at Islamabad. The concept was taken from the light satire penned by Rabindranath Tagore. Dramatized by Dr. Rakhshinda Perveen, Technical direction, by Yasir Hussain, creative director by Ghazala Bukhari and coordinated by Sonia Zahoor, the performance was unique in its treatment and bitterly true in its content.
- **December 2006** – Scripted by Tariq Ghouri and directed by Sonia Zahoor, three street theatres on the issues of HIV & AIDS, at SCDP Banigala were performed, on the occasion of world AIDS Day. One of the performances was exclusively for young girls at Banigala's public School. The other two were performed for the general public (men and women) of Banigala.

### Youth Advocacy Network (YAN)

SACHET's Youth Advocacy Network (YAN) was formed at the International Conference on Youth and Promotion of Human Development-Investing in the Future, organized from 10th to 12th August 2003 by the AGEHI Resource Centre. Keeping in view the fact that there was a lack of opportunities for youth to express themselves, and a marked absence of research on youth issues and policy guidelines for youth development, SACHET formed YAN as a platform to mainstream Pakistani youth in development by ensuring its involvement and engagement in the development process. SACHET YAN strives to achieve this by involving the enthusiastic volunteers of YAN in a number of activities related to social development issues.



### Challenge, Communicate, Change



#### Background

AGEHI-Advocates of Gender, Education and Health Information Resource Center, SACHET, launched a five-year advocacy project FAD "Fight against Dowry" with the aim to stimulate a thinking process through generating awareness and sensitization about the institution and practice of dowry and dowry violence in Pakistan.

FAD works with media, youth and all interested groups to highlight the cost and consequences of the custom and institution of dowry. FAD took some practical steps for the cause by breaking the culture of silence, promoting positive dialogue and organizing activities to involve youth in the process of advocating the message. FAD utilizes the tools of advocacy and communication to achieve its objectives.

#### Dr. Riffat Hassan

*Professor of Religious Studies and Humanities Louisville University, USA.*

"There is a concept of "Dower" (mehr in Quran. The concept is at the time of marriage contract, man is supposed to give mehr to his wife in form of money according to his economic status.

Marriage Contract is not valid without mehr.

On the other hand, there is no concept of dowry in Islam. It is a culture and custom of South Asia which is non Islamic. According to this dowry culture woman is supposed to bring certain amount of wealth in form of money, gold or other valuable items

According to my view, dowry concept is not founded in Islam. We need young and educated people who can understand the spirit of Islam. They must challenge such non Islamic beliefs. In this way dowry death or such type of violence can be ended."

*(From FAD TV Program)*



FAD objectives are:

- To identify perceptions, attitudes, practices in connection with dowry in Pakistani Society.
- To inform all stakeholders, primarily youth and students about the social, economic, psychological and health hazards of dowry and dowry violence.
- To engage mass media in promotion and dissemination of awareness against repercussions of dowry
- To lobby for various reforms with the various levels of government.
- To organize and mobilize students and parents against dowry.



## SACHET's position on the issue of Dowry

- Demand of dowry is an offense
- Dowry itself is a form of violence, not only against women but men also
- Courts should take *Suo Moto* against deaths of married girls specially the newly weds under unexplained circumstances as:

Stove death = An accident = Myth

Stove death = Dowry death = Truth

## Chronology of FAD (2001-2006)

- **October 2001** – Research survey to assess the perceptions of youth on dowry.
- **EAD launched on 26th November 2001** with a signature campaign.
- **December 2001** – Interactive Advocacy sessions started with community stakeholders.
- **January 2002** – Presentation of a research paper at an International Conference on Dowry: Realities & Strategies for Intervention, Dhaka, Bangladesh.
- **March 2002** – Seminar on Gender-Based Violence and Dowry in Lahore.
- **Public service message** – video spot aired on PTV.
- **March 2002** – Launching of advocacy bags of dowry in Khawateen Mela, Lahore.
- **May 2002** – First Open Forum on PTV.
- **June 2002** – Discussion forum on dowry in Morning Transmission of PTV by the media campaign leader, Islamabad.
- **July to August 2002** – awareness campaign and discussion with institutions from all over Pakistan.
- **September to October 2002** – National Poster Competition for youth; EAD evening to express thoughts on dowry in the form of poetry and prose.
- **November 2002** – Second EAD evening with students, professionals and NGO personnel.
- **December 2002** – A research paper was presented in the Annual Conference of the Population Association of Pakistan (PAP) by the author: "A micro-study on the coverage of dowry-related issues in selected newspapers of Pakistan: Dowry and silence of the Civic Society as reflected by the newspaper media".
- **January 2003** – EAD Calendar/Poster launched; EAD TV Magazine Show's first episode aired.
- **February 2003** – Press show to make media people aware of theme and format of EAD; lecture at EAD evening on book by Advocate Syed M. Anwar titled "Islam mein Aurat Ki Gavahi Adhi Nahein, to reiterate EAD's commitment to women's legal empowerment and an end to all discriminatory laws against women.
- **April 2003** - Workshop with Legislators, in which plan of action and suggestive amendments were proposed in the Dowry and Bridal Gift (Restriction) Act, 1976; EAD Advocacy Network launched; amendments presented to Law and Justice Commission for introduction of draft law for the prohibition of unnecessary expenditure on marriage ceremonies and dowry; EAD TV series started rerun on PTV's morning transmission.
- **May 2003** – ARY digital TV channel started airing EAD TV series.



- **July 2003** – FAD and Law and Justice Commission jointly organized a two-day national consultative workshop on “Prohibiting Excessive Expenditure on Marriage ceremonies and Dowry”; PTV and Geo TV hold live talk shows to highlight the issue of dowry.
- **August 2003** – A special session on FAD was held on day two of the first International Youth Conference by SACHET; Creative Anger, Pakistan and Context Theatre UK presented a play on the issues of dowry at the concluding ceremony of the conference; the first formal meeting of FADAN was held at the conference.
- **November 2003** – FAD evening with renowned scholars was held, with the theme “Concept of Masculinity in Islam”.
- **December 2003** – FAD evening with renowned women writers and activists was held; SACHET planner 2004 with the slogan Fight Against Dowry was launched.
- **January 2004** – A seminar was organized in Jacobabad, Sindh by FAD volunteers.
- **February 2004** – A theatre was performed on the occasion of National Women’s day.
- **March 2004** – “Say no to dowry” advocacy badges were launched on the occasion of International Women’s Day; a series of activities took place, including display of IEC material on dowry and screening of FAD TV series.
- **May 2004** – Bilingual book on FAD published.
- **November 2004** – First FADAN National Workshop.
- **January 2005** – Four provincial seminars in Multan, Hyderabad, Peshawar and Quetta to sensitize people from different walks of life; signature campaign continued and 2,000 signatures obtained on posters were displayed in different popular cafes of Islamabad.
- **February 2005** – A shadow theatre was shown to commemorate National Women’s Day.
- **April 2005** – VOA (Radio) did a live show on the dowry issue. The participants were Dr. Rakhshinda Perveen, Mustanser Hussain Tarar (Pakistan) and a US-based scholar and young representative.

**From the time period of July 2005 - June 2006, the following achievements were made:**

- Statistics from selected national newspapers were collected and compiled by AGEHI Resource Centre.
- A Turkish TV Channel recorded an interview of SACHET’s Executive Vice President, Dr. Rakhshinda Perveen, on dowry as a part of its series on gender issues in Muslim countries.
- Formation of FADAN e-Forum through a yahoo group, [fadan\\_sachet@yahoo.com](mailto:fadan_sachet@yahoo.com).
- FAD Planner was launched and distributed; 2 FAD posters (English and Urdu) were launched and distributed.
- A talk on dowry violence by Dr. Rakhshinda Perveen at HRCP Islamabad on 22nd Feb `06.
- Article by Dr. Rakhshinda Perveen in The News (You magazine) 28th Feb `06.
- Dawn newspaper gave special coverage to the dowry issue in their mid-week magazine. FAD material available on website was used for this issue.
- Power 99, a leading FM radio Channel broadcasted a live interview of Dr. Rakhshinda Perveen on the dowry issue on 13th March 2006.
- AGEHI theatre group performed a theatre play on the issue of dowry violence at World Social Forum held at Karachi on March 26.
- PTV 1 telecast a live interview of Dr. Rakhshinda Perveen on the dowry issue in Rising Pakistan transmission on April 25, 2006.

- Launch of World Bank's report, "Country Gender Assessment" in which EAD was acknowledged as an effective advocacy effort for gender empowerment.
- Walls activism messages regarding dowry violence were pasted at different spots of Chakwal district.
- Several delegations from different remote areas of Pakistan visited SACHET and joined EADAN as change makers.
- Four provincial workshops were conducted by the author to sensitize media professionals on Gender based violence. These were organized by the Ministry of Women Development.
- Second one-day "Fight Against Dowry" workshop was organized for change makers of EADAN on July 10, 2006.

## Fight Against Dowry Advocacy Network (FADAN)

***"When a gift becomes a demand, it is a form of violence."***

Based on this philosophy, a national network against dowry violence was formed in 2003. FADAN aims to create and sustain a social movement against 'dowry by demand'. FADAN membership takes into its fold both individuals and organizations, with the essential prerequisite criteria of determination, commitment and devotion of the members to the network's goals and objectives.

AGEHI Resource Centre organized its second one-day "Fight Against Dowry" workshop for change makers of FADAN on July 10, 2006 (the first one had taken place in 2004). Twenty-three participants attended this one-day national workshop from different regions of Pakistan i.e. Khairpur, Loralai, Peshawar, Quetta, Jacobabad, Kashmore, Kohat, Muzaffarabad, Qila Saifullah, Chakwal and Rawalpindi/Islamabad. These participants represented different fields and professions like media, NGOs, students and education etc. The purpose of the workshop was to reorganize the logo, vision, mission, aims and objectives, membership policy and terms of reference for change makers of FADAN.

The project ended in November 2006 but the fight goes on. More focus is needed on media advocacy, and FADAN will continue to keep the issue alive.

### **Be a Change Maker & Make a Difference by:**

- Writing for FAD-Fight Against Dowry.
- Being a FAD-Fight Against Dowry advocate.
- Contributing a piece of prose or poetry on the issue of Dowry violence.
- Providing legal or medical help to Dowry and Dowry violence victims.
- Being a supporting pillar through cash or kind in FAD activities.

Join FADAN E. Group at [fdan\\_sachet@yahoo.com](mailto:fdan_sachet@yahoo.com)

**FAD cds, book, bags & badges are available at  
SACHET "shop for a cause"**



### *Lights, Camera Social Change*

*Now, SACHET has its own facility to produce audio / video documentaries, TV and Radio Programmes.*

*AGEHI Production House would contribute towards organizational sustainability (Financial & Social) under MRRAS (Mobilization of Resources and sustainability).*





# YOUTH MATTERS

## Youth urged to be vigilant

Second day of RHIYA Youth Summit organised by SACHET with the support of the UNDP and EU

ASMA RAZAQ

ISLAMABAD: The youth of Pakistan should be able enough to raise their voices for the attainment of their interests and also should have the courage to bring their messages to the attention of officials as always for the promotion of the ministries of the government. This was stated by the youth of RHIYA Youth Summit by Society for the Advancement of Creative Expression (SACE) at the summit. The youth of RHIYA Youth Summit by Society for the Advancement of Creative Expression (SACE) at the summit. The youth of RHIYA Youth Summit by Society for the Advancement of Creative Expression (SACE) at the summit.

## Inclusion of women in uplift stressed

ISLAMABAD, Feb 21: Adviser to Prime Minister Nulofar Bakhtiar on Tuesday stressed the need for making concerted efforts to include women in every sphere of life for the prosperity of the country.

She was talking to mediapersons at an exhibition organized by Sachet, a non-governmental organization.

She said the government was taking different measures to empower women politically, socially and economically. She said the ministry of women development would hold a four-day expo of women's products at Karachi from April 13 to encourage women's participation in all spheres of life.

For the first time that such an exhibition is being held where women's products will be provided a separate section to attract attention.

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What's On

# The Nation

## Illiteracy main cause of HIV/AIDS spread

BY OUR STAFF REPORTER

ISLAMABAD - Participant of a day long training workshop on HIV/AIDS awareness Thursday said that lack of education and illiteracy about HIV/AIDS is the main cause of its spread.

poverty and dearth of focused attention to youth related problems add to the complexity of the problems currently faced by the country in social sector development, she added.

Dr Tariq Muhammad said that the HIV/AIDS germs remain safe for three or nine months in the environment.

## AGEHI session, theatre create awareness of HIV/AIDS

mezzee Zaidi

It is an opportunity of a lifetime for girls through an intensive session on HIV/AIDS awareness. The girls were given a chance to express their fears and concerns about HIV/AIDS and to share their experiences with others.

is the need of time to make them alert and aware about this deadly disease so that they can prevent themselves.

Young girls of various schools and colleges participated in the session. They were given a chance to express their fears and concerns about HIV/AIDS and to share their experiences with others.

society towards the HIV positive people was also shown with the use of role plays and skits. The girls were also shown with the use of role plays and skits. The girls were also shown with the use of role plays and skits.

specific message given to the girls, 'all of us are at risk' and 'we are unaware & careless' were the main messages for thought.

AGEHI theatre group, which was formed in 2001 is one of the most creative, expressive and communicative tools of SACE to create awareness and sensitivity about different social issues through theatre performances at various forums and districts.

It consists of a group of young girls who are trained in the art of theatre. They perform plays and skits on various social issues.

## A right to say no?

ISLAMABAD: A right to say no to dowry is a fundamental right of every woman. It is a right that should be protected and promoted. Dowry is a practice that is deeply rooted in our society and it is often seen as a necessary part of a woman's dowry. However, it is important to recognize that dowry is not a right and it should not be forced upon any woman.



zone of vulnerability. The girls were given a chance to express their fears and concerns about HIV/AIDS and to share their experiences with others.

## NEWS

## Art for poverty alleviation

ISLAMABAD: A group of young girls from various schools and colleges participated in a workshop on art for poverty alleviation. The girls were given a chance to express their fears and concerns about poverty and to share their experiences with others.



**Youth Matters**  
Empowering the Youth

نوجوان سماں میں ترقی میں اہم کردار ادا کر سکتے ہیں، عابد علی

نوجوان سماں میں ترقی میں اہم کردار ادا کر سکتے ہیں، عابد علی

نوجوان سماں میں ترقی میں اہم کردار ادا کر سکتے ہیں، عابد علی

نوجوان سماں میں ترقی میں اہم کردار ادا کر سکتے ہیں، عابد علی

## SACHET Response to Earthquake

On the 8th Oct. 2005 a 7.6 magnitude earthquake struthed Pakistan, India & Afghanistan on richter scale hit Pakistan, Afghanistan and India. The epicenter of this earthquake was near Muzaffarabad, Azad Kashmir, about 95 Kilometers from Islamabad and just 10 Kilometers below the surface of the earth. In Pakistan, the northern mountainous region including Azad Kashmir was affected badly. It was a densely populated area comprised of narrow valleys and small scattered rural settlements. This earthquake spread its devastation in the following districts of NWFP and Azad Kashmir: Abbotabad, Batgram, Mansehra, Shangla, Kohistan, Muzaffarabad, Neelum Poonch and Bagh. The main challenge faced by SACHET in relief services was to evacuate the survivors and provide them shelter, food and medication at some safe place because more than 80% buildings in the area were damaged or destroyed. As per the information of Federal Relief Commission of Pakistan and Earthquake Reconstruction & Rehabilitation Authority, the facts and figures about this devastating earthquake at present stand at:

- Current population and households are 3,688,032 and 529,089 respectively;
- 73,338 dead
- 69,412 seriously injured
- 58,897 injured
- Uncountable missing



SACHET management sent a Relief Services team to Tehsil Battal of District Mansehra, one of the unattended and severely damaged areas at that time. The Relief Team consisted of 10 members, including doctors, paramedics, development professionals, relief workers and volunteers. SACHET Relief Services Team was the first medical team to reach there and facilitated totally damaged Battal hospital for efficient delivery of health services to the earthquake victims, providing medical treatment to 335 patients, most of them women and children. Then, according to the need and situation, this team was divided into two sub-teams (Mobile Medical Team and Relief Good Distribution Team) to provide quick and efficient services. The Mobile Medical Team visited Ali Kot, Pind Malkan and Gul Pari villages of Tehsil Battal of District Mansehra. The Relief Goods Distribution Team distributed the following goods: food packs, milk, juice and water, warm clothing, tents and money. In addition to their responsibilities, both teams also identified and referred patients to Battal hospital and District hospital Mansehra for further treatment.



## SACHET Earthquake Relief Field Hospital

In a review meeting after three days, the relief field work management came to the conclusion that, in this massive destruction, short-term efforts would not be enough. SACHET Banigala clinic was converted into an Earthquake Relief Field Hospital. A Management Committee consisting of representatives from SACHET and local philanthropists was formed to run the hospital's routine matters.



Due to the initial resources available in the hospital and influx of patients at different hospitals in Rawalpindi and Islamabad, the Management Committee decided to have coordination meetings with these hospitals regarding patients' referral. The first meeting was held with the management of Pakistan Institute of Medical Sciences and after the meeting a team of doctors led by the Head of the Children's Hospital PIMS visited the SACHET Relief Field Hospital and referred 30 children for post-op care. This was the beginning of this Relief Field Hospital.

There were 3 inpatient wards comprising 30 medical beds, an outpatient department (General OPD, MCH/ Anti natal Clinic), a fully equipped Operation Theater, Recovery Room / Emergency Room, a minor OT, pharmacy and laundry in the hospital. Counseling sessions and recreational activities were also organized for the patients, and shelter, food, clothes, financial assistance and counseling were available for patients' attendants and families. Over a period of three months, about 150 earthquake patients, most of them children and women, got treatment in this hospital.



*"On the last day of our trip we visited a hospital catering mainly to children injured in the earthquake. The Society of Advancement of Community Health, Education, and Training (SACHET), an earthquake relief hospital in Banigala, Islamabad had simply been a dispensary prior to the earthquake, but entire wings and operating theaters were added to it mere days after the news of the destruction had spread, in order to care for the scores of people whose lives depended on immediate medical attention."*

*I was certainly not expecting what I saw there - "hope".*

**From "Shaken Lives" by Fatima Bhutto**



## Managing UNFPA Women Friendly Spaces and Hammams in Mansehra

It was estimated that two million women and girls experienced the trauma of the earthquake and the continued trauma of living in tented villages or improvised shelters, facing the challenge of accessing food, water, health care, warm clothes and protection for themselves and their children.

Personal hygiene is directly linked to several health problems and medical conditions. UNFPA Mobile Service Units have (as of date) reported 3,966 cases of scabies, largely among women (3,133 cases in Muzaffarabad and 833 in Mansehra). By addressing women's personal hygiene needs, scabies can be prevented and/or largely reduced.

SACHET is going to address gender specific vulnerabilities by establishing Women Friendly Spaces (WFS) including specific bathing spaces for women and providing psycho-social support to women and adolescent girls in camps or temporary settlements in earthquake affected areas in Mansehra District. This project has been launched in five different locations in the District, which have been identified in consultation with local community members, NGOs and the UNFPA office.

### The objectives of the project are:

- 'WFS' would provide a place for congregation, vocational training, and a safe haven for women and adolescent girls. Services provided in this space would enhance women's capacity through awareness programmes (health, rights, etc.) and training and skill development to collectively address their needs and participate in decision making and management in recovery programs.
- Prefabricated public bathing spaces specifically for women would be positioned strategically next to the 'WFS' within and near campsites and ensure security, proper lighting, accessibility and privacy. From the initial assessment, provision of such spaces would be largely welcome and would be culturally sensitive as women have repeated expressed a need for separate private spaces for bathing. The bathing spaces would have a provision for a water tank and mechanism for heating the water either by coals and or wood.





### **AUDITOR'S REPORT TO THE BOARD OF GOVERNORS**

We have audited the annexed balance sheet of the Society for the Advancement of Community, Health, Education and Training – Pakistan (SACHET) (“the Trust”) as at June 30, 2005 and the related statement of income and expenditure and cash flow statement together with the notes forming part thereof, (here-in-after referred to as the financial statements for the year then ended).

It is the responsibility of the Board of Governors of the Trust to establish and maintain a system of internal control, and prepare and present the financial statements in conformity with the approved accounting standards as applicable in Pakistan. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with generally accepted auditing standards. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting policies used and significant estimates made by management, as well as evaluating the overall presentation of the financial statements. We believe that our audit provides a reasonable basis for our opinion.

In our opinion the financial statements present fairly in all material respects the financial position of the SACHET (“the Trust”) as at June 30, 2005, its excess of expenditure over income for the year then ended and cash flow statement along with the annexed notes in accordance with the approved accounting standards as applicable in Pakistan.

*Asks*

Islamabad,

  
**OMER ADIL & Co.**  
Chartered Accountants


31 MAR 2006

**SOCIETY FOR THE ADVANCEMENT OF COMMUNITY HEALTH,  
EDUCATION AND TRAINING - PAKISTAN  
BALANCE SHEET  
AS AT JUNE 30, 2005**

	Notes	2005 Rupees	2004 Rupees
<b>ASSETS</b>			
<b>NON CURRENT ASSETS</b>			
Operating fixed assets	3	36,432,991	40,324,582
Investments	4	<u>94,000,000</u>	<u>91,300,000</u>
		130,432,991	131,624,582
<b>CURRENT ASSETS</b>			
Inventory	5	259,741	181,965
Loans and advances	6	91,267	91,267
Trade deposits and short term prepayments	7	239,228	252,145
Other receivables	8	138,285	142,385
Accrued income	9	985,417	1,317,001
Cash and bank balances	10	<u>4,903,071</u>	<u>9,479,300</u>
		6,615,009	11,463,933
<b>TOTAL ASSETS</b>		<u><u>137,048,000</u></u>	<u><u>143,088,515</u></u>
<b>FUNDS AND LIABILITIES</b>			
<b>FUNDS</b>			
General fund	11	<u>105,876,963</u>	<u>110,182,362</u>
<b>DEFERRED INCOME</b>	12	29,554,778	31,399,488
<b>CURRENT LIABILITIES</b>			
Creditors, accrued and other liabilities	13	1,610,259	1,506,644
<b>CONTINGENCIES AND COMMITMENTS</b>			
<b>TOTAL FUNDS AND LIABILITIES</b>	14	<u><u>137,048,000</u></u>	<u><u>143,088,515</u></u>

The auditor's report is set out on page 1.

The annexed notes on pages 5 to 11 form an integral part of these financial statements.

  
SECRETARY GENERAL



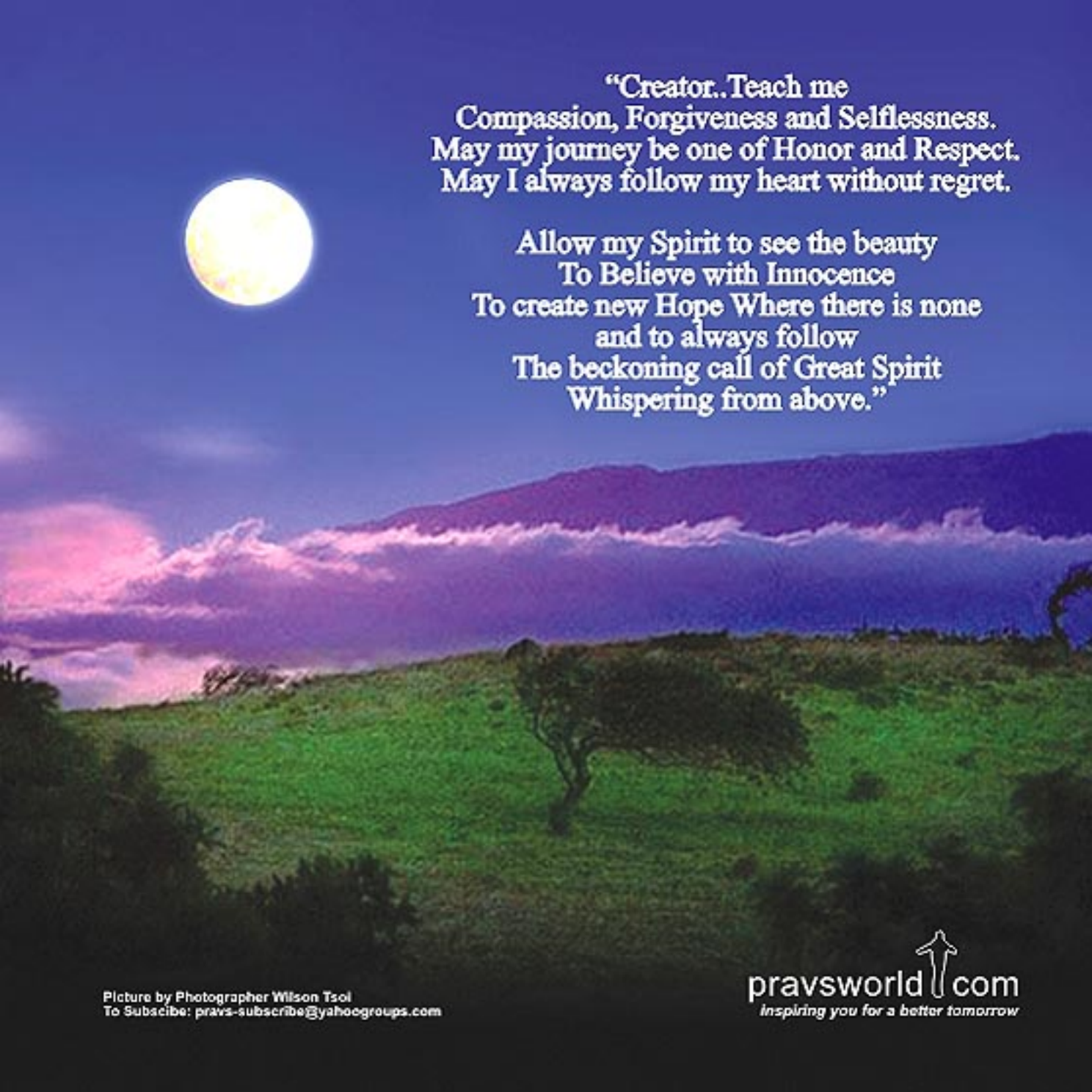
  
EXECUTIVE VICE PRESIDENT



## **Towards a Visible Civic Entrepreneurship-Future Vision**

SACHET looks forward to:

- 1 Maintain its identity as a gender sensitive, youth focused and community based organization.**
- 2 Greater investments in capacity building and training needs of young professionals and students. To ensure the delivery of best results, SACHET is remodeling its training wing to cater to a wide range of emerging needs in the social sector.**
- 3 Upscale some of its best models in the area of ASRH in other districts as well.**
- 4 Continue promoting the livelihood of underserved and deserving people in its intervention areas.**
- 5 Continue engaging communities in skills and trades compatible with the current market needs. It also aspires to strengthen its project Shop for a Cause to provide a marketing outlet to promote the artisanship and indigenous crafts of Pakistan.**
- 6 Maintain its focus on sustainable development.**
- 7 Evolve as an outstanding and genuine civic entrepreneurship in the civil society of Pakistan.**

A landscape photograph of a savanna with a full moon in a blue sky. The foreground is a green field with a few trees. In the background, there are mountains under a blue sky with a full moon. The text is overlaid on the top half of the image.

**“Creator..Teach me  
Compassion, Forgiveness and Selflessness.  
May my journey be one of Honor and Respect.  
May I always follow my heart without regret.**

**Allow my Spirit to see the beauty  
To Believe with Innocence  
To create new Hope Where there is none  
and to always follow  
The beckoning call of Great Spirit  
Whispering from above.”**

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**SACHET, Shop for a Cause**

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Phone : 92-51-2256799 - 2255053

Ext. : 113

**SACHET Gallery**

1st Floor

Al-Babar Centre, Park Road, F-8 Markaz, Islamabad.

Phone : 92-51-2256799 - 2255053

**AGEHI Resource Centre**

Al-Babar Centre, Park Road, F-8 Markaz, Islamabad.

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