



Al-Babar Center, Park Road,  
F-8 Markaz, Islamabad, Pakistan  
Tel: 051-2254933, 051-2250436  
Fax: 051-2255053  
E-mail: sachet@isb.comsats.net.pk  
Web: www.sachet.org.pk

**SACHET** (Society for the Advancement of Community, Health, Education and Training) is a registered organization under the Voluntary Social Welfare Agencies (Registration & Control Ordinance 1961) Registration No. VSWA/ICT/306

**Exempted from Income Tax**

Under Govt. of Pakistan, central board of revenues notification No. SO-111-26(288) / 2001-2002/7779 Dated 27-04-2002

Annual Report 2004 - 2005



**Society for the  
Advancement of  
Community,  
Health,  
Education and  
Training**



## وَيَبْقَى وَجْهَ رَبِّكَ

میرے سرگرمی کارپوریٹل رہنے والے ہے (سورۃ البقرہ)

ہم دیکھیں گے

لازم ہے کہ ہم بھی دیکھیں گے سب اہل صفاء مرد و حرم

وہ دن جس کا وعدہ ہے ہم اہل صفا مرد و حرم

جو لوہ ازل میں لکھا ہے مسند پر بٹھائے جائیں گے

جب ظلم و ستم کوہ گراں سب تاج اچھالے جائیں گے

روٹی کی طرح اڑ جائیں گے سب تخت گرائے جائیں گے

ہم گلوگوں کے پاؤں سے بس نام رہے گا اللہ کا

جب دھرتی دھڑ دھڑ دھڑے گی جو غائب بھی ہے حاضر بھی

اور اہل حکم کے سر پر جو منتظر بھی ہے ناظر بھی

جب بجلی کڑ کڑ کرے گی اور راج کرے گی خلق خدا

جب ارض خدا کے کعبے سے جو میں بھی ہوں اور تم بھی ہو

(فیض احمد فیض)

ماتے کا نظریہ فیض کے کام کے ذریعے بھی بیان کیا جا سکتا ہے

## Values

- Empathy
- Tolerance
- Loyalty
- Integrity
- Peace
- Gender Sensitivity

## Mandated Objectives of SACHET

- To promote gender awareness and sensitivity in Pakistan
- To narrow the 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 (SRH) 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

## From the Desk of EVP

*Development Organizations can only be institutionalized if the key actors know the moral fiber of development. Spirit of development can always be felt and recognized by the traits of the possessor.*



*Development professionals dare to dream. No matter how brutally they may be treated by life, people and society their dreams are never bruised. And yet they do not forget to dream with deadlines. This makes them different from merely a dreamer, thinker or a poet and help them in living as a true development professional.*

*And when I say dream I cannot think anything superior than what Arundhati Roy has written in "The Algebra of infinite Justice" when she says. "There is only one dream worth having.....to live while you are alive and die only when you are dead.*

*"Which means exactly what?*

*"To love. To be loved. To never forget your own significance. To never get used to the unspeakable violence and the vulgar disparity of life around you. To seek joy in the saddest places. To pursue beauty to its illar. To never simplify what is complicated or complicate what is simple. To respect strength, never power. Above all, to watch. To try and understand. To never look away. And never, to forget."*

*I hope that key actors within SACHET know this secret very well. We were and we would remain dynamic dreamers.*

Rakhshinda Perveen  
22nd Dec 2005  
Islamabad, Pakistan

Rakhshinda Perveen is a public health specialist by academic qualification and a civic entrepreneur by practice. She is the practical ideologue of SACHET



*There is no limit to what you can imagine. And with commitment, with effort, what you can imagine - you can become.*

*Put your mind to work for you. Believe that you can do it. The world will tell you that you can't.*

*Yet, in your belief you'll find the strength, you'll find the ability, to do it anyway.*

Source: pravsworld.com

## Dear Readers

Who are we, what are we doing, where are we working, who are our partners, why are we working and how we work? The answers to these queries constitute the report 2004 – 2005.

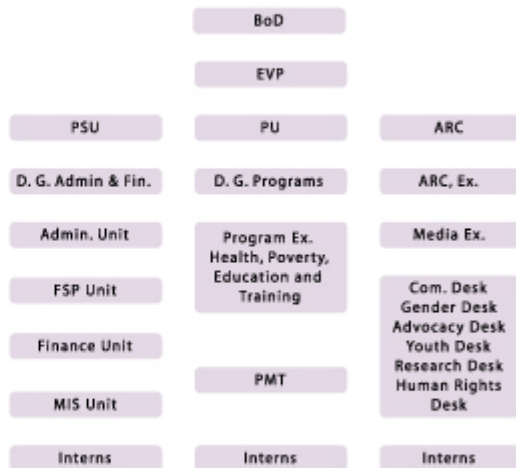
We hope that all the stake holders would find it relevant.  
Happy reading

With love and light  
SACHET  
2005

## Awards



## Organogram



### Key:

BoD: Board of Directors  
EVP: Executive Vice President  
PSU: Program Support Unit  
PU: Program Unit

ARC: AGEHI Resource Center  
Ex: Executive  
FSP: Field Support  
PMT: Program Management Team

### Students Show love care for AIDS patients

"Hate HIV/AIDS but love the patients was the theme that came forth at a talent show organized in connection with the World AIDS Day on 7th of December, 2004.

Young people at the DOSTI (Dare to Sensitize, Train and Inform) talent show demonstrated their understanding of HIV/AIDS through creative intelligent expressions. The show was organized by AGEHI (Advocates for Gender, Education and Health Information) resource center of SACHET in collaboration with USAID that has given key importance to the multidimensional issue of HIV/AIDS. The Theme of the Worlds AIDS Day, this year "Women, Girls and HIV/AIDS".

Minister of State for Culture, Sports and Youth Affairs Muhammad Ali Durani was the chief guest on the occasion. Students from various schools projected their know-how on HIV/AIDS by participating in quiz programme, poetry/prose competition, poster competition and theatre performance. Clear messages were sent out by boys and girls participating in the show protecting one self from HIV/AIDS transfer through blood transfusion, used syringes and un safe sexual interaction.

An even stronger message was that HIV/AIDS patients should not be shunned and avoided by accepted to lessen their pain and anxiety. At the end of the session prizes were given to the winners of different competitions."

**DAWN, Wednesday December 8th, 2004**

### Call to set up centres for youth

"Centers should be setup at the grass-roots level that provide guidance to youth on reproductive health as well as psychological issues. This was started by the member of the national assembly (MNA) Kashmala Tariq at the concluding ceremony of the three-day RHIYA Youth Summit organized by a local NGO, Sachet, in collaboration with United Nations Population Fund (UNFPA) and European Commission (EC). Ms. Tariq said change could only be brought in the country by taking initiatives aimed at providing necessary knowledge to young people.

UNFPA country representatives, Dr. France Donnay, while addressing the ceremony, said the UNFPA had a special focus on youth development and the Reproductive Health Initiative for Youth in Asia (RHIYA) project would contribute to improved reproductive health as well as overall wellbeing of Pakistani youth. The summit provided young delegation an opportunity to share their issues and suggest strategies/recommendations for government institutions, international donor agencies and local stakeholders active in the field of youth development and reproductive health.

At the end, it was also recommended that parents must trust their children and not provide them biased information, religious leaders play their role to promote understanding and acceptability of reproductive health issues, confidential counseling services be made available at district level and support provided for establishment of youth networks at grass-root level."

**DAWN, Thursday May 27th, 2004**

**SACHET** SACHET came out on the continuously expanding horizon of NGOs in Pakistan, in 1999. That was the time when themes and resolutions adopted at CEDAW, ICPD+5 and Beijing's Platform For Action were gaining new watchfulness in South Asia and occupying central position in issue-oriented NGOs focused on staid and sizeable effort for genderizing the entire development scenario.

Launching another NGO with the slogan 'for Pakistanis and by Pakistanis' and vision for human development of the disadvantaged with gender perspectives was not only challenging but risky too. Adding further to the complexity was our focused attention to SRH rights, education, information and services with a specific inclination for the youth.

The words gender and SRH are not only widely misunderstood but are also perceived as taboos and imported agenda items in a typical Pakistani context. Our entry in these areas not only raised suspicions among orthodox patriotic circles but some self-appointed liberal representatives of society also felt threatened. Our journey has been and is following a rocky pathway. However, in spite of limited resources and limitless odds we continue to possess determination to move ahead at a promising pace.

SACHET is a "mini pack" of support and facilitation; a promise which is feasible and has a probability level of being kept. SACHET is a firm believer in visible community partnerships, civic will and minimalist cost-effective approach.

**SACHET** As an organization SACHET is not merely engaged in target-oriented development but seeks to strive for reflecting linkages between number and needs of the disadvantaged communities.

SACHET is geared towards bringing positive transformative changes in the position and condition of men and women constituting the Pakistani society.

SACHET stands for a gender-sensitive, youth-focused, community-based welfare oriented and development driven not-for-profit organization working in the thematic areas of Health, Education, Poverty Alleviation, Training and Gender.



### SACHET at a Glance

|  |   |
|--|---|
| • Meaning  | English/French-mini pack, Urdu/Hindi/Punjabi-truth  |
| • Conceptualized by  | Rakhshinda Perveen  |
| • Registered as  | Voluntary Organization (Registration No. VSWA/ICT/306)  |
| • Official gender  | Female  |
| • No. of projects completed  | 30  |
| • No. of ongoing projects  | 16  |
| • International Organizations/donors with whom SACHET collaborated | <ul style="list-style-type: none"> <li>• EC/UNFPA</li> <li>• FHI-USAID</li> <li>• GEP-DFID</li> <li>• ILO</li> <li>• UNESCO</li> <li>• PLAN Pakistan</li> </ul> |



SACHET at a Glance

|   |         |  |         |
|---|---------|--|---------|
| # of employees  | 138     | # of male patients benefited from health outlets                     | 104,313 |
| # of volunteers   | 312     | # of international conferences etc... organized (July 1999-Jun 2005) | 02      |
| # of offices  | 34      | # of trainings conducted by SACHET (July 1999-Jun 2005)              | 80      |
| # of employees trained (July 1999-Jun 2005)                       | 103     | # of seminars, symposia, workshops organized (July 1999-Jun 2005)    | 50      |
| # of employees who received training abroad (July 1999-Jun 2005)  | 09      | # of trainings conducted on HIV/AIDS                                 | 100     |
| # of women entrepreneurs supported by SACHET (July 1999-Jun 2005) | 135     | # of adopted Govt. schools   | 04      |
| # of entrepreneurs supported by sachet (July 1999-Jun 2005)       | 389     | # of documentaries by SACHET   | 35      |
| # of students who received Scholarships (July 1999-Jun 2005)      | 83      | # of girls schools   | 03      |
| # of patients who benefited from health outlets                   | 313,906 | # of theatre performances by AGEHI Resource Center, SACHET           | 20      |
| # of Female patients benefited from health outlets                | 209,593 | # of boys schools  | 01      |
|   |         | # of male students   | 888     |
|   |         | # of female students   | 1,168   |
|   |         | # of students who received Computer Training                         | 380     |

**SACHET** provides primary and reproductive health care services, facilitates educational activities, engages skilled but disadvantaged men and women in poverty alleviation efforts and invests in human resource development through a set of coordinated strategies and activities.

Broadly speaking, SACHET works through three types of projects namely Service Delivery, Advocacy and Strategic Communication. Supporting these strategies are the tools of Training, Research, and Networking. Mainstreaming gender is the cross-cutting strategy.



SACHET adopts an inclusive approach for communicating changes. Everyone can be a beneficiary of SACHET but our primary audience is Youth which in turn is a diverse group. Besides Youth we are equally concerned about disadvantaged girls and women especially those who are victims of any form of violence.

Men, being the social gatekeepers are seen by us as the key stakeholder who must be involved, engaged, educated and participating in all our activities meant for bringing or at least starting a positive change leading to empowered individuals and communities.

## Instituting Gender



SACHET introduced rather revived the Urdu word *sinf* for English word Gender thus defining the term in its Pakistani perspective. Earlier the Urdu word *Jins* was used interchangeably with gender at media and within development organizations. Now the national channels, newspapers and the NGOs have adopted the Urdu alternative.

SACHET does not possess a typically misunderstood and ferocious feminist approach. We are about gender balance, equity and harmony. Therefore, pitching oneself against one gender to incline towards the other is against SACHET's working principles.

There is NO Gender Unit in SACHET as we do not believe in Boxed approach. Besides Gender is too sensitive issue to be left alone on the discretion of one unit. Instead we have a full fledge resource centre and we continuously strive to integrate gender.

Official Gender of SACHET is female.

We are the foremost NGO in Pakistan to offer a paternity leave for one wife, two children and during ante-natal phase as well.

We included a code of conduct at work place with special emphasis on abuse/harassment of all forms at work place.

We try our best to incorporate PGN as well as SGN in our programs and projects.

We try our best to ensure that no gender bias and discrimination is reflected in any of our doings. This also implies that female staff in SACHET can by no means take concessions of femaleness and relish convenience of subordination; meanwhile men are strongly encouraged to refrain from demonstrating stereo brands of masculinity.

Our position on socially tabooed issues like sexuality, abortion and SRH rights is also very clear. We remain dedicated to incorporating gender perspectives in all our programs.

*Looking Back* SACHET has emerged as one of the leading multi-dimensional NGOs in Pakistan. Research-based advocacy is taken as the forte of SACHET. Following is a brief account of milestones in the past six years. Details can be obtained from our web site ([www.sachet.org.pk](http://www.sachet.org.pk)).

## 1999

SACHET decided to initiate her first Service delivery project in the area of Health through a public-Private partnership project. The non-functional Basic Health Unit of Shahdra, a village 26 km from Islamabad, was transformed into an efficiently functioning clinic providing out patient health care facilities, free of cost, since October, 1999.

In the same month Women Vision a collaborative project financed and technically supported by SACHET and implemented by Hawwa Associates was started for the economic empowerment of the girls and women of slums and low-cost areas of the capital city.

Gender Watch a pioneering effort by SACHET on the National TV Network was also started in October 1999.

All three projects guided us to develop our future directions.

2000

Policy was reviewed and more gender-sensitivity became visible. For instance we are the only NGO that offers not only maternity leave but paternity leave as well.

Programs went into horizontal expansion. SACHET started Community Development Program in Shahdra by starting Community Mehfls, vocational training centre and computer training centre. Village girls were recruited and trained as Community Health educators.

### *SACHET Mehfl*

To ensure visible community participation SACHET introduced behna and bharavan di Mehfls (Assembly of sisters and brothers) in Community Development Project areas. Mehfls provide a forum to the community members to see their problems with their eyes and identify indigenous and realistic solutions. Mehfls also bridge the gap between perceived and actual needs of the community.

Pinyali Community Development program was also initiated. 17 mobile and static medical camps were held. 103 staff members received training within Pakistan in different disciplines relevant to their jobs and career pathways. The Training program also started internships for local and foreign students and researchers.

13 more episodes of Gender watch were aired. When the ground breaking series was near to its conclusion the idea of AGEHI was emerged with the vision to engender development by contributing towards Policy Communication, Social Research, intellectual partnerships and advocating change through a broad range of activities.

PACIG as a program was distinctly launched with the opening of an innovative concept shop SACHET Gallery.

2001

Community development programs in Banigala and Ghagri were initiated. School Health nutrition program was incorporated in Shahdra.

DoSTI (dare to sensitize, train and inform) young people about HIV/AIDS and STIs was launched as an advocacy project of AGEHI.

PACIG launched SMiLe (SACHET Micro enterpriser for life) to facilitate skilled men and women by providing them with the initial capital required to start a business. The concept emerged from the operational activities of SACHET Gallery.

Gender watch won PTV's Excellence Award.

AGEHI initiated a quarterly News letter to promote positive dialogue with civil society and state actors.

### *SACHET and Special People*

In May 2001, SACHET allocated a distinct sales corner in the gallery to exhibit and promote products by special children and adults. This sales corner was inaugurated by the then Minister of sports, culture and minorities affairs, Mr.S.K.Tressler.

A computer laboratory for special persons at the National Training Centre for Special persons, al-Farabi centre, G-8-MARKAZ, Islamabad was launched on August 28th 2001.

### *FIGHT against Dowry (FAD)*

*Jahez kay khilaf Jang,*



an advocacy project was launched by AGEHI to stimulate thinking of young people and other stakeholders on this conveniently forgotten gender issue.

This year SACHET added another component to her policy-when there is emergency the policy is Action. SACHET translated this into practice by offering relief camps to the flood victims of Rawalpindi.

### *2002*

Community development program Pathar Garh was launched.

More attention was given towards vertical growth of the organization.

SACHET's volunteers network was activated.

AGEHI caught the attention of national and international media through its report on Violence against women.

### *2003*

SACHET while expanding her activities started deepening her focus on Youth and ASRH issues.

An International conference, the first of its kind was organized to promote Human development on Youth issues.

SACHET by virtue of her focused efforts by then commanded attention of many international funding agencies and NGOs. However, as a matter of principal instead of relying on marketing we opted for competing on merit. SACHET responded to advertisements for potential partnerships on SRH issues of youth and HIV/AIDS. And yes we earn those projects after following a transparent and competitive process.

2004

New projects and partnerships added to the credibility and responsibility of SACHET. That was the time when the organization also underwent crises beyond explanation. To the utmost surprise of our friends we survived. We experienced changed attitudes, shifted loyalties, increasing curiosity, breach of trust, high turn-over of the staff, opportunistic responses and much more. SACHET learnt many lessons that year.

Besides, the bad ones we felt and witnessed the good ones as well. SACHET saw how some of her dedicated members stood the test of time, a few friends were there to support and on the top of everything how Allah gave strength to SACHET who otherwise considers herself a very weak being in this power loving, embracing and studded society.



### *Violence against Women*

Time magazine featured in a February 21 story, United Press International reported on a recent study by a human rights advocacy group called the Society for the Advancement of Community, Health, Education and Training tallying media reports of honor killings and other crimes against Pakistani women. It found 44 such accounts over the past year, with reports appearing more frequently in recent months. However, "the magnitude of the problem is much, much, much bigger than what has been reported," said the organization's Executive Vice President Rakhshinda Perveen. "It's very much behind the scenes these things happen." Honor killings ranked sixth among the most common types of violence reported against women in Pakistan, according to the report. Battering is the third most common; the report recorded 130 stories on those. Rape ranked fourth, with 83 cases described in Pakistani press reports.

## Programs & Projects of SACHET

### SACHET and Health

SACHET established basic health facilities/health clinics in various villages of Islamabad and other adjoining districts. These SACHET free clinics promote both preventive and curative health measures. Here, communities are provided with health awareness sessions and medical assistance especially women and children who are more vulnerable and prone to burden of diseases.

SACHET free clinics are serving in the following communities.

#### 1 - SACHET Community Clinic Shahdra (District Islamabad)

Shahdra village, located 15 km from the east of Islamabad, is spread over 2,006 acres and is inhabited by a population of about 32,000, with eight villages in its vicinity within a radius of five kilometers.

SACHET adopted the abandoned Basic Health Unit on October 12, 1999 and converted it into free SACHET Clinic under her Community Development Programs.

Around 10,000 patients (that make up 40% of the total population) were treated at the clinic between 1st of July 2004 and June 2005.

#### 2 - SACHET Community Clinic Panyali (District Rawalpindi)

Panyali is situated at Kahutta Road District Rawalpindi. The cluster of Panyali has 21 villages in its vicinity and is inhabited by a population of 60000. SACHET established here the second free SACHET clinic on February 2, 2000 under her Community development programs.

During the year under review, 14765 patients were provided with quality health services.

#### 3 - SACHET Community Clinic Banigala Village Mohra Noor (District Islamabad)

Banigala village is located at a distance of 18 kilometers from SACHET on the road leading to the National Institute of Health. In Banigala, SACHET initiated her third free clinic on February 1, 2001. The project catchment's area is spread over a hilly terrain, consisting of five villages with a population of 35,000.

More than 10444 patients have been treated during the year 2004-05 that makes up the 30% of the total population of the area.

#### 4 - SACHET Community Clinic Gagri (District Islamabad)

SACHET established her 4th free clinic on August 17, 2001 at Gagri, situated on Japani Road, 0.5 kilometers off Islamabad Highway and 20 kilometers from Zero Point. Total population of gagri and 16 other villages in its catchments area comes to around 60,000.

About 16668 patients were provided with medical treatment at the clinic that covers 33% of total population of the area benefited from free quality health service during one year.

#### 5 - SACHET Community Clinic Pathergarh (District Attock)

SACHET established her fifth free clinic on 29th of August 2002 at Pathergarh (Hassanabdal/District Attock); the clinic is the only facility in this area and is providing free medical care to a population of more than 110,000.

About 20,568 patients (which is 21% of the total population of Pathergarh) have been benefited from SACHET's free health services.

#### Services at SACHET Clinics

- Primary Health Care
- Family Planning Counseling and Services
- SRH information, education & referral
- Emergency care
- Health Education
- Antenatal & Postnatal care
- Growth Monitoring of children under 5
- Training of Community Health Educators
- Youth specific health services

#### 6 - RHIYA (Reproductive Health Initiative for Youth in Asia)



SACHET initiated the RHIYA project in Chakwal district with the inception of the first Youth Friendly Center (YFC) at a village Tatral on 14th of August 2004. Twenty YFCs, 10 each for girls and boys were established till December 2004 in 10 Union councils stretched across the Chakwal district. During the course of project implementation, SACHET initiated a number of innovative, culturally sensitive and youth friendly activities to ensure the community participation in general and youth participation in particular.



SACHET because of her participatory and innovative approaches has been able to break the culture of silence on a number of perceived taboos and misconceptions regarding ASRH.

SACHET is striving to bridge the communication gap between young people and parents. RHIYA is progressing with a promising pace in Chakwal district as all project activities have earned visible community acceptance.

### YFC Services

- ASRH awareness
- Sports
- Medical consultation and STDs management
- Library Services
- Free tuition
- Literacy classes for out of school youth
- Skill development training
- Blood Donors Network
- Recreational and Cultural celebrations
- Talent

### Progress indicators (2004 -2005)

- 109 advocacy events, participated by over 18000 community members.
- Individual career counseling sessions for 328 young girls and boys
- 164 cultural and recreation events participated by 21837 community members including parents and youth.
- 45 theatre performances on different ARH issues participated by over 10000 participants

- participation of 3424 young people in skill development courses
- Over 34000 library visits
- Participation of over 64000 young people in sport activities.
- Provision of ASRH related medical services to 2000 clients.
- Participation of 20000 young people and parents in ARH awareness sessions.

For more information  
please visit [www.rhiya.org](http://www.rhiya.org)



### 7 - Behaviour Change Communication Project

AGEHI Resource Center 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 aims 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.

### *Beneficiaries*

- Youth and Adolescents of Schools and Colleges of Rawalpindi and Islamabad between the age range of 14-21 years.

### *Achievements in FHI project from June 01, 2004 to December 31st, 2005*

- 83 Peer educators' training sessions were conducted to Sensitize & train 3000 peer educators on HIV/AIDS & Life Skills Based Education.
- Two teacher training workshops were conducted and 30 teachers (20 female & 10 male) from different academic institutions of Rawalpindi/Islamabad were sensitized on HIV/AIDS and the role of a teacher as a change agent in this regard.
- A one day advocacy workshop with media professional was conducted to Sensitized & train 15 media professionals from electronic & print media on the issues of Strategic Behavioral Communication regarding HIV/AIDS.
- A Fun fair was organized in a college to disseminate information on HIV/AIDS among youth. This healthy & entertaining opportunity was availed by more than 500 youngsters.

- DoSTI Cricket Mela for youth was organized between the teams of different schools to promote sports activities and to enhance healthy behaviors among them.
- Quiz and two poster competitions among the youth of different educational institutions were organized which were opportunities for youth to express themselves through creative ways and to polish their skills.
- Three Theatre plays on HIV/AIDS were performed by the students and Almost 1000 people get sensitized through this creative and effective tool. A theatre workshop was conducted for 30 Youth Advocacy Network (YAN) members to train them on professional theatre techniques.
- Formulated and strengthen a Youth Advocacy Network (YAN). 150 young girls and boys from different academic institutions have become the part of YAN. YAN has been very active in advocating HIV/AIDS.
- 10 meetings for Youth Advocacy Network (YAN) members were organized time to time to share their concerns for the issues and problems they face in life and to engage them in activities being organized under the project.
- Two summer camps of peer educators were organized. One each for girls and boys carrying 30 youngsters. Their skills were polished and enhanced by training on HIV/AIDS and Life Skill Based Education by providing them healthy environment.
- Two nationwide advocacy events were organized through which more than 800 people from different spheres of life were sensitized on HIV/AIDS.

- A quarterly bilingual magazine of "DoSTI" was published. Young students were part of its editorial team. Youth voices were included in the newsletter in the form of articles, poems, experience sharing about their issues as well as rights especially about health.

### 8 - MEHFIL (Assembly) Project

AGEHI Theatre Group in collaboration with Plan Pakistan started a project "Mehfil" in October 2004 with the aim to improve the quality of life in the target population residing in the slums of Islamabad through awareness and sensitization on basic health issues.

AGEHI Theatre Group selected 14 youth members from the targeted community and trained them in essentials of health and health communication through street theatre.



This trained youth group presented different theatre performances in the targeted slums to sensitize and create awareness on different health issues like malaria, tuberculosis, hygiene, drug use and family planning.

### Achievements

- Trained 14 youth members in street theatre
- Presented 8 theatre performances in the targeted communities
- Created awareness among masses through theatre
- Youth leaders acquired new knowledge and skills, enhanced their potentials

### 9 - Promoting Responsible and Healthy Behaviours project

AGEHI Resource Centre, SACHET in collaboration with Plan Pakistan started a pilot project "Promoting Responsible and Healthy Behaviors" on 1st June, 2005.

Targeting seven slums in Islamabad Capital Territory; behavioral change regarding preventive and curative health care is the prime focus of this project. Project is creating awareness and sensitization through information dissemination and is facilitating communities by its primary health care outlets on major health issues e.g high risk pregnancies, nutrition, infant health care etc.

### Beneficiaries

- Almost 70,000 inhabitants of seven targeted slums (Alipur Frash, 66 Qtrs. 48 Qtrs, 100 Qtrs. Hansa Colony, France Colony and Faisal colony).

## SACHET & Education

### 10 - Adopt a School project

SACHET's Education program started 'Adopt A School' project with FDE (Federal Directorate of Education) in April 2002, at SACHET Community Development Areas Shahdra village and Lakhwal village. In this project, SACHET has adopted 4 schools to improve the quality of education and infrastructure of schools.

#### Facilities provided by SACHET include:

- Improvement in the infrastructure of the school.
- Appointment of trained teachers.
- Training courses for teachers.
- Provision of books and other educational accessories to students.
- Transport service to the teachers.
- Provision of stipends to deserving students.
- Provision of clean and safe drinking water.

#### Some of key achievements of the project;

- The project benefited teachers, parents and local community with catchment area covering approximately 20,000 population.
- An improvement of 60% in the annual results as compared to previous years.
- Training courses for teachers.
- A 40% increase in enrolment rate with a noticeable decrease in dropout rate has been registered in the 4 schools.
- Addition of teaching staff helped overcome the problem of staff shortage
- Teacher's Training workshops contributed in improved teaching methods and better curriculum understanding
- Provision of books and other educational accessories besides financial assistance facilitated the access to education
- Nutrition Initiative & clean drinking water facilities contributed towards improved health of the students.

### 11 - Dr. A. Q. Khan Scholarship project

"Dr. A. Q. Khan Scholarship" is one of the Projects of SACHET's Education Program with the aim to provide equal opportunities of education to the needy but brilliant students.

Orphans and girl students from Shahdra, Banigala, Panyali, Gagri and Pathergarh are benefiting from this initiative. Indirectly a population of 250,000 is benefiting from this project.

### 12 - SACHET Computer training centre - Panyali

SACHET Computer Training Center, Panyali was established in July 2005, with the aim to equip the students with IT Skills while offering a low cost solution to unemployed youth through this "Learn to Earn" project.

83 students both female and male received computer trainings in different soft wares.



### Poverty Alleviation Cum Income Generation

#### 13 - SACHET Gallery

In January 2000, SACHET started an Innovative project SACHET Gallery with objective to enhance the economic empowerment of skilled but disadvantaged men and women by providing a marketing and sale outlet of their products and to eliminate the role of middleman as well.

SACHET gallery promotes the work of artists and artisans through media, by arranging regular solo and group exhibitions, trainings to produce the traditional crafts according to the customers preference.



#### 14 - SACHET Vocational training centre-Panyali

SACHET initiated a vocational training centre at Panyali in July 2002 for economic empowerment of underprivileged women of rural communities by providing them vocational training opportunities. The centre is offering a three months course in designing, cutting, stitching, sewing, preparation of decorative items along with marketing and managerial skills. About 60,000 population of surrounding 21 villages is indirectly benefiting from the training centre. 113 girls were trained in the reporting year.

Skilled persons, artisans, NGOs, CBOs, VOs, special persons, rural communities and talented youth are the beneficiaries of SACHET Gallery.

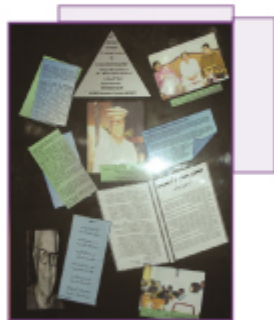
#### SACHET & Training

##### 15 - Capacity Building Project for Interns

Capacity Building Project for Interns started in 1999 with the aim to train the fresh graduates for about 6-12 weeks in its program areas of Health, Education, Training and Poverty Alleviation - cum -Income Generation. So that they can apply their knowledge and skills in relevant fields. So far 50 Interns, both from Pakistan and abroad have been trained in different disciplines/programs.

##### 16 - In-house Capacity Building Project

Keeping in view the skill development strategy to raise the level, quality and relevance of work, Training Program started the In-house Capacity Building Project for its staff/Team Members in 2000.



SACHET organizes different in-house capacity building workshops on quarterly basis to enhance their existing skill and get maximum output in short span of time. Different experts (internal and external) facilitate these trainings in different areas like Communication, Advocacy and Project Management. During five years, SACHET has trained 103 its staff members through this initiative.

## AGEHI Resource Center

### 17 - Fight against Dowry (FAD)

The escalating prevalence of dowry violence and honor killing against women is phenomenal in Pakistan. It connotes not only gross violation of human rights but all facets of it signify subjugation and subordination of females, denying them the right of choice and control over their lives, body, sexuality and productivity. Its manifestations vary, on a large scale, in form and severity. Dowry violence is gender-based that has various offshoots like:

1. Honor killing
2. Vulvar
3. Materialism and greed related crimes
4. low socio-economic status of females
5. Denial of right of inheritance
6. Denial of Right of Divorce
7. Forced Polygamous relationships
8. Son Preference
9. Female infanticide
10. Female Feticide
11. Forced "suicide"
12. Bride burning
13. Stove Death
14. Marriage with Quran



The structures and categories of violence against women that pervade in the Pakistani society have social, economic, religious and legal implications and make violence against women an institutionalized and complex reality.

Although, in recent years some measures taken by the government and initiatives taken by the women's movement and NGOs have positively impacted awareness raising, the continuum of violence underpinning all spheres of private and public life remain unabated. More specifically, measures strategized to bring about an attitudinal and behavioral changes are scanty to alter the deep-rooted cultural practice and tradition of dowry violence.

Dowry and dowry violence against women is not only a social issue faced by the Pakistani society but also a complex public health problem that continues to violate women's human rights. Their right to marry, choice to marry, right of inheritance, right to divorce, right of Mehr (amount paid by the husband to wife at the time of marriage) all are cursed under the umbrella of this social evil. Dowry is a form of gender-based violence and needs to be a priority health and social issue that affects women's physical and mental health, their sexual and reproductive health, their self-esteem, their ability to work, and to make decisions about their life.

Likewise, honour killing and other sensitive issues, which are actually triggered due to demand of dowry or frustration of not being able to pay the price, instigate resistance from religious orthodoxy and clash with the concept of HONOUR (GHARAT), and thus marring and constraining the processes of implementation, advocacy & information dissemination on violence against women.

Although, the concept of dowry, as practiced in Pakistan is economic-based, its practice does not bind itself to any specific strata of economic class. In Pakistan where, under the Islamic law, a woman is entitled to one-eighth of her parental property as dowry, many girls from feudal families are 'married' to the Quran in an attempt to prevent division of family property. In the developed areas of Pakistan, dowry demands are so high among the middle class that many girls remain single.

Despite Islam's decree that marriages should be observed in the simplest way and minimum dowry should be given, lavish weddings and large dowries take its toll. Given the current information, it is difficult to provide accurate statistics on the number of women who have ostensibly died of violence against women.

One major reason is under reporting. For example a large number of dowry deaths occur in rural areas where women have neither the knowledge nor access to help. Another major reason is the social stigma attached to it in the name of honour of the family.

Taking notice of the visible exclusion of Dowry as a gender issue from the agenda of those who can make a difference like relevant public departments, Development gurus and mainstream media etc.

Dr. Rakshinda Perveen initiated fight against dowry almost single handedly in 1001 through the platform of AGEHI.

The main objective of this project rather a social movement is to eradicate the custom and institution of dowry in Pakistan. The key strategies are research, media advocacy and Youth Mobilization. The activity spectrum ranges from surveys, signature campaigns, e-activism, youth participations, theatre, documentaries, Tv talk shows, networking with other stake holders like parents, teachers, lawyers and public departments to any possible thing under the sun.

### *FAD Advocacy Network (FADAN)*

The FAD Advocacy Network FADAN originated as a result of "Fight Against Dowry (FAD)", a five-year advocacy project of AGEHI Resource Centre. The network was formed in 2003 and its first meeting was held during the International Youth Council Conference by SACHET in the same year.

FADAN was formed to create 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.



The FAD team comprises a Project Director and Media Campaign Leader, an Executive Officer and a Communication Coordinator. The FAD Advocacy Network additionally has a number of focal points in different cities and villages throughout Pakistan. Focal points may be individuals or organizations that create a link between their respective geographical area and the secretariat. The focal points have an obligatory requirement of inducting a certain number of individuals and organizations annually as members of the network, and are mainly responsible for organizing quarterly meetings of the network and submitting quarterly reports to the secretariat.

### Silver Ribbon Campaign



Silver Ribbon Campaign is an initiative launched by FAD (Fight Against Dowry) on 27th November 2004. The silver ribbon portrays the element of simplicity, austerity and courage against dowry violence.

### 18 - Communicating Change

(Web site, NEWS Letter, e-zine, Khazeena library)

Communication provides strategic support to the four programs areas of SACHET through harnessing the power of print, electronic & digital media in achieving the mandated objectives of the organization.

### Communication products

- SACHET NAMA, biannual Urdu newsletter
- Issue based annual calendar/planner
- Annual report
- SACHET website
- DoSTI quarterly newsletters

### 19 - Towards Progress: Beijing +10 Conference at UN, New York, USA

AGEHI Resource Centre, SACHET in collaboration with Ministry of Women Development, Govt. of Pakistan and Gender Equality Project- British Council, Pakistan Council initiated a project "Towards Progress: Beijing +10 Conference at UN, New York, USA".

The objective was to review of the implementation of the Beijing Platform for Action (PFA) with the outcomes of Beijing+5 and to identify current challenges and forward looking strategies for the advancement and empowerment of women and girls.

Through this initiative, SACHET sent a high profile Pakistani delegation headed by Ms. Nilofer Bakhtiar, Advisor to the Prime Minister for Ministry of Women Development to New York, USA to participate in the 49th UN session in March 2005. The delegates highlighted the achievements made by Pakistan with special reference to Beijing Declarations points, women's political participation, Bill of Hudood and Honour Killing, women's educational and health improvements

### Achievements

- Participation of four Pakistani delegates in 49th UN session
- SACHET successfully organized four provincial seminars in Hyderabad, Peshawar, Quetta and Multan to sensitize civil society organizations, Govt. officials, religious leaders, students, teachers and media professionals about the implementation of Beijing Platform of Action with the outcomes of Beijing +5.
- Pakistani delegates highlighted achievements of Pakistan among the participants, thus improved the image of Pakistan in the international community.

### AGEHI Theatre Group

AGEHI Resource Center - SACHET has always been involved in a variety of creative ventures. Finally we have been able to finalize AGEHI Theatre Group.



Join AGEHI Theatre Group  
E-mail: agehi\_theatregroup@hotmail.com

Founded in September 2000 by Dr. Rakhshinda Perveen, AGEHI is an acronym standing for Advocates of Gender, Education and Health Information. AGEHI, itself is an Urdu word bearing meanings like Knowledge, Awareness, Perception and Insight. It is meant to Advocate for Gender Sensitization, Education and Health Promotion by disseminating Information, Networking and Research on Gender Issues.

| # | Year | Activities  |
|---|------|---|
| 1 | 2004 | Play "HUM DEKHAIN GEIN" on the issue of Discriminatory laws and violence against women, was performed in Islamabad, on 12th of February, 2004.                                      |
| 2 |      | Play "Marz se Nafrat aur Maraz se Dosti" on the topic of HIV/AIDS was performed in Islamabad on 28th of July, 2004.   |
| 3 |      | Three Theatre Workshops and Trainings were arranged for the members of AGEHI Theatre group in the year of 2004  |
| 4 |      | Play "DOSTI Talent Show" on the issue of HIV/AIDS was performed on 7th December, 2004 to commemorate Worlds AIDS day.   |
| 5 | 2005 | Theatre Play "APNAY BAITAY KAY NAAM JO MEIN PAIDA NA KAR SAKI - AIK CHITTI" on problem faced by women in our society, was performed on 8th March, 2005 on International Women's Day |
| 6 |      | Theatre performance "AWAARA" on the issue related to youth, on 24th May 2005, on the occasion of RI-HYA Youth Summit.   |
| 7 |      | Skit titled "THE YOUTH" depicting behaviours of our youth regarding their health, was performed on Worlds AIDS Day, 8th December, 2005  |

## *SACHET's Response to Earth Quake*

### *RELIEF AT SPOT*

A tragedy beyond human comprehension hit many areas of Pakistan and AJK on 8th October, 05. Till the end of October 2005 the estimated death toll is 82,000. The survivors are suffering from lack of shelter and other basic necessities of life besides experiencing physical, emotional and financial traumas. The magnitude of misery has compelled individuals and institutions belonging to diverse segments of international community to offer their help in different capacities.

SACHET formed a SACHET Relief Service Program (SRSP). Under this SRSP a Relief Team consisting of medical doctors, paramedics, relief workers, development professionals and volunteers equipped with medicine, food, clothes, tents and other relief goods was sent to the quake-stricken areas. The SACHET team went to Batal which was one of the severely damaged areas and yet less attended at that time. There, the relief team got split into two sub teams, Food Distribution Team and Medical Team.

Both the teams went to different villages like Hill Kot, Pind Malkan, Gul Parri etc. of Tehsil Batal so that maximum number of people could be reached and accessed. In all these areas most of the houses were absolutely erased and dozens of people died and rest left injured.

The medical team provided medical treatment to the injured while the distribution team provided food and other relief stuff to the deserving people. The relief team went high up to the mountains to supply food and warm clothing and other relief goods to the affectees and patients who had not yet been provided with any medical treatment. Furthermore, SACHET also facilitated Batal Hospital for efficient delivery of health services to the earth quake victims.

The SACHET Relief Team then went to Chattar Plain and its surrounding areas and continued the same relief activities.

### *SACHET Field Hospital at Banigala*

SACHET in collaboration with local philanthropists and community converted SACHET Banigala clinic into field Hospital to provide medical treatment and care to injured patients shifted from PIMS, Islamabad and other hospitals.

#### **Facilities at SACHET Field Hospital include:**

- Sixty beds for patients, in 03 spread-out wards
- Sixty beds for housing of attendants of the patients a separate but nearby facility.
- A full fledged "Operation Theatre" equipped with state of the art facility, coupled with recovery ward
- A separate dressing room/minor OT
- Pharmacy
- In house cooking kitchen with storage facility
- Children entertainment area

### Achievements

- Provided medical care to 245 earthquake affected patients from Azad Kashmir and N.W.F.P
- Arranged shelters for 350 attendants of the patients
- Provided warm clothing to patients and attendants
- Extended financial support to patients for the rehabilitation
- Arranged psychological counselling sessions for patients and attendants

### Fund Raising Activities

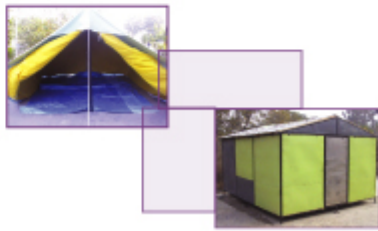
SACHET organized a series of Fund Raising Exhibitions / activities under PACIG (Poverty Alleviation Cum Income Generation) Program of SACHET to ensure the continuity of quality services being offered by 60-bed field hospital to the sufferers of earthquake at Banigala Earthquake Relief Field Hospital.



### Achievements

- An exhibition of diverse artwork under the emblem of "Creative Anger" was held from 17th of November-15th of December, 2005 at SACHET Art Gallery
- The second activity "Shop for a cause at SACHET Gallery" in which different art and craft products (Embroided clothes, items of metal and wood, painted mirror and Glass etc) are available for sale at nominal prices.
- Third and most significant activity is an innovative service offered by SACHET's **Concept shop** to the individuals and organizations engaged in relief and rehabilitation operations. Quality stocks of Tents, shelters, lamps, tool kits, clothing, kitchen and bathroom sets are available for immediate delivery.

**Earning of SACHET from these activities has been utilized to help and support the victims of earthquake particularly at the field hospital for reconstruction surgeries at the hospital run by SACHET.**





اللہ جان اور ایک فیملی کے حالات و واقعات :-

اللہ جان کی فیملی :-

گھر کے افسردہ رونا دس چن چن میں کہ بیٹے اور و بیٹیاں ایک اللہ جان اور ایک مہاں منورہ زلمیہ کے دو لڑکے :-

جب زلمیہ سولہ ماہ میں گھر کے اندر تھی میرے چار چھ ماہ تک میرے ساتھ گھر کے اندر تھی تین بچے زلمیہ دیکھ کر خوفزدہ ہو کر گھر سے باہر چلا گئے اور میں اور میرا سہ ماہی بچہ کاشف جو اب میرے ساتھ ہے جو باہر چلا گیا تھا گھر کے گھر کے جس کی وجہ سے آگے و آگے میرے اور آگے اور دیکھنے سے دیکھنے مکان کی صحت مجھے زلمیہ آگے اس کے بعد بیماری پکڑنے سے چھ ماہ پڑو سے دوڑنے آگے اور انھوں نے ہمیں نکالا اس کے بعد

ہمیں بڑی لڑکی کے منظر کے منظر میں ہمیں پانچ ماہ کے نو مہینے لالہ پنہا یا کہی اب مہاں بہت اچھی ہے وہ اب بہت لڑکے اب سب کا حال کر کے آئیں :-  
کچھ بچے ملانے اور و غیرہ سب اچھا ہو رہا ہے اب خود کا بہت بہت شکر ہے

بہتر فیملی

جول وارڈ

Ph - 0345 5156939

رشتہ دار سہارا 051-444 6897


**Omer Adil & Co.**  
Chartered Accountants

Office # 4, 1st Floor  
Al-Farooq Centre  
1-B, Extension, Islamabad  
Tel: (011) 3555413-1  
3827944  
Fax: (011) 3555412  
E-mail: oa\_cpa@yahoo.com

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

We have audited the annexed balance sheet of the Society for the Advancement of Comarunity, Health, Education and Training - Pakistan (SACHET) ("the Trust") as at June 30, 2004 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, 2004, 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.

The financial statements for the year ended June 30, 2003 were audited by another firm of chartered accountants whose report dated January 20, 2004 expressed unqualified opinion thereon.


  
OMER ADIL & Co.  
Chartered Accountants

Islamabad,

31 MAY 2005

**SOCIETY FOR THE ADVANCEMENT OF COMMUNITY HEALTH,  
EDUCATION AND TRAINING - PAKISTAN**  
BALANCE SHEET  
AS AT JUNE 30, 2004

| Notes                                     | 2004<br>Pakruis           | 2003<br>Pakruis           |
|---|---------------------------|---------------------------|
| <b>ASSETS</b>                             |                           |                           |
| <b>NON CURRENT ASSETS</b>                 |                           |                           |
|   |                           |                           |
| Operating fixed assets                    | 48,224,902                | 44,071,501                |
| Investments                               | 91,900,000                | 91,900,000                |
|   | <u>140,124,902</u>        | <u>135,971,501</u>        |
| <b>CURRENT ASSETS</b>                     |                           |                           |
|   |                           |                           |
| Inventory                                 | 161,000                   | 300,000                   |
| Loans and advances                        | 91,257                    | 243,041                   |
| Trade deposits and other term investments | 252,140                   | 230,645                   |
| Other receivables                         | 740,280                   | 4,100                     |
| Accrued income                            | 1,211,071                 | 1,423,812                 |
| Cash and bank balances                    | 3,470,000                 | 8,709,214                 |
|   | <u>11,403,020</u>         | <u>12,507,212</u>         |
|   | <u><b>151,527,922</b></u> | <u><b>148,478,763</b></u> |
| <b>TOTAL ASSETS</b>                       |                           |                           |
| <b>FUNDS AND LIABILITIES</b>              |                           |                           |
| <b>FUNDS</b>                              |                           |                           |
| General fund                              | 110,961,382               | 113,011,736               |
| DEFERRED INCOME                           | 31,200,400                | 33,244,280                |
|   |                           |                           |
| <b>CURRENT LIABILITIES</b>                |                           |                           |
| Creditors, accrued and other liabilities  | 1,500,844                 | 2,202,007                 |
|   |                           |                           |
| <b>CONTINGENCIES AND COMMITMENTS</b>      |                           |                           |
|   | -                         | -                         |
|   | <u><b>142,662,626</b></u> | <u><b>148,458,023</b></u> |

This auditor's report is set out on page 1.  
The annexed notes on pages 3 to 12 form an integral part of these financial statements.

  
PRESIDENT

  
EXECUTIVE VICE PRESIDENT

## The Way Forward

The continuation of our struggle is on. Our spirits are high.

| We began with   | We are progressing with   |
|---|---|
| Gener Perspective                                       | Gender Perspectives   |
| Community Participation                                 | Community Partnerships  |
| Emphasis on financial Sustainability                    | Emphasis on Technical and social Sustainability                                       |
| Investing in the future-Youth                           | Investing in the present-Youth  |
| Maximum resource allocation to tangible health services | Maximum resource allocation to advocacy on health and its socio-cultural determinants |
| IEC   | Strategic Communication   |
| Horizontal Strengthening of the organization            | Vertical Strengthening of the organization  |

Report Coordinators: Saleemullah Baig (Senior Executive)  
Amanullah Khan (Programs Executive)

How does one find good in the world?  
With so much pain,  
With so many hungry children,  
With so much suffering?

The answer is  
not to try find 'good' but to create it,  
by helping one person at a time.

Go out and create something good today!!

Source: pravsworld.com