

# **RHIYA**

## **Reproductive Health Initiative for Youth in Asia**

---

**Supported by UNFPA / EC**

## **Final Project Report**

### **By**

**SACHET Pakistan**  
**Society for the Advancement of Community, Health,  
Education and Training**  
**Sep 2007**

[www.sachet.org.pk](http://www.sachet.org.pk)

## **Executive Summary**

SACHET, since its inception has a special focus towards ARH issues that are considered tabooed and controversial socially. Youth, health and Population policies have yet to give due consideration to these issues as they assume extreme relevance to national development scenario as 40% population consists of young people are in the age bracket of 13-25 years.

In Pakistan, people less than 18 years are officially classified as children. Even the draft Youth Policy only applies to those between the ages of 18 to 30. Furthermore, this draft policy does not include the needs of unmarried people related to their sexuality. Considering such cultural constraints, unlike other RHIYA countries, the Pakistan program targets only young people between the ages of 15 to 24 years. Thus in context of denial of the sexual needs of adolescents and unmarried youth, females in particular, a project on ARH was very important. The experience of RHIYA further demonstrates a serious unmet need for ARH information and services.

For SACHET, the foremost task was to create an enabling environment through which both the general community and the youth accept and participate in RHIYA interventions. SACHET being an advocacy focused organization through its experience used an appropriate approach for community mobilization and creating acceptance and ownership among youth, the gatekeepers and the general community towards ASRH.

Realizing the major road blocks, SACHET spent the first two to three months of the project period concentrating on community contacts and understanding the local attitudes, perceptions and practices pertaining to Adolescent Reproductive Health. The team conducted an intensive mapping exercise to determine those areas for establishing YFCs where maximum number of youth could utilize the services, with the acceptance of the community.

It had to be kept in mind that RHIYA – Pakistan due to socio-cultural constraints in working on ARH and sexuality issues formed the YFC model as a platform for youth from where all ARH related activities and information could be available to youth within their reach.

RHIYA Pakistan emphasized on advocacy and ARH education and functions through an indirect approach to ARH through gender-specific Youth Friendly Centers. SACHET adopted the strategy of advocacy and communication by carefully designing the messages that are socially acceptable, gender sensitive, religiously correct and ethically just. The YFCs are a multi-functional youth centers, offering a number of sports, recreational and livelihood training activities in addition to ARH information and counseling services.

The present RHIYA – Pakistan is an expansion and follow-up of a similar program on Adolescent Reproductive Health funded by the European Union perceived. Currently RHIYA is implemented by three partner NGOs, of which Marie Stopes Society and PAVHNA were also a part of Phase I activities, while SACHET was selected as a new entrant to the process, thus given one district to work in unlike the other two RHIYA partners who are working in two districts each. However, SACHET had an advantage over many other organizations due to its previous experience in Youth and Adolescent Reproductive Health.

All three RHIYA partner NGOs are implementing the same basic model of YFCs and district offices, with the same unit budget for both. The country program officially started in April 2003 for UPSU and April 2004 for the NGOs and is due to end in December 2006 for NGOs and March 2007 for UPSU.

The biggest success of RHIYA in Chakwal has been the social acceptance and ownership of ARH as an issue by all the stakeholders including parents, youth, religious leaders, political leaders and government departments. According to the process indicators and routine data, a lot of progress has been made to achieve mandated goal and outputs.

During the period of RHIYA implementation, around 250,000 stake holders were directly targeted in the Chakwal district. More than 900 advocacy events were held at district as well as national level. Similarly

around 15000 community gate keepers were provided with specific ARH knowledge through training workshops, awareness and sensitization sessions. Around 3500 young people consulted RHIYA medial officers for ARH specific issues and more than 50,000 youth visited YFCs for ARH specific information and counseling.

Around 120 staff members were trained on counseling and communication, ARH training learning, and advocacy. Sixty staff members were trained on knowledge management system (KMS) to ensure smooth record keeping and data management. More than 900 peer educators were provided training on various ARH related topics including puberty, sexuality, STIs, HIV/AIDS, life skills, etc. Similarly, hundreds of community gate keepers were also trained through capacity building workshops.

## **Profile of District Chakwal**

District Chakwal, where SACHET is implementing the RHIYA project, is located in the Punjab Province of Pakistan. In the 1998 census it had a population of 1,084,000 and a population growth rate of 2 percent. The overall density of Chakwal is 166 persons per square kilometer. On the basis of density, it ranks 29<sup>th</sup> in the Province of Punjab and 47<sup>th</sup> at the national level. The total area of the district is 6, 524 Sq. km.

The population of Chakwal is young with 39 percent under the age of 15 years. It is predominantly a rural district, with 88 percent population in rural areas. The sex ratio is higher for the females, while the old age population of more than 65 years is also higher (6%) than the provincial and national figures. The singulate mean age at marriage for males is 27.3 years and 22.8 for females. Like the overall population growth, the female population of reproductive age (15 to 49 yrs) will also increase. In the 1998 Census the population of this group 271,045, which due to high fertility momentum would further increase the number of births.

The literacy level in the district is 56.7 percent for population of 10 years and above. There is a wide gap between the literacy rates of males and females as well as rural and urban areas. In the 1998 Census, 73.4 percent males and 42.4 percent females were literate. It is however, encouraging that since 1951 to 1998, female literacy has outpaced (3.7 times) the increase in male literacy.

The region where District Chakwal is located is well known for out-migration to other cities of the country as well as international migration. Due to rain-fed agriculture, many people face economic difficulties and move to other places for better economic opportunities leaving their families behind. Another, common employment in this area has been defense services. This trend has created more awareness among the people of the area due to outside exposure, and improved their living conditions due to better financial support. Furthermore, Chakwal has also been fortunate in having powerful political clout amongst most of the governments in the country therefore, its development indicators are comparatively better than many other districts. However, like the rest of Pakistan, in Chakwal also gender discrimination is widely practiced and females are given a low priority in terms of access to services and information mostly due to socio-cultural barriers.

## **Overall progress and progress verses purpose and outputs:**

### **Output No. 1: Advocacy**

Working with adolescents and youth is impossible without the involvement of the gatekeepers. In case of ASRH, the key gatekeepers who are focused on by the program are parents, teachers, health care providers, religious leaders, concerned district government officials and local political leaders in the area.

In all the YFC areas, SACHET has been successful in motivating the local politicians like the local counselors, tehsil and union counsel Nazims. This group has been very effective in mobilizing the general community. Not only has this involvement of local influential group helped in generating community participation, but is also an effective way for long term sustainability of the program. The group can influence and lobby for the continuation of RHIYA in the appropriate quarters especially at the district government level and also the local philanthropists groups.

SACHET is the only RHIYA partner that has formed village advisory committees for males and females, consisting of local teachers, health workers, local councilors, tehsil Nazims and representative of parents. These village level committees have been very effective in creating a higher sense of participation and ownership of RHIYA at the local level.

Religious leaders are always considered as opponents of ASRH programs and intervention. There are many evidences where NGOs were forced to abandon the RH related projects owing to strong opposition from the religious groups. Therefore, realizing the importance of sensitizing the religious leaders, SACHET held extensive consultations with local mullahs and management at religious schools. Research and background information was collected by SACHET to have complete knowledge of RH in the light of Islamic perspectives in order to convince the religious scholars through Quran and Sunnah.

As a pilot activity, in 2005, RHIYA team organized a series of seminars in district Chakwal on “Islam and Reproductive Health”. The community participation in these seminars was above expectations and the nature of questions raised by the community; especially girls were of great importance in assessing the information needs of females in a society that denies women’s access to ASRH information. At present, SACHET has support from most religious leaders in the area and is also trying to work more intensively with religious seminaries (Madrissahs) and keep them involved in RHIYA activities in the district as well as national level seminars etc.

At the national level two RHIYA youth summits were held to advocate ASRH programs and to initiate a dialogue with policy maker’s for up scaling of RHIYA model. Young people were provided a platform to discuss their issues with parliamentarians, ministers, donors and media persons. The declaration of second RHIYA youth summit 2006, prepared by the young people was presented on the occasion of World population day 2006 at Islamabad. The event was presided over by the Prime Minister of Pakistan. As a follow up, the ministry of Population Welfare has set up the *National Youth Advisory Group for Population and Development*. RHIYA partners along with the ministry are the founding members of this group.

During the RHIYA implementation period, more than 1000 advocacy events were held at district as well as national level. Majority of the events were held at union council level to ensure social advocacy. Parents, teachers, community influential and political leaders were sensitized about the importance of reproductive health and youth development. More than 2000 gate keepers were reached through these events.

*“I was having problems dealing with my 17 years old son; I thought he was not respecting me because he was influenced by bad company of peers. I was approached by the RHIYA counselor to discuss psychological issues of my son. After listening to the counselor, I have been very friendly and helping my son overcome his fears, he has started sharing with me his issues and problems. I am thankful to RHIYA for opening my eyes and helping lessen the communication gap between me and my child” Mr. Zia ur Rhman, 40, Union Council, Tatal.*

## **Output 2:**

In the context of rapid behavioral and sociological changes in Pakistan, taking place during last one decade, adolescent sexual and reproductive health (ASRH) issue, which has long been a taboo in Pakistan, is gaining more and more attention from many actors including young people, donors and community. At the federal level, brave and commendable decisions by the Supreme Court of Pakistan in reference to some cases of RH rights, gender discrimination and human rights have been extremely encouraging for the RH activists and organizations. But there is still a long way go to protect the RH rights of young people in Pakistan. The awareness level about RH is extremely low according to several studies conducted by various institutions. Chakwal, the RHIYA focused district in Punjab is not a different case. Influences from the traditional culture-the misconceptions and ignorance are still seen quite common. In such a social context one wonders that, are the currently available reproductive health (RH) services sufficient enough to keep up with the changing sexual attitudes and behaviors of Pakistani youth? Is the social environment for ASRH youth friendly enough? And how to make adolescent reproductive health programs work effectively and adequately address youth's needs? These challenging issues were the foremost priority areas for the RHIYA team members while accessing the communities.

The RHIYA model has been a holistic model to encompass a wide range of issues directly or indirectly related to reproductive health like education, livelihood, gender, gender based violence etc.

SACHET experimented a wide range of tools to raise awareness and educate the target groups in Chakwal district like school awareness campaigns, ARH awareness sessions at the YFCs, message dissemination through sports, cultural events, debate sessions, dialogue forums between youth and; parents, teachers, religious leaders, politicians and local influential. SACHET also widely used the modern BBC tools like theatre, video documentaries, wall chalking and billboards. The most significant achievements under this output were the RHIYA youth junctions held in December each year. In the year 2004 the total participation of the young people was around 700 which rose to 1200 in 2005 and in the year 2006 the total participation of youth was well above 1600. Young people came forward with various activities to show their concern about ARH.

Peer educators and RHIYA volunteers contacted thousands of youth and adolescents in the district to educate them about various RH issues. The increased number of youth utilizing the services at the YFCs is the result of these peer contacts. In one union council, the community, especially the gate keepers were sensitized to the level that they even used village walls to disseminate quite sensitive RH information including sexuality.

In the period of 33 months, more than 250,000 young people and community members directly participate in different RHIYA related activities in Chakwal district. Majority of youth participated in enter educate activities like sports, theatre, video sessions, cultural and musical programs. Information was given to the youth through pamphlets, brochures, display of banners, and also through loudspeakers.

### **Output 3: Services:**

The RHIYA project in Chakwal offered a number of youth friendly ARH services including, counseling, referral, contraception, STI and UTI management. Other services which were offered to attract young people towards YFCs were sports, library, computer training, skill development; crafts, cutting, sewing, embroidery, self grooming etc.

The medical services were availed by at least 4000 young people, out of them around 800 were referred to secondary level health care for medical investigation and follow up. SACHET was the only RHIYA implementing partner which provided free of cost contraceptives (condoms, pills, emergency contraceptives) at the YFCs. Young people approached YFCs for different forms of contraceptives.

One of the best features of the services was that extreme care was given to make all the services youth friendly. The YFC counselors were appointed by consulting their peers. The youth at the YFC level prepared all the work plans for their activities. The Medical doctors and counselors were specially trained keeping in view the youth perspectives and needs. Special care was given to make all the services affordable, confidential, accessible and non judgmental. The YFCs, while providing contraceptives, did not keep the record of the clients to assure them that the confidentiality remains the top priority.

*“Our mothers did not inform about any puberty related issues. I did not even know about menstruation and was frightened out of my wits when my periods started. At least now the girls who learn from these RH sessions and material are passing on the information to their younger sisters and cousins. I feel confident in asking questions and sharing my fears with the YFC counselors, I am happy that they are non judgmental”*

*Ms. Safia, 19, Union Council Bheen*

*“I was a shy girl; I never participated in any event related to youth. To be honest, I was not sure of my own capabilities and strengths. I visited this YFC in my villages some one year ago. Impressed by the services and youth friendly environment, I became a regular visitor and gained confidence. Now I work with SACHET as a volunteer and young girls look up to me for their personal issues including sexual and reproductive health. I feel proud to be a leader for my peers.*

*Ms. Misbah, 18 years, Union Council Chingi”*

## **Output no. 4: Capacity Building**

In total, 2871 stake holders including adolescents, youth, teachers, religious leaders, parents, health service providers and staff members were trained during 33 months. Different modules tailored to the needs of specific target group were developed during the course of implementation like ARH counseling, training learning and advocacy packages, peer education manual, pre marriage counseling manual, parents, teachers and health service providers training manual.

Around 120 staff members were trained on counseling and communication, ARH training learning, and advocacy. Sixty staff members were trained on knowledge management system (KMS) to ensure smooth record keeping and data management. More than 900 peer educators were provided training on various ARH related topics including puberty, sexuality, STIs, HIV/AIDS, life skills, etc. Similarly, hundreds of community gate keepers were also trained through capacity building workshops.

An in-house survey conducted by SACHET to assess the knowledge level of staff members, suggest that the skills of peer educator and peer counselor in providing ARH guidance and promotion was sufficient. They had understood the basic principles on promotion, assistance and counseling, besides their capacity in communication with adolescents was sufficient. This was seen in the peer educator and peer counselor capacity to facilitate discussion and openness of adolescents to state their problems or the knowledge they desired.

The out come of these capacity building workshops can also be seen throughout the intervention areas by assessing the acceptance of the ARH as an issue by various stakeholders. School teachers who got training through RHIYA reported that they had been able to build the confidence in their students. Students were sharing their ARH issues including sexual harassment and incest.

Some 20 local NGO and CBO staff members had also been involved in various training workshops. The capacity building of these CBOs and NGOs will ensure sustainability of ARH programs in the district.

## **Key Issues and Challenges**

Adolescent Sexuality and Reproductive Health in a society like Pakistan is a challenge by itself. ASRH is an extremely sensitive and a taboo subject, which requires attitudinal and behavioral changes at all levels including policy and decision makers at higher levels. RHIYA has demonstrated the need of the local communities in context of ARH and also cracked the general belief that people in rural Pakistan would not be willing to own any interventions related youth sexuality and reproductive health.

- SACHET – RHIYA has further showed that using socio-culturally sensitive approaches and an appropriate advocacy strategy can strengthen community ownership and participation even in case of a sensitive subject like ASRH. RHIYA – Pakistan experience indicates that an indirect approach to ARH was more effective as the community perceives the RHIYA interventions more as youth capacity building activities, which also include information on ASRH.
- SACHET has not only involved the male adolescent and youth groups but has secured an equal participation of girls in the program. Young females are keen to be a part of the YFCs and the activities related to it, and participate equally in even out of the city events at the national level like the youth camps and youth summit organized by SACHET.
- SACHET has also effectively involved the various tiers of gatekeepers and gained their support for RHIYA by regular interaction with them and adopting a consultative attitude with them rather than a confrontational position. The strategy of using a across the board involvement of all stakeholders has created a more solid support from the general community, religious groups, political leaders, NGOs and district government.
- It would be unfair not to give credit to the RHIYA core team of SACHET, which works with commitment and dedication for an issue they belief in. The SACHET team, including the YFC staff is well trained and regular follow-up and refresher trainings are organized for them.

Furthermore, most of the team members are young people under 30 years, which has definitely added to the program performance as these young professionals feel quite comfortable while interacting with the local youth and identify more closely with the problems related to ASRH.

- RHIYA – Pakistan did not include the provision of service delivery component in the program design, which has definitely had an affect on the overall effectiveness of the interventions. The Program District Office, since July 2005 has a male and female doctor who usually refer patients to the district hospitals, but it would have added to the program, if medical services had also been a part of the RHIYA interventions as in some of the other regional programs as there are not specialized medical services in the district for ASRH issues.
- The major challenge for SACHET is the sustainability of RHIYA after December 2006. Although, SACHET is fortunate in having a Rs. 10 million endowment fund, and the organization plans to continue some of the better performing YFCs, but it cannot sustain 20 YFCs. SACHET feels that it has gained social and technical sustainability through visible community support and training of over 100 youth with technical knowledge and skills for carrying out ARH education. But, this sustainability is still in early stages as two years is not a sufficient period for any attitudinal and behavioral change program to have a lasting impact without some kind of external support.
- There is a strong community demand from both youth and other community members to continue RHIYA and the YFCs. In fact, many other communities are also contacting SACHET district office for similar interventions in their villages. But as also pointed out during the RHIYA – Pakistan mid-term review (April 2006), YFCs are a resource extensive model, which require certain financial assistance for sustainability.
- All services in the YFCs are free of cost, while some YFCs charge a minimal fee but it is not mandatory for everyone to pay. It is highly probable that there will be a high drop-out in the number of youth utilizing the YFCs, if service charges are imposed at some later point in time. There should have been in-built strategies during the program implementation as part of a broader RHIYA exit strategy, which does not exist.

## **Project Design and Strategy**

SACHET initiated its RHIYA activities in district Chakwal in June 2004 by establishing a district program office (DPO) and subsequently formation of six Youth Friendly Centers (YFCs) by August 2004. By December, SACHET had established its target of 20 YFCs, ten each for boys and girls in ten union councils (UCs) of three tehsils of district Chakwal. At the district level the program is managed by a district program officer, who reports to the senior program manager at SACHET head office in Islamabad. In addition to the DPO, the district office has two medical officers (male and female), two ARH counselors (male and female) and four social mobilizers (2 males and 2 females).

As Adolescent Reproductive Health and Sexuality are taboo subjects in Pakistan, introducing any ARH interventions in any community, particularly rural ones, is an extremely challenging job. The foremost task was to create an enabling environment through which both the general community and the youth accept and participate in RHIYA interventions. SACHET being an advocacy focused organization through their experience used an appropriate approach for community mobilization and creating acceptance and ownership among youth, the gatekeepers and the general community towards ASRH.

- ASRH was very much a forbidden subject and generally not discussed openly in the communities including at the household level;
- The level of awareness among all stakeholders in context of ASRH issues was very low;
- Misconceptions and misinformation was common and people had misconstrued religious and cultural notions attached to ASRH issues;
- Youth had no access to information on ASRH prior to RHIYA interventions;



- There were no service provisions available in the District specifically addressing ASRH related problems;
- Communication links between parents and other adult community members and youth regarding ASRH were very weak and in majority cases, adolescents were not prepared for any puberty or adolescent related problems;
- Most of the information received on ASRH among the youth was either through peers or quacks resulting in many misconceptions and incomplete knowledge;
- Due to fear of stigma, many male youth were visiting quacks and incompetent paramedics for ASRH problems.

Considering these difficulties, SACHET adopted a holistic approach towards ASRH and started holding community meetings, consultations with groups of gatekeepers, and adolescent briefing sessions to assess the needs of all the players and plan interventions accordingly.

RHIYA Pakistan in its designing phase had factored in the socio-cultural constraints to ASRH and thus the partner NGOs were already working through a blanket approach of indirectly addressing ASRH. However, this did require careful assessment of local issues and understanding of the problem, as each district had its own peculiar socio-economic and cultural variations.

Using an indirect and a blanket approach towards ASRH issues, the services offered at the SACHET YFCs are:

- ARH awareness sessions;
- Vocational trainings;
- Library services;
- Counseling on ASRH;
- Sports (Indoor and outdoor)
- School ASRH awareness sessions;
- ASRH awareness sessions through cultural and folk music events;
- Theatre;
- Literacy classes for out of school youth;
- Coaching classes for students;
- Computer classes;
- Recreational activities (debates, painting competitions, cooking competitions etc).

## **Partnerships and Linkages**

In all power structures, the role of the community influential or gatekeepers is quite significant and general community acceptance of any sensitive issue is dependent on the attitude and level of receptivity of the gatekeepers. In case of ARH, the primary gatekeepers are the parents, followed by teachers, health providers, and religious leaders. SACHET approached the general community through close consultations with school teachers, health care providers, religious leaders, other NGOs, district government officials and local political leaders.

In some of the villages, SACHET also created partnerships with other NGOs and CBOs working on community development issues. These partnerships not only strengthened the community mobilization process, but also expanded ARH issues to other organizations. Wherever SACHET was able to identify appropriate partners, those YFCs were managed jointly by the NGO partner and SACHET. Along with the establishment of YFCs, SACHET also started the process of forming a District Advisory committee, Village Level Advisory Committees and Youth Advocacy Committees to create ownership and participation among the stakeholders. SACHET was the first RHIYA partner to initiate Village Level Advisory Committees, which have proven to be very effective in mobilizing the local communities to accept and participate in RHIYA activities. At the District level, the committee members comprise District Nazim (elected district head, Executive district officers (EDOs) health and education, social welfare

officer, and two representatives of NGOs working in Chakwal. The Village Committees usually include local teachers, health care providers, local counselors, Tehsil Nazims, local religious leaders etc.

## **Lessons Learnt**

### **Peer Education**

Peer education has been extremely vital while addressing the reproductive health of adolescents and youth. Initially, the peer education was not an integral part of RHIYA intervention in Pakistan. It was only in the first quarter of the year 2006 that the need for a comprehensive training on peer education was emerged during the mid term review. SACHET, quickly responding to the findings of the review, adopted a peer education manual tailored to the country specific needs. It conducted 10 peer education camps, empowering hundreds of youth, both girls and boys. These five-day camps were organized outside Chakwal district to give young people an environment conducive to learning and knowledge exchange. Another noted advantage of conducting such camps outside their residential district was that young people feel comfortable while sharing their personal experiences.

Majority of the youth on their return to their respective union councils and villages have vigorously worked to educate their peers in schools, neighborhoods, work places and YFCs. As a result of these peer contacts, the number of young people visiting YFCs for further information and counseling has increased many times.

### **Theater for change**

It has been learnt that RHIYA 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. The theatre for change concept promoted through RHIYA, which is recognized as a better BCC tool world over, has proved to be a useful tool to impart knowledge and disseminate information on ARH issues, through an indirect approach. Due to pervasive poverty in the RHIYA target areas, youth is deprived of opportunities of recreation and enjoyment. The theatre performance in RHIYA focus areas has received warm welcome by youth and adolescents as these performances are also used as a recreational activity and girls and boys equally contribute with great enthusiasm. Participants of these performances include youth, parents, teachers, community elders and influential and that is how certain issues highlighted in these events affect the overall behavior of the community. Theatre has helped in promoting ownership of RHIYA interventions by the community in general, and young people in particular. SACHET is using this tool conveniently to mold the general behavior and views of people in district Chakwal. Actors are being provided with the information and trained on these issues so that they can properly convey their message to masses. Over 100 performances have been conducted in district Chakwal by the young artists. The notable achievement in this regard is that of the formation of 5 girl's theatre teams at Union Council level. And this is the first time that district Chakwal is introduced with this concept.

Participation of the community in theatre sessions has been enormous which shows that ARH information dissemination with enter-educate approach could easily be done in district Chakwal.

### **Parents' Training is necessary to address ARH issues**

The training of parents on ARH issues has helped in addressing issue of communication gap between parents and children. At three Union Councils (UCs) special training sessions were organized for parents to sensitize them about the ARH problems in relation to the dynamic and changing times. These sessions encompassed various issues like sexual rights, gender based violence, influence of media on young people etc. At these UCs, it has been observed that the parents have become more supportive and help youth in solving their problems. Parents have had organized debate sessions with local teachers and religious leaders to organize special ARH related sessions at schools and in the mosques. It has also been observed that myths and misconceptions (like masturbation, female sexuality, dysfunction of male sexual organ, premature ejaculation) have been diminished which has helped in creating an enabling environment for youth to seek more information about ASRH.

### **Use of culturally appropriate communication channels**

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. The questions which were asked (especially by girls) were considered to be taboo subjects till now. Like premature ejaculations, oral sex, anal sex with a husband, genital lubrications, length of a male sexual organ etc. Enthusiastic participation of the community in these seminars indicated that people are in need of knowledge but cultural beliefs and customs should be respected while discussing the ARH openly in the communities. As a follow up of these seminars based on community feed back, SACHET produced a set of book lets and IEC 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 have been disseminated to communities in RHIYA districts and other UNFPA intervention sites.

### **Sustainability**

All development initiatives have to face a major challenge on the front of Sustainability. What exactly is meant by sustainability? Usually the answer comes in terms of financial maintenance of the ongoing show and its nurturing. However, this may limit the scope of understanding. In its entirety sustainability includes social as well as technical sustainability.

Looking at RHIYA-SACHET with this yard stick reveals that we have earned Social Sustainability. This is indicated by extensive community participation, changing social attitudes and gradual disappearance of stereotypes in the district as noticed by increased community support and participation in advocacy events, awareness sessions, seminars and debates.

The technical sustainability is indicated by the visible cohort of over 2800 young people who are equipped with technical knowledge and skills for carrying out ARH education along with over 50,000 enlightened boys and girls (through ARH awareness campaigns) and existence of thee manuals and packages on ARH counseling and communication, training-learning and advocacy which are widely utilized as well.

The establishment of YFCs in collaboration with local CBOs, equipping their staff members with essential training and materials suggests that these CBOs may also sustain the efforts made under RHIYA project in the long run.

Advocacy with the district management and inclusion of local politicians in advisory committees has also played a vital role in attracting political attention towards youth issues. Some union council Nazisms (elected representatives) have made it sure to allocate funds for YFCs buildings at UC level in coming years.

Although SACHET has allocated around one million Pakistani rupees for the extension of RHIYA, SACHET is taking the following initiatives to sustain the efforts.

- Income generation by the YFCs by charging fee for customized training courses including computer and crafts training.
- Community contribution in form of space rentals
- Registering the YFCs as CCBs (Citizen Community boards)
- Donor Support (SACHET is currently in the process of securing donor support to sustain the process)
- Youth ownership, trained Volunteer members will mange the centers

### EU Visibility Table

Sr. #	Activity / Product	No. of events / Qty. of Product	Visibility Through	Level	Participants			Comments
					Male	Female	Total	
	RHIYA Youth Summit	2 (2004 & 2005)	Invitation Cards, Shields, Banners, Souvenirs	National			1500	
	RHIYA Youth Junction	3 (2004, 05 & 06)	Invitation Cards, Shields, Banners, Certificates, Souvenirs	District	1850	1429	2175	
	Study Tours/ Exchange Visits	21	Banners,	District	273	233	508	
	Workshops	37	Banners, Certificates	District	1576	752	2328	
	Seminars	12	Invitation Cards, Shields, Banners,	District	908	820	1728	
	Advocacy Events (Sports Events, recreational Events, National & International Days, cultural events	860	Invitation Cards, Shields, Banners, Certificates, Souvenirs	District	37407	19108	56519	
	Wall Chalking	41	Logo	District				These walls were chalked on main roads & villages entrances.
	IEC Material (Introductory leaflets, RHIYA Planners Islam & ARH, ARH Brushers, Posters, Stickers, etc )		Logo	District				Distributed at national, district and UC level.

## **Annexes**

- Project Personnel
- International Training of Project Personnel
- Local Training of Project and non Project Personnel
- Sub Contracts

**Table 1 Project Personnel**  
**SACHET Project Head Office, Islamabad**

Personal in puts				status				Comments
Categories	Gender		Title/ Function	Specify if		Date of Recruitment	Date of Separation If apply able	
	Male	Female		Full Time	Part time			
<b><u>A. Nationally Recruited Professional Personnel</u></b>								
Dr. Rakhshinda Perveen		F	Project Director	Full Time		1 <sup>st</sup> June 2004	31 <sup>st</sup> Dec. 2006.	
Mr. Saleemullah Baig	M		Project Coordinator	Full Time		1 <sup>st</sup> June 2004	31 <sup>st</sup> Dec. 2006.	
Mr. Amanullah Khan	M		Admin & Finance Officer	Full Time		1 <sup>st</sup> June 2004		
Mr. Amin Muhammad	M		Admin & Finance Officer	Full Time			31 <sup>st</sup> Dec. 2006.	
<b><u>B. Nationally Recruited Support</u></b>								
There is no staff in his category								
<b><u>C. Inationally Recruited Professional Personnel</u></b>								
There is no staff in his category								

**Table 1 Project Personnel**  
**SACHET District Project Office, Chakwal**

Personal in puts				status				Comments
Categories	Gender		Title/ Function	Specify if		Date of Recruitment	Date of Separation If apply able	
	Male	Female		Full Time	Part time			
<b>A. Nationally Recruited Professional Personnel</b>								
Mr. Zahoor Aftab Sadiq	M		District Project Coordinator	Full Time		1 <sup>st</sup> June 2004		
Mr. Mushtaq Hussain	M		Admin & Finance Assistant	Full Time		1 <sup>st</sup> July 2004		
Dr. Sajid Hameed	M		Medical Officer	Full Time		1 <sup>st</sup> May 2005	29 <sup>th</sup> Sep 2006	Resigned
Dr. Kamran Aslam	M		Medical Officer	Full Time		1 <sup>st</sup> Dec 2006		
Dr. Habiba Batool		F	Medical Officer	Full Time		1 <sup>st</sup> May 2005	15 <sup>th</sup> May 2006	Terminated
Mr. Zahid Baig	M		Counselor	Full Time		1 <sup>st</sup> July 2004	30 <sup>th</sup> Dec 2005	Resigned
Ms. Saadia Ambreen		F	Counselor	Full Time		27 <sup>th</sup> Dec 2004	30 <sup>th</sup> Sep 2005	Resigned
Mrs. Nadia Zia		F	Counselor	Full Time		5 <sup>th</sup> Dec 2005		
Mr. Ashiq Husain	M		Community Mobilizer	Full Time		1 <sup>st</sup> June 2004		
Mrs. Hameeda Begum		F	Community Mobilizer	Full Time		1 <sup>st</sup> July 2004		

**Table 1 Project Personnel**  
**SACHET District Project Office, Chakwal**

<b>B. Nationally Recruited Support</b>								
Ms. Roomana Arshad		F	Peer Educator	Full Time		1 <sup>st</sup> Nov 2005		
Mr. Shahab Ahmed	M		General Attendant	Full Time		1 <sup>st</sup> July 2004		
Mr. Ejaz Hussain	M		Driver	Full Time		1 <sup>st</sup> July 2004		
Mr. Irfan	M		Night Watchmen	Full Time		1 <sup>st</sup> July 2004	29 <sup>th</sup> Oct 2004	Resigned
Mr. Mohammad Faisal	M		Night Watchmen	Full Time		1 <sup>st</sup> Nov 2004	31 <sup>st</sup> Aug 2005	Resigned
Mr. Fida Hussain	M		Night Watchmen	Full Time		1 <sup>st</sup> Sep 2005	30 <sup>th</sup> Nov 2006	Resigned
Mr. Inayat Ullah Malik	M		Night Watchmen	Full Time		1 <sup>st</sup> Dec 2006		
Mrs. Mukhtar Bibi		F	Sanitary Worker	Full Time	Part Time	1 <sup>st</sup> July 2004	31 <sup>st</sup> Dec. 2006.	
<b>C. Internationally Recruited Professional Personnel</b>								
There is no staff in his category								



### Youth Friendly Centers Chakwal

Personal in puts				Status				Comments
Categories	Gender		Title/ Function	Specify if		Date of Recruitment	Date of Separation If apply able	
	Male	Female		Full Time	Part time			
<b>B. <u>Nationally Recruited Support</u></b>								
<b>SACHET Youth Friendly Center, for Boys, Union council No 1, Chakwal</b>								
Mr. Ali Ahmed	M		Counselor	Full Time		1 <sup>st</sup> Aug 2004		
Mr. Amir Shahzad	M		Youth Leader	Full Time		1 <sup>st</sup> Aug 2004	30 <sup>th</sup> Aug 2005	Resigned
Mr. Sultan Mehmood Khan	M		Youth Leader	Full Time		1 <sup>st</sup> Aug 2005		
Mr. Mohammad Abbas	M		Youth Peer Leader	Full Time		1 <sup>st</sup> Aug 2005		
Mr. Aman Mubarak	M		Youth Peer Leader	Full Time		1 <sup>st</sup> Aug 2004	30 <sup>th</sup> July 2005	Resigned
<b>SACHET Youth Friendly Center, for Boys, Union council No 1, Chakwal</b>								
Ms. Humaira Anwaar		F	Counselor	Full Time		1 <sup>st</sup> Sep 2005	30 <sup>th</sup> Sep 2006	Resigned
Ms. Waheeda Aslam Malik		F	Counselor	Full Time		2 <sup>nd</sup> Oct 2006		
Mrs. Samia Bibi		F	Youth Leader	Full Time		1 <sup>st</sup> Sep 2005	30 <sup>th</sup> July 2006	Resigned
Ms. Yasia Bibi		F	Youth Leader	Full Time		1 <sup>st</sup> Aug 2006		
Ms. Haleema Sadia		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Sep 2005	30 <sup>th</sup> Sep 2006	Terminated
Ms. Sumaira Khalid		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Oct 2006		
<b>SACHET Youth Friendly Center, for Girls, Union council Choha, Tehsil Choha Saidan Shah, Chakwal</b>								
Ms. Asmat Shaheen		F	Counselor	Full		1 <sup>st</sup> January	30 <sup>th</sup> July	SYFC Relocated due to

				Time		2005	2005	Poor Performance
Ms. Sobia Tabassum		F	Youth Leader	Full Time		1 <sup>st</sup> January 2005	30 <sup>th</sup> July 2005	
Ms. Uzma Hayat		F	Youth Leader	Full Time		1 <sup>st</sup> January 2005	30 <sup>th</sup> July 2005	
<b>SACHET Youth Friendly Center, for Boys, Union council Dab, Chakwal</b>								
Mr. Malik Wasim Afzal	M	F	Youth Peer Leader	Full Time		1 <sup>st</sup> Aug 2004		
Mr. Adnan Abbas	M		Youth Leader	Full Time		1 <sup>st</sup> Aug 2004		
Mr. Jawad Yaqoob	M		Youth Peer Leader	Full Time		1 <sup>st</sup> Aug 2004	28 <sup>th</sup> Feb 2006	Resigned
Mr. Ghulam Hussain	M		Youth Peer Leader	Full Time		1 <sup>st</sup> March 2006		
<b>SACHET Youth Friendly Center, for Girls, Union council Dab, Chakwal</b>								
Ms. Shaista Zaman		F	Counselor	Full Time		1 <sup>st</sup> Dec 2004	30 <sup>th</sup> Dec 2005	Resigned
Ms. Sadia Anwaar		F	Counselor	Full Time		1 <sup>st</sup> January 2006		
Ms. Sadia Anwaar		F	Youth Leader	Full Time		1 <sup>st</sup> Dec 2004	30 <sup>th</sup> Dec 2005	Promoted as a Counselor
Ms. Riffat Yasmin		F	Youth Leader	Full Time		1 <sup>st</sup> January 2006		
Mrs. Monaza Bibi		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Dec 2004	28 <sup>th</sup> Nov 2005	Terminated
Ms. Sobia Shafi		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Dec 2005	30 <sup>th</sup> July 2006	Resigned
Ms. Tahira Benazir		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Aug 2006		
<b>SACHET Youth Friendly Center, for Boys, Union council Choha Gunj Ali Shah, Chakwal</b>								
Mr. Shafique Ahmed	M		Counselor	Full Time		1 <sup>st</sup> Aug 2004	30 <sup>th</sup> Dec 2005	Resigned
Mr. Asghar Hussain	M		Counselor	Full		1 <sup>st</sup> January		

				Time		2006		
Mr. Faisal Nadeem	M		Youth Leader	Full Time		1 <sup>st</sup> Aug 2004	30 <sup>th</sup> January 2005	Resigned
Mr. Asghar Hussain	M		Youth Leader	Full Time		1 <sup>st</sup> Feb 2005	30 <sup>th</sup> Dec 2005	Promoted as a Counselor
Mr. Tausif Mehmood	M		Youth Leader	Full Time		1 <sup>st</sup> January 2006	29 <sup>th</sup> Sep 2006	Resigned
Mr. Imran Hussain	M		Youth Leader	Full Time		1 <sup>st</sup> Oct 2006		
Mr. Tausif Mehmood	M		Youth Peer Leader	Full Time		1 <sup>st</sup> Feb 2005	30 <sup>th</sup> Dec 2005	Promoted as a Youth Leader
Mr. Sajjad Hussain	M		Youth Peer Leader	Full Time		1 <sup>st</sup> March 2006		
<b>SACHET Youth Friendly Center, for Girls, Union council Choha Gunj Ali Shah, Chakwal</b>								
Ms. Nosheen Ghafoor		F	Counselor	Full Time		1 <sup>st</sup> Aug 2004		
Mrs. Rehana Firdos		F	Youth Leader	Full Time		1 <sup>st</sup> Aug 2004		
Ms. Bushra Masood		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Aug 2004		

<b>SACHET Youth Friendly Center, for Girls, Union council Dullah, Chakwal</b>								
Ms. Riaz Fatima		F	Counselor	Full Time		1 <sup>st</sup> Oct 2004	30 <sup>th</sup> June 06.	Resigned
Ms. Uzma Akram		F	Counselor	Full Time		1 <sup>st</sup> July 2006		
Mrs. Amina Bibi		F	Youth Leader	Full Time		1 <sup>st</sup> Oct 2004		
Ms. Uzma Akram		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Oct 2004	30 <sup>th</sup> June 2006	Promoted as a Counselor
Ms. Khudiji Tabassum		F	Youth Peer Leader	Full Time		1 <sup>st</sup> July 2006		
<b>SACHET Youth Friendly Center, for Boys, Union council Dullah, Chakwal</b>								
Mr. Qaisar Mehmood	M		Counselor	Full Time		1 <sup>st</sup> Oct 2004	28 <sup>th</sup> January 2005	Resigned
Mr. Muhammad Rauf	M		Counselor	Full Time		1 <sup>st</sup> February 2005	30 <sup>th</sup> July 2005	Resigned
Mr. Mohammad Rafiq	M		Counselor	Full Time		1 <sup>st</sup> Aug 2005		
Mr. Sohail Waqar	M		Youth Leader	Full Time		1 <sup>st</sup> Oct 2004	30 <sup>th</sup> June 2006	Resigned
Mr. Ghulam Mustafa	M		Youth Leader	Full Time		1 <sup>st</sup> July 2006		
Mr. Mohammad Rafiq	M		Youth Peer Leader	Full Time		1 <sup>st</sup> Oct 2004	30 <sup>th</sup> July 2005	Promoted as a Counselor
Mr. Muhammad Ehsan	M		Youth Peer Leader	Full Time		1 <sup>st</sup> Aug 2005	30 <sup>th</sup> June 2006	Terminated
Mr. Waqar Hussain	M		Youth Peer Leader	Full Time		1 <sup>st</sup> July 2006		
<b>SACHET Youth Friendly Center, for Girls, Union council Bheen, Chakwal</b>								
Mrs. Salma Noureen		F	Counselor	Full Time		1 <sup>st</sup> Oct 2004		
Ms. Sugra Naheed		F	Youth Leader	Full Time		1 <sup>st</sup> Oct 2004	30 <sup>th</sup> January 2005	Terminated

Mrs. Zarnab Mehmood		F	Youth Leader	Full Time		1 <sup>st</sup> February 2005	30 <sup>th</sup> July 2005	Resigned
Ms. Sumayya Manoor		F	Youth Leader	Full Time		1 <sup>st</sup> Aug 2005	30 <sup>th</sup> July 2006	Resigned
Ms. Samra Shaheen		F	Youth Leader	Full Time		1 <sup>st</sup> Aug 2006		
Ms. Rizwana Firdos		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Oct 2004	30 <sup>th</sup> January 2005	Resigned
Ms. Nafeesa Naheed		F	Youth Peer Leader	Full Time		1 <sup>st</sup> February 2005	30 <sup>th</sup> July 2005	Resigned
Mrs. Humera Anjum		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Aug 2005		
<b>SACHET Youth Friendly Center, for Boys, Union council Bheen, Chakwal</b>								
Mr. Amjad Hussain	M		Counselor	Full Time		1 <sup>st</sup> Oct 2004		
Mr. Sajid Hussain	M		Youth Leader	Full Time		1 <sup>st</sup> Oct 2004		
Mr. Sajid Mehmood	M		Youth Peer Leader	Full Time		1 <sup>st</sup> Oct 2004		

<b>SACHET Youth Friendly Center, for Girls, Union council Kot Chaudhrian, Chakwal</b>								
Mrs. Ghulam Sughra		F	Counselor	Full Time		1 <sup>st</sup> Oct 2004		
Ms. Musrat Yasmin		F	Youth Leader	Full Time		1 <sup>st</sup> Oct 2004		
Ms. Shehla Raza		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Oct 2004	28 <sup>th</sup> Nov 2004	Resigned
Ms. Bushra Ali		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Dec 2004		
<b>SACHET Youth Friendly Center, for Boys, Union council Kot Chaudhrian, Chakwal</b>								
Mr. Khadim Hussain	M		Counselor	Full Time		1 <sup>st</sup> January 2005		
Mr. Mohd Irfan Akram	M		Youth Leader	Full Time		1 <sup>st</sup> January 2005		
Mr. Babar Abbas	M		Youth Peer Leader	Full Time		1 <sup>st</sup> January 2005	30 <sup>th</sup> January 2006	Resigned
Mr. Mohd Imran Khan	M		Youth Peer Leader	Full Time		1 <sup>st</sup> February 2006		
<b>SACHET Youth Friendly Center, for Girls, Union council Bhurpur, Chakwal</b>								
Mrs. Farzana Attique		F	Counselor	Full Time		1 <sup>st</sup> Oct 2004		
Ms. Irshad Begum		F	Youth Leader	Full Time		1 <sup>st</sup> Oct 2004		
Ms. Shameem Akhtar		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Oct 2004		

<b>SACHET Youth Friendly Center, for Boys, Union council Choa, Chakwal</b>								
Mr. Naseer Ahmed	M		Counselor	Full Time		1 <sup>st</sup> January 2005	30 <sup>th</sup> May 2005	SYFC Relocated due to Poor Performance
Mr. Naveed Asharaf	M		Youth Leader	Full Time		1 <sup>st</sup> January 2005	30 <sup>th</sup> May 2005	
Mr. Mohd Bilal	M		Youth Peer Leader	Full Time		1 <sup>st</sup> January 2005	30 <sup>th</sup> May 2005	
<b>SACHET Youth Friendly Center, for Boys, Union council No 4, Chakwal</b>								
Mr. Sohail Imran	M		Counselor	Full Time		1 <sup>st</sup> June 2005	30 <sup>th</sup> Oct 2005	SYFC Relocated due to Poor Performance
Mr. Shahid Aziz	M		Youth Leader	Full Time		1 <sup>st</sup> June 2005	30 <sup>th</sup> Oct 2005	
Mr. Sohail Ahmed	M		Youth Peer Leader	Full Time		1 <sup>st</sup> June 2005	30 <sup>th</sup> Oct 2005	
<b>SACHET Youth Friendly Center, for Boys, Union council No 5, Chakwal</b>								
Mr. Aamir Shahizad	M		Counselor	Full Time		1 <sup>st</sup> Nov 2005	30 <sup>th</sup> June 2006	SYFC Relocated due to Poor Performance
Mr. Shahid-ur-Rehman	M		Youth Leader	Full Time		1 <sup>st</sup> Nov 2005	30 <sup>th</sup> June 2006	
Mr. Saqib Shabbir	M		Youth Peer Leader	Full Time		1 <sup>st</sup> Nov 2005	30 <sup>th</sup> June 2006	
<b>SACHET Youth Friendly Center, for Boys, Talagang City, Chakwal</b>								
Mr. Mukhtar Ahmed	M		Counselor	Full Time		1 <sup>st</sup> Oct 2004	30 <sup>th</sup> Oct 2005	Resigned
Mr. M. Kamran Saleem	M		Counselor	Full Time		1 <sup>st</sup> Nov 2005		
Mr. M. Kamran Saleem	M		Youth Leader			1 <sup>st</sup> Oct 2004	30 <sup>th</sup> Oct 2005	Promoted as a Counselor
Mr. Zulfiqar Ahmed	M		Youth Leader	Full Time		1 <sup>st</sup> Nov 2005		
Mr. Danish Raza	M		Youth Peer Leader	Full Time		1 <sup>st</sup> Oct 2004	30 <sup>th</sup> January 2006	Resigned
Mr. Asghar Hussain	M		Youth Peer	Full		1 <sup>st</sup> February		

			Leader	Time		2006		
<b>SACHET Youth Friendly Center, for Girls, Talagang City, Chakwal</b>								
Ms. Humaira Raza		F	Counselor	Full Time		1 <sup>st</sup> Oct 2004		
Ms. Uzma Noureen		F	Youth Leader	Full Time		1 <sup>st</sup> Oct 2004	28 <sup>th</sup> February 2005	Resigned
Ms. Shehnaz Kausar		F	Youth Leader	Full Time		1 <sup>st</sup> March 2005	27 <sup>th</sup> April 2006	Resigned
Ms. Shabana Kulsoom		F	Youth Leader	Full Time		1 <sup>st</sup> May 2006		
Ms. Samina Begum		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Oct 2004		Resigned
Ms. Shabana Kulsoom		F	Youth Peer Leader	Full Time		1 <sup>st</sup> January 2006	30 <sup>th</sup> April 2006	Promoted as a Youth Leader
Ms. Samina Bibi		F	Youth Peer Leader	Full Time		1 <sup>st</sup> May 2006		
<b>SACHET Youth Friendly Center, for Boys, Union Council Bhilomar, Chakwal</b>								
Mr. Afsar Hussain	M		Counselor	Full Time		1 <sup>st</sup> Dec 2004		
Mr. Javed Akram	M		Youth Leader	Full Time		1 <sup>st</sup> Dec 2004	30 <sup>th</sup> April 2005	Resigned
Mr. Muhammad Rafih	M		Youth Leader	Full Time		1 <sup>st</sup> May 2005		
Mr. Sikandar Sultan	M		Youth Peer Leader	Full Time		1 <sup>st</sup> May 2005		Resigned
Mr. Muhammad Saqib	M		Youth Peer Leader	Full Time		1 <sup>st</sup> January 2006		
<b>SACHET Youth Friendly Center, for Girls, Union Council Bhilomar, Chakwal</b>								
Ms. Attia-un-Nisa		F	Counselor	Full Time		1 <sup>st</sup> Dec 2004		
Ms. Sobia Ejaz		F	Youth Leader	Full Time		1 <sup>st</sup> Dec 2004		
Mrs. Roomana Andleeb		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Dec 2004		



<b>SACHET Youth Friendly Center, for Girls, Union Council No 2, Chakwal</b>								
Mrs. Riffat Yasmin		F	Counselor	Full Time		1 <sup>st</sup> Dec 2004	28 <sup>th</sup> April 2005	SYFC Relocated due to Poor Performance
Mrs. Zahida Perveen		F	Youth Leader	Full Time		1 <sup>st</sup> Dec 2004	28 <sup>th</sup> April 2005	
Ms. Lubna Iram		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Dec 2004	28 <sup>th</sup> Feb 2005	
Ms. Syed Fatima Sugra		F	Youth Peer Leader	Full Time		1 <sup>st</sup> April 2005	28 <sup>th</sup> April 2005	
<b>SACHET Youth Friendly Center, for Girls, Union Council No 4, Chakwal</b>								
Ms. Sajjida Begum		F	Counselor	Full Time		1 <sup>st</sup> May 2005	30 <sup>th</sup> July 2005	SYFC Relocated due to Poor Performance
Ms. Aneela Iram		F	Youth Leader	Full Time		1 <sup>st</sup> Aug 2005	1 <sup>st</sup> Nov 2005	
Mrs. Irshad Begum		F	Youth Leader	Full Time		1 <sup>st</sup> May 2005	1 <sup>st</sup> Nov 2005	
Ms. Tehsin Haider		F	Youth Peer Leader	Full Time		1 <sup>st</sup> May 2005	30 <sup>th</sup> July 2005	
Ms. Nazia Batool		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Aug 2005	1 <sup>st</sup> Nov 2005	
<b>SACHET Youth Friendly Center, for Girls, Union Council No 5, Chakwal</b>								
Ms. Tehreen Imtiaz		F	Counselor	Full Time		1 <sup>st</sup> Dec 2005		
Mrs. Aneela Iram		F	Youth Leader	Full Time		1 <sup>st</sup> Dec 2005	30 <sup>th</sup> Dec 2005	Terminated
Mrs. Kausar Fayyaz		F	Youth Leader	Full Time		1 <sup>st</sup> January 2006	30 <sup>th</sup> Aug 2006	Resigned
Ms. Tahira Bashir		F	Youth Leader	Full Time		1 <sup>st</sup> Sep 2006		
Ms. Nazia Batool		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Dec 2005	30 <sup>th</sup> Dec 2005	Terminated
Ms. Shumaila Rafiq		F	Youth Peer Leader	Full Time		1 <sup>st</sup> January 2006	30 <sup>th</sup> April 2006	Terminated
Ms. Asia Sultana		F	Youth Peer	Full		1 <sup>st</sup> May 2006	30 <sup>th</sup> Aug	Resigned

			Leader	Time			2006	
Ms. Aneela Kanwal		F	Youth Peer Leader	Full Time		1 <sup>st</sup> Sep 2006		
<b>SACHET Youth Friendly Center, for Boys, Union Council No 2, Chakwal</b>								
Mr. Shaidur Rehman	M		Counselor	Full Time		1 <sup>st</sup> July 2006		
Mr. Waqar Hussain	M		Youth Leader	Full Time		1 <sup>st</sup> July 2006		
Mr. Fahd Rehman	M		Youth Peer Leader	Full Time		1 <sup>st</sup> July 2005		

<b>SACHET Youth Friendly Center, for Boys, Union Council Miani, Chakwal</b>								
Mr. Mohd Imran	M		Counselor	Full Time		1 <sup>st</sup> January 2005		
Mr. Muhammad Tufail	M		Youth Leader	Full Time		1 <sup>st</sup> January 2005	30 <sup>th</sup> Nov 2005	Resigned
Mr. Nasir Abbas	M		Youth Leader	Full Time		1 <sup>st</sup> Dec 2005		
Mr. Sumair Asad	M		Youth Peer Leader	Full Time		1 <sup>st</sup> January 2005		

**Table II B- Local Training of Project and Non-Project Personnel (Including Volunteers)**

Contents of the following Matrix are:

1. Study Tours/ Exchange Visits
2. Workshops
3. Seminars
4. Meetings & Conferences

**1. Study Tours/ Exchange Visits**

Date	No. and Gender of Trainees			Duration (in weeks)	Area of Training	Name of Organization Conducting Training	Are Project Trainees still working in Project			Are training and debriefing reports available at EA's/IA's HQ?	
	# of Females	# of Male	Total				# of Yes	# of No	If No, Why?	Yes	No
7 <sup>th</sup> Dec. 05	20	31	<b>51</b>	<b>1</b>	To Participate in HIV/AIDS day Celebration at NIC Building, Islamabad on 7 <sup>th</sup> Dec. 2004	SACHET				Yes	
16 <sup>th</sup> April 05.		18	<b>18</b>	<b>1</b>	Visit by YFC staff & Advocacy Committee Members for getting the knowledge of PTV & Radio Station environment and services. Islamabad	SACHET Youth Friendly Center, Talagang				Yes	
9 <sup>th</sup> June 05.	33	45	<b>78</b>	<b>1</b>	Visit by SYFC Staff and Advisory members to get exposure regarding the diverse regional cultures of Pakistan at Lok Virsa Museum, Isb.	SACHET				Yes	
11 <sup>th</sup> Sep. 05.	18		<b>18</b>	<b>1</b>	Visit by SYFC Staff and Advisory Members to see the Cultural Heritage of Pakistan at Lok Virsa, Isb.	SACHET				Yes	
19 <sup>th</sup> Sep. 05		13	<b>13</b>	<b>1</b>	Visit by SYFC Staff and Youth regarding water storage its flow at Kot Raja Dam	SACHET				Yes	

12 <sup>th</sup> Oct. 05.		13	<b>13</b>	<b>1</b>	SYFC Staff and Youth Mechanics visited the Yamaha Motor Office, Islamabad	SACHET				Yes	
5 <sup>th</sup> Nov. 05.		19	<b>19</b>	<b>1</b>	Visit By SYFC Staff and youth Kalarkahar Lake	SACHET				Yes	
9 <sup>th</sup> Nov. 05.	6	13	<b>19</b>	<b>3</b>	RHIYA Kohat	SACHET				Yes	
18 <sup>th</sup> Nov. 05	18		<b>18</b>	<b>1</b>	Kalarkahar Lake	SACHET				Yes	
8-11 <sup>th</sup> July 2006	10	11	<b>21</b>	<b>4</b>	Hotel Margalla, Islamabad	UNFPA & SACHET				Yes	
7 <sup>th</sup> July 2006		30	<b>30</b>	<b>1</b>	To visit the SYFC Bheen,	SACHET youth friendly center, Tatal				Yes	
29 <sup>th</sup> Jan 2006	46		<b>46</b>	<b>1</b>	Dhani	SACHET youth friendly center, Dhani				Yes	
12 <sup>th</sup> Jan 2006		10	<b>10</b>	<b>1</b>	Talagang	SACHET youth friendly center Talagang				Yes	
18 <sup>th</sup> Feb 2006		7	<b>7</b>	<b>1</b>	Talagang	SACHET youth friendly center Talagang				Yes	
9 <sup>th</sup> April 2006		12	<b>12</b>	<b>1</b>	Talagang	SACHET youth friendly center Talagang				Yes	
4 <sup>th</sup> June 2006		18	<b>18</b>	<b>1</b>	Talagang	SACHET SACHET youth friendly center Talagang				Yes	
4 <sup>th</sup> Feb 2006	10		<b>10</b>	<b>1</b>	Talagang	SACHET SACHET youth friendly center Talagang				Yes	

21 <sup>st</sup> April 2006	28		<b>28</b>	<b>1</b>	Chinji	SACHET Youth Friendly Center Chinji				Yes	
14 <sup>th</sup> Dec 2006	20	30	<b>50</b>	<b>1</b>	Visit by SYFC Staff and Youth at Lahore Qilla, Minar-e-Pakistan and Badshahi Mosque	SACHET				Yes	
16 <sup>th</sup> Dec. 2006	24	03	<b>27</b>	<b>1</b>	Visited the SACHET Gallery by SYFC Staff, Advisory Committee Members and Youth					Yes	
<b>Total</b>	<b>233</b>	<b>273</b>	<b>506</b>	<b>4</b>							

## 2. Workshops

Date	No. and Gender of Trainees			Duration (in weeks)	Area of Training	Name of Organization Conducting Training	Are Project Trainees still working in Project			Are training and debriefing reports available at EA's/IA's HQ?	
	# of Females	# of Male	Total				# of Yes	# of No	If No, Why?	Yes	No
20 <sup>th</sup> Sep 04	5	10	15	2	M&E and KMS	SACHET				Yes	
1 <sup>st</sup> Dec 04	17	17	34	2	HIV/AIDs	SACHET				Yes	
27 <sup>th</sup> Dec 04	9	3	12	1	M& E	SACHET				Yes	
25 <sup>th</sup> Jan. 05	5	2	7	11	Participation in TOTs on ARH Training Learning, Counseling & Advocacy, At Islamabad	SACHET				Yes	
15 <sup>th</sup> Feb. 05	10	10	20	2	Capacity building on ARH for Counselors	SACHET				Yes	
21 <sup>st</sup> Feb. 05	1	4	5	5	Participation in Capacity building on ARH at Islamabad					Yes	
7 <sup>th</sup> March 05	20	20	40	5	Step Down Training on ARH Training Learning, Counseling & Advocacy	SACHET				Yes	
25 <sup>th</sup> July 05	9	13	22	5	Step Down Training on ARH, Counseling & Advocacy	SACHET				Yes	
10 <sup>th</sup> Oct. 05	123	11	134	3	Refresher Workshop on Counseling	SACHET				Yes	
13 <sup>th</sup> Oct.05	12	11	23	2	Refresher Workshop on ARH Training Learning, & Advocacy	SACHET				Yes	
22 <sup>nd</sup> Nov. 05	11	11	22	1	Capacity Building workshop on FP &	SACHET				Yes	

					Symptomatic Management of						
12 <sup>th</sup> Dec.05	1	2	<b>3</b>	<b>3</b>	Participation in workshop on “ Break the Silence”	WPF				Yes	
27 <sup>th</sup> Dec. 05.	30	62	<b>92</b>	<b>4</b>	Capacity building workshop for Parents, Teachers, Religious Leaders, Politicians, Social Workers & NGOs Professionals	SACHET				Yes	
20-23 <sup>rd</sup> march 06	25	25	<b>50</b>	<b>4</b>	Refresher Training Workshop on ARH Training Learning, Counseling and Communication as well as Advocacy for the SYFC	SACHET				Yes	
24-26 <sup>th</sup> April 06	18	8	<b>26</b>	<b>3</b>	Basic Information and Knowledge on “HIV/AIDS”	FPAP & SACHET				Yes	
26 <sup>th</sup> April 06	12	13	<b>25</b>	<b>1</b>	WPF(World Population Foundation)Refresher Training & Mentoring Program Report					Yes	
6-7 <sup>th</sup> July 06	10	11	<b>21</b>	<b>2</b>	Capacity building workshop for the participants of 2 <sup>nd</sup> RHIYA Youth Summit	SACHET				Yes	
19-23 <sup>rd</sup> June 06	1	3	<b>4</b>	<b>5</b>	Para Counseling	ROZAN				Yes	
28-30 <sup>th</sup> July 06		27	<b>27</b>	<b>3</b>	Capacity Building workshop on Peer Education	SACHET				Yes	
8 – 10 <sup>th</sup> Aug 06		55	<b>55</b>	<b>3</b>	Capacity Building	SACHET				Yes	



					workshop on Advocacy & Peer Education						
12 – 14 <sup>th</sup> sep 06	19	19	<b>38</b>	<b>3</b>	Capacity Building workshop of SYFC Staff	SACHET				Yes	
19 <sup>th</sup> Oct 06	25	33	<b>58</b>	<b>1</b>	Sustainability of SYFCs	SACHET				Yes	
6-11 <sup>th</sup> Nov 06		800	<b>800</b>	<b>6</b>	ARH-Issues and Basic Information on HIV/AIDS	District Education Department & SACHET				Yes	
24 <sup>th</sup> Nov 06	27		<b>27</b>	<b>1</b>	Basic Information and Knowledge on “HIV/AIDS	SACHET				Yes	
30 <sup>th</sup> Nov 06	28		<b>28</b>	<b>1</b>	Sustainability Of SYFCs	SACHET				Yes	
1 <sup>st</sup> Dec 06	27		<b>27</b>	<b>1</b>	Basic Information and Knowledge on “HIV/AIDS	SACHET				Yes	
5 <sup>th</sup> Dec 06		25	<b>25</b>	<b>1</b>						Yes	
6 <sup>th</sup> Dec 06		15	<b>15</b>	<b>1</b>						Yes	
8 <sup>th</sup> Dec 06		17	<b>17</b>	<b>1</b>						Yes	
11 <sup>th</sup> Dec 06		12	<b>12</b>	<b>1</b>						Yes	
12 <sup>th</sup> Dec 06		28	<b>28</b>	<b>1</b>						Yes	
13 <sup>th</sup> Dec 06		25	<b>25</b>	<b>1</b>						Yes	
13-14 <sup>th</sup> Dec 06	27		<b>27</b>	<b>2</b>	Health Service Providers and ARH Communication	SACHET				Yes	
14 <sup>th</sup> Dec 06	200	250	<b>450</b>	<b>1</b>	To Share the research Findings of Bench Mark Survey at Lahore	UNFPA & SACHET				Yes	
18 <sup>th</sup> Dec	49	15	<b>64</b>	<b>1</b>	Basic Information and Knowledge on “HIV/AIDS”	SACHET				Yes	
19-20 <sup>th</sup> Dec	31		<b>31</b>	<b>2</b>	Teachers and ARH Communication	SACHET				Yes	
26-27 <sup>th</sup> Dec		19	<b>19</b>	<b>2</b>						Yes	
<b>Total</b>	<b>752</b>	<b>1576</b>	<b>2328</b>	<b>13</b>							

### 3. Seminars

Date	No. and Gender of Trainees			Duration (in weeks)	Area of Training	Name of Organization Conducting Training	Are Project Trainees still working in Project			Are training and debriefing reports available at EA's/IA's HQ?		
	# of Females	# of Male	Total				# of Yes	# of No	If No, Why?	Yes	No	
29 <sup>th</sup> April 2006	58	70	<b>128</b>	<b>1</b>	Upbringing of children, Women Rights, Birth Spacing and HIV/AIDS	SACHET & FPAP				Yes		
12 <sup>th</sup> June 2006	75	60	<b>135</b>	<b>1</b>	Importance of cleanliness (Taharat) Adolescence Reproductive Health and Rights Marriage, importance of pre-marriage counseling Mother and child health Family planning HIV/AIDS Gender/gender based violence	SACHET				Yes		
13 <sup>th</sup> June 2006	65	82	<b>147</b>	<b>1</b>							Yes	
16 <sup>th</sup> June 2006	95		<b>95</b>	<b>1</b>							Yes	
18 <sup>th</sup> June 2006	125		<b>125</b>	<b>1</b>							Yes	
21 <sup>st</sup> June 2006	85	55	<b>140</b>	<b>1</b>							Yes	
23 <sup>rd</sup> June 2006		135	<b>135</b>	<b>1</b>							Yes	
29 <sup>th</sup> June 2006	86	78	<b>164</b>	<b>1</b>							Yes	
29 <sup>th</sup> June 2006		87	<b>87</b>	<b>1</b>							Yes	
30 <sup>th</sup> June 2006	75	145	<b>220</b>	<b>1</b>							Yes	
30 <sup>th</sup> June 2006	41		<b>41</b>	<b>1</b>							Yes	
4 <sup>th</sup> Nov 2006	115	196	<b>311</b>	<b>1</b>	Role of Youth in Population Development	Mop & SACHET				Yes		
<b>Total</b>	<b>820</b>	<b>908</b>	<b>1728</b>	<b>2</b>						Yes		

Summary:

**Table II B- Local Training of Project and Non-Project Personnel (Including Volunteers)**

Format of Training	No. and Gender of Trainees			Duration (in weeks)	Area of Training	Name of Organization Conducting Training	Are Project Trainees still working in Project			Are training and debriefing reports available at EA's/IA's HQ?	
	# of Females	# of Male	Total				# of Yes	# of No	If No, Why?	Yes	No
1. Study Tours/ Exchange Visits	233	273	506	4	To have exposure regarding different working environment to learn and strengthen their observational and communication skills not only this but also create the sense of respect and homogeneity at national level.				Available at SACHET District Project Office, Chakwa		
2. Workshop /	752	1576	2328	13	Advocacy, M& E, KMS, ARH Training Learning, Counseling & Communication	UNFPA, SACHET, MSS, PAVHNA, FPAP, District Education Department				1	
Seminars	820	908	1728	2	RH & Islam, Role of Youth in Population Development	SACHET, FPAP, Ministry of Population & Development,					
3. Meetings/ Conferences	<b>Kindly add meetings and conferences details</b>										
4. Other (Please specify)											