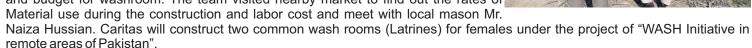
Survey and Assessment Visit for Construction of Common Wash Rooms for Females in Karachi

Mr. Mansha Noor (ESCPK), Mr. John Rehmat (PC of Wash Project) along with Mr. Siraj- uddin (Coordinator of Technical Training and Resource Center (TTRC)) visited Gharo on 2nd of December, 2021 to select place for the construction of Wash room (latrine) for females to provide safe sanitation facility. The team visited two villages Yaqoob Farm and Shankar Village with Catechist Master Kaj and had the meeting with wash committee members. Mr. Sirai-Uddin measured the place and prepared design and budget for washroom. The team visited nearby market to find out the rates of



Master Training on Health and Hygiene

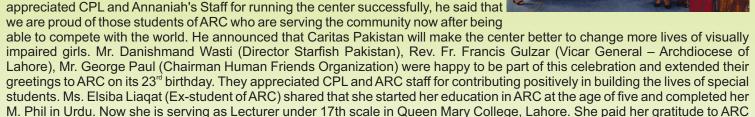
Caritas Pakistan Multan WASH Team organized Master Training on Health and Hygiene on 21 September, 2021 at Boland Hall, Bishop's House Multan. This training was organized with the community leaders and volunteers of Caritas WASH project so that they could facilitate the WASH beneficiaries regarding Hygiene in daily life. At village level the community leaders become the role model for community and through this training they see their leader's participation in this training and got inspired to take action in their daily life.

Follow Up Trainings on Health and Hygiene

Caritas Pakistan Multan WASH Team organized Follow Up trainings on Health and Hygiene at WASH Project target areas of District Muzaffargarh and Khanewal. In these trainings the community members from target villages were the participants and through Health and Hygiene trainings they learn about the importance of cleanliness in our daily life, especially in these days when nations are suffering from COVID-19 through different new variants. Through these trainings people learn that how by keeping their daily life hygienic they could save them from different diseases which are so harmful if not have been taken care timely

Celebrations of 23rd Anniversary of Annaniah Rehabilitation Center & White Cane Day in Lahore

White Cane day along with 23rd anniversary of Annaniah Rehabilitation Center was celebrated at Renewal Center, Youhanabad, Lahore on October 23, 2021. His Grace Archbishop Sebastian Francis Shaw OFM celebrated thanksgiving Mass and Rev. Fr. Francis Gulzar (Vicar General – Archdiocese of Lahore) was co-celebrant of the Holy Mass. Students of Annaniah Rehabilitation Center presented wonderful and colorful program including skits, poetry, songs, parody and many more. Mr. Amjad Gulzar (ED) appreciated CPL and Annaniah's Staff for running the center successfully, he said that



Consultation Meeting on the Registration of Sindh Charity Commission, **Government of Sindh**

and its management for helping her to be successful.

The consultation meeting on the registration of Caritas Karachi and Caritas Hyderabad in Sindh Charity Commission Government of Sindh was held on 29th of October, 2021 at Caritas Office Karachi. The meeting was held in the presence of most honorable Mr. Amjad Gulzar (ED), Mr. Manshad Ashgar (ESCPH), Mr. Mansha Noor (ESCPK), Mr. Amir Robin (RCS) and Mr. Mukhtar Gill Program Coordinator of CPH. Mr. Amjad Gulzar (ED) led the meeting and described its purpose of initiating the registration process to get the certification. He shared the details of the required documents for online registration and



instructed both the secretaries to send the required documents to Caritas Pakistan office for online submission.

ONE MILLION MORE TREE PLANTATION CAMPAIGN

Consultation Workshop on Climate Change and One Million More Tree Plantation in Karachi

The Consultation workshop on climate change and One Million More Tree Plantation Campaign (OMMTPC) of south region of Caritas Pakistan was held on 29th October, 2021 at Nafessa Wilson Researcher and Training Hall. Karachi. The objectives of the consultation workshop were to understand the impacts of climate change and review the process of OMMTPC in south region and plan for the next two years (2022 to 2023) to achieve set targets. Mr. Amjad Gulzar (ED) facilitated the workshop and talked about the devastating impacts of climate change. The

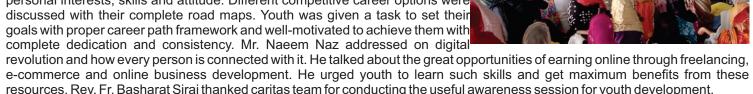


unpredictable weather causes untold damage to innumerable houses; disrupting livelihoods all over. The tree plantation to extreme weather events is one of the best and most cost-effective ways to fight against climate change and save mother earth. Mr. Manshad Ashgar (Executive Secretary of Caritas Pakistan Hyderabad), Mr. Mansha Noor (Executive Secretary of Caritas Pakistan Karachi) and Mr. Amir Robin (Regional Coordinator South) shared the progresses of OMMTPC and its targets for next two years (2022 – 2023). CPH was able to plant 4,650 trees and now planning to plant 150,000 trees. CPK planted 8,100 trees and planning to plant 100,000 trees. CPQ planted 450 trees only due to law in-order situation and impact of COVID-19. They have set a target to plant 50,000 trees. Mr. Amjad Gulzar (ED) concluded by saying that progress of our OMMTPC in 2020 and 2021 slowed down due to COVID-19's strict restrictions. He encouraged all and said that all our diocese units will make collaborative efforts to meet new set targets for the years 2022 and 2023. Caritas Pakistan will organize countrywide campaigns to engaged other Catholic Institutions, Parishes, Schools, commissions and communities to put Pope Francis' encyclical Laudato Si' in action.

CARITAS INITIATIVE FOR EDUCATION PROMOTION CIEP

Seminar on Career Guidance and Online Earning at Guiranwala

A seminar on career guidance and online earning was conducted in collaboration with Catholic Youth Ministry at Nowshera Sansi, St. Francis Xavier Parish, Guiranwala on October 8, 2021. There were 65 youth members who attended the important seminar, Mr. Suneel Ehtisham (Project Officer) gave the introduction of Caritas Pakistan, Mr. Rafig Inavat (Project Officer) facilitated the session and encouraged youth members to choose the right profession in accordance to their personal interests, skills and attitude. Different competitive career options were discussed with their complete road maps. Youth was given a task to set their goals with proper career path framework and well-motivated to achieve them with complete dedication and consistency. Mr. Naeem Naz addressed on digita



Annual Caritas Convention

Caritas Pakistan National Secretariat organized the 8th Annual Caritas Convention at Renewal Center Lahore from 09 to 11 November, 2021. The Convention was of great importance for the Future Direction of Organizational Development. Inaugural Ceremony & Orientation, Education Project Workshop & Planning for Non-Formal Education Sector, Sustainable Agricultural Training of Trainers (SATOT), Caritas Day Celebration – 56th Anniversary of Caritas Pakistan, SAFBIN Launching Ceremony, Planning & Coordination Meeting -Improving WASH facilities in COVID, Training of Trainers (TOT) on Emergency Response Mechanism, Finance Committee Coordination Meeting, Planning & Coordination Meeting – SAFBIN, Executive Director and All Diocesan Executives Secretaries Meeting for Organizational Development and Future Direction, Cultural Night Celebration and Commendation Certificates & Shield Distribution Ceremony were the major events & activities held on the 3 days of Annual Annua Convention. Mr. Amjad Gulzar (ED) motivated all in being sincere with their services and duties. He announced the future projects of opening 2 new offices in Peshawar and Islamabad. He encouraged all to adapt good ethical values to create positive environment in the organizations. "Become guide of the new comers and create environment of growth and self-development" he said. He appreciated the services of dedicated employees and motivated all to give priority to the organization. He encouraged support staff as well for their services behind the banner.



Since 1965

Issue No.173

THE PANDEMIC Pakistan recorded 1,295,933 confirmed cases of coronavirus from July 1 to Sept. 30 21. The third quarter included 10,184 active cases, 28,933 deaths and 1,256,816 recoveries. In the last irter of 2021, National Command and Operation provided guidelines for Sputnik V Vaccine, AstraZeneca ccine, Sinovac Vaccine, Sinopharm Vaccine, PakVac Vaccine, PFIZER COVID Vaccine and for safe Christmas

EMERGENCY - AFGHAN REFUGEE CRISIS

Distributions of Relief Packages Executive Director

The sudden and unexpected fall of the Kabul government in early August 2021 created a quarter of 2021 witnessed some major chaotic situation in Afghanistan. The international accomplishments and successes. Caritas Pakistan airport in Kabul remained major news due to the held relief distributions including corona safety kits scene of chaos since the new setup seized the among different stakeholder in affected areas. Afghan capital on 15 August as the US and Awareness raising sessions & trainings on international forces tried to evacuate citizens and strengthening communities towards COVID-19 vulnerable Afghans. Due to the deteriorating prevention were conducted all over Pakistan. situation, Afghan Refugees started coming to Baseline survey of SAFBIN program was also Pakistan although the number was gradually increasing after the Afghan 'economic meltdown' in the following months. However, at the same time, the Government of Pakistan decided not to accept new Afghan Refugees, stating that Pakistan is already hosting 1.4 million registered Afghan Refugees since decades. Caritas

and organized 8th Annual Caritas Convention in Lahore during December. The convention celebrated togetherness, transformation, volunteerism and personal growth along with SWOT analysis of the organization. Beside this 8th Annual Women Conference was also organized to empower women by promoting their sense of selfworth, their ability to determine their own choices, and their right to influence social change for

Strategic planning mid-term review coordination meetings were also the important events for future | Meeting with the Government Authorities direction and organizational development conducted during last quarter. Tree plantation drives were organized in each diocese unit with the belief of transforming the world into a better place for everyone around us and the future generation under our one million more tree plantation campaign.

The Newsletter of Caritas Pakistan

Dear Readers

Amjad Gulzar

In spite of all the challenges of Covid-19, the last

Caritas Pakistan celebrated its 56th anniversary

conducted in 24 villages of Punjab.

themselves and others.

In the end, I want to express my gratitude towards Pakistan Catholic Bishop's Conference for their encouragement and participation in the events on regular basis at National and Diocesan Level. Our national and international partners had been a huge support and a source of encouragement to serve the communities with commitment. We loud the efforts of volunteers and staff for their dedicated. generous and sincere services.

Pakistan distributed 200 relief packages among

most deserving and needy afghan refugee families in Peshawar. The relief package comprised of food kit, kitchen set, bedding set and hygiene kit. The distribution was organized in consultation with the Commissionerate of Afghan Refugee Peshawar office. First distribution was held on 30 December 2021 under relief project for host afghan families the distribution site at Nasir Bagh area Peshawar, 200 relief packages were distributed by Executive Director Mr. Amjad Gulzar Mr. Kamran Sattar Executive Secretary CPIR, and District Administrator CAR, All the beneficiaries and Car officials expressed their gratitude towards Caritas Pakistan.

Caritas Pakistan is keeping close eye on the situation and field teams are positioning to respond to the situation. Amjad Gulzar Executive Director Caritas Pakistan visited Peshawar and conducted meeting with Government authorities. Mr. Kamran Sattar Diocesan Executive Secretary and Mr. Titus Gill focal person Afghan Refugees also accompanied him during the visit. Government authorities explained that only documented Afghans are allowed to enter in the Pakistan. Therefore, influx of Afghan refugees has been controlled because no one is allowed to enter without document.





5 Caritas Calling

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6 Caritas Calling

Meeting with the Commissionerate of Afghan Refugee (CAR)

Caritas Pakistan has conducted meeting with the Commissionerate of Afghan Refugee (CAR) and discussed the future distribution and other matters. CAR officials appreciated the Caritas Pakistan for transparency, high quality material and well-coordinated approach since the beginning of new Afghan Crisis. It was informed to Caritas Pakistan team that CAR offices in Peshawar have also initiated process of facilitation for more distributions in Peshawar & Quetta. Caritas Pakistan is now allowed to visit the Afghan Refugees Villages, and staff can visit any Refugees Villages but prior information should be shared with relevant CAR Offices due to security and administrative reasons.



EMERGENCY - EVICTION

Distributed food Hampers and Winter Clothing Among the Gujjar Nala Affected People at Karachi

On December 05, 2021, the second Advent Sunday of hope, CPK distributed food hampers and warm winter clothes among the 200 families affected by Gujjar Nala in collaboration with Robin Hood Army (RHA) and Allied Bank Ltd (ABL). The antiencroachment operation conducted by Pakistan government and families were left to fend on their own in St. Philip's and St. Jude's Parishes. Rev Fr. Shahid Boota (Assistant Parish Priest of St. Philip's Parish) and Fr. Mario Rodriguez (Parish Priest of



St. Jude's Parish) led the opening prayer and expressed their gratitude to RHA, ABL, and CPK. "We must trust God always, who is with us in our miserable situations and sends someone for the help" Fr. Shahid Boota Said. Mr. Sameer Baig (Head of Robin Hood Army Pakistan) thanked CPK for facilitating and coordinating during the whole process. Mr. Mansha Noor (ESCPK) said that we are celebrating International Volunteers Day today and talked about the importance of dedicating our time and efforts for voluntary services. He highly appreciated RHA and ABL in his closing remakes.

Organized Evaluation workshop with Staff and Volunteers on Eviction Emergency Response at Karachi

Caritas Pakistan Karachi organized Evaluation and Way-Forward workshop with staff, volunteers and beneficiaries on our relief & recovery eviction emergency response on 23rd of October, 2021 at caritas Karachi office. The objectives of the Evaluation & Way-Forward workshop were to reflect critically by evaluating the project's activities & outcomes and come-up with recommendations for future interventions. The workshop was commenced with prayer and participants' introductory session led by Miss. Sunila Anwar and Miss Bushra James. Mr. Amjad Gulzar (Executive Director) joined the

workshop for proper Evaluation and Way-forward through Zoom-App from Lahore. He appreciated and congratulated Mr. Mansha Noor (Executive Secretary), staff and volunteers for conducting such an important workshop.

Caritas Providing food & Nutrition Baskets with Corona Safety Kits to Deserving Families in Karachi

Caritas provided food & nutrition baskets with corona safety Kits among 35 deserving and marginalized families living in different areas of sacred heart parish of the Archdiocese of Karachi on 28th October, 2021 with the support of church aid agency in Austria. The beneficiaries included all those who are disabled, sick,



widows and families living on daily wages. The ceremony began with Rosary prayer. Awareness sessions on Hand Washing and Covid Prevention Measures were conducted with all beneficiaries. Rev. Fr. Gul Shahzad (Parish Priest of Sacred Heart Church) with Mansha Noor (ES), Mr. Amir Robin(RCS), Sarfarz Anwar (Project Officer) and two catechists Mr. Emmanuel Bhatti and Mr. Younus Rahi were present at the distribution ceremony "Caritas mean Love and Charity, we always reach to the places where no one goes, and we share the Love and Charity with the most vulnerable and marginalized" said Mr. Mansha Noor (ESCPK).

EMERGENCY - EARTHQUAKE RESPONSE

Response to Earthquake Emergency in District Harnai, Balochistan

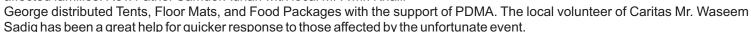
On October 7, 2021, An earthquake of magnitude 5.9 struck parts of Balochistan early Thursday morning, killing at least 20 people, unofficial figures were 50, and injuring over 300 others, the Provincial Disaster Management Authority (PDMA) Baluchistan. More than 750 houses completely collapsed and 2500 houses were damaged and not liveable. The estimated affected population was 55,000 as per Government officials. The earthquake was so devastating in remote villages of District Harnai, that most of the mud houses collapsed. Caritas Pakistan observed during assessment and coordination meetings with GOs and stakeholders that many poor households lost their houses completely, they were not liveable and these families were in dire need of shelter support in extreme winter. Caritas



Pakistan responded to the needs of the Earthquake Affected communities through the EA21/2021 Appeal. Caritas Pakistan provided support to 140 Affected households have increased access to food, 140 Earthquake affected households received and use appropriate hygiene kits and 180 households have improved living conditions through 40 winterized tents and 140 NFIs.

Distributing Relief Material to the People Affected by Earthquake in Quetta

Disaster Relief is important to hasten the distribution of supplies and aid those in need. Given that to alleviate the sufferings encountered during earthquake in Harnai District in Quetta, it was crucial to prepare relief supplies as early as possible to be able to circulate it to the affected families. Rev. Father Samuel Adnan with local MPA Mr. Khalil



Distribution of Emergency Kits in Hydrabad

On 8th October 2021, Caritas Pakistan Hyderabad distributed Emergency Kits that included First Aid Box, Safety Cones, LED Torch, Stretcher, Safety Jacket, Mega Phone and Face Masks, to the DMCs of village Khakho Machi & Bhoro Thakur-Hosri district Hyderabad. Mr. Mukhtar Gill (Program Coordinator) explained the importance of the given kits and gave a training on using the emergency kits in times of need. The DMCs along with village members were very pleased to receive the emergency kits and thanked Caritas organization for such great support.



COMMUNITY BASED DISASTER RISK MANAGEMENT (CBDRM)

Conducted training session on strengthening communities coping practices in Quetta

On 22, October, 2021, Caritas Pakistan Quetta team has conducted training session on strengthening communities coping practices for DMC Ranjan khan khoso, district Jagffarabad, UC, Nasirabad. Mr. Sharafat Sharif Executive Secretary Caritas Pakistan Quetta and Mr. Altaf Hussain have facilitated the training session and DMC has paid thanks to Caritas Pakistan Quetta team for their services in far flung and rural areas of the province



LIVELIHOOD & FOOD SECURITY PROGRAM

Seminar on Nutritious Food and Balanced Diet at the village Bhuro Thakur

On 20th October 2021, Caritas Pakistan Hyderabad organized awareness-raising session on nutritious food and balanced diet for pregnant, lactating women (PLW) and children under smallholder adaptive farming project at the village Bhuro Thakur, Hosri Hyderabad. The session was facilitated by Mrs. Parmeela Sohail senior nursing instructor of St. Elizabeth Hospital unit #7 Latifabad Hyderabad. The facilitator interacted with women and clarified about nutritious food & balanced diet. She explained on the importance of taking three meals on time to meet the body's requirements.

The consumption of unhealthy food items like paan, gutka, chalia and cigarette spoils the received nutritious food which results in weak and an unhealthy body. She provided awareness to Pregnant and Lactating Women (PLW) on; taking maximum benefits from such consumption we have in Pakistan; normalizing blood pressure during pregnancy by consuming salt and sugar water which is a kind of remedy for vomiting, dizziness and headache; the importance of adding milk, yogurt, Ghee, vegetables and fruits in the diet for the health of their babies and themselves.

They must prepare food on time for children under 10 years of age to maintain the balance and fulfil the required nutrition for proper growth.

PRA and Household Survey for SAFBIN Program

Ten PRA tools consisting of social mapping, entitlement mapping, resource mapping, transect walk, agro-ecological mapping, land rights mapping, food ecosystem mapping, seasonality map, TITO (Trade in Trade out) and bio resource flow were applied to understand the village environment, know and learn indigenous practices, recording of farmer practices related to soil and water management and exploration of agronomic and market/economic opportunities for improving farm productivity. Participatory Rural Appraisals (PRA), Focused Group Discussions (FGDs) and interviews of key informants helped to understand social structures, infrastructure in the villages, community assets, access to government schemes and other entitlements, natural and man-made resources in the villages, availability of food from different ecosystems, existing farming systems, buying and selling of products on the market, climate change vulnerabilities, and upcoming or current available government schemes for farmers. The household survey form was developed (Google forms) in consultation with SAFBIN field team and was communicated to the diocesan offices. A sample size of 12 farmers (9 project farmers and 3 control farmers) will be interviewed from each village.







Organic Farming Training

Twelve (12) organic farming trainings, one in each village, were organized in 12 villages of Sahiwal, Sargodha, and Khushab districts with 485 farmers (320 males, 165 female), with the objective to promote sustainable eco-friendly agriculture farming to regain soil fertility, promote biodiversity and reduce dependency of farmers on external inputs. Benefits of organic farming and different methods like composting, mulching, using bio-fertilizers, biological pest control, integrated farming, Effective Microorganisms (EM) Technologies in organic agriculture, use of animal urine, use of green manures, crop diversification and rotation, farm design and bio fencing were communicated to the farmers through lectures and practical demonstrations



SAFBIN Launching at National Level

Caritas Pakistan National Secretariat organized Launching ceremony of SAFBIN program on 10th Dec, 2021 at Renewal Center, Youhanabad. SAFBIN Program in Pakistan is implemented in 24 villages of six districts (Sargodha, Khushab, Layyah, Sahiwal, Gujranwala and Sheikhupura) in close coordination with regional offices, community partners and government departments. The overarching goal of the program project is to contribute to smallholder farmers' capacity to adapt to climate change and promote sustainable agriculture in Punjab region (in line with SDG 1, 2, 5, 10, 12,13 and 15). A key note address by Mr. Amjad Gulzar and overview of SAFBIN program by Mr. Amir Irfan helped participants to understand efforts behind SAFBIN

funding and scope of SAFBIN in Pakistan. This was followed by ribbon cutting and unveiling of SAFBIN logo; SAFBIN song; remarks of Executive Secretaries; launch of SAFBIN calendar; and an inspirational tableau performance by SAFBIN team.



Caritas Pakistan national secretariat organized sixth batch of National Community Development course (NCDC 6th). More than Twenty participants were graduated in a fruitful journey concluding the sixth National Community Development Course NCDC of Caritas Pakistan in October at Lahore. It was held from 1st October till 30th October 2021. The course offered modules on social mobilization, rural development, leadership and conflict management, project designing, management, budgeting, COVID-19 awareness raising and mobilization, communication, report writing, climate change, community based disaster management and monitoring, evaluation and accountability. There was an exposure visit to model projects as well. This whole month was full of learnings and exploring the inner skills for a better future and contribution towards the



community uplift. Several students took stage to share their life changing experience with Caritas and appreciated the community development components learned during the one-month course. Archbishop Sebastian Francis Shaw urged the students to learn more skills. "Move ahead in your life and always look for better opportunities. Even Christians can be good businessmen," he said. Mr. Amjad Gulzar (Executive Director Caritas Pakistan) also urged for an effective teamwork to build community and engage youth.

8" WOMEN CONFERENCE

8th Women Conference was organized on 11th November, 2021 at Renewal Center Lahore Mr. Amjad Gulzar (ED) inaugurated the conference with a welcome note and shared the purpose of this Conference. "We want to promote women leadership in our organization and women to be given opportunities for their empowerment" he said. Welcome song was presented by the students of Annaniah's Rehabilitation Center. Women representatives from each diocese shared on the role of women in eviction, agriculture, emergency, family, economic growth, business and education.







2 Caritas Calling

3 Caritas Calling

4 Caritas Calling