

SAFETY & SECURITY

TRAINING ON FIRST AID AND RESCUE AT ST. JOHN'S CATHOLIC CHURCH

Caritas Pakistan Lahore in collaboration with Punjab Emergency Service (Rescue 1122) organized Training on First Aid and Rescue on July 10, 2017 at St. John's Catholic Church, Youhanabad, Lahore. This training session was attended by 110 community volunteers, teachers from St. John's Boy High School and St. John's Girls High School as well as Bishop John Joseph Middle School, representatives from different churches, catechists and youth especially who are servicing security duty in churches. The facilitators from Rescue 1122 elaborated different safety and rescuing techniques in case of any disaster or incident. The participants were also educated First Aid skills to save lives after any accident or emergency before arrival of expert personal like Team of Rescue 1122. Practical demonstrations were exercised during training for helping other and saving valuable lives. A team of 25 persons were selected by team of Rescue 1122 for formation of Community Emergency Response Team in this area.



HEALTH AND WASH

Health Awareness Sessions

Caritas Pakistan Karachi under their "Improved Community Health with Provision of Safe Drinking water & Improved Sanitation Facilities" Project organized the Awareness Session on Health & Hygiene Promotion with Children's of less privilege area living in Khudi Basti, Karachi on July 03, 2017 with collaboration of New Human Helping Welfare Organization at St. Barnabas Catholic Church. The objective on the session was to create awareness about personal hygienic and focus on hand washing and promote safe hygiene in Children's of less privilege areas. Mr. Safraz Anwar, Social Mobilizer of Caritas was the facilitator of the session he impart the method and steps of proper way of hand washing to all the children. He also shared about the personal hygiene, Such as cutting of nails, daily bath, using of clean towel, daily brush your teeth that way all of you keep clean and healthy and keep away from doctor.



Free Medical Eye Camp with gift of Eye- Glasses

Caritas Pakistan Karachi under their Health Program organized the Free Medical Eye Camp with the Collaboration of New Human Helpline Welfare and Hoor- Ain Homeo Welfare Clinic with the Support of Saylani Welfare Trust on August 06, 2017 at Shahbaz Goth, area of St. Thomas's Parish of Archdiocese of Karachi. The objective of the Eye camp was to provide curative health services among neglected and vulnerable community at their door step. Eighty (80) patients' male, female and Children came in the camp for checkup of their Eyes. Team of Doctors checked all the patients by computerize Machines and gave them advice as per their Eye diseases and recommended for eye glass and operation. The Chief Guest and other honorable guests distributed the Eye-glass among the patient recommended for the eye-glasses.



Installation of Hand Pumps

Three (03) Hand Pumps were installed during August-September, 2017 at Muhammad Khan Goth is the area of St. James's Parish. It was very difficult for the people to access the drinking water. Usually they buy water tank on high rates and often they are not able to get tankers on any rates. Sometimes they get polluted water which affect badly to their health, especially to the children. Some women walk a long distance to carry the water. Now the community members easily can have access to the safe water, which they utilize in bathing, washings etc. the community thinks that one of their foremost problems is solved and they think that now they can pay more attention to their houses and children instead fetching water for the whole day.

Inauguration of Water Tanks

Mr. Amjad Gulzar Executive Director, Caritas Pakistan along with Mr. Mansha Noor Executive Secretary Caritas Pakistan Karachi inaugurated the Water Tanks and Communal Wash Rooms at Shahbaz Goth on September 05 2017.



Launch of "Share the Journey" Campaign in Pakistan

Caritas Pakistan launched global migration campaign (share the Journey) dated September 27. The National Secretariat staff, representatives from diocesan unit and migrants from Nigeria attended the launch ceremony. The Nigerian community living in Lahore (Pakistan) was represented by Mr. Patrick, Mr. Abraham Ejike, Mr. Chinedu Marcellinus, Mr. Nwachi Nweke and Mr. Timothy Agu. The participants were briefed about the goal of this campaign; overall change that we seek to achieve; audience of campaign; and launch of share the journey by Pope Francis in Rome. Together, the participants offered campaign prayer and posed in a reach out gesture. Migrants from Zambia, Cameroon, Philippines and Ghana are also living in Lahore. Caritas Pakistan thanked all participants for their participation and revealed that some more activities will be planned with the migrants living in Lahore to enhance interaction, learning and understanding with the migrants.



Women Leadership and Development Training

Caritas Pakistan successfully completed "Women Leadership and Development Training" from 21-25 August, 2017 organize by Caritas Research and Training Centre. Training aims at empowering and providing an impetus to women leaders, who can become effective tool to empower them. It supports current women leaders from different field of life, students as well as aspiring women village committee leaders, to improve the larger national population's awareness and perception of the role of women as development actor, as effective decision-makers at home and other platforms to demonstrate their leadership abilities and dynamism in advocating on a variety of issues at the local, provincial and national levels. An expert pool of facilitator Ms. Saima Nasim (Child Safeguarding and MEAL officer at SOS Village), Ms. Mehwish Niazi (Youth Development Expert), Ms. Kiran Simon (Liaison Officer of Indus Consortium for Punjab), Ms. Munaza Farooq (Gender specialist) conducted training in an interactive manners on following topics in five days training.



1. Leadership Concept, approaches and principles
2. Social Mobilization Women and Development
3. Women Leadership and Conflict Management
4. Women main streaming and development
5. Gender Based Violence

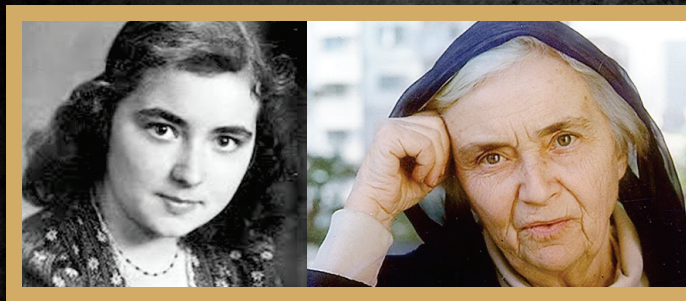
Through different group works, exercises conducted during training women leaders identified key issues and perspectives on women's leadership at all levels of development; exploring ways of enhancing and synergizing women leaders' networks at national and regional levels; developing an inspirational environment - Mr. Amjad Gulzar Executive Director Caritas Pakistan shared that "with the support of women leaders, civil society, government representatives, business and opinion leaders, media and other stakeholders we can support and promote women's leadership agenda nationwide. He further added "Raising general awareness through different trainings for women's participation and leadership in Pakistan contribute toward women empowerment".



PAKISTAN'S MOTHER TERESA TAUGHT US HUMANITY FIRST

Caritas Pakistan is deeply saddened by the demise of Pakistan's "Mother Teresa", Dr. Ruth Pfau - a member of the Society of Daughter of the Heart of Mary who has devoted the last 50 years of life to fighting leprosy in Pakistan. In 1996, with her efforts Pakistan was declared by the World Health Organization to have controlled Leprosy, one of the first countries in Asia to achieve this goal. She simply preached the religion of "Humanity First" through her life. We, the Pakistanis, are very lucky to have such an amazing and marvelous gem of humanity. Words alone are not enough to acknowledge and appreciate her generosity and human work. Hope we all fall into her footsteps and try being good - selfless human being first, and then try anything else. May God almighty rest her soul in eternal Bliss.

Dr. Ruth Pfau



1929 - 2017



Since 1965

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calling

Together We Proceed...



Note by:
Amjad Gulzar
Executive Director

It is my pleasure to present you our third newsletter of the year 2017. We continued implementing development interventions for community empowerment and also focused on capacity building of our staff, volunteers, youth and civil society organizations through various training, learning, exchange and exposure opportunities.

A national workshop on volunteer management enabled the participants to learn about the concepts of volunteerism, conceptual needs and legal framework in managing volunteers in different humanitarian and development interventions. Third annual youth peace camp was also a good forum for youth members to learn and seek new possibilities for promoting peace and harmony in the society.

Trainings on search, rescue, preparedness and first aid further capacitated with Disaster Management Committees at grass root level for extremely vulnerable communities. Two drip irrigation units were installed in district Muzaffargarh under the livelihood program. It improves the efficient delivery of water to plants, especially in environments with a limited water supply.

Women folk has always been given due consideration in our work. For instance women leadership and development training for building women leadership; peace promotion activities with school children, teachers and youth; women entrepreneurship training and distribution of sewing machines encouraged and supported many women/girls.

In the end, I would like to express my sincere sympathy on the loss of Dr. Ruth Pfau who devoted the last fifty years of her life for fighting leprosy in Pakistan. Caritas Pakistan pays tribute to her services and loyalty for eradication of leprosy in Pakistan.

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3rd ANNUAL YOUTH PEACE CAMP

Caritas Pakistan organized a 3rd Annual Youth Peace Camp from August 03 – 06, 2017 at Retreat & Renewal Centre, Murree. Youth comprises of 35 participants from three catholic diocese of Pakistan including Multan, Faisalabad and Lahore participated in that four days youth camp. The overall aim of the Youth Peace Camp is to engage young people in interactive workshops and recreational activities that promote peace, intercultural dialogue and respect in diversity.

This youth peace camp includes motivational sessions, catholic social teaching, youth development, leadership skills, peace building, social harmony and exposure visit. It will also provide an opportunity for youth to enhance their coordination and communication in order to finding out new possibilities for the promotion of peace building and social harmony in the society.

Mr. Amer Anwer (National Coordinator, Caritas Pakistan) conducted sessions on Peace Building, Concepts, Approaches and Tools of Peace Builders during Conflict Management. He also delivered a session on "Role of Youth in Peace Building" whereas a SWOT Analysis was conducted on Christian Youth followed with a session on Leadership and Youth Development.

This youth peace camp also allows Caritas Pakistan's youth peace committees from different districts to engage in dialogue and conflict transformation activities based on peace education and intercultural learning. Through Youth Peace Camp these young people gain a positive experience in living and learning together. The closing ceremony was attended by the Executive Director, Mr. Amjad Gulzar.

"The main objective of involving youth in our peace building program is to prepare young individuals to play a leadership role in future and to keep them abreast of the global peace and security situations. From this type of platforms for youth, the members not only interact with youth at national level but at the same time they share information with the youth of their communities and cultures" – Said Mr. Amjad Gulzar

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PEACH

National Workshop on Volunteer Management

Caritas Pakistan organized Re-echo of “National Workshop on Volunteer Management” 29 Jun-01 July, 2017 at Caritas Pakistan National Secretariat. Volunteers, staff members and students from different regions and diocesan units of Caritas Pakistan participated in the workshop. Day 01 of training was filled with wonderful exhibition of enthusiasm and participation by attendees in topic which is backbone of CARITAS PAKISTAN. Concept of volunteerism including their roles at diocesan level, their conceptual needs, legal framework and documentation were the main points of discussion through different interactive discussion among the diverse group of people. Moreover a 9 steps system for Volunteer Management connecting the volunteers with the community were the part of main discussion of the day Executive Director Mr. Amjad Gulzar encouraged all the participants to provide maximum attention and space on topic of VOLUNTEER MANAGEMENT to diverse groups of participation for better learning environment.

Cash Transfer Programing in Humanitarian Response

Cash Transfer Programming in Humanitarian Response (Re-echo) on September 13-15, 2017 in Lahore, Pakistan. 30 participants including Executive Secretaries, Finance Managers and Program Officers attended the training. Main contents of the training were, What, When and Why cash transfer, Practical applications of cash transfer, Market Assessment, Baseline, information & data collection, Market Analysis, Deciding the modality of CTP, Design and planning and Monitoring of CTP. Cash Transfer guidelines developed by national Disaster Management Authority (NDMA) were also shared with participants.

As two diocesan units already have experience of cash transfer programing implementation in rehabilitation programs. Application of cash transfer programing was discussed with diocesan units and Caritas Pakistan planned to adopt cash transfer programing in emergency response interventions of Caritas Pakistan. Emergency response is mandatory program of Caritas Pakistan and we will keep it updated with latest humanitarian practices and techniques. PEACH project has provided us wonderful opportunity and platform which is helping us a lot, said by Mr. Amjad Gulzar, Executive Director Caritas Pakistan.



COMMUNITY BASED DISASTER RISK MANAGEMENT (CBDRM)

Mass scale Awareness & Village Disaster Mapping at Hanjli Mehtab Pur

Caritas Pakistan Lahore organized Mass Scale Awareness Seminar for community preparation and Village Disaster Mapping on August 30, 2017 at Hanjli Mehtab pur, Pasrur, Sialkot. The members of 10 Disaster Management Committees of different villages participated in this exposure visit. Community volunteers of trained communities and Caritas Community Worker (Mr. Javed Nino) facilitated this event. Community members especially women participated actively and presented village disaster maps of respected village.

Training on Search, Rescue, Preparedness and First Aid

Caritas Pakistan Lahore organized training on Search, Rescue, Emergency Preparedness, Response and First Aid at village Dulam Kahalawan and village Kang on July 14 and August 18, 2017 in Pasrur, District Sialkot. Volunteers and members of Disaster Management Committee (DMC) were the participants of these trainings. The objective of these trainings were preparing communities for response in case of any kind of emergency & floods under the Community Based Disaster Risk Reduction Program. A team of Community Volunteers from trained by Caritas Pakistan along with Mr. Javed Nino (Social Mobilizer-CPL) facilitated these sessions. Practical examples were quoted during the training and also demo for first aid were expressed during training for better training.



LIVELIHOOD & FOOD SECURITY PROGRAM

Distribution of Handtools: Handtools were distributed among small and poor farmers of village 548/TDA district Muzaffargarh. A total of 61 farmers (23 male and 38 female) received handtools consisted of sickles, hoes, and hand trowel etc. on July 27, 2017. Mr. Shahid James, Social Mobilization Officer facilitated farmers and maintained proper record of distribution of handtools.

Drip irrigation Units: Drip irrigation system is originally developed for agricultural applications as a way to improve the efficient delivery of water to plants, especially in environments with a limited water supply. Two drip irrigation units were installed in village 547/TDA and 548/TDA district Muzaffargarh in August 2017. Mr. Nazir Bahadur and Mr. Shaukat Rehmat, the two beneficiaries of these units donated piece of land and their families also contributed in doing labor. The material used for installation is consisted of green net, bamboos, PVC pipe, soft pipe, valve, plastic drum, LDP pipe needle and thread etc. Prior to the installation, Mr. Shahid James visited two drip irrigation units and gained proper information. The farmer families have cultivated spinach, coriander, turnip, radish and other vegetables for their home consumption.

Organic Farming Training: Eighty farmers from village 39/NB and Their, district Sargodha received training on compost making, preparation of bio-pest repellent and grain storage dated 10 August, 15 August, 20 August and 22 August respectively. Mr. Manzoor Masih, Social Mobilization Officer based in Sargodha facilitated these training.

CASE STUDY

Rubina Gulzaz: A beneficiary of Farmer Field School

Village 38/DB, District Khushab

Rubina is a farmer from village 38/DB, district Khushab, which is characterized as a rain fed area. Her family owns six acres of land and cultivate groundnut, wheat, and fodder crops. The soil is sandy, which gives low yield. Her village is 70 kilometers away from city. Buying vegetables everyday was a challenge. Her association with Caritas started in 2009, when farmer field school was established in village 38/DB. She was amongst 25 farmers selected to receive training and education through farmer field school approach. She also received training on kitchen gardening. She replicated best practices at her home by growing vegetables on 1/8 acre (605 square yards piece of land). She not only consumes fresh and organic vegetables at her home but also sells vegetables in the village. She earned good income from vegetables and sent her children to hostels for education. By selling vegetables she earns 30000-35000 PKR in a season (283-330 US Dollars). She has become a good support for her family.

Entrepreneurship Training in Karachi

Ms. Samina Maqbool Trainer / Social Mobilizer facilitated sewing, cutting and dress making course at Skill development Center of Caritas Pakistan Karachi and trained thirty eight (38) young girls and women from St. Paul Parish. The objective of the training was to teach and develop entrepreneurship skills among the unskilled and untrained girls and women to enhance their livelihood opportunities.

Skill Promotion among youth to defeat unemployment

Caritas Pakistan Karachi with Collaboration of Prem Sagar Welfare and Support of United Nation Development Program (UNDP) organized the inauguration Ceremony of the Skill Development Center under Youth Employment Project (YEP) of UNDP at Nafeesa Wilson Researcher and Training Hall. The aim of the Youth Employment Project was to train 500 unskilled and unemployed minority youth in the trade of machine operator and quality checker for garment Industries. His Grace Joseph Coutts, Archbishop of Archdiocese Karachi was the Chief Guest of the inauguration Ceremony and inaugurated Skill training Center with other distinguish Guests. Thirty unskilled youth successfully completed their training of Quality Checker and Machine Operators. On July 29th 2017 Caritas Pakistan Karachi organized the first certificate distribution ceremony among 10 quality checkers and 20 machine operators. Mr. Robin Yameen (SSP Railway) was the chief guest of the ceremony, while Dr. Richard Marshall, Sr. Angelina and Sr. Talat (from FC Sisters), Mr. Kelash Sarhadi (from Masterpeace) were also present at the occasion.

Distribution of Sewing machines

Caritas Pakistan Karachi distributed sewing machines to support poor girls and women in starting their income generation activities on 8th of September 2017 at Nafeesa Wilson Researcher & Training Center, Karachi.



PEACE & SOCIAL HARMONY

Trainings of Trainers for NGO's & Youth Groups

Caritas Pakistan Lahore and Multan organized a one day workshops on “Training of Trainers for NGOs and Youth Groups” on September 27 at Saleem Colony, Gujranwala and on September 30 at Boland Hall, Bishop's House Multan Cantt. The trainings sessions included lectures & discussions and experience sharing regarding social and religious diversities, group works. There are different kinds of violence in our country. Many times we ignore violence as long as it is not affecting us. However, violence happening to others is happening to us, and injustice in one corner of country is injustice to all the society. Being a citizen of the country everyone should be play their role for peace building and especially how NGOs and youth group's representatives play their role for peace building because no development and prosperity in the society without peace. There were 35 participants including 25 males and 10 females in Multan's training whereas 30 youth members ensured their participation in Gujranwala including 20 males and 10 females.

Peace Wall Painting at St. Anthony's Boys High School Sialkot

Caritas Pakistan Lahore organized Peace Wall Painting at St. Anthony's Boys High School Sialkot on September 25, 2017. Mr. Rafiq Inayat (Project Officer) highlighted the purpose of this event that create awareness about peace building and promote brotherhood/friendship among the students and teachers in the school. The Student placed their hand prints and teachers signatures on peace wall to show their gestures towards peace among the society.

International Peace Day

Caritas Pakistan Lahore organized a peace walk on the occasion of International Peace in Narowal city on September 21, 2016. People from different walks of life like students, teachers, youth, members of civil society organizations, members of line departments, community leaders and community members participated in this walk. The purpose of this walk was raising awareness for peace among community. The walk was led by Rev. Fr. John Joseph (Parish Priest – Narowal Parish), Rev. Fr. Emmanuel Mushtaq, Sr. Shamshad Peter (Principal St. Paul's High School) and Mr. Rafiq Inayat (Project Officer). Mr. Javed Neeno and community volunteers played a vital role to make this event

Training of youth

Caritas Pakistan Multan organized a training of youth for peace club members about peace building approach, concept, tools, principles, conflict resolution skills, mechanism for reconciliation and challenges of peace builder. The training was organized on July 14, 2017 at Boland Hall, Bishop's House Multan Cantt. Youth representatives from three Gulzaib Colony, Jameelabad and Saeed Colony, Multan participated in the event. There were total 30 participants including 19 Males and 11 Females. During the training, it was briefly described about the roles and responsibilities of Youth to play their roles as Peace Ambassador. Different strategies were discussed about youth development and empowerment to become a successful person of the community. The youth peace club members also replicate these trainings to their community.

The topics were covered in these trainings are as under

1. Role of youth in community development
2. Role of youth in promotion of peace building and social harmony
3. Conflict Resolution Techniques
4. Role of Youth Leaders

Training of Reporters and Journalists

Caritas Pakistan Multan organized a one day workshops on “Role of Media in Peace Building” on July 18, 2017 at Boland Hall, Bishop's House Multan Cantt. The training sessions were designed on the concept of “Peace Journalism” which promotes the understanding and cultural sensitivity in journalist's messages and how a journalist should report by focusing on “conflict transformation” between among different religions. The Resource Persons indicated the role of reporters especially the journalists who are also known as opinion makers; how they can play their role toward building a peaceful and friendly environment between people from different casts, religions and ethnicity living in the same place. There were 25 reporters from different news agencies including 17 males and 08 females.

