

TREE PLANTATION CAMPAIGN



Accomplishment of One Million Tree Plantation Campaign (2016-2019)

Caritas Pakistan celebrated the accomplishment of its One Million Tree Plantation campaign on 21st November, 2019 at Renewal Center, Lahore. The event was organized by Caritas Pakistan National Secretariat (CPNS) and more than 100 staff members and volunteers from all seven diocesan units participated. Different bishops including Cardinal Joseph Coutts, Bishop Benny Trivas (Chairman Caritas), Archbishop Sebastian Shaw (Deputy Chairman Caritas), Archbishop Joseph Arshad, Bishop Victor Ganapragasam and Bishop Indrias Rehmat planted trees to mark the culmination of One Million Tree Plantation Campaign (2016-2019) that started on December 14, 2016 and completed in November 2019. "It is time to celebrate the achievements of campaign within the set time duration. It was a great motivation that many people took this campaign as an inspiration and took initiatives on their own and planted trees by involving their community members. The mission will continue under "One Million More Campaign" as Pakistan still lies in the top countries vulnerable to Climate Change" said Mr. Amjad Gulzar. The appreciation shields were presented to the honorable Bishops, Diocesan Executive Secretaries and staff members who effectively played their part in planting one million trees in Pakistan. The campaign provided Caritas staff an opportunity to build stronger networking with government departments, educational institutions, church commissions, ministries, volunteers and community members.



ONE MILLION MORE TREE PLANTATION CAMPAIGN LAUNCHED IN PAKISTAN

Caritas Pakistan launched One Million More Tree Plantation Campaign that will proceed from 2020 – 2023. Mr. Amjad Gulzar (Executive Director) along with Bishop Conference, Caritas National and diocesan staff and volunteers launched the campaign on 21st November by releasing the banner of "One Million More Campaign" in the air as a mark to make the Pakistan Green. More than 100 participants including Caritas Staff and volunteers joined the inauguration ceremony with great zeal and zest with a spirit to accomplish another campaign effectively. The honorable dignitaries then lead the walk by holding "One Million More Tree Plantation campaign" with great enthusiasm in the Renewal Church Compound as to mark the concern towards climate change and implementation of the initiative of planting one million more trees in Pakistan. Caritas Pakistan recently accomplished its campaign titled "One Million Tree Plantation Campaign" 2016-2019 by successfully completing the target by planting trees countrywide. The bishops conference congratulated Caritas Pakistan on great achievement, gave their best wishes and ensured their equal coordination and support at all times. The Executive Director motivated all the diocesan units to continue the campaign with the same enthusiasm as to mark the love for the nature and to spread the interventions to combat the effects of climate change.



BILATERAL PROJECT

Caritas Eco Green Club of Special Children.

Caritas Pakistan Multan (CPM) formed "Caritas Eco Green Club" with around 120 special children at Umeed Gah (Special Education Center) Multan. Mr. Amjad Gulzar (Executive Director) and Mr. Samuel Clement (Executive Secretary CPM) along with CPM staff were warmly welcomed by Mr. Sarfraz Barkat (Umeed Gah Director) on 24th October, 2019 and took a round of the center and met children and their parents. The further activities to be conducted with Eco club children were planned and discussed.



World Mental Health Day on 10th October

Caritas Pakistan Islamabad/Rawalpindi (CPIR) celebrated World Mental Health Day under Street Children Project in collaboration with educational center named School of Hope at Rimsha colony, Islamabad on 10th October. School dropouts were educated through Street children project and the drug addicts were also focused to recover with regular trauma counseling sessions.



Around 50 participants, including students and teachers were gathered to raise awareness for the global community helping people feels hopeful by empowering them to take action and create lasting change. Ms. Madiha Yaqoob and Mr. Ramiz from Preston University Islamabad were the resource person who held activities to prevent child harassment and also demonstrate relaxation and laughing techniques. They also conducted separate meeting with Teachers and Street Children project staff and briefed them about improving performance of weaker children by maintaining their psychological state of mind.

21st Anniversary of Annanias Rehabilitation Center.

Caritas Pakistan Lahore (CPL) is running Annanias Rehabilitation Center (ARC) for visually impaired females to rehabilitate differently able children as normal human being in the society. Mr. Amjad Gulzar (Executive Director) along with National Secretariat and CPL staff expressed solidarity with the children by arranging and joining at their annual gathering to celebrate the 21st birthday of the center at Race Course Park, Lahore on 25th October. Around 50 students, teachers and staff members planted several trees at the gathering spot. Parks and horticulture authorities sponsored the tour. The students presented beautiful songs and tableau. The special day of ARC was marked by Cake Cutting Ceremony at National Secretariat. Mr. Amjad Gulzar congratulated the ARC members adding the humanitarian organization is further planning to focus on disability as a separate component so the hidden abilities could be highlighted instead of disabilities."



Caritas Promote Skills among Youth to Defeat Unemployment

Caritas Pakistan Karachi with Collaboration of Technology Upgradation Skill Development Company (TUSDEC) and Support of United Nation Development Program (UNDP) organized certificate distribution ceremony regarding the Sale Assistant Training under Youth Employment Project (YEP) of UNDP on 10th October, 2019 at Nafeesa Wilson Research and Training Hall. Mr. Mansha Noor, (Executive Secretary CPK) said that Caritas Pakistan always aims for the training of unemployed youth in the trade of Sales Assistant and Call Center Agent for Retail Industries. The trainings including entrepreneurship, home based business skills, technical skills for sewing and tailoring. Many of the trainees got jobs and some are running their own home based small business. Rev. Fr. Nazar Nawab (chief guest) congratulated all the successful trainees in his remarks and wished them a bright future. He also asked the trainees present at the occasion to inform other unskilled and deserving youth to join the Youth Employment Project and enter in the retail sector.



Distribution of Sewing Machine for Sustainable Future.

Sewing machines were distributed among 30 skilled and deprived deserving women by Caritas Pakistan Faisalabad (CPF) on 23rd October, 2019. His Excellency Bishop Dr. Indrias Rehmat, Mr. Aneel Mushtaq (Executive Secretary CPF) and representatives of the Huafo Company honored the distribution ceremony by their presence. The program was followed by the opening prayer led by Bishop of Faisalabad dioceses and warmly welcomed all the participants. Thereafter, Mr. Aneel Mushtaq thanked all the participants and honorable guests for sparing their valuable time for this event. Further, he shared the humanitarian work of Caritas and also urged the people to always support one another through positive gestures and attitudes. Some beneficiaries of the distribution ceremony shared their future plans that how will they get benefit from the sewing machines. His Excellency appreciated Caritas team efforts for making this event successful and also motivated the beneficiaries and said, "All should get benefit from this grant and also support their families economically for having a sustainable future".



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EARTHQUAKE RELIEF EFFORTS BY CARITAS PAKISTAN



Note by:

Amjad Gulzar
Executive Director

At this point of departure of 2019, I recall last few years had been commendable. The challenges and opportunities in the field and operations redefined the role of Caritas Pakistan strongly rooted in solidarity, social justice and integral human development.

Our One Million Tree Plantation Campaign (2016-2019) continued its momentum in the last quarter as priests, forest department officials, corporate sector, teachers and students reinforced their efforts in planting and protecting trees in schools, grounds, communities and even graveyards. I would like to thank the Pakistan Catholic Bishops Conference for celebrating the culmination of this campaign in November in Lahore. With their official endorsement, Caritas Pakistan launched "One Million More" Tree Plantation Campaign (2020-2023). I urge all stakeholders to support this movement with the same enthusiasm to contribute our share for the nature and environment.

Our love for green continues to grow and besides this our great event of annual 6th women conference was held in October. Our women staff members and volunteers from different dioceses joined over 150 women from different fields of life to raise the voice of empowerment and motivation. CP will continue providing platforms especially to marginalized women to build confidence and to find appropriate solutions to the challenges they are facing. Lastly our thoughts and prayers for the victims of 5.8 earthquake that hit Mirpur District of Kashmir in September. The winter made it hard for survivors to get back to normal life. CP supported 100 families with relief items through CPIR. Many thanks for all the wonderful and meaningful initiatives that you all had been managing in 2019. We have planned to create and design a few new projects in 2020 to take the mission of Caritas to the level of impact in the communities.

Wish you Merry Christmas and Happy New Year ahead.

Second Relief Distribution in Mirpur.

Caritas Pakistan Islamabad/ Rawalpindi (CPIR) distributed 60 relief packages to the most affected and deserving families on 18th November, 2019 at Mirpur, Azad Jammu Kashmir. Mr. Kamran Sattar (Executive Secretary CPIR) along with Rev. Fr. Yaqoob Shahzad and CPIR Staff members held the distribution ceremony. "Caritas Pakistan served its solidarity with affectees of earthquake and contributed its best in restoring their losses to get their lives back to normal routine" said Mr. Kamran Sattar (Executive Secretary CPIR).

Wheat Seed Provided to Poor Farmers

Caritas Pakistan marked the 54th anniversary of its humanitarian assistance by distributing free wheat seed to poor farmers and shepherds in a remote part of Karachi. Mr. Mansha Noor (Executive Secretary CPK) said "We have provided support of 50 kilograms of wheat seed to small farmers in Gadap Town who had faced a prolonged period of low rainfall". Fr. Saleh Diego (Vicar General of Karachi Archdiocese) further briefed that the objective was to create awareness among farmers about hunger and food security.



DISASTER RISK REDUCTION

Caritas Pakistan Karachi Celebrates Dedication of its Volunteers

Caritas Pakistan celebrated International Volunteer Day with the theme of "Volunteers for an Exclusive Future" and Caritas Day at Cardinal Joseph Cordeiro Auditorium Christ the King Seminary in Karachi on 7th December, 2019. Volunteers received awards and certificates at the event to mark their contribution. "I am happy that the Catholic Church is aware of the needs of the people and I really appreciate the work of Caritas Pakistan for its service and help to the poor in our society," said Senator Anwar Lal Deen. "The "One Million Trees Plantation Campaign shows the love and care it has for the country." Fr. Kamran Taj, Rector of Christ the King Seminary, congratulated all the volunteers for their dedication in serving the most vulnerable sections of society. Mr. Mansha Noor (Executive Secretary CPK) urged volunteers to continue the remarkable jobs they have been doing. Noman Peter of the National Commission for Justice and Peace said that for the Church a volunteer is someone who renders a service or takes part in a transaction while having no legal concern or interest. "Often within a church, volunteers are members that want to use their talents or their background to aid the people and fulfill its needs with service and actions rather than money," he said. Dr. Daniel Bashir, a Catholic doctor at Jinnah Hospital, said that "volunteerism starts with positive thinking and with your own initiative; it's actually thanking your own talents which are God gifted in you." A volunteer is generous, aware of needs, has a spirit of working in a team and is ready to serve people in his or her own time, he added.



International Day of Volunteers at Jhang

Caritas Pakistan Faisalabad (CPF) organized Volunteers International Day with a theme of "Volunteer for an inclusive future" at Moza Almasharki UC 30 peerkot tehsil and district Jhang on Dec. 5. There were 100 participants including community, volunteers and Caritas Faisalabad team members. Mr. Aneel Mushtaq (Executive Secretary CPF) officially welcomed all the participants who absolutely support volunteerism and play their important role for the development of the organization and said "Commitment of all the volunteers is highly appreciated and this day is especially dedicated to all of them and we wish them all the luck to keep working with the high spirit for the future good work and assured all time support of Caritas for the development of their areas." The panel discussion of the volunteers was moderated by Ms. Shakeela Noor (Program Coordinator) in which they shared their great experience that how Caritas have build their capacities and provided them different trainings including Traditional Birth Attendant (TBAs), Rescue 1122 and other safety and security drills as being the community members of the flood prone areas. "I am glad to see the equal participation of males and females who are also serving as volunteers and always shows great concern for the welfare of the community" said Ms. Shakeela Noor.



His Excellency Bishop Benny Inaugurates Safer Shelter for Flood prone community.

Caritas Pakistan Multan (CPM) conducted Disaster risk reduction analysis and assessment and identified prevention and mitigation measures to build community resilience in 14 target villages of District Muzaffargarh, as it lies on the bank of Chenab River. His Excellency Most Rev. Bishop Benny Travas- Bishop of Multan and Chairman Caritas, inaugurated Safer Places for flood prone community of two villages of UC Rangpur Balkana and Bagian in district Muzaffargarh on 16th October, 2019. Deep well hand pump was also inaugurated in Village Behram Pur and 50 tree saplings were also planted around safer places.



Caritas
Austria



European-Asian Partnership for Building Capacities in Humanitarian Action (PEACH) *This project is funded by EU*

Training on "Information Communication Technology for Development"

Five days' workshop on "Information Communication Technology for Development" (ICT4D) was organized at National Secretariat from Sept 30 - Oct 4. It is a dire need of workers to reach to the beneficiaries and collect information for the appropriate implementation of different projects and to transfer data especially in times of disaster. 20 staff members attended. Basic terminologies related to ICT4D and its benefits were discussed to improve communication system for rapid data collection. The components include, end user, connectivity for communication & database software. The workshop enhanced the capacities of participants to grow in the field of technologies by following Comm Care that results in making and designing of Application. "We should always be committed to learn the new techniques which helps us for making our organization strong by utilizing them for new projects and program. This type of trainings should further be arranged for the field teams. He also congratulated all trainers team for completing this five days' course" said Mr. Amjad Gulzar (Executive Director).



6th Women Conference – Empowering women is the only choice.



Caritas Pakistan organized "6th Women Conference" from October 4-5 2019 at Loyola Hall, Lahore under the theme Empowering Women is the only Choice. His Grace Archbishop Sebastian Francis Shaw honored the event by his kind presence. The conference was affirmation of Caritas Pakistan's commitment to women empowerment through learning, facilitating and appreciating their efforts. The primary objective of conducting this conference was to provide them an opportunity to learn, share their best practices and acknowledge their services. Around 120 Women farmers, tenants, entrepreneurs, teachers, housewives and volunteers participated from different districts of Pakistan.

The conference focused on role of Caritas Pakistan in women development; facts about women development in Pakistan and plenary sessions with input from women speakers from government and non-government organizations. "It's time to celebrate the achievements of women and dedicate this day to all the women and to further encourage them to come up with great work. It is important to empower them, acknowledge their efforts and make them part of decision making at different levels, said Mr. Amjad Gulzar (Executive Director Caritas Pakistan).

Executive Director of Caritas Pakistan visited target villages under SAFBIN Program.



Caritas Pakistan Executives joined Caritas Austria team in launching SAFBIN booklet and "I am the solution" postcard on October 15 2019 at SAFBIN office Sargodha district. The visit in Punjab villages aimed at reviewing outcomes of SAFBIN project in 2 districts of Caritas Pakistan Islamabad Rawalpindi diocese. The project is presently benefitting 900 household of small farmers in 20 villages. Mr. Amjad Gulzar (Executive Director) Caritas Pakistan and Mr. Kamran Sattar (Executive Secretary CPIR) thanked Sargodha district officials for supporting the project. In view of Mr. Aslam Khan Agricultural Officer Sargodha, the project is aiding government workers in reaching out to grassroots. "It helps us in having a clear picture and focus on difficulties of poor farmers in small areas. It is hard for us to cover the whole province.

The program has helped in increasing local varieties," he said. In a community meeting, the local VRP (village resource person) briefed about three SHFCs (small holder farmer committees) including one women group headed by a female farmer. Mr. Amjad Gulzar later visited a resource center handing over 25 kilograms of wheat seed to a farmer on sharing basis. The team also visited village 34 SB and the parish house in 36 SB. "Better crops will not only benefit farmers but also improve climate of our country making it greener. We shall promote SAFBIN program in Lahore and Faisalabad to help more farmers. Their unity is essential for the progress of the country," said Mr. Amjad.

CARITAS GENERAL BODY MEETING AT LAHORE

The General Body meeting held in Lahore on 21 November, 2019 comprised of honorable Bishops, clergy members, Board members, Executive Secretaries, partners and other designated members from all diocesan units. Caritas Pakistan Annual Progress report and financial statement for the year 2018 were presented and approved by the General Body. The General Body members were briefed about process of strategic plan and main findings of national consultation. The General Body unanimously endorsed Caritas Pakistan's strategic plan for the year 2020-2023. The successful completion of "One million tree plantation campaign (2016-2019)" was appreciated by General Body members and assured support for the newly launching campaign of "One Million More" Tree Plantation Campaign (2020-2023)".



Caritas Staff and Volunteer Convention.

Caritas Pakistan organized 6th Annual Caritas Staff and volunteer convention from 21st-24th November, 2019 at Renewal Center, Lahore. More than 80 participants from all seven diocesan units gathered with a high spirit and motivation to commemorate the accomplishments of the year 2019 and a way forward to achieve the set targets for the upcoming phase of strategic planning for the year 2020-2023.



HEALTH & WASH

Distribution of relief material to dengue affected community

Following the dengue epidemic in the country, Caritas Pakistan Islamabad/Rawalpindi (CPIR) in consultation with Caritas Pakistan National Secretariat (CPNS) distributed Hygiene kits and mosquito nets among 62 dengue affected families in Fatima villa Islamabad on 19th October, 2019. His Grace Archbishop Dr. Joseph Arshad (Chief Guest) accompanied by Mr. Amjad Gulzar (Executive Director CPNS) and Rev Fr. Sylvester Joseph, along with CPIR Staff in aiding the relief material to the dengue affected community.



Hygiene awareness seminar on dengue prevention

Caritas Pakistan Islamabad/Rawalpindi (CPIR) conducted a seminar focusing "Hygiene awareness on dengue prevention" under EA/21 Pakistan Flood response, at Fatima villa Islamabad on 19th October, 2019. The seminar was honored with the kind presence of His Grace Archbishop Dr. Joseph Arshad and Mr. Amjad Gulzar (Executive Director Caritas Pakistan). Around 80 participants attended the session and gained knowledge to control the spread of dengue fever by eliminating the sources through which the dengue transmitting mosquito multiplies in number. The symptoms and prevention of the epidemic were also shared. "Caritas is always at the forefront in responding to the natural disasters and to control the spread of related health epidemics" said Mr. Amjad Gulzar. Archbishop Dr. Joseph Arshad, expressed his well wishes for the victims and also prayed for their instant recovery and normalcy to life. Thereafter, dengue awareness flyers published by CPIR were distributed among all the participants.



Free medical camp at Sacred Heart Cathedral Lahore.

The month of October, 2019 is declared as an Extraordinary Month of Mission by His Holiness Pope Francis. This special month of prayer and action calls us all to renew our missionary commitment and it was greatly observed this Sunday, by offering a Holy Mass especially for the sick individuals at Sacred Heart Cathedral Lahore dated October 20th. The patients were blessed with the Holy Oil after the Sunday Mass. Thereafter, Caritas Pakistan Lahore (CPL) set medical camp by having special blessings of His Grace Archbishop Sebastian Francis Shaw and with great cooperation of Rev. Fr. Mushtaq Pyara (Rector-Sacred Heart Cathedral). The free medical camp supported the ones, who cannot afford their medical checkup and unable to get medicines. Almost 75 patients suffering from different diseases were examined by the qualified Doctor. CPL generated funds from local resources and aided medicines to the deprived patients as per doctor's prescription.



CARITAS INITIATIVE FOR EDUCATION PROMOTION (CIEP)

Celebration of World Food Day at Caritas Community School.

The World Food Day was marked by the students of Caritas Community School (CCS) at Habib Colony under Caritas Pakistan Lahore on 16th October, 2019. The day was celebrated in facilitation of Ms. Afshan Rehan (Teacher) and Mr. Waqas Ilyas (Social Mobilizer) and the students were made aware about the importance of this international day and nutritional importance of proper meal including vegetables and fruits. They were made conscious of the fact that how much struggle has been put to make it possible to reach the food in our plates. Students were urged not to waste food in any shape and we must always be thankful to the Lord for His abundant blessings. Thereafter, children shared their home made dishes happily with each other and enjoyed this learning session on the importance of food.



Third training of teachers held in Lahore

Caritas Pakistan is focused on increasing the literacy rate in Pakistan through its "Caritas Initiative for Education Promotion" (CIEP) project that started in January 2019. For this purpose, three days training workshop was organized from 3-5th October, 2019. All diocesan project officers (DPOs and Facilitators of the training) along with teachers of "Caritas Community Schools" (CCS) from six project implementing dioceses approximately 20 in number, accumulated at Caritas Pakistan National Secretariat for a focal point "Teacher Training and lesson learnt on multi-grade teaching". Group works and presentations were held in supervision of main facilitators, Ms. Anila Gill (Education Program officer), on the objective of progress sharing of first implementation phase and challenges faced. Different sessions were conducted including multi-grade Teaching (Mr. John Rehmat CPK), Teaching methodologies and approaches in multi-grade teaching (Ms. Rabia Tariq CPNS), Activity designing for multi-grade teaching (Ms. Mishal Naseem CPH) and Way forward approach to scale up Caritas Community Schools (Mr. Aneel Mushtaq Executive Secretary Faisalabad). The participants were acknowledged by awarding certificates for their enthusiastic involvement in the training, that contributes in effective implementation of the project. "CIEP is not just a project but a movement to make education accessible to those who are unreached of this basic need, particularly dropouts and child labors and teachers should not consider it a job but a reformer of positive change in nation" said Mr. Amjad Gulzar (Executive Director). "The role of a teacher is very important. The biggest responsibility is to understand the psychology of students."

