

Smallholder Adaptive Farming and Biodiversity Network

Review of SAFBIN Program

Caritas Pakistan organized a mid-term review and coordination meeting at National Secretariat on 5th October to review the progress of SAFBIN (Smallholder Adaptive Farming and Biodiversity Network) program. The primary focus of the meeting was to review the process of PRA, its tools and focused group discussion (FGDs) in the targeted villages of Khushab and Sargodha. Furthermore this meeting also discovered the challenges; gaps and problems faced by DPOs (District Program Officers) and VRPs (Village Resource Persons) while implementing SAFBIN program. The VRPs and DPOs gave their feedback on PRA process and planning for household survey and record maintained by field team was assessed. Based on the gaps identified action points were reflected and planning of activities for the period October 2018 to March 2019 was also discussed.



SAFBIN launch in District Sargodha & Khushab

SAFBIN program was launched in two districts of Sargodha and Khushab on 9th & 10th October. The ceremony was attended by 115 participants in both districts consisting of farmer representatives from 10 target villages, priests, Govt officials of agriculture, irrigation, livestock department, SAFBIN field staff and representative of diocesan office. "SAFBIN project is such project which strengthens the smallholder farmers; build their capacities and way of life," said Mr. Amjad Gulzar (Executive Director Caritas Pakistan) in key note. The purpose of this launch event was to introduce SAFBIN program with government officials at district level. The main contents of this event included introduction of Caritas Pakistan, SAFBIN program and technical input on livestock, agriculture production and climate change challenges.

Caritas provides support to small farmers

Caritas Pakistan distributed wheat seed to 48 small farmers of Sargodha district. The farmers belonging to different villages of Sargodha received recommended varieties of wheat seeds on November 9. Around 75 beneficiaries from targeted villages of district Khushab were provided with canola seed, wheat seed and supported with cowshed material on November 11. The beneficiaries thanked and assured their cooperation to Caritas Pakistan. The purpose of distribution was to help small farmers in raising their crop production and income. Cowshed material was distributed to 40 smallholder farmers in Sargodha on 22nd November. The material was given to provide a clean and hygienic atmosphere to livestock and protect them from extreme weather. Small farmers thanked Caritas Pakistan for the support and assured their cooperation in future.



Caritas cowsheds help poor farmers

More than 62 famers received cowshed material in Sargodha and Khushab as temperature drops below 20 degree Celsius. Caritas Pakistan held two distribution events for small farmers in Khushab and Sargodha on Dec 29 and 30 respectively. Mr. Amjad Gulzar, Executive Director of Caritas Pakistan visited village 79 NB (Sargodha) to hand over the cowshed-building material. The purpose of cowshed material is to help farmer to collect animal urine for making bio-pesticide and also protect livestock from extreme winter. The diocesan unit distributed cowshed material to 42 farmers from 7 villages of Khushab. It concluded iron sheets, cement, wooden beams, tarpaulin and hand hoes. "It was part of the SAFBIN, a Caritas regional program for smallholder farmers in South Asia. Cows and cattle are a vital source of income for poor farmers. We are advising them to improve the sheds and secure their investment," said Mahnaz Munir district project officer of SAFBIN. Mr. Amjad also urged the locals to protect their livestock amid winter season. "As cold weather approaches, we need to get ready. Winter preparation is important for not only our animals. Keep them safe and vaccinated," he said.

Caritas Pakistan enhances the capacity of SAFBIN team

SAFBIN team attended the capacity building training organized by Caritas Pakistan. It comprised of two important components which were review meeting of SAFBIN team and community mobilization training at Dalwal on 16 and 17 November. Caritas Pakistan national office staff and members of CPIR (Caritas Pakistan Islamabad/Rawalpindi) attended the training. Mr. Amir Irfan, Mr. Estephen David, Mr. Nadeem Yousaf and Mr. Amir Robin facilitated different sessions. The first part of 16th November was dedicated to SAFBIN review meeting, staff introduction, presentations by DPOs (District Project Officers), future activities, mechanism of seed recovery, the gaps/challenges faced by VRPs (Village Resource Persons) and later on a discussion was held on household survey guidelines and analysis of 106 survey form of Sargodha team. The second session consisted of some discussions on immersion in the community, social investigation, and identification of potential leaders, group formation, need assessment, planning, action and monitoring. Facilitators shared their experiences and lessons learnt with SAFBIN team on Nov 17. They narrated the roles, qualities and responsibilities of a community mobilize, difference between community and society, community mobilization and social mobilization. "Before starting community mobilization you have to understand the cultural, educational, political, economical, religious and social realities of the people because it is not a job, it is a mission to build strong relationship with the community," – Mr. Amjad Gulzar (Executive Director Caritas Pakistan).



5th Caritas Staff Convention and Caritas Day

Cardinal Coutts Conference Hall Inaugurated in Lahore

Caritas Pakistan held grand opening of a hall dedicated to Cardinal Joseph Coutts for his long standing association with Caritas for 19 years. More than 100 participants attended the ceremony on Dec 13th at Renewal Centre, Lahore. "This hall will flame our passion to serve humanity. We thank Cardinal who was our Chairman from 1998 to 2017. His hard work raised our standards as a modern humanitarian organization," said Mr. Amjad Gulzar Executive Director Caritas Pakistan. Cardinal Coutts joined Bishop Benny Travas Chairman Caritas Pakistan and Deputy Chairman Archbishop Sebastian Shaw & general body member in cutting the ribbon. A documentary reflecting his services at Caritas was premiered in a seminar. The prelate joined the staff for morning mass at Renewal Center, Lahore. Caritas executive secretaries from 7 diocesan units paid homage to Cardinal and presented him with cultural gifts during the reception ceremony. "Even when he was a Bishop, people could easily approach him. The Cardinal knows how to handle difficult situations. We pray for his big responsibility and offer our complete support," said Bishop Benny. Cardinal Coutts advised Caritas officials to increase coordination with government departments. "Remain steadfast in every problem; a strong character is crucial for organizational development. Caritas is at good standing and I am seeing the spirit. Serve the Church and give witness of your faith in society," he said.



Annual General Body Meeting 2018

Annual general body meeting was held on December 13 in which annual progress report and financial statement 2017 was approved.

53rd Anniversary celebration of Caritas Pakistan

Caritas Pakistan completed its fifty-three years of success and celebrated its birthday at national secretariat. The national staff and CPL (Caritas Pakistan Lahore) started the day with a holy mass led by Fr. Raffhan Fayyaz (Executive Secretary of CPL) and thanked God for blessing Caritas Pakistan and its staff for completing more than five decades. Mr. Amjad Gulzar Executive Director CP congratulated all the staff members and shared the history and origin of Caritas Pakistan. "We are 'One', 'United' and 'Proud' part of Caritas family. All diocesan staff has unique significance, strength and behavior which we are translating into our work especially in emergencies (core mandate), social development and humanitarian assistance. We need to work together for the development of the vulnerable and marginalized communities in Pakistan." He further said that we need to give opportunity to youth and women so that the organization could come up with more achievements. The achievements of Caritas Pakistan were also shown in a documentary. Fr. Raffhan said that "helping others and making them relieved is a great success for Caritas." The event was concluded by sharing individuals' achievements and valuable suggestion with the cake cutting ceremony. At the same time Caritas Karachi & Faisalabad (Diocesan office) also celebrated the event. The cake cutting ceremony was performed at diocesan offices.



Volunteers share their experience with Caritas Pakistan

Sharakat Ali was curious when Caritas Pakistan team visited his village following flash floods in 2010. "We took them as another NGO bringing photographers and disappearing later. Still we closed our shops and accompanied them," said Sharakat who lives in Hanjli Mehtab Pur village at the bank of Nullah Dek in Punjab province. "Caritas is supporting and raising awareness in my community since then. We have identified escape routes in our flood prone area and saved many livestock in annual flooding." Sharakat, who is the head of the Disaster Management Committee (DMC) in Hanjli Mehtab Pur, was among seven volunteers who shared their stories in a plenary session on Dec 14 during the fifth Caritas convention held at Renewal Center. They also received shields and certificates.



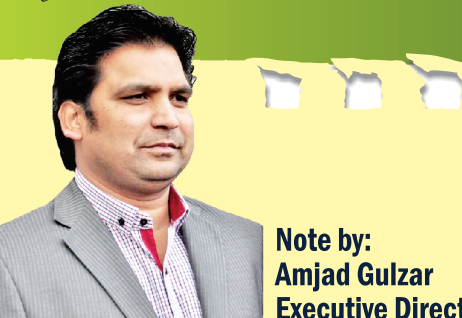
New Year, New goals for Caritas Pakistan

Caritas Pakistan staff has recommended new additions in major programs to be rolled in strategic planning 2020-2023. The recommendations were shared at the "5th Annual Caritas Staff & Volunteers Convention" from 13th to 15th December in Renewal Centre. Caritas team highlighted strengths and addition in thematic areas.



DROUGHT RELIEF DISTRIBUTION IN MARIAKHEL

In the wake of the severe drought conditions in the country, Caritas Pakistan distributed ration among 100 drought-affected farmers of Mariakhel, Mianwali District. Mr. Amjad Gulzar Executive Director Caritas Pakistan and Father Fabian Paul, parish priest of Immaculate Conception Catholic Church participated in the event on Dec 22. 100 additional families received food items as part of the annual Christmas aid for the parishioners. "This is the season to celebrate happiness and Caritas contribution has spread cheers and love among poor villagers," said Fr. Fabian. Mr. Amjad Gulzar, Executive Director of Caritas Pakistan urged Saleem and other farmers to send their children to school. "Special focus was given to families affected by illness or accidents. They need and deserve our care," he said. Saleema William, a woman farmer, was among those who received relief material. Ever since she took agriculture land on theka (lease) last year, water has been insufficient for her fodder crop. "Cracks are now appearing a corner of my five thousand square meter land. I am being buried in loans to purchase water from tube well," said mother of 10 whose 18 year old son Raja suffers from down syndrome. "I am very thankful to Caritas Pakistan for supporting me and all community," she said.



Note by:
Amjad Gulzar
Executive Director

The last quarter of 2018 saw many changes and improvements; it witnessed some major accomplishments and successes. The increased efforts for social mobilization helped to mobilize new projects and new partners. The capacity building activities under PEACH project helped the volunteers and staff learn new skills and enhance their knowledge. Smallholder farmers were supported with materials of cow shed and seed for wheat and canola to increase their production to earn better income. Mobile medical camps were also organized for drought affected communities.

5th Annual Caritas Convention was organized in December in Lahore. Many fruitful discussions were done to discuss challenges, opportunities and new directions. The convention celebrated togetherness, transformation, volunteerism and personal growth as well.

A special thanks to Pakistan Catholic Bishop's Conference for their encouragement and participation in Caritas Pakistan's annual and regular programs at National and Diocesan Level.

I always value and focus on volunteers who are based throughout the country. The volunteers are our backbone as they work behind the curtain and are key to our success. Each individual makes a significant contribution and makes a difference for the communities we support. Special programs were organized in different dioceses to acknowledge their volunteerism. Thank you volunteers for generously lending your time, knowledge and skills – nothing was possible with your great efforts.

Our partners locally and abroad had been continuously encouraging us and we pay special thanks to them for their continued support. In the end of the year, we successfully planted more than 700,000 trees as part of our "One Million Tree Plantation Campaign". The campaign started in 2016 and by the end of 2018 we achieved 70% of our target. The achievement serves to be strong conviction for us to build a greener Pakistan.

Lastly but not the least, I would like to thank whole team of Caritas Pakistan for continued support and service throughout 2018. Merry Christmas and a Happy New Year everybody!

The Newsletter of Caritas Pakistan

Issue No.161

October - December 2018

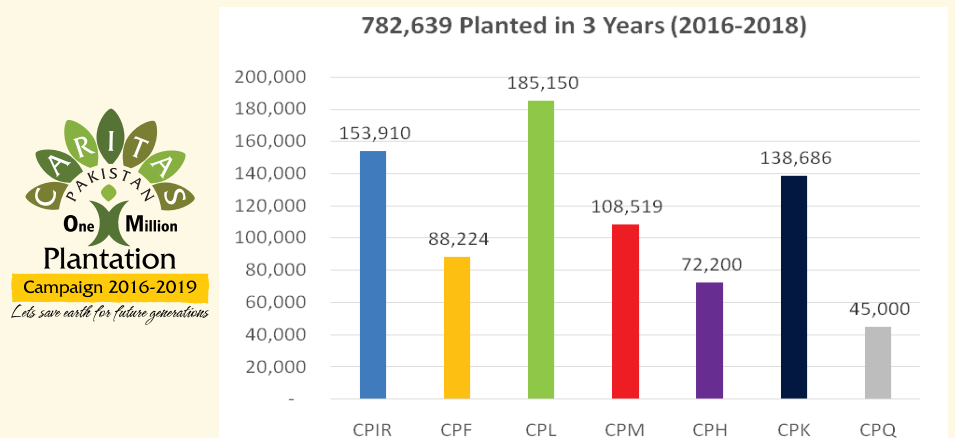
Dry Spell; Caritas Distributes Pakistan Relief Aid To Drought Affected



Due to less rainfall, drought-like conditions have emerged over most parts of Pakistan including districts Tharparkar, Pishin, Bahawalpur, Mianwali and Malir. Pakistan's water crisis has become increasingly visible in recent months. Approximately, 27% of the population in Sindh is moderately to acutely food insecure. A lack of access to WASH facilities and medical services exacerbates food

security and nutrition conditions. Landless agricultural labourers, pastoralists, and sharecroppers are most vulnerable and the worst hit. Women (Lactating, pregnant) and children are the most affected population in drought hit areas, Most of the population lost their livelihood due to lack of agriculture related activities in the area. Caritas Pakistan started rapid need assessment on September 28, 2018 and completed on October 5, 2018 simultaneously in all five districts. Mr. Amjad Gulzar Executive Director Caritas Pakistan also joined the team in Karachi and Tharparkar. Under EA28/2018 Drought Response, Caritas Pakistan distributed relief items among 100 drought affected families at UC 1, Gadap Town, and District Malir Karachi on 18th December, 2018. The aid included ration package, shelter kit, kitchen sets, and water supply, sanitation and hygiene kits. Mr. Mansha Noor (Executive Secretary CPK) assured the support to the affectees living in hard conditions whereas; Mr. Amir Robin (Emergency Field/Regional Officer) explained the usage of the given items. Caritas Pakistan Islamabad-Rawalpindi CPIR also handed over relief material to 100 drought affected farmers on Dec 22 at Mariakhel, a Catholic village in Mianwali district of Punjab province.

ONE MILLION TREE PLANTATION



Caritas Pakistan marked a landmark achievement of the year 2018 by planting more than seven hundred thousand (700,000) plants all around Pakistan to combat climate change and fulfill 'One Million Tree Plantation Campaign.'

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

Caritas Pakistan salutes its volunteers

Priests, volunteers, schools, stakeholders and Govt. officials attended two DRR and Volunteer Management Conference organized by Caritas Pakistan on 24th October at Peer Kot Sadhana and on 15th November at Govt. Boys Primary School, Jhato kay, Pasrur. The conference was to salute the efforts of volunteers and Caritas staff who worked hard with commitment and dedication in situations of emergencies. Around 525 volunteers from different targeted villages were appreciated. The conference kicked off with interactive theater in which disaster management committee (DMC) performed on importance of preparedness, water, health and hygiene. A plenary session was held in which volunteers who were also members of DMCs highlighted the role of Caritas Pakistan staff in transforming them and providing them with disaster preparedness techniques; knowledge of adaptation of climate change and WASH. They thanked CP for sharing the techniques to tackle pre, during and post flood scenarios. Mr. Amjad Gulzar (Executive Director Caritas Pakistan) joined hands with Govt. Officials to plant 66 plants and add in adaptation of climate change. He narrated the purpose of volunteer management in line of EU standards as part of PEACH Project, DRR and Pope's encyclical 'Laudato si' Care for creation for all humanity.



White Cane Day and 20th Anniversary of Annanias Rehabilitation Center

Annanias Rehabilitation Center celebrated White Cane Day with a colorful program to show solidarity with visually impaired people on October 13. Parents of the visually impaired students, members of Civil Society Organizations, partners and community members participated in this program.

The center also celebrated its 20th Anniversary on the same day and honorable guests along with students cut the cake. Special students of Annanias Rehabilitation Center performed skits, parodies and fascinating items, which was admired by the participants.

"You are special and you have great talents and Annaia is providing platform to polish skills to live a better life in the society," said Mr. Ansar Javed (Country Director – Starfish Asia – main sponsor of the center) while sharing his views. He also appreciated the program & efforts of Caritas for visually impaired females and said it is great work for restoration of visually impaired females as normal citizen.



WATER, SANITATION & HYGIENE (WASH)

Caritas celebrated hand washing day

Caritas Pakistan Faisalabad in collaboration with Dettol Company organized a Global Hand Washing Day at St. Catherine High School, Waris Pura Faisalabad on 15th October under WASH program. Interactive audio video aid introduced behavioral change in the students. CPF introduced paper soap to wash hands in critical times. Gifts were also distributed among the students. Such practices improved the hygiene situation and decrease the disease ratio in children. Simultaneously, CPK also celebrated the event on 15th, 16th & 20th October in two parishes of Karachi Archdiocese. 185 participants attended. 160 health and hygiene kits were distributed among women and children. A demo on hand washing techniques was given to the participants. The program illustrated the importance of maintaining good personal hygiene.



Free Medical Camps for drought affected communities

Three mobile medical camps for drought affected people were organized in October, November and December in the various villages of Nagarparkar, Tharparkar. Hyderabad diocese and Hayat-e-Nau Society for Human Development collaborated with Caritas Pakistan Hyderabad in providing free medicines. The medical team assisted 2013 patients including 52 pregnant women, 733 females, 426 males, and 802 children. Basic health care guidance and free medicines were provided to those suffering with fever, malnutrition, chest infections, water borne diseases, gastritis, ENT, eye infections, anemia, skin problems, dental problems, worms, general weakness, arthritis, calcium deficiency etc. Nutritional supplements were given to malnourished children and women. Some TB patients were referred to Civil Hospital, Mithi.



DISASTER RISK REDUCTION

Caritas Pakistan makes the DMCs capacitated

A mass scale awareness meeting was conducted with more than 149 members of 7 DMCs at Shanawas Khan Village HujraShakir Mama, Hujra Sher Alam, Islamabad/Rawalpindi and Jhatokey District Sialkot. The purpose was to provide knowledge on disaster preparedness while describing the roles and responsibilities of DMCs members.

The techniques of mitigating the risk of disaster and building resilience of the communities were also discussed with the participants. The main objectives of awareness sessions were to aware people on large scale about disaster risk reduction and encourage people to show maximum active participation in such initiatives.

Gift of wheelchairs for disable persons

11 disable persons received wheelchair donation on October 6 at Saifal Mury Goth located 38 kilometer from Karachi city. The area is home to 576 families, most of them poor are laborers.

Caritas Pakistan Karachi CPK facilitated the distribution of 5 wheelchairs and 6 stole chairs jointly donated by Mr. Robin Yamin Additional Director Federal Investigation Agency FIA, Mr. Yousaf Haider Gill Chairman Christian People Movement and Mission Wisdom. The beneficiaries were identified during the implementation of Caritas development programs in the Goth (village). "Disabled are an important part of our society. We should help them towards self-confidence and self-reliance," said Mr. Mansha Noor Executive Secretary



PEACE & SOCIAL HARMONY

INTERFAITH HARMONY DISCOURSE IN FAISALABAD DIOCESE
CPF organized a seminar on interfaith harmony at Caritas Conference hall. There were total 25 participants (19 Male, 6 Female) representatives of different organizations, religious leaders and journalists on 15th October. The purpose of this session was to make valuable discussion on a platform for building peace and harmony in society and focusing on key issues arose in religious harmony. Mr. Chaudhry Saleem (Director National Foundation), Ps. Arshad Parkash and Faisalabad diocese described the perspectives religion.

SPREADING MESSAGE OF PEACE THROUGH THEATER
Around 100 participants including teachers, students, sisters, catechists and community attended the theater performance organized by CPF on 27th October. Correspondingly, CPL also organized a theater at St. Anthony's Boys High School, Sialkot on November 26 in which members of peace club presented different performances like; peace speeches, poems, funny skit and peace theater performance.

PEACE THROUGH KIDS GAMES
450 participants in 6th Annual Caritas Peace Sports Gala 2018 organized by CPL in collaboration with Pakistan Sunday School Ministry, Gujranwala at St. Paul's High School, Narowal on December 11. Three schools of Narowal actively participated in this event. Students presented tableau and skits with the theme of peace and also participated in different games like badminton, tug of war, ring toss, can slam, tanker wheels, ring ball and many others fun games. Beside the games, some stories were shared with the participants for the promotion of peace and harmony.

PEACE ACTIVITY FOR SCHOOL CHILDREN
School children of grade 9th and 10th at St. Francis Girls High School, Satellite Town, Rawalpindi participated in peace activity organized by CPIR on November 30th. Around 150 students voluntarily became catalysts of peace to make this world a better place. Reflection from the Gospel was also shared with the youth of Fatima Villa Parish where they talked about Peaceful Co-existence on December 2nd. 10 plants were planted in school campus as a sign of peace and supporters of eco-friendly environment.

Mushyra for Interfaith and Harmony

Local poets gathered to participate in Mushyra for Interfaith and Harmony organized at St. Anthony Boys High School Sialkot on November 27, 2018. Mr. Rafiq Inayat(Project Officer) elaborated the purpose of Mushyra and raised some important points to reduce the socio-religious conflict. He said that poets and writers can contribute significantly in promoting interfaith and social harmony in the society through the use of writing. It consisted of literary session and peace poetry.



TREE PLANTATION

Caritas Pakistan convention Tree Plantation Drive

Caritas Pakistan planted 50 saplings on fifth annual staff and volunteers convention held Dec 13 to 15 in Lahore. Caritas diocesan units attended the event during an exposure visit on December 15 to Safari Park. Mr. Syed Nadeem Abbas, Sub Divisional Forest Officer (SDFO) of the Punjab Forest Department and the park supervisor joined Mr. Amjad Gulzar (Caritas Pakistan Executive Director) in planting the saplings. "According to the United Nations, countries must have a forest cover of at least 25 percent of their total land while also stressing that cities must have a forest cover of 10 percent. Presently the Punjab province has only 3.1 percent of its land covered in forest. Similar campaigns must be spearheaded on war footing to address the environmental, economic and social needs," said Mr. Nadeem in his address.



Tree Plantation in Nagarparkar

5,000 fruit and 5,000 fodder trees were distributed to beneficiaries in various villages of Taluka Nagarparkar under tree plantation activity. The planted saplings are also being monitored along with other project activities. Different saplings included kandi trees (fodder tree), bair (fodder tree), keekar (fodder tree), lemon (fruit tree), chiku (fruit tree) and bair (grafted) (fruit tree).



Call for Care of Creation

100 plants were distributed on October 6, 2018 at Saifal Murry Goth, Karachi. Caritas Pakistan Karachi CPK facilitated the donation contributed by Yousaf Haider Gill Chairman Christian People Movement. Mr. Mansha Noor (Executive Secretary CPK) highlighted the importance of Caritas' plantation drive in fighting smog and the impact of climate change.



Plantation in Faisalabad

410 plants were planted by CPF on 6th, 13th October & 5th November at St. Dominic High School KhushPur, village Issanagri Tehsil Samundri, Chak Lyallpur Tehsil Jaranwala, District Faisalabad. Nim (*Indian Lilac*), Jaman (*Jambul*), Keekar (*Acacia*), Suckh Chan (*Indian Beech tree*) and Swanjna (*Drumstick tree*) were planted in parish house, school and graveyard.

LIVELIHOOD & FOOD SECURITY PROGRAM

Vaccination Camp and Awareness Session at Gadap Town

CPK under Multi Functional Family Farming for Ideal Nutrition (MUFFIN) project organized an awareness session on the best practices for livestock management, nutrition and a vaccination camp in three villages of Gadap town on 14th November. The objective was to create awareness among the small farmers of the town about goat rearing for milk and meat production for better nutrition among children and women beneficiaries. Vaccination and treatment of the livestock was occurred to prevent them from different diseases. A total of 755 animals which included goats, sheep and cows were vaccinated of (ATV) and (HSV). 341 livestock were treated suffering from different diseases to increase livestock production and productivity and nutrition among families of the small farmers.



60430 vaccinations were done to 30310 livestock with seasonal medication and drench (de-worming) in four Union Councils during four phase. 60000 vaccination and de-worming will be administered in November and Decemeber 2018 in the fifth phase. Caritas efforts were appreciated by both communities and livestock department.



Promotion of Small Agro Business

A package of two hens and a cock was distributed among 21 women and 2 disable beneficiaries of Gobind Ghar, Mariamabad Parish, District Sheikhpura to promote small agro businesses under Muffin Project on December 10. Mr. Naeem Naz (Diocesan Program Coordinator) facilitated a session on poultry management and its all aspects. He advised to take care of provided hens like their own child, which would contribute for their development. Rev. Fr. Bernard Emmanuel (Parish Priest) handed over the hens to the rural women. He emphasized on entrepreneurship development and motivated to increase the productivity. He also thanked Caritas Pakistan and its management for this contribution for community development.

