

A girl gains education, skills, and essential nutrition at CWS-P/A's Child Rehabilitation Center in Bamyan, Afghanistan. Photographed by Shahzad A. Fayyaz, March 2013.

Newsletter

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January - April 2013 Volume 12, Issue 30



his Edition

Dear Readers,

In this edition of CWS-P/A's newsletter, read about empowering students and teachers for improved education in Afghanistan and conducting disaster risk reduction training for communities in Pakistan. It also highlights CWS-P/A's commitment to promote regional quality and accountability initiatives and a multi regional initiative to build capacity of security focal points to mitigate security and risk threats.

Additional topics covered include health services and food security in Afghanistan as well as women's empowerment in Sindh, Pakistan.

Hot Topic focuses on Humanitarian Protection. Learn more about *The Pakistan Election Compendium 1970-2008* in Suggested Reading.

As always, thank you for reading our newsletter. Send feedback and suggestions to commoffice@cwspa.org.pk

The CWS - P/A team

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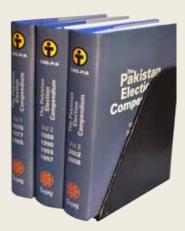
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Suggested Reading

The Pakistan Election Compendium 1970-2008



compendium of data on elections to the national and provincial assemblies of Pakistan holds statistical information of all nine elections from 1970 till 2008. The compendium is divided into three volumes; volume 1 covers the first three elections of 1970, 1977, and 1985 which were quite experimental and were held on different principles. Volume 2 covers the four general elections of 1988, 1990, 1993, 1997. The third volume covers the 2002 and 2008 elections. This compendium is a valuable resource for stakeholders including political parties, media, civil society and the electors, to have accessible information which makes a real difference in the commitment toward the delivery of free, fair, and credible elections.

The research is available through CWS-P/A and Punjab Lok Sujag.

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In this Edition Suggested Reading Mission Statement News from CWS-P/A Hope in the Hands of an Empowered Woman Tuberculosis: Saving Lives through Detection and Cure A Commitment and Witness to Change Words of Wisdom Hot Topic

CWS-P/A's Mission Statemen CWS–P/A as an ecumenical organization will struggle for a community based on social justice, regardless of class, religion, gender, and culture by assisting marginalized communities in an accountable manner to achieve economic prosperity and improve human and social capital through participatory endeavor, which liberates people enhances their capacities to take control of their lives.

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PHOTO CREDITS: Donna Fernandes, Shahzad Ahmad, Hira Sajjad, Ambryn Karim, Shabbir Mustansir, and CWS-P/A Staff



Minimize Security Risk through Capacity Building

January - April

o build awareness and capacity of security focal points of international, national, and community-based organizations in Africa, Asia, and the Middle East, Church World Service - Asia/Pacific (CWS-A/P) and DanChurchAid (DCA) developed an initiative, the Multi Regional Security Risk Management Capacity Building Phase II Project, made possible with support from the Humanitarian Aid Department of the European Commission. Based on the solid experiences gained in 2010-2011 as a result of the preceding phase, "Developing Risk Management Awareness and Security Protocols for Humanitarian Organizations", this project aims to maintain emergency response capacity and continuity of operations through strengthening of skills and expertise of ECHO FPA-holders, local and INGOs / CBOs members of the ACT Alliance within security risk management.

A series of six, five-day workshops in Asia, Africa, and the Middle East offer an opportunity for participants to share best practices and experiences to strengthen institutional integration of security and risk management in their organization. Thus far, 102 individuals participated in workshops held in Thailand, Ethiopia, Jordan, and Kenya. Participants developed an understanding of key concepts on how to create a safe and secure environment based on their existing knowledge and adapting to their respective organizations. The development of a security-risk management plan is an integral part of the process, and the training helped participants understand the components of a plan as well as the influencing factors that feed into its development. Participants also learned how to enable the management and staff to control risk through a systematic approach and on how to adequately mitigate the risks from diverse kinds of threats such as carjacking, road safety, kidnapping, and robbery. This unique security workshop emphasized the link between security risk management and organizational development.

Participants of the training committed to mainstream security risk management in their respective organizations. The project will continue to provide technical assistance to participants in order to build their capacity to apply what they have learned and institutionalize security and risk management in their organizations.

Tools and Approaches for Implementing Quality and Accountability

February

During the training, participants benefited from working in learning pairs, a panel discussion, and a 'share fair' among other activities. Some of the initiatives discussed were Sphere and its companions including Livestock Emergency Guidelines and Standards (LEGS), Minimum Economy Recovery Standards (The SEEP Network), **Emergency Market Mapping and Analysis** (EMMA), International Network for Education in Emergencies (INEE), while other integrated topics were Joint Standards Initiatives (JSI), Active Learning Network for Accountability and Performance in Humanitarian Action (ALNAP), Quality Compass, and Sigmah. A resource kit with books and hand-out materials on the quality and accountability standards helped participants with a better analysis of the existing tools in relation to fieldwork.

The need to self-regulate and the constant requirement to remain accountable to communities were emphasized during a panel discussion. The dialogue focused on the subject of joint standards, capacities, compliance, and certification.

Two focus groups presented their thoughts during a JSI consultation at the training. Common views among the groups comprised a lack of training on standards and the need for more training for field workers, implementing partners, and government officials. Other common views included the need for more user-friendly

tools and community awareness with tools translated and contextualized.

Fourteen working groups developed papers which identified good practices, issues and challenges, recommendations to stakeholders, and suitable quality and accountability initiatives. These papers were exhibited at a 'share fair' held on the last day of the training as participants demonstrated their acquired knowledge to quests who represented the humanitarian community.

An action plan was then discussed among participants who agreed to join LinkedIn to collaborate and coordinate in ways to improve quality and accountability. This collaboration remains vital for humanitarian workers to share experiences to jointly overcome challenges. On the whole, with over seventy available standards, the training has allowed participants to link initiatives with adaptation to the local context and work done on the ground.





Supporting Disaster Resilience in Sindh

March

n 2011, CWS-P/A launched the first mobile knowledge resource (MKRC) to impart disaster risk reduction education to vulnerable communities in Sindh Province, Pakistan. In 2012, the MKRC reached approximately 2,000 students, teachers, parents, NGO workers, and representatives from government departments. These individuals benefited from learning life-saving techniques, are better equipped to take necessary action during hazards, and continue to spread knowledge within their communities. In 2013, CWS-P/A's MKRC continues to build the capacities of communities as the mobile vehicle makes its way through the districts of Thatta and Umerkot located in Sindh Province.

A needs assessment conducted in Umerkot District revealed that 93% of community members demonstrated inadequate knowledge about climate change, while 41.3% shared that they were unable to take appropriate safety measures. A mere 18.1% had received previous disaster risk reduction training and 97.8% expressed floods as a serious threat for their mud houses.

Recently, community and school-based disaster risk reduction trainings benefited 350 people in Umerkot District. An additional 1,000 individuals participated

in MKRC activities in Thatta District where CWS-P/A is also working to alleviate poverty through women's empowerment and livelihood opportunities based on a disaster resilient approach.

Lachmi Mano, a sixteen year old student from Umerkot District shared, "Our elders say that these disasters are part of nature and can occur again so I feel that the trainings on disaster risk reduction are of great importance. I now understand how necessary it is to adopt safety measures in our environment to save ourselves from future disasters. I will update my family about listening to the news through the radio we received."

"We have experienced three high intensity hazards; 1976 floods, 1998 Cyclone (Wachooro) and most recently the 2010 floods. Due to these hazards all aspects of our lives, be it our houses, crops, livelihoods, social lives, life style and livestock were very badly affected. The 2010 floods were unexpected for us as we had never experienced a flood of such intensity before. Also, we had not received appropriate and timely information, the lack of which put us in great risk and danger. In the village, only a few families had donkey carts which were used as means of transportation to get to safer places in the face of rising water levels," said Bibi Raji who is sixty and resides Thatta District. As the head of the village committee she added, "I take responsibility to spread this knowledge to the rest of the villagers as we have a population of people who need to know about disaster risk reduction techniques."

Global Leaders Conference in Copenhagen

March



two-day event took place in Copenhagen,
Denmark to gather input from senior leaders in
the humanitarian field. The focus of the event was
on exploring coherence in quality and accountability
standards and included the global participation of
donors, NGOs, UN, and government representatives. Their
presence helped discuss and debate issues concerning
the improvements in quality and accountability of
humanitarian action.

CWS-P/A's Deputy Director, Zainab Raza attended the conference and shared her experience as she presented the application of quality and accountability in Asia and the Pacific. She said, "The Joint Standards Initiative (a pioneering collaboration between HAP, People in Aid, and the Sphere Project) to achieve this important goal, started building this consensus through a well-planned and committed stakeholders' consultation process that began last year. CWS-P/A's representation within the

JSI process and at the conference further reiterates our commitment towards upholding accountability not only towards the affected population but also towards the network of members and alliances that we are part of, in strengthening the capacities of organizations to integrate these key accountability standards within their programs, systems, and procedures." Zainab Raza is also Vice Chair of the Humanitarian Accountability Partnership (HAP) Board and a member of the JSI Advisory Group.

During the event, panel discussions helped consider the question "How do we ensure broad application of a set of comprehensive standards across the humanitarian sector that are relevant for the 21st Century?" As part of

the JSI stakeholder consultation process, the conference reviewed findings from the surveys completed by focus groups. Two focus groups were made part of CWS-P/A's regional training on 'Enhancing Quality and Accountability in Humanitarian Action and Non-Emergency.'The regional training was held in Bangkok, Thailand in February of this year.

CWS-P/A's commitment to promote quality and accountability extends to ensuring quality and accountability to all stakeholders. The organization's Strengthening Humanitarian Assistance (SHA) Program remains actively involved in delivering trainings, mainstreaming activities, technical support, complaints mechanism and handling, and in making key resources and tools available. In conclusion, these work to improve the effectiveness of interventions for disaster-affected communities, while supporting coherence and harmonization in quality and accountability standards.



Empowering Youth in Afghanistan

March

I will try to talk to different people in my surrounding who are not sending their children to schools. I will motivate them to send them to schools particularly girls. I will try to demonstrate the same when I grow up and pursue any career. It is my wish that my career should be in the field of education and child rights. I would like to mention one thing here that due to this program my attitude towards my fellow colleagues has also changed.

Previously I was very arrogant and always felt that other students are not same as I am. The reason being was that I always came first in the class. This training has made me more polite towards my friends and now I share a healthier relation with them," said Laila, an 11th grade student who attended a three-day training camp on civic education conducted from March 02 – 04, 2013 in Jalalabad, Afghanistan.

Civic education is an effective empowerment tool supporting independent society for promoting roles and responsibilities of citizens, government, political interests, and the significance of periodic and competitive elections. The focus is not only to create awareness but also participation in all aspect of a democratic society. CWS-P/A is committed to educate and create awareness on civic, social, and political issues among students belonging to less privileged schools in Pakistan and Afghanistan through informal education. Students with different ethnic and religious backgrounds come together to discuss various issues with the aim of changing mindsets.



Sixty-one participants, including fifty-one students and eleven teachers from five schools were enrolled for this camp to learn about their roles and responsibilities toward state and politics. Discussion focused on the universal declaration of human rights, child rights, gender and sex, leadership skills, election and ballot sessions, and how to strengthen their ability as citizens and civil society groups to work together to make their voices heard. "We have a prescribed book for civic education in our school which is now very easy to understand due to this training and guidelines given by trainers. Also, we learned that as humans there are certain things which we can decide and no one can stop us from doing that," said Laila.

The participants availed this opportunity to learn and enhance their leadership skills to empower themselves both as individuals and as part of collective groups in the society, with knowledge, requisite skills, motivation and confidence to assert and exercise their rights and responsibilities. During a visit to the camp, Mr. Wali Khan, Director Afghan Development Agency (ADA) said, "It is always good working with CWS-P/A team. The kind of work you people do is marvelous and very important for the development of Afghanistan."







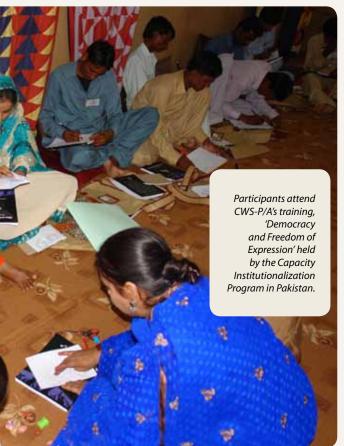






Participants from various humanitarian agencies attended the 'National Humanitarian Leadership Training' in Murree, Pakistan.











Hope in the Hands of an Empowered Woman

What does it mean to be empowered?

By: Rhea Simms

the authority or power to do something; to make someone stronger and more confident, especially in controlling their life and claiming their rights (Oxford Dictionary). To Fatima, a 15 year old girl in Aaloo Luthayo Village of Sindh, Pakistan, empowerment is "To do something; to be able to provide a source of income for my family." Marvi of the same village had similar goals; she simply wishes to "make money for my family." In the nearby village of Suleman lives Jamma, a young woman with big dreams. "If I can learn a skill or art I can open a center and teach that skill to other women in the village. This is what it means for me to be empowered. Someday I hope to be a teacher," says Jamma.

Empowerment looks different for every woman. Some wish to make money, get an education or become a great leader, while others simply wish to have control over their reproductive health or have mobility within their community. Within Thatta District, Sindh, a recent survey showed that women within the area of Bijora not only

are treated as unequal, but they innately believe that men should have control over their lives (BS 2012). Of 450 households surveyed, 68% of women are not allowed to move beyond their villages without the permission of the male head of household, 85% of women had no say in marriage decisions, 40% of income-generating women had no say in the use of their money, and 58% were under the impression that men and boys should in fact have more rights than they.

What would happen if these statistics were reversed; if all power was laid in the hands of the women? Would Pakistan's literacy rate for women over 15 be 40.1 percent? 28 percent lower than that of adult men (World Bank Data)? Would rural fertility rates remain so high? Would children go hungry? This we cannot say, but there is undeniable potential for positive change within the hands of an empowered woman. As the African proverb goes, "If you educate a boy, you educate an individual; when you educate a girl you educate a whole family." Organizations globally are choosing to place their assets in the hands of women, believing that through them sustainable and positive change can be obtained.

CWS -P/A is currently implementing a project within Bijora Union Council, Sindh which aims to empower women through livelihood's development with a disaster resilient approach. Fatima, Marvi, and Jamma are all enrolled simultaneously in vocational and adult literacy centers to



help build their capacities to reach their goals of providing for their families and passing their skills on to other women in the future. Sixty women in total have participated in regular classes since March.

Participants are showing great enthusiasm to learn. "We always just give our thumb prints and never really understand what's happening around us," says one woman. Others are excited about the vocational skills. Samia, a student of the vocational center, shares, "If we learn the skill of tailoring, then women from the other villages around us would come to us, and we could make money this way." Samia's mother is happy to see her daughter learning practical skills and literacy; she says, "I am happy to send my daughter to these centers. I want her to have a skill that is not working in the field."

While generations of gender inequality cannot be vanished simply through formal and informal education, it does pave the way for the future. As more women learn the importance of literacy and learning a marketable skill, they will pass this value onto their children. Their children will pass it on to their children. The women's enthusiastic participation within project activities brings hope for a future where women are empowered, educated, and able to produce a living for themselves and claim their rights.





Tuberculosis: Saving Lives through Detection and Cure

By: Donna Fernandes

fghanistan is among the countries with high tuberculosis incidence and prevalence rates. The latest figures from the Ministry of Public Health – National Tuberculosis Program revealed an incidence rate at 79 per 100,000 of the population and prevalence rate at 160 per 100,000 of the population.

In 1997, CWS-P/A began working in Afghanistan by providing returning Afghan refugees health services similar to the health program operated by the organization in refugee camps in Mansehra District, Pakistan. Initial activities supported families who returned to Nangarhar Province, Afghanistan. Over a span of time, CWS-P/A expanded its health services in Laghman Province, and the current program is supported through 170 trained staff members. A strong link with the community exists and includes doctors and other health workers who were initially trained in Pakistan and joined the project in Afghanistan after they returned with their families. Through word of mouth and the provision of quality

services, the program is appreciated by the communities consisting of close to 260,000 individuals and the government health departments.

In 2003, CWS-P/A began the provision of tuberculosis services. Initial services were provided in the district of Surkhrood, Nangarhar Province in the facilities of Sultanpoor, Amarkheil, Shamshapoor, and Balabagh. With the growth of the project and addressing needs, tuberculosis services were expanded in two additional health facilities in 2010.

Furthermore, through a total of eighteen health facilities, CWS-P/A provides preventive and curative health services. Health education sessions are regularly incorporated and are an essential aspect of community health days which take place twice a month. These sessions at the facility and community level significantly increase the knowledge of the community on a range of topics. These include health and hygiene, nutrition, family planning and child spacing, tuberculosis, malaria, and HIV & AIDS among others.

During the community health day, trained health experts collect tuberculosis test slides and forward these to the laboratory for examination by the technician. The microscopic examinations detect mycobacterium tuberculosis bacill. Three test slides reveal results within a maximum of 48 hours and medicines are supplied to those community members detected with tuberculosis.



Based on a person's age, health condition, and the organ occupied by the mycobacterium tuberculosis bacill, first line anti tuberculosis medication include Rifamphicine {R}, Isoniazi {H}, Pyrazinamide {Z}, Ethambutol {E}, and Streptomycine. First line medication is provided through the National Tuberculosis Program and CWS-P/A's health facilities. Second line medication consists of ciprofloxacin, ofloxacin, kanamycin, and levofloxacin which are also available at CWS-P/A's health facilities for tuberculosis.

According to the World Health Organization and National Tuberculosis Program, first line medication is further categorized into a) Category I - RHZE and b) Category II -RHZE+Streptomycine and detected cases are classified as Pulmonary Sputum Smear Positive (SS+), Pulmonary Sputum Smear Negative (SS-), extra pulmonary, and others. The table below gives an overview of treatment duration for a detected case:

No	Tuberculosis Type	Age	Treatment Category	Treatment Duration
1	Pulmonary SS+ (New Case)	Over 5	Cat I	8 Months
2	Pulmonary SS+ (Relapse)	Over 5	Cat II	9 Months
3	Pulmonary SS-	Over 5	Cat I	8 Months
4	Extra pulmonary	Over 5	Cat I	8 Months
5	Others TB	Over 5	Cat I	8 Months

Waheeda is a young mother who brings her two year old daughter, Shabana to CWS-P/A's Comprehensive Health Center Plus (CHC+) in Agam located in Pachir Wa Agam District, Afghanistan. Shabana was diagnosed with tuberculosis and the health center provides her the medicines she needs.

The family lives in Landa Kheil Village and her mother, Waheeda, raises two children with the income her husband brings home working as a shopkeeper. Waheeda was a refugee in Pakistan and returned to Afghanistan in 1992. For seven years, Waheeda recalled staying in Oblan camp in Kohat District. She said that the camp was occupied by nearly 3,000 Afghan refugee families. Additionally, she shared that her father would sell wood in Pakistan to feed

the family of twelve members. Comparing to other refugee families, she said that her family's struggles were similar to those of other refugee families in the camp.

"I had a chest x-ray done for my baby when she was just sixteen months old. I paid 400 afghani (USD 8) for the diagnosis and 2,500 afghani for medicines (USD 50)," said Waheeda as she referred to a private clinic in the city. The treatment dosage for tuberculosis continues for a period of eight months. Waheeda had paid for the medicines and treatment for two months before she came to CWS-P/A's health center. It was through recommendations from other community members that brought Waheeda to the health facility. She added, "I was happy because I got medicines for free." In December 2012, Shabana had completed six months of her dosage for tuberculosis treatment and has been cured. In the same year, CWS-P/A successfully detected, treated, and cured 69 cases of tuberculosis.

Since work started in 2003, the health facilities consistently achieve more than 85% (the National Tuberculosis Program mission) success in case detection and cure. Currently, CWS-P/A received two appreciation letters from the National Tuberculosis Program for control of tuberculosis. The most recent letter was received in March 2013.

CWS-P/A's contribution is having the program in place and providing the resources necessary to diagnose and treat tuberculosis. The success of the program is primarily due to the commitment of community health workers who reach out to their neighbors, educate them, and encourage them to seek health care. It is the positive decision by families to test for communicable diseases and take other steps to ensure their health that is the true reflection of achievement in the statistics and awards.





A Commitment and Witness to Change

By: Shahzad A. Fayyaz

"My family and I cultivated crops without considering seeds and land ratio which often was the cause of wastage of seeds, fertilizer, and other resources. Additionally, we never paid attention to cultivation time and always cultivated either late or early and occasionally within the ideal time. This always resulted in less production at the time of harvesting," said Atiq Ullah, a farmer from Bolan Village, Qarghai District, Laghman, Afghanistan.

In December 2012, Atiq Ullah and other selected farmers were trained on using different agriculture techniques. They were taught precultivation preparations, land preparation, seeds and land ratio, proper water time, pest scouting and control, and proper usage of fertilizers to produce healthy crops. In relation to his learning



experience, Atiq Ullah shared, "After attending this training, I realized that we have been wasting much of our resources like extra seeds to produce extra crop which was totally wrong as each land has its own production capacity. I also learned about proper pest scouting, pest and disease control spray, effective medicine and spray to use for best results." The farmer also shared that this training helped him to organize the sequence of activities from cultivation to harvesting which would not only result in better crop but would save time and resources.

Atiq Ullah recorded a 90% increase in yield utilizing less input. He explained, "Before this training and getting healthy seeds, I cultivated 420 kilograms of crop from my land. Now considering the current situation as my crop looks twice as healthy as the previous one, I can easily say that I will harvest approximately 800 kilograms from the same land". While the training was accompanied with a comprehensive provision of certified wheat seeds, urea fertilizer, and DAP (diammonium phosphate), farmers like Atiq were at ease because the burden of arranging money or a loan to buy seeds and fertilizers was lifted.

Atiq Ullah is among 1,200 farmers who participated in the first of three agricultural input distributions. Each of the farmers contributed 50% of the cost for the subsidized seeds and other inputs; these proceeds will benefit an additional 600 farmers during a second distribution followed by 300 farmers in the final distribution. Through the project, farmers are empowered to contribute to reducing food shortages while supporting their communities' agricultural development and sustainability. CWS-P/A and its implementing partner encourage the farmers to share their best practices with other community members to further enhance the impact and improvement in farming practices.

Atiq Ullah is eager for other farmers to experience similar growth of crops, "As I have observed the change in my crop, now I will be teaching the same skills which I learned from the training to other farmers in my village. I will ask for the shura's (religious council) help if necessary, to teach and promote best practices for overall improvement of the agricultural situation in this district."





Words of Wisdom

The desting of world civilization depends upon providing a decent standard of living for all

Norman Borlaug (1914 – 2009)

Hot Topic

Humanitarian Protection

rotection means endorsing the safety, dignity and fundamental rights of individuals and communities, by creating circumstances under which people are empowered and enabled to live secure and dignified lives. The most commonly used International Committee of the Red Cross (ICRC) definition refers to protection as: "All activities aimed at obtaining full respect for the rights of the individual in accordance with the letter and spirit of the relevant bodies of international law (i.e. human rights law, international humanitarian law and refugee law). Human rights and humanitarian organizations must conduct these activities in an impartial manner (not on the basis of race, national or ethnic origin, language or gender)."

Ensuring protection calls for a focus on vulnerable populations and analysis of the threats to safety and dignity that they face. Humanitarian agencies around the world are recognizing a responsibility to treat not only the symptoms but also the causes of violence, acute deprivation, and inequality.

Protection must be considered at all times; however, the risks are higher for vulnerable groups affected by disaster, conflict, and displacement or individuals, such as unaccompanied children or orphans who become vulnerable during such times. Humanitarian agencies have a crucial role to play in ensuring access to the required assistance as well as protection from abuse, harm, and disempowerment.

The range of activities NGOs can undertake for the purposes of protection include: humanitarian presence, education and training, self-protection by empowering vulnerable groups, direct primary protection, adhering to international humanitarian standards, coordination, and advocacy. For protection mainstreaming, implementation of all programs should be according to the international humanitarian standards in order to integrate and ensure positive impact on people's safety and dignity.

CWS-P/A is committed to protection mainstreaming particularly following the relevant set of standards: The Code of Conduct for the International Red Cross and Red Crescent Movement (ICRC) and NGOs in Disaster Relief; the Sphere Project: Humanitarian Charter and Minimum Standards in Humanitarian Response; Humanitarian Accountability Partnership (HAP) Standard in Accountability and Quality Management; Local Capacities for Peace and the Do No Harm Approach; ACT Alliance Code of Good Practice; and other policies including a Code of Conduct for Child Protection. CWS-P/A actively participates in protection cluster meetings to meet and have constructive dialogue on pertinent issues with the humanitarian network.

Membership



Certification

actalliance



















^{1.} http://www.actalliance.org/resources/policies-and-quidelines/ humanitarian-protection/ACT-Humanitarian-Protection-Policy-1.pdf