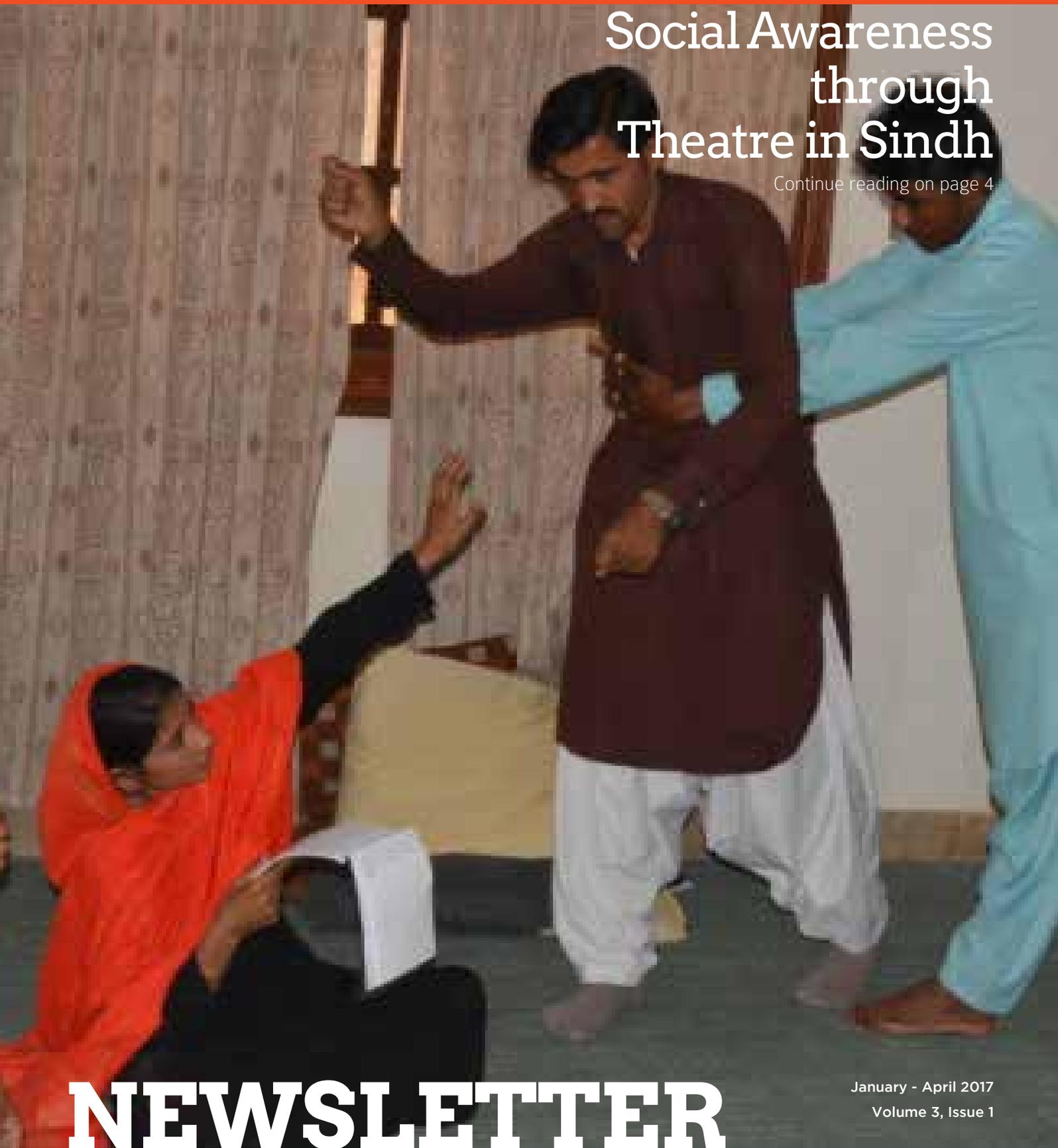


Social Awareness through Theatre in Sindh

Continue reading on page 4



NEWSLETTER

January - April 2017

Volume 3, Issue 1

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Dear Readers,

Happy Mothers Day and Welcome to our first Issue of 2017! Each year we start with sharing with you some of our most exciting initiatives and stories and this quarter is no different.

Reaching and strengthening communities and the people we work with through innovative methods is at the heart of all our programming. In this issue's feature stories, we have picked two such inspiring examples.

Theatre and drama have been a form of expression since the beginning of civilization. And at Community World Service Asia we believe the use of theatre opens the lines of communications on difficult social issues in a non-threatening way. On Page 4 read about our training with community members in Sindh on building awareness on social issues through theatre performances.

Talking about trainings, we not just work on building community capacity but also on enhancing the skills of our partners. Read how Kashif, representing a national NGO, restructured their organization and developed effective policies after taking one of our Capacity Institutionalization trainings, on page 6.

To get a gist of most of our running projects focusing on each of our thematic areas, read the short stories and updates in the Trending section.

Don't miss a chance to check your knowledge in our pick of Trivia this month on page 13.

Happy Reading!

Star of the Quarter



Our star of this quarter is **Khurram Saeed** for his consistent commitment and contribution to the CIP Project. **Khurram's** energy and "going the extra mile" nature strengthens his team and brings success to the projects he works on. Congratulations **Khurram!**

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Happy Reading!



Suggested Reading

Making the Sphere Handbook 2018 Edition

The revision of the Sphere Handbook has reached its first milestone and the public consultation phase has begun. The first draft of the revised Sphere standards is now available for review and feedback.

Humanitarian practitioners around the globe are encouraged to share their comments and input now!

Link to download: <http://www.sphereproject.org/handbook/revision-sphere-handbook/draft-ready-for-feedback/>

Editorial Team



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Tassaduq Hussain



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New Projects this Quarter

- Emergency Humanitarian Assistance for Afghan returnees, in Laghman and Nangarhar Province, Afghanistan
- Emergency Humanitarian Assistance, aimed to provide basic preventive and curative health services, in Laghman and Nangarhar Province, Afghanistan

Featured in the Humanitarian Leadership Academy's newsletter as the second most read article of the issue.

Our Q & A team have been using the Academy's free learning platform Kaya for the past five months and shed light on the benefits of using it for the organization. Rizwan Iqbal, Program Coordinator, shares his experience in the popularly read article .. (<http://www.humanitarianleadershipacademy.org/benefits-using-kaya-within-organisation/>)

CHS Self- Assessment

Community World Service Asia being a member of the Core Humanitarian Standard (CHS) Alliance, conducted a CHS Self-Assessment during the first quarter of 2017. It was conducted to ensure compliance to the nine commitments of Core Humanitarian Standard on Quality and Accountability. The organization has undertaken this initiative also in line with its overall objective on continual improvement and learning.

Appreciated and Recognized for our Health Interventions

Our Rural Health Centres in three districts of Umerkot have been awarded an appreciation certificate by the District Health Officer of Umerkot, Sindh, for the centre's excellent health services and facilitation of the DHC's polio campaign.

Looking forward to more academic collaborations on Sustainable Livelihoods in Sindh

The Rural Sociology Department of Sindh Agriculture University has awarded Community World Service Asia an appreciation letter and shield for the organization's consistent commitment and on-ground efforts in serving the vulnerable communities of Sindh and supporting them with sustainable skills and practices. The department is keen on conducting joint ventures including trainings, project proposals, M&E and impact assessments with Community World Service Asia in the near future.

Announcements



Upcoming Trainings

Event	Dates	Location
Financial Management	May 9-13, 2017	Mirpur Khas
Theater for Development	May 15-21, 2017	Murree
Communication Strategies Course	May 15-18, 2017	Murree
Visual Communications Course	May 17-23, 2017	Islamabad
Project Planning	July 4-8, 2017	Murree
Visual Communications Course	July 11-14, 2017	Lahore
Project Management	July 18-22, 2017	Murree
Social Mobilization	Aug 22-26, 2017	Murree

Social Awareness through Theatre in Sindh

Under the “Women economic empowerment through disaster resilience approach, Sindh Province Project, a four days refresher training on “Sexual Reproductive Health(SRH) and Gender Based Violence (GBV)” of a theatre group was conducted in mid-March of this year. The first training of its kind was conducted in the start of the year when project was initiated. The objective of the refresher training was to enhance the group’s performance skills, dramatisation techniques and develop a thorough understanding on the topics of SRH and GBV to better represent them on stage. Exercises to improve confidence levels and adaption of more audience interactive

Features



Day 4 of the training - Participants engaged in theatre role-play during the refresher training.

methods were also practiced in the training to increase audience attention and performance impact. It also aimed at prioritizing and highlighting the topic related issues to further build awareness among rural communities to change rigid mindsets.

Yousuf Dominic, a specialist consultant at Community World Service Asia, facilitated and lead this refresher workshop. Yousuf has an extensive experience of 22 years as a consultant trainer on various capacity building programs including gender equality, social mobilization and sexual reproductive health.

Before the start of this four day workshop, Yousaf had scheduled one whole day visiting the project field sites to observe the existing social and cultural gaps and to take note of field level operational issues. Ways to address the points

noted during the field visit were carefully incorporated in the session plans of the workshop.

The training commenced with a brainstorming session in participation with all the theatre performers. At this session, Yousuf shared his findings and gave his feedback on the observations brought back from field. “I was glad to see the hard work and dedication the performers put in their work. However, more work needs to be done on early childhood marriages, health issues and women protection policies through more informative dialogues.” Yousaf emphasized on the importance of conducting social mapping in order to develop a clear understanding on common issues existing in the communities.

Thus, a social mapping exercise was carried out where participants were divided into groups. Each group identified



Participants engaged in a group activity of developing a story through social mapping.



Consultant, Yousuf Dominic, briefing the participants on Social Mapping.

various issues in their respective communities and the reasons behind their being. Each group then developed solutions for the issues identified and shared their proposed strategies with the others. This effective group activity allowed the participants to jointly identify five key issues, which were common among all communities:



Women harassment



Early child Marriage



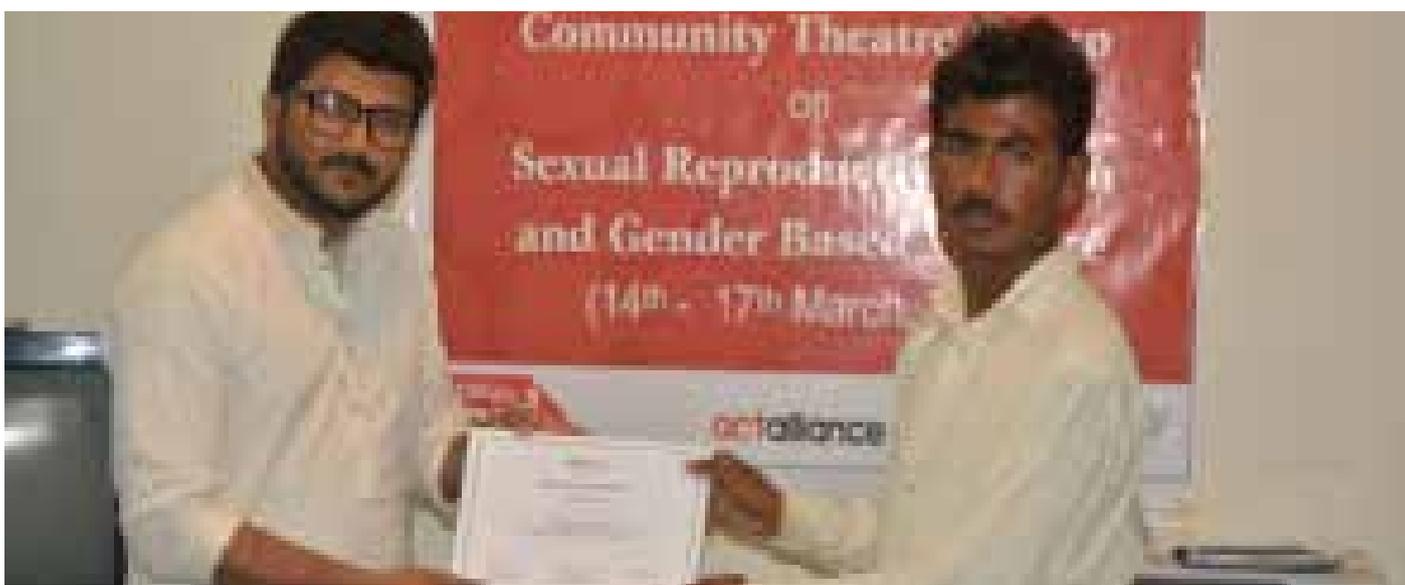
Women ignored in decision-making



Girls Education



Restrictions on women

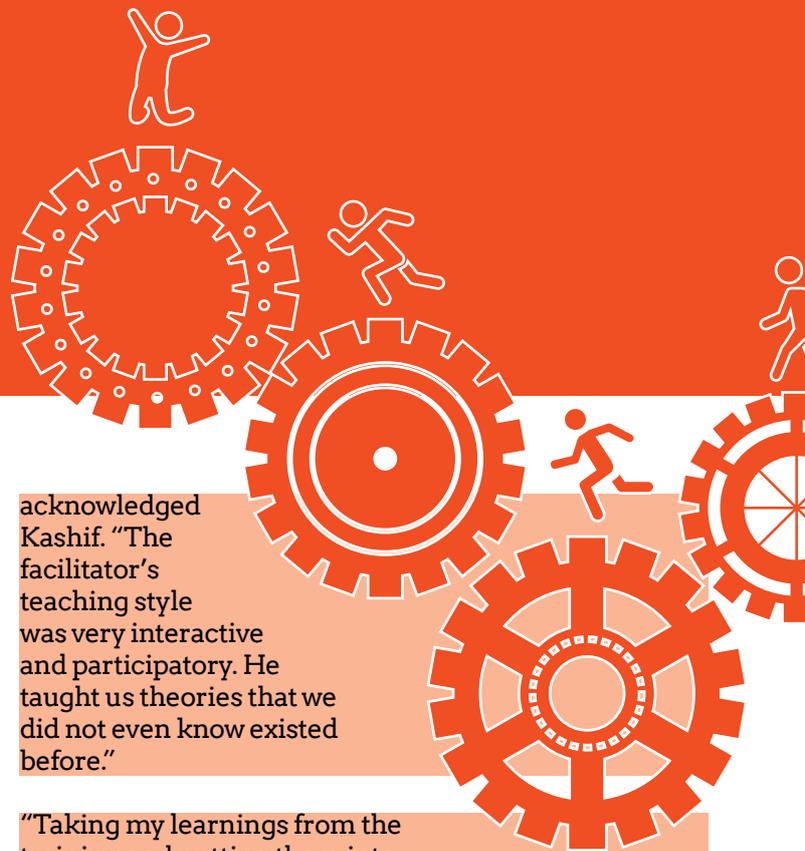


Certificates were presented to the participants.

Through this training, performers were enabled to write stories and performance scripts on the issues of sexual reproductive health and gender based violence through group exercises and thorough discussions. After evaluating the stories shared by the participants, Yousuf expressed the importance of authenticity in writing stories and representing real life examples. He further elaborated that performers may work on stories through social mapping and prioritize their issues and develop more needs based stories which would have more impact and relativity for audiences. In addition, Yousaf clarified, "Stories must have a clear introduction to the audience on the basic parameters and a very tangible reason, so that a positive and effective message is conveyed to the crowd."

A story/show script was fully developed in the four day training through social mapping exercises. The participants wrote their dialogues keeping in mind the sensitivity of the issues. A final theater show was performed on the last day of the refresher training. Participants developed a comprehensive understanding on characterization and role plays during theatre shows. Their story and script skills were enhanced and specific capacity was built on plot construction and characterization. All participants were then awarded certificates for their contribution, commitment and participation.

Effective Organizational Development is at the heart of a successful organization



The Diocese Development Secretariat of Multan (MDTA), an independent organization, developed their first ever strategic plan for the years 2017-2020 after attending a four-day capacity building training on Organization Development (OD) in September 2016. The training organized by Community World Service Asia aimed at enabling participating organizations to better respond and adapt to changes and developments in the sector to achieve organizational efficiency and increase productivity.

Kashif Kamran Khan, working as Head of Development and Emergency Programs since the last four years at MDTA, speaks to us about the changes and growth him and his organization experienced since learning OD concepts at the training. Kashif joined MDTA as it re-established itself and adopted a newer and more “modern” approach to its programming. In these last four years, he has worked in various departments of the organization, from Finance, to HR, to M&E and on field project implementation. MDTA did not have a separate OD department, but as a head of development Kashif applied many OD concepts in various departments to enhance the efficiency of his team.

Without a proper OD unit, MDTA also did not have any HR, Fund raising or any other program policies developed. This led to them facing many challenges, specially when building partnerships and networking externally with partners and donors. Due to the absence of a structured OD system, there was no organogram developed either which meant there was no hierarchy to follow, leading to countless confusions for staff and other stakeholders on a daily basis.

Kashif felt that the organization development unit plays one of the most important roles in an organization. Having acquired a MPhil degree in Business Administration with a specialization in HR, Kashif had been waiting and looking for an opportunity to be trained on OD as he felt it was vital for him to do so in order to fulfill his responsibilities as Head of Development for a newly “reestablished” organization. This training was a perfect opportunity for him.

“I really looked forward to this training and for all the right reasons,” recounted Kashif. **“All the knowledge and learning received in this training was very educational for me. I learnt concepts, policies and methodologies which I never got to learn in my MPhil classes either. The facilitator for the training did a great job.”**

“I learnt about different Hierarchy models which I have now applied to develop an OD model for MDTA,”

acknowledged Kashif. “The facilitator’s teaching style was very interactive and participatory. He taught us theories that we did not even know existed before.”

“Taking my learnings from the training and putting them into practice, we at MDTA have recently developed our Strategic plan, introduced new program policies and have applied many new concepts into our programming and management. Now most of our employees are familiar from the OD concepts.”

“Not only did the training have a strong impact on MDTA in terms of developing organizational policies that lead to strengthening our external relations with donors and having access to more resources but we are also on the path to establishing a separate OD department consisting of trained staff. On a more individual level, this training has changed my management style and ways of articulating development of policies and solution making for the organization.”





Kainat-Sujawal's upcoming "Commando" for Education

According to the American Camp Association (ACA), youth development experts agree that children need a variety of experiences in their lives to help them grow into healthy adolescents and adults. Summer camps for children, under our Girls Education project supported by Act for Peace, are exclusively planned to facilitate developmental needs of school-going children through physical exercises, activities on self-definition, meaningful participation and creative self-expression.

"The mock elections at the summer camp were a great learning opportunity for all of us. I had to work really hard to win the elections. I prepared a strong, impactful speech which promised to develop an advanced and clean society. I felt very proud on winning the elections as it is the most important achievement for me up until now," said Kainat, a Grade 3 student at the Government Primary Sindhi Chandio School.

Kainat belongs to a village in Sujawal District and lives there with her parents and eight siblings. Attending the summer camp and interacting with other students from different schools was just the kind of opportunity Kainat had always waited for and looked forward to. "My father has always encouraged me to go for my dreams and doesn't want any of his children to clean cars like he does for an earning. He wants us to study and grow up to be intellectual professionals. I come to school to learn new things from my teachers and want to grow up to be a commando one day," voiced Kainat excitedly.

"I did not know that as a citizen of Pakistan, I had certain duties to fulfill to be a good citizen. We got to know the difference between a good and a bad citizen at the camp. I specifically shared this learning with my class fellows. I also went to other classes of my school and told them about good citizenship. We have to make our country a better place and for that we have to play our role actively."

Disaster Risk Reduction (DRR) trainings were also conducted as part of the summer camps at Kainat's school. According to her teachers, Kainat has been a proactive student in conducting drill activities. "The



DRR trainings have increased our knowledge in relation to emergency situations. Our school has trained all students to take measures for various disasters which come unannounced. I have shared my learnings with my family and friends in my community. My community appreciates my knowledge and commends the school on giving such diverse opportunities aiming to equip intellectual students with all lots of skills."

"People from my village are mostly uneducated. I am educating myself so that I can set an example for others, highlighting the importance of education for a progressive society. My eldest sister supports me a lot in education. She helps me in my homework and studies as well." Kainat is determined to bring a positive change in the unbending and recessive community that she belongs to. She aims to free the future generations of her village from poverty and illiteracy.



Mohan's inspiring transformation

"My father drank alcohol daily and used to beat my mother," quietly recounted a 15 years old daughter of Mohan from Haji Chanesar Mari village.

Mohan, father to five sons and two daughter, was a hopeless alcoholic, living with his family in the small but close-knit village of Haji Chanesar Mari in Umerkot. He was a selfish man who only thought of himself and never considered the impacts of his drunkenness on his wife and children. Many evenings, Mohan's children witnessed their mother, Devi, being beaten by their drunk father. Some evenings, one of the children would become victims of his physical and verbal abuse as well.

As a small, independent farmer, Mohan earned well. Despite his sufficient earnings, Devi, was unable to save any money for the dowry of their daughters or for the purchase of cattle for the family's nutritional support. All of Mohan's extra earnings were consumed on alcohol. "He was

consuming alcohol of at least PKR 200 regularly,” shared Devi. “At times, when he would be out of money, he would lend money from others to fulfill his alcohol craving.”

“Despite having such a beautiful family, I have mostly thought of myself only throughout my adult life,” shared Mohan himself one day. “I never dreamt about a better life, education, health or of other facilities for my children.”

Sajan, a gender activist in their village, took a lead to work with families affected by severe alcoholism. He had selected at least five households with whom to start work with. People advised him to consider working on other social issues, realizing the challenges he may face working with alcohol addicts. However, Sajan remained firm in his disposition as he considered alcoholism as one of the root causes of many gender based discriminatory practices and mind sets in their community. “Local alcohol is produced and is easily available from nearby villages,” Sajan pointed the severity of this issue.

Sajan and his colleague decided to train local children to play the role of drug addicts and their family members and demonstrate how one alcoholic would easily ruin a whole family. This drama was performed in Mohan’s house in his very presence. Mohan’s own son performed the role of an alcoholic who drank daily and beat his wife. At the end of the interactive play, a communal issue (alcoholism) was laid in front of the acting village leader in the play to find a resolution, seeking support from other men of the community as well. The alcoholic, played by Mohan’s son, was not even considered in the village decision making as the community saw him as a senseless man who was incapable of supporting himself or his family. “It was a very shameful moment for me that the character played by my son was hated by everyone and was failing everywhere in the community,” Mohan said disappointedly, “I realized that that could become the future of my children if I continue to drink this way.”

The story and performances touched Mohan’s slumbering soul and made him realize the impact of his disgraceful attitude on his family. He promised to quit drinking alcohol. Mohan kept his promise and quit soon after he saw the theater performance. Relinquishing a severe addiction as such as suddenly left Mohan unwell and ill. At this time, Sajan supported Mohan in acquiring medical support in Umerkot city where the doctor strictly advised him not to consume alcohol at all during this time. If he followed his advice, Mohan’s health would be better soon.

It has been month and half since Mohan has consumed a single drop of alcohol. Mohan and his family are very grateful to Sajan for not only helping Mohan leave his addiction but also in re-strengthening the family’s long lost bond. “I have stopped hanging out with friends who drank with me. I wish to become a proud father for my children and a responsible husband to my wife.”

Small efforts can sometimes bring a big change. We should never gauge or underestimate any effort that is made with complete sincerity and dedication; the results may not be seen at once but gradually it may change lives positively.

Providing Experiential Learning to future Practitioners

A group of 37 students of the Rural Sociology Department, Sindh University, accompanied by senior professors and chairman of the Rural Sociology Department (RSD), visited Community World Service Asia’s Jhuddo Office this April. The purpose of the study tour was to orient students on the working methodologies and policies of humanitarian organizations and NGOs’ and the role and structure of Community Based Organizations (CBO). Something different from the usual theoretical classroom learnings at the RSD, this exposure tour was designed to familiarize students with the different cultures and living patterns of rural communities and provide them with a practical learning experience.



Appreciation Letter presented by the Department of Rural Sociology, Sindh Agriculture University, to Community World Service Asia, Jhuddo Office.

Ashar Nasir, Project Manager at Community World Service Asia, along with other staff, welcomed the group of students and faculty members at the local office. An introductory session, on the organization and its various projects and thematic areas, kick-started the exposure visit for the eager guests.

The group first visited Fazal Wadho village; one of the targeted villages of Community World Service Asia’s Promoting Sustainable Agriculture project in Badin. Participants were welcomed by members of the Community Based Organization (CBO). Mohammad Hassan, community representative of Fazal Wadho village, gave a detailed presentation on the village profile and its’ previous and existing initiatives with different organizations. He also briefed the participants on the history of the CBO’s formation, its objectives and their role in local development. This was followed by a question and answer sessions in which a student asked about the importance of CBOs at a community level. To his response, it was shared that CBOs bridge communication and networking gaps between feudal lords and higher officials and the local community people. The CBOs also



A group photo of university professors with the community of Fazal Wadho village.

amplify the voices of the village people on local issues and together with concerned departments develop resolutions to those issues.

Community World Service Asia's role, through their various Food Security and Livelihoods projects in the area, in forming the CBOs and VO's and equipping them with necessary resources and knowledge, was highlighted. The students and their faculty were told about the role the women of the community are playing in being trained on Nutrition and Kitchen Gardening to develop balanced nutritious diets for their families and themselves through the Sustainable Farming project in Badin. Many other field experiences were shared with the group, including the exposure visit to Sindh Agricultural University where the women project participants actively observed the workings of different departments. They also shared their experience of participating in the Farmers Festival

which displayed their home grown vegetables on sale stalls and connected them with local retailers.

Dr. Ghulam Mujtaba Khushk, chairman of RSD, appreciated the efforts of the CBO in local development. He appreciated the informative and effective opportunity given to the students and the faculty members; increasing their knowledge and learning in relation to the different practicalities of rural life and how people of various local communities are being involved to build a sustainable livelihood together. The students and faculty members learnt about project implementation, project planning and social mobilization. Concluding the visit, Dr. Ghulam Mujtaba presented an appreciation letter and a shield to Community World Service Asia Team for their commitment and contribution to the communities.



The delegation from Sindh Agriculture University and the community members were given an orientation session at Fazal Wadho village.



Dr. Muhammad Javed Shaikh, Assistant Professor, briefed the student regarding the purpose of the visit.



Community extension worker sharing his experience of social mobilization and its processes at grass root level.



Dr. Ghulam Mujtaba sharing his experiences with the members of the community in Fazal Wadho village.



The participants were given orientation on how to develop and function a Community Based Organization.



Ashar Nasir, Project manager, sharing organizational profile and how to develop and implement a project.



A group photo of Community World Service Asia Jhuddo staff with the delegation of Sindh Agricultural University.



schools that are part of Community World Service Asia's Girls Education Project to observe teacher trainings, classroom instructions and school-based civil education camps. In addition, they received coaching on appropriately utilizing M&E tools and on developing a comparative study of M&E systems run by other professionals in different fields.

The participants were trained on the difference between Monitoring and Evaluation processes and how to conduct an effective monitoring visit to thoroughly observe the teaching process of school teachers and the management system of school principals. During the training, the participants were engaged in various group activities where they developed monitoring and supervision plans and ways of using existing forms and formats of the Education Directorate for monitoring purposes, providing feedback and recommendations. Sessions on conflict resolution further modified the participants' role in conflict management, if any existed in the schools.

Schools and teaching environments will benefit greatly through the commitment of effective M&E staff provided they are well equipped with knowledge and necessary skills in the said field. The monitors efficiently conduct visits and provide teachers and school management with good and constructive feedbacks and recommendations in order to improve. Furthermore, the regular visits of M & E officers will ensure systematic school management processes. The teachers' teaching methods are observed to assure that new methods learnt from trainings are implemented rationally; existing gaps are identified and further improved accordingly. These trainings are vital as it enhances monitoring systems in the Ministry of Education and fulfils the aim of ensuring quality education within the targeted schools.

Coherent Monitoring & Evaluation Systems lead to quality Education

Improving the capacities of education officials on monitoring and evaluation (M&E) skills contributes directly to the quality and accountability in reporting on education. It also impacts the expectations of schools and teachers that are held accountable for sub-professional behaviors, such as absenteeism. Improved M&E systems would also support better reporting and would lead to improvement in information available to relevant decision-makers. To refine the existing system, a Monitoring and Evaluation (M&E) Training was conducted in Nangarhar Province, Afghanistan end of March this year for Provincial and District level education directorates. A total of 20 participants (men) attended the informative training at the Community World Service Asia office in Jalalabad.

Education officials in Afghanistan undertook joint monitoring visits to



Abdul Qahar, Nangarhar Education Directorate's M&E staff expressed his positive views, "The environment developed in the five-day training was very friendly and learning. I learnt a lot from this training. This training helped me in being more efficient and productive through the use of the existing M&E system and monitoring forms and formats. I found this training very practical and need based."



Chief Guest, Abu Zahid, Nangarhar Education Deputy Director shared his thoughts saying, "I really appreciate this initiative of Community World Service Asia. Such trainings and support will definitely result in uplifted capacities of Education M&E teams and conducting of successful monitoring visits. We hope these effective trainings are conducted in the upcoming phases of the project, targeting enhanced capacity of M&E staff at the district levels."

The Colors of Thar

The Sindh Culture and Tourism Department organized a two-day “Thar and Parkar Festival” at the historical Umerkot Fort from the 24th - 25th of March. The various arts and crafts of the culturally rich Thar were put on display on a number of stalls at the vibrant festival. Apparel, rillies, handbags, fancy clutches, jewelry and other handmade crafts were on display and for sale. The entertaining event featured cultural activities such as camel and horse races, folk musical concerts and standing stalls of delicious local food.

The festival was inaugurated by Syed Sardar Ali Shah, Minister of Culture and Tourism in Sindh. “This festival will show the more beautiful facets of our rich desert which has formerly remained hidden as the region has predominantly been known for its natural disasters and subsequent deaths of children,” announced Mr. Shah. He added that such events will bring back harmony and a cultural spirit to the region which has suffered consistently in the past. Dost Mohammad Rahimoon, MPA Sindh, also present at the inauguration ceremony added, “The festival will provide a forum to people to showcase their rich culture and traditions for the entire

world to see.”

Local artisans of Umerkot, along with Community World Service Asia staff, participated at the event, showcasing and promoting their hand-crafts from Umerkot and Thatta. A range of products including casual apparel, jewelry and other home accessories produced under the brand “Taanka” were exhibited for sale at the festival. A large number of people visited the stall and watched the artisans hand make some of the products “live”. Syed Sardar Shah, also paid visited the Taanka stall and appreciated the quality work of the artisans that stood out among the many stalls at the festival.

Women from near and far villages, attended the event and were very happy to see a large variety of cultural apparels and antiques at the stalls. Families enjoyed tableau and the many music and theatre shows being performed by local communities and theater groups. Folk musician sang and entertained audiences at the festival for hours and received much applause and cheers. The festival ended with sparkling, large fireworks on the second day, lightening the lives of the people of Thar with color, happiness and celebration.



A stall showcasing antiques and cultural shawls which attracted many people at the festivals.



Community World Service Asia participated in Thar & Parkar Festival to promote the handicrafts of artisans of Thatta and Umerkot.



A range of products were exhibited, which attracted many customers, including handicrafts, apparel, jewelry, tote bags and clutches and home décor.



The festival was very rich in terms of diverse activities, colorful stalls and participation of people, as some of the participants wore cultural clothes to promote their traditions and culture they follow.



Minister for Culture and Tourism Sindh, Syed Sardar Shah, visited Taanka stall. He appreciated the work of the artisans and commended the efforts of the program teams to promote the cultural handicrafts. He added that such events will bring back harmony and cultural spirit in the area which has been badly affected by the inequalities of life.

Celebrating World Health Day with Rural Communities in Sindh

Community World Service Asia provides medical care with a focus on maternal, neonatal and child health (MNCH) through supporting three Rural Health Centers (RHC) in Umerkot since 2015. These health centres provide healthcare to the most vulnerable communities affected by recurrent natural disasters, disease and poverty. The primary aim is to provide medical care through curative and preventive services while adopting a community-based approach by ensuring participation of village health committees and government health department.

The MNCH team organized World Health Day on 7th April at the RHCs in Umerkot in participation of a large number of community members from



To increase public awareness regarding various causes and preventive measures of depression



To provide detail knowledge of getting prevented from various diseases including diarrhea and missiles.



To promote self-care among people of rural area



Women of residual and nearby villages at the Rural Health Center, Hyderabad attending an Awareness Session on Importance of Healthcare.



Health Day Awareness Walk was conducted by the MNCH team of Community World Service Asia at the Rural Health Center, Nabisar.

Medical Superintendents (MS) of each health facility, health committee representatives, community activists and project staff gave orientations to the community members including men, women and children, on the major causes, prevention and mitigation of depression, heatstrokes and diarrhea. They imparted key messages on good health that aimed to enable men, women and children to lead healthy and productive lives and continue being of valuable existence in lives of their families and communities.

catchment area, government health staff of each RHC and professionals from NGOs and Civil Society Organizations. The main focus of the day was the topic of "Depression" which was the universal theme of this international day globally. Attention was also given to other more common health issues in the area such as heatstroke, diarrhea and anemia.

Depression is one of the many results of poor health, poverty, economic and social injustices and power imbalance prevalent in the rural society. The main purpose of celebrating this day was to raise common public awareness on various health issues and to sensitize the community and paramedic staff on mitigating the health problems common in the community through self-care and knowledge building.

Topics discussed on World Health Day in Umerkot:



To encourage most vulnerable groups of people to frequently and regularly checkup the women during pregnancy in MNCH Centers.



To motivate the paramedic staff to make their efforts in providing health facility to vulnerable community of the catchment area of all three RHCs



On Health Day, health sessions were conducted with women participation to highlight the health right of women and children.



Women from nearby villages actively participated in the Health Day Awareness Walk at Rural Health Center, Nabisar.

Rural healthcare lags in quality, affordability, and accessibility for several reasons. The main problem faced by health authorities in this regard is lack of awareness. One of the major reasons for such a deplorable state of health in these areas is the lack of health facilities. The establishment of health centers is ensuring better health and is supporting an improved standard of living for the people of rural Sindh.

Trivia



1. The sustainable development goals which came into effect on 1st January 2016, are due to expire in..

- A. 2030
- B. 2050
- C. 2100
- D. 2020

2. Which of the following is not a sustainable development goal?

- A. Ensure healthy lives and promote wellbeing for all at all ages
- B. End poverty in all its forms everywhere
- C. Take urgent action to combat climate change and its impacts
- D. Eliminate racism in all its forms

3. Based on average daily usage in the developed world, what uses the most water?

- A. Showering
- B. Washing up
- C. Drinking
- D. Toilet flushing

4. The richest 62 people in the world have as much wealth as what percentage of the global population, according to Oxfam?

- A. 50%
- B. 40%
- C. 30%
- D. 20%

5. Nobel Peace laureate Malala Yousafzai became the _____ person to receive honorary Canadian citizenship, before advocating in a speech to parliament for women and girls' education...

- A. Fourth
- B. Fifth
- C. Sixth
- D. Tenth

7. The United Nations is warning the world that it is facing its worst humanitarian crisis since the end of World War II. How many people are facing starvation and famine in these four countries; northeastern Nigeria, Somalia, South Sudan and Yemen?

- A. More than 20 Million
- B. Less than 12 Million
- C. 15 Million
- D. 4.5 Million

6. According to a 2016 Water Aid report, Water: At What Cost? The State of the World's Water, where is the most difficult place in the world for households to access clean water?

- A. Papua New Guinea
- B. Kyrgyzstan
- C. Chad
- D. Yemen

8. World Health Day was observed on?

- A. April 06
- B. April 07
- C. April 08
- D. April 09

9. According to researchers of Lancet study, what is the most dangerous place on earth for healthcare providers?

- A. South Sudan
- B. Chechnya
- C. Syria
- D. Burma

10. According to the World Food Programme, where do the majority of the world's hungry live?

- A. Asia and the Pacific
- B. Latin America
- C. India
- D. North Africa

ANSWERS 1: (A), 2: (D), 3: (D), 4: (A), 5: (B), 6: (A), 7: (A), 8: (B), 9: (C), 10: (A),



Coretta Scott King (1927 – 2006)

She was an author, activist, civil rights leader, and the wife of Martin Luther King, Jr. Coretta Scott King helped lead the Civil Rights Movement in the 1960s.

“It doesn’t matter how strong your opinions are. If you don’t use your power for positive change, you are, indeed, part of the problem.”

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