

Message from USAID

Pakistan stands at a crossroad. Pakistan is one of the few Asian countries where HIV gained a late foothold, with a resulting window of opportunity for prevention.

To keep the HIV/AIDS level low, besides targeting people most-at-risk, Pakistan's young population, which constitutes more than 63% of the total population, needs to be educated about the disease and how to prevent it. Hence, the key thrust of the USAID HIV/AIDS program over the past two years has been supporting the capacity building of partner organizations and implementation of formal disease prevention interventions targeting most-at risk and high risk populations in six major cities including Rawalpindi, Lahore, Multan, Karachi, Larkana and Islamabad of Pakistan to target people most-at-risk and at high risk, especially the youth. The USAID/FHI program has established more than 140,000 contacts with individuals from the high and most-at-risk groups. Out of these almost 30,000 students were informed about life skills, abstinence and faithfulness.

The program has further provided support to 84 HIV positive individuals and their 276 family members. This increasing outreach program has been made possible through project staff of our partner organizations including 60 Outreach Workers and more than 1,000 trained Peer Educators.

Responding to the recent HIV/AIDS concentrated epidemic in Larkana; USAID/FHI has expanded one of its partner's Home Based Care (HBC) operations to Karachi. This geographic expansion will further help identify new cases and aims to further community and home-based care to people living with HIV and AIDS.

High quality communication skills are imperative in obtaining the desired knowledge for those most at risk. Under its USAID agreement, Family Health International has produced excellent, culturally appropriate HIV/AIDS preventive field communication materials that provide complex and sensitive HIV/AIDS messages in simple ways. Further FHI's Urdu publications on HIV/AIDS project design and monitoring are yet another development for the individuals working on HIV/AIDS in Pakistan.

USAID has also supported publication of 07 case studies on "Voices of People Living with HIV/AIDS"; these publications are a meaningful medium towards reducing stigma and discrimination against people living with HIV/AIDS.

It is USAID's hope that this Youth Magazine brings relevant information; knowledge and updates on critical health issues and particularly HIV/AIDS to its intended audience; the youth and future of Pakistan.

Cathy Jane Bowers
Director Health Office
United States Agency for International Development

About AGEHI

AGEHI Resource Center

AGEHI Resource Center founded in September 2000. It serves as a resource center of SACHET and other development partners. AGEHI is an acronym standing for Advocates of Gender, Education and Health Information. AGEHI itself is an Urdu word bearing meanings like Knowledge, Awareness, Perception and Insight. It is meant to advocate for Gender Sensitization Education and Health promotion by disseminating information, networking and research on Gender issues. AGEHI Resource Center informs the policy makers, educators, media professionals, concerned citizens, civil society representatives, students from urban as well as from remote areas of Pakistan, young professionals, researchers and program managers working in the area of Gender, Education and Health through out the country through a broad range of activities.

FHI (Family Health International, Pakistan)

Background

Pakistan stands at a crossroads and has entered in a situation of concentrated HIV epidemic. The country has enormous potential from private sector to restrain the epidemic and offers a unique window of opportunity to control and prevent a widespread epidemic. As of June 2005, the National AIDS Control Program (NACP) had identified 2,622 HIV positive cases including 321 with AIDS. The estimated number of HIV cases is thought to be nearly 80,000. Since 2003, Family Health International (FHI) with support from United States Agency for International Development (USAID) has closely worked with National AIDS Control Program, local non-governmental organizations and community groups to develop and strengthen HIV prevention and care activities.

Strategies and Program Areas

Under the Strategic Objective Grant Agreement between US Government and Islamic Republic of Pakistan, FHI is complementing the National AIDS Control Program to promote awareness and healthy behaviors among vulnerable groups, through information, education and communication programs regarding the risk factors for HIV/STIs. This is the fourth focus area of the US Government Health and Population Program in Pakistan. The program has developed projects that reduce the transmission of HIV/STIs among most at-risk populations (MARPs) and in-school youth

in Rawalpindi, Islamabad, Lahore, Multan, Karachi and Larkana of Punjab and Sindh provinces; support people living with HIV and AIDS (PLHA) with appropriate care; support technical assistance to NACP to monitor the dynamics of the epidemic and the effectiveness of prevention and care programming. FHI Pakistan is working with eight partner organizations for and integrated response to HIV/STI disease prevention.



Prevention

Capacity building of partner organizations has been ongoing and focused on enhancing capacity on inter-personal communication for HIV/AIDS and Sexually Transmitted Infections (STI) service delivery and to design activities around a behavior change model to promote and supporting adoption of safe practices and increasing access to STI services to most at-risk populations. The program has reached almost 120,000 beneficiaries of SBC program. Out of these almost 27,000 in-school youth were informed about life skills, abstinence and faithfulness. The increasing outreach has been made possible through 60 outreach workers and more than 1,000 trained peer educators (PEs). SBC tools including puppet and theater shows are being used for education. Peer Education Kit: FHI spearheaded development of Peer Education Tool Kit for projects' field staff. The kit communicates complex and sensitive HIV/STI messages in simple ways.

Care and Support

FHI with partner PLHA organization published 07 case studies on "Voices of People Living with HIV and AIDS"; it is a meaningful medium to reducing stigma and discrimination. Responding to recent HIV concentrated epidemic in Sindh; FHI expanded its HBC operations to Karachi. Home Based Care has reached 276 HIV/AIDS affected family members and 72 PLHA from all over Pakistan. FHI also spearheaded two national consultative workshops on people living with HIV and AIDS in collaboration with UNAIDS and NACP.

Treatment

The program has recently started providing community based STI services to MARP. Trained medical staff

provided synchronic treatment to 340 clients suffering from sexually transmitted infections and counseling to more than 1400 individuals. Female medical assistants are hired to cater female clients.

Technical Assistance to NACP, Ministry of Health

Assessment of national blood transfusion situation followed by workshop on leadership development for Safe Blood Transfusion; Quality Assurance system for the national and provincial blood transfusion managers; organized a workshop for national and provincial programs on STI strategy and protocol development and; Technical Assistance on developing strategic paper for HIV/AIDS interventions in Pakistan.

By: Dr. Muhammad Tariq
Program Manager
FHI, Pakistan

SBC Project Report

Partner Organizations:

- AGEHI (a project of SACHET, Islamabad)
- ASEER (Multan)
- Community Support Concern (Multan)
- New Light AIDS Society (Lahore)
- Organization for Social Development (Rawalpindi)
- Pakistan Lions Youth Council (Multan)
- PAVHNA with Mehran Welfare Trust (Karachi & Larkana)

SACHET

Development & Implementation of SBC Strategies & Interventions aimed at Adolescents/Youth in schools/colleges of Rawalpindi/Islamabad

Goal:

To contribute towards the improved quality of life of Adolescents and Youth through implementation of behavior change interventions

Implementing Strategies:

- Communication
- Advocacy
- Training

Highlights of the Project Activities

Advocacy Meetings with Heads of institutions

Continuous meetings with the heads of institutions were organized in order to keep the project activities smooth and to ensure the participation of the heads. As a result of these advocacy meetings the support from them was ensured.

Peer Educators' Training Sessions:



30 Peer Educators' Training sessions were conducted at different educational institutions of Islamabad and Rawalpindi.

These Training Sessions were organized for both male and female students in the Rural and Urban areas of the aforementioned cities.

Teachers' Training Workshops

It was essential to sensitize the Teachers with a broader knowledge and understanding about the epidemic. This was done by organizing two teachers' training workshops of male and female on HIV/AIDS and SBC (strategic behavioral communication).



Advocacy Workshop with Media Professionals

Advocacy workshops with the media professionals were organized. Media professionals from print and electronic media participated in this advocacy workshop with full enthusiasm.



Formation of Youth Advocacy Network (YAN)

To ensure the youth involvement and their continuous engagement, there was a desire need of platform and establishment of network. This aim was achieved by the formation of Youth Advocacy Network.

The youth actively get involved in this youth movement and the network comprises on more than 150 members which is the strongest and the active network of youth in Pakistan.

YAN Meetings and get together



Periodical YAN meetings and get together acted as an effective tool for the shaping of an enabling environment in behavior change process.

More than 12 YAN meetings and get together were held at SACHET in order to share information and knowledge about HIV/AIDS, learning life skills and dialogues on different youth related issues.

DoSTI Talents Show

On the occasion of World AIDS Day 2004 SACHET in collaboration with FHI, NACP and USAID organized DoSTI Talent show. This show acted as a platform for youth to demonstrate their understanding about HIV/AIDS and gave their views in a creative manner.



Summer Camps

Two Summer Camps were organized in Naraan and Murree for Boys & Girls. 30 YAN members participated.



Summer Camp 2005 For Boys at Naraan

from different partner institutes in each of the summer camp, who learnt the life skills education like communication skills, decision making skills, and negotiation and refusal skills during the course of session. They also gained knowledge on HIV/AIDS, Sexually Transmitted Infections, and the affects of these diseases on individual, family and at community level. They learnt the preventive measures to address the HIV/AIDS epidemic.

Shadow Plays & Theatre performances



The activities like theatre performance worked as catalyst to accelerate behavior change especially with reference to HIV/AIDS.

DoSTI Newsletter

The quarterly DoSTI newsletters which contained updates of FHI partner organizations, project activities, working with different target groups in different cities of Pakistan proved itself as an active and effective tool of information dissemination and experience sharing. It also contained the creative writings by youth.

Other Activities:

- Sports Competitions
- Fun Fairs
- Debate, Quiz & Competitions
- Poster Competitions & Exhibition
- HIV/AIDS Ezine
- Radio programs on HIV/AIDS
- Focus group discussions

ASEER Foundation:

On 30th September, 2005 ASEER FOUNDATION organized a festival match among the Multan District Presidents XI and AIDS awareness Cricket club in connection with SBC interventions. Dr. Naseer Nizamani was the chief guest while Salah-ud-din dogar, Leaque Ahmad peerzada DSO and Imran Malhi president MCA were the guests of honor for the event. In that match a large no of stakeholders, general community members and peers did participate and encouraged their team. ASEER FOUNDATION organized a walk on World AIDS day on December 01, 2005. Over 500 people from different walks of life (religious leaders, Local government, Doctors, Lower), community members and peers did participate.

EDO health preside the walk while Dr. Hasan Raza was the chief guest. The purpose of the walk was to commemorate the AIDS day and to aware the general population about the AIDS epidemic & its vulnerabilities. Besides this puppet show CD has been developed to disseminate information about HIV/AIDS through Puppet Show.



Community Support Concern (CSC):



The one year and seven months span of time, spreading over June 2004 to December 2004 witnessed a remarkable progress travel by this project.

During the length of project, many activities were carried out like communication activities like theatre performances by peer educators to raise the awareness about HIV/AIDS, participation in sports activities of partner institutions, competitions like sports, drawing, speech, quiz program and poem competitions regarding the awareness on HIV/AIDS. Besides this teachers trainings, meeting with the media professionals, fun fairs, Summer Camp for boys, trainings for Youth Advocacy Network members were the mega activities conducted by Community Support Concern.

ORGANIZATION FOR SOCIAL DEVELOPMENT (OSD)

In April of 2004 the Organization for Social Development began working on Behavioral Change (SBC) in collaboration with Family Health International (FHI),



Islamabad. Our target area is the Pirwadhai Bus Terminal and its surroundings. In order to accomplish this OSD first conducted Peer Educator

classes with the youth (aged 14 – 25 years) of our target area as it was found that many of them were engaged in high risk behavior. Later OSD started working with most at risk groups (MARGs) i.e female sex workers (FSWs), male sex workers (MSWs) and

transgenders (TGs). Several persons from these groups were trained as Peer Educators and worked in their respective populations. To date 27 people from MARGs have been tested for HIV only one of whom was HIV positive. In July 2005 OSD opened an STI clinic (Hamara Clinic) in Pirwadhai as an added component of the on going SBC project. The aim of the clinic is to treat the general population and MARGs, and to educate them on HIV/STIs through Demand Creation Meetings.

Pakistan Voluntary Health & Nutrition Association (PAVHNA) & Mehran Welfare Trust

PAVHNA which has experience in addressing HIV/AIDS issues, in partnership with a local NGO (Mehran Welfare Trust, La rkana) formed a team and designed strategies to implement SBC interventions that are most appropriate, effective and acceptable for the behavioral change among vulnerable populations and prevent from spreading to the general adult population, while avoiding stigmatization of this vulnerable populations.

The SBC project implementation has shown very positive results with capacity building of the project team, the interaction between the target audiences.



More than 8000 target population have been reached through one to one/group meetings, street theatres etc. These also include about 197 FSWs, 60 MSMs and 163 TGs. STI cases are being diagnosed and treated and send for referrals and detailed investigation to the CMC Hospital Larkana. Although condom use or negotiate to use condoms for prevention of STIs by the clients is difficult but due to continuous effort and counselling increase in usage is seen amongst the population especially the TGs. Condom distribution is also done through the ORWs, Peer Educators and the clinic.

The project team is now able to identify and counsel the high-risk people amongst all groups especially who are regularly involved in sexual activities for blood screening for which they are now agreeing. Uptil now about 42 people have got blood tested, out of which two have been diagnosed HIV positive

(1 FSW and 1 TG) along with 7 cases of Hepatitis C. A group of youths, trained on Street Theatre has also been very successful in communicating preventive messages. This strategy has created an environment that attracts a large number of the community.



Themes of World AIDS Day for last ten years

- 2005 - Stop AIDS. Keep the Promise
- 2004 - Women, Girls, HIV and AIDS
- 2003 - Stigma & Discrimination
- 2002 - Stigma and Discrimination
- 2001 - I care. Do you?
- 2000 - AIDS: Men make a difference
- 1999 - Listen, Learn, Live: World AIDS Campaign with Children and Young People
- 1998 - Force for Change: World AIDS Campaign with Young People
- 1997 - Children Living in a World with AIDS
- 1996 - One World, One Hope

WORLD AIDS DAY 2005

On 8th December, 2005 FHI (Family Health International) in Collaboration with SACHET organized a beautiful program in connection with World AIDS Day 2005. All the FHI partner organizations added color to the event through their vibrant performances. The audience of the program comprised of NGO representatives, Youth from Schools and Colleges of Rawalpindi and Islamabad, teachers and parents. All the performances at this occasion aimed at sensitizing the participants.



Dr. Naseer Nizamani, Country Director, FHI Pakistan welcomed all the representatives of partner and other organizations and guests. Ms. Duniya Aziz, MNA who was the guest of honour, appreciated the efforts of FHI, USAID, SACHET and partner organizations on arranging such kind of activity to create awareness and understanding in the society about HIV/AIDS.

The Theatre Performance "Chains" of *New Light AIDS Society* stirred the feelings and the way of thinking of the audience. The performance probed into the pessimistic and distrustful attitudes and behaviors of people towards a person who got HIV positive. The tableau performance by *OSD* (Organization for Social Development) portrayed the environment of transgenders and truck-drivers. It explained the risky behaviors practiced by them and the efforts of OSD towards behaviour change.

Pakistan Lion's Youth Council presented a theatre which showed the audience how the behaviour change communication interventions brought positive changes among the people practicing risky behaviors.



The Youth Advocacy Network members of *Community Support Concern* performed a wonderful theatre bringing into focus the problems and issues of the youth which could

lead them towards the risk of HIV/AIDS if not taken seriously by their parents. Puppet show presentation by *ASEER* Foundation focused HIV Prevention among the street youth. The puppet show skillfully sketched the picture of a community where different players of society play their role and communicate on the issue of HIV/AIDS. *SACHET* participated in the program through a skit "The Youth" by the YAN members which portrayed different contemporary diversities of youth in Pakistan and the needs and requirements they have concerning their health generally and about HIV/AIDS specifically. A video song "Al-wida" on the theme of HIV/AIDS was presented to highlight the problems faced by people living with HIV/AIDS.



Ms Lisa Chiles, Director Mission to Pakistan, USAID, the Chief Guest appreciated and praised the activities prepared and performed by different organizations. She encouraged the way they conveyed the message.

At the end Ms Lisa Chiles distributed the shield to different NGOs working on this issue of HIV/AIDS. Dr Naseer Nizamani, country director FHI at the end came to stage to deliver vote of thanks which was followed by a tour of poster exhibition made by FHI partner organizations. These posters described the activities of the partner organizations throughout their project span.

Red Ribbon

In one sentence, I would describe the meaning of the Red Ribbon as follows:

"The Red Ribbon is the global symbol for solidarity with HIV positive and people living with AIDS and it unites the people in the common fight against this disease."

If you focus on the meaning of the color Red in addition to the symbol of the ribbon, it is easier to explain why wearing the Red Ribbon is more than just showing sympathy with those affected:



The Red Ribbon is ...

- red like love, as a symbol of passion and tolerance towards those affected.
- red like blood, representing the pain caused by the many people that died of AIDS.
- red like the anger about the helplessness by which we are facing a disease for which there is still no chance for a cure.
- red as a sign of warning not to carelessly ignore one of the biggest problems of our time.

Living with AIDS A Story of Hope...

Reducing Stigma Promoting Acceptance

Interview with Asim

Muhammad Asim is a 23 years old AIDS patient. He is an auto spare parts supplier by profession. He is living in Shadbagh, Lahore.



Q: How did you get HIV?

A: I was working in a plastic disposal center, where there were syringes on the ground. While getting on the truck, I fell on these syringes out of which one went deep inside my back and other one stuck my hand.

Q: When did you get to know about this disease?

A: Around four (4) years back.

Q: How did you find about it?

A: I was going with the workers to Saudi Arabia. These workers help the Hajis during Hajj. So, before going there, the authorities take a medical test and that was the time when I got to know about this disease.

Q: Did you confirm the test?

A: Yes, from National Institute of Health (NIH), Chak shahzad, the test was positive.

Q: Do you feel any pain?

A: No pain at all. But when I have headache, it gets severe when I am in tension and if I have cold, it also gets severe. Other symptoms are of loose stomach, bad throat and flu.

Q: How did the family react to it?

A: They understood the problem and took it politely and positively. Now almost everyone knows about it, the relatives, the people in our sector, everyone. They have been really caring after they came to know about disease.

Q: Has the doctor prescribed you any medicine?

A: Yes they have. But they are very expensive. I have registered myself with an NGO "NEWLITE" of Lahore which imports the medicines and distributes among HIV positive patients.

Q: How many HIV patients are registered with this NGO?

A: 30-35 patients.

Q: What are the modes of income for your family?

A: My father runs the house and he is the only one who is earning. I work just to take care of my own expense.

Q: Any message for Youth of Pakistan?

A: They should be well informed about HIV/AIDS and would request them to be careful and be aware.

Asim was invited to SACHET in December 2003 to be a part of its 15 Day DoSTI AIDS awareness campaign. It was really an inspiring and touching experience. He was with us while addressing civil bureaucracy, media professionals and rural community.

Thank you Asim!

Courtesy AGEHI Newsletter

DoSTI with PLWHA

People Living with HIV/AIDS

To highlight different situations which an AIDS patient faces in his/her life and to sensitize the communities about people living with HIV/AIDS, SACHET has been struggling hard through using different tools of communication.

Considering theatre as an effective medium of message delivery, AGEHI theatre group organized a series of 10 street theatre performances with the rural communities of Rawalpindi, Islamabad and Attock districts. Nearly 700 people between the ages of 10 to 70 years attended these 10 interactive theatre performances named "DOSTI".

The objective behind the activity was to create awareness about HIV/AIDS among the people living in rural areas and to develop the impression of fear and stigma attached with the very word HIV/AIDS and how sympathy not empathy is required to deal with this social stigma. They, the HIV positives or AIDS victims should be treated as normal human beings and not as aliens.

HIV and AIDS epidemic, in Pakistan - December 2005

Number of reported HIV positive cases	3,070
Number of people living with AIDS	352
Estimated no. of HIV positive people	100,000

Source: UNAIDS & AACP

Global summary of the HIV and AIDS epidemic, December 2005

Total	49.3 million (36.7 - 65.3 million)
Adults	38.0 million (34.5 - 42.6 million)
Women	17.5 million (16.2 - 19.3 million)
Children under 15 years	2.3 million (2.1 - 2.8 million)

People newly infected with HIV in 2005

Total	4.9 million (4.3 - 6.6 million)
Adults	4.2 million (3.6 - 5.8 million)
Children under 15 years	700 000 (630 000 - 820 000)

AIDS deaths in 2005

Total	3.1 million (2.8 - 3.6 million)
Adults	2.6 million (2.3 - 2.9 million)
Children under 15 years	570 000 (510 000 - 670 000)

Source: UNAIDS & World Health Organization.

Information Communication Technology & HIV

By: Rakshinda Perveen

Fighting HIV/AIDS in Pakistan

Combating HIV/AIDS by strategic communication through information technology tools is one fundamental untapped area. It is hoped that efficient and effective use of Information Communication Technology (ICT) would be implemented in near future.

Current scenario

Pakistan, with a population of 151.6 million in mid 2004 is the sixth most populated country in the world. As per the Human Development Index, Pakistan is ranked 144th among 175 countries.

As per the Human Poverty Index, Pakistan is ranked 65th among 94 developing countries. With these development indicators it would be unrealistic to assume that this country, which is regarded as a low-prevalence, high-risk area for HIV/AIDS is addressing the issue in connection with ICT fittingly. According to official sources, the total number of HIV/AIDS patients in Pakistan has grown to 2,748 compared with the last quarter's figure of 2,299. Of these 2,748 patients, 286 have been diagnosed with AIDS, while 2,462 are HIV positive. As is the case in many countries, underreporting is mainly due to social stigma, underdeveloped surveillance, and voluntary counselling and testing systems, as well as lack of knowledge among the population and practitioners. Undoubtedly HIV/AIDS is emerging as a key development challenge in this strategically significant South Asian country, which bears the largest cohort of young people.

HIV/AIDS in Pakistan - some facts

- It is estimated that 40% of an estimated 1.5 million of annual blood transfusion are not screened for HIV.
- Prevalence is higher among vulnerable groups including injecting drug users & commercial sex workers.

Harvesting potential of ICTs

Owing to the collective efforts of public departments, donor-assistance, the mushrooming NGO sector and unflagging activism of the civil society, this issue is no longer talked of in hushed tones. As a case in point, recently, a three-day (November 29-December 1 2004) First Asia-Pacific Women, Girls and HIV/AIDS Best Practices Conference was organized in Islamabad by the National AIDS Control Programme in collaboration with a local NGO AMAL. It has become visible and audible in the media. This is indeed very encouraging and provides greater motivation to the optimists who have a proclivity to see some ray of hope, even in pitch darkness.

However, optimism cannot be taken as a proxy to detachment from pungent ground realities and the bitter truth. The fact of the matter is that in spite of recent attention given to the issue of HIV/AIDS by the government and the NGOs, and the conspicuous hype in the mainstream media, many means for raising awareness and sensitization about HIV/AIDS are yet to be acknowledged. Combating HIV/AIDS by strategic communication through information

Technology tools is one fundamental untapped area. It is hoped that efficient and effective use of ICT would be implemented in near future.

Information Communication Technology (ICT) at a Glance in Pakistan

Working Telephone connections (Feb. 2004)	4,213,835
Installed capacity (Feb. 2004)	5,094,254
Mobile phone subscribers (March 2004)	3.7 million
Internet users in 2003	1.6 million
Internet access in 2003 (cities and towns)	1812
Percentage of households with exposure to Radio (2001)	24
Percentage of households with exposure to Newspaper (2001)	21
Percentage of households with exposure to TV (2001)	25

Efforts by SACHET

SACHET (Society for the Advancement of Community, Health, Education & Training) is an Islamabad-based, youth focused, non-governmental development organization. SACHET aims to promote human development of the disadvantaged communities, with gender perspectives. SACHET works with civil societal institutions and public departments to contribute towards social sector development in Pakistan. Health is the largest programme area of SACHET. Since its inception in 1999, the organization has specially allocated 20% of its resources towards awareness and sensitization efforts aimed at HIV/AIDS.

SACHET has initiated an ambitious drive to use ICT for development purposes and endeavours to materialize its potential. Its ICT for Development initiative envisions a comprehensive package of ICT training, research and e-commerce for a rural crafts programme for underprivileged communities. SACHET had also initiated a five-year project DoSTI (Dare to Sensitize, Train and Inform young people about HIV/AIDS and STDs) in 2000. For more information please visit www.sachet.org.pk Data Sources: National Institute of Population Studies, Economic Survey 2003-2004 (Ministry of Finance, GoP)

About DoSTI Project

**Dare to Sensitize,
Train and Inform**

DoSTI is an Urdu word meaning Friendship.

DoSTI (Dare to Sensitize, Train and Inform), meant for promoting responsible behaviours by raising awareness and sensitization among young people. DoSTI for young people about HIV/AIDS and STIs was launched as an advocacy project of AGEHI Resource Center, SACHET in 2001. Our IEC (Information, Education & Communication) strategy to impart knowledge about HIV/AIDS involves the use of print media, electronic media and interpersonal skills.

Activities organized by DoSTI project:

- Awareness sessions for youth in school and colleges, teachers, trainee police officers and media professionals
- Seminars
- Workshops
- Theatre plays
- Focus group discussions

AGEHI Theatre Group



AGEHI Resource Center - SACHET has always been involved in a variety of creative ventures. Finally we have been able to finalize AGEHI Theatre Group.



Join
AGEHI
Theatre
Group

E-mail: agehi_theatregroup@hotmail.com

Founded in September 2000 by Dr. Rakhshinda Perveen, AGEHI is an acronym standing for Advocates of Gender, Education and Health Information. AGEHI, itself is an Urdu word bearing meanings like Knowledge, Awareness, Perception and Insight. It is meant to Advocate for Gender Sensitization, Education and Health Promotion by disseminating Information, Networking and Research on Gender issues.

Year	Activities
1	Play "HUM DEKHAN QEIY" on the issue of Discriminatory laws and violence against women, was performed in Islamabad, on 12th of February, 2004.
2	Play "Maz se Nafaz aur Maz se Doos" on the topic of HIV/AIDS was performed in Islamabad on 28th of July, 2004.
2004	Three Theatre Workshops and Trainings were arranged for the members of AGEHI Theatre group in the year of 2004
3	A Play on "DoSTI Talent Show" on the issue of HIV/AIDS was performed on 7th December 2004 at the occasion of World AIDS day.
4	Theatre Play "APNAY BAITAY KAY NAAM JO MEIN PAIDA NA KAR SAKI - AIK CHITTI" on problem faced by women in our society, was performed on 8th March, 2005 on International Women's Day
5	Theatre performance "AWAARA" on the issue related to youth, on 24th May 2005, on the occasion of RHIVA Youth Summit.
6	Skit titled "THE YOUTH" depicting behaviors of our youth regarding their health, was performed on World AIDS Day, 8th December, 2005
7	

Students Show love care for AIDS patients

Hate HIV/AIDS but love the patients was the theme that came forth at a talent show organized in connection with the World AIDS Day on 7th of December, 2004.

Young people at the DoSTI (Dare to Sensitize, Train and Inform) talent show demonstrated their understanding of HIV/AIDS through creative intelligent expressions. The show was organized by AGEHI (Advocates for Gender, Education and Health Information) resource center of SACHET in collaboration with USAID that has given key importance to the multidimensional issue of HIV/AIDS. The Theme of the World AIDS Day, this year "Women, Girls and HIV/AIDS".

Minister of State for Culture, Sports and Youth Affairs Muhammad Ali Durani was the chief guest on the occasion. Students from various schools projected their know-how on HIV/AIDS by participating in quiz programme, poetry/prose competition, poster competition and theatre performance. Clear messages were sent out by boys and girls participating in the show protecting one self from HIV/AIDS transfer through blood transfusion, used syringes and un safe sexual interaction.

An even stronger message was that HIV/AIDS patients should not be shunned and avoided by accepted to lessen their pain and anxiety. At the end of the session prizes were given to the winners of different competitions.

DAWN, Wednesday December 8th, 2004

Learning for life - Summer Camp 2004

The Summer Camp held by SACHET in murree, in collaboration with Family Health international was exceptional students of various schools joined this four day camp from girls age between 9-21 years.

The purpose of the camp was to create awareness about AIDS. This might give the impression that the camp would have been a dreadful place, but surprisingly on our last day we all hoped time would stop. Thanks mainly to the organizers who provided us with the environment where we got the opportunity to explore ourselves. Coming across too many things while within ourselves gave everyone of us the realization of how constructive we can be.

Before attending the session on AIDS, most of us were under the impression that we have no misconceptions. However while solving the questionnaire we found that there were many things we didn't know. We were also shown video clippings about what people know about AIDS, and surprisingly hardly a few people had the right information. This is when I realized that our responsibility did not just end on learning about this disease. We also need to spread the information we learnt.

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DAWN, Monday August 9th, 2004

Power to Change

Shaheer Ellahi
YAN member

Humans love to dominate in any of the existing dimensions in the world. This particular dominating nature has boosted the paddle of revolutions; it has fascinated the human psychology more boldly. If we keep an eye on the current scenario, we'll definitely observe the whole scene being divided into two major communities; at one side we are strong enough to build any kind of infrastructure against the epidemic of deadly diseases. On the other side we see people who are not even aware with the name of diseases, their symptoms, precautionary or protective measures. In these both extreme cases, we are lacking the communication internally and externally. The myths and taboos related especially with HIV/AIDS are so strong that it can only be broke down through the power of information, right knowledge and effective communication skills. One can't implement the change all by oneself, bringing change is a slow process, and one can bring the huge change even on the grass root level only by spreading awareness and education. We have to empower people to create relationships built on candor, confidence, mutual trust and respect. Power might not be justifying its status at times but it has got all the rights to stay on the top. That is why the power of being united, with single objective and one aim have always encircled around success, prosperity and promotion of human race. The easiest way to eliminate certain other lacking while implementing any of the change on people around you, is to force them to look forward together in the same direction, where our achievements, goals and mistakes will be same, everyone will be equally responsible for their actions. It is also the formula of building a nation.



HIV/AIDS

AIDS is here
AIDS is there
AIDS is everywhere!

Ignorance increases the spread
as HIV shows its dreadful head
Infidelity is a cause
as HIV spreads its deadly paws

Condoms does nobody seek
as HIV shows no peak
Education is the key
Promiscuity shouldn't be

AIDS don't play...
take heed if you may

Anonymous

Soul in Agony

Why I am a burden on earth?
Away from every joy and mirth

Dying a death of moments
Can't I prove my innocence?
Injured by shrouded abhorrence
Causing me incessant numbness

Why I am a monument of disgrace?
The entire humanity seems dissipate

Feeling discarded & cursed
Cherishing a desire to be served
With some love which I deserved

Have some mercy, listen to me
It was a syringe that victimized me
I am a being, I don't cease to be
Don't hate, don't hate, don't hate me

Khush Bukht
Islamabad, Pakistan

"AIDS IS REAL"

Aids Is Danger
Aids Is Stranger
Know Your Worth
Recreate Your Thought
Guard Your Life
Change Your Style
Mould Your Ways
Amend Your Perception
Receive Orientation
Emotions Are Real
Watch The Feel
Close The Seal
Make A Deal
Test Your Blood Aids Is Real

Chinyere
Nigeria

Youth Advocacy Network (YAN)

The Youth Advocacy Network (YAN) of SE project, AGEHI Resource Centre - SACHET envisioned as a platform for youth to discuss their issues, forming in organization of sports and other activities, creating a group of change agent among youth on the issues such as HIV/AIDS prevention network and healthy lifestyle.

Membership Form

Youth Advocacy Membership Form AGEHI Resource Centre -SACHET

Name: _____

Date of Birth: _____

Gender: _____

Class: _____

Institution: _____

Address: _____

Phone Number: _____

Email: _____

Hobbies: _____

• Have you ever participated in school/college extra curricular activities? If yes please specify the activities:

• Why do you want to be a YAN member?

• What are your expectations from the Youth Advocacy Network?

Signature: _____

Date: _____



یوتھ ایڈو کیسی ٹیٹ ورک

مسنو شپ فارم

نام: _____

تاریخ پیدائش: _____

صنف: _____

جماعت: _____

تعلیمی ادارہ: _____

پتہ: _____

فون نمبر: _____

ای میل: _____

مشاغل: _____

کیا آپ نے کبھی سکول یا کالج میں طبی نصیحتی سرگرمیوں میں حصہ لیا ہے؟ اگر ہاں تو سرگرمیوں کی وضاحت کیجئے۔

آپ یوتھ ایڈو کیسی ٹیٹ ورلڈ کے ممبر کیوں بننا چاہتے ہیں۔

آپ کی یوتھ ایڈو کیسی ٹیٹ ورلڈ سے کیا توقعات ہیں؟

دستخط: _____

تاریخ: _____



مشتمل دوستی ایلیٹ شو کا انعقاد کیا گیا۔

☆ ساتھ ساتھ FHI نے ساتھی تنظیموں کے ساتھ مل کر ورلڈ ایڈز فیس 2005 کے موقع پر ایلیٹ ملنگ گیم پروگرام کا انعقاد کیا۔

دیگر سرگرمیاں:

☆ سینا بازار۔

☆ دوستی کرکٹ میلا۔

☆ کونز اور پوسٹر کے مقابلے۔

☆ HIV/AIDS کے موضوع پر ریڈیو پروگرام۔

”سنو قاسم علی“

پہلے میں میں مسیحا بنوں گی کتنی کامل ہو گیا گا ہے

گو گھبراؤ غم نہ رہے یہاں ہر جگہ جی ہے تھکا دیکھ لیں رات

تھکا دیکھ لیں جیسا تمہیں محسوس ہوے

یہاں لگیں چار دیواریں بہت بگڑاں طرح بگڑاں ہے

جس طرح آگن کی بچے کے لیے میں چاہتا ہے

جہاں تم ہو یہاں ہی ہاگ لگی ہیں اور یہاں گئی

یہاں تمہاری جی اور دوڑا گیا

تمہیں کس سمت ہاتا ہے

قدی باغ میں، باغ میں یا آج کے بنگلے یہاں میں

کسی تمہارا پیار ہے کھنڈے کے سردار میں

سنو قاسم علی تم کیسے ہاؤ

گر یہ وہاں تھکا تھکا ایک مرض کے مریض ہو۔

عدنان

آگہی ویسوس مرکز سائے:

SBC پراجیکٹ آگہی ویسوس مرکز سائے کی باہر تکمیل ملے دینے والی سرگرمیوں۔

☆ 83 تربیتی سیشن کے ذریعے 3000 سے زائد افراد کو HIV/AIDS اور

Life Skill Based Education کی تربیت دی گئی۔

☆ دو تیز تربیت سیشن منعقد کیے گئے جن کے ذریعے 30 لسانیہ کو

(20 جوانی 10 مرد) کو جن کا تعلق راولپنڈی اور اسلام آباد کے مختلف

تعلیمی اداروں سے ہے HIV/AIDS کے حوالے سے آگہی دی گئی اور اس

حوالے سے ایلیٹ ٹیچر کے کردار کو اجاگر کیا گیا۔

☆ ذریعہ اطلاع کے شائقین کے ساتھ دو ایلیٹ ورلڈ ایڈو کیسی ورکشاپ

کا ایہتمام کیا گیا۔

☆ یوتھ ایڈو کیسی ٹیٹ ورلڈ کے موضوع پر تین ٹیلیویزیون کے

ذریعے تقریباً 1000 افراد کو اس حساس موضوع کے بارے میں آگہی دی

گئی۔

☆ YAN 30 ممبران کو ایلیٹ ٹیچر ورکشاپ کے ذریعے ٹیچر اور ماڈلنگ

کی پیشہ ورانہ صلاحیتوں کی تربیت دی گئی۔

☆ یوتھ ایڈو کیسی ٹیٹ ورلڈ کا انعقاد کیا گیا جس میں ناخالص 150 سے

زائد نوجوان لڑکے اور لڑکیاں رکن کی حیثیت سے فعال امور سر انجام دے

دیں۔

☆ یوتھ ایڈو کیسی ٹیٹ ورلڈ کے ممبران کی 12 میٹنگز کا ایہتمام کیا

گیا۔

☆ پیئر ایڈو کیٹیور کے لیے نو سوسر کیسب کا ایہتمام بلران اور مری میں کیا

گیا۔ ہر ایلیٹ سوسر کیسب میں تین طلبہ اور طالبات نے حصہ لیا۔ ان کیسوں

میں شریک ملنا اور طالبات کو HIV/AIDS اور نوجوانوں کے لیے اس سے

منسلک خطرات پر معلومات کی فراہمی کے ساتھ ساتھ مختلف کہلیوں

اور تخلیقی مشاہدوں میں بھی حصہ لینے کا موقع ملا۔

☆ ورلڈ ایڈز فیس 2004 کے موقع پر دلچسپ اور معلوماتی سرگرمیوں پر

آگہی ویسوس مرکز سائے کی بنیاد سنہ 2000 میں سائے کی بانی

ایگزیکٹو ڈائریکٹر ڈاکٹر رخشندہ پروین نے رکھی۔ آگہی یعنی (AGEHI) -

(Advocates of Gender, Education and Health Information)

سائے کو ہر طرح کی تکنیکی سہولیات فراہم کرتا ہے۔ اس کا کام عوام

التباس میں معلومات، نیت ورکشاپ اور سستی مسائل پر تحقیق کے ذریعے

سستی آگہی کے ساتھ ساتھ تعلیم اور صحت کی اہمیت کو اجاگر کرتا

ہے۔ آگہی ویسوس مرکز، نوجوانوں کو ایلیٹ ایسا ایلیٹ فارم فراہم کرتا

ہے جہاں سے وہ تعلیم، صحت اور غربت جیسے چیلنجز کا سامنا کرنے

کے لیے خود کو تیار کر سکیں۔



آگہی ویسوس مرکز نین طرح کے پروجیکٹس پر کام کر رہا ہے۔

1 کمیونیکیشن

2 ایڈو کیسی

3 ریسرچ (تحقیق)

میڈیا ایڈو کیسی (ذرائع اطلاع کے ذریعے ایڈو کیسی) آگہی ویسوس

مرکز کے پروجیکٹس کا ایلیٹ نہایت اہم حصہ ہے