



A 5-day workshop on  
**Interactive Theatre**  
for Communicating ASRH messages & information

June 24-28, 2013,

Hunza View Hotel, Karimabad Hunza  
Gilgit Baltistan  
By

AGEHI Resource centre,  
SACHET Pakistan, Plan International and AKRSP

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## Background of Assignment

Plan Pakistan's development concerns includes the development of adolescents specifically those who are out of schools and are not doing any job. In such a scenario, where they are leftover as unrealized group, creates a huge demand to create opportunities from them. These adolescents need to have an outlet for expression of their specific needs to the state and key authorities, for their rights realization. While working with local and national organizations in Pakistan, Plan has always initiated innovative models especially for adolescents and youth. One of the best examples of successful models is AFCs (Adolescent Friendly Centers) where adolescents are provided a platform for awareness, counseling, education, skill development, creativity and confidence building with an approach of education through entertainment. Based on best practices of Plan, theatre performances were one of the very effective tools of education, awareness and self expression. Plan considers theater performance an effective tool for conveying message to the adolescents, parents and community, so it wants to engage its selected adolescents to be trained on Interactive theater development, so that they could use this tool for communicating their messages on ASHRH to their communities and other stakeholders.

## Outcomes

Under this assignment Plan expected to achieve the following outcomes:

1. To understand the need and importance of theater activities
2. Basic understanding on dialogue delivery and staging
3. To develop stories and story presentation skills
4. Dialogue writings and delivery
5. To develop and organized plays around different ASRHR and life skills issues
6. Plays on ASRHR issues will be developed, organized and performed by participants
7. Video and/or impact messages

## Implementing Organization

SACHET Pakistan is a registered civil society organization, registered in 1999, under Voluntary Social Welfare Agencies Registration and Control Ordinance 196, working with a vision of promoting human development of the disadvantaged in gender perspectives. SACHET is one of the few organizations that carry out advocacy, service delivery, free health care services, training, research and focus on strategic development communication. SACHET took its initial initiatives by following three –pronged comprehensive strategy to achieve objectives i.e. Information, education, communication (IEC), Advocacy, Service delivery. In the first year of its commencement, it took number of initiatives which include Women vision, SACHET Gallery, Gender Watch, SACHET’s Community Based Project, SACHET Clinic, SACHET awareness Mehfil. SACHET’s ideas evolved and improved over the time period of past 15 years. Its community based projects, health facilities has now turned in to a formal sustainable programme “SCDP” (SACHET community development program). Under the integrated model of SCDP, thematic areas of Interventions are Health, Education, Training and Livelihood opportunities for the neglected masses. The scope of work extends to Education (Formal, Non formal/Vocational), Health (SRH/ASRH/HIV & AIDS), Training& Capacity Building, Disaster Management, Gender/Gender Equity/ Violence against Women & Children & Girls (VAWCG)/Gender Based Violence (GBV), Poverty Alleviation cum Income Generation Program (PACIG)/livelihood. SACHET is offering community services through its physical presence in Attock, Rawalpindi, Islamabad, Faisalabad and Gilgit & Baltistan. It has undertaken different community development initiatives in Chakwal and Mansehra. Till 2008 SACHET was providing advocacy support to districts KillaSaifullah (Baluchistan), Kohat (KP), Jacobabad (Sindh) & Muzafferabad (AJK) under a project initially supported by EC and later by UNFPA for Reproductive health issues of youth and adolescents. SACHET has its focal persons in different districts of Punjab where it has intervened, thus enabling it to have a vast outreach. These districts include Sargodha, Mianwali, Chakwal, Jhelum, Mandibahuddin, Gujrat, Khushab, Bhakar, Rawalpindi and Attock. SACHET is unique from a vast majority of NGOs in the country because of its sustained commitment to remain self contingent, community driven, gender sensitive, youth responsive, collaborating with sister NGOs and development agencies, and complying with minimal cost effective approach. SACHET strives to cater the needs of all the marginalized groups of the society, focuses more on the dire needs of women as well as of youth.

## Training Overview

AGEHI (Advocates of Gender, Education & Health Information) Resource Center which is a technical resource wing of SACHET Pakistan (a right based advocacy cum service delivery national level not for profit organization, working since 1999 with a vision of “Promoting Human Development of the Disadvantaged in Gender Perspectives” through its community based programs with multiple projects in thematic areas of Gender, health, education, livelihood and trainings) conducted a five day training with 44 adolescent (List of participants attached in Annex1) girls (20) and boys (24) from four districts of GB and Chitral (KhyberPakhtoonkhwa) in collaboration with its donor partner Plan International after being selected for the said assignment by the latter through a competitive process.

The training was focused on ASRH messages and information and basics of an interactive theatre. The training was conducted by the founder Executive Director, Dr. Rakhshinda Perveen and the General Manager, Mr. Amin Muhammad of SACHET Pakistan.

The training was interactive and different methodologies like games, group work, brainstorming, recap, presentation etc. were adopted (agenda is attached in Annex2). The participants were also given different handouts during the training (Handouts attached in Annex 3).

The training was evaluated on daily basis and on day five a relatively detailed evaluation was carried out by the participants (daily evaluation forms attached in Annex 4).

The youngest Participants were of 14 years of age. All participants were school going however language proficiency for Urdu and English was of varied level. Four native languages namely Balti, Khowar, Brushaski & Shina were also used during the training to keep the interest level alive, develop a sense of ownership and keep all participants one page.

The evaluation was very positive. According to the participants they acquired knowledge about ASRH, Health, theatre, communication, population, adolescents and skills in



acting, writing, direction, coordination, team work, time management, speaking and listening.

Two selected comments by the female participants are as follows:

*Yes, I have changed myself ( Najma Karim, Chitral)*

*Hamari sharam chali gae aur khudaitamadi paida hova - our shyness left and confidence generated (Maryum Bibi, AFC Karimabad, Hunza)*



The training resulted in delivering four interactive theatres with written scripts by the participants.

The training ended in a formal closing ceremony which was attended by chairs of LSOs (local support organizations) of AKRSP and Dr. Khwaja (District Health Officer, Hunza Nagar).

Team members of AKRSP and Plan remained present throughout the training.

## Activity brief, Day 1 (June 24, 2013)

First day of training started around 9:45 am at Hunza View Hotel with arrival and registration of selected participants from Hunza, Ghizer, Baltistan and Chitral along with district coordinators and representatives of Plan International and AKRSP.

Registration was followed with a welcome note by Mr. Amin Muhammad (Co-Trainer) and Dr. Rakhshinda Perveen (Lead Trainer) conducted an introduction activity with the participants by asking their names and meanings of their names. Fellow participants were randomly asked to pick any participant and guess the name and meaning of his/her name. This activity created icebreaking between fellow participants from different districts.

Objectives of the training workshop were shared with participants in an interactive session and expectations were also asked. It was observed that 50% of the participants are reluctant to come up and participate in discussion on day 1st.

Second part of the day started with a group work where participants were divided into four groups of 11 members each and asked to draw a figure of adolescent boy and girl. Chart papers and markers were provided. Purpose of this activity was to get the understanding level and perception of participants regarding a male and female body. Based on the group work, participants were briefed about the essentials of ASRH.



Two documentary films “Rhythm of Life” and “Pakistan Pakistan” were screened. Both films were related to Reproductive Health Issues in Pakistan produced by AGEHI Resource Centre, SACHET. The purpose of screening documentary films was to give an orientation to the Adolescents of Gilgit Baltistan about the issues of young in other parts of Pakistan. Secondly participants were also briefed on effectiveness of visual presentation, performing arts and documentary films for disseminating the messages to larger community groups. A copy of DVD was also given to each district coordinators of AKRSP.



Third part of the day started with an energizer followed by handout distribution. Participants were briefed about the handouts on ASRH Glossary and asked to read the material before joining the session next day. Individual folders with names were also handed over to participants to keep the training material / handouts. Adolescents (Girls and Boys) from Skardu presented a folk song and thoroughly enjoyed by other fellows.



Officers of the day were also selected (one girl and one boy) from the participants for the next day. Officers of the day were responsible for time management, discipline and material distribution during the day.

Daily evaluation form was circulated and participants were briefed on how to fill the form. All participants filled the forms and submitted back to training assistant. (Evaluation Form Day 1 attached in Annex)

## Activity brief, Day 2 (June 25, 2013)

Training started at 10:00 am with registrations of the participants. A recap session was conducted by DR. Rakhshinda by interacting with participants related to activities conducted on Day 1. Questions were also responded and quick review was given to participants on ASRH Glossary already shared on Day 1.

A presentation was delivered by Mr. Amin on history and evolution of theatre in the world with an overview of theatre in Asia and specifically quoting the practices of theatre performances, art of puppetry and community theatres in Gilgit Blatistan.

Second part of the day started with a presentation of Dr. Rakhshinda Perveen on concept of interactive theatre, forms of theatre and techniques of interactive community theatre. Participants were engaged in role plays while teaching the techniques of community theatre and mime performances. The participants were also oriented on difference between drama and interactive theatre and how to break the fourth wall and engaging the audience during performance of community theatres. Participants also came to know that how audience / communities can be engaged in theatre performance through role reversals.

An activity of silent performance and mockery was conducted in the form of energizer. Participants enjoyed the activity and learned how to execute a silent act in large groups focusing on synchronization of act / performance.





During third part participants were equally divided in four groups based on their level of interest in Acting, Direction, script writing and production. Later these groups were rearranged to form individual groups which should be equipped with a director, script writer, and actors and production team. It was ensured to develop a group composed of participants from each district with equal participation of girls and boys. Each group was assigned to create their own script related to life skills, health issues or any issue related to Adolescents in context of Gilgit Baltistan. Participants were given time for the group meetings where they can discuss and finalize the theme for their theatre performance. The purpose of this activity was to engage the participants in creative process of thinking and get the first hand perspective of Adolescents regarding the issues in their own regions instead of imposing a pre-scripted theatre which may or may not be related to their communities.



A recap was done based on the activities of Day 2, daily evaluation forms were distributed by the officers of the day. Hand outs on Theatre Glossary were also distributed to the participants and asked to read the material before coming to the session next day.

## Activity brief, Day 3 (June 26, 2013)

The day started with registration followed by a recap session from the previous day's activities. The main part of third day was to finalize and refine the script of each group. Participants were actively taking part and excited about their performances. Each group was led by a Director / writer. Each group was thoroughly briefed on their selected theme and reinsured the performance techniques especially breaking the fourth wall and engaging audience during the performances. Theatre groups were briefed to prepare their performances maximum upto 12 minutes. All four groups came up with their scripts based on their selected themes. (Selected 2 Scripts attached in Annex).

1. Laila Ki Kahani (Gender discrimination)
2. May Pareeshan Hoon..(bodily changes)

All scripts were in Urdu but the participants were asked to translate the scripts in local languages while performing in their respective communities.

During second part of the day each group was asked to do rehearsals. After that each team presented their theatre acts. Further tips and techniques were given by the trainers

to improve their performances and effective delivery of messages. Fellow participants who were also audience, asked to give feedback and suggestions for improvement for each theatre presented.

Participants from Ghizer district presented a folk song in Khwar Language and widely appreciated by fellow participants. It was also experienced that participants were enjoying team work and creative exercises which resulted in boost of confidence among participants.

Handouts and evaluation forms were distributed for the day. Participants were engaged in a quiz related to theatre glossary.



## Activity brief, Day 4 (June 27, 2013)

The day started around 10am with registration and recap from the previous day activities. Theatre groups were asked to present their performances after having their team meetings. It was briefed to ensure the tips and guidelines given during previous day performances. Each group was asked to rehearse in their respective teams.

After lunch break, all participants returned back to training hall for their performances. Each team was given a maximum of 15 minutes time for their performance followed by 15 minutes of feedback session from their fellow participants and trainers. Performances were impressive with lot of improvement than the previous day. Theater groups used props and also used mime in their performances. After that participants were asked to prepare for closing ceremony activities where they will have to conduct the whole ceremony. Volunteers were selected for Tilawat, Naat, presentation of theatre techniques and folk songs.



Participants (Girls) from Hunza district presented a local song in Brushaski language during the second half. A pictorial slide show of four day activities was also screened for the participants. Handouts and evaluation forms were distributed for the day. It was also observed that level of participation and enthusiasm escalated as on fourth day.



Most of the shy participants especially from Ghizer and Skardu District were participating very actively.

## Activity brief, Day 5 (June 28, 2013)

The day started at 9:00am with registration of participants and recap of four days workshop. Groups were asked to engage in their rehearsals for the final closing ceremony.

The closing ceremony started at 11:00 am. Distinguished guest comprising of Chair persons of Local Support Organizations in Hunza, Gender Advisor from AKRSP and District Health Officer, Hunza Nagar were present during the ceremony. Participants presented two theatre performances, folk songs, theatre techniques and also shared their experience and learning of training workshop. The dignities of respective organizations highly appreciated the performances of all participants and congratulated SACHET, AKRSP and Plan International for holding such training workshop. The District Health Officer, Dr. Khwaja, extended his cooperation and support for future activities as well.

Certificates were distributed by the distinguished guests to the successful participants of workshop followed by a group photo.



At the end Dr. Jan and Karimullah Baig from AKRSP extended their gratitude for the trainers, Dr. Rakhshinda Perveen, Amin Muhammad from SACHET Pakistan for conducting this very useful training.

Dr. Rakhshinda and Mr. Amin also extended their thanks to Plan International and AKRSP and also shared experience of SACHET and Plan while working on the very same project in other parts of Pakistan.



## Recommendations

- 1. It is proposed to organize a ToT (Training of Trainers) for the same group of participants. The trained theatre professionals would conduct trickle down trainings after ToT in their respective regions over the period of time.**
- 2. The scripts written by the Adolescents during this training should be translated into local languages of Brushaski, Khowar, Balti and Shina. Project team should prepare a plan of action to deliver these theatre performances in each target communities.**
- 3. Ideally it is suggested that theatre trainees should be of age 17-19 for both Girls and Boys.**

