



ANNUAL  
REPORT  
2018-2019







## List of Abbreviations

AYSRH	Adolescent and Youth Sexual and Reproductive Health
CSO	Civil Society Organization
HCP	Health Care Provider
LHS	Lady Health Supervisor
LHV	Lady Health Visitor
LSBE	Life Skills Based Education
M&E	Monitoring & Evaluation
NCMNH	National Committee for Maternal and Neonatal Health
PITE	Provincial Institute of Teachers' Education
PPFP	Postpartum Family Planning
PAFP	Post Abortion Family Planning
SDGs	Strategic Development Goals
SELD	School Education and Literacy Department
SRHR	Sexual and Reproductive Health and Rights
TAC	Technical Advisory Committee
VCAT	Values Clarification and Attitudinal Transformation
VNR	Voluntary National Review
YFHS	Youth Friendly Health Services



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## BOARD OF GOVERNORS



### Khusro Mumtaz

Khusro Mumtaz is a banker and currently the Chief Risk Officer at JS Bank. He is also a well-known op-ed columnist for a national daily newspapers and a popular, award-winning film critic.



### Al-Malik Khoja

An economist by qualification, Al-Malik Khoja has diverse experience in the commercial and development sector. He has held leadership positions in various institutions and now advises on building organizations. He has developed appreciation of the need to develop business models that address the social dimensions but with emphasis on long-term sustainability.



### Ayesha Khan

Ayesha Khan is Director at the Collective for Social Science Research in Karachi. She researches gender and development, social policy and conflict/refugee issues in the region. She is author of *The Women's Movement in Pakistan: Activism, Islam and Democracy* (2016). She has served on the governing bodies of leading NGOs and advocacy-related task forces to influence government policy.

Currently she is Visiting Faculty at the Department of Social Sciences and Liberal Arts at IBA. Ayesha has previously served 2 terms on the Aahung Board.



### Mahwash Bhimjee

Mahwash Bhimjee has a strong knowledge of gender issues and is a committed feminist. She works with her family business and has engaged in sales to women consumers across Pakistan and therefore has in depth knowledge about business planning and consumer marketing. She is young and eager to be involved in the development sector.



### Nida Khan

Nida Khan holds a double Masters in Clinical Psychology, with a specialization in working with adolescents. She has worked in high schools in the United States and Pakistan as a therapist, worked in the Pakistan Association for Mental Health and hospital settings in research and clinical capacity, and is currently in private practice. Nida also has a diploma in Clinical Supervision, and supervises both therapists in training, as well as qualified therapists in the field. She is also currently on the faculty of The Lyceum, where she teaches Psychology and leads the Spoken Word poetry program. Her passion is to integrate the expressive arts into clinical therapeutic settings.



### Fatima Haider

Fatima Haider is a practicing therapist, having completed her advanced diploma in Humanistic Integrative Counseling from CPPD. Prior to her counselling career, Fatima was actively involved in the development sector. She worked at Aahung from 2003-2011 performing various functions and serving as a senior member of the organisational management team. Her areas of interest include research, Monitoring & Evaluation (M&E), strategy planning, and organisational effectiveness. She is currently also serving on the board of All Pakistan Women's Association (APWA).





### Rubica Raza

Rubica Raza has an accounting background with a Bachelors in Commerce from Karachi University, an ITP (Income Tax Practitioner) and has done her CA Foundation from ICAP. Rubica has worked with Grant Thornton Chartered Accountants, Pakistan and has represented various clients at Income Tax Appellate Tribunal level independently, has assisted lawyers in preparing cases for representation in High Court and Supreme Court and has been involved in tax related advisory services. She also has teaching experience and for the past three years has volunteered for All Pakistan Women's Association (APWA) as an honorary treasurer and has been associated with RLCC, INJAZ Pakistan and, Ida Rieu Welfare Association.



### Hafsa Abbasy

Hafsa Abbasy is a senior management professional with over 25 years of experience in banking and human resource management. Currently Hafsa is the head of human resources at Bank Al Falah and is directly responsible for developing and leading the People Agenda for the bank in line with the overall Bank Strategy, both for local as well as international operations. Hafsa has a BBA (Hons) and MBA from the Institute of Business Administration.



### Khadija Bano Ahmed

Khadija Bano Ahmed is an educator and activist with over 20 years of experience working with, teaching and mentoring young people. She has taught English Literature and Language at the Beacon House, Bayview Academy and Nixor and is widely recognized for her training, teaching, mentoring and development skills. Khadija was on the curating and on-ground team for the Kara Film Festival from 2002 - 2007 and was involved in a range of roles from concept development to fund-raising. She enjoys the arts and theater and other than her involvement with high school productions, she has also worked on a number of documentaries, particularly on the research and subtitles.

Most prominent amongst these is the award-winning Parveen Rehman documentary. Khadija is passionate about social causes and has been active in fund-raising for local NGOs such as Faith and Imkaan. She serves on the Board of the Central Jail school for incarcerated children of inmates and on the Board of JoyGPS, a start-up looking to connect worthy social causes with funding.



# A Note from the *Executive Director*

2018 has continued to raise the bar higher on local and international demands for sexual and reproductive health and rights policy and action. Within Pakistan, a significant focus on sexual violence, particularly against children, has been highlighted as a key area that requires a systemic overhaul. Similarly, sexual harassment and the creation of safer public and professional spaces for women has also become a keen area of social interest. Women friendly laws and policies have continued to be proposed at the federal and provincial level, and while there are many obstacles that remain in passing and implementing progressive laws that promote and protect rights, the initiation of dialogue is an important marker of change.

Yet, many areas of reproductive health continue to require urgent and focused attention. The 2017 country census showcased the troubling result of years of weak and compromised population development planning on the part of government bodies in Pakistan. The population of the country has crossed 212 million with no signs of stabilizing, greatly taxing already limited resources in health and education and exacerbating food and water scarcity. In working with the government directly and through its involvement in reproductive health focused projects, Aahung has continued to advocate for the need to empower women and girls in order to push development outcomes in a positive direction in the country. When presented with information, choices and basic resources, women the world over have shown that they make decisions for themselves and their families that steer them out of poverty. For Pakistan to actively begin its development journey, a strong investment needs to be made in girls to ensure that they are, and stay, enrolled in schools, are enabled to contribute to the work force and develop independent income generating means, can plan and provide for their families and can participate in decision making at the local, community and policy level. Population development planning in isolation of these key factors, will inevitably be an uphill climb as has been witnessed in Pakistan over the past 3 decades.

In light of these key issues, which have shaped dialogue in the past year, Aahung's programs have continued to strive to showcase the critical importance of investing in young people with SRHR knowledge and skills to create a foundation for their future life choices. Integration of Aahung's Life Skills Based Education (LSBE) program began in Sindh in 2018 and has progressed to have 40% of the curricular content integrated into textbooks for classes 6 - 9. Approximately 400 teachers have undergone training from various subjects in the public sector and will reach close to 8000 secondary school teachers through roll-out trainings by the end of 2019. Similar initiatives for curricular change have started in Punjab and Balochistan with a vision for Aahung to have full national presence within the coming 2 years.

Along with scaling up LSBE, Aahung has also been keenly focused on bridging the divide between mainstream reproductive health family planning programs and young people. Aahung's activities this year, through project consortiums have aimed to overcome stigma associated with working on family planning with pre-marital and newly married couples, catalyzing the development of new strategies that allow greater access to young people. Innovative approaches such as: partnering with colleges, developing counseling modules for Lady Health door-to-door workers on communication with girls and the rejuvenation of Aahung's work with pre-service medical students, among others, have all contributed to pushing the boundaries on where and how to access young people.

Our vision remains one in which every individual in Pakistan has access to the knowledge and services needed to practice better sexual and reproductive health and claim their sexual and reproductive rights. While we have a long way to go, we take confidence from knowing that we are inching our way closer to a vision realized.

**Sheena Hadi**

**Executive Director**







## About Aahung

Aahung is a Karachi-based NGO that has been working to improve the sexual and reproductive health and rights (SRHR) of the men, women, and young people of Pakistan since 1995. The Aahung team works for capacity strengthening to improve the quality of sexual and reproductive health (SRH) services while advocating for an enabling environment in which every individual's sexual rights are respected, protected, and fulfilled.

SRHR covers a range of issues including Child Sexual Abuse (CSA), violence against women, early and forced marriages, puberty, body development, hygiene, unwanted pregnancies, sexually transmitted infections, HIV/AIDS, and sexual disorders. Aahung works towards the prevention and management of these issues.

Functioning in an environment devoid of expertise or resources, Aahung has been successful in developing culturally relevant strategies to respond to the sexual and reproductive health needs of the Pakistani population. Moreover, Aahung has had success in integrating sexual and reproductive health education in medical, academic, and educational institutions across Pakistan.

Since inception, Aahung has focused on sustainability as a key component of its program design and implementation. As the education system in Pakistan is decentralized at provincial levels, Aahung's advocacy interventions focus on collaborating with provincial education departments. Through mapping exercises and developing a best practice model for integration, Aahung has been instrumental in the Sindh government's move to incorporate the LSE curriculum.

Aahung's key strategy involves partnering with organizations for the integration of SRH information into their programs and for advocating policy and practice change at institutions.

## Life Skills Based Education Through The Years

### Curriculum integration in Sindh and Balochistan

*Since its inception, Aahung has had a vision; that its SRHR-based LSBE curriculum be integrated into the mainstream curriculum in every single province. With 2020 around the corner, Aahung stands at the threshold of fulfilling this vision.*

Over the last two decades, Aahung has worked to inculcate its LSBE curriculum in schools; it teaches children how to protect themselves against physical abuse and violence, self-esteem, body autonomy, human rights, importance of female education, developmental changes, health and personal hygiene, disease prevention, gender equality, marriage rights, coping with peer pressure, communication and decision-making skills. The country woke up to the need for such an intervention at the school level, when in January 2018, the Zainab incident in Kasur stirred collective conscience.

In response to public pressure to work more diligently on child protection, the provincial government of Balochistan was forthcoming in adopting the strategy of LSBE integration in their provincial curriculum. Discussions were held to decide the best possible mechanism to take this forward. To begin the process, a pilot intervention was recommended with students from grades 6 to 10.







In May 2018, the partnership between Aahung and Education Department of Balochistan was formalized and an MOU was signed to launch the process of LSBE integration in the teachers' trainings and text books of secondary classes. An LSBE-integrated framework under the existing provincial curriculum objectives has been developed, based on which textbook content will be drafted. The formulated content will then be pilot tested in 10 schools of Quetta, so as to create evidence for taking this program all over Balochistan.

Speaking at the MoU signing ceremony in Quetta, Aisha Ijaz, Program Manager at Aahung said, "First Sindh, now Balochistan- today, we are a step closer to fulfilling our dream that one day every child in the country will be equipped with these crucial life-skills that will make them safer, healthier, happier human beings. After this MoU we look forward to an increase in the share of voices advocating the rights of adolescents and children in Balochistan." Aahung has worked extensively to address SRHR and Child Sexual Abuse (CSA) through the LSBE curricula implemented in more than 400 primary and secondary schools across the country.



## Zindagi Trust

A Collaboration  
to Celebrate



*The Zindagi Trust network of schools works to change policy to reform schools through advocacy with political leadership, government, top bureaucracy, supporting organisations, civil society and other key opinion leaders and influencers. Based on its learnings and successes, it has been effective in bringing about change to policies in school governance and child protection.*





The founder of Zindagi Trust, Shahzad Roy, one of the fiercest advocates of LSBE, has championed Aahung's curriculum and played an instrumental role in having the governments of Sindh and Balochistan commit to introducing LSBE into their curricula.

The partnership between Zindagi Trust and Aahung began in 2011 with the introduction of LSBE classes at the SMB Fatima Jinnah Government Girls School, which is under the management of Zindagi Trust. Through rigorous teachers' trainings and refreshers and constant mentoring by Aahung, the school soon became a model for the implementation of the LSBE curriculum. It demonstrated how best to deliver LSBE messages to students but to also create ownership of the programme among teachers and parents.

In addition to successfully taking on the challenge of teaching LSBE in a government school within a conservative community, Zindagi Trust also supported Aahung in bringing LSBE to government schools through advocacy with the government. In December 2016, when Aahung formed a Technical Advisory Committee (TAC) to review Aahung's developed content, a representative of Zindagi Trust, Ms. Shahnoaz Hunzai was part of that too.

In January 2018, after the tragic rape and murder of six-year-old Zainab in Kasur, Zindagi Trust facilitated in mobilizing activists and supporters from the media industry to push for LSBE to be taught in all schools to empower children to protect themselves. Zindagi Trust is a great champion when it comes to LSBE promotion and is playing a critical role in advocating for the integration of LSBE in all provincial curricula. A formal Memorandum of Understanding (MoU) has also been signed between Aahung and Zindagi Trust in April 2019. The purpose of this MoU is to formalize the efforts being made by Zindagi Trust and Aahung to institutionalize the teaching of LSBE in Pakistan.



# SUKH

## Empowering Peri-urban Karachi

Beginning in 2014, the Sukh Initiative was a five-year partnership between three foundations (Aman Foundation, the Bill and Melinda Gates Foundation, and the David and Lucile Packard Foundation) that emerged out of commitments made at the London Summit, held in 2012. Aahung was an implementing partner for promoting and institutionalizing Family Life Education (FLE), which is synonymous with LSBE.

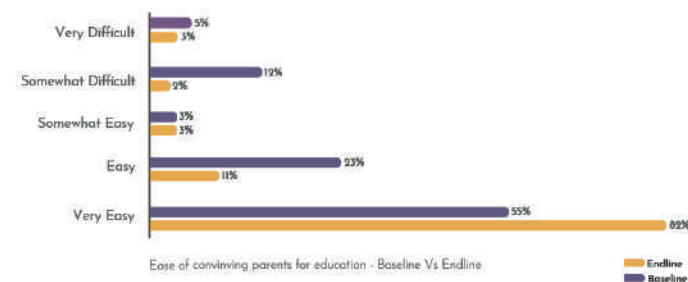
The Sukh Initiative aimed to increase modern contraceptive use by 15 percent amongst married women in a population of 1 million in selected communities in Karachi. It sought to empower women to access contraception by increasing knowledge, improving quality of services and expanding the basket of choices; thus contributing to the goals of FP2020.

By the fifth year, Aahung worked with approximately 30 schools and learning institutes and provided age-appropriate LSBE on issues related to SRHR to 16,000 young people. Through this education, young people learned about protecting and caring for their own bodies; puberty and related changes; the nikkah-nama and early age marriage; and maternal health complications. Aahung's work with young people in this project also aimed to shape attitudes and develop interpersonal skills and strategies to effectively adapt to the demands and challenges of family life.

Let's have a look at what change the LSBE curriculum actually brought about:

### Ease of convincing parents for education:

• 27% increase in students who believe it will be "very easy" for them to convince their parents of their educational aspirations from baseline to end-line



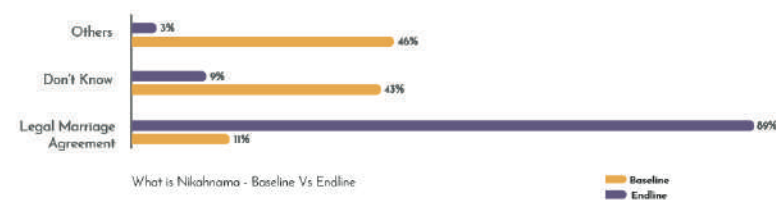
### Marriage:

- 51% increase in students who correctly identified the legal age for marriage for boys in Sindh
- 68% increase in students who correctly identified the legal age for marriage for girls in Sindh
- 29% increase in students who believed there is no advantage of early marriage (67% baseline, 96% end-line)
- 97% of students understood the social and health consequences of early marriage in end-line, 58% increase from baseline (39%)



### Nikahnama:

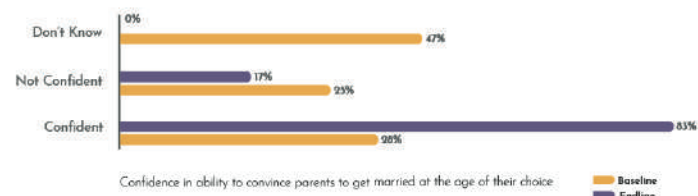
• 78% increase in knowledge of what a nikah nama is





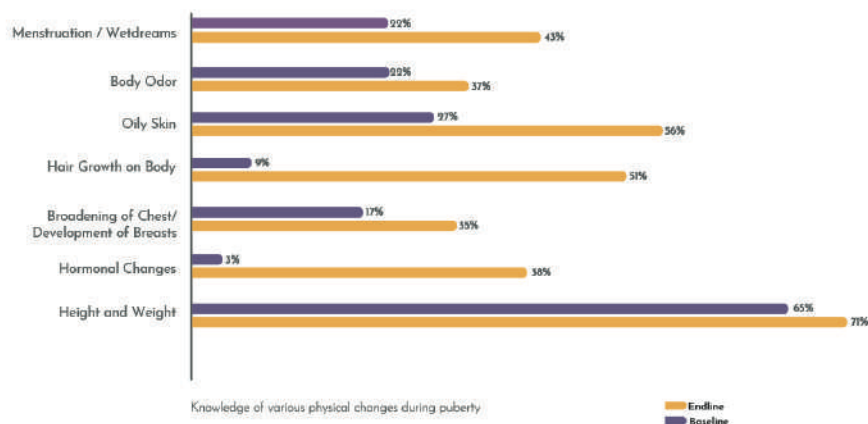
### Confidence in ability to convince parents to get married at the age of their choice:

55% increase in students who felt confident in their ability to convince their parents to get married at the age of their choice



### Puberty:

82% of students could identify three or more physical changes that occur during puberty, 54% more than in the baseline (28%)



## Aahung at the 5th ICFP

International Conference on Family Planning

Every other year since 2009, the International Conference on Family Planning (ICFP) has brought together the family planning community to share best practices, celebrate successes, and chart a course forward. The ICFP serves as a strategic inflection point for the family planning and reproductive health community worldwide. It provides an opportunity for political leaders, scientists, researchers, policymakers, advocates, and youth to disseminate knowledge, celebrate successes, and identify next steps toward reaching the goal of enabling an additional 120 million women to access voluntary, quality contraception by 2020.

The ICFP also serves as an international platform from which countries, organizations and individuals can make public commitments to family planning, and can be recognized for their achievements. Dozens of side events are organized around the conference by many institutions and groups from around the world.



The fifth International Conference on Family Planning (ICFP) took place in Kigali, Rwanda, between November 12 and 15, 2018 and the Aahung team is proud to have presented in a number of sessions there, bringing forward Pakistani cultural family-planning experiences and findings to the global realm.

**Youth-driven change through family planning advocacy**  
**Advocating for Government Institutionalization of Comprehensive Sexuality Education (CSE) in Conservative Contexts - A Case Study of Aahung's Advocacy Work in Pakistan**  
 Aisha Ijaz, Program Manager, Aahung

**Implementation of sexuality education: lessons learned from diverse country contexts**  
**Building community support for sexuality education and dealing with backlash: Experience from Pakistan**  
 Sheena Hadi, Executive Director, Aahung

**Provider behavior change for family planning choice and uptake: what are we learning?**  
**Value Clarification and Attitudinal Transformation (VCAT) - An Approach to Overcoming Barriers in Family Planning Provision in Conservative Contexts (A Case Study from Pakistan)**  
 Naureen Lalani, SRHM Manager, Aahung

**Poster Presentation**  
**Youth Friendly Space: A creative strategy to promoting Sexual and Reproductive Health and Rights (SRHR) education in the context of Pakistan**  
 Mehnaz Rehmani, Senior Coordinator, Aahung





# Pen with a Purpose:

## Aahung's first Screenwriters' Workshop



*In this day and age, no one can deny the great power of television and mass media. Despite the cyber revolution, television remains a powerful medium to inform, educate, entertain, and create awareness. It serves to advocate, whether subtly or forcefully, and it definitely affects how the audience thinks about or relates to a certain subjects. It is also undeniable that Pakistani culture is steeped in patriarchy, which is perpetuated through various media, one of them being television.*

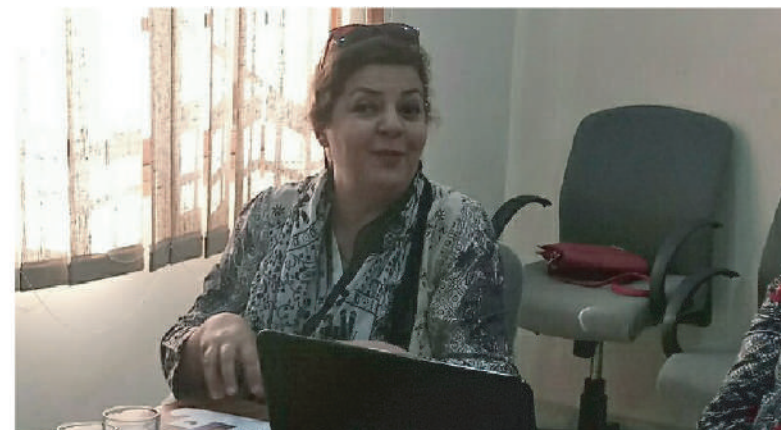
Pakistani dramas are often thought to be portraying 'reality', but a great deal of sexism and misogyny seeps in, inconspicuously influencing attitudes and behaviors. Media influences our everyday choices more than we realize. These dramas are adamant to constrain women to certain roles and stereotypes. It is significant to address them and break these shells, because women need to see themselves as able and balanced human beings whose worth doesn't depend on social norms and their physical attributes.

Keeping in mind the overarching the influence of television, Aahung has reached out to this particular group to not only attempt to bring change through this medium, to change perceptions of the issues outlined above, but to also draw focus towards burning issues that are largely ignored. For instance, overpopulation is hardly ever brought into focus, or development for that matter. Most serious issues brought to light are in a sensationalist or reductionist manner.

A two-day Screenwriters' workshop was hosted by Aahung where the attendees were provided with an overview of Aahung and SRHR. These were followed by detailed sessions about the various areas of SRHR that have deep ties with social issues especially those that have attached stigmas and taboos that the average Pakistani deals with on a daily basis. Above-mentioned SRHR topics that are often not covered or ill-presented in local media were dealt with in detail. A group of seasoned Aahung trainers imparted the training along with renowned media personalities:

**Misbah Khalid** is no stranger to the entertainment business. As a director and producer she has used her influence to write dramas with strong female protagonists. She has directed *Meray Paas* and *Tumhari Mariam* and has a number of feathers in her prestigious cap.

**Sabahat Zakariya** is a senior journalist who has written for most major publications in Pakistan on subjects ranging from education, health, politics, women's rights and cultural criticism.



In 2015 she was awarded the Falak Sufi Scholarship for a Masters in Journalism/Near Eastern Studies at New York University where she wrote her final thesis on the changing dynamics for single women in Pakistan. She is currently in the process of turning this thesis into a book for Bloomsbury India. She is also Deputy Editor at *The News on Sunday* and runs a YouTube channel, Facebook and Instagram page called *Feminustani* that deconstructs Pakistani popular culture and social mores from a feminist angle.

Media is an influential means to mould opinions. The time has come when production houses, producers, directors, and screenwriters exhibit responsibility and move away from stereotypes created and perpetuated by irresponsible dramas over the decades. Albeit slowly, more projects like these shall help change the opinion, attitude, and behavior of individuals and society over time.



## Our Women Champions at Women Deliver

Women Deliver is a leading global advocate that champions gender equality and the health and rights of girls and women. Its advocacy drives investment – political and financial – in the lives of girls and women worldwide. It seeks to harness evidence and unite diverse voices to spark commitment to gender equality. Anchored in sexual and reproductive health, Women Deliver advocates for the rights of girls and women across every aspect of their lives, because investing in girls and women will deliver progress for all.

Women Deliver is well-known for hosting global conferences that bring together people from across a multitude of sectors, issues, and cultures. The Women Deliver 2019 Conference took place from 3rd to 6th June 2019 in Vancouver, Canada, and it was the world's largest conference on gender equality and the health, rights, and well-being of girls and women in the 21st century.

Aahung received the opportunity to showcase its work when Manager Sexual and Reproductive Health and Rights (SRHM), Naureen Lalani, presented an innovative project for people living with physical disability, implemented by Aahung. The project was titled, 'BRINGING LIGHT - Addressing the Sexual and Reproductive Health and Rights (SRHR) of People Living with Physical Disabilities (PWDs)'.

The aim of this project was to build the capacity of People Living with Physical Disabilities (PWD) on their Sexual and Reproductive Health and Rights (SRHR). It also aimed to increase awareness among the general public on the SRHR needs of PWDs as they are generally considered asexual, and not needing access to SRHR information and services. Aahung also developed user-friendly resource material and training tools for building capacity. For people with hearing impairments animated videos were dubbed into sign language on SRHR issues including puberty, sexual abuse, early age marriage, family planning, and abortion. The content was also translated into Braille for people with visual impairments.

Aahung's Program Manager, Aisha Ijaz, was invited to be part of a panel organized by the United Nations Educational, Scientific and Cultural Organization (UNESCO) titled "CSE - A Powerful Tool for Improving Girls' Health and Education While Achieving Gender Equality." When girls have access to good quality SRHR education, and are supported by their families and communities to manage their sexual and reproductive health, they are better able to stay in school and reap the benefits of education. The panel explored how to break down the barriers that prevent learners' from receiving this essential aspect of their education and work in partnership with the education sector to deliver SRHR education that meets young people's needs.

The interactive panel was moderated by a Senior Program Specialist from the UNESCO headquarters in Paris and co-panelists included the distinguished Ms. Monica Geingos who is the First Lady of Namibia and representatives from NGOs and the Government who are working on adolescent SRHR in Sierra Leone and Jamaica. Through the panel discussion and a participatory group activity, this session offered participants the opportunity to understand what SRHR education involves and highlighted strategies for advocating effectively for strengthening SRHR programs in their settings.



# Poocho Helpline

## SRHR Information a Call Away

Greenstar's POOCHO helpline was established in 2005 with the objective to provide accurate and reliable family planning information, counseling and referral services to callers and to provide backup support for Greenstar's products and Sabz Sitara Clinics. In 2019, the need was felt for helpline staff training specifically in Adolescent and Youth Sexual and Reproductive Health and Right (AYSRRH).

Greenstar approached Aahung, who organized a four-day training for POOCHO. The objectives of the training were to enhance comfort level, increase knowledge of, and to strengthen the skills of the helpline agents on Child Sexual Abuse (CSA) and Puberty for adolescents. The topics covered during the training included Value Clarification and Attitudinal Transformation (VCAT), Adolescents and Youth Issues, Puberty, Sexual and Reproductive Health & Rights, Reproductive Tract Infections (RTIs) and Sexually Transmitted Infections (STIs), Family Planning and Contraception, Post Abortion Care, Effective Communication, and Prevention from Sexual Abuse.



# Amplify Change The Way Ahead

Many healthcare providers in Pakistan lack the knowledge and communication skills required to deal with SRHR issues such as unwanted pregnancies, family planning (FP), and post-abortion care (PAC), primarily because these topics are not adequately addressed in undergraduate and post-graduate medical or nursing curricula. As a result, their practice is affected by ignorance and lack of knowledge, personal biases, and judgmental attitudes. The increasingly right-wing and conservative environment in the country has further stigmatized critical areas of reproductive health education and services.

AmplifyChange is a multi-donor fund launched in 2014 to break the silence on SRHR and Aahung has qualified for a number of grants under this Fund. Under the new AmplifyChange project, Aahung aims to work towards increasing the availability and accessibility of quality SRHR education and services by:

- Strengthening the capacity of 60 faculty members and 1780 medical and nursing students associated with 4 medical and nursing institutes in Sindh on provision of quality (PAC) services, including Client-Centered Approach (CCA), (FP), AYSRH, Medical Abortion (MA), Emergency Contraception (EC) and referral for Manual Vacuum Aspiration (MVA) within two years.

- Integrating comprehensive (SRHR) education, including PAC, CCA, Values Clarification and Attitude Transformation (VCAT), FP and AYSRH in the teaching and/or training plans of 4 institutes of medical and nursing education in Sindh within two years. Aahung's approach of integrating SRHR education in institutions aims to galvanize long-term change in provider capacity and attitudes. The priority thematic area of the grant is to ensure access to comprehensive reproductive health services, and addressing the causes of unsafe abortion.



To further its work on LSBE, Aahung is set to launch another AmplifyChange intervention, Aware for Life - Promoting LSBE in Public and Private Schools in Pakistan which will result in four new partnerships for its LSBE program for secondary classes. Sun Academy and Sharmeen Khan Memorial Foundation are the new partners in Karachi whereas NOWA Foundation is the new partner in Khairpur.

Under this grant, Aahung, for the first time will be initiating its LSBE program in the Northern parts of Pakistan and its partner in the Skardu and Hunza regions of Gilgit-Baltistan is USWA Foundation. Aahung will be conducting a needs assessment exercise in the selected USWA schools in Skardu and Hunza around the SRH needs and issues of the youth there. Based on the findings a more contextualized module will be developed and teachers will be trained who will then trickle the content down with the students.

In the Karachi and Khairpur schools, Aahung will be conducting a study around the contribution of LSBE in Menstrual Health Management (MHM) amongst young adolescent girls of ages 11 to 15 years. The study aims to identify whether the use of LSBE will increase MHM knowledge, improve the attitudes and normative environment surrounding MHM, and consequently, improve MHM practices amongst young adolescents in urban and rural settings in the Sindh province.





## Voices from Pakistan

*Every month RESURJ members collectively share and reflect on some news highlights affecting sexual and reproductive, environmental and economic justice from the different regions and countries it works in. Aahung's Executive Director, Sheena Hadi is a RESURJ Member and regular contributor.*

### **Violence Against Women in Pakistan: Seeking Justice in a Patriarchal Court System**

*by Sheena Hadi*

Two years ago, Khadija Siddiqui was stabbed 23 times in broad daylight, by Shah Hussain, a fellow student, on a busy street in Lahore. The impetus for the attack was that Hussain felt scorned by Khadija after she ended a relationship with him in which, she felt controlled and threatened.

After a social media frenzy which demanded justice for Khadija, Hussain was sentenced to 7 years in prison for attempted murder. However, in a shocking decision in early June 2018, Hussain was acquitted by the Lahore high court on grounds that accused Siddiqui of being interested in publicity and was actually the one who had pursued Hussain in the first place.

Now Khadija is courageously fighting back stating hers is a "test case" which lays out the challenges in the justice system where women are forced to prove that they are victims. Khadija stated, "We are the targets of character assassination, and when it comes to motive, the onus is on the woman to prove her innocence instead of the criminal's guilt."

Stating an example from her trial, Khadija has exposed the misogyny of the court system in which the judge in her case repeatedly suggested that she must have done something to warrant the attack and that it was up to her to prove the motive of the attacker. The proceedings and subsequent acquittal also reveal how economic class and social status continue to influence justice for women as Hussain is the son of a successful lawyer based in Lahore.

The national response to the acquittal has been tremendous with celebrities, women's groups and ordinary citizens, particularly young women, using social media as a platform to demand justice for Khadija. As a result, Pakistan's supreme court has taken its own initiative to issue a suo moto (the court's independent investigation) to re-examine the case.

The decision has provided some hope that the justice system at the highest levels is taking cases of violence against women more seriously and that public outcry can trigger a response from Pakistan's state institutions. Khadija has stated, "Thousands of women are killed across the world.

I was one of the rare few who survived, so I have been given the chance to be an example for all women." For her courage and willingness to push through the worst that a patriarchal society throws at women to silence them, we can only thank her and hope that justice is realized.



**World Health  
Organization**

## **Aahung's Executive Director on WHO's Gender Advisory Panel**

The UN Gender Advisory Panel was established in 1995 to provide advice to UN Commission on Science and Technology for Development, national governments and the UN system on the gender dimensions of science and technology policy. It has two principal functions: to monitor the implementation of the recommendations made by the Commission on gender and science and technology, and to advise on the gender implications of its new work program. Aahung is proud to have its Executive Director, Sheena Hadi, serve as a member on the Panel and take her unique perspective to the forum.

Members are chosen for their unique engagement and willingness to contribute. Besides her extraordinary experience and expertise in the sector qualifying her for the role, In 2017, she has also received the Joan Dunlop Award. This Award is conferred every year by International Women's Health Coalition to women activists from various countries who work on women's rights issues and promote SRHR for women and girls under challenging circumstances.

Within the United Nations system, World Bank Special Program of Research, Development and Research Training in Human Reproduction (HRP), is the main instrument for research in sexual and reproductive health and rights. It brings together policy-makers, scientists, health care providers, clinicians, consumers and community representatives to identify and address priorities to improve sexual and reproductive health. The program provides the definitive guidance, based on robust, scientific evidence to inform best practice. As an independent body of scientists, Gender Advisory Panel brings perspectives from diverse countries, cultures and disciplines. It calls on the international community, individual governments, private sector and others to protect everyone's right to the highest attainable standards of sexual and reproductive health, safeguard the progress made to date, and take all necessary steps to sustain and expand national sexual and reproductive health program, as well as to protect and promote the independent research, evidence and implementation.



## Right Here Right Now Young Omang

Right Here Right Now (RHRN) is a five-year programme and global strategic partnership that is active in ten countries, and the Caribbean sub region. The partnership envisions a world where all young people are able to access quality and youth-friendly health services, and are not afraid to openly express who they are and who they love. In Pakistan, RHRN works with ten Civil Society Organizations (CSOs) under the banner Young Omang.

These CSOs bring with them a combination of regional diversity and unique strengths to be an effective voice for young people's (SRHR) in Pakistan. Aahung is a member of Young Omang and works on improving the reproductive health of young people under RHRN through advocacy, capacity building and information dissemination. This year, under Young Omang, Aahung has been involved in advocacy related interventions and has conducted one-on-one meetings with the previous and newly appointed government officials including the Mayor of Karachi and the Director of Secondary Schools, Karachi.





The objective of the meetings was to introduce Aahung's LSBE program and discuss curriculum integration in Sindh local government schools and other relevant initiatives. This year Aahung also focused on collaborating with other departments of provincial government to strategize how LSBE and YFHS can be incorporated within their mandates. For this purpose, a consultative dialogue was held where parliamentarians from Sindh National and Provincial Assembly, representatives from Social Welfare Department, and Population Welfare Department (PWD) were invited.

The dialogue focused on the importance of addressing youth issues by taking multi-sectoral youth policy to the implementation. To promote meaningful youth participation, Aahung also organized a youth-based forum where young people from various backgrounds were invited. The forum served as a platform for young people to discuss their SRHR related issues and understand the importance of meaningful youth participation.

Moreover, in the lead up to the Voluntary National Review (VNR) submission and presentation at the High Level Political Forum 2019 on Sustainable Development Goals (SDGs), a consultative meeting was convened by Aahung in collaboration with the relevant Young Omang partners, Federal SDGs support unit, Ministry of Planning, Development and Reform, and with parliamentarians of SDGs Secretariat, National Assembly in April 2019.

This meeting provided the opportunity to have a collaborative dialogue between Pakistan's SDGs units and the member organizations of Young Omang that are committed to contributing towards the SDGs.

## Celebrating Tenure

It can be easy to get caught up in the day-to-day noise of deadlines, meetings, and endless emails. However, no matter how busy you are, at Aahung we believe it's always important to take the time to celebrate employee milestones in the workplace. As part of a small meet up, employees received recognition for the number of years served in the organization, and also spoke about their personal journeys in the sector.



# MeetOurTeam

A perfect blend of creativity, experience, and pure wizardry, meet the people that make Aahung.



Senior LSE Trainers - Shehneel Gill & Nazo Pirzada



(L&R) Hira Khan- RME Coordinator, Faiza Fatima & Aliza Sajjad- Research Associates



(L to R) M. Haris- Senior Coordinator Finance & HR, Tanveer Naqvi - Senior Coordinator IT & Logistics, Sohail Farooqui - Senior Manager Finance & HR, Ayesha Muqeem- Admin Officer, M. Akhlaq - Manager Finance & Admin



(L to R) Sheena Hadi- Executive Director, Sohail Farooqui- Senior Manager Finance & HR, Aliza Ijaz- Program Manager



(L to R) Aaimna Latif- Communications Manager, Aisha Ijaz - Program Manager, Naureen Lalani- SRHM Manager, Faiza Fatima- Research Associate



Ghulam Murtaza, Nanada Ramesh, Fazal Ilahi - Support Staff



AAHUNGERS



Muhammad Ameen- Support Staff



Sana Tajuddin- LSE Manager



Muniza Yaseen - Coordinator Monitoring and Resource Material



Naureen Lalani- SRHM Manager



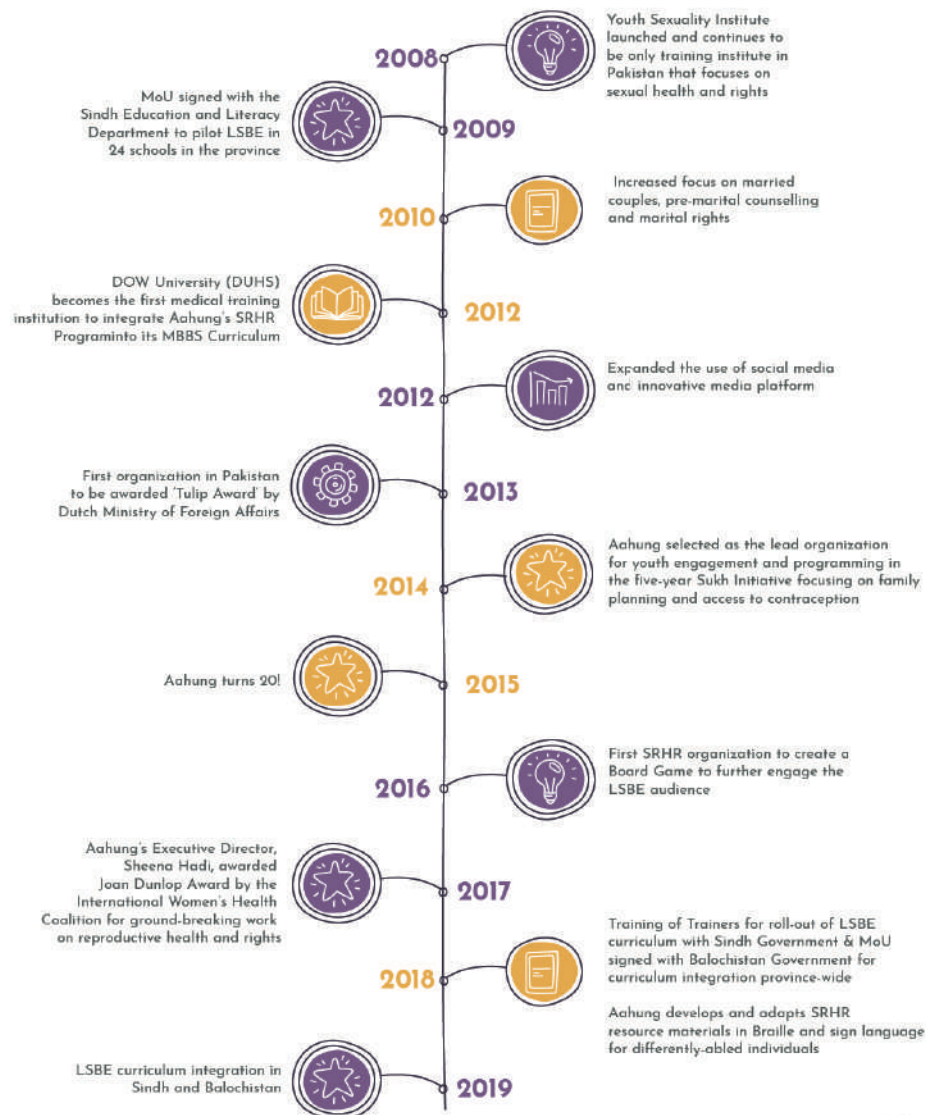
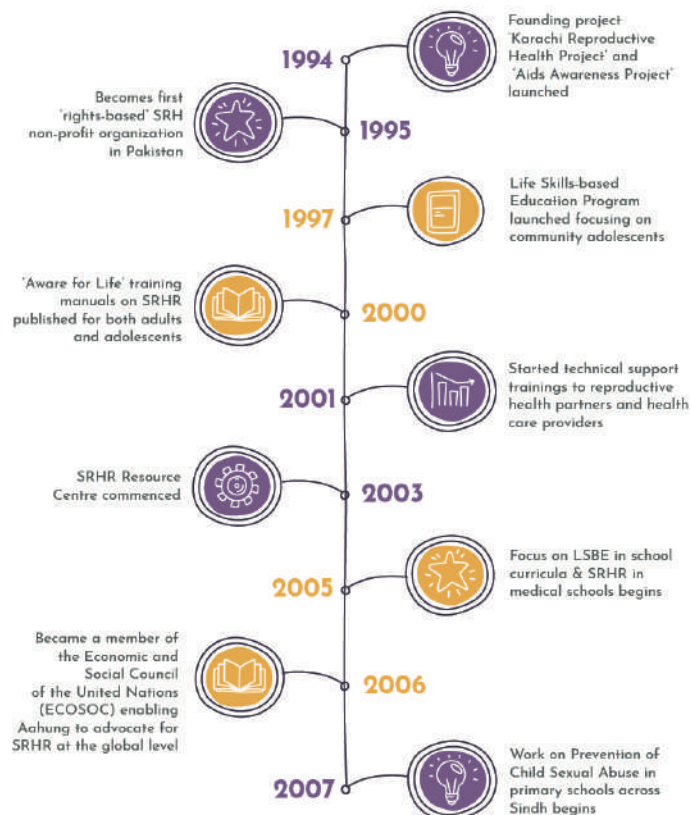
Junaid Siddiqui- RME Manager



Tooba Zafar- LSE Coordinator & Nazo Pirzada - Senior LSE Trainer



# Journey of Aahung





# Naya Qadam

## Engaging Youth as Key Actors of Change

*Naya Qadam, a project of Pathfinder International, is a three year project on increasing post-pregnancy family planning (PPFP) through expanding public and private sector services with a focus on young women (age 15 - 24) in Sindh and Punjab.*

The project, implemented with the support of Bill and Melinda Gates Foundation, aims to strengthen existing PPFP services by providing quality trainings (theoretical as well as clinical certification) to the trainers of department of health, other consortium partners and midwifery tutors. The National Committee for Maternal and Neonatal Health (NCMNH) is one of the implementing partners of the consortium, other partners include Aahung, Greenstar Social Marketing, Ipas and Shirkat Gah. The six intervention districts are: Karachi, Nawabshah and Larkana in Sindh and Rawalpindi, Okara and Vehari in Punjab.

Most women in rural communities in Pakistan accept their passive role in their family dynamics, because of patriarchy and gender inequality, letting go off their rights to choose for themselves. The desire to have sons results in an increase in family size, and men make most decisions on health, economics and rights of family members, yet do not take responsibility for contraception. Perhaps the most important solution to the problem lies in reconstructing existing social and gender norms, by working from policy to communities, through multi-level and multi-sectoral interventions.

Through the Naya Qadam project, Aahung has had a chance to explore youth advocacy. As young people compose a greater share of the population, questions emerge about the role youth will play in addressing the issues relevant to their future. Empowering youth to engage and take an active role in advocacy can play a critical role in societal change and improving human rights. Aahung's youth advocacy places emphasis on empowering young people through their own actions in situations that affect them.







AAHUNG

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2019

EY Fore Rhodes  
Chartered Accountants  
Progressive Plaza, Beaumont Road  
P.O. Box 15541, Karachi 75530  
Pakistan

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## INDEPENDENT AUDITORS' REPORT TO THE BOARD MEMBERS

### Opinion

We have audited the financial statements of AAHUNG (the "Organization"), which comprise the statement of financial position as at 30 June 2019, and the income and expenditure account, statement of comprehensive income, statement of changes in accumulated funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the Organization as at 30 June 2019 and of its financial performance and of its cash flows for the year then ended in accordance with approved accounting and reporting standards as applicable in Pakistan.

### Basis for Opinion

We conducted our audit in accordance with the International Standards on Auditing (ISAs) as applicable in Pakistan. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the financial Statements section of our report. We are independent of the organization in accordance with the International Ethics Standard Board for Accountants' Code of Ethics for Professional Accountants as adopted by the Institute of the Chartered Accountants of Pakistan (the Code), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Responsibilities of Management and Those Charged with Governance for the Financial Statements

The Management is responsible for the preparation and fair presentation of the financial statements in accordance with the requirements of approved accounting standards as applicable in Pakistan and for such internal control as the Management determines necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Management is responsible for assessing the Organization's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Organization or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Organization's financial reporting process.

### Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs as applicable in Pakistan will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

-2-

As part of an audit in accordance with ISAs as applicable in Pakistan, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Organization's internal controls.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Organization to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

*E.Y. Ford Khanda*  
Chartered Accountants  
Date: 19 December 2019  
Place: Karachi  
Audit Engagement Partner: Omer Chughtai

**AAHUNG**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30 JUNE 2019**

		2019			2018		
	Note	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		Rupees			Rupees		
<b>Assets</b>							
<b>Non-current assets</b>							
Operating fixed assets	5	1,811,466	417,312	2,228,778	2,114,071	604,077	2,808,148
Security deposits		376,100	-	376,100	365,100	-	365,100
		2,186,666	417,312	2,603,878	2,479,171	604,077	3,173,248
<b>Current assets</b>							
Loans, advances & other receivables	5	2,757,786	176,802	2,934,588	662,733	118,000	780,733
Short-term investments	7	6,358,942	-	6,358,942	5,636,101	-	5,636,101
Interfund balances	16	483,025	17,458,819	17,941,844	2,838,215	5,107,355	7,945,570
Cash and bank balances	8	39,312,364	7,766,138	47,067,492	28,886,893	27,114,642	56,001,536
<b>Total current assets</b>		48,912,107	25,390,759	74,302,866	37,823,942	32,339,997	70,163,939
<b>Current liabilities</b>							
Interfund balances	16	17,099,583	842,261	17,941,844	4,866,279	3,049,290	7,945,569
Accrued and other liabilities	12	182,720	403,482	586,202	188,433	2,348,515	2,536,948
Deferred capital grants	10	-	417,312	417,312	-	694,077	694,077
Deferred liability - gratuity	11	9,107,470	-	9,107,470	7,881,492	-	7,881,492
		9,107,470	417,312	9,524,782	7,881,492	694,077	8,575,569
<b>Net assets</b>		24,728,900	24,145,016	48,873,916	27,336,830	26,942,192	54,279,022
<b>Represented by:</b>							
Restricted fund balances	9	-	24,145,016	24,145,016	-	26,942,192	26,942,192
Accumulated unrestricted surplus		24,728,900	-	24,728,900	27,053,741	-	27,053,741
Unrealized gain on short term investment		-	-	-	263,139	-	263,139
		24,728,900	24,145,016	48,873,916	27,336,830	26,942,192	54,279,022
<b>CONTINGENCIES AND COMMITMENTS</b>							
	19						

The annexed notes 1 to 21 form an integral part of these financial statements.

BOARD MEMBER

BOARD MEMBER



**AAHUNG**  
**INCOME AND EXPENDITURE ACCOUNT**  
**FOR THE YEAR ENDED 30 JUNE 2019**

Note	2019			2018		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	Rupees			Rupees		
<b>Income</b>						
Restricted funds utilized	9.1	-	38,107,152	38,107,152	-	55,666,632
Deferred capital grants released	10	-	153,281	153,281	-	358,047
Other income	13	7,044,699	5,024,920	12,069,619	10,058,145	1,859,253
<b>Total income</b>		7,044,699	41,285,353	48,330,052	10,058,145	57,883,931
<b>Expenses</b>						
Operating expenses	14	10,075,577	9,350,418	19,425,995	9,905,880	6,339,373
Program and project expenses	15	-	31,934,935	31,934,935	-	51,544,558
<b>Total expenses</b>		10,075,577	41,285,353	51,360,930	9,905,880	57,883,932
<b>(Deficit) / surplus for the year</b>		(3,030,878)	-	(3,030,878)	152,265	-

The annexed notes 1 to 21 form an integral part of these financial statements.

BOARD MEMBER

BOARD MEMBER

**AAHUNG**  
**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED JUNE 30, 2019**

**CASH FLOWS FROM OPERATING ACTIVITIES**  
(Deficit) / surplus for the year

Adjustments for:

- depreciation
- unrealised loss on revaluation of investments
- provision for gratuity
- gain on sale of investments

(Increase) / decrease in current assets

- loans, advances & other receivables
- security deposits

Decrease in current liabilities

- accrued and other liabilities

Deferred capital grants - net

Restricted funds - net

Cash (used in) / generated from operations

Gratuity paid

**Net cash generated from/(used in) operating activities**

**CASH FLOWS FROM INVESTING ACTIVITIES**

Purchase of tangible fixed assets

Investment in short term investments - net

**Net cash used in investing activities**

Net (decrease) / increase in cash and cash equivalents

Cash and cash equivalents at beginning of the year

Cash and cash equivalents at end of the year

2019  
Rupees

2018

(3,030,878)

152,265

887,070

880,872

466,567

-

2,107,721

2,133,536

-

(96,780)

3,461,358

2,917,628

(2,153,855)

441,509

(10,000)

-

(1,970,776)

(815,353)

(276,765)

264,383

(2,797,175)

4,943,588

(3,073,940)

5,207,972

(6,778,091)

7,004,021

(468,845)

(2,512,074)

(7,236,936)

5,391,947

(307,700)

(1,751,552)

(1,189,407)

840,720

(1,497,107)

(910,832)

(8,734,043)

4,481,115

55,801,535

51,320,420

47,067,492

55,801,535

The annexed notes 1 to 21 form an integral part of these financial statements.

BOARD MEMBER

BOARD MEMBER



If you like the work we do and wish to make a contribution, please visit our website [www.aahung.org/donate](http://www.aahung.org/donate)

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