

# HIGHLIGHTS

March 2012

A Bimonthly Newsletter for collaborative projects of Youth Affairs Department Government of Sindh and Habib University Foundation

## CONNECT

Learn, Share, Empower, Energize, Socialize

### LAUNCHING CEREMONY

25, 2012

Initiative of YES and iACT



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### Youth Empowering Spaces

- YES facilitates Pakistani youth to aspire for a healthy and productive life
- YES will be implemented in Karachi, Matiari and Jamshoro in its pilot phase
- YES will support youth to enhance their awareness about their own environment, grow personally, connect with each other for learning and development and use technology as an empowering tool



### Inspiring Pakistani Youth to Reach Excellence (Being Implemented at iACT)

- INSPYRE aims at providing youth with a platform for their personal growth, career enhancement and social development
- INSPYRE provides free of cost career education to youth for their career building in Information Technology, Retail Management, Digital Media, Call Center Industry, Fashion and Textile Designing
- Internships are an essential component of the INSPYRE learning experience



### Inspiring Leadership, Empowerment and Development in Youth

- iLEAD focuses on promoting a healthy lifestyle, leadership and personal development in youth through sports education and community service
- iLEAD has established partnerships with 5 colleges and 25 schools in Karachi and Hyderabad
- iLEAD has developed a curriculum titled "Nurturing Healthy Minds and Bodies" and has organized sports weeks, summer camps, sports festivals, coaching camps etc. for youth



Youth Affairs Department  
Government of Sindh



Habib University Foundation

Technical Partner



# Foreword

In the happening year of 2012, we bring to you another set of updates on the three youth development projects of Youth Affairs Department and Habib University Foundation: YES, iLEAD and INSPYRE.

With the commencement of the year 2012, YES was able to expand its boundaries of success with the launch of CONNECT – an initiative to provide free of charge facilities and services to youth to support their healthy and productive growth. While YES was busy connecting the youth, iLEAD held energy packed

sports events in Hyderabad and Karachi, whereas, INSPYRE facilities continued to serve youth with exciting learning activities.

With all these prolific undertakings, we present to you this issue of Highlights, covering various mind-enriching learning outcomes of our three projects. We welcome your suggestions and ideas. Please share your valuable thoughts with us at [yasmeenbano@huf.org.pk](mailto:yasmeenbano@huf.org.pk). Enjoy HIGHLIGHTS!

Yasmeen Bano, Head Projects

## Facts and Figures

### YES

- Fifteen young people participate in iIDEO workshop
- YES Launches CONNECT on 25 February 2012
- A group of 35 youth attends 'JUSTUJU' workshop in Kotri
- Around 110 young people participate in JUSTUJU at Karachi

### INSPYRE

- 167 Students take admission in Cohort VI
- 94 Students from TCF & UoK Visit iACT
- iACT organizes 03 Seminar for students & INSPYRE Alumni

### iLEAD

- 400 students participate in sports day at Hyderabad
- 350 Students of Government Children's Education Centre participate in EnergActive

## YES Highlights

### iIDEO – Creating Youth Powered Inspirational Stories



iIDEO participants attending the session

iIDEO is a creative initiative of YES which focuses on using the power of technology for highlighting positive stories around us for promoting hope, confidence and inspiration among youth by youth. YES organized a three-day learning session from January 19 to 21, 2012 for youth to facilitate them in exploring, understanding and capturing happenings around them using their own mobile phone or digital camera and then using social media to disseminate them. Two young facilitators, Mohammed Abdullah, the Co-founder of KarachiTips (a famous Facebook page), and Umme Kulsoom, an FM 93 RJ and the host of "Good Morning Pakistan", joined the YES team in the cause. Abdullah helped the participants understand the notion behind citizen journalism and the importance of camera angles, scripts of video and the messages in video, while Umme Kulsoom helped youth in understanding the importance of social media and how they can benefit and contribute positively at various social media forums. Mr. Shahid Abbasi, sub-

editor-The News Tribe, also conducted a two-hour session on the importance of social media and its wonders. The participants created their videos with positive stories and were facilitated to review them critically. Short-listed videos were showcased on 25th February 2012.

**You Tube**

Watch youth powered positive stories at <http://www.youtube.com/yeseideo>

*"An awesome experience! I not only learnt tools and techniques for making meaningful videos, but also made new friends."*

Madiha Rizvi, iIDEO Participant



# YES Highlights

## YES Launches CONNECT: an Empowering Platform for Youth



Mr. Shoaib Ahmed Siddiqui presents a shield to Dr. Palijo

Youth Empowering Spaces (YES) launched a new initiative called CONNECT, which encourages the youth to connect themselves with learning, sharing, mentoring, coaching and taking initiatives to empower themselves by developing their talents and skills. Under

CONNECT, YES has opened a Youth Library, IT Lab, Sports Facilities, Discussion Areas and Career and Guidance Services for youth at iACT, Malir. The youth is encouraged to register with CONNECT to get free access to all the available services, facilities and



CONNECT members using study hall



Syed Mehdi explaining the process of career guidance

opportunities. YES facilitators will be available to support, guide and coach youth as per their needs. CONNECT will also announce a series of learning sessions for youth.

CONNECT was launched on February 25, 2012. Mr. Shoaib Ahmad Siddiqui, Secretary Sports and Youth Affairs Department, Government of Sindh graced the occasion with his presence. Town Administrator Malir, Dr. Mukhtar Ali Palijo was also present in the ceremony. Mr. Shoaib Ahmed Siddiqui appreciated the efforts of YES team and their

## Acknowledgement

YES Acknowledges the valuable contributions of the following people to make CONNECT a success

### Book Donors

Al-Qayam Foundation

Karachi Tips

SOS School

Ms. Nusrat Hussain, Student of iACT

Habib University Foundation

### Sports and Recreational Material Donations

Mr. Nasir Siddiqui

Olympian Mr. Mansoor Ahmed

Mr. Farooq Khan

Mr. Kamran Kashif

### Operational and Logistics Support

Mr. Muhammad Kamran Ansari  
Chief Sanitary Inspector, Malir Town

Syed Salman Qadri  
Motor Vehicle Inspector, Malir Town

innovative ideas for creating spaces for young people. Dr. Mukhtar Ali Palijo also appreciated the initiative and mentioned all the facilities of iACT, YES, INSPYRE and iLEAD as blessings for the youth of Malir. He ensured for extending his full support and cooperation towards all youth projects.

*"YES team has done a wonderful job by designing program like CONNECT. I congratulate them."*

*Mr. Shoaib Ahmed Siddiqui  
Secretary Sports & Youth Affairs  
Department*

# YES Highlights

## JUSTUJU Engages Youth: a Youth Empowerment and Leadership Program

JUSTUJU is one of the YES programs designed to engage youth in exploring and understanding the notion of empowerment. It aims at assisting the youth to reflect on their endeavors and to acquire core skills like self-confidence, emotional intelligence, critical thinking and decision making to attain an empowered future.

### JUSTUJU Continues in Jamshoro: Launch of the Second Round of the Program



JUSTUJU participants at Kotri

Continuing its stint in Jamshoro, YES initiated its second round of JUSTUJU workshops in KOTRI from 11th March 2012 in close coordination with SPO – Strengthening Participatory Organization. These workshops are being delivered by SPO facilitators, trained as master trainers earlier by YES and The School of Leadership team.

These workshops are being held on Sundays for 35 young individuals. The Sindhi language version of the participant's booklet helps the participants to use their local language for better understanding.

For the first time ever the youth of Kotri and nearby areas have been exposed to the ideas and themes of self-awareness, emotional intelligence, critical thinking and decision making. The participating youth were very excited and vocal to share their opinion of themselves.

### JUSTUJU at iACT

JUSTUJU engaged 70 youth at iACT for exploring and understanding various aspects of empowerment. YES engaged a team of facilitators to deliver these session during the month of February.



Syed Faisal Ali Subzwari with Habibian girls during JUSTUJU program

### JUSTUJU at Habib Girls School

The enthusiastic young Habibians and the cooperative school management of Habib Girls School invited YES team to conduct JUSTUJU sessions at their school. The program was launched on the 7th January and was conducted on Saturdays and Sundays of three consecutive weeks. 33 students from classes X and XI took part in the program. During the workshops, the young students were engaged in various interactive activities around the themes of JUSTUJU by a young team of facilitators trained by YES. Mr. Syed Faisal Ali Sabzwari, Minister for Youth Affairs, Government of Sindh along with the Director Youth Affairs Department, Mr. Khurshid Ali Sheikh visited the Sessions and distributed certificates

amongst the graduates of the workshop on 21st January 2012. Mr. Subzwari appreciated the enthusiasm of the participants and shared about various youth development initiatives being taken by the Youth Affairs Department.

*"I now have the passion to achieve and act and courage to live my dreams. I will never lose hope in any step of my life. I have built a lot of confidence after attending the program."*

*Shehr-banu Karim Hatim  
Student of Habib Girls School*

### Brain Heart: JUSTUJU Joins Hand with KUMAK



Brain Heart participants & facilitators

KUMAK, a youth organization joined JUSTUJU and arranged a two-day workshop entitled 'Brain Heart' for youth in collaboration with YES on Self-Awareness and Emotional Intelligence. The workshop was conducted jointly by the Project Manager YES, Mr.

Nooruddin Merchant and Ms. Sabina Rizwan of KUMAK. During the sessions, the participants were engaged in self-reflection, group discussions, role-plays and video watching to explore and understand various aspects of the focused themes.

*"I really liked the React and Respond idea and 90/10 principle given by Stephen Covey. I think these are some of the best tools for managing emotions and taking decisions which are not based on impulses only."*

*Noman Khurshid  
Brain Heart Participant*



# INSPYRE Highlights

## iACT Welcomes Youth of Cohort VI



Kamran Kashif, iACT Head welcomes new students

With the initiation of Cohort VI, 167 students were welcomed at the Institute for Advancing Careers and Talents (iACT) on January 16, 2012. The orientation session gave a heart-warming reception to the students of the new cohort on behalf of the Youth Affairs Department Government of Sindh, Habib University Foundation, Local Government Karachi and the iACT Team. The speakers at the event shared the vision of iACT and shed light on their aspired role to observe an academically sound environment. The new batch was also informed about the

academic activities, learning framework and core rules and regulations of iACT. They were introduced to INSPYRE, iLEAD and YES and the role they are playing for youth development. The session concluded with a tour of the premises.

*"I am sure the learning journey will be unique as the start is very welcoming and interesting."*

*Abobakar Siddiqui  
Graphic Designing Student*

## Optimizing the Use of Information Resources

### Effective Google Search: Targeting Needed Information Smartly

The 21st century is a period of immense information, but the challenge is to access relevant information without getting lost in it. To facilitate youth to learn the effective techniques of information search, a session on 'Effective Google Search' was organized. Ms. Adeeba Naz, Assistant Librarian at iACT facilitated the session and helped the students learn more about major searching services of Google. She shared interesting facts and various tips for improved search results. She also demonstrated some techniques of

advanced search. Later, the students were given time to practice their newly learned skills at the desktops.

*"Now getting notes and material for study is not a problem for me because I know the techniques of getting them from Google."*

*Sabiha  
Fashion Designing Student*

### The Readers Review: Read, Review and Share

To instill the habit of reading in the students, iACT library conducted a book review session. It involved 25 students in first reading books of their own choice and then presenting the reviews. Following a Book Club format, the activity required the students to write and present their prepared review. The review session was attended by many students.

*"This was really a good session where I learned how to reflect whatever we perceive."*

*Syed Fakhir  
Web Development Student*

## Student-Visitors at iACT

During the month of February, the students of The Citizens Foundation and the Social Work Department, University of Karachi visited iACT to learn about its programs.

### Visitors from The Citizens Foundation – TCF



Visitors from TCF

The Citizens Foundation (TCF) runs a development program called "TCF Rahbar". It is a mentorship initiative whereby TCF students are developed and groomed as responsible citizens of the society. Twice in the month of February, groups of 8th grade Rahbar students visited iACT. The 80 visitors, chaperoned by 10 mentors, were given a presentation of iACT's learning framework and the opportunities available to them through INSPYRE, iLEAD and YES at iACT. The sharing was then followed by fun games and aerobics facilitated by the iLEAD team.

### Visitors from Social Work Department, University of Karachi

14 students of the Social Work Department, University of Karachi visited iACT under the facilitation of Ms. Zarfishan Arbab, Deputy Director, Culture, Sports & Recreation, KMC. Purpose of the visit was to know iACT and its various programs and understand its contribution in community development. Detailed presentation was made to them highlighting the various features of iACT and its various youth development projects being implemented in collaboration with Youth Affairs Department, Government of Sindh.

# INSPYRE Highlights

## Youth Seminars: Providing Diverse Learning Opportunities to Students and Alumni

### A Seminar on Community Development and Youth Mobilization

Youth Affairs Department Government of Sindh, in collaboration with the United Nation Fund for Population Activity (UNFPA), organized a two-hour learning session for iACT students and iACT and INSPYRE alumni on January 12, 2012. The seminar was titled as "Community Development and Mobilization of Youth". Mr. Saleem Siddiqui, Deputy Project Director Youth Affairs Department, Government of Sindh graced the event as the chief guest.

Mr. Ali Mustafa, Monitoring and Evaluation

### A Career Seminar on Job Hunting Techniques

iACT recognizes that the process of learning also includes knowledge of effective means to becoming gainfully employed. To induce effective job search knowledge, a learning session was conducted at iACT in collaboration with the "Career Giants", a career counseling organization on the theme 'Job Hunting Techniques'. The session engaged 55 students and iACT and INSPYRE alumni. The session was conducted by Mr.

### The Talk of Women's Rights and Empowerment

An exciting learning session titled "Women Empowerment, Economic Opportunity and Gender Based Violence" was held on February 26, 2012. Guest speakers from Health and Nutrition Development Society (HANDS) and Aurat Foundation including Ms. Sabiha -Manager HANDS- facilitated the session. They shared the need for women empowerment for community and societal development, and the laws pertaining to this

Officer, Youth Affairs Department facilitated the session and shared the growing need for community development through active youth participation. He also shared the expectations and requirements for initiating community development work to achieve Millennium Development Goals. Mr. Siddiqui shed light on the vision of the Youth Affairs Department Government of Sindh with respect to achieving the marked purpose. Towards the conclusion of the session, certificates were awarded to all 60 participants.

Amin Salim, CEO Career Giants-the first qualified career adviser in Pakistan.

This session focused on propagating effective ways of job search, techniques for finding job vacancies, identifying unadvertised positions and various other pertinent skills. Self-branding, CV making and job interview skills were also discussed during the session.

issue.

Spanning over 2 hours, the learning session engaged 90 students in an informative discussion encompassing some important aspects of women empowerment and the skill to exercise their rights at workplaces, and within the community and homes. All the participants, especially female students, found the session to be very valuable enlightening.



A view of youth seminar

*"The discussion was much focused as per current requirements of employers. I am sure it will help to secure employment soon."*

M. Usman Khan

MS Office Automation student

*"The session was different and informative. We had never got information previously, which is important for our life especially in case of any uncertainty."*

Tooba Siddiqui

Fashion Designing Student

## iACT Touching Lives, Preparing Professionals

Shabih Fatima completed her Fashion Designing course from iACT in INSPYRE Cohort IV. Today she holds many feathers in her cap being a very active member of the alumni, a blooming entrepreneur and a very avid apprentice of Saqib, another INSPYRE alumnus and a flourishing entrepreneur.

Shabih Fatima initiated her stint at iACT after the completion of her graduate studies. Prior to joining iACT, she made jewelry boxes, wall hangings, clutch purses and other similar items as a hobby. To carve her hobby into a fine skill, she decided to join iACT. While at iACT, the idea of starting her own business inspired her to make organized efforts to create and sell her prepared products on the right platforms. Shabih took the assistance

of INSPYRE, iACT learning environment and her teachers' support as major stimuli for starting her own business. She has initiated her business from home, where she prepares printed bed sheets, jewelry boxes, printed ties, wall hangings, clutch purses, and various decorative items and accessories.

Today, each of her days comprises of a 4-hour work shift when she uses her skills to produce products that are impeccable craftsmanship born out of passion and creativity. She has equipped herself with enough skills to use Facebook as the main tool for marketing her handmade crafts. She believes in her initiative and is excited to expand it in the future.



Creativity of Shabih Fatima

Visit 'Aks art by Shabih Fatima' at <https://www.facebook.com/aksartshabih> to learn more about Shabih's work.



# iLEAD Highlights

## Reviving Sports at the Hyderabad School: iLEAD Energy-filled Sports Showcase



Students, teachers and parents attending the sports day at Hyderabad

“We had omitted sports and physical activities from our school plans but thanks to iLEAD for encouraging us to revive sports in our school”. This was said by Mr. Ahmed Nawaz Kaka, Principal of Hyderabad Higher Secondary School of Excellence. iLEAD team, in collaboration with the school management team, organized a mega sports event on 17th January 2012 at HESCO

Sports Ground in which around 400 children and their parents participated. iLEAD team worked closely with the school management team in planning and organizing the event, and undertaking pre-program rehearsals. The sports event went beyond the conventional sports day sequence and included creative aerobics display named as “FUN AEROBICS” and innovative games like

Dodge the Ball, Back to Back Race, Multi-Task Relay, etc. The games played during the sports day were planned in a manner which gave an opportunity to each and every student to participate in the games.

The students were full of enthusiasm and excitement during the sports activities as this provided them the space for enjoyment and fun in their routine school life. Mr. Hayat Kaka, Patron of the School and Mr. Ghulam Sarwar, a senior educationist were the chief guests of honor for the event. They awarded the participants with certificates and medals.



Students playing 'Dodge the Ball'

## Curriculum on Nurturing Healthy Minds and Bodies: Implementing and Assessing

### Assessing the Impact

Team iLEAD conducted Focus Group Discussion in partner schools to gauge the impact of Nurturing Healthy Minds and Bodies Curriculum on students. The focus group sessions were conducted at Rukaiya Hajiani High School, Raunaq-e-Islam Girls Higher Secondary School and New Generation's School. Each discussion session included 10 students from each class who were taught the curriculum. A total of 60 students participated in the focus group discussions. The overall findings of the sessions were very encouraging. A few points highlighted by majority of the students are as follows:

- Classes of the curriculum on Nurturing Healthy Minds and Bodies enhanced self-confidence, communication skills and positive thinking.
- The curriculum classes also helped them to understand the importance of healthy food, exercises and fitness for a healthy life. For

example, some students shared that they have reduced/stopped taking betel nuts, fizzy drinks and junk food. Some students also shared that they have started taking morning walks.

- The curriculum helped the students to become caring and collaborative. Lots of examples were shared by students as to how they were bringing small changes in their actions such as lowering the level of jealousy, trying to be helpful instead of competitive every time, etc.
- Most of the students shared that although they had been studying with other students for last many years but their interactions were limited to only a few of their class members. Curriculum classes helped them learn more about each other. They shared that now they have better understanding of their classmates and have more friends.

### Piloting of Curriculum Theme II: Physical Health and Fitness

'Nurturing Healthy Minds and Bodies' is the curriculum designed by iLEAD and being piloted by its partner schools. Following the December training, teachers piloted the ideas of theme II of the curriculum in their classes. Youth was engaged in various activities including research projects, role-plays, discussions etc. to explore and understand the core concepts essential to keep themselves healthy and fit. The iLEAD team visited the schools, observed the classes and provided feedback to teachers for further improvement of the learning experiences.

*“I like the curriculum on Nurturing Healthy Minds and Bodies because it teaches us about OURSELVES while other curricula teach us only about the WORLD around us.”*

*Student, Rukaiya Hajiani School*

# iLEAD Highlights

## Energizing, Entertaining and Educating Youth through EnergActive



Ms. Najma Sohail, Headmistress presenting a bouquet to Mr. Khurshid Ali Sheikh

Generally, sports events are organized around the concept of winning or losing. To change this notion of a sports event, iLEAD organized EnergActive to have fun, learn the values of teamwork, appreciate others and be active. Students were not stressed with the anxiety of winning or losing. EnergActive presents exciting and innovative sports/games ideas which can be managed with low resources and in small spaces.

The EnergActive sports event, engaging 350 students of Government Children's Educational Centre Boys Secondary School on 9th February 2012, presented a perfect example of an event organized with few resources and high spirits. It engaged students in games like Kho-Kho, Dodge the ball, Football relay, Tug of war, Basketball relay, Kids' athletics and Hit and Run. Hit and Run, innovated by the fusion of baseball and Assembly Passing was found to be the most popular game of the event. Mr. Khurshid Ali Sheikh -Director Youth Affairs Department Government of Sindh- attended the event as the Chief Guest. He congratulated the students on showing such high sportsman spirit and

promised them that the Department of Youth Affairs will keep striving to generate opportunities like these for the youth. Mr. Ahmed Nawaz Niazi, DEO Headquarter and Mr. Zia-ul-hassan, Asstant Director Education also attended the event.



A student crossing a hurdle during the race

## V for Walk

'V for Walk' program focuses on encouraging girls and women to participate in a group-based walking activities. The program will require each person to bring along with her a walk and talk partner under the relationship network of "Mother N Daughter", "Sister to Sister" and "Friends on Board". The basic idea behind this concept is to encourage women and girls to take out time for an exercise based on recreational activity and meet other women in the community.

The program was piloted in January 2012 to gain feedback from young females on it. The event engaged women in a 20 minute walk activity and also provided them an opportunity to meet with each other. All participants liked the idea and urged iLEAD to initiate this program in the evening, so that those who are interested can easily participate in it.

# Upcoming Events & Activities

- Completion of Cohort VI classes
- Commencement of Cohort VII under INSPYRE
- 2nd Alumni Reunion
- Launching CONNECT marketing campaign in Malir Town
- Organizing Technology Seminars in Karachi and Jamshoro
- Organizing sports coaching camps and events for CONNECT members
- Organizing third JUSTUJU workshop at Matiari
- Organizing EnergActive at iACT and at Raunaq-e-Islam Girls Higher Secondary School
- Training for the piloting of iLEAD Curriculum in classes VI to VIII
- Piloting of EnergActive Program (activities testing for different age groups) – 19th March – 15th April

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