

HIGHLIGHTS

May 2012

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



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

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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

The arrival of spring brings back life in the autumn-withered plants, likewise, the projects of Youth Affairs Department and Habib University Foundation aspire to facilitate and empower youth for a healthy and prosperous future. Despite the uncomfortable blaze of March and April, all the activities of iLEAD, INSPYRE and YES were successfully carried out. The spirited team members of projects defeated the heat through their energy and passion and continued facilitating the youth. INSPYRE successfully launched Cohort VII while YES organized 3 capacity building workshops. iLEAD, on the other hand,

revitalized the concept of strenuous sports through EnergActive. The youth showed oomph and a vigorous learning attitude. With all the challenges and joys of accomplishments, we bring to you the May 2012 newsletter. We welcome your opinions and suggestions vis-à-vis all the three projects. Please share your thoughts at yasmeenbano@huf.org.pk. Happy reading!

Yasmeen Bano
Head-Projects

Facts and Figures

YES

- 14 Universities of Sindh participate in YES Awaaz-e-Pakistan
- CONNECT launches seminar/workshop series
- 19 young energetic people participate in SMASH THAT

INSPYRE

- 132 students join INSPYRE for Cohort VII
- INSPYRE classes commence from April 20

iLEAD

- 400 students participate In EnergActive at iLEAD partner institutes
- 11 teachers take part in Teachers' Training Workshop
- 20 girls participate in V for Walk at iACT

Secretary Youth Affairs Department Visits iACT



Mr. Siddiqui visits iACT to meet with projects teams

Mr. Shoaib Ahmad Siddiqui, Secretary for Youth Affairs, Government of Sindh visited the Institute for Advancing Career and Talents (iACT) on March 14, 2012. He visited the learning spaces of iACT and YES to get updates on the progress of ongoing learning activities. The high spirited Project Managers

of iLEAD, INSPYRE and YES briefed Mr. Siddiqui about the progress of the projects and also discussed their planning for the next phase. During the visit, Mr. Siddiqui suggested the projects team members to organize a few events which can engage a large number of young people.

Team of Regional Monitoring and Evaluation Cell, P & D Department Visits iACT

A three-member team of the Regional Monitoring and Evaluation Cell, Planning and Development Department, Government of Sindh made visits to iACT on March 15 and April 30, 2012 to assess the progress and understand the challenges of the collaborative projects of Youth Affairs Departments and Habib University Foundation: iLEAD, INSPYRE and YES. During the visits, an in-depth account of the programmatic and capital activities and project deliverables, from beginning to date, was shared by the Project Managers. The visiting team inspected

the learning spaces at iACT developed under all the three projects like I.T. Lab, iLEAD Gymnasium, CONNECT Study Hall, Library etc. The team demonstrated a high level of professionalism while reviewing various deliverables of the project. The team also visited the three iLEAD partner Colleges and Schools located in Hyderabad. They interacted with their teams and observed the facilities supported by iLEAD. Mr. Ali Nawaz Talpur of Youth Affairs Department also attended the meeting of March 15, 2012.

YES Highlights

Invigorating Youth through YES Awaaz-e-Pakistan



A participant sings a national song during YES Awaaz-e-Pakistan

National songs play a vital role in raising the spirit of patriotism. Youth Empowering Spaces (YES) organized a national song competition entitled YES Awaaz-e-Pakistan on April 25 at the Arts Council Karachi in which various universities from Karachi and other parts of Sindh took part. It was the first of its kind Inter-Sindh University National Song

Competition where all the universities and degree awarding institutes of Sindh were invited. The aim behind this event was to revive the spirit of nationalism among the youth and to provide a platform to help them nurture their artistic talents. From Karachi and other parts of Sindh, 11 and 3 universities participated respectively.

Mr. Shoaib Ahmad Siddiqui, Secretary, Youth Affairs Department graced the event as the chief guest and lauded the efforts of youth and emphasized on arranging similar events in future as well. Renowned singers of Pakistan, Ms. Shabana Kenneth, Ms. Nerissa Haroon and Mr. Beena Benjamin a.k.a. Benjamin Sisters, judged the event and awarded Abdul Basit of Muhammad Ali Jinnah University, Shahrukh Khalid of Iqra University and Maha Mohsin of Bahria University 1st, 2nd and 3rd position respectively.

"This event has created hope and new spirit within me for my country."

Noor-ul-Ain
CONNECT member

"It's an amazing way of creating hope among youth in times when our country is in crisis."

Maha Mohsin
3rd prize winner from Bahria
University

SMASH THAT: Strengthening Sportsman Spirit in Youth



A CONNECT member initiates the tournament

The YES team, in collaboration with the Sports Youth Council of iACT organized an enthralling badminton tournament to activate the sporty spirits of CONNECT members on April 14 at iACT. Most of the planning and execution part of the tournament was led by youth under the mentorship of YES facilitators. The tournament entitled SMASH THAT was held at iLEAD Gymnasium where 19 CONNECT members from various universities and institutes competed against each other while keeping their sportsman spirit intact. The participants displayed their

energy and enthusiasm for three straight hours. In boys' matches Syed Misaaal Zaidi and Muzammil Anis stood first and second, whereas, Farah Naz and Sundus Saleem, in girls' match, triumphed over their first and second positions respectively.

"It was an opportunity for me to test my skills against other competent players."

Syed Ahmed

GupShup with CONNECT



CONNECT members engaged in a counselling talk

After the successful launch of CONNECT, a talk session entitled GupShup with CONNECT was organized. 125 enthusiastic CONNECT members participated in the event with zest and zeal. The program aimed at providing networking opportunity to the members and help them understand the spirit of CONNECT. The YES team shared in depth about this program and propounded various ethics-based dimensions of the program which includes the moral and social responsibility of the members to foster a healthy learning environment with active

participation and mutual respect for each other.

"This GupShup session provided me an opportunity to know other members who have the skills which I want to learn and that I can request them to help me in learning these skills."

Syed Zain Raza Naqvi

YES Highlights

CONNECT Seminars/Workshops Series Launched

CONNECT, a recent initiative of YES, encourages youth to connect themselves with learning, sharing and mentoring to empower themselves and nurture their capacities and talents. With the aim of nurturing youth's intellectual capacities, the YES team launched CONNECT workshops and seminars on regular basis. These sessions are held at iACT to facilitate and benefit CONNECT members. During March and April, the following capacity building workshops were held:

Technology Tools for Socio-Economic Empowerment



Mr. Allahwala enlightens the participants with technology tools

To enlighten the CONNECT members with the latest social media tools, a session entitled Technology Tools for Socio-economic

Empowerment was organized at iACT. Mr. Rehan Allahwala, CEO, SuperTec Foundation facilitated the workshop and

shared means through which social media tools like Facebook, Twitter, YouTube can be utilized for learning, networking, relationship building and promotion of ideas. During the session, Mr. Allahwala, through a video, shared his success story of initiating a technology business and shared how it empowered him and helped in income generation at the age of 14.

"The session was very informative especially the concepts and ideas shared by the facilitator."

Fabiha Nadeem

"Earlier, I could not have imagined how powerful internet is and how I can use Facebook and YouTube for promoting my ideas."

Shahrukh Ali

Positivity Ka Punch



Participants engaged in an activity by Ms. Sabina

KUMAK, a youth organization, organizes fortnightly personal development sessions under the *Jago aur Jagao* program. This time under YES, at iACT seminar hall, Positivity ka Punch was organized on April 14 in which 20 CONNECT members enthusiastically participated. The session was conducted by Ms. Sabina Rizwan Khan, who facilitated the participants by sharing various negativity provoking factors. Through dialogue, the participants rationalized positive and negative emotions and chalked-out ways to curb

negativity which hinders human efficiency, capacities and relationships.

"Positivity ka punch was all about punching negative feelings and thoughts out of my personality and allowing positive thoughts and feeling to energize myself and achieve my targets."

Tooba Rehman

Be Better: a workshop on goal setting and effective leadership



Mr. Iqbal briefs the participants about effective leadership

Junior Chamber International (JCI), an international membership-based organization, works on the development of young individuals and helps them become active citizens. JCI facilitated the youth of iACT and CONNECT members, on April 28, through Be Better workshop. Mr. Wasif Iqbal facilitated the session and shed light on the importance of goal setting and effective leadership. He encouraged the participants to think beyond the conventional ways and shared some activities to engrain creative thinking. By practically engaging the youth in creative

thinking activities, Mr. Iqbal paved way for the youth to take lead of their life and become empowered.

"We look at everything as we want to. To find a better solution for any problem we have to change our focus."

Waseem Haider

YES Highlights

Inspiring Stories from YES-CONNECT: Growing Friendships and Partnerships

Youth taking part in YES activities specially in CONNECT is demonstrating the signs of acquiring empowerment. A healthy and congenial environment is being fostered as these individuals take initiatives for building harmonious relationships and partnerships with others for mutual growth and learning. A few such examples are as follow:



The Young Chess Teacher

Sixteen-year-old Shamroz Khan has been chosen as 'the Chess Teacher' by two other CONNECT members. Mohammed Ihtisham and Muhammad Sajid aspire to build understanding and skills of Chess. At the platform of YES, they met with Shamroz and got inspired with the competence of this young smart player and decided to become his students. Now, regularly on a mutually agreed time, they come to YES Brain Game facility where Shamroz helps them understand the techniques to play chess briskly.



نئی دوستی نئے رشتے

The volleyball court of iACT appealed a lot to Haseeb and Rohan, YES-CONNECT members. They, with two other friends, started playing volleyball there which attracted other young people to watch them play. Gradually Haseeb and Rohan started inviting the spectators to join hands with them and soon a new group of 25 friends emerged who are not only sharpening their volleyball skills but also strengthening their relationships by supporting and helping each other. They have formed four teams and organize their matches all by themselves. In the coming days YES will further facilitate them through a professional volleyball coach in YES Summer Learning Camp.



Befriending Books

Sharjeel Shakeel, a bookworm by interest, is a student of B.Com and supports his brother to run their bakery. He takes delight in spending time at YES CONNECT study hall with his best companion books (preferably in Urdu) that he gets issued from iACT library which were not easily available to him due to limited resources. He got inspiration from his father and has developed taste for books on politics, personal development, world and general history. As a keen observer of current concerns and issues of our society, he believes books help in finding out solutions and strategies. Through YES CONNECT library and study hall facility, Sharjeel has strengthened his reading habits. Currently, he is reading Shahab Nama and has completed Labbaik, Zarb-e-Kaleem, Jinnah by Jaswant Singh and a book on Arab Israel War.



Growing Together

Syed Misaal Zafar Zaidi and Danial Zafar, two of the CONNECT members, participated in YES SMASH THAT tournament. Throughout the tourney Misaal played well and acquired the trophy through his vigilance and skills, while Danial showed skills but could not win. The real story of success emerged afterwards when truly acknowledging the skills of Misaal, Danial requested him to become his badminton coach. The request was welcomed by Misaal and now both of them have engaged themselves in peer learning without having any depressive feelings of being defeated or proud gesture of being a winner.

INSPYRE Highlights

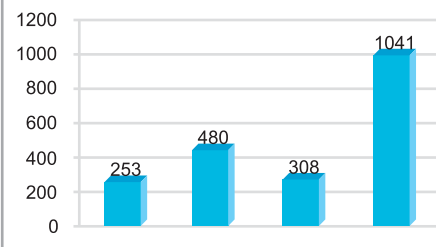
INSPYRE Inspiring Youth: Initiation of INSPYRE Cohort VII

Admission Process of INSPYRE

After setting rigorous admission management plan for Cohort VII, the admissions of INSPYRE courses were announced in March. The visitors were diligently informed about the admission procedures for the three offered courses: Cutting, Stitching and Dress Designing (CSD), MS Office Automation(MOA) and English Language for Beginners (ELB). Interviews of applicants were held in the first week of April.

Through multiple means the marketing and promotion for the admissions were carried out which included advertisements in print and local electronic media, awareness sessions, social media sites, emails and text messages. In all, 1500 youth visited iACT to acquire details out of which more than 1000 applied.

Cohort VII - Forms Issued



Orientation of INSPYRE Cohort VII

The orientation of INSPYRE Cohort VII was held on April 17, 2012 at iACT. Out of 1000 applicants, 132 students were offered admissions in INSPYRE courses: Cutting, Stitching and Dress Designing (CSD), MS Office Automation (MOA) and English Language for Beginners (ELB) courses. Mr. Shoaib Ahmad Siddiqui, Secretary, Youth Affairs Department, Government of Sindh was the chief guest of the event. He shared the envisaged initiative of Youth Affairs Department of empowering youth by quoting the youth of Pakistan as a rich asset of the nation whose skills and talents is to be nurtured for country's bright future.

During the program, Mr. Kamran Kashif, Centre Head-iACT and Project Manager INSPYRE welcomed the students and oriented them about iACT and the collaborative projects of Youth Affairs Department and Habib University Foundation, INSPYRE, YES and iLEAD. Mr. Faheem Bukhari, Academic Coordinator engaged the students in getting acquainted with each



Mr. Kamran Kashif orients the freshers with iACT premises

other and also highlighted the key rules and regulations of INSPYRE. In between the orientation session, the students were familiarized with iACT Learning Facilities through a short tour.

"I was looking for confidence building spot and after attending orientation I am sure I am at the right place."

*Syed Tahir Mehdi
English Language for Beginners
course student*

iACT- Touching Lives, Preparing Professionals

With the dream of garbing her creativity with color and style, Nuzhat Sami Khan joined iACT to pursue Fashion Designing Course. Before joining iACT, Nuzhat was a school teacher with a B.Com degree who aspired to become a fashion designer. Despite studying a 360 degree opposite subject at graduate level, her artistic capacities were never hindered.

iACT played a vital role in chiseling out way for Nuzhat's bright future. With basic stitching skill in her hand, Nuzhat ardently learnt various dress designing skills through INSPYRE Cohort III level 2. Apart from her course, Nuzhat took keen interest in Personal Development sessions and Active Citizen

Program which boosted her confidence and rounded her personality.

After graduating from iACT under INSPYRE program, she joined FADIN Institute for a two-year diploma course. Due to personal reasons, Nuzhat had to quit her training. She later got the golden opportunity of working with Rizwan Moazzam, one of Pakistan's leading designers. Nuzhat's hard work and dedication paved way for more success and now she is working as a Production Manager at Zainab Sajid's studio. Presently, Nuzhat is supervising 150 people and her major work includes budgeting, designing and stitching. Apart from her job, Nuzhat is running her own business under the label of NK Fashionz.



Nuzhat Sami Khan - Fashion Designer

Nuzhat's work can be browsed on <https://www.facebook.com/pages/NK-Fashionz/127970003933422>

iLEAD Highlights

Energizing, Entertaining and Educating Youth through EnergyActive

The role of sports and exercise is indispensable for a healthy and active life. Usually sports activities are perceived as strenuous and time-consuming which deters the youth to benefit from it. To make sports a combination of health and fun, EnergyActive was introduced. It aims at engaging students into sports and games in small spaces with minimal resources and lots of fun and laughter.

EnergyActive at Rukaiya Hajiani High School



Enthusiastic participants engaged in Basket n' Run

To benefit girls, EnergyActive was held at Rukaiya Hajiani High Schools on March 6, 2012. The vigor infused event was attended by 375 young girls, from grade III to X, with active and jubilant participation. Mr. Hanif Jhakha, Mr. Qasim Lawai, and Mr. Shoaib Ghaziani, Board Members of Bantva Educational Society were also present at the

event to encourage the girls on their participation. Games like Kho-Kho, Dodge the Ball, Snake Trail, Tug of War, Basket n' Run, Kids Athletics, and Hit n' Run engaged the girls throughout the event. The fun-filled event also kept the teachers engaged through their participation in games.

"I am thankful to the iLEAD team for conducting such an energetic event. My students are full of potential and they need a platform to exhibit their talents. Thank you once again for giving them an opportunity."

Ms. Nadia Nathani – Principal

EnergyActive at iACT



EnergyActive energize the faculty and students of iACT

On April 26, EnergyActive was organized at iACT Gymnasium for iACT students and employees. The bustling half-day event

included all the trademark fun-games of EnergyActive like Kho-Kho, Dodge the Ball, Double Decker Challenge etc. and engaged

26 young energetic participants. The event turned out to be a breath of fresh air in students' and faculty's busy schedule.

"My experience of EnergyActive was remarkable; it made my mind fresh, free from worries and my day was full of energy and fun. I will love to participate if it would be held again."

Syeda Mahpara Zaidi-iACT staff

Activities were full of energy. For the first time, I got to experience creative games. I want it again

Sobia Shamshad - Student

iLEAD Highlights

iLEAD Curriculum on *Nurturing Healthy Minds and Bodies* Inspires Schools



Ms. Aisha Jalil shares curriculum implementation pedagogy with the participants

Raunaq-e-Islam Girls Higher Secondary School is one of the partner schools of iLEAD that is piloting iLEAD Curriculum in grades IX and X. Looking at the positive impact of curriculum on the students, the school management has decided to implement such curricular ideas at grades VI to VIII also. iLEAD facilitated the school to implement their initiative by designing a set of learning objectives for grades VI to VIII and conducting a capacity building program for the teachers. The training was conducted from March 19 to 22 in the school premises.

11 teachers participated in this training program in which core ideas pertaining to healthy self-concept,



Teachers engaged in a creative activity

inter-personal communication, understanding of honest behavior etc. were elaborated through an active learning approach which included activities like presentation delivery, analyzing case studies, conducting surveys and video watching. Teachers' active participation was ensured through lesson plan activity in which the teachers designed and shared their lesson plans with their colleagues.

"It was a learning experience. I learnt to develop students' interest in classes by using fun-filled activities."

Shireen Saba

V for Walk Sequel



Girls in action during V for Walk

The importance and effectiveness of walk cannot be denied. To generate awareness of walk and to highlight the significance of exercise and congenial social interactions, the sequel of V for walk was organized at iACT on April 5. It aimed at providing

avenues to women to interact with each other while developing the habit of walk. In one and a half hour V for Walk sequel, 20 girls participated with enthusiasm. The event comprised of half an hour simple walk activity, followed by flexi-walk, walking through zigzag track, and V chat session in which discussion on importance of physical activity was generated. The enthralling Fun Aerobics was the concluding activity in which the participants moved every rib of their body on the beat of music. All the participants enjoyed the fun learning at V for Walk event and wish to have more events.

I loved the concept of V for walk. I enjoyed the event especially the Zig Zag walk. I experienced Fun aerobics for the first time and want to do it again. (Sana Afzal, Student)

Upcoming Events & Activities

- INSPYRE Mid-term Evaluation
- INSPYRE two-day Film-Making Workshop
- Launching YES Learning Camp
- YES I.T. Seminar
- Youth Led Learning Sessions
- iLEAD Active Women Walk
- iLEAD Teachers' Training Phase III
- iLEAD Certificate Distribution Ceremony

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