

HIGHLIGHTS

September 2010

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

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INSPYRE and iLEAD are public-private partnership projects of the Youth Affairs Department, Government of Sindh and Habib University Foundation (H.U.F.) with technical support being provided by the British Council.



Inspiring Leadership, Empowerment and Development in Youth

- ▶ iLEAD focuses on promoting a healthy life style, leadership & personal development in youth through sports education and community service
- ▶ iLEAD will build partnerships with 5 colleges and 25 schools in Karachi and Hyderabad
- ▶ iLEAD aims to develop a sports education curriculum, organize sports weeks, summer camps, sports festivals, coaching camps etc. for youth



Inspiring Pakistani Youth to Reach Excellence

- ▶ 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 fields
- ▶ Internships are an essential component of the INSPYRE learning experience



Youth Affairs Department
Government of Sindh



Habib University Foundation

Technical Partner



Foreword

This is the first bimonthly issue of Highlights for the year 2010-2011. It covers the activities carried out vis-à-vis INSPYRE and iLEAD during July and August 2010. These two months were quite eventful as several interesting youth development activities were initiated. Apart from being exciting, these months were also very turbulent: the poor law and order situation, a prolonged rainy season, the tragic incidences of heavy flooding and the fatal airplane crash cast a shadow over program activities. In spite of all these challenges, both program teams used innovative approaches to meet the challenges, and contributed in helping those affected by the flood.

We open-heartedly welcome your opinions and suggestions vis-à-vis both projects. Please share all of your thoughts at yasmeenbano@huf.org.pk.

Hope you will enjoy reading this bimonthly issue of 'HIGHLIGHTS'!

Yasmeen Bano
Head Research and Projects
Habib University Foundation

Snapshot

INSPYRE

- ▶ 'Be An Entrepreneur' program launched in collaboration with Tameer-Shell LiveWIRE Trust
- ▶ 89 students attend Bright Ideas workshops
- ▶ Personal and career development module initiated for Cohort III students
- ▶ 50 students trained under Active Citizens Program

iLEAD

- ▶ iLEAD sports faculty members participate in the iLEAD sports curriculum orientation session
- ▶ iLEAD partner institutes are engaged in community service activities
- ▶ Refurbishment of sports facilities underway at iLEAD partner institutes

Highlights

Meeting with Secretary Sports and Youth Affairs, Government of Sindh

Habib University Foundation (H.U.F.) team invited Mr. Shoaib Ahmad Siddiqui, Secretary Sports and Youth Affairs, Government of Sindh to its office in July 2010. The team gave a presentation highlighting the successes and challenges of INSPYRE and iLEAD during the year 2009-10. Mr. Siddiqui appreciated the achievements of both projects and had a detailed discussion regarding the targets of 2010-2011. Mr. Siddiqui also assured his complete support and cooperation to overcome challenges faced by both projects vis-à-vis implementation.



Mr. Siddiqui shares feedback with the H.U.F. team regarding INSPYRE and iLEAD projects

Highlights

International Youth Day: A Tribute to the Talent of Six Deceased Members of Youth Parliament Pakistan



Participants present their views on the problems society is facing and offer solutions

Society's Major Wounds, as Identified by Youth

- Illiteracy and a poor system of education
- Corruption
- Discrimination based on religion, caste and financial status
- Unemployment
- Negative thinking
- Low sense of responsibility and accountability

Globally, August 12 is celebrated as International Youth Day. Youth Affairs Department, Government of Sindh collaborated with Habib University Foundation (H.U.F.) to organize an exciting program to celebrate the day. The theme of the program was "Youth – Agents for Societal Healing". This theme was selected to encourage youth to reflect upon the deteriorating health of our society by identifying its major wounds, and offering ways to heal them.

The program was dedicated to the six deceased members of Youth Parliament Pakistan who tragically lost their lives in an

airplane crash in July 2010. During the program, their efforts for improving the society were highlighted and memorial shields were presented to their family members.

Mr. Shoaib Ahmad Siddiqui, Secretary Sports and Youth Affairs, Government of Sindh was the Chief Guest of the ceremony. He lauded the efforts of the INSPYRE, iLEAD and H.U.F. teams for designing an innovative program. Mr. Muhammad Wasim, an active all-rounder of Pakistan Blind Cricket Team and Ms. Ramsha Kanwal, a competent young debater were invited as Guests of Honor. Both talented youngsters shared moving stories

of their efforts to achieve success, and these heartfelt narrations inspired the youth present at the event. The British Council shared key findings of their recent research project titled 'The Next Generation'.

Around 200 young people participated in the program, and enthusiastically shared their views and ideas. Mr. Umair Jaliawala, Chief Turning Officer, Torque facilitated the youth discussion session and engaged them in several activities. At the end of the program, all participants took a personal oath to themselves by identifying one step they were going to take for societal healing.



A shield is presented to the mother of deceased Youth Parliamentarian, Rabab

Youth Self Oaths

- I will take 100% responsibility and go for 0% blame
- I will do community work for my neighborhood
- First I will fulfill my responsibilities, then ask for my rights
- I will work hard
- I will manage my time properly and use it more productively
- I will surely end discrimination

INSPYRE Highlights

Entrepreneurship Activities at iACT

While securing internships and jobs remain an integral component of the learning framework at the Institute for Advancing Careers and Talents (iACT), now the importance of entrepreneurship as a viable career option is also being highlighted to youth. In this regard, the following entrepreneurial activities took place at iACT during July and August 2010:

Launch Ceremony of 'Be An Entrepreneur' Program



Mr. Siddiqui presents a memento to Ms. Parveen Shaikh, President, ECDI

'Be An Entrepreneur' is an entrepreneurship education program facilitating youth to integrate their imagination, skills and passion for enhancing their economic productivity. Designed and implemented in collaboration with Tameer-Shell LiveWIRE Trust, this program aims to merge entrepreneurship education into the learning framework of iACT.

The launch ceremony for the program was held at iACT in July 2010, and was attended by several organizations promoting entrepreneurship. Mr. Imran Azeem, Manager Training and Monitoring, Tameer-Shell provided a background of his organization and elaborated on the program itself, along with the iACT team. Ms. Parveen Sheikh, President ECDI Pakistan highlighted her organization's efforts towards providing an enabling environment for Pakistani female entrepreneurs. iACT introduced its 'Youth Entrepreneurship Support Forum', a tool that aims to garner support and facilitation from interested organizations and individuals for ongoing entrepreneurial activities.

The chief guest, Mr. Shoaib Ahmad Siddiqui, Secretary Sports and Youth Affairs, Government of Sindh acknowledged the persistent efforts of iACT and H.U.F. teams to enhance youth entrepreneurship. He noted that entrepreneurship plays a vital role in spurring economic activity, and expressed happiness that iACT and Tameer-Shell have entered such a partnership.

Bright Ideas Workshops: First Step Towards Entrepreneurship



Mr. Imran Azeem engages participants in group activities during a Bright Ideas workshop

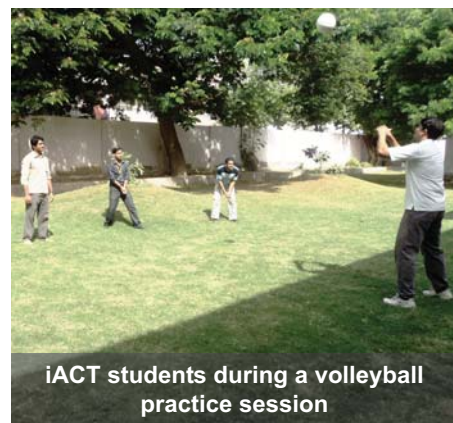
As a part of 'Be An Entrepreneur', three 'Bright Ideas' workshops were organized for iACT and INSPYRE students. Mr. Imran Azeem, Manager Training and Monitoring, Tameer-Shell conducted these sessions, where he facilitated 89 students to understand the concept of entrepreneurship and how to develop business ideas.

Students developed and presented their business ideas in teams and were counseled for further refinement. Mr. Uzair, Associate Planning, SMEDA and Mr. Salman Zahid, Manager Call Center and Training, Invaterra were guest speakers at these workshops, where they shared their entrepreneurial experiences.

Sports Activities

iACT provides a diversified learning environment which also includes sports activities. Under the iLEAD program, sports activities are organized at iACT which provide students with the opportunity to lead a healthy life. iACT sports faculty coach students in volleyball and table tennis, and provide them a chance to compete for the Institute's teams. Recently, fitness tests were held for iACT students. These tests were organized to teach students the importance of a healthy diet and lifestyle.

iACT is currently planning a sports week in October 2010 with the help of the iLEAD team. During the week, students will participate in volleyball, table tennis, field hockey and athletics tournaments at iACT.



iACT students during a volleyball practice session

INSPYRE Highlights

INSPYRE Learning and Teaching

Growing Together – Faculty and Staff Learning Session



Participants are involved in a group activity during their learning session

To maintain synergy among INSPYRE and iLEAD faculty and staff, a learning session was organized at iACT. Facilitated by Ms. Shireen Naqvi, CEO, School of Leadership, the session focused on enhancing personal and professional efficiency through

teamwork, collegiality and productive behavior. It highlighted the importance of embracing diversity. The participants were engaged in several creative activities to reflect on their current practices of teamwork and explore ways to enhance it.

Food for the Soul - Personal and Career Development Module

An integral component of the iACT learning framework is the Personal and Career development module. It not only encourages students to engage in introspection, but also engages them in working for their personal and career development. The first series of

such sessions was organized focusing on themes including: exploring and understanding self; the power of one; learning and intelligence; multiple intelligences; vision, values and goal setting; and presentation and communication skills.

INSPYRE Classes Begin

INSPYRE Cohort III classes initiated in June 2010. Monthly assessments were also taken by the iACT faculty, which yielded good

results. Out of nine courses, six courses will be completed in October 2010, and rest will run through December 2010.

Success Stories



Abid

Two students were hired by VERVEDIA as interns, after which they were offered jobs. Abid Damsaz and Mubeen Shakeel are now satisfied employees: "I am thankful to iACT for securing an internship for me, which resulted in this job. Now I can provide for myself and my family," says Abid. "By interning here, I learnt how to apply myself



Saqib

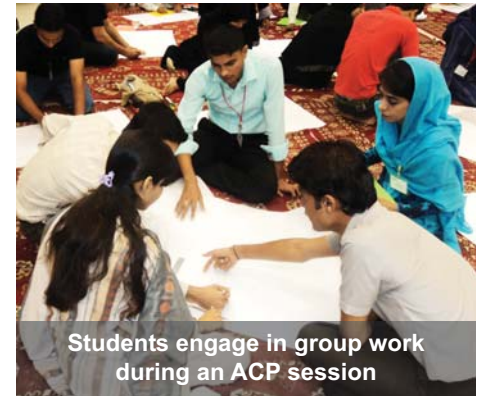
in a practical setting," says Mubeen. A talented textile designing student Saqib interned for one month at Pelikin Knitwear. Displaying keen interest in his work, he was recommended for a six week specialization course at Clariant, Textile Division.



Mubeen

INSPYRE for Community

Commencement of the Second Phase of Active Citizens Program



Students engage in group work during an ACP session

Sessions for British Council's Active Citizens Program (ACP) have begun at iACT. The program encourages youth to play a positive role in community development through volunteer work. The first phase successfully engaged 250 iACT students and alumni. In July 2010, the second phase of ACP began, when two four-day sessions were organized for 50 INSPYRE students. Students designed Social Action Projects (SAPs), a mandatory component of the program.

Youth in Action: Social Action Projects (SAPs)



Students distribute flood relief goods

Through Social Action Projects (SAPs), students gain valuable community service experience. iACT students collected over 1,000 sets of clothing and edibles, which they distributed at a flood relief camp in Karachi. By partaking in this SAP, students learnt how to manage projects, share responsibility and exercise leadership skills. Future SAPs include designing a second relief project focused on procuring health items and a health camp; setting up an Adult Literacy Center; and organizing a mentorship program for the children of SoS Village.

iLEAD Highlights

iLEAD Activities

July and August 2010 were challenging months for iLEAD. During July, colleges and schools were closed for summer vacations. Although educational institutes were reopened in August, attendance remained very thin due to the poor law and order situation and the commencement of the month of Ramadan. Educational activities also slowed down as students and faculty became heavily involved in organizing flood relief activities. While several iLEAD activities were planned, field activities remained sparse.

During the last two months, the following activities have taken place from the iLEAD platform, engaging teachers and students alike from iLEAD partner colleges and schools:

'Nurturing Healthy Minds and Healthy Bodies': Curriculum Orientation for iLEAD Sports Faculty



iLEAD faculty members engage in capacity building activities during the curriculum orientation session

An exciting deliverable of the iLEAD program is the development of the curriculum for nurturing healthy minds and bodies. In July 2010, the curriculum was introduced to the sports faculty members of partner colleges. The main purpose was to prepare teachers for piloting the curriculum in a real setting. Fifteen iLEAD sports faculty members participated in the curriculum orientation and

capacity building session. During the session, participants were facilitated to enhance their understanding of the curricular framework.

In an interactive session, participants undertook many activities which helped them understand the curriculum. Through an active learning approach, participants were engaged in group discussions, presentation delivery,

Participants' Views

"More time should be allocated for such sessions so that we can practice more."

"ان سیشنز میں چھوٹی چھوٹی سرگرمیوں کے ذریعے بہت سی نئی چیزیں سیکھنے کا موقع ملا۔"

"بہت سی ایسی سرگرمیاں کروائی گئیں جن سے میں نے اپنے بارے میں بہت کچھ جانا۔"

analyzing case studies, conducting surveys and watching videos. The key concepts discussed included healthy mind and body, life skills, healthy self concept, goal setting and emotional management. These concepts were then linked to the success of an athlete. At the end of the session, participants were helped to devise a plan to pilot their teaching ideas in their respective colleges.

iLEAD Colleges and Partner Schools Collaborate



Government Degree Girls College holds athletics activities for partner schools

All partner colleges are working with their partner schools for promotion of sports. Interesting activities are being designed for children, some of which are as follows:

- Government Degree Girls College, Green Belt Karachi developed low cost resources and organized athletics activities for their partner schools.
- The Institute for Advancing Careers and Talents (iACT) established a partnership with SoS Village and are involving their children in games including volleyball and throwball.

iLEAD Highlights

Effective Coaching: Tips and Strategies



Mr. Gary White practically demonstrates basketball coaching tips as iLEAD faculty members look on

Sports coaches play an important role in facilitating athletes to develop technical skills for various games and sports. To build their knowledge, understanding and skills for effective coaching, iLEAD sports teachers participated in a daylong training session. Facilitated by the sports faculty at The City School PAF Chapter, the session aimed at helping teachers to imbibe the qualities of an effective coach by learning how to make

coaching an exciting and fun process. The facilitators of the session included Mr. Gary W. White (Vice Principal, City School PAF Chapter), Muhammad Riaz (PEHSS Coordinator City School) and PE teachers Tania Periara and Mehwish Farooqui. Apart from his role as Vice Principal, Mr. White is also an international basketball coach and manager and has vast experience of coaching basketball.

The session was divided into two parts. During the first part, teachers learnt the importance of inspirational leadership, establishing clear goals and harboring a positive attitude. In the second part, teachers were engaged in understanding the techniques of effective coaching using basketball as an example. Mr. White shared several useful sports resources with the participants.

iLEAD Community Service Activities

Helping young leaders to engage in community service is another prominent feature of iLEAD. The Sports Youth Councils and faculty members of Government Degree Girls College, Green Belt Karachi, Government Shah Latif Girls College, Hyderabad and the Government College,

Hyderabad participated enthusiastically in flood relief efforts. Through organized flood relief drives, they reached out to their family members, friends and community members, and collected food items, clothes and other goods required to support the flood victims.

These young leaders demonstrated impressive management skills, as they systematically organized, sorted, categorized, packed and transported the material collected. After Ramadan, more community service activities will be undertaken by iLEAD colleges and schools.



Students of Government Shah Latif Girls College, Hyderabad



iLEAD faculty of Government College, Hyderabad distribute flood relief items



Sports Youth Council of Government Degree Girls College, Karachi

iLEAD Highlights

Sports Education Curriculum: A Curriculum for Nurturing Healthy Minds and Bodies

Work vis-à-vis the Sports Education Curriculum has advanced significantly. With support from the School of Leadership (SoL), the initial draft of the curriculum vis-à-vis life skills, values, fair play and mental skills were revised and further enhanced. During these two months, meetings with Mr. Tariq Lutfi (FIFA certified Pakistani coach and ex-national football team coach) and Mr. Qamar Ibrahim (ex-national hockey team member) were also organized to

discuss the learning objectives being designed by iLEAD curriculum team for football and hockey coaching respectively. The insights shared by these experts have helped the team to refine their work further. Mr. Farzad Saif, ex-national table tennis champion was also contacted to acquire his support for refining the work done by the iLEAD team on table tennis. The table tennis document is being reviewed by Mr. Farzad.

Refurbishment of Sports Facilities at iLEAD Partner Institutes



Basketball court under construction at Government Degree Girls College, Green Belt, Karachi

Availability of functional sports facilities plays an important role in encouraging students to participate in sports activities. In light of this fact, iLEAD is supporting its partner colleges to upgrade their existing sports facilities. iLEAD partner colleges embarked upon their refurbishment work in May 2010. The process was hampered due to prolonged

rainfall and poor law and order situation in the city. The cricket pitch at Government City College Karachi and the badminton court at Shah Latif Girls College, being refurbished as a part of the iLEAD project, will soon be ready for student use. Government College Hyderabad has also begun working on the refurbishment of its basketball court.



Shade installed over badminton court at Shah Latif Girls College, Hyderabad



Cricket pitch at Government City College, Karachi

Upcoming Events & Activities

- ▶ Bright Ideas Workshops
- ▶ Active Citizens Program Sessions
- ▶ Completion of Personal and Career Development Module
- ▶ Planning and Marketing for INSPYRE Cohort IV
- ▶ Social Action Projects
- ▶ Sessions for Sports Youth Council on Leadership Skills
- ▶ Initiating Kids Athletics Activities in Partner Schools
- ▶ Planning for Sports Weeks
- ▶ Piloting of Selected Portions of the Sports Education Curriculum

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