

Sahil Annual Report 2009



against child sexual abuse

Sahil

Vision

No one has to be a victim of Child Sexual Abuse

Mission

To create a better future for the children of Pakistan through advocacy, creating support systems for children, awareness on body protection, enhancing legal and psychological services for victims of child sexual abuse

Program

To achieve its mission, Sahil has the following program:

- Sensitization through trainings of individuals, groups and organizations concerned with child protection
- The publication and dissemination of awareness raising tools and materials
- The education of children through teachers regarding body awareness and prevention of sexual abuse
- Provide psychological rehabilitation and legal aid services to the victims and their families
- A resource center for information on the issues related to and surrounding child sexual abuse

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Message from Chairman



Over the past 14 years Sahil has evolved as a national level NGO leading the fight against Child Sexual Abuse (CSA). In 2005 Sahil started to increase outreach by establishing its own referral units. This strategy has been successful in involving locally based NGOs in Sahil's work.

The role of Sahil is set to evolve further, directly working against CSA by becoming a facilitator and helping community based organizations and NGOs become directly involved in working against CSA at grass root level. In the year ahead, Sahil will be establishing partnerships with locally based NGOs who are well integrated with their communities and have the infrastructure to serve their stakeholders at the grass root level.

This year the Sahil board took the innovative step to improve its corporate governance under guidance from IFC. TORs were developed for the board and HR and Finance and fund-raising board committees were established.

I would like to acknowledge Donors, Government/Partner NGOs and the Media in their support of Sahil.

The Royal Norwegian Embassy has been supporting Sahil for more the 13 years. We acknowledge their continuous support in facilitating Sahil to implement its program on child protection and safety in the country.

We also acknowledge Groupe Developpement for their support to Sahil for mass awareness raising campaigns, development of intervention tools on sexual behaviors, and a social and financial saving program for children.

As member of Aasha, Sahil acknowledges that the National Assembly unanimously passed the "Protection against the harassment of women at work place 2009", which provides for a safe working environment so that women and men can earn their livelihood in dignity, without any fear and intimidation.



NGOs, including Sahil, have played an important role in bringing social injustices to the attention of policy makers and the general public. They deserve due credit in helping bring about this landmark-legislation.

Government departments have always supported Sahil in approvals for teacher trainings and at local government level in helping arrange and organize training events. Partner NGOs adopted Sahil material and replicate protection messages in their program areas.

Electronic and print media always invite Sahil as a thought leader on CSA prevention and a source of national statistics on the subject. The media has consistently covered Sahil's activities ensuring wide outreach of its services and messages.

Finally, on behalf of the board of directors I would like to congratulate the staff and the Executive Director in achieving their targets in a challenging and uncertain security environment.

Khawar Ansari
Chairman
Sahil



ساحل گزشتہ ۱۲ سال سے بچوں پر ہونے والے جنسی تشدد کے خلاف قومی سطح پر کام کر رہی ہے۔ ساحل نے 2005 میں اپنے کام کے دائرہ کار کو بڑھانے کے لئے مقامی دفاتر قائم کرنا شروع کئے جس سے مقامی سطح پر کام کرنے والی تنظیموں کو کامیابی کے ساتھ اپنے کام میں شامل کیا گیا۔ مستقبل میں ساحل کا کردار ایک معاون ادارے کے طور پر دیکھا جا رہا ہے جہاں ساحل کمیونٹی میں کام کرنے والی تنظیموں اور اداروں کا بچوں پر جنسی تشدد کی روک تھام کے حوالے سے استعداد کار بڑھانے کا تاکہ یہ تنظیمیں اپنے علاقے میں نجی سطح پر ان مسائل کو حل کر سکیں۔ ساحل مقامی سطح پر کام کرنے والی تنظیموں کے ساتھ پارٹنرشپ یونٹ بنانے کا ارادہ بھی رکھتا ہے۔

ساحل نے اس سال IFC کی رہنمائی میں انتظامی امور کو بہتر بنانے کے لئے اقدامات کئے۔ ساحل بورڈ آف ڈائریکٹرز کے لئے TORs بنائی اور اس کے تحت مختلف کمیٹیاں بھی تشکیل دی گئیں۔

میں ساحل کی معاونت کرنے پر ڈونرز، حکومتی اداروں، ساتھی تنظیموں اور میڈیا کے کردار کو سراہتا ہوں۔

میں رائل نارویجین ایمپیسو کاشنریہ ادا کرتا ہوں جن کی مسلسل ۱۳ سالہ معاونت کی بدولت ساحل ملک کے مختلف حصوں تک بچوں کی حفاظت اور تحفظ کے پروگرام کو چلا سکا۔

ہم شکر گزار ہیں GD کے جنہوں نے مختلف کم میعاد کے پروڈیکٹس میں ساحل کی معاونت کی۔

آشاکے ممبر کے طور پر ساحل نیشنل اسمبلی کی قانون سازی "کام کی جگہ پر ہراساں کرنے پر خواتین کا تحفظ ۲۰۰۹" کو سراہتا ہے۔

ساحل نے پالیسی بنانے والے اور عام آدمی کی توجہ معاشرتی نا انصافی کی طرف دلانے میں اہم کردار ادا کیا۔ قانون سازی میں تبدیلیاں لانے میں ان لوگوں کی کاوشیں قابل تعریف ہیں۔

حکومتی اداروں نے مقامی سطح پر تربیتوں کے انعقاد اور دوسری سرگرمیوں کے انتظامات میں ہمیشہ ساحل کی مدد کی۔ ساتھی تنظیموں نے ساحل کے مواد کو اپنایا اور بچوں کے حفاظتی پیغامات کو اپنے علاقے میں پھیلا یا۔

الیکٹرانک اور پرنٹ میڈیا ہمیشہ ساحل کو بچوں پر جنسی تشدد کی روک تھام اور قومی اعداد و شمار پر بات چیت کرنے کے لئے مدعو کرتا ہے۔

آخر میں، میں ساحل بورڈ آف ڈائریکٹرز کی طرف سے سٹاف اور ایگزیکٹو ڈائریکٹر کو ان کی کامیابی سے اپنے اہداف کو، غیر یقینی حفاظتی ماحول کی موجودگی میں، حاصل کرنے پر مبارکباد دیتا ہوں۔



Foreword



The year 2009 started with new dimensions and interventions by Sahil. Sahil Head Office and its all 5 Referral Units and one Partnership Unit continue to provide free legal aid and free counseling to the victims of CSA.

Sahil extended its geographic out reach and provided sensitization trainings to primary school teachers on child protection issues at Muzaffarabad.

Sahil is well recognized in developing innovative tools. This year Sahil developed 15 episode CD game "Aflatoun" on social and financial saving program for children. Sahil has also developed training tool on sexual behaviors of street children.

Sahil in collaboration of Action Aid Pakistan, established a youth club "SYBAN" in Lahore on HIV & AIDS information and counseling services.

Sahil's program for juveniles in Adiala Jail, Rawalpindi, continues to provide services of counseling, legal aid, vaccination and sports. Aflatoun - Social and Financial Education Program to teach child rights, responsibilities, and savings, again is included due to its very positive impacts on juvenile behaviors. Sahil has developed a referral network with Punjab AIDS Control Program, PIMS and OSD for providing counseling and services for HIV & AIDS to juveniles.

Sahil responded on need of IDPs of Swat under its emergency response program. Under this project, Sahil provided audio and video child protection messages, banners and posters on child protection, stationary, clothes and food items. The purpose of this exercise was to reduce the vulnerability of children in camps and homes at the time of disaster.

To advocate child rights and protection at policy level, Sahil participated in consultations on child protection policy and bill with government. A special thanks to the ministries representatives for collaborating in taking the message of child protection across the country.

SAHIL ANNUAL REPORT 2009

I would like to give a special acknowledgement to the extension of the financial support from the Royal Norwegian Embassy for all Sahil activities for next three years (2009-2011).

Sahil extended its donor base, in addition to the continuous support from The Royal Norwegian Embassy, with Groupe Developpment (GD) and Action Aid also supported for different short duration projects. I would also like to thank Groupe Developpement for their support to Sahil for awareness raising activities, development of training tools for street children and CD game for Aflatoun- social and financial savings program I would also like to thank Action Aid Pakistan, Sheed and AAS for their cooperation in carrying out activities in SYBAN.

My very special thanks to Sahil team who have done extremely well in achieving planned activities and their commitment to quality work, and unstinting efforts in providing Sahil with a truly professional environment.

Manizeh Bano
Executive Director
Sahil

2009 ساحل کے لئے نئی جہتوں کا سال ثابت ہوا۔ ساحل، جنسی تشدد سے متاثرہ بچوں کو مفت نفسیاتی اور قانونی امداد فراہم کرتا رہا۔ مظفر آباد میں میری حفاظت پر اساتذہ کو تربیت فراہم کی۔ ساحل نے بچوں کے لئے بچت سے متعلق 15 اقساط پر مبنی CD گیم اور جنسی رویوں پر تربیتی ٹول بنایا۔ نوجوانوں کے کلب سائبان کے ذریعے ایڈز سے متعلق معلومات اور مشاورت فراہم کی۔ اڈیالہ جیل پروگرام اپنی تمام تر خدمات کے ساتھ جاری رہا۔ ایڈز سے متعلق مشاورت اور خدمات کے لئے ریفرفل سٹم بنایا۔ سوات مہاجرین کے لئے کیمپوں اور گھروں میں مختلف پروگرام ترتیب دیئے۔

میں شکریہ ادا کرنا چاہتی ہوں تمام منسٹریز کا جنہوں نے بچوں کی حفاظت کے پیغامات پہچانے میں ہماری معاونت کی۔ ساحل رائل نارویجین ایمبسی کا بے حد مشکور ہے جنہوں نے مزید 3 سالوں کے لئے ہماری مالی معاونت کو برقرار رکھا۔ میں مشکور ہوں GD, Action Aid, Aas اور Sheed کی جنہوں نے مختلف پروڈیکٹس کو کامیابی سے چلانے میں ساحل کی معاونت کی۔ آخر میں، میں ساحل سٹاف کا شکریہ ادا کرنا چاہتی ہوں جن کی ان تھک محنت اور لگن سے ساحل ایک مکمل پیشہ ورانہ ادارے کے طور پر ابھرا۔



*Sahil-Protection
Program Against
Child Sexual Abuse*

A PROJECT FUNDED BY



THE ROYAL NORWEGIAN EMBASSY

Sahil successfully completed three years (2006-2008) project under the assistance of the Royal Norwegian Embassy. Sahil contribution towards child protection has been recognized by the embassy in the shape of extension of their support for the next three years (2009-2011).

We are pleased to share our achievements for the year 2009.

Training & Capacity Building

Meri Hifazat (MH)

To raise awareness on child protection and child's body safety, Sahil continues to provide training on Meri Hifazat (MH) to teachers, parents, communities and organizations.

To complete 2008 target, Meri Hifazat trainings were conducted in 327 schools in Lahore from March to April 2009.



Meri Hifazat training conducted at primary school, Lahore

After the earthquake 2005, Sahil teacher trainings initiative has been taken up in Muzaffarabad. Schools are now functional and teachers, parents and children could be approached on the issue of child sexual abuse.

Sahil provided Meri Hifazat trainings to 636 teachers in 463 government primary schools in Muzaffarabad district from June 25 to July 31, 2009.



Meri Hifazat trainings conducted in primary schools at Muzaffarabad

Each school has been provided with 10 books of Meri Hifazat to share with students.

● *Coordination Meetings*

A meeting with secretary National Book Foundation was held for the inclusion of Meri Hifazat stories in text book.

A coordination meeting with focal person of education department, Rawalpindi was held to get permission for MH trainings in Masjid Maktib Schools.

● *Training of Trainers (TOT) on Meri Hifazat*

Sahil has developed a training manual for Training of Trainers (TOT) on Meri Hifazat to provide sufficient knowledge and skills to the organizations that are, directly or indirectly working with communities, and involved in community trainings.

Sahil conducted two workshops on “Training of Trainers on Meri Hifazat”, one with Concern Worldwide in Kotli Sattian and second with Sungi Foundation in Abbottabad.

Sr. No	Name of Organization	Number of Participants	Venue
1	Concern Worldwide	10 Male 7 Female	Kotli Sattian
2	Sungi Foundation	7 Male 5 Female	Abbottabad


In accordance with the MOU, Concern replicated the training in the community of their program area through its partner PIEDAR. Sahil team participated as observers. Meri Hifazat training was conducted by the master trainers of PIEDAR in Rawalpindi. They organized two trainings for their communities. In both trainings the trainers replicated all the sessions in an affective and professional way. The participants showed keen interest in the cause and ambition to disseminate information in their surroundings.

A CRC cards game and protection luddo game was designed and developed to make TOT more effective and interactive.

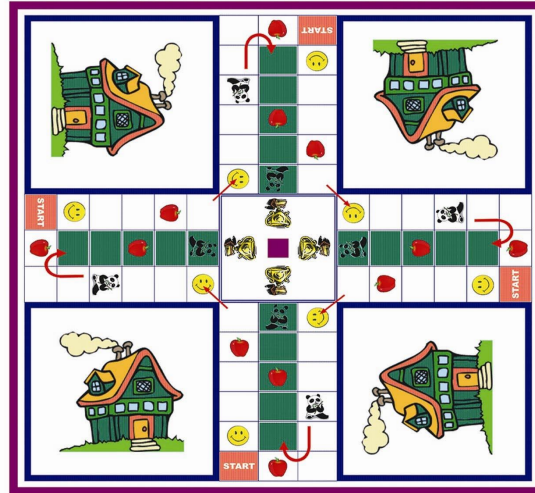


TOT on Meri Hifazat conducted at Concern Worldwide, Kotli Sattian

CRC card game

<p>میری ذمہ داری</p> <ul style="list-style-type: none"> • صفائی رکھنا • کھانا ضائع نہ کرنا 	<p>سی آری آرٹیکل 24</p> <p>میرا حق</p> <ul style="list-style-type: none"> • پانی اور اچھی خوراک صحتمند زندگی کے لئے 	
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Luddo game on child protection



	<p>آپ والدین کو بتائے بغیر کہیں گے (دوٹائے پیچھے جائیں)</p>		<p>اپنی پسندیدہ شخصیت کا نام بتائیں</p>		<p>استاد یا استانی بن کر دکھائیں</p>
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Protection Messages

Sharing Messages

Fun Messages

● *On-Request Trainings for MH*

Sahil MH training program is being well recognized nationally. As a result of this, Sahil receives a number of requests every year from different organizations and other educational institutes throughout the country.

In the year 2009 Sahil conducted on-request trainings on child rights and protection for the following 55 educational institutions and 4 organizations.

Sr. No	Institution/organizations	Number of Participants
1	Caritas, Faisalabad	25
2	Lahore Grammar School, Islamabad	30
3	Syban Center, Lahore	21
4	Islamic Education System, Islamabad	20
5	ITA, Sheikhpura	27
6	SOS, Kasur	45
7	Shaheen Model School, Kala Shah Kaku	33
8	Salvation Army, Lahore	15



Meri Hifazat training conducted at Lahore Grammar School, Islamabad

Adolescent Health (AH)

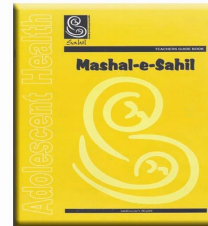
Sahil Jeet Healing Centre (JHC) is providing trainings to the teachers of secondary schools on Adolescent Health. An interactive CD game "Bhaid" is used as a tool. After the training each school is provided with 5 CDs to replicate it with the students.

JHC conducted Adolescent Health (AH) trainings in 43 secondary schools in Rawalpindi and Abbottabad. A total of 281 teachers attended these trainings including 38 male and 243 female.

Each school after receiving AH training is provided an option of follow up counseling sessions to address any need of the student in the class room. A total of 8 follow up sessions were conducted in schools.

Mashal-e-Sahil

A guide book for teachers on strategies to deal with adolescents is developed by Sahil on the basis of data collected during AH trainings. These strategies are developed on the feed back from teachers, the content and hand outs of the trainings.



Mashal-e-Sahil

Sahil Jeet Healing Centre

Sahil psychologists provided counseling services to 64 clients through email, in-person and on telephone. Out of these, 50 clients completed counseling sessions successfully while 13 clients were referred to referral psychiatrists and youth help lines.

Sr. No	Mode of Counseling	Total clients
1	In-person counseling	29
2	Telephone counseling	27
3	E-mail counseling	08
Total		64

JHC was also contacted by 36 clients for clarity on different issues and information regarding Sahil services.

Reiki orientation and training sessions at JHC

Reiki master conducted 22 reiki healing sessions attended by 174 participants and distant reiki sent to 741 people.

● On-request Trainings conducted by JHC

Sahil has been recognized as training institute for providing trainings on counseling strategies and issues and trauma related to CSA. Sahil JHC delivered 16 training workshops/session to other organizations on their request.

Sr. No	Topic	Number of Participants
1	Child right and responsibilities, Modern Age School, Abbottabad	43 Male students
2	"Stress Management" at NRSP	19 females
3	"Stress Management" at NRSP	17 females
4	Bhaid Interactive CD at CPWB	50 children
5	Counseling strategies for traumatized children at department of Clinical Psychology at Government College University - Lahore	6 males 47 females
6	6 day training workshop on Para counseling training at JHC for RU counselors	4 female counselors
7	3 day training workshop "Care Givers Empowerment" at Pahchaan - Lahore	14 Males 12 females
8	Session on Child sexual abuse at "Care for Special Person Foundation"	100 males and females
9	Life skills training at World Vision	7 males 8 females
10	4 day workshop on Child Protection In Emergencies, session delivered on "Psychosocial Support" at Unicef	19 males 6 females
11	Session on Child Sexual Abuse at Al Huda Welfare Organization, Faisalabad	151 females
12	Session on Child Abuse, effects and prevention for capacity building of Muslim Aid staff	9 males 6 females
13	MH training session at Lahore Grammar School, Islamabad Branch	15 females
14	Session on "Child Abuse & Its Effects" at Health Services Academy, Islamabad	17 males 12 females
15	Counseling strategies to deal with trauma of CSA, Applied Psychology Department, University of Punjab, Lahore.	58 females
16	Neuro Linguistic Programming in collaboration with Applied Psychology Department, University of Punjab	50 mainly students

These consultancies have been fully sponsored by these organizations. This is adding to Sahil's sustainability.

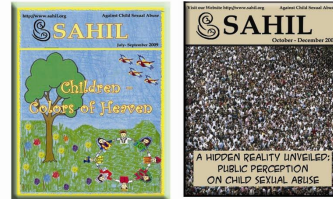


Awareness Raising

Awareness raising is a process which opens opportunities for information exchange in order to improve mutual understanding and to develop competencies and skills necessary to enable changes in social attitude and behavior.

Sahil Magazines

In the month of July and October, two quarterly magazines "Colors of Heaven" and "A Hidden Reality Unveiled- Public Perception on CSA" were published and each distributed among 3900 subscribers.



Sahil Magazines

In the year 2009, Sahil received a total of 358 requests for magazines from all over Pakistan.

Sahil has received nationwide appreciation through 89 letters.

Sahil Annual Report



Annual Report

Sahil share its achievements of the year with all stakeholders through its annual report.

Sahil's annual report 2008 was disseminated among 1238 stakeholders.

Print Media Coverage to Sahil

Different national, regional and local newspapers of Pakistan like Express, Jang, Dawn, The News, Kaavish, Jinnah, Ausaf and others gave media coverage and published Sahil's activities 96 times during 2009.

Electronic Media Coverage to Sahil

Different media channels like Dawn news, PTV, ATV, Aaj, Geo, CNBC, and Tv1, ARY invited and telecasted Sahil's activities 51 times in 2009.

One of Sahil volunteers, Mr. Ejaz Iqbal from Toba Tek Singh is running a cable network "Valiant TV" with an estimated viewer ship of 0.5 Million.
















Mr Ejaz Iqbal saw Sahil animated child body protection messages and requested Sahil to give permission to telecast these protection messages on his cable.

On his request, Sahil shared its 13 animations, two TV dramas "Mere Khawab Raiza Raiza" and "Yeh hamara Kal Hai". Mr. Ejaz telecasted Sahil messages for one month as a free public service.

Radio Pakistan, Abbottabad, broadcasted interview of Sahil Legal Advisor on International Children's Day, November 20, 2009. The focus of the discussion was the services of Sahil provided for the prevention and rehabilitation of CSA victims.

Sahil website (<http://www.sahil.org>)

Sahil's website was updated with:

-  Annual report 2008
-  Cruel number Report 2008
-  Sahil research Hidden reality unveiled
-  Impact assessment report
-  Quarterly Magazines
-  CFN details
-  Details of live radio program on FM 99
-  Details of emergency response program for IDPs
-  Details of SYBAN project
-  Details of Mass media awareness project
-  Details of TOT – Meri Hifazat
-  Details of Reiki healing sessions
-  Donation request
-  Posters
-  Vacancy announcements

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Sahil website received 17,611 number of monthly hits. As compared to 12,000 hits received last year there is an increase of 5,611 visitors of Sahil website. Sahil animations on Youtube website were visited by 993,737 users.

SPARC Reel View Film Festival on Child Rights

A film festival organized by SPARC on documentaries on childrights. Sahil submitted its 2 animations: The other side of childhood and an animation on a child protection message. These were short listed for viewing in the festival.

In-House graphic designing of IEC Materials

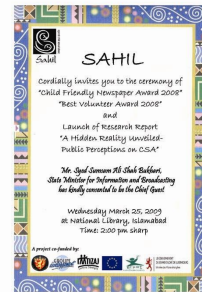
In 2009, a number of IEC materials were designed which include quarterly magazines, reports, brochures, leaflets, table calendars, banners, questionnaire for media campaign, stickers, posters, CD Covers, New Year & Eid greeting cards, advertisements for print media campaign, quiz for inclusion in primary level curriculum, CRC cards game and luddo game, Invitation Cards, awards and certificates.



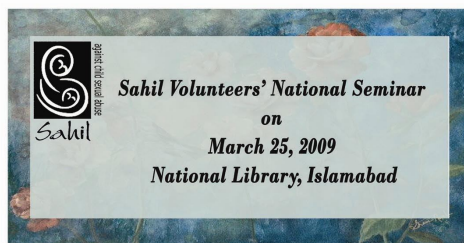
Quiz for inclusion in primary level curriculum



Advertisement for Magazine



Invitation Card for CFN



Banner of Sahil Volunteer's National Seminar



Banner of Aflatown Program with Juveniles at Adiala Jail

Printing and Dissemination of IEC Material

Sr. No	IEC Material	Printed	Disseminated (Nationally)	Disseminated (Internationally)
1	Magazines (Quarterly)	8000	7750	200
2	Insaaf Ki Dastak	835	714	-
3	Code of Ethics	1397	1081	-
4	Banners for IDPs	52	52	-
5	Annual Report	1500	1225	13
6	Trends in Media	1090	833	10
7	CDs (documentaries, dramas)	2545	915	-
8	Just paper leaflets	659	380	30
9	Meri Hifazat	30,000	14,234	-
10	Naqoosh -e-Sahil	6000	2219	-
11	Ball points	1025	192	-
12	Audio messages CDs	51	51	-
13	Bhaid	750	435	30

Toll free help line

To increase the accessibility for the clients Sahil has toll free help line 0800-13518. This year 703 calls were received.



Research & Advocacy on various aspects of CSA

Monitoring of Newspapers

Head Office team regularly monitors 16 daily and regional newspapers for the compilation of statistics on CSA published as Cruel Numbers.

Sahil Resource Centre

Sahil has a resource centre managing Sahil library, looking after volunteers and set intern program.

Sahil resource centre added 98 new books and 25 CDs and now maintains a library with a total of 2110 books, 203 CDs, 40 audios and 83 videos.

Sahil built the capacity of 13 interns. For research purposes, 10 persons took reference from books from Sahil Resource Centre.

Sahil Volunteer Program

During the year 217 volunteers registered themselves with Sahil. Now Sahil has 682 volunteers throughout the country, supporting and raising awareness on child protection.

Sr. No	Profession	No. Of Volunteers				
		Punjab	Sindh	Balochistan	NWFP	Federal/ AJK
1	Journalists	30	5	2	8	1
2	Lawyers	18	10	-	12	12
3	NGO Staff	25	29	17	9	-
4	Teachers	21	30	16	12	7
5	Students	51	44	1	24	19
6	Doctors	15	9	3	4	4
7	General	117	66	17	21	25
	Total	277	193	54	90	68

● *Best Volunteer Award*

Sahil organized Best Volunteer Award 2008, on March 25, 2009 to acknowledge the contribution of volunteers in promoting awareness on child protection in communities. From all over Pakistan 60 volunteers participated.



Sahil Volunteers and Sahil staff at Best Volunteer Award Ceremony

Mr. Hidayat Ullah Laghari from Sanghar was the Best Volunteer for 2008. He arranged many seminars and meetings for the promotion of Sahil message. He also disseminated IEC material developed by Sahil.



Chief Guest Mr. Sumsam Ali Bukhari looks on as Mr. M. Z. Sohail confers Best Volunteer Award to Mr. Hidayat Ullah Laghari

● Contributions by Volunteers

- Sahil Lahore Referral Unit Coordinator facilitated Sahil volunteer **Abdul Latif Zafar** from Minchinabad, district Bahawalnagar for conducting the following activities.

- ① A meeting with 35 lawyers was held at Tehsil Bar Association.
- ① A meeting with 21 volunteers, of Minchinabad and Bahawalnagar was held, they suggested capacity building of volunteers by Sahil on CSA issue.
- ① A meeting was held at Press Club, in which 20 journalists participated. An orientation on "Code of ethics for reporting on CSA" was discussed.



Meeting with volunteers organized by RU Lahore at Minchinabad

Each group of participants was oriented about Sahil program activities to protect children.

- **Irfan Hussain Joia** from Bahawalpur broadcasted Sahil's message on a local TV channel Metro TV on November 19 and 20, 2009 to commemorate "Universal Children's Day". He also voluntarily monitors daily newspapers Nawa-i-waqt and Khabrain published from Multan. He sent reported cases of CSA for follow up actions.
- **Mehr Shaukat Iqbal** from Jhang referred reported CSA cases and some of them were collected from police stations for follow up actions.
- **Noor Muhammad Khosa** from Jaffarabad displayed a stall in Sibi Maila on his own for disseminating the informative material of Sahil messages.
- **Raffiullah Mandokhail** from Zohb published Sahil message in national and regional languages in 18 newspapers. He uploaded news on 3 websites, www.narawbar.com, www.pashtoonkhwa.com and www.ghorzang.net.
- **Rana Irfan Ul Islam** a Sahil volunteer from Multan, arranged a seminar on child protection on November 24, 2009, which was attended by Sahil Lahore Unit Coordinator. Participants were briefed about Sahil program for child protection. A total of 35 participants from different professions and CBO representatives attended the seminar.

● Volunteer's role for IDPs

- ✦ **Mr. Zafar Ihsan** is a volunteer from Rawalpindi. He arranged 32 bundles of clothes for IDPs children, from a garment factory in Lahore and 300 unstitched suits from Faisalabad.
- ✦ **Mr. Amjad Ali** is a volunteer from District Swabi. He assisted Sahil team in disseminating Sahil messages and made child protection announcements in IDPs camps. He visited industrial area in Swabi, where he conveyed the message of CSA on behalf of Sahil to the factory owner and workers. On his special request, District Police Swabi, appointed police officers in the industrial area, where he found evidences of children using drugs.
- ✦ **Mr. Altaf Hussain**, a volunteer from Swabi, assisted Sahil team in disseminating Sahil messages. He introduced Sahil team with Nazim Swabi Mr. Shahram Khan Tarakai and Mr. Ayaz Khan Tarakai, who disseminated Sahil child protection messages in camps for IDPs in Swabi.

○ Display of FIR Posters

Sahil contacted SPs, CCPO and nazims of 9 districts of NWFP and 2 districts in Punjab to get permission to display FIR posters in their respective police stations and hospitals.

Mr. Muhammad Imran Shahid, SP Swabi agreed to display FIR posters. A total of 20 posters have been put up in police thanas of District Swabi.



FIR Poster displayed at police station, Swabi

Sahil Partnership

This year Sahil signed 9 MOUs with local and international organizations for different activities. We also received 12 requests from organization to work in partnership and 12 other requests for information sharing and exchange of material.

Sahil is an active member of networking organizations like Child Rights Support Group, Aasha, Working Group on CSA and CSEC, HRDN, Hurmat, Imtizaj, Child Rights Movement, Working Group for Jail Reforms, CRIN, ISPCAN and Child Savings International.

Tajikistan Certification team visit to Sahil

Tajikistan Certification team visited Sahil head office to see certification process by Pakistan Centre for Philanthropy (PCP).



Tajikistan certification and PCP team at Sahil, Islamabad

Activities with Working Group on CSA and CSEC

Transport Research Study

Sahil RU Sukkur facilitated for the collection of data for Transport Research Study by Working Group with drivers, helper boys and hotel owners on commercial exploitation of children. Sahil hired the services of four researchers who filled 90 questionnaires, 30 from each target group.

Follow up of WG Media Consultations

Sahil coordinated and conducted follow up of media consultations at RUs Sukkur, Jaffarabad and Abbotabad on behalf of WG. A total number of 60 journalists participated in these follow ups.

WG Media campaign through Daewoo Bus Service

Media Department organized a one month media campaign showing Sahil animations, from January to February 2009, through Daewoo bus service on behalf of Working Group against child sexual abuse and commercial sexual exploitation.

To evaluate this campaign, 10,000 questionnaires were distributed. 5662 responses were received.

Out of a total of 5662 respondents, 79% passengers acknowledged that the messages were vivid and clearly convey the message of child protection.

WG Annual Experience Sharing Meeting

Sahil organized a two day Working Group Annual Experience sharing meeting in Hotel Shagrila, Murree on August 17 – 18, 2009. The achievements of WG were shared by Dr. Tufail. WG future direction was also discussed in the group



Working Group Annual Experience Sharing Meeting, Murree

Sahil Referral Units

Sahil continues to extend its services in districts through 5 Referral Units. After Swat rehabilitation, Sahil Partnership Unit has resumed its program activities in Swat from July 13, 2009.

In districts other than RUs, Sahil disseminated information through volunteers and partner organizations.



Meri Hifazat Trainings at RUs

Abbottabad conducted five MH trainings in 11 primary schools in which 109 teachers' participated.

Jaffarabad conducted a MH training in which 25 participants including volunteers and teachers from 3 primary schools participated.

**Lahore conducted a direct follow up of 15 government primary schools.
Jaffarabad conducted follow up with 118 schools.
Report is in process.**



Meri Hifazat trainings (Role Play) at RU Jaffarabad

Lahore conducted orientation sessions on Sahil services, cruel numbers, child rights and CSA with the staff of following organizations:

- HRCP's core group coordinators correspondents from all over country
- Interns from War Against Rape
- Community Women at DASTAK
- Community Women at Township
- Community Women at Badian
- Communication Department, University of Punjab
- Mothers, SOS Children Village, Lahore
- Community Women at PECO
- Paralegals of AGHS
- Applied Psychology Department, University of Punjab

A total of 427 participants including university students attended these sessions.



Session on CSA with mothers of SOS Children Village, Lahore



Session on Child Protection Issues arranged in collaboration with Punjab University, Lahore

Adolescent Health Sessions in RU Abbottabad

Program Officer Counseling-Abbottabad conducted two sessions at Modern Age Public School, one with secondary school students on Adolescent Health and other with parents and teachers on parenting skills. The sessions were attended by 93 teachers and parents.

Networking Meetings at Referral Unit (RU) level

A total of 303 meetings were held at 4 Referral Units with stakeholders.

Sr. No	Meeting with	No. of Meetings				Total
		Abbottabad	Jaffarabad	Sukkur	Lahore	
1	Line departments, District management, CCBs, BHUs, INGOs, NGOs, journalists, volunteers, schools, and EDOs	72	35	32	30	169
2	Doctors and LHVs	03	11	02	-	16
3	Lawyers, Bar Associations, Police officials, CSA victims	49	09	07	53	118
	Total	124	55	41	83	303



Networking Meeting with NGOs organized by RU Jaffarabad

Puppet shows through multimedia

RU Abbottabad organized two puppet shows for primary and secondary sections at Rah-e-Danish school as a part of its awareness raising on CSA. A total of 150 students and teachers attended the event. The effectiveness of the messages was assessed by the comments of the audience.



Puppet show for primary school children at Rah-e-Danish School, Abbottabad



Puppet show for primary school children at City Public School, Minchinabad

Sahil Referral Unit, Lahore organized Puppet shows on multimedia for School Children as per following details;

Puppet Show "Choti Choti Batain" for primary level

Sr. No	Date	Name of Institution	Number of Children
1	14-07-09	Al- Huda School System, Faisalabad	90
2	18-08-09	City Public High School, Minchinabad	44
3	18-08-09	Sir Syed Cadet Public School, Minchinabad	94
4	23-11-09	SOS Children Village, Lahore	76

*Puppet Show on "Meray Dard ko jo Zuban Miley"
for Adolescents*

Sr. No	Date	Name of Institution	Number of Children
1	14-07-09	Al- Huda School System, Faisalabad	107
2	23-11-09	SOS Children Village, Lahore	120

White Ribbon Campaign

RU Sukkur responded to a White Ribbon survey campaign on "Feedback from organizations working with men and boys to end gender based violence".

RU Sukkur in collaboration with White Ribbon campaign conducted a press briefing and Candlelit Vigil in press club on "International Day for the Eradication of Violence against Women".



Candlelit Vigil in press club on "International Day for the Eradication of Violence against Women" at Sukkur

Advocacy to open girls schools in Swat

Sukkur participated in a campaign of signing a petition to advocate Government of Pakistan to open girls schools in Swat and FATA, from local NGOs/CBOs and stake holders including lawyers, teachers, police, social workers and human rights activists.

International Day for the Prevention of Child Abuse

Jaffarabad organized a walk on November 19, 2009 on International Day for the Prevention of Child Abuse. Students from 5 schools and 23 NGO representatives participated in the walk.



A walk organized by RU Jaffarabad on International Day for the Prevention of Child Abuse

Provision of Legal Aid

All 6 Sahil RUs took up 60 cases of CSA victims for providing free legal aid including 5 cases in Swat. Out of these 5 got convictions, 26 are pending and 17 cases ended with compromise, and 2 ended with acquittals. Sahil hired the services of referral lawyers for 19 CSA cases.

St. No	Description	Rawalpindi	Abbottabad	Lahore	Sukkur	Jaffarabad	Swat
1	Number of cases provided legal aid	13	5	18	11	8	5
2	Number of cases compromised	3	0	10	1	3	0
3	Convictions	0	0	0	4	1	0
4	Number of cases pending	10	4	8	6	3	5
5	Acquittals	0	1	0	0	1	0

Counseling services at RUs

Sahil 4 RUs counselors provided counseling to a total of 35 clients of CSA and other psychological problems.

Monitoring of Newspapers

Referral Unit teams regularly monitor 53 daily and regional newspapers for the compilation of statistics on CSA published as Cruel Numbers.

Orientation Sessions with Volunteers

Jaffarabad and Abbottabad conducted orientation session on Sahil services and how to disseminate Sahil's message to the communities with a total of 36 volunteers.

M&E and Review

Sahil management team made 10 monitoring visits to Referral Units including attendance of program activities.

One review and planning meeting was held in March 2009 at Head Office in which all RU staff participated.

Juveniles Rehabilitation Program

Rawalpindi/Islamabad Referral Unit specifically looks after juvenile program at Adiala Jail. The program is in response to the need to help juvenile offenders to raise their quality of life and interactions by enhancing their self confidence. The program consists of group counseling, legal aid, sports, and screening and vaccination against Hepatitis B&C.

Group Counseling for Juveniles

There are three barracks in the juvenile ward and the group counseling session is held barrack wise twice a week for 45 minutes. Each group is facilitated by one psychologist, one teacher trainer, a physical instructor and a paramedical officer. Sahil team at Adiala Jail conducted 54 group counseling sessions for 203 juveniles. Information regarding HIV & AIDS was provided to 205 juveniles.

● *Art work*

Art work as a part of the counseling sessions was done by juveniles.



Art Work by Juveniles

● *A child social and financial education program – Aflatoun*

This program was initiated in 2008 and included in the counseling sessions. This is an activity based program for children on social and financial education.

Under Aflatoun program, Sahil trainer conducted 18 sessions with juveniles in three barracks on 5 different aspects of social and financial savings. The topics covered were savings, social savings, orientation and making of money boxes, monitoring and verification of savings, and understanding the concept of needs and wants.

Sahil Aflatoun Program model at Adiala jail was presented by Child Savings International during a conference of Defence for Children International (DCI) at Geneva.

Defence for Children International (DCI) is an important global network of child/youth right programs focusing primarily on the defense of children and youth in some kind of conflict with law. They contacted Sahil to share their program and to look at potential mutual learning and/or collaboration.

Sahil is heading the task force for Aflatoun - Curriculum Development for the South Asia region.

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Barrack 1	Barrack 2	Barrack 3
Badshah G-1	6/4 G-1	Tiger G-1
Satti G-2	Dewana G-2	Youngster G-2
Tiger G-3	Latif G-3	Lajpal G-3
	Tiger G-4	Jutt G-4
	Angar G-5	Miyanwali G-5
	Toofan G-6	Raja G-6
	Azam G-7	Atish G-7
		Kohistani G-8

Aflatoun Club Group Names

Day/Date	Time	Topic
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Record of Daily Aflatoun Club Meetings

Monthly Social Savings Record



Rewards given to Best Club Performance

Provision of free legal aid at Adiala Jail

A total of 15 legal cases of juveniles were selected for providing legal aid. Out of these 5 juveniles were released on bail, 6 cases are pending and 2 juveniles were convicted. In two cases party engaged their own lawyers.

Screening and vaccination against Hepatitis B&C

Against Hepatitis B & C, 203 juveniles were screened and vaccinated and medicines for different disorders were provided to 205 juveniles.

While working with juveniles, a need to start a VCT program was identified due to them being a high risk group. A meeting with Dr. Ali Razaque, focal person for Pakistan AIDS Control Program (PACP) at Lahore was held to develop a referral system for detection of treatment of HIV & AIDS for the juveniles. A complete referral system has been established.

14 August celebrations

To give juveniles a sense of unity with the nation, Sahil contributes to celebrate August 14 every year. The juveniles were provided 3000 small flags and three large flags to decorate their barracks.

Reading material distribution

For providing information, 247 magazines published by newspapers and other publications were distributed among juveniles. A total of 108 Naunehal and Talimo Tarbiat magazines were also distributed.

Distribution of clothes and sweets on Eid festival

For the celebrations of Eid-ul-fitr, ready made shalwar qameez suits were distributed among 85 juveniles. Sweets were also distributed among the juveniles.

Sports and recreational activities

Juveniles are provided opportunities to encourage team building and recreation. Indoor sports like carom board, luddo, draft and chess and out door games like volley ball, cricket, football and badminton are organized.



During the year, 250 outdoor and 175 indoor matches were played between different teams. Initially within the barrack all the teams play with each other, followed by inter barrack matches, quarter finals, semi finals and finals of all the games. Every juvenile is given the option of opting for the game of his own interest.

🕒 Prize distribution ceremony

A prize distribution ceremony is held to celebrate the sports competition. The ceremony was held on December 15, 2009. Mr. Muhammad Farid Khan - Secretary for Ministry of Human Rights was the chief guest. Mr. Saeed ullah Gondal – Superintendent Jail and Mr. Malik Faroz Kalyar – Deputy Superintendent Jail also attended the event. All position holders were awarded:

- 🕒 26 trophies and cups was given to first, second and third position holders
- 🕒 45 track suits were distributed to juveniles who participated in the finals
- 🕒 55 certificates to all juveniles participants



Prize distribution ceremony at Adiala Jail

🕒 Appreciation of visitors of juvenile program

- 🕒 Senator, Mr. Babar Awan, visited Adiala Jail and was briefed about Sahil Program activities carried out in jail.
- 🕒 Session judges of Rawalpindi and Islamabad courts were given a description of Sahil program activities.
- 🕒 Kiran Library arranged a visit of Mr. Tajima Shinji from Japan. He was oriented about the activities carried out by Sahil.
- 🕒 ICRC national and international officials visited Adiala Jail. They were present during Sahil counseling sessions.

خلاصہ - ساحل، بچوں پر جنسی تشدد کے خلاف حفاظتی پروگرام

ساحل نے تین سالہ منصوبہ (2006-2008) رائل نارویجین ایمپیسے کے تعاون سے کامیابی کے ساتھ مکمل کیا۔ ساحل کی خدمات کے اعتراف میں ایمپیسے نے مزید تین سال 2009 تا 2011 تک اپنا تعاون بڑھادیا۔

لاہور میں ۳۲ پرائمری اسکولوں میں "میری حفاظت" پراساتذہ کو تربیت دی گئی۔ ضلع مظفر آباد میں 463 گورنمنٹ پرائمری سکولز کے 1636 اساتذہ کو میری حفاظت کی تربیت فراہم کی گئی۔ تربیت کے بعد ہر سکول کو میری حفاظت کی دس دس کتابیں فراہم کی جاتی ہیں تاکہ وہ بچوں تک اس تربیت کو لے جاسکیں۔

ساحل نے میری حفاظت۔ تربیت برائے تربیت کار ڈیزائین کی۔ اس سلسلے میں "کنسرن ورلڈ وائیڈ" اور "سنگی فاؤنڈیشن" کے اسٹاف کو تربیت فراہم کی گئی۔ ساحل نے اپنے تربیتی پروگرام کو مزید موثر اور دلچسپ بنانے کے لئے دو گیمز متعارف کروائیں:

1۔ بچوں کے حقوق پر کارڈ گیم 2۔ بچوں کے جسمانی تحفظ پر آگاہی کے لئے لڈو گیم

اس سال ساحل نے 8 تنظیموں/تعلیمی اداروں کو ان کی درخواست پر میری حفاظت پر تربیت فراہم کی۔

جیت ہیلتھ سینٹر نے نوبالغ افراد کی صحت سے متعلق موضوعات پر اسلام آباد، راولپنڈی، اور ایبٹ آباد کے 43 سکینڈری سکول کے 281 اساتذہ کو تربیت فراہم کی۔ پروگرام کے اختتام پر ہر سکول کو 5 بھید۔سی ڈی گیم دی گئیں۔

ساحل کے ماہرین نفسیات نے کل 64 افراد کو نفسیاتی مشاورت کی سہولیات مہیا کیں، جن میں سے 50 افراد کی حالت بہتر ہو گئی۔ ان 64 افراد کے علاوہ 36 لوگوں نے بھی جیت ہیلتھ سینٹر سے مختلف موضوعات کے بارے میں معلومات حاصل کیں۔ ساحل کے ماہرین نفسیات نے متبادل ذریعہ علاج کی سہولیات بھی فراہم کیں۔ ساحل جیت ہیلتھ سینٹر میں ریکی ماسٹر نے 22 ریکی ہیلتھ سینٹر لئے جس میں 174 افراد کو ریکی دی گئی۔

جیت ہیلتھ سینٹر نے مختلف اداروں کی درخواست پر کل 16 تربیتی ورکشاپس اور سیشنز منعقد کئے۔

ساحل کے دوسرے ماہی رسالے 'بچے جنت کے رنگ' اور "حقیقت کی پردہ کشائی" بچوں پر جنسی تشدد پر لوگوں کی رائے "شائع ہوئے۔

۲۰۰۹ء میں ساحل کو ۳۵۸ لوگوں نے خط لکھ کر سالہ پہنچانے کی درخواست کی اور ساحل کو ستائش کے ۸۹ خطوط موصول ہوئے۔

۲۰۰۸ء میں ساحل کی سالانہ رپورٹ ۱۲۳۸ لوگوں کو ارسال کی گئیں۔

۲۰۰۹ء میں ملک کے مختلف قومی، علاقائی اور مقامی اخباروں میں ۹۶ مرتبہ ساحل کی مختلف سرگرمیوں کو شائع کیا گیا۔ مختلف ٹی وی چینلز

کی نشریات میں ۵۱ مرتبہ ساحل کو مدعو اور اس کے کام کا تذکرہ کیا گیا۔ ساحل کی ویب سائٹ کو اس سال ۶۱۱ لوگوں نے وزٹ کیا۔

ساحل ہیڈ آفس باقاعدگی سے ۱۶ روزانہ اشاعت ہونے والے مقامی اور علاقائی اخبارات کی مانیٹرنگ کرتا ہے۔ ساحل ریسورس سنٹر کی اہم ذمہ داری ساحل لائبریری کا انتظام، رضا کاروں اور انٹرن شپ پروگرام کو چلانا اور ان کا ریکارڈ رکھنا ہے۔ ساحل ریسورس سنٹر میں کل ۲۱۱۰ کتابیں، ۲۰۳ سیڈیز، ۲۰ آڈیو اور ۸۳ وڈیوز ہیں۔ ساحل نے ۱۳ طلباء کی بطور انٹرن صلاحیتوں کو ابھارا۔ مزید ۱۰ افراد نے ساحل کی لائبریری میں موجود مواد کو حوالہ جات کے لئے استعمال کیا۔

سال ۲۰۰۹ میں ۲۱۷ رضا کاروں نے بحیثیت رضا کار شمولیت اختیار کی۔ اس وقت ساحل کے ۶۸۲ رضا کاران پورے ملک میں ساحل کا پیغام پہنچا رہے ہیں۔ ساحل "بہترین رضا کار ایورڈ" کا انعقاد رضا کاروں کی کامیاب کوششوں کے انعام کے طور پر کرتا ہے۔ سال ۲۰۰۸ کا بہترین رضا کار ایورڈ ہدایت اللہ لغاری جن کا تعلق ساگھڑ سندھ سے ہے، کو دیا گیا۔

ساحل رضا کاران نے مختلف میٹنگز اور سمینارز کے ذریعے ۱۱۱ لوگوں تک ساحل کا پیغام پہنچایا۔ مختلف اخبارات اور ٹی وی چینلز کے ذریعے ساحل کی خدمات کی تشہیر کی۔ اس کے علاوہ رضا کاران نے مقامی اخبارات میں شائع ہونے والے جنسی تشدد کے واقعات کی رپورٹس بھی ساحل کو ارسال کی۔ ساحل رضا کاروں نے سوات مہاجرین کی بحالی کے پروگرام میں ساحل کی بہت معاونت کی۔ ضلع صوابی کے کیمپوں میں بچوں کی حفاظت سے متعلق ساحل پیغامات کو نشر کروایا۔ بچوں کے کپڑے، اسٹیشنری کی اشیاء، بینرز اور پوسٹرز لگانے میں مدد کی اور ضلعی انتظامیہ سے ساحل کا تعارف کروایا۔

ساحل نے NWFP کے اضلاع اور پنجاب کے ۱۲ اضلاع کی ضلعی انتظامیہ سے رابطہ کیا کہ وہ پولیس اسٹیشنز میں ایف آئی آر پوسٹرز آویزاں کریں۔ سپرٹینڈنٹ صوابی۔ محمد عمران شاہد نے FIR poster لگانے کی رضامندی ظاہر کی۔ 20 پوسٹرز صوابی کے مختلف تھانوں میں لگائے گئے۔

ساحل نے اس سال ۹ بین الاقوامی اداروں کے ساتھ مفاہمتی یادداشت کا معاہدہ کیا۔ ساحل ریفرل یونٹ ایبٹ آباد نے میری حفاظت کی تربیت گیارہ پرائمری سکولوں میں منعقد کرائی جس میں ۱۰۹ اساتذہ نے شرکت کی۔ جعفر آباد نے میری حفاظت پرائیونگ کرائی جس میں ساحل رضا کاران سمیت ۳ پرائمری سکولوں کے ۱۲۵ اساتذہ نے شرکت کی۔ لاہور نے متعدد تنظیموں کے ساتھ ساحل کی خدمات، ظالم اعداد، بچوں کے حقوق اور ان پر مبنی تشدد کے متعلق معلومات شیئر کیں۔

لاہور نے ۱۵ پرائمری سکولوں کے ساتھ جب کہ جعفر آباد نے ۱۱۸ سکولوں کے ساتھ follow up کیا۔ پروگرام آفیسر کونسلنگ ایبٹ آباد نے ماڈرن ایج پبلک سکول میں ایک سیشن سکینڈری کلاس کے طلباء کے ساتھ اور دوسرا سیشن والدین اور اساتذہ کو مشفقانہ مہارتوں پر کیا۔ اس سیشن میں ۹۳ اساتذہ اور والدین نے شرکت کی۔

ساحل کے ریفرل یونٹس نے اپنے اضلاع میں ضلعی انتظامیہ، محکمہ جات، مقامی تنظیمات، بار ایسوسی ایشن، پولیس اور رضا کاران کے ساتھ ۳۰۳ میٹنگز کیں۔

ایبٹ آباد میں ”راہ دانش سکول“ میں پرائمری اور سیکنڈری سیکشنز کے ۱۵۰ طلباء اور اساتذہ کے لئے پتی تماشائے تہیب دیا۔ لاہور نے سکول کے بچوں کے لئے ملٹی میڈیا پرتلی تماشاکا اہتمام کیا۔

سکھر نے وائٹ ربن مہم کے تحت ایک پریس بریفنگ اور کینڈل لائٹ ویکل پریس کلب میں ”انٹرنیشنل ڈے فار دی آرڈکشن آف وائلنس اگینسٹ وومن“ منعقد کی۔ سکھر نے سوات اور فائٹا میں سماجی کارکن اور انسانی حقوق کی تنظیموں سے سوات میں لڑکیوں کے سکول کھولنے کی مہم میں حصہ لیا۔

جعفر آباد نے ”عالمی دن برائے بچوں کا تشدد سے بچاؤ“ ۱۹ نومبر ۲۰۰۹ کے موقع پر ایک ریلی کا انعقاد کیا جس میں ۵ سکولوں کے طلباء اور مختلف این جی اوز کے ۲۳ نمائندوں نے شرکت کی۔

ساحل کے تمام ریفرل یونٹس نے جنسی تشدد سے متاثرہ ۶۰ لوگوں کو مفت قانونی مدد دی۔ ساحل نے ۱۹ کیسوں کے لئے ریفرل وکیلوں کی خدمات حاصل کی۔

ساحل کے ریفرل یونٹس کی کونسلرز نے جنسی تشدد سے متاثرہ اور مختلف نفسیاتی مسائل سے دوچار ۳۵ افراد کو نفسیاتی مشاورت فراہم کی۔

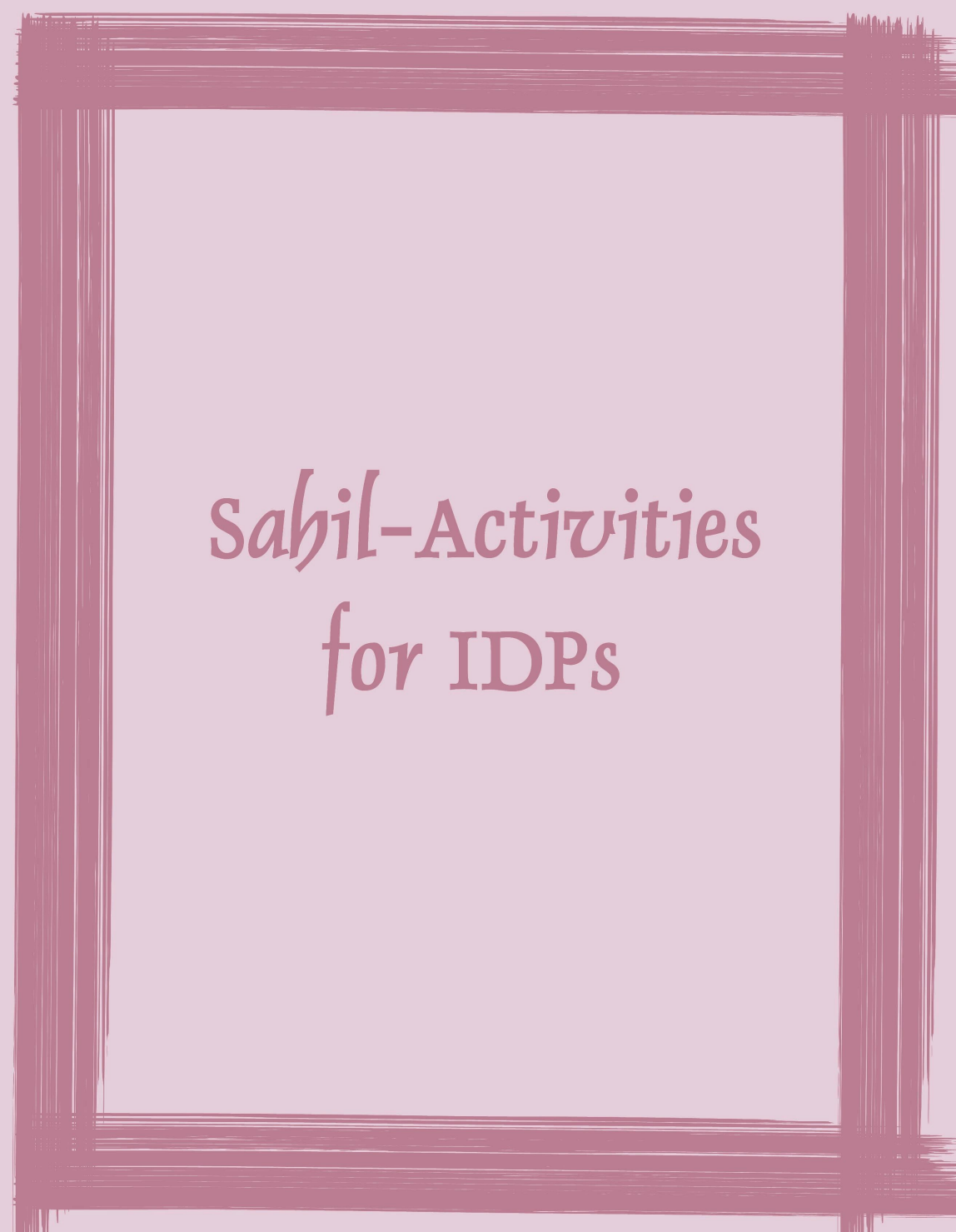
ساحل ریفرل یونٹس باقاعدگی سے ۵۳ روزانہ شائع ہونے والے مقامی اور علاقائی اخبارات کی مانیٹرنگ کرتے ہیں۔

جعفر آباد اور ایبٹ آباد نے ۳۶ مقامی رضا کاران کو ساحل کی خدمات سے متعلق آگاہی فراہم کی۔

ساحل مینجمنٹ ٹیم نے ریفرل یونٹس کے ۱۰ مانیٹرنگ دورے کئے اور مختلف پروگرامز میں بھی شرکت کی۔

پروگرام برائے بحالی نوعمر قیدی کے تحت 2009 میں 15 قیدی بچوں کو مفت قانونی امداد فراہم کی گئی۔ مختلف موضوعات پر ۵۲ کونسلنگ سیشنز ۲۰۰۳ نوعمر قیدی بچوں کو دیئے گئے افلاطون پروگرام جاری رہا جس میں بچوں کو سماجی اور معاشی بچت کی تعلیم کے بارے میں بتایا گیا۔

۲۰۰۳ نوعمر قیدی بچوں کی ہیپاٹائٹس بی اور سی کی تشخیص اور ویکسینیشن کی گئی۔ جب کہ ۲۰۰۵ بچوں میں مختلف بیماریوں کی دوائیاں تقسیم کی گئیں۔ 14 گسٹ کے موقع پر بچوں نے بیروں کو چھنڈے اور چھنڈیوں سے سجا یا، اور عید کے موقع پر 85 قیدی بچوں میں کپڑے اور مٹھائی تقسیم کی گئی۔ مختلف موضوعات پر ۲۴ میگزین بھی تقسیم کئے گئے۔ قیدی بچوں کے مابین ان ڈور اور آؤٹ ڈور کھیلوں کے مقابلے منعقد کئے گئے اور کھیلوں کے اختتام پر تقسیم انعامات کی تقریب کا انعقاد کیا گیا۔ جس میں بچوں کو انعامات دئے گئے۔



Sahil-Activities
for IDPs

Sahil Activities for IDPs

The issue of internally displaced persons (IDPs) during armed conflicts has become a challenge for authorities and social organizations.

According to an estimated figure, there are more than 30 million people who migrated from conflict zone cities of Pakistan especially nearby northern areas like Peshawar, Mardan, Swabi and Islamabad.

These IDPs were settled in camps by the authorities and a large number of IDPs hired houses in different locations in nearby cities.

Sahil collected initial information of IDPs accommodation from different sources for its action plan to support them.

District Swabi

Sr. No	Name of Area	Total Population of IDPs	Families in Tent	Children	Number of Tents
1	Shah Mansoor	18,945	3,312	7340	4,000
2	Chota Lahore / Yaar Hussain	40,349	6,729	19,560	8,000

District Mardan

Sr. No	Name of Area	Total Population of IDPs	Families in Tent	Children	Number of Tents
1	Surkh Dehri Noshehra	548	87	230	600
2	Jalala	24,770	4133	9,127	4962



○ Sahil Initiatives for IDPs in Tent Cities

It has been observed that at the time of disaster, children and women become more vulnerable to the dangers of sexual abuse, violence, forced marriages and commercial exploitation. There was dire need to formulate a two prong strategy for basic needs (Food, cloth and shelter) and protection for IDPs and their children on large scale.

To protect children from mentioned dangers, Sahil launched its emergency response program. According to this initiative, following activities have been done:

- Sahil team visited all camp sites at Swabi for situational analysis and distribution of protection messages in Pashto and Urdu along with animation CDs of Meri Hifazat. Sahil volunteers guided the team. These CDs, posters and animations were given to camp management teams for announcements and display in the four Swabi camp sites.
- Sahil child protection message was disseminated in Jullozai - Nowshehra and Sheikh Shahzad camp - Mardan by the staff of Sahil Partnership Unit, Swat.

○ Banners for Mass Awareness

Sahil developed a banner with protection messages illustrated through pictures. Sahil displayed 52 banners in Mardan, Topi, Nowshera and Swabi camp sites.



Banners for Mass Awareness displayed at camps

These banners were developed under the Royal Norwegian embassy research and advocacy program.

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Sahil team displayed these banners to ensure child protection at 6 child friendly spaces and 6 tent schools.

Sr. No	Name of Area	Number of displayed banner
1	Shah Mansoor (Aman1, Aman 2, Umeed)	12
2	Chota Lahore	7
3	Surkh Dehri Noshehra	2
4	Jalala	18
5	Noshehra	7

Sahil volunteers Mr. Altaf and Mr. Amjad facilitated Sahil team throughout the process.



Child Friendly Centre, Jalala

Stationary Material for Tent Schools

Sahil also distributed 1127 note books, 1100 pencils, 1100 sharpeners and 100 rubbers for children in camp schools at Shah Mansoor, NRSP primary school and Yar Hussain. Sahil also distributed 4000 ORS packets and 1380 biscuit packs to 3350 children in Topi.

Child protection posters were also displayed.



Sahil's Protection Messages in Camp Schools, Swabi



Sahil's Protection Messages in Camp Schools, Swabi

Clothes Distribution

Sahil volunteer Mr. Zafar Ehsan contacted a garment factory in Lahore. On his request factory provided 32 sacks of children's clothes to Sahil for distribution in camps and houses. Out of these 29 sacks of clothes for IDPs were sent to Swabi camps. Remaining three bundles were distributed among IDPs living in rented houses in Islamabad/Rawalpindi.

Mr. Tousif Akram, from Faisalabad provided 300 unstitched men's suits to Sahil team for IDPs. Sahil distributed these clothes among IDPs of Islamabad and Rawalpindi.

Support to Migrated Families in Twin Cities

There were some families staying in rented houses in Rawalpindi, Islamabad and Sangjani which were identified by Sahil team during survey.

Islamabad/Rawalpindi			
Sr. No	Name of Area	Number of Families	Children
1	Sangjani	15	33
2	Khanna Pul UC Chattar	59	236
3	Shamsabad	9	26

Food and House hold items

During need assessment survey conducted by Sahil team, it was identified that the families living in rented houses are facing many problems like lack of finances, food and space for living. They need dire attention and prompt response.

Sahil provided two month food ration, some utensils, bed sheets, water coolers and powder milk.

Initiatives by Sahil Partnership Unit, Swat

After the rehabilitation in Swat, Partnership Unit has resumed its program activities from July 13, 2009.

SPU distributed 1200 packets of ORS among children suffering from different stomach diseases. SPU staff was in continuous contact with city incharge Major Abid. With the help of other volunteers in Swat they managed to reunify 17 children with their families. Strong linkages were also developed with transporters and doctors to facilitate IDPs.

All these donations were made through individual contributions and Sahil team members.

خلاصہ۔ سوات مہاجرین کے لئے ساحل کی سرگرمیاں

پاک فوج اور دہشتگردوں کے درمیان تنازعات کی وجہ سے ہجرت کرنے والے لوگوں کے مسائل حکومتی اداروں اور غیر سرکاری تنظیموں کے لئے ایک چیلنج بن گئے ہیں۔

ایک اندازے کے مطابق ۳ کروڑ سے زائد افراد نے ان جنگوں کے دوران ہجرت کی اور نزدیکی سرحدی علاقوں مثلاً پشاور، مردان، صوابی، اور اسلام آباد میں آئے۔ جہاں پر حکومت اور بین الاقوامی اور قومی فلاحی اداروں نے ان کے لئے کمپ مہیا کئے۔ مذکورہ خطرات سے بچوں کے تحفظ کو یقینی بنانے کے لئے ساحل نے فوری اقدامات کئے جس کے تحت ہونے والی سرگرمیاں درج ذیل ہیں: بچوں کے حفاظتی پیغامات پر مبنی ہدایات کو بڑے بینرز کی صورت میں متاثرین کے رہائشی خیموں کے آس پاس آویزاں کیا گیا۔ ۵۲ بینرز مختلف جگہوں پر لگائے گئے ہیں جن میں صوابی میں شاہ منصور اور چھوٹا لالہ ہور، مردان میں سرخ ڈھیری نوشہرہ اور جلالہ، جلوزئی، شیخ زید اور ٹوبی شامل ہیں۔

اس کے علاوہ ٹینٹ اسکولز کے ۳۳۵۰ بچوں کو ۲۱۱ کاپیاں، ۱۱۰۰ پینسلز، ۱۱۰۰ شارپنرز، ۱۰۰ آر بڈ، ۴۰۰۰ او۔ آر۔ ایس کے پیکٹ، اور ۱۳۸۰ بسکٹ کے پیکٹ تقسیم کئے۔

ساحل کے دور رضا کاروں ظفر احسان اور توصیف اکرم کی مدد سے ۲۳ بوریوں میں بچوں اور بڑوں کے ملبوسات، یونیفارم اور ۳۰۰ ان سلسلے سوٹ تقسیم کئے گئے۔

اس کے علاوہ دارالحکومت کے اردگرد کرائے کے مکانوں میں رہنے والے افراد خانہ کو ضروریات زندگی کا سامان مہیا کیا گیا جس میں دودھ کے ڈبے، راشن، برتن اور چادریں شامل تھیں۔ ان تمام اشیاء کا انتظام ساحل کے سٹاف نے مل کر کیا۔

Mass Media Awareness

A PROJECT FUNDED BY



To protect the rights of children and ensure their safety, Sahil implemented the Mass Media Awareness Project from January 2009 to April 2009, funded by Groupe Developpement (GD). The effort encompasses awareness on child sexual abuse as well as services available by Sahil throughout Pakistan through the provision of free psychological counseling and legal aid.

The awareness campaign project aimed to get support of mass media to spread and disseminate protection messages and information to the public at grass root level to understand the dynamics of sexual abuse of children.

Overall Objectives

- Awareness building of children, teachers, parents, community leaders and relevant groups such as police officials, health and education departments & public safety commissions against CSA & Exploitation
- Promotion of a culture of child protection and reduction in the vulnerability of children to CSA & CSEC (Commercial Sexual Exploitation) in Pakistan.
- Reducing the prevalence of risk factors associated with protection issue

Specific Objective

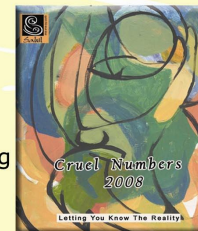
Media campaign against CSA & CSEC for general public and stakeholders throughout the country.

Project Activities

○ Cruel Number Report

Sahil published its annual report "Cruel Numbers 2008" consisting of reported cases of child sexual abuse in national, regional and local newspapers.

Sahil collects the data on the child sexual abuse cases from different sources which includes, 69 newspapers, hospitals, and data reported to different organizations for the compilation of Cruel Numbers.



Cruel Number Report

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In 2009, a total of 2012 cases of child sexual abuse were reported, out of which 1354 were girls and 658 boys. A total 4222 abusers were involved in the crime.

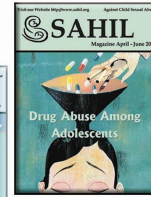
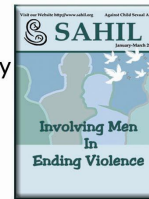
There is an increase of 5% in the incidences of CSA cases in 2009 as compared to 1838 reported cases in 2008.

The registration of reported cases with the police is increasing gradually.

Sahil Magazines

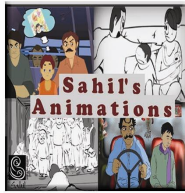
In the month of January and April, two quarterly magazines were published and distributed among 4970 and 3800 subscribers and stakeholders respectively throughout Pakistan.

- Involving Men in Ending Violence
- Drug Abuse among Adolescents



Sahil Magazines

Sahil Animations



Sahil developed four new animations on trafficking, abduction, violence and commercial sexual exploitation with subtitles in English.

GD supported Sahil to add sub titles in English to its already developed 9 animations on child body protection. Sahil telecasted these animated messages through electronic media.

Animations

Cable Network Campaign

Cable network was used to advertise Sahil services and protection messages in four cities of Pakistan, where Sahil is operating its services through referral units. A one month awareness campaign was conducted in Sukkur, Khairpur, Abbottabad and Lahore.

To assess the effectiveness of the campaign 6000 questionnaires were distributed and 4692 responses were received through cable operators and filled by viewers to judge the effectiveness of this campaign. An analysis report on the basis of filled questionnaires was prepared.



Cable Network Campaign at Sukkur

Out of a total of 4,692 respondents, 94 % (4409) persons acknowledged that the messages were brilliant and definitely convey the message of child protection. It was very encouraging to see that when 67% (3,155) persons said that they knew about Sahil and its work. They agreed that the messages were very appropriate to the culture of the region. A child can easily understand the theme of these animations by his own.

Airport Campaign

To sensitize the passengers of national and international routes, a one month awareness campaign was conducted on international air terminals of Islamabad, Karachi and Lahore. To assess the effectiveness of the campaign 12,000 questionnaires (4000 each terminal) were distributed and filled by the passengers from the air aviation staff. The data analysis is based on the feed back of 10,918 respondents (4341 national route passengers and 6577 of international route passengers).

Analysis revealed that 90% of the respondents stated that the theme of protection messages were good. They also appreciated the efforts made by Sahil to promote child protection.

88% respondents agreed that children must have this information for their self protection.

Radio Campaign

A one month awareness campaign on radio channels FM 99, 101 and PBC was done from Islamabad, Abbottabad and Jaffarabad. A total of 12 talk shows on CSA related issues and services of Sahil were broadcasted. A set of 12 messages on child protection were also broadcasted 4 times in a day.

More than 30 callers participated in Sahil talk shows through telephone lines regarding their queries about child protection issues and Sahil. RU Jaffarabad received 15 requests from listeners to join Sahil as volunteers, 9 persons have submitted their forms to Sahil. Their membership requests are in process.

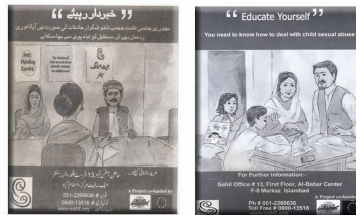


Sahil Head office received 146 requests from people to show their interest to become Sahil volunteer.

Referral Unit Jaffarabad also received offer for free skin treatment on need base from Mr. Tariq Hussain - lab technician in Civil Hospital Jaffarabad.

Print Media Campaign of Sahil Services

A one monthly media campaign having a promotional ads on Sahil's services was done through national newspapers, Jang, Express, Nawa-e-Waqt, Dawn, The News, and Daily Aaj Kal.



Promotional Ads on Sahil's services

Sahil head office received 8 requests for IEC material and for more information on Sahil services from different parts of country.

Dr. Zaman – Director Livestock, D.I Khan showed interest in Meri Hifazat training. He also suggested formulating a group of religious people in Jandala to convey child protection message forward in community.

Painted Bus Campaign

A public transport bus has been painted showing services and messages regarding CSA for one year. The route of the bus is from Rawat to Taxila via Saddar Rawalpindi.

To see the effectiveness of the campaign, two Sahil staff members visited the route. A short survey was conducted and 67 passengers were interviewed.



Awareness Campaign through painted bus



Awareness Campaign through painted bus

Comments from passengers

These messages are quite different and innovative. When we read these messages, we immediately realized that our children need protection from the dangers of sexual abuse and exploitation.

I am from a very remote area of Rawat. When I read this information, I immediately wanted to call your office to say thanks for this effort. You are doing marvelous work. Our children need this information and in our region these practices are very common. I will share this information with my people.

Press Briefings

All 4 RUs and 1 SPU conducted a total of 6 press briefings on Sahil Cruel Numbers - 2008 in April 2009 with print & electronic media. A total of 126 media persons attended the events.

Six monthly data of January - June 2009 was shared with press and it was published in different local and national newspapers.



Press briefing at Sahil Referral Unit, Sukkur

Child Friendly Newspaper (CFN) Award

Sahil organized Child Friendly Newspaper Award 2008 on March 25, 2009 at National Library, Islamabad, to acknowledge the commitment of print media towards children issues. The newspaper who received awards were:

- Daily Express - National category
- Daily Din - Regional category
- Daily Kavish Hyderabad - Local category



Mr. Sumsam Ali Bukhari confers Child Friendly Newspaper Award 2008 to Sarfraz Wistru of Daily Kaavish Hyderabad - Local category



Mr. Sumsam Ali Bukhari confers Child Friendly Newspaper Award 2008 to Chouhdary Iftikhar of Daily Express - National Category



Children at Puppet Show "Choti Choti Batain"

A live performance of 2 puppet shows "Choti Choti batain" and "Mery Dard Ko Jo Zaban Milay" was presented.



Participants at CFN

Sahil launched its research on public perception on CSA "A Hidden Reality Unveiled".

Syed Sumsam Ali Bukhari State Minister for information and Broadcasting was the chief guest at CFN. Total number of participants were 375 including 150 children from schools and drop in centers.

MenEngage workshops to end gender based violence

To promote awareness on gender based violence and CSA, three workshops on MenEngage-Involving men to end gender based violence; were conducted for volunteers and youth groups. These workshops were held in RU Lahore and Sukkur.

A total of 108 volunteers and adults participated and a follow up action plan was also prepared.

Follow Up Actions of the workshop conducted by Referral Unit, Lahore

A detailed discussion was scheduled on how participants will carry the message forward. Following were follow up actions from participants:

- ① I shall show cartoon animation CD in schools.
- ① We shall share with our colleagues about violence.
- ① I shall talk to my friends on incest.
- ① We shall try to create a violence free society
- ① I shall never say harsh words to my mother and sisters
- ① I shall talk on violence against women to my students twice in a month
- ① I shall develop friendly relations with my friends, colleagues and family.



Men Engage workshop conducted By Referral Unit, Lahore

◆ *Follow Up Actions of the workshop conducted by Referral Unit, Sukkur*

A detailed discussion was scheduled on how will participants carry the message forward. Following were follow up actions from participants:

- ① I shall share the information with my colleagues
- ① I shall take practical steps for implementation of this information in my personal life
- ① I shall share all information with my friends and community
- ① I shall discuss all the materials with my college friends
- ① I shall share all information with my organization members
- ① I shall tell my friends that how violence can be harmful for them



Men Engage workshop conducted by Referral Unit, Sukkur

Aflatoun – Social and financial savings program

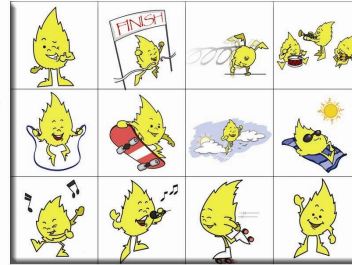
Child Savings International a foundation established in Amsterdam, The Netherlands. Aflatoun was founded in 2005 to improve the situation of children in economically developing countries.

Aflatoun's Mission

To inspire children to socially and economically empower themselves to become agents of change in their own lives and for more equitable world.

Aflatoun Long Term Goal

To achieve integration of child social and financial education into the education curriculum in the country or geographical area of the associate partner.



The Aflatoun methodology aims to empower children through a balanced approach to child social and financial education. The Aflatoun program is being implemented in schools of 31 countries. Teachers are provided trainings on the concept. A training manual was developed. They also developed 8 books for children up to 14 years of age. Sahil is the leading organization for curriculum development task force for South Asia Region.



After being introduced to the Aflatoun program in 2007, Sahil started developing a series of interactive CD games. Sahil prepared 15 episodes of this game on different aspects of social and financial savings including 5 songs for children up to 18 years of age.

Development, printing/reprinting and dissemination of IEC material


GD also supported Sahil for printing/ reprinting of IEC material. IEC material designed, developed, printed and distributed among different stakeholders.

Sr. No	IEC Material	Printed	Disseminat-ed (Nationally)	Disseminat-ed (Internationa-ly)	
1	Magazines (Quarterly)	8000	7520	250	 
2	Reprinting of magazines	2000	1500	10	 
3	Cruel Numbers	3000	2950	41	
4	Reprinting of Sahil Introductory brochures	5000	4054	20	
5	Reprinting of Departmental brochures	4000	1537	30	  

SAHIL ANNUAL REPORT 2009

Sr. No	IEC Material	Printed	Disseminat-ed (Nationally)	Disseminat-ed (Internationa-ly)	
6	Reprinting of Referral Units brochures	2000	300	30	
7	Hidden reality unveiled	3000	1882	11	
8	Reprinting of Other side of Childhood	700	278	2	
9	Reprinting of Drug Abuse in Street Children (colored copy)	1000	752	-	
10	Posters	6000	1300	65	
11	Reprinting of FIR Posters	200	42	-	
12	Table Calendars	1000	815	0	

SAHIL ANNUAL REPORT 2009

Sr. No	IEC Material	Printed	Disseminat -ed (Nationally)	Disseminat -ed (Internationa -lly)	
14	Sahil services banners	10	10	0	
15	Telephone index	500	313	5	
16	Puppet show CDs	1000	150	-	
10	Animations CDs	2000	1909	25	

خلاصہ - ذرائع ابلاغ کے ذریعے تشہیری مہم

بچوں کے حقوق کا تحفظ یقینی بنانے کیلئے ساحل نے گروپ ڈولپمنٹ کے مالی تعاون سے ایک آگاہی مہم کا انعقاد کیا جس کا دورانیہ چار ماہ کا تھا۔ یہ مہم جنوری تا اپریل ۲۰۰۹ تک جاری رہی، جس کے تحت پورے پاکستان میں ساحل کی خدمات اور کام کو اجاگر کیا گیا۔ اس مہم کے مقاصد درج ذیل ہیں:

☆ بچوں، انکے والدین، اساتذہ، مقامی رہنماؤں اور متعلقہ گروہوں جیسے پولیس محکمہ صحت و تعلیم اور عوامی تحفظ کے اداروں میں بچوں پر جنسی تشدد جیسے جرائم کی آگاہی کا فروغ۔

☆ پاکستان میں ایسے ماحول کو متعارف کرانا جس میں بچوں کی حفاظت یقینی بنائی جاسکے۔

☆ بچوں کے تحفظ سے متعلق مسائل کے جلد از جلد حل کیلئے اقدامات۔

اس مہم کے تحت مندرجہ ذیل سرگرمیاں انجام دیں گئیں:

۱- بچوں پر جنسی تشدد کے واقعات پر مبنی ساحل کی سالانہ رپورٹ ظالم اعداد ۲۰۰۸ کا اجراء۔

۲- ساحل کے دو شماروں کی پرنٹنگ اور تقسیم۔

۳- بچوں کی جسمانی حفاظت پر مبنی نئے پیغامات کی تشکیل۔

۴- بچوں کے نئے اور پرانے حفاظتی پیغامات کی بذریعہ کیبل نیٹ ورک، ریڈیو، ہوائی اڈوں کے ٹرمینل پر نصب ٹیلی ویژن اور قومی اخبارات کے ذریعے سے تشہیر۔

۵- بس پریسنگ کے ذریعے حفاظتی پیغامات اور ساحل کی خدمات کی تشہیر۔

۶- جنسی اعداد و شمار پر پولیس بریفنگز۔

۷- بچوں کے دوست اخبار کے ایوارڈ کی سالانہ تقریب کا انعقاد۔

۸- بچوں کی حفاظت کے موضوع پر دوپہلی تماشے۔

۹- عوام میں جنسی تشدد کے تصورات پر مبنی ایک تحقیق کی تعارفی تقریب۔

۱۰- خواتین پر گھریلو تشدد کی روک تھام میں مردوں کے کردار کے موضوع پر ورکشاپس کا انعقاد۔

سماجی اور معاشی بچت کا پروگرام - افلاطون:

اس پروگرام کے تحت ساحل نے بچوں کے لئے ۱۵ اقساط پر مبنی ایک انٹرایکٹو کمپیوٹر گیم کی CD تیار کی ہے۔ ساحل جنوبی ایشیا خطے کے

نصاب کی تیاری کے لئے کی جانے والی ٹاسک فورس میں مرکزی تنظیم کی حیثیت سے کام کر رہا ہے۔

Development of Tools on Sexual Behaviors for Street Children

A PROJECT FUNDED BY



Street children have exposure to sexual behaviors. It challenges their capability to improve the quality of their lives for a better future. A survey of Drop-in-centers (DIC's) shows that sexual behavior, and emotional issues need to be addressed. To bring about change it would be necessary to have interactive methods to capture their interest and to facilitate healthy living.

Sahil was hired as a consultant by Groupe Developpement - Sanjog to develop tools which could address sexuality issues among adolescents, exposed to sexual behaviours and accessing facilities at drop-in centres/shelter.

Objectives

- ① To find creative and interesting methods of sharing information with children
- ① To talk to children on sensitive issues comfortably and effectively
- ① To build the capacity of care givers on the tools

A need assessment survey was carried out with 13 DICs and shelter houses in 06 major cities of 04 provinces of Pakistan: Islamabad, Rawalpindi, Lahore, Peshawar, Quetta and Karachi by Sahil team from 17th August till 12th September 2007.

Among these 13 centers, 08 were day centers and 04 were the day and night shelters. The age of the children visiting DICs was ranging between 5-18 years. A total of 66 staff members were interviewed using a standard questionnaire developed by Sahil in coordination with Imtiazj Coordinating Office (ICO). The staff included project coordinators, managers, DIC-in-charge, psychologists, teachers, motivators/peer agents, doctors, vocational trainers and support staff.

After the need assessment survey these four components were selected:

- ① Masculinity
- ① HIV & AIDS
- ① Child Sexual Abuse & Pornography
- ① Commercial Sexual Exploitation & Prostitution



Methodology

Children show a preference for those activities which are interactive and hands-on. This was considered as an important element in developing this intervention tool. It was seen that the information and orientation on issues related to sex must be addressed through different activities for the children. The DIC staff shared that children take more interest in watching movies and TV.

The tool has been developed by using clips from films and docu –drama videos, which are divided into different interactive session with specific objectives, activities, presentations and pictorial charts. During sessions, animated energizers & other play activities have been included.

Following methodologies incorporated:

- ① Video clips from movies/documentaries are used for highlighting issues and as discussion points
- ① Brainstorming
- ① Interactive sessions of the appropriate skills to deal/address these issues among adolescents on streets
- ① Role Plays/Activities/Games
- ① Issue Identification
- ① Solution finding
- ① Participatory discussions
- ① Group Work
- ① Presentation/Handouts
- ① Pre-test/Post Test

Quality Management of the Tool

The quality of these manuals has been made possible by gaining extensive inputs from Sahil team of psychologists, trainers and media program officers through mock sessions at Sahil, and also presentations to the experts from the donor. Other than these mock sessions, pilot testing of the trainings has also been done with DIC staff and children. Revisions have been made as per recommendations and feed back. Effectiveness of the trainings has been made possible by including pre-test and post-test questions. This has also helped Sahil in revising the manual as per children needs and comprehension. Evaluation forms are included in every manual, to be filled by the participants, focusing on the content, methodology, and trainer competency.

Components of the Tool

Tool 1. Masculinity

The tool focuses on perceptions of masculinity, healthy relationships and personal boundaries among adolescents. Masculinity is a quality characterized by physical and behavioral features, such as physical strength, which is commonly associated with males. Most men/boys feel pressured to act powerful and to control. To appear weak, emotional, or sexually inefficient is a major threat to their self-esteem. Health problems and behaviors can be linked to the socialized gender role of men in our culture. Masculine gender roles may develop stress in a man if he feels that he has acted 'unmanly'. Conversely, acting 'manly' among peers will often result in aggressive and harmful behavior.

Video Material

Video clips from 'Zahir' story, in the Indian Movie DUS KAHAANIAN, has been used as the interactive tool to highlight behaviors related to masculinity.



Zahir Movie clips from Dus Kahaanian

Pilot Testing

Pilot Testing of the training manual on masculinity was done with 8 management staff members first, and 8 children of SACH shelter/DIC on October 22 and October 23, 2009 respectively.



Pilot testing of the manual at Sach DIC, Islamabad

Training Session

Training session on "Masculinity" was organized at Syban Center, Bhatti Gate, Lahore (a project of Sahil, AAS, and Sheed supported by Action Aid) on October 26, 2009. A total of 25 participants including 9 peer educators and 16 street children attended the training.



Training session on masculinity with Syban, Lahore

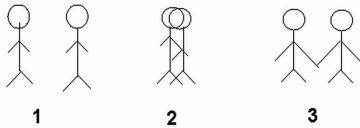
Tool Charts

قواعد و ضوابط

- 1- ہر کسی کی بات کو غور سے سنیں۔
- 2- سیشن کے دوران حاضر رہیں۔
- 3- وقت کی پابندی کریں۔
- 4- ایک دوسرے کی عزت کریں۔
- 5- سیشن کے دوران آپس میں بات چیت نہ کریں۔
- 6- اگر کچھ پوچھنا یا بتانا ہو تو اپنا ہاتھ کھڑا کریں۔
- 7- اپنی باری کا انتظار کریں۔
- 8- اپنی بات کا کٹھنل کراظہار کریں۔
- 9- لاڈلاری کا مکمل خیال رکھیں۔

6 سیشن نمبر: ۲۔

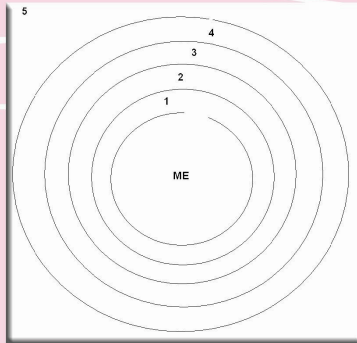
اچھے تعلقات اور رشتوں میں حدود کی اقسام



1 2 3

Types of limitations in a good relationship

Rules for the session



Understanding Boundaries - Game

 GATEKEEPER	 DOCTOR
 DRIVER	 DC: STAFF
 RELATIVES	 NEIGHBOUR

Pictures for Boundary Game

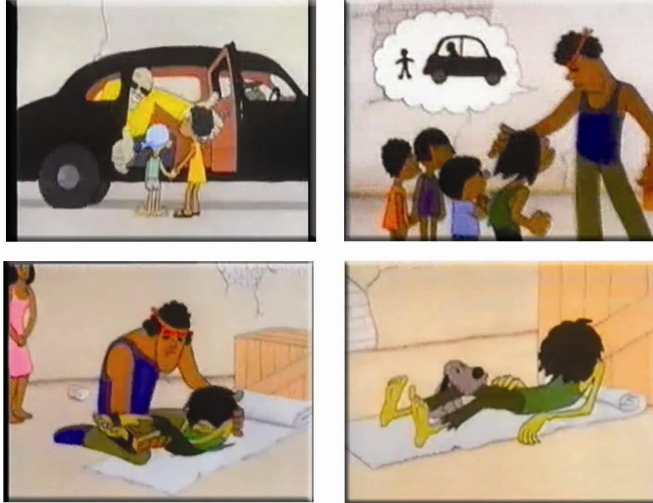
Tool 2. HIV & AIDS

Street children, being a high risk group, may have sexual problems and diseases including HIV & AIDS and STDs due to unprotected sexual practices, or being part of a group with high risk of HIV infection (injecting drug user, prostitutes), or having received a blood transfusion or other blood or body products, or exposure to non-sterile invasive procedures such as tattooing.

Street children must have awareness on HIV & AIDS, high risk behaviors, methods of prevention, warning signs, VCT counseling and testing, and to be able to seek support and supervision.

Video Material

Video clips from Karate Kids, an HIV & AIDS based animated video, has been used. As it was in the English language, it has been dubbed in Urdu.



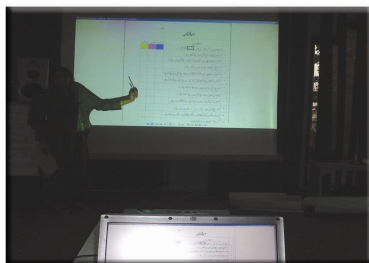
Karate Kids

Mock Sessions

Mock session of the training was conducted with Sahil team on February 9 & 10, 2009. A total of 12 team members attended the training. Manual was updated as per recommendations & observations of the participants.

Pilot Testing

Pilot Testing was done with 20 children from PEHCHAAN DIC/shelter at Children's Library, Lahore, on February 19, 2009.



Pilot testing of the manual at Children's library, Lahore

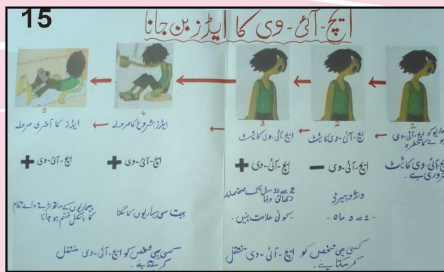
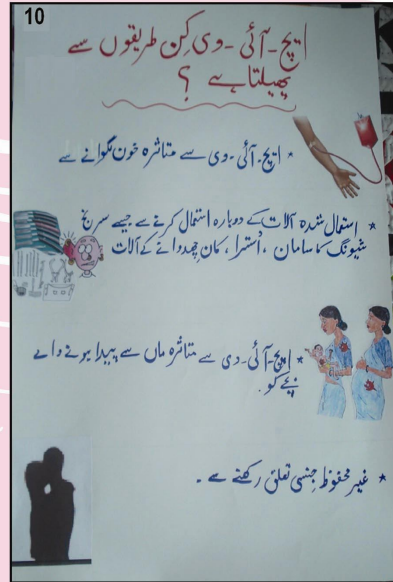
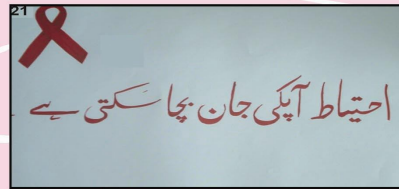
Training Session

Training session on "HIV & AIDS" was organized with Syban on June 24, 2009. A total of 44 street children attended the training including 11 peer educators.



Training Session on HIV & AIDS with Syban, Lahore

Tool Charts



Tool 3. Child Sexual Abuse & Pornography

Once on the streets, children can be easily accessed for abuse due to their extremely vulnerable conditions. Child Abuse involves intentional acts that result in physical or emotional harm to children. Child abuse involves physical abuse, emotional abuse, sexual abuse and neglect.

It occurs in all income, racial, religious, and ethnic groups, and in urban and rural communities. Child abuse results from a complex combination of personal, social, and cultural factors. Sexual abuse is an activity that is usually perpetrated in secret. The offender is often in a position of trust, and always in a position of power, in relation to his or her victim.

The consequences of child abuse and neglect can be devastating and far-reaching. Physical injuries can range from bruises, scrapes, and burns to brain damage, permanent disabilities, and death. The psychological effects of abuse and neglect can last a lifetime and may include a lowered sense of self-worth, an inability to relate to peers, reduced attention span, and learning disorders. In severe cases, abuse may result in psychiatric disorders like depression, excessive anxiety, or dissociative identity disorder, as well as an increased risk of suicide. Behavior problems often develop after abuse, including violence and juvenile crime.

Video Material

- 'Yeh Hamara Kal Hain', a docu- drama, produced by Sahil, has been used to address child abuse, child sexual abuse and parenting issues.



Yeh Hamara Kal Hain, a Sahil Docu - Drama

- An animation developed by Sahil on prevention of exposure to pornography



Sahil Animation on Pornography

○ Mock Trainings

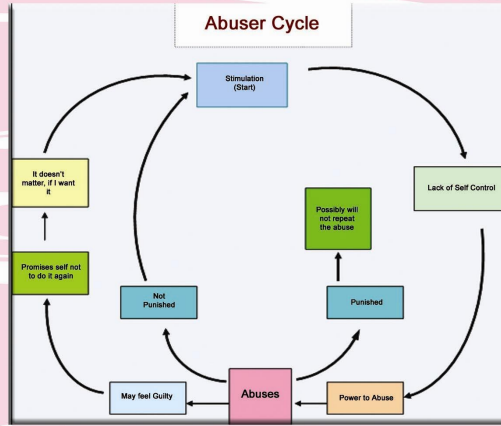
Mock Training with 10 and 8 team members of Sahil was conducted at Sahil on May 4, 2009 and July 8, 2009 respectively. Changes were made after recommendations by Sahil staff.

○ Tool Charts

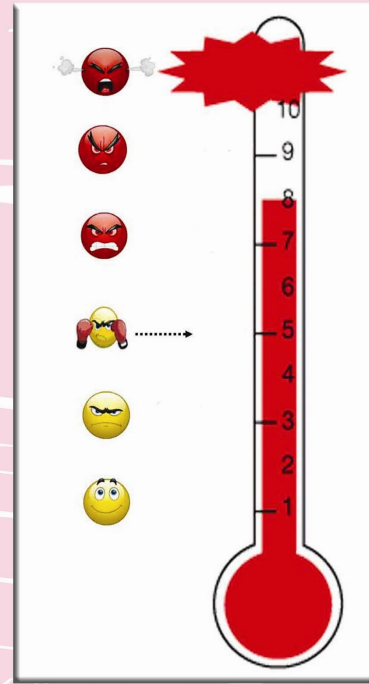
				پیشن نمبر-۲-ب
پہلے نہیں	نہیں	ہاں		
			پہلے	۱- گالیاں دینا بھی تشدد کی ایک قسم ہے۔
			بعد	
			پہلے	۲- دھکا دینا، چٹکی کاٹنا، دانتوں سے کانٹا اور بال کھینچنا، جسمانی تشدد ہے۔
			بعد	
			پہلے	۳- تشدد بچوں کی زندگی پر برے اثرات ڈالتا ہے۔
			بعد	

Pre/ Post Test Questionnaire

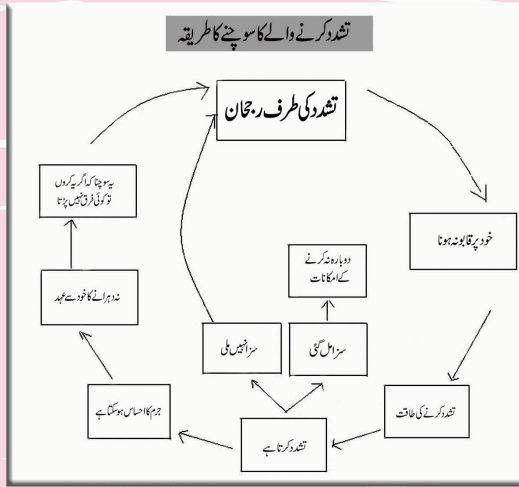
Tool Charts



Abuser Cycle



The Anger Thermometer



Abuser Cycle

Tool 4. Commercial Sexual Exploitation and Prostitution

Commercial sexual exploitation of children (CSEC) is sexual abuse by an adult for remuneration in cash or kind to the child or a third person or persons. The child is treated as a commercial sexual object. CSEC includes the prostitution of children, child pornography, and other forms of transactional sex where a child engages in sexual activities often to fulfill key needs such as food, shelter, or access to education.

Such children often suffer irreparable damage to their physical and mental health. They are at risk of sexually transmitted diseases, particularly AIDS. They are often inadequately protected by the law and may be treated as criminals.

Other non-economic factors that also push children into commercial sexual exploitation are those who have previously experienced physical or sexual abuse, or a family environment of little protection, where caregivers are absent or where there is a high level of violence or alcohol or drug consumption. This maltreatment induces boys and girls to run away from home, making them highly susceptible to abuse.

Video Material

'Other Side of Childhood' a research based animated video by Sahil, of Pirwadhai area in Rawalpindi, encompassing problems faced by children who run away from home and get into commercial sexual exploitation.



Other side of Childhood, a Sahil's research based video

Mock Trainings

Two mock trainings were conducted with 7 Sahil team members at Sahil head office on October 6 and 8, 2009. Recommendations by the participants were incorporated in the final manual.

Tool Charts

2 سوالنامہ
(یہ اسے جانچ کر پڑھیں، یہ کہہ سکتے ہیں)

ہاں	نہیں	یہ نہیں
پہلے	بعد	تیسری نمبر ۱ بچوں کی کوکھر سے ہماگ جانا چاہیے۔
پہلے	بعد	تیسری نمبر ۲ سہولت مفت ہوتی ہے۔
پہلے	بعد	تیسری نمبر ۳ بچوں کو غلط کام میں پھنسا لیا جاسکتا ہے۔
پہلے	بعد	تیسری نمبر ۴ نشر کرنا صحیح ہے۔

Questionnaire used for CSBC

5a نشر آوریادویات راشیاء کے استعمال کے اثرات

۱۔ صحت کی خرابی
صحت کا گرا
جسمانی طور پر کمزور کھائی جانا
تڑپائی کی کمی

۲۔ مختلف شعبوں میں کارکردگی کا متاثر ہونا، جیسے۔۔۔
جسمانی اور ذہنی کارکردگی میں تاخیر اور صحت کی
پریشانی
تھکاوٹ
روزمرہ زندگی کے ٹھیکے کرنے کی صلاحیت
گھڑی مارا نہیں جاتا
بہتر تعلیمی اداروں میں کارکردگی
تیسری نمبر ۱ اور ۲ کا استعمال

Effects of using drugs

خلاصہ - گلی کے بچوں کے جنسی رویوں کے لئے طریقہ تربیت

ساحل نے DICS میں کئے گئے سروے سے اخذ کیا کہ گلیوں میں رہنے والے بچوں کو جنسی رویوں کے بارے میں غلط معلومات ان کی زندگی کو خطرات سے لاحق کر سکتی ہے۔ اس سروے کے نتیجے میں ساحل نے ایک ایسا طریقہ تربیت بنانے کا ارادہ کیا جس میں بچوں کے جنسی رویوں اور جذباتی مسائل کو حل کرنا سیکھا جاسکے۔

GD-Sanjog نے ساحل کو یہ طریقہ تربیت وضع کرنے کی ذمہ داری سونپی۔

اس طریقہ تربیت کو بنانے کا مقصد بچوں کو سادہ اور عام فہم طریقے سے حساس موضوعات کے بارے میں آگاہی دینا اور نگران کو بھی اس کا استعمال واضح کرنا ہے۔

سروے کے ذریعے 4 موضوعات پر بات کرنا ضروری سمجھا گیا:

۱۔ مردانگی کا مظاہرہ

(بچوں کو اچھے تعلقات استوار کرنے اور حد مقرر کرنے کے بارے میں آگاہی دی گئی)

۲۔ ایچ آئی وی ایڈز

(بچوں کو ایچ آئی وی اور ایڈز اور دیگر جنسی بیماریوں کے پھیلنے اور ان سے بچاؤ کے بارے میں آگاہی دی گئی)

۳۔ بچوں پر جنسی تشدد و فحاشی

(بچوں کو ان کے حقوق اور ذمہ داریوں کے بارے میں آگاہی دی گئی)

۴۔ پیشہ ورانہ جنسی تشدد

(بچوں کو پیشہ ورانہ جنسی تشدد اور اس سے بچنے کے بارے میں آگاہی دی گئی)

بچوں کو اوپر دیئے گئے حساس موضوعات پر آگاہی / معلومات دینے کے لئے مندرجہ ذیل طریقہ کار وضع کئے گئے:

☆ اس طریقہ تربیت میں بچوں کو ویڈیو کلپ کے ذریعے معلومات دی گئی۔

☆ بچوں سے ویڈیو کلپ کے بارے میں سوالات کئے گئے اور جوابات کو ایک چارٹ پر لکھا گیا۔

☆ یہ ویڈیو کلپ مختلف معلوماتی ڈاکومنٹری سے لئے گئے۔

تجرباتی تربیت سے یہ بات سامنے آئی کہ بچوں نے بہت دلچسپی سے یہ ویڈیو کلپ دیکھے اور انھیں یہ طریقہ کار بہت پسند آیا۔

SAHIL ANNUAL REPORT 2009

Sahil Just Paper (Hand Made Paper)



NOTE PADS



DIARIES



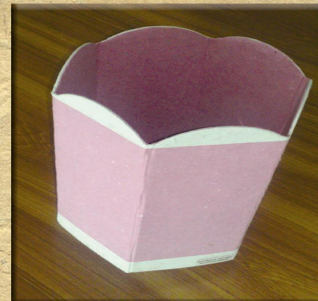
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GIFT BAG



BOX 3*3



WASTE BASKET

Sahil Syban
Youth Club Project

A PROJECT FUNDED BY

act:onaid

In January 2009 Sahil signed a MoU with Action Aid to be a part of a joint project with SHEED and AAS, for a Youth Club – HIV & AIDS Information and Counseling Centre for a period of one year.

Goal

Increase the accessibility of appropriate and correct HIV & AIDS/STIs information and services to meet the unmet needs of young people.

Objectives

The objectives of the project are:

- To promote HIV & AIDS/STIs information and prevention among street children/youth, IDUs and male issues of sex workers around Fort Road Taxali red light area of Lahore.
- To provide counseling & support services to emotionally vulnerable young people.
- To advocate and lobbying for the rights of street children with concerned authorities by mobilizing and organizing all stakeholders.

A center "SYBAN" was established in Red Light Area (Taxali Gate) Lahore.

○ Services available at Syban

- Peer Education on HIV/AIDS/SRH
- HIV/AIDS/STIs Information
- Voluntary Counseling & Testing Services
- Medical Treatment Services
- Referral Services for HIV etc
- Advocacy and Lobbying for the rights of street youth



- Indoor games
- Entertainment services
- Networking and coordination with different stakeholders
- Designing and printing of IEC material
- Capacity building of peer educators



Capacity building workshop of peer educators

As per terms of references Sahil was responsible for the following activities;

- Provision of counseling services on trauma and other issues of street youth at youth club
- Support in advocacy and lobbying with concerned authorities on Child Rights through meetings and seminars
- Devise and printing of IEC material
- Orientation/corner meetings and counseling services for the dejected street youth

○ *Inaugural Ceremony of Syban*

Sahil and AAS jointly arranged inaugural ceremony of SYBAN on 4th May 2009. About 50 participants from government departments, street youth, UNAIDS and local community attended the ceremony.

○ *Training conducted at the centre*

Psychologist of Youth Club conducted training sessions with Peer Educator's, so that they will be able to talk on other health related issues with youth in streets.

Such as:

- Personal Hygiene
- Tuberculosis
- Hepatitis A, B, C and E
- Diabetes Mellitus

Counseling

Sahil's Psychologist provided counseling to 63 Street Children/Youth.

Corner Meetings

Peer educators arranged 14 corner meetings with street children and youth. In these corner meetings peer educators provide information on personal hygiene, hepatitis, T.B and prevention of HIV/AIDS & STIs to 340 street children/youth.



Corner Meeting with street children and youth

Activities at Syban centre for street children/youth

Following activities at SYBAN organized by Sahil for building capacity and to engage street children/ youth in healthy activities.

Sr. No	Activity	No. of Participants
1	Luddo Match	13
2	Badminton Match	24
3	Cricket Match	18
4	Session on HIV/AIDS in collaboration with Sahil Head Office Islamabad	44
5	Carom Board Match	17
6	Card Game based on Child Rights Convention (CRC) in collaboration with Sahil Head Office Islamabad	30
7	Session on Masculinity in collaboration with Sahil Head Office Islamabad	30



Street children playing CRC card game



Drawings by street children at Syban



Session on CRC through card game

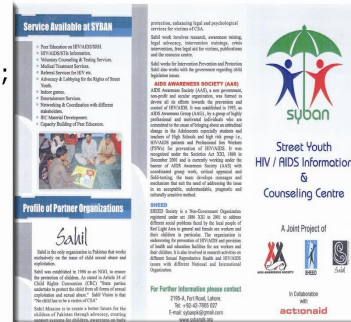


Street children playing Carom Board at Syban

IEC Material

Following material of SYBAN Project printed by Sahil;

- Identity Cards of Peer Educators
- Visiting Cards for Staff Members
- Referral Cards for Peer Educators
- Writing Pads
- Letter Heads
- Project Brochures (English)
- Software to maintain data of street Children/Youth



Project Brochure

Networking

On 14th October 2009, Sahil Referral Unit, Lahore organized "Networking meeting with stakeholders" for SYBAN Project. This meeting was attended by 45 participants from different NGOs, government departments and media.

RU Lahore in collaboration with Action Aid organized one day conference on "Child Protection System and Implementing Mechanisms" on November 19, 2009. A total of 60 participants including parliamentarians attended the conference. Law minister, Punjab, Mr. Rana Sana Ullah was the chief guest of the conference.



One day conference on "Child Protection System and Implementing Mechanisms" at Lahore

The succes of the one year program has lead to its extension.

خلاصہ - ساحل سائبان پروجیکٹ

ساحل نے ایکشن ایڈ کے ساتھ جنوری ۲۰۰۹ میں ایک سالہ پروجیکٹ شروع کیا جس میں آس اور شیڈ ساحل کے پارٹنر تھے۔ اس پروجیکٹ کا مقصد نوجوان لوگوں تک مناسب اور درست ایچ آئی وی اور ایڈز اور جنسی ذریعے سے پھیلنے والے انفیکشنز پر معلومات پہنچانا تھا۔

ان مقاصد کے حصول کے لئے لاہور کے ریڈ لائٹ ایریا ٹیکسالی گیٹ میں سائبان کے نام سے ایک سینٹر قائم کیا گیا۔ اس سینٹر کے ذریعے پیرا ایجوکیٹرز کی تربیت، ایچ آئی وی اور ایڈز اور جنسی ذریعے سے پھیلنے والے انفیکشنز پر معلومات پہنچانا، طبی علاج کی سہولیات، مفت نفسیاتی مشاورت، نوجوانوں کے حقوق کے بارے میں آگاہی، کھیلوں کی سرگرمیاں، کمیونٹی میٹنگز اور معلوماتی مواد کی اشاعت کی گئی۔

اس منصوبے میں ساحل کی ذمہ داری گلی کے بچوں کو نفسیاتی مشاورت دینا، مختلف مسائل پر معلومات فراہم کرنا، جسمانی صفائی، ہیپاٹائٹس بی، سی اور ای، ذیابیطس اور ٹی بی سے متعلق آگاہی فراہم کرنے کے ساتھ ساتھ نوجوانوں کے حقوق سے بھی آگاہ کرنا تھی۔ اس کے علاوہ تمام متعلقہ اداروں سے رابطہ کاری بھی منصوبے کا حصہ تھی۔

ساحل سائیکولوجسٹ نے ۶۳ بچوں کو مفت نفسیاتی مشاورت فراہم کی۔ بچوں کو منظم کرنے کے لئے ۱۴ کمیونٹی میٹنگز کی گئیں اور ۳۴۰ بچوں کو تمام امور پر معلومات فراہم کی گئی۔

۱۴ اکتوبر ۲۰۰۹ کو ساحل ریفرل یونٹ لاہور نے ایک نیٹ ورکنگ میٹنگ کا اہتمام کیا جس میں غیر سرکاری تنظیموں، سرکاری اداروں اور ذرائع ابلاغ کے کل ۴۵ لوگوں نے شرکت کی۔

۱۹ نومبر ۲۰۰۹ کو لاہور میں ایکشن ایڈ کے اشتراک سے بچوں کی حفاظت کا نظام اور عملدرآمد کا طریقہ کار کے موضوع پر ایک روزہ کانفرنس کا انعقاد کیا گیا جس میں ۶۰ لوگوں نے شرکت کی۔

پنجاب کے صوبائی وزیر قانون رانا ثنا اللہ نے مہمان خصوصی کی حیثیت سے شرکت کی۔



Sahil Staff Members 2009



*Capacity Building
Of Staff*

Capacity building is an ongoing process through which individuals, groups, organizations and societies enhance their ability to identify and meet development challenges.

Capacity Building includes human resource development, the process of equipping individuals with the understanding, skills and access to information, knowledge and training that enables them to perform effectively. Staff capacity building benefits in organizational development, the elaboration of management structures, processes and procedures, not only within organizations but also the management of relationships between the different organizations and sectors (public, private and community).

National Workshops

Following trainings were attended by Sahil personnel.

Training Department

- Environment Education - ITA Islamabad
- Human Rights Education - FHRI, Islamabad
- Training of Trainers - SDPI, Islamabad
- 3 days seminar on Human Rights and Mass Awareness and Education program - NCCWD, Islamabad

Legal Aid Department

- 3 days seminar on Human Rights and Mass Awareness and Education program - NCCWD, Islamabad

Media Department

- Workshop on Media Relations - Institute of Media Relations, Islamabad



Jeet Healing Centre for Counseling

- Care and Support for PLWHAs - UNICEF/NACP, Islamabad
- Managing the externalizing behaviours among children - NIP, QAU, Islamabad
- Treating depression among the parents of the children with behaviour problems using culturally sensitive manual - NIP, QAU, Islamabad
- Workshop on Eidetic therapy - Leonard Cheshire Disability, Islamabad

Resource Centre

- Communication Skills - Rozan, Islamabad

Finance and Admin Department

- Secretariat Skills - SDPI
- Finance for non profit - Agha Khan Foundation
- Ms Excel - NCRD
- Smart Chart - Rozan
- Ms Access - NCRD



Mr. Abdul Qayyum, Senior Finance Officer
and Mr. Fazal Sher, Admin & Accounts
Assistant at Training on MS Excel - NCRD

Management

- Leadership and NGO excellence - Asia Foundation, Islamabad
- Developing Logical Framework Analysis - Hashoo Foundation, Islamabad
- Prevention Child Violence: Use of Evidence to Strengthen Advocacy - John Hopkins University, Karachi



Mr. Umar Kiani, Manager Operations at
Developing Logical Framework Analysis -
Hashoo Foundation, Islamabad

Referral Units

- Meri Hifazat training - Sahil, Islamabad
- Counseling Strategies for Dealing with Trauma of CSA - Bahauddin Zakariya University, Multan
- Smart Chart - Rozan, Lahore
- Smart Chart - Rozan, Karachi
- Awareness on HIV & AIDS - AIDS awareness society, Lahore
- Monitors on Fact Findings - AGHS, Lahore
- Prevention Child Violence: Use of Evidence to Strengthen Advocacy - John Hopkins University, Karachi
- Role of Jail Staff, Police Officials and Probation Officers - AGHS, Lahore



*Ms. Manizeh Bano, Executive Director and
Mr. Iftikhar Mubarak, Unit Coordinator Lahore
Training on Prevention on Child Violence at
John Hopkins University, Karachi*

Conferences/Consultations

- Breaking the silence on the issue of street children, International Conference - Azad Foundation, Karachi
- Issues of development and civil society - Behbud Association, Rawalpindi
- Extremism and its impact on society: Implication for Women - NCSW, Islamabad
- Domestic Violence Bill, Women Senators and MNAs - Aurat Foundation, Islamabad
- Medico legal system in Punjab - Action Aid Pakistan, Lahore
- Testing the competencies frame work tool designed for gauging the effectiveness of primary teachers professional skills - VSO, Lahore
- Corporal punishment - SPARC
- Prison reforms regarding Juveniles - SPARC, Lahore
- What can we do to end violence against women - Pirbhat & Action Aid
- Consultation on Child Protection Bill - Save the Children Sweden, Islamabad
- Best practices: Protection of the rights of the children living in the streets - Global Vision, Islamabad
- Local Government Systems in Pakistan - Fredrick Ebert Stiftung Pakistan, Sukkur

International Workshops

- Women Leadership in HIV & AIDS - CEDPA, Nepal
- Non Formal Contextualization Workshop by Child Savings International, Amsterdam
- MenEngage Involving men to end gender based violence, Nepal
- South Asia Regional Consultation on Working with Men and Boys to End Gender Based Violence, Thailand
- Integrating Conflict, Gender and Development, Sri Lanka
- Training of Master Trainers - Aflatoun Program, Manila
- Aflatoun Mid Campaign Meeting, Cairo
- Rehabilitation of vulnerable children - START Program Meeting, Jordan



*Ms. Manizeh Bano, Executive Director at
Non Formal Contextualization Workshop, Amsterdam*



*Mr. Khadim Hussain, Senior Unit Coordinator
Sukkur at South Asia Regional Consultation
Working with Men and Boys to End Gender
Based Violence, Thailand*



*Mr. Iftikhar Mubarak, Unit Coordinator Lahore at
Integrating Conflict, Gender and Development,
Sri Lanka*

SAHIL ANNUAL REPORT 2009



*Mr. Nasir Mehmood, Senior Program Officer
Counseling at Training of Master Trainers,
Aflatoun Program at Manila*



*Mr. Imran Mehmood, Program Officer Trainings at
MenEngage-Involving Men to End Gender
Based Violence, Nepal*



*Ms. Safad zahra, Program officer Counseling at
Women Leadership in HIV & AIDS, CEDPA, Nepal*



Children making portraits - START Program, Jordan



Chinh India Film Festival

Sahil was invited to CHINH India – a forum where children judge and develop films for viewing. Sahil was requested to be on a discussion panel to discuss CSA and research animation on “Other side of childhood”. Sahil was also requested to nominate a child for establishing an International Child Jury. The Other side of Childhood was presented to CHINH forum and Meri Hifazat animations were shown. These were highly appreciated by the international participants who wished to show these animations on their own channels.



Ms. Manizeh Bano, Executive Director and Ms. Anusheh Hussain, Sahil Founder Member on panel discussion at Chinh India Film Festival, India



Ms. Manizeh Bano, Executive Director at closing ceremony at Chinh India Film Festival, India



Ms. Ayesha Absar, Sahil's intern on a panel of Children Jury at Chinh India Film Festival, India

Inhouse Sessions

- Care givers empowerment
- HIV & AIDS counseling strategies
- Child sexual abuse and pornography
- Women Leadership in HIV & AIDS
- Communication skills
- Counseling strategies to deal with pain
- TOT, SDPI

Sahil head office and RUs provided orientation about Sahil program to its newly appointed staff.

105 seminars and meetings / lectures were attended by Sahil staff.





Sahil
Beneficiaries

Sahil Beneficiaries – 2009

Direct Beneficiaries

Sr. No	Activity	Direct Beneficiaries
1	Training on Meri Hifazat (MH)	1,475
2	TOT on Meri Hifazat	29
3	Training on Adolescent Health	281
4	MenEngage trainings	108
5	Counseling services	99
6	Legal aid	60
7	Daewoo campaign	5,662 (Questionnaire responses)
8	Campaign through Airport terminals	10,918 (Questionnaire responses)
9	Campaign through cable	4692 (Questionnaire responses)
10	Bus painting	67 (Direct Interview)
11	CFN and Best Volunteer award ceremony	375
12	Press briefings	126
13	Followup of media consultation	60
14	Puppet shows	681
15	Seminars/sessions/conferences	948
16	Website visitors	17611
17	Toll free line	703
18	Volunteers	682
19	Volunteer meetings	36
20	Interns	13
21	Juveniles availed services	205

SAHIL ANNUAL REPORT 2009

Sr. No	Activity	Direct Beneficiaries
22	IDPs	36,552
23	Child rights and responsibilities, Modern Age School, Abbottabad	43
24	"Stress Management" at NRSP	19
25	"Stress Management" at NRSP	17
26	Bhaid Interactive CD game at CPWB	50
27	Counseling strategies for traumatized children at department of Clinical Psychology at Government College University - Lahore	53
28	03 days training workshop "Care Givers Empowerment" at Pahchaan - Lahore	26
29	Transport research study on Commercial Sexual Exploitation of Children in transport industry	90
30	Meri Hifazat Training session at Shaheen Model School, Kala Shah Kaku	33
31	Meri Hifazat Training session at SOS, Kasur	45
32	Session on Child sexual abuse at "Care for Special Person Foundation	100
33	Life skills training at World Vision	15
34	4 days workshop on Child Protection In Emergencies, session delivered on "Psychosocial Support"	25
35	Session titled Child Sexual Abuse at Al Huda Welfare Organization, Faisalabad	151
36	Session on Child Abuse, effects and prevention for capacity building of Muslim Aid staff	15
37	MH training session at Lahore Grammar School Islamabad Branch	15
38	Session on "Child Abuse & Its Effects" at Health Services Academy, Islamabad	29
39	MH training session at Caritas, Faisalabad	25
40	MH training session at Lahore Grammar School, Islamabad	30
41	MH training session at Syban Center, Lahore	21

SAHIL BENEFICIARIES



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Sr. No	Activity	Direct Beneficiaries
42	MH training session at Islamic Education System, Islamabad	20
43	MH training session at ITA, Sheikhpura	27
Total of direct beneficiaries		82,232

Recipients of Information

Sr. No	Activity	Recipient of Information
1	Magazine subscribers	16,520
2	Annual report	1495
3	Cruel Numbers	2991
4	Code of Ethics	1081
5	Table calendar	815
6	Insaaf ki dastak	714
7	Researches	1032
8	Banners and posters	1459
9	Diaries	318
10	Animations and other CDs	2036
11	Brochures	5641
12	TV exposures	55,000 (25% of total 220,000 viewership)
13	Radio transmission	175,000 (35% of total 500,000 listeners)
Total of recipients of information		264,102





Financial Audit

AUDITORS' REPORT TO THE BOARD OF DIRECTORS


We have audited the annexed balance sheet of **SAHIL** as at 30 June 2009 and the related income and expenditure account together with the notes forming part thereof (here-in-after referred to as the financial statements) for the year then ended.

It is the responsibility of the management to establish and maintain a system of internal control and prepare and present the statements in conformity with the approved accounting standards as applicable in Pakistan. Our responsibility is to express an opinion on these statements based on our audit.

We conducted our audit in accordance with generally accepted auditing standards. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the statements are free of any material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting policies used and significant estimates made by management, as well as, evaluating the overall presentation of the financial statements. We believe that our audit provides a reasonable basis for our opinion.

In our opinion, the financial statements present fairly in all material respects the financial position of **SAHIL** as at 30 June 2009 and of its deficit for the year then ended in accordance with the approved accounting standards as applicable in Pakistan.

RIAZ AHMAD & COMPANY
Chartered Accountants


Atif Bin Arshad

ISLAMABAD

Date: **11 DEC 2009**

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Riaz Ahmad & Company is a member of Nexia International,
a worldwide network of independent accounting and consulting firms.

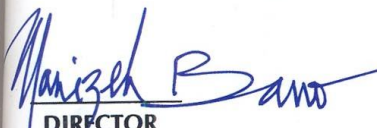


SAHIL ANNUAL REPORT 2009
SAHIL

BALANCE SHEET AS AT 30 JUNE 2009

	NOTE	2009 Rupees	2008 Rupees
ASSETS			
NON CURRENT ASSETS			
Property and equipment	4	8,435,861	9,020,595
Long term security deposits	5	24,000	50,000
		<u>8,459,861</u>	<u>9,070,595</u>
CURRENT ASSETS			
Advances-considered good		115,479	345,316
Security deposits and prepayments	6	305,051	295,118
Other receivables		121,919	140,245
Short term investments	7	2,500,000	6,500,000
Advance tax receivable		- 51,869	28,368
Cash and bank balances	8	4,264,426	3,099,998
		<u>7,358,744</u>	<u>10,409,045</u>
TOTAL ASSETS		<u><u>15,818,605</u></u>	<u><u>19,479,640</u></u>
FUNDS AND LIABILITIES			
FUNDS			
Unrestricted funds	9	9,352,945	7,851,876
Norwegian Embassy grants-restricted funds	10	3,843,561	10,750,097
GD SANJOG project funds-restricted funds	11	14,110	-
		<u>13,210,616</u>	<u>18,601,973</u>
NON - CURRENT LIABILITIES			
Deferred credit	12	2,169,556	-
CURRENT LIABILITIES			
Creditors, accrued and other liabilities	13	438,433	877,667
CONTINGENCIES AND COMMITMENTS			
		-	-
TOTAL FUNDS AND LIABILITIES		<u><u>15,818,605</u></u>	<u><u>19,479,640</u></u>

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


DIRECTOR


DIRECTOR

FINANCIAL AUDIT

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SAHIL

INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 30 JUNE 2009

		Unrestricted Funds	Restricted Funds	2009 Total Funds	2008 Total Funds	
NOTE		-----Rupees-----				
INCOME						
	Grants and voluntary contributions	14	664,442	17,949,603	18,614,045	26,864,159
	Amortisation of deferred grant	12	182,188	-	182,188	-
	Other income	15	3,086,264	39,638	3,125,902	2,342,231
			3,932,894	17,989,241	21,922,135	29,206,390
EXPENDITURE						
	Direct programme cost	16	503,648	22,651,949	23,155,597	26,279,297
	Programme support cost	17	1,110,962	-	1,110,962	744,347
	Depreciation	4	817,215	174,084	991,299	1,076,925
			2,431,825	22,826,033	25,257,858	28,100,569
	SURPLUS / (DEFICIT) FOR THE YEAR		<u>1,501,069</u>	<u>(4,836,792)</u>	<u>(3,335,723)</u>	<u>1,105,821</u>

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


DIRECTOR


DIRECTOR



SAHIL

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2009

1 THE CHARITY AND ITS OPERATIONS

Sahil, Islamabad, is a social welfare non-government organization, registered on 12 April 1997 under the Voluntary Social Welfare Agencies (Registration and Control) Ordinance, 1961. The main object of Sahil is to educate people on child sexual abuse and training of professionals and interested individuals in intervention skills.

2 STATEMENT OF COMPLIANCE

These financial statements have been prepared in accordance with approved accounting standards, as applicable in Pakistan. Approved accounting standards comprise of Accounting and Financial Reporting Standards for Small-Sized Entities (SSEs) issued by the Institute of the Chartered Accountants of Pakistan.

3 SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

3.1 Basis of Preparation

These financial statements have been prepared under the historical cost convention, except as modified by foreign currencies which are dealt with as stated in note 3.10.

3.2 Funds Accounting

The restricted funds comprise the accumulated surplus/deficit of donations/voluntary contributions and grants for which donors have specified an intention to support a particular aspect of Sahil's activities together with income accruing directly to those restricted funds. Surpluses are held until they are fully expended or returned at the end of the respective grant period or disposed off according to the donor's instructions.

The unrestricted funds comprise the accumulated surpluses/deficits of donations/voluntary contributions and grants for which donors have not specified any intention.

3.3 PROPERTY AND EQUIPMENT

Cost

Property and equipment are stated at cost less accumulated depreciation.

Subsequent costs are included in the asset's carrying amount or recognized as a separate asset, as appropriate, only when it is probable that future economic benefits associated with the item will flow to Sahil and the cost of the item can be measured reliably. All other repair and maintenance costs are charged to income and expenditure account during the year in which they are incurred.

Depreciation

Depreciation on property and equipment is charged to income and expenditure account applying the reducing balance method so as to write off the cost/depreciable amount of the assets over their estimated useful lives at the rates given in Note 4. Depreciation on additions is charged from the month in which the asset is available for use and on deletions up to the month in which asset is de-recognized.

De-recognition

An item of property and equipment is de-recognized upon disposal or when no future economic benefits are expected from its use or disposal. Any gain or loss arising on de-recognition of the asset is included in the income and expenditure account in the year the asset is de-recognized.

3.4 Investments

Classification of an investment is made on the basis of intended purpose for holding such investment. Management determines the appropriate classification of its investments at the time of purchase.

Held-to-maturity

Investments with fixed or determinable payments and fixed maturity are classified as held-to-maturity when Sahil has the positive intention and ability to hold to maturity. Investments intended to be held for an undefined period are not included in this classification. Short term investments categorized as held to maturity are measured at fair value plus transaction costs directly attributable to acquisition.

3.5 Trade debts and other receivables

Trade debts and other receivables are carried at original invoice amount less an estimate made for doubtful receivables based on review of outstanding amounts at the year end. Balances considered bad and irrecoverable are written off when identified.

3.6 Cash and Cash Equivalents

Cash and cash equivalents are carried in the balance sheet at book value which approximate their fair value. Cash and cash equivalents comprise cash in hand, cash with banks and other short term highly liquid instruments that are readily convertible into known amounts of cash and which are subject to insignificant risk of changes in values.

3.7 Accrued and other liabilities

Liabilities and other amounts payable are initially recognized at fair value which is normally the transaction cost.

3.8 Revenue

Revenue from different sources is recognized as under:

- Cash donations/voluntary contributions are recognized on cash receipt basis.
- Grants are recognized in the year in which they are committed, subject to the assurance that the conditions attached thereto, if any, shall be complied with.
- Return on investment is recognised on accrual basis at the rates specified in respective investment instrument assuming that such investment will be held till maturity.

3.9 Taxation

Sahil is non-profit organization under section 2(36) of Income Tax Ordinance, 2001. Therefore, no provision of tax has been made in these financial statements.

3.10 Foreign Currencies

These financial statements are presented in Pak Rupees, which is Sahil's functional currency. All monetary assets and liabilities denominated in foreign currencies are translated into Pak Rupees at the rates of exchange prevailing at the balance sheet date, while the transactions in foreign currency during the year are initially recorded in functional currency at the rates of exchange prevailing at the transaction date. All non monetary items are translated into Pak Rupees at the exchange rates prevailing at the date of transaction or the date when fair values are determined. The entity charges all exchange differences to income and expenditure account.



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4. PROPERTY AND EQUIPMENT

DESCRIPTION	COST				Rate	ACCUMULATED DEPRECIATION			Depreciation charged for the year	NET BOOK VALUE AS AT 30 June 2009
	As at 01 July 2008	Additions	Disposals	As at 30 June 2009		As at 01 July 2008	As at 30 June 2009	Adjustment		
	Rupees				%	Rupees				
Freehold land	1,643,738	-	-	1,643,738	-	-	-	-	-	1,643,738
Office building	7,937,500	-	-	7,937,500	10	4,060,387	4,448,098	-	387,711	3,489,402
Furniture and fixtures	1,027,101	27,500	-	1,054,601	10	377,178	441,905	-	64,727	612,696
Motor vehicles	2,558,050	-	-	2,558,050	20	1,292,711	1,538,827	-	246,116	1,019,223
Office equipment	1,588,290	185,969	-	1,774,259	10	590,843	699,671	-	108,828	1,074,588
Computer equipment	1,842,728	225,352	(63,000)	2,005,080	30	1,255,693	1,408,866	(30,744)	183,917	596,214
	16,597,407	438,821	(63,000)	16,973,228		7,576,812	8,537,367	(30,744)	991,299	8,435,861

4.1

DESCRIPTION	COST				Rate	ACCUMULATED DEPRECIATION			Depreciation charged for the year	NET BOOK VALUE AS AT 30 June 2008
	As at 01 July 2007	Additions	Disposals	As at 30 June 2008		As at 01 July 2007	As at 30 June 2008	Adjustment		
	Rupees				%	Rupees				
Freehold land	1,643,738	-	-	1,643,738	-	-	-	-	-	1,643,738
Office building	7,937,500	-	-	7,937,500	10	3,629,597	4,060,387	-	430,790	3,877,113
Furniture and fixtures	896,329	130,772	-	1,027,101	10	304,964	377,178	-	72,214	649,923
Motor vehicles	1,893,740	1,144,000	(479,690)	2,558,050	20	1,355,468	1,292,711	(379,092)	316,335	1,265,339
Office equipment	1,423,882	164,408	-	1,588,290	10	480,016	590,843	-	110,827	997,447
Computer equipment	1,641,723	201,005	-	1,842,728	20	1,108,934	1,255,693	-	146,759	587,035
	15,436,912	1,640,185	(479,690)	16,597,407		6,878,979	7,576,812	(379,092)	1,076,925	9,020,595

5. LONG TERM SECURITY DEPOSITS

	2009 Rupees	2008 Rupees
Opening balance	50,000	109,000
Additions during the year	24,000	134,000
Over due portion	<u>163,000</u>	<u>-</u>
	237,000	243,000
Less: current portion as shown under current assets (Note 6)	(213,000)	(193,000)
Closing balance	<u>24,000</u>	<u>50,000</u>

6. Security deposits and prepayments

Current maturity of long term security deposits (Note 5)	50,000	193,000
Current maturity	<u>163,000</u>	<u>-</u>
Over due	213,000	193,000
Prepayments	<u>92,051</u>	<u>102,118</u>
	<u>305,051</u>	<u>295,118</u>

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	2009 Rupees	2008 Rupees
7. SHORT TERM INVESTMENTS - Held to maturity		
Term deposit receipts:		
Soneri Bank Limited	-	4,000,000
Faysal Bank Limited	2,500,000	2,500,000
	2,500,000	6,500,000
7.1 The interest rates on term deposit receipts range from 9.50 % to 10 % (30 June 2008 : from 9.50 % to 10 %) per annum.		
8. CASH AND BANK BALANCES		
Cash in hand	36,938	47,555
Cash with bank on current accounts	4,227,488	3,052,443
	4,264,426	3,099,998
9. UNRESTRICTED FUNDS		
Balance as at 01 July	7,851,876	7,417,839
Surplus for the year	1,501,069	434,037
Balance as at 30 June	9,352,945	7,851,876
10. NORWEGIAN EMBASSY GRANTS-restricted funds		
Balance as at 01 July	10,750,097	10,078,313
(Deficit) / surplus for the year	(4,836,792)	671,784
Assets transferred to Sahil	(2,069,744)	-
Balance as at 30 June	3,843,561	10,750,097
11. GD SANJOG FUNDS-restricted funds		
Balance as at 01 July	-	-
Addition during the year	6,919,690	-
Less:		
Expenditures (Note 11.2)	(6,623,580)	-
Assets transferred to Sahil	(282,000)	-
	(6,905,580)	-
Balance as at 30 June	14,110	-
11.1 The Sahil as a part of its activities, initiates, executes and implements project funded through Groupe Developpement.		
11.2 This represents the expenditures of GD SANJOG project executed and operated by Sahil during the year.		
12. DEFERRED CREDIT		
Balance as at 1st July 2008	-	-
Grants received during the year	2,351,744	-
Depreciation expense	(182,188)	-
Balance as at 30 June 2009	2,169,556	-
12.1 This represent grants received in kind and includes assets acquired by Sahil from Norad of Rupees 2,069,744 and GD Sanjog of Rupees 282,000 upon completion of respective projects.		

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	2009 Rupees	2008 Rupees
13. CREDITORS, ACCRUED AND OTHER LIABILITIES		
Accrued liabilities	276,433	385,043
Advance against land	-	200,000
Security deposits payable	90,000	90,000
Withholding tax payable	-	9,233
Others	72,000	193,391
	<u>438,433</u>	<u>877,667</u>
14. GRANTS AND VOLUNTARY CONTRIBUTIONS		
Norwegian Embassy grants-restricted funds	17,949,603	26,835,359
Donation/voluntary contribution-unrestricted funds	664,442	28,800
	<u>18,614,045</u>	<u>26,864,159</u>
15. OTHER INCOME		
From Financial asset		
Return on investment	247,326	187,362
Others		
Sale of hand made paper products	596,439	516,504
Rental income	386,000	356,000
Gain on disposal of property and equipment	-	179,402
Training project income	459,227	688,069
Expenses reimbursed	482,354	349,582
Administrative cost recovered from GD SANJOG	452,690	-
Advance against land written back	200,000	-
Miscellaneous	262,228	65,312
	<u>3,086,264</u>	<u>2,342,231</u>

	Unrestricted Funds	Restricted Funds	2009	2008
	-----Rupees-----			
16. DIRECT PROGRAMME COST				
Salaries and benefits (Note 16.1)	-	13,476,946	13,476,946	13,082,640
Traveling and accommodation	-	1,558,370	1,558,370	1,359,139
Telephone, fax and e-mail	-	718,088	718,088	680,536
Postage and stationery	-	525,921	525,921	608,449
Repair and maintenance	-	273,325	273,325	453,499
Advertisements	-	1,168,589	1,168,589	3,359,013
Rental	-	1,318,237	1,318,237	1,649,866
Training and workshops	-	1,138,710	1,138,710	1,647,545
Fee and subscription	-	120,529	120,529	468,855
Utilities	-	894,367	894,367	376,384
Auditors' remuneration	-	160,200	160,200	76,000
Vehicle insurance	-	78,572	78,572	96,891
Child friendly newspaper / magazine	-	166,392	166,392	518,965
Retainership fee / consultancy charges	-	300,000	300,000	20,000
Web page development and hosting charges	-	10,170	10,170	11,800
Composing and designing	-	110,689	110,689	486,363
Medecine/vaccination	-	23,396	23,396	-
Entertainment	-	77,538	77,538	-
Research work	-	300,000	300,000	843,551
Property tax	50,440	-	50,440	150,044
Relief work	180,000	-	180,000	-
Media consultation	225,457	-	225,457	-
Miscellaneous	47,751	231,910	279,661	389,757
	<u>503,648</u>	<u>22,651,949</u>	<u>23,155,597</u>	<u>26,279,297</u>

16.1 It includes the executive director's salary amounting to Rupees 1,546,884 (2007:Rupees 1,406,256) per annum.

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	2009 Rupees	2008 Rupees
17. PROGRAMME SUPPORT COST		
Salaries and other benefits	505,122	393,022
Repair and maintenance	43,637	2,719
Rental	81,789	189,468
Traveling and accommodation	11,585	17,382
Paper making expenses	79,261	77,762
Utilities	12,703	18,704
ICO project	225,000	-
Support material	93,454	-
Miscellaneous	58,411	45,290
	<u>1,110,962</u>	<u>744,347</u>

18. DATE OF AUTHORIZATION FOR ISSUE

11 DEC 2009

These financial statements were authorized for issue on _____ by the Board of Directors of SAHIL.

19. CORRESPONDING FIGURES

No significant reclassification of corresponding have been made.

20. General

Figures have been rounded off to the nearest Rupee.


DIRECTOR


DIRECTOR



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FINANCIAL AUDIT