



1st Capacity Building Forum

09 -11 April, 2009

Introduction

World Population Foundation (WPF), Pakistan in collaboration with United Nations Population Fund (UNFPA) held a 3 days National Youth Summit (NYS) from 29th November to 01st December 2008. The basic rationale and idea behind organizing the Summit was to:

1. Strengthen and harmonize the youth networks and organizations to effectively contribute to national development of Pakistan;
2. Engage youth from diverse backgrounds and initiate a policy dialogue on the emerging issues of youth (and)
3. Initiate a national level platform of the youth (15-25 years of age) to ensure meaningful youth participation and give out message of unity and peace.

After National Youth Summit 2008 (NYS08) a National Youth Task Force (NYTF) comprising of young, energetic participants of National Youth Summit was formalized. The main responsibility of the National Youth Task Force is to follow up on the recommendations drawn during the Summit through a logical, systematic and result oriented strategy and plan of action.

One of the components of NYS 08 was the promotion of Sexual and Reproductive Health and Rights (SRHR) of young people. It is essential that young people are aware of the full scope of their rights and the conditions to realize these rights are guaranteed.

Since, young people are directly affected by the Sexual and Reproductive Health and Rights issues, so they are particularly effective advocates for the implementation of policies and programmes related to their health and futures. Youth involvement in the policy making process increases their ownership. To strengthen this initiative, it is important to empower young people to make changes in the existing policies and bring revolutionary change in the society.

National Youth Task Force is then an effort to polish the skills of SRHR advocates. They are more likely to undertake future advocacy efforts and to continue pursuing the cause on their own initiative, thereby increasing their skills, knowledge, sense of ownership, and power to bring about change!



First Capacity Building Forum

First 3 days capacity building session was organized in Islamabad at WPF office from **9-11 April 2009** to **polish the skills of young SRHR advocates to carry on the recommendations of NYS 08**. It was part of a series of capacity building training sessions, planning and advocacy events throughout the year.

Objectives

1. To develop the knowledge and skills of National Youth Task Force on policy making and lobbying processes.
2. To facilitate NYTF for implementation of the recommendations of National Youth Summit 2008.

Participants: A total of 17 (12 Males; 5 Females) participated in the Forum.

S no.	Name	City
1	Najam Us Sahar	Islamabad
2	Iqbal Khan	Islamabad
3	Maliha Iftikhar	Islamabad
4	Huma Afzaal	Islamabad
5	Shehryar Afzaal	Islamabad
6	Hina Mustafa	Muzafarabad
7	Asim Aziz	Muzafarabad
8	Noor Nabi	Peshawer
9	Umar Khan	Battagram
10	Umair Razzaq	Abbotabad
11	Shahzad Khan	Lahore
12	Amir Bilal	Sargodha
13	Azar Niaz	Hyderabad
14	Munawar Rind	Hyderabad
15	Penzi Kamran	Karachi
16	Atiq Baloch	Noshki
17	Qaiser Roonjha	Lasbela

The 3 day forum was divided into the following sessions (Annexure 1):

- Day 1:** -Demographic Dividend
 -Youth and SRHR
 -Policy from Theory to Practice
- Day 2:** -Group Work on Policies
 -Discussions with Policy Experts
- Day 3:** -Discussion/Dialogue with Ministries



Day One

Session 1:

Demographic Dividend: Harnessing Youth Potential in Pakistan

By Mr. Muhammad Fahd Shafiq,

Project Manager,

Non- formal Education Systems, WPF

During the first session, NYTF was introduced with the term “Demographic Dividend” and the issues of youth. Salient points of presentation and discussion are as follows:

- Youth – Period of transformation from family dependent childhood to independent adulthood and integration in the society as a useful citizen.
- Pakistan currently has the largest group of youth (Ages 10 – 24) in its history with nearly 54.2 million individuals almost 34% of its total population.
- In 2025, the number of this age group will further increase to 64.8 Million.
- 85,000 people from the age of 20-44 are infected by HIV & AIDS in Pakistan
- Demographic Dividend can be a window of opportunity to formulate policies for tomorrow’s world. It is in the hands of youth now!

Session 2:

Youth and SRHR

By Ms. Cyma Ashraf,

Programme Manager,

SRHR Education, WPF

The session on **Youth and SRHR** proved most interactive, providing the young participants with the opportunity to understand Sexual and Reproductive Health and Rights issues and express the inhibitions, which they encounter coming from certain cultural backgrounds. Interactive methods such as real life examples were employed to build the understanding of the participants on basic concepts of SRHR including International Planned Parenthood Federation’s (IPPF) Charter of 12 Sexual and Reproductive Health Rights. Participants also shared particular SRHR issues related to their specific provinces and how it is difficult to talk about some of these issues without hesitation.

The discussion revolved around the following points:

- General physical and psychological health.
- Reproductive health and rights and the obstacles in the way like conservatism and public health versus rights-based approach.
- A rights-based approach as a conceptual framework for the process of human development..



Session 3: **Policy from Theory to Practice** **By Mr. Kaiser Bengali**

Mr. Kaiser Bengaliwala commonly known as Kaiser Bengali is one of the most distinguished economists of Pakistan. Dr. Bengaliwala has headed institutions like Social Policy and Development Center (SPDC), Karachi and Sustainable Development Policy Institute (SDPI), Islamabad. He remained associated as a Professor with Applied Economics Research Centre (AERC), University of Karachi and is currently teaching at Shaheed Zulfiqar Ali Bhutto Institute of Science and Technology (SZABIST).

The session by Mr. Bengali focused on real life examples from various areas of life, depicting the role of government and that of an advocate/activist who can bring policy reforms in the existing policy framework to fetch positive change in the lives of many. Prior to the session, Mr. Bengali also informally explained how a politician is like a distributor. He is between the state and the “*awaam*” (people). This example was emphasized throughout the session to simplify intricate aspects of the policy making process for the facilitation of the participants.

The session was divided into the following sub-sections:

- Process of Policy Making
- Opportunity Cost
- Youth Involvement

Process of Policy Making

Policies should be based on sound ground realities not in vacuum. For this reason, a systematic process needs to be followed, which in Dr. Bengaliwala’s explanation encompasses the following:

- **Data Collection** – This involves the collection of relevant data, primary and/or secondary as well as the formation of the universe of the issue, problems, sample; and identification of laws and how they hinder or support the forces that strive to change the policy.
- **Designing of Implementation** – This identifies important stakeholders with well-defined roles to ensure that once a policy is made there is a clear plan of action to effectively implement it.
- **Risk Analysis** – This encompasses assessment of risk by pilot testing with a small group prior to implementation.
- **Prioritizing on the Basis of Opportunities and Constraints** – This step helps in deciding what is needed the most in a particular area based on the possible opportunities and threats.
- **Implementation Plan** – Finally, this involves deciding what kind of infrastructure and tools will be needed to implement a programme. It also



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defines and identifies the available resources (technical as well as financial) and the controls and systems to avoid corruption.

Opportunity Cost

It is essential not only to identify in our analysis of policies the benefits and costs but also the individuals or the strata of people who will bear the effects. Without taking this into account, a small group may benefit while a larger group may pay the cost.

Youth Involvement

During the interactive session with Dr. Bengaliwala, the participants asked how they could improve/change the system. He answered by emphasizing that the key to this change lay in asking questions and demanding answers. In a democratic system youth can contact Members of the National Assembly and put questions forward to the Parliament, he added.

He further said that the youth of today need to “Make it their business” and keep themselves involved at every level. The Youth can contribute by writing letters to the concerned authorities and also by writing articles in newspapers and magazine. This is one way that their voices can be made heard. Youth can also act as a watch dog, gathering information and at the right time presenting it to the public or the Government. It is this “fighting spirit” that in Dr. Bengaliwala’s words could take the nation ten steps forward.

He stressed that it was important for the youth to utilize its resources and make the most of them. Internet websites like Facebook and Youtube provide a world of opportunities where people can express their views and share ideas. Make it “powerful information”

Awaken the idealism of the youth!



Day Two

Session 1: Group Work on Policies by NYTF

The members of National Youth Task Force were divided into 4 groups (Annexure 2) keeping the provincial representation in mind and were given the Youth, Education, Health and Population & Development Policies to examine. At the end they were expected to present their suggestions one by one, recommending what they thought should be included in the policies.

The objective of this exercise was to enable the members to have a first hand experience of analyzing different policies and presenting their queries to the experts and ultimately to the relevant ministries.

Session 2: Policy Analysis by Policy Experts

For a better understanding of the policies and of what has been done in reality, members of the NYTF met with professionals who have been involved in respective sectors for a longtime.

Recommendations by NYTF were presented to the experts for their specialist opinion and issues and questions were prepared for discussion with the respective ministries:

1. Health Policy- Dr. Sania Nishtar (Heartfile)
2. Education Policy- Sami Khan (GTZ, German Technical Cooperation)
3. Youth Policy- Talib Sial (Former Senior Joint Secretary Ministry of Youth Affairs)
4. Population and Development- Dr. Ali Mir (Population Council)

Generic Recommendations by NYTF

The broad recommendations drawn at the conclusion of Policy Analysis read as:

1. Youth participation and input should be welcomed at policy formulation and implementation stages.
2. More inclusive policy making process that caters to the needs of the youth.
3. Involve stakeholder participation at different stages of policy implementation.
4. Establishment of accountability framework and evaluation techniques to regularly monitor the progress of all implemented programmes under all ministries.

Following are independent group recommendations:

Group: Education Policy

The National Education Policy (1998-2010) is being reviewed and amended in consultation with provincial education departments. Changes in global trends, demographic transformations and international challenges like Millennium Development Goals (MDG) are the main reasons that impelled the Ministry to initiate the review.



Recommendations drawn by the NYTF members after reviewing the policy and receiving feedback from the experts are summarized below:

1. For a sustainable Education Policy Ministry, it will have to be endorsed by the Parliament and all political parties, so that any change of the political government will not affect it.
2. The ministry should ensure complete mapping and data base for identification of strengths and weaknesses in the system.
3. The gap between the Urdu and English medium systems need to be narrowed.
4. Standard and quality of public education needs to be improved dramatically in the form of revamped syllabi, new and updated textbooks and trained and qualified teachers.
7. Life Skills based training needs to be implemented in the curricula.
8. Academic counseling needs to be institutionalized in all academic institutions.
9. Modern and technical education for young people who are in Madarasas (Religious School).
10. The ministry should pledge that NYTF's suggestions will be incorporated in Inter-provincial Education Minister's Conference (IPEM) for policy reform.
11. The ministry should commit that it will arrange NYTF meetings with 6 other sub-divisions under education ministry.

Group: Youth Policy

The National Youth Policy was in its draft form since 1989. The Policy draft 2009 has been agreed in principle by the Federal Cabinet. This document entails to the youth of Pakistan (15-29 years of age) and encompasses cross-cutting issues of social, economic and political empowerment of young people. This document will play a catalytic role for implementation of the policy besides undertaking specific programmes and projects to supplement the overall efforts.

Recommendations by the NYTF members are summarized below:

1. The term "People with disability" should be used instead of "handicapped".
2. All Pakistan Youth Conference should be held every year.
3. A separate department for youth affairs should be established at district level.
4. A proper channel should be provided to youth for advocacy (e.g. Youth Councils).
5. Sexual and Reproductive Health and Rights education should be incorporated in youth policy.
6. Promotion of membership based youth organizations and groups, is needed for meaningful participation at different levels; project planning and implementation and most importantly, policy formulation.
7. Youth needs to be more politically aware for meaningful participation in the governance of the country. Organized and systematic Student Unions with the affiliation of political parties is needed for political awareness & discussions.
8. There is an urgent need to re-assess budget allocation for the Youth Ministry.



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9. The two most pronounced issues of the youth i.e, education and employment, need prioritization.

Group: Health Policy

The National Health Policy 2001 is being revised and the government has shared the zero draft of National Health Policy 2009 with all stakeholders. . The draft policy comes into being after the realization that there is a need for fast progress in improving health outcomes and the policy needs to be linked with Millennium Development Goals. Redrafting is being done in consultation with key stakeholders and with strategic directions from parliamentarians and experts in the departments of Health.

Recommendations by the NYTF members are summarized below:

1. Training of Lady Health Workers on SRHR issues for guiding the youth of Pakistan by giving appropriate information.
2. At primary and secondary health care centers, there is a need to provide youth friendly psychological and physical counseling.
3. Legalization of abortions or ensuring the provision and accessibility of contraceptives and information to avoid unsafe abortions.
4. Promotion of gender equity in medical access.
5. Creating mass awareness about Sexual and Reproductive Health and Rights in public health matters.
6. Capacity building of health service providers towards SRHR.

Group: Population & Development Policy

The National Population Policy was conceived in 2002. This Population Policy is designed to achieve social and economic revival by focusing on the aspects of sustainable development towards population growth and thereby reducing its adverse consequences for development. It is intended to achieve a reduction in dependency ratios, to alleviate pressures on dwindling resources and to help in the reduction of poverty. The Policy has several wide-ranging accomplishments for the economy, human rights and the long-term prosperity of Pakistan.

Recommendations by the NYTF members are summarized below:

1. Provision for youth initiatives in population campaigns.
2. Population campaigns to be made more appealing and youth friendly, using a variety of media including TV, radio, SMS, posters, internet sites, presentations and so on.
3. Provide education regarding civic responsibility, social responsibility and responsibility towards informed choices at school and college level in collaboration with the Ministry of Education and the Ministry of Health.
4. Include sexuality/SRHR education, along with education regarding responsible parenthood at secondary and higher secondary school level; the curriculum is to be based in the light of religion and is to be culturally sensitive.



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5. Potential of the youth to be utilized towards spreading the message of a healthy family via volunteer programmes at university level.
6. Setting up a youth helpline that can provide 24 hour service to young people in regards to providing safe, authentic, confidential information and counseling regarding sex, responsible parenthood and raising healthy families.
7. To provide a platform for the youth to raise their concerns regarding reproductive health rights.
8. Arrange informative workshops for teachers, community leaders, *imams*, parents and management personnel regarding different aspects of Population Welfare Policy.



Day Three

Respective groups of the National Youth Task Force met with the ministry personal and discussed their recommendations. The main objective of their dialogue was to streamline existing policies and build future policies and programmes keeping in mind the specific needs of this group and hence the next generation.

Ministry of Health

Representative:

Dr. Adnan Khan, Monitoring, Evaluation and Research Advisor, Federal Ministry of Health

Facilitation:

Mr. Mohammad Anwar, Programme Manager Institutional Strengthening, WPF

Mr. Khan was explained the process that led to the formation of National Youth Task Force. He exhibited keen interest in this initiative and briefed the members on how a policy is made and the working behind it. The members reinforced that SRHR education should be included in the policy. In response to this Mr. Khan explained that the theme of SRHR had been included in the policy under “Healthy Behavior” because the government has to be culturally appropriate when talking about such issues. The members also reinforced the need to build a bridge between the policy in writing and its implementation. The discussion concluded on the note that the government will take the recommendations of NYTF seriously and full support will be extended.

Ministry of Education

Representative:

Mr. Qaiser Munir, Research Analyst, Federal Ministry of Education
Mr. T. M. Qureshi, Deputy Education Advisor

Facilitation:

Mr. Tamim Abdul, Assistant Knowledge Management, WPF

Mr. Munir and Mr. Qureshi together represented the Ministry of Education. They shared with the members a presentation on the workings of the ministry and the salient points of the policy. They explained that a policy’s ground work is first done at the district and provincial level and later at the federal level. The members and representatives discussed why our school systems were weak and how with a better infrastructure and syllabi the situation could be turned around. Members stressed the need to use modern technology for example print and electronic media to communicate national and international opportunities that can broaden their horizons. Both representatives were very open to new suggestions and guaranteed that the ministry will add these suggestions to the policy.



Ministry of Youth Affairs

Representative:

Mr. Raja S.M. Satti, Deputy Secretary (Admin), Federal Ministry of Youth Affairs

Facilitation:

Ms. Nazoora Ali, Programme Manager, WeAct, WPF

Mr. Satti represented the Ministry of Youth Affairs. He shared with the members that the first half of the policy has been agreed upon by the cabinet. The Plan of Action of the policy still needs to be refined and will be finalized in consultation with all stakeholders. The NYTF members stressed the need for the ministry to take a lead and coordinate with all other ministries and stakeholders to emphasize the importance of Youth Affairs.

Ministry of Population

Representative: Mr. Abdul Wahid, Director Population Welfare, Ministry of Population Welfare

Facilitation: Ms. Nazoora Ali, Programme Manager, WeAct, WPF

Mr. Abdul Wahid spoke on behalf of the Ministry of Population Welfare. He discussed with members of the NYTF issues related to the population boom and how the ministry has tried to keep the population abreast with various choices to make informed decisions regarding family size. He explained that only when an issue is raised and brought into public eye, resources can be allotted on need basis. When discussing the recommendations he admitted that the primary data gathered by the ministry needs more attention for accurate understanding for impact assessment of the work done so far. He encouraged the members to visit provincial centers and if any facilitation is needed the ministry would be more than pleased to assist.

In a nutshell, the meetings were most productive, with ministry representatives encouraging NYTF members to send in their recommendations for consideration. Recommendations of National Youth Summit 2008 and the Forum have been sent to the relevant ministries and a follow up will be done at the next Capacity Building Forum scheduled for July 2009.

Post Forum

The 3 day Capacity Building Forum was assessed by the members with the help of an evaluation form (Annexure 3 & 4). The Forum concluded with the appreciation of the members towards efforts made by WPF for youth development and a vote of thanks by Ms. Nazoora Ali for National Youth Task Force's interest and active participation.



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Way Forward

Providing opportunities for young people to participate in Government policy, programmes and services that affect them is an important aspect of a representative and democratic society.

Helping young people to reach their full potential is a high priority for World Population Foundation, Pakistan. We recognize that young people need support to maintain good health and wellbeing, access to education and strong community networks. As a next step to enhance their abilities as worthy advocates of SRHR, WPF has planned:

- Advocacy training on the basics of advocacy and best practices in Pakistan (and)
- Follow-up with the ministries on proposed recommendations from the 1st Capacity Building Forum.

Annexure



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01: Agenda

Date	Session	Time	Skill Building/Review	Facilitation
9th April 2009	Morning	9:30 a.m.	Welcome	Ms. Nazoora Ali & Ms. Huma Nayani
(Thursday)		9:40am	Demographic Dividend	Mr. Fahd Shafiq
		10:00 a.m.	Youth and SRHR	Ms. Cyma Ashraf
	Afternoon	1:00 p.m.	Policy: Theory and Practice	Mr. Kaiser Bengali
10th April 2009	Morning	9:30 p.m.	Group work on Policies	Ms. Nazoora Ali & Ms. Huma Nayani
(Friday)	Afternoon	2:30 p.m.	Policy Analysis	
			1. Youth Policy	Mr. Talib Sial
			2. Education Policy	Mr. Sami Khan
			3. Health Policy	Ms. Sania Nishtar
			4. Population Welfare Policy	Dr. Ali Mir
11th April 2009	Morning	10:00 a.m.	Discussion with Ministries	Ministry
(Saturday)			Press Release	Ms. Areebah Shahid

Annexure



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02: Policy Analysis Groups

Population & Development Policy	Health Policy
Umar Khan Maliha Iftikhar Azar Niaz Umair Razzaq	Muhamma Shahzad Khan Hina Mustafa Munawar Ali Rind Iqbal Khan
Education Policy	Youth Policy
Najam Us Sahar Amir Bilal Sheheryar Afzaal Noor Nabi	Huma Afzaal Qaiser Roonjha Penzi Kamran Atiq Baloch



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03: Evaluation of the Capacity Building Forum

Forum Evaluation/Feedback Form

Name: _____

Please tick your self-assessed rating in the respective cell; 1 is very poor/ not at all and 5 is effective/ excellent.

1. How do you rate this Forum's overall performance?

1	2	3	4	5
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2. Were the Forum's objectives achieved?

1	2	3	4	5
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3. How will you rate the overall structure of the Forum?

1	2	3	4	5
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Specify: _____

4. Please indicate to what extent the facilitators satisfied you regarding?

Fahd: Enthusiasm, Knowledge and style of the facilitator to meet the participant's expectation

1	2	3	4	5
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Cyma: Enthusiasm, Knowledge and style of the facilitator to meet the participant's expectation

1	2	3	4	5
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Kaiser: Enthusiasm, Knowledge and style of the facilitator to meet the participant's expectation

1	2	3	4	5
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Specify: _____

5. Please indicate to what extent the group work with Policy Experts was useful?

1	2	3	4	5
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6. Please indicate to what extent the group work with Ministry representative was useful

1	2	3	4	5
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7. Was the length of the Forum appropriate to meet its objectives?

Yes

No

8. Please rate the physical and logistical arrangements:

a. Training room arrangements

1	2	3	4	5
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b. Refreshments/lunch

1	2	3	4	5
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c. Accommodation and transportation

1	2	3	4	5
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9. Any other comments for improvement in the forum

10. Your suggestions for the next Capacity Building Forum are welcome (please specify your needs and expectation):



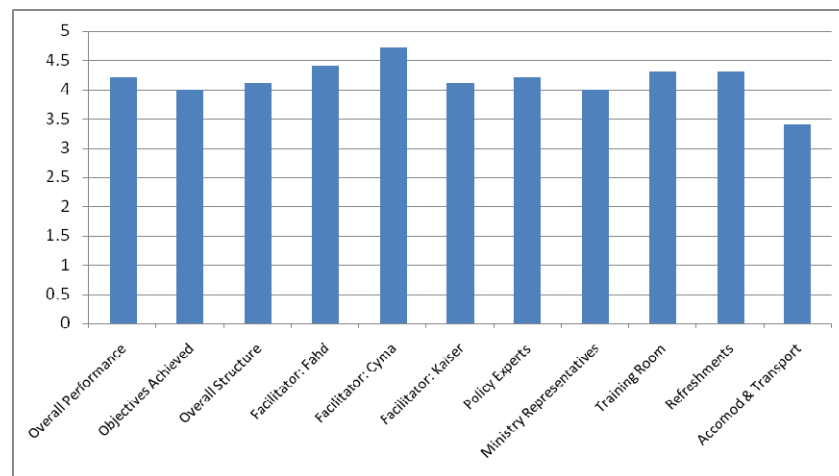
04: Evaluation findings of the Capacity Building Forum

Comments on Performance, Structure, Objectives of the forum

- Orientation and dialogues/meetings with concerned ministries provided good practical experience.
- Good programme design with interaction and participation.

Comments on Facilitator:

- All sessions were excellent but first and last needed to be more participatory.
- Fahd and Cyma were both very dynamic and upbeat.
- All facilitators were very cooperative and helped in answering questions.



Any other Comments:

- Members should be informed two or three weeks prior to the commencement of the session.
- A few study visits should be arranged or reading materials recommended before coming to the Forum so one can enhance one's knowledge regarding the upcoming programme topics.
- The length of the Forum should be increased.
- We should contribute on services and raise issues and work in the field.
- Participants should be given recent and relevant data (through emails also).

Next Training / Capacity Building Forum

- A more comprehensive guide to policy analysis and guidance to resources such as books and materials in order to keep research up-to-date. A workshop on advocacy for everyone would also be helpful. Overall an eye-opening experience.
- Some time before the Forum to inform members about the topic a week before.
- Complete follow up of present session and also more topics related to rights should be included in the Forum.