List of Abbreviations

AVSHH: Adolescent and Youth Sexual and Reproductive Health
CSO: Civil Society Organization
HCP: Health Care Provider
LHS: Lady Health Supervisor
LHV: Lady Health Visitor
LSBE: Life Skills Based Education
M&A: Monitoring & Evaluation
NCHNH: National Committee for Maternal and Neonatal Health
PITE: Provincial Institute of Teachers' Education
PPPFP: Postpartum Family Planning
PAPP: Post Abortion Family Planning
SDGs: Strategic Development Goals
SELD: School Education and Literacy Department
SRHR: Sexual and Reproductive Health and Rights
TAC: Technical Advisory Committee
VCAT: Values Clarification and Attitudinal Transformation
VNR: Voluntary National Review
YFHS: Youth Friendly Health Services

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BOARD OF GOVERNORS

Khusro Mumtaz
Khusro Mumtaz is a banker and currently the Chief Risk Officer at JS Bank. He is also a well-known op-ed columnist for a national daily newspaper and a popular, award-winning film critic.

Al-Malik Khaja
An economist by qualification, Al-Malik Khaja has diverse experience in the commercial and development sector. He has held leadership positions in various institutions and now advises on building organizations. He has developed appreciation of the need to develop business models that address the social dimensions but with emphasis on long-term sustainability.

Ayesha Khan
Ayesha Khan is Director at the Collective for Social Science Research in Karachi. She researches gender and development, social policy and conflict/refugee issues in the region. She is author of The Women’s Movement in Pakistan: Activism, Islam and Democracy (2018). She has served on the governing bodies of leading NGOs and advocacy-related task forces to influence government policy.

Currently she is Visiting Faculty at the Department of Social Sciences and Liberal Arts at IBA. Ayesha has previously served 9 terms on the Ashung Board.

Mahwash Bhimjee
Mahwash Bhimjee has a strong knowledge of gender issues and is a committed feminist. She works with her family business and has engaged in sales to women consumers in Pakistan and therefore has in-depth knowledge about business planning and consumer marketing. She is young and eager to be involved in the development sector.

Nida Khan
Nida Khan holds a double Masters in Clinical Psychology with specialization in working with adolescents. She has worked in high schools in the United States and Pakistan as a therapist, worked in the Pakistan Association for Mental Health and hospital settings in research and clinical capacity, and is currently in private practice. Nida also has a diploma in Clinical Supervision and supervises both therapists in training, as well as qualified therapists in the field. She is also currently on the faculty of the Lycaem, where she teaches Psychology and leads the Spoken Word poetry program. Her mission is to integrate the expressive arts into clinical therapeutic settings.

Fatima Haider
Fatima Haider is a practicing therapist having completed her advanced diploma in Humanistic Integrative Counseling from CPPD. Prior to her counseling career, Fatima was actively involved in the development sector. She worked at Ashung from 2003-2018 performing various functions and serving as a senior member of the organizational management team. Her areas of interest include research, Monitoring & Evaluation (M&E), strategy planning, and organizational effectiveness. She is currently also serving on the board of All Pakistan Women’s Association (APWA).
Rubica Raza
Rubica Raza has an accounting background with a Bachelor in Commerce from Karachi University, an ITP (Income Tax Practitioner) and has done her CA Foundation from ICP. Rubica has worked with Grant Thornton Chartered Accountants, Pakistan and has represented various clients at Income Tax Appellate Tribunal level independently, has assisted lawyers in preparing cases for representation in High Court and Supreme Court and has been involved in tax related advisory services. She also has teaching experience and for the past three years has volunteered for All Pakistan Women’s Association (APWA) as co-treasurer-treasurer and has been associated with INJAZ, INJAZ Pakistan and Ido Rias Welfare Association.

Hafsa Abbasy
Hafsa Abbasy is a senior management professional with over 35 years of experience in banking and human resource management. Currently Hafsa is the head of human resources at Bank Alfalah and is directly responsible for developing and leading the People Agenda for the bank in line with the overall Bank Strategy, both for local as well as international operations. Hafsa has a BBA (Hons) and MBA from the Institute of Business Administration.

Khadija Bano Ahmed
Khadija Bano Ahmed is an educator and activist with over 30 years of experience working with, teaching and mentoring young people. She has taught English literature and Language at the Beacon House, Burnview Academy and Niner and is widely recognized for her teaching, teaching, mentoring and development skills.
Khadija was on the curriculam and on ground team for the Kora Film Festival from 2002 - 2007 and was involved in a series of roles from concept development to fund raising. She enjoys the arts and theatre and other than her involvement with high school productions, she has also worked on a number of documentaries, particularly on the research and subtitles.
Most pronounced amongst these is the award winning Pareena Rehman documentary. Khadija is passionate about social causes and has been active in fund raising for local NGOs such as Fatih and Iqra. She serves on the board of the Central Jail School for incarcerated children of inmates and on the Board of JoyGPS, a start up focusing on social worthy social issues with funding.
A Note from the Executive Director

2018 has continued to raise the bar higher on local and international demands for sexual and reproductive health and rights policy and action. Within Pakistan, a significant focus on sexual violence, particularly against children, has been highlighted as a key area that requires a systemic overhaul. Similarly, sexual harassment and the creation of safer public and professional spaces for women has also become a keen area of social interest. Women's health-related laws and policies have continued to be proposed at the federal and provincial levels, and while there are many obstacles that remain in passing and implementing progressive laws that protect and protect rights, the initiation of dialogue is an important step in change.

Yet, many areas of reproductive health continue to require urgent and focused attention. The 2017 tender campaign showed that the struggle against years of weak and compromised population development planning is the part of government lenders in Pakistan. The population of the country has crossed 1.2 million with no signs of stabilizing, greatly taxing already limited resources in health and education and exacerbating food and water scarcity. In working with the government directly and through its involvement in reproductive health focused projects, Ashung has continued to advocate for the need to empower women and girls in order to push development outcomes to a positive direction in the country. Women comprised with information, choices and basic resources, women the world over have shown that they make decisions for themselves and their families that steer them out of poverty. For Pakistan to actively begin its development journey, a strong investment needs to be made in girls to ensure that they are, and stay, educated in schools, are enabled to contribute to the workforce and develop independent income-generating means, can plan and provide for their families and can participate in decision making at the local, community and policy level. Population development planning in solicitation of these key factors, will inevitably be an uphill climb as has been witnessed in Pakistan over the past 10 decades.

In light of these key issues, which have shaped dialogue in the past year, Ashung's programs have continued to thrive to demonstrate the critical importance of investing in young people with SRH knowledge and skills to create a foundation for their future life choices. Integration of Ashung's Life Skills-Based Education (LSBE) program began in Sindh in 2015 and has progressed to have 42% of the primary centers integrated into schools for classes 6–8. Approximately 400 teachers have undergone training from various subjects in the public sector and will reach close to 8000 secondary school teachers through roll-out trainings by the end of 2019. Similar initiatives for curricula change have started in Punjab and Balochistan with a vision for Ashung to have full national presence within the coming 5 years.

Along with scaling up LSBE, Ashung has also been keenly focused on bridging the divide between mainstream reproductive health family planning programs and young people. Ashung's activities this year, through project consortiums have aimed to overcome stigma associated with working on family planning with pre-marital and newly married couples, catalyzing the development of new strategies that allow greater access to young people. Innovative approaches such as partnering with colleges, developing counseling modules for Lady Health door-to-door workers on communication with girls and the representation of Ashung's work with pre-service medical students, among others, have all contributed to pushing the boundaries of where and how to access young people.

Our vision remains one in which every individual in Pakistan has access to the knowledge and services needed to practice better sexual and reproductive health and claim their sexual and reproductive rights. While we have a long way to go, we take confidence from knowing that we are inching our way closer to a vision realized.

Sheena Hadi
Executive Director
About Aahung

Aahung is a Karachi-based NGO that has been working to improve the sexual and reproductive health and rights (SRHR) of the men, women, and young people of Pakistan since 1999. The Aahung team works for capacity strengthening to improve the quality of sexual and reproductive health (SRH) services while advocating for an enabling environment in which every individual's sexual rights are respected, protected, and fulfilled.

SRHR covers a range of issues including Child Sexual Abuse (CSA), violence against women, early and forced marriages, puberty, body development, hygiene, unwanted pregnancies, sexually transmitted infections (STIs), HIV/AIDS, and sexual disorders. Aahung works towards the prevention and management of these issues.

Functioning in an environment devoid of expertise or resources, Aahung has been successful in developing culturally relevant strategies to respond to the sexual and reproductive health needs of the Pakistani population. Moreover, Aahung has had success in integrating sexual and reproductive health education in medical, academic, and educational institutions across Pakistan.

Since inception, Aahung has focused on sustainability as a key component of its program design and implementation. As the education system in Pakistan is decentralized at provincial levels, Aahung’s advocacy interventions focus on collaborating with provincial education departments. Through mapping exercises and developing a best practice model for integration, Aahung has been instrumental in the Sindh government’s move to incorporate the LSE curriculum.

Aahung’s key strategy involves partnering with organizations for the integration of SRH information into their programs and for advocating policy and practice change at institutional levels.
Life Skills Based Education Through The Years

Curriculum integration in Sindh and Balochistan

Since its inception, Aahung has had a vision: that its SRHR-based LSBE curriculum be integrated into the mainstream curriculum in every single province. With 2020 around the corner, Aahung stands at the threshold of fulfilling this vision.

Over the last two decades, Aahung has worked to inculcate its LSBE curriculum in schools; it teaches children how to protect themselves against physical abuse and violence, self-esteem, body autonomy, human rights, importance of female education, developmental changes, health and personal hygiene, disease prevention, gender equality, marriage rights, coping with peer pressure, communication and decision-making skills. The country woke up to the need for such an intervention at the school level, when in January 2018, the Zainab incident in Kasur stirred collective conscience.

In response to public pressure to work more diligently on child protection, the provincial government of Balochistan was forthcoming in adopting the strategy of LSBE integration in their provincial curriculum. Discussions were held to decide the best possible mechanism to take this forward. To begin the process, a pilot intervention was recommended with students from grades 6 to 10.
In May 2018, the partnership between Aashung and Education Department of Balochistan was formalized and an MOU was signed to launch the process of LSBE integration in the teachers’ trainings and textbooks of secondary classes. An LSBE-integrated framework under the existing provincial curriculum objectives has been developed, based on which textbook content will be drafted. The formulated content will then be pilot tested in 10 schools of Quetta, so as to create evidence for taking this program all over Balochistan.

Speaking at the MOU signing ceremony in Quetta, Asheen Jhaz, Program Manager at Aashung said, “First Singh, now Balochistan—today, we are a step closer to fulfilling our dream that one day every child in the country will be equipped with these crucial life-skills that will make them safer, healthier, happier human beings. After this MOU we look forward to an increase in the share of voices advocating the rights of adolescents and children in Balochistan.” Aashung has worked extensively to address SRHR and Child Sexual Abuse (CSA) through the LSBE curricula implemented in more than 400 primary and secondary schools across the country.
Zindagi Trust

A Collaboration to Celebrate

The Zindagi Trust network of schools works to change policy to reform schools through advocacy with political leadership, government, top bureaucracy, supporting organisations, civil society and other key opinion leaders and influencers. Based on its learnings and successes, it has been effective in bringing about change to policies in school governance and child protection.
The founder of Zindagi Trust, Shakirah Roy, one of the fiercest advocates of LSBE, has championed Ashung’s curriculum and played an instrumental role in having the government of Sindh and Balochistan commit to introducing LSBE into their curricula.

The partnership between Zindagi Trust and Ashung began in 2011 with the introduction of LSBE classes at the SMB Fatima Jinnah Government Girls School, which is under the management of Zindagi Trust. Through rigorous teachers’ trainings and refresher and constant mentoring by Ashung, the school soon became a model for the implementation of the LSBE curriculum. It demonstrated how best to deliver LSBE messages to students but to also create ownership of the programme among teachers and parents.

In addition to successfully taking on the challenge of teaching LSBE in a government school within a conservative community, Zindagi Trust also supported Ashung in bringing LSBE to government schools through advocacy with the government. In December 2014, when Ashung formed a Technical Advisory Committee (TAC) to review Ashung’s developed content, a representative of Zindagi Trust, Ms. Shahnaz Hussaini was part of that too.

In January 2018, after the tragic rape and murder of six-year-old Zainab in Kasur, Zindagi Trust facilitated in mobilizing activists and supporters from the media, industry to push for LSBE to be taught in all schools to empower children to protect themselves. Zindagi Trust is a great champion when it comes to LSBE promotion and is playing a critical role in advocating for the integration of LSBE in all provincial curricula. A formal Memorandum of Understanding (MoU) has also been signed between Ashung and Zindagi Trust in April 2019. The purpose of this MoU is to formalize the efforts being made by Zindagi Trust and Ashung to institutionalize the teaching of LSBE in Pakistan.
SUHKH
Empowering Peri-urban Karachi

Beginning in 2014, the Sukh Initiative was a five-year partnership between three foundations (Aman Foundation, the Bill and Melinda Gates Foundation, and the David and Lucile Packard Foundation) that emerged out of commitments made at the London Summit, held in 2019. Aahung was an implementing partner for promoting and institutionalizing Family Life Education (FLE), which is synonymous with LSBE.

The Sukh Initiative aimed to increase modern contraceptive use by 15 percent amongst married women in a population of 1 million in selected communities in Karachi. It sought to empower women to access contraception by increasing knowledge, improving quality of services and expanding the basket of choices, thus contributing to the goals of FP2020.

By the fifth year, Aahung worked with approximately 30 schools and learning institutes and provided age-appropriate LSBE on issues related to SRHR to 16,000 young people. Through this education, young people learned about protecting and caring for their own bodies; puberty and related changes; the menstrual cycle; early age marriage; and maternal health complications. Aahung’s work with young people in this project also aimed to shape attitudes and develop interpersonal skills and strategies to effectively adapt to the demands and challenges of family life.

Let’s have a look at what change the LSBE curriculum actually brought about.

Ease of convincing parents for education:
- 99% increase in students who believe it will be “very easy” for them to convince their parents of their educational aspirations from baseline to endline.

Marriage:
- 98% increase in students who correctly identified the legal age for marriage for girls in Sindh.
- 96% increase in students who correctly identified the legal age for marriage for girls in Sindh.

Knowledge of legal age of marriage in Sindh: Baseline Vs Endline

Nikahnama:
- 95% increase in knowledge of what a nikah nama is.

<table>
<thead>
<tr>
<th>Category</th>
<th>Baseline</th>
<th>Endline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Others</td>
<td>2%</td>
<td>20%</td>
</tr>
<tr>
<td>Don’t Know</td>
<td>5%</td>
<td>0%</td>
</tr>
<tr>
<td>Legal Marriage Agreement</td>
<td>15%</td>
<td>25%</td>
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</tbody>
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What’s a Nikahnama: Baseline Vs Endline
Confidence in ability to convince parents to get married at the age of their choice:

- 53% increase in students who felt confident in their ability to convince their parents to get married at the age of their choice
- Confident: 65%
- Not Confident: 35%
- Don't Know: 10%

Puberty:

- 62% of students could identify three or more physical changes that occur during puberty, 54% more than in the baseline (28%)
- Menstruation / Menarche: 47%
- Body Odor: 59%
- oily Skin: 91%
- Hair Growth on Body: 33%
- Breathing of Chest/ Development of Breasts: 62%
- Hormonal Changes: 84%
- Height and Weight: 75%

Aahung at the 5th ICFP
International Conference on Family Planning

Every other year since 2006, the International Conference on Family Planning (ICFP) has brought together the family planning community to share best practices, celebrate successes, and chart a course forward. The ICFP serves as a strategic, reflection point for the family planning and reproductive health community worldwide. It provides an opportunity for political leaders, scientists, researchers, policymakers, advocates, and health to disseminate knowledge, celebrate successes, and identify next steps toward reaching the goal of enabling an additional 100 million women to access voluntary, quality contraception by 2030.

The ICFP also serves as an unparalleled platform from which countries, organizations and individuals can make public commitments to family planning, and can be recognized for their achievements. Dozens of side events are organized around the conference by many institutions and groups from around the world.
The Fifth International Conference on Family Planning (ICFP) took place in Kigali, Rwanda, between November 12 and 15, 2018, and the Ashung team is proud to have presented in a number of sessions there, bringing forward Pakistani cultural family-planning experiences and findings to the global arena.

Youth-driven change through family planning advocacy
Advocating for government institutionalization of Comprehensive Sexuality Education (CSE) in Conservative Contexts: A Case Study of Ashung’s Advocacy Work in Pakistan
Asla Kowsar, Program Manager, Ashung

Implementation of sexuality education lessons learned from diverse country contexts
Building community support for sexuality education and dealing with backlash: Experience from Pakistan
Sheena Haid, Executive Director, Ashung

Provider behavior change for family planning choice and uptake: what are we learning?
Value Clarification and Attitudinal Transformation (VCA&T): An Approach to Overcoming Barriers in Family Planning Provision in Conservative Contexts (A Case Study from Pakistan)
Nourien Otieno, SRHR Manager, Ashung

Poster Presentation
Youth Friendly Space: A creative strategy to promoting Sexual and Reproductive Health and Rights (SRHR) education in the context of Pakistan
Nehaia Nafim, Sector Coordinator, Ashung
Pen with a Purpose:
Aahung's first Screenwriters' Workshop

In this day and age, no one can deny the great power of television and mass media. Despite the cyber revolution, television remains a powerful medium to inform, educate, entertain, and create awareness. It serves to advocate, whether subtly or forcefully, and it definitely affects how the audience thinks about or relates to a certain subject. It is also undeniable that Pakistani culture is steeped in patriarchy, which is perpetuated through various media, one of them being television.

Pakistani dramas are often thought to be portraying 'reality', but a great deal of sexism and misogyny seeps in, inappropriately influencing attitudes and behaviors. Media influences our everyday choices more than we realize. These dramas are adored because women to certain roles and stereotypes. It is significant to address them and break these shells, because women need to see themselves as capable and balanced human beings whose worth doesn't depend on social norms and their physical attributes.

Keeping in mind the overarching influence of television, Aahung has reached out to this particular group to not only attempt to bring change through this medium, to change perceptions of the issues outlined above, but to also draw focus towards burning issues that are largely ignored. For instance, overpopulation is hardly ever brought into focus, or development for that matter. Most serious issues brought to light are in a sensationalist or reductionist manner.

A two-day Screenwriters’ workshop was hosted by Aahung where the attendees were provided with an overview of Aahung and SRHR. These were followed by detailed sessions about the various areas of SRHR that have deep ties with social issues especially those that have attached stigma and taboos that the average Pakistani deals with on a daily basis. Above-mentioned SRHR topics that are often not covered or ill-presented in local media were dealt with in detail. A group of renowned Aahung trainers imparted the training along with renowned media personalities.

Midah Khalid is no stranger to the entertainment business. As a director and producer, she has used her influence to write dramas with strong female protagonists. She has directed Meri Pyaari Bindu and Tumhari Sulu and has a number of feathers in her prestigious cap.

Saabah Zafar is a series journalist who has written for most major publications in Pakistan on subjects ranging from education, health, politics, women’s rights and cultural criticisms.

In 2015 she was awarded the Fulbright Scholarship for a Master's in Journalism/New Eastern Studies at New York University where she wrote her final thesis on the changing dynamics for single women in Pakistan. She is currently in the process of turning this thesis into a book for Bloomsbury India. She is also Deputy Editor at The News on Sunday and runs a YouTube channel, Facebook and Instagram page called Feministick that deconstructs Pakistani popular culture and social mores from a feminist angle.

Media is an influential means to mould opinions. The time has come when production houses, producers, directors, and screenwriters exhibit responsibility and move away from stereotypes created and perpetuated by irresponsible dramas over the decades. Albeit slowly, more projects like these shall help change the opinion, attitude, and behavior of individuals and society over time.
Our Women Champions at Women Deliver

Women Deliver is a leading global advocate that champions gender equality and the health and rights of girls and women. Its advocacy drives investment - political and financial - in the lives of girls and women worldwide. It seeks to harness evidence and unite diverse voices to spark commitments to gender equality. Anchored in sexual and reproductive health, Women Deliver advocates for the rights of girls and women across every aspect of their lives, because investing in girls and women will deliver progress for all.

Women Deliver is well-known for hosting global conferences that bring together people from across a multitude of sectors, issues, and cultures. The Women Deliver 2019 Conference took place from 3rd to 6th June 2019 in Vancouver, Canada, and it was the world's largest conference on gender equality and the health, rights, and well-being of girls and women in the 21st century.

Ashung received the opportunity to showcase its work on Manager Sexual and Reproductive Health and Rights (SRRHR), Noureen Lahad, presented an innovative project for people living with physical disabilities, implemented by Ashung. The project was titled BRINGING LIGHT - Addressing the Sexual and Reproductive Health and Rights (SRRHR) of People Living with Physical Disabilities (PLPDs).

The aim of this project was to build the capacity of People Living with Physical Disabilities (PLPDs) on their Sexual and Reproductive Health and Rights (SRRHR). It also aimed to increase awareness among the general public on the SRRHR needs of PLPDs as they are generally considered marginal and not receiving access to SRRHR information and services. Ashung also developed user-friendly resource material and training tools for building capacity. For people with hearing impairments animated videos were dubbed into sign language on SRRHR issues including puberty, sexual abuse, early age marriage, family planning, and abortion. The content was also translated into braille for people with visual impairments.

Ashung's Program Manager, Asha Java, was invited to be part of a panel organized by the United Nations Educational, Scientific and Cultural Organization (UNESCO) titled "CSR - A Powerful Tool for Improving Girls' Health and Education While Achieving Gender Equality." When girls have access to good quality SRRHR education, and are supported by their families and communities to manage their sexual and reproductive health, they are better able to stay in school and reap the benefits of education. The panel explored how to break down the barriers that prevent learners from realizing their right to education and work in partnership with the education sector to deliver SRRHR education that meets young people's needs.

The interactive panel was moderated by a Senior Program Specialist from the UNESCO headquarters in Paris and as panellists included the distinguished Ms. Monica Banfire who is the First Lady of Namibia and representatives from NGOs and the Government who are working on adolescent SRRHR in South Africa and Namibia. Through the panel discussion and participatory group activities, this session offered participants the opportunity to understand what SRRHR education involves and highlighted strategies for advocating effectively for strengthening SRRHR programs in their settings.
Poocho Helpline
SRHR Information a Call Away

Generator's POCOHO helpline was established in 2009 with the objective to provide accurate and reliable family planning information, counseling and referral services to callers and to provide backup support for Generator's products and Sato Sharo Clinic. In 2018, the need was felt for helpline staff training specifically in Adolescent and Youth Sexual and Reproductive Health and Rights (AYSRHR).

Generator approached Aashiq, who organised a four-day training for POOCOHO. The objectives of the training were to enhance knowledge, increase awareness, and to strengthen the skills of the helpline officers on Child Sexual Abuse (CSA) and Puberty for adolescents. The topics covered during the training included: Value Clarification and Attitudinal Transformation (VCI); Adolescent and Youth Issues; Policies, Sexual and Reproductive Health & Rights, Reproductive Tract Infections (RTIs) and Sexually Transmitted Infections (STIs); Family Planning and Contraception; Post Abortion Care; Effective Communication; and Prevention from Sexual Abuse.
Amplify Change
The Way Ahead

Many healthcare providers in Pakistan lack the knowledge and communication skills required to deal with SRHR issues such as unintended pregnancies, family planning (FP), and post-abortion care (PAC), primarily because these topics are not adequately addressed in undergraduate and post-graduate medical or nursing curricula. As a result, patient care is affected by ignorance and lack of knowledge, personal biases, and judgmental attitudes. The increasingly right-wing and conservative environment in the country has further stigmatized critical areas of reproductive health education and services.

Amplify Change is a multi-donor fund launched in 2004 to break the silence on SRHR, and Ashayen has qualified for a number of grants under this Fund. Under the new Amplify Change project, Ashayen aims to work towards increasing the availability and accessibility of quality SRHR education and services by:

- Strengthening the capacity of 10 faculty members and 110 medical and nursing students associated with 4 medical and nursing institutes to deliver quality PAC services, including Client-Centered Approach (CCA), FP, AYUSH, Medical Abortion (MA), Emergency Contraception (EC), and referral for Misoprostol Aspiration (MVA) within two years.
- Integrating comprehensive SRHR education, including PAC, CCA, Values Clarification and Attitude Transformation (VCT), FP and AYUSH in the teaching curricula training plans of 5 institutes of medical and nursing education in Sindh over two years. Ashayen’s approach to integrating SRHR education in institutions aims to generate long-term change in provider capacity and attitudes. The priority thematic area of the grant is to ensure access to comprehensive reproductive health services and addressing the issues of unsafe abortion.

To further its work on LSBE, Ashayen is set to launch another Amplify Change intervention, Aware for Life – Promoting LSBE in Public and Private Schools in Pakistan which will result in four new partnerships for its LSBE program for secondary classes. Sun Academy and Shireen Khan Memorial Foundation are the new partners in Karachi whereas NOWA Foundation is the new partner in Khairpur.

Under this grant, Ashayen, for the first time will be initiating its LSBE program in the Northern parts of Pakistan and its partners in the Sindh and Hunza regions of Gilgit-Baltistan is USWA Foundation. Ashayen will be conducting a needs assessment exercise in the selected USWA schools in Sindh and Hunza around the SRH needs and issues of the youth. Based on the findings a more contextualized module will be developed and teachers will be trained who will then tackle the content down with the students.

In the Karachi and Khairpur schools, Ashayen will be conducting a study around the contribution of LSBE in Mental Health Management (MHM) amongst young adolescents of age 11 to 15 years. The study aims to identify whether the use of LSBE will increase MHM knowledge, improve the attitudes and normative environment surrounding MHM, and consequently improve MHM practices amongst young adolescents in urban and rural settings in the Sindh province.
Voices from Pakistan

Every month RESURJ members collectively share and reflect on some news highlights affecting sexual and reproductive, environmental and economic justice from different regions and countries it works in. Aahung’s Executive Director, Sheena Hadi, is a RESURJ Member and regular contributor.

Violence Against Women in Pakistan: Seeking Justice in a Patriarchal Court System

by Sheena Hadi

Two years ago, Khadija Siddique was stabbed 23 times in broad daylight, by Shah Hussain, a fellow student, on a busy street in Lahore. The impetus for the attack was that Hussain felt scorned by Khadija after she ended a relationship with him in which she felt controlled and threatened.

After a social media frenzy which demanded justice for Khadija, Hussain was sentenced to 7 years in prison for attempted murder. However, in a shocking decision in early June 2018, Hussain was acquitted by the Lahore High Court on grounds that accused Siddique of being interested in publicly and was actually the one who had pursued Hussain in the first place.

New Khadija is courageously fighting back stating hers is a “test case” which lays out the challenges in the justice system where women are forced to prove that they are victims. Khadija stated, “We are the targets of character assassination, and when it comes to motive, the onus is on the woman to prove her innocence instead of the criminal’s guilt.”

Setting an example from her trial, Khadija has exposed the monstrosity of the court system in which the judge in her case repeatedly suggested that she must have done something to warrant the attack and that it was up to her to prove the motive of the attacker. The proceedings and subsequent acquittal also reveal how economic class and social status continue to influence justice for women as Hussain is the son of a successful lawyer based in Lahore.

The national response to the acquittal has been tremendous with celebrities, women’s groups and ordinary citizens, particularly young women, using social media as a platform to demand justice for Khadija. As a result, Pakistan’s Supreme Court has taken its own initiative to issue a suo moto (the court’s independent investigation) to re-examine the case.

The decision has provided some hope that the justice system at the highest levels is taking cases of violence against women more seriously and that public outcry can trigger a response from Pakistan’s state institutions. Khadija has stated, “Thousands of women are killed across the world. I was one of the rare few who survived, so I have been given the chance to be an example for all women.” For her courage and willingness to push through the worst that a patriarchal society throws at women to silence them, we can only thank her and hope that justice is realized.

Aahung’s Executive Director on WHO’s Gender Advisory Panel

The UN Gender Advisory Panel was established in 1995 to provide advice to UN Commission on Science and Technology for Development, national governments and the UN system on the gender dimensions of science and technology policy. It has two principal functions: to monitor the implementation of the recommendations made by the Commission on gender and science and technology, and to advise on the gender implications of its new work program. Aahung is proud to have its Executive Director, Sheena Hadi, serve as a member of the Panel and take her unique perspective to the forum.

Members are chosen for their unique engagement and willingness to contribute. Besides her extraordinary experience and expertise in the sector qualifying her for the role. In 2017, she has also received the Joan Dunlap Award. This Award is conferred every year by International Women's Health Coalition to women activists from various countries who work on women’s rights issues and promote SRHR for women and girls under challenging circumstances.

Within the United Nations system, World Bank Special Program of Research, Development and Research Training in Human Reproduction (HRP), is the main instrument for research in sexual and reproductive health and rights. It brings together policy-makers, scientists, health care providers, clinicians, consumers and community representatives to identify and address priorities to improve sexual and reproductive health. The program provides the definitive guidance, based on robust scientific evidence to inform best practice. As an independent body of scientists, Gender Advisory Panel brings perspectives from diverse countries, cultures and disciplines. It calls for the international community, individual governments, private sector and others to support everyone’s right to the highest attainable standards of sexual and reproductive health, safeguard the program made to date, and take all necessary steps to sustain and expand national sexual and reproductive health programs, as well as to protect and promote the independent research, evidence and implementation.
Right Here Right Now
Young Omang

Right Here Right Now (RHRN) is a five-year programme and global strategic partnership that is active in ten countries and the Caribbean sub region. The partnership envisions a world where all young people are able to access quality and youth-friendly health services, and are not afraid to openly express who they are and who they love. In Pakistan, RHRN works with ten Civil Society Organizations (CSOs) under the banner Young Omang.

These CSOs bring with them a combination of regional diversity and unique strengths to be an effective voice for young people’s SRHR in Pakistan. Aisha is a member of Young Omang and works on improving the reproductive health of young people under RHRN through advocacy, capacity building and information dissemination. This year, under Young Omang, Aisha has been involved in advocacy related interventions and has conducted one-on-one meetings with the previous and newly appointed government officials including the Mayor of Karachi and the Director of Secondary Schools, Karachi.
Celebrating Tenure

It can be easy to get caught up in the day-to-day noise of deadlines, meetings, and endless emails. However, no matter how busy you are, at Aashung we believe it’s always important to take the time to celebrate employee milestones in the workplace. As part of a small meet up, employees received recognition for the number of years served in the organization, and also spoke about their personal journeys in the sector.
Meet Our Team

A perfect blend of creativity, experience, and pure wizardry; meet the people that make Aahung.
Journey of Aahung

1994
- Becomes first "rights-based" SRHR non-profit organisation in Pakistan
- "Aware for Life" training manuals on SRHR published for both adults and adolescents

1995
- Founding project "Kanshi Reproductive Health Project" and "Aids Awareness Project" launched

1997
- "Aware for Life" training manual on SRHR published for both adults and adolescents
- Life Skills-based Education Program launched focusing on community adolescents

2000
- SRHR Resource Centre commenced
- Started technical support trainings to reproductive health partners and health care providers

2003
- MPhil signed with the Sindh Education and Literacy Department to pilot LSBE in 34 schools in the province

2005
- Focus on LSBE in school curricula & SRHR in medical schools begins
- Aahung becomes a member of the Economic and Social Council of the United Nations (ECOSOC) enabling Aahung to advocate for SRHR at the global level

2006
- Work on Prevention of Child Sexual Abuse in primary schools across Sindh begins

2007
- DOW University (DUHS) becomes the first medical training institution to integrate Aahung’s SRHR Programmes into its MBBS Curriculum

2008
- Youth Sexuality Institute launched and continues to be only training institute in Pakistan that focuses on sexual health and rights

2009
- Increased focus on married couples, pre-marital counselling and married women

2010
- First organisation in Pakistan to be awarded "Taj Award" by Dutch Ministry of Foreign Affairs

2012
- Aahung selected as the lead organisation for youth engagement and targeting in the five-year "Subhi" Initiative focusing on family planning and access to contraception

2013
- Aahung turns 20!

2014
- First SRHR organisation to create a Board Game to further engage the LSBE audience

2015
- Aahung’s Executive Director, Sheena Hub, awarded Jean Donop Award by the International Women’s Health Coalition for groundbreaking work on reproductive health and rights

2016
- Training of Trainers for rollout of LSBE curriculum with Sindh Government & MFL signed with Balochistan Government for curriculum integration province-wide

2017
- Aahung develops and adapts SRHR resource materials in Braille and sign language for differently-abled individuals

2018
- LSBE curriculum integration in Sindh and Balochistan

2019
Naya Qadam

Engaging Youth as Key Actors of Change

Naya Qadam, a project of Pathfinder International, is a three year project on increasing post-pregnancy family planning (PPFP) through expanding public and private sector services with a focus on young women (age 15 - 24) in Sindh and Punjab.

The project, implemented with the support of Bill and Melinda Gates Foundation, aims to strengthen existing PPFP services by providing quality training (theoretical as well as clinical certification) to the trainers of department of health, other consortium partners and midwifery tutors. The National Committee for Maternal and Neonatal Health (NCMNH) is one of the implementing partners of the consortium; other partners include Agha Khan, Greenstar Social Marketing, Iqra and Shanli Gas. The six intervention districts are: Karachi, Nawabshah and Larkana in Sindh and Rawalpindi, Okara and Vehari in Punjab.

Most women in rural communities in Pakistan accept their passive role in their family dynamics, because of patriarchy and gender inequality, letting go off their rights to choose for themselves. The desire to have sons results in an increase in family size, and men make most decisions on health, economics and rights of family members, yet do not take responsibility for contraception. Perhaps the most important solution to the problem lies in reconstructing existing social and gender norms, by working from policy to communities, through multi-level and multi-sectoral interventions.

Through the Naya Qadam project, Agha Khan has had a chance to explore youth advocacy. As young people compose a greater share of the population, questions emerge about the role youth will play in addressing the issues relevant to their future. Empowering youth to engage and take an active role in advocacy can play a critical role in societal change and improving human rights. Agha Khan's youth advocacy places emphasis on empowering young people through their own actions in situations that affect them.
INDEPENDENT AUDITORS’ REPORT TO THE BOARD MEMBERS

Opinion

We have audited the financial statements of AAHUNG (the “Organization”), which comprise the statement of financial position as at 30 June 2019, and the income and expenditure account, statement of comprehensive income, statement of changes in accumulated funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the Organization as at 30 June 2019 and its financial performance and its cash flows for the year then ended in accordance with approved accounting and reporting standards as applicable in Pakistan.

Basis for Opinion

We conducted our audit in accordance with the International Standards on Auditing (ISAs) as applicable in Pakistan. Our responsibilities under those standards are further described in the Auditor’s Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the organization in accordance with the International Ethics Standards Board for Accountants’ Code of Ethics for Professional Accountants as adopted by the Institute of the Chartered Accountants of Pakistan (the Code), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

The Management is responsible for the preparation and fair presentation of the financial statements in accordance with the requirements of approved accounting standards as applicable in Pakistan and for such internal control as the Management determines necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Management is responsible for assessing the Organization’s ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Organization or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Organization’s financial reporting process.

Auditor’s Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor’s report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs as applicable in Pakistan will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.
As part of an audit in accordance with ISAs as applicable in Pakistan, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Organization’s internal controls.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.

- Conclude on the appropriateness of management’s use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Organization’s ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor’s report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor’s report. However, future events or conditions may cause the Organization to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

[Signature]
Chartered Accountants
Date: 19 December 2019
Place: Karachi
Audit Engagement Partners: Omer Chughtai

## Aahung

**STATEMENT OF FINANCIAL POSITION**

**AS AT 30 JUNE 2019**

<table>
<thead>
<tr>
<th>Note</th>
<th>2019 Restricted</th>
<th>2019 Unrestricted</th>
<th>2019 Total</th>
<th>2018 Restricted</th>
<th>2018 Unrestricted</th>
<th>2018 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Rupees</td>
<td>Rupees</td>
<td>Rupees</td>
<td>Rupees</td>
<td>Rupees</td>
<td>Rupees</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Assets

#### Non-current assets

<table>
<thead>
<tr>
<th>Description</th>
<th>2019 Restricted</th>
<th>2019 Unrestricted</th>
<th>2019 Total</th>
<th>2018 Restricted</th>
<th>2018 Unrestricted</th>
<th>2018 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating lease assets</td>
<td>2,111,686</td>
<td>417,312</td>
<td>2,529,005</td>
<td>1,995,793</td>
<td>417,312</td>
<td>2,413,105</td>
</tr>
<tr>
<td>Security deposits</td>
<td>375,100</td>
<td>-</td>
<td>375,100</td>
<td>359,100</td>
<td>-</td>
<td>359,100</td>
</tr>
<tr>
<td></td>
<td>2,486,786</td>
<td>417,312</td>
<td>2,904,098</td>
<td>2,354,893</td>
<td>417,312</td>
<td>2,772,205</td>
</tr>
</tbody>
</table>

#### Current assets

<table>
<thead>
<tr>
<th>Description</th>
<th>2019 Restricted</th>
<th>2019 Unrestricted</th>
<th>2019 Total</th>
<th>2018 Restricted</th>
<th>2018 Unrestricted</th>
<th>2018 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total current assets</td>
<td>23,393,962</td>
<td>7,493,448</td>
<td>30,887,410</td>
<td>23,414,384</td>
<td>7,163,468</td>
<td>30,577,852</td>
</tr>
</tbody>
</table>

### Liabilities

#### Current liabilities

<table>
<thead>
<tr>
<th>Description</th>
<th>2019 Restricted</th>
<th>2019 Unrestricted</th>
<th>2019 Total</th>
<th>2018 Restricted</th>
<th>2018 Unrestricted</th>
<th>2018 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interbank balances</td>
<td>17,010,503</td>
<td>542,281</td>
<td>17,552,784</td>
<td>17,010,503</td>
<td>542,281</td>
<td>17,552,784</td>
</tr>
<tr>
<td>Accounts and other liabilities</td>
<td>112,720</td>
<td>493,462</td>
<td>606,182</td>
<td>112,720</td>
<td>493,462</td>
<td>606,182</td>
</tr>
<tr>
<td>Accrued interest</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>356,750</td>
<td>2,956,370</td>
<td>3,313,120</td>
</tr>
<tr>
<td>Deferred tax liability</td>
<td>1,511,678</td>
<td>2,373,016</td>
<td>3,884,694</td>
<td>1,511,678</td>
<td>2,373,016</td>
<td>3,884,694</td>
</tr>
<tr>
<td>Total current liabilities</td>
<td>19,634,899</td>
<td>5,899,367</td>
<td>25,534,266</td>
<td>19,909,873</td>
<td>5,306,900</td>
<td>25,216,773</td>
</tr>
</tbody>
</table>

### Net assets

<table>
<thead>
<tr>
<th>Description</th>
<th>24,723,500</th>
<th>25,184,516</th>
<th>49,908,016</th>
<th>24,723,500</th>
<th>25,184,516</th>
<th>50,008,016</th>
</tr>
</thead>
</table>

The above-stated notes 1 to 21 form an integral part of these financial statements.
### AAHUNG

**INCOME AND EXPENDITURE ACCOUNT**

**FOR THE YEAR ENDED 30 JUNE 2019**

<table>
<thead>
<tr>
<th>Note</th>
<th>2019 Unrestricted</th>
<th>2019 Restricted</th>
<th>Total</th>
<th>2018 Unrestricted</th>
<th>2018 Restricted</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>35,107,132</td>
<td>35,107,132</td>
<td>35,107,132</td>
<td>60,905,632</td>
<td>60,905,632</td>
<td>60,905,632</td>
</tr>
<tr>
<td>10</td>
<td>163,261</td>
<td>163,261</td>
<td>163,261</td>
<td>538,047</td>
<td>538,047</td>
<td>538,047</td>
</tr>
<tr>
<td>Other income</td>
<td>7,044,093</td>
<td>7,044,093</td>
<td>7,044,093</td>
<td>7,044,093</td>
<td>7,044,093</td>
<td>7,044,093</td>
</tr>
<tr>
<td>Total income</td>
<td>39,214,386</td>
<td>39,214,386</td>
<td>39,214,386</td>
<td>68,047,769</td>
<td>68,047,769</td>
<td>68,047,769</td>
</tr>
<tr>
<td>Expenses</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Operating expenses</td>
<td>14,807,557</td>
<td>15,425,995</td>
<td>15,425,995</td>
<td>8,202,887</td>
<td>8,202,887</td>
<td>8,202,887</td>
</tr>
<tr>
<td>Program and project expenses</td>
<td>31,934,038</td>
<td>31,934,038</td>
<td>31,934,038</td>
<td>55,444,668</td>
<td>55,444,668</td>
<td>55,444,668</td>
</tr>
<tr>
<td>Total expenses</td>
<td>14,807,557</td>
<td>15,425,995</td>
<td>15,425,995</td>
<td>8,202,887</td>
<td>8,202,887</td>
<td>8,202,887</td>
</tr>
<tr>
<td>(Deficit) / surplus for the year</td>
<td>(1,33,870)</td>
<td>(1,33,870)</td>
<td>(1,33,870)</td>
<td>(1,33,870)</td>
<td>(1,33,870)</td>
<td>(1,33,870)</td>
</tr>
</tbody>
</table>

The annexed notes 1 to 21 form an integral part of these financial statements.

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### AAHUNG

**STATEMENT OF CASH FLOWS**

**FOR THE YEAR ENDED 30 JUNE 2019**

<table>
<thead>
<tr>
<th>2019 Rupees</th>
<th>2018 Rupees</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CASH FLOWS FROM OPERATING ACTIVITIES</strong></td>
<td></td>
</tr>
<tr>
<td>(Deficit) / surplus for the year</td>
<td>(3,030,179)</td>
</tr>
<tr>
<td>Adjustments &amp;</td>
<td></td>
</tr>
<tr>
<td>- depreciation</td>
<td>887,372</td>
</tr>
<tr>
<td>- unrealised loss on revaluation of investments</td>
<td>466,167</td>
</tr>
<tr>
<td>- provision for grants</td>
<td>2,107,721</td>
</tr>
<tr>
<td>- gain on sale of investments</td>
<td>(326)</td>
</tr>
<tr>
<td><strong>(Increase)/ (decrease) in current assets</strong></td>
<td>3,641,681</td>
</tr>
<tr>
<td>- loans, advances &amp; other receivables</td>
<td>2,133,665</td>
</tr>
<tr>
<td>- security deposits</td>
<td>(10,009)</td>
</tr>
<tr>
<td><strong>Decrease in current liabilities</strong></td>
<td>1,907,776</td>
</tr>
<tr>
<td>- accrued and other liabilities</td>
<td>(275,769)</td>
</tr>
<tr>
<td><strong>Deferred capital grants - net</strong></td>
<td>(2,797,175)</td>
</tr>
<tr>
<td><strong>Restricted funds - net</strong></td>
<td>(3,075,349)</td>
</tr>
<tr>
<td><strong>Cash (used in) / generated from operations</strong></td>
<td>(6,779,091)</td>
</tr>
<tr>
<td><strong>Net cash paid</strong></td>
<td>(448,245)</td>
</tr>
<tr>
<td><strong>Net cash generated from/(used in) operating activities</strong></td>
<td>(1,236,535)</td>
</tr>
</tbody>
</table>

**CASH FLOWS FROM INVESTING ACTIVITIES**

<table>
<thead>
<tr>
<th>2019 Rupees</th>
<th>2018 Rupees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purchase of tangible fixed assets</td>
<td>(397,709)</td>
</tr>
<tr>
<td>Investment in short term investments - net</td>
<td>(1,189,497)</td>
</tr>
<tr>
<td>Net cash used in investing activities</td>
<td>(3,497,107)</td>
</tr>
<tr>
<td>Net (increase) / increase in cash and cash equivalents</td>
<td>(8,334,043)</td>
</tr>
<tr>
<td><strong>Cash and cash equivalents at beginning of the year</strong></td>
<td>55,801,535</td>
</tr>
<tr>
<td><strong>Cash and cash equivalents at end of the year</strong></td>
<td>47,067,492</td>
</tr>
</tbody>
</table>

The annexed notes 1 to 21 form an integral part of these financial statements.

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**BOARD MEMBER**

**BOARD MEMBER**