

HRD COMMUNIQUE

Pakistan Reading Project

The PRP (Pakistan Reading Project) is a USAID (United States Agency for International Development) funded intervention being implemented in Pakistan through a consortium of implementing partners (including Creative Associates International, World Learning, and Institute of Rural Management) led by IRC (International Rescue Committee). IRM is implementing this project in FATA and Balochistan

157 QTIG Meetings (Cohort-2) were conducted during the month of February 2019. 183 School support visits were conducted during the quarter, 579 SSAs School support visits were conducted by SSA's and 565 School Support Visits were conducted by mentors under Cohort -3.

Other activities included the review of Kachi Urdu language textbooks by the Book Review Committee during a 3-days TLM Review workshop. Student progress monitoring is also underway in all the target districts. The Additional Secretary Education chaired the Provincial Steering Committee Meeting at PRP-IRM Office, Quetta. The following decisions were taken at the meeting: Director PITE to include Urdu subject into existing CPD; Additional Director BoC to organize district level orientation session on revised Urdu language Curriculum; Balochistan Department of Education agreed to host Inter-provincial study tour and the reading implementation time was to be re-notified for all public schools.



HIGHLIGHTS of the Quarter

**Pakistan Reading Project
'Strengthening Civil Society
Organizations' Project**

**Punjab Youth Workforce
Development Project
(PYWDP)**

**Sindh Union Council and
Community Economic
Strengthening Support
Project (SUCCESS)**

**Training on wool knitting,
Quilt & Bed Spread Making**

**Thirsty Days Ahead:
Pakistan's Looming
Water Crisis**

Nishan-i-Imtiaz

**IRM Annual Cooking
Competition 2019**

**SEF-AALTP (Learning &
Training Components)**

**Southern Punjab Poverty
Alleviation Project (SPPAP)**

**New extension of google
chrome tells if your password
is stolen**

**Health and Wellness
Benefits of Strawberries**

'Strengthening Civil Society Organizations' Project

IRM in collaboration with the University of Massachusetts Donahue Institute (Civic Initiative) is currently implementing a one year 'Strengthening Civil Society Organizations Project' funded by the U.S. State Department. The project aims to improve the organizational capacity of Pakistani Civil Society Organizations/N-GO's while, at the same time improving ties between Pakistan and the United States



through programming that highlights shared values and promotes bilateral cooperation. In the last quarter, a total of 22 participants from the selected CSO's were trained in Two days' workshop on "Training of CSO's on Leadership & Team Building (Feb 25-26, 2019)", Training on Financial Management (18-19 March 2019) & One day workshop on Procurement Management (20 March 2019)

Punjab Youth Workforce Development Project (PYWDP)

IRM in partnership with Louis Berger is currently implementing this USAID funded project in Southern Punjab. The main objective of this project is to enhance the capacity of the selected rural youth beneficiaries from Districts Multan, Lodhran, Muzaffargarh and Bahawalpur, through market

driven technical and vocational trainings and apprenticeship programme to generate monthly income at house hold level as well as capacity building of local public TVET institutes. During this quarter 482 participants have been trained in different trades of vocational training.



Sindh Union Council and Community Economic Strengthening Support (SUCCESS) Programme

IRM is implementing the three-year EU/NRSP funded SUCCESS project in four Districts of Sindh (Matiari, Tando Allah Yar, Tando Muhammad Khan, and Sujawal. During the quarter 1589 Participants Graduated in Car Driving, Applique Work, Machine Embroidery, Hijab



Making, Tailoring & Dress Designing, Dress Designing Advance, Baby Dress Designing, Crochet Work and in Hand Embroidery Training, Beautician Advance, Electrician Advance & Solar Fitting and Air Conditioned & Refrigerator Repair.

Training on wool knitting, Quilt & Bed Spread Making

IRM recently implemented one-month wool knitting and one-month quilt and bed spread making skills training for women from North Waziristan and Khyber Tribal Districts of Khyber Pakhtunkhwa. The project was funded by Islamic Relief Pakistan. A total of 75 women were trained under this project. 25 Participants graduated in the wool knitting skills training last month.



Thirsty Days Ahead: Pakistan's Looming Water Crisis

Excerpts from Outlook Pakistan

How much water is left on my disposal to use in my everyday routine? This is the most pertinent question today for every Pakistani who still cannot judge what kind of water scarcity this nation is going to face in the next five years.

A report by IMF suggests that Pakistan's per capita water availability is 1,017 cubic meters which was 1500 cubic meters in 2009 and the coming years it will further deplete to 1000 cubic meters.

By the way, one cubic meter of water is equal to 1000 liters. So, 1000 cubic meters means 1 million liters. And if you further scrutinize the 1000 liters of water, a general global perception makes it equivalent to;

- 3,300 cup teas
- 28 showers
- 13 baths
- Flushing the toilet more than 100 times

IMF report says Pakistan is on number 3rd in the list of countries that face acute water shortages. And there are also reports from the United Nations Development Programme (UNDP) and Pakistan Council of Research in Water Resources (PCRWR) which reveal similar statistics.

By 2025 Pakistan will reach to a level of absolute water scarcity, and this would not only hit the deserts of the south but also the North as well that is known for snow-filled mountains, and more than 5000 glaciers, Neil Buhne, UN Humanitarian Coordinator for Pakistan describes in the report.

The situation is further expected to worsen by 2040 when Pakistan might become the most water-stressed country in the region.

These warnings don't come out as a sudden revelation but the national and international organizations have been alerting Pakistani governments for decades.

A 2016 report by PCRWR highlights that Pakistan had already touched the water stress line in 1990 and by 2005 it had crossed the red area, i.e., "water scarcity line." Today in 2019, the situation has far more worsened.

A World Economic Forum report mentions water a major threat for Pakistan followed by inflation, terrorism, and unplanned urbanization.

Such a horrific picture gave rise to a national debate on the water more recently in 2018, and the issue was hammered again and again in the media after that Chief Justice of Pakistan and government took notice of the matter and started a crowd-sourcing campaign for the construction of Bhasha dam. Pakistanis living abroad and here have responded positively to the cause, and by January 31, 2019, the joint fundraising account of Apex Court and Government of Pakistan has accumulated Rs. 9,714,508,498.

Understanding the Water Scarcity

According to the UN-Water, a United Nations agency that coordinate with UN countries on water and sanitation issues, describes water scarcity as the physical shortage of water supply, scarcity of water due to inadequate infrastructure or the scarcity of water due to the failure of government organization in providing adequate water supply in a particular region.

The Falkenmark formula suggests that water availability under 1000 cubic meters/capita/ year limits the economic growth and health of the population, where Pakistan already stands at this moment and when it goes under 500 cubic meters threshold, it's a real constraint to the life calling it an "absolute scarcity."

Pakistan, Among the Most Water Wasting Countries

The global studies rank Pakistan at number 4th among the most water-consuming countries. Being an agriculture-dependent country, Pakistan hugely relies on its canal network where water is highly underpriced to the extent that not more than a quarter of the annual operational and maintenance cost is recovered. Graph Source: Salim Khoso's study on water scarcity in Pakistan. Out of total demand in Pakistan, nearly 90% of the water is consumed by agriculture and industry. Our main supply line of Indus Basin originates from Mount Kailash range in Tibet that runs into the Arabian Sea.

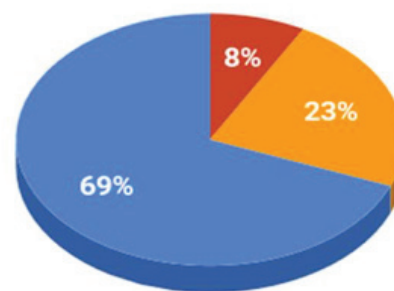
Pakistan receives around 145 million acre-feet of water every year but only saves 13.7 million acre-feet in its fragile storage system.

Dependence on only a few national dams including Tarbela and Mangla which too have lost their original capacities of water storage ever since their inception, can a single Bhasha dam help

us store water for all our needs is still a question.

The obsolete canal network, water theft by influential to their farmlands, unplanned and gigantic urbanization, deforestation can only add fuel to the fire.

● Domestic uses ● Industry ● Agriculture



Total Water Consumption by different sectors in Pakistan

Domestic Water Abuse

All major metropolitan cities of Pakistan including Lahore, Islamabad and Karachi have the least availability of drinkable water. Half a century old water supply lines to most of the urban areas are rusty and cracked that allow sewerage water to seep into the drinking water lines in many old parts of the cities. Lack of awareness among the people about the issue of water also shows massive helplessness on our part.

At homes, we still don't get frightened to waste water while washing our garage, cars even the gates, every day. Taps run freely losing hundreds of liters every day in a house.

One of the primary reasons for such irresponsible behavior is the costing mechanism.

In contrast to the electricity, the monthly charges for water supply are extremely nominal that makes it almost a useless commodity in the eyes of consumers.

A recent ban from the Lahore High Court on washing cars at homes using the hose pipes couldn't bring fruits. Even a prior order of the court to only allow registered service stations to operate that will use water recycling facility hasn't been implemented.

Not only it happens at our homes, but the civic institutions also turn a blind eye. It was recently revealed during a court hearing that Lahore Waste Management Company washes the Lahore city roads with drinkable water wasting some 30,500 liters every day.

There is hardly an effort in the past 50 years to organize the water consumption and supply line.

UN-Water also believes there is no global water shortage across the globe it is the lackluster performances of individual countries and their inabilities that endanger their survival.

If the situation in Pakistan isn't handled from the very core, it will not only jeopardize the lives of average Pakistanis but also an economic meltdown could be witnessed in the country.

**Mr. Shoaib Sultan Khan,
Chairman RSPN
was awarded
Nishan-i- Imtiaz from
President of Pakistan
on 23 March 2019**



IRM Annual Cooking Competition 2019



SEF-AALTP (Learning & Training Components)

This project aims to provide accelerated formal primary education for vulnerable adolescents and basic functional literacy for adults together with a certified skill development vocational training course for each learner, enabling them with varying opportunities of human capital development and socio-economic growth. A total of 291 learners are currently enrolled in the programme. During this quarter, 414 participants are currently enrolled in advance tailoring, beautician, Motorcycle Repairing, MS Office, hand embroidery, solar installation & livestock management.

Southern Punjab Poverty Alleviation Project (SPPAP)

The Government of Punjab, with financial assistance of the International Fund for Agricultural Development (IFAD), launched Phase II of the project for three years till March 31, 2021 titled South Punjab Poverty Alleviation Project (SPPAP) in districts Bahawalnagar, Bahawalpur, Muzaffargarh, Rajanpur, Rahimyar Khan and DG Khan in South

Punjab. SPPAP is designed to assist the Government to achieve its objectives of economic growth and poverty alleviation. The overall goal of the project is to reduce rural poverty in Southern Punjab. 364 pax are enrolled in vocational training while 89 pax are enrolled in entrepreneurship training.



New extension of google chrome tells if your password is stolen

(Excerpts from Pro Pakistani)

Google celebrating the "Safer Internet" Day introduced two new safety measures, that can actually make the internet a safer place.

These two updates seek to protect the usernames and passwords among other details. They will be a sign of relief for many, as compromised passwords are often used for data theft.

Account Protection and Password Checkup

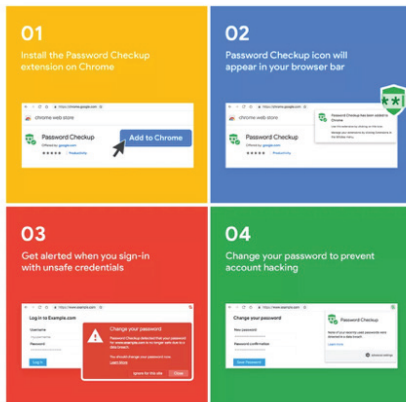
Even if you have taken necessary protection measures, they may not extend to the app/service that you sign into with your Google account. Therefore, Google has introduced Cross Account Protection to safeguard against that.

The other is an extension called "Password Checkup" for the desktop version of Chrome that can check if your password has been compromised or not. As per the details, Google has gathered a set of 4 billion compromised accounts' details for this purpose.

How They Work

Once you install the extension, it compares the data you shared with Google with what you type in. It lets you know then if any of the entries is hacked. If the entry is hacked, you will get an automatic warning and a suggestion to change your password.

Protect your accounts in 4 easy steps



Get the Password Checkup extension here: <https://goo.gl/t25VAS>

Many people have sensitive information stored on their Google accounts like credit/debit card data, account details of online banking, and so on. A compromised password means this information will also be comprised. In order to avoid that, Google has rolled out Cross Account Protection.

With this feature, Google informs the apps and sites that you've signed into, that your account has been hacked. Moreover, it will be done without disclosing sensitive information. The person whose account got hacked will only know that a security breach has occurred and when it happened.

The feature has been developed with Internet Engineering Task Force, Adobe, and Open ID Foundation.

Health and Wellness Benefits of Strawberries

(Excerpts from wellwithinbeauty)

At peak during spring and early summer, strawberries are sweet, tart, and juicy. Apart from their delicious taste, strawberries offer an abundance of health and wellness benefits. As a great source of fiber, vitamin C, and antioxidants, strawberries can benefit your health in the following ways.

1. IMPROVES IMMUNE FUNCTIONING

Just one serving of strawberries offers about 150 percent of the body's daily vitamin C requirement. This is essential for helping the body fight off infection and disease, from the common cold to the flu. Vitamin C also acts as an antioxidant, neutralizing free radicals that damage healthy DNA.

2. LOWERS BLOOD PRESSURE

Strawberries are an excellent source of potassium, which counters the effects of sodium in the body and reduces blood pressure. In addition to battling hypertension and related cardiovascular disease, a diet rich in potassium can help lower mortality risk in general.

3. TREATS SYMPTOMS OF ARTHRITIS AND GOUT

Free radicals contribute to the inflammation and deterioration of the muscles and tissues of the body. As a result, the joints don't function as they should and harmful toxins build up, causing conditions like arthritis and gout. The antioxidants in strawberries help detoxify the body and reduce inflammation.

4. OFFERS PROTECTION AGAINST CANCER

Special components found in strawberries called flavonoids have the power to fight cancer and oxidative stress. These flavonoids, such as anthocyanins, quercetin, and kaempferol act as a defensive line against the development of cancer and tumors.

5. PROMOTES HEALTHY EYESIGHT

The presence of flavonoids, ellagic acid, and phenolic phytochemicals in strawberries reduces one's risk of age-related vision problems like macular degeneration. These antioxidant compounds scavenge and trap free radicals, preventing them from damaging healthy ocular structures.

6. REGULATES BLOOD SUGAR

Strawberries are relatively low on the glycemic index, meaning they don't cause extreme spikes in

blood sugar after consumption. The dietary fiber provided by strawberries also helps regulate glucose, too. Making strawberries a part of a balanced diet can reduce one's risk of diabetes or improve existing diabetes symptoms.

7. LOWERS RISK OF STROKE

The abundance of antioxidants in strawberries also offers protection against stroke by preventing the formation of blood clots. In addition, the potassium in strawberries acts as a vasodilator that improves the flow of blood to the brain, reducing one's risk of stroke.

8. HELPS REGULATE MOOD

These bright red berries also benefit your emotional and mental functioning. The seeds of strawberries contain the omega-3 fatty acid alpha-linolenic acid, which has been proven to improve mood. Surprisingly, the mood-enhancing advantages of ALA is comparable to the mood-stabilizing effects of the commonly prescribed drug valproic acid.

9. ALLEVIATES ALLERGY SYMPTOMS

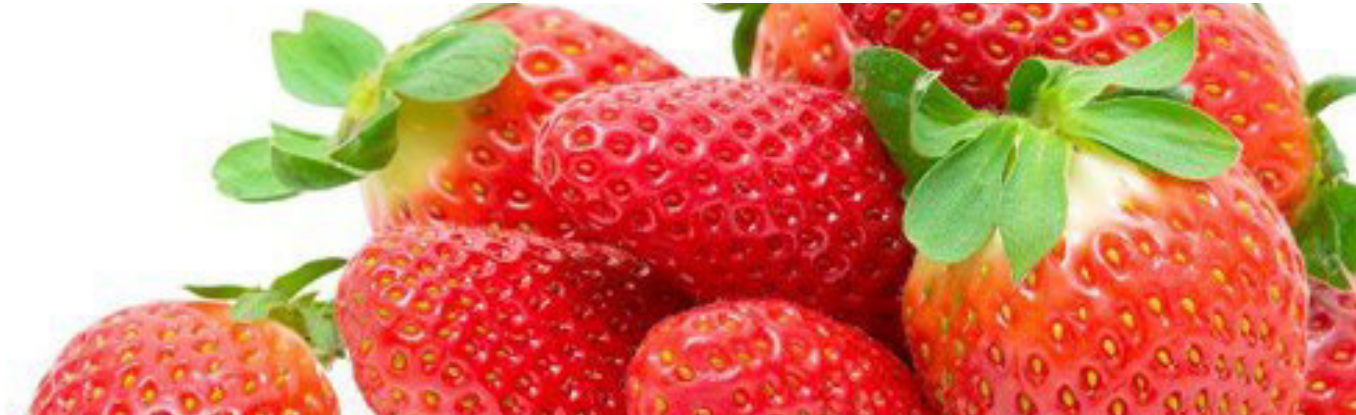
Since strawberries deliver immune-boosting and anti-inflammatory benefits, they are a great weapon against allergies. They contain a special anti-allergy flavonoid called fisetin, which helps the body's immune cells control inflammatory reactions to allergens.

10. PROMOTES SKIN VITALITY

The vitamin C in strawberries is used by the body to produce collagen, a protein essential to skin health. A healthy supply of collagen helps skin stay soft and springy while also repairing damaged skin cells. In addition, vitamin C serves as a free radical-scavenger, fighting the development of skin cancer and premature aging.

BEST WAYS TO BENEFIT FROM STRAWBERRIES

Strawberries are one of the most heavily sprayed fruits, so consider buying organic to limit your exposure to pesticides. This versatile fruit can be eaten as a snack or in various other ways, such as in smoothies, desserts, dressings, or on salad.



For more details about our training programmes, please visit our website www.irm.edu.pk.



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