



Building a Prosperous Pakistan

# HRD COMMUNIQUE

ISSN: 1996-1535



Its All  
**DIGITAL**

2020  
**STRATEGIC MEETING**

Stay Home  
**STAY SAFE**

ISSUE 02/20 • APRIL-JUNE 2020

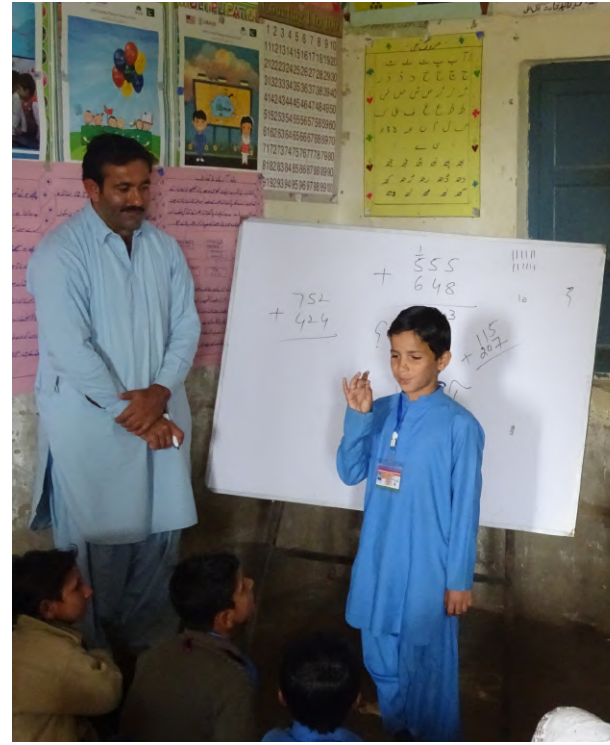


# PAKISTAN READING PROJECT

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 Newly Merged districts and Balochistan.

**AN IMPORTANT INITIATIVE TAKEN BY COMPONENT-1 TEAM IN BALOCHISTAN WAS RESTRUCTURING THE QUALITY ASSURANCE PLAN FOR EFFECTIVE IMPLEMENTATION OF PROJECT INTERVENTIONS AND ACTIVELY SUPERVISING THE DESIRED OUTCOMES. THE PROCESS IS BASED ON A MULTI-PRONGED APPROACH OF USE OF DATA AND KNOWLEDGE TRANSLATION.**

In NMD's program is being implemented by IRM by providing support to the DoE (Directorate of Education) FATA Secretariat to improve quality of education in FATA by focusing on reading skill of students at early grades. In the absence of valid NoC, field activities remained restricted but during the reporting quarter the major achievement remained the distribution of RLM, almost 90% of the school were provided with the Reading Learning Material, which means 1367 teachers are provided with the RLM till date. Besides, 258 mentors were also provided with the TIG Module and Lesson Plan and in District Mohmand (151) and Bajaur (86) tablet distribution is also in progress.







## SINDH UNION COUNCIL AND COMMUNITY ECONOMIC STRENGTHENING SUPPORT PROJECT (SUCCESS)

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 1061 Participants Graduated in Car Driving, Machine Embroidery, Building Painting, Beautician Advance, Electrician Advance, Solar Fitting, Air Conditioner & Refrigerator Repair, dress designing and applique work.

## 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. 1388 pax have completed vocational training during the quarter which include Excavator driving, car driving, busienness management skills etc while 234 trainees have completed entrepreneurship training







## ANNUAL STRATEGIC MEETING 2020





## 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 aimed to improve the organizational capacity of Pakistani Civil Society Organizations/NGO's while, at the same time improving ties between Pakistan and the United States through programming that highlights shared values and promotes bilateral cooperation. Project was closed in January 2020, Capacity of 22 CSOs was built through this project, CEOs of CSOs and CEO IRM participated in the closing ceremony.



## ACCELERATED ACTION PLAN

The Government of Sindh (GoS) recently adopted an Accelerated Action Plan for Reduction of Stunting and Malnutrition (AAP). The AAP has the ambitious goals of reducing stunting from 48% to 30% by 2021 and to 15% by 2026 by increasing and expanding coverage of multi-sectoral interventions proven to reduce stunting in the first five years of life. It includes objectives and expected outcomes related to addressing the underlying causes (by sector) of stunting: health, population, sanitation and hygiene, agriculture (including livestock and fisheries), social protection, education, and behavioral change communication. The Project Development Objective (PDO) is to contribute to the reduction of the stunting rate among children under 5 years of age by targeting the most affected districts in the Province of Sindh.





# STAY HOME STAY SAFE

Excerpts from Stay home Stay Safe by A. jaffri

Staying home making you lose your marbles? Fret not, this week You! shares some suggestions to help make your time quarantined as interesting as well as productive. That's right: It's advised that you self-quarantine. Although remaining inside is a good way to protect yourself and others from the corona virus, and is an important measure to help 'flatten the curve' of daily cases, it could also lead to a lesser evil: boredom, stir craziness and laziness. While some of us wonder what to do indoors, there are others working from home, caught in an unhealthy routine. Here's how we can get through this quarantine...

## Follow a routine

This is especially for the work-from-home squad with flexible timings. It's really easy to give in to the immediate urge to sleep in and stay up late which will mess up your routine. You would also have the urge to stay in pajamas and in your room all day long. Experts suggest that you should stay put with your proper routine. Set your alarm for your usual time and stick with your morning routine. Shower, eat what you normally would, make the bed, etc. You can skip the work uniform and dress down, but do get dressed – don't stay in pajamas. If you're not working, create a schedule of mealtimes, reading time, phone time, exercise, chores, etc. Write it down. Even if you have very few obligations, it will help you stay balanced to have different activities you regularly do at relatively set times.

## Watch your health

Confined to your homes, the temptation to stress-eat, eat out of boredom will be unyielding. Take this as an opportunity to focus on your health. When you're on a weekly trip to get groceries, try to stay away from too many chips and biscuits. Focus more on wholesome snacks, fruits and veggies. Tryout at-home aerobics or yoga videos. Consider downloading a fitness app with curated workout playlists or just browse YouTube. Moreover, there are many fitness trainers doing free live work sessions on social media platforms. It will help you get into the groove much easily. Also, since some of these sessions are done on video, you can also get instant personalized feedback on your posture which most apps can't do.

## Breathe in fresh air

Being in quarantine doesn't mean you can't take a peek outside. Look out the window, stand in the balcony, stroll in your garden (if you have one). Don't starve off of nature. If you have some potted plants in your home, take a moment to look at them, touch and feel them. Being surrounded by greenery helps freshen a mind locked away in concrete walls. So, take a moment and breathe in fresh air.



Annual Group Photo  
Islamabad February 15, 2020

*Stay Home  
Save Lives*