

Quarter Report October -December 2023

Food & Climate Voices Team Participation in Fem Green Concept Cafe Balochistan Plantation Drive

Food & Climate Voices, Fem Green Concept Cafe, and Concept School Quetta joined forces for a remarkable plantation drive in Balochistan, planting hundreds of tree saplings as part of the Billion Tree Tsunami Balochistan project to combat climate change and enhance the local environment. This collaborative effort, led by Abhishey Basharat and graced by the presence of M. Niaz Khan Kakar, Project Director of the Billion Tree Tsunami Balochistan, demonstrated the power of unity in promoting sustainability and environmental consciousness. The event highlighted the importance of reforestation, environmental education, and community engagement in addressing climate change. The participants, including students and team members, showed immense enthusiasm and dedication to the cause, inspiring a sense of hope for a greener future.



Read more:

<https://hivoices.org/2024/07/15/fem-green-concept-cafe-balochistan-planting-hope-for-a-greener-tomorrow/>

CEO Hivoices Tayyab Roham attend session Graduated from the Centre for Human Rights Education (CHRE) in Pakistan



In a world where the principles of human rights and democracy are often challenged and undermined, individuals who dedicate themselves to upholding these values stand out as beacons of hope and change. One such individual is Tayyab Roham, the CEO of Hivoices, whose commitment to promoting human

rights and democracy in Pakistan has been unwavering and inspiring. Tayyab Roham's journey towards becoming a champion of human rights and democracy began at the Centre for Human Rights Education (CHRE) in Pakistan, where he pursued a focused study on these critical issues. Graduating from the CHRE with a deep understanding of the complexities surrounding human rights and democracy, Tayyab Roham emerged as a passionate advocate for social justice and equality. During his time at the CHRE, Tayyab Roham participated in intensive residential modules, including a 9-day and a 5-day program, where he engaged in diverse projects aimed at addressing human rights violations and promoting democratic values. These experiences not only broadened his perspective but also equipped him with the knowledge and skills necessary to drive meaningful change in his community and beyond. As the CEO of Hivoices, Tayyab Roham has continued his mission of advancing human rights and democracy through innovative approaches and initiatives. Under his leadership, Hivoices has become a platform for marginalised voices to be heard, a space where individuals can share their stories, experiences, and perspectives on issues related to human rights and democracy.

Read more:

<https://hivoices.org/2024/06/02/ceo-hivoices-tayyab-roham-attend-session-graduated-from-the-centre-for-human-rights-education-chre-in-pakistan/>

Breast Cancer Awareness Campaigns by Women Voices

Women Voices ran an online breast cancer awareness campaign for Pakistani women. Breast cancer is a significant health issue worldwide, and Pakistan is no exception. With over 90,000 new cases reported annually and around 40,000 deaths each year, breast cancer is the most common cancer among women in Pakistan¹. Humanity in Voices ran an online campaign aimed to highlight the importance of early detection and regular check-ups to combat this disease effectively. One in every nine women in Pakistan is at risk of developing breast cancer in her lifetime. Approximately 109 women die every day due to breast cancer in Pakistan. Early detection of breast cancer significantly increases the chances of



successful treatment. When breast cancer is detected early, the five-year relative survival rate is nearly 100%. Early detection methods include breast self-exams: Women should perform monthly self-exams to detect any unusual changes, clinical breast exams: regular check-ups with healthcare professionals can help identify abnormalities that may not be noticeable through self-exams. Raising awareness about breast cancer in Pakistan is crucial. By promoting early detection, regular check-ups, and overcoming cultural barriers, we can improve survival rates and provide better support for those affected by this disease. Every woman deserves the chance to live a healthy, cancer-free life.

Read More:

<https://hivoices.org/2024/07/29/women-voices-raising-awareness-about-breast-cancer-in-pakistan/>

Educating and Destigmatizing Menstruation Video by Maria Iqbal



Menstruation is a natural part of life, yet it's often surrounded by silence and stigma. This silence can lead to misinformation, shame, and a lack of necessary resources for those who menstruate. To address this, I recently created a video aimed at educating people about menstruation and breaking down the taboos that still exist.

In the video, I explained the biological aspects of menstruation, debunked common myths, and highlighted the cultural challenges that keep periods shrouded in secrecy. My goal was to encourage open discussions, empower individuals to take pride in their bodies, and support menstrual health initiatives. This video is a small but

important step towards changing how society views menstruation. By fostering open dialogue, we can help create a world where menstruation is no longer a source of shame but is understood and respected as a natural part of life.

Watch it Here: <https://www.facebook.com/reel/820335259828697>

A Visit to the Most Holy Redeemer Cathedrals

As part of our ongoing efforts to foster peace-building and interfaith harmony, the Hivoices team recently visited the Most Holy Redeemer Cathedral in Multan. This visit was a significant step towards promoting religious cohesion and understanding among diverse communities. The cathedral, a symbol of faith and history, provided the perfect backdrop for

meaningful conversations about the importance of unity and respect among different religious groups. During the visit, we engaged in discussions with the church's representatives, learning about their traditions, practices, and the challenges they face in a multi-religious society like ours. One of the key takeaways from this visit was the shared commitment to peace and mutual respect. We explored ways to collaborate on initiatives that could bring together people from various religious backgrounds, focusing on common values like compassion, tolerance, and love for humanity. This experience underscored the importance of interfaith dialogue in breaking down barriers and building bridges of understanding. It reaffirmed our belief that despite our differences, there is much that unites us, and that by working together, we can create a more inclusive and harmonious society. The visit to the Most Holy Redeemer Cathedral was not just an opportunity to learn about another faith, but also a reminder of the shared humanity that binds us all. At Hivoices, we remain committed to these principles, striving to promote peace and interfaith harmony in every step we take.



Read More Here:

<https://hivoices.org/2024/07/15/a-visit-to-the-most-holy-redeemer-cathedral-in-multan/>

Engaging in Climate Action COP in MY CITY 2023 Debate Chambers



Our team recently had the privilege of participating in the COP in MY CITY 2023 debate chambers event at The Islamia University of Bahawalpur. Organised by Youth For Climate Pakistan, Clean Green Pakistan, UNICEF, UN Women, and UNDP, this event provided a crucial platform for young voices to engage in meaningful discussions on climate finance, climate resilience, and

decarbonization. The event brought together passionate individuals from various backgrounds, all united by a common goal: to address the pressing issue of climate change. Throughout the debate chambers, participants explored innovative solutions to some of the most urgent challenges facing our planet today. Topics ranged from securing funds for climate initiatives to building resilient communities and reducing carbon emissions. Our team members actively contributed to the discussions, sharing insights and proposing strategies that could be implemented at both local and global levels. The event was not only an opportunity to learn from others but also to highlight our commitment to climate action and the need for collaborative efforts to combat the climate crisis. Participating in the COP in MY CITY 2023 debate chambers reinforced our belief in the power of youth-led initiatives. The event showcased the importance of inclusive dialogue and the role of young leaders in shaping a sustainable future. As we move forward, we remain dedicated to advancing climate action, guided by the valuable experiences and knowledge gained from this event. Through continued engagement in such forums, we hope to contribute to a greener, more resilient world, where climate justice and sustainability are at the forefront of every decision.

Read more here:

<https://www.facebook.com/share/p/8892iX3rWb3zt8gk/?mibextid=oFDknk>

Reflections from the 22nd Young Leaders Conference 2023

Tayyab Hussain and Maria Iqbal recently had the opportunity to attend the 22nd Young Leaders Conference (YLC) 2023 in Karachi, organised by the School of Leadership. The theme of this year's conference, "Next is Now or Never," resonated deeply with the urgency and potential of youth leadership in today's world. The conference featured a diverse range of sessions, including motivational speaking, team building, and critical issues like climate change, violent extremism, and diversity. We explored the role of youth in driving change and achieving



goals, with a focus on how our generation can tackle the pressing challenges of our time. Through engaging discussions and activities, we were inspired to take actionable steps in our communities. The conference reinforced the importance of youth leadership and collaboration in shaping a better future. Attending the YLC 2023 was an empowering experience that equipped us with new perspectives and

skills, strengthening our resolve to make a meaningful impact.

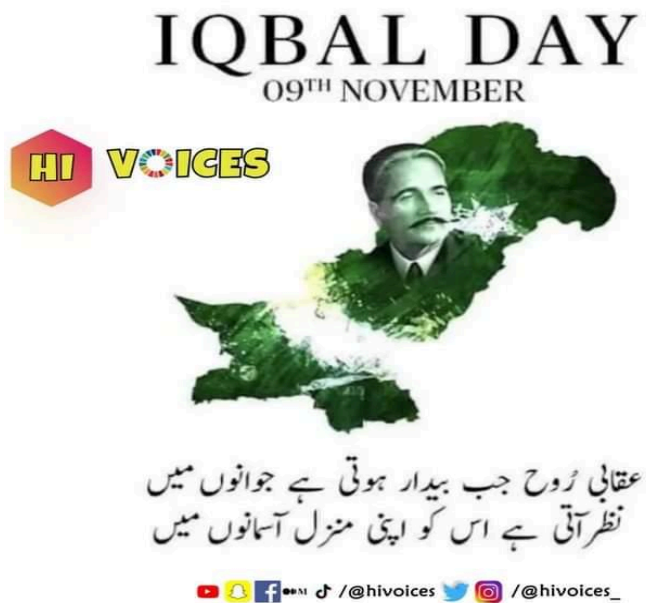
Read More Here:

<https://hivoices.org/2024/07/15/tayab-hussains-inspiring-journey-at-the-22nd-young-leaders-conference-2023/>

<https://www.facebook.com/share/p/rHqduP9EvvQQch3W/?mibextid=oFDknk>

Celebrating Iqbal Day and Reflecting on the Legacy of Allama Iqbal

Our team recently celebrated Iqbal Day, a day dedicated to honouring the remarkable contributions of Allama Iqbal to literature, philosophy, and the national movement. The celebration was marked by various activities and discussions that allowed us to delve into Iqbal's vision and ideas. Through these activities, we reflected on Iqbal's profound influence on shaping the intellectual and spiritual landscape of the nation. His thoughts on self-identity, unity, and the empowerment of the youth resonated deeply with us, inspiring a renewed commitment to these ideals in our work. The day served as a meaningful opportunity to not only celebrate Iqbal's legacy but also to explore how his ideas can continue to guide us in building a better future for our community and country.



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Read more here:

<https://www.facebook.com/share/p/VPNB6vr2MLvpbhKJ/?mibextid=oFDknk>

Empowering Women Entrepreneurs: Insights from the WISE Boot Camp



Iqra Amjad and Sohaima Faheem recently took part in a 3-day WISE boot camp, organised by Jazz and UNDP. The boot camp was designed to enhance women's involvement in business and to empower their entrepreneurial skills. Throughout the program, they engaged in

various workshops and activities that focused on building essential business skills, understanding market dynamics, and developing strategies for successful entrepreneurship. The boot camp provided a valuable platform for women to learn, connect, and grow, fostering a supportive environment that encouraged innovation and leadership.

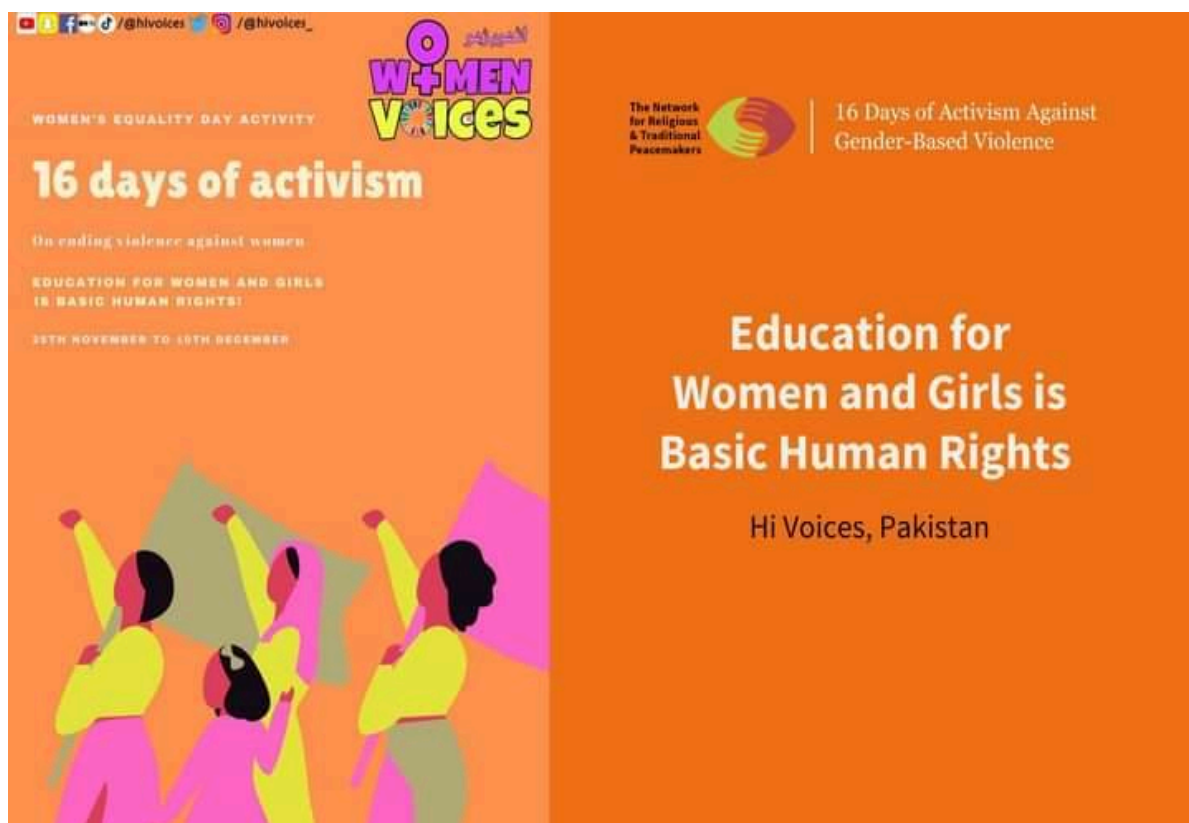
This experience not only equipped Iqra and Sohaima with practical knowledge but also inspired them to take confident strides in their entrepreneurial journeys, contributing to greater gender diversity in the business world.

Read more on website:

<https://hivoices.org/2024/07/15/empowering-women-through-entrepreneurship-jazz-and-und-ps-wise-boot-camp/>

16 Days of Activism Against Gender-Based Violence

As part of the global 16 Days of Activism against Gender-Based Violence, a post was shared by Women Voices to raise awareness and emphasise the crucial need to combat violence



against women. This campaign, observed annually, is a powerful reminder of the ongoing struggle for gender equality and the fight to end violence in all its forms. The post highlighted the importance of collective action in addressing gender-based violence, calling on communities, organisations, and individuals to stand together in solidarity. It underscored that achieving gender equality is not just a women's issue, but a societal imperative that requires everyone's involvement.

Through this initiative, Women Voices aimed to spark conversations, encourage education, and inspire actions that can make a real difference. The message was clear: by uniting our efforts, we can create a world where every woman and girl can live free from violence and discrimination. The 16 Days of Activism serve as a powerful platform to amplify the voices of

survivors, advocates, and all those committed to justice and equality. Let's continue to raise our voices and take action to end gender-based violence.

Read more here:

<https://hivoices.org/2024/07/15/16-days-of-activism-uniting-against-gender-based-violence/>

A Call to Action on World AIDS Day

On World AIDS Day, Young Positive People made a powerful appeal to stakeholders, emphasising the need to empower young people to lead efforts around youth engagement and participation in the fight against HIV/AIDS. This call to action underscored the critical role that young voices play in shaping a more inclusive and effective response to the epidemic. Young people are not only the most affected by HIV/AIDS but also the most



capable of driving innovative solutions and reaching their peers with impactful messaging. By allowing youth to take the lead, we can ensure that strategies are relevant, effective, and resonate with those who need them most. The message from Young Positive People highlighted the importance of creating spaces where young leaders can contribute meaningfully, ensuring that their perspectives are not just heard but actively integrated into decision-making processes. This approach is essential for fostering a more dynamic and responsive fight against HIV/AIDS. As we reflect on the progress made and the challenges ahead, it's clear that empowering young leaders is key to achieving lasting change. World AIDS Day serves as a reminder that by supporting youth-led initiatives, we can build a future where HIV/AIDS is no longer a threat and where every young person has the opportunity to thrive.

Read more here:

<https://www.facebook.com/share/p/ZX6Y3RWULF2cwZnx/?mibextid=oFDknk>

Highlights from HiVoices' 16 Days of Activism Programs

HiVoices recently hosted an insightful program as part of the 16 Days of Activism, dedicated to educating women about their rights. The session aimed to empower women with the knowledge and tools they need to advocate for themselves and stand up against gender-based violence. Ayesha played a crucial role in sharing the key takeaways from the program, which covered essential topics such as legal rights, support services, and strategies for navigating challenges related to gender-based violence. The discussion emphasised the importance of awareness and education in fostering a more informed and resilient community.

By equipping women with this vital information, HiVoices aims to not only raise awareness but also encourage proactive engagement in addressing and preventing violence. The program was a significant step in promoting gender equality and ensuring that women's voices are heard and valued in the ongoing fight against injustice. The initiative reflects HiVoices' commitment to supporting women and creating a more equitable society. Through continued education and empowerment, we can make strides toward ending gender-based violence and ensuring that every woman has the knowledge and confidence to assert her rights.



Watch it here:

<https://www.facebook.com/share/v/P6Bt3cwggisyRGzH/?mibextid=oFDknk>

UNAIDS Pakistan Country Director's Visit to HiVoices

The HiVoices team recently had the honour of hosting the UNAIDS Pakistan Country Director at their office. The visit provided an excellent opportunity to showcase HiVoices' ongoing efforts in engaging youth in HIV programs and to discuss potential future collaborations.

During the visit, the Country Director reviewed HiVoices' work and engaged with the team, expressing appreciation for their impactful initiatives aimed at



involving young people in the fight against HIV/AIDS. The acknowledgment of HiVoices' dedication to youth engagement was a testament to the organisation's commitment and effectiveness in addressing this critical issue. The meeting also highlighted a strong interest in exploring further collaborations, with a focus on enhancing support and opportunities for young people. This positive feedback and potential partnership signify a promising path forward for expanding the reach and impact of HiVoices' programs. The visit was a significant step in strengthening relationships with key stakeholders and aligning efforts towards a common goal of improving HIV response and support for youth. HiVoices looks forward to continuing this collaboration and advancing their mission to empower and engage young people in meaningful ways.

Read more here:

<https://www.facebook.com/share/p/xZ73pQ8tx39Tgmf7/?mibextid=oFDknk>

Empowering Voices: Capacity-Building Workshop for Adolescent Girls and Young Women



In a collaborative effort to enhance advocacy and support for adolescent girls and young women (AGYW), The PACT, AIDS Healthcare Foundation, and Girls Act joined forces with HiVoices and Women Voices to conduct a comprehensive capacity-building workshop and consultation. This initiative was part of the UPR post-engagement process, aimed at empowering AGYW with critical knowledge and skills. The workshop covered key topics including reproductive health and rights, gender-based violence, and the utilisation of UPR processes for reporting human rights violations. By focusing on these areas, the program sought to

equip participants with the tools necessary to advocate for their rights, access essential services, and address systemic issues affecting their well-being. Participants gained valuable insights into reproductive health and rights, learning how to protect themselves and make informed decisions. The session on gender-based violence addressed ways to identify, report, and combat such violence, while the discussion on UPR processes highlighted the importance of using international mechanisms to hold perpetrators accountable and seek justice. This workshop was a significant step towards building the capacity of AGYW to engage actively in human rights advocacy and ensure their voices are heard. The collaborative support from The PACT, AIDS Healthcare Foundation, and Girls Act

underscores the commitment to fostering a more informed and empowered generation of young women dedicated to advancing their rights and well-being.

Read more here:

<https://hivoices.org/2024/07/15/empowering-adolescent-girls-and-young-women-a-capacity-building-training-on-health-rights-gender-based-violence-and-reporting-mechanisms/>

Celebrating World Human Rights Day: "What are Human Rights:

To commemorate World Human Rights Day, HiVoices and Agahi joined forces to host an engaging session titled "What are Human Rights: Find Out." The event aimed to raise awareness and educate participants about the fundamental principles of human rights. One of the highlights of the session was an awareness walk, where participants carried placards with powerful messages about the significance of human rights. This visual demonstration served to draw attention to key issues and emphasise the importance of upholding human



rights for all. The walk not only provided a platform for raising awareness but also encouraged active participation in advocating for human rights. It was a vivid reminder of the collective responsibility to protect and promote these rights, ensuring that every individual is treated with dignity and respect. Through this initiative, HiVoices and Agahi contributed to the global conversation on human rights, inspiring participants to reflect on their roles in fostering a more just and equitable society. The event successfully highlighted the ongoing need for vigilance and action in the pursuit of human rights for everyone.

Read more here:

<https://hivoices.org/2024/07/15/empowering-the-youth-voices-hosts-interactive-session-and-awareness-walk-on-human-rights-day/>

Celebrating Diwali and Fostering Cultural Cohesion with HiVoices



HiVoices member Dharmender Kumar recently celebrated Diwali with the Hindu

community, exemplifying a commitment to cultural cohesion and mutual respect. Diwali, a significant festival of lights, was an opportunity to engage with the community and honour their traditions. By participating in the celebrations, Dharmender Kumar helped bridge cultural gaps and promote understanding among diverse groups. This gesture of solidarity not only strengthened community ties but also demonstrated HiVoices' dedication to fostering an inclusive environment where different cultural practices are respected and celebrated. The celebration of Diwali was more than just an event; it was a meaningful step towards embracing and appreciating cultural diversity. Through such initiatives, HiVoices continues to champion unity and respect, reinforcing the values of inclusivity and harmony in every community.

Read more here:

<https://www.facebook.com/share/p/XQ4smTMBtZGRAnYd/?mibextid=oFDknk>

Tayyab Hussain at the FP2030 Pakistan Consultation



Tayyab Hussain, CEO of HiVoices, recently took part in the CSO & Youth Consultation on FP2030 Pakistan commitments and the National Action Plan dialogue. The event, organised by Rahnuma, FPAP, and UNFPA, focused on shaping the future of family planning initiatives in Pakistan. The consultation provided a platform for civil society organisations and youth leaders to discuss and contribute to the FP2030 commitments and national action plans. Tayyab Hussain's participation underscored HiVoices' dedication to advancing reproductive health and

rights and ensuring that the voices of young people are integral to policy discussions. Through this dialogue, Tayyab and other participants worked towards strengthening strategies and commitments to improve family planning services and outcomes in Pakistan. The engagement highlights HiVoices' role in driving impactful change and advocating for effective solutions to address the needs of communities.

Read more here:

<https://hivoices.org/2024/07/15/tayyab-hussain-ceo-of-hi-voices-engages-in-crucial-dialogues-for-reproductive-health-in-pakistan/>

"Good Touch - Bad Touch" Workshop in Multan

Under the leadership of Tayyab Hussain, a workshop titled "Good Touch - Bad Touch" was recently organized in Multan, focusing on



child abuse prevention and awareness. The workshop aimed to educate participants about recognizing and preventing child abuse through understanding the concepts of appropriate and inappropriate touches. The session provided valuable insights into safeguarding children, empowering them with the knowledge to identify and report abuse. It also served as a crucial resource for parents, educators, and caregivers to learn about preventive measures and effective responses to abuse. Tayyab Hussain's efforts in organising this workshop underscore HiVoices' commitment to addressing critical social issues and ensuring the safety and well-being of children. By fostering awareness and education, the workshop aimed to create a safer environment for young individuals and contribute to the broader fight against child abuse.

Read more here:

<https://www.facebook.com/share/p/Z9aLNqw28Qxr1P1K/?mibextid=oFDknk>
