

# QUARTER ACTIVITY REPORT

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**VOICES**

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**APRIL TO JUNE 2024**



**A minorities youth led initiative working  
for Young PLHIVS and minorities**

## Breaking the Silence: Cracking the Code of Manhood in Multan

In the 2nd quarter of 2024 Humanity in Voices with the support of Dastak Foundation conducted Guy Talk Pakistan sessions in Multan. Guy talk sessions provided a safe and supportive space for men to discuss their thoughts, feelings, and experience fostering a sense of community and connection. The session on 29-05-2024 was led by campaign officer Sohaima faheem at Barki Advance Physiotherapy Clinic Multan. This Men's Health Month Humanity in Voices created a safe space for men to open up about their emotions and mental health. Through Guy Talk Pakistan sessions in Multan, 29 participants from diverse backgrounds explored themes of friendship, love, vulnerability, and ego. Participants discovered that vulnerability is a strength, not a weakness, and that sharing feelings builds stronger connections and fosters a supportive environment. Humanity in Voices continue to crack the code of manhood and encourage men to speak up and prioritize their mental health.

The session aimed to explore the intricacies of male friendships, identify the challenges that weaken them, and provide a safe space for participants to share their experiences and perspectives. The participants responded enthusiastically, openly sharing their thoughts and feelings about their friendships. As they shared their stories the participants realize that their friendships had become weak due to various reasons such as lack of communication, trust issues, and insufficient quality time together. Some participants expressed how their busy schedules and work commitments had made it difficult to maintain regular contact with their friends, leading to feelings of disconnection and isolation and how unresolved conflicts and misunderstandings had created barriers in their friendships, making it challenging to reconcile and move forward. The participants also highlighted how societal expectations and gender norms had often discouraged them from expressing emotions and vulnerabilities, leading to a sense of superficiality in their friendships.

To read more visit our website: <https://hivoices.org/2024/07/18/breaking-the-silence-cracking-the-code-of-manhood-in-multan/>







## **Unity for a Greener tomorrow: Creating a Plastic and Pollution free world**

**As the world grapples with the challenges of environmental degradation, it's time to take collective action towards a sustainable future. We can make a significant impact by working together to create a plastic and pollution-free world. The statistics are alarming - over 8 million tons of plastic waste enter our oceans every year, harming marine life and contaminating the food chain. Air and water pollution have become major health concern, affecting millions of people worldwide.**

**However, there is hope. By joining forces, we can create a greener, pristine earth for future generations. We can start by reducing our plastic use, refusing single-use plastics, opting for reusable bags and water bottles, and choosing products with minimal packaging. We can also make a difference by recycling and upcycling, properly disposing of waste, and getting creative with upcycling projects. Additionally, we can support eco-friendly policies by advocating for policies that promote sustainability, renewable energy, and environmental protection.**

**Education and awareness are also key to creating change. We can share knowledge with others, participate in community clean-ups, and inspire others to join the movement. Together, we can create a ripple effect of positive change. Let's unite for a greener tomorrow and make a collective effort to protect our planet.**

**To read more visit our website:**

**<https://www.facebook.com/share/p/jky5anN4KqQp5tX8>**



HI VOICES

**PLANTS NOT ONLY IMPROVE THE AIR WE BREATHE BY RELEASING OXYGEN BUT ALSO HAVE A PROFOUND IMPACT ON OUR EMOTIONAL WELL-BEING .**



*Get to know more about how to join this campaign [www.hivoices.org](http://www.hivoices.org).*



## Nature is the best Therapy

In today's fast-paced world, finding ways to unwind and rejuvenate is essential. One of the most effective and natural methods to achieve this is by spending time in nature. Research has consistently shown that immersing oneself in green spaces, surrounded by trees and natural beauty, can significantly reduce stress, improve mood, and boost overall mental well-being

Spending time outdoors has been linked to numerous physical and mental health benefits. Exposure to green spaces can lower blood pressure, reduce the risk of chronic diseases, and enhance sleep quality<sup>1</sup>. Moreover, nature provides a break from the overstimulation of urban environments, leading to mental restoration and increased positive emotions. Even a short walk in a park can help regulate the sympathetic nervous system, reducing anxiety and promoting relaxation

Sohaima, a participant in a recent study on the benefits of nature, shared her personal journey. She found that regular visits to her local park not only helped her manage stress but also improved her overall mood. I used to feel overwhelmed by my daily routine, Sohaima explained. By spending time among the trees and greenery gave me a sense of peace and clarity.

To read more visit our website : <https://www.facebook.com/share/p/tr9yD7PEeScoXE3f/?mibextid=oFDknk>



## Spreading Greenery and Hope

In a bid to combat climate change and promote environmental sustainability, a plantation drive was organized in the city, and Tayyab Roham was among the enthusiastic participants. The event aimed to bring together individuals from all walks of life to contribute to a greener future.

Tayyab Roham, a dedicated environmentalist, joined hands with fellow volunteers to plant saplings in a designated area. With every dig and plant, the group's excitement grew, knowing they were making a difference. Roham shared, "It's a small step, but collectively, we can create a significant impact. I'm proud to be a part of this initiative."

The plantation drive not only helped to increase the green cover but also raised awareness about the importance of conservation. As the participants worked together, they exchanged ideas and learned from each other's experiences.

Roham emphasized, "Planting trees is a symbol of hope. We're investing in a better tomorrow, and I encourage everyone to join us in this journey towards a sustainable future."

The event concluded with a sense of accomplishment and a renewed commitment to protecting the environment. Tayyab Roham's participation in the plantation drive serves as an inspiration to others, reminding us that every small action counts in the quest for a greener planet.

To read more visit our website :  
<https://www.facebook.com/share/p/jky5anN4KqQp5tX8>





## Adeeba Ameen Champions Women Rights Participated at Global Dialogue

Adeeba Ameen, the esteemed Lead of Women Voices, recently made a significant impact as a speaker at the prestigious Global Dialogue on ICPD30 Demographic Diversity and Development. This prominent event brought together renowned experts and leaders to discuss and address the most pressing issues related to demographic diversity and development.

Adeeba Ameen's participation in the global dialogue was marked by her passionate and insightful presentation, where she shared her expertise and ideas on improving Sexual and Reproductive Health Rights (SRHR) services in rural communities. Her presentation was a call to action, emphasizing the need for accessible and inclusive SRHR services, particularly in underserved areas.

With her extensive experience and knowledge, Adeeba Ameen highlighted the disparities in SRHR services faced by rural communities, including limited access to healthcare facilities, inadequate infrastructure, and societal barriers. She stressed the importance of addressing these challenges to ensure that women and girls in rural areas have equal opportunities to exercise their SRHR.

Adeeba Ameen's thoughtful recommendations sparked meaningful discussions and inspired actionable steps towards creating a more equitable future for all. Her participation in the global dialogue underscored the importance of amplifying women's voices and perspectives in shaping policies and programs that affect their lives. To read more and visit our website: <https://www.facebook.com/share/p/rU37JLrKKkYMAmb3/?mibextid=oFDknk>

# SPOTLIGHT

## Adeeba Ameen

Advocacy Co-Lead at The Youth PACT



## Adeeba Ameen joined Advocacy Co-Lead

**Adeeba Ameen, a renowned champion of women's rights and health, has taken on a new role as Co-Lead of the Youth Pact advocacy group. With her extensive experience working with grassroots Pakistani communities and global advocacy efforts, Adeeba is poised to make a significant impact in advancing quality education and healthcare for all. Her work with The Pact on Sexual and Reproductive Health Rights (SRHR) and HIV prevention initiatives has demonstrated her dedication to empowering communities and promoting inclusive development.**

**Through her leadership, Adeeba aims to amplify the voices of marginalized communities, particularly youth, and advocate for policies and programs that address their unique needs. Her collaborative approach will foster partnerships with stakeholders worldwide, ensuring that education and healthcare are accessible, equitable, and sustainable. Adeeba's commitment to creating positive change is inspiring, and her new role at the Youth Pact is a testament to her tireless efforts to advance human rights and social justice.**

**To read more visit our website:**

**<https://www.facebook.com/share/p/uKygeKtsXKF7csGr/?mibextid=oFDknkf>**

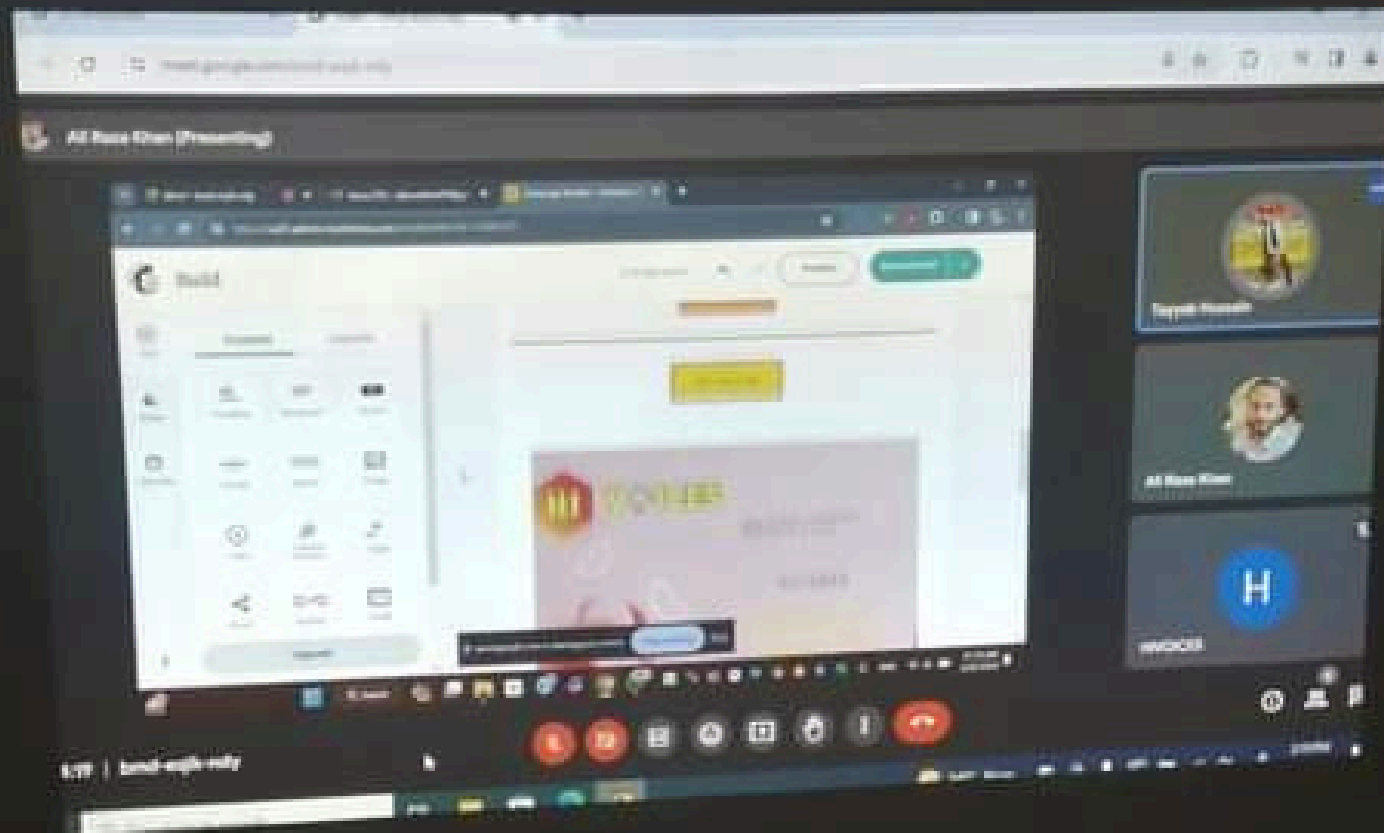


# Hi Voices Capacity Building Training: Empowering Staff with Digital Tools

Hi Voices recently conducted a comprehensive one-day capacity building training for their staff members, focusing on enhancing skills in using online digital tools, writing programs and activities reports, and creating engaging content and newsletters. The training aimed to empower staff with the knowledge and expertise needed to effectively utilize digital platforms, streamline reporting processes, and develop compelling content that resonates with their audience. Through interactive sessions and hands-on exercises, staff members gained valuable insights and practical skills in leveraging digital tools to amplify their impact. The training also emphasized the importance of clear and concise reporting, as well as crafting compelling content that showcases Hi Voices' initiatives and success stories. With this enhanced capacity, staff members are now better equipped to drive meaningful change and promote Hi Voices' mission with greater effectiveness.

To read more visit our website:

<https://www.facebook.com/share/p/SAbzNaS3kf5JuicB/?mibextid=oFDknkh>



- RCF is a pooled funding mechanism
- Inadequately Served Populations (ISPs) lead and drive RCF's focus

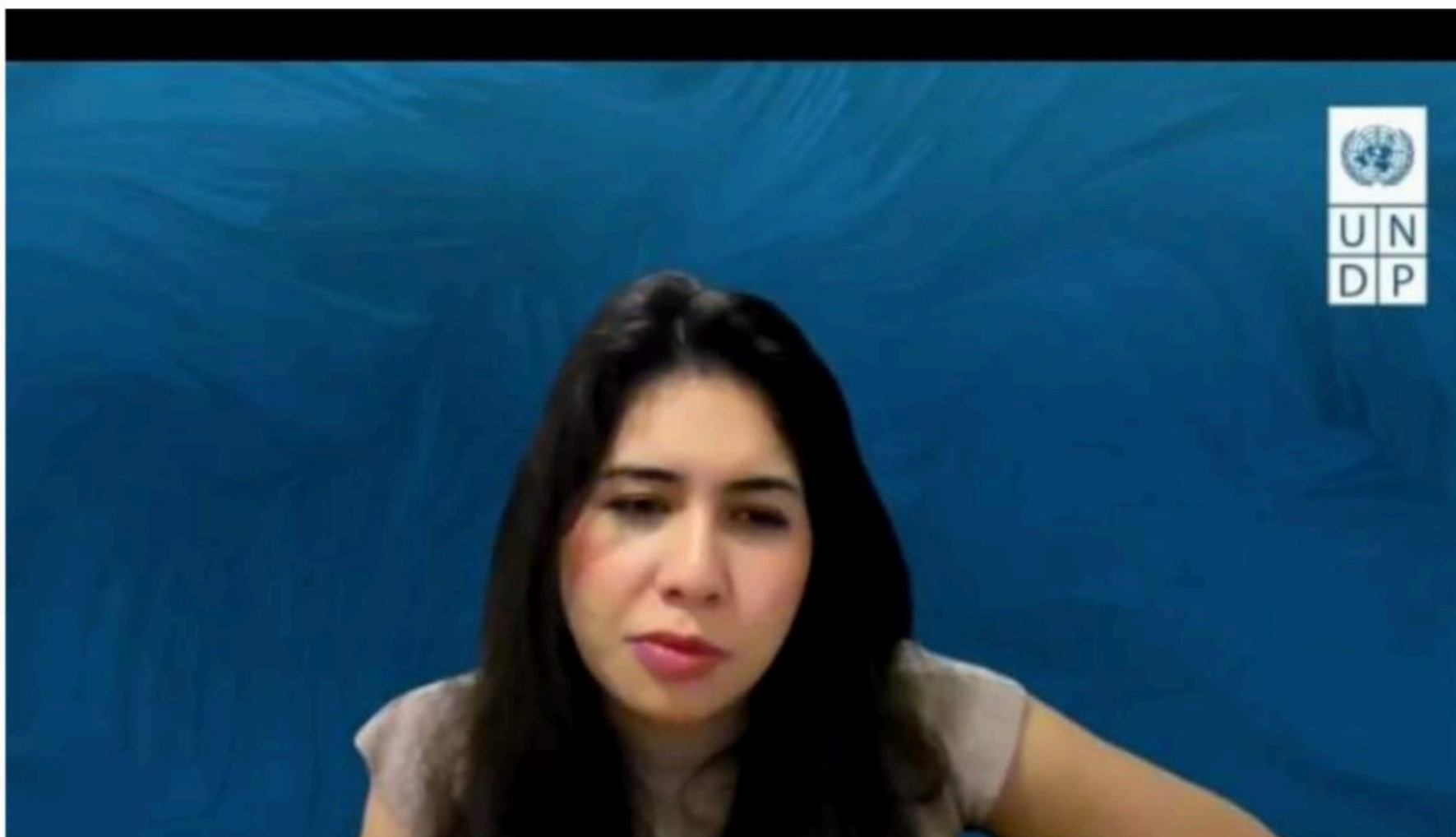


## Empowering Adolescent and Young Key Population: Unaid's Webinar

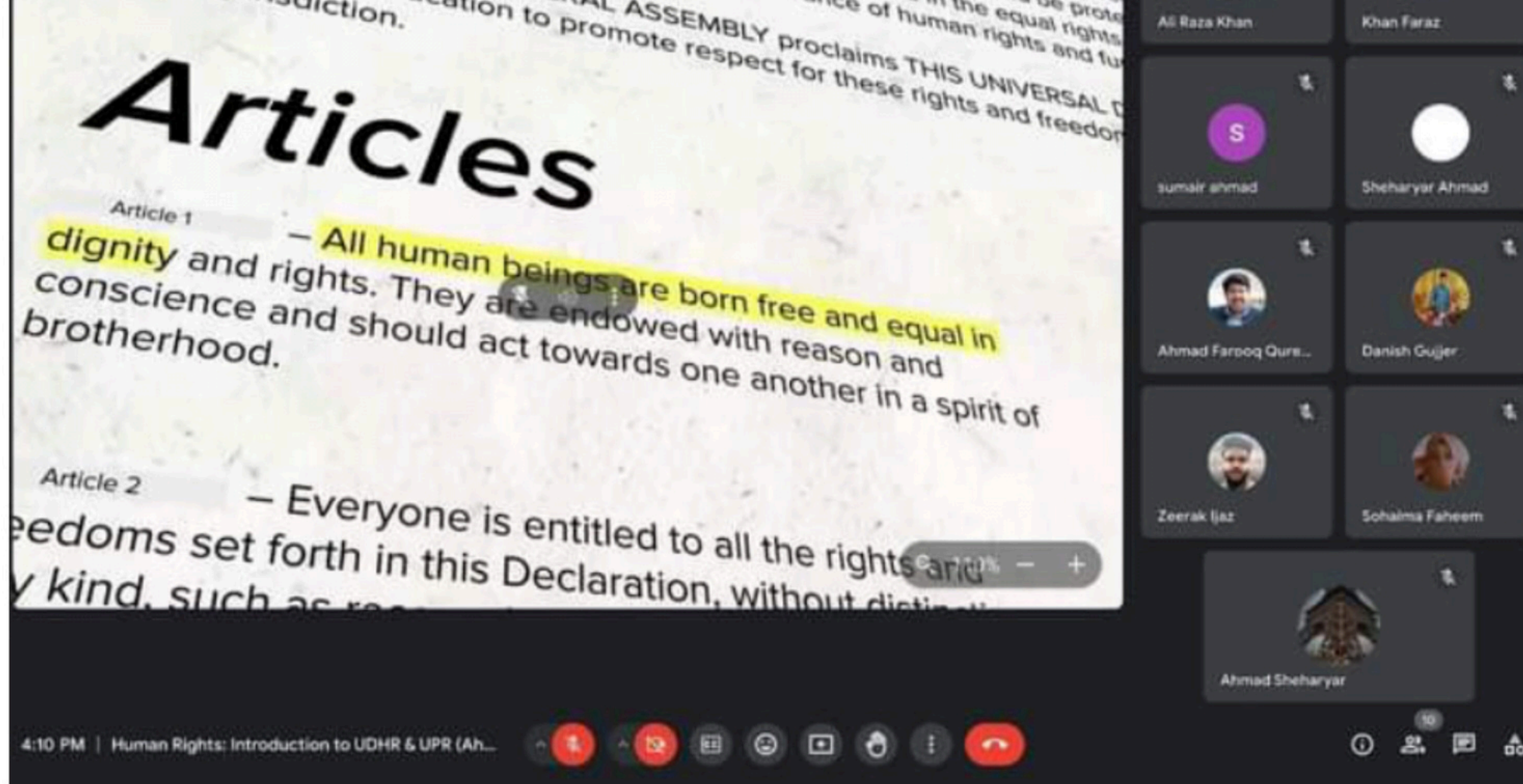
The Unaid's webinar, hosted by Sophie Arsenault in collaboration with @theyouthpact organization, brought together experts and advocates to discuss Network and Organizational Strengthening for Adolescent and Young Key Populations-led initiatives. The online event provided a platform for knowledge sharing, collaboration, and empowerment. Notably, Tayyab Roham, CEO of Hi Voices, emphasized the importance of amplifying diverse voices and promoting inclusive leadership. The webinar highlighted the need for strengthening networks and organizations that support adolescent and young key populations, ensuring their meaningful engagement and participation in decision-making processes. By fostering collaboration and capacity building, we can create a more inclusive and equitable environment that addresses the unique needs and challenges faced by these communities. The webinar was a significant step forward in advancing the rights and well-being of adolescent and young key populations, and Hi Voices is committed to continuing this important work.

To read more visit our website:

<https://www.facebook.com/share/p/Uk5NaHpxgJiZBjsP/?mibextid=oFDknkBg>





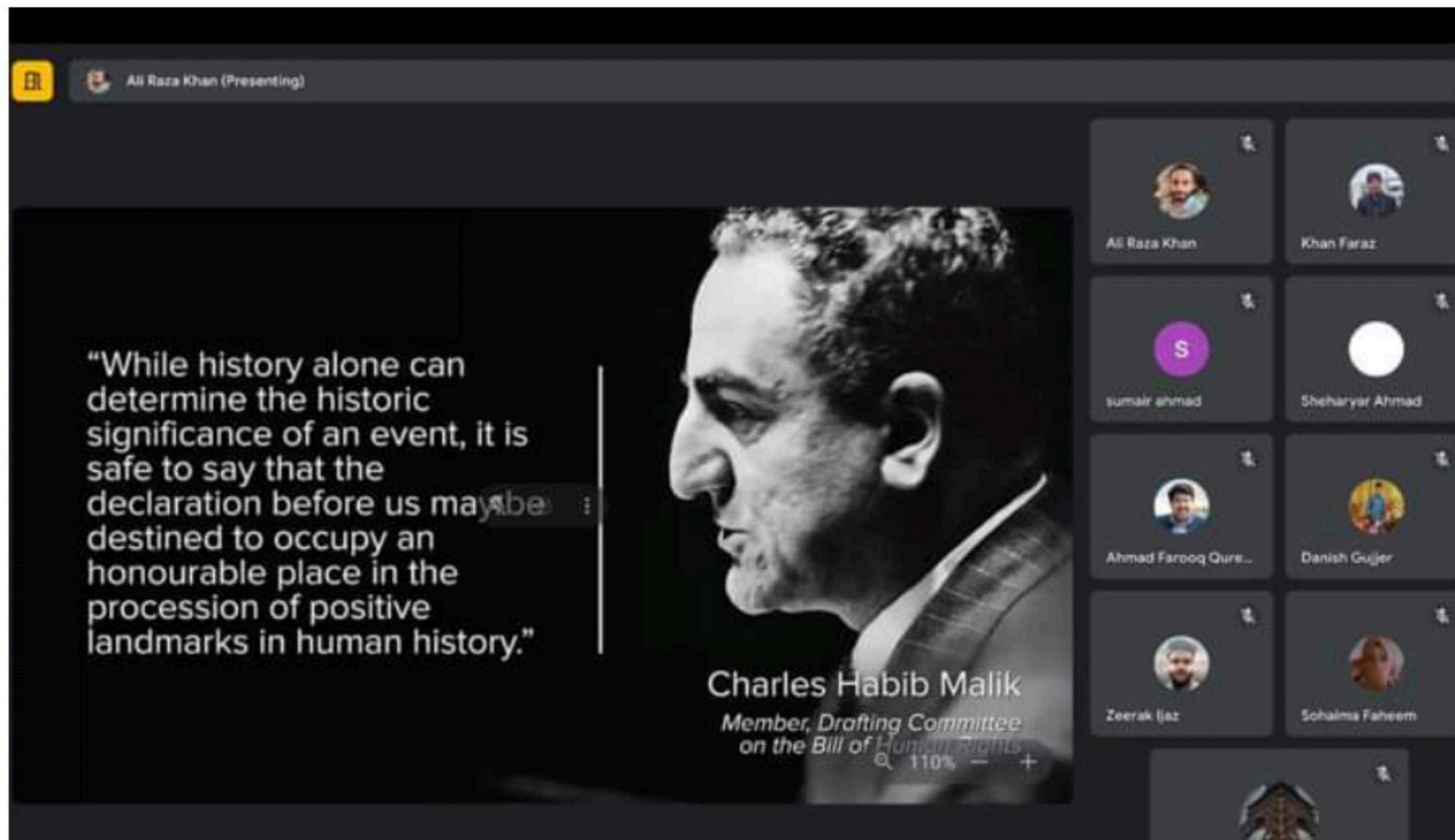


## Building Bridges:Sohaima Faheem Conducted an On-line session with Christina Community

Sohaima Faheem recently conducted a thought-provoking online session with the Christian community, fostering a meaningful dialogue and exchange of ideas. The session aimed to promote interfaith understanding, tolerance, and respect, and Sohaima's expertise and compassionate approach made the conversation both enlightening. Through this online engagement, Sohaima Faheem demonstrated her commitment to building bridges between diverse communities and promoting inclusive values. The session was a testament to the power of open communication and mutual respect, and it paved the way for future collaborations and joint initiatives. By embracing our differences and celebrating our shared humanity, we can create a more harmonious and compassionate world, and Sohaima's efforts are a shining example of this vision.

To read more visit our website:

<https://www.facebook.com/share/p/SDGJZCePuraf9wxw/?mibextid=oFDknkh>







## Young Positive People of Pakistan Priorities Mediation & Awareness Sessions on Patient Safety

The Young Positive People of Pakistan recently hosted a insightful session on mental well-being, highlighting the importance of prioritizing mental health and self-care. The event brought together a group of dedicated individuals who shared their personal experiences, expertise, and strategies for maintaining good mental health. The session aimed to create a safe space for open discussion, reduce stigma around mental health, and empower young people to take control of their well-being.

Through this impactful session, Young Positive People of Pakistan demonstrated their commitment to supporting the mental health and resilience of young individuals. By fostering a culture of understanding, acceptance, and support, they are helping to create a brighter future for all. The session was a powerful reminder that mental well-being is just as important as physical health, and that together, we can break down barriers and build a more compassionate society.

To read more visit our website:

<https://www.facebook.com/share/p/wFW3p526Lad8acZW/?mibextid=oFDknkh>







## Empowering Advocates for Human Rights

We are thrilled to congratulate our esteemed CEO Hi Voices Member on their remarkable achievement - graduating from the prestigious Centre for Human Rights Education (CHRE)! This impressive milestone is a testament to their dedication, hard work, and passion for promoting and protecting human rights.

During their time at CHRE, our JCEO Hi Voices Member has gained extensive knowledge and skills in human rights advocacy, research, and policy analysis. They have been equipped with the tools to drive positive change, champion social justice, and empower marginalized communities.

As they embark on this new chapter, we are confident that their expertise and commitment will make a significant impact in the field of human rights. We look forward to their continued contributions and collaborations, inspiring others to join the quest for a more just and equitable world.

Please join us in extending warm congratulations to our CEO Hi Voices Member on this outstanding achievement.

To read more visit our website:

<https://www.facebook.com/share/p/Yf3qehj6gpuW1JWh/?mibextid=oFDknk>





## **Pahchaan and UNICED Collaborate to Strengthen Child Protection in Multan**

**Ahmad Bukhari, an executive member of Humanity in Voice, participated in a review meeting of the district Child Protection Network (CPN) organized by Pahchaan and UNICEF at the E-library in Multan. The meeting focused on addressing pressing issues faced by CPN, including gender-based violence (GBV), protection against sexual exploitation and abuse (PSEA), and violence against children (VAC).**

**During the meeting, focus group discussions were held to delve deeper into these critical issues and identify potential solutions. The participants engaged in thoughtful dialogue, sharing their expertise and experiences to better understand the challenges and develop effective strategies for combating GBV, PSEA, and VAC. The collaborative effort aimed to strengthen the Child Protection Network and ensure a safer and more protective environment for children.**

**To read more visit our website:**

**<https://www.facebook.com/share/p/Crh4L32id54tPAun/?mibextid=oFDknk>**