

## Brief Report

# 3rd Participatory Course On Democracy And Human Rights

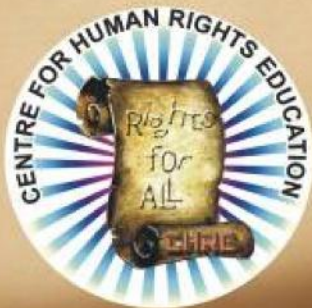
### Participant's Views

(Majad Ghafoor, SANJH Organization, Punjab)

“..... when I entered in the PCDHR I was thinking that it should be just a training but this training made me a real Human Rights Activist.

I learnt about proposal writing, Participatory Rural Appraisal Tools and many other tools which will be very helpful for me and my organizations as well.

Similarly my working capacity is much improved after completion of both modules of PCDHR. I am really thankful to CHRE, that has given me a chance to learn.....”



Centre for Human Rights Education - Pakistan





**T**he 2<sup>nd</sup> Module of 3<sup>rd</sup> Participatory Course on Democracy and Human Rights (PCDHR) was held on February 1-8, 2013 at Dar-ul-Mussarat Training Institute Lahore under the auspices of Center for Human Rights Education-Pakistan with the support of National Endowment for Democracy (NED).

22 Human Rights Defenders/Educators and university students from different areas of Punjab, Sindh, and Khyber pakhtoonkhawa attended this course. The first module of the PCDHR was held in September, 2012 with the same group.

PCDHR is an in-depth long-duration learning program for human rights defenders, university students, journalists, political activists, which puts a strong emphasis on transfer of learning. Therefore the participants are required to develop an individual plan to ensure that the learnings are put into practice.

The course is conducted in a participatory methodology to enhance the understanding of the participants on the concept of Human Rights and Democracy and to strengthen their skills to work effectively for the protection and promotion of human rights.

The course has got a significant recognition nationally and internationally and a huge competition has been observed for the selection in the PCDHR. Centre for Human Rights Education received 250 applications for the 2012/2013 PCDHR and the participants of the course under report are selected out of these huge number of applicants.



## PROCEEDINGS OF 2<sup>nd</sup> MODULE

*1<sup>st</sup> February*

The 2<sup>nd</sup> Module of 3<sup>rd</sup> PCDHR began with an Open Forum on “Election 2013: Effective participation of religious minorities & other marginalized groups” at Lahore Press Club. The forum was participated by the participant of the course, representatives of civil society groups, members of the transgender and religious minorities.

The forum aimed to discuss the hurdles to the effective representation and participation of Pakistan’s Religious Minorities, women, transgenders and other marginalized sections of the society in the overall political process, especially in the upcoming elections.

### Speakers

**Mr. Akram Masih Gill**

Federal Minister for Interfaith Harmony

**Ms. Begum Zakia Shahnawaz**

Advisor to Chief Minister Punjab

**Mr. Rana Aslam**

Deputy Director Elections (Election Commission Punjab)

**Mr. Naeem Shakir Advocate**

Member Central Executive Committee Awami Worker Party

**Ms. Amna Ulfat**

Member Provincial Assembly, Pakistan Muslim League-Q

**Mr. Farooq Tariq**

Secretary General-Awami Worker Party

**Aashi Butt**

Representative of the Transgenders Community

**Ms. Shamsa Ali**

Pakistan Tehrik-e-Insaf

**Mr. Samson Salamat**

Director, Centre for Human Rights Education



### Media Coverage: Online links are as follow

- [http://www.dailytimes.com.pk/default.asp?page=2013%5C02%5C02%5Cstory\\_2-2-2013\\_pg13\\_2](http://www.dailytimes.com.pk/default.asp?page=2013%5C02%5C02%5Cstory_2-2-2013_pg13_2)
- <http://www.nation.com.pk/pakistan-news-newspaper-daily-english-online/lahore/02-Feb-2013/forum-for-due-political-share-of-women-transgender>
- <http://www.thenews.com.pk/Todays-News-5-157598-Minorities-role-in-national-progress-lauded>
- <http://www.pakistanchristianpost.com/headlinenews.php?hnewsid=4083>

## 2nd February

### Session Content

#### Research on Human Rights Issues

- **Participatory Rural Appraisal (PRA) and its tools**
  1. Focused Group Discussion
  2. Decade matrix
  3. Social mapping
  4. Seasonal Calendar

### Facilitator

Ms. Shazia Shaheen

Mr. Ahmed Raza Khan

### Methodologies

- σ PowerPoint presentation
- σ Sharing
- σ Group Work

## 3rd February

### Exposure visit

The participants, facilitators and CHRE staff travelled to Village Cheena Arla, Kote Radha Kishan in the district Kasur, about 100km from the training venue in Lahore to practice the tools of Participatory Rural Appraisal (PRA) such as Seasonal Calendar, Mapping, Social Mapping, Focused Group Discussion, Decade Matrix, and Well-being Ranking.

The participants were divided into different groups and they interacted with the women and men in the village to practice their designated assignment.

Ms. Shazia Shaheen was the key facilitator during the whole process while Mr. Ahmad Raza Khan supported as the co-facilitator.



## 4th February

### Content

#### Report Writing

- σ Project Narrative Report
- σ Activity Report
- σ Human Rights violations Report
- σ Facts Finding/ Case studies

### Facilitator

Ms. Shazia Shaheen

### Methodologies

- σ PowerPoint presentation
- σ Group Work
- σ Sharing
- σ Questions & answers





### Dialogue on US-Pak Relations

An informal dialogue was held Ms. Dion Andrea Dee Shorts, Political Office of the US Consulate in Lahore.

Ms. Shorts spoke on the issues related to human rights and democracy and briefed about initiatives of US to promote human rights and strengthen democracy in Pakistan while participants asked various question.

## 5th February

The participants practiced report writing and prepared their presentations of the exposure visit on Participatory Rural Appraisal (PRA) tools.

Mr. Ahmed Raza khan and Ms. Shazia Shaheen jointly facilitated the whole process.



The participants on this day also shared their learning's and experience during the implementation of their Individual Plans which they had made at the end of 1<sup>st</sup> Module in September 2012. Based on the Individual Plans the participants had organized different activities including training workshops, community meetings, seminars, signature campaigns etc. Mr. Naeem Haroon facilitated the session.



6th February

### Session Content

#### Proposal writing

- σ Proposal writing with RBA and
- σ difference between project and program
- σ 5 Ws and 1H technique
- σ Tips to write objectives and results
- σ Clarity of key terms (methodology and activity, objective, purpose and goal)
- σ What qualifies as minimum standard to be a project

### Facilitator

Mr. Samson Salamat

### Methodologies

- σ PowerPoint
- σ Flip Charting
- σ Group Exercise
- σ Question & Answer

### Interaction with the Provincial Election Commissioner-Punjab

The participants called on the Provincial Election Commissioner-Punjab Mr. S.M Tariq Qadari at his office on 6th Feb 2013.

Mr. Qadari (Provincial Election Commissioner), Mr. Khaliq ul Zaman (Joint Provincial Election Commissioner) and Ms. Huda Ali (Public Relations Officer) gave a detailed briefing about the Election Commission's initiatives for the credibility and transparency of the upcoming election.

The participants highlighted different challenges faced by the grass roots communities during the elections and asked different questions related to upcoming election.



### Lincoln Corners Information

In an informal evening discussion Ms. Caryn Anderson-Information Resource Officer, of the Embassy of the United States met with the Participants of PCDHR and introduced the Lincoln Corner established by the US Government and their objectives.



7th February

### Session Content

#### Human Rights Standards and Mechanisms

- Pakistan's commitments
- Charter Based Bodies

#### Engagement of NGOs with UN mechanism

- Treaty Monitoring Bodies
- International Human Rights Instruments
- Human Rights Council
- Universal Periodic Review

### Facilitator

Mr. Hameed Gondal

### Methodologies

- σ PowerPoint Presentation
- σ Question and Answers

### Dr. Mehdi Hassan speaks on Political & Historical Overview of Pakistan

Dr. Mehdi Hassan renewed scholar, historian, Human Right Defender and professor of journalism delivered a Lecture on Political & Historical Overview of Pakistan to the participants.

#### During the lecture Dr. Mehdi spoke on:-

- Colonial Rule
- Emergence of Two nation theory,
- Identity and political crisis in united India and independence movement subsequent political turmoil after independence
- ethnic and sectarian strife
- Role of state and Nation Question in Pakistan



### Certificate Distribution

At the Successful completion of both modules of 3<sup>rd</sup> PCDHR- 1<sup>st</sup> Module (September 20-28, 2012) & 2<sup>nd</sup> Module (February 01-08, 2013) Dr. Mehdi Hassan distributed the Certificate among the participants.





**8<sup>th</sup> February**

On the last day of 3<sup>rd</sup> PCDHR, following CHRE's policy of "Putting Learnings into Practice", the future plans were discussed and finalized. The staff and participants unanimously decided to focus their advocacy and awareness raising initiatives around next general elections.

The overall evaluation was also carried and the participants shared their thoughts especially on the impact of PCDHR on the personal life, their work and the work of their organizations.

**Here is what some of the participants shared.....**

PCDHR put positive impact in my life. PCDHR provide us not only knowledge about Human Rights & Democracy but also teach us how to implement all this knowledge in our daily routine. This training enhances my confidence level. I learn how can we work in pressure & how can we tackle them.

So this training make me able how to communicate with community as well as enhanced my leadership skills. Thanks to CHRE for providing me such an opportunity to learn about Human Rights and many other things.

**Ms. Ghain-ul-Ain**  
**Rights Now Pakistan -Hyderabad**

I Found Myself to be more confident and courageous to speak and work about Human Rights. Now I also give more respect and Values to all Human Beings. Regardless Color, Creed and cast. I try my best to work honestly and with passion for the well being of Human Rights. I got some technical skills for proposal and report writing.

It was good opportunity to keep networking with other organizations through CHRE. At the last I highly appreciate to CHRE staff and their head for this matchless work.

**Ms. Shamus Naveed**  
**Bridge Organization-Peshawar**

After this training I found my satisfaction has somewhere in humanity and this change has been polished by PCDHR. I don't want to waste myself infect my true activism will be the best thing I would like to pay back to CHRE.

I had facilitated many youth activities before PCDHR. But when I got a chance to conduct 8 activities with 400 target group there was immense change, I found sense of responsibility in myself. CHRE thank you for helping me out!

**Ms. Summar Wafa**  
**LEAP Organization-Faisalabad**



## Glimpse of Indoor and Outdoor sessions/activities.....



## Unforgettable moments of PCDHR.....





## Overview of the 1<sup>st</sup> Module

The 1<sup>st</sup> module of PCDHR was held on September on 20-28, 2012 at Dar-ul-Mussarat Training Institute Lahore with the same participants of 2<sup>nd</sup> Module.

Sessions	Facilitator/ Resource Person
Peoples Forum "Social inclusion and democratic citizenship: understanding the context of exclusions"	Speakers Dr. Mehdi Hassan Mr. Abrar –ul-Haq Professor Hafeez Khumber Ms. Shagufta Sadiq Dr. Mussarat Hassan Mr. Liaqat Ali Mr. Mehboob Ahmed Khan Mr. Abdullah Malik
Human Rights Concepts and Principles Human Rights Standards and Mechanisms - Overview of United Nation Human Rights Systems - Main features of International Human Rights Instruments (ICCPR, ICESCR, CERD, CEDAW, CAT, CRC)	Mr. Samson Salamat  Mr. Deedar Ahmed Mirani
Constitutional History of Pakistan	Mr. Mehboob Ahmed Khan
Human Right in Pakistan (situational Analysis) - Current Political Crises: Contributing factors and way out - Discrimination and violence in the name religions: Contributing factors and way out	Mr. Salman Abid Mr. Liaqat Ali Advocate
Democracy and its principles Democratic Governance and Culture	Professor Hafeez Kumbhar
Advocacy, lobbying and campaigning	Mr. Hameed Gondal
Research on Human Rights Issues Introduction and tools of PRA - (FGD, Decade matrix, Timeline exercise, Social mapping) Report Writing - Comprehensive writing skills and contents - Different ways to document HR violations	Ms. Shazia Shaheen
Exposure Visits - Brick kiln workers - Dastak/ Dar-ul- Aman - Sanitary worker - Gypsies - Tans-gender community/female sex worker	
Political and Historical Overview of Pakistan	Mr. Jami Chandio
Peoples Forum on "Religious Extremism: Impact on Inter and Intra Peace"	Speakers Mr. Jami Chandio Professor Rasool Baksh Rais Ms. Nighat Saeed Khan Professor Hafeez Khumber Mr. Salman Abid

<b>Overview of the various types of human rights situation</b> a) Torture in custody b) Threats to human rights defenders - State response/ performance to curb human rights violations - Role of human rights defenders/ organization to protect human rights a) Monitoring of human rights situation b) Reporting of the incidents c) Using existing appeal mechanisms (AHRC network) to voice against human rights violations	<b>Mr. Baseer Naweed</b>
<b>Proposal Writing</b>	<b>Ms. Shazia Shaheen</b>
<b>Development of Individual Plan</b>	<b>Mr. Samson Salamat</b>

## Profile of the Participants

Sr.#	Name	Area/ City	Organization
1	Ms. Summer Wafa	Faisalabad/Punjab	LEAP (Learn, Empower, Act, Promote)
2	Ms. Haseena Kakkar	Islamabad	Pakistan Red crescent Society
3	Ms. Nida Dayo	Islamabad	Progressive youth Forum Pakistan
4	Ms. Komal Patras	Lahore/ Punjab	Activist Advocacy Network (AAN)
5	Ms. Ghain-ul-Ain	Hyderabad/Sindh	Rights Now Pakistan
6	Mr. Faisal Ali Arain	Karachi/Sindh	Pakistan People's Party Sindh
7	Mr. Fahad Khowaja	Hyderabad/Sindh	Agha Khan Youth & Sports Board for Sindh
8	Mr. Khalid Mansoor	Lower Deer/KPK	SHARP Organization
9	Mr. Majid Ghafoor	Pakpattan/Punjab	Sanjh Organization
10	Ms. Shanul Khoso	Shahdad Kot/Sindh	Pirbhat Women's Development Organization
11	Ms. Aneela Zounar	Dadu/Sindh	Hari Welfare Association
12	Mr. Amjad Khan	Lahore/Punjab	Women Desk Church of Pakistan Lahore Diocese
13	Mr. Mustafa Merani	Dadu/Sindh	Pakistan Fisher Folk Forum
14	Mr. Ghulam Muhammad	Kashmor/Sindh	Sufi Sachal Sarmast Welfare Association
15	Ms. Julia Mehboob	Faisalabad/Punjab	Development Organization for Social Transformation (DOST)
16	Mr. Jhaman das	Mitthi/Sindh	Baahn Belli Organization
17	Mr. Shamus Naveed	Peshawar/KPK	Bridge Organization
18	Ms. Nadia Amin	Lahore/Punjab	Sanjog Organization
19	Ms. Rashida Parveen	Muzaffargarh/Punjab	Khushhali Welfare organization
20	Mr. Rana Irfan-ul-Islam	Multan/Punjab	Rabta Pakistan
21	Mr. Ayaz Jarwar	Hyderabad/Sindh	Center for Peace and Civil Society
22	Ms. Yasmeen Akhtar	Vehari/Punjab	The professional Organization