



AAHUNG
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TABLE OF



ABOUT AAHUNG	1
BOARD OF GOVERNORS	2
EXECUTIVE DIRECTOR'S MESSAGE	4
THE STORY OF AAHUNG	5
A DREAM DELIVERED	7
REACHING OUT TO PEOPLE LIVING WITH PHYSICAL DISABILITIES	13
AURAT MARCH 2018	17
COMING FULL CIRCLE	19
WOMEN IN PUBLIC SPACES	21
JOURNEY OF AAHUNG	23
HOW AAHUNG'S YOUTH FRIENDLY SPACE MADE A DIFFERENCE	25
THE INTERNATIONAL WOMEN'S HEALTH COALITION (IWHC) VISITS AAHUNG	27
ADVANCING ADOLESCENT AND YOUTH INITIATIVES	31
AMPLIFYING YOUNG VOICES	35
FINANCIAL REPORT	39

ABBREVIATIONS

AYSRH	Adolescent & Youth Sexual and Reproductive Health
BMGF	Bill and Melinda Gates Foundation
CSA	Child Sexual Abuse
DUHS	Dow University of Health Sciences
FP	Family Planning
HCP	Health Care Providers
IWHC	International Women's Health Coalition
LHS	Lady Health Supervisor
LHV	Lady Health Visitor
LSBE	Life Skills Based Education
mCPR	modern Contraceptive Prevalence Rate
NCMNH	National Committee for Maternal and Neonatal Health
PITE	Provincial Institute of Teachers' Education
PPFP	Postpartum Family Planning
PAFP	Post Abortion Family Planning
SELD	School Education and Literacy Department
SRHR	Sexual and Reproductive Health and Rights
STEDA	Sindh Teachers' Education Development Authority
TAC	Technical Advisory Committee
VCAT	Values Clarification & Attitudinal Transformation
YCI	Youth Champions' Initiative
YFS	Youth Friendly Space



ABOUT AAHUNG

Aahung is a Karachi-based NGO that has been working to improve the Sexual and Reproductive Health and Rights (SRHR) of men, women, and young people since 1995. The Aahung team works for capacity strengthening to improve the quality of Sexual and Reproductive Health (SRH) services while advocating for an enabling environment in which every individual's sexual rights are respected, protected, and fulfilled.

SRHR covers a range of issues including Child Sexual Abuse (CSA), violence against women, early and forced marriages, unwanted pregnancies, sexually transmitted infections, HIV/AIDS, and sexual disorders. Aahung works towards the prevention and management of these issues.

Functioning in an environment devoid of expertise or resources, Aahung has been successful in developing culturally relevant strategies to respond to the sexual and reproductive health needs of the Pakistani population. Moreover, Aahung has had success in integrating sexual and reproductive health education in medical, academic, and educational institutions across Pakistan.

Aahung's key strategy involves partnering with organizations for integration of SRH information into their programs and for advocating policy and practice change at institutions through various communications activities.

BOARD OF GOVERNORS

Al-Malik Khoja

An economist by qualification, Al-Malik Khoja has diverse experience in the commercial and development sector. He has held leadership positions in various institutions and now advises on building organizations. He has developed appreciation of the need to develop business models that address the social dimensions but with emphasis on long-term sustainability.

Kamyla Marvi

Kamyla is one of the founding members of Aahung and has more than 20 years' experience in the reproductive health, gender and development sector. She has an interest in organization effectiveness and governance and facilitated the initial organizational development process of Aahung.

Dr. Naila Baig-Ansari

Naila Baig-Ansari has a PhD in Epidemiology from the University of California, Davis. Along with her rigorous training, she has vast experience in the area of health research. Naila is a strong asset to Aahung because as an epidemiologist, she can provide mentorship to strengthen Aahung's research programs. She is currently part-time research faculty at The Indus Hospital as well as the Director of a local Institutional Review Board (IRD-IRB) that reviews human subject research.

Shama Mohammad

Shama is a freelance consultant with expertise in various research methodologies such as survey design, monitoring and evaluation and participatory research methodologies. She has been working in the development sector since 2000 and has worked in the fields of health, education, gender, community development, early child development, and microfinance. Shama has previously served two terms on the Board.

Rabia Khan

Rabia is a freelance development consultant specializing in gender and development and NGO institutional development. Rabia has previously served two terms on the Board.

Khusro Mumtaz

Khusro Mumtaz, who has previously served two terms on the Board, is a banker and currently the Chief Risk Officer for NIB bank. He writes an op-ed column for the national newspaper The News in which he touches upon various development and civil society related issues. Khusro is also a well-known and award-winning film critic.

Myra Khan

Myra is currently working as Marketing and Communications Manager at IRD. She has previous experience working at GSK in the corporate sector. Myra has vast experience and knowledge about marketing techniques and approaches as well as communications strategy. She is spearheading the marketing and communications initiative at IRD, which has never been done before. Her experience and knowledge in these areas is beneficial to Aahung, as they have been to IRD.

Maliha Zia

Maliha Zia has been actively involved in human rights law for several years. She has been at the forefront in drafting the new domestic violence law as well as making amendments to the Pakistan Penal Code (PPC) and Criminal Procedure Code (CrPC) so that they can be better used to try cases of honor crimes. She is well-versed in sexuality, sexual and bodily rights in addition to her strong legal background.

Imran Zafar

Imran is a public health professional and practising psychologist. He is currently a Director at Community Health Solutions (CHS) developing private sector strategies to create greater and more sustainable public health impact through one-window primary health care facilities - Sehatmand Zindagi - in slums, providing discounted lab services, GP consultation, and medicines.



A NOTE FROM THE EXECUTIVE DIRECTOR

From the beginning, Aahung has structured all of its programs to focus on the needs and wants of the individual with the purpose of realizing sexual and reproductive health and rights for all people living in Pakistan. It is now more than ever that we need to bring the focus of our work back to human rights and dignities, as we witness intolerance grow and gain strength at home and abroad. Aahung has pioneered working with populations that have traditionally been underserved, neglected or have experienced stigma and discrimination in accessing reproductive health services. Our vision continues to be one where rights are prioritized, diversity is celebrated and women and girls, in particular, are empowered to reach their full potential.

In realizing this vision, 2017 has been an extraordinary year for Aahung. The organization initiated a pilot program in Life Skills Based Education (LSBE) over a decade ago with the intention of integrating critical reproductive health and rights information in Sindh-based partner schools and eventually scaling up the initiative to all government schools in the province. In the wake of the tragedy of an eight-year old girl being raped and murdered, many in the nation woke up to the critical need for children to have information and skills. Aahung's success with its pilot programs, and the commitment of the Sindh government to make a sustainable change amounted to an agreement to integrate LSBE content into secondary school textbooks across Sindh and build the capacity of teachers to teach the content. The government of Balochistan soon followed the example, and a pilot program and restructuring of the curriculum to integrate LSBE content has already been initiated.

Aahung's goal has always been to create sustainable models in sexual and reproductive health and education. Similar to the school-based curriculum reform, Aahung also continues to build public-private partnerships in healthcare to tackle ongoing challenges in Pakistan such as: family planning services, unsafe abortion services and the quality of care provided by healthcare providers. In these areas, Aahung continues to challenge stigma,

prioritize client-centered care and client rights and recognize the rights of young people to information and health services free of discrimination.

While celebrating the gains that have been made, we also need to acknowledge that there is a great deal that needs to be done and will only be accomplished through commitment from the state, strong partnerships and collaboration and an eye towards accountability in our systems and governance. The past year has shown challenges grow for civil society organizations, human rights defenders and journalists who have faced heightened censorship. With 64% of the population below the age of 30 years there is ever more need to provide Pakistan's youth with meaningful opportunities, as well as information and skills to make informed life decisions. Aahung continues to move forward with the intention of improving lives through focusing on the right to choice, dignity, respect, diversity and information and with the clear purpose that the realization of such rights will be the first step towards the development outcomes Pakistan hopes to achieve.



Sheena Hadi, Executive Director



THE STORY OF AAHUNG



In the early 90s, an intrepid woman ventures into the back alleys of one of the slums of Karachi, to carry out research for a project- Karachi Reproductive Health Project, the first of its kind in the country. In those days the threat of HIV-AIDS was looming large, and Kamyla Marvi Tapal set out to dig out more information, conducting tests and carrying out investigative work.

Thankfully, HIV AIDS did not turn out to be much of a concern, but another startling discovery was made- the majority of the population had a surprising lack of information about their physical selves. Kamyla, a young and enterprising researcher, with insatiable curiosity plunged headfirst into finding out more about this gap in information.

What she discovered was that, far from knowing about diseases like HIV AIDS and how they may be prevented or contracted, the young men and women in Karachi hardly had any information about their bodies, its various parts and functions. Almost no one knew about the functions of the private parts of the body, the onset of puberty, contraception, abortion or any basic reproductive health issue that directly impacts the every day physical health and well-being of people.

Kamyla, who herself grew up with liberal values, was puzzled at the taboo around sexual and reproductive health in Pakistan and the inherent reticence about the topic, even amongst the very privileged echelons of society with access to all kinds of information and proper healthcare. In a time when women did not venture into rural Sindh, especially not for field visits, Kamyla made visits almost every day. Based on the information gathered, Kamyla would develop training modules specifically with the needs of the local community in mind.

The answer was before her. There was a dire need to fill in this glaring lack of information amongst the population – rural and urban. Even though the Karachi Reproductive Health Project had ended, Kamyla realized that work in this field must go on. It did not take her long to find a group of like-minded individuals, and so, in 1995, Aahung was born.

Aahung means ‘harmony’ and that is what the organization seeks to achieve- between an individual’s mind, body and spirit; and between the individual and society. When starting out, it was not obvious how very challenging the work would be. Pakistan’s socio-cultural environment has no room for talk about sexual and reproductive health and from the very early years children are taught that their private parts are associated with shame.

Aahung’s success may be attributed to a number of people, who have, over the years, worked hard, fought harder and persisted. There have been many who started with Aahung, and grew into leaders with strategic vision as well as in leading the organization as a premier training institution trusted in the field of SRHR.



Dr. Sikander Sohani, a force to be reckoned with in the field of SRHR, worked on developing Aahung’s clinical side. Once the organization set its strategic vision, which was to one day have the LSBE curriculum implemented in all schools of Pakistan, he lay the groundwork for Advocacy. Fatima Haider, Aahung’s ex-Program Manager, served for almost 8 years and fought passionately against discrimination of women and girls in Pakistan. With a strong background in research, she sought to emphasize the importance of engaging with Pakistan’s youth.

Aisha Ijaz, who joined in 2008, plunged headfirst into education work, bringing invaluable expertise and shaping the LSBE curriculum into what it is today. Currently, the Program Manager, she has been steering Aahung through many a day-to-day challenge using her expert direction. Her previous experience

working at an NGO in the US on eliminating Intimate Partner Violence has also fed directly into Aahung’s work on the prevention of Child Sexual Abuse (CSA) and sexual harassment.

In 2003, Sheena Hadi joined as a field-staffer. Her quest for the unknown, her passion for SRHR and her strategic vision were instantly recognizable. Within five years, she was leading the organization and had shaped it into the foremost SRHR organization in the country. In 15 short years, she has brought Pakistan on the world map through her immense hard work in helping Aahung realize its strategic vision. For its outstanding achievement in engaging a wide range of stakeholders, like school teachers, medical staff, religious scholars and parents on difficult issues, Aahung received the Government of Netherlands’ Tulip Award in 2013. The Human Rights Tulip is an annual prize awarded by the Dutch ministry of Foreign Affairs to a human rights defender or organisation who promotes and supports human rights in innovative ways. In 2017, Sheena received the Joan Dunlop Award, conferred every year by International Women’s Health Coalition to women activists from various countries who work on women’s rights issues and promote SRHR for women and girls under challenging circumstances.

Carrying Aahung’s mission forward each day, has been nothing short of an adventure. In the early years of the organization, when a handful of spirited Aahung staff ventured into the field to gain hands-on information about the ground realities, they faced many challenges. They faced instances when they were grabbed by the collar and dragged out for spreading ‘immorality’. But, undeterred, Aahung carried on its work relentlessly and over time, many staunch opposition members became its greatest support. It has been 23 years hence and the work goes on.







A DREAM DELIVERED

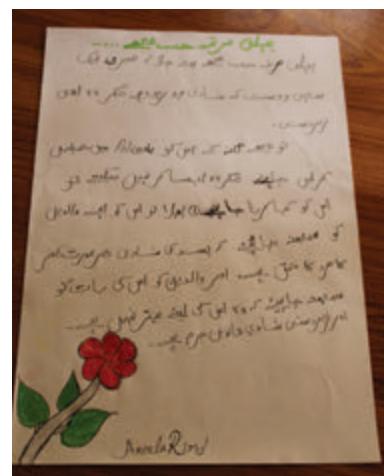
Aahung is one of the few non-profit organizations in Pakistan that had a strategic vision and goals since inception. As far back as two decades, the organization worked towards a purpose that its SRHR-based LSBE curriculum be integrated into the mainstream curriculum in each province of the country. In 2018, about 23 years later, this dream started being realized.

Our journey of advocacy formally began ten years ago with the Sindh province, and was initiated with the School Education and Literacy Department (SELD) in Sindh. It has been a journey of constant struggle, hard work and challenges, but also very sweet success. During these last ten years, Aahung understood the local education systems and processes involved in curriculum development, conducted sensitization sessions with policy makers on LSBE, and identified the key decision makers who could influence the process of LSBE integration. In 2017, Aahung and SELD formed a formal partnership to review the Sindh provincial curriculum to integrate key LSBE concepts into the mainstream curricula. This partnership by the SELD demonstrates their commitment to providing youth with holistic education. A Technical Advisory Committee (TAC) was established which was responsible for the development of the LSBE integrated framework and chapters and pilot-testing of the framework and content with teachers and students in selected districts of Sindh.



In January 2018, following the gruesome rape and murder case of 7 year-old Zainab in Kasur, Punjab, the country woke up in rage and fury. There was significant public protest and demand for change in school curriculum and child protection laws and policies. It was then that the Sindh Government formally announced the integration of LSBE in all public schools. Being the need of the hour, the Sindh Government felt an urgency to respond to the situation, and expedited the review process. Recommendations were issued to build the capacity of secondary school teachers on LSBE across the Sindh province, without the pilot-testing of the integrated LSBE content.

2018 has been a landmark year for Aahung. A process that would have taken perhaps another five years to be completed, was expedited and implemented immediately. The SELD invited Aahung to develop a LSBE training plan and module with Provincial Institute of Teacher Education (PITE) for the Master Trainers; and to prioritize the incorporation of LSBE content on sexual abuse and violence in textbooks by working with subject specialists. As a result, a training module on LSBE was developed for the master trainers. This training module incorporated concepts like Gender Equality, Human Rights,



Essay on Chhoti Umar ki Shaadi



Violence, Child Sexual Abuse, Puberty and Participatory Methodology and Facilitation. This module is the first-ever LSBE training module which has been developed at the provincial level to train teachers on LSBE and receive certification from Sindh Teachers Education Development Authority (STEDA). Once these Master Trainers are trained on the module they will roll-out the content with approximately 30,000 secondary school teachers across the province.

The scaling up of LSBE in Sindh has been a stepping stone for Aahung. This milestone has already opened opportunities for Aahung to promote integration of LSBE in other provinces of Pakistan. Aahung is currently working with Balochistan Education Department to integrate LSBE into their provincial curriculum. For this purpose, in May 2018 Aahung signed an MoU with the Balochistan Secondary Education Department and a Technical Advisory Committee has been set up to oversee the process of LSBE integration.





*Chapter on Violence in
Mashrati Uloom Text book*

Aahung looks forward to the day that other provinces are inspired and follow suit. It is heartening to see provincial governments take ownership of and develop concrete steps towards improving adolescent health. Aahung celebrated the day the chapter 'Prevention and Protection from Violence' appeared in a Social Studies Textbook for Class 7, under the auspices of the Sindh Textbook Board. The remaining LSBE chapters will now be printed in relevant textbooks between the years 2019-2020. Aahung will continue to advocate in Sindh and other provinces of Pakistan to keep contributing towards creating an enabling environment where adolescents' rights are protected, promoted, and fulfilled.

Nazo Pirzada and Shehneel Gill are Senior SRHR Trainers at Aahung who are LSBE experts. Having been with the organization since 1997, they have weathered all the storms, experienced all the challenges, and tasted sweet success. More than 20 years ago, when Aahung set its long-term strategic vision, these two owned it. They worked at the grass-roots level for 21 years, making inroads into communities, carrying out research to assess needs, often bearing the brunt of community back-lash. But they persisted. In 2018 the vision to go mainstream saw fruition. It has been a wonderfully exciting journey. Let's learn a bit more about it:

Tell us a bit about the initial challenges you faced

Shehneel: When we started working, we were the first organization in Pakistan to venture into this field. It was a great opportunity, but also a great challenge to make inroads into the community. But, even at the very beginning we believed we could make it work, because we believed in the organization's capability and the very importance of the program itself. At that time when we tried to tap government schools, it was quite depressing- there was no respect for time, too much bureaucracy, and very little professionalism. When we set the strategy to make the LSBE curriculum mainstream, it didn't seem realistic. There were people who asked for kick-backs upfront and were very brash about it. We were shown the door many a times. Though there were these challenges, we still believed we would make it. Where there were many who behaved this way, there were also a handful of individuals who

were very encouraging and welcomed our intervention. Also, at the time, there was nothing we could present. When we go into a new school administration now, we not only have excellent material to present, we also have a lot of fresh research being carried out each day. After we developed this material, we gained a lot of confidence and could speak with more authority about SRHR, and LSBE in particular.

Nazo: It is easy to work in communities but very difficult to work with the government. I never doubted that Aahung could do it. But I knew it would not be easy. It was quite discouraging at times. There was an instance when after having carried out a series of meetings with a government school administration, when it was time to roll out the training, we discovered that the main point of contact, who we had spent so much time and



1997

energy sensitizing, has been transferred. We had to start afresh so many times. There were times we would lose hope. Because there were times that we had had to wait for six months to get a simple permission letter from a single school. If someone at that point were to tell me that one day we would be able to go mainstream, I would perhaps not have believed it. Besides that, we didn't have any culturally appropriate material in a consolidated form in the early days. The current LSBE curriculum has evolved over many years. At the onset there were no clearly laid out strategies either. In 1996, there were many NGOs talking about maternal and child health, but no one had ventured into SRHR. So it was a very new field as well.

What encouraged you to keep going at it?

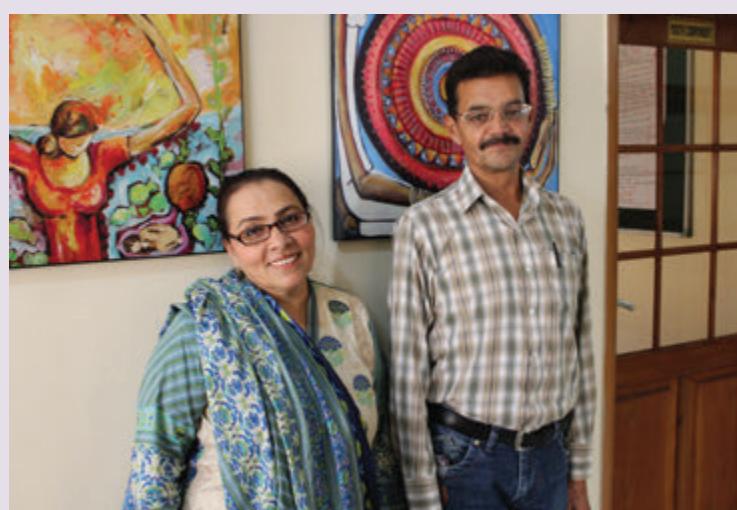
Shehneel: Where there were the naysayers, there were also those who were instantly impressed by Aahung's work. They recognized the worth of what I was doing and considered this training as crucial and immediately made arrangements to carry out pilot trainings. They owned the program and were even ready to face backlash from the community themselves. Then we carried out our testing and gained hope that yes, this was truly possible.

Nazo: And through this initial testing, our program evolved and developed further. When we were welcomed in these few initial schools and were successful in our programs, we gained hope. Even in the face of bureaucracy if the community itself is open and receptive, we do have hope.

What is the one factor that has contributed to Aahung's success?

Shehneel: Persistence. Being positive and hopeful in the face of resistance. That is the reason for its steady growth over the years. We ignored everyone who said we couldn't do it, and just put our head down and carried on with our work.

Nazo: Establishing a relationship of trust. When we approach an institution, we are very straightforward in our communication, we don't make tall promises, and work in a very transparent manner. I think that is the reason why we have so many long standing relationships.



2018





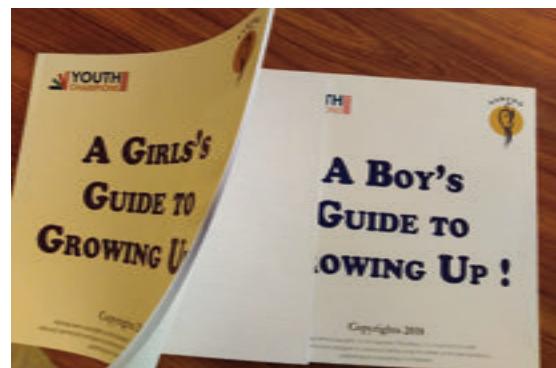
REACHING OUT TO PEOPLE LIVING WITH PHYSICAL DISABILITIES

Exploring the link between disability and sexuality is yet untapped. People living with physical disabilities are usually considered 'asexual', and their sexuality and basic physical needs are often overshadowed because their bodies and personalities are defined by their disability. There is a gaping need for urgent narrative in the places where disability, sexuality, and gender coalesce. Aahung, with the support of the Youth Champion Initiative (YCI), organized the first such initiative in Pakistan, planning to generate awareness and enhance knowledge about the SRH needs and rights of people living with physical disabilities.

The World Health Organization (WHO) defines disability as 'any restriction or lack (resulting from any impairment) of ability to perform an activity in the manner or within the range considered normal for a human being'. According to Waqar (2014), of the total world's population approximately 15% or about one billion fit the definition of disability with a mild, moderate or severe nature and about 93 million of these are children. In Pakistan, in the absence of a regular census or reliable data, approximate or projected numbers estimate that the total population of people with disability is about 5 million. The only thing people with disabilities have in common is being on the receiving end of societal misunderstanding, prejudice, and discrimination.



Puberty booklets in Braille for the visually-impaired



Disability and SRHR are both themes less talked-about due to cultural norms and traditions that stigmatize the sexuality of people living with physical or other kinds of disabilities. It prevents them from claiming their sexual rights, taking control of their reproductive lives, and lack of access to quality and appropriate SRHR information and education. Therefore, the SRH needs and rights of people living with physical disabilities remain unaddressed.

Aahung developed training modules on the SRH needs and rights of people living with physical disabilities, and user-friendly resource materials addressing their SRH needs and rights. The idea behind developing user friendly resource material was to have some kind of material that is understandable by everyone including those with visual and/or hearing impairment.

The user-friendly resource materials consisted of four animated videos on the pubertal changes of boys and girls, early age marriage and family planning, and prevention from sexual abuse. Besides being created in local and culturally-appropriate language, a special feature of these videos was that they were designed keeping in mind persons with various disabilities- the visually impaired, hearing impaired, and speech-im-

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In the past, whenever I attended any trainings on health topics, I felt I didn't really learn anything new. But after this session hosted by Aahung on SRHR, so many new ideas opened up in front of me. I don't understand why there is so much stigma and so many stereotypes surrounding this topic. We can really empower our future generations by equipping them with crucial information about their bodies. I will personally carry forward the concepts I learnt from this training.

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Saima Amin
(Hearing-impaired) ConnectHear

paired. Besides keeping the storyboard simple and illustrative and with subtitles, these videos were dubbed in sign language as well. For people with visual impairment, written content around boys' and girls' puberty were translated and printed in Braille format.

In order to effectively reach out to the target audience of people living with physical disabilities, and those who work with them, Aahung partnered with BINAЕ Foundation, ConnectHear, Center of Inclusive Care and NOWPDP. Aahung conducted a three-day capacity building training of 20 participants on sexual and reproductive health and rights of individuals living with physical disabilities. Those who attended the training were from diverse groups- abled, visually impaired and hearing impaired individuals from four different organizations.

All participants recognized the need to get SRHR education and access to services for people living with physical disabilities. Participants shared their personal experiences and described their hesitation in discussing SRH related issues with anyone prior to the training. After the training, their comfort level increased and they felt equipped with the appropriate language to discuss these matters. Moreover, participants did mention that the resource materials used during the training proved effective in understanding the importance of the issue; role plays and replication sessions helped in practical implementation of the learnt concept.

The trained participants from BINAЕ Foundation replicated the session within their institution with 64 visually impaired girls and boys, and the other master trainers will be replicating the training soon.

In addition to building the capacity of the trainers, awareness raising around SRH needs and rights of people living with physical disability was done through Aahung's social media platform. Animated, user-friendly videos, dubbed in sign language on early age marriage and family planning, and prevention from sexual abuse was shared for general awareness. Through the social media campaign 67,336 people were reached throughout Pakistan. The special resource materials developed during this initiative are the first-of-its-kind in the country. The Aahung team hopes others follow suit and the vast, disabled population in the country is able to derive benefit from better perspective of SRHR.



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After this training, whatever hesitation I had while discussing sexual and reproductive health, has completely vanished. There is no reason why anyone should feel any reluctance while discussing it. This is a crucial aspect of our health which we ignore. Not only should we ourselves not ignore sexual and reproductive health, but we should spread information and awareness regarding it so that no one should feel held back when talking about such topics.

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Zoya Ikram

(Visually-impaired) *BINAЕ foundation*



عورت اڑھ

Karachi's Aurat March 2018 provided a platform to many to assert for women's rights to reproductive, economic and environmental justice, in addition to demanding an end to violence against women and other gender minorities. The March reignited hope in a world where gender ceases to become grounds for marginalization, discrimination, and subjugation. It bore promise that, in the years to come, the crowds will grow bigger, and the voices will grow louder. Aahung's will continue to be one of the loudest voices in that crowd.



COMING FULL CIRCLE

Recently, Aahung conducted a Training workshop on LSBE for Sindh Education Department Master Trainers and chanced upon Tehseen Fatimah. An extraordinary student, she grew up to be an empowered woman, a working professional, and a mother of four. She is one of the very few women in her community who drives a car. Twenty years ago, she had been taught the LSBE curriculum when she was a student at Aahung's partner school Qamr-e-Bani Hashim School, and now she is trained on teaching it herself. Let us learn about her transition and what it is like to grow up with these values and then impart them to the next generation.



Tell us a bit about your childhood

I come from a relatively conservative family. We are four sisters and a brother. Our lives revolved around studies and chores around the house. My parents are very nurturing and we have all been especially close to our father who has always encouraged us and made us see the value and worth of education. That is the reason why I carried on studying even after getting married. Despite having children I never gave up my education.

What was your parents' involvement and reaction to LSBE?

My father was very accepting of LSBE. He understood its worth immediately. Even though we all had open communication channels at home and could discuss anything with our parents, my father thought that there may be a few areas covered in LSBE that were not touched upon at home. So that gave him the reassurance that his children were receiving a very holistic character-building education at school as well as at home.

My mother, on the other hand, was quite skeptical about it. She felt it was too much information being given to a child at a very young age. Also, in the LSBE chapter on Communication, the importance of assertiveness is talked about. My mother was of the opinion, that we were becoming unnecessarily

'bold' because of these ideas being planted in our heads. But I feel that now, after so many years it has served as a reminder for her and she now understands the role it has played in all our lives. Of course, a great deal of credit goes to my parents and my lovely teachers, but it is obvious that being exposed to this curriculum has, in little ways, shaped me into the person I am today.

As a woman asserting your rights in this society is never easy. Tell us about growing up in this city and how LSBE helped in the tough times.

Growing up, my commute to college was a very harrowing experience. Public transport in our part of the world has always been awful for women. You are lucky if you get a good rickshaw driver who doesn't stare in the rear-view mirror. And public buses are a nightmare for women. My friends and I have had very bitter experiences in public buses. Even if you are in the female compartment, fully covered from head to toe, you cannot escape the lecherous staring. Any chance that men get, there will be groping.

Before exposure to LSBE I did not have the courage to discuss everyday instances of harassment with anyone. Not even with my closest friends who were fellow-sufferers. We would not even acknowledge to each other what was going on during the commute. But after studying LSBE values and their importance, we learnt the vocabulary to communicate with



each other and share our issue and then speak up for our rights openly and fight against harassment. It is interesting how body language plays such a huge role- a confident posture and expression that belies strength can successfully intimidate and ward off harassment attempts at times.

What is the role that LSBE has played in your new home and marital life?

Though I got married at 18, it was on the condition that I would carry on my studies no matter what. I knew, in detail, the contents of the Nikkah-nama and my rights within marriage. I have been very lucky and blessed to have a supportive partner who encourages me to pursue my education. Our children have also benefitted from it. I made sure I inculcate the LSBE values in my children since a young age, so they are equipped with the information to be able to protect themselves in every way. My eldest daughter is 11 years old, the same age as I was when I first received LSBE instruction. I feel she is much more confident than I was at that age, and I hope all my children and my students grow up knowing themselves, their rights, and their place in society.

Tehseen, a warm thank you from Aahung, for sharing your experience with LSBE, and for bearing the torch for us. Your story is very inspiring and a testament to the work we do and the immense value of knowing one's sexual and reproductive health and rights. Best of luck.

WOMEN IN PUBLIC SPACES

In September 2017, Aahung launched #HerCity. This campaign sought to raise awareness about how public spaces (transport, marketplaces, the street, institutions, occupations) are deeply gendered, and marginalize girls and women. Women's access to public spaces is a rights issue and in order to build cities that are inclusive of girls and that respond to their needs and safe mobility, conversation about public spaces must center around their priorities. Using social media, Aahung developed videos, photo essays and infographics that generated discussions on online platforms. Here, four women talk about the legal, architectural, sociological, and entrepreneurial aspects.

" For women to speak about sexual harassment and rape is a big taboo in our society. Our society looks at women's bodies as something that is private and should never be talked about publicly; it's associated with shame. In Pakistan it's become such a norm to be harassed in some way or another that we talk about coping techniques rather than eliminating techniques. We have laws in place that protect women, and they are quite holistic.

Sexual harassment is a criminal offence in public as well as in the workplace. But in court the first thing they do in any case of sexual harassment or rape is attack the character of the woman. The lack of women's knowledge about their own rights does have an impact on their access to public spaces. When they are not aware of their legal rights or they believe that courts and police are not supporting, or protecting them the way they are supposed to, it has an impact on how they walk, where they walk, where they work, and how they function and interact with the rest of the public. It is crucial to start creating a demand for specific things, not just 'women should have their rights'. We can do this by looking at the examples that come before us and actually starting a conversation about them as opposed to avoiding a controversial topic which makes people uncomfortable. It's okay to make people uncomfortable."



Maliha Zia

Legal Advocate, Sindh High Court



Marvi Mazhar

Architect/Heritage Consultant

" Karachi is dynamic and development is fast-growing. It is very important for city planners to come down to as small as neighborhood studies and not rely on city studies. Design makes a difference. I'll give you an example of Pakistan Chowk. Starting off from a dump yard, we found this place was mostly a hangout for drug addicts and those involved in petty crimes. We sat down with the community and discussed their point of view and what they want in that space, and then designed it accordingly.

It was needs-based. It wasn't an outsider's point of view imposed on the community. Today, you will see women and children there after 7 pm, (especially when there is power outage) as they gather there to catch a breath. They gather there on winter mornings as well, to enjoy the sun. An amazing aspect I learnt from this was that when women claim ownership of a certain space, then sustainability is very different. They tend to it wholeheartedly and there is no need to have the place cleaned or managed in other ways. So in a community, when women are given ownership of a public space, the whole ball-game changes."

“ Girls at Dhaabas is specifically about why we don't see women in public spaces and how we can gradually change this reality. In our society there are designated spaces for men and women. I have a brother who is 6 years younger than I am, and since a young age, whenever he needed a break, he could just state ‘I'm going out’ and step out. The moment I say I'm going out for a walk or to grab a cup of tea, it's earth-shattering. The questions range from ‘who are you going with? when will you be back, its getting dark’ all the way to ‘why aren't you wearing a dupatta?’ So that way women are told a public space is not for them to occupy. And so when they go out into the city, they don't hang out on the streets, they go to a coffee shop, a mall, or any other private, curated, guarded space, where you don't get the agency to develop a relationship with your city. In a society where you don't educate children about their bodies, where you hyper-segregate them, it leads to hyper-sexualization.

So when people do come in contact with each other in public spaces, it's almost like they don't know what to do. Statistically, instances of rape and sexual assault occur more in the home, and yet we tell women that they ought to stay at home as its ‘safer’, and the public space is ‘dangerous’. So it's very important to blur the line between private and public spaces and let a woman determine for herself what space is safe or unsafe. ”



Sadia Khatri
Founder, Girls at Dhaabas



Amneh Shaikh-Farooqui
*Social Entrepreneur &
Economic Development Consultant*

“ One of the key issues when you are looking at economic empowerment in women is the fact that the market is primarily a male space and there is a huge social taboo around the interaction of men and women, which would be a necessity if you want to run a business or sell a product or service. In our work, we go in with a pure economic message that ‘here is something you can do’. Often these skills are traditional and the community takes great pride in them. We help them to improve those skills into a finished product which can sell so that the women can work from their homes.

So once you step out of the boundaries of what is the safe space of your home, access to public transport is such an issue, and harassment is rampant. There is a feeling of discomfort because men and women are not comfortable sharing a communal space or working in the same environment. Then there is a lot of negativity when they come back home regarding timings or the number of people they meet in the day. So there is a lot a woman has to go through to earn a livelihood. We definitely need more responsible leadership support for women entrepreneurs, we need more women to come out into the public space and say, ‘yes, this is me, and this is what I believe in, and this is what I support.’

THE JOURNEY OF AAHUNG



1994

Founding project 'Karachi Reproductive Health Project' and 'Aids Awareness Project' launched



1997

Life Skills-based Education Program launched focusing on community adolescents



2001

Started technical support trainings to reproductive health partners and health care providers



2005

Focus on LSBE in school curricula & SRHR in medical schools begins



2007

Work on Prevention of Child Sexual Abuse in primary schools across Sindh begins



1995

Becomes first 'rights-based' SRH non-profit organization in Pakistan



2000

'Aware for Life' training manuals on SRHR published for both adults and adolescents



2003

SRHR Resource Centre commenced



2006

Became a member of the Economic and Social Council of the United Nations (ECOSOC) enabling Aahung to advocate for SRHR at the global level





2009

MoU signed with the Sindh Education and Literacy Department to pilot LSBE in 24 schools in the province

2012

DUHS becomes first medical institution to integrate Aahung's SRHR program

Expanded the use of social media and innovative media platforms

The first Pakistani-based textbook on SRHR is published by Aahung



2014

Aahung selected as the lead organization for youth engagement and programming in the five-year Sukh Initiative focusing on family planning and access to contraception



2018

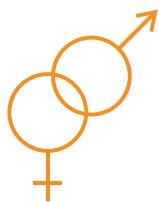
Training of Trainers for roll-out of LSBE curriculum with Sindh Government & MoU signed with Balochistan Government for curriculum integration province-wide.

Aahung develops and adapts SRHR resource materials in Braille and sign language for differently-abled individuals



2008

Sexuality Institute launched and continues to be only training institute in Pakistan that focuses on sexual health and rights



2010

Increased focus on married couples, pre-marital counselling and marital rights



2013

First organization in Pakistan to be awarded 'Tulip Award' by Dutch Ministry of Foreign Affairs



2015

Aahung turns 20!



2017

Aahung's Executive Director, Sheena Hadi, awarded Joan Dunlop Award by the International Women's Health Coalition for ground-breaking work on reproductive health and rights



HOW AAHUNG'S YOUTH FRIENDLY SPACE MADE A DIFFERENCE

In July 2016, Aahung, under the Sukh initiative, established a Youth Friendly Space (YFS) in Arif Hussain School in Korangi. The youth in the area did not have a safe space away from their troubles and worries, or for any meaningful social interaction. There was no prevalent street sports in their area, and in the absence of this they were more likely to be involved in drugs and other harmful activities. The YFS turned out to be an oasis of peace for them.

The purpose of establishing the YFS was not only to help youth with questions related to academics or to provide a place for sports, but largely for discussions on personal health, particularly Reproductive Health. They learnt about their rights and their place in society. They were taught to be more assertive and think of their future goals and aims. Many of the topics from the LSBE curriculum were discussed in a localized, culturally-appropriate manner. Here is a glimpse at how the YFS has been instrumental in transforming lives.

“

We are three sisters and a brother and come from a very conservative background. Our family moved to Karachi from Hyderabad about five years ago. We don't have many relatives here and still find it difficult to settle here. Even on the walk from home to school it is so daunting. I have not told anyone but I really want to learn kick-boxing, so that no one can dare touch me or try to grope me on the way here. I want to teach those boys a lesson or two, so that they think a hundred times before touching anyone inappropriately.

”

Alishba, 14 years

Student

“

Before I joined the YFS, I was a complete introvert. I had no friends, and I did not interact with anyone. Despite being a good student I did not enjoy school at all. I thought this was a coaching center and came to visit one day out of curiosity. It felt like a safe space, one where I was welcomed but not forced to interact. Over the next six months there came about a very visible change in my personality. Soon I made many friends and learnt to communicate with my peers in school as well. At the end of the year, I participated in the play in the Sukh Youth Mela in front of a 1000 people. It was an incredible feeling. I can't believe I am the same person.

”

Shahzaman, 17 years

Student

“

Before I joined the YFS I wasn't really aware of all the daily injustices I faced. Since I had no idea about my rights, I took everything in my stride. Whenever I faced harassment on the street I tried to push it to the back of my mind, trying my best to pretend nothing happened. I did my best to not bring it to my consciousness. While using public transport, while waiting at the bus stop, while simply crossing road, I would face so much daily harrassment. And try as I would I could not shake off the shameful feeling. After I joined the YFS and I saw all these girls huddled in circles, talking about their personal stories, I gained a lot of courage. I instantly felt safe here. Our counselor, a senior and experienced lady, guided us through our emotions and taught us that no matter what, it wasn't our fault. After that day, I never missed a single class. And those idiots on the street occasionally got an earful from me. Once when a passing biker started calling out to me and making disgusting comments, I flung my bag at him which hit him hard. I know that wasn't really the answer but it felt really good in the moment.

”

Sabeen, 25 years

Teacher



“

My life was very different. I would hardly step out, interact, or talk to anyone. I wasn't active at all. I have been really facilitated here at the YFS. I was guided by the teacher here, was able to guide others myself and also found confidence in myself. When I shared a personal problem, I was always made to think about coming up with a solution to address it. The change I see in myself and the confidence I now have still sometimes surprises me!

Umer, 22 years

Student & Hairdresser

”





IWHC VISIT

Part of what makes Aahung's work exceptional is the commitment and constant support of our donors like the International Women's Health Coalition (IWHC). IWHC has helped build and strengthen more than 80 organizations in Africa, Asia, Eastern Europe, Latin America and the Middle East. Similarly since 1999, IWHC has been supporting Aahung's efforts to promote and strengthen LSBE in Pakistan. Their financial and technical assistance has enabled Aahung to carry out its mission and reach millions of adolescents in Pakistan directly and indirectly.

In November 2017, the IWHC team including Francoise Girard, the President, and Jessie Clyde, the Director of International Partnerships, visited Aahung and its partner organizations to see how our programs are being implemented in schools and in community settings. They visited Aahung's model schools that have successfully institutionalized Aahung's LSBE program in their school system. One of these was a Zindagi Trust school – SMB Fatima Jinnah, where they were oriented to Aahung's strategy of involving caregivers at the school level in order to address adolescent SRHR issues. The team met Aahung's first ever parents group who had received training on LSBE. It was interesting to see how confidently mothers shared their experience of training and also discussed the positive shifts in their attitudes towards gender roles.

While the IWHC team observed Aahung's work on LSBE at the school level, they also had an opportunity to see how Aahung brings the community together to discuss adolescent SRHR issues using theater as a mode

of communication. A theatre campaign was organized on the 'Importance of Gender Equality' in the rural and slum areas of Jamshoro, Sindh. The campaign highlighted common gender stereotypes prevailing in society and their impact on an individual and community as a whole. The theatre was attended by local community leaders, teachers, children and their families.

Through such an up-close interaction with a donor organisation, the whole Aahung team got the opportunity to share the struggles faced in everyday work but also celebrate its successes. IWHC is the force behind many adolescent SRHR initiatives in various countries around the world. It equips its grantees with the requisite tools to inform the work ahead. IWHC has been one of the strongest supporters of Aahung's work and together we look forward to many salubrious years ahead, promoting SRHR in Pakistan.





“

Aahung has been a powerful voice on the health and rights of adolescent girls at the United Nations for many years. On our trip to Pakistan we realized just how deeply rooted in the community its work is. Thanks to decades of experience addressing gender inequality in Pakistan, Aahung brings the voices of rural teachers, community health workers, mothers of adolescents and, most importantly, young girls, into its advocacy. It's this credibility that makes Aahung so successful – both at global level and with the local communities it serves.

”

Francoise Girard

President, International Women's Health Coalition (IWHC)

“

Many of the values for which Aahung stands for today have been adopted through our long-term affiliation with IWHC. We have been lucky to have mentors in the amazing staff at IWHC, all of whom have inspired us to be more bold and visionary.

”

Sheena Hadi

Executive Director, Aahung



Training

Adolescent
Sexual and Reproductive Health

September



Naya
Qadam



NAYA QADAM

ADVANCING ADOLESCENT AND YOUTH INITIATIVES

About 64 percent of the total population of Pakistan is below the age of 30*. On the one hand, this youth bulge poses many development challenges, while on the other, it may be seen as an opportunity. If engaged and utilized properly, the youth can serve as catalysts for various development goals. Currently, this young population faces many challenges, one of them being the difficulty faced when seeking correct information and quality services around SRHR. The modern contraceptive prevalence rate (mCPR) is currently at a low 28%, with an increase of only 1% in the past five years. Early and closely-spaced pregnancies, as well as a high total fertility rate (3.7 births/women) threaten the health and well-being of Pakistani women of reproductive age and their newborns.

To address these challenges, Pathfinder International with the support of the Bill and Melinda Gates Foundation (BMGF) and partners including Aahung, Ipas, Greenstar Social Marketing (GSM), National Committee for Maternal and Neonatal Health (NCMNH), and Shirkat Gah are implementing the Naya Qadam project. This project aims to increase access to Post Pregnancy Family Planning (PPFP), and more specifically Post-Abortion Family Planning (PAFP) and Postpartum Family Planning (PFP), with a focus on young women aged between 15 and 24 years.

Aahung's previous work on comprehensive sexual and reproductive health in Pakistan has enabled the project team to plan and implement strategies for improving services and found that the key access point for young

* United Nations Development Programme Report



people aged 15 and 24 years are public midlevel service providers, Lady Health Visitors (LHVs) and Community Midwives (CMWs) and private providers.

Unique adolescent sexual and reproductive health needs are often not prioritized by service providers. Moreover, myths and misconceptions held by health care providers (HCPs) as well as provider bias and gender discriminatory practices often result in young people not feeling comfortable in accessing services or being turned away from quality services. Hence, these adolescents and young people prefer to seek inaccurate information from their peers or social media and thus end up practicing unhealthy and unsafe behaviors.

This project aims to work in a total of six districts of Sindh and Punjab- three from Sindh including Karachi, Shaheed Benazirabad and Larkana; and three districts from Punjab including Rawalpindi, Vehari and Okara.

To date, Aahung has trained 37 midlevel in-service providers including CMWs, LHVs and district coordinators as Master Trainers on AYSRH with a focus on access to quality information and services to young people including effective counseling skills. Moreover, AYSRH related topics including

client-centered approach to adolescent FP, sexual and reproductive rights , Value Clarification and Attitude Transformation (VCAT) , quality of a youth friendly service provider and quality of youth friendly health services were incorporated in the training. These topics were discussed with the mid-level providers to ensure that service providers recognize the importance of these topics as well as their role in providing non-judgmental, unbiased, and quality services to adolescents and young people.

Along with in-service public midlevel providers, Aahung also trained 44 Lady Health Supervisors (LHSs), Lady Health Visitors (LHVs), and district coordinators as Master Trainers on AYSRHR to ensure that culturally appropriate, correct and complete information is being shared with the community people through Lady Health Workers (LHWs) at the community level. The main focus areas of this training were VCAT, client centered approach, and SRHR. Through these trainings, not only was the knowledge of healthcare providers enhanced, there was a noticeable increase in their level of comfort in discussing AYSRHR issues with their clients.

As a way forward, Aahung shall build the capacity of midlevel pre-service providers including Public Health School Instructors and CMW tutors on AYSRHR, which are also a particularly strategic group to work with because they are in contact with future in-service midlevel providers. An added benefit of engaging this group is that these students themselves often fall within the 15 to 24 years age range and can therefore communicate with other young people more effectively.

The term *Naya Qadam* literally means 'a new step' and denotes a positive, fresh start. Through this collaborative effort, each organization's strength shall be merged to create synergies that will positively affect the health and wellbeing not only of Pakistani women of reproductive age and their newborns, but also their families and communities.







YOUTH SEXUALITY INSTITUTE AMPLIFYING YOUNG VOICES

Since 2008, Aahung has been running sexuality institutes with adults in the reproductive health sector in Pakistan to promote awareness of SRHR. After many years of working with adults on SRHR, Aahung finally felt ready to expand this initiative. In 2018, Aahung turned to the youth to carry on this endeavour through the Youth Sexuality Institute (YSI), the first institute of its kind in Pakistan.

The importance of the YSI stems from the tabooed nature of sexuality and SRHR in the conservative context of Pakistan. The concept of sexuality is severely misunderstood, thus creating a barrier for youth to access services and information that will help them develop as individuals. Young people in such societies face many challenges related to their sexuality throughout their adolescent years; and through this institute, Aahung hoped to sensitize this segment of the population and de-stigmatize issues related to SRHR and sexuality. By training young leaders, Aahung hopes to reach a wider range of the burgeoning youth population across Pakistan.

The YSI was a six-day venture to spread awareness and build the capacity of its young participants regarding sexuality and relevant issues. The purpose of this institute was not only to strengthen the understanding of these young leaders on SRHR but also give these individuals the tools and skills needed to implement this training in their individual Social Action



Projects. Eighteen participants came together from diverse backgrounds, including students, social activists, lawyers, project coordinators, nurses, researchers and film makers. The various components within Aahung came together to strengthen the capacity of these individuals on topics such as VCAT, sex and gender, sexuality, body comfort, youth social media activism, human and sexual rights, stigma and discrimination, violence and sexual harassment, family planning, and impact measurement.

VCAT is a technique that aims to move participants toward support, acceptance, and advocacy for sexual and reproductive health care and rights, most often used for comprehensive abortion and post abortion care. Through the VCAT session at the YSI, participants learned techniques for clarifying values on a sensitive topic, one which elicits many conflicting values and beliefs. They began to understand that forcing your own values or opinions on others is ineffective and instead, they should provide these individuals with holistic information so they can decide their values for themselves. This also gave participants an opportunity to reflect on themselves and their past actions and perceptions, leading them to realize how

often they imposed their own values on others.

Participants also gained valuable instruction in developing skills and techniques to address children of different age groups on CSA. They learnt appropriate language to use with children regarding harassment and violence and many were able to apply this skill to their work. This sensitization on SRHR equipped participants with the appropriate language to use when addressing various communities about SRHR. They are now able to adapt their language based on the level of cultural and age appropriateness and acceptance in communities.

This institute also allowed participants to become comfortable and confident with their own bodies and sexuality. It also gave them an opportunity to analyse their own sexual rights and how these rights relate to their sexuality.

"Aahung has gathered people who are, have, or will be working in communities, so these individuals will be making an impact. We've learned a lot and I think I'll be able to work more efficiently and effectively with my community after the YSI."

The Institute gave participants an opportunity to network with professionals from a variety of backgrounds and enriched their SRHR learning experience with the wide range of topics covered by the workshop. The institute was a complete package on the broad spectrum of sexuality. Youth leaders trained at the YSI will be able to bring their newfound expertise into their daily lives and their work to create a better future for the youth of Pakistan.

"This was my first training on SRHR. Before coming here I thought that SRHR and sexuality were just related to sex and reproductive health, but it's not like that. They're related to our emotions and our whole being. The experience here with Aahung was amazing, especially with the team and my colleagues, because there was diversity, and within that diversity there was respect. We learned a lot from each other and I think there's been a positive change in me. My knowledge has improved and I've gained more vocabulary and information. I expect that we'll be able to implement what we've learned here not only in our organizations, but also in our communities and we'll be able to share this [knowledge] with others as well."



FINANCIAL REPORT





**Building a better
working world**

AAHUNG

**FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2018**

EY Ford Rhodes
Chartered Accountants
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INDEPENDENT AUDITORS' REPORT TO THE BOARD MEMBERS

Opinion

We have audited the financial statements of AAHUNG (the "Organization"), which comprise the balance sheet as at 30 June 2018, and the income and expenditure account, statement of comprehensive income, statement of changes in accumulated funds and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the Organization as at 30 June 2018 and of its financial performance and of its cash flows for the year then ended in accordance with approved accounting and reporting standards as applicable in Pakistan.

Basis for Opinion

We conducted our audit in accordance with the International Standards on Auditing (ISAs) as applicable in Pakistan. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the organization in accordance with the International Ethics Standard Board for Accountants' Code of Ethics for Professional Accountants as adopted by the Institute of the Chartered Accountants of Pakistan (the Code), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

The Management is responsible for the preparation and fair presentation of the financial statements in accordance with the requirements of approved accounting standards as applicable in Pakistan and for such internal control as the Management determines necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Management is responsible for assessing the Organization's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Organization or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Organization's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs as applicable in Pakistan will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Myfr

As part of an audit in accordance with ISAs as applicable in Pakistan, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Organization's internal controls.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Organization's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Organization to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.



Chartered Accountants

Date: 04 February 2019

Place: Karachi

Engagement Partner: Omer Chughtai

AAHUNG
BALANCE SHEET
AS AT 30 JUNE 2018

	Note	2018			2017			
		Unrestricted Rupees	Restricted Rupees	Total	Unrestricted Rupees	Restricted Rupees	Total	
Assets								
Non-Current Assets								
Operating fixed assets	5	2,114,071	694,077	2,808,148	1,519,932	429,694	1,949,626	
Security deposits		365,100	-	365,100	365,100	-	365,100	
		2,479,171	694,077	3,173,248	1,885,032	429,694	2,314,726	
Current Assets								
Loans, advances & other receivables	6	662,733	118,000	780,733	565,485	656,757	1,222,242	
Short-term investments	7	5,636,101	-	5,636,101	6,260,886	-	6,260,886	
Interfund balances	16	2,838,215	5,107,355	7,945,570	7,033,469	1,114,457	8,147,926	
Cash and bank balances	8	28,686,893	27,114,642	55,801,535	20,824,772	30,495,648	51,320,420	
Total Current Assets		37,823,942	32,339,997	70,163,939	34,684,612	32,266,862	66,951,474	
Current Liabilities								
Interfund balances		4,896,279	3,049,290	7,945,569	803,048	7,344,878	8,147,926	
Accrued and other liabilities	12	188,463	2,348,515	2,536,978	428,949	2,923,382	3,352,331	
Deferred capital grants	10	-	694,077	694,077	-	429,694	429,694	
Deferred liability - gratuity	11	7,881,492	-	7,881,492	8,463,906	-	8,463,906	
		7,881,492	694,077	8,575,569	8,463,906	429,694	8,893,600	
Net Assets		27,336,880	26,942,192	54,279,072	26,873,741	21,998,603	48,872,344	
Represented By:								
Restricted fund balances	9	-	26,942,192	26,942,192	-	21,998,603	21,998,603	
Accumulated unrestricted surplus		27,053,741	-	27,053,741	26,697,600	-	26,697,600	
Unrealized gain on short term investment		283,139	-	283,139	176,141	-	176,141	
		27,336,880	26,942,192	54,279,072	26,873,741	21,998,603	48,872,344	

CONTINGENCIES AND COMMITMENTS 19

The annexed notes 1 to 21 form an integral part of these financial statements.

AAHUNG
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED JUNE 30, 2018

	Note	2018			2017		
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
		Rupees	Rupees	Rupees	Rupees	Restated	Restated
Income							
Restricted funds utilized	9.1	-	55,668,632	55,668,632	-	53,608,517	53,608,517
Deferred capital grants released	10	-	356,047	356,047	-	317,362	317,362
Other income	13	10,058,145	1,859,253	11,917,398	6,184,220	1,202,003	7,386,223
Total Income		10,058,145	57,883,931	67,942,077	6,184,220	55,127,882	61,312,102
Expenses							
Operating expenses	14	9,905,880	6,725,725	16,631,605	6,834,377	5,258,895	12,093,272
Program and project expenses	15	-	51,158,206	51,158,206	-	49,868,987	49,868,987
Total Expenses		9,905,880	57,883,931	67,789,811	6,834,377	55,127,882	61,962,259
Surplus / (deficit) for the Year		152,265	-	152,265	(650,157)	-	(650,157)

The annexed notes 1 to 21 form an integral part of these financial statements.



BOARD MEMBER



BOARD MEMBER

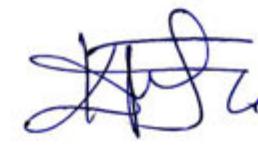
AAHUNG
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED JUNE 30, 2018

	2018	2017
	Rupees -----	
CASH FLOWS FROM OPERATING ACTIVITIES		
Surplus / (deficit) for the year	152,265	(650,157)
<i>Adjustments for:</i>		
- depreciation	880,872	869,761
- provision for gratuity	2,133,536	2,111,943
- gain on sale of investments	(96,780)	(65,323)
	2,917,628	2,916,381
<i>Decrease in current assets</i>		
- advances and other receivables	441,509	285,437
<i>Decrease in current liabilities</i>		
- accrued and other liabilities	(815,353)	(2,070,568)
Deferred capital grants - net	264,383	(182,697)
Restricted funds - net	4,943,589	(13,955,527)
Cash generated from /(used in) operations	5,207,972	(14,138,224)
	7,904,021	(13,657,132)
Gratuity paid	(2,512,074)	(985,539)
Net cash generated from/(used in) operating activities	5,391,947	(14,642,671)
CASH FLOWS FROM INVESTING ACTIVITIES		
Purchase of tangible fixed assets	(1,751,552)	(1,556,060)
Investment in short term investments	(1,671,354)	(1,466,880)
Sale proceed from sale of short term investments	2,512,074	977,120
Net cash used in investing activities	(910,832)	(2,045,820)
Net increase / (decrease) in cash and cash equivalents	4,481,115	(16,688,490)
Cash and cash equivalents at beginning of the year	51,320,420	68,008,910
Cash and cash equivalents at end of the year	55,801,535	51,320,420

The annexed notes 1 to 21 form an integral part of these financial statements.



BOARD MEMBER



BOARD MEMBER



“

We will not accept a world where decisions about our future are made in rooms in which we cannot enter.

”

*Malala Yousafzai,
at the UN Youth
2030 Conference
in New York*





2019

JANUARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MARCH

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

⑥ International Day of Zero Tolerance to Female Genital Mutilation

① Zero Discrimination Day ⑧ International Women's Day

APRIL

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

⑦ World Health Day

④ International Day of Innocent Children Victims of Aggression
⑯ International Day for the Elimination of Sexual Violence in Conflict

⑨ Mid Wives' Day

⑩ Mothers' Day

㉓ International Day to End Obstetric Fistula

JULY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SEPTEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1		
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

㉑ World Population Day

㉖ World Contraception Day

㉘ World Hepatitis Day

㉙ International Day for Safe Abortion

OCTOBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
㉕	㉖	㉗	㉘	㉙	㉚	㉛

DECEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1		
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

㉒ International Day of Non-Violence
㉓ International Day of the



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