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Dignity & Better Hygiene

for rural women through construction of household level latrines



Access to proper sanitation remains the unfulfilled need of thousands of people living in rural Balochistan. The challenge of providing adequate sanitation services in these settlements is enormous as these areas are very remote, rural and lack basic

infrastructure. Water-borne diseases and improper sanitation remains the biggest cause of infection in this area, especially in case of women and children. Lack of sanitation services and poor hygiene causes the transmission of diarrhea, cholera, typhoid and many parasitic infections especially in women and children.

Lack of latrines (communal toilets) in the villages is a major problem for women and children. Village women have to walk long distances to find a safe place to use for defecation. The problem becomes significant for new mothers as they cannot walk long distances. A pit latrine close to their homes not only minimizes the discomfort but also saves time that can be utilized for cooking, child care and other domestic work.

After numerous need-identification sessions conducted with women in





the villages, the women community organizations prioritized construction of latrines at a household level as the most important basic requirement. Consequently, 146 latrines were constructed of which 38 were constructed by women community organizations and 108 by male community organizations in the district Quetta, Pishin, Loralai, Killa Abdullah and Chaghi.

Female workers were actively involved in the planning, implementation and monitoring of CPI schemes at different stages of the project. In addition, 225 latrines were constructed under the sanitation programme at a household level in five districts of Balochistan. A total of 371 latrines were constructed with a budget of PKR 16.20 million wherein the local community worked voluntarily as labour. This intervention has facilitated 18,250 individuals while 13,686 people have benefited indirectly.

"New latrines in houses have decreased the OPD of diarrhea, cholera and typhoid cases in local community. I hope the village people are living a healthier life,"

said Dr. Gul Khan In-charge Basic Health Unit, Panjpai. This project has demonstrated that a small contribution towards reforming basic health facilities can bring about a significant change in the lives of poor and marginalized communities.



Communities install Solar Water Pumps

& storage tanks in Balochistan



With a population of 460 (220 males, 240 females and 184 children), Dhasht-e-goran is a remote village in Pakistan, situated near the Iranian border. Most of the villagers work in the fields of landowners or in the local market. The village lacks basic facilities such as electricity and drinking water. Women and young girls are traditionally the ones to lift water with ropes from wells as deep as 80 feet which



"Like other girls of my age, I used to help my mother fetch water every day from deep and dark wells. I did not get time to study or play. I always wished I had a magic wand to change our situation in seconds", says Razia Bibi.

The RAHA Programme helped create a local community organization comprising both men and women to identify easy access to water as a priority for the community. Hence, solar water pumps were installed and water storage tanks built. Now, the water gets pumped by solar energy and is stored in the nearby water tanks.

"Our life has changed for the better. I fetch water once a day and it doesn't take much time. I can



Installing Solar

Energy Panels for Lighting

up remote villages in Balochistan



The RAHA Programme has installed 376 solar energy panel systems which have extended electricity to seventeen villages of Chaghi and Quetta. These villages did not have access to electricity for the past six decades.



The installed systems have a combined

electricity generation capacity of 100 watts.

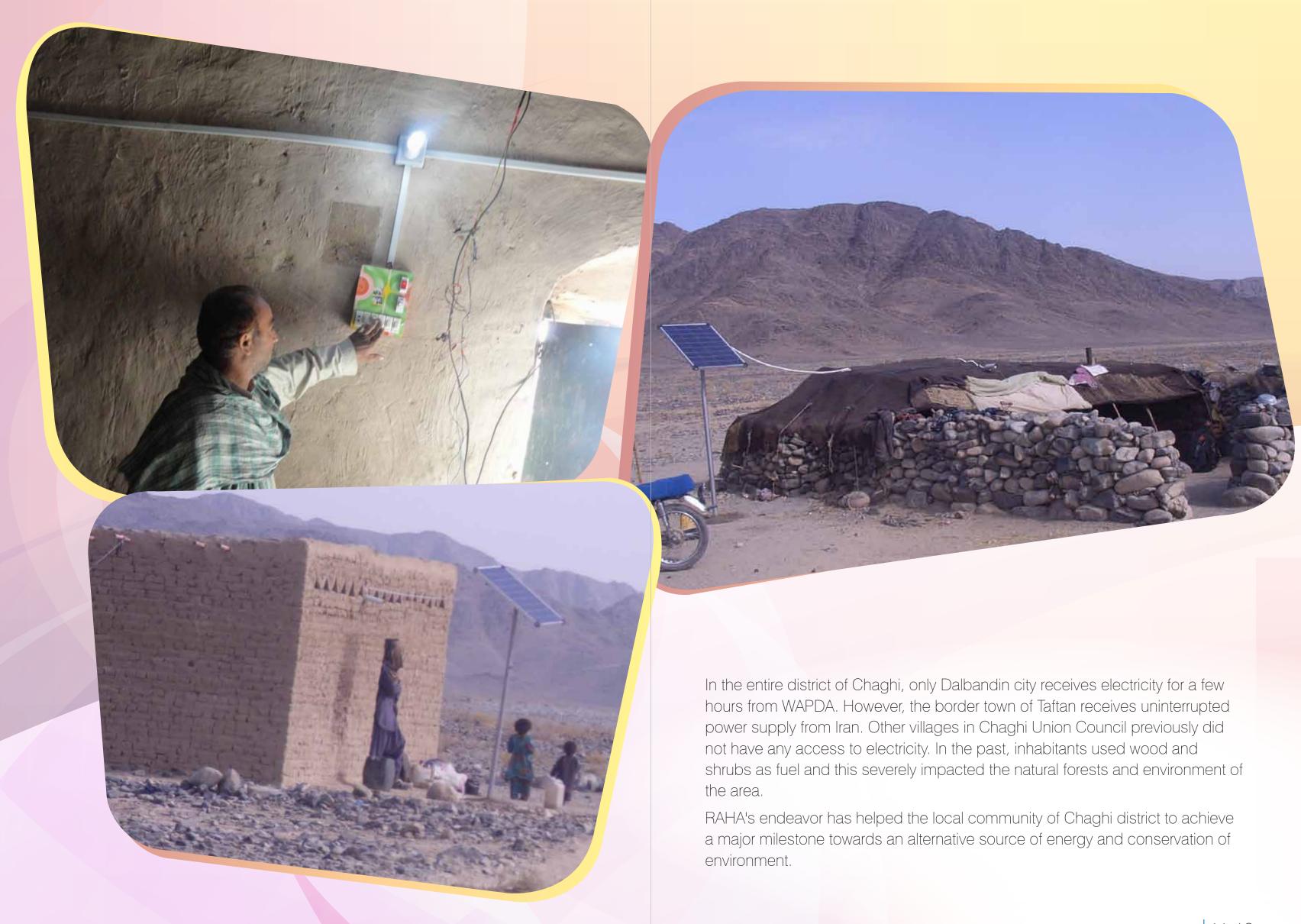
The RAHA Programme in Balochistan also provided technical support in

systems in order to ensure proper maintenance and management of the

installation of the systems and trained local residents to operate the

and 1785 males).

solar panels.



Baby Born amid Floods 2010

named after the programme



Grateful parents Khalid and Anila Abbas of a month old baby boy in Pakistan have named their son Raha as a token of appreciation for the facilities provided to them in response to the floods by RAHA programme.



As part of its flood response, the RAHA Programme helped set up four free medical centers in flood-affected areas of Peshawar and Nowshera districts, and performed outreach work concerning the availability of free local health facilities.

In September 2010, Anila Abbas, along with her husband, was living in a flood relief camp in the village of Yousafabad, Nowshera district where the nearest public and military hospitals had been closed due to heavy damage caused by floods. When Anila went into labour, a neighbour at the relief camp referred the couple to the Mera Akora Khattak free medical center established by RAHA in Yousafabad. Thereafter, an ambulance arrived and Anila was taken to the labour room under the supervision of a doctor and nurse.



05 Beautician Course for a Cause

Under the skill development component of the RAHA Programme, a one month basic beautician course was initiated in November 2010 in Haripur for 15 females nominated by 5 women-based community organisations of the district. The selection criteria included education, age and demonstrated willingness to work in the beauty profession in the future. The 15 female trainees hailed from poor families of the Haripur community and did not have any other source of income or skill set to generate revenue.

Darbanda Women Community Organisation, UC Derwesh in district Haripur. 20-years old Faiza belongs to a low-income family of seven, and has been impaired by a hearing and speech disability since birth. Her father works in a private cotton mill and receives an average income of PKR 5,000 per month. Faiza discontinued her education in class 8, due to her disability and financial constraints of the family. Prior to joining this training session, Faiza practice henna designs on other women and girls of the local community during occasions such as weddings and Eid. Upon getting nominated for the beautician

One such trainee is Faiza Bibi, who has been nominated by Upper

training, she was thoroughly excited and eagerly attended the classes on a regular basis. Peer trainees at the sessions used sign language to make her understand what was being taught by the trainer.



Street Linkages

by communities in Khyber Pakhtunkhwa



In July 2010, Khyber Pakhtunkhwa (KP) was severely hit by floods causing widespread destruction across the entire province. The unprecedented level of flood waters left villages and agricultural lands completely inundated, causing massive destruction of homes, road infrastructure and livestock. A total of 3 million people in all 24 districts were adversely affected by the floods.



"Our community comprises 300 beneficiaries and we had to take a long and tiring route in order to get to the main road of the district. This was exhaustive, time-consuming and difficult but we had no choice at all," said villager Roman Gul.





The RAHA Programme supported communities in ten union councils with a 5-month project aiming at reviving and improving the livelihoods of floodaffected people of district Nowshera through sustainable efforts.

A conventional approach of Community Organizations (COs) was followed as its main objective was to strengthen the community by providing opportunities to utilize resources through a participatory approach. Under the Livelihood Revival Support unit, financial support was provided in the form of income-generating activities to those

villagers whose businesses were destroyed during the floods. A total of 545 enterprises were facilitated and approximately PKR 6,000,000 was allocated for this purpose.

Male and female Community Organisations were identified as an important vehicle for capacity-building of the local community. Rural populations in KP were primarily engaged in small-scale business-related activities which were not generating a lucrative income flow.

Khan Badshah lives in Bara Khel village of union council Pir Sabaq, a scenic town situated at the bank of river Kabul in district Nowshera. Prior to the 2010 floods, he was running a small grocery store in the village and used to earn a gross income of PKR 800 per day to support his family of five. He was keen on participating in local community-related discussions in order to solve pressing issues.

Hence, Khan Badshah joined a community organization (CO) named 'Etifaq Banaris Khan', which has a current membership of 25 villagers. This CO provides a forum for the villagers to discuss village problems and find



solutions to resolve them. In 2010, the floods wrecked running businesses of many villagers residing in Nowshera district and Khan Badshah's grocery store was completely destroyed. However, he was lucky to still have the physical infrastructure of the store intact. Thereafter, it was estimated that Khan Badshah had lost a total working capital of PKR 150,000 as a result of this catastrophe. However, he did not have any capital to restart the business.

As a member of the local CO, Khan Badshah was provided with the opportunity to acquire assistance from the RAHA Programme and was given PKR 15,000. In addition, Khan Badshah used his own savings and credit to purchase groceries worth PKR 50,000. Presently, he is earning a gross income of PKR 300 per day; it is obvious that Khan Badshah is on the road to recovery.

"This is a significant improvement in terms of economic development of the village area. The RAHA Programme has benefited local businesses and increased the living standards of the village people," he said.

Pipe Irrigation

to boost agriculture in rural villages



Mohammad Ilyas is the President of the Village Organization Bhera in District Haripur. Recently, members of the Village Organization contributed to the completion of a pipe irrigation project. "We completed the pipe irrigation project with the support of the RAHA Programme for our tube well in village Bhera.



This set of two schemes is designed to improve agriculture productivity in the long run. The agricultural land of the village has been mainly used by Afghan refugees, which resulted in lesser available land for cultivation. Moreover, the scarcity of water was one of the main problems resulting in low agriculture produce," says Mohommad Ilyas.

Prior to the installation of this pipe irrigation system, only 100 canals of land could be irrigated in village Bhera. With the new pipe irrigation project, 300 canals of land have been irrigated in the village area. The increase in water supply has given villagers an opportunity to grow a diversified number of crops as well. Mohomad Ilyas added that,



Water & Sanitation

facilities for Government Girls Primary School; towards better learning environment



A pilot project was initiated to improve water and sanitation facilities in District Haripur. During the initial assessment the Government Girls Primary School Bugnian (GGPSB) was selected as one of the locations for its project intervention. The selected school has a total of 150 students, but there were no sanitation facilities and thus, students had to go to the open fields for defecation. The landlords often



The lack of sanitation facilities and poor hygiene at the school had an adverse health impact on females in need of adequate private sanitation facilities inside the school. Absence of these facilities compelled many students to take leave from school causing many to drop out since they found it difficult to catch up with coursework. Many students also missed out on school as they had to walk long distances to fetch water.

"The school did not have enough resources to construct water and sanitation facilities for students. This had a negative impact on the number of students getting enrolled for classes. Most of the students did not feel comfortable as they had no privacy in the open fields.





Girls could not go alone to open fields for defecation; hence, they were forced to move in groups only," explains Sidra, a student at GGPSB.

School teachers at GGPSB are extremely happy to have water and sanitation facilities at the school now.

"This new addition will solve many problems including absenteeism and the burgeoning dropout rate. Parents did not feel comfortable sending their daughters to school, but the new sanitation facilities have given children and their parents a new sense of confidence," says a teacher at GGPSB.

Drinking Water

facilities in village Darbanda



at common places in the village that provides water to all villagers and outsiders visiting the village.

For the sustainability and maintenance of this project, a Users' Committee was established. With the assistance provided through the programme, villagers were able to install a pressure pump along with a hand pump to bring water to their homes from the main hand pumps. In addition, they constructed a water tank near the hand pump to ensure non-stop water supply and facilitate the laborers and people who often come to the village for work.

"Prior to the installation of a dual hand/pressure pump, I could not do any

Mohala Ali Masjid is a remote area comprising of 70 households in village Gadwalian, district Haripur. Before the project, the village did not have a drinking water facility and villagers including women, had to walk long distances in order to fetch water.

The programme initiated a pilot project to improve the water and sanitation facility in Gadwalian. They installed five hand pumps





laborers who often came for work in the village. "Previously, when we had no drinking water facility in the village, laborers requested us to provide them with water. During the day when male members of the village were in field, our females felt insecure of laborers requesting water. It was very difficult for us to manage the situation," explains Mehboob Elahi, a prominent villager.

RAHA

Mobile Repairing Shop

in Pishin; securing livelihoods



Village Khanozai is located in district Pishin, 35 kilometers north east of Quetta, Balochistan. Local population mainly relies on agriculture and livestock farming for income generation. Therefore, RAHA initiated a skill development programme for both male and female youth in the village.



Inauguration Ceremony of

Mobile Repairing Shop

The main objective of this programme is to equip the local youth with technical skills for income generation activities, enabling them to financially support their families and contribute to the local economy.

Thereafter, a 45-days long Mobile Repair Training was organized at Khanozai. This training was planned according to the recommendations of Training Need Assessment (TNA) conducted earlier with an objective to identify the market based trades for skill development in the community. In accordance with this assessment, 15 young people were nominated for the training; Mohammed Naseem, an 18-year-old student of Intermediate is one of those.



Naseem's father's limited income could not support his passion for running a business in the local community. During the Mobile Repair Training, Naseem actively participated in the course work and diligently secured a 1st position in the final test. Immediately after receiving the certificate, he decided to not only apply his skills professionally but also help his peers to learn the skill. After consulting peer trainees, he devised a plan to establish a mobile repairing shop.

The daily allowances given by the RAHA Programme to all the participants in addition to the savings of the Community Organization were pooled in with the consensus of all participants, and a mobile

repairing shop was established by Naseem and peer trainees in the main bazaar of the village. The shop was named as 'RAHA Mobile Repairing Shop' as a gesture of appreciation towards the programme.

"We were thinking about the name of our shop. One friend suggested 'RAHA Mobile Repairing Shop' and everyone agreed. This is because RAHA not only gave us training but hope for a better future as well," says Naseem

'RAHA Mobile Repairing Shop' was inaugurated in October 2010 in Qurban Mobile Market near main bazaar Khanozai.