

COVID 19
EDITION

YOUTH INNOVATION CHALLENGE



Coping with Corona



Report

TABLE OF CONTENTS

Background	3
The Selection Process	4
The Facilitators	5
The Training	6
Youth Group - Umair Jaliawala	6
Day 1	6
Day 2	8
Day 3	12
Adolescents Group - Shireen Naqvi	15
Day 1	15
Day 2	19
Day 3	21
Way Forward	24
Their Feedback, Our Learning	24
Youth	24
Adolescents	25
Annexure	26
Participants Profiles and Projects	26
Adolescents	26
Youth	28

BACKGROUND

The current situation of the Corona Virus has taken the entire world by shock and distress. It is indeed a pivotal phase in the books of history that has not only taken the lives of over half a Million people as of June 2020, but has also shaken the socio economic status of many countries.

There is an increased amount of grief, sorrow, and stress across the globe and many have been affected; some have lost the lives of their loved ones, some have lost their jobs, while some are uncertain about the future. Routines have changed, and the normal is redefined.

This makes it particularly challenging for third-world countries, where the lockdowns are necessary to help prevent the spread of the virus, yet the economy cannot afford to shut down businesses for too long. This whole situation further adds to the misery of the vulnerable in the society. It is therefore a responsibility of each one of us to take good care of ourselves as well as of those around us; especially the ones most at risk.

Pakistan is a country with about 65% of its population below the age of 35. This reflects the importance and power that lies in the hands of the young people. More than ever before, we all need to raise awareness, build solidarity, support each other, and be kind. It is extremely important for young people to understand the scope of challenges faced by our population, and meaningfully engage to be educators and change agents in their communities. The Youth Innovation Challenge (YIC) is designed to do just that.

The shortlisted candidates for YIC received a comprehensive 3-day training before they initiate rolling out the projects in their communities with the grant they receive. Following were the 4 thematic areas to choose from for the projects of the applicants:

- **COVID-19 Awareness and adaptation**
This branch particularly deals with the generic awareness around the Coronavirus disease. This could include reaching out to masses through digital platforms or targeting a specific niche to enhance their knowledge, so to keep them and others around them, protected
- **COVID-19 Support to vulnerable groups**
Coronavirus has had the entire world in its captivity however certain groups within the societies are more affected than the others, provided their existing vulnerability, such as refugees, persons with disabilities, minorities, old people, children, etc. This topic covers projects that are particularly working towards supporting these groups through these challenging times.
- **Mental health and psycho-social support**
There has been a significant spike up in the graph of mental illnesses in the past couple of decades, perhaps with an increased awareness about their existence. Coronavirus Pandemic has affected people's mental well-being on multiple fronts. The projects that address these challenges and propose plans to tackle them, fall under this category.
- **Post COVID-19 recover and realignment**
This theme caters the projects aimed to recover from the massive hit that the economies have experienced due to the changes made while attempting to tackle the novel coronavirus. People are doing whatever they can within their capacities to come out of this challenge. While many jobs are lost, many are and more shall be created too.

THE SELECTION PROCESS

For the Youth Innovation Challenge, 7,000 applications were received through an online open-call made by UNDP. The outreach partner, Viamo assisted in spreading the word ensuring applications from all around the country. Viamo was also responsible for the first stage of shortlisting, i.e. from 7,000 applicants down to a list of 75. This round of shortlisting was done through an algorithm that had the scoring matrix embedded in it. The matrix consisted of the following parameters:

- Belongs to a vulnerable community
- Already involved in activities that support the COVID-19 response in their community
- Shared a clear explanation of their idea/project
- Described the benefits of their idea to people or community
- Planned activities if they receive PKR 70,000 in support of their idea/project
- Shared a plan for the sustainability of their idea
- Shared the expected results of their solution
- Have access to stable internet connection
- Shared a 1-Minute Video pitching their idea

Then, a committee of 4 individuals, was formed to further score the long list. These 4 individuals were each a representative of UNDP, UNICEF, UNFPA and SoLF. The scores were aggregated and top candidates were marked.

The final list of 28 was formed. It is important to note that the final list of 28 participants does not necessarily represent the top 28 applicants, rather ensures a good mix of gender, geographical dispersion and age cohorts (adolescents and youth) amongst the top applicants.

THE FACILITATORS

Shireen Naqvi

Shireen Naqvi is a highlighted name in the training and industry of Pakistan and has 27 years of experience in Organizational Development, Training and Consulting. Her focus areas include personal development and visionary leadership. Shireen holds an MBA from Institute of Business Administration. Her success in facilitating competency-building programs lies in her intense belief in the infinite human potential and her phenomenal abilities to adapt and relate to individuals from diverse backgrounds at an intellectual and emotional level.

Shireen is a Founder of the School of Leadership; a Trustee of the School of Leadership Foundation; Founder of Amwaj; Senior Associate and Board Member of Carnelian and General secretary to the Trainers Resource Group.



Umair Jaliawala

Umair Jaliawala is a decade-strong consultant and trainer on Leadership, Enterprise and Technology (LET) - Authentic Leadership, driven by ideals, not idols; Passionate Enterprises, where teams live their dreams and Social Technologies that enable us to be and do more.

Jaliawala's horizon of consulting in learning design and delivery ranges from national-level working groups to ethnic to community-based initiatives. His ability to map needs and to conceptualise interventions based on participation, inclusiveness and sustainability makes his work relevant, revered and replicable. Umair Jaliawala has learnt from, designed for and delivered trainings to multinational and local corporations, international development agencies, public bodies and educational institutions. Also, Umair has to his belt, the experience of designing leadership team retreats and facilitating large groups in conferences.



THE TRAINING

YOUTH GROUP - Umair Jaliawala

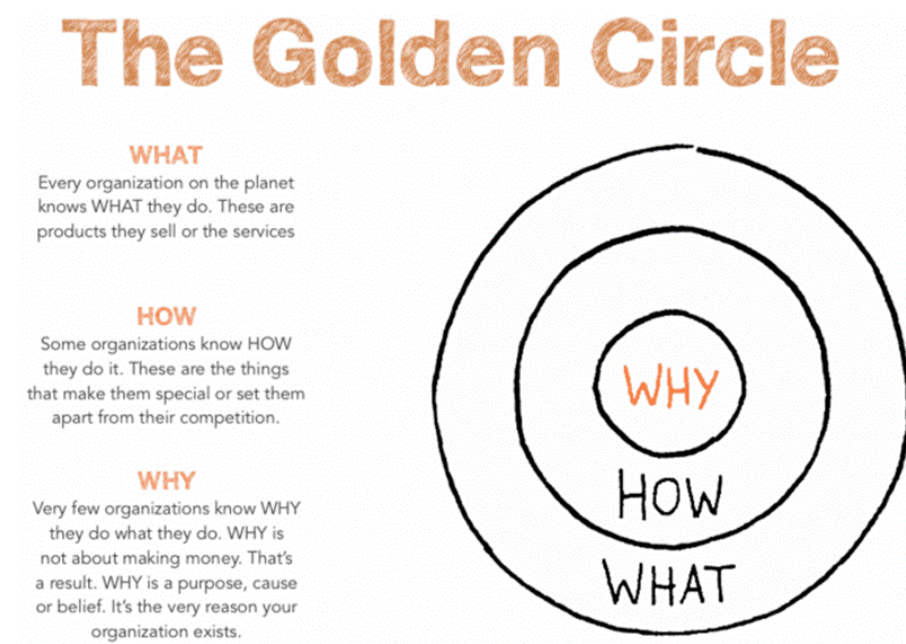
DAY 1

The managing director of School of Leadership Foundation, Mariyam Irfan welcomed the participants to the 3-day training program and congratulated them for being shortlisted. She began by expressing her own expectations from the participants and laid certain norms to follow during the online training. Mariyam also explained the scope of the project Coping With Corona and shared with the participant the intentions of empowering our youth through such a campaign.

Mariyam then passed on the floor to the Master Trainer, Umair Jaliawala. He too welcomed the participants to the training program and began by allowing the participants to introduce themselves and share their project ideas with the rest of the team. Once the introductions were completed, Umair took the participants through the Participant Guide that was shared with them beforehand, and covered the topics from the training sessions.

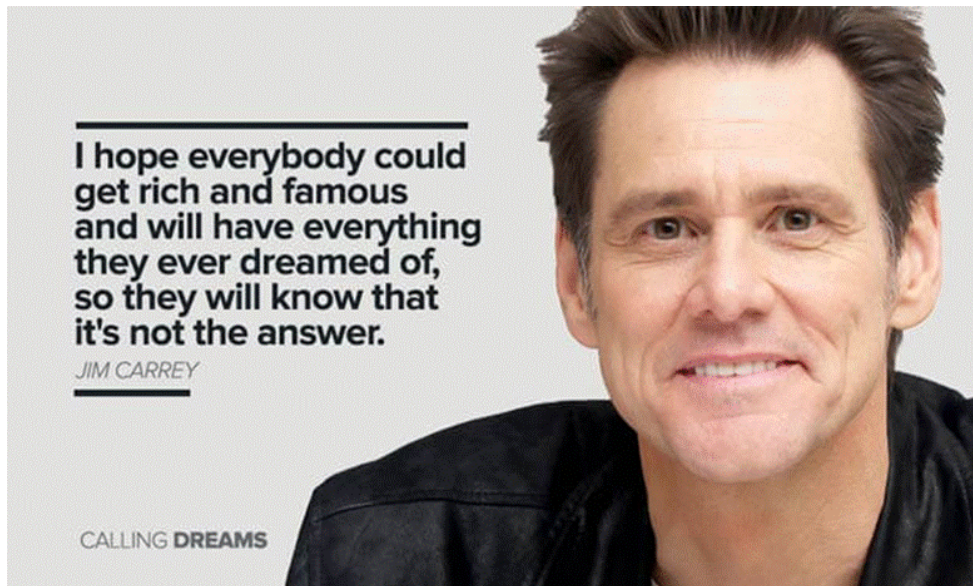
The Why

The facilitator began the training by discussing how the actual intentions behind a project formulate the core of it, and why is the WHY, the most important element of the project. He went on to explain the idea through Simon Sinek's Golden Circle.



Source: <https://www.smartinsights.com/digital-marketing-strategy/online-value-proposition/start-with-why-creating-a-value-proposition-with-the-golden-circle-model/>

The facilitator encouraged the participants to reflect on themselves at a deeper level in order to understand their values and preferences. These serve as a reliable compass for understanding and defining one's WHY. Umair also encouraged the participants to have their reasons larger than their individual selves and to never do it for the sake of applause or money; which are indeed bi-products. He quoted the famous quote from Jim Carrey:



Source: <https://swaminarayanglory.wordpress.com/2018/06/09/my-favourite-jim-carrey-quote-i-think-everybody-should-get-rich-and-famous-and-do-everything-they-ever-dreamed-of-so-they-can-see-that-its-not-the-answer/>

The participants were then sent into break-out rooms to further explore and discuss their WHYS with their peers, through the help of the following 5 questions:

- Why did I care about the challenges of my community?
- How will my solution positively affect my people? What does it mean to them?
- Why did I pick the particular project that I did?
- How will I feel about myself once I have successfully completed the project?
- What are the learning opportunities I will come across during this project? How else can they benefit me in the future?

The participants rejoined the main meeting room and shared an overview of what was discussed. Some of the highlighted ideas from the discussions as shared by the participants were:

- *"Through the discussions, we realised that we are actually working towards the same goals but have different approaches to the problem"*
- *"My groupmate is working on a challenge that a lot of us are passionate about but not many are actually doing much about it"*
- *"Our whys were very different from each others' and we were targeting different aspects related to Covid's impact on society. It was good to discuss"*

The Problem

Through the model of a problem tree, the Cause and the Effect of a problem were discussed. The facilitator explained how what may seem to be the problem at the first glance, may have a series of other problems leading up to that. While it may not always be practical to get to the ultimate root of the challenge and fix it, it definitely does help if we have an understanding of those causes. It is also important to understand where the project lies in the array of the interlinked challenges, so, to direct all the focus in a specific part of the problem. This sense of clarity will also reflect in the solution and communication and is crucial in being able to foresee and predict the possible consequences if the problem remains unaddressed. This will particularly help while attempting to explain the problem to the relevant stakeholders.

"A problem well-stated, is a problem half-solved" - Charles Kettering

While acknowledging the tendencies of the local people of jumping into the solutions, the facilitator reinforced the importance of having a deep and clear understanding of the problem first. He shared a couple of examples of how organizations who have clearly stated their problems have been able to sustainably do what they do. On the other hand, the trainer expressed how not having clarity can lead to an arbitrary approach, thus hurting the project and the organization in the longer run.

Once the two topics were thoroughly explained, the participants were again sent to the breakout rooms in groups to formulate their problem statements and to explore potential causes and effects of the problem while discussing it with their peers. The facilitator offered to review the problem statements and causes & effects for the participants who'd wish to get that done.

Towards the end of the day, the participants were left with an assignment to explore more solutions around their problem, locally and globally, in order to be able to give it more dimensions and refine it before finalising it.

DAY 2

The second day kicked off with the trainer, Umair Jaliawala, asking the participants to share An AHA moment and An OHO moment from the first day's training. Some of the shared moments were:

AHA Moments:

- The session was fantastic, I thoroughly enjoyed it
- Met new people after a long time, felt good to connect
- I could understand everything, it all aligned with me without difficulty
- After the session, I was encouraged to research more on my topic

OHO Moments:

- It was sad that the training had to be conducted online and not on-ground
- My own network was unstable
- I still am not used to the long online-hours, it was tiring for me

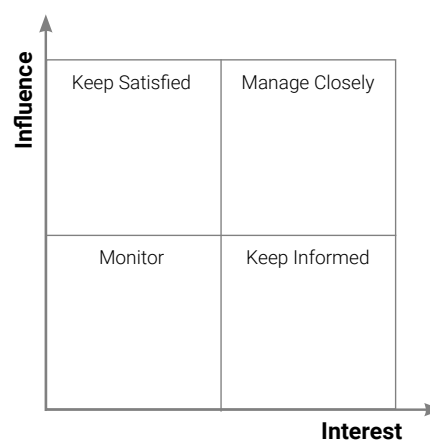
Stakeholders

The facilitator began the training of day 2 by discussing stakeholders. He began by explaining who the stakeholders are and what are various categories of stakeholders in a project. An example project used was to develop and run an app that contains information related to Covid-19. The participants were asked to list relevant stakeholders for this project.

Responses: Users, patients, software engineers, healthcare professionals, counsellors, marketing professionals, influencers, etc.

The facilitator then explained the strategies to follow while dealing with different types of stakeholders varying on the basis of their level of interest and the influence on the project. This was done by explaining the Interest vs Influence Grid used for Stakeholder mapping.

In light of his experience, Umair explained the local dynamics and made the participants aware of the potential challenges they may come across while dealing with important stakeholders. He explained how individuals at certain positions have protocols that they like to be respected and how the participants, as the young blood, must be very mindful and careful of these protocols, even if they do not agree with them at a personal level. He encouraged the participants to put the cause above the individual's preferences at all times.



The facilitator also went on to explain how while attempting to bring about a change in a community, the early adopters must be targeted first. Trying to catch the most difficult fish up-front statistically leads to failure in change creation more often than not.

Target Groups:

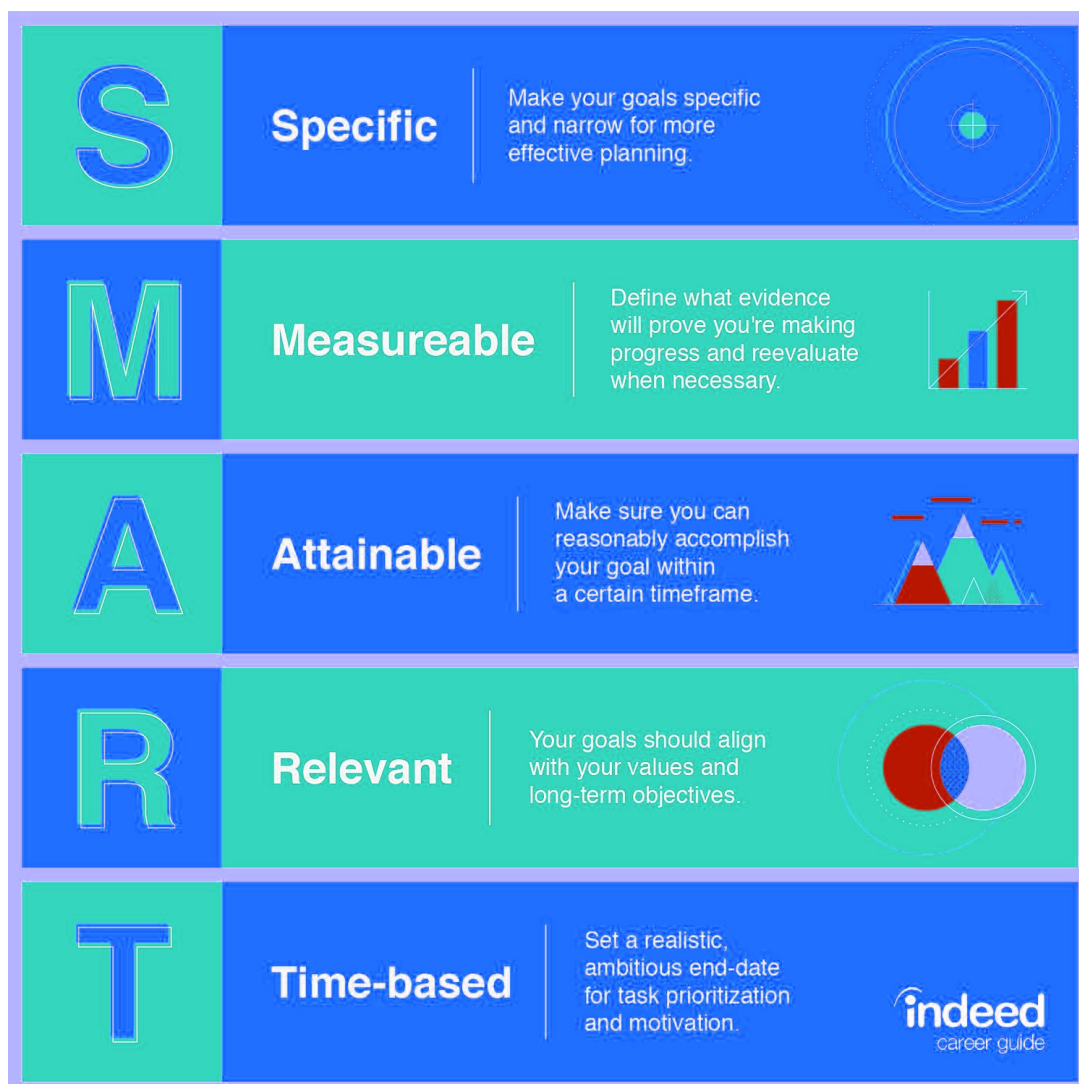
The facilitator explained the importance of knowing who the target audience is, and encouraged the participants to talk to their target groups in order to attain a deeper sense of clarity about the challenge and explore its existing solutions. He warned about falling into the trap of assumptions. Besides the demographics, the facilitator explained the Psychographics and its various elements. These can play a very vital role in reaching the right and specific audience. The facilitator used an example of Facebook Analytics to demonstrate how many options exist to specify the audience that is going to view your particular ad/post. Yet again, he encouraged not to try to become everything for everyone, but to narrow down the offering to a specific audience, while truly understanding their preferences, behaviours, and tendencies.

On this topic, the facilitator shared a couple of examples where the brands around the world went out of their ways, against traditions, to cater to their target groups. As an example, when body-soap Safeguard directed their campaigns towards the kids, they started placing their products at a lower height in the shelves at the stores. Another example was of a children's clinic in California where all the rooms were colourful and had themes for kids, and the door knobs were installed at a low height, for the kids to be able to operate the doors. This clinic had one 'dull' room, for adults.

The facilitator also shared examples where brands did not foresee the challenges, because they did not have enough understanding of their target audience. While on the other hand, some did find innovative ways in order to connect better with their audience, to gain their trust. He shared the example of School of Leadership who had to work with the supposedly difficult locals at Sultanabad. The team discovered that the people of Sultanabad loved playing cricket, and decided to connect with them over a cricket match. This proved to be the first entry for the team to eventually carry out the project in the locality.

Goals

The facilitator discussed with examples what SMART goals are and why it is important to evaluate each goal we set on these 5 factors. He described how certain things may be possible but not necessarily practical in the particular setting. Or a proposal may be brilliant, but not relevant to the existing problem.



Source: <https://www.indeed.com/career-advice/career-development/smart-goals>

Activities

Activities being one of the key components of a project, the trainer explained its various types through an example of manufacturing and selling affordable masks. Some of the activities included procurement, manufacturing, transporting, distributing, selling. Other categories of activities could be packaging, designing, building partnerships, advertising, etc. The facilitator encouraged the participants to list down all the activities in a sequential manner and to assign relevant people for each task and have a deadline for completion.

The facilitator also shared the 5 Ws 1 H model to unfold all the dimensions of working on the project. What, Where, When, Who, Why, and How. These questions will essentially pop out all the necessary activities needed to carry out the project, of course as much depth as needed can be achieved by exploration.

Sustainability

The trainer emphasized the importance of sustainability by saying 'Work small, but work sustainably'. This essentially expresses the dire need of sustainability in projects before planning to scale them up. The facilitator reinforced the idea with the famous proverb 'Give a man a fish, and you feed him for a day; Teach a man to fish, and you feed him for a lifetime.'

On the topic, the facilitator shared the example of how The Citizen Foundation (TCF) chose not to raise money for the operational cost of their schools, but to invest the raised money and use the generated returns to operate all of its schools (1,500+) across Pakistan.

Explore and Be Creative

The facilitator encouraged the participants to always take a step back, and get a holistic view of the problem, in order to be able to come up with creative solutions. As Einstein once said "We cannot solve the problem with the same thinking we used when we created them". He recommended the participants to get into a habit of research and study, and explained how so much work around our proposed solution is often already done in a different industry or a different part of the world, which must be considered while crafting the solution. While talking about exploring newer and innovative ways to approach the problem, the facilitator shared a tool with the participants, called PADLET. It is a platform for gathering and sharing ideas while being able to add multiple formats of content. Umair shared his own Padlet profile with the participants. While explaining the nuts and the bolts of the tool, he asked all the participants to create Padlet profiles for their respective projects.

DAY 3

The participants worked overnight on their Padlet profiles and came up with fantastic profiles that they shared with the team and Umair. A couple of them are shown below:



The facilitator began the final day of this training with a pep-talk session and inspired the participants to build an attitude of facing the challenges and rising through them. He shared various examples from his years of experience of working with multiple corporates, the government, academia, etc. Some of the lessons discussed were:

- Before demolishing any wall, take a moment to figure out why it was built in the first place.
The facilitator encouraged the participants to go beyond the surface-level understanding of the problem and dig deeper into the existing systems, in order to understand what factors actually contributed to the current design. Such an approach will always keep you in-check with the consequences of your proposed solutions.
- Understand and empathise with your beneficiaries.
Umair shared examples from his training sessions with corporates and how the results were just not changing despite thorough training. Upon digging deeper, it turned out that certain cultural aspects about the workplace did not allow that change to take

place. This was to remind the participants that many variables, that may not feel very relevant in the beginning, may actually have a strong influence over the target audience. Thorough research is needed.

- It is human to 'lose it' but one must not give up.
While acknowledging the human side of the entrepreneurs and people in general, the facilitator discussed how it is normal to have a breakdown. How it is normal to feel disappointed and discouraged, yet why it is important to keep going. Whenever you feel like giving up, remind yourself why you started in the first place.

The facilitator then talked about the 3 different responses that human beings have to a situation of perceived danger - Flight, Fight, and Freeze and discussed how the ideal way of dealing with such scenarios is to Face them.



Source: <https://www.pinterest.com/pin/20618110778933337/>

The facilitator went on to explain the concept of the Chimp Paradox by Steve Peters and explained how the chimp in our mind is designed to help us survive, however, it is the same part of our brain that stops us from achieving remarkable results. In the end, it is mind management that gives us the abilities to deal with unfavourable situations and take the right decisions, in-line with our values and preferences.

Milestones & Measurements

The facilitator used the example of a road trip to explain the concept of milestones. A road trip has a predefined end destination. During the road trip there are periodic signs indicating the progress and giving information of the remaining journey. The driver/passengers need to stop over for rest while also allowing the car to cool down. The fuel needs to be refilled and all the levels need to be evaluated, ensuring everything is in-check. Similarly in a project, the progress MUST be evaluated at different stages. And for this, we must lay a reference plan with which the progress will be evaluated against. Time is a crucial element since the project has a limited duration. It is important to identify and set milestones with deadlines and track whether the progress is according to the expectations.

The facilitator then emphasized on the importance of measurement and explained how indeed measurement is management. He used the example of a score-less soccer game which will make no sense since it has no progress recorded. Whatever is not recorded, does

not yield a result in most cases. As discussed earlier, setting and achieving the milestones within their time frame is crucial, it is the ability to measure that allows the evaluation of the progress.

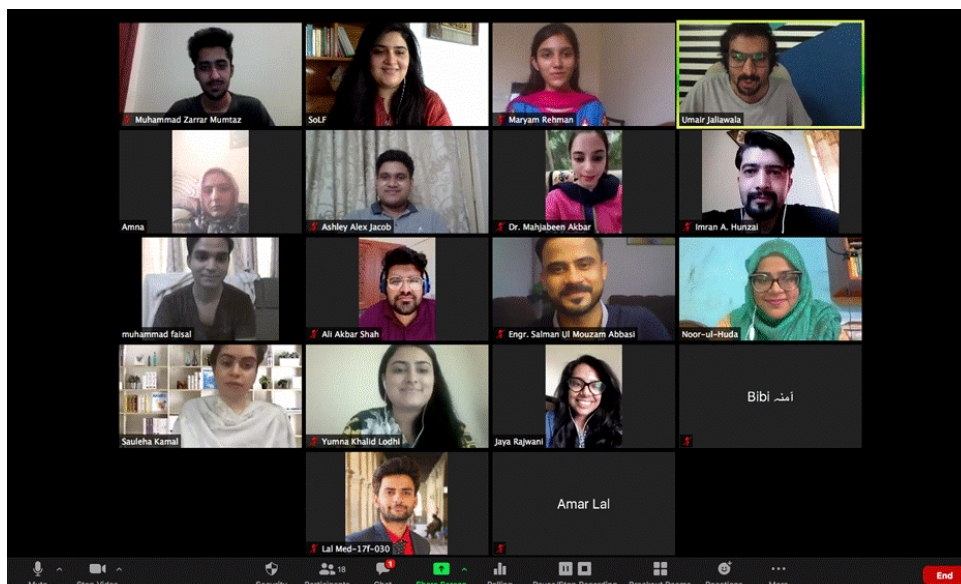
Finances

Continuing on the example of the road trips, The facilitator explained how the road trip has financial transactions made at multiple instances such as, refuelling, buying snacks, the transportation, etc. It is important to estimate a realistic budget and to do your best not to fluctuate too much from the set budget while actually making the transactions; a cushion of 5% was recommended. Umair further explained that the financial plans must have ABC – Accuracy, Brevity and Clarity. Every single transaction major or minor must be accounted for.

Finally, the facilitator discussed the dreams, visions and missions and shared multiple examples of people whose massive technological or scientific revolution began as a result of a simple dream, such as that of Bill Gates, of giving every household, a computer. He emphasized on the importance of planning, having discipline, and staying persistent in order to convert the mere dreams into achievable goals. Moreover, the facilitator suggested having backup plans for each of the activities. It is important to predict multiple scenarios and prepare for each. The facilitator encouraged the participants to learn and use mind hacks to become more efficient and productive.

Way Forward

Samia reminded the participants about the intention of this project being to empower the youth of Pakistan and enable them to work on their ideas. This serves as a starting point and may be taken as far as possible, depending on the effort and willingness of the participant. She took the questions from the participants regarding their reporting procedures and the project protocols. She encouraged the participants to also get in touch more with their target group in order to better understand and hence, cater to their needs through their projects. Samia also shed light on the mentoring sessions to take place in the 3-months following the training, and offered support from the team even after the project formalities are done.



ADOLESCENTS GROUP - Shireen Naqvi

DAY 1

Master Trainer and Consultant, Shireen Naqvi welcomed the participants with warmth. She began by reinforcing how the youth of Pakistan constitutes more than ⅔ of the population and reminded the young participants of the great power they hold. The facilitator shared an overview of the campaign Coping with Corona as a whole and also congratulated the participants for being shortlisted amongst the 7,000+ applications received for the Youth Innovation Challenge. She encouraged the participants to utilize this opportunity to gain exposure and network and discussed how this project will allow them to enhance their sense of ownership and power over their lives. The facilitator stated the objectives of the 3-day training program to be able to *Learn to plan, organize and implement the projects efficiently and effectively*.

After laying out the norms and explaining the protocols of the online training setting, the facilitator engaged the participants in an icebreaker, called TWIST. It's a physical exercise that delivers a message of stretching our limits further with each shot we take.

The Why

The facilitator went on to talk about the first topic of her training — *The Why!*

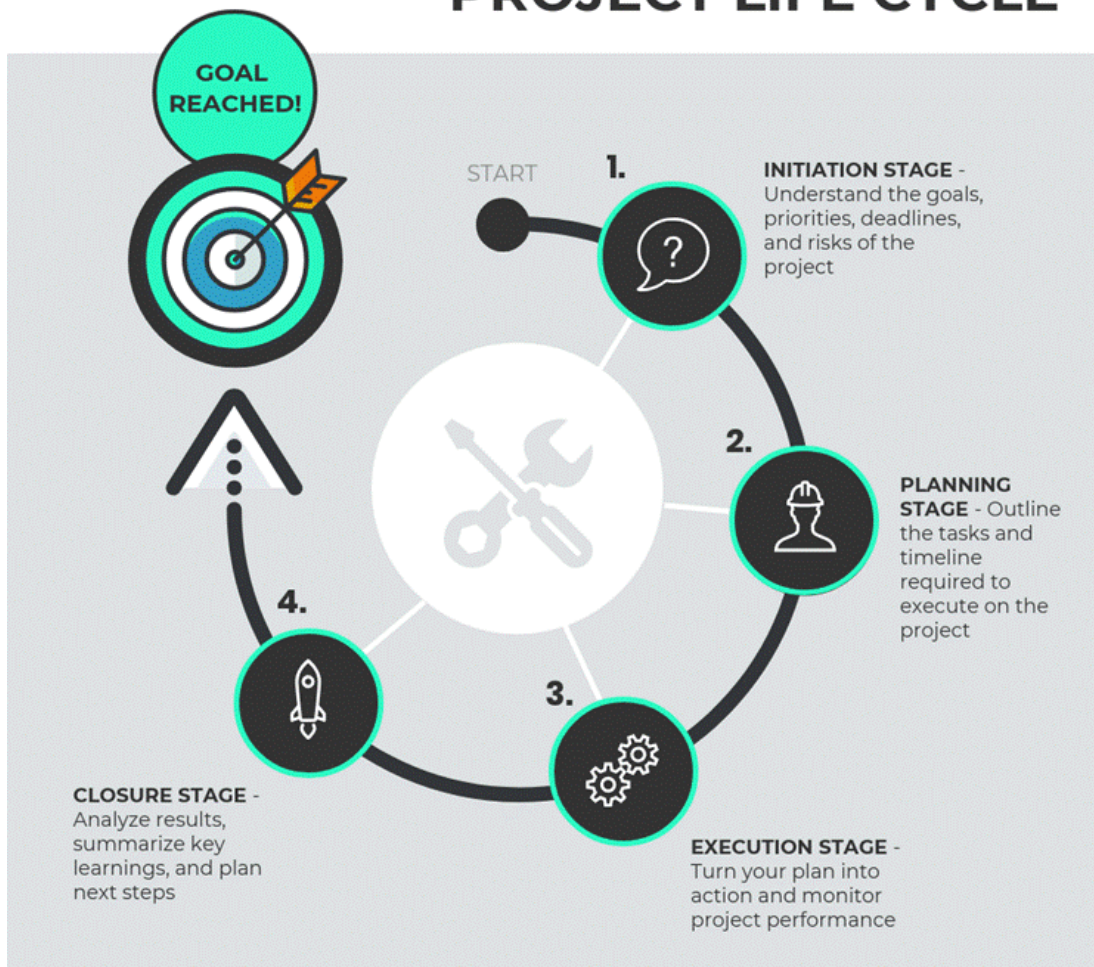
The participants were sent to breakout rooms with 2 participants per room. Each group discussed one of the following questions in context of their own projects.

- Why did I care about the challenges of my community?
- How will my solution positively affect my people? What does it mean to them?
- Why did I pick the particular project that I did?
- How will I feel about myself once I have successfully completed the project?
- What are the learning opportunities I will come across during this project? How else can they benefit me in the future?

After returning from the discussions, the participants were invited to share their formal introductions with the group and also share highlights from their discussions during the breakout sessions. The group was a mix of 5 girls and 5 boys ranging from 15-18 years in age.

The facilitator began explaining the project life cycle by explaining its 4 stages and discussed how we have to approach all of these phases in a unique manner.

4 STAGES OF THE PROJECT LIFE CYCLE



Source: <https://venngage.com/blog/project-life-cycle/>

The Biryani Shop!

To explain the whole process of implementing a project, Shireen Naqvi used the approach of building a common reference. Once the participants understand the concepts, terminologies and the ideas of this sample project, they will then be in a better position to apply these to their own project plans. The sample project used for reference was to set-up a Biryani shop.

The facilitator began by naming the Biryani shop, the participants chose the name Dum Biryani. She then moved on to listing various stakeholders, predicting their fears and expectations. She explained how actually the fears and expectations are not predicted, rather are recorded by getting in touch with potential stakeholders. The facilitator discussed how these expectations become our goals, and the fears of our stakeholders become our risks to be accounted. Such preparation helps the project and increases its probability of success.

The Problem

Next, the facilitator explained the process of formulating a Problem Statement. First, 6 different problems were listed and then one of them was listed as the core problem. Using the SMART approach, the facilitator formulated a Problem Statement for the need of this Biryani Shop.

Specific

Measurable

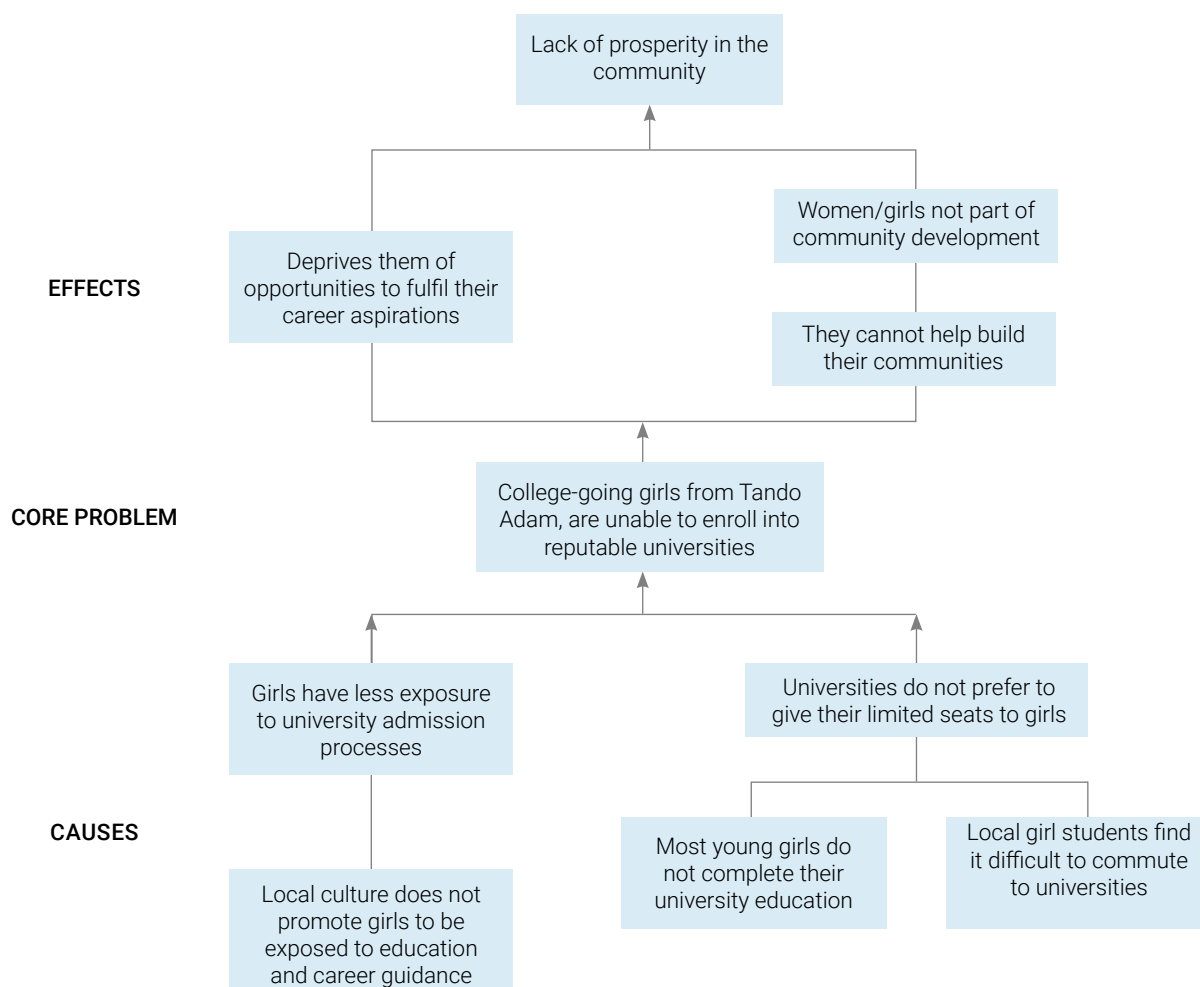
Attainable

Relevant

Time-based

The Problem statement:

Hand-made and fresh biryani available made by expert cooks on a daily basis with daily positive reviews available at Rs 100 per plate (no raita or cold drink included) taste according to the enthusiastic youth biryani consumer to launch on Nov 1, 2020



After creating this problem statement of the sample project, The facilitator opened the floor for all the participants to share their own created problem statements and gave feedback on how to refine them in order to make them truly 'SMART' statements.

The facilitator then explained the tool called the Problem Tree that allows us to sketch the causes and the effects of a problem in a sequential manner, thus, identifying the goals and the objectives of our problem. The example shown below was used as a reference to explain the problem tree.

The effects become our goals, and the causes become our objectives. In light of the example of the Biryani Shop, the causes, core problem, and the effects go as shown below:

Effects:

No venue of large gatherings available
No proper meeting place for families, students, youth

Core Problem:

No biryani shop in this area

Causes:

No hand-made and fresh biryani available
No good quality biryani available
No good eating environment

Target Group

The facilitator then explained the idea of narrowing the stakeholders into a target group. The target group is essentially the group of people the project is aimed at. She shared multiple examples of specifying the target group from a larger portion of the population. Once the idea was clear, all the participants shared the groups they are planning to target, and received feedback and support from Shireen, where needed. The facilitator sent off the participants with a homework to research, reflect, and fill out the following details about their projects which they had to present on the start of day 2:

- Problem Statement
- Goals & Objectives
- Target Group
- Number of Direct Beneficiaries

DAY 2

The day 2 of the training kicked off with the participants presenting their homework, i.e. their problem statements, goals and objectives, target groups, and the number direct beneficiaries. Trainer Shireen Naqvi individually gave feedback to each participant and suggestions on improving their work.

Key Activities & Sustainability

The first new topic of day 2 was the Activity Plans. With the help of multiple examples of the participants' projects, The facilitator explained the idea of key activities of a project. She shared the following table with the participants to fill for each of their key activities.

Activities	Resources	Responsibilities	Timeframe
Activity 1			
Activity 2			
Activity 3			
Activity 4			
Activity 5			

Next, the facilitator introduced the idea of sustainability for a project and discussed various ways the participants can achieve that for their project ideas. Such as, charging for the services provided, or attracting more investment by performing well during the first attempt with the received grant, etc. In light of her experience, the facilitator shared with the participants the general trend of the public to not respect things that they receive for free. She encouraged the participants to charge their beneficiaries, even if it is non-monetary or nominal, but invite them to invest some skin in the project. The facilitator also encouraged all the participants to not limit their thinking till the end of the project's deliverables but to do their best to take the project far and beyond, and think long term.

M&E, Indicators and Milestones

The facilitator explained the idea of monitoring and evaluation using a car's examples. Where all the meters (speed, rpm, fuel, etc.) are constantly monitored, whereas factors such as the engine oil, the coolant for the radiators are periodically evaluated whether or not a refill/upgrade is required. She shared multiple examples of each with the projects of the participants as reference.

The facilitator then discussed the concept of indicators while dividing the project into 3 phases namely Start, Middle and End. Each phase will have indicators to indicate that the particular phase has begun. These will be following the objectives associated with each phase. The indicators must be specific and tangible.

Each objective will have milestones associated with it. The facilitator explained the 5-step process of formulating a milestone through the following example:

Objective: Greater awareness of Corona precautions

Step 1: Identify Milestone: Initiate Corona awareness program

Step 2: Quantify: Approach 100 people

Step 3: Set quality: So that they take precautions seriously

Step 4: Specify time: Between September 1, 2020 and November 1, 2020

Step 5: Set location: Lahore Gulberg community

Combine: Initiate Corona awareness program by approaching 100 people in Lahore's Gulberg community between September 1, to November 1, 2020 so that they take precautions seriously

The facilitator then invited some of the participants to formulate milestones for their own projects together with the group, so the procedure is absolutely clear. Below is one of these examples.

Objective: Easy precaution of Corona germs

Step 1: Identify Milestone: Build corona germs detection lamp

Step 2: Quantify: To provide to 20 households

Step 3: Set quality: So that they can easily use the lamp

Step 4: Specify time: Between September 1, 2020 and November 1, 2020

Step 5: Set location: Multan

Combine: Build corona germs detection lamp for 20 households, so that they can use the lamp easily and protect themselves between Sept 1 to Nov 1, 2020 in Multan

The idea of dividing the project into 3 parts was to spread the project over 3 milestones, since the tranches the participants will receive will be based on the number of milestones met during the project.

Gauge the Impact

The facilitator then explained one of the most important aspects of implementing a project — Measuring the Impact of the project. It is the positive change that occurs as the result of the project, in the community. There can be numerous ways of gauging the positive impact of the project. Some of them are:

- Testimonials (written, video, audio, etc.)
- Statistics (numbers with proofs)
- Message spread (show the spread of the word in the communities)
- Record attendance
- Record expectations before and feedback after

Remember, there are no stories without numbers and no numbers without stories.

- Through mosques (Friday sermons, other gatherings, etc.)
- Discuss in bi-monthly or weekly meetings of the community influentials
- Write about your project in a local newspaper or magazine
- Distribute brochures in the local language
- Social media: Use it to your maximum benefit

The participants spent the rest of the day 2 discussing with the facilitator their Key Activities, Indicators, Milestones and plans for making their projects Sustainable. She shared multiple examples to further clarify the concepts and gave feedback to the participants on their work. It was their homework to incorporate all the feedback and refine their projects.

DAY 3

Once again, the day began with the participants presenting their homeworks based on the feedback received on the previous day. The facilitator then began with explaining the importance of financial reporting, reinforcing why the participants owe in-depth reporting with transparency to the UN agencies and other institutes from around the world that contributed in making this project possible. It is a chain of reporting that begins from the participants implementing the project all the way to the partners.

Finances and Budget

The facilitator also encouraged the participants to build a good sense of finances, in order to be able to make better financial decisions for their projects and for themselves. It is highly important to keep the stakeholders in mind while making financial choices.

Grantee Name: وصول کرنے والے کا نام:		پیشین گوئی بجٹ				اصل
Description تفصیل	Unit یونٹ	Duration (Days) مدت (دن)	Cost/Unit لاگت / یونٹ	Total Budget کل بجٹ	Total Expenditure کل اخراجات	
Project activities منصوبے کی سرگرمیاں						
Subtotal (A) کل (A)				-	-	
Other دیگر						
Subtotal (B) کل (B)				-	-	
Total (A+B) کل (A+B)				-		

After this, the facilitator explained the various terminologies used in the Budget Form that the participants will use to keep a track of their finances. These terminologies included Budget, Unit, Subtotal, Actual, Cost/Unit, etc. The facilitator shared the process of budgeting items and explained the idea of keeping a 5% cushion for unforeseen fluctuations in the prices.

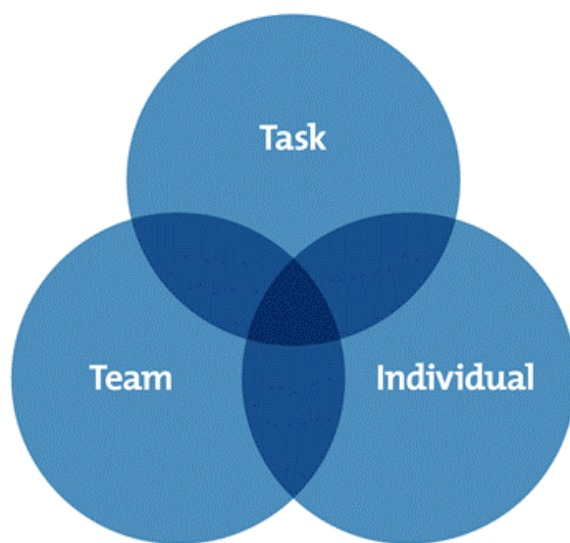
Once these were explained, the facilitator then spoke about the Means of Verification and shared examples on how to keep proofs of various types of transactions and achievements. For example receipts, contracts, screenshots of bills, group photos, attendance sheets, etc.

Tips on Project Management

The last topic of training for this session was General tips for Project Management. In particular, the following two strands:

- Team management - delegation and shared responsibility
- Professional communication and interpersonal skills

The facilitator explained the Teams Task Individual (TTI) Model and described each of its 7 segments. While expressing the importance of each of the 3 elements, She showed how we must aim to place ourselves in the middle of this model, where all the three are overlapping in a balance.



Source:https://www.mindtools.com/pages/article/newLDR_48.htm

While talking about the teams, the facilitator explained to the participants how normal and humane it is to have differences in terms of personalities, abilities, ideas, beliefs etc., yet it is our job as team leaders and managers to ensure we extract the best bits out of each member and ensure synergies. The differences are meant to be acknowledged, and respected. The facilitator also explained the role of Ego in the team dynamics and reminded that managers trust their people, they do not micromanage. They're open-minded enough to accept different styles, so long as the deliverables are met.



Source: <https://brooksgroup.com/sales-training-blog/6-strategies-improving-team-dynamics-your-sales-team>

Once the training on the topics related to the projects of the participants was over, The facilitator then explained the 'way forward' to the participants. This included guidance on reporting protocols, details about the mentoring sessions to follow in the next 3 months, etc. After this, Shireen opened the floor for the final session of CCQs, Confusions, Comments and Questions. The participants asked their questions regarding the reporting processes and also some conceptual ones. The project officer, Samia, and Master Trainer, Shireen were happy to answer all the queries and congratulated the participants on completing the training, before saying a Goodbye!



WAY FORWARD

All the participants who completed the 3-day training will receive a seedfunding of PKR 70,000 directly from UNDP. The total amount will be divided in 2 tranches. The first tranche of PKR 42,000 will be utilised by the participants for the initial stages of their projects. Meanwhile, they will also receive mentoring sessions through the first 3 months of beginning their projects. Upon completing 2/3 milestones, the participants will submit a progress report along with the proofs of the milestones met and the financial transactions made. The reporting form templates have been shared with the participants. Once these reports are received and analysed, the second tranche of the remaining PKR 28,000 will be shared with the participants to complete their projects. The participants, upon completing the projects will submit the completion report. School of Leadership Foundation has offered the participants all kinds of support during the project's period, and after that as well.

THEIR FEEDBACK, OUR LEARNING

YOUTH

Some of the feedback received from the participants is listed below:

- "The sessions could benefit from more substance and structure. As it is, the sessions were pretty unstructured and operated like lectures on aphorisms coupled with small talk. There were some attempts to bring the focus on individual projects and how they could be improved especially on the part of SOL's Project Officer who did a good job facilitating everything, however, the lead trainer could have performed better if he had prepared content for the trainings especially considering the amount of time provided (2.5 hours every day for 3 days)."
- "It was a good experience connecting with SoL."
- "Technical mentor-ship, from an engineer for example, would have been extremely helpful for projects that focus on technical ideas."
- "I attended online training for the first time. The training made me able to use technology for online purposes. Now i am exposed to internet and mobile use which will help me in future as well."
- "Yaah it was a nice experience, especially I always feared making project proposals and never did understand clearly the meaning of each and every proposal component. But Sir Umair explained it in a way better and easy and fun style, that now i can make good proposals. Thank you SOLF"

- “The facilitator and trainer were amazing and allowed a participatory virtual environment. I tried to put all my efforts in the exercises and the group tasks in the breakout rooms. Looking forward to more sessions like these which I think can play a key role in the success of our idea.”
- “One on one personalized discussion of the project with the trainer.”

ADOLESCENTS:

Some of the feedback received from the participants is listed below:

- “I really appreciate Shireen Aunty and Ms. Samia for her guidance. I wish there could be some possibility of an event where we all could meet.”
- After training I got the experience of polishing the idea and to understand the project details and much more for which I am highly thankful to the School of Leadership Foundation (SOLF) team specially Ma’am Samia and Ma’am Shireen who gave us such a great opportunity and their precious time to learn.

While a couple of participants did express that in their view, the structure of the training sessions could have been more focussed and crisp, especially, provided the short duration of the overall training program. However, the majority shared their satisfaction from the training program as well as the trainer’s methodology.

Some key takeaways could be to understand and ask the preferred learning style of the audience, so the delivery style of the trainer is aligned with their preferences. Secondly, allowing more time to individual projects could be useful in the future. Moreover, short sessions subject experts could allow participants to ask their specific questions. Having said that, the participants are still going to have their mentorship sessions during the next 3 months.

In addition to this, the participants also expressed their wish to have these training sessions in an off-line setting repeatedly during the training sessions. For some, it was due to an unstable connection, while in the views of others, it would just have been a whole different experience face-to-face.

ANNEXURE

PARTICIPANTS PROFILES AND PROJECTS

Adolescents:

1. **Name:** Amaima Awais
Gender: Female
Age: 16
City: Lahore
Project Title: BREAK THIS KHAMOSHI;
 let's cater to the silent sufferers of mental illnesses
Project (Initially): A vague, abstract idea of conducting mental health seminars online with no particular idea of the target audience.
Project (eventually): A more, developed idea of conducting mental health seminars online with a more thorough understanding of my target group, planning phases and milestones.

2. **Name:** Jovera Shakeel
Gender: Female
Age: 18
City: Lahore
Project Title: Mukhtalif (Connecting you to art made by under-served individuals)
Project (Initially): The goal of this project is to assist communities that are often invisible in Pakistan step into the spotlight, take advantage of social media and earn a living through their own learned skills.
Project (eventually): Idea is still the same, however, a new methodology to implement it has been explored during the training.

3. **Name:** Zain Zaman Khan
Gender: Male
Age: 15
City: Islamabad
Project Title: Tameer-e-Nou (Post COVID-19 Recovery Resources)
Project (Initially): To create and market an easily comprehensible and accessible knowledge-base that creates awareness of the available COVID-19 relief packages and programs.
Project (eventually): Idea is same as initial

4. **Name:** Murk Harish
Gender: Female
Age: 15
City: Tando Adam
Project Title: Awareness and Adaptation
Project (Initially): To organize a team to share awareness and adaptation of COVID 19 among rural communities.
Project (eventually): After attending the session I felt much more confident to implement my idea. It has become more clear in my mind and feeling easy to communicate with rural communities.

5. **Name:** Pervezud Din
Gender: Male
Age: 16
City: Chitral
Project Title: Briefing the youth about Covid-19 and empowering women of Charun
Project (Initially): My idea was to brief youth about Covid 19, and to spread awareness in the community. Also to promote the idea of Mini shops in my village. It also includes modifying the community rules with regards to Covid-19 pandemic.
Project (eventually): My idea is to brief the youth about Covid-19 and to spread awareness with the help of youth. Also to empower the women of Chitral, and help them to use their creativity and talent for earning money.

6. **Name:** Abdul Sami Shahid
Gender: Male
Age: 16
City: Faisalabad
Project Title: Awareness regarding Corona for PWDs
Project (Initially): To aware 100 children with disabilities about the importance of hygiene, and empower them by letting them know their rights.
Project (eventually): Aware 100 children with disabilities about their rights, sensitize their families about the rights of persons with disabilities. Aware children importance of hygiene. Hygiene kits consisting of hand sanitizer and face masks will be provided to them.
7. **Name:** Laiba Azhar
Gender: Female
Age: 18
City: Rawalpindi
Project Title: Swift tech , A software development company
Project (Initially): Starting a company to provide employment to our digital-skilled youth and supporting the businesses to join the smart ways to reach their customers which will help them maintain their income after being impacted by corona
Project (eventually): Completed my plan on how to start and what I will be needing to start ,clear goal setting and defining my milestones to reach in a minimum time of 3-4 months . A company that will hire people for web and software development and provide tech services to small or new businesses which will help them grow and we will gain our profits too through them to keep our work going.
8. **Name:** Rushna Zubair
Gender: Female
Age: 15
City: Karachi
Project Title: Digital 9 to 1 x19
Project (Initially): Girls who were unable to attend online classes due to financial constraints, experience stress. Therefore this project will help them overcome their anxiety through online skill learning during school hours 9am to 1pm. The participants would be 50.
Project (eventually): Idea is same as initial, except the target number of beneficiaries is now 30
9. **Name:** Syed Husnain Haider Bukhari
Gender: Male
Age: 18
City: Multan
Project Title: Germicidal lamp
Project (Initially): Develop a cheap UVC germicidal lamp that will help eradicate the spread of this virus and will promote the concept of smart lockdown helping the economy and the people.
Project (eventually): Create the UVC germicidal products for reducing the rate of spread of coronavirus and help people live normally again that will not only boost the local economy but will be an alternative remedy against pandemic . I have to make it a successful sustainable startup with the proper management and strategy.
10. **Name:** Kashif Ali
Gender: Male
Age: 18
City: Badin
Project Title: COVID-19 Awareness and Adaptation Support to Vulnerable Groups.
Project (Initially): Increase women's leadership in key areas of access to clean water, sanitation and healthcare and ensure women are consulted when developing COVID-19 response plans.
Project (eventually): Initiate Corona awareness program by approaching 100 people in Badin's Rural Community between 1st September to 1st November so that they take precautions seriously.

Youth:

1. **Name:** Salman ul Mouzam Abbasi

Gender: Male

Age: 27

City: Hyderabad

Project Title: Sihat Barq

Project (Initially): Sihat Barq is a proposed e-health band (prototype) for the monitoring and transmission of vital signs of patients/public from a remote area to the central healthcare unit.

Our core objective is to develop a prototype to record, monitor, and transmit vital signs, such as blood pressure, heart rate, body temperature, COVID-19 symptoms, location, etc for the healthcare sector, to identify, and provide medical care to the patients.

Project (eventually): Idea same as initial

2. **Name:** Sauleha Kamal

Gender: Female

Age: 27

City: Islamabad

Project Title: SAGE: Solutions for a New Age

Project (Initially): A social enterprise aimed at teaching young people critical skills for the fourth industrial revolution and how to navigate the future of work. This need has only become more important in light of COVID-19, its impact on the economy and opportunities and the way the pandemic has hastened the advent of the 4IR (for instance, with a sharp turn towards remote work).

Project (eventually): Idea same as initial

3. **Name:** Amar Lal

Gender: Male

Age: 21

City: Shahdapur

Project Title: Mask Banao

Project (Initially): Maskbanao is an organization dedicated to stopping the spread of the coronavirus in Pakistan by encouraging the usage of masks. The multiple ways we do this include spreading awareness about the need for homemade masks and how to

make them, as well as launching our own mask production for those who can not afford them.

Project (eventually): Idea same as initial

4. **Name:** Ali Akbar Shah

Gender: Male

Age: 28

City: Hyderabad

Project Title: Pandemic Sahara App

Project (Initially): App for addressing the Covid related issues in form of video archives as well as having functionalities like personalized chat box, ventilator finder and Emergency ambulance button.

Project (eventually): Idea same as initial

5. **Name:** Noor-ul-Huda

Gender: Female

Age: 27

City: Karachi

Project Title: Hunarbees

Project (Initially): A platform where people can have an opportunity to earn through their skills. I reshaped the idea NOT to confine my seller community (women, trans, handicaps) but to open it for all after the covid situation.

Project (eventually): After analysing the situation, I decided to make the seller community confined again to women, transgender and handicaps only. And the buyer community is open for all.

6. **Name:** Muhammad Faisal Qureshi

Gender: Transgender

Age: 22

City: Islamabad

Project Title: Trans Corvid-19 & Opportunity

Project (Initially): 1)To build the capacity of 20 transgender person on How to make masks, soaps & sanitizers.

2)To contribute in covid19 pandemic response

Project (eventually): Idea same as initial

7. **Name:** Muhammad Zarrar Mumtaz

Gender: Male

Age: 21

City: Islamabad

Project Title: Far Ultraviolet-C Excimer Lamp - The Next Generation Disinfectant Device

Project (Initially): This is Pakistan's first UV-C disinfection device and one of the very few Far-UV-C technology devices usable in the form of a light lamp, in public places, that could effectively decrease the transmission rate of diseases by deactivating infectious viruses from air, surfaces and water.

Project (eventually): Idea same as initial

8. **Name:** Amna aman

Gender: Female

Age: 28

City: Quetta

Project Title: Lets up vulnerables

Project (Initially): To assist the most vulnerable segment of society through awareness campaign keeping in view covid 19.

Project (eventually): Vulnerable will include disabled, children and women who are considered to be the weak comparatively.

9. **Name:** Maryam Rehman

Gender: Female

Age: 18

City: Lahore

Project Title: Angan organization

Project (Initially): The idea before the sessions was to update our App ChildPro and conduct community and school sessions with the target audience i.e. children and teenagers.

Project (eventually): The idea is the same after sessions but has an addition to conduct follow-up sessions with the most affected number of target audience.

10. **Name:** Bhoora Lal

Gender: Male

Age: 25

City: Umerkot

Project Title: Mindful Pakistan

Project (Initially): I was planning to develop an app around mental health services with various features.

Project (eventually): Training helped me to be more focused and specific around my idea. Now I will be working on an awareness campaign that will be launched in the present times of information technology, social media access and post COVID life. I will reach my audience through various forms of digital storytelling techniques, individual education, and outreach events.

11. **Name:** Amna Bibi

Gender: Female

Age: 19

City: Bannu

Project Title: Training of private school teachers about how to earn online (Freelancing)

Project (Initially): 65 million people lost their jobs in Pakistan due to COVID-19 crisis. The private school teachers are in a bad situation due to school closure. We are bringing freelancing training for earning online from home, to 40 school teachers to reduce adverse impact of COVID-19.

Project (eventually): The idea remains the same but now I reduced the number of trainees. I included 10 male and 10 females. It will enhance the positive impact of training.

12. **Name:** Ashley Alex Jacob

Gender: Male

Age: 19

City: Peshawar

Project Title: Awareness among Vulnerable Groups i.e. Religious Groups about covid-19

Project (Initially): The idea is to give proper knowledge to the religious leaders (Priests, Maulanas, Pandits, etc.) to cope with these situations and how to react and how to protect themselves and others. We must encourage them to play their positive role and educate their congregation and specially to spread awareness to people that corona is real and to share the preventive measures also among the congregation.

Project (eventually): The idea remains the same but now I reduced the number of trainees. I included 10 male and 10 females. It will enhance the positive impact of training.

13. **Name:** Imran Ahmed Hunzai**Gender:** Male**Age:** 29**City:** Hunza**Project Title:** Esaar

Project (Initially): A platform to make charity and volunteering easier. Esaar will comprise of mobile apps as well as a web dashboard where users will be able to start campaigns, ask for donations, donate or volunteer for humanitarian causes.

Project (eventually): Idea same as initial

14. **Name:** Jaya Rajwani**Gender:** Female**Age:** 25**City:** Karachi**Project Title:** COVID Health Map Pakistan

Project (Initially): A platform (<http://35.188.160.183/map.html>) that maps data for COVID health facilities, displays their capacity and location, allows to update / add missing data & uses machine learning to help capacity planning to avoid overflow of incoming requests.

Project (eventually): Idea same as initial

15. **Name:** Saro Imran**Gender:** Transgender**Age:** 27**City:** Multan**Project Title:** PINK RUPEE

Project (Initially): Boosting entrepreneurship among trans people through capacity building sessions as a recovery from the economic shock of COVID 19 crisis as a long term solution because if they are economically empowered they can take care of their Health and well being more effectively and efficiently.

Project (eventually): Idea same as initial

16. **Name:** Dr. Mahjabeen Akbar**Gender:** Female**Age:** 21**City:** Karachi**Project Title:** Project Fresh Juice**Project (Initially):** Mobile Health clinic

Project (eventually): I realized the funding for my idea is too scarce hence I'm changing my idea now. I'll be working on providing a source of income for a family immensely affected by COVID. Will provide a fresh fruit juice cart with basic juicing equipment and fruits. I'm hoping the money that is generated from this cart can be further utilized for another needy family and the process continued. In this way this project will be sustainable.

17. **Name:** Zahra Valika**Gender:** Female**Age:** 21**City:** Karachi

Project Title: CoronaVirus Awareness Handbook Project (Subject to change if i can come up with a more attractive and engaging title)

Project (Initially): This project aims to address the misconceptions and spread awareness amongst the masses regarding the severity of the Coronavirus pandemic.

Project (eventually): Idea is the same as initial, however, certain strands are added such as highlighting the legal rights of employees, and information for small scale workers on how they can restart their work. More topics are added such as domestic violence, mental health, etc.

18. **Name:** Yumna Khalid Lodhi**Gender:** Female**Age:** 24**City:** Lahore**Project Title:** The independent salon

Project (Initially): Providing training facilities and complete kit to women of minority Working for salon industry to earn table income independently.

Project (eventually): Same but Added an application and marketing strategy to promote the women and idea both

zahra valika • 17d

COVID-19 Awareness Handbook Project

Problem Statement	Stakeholders	Activities
<p>The Covid-19 pandemic has affected more than 124,929 people in Sindh. As a result, the economy is shrinking and the healthcare system has been burdened. However, the local population refuses to take precautionary measures and practice social distancing due to the socio-cultural myths associated with the disease. Hence, this project aims to address these misconceptions and spread awareness amongst the masses regarding the severity of the issue. Hence, questions such as "What is the virus", "How did it emerge", "How to deal with a loved one who might have contradicted the disease", "Governmental helplines that one can call" and "The importance of social distancing" will be answered.</p>	<p>Government</p> <p>Donors</p> <p>Project Team</p> <p>Influencers</p> <p>Lawyers and Activists (if I choose to add a portion regarding the rise in domestic violence during covid-19 and the rights of employees who were fired without any prior notice)</p> <p>Add comment</p>	<p>Activities</p> <p>Producing graphics to make the handbook pictorial</p> <p>Collecting relevant and verified information about the virus.</p> <p>Translation in local languages such as Urdu and Sindhi</p> <p>Publication of the handbook</p> <p>Add comment</p>

Saro Imran • 1 • 17d

PINK RUPEE

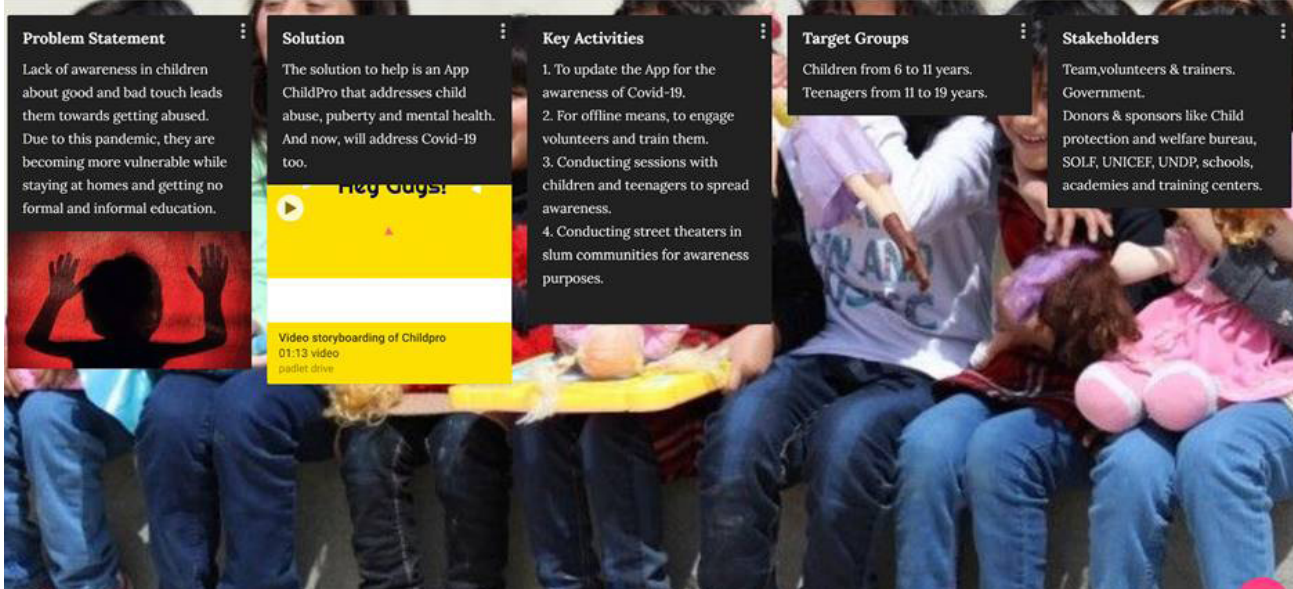
(Money derived from business owned by transgender people in Pakistan)

Background	Problem Statement	Potential Obstacles and Solutions:	Solution
<p>Trans people have a long history of being marginalized economically because of their trans identities leading to a pre-existing state of an economically precarious existence, which they mitigated by developing their own survival systems. Although law has started to provide a level playing field however, they are still judged on the pre-existing template of social norms and cultural expectations. According to National Committee on the Implementation of Pakistan Transgender Persons' Protection of Rights Act (2018); it is reported that that 100% of trans-persons in Pakistan are experiencing severe impacts on their livelihoods and access to basic needs amidst COVID-19 pandemic. Most of these trans people make their living through</p>	<p>The COVID-19 pandemic has made the vast social, economic and health disparities even more evident. Trans people are at more risk because of higher rates of underlying health conditions like HIV which lead to low immunity. If they do get sick, trans people often experience discrimination in healthcare settings; from disrespect, to outright refusal of care.</p>	<p>1- Transgender community have low literacy rate in Southern Punjab Region of Pakistan so we will make the Entrepreneurship training module in local language so they can easily understand and learn.</p> <p>2 - Transgender community have low literacy rate in Southern Punjab Region of Pakistan so we will make the Entrepreneurship training module in local language so they can easily understand and learn.</p>	<p>Boosting entrepreneurship among them as a recovery from the economic shock of COVID 19 crisis as a long term solution because if they are economically empowered they can take care of their Health and well being more effectively and efficiently. They will be able to maintain their own micro economic set ups and having a space to improve their aptitudes and assemble their more extensive linkages, Road map tasks that will guarantee consistence with laws and guidelines, give direction for basic leadership, and streamline forms for their Sexual and Reproductive Health and Rights dependent on Economic strengthening of Transgender individuals. Entrepreneurship can offer levels of fulfillment and achievement that are hard matched with employment in</p>

Maryam Rehman • 17d

App ChildPro

Helping children and teenagers



Problem Statement

Lack of awareness in children about good and bad touch leads them towards getting abused. Due to this pandemic, they are becoming more vulnerable while staying at homes and getting no formal and informal education.

Solution

The solution to help is an App ChildPro that addresses child abuse, puberty and mental health. And now, will address Covid-19 too.

Key Gigs!

Video storyboarding of Childpro
01:13 video
padlet drive

Key Activities

1. To update the App for the awareness of Covid-19.
2. For offline means, to engage volunteers and train them.
3. Conducting sessions with children and teenagers to spread awareness.
4. Conducting street theaters in slum communities for awareness purposes.

Target Groups

Children from 6 to 11 years.
Teenagers from 11 to 19 years.

Stakeholders

Team,volunteers & trainers.
Government.
Donors & sponsors like Child protection and welfare bureau, SOLF, UNICEF, UNDP, schools, academics and training centers.

Mahjabeen Akbar • 17d

Mobile health clinic

Activities to be carried out

1. Buying a mobile health clinic
2. Gathering healthcare workers(doctors and paramedical staff)
3. Advertising in medical colleges to gather students and doctors to volunteering medical services.
4. Collaboration with local religious institutions, medical facilities and local agencies for support.
5. Social media advertisements through influencers.

Add comment

Stakeholders

1. Healthcare professionals (primary care physicians, paramedical staff)
2. Volunteers (medical students)
3. Government Health department
4. Local religious institutions
5. Social media influencers

Add comment

Services offered

1. primary care
2. Preventive screening
3. Basic dental services
4. Mental health monitoring

Can also be provided

1. Ecg / urgent cardiac care
2. Ophthalmology checks

Add comment

Target group

catering to everyone regardless of age/gender

1. People living in slums.
2. People living on streets.
3. People who are not able to access medical facilities.
4. Minorities.


Add comment

Goals and objectives

1. To increase healthcare accessibility and improve health outcomes.
2. Provide a platform to offer urgent care, manage chronic

Problem Statement

The provision of healthcare is one of the most important aspects in the development of a country. However, statistics show that at present in Pakistan



Mindful Pakistan
Youth Innovation challenge Startup.

PROBLEM STATEMENT

Youth are not aware of what mental health problems are, what may cause them, and the many different kinds of help, treatment and support that are available.

Details:
Youth with mental health disorders often experience difficulties in a variety of settings including within their own families at home, in school, and in the community. Moreover, **Covid-19** pandemic will have serious long-term consequences for *young people's* mental health.

According to youth.gov "Youth with mental health disorders are more likely to be unhappy at school, be absent, or be suspended or expelled. Their learning is negatively impacted because of

Solutions:

An awareness campaign will be launched in the present times of information technology, social media access and post COVID life.

Details:
Mental health awareness campaign that bringing down the walls of stigma by sharing our experiences, stories, and truths. We aim to educate youth and general audience on what mental illness REALLY is and helping those with illnesses know they are not alone.

will explain what mental health problems are and how they can affect us, its challenges, and possible solutions. Through various forms of digital storytelling techniques, individual education,

Target group:

Youth: Including teenagers, college and university students, and young adults, Aged 15-35, Social and digital media users. And all the genders.

Objectives and Goals

Objectives:

- Raise awareness about the mental health among youth
- Reduce stigma associated with mental illness.
- Promote help seeking behaviors and emotional well-being practices.
- And prevent suicide through individual education and outreach events.

Project Goals:

- Conduct 2 Youth outreach events withing 3 months.
- Create 15 educational and awareness video content.
- Create 50 graphical content.
- Build website where target audience can get all guides,


stakeholders:

Mange Closely: Content creator, social media influencers, Users / Target audience, therapists, and donors.

Keep informed: Users and Donor.

Keep satisfied: Users, Donors and team.

Monitor: Users and Project Team.



Teacher's training of private schools regarding "How to earn Online"

Stakeholders: 10 Male teachers and 10 Female teachers, students, software engineer, Government, Non-government organization,

Problem Statement: 65 million people lost their jobs in Pakistan due to COVID-19 crisis. The private school teachers are in worst situation due to school closure. They suffered too much financially.

Solution: We are bringing freelancing training for online earning at home to 40 school teachers to reduce adverse impact of COVID-19. We are making them able to create another source of income at home when they face such pandemic or school closure for long time.

Stakeholders: Private school Teachers , University or college administration for getting Halls, Software Engineers, Freelancers Principals, families,

Noor-ul-Huda • 5d

HunarBees

Hunar Azmayen!

Problem Statement

Pakistan faces a great number of problems but among them one of the most neglected one is the empowerment of the less privileged i.e. women, third gender and handicaps.

Goal

To empower our society. A place where earning is convenient for everyone.

★★★★★(1) RATE

Add comment

What is Hunarbees? how it works?

Its a conventional marketplace, where the seller community is restricted to women, third gender and Handicaps.

- They are free to build their own personal brand instead of working under the shadow of a random label.
- In Pakistan, a large market exists of non technical skills and a great number of people's earning depends on it.
- Therefore, apart from products and technical skills, we mainly focus on non-technical skills. (for example: handicrafts, handmade products, jewelry, tailoring, cooking, teaching, counselors etc
- We are trying to keep the website as simple as possible with possible video tutorials so that its easy for the less privileged to understand.
- Later onwards, we aim to give extreme assistance to the people

Target group and Area?

- Initially women
- Age group (18-35)
- entrepreneurs, earning through online work, and anyone who needs to earn through their skills by staying at home.
- Area: Sindh>Karachi>Shah Faisal Colony

★★★★★(1) RATE

Add comment

Thought behind "Hunarbees"?

Just like honeybees have trait to live together in a community, and help each other, Hunarbees got the concept of making place where community connects because of their skills (Hunar)

★★★★★(1) RATE

Add comment

Stakeholders?

- 1) Keep Satisfied**
 - Government bodies who work for women, trans and handicaps like Human Rights Commission of Pakistan.
- 2) Monitor**
 - Public (influencers, public figures, Ngos etc)
- 3)Manage Closely**
 - Team, customers/ clients, freelancers.
- 4) Keep informed**
 - Home based Workers, Entrepreneurs, cottage businesswomen.

★★★★★(1) RATE

Why there is a need of such Platform?

- Limited opportunities for women.- And if there are some opportunities, not every workplace environments are safe and sound.-accidental situations-Situations like covid-19, helped us understand that the world can switch to work from home too.

DID YOU KNOW?

Of the estimated 20 million Home Based Workers in Pakistan, 12 million are women. According to UN Women's Status Report, 2014 on Women's Economic Participation and Empowerment in Pakistan, women account for 45% of the PKR 400 billion USD 3.3 billion that HNWs contribute to Pakistan's economy.

★★★★★(1) RATE

Add comment


ALI AKBER SHAH • 9d

Pandemic Counselor App

Made with mirth

Problem Statement

Most of the people that resides in the rural areas of the developing countries like Pakistan lack in awareness regarding the ongoing pandemic known as Covid 19. Those rural people unfortunately are totally unaware of the symptoms and are unable to cure themselves because they cannot afford expenses of the local hospitals. Not only the virus but the psychological trauma that is caused during this pandemic (due to various reasons) needs to be properly addressed for avoiding any negative or suicidal thoughts.



Solution


To address the lack of awareness, our team has proposed an android app that will have 2 video archives, 1 chat box, Ventilator Finder and an emergency button. In the 2 Video archive, one archive will comprise of detail symptoms of the virus while the other archive will consist of home made remedies and medicines for curing the virus at home. The chat box will provide psychological consultation to the patients having any negative thoughts. The ventilator finder will provide the data of those hospitals in which the ventilator are vacate and emergency button will

Aims and Objectives

1. To record and produce video archives based on 3 preventive measures and the remedies related to the virus with the help of the experts.
2. To establish contact with local hospitals for providing the data of the ventilators when they get vacate.
3. To develop app within 12 weeks of time.
4. To test the app on the actual audience in order to get their feedback.
5. To establish contact with the psychologist for providing the consultation services.

Target Audience

1. Adults with age from 18 to 60 years.
2. Rural people of Pakistan.
3. The ones in which the symptoms of the virus are starting to appear.
4. The people with no medical background.




Stakeholders

Manage Closely: App Developers, Medical Professionals, Hospitals and Ambulance Services.

Keep Informed: Ministry of Health, Government of Pakistan and DRAP.

Keep Satisfied: Users



Far UV-C Excimer Lamp - The Next Generation Disinfectant Device

Pakistan's First Far UV-C Disinfectant Lamp. No more spraying, germ elimination is a button away!

PROBLEM STATEMENT

Ultraviolet-C light has been deemed effective against a variety of viruses and bacteria including COVID-19 and has also been used to disinfect buses in China, after the lockdown had ended. However, normal Ultraviolet-C light is cancerous to humans, pets and plants and is known to cause skin anomalies, burns and eye cataracts, therefore it cannot be used as a disinfectant in human presence. Furthermore, there is no registered company in Pakistan, indigenous manufacturing Ultraviolet disinfectant devices. Resultantly, we are missing on a major possibility to decrease the transmission rate of COVID-19 and other such infections by adequately disinfecting our hospital, quarantine centres, homes, offices and other public places using this technology.

EXPECTED OUTCOMES

outcomes of the development of:

1. Development of Pakistan's first indigenous developed Ultraviolet Disinfectant Lamp.
2. Introduction of the very first Disinfectant Lamp that uses Far UV-C and hence is usable in public.
3. Effective assistance in decreasing the transmission rate of COVID-19 and hence the flattening of the curve.
4. Introduction of considerably more effective disinfectant into the market that is adequate against Corona Virus, with experimentally proven efficiency against SARS, MERS, etc.
5. Development of the first of its kind, single device that kills air/water/surface borne germs unlike other Disinfectants that kill surface Borne disease only, for limited types of surfaces.
6. Opening a doorway for the development of further devices

DELIVERABLES

BENEFICIARIES AND STAKE-HOLDERS

- Hospitals / Quarantine Centers
- Lobbies / Receptions / Waiting Rooms
- Offices / Homes
- Public

VALUE PROPOSITIONS

It will contribute in minimising the effect of COVID-19 Pandemic by effectively disinfecting hospitals, homes, and other crowded areas, without the hassle of using partially effective liquid disinfectants or ordinary UVC disinfectants which can cause harm to human health as a result of which we will see evident hindrance to the exponential growth of Pandemic COVID-19 by effective disinfection, through this germicidal Lamp.

The fact that it does not run out and does not require replenishment makes it much cheaper than an ordinary liquid disinfectant.

It is effective against air borne/water borne germs other than COVID-19 as well. It has been tested effective against SARS, MERS, Influenza, E. coli and other infectious germs. It is also found

COMPETITORS ANALYSIS:

Far UV-C Disinfectant is a need of time, and a very marketable product as compared to its competitors because it:

- Is fully Adequate against Corona Virus, with experimentally proven efficiency against SARS, MERS, etc. that is much more usable than any other liquid disinfection method.
- Kills Air / Water/ Surface Borne Germs unlike other Disinfectants that kill surface Borne disease only, for limited types of surfaces.
- Kills Drug Resistant Viruses
- Is workable on All surface types unlike available Liquid Disinfectant that is not workable on spongy, damp and cloth material.
- Kills Viruses and Bacteria alike, as well as certain types of spores and molds.
- Safe on Food and Humans.

MaskBanao

MaskBanao Jaan Bachao

Mask Banao

Save one life at a time

YOUR MASK IS YOUR SHIELD AGAINST COVID, SO USE IT!

MASK BANAQ

SEEDFUNDING AND MENTORSHIP

Three mentoring sessions were scheduled over the span of 3 months (September to November 2020). The mentor's role was to support participants through the process of developing their projects, supporting them to overcome inevitable challenges.

Upon attending the first mentoring session and submitting the report of initial milestones the first tranche of seed funding PKR 40,000 was transferred to the bank accounts of all participants by UNDP.

The second mentoring sessions were scheduled for 27,28 & 29 October 2020, in which the participants discussed the milestones achieved with the mentor and had the discussion on achieving further milestones where the second tranche of funding PKR 30,000 will be utilised.

The third and final mentoring sessions were scheduled for 17 & 18 November 2020. That discussion was based on the end outcome and the submission of the final reports on 15th December 2020.

The status of participants performance and end outcome shared were as follows:

YOUTH

1. **Innovator Name:**

Muhammad Zarrar Mumtaz

Attendance in Mentoring Sessions:

Attended all Session

Project Name:

Prototype Narrow Spectrum UV Light

Proposed Idea:

Zarrar conceptualized how a narrow spectrum of ultraviolet light can adequately disinfect viruses/bacteria including; COVID'19 in crowded public places. It can be used everywhere like hospitals, aeroplanes, and quarantine centres to homes, offices, buses, and disinfect surfaces, air and water without the hassle of using partially effective liquid disinfectants or ordinary UVC disinfectants which can harm human health. It also does not require replenishment, making it a much cheaper alternative. There is no registered company in Pakistan indigenously manufacturing ultraviolet disinfectant devices. Zarrar proposed to manufacture ultraviolet light in the country instead of importing it.

Outcome after receiving Mentoring and Seed funding:

After finalizing the safety provisions, for the testing of the Excimer Disinfectant Lamp, he iteratively corresponded with his technical mentors to complete the design specifications. As procurement of components and instrumentation is underway, he has finalized the lab facilities and the processes that will be used to prototype the minimum viable product. The design has also been reviewed by relevant sources, for suggesting cost-effective approaches for prototyping. The idea has begun with being something entirely theoretical. The Far UV-C Excimer Lamp, potentially to be the very first locally made germicidal lamp of Pakistan was presented to multiple organizations for the development of the proof of concept. National Incubation Center, DME NUST, KRL are among the notable organizations that showed interest. The funding was used in acquiring safety provisions, mentor review and acquiring of lab space for the minimum viable scale development of the device. However, the second wave of COVID created hurdles for them in moving forward with the activities due to shutting down of laboratories again.

2. Innovator Name:

Amna

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Awareness in Refugee Communities in Balochistan

Proposed Idea:

District Mastung is badly affected by covid19. A large number of Afghan refugees are living there with families. Amna decided to hold an awareness session with an objective of eliminating the myths regarding Covid19 among the refugee's community. That will assist them on precautions to be followed to stay safe from this pandemic and the reality of COVID19 existence.

Outcome after receiving Mentoring and Seed funding:

The session was conducted with the students of government high school Mastung and 25 women in the community. Mr Zaffar has been engaged to lead the training to eliminate the language barrier and make them understand the content better. The first session was conducted with students in a government high school. All beneficiaries were seen taking care of following SoP's after the session and very overwhelming feedback was received by students and teachers. Amna helped 25 students by providing them with school uniform and distributed masks among all the students. The second session was conducted with elderly aged 25 women, they have been informed on causes and symptoms of COVID19 and precautions needs to be undertaken to protect oneself and family from it.

3. Innovator Name:

Dr. Mahjabeen

Attendance in Mentoring Sessions:

Attended the first Session only

Project Name:

Awareness Camps

Proposed Idea:

Mahjabeen proposed to set portable health clinics with the basic emergency medical supplies at COVID hotspots. Along with that, installing low-cost washbasins at slums/high traffic areas to normalise handwashing. Pasting posters near to washbasins that will

highlight right-hand washing steps.

Outcome after receiving Mentoring and Seed funding:

Mahjabeen haven't submitted the final report

4. Innovator Name:

Noor ul huda

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Online Marketplace

Proposed Idea:

Noor ul Huda idea was to instigate a freelance marketplace, Hunarbees. A platform for women, trans and handicap people of society, where people with all the skills can set up their businesses digitally, and the customers can avail those services with directly registering there.

Outcome after receiving Mentoring and Seed funding:

The mobile application is ready. Before launching the App, Noor decided to share the App with a smaller group and gather opinions about setting up an online business. For this, she has created a Facebook private page and added a few relevant individuals who are planning to set up an online business. On the other hand, she is organising an entrepreneurship workshop where she was deciding to disclose the registration link for a slot in Mobile Application.

Further, she didn't submit the final report.

5. Innovator Name:

Yumna Khalid Lodhi

Attendance in Mentoring Sessions:

Attended first two Sessions

Project Name:

Connecting Out of Work Young Beauticians through Digital Means

Proposed Idea:

A well-equipped beautician on the go, connected digitally through a mobile, to find work nearby and earn a living, cater the individual clients at their doorstep. Yumna planned to give beautician training to some girls who lost their jobs during the pandemic

so they can be empowered enough to set up a workspace at home and continue earning for a living.

Outcome after receiving Mentoring and Seed funding:

Yumna has done all the initial working, which includes; the profiling of females for the piloting phase of project and selection. Yumna reached out to few salons as well you agreed on giving training to the shortlisted beneficiaries. She was planning to make salon kits and boost posts after constructing the social media page.

Further, she didn't submit the final report.

6. **Innovator Name:**

Maryam Rehman

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Awareness Amongst Young Children

Proposed Idea:

Maryam's project was about spreading awareness among children (of age 6 to 11 years) and teenagers (of age 11 to 19 years) about child protection, puberty and mental health and also about Covid-19 and its prevention. To make it happen, team Angan wanted to use both offline and online means, the offline means is to spread awareness through face to face sessions. On the other hand, online means to accommodate it through an App, ChildPro that is for both parents and children as it contains animated videos regarding all the necessary information. The initial phase of the project is related to upgrading the App with respect to Covid-19 awareness and also with unique and more effective content. The second phase is of conducting awareness sessions among children and teenagers and workshops with teachers in Lahore, Pakistan regarding the matter.

Outcome after receiving Mentoring and Seed funding:

Maryam with the help of team has successfully created the video messages that has been uploaded on the App. Afterwards she conducted an awareness session on COVID19 in school with teachers. Also, Collaborated with the government institute of

child protection and welfare bureau (CPWB), Lahore, and conducted sessions with children (both boys and girls) there.

7. **Innovator Name:**

Ali Akbar Shah

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Mobile App

Proposed Idea:

Akbar's idea was to develop a mobile application that will have Covid Awareness Videos. These videos will include all preventive measures and information related to the symptoms associated with the Covid 19. Secondly, Covid Recovery Remedies, this feature will have a video library of all the scientifically proven remedies for dealing with this pandemic. Remedies that will include a list of medicines, and medication procedures, those are recommended for the COVID19 patient. Finally, the application will have a chatbox for direct counselling with an expert.

Outcome after receiving Mentoring and Seed funding:

The structure of the App and the content to be uploaded are ready. Akbar also reached out to several doctors from different fields for collaboration and online consultation. The videos have been uploaded in the App regarding the COVID19 remedies and precautionary measures. Contacts have been established with local medical centres and hospitals for sharing the approved medicine list and doctors opinions on handling the COVID19. The App currently tested by 06 people. Along with that, a psychiatrist is on board for a consultation two days a week.

8. **Innovator Name:**

Salman ul Mouzam

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Sihat Barq

Proposed Idea:

Sihat Barq proposed e-health band (prototype) for the monitoring and transmission of vital signs of patients/public from a remote area to the central healthcare unit. Salman's idea, of developing a hand-band can address COVID related problem, and it will help in fighting against COVID-19. The hand-

band will consist of temperature, SpO2, GPS, and ultrasonic sensors, which will sense the data and symptoms of COVID-19. That data will be transferred to national monitoring cell, where the real-time vital signals and location of an infected person will be monitored.

Outcome after receiving Mentoring and Seed funding:

Salman has successfully developed a prototype of the idea he presented. The prototype records, monitor, and transmit vital signs, such as blood pressure, heart rate, body temperature, COVID-19 symptoms, location, etc. of the patients. Now, Salman is planning to get this gadget approved by Regulatory authority and make it mandatory for the public as health card. Generate big data with the help of statistics generated by the gadget to analyze and address what's wrong with our health system.

9. **Innovator Name:**

Bhoora Lal

Attendance in Mentoring Sessions:

Attended the first Session only

Project Name:

Mindfulness Pakistan

Proposed Idea:

Bhoora Lal aimed to engage experts of meditation and therapists who can facilitate better the community people in awareness session. Meditation Practice and mental health awareness sessions aimed to be arranged for 150 youth at Umerkot district.

Outcome after receiving Mentoring and Seed funding:

Three meditations session has been conducted at the following locations and beneficiaries;
Right solutions centre Umerkot, with youth and community influencer.
Megh mallar hostel Umerkot, with school teachers and students.
Megh mallar hostel Umerkot, with another group of youth of Umerkot.
Along with that, a website is established where all the case studies have been uploaded and the platform will be utilised to keep on sharing positive case studies received from community members.

10. **Innovator Name:**

Muhammad Faisal Qureshi

Attendance in Mentoring Sessions:

Attended the first Session only

Project Name:

Capacity Building for TG Community

Proposed Idea:

Faisal aimed to serve the transgender community, to make them economically empowered by introducing the entrepreneurial mindset, and equipping them with different tools and techniques of setting up a business, especially in times of pandemic. Hand sanitiser and face masks are in demand nowadays, the transgender community can be trained to making both products for selling. This will also increase awareness among the transgender community about precautions needs to be followed to stay safe during these hard times.

Outcome after receiving Mentoring and Seed funding:

Not submitted.

11. **Innovator Name:**

Jaya Rajwani

Attendance in Mentoring Sessions:

Attended all first Sessions

Project Name:

MedMap – Finding healthcare facilities near you at the tap of a button

Proposed Idea:

Jaya aimed to centralize healthcare services information (such as beds in hospitals, tests at labs, medicines & equipment at pharmacies etc) and make it available to people in the form of a map based mobile application. This will allow them to get emergency care, know where to go exactly, and make decisions based on comparisons such as the type of service, prices and distance.

Outcome after receiving Mentoring and Seed funding:

The App has been developed that will be used to track statistics, hotspots and lockdown areas for users to make better and informed decisions in case of COVID emergency. The objective of this approach was to provide a proportionate access to all the people in Pakistan and help the health infrastructure to

not be stretched and at capacity.

In future, this app will be extended to cover more diseases than just COVID-19. MedMap will show data & statistics about infectious diseases, provide location-based data about labs, hospitals, vaccinations, pharmacies and also allow users to track their symptoms using our health chatbot.

12. **Innovator Name:**

Sauleha Kamal

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

SAGE: Solutions for a New Age

Proposed Idea:

Sauleha aimed of running an online leadership training bootcamp with a focus on how COVID-19 reset the world and post-pandemic leadership. 18-30 year olds will participate in a series of interactive online workshops and be taught the skills they need to thrive post COVID-19. The workshops will be led by Mosharraf Zaidi, Maha Rehman, Ayhsa Shujat and Shahnaz Minallah. Post-event, a plan is to run a series of podcasts featuring a mid-career professional from a new industry every week (tech, non-profit, development, medicine, academia etc.). These professionals will share their experiences and what skills they think young people should develop now to meet the needs of their chosen industry post-COVID-19.

Outcome after receiving Mentoring and Seed funding:

SAGE (Solution for A New Age), after wrapping up virtual Leaders of the Future bootcamp, She is now working on developing knowledge products and a website.

SAGE: Solutions for a New Age set out to prepare youth for the future of work.

The second annual Leaders of the Future Bootcamp 2020: Leading a Post-Pandemic World was held online in July-August 2020 with 54 selected participants from across the country with gender parity and diversity. Certificates distributed to participants in the areas of post-pandemic leadership and adapting to change, data analysis and emotional intelligence. The annual event which is the result of a successful partnership between SAGE: Solutions for a New Age and

the Global Shapers Islamabad hub aims to equip Pakistani youth for the future of work. This year's event adapted to the pandemic by going fully online and was held over 4 weekends with the following key sessions:

Youth introduced to critical skills of the future through interactive talk with former Young Global Leader (YGL) World Economic Forum and Thought Leader Mosharraf Zaidi

Short training introducing youth to data analytics and innovation with industry leader Maha Rehman

Interactive session introducing youth to emotional intelligence and exploring their creativity through mindfulness session led by Art of Living leader Shahnaz Minallah

Leadership development session for critical tips and skills on leadership and social influence by eminent development sector professionals Aysha Shujaat and Amna Yameen

Other activities:

1. Creation of SAGE website. Preparing to publish.

2. Report on Future Skills Gap and LFB 2020 to be out soon

5. Workshop on critical skills of the future focused on active learning, emotional intelligence, leadership and social influence based on Pakistan Gaps as identified in Future of Jobs Report. Workshop delivered by public policy researcher and SAGE co-founder Maha Kamal.

6. Partnered with various companies to help deliver STEM2Forward, an online job fair

7. Published an op-ed in Dawn on including women in the labor force

8. Invited to World Economic Forum's Country Strategy Dialogue with PM Imran Khan and Ministers; highlighted youth and future of work at this forum

13. **Innovator Name:**

Saro Imran

Attendance in Mentoring Sessions:

Attended the first Session only

Project Name:

PINK RUPEE

Proposed Idea:

Saro aimed to build incubation lab specifically

dedicated to transgenders. Boosting entrepreneurship among Transgender as a recovery from the economic shock of COVID 19 crisis is a long term solution because if they are economically empowered they can take care of their Health and well being more effectively and efficiently. They will be able to maintain their own micro economic set ups and having a space to improve their aptitudes and assemble their more extensive linkages, Road map tasks that will guarantee consistence with laws and guidelines, give direction for basic leadership, and streamline forms for their Rights dependent on Economic strengthening.

Outcome after receiving Mentoring and Seed funding:

Not submitted

14. **Innovator Name:**

Amna Bibi

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Training of Out of Work Teachers

Proposed Idea:

65 million people lost their jobs in Pakistan due to COVID-19 crisis. Private school teachers are in Crisis because of schools being closed and facing financial constraints. Amna aimed to introduce freelancing training for online earning at home to 40 school teachers to reduce adverse impact of COVID19.

Outcome after receiving Mentoring and Seed funding:

Not submitted

15. **Innovator Name:**

Zahra Valika

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Awareness Handbook -

کورونا وائرس سے متعلق آگاہی معلومات

Proposed Idea:

The main aim of this project was to develop a "Coronavirus Awareness Handbook". There

will be information provided on the origination of the virus along with its spread, precautions, assistance to infected family members and testing procedures.

Outcome after receiving Mentoring and Seed funding:

Milestone of translation and illustration of content is ready and moving towards the final milestone of project.

The milestones achieved are the following. Translation of the text from English to Urdu, illustration of pictures and Publishing of the handbooks.

16. **Innovator Name:**

Ashley Alex Jacob

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Awareness Campaign for Vulnerable Groups (Religious Groups)

Proposed Idea:

The idea was to give proper knowledge to these religious leaders to cope with these pandemic situations and how to react and protect themselves and others. The idea is to encourage them to play their positive role and educate their congregation and especially to spread awareness to people that corona is real and to share the preventive measures also among the congregation. When religious leaders will persuade people, then in a chain process it will eventually save masses. It will eradicate all mental terrors. As it is a chain process, so the ultimate goal is to save masses and reach the un-reached and spread the word, through the awareness session conducted by team of medical doctors at the respective worship places.

Outcome after receiving Mentoring and Seed funding:

Ashley has achieved the milestones and the outcomes were as follows:

1- Introductory meeting with the religious leaders:

The purpose of holding the meetings was to convince the religious leaders about the covid-19 to take precautionary measures and to spread the word to congregations.

2. Session with Congregation Members:

These sessions were conducted with the congregation members of respective religious

communities, and Doctors explained the process, the symptoms and steps to be taken if anyone has any of these. They were also explained the use of safety equipment's. Further the queries of the participants were cleared. The main aim was to spread the info to the general public, in order to save maximum lives.

3. Procurement of Safety Equipment:

This was crucial as we wanted to provide the participants the safety equipment's, so that when they are safe, they can also save the lives of their loved ones.

4. Handouts:

Awareness posters were distributed in local communities and were also shared on social media.

5. Extra:

A corona stats android app was developed in order to facilitate the trainer's as it becomes difficult to remember statistics and also the general public

17. Innovator Name:

Imran Ahmed

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Esaar

Proposed Idea:

Imran aimed to devise an app called Esaar, a platform for volunteers, charity organizations and the public to collaborate for humanitarian causes. To simplify the process of charity and volunteer work in Pakistan by contributing towards the resilience of communities, create a digital solution that will empower charity organizations and volunteers to effectively carry out humanitarian work.

Outcome after receiving Mentoring and Seed funding:

Esaar App has been developed and serves a purpose of allowing organizations and individual volunteers to create online campaigns alongside allowing donors to track the outcome of the campaigns through simplified and user-friendly web and mobile apps. In the future, integrated payment systems will reduce the time to reach out to vulnerable communities in the time of need.

The alpha version of the web platform was made available to around 15 registered volunteers who submitted their reviews after using the platform from a generic user point of view.

18. Innovator Name:

Noor ul huda

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Mask Stitching/Distributing

Proposed Idea:

Mask Banao is a multifaceted campaign aimed to increase homemade mask usage in Pakistan. To devise a proper functioning of the post-COVID economy especially schools. Distribution of Masks in schools according to government policy.

Outcome after receiving Mentoring and Seed funding:

He has been able to penetrate into the schools with a vision to help Pakistan settle in the COVID world where the economy is not harmed. He has been successful in having these sessions in Lahore and also conduct mask distribution in 3 schools. He didn't submit the final report.

ADOLESCENTS

1. **Innovator Name:**

Zain Khan

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Tameer-e-Nau

Post Covid-19 Economic Recovery and Rehabilitation Resources

Proposed Idea:

In Pakistan, Covid 19 Pandemic has economically impacted women and children from the low-income households, home-based workers, daily wagers that include individuals working in small shops, self-employed, construction workers etc. Although the government and other organizations are offering various relief packages and programs, these people do not have the resources to conduct research and find available opportunities for themselves.

To help these people, the idea was to create and market an easily comprehensible and accessible knowledge base that creates awareness of the available economic relief packages and programs that are offered by the government and other organizations. This knowledge base will be the focal point of all information, which will be available at one portal. In the long term, it would assist people regain economic freedom.

Outcome after receiving Mentoring and Seed funding:

"Zain has successfully created a web-portal where thousands of people can easily access information on various economic and educational training resources that are available to them. By having an easy access to these resources, the people of Pakistan, who are affected by Covid 19 economically, can regain their economic stability. The link to the portal is:

<https://tameer-e-nau.com/>

The website is easy to access and navigate. Information is divided into subcategories so that it is easily accessible. The subcategories are listed as under:

BASIC SERVICES

JOBS

FISCAL AND FINANCIAL STIMULUS

TRAINING RESOURCES

Under these categories, there are links to various resources in the form of web pages, videos and documents. Various documents

have been translated into Urdu versions as well so that the public can easily comprehend and take advantage.

2. **Innovator Name:**

Abdul Sami Shahid

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Awareness regarding corona for PWDs

Proposed Idea:

Sami has designed a campaign that will help the PWD community in two important ways. First, it will help the community to understand the importance following the SOPs to prevent themselves from getting infected of Corona Virus and why physical distancing and cleanliness are recommended by the WHO and government to curb the spread of Covid-19. Secondly, it will help raise awareness about the rights of children with disabilities as these children are more prone to diseases because of weak immunity and issues of comorbidity, therefore, people need to be more compassionate regarding their dealings with CWDs.

Outcome after receiving Mentoring and Seed funding:

Sami, along with his mother has visited a local school and distributed 85 hygiene bags that includes hand sanitizer and face masks. An informative session was set up as well to inform them about the importance of following SoPs. Final report has not been submitted.

3. **Innovator Name:**

Rushna Zubair

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Stress Kitss

Proposed Idea:

The project "Digital= 9 to 1x 19" would help 50 teenage schools girls for 3 months through E-STRESS KIT & 5000 girls on E STRESS GROUP during and post COVID 19 to combat stress. This E-Kit including the stuff like a diary, crafting tools, counselling sheet. The diary

including 10 activities of self care, skill learning and technology as sewing mask, yoga, etc. To motivate results of these activities would be posted in E STRESS Group created on Facebook and Instagram. Initially, to motivate and participate this kit would be provided by post to the participants. After 1 month all would be done through E platform and E-Mobile.

Outcome after receiving Mentoring and Seed funding:

Rushna has helped 30 Girls to overcome the level of stress, they are happy to utilize their timings from 9 AM to 1PM in learning new skills. All 30 girls now have familiarity with online learning, methodology and digital platforms. Through skill learning, in more than 17 schools, girls now developed an understanding of how to implement their knowledge and education for future earning. Out of 30 beneficiaries girls; 5 girls already started making jewelry for earning online. 2 girls apply the same idea and started their online kitchen business named "GA Kitchen" with their mother, 01 school realized the importance of online learning and bought 4 more tablets to facilitate their students for senior online classes during the current pandemic situation.

4. **Innovator Name:**

Jovera Shakeel

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Mental Health Awareness

Proposed Idea:

The goal of this project is to assist communities that are often invisible in Pakistan step into the spotlight, take advantage of social media and earn a living through their own learned skills.

Outcome after receiving Mentoring and Seed funding:

Mukhtalif is an online store where we're selling the products made by artists from underserved communities. We want to give them a chance to participate in the benefits of e-commerce without having to deal with the issues of digital literacy or online harassment. Our first artist is Sapna, a clothes designer from Pindi. She designed 7 shirts for us which she named after her best friends: Sheza,

Chandni, Sami, Mastani, Sanam, Komal and Gul. Through Sapna, we hope to reach out further into Pakistan's transgender community. We're also actively looking for artists from other underserved communities like religious, cultural and language minorities. 100 percent of the profits from all sales go to the artists.

5. **Innovator Name:**

Syed Husnain Haider Bukhari

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

UV Lamp

Proposed Idea:

Create the UVC germicidal products for reducing the rate of spread of coronavirus and help people live normally again that will not only boost the local economy but will be an alternative remedy against pandemic.

Outcome after receiving Mentoring and Seed funding:

He has received his parcel from China that is a germicidal UVC (Ultraviolet ray) lamp. The lamp will be used to disinfect the non-living surfaces. According to his research, UVC rays rupture the DNA of viruses and other micro-organisms making them incapable to operate. He has created social media platforms to reach out to masses and share the innovation and aware them about using it.

6. **Innovator Name:**

Murk Harish

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Raising Awareness

Proposed Idea:

Murk idea was to spread awareness and adaptation of COVID 19 will help people in fighting the coronavirus, especially in undeveloped areas. People will be able to take precautionary measures to save themselves and their families.

Outcome after receiving Mentoring and Seed funding:

She has purchased all the material for Covid precautionary kits (Sanitizer, Mask, Pamphlet and soap) that were distributed among

beneficiaries during the awareness campaign. Reached out to at least 150 people to make them aware about COVID-19 precautions.

7. **Innovator Name:**

Pervezud Din

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Awareness

Proposed Idea:

Pervaz planned to engage the youth, to work as a volunteer or paid work in spreading awareness about the SOPs, problems, and new ways of doing business during this COVID-19 pandemic, in form of creative works, social works and profitable businesses.

Outcome after receiving Mentoring and Seed funding:

Pervaz organized awareness sessions for 30 children, 40 youth, and 10 women both individually and in groups. He also organised awareness sessions with paid guest speaker for Twilight work force, and all the members vowed to educate the people of their villages. He further organised art and essay writing competition, and displayed art works in public places (shops, roads, etc). Also used Facebook to promote the essay writing, and shared them with other communities.

He has provided interest free loan to two families, with six month return time to set up own business. He helped a women to showcase her work and create business linkages with Twilight.

8. **Innovator Name:**

Kashif Ali

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Engaging Women in Covid Response

Proposed Idea:

Increase women's leadership in key areas of access to clean water, sanitation and healthcare and ensure women are consulted when developing COVID-19 response plans. Funding allocated to preventing and responding to SGBV should be designated as lifesaving and distributed as a priority. Ensure

equal, safe and non-discriminatory access to services, treatment and information related to COVID-19. Services should actively reach out to and seek leadership from women and within vulnerable populations. Information should be accessible through trusted communications channels (e.g. radio, mobile phones, and community networks) in different languages, age-appropriate formats, and mediums appropriate for people with visual/ auditory impairments.

Outcome after receiving Mentoring and Seed funding:

Awareness campaign to women and marginalized groups about Covid-19 is done. Provided Health and Safety tools to women and marginalized groups regarding Covid-19. Reviewed by the beneficiaries and the marginalized groups and also Visibility.

My Goals and Objectives are to provide health and safety precautions / tools (i-e Masks, sanitizers, gloves, etc) sanitary services, pure water, social awareness to all, about keeping distance and other services as per need and to prefer the girls and women to participate in such type of activities.

Approaching more than 100 beneficiaries and providing them Masks, Hand Gloves, Hand Sanitizers, Fresh and Pure water Gallons/Big Bottles, Food Diets and also some cash payment for their Medical Expenses if any.

9. **Innovator Name:**

Amaima awais

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Lets cater to the silent sufferers of mental illnesses

Proposed Idea:

The primary goal was to counter the taboo and stigma that surrounds mental health and to create a more welcoming and accepting environment for all as well as equipping the patients with ways to handle mental struggles.

Outcome after receiving Mentoring and Seed funding:

Amaima hired a therapist and provided free of cost therapy to mentally struggling adolescents, who cannot afford the luxury of therapy otherwise, due to the pandemic, the entire project was conducted online, on Zoom.

Every therapy session conducted was of approximately 40-60 minutes and a minimum of 4 sessions were allotted to every client, as per the analysis of the therapist, these sessions were extended for those who were still facing significant challenges in their lives.

10. **Innovator Name:**

Laiba Azhar

Attendance in Mentoring Sessions:

Attended all Sessions

Project Name:

Creating Employment Opportunities

Proposed Idea:

Laiba idea was to help the unemployed youth having skills. She will help them finding freelancing work through Facebook groups and other social media platforms. She aimed to help them providing all the necessary material that needs to be used in terms of getting the job done. Moving forward, she will create her own social media pages to promote the work.

Outcome after receiving Mentoring and Seed funding:

She has hired a team for help in the execution of project activities. For social media marketing she has made a contract with marketing company CODING BEE based in Karachi. She has already received three orders, two for website production and one for app production.

Her final outcome of the project is that she successfully developed an online presence of the project swift tech, people contacted her online through official pages of swift and received orders. She has not submitted the final report.

