

# The Guide Post

January-August 2020



## Pakistan Girl Guides Association

### Medal of Service by WAGGGS

It is with great pleasure we announce that the World Board of World Association of Girl Guides and Girl Scouts (WAGGGS) has awarded Mrs. Moeena Hidayatallah, Honorary President of Pakistan Girl Guides Association the Medal of Service of the World Association of Girl Guides and Girl Scouts. The WAGGGS Medal of Service is the highest form of recognition that WAGGGS can bestow. It is awarded to individuals who have distinguished themselves in their outstanding service to Girl Guiding at both national and global levels, and whose service is considered to be exceptional, noteworthy and extraordinary in nature. Only 9 women/Guide members from around the world were awarded this medal and

Mrs. Moeena Hidayatallah is the first Pakistani to receive this award. Pakistan Girl Guides Association is proud of Mrs. Moeena Hidayatallah. Her Award is an honor for Pakistan and for all the Guides of Pakistan. She is a role model and great inspiration for not only the members of Pakistan Girl Guides Association but every Girl and woman of Pakistan.

With this Medal of Service, WAGGGS has honored the work she has done for the Movement since she joined the movement at the age of 6 as a Brownie. A long-lasting contribution to our Mission to enable girls and young women to develop their full potential and an inspiration for many generations of Girl Guides of Pakistan and beyond.

Her commitment to our Movement has been shown globally during her term as a member and Chair of the Asia Pacific Regional Committee, giving trainings to commissioners and trainers to 17 of 23 countries of the region; and nationally during her time as International Commis-



sioner for 18 years for PGGA and having organized and participated several different Camps as a Camp Commander and Director.

On behalf of all members of Pakistan Girl Guides Association we thank Mrs. Moeena Hidayatallah for her exceptional contribution to the world of Guiding.





## Executive Committee Meeting

Pakistan Girl Guides Association's Executive Committee Meeting was held online via Zoom on 12<sup>th</sup> August, 2020 at National Headquarters, Islamabad. Members from all branches of Pakistan Girl Guides Association (AJK, Baluchistan,

Gilgit Baltistan, Islamabad Capital Territory, Khyber Pakhtunkhwa, Punjab and Sindh) attended. Senator Nuzhat Sadiq, National Commissioner of Pakistan Girl Guides Association chaired the meeting.

## "Stay Home Activities" through Social Media

As schools were closed and children were stuck indoors, which was making them worried and stressed. To reduce the stress and improve their mental health Pakistan Girl Guides Association NHQ shared different activities with them to do within the safety of their homes through social media. PGGA re-

quested all Guiders and leaders to pass on these "Stay Home Activities" to Guides through Messages, WhatsApp, mail, etc. (considering the Stay Home Stay Safe practices). All these activities are available on PGGA's Facebook Page and Website.



## Development of "Stay Home Activities Badge Curriculum"

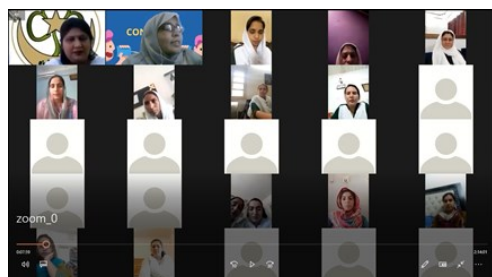
As the majority of Guides of our country do not have access to a stable internet connection and smart phones or computers, a large number of Guides couldn't participate in our "Stay Home Activities". To cope with this situation, it was decided to develop the "Stay Home Ac-

tivities Badge Curriculum" in form of a booklet that can be sent to the remotest areas of the country. And Guides can earn badges and certificates by completing the badge activities. Moreover, non-Guide girls can also participate in these activities and earn certificates.

## COVID-19 Awareness Campaign

After the COVID-19 emerged in the country, Guides and members of the Pakistan Girl Guides Association started raising awareness among their peers and community. Guides sent different

awareness-raising messages through social media in different languages, drawings, and posters highlighting the need to wear masks, washing hands, and social distancing.

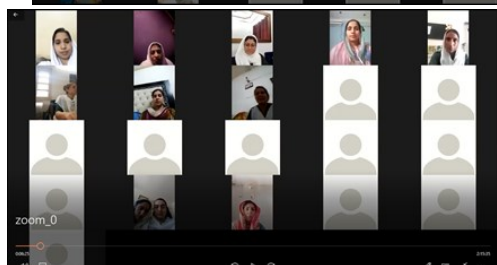


## Implementation of Guide Program during COVID-19

All face to face Guide activities, including company meetings were suspended due to the Covid-19 outbreak. During this period, we shared different activities for girls to continue to enjoy and learn from home. But it was the need of the hour to devise ways to stay in touch with Guiders/Leaders and companies. We also needed to develop new ways to continue running our regular Guide Program. In this regard, Pakistan Girl Guides Association NHQ organized a Webinar

for staff and trainers of all branches on 7<sup>th</sup> July, 2020.

Objectives of the webinar were to Introduce ways of connecting to Guides using existing tools, Explore the opportunity of embedding virtual learning as a part of regular program delivery and Share International Guiding practices during COVID-19. Thirty five trainers and staff members from all branches of PGGA participated.



## Tree Plantation

Pakistan Girl Guides Association launched its National Tree Plantation Campaign on 12<sup>th</sup> August, 2020. Senator Nuzhat Sadiq, National Commissioner of Pakistan Girl Guides Association initiated

the campaign by planting a sapling at PGGA National Headquarters. Mrs. Rehana Shabbir, Honorary Treasurer and Mrs. Farah Akbar President ICT were also there.



## Coping with Corona Campaign

The School of Leadership Foundation, in partnership with UNICEF, UNDP, UNFPA, UNHCR, and UNESCO launched "Coping with Corona" campaign - intending to engage adolescents and youth aged 15 to 29 years in the COVID-19 response. The main objectives were to Build engagement with adolescents and youth to inform and inspire them, equip adolescents and young people with approved information on COVID-19, Create the space for adolescents and

youth to explore creative ideas and actions using innovation and stimulating channels to cope with the new normal in the post COVID world. 25 Guides and members participated. After the training Guides were engaged to take forward the work in their communities. A group of ambassadors/ Guides from across Pakistan was selected for direct online training on six thematic areas over the span of 3 days. Stigma prevention – Providing Support

for COVID patients, Mental Health and wellbeing of adolescents/youth, Tips on how to maintain a productive lifestyle whilst staying at home, Focus on online safety and tools for combating misinformation, Adolescents Nutrition and Youth Reproductive Health Rights during COVID were main focus of the training.

## Training on Artificial Intelligence (AI)

UNESCO's Global Education Coalition partners, the Technovation Idea Lab, organized a five-week free online training program on Artificial Intelligence (AI) for girls aged 10 to 18 in six countries including Pakistan from 27<sup>th</sup> July 2020 to 28<sup>th</sup> August, 2020. During the training girls learnt what AI is, how it works, and to make a plan for an AI

invention that solves a problem they have identified in their community. They also learnt how to build their own AI model. The goal of this program was to empower and support girls in self-directed technology entrepreneurship programs while industry mentors were involved to serve as role-models. Girls had

the opportunity to interact with and learn from mentors around the world and other students from their country. Mentors included volunteers from Ericsson, Uber (both members of UNESCO's Global Education Coalition) and SAP.

## Virtual Meeting for Training Need Assessment

Pakistan Girl Guides Association NHQ organized a Virtual Meeting for Training Need Assessment on 22<sup>nd</sup> July, 2020. 35 Trainers and Staff of all branches participated. The objective of the meeting was to share the best practices during the

pandemic and explore the training needs and how NHQ training department may facilitate. The trainers shared their experiences and suggested topics for the upcoming virtual trainings. All branches of PGGA

also shared 2-3 minutes Power point presentations having an overview of the work done after COVID-19, success stories and good practices, suggestions and feedback.

## Workshop on Back to School

Pakistan Girl Guides Association NHQ organized an online workshop regarding going back to school for Trainers & Guiders on 26<sup>th</sup> and 27<sup>th</sup> August, 2020. 40 Guiders and trainers participated. The objectives of the workshop were to ad-

dress different needs of children as Covid-19 has affected each individual differently, to be able to understand the new normal and facilitating children to follow given instructions by their respective institutions, to be able to work

with different age groups as they have different needs and to motivate children for coming back to school but be able to cope with the new challenges.



## Webinar on Breast Cancer Awareness

Pakistan Girl Guides Association organized a Webinar on Breast Cancer Awareness for Trainers and Guiders on 22<sup>nd</sup> September, 2020. 60 Guiders and trainers participated. The objectives of

the webinar were to spread awareness about Breast Cancer, to motivate young girls and young women for self-assessment, to differentiate between the myths and truths about Breast Can-

cer, to learn about self-assessment and early detection and prevention and to create support mechanism for women suffering from Breast cancer.

## Workshop on Stress Management

Pakistan Girl Guides Association organized an online Workshop on Stress Management for Guiders and Trainers on 2<sup>nd</sup> October, 2020. 35 Guiders and Trainers participated. The objectives of

the workshop were to identify the feelings of children in the context of COVID-19 and other related issue, to identify the signs and Symptoms of Emotional & Mental Health problems while back in

school after Covid-19 and support children and parents to overcome the stress for adopting the new norms.



## New Enrollments, AJK

Pakistan Girl Guides Association AJK enrolled 31 Senior Guides on 12<sup>th</sup> January at Government Girls Degree College, Kohi Ratta.

Ms. Hanifa Khanum, President PGGA AJK had a meeting with the Principal of Government Girls Degree College Kotli on 15<sup>th</sup> January and enrolled 30 Senior Guides.

On 16<sup>th</sup> January, President PGGA AJK along with former National Secretary visited different colleges of Mirpur Division for induction of new Guide companies.

On 17<sup>th</sup> January, 36 Senior Guides were enrolled at Ghazi Elahi Bukhsh Post Graduate College (Mirpur). 48 Senior Guides were enrolled on 18<sup>th</sup> January. President PGGA AJK enrolled 28 Senior Guides on 24<sup>th</sup> January at Guide house Muzaffarabad. She also enrolled open company of LHV's at Regional Institute of Health and Sciences.



## Clean and Green Kohi Ratta Project

Guides of Government Girls Degree College Kohi Ratta started a project Clean and Green Kohi Ratta. They planted

trees and placed dustbins in different areas of Kohi Ratta.

## Solidarity Day Celebrations

Pakistan Girl Guides Association AJK celebrated solidarity day on 4<sup>th</sup> February, 2020 at Guide House Muzaffarabad.



Guides did different activities to express their solidarity with the people of Kashmir. They also formed Human chain to

pay homage to the martyrs.

## Thinking Day Celebrations, AJK

Pakistan Girl Guides Association AJK celebrated World Thinking Day on 22<sup>nd</sup> February, 2020. Theme of the year 2020

was diversity, inclusion and equity. Guides did different activities regarding accepting diversity and inclusive for all.

## Plastic Tide Turner Challenge, AJK

Guides of AJK worked on "Plastic Tide Turner Challenge" recently launched by WAGGGS.

Guides were educated to reduce plastic from our surrounding and to play our role in reducing plastic from environ-

ment around us.

### National Science Day

Junior and Girl Guides celebrated National Science day at Guide house Muzaffarabad. The theme for this year's national science day was 'Women in Science'.

### Funfair for Income Generation

Guides of Fatimah Jinnah Post Graduate Collage Muzaffarabad organized a Funfair on 7<sup>th</sup> March, 2020 for income generation. The purpose of the income generation was to help the needy people.

### Women Day Celebrations

Guides of Fatimah Jinnah Post Graduate celebrated Women's day on 9<sup>th</sup> March, 2020 in collaboration with Pakistan Red Crescent Society.

## Kashmir Day Celebration, Baluchistan

Kashmir Day celebrations were organized by Education Department of Baluchistan at Government girl's railway high school, Quetta. Guides from different Government schools of Quetta participated. Purpose of this event was to express solidarity with people of Kash-

mir. Guides presented speeches, songs and tableaus and expressed their concern and love for their Kashmiri brothers and sisters. Minister of Education Baluchistan Mr. Yaar Muhammad Rind was the Chief Guest. Later, Director Education and

Additional director appreciated the Guides and distributed cash prize and certificates among Guides. Kashmir day was celebrated by Guides in Noshki, Gawadar, Sibi and other districts of Baluchistan as well. 300 Guides participated in these celebrations.

## School Enrollment Campaigns

Education Department of Baluchistan organized a meeting in the office of District Education Officer Female. The agenda of meeting was to run education campaign with slogan "Har Bache ko

parhana hai, Baluchistan ko age brhana hai". The Guide members also participated in this meeting and shared what Pakistan Girl Guides Association can do in this regard. They also shared "Each

One Teach One" program. Another enrollment campaign was held in Sibi. Guides helped in increasing the school enrollments in the district.

## Sibi Mela

Each Year Government of Baluchistan with other stake holder organize a Mela at Sibi. People from all over Pakistan participate in different programs. This

year Sibi Mela was held from 19<sup>th</sup> to 23<sup>rd</sup> February, 2020. Girl Guides also took part in tableau, cultural program and presented mili naghma (National Song).

They also set up Girl Guides Stall which provided information to masses about Guiding. 550 participated.

## Canvas Camp, Turbat

Pakistan Girl Guides Association Baluchistan organized 3 days Canvas camp in Turbat at Government Girl Middle School Josal. 40 Guides from different

high and middle schools participated. Tent pitching, Gadget making, Color ceremony, Guides songs, Games and Tree plantation were part of the camp.

Secretary education Mr. Tayyab Lehri was the Chief Guest. He visited the camp site and appreciated the efforts of Guide movement in turbat.

## Formation of Guide Force during Pandemic

Pakistan Girl Guides Association Baluchistan took initiative in collaboration with Education department and formed virtual Girl Guide Force at cluster level in Baluchistan. Association has started

Guide WhatsApp groups. The purpose of these Guide Groups is to prepare them for pandemic of Covid-19 and serve the nation. Guides of Baluchistan have participated in many activities and

raised awareness through online message videos and posters. They distributed rations amongst the needy people as well.

## My School My Home Project

During pandemic situation education process of students is suffering very much specially in the areas where there is no internet facility. To overcome this situation Girl Guide Association Baluchi-

stan Branch with support of Education Department started a project "My Home My school" inspired by Each One Teach one project. The Guiders and Guides established small education cen-

ters in their homes and facilitated 5 students in their education by adopting all safety measures and protocols approved by Government.

## Online Basic Guide Training

Pakistan Girls Guide Association Baluchistan branch organized an Online Basic Guide Training for Teachers /Guiders of Government Schools with the support of Education Department. The purpose of this training was to provide them orien-

tation about Girl Guide Movement and how Association works with the Guides. Sessions on History of Guide Movement, Mission and vision, Essential Elements of Guiding, Pakistan and Word Flag, Promise and laws, Branches and motto

of Guiding, Educational Method of Guiding, Eight Points Program, Introduction of camping and Social Services Projects run by the Association were part of the training. 22 Guiders participated.



## Coping with Corona, Baluchistan

The School of Leader Foundation (SOLF) organized an online three days' workshop regarding pandemic in collaboration with UN for Youth of all Pakistan from 22<sup>nd</sup> to 24<sup>th</sup> July, 2020. Girl Guides, Boy Scouts, and members of Tiger Force were selected as their ambassador. Different doctors, psychiatrists and motivational speakers facilitated the workshop. 200 participated. The workshop was full of information about corona, its Signs & symptoms, Stigmas & preventions, Mental condi-

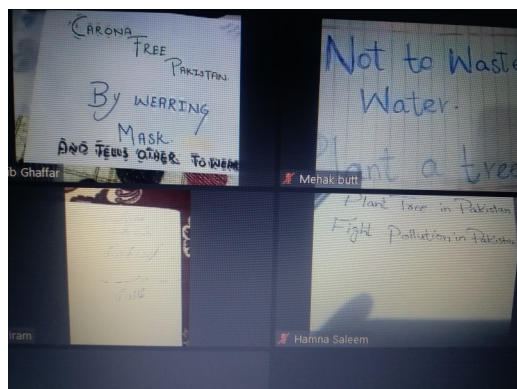
tions of people during pandemic, Myths about Corona, Rate of deaths and Registered cases of Corona, Health and nutrition, Immune booster diet for patients, recovered patients and people who are quarantined at home.



## Session on Cyber Harassment

Pakistan Girl Guides Association Baluchistan organized a session regarding awareness and prevention of Digital Harassment for Community Girls. The session was facilitated by Senior Guide

Laraib Ghaffar. Purpose of the session was to raise awareness about the safe use of technology and how to register complaint against Cyber Harassment in Pakistan.



## Workshops on SOPs against COVID-19

Pakistan Girl Guides Association Baluchistan in collaboration with Education Department, UNICEF and PITES organized workshops on SOPs against COVID-19 for safe re-opening of schools from 7<sup>th</sup> August to 4<sup>th</sup> September, 2020. Staff and 100 Guides of Noshki, Quetta, Kalat and Sibi participated. Trained Girl Guide unit of each school will assist in imple-

menting SOPs in their schools. Resource persons of UNICEF and PITES delivered sessions on hand wash, record of temperature, proper use of masks and how to dispose of disposable items and use of disinfectants and to maintain physical distance in class room.

## Poster Competition by Rehnuma

3 Girl Guides of Baluchistan participated in poster competition organized by Rehnuma on 31<sup>st</sup> July, 2020. The theme of the poster competition was "Putting

the Brakes on COVID-19: how to safeguard the Health and Rights of Women and Girls". Through posters the Guides demonstrated how Covid-19 has affect-

ed the health of women and how they are trying to survive.



## Virtual Talent Hunt

Pakistan Girl Guides Association, Baluchistan Branch in collaboration with Education department started virtual Talent Hunt program through which Guides and students of schools and colleges shared their hidden talents like, painting, calligraphy, poetry, story

writing and recycling the products. Through this program a platform was made available for girls to show their skills and receive appreciation. 50 Girl Guides and 30 Senior Guides participated.



## Independence Day Celebrations, Baluchistan

PGGA Baluchistan branch organized virtual celebrations regarding Independence Day of Pakistan on 14th August, 2020 with the Guides of Baluchistan. 20 Senior Guides from Quetta and Sibi participated. Theme of the celebration was "Clean Green Pakistan". The Guides pre-

sented National songs, Urdu and English speeches and poetry of Allama Iqbal during the program. Guides also took a pledge to try their best for the betterment of the country. At the end every participant was assigned with a task to plant a tree.

## Meeting with Education Department

Pakistan Girl Guides Association Baluchistan branch had a meeting with officials of Education department on 24th August, 2020 regarding implementation of SOPs in schools by Girl Guides. District Education Officer Ms. Farzana and Divisional Director Abdullah Achakzai and Executive Members of Girl Guides

attended. Meeting was chaired by president Begum Azmat Hassan Baluch, President PGGA Baluchistan. She briefed the participants about work Girl Guides Association has done throughout the pandemic in collaboration with Education department.



## Thinking Day Celebrations, GB

Pakistan Girl Guides Association Gilgit Baltistan celebrated thinking day at Government Girls Primary School Dalnati Ghizer. 66 Guides participated. Guides

presented Speeches, Poems, Jokes, Guide Songs, and National Anthem. Leaders informed Guides about the theme of thinking day 2020.



## COVID-19 Awareness Campaign, GB

Pakistan Girl Guides Association Gilgit Baltistan distributed pamphlets and Masks from door to door and displayed different charts to raise awareness

about COVID-19. They also informed people about the importance of hand washing and social distancing.



## New Enrollments, ICT

Pakistan Girl Guides Association ICT enrolled 40 new Junior Guides, 72 Girl Guides and 150 Senior Guides from January to April, 2020.



## Junior Guides Program Activities

28 Junior Guides of Pakistan Girl Guides Association ICT worked on an activity regarding healthy and junk food. They participated in detailed session on

healthy diet. They were informed that the balanced diet and nutrition is essential for good health. It protects against many chronic diseases. During the activ-

ity Guides made sandwiches and salad and enjoyed a lot.

## Hike and Cookout

Pakistan Girl Guides Association ICT organized Hike and Cookout trips to Shahdra Valley, as part of the Guide programme for Girl Guides. 50 Girl Guides from Islamabad Model School for Girls (I-VIII), I-10/4, 85 Guides from Islamabad

Model Collage for Girls G-6/1-4, 50 Guides from Islamic International University School, I-8 and 25 Guides from Islamabad Model School for Girls G-9 participated.



## Outdoor Visits, ICT

Pakistan Girl Guides Association ICT organized a one day outdoor visit for Girl Guides to Pakistan Monument, Ayub Park and Lake View Park in January, 2020. The visit to the monument helped the girls to enhance their knowledge besides it helped in their personality development. 30 Guides from Islamabad

Model College for Girls F-7/4, 40 from Islamabad Model School for Girls (VI-X), G-6/2, 40 from Islamabad Model School for Girls, F-11/1, 95 from Islamabad Model School for Girls, I-8/1 and 80 Guides from Islamabad Model School for Girls, I-10/4 participated.

## First Aid Training for Senior Guides

PGGA ICT organized two days First Aid Training in collaboration with Rescue 1122 at National Head Quarters for Senior Guides on 10<sup>th</sup> to 11<sup>th</sup> February, 2020. During the training Guides learnt to provide immediate assistance to the persons suffering from injury or illness. 110 Guides of Islamabad Model Collage

for Girls I-8/3 P.G, 36 Guides of Islamabad Model Collage for Girls, G-10/4 P.G, 30 Guides of Islamabad Model Collage for Girls G-6/1-4, 30 Guides of Islamabad Model Collage for Girls F-7/4 P.G and 25 Guides of Islamabad Model Collage for Girls F-6/2 participated.



## First Aid Training for Girl Guides

Pakistan Girl Guides Association ICT organized a First Aid Training at International Islamic University School (IIUI), I-8/3 on 21<sup>st</sup> January, 2020 in collaboration with Pakistan Red Crescent Society.

50 Girl Guides participated. The training included initial intervention in a serious condition till the professional medical help is available.

## Road Safety Awareness Sessions by ITP

Pakistan Girl Guides Association ICT Branch has been working on this campaign for several years in collaboration with Islamabad Traffic Police. This year the campaign started in January 2020 and sessions were organized in Islamabad Model College for Girls G-10/2, Is-

lamabad Model School (I-V) No.2 I-9/1, Fatima Public School, Burma Town and Islamabad Model School for Girls G-9/2. Guides and students attended the sessions about traffic rules. A quiz was also part of the sessions. Successful Guides and students received gifts.



## Plastic Tide Turner Badge

Junior Guides, Girl Guides and Senior Guides of ICT worked on Tide Turners Plastic Challenge Badge. During the badge activities, Guides learnt to make bags from discarded bed sheets, recycled plastic bottles and made fancy jars and pencil holders with

bottles. 40 Guides of Islamabad Model College for Girls F-6/2, 45 Guides of Islamabad Model College for Girls, G-10/4, 40 Guides of Islamabad Model School for Girls (VI-X), I-10/4 and 30 Guides of Islamabad Model College for Girls F-7/4 participated.



## COVID-19 & Guides of ICT

The lockdown due to COVID-19 affected the daily wage workers who were left with no means of earnings. Therefore, in order to facilitate them, Guides from different schools of ICT tried their best to help the needy. In this regard they opted different ways:

- Senior Guide Nighat Sabir from Islamabad Model College for Girls I-8/3 (P.G) distributed awareness pamphlets about covid-19. She made masks and hand sanitizer at home, and distributed in her neighborhood.
- Senior Guide Aleena Sattar from Islamabad Model College for Girls I-8/3 distributed rations amongst 20 needy families in Ashraf Town, Pindorian, Islamabad.
- Young leader Natasha Saleem distrib-

uted masks, hand sanitizers and pamphlets regarding precautionary measures amongst the needy individuals.

- Senior Guide Alina Ahmad from Islamabad Model College for Girls F-10/2, Shanzay Khan, Khaula Nasir and Aqsa Lateef from Islamabad Model College for Girls I-8/3, Rubaisa Ayub from Islamabad Model College for Girls F-8/1 and Hina Elahi from Islamabad Model College for Girls F-7/4 collected funds and provided to the needy families.
- Girl Guide Khaula Fayaz from Islamabad Model School for Girls (VI-X) G-9/3 spent her pocket money to provide rations to a widow and her family.



## Ramadan Campaign

Girl Guides of Islamabad Model School for Girls, G-6/2 and Senior Guides from Islamabad Model College for Girls, F-7/4 helped the needy families during the

month of Ramadan. Ration packs were given to needy families of Islamabad.

## Stay Home Activities

During the lockdown due to the pandemic, Guides of ICT participated in the "Stay Home Activities" and also raised awareness among their peers and com-

munities. Guides participated in art-work, kitchen gardening, stitching, baking, made bird feeders and mental health activities.



## Independence Day Celebrations, ICT

Pakistan Girl Guides Association ICT celebrated Independence Day at National Headquarters. Senator Nuzhat Sadiq, National Commissioner PGGA and Mrs. Farah Naz Akbar, President ICT graced

the occasion. Guides of ICT also celebrated Independence Day with full zeal and enthusiasm at their homes and shared their videos and photographs.



## Monsoon Plantation Drive

PGGA ICT organized Monsoon Plantation Drive at PGGA NHQ in collaboration with FOE (Friends of Environment) and Rescue 1122 with the objective of environment protection on 24<sup>th</sup> August, 2020. FOE provided 200 plants of Pomegranate, Guava, Lokat, Jaman, Grapes, Sukh chain, Kachnar, Pine, Sirus, and

Arjun etc. Ms. Lubna Khan, Vice President PGGA ICT, Ms. Saeeda Mushtaq, Chairperson Shields and Awards PGGA ICT and M. Yousaf Khan, Chairman FOE graced the event and distributed certificates among the participants of plantation activity.



## Meeting with representatives of Open Companies

Mrs. Tasneem Zahir Shah, President Pakistan Girl Guides Association KP had a meeting with the representative of Open Companies, Dr. Hina Valji on 13<sup>th</sup> January, 2020. The meeting agenda was to continue the Guide activities and to

keep smooth coordination between the Open companies and PGGA KP. The meeting was held at residence of the president due to her illness.



## Orientation of Guiding for Head Teachers

Members of PGGA KP attended an event regarding school development program at International Rose School on 15<sup>th</sup> January, 2020. They met a number of head teachers of different private schools and gave brief orientation about Guiding and

its benefits for the character development of girls. The head teachers appreciated Guiding as an opportunity for the students for their physical & mental development.



## Session regarding Health & Hygiene

Pakistan Girl Guides Association KP organized an awareness session regarding basic health & Hygiene in collaboration with IRC Peshawar at the Al-Syed Model School Badabir on 16<sup>th</sup> January, 2020.

35 Junior Guides attended. During the session participants were briefed about the importance of basic cleanliness and health through practical demonstration.



## Session regarding Moral Values in Islam

Pakistan Girl Guides Association KP organized religious education session regarding Moral Values in Islam with com-

panies of Junior Guides of the Smart School on 20<sup>th</sup> January, 2020. More than 60 Guides participated.



## Awareness regarding Diabetes

Pakistan Girl Guides Association KP organized an awareness session regarding Diabetes at Allama Iqbal School & College on 25<sup>th</sup> January, 2020. Representative of Sugar Hospital Ms. Saba Javed facilitated the session. Signs and symptoms of type 1 & type 2 diabetes were

discussed in detail. She also shared the precautions for the disease. More than 150 students participated. Another awareness session was organized in The Frontier Model School & College. 108 participated.



## Orientation in School of Sikh Community

Staff of Pakistan Girl Guides Association KP visited The Raising School of Sikh community and conducted an orientation meeting regarding Guide activities and awareness session on the emergent issue of Diabetes on 30<sup>th</sup> January, 2020.

The President of Sikh community Mr. Gopal Sing looked forward to the initiation of Guide activities in their school. He also expressed his interest in involving their women community members in Guiding. 60 students participated.



## Training of Trainers regarding MHM

In February 2020, staff of Pakistan Girl Guides Association KP attended the four days training of trainers (ToT) on Men-

strual Health & Hygiene Management (MHM) at of SRSP HRDC Hayatabad Peshawar along with other 55 partici-

pants of local stakeholders in KP. During the training they learnt about the essential information and Tools about MHM.



### Meeting with Governor KP

President KP Mrs. Tasneem Zahir Shah & Vice President Mrs. Faiza Babar had a meeting with the Governor KP and his wife Mr. & Mrs. Shah Farman regarding issues of Girl Guiding in KP on 25<sup>th</sup> January, 2020.

### Meeting with Finance Minister

Vice President Pakistan Girl Guides Association KP, Mrs. Faiza Babar, Executive Member Ms. Amreena Amie and young leader Syeda Tooba Araib had a meeting with the Finance Minister KP, Mr. Taimur Jagra, regarding Grant in Aid on 31<sup>st</sup> January, 2020.

### Meeting with Chief Secretary KP

President Pakistan Girl Guides Association KP Mrs. Tasneem Zahir Shah and Vice President Mrs. Faiza Babar had a meeting with Chief Secretary of KP on 9<sup>th</sup> February, 2020. Meeting was held in reference of issues regarding Guiding in KP.

### Meeting with Secretary E & S Education

President Pakistan Girl Guides Association KP, Ms. Tasneem Zahir Shah, Vice President Ms. Faiza Babar & Provincial Secretary Ms. Razia Meer had a meeting

with Secretary Elementary & Secondary Education KP on 10<sup>th</sup> February, 2020 regarding issues of Guiding in KP.

### Meeting with head of Orphanage

Staff of PGGA KP had a meeting with the head & principal of an Orphanage "the Khyber System School Peshawar" at Guide house on 10<sup>th</sup> February, 2020. Initiation of Guide activities, Capacity building of staff members and teachers were main points of discussion. PGGA staff also visited the said school on 14<sup>th</sup> February, 2020.

### Diabetes Screening Camp for Sikh Community

Pakistan Girl Guides Association KP in collaboration with Sugar Hospital organized Diabetes screening camp for the Sikh Community on 18<sup>th</sup> February, 2020. More than 70 people benefitted from

the camp. The President of Sikh Community Mr. Gopal thanked and appreciated the Guides for organizing the camp.

### Diabetes Awareness Session

Pakistan Girl Guides Association KP in collaboration with Sugar Hospital organized a Diabetes Awareness Session at Government Girls High School Wazir Bagh on 20<sup>th</sup> February, 2020. Students

and teachers took great interest in learning about the disease. Ms. Saba Javed facilitated the session. More than 200 attended the session.



### Plastic Tide Turner Badge

Pakistan Girl Guides Association KP organized activities of Plastic Tide Turner Badge at Government Lady Girftt School and The Alama Iqbal School and College on 21<sup>st</sup> February, 2020. The entry level

activities were completed. Principals and teachers of the said schools appreciated the badge activities for minimizing the use of plastic in our lives.

### Awareness of Menstrual Health & Hygiene

Pakistan Girl Guides Association KP organized an awareness session on Menstrual Health & Hygiene for students of The Allama Iqbal School & Collage for

Girls on 20<sup>th</sup> February, 2020. 43 students and Guides attended the session.



### First Aid Training for Teachers

Pakistan Girl Guides Association KP organized two days Basic First Aid Training for the Staff and Teachers of the Khyber system School Orphanage on 6<sup>th</sup> March,

2020. Basic Techniques of Emergency Management in any critical situations were part of the training. 15 teachers participated.



## Awareness of COVID-19

Trainer of Pakistan Girl Guides Association KP Ms. Tasneem Yar visited different villages of Chitral on 12<sup>th</sup> April, 2020

and raised awareness about the preventive measures of COVID-19 among families and children of the area.



## Awareness of COVID in light of Islamic Teachings

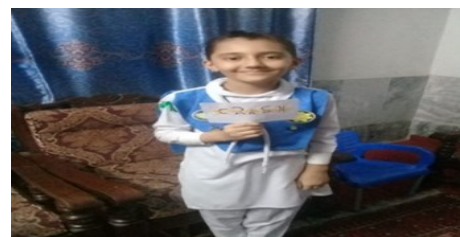
Pakistan Girl Guides Association KP organized an awareness session regarding COVID-19 in light of Islamic Teachings on 14<sup>th</sup> April, 2020. Ms. Farhat Sawal facilitated the session in light of Islamic

teachings and Islamic history about the communicable diseases and how to control them.

## Home based Activities-Open Companies

Different home based activities were organized by the Junior Guides of Open Companies of Peshawar during Pandemic.

The activities included spinning, Forced Perspective Photography and Emotive Activities.



## Labor Day Celebrations

Pakistan Girl Guides Association KP celebrated International Labor Day on 1<sup>st</sup> May, 2020 in Chitral and paid tribute to

the laborers of the region. Eight Guides participated.

## Session on Stitching Masks

Pakistan Girl Guides Association KP organized a session regarding stitching of masks in Chitral. The objective of this training was to overcome the shortage

of the masks during the pandemic in remote area of Chitral. Ten Guides participated in this training.



## Session on Stress Management

PGGA KP organized an awareness session regarding stress Management during the pandemic of COVID-19 with the community members of Amin Colony Peshawar on 9<sup>th</sup> June, 2020. A doctor facilitated the session and gave the detailed information to the participants

about the mental stress and its management. At the end of session, a senior nurse of AKHC Peshawar gave brief overview about the precautionary measures of COVID-19. 15 community members attended the session.

## Session on Balanced Diet

Pakistan Girl Guides Association KP organized a session on Balanced Diet during this pandemic for the community members of Brep village Chitral on 11<sup>th</sup>

June, 2020. Importance of balanced diet during the pandemic was disseminated to the participants. 12 community members attended the session.



## Traditional Food Competition

Pakistan Girl Guides Association KP organized a Traditional Food competition at Chitral on 12<sup>th</sup> July, 2020. Gifts were

distributed among the winners by the community elders.

## Online Summer Camp

Pakistan Girl Guides Association KP organized a 6 days Online Summer Camp for Guiders and Leaders from 21<sup>st</sup> July, 2020. The theme of the camp was "Combating Isolation Challenge" in context of COVID-19. The main objective of

the camp was to polish the camping skills of Guiders and Leaders and their life skills expertise as well. Participants enjoyed and learned in new and unique way. 15 Guiders and Leaders participated.



## 3 Day Summer Camp, Chitral

Trainer Ms. Tasneem Yar organized 3 Days Summer Camp for the Community Guides of Village Brep, District Chitral

from 21<sup>st</sup> July, 2020. Participants learnt and practiced camp craft skills during the camp.



## Independence Day Celebrations

Guides in all districts of KP region celebrated independence day on 14<sup>th</sup> August, 2020. They remembered the sacrifices of our leaders for achieving inde-

pendence. Guides of Garamchama, Chitral celebrated this special day along with boy scouts.



## Distribution of Self Protection Kits

Trainer of Pakistan Girl Guides Association KP Ms. Tasneem Yar in collaboration with Aga Khan Agency for Habitats Chitral distributed self-protection kits among the community on 19<sup>th</sup> August, 2020. The Protection kits included

Masks, sanitizers, etc. to protect the local community from deadly Corona virus (COVID- 19). She also displayed SOPs on the walls of marriage halls to raise awareness about COVID-19 among the community.

## Entrepreneurship Development

The Trainers of PGGA KP and Guides started collecting fruits in summer from

their villages and learnt to dry and sell them in a winter.



## Session regarding Water Filtration

Pakistan Girl Guides Association KP organized an awareness session for the Community members regarding Water Filtration on 4<sup>th</sup> May, 2020 at Brep Village Chitral. Ms. Tasneem yar, Trainer

KP facilitated the session. She shared the method of water filtration using locally available materials. Importance of clean water in human lives and how do it helps and save the people from

various types of infections was emphasized during the session. Ten community members attended.

## New Enrollments, Punjab

Pakistan Girl Guides Association Punjab enrolled 37 new Junior Guides and 624 Girl Guides in the months of January and

February, 2020 in district Chakwal, Lahore, Nankana Sahib, Faisalabad, Jhang, Vehari, Attock, Layyah, Sargodha, Ha-

fizabad, Kasur, Mianwali and Faisalabad.



## Day Camps

Pakistan Girl Guides Association Punjab organized 16 day camps from January to February, 2020 in District Okara, Hafiza-

bad, Lahore and Nankana Sahib. 557 Girl Guides participated.



## Work Camps, Punjab

19 Work Camps were organized in January and February, 2020 by Pakistan Girl Guides Association Punjab. 1,113 Girl Guides participated. Work camps were

organized at Faisalabad, Chinniot, Jhang, Layyah, Hafizabad, Lahore and Nankana Sahib.



## District Guide Camps

Pakistan Girl Guides Association Punjab organized District Guide Camps at Pakistan Post Model School and Government Comprehensive Girls Higher Sec-

ondary School Lahore from 27<sup>th</sup> to 29<sup>th</sup> January 2020 and 29<sup>th</sup> January to 1<sup>st</sup> February, 2020 respectively. 731 Guides participated.

## Kashmir Solidarity Day

Guides of Punjab observed Kashmir Solidarity Day in district Okara, Kasur, La-

hore and Bahawalpur in February, 2020. 552 Guides participated.



## Go Green Campaign

Tree Plantation campaign was carried out by the Guides of District Kasur, Ba-

hawalpur and D. G. Khan in January and February, 2020. Guides planted 750

## World Thinking Day Celebrations, Punjab

World Thinking Day was celebrated at Provincial Headquarters of Punjab on 25<sup>th</sup> February, 2020. The theme of the Day was Diversity, Equity and Inclusion. Governor Punjab Mr. Muhammad Sarwar and President PGGA Punjab Begum Parveen Sarwar were the Chief Guests. Mrs. Nafisa Sikandar Malhi Provincial Commissioner, Mrs. Tazeen Fazal, Deputy National Commissioner, Dr. Tahira Hussain Honorary Treasurer, Executive Members, Headmistresses and Guiders from different schools and colleges were also present. 1000 Guides participated. Governor Punjab Chaudhary Mohammad Sarwar appreciated Pakistan Girl

Guides Association Punjab for playing a vital role in the character building of Girls. He shared his vision to make Girl Guides and Boys Scouts the second-largest Association after Pakistan Army and assured that he would not let suffer Guiding due to insufficient resources and funds. Begum Parveen Sarwar President PGGA Punjab expressed that she wants the girls to learn every skill possible.

World Thinking Day was also celebrated in District Mianwali, Kasur, Bahawalpur, Gujranwala, Hafizabad and D. G. Khan on 22<sup>nd</sup> February, 2019. 620 Guides participated.



## COVID- 19 Awareness Campaign

PGGA Punjab carried out COVID-19 Awareness campaign in all districts of Punjab. Trainers shared precautionary measures to avoid the spread of disease. Guides of Punjab are actively participating in "Stay Home Activities" and are sharing these activities on Social Media. Guides also collected money and distributed Ration Bags to the needy

persons. Trainers of Punjab organize zoom meetings with Guiders, Senior Guide Leaders and Guides to carry on the Guide program and activities.





## Patrol Leader Trainings

Pakistan Girl Guides Association Punjab organized Patrol Leader Trainings at Sahiwal, Chichawatni, Pakpattan Sharif, Arifwal, Narowal and Divisional Guide House Lahore. 529 Girl Guides participated.



## Free Being Me Training

Pakistan Girl Guides Association Punjab branch organized Free Being Me Training at District Okara in the month of January, 2020. 75 Girl Guides participated.



## Sessions on Sexual Harassment

Pakistan Girl Guides Association Punjab organized Awareness sessions regarding Sexual Harassment at District Lahore and Nankana Sahib. 202 Guides participated. Information regarding Good & Bad Touch, Child Marriages, Discriminatory Behavior & Communication was provided to participants.

## Session on Animal Rights

Pakistan Girl Guides Association Punjab organized a session on animals right in collaboration with Brooke at Provincial headquarters Punjab on 21<sup>st</sup> July, 2020. 14 Senior Guides from various colleges

participated. Resource persons from Brooke advocated for the humane treatment to the horses, donkeys and mules, their standard food requirements and to avoid over burdening them with loads.

## Child Rights Education Program

Pakistan Girl Guides Association, Punjab organized Child Rights Education Programs at Provincial Headquarters Punjab from 18<sup>th</sup> to 20<sup>th</sup> August, 2020 and 24<sup>th</sup> to 26<sup>th</sup> August, 2020 for the empowerment of adolescent girls. 50 Girl Guides from "Apna Ghar" Abdul Aleem

Foundation participated. Mrs. Tanveer Jahan Executive Director of Democratic Commission for Human Development (DCHD) was the resource person and delivered sessions on Child Rights, Child Abuse, Good & Bad Touch, Discriminated Behavior, and Corporal Punishment.



## Zoom Meetings with Trainers

Pakistan Girl Guides Association Punjab has been holding zoom meetings with trainers to continue Guide activities during pandemic. Mrs. Tazeen Fazal Deputy Provincial Commissioner presided all the meetings. During the meetings, Trainers

shared their initiatives and community work during COVID-19. President PGGA Punjab also had a zoom meeting with Trainers to motivate and appreciate their work during COVID-19.

## Disaster Response Training

Pakistan Girl Guides Association Punjab organized a Disaster Response Training in collaboration with Rescue 1122 for the members of various Welfare Associations at Rawalpindi Guide House. Trainings were conducted on 10<sup>th</sup> to 11<sup>th</sup>

June, 16<sup>th</sup> to 17<sup>th</sup> June and 26<sup>th</sup> June, 2020. 67 volunteers from Tarbiat Foundation, Almustafa Scouts, and Share Happiness Foundation participated.



## Independence Day Celebrations, Punjab

Pakistan Girl Guides Association Punjab celebrated Independence Day on 14<sup>th</sup> August, 2020 in all districts. Flag hosting ceremonies were held at all Guide Houses of Punjab. Zoom meetings were organized in which Girl Guides presented

colorful items like national songs & speeches and shared their action plans. Guides also planted trees to mark the Independence Day.



## Clean & Green Pakistan

Guides of Punjab carried out Tree Plantation Campaign in different districts of the province. They planted trees in their

homes, schools, Guide Houses and Community.



## Youm-e-Istehsal-e-Kashmir

Youm-e-Istehsal-e-Kashmir (Day of Exploitation) was observed on 5<sup>th</sup> August, 2020 in all districts of Punjab. Guides participated in flag & poster competi-

tion, dialogue & discussions, zoom meetings, peace promotion walk and rallies.



## Online Campfire, Punjab

PGGA Punjab organized online campfire on 4<sup>th</sup> August, 2020. Mrs. Nadeema Zafar Executive Member, Mrs. Salma Sajjad Senior Guide Trainer, Young Lead-

ers of Baluchistan, AJK, ICT, Gilgit Bal-tistan, and Punjab participated. Mrs. Nadeema Zafar facilitated regarding vocational skills.



## Rescue Office Visit

During COVID-19, Senior Guides of Punjab visited office of Rescue 1122. They interviewed professional rescuers about their challenges during COVID-19 and presented Greeting cards and appreciation posters to them. Senior Guides also

paid tribute to frontline warriors including Police Force, Doctors, Nurses and Paramedical Staff. They appreciated them by presenting greeting cards and badges.

## Distribution of Health & Hygiene Kits

Pakistan Girl Guides Association Punjab distributed Health & Hygiene Kits to community girls with collaboration of Ms. Ayesha Iqbal, Member Provincial

Assembly Punjab on 8<sup>th</sup> August, 2020. The kits included Sanitary Napkins and Masks. 20 Senior Guides participated and distributed 130 kits.



## Distribution of Rations during COVID-19

Guides and members of PGGA Punjab played an effective role during COVID-19 by distribution of Rations among the needy families. They helped 18,631 families. Guide members and Girl Guides

collected money and distributed 1,507 grocery packs, 18,518 masks & sanitizers and 5,536,900/- Rupees in cash to the needy families.

## Annual Council Meeting, Sindh

The Annual Council Meeting of Pakistan Girl Guides Association Sindh Branch was held at Guide House Karachi on 3<sup>rd</sup> March, 2020. 50 members from all districts of Sindh participated. Several Government Officials also attended. Elections were the main agenda of the meeting and new Office Bearers were

elected. Mrs. Nayyar Salam Provincial Secretary & Director Training received Sadaf Award during Annual Council Meeting. All the members of the House gave standing ovation to acknowledge her services for Guiding.





## Workshops regarding Guide Program

Pakistan Girl Guides Association Sindh branch organized 3 workshops regarding Junior Guide, Girl Guide Program hand-books and maintenance of company

register at Karachi. 21 Junior Guide Guiders and 12 Guide Guiders from District South and Malir participated.



## Orientation Training for District Guide Commissioners

Pakistan Girl Guides Association Sindh branch organized 3<sup>rd</sup> Orientation Training for newly nominated District Guide Commissioners at Guide House Karachi. Commissioners from Sukkur, Khairpur,

Larkana, Naushero Feroz, Karachi East (Prim), Korangi and Malir participated. Training was facilitated by Director Training Sindh.



## New Enrollments

Pakistan Girl Guides Association Sindh branch enrolled two new companies of Girl Guides during the month of February,

2020 in Karachi. 36 Girl Guides were enrolled.



## Enrollment of District Guide Commissioners

Pakistan Girl Guides Association Sindh enrolled 12 new District Guide Commissioners of Karachi, Jamshoro, Badin, Shaheed Benazirabad, Larkana, Khair-

pur, Naushero Feroz and Thatta at Karachi and Hyderabad in the month of February and March.

## Work Camps, Sindh

Pakistan Girl Guides Association Sindh organized 26 work camps for Girl Guides in Karachi Hyderabad and Sukkur Region. 364 Girl Guides participated.

4 work camps were organized for Junior Guides in Karachi and Sukkur Region. 73 Junior Guides participated.



## Proficiency Badges, Sindh

600 Junior Guides and 544 Girl Guides from Karachi, Hyderabad and Sukkur

completed 12 Proficiency Badges on different topics.



## Corona Virus Safety Training

Pakistan Girl Guides Association Sindh organized Corona Virus Safety Training at District South to train the Guiders

about the precautionary measures. 12 Junior Guide Guiders participated.



## Face Mask Distribution

12 Junior Guide Guiders prepared Hand-made Face Masks and distributed among community in District South Karachi as it is a basic necessity during Corona Virus Pandemic.

## Tree Plantation

WWF donated 500 Plants to 15 Schools of District Malir during the Introduction Campaign of 5S. 300 Guides of these

schools made pavements and planted trees in their schools.



## Donation of Shoes and Sweaters

20 Junior Guides and Girl Guides of Karachi Region donated 15 Shoes, 8 Sweaters and 30 sets of Socks to the needy girls.



Guides of Sukkur donated 2 School Uniforms, 2 Guide Uniforms, 10 School Copies, 3 School Shoes, 15 Junior Guide Uniform Sashes, School Stationery and

Charts to the needy students.

## Visit to Hospital

10 Girl Guides of Hyderabad visited Hilal-e-Ahmer Hospital and spent quality time with patients. They distributed

fruits among patients as a gesture of love.



## Jashn-e-Baharan Festival

19 Guides and 5 Guiders set up stalls at SOS Village Jamshoro in Jashn-e-Baharan Festival and raised funds for

the children through Painting, Selling Snacks and other activities.



## Awards Ceremony, Sindh

Pakistan Girl Guides Association Sindh, District Hyderabad organized an Awards Distribution Ceremony to distribute the awards received from National Headquarters. Executive Members, Commis-

sioners, Senior members and Officials of Education Department were invited. 22 Guiders and 90 Guides attended the ceremony and received their Awards and Appreciation Certificates.

## Kashmir Day Celebrations, Sindh

Guide members from all districts of Karachi and Hyderabad celebrated Kashmir Day at company and district levels. A group of Trained Leaders including 3

Guiders and 2 Trainers participated in "Kashmir Solidarity College Students Marathon and Cycling Race" on 5th February, 2020 as First Aid Providers.



## World Thinking Day Celebrations, Sindh

Guides of Karachi and Hyderabad region celebrated the Thinking day at company and district level. Thinking day was also celebrated at Guide House Karachi & Hyderabad and Guides participated in Activities of World Thinking Day pack 2020. Thinking Day was also celebrated

at district level in Sukkur in which 20 Guiders, 85 Junior Guides and Girl Guides participated. Mr. Shahab-ud-Din Indhar District Education Officer Sukkur and Ms. Hameeda Jatoti, District Guide Commissioner also attended the program.

## Sindh Deworming Initiative

Trainers, Guiders and Guides of Karachi took part in Deworming Initiative of Government. They provided different

services in all Government Schools of Karachi.



## Revision of Warrant Test

One Trainer from Sukkur revised her Warrant Test during COVID-19 Pandemic as all other activities were suspended.

## Guide Uniform Challenge

Pakistan Girl Guides Association Sindh organized Guide Uniform Challenge online via Facebook. Guides from different districts of Karachi and Hyderabad participated and sent their pictures in

Uniform with proper placement of different badges. The challenge was organized to keep the Guides busy and refresh the uniform requirements.

## Coping with Corona Campaign

Coping with Corona Campaign was launched by School of Leadership Foundation, in partnership with UNICEF, UNDP, UNFPA, UNHCR and UNESCO online. Three Guides and Young Leader from Karachi and Hyderabad participated. The 3 days long training was started on 22nd July, 2020 and later participants were assigned with community task and

for that they received a parcel containing 5 KN95 masks, 5 Hand Sanitizers, 5 Caps and 5 Posters. Furthermore, from the participants 10 outstanding leaders were selected and proudly one of our Guides from Hyderabad was also part of them. Appreciation certificate along with a gift was awarded to them.



## Tree Plantation, Sindh

On the occasion of Independence day, Guides of Hyderabad planted trees in Guide House Hyderabad.

Mr. Syed Rasool Bux, Director of Schools Education Sec. & H. Sec of Hyderabad Region and Ms. Sadaf Akbar Memon District Guide Commissioner Hyderabad also planted trees at Guide House Hy-

derabad. Coordinator Hyderabad Region and Guides and Guiders also participated.

Under the Prime Minister Campaign of "Clean and Green Pakistan", Assistant Director CCH Branch, District Guide Commissioners, Trainer and Guide Guiders planted saplings in the Directorate.

## Sewing Centre Hyderabad

During lockdown few girls and teacher who live close to Guide House Hyderabad made best use of their time and prepared 28 sashes and scarves for Guide Uniform with proper implementa-

tion of COVID-19 precautionary measures. Sewing Centre Hyderabad was re-opened on 17<sup>th</sup> August, 2020 after the lockdown.



## Camp at Home by Northumberland Scouts

Northumberland Scouts organized an online Camp at Home from 22<sup>nd</sup> to 25<sup>th</sup> May, 2020 for Girl Scouts and Girl

Guides. Three Guides from Hyderabad district attended this camp and received certificates.

## Mother's Day Celebrations

42 Junior Guides of Platinum Junior Guide company celebrated Mother's Day in a unique way on 10<sup>th</sup> May, 2020. They made their mothers feel special by doing their manicure and pedicure. The

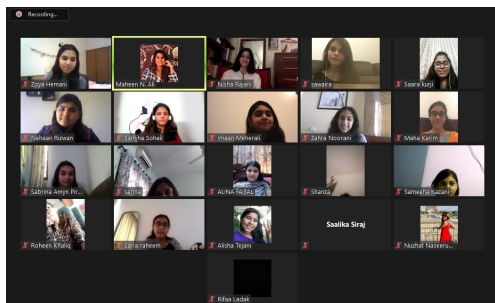
step by step instructions of manicure & pedicure were provided to them by their leader. Junior Guides and their parents enjoyed this activity a lot.



## Workshop on Financial Literacy

Guides of Clifton Girl Guides Company organized an online Workshop on Financial Literacy on 9<sup>th</sup> & 16<sup>th</sup> August 2020. Guides of Kharadar and Lassi also participated. During the workshop they played phase one of Financial Literacy

Game, which is an online game by Government of Pakistan to understand the basic financial terminologies. They learned about savings, profit and loss and enhanced their money management skills.

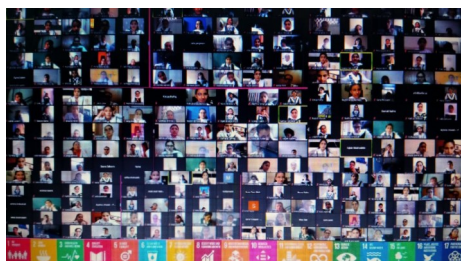
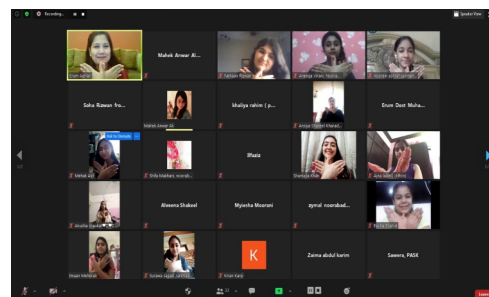




## Session on Menstrual Hygiene

Guides of Gulshan in collaboration with Santex Pakistan organized an interactive session on Menstrual Hygiene on Sunday 9<sup>th</sup> August, 2020. 42 Guides attended. Ms. Erum, Communication Manager Santex Pakistan was the resource person.

son. She highlighted the importance of good Menstrual hygiene towards the health and well-being of young girls and women. Guides participated in the session with zeal and shared their experiences regarding myths and facts.



## Webinar on SDGs

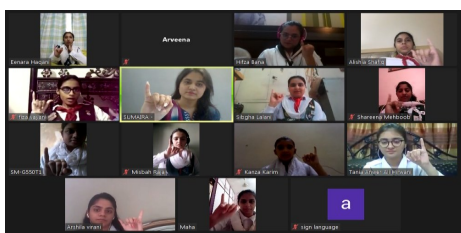
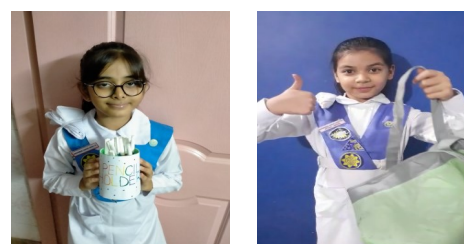
Open companies of Karachi district organized a 2-day Webinar on SDGs for Girl Guides on 25<sup>th</sup> & 26<sup>th</sup> July, 2020. 50 Guides participated. A resource person from UN for Women Rights facilitated.

During the webinar Guides learnt about different SDGs and how they can be implemented on individual and community level.

## Video on "Say No to Plastic"

Karimabad Junior Guide Company made a video regarding 'Say No to Plastic' on 14<sup>th</sup> June, 2020. The video was shared on Facebook and Instagram pages. Focus of the video was on how to reduce the spread of plastic and ways to reuse and recycle the plastic.

cus of the video was on how to reduce the spread of plastic and ways to reuse and recycle the plastic.



## Sign Language Training

Nizari Junior Guides Company organized a training on sign language as a part of their Shield project from 1<sup>st</sup> to 12<sup>th</sup> June, 2020. Ms. Sumaira Warsani, a teacher at DEWA Academy facilitated the training. The 12 days long training comprised of different components of sign language.

at DEWA Academy facilitated the training. The 12 days long training comprised of different components of sign language.



## Pakistan Girl Guides Association

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Last Date for the submission of Articles for  
September-December, 2020 Issue of The  
Guide Post: 5<sup>th</sup> January, 2021

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Pakistan Girl Guides Association  
National Headquarters

## Up Coming Events

|   |   |
|---|---|
| <b>International day of Tolerance</b><br>16 <sup>th</sup> November                                  | <b>World Children Day</b><br>20 <sup>th</sup> November          |
| <b>International day for the Elimination of Violence against Women</b><br>25 <sup>th</sup> November | <b>World AIDS Day</b><br>1 <sup>st</sup> December               |
| <b>International day of Disabled persons</b><br>3 <sup>rd</sup> December                            | <b>International Volunteers Day</b><br>5 <sup>th</sup> December |
| <b>World Soil Day</b><br>5 <sup>th</sup> December   | <b>World Human Rights Day</b><br>10 <sup>th</sup> December      |
| <b>World Energy Conservation Day</b><br>14 <sup>th</sup> December                                   | <b>Quaid-e-Azam Day</b><br>25 <sup>th</sup> December            |
| <b>Celebration of the establishment of Pakistan Girl Guides</b><br>29 <sup>th</sup> December        | <b>Global Family Day</b><br>1 <sup>st</sup> January             |