

# HRD COMMUNIQUE

## Women breaking the stereotype through rickshaw driving

Building on Pink Rickshaw Initiative IRM introduced Ride In Pink aimed to give young women/girls access to women friendly, quality, safe and economical transport services through overcoming mobility barriers and also give skills to manage a women friendly transportation service. Gender sensitivity is an integral part of this project. Through this initiative, twelve women rickshaw drivers are successfully driving rickshaws in district Chakwal.



## Sindh Union Council and Community Economic Strengthening Support (SUCCESS) Programme

IRM is implementing the three-year EU/NRSP funded SUCCESS project in four Districts of Sindh (Matiari, Tando Allah Yar, Tando Muhammad Khan, and Sujawal). During the quarter 1356 Participants Graduated in Electrician Advance, Solar Fitting, Air Conditioner & Refrigerator Repair, Car Driving, Applique Work, Machine Embroidery, Hijab Making, Tailoring & Dress Designing, Building Painting, Baby Dress Designing, Crochet Work and Hand Embroidery Training, Beautician Advance.



## HIGHLIGHTS of the Quarter

Women breaking the stereotype through rickshaw driving

Sindh Union Council and Community Economic Strengthening Support (SUCCESS) Programme

A missed call on WhatsApp can infect your phone

Mango the King of Fruits

Pakistan Reading Project (PRP)

Strengthening Civil Society Organizations' Project

Punjab Youth Workforce Development Project (PYWDP)

Southern Punjab Poverty Alleviation Project (SPPAP)



# WhatsApp

## A missed call on WhatsApp can infect your phone

Facebook-owned messaging app — WhatsApp has recently said that it has patched a vulnerability that could install spyware in your phone through a missed call. The phones that were targeted by an “advanced cyber actor.”

Global news media outlets, including the Financial Times, reported that the hack targeted WhatsApp users is a product of Israel’s NSO group. The group is famous for its software dubbed “Pegasus”, which it sells to the governments to hack smartphones and activate their cameras and mics, collect location information and send out emails and texts.

WhatsApp was reportedly working on finding and fixing the flaw. Many phones were targeted in the hack. Meanwhile, according to a company’s statement, the number was at least in dozens. WhatsApp without naming any organization did not say whether the company known to work with governments to infect phones.

A security firm which identified the flaw in WhatsApp detected the vulnerability. “WhatsApp detected a vulnerability in our voice calls.” Its engineers found a code that is not familiar to them. In the process of calling, this code gets shipped.”

Through this spying software, hackers can potentially target all commonly used smartphone operating systems, including Apple’s iOS, Google’s Android, Microsoft’s Windows Phone and Samsung’s Tizen.

To secure your phone, you just simply need to update your WhatsApp to the latest version of the app which has patched this vulnerability. Moreover, you may also need to update your phone’s OS with the latest security patch in order to be more secure. Meanwhile, WhatsApp is also urging its 1.5 billion global users to update the app immediately to close the security loophole. As a reminder, “WhatsApp encourages people to upgrade to the latest version of our app, as well as keep their mobile operating system up to date, to protect against potential targeted exploits designed to compromise information stored on mobile devices.”



## Mango the King of Fruits

In Pakistan over 150 types of mangoes are produced which include Chaunsa, Langara, Sindheri, DUSEHRI Mango, Anwar Ratole, Ratnagiri mango, Alphonso Mango, Sammar Bahisht mango, Fajri Mango etc. Almost every person in Pakistan loves to eat mangoes and people wait for mango season eagerly. Consumption of mangoes have a positive effect on health.

**Reduce blood sugar level.** It is high in fiber, vitamins A and C, as well as other minerals. In addition to the positive effects on body fat, blood lipids and glucose, it is not associated with serious side-effects such as negative effects on bone that is linked with the use of rosiglitazone, a drug commonly used to lower blood sugar

**Reduce cancer risk.** Another research led by Institute for Obesity Research and Program Evaluation of Texas A 'n' M University Assistant Professor and Research Director Susanne Mertens-Talcott examined the effects of polyphenols found in fresh mangos cancerous and non-cancerous breast cells. This study suggested that mango polyphenols might limit inflammatory response in both cancerous and non-cancerous breast cells.

**Eye Health:** One cup of sliced mangoes supplies 25 per cent of the needed daily value of vitamin A, which promotes good eyesight and prevents night blindness and dry eyes.

**Alkalizes the Whole Body:** The tartaric acid, malic acid, and a trace of citric acid found in the fruit help to maintain the alkali reserve of the body.

**Improves Digestion:** Papayas are not the only fruit that contains enzymes for breaking down protein. There are several fruits, including mangoes, which have this healthful quality. The fiber in mangos also helps digestion and elimination.

**Remedy for Heat Stroke:** Juicing the fruit from green mango and mixing with water and a sweetener helps to cool down the body and prevent harm to the body. From an Ayurvedic viewpoint, the reason people often get diuretic and exhausted when visiting equatorial climates is that the strong "sun energy" is burning up your body, particularly the muscles. The kidneys then become overloaded with the toxins from this process.

**Boosts Immune system:** The generous amounts of vitamin C and vitamin A in mangos, plus 25 different kinds of carotenoids keep your immune system healthy and strong.

## Pakistan Reading Project (PRP)

The PRP (Pakistan Reading Project) is a USAID (United States Agency for International Development) funded intervention being implemented in Pakistan through a consortium of implementing partners (including Creative Associates International, World Learning, and Institute of Rural Management) led by IRC (International Rescue Committee). IRC is implementing this project in Newly Merged districts and Balochistan. A substantial amount of Reading learning material was provided to schools in cohort 3 district that include 874 sets of big books, 652 sets of corner library books (43 books in each set), 875 sets of levelled readers, 18118 workbooks etc.

60 (M:19, F:41) head teachers, 51 (M:12, F:39) teachers and 50 (M:34, F:16) academic supervisors were given orientation on PRP intervention, proper use of DRLM through effective use of RLM for promotion of reading culture in schools. The districts achieved 100% target by training these remaining individuals. 2086 (M:1161, F:925) teachers were trained through 384 (M:217, F:157 and Mix:10) TIG meetings. 90% of TIG members attended the meetings. The teachers practiced modules # 9, 10, 11 and 12 during the reporting quarter. 1614 (M:905, F:709) teachers were provided on the job support during SSVs in 1285 (M:715, F:570) schools. The

mentors facilitated 860 teachers (M:474, F:386) in 657 (M:356, F:301) schools and the project also helped out 757 (M:431, F:323) teachers in 628 (M:359, F:269) schools.

3 QRM's conducted with A/Supervisors held attended by 17 (M:12, F:5) A/supervisors and 24 (M:13, F:11) mentors and 3 QRM's conducted with head teachers in which 225 (22 mentors, 5 academic supervisors and 198 head teachers) participated. The participants reviewed PRP status of previous quarter and chalked out strategy for next quarter.

681 (M:601, F:80) community members, teachers, PTSMC members and ED managers participated in 3 mega events organized in districts Kech and Panjgur. 64 teachers and head teachers were given orientation in 27 schools to arrange meeting amongst their PTSMCs and community members for promotion of reading culture amongst the communities.

34 PTSMCs successfully conducted their 1st meetings attended by 254 (M:122, F:132) members who further managed to conduct its 2nd larger meetings in 57 (M:31, F:26) PTSMCs with community members in which 1210 (M:631, F:579) people from different walks of life actively participated.

An important initiative taken by Component-1 team in Balochistan was the restructuring the Quality

Assurance Plan for implementation of project interventions and actively supervising the desired outcomes. The process is based on a multi-pronged approach of use of data and knowledge translation. Regular Skype sessions with district teams are being conducted to engage the provincial and district team members on discussion around the quality aspects of the field process has just been started and probably would improve in coming months. This is leading the team more towards the research and development within the project scope. Initial findings in below sections.

In NMD's program is being implemented by IRM by providing support to the DoE (Directorate of Education) FATA Secretariat to improve quality of education in FATA by focusing on reading skill of students at early grades.

In the absence of activities remained restricted but during the reporting quarter the major achievement remained the distribution of RLM, almost 90% of the school were provided with the Reading Learning Material, which means 1367 teachers are provided with the RLM till date. Besides, 258 mentors were also provided with the TIG Module and Lesson Plan and in District Mohmand (151) and Bajeour (86) tablet distribution is also in progress.



## Strengthening Civil Society Organizations' Project

IRM in collaboration with the University of Massachusetts Donahue Institute (Civic Initiative) is currently implementing a one year 'Strengthening Civil Society Organizations Project' funded by the U.S. State Department. The project aims to improve the organizational capacity of Pakistani Civil Society Organizations/NGO's while, at the same time improving ties between Pakistan and the United States

through programming that highlights shared values and promotes



bilateral cooperation. In the last quarter, two trainings and one workshop were conducted under this project, trainings were on HR Management and Proposal Writing while workshop was on report writing.

A group of 20 participants is currently undergoing a four weeks training on CSO Management at University of Massachusetts Amherst United States of America.

## Punjab Youth Workforce Development Project (PYWDP)

The Punjab Youth Workforce Development (PYWD) a three-year project completed in July 2013, aimed to train and provide employment for youth in four districts in the southern part of Punjab. The districts included Multan, Lodhran, Muzaffargarh and Bahawalpur. The PYWD Project helped enhance socially constructive attitudes among the youth and enabled employment opportunities in the

targeted area. Below three were the main targets of IMR to achieve through this project. Capacity was built of 19 training institutes which included 11 TEVTA and 8 PVTC institutes capacity building comprised of strengthening technical capacity of 48 training events and trained 1119 young entrepreneurs in required skills including 790 males and 329 females.



## Southern Punjab Poverty Alleviation Project (SPPAP)

The Government of Punjab, with financial assistance of the International Fund for Agricultural Development (IFAD), launched Phase II of the project for three years till March 31, 2021 titled South Punjab Poverty Alleviation Project (SPPAP) in districts Bahawalnagar, Bahawalpur, Muzaffargarh, Rajanpur, Rahimyar Khan and DG Khan in

South Punjab. SPPAP is designed to assist the Government to achieve



its objectives of economic growth and poverty alleviation. The overall goal of the project is to reduce rural poverty in Southern Punjab. 891 pax have completed vocational training during the quarter which include Excavator driving, car driving, adda work etc while 1,059 trainees have completed entrepreneurship training.

For more details about our training programmes, please visit our website [www.irm.edu.pk](http://www.irm.edu.pk).



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