

Annual Report 2018



Year of Change



Lok Sanjh Foundation

Acknowledgments



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Financial Position



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Encouraging Hopes



ED's Note

It's my utter happiness to share the highlights of 2018 in this annual report. This report is not just a nutshell of the year progress but also a snapshot of change driven by Rural Youth under the Lok Sanjh umbrella at grass root level that may contribute to the national policy for encouraging youth and building Green Pakistan. I believe, through this document, Lok Sanjh is able to reflect its learning and success in transforming rural economies and development of low cost local technologies to bring about positive impacts in the lives of poor people. With this, we have continued to learn and grow more that will be elaborated in this document, that has been done through our collaboration with a range of partnerships and development efforts.

For Lok Sanjh, 2018 is another year of dedication, efforts and impacts, that has given rural youth, an excitement and encouragement in many different ways. During this period, we added a milestone in agriculture and markets by launching an exciting new project on Rural Youth, – (PC4CRA),

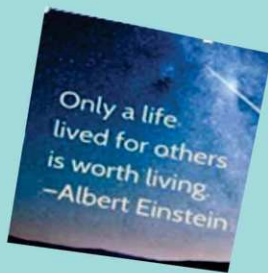
Preparing Communities for Climate Resilient Agriculture

A youth focused adaptive strategy For Scaling up pathways

The project focus on Building Inclusive and Sustainable Growth Capacity of Rural Youth and CSOs in Agriculture). The project has also built institutional capacity of the local non-state actors for inclusive and sustainable growth both in central and north Punjab areas.

Meanwhile, this year has been a great success for local water management systems and tree plantation. To

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Meanwhile, this year has been a great success for local water management systems and tree plantation. To address the nutrition issues of the communities we have launched a mega moringa tree plantation. Then for value chain, we have established markets for poor and we now expect more demands for the organic products and by products. These markets also demand the need driven knowledge services of Lok Sanjh, which is helping to find sustainable solutions through knowledge sharing on organic harvest and the replication of interventions that we have promoted and demonstrated to address arrays of constraints this year as well.

I believe that during the past year we have added vital value to our mission of building capabilities and improving access to knowledge and appropriate technologies for the benefit of the poorest people. I am grateful towards everyone who has been part of the change that we were able to create and all the generous donors who have supported our work. I would also thank the Government of Pakistan (GoP) and all of our partners who share the achievements equally with us. And lastly, I genuinely thank the people—our beneficiaries who believed in us and worked with us to make things better and look forward to another exciting year ahead..

With my Best sincere Wishes

Dr. Farzana Shahid

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About Lok Sanjh

Lok Sanjh Foundation (LSF) is a national farmers' based organization working since 1996, with poor farming communities of South, central, Northern Punjab and AJK to promote organic agriculture for sustainable livelihood of the small farmers in the face of changing climate. The organization has been recognized as the "Pioneer in Organic Agriculture" at the national level, as the work on organic agriculture by any of the organization is almost non-existent in Pakistan. The target group is the poorest of the poor small farmers and landless families with women as an essential part of all activities.

*Pioneer in Agriculture
and Working with 80,000 Small Farmers*



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Organization's Strength

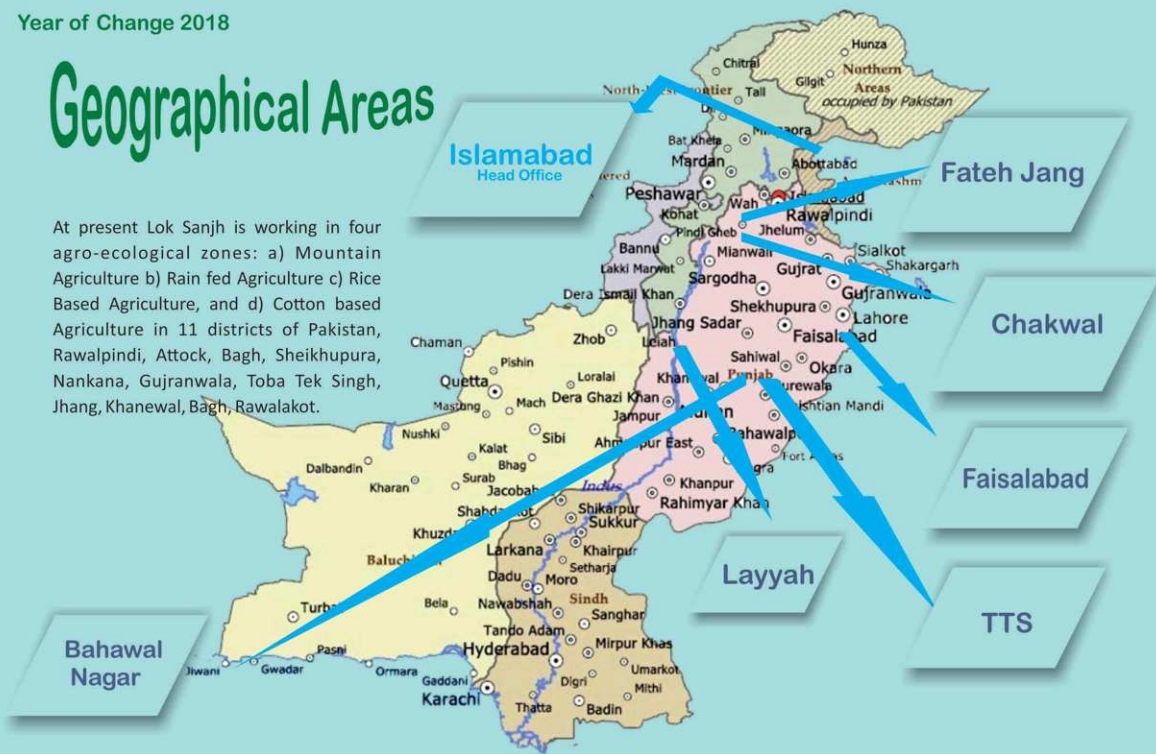
Lok Sanjh is pioneer in organic agriculture at the national level with a focus on ecological and biodiversity based food security systems. The work of Lok Sanjh now has a very far and wide impact in different parts (through networking+ organic practices) of the country as many of the organizations contact and put their requests to work with them, train them, hold meeting and link them to organic producers to replicate these practices. This is gradually increasing the demand for organic products and farmers are encouraged / mobilized to adapt the LSF agriculture practices.



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Geographical Areas

At present Lok Sanjh is working in four agro-ecological zones: a) Mountain Agriculture b) Rain fed Agriculture c) Rice Based Agriculture, and d) Cotton based Agriculture in 11 districts of Pakistan, Rawalpindi, Attock, Bagh, Sheikhpura, Nankana, Gujranwala, Toba Tek Singh, Jhang, Khanewal, Bagh, Rawalakot.



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Strategic Position

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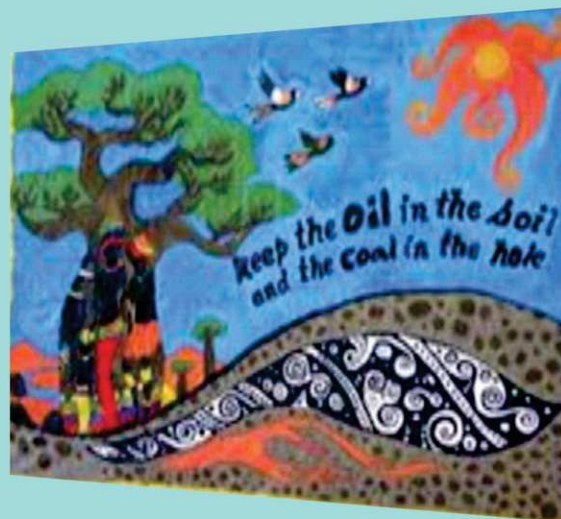
Lok Sanjh has been promoting the agenda of sustainable development since its inception. The mission is pursued; a) through the creation and strengthening of local institutions to inculcate democratic values at grass roots level, b) involving communities in the decision making processes through decentralized and bottom up planning with the active participation of most marginalized groups particularly the women c) enhance the capacity of rural communities to plan, implement, manage and pursue their development needs efficiently and effectively.



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Important Achievements

In last few years, Lok Sanjh has supported hundreds of farmers in conversion process from conventional agriculture to Ecological agriculture by capacity building, demonstration of ecological farming technologies, and research and preservation of indigenous crop varieties to give farmers more choices to maintain agro-diversity and ensure food security.



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Target Group

Main target group is the poorest of the poor small farmers. Community partners in Lok Sanjh working areas have proactively identified the sensitivity of the threats to their livelihood and are able to include more communities and groups in their areas of concerns.



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grower's skills to combat climate (GSCC)



The Farmer-to-Farmer training is based upon community empowerment, traditional knowledge, and local innovation to save local resources. This is the most effective method to "scale out" agro ecology and an endeavour to support farmers on climate resilient agriculture for regeneration of organic agriculture. In this context Lok Sanjh has trained thousands of farmers by facilitating the exchange of practical experiences and best



practices at local level. These small-scale farmers practicing regenerative organic agriculture are contributing to minimize the greenhouse gas emissions and to support the global initiative on climate change. Then Farmer-to-farmer trainings are an opportunity to plant a seed for scaling out climate resilience tactics quickly and effectively in culturally appropriate ways.

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Reaping Diversification: Why it Matters

Ensuring food security, adapting to climate change, reducing environmental degradation, protecting nutritional security, reducing poverty and ensuring sustainable agriculture are just six reasons why it matters to conserve crop diversity. Recognizing the fact that climate change could have negative consequences for agricultural production, Lok sanjh is struggling to build resilience into agricultural systems through crop diversification to economically strengthen the small farmers.

The new introduced varieties can withstand the climate change challenges and are essential not only to reduce hunger but also to strengthen local food security at grass root level. For this purpose three crops, sisal, Canola and olives have been planted widely in schools and with farming communities to further processed for value chain and enhance the employment opportunities for young farmers. All these crops have been distributed/planted widely to support the Govt initiative as well.

These crops have been proved to be more productive varieties with improved quality desired by farmers and consumers. Also these crops can be stored longer, be transported with less loss, more resistant to pests/diseases and are drought tolerant providing more protection against crop failure and better insulate poor farmers from risk.



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OLIVE Plantation

Olive is a potential oilseed crop grown in arid and semi-arid regions of the Pakistan and has been cultivated widely due to its medicinal and nutritive value. Previously it was restricted due to the lack of good quality genetic material, low success rate of grafted olive trees and little awareness about economic, where as the Sunflower, mustard, groundnut and maize are preferred for extraction of oil but are unable to meet the increasing edible oil demand. Consequently, a large amount of foreign exchange is spent on edible oil import each year.

The decrease in water availability for agricultural lands in past few decades has increased the susceptibility to environmental stresses particularly drought.

For this the Olive cultivation can help to overcome these problems as it can also be grown on low fertility soils, in desert areas and requires little water to complete its growth and development. Moreover, it sustains the fragile natural resources and is a big source of oil rich in nutritional fats. In this regard, the lok Sanjh has identified many olive varieties for its arid and semi-arid regions such as Chakwal and Fateh jang.



Furthermore, the initiative has led to the establishment of new olive nurseries, manufacturing of olive medicinal products, olive orchards, and oil extraction processes, pickle industries, daily paid labor, technical workers, fruit picking and marketing opportunities all over the Pakistan that would open new ways for generating income in these impoverished areas.

The initiative could potentially benefit communities by employing local farmers in production, transportation and maintaining orchards. Fifteen hundred olive plants have been distributed among schools and communities.

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Seed Access for Efficient Agriculture

Seed efficient agriculture needs continuous innovation to improve the management, activities, and sustainability of our natural resources specially the seed access for efficient increase in production. This is natural resource management practice that is crucial for sustainable agriculture and environmental concerns to provide solutions for small scale Farming.



Therefore, the seed security and its diversity is an essential part of successful harvest, which includes "timely availability of seed of improved variety. For this purpose the communities have been included the future seed security and Diversity program and students are trained to bank their seeds and compare the qualities of traditional farmers' seed varieties and so-called "modern," "improved" seed. They have also been trained in local seeds production, saving and distribution strategies.



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Wheat Seed Distribution

The Lok Sanjh Foundation has begun large-scale distribution of wheat seeds in its project areas for the current Rabi planting season that ends in December and will certainly benefit the beneficiaries to not only save their resources but a good wheat crop as well.

To make seeds available to vulnerable farming families is crucial for the food security of the small holders as it is the main staple of the diet so it is of vital importance that farmers receive seeds in time. Thanks to the generous and timely response of donors, we are in a good shape to salvage the Rabi season for millions of people," said each and every farmer who got these seeds. This has also helped farmers to reduce the effects of the impending food shortages and to mitigate the seed price hikes. The activity served the multiple purposes for small farmers like, to ensure the continuity of Rabi for the wheat supply for an extended period and avoid a famine like scenario.

Later on as a commitment to transparency and principles of good governance, an in house self-assessment report was compiled to assess the relevance and effectiveness of service delivery with the help of implementing partners. This was followed by a rapid field assessment, which provided another opportunity for face to face interaction, courtyard meetings and a candid dialogue with the recipient farmers.



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Burrow Husbandry

LSF is supporting farmers for small low tunnels to grow vegetables in all seasons by controlling all production factors in a controlled environment. The beneficiaries have been trained,

- To protect production from excess rainfall and extreme cold conditions.
- To Produce vegetables through the year.
- To Protect produce from birds, animals and human activities.
- To Produce more vegetables than grown in open fields.
- To Manage insect pests, diseases and weeds.
- To sell all season vegetables at a higher price.



Students and their families have been trained in small Poly house farming to grow their vegetables under protected conditions. The techniques provided controlled temperature /humidity as compared to the one that is available in the open environment that protects crops from intense heat, bright sunlight and strong winds.

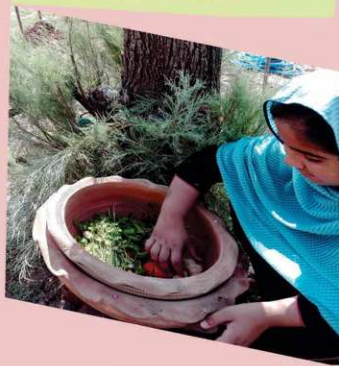


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Value Count & Souk Ties



- Marketing partners (NGOs, Coops, local traders, processors)
- Brief history (will relate story)
- **Current status:**
 - Establishing market linkages
 - Organizing channels of distribution
 - Preparing business plans
 - Planning production of value-added products and by-products



To promote small farm holders, always requires a productivity revolution in their agricultural practices so they may raise their production efficiency and quality.

Standards to become competitive players in agricultural markets. As a result of trends such as urbanization, rising incomes and globalization there are new opportunities to diversify; particularly to process foods and market this food.

Therefore Lok sanjh is making efforts to increase efficiency of its target group in agriculture to develop agribusinesses that are able to explore new markets by diversification.

Therefore to empower smallholder farmers on production, value addition and processing of the agricultural produce, the farming communities are being trained on how to add value to their food and products. They are further trained on market information, interpretation and the products promotion at local and national level.

The students, their parents and farming communities have been trained on the value chain and value addition methods to develop and support their local businesses.

Livelihood Conversion Schools (LCS) Year of Change 2018 Youth Ground School (YGS)

Lok Sanjh has trained the rural youth through youth ground Schools to promote integrated pest management (IPM) to manage with the growing problems of green revolution. This has helped them to use their local resources and manage with pest control.

Moreover these schools have bring together concepts and methods from agro-ecology, experimental education and community development, as a group-based learning process. This also reinforce the understanding of farmers about the ecological processes that affect the production of their crops and animals, through conducting field learning exercises such as field observations, simple experiments and group analysis. The knowledge gained from these activities enables participants to make their own locally-specific decisions about crop management practices. The principles have now been adapted to all agricultural production systems from livestock to vegetable and crop production.



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Vermi Composting

After learning this vermi composting through farmer field schools, the young farmers have the following observation.

Vermicomposting, or worm composting, turns kitchen scraps and other green waste into a rich, dark soil that smells like earth and feels like magic. Made of almost pure worm castings, it's a sort of super compost. Not only is it rich in nutrients but also has following benefits,

- increases the soil's ability to hold nutrients in a plant-available form
- improves the soil structure'
- improves the aeration and internal drainage of heavy claysoils
- increases the water holding ability of sandy soils provides numerous beneficial bacteria



Hydroponic Training

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The poor farmers who do not have land are growing their vegetables through this system. This is helping to have total control over the climate - temperature, humidity, light intensification, the composition of the air. The farmers can grow foods all year round regardless of the season to produce foods at the appropriate time to maximize their business profits. The young farmers have learned to save water through it while maintaining the nutrients.



In these sessions the alternative practices are not automatically assumed to be superior to conventional practices but it comes up to the students to decide what works best through their testing and observations. These sessions provide a risk-free setting in which to discuss, dissect, modify and experiment with new agricultural management ideas.

This learning-by-doing approach promotes farm-based experimentation, group organization and decision-making; thereby increasing the likelihood that the young farmers will eventually "own" and adopt improved practices.



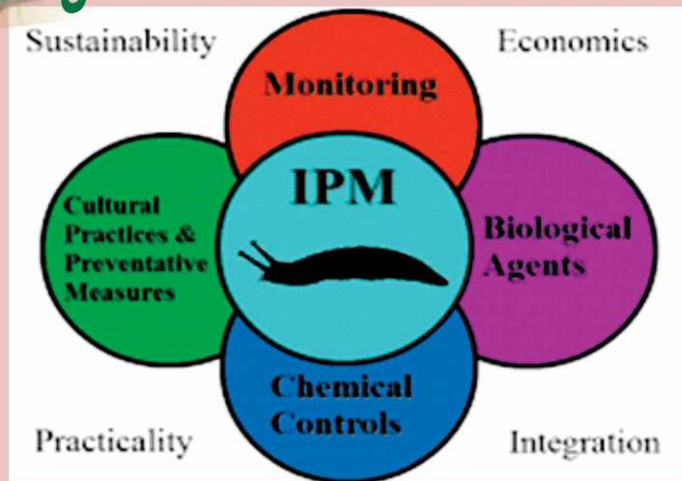
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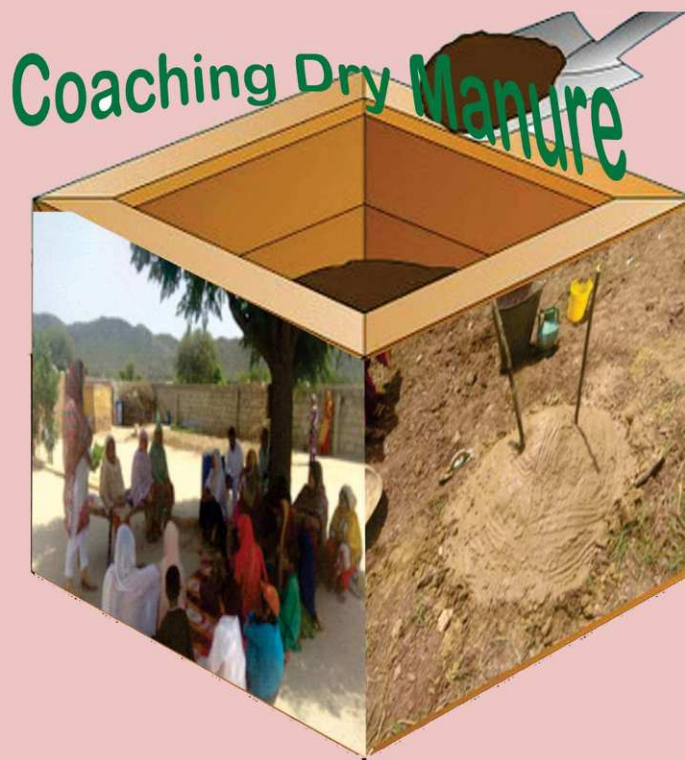
Integrated Pest Management

IPM is not a single pest control method but rather involves integrating multiple control methods based on site information obtained through. Therefore the The young farmers have been trained to,

- Monitoring the pest's activity and adjusting methods over time.
 - observe the pest's habits, life cycle, needs and dislikes
 - Setting a threshold to decide when it's time to act
 - Identify the most specific terms possible.
 - Take steps to exclude the pest from the area, if possible
 - Try to remove the pest's food, water and shelter
- Determine the pest's travel patterns and find their home-base



The approach has significantly reduce or eliminate the use of pesticides on school vegetable plot because it is an ecosystem approach to crop production and protection that combines different management strategies and practices to grow healthy crops and minimize the use of pesticides.



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Both students and farmers are trained on traditional composting by dumping the farm residues at one place for decomposition.

Through these trainings the students learned how the kitchen and farm waste like food waste and yard manure turned in to useful composting to grow healthy and nutritious vegetable. They have learned to to balance moisture and air levels to optimize conditions for the decomposers, thereby maximizing the composting efforts.

The junior farmers are convinced now that they,

- 1 Can grow vegetables with limited resources, hence increase participation and confidence.
- 2 Feel more comfortable eating own organic vegetables.
- 3 Gain good reputation and good relationships because of demonstrating organic methods
- 4 Have learned that fertilizers can be collected from animal wastes, green leaves, grass, hay, kitchen waste.

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Neem Pesticide Training



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This training is an important component for enhancing livelihood opportunities through the promotion of neem and aromatic plant cultivation as insect damage to vegetable crops has been a major problem for small farmers due to the high cost of commercial pesticides that small farmers cannot afford. Some of the chemicals.

offered are not suitable for small farmers as they are poisonous and not safe to use without protective clothing. Therefore the junior farmers have been trained to make their own pesticides which is very cheap to produce and safe to use from locally available plant.



نیم سپرے میں استعمال
ہونے والی اشیا



تعمیرکو
اندھا پتہ



اک کے پتے
2 پتہ



نیم کے پتے
5 پتہ



لال مرچ
اندھا پتہ



پانی کی پائٹی
20 تیار



سرفا
اندھا پتہ



ٹنڈا



مٹکا



لیسن

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Drip Irrigation

The farming communities and the school youth were trained in drip by drip irrigation to control the water scarcity and deliver water to the root system of multiple plants. This helps to reduce water evaporation and runoff, and contribute to water conservation. They were also trained to properly installed and managed the system by incorporating liquid fertilizer into the irrigation water.



The introduction of this intervention is helping the communities with following,

- It use 30 - 50% less water than conventional watering methods, such as sprinklers or open taps.
- Smaller amounts of water applied over a longer amount of time provide ideal growing conditions. Drip irrigation extends watering times for plants, and prevents soil erosion and nutrient runoff. Also, because the flow is continuous, water penetrates deeply into the soil to get well down into the root zone.

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Youth Agriculture Program (YAP)

To start the youth agriculture program, the school and student selection remained very successful which is prerequisite to implement the project activities. The use of innovative techniques i.e. interactive radio training modules, exposure visits has build interest of youth in agricultural activities and they are now involving their parents (farmers) to learn these techniques. This is quite encouraging for the parents to learn from their children which is time wise very efficient to achieve project goals.



Therefore involving youth in project activities has made a difference at gross level. Challenges are there but the way the educated youth is picking up the knowledge is with no match.

Work has started smoothly in District Attock and District Chakwal as per planned schedule. The response of the beneficiaries (teacher, students and communities) is very encouraging with adequate support from schools management and District administration.

Rising Mockup Farms

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The mock up farms is a system that educate the rural youth and later connects the producer and consumers within the food supplies. The model is a complete system of more closely by allowing the consumer to subscribe to the harvest of a certain farm or an alternative socioeconomic model of agriculture and food distribution that focus on the future rural youth to stay in the rural economies. In this regards Lok Sanjh has developed the school agriculture models with the goal of strengthening communities through school youth.

These models are a source of teaching agriculture, natural resources, and land management through hands on experience and prepare students for advanced agricultural jobs. This further help to build future farmers and trained them in production, manage me, marketing and conservation of natural resources.

For this purpose the training courses are arranged for youth mentoring and their access to technical and vocational skills for which the courses are tailored as per need of the area. The SAM counter the negative image that youth often have about agriculture by learning improved farming techniques and entrepreneurship skills. This allows young people to see how agriculture can be a profitable and rewarding activity that builds on their rural heritage.

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Community Support Agriculture Models (C-SAM)

Malnutrition is a serious health problem in rural Pakistan, especially among women of reproductive age increases the risk of mortality during labor and delivery and puts their newborn children at risk of long-term deficiencies. For poor households, vegetables and fruits are often the only source of micro nutrients in the family diet. Lok Sanjh therefore has put a lot of focus on Homestead production of fruits and vegetables to improve household food security. The activity has overcome seasonal availability of foods and promoted household self-sufficiency with additional income of the family as well.

The training is focused on women, which may result in the better use of household resources and improved caring practices and empowerment. This empowerment of women also addresses a priority area of poverty alleviation and provides important socio-economic returns through lower health and welfare costs, lower fertility, and lower maternal and infant mortality rates.



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Extending Homestead Gardens

A homestead garden is intended to utilize the space around a house to grow vegetables and limited food crops. By focussing on domestic food needs near the house, farmers are better able to manage crops and space for food production without travelling to long distances. The students and communities have been taught to plan carefully for space around their house to determine that how many vegetables can be produced in one season and to prevent moisture evaporating from the soil, Especially in dry areas.



The strength of this model is that it integrates multiple components of sustainable agriculture practices for a basic unit of family and helps use the platform of increasing productivity and marketing by including youth to build the knowledge, skills and practices in an integrated way.



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Student Learning Modem (SLM)

The eco-club students of the selected schools continued to develop their own vegetable plots that they keep on improving by replicating the school model. This year students plots are full filling the food needs of their families. While LSF also continued to provide training and support in developing these vegetable gardens.



The youth and their parents are involved in producing home vegetables at sustainable level and are in the process to develop leadership, team spirit, diversity, and local development participation skills. They also work with Lok Sanjh on variety of issues like, sustainable agriculture, food security. The youth in this struggle proved to be high standards of performance for which they are getting a monthly stipend.



Tree Plantation, A National Bond

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Economic growth patterns, growing populations, and current production and consumption patterns reliant on finite resources have adversely affected the environment to the extent that has badly affected the eco-systems and bio-diversity through

the country. The new govt of Pakistan formed in 2nd half of 2018 has taken an initiative of one billion tree plantation during the five years.

Then School teachers, students and farm families have also been engaged to plant trees in their school and home yards under 'own a tree' campaign. These beneficiaries are further trained to use and incorporate the green manure into the pits for improvement in soil fertility.



Therefore the Lok Sanjh is organizing environment & afforestation programs in the project areas and appeal the government to bring eco-friendly development policies for rural areas. In this regard the orientation programs about the climate change, its causes, effects & mitigation are being organized in rural and urban schools to motivate masses for conservation so the future may be saved. With this initiatives, the university and schools are approaching us for provision of tree plantation training and plants.



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Enabling Future Farmers (EFF-P)

The future farmers of 20 schools (120 male+120 female) have been fully engaged to implement the project program and activities. They have been trained in “each one teach one” which means that that 480 Master Trainers are in pipe line to futher engage the rural communities for their food security. As a success story, a few of them have been hired as village coordinators by the Lok Sanjh, who are now not only contributing to the family food security but also generating income for their siblings.



The Agriculture Stipened by the Lok Sanjh for school youth honours their achievement and passion for environmental management to advocates for sustainable farming practices.



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Youth Empowerment & Support Program (YES-P)

This program provides opportunities and community training for system transformation as well as direct support and leadership opportunities for young people at risk of emancipating out of system services. This is because the personal experience is valued and utilized in transformation of community systems.

For this the **school youth** is encouraged to take charge of their lives by addressing their situation and taking action in order to improve their access to resources and transform their beliefs, values, and attitudes through a variety of youth empowerment initiatives in schools. This also aims on creating greater community change by developing the individual capacity.

The program focuses on creating healthier and higher qualities of life for underprivileged or at-risk youth due to the diminishing rural resources. To implement the idea, five competencies of a healthy youth are considered: (1) positive sense of self, (2) self-control, (3) decision-making skills, (4) a moral system of belief, and (5) pro-social attitude. The beneficial outcomes of the programs are improved social skills, improved behavior, increased academic achievement, increased self-esteem and increased self-efficacy.



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The programs aim at just women empowerment and young girls that include improving women's well-being, self-esteem, self-efficacy, and enhancing social status by teaching technical and organizational skills. The program also focus poverty alleviation related to food, resources, education and empowering poor youth, work toward livelihood protection.

This year the program remained successful to prevent and reduce youth violence, improve conflict avoidance and resolution skills, increased leadership skills, improve ethnic identity and reduce racial conflict.

20 schools (10 male+10 female) have been selected and registered to implement the project program and activities.

1. All 20 schools, have successfully developed school learning model where students are fully involved to get trained on basic agricultural practices.
2. From each of 20 schools, minimum twelve students have replicated school learning model. This means that 240 student learning models have been developed so far which is great success.
3. Then each of these student is responsible to bring at least two families with them for LSF training.

The engagement of female youth is quite encouraging that will not only improve the family farming but will make a dent in the rural livelihood.



Merit Based Scholarship for Students

Merit-based scholarships are not only limited to a student's grades, but also consider factors such as leadership roles in Lok Sanjh project activities, extracurricular activities and involvement in school or community development work. Unlike need-based financial aid, merit scholarships do not take into account the expected results

So this award comes in the form of merit scholarships making them especially helpful for students who are caught in the gap of not qualifying for need-based aid and not being able to pay out-of-pocket for school expenses and the same merit scholarship could go to a student living below the poverty level to support his/her education.

The Agriculture Stipend by the Lok Sanjh for school youth honor's their achievement and passion for environmental management to advocates for sustainable farming practices. This is the time when Lok Sanjh and schools are meeting to decide about the top student in a variety of categories and cooperation of school teachers.

With this tradition a few top of the students were selected for their efforts, learning their grades and achievements. They were also recognized to develop their unique talents and interests in which they can further excel.



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These Awards recognize the students **excellence** in school studies and the students, who have made, and keep making, a significant contribution to their workplaces for developing the best agriculture models. This also shows that students have made a real diverse and growing range of success in their work. has made a difference in individual's lives and their workplaces by showing the best practice across the target group and learning high quality training practices with diversity and career progression.

This is the time when Lok Sanjh and schools are meeting to decide about the top student in a variety of categories and cooperation of school teachers.



Youth Technology & Livestock Awards



The criteria are hard work, intelligent planning, and development of management/ leadership skills for success in the business of farming. Therefore recognizing successful young farmers not only pays tribute to the individuals but also draws attention to the entire field of farming and brings the importance of agriculture into focus. Therefore to recognize the student's interest and learning in agricultural activities they have been awarded with the poultry, goat and agricultural tools awards. These tools have been developed specially for easy use of children and women.

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Activities in the life skills development of young people, positive youth development awards have been given to the school youth. These are the students who are influenced by their environment, and project activities give them a way to be successful and to positively contribute to their family with out-of-school activities, neighborhoods, and communities. This way they are nurtured to develop life skills and apply in other contexts as well.

The path to positive youth development is the Five C's: competence, confidence, connection, character, and caring. Now with these skills, they are able to develop the sixth C to contribution. And this is how they are awarded with agriculture Technology awards to use in their fields. These tools have been developed specially for easy use of children and women.

Then to increase the level of knowledge & expertise on livestock, the school youth has been trained to refine their skills that will be needed in future at their workplace.

Therefore to recognize the student's interest and learning in agricultural activities they have been awarded with the poultry, goat and agricultural tools awards. The awards were distributed to the students who performed well in

1. School exams.
2. Developed vegetable plot in their home yards.
3. Understood the agricultural issue and its resolution at local level.
4. Participated in agricultural debates and Eco-club activities.

The Lok Sanjh is proud to support youth who positively participated in the project program and won the livestock Awards.

The livestock program is an exciting opportunity for school youth to raise their own animals with huge responsibility and to gain new knowledge and skills.

Year of Change 2018

Installation of water harvesting Tanks

Rainwater run-off is captured from the roof of a building from its' drainage system. This can either be done directly from the rainwater downpipes (RWPs) or, more commonly from the below ground stormwater drainage pipes. This year the Lok Sanjh installed one-piece design that is accessed from the ground. There is one outlet and one inlet hole to avoid water wastage. This allows users to monitor the water level in the tank and prevent it running dry. The tank has the capacity of 2000 liters water. The effort is saving women from the drudgery to bring water on their shoulders.



Diary Writing Skills

The eco-club students have been trained in diary writing skills and how they can keep record of their daily and weekly activities. The students have learned to organized their date-wise work and trained on following,

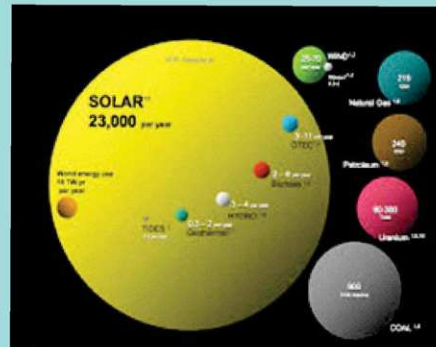
1. picking most important thing to enter
2. Date wise recording
3. your entries
4. Writing in natural way
5. Writing honestly and be truthful
6. Making it a habit

They learned to write more frequently and now enjoying doing it and have started asking questions about the activities that they are not able to understand



Year of Change 2018

Clean Energy Lead



Climate change has led to more drought and shorter rainy seasons in Pakistan. Lok Sanjh is struggling to strengthen agricultural communities and empower women to mitigate the social and economic impacts of climate change.

This is because the Fossil fuels must be phased out to protect the planet from climate change, and the sooner is the better. This is because unlike fossil fuel-based energy, renewable energy is reliable, limitless power generated by natural forces and processes such as sunshine, wind, flowing water (hydro) and organic materials (biomass).



Fresh Water Approach

Year of Change 2018

While facing numerous pressures and degradation, freshwater ecosystems play a central role for the health of economies and societies. Therefore preserving and protecting the freshwater is a key activity of the Lok Sanjh due to the threats such as increased pollution, urbanization, rising food and energy production, water-related disasters and displacement of people, this



In Lok Sanjh project areas every day, rural communities suffer from lack of access to clean and safe drinking water. For this women and children spend 3-4 hours/day for collecting water for their home- who are responsible for this task. They bear the burden of walking miles at a time to gather water from streams and ponds - full of water-borne disease that is making them and their families sick. Illness from drinking dirty water and the time lost fetching it robs entire communities of their futures. Therefore to reduce collection times and increasing the number of people who have water sources within their home is crucial in achieving other goals related to poverty, health, education and food.

The problem also affecting school youth as students also spend ample time in water collection that affects their study time.

Year of Change 2018

School Better Health Clinics

Getting health care school youth can be complicated because many doctors only offer appointments during the school day, and their clinics might be far from school. Then to see the doctor, the students might have to miss school — which isn't always an option. Also when students aren't feeling well, they have a harder time in learning. They may miss class a lot — and when they are in class, they might have trouble paying attention. Giving kids and teens access to health care at school puts them in a better position to learn.

Therefore the School better health clinics set up by Lok Sanjh, make going to the doctor as simple as walking down the hall. This has,

- help students do better in school
- decrease high dropout rates
- decrease school discipline cases

The health clinic services includes,

- General checkup of students
- Medicine and check-ups for chronic conditions, like asthma and diabetes
- Teaching students about healthy eating and exercise
- Counseling for mental health and emotional issues
- Referrals to specialists, if needed
- Classroom activities, like lessons on active lifestyles.

School- health clinics also work hard to keep parents in the loop about their children's health. This facilitated early detection of deficiencies and general health of children.



School Eco-Clubs

Year of Change 2018

For each school, 12-16 students are registered to become members, as well as interested teachers who have enrolled as Eco Club coordinators. The teachers are responsible for the Eco Clubs in their schools. They manage green activities, such as growing trees and medicinal plants, and cleaning-up activities such as collecting rubbish.

Students are initially invited to help with local environmental activities and those who are interested are then selected to serve their communities. The membership fee is Rs100 /month. Their objectives are:

- To create awareness of biodiversity conservation and local environmental issues among schoolchildren.
- To create a 'clean and green consciousness' among students through various innovative methods.

To involve Eco Club students in open-orientation programmes in schools and public areas.



Aesthetic Art Club

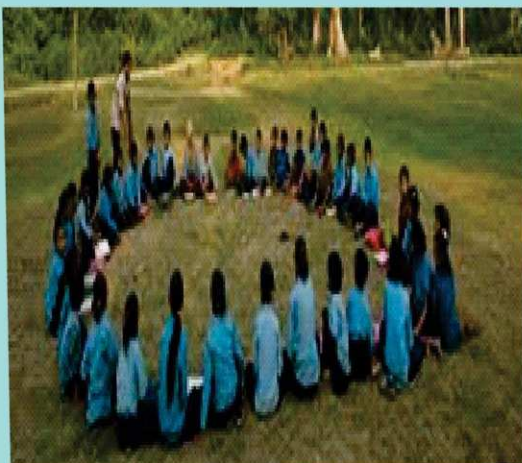
Aims & Objectives

- * To provide opportunities for students to be exposed to new techniques and medium of art through hands-on activities
- * To encourage students to express their thoughts, feelings and creativity through the various visual art forms
- * To help the students experiment with clay, color and rhythm in decorative edging and building objects
- * An exciting platform for students to showcase their talent through interactive art and art exhibition

Activities Undertaken

- * Competitions & Exhibitions
- * Building sculpture and figurine with clay
- * Making innovative craft objects
- * Trainings & Workshops
- * Drawing creative images and posters

Year of Change 2018



For most of the students it is, it is an unusual and exciting experience. But at the same time, It is important to us that we treat each student as our friend and encourage him or her to interact with us freely. Eco Club coordinators from different schools have commented that, after a programme, students have volunteered to water plants, clean their school campus and generally get involved in environmental work.

have volunteered to water plants, clean their school campus and generally get involved in environmental work.

The core team for this environmental education work is a group of enthusiastic teachers that represent schools from each eco-zone. They meet once every two months to share their experiences and plan the implementation of outreach programmes. A Teachers Forum group then approves all programmes before they are implemented in the field and passed on to the Eco Club coordinators. Each school Eco Club co-ordinator prepares monthly and yearly reports which describe experiences shared with other schools and stories of success stories.

The Eco Club also empowers students to explore environmental concepts and actions beyond the confines of a syllabi or curriculum. Lok sanjh, everywhere, asserts the importance of 'learning to live sustainably by improving the environment in the formal schooling system. It continues to be viewed more as an extracurricular activity and less as a subject holding a priority position in the national curriculum.

Student Experience Trips

The school Educational trips are among the most prominent of the formative years, largely because they are a welcome break in the routine for both students and teachers. While their purpose is essentially to educate, they can also be a fun bonding experience for everyone involved in the activity as the trip can reinforce what a teacher has been instructing in class about a subject and help students understand the topic.

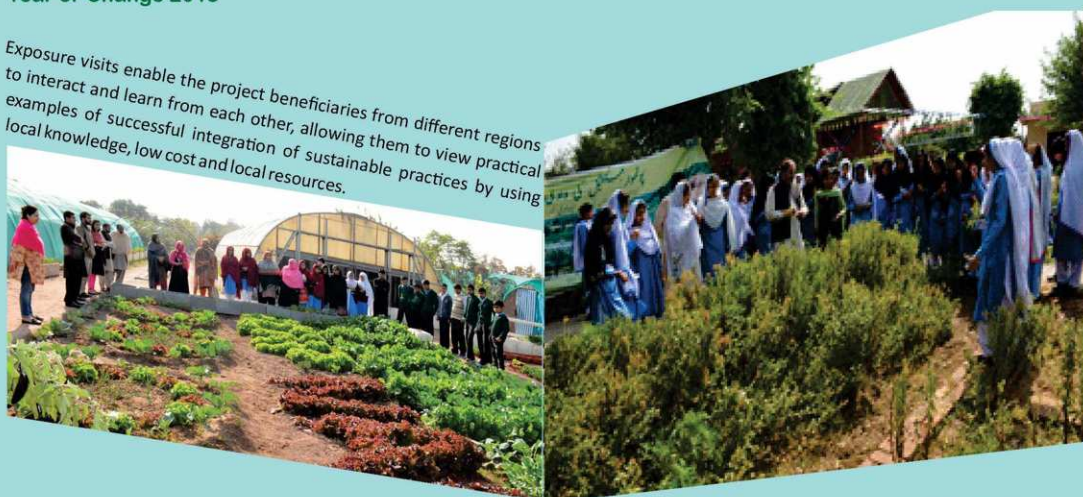
The Lok Sanjh therefore turn trips into mobile classrooms, instructing students to collect data, then quizzing them or assigning a project based on what they learned during the outing and taking students into a new environment gives them the experience of traveling in a group. Students may have the opportunity to observe many things that are not available at school, including exotic wildlife, rare plants.

Therefore these trips provide valuable educational opportunities away from the classroom, without using textbooks and other tools used in a normal school setting and students on Educational trips can often learn while having fun in a more informal environment. For low-income students or students who are new to the school, Educational trips that take advantage of local resources promote community connectivity. For example, a student may not ever have the opportunity to visit a local park or bank, which are important resources within a community for both the student and his family. Students from non-English-speaking families or who have recently moved to the community get the chance to learn about the local area with the guidance of their school, as well as share the information with their family when they return home.



Year of Change 2018

Exposure visits enable the project beneficiaries from different regions to interact and learn from each other, allowing them to view practical examples of successful integration of sustainable practices by using local knowledge, low cost and local resources.



is an integral part to sensitizing the communities for the message of sustainable agriculture. "During the exposure visits, the communities said that we had heard of seed banks from Lok Sanjh staff before but we understood the concept only after they took us to a community seed bank. As soon as we saw it, we were very eager to start one in our homes.

Lok Sanjh has organized three-exposure visits of the teachers and students to other developed schools and agricultural institutions to enhance their knowledge on new interventions and developments in the fields of agriculture.

so that we may popularize those varieties within the area. These visits often instil a sense of purpose and enthusiasm among farmers as they are able to see, first hand, results of adopting the organic practices. This is particularly useful in convincing farmers to aim for organic farming certification, because it shows them the advantages certified farmers in other areas have, when marketing their produce.

Year of Change 2018

Youth Accord on Bio-Diversity



Lok Sanjh Organized a debate of student to present their views on how population growth is challenging the Earth's resources and propose new alternatives to reduce its impact. The team from project area schools participated. The students identified the problems and came out with some plausible solutions that could be implemented in the future. The stressed that The earth is a beautiful diverse planet on which humankind lives as a part of nature. Nature is a gift that needs to be cherished because it provides the three necessities: food, water, and shelter. It also has to be around for future generations to enjoy. Therefore it is necessary to conserve what is left of it. What happens to the environment should be closely monitored and regulated.

Year of Change 2018

Then they set a common international goal to conserve biodiversity but without the influence of the government there will never be a large impact. Therefore change is needed to preserve the beauty of nature meaning that new laws, funding for equipment, research, and informing the community about the cycle of life which includes all creatures and plants is necessary.

impact. They highlighted that education is the key to understanding the importance of conserving biodiversity.

Environmental literacy is critical in bringing the topic of the environment to the forefront of public consciousness and events such as the Youth Earth Summit are the right steps towards



that goal... we must bring this subject to the rest of the people that share the environment and the earth with us." There the objective of the Youth Earth Summit is to inspire activism and environmental awareness among school youth and promote their collaboration between schools and individuals. Our goal is to "change the story" about power through responsibility to care for the planet diversity.

The Summit put student on debates around agricultural issues that are challenging the Earth's resources and propose new alternatives to reduce its impact on environment.

Year of Change 2018

Spreading Health Benefits

Sport has the capacity to transform the lives of individuals and plays a significant role in cultures and communities around the world to justify investment in sports programs because sports merit support as powerful vehicles for achieving broader goals, particularly in development of peace agendas among the poor and marginalized communities.



The rural communities usually rate low to sports as it has a low priority among a host of needs and goals. Therefore keeping in view this, Lok Sanjh has distributed following sport items in schools.

Year of Change 2018



Debates and Games

Debates provide to be excellent classroom learning opportunities for the students, where they learn how to think critically, express viewpoints rationally and reflect upon the views they hold. The students shared that always took debates to be dry but along with building debating skills, this has prepared them for the rational arguments in a given time with the ability to think on larger canvas. It has also boost their confidence and help them overcome the anxiety.





it is imperative for school age children to have access to sports and games. Not only does it empower youth and promote higher self-esteem, it also motivates students, enables them to earn better grades, especially in schools where obtaining certain grades is a pre-requisite to staying on the team. Numerous physical benefits include maintaining a healthy weight, preventing chronic diseases. Therefore to promote extra-curricular activities, games and debate competitions have been organized in project schools so students may be able to talk on different issues and share their views with others.



The best students have been awarded with prizes. The importance of sports and games in school encompasses more than just the benefit of physical activity. Increases in self-esteem and mental alertness make school sports and games necessary for every school age child.

Year of Change 2018

School Development Events

The Lok Sanjh in coordination with the school and district management organize different school events for the professional development of school youth

This include the festival, fairs, exhibitions of local skills, technology display and cooking festivals that may be very useful in preparing youth career beyond their education. Moreover it include workshops, giveaways, games, light breakfast, lunch, and snacks to offer a variety of social, cultural, leadership, educational, and recreational activities, that, along with the studies, can help youth to become a world citizen, able to effect positive change.



In the project activities only Eco Club members participate while in school events, the whole school and surrounding community participate so we mission to reward the active members of the event to build the future leaders.

Agreement Signing

Year of Change 2018

Lok Sanjh has set the standards for Youth Support Services through making Agreements to promote assessment by the beneficiaries themselves and set the pathways for Lok sanjh to take an exit at a suitable time.

These standards reflect a youth-centered approach that focuses on meeting the needs of youth through maximizing their participation in the service process. The approach also seeks to build resiliency and self-reliance within youth in need of assistance, while building on the strengths and resources that exist in the youth's family and community. The agreements are also revised sometimes to put youth practically in the development process. The agreement depends on following,

Building on existing relationships in which youth have already developed a significant level of trust;

The development of relationships based on mutual respect, consensus and agreement;

youth empowerment, participation, accountability, responsibility and commitment

A youth-driven, transparent process that instills ownership.



Year of Change 2018

Advocacy & Awareness



Therefore to protect the farmers from these threats and economic risk, LSF organized some awareness campaign that aimed to raise awareness of the importance of Agriculture for small farmers. The campaign has been streamlined in our all program activities including the radio and print media. The simple messages were mainly delivered in the local language through community radio. The major aim is to increase awareness on the positives of the sustainable agricultural for small farmers.



Agriculture-One Campaign

Agriculture is an important sector of Pakistan's economy and has been taken as Vision 2030. But this sector faces many threats due to climate change that may affect a large no of small holders.



Year of Change 2018

Food For All

Lok Sanjh recognizes the essential role of family farming and smallholders in food production and sustainable rural economies. Organic Agriculture based on the scientific discipline of agroecology has proven effective in achieving ecological, agronomic and socio-economic intensification for smallholder farming. That is, it can help strengthen social structures, develop innovative networks and promote entrepreneurship. Ilok Sanjh calls for improved local, national and international policies to promote sustainable organic family and smallholder systems and businesses.



Year of Change 2018

Unequal access to food has become a crisis – made worse by unfairness such as financial speculation on food, diversion of food sources to energy production, food wastage, and difficulties of accessing markets. The right to food protects the right of all human beings to live in dignity, free from hunger, food insecurity and malnutrition.



This campaign is advocating for structural changes which includes food sovereignty (i.e. defending local communities' rights), while also demanding changes in government policies and regulations.

Lok Sanjh is asking Government to,

- Provide adequate support to smallholder farmers for producing locally grown food
- Prevent or mitigate investment speculation on food
- Change laws that place obstacles on women trying to produce food, and ensure that women have control over resources like land and can access good markets
- Guarantee decent, non-exploitative work conditions for people who produce food.
- Promote social and fair trade between small-scale farmers and consumers.
Fund programs to end childhood malnutrition and stunting in children.

Year of Change 2018

Fighting Climate Change

The devastating impacts of climate change are clear. Our world is warmer than ever before, the people and wildlife are already suffering the consequences. But that's nothing compared to what we're leaving future generations if these trends continue. It's time to stop the destruction. Climate change, safe environment and sustainable development issues are increasingly becoming a priority to take action in the project areas.



Fossil fuels — coal, oil and, natural gas — are major contributors to climate change, accounting for the vast majority of greenhouse gas emissions.

They're also one of the main culprits polluting our air, water and soil. Coal-burning power plants, for example, produce millions of tons of toxic sludge every year,

As global temperatures increase, sea level rise and extreme weather become even bigger threats to communities at home and around the world.

Of particular importance for the work of Lok sanjh are questions that arise not only from the burden to adapt to the agro-ecological conditions of climate change but also from the need to reduce GHG emissions from agriculture. Today, progressive ecological techniques, together with individual daily choices empower us to farm, cook, eat and change the future of food, together.

Year of Change 2018

Water Stewardship

SAFE
AFFORDABLE
WATER
BASIC RIGHT



Water awareness campaigns is an ongoing process in Lok Sanjh that include the water awareness and understanding of the water issues, that the grass root level communities may face in coming time. In this context the Lok sanjh organized many the youth debates, peer examples and relevant watershed issues. This has helped improve the water use processes and water saving techniques as well.



- **Water is nature's gift**, We receive free water from nature. We owe it to nature to use this gift in accordance with our sustenance needs, to keep it clean and in adequate quantity as diversions that create arid or waterlogged regions violate the principles of ecological democracy.
- **Water is essential to life**, Water is the source of life for all species and they have a right to their share of water on the planet.
- **Life is interconnected through water**, Water connects all beings and all parts of the planet through its cycle. We all have a duty to ensure that our actions do not cause harm to other species and other people.
- **Water must be free for sustenance needs**, Since nature gives water to us free of cost, buying and selling it for profit violates our inherent right to nature's gift and denies the poor of their human rights.
- **Water is limited and exhaustible** This means extracting more water from ecosystems than nature can recharge (ecological non-sustainability) and consuming more than one's legitimate share.
- **Water must be conserved**, Everyone has a duty to conserve water and use water sustainably, within ecological and just limits.
- **Water is a commons**, Water is not a human invention. It cannot be bound to someone. It cannot be owned as private property and sold as a commodity

Year of Change 2018

Dehqan Assemblies

Dehqan Assemblies worked very well with the school youth with the objective is to help stimulate the views, ideas and concerns of farming communities, stakeholders, especially women and Civil Society Organisations (CSOs) on priority areas of agriculture development in the targeted district based on the guidelines.



This year, the youth brought in many of the issues that they wanted to streamline for the successful farming. The issues were market access centres, agricultural products, provision of processing machines, promotion of organic manure, formation of Village Savings and Loans Associations their access to farm lands. Later the youth capacity was build on these issues.

Year of Change 2018

Urban women Agriculture Group

The urban women meetings are organized on quarterly basis to understand the LSF initiative. Now the women have realized that the food grown by LSF farmers has high nutritional values and balanced diet to build a healthy society. Lok Sanjh support this group in providing vegetables seed kits and fruit plants as per season. The women are convinced that urban agriculture can be started at any time of the year and it can be effectively managed with available resources.



The group is strengthening to,
Develop Rural Urban linkages for enhancing knowledge and experiences among other women.
Great awareness on healthy/organic foods, herbal medication and healthy processing of organic foods for better health of their families.

Year of Change 2018

Communal Transistor for Change

More of the rural population in Pakistan is excluded from a wide range of information both from traditional media and new information and communication technologies, which would improve their livelihoods and development pattern. Here the community radio has been found more effective and inclusive medium to provide unbiased information and knowledge among the masses.

Considering the socio-economic and cultural condition and the motion of information and knowledge exclusion, the Lok sanjh has promoted the role of this community radio that remained very successful in improving the impact of project activities by contributing a lot to the community to make their life better and increasing and promoting participation, and opinion sharing as well. Improving and diverse.



Year of Change 2018

The program also delivers information and messages to farmers for extreme weather alerts and prepares communities for climate change adaptation. The sense of empowerment that people and communities can feel by engaging in this way can help to build local, institutional and organizational capacity. Voluntary organizations, civic groups, NGOs, Women's groups/organizations, etc. are now entering into broadcasting to share, express, empower, give voice, to many communities to benefit them with the broadcast.



To further strengthen the youth in agriculture program, the community radio is continuously working in schools and communities to generate local automated weather and crop related radio messages in the project areas of Lok Sanjh. More specifically, it explains how the radio, can be used as a creative, practical and cost-efficient vehicle to bring education within reach of the rural poor, and to simultaneously promote the empowerment of women and strengthen community development.

Year of Change 2018

Private-Public- Partnership in Climate Resilient Agriculture (Triple P in-CRA)

Agriculture is an important type of land use but suffers from drought, especially under global climate change scenarios. Although government is a major actor in helping farmers to adapt to drought and trying to generate funds to avoid constrained. For this purpose the Public-Private Partnership (PPP) mechanism has been widely applied in urban to enhance variety of services. Based on the project objectives, Lok Sanjh is striving to enhance the role of PPP functions to support farmers' adaptation to climate change. Limited fund sources, gap in policy implementation, weak motivation and distrusted by farmers limited the engagement of private enterprises in supporting farmers to adapt to these calamities.

 **IWaSP**
INTERNATIONAL WATER STEWARDSHIP PROGRAMME




20
YEARS
LOK SANJH
www.loksanjh.org

Year of Change 2018

While PPP mechanism has the potential to mobilize fund from multiple sources, share costs, risks and benefits among different stakeholders, combine both scientific and local knowledge, and reduce uncertainty through formal and informal institutions. Benefited from these advantages, PPP mechanism could improve project performance, thus increase farmers' adaptation options and resilience to drought. Public-private partnerships (PPPs) in agriculture have



Public-Private Partnerships
How can PPPs deliver better services?
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the potential to modernize the sector and provide benefits to smallholder farmers. The climate change impact on agriculture has increased the severity of natural disasters over the last three decades that has put the agricultural sector at risk of food insecurity. Therefore, the private-public Partnerships can help reduce the challenges. This is also helping to increase on-farm productivity for small farmers through adoption of new technologies, improved market access, reduction in post-harvest losses, markets access and closer relationships with agribusiness firms. Further it contributes in reduction of chemicals use, energy consumption and water savings.

Year of Change 2018

Visit of GIZ & Interlope Int

The teams of both these organization visited Lok Sanjh and its field areas in South and North Punjab areas. They specially planned a visit to Lok Sanjh Center for research and Agriculture Training (Shahid Business School).



They showed interest in strengthening the center for enhancing capacity to support rural communities for reviving rural economies. Lok Sanjh also learned from the initiative of Interlope for staff welfare and adopted their model for staff benefits.

Year of Change 2018

Research & Communication Unit

It has been realized that the needs of practical farming are not being communicated effectively to the scientific community. Research results and expertise are poorly exploited and innovative ideas from practice are often not being captured, evaluated and verified. Therefore, Lok Sanjh has taken the responsibility for research on various aspects of agriculture and advocate to formulate policies and strategies on agriculture research and development in the country. Moreover it is contributing to increase production and formulate strategies to enhance livelihood of small farmers.

Strengthening Climate Resilient Agriculture



20 YEARS
LOK SANJH
www.loksanjh.org

Lok Sanjh has initiated the newsletter, Magazine (Kissan Darti) and newspaper (Dehqan Times). All these are widely circulated among the farmers and school youth as well.

This is cheap source of information and people can afford to buy and read them at their convenience. These are published mostly in local and national languages. Therefore, this is playing a vital role to inform farmers about diseases and pest control and other agriculture related information. Farmers are also getting the appropriate advices of experts through these periodicals to cope with the emerging problems of climate change that is lending them a hand for the solution of their problems.





Cotton Research Report

The initiative has largely helped farmers to understand their needs and priorities. Moreover they understand the serious risks that climate change and environmental degradation pose to agriculture and ecosystems services and the related needs for climate change and adaptation. The research done by the Lok Sanjh supports regional, continental and global processes to contribute on Climate Change work and program on agriculture, specifically support the policy makers, civil society organizations and marginalized groups to build their capacities. The report concludes that, Improved agricultural productivity is possible by working with climatic uncertainty rather than seeking to control it

Year of Change 2018

Center for Climate resilient Agriculture Practices

This center demonstrates the climate-smart technologies and practices to address the challenge of small farmers in the face of climate-change.

Key messages of the center are,

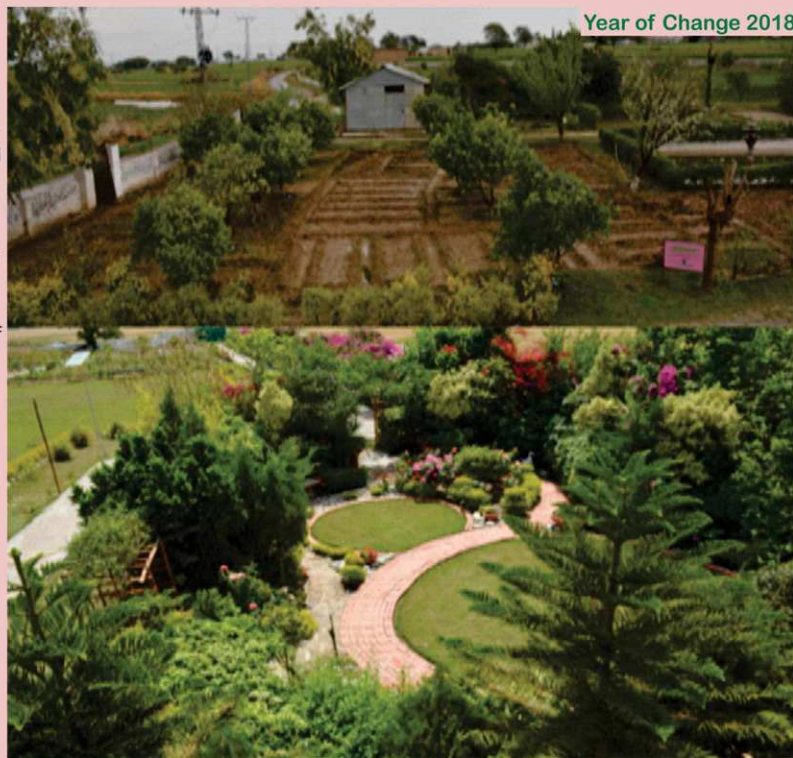
1. To demonstrate agricultural practices and technologies that provide benefits to farmers' climate resilience food productivity and security.
2. To provide Indigenous knowledge for the successful climate change adaptation in farming and livestock.
3. Demonstrates the resilience adaptation to climate change and highlights the efforts and breakthrough in resilient agriculture systems in different agro-ecological zones.

The center is widely used for training farmers and the school youth to understand Climate Resilient Agriculture (CRA) practices. The center has enhanced the access of poor rural households to improve their skill.



www.loksanjh.org

Moreover the center demonstrates the resilience adaptation to climate change and highlights the efforts and breakthrough in resilient agriculture systems in different agro-ecological zones. The center is widely used for training farmers and the school youth to understand Climate Resilient Agriculture (CRA) practices. The center has enhanced the access of poor rural households and women to skill enhancement opportunities.



Year of Change 2018

Forums and Seminars

Lok Sanjh organized several forums for discussion group, where ideas related to a subject 'under discussion' are raised and evaluated on a (more-or-less) equal and informal basis. The seminars were also organized on particular topics for particular groups of teachers, students and communities.



Understanding Agricultural Issues & Options in CPEC

A consultation was held at TobaTek Singh, where Deputy Commissioner (DC) Toba Tek Singh Mr. Irfan Nawaz chaired the meeting. Various speakers discussed the importance of CPEC in the context of agriculture and how the government can take benefit from it by taking effective measures. DC Toba Tek Singh agreed to provide best possible support from the government departments for the agriculture sector.

The subject forum discussed the resilience capacity of farming communities to climate change challenges and highlights the efforts of Lok Sanjh in breaking through the resilient agriculture systems in different agro ecological zones. The conclusion of the forum highlighted the youth potential and opportunity to lead the way to share technological and institutional innovations in lok sanjh project areas.



Year of Change 2018

Policy Dialogues on Food Security Challenges and Opportunities

The Forum on food security, challenges and opportunities was organized in which a large no of scientists, civil society organizations, donor community, farmers and school youth participated.



This focussed to improving environment and promotes climate change mitigation and adaptation. The forum addressed the challenges to scaling up sustainable agriculture beyond what is now a relatively small percentage of agricultural production, the opportunities and limitations facing small farms and other food businesses in contributing to this transition.

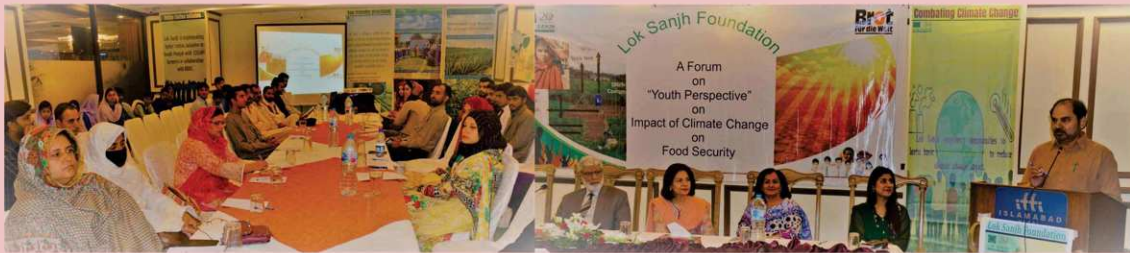
Lok Sanjh presented an overview of food security in the face of climate change challenges. And the role of small farms and other market participants in advancing this agenda, including presenting data on the rapidly growing market for organic and locally produced agricultural products. This was followed by agricultural value chains and progress toward standards for sustainable performance and challenges of feeding a growing, urbanizing population.



Year of Change 2018

Youth Perspective on Food Security & Climate Change

A forum was conducted on the Impact of Climate Change on youth. Lok Sanjh Foundation provided a platform for rural and urban youth to share their knowledge regarding Climate Change and its resolution.



Dr. Yousaf has said that Climate Change is a cutting cross problem affecting everyone on the globe. We have to give awareness to the farmers about Climate Change and its consequences. He also appreciated the role of Lsf as a strong pillar to introduce the Climate resilient agriculture.

On the behalf of LSF Dr Shahid has committed to plant the 1 million tree as the contribution to the dream of PM Tree Plantation program of green Pakistan and he said we all have to progress and move forward but with the goal oriented direction. Students and prof from various urban universities has participated in the forum and they all present their view about Climate change and appreciated the role of Lsf.



Year of Change 2018

Forum on Role of Community Radio for Future Farmers

The Forum on role of community radio for future farmers was organized in which a large no of scientists, civil society organizations, donor community, farmers and school youth participant acted.



The use of Community Radio Programs (CRPs) in agricultural extension inside selected schools was pioneered by Lok Sanjh Foundation in 2017 as its main implementation strategy, the project tested a CRP approach – defined as a “planned, radio-based activity, conducted over a specific period of time, in which school students of 7th, 8th and 9th class are encouraged to involve in an awareness campaign about adopting a specific kitchen gardening model installed practically on a selected school land by Lok Sanjh, based upon the best available information, to improve the food security of students and their families. It then provides the adopting students at their parent farmer’s land with the information and other support provided by Lok Sanjh, they require in implementing the School Learning Model. Impacts of the CRP approach will be assessed through monitoring changes in farmer behavior in active, passive and control communities in the vicinity of 1 kilometer of the selected schools.

Year of Change 2018



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Conferences and Festivals

Year of Change 2018

This year Lok Sanjh in collaboration with the schools organized festival in each and every school to mobilize the student community at large. In each school the festivals were organized on different issue related to climate change and food security. In schools the Lok Sanjh work with the eco club student but in these festival the whole school participated.

Youth of Hope Festival

The festivals showcased the cultural and Biological Diversity to impact the communities by presenting different solution to their farm level problems. Then students and their parents also presented the food diversity that helped remind communities about their traditional food with the primary goal to discuss how farmers, consumers, food producers and their communities can cooperate to enrich and defend this food diversity.



Year of Change 2018

Besides the schools and the local communities, the scientists, educationists, local institutions and other civil society organizations also participated in the festivals for the common cause of defending diversity against destructive and threatening tendencies in agricultural production, land use and food production and to offer an opportunity for enhanced collaboration and to deliver a joint message to the representatives of governments to discuss biodiversity and biosafety.



Global Cotton Conference in Brussels

Year of Change 2018

The BCI 2018 Global Cotton Conference held in Brussels on 27 & 28 June, 2018 to collaborate on a more sustainable future for cotton. Join industry leaders and experts for an interactive opportunity to explore thematic at field level, in the supply chain and in consumer facing business participated.



Year of Change 2018



The 2018 Global Cotton Conference was BCI's largest event to date, with more than 340 attendees from 35 countries across the cotton sector. The participants including the attendees, speakers, panelists, leaders of breakout sessions, exhibitors and sponsors were very enthusiastic.



Through this conference, we aim to create a platform where the entire cotton sector can come together to network, collaborate and focus on the future of more sustainable cotton. It's important that we now carry the momentum and energy of the conference forward and continue to seek out areas where we can all work together to drive sustainability in the cotton sector.

Harvest Celebrations

Year of Change 2018



Year of Change 2018



As usual the harvest festival was also organized individually for each zone. It typically features feasting, both family and public, with foods that are drawn from crops that come to maturity around the time of the festival. Ample food and freedom from the necessity to work in the fields are two central features of harvest festivals. The farming communities bring in food from the garden in order to celebrate the harvest.

Year of Change 2018

Women Cotton Workers Convention Toba Tek-Singh

Lok Sanjh organized a Women Workers Convention under its Gender Equity Program. The Women workers convention aims to focus on the issues concerning to women workers in cotton areas of South Punjab. The convention also helped in building women workers on their capacity about their rights and to increase their knowledge of labor laws, both in formal as well as informal sector. The labor laws and Sexual Harassment Act is also envisioned to be the part of this convention, that can provide a platform for the articulation of demand to act as a focal point to pull together the demands raised by the grass roots level women workers. The event was divided into three sessions. In first session four selected women workers shared the issues and challenges faced by them while working. In second session key speakers shared their diverse inputs on theme and in third session question/answers sessions were raised and in the end charter of demands were finalized based on the consent of the participants.

After that the facilitator read out the charter of the demands to the women workers and civil society members for further action and followings;



Year of Change 2018

All businesses formal and informal sector should give decent workplace, decent wages and due respect to their all employees or workers especially women workers.

The owners of the factories should provide the women workers with safety guards for protection from inhaling cotton dust, methane, glasses for eye protection and gloves for protecting hands from scars, burns and cuts etc.

The Minimum Wages Board at district level should take notice of the meager amount given to the women workers as per their labor rates.

There should be proper legislation of home based workers for registration. The labor laws should be revised in conformity with national labor laws.

A labor desk for women workers should be established at district level for resolving their issues on daily basis.



Dr. Shahid presented several examples at the start of his speech which highlight the important role women play and will continue to play in the near future with regards to agriculture. He gave the example of mother's at home who are forced to feed their kids the pesticide poisoned foods because of agricultural malpractices. He stressed on the need to raise awareness on the Integrated Pest management techniques and asked the women audience to play their role towards this objective. He termed water stewardship vitally important for Pakistan's future agricultural sustainability and presented several upcoming interventions Lok Sanjh will develop in its model farm. He also commended BCI for increased women participation in their organization and pledged increased women employment and trainings for women in Lok Sanjh Foundation.

Year of Change 2018

National Cotton Conference

The national Cotton Conference speed the transfer of new technology to the cotton producers and other industry members with the goal of strengthening cotton's competitive position at the national market places and enhancing industry members' profitability.

This focused on individual reports, panel discussions, hands-on workshops to enlighten industry members about the latest research developments and their practical applications in cotton production and processing. The cotton industry members recognize the wealth and range of information made available through these reports, they also gain valuable information from fellow attendees - processors, scientists, extension personnel, consultants, agribusiness representatives and others.



Year of Change 2018

Enhancing Staff Competence

Employees are a key determinant of an organization's success and are often the "face" of the agency to customers and stakeholders. Maintaining a well-trained, well-qualified workforce is a critical function of both individual managers and the organization as a whole.



Building the capacity of new and current staff is therefore an essential part of program implementation. Basic training for all staff by LSF always cover the guiding principles, goals and activities. This inform staff members about specific methods for working within the communities keeping in view the organization s' mission. This also includes review of gender issues relevant to the context; and encourages staff members to reflect on their own attitudes and beliefs related to gender. Trainings can also provide a forum for reviewing staff members' responsibilities vis-à-vis the Code of conduct. addition to basic trainings for all staff, specialized staff should receive targeted training to meet their key responsibilities (e.g. training on case management, etc.), which focus to develop the HR policies for further implementation.

Year of Change 2018



Human resource management (HRM) is a function in organizations designed to maximize employee performance in service of their employers' strategic objectives. HRM is primarily concerned with how people are managed within organizations, focusing on policies and systems. It includes the process to recruit, maintain, and develop employees. Effective HRM practices not only help organization achieve its goal but also help employees find meaningful work with avenues for career development.

Year of Change 2018

Teaching & Learning Organics

Lok Sanjh conducts training within communities so that they are empowered to adopt sustainable agricultural practices. These trainings include teaching farmers how to make biopesticides and organic fertilizers such as vermicompost, dry compost, tunnel farming etc.



Based on extensive modules developed by LSF, through years of experience, these training sessions are specific to each period of the agricultural season. Staff members and community resource persons train farmers through practical demonstrations that place a strong emphasis on quality. Therefore several workshops, lectures, and activities were organized to strengthen the training Capacity of the staff with the main objectives.

Year of Change 2018

Teachers Review & Planning Meeting

This meeting provides an opportunity both for the Lok Sanjh and the school management to sit together for clarifying the issues they both have been facing in program implementation along with the responsibilities and the Code of Conduct. Sometimes these meetings conclude with to organize more of these type meetings, trainings and planning and specialized trainings meet their key responsibilities.



Year of Change 2018

Outcome and Impact Orientation

A three days subject workshop was organized in Dubai by the BfW for its partners in Pakistan. The objectives were,

- 1 Assist in aligning the PME system to the changed requirements of BfdW (focus on outcomes and impacts)
- 2 Build staff capacity in outcome oriented planning, monitoring, data management, documentation and reporting



More specifically, this aimed to:

- Revisit objectives and indicators of the approved projects
 - Design a monitoring system inclusive data collection methods, recording and storage of data and if necessary advise on how to improve on what exists and what is available.
 - Discuss how the data collected can be analyzed and interpreted (Compared with baseline data and targets set in the indicators)
 - Discuss distribution of data collection and management responsibilities and advice on improvement
 - Provide advise on how documentation and report writing could be made outcome oriented using the BfdW reporting format.
- Plan further work on OIO (action plan)

Year of Change 2018

Meeting with BftW in Germany

The Bread for the World (BftW) is funding Lok Sanjh since 2004 to make an effort for poverty eradication and over this period, BftW has greatly recognize the work of Lok Sanjh and has built strong relationship with freedom of expression from both sides.

This year Lok Sanjh leadership got the chance to visit BftW in Germany and had a day long meeting which aimed to enhance the mutual exchange of views and an open and creative discussion on the concrete strategic role of the organization and guided a framework for poverty eradication. It was a great successful meeting for which Lok Sanjh will remain thankful.



The whole meeting turned out in a logical progression of steps regarding the project implementation to the decision making for larger commitments. The BftW was kind enough to principally approve a few of things quickly that otherwise would have taken a long time. Thanks for all the support from BftW. It was a strong relationship-building day.



Year of Change 2018

Staff Exposure Visits

Exposure visits enable farmers from different regions to interact with and learn from each other, allowing them to view practical examples of successful integration of sustainable practices in farming communities like their own. They are integral to sensitizing the farmer to the message of sustainable agriculture. For example the staff has heard of seed banks but understood only after visiting the community seed banks.



Field day at NARC

With this vision, Lok Sanjh organized many exposure visits for the staff and the beneficiaries as well. This helped them a lot to quickly learn the different concepts of sustainable agriculture. These visits also include rare variety demonstrations that inform farmers of the characteristics and advantages of indigenous crops. Then farmers were also able to learn about new seed varieties, that best suited to their needs and agro climatic zone, so that we may popularize those varieties within the area.

These visits often instill a sense of purpose and enthusiasm among farmers as they are able to see, first hand, the results of adopting the organic practices. This is particularly useful in convincing farmers to aim for organic farming certification, because it shows them the advantages certified farmers in other areas have, when marketing their produce.



Year of Change 2018

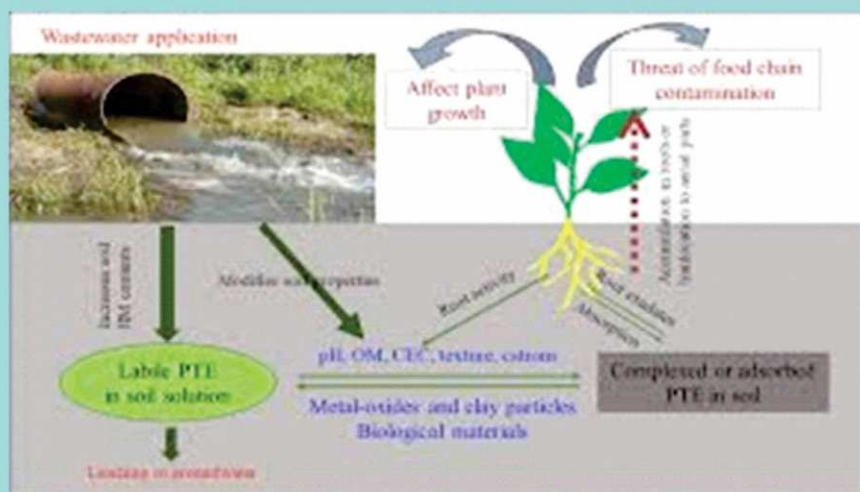
Management & Use of Waste Water

The use of sewage and wastewater for irrigation is a common practice in rural and peri-urban areas of most rural areas of Pakistan. Wastewater is often the only source of water for irrigation in these areas. Even in areas where other water sources exist, small farmers often prefer wastewater because its high nutrient content reduces or even eliminates the need for expensive chemical fertilizers. Many wastewater irrigators are not landowning farmers, but landless people who rent small plots to produce income-generating crops such as vegetables that thrive when watered with nutrient-rich sewage.



Year of Change 2018

These wastewater micro-economies support countless poor people across the rural communities. Terminating or over-regulating these practices could take away the only opportunity of income that many landless people have. Concern for human health and the environment are the most important constraints in the reuse of wastewater. These risks need to be carefully considered, the importance of this practice for the livelihoods of countless small holders.



Obviously, the short-term benefits of wastewater irrigation could be offset by the health and environmental impacts. The first step is to scientifically evaluate the risks. Once the actual risks are clear, risk reduction efforts can then be carried out. Lok Sanjh therefore has organized awareness trainings on the issue.

- What are the dangers of uncontrolled wastewater irrigation in terms of public health and pollution?
- How can the nutrient value of wastewater be assessed?
- What sustainable practices are being used that can be transferred to benefit poor rural areas in other countries?
- From a public health perspective, which crops are the best candidates for wastewater irrigation and which should be avoided?

Year of Change 2018

Quarterly Planning & review Meetings

The purpose of the quarterly planning is to drive the annual plan and a long-term strategy forward. And track to hitting the annual goals. So everyone should be thinking of prepping for the next one as soon as every new quarter starts.



The process start one month prior by holding a pre-planning meeting with a core group to review the Annual Plan and determine the meeting objectives. This help to discuss strategic and operational topics that might be useful during the session and gather as much employee feedback possible.

These meetings drive accountability and engage the team to focus on working on solutions rather than spending the time giving status updates. In this regard the weekly meetings are a key part of an overall strategic meeting rhythm that helps grow the organization toward excellence. The Annual Plan is important, but the degree to which the content of the Weekly Meetings is the degree to which we can build a great organization.

Year of Change 2018

Community Radio Workshop

This workshop aims to bring skills and resources to all LSF staff to better enable them to implement the concept activity for the quick trainers who either work for us or would like the idea of a partnership.

The staff was trained in community radio implementation program so to improve crucial linkages among stakeholders. This has facilitated knowledge-sharing and access to agricultural information to improve the food security. To ensure this process is successful, the experts and consultants were hired to deliver the best possible models of community radio.



Year of Change 2018

Material Development Workshop

This interactive and practical training programme will help training and HR professional to design, develop and deliver more effective training materials, learning resources and course documentations. This means being able to increase the impact and quality of training and its results. Moreover this focused on,



- The ability to develop quality material for use in facilitation, training and presentation
- Techniques and formats for developing training material – learning activities, games, exercises, examples and case studies
- Skills for the development of effective presentation material
- How to design and adapt material based around learner style and preference
- How to create materials to develop cognitive domain abilities – thinking skills and knowledge awareness
- Greater understanding of learning methods

Year of Change 2018

Built in Monitoring, Evaluation System

Monitoring is critical for healthy learning in an organization as it is about the basic key questions that are we doing the right thing? Are we doing it well? And are there better ways of doing it?

Therefore the Monitoring and Evaluation (M&E) has been continuously done during the project cycle to assess if progress is made in achieving expected results, to spot bottlenecks in implementation and to highlight whether there are any unintended effects (positive or negative) from an investment plan, program or project and its activities.



Year of Change 2018

This processes of planning, monitoring and evaluation has made up the Result-Based Management (RBM) approach, which is intended to aid decision-making towards explicit goals. This helps to focus on results that matter, while monitoring facilitates learning from past successes and challenges and those encountered during implementation.

The system systematically collected and organizes the specific data to be assessed, indicating roles and responsibilities of project team. Therefore the relevant progress and performance information is collected processed and analyzed on a regular basis to allow for real-time, evidence-based decision-making.



The information is collected through participatory methods at community level by the LSF field team consisting of male and females who regularly interact on daily basis with the project beneficiaries. The field staff collect data on the success indicators, assess progress. This is regularly shared with the senior management in progress review meetings. It helps to take timely corrective measures, if re-quire so.

Year of Change 2018

staff Welfare program

This year different benefits were planned for staff benefits to encourage their work and use their maximum skills for the organization. The benefits included winter cloths, Eid and Ramdhan food packages etc. This is because Lok Sanjh experienced a lot of staff turn over for the last few years and this initiative has provided employees enough incentive to maximize their satisfaction/ productivity and to make them stick around for the long run. Also it has created a best interest of the employees to value their job performance.



Distribution of Ramzan Package

Staff Retreat & Dayout

Year of Change 2018



Team building retreats is a powerful way to increase the organization's workforce, develop more productive relationships and improve levels of communication and cooperation among the team members. This year, Lok Sanjh staff took a day out at PC Burban. The purpose was to discuss and improve strategies for achieving goals. Besides, it was a day full of activities - team building, fun, games, training and more fun. This made our team more refresh to continue with the mission.



Year of Change 2018

New Initiatives

Lok Sanjh is always eager to support new program initiatives that recognize the different types of wisdom and knowledge to enhance the profile of organization and team s' efficiency. The new initiatives taken so far have helped improve the services of the organization, clarify its objectives and implement strategies to accomplish goals.

Moveable Public Transistor



Modern community radio stations serve their listeners by offering a variety of content that is not necessarily provided by the larger commercial radio stations. While the community radio may provide news and information that geared toward the local area development particularly the poor and the remote communities. Which in this case are very valuable assets for a region. In the service model locality is valued; community radio, as a third tier, is providing content focused on a more local or particular community than a larger operation.

Year of Change 2018

In the participatory model, the participation of community members in producing content is viewed as a good in itself. While this model does not necessarily exclude a service approach, there is some disagreement between the two. The LSF has made a strong commitment to support rural women to improve their living conditions and capacity for local resource use. In the beginning, LSF focused on improving farmer's knowledge through extension approaches based on direct contact with farmers but these approaches have not been very effective in reaching rural women. Among others, the prevalence of rural female illiteracy and time constraints faced by women, have hindered women's effective use of technology and training. Building on the lessons, we struggled to improve the services to rural women taking advantage of emerging cost-effective models that reach a wider range of rural learners.



Therefore the passing of messages from community to community, the audio-visual communication van has been developed to play an efficient role to quickly educate the farming communities by using visuals, videos through expression and action without using words that appeal to the eyes and sensitize the planned guidance. The van is equipped with posters, slides, chart, flannel-graphs and flash cards. It also documents the participating farmers, home visits, meetings, discussion groups to enhance the understanding of subject matters.

Year of Change 2018

Plant for Pakistan

Lok sanjh foundation planted more than 3500 plants during season 2018 in district Toba Tek singh to promote the vision of PM Imran khan(Plant for Pakistan) with partnership of registered farmers,staff,GLAs and forest department at RDBC site on main road from Toba to shorekot with the Objectives,

- To increase forest cover in the areas
- To enhance local livelihood through sustainable use of Natural resources
- To protect the local ecology and biodiversity conservation



With the above objectives Lok Sanjh Foundation organized Plantation campaigns through the participation of all stake holders. LSF conduct Hasher plantations and revived local culture by applying drum beating, songs and dance for the forestation of these species, land for the purpose is volunteered by the community members and RBDC they also take the responsibility of protecting the plants. This way, ownership of the community and safeguard of planted saplings is ensured for long term results of the

Year of Change 2018

clean & Green Pakistan

Lok sanjh Foundation organized clean and green Pakistan rally at TTS to run through the whole city for general awareness of the public at large. All walks of life peoples that include representatives of CSOs,media,chairman municipal committee TTS,farmers,staff and GLAs participated in the walk and recorded their concern about the clean Pakistan.



The main objective of the event is to create awareness regarding clean and green individual and communal places, climate change and usages of polyethylene bags. All the participants took keen interest on practical work by hands.

Year of Change 2018

On Farm Water Management

Lok Sanjh Foundation installed drip irrigation system at Ratowal centre with the assistance of On Farm Water Management (OFWM Agriculture Department Government of Punjab). The objectives of the intervention:



- A- To improve Agricultural productivity by enhancing the efficiency of water used.
- B- To enhance the capacity of farming communities on water saving technologies.
- C- To create awareness among youth and school children's on water scarcity facing the country.
- D- To control weeds in the centre.

Year of Change 2018

Community Radio Campaigns



Several community radio programmes were recorded with the collaboration of local FM radio station. A few live radio programmes were telecasted covering the crop advisory for cotton growers. Local farming community was engaged while recording the radio programmes as it made our programmes more relatable and engaging.



Year of Change 2018

Clean Cotton Initiatives

Lok Sanjh Foundation took new initiatives to women cotton pickers for provision of cloth for clean cotton and cap to control trash and also mask for dust on the principles of BCI for which the cotton communities appreciated the initiative taken by LSF.



Walk Against Child Labour

Year of Change 2018

Lok Sanjh Foundation organized a walking against child labor in Toba Tek-Sngh, South Punjab. In this event all Govet officers, like Labor inspector, Assistant director child labor department, District Water management, civilians and all field staff participated. The Rally walked through the whole city and the participants discussed the issues of education of children and child labor working in different shops, markets and institutes.

Dr shahid Zia discussed that we are working on child labor eradication in different districts in BCI projected areas. In this case we have been created the awareness raising program in different schools. In future we are going to start classes for children who are working on different mechanical shops. The women and children are exposing the pesticide affects and it is very necessary to control it. Mr. Shahbaz Asst. Director also discussed that we are working on women empowerment and especially the campaign are being held for the working women.



Year of Change 2018

Farm Machinery Pool Inauguration

The GIZ has supported Lok Sanjh Foundation to build a farm machinery pool to facilitate the small farmers and specially the cotton farmers. All required machinery that is beyond the resources of small farmers is in place with Lok Sanjh and center has been inaugurated.



Baluchistan Visit

Year of Change 2018

Lok Sanjh made a visit to Baluchistan to have meeting with school youth and assess the issues and option for their development.



Year of Change 2018



Lok Sanjh Founder Director along with the BCI team visited Australia on water stewardship issues and had Discussion with Mr Mark Pascoe CEO International Water Center Briefing on LSF initiatives to secretary Agri ,DG OFWM,CEO GiZ and CD BCI. Capacity building session on soil and water analysis and Discussion on NRM issues and their solution was also held there.



ED Monitoring Visit

Year of Change 2018



Year of Change 2018

Documentation of School Program

Lok Sanjh ,while working with the school youth has initiated to document the whole program and its implementation processes for better understanding of the school management and to keep a good record of the whole program. Specifically, this shows that the appropriate process was followed, including important actions such as:



- To review progress on goals set for the year
- To review progress on quarterly basis.
- To encourage students contribution in agriculture at domestic level.

If changes are made somewhere then the school must ensure that the team and the parent are informed of those changes. The process is meaningful and key to successful program implementation where parent, teachers and Lok Sanjh meetings are arranged to discuss the issues and options for durable agreements. This way it make an official school record and include treatment notes, lesson plans, progress notes, notes to parents and personal notes etc.

Year of Change 2018

MOU with Gomal University



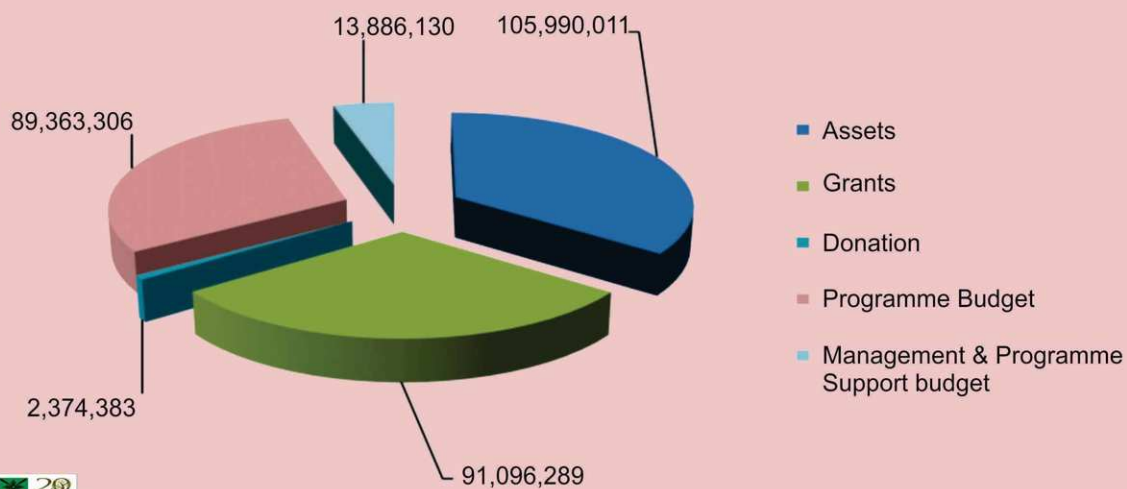
Lok Sanjh strongly believe in private and public participation for agriculture and rural development organization to play an important role in the development of agricultural technologies for the larger benefit of small farming communities. To enhance the development this efforts, Lok Sanjh has signed an MOU for future efforts to enhance and scale up the agriculture activities. In this regard, Shahid Institute of Development Studies (SIDS) signed MOUs with Gomal University DIK-KPK to initiate Distance Education Study Center (DESC) at Toba Tek Singh areas.

Year of Change 2018

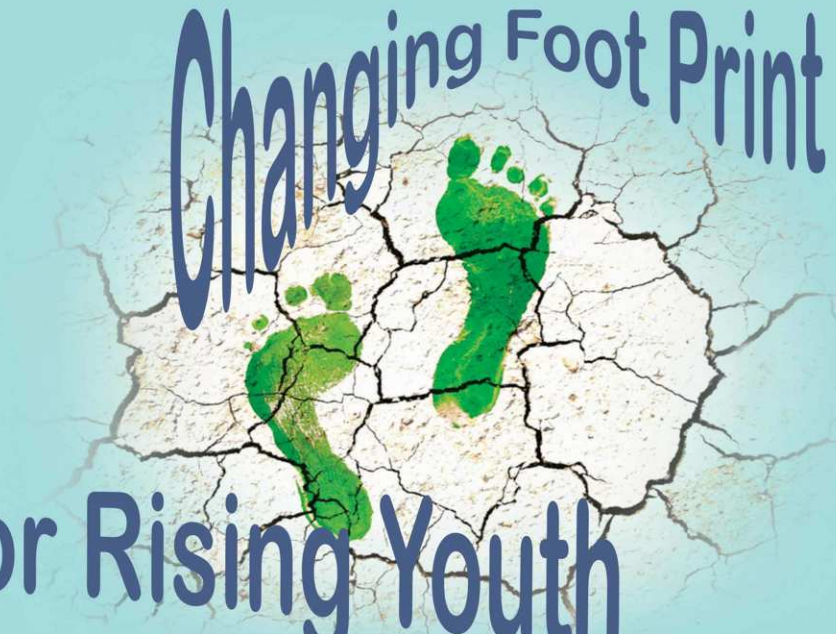
LSF Financial Position in 2018

In 2018, Lok Sanjh Foundation motivated youth and streamlined their energy and skills on agricultural development. Keeping in view the importance of climate change, LSF making efforts to skilled and equipped future farmers to overcome the challenges and divert the directions to move forward. LSF in this regards, builds small eco agricultural models in schools by using the skills of young farmers.

Lok Sanjh Foundation, being member of Better Cotton Initiative (BCI) is working with more than 120,000 small farmers in the cotton producing belt of Pakistan for sustainable, bigger and better cotton to strengthening and increase cotton share in national GDP of Pakistan.



Changing Foot Print For Rising Youth



Lok Sanjh Foundation