



Rural Community Development Society (RCDS)

VOLUME 03
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This Volume highlights Rural Community Development Society's journey from January to March, 2026 where partnerships, compassion, and action came together to create meaningful impact for vulnerable communities.

MULTI-STAKEHOLDER DIALOGUE ON STRENGTHENING HEALTH SYSTEMS AND ADVANCING UNIVERSAL HEALTH COVERAGE IN PUNJAB



In a powerful step towards inclusive healthcare, Rural Community Development Society (RCDS) Buzurg Dost Network Punjab Secretariat, in partnership with Foundation for Ageing and Inclusive Development (FAID) Pakistan, convened a dynamic multi-stakeholder dialogue to advance Universal Health Coverage (UHC) with a special focus on older persons. Bringing together policymakers, experts, and community voices, the session unpacked UHC for the elderly, raised awareness on healthcare rights, government schemes, and spotlighted critical issues. Such as chronic diseases, mental well-being, and access to preventive and palliative care. Chief Guest Ms. Rushda Lodhi highlighted government efforts to enhance senior healthcare, while Mr. **Khawar Majeed** shared insights on the impact of health insurance for the Punjab's aging population. The expert panel enriched the discussion with perspectives on autism, preventive health, labour conditions, patient engagement, and cultural influences shaping elderly well-being. The dialogue concluded with strong, actionable recommendations, reinforcing a shared commitment to building a more inclusive, equitable, and resilient health system for all generations.

GENDER-SENSITIVE FLOOD EMERGENCY RESPONSE 2025 IN MUZAFFARGARH

In response to the devastating floods of 2025 in District Muzaffargarh triggered by intense rainfall & river overflows RCDS, with financial & technical support from WHH under HOIFA, Gender-Sensitive Flood Emergency Response 2025 in the worst-affected Union Councils Langarwah & Khan Garh Doma, Tehsil Alipur. The intervention focused on addressing urgent humanitarian needs, restoring dignity, and supporting early recovery. Through this initiative, 300 flood-affected households received essential assistance, including hygiene kits and food ration packs. In addition, 775 households had already been supported in the previous quarter, ensuring continued relief coverage. This support helped families meet their immediate needs while strengthening resilience and hope in the aftermath of the disaster.



NEWSLETTER



INSTALLATION OF H2O AIR WATER UNITS FOR SAFE DRINKING WATER

RCDS in collaboration with Tayaba Organization, has successfully installed H2O Air Water Units at eight locations in Lahore, introducing an innovative and sustainable solution to improve access to safe drinking water. These advanced (Duel functioned) units are designed to generate purified water by extracting moisture from the air and filtering water through connected tap systems, ensuring dual-layer water safety for users. The installed units are currently undergoing operational testing to assess efficiency, functionality, and long-term sustainability. Through this initiative, approximately **1,050** students and teachers have been benefited from improved access to clean and safe drinking water.



CONSTRUCTION AND RENOVATION WORK IN CHARITY RIGHT'S TARGET SCHOOLS FOR SCHOOL FEEDING PROGRAMME

Under the School Feeding Programme, construction and renovation works in Charity Right's target schools have successfully advanced through the initial planning and assessment phase. Comprehensive school assessment was carried out to identify key infrastructure needs, with the focus on creating safe, weather-resilient learning environment, improving WASH facilities, promoting hygiene and student well-being. The initiative also aims to strengthen community ownership through active School Management Committees (SMCs) and increased parental confidence in school conditions. Key regulatory milestones have been achieved, including the issuance of No Objection Certificates (NoCs) following formal engagements with the Assistant Commissioner, Deputy Commissioner, and Chief Executive Officer of the District Education Authority. In parallel, procurement processes are underway with the formation of a procurement committee and initiation of material sourcing in line with project guidelines. Additionally, the project has been formally submitted to the Economic Affairs Division, with acknowledgment received, marking continued progress toward smooth and compliant implementation.

INSTALLATION OF SOLAR WATER PUMPS FOR COMMUNITY WATER ACCESS



RCDS in collaboration with Tayaba Organization, successfully installed water accessibility initiative in Bahawalpur, Muzaffargarh, Kasur, Okara, and Rajanpur, aiming to enhance accessing safe drinking water and reduce the health burden on vulnerable communities.

Under this initiative, five solar-powered water pumps were installed in targeted areas, benefiting approximately 3,000 households and reaching an estimated population of 21,000 individuals. The intervention has significantly improved the availability of clean drinking water, contributing to a decline in waterborne and abdominal diseases, reduced household healthcare expenditures, and decreased the time burden of water collection particularly for women and children. Overall, the initiative has strengthened community well-being by ensuring sustainable, reliable, and dignified access to safe water.



Punjab Family Planning Program For BISP Beneficiaries

Under the Punjab Family Planning Program for BISP Beneficiaries, supported by PPIF, RCDS conducted sensitization meetings and community awareness sessions in Lahore and Kasur to promote family planning and reproductive health. The initiative encouraged informed decision-making among men and women, fostering shared responsibility in contraceptive choices. In parallel, client validation activities were carried out to verify service delivery, assess beneficiary satisfaction, and identify gaps strengthening access to quality and responsive family planning services for BISP beneficiaries.



Awareness-raising and Motivational Sessions

Five impactful awareness-raising sessions were conducted across Lahore and Kasur, engaging communities in meaningful dialogue on family planning and reproductive health. These interactive sessions focused on promoting informed decision-making and increasing awareness of safe, effective, and accessible contraceptive methods. Special emphasis was placed on reaching underserved and low-income populations, helping strengthen knowledge, shift perceptions, and encourage healthier reproductive choices at the community level.



Male Corner Meetings on Family Planning



A total number of four male corner meetings were conducted in Lahore, engaging 36 participants in focused discussions on family planning and reproductive health. These sessions played a key role in strengthening community sensitization and addressing cultural barriers. Through open dialogue with men and community influencers, the project encouraged positive attitudes, reduced stigma, and promoted acceptance of modern reproductive health practices, contributing to more informed and supportive household decision-making.

Project Achievements



- Across Lahore and Kasur, a combined total of **25,819** MWRAs registered, reflecting strong outreach and community engagement, and enabling more women to access family planning services and counseling for healthier families.
- **6,301** new clients received family planning and reproductive health services, reflecting excellent progress and strong community trust in these services. Through consistent field visits and awareness sessions, more families are now adopting family planning practices for healthier and better-managed lives.
- **6,263** follow-up clients were served, reflecting continued use of family planning services among beneficiaries. This highlights the need to further strengthen follow-up mechanisms to ensure improved continuity of care, sustained counseling, and better support for ongoing family planning needs.



Door to Door Served Client Validation

Door-to-door validation was conducted to verify family planning services, assess client satisfaction, and gather direct feedback from households. This approach strengthened service quality, accountability, and trust while supporting more responsive service delivery.



Staff Capacity-Building Highlights

RCDS continues to strengthen staff capacity through practical, hands-on learning approaches that enhance real-time problem solving and effective project delivery. As part of this effort, staff participated in professional development initiatives focused on project management and organizational governance.



* Five-day Project/Programme Cycle Management Training

RCDS team successfully completed an intensive five-day training covering the full project cycle from planning and implementation to monitoring and evaluation equipping them with practical tools to improve efficiency, accountability, and overall project impact.

These continuous learning efforts are strengthening RCDS ability to design & deliver inclusive, responsive, and sustainable development programmes.



* Two Day Training on Governance & Internal Control Systems

RCDS team participated in a two-day Training on Governance & Internal Control Systems to enhance transparency, accountability, and effective resource management. The training equipped staff with practical tools to strengthen internal systems and decision-making.

This initiative reflects RCDS' commitment to continuous learning and improved service delivery through stronger organizational practices.

Health and Medical Camps Central Park Teaching Hospital & RCDP

RCDS, in partnership with Central Park Teaching Hospital, organized nine medical camps across key locations in Lahore, serving **2,932** patients, including **2,321** women reflecting strong outreach and improved access to healthcare. Alongside consultations and treatment, **84** patients were referred for specialized care (**78** medical, **16** surgical). The growing turnout across camps highlights increasing community trust and RCDS's commitment to delivering accessible healthcare services to underserved populations.



Capacity Building Sessions on Responsible Business Conduct (RBC)

RCDS, in collaboration with Helvetas practical knowledge on the UN Intercooperation, organized a one-day Guiding Principles on Business and capacity-building workshops on Human Rights, with a focus on Responsible Business Conduct (RBC) identifying and mitigating labor and under the EU-funded CSDA Project, human rights risks such as child labor, alongside a series of technical sessions bonded labor, and occupational safety across major rice processing units hazards. The initiative also promoted the use of Personal Protective Equipment (PPE) and establishment of Trading Company, Fatima Rice Mills grievance redressal mechanisms, (Okara), Rice Partners Limited, Atlas equipping industry stakeholders to Food, and Green Food. A total of **68** align with international standards, management staff and workers strengthen ethical practices, and participated in these sessions, gaining enhance sustainable export potential.



Advocacy & Capacity Building Workshop for District Vigilance Committees (DVCs) in Lahore, Gujranwala and Sheikhupura.

RCDS, organized three advocacy workshops for District Vigilance Committees in Gujranwala, Sheikhupura, and Lahore. The sessions engaged 125 key stakeholders from district administration, law enforcement, labour departments, chambers of commerce, agriculture, child protection, media, and civil society.

The workshops focused on the regulatory compliances of GSP+ aligning local governance with international trade standards, including Pakistan's GSP+ commitments and EU human rights and forced labour regulations. Participants were oriented on Corporate Sustainability Due Diligence Directive (CSDDD) and ESG principles, with emphasis on risk identification, supply chain monitoring, and enforcement of bonded labour laws. Overall, the initiative strengthened institutional capacity to promote human rights compliance and support sustainable agricultural and industrial exports.





Entrepreneurship Identification and Baseline Assessment

Under the Pathways to Rise Project, RCDS, in collaboration with the British Asian Trust, conducted **sixteen** orientation sessions across Lahore and Sheikhupura in both community settings and RCDS' offices. These sessions engaged **320** entrepreneurs from diverse sectors including garment and textile, food processing, cosmetics, beauty products, retail, and small-scale manufacturing.

Participants were introduced to project criteria and opportunities, followed by structured interviews and baseline data collection through Google Forms. Key information gathered included business identification, nature of enterprise, use of social media, and access to mobile technology.

Based on this assessment process, **250** potential entrepreneurs were shortlisted for further engagement under the project. This structured approach has helped establish a strong foundation for targeted support, ensuring more effective and inclusive enterprise development in the target areas.



Strengthening Partnerships for Skills Development and Economic Empowerment



Ten Networking and coordination meetings were conducted with key stakeholders at Sannat Zaar, Iqbal Town, Lahore, and Vocational Training Institutes (VTIs) to identify potential business opportunities and select deserving beneficiaries for upcoming skills development and enterprise training programs.

The sessions focused on exploring viable business ideas, strengthening community linkages, and enhancing collaboration with local institutions. These engagements aim to prepare participants for future capacity-building initiatives, promoting sustainable livelihoods and economic empowerment within the community.

RCDS conducted 250 Key Informant Interviews (KIIs) in Shadipura, Mehmood Booti, and Nain Sukh (Lahore), including 157 doorstep interviews, to support the baseline study and understand local entrepreneurial needs.

The assessment covered sectors such as garments, adda work, bag making, decorative items, hand embroidery, and embellishment work, highlighting the skills and resilience of local entrepreneurs. Workplaces were also observed to assess occupational health, safety, and working conditions.

This initiative is a key step toward strengthening enterprises, improving livelihoods, and promoting sustainable community development.

Key Informant Interviews (KIIs) and Case study assessments



Junior School Artwork- Celebration of Young Creativity

The Junior section of RUMI Grammar High School came alive with color and imagination as young learners showcased their creativity through vibrant artwork. From playful drawings to innovative crafts, each creation reflected the students' originality, talent, and joyful expression. The display was a delightful celebration of young minds, highlighting creativity as an essential part of learning and growth.



Celebrating Academic Excellence and Student Achievement

RGS successfully conducted its Spelling Competition alongside the Annual Examination Period (18th-26th February), creating an atmosphere of learning, discipline, and achievement. Students demonstrated remarkable confidence and accuracy during the spelling competition, while also showing strong preparation, enthusiasm, and commitment during their annual exams. These activities reflected the school's dedication to nurturing academic excellence and encouraging students to perform at their best.

Annual Graduation Day Celebration

RGS celebrated its Annual Graduation Day on 5th March 2026 with great enthusiasm and pride, marking a significant milestone in the journey of its young graduates. The ceremony honored students' hard work, dedication, and achievements, creating a memorable occasion for all. The event featured inspiring speeches, joyful moments, and proud smiles from students, parents, and teachers alike. The school extends heartfelt congratulations to all graduates and wishes them continued success in their future endeavors.



Eid Celebration at RGS School

On the final day of Ramadan, the school celebrated Eid with great joy, warmth, and festive spirit, bringing together teachers and students in a memorable gathering. The day was marked by happiness and cultural celebration as teachers expressed their affection by distributing Eidi in the form of chocolates, candies, biscuits, cash, and bangles for the students.

Girls enjoyed beautiful mehndi designs applied on their hands, while students actively participated in making and exchanging Eid cards under the guidance of their teachers. These engaging activities fostered creativity, sharing, and a sense of togetherness within the school community. The celebration created a vibrant and cheerful environment, making it a truly memorable day for students, teachers, and staff alike.



Installed Solarization of Rural Health Centre (RHC)

RCDS successfully completed the solarization of the Rural Health Centre (RHC) Hajipur in March 2026. A solar energy system was installed to ensure a reliable and uninterrupted power supply for essential medical services, equipment, and medicines.

This intervention has improved the facility's operational efficiency, reduced dependence on conventional electricity, and lowered operational costs while promoting an environmentally sustainable solution. The enhanced energy supply has strengthened healthcare service delivery and improved working conditions for staff, **3,000** households with an estimated population of **23,400** through better access to health services. approximately .



Rehabilitating Schools for Better Learning Environments

In January 2026, RCDS successfully completed the rehabilitation of two classrooms along with a verandah at Government Primary School (GPS) Muhammad Horah. This intervention enhanced the safety and quality of the learning environment, benefiting **280** students and teachers and supporting continued access to education.



Rebuilding Education Infrastructure for Resilient Communities

RCDS successfully completed the construction of classrooms and washroom facilities at Government Primary School Mud Dur Muhammad, located in Mud Glori, UC Hajipur, to improve the learning environment for students. Under this initiative, two classrooms were constructed to address space constraints, while three washrooms were established to enhance sanitation and hygiene facilities at the school. These interventions are benefiting approximately **1,330** students by providing a safer, healthier, and more conducive environment for continued education.



Capacity Building Training of Emergency Response Team (ERT)

Under the RSS&CR Project, RCDS, with support from PPAF, conducted a three-day Emergency Response Team (ERT) training in UC Hajipur, District Rajanpur in March 2026. Led by 1122 experts, the training equipped **120** participants with key skills in CPR, first aid, flood response, and emergency planning.

The interactive sessions strengthened community readiness, while stockpile items were also handed over to ERT members to enhance local disaster response capacity.



Expanding Healthcare Access Through Health and Medical Camps

RCDS, with support of PPAF, successfully organized free health and medical camps in February 2026 across Rajanpur. Four health and medical camps in Basti Daaba, Basti Basheer Nagar, Basti Mud Hashim, and Basti Shakil Machi facilitated 1,101 patients, including women, men, children, and persons with disabilities.

In addition, the eight medical camps at UC Hajipur, conducted in collaboration with the District Health Department under Dr. Muhammad Imran, served 198 patients with free checkups and medicines. The camps addressed common health issues such as stomach, heart, and skin diseases, while also raising awareness on safe drinking water and preventive health practices.

These interventions strengthened access to essential healthcare for underserved communities.



Ba-Ikhtiar Initiative Program

Empowering Women Through Skills and Digital Opportunities



The initiative not only enhanced participants' technical and entrepreneurial capacities but also opened pathways for financial independence, enabling women to contribute to household income and improve their socio-economic well-being.

RCDS, with the financial support of PPAF and in collaboration with IRM, PTCL, and Ufone, successfully implemented the Ba-Ikhtiar Initiative at Sanatzar Rajanpur from 3rd March to 10th April 2026, aiming to empower women through practical skills and income-generating opportunities.

A total of 34 women participated in the training program, where Ten trainees were equipped with dressmaking skills, including cutting, stitching, and designing garments, while 24 participants received training in e-selling of cosmetic products, focusing on digital marketing, account handling, and online business operations.



Print and Digital Media



صنعت زار راجن پور میں خواتین کی بااختیاری کے لیے ایک پروجیکٹ کا انعقاد

راجن پور (ڈسٹرکٹ راجن پور) میں صنعت زار راجن پور میں خواتین کی بااختیاری کے لیے ایک پروجیکٹ کا انعقاد۔ اس پروجیکٹ کے تحت 34 خواتین کو ڈیجیٹل مارکیٹنگ اور ڈیزائننگ کے کورسز فراہم کیے گئے۔

اس پروجیکٹ کا انعقاد PPAF، IRM، PTCL اور RCDS کے تعاون سے کیا گیا۔ اس پروجیکٹ کے تحت 34 خواتین کو ڈیجیٹل مارکیٹنگ اور ڈیزائننگ کے کورسز فراہم کیے گئے۔

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CASE STUDY

Supporting Women, Strengthening Families

My name is Razia Liaqat. I am 43 years old and live with my husband, Muhammad Liaqat, and our five children. My husband works in a factory, and his income is quite limited. Managing our household has always been difficult. We have to think many times before spending even on basic needs, and there are days when it becomes very hard to provide everything our children need.

In our area, Bajji Iffat, a Family Planning Champion (FPC), regularly visits homes and talks to women about health and family matters. She is kind and patient, and people feel comfortable talking to her. One day, I shared my worries with her—how challenging it was to manage such a large family with limited income. She listened carefully and gently explained how family planning could help improve both my health and our financial situation.

At first, I felt unsure, but the way she spoke made me feel at ease. She encouraged me and even accompanied me to a clinic run by the Rural Community Development Society (RCDS). At the clinic, I met a trained service provider who treated me with respect and guided me in a friendly way. I was informed about different family planning methods and was free to choose what felt right for me. During my first visit, I decided to use condoms. Later, after learning more and feeling more confident, I switched to pills, which I found easier to manage. The fact that all these services were free was a huge relief for my family.

These services are made possible with the support of the Punjab Population Innovation Fund (PPIF) and the World Bank. Because of their support, women like me can access proper guidance and services without worrying about the cost. RCDS ensured that someone like Bajji Iffat reached our doorstep and connected us with the right help.

After three months, I received an SMS reminding me about my follow-up visit. When I showed that message to a nearby shopkeeper, I received 700 rupees. It may seem like a small amount, but for us, it made a real difference. It helped with our household expenses and made me feel supported and cared for.

Today, I feel much better than before. I feel healthier, more confident, and less worried about the future. I can give more time and attention to my children, and my mind feels more at peace. This support has not only helped me with family planning but has also given me hope and strength. I am truly grateful to RCDS, PPIF, and the World Bank for helping me take a positive step towards a better life.



Rural Community Development Society (RCDS)

Rural Community Development Society (RCDS) is a non-governmental, non-profit organization, was established in 1995, registered in 1998 under Societies Registration Act 1860. RCDS has been working in Punjab with the vision: “Struggle for a just and democratic society through making marginalized communities’ socio-economically empowered.” The organization pursues this vision through the following thematic areas:

- Institutional Development and Governance
- Social Services and Safety Net
- Agriculture, Food and Nutrition Security
- Skills Development and Livelihoods
- Water, Sanitation and Hygiene (WASH)
- Disaster Risk Reduction and Climate Change Adaptation
- Emergency & Humanitarian Response

RCDS has a presence in 24 districts of Punjab, and has served 904,119 underprivileged households.

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