

BARGAD NEWSLETTER

January – March 2026

QUARTERLY UPDATE

This quarter, Bargad advanced transformative youth-led change across Pakistan. From building Pakistan's first Youth Mental Health Network to forging a landmark tri-party MOU for 20,000 youth, driving interfaith peace in Lahore and Gujranwala, and empowering communities to reclaim public green spaces Bargad's programmes reached thousands of young people, police officers, minority students, and community leaders. The quarter was also marked by two landmark inclusive celebrations: an Interfaith Iftar hosted with Minister Ramesh Singh Arora, and a vibrant Basant event graced by Special Assistant to Chief Minister Miss Salma Butt.



QUARTERLY BENEFICIARIES' STATISTICS

360

YMHN Members Mobilised

1,950

Youth — VSO Sports Week

20,000

Youth — MOU Commitment

75

Police Officers Trained

1,000+

Plants on Earth Day

5,582+

Total Direct Beneficiaries



Volunteers of the Month

KHULDIYA SATTAR

Volunteer of the Month — January 2026



Khuldiya's journey with Bargad is a testament to the power of inclusive spaces and youth-led growth. From gaining confidence through trainings and workshops to launching her startup Waste to Rest with Bargad's support, her story reflects resilience, learning, and impact. Recognised with the Volunteer Day 2025 Award, Khuldiya continues to grow as a leader, advocate, and changemaker.

YASHWA ARIF

Volunteer of the Month — Media Intern



Over four months, Yashwa's journey at Bargad has been a story of learning, creativity, and growth. Starting with a goal to develop digital skills, he gained hands-on experience in graphic design, video editing, photography, and media production. With mentorship and real-world exposure, Bargad became a platform that helped him build confidence and grow in the digital media field.

Mental Health Project

Building the Ecosystem of Youth Mental Health & Wellbeing in Pakistan

Bargad's Mental Health project marked a defining quarter, expanding Pakistan's first-ever Youth Mental Health Network (YMHN) across Sindh, Punjab, and Khyber Pakhtunkhwa. A rigorous selection process drew over 500 applicants, with 360 committed YMHN members ultimately chosen to champion mental health advocacy in their communities. A landmark 5-day Training of Trainers (ToT) equipped 18 Master Trainers with the skills, tools, and confidence to cascade mental health education nationwide.

A comprehensive Needs Assessment, drawing on 637 respondents, revealed that academic and career stress (75.4%) remains the most pressing challenge for young people in Pakistan. Mental health service awareness among participants rose dramatically from 48.2% to 84.5%, reflecting the power of structured, youth-led intervention. In Karachi alone, 114 youth were trained, with 50% female participation a milestone for inclusive programming. Five new institutional partnerships were forged, including with Taskeen and Federal Urdu University, reinforcing Bargad's expanding ecosystem of support.

IMPACT AT A GLANCE

360 YMHN Members	18 Master Trainers	637 Needs Assessment	84.5% Awareness Rate
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ACTIVE Project

Active Citizens Transforming Institutions & Communities for Everyone

The ACTIVE project delivered an extraordinary quarter of youth mobilisation, institutional partnerships, and climate action. Bargad successfully initiated the formal registration of Punjab and ICT NYVN youth networks a foundational step toward a nationally recognized youth civic infrastructure. NYVN volunteers were equipped as Master Trainers across four critical areas: Active Citizenship, Climate Change, Job Attainment, and Green Entrepreneurship. Twelve Social Action Projects (SAPs) were independently led by NYVN members and young Civil Society Groups in their respective regions, demonstrating the depth of community ownership Bargad has

cultivated. A MOU was signed between PMYP, VSO, and Bargad committing to capacitate 20,000 youth on Employability, Engagement, Empowerment, and Environment. Under this tri-party Mou, **774 youth (against the 20,000-youth target)** had been capacitated as volunteers by March 31, 2026, through two Training-of-Trainer sessions and 25 cascade trainings across six districts of Punjab and Khyber Pakhtunkhwa. During VSO's Global Sports Week, Bargad engaged approximately 1,950 youth across Punjab and KP within two weeks, showcasing the organisation's unmatched mobilisation reach. The ACTIVE project also built the capacity of young CSOs in developing their organisational documents, policies, and official frameworks strengthening the foundations of civil society from within.

NDC 3.0 Online Campaign

Bargad co-led a national online campaign around Pakistan's Nationally Determined Contributions (NDC 3.0) in partnership with VSO, UK Aid, Rise Youth, Youth Volunteer Organisation, Mainstream, and Grow Up. The campaign amplified Pakistan's climate commitments including the target of 50% emission reduction by 2030 reaching thousands online. Top posts garnered up to 1,600 views, with strong engagement on themes of inclusive climate action, green budgeting, and GEDSI.

IMPACT AT A GLANCE

1,950 Youth — Sports Week	774 Out of 20,000 Youth to Capacitate	12 SAPs Led by NYVN
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Communities of Hope II (COH II)

Supported by Norwegian Church Aid (NCA)

Bargad's Communities of Hope II project continued its impactful work across Lahore and Gujranwala, reaching students, community peacebuilders, and law enforcement in equal measure. Four refresher sessions engaged 101 students from universities and colleges, deepening their knowledge of peacebuilding, human rights, and the constitutional 2% education quota for minorities. Six youth-led Social Action Projects reached 302 individuals through joint Interfaith Iftars at Superior College and Saint Mary College Gujranwala, an interfaith seminar at Gift University, a tree plantation campaign planting over 100 trees, and a public Safayi March.

Diversity tours to religious institutions brought 61 participants face-to-face with communities beyond their own.

Local Peace Structures held 71 monthly meetings across 12 Union Councils, maintaining a 66% attendance rate while resolving critical cases including the safe recovery of a Christian girl from a forced marriage situation, and the resolution of a false theft accusation against a Christian domestic worker. Five refresher sessions with 127 LPS members and six LPS-led SAPs reaching 307 individuals reinforced community peace infrastructure throughout the quarter.

Three two-day Police Capacity Building Workshops at Police Training College, Chung engaged 75 officers from Lahore and Gujranwala. A remarkable 71% demonstrated at least a 50% increase in knowledge on constitutional rights, conflict resolution, and gender-based violence response. Police-LPS interactive forums drew 97 participants exceeding the planned target of 80. On the advocacy front, 40 young volunteers were trained to support minority students through the 2% university quota process, and four orientation sessions reached 123 students approximately 70% from minority backgrounds.

IMPACT AT A GLANCE

71 LPS Meetings	75 Police Trained	71% Knowledge Gain	35,615 Social Media Reach	123 Quota Orientation
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Faith in Action Project (FIAP)

Building Greener & Inclusive Communities: LPS-Led Climate Action

Under the Faith in Action Project, Bargad's Local Peace Structure members transformed words into action literally. LPS members took collective ownership of Ghazi Park in Green Town, Lahore, initiating a formal complaint on the Citizen Portal regarding its deteriorating conditions. The complaint moved through the DC Office and Lahore Waste Management Company before landing with the Parks and Horticulture Authority (PHA). Rather than waiting for bureaucratic resolution, the LPS proactively formed two park committees and officially engaged PHA through formal request.

IMPACT AT A GLANCE

BOOK
TIMES

Regional News

SHARP Pakistan holds Human Rights and Refugee Law training workshop at Police Lines Mianwali

SHARP Pakistan officials and participants during the training workshop at Police Lines Mianwali.

Punjab strengthens Primary Healthcare, World Bank Mission commends reform

By Staff Reporter
Lahore: Punjab Health Minister, Dr. Nadeem Raza, today announced that the government has approved a new primary healthcare strategy to improve the health of the people of Punjab. The strategy focuses on strengthening the primary healthcare system, which is the backbone of the health system. It includes measures to improve the quality of care, increase the coverage of services, and enhance the efficiency of the system. The World Bank Mission, led by Dr. [Name], has commended the reform and expressed confidence in the government's commitment to improving the health of the people of Punjab.

Punjab Health Minister, Dr. Nadeem Raza, with officials during the announcement of the new primary healthcare strategy.

The new strategy is a comprehensive plan that covers all aspects of primary healthcare, from prevention to treatment. It includes measures to improve the quality of care, increase the coverage of services, and enhance the efficiency of the system. The World Bank Mission, led by Dr. [Name], has commended the reform and expressed confidence in the government's commitment to improving the health of the people of Punjab.

Punjab Energy Minister meets Ben Warrington, discusses energy reforms and bilateral cooperation

By Staff Reporter
Lahore: Punjab Energy Minister, Mr. [Name], today met with Ben Warrington, a senior official from the [Organization], to discuss energy reforms and bilateral cooperation between Punjab and the [Organization]. The meeting was held in a formal setting and lasted for several hours. The Minister expressed his appreciation for the [Organization]'s support in Punjab's energy sector and discussed the various initiatives being implemented to improve the energy infrastructure and services.

Punjab Energy Minister, Mr. [Name], meeting with Ben Warrington.

The meeting was a productive one, with both sides agreeing to continue their cooperation in the energy sector. The Minister also discussed the various challenges facing the energy sector and the steps being taken to address them. The [Organization] expressed its commitment to supporting Punjab's energy reforms and improving the energy services for the people.

Tauseef Bhudhi warns job cuts and unemployment Will worsen economic instability

By Staff Reporter
Lahore: Tauseef Bhudhi, a senior official from the [Organization], today warned that job cuts and unemployment will worsen economic instability in Punjab. He made these remarks during a public event where he was addressing the issues facing the economy. He emphasized the need for the government to take immediate action to create jobs and reduce unemployment, as this is crucial for maintaining economic stability.

Tauseef Bhudhi speaking at a public event.

Bhudhi also discussed the various challenges facing the economy and the steps being taken to address them. He called for a coordinated effort from all stakeholders to overcome these challenges and ensure a stable and prosperous future for Punjab.

Pir Muhi-ud-Din Mehboob calls for Muslim unity, brotherhood and adherence to Islamic values

By Staff Reporter
Lahore: Pir Muhi-ud-Din Mehboob, a prominent religious leader, today called for Muslim unity, brotherhood, and adherence to Islamic values. He made these remarks during a religious gathering where he was addressing the Muslim community. He emphasized the importance of unity and brotherhood among Muslims and the need to adhere to the teachings of Islam in all aspects of life.

Pir Muhi-ud-Din Mehboob addressing a gathering of Muslims.

RPO orders strict action to curb crime and enforce traffic laws in Sargodha

By Staff Reporter
Sargodha: The Regional Police Officer (RPO) today ordered strict action to curb crime and enforce traffic laws in Sargodha. He made these remarks during a meeting with the District Police Officer (DPO) and other officials. The RPO emphasized the need for a coordinated effort from all stakeholders to reduce crime and improve traffic safety in the region.

The RPO also discussed the various challenges facing law enforcement in Sargodha and the steps being taken to address them. He called for a coordinated effort from all stakeholders to overcome these challenges and ensure a safe and secure environment for the people of Sargodha.

Punjab Thermal Power Plant closes out agreement with PTCL & Chinese company CMIC

By Staff Reporter
Lahore: Punjab Thermal Power Plant today announced that it has closed out an agreement with PTCL and the Chinese company CMIC. The agreement is for the supply of coal to the power plant. The plant officials expressed their satisfaction with the agreement and the support provided by PTCL and CMIC.

Officials during the signing of the agreement between Punjab Thermal Power Plant, PTCL, and CMIC.

Bargal marks Earth Day with Plantation Drive in Lahore with collaboration of PHA & FAST Cables

By Staff Reporter
Lahore: Bargal today marked Earth Day with a plantation drive in Lahore. He was accompanied by officials from the Punjab Health Authority (PHA) and FAST Cables. They planted several trees in a park area. Bargal emphasized the importance of environmental protection and the need to take action to reduce carbon emissions.

The plantation drive was a successful one, with many people participating and planting trees. It was a great opportunity to raise awareness about environmental issues and the importance of taking action to protect the environment.

Fire damages office equipment at Attock Cantonment board building, no casualties reported

By Staff Reporter
Attok: A fire today broke out in the office equipment room of the Attok Cantonment Board building. The fire caused significant damage to the equipment but no casualties were reported. The fire department was called to the scene and managed to contain the fire. The cause of the fire is still under investigation.

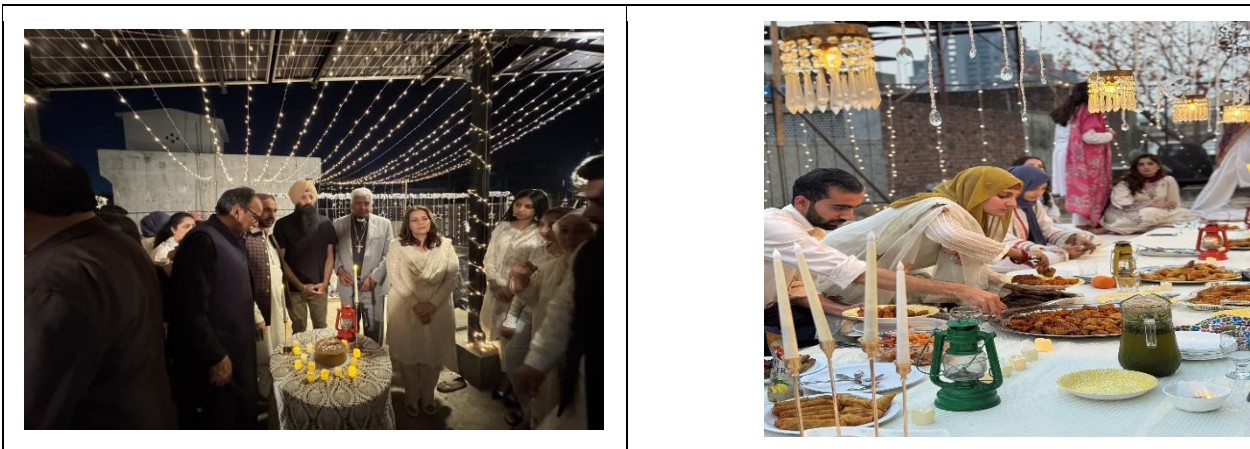
Officials during the fire incident at the Attok Cantonment Board building.

Special Highlight: Inclusive Interfaith Iftar

 Honoured Guest: Mr. Ramesh Singh Arora — Minister of Minorities Affairs, Punjab

Bargad hosted an Inclusive Interfaith Iftar, bringing together Muslim and non-Muslim youth, community leaders, civil society representatives, and distinguished guests under one roof and one shared table. The evening embodied Bargad's core conviction that diversity is not a challenge to be managed, but a strength to be celebrated. Attendees broke fast together in a spirit of unity, respect, and shared humanity.

The presence of Mr. Ramesh Singh Arora, Punjab's Minister of Minorities Affairs, lent the event historic significance. His participation as a Sikh leader and government minister at an Iftar gathering sent a powerful message about the potential for inclusive governance and interfaith solidarity in Pakistan. The beautifully decorated rooftop setting lit with candles and crystal chandeliers created an atmosphere of warmth and belonging that guests described as deeply moving.



Special Highlight: Inclusive Basant Celebration

 Honoured Guest: Ms. Salma Butt - SACM & Chairperson, Price Control Council, Punjab

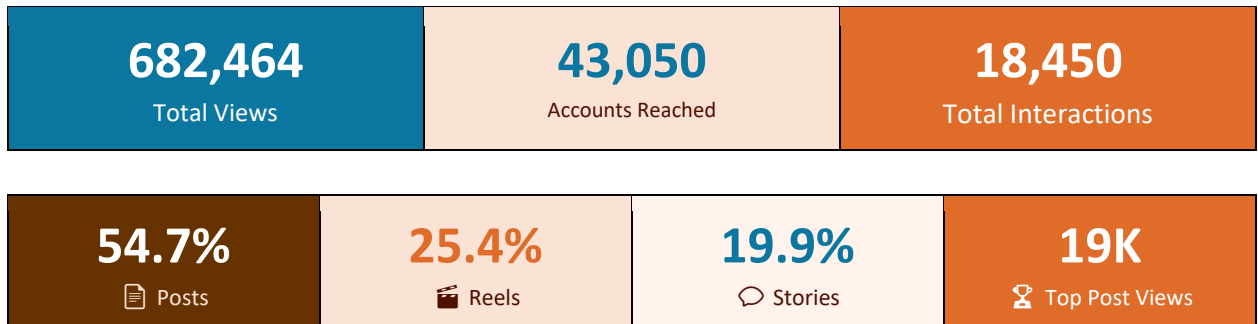
Bargad's Inclusive Basant Celebration reclaimed one of Lahore's most beloved cultural traditions as a space for joy, togetherness, and inclusion. The vibrant rooftop event brought together young people from diverse backgrounds to celebrate Basant flying kites, sharing stories, and rediscovering the cultural richness that unites Pakistan's communities.

The celebration was honoured by the presence of Ms. Salma Butt, Special Assistant to the Chief Minister of Punjab and Chairperson of the Price Control Council. Her participation underscored the government's recognition of Bargad's work in building inclusive civic spaces for youth. Media coverage, including a GTV crew on-site, further amplified the message that cultural celebrations belong to everyone regardless of background, identity, or faith.



Social Media Outreach

Bargad's digital presence continued to grow significantly this quarter, with content reaching tens of thousands of accounts across Instagram. Posts, reels, and stories collectively generated strong engagement, with over half of views coming from non-followers a clear indicator of expanding reach and organic discovery.



@BARGADYOUTH



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