

# BARGAD NEWSLETTER

April – June 2026

## QUARTERLY UPDATE

This quarter, Bargad kept its doors, and its work, open to young people across Pakistan. In Peshawar and Lahore, over 200 youth learned how to speak up for mental health in their own communities. In Lahore's parks, volunteers and neighbours planted 5,000 trees with FAST Cables, turning empty ground into shared green spaces. Local Peace Structures restored parks, shared meals with families at Eid, and welcomed new partners and interns. Young people also grew their own ideas this quarter, from green businesses to a youth network that is now a registered organisation, and used Bargad's own office to run their events, including a city chess tournament.

## QUARTERLY BENEFICIARIES' STATISTICS

|                                                        |                                                |                                         |
|--------------------------------------------------------|------------------------------------------------|-----------------------------------------|
| <b>222</b><br>YMHN Youth Trained —<br>KP & Punjab      | <b>5,000</b><br>Trees Planted                  | <b>820,091</b><br>Views on social media |
| <b>320</b><br>Families Supported — Eid<br>Distribution | <b>300</b><br>Volunteers Onboarded —<br>ACTIVE | <b>24</b><br>LPS Members Trained        |

## 🌟 Volunteers of the Month

### BEESHAM LAL

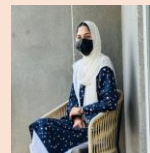
*Volunteer of the Month — May 2026*



From youth mobilisation to interfaith harmony and minority rights, Beesham Lal has been a steady voice for inclusion. Originally from Sukkur and now based in Lahore, he has been an active member of Bargad's National Youth Volunteer Network (NYVN) and previously served as Bargad's Volunteer Head. He has been nominated for the Inclusive Leader Award and the International Volunteer Day Award, and often speaks at Bargad events, including Minority Day. His journey shows what steady; quiet commitment can build over time.

### JAWERIA, MEHRAN KHAN & MUHAMMAD SAJJAD

*Volunteers of the Month — June 2026*



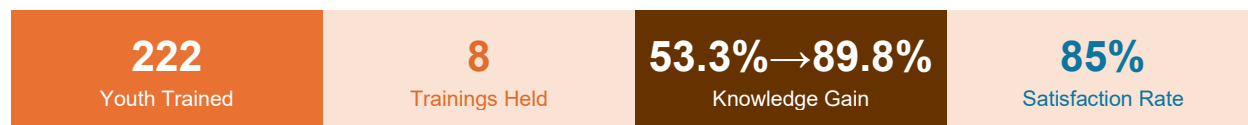
From welcoming participants to keeping a six-day training running without a hitch, Jaweria and Mehran Khan, both team members of Grow Up Organization, together with M. Sajjad, a Sociology student at the University of Peshawar, showed what real teamwork looks like. Supporting the Youth Mental Health Network training at the University of Peshawar, the trio handled everything from logistics to participant engagement, helping build a space where young people felt safe to learn and open up. Along the way, they deepened their own understanding of youth mental health and community engagement, strengthening their own path as young leaders in the making. Their work behind the scenes is a reminder that impact often starts there.

## 🧠 Mental Health Project

### Building the Ecosystem of Youth Mental Health & Wellbeing in Pakistan

This quarter, Bargad trained 222 young people to become mental health advocates in their own communities. Four trainings were held in Peshawar, Khyber Pakhtunkhwa, from 28 April to 6 May, reaching 120 youth. Four more were held in Lahore, Punjab, from 2 to 30 June, reaching 102 youth. Together, participants learned about wellbeing, the causes of mental health struggles, and how to run advocacy campaigns for change in their own communities. Across both provinces, participants designed 60 advocacy plans in total, of which 30 were selected to move forward. By the end of the trainings, participants' knowledge scores rose sharply, from 53.3% to 89.8%, and 85% said the training met or went beyond what they expected. Many walked away with real plans to take back to their own campuses and communities, from mental health support for teachers to fairer, more supportive policies for police officers and students.

## IMPACT AT A GLANCE



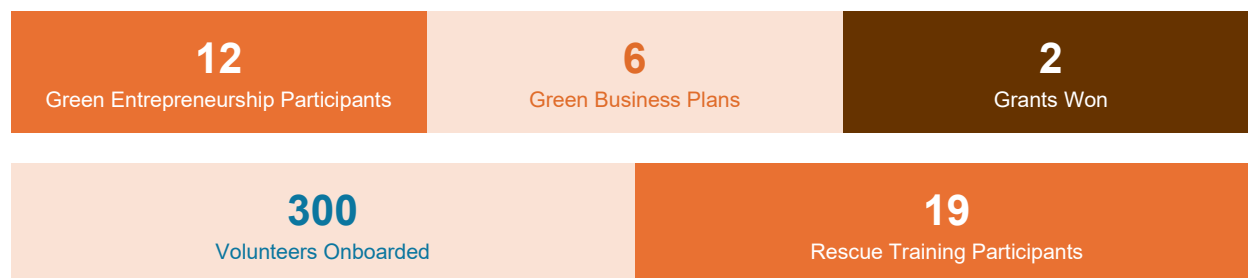
## ACTIVE Project

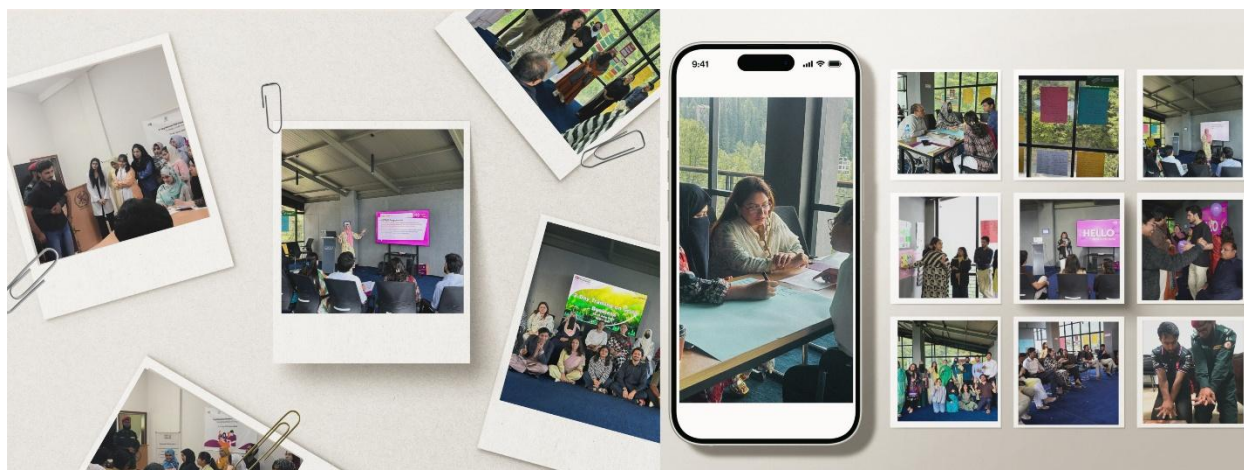
### Active Citizens Transforming Institutions & Communities for Everyone through volunteerism

This quarter, ACTIVE kept building young people's skills to lead green and inclusive change. Twelve youth completed a Green Entrepreneurship and Power-shifting training. Civil Society Groups (CSGs) built six well-polished green business plans, and two of them won grants to bring their ideas to life. CSGs also studied their communities and submitted advocacy plans based on what they found.

Bargad's National Youth Volunteer Network (NYVN) grew too. Chapters ran online campaigns and webinars on climate change education and mental health awareness, and opened new volunteer forms, onboarding 300 volunteers through Bargad's newly registered youth organisation. In Peshawar, NYVN's executive members organised the Peshawar Literary Festival with the Directorate for Youth Affairs and invited the RYO chairperson to attend, opening doors for new connections. In Islamabad, 19 young people completed a Rescue Training with NYVN (RYO).

## IMPACT AT A GLANCE





## Communities of Hope II (COH II)

### Intra and Interfaith harmony for sustainable Peace

Between April and June, Bargad trained 24 Local Peace Structure (LPS) members in Community-Based Psychosocial Support (CB-PSS), so they can offer basic emotional first aid to people in their own neighbourhoods. Trained teachers, youth, and LPS members then put this into action, running 9 Social Action Projects that reached 459 people, building understanding, acceptance, and stronger ties between different communities.

#### IMPACT AT A GLANCE

|                                                      |                                               |                                              |
|------------------------------------------------------|-----------------------------------------------|----------------------------------------------|
| <p><b>24</b></p> <p>LPS Members Trained (CB-PSS)</p> | <p><b>9</b></p> <p>Social Action Projects</p> | <p><b>459</b></p> <p>Individuals Reached</p> |
|------------------------------------------------------|-----------------------------------------------|----------------------------------------------|



## Faith in Action Project (FIAP)

### Strengthening Community Ownership & Interfaith Collaboration

This quarter, Local Peace Structure (LPS) members helped restore two community parks in Green Town, Lahore, working alongside the Parks and Horticulture Authority (PHA), and were then invited to join PHA's own committee for the parks. Students from Beaconhouse National University (BNU) worked with LPS members to support women entrepreneurs in the community, providing a stationery kit, grocery support, and a sewing machine to three local women. Bargad also partnered with the Zaman Foundation to distribute sacrificial meat to 320 Muslim and Christian families during Eid-ul-Adha, coordinated by LPS members across Lahore and Gujranwala.

Students from the University of Management and Technology (UMT) joined LPS members for a cleanliness drive and awareness walk at Maryam Park and Ghazi Park. Bargad also signed an agreement with UNDP to host interns, welcoming Ms. Amna as the project's first intern under this new partnership. The National Council of Churches in Pakistan (NCCP) set up a new Interfaith Harmony Desk after Bargad's continued advocacy, with Bargad's Ms. Rabia Dar nominated as its coordinator, who was also honoured with the Punjab Ki Beti Award by the Commissioner of Gujranwala for her work in community development and peacebuilding.

### IMPACT AT A GLANCE

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|----------------------------|----------------------------------|-------------------------------------------|---------------------------------------------|
| <b>2</b><br>Parks Restored | <b>320</b><br>Families Supported | <b>3</b><br>Women Entrepreneurs Supported | <b>1</b><br>New Interfaith Desk Established |
|----------------------------|----------------------------------|-------------------------------------------|---------------------------------------------|



## 🌳 Special Highlight: Climate Action

### Bargad x FAST Cables Plantation Drive 2026

This quarter, Bargad partnered with FAST Cables to plant 5,000 trees across three parks in Lahore: Jam-e-Shirin Park in Gulberg, and Ghazi Abbas Park and Maryam Park in Greentown. The drive began on 5 April 2026 with an opening event that brought together Ms. Sabiha Shaheen (Executive Director, Bargad), Mr. Mansoor Ahmed (Director General, PHA), Mr. Kamal Ahmed (CEO, FAST Cables), and Mr. Muhammad Waqar (Inspector, EPA), alongside faith leaders, youth volunteers, and representatives from the University of Central Punjab.

In Greentown, Bargad's Local Peace Structures took the lead. Residents formed two park committees to look after the new trees, and one community elder even donated 150 rose plants to help beautify the park further. What made this drive special was who did it together: in Ghazi Abbas Park, a mostly Muslim neighbourhood and a Christian household worked side by side to plant and care for the same shared space.

Fifty students from the University of Central Punjab also joined a planting day in May, alongside awareness sessions on climate action. The Parks and Horticulture Authority later thanked the community's efforts with new park lights and a water pump, a sign of how far a shared park can go when neighbours take ownership of it together.

#### IMPACT AT A GLANCE

|                               |                            |                                    |                                                    |
|-------------------------------|----------------------------|------------------------------------|----------------------------------------------------|
| <b>5,000</b><br>Trees Planted | <b>3</b><br>Parks Restored | <b>2</b><br>Park Committees Formed | <b>150</b><br>Rose Plants Donated by the Community |
|-------------------------------|----------------------------|------------------------------------|----------------------------------------------------|



## Youth Voice — An Inspiring Story

### From a Youth Network to a Registered Youth Organization

In every issue, Youth Voice hands the mic to a young person or youth group connected to Bargad's work. This time, the Bargad Newsletter team asked "Youth Volunteer Organization" to tell their own story.

*"We didn't start out as an organization. We started as twenty-five volunteers who showed up on International Volunteer Day in 2023, brought together by Bargad and VSO, with nothing more than a shared feeling that young people should have a bigger say in their own communities. We called ourselves the National Youth Volunteer Network, NYVN, and honestly, none of us knew yet what it would grow into. What we did know was that we wanted to volunteer, learn from each other, and show up for our communities. So that's what we did. Slowly, our network spread across four provinces. In Punjab, our chapter became a place where young people could step up, try things out, sometimes fail, and lead again through different projects and advocacy work.*

*Becoming a registered organization wasn't quick or easy. It meant learning entirely new processes, paperwork, legal requirements, and structures that none of us had deal with before, and there were long stretches where progress felt slow and uncertain. What kept us going was that Bargad stayed with us at every step, do and support our whole Registration process rather than just cheering us on from a distance. Over time, something shifted. We stopped feeling like a group of volunteers helping here and there and started feeling like an organization with its own identity and direction. This May, with Bargad still walking beside us the way they had from day one, our Punjab Chapter took the next step and formally registered as the Youth Volunteer Organization, YVO.*

*It sounds like a simple change on paper. For us, it means something bigger: we are no longer only a network borrowing a seat at the table. If there's one thing we would want another young person or youth group to take from our story, it's this: you don't need to have it all figured out before you start. We didn't. We just needed people who believed young people could lead, and the space and trust to try. Bargad gave us both. What you build from there is up to you. From volunteers to leaders, our journey continues."*

— Rahimah Hashmi, Board of Director, YVO



## Special Highlight: Space to Grow

### Bargad Opens Its Doors to Young Organisations

Bargad's office isn't only where our own team works, it's also a space we open up for other youth-led groups to host their own events. This quarter, that included an unusual guest: chess.

On 21 June 2026, King's Chess Club Pakistan turned Bargad's office into a tournament hall for the K.C.C.P Classical Chess Tournament 2026. Thirty players competed across five rounds, with winners taking home medals and souvenirs, and special prizes for the best woman player and best unrated player. The club also returned to honour the fathers of their young players as guests of honour at their closing ceremony, held on Father's Day.

For Bargad, moments like these are what “giving space” really means: a place where youth-led ideas, even ones as unexpected as a chess tournament, can find room to grow.

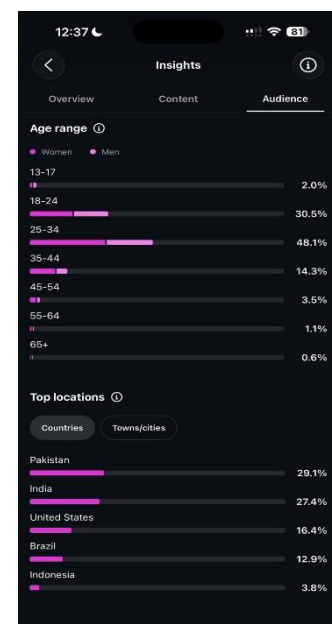
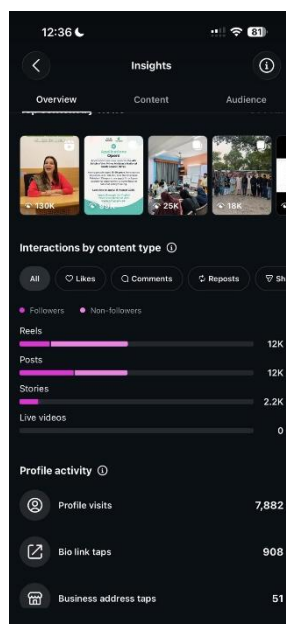
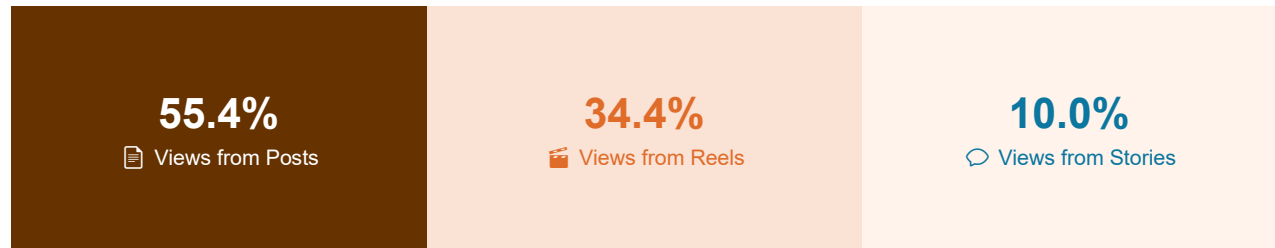
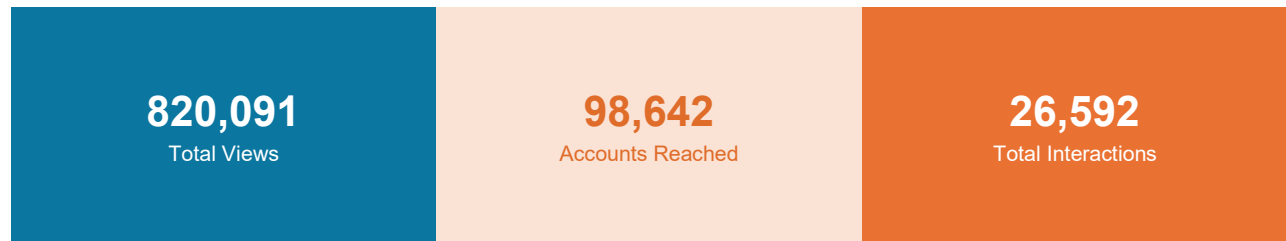
#### IMPACT AT A GLANCE

|                             |                           |                                   |
|-----------------------------|---------------------------|-----------------------------------|
| <b>30</b><br>Players Hosted | <b>5</b><br>Rounds Played | <b>1</b><br>Youth-Led Club Hosted |
|-----------------------------|---------------------------|-----------------------------------|



## Social Media Outreach

Bargad's online community kept growing this quarter. On Instagram, the account reached 820,091 views and gained 518 new followers, bringing total followers to 21,658, up 2.5% since May 2026. More than half of that reach (57%) came from people who don't yet follow the page, showing that Bargad's stories are reaching well beyond its usual audience. Among the quarter's top-performing content were a video reaching over 130,000 views and a post on the Prime Minister's Youth Programme's National Youth Council applications reaching nearly 99,000 views. Women made up 61% of followers, most between the ages of 18 and 34, with the biggest audiences based in Pakistan, India, and the United States.



@BARGADYOUTH



BARGAD ORGNIZATION FOR YOUTH DEVELOPMENT



17/ 18, Block N, Gulberg II, Lahore