

Action for Impact Bi-Annual Newsletter

First Edition

January–July 2026



About AFI (Action for Impact)

Action for Impact is a social enterprise (fully registered with SECP Pakistan) and an innovative platform that brings together striking initiatives that are impacting people's lives across Pakistan. We aim to come up with innovative initiatives to attain the desirable results of the Sustainable Development Goals in Pakistan by taking tangible actions. We are building community and generating a healthy discourse by engaging marginalized people and finding solutions to major problems.

We are going to aggregate the voices of local champions and their innovative solutions at the local level to bring change in their respective areas with less or more resources.

Action for Impact is currently implementing a flagship program that is called "Parenting Matters for a Tolerant Society," focusing heavily on interfaith harmony and peacebuilding with huge engagement of all faith-based communities in Pakistan.

The project is one of the components of the parenting academy that Action for Impact developed to address the issue related to rapid population growth. Since 2024, Action for Impact has engaged parents from different faith-based communities to work together for interfaith harmony and peace education.

Under that project, parents were engaged in a training program, connected with the relevant authorities, and worked extensively in their capacities on interfaith harmony and peace. The project was initially funded by Atlas Corps, and later it was continued with Action for Impact's own resources.

The project is ongoing and is carrying out different activities. Additionally, the organization worked on humanitarian interventions and several behavior change communication campaigns.

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Parenting Matters

In the year 2026, Action for Impact continued 2nd phase of its flagship program, Parenting Matters for a Tolerant Society, which falls under its core program component “Parenting Matters” (the first parenting school in Pakistan). In this phase, AFI signed a one-year contract with WPTGF for program implementation in Rawalpindi district. However, in Islamabad, AFI is conducting activities itself. The year-long contract is focusing on organizing sensitization sessions on conflict transformation, mental health, Interfaith harmony, and GBV for the parents belonging to all faiths, along with children and adolescent boys and girls. In addition, a detailed research study was launched on May 1, 2026, on inclusive education by completely analyzing the primary curriculum under this particular project. The details of the study are as follows

Sensitization Sessions

Session on GBV/GE, Conflict Transformation, and Interfaith Harmony

In this particular time, a total of 11 sessions were organized by AFI and its partner organization, Weaving People to Grow Foundation (WPTGF), on various issues that included Reproductive Health, Conflict Resolution and Transformation, Gender Equality/GBV, Mental Health, and Interfaith Harmony for women, men, and children, along with young people. Among 11 sessions, a total of 7 sessions were organized by Weaving People to Grow Foundation in collaboration with AFI for the audience based in Rawalpindi district, and 4 sessions were organized by AFI itself in Islamabad. The sessions were highly interactive and designed in a way that the message could be conveyed to the audience in a simpler and more engaging way.



Transforming and Resolving Conflict to Ensure Interfaith Harmony

The session on conflict resolution and interfaith harmony was conducted on March 27, 2026, in Rawalpindi for the parents belonging to all faith-based communities. A total of 27 participants participated in the session and gained hands-on knowledge of various techniques related to conflict transformation and peacebuilding at household, community, societal, and institutional levels by completely understanding the root causes of the conflict and fully addressing them through various techniques.

The session was organized by Weaving People to Grow Foundation in collaboration with AFI, and the technical session was conducted by the Chief Executive Officer of AFI along with other civil society experts. The participants were fully engaged during the session and also came with various queries that were addressed accordingly.



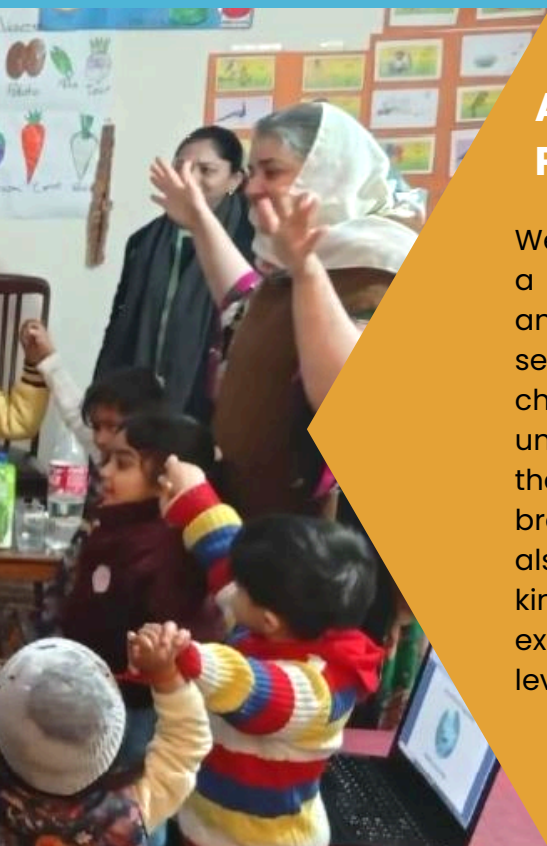
Sensitizing Young People on Conflict Transformation

On March 7, 2026, a detailed session was organized for adolescent boys on conflict transformation, interfaith harmony, and conflict resolution. The session was attended by more than 20 participants who showed their enthusiasm and zeal and took part in a highly engaging discussion to clarify their concepts and future strategies for a highly peaceful and cohesive future.



Awareness Session for Children on Ensuring Peace and Transforming Conflicts

Weaving People to Grow Foundation (WPTGF) and AFI jointly conducted a highly informative and engaging session for children on promoting and practicing peace at all levels on February 12, 2026. During the session, Ms. Zartasha Niazi, Chief Executive Officer of AFI, engaged the children in a discussion on how we can make our world smile by fully understanding the significance of education. The session highlighted the worth of books to enhance knowledge, a pen to document, and the brain that needs to be transformed to ensure peace. The children were also told that they need to be high on diversity, humanity, unity, and kindness to ensure peace. Ms. Zartasha Niazi also shared Malala's example to better inspire the children to stand for education on all levels.



Sensitization Session on Mental Health and Interfaith Harmony

A detailed session on mental health and interfaith harmony was organized on June 4, 2026, in Rawalpindi. The session gathered around 15 women who were sensitized to mental health issues by explaining various disorders and coping mechanisms. The technical session was delivered by Ms. Zartasha Niazi, CEO, AFI, and Ms. Kiran Peter, Executive Director of Weaving People to Grow Foundation.

The session was not only limited to mental health awareness but also to how this whole wellness can lead to societal transformation and ensure peace-building by being high on acceptance and respect for differences. The session also touched upon dealing with children in their different stages and managing pressure and stress at all levels. The organizations believe in healthy parenting for a healthy and happy society.



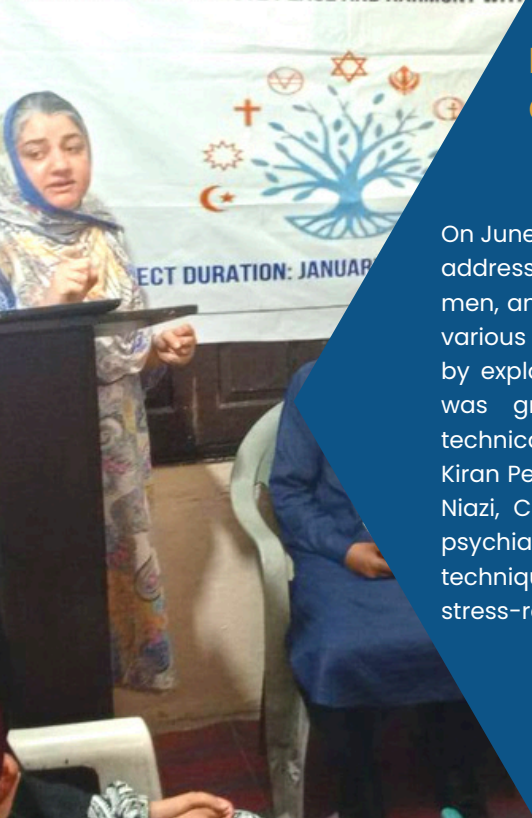
Storytelling Session on Interfaith Harmony and Interactive Discussion on Mental Health

Weaving People to Grow Foundation and Action for Impact jointly organized a highly interactive storytelling session for the children to tell them the significance of interfaith harmony in a more engaging and interactive way. Ms. Zartasha Niazi shared a story with all the participants by stressing high on collective action, respecting differences, and believing in togetherness.

The children were also informed about different senses to better understand the environment and to take particular action for safeguarding. A total of 16 children joined the storytelling session on June 15, 2026, and also celebrated World Elder Abuse Awareness Day by developing very strong messages for their elders.



AN INITIATIVE TO PROMOTE PEACE AND HARMONY WITHIN COMMUNITIES



Prioritizing Mental Health and Addressing Challenges Through Informed Practices

On June 17, 2026, a detailed session was organized on addressing mental health issues specifically for boys, men, and community elders. The session highlighted various reasons that contribute to mental diseases by explaining various mental disorders. The session was graced by 23 participants and different technical experts. The session was delivered by Ms. Kiran Peter, Executive Director of WPTGF; Ms. Zartasha Niazi, CEO of AFI; and Mr. Afzal Malik, a renowned psychiatrist. All the experts shared various techniques and coping mechanisms to deal with stress-related issues.

Healthy Mind Ensures Healthy Living

WHAT DO YOU MEAN BY STRESS?
WHAT DO YOU MEAN BY PEACE?

When we say **peaceful society**, that means **peaceful individuals** and **peaceful individuals mean** when we are **physically and mentally stable** and how we can ensure such peace by making our **environment clean and peaceful**

What is needed?

Life is full of stress as we are heavy in our skin and shoes. Stresses are societal, social, economic, political, religious, stigma, discrimination, along with several human rights violations. Sometimes stress can't be minimized to a certain extent, but its overall effect can be curtailed.

Fears **Anxiety** **Depression** **Impact of bullying and typical comments**
Anger **Aggression** **Lack of Tolerance** **Unjust approaches**

Emotional well-being

Conducive environment **Happiness** **Support system**
Self-care **Balanced diet** **Proper rest**
Less exertion **Safe spaces**

Sensitization Session on Gender Based Violence and to Ensure Gender Equality

Action for Impact and Weaving People to Grow Foundation organized a GBV sensitization session, engaging parents from faith-based communities in Lalkurti, Rawalpindi. The session was organized on July 2nd, 2026. The in-depth session explained in detail the root causes of GBV by unfolding patriarchy and shared in detail the huge aspect of the gender equality movement at the global, national, and local levels.

Ms. Zartasha Niazi, CEO of AFI, discussed in detail different forms of violence and especially the patriarchy that is becoming a major reason related to Gender based Violence on all levels. The session gathered elderly people and women along with other experts to better discuss the subject in detail.



Launch of research study on Inclusive Primary Curriculum

Action for Impact (AFI), in collaboration with Weaving People to Grow Foundation (WPTGF), has released a significant research study titled "Inclusive Education for a United and Harmonious Pakistan." The study highlights critical gaps in inclusivity within Punjab's primary-level textbooks and presents key recommendations for reform. Conducted during 2024–2025, the research provides a detailed analysis of discriminatory and exclusionary content in textbooks across Punjab. Through consultations with education experts, teachers, youth, and development professionals, the study identifies systemic issues contributing to intolerance, marginalization of faith-based communities, and limited development of critical thinking among students. The study gathered eminent speakers, including Mr. Amjad Nazir, Executive Director, IDRAC; Ms. Shakila Jalil, In-Charge, Rawalpindi Press Club; Ms. Sameena Nazir, Executive Director, PODA Pakistan; Ms. Kiran Peter, Executive Director, WPTGF; and Mr. Sardar Ramesh Singh Arora, Minister for Minority Affairs, Punjab.



Conflict No More Campaign

Conflict No More is currently an online campaign of Action for Impact to take a huge surge in ending all conflict and wars around the globe. The campaign is highly focused on various conflict transformation and resolution mechanisms to address any sort of friction and conflict.

The innovative campaign explains various things such as culture, understanding the environment, and understanding calamities and causes of human-initiated disasters.

The main purpose is to better understand the differences to find long-lasting solutions entirely.



Sensitization on Conflict Transformation and Prevention

On April 29, 2026, Action for Impact organized a sensitization session with the women (mothers) residing in urban slums in Islamabad on conflict resolution, transformation, and prevention. The session was conducted by Ms. Zartasha Niazi, CEO, AFI, under the initiative of Parenting Matters to better equip parents on all aspects for a peaceful and sustainable society believes that peace begins from individuals and homes first, and later it could have a trickle-down impact on the whole society. AFI believes that together we can work for a united and peaceful nation on all levels.



Understanding GBV and Its Root Causes

Action for Impact organised a very thought-provoking and informative session for the people residing in urban slum areas of Islamabad to give an in-depth understanding of Gender Based Violence. During the session, the subject expert, Ms. Roohi Maqbool, explained the subject in a very simple and effective way so the participants could understand the various forms and resist any kind of violence at all levels.

AFI is taking a high move to end all kinds of violence by educating and informing people, as it's very difficult, especially in a society where rights are not granted at all levels in social, political, societal, and economic affairs, but the organization is working hard to defuse tension at all levels with all its knowledge and expertise. The session was organised on March 31, 2026, at the AFI office. Let's do excessive efforts to make our world peaceful and violence-free at all levels.



Sensitization Session for Mothers on Neonatal and Reproductive Health

Action for Impact organized a sensitization session for the people living in the underprivileged area of E-11 on February 26, 2026. The women included mothers, grandmothers, and parents-to-be. The entire session helped them to understand reproductive health along with different elements of gender-based violence.

The women represented such a situation in urban areas where they are living below the poverty line and hardly have resources to live in a dignified way and get appropriate nourishment. Action for Impact is working with these people to better understand their rights and exercise them fully, not only for the well-being of their family but for the whole society.

The session was delivered by subject expert Dr. Saima Zubair. She informed the women about various reproductive health issues and shared various techniques to better deal with health issues in daily life.

AFI believes that for a thriving Pakistan, there is a greater need to focus on parents and a stronger family and community system, so the nation can provide a highly effective generation for years to come.

Sensitization Session on Reproductive and Maternal Health

AFI initiated the series of sessions to better educate parents on various issues related to mental health, reproductive health, gender-based violence, interfaith harmony, and gender equality. The first session was organized on January 9, 2026, for women living in urban slum areas of Islamabad. The session was graced by parents, parents-to-be, and grandparents.

The session was given by health expert Dr. Saima Zubair to engage the community with her huge expertise on the subject for several years. The participants discussed the issues in detail and got strong advice on the issues related to sexual and reproductive health.



Distribution of Ramadan Ration Packages

On February 19, 2026, Action for Impact (AFI), distributed the Ramadan Ration Package among the most deserving people living on the premises of E-11, Islamabad. The Ramadan package distribution is a regular feature of AFI to better practice the act of giving and to spread joy and happiness in the holy month. The organization believes in spreading happiness by ensuring the elements of kindness at all levels. The distribution ceremony was convened with the support of AFI volunteers named Gulnaz and Shamim, along with the CEO and Director of Operations of the organization.



Sensitization Messages and Campaign on Healthy Parenting

AFI launched an extensive series of messages for healthy parenting related to maternal and reproductive health, gender-based violence, and mental health. The thought-provoking messages were shared from January to April. A total of 15 messages were shared each month to better educate people at all levels to ensure healthy parenting. AFI planned the spread of sensitization messages in a workshop organized by “The Learning Network” with the support of GDP and UNFPA. AFI, along with Breaking Barrier Women and Pakistan Sustainable Development Forum.



AFI 's becomes a Women Empowerment Principles Signatory

On July 29, 2026, AFI becomes a signatory to the Women's Empowerment Principles, which is the initiative of UN Women and the United Nations Global Compact office. The partnership portrays AFI's strong commitment to being high on gender equality and to addressing GBV at all levels by gaining more hands-on knowledge and expertise.

The membership is going to unpack various opportunities and help AFI better structure its existing plan and policies through a gender lens.



Acknowledgments

Written, Compiled and Designed by:
Zartasha Niazi, Action for Impact