



# NLRHD

National Leadership for Reproductive Health & Development Project

## Women Leaders' Network (WLN)

### Leadership Development Programme for Women Leaders

SEDC-LUMS organized a five-day Leadership Development Programme for Women Leaders (LDPWL) from 2-6 July 2013 with an aim to enhance leadership skills of the Women Leaders, and to mobilize them across the country to influence national policy, resource allocation and sensitize the masses about FPRH.

Women Leaders were selected from across Pakistan and belong to diverse sectors i.e. media, academia, doctors, civil society, corporate & social sectors, and donor organizations etc.

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A Network of Women Leaders in Promoting Family Planning and Reproductive Health (FPRH) Services



# “Striving to develop knowledge-based human capital in the social sector”

## Accomplishments of Women Leaders' Network

A total of 11 workshops have been conducted by Women Leaders for promoting FPRH services at LUMS campus, Crescent Bahuman Limited Pindi Bhattian District Hafizabad, NRSP offices in Islamabad, Phalia and Jampur, Office of Baidarie and villages of Roras Basti and Mohallah Araiania in Sialkot.



### Other initiatives include:

- provision of ultrasound free of cost to all female employees
- organization of camps every week on female health
- set-up of medical camps at different locations within a village

FPRH  
Sensitization by  
WLN through 11  
workshops

70+  
Men

390+  
Women

Participants in the workshops are made aware of the basic FPRH issues and the methods to overcome them. The key topics which are highlighted during the workshops are:

Education for females

Methods of birth spacing

Impact of larger family on  
economic resources

Joint decision of husband & wife on  
family planning

Disadvantages of early marriages

Importance of Breast feeding and its  
explanation according to Quran

Importance of basic personal  
and family hygiene

Negative impact of frequent  
deliveries on mother's health

Healthy spacing

Transmission of zoonotic diseases