

## CONTINUING EDUCATION PROGRAMME

The goal of the Continuing Education Programme (CEP) is to further strengthen the professional expertise and problem-solving skills of the professionals belonging to different sectors of health so that they can provide more efficient and effective health and development programmes for their work places.

The CEP is particularly useful for mid-level health and development workers, managers, researchers and planners working at different levels in government, NGOs, and international agencies. It is designed to benefit the participants, their parent organizations, programmes and the target populations they serve.

### BACKGROUND

High population growth rate; high fertility; and stagnant contraceptive prevalence rate has delivered poor Family Planning (FP) and Reproductive Health (RH) outcomes in Pakistan as compared to regional and neighboring countries. This was quite evident from the latest Pakistan Demographic & Health Survey 2006-07. Pakistan now lags behind these countries and the main reason is the dearth of skilled leadership with a vision and passion to make a difference and to challenge the status quo in our approach. Therefore, there is a dire need to provide leadership for development, management and implementation of innovative programs to change the outcomes.

Most training programs are about covering technical areas in FP and RH and hardly inculcate skills, groom attitude and develop knowledge from leadership and management perspective. To address these issues, a course on “Leadership in Family Planning and Reproductive Health” will be offered by Population and Reproductive Health Program of the Department of Community Health Sciences, Aga Khan University, Karachi.

### GOAL

To improve family planning and reproductive health outcomes in Pakistan through capacity building of FP/RH managers to work effectively and acquire leadership positions in family planning and population programs with deeper understanding of Reproductive Health.

### COURSE THEMES AND LEARNING OBJECTIVES

By the end of this course, participants will increase their knowledge and skills and strengthen attitudes to be able to:

#### Population and Development

1. Explain concepts of population and development and the relationship between the two notions.
2. Describe Millennium Development Goals: what is achieved; what is needed?
3. Appreciate the key findings of Pakistan Demographic & Health Survey 2006-07

#### Leadership

4. Demonstrate basic notions of leadership and Leaders’ roles to effectively foster a conducive environment.

5. Comprehend basic concepts and processes of effective communication and advocacy.
6. Conduct and describe stakeholders’ analysis and importance of engaging multiple stakeholders.
7. Incorporate attributes of community mobilization & community participation in action plan.
8. Employ essentials of project planning, management, monitoring and evaluation.

#### Family Planning & RH

9. Include components of sexual and reproductive health and rights in action plans.
10. Appraise family planning & reproductive health situation of the country.
11. Analyze policy and legal environment in relation to FP & RH.
12. Incorporate gender relations and its impact on FP & RH in action plans.
13. Develop social marketing skills as a tool to encourage positive behavior vis-à-vis FP & RH.

#### WHO SHOULD ATTEND

The course is suitable for those working in the field of Population and Reproductive Health from public sector (Departments of Population Welfare, Health, Finance, P&D), private sector, NGOs, academic and training institutions, and research organizations.

#### MEDIUM OF INSTRUCTION

As English is the exclusive language of instruction, participants must be comfortable to read, write and speak in English language.

## TRAINING METHODOLOGY

- a. Interactive sessions
- b. Experiential exercises
- c. Group discussions
- d. Small group work
- e. Panel discussions
- f. Field visit (if feasible)
- g. Daily learning statements
- h. Apply daily learning to action planning (individual)

## DURATION OF THE COURSE

The duration of the course is ten working days. The scheduled dates are from *December 1-11, 2010, both days inclusive.*

## TUITION FEES

Aga Khan University will sponsor all participants for tuition fees along with boarding, lodging and traveling for participants from outside Karachi. The tuition fees cover classroom instructions, course material, refreshments, and lunch during working hours.

## COURSE DIRECTOR

**Dr. Babar Tasneem Shaikh**

Assistant Professor

Population and Reproductive Health Program

Tel: (+92-21) 34864899

E-mail: [babar.shaikh@aku.edu](mailto:babar.shaikh@aku.edu)

## FOR MORE INFORMATION

Mr. Shehzad Rajwani

Senior Program Officer

Department of Community Health Sciences

Aga Khan University, Stadium Road

PO Box 3500, Karachi 74800, PAKISTAN

Tel: (+92-21) 34864836 / 34864839/34864802

E-mail: [shehzad.rajwani@aku.edu](mailto:shehzad.rajwani@aku.edu)

Mr. Amin Hirani

Senior Program Officer

Continuing Education Program

Department of Community Health Sciences

Aga Khan University, Stadium Road,

PO Box 3500, Karachi 74800, PAKISTAN

Tel: (+92-21) 34864839

E-mail : [amin.hirani@aku.edu](mailto:amin.hirani@aku.edu)

Ms. Nadira Ashraf

Senior Assistant Manager

Educational Administrative Support Unit

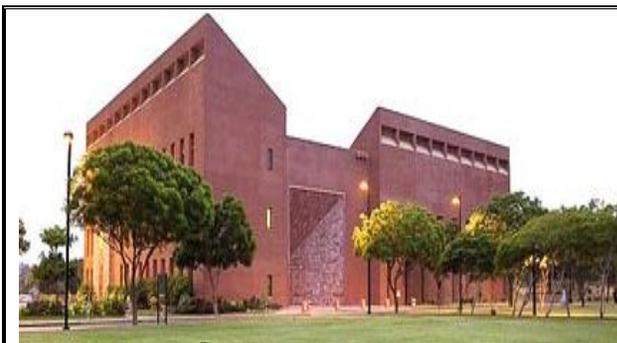
Department of Community Health Sciences

Aga Khan University, Stadium Road,

PO Box 3500, Karachi 74800, PAKISTAN

Tel: (+92-21) 34864802 / 34864811

E-mail: [nadira.ashraf@aku.edu](mailto:nadira.ashraf@aku.edu)



Course on

## Leadership in Family Planning and Reproductive Health

*December 1 – 11, 2010*

Department of Community Health Sciences

Medical College, Faculty of Health Sciences

Aga Khan University

Karachi, Pakistan

Fax: (+92-21) 3493-4294, 3493-2095

<http://www.aku.edu/CHS/cep-prgcomp.shtml>