

**Training Institute/organization**  
**Akhtar Hameed Khan National Center for Rural Development, \**  
**Establishment Division, Government of Pakistan**

**Training title: Human Rights: Challenges& Solutions**

Training Dates: 16-18 Dec 2024

The Major objectives of the training

- To give orientation of basic human rights; o To give a perspective of Human Rights in Pakistan
- To discuss the importance of human rights and way forward for ensuring human rights
- To provide a forum for sharing of experiences and among participants with respect to human rights in Pakistan

**Training Participants:**

S. No	Name & Designation	Department
1.	Ms. Sidra Chaudhry,	Department Media and Communication Studies
2.	Dr. Tauqeer Hussain Sargana	Department of Politics and IR

**Training title: Alternate energy Resources-Potential & Prospects**

Training Dates: 30-Dec -03-Jan

**The Major objectives of the training**

- To familiarize participants with the different types of alternative energy resources in Pakistan
- To discuss the potential and prospects of these resource for meeting Pakistan's energy needs, and
- To develop skills in the assessment, development and utilization of alternative energy resources.

**Participants of the training program**

Sr. No.	Name, Designation	Department
1	Engr. Dr. Sakhi Jan Assistant Professor,	Department of Mechanical Engineering

2	<b>Engr. Dr. Gul Hassan</b> Assistant Professor,	Department of Electrical & Computer Engineering
3	<b>Engr. Dr. Rabiah Badar</b> Assistant Professor,	Department of Electrical & Computer Engineering

### **Training title: Report Writing for Development Projects**

Training Dates :20-22 Jan 2025

The Major objectives of the training programme include:

- To realize the need for and importance of report writing for public and non-governmental development projects
- To learn writing of report at various stages of a development project
- To promote sharing of experience among the participants with respect to report writing skills for development projects.

#### **Training Participants:**

<b>Sr. No.</b>	<b>Name, Designation</b>	<b>Department</b>
1.	<b>Dr. Tauqeer Hussain Sargana</b> Assistant professor,	Department of Politics and International Relation
2.	<b>Mr. Zeeshan Haider</b> Lecturer	Department of Islamic Art &Architecture
3.	<b>Ms. Attia Abrar</b> TRA	
4.	<b>Dr. Faryal Umbreen</b> Assistant Professor/ Incharge	Dawah Centre for Women
5.	<b>Mr. Muhammad Bilal Awan</b> Deputy Director	Audit Section
6.	<b>Ms. Amna Shabbir</b> Asst. Lady Warden	Female Hostels

### **Training title: Managing Stress at workplace**

Training Dates: 20-22 January 2025

**The Major objectives of the training**

- To understand stress at workplace, signs, symptoms and challenges associated with it
- To discuss different types of stress and coping techniques at workplace

- To promote sharing of relevant experience among the participants with respect to stress management.

#### **Training Participants**

<b>S. No</b>	<b>Name &amp; Designation</b>	<b>Department</b>
1.	<b>Ms. Tahira Parveen</b> Assistant	Dawah Center for Women
2.	<b>Ms. Khadija Ashraf</b> Assistant Director,	General Administration
3.	<b>Hafiz Mahmood Ahmed Alvi</b> Assistant	Central Transport Unit

#### **Training title: Social Safety in Pakistan: Programmes & Strategies**

Training Dates: 27-31 January, 2025.

##### **The Major objectives of the training**

- To discuss the concept of social protection, its various programmes & their importance
- To have an overview of the various Social Safety Net Programmes of the country; and,
- To provide a forum for sharing experiences and strategies with regard to social protection and various relevant programmes & strategies in Pakistan

<b>S. No</b>	<b>Name &amp; Designation</b>	<b>Department</b>
4.	Ms. Saba Hameed Assistant Professor	Department of Electrical and Computer Engineering