



12<sup>TH</sup> EDITION

# BI-ANNUAL NEWSLETTER

JULY - DECEMBER 2025

## PARTICIPATION OF PRC TEAM MEMBERS IN SEVERAL NATIONAL- LEVEL EVENTS AND CAPACITY-BUILDING ACTIVITIES

- World Population Day Seminar organized by the Health and Population Department
- Two-day training on "Prevention of Sexual Exploitation and Abuse (PSEA)" conducted by UNFPA
- Three-day workshop on Data Interpretation and Use organized by the Pakistan Bureau of Statistics
- Three-day training workshop on Research Methodology conducted by NIPS
- UNFPA Biannual Provincial Programme Review Meeting (Punjab) under the theme "Strengthening Provincial Partnerships for Greater Impact" within the 10th Country Programme
- Five-day training on "Data Visualization and Storytelling Using Power BI" conducted by SDPI
- Seminar on "World Contraception Day 2025" organized by the Health and Population Development Department in Lahore
- 2-Day Training Workshop on Advanced Demographic Research
- 5-day training session on "DEMOGRAPHIC ANALYSIS USING R"
- 26<sup>TH</sup> Annual Population Research Conference (APRC)
- Data for development symposium 2025
- State of Pakistan Population Report (SPPR) 2025 Launch Event



## HIGHLIGHTS

- *The Seed Grant approved by ORIC, FCCU for data collection activities.*
- *Research grants awarded by UNFPA and SDPI for the project titled "A Comparative Phenomenological Understanding of 'Family Planning'"*
- *Meetings with the UNFPA team to discuss future collaboration between PRC and UNFPA*
- *The visit of the UNFPA team for technological capacity building*
- *The D4D Policy Dialogue titled "Harnessing the Demographic Dividend: Forging an Action Plan for Punjab."*
- *Policy Brief for Research Project "A comparative phenomenological understanding of 'Family Planning' reflected through the lived experiences of residents of a rural community located in South, Central, and North Punjab"*
- *Book chapter contributed as part of UNFPA's SPPR 2025*
- *Award Ceremony of student research essay & Presentation competition 2025*
- *PAP Events*
- *Happy Christmas in Pakistan*
- *Thank you to UNFPA Team*
- *Meet the PRC Team*
- *Views of PRC Research Assistants*

## ORIC FCCU APPROVES SEED GRANT FOR FAMILY PLANNING RESEARCH

The Population Research Center (PRC) at FCCU initiated the study "A Phenomenological Study of Family Planning and Reproductive Choices among Rural communities located in Central Punjab" with funding support from ORIC, FCCU. Under this seed grant, the PRC successfully collected data from the Lahore region. ORIC FCCU provided funding of Rs. 240,000/- to support data collection from the Lahore region. Using this data, we developed a proposal for collaborative research with the Health and Population Development Department titled "A Comparative Phenomenological Understanding of Family Planning Reflected through the Lived Experiences of Residents of Rural Communities in South, Central, and North Punjab." This proposal was submitted to UNFPA for a larger grant to extend data collection to other regions of Punjab and to prepare the final report.

## UNFPA & SDPI AWARD GRANT FOR COMPARATIVE FAMILY PLANNING RESEARCH IN RURAL PUNJAB

The seed grant from ORIC FCCU served as a foundation for securing a larger grant from the UNFPA & Sustainable Development Policy Institute (SDPI), enabling the expansion of the study to additional regions, namely Multan and Rawalpindi. In Multan and Rawalpindi, data collection comprised twelve in-depth interviews (IDIs) and two focus group discussions (FGDs) in total. Specifically, a purposive sample of eight married women and four married men was selected for IDIs, while eight married females and eight married males were included in FGDs from each district.

In Lahore, data collection was more extensive, involving fifteen female IDIs and five male IDIs, along with one female and one male FGD, each comprising five participants. A pre-study was also carried out in Lahore to pilot-test the research instruments prior to full-scale data collection.

The research team was composed of both male and female members drawn from the Population Research Center (PRC), FCCU, and the Directorate of Training, Research & Production, Health and Population Department, Punjab. To ensure cultural appropriateness and respondent comfort, female team members conducted interviews with female respondents, while male team members conducted interviews with male respondents.

### Key Steps Undertaken for the Research Project

#### a) *Recruitment and Capacity Building of Research Assistants*

The PRC recruited four Research Assistants to support the research project and enhance their research capacity. The RAs were introduced to NVivo software, equipping them with the skills necessary for data coding and qualitative analysis.

#### b) *Transcription, Coding, and Analysis of the Data Collected for the Research Project*

After collecting the data from all three districts, the research teams from both departments, PRC & Health and Population, transcribed, coded, and analyzed the data. Data was recorded in electronic devices in the Urdu/Punjabi language (as per the language of the participant).

#### c) *Final report Submission to SDPI*

The PRC Team submitted a report on "A Comparative Phenomenological Study of Family Planning and the Reproductive Choices among three Rural Communities in Punjab" to SDPI in the middle of September 2025.

# MEETINGS WITH THE UNFPA TEAM TO DISCUSS FUTURE COLLABORATION BETWEEN PRC AND UNFPA

The UNFPA team members, Ms. Tania Durrani and Mr. Muqaddar Shah, visited FCCU on July 22, 2025, for a meeting with the PRC team to explore avenues for future collaboration between UNFPA and PRC. The discussion focused on strengthening inter-PRC networks across Pakistan and assessing ways to utilize PRC's data for policy-making and academic advancement. As an outcome of the meeting, it was agreed that UNFPA will outline short-term collaborative initiatives, including internships, workshops, and joint publications, while PRC will develop a national collaborative framework by engaging with PRCs in Peshawar, Karachi, NUST, and Balochistan. Furthermore, inter-agency data working groups, as suggested by Ms. Tania, will be established to enhance knowledge-sharing and coordination. PRC will also collaborate with NUST to incorporate academic content on fertility, population, and demography, while promoting its technical expertise and data resources for wider governmental application.



# THE VISIT OF THE UNFPA TEAM FOR TECHNOLOGICAL CAPACITY BUILDING

The UNFPA team, comprising Ms. Farah Ashraf, Ms. Mehwish Majid, and Ms. Momnah Asad, visited the PRC at FCCU on August 5, 2025, to discuss Technological Capacity Building. The meeting was also attended by FCCU's IT team members, Mr. Anthony Richard and Mr. Shahid Samson. During the visit, the team toured the FCCU campus to identify the most suitable location for establishing the PRC Research Lab, which will enhance students' research skills. The purpose of establishing the PRC Research Lab at FCCU is to serve as a hub for problem-focused research and policy dialogue. It will provide a dedicated space for stakeholder engagement, collaborative research, and expert-led training for faculty and students. Most importantly, the lab will enable students to conduct demographic research, analyze population data, and contribute to evidence-based policymaking, thereby strengthening capacity for impactful, data-driven social research.



# THE D4D POLICY DIALOGUE TITLED “HARNESSING THE DEMOGRAPHIC DIVIDEND: FORGING AN ACTION PLAN FOR PUNJAB.”

The Population Research Center (PRC) at FCCU, in collaboration with SDPI and UNFPA, and with the support of the Government of the Netherlands, successfully organized a D4D Policy Dialogue titled “Harnessing the Demographic Dividend: Forging an Action Plan for Punjab” on September 23, 2025, from 10:00 a.m. to 1:00 p.m. at the Forman Christian College University.

The program opened with welcome remarks by Dr. Jonathan Addleton, followed by opening remarks from Ms. Tania Durrani (UNFPA), chief guest remarks by Mr. Muhammad Masood Anwar (Chief Economist, P&D Board, Punjab), and a keynote address by Dr. Durre Nayab, lead author of UNFPA’s action plan “Harnessing the Demographic Dividend: Forging an Action Plan for Punjab.”

This multi-stakeholder forum served as a platform to deliberate on Punjab’s demographic realities, validate the proposed action plan, and recommend strategies tailored to the province’s context. The dialogue convened policymakers, parliamentarians, development partners, academics, civil society representatives, and senior officials from key departments including Punjab Skills Development Authority (PSDA), Technical Education & Vocational Training Authority (TEVTA), Punjab Vocational Training Council (PVTC), Punjab Skills Development Fund (PSDF), Labour & Human Resource Department, Youth Affairs & Sports Department, Higher Education Department (HED), Planning & Development Department (P&D Punjab), Finance Department, Punjab, Board of Revenue, Punjab, Punjab Economic Research Institute (PERI), Industries, Commerce & Investment Department, Women Development Department and Punjab Youth Development Centers (PYDCs). In addition, faculty and experts, including Dr. Mohammad Nizamuddin (Pro-Rector, Superior University), along with representatives from leading universities such as LUMS, Punjab University, and BNU, also contributed to the discussions.



The dialogue revolved around three central themes:

- (i) Punjab's Priority Agenda to Harness Demographic Dividend-Employability and Job-Led Growth in Focus,
- (ii) From Spending to Strategic Investments: What Must be Punjab's Strategy,
- (iii) Resource Mobilization: What can (Must) be done to go beyond Traditional Budgets?

The session was moderated by Dr. M. Vaqas Ali (Director, PRC) and concluded with a vote of thanks by Dr. Sajid Amin Javed (DED, SDPI; Lead D4D).



## **POLICY BRIEF ON RURAL FAMILY PLANNING EXPERIENCES ACROSS SOUTH, CENTRAL & NORTH PUNJAB**

The study titled "A Phenomenological Study of Family Planning and Reproductive Choices among a Rural Community Located in Central Punjab" was organized by the Sustainable Development Policy Institute (SDPI). The Population Research Center (PRC) at Forman Christian College (A Chartered University) initiated the study with funding support from the United Nations Population Fund (UNFPA). PRC also developed a policy brief based on the study and submitted it to SDPI. The policy brief examines persistent challenges in family planning (FP) uptake in rural Punjab, despite multiple government policies and programs aimed at reducing fertility and promoting contraceptive use. While Punjab seeks to benefit from the demographic dividend through lower fertility rates, gender equity, and women's empowerment, a clear gap exists



**A Holistic Approach to Address Gender-based Differences in Understanding of Family Planning in Rural Punjab**

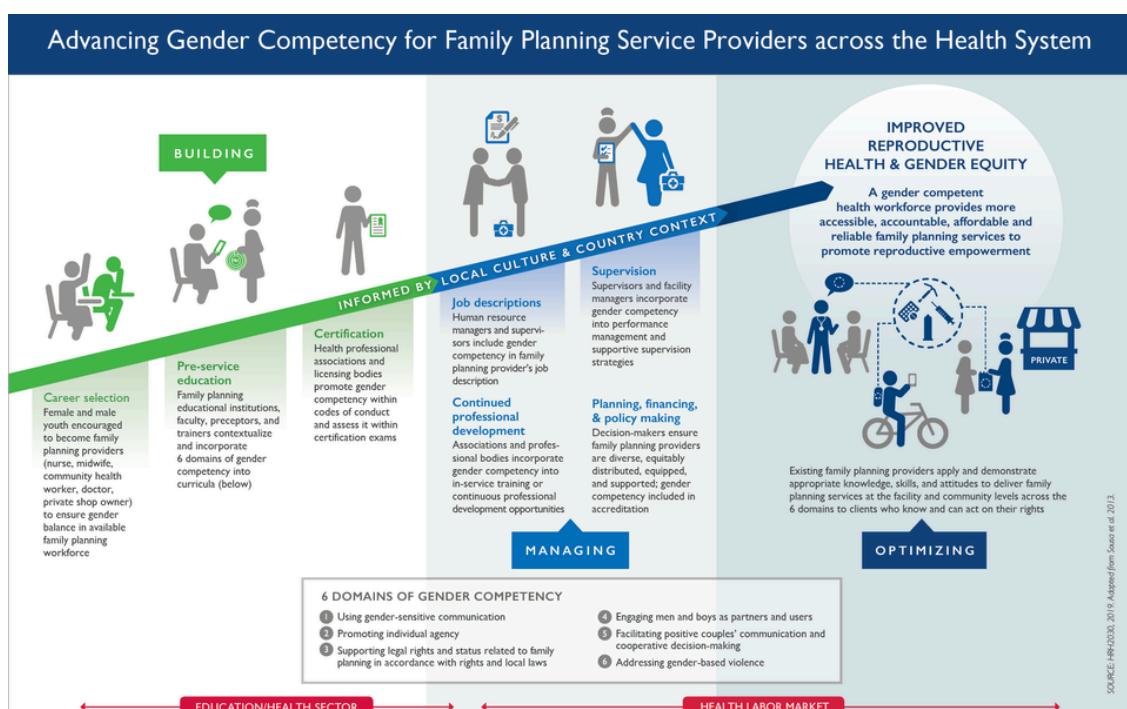
**POLICY BRIEF**

between policy objectives and on-the-ground realities. The brief highlights big gendered differences in access to information, daily communication, lived experiences, and decision-making related to family planning. Men and women receive and interpret FP information differently, and patriarchal household structures often place decision-making power with men, limiting women's autonomy over reproductive choices. Although FP is generally viewed as morally acceptable, awareness of FP programs (such as Tawazun) and understanding of the comprehensive concept of family planning remain limited. Based on these findings, the brief highlights the importance of locally driven, gender-sensitive, and community-based approaches.

It proposes a holistic way forward through four key policy recommendations:

- Strengthening health worker programs by improving training, supervision, standardized guidelines, and digital monitoring tools for Lady Health Workers and Community Health Workers.
- Promoting gender equality in family planning by increasing male involvement, empowering women through community support networks, and institutionalizing premarital family planning counseling.
- Enhancing monitoring and evaluation (M&E) through gender-responsive, data-driven systems and community feedback mechanisms.
- Increasing awareness and understanding of family planning via large-scale media campaigns and community outreach involving religious leaders, women mentors, and men-focused initiatives.

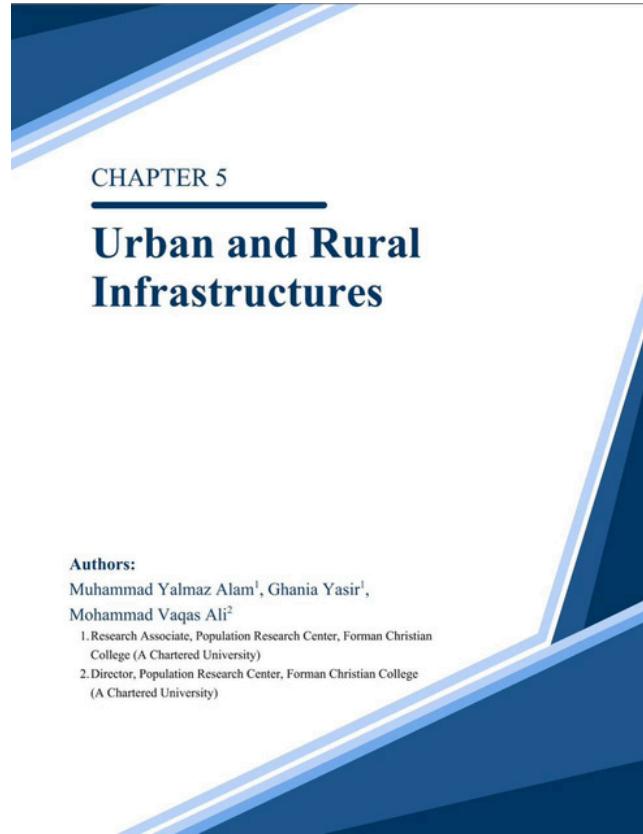
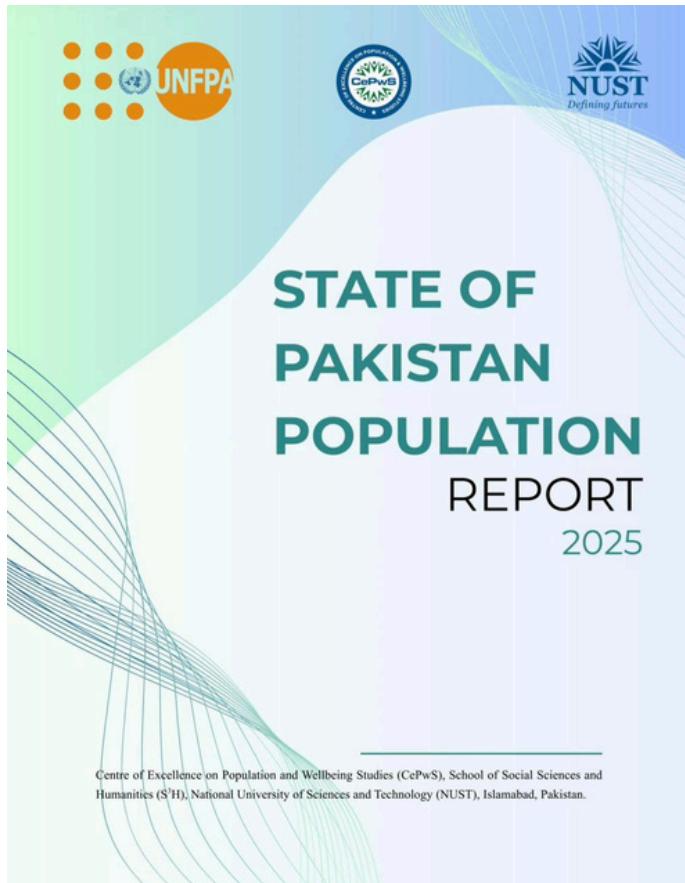
Overall, the policy brief argues that improving family planning outcomes in Punjab requires not only service provision but also gender equality, community engagement, shared decision-making, and accountability to ensure effective grassroots implementation of existing policies.



# CHAPTER AUTHORED FOR UNFPA SPR REPORT 2025

In 2025, the National University of Sciences & Technology (NUST) and the United Nations Population Fund (UNFPA) initiated an effort to address population dynamics by compiling a book, which is part of the UNFPA's State of Pakistan Population Report 2025.

The PRC contributed by authoring a chapter in the UNFPA's State of Pakistan Population Report 2025. The chapter, titled "Urban and Rural Infrastructure", highlights PRC's research insights, and its abstract is presented below.



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## CHAPTER 5: URBAN AND RURAL INFRASTRUCTURES

### Abstract

Pakistan stands at a pivotal moment in its demographic journey. With more than half of its population living in rural areas, the country's progress depends on bridging the persistent urban-rural divide. This chapter explores how deep-rooted structural inequalities and cultural hierarchies shape fertility behavior, reproductive choices, and women's health across Pakistan's rural and urban contexts. While cities benefit from concentrated infrastructure and services, rural communities remain deprived of basic education, healthcare, and employment opportunities. These inequalities contribute to higher fertility, maternal and infant mortality, and unmet family planning needs in rural areas. Patriarchal norms further constrain women's reproductive autonomy, as husbands often dominate fertility decisions within households, while son preference pushes women toward pro-natal lifestyles even at the expense of their health. Evidence from national and regional studies consistently shows that education, employment, and financial independence enable women's agency and empower them to make informed fertility and reproductive health choices. However, opportunities for women to leverage these enabling factors are unevenly distributed across urban and rural contexts, with rural women facing greater systemic barriers and cultural constraints. This chapter suggests that addressing these intersecting disparities requires a multidimensional approach that embeds gender equity at the core of regional socioeconomic development policies. A collaboration among the state, policy makers, educators, and healthcare workers, driven by a shared vision of grassroots transformative development, can help rebuild communities that prioritize women's empowerment, autonomy, and well-being. This vision would allow Pakistan to align with its Sustainable Development Goals, while unlocking the country's vast demographic potential through regionally inclusive and gender-responsive development.

### Highlights

- Pakistan's rapid urbanization has concentrated infrastructure and services in cities, leaving the rural majority chronically underserved in the education, healthcare, and employment sectors, worsening economic and gender inequalities.
- Rural women remain the most marginalized demographic, facing compounded disadvantages from limited schooling, poor healthcare access, and patriarchal control, which collectively restrict their economic participation and reproductive autonomy.
- Despite hosting most primary healthcare units, rural regions suffer from chronic understaffing, limited resources, and poor transport infrastructure, resulting in higher maternal and infant mortality compared to urban areas.
- Fertility and family-planning decisions in Pakistan are largely governed by patriarchal hierarchies, where husbands, the woman's in-laws, and religious leaders exercise significant authority over women's reproductive autonomy and contraceptive use.
- Son preference persists as a defining feature of fertility behavior, driving higher fertility rates and shorter birth intervals that endanger maternal health and further reinforce gender inequality, particularly in rural households.
- Education and employment substantially enhance women's agency in fertility decision-making, yet patriarchal structures often hinder their benefits, limiting the transformative potential of empowerment in rural contexts.
- Bridging the urban-rural divide requires gender-sensitive investments in education, healthcare, and employment, alongside cultural initiatives that challenge patriarchal norms and promote equitable reproductive decision-making.
- Achieving Sustainable Development Goals 3, 5, and 7 demands integrated policy reform, such as linking women's education, healthcare access, and economic empowerment to transform Pakistan's demographic potential into inclusive and sustainable development.

# WEBINAR ON “UNLOCKING THE FERTILITY STALL IN PAKISTAN”

The Population Research Center organized a webinar titled "Unlocking the Fertility Stall in Pakistan" featuring Dr. Ghulam Muhamad Arif, Senior Technical Advisor, Population Council. The webinar was scheduled for 23rd December 2025 from 11:00 a.m. to 12:00 p.m. Dr. Ghulam Arif's presentation titled "Unlocking the Fertility Stall in Pakistan" focuses on understanding why Pakistan's fertility decline has slowed despite decades of family planning efforts. The presentation lays out clear evidence showing that while fertility levels have declined in the past, progress has stalled in recent years due to structural, social, and service-delivery gaps. Using demographic data and trends, the presentation highlights disparities across regions, education levels, and socio-economic groups, showing that the fertility transition in Pakistan remains uneven and incomplete.

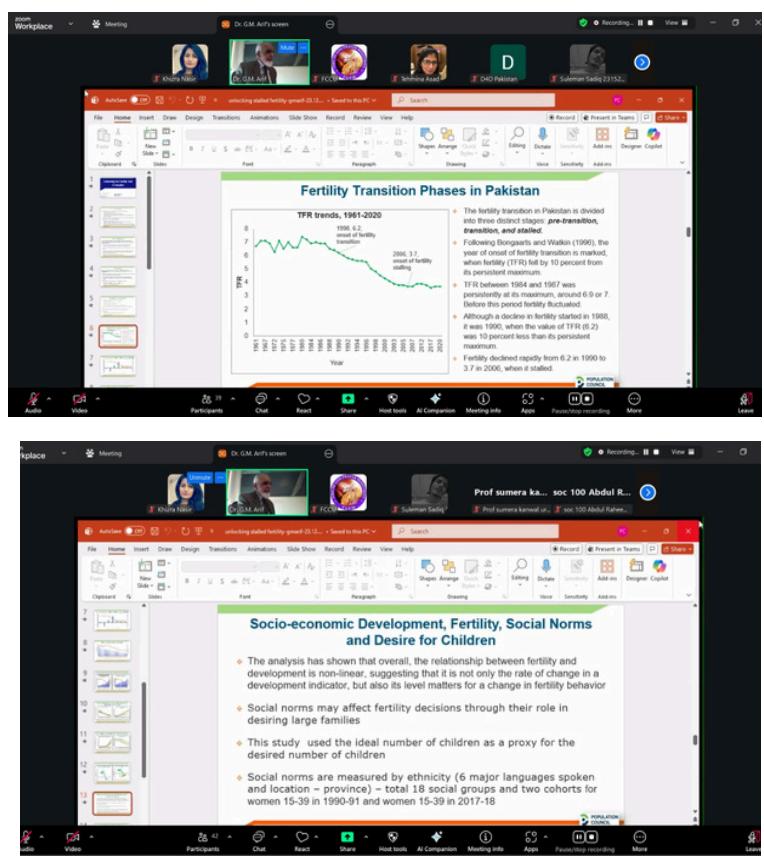
Dr. Arif aims to convey that the fertility stall is not simply a demographic issue but a development challenge linked with women's education, access to quality reproductive health services, unmet need for family planning, and weak institutional coordination. He emphasizes the need to move beyond conventional population control narratives and adopt a rights-based, inclusive, and data-driven approach instead. The speaker encourages policymakers and stakeholders to focus on improving service quality, addressing demand-side barriers, and integrating population issues into broader development planning, so that Pakistan can resume a sustainable decline in fertility aligned with its social and economic goals.



## Key Note Speaker:

**Dr. Ghulam Muhammad Arif**

**Senior Technical Advisor, Population Council**



# AWARD CEREMONY OF STUDENT RESEARCH ESSAY & PRESENTATION COMPETITION 2025

The Population Research Center (PRC) at FCCU hosted its third research essay and presentation competition on the theme 'Data and Its Role in Social Development' funded by ORIC FCCU, in conjunction with the Commemoration of the International Day of Persons with Disabilities on December 3, 2025, from 10:30 a.m. to 2:30 p.m. Additionally, because December 3rd is the International Day of Persons with Disabilities, the event also highlighted the crucial connection between data-driven development and disability inclusion.

The event began with a welcome speech by Dr. Sikandar Hayat, Dean of Social Sciences at FCCU, followed by a chief guest address from Ms. Hasna Batool Cheema of UNFPA, a keynote speech by Ms. Rukhsana Kauser from the Health & Population Department of Punjab, and special remarks by Dr. G.M. Arif, former Joint Director of PIDE.



The event consisted of two sections. The first section was 'Commemoration of the International Day of Persons with Disabilities,' during which Dr. Gloria Calib, (Associate Vice Rector-FCCU), delivered special remarks. This was followed by comments from the esteemed guest on disability day, Ms. Saira Ayub, (Associate Professor of Economics at Govt Graduate College for Women, Gulberg, Lahore), and Ms. Mariam Mushaq (FCCU undergraduate student).



The second session strongly emphasized the importance of data and its role in social development. Two panels of guest speakers shared their insights and valuable policy recommendations.

Guest speakers in panel one included Dr. Grace Clark (Distinguished Professor, Sociology, FCCU), Mr. Abid Hussain Shah Hussainy (GM / Senior Specialist, Environment, The Urban Unit), Dr. Syed Wasim Abbas (Director of Statistics, Pakistan Bureau of Statistics), and Mr. Muhammad Mumtaz Ahmad (Director, BOS, Punjab). Panel two featured Dr. Rubeena Zakar (Professor, Public Health, University of Punjab), Ms. Anum Shahzad (Assistant Director, Urban & Development, P&D Board), Dr. M. Aslam Bajwa (Provincial Lead, Greenstar Social Marketing), Dr. Faisal Abbas (Associate Professor, Economics, Director of CePwS, NUST), and Ms. Samina Ashraf (Regional Director, Rahnuma - Family Planning Association of Pakistan).

In the last session, a panel of judges including Dr. Ali Bhatti (Chairperson, Department of Economics Department) Dr. Shamaila Athar (Chairperson, Department of Sociology) and Dr. Khadija Shkarullah, (Chairperson, Department of Geography), Ms. Anum Shahzad (Assistant Director, Urban & Development, P&D Board) and Ms. Rukhsana Kauser (Director, TR & P, Health &Population Department) evaluated the presentations of the top five students in the essay competition. The shortlisted students delivered their presentations during the ceremony.

All participants were awarded with the shields and certificates. The following prize money sponsored by the ORIC FCCU, was awarded to the winners respectively:



**1ST PRIZE: CERTIFICATE AND PRIZE OF RS. 20,000 WAS AWARDED TO TAYYABA ASAD (DEPARTMENT OF PSYCHOLOGY, SEMESTER-7)**

**2ND PRIZE: CERTIFICATE AND PRIZE OF RS. 15,000 WAS AWARDED TO KASHAF AMIN (DEPARTMENT OF ENVIRONMENTAL SCIENCE, SEMESTER-3)**

**3RD PRIZE: CERTIFICATE AND PRIZE OF RS. 10,000 WAS AWARDED TO SHEHRYAR KHAN (DEPARTMENT OF BUSINESS MANAGEMENT, SEMESTER -3)**



# PARTICIPATION OF PRC TEAM MEMBERS IN SEVERAL NATIONAL-LEVEL EVENTS AND CAPACITY-BUILDING ACTIVITIES

## WORLD POPULATION DAY SEMINAR ORGANIZED BY THE HEALTH AND POPULATION DEPARTMENT

To mark World Population Day 2025, the Directorate General Population Welfare, Punjab, organized a seminar at Faletti's Hotel, Lahore, under the global theme:

***"Empowering young people to create the families they want in a fair and hopeful world."***

The PRC Team Members Ms. Syeda Zain Fatima, Administrative Officer and Ms. Khizra Nasir, Research Associate attended the event. The event witnessed enthusiastic participation from a large number of students, youth leaders, academicians, Religious scholars, policymakers, development partners, and parliamentarians to promote informed family planning choices and empower the youth.



Key speakers included Dr. Saira Afzal Tarar (MNA/Coordinator to CM), Khawaja Imran Nazir (Minister for Health and Population), Ms. Nadia Saquib (Secretary, Health & Population), Mr. Khalid Parvaiz (DG, Population Welfare), Dr. Muhammad Nizamuddin (Pro-Rector, Superior University), Dr. Shehzad Ahmad Mujaddadi Dr. Syed Aziz Rab among other esteemed speakers. The event was hosted by Mr. Salman ur Rasheed.



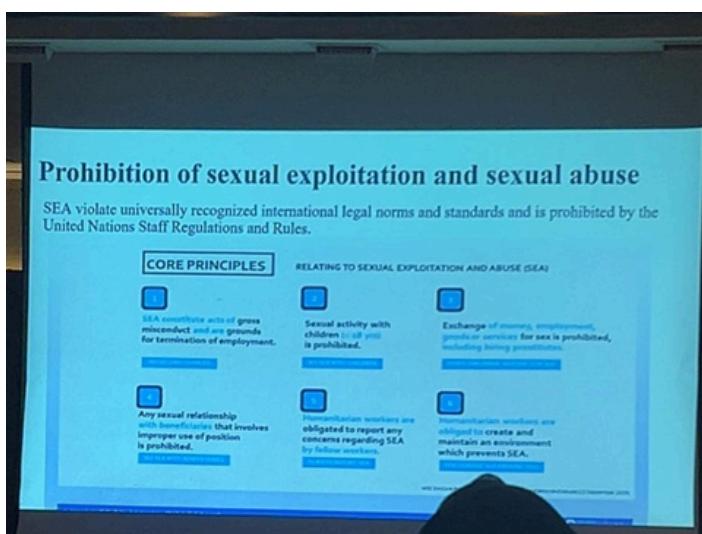
Special appreciation was extended to all development partners specially The Challenge Initiative (TCI), GSM, UNFPA, and Population Council for their invaluable support and collaboration. Their continued partnership, technical expertise, and strategic contributions have been instrumental in making this event possible and in advancing the shared vision of the Health and Population Department, Punjab, for improved family planning and reproductive health across the province.

## TWO DAYS TRAINING ON “PREVENTION OF SEXUAL EXPLOITATION AND ABUSE (PSEA)”



The United Nations Population Fund (UNFPA) held a two-day training on Prevention of Sexual Exploitation and Abuse (PSEA) on August 11th and 12th, 2025, at Blossoms Hall, Four Points Hotel - Lahore.

Ms. Ammara Aamer Khattak (UNFPA) and Ms. Syeda Inayatt Khattak (UNFPA) led this two-day training session, during which they thoroughly explained the core principles of the prohibition of sexual exploitation and abuse. The focus was on key concepts, i.e., Power, Violence, Informed Consent, Human Rights, and Gender and GBV. The training was attended by Dr. M. Vaqas Ali (Director, PRC, FCCU) and Ms. Khizra Nasir (Research Associate, PRC-FCCU)



PSEA is UNFPA's multipronged, **survivor-centered** strategy to effectively **protect, prevent and respond** to sexual misconduct

3 key objectives of the institutional framework: **prevention, response and assistance**



UNFPA has **zero tolerance** for **all forms** of sexual wrongdoing, whether perpetrated against a **recipient of assistance** or a **coworker**.

## THREE DAY WORKSHOP ON DATA INTERPRETATION AND USE BY PAKISTAN BUREAU OF STATISTICS

The Pakistan Bureau of Statistics (PBS) organized a three-day capacity-building training workshop titled “Strengthening Provincial Policy Making with Data-Driven Insights”, held from 25th to 27th August. The training was attended by Ms. Zain Fatima, Administrative Officer at the Population Research Centre (PRC), with the objective of enhancing skills in data interpretation and evidence-based decision-making.



The workshop focused on strengthening participants' understanding of key national data sources, including the Pakistan Social and Living Standards Measurement (PSLM) survey, the Household Integrated Economic Survey (HIES), and the Digital Population and Housing Census 2023. Sessions emphasized how census and survey data can be effectively utilized for provincial planning, monitoring social indicators, and promoting inclusive and informed policymaking.

The Senior officials from Pakistan Bureau of Statistics led the sessions, highlighting the application of demographic, education, health, migration, housing, and living standards data. Special attention was given to the use of geotagged digital census data for targeted resource allocation, infrastructure planning, disaster preparedness, and SDG monitoring.

The training was supported by development partners, including United Nations Population Fund.



The workshop also introduced techniques for situational analysis using composite indicators to assess district-level development disparities, enabling participants to translate statistical evidence into actionable policy insights.

Participation in this training enhanced PRC's capacity to utilize national datasets for research and planning purposes. Ms. Zain Fatima's attendance reflects PRC's continued commitment to strengthening institutional capacity and promoting data-driven approaches in population research and policy support.



## UNFPA BIANNUAL PROVINCIAL PROGRAMME REVIEW MEETING (PUNJAB)

The UNFPA Pakistan Biannual Provincial Programme Review Meeting (Punjab), themed "Strengthening Provincial Partnerships for Greater Impact under the 10th Country Programme," focused on aligning collaborative efforts between UNFPA, Punjab's Health & Population Department, and Civil Society Organizations (CSOs) to boost family planning (FP) and reproductive health (RH) goals (FP2030) by reviewing progress, addressing challenges like high population growth and weak maternal health, and planning future joint actions for improved service delivery and empowerment, especially for women and youth.



The PRC Team Member, Ms. Syeda Zain Fatima Shamsi, Administrative office attended the UNFPA Biannual Provincial Programme Review Meeting (Punjab) on Thursday, 4 September 2025 (9:30 a.m.–4:30 p.m.) in Lahore.

The meeting was convened to review progress, share learning, and align priorities under UNFPA's Country Programme (CP10). It brought together UNFPA, implementing partners (IPs), and government stakeholders to assess achievements, discuss challenges, and agree on corrective actions and next steps.



The session began with welcome and opening remarks by the Co-Chairs, followed by an overview of the meeting objectives and expected outcomes. UNFPA then presented an update on CP10 priorities and progress toward the three transformative results, setting the overall context for discussions.

The programme review session focused on UNFPA's presentations regarding progress against annual workplan milestones, including provincial highlights and key challenges identified during monitoring.

Subsequently, implementing partners and government partners shared lessons learned, highlighting good practices, challenges, and bottlenecks, along with proposed corrective measures and provincial-level support needs. These presentations were followed by facilitated discussions to identify priority actions, responsible parties, and clear timelines.

The meeting concluded with a summary of key decisions, reflections from UNFPA leadership, and closing remarks, reinforcing commitments to improved coordination, accountability, and effective programme implementation moving forward.

## 3 DAYS TRAINING WORKSHOP ON RESEARCH METHODOLOGY CONDUCTED BY NIPS

Ms. Waleeza, Research Assistant at the Population Research Centre (PRC) Lahore, successfully participated in a three-day intensive training program on Research Methodology, aimed at strengthening applied research skills and quantitative analysis capacity. The program was delivered by two certified instructors from National University of Sciences and Technology (NUST) and brought together participants from diverse research backgrounds.



The training commenced with an inaugural session featuring an introductory address by the Executive Director, followed by remarks from the representative of United Nations Population Fund (UNFPA). Day 1 focused on core research concepts, with Dr. Muhammad Ali (NUST) delivering in-depth sessions on applied and policy research, conducting research for social problem-solving, formulating research topics, and understanding the purpose and scope of literature reviews. The discussions highlighted identifying research gaps and organizing literature to establish strong theoretical foundations.

The second session of the day was led by Dr. Tanveer (NUST), who introduced participants to R software. Topics included matrix fundamentals, data frames, importing large datasets (PSLM/DHS), data cleaning, normalization techniques, descriptive statistics, and basic data visualization. The session combined theory with hands-on practice, enabling participants to immediately apply their learning.

Day 2 continued with advanced discussions on research techniques. Dr. Muhammad Ali covered sampling methods, survey design, fieldwork considerations, questionnaire development, and effective interview techniques. Drawing on her professional experience, Ms. Waleeza actively engaged in discussions on field challenges, receiving practical guidance on managing difficult respondents while maintaining research integrity. In the quantitative session, Dr. Tanveer introduced DPLYR functions, descriptive analysis, simple and multiple regression, ANOVA, and result interpretation, supported by extensive hands-on exercises.

On Day 3, the focus shifted to primary data collection and verification. Key qualitative methods—including FGDs, KIIs, and IDIs—were discussed, along with strategies for unbiased field visits. The final R session explored ggplot2 for advanced data visualization, binary dependent variable modeling (logit and probit), odds ratios, regression diagnostics, and an introductory overview of programming in R.

The concluding session was graced by the Director of National Institute of Population Studies (NIPS) and the UNFPA representative, who engaged participants in a reflective discussion on learning outcomes and future improvements. Ms. Waleeza represented PRC Lahore by sharing her insights on the program and its contribution to her professional development. The training concluded with a certificate distribution ceremony.



Ms. Waleeza expressed sincere gratitude to the PRC team for nominating her for the training, noting that the program significantly enhanced her skills as a quantitative researcher.



The successful completion of this training reflects PRC Lahore's continued commitment to capacity building and excellence in research, and Ms. Waleeza looks forward to representing PRC in future learning opportunities.

## **POPULATION AND ANNUAL GROWTH RATES FOR CENSUS-1998, 2017 AND 2023 (PROVINCIAL CENSUS REPORT 2023 BY PAKISTAN BUREAU OF STATISTICS)**

**Population of Pakistan reaches 241.49 million as the Digital Census concludes**

ADMN UNIT	POPULATION (mill)			ANNUAL GROWTH RATE %		
	1998	2017	2023	1998	2017	2023
PAKISTAN	132.35	207.68	241.49	2.69	2.40	2.55
KP	20.92	35.50	40.85	2.72	2.82	2.38
PUNJAB	73.62	109.98	127.68	2.64	2.13	2.53
SINDH	30.44	47.85	55.69	2.80	2.41	2.57
BALOCHISTAN	6.57	12.34	14.89	2.47	3.37	3.20
ISLAMABAD	0.81	2.01	2.36	5.19	4.91	2.81

## 5-DAYS TRAINING ON "DATA VISUALIZATION & STORYTELLING USING POWER BI" WAS CONDUCTED BY THE SDPI

Two Research Associates (RAs) from the Population Research Centre (PRC), Ms. Noor and Ms. Eman, successfully participated in a five-day intensive training on Power BI Software, organized with the collaboration of Sustainable Development Policy Institute (SDPI) and United Nations Population Fund (UNFPA). The training aimed to enhance participants' capacity in data management, visualization, and evidence-based storytelling for policy and operational decision-making.

The training commenced with introductory remarks by Dr. Sajid Amin from SDPI, followed by an overview of UNFPA's role in strengthening data-driven planning. The sessions were facilitated by Dr. Khurram from Air University. Participants represented a diverse range of institutions, including the Bureau of Statistics, Planning and Development Board, Ministry of Planning and Development, and Population Research Centres from Karachi, Islamabad, Peshawar, and Lahore, fostering a rich learning environment.

Day 1 focused on developing a foundational understanding of Power BI, including its ecosystem, interface navigation, data import, and basic chart creation. Participants learned about the evolution of Power BI—from its origins as a Microsoft Excel extension to its official launch in 2015—and discussed why Power BI is essential for handling large datasets, advanced visuals, and collaborative analytics. The day concluded with a mini task to demonstrate learning outcomes.

Day 2 emphasized transforming raw Excel data into meaningful visuals. Key areas included data cleaning, manipulation, merging datasets, and converting numerical information into graphs and charts suitable for analysis and presentation.



On Day 3, participants explored advanced visualization techniques, creating tables and understanding queries. A strong emphasis was placed on visual storytelling, highlighting how effective dashboards support policymakers and stakeholders. A key takeaway was the principle of “one page, one decision,” underscoring the importance of clear, compelling dashboards that communicate insights at a glance.

Day 4 introduced participants to DAX (Data Analysis Expressions), a core feature of Power BI’s paid services, along with publishing reports, creating workspaces, and developing dashboards for organizational use. An interactive group activity led by Dr. Sajid Amin involved analyzing an article for its storytelling effectiveness, which was presented by Ms. Noor. Participants were then grouped to prepare final presentations based on assigned datasets, with PRC Lahore RAs collaborating with a PRC IBA Karachi representative.



The training concluded on Day 5 with group presentations. The PRC group selected Punjab education enrolment data, developing insightful visuals and dashboards to present their analysis. Ms. Eman represented the group during the presentation.

The closing session featured remarks from distinguished guests, including representatives from UNFPA, the Pakistan Bureau of Statistics, CCAR, and SDPI, who highlighted the critical role of data and visualization in informed policymaking. The training concluded with certificate distribution, a group photograph, and a closing tea session.

Overall, the training significantly strengthened the analytical and visualization skills of PRC Research Associates, equipping them with modern tools to translate complex data into impactful, policy-relevant insights.



# WORLD CONTRACEPTION DAY 2025" CONDUCTED BY THE HEALTH AND POPULATION DEVELOPMENT DEPARTMENT

The Directorate General Population Welfare, Health & Population Department Punjab, under the leadership of DirectorGeneral. (R) Aurangzaib Haider Khan, hosted World Contraception Day 2025 in Lahore under the theme "Breaking Barriers, Building Bridges – Contraceptives for All."

The PRC Team, Dr. Vaqas Ali, Director PRC, Ms. Syeda Zain Fatima, Administrative Officer and Ms. Khizra Nasir, Research Associate attended the event. The event brought together TCI-Greenstar Social Marketing, UNFPA, DKT, Jhpiego Pakistan and other partners, alongside academia, youth, NGOs, INGOs, political leaders, and religious scholars showcasing a strong, collective commitment to family planning and reproductive health across Punjab.



A panel discussion on "Investing in Contraception Today for a Healthier Tomorrow" featured experts from Health and Population Department, Jhpiego, DKT, Evidence for Health (E4H) and UNFPA, moderated by Salman ur Rasheed, sparking dynamic dialogue on innovative strategies and partnerships.

Hon. Khawaja Imran Nazir, Minister for Health & Population Punjab, graced the event as Chief Guest and reaffirmed the Government's commitment to expanding access to quality family planning services. Ms. Saira Afzal Tarar, CM's Advisor on Population Welfare, also emphasized the government's integrated approach to reproductive health and population welfare.

Participants reaffirmed their vision for universal access to safe, affordable, and informed contraceptive choices to build healthier Punjab.



## 2-DAYS TRAINING WORKSHOP ON ADVANCED DEMOGRAPHIC RESEARCH

The PRC team members, Ms. Zain Fatima (Administrative Officer) and Ms. Khizra Nasir (Research Associate) along with Research Assistants Mr. Rao Taimoor and Mr. Qamar Amin, attended a two-day training workshop on Advanced Demographic Research conducted by the Population Council on 5–6 November 2025. The 2-Day Training Workshop on Advanced Demographic Research was designed under the distinguished and able leadership of Dr. G.M. Arif. This workshop was designed to enhance the capacity of researchers by introducing them to the latest global trends in demographic research and the emerging data sources and techniques being used worldwide. The program helped participants identify, analyse, and address key demographic challenges in Pakistan within a global and regional perspective.

The Training Workshop covered a mix of themes, including:

- Population growth and resource constraints
- Demographic transitions in developing countries
- Social class and health
- Migration and economic dynamics
- Emerging trends and data sources in demographic research
- Spatial demography



## 5-DAY TRAINING SESSION ON “DEMOGRAPHIC ANALYSIS USING R”

Ms. Khizra Nasir, Research Associate, PRC-FCCU, attended a 5-day training session on ‘Demographic Analysis Using R’ from 17<sup>th</sup> – 21<sup>st</sup> Nov 2025, organized by the United Nations Population Fund (UNFPA) and Sustainable Development Policy Institute (SDPI). The session began with remarks from the chief guest, Dr. Naeem Uz Zafar (Chief Statistician at the Pakistan Bureau of Statistics), Ms. Tania Durrani (UNFPA Provincial Lead – Punjab, Technical Specialist -Gender/GBV), and Dr. Sajid Amin Javed (Deputy Executive Director, SDPI).

Dr. Zahid Asghar (Econometrician, Data Analyst, and Professor of Economics at Quaid-i-Azam University, Islamabad) served as a trainer for this intensive session, which included:

- Foundations, Data Import & AI-Assisted Workflows (R and Positron IDE Fundamentals, Importing Demographic Data from Multiple Sources, AI-Powered Data Wrangling)
- Exploratory data analysis and visualization (Creating Professional Demographic Tables with AI Support, Static Visualizations for Demographics, Interactive and Animated Visualizations)
- Statistical modelling and spatial analysis (Demographic Statistical Modelling, Spatial Data and Mapping Basics, Interactive Spatial Visualization)

The training enabled participants to automate and generate reports using RStudio/Positron. Members of the Pakistan Bureau, the Bureau of Statistics, Punjab, and Population Research Centers from other provinces also participated in this training. Dr. Naeem Uz Zafar concluded the 5-day workshop by highlighting the importance of data in demographic analysis.



## 26<sup>TH</sup> ANNUAL POPULATION RESEARCH CONFERENCE (APRC)



Dr. M. Vaqas Ali, Director of the Population Research Centre (PRC) and Dr. Grace Clark, Distinguished Professor, Sociology, attended the 26th Annual Population Research Conference (APRC) held on 10–11 December 2025 at the NUST Campus, Islamabad. The conference was organized by the Population Association of Pakistan (PAP) in collaboration with the School of Social Sciences and Humanities, National University of Sciences and Technology (NUST), under the overarching theme "Building a Prosperous Future through Population Management and Reform: From Crisis to Course Correction."

Dr. Grace Clark chaired two sessions at the PAP Conference. On the first day, she presided over the second session of research paper presentations, while on the second day, she chaired the Inaugural Address of the conference. Dr. Vaqas also chaired the second session of the research paper presentations on the second day, which was held under the theme "Reclaiming the Promise of Family Planning 2."

The primary objective of the 26th Annual population Research Conference was to convene policymakers, researchers, practitioners, youth and stakeholders to deliberate on the challenges and opportunities inherent in population management and reform in Pakistan. Accounting for key challenges, the conference aims to strengthen evidence-based policy direction for Pakistan on a variety of topics under the key sub themes for the conference:

- Emphasize the Strategic Importance of Population Management
- Critically Review and Strengthen Policy Frameworks
- Catalyze Cross-Sectoral Dialogue and Collaboration
- Advance Rights-Based, People-Centered Approaches
- Develop a National Roadmap for Population Reform



# DATA FOR DEVELOPMENT SYMPOSIUM 2025

The Data for Development (D4D) Symposium 2025 was held on **23–24 December 2025** in Islamabad, bringing together policymakers, statisticians, researchers, development partners, and representatives from federal and provincial institutions to strengthen Pakistan's evidence and data ecosystem.

Organized with the support of UNFPA Pakistan in collaboration with key government stakeholders, the symposium focused on building Pakistan's evidence infrastructure for the future. The two-day event aimed to promote evidence-based policymaking, strengthen statistical systems, and enhance the use of data for inclusive and sustainable development.

The symposium featured high-level keynote addresses, technical sessions, panel discussions, and official launches. Opening remarks were delivered by senior leadership from UNFPA, followed by keynote addresses from the Pakistan Bureau of Statistics and other national and international experts. Distinguished guests included representatives from the Ministry of Planning, Development & Special Initiatives, provincial Planning & Development departments, and international development partners.

Key highlights of the symposium included the launch of major data and knowledge products, such as the Youth Development Index, the Sindh Digital Data Portal, the Revised National Strategy for the Development of Statistics (NSDS), and several research reports and working papers. Dedicated sessions explored themes such as data-enabled development planning, reimagining



Pakistan's statistical architecture, open data and governance, demographic dividend, and youth investment.

Dr. Vaqas Ali, Director of the Population Research Center (PRC), FCCU, attended the symposium and presented key findings from a research study conducted by PRC, FCCU in collaboration with the Health & Population Department, Government of Punjab.

His presentation, titled "Why Family Planning Policies Are Not Translating into Practice in Rural Punjab?", highlighted evidence from a comparative qualitative study across rural communities in South, Central, and North Punjab. The presentation emphasized the gap between family planning policy assumptions and household-level realities, particularly the gendered pathways of information, decision-making dynamics, and challenges affecting sustained contraceptive use.



# STATE OF PAKISTAN POPULATION REPORT (SPPR) 2025 LAUNCH EVENT

The State of Pakistan Population Report (SPPR) 2025 was launched on 29 December 2025 at the CIPS Board Room, Jinnah Auditorium, NUST, from 11:30 AM to 1:00 PM. The event brought together policymakers, researchers, representatives from Population Research Centers (PRCs), academia, and development partners to discuss Pakistan's demographic trends and their implications for sustainable development.

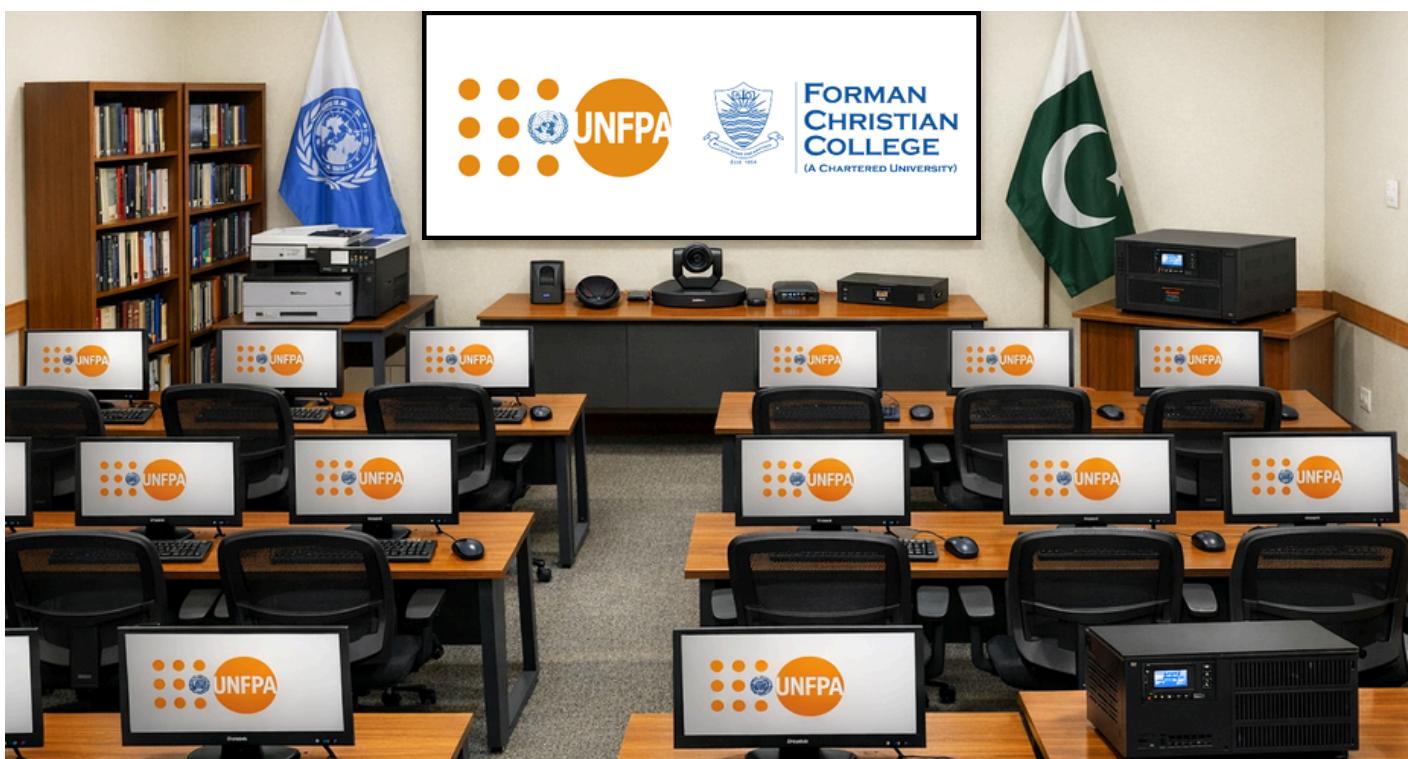


The report was developed by the Centre of Excellence on Population and Wellbeing Studies (CePwS), NUST in collaboration with UNFPA Pakistan. SPPR 2025 provides a comprehensive, evidence-based assessment of Pakistan's population dynamics, emphasizing the interlinkages between fertility trends, gender norms, reproductive autonomy, climate vulnerability, digital inclusion, and governance. It reframes population as a central development and resilience issue with direct implications for human capital, economic growth, and social wellbeing.

The launch featured a panel discussion on the findings of the report, moderated by Dr. Verda Salman, with contributions from PRCs and academic experts. The event concluded with remarks from senior leadership of NUST and UNFPA, including Dr. Luay Shabaneh, Country Representative, UNFPA. The SPPR 2025 aims to support evidence-based policymaking and informed dialogue at national and provincial levels, and serves as a valuable resource for policymakers, researchers, donor agencies, NGOs, and students.



# THANK YOU TO UNFPA TEAM



The Population Research Center (PRC) has received an endowment of 32 computers, chairs, tables, 2 book shelves, one printer, one 65-inch LED, the Logitech Group Video Conferencing System, and a 10 KVA UPS along with all necessary accessories from the United Nations Population Fund (UNFPA) to establish a computer lab at the Forman Christian College (A Chartered University) campus. This development follows earlier correspondence with the United Nations Population Fund (UNFPA) and reflects the continued support and patronage extended by Mr. Muqaddar Shah and the UNFPA team.

The procurement of these computers marks a significant step forward in strengthening PRC's capacity to serve as a hub for research, training, and policy engagement on population and development issues. The establishment of the PRC Computer Lab will enable the Center to:

- Enhance collaboration with provincial departments and government stakeholders;

- Facilitate ongoing and future joint research initiatives;
- Provide specialized, data-driven training to faculty, students, and practitioners;
- Support demographic research, population data analysis, and evidence-based planning.

The lab will significantly augment PRC's ability to deliver impactful and policy-relevant research and to train the next generation of population scientists.

The PRC-FCCU expresses its sincere appreciation to UNFPA for its continued commitment to advancing population research and strengthening evidence-based policymaking in Pakistan. The Center looks forward to furthering its mission of promoting high-quality research, fostering academic-government linkages, and contributing to informed policy dialogue.

# HAPPY CHRISTMAS IN PAKISTAN & FCCU



Christmas was celebrated across Pakistan with joy, reverence, and a spirit of unity. Christian communities marked the occasion with special church services, prayers, and festive gatherings, reflecting the true message of peace, love, and compassion associated with the birth of Jesus Christ (peace be upon him).

The day also served as a reminder of Pakistan's commitment to religious harmony and inclusivity. People from different faiths extended warm greetings to the Christian community, highlighting mutual respect and coexistence within society.

As the nation joins in celebrating this auspicious occasion, Christmas continues to symbolize hope, kindness, and solidarity, reinforcing the values of tolerance and shared humanity.

FCCU celebrated the Christmas season with great joy and enthusiasm, recognizing and appreciating the unwavering dedication, hard work, and continued support of its staff throughout the year. The celebrations reflected FCCU's spirit of unity, gratitude, and mutual respect.



As part of the festivities, FCCU representatives visited various Administrative Offices across the campus to spread cheer through Christmas carols and festive treats. The team was warmly welcomed by the staff, whose heartfelt hospitality and positive response made the visits truly memorable and meaningful.

This initiative served as a sincere gesture of appreciation, acknowledging the invaluable contributions and collaborative efforts of each office in supporting the University's mission. The joyful moments shared during these visits beautifully captured the essence of the season.



# **PAP EVENT**

## **26<sup>TH</sup> ANNUAL POPULATION RESEARCH CONFERENCE**

**BUILDING A PROSPEROUS FUTURE THROUGH POPULATION MANAGEMENT AND REFORM:  
FROM CRISIS TO COURSE CORRECTION**  
HELD

**IN COLLABORATION WITH SCHOOL OF SOCIAL SCIENCES AND HUMANITIES, NATIONAL UNIVERSITY OF SCIENCES AND TECHNOLOGY (NUST)**

**DECEMBER 10-11, 2025, ISLAMABAD**

Population Association of Pakistan (PAP) successfully convened its 26th Annual Population Research Conference titled "Building a Prosperous Future through Population Management and Reform: From Crisis to Course Correction" in collaboration with School of Social Sciences and Humanities, National University of Sciences and Technology (NUST) from 10-11 December 2025 in Islamabad.

### **INAUGURAL SESSION:**

The conference commenced beginning with recitation from the Holy Quran and the national anthem. Dr. Saima Bashir, Secretary General of the Population Association of Pakistan (PAP), set a tone of urgent, evidence-based dialogue, framing the conference as a critical platform for the conversations "Pakistan urgently needs conversations about people, policy, and purpose," emphasizing that the theme was "a sober and practical call to action". She highlighted the profound impact of demographic trajectory on all aspects of national life, from education and health to employment and climate resilience, and underscored PAP's 26-year legacy as an independent forum dedicated to linking scholarship with policy.

Professor Mehtab S. Karim, President of PAP, established the stark statistical foundation for the



conference. Dr. Luay Shabaneh, UNFPA Country Representative, framed the population agenda as fundamentally rights-based and people-centered. He identified critical disconnects between Pakistan's internal realities and global demographic trends, emphasizing the absence of a unified national narrative and weak federal-provincial coordination. Dr. Nadeem Javaid, Vice Chancellor of PIDE, delivered a data-rich keynote address that linked demographic trends with economic planning. Ms. Sameena Hassan, ED, NIPS reinforced the need for multisectoral coordination, stating, "Today's choices will shape tomorrow's trajectory." She highlighted Pakistan's shortage of trained demographers and called for enhanced academic focus on population studies.

### **Plenary Session 1: Beyond Numbers – Building a Unified National Vision**

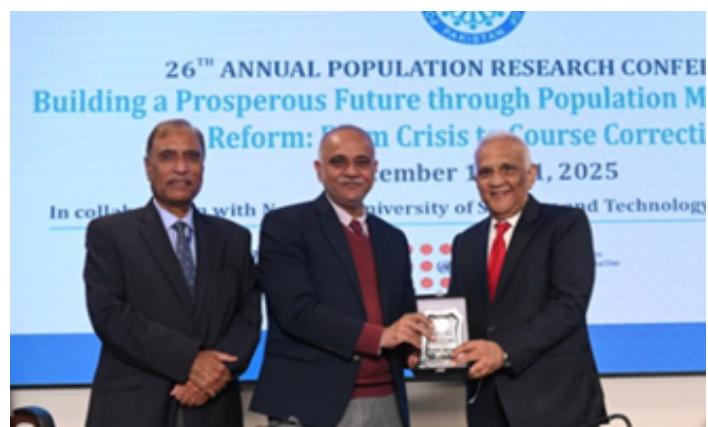
Chaired by Dr. Melania Hidayat, representative from UNFPA, and moderated by Dr. Saima Bashir, the Secretary General of PAP, this plenary session explored the conceptual shift from quantitative to qualitative population management.

The session concluded with a consensus that governance reform, not merely contraceptive access, is essential for effective population management. The Chair emphasized that family planning alone cannot guide national policy and called for a unified national vision grounded in data-driven governance and accountability.

**Plenary Session 2: Course Correction – Family Planning, Youth Dividend, and Education**  
This session, chaired by Dr. Grace Clark and moderated by Dr. Mehtab Karim, focused on rectifying systemic failures in family planning and aligning youth development with economic opportunities.

Dr. Farid Midhet, Vice President PAP, presented a stark analysis of Pakistan's family planning stagnation, noting that modern contraceptive use among married women has declined from 2.77% in 1990 to 1.09% in 2017. He identified half-baked interventions, weak evidence-based planning, excessive donor dependence, and governance challenges, including corruption and supply chain leakage, as primary constraints. Dr. Midhet called for treating family planning as a public health service integrated within broader health interventions.

Dr. Sameen Siddiqi delivered a critical examination of the political economy of population, highlighting how the NFC Award's allocation of 82% weight to population size creates disincentives for population control. He contrasted this with India's formula, which assigns only 15% weight to population. Dr. Siddiqi recommended integrating population, health, and nutrition within a revised national health vision and strengthening the role of the private sector in service delivery.



Dr. Imran Javaid shared insights from community-centered approaches, emphasizing that local female workers from the same villages garner greater trust and cooperation. He described the successful use of digital mapping and mobile applications to reduce monitoring costs and improve service efficiency.

Dr. Grace Clark, in her concluding remarks, stressed the imperative of sex education, particularly for young women, and the importance of engaging both men and women in reproductive health discussions. She noted that religious references from the Quran can support these conversations.



**Scientific Sessions: Evidence and Innovations**  
The conference's scientific rigor was underscored by a competitive abstract selection process that drew submissions from researchers across Pakistan. From a substantial pool of proposals, a meticulous peer-review evaluation was conducted by a technical committee of experts, ensuring that only the most methodologically sound, relevant, and impactful research was selected for presentation. This rigorous curation resulted in a rich and diverse scientific program, where the chosen researchers, from seasoned demographers to emerging scholars, presented evidence that formed the

critical backbone of the conference's policy dialogue. This commitment to academic excellence ensured that the ensuing discussions and recommendations were grounded in credible, cutting-edge research, thereby significantly enhancing the conference's contribution to Pakistan's population and development discourse.

The conference covered the sub-themes includes i) Human Capital in Crisis: Health, Education, and Nutrition; ii) Reclaiming the Promise of Family Planning; iii) Population, Climate, and Urbanization Nexus and Migration; iv) Toward Coherent Population Governance and Accountability and v) Provincial Realities, Local Responses

#### Conclusion

The 26th Annual Population Research Conference has successfully transformed Pakistan's demographic dialogue from a discourse of concern into a focused agenda for actionable reform. Over two days of rigorous, evidence-based deliberation, participants collectively moved beyond diagnosing the symptoms of Pakistan's population crisis, the high growth rate, stagnant family planning indicators, and eroding human capital, to identifying the underlying governance and implementation failures that perpetuate them.

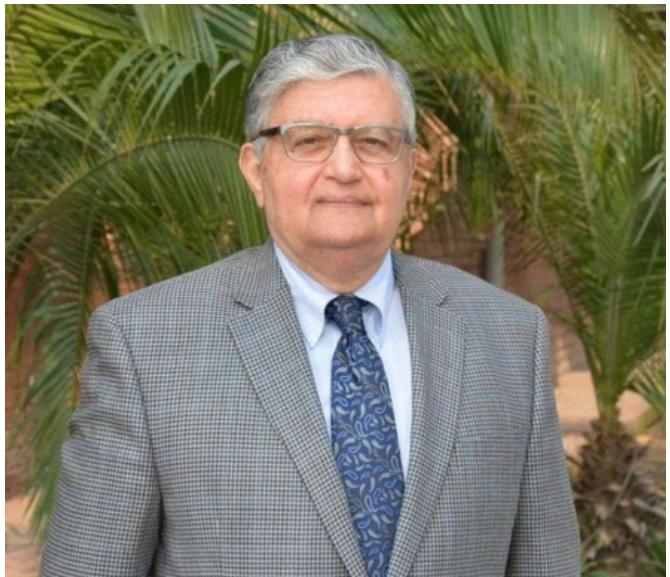


# MEET THE PRC TEAM

## DR. SIKANDAR HAYAT DEAN, SOCIAL SCIENCES

Dr. Sikandar Hayat, Distinguished Professor of History and Public Policy has been an academic for long, starting his academic career at Edwards College Peshawar (1968-70) through the University Law College Peshawar (1971-73) and the Quaid-i-Azam University Islamabad (1973-2006) to the Forman Christian College University Lahore (2013-present). In between, he served as Education Counsellor in the Embassy of Pakistan in Washington DC, USA (1991-95), American Institute of Pakistan Studies (AIPS) Scholar-in-Residence (1995-96), and Fulbright Visiting Specialist in the USA (2006). Subsequently, he went on to serve as Directing Staff (Research) and Dean, National Institute of Public Policy at the National School of Public Policy, Lahore (2006-2012). His career is marked by academic experience and public service, both at home and abroad. Currently, he is Dean, Faculty of Social Sciences, since December 2017.

Dr. Hayat has published extensively on the Pakistan Movement and its leadership, particularly on Quaid-i-Azam Mohammad Ali Jinnah. His book, *The Charismatic Leader: Quaid-i-Azam Mohammad Ali Jinnah and the Creation of Pakistan* (Karachi: Oxford University Press, 2008, 2014/2018/2023), is recipient of the Higher Education Commission of Pakistan's 'Best Book Publication Award' for books published in Social Sciences and Humanities in 2008-09.



Dr. Hayat holds a dual teaching position, teaches at the History department and the Centre for Public Policy and Governance at FC College University, is President of the Research and Review Club of the university, and is Editor-in-Chief of the Forman Journal of Social Sciences, an HEC-accredited journal of the Faculty of Social Sciences. He also is the Chair of the Advisory Board of the Population Research Center at the university, a research body engaged in generating interdisciplinary research on population and related domains in Pakistan. In addition, Dr. Hayat is serving several academic bodies of universities in Pakistan, including selection boards, editorial boards, and as an external examiner for PhD dissertations. He is peer reviewer for a number of international publishers. He has travelled widely, including on 'foreign study tours' to the United States of America, United Kingdom, France, Germany, Italy, Netherlands, Russia, China, and Japan.

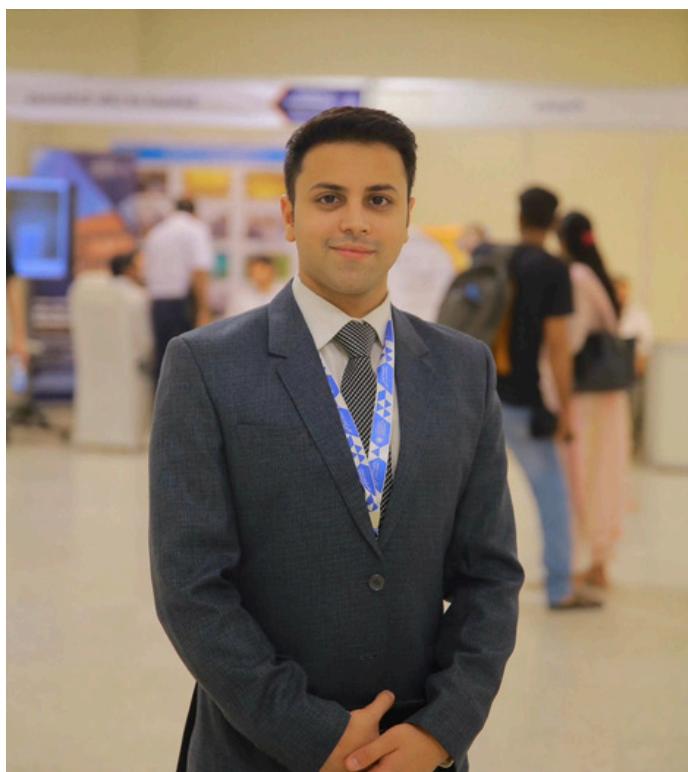
# VIEWS OF THE PRC RESEARCH ASSISTANTS

I am Noor Ul Sehar and currently in my third semester of MPhil Sociology . With a strong academic background in sociology and research , my Bachelor's dissertation on work family life balance of married women during covid-19 has been published in the Journal of Positive School Psychology (JPSP). I have a keen interest in reading and my research interest is women in South Asia and the social issues they face. I have worked with the Population Research Centre as a research assistant, which significantly strengthened my research skills and practical understanding. During my time at PRC, I got a chance to attend a 5 days workshop on data visualization where I ganied hands on experience using power-Bi and how a complex statistical data is transformed into meaningful stories. This experience was highly insightful and I look forward to applying these skills in my upcoming MPhil dissertation.



My name is Dr. Rao Taimour Sharab. I have completed my degree in Phram -D in the year 2025. I express my sincere gratitude to Forman Christian College University (FCCU) and the Population Research Center (PRC) for providing me with the opportunity to engage in research-oriented academic activities. I am particularly thankful to Dr. Vaqas Ali for their guidance and for facilitating my participation at PRC. This experience proved to be both intellectually enriching and professionally rewarding.

A key highlight of this engagement was my participation in the Workshop on Advanced Demographic Research, which offered valuable exposure to core demographic concepts,



contemporary research methodologies, and the application of demographic data for evidence-based policy formulation. It was also a privilege to interact with distinguished scholars such as Dr. G. M. Arif and Ms. Zeba Sathar, whose contributions to population studies are widely respected and deeply inspiring.

Overall, this experience has strengthened my academic interest in demographic research and its role in sustainable development. Engaging with researchers and professionals actively working in the field enhanced my understanding of the real-world implications of demographic research and I look forward to contributing meaningfully to this important field in the future.



My name is Emaan Athar and i'm currently in my second year of M.Phil Sociology. My research interests include culture and globalisation and I'm currently working at Aftab Associates as a research executive.

I am grateful for the opportunity provided to me by the Population Research Centre (PRC), Forman Christian College University, which enabled me to attend a five-day intensive training program in Islamabad organized by UNFPA and SDPI. The training focused on building practical skills in Power BI, starting from the basics and progressing to applied data analysis. We learned how to import and clean data using Power Query, create data models, establish relationships between datasets, use basic DAX functions, and design interactive dashboards. Emphasis was placed on transforming raw data into meaningful insights through effective visualization, making the learning highly relevant for research, reporting, and decision-making purposes. The training environment also allowed me to engage with experienced researchers, trainers, and educators, which greatly enriched the overall learning experience.

Following the learning phase, participants were divided into collaborative groups comprising professionals from different departments and research backgrounds across Pakistan. Each group was tasked with analyzing a dataset and presenting insights using Power BI on the final day of the training. This hands-on project strengthened my analytical, teamwork, and presentation skills. The training proved to be immediately impactful, as within two weeks of its completion, I secured a position at a research agency, where my Power BI skills specifically stood out during the hiring process. This experience not only enhanced my technical capabilities but also demonstrated the direct professional value of applied data visualization skills.



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