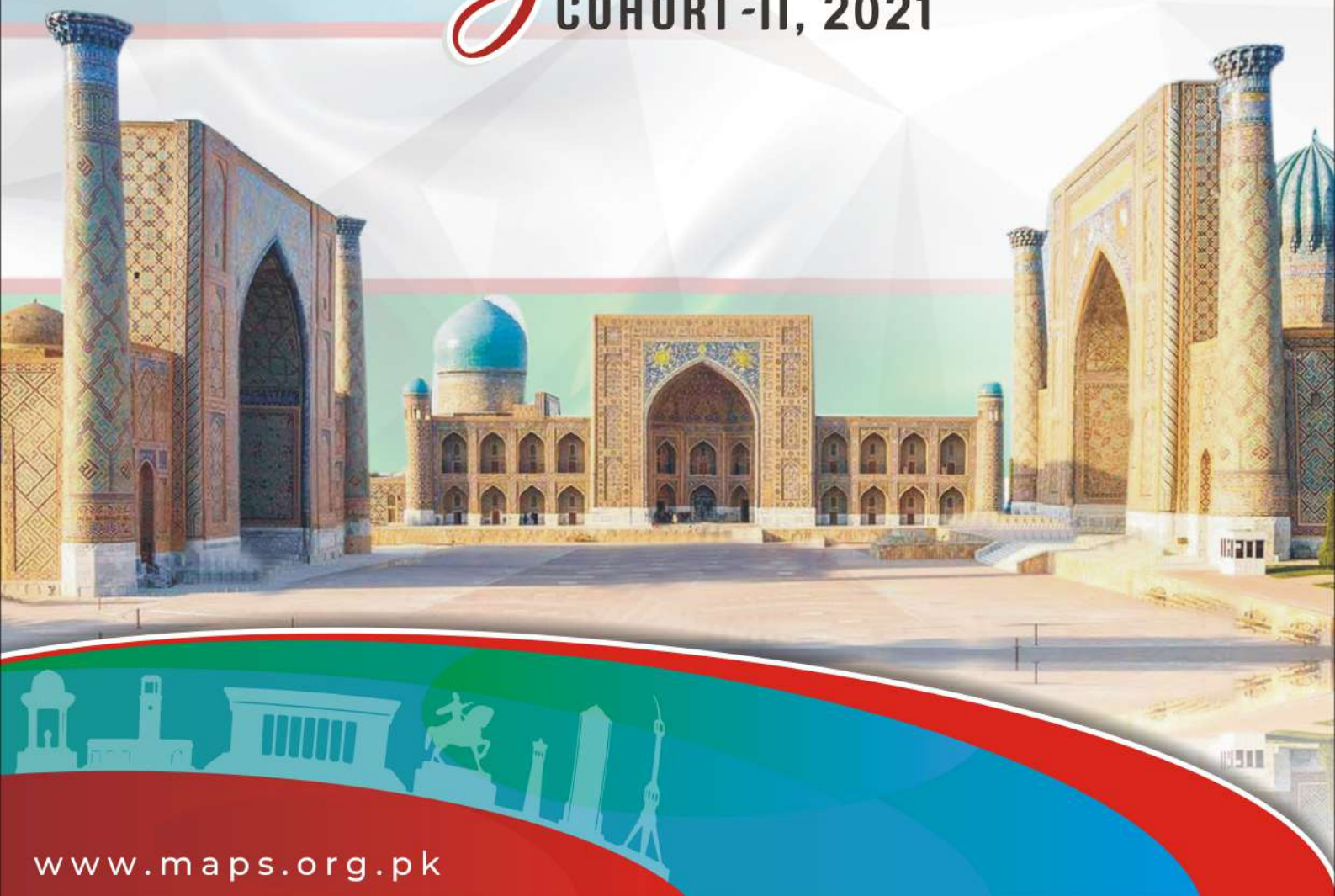




# YOUNG

PROFESSIONAL  
FELLOWSHIP

*Uzbekistan*  
COHORT-II, 2021



## DAY 1

Thursday, 4<sup>th</sup> February 2021.

### *Delegates Arrival*

All participants and delegates reached Regal Stay hotel by 04:00 a.m. in the morning with special coordination and assistance by YPF team. At the gate of hotel Team YPF welcomed each delegate and recorded their arrival, handed over their goodie bags, YPF badges and allotted rooms.



## ✦ *Trip to Tashkent* ✦

After long journey delegates rested well and requested to reach hotel's breakfast area by 10:00 a.m. where Uzbek special breakfast was served.

**Come on! Bus is here! We must leave to see beauty of Tashkent!!**

Joys and excitement on their way and all team is ready to get set go for this journey. Tashkent is the largest city and capital of Uzbekistan as well as the most populous city in ex-soviet central Asia. Delegates and team YPF enjoyed famous spots of Tashkent like, Medieval center of Tashkent, Hasti Imam square and visit there the Mausoleum of Kafal Shashi, a mystical poet and interpreter of Koran of the 10th century, who later was worshiped as a Saint. Barakhan Madrassah, which accommodates the Clerical Board of Central Asian Moslems, and its famous Library, with over 30.000 books, 3500 manuscripts and the precious sample of the Holy Koran, written by the fourth Caliph Osman and bearing stains of his blood on its pages.



Trip was amazingly enjoyable as delegates were witnessing historical significance of Uzbekistan. Now, it's time for lunch! On bus arrival delegates went to eat Pullav- Lamb rice with quail eggs. Indeed, it was one of the best cuisines of Uzbekistan. Delegates and team also enjoyed Victory Monument, National Library and Square with Fountains. Memorial of Repressions with traditional ornaments; TV Tower from outside.



## DAY 2

Friday, 5<sup>th</sup> February 2021.

### *Orientation, Opening Ceremony, Ice-Breaking and Sessions*

Everyday begin with Uzbek delight and after that delegates were requested to reach hotel conference/meeting hall for the orientation ceremony, which was led by Ms. Rida Batool (YPF-Project Manager).

Opening ceremony of this great event begin with musical performance by Farukh and his band, they were students of Uzbek University and played Piano, Guitar, Violin, that was very mesmerizing and happy time for everyone! In opening ceremony of Young Professional Fellowship, Mr. Kamran Zafar (Chairman MAPS) and Mr. Muhammad Ahmad (Vice Chairman MAPS) warmly welcomed all delegates to fellowship and encouraged their participation in programme. They were accompanied with Mr. Hamid and two other International Uzbek Officials Mr. Teimur and Mr. Farhod.

All officials were hopeful and excited to have Pakistani delegates in their country. On the first day Mr. TemurMirzaev head of department for tourism forms development and innovation was the chief guest. During the beginning of YPF-II a presentation regarding lifestyle, tastes, places to visit and life in Uzbekistan was presented by Uzbek Ministry of Tourism. Interesting answer question session was led by both countries' delegates. Media was also present during meeting and they covered and recorded interviews of delegates and officials of MAPS. This dea of YPF-II in Uzbekistan has given chance to youths of both countries and helped them to promote mutual understanding and new opportunities. As our chairman says; We are thankful to Government of Uzbekistan for an amazing hospitality especially Mr. Farhod, Mr. Hamid and Uzbekistan media channels for their collaboration and support. We believe that roles of media is of utmost importance to prevail the message of peace, sustainability and social development. Token of love of Ajrak, MAPS goodie bag and Sindhi topi was given to Mr. Temur by Chairman MAPS.



## Session- I

### SOCIAL CAPITAL AND PROSPERITY PRO-SOCIAL BEHAVIOURS AS WELLBEING

By Salieva Nargis

According to the rapid changes of modern life tendency became the urgent need to study the variety of the most necessary types of capitals. They are Human, Financial, Physical and Social capitals. The first session day was dedicated to the topic of Social capital and prosperity. We learn about the definitions of each types of capitals. Moreover, we practiced our knowledge during interesting and interactive activities. Informative lecture emphasized the importance of social capital and creating the useful social network which can help delegates to achieve their goals and purposes on the way of their prosperity.



This quote is the most powerful ones in developing and expanding our global network. Due to this quote, we are the average of 5 people we spend the most time with. Other around ourselves determine how we think how we act and ultimately how successful we will be. So, we should be careful letting people to be in and surrounding us if we want to be successful in life.





All these aspects were fully covered with the term of social capital. Nowadays, its popularity comes from the fact that it can be explained of wide range of social phenomena, such as economic growth, quality of government and people's health and wellbeing. Social capital is fundamentally about how people contact with each other and it is how you can create value from your networks, relationships, from your position in those relationships, and how you can use that value of those relationships to create your organization. There are many types of social capital Bonding, Bridging. Bonding social capital is ties between individuals with relatively high degrees of network closure. Bridging social capital is ties between individuals which cross social divides or between social







groups. After introducing to us all these aspects of social capital, we were split into groups and tried to build new social networks between each other which was ice breaking moment of Pakistan and Uzbekistan delegates. We understood how it is important to build correctly and carefully our social capital and network not only in daily life, but in social media too.

Overall, I can say that first day of session which was kindly provided by MAPS-Young Fellowship Program and the best speaker Salieva Nargis was very informative and useful for further education of all delegates.



## DAY 3

Saturday, 6<sup>th</sup> February 2021.

### Session- I

ECONOMIC GROWTH AND SUSTAINABILITY  
ENTERPENEURSHIP, OPPORTUNITIES,  
MICRO AND MACRO BUSINESSES

By Abdul Aziz

This prolific, vigorous and energetic session was directed by trainer Mr. Abdul Aziz. He explicated human opportunities and entrepreneurship as set of principles connected to fairness, equality and sustainable growth in economics. He made all delegates divided them in groups and arranged ambassadors/representatives from each group to depict and explain about common exchange of goods or businesses among Pakistan and Uzbekistan. This activity lead the delegates open up into many things including the recognition of production of both countries and their common trades to promote business ideas in PAK-UZBEK regions.



In this session, Abdul Aziz engaged all envoy by giving them task of describing on one of the most vital matter of this world 'Entrepreneurship and Opportunities'. He divided all emissaries into 4 different groups and ask them to create a business plan of small scale industries and then to think about batter system as in ancient period, he made them brainstorm and got different ideas that was later presented on the provided chart papers.





The outcome of this conclave was superlative as all of YPF delegates were brainstormed for 'Old age Economic growth and today's opportunities in businesses. Therefore, by the end of this fruitful session, every representor discussed one unique crux to be implemented for the sake of 'Economic growth and Sustainability.



After fruitful and well money making session of Mr. Abdul Aziz delegates went to have lunch in another different hotel and to **taste the food love made by Uzbekistan!**



## Session- II

GLOBAL INFORMATION ON UNITED NATION AND IT'S  
OUTREACH SESSION SPECIFICALLY TITLED AS NEW OUTLOOK:  
THE UNITED NATION AND INTEGRATED PLANNING TO COUNTER  
CLIMATE CRISIS, CONFLICT AND POVERTY. HOW CAN YOUNG PEOPLE  
SHAPE THE FUTURE OF UNITED NATIONS

By Mr. Ali Tahir

Last session of this day was followed by informative and didactic presentation of Mr. Ali on above mentioned topic. Mr. Ali is trainer of YPF and lawyer by profession.



He introduced all delegates with respect for human rights that requires the establishment of the rule of law at the national and international levels. He also educate everyone that how internationally UN is working for its 17 indigenous goals and what is the role of Youth in reshaping future of this world. Ali's session was not only based on education but activities too, to keep things light, sir cracked a joke regarding lawyers and then started with his informative slides.





The slides comprised of different aspects of the United Nations as in general assembly, Security Council, and international court of justice primarily. Then an activity was planned by Sir Ali to show how the United Nations work and is an integral part of world peace. Delegates were super energetic and showed their perceptions after activities, Mr. Ali welcomed questions from all delegates and answered their queries for sustaining SDGs and peacefully elucidate the factor of Sustainable in ones' life. With his inspirational stories and examples every delegate of YPF was ready to fight through bad days to earn good days in future for this world.



## DAY 4

Sunday, 7<sup>th</sup> February 2021.

### Session- I

#### THE RELATIONSHIP OF ECONOMIC GROWTH AND YOUTH INCLUSION IN POLICY MAKING

By Mr. Ahsan Hamid

“Century living, century studying” famous words of European philosophy writer Lucius Annaeus Seneca. The day started with the lecture on “Youth Inclusion” by Ahsan Hamid Durrani. He is an experienced person with a huge background, so during this workshop, we spoke about the course of action of principles that guide us and decisions of institutions/government. Systems of Policy, which policy is more effective and which is not and why is it important for young people too.



Ahsan's Session was also a mirror reflection of Youth and its decision-making power as we all know and believe youth participation leads to better decisions and outcomes. Many of the profound difficulties faced by young people around the globe illiteracy,



poverty, HIV/AIDS, substance abuse, discrimination and forced engagement in armed conflict are subjects of widespread concern at the national and international levels. In all regions of the world, young people are having to deal with increased unemployment and insecurity at work, greater family instability, and reductions in social welfare programmes. Youth is often characterized by uncertainty and risk. Effective strategies are needed to resolve these concerns. In YPF-II delegates were educated and trained to understand that young people have a body of experience unique to their situation, and they have views and ideas that derive from this experience. They are social actors with skills and capacities to bring about constructive resolutions to their own problems and to global problems too.



Time is very expensive so we should invest it in useful things that we can improve it in future. The strategy of the project, the exact plan was very good organized, and generally, all delegates liked this idea. We made policy context, rationale system of organizing, vision with strategy and governance/institution mechanism. MrAhsaan advised us to read the book "Thinking, Fast and Slow" by Daniel Kahneman. Our aim is to help the government to implement, because we know "Who can do it, besides youth? Who can do and manage this projects?", that's why we must work on it. The most popular topics that United Nations discussing last time is "Youth", "Climate change" and "Education". Every person must work on it!



## *Cultural day and Food Diversity*



“

Simple exchanges can break down walls between us, for when people come together and speak to one another and share a common experience, then their common humanity is revealed.

”





Cultural exchange shows the importance of similarities rather than differences. Despite being surrounded by an endless stream of newsmedia that often perpetuates fear of those different than ourselves, by actually going out, speaking to, and connecting with others we see clearly that we are more similar than different. We love, laugh, and cry for the same universal human values.

Cultural exchange highlights the beauty of diversity. Although we begin to see our similarities more clearly, this does not mean that our uniqueness falls by the wayside. Rather, through cultural exchange we are able to celebrate our differences and use the knowledge of one another's cultures going forward to be effective global leaders.



Cultural exchange makes the world a more beautiful, connected place for everyone. If we recognize the intrinsic value that each member of our global community holds, we can better understand one another. If we better understand one another, we can work together for impactful change. The culture of Uzbekistan and Pakistan was happily exchange and delegates from both countries enjoyed and captured moments for their life.

After this amazing cross-culture activity delegates were Being exhausted and tired from all the sessions, not bored tho, we proceeded to our rooms to change into casual attire for dinner. Dinner was hosted by MrFarhad in his farmhouse in outskirts of Tashkent. It was a sight to be seen. The chilly crisp weather, warm embrace of the bonfire and mouth watering aroma of Pakistani and Uzbek food from the kitchen, made the evening interesting by a few notches. There was a billiard and pig pong table at MrFarhad's house which he kindly let us use. We had a few healthy competitions until dinner was ready. Dinner was made by the cooking group of the delegation (those who actually knew how to cook) it was sumptuous till the last bite. After finishing dinner, we headed off to our hotel. We freshened up and left to cruise around the city.



## DAY 5

Monday, 8<sup>th</sup> February 2021.

### *Trip to Samarkand*

The day was started with early morning breakfast and everyone was up at 06:00 a.m In the morning. Excited to explore Samarkand and in hurry to catch the train! After enjoying bullet train travel we reached Samarkand and witness history.



The city of Samarkand has been at the crossroads of world cultures for over two and a half millennia, and is one of the most important sites on the Silk Routes traversing Central Asia. Located in the Zerafshan River valley, in north-eastern Uzbekistan, the city enjoys the benefits of abundant natural resources and settlement in the region can be traced back to 1,500 BC. Samarkand is old city of southeastern Uzbekistan it is one of the largest city in Central Asia. This trip was so informative and was well guided by Uzbek fellows. Delegates of Pakistan were lucky to witness not only the beauty of Samarkand but old dynasties, architectural styles and islamiccivilisation. City was conquered by “Alexander the great” and now noted as the center of Islamic Scholarly study for the world. Delegates got chance to perform ziyarat of Holy Shrine of Imam Bukhari, and visited museum of Holly Qurran where souvenirs from Pakistan and other muslim countries were also placed and preserved. This city is the birthplace of Timurid Renaissance , delegates visited his mausoleum too.





Gure Amir (Shrine of Timur and Timurids) The best-known landmark of Samarkand is the mausoleum known as Gur-i Amir. It exhibits the influences of many cultures, past civilizations, neighboring peoples, and religions, especially those of Islam.





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Pakistani delegates and teams MAPS were asked by local media of Uzbekistan for interviews and coverage was taken place at Shrine of Timur. After mouth-watering lunch and site visit we ran back to station to catch train back to Tashkent, and everyone slept in train as it was **long hectic day!**



## DAY 6

Tuesday, 9<sup>th</sup> February 2021.

# *Sessions and Closing Ceremony*

## Session- I

CLIMATE CHANGE SCENARIOS &  
CONSEQUENCES- CASE STUDIES FROM  
DIFFERENT COUNTRIES

By Mr. Syed Shahid Hussain Kazmi

By Climate Expert  
Mr. Shahid Kazmi  
and  
Ms. Khadija Abid.

Climate Action SDG 13 is one of the most significant goal of UN to be achieved by all communities. Session by our trainer Mr. Shahid was not bound to one region but was covering Global Perspective regarding CC. Session described a set of global climate scenarios that have been used in a series of studies investigating the global impacts of climate change on several environmental systems and resources ecosystems, food security, water resources, malaria, and coastal flooding.





The warming of the Earth has been the subject of intense debate and concern for many scientists, policy-makers, and citizens for at least the past decade. Climate Change Science characterizes the global warming trend over the last 100 years, and examines what may be in store for the 21st century and the extent to which warming may be attributable to human activity. Ms. Khadija engaged delegates of both countries in Climate Games to learn and feel about factors of CC, which included Climate Change and Genders...

Indeed, this session was highly interested and delegates presented their projects with new innovations and ideas for CC.





## Session- II

SELF-DEVELOPMENT AND ROLE OF SOCIETY- SELF AWARENESS, OVERCOME WEAKNESSES, SPIRITUAL BALANCE AND MULTI-TASKING.

By Mr. Jurabek



This topic was an important education point for both countries delegates as one needs to understand the significance of self-importance in life. Self- the entire individual, awareness refers to being conscious about ourself. It explicit the understanding of concept that one exists as individual unique from other people in all aspects emotionally, physically, and mentally. In this session, the factors that influence self-awareness, parenting style, the role of media, peer pressure all were discussed and activities were done in order to know about the delegates hardships for the self-sustainability. This also teaches us about the symptoms of positivity and positive self-awareness, an individual chooses tasks and activities of interests, socialize with preferred persons, and resultantly takes what is good for him/her and know about bad. Mr. Jurabek had given delegates opportunity to positively evaluate themselves based on self or individual as the importance of self-esteem, the key to success and productive behavior- people perform better when they consider themselves competent confident. The crux of the session helped in understanding delegates of both countries that Self-Development in over all is all about developing the vital aspects of the self which enable the individual to survive in a particular context.



## *Closing and Award Ceremony*

### CLOSING CEREMONY OF YOUNG PROFESSIONAL FELLOWSHIP

Lastly, the day arrived, appreciations and thanksgiving were on their way to make YPF delegates feel proud of.

All management, YPF team escorted Mr. Kamran Zafar (Chairman/ CEO MAPS) and Mr. Muhammad Ahamd (Vice Chairman MAPS) to the committee room.

Ending speeches were delivered by Mr. Kamran and Mr. Ahmad, they were so grateful to all participants for joining and making YPF a successful event. In the end, few of the delegates presented their thank you note to such amazing management. The day ended with cherish moments and all of the delegates were awarded with Certificate of AMBASSADOR FOR CHANGE Official photographs were captured to keep the memory save and delegates recorded their videos about their journey with MAPS.

Thanks giving and token of appreciation was awarded to Mr. Hamid and Mr. Farhod for being so supportive and making this event smooth for Pakistani delegates in Uzbekistan.

It was truly an emotional moment for everyone in committee room. But we believe that MAPS will keep sharing opportunities for youth in future and we will learn and educate from them.



# *Closing and Award Ceremony*



# *Closing and Award Ceremony*



## *Outcomes of YPF-II Uzbekistan*

- Alumni of YPF- Uzbekistan have started working on their projects assigned by Team MAPS on regional basis in both countries to promote flexible and mutual social-connection.
- YPF- Uzbekistan delegates will be getting opportunities to take part in all educational seminars and youth exchanges across the globe.
- Delegates of Pakistan who are trained on the basis of YPF-II are now spreading awareness to local communities about global friendship, UN-SDGs of Climate change and also making people think on policy making.
- Participants are also giving people education about Self-Development and role of society as people are now majorly missing their self-esteem in their life's.
- Global friendship is promoted through the platform of YPF-II Uzbekistan as Pakistani delegates have met Uzbek delegates and sense of mutual understanding is established between them.
- Participants of YPF has enlightened and strengthen their social connection, and learned diversity through different culture of Uzbekistan.
- YPF-Uzbekistan has added value to education, knowledge and skill development of delegates and has provided them a life time experience.