



**YOUNG**  
**PROFESSIONAL**  
**FELLOWSHIP**

*Turkey*<sup>2020</sup>



**DAY 1**  
**TUESDAY, 13<sup>TH</sup> OCTOBER 2020**

## *DELEGATES ARRIVAL*

The day began after the arrival of delegates in hotel. All of the participants and delegates reached hotel by 02:00 p.m 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.



## *ORIENTATION & OPENING CEREMONY*

Delegates were requested to reach hotel conference/meeting hall after 1 hour of their arrival for the orientation ceremony, which was led by Mr. Ahmad Toor (President MAPS). In opening ceremony of Young Professional Fellowship, Mr. Muhammad Ahmad (Vice Chairman MAPS) warmly welcomed all delegates to fellowship and encouraged their participation in programme. He was accompanied with two International trainees Ms. Desli (Albania) and Ms. Anastassia (Ukraine).



## PARTICIPANTS / DELEGATES INTRODUCTION

Each of the participants briefly introduced about their name, domain and cause for being in YPF.



### SESSION-I

#### THE MENTAL HEALTH, HOW TO SOLVE AND BECOME HEALTHY MIND IN HEALTHY BODY PEOPLE?

First training session was carried out by Ms. Desli Shahini, she is a doctor by profession, health activist and deals with Ministry of Health too. She is an honorable country director Global Peace Chain- Albania. She engaged all delegates with different interacting activities and presented facts and figures about mental health, she has also covered real-time situation of pandemic that has brought anxiety and depression in one's life and how to cope up with it. Ms. Desli has highlighted how happiness and mental relaxation plays vital role in our lives and how to overcome pressure.



## SESSION-II

### HUMAN RIGHTS AND PEACE, ECONOMIC DEVELOPMENT

Second and last session for 1<sup>st</sup> day was conducted by Ms. Anastassia, she is a multilingual Communication and Advocacy professional and has worked for UN Organizations, with distinct education and expertise in gender. Her current work engrossment and accomplishments in UN-Women, UNDP and UN volunteers has given YPF delegates a chance to learn from her skills and to broaden their horizons in terms of understanding Human Rights. In this session, she has concisely introduced delegates about Human Rights and how does it relate to 'happiness', it was fleetingly and precisely shared by her.



## CLOSING CEREMONY

The closing ceremony of Day 1 was honored by Chairman/CEO MAPS Mr. Kamran Zafar. He enthusiastically welcomed delegates of YPF in Istanbul, Turkey and expressed his gratitude for joining this miraculous program during pandemic situation. He also shared and inspired each of the participant with his journey of MAPS and how he began with this organization. He was extremely grateful to his team for their utmost efforts for managing needful. He also wished all delegates success and prosperity for Young Professional Fellowship. Lastly, all delegates were requested to express their feelings about YPF.



## DAY 2

### WEDNESDAY, 14<sup>TH</sup> OCTOBER 2020.

Second day of this week long fellowship began with yummy breakfast in hotel and mental relaxation session!

## SESSION-1

### MENTAL HEALTH SESSION- OVERVIEW & INTRODUCTION TO HAPPINESS IN LIFE

#### SESSION STARTS AT 10:30 A.M.

This amazing and productive session was conducted by Ms. Desli Shahini. She shared numerous examples of mental health and happiness in our daily routine. She also elaborated that having anxiety and depression is like being scared and tired at the same time. It's the fear of failure but no urge to be productive. It's wanting friends but hate socializing, it's wanting to be alone, but not wanting to be lonely...

She welcomed questions from all delegates and answered their struggle for life and peacefully elucidate the factor of *Happiness* in ones' life. With her inspirational stories and examples every delegate of YPF was ready to fight through bad days to earn good days in future.



## SESSION-II

### 30 RULES OF UNIVERSAL DECLARATION OF HUMAN RIGHTS (UNHDR)

This prolific, vigorous and energetic session was directed by Ms. Anastassia. She explicated human rights as set of principles connected to fairness and equality. She made all delegates realize that we must recognize our freedom to make choices about our lives and to develop our potential as *human beings*. In this session, Ms. Anastassia engaged all envoy by giving them task of describing on one of the most vital matter of this world 'Peace & Conflict'. She divided all emissaries into 4 different groups and ask them to *Symbolize 'Peace & Conflict'* on the provided chart papers. From each of the groups' two persons were selected one presented *Peace* while other *Conflicts*, this task was supervised by Ms. Anastassia herself and she gave her points too, all representatives were given only 3 minutes to explain their points during this session.

The outcome of this conclave was superlative as all of YPF delegates were brainstormed for 'Peace & Conflict'. Therefore, by the end of this fruitful session, every representor discussed one unique crux to be implemented for the sake of 'Peace & Conflict'.



## SESSION-III

### PROJECT PREPARATIONS AND PRESENTATIONS

#### SESSION STARTS AT 12:00P.M.

While YPF management and chairs of session were setting the seal on topics for projects, TalhaEhsan (YPF delegate) conducted an ice-breaking activity in committee room. He seized everyone's attention by asking delegates to tell one of the weirdest thing of person sitting next to you and vice versa !! This was very entertaining and amusing as we get to know about each other more.

## PROJECTS TOPICS

Mr. Ahmad Toor from YPF management, Ms. Desli Shaini and Ms. Anastassia allotted 4 unique projects to groups;

### GROUP 1

United Nations Systems with focus on the Human Rights Mechanism.

### GROUP 2

Role of National Media, International and Social Media in attaining Peace, Social Justice and Sustainable Development Goals.

### GROUP 3

Current situation of Human Rights Violations (other than Kashmir and Syria).

### GROUP 4

Sexual Rights of Minorities.

### PREPARATION TIME FOR PROJECTS 12:30P.M. 02: 00 P.M.

All groups were given 1.5 hour to prepare their project, medium for explaining project was PowerPoint Presentations.

### LUNCH TIME 02: 00 P.M. - 02:30 P.M.



### PROJECTS PRESENTATION 02:30 P.M. 04:30 P.M.

Presentations were given by groups according to their titles and outcome was productive. Chairs of session marked and commented every group for their content and encouraged their participation.

Ms. Desli's utterance for all delegates was very uplifting and she asked each group for 'Proposal' topic assigned by her, those projects were presented on 5<sup>th</sup> day of YPF.

## PRESENTATION BY MR. ALI TAHIR 04:45 P.M.

Last session of 2<sup>nd</sup> day was followed by informative and didactic presentation of Mr. Ali on *National and International Laws for protecting Human Rights*. Mr. Ali is funded delegate 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 International Human Rights Law lays down obligations which States are bound to respect- the obligation to protection requires states to protect individuals and groups against human rights abuses. Mr. Ali has also shared his experience and he was an eye opener for most of laws that was still behind the curtain.

## TEA & CLOSING OF DAY 2

The second day of this amazing journey was ended with hot cup of tea, sweet snacks and musical performance by Abdullah, Talha and Haider Toor.



## DAY 3 THURSDAY, 15<sup>TH</sup> OCTOBER 2020

Another day started with appetizing flavorsome Turkish food and all emissaries are geared up for big day.

### SESSION-15 WAYS OF WELLBEING 09:00 A.M

This session was continuation of MENTAL HEALTH SESSION and went along with Ms. DesliShaini. She set forth 5 ways of wellbeing for successful and peaceful life. With her embolden presentation she make sure that we must learn how these 5 ways are persuasively effecting our daily regime, life and long terms goals.





## SESSION-II

### VISIT TO CONSULATE GENERAL PAKISTAN, ISTANBUL TURKEY

#### ARRIVAL OF BUSES 11:30 A.M

YPF management and all delegates were ready to have another adventure in Istanbul. All of us were Wearing *Ambassador for Change T-Shirts, YPF Cap and YPF Mask* in order to ensure safety from COVID-19. Buses were arrived and everyone seated by 12:00 p.m. Mr. Kamran Zafar (Chairman / CEO MAPS) accompanied us to consulate office. Buses left after 12:00 p.m.

#### OFFICE OF CONSULATE GENERAL PAKISTAN, ISTANBUL 01:00 P.M.

After an hour journey and by passing Istanbul's traffic, delegates reached consulate general at 01:00 p.m. A warm welcome was waiting for each of us with special Turkish Khawa. Delegates were seated in an office with officials of consulate general PK in IST. Mr. Saleem Ullah Khan Niazi Deputy Consul General/ HOC joined YPF team and had an interactive session of ice breaking. He introduced himself, his responsibilities and shared his life experience in Istanbul. He asked each of delegate for their brief introduction, their study background, ambition and books they have read in life? He was so amazed to know that most of delegates were so fond of books and some of them have written their own books too. He was so eager to know that how youth of Pakistan is reshaping the country's profile? And how young generation has excelled in their fields for better future in Pakistan. He was astonished with the facts that how Global Peace Chain is bringing innovative ideas for peace and change. His inquisitiveness was lightened by Mr. Kamran Zafar when he shared history of GPC and MAPS. Mr. Kamran euphorically concluded cock-a-hoop of his journey as founder of this organization for not only the youth of Pakistan but for all young girls and boys of this world.



## **TEA/COFFEE WITH CONSULATE GENERAL 02:30 P.M.**

After witnessing so many inspirational stories from such experienced people, delegates were served with tea and snacks. The session with consulate general ended with official photograph of YPF delegates, Management and CG official with the flag of Pakistan.



## **VISIT TO HAGIA SOPHIA & BLUE MOSQUE 03:30 P.M.**

The time for jollity!

Delegates and team YPF visited Hagia Sophia Mosque that is served as the center of religious, political and artistic life of Byzantine world. Sultan Ahmed Mosque/ Blue Mosque is an Ottoman-era mosque, their architecture has inspired and create lasted impression on each of our memory. Official photograph was taken by YPF photographer at this historical place. Busses arrived at 05:00 p.m. and delegates were seated back to leave for hotel.



**DAY 4**  
FRIDAY, 16<sup>TH</sup> OCTOBER 2020.

### It's a big day!!

After power charge breakfast delegates of YPF were invited to attend opening ceremony of GLOBAL PEACE SUMMIT ISTANBUL, TURKEY 2020. International delegates from all around the world were gathered under the umbrella of Global Peace Chain, there were presenters from 70+ countries. YPF delegates were amused for being part of such phenomenal opening ceremony of GPS, Turkey.



## DAY 5

### SATURDAY, 17<sup>TH</sup> OCTOBER 2020

## CULTURAL DAY, PROJECT PREPARATION & PRESENTATION

### CELEBRATING CULTURE 10:00 A.M.

Cultural celebrations foster respect and open mindedness for other cultures. On this big day, more than 200+ people from all across the globe witnessed cultural diversity. This amalgamation brought cultural awareness and aids appreciation of other cultures and their Histories. Delegates from all around the world were super-excited and photographs were captured. Each of the delegate was holding their country's flag and dressed in national attire. It was a breathtaking moment for all of us to be part of such big community of peace builders from the world.

### PROJECT DISCUSSION 11:30 A.M.

Ms. DesliShaini discussed and give her tips to all presenters of YPF regarding their projects. These projects were significant as this goes for the implementation too in Pakistan.

### PROJECT PREPARATION 01:00 P.M. 05:00 P.M.

Presenters were given time of 4 hours to prepare best for their presentations.

### PROJECT PRESENTATION 05:00 P.M. 06:30 P.M.

This session was chaired by Mr. Kamran Zafar, Mr. Muhammad Ahmad, Ms. DesliShaini, Ms. Anastassia and Mr. Ahmad Toor. Projects be presented were on Child Labor, Women Empowerment and Survivors of harassment. Each of the presenters were keenly observed and their content was judged on the basis of facts, history, timeline and ground realities. Detailed comments and area of improvement were given by Ms. Desli and Ms. Anastasia.





# CRUISE NIGHT

A memorable night once in a life was all set by team GPC and delegates of YPF and GPS were ready to have fun!

It was indelible- cold wind breeze, Bosphorous bridge, Turkish dinner, people from whole world, music, Turkish tradition and their performances ignited every soul.



# DAY 6

SUNDAY, 18<sup>TH</sup> OCTOBER 2020.

## 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 MEDAL of GLOBAL CHANGE MAKER along with token of appreciation in the form of participation certificate. Official photographs were captured to keep the memory save and delegates recorded their videos about their journey with MAPS. 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.





**DAY 7**  
**MONDAY, 19<sup>TH</sup> OCTOBER 2020.**

**DEPARTURE OF DELEGATES TO PAKISTAN 02:00 P.M.**

Since, every ending has a new beginning!  
Delegates were ready to leave for airport with hope to meet again in any other destination set by MAPS.





# SUMMARY

## YOUNG PROFESSIONAL FELLOWSHIP (YPF) ISTANBUL, TURKEY

**OCTOBER 13<sup>TH</sup>-19<sup>TH</sup> 2020**

2020 was a strong year for the YPF Young Professional Fellowship Program held in Istanbul, Turkey. It was week-long program in which MAPS received 500+ applications from all across Pakistan and only 12 funded and 10 observers were given the opportunity to visit a world-class mentor in their field and develop important new skills and knowledge in all aspects of Mental Health, Self-awareness and Exploration, Ways of well-being, Universal Declaration of Human Rights (UDHR), Peace and Conflict and to present projects assigned by international trainers Dr. DesliShaini (Albania) and Ms. Anastassia (Ukraine). This prolific, vigorous, and energetic fellowship is a foundational component of Capacity Building offer, open to the whole youth of Pakistan. The YPF Turkey has seek to primarily build the capacity of individuals, with the expectation that they implement the skills they have learned upon their return home and, in turn, disseminate them to their colleagues or community. The main objective of the program is to facilitate the exchange of knowledge and skills, and thereby train youth of Pakistan, and to make them aware and work for United Nations Sustainable Development Goals (UNSDGs).

## TRAINERS OF YPF-TURKEY

### **DR. DESLISHAINI (ALBANIA)**

She is a doctor by profession, health activist and deals with Ministry of Health too. She is an honorable country director Global Peace Chain- Albania.

### **MS. ANASTASSIA (UKRAINE)**

She is a multilingual Communication and Advocacy professional and has worked for UN Organizations, with distinct education and expertise in gender. Her current work engrossment and accomplishments in UN-Women, UNDP and UN volunteers has given YPF delegates a chance to learn from her skills and to broaden their horizons in terms of understanding Human Rights.



# SESSIONS/ACTIVITIES OF YPF-TURKEY

## Session-I

THE MENTAL HEALTH, HOW TO SOLVE AND BECOME HEALTHY MIND IN HEALTHY BODY PEOPLE?

## Session-II

MENTAL HEALTH SESSION- OVERVIEW & INTRODUCTION TO HAPPINESS IN LIFE.

Dr. Desli carried out this session and engaged all delegates with different interacting activities and presented facts and figures about mental health, she has also covered real-time situation of pandemic that has brought anxiety and depression in one's life and how to cope up with it. Significantly, how happiness and mental relaxation plays vital role in our lives and how to overcome pressure was highlighted.

She also elaborated that having anxiety and depression is like being scared and tired at the same time. It's the fear of failure but no urge to be productive. It's wanting friends but hate socializing, it's wanting to be alone, but not wanting to be lonely...She welcomed questions from all delegates and answered their struggle for life and peacefully elucidate the factor of *Happiness* in ones' life. With her inspirational stories and examples every delegate of YPF was ready to fight through bad days to earn good days in future.

## Session-III

HUMAN RIGHTS AND PEACE, ECONOMIC DEVELOPMENT.

## Session-IV

30 RULES OF UNIVERSAL DECLARATION OF HUMAN RIGHTS (UDHR).

Ms. Anastassia directed these sessions of knowledge about Human Rights. She explicated human rights as set of principles connected to fairness and equality. She made all delegates realize that we must recognize our freedom to make choices about our lives and to develop our potential as *human beings*.

She involved all envoy by giving them task of describing on one of the most vital matter of this world 'Peace & Conflict' through symbolization activity. The outcome of this conclave was superlative as all of YPF delegates were brainstormed for 'Peace & Conflict'. By the end of this fruitful session, every representor discussed one unique crux to be implemented for the sake of 'Peace & Conflict'.

## Session-V

### PROJECT TOPICS AND PRESENTATIONS:

#### GROUP 1

United Nations Systems with focus on the Human rights Mechanism.

#### GROUP 2

Role of National Media, International and social Media in attaining Peace, Social Justice and Sustainable Development Goals.

#### GROUP 3

Current situation of Human Rights Violations (other than Kashmir and Syria).

#### GROUP 4

Sexual Rights of Minorities.

## Session-VI

### NATIONAL AND INTERNATIONAL LAWS FOR PROTECTING HUMAN RIGHTS.

This session was followed by informative and didactic presentation of Mr. Ali- funded delegate of YPF and Advocate High Courts of Pakistan. 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 educated everyone that International Human Rights Law lays down obligations which States are bound to respect- the obligation to protection requires states to protect individuals and groups against human rights abuses. Mr. Ali has also shared his experience and he was an eye opener for most of laws that was still behind the curtain.

## Session-VII

### VISIT TO CONSULATE GENERAL PAKISTAN, ISTANBUL TURKEY.

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Mr. Saleem Ullah Khan Niazi Deputy Consul General/ HOC joined YPF team and had an interactive session of ice breaking. He introduced himself, his responsibilities and shared his life experience in Istanbul. He was so eager to know that how youth of Pakistan is reshaping the country's profile? And how young generation has excelled in their fields for better future in Pakistan. He was astonished with the facts that how Global Peace Chain is bringing innovative ideas for peace and change. His inquisitiveness was lightened by *Mr. Kamran Zafar* (CEO MAPS/GPC/YPF) when he shared history of GPC and GPS. Mr. Kamran euphorically concluded cock-a-hoop of his journey as founder of this organization for not only the youth of Pakistan but for all young girls and boys of this world.



## **EXCURSION TRIP, CULTURAL DAY & CRUISE NIGHT**

The time for jollity!

Delegates and team YPF visited Hagia Sophia Mosque that is served as the center of religious, political, and artistic life of Byzantine world. Sultan Ahmed Mosque/ Blue Mosque is an Ottoman-era mosque, their architecture has inspired and create lasted impression on each of our memory. Cultural celebrations foster respect and open mindedness for other cultures. On this big day, more than 200+ people from across the globe witnessed cultural diversity. This amalgamation brought cultural awareness and appreciation of other cultures and their histories. Delegates from all around the world were super-excited and photographs were captured. Each of the delegate was holding their country's flag and dressed in national attire. It was a breathtaking moment for all of us to be part of such big community of peace builders from the world.

A memorable night once in a life was all set by team GPC and delegates of YPF and GPS were ready to have fun! It was indelible- cold wind breeze, Bosphorous bridge, Turkish dinner, people from whole world, music, Turkish tradition, and their performances ignited every soul.









## **CLOSING CEREMONY**

### **OF YOUNG PROFESSIONAL FELLOWSHIP, TURKEY**

Lastly, the day arrived, appreciations and thanks giving 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 Ahmad (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 the delegates were awarded with MEDAL of GLOBAL CHANGE MAKER along with token of appreciation in the form of participation certificate. Official photographs were captured to keep the memory save and delegates recorded their videos about their journey with MAPS. 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.

*Farewell but not Goodbye*

# OUTCOMES

-  Alumni of YPF- Turkey have started implementing their projects on regional basis in Pakistan.
-  Alumni's are getting opportunities to take part in educational seminars and youth exchanges across the globe.
-  Participants of YPF-Turkey have encouraged Youth of Pakistan and are executing awareness regarding Mental Health and Nationals/International Human Rights in their areas.
-  Delegates are spreading awareness and have taken initiatives learned from YPF- Turkey related to UN Sustainable Development Goals.
-  Projects related to Women Empowerment, UDHR and UNDP is followed by members of YPF-Turkey
-  Global Friendship is promoted through YPF as delegates have met with different communities in GPS.
-  Participants of YPF has enlightened and strengthen their social connection, and learned diversity from different cultures.
-  YPF- Turkey has added value to education, knowledge and skill development of delegates and has provided them a life time experience for life.

