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**Humraz Male Health Society (HMHS)**

HUMRAZ Male Health Society (HMHS) is established in 2012 under the Global Fund to Fight AIDS, Tuberculosis and Malaria (GFATM) Round 9 grants in collaboration with the NAZ Male Health Alliance (NMHA) and Sindh AIDS Control Program (SACP), Government of Sindh, Pakistan. Later HMHS was registered under the Societies Registration Act of 1860 in 2015.

Afterward, in 2015, HMHS became part of the Multi-Country South Asia Global Fund Project as SR for the next 2 years in the same grant; One year for UNDP (Regional Hub) and one year for Save the Children, Nepal. In 2018, GFATM appointed the National AIDS Control Program (NACP), Ministry of Health, Government of Pakistan as Principle Recipient (PR) and HMHS become SSR under this grant.

**VISION**

HMHS envisions a society where all people can live with dignity, self-respect, social justice, and well-being.

**MISSION**

HMHS will strive for the advancement of the social and health needs of marginalized males by supporting the development of community-led health and social interventions along with advocating for social justice, equity, health, and well-being.

**KEY PROGRAM ACTIVITIES**

HMHS began its operations to provide much-needed voluntary counseling and testing (VCT) for HIV and free sexually transmitted infection (STI) diagnosis and treatment to the marginalized high-risk population group of MSM in Karachi, Pakistan.

Over the years, HMHS has emerged as a prominent HIV / STIs prevention services provider and community empowerment for most at-risk and marginalized communities of our society. In 2019 HMHS became the first Community-based organization among others working for key communities in Pakistan as HMHS board members got elected through the democratic process of free and impartial election, and votes were cast by secret ballot by community members.

**COMMUNITY OWNERSHIP**

Humraz Male Health Society (HMHS) works together with civil society organizations and is committed to advocating and fighting for the rights of Pakistan’s LGBTI community. We are also dedicated to promoting equality, and fighting discrimination based on age, race, religious beliefs, disability, gender identity, sexual orientation, and any combination of them.

HMHS channeled its knowledge and skills in developing support and understanding for human rights issues, inclusion, and creating awareness for GSM in Pakistan. HMHS also offered opportunities for advocacy, discussion, training, policy development, and projects for sexual minorities on different forums through community engagement with civil society as well. HMHS also actively supports volunteer and non-profit organizations working in the areas of equality and human rights.

In 2020, Humraz was the only CBO that was selected for the NGO booth from Pakistan at the 23rd International AIDS Conference (AIDS2020 Virtual), San Francisco, USA.

**UNMET NEEDS**

Primarily Humraz focuses on the marginalized MSM community; but over the passage of time Humraz caters to focus on the needs of the whole Gender and Sexual Minority (GSM) spectrum in Karachi, Pakistan. Over the years Humraz is progressing and become one of the leading community-based organizations that are engaging and empowering the GSM Community across Karachi, Pakistan. Humraz also keeps its door open and incorporates the feedback received from the GSM community in program design to facilitate them acquiring their true self and potential.

## **Our Values**

Being the organization we need to achieve our mission requires that every aspect of our work is rooted in these core values.

****Justice****: We strive for diversity, equity, and inclusion of communities most impacted by HIV in our programs and across all levels of the organization. We are committed to recognizing, interrupting, and addressing oppression.

****Dignity****: We recognize that all people have dignity and have the right to be respected; no one’s choices should be judged. We encourage everyone to define their own needs and make their own choices, and support them to build self-efficacy.

****Courage****: We are bold and brave in our choice and promotion of new or out-of-the-box ideas that advance our mission through our services and programs. We are not afraid of failure and understand that learning from our experience always makes us stronger. Our work is often difficult, but we care for ourselves and each other so we can endure.

****Leadership****: We advance public health best practices and contribute to the latest science in the field of public health. We work tirelessly to change laws and policies that inhibit the health and wellness of people living with or at risk for HIV. We lead with humility, collaborating and sharing ideas to both learn from others and support their growth.

****Excellence****: We provide outstanding support for staff and highest quality services to clients, through integrated service models, continuous evaluation and improvement of programs, strong strategic partnerships, responsible stewardship of resources, and regular examination and enhancement of workplace culture and capacity.

**Please keep provision of board members and staff phoptograps to be placed when received their consent.**

**Executive Board Members**

**Dr. Khurram Jah Siddiqui**

President

**Muhammad Shahrukh Ali Khan**,

General Secretary

**Emmad Uddin**

Finance Secretary

**Wajid Ali**

Board Member

**Hina Gul**

Board Member

**Rumaisa Ahmed**

Board Member

**Yousuf Kamal**

Board Member

**Management**

**Muhammad Siddique Wali**

Program Director

**Kamran Abdullah Khan**

Project Manager

**Maozzam Ali Banawaz**

Admin. & Finance Manager

**Syed Wijdan Hussain Zaidi**

Admin And Finance Officer

**Syed Kamran Haider Naqvi**

Assistant Admin And Finance

**Syed Ubed Ahmed**

Monitoring And Evaluation Officer

**Iftikhar Ali**

Data Entry Operator

**Shahzeena Haider**

Community Counsellor

**Yousuf Sadiq**

Health Worker

**Sunny Rafiq**

Health Worker

**Jahanzeb Qureshi**

Dic / Outreach Incharge

**Muhammad Jameel**

Outreach Worker

**Muhamad Rehan**

Outreach Worker

**Mujammil Haq**

Outreach Worker

**Mirza Haris Baig**

Outreach Worker

**Taha Khan**

Outreach Worker

**Fazal Rahim**

Outreach Worker

**Obaid Asghar**

Outreach Worker

**Waseem**

Outreach Worker

**Muslim**

Office Assistant

**Kamran Jadoon**

Driver

**PROJECTS TIMELINES**

**2016** HMHS Worked as Sub-Recipient under UNDP \*regional Hub, Bangkok, Thailand) under Multi South Asian Grant.

**2017** HMHS Worked as Sub-Recipient under Save the Children, Katmandu, Nepal under Multi South Asian Grant.

**2018-2020** Steeping Stone Pakistan under COC, Netherlands.

**2020** Covid-19 Relief Fund, OutRight International, USA.

**2020** HIV Self-Testing pilot project under WHO.

**Mar. 2018 to**

**Sept. 2018** Worked as Sub-Recipient in National grant under NACP, Government of Pakistan.

**Oct 2018 to**

**June 2021** Worked as Sub Sub-Recipient in National Grant with Green Star Social Marketing and NACP, Government of Pakistan.

**ONGOING**

**July 2021**

**Till date** Worked as Sub Sub-Recipient in National Grant with United Nations Development Fund (UNDP) Pakistan and NACP, Government of Pakistan.

**2021 to 2025** Power of Pride, COC, Netherlands

**Essential health sector interventions**

In response to the sexual health needs of the key MSM/MSW population, HMHS is implementing a comprehensive service delivery programme aimed at effectively reducing the spread and impact of HIV among key MSM/MSW population across Karachi.

The service delivery outreach strategy adopted to engage the key MSM/MSW population uses the outreach conducted both during the day and early evening at pre-arranged hot-spot locations (e.g., tea stalls, local hotels, parks) which are frequented by MSMs.

The outreach approach provides a basic package of sexual health services and will be implemented by HMHS. The service package was designed in line with World Health Organization (WHO) guidelines on key populations and included most of the recommended services for MSM/MSW. Below is the comprehensive package of interventions which HMHS is providing:

* Behavior Change Communication (BCC) through peer-driven educational activities (done individually and in small groups)
* HIV Testing Services (HTS) and counseling among MSM and their partners
* Access to Health Physician
* Diagnosis and treatment of STIs
* Comprehensive condom and lubricant programming
* Referral for anti-retroviral treatment (ART) for HIV treatment and care
* Generating awareness about PrEP and HIV Self-testing module
* Ensuring participation of selected MSM/MSW individuals from among target population in study-aid sessions to be held twice or thrice every quarter dissipating essential knowledge related to health related issues conducted by key experts on various relevant topics.

**Essential strategies for an enabling environment**

* Addressing stigma and discrimination, including in the health sector
* Community empowerment
* Addressing violence against people from key populations.

Essentially, outreach  services to be provided in places not usually available, albeit for a limited time. Such a model widens access for key MSM/MSW populations who could not, or would not, access sexual healthcare in more traditional clinical settings. HMHS has already carefully mapped and selected outreach locations to ensure safety and confidentiality. Mobile outreach will be organized on the premises of, or just outside, remarkably tolerant tea stalls, hotels, and parks, truck/bus stands, etc.

A team of HMHS outreach workers and health care workers will go to locations mentioned above and offer services such as HIV Testing Services (HTS), STI diagnosis/treatment including referral to health physician at HMHS. To ensure participation, the HMHS outreach worker and their peer educators will mobilize MSM/MSW through their networks both in advance and during the outreach. Like the drop-in center model, social media such as Facebook, WhatsApp, dating apps and new mobile technologies enabled peer educators to reach and mobilize large numbers of MSM/MSW.

**Evolve – Mental health and Well-being**

**Throughout the world, grassroots community-based organizations (CBOs) are leading efforts to provide urgently needed advocacy and sensitization programs for key populations and gender and sexual minority communities. It has become clear that, without effective programs on mental health and well-being, progress and success is almost impossible in bring marginalized community members to become positive segment of the main stream society.**

**Humraz Male Health Society (HMHS) is well aware of the challenges and obstacles faced by the key populations; keeping in mind that psycho-social and emotional well-being activities performed in groups are a great way to explore mental health and well-being issues faced by the marginalized community members and how to address them in professionally and effectively so they will also learn ways to look after themselves and come together with other community members to share experiences.**

**Initially, the 1st phase of Project EVOLVE – mental well-being program was design for the marginalized gender and sexual minority community keeping in mind the feedback received that they need to get relaxed, and let go of all the tensions they were facing in their daily life. It gave a chance for marginalized community to connect with themselves, nature and like-minded people and to get inspire towards living a better life that they deserve.**

**In the next cycle, EVOLVE – mental well-being program was re-evaluated and planned as a two-day retreat at a farmhouse with sessions of mediation, yoga and psycho-social well-being activities. The idea is to take out key populations and marginalized community members from their routine life and engage them in a recreational resort away from family and society pressure to explore their own self. This retreat provided community members socialization, support, peer advocacy and a safe place to gain additional assistance in emotional recovery and wellness.**

**The feedback received from the community members is to increase the frequency of the mental health retreat sessions so more marginalized community members will be benefited. Also through word of mouth, Key populations and marginalized community members living in other cities across Pakistan approach Humraz with a request to arrange Evolve in their respective cities; so they get the positive impact of Evolve on the lives as well.**

**After thorough discussion by HMHS team, it was decided that every city has its own dynamics and logistically that will create issues to arrange Evolve in other cities, it was agreed to invite at least two participants living in cities other than Karachi and HMHS will take care of travelling and boarding and lodging expenses. By attending Evolve, they will be the agent of change in their respective cities.**

**The activities are designed keeping mind the self-management to improve marginalized community members’ mental health and well-being, and explore creative ways to look after themselves; also provide opportunities to safely address feelings and thoughts, and connect with their identities. These activities are delivered by a trained psychologist offering a specialist insight to particular topics.**

**Study Circle - Aagahi**

**With the growth of study circles as a tool for community dialogue and problem solving, HMHS is reaching out to include key populations and fender and sexual minority community members in this study circle activities. This is critical, since marginalized key population have a stake in helping our communities work — and they bring unique energy, insights, and assets to conversations and to solving community problems.**

**Through this activity, HMHS engaging the marginalized community in a dialogue which will enables them to learn about issues, gain new knowledge and skills; and have a chance to hear and be heard, and find ways to work with others on the issues that are important to Gender and sexual minority Community. In short, they have a chance to experience their own potential as active and responsible citizens of the society.**

**The study circle activity is held once a month and will involve young and mature community members to spend time together in a dialogue covering a wide range of topics and learn from the experience of each other; sometimes the circles are for youth only.**

**Also, through the study circle activity, HMHS is reaching out to include civil society organizations and representatives, Human rights activists, lawyers, media representatives, allies and LGBTI community members to initiate a dialogue and create awareness against punitive laws that specifically target the LGBTI community across Pakistan.**

**Society’s intolerance, violence, familial rejection, chronic unemployment, fear, and isolation remain major problems for Key populations across Pakistan. Apart from this, religious, ethnic and linguistic minorities, and less fortunate segments of key population community members face even greater levels of discrimination and violence, and by almost every indicator, they are more likely to live in poverty, be physically assaulted, and face discrimination in housing, education, and employment. These challenges are exacerbated by the inability of key population community to access health care medical services as well.**

**Despite these challenges, most key population community members in Pakistan feel that activism is bringing about positive changes and that in order to accelerate the pace of key population acceptance and abolition of punitive laws in Pakistan, a series of concrete dialogues will be held engaging all the segments of main stream society.**

**Through Aagahi- Study Circle activity; Humraz will be engaging the civil society, allies and other segments of main stream society in creating a conscience ground which is open for discussion and set forth in building a movement that will eventually engage the members of provisional and federal parliament to abolish these discriminatory laws from the constitution of Pakistan. This is surely an uphill and difficult task; but we at Humraz are of the view that through dedication we will try to achieve this through advocacy and sensitizing the main stream society.**

* At the bottom of the home page; the heading Our partners and then the logos of the following organizations with hyperlink which takes them to their respective websites



UNDP-Pakistan UNAIDS WHO-Pakistan

* Humraz Mailing address

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Tel: + 92 21 34970104; email: [info@hmhs.org.pk](mailto:info@hmhs.org.pk)

1. **Ready To Be A Part Of Our Community?**

The ultimate aim of HMHS is to facilitate marginalized MSM/MSW and other key populations who experience discrimination and exclusion (social, political and economic) because of unequal power relationships across economic, political, social and cultural dimensions and to build their capacity to prevent HIV infection, achieve full health, and realize their human rights.

1. **Tell us your story**

HMHS is genuinely interested to know about yourself and how we can help you to attain your true potential.

1. **Impact**

Over the passage of time, HMHS grew as one of the leading CBO to provide much needed HIV Testing services (HTS) and free sexually transmitted infection (STI) diagnosis and treatment to the marginalized high-risk population group of MSM/MSW in Karachi, Pakistan.

1. **Social Responsibility**

Our platform and our network of professionals are here for the marginalized key populations.

1. **Stay In Touch**

We encourage everyone to build bridges between marginalized key populations and community-based organizations.

1. **HMHS Social Media links**

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FB link is here to be incorporated <https://www.facebook.com/humrazmhs/>