



## CASE STUDY

Community Physical Infrastructure

Pakistan Poverty Alleviation Fund





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## Preface

The first of its kind in Pakistan, Dhok Tabarak Shaheed Pilot Project began with an integrated delivery of physical and social services in the form of clean drinking water, small bore sewerage, wastewater treatment and disposal, street surfacing, health and education. This resulted in synergistic impact in improving quality of life in the village and created demand for micro credit, which was also channeled in by PPAF.

The Dhok Tabarak Shaheed Pilot Project was inaugurated by Prime Minister, Shaukat Aziz, (then Finance Minister), in February last year. The Project has also been visited by a number of National and foreign dignitaries, including Mr. Ishrat Hussain, Governor of State Bank of Pakistan and Mr. Praful C. Patel, Vice President of the World Bank for South Asia.

Based on the demonstrated success of Dhok Tabarak Shaheed Pilot Project, the World Bank is now supporting PPAF for implementation of a nationwide Integrated Area Upgrading Program (IAUP), one of the major initiatives under PPAF-II, which is envisioned to produce a major dent in poverty in the Country. The Program consists of 300 integrated area upgrading projects, to be implemented in the similarly delineated lagging areas, throughout Pakistan. Besides a set of inter-dependent CPI interventions, the IAU projects will also encompass interventions in health and education, whereas the participating households will be helped in initiating and expanding income generating activities through the PPAF micro-credit and enterprise development facilities.

This document presents an updated version of Dhok Tabarak Shaheed Case Study, carried out in August 2003, by a group of PPAF professionals and an independent

researcher, it is based upon participant observations, focus group discussions and interviews with key players and randomly selected community representatives. The Study highlights the relatively quick and deep rooted impact of IAUP approach on poverty and vulnerability reduction and community empowerment, particularly with regards to women.

I take this opportunity to extend my felicitations to the study team for carrying out such a comprehensive study, which documents the joint efforts of PPAF, its Partner Organizations and the courageous and hard working people of Dhok Tabarak in transforming the physical, social, and economic landscape of this isolated and poverty trapped village, to a buoyant community, fully integrated with the national economy. I am particularly thankful to Ms. Marta Lucsinger, a UNESCO researcher, for her meaningful participation in the study.

Kamal Hyat  
Chief Executive



## 1. Background

A village of about 800 people, Dhok Tabarak is located on Lehtrar Road, only 25 km from the Federal Secretariat. Rain-fed agriculture constituted its only economic base, which was severely hit by persistent drought. Women and girls of school going age had to make several trips to the adjacent dug well to bring enough water for drinking and cooking. Their miseries increased manifold as the adjacent well dried up during drought and they had to walk several kilometers

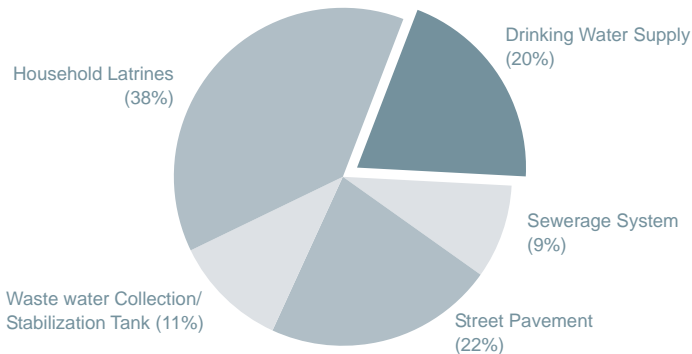
to bring water from a distant source. Household latrines were non-existent. Streets were un-surfaced, remaining dusty during most of the year, turning muddy in the rainy season. Many of them remained inundated with wastewater, which not only made it difficult and hazardous to walk through, but also led to skin diseases and malaria. There were no health or education facilities. Water borne and respiratory diseases were common and iodine deficiency widespread.

## 2. The Project

PPAF invited two of its partner organizations<sup>2</sup> to prepare and implement an integrated upgrading plan for Dhok Tabarak, through an active participation of the village community. PPAF provided a grant funding of Rs 3.11 million, which was matched by a community contribution of Rs 0.84 million. The Plan has since been implemented and the facilities built are being successfully maintained by the Community.

Major physical infrastructure components include, safe drinking water supply; household latrines; small-bore sewerage; street surfacing; wastewater collection, treatment and disposal. Micro-credit has been extended to 34 entrepreneurs, who have acquired additional livestock and revitalized their family businesses. A community managed school is fully functional with an enrollment of 75 students, almost half of which included girl children.

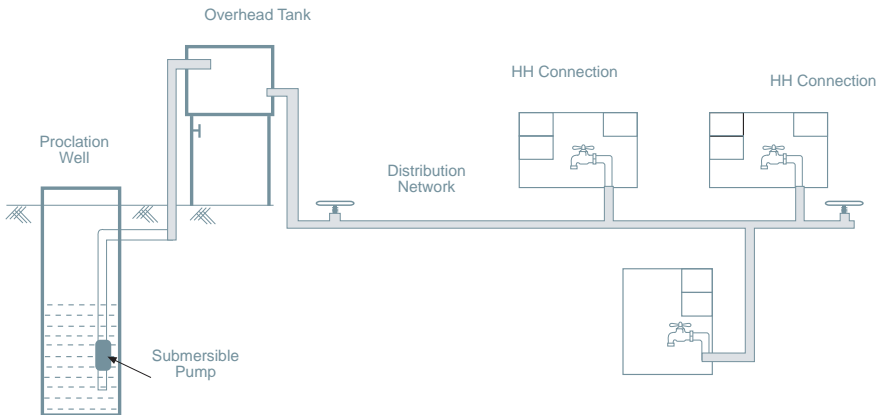
**Fig-2.1 Distribution of Project Costs**  
Component wise Cost Break-up



<sup>2</sup>- National Rural Support Program (NRSP) took the responsibility for infrastructure and micro-credit and Human Development Foundation (HDF) helped in the establishment and management of health and education facilities.

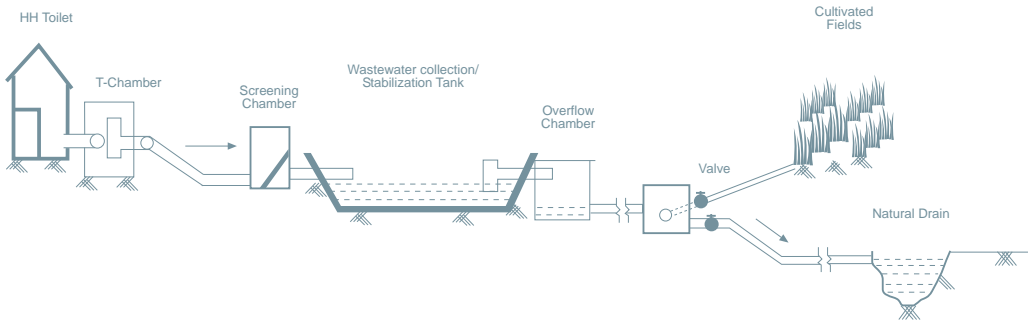
A basic health unit has been set up in the adjacent village, which provides both preventive and curative health services. All physical works at Dhok Tabarak have been designed to function in an environmentally safe and sustainable manner. The water supply system is based on water extraction through pumping from a percolation well. This provides a built-in safeguard against aquifer depletion as the quantity of pumping would be determined by the water available in the well at a given point in time, (Fig-2.1).

**Fig-2.1 Drinking Water Supply System in Dhok Tabarak**



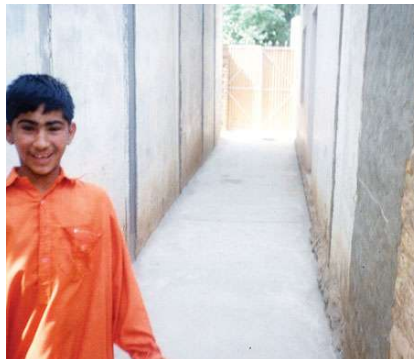
The wastewater management follows a two tier treatment system. Initially, the wastewater is pre-treated in a T-Chamber and transmitted to a stabilization tank, through a network of small-bore sewers. The facultative treatment in the tank makes the effluent suitable for use for irrigation purposes. The concrete street surfaces are being kept neatly swept by the community and the solid waste is collected and disposed of on a regular basis, (Fig-2.2).

**Fig-2.2 Wastewater Management System in Dhok Tabarak**



### 3. The Process

Like all PPAF assisted community infrastructure interventions, the Dhok Tabarak project followed a community based, demand driven approach in accordance with its operational policies. NRSP's male and female community organizers worked closely with the community to formulate the project. This included consensus building on the scope of work and cost sharing.



The social organizers also facilitated in formation of various committees, including the Project Committee, the Audit Committee and the operation and maintenance Committee. Lane Managers were appointed to collect contributions from households and management of construction activities in their respective lanes.

Community contribution took many forms. Besides cash payments, people contributed in several types of manual work, including transportation of material

from outside the village, (as heavy vehicles cannot enter the village and material was unloaded at some distance away from the work site), digging of percolation well and trenches for water supply and sewer lines. They also worked as helpers to masons, (See Box-3.2).

A key factor in the success of Dhok Tabarak was the distribution of work by lane, with primary responsibility for work component falling in front of the house of the respective member.

Box-3.1

### Women Participation

“Due to deprivation of basic facilities in the village, women suffered the most. They had to fetch water from distant sources, standing in queues for hours to wait for their turn. So they were well aware of their hardships. This was the reason that in our project women have been involved very actively. They established their organization at the very outset. Presently we have two women organizations in our village. They actively participated in project identification, planning and also during its implementation. I observed that women also took part in the construction of their household latrines. I observed a great change in them. Previously girls were shy of talking even with their fathers. But now they are taking part in every activity. They proudly talk about what they have done to change their fate. They seem empowered.

Presently five adult literacy centers are working in our village. As many as four of these centers are for women. They are attending these centers in the evening for two hours a day and five days in a week. The teachers in these centers are also from our own village, who got training from HDF.”

Mubarrak Hussain, President, CO, Dhok Tabarak Shaheed, (Interviewed by Sabri et al, August 28, 2003).

Box-3.2

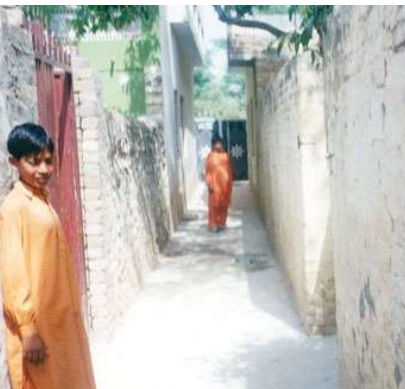
### Community Contribution

“It was a very difficult job, requiring patience and perseverance. Initially everyone was suspicious and apprehensive about our plans. People were not willing to contribute. Most of them thought that it was the responsibility of the Government to provide all the facilities to the public. But there were good people too, who joined us and we started convincing people. I personally went door to door, even to those with whom I had some family conflict. My visits to their places helped building trust among community members and the community started contributing slowly and gradually.

We began with the water supply. Once we started work on the digging of the percolation well, the trust of the community started building. Those who were suspicious about our plans then began to trust the Project Committee.

There are very poor households which are unable to pay cash contribution. They were told that they can contribute in the shape of labor. In our village building material cannot reach the site due to narrow streets. Trolleys and trucks dumped material outside the village, and from there material had to be carried to the construction site. This doubled the carriage cost. We made every household responsible to move material required for the segment of the work in front of their house. So every household did its part on its own or hired some one to do it on its behalf. Similarly, every household was asked to arrange excavation in front of its house for sewer laying and manholes construction.”

Mubarik Hussain, President, CO, Dhok Tabarak Shaheed, Interviewed by Sabri et al, Aug 28, 2003



## 4. Effect and Impact

As one walks through the neatly paved streets of Dhok Tabarak, one finds a lot of improvements taking place in houses, where people have been living in apathy for decades. Boundary walls are being re-built with cement mortar, most of which have been voluntarily set back to help increase the street widths. Living

rooms are being provided with new flooring and the house facades are being plastered or painted. There is no special occasion. All this is happening owing to the enormous lifting of spirits following the integrated development of community infrastructure in the village and ready access to health and education facilities. The greatly improved living environment, which they have

Box-4.1

### Rubina Overcomes Food Insecurity

Rubina is a thin hardworking woman who looks anemic and exhausted. She is almost 40 year old and has 9 children. Her husband is a tailor and a chronic TB patient. Due to his sickness, he can not work anymore and the entire household is dependent on Rubina's earning.

Rubina said that with 9 children and poor health condition it was so difficult for her to go to fetch 5 to 6 buckets of water every day from a long distance. She had to start working before sunrise so that she could go to fetch water in time. She would leave her children at home with the father and return so late that the children would often go to sleep hungry after waiting for their mother to come and cook for them. Now, after the implementation of integrated project she has a water tap inside her house, which has made her life much easier.

After a school opening in the village she got the job of a cleaner and earns Rs.600 every month. This regular source of income has given her some relief. Not just this, her 4 children are also going to school and get free education in return of her services. They have also opened a shop for their elder son, though they don't have much stock.

She says that the integrated project has been a blessing for her. Her physical fatigue has reduced, she has a permanent source of income and her children are getting free education. Her family members can now have enough food to eat. She is also hopeful that after some time she would be able to save some money for the treatment of her husband.

Interviewed by Sadia Iqbal and Marta Lucsinger, August 28, 2003.



been able to create for themselves, through PPAF assistance, has provided the people of Dhok Tabarak a strong impetus to lead a more dynamic and fulfilling life.

Women now find time to say their morning prayers and get involved in income generating activities. They can look after their children better, who now have a ready access to school. They are beginning to see a brighter and more rewarding future for their children.

## 5. Lessons Learnt

The Dhok Tabarak Shaheed Project has been the first PPAF assisted integrated area upgrading project, which followed a three pronged integration strategy, consisting of the following:

- A practically simultaneous provision of various community infrastructure services, including piped-in safe

drinking water, sewerage, street surfacing, wastewater treatment and disposal.

- Establishment of a community operated primary school and a basic health facility.
- Availability of micro-credit.

As portrayed in the preceding text and boxes, the above brought-in a vivid and conspicuous improvement in the quality

Box-4.2

### Zainab Graduates Out of Poverty

Zainab Khatoon is 40 year old and has 8 children. She is very happy to have basic facilities inside her house. While explaining the past physical condition of the village, she mentioned that her daughters used to fetch almost 25 buckets of water every day for household consumption. Apart from not having water in their house, they also did not have a latrine and would go to the fields. During rainy season it was too difficult for children and elderly people to go to the fields. Also there were cases of snakebites. Lack of this facility affected women also from a security point of view, as there had been cases of harassment. The unhygienic condition of streets was not only a health problem for them but also a source of embarrassment. It was difficult to carry funeral in those narrow and dirty streets. The embarrassment would be more if they had guests from outside the village.

As a part of the Project, she participated in training on making soft drinks, washing powder and clothes dying. There were 70 members. These trainings have been quite beneficial for them as they are saving almost 60% of the cost on these items by making them domestically. She has also taken Traditional Birth Attendant training, by virtue of which she earns 1500 rupees every month. She has also availed PPAF credit of 10,000 rupees for buying a cow. She sells milk and saves almost 2,000 rupees every month. Her husband earns Rs. 4,500 and she thinks that she is able to complement her husband's earnings by adding a handsome amount to it every month. The project has helped us move out of poverty.

Interviewed by Sadia Iqbal and Marta Lucsinger, August 28, 2003.



of life at Dhok Tabarak. Benefiting from experiences of Dhok Tabarak, as many as 300 similar projects have been planned to be implemented under PPAF-II, during 2004-07. Given below is a synopsis of major lessons learnt.

- A major proportion, (38%), of the CPI Grant was spent on the construction of household latrines. Since the facility is constructed within the premises of individual households, the bulk of its cost could be borne by the households themselves.
- The President of the CO is an old resident of the village. A retired junior commissioned officer of Army, he is dedicated, energetic and well respected. Owing to his relatively larger landholding, he is better off and less vulnerable. He was therefore able to resist interference by political elite. He gave land for the wastewater treatment/disposal facility and in return benefited by getting free treated effluent for irrigating his land. The presence of an activist like him is a key to the success of integrated projects,



where community organization is more challenging as compared with that on conventional projects.

- Owing to a much larger cost of the project in comparison with conventional projects, encouraging the community to contribute is a basic challenge. However, once the community trust is built, they are willing to contribute in terms of cash and labor. Lane managers play a pivotal role in this regard.
- A ready access to safe drinking water and improvements in environmental sanitation go a long way in making the schools attractive to children and their parents, leading to a dramatic increase in enrollment. Person hours saved from fetching water from distant sources generate demand for credit.
- Improvements in external environment provide an impetus to improving internal environment and housing conditions. The few who can afford are doing it on their own resources. The rest however need to be helped through credit on affordable terms.



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