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CONSULTATION

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November 4 - 7, 1974

Marjory Wybourn

Contract No. AID/csd-3623

A.I.D.
Reference Center
Room 1656 NS

The American Home Economics Association

2010 Massachusetts Avenue, N.W.

Washington, D.C. 20036

A

OFF-SITE

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Afghanistan Consultation

November 4-7, 1974

The consultation in Afghanistan was at the invitation of Mrs. Habiba Dalil, Head, Home Economics Department, Academy for Teacher Education who attended the Philippine Home Economics/Family Planning Workshop at the University of Philippines, Los Banos, from April 28 to May 4, 1974.

November 4, 1974

Afghan Family Guidance Association (IPPF)

Mrs. Nazifa Grazi Nawaz, President

Afghan Family Guidance Association

Shah Mahmood Gazi Watt - P. O. Box 545, Kabul, Afghanistan.

Dr. Amir Mohd. Mohibzada, A. F. G. A., Education and Information

Dr. N. Naim Sharaf,

Vice President, A. F. G. A.

The Afghan Family Guidance Association has been in operation since 1967, funded largely through IPPF. Currently there are 19 clinics, 11 are the provinces, the remaining in Kabul. The projected plans call for 35 clinics to be in operation by 1976.

"Family Guides" works closely with Maternal and Child Health Workers in the field. The focus of the educational programs seems to be on "child spacing" and family health.

Until recently there were 3 "Family Guides" in each of the 19 clinics. These have been cut due to lack of funds; to about one in each but efforts are being made to bring this number back to 3.

Posters, bulletins, flash cards and a newsletter have been developed. Staff of AFGA provide instruction when requested for any groups. The publications had not been sent previously to home economists. However, Mrs. Dalil is now to be on the mailing list to receive a "bundle" of newsletters, etc. for distribution to home economists.

November 4, 1974 - P.M.

Miss Hamida - Vice Principal

Secondary Education Department

Ministry of Education

Kabul, Afghanistan

Miss Homaira Hamidi, Principal

Malalai High School

Kabul, Afghanistan

Mrs. Zabin Mazsoud, Principal

Iash-e-Durrani High School

Kabul, Afghanistan

The "secondary" schools in Afghanistan include grades 7, 8 and 9. The "High Schools" include grades 10, 11 and 12.

Teachers in the "High School" are prepared through post graduate training at the Academy for Teacher Educators. Home Economics is in the 9th grade curriculum for approximately 2 hours per week. Teachers are prepared to teach several subject areas and home economics seems to be taught only in the schools where a teacher has some background to teach it. There seems to be no clear picture of the number of persons teaching home economics at the secondary level or where it is taught.

Even though the expectation is that all girls receive 9th grade home economics there is no assurance that this is being done, particularly outside of Kabul. It is difficult for a young woman to work away from the family home, unless she is married.

The two principals expressed much support for home economics. Miss Homaira Hamida particularly expressed the importance of home economics in preparation for life. She would like to have home economics taught in the 12th grade also and indicated sex education and family planning should be taught at this level. All education, including the University is free for Afghan students.

November 5 - A. M.

1. Academy for Teacher Educators

Mrs. Habiba Dalil - Head of Home Economics Department, Academy for Teacher Educators (Bachelor's degree, Kabul University Post graduate - 1 year, Academy, Special course - home economics - Philippines).

Mrs. Dalil is the only home economics teacher in the Academy. Renate Czaja from the German Volunteer Service is teaching with Mrs. Dalil 3 days a week for two years.

The Academy is in-service education for primary teachers, grades IV, V and VI. The students have had education through grade XII and approximately two years teaching experience. The focus of the curriculum is on methods of teaching. Students teach in the morning or afternoon and attend the academy for the other half of each day. Approximately 200 students attend each year. Approximately 60 study home economics for 2 periods per week.

The Academy also has the Post graduate program - a period of 1 year for in-service teachers who have a bachelors degree. At the present time there are 30 students. These are the teachers of the Teachers Colleges. There are 9 Teachers Colleges in Afghanistan. Three of these are in Kabul the others in Kandahar, Jalalabad, Herat, Mazara Sharif, Kandas and Gazni. Home Economics is taught in Herat, Kandahar, Mazara Sharif and Kabul.

All teachers in the Academy have responsibility for preparing textbooks, and developing curriculum and teaching materials. It is evidently considered to be the Center for this activity. A new curriculum has recently been developed for home economics in the IV, V and VI year and is being taught in 5 schools on an experimental basis.

2. Higher Teachers College

Mrs. Najiba Zaka
English Department
Higher Teachers College, Kabul

This College has the 14th and 15th grades and has pre-service and in-service programs. Students may teach part of the day and attend the college either morning or afternoon. There are some evening classes for those who cannot attend day classes. There are approximately 150 students in one year. There are plans to introduce a program for the 16th grade in the near future. In service students are expected to study one year for the 14th grade program, teach two years and return for the 15th grade program.

At present there is no home economics program as the teacher is studying in the U.S. The expectation seems to be that a teacher will be available in the next year. Teachers prepared in the 14th, 15th grade programs teach in the "secondary schools."

3. Kabul DMA

Miss Gulmakai Ghaussi
Home Economics Teacher
Kabul, DMA

The program consists of the 13th and 14th years, pre-service and in-service. Approximately 128 students are pre-service in the 13th year. They will teach 2 years in primary schools and then return for in-service 14th year. About 650 students a year are in-service. Eighty are enrolled in home economics in one year. The program consist of works in child care, housing, food and nutrition and serving for 2 periods a week. A laboratory school for pre-service students' practice teaching is a part of the Kabul DMA campus. Evening sessions are offered for in-service students unable to attend morning or afternoon classes.

Primary teachers - grade IV, V, & VI are prepared through the 13th grade at the academy, DMA and other Teachers Colleges.

Secondary teachers, grade VII, VIII and IX are prepared through the 14th and 15th class at Higher Teachers Colleges.

Teachers for the Teacher Colleges are prepared through Post Graduate courses at the Academy.

November 5, 1974

Mr. Theodore C. Nelson, Coordinator
United Nations Fund for Population Activities
Kabul, Afghanistan

(U.S. Mailing address)

c/o U.N.D.P. - Kabul
Box 20
Grand Central P. O.
New York, N. Y. 10017

Mr. Nelson has recently come to Afghanistan as Coordinator of UNFPA. He expressed particular interest in working with home economists and in knowing more about the activities and the strength of the home economics group. He believes this group of women can be an important link to reaching village families with family planning information. Mr. Nelson expects to recruit by early spring to assist him with the program in Afghanistan. These consultants may be able to serve as resource persons for the home economists as they develop their programs relating to family planning.

Several suggestions resulted from the discussion with Mr. Nelson:

1. It is important to find out who the home economics resource persons are, where are the teachers? how many? Perhaps this could be done just in Kabul first.
2. Someone like Mrs. Dalil might be commissioned by AHEA for one or two-months to write simple materials appropriate for Afghanistan village families and school children - with the family planning "message".
3. If the home economists are able to develop Family Planning and Home Economics seminars through AHEA support and funding it may be desirable to include the AFGA "Family Guides."

November 6, 1974 - A. M.

Scheduled to Meet

Mr. P. M. Kushkaki, President
Teacher Training Department
Ministry of Education

He was ill so appointment was cancelled.

12 noon - Lunch with

Miss Hamida, Vice Principal
Secondary Education Department
Ministry of Education, Kabul
Habiba Dalil
Najiba Zaka
Hamida Siddiq

This provided further opportunity to discuss the possibility of forming a home economics association in Afghanistan and activities which might involve participation in the AHEA International Family Planning Project.

November 6 - P.M.

The Women's Institute and
Girls' Vocational School
Mrs. Salika Faroz Etemati, President

The Women's Institute is government supported and is the largest organization including a variety of services and educational opportunities for women.

The Vocational School has an enrollment of 1400 married students, most of them young but a married woman of any age may attend. This school provides education through the high school, 12th class for women and are now married. Home economics is included, as are various vocational skills such as tailoring, embroidery, hairdressing, etc.

The Principal of the Vocational School, Mrs. Benezir Hotaki expressed interest in Family Planning and population education. She has attended Family Planning Workshops in Bangkok, Thailand and the Philippines. There were indications that some of the women who graduate from the Vocational School continue in higher studies. Some complete university education and professional studies such as Medical School.

Another part of the Women's Institute is the Day Care and Nursery School Center. Facilities are excellent and care is provided for infants through 5 years, or until entrance in the 1st grade. Full day care is provided for working mothers who pay a moderate amount for the service. The Children's Center has a total of 300 children. Educational activities are provided for the appropriate age groups. The teachers are given special training for the age groups with which they work.

A Health Center is also a part of the Women's Institute. The services of the Center are available to anyone in Kabul.

There seems to have been much growth in the effectiveness of this institute in serving the needs of women in Afghanistan.

Women's Institutes, including the Vocational School, Child Care Center and Health Center are organized in several cities in Afghanistan. Additional Child Care Centers are being established in areas where the need is great.

November 7 - A.M.

Dr. M. Siddiq
First Deputy Minister of Education

This discussion focused on the urgent need for more training opportunities for home economists in Kabul. In the early 1960's plans called for home economics as a faculty in Kabul University. When the program was initiated home economics was established as a Department within the Faculty of Education. The program was in operation for several years. Then was closed and has not been re-established. Hence, there is no university level education for home economics in Afghanistan and only a minimum in Training Colleges. The home economics teachers in the Training Colleges have either obtained education degrees at the undergraduate level with home economics courses outside of Afghanistan or in the Academy for Teacher Educators. Very few home economists have obtained bachelors and/or masters degrees abroad.

Dr. Siddiq was not encouraging about the possibility of re-establishing home economics within the university. He thinks the "climate of opinion" at the university is not yet ready. He does not seem to be opposed to home economics but believes that it is not yet acceptable to university officials.

Dr. Siddiq seems to be recommending that a Department of Home Economics be established in the Ministry of Secondary Education in an effort to strengthen home economics in Afghanistan.

Because of the low status given home economics at present in Afghanistan and the lack of professional opportunities several home economists who have received master's degrees from abroad are now working in other areas such as Guidance and Education.

Recent reorganization at Kabul University has placed the Education curriculum in the Department of Professional Subjects in the Faculty of Letters.

When Dr. Siddiq was asked about the possibility of government grants for home economists to be trained abroad, particularly in India, he responded favorably, indicating this could certainly be considered.

November 7

10:00 A.M. to 1:00 P.M.

Meeting and refreshments with some key home economists and several other interested women to discuss:

- A) Participation in AHEA Family Planning Project activities.
- B) Forming a Home Economics Association for Afghanistan.

During this meeting there was an opportunity to explain the various activities of the AHEA International Family Planning Project and ways in which the Afghanistan women might participate. Considerable discussion centered on the possibility of forming an association for home economists and other interested women - how this might be initiated, implemented, funded, etc.

The consensus of opinion seemed to be that this would be very desirable. Some suggested it should be implemented in 1975 as a part of the International Women's Year activity. Several projects were discussed as a means for bringing the group together and focussing on a need.

Some possibilities were:

- (a) a survey of the resources and programs in home economics in Afghanistan.
- (b) Preparation of basic teaching ideas and materials relating family planning and improved quality of living for Moslems village women.
- (c) a workshop or conferences for home economics teachers to create an awareness of the importance of integrating family planning and population education concepts but the home economics school programs.

This meeting seemed to be productive insofar as the women began to see possibilities of forming a group which could be action oriented to assist in improving the conditions for women and families in Afghanistan.

November 7 - p.m. and

November 8 - p.m.

U.S. AID, Dr. Stephen Thomas, Mr. Kenneth Rusby, Kabul/AID State Department, Washington, D.C. 20520.

Mr. Rusby discussed the nutrition project for which he may be seeking an Afghanistan home economist who has knowledge of and interest in village families.

The project involves weaning foods to be developed from regularly used Afghan foods. The purpose eventually is to produce a simple manual for use with village health aids on weaning foods. As Afghanistan village women are not yet used to the idea of weaning foods the first step will be to introduce the concept and then the manual with procedures for preparing weaning foods.

Mr. Rusby has much information in chart form on the Afghanistan foods with equivalent nutrient and calorie value. This he is able to reproduce for the home economists on request.

Mr. Thomas and Mr. Rusby are very supportive of activities in home economics and family planning to involve the Afghanistan home economists and other interested women. There is a strong need to bridge the gap between the educated home economists to the needs of the village families.

It was indicated that there are many of opportunities to send the information regarding family planning - but someone perhaps home economists - need to decide what message will "reach" the Moslem village women in Afghanistan. Any materials or training developed should take into consideration the network of "Family Guides" being developed through the Afghanistan family guidance association. Encouragement was given to the idea of the formation of a womens' group such as a home economics association. An organization of a group could become a strong force in Afghanistan as women are identifying leadership roles for themselves in a society where this has not been an established pattern.

If some strong, definitive action can reach families, particularly women in the villages with family planning information now, Afghanistan may avoid the serious consequences of the population crisis faced by so many countries. But there is not much time!

Recommendations:

1. One of the home economists participating in the group discussion and meeting on November 7 assume responsibility for making the necessary enquiries of the government regarding procedures for forming an association.
2. Encourage the formation of the Afghanistan Home Economics Association as soon as possible. Target - spring 1975. There appears to be interest in women's activities particularly to give attention to the International Womens' Year. The formation of women's group could form a nucleus of interested women to take action in areas such as family planning and others affecting the welfare of women and families.
3. That the American Home Economics Association International Family Planning Project contract with Habiba Dalil or other person selected to survey and identify the home economics resources - programs and persons - first in Kabul and as soon as feasible, in all of Afghanistan.
4. That the Afghanistan home economists keep in close contact with the Family Guidance Association. Materials produced may be shared. The AFGA personnel would provide training in family planning for teachers if requested to do so.
5. The AFGA "Family Guides" seems to be a key group in reaching village families as there is no organized extension or community development program for women, the Family Guides probably should be included in any training workshops which may be funded in the future by AHEA. The broader, family life approach to family planning also will be an important one for the Family Guides.
6. That a small group of persons interested in home economics formulate simple, basic concepts in family planning and population education compatible with the Moslem religion and appropriate for village women and men and school children. When these are formulated develop a method which might be used for transmitting the ideas. The AHEA Project could provide a consultant and funds for developing these materials.

example - a packet of photographs taken in Afghanistan villages with one idea or concept for each picture to stimulate informal discussion with small groups. (A technique used by World Education in Adult Literacy and Family Planning) when developed such materials could be distributed to Family Guides, Maternal and Child Health Workers, Nurses, Women's Institute teachers, agricultural extension men, school teachers.

7. Encourage the planning and implementation of a workshop in 1975 for home economists to create awareness of the need for integrating family planning information and population education into home economics programs. Representation should be from the schools and Teachers' Colleges throughout Afghanistan as well as Kabul.
8. During the spring of 1975 it may be desirable for Dr. Suat Kundak, AHEA Project staff member from Turkey to serve as consultant in Afghanistan to assist home economists initiate some of the above activities.
9. As there is already a radio program for women reaching many villages the home economists might have more input in the areas of nutrition, improvement of family living and especially family planning/ child spacing, etc.

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Afghanistan Consultation
November 4-7, 1974

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Mrs. Hamida Siddiq
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Mrs. Massouma Asmaty, Teacher
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(Masters from Northwestern. Taught
at the University. Member of
Parliament. Malalai teacher)

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