

Course Description

16TH PARTICIPATORY COURSE ON DEMOCRACY AND HUMAN RIGHTS

OCTOBER 17-25, 2025



Centre for Human Rights Education - Pakistan
Social Transformation through Human Rights Education

Call for Application

Centre for Human Rights Education - Pakistan is pleased to announce and invite the applications for the **16th Annual “Participatory Course on Democracy and Human Rights (PCDHR)” to be held in Lahore-Pakistan from October 17 – 25, 2025.**

Last date for submitting applications is September 15, 2025 meanwhile the candidates are encouraged to send their complete applications immediately to avoid the last moment tribulations. Application form is available at www.chre.pk

PCDHR IS.....

Participatory Course on Democracy and Human Rights (PCDHR) focuses to strengthen the concepts of Human Rights and Democracy, introduce international Human Rights standards and mechanism, promote volunteerism among youth and skill development of Human Rights Defenders.

PCDHR consists of participatory techniques and methods which helps to develop understanding on different social subjects, provides the opportunity to interact and develop networking with people from diverse backgrounds and from different parts of the country. It also provides an opportunity to learn about different ways and forums to highlight different social issues, helps to practice the democratic values and respect of human beings and provides the opportunity to learn from renowned experts of different social subjects.

PCDHR is designed for human rights defenders and educators working with Non-Governmental Organizations (NGOs), Community Based Organizations (CBOs), and the students of the Social Science Departments (Sociology, Political Science, Gender Studies, International Relations, Mass Communications, Law etc.), the officials of different state institutions, media and other civil society groups. Candidates belong to religious minorities and the women are strongly encouraged to apply.

CHRE believes on participatory learning approaches therefore the indoor and outdoor sessions/activities of the course are conducted in participatory methodology to enhance the understanding of the participants on the concepts of democracy and human rights and to enhance their skills to work effectively as human rights defenders.

PCDHR consists of two modules and the trainees are required to attend both modules. At the completion of both modules the trainees shall be awarded with a certificate and shall be called the Alumni of CHRE. Please note that the second Module of PCDHR shall be held in February 2024, however the trainees shall remain involved in the follow-up initiatives on regular basis to make sure that the learnings are put into practice.

PCDHR is an intensive learning program and puts strong emphasis on “Putting Learnings into Practice” therefore the trainees shall be required to develop and implement an individual plan to ensure that the learnings are put into practice.

SPECIFIC OBJECTIVES

- Provide in depth knowledge to enhance conceptual clarity on human rights and democracy and the international human rights standards and mechanism
- Impart and strengthen the skills- designing and implementation of the advocacy campaigns, proposal writing, report writing, Research tools etc. to enhance the ability of the human rights defenders to work effectively.
- Expose the participants to the institutional approaches to expand the possibility that civil society organizations function with institutional approach and ensure more systematic and transparent functioning and to follow democratic norms and values.
- Sensitization of the human rights defenders to their role in protecting and promoting democracy and human rights.
- Empowering and strengthening the second-tier leadership within the human rights community.
- Building partnerships and networking among the participants and their groups.
- Planning to strategize for “putting learnings into practice” through research and advocacy initiatives.

COURSE FEE

There is **NO COURSE FEE** and CHRE will cover the expense of tuition, program materials, accommodation and meals **ONLY** for the selected participants.

However, please note that all the participants or their organizations will bear their travel costs

PROCEDURE

1. **First Module of the Course (October 17 – 25, 2025)**
2. **Implementation of Individual Plan-October 2025 to January 2026**
3. **Second Module (February 2026)**
4. **Implementation of Individual Plan-February to May 2026**

The individual plan shall be made by each participant during the course to ensure that the learnings are put into practice.

SELECTION PROCESS

A Selection Committee will review all the applications. Based on the design and objectives of the PCDHR, the priority in the selection will be given to Candidates affiliated with NGOs and CBOs based or working in the rural areas.

In a limited number of cases, consideration will also be given to Candidates from other types of organizations involved in human rights education, such as government run human rights institutions, educational institutions, media and other civil society groups.

The Organizations and Candidates shall be carefully selected to ensure the maximum benefits from the PCDHR. Therefore the **Organizations or Institutions which nominate the Candidates must:**

- have a proven commitment and action for the protection and promotion of democracy and human Rights
- be involved in human rights education activities such as training sessions, workshops, public research, awareness campaigns, advocacy, monitoring etc.
- be committed to providing opportunities for their Candidate to apply the knowledge and skills gained in the course in the work of the organization.

The Candidates applying for PCDHR must

- be active employees/volunteers with their organization for at least one year
- have basic knowledge of the principles of democracy and human rights
- be committed to transferring knowledge and skills gained during PCDHR
- be sensitive to the issues which arise when working in multicultural groups and respectful of diversity
- Strong communication skills in national and local language of the candidate (s)
- Strong Commitment to fully participate in all phases of the course

In addition to the requirements previously listed, consideration will also be given to overall gender balance, and where possible, geographic representation. Given the number of applications and limited space available, we are unable to accept many worthy Candidates every year and your understanding is greatly appreciated in this regard.

FOR APPLYING

If you feel that you and your organization meet the selection criteria and the program's objectives are compatible to your needs and work, you are invited to complete the application form along with Memorandum of Agreement and organization's brochure/ profile and send it before September 15, 2025.

Late or incomplete applications shall not be processed. All applicants will be notified of the results of the selection by September 30, 2025.

Please note that your application must include:

- o The **complete Application Form**
- o The **Memorandum of Understanding** duly signed by the Candidate and the Director/ President/chairperson of the nominating organization
- o A **brochure/ profile** (and/or mission statement) describing the nominating organization.

The applications may be sent by email (preferably) or by post using the following email and postal address in the name of The Director:

CENTRE FOR HUMAN RIGHTS EDUCATION-PAKISTAN

House No. 958, Block-H, Near Liaqat Chowk, Sabzazar, Multan Road- Lahore

Phones: [+92-42-37495268](tel:+924237495268), [+92-336-1902914](tel:+923361902914) Email: pcdhr.chre@gmail.com

CENTRE FOR HUMAN RIGHTS EDUCATION...

Centre for Human Rights Education-Pakistan (CHRE) is Pakistan based nonprofit, non-governmental and non-political organization established and run by Human Rights Educators and Human Rights Defenders to strengthen Human Rights through educational programs, advocacy and awareness raising initiatives.

Established in 2010, CHRE supports Human Rights Education, training of Human Rights Defenders, civil society groups, government institutions, the development of educational materials and advocacy initiatives to advance the protection and promotion of human rights.

Centre for Human Rights Education has established a "Training Institute for Human Rights Defenders" to work for the capacity building of Human Right across the country and initiated a Participatory Course on Democracy and Human Rights in 2010, an extensive learning training program with the philosophy of "Putting Learnings into Practice" for Human Rights Defenders/ Educators, university students and officials of state institutions from different areas of Pakistan. CHRE has completed 15 annual courses successfully. The Alumni and their organizations have been part of CHRE's advocacy and awareness raising initiatives after their participation in the PCDHR. The program has evidently added to the capacity of the participants and their organizations in terms of conceptual clarity on human rights and democracy, skill development, spirit of activism and understating of institutional approaches.

Other than PCDHR, Centre for Human Rights Education- Pakistan has other annual training programs including Participatory Course on Peace and Tolerance & Participatory Course on Non-Violence along with a Political School for Youth.