

Feasibility Study for Enhancing inclusive Food Security and Resilience in Chitral and Shangla Districts, KP, Pakistan (Final Report)

Submitted to:

Leading in
disability inclusive
development



September 30, 2024

Contents

Abbreviations and Acronyms	i
COVER PAGE	ii
EXECUTIVE SUMMARY.....	1
1. Background	4
2. Purpose and Use of the Feasibility Study.....	5
3. METHODOLOGY	6
4. IMPLEMENTING PARTNERS.....	13
5. TARGET GROUP AND STAKEHOLDER ANALYSIS	14
6. ASSESSMENT OF THE PLANNED PROJECT	17
Relevance	18
Coherence	19
Effectiveness.....	27
Impact	31
Sustainability	32
7. RECOMMENDATION.....	36
APPENDIX – A:HOUSEHOLD SURVEY TABLES	- 1 -
APPENDIX – B: METHODOLOGY	- 8 -
APPENDIX – C: List of KII and FGD participants.....	- 17 -

Abbreviations and Acronyms

BISP	Benazir Income Support Programme
BMZ	German Federal Ministry of Economic Cooperation and Development
PBM	Pakistan Baitu-ul-Mal
C&W	Communication and Works
CBM	Christoffel-Blind Mission
CBID	Community Based Inclusive Development
CNIC	Computerized National Identity Card
CEDAW	Convention on the Elimination of All Forms of Discrimination against Women
CRPD	Convention on the Rights of Persons with Disabilities
DAC	Development Assistance Committee
EOBI	Employees Old-Age Benefits Institutions
EUR	Euro
FGD	Focus Group Discussion
GIZ	Deutsche Gesellschaft für Internationale Zusammenarbeit
GLOF	Glacial Lake Outburst Floods
KII	Key Informant Interview
KP	Khyber Pakhtunkhwa
MDD	Minimum Dietary Diversity
MOHR	Ministry of Human Rights
MOU	Memorandum of Understanding
MPI	Multi-dimensional Poverty Index
NGO	Non-Governmental Organization
NIDA	National Integrated Development Association
NNS	National Nutrition Survey
OECD	Organization for Economic Cooperation and Development
PIDE	Pakistan Institute of Development Economics
PKR	Pakistan Rupee
PBS	Pakistan Bureau of Statistics
PWD	Persons with Disabilities
SDGs	Sustainable Development Goals
TOR	Terms of Reference
UDHR	Universal Declaration of Human Rights
USD	US Dollar

COVER PAGE

Project Name	Strengthening food security and resilience of people with and without disabilities and their communities in Chitral and Shangla districts, Khyber Pakhtunkhwa (KP) Province, Pakistan
Project Location, Country	Pakistan, KP province, Chitral and Shangla districts
Partner Organisation	NIDA – National Integrated Development Association
Project start & end date	01/10/2025 to 31/12/2028
Total cost of project	EUR 1.333.333
Evaluation Purpose	To assess the feasibility of a proposed project of CBM and the local implementing partner NIDA and to systematically check the extent to which the project approach can achieve the planned changes under the existing framework conditions.
Evaluation Type	Feasibility Study
CBM contact person	Sabir-Dad Khan, Programme Officer Pakistan, CBM Christoffel-Blindenmission Christian Blind Mission e.V.
Names of the Evaluation Team members	Fazal Ali Khan (Lead Author), Himatullah, Bashir Anjum, Muqdas Mushtaq, Komal Younis, Sohana Baig, Farhan Dinnar. ¹
Primary Methodology	The study utilises a mixed-methods approach, starting with a document review to understand the project context, followed by stakeholder consultations, including interviews, focus groups and a sample household survey to gather insights from key stakeholders and potential beneficiaries of the project.
Evaluation Start and End Dates	Aug 20, 2024 Sept 30, 2024
Recipient of Final Evaluation Report	CBM Christoffel-Blindenmission Christian Blind Mission e.V. Country Office Pakistan
Date of report submission	September 30, 2024

¹ We extend our gratitude to all the respondents of our survey, key informant interviews (KIIs), and focus group discussions (FGDs), participants of validation workshop for generously providing their time and valuable insights for this report. We would also like to thank Mr. Sabir Dad, Ms. Fehmida Hassan, and Mr. Fida Hussain from CBM for their outstanding coordination throughout the assignment, from start to finish. Special thanks to Ms. Linda Petering from CBM and Mr. Muhammad Arif from NIDA for their comments and feedback on the draft report. We are also grateful to Mr. Anwar Baig from NIDA Chitral and Mr. Saif Ur Rehman from NIDA Shangla for their support in connecting us with respondents and stakeholders. Our appreciation goes to our data collection teams and Mr. Umar Farooq and Mr. Shoaib Sultan Khan from HCPL for their invaluable assistance in data collection and analysis.

EXECUTIVE SUMMARY

This feasibility study evaluates the proposed project " Strengthening Food Security and Resilience of People with and without Disabilities and their Communities in Chitral and Shangla Districts, Khyber Pakhtunkhwa (KP), Pakistan". The project is being proposed by Christen Blind Mission (CBM) and National Integrated Development Association (NIDA) to the German Federal Ministry of Economic Cooperation and Development (BMZ).

The project aims to improve livelihoods and food security, emphasising disability inclusion through vocational training, agricultural interventions, and enhanced access to social protection for people with and without disabilities in Chitral and Shangla. This study assesses the project's feasibility using the Development Assistance Committee (DAC-OECD) evaluation criteria of relevance, coherence, effectiveness, impact, and sustainability. It also analyses local socio-economic challenges, identifying key risks and opportunities, and recommending strategies for effective and inclusive design and implementation of the project.

The study employed a participatory, disability-inclusive, gender-responsive, and human rights-based approach, using a mixed-methods design that included qualitative and quantitative data collection. Four Focus Group Discussions (FGDs) and 14 Key Informant Interviews (KIIs) were conducted with community members, including persons with disabilities, and government officials. Quantitative data was gathered from 440 households, comprising 11% individuals with disabilities and 58% women. A desk review of project documents and relevant policies was conducted to assess alignment with existing frameworks.

Chitral and Shangla face significant socio-economic challenges, such as high poverty rates, limited economic opportunities, and widespread food insecurity. While agriculture is the primary livelihood, low productivity, poor market access, and outdated techniques hinder growth. People with disabilities are especially vulnerable, facing barriers to social protection, vocational training, and employment. Natural disasters further exacerbate these challenges, necessitating targeted interventions to improve livelihoods and food security.

Relevance:

The project objective to enhance livelihood resilience and food security for vulnerable populations, particularly persons with disabilities and their families is highly relevant. It addresses critical socio-economic challenges faced by the target population. Our survey data reveals that only 30% of households engage in farming due to water scarcity and climate change impacts. Food insecurity affects 32.6% of households, indicating a need for urgent, inclusive interventions.

Community support for disability-specific CNICs and social protection schemes is strong, as is backing for vocational skills training and climate-smart agricultural practices. The project aligns with various provincial and national policies including the KP Integrated Development Strategy (2014-2024), the KP Agriculture Policy (2018), and the KP Food Security and Nutrition Policy (2020). Its focus on disability inclusion corresponds with the draft KP Disability Bill (2017) and the Special Persons Act (2014) and the project also contributes to the Sustainable Development Goals (SDGs): Zero Hunger (SDG 2), Good Health and Well-being (SDG 3), Decent Work and Economic Growth (SDG 8), and Gender Equality (SDG 5).

Coherence:

The project is structured to enhance livelihoods and food security for marginalized groups, ensuring a logical flow from outputs to outcomes and impact – thus ensuring internal coherence. It integrates inclusivity in all aspects of the project interventions however more emphasises is needed for collaboration with key stakeholders’ especially government line departments for sustainability of the project. By aligning with provincial policies and international human rights instruments, the project establishes a strong external coherence.

Effectiveness:

The project objectives and interventions planned are effective in improving livelihoods, food security and social protection through targeted outputs such as CNIC registration, vocational training, and sustainable agricultural practices. Key strengths include community empowerment initiatives, although improvements are needed in design effective implementation strategies for beneficiary targeting and stakeholder engagement. Strengthening existing community structures and implementing a comprehensive monitoring and evaluation (M&E) plan will also enhance effectiveness of the project.

Impact:

The project has a strong potential to create new employment and income generating opportunities for people with and without disability through vocational training and business support interventions. The climate smart agriculture, kitchen gardening, bee keeping interventions and sustainable livestock interventions have the potential to impact productivity and increase food security for people with and without disability in the Chitral and Shangla. The capacity building and collaborations with government departments, civil society organizations and local communities can have long term societal impact for social inclusion of persons with disabilities and women. Its success depends on effective implementation of the project and institutional changes during the project and commitment from these organisations for continuity of the policies and inclusion instruments introduced during the project life. A strong M&E strategy is essential to assess outcomes and mitigate potential unintended consequences.

Sustainability:

The project aims for sustainability across economic, social, environmental, and institutional dimensions by enhancing local capacities. Its success depends on proper training follow-up and favourable market conditions. The project advocates for climate-smart agriculture and effective water management, with a focus on integrating goals into local policies and addressing external challenges through risk mitigation contributing to environmental sustainability. A sustainability and exit strategy is needed to be developed and integrated in the design of the project from inception of the programme and updated over the life of the project.

Recommendations:

To enhance project effectiveness, impact and sustainability, the following recommendations are proposed:

1. **Advocacy for Policy Implementation:** Collaborate with provincial lawmakers and NGOs to advocate for the Provincial Disability Bill to be passed from the KP parliament. A Stakeholder Engagement Plan to leverage the existing services of government line departments is needed.
2. **Clear Implementation Strategy:** Outline intervention approaches and beneficiary selection criteria, conduct market analyses for vocational training, and strengthen existing community structures while addressing cultural barriers.
3. **Strengthening Monitoring and Evaluation (M&E):** Establish a robust M&E plan transitioning from process monitoring to impact evaluations and organise regular lessons-learned events for stakeholder cross-learning.
4. **Sustainability and Exit Strategy:** Develop a sustainability plan from project inception, integrating outcomes into local policies, promoting sustainable practices, and ensuring strategies to maintain momentum amid challenges.

1. Background

This document presents the report of the feasibility study of the proposed project, "Strengthening food security and resilience of people with and without disabilities and their communities in Chitral and Shangla districts, Khyber Pakhtunkhwa (KP) Province, Pakistan." The project is being proposed by Christen Blind Mission (CBM) and National Integrated Development Association (NIDA) to the German Federal Ministry of Economic Cooperation and Development (BMZ).

The report is divided into eight sections. Section one provides the background and context for the feasibility study, while section two covers the purpose and use of the study. Section three outlines the study methodology, and section four delves into the initial situation and problem analysis. The roles and responsibilities of the project partners are detailed in section five, followed by an analysis of the target group and stakeholders in section six. Section seven presents assessment of the planned activities. The final section, section eight, presents recommendations.

Chitral and Shangla, two remote and mountainous districts in Khyber Pakhtunkhwa (KP) province of Pakistan, face significant socio-economic challenges, with poverty rates surpassing national averages. These areas are characterized by limited economic opportunities, underdeveloped infrastructure, and high vulnerability to natural disasters such as floods and Glacial Lake Outburst Floods (GLOF). Agriculture remains the primary livelihood, yet low productivity and limited market access hinder economic growth, contributing to widespread food insecurity and malnutrition. People with disabilities in these districts experience even greater marginalization, with minimal access to social protection and livelihood opportunities. With 48% of KP's population living in multidimensional poverty, these conditions have perpetuated cycles of deprivation, leaving communities, particularly the most vulnerable, struggling to secure a sustainable future. This backdrop of poverty, food insecurity, and exclusion necessitates targeted interventions to enhance resilience and improve the livelihoods and well-being of these marginalised populations.

Given the challenging backdrop of poverty, food insecurity, and lack of livelihood opportunities in KP province, CBM and NIDA have designed the project, "*Strengthening food security and resilience of people with and without disabilities and their communities in Chitral and Shangla Districts, Khyber Pakhtunkhwa Province, Pakistan.*" The proposal is being submitted to the German Federal Ministry of Economic Cooperation and Development (BMZ).

The project aims to contribute to livelihood resilience including an improved food and nutrition security situation in Shangla and Chitral with an immediate objective of household having sufficient income and increased production (vegetables, cereal crops, fruit trees, bee keeping, and livestock management), improved and diversified income generation and employment opportunities, and access to social protection schemes such as health cards, the Benazir Income Support Programme, Pakistan Bait-ul-Mall, and Employees Old-Age Benefits Institutions.

The specific objective of the project is to improve the livelihoods and food/nutrition security of beneficiaries with and without disabilities in Chitral and Shangla districts, KP and ensuring sustainable integration within the target communities. The project targets the following key challenges in Shangla and Chitral by addressing:

1. **Economic Constraints:** Limited job opportunities and low income, especially for people with disabilities and women, affecting their ability to afford nutritious food. Many lack access to the state's social security systems.
2. **Agricultural Limitations:** Narrow focus on few crops, outdated farming techniques, and poor water management, which worsen food insecurity.
3. **Access Barriers:** Remote, mountainous terrain hinders people with disabilities from accessing infrastructure and support services for example accessing health facilities and education facilities.

The project aims to improve economic opportunities, enhance agricultural practices, and increase accessibility to support services.

The project is expected to directly support 500 individuals, including people with disabilities, by providing vocational training and business management training to boost household income. Agricultural interventions like crop diversification, kitchen gardening, honey beekeeping, and livestock management will benefit 2,515 households, improving food production. Additionally, 7 health facilities and 29 schools will be made accessible for people with disabilities. The project will also establish 62 community groups and 15 disability-specific groups. Indirectly, over 11,000 households with a population of 88,000 across four targeted union councils in Shangla and Chitral districts will benefit from the project.

2. Purpose and Use of the Feasibility Study

The purpose of this feasibility study is to evaluate the viability of the proposed project, "Strengthening food security and resilience of people with and without disabilities and their communities in Chitral and Shangla Districts, KP Province, Pakistan." The study aims to assess the current conditions in these districts, identify the key challenges faced by vulnerable populations, especially people with disabilities, and evaluate whether the proposed interventions can effectively address these challenges to achieve the intended outcomes.

Specifically, the feasibility study serves the following purposes:

Assess Project Relevance: To determine if the project objectives align with the needs of the target population, particularly in addressing food security, livelihood resilience, and disability inclusion in Chitral and Shangla.

Evaluate Project Feasibility: To analyse the practicality of implementing the project in the remote and disaster-prone areas of Shangla and Chitral. This includes assessing the technical, and implementation aspects of the project to ensure that it can be successfully executed within the given resources and timeframes.

Analyse the Context and Initial Situation: To provide a comprehensive understanding of the socio-economic conditions, food insecurity, malnutrition, and livelihood challenges in the target districts. This includes identifying specific barriers faced by people with disabilities and understanding the extent to which these challenges can be addressed through the proposed interventions.

Identify Risks and Opportunities: To outline potential risks that may hinder the project's implementation, including natural disasters, logistical constraints, and social and economic barriers, and to identify opportunities for maximising the project's impact on the target population.

Recommend Strategies for Project Implementation: To offer recommendations on the most effective approaches for implementing the project, ensuring that the proposed interventions are culturally appropriate, inclusive, and sustainable.

Inform Decision-Making: The findings of the feasibility study will be used by CBM, NIDA, and BMZ to make informed decisions on whether to proceed with the project as designed, or to modify its scope, strategies, or objectives based on the identified challenges and opportunities.

3. METHODOLOGY

Summary of the methodology is presented in this section the detailed is presented in the Appendix B.

Approach: We have used a participatory, disability-inclusive, gender-responsive, and human rights-based approach. Throughout the study process we actively engaged diverse stakeholders, including persons with and without disabilities, local community leaders, government officials and representatives of the implementing partners CBM and NIDA. Our data collection tools considered the Washington Group of Questions² as well as gender and age elements. We have used the DAC evaluation criteria to provide a structured and comprehensive framework for assessing the feasibility of the project.

² Washington group on disability statistics.
http://www.cdc.gov/nchs/washington_group/http://www.cdc.gov/nchs/washington_group/ [Accessed in August 23, 2024]

Methods: We used a mix method approach, combining both qualitative and quantitative techniques to collect primary data. For qualitative data we used Focus Group Discussions (FGDs) with community members including women and men including people with disability, youth, old age and poor. We have also conducted Key Informant Interviews (KIIs) with government officials including, representatives of agriculture department, livestock department, social welfare department, Benazir Income Support Programme (BISP), National Database and Registration Authority (NADRA), representative of health department and representative of organisation of people with disability. Summary of the FGDs and KIIs participants are presented in Table 1, and Detail list are presented in Appendix C.

Table 1: Number of FGDs, KIIs and gender wise distribution of participants in Chitral and Shangla

Participants	Chitral		Shangla		Total	
	FGDs	KIIs	FGDs	KIIs	FGDs	KIIs
No of Events	3	8	2	7	5	15
Male	23	11	10	7	33	18
Female	17		8		25	

The quantitative data was collected from a randomly selected 440 households from four programme target Union Councils (UCs): UC Ayun and UC Drosh I in district Chitral and UC Butyal and UC Karmong in Shangla. 11% of our respondents included people with disability 58% women. Distribution of the sample is presented in Table 2.

Table 2: District and disability wise sample distribution of quantitative survey

Strata	Chitral		Shangla		Grand Total		
	Women	Men	Women	Men	Women	Men	Total
People with Disabilities	11	18	12	10	23	28	51
People without Disabilities	132	57	102	99	234	156	390
Total	143	75	114	108	257	183	441

In addition to the qualitative and quantitative data collected from the project stakeholders and people with and without disability we have also conducted desk review of the project documents, organisational policy documents of NIDA and relevant national and provincial policies and strategies. The project documents included, the project concept note, activities and result matrix, budget document and impact matrix. Key provincial and national policies focused on livelihood, food security, and nutrition were reviewed, including the KP Integrated Development Strategy (2014-2024), KP Agriculture Policy (2018), KP Food Security and Nutrition Policy (2020) and draft bill of disability of KP. INITIAL

SITUATION AND PROBLEM ANALYSIS

Pakistan's poverty rate remains high at 40.1%, with no significant improvement from the previous year. Economic recovery has failed to reduce poverty, resulting in 2.4 million more people falling below the poverty line. Labor market challenges, including low participation, limited high-productivity jobs, mainly in informal sector hinder income growth. The agricultural sector's temporary gains were negated by high inflation and stagnant wages in key sectors like construction and trade (World Bank 2024)³.

The poverty rate measured through Multi-dimensional Poverty Index (MPI) in KP stands at 48%, higher than the national average of 39.1%, (PIDE 2024)⁴ with districts like Shangla and Chitral facing even more severe conditions due to their remote and challenging mountainous terrain. The region is prone to complex emergencies; 'high' risk of floods, earthquakes & Glacial Lake Outburst Flood (GLOF). People with disabilities in these areas experience heightened vulnerability, as they are often excluded from economic opportunities and social services (Pakistan Bureau of Statistics, 2017).

In Pakistan 37% of the population is food insecure, with 50% severely affected. Among children under 5, 40.2% are stunted, 17.7% are wasted, 28.9% are underweight, and 9.5% are overweight. Vitamin A deficiency affects 51.5% of children, while 42% of women (15-49 years) are anaemic, and 27% lack vitamin A.

In KP, only 5.1% of people have social security, and 29.1% of households are food insecure (11.4% mild, 5.9% moderate and 11.8% severe food insecure) and malnutrition among children contributes significantly to developmental disabilities in early childhood (National Nutrition Survey, 2018). In rural areas like Shangla and Chitral, agriculture is the primary livelihood, yet low productivity, poor infrastructure, and limited market access exacerbate poverty levels (Government of KP, 2019). Recurrent natural disasters further contribute to this cycle of deprivation. Among children under five in KP, 40.% are stunted (low height for age at exceeding minus two standard deviations) and 15% are wasted (low weight for height at exceeding -2 SD), highlighting the region's severe malnutrition problem, which is even more acute in these remote districts of Chitral and Shangla (National Nutrition Survey, 2018)⁵.

Only 5.1% of KP's population has access to social security, leaving most people, especially those with disabilities, without a safety net (Pakistan Social Protection

³ **World Bank (2024)**. Poverty and Equity Brief: Pakistan. World Bank

⁴ PIDE (2024), Multi-Dimensional Poverty in Pakistan. PIDE

⁵ **Stunting** refers to children whose height-for-age is more than 2 standard deviations below the reference median, indicating chronic malnutrition. Severe stunting occurs when this is more than 3 standard deviations below, often resulting from long-term inadequate nutrition or recurrent illness.

Wasting measures acute malnutrition, where children's weight-for-height is more than 2 standard deviations below the reference median. Severe wasting occurs when it is more than 3 standard deviations below, typically due to recent nutritional deficiencies, often linked to seasonal food shortages or illness.

Report, 2019). For people with disabilities, the lack of social protection and economic marginalization makes them particularly vulnerable, perpetuating a cycle of poverty and exclusion (Human Rights Watch, 2019). The combined impact of poverty, food insecurity, and limited livelihood opportunities creates significant challenges for vulnerable communities in these marginalized districts of KP.

The districts of Chitral and Shangla in Khyber Pakhtunkhwa (KP) Province face severe socio-economic challenges, exacerbated by their remote, mountainous geography and vulnerability to natural disasters. These challenges have left the local population, especially people with disabilities, in a cycle of poverty, food insecurity, and limited access to essential social sector services.

1. Demographic challenges and opportunities

A sample survey of 390 households conducted for this study reveals that the sample households have a population of 3,000 of which 51% are adults (over 18 years) and nearly 49% are females. The male-female ratio is higher in Chitral (105:100) as compared to the Shangla (101:100) and the provincial ratio of (104:100)⁶. The average size of household is significantly higher in Shangla 9.0 persons as compared to Chitral 6.3 and KP province 6.9 suggesting greater pressure on household food security.

The very young—up to the age of 10 years—make up 28.6% of the household population and the old – over 65 years of age make up 5.1% of the household population; the proportion of old women is significantly higher (9.3%) in Chitral, and the proportion of young girls is significantly higher in Shangla (34.4%). The overall “dependency” ratio is 51% with 58% among female members and 44% among male members⁷. The high dependency ratio, especially among females, highlights the need for initiatives that empower women and support the elderly. Another significant feature of the household composition is that one fifth of the population is in the age group of 10-18 years – presents an opportunity to develop youth-focused vocational training programmes that can prepare them for the job market, enhancing family livelihoods. Around 4% people in Shangla and 8% people in Chitral don’t have CNICs. In Shangla a higher proportion of females and in Chitral a higher proportion of males don’t have CNICs (Table -A1). Among people with disability 5 out of 51 people surveyed didn’t have CNICs. Out of the 51 people with disability 15 reported that had significant difficulty and 23 reported that they have some difficulty and obtaining disability specific CNIC.

2. Poverty and Economic Constraints

Chitral and Shangla are among the most impoverished areas in KP, where the poverty rate exceeds 48% (PIDE, 2024). Table A2 presents the household income

⁶ Pakistan Bureau of Statistics, Population Census 2023 [table_1.pdf \(pbs.gov.pk\)](#). Accessed on 21 Sep. 24

⁷ Age dependency ratio is the ratio of population in the age groups of up to 10 years + over 65 years to those in the age groups of over 10 to 65 years. This is calculated for female and male members separately.

status and strategies adopted by household. The sample households reported an average monthly per capita income of PKR. 4,543 (USD 16) less than one dollar a day. Similarly, half of the sample households reported their income is unstable and 42% reported their household income has decreased as compared to last year's income. Economic opportunities are limited, particularly for marginalized groups like people with disabilities and women– only 22% of households reported of any women earning non-farm income. The lack of stable long term employment options and low household incomes severely restricts their ability to afford basic needs and essential services. As presented in Table A3, only 29% of households reported long term employment as their primary source of income followed by 20% have farming as primary source and another 20% primarily rely on seasonal labour. Only 8.5% have small business as primary source, and 11% have remittance as their primary source of income. Due to unstable source of primary income almost every household supplements their income with secondary sources of income. Moreover, inadequate access to state-supported social security systems, such as health cards and cash transfer programs, compounds the problem only 11% of households have government support in the form of pension and social safety as primary sources.

People with disabilities and women face higher levels of economic exclusion, which perpetuates their vulnerability. The work status of household members presented in Table A4, shows persistence of high gender disparity, with 36.6% of females' members engaged in unpaid household work as compared to 2% male members of the households and higher proportion of female unable to work due to old age. Similarly, significantly lower proportion of women as compared to men are working in government, private organisations, business and as off-farm skilled labour. The overall unemployment rates are relatively low at 6.1%, with slightly higher among males. Own farming (19.3%) and unpaid household work (19.4%) are the most common occupations. Students comprise 30% of the population. Regional variations exist, with Shangla having more females in unpaid household work and own farming, while Chitral has more males in government jobs. To improve livelihoods and food security, targeted interventions are needed, including empowering women, creating off-farm jobs, supporting agriculture, protecting vulnerable populations, and promoting education and skill development.

3. Food Insecurity and Malnutrition

Food insecurity is a major issue in both districts, with KP's food insecurity rate at 29.1% (National Nutrition Survey, 2018). In these rural regions, agriculture is the primary livelihood, but low productivity, outdated farming techniques, and poor infrastructure exacerbate poverty and malnutrition. Stunting (40%) and wasting (15%) among children under five in KP, particularly in Shangla and Chitral, highlight the severity of malnutrition. These nutritional deficiencies contribute to developmental disabilities, perpetuating a cycle of poor health and poverty.

The household survey conducted for the study in Chitral and Shangla show that 32.6% of households have inadequate dietary diversity, 50.5% moderate, and

only 16.9% high diversity on the Minimum Dietary Diversity (MDD) scores (Table A5). In Chitral and Shangla, only 28.7% of the sample households reported that they always have enough food, while 37.9% sometimes do, and 7.7% rarely or never. A significant disparity exists between Chitral (44.4% always) and Shangla (13.9% always), indicating severe food insecurity in Shangla. Out of the 390 sample households 48% in Chitral and 9.5% in Shangla, reported receiving food and nutrition support from relatives during times of distress. One of the key challenges is majority of the households primarily rely on market purchases (58.1%) and only 30.1% of the households mainly rely on own production for food. The key challenges reported by households in accessing nutritious food includes high cost of food (41%) followed by limited availability of fresh produce (25%), distance to market (19%) and lack of storage facility (13.3 percent).

4. Agricultural Limitations

Agriculture in Chitral and Shangla faces numerous challenges, hindering food security and income generation. The mountainous terrain limits land availability, with an average cultivation of only 6.6 Kanals (0.82 acres) per household. Furthermore, just 30% of households engage in farming, and those who do rely heavily on a narrow range of crops, primarily wheat and maize (74%), leaving them vulnerable to market fluctuations (Table A6). This dependency on subsistence farming, combined with poor water management with surface irrigation dominating (33%) in Chitral and rain-fed systems (53%) in Shangla, and outdated practices, undermines food security. Water availability is a major concern for 71% households, and 67% households recognize the need for water management training. Barriers to improvement include lack of knowledge (33.8%), high costs (28.5%), physical accessibility (20.7%), and limited community support (17%). Poor market access due to inadequate infrastructure further limits income generation, making it difficult for farmers to transition from subsistence farming to market-oriented production. This is particularly challenging for people with disabilities, who often lack access to agricultural inputs and training.

5. Vulnerability to Natural Disasters and Climate Change

The region is highly prone to natural disasters such as floods, earthquakes, and Glacial Lake Outburst Floods (GLOF). These recurrent disasters not only destroy homes and livelihoods but also worsen the already unstable situation of the local population. 71% of farming households in Chitral and Shangla reported soil degradation. Surveyed households reported climate change impacts including erratic rainfall, increased floods, droughts, pests, and diseases affecting 53.8% of households. Consequently, 64% households in Chitral and 56% households in Shangla reported decreased productivity (Table A6). People with disabilities are especially vulnerable, as they face additional barriers in accessing disaster preparedness and recovery services. The lack of inclusive infrastructure further hinders their ability to cope with or recover from these events.

6. Challenges for People with disability

The demographic profile of people with disabilities (PWDs) in Chitral and Shangla highlights a diverse group across age, gender, and type of disability. Table A7 shows that among the 51 PWDs surveyed for this survey, 57% are from Chitral and 43% from Shangla. Men make up 55% of the sample, while 43% are women. In terms of disability type, 55% have a physical disability, 20% have hearing impairments, 15% have intellectual disabilities, and 10% have visual impairments. The majority (69%) of PWDs fall within the 19-65 age group, followed by 16% aged 10-18, and 12% over 65 years old.

Our survey data and in focus group discussion in Chitral and Shangla we found that People with disabilities (PWDs) in Chitral and Shangla face numerous challenges across various aspects of life. Physical and mobility difficulties, along with hearing and visual impairments, limit their participation in daily activities, education, and employment. Many also struggle with self-care and cognitive tasks, increasing their dependence on others.

Barriers to earning a livelihood include limited job opportunities, vocational skills gaps, and persistent social stigma and discrimination, which further restrict employment and social integration. Access to essential resources such as agricultural inputs, veterinary services, and social protection schemes remains inadequate, compounded by a lack of awareness and high costs.

Food insecurity is widespread due to mobility constraints and the high cost of nutritious foods, while participation in vocational training is hindered by transportation challenges and inaccessible facilities.

Environmental barriers like difficult mountain terrain, poor quality of roads, reduce people with disabilities' ability to engage in agriculture.

7. Key Challenges Faced by Women

In FGDs and household surveys conducted in Chitral and Shangla, several challenges emerged:

1. **Limited Support for Disabled Family Members:** Women, particularly mothers of disabled children, face difficulties in accessing education and healthcare. The lack of specialised institutions beyond the primary level and limited awareness about entitlements like special CNICs further restrict their access to necessary benefits.
2. **Pest Infestation and Lack of Irrigation for Kitchen Gardens:** Women manage essential household kitchen gardens, but these are affected by pests and poor irrigation, leading to reduced quality and quantity of produce, such as premature pomegranate drops. Women rely on traditional farming methods, especially in fruit cultivation, reducing productivity.

3. **Costly Veterinary Services:** Women bear the responsibility for livestock management, but the unavailability of medicine and high cost of veterinary services, including medicine and transportation, makes it difficult to maintain animal health, impacting their livelihoods.
4. **Lack of Market Access:** Despite managing livestock, dairy production and handcraft, women rarely sell their products in the markets due to cultural barriers including a lack of support from male family members, mobility challenges and limited access to markets, hindering income generation. While some women receive tailoring and handicraft training, these skills are oversaturated in the community due lack of access to markets beyond their neighbourhood. Opportunities for non-traditional skills are scarce and financial strain prevent them from setting up businesses that could enhance household income.
5. **Health and Safety Risks in Kalash Traditions:** Cultural practices, such as during their menstrual cycle and in pregnancy women live in a separate communal space called "Bashaleni" and cannot enter their own house. Similarly on the death of their husband the widow/widower has to bath outside the house for 3 months. These practices expose women to unsafe conditions due to inadequate healthcare and sanitation facilities, highlighting the need for safer community amenities.
6. **Barriers to Economic Empowerment:** A large portion of women (36.6%) are engaged in unpaid household work, and only 23% work outside the home, primarily in farming. Limited access to formal employment, vocational training, and market opportunities restricts their economic independence.
7. **Educational Disparities:** Our household survey data shows that there is significant educational disparities exist, with 47.3% of women never attending school compared to 21.9% of men and only 5.5% of women completing their education. Only 23.7% of women are currently attending school, much lower than men (35.4%), reflecting limited opportunities and high dropout rates. Cultural barriers further exacerbate gender inequality in education, limiting women's future empowerment.

4. IMPLEMENTING PARTNERS

CBM is the lead applicant. CBM is an international development organisation, committed to improving the quality of life of people with disabilities in the poorest communities of the world irrespective of race, gender or religious belief. It specialises in disability-inclusive development and uses disability-inclusive development as a framework in its initiatives. CBM believes that disability-inclusive development is the most effective way to bring positive change to the lives of people with and without disabilities living in poverty and their communities.

NIDA is the field implementing partner of CBM for this project and primarily operates in Khyber-Pakhtunkhwa province of Pakistan. Established in 1998, NIDA is a non-religious, non-political, non-profit organization dedicated to community development. Officially registered under the Societies Registration Act XXI of 1860 in 2008, NIDA has over 15 years of experience in grassroots interventions. Guided by its 2015-2030 strategic plan, NIDA focuses on four key areas: promoting social empowerment for sustainable development, advancing peace and security, strengthening the rule of law and human rights, and providing emergency response and humanitarian assistance.

As part of brief assessment of the NIDA we have reviewed NIDA’s Strategic Plan (2024-2030), its Financial Manual, Gender Policy, Safeguarding Policy and M&E policy. These policies have several strengths, including its comprehensive approach to social sector development, WASH, food security, and climate change adaptation, aligning with the Sustainable Development Goals. It also focuses on inclusive, community-driven development, which is crucial for poverty alleviation, health, and education. However, gaps were identified, including the need for a broader geographic focus, clearer criteria for selecting areas of need, and a roadmap for long-term sustainability of community programs.

In terms of monitoring and evaluation, the strategic plan 2024-2030 lacks outcome-level indicators and learning mechanisms. The resource mobilization strategy relies heavily on international funding, neglecting local resource mobilization and engaging private sector. Additionally, the plan lacks scalability mechanisms and sufficient engagement with people with disabilities.

The theory of change and program design require detailed implementation plans and stronger integration of climate change resilience. Finally, the partnership and networking strategy needs to explore private sector engagement for co-funding, innovation, and technology transfer.

5. TARGET GROUP AND STAKEHOLDER ANALYSIS

Target Areas and Population:

- **District Chitral:** Specifically, the communities of Union council Ayun (Tehsil Chitral) and Union Council Drosh 1 (Tehsil Drosh).
- **District Shangla:** Specifically, the communities of Union Council Butyal and Union Council Kormang of Tehsil Besham.

Table 3: Total people with and without disability in the project target area District Chitral (UC Ayon and Drosh 1) and Shangla (UC Butyal and Kormang)

Age groups	People with disability			People without disability			Total Population
	Female	Male	Total	Female	Male	Total	
Total	2,876	2,765	5,641	44,661	42,911	87,572	93,213
> 50 Years	344	331	675	5,359	5,150	10,509	11,184
< 15 Years	1,065	1,024	2,089	16,308	15,877	32,185	34,274

Target Population:

- Direct Beneficiaries:** Approximately 605 individuals with and without disabilities are expected to benefit from Technical and Vocational Skills training and 2,515 individuals with and without disabilities are expected to benefit from agriculture activities. Seven health facilities and 29 schools are expected to have disabilities accessible infrastructure. Formation of 77 community-based organizations is expected to sensitize communities on issues of disability and community rights. Ten key stakeholders, including government and private organizations in Chitral and Shangla, have introduced disability-inclusive policies and procedures into their organizational structures.
- Indirect Beneficiaries:** Over 11,000 households within a total population of approximately 88,000 across the four targeted union councils in Shangla and Chitral districts are expected to benefit indirectly.

Table 4: Type of interventions and number of expected beneficiaries

Key interventions	District Shangla		District Chitral		Total
	UC Butyal	UC Karmag	UC Ayun	UC Drosh 1	
Number of Community based organisations fostered	16	16	15	15	62
Number of Community Groups for Marginalized and People with Disabilities fostered	4	4	3	4	15
Number of people with disability assisted in getting disability certificate and CNICs	150	110	280	140	680
Number of people with disability enrolled in social protection services of government	90	65	165	84	400
Number of Households engaged in:					
Crop diversification	100	150	120	120	490
Kitchen gardening	200	300	250	250	1000
Honeybee Keeping	15	20	20	20	75
Livestock management	200	250	250	250	950
Sub Total	515	720	640	640	2515
TVET (Persons with disability)	20	25	40	50	135
TVET(Persons without disability)	120	110	110	130	470
Sub Total	140	135	150	180	605
Number of health facilities will be made accessible	1	1	3	2	7
Number of schools will be made accessible	1	8	9	11	29
Sub Total	2	9	12	13	36

Stakeholders Analysis

The key stakeholders for the project at district level include the Social Welfare and Women Rights Department, Benazir Income Support Programme (BISP), District Disaster Management Unit (DDMU), District Health Department, Agriculture Department, Livestock Department, Technical, Vocational, Education Training (TVET) institutes. At provincial level policy makers and law makers play a key role in supporting inclusive development policies. At local level organisation of People with disability at the local communities are the key stakeholders in achieving the objectives of the project and support in successful implementation of the project. These stakeholders play crucial roles: the Social Welfare Department identifies and advocates for people with disabilities (PWDs), BISP provides financial assistance to vulnerable households, DDMU supports climate-resilient infrastructure and disaster management plans, the health department provides health services and disability certification, and the Agriculture Department offers technical training and resources for kitchen gardening and the Livestock Department is responsible to provide livestock extension services. Their collective involvement will be key to empowering PWDs, promoting inclusive livelihood programs, enhancing disaster preparedness, and improving healthcare accessibility, ultimately contributing to the project's success and sustainability. Effective collaboration among these stakeholders will facilitate the creation of an inclusive and resilient community. A summary of the key stakeholder their roles and responsibilities are presented in Table 5.

Table 5: Stakeholder matrix

	Key Stakeholders	Interests and Potential Role	Challenges and Current Efforts	Recommendations and Actions
Provincial Level	Elected representatives	Advocacy for disability-inclusive policies; Ensure resource allocation.	Lack of priority and limited resources. Draft bill has been developed.	Engage with representatives; Strengthen advocacy campaigns.
District Level	Social Welfare and Women Rights Dept	Welfare of People with disability and women empowerment; Advocate for People with disability inclusion.	Lack of financial support for People with disability; Support in issuance of disability certificates and advocacy for job quotas.	Strengthen institutional capacity for People with disability registration; Develop livelihood projects like kitchen gardening.

	Key Stakeholders	Interests and Potential Role	Challenges and Current Efforts	Recommendations and Actions
	Benazir Income Support Programme (BISP)	Financial support for vulnerable households through women.	Under-registration and challenges in verification processes.	Enhance registration processes; Collaborate to update People with disability data.
	Disaster Management Unit (DDMU)	Disaster preparedness including People with disabilities; Support climate-resilient infrastructure.	Limited People with disability involvement; Lack of accessible infrastructure.	Build accessible infrastructure; Include People with disability in planning.
	Health Department	Provide healthcare and disability certification; Ensure inclusive health interventions.	Lack of healthcare accessibility; Centralised point for issuing disability certification.	Improve healthcare access via mobile units; Enhance certification processes.
	Agriculture and Livestock Dept	Improve People with disabilities livelihoods through agriculture and livestock; Provide training and resources for farming.	Limited infrastructure for People with disability; Support for kitchen gardening and livestock.	Develop inclusive programs; Offer technical training and resources.

6. ASSESSMENT OF THE PLANNED PROJECT

Description of the project

The project aims to enhance livelihood, resilience, and food & nutrition security for vulnerable populations, including persons with disabilities, in Chitral and Shangla districts of Khyber Pakhtunkhwa, Pakistan. Key activities include facilitating access to social protection, improving vocational training accessibility, promoting sustainable agriculture, and enhancing water management practices. It also focuses on strengthening the capacity of civil society and government entities to provide inclusive services. The feasibility study will assess the viability

and sustainability of these initiatives, ensuring they are tailored to the specific needs and conditions of the target communities

Overall Objective: Improved livelihood, resilience, and food & nutrition security for vulnerable population groups, including persons with disabilities and their families, in Khyber Pakhtunkhwa (KP), Pakistan.

Specific Objective: The livelihood and food & nutrition security of the persons with and without disabilities as well as their social inclusion has sustainably improved in the target communities of Chitral and Shangla district, KP.

The objectives will be achieved through the following four results:

Result 1: Persons with disabilities and women are better equipped to sustain their livelihoods through TVET, wage employment, self-employment, and access to social protection schemes.

Result 2: Rural communities adopt modern and sustainable agricultural practices and efficient water management to boost productivity.

Result 3: Awareness, capacity, and commitment of civil society organizations, OPDs, and government agencies to create inclusive and accessible services and systems are strengthened.

Result 4: Enhanced Capacity of NIDA to effectively deliver disabilities-inclusive development

In the following section presents an assessment of project using the DAC evaluation criteria:

Relevance

The overall objective and the specific objectives of the project are relevant and consistent. The overall objective of the project is to "Improved livelihood resilience and food & nutrition security for vulnerable population groups including persons with disabilities and their families in Khyber Pakhtunkhwa (KP)." The specific objectives, if successfully achieved, can meaningfully contribute to the overall objective. The objectives of the project are consistent with the challenges faced people with disabilities and without disability particularly women in district Chitral and Shangla.

The survey data collected for this study highlights significant socio-economic challenges in Chitral and Shangla, with high poverty rates, food insecurity, and limited income opportunities, particularly for women and people with disabilities. Only 30% of households primarily engage in farming, while many face water scarcity and the effects of climate change, further reducing agricultural productivity. People with disabilities are especially marginalized, facing barriers to healthcare, education, and employment. Food insecurity affects 32.6% of households, and income instability remains a key concern, with 58% of households relying on secondary income sources. The data underscores the urgent need for

inclusive interventions focused on improving livelihoods, food security, and climate resilience in these vulnerable communities.

The survey data also shows strong consensus in Chitral and Shangla on the relevance of project activities aimed at improving the lives of persons with disabilities. Notably, 86.4% of all sample respondents view disability-specific CNICs and social protection schemes as highly necessary. Vocational skills training, business management training and climate-smart agricultural practices also receive strong support, with over two-third of the respondents rating them highly relevant Table A8.

Though the implementation of government policies and laws are weak, but the project objectives are aligned with the policies of national and particularly with the provincial governments of KP. It complements the KP Integrated Development Strategy (2014-2024), KP Agriculture Policy (2018), and KP Food Security and Nutrition Policy (2020) by promoting sustainable agriculture, enhancing food security, and improving livelihoods for vulnerable populations. Additionally, the project's focus on disability inclusion resonates with the draft KP Disability bill (2017) and Special Persons Act (2014), addressing the challenges faced by persons with disabilities⁸. The project also supports national initiatives such as the Ehsaas Program and National Food Security Policy, contributing to poverty reduction and social protection.

The project is aligned with the Sustainable Development Goals (SDGs), it addresses multiple goals, including Zero Hunger (SDG 2) by improving agricultural productivity and improving food security, Good Health and Well-being (SDG 3) through enhanced nutrition and healthy livelihoods, Decent Work and Economic Growth (SDG 8) via skills training and employment opportunities, Gender Equality (SDG 5) by empowering women, Reduced Inequalities (SDG 10) by promoting inclusive services and social protection, and Partnerships for the Goals (SDG 17) through collaborative efforts. It also touches Life on Land (SDG 15) through efficient water management.

The project is highly relevant with mission of the implementing partners NIDA and CBM. The NIDA-Pakistan Strategic Plan 2024-30 promotes poverty alleviation, food security, and economic growth in Khyber Pakhtunkhwa. Aligning with Christian Blind Mission's country plan and national policies, this project adopts a people-cantered, human rights-based approach, ensuring inclusive and sustainable development for vulnerable populations, particularly individuals with disabilities, in line with the Convention on the Rights of Persons with Disabilities.

Coherence

The project does not have an explicit theory of change (ToC) at the time of this feasibility study. An explicitly stated ToC is useful for assessing the coherence,

⁸ The daily Nation (2024). Disability Legislation in Pakistan. January 14, 2024, [Disability Legislation in Pakistan \(nation.com.pk\)](https://nation.com.pk) [Accessed Sep 23, 2024]

effectiveness of the project, and for analysing the directions of the programme during implementation. The ToC described here developed for this study is based on the project's concept note and impact matrix currently available.

The Theory of Change for this project theorises that by enhancing the skills and capacities of vulnerable populations, particularly persons with disabilities and women, the project can significantly improve their livelihoods, resilience, and food & nutrition security in Chitral and Shangla districts of Khyber Pakhtunkhwa. Through targeted interventions, such as facilitating access to social protection schemes, providing vocational training, and promoting sustainable agricultural practices, the project aims to equip individuals with the necessary tools to sustain their livelihoods. By fostering inclusive community organizations and enhancing the commitment of civil society and government entities to disability inclusion, the project will create an enabling environment for marginalized groups. The anticipated outcomes include increased enrolment in social protection programs, successful business ventures among trained beneficiaries, and the adoption of modern agricultural practices. Ultimately, this approach seeks to establish a sustainable impact where vulnerable communities thrive economically and socially, thereby contributing to the overall community resilience and cohesion.

The ToC based on the above-mentioned description is illustrated in Figure 1 and described below.

Outputs: Outputs are the direct, tangible products or deliverables resulting from specific project activities. They are typically measured in the short term and can be quantified. Outputs represent the immediate results of project interventions, such as completed training sessions, resources produced, or services delivered. Outputs are essential because they serve as the building blocks for achieving outcomes. At the basic level, there can be 12 output statements, constructed as follows:

Outputs leading to increased income and access to social protection for persons with disabilities and women.

- Output 1: People with disability and women identified, registered with NADRA for CNIC and enrolled with social protection programmes of the government.
- Output 2: People with disability and women (or their family members) received Technical Vocational Education Training (TVET) and got employed.
- Output 3: People with disability and women (or their family members) received business management training and start their own small or medium level enterprises.

Outputs contributing to Improved agricultural productivity and water conservation.

- Output 4: Farming households received input and training on kitchen gardening and grow nutrient-rich vegetables/fruits each season.

- Output 5: Farmer and livestock breeders trained on sustainable agriculture techniques adopt at least 2 new agricultural techniques and water-saving practices.
- Output 6: Women (with and without disability) received training and support in beekeeping started earning from beekeeping.
- Output 7: Construct and rehabilitate small irrigation channels and water supply schemes.

Outputs contributing to enhanced institutionalisation and disability-inclusive policies and practices.

- Output 8: Organisation of People with Disability and Self-Help Groups formed/revitalised, trained in organisational management and disability inclusion.
- Output 9: Key stakeholders integrate at least one disability-inclusive measure into their annual development plans.
- Output 10: Made health facilities and schools accessible for people with disabilities.
- Output 11: Capacity of NIDA enhanced to effectively deliver disabilities-inclusive development.

Outcomes and Impacts: Outcomes are results generated by one or more outputs that are reflected in changes in behaviour or practice. They are generally observed in the medium term. Impacts are long-term effects on identifiable population groups, due to one or more outcomes. They may or may not be observed during the life of a project. Impacts must be traced back to outcomes, and outcomes must be traced back to project outputs.

The impact of the project is “Contributed to improved livelihood and food security of vulnerable households, including persons with disabilities, women, and the poor in KP.”. All three expected outcomes contribute to this impact:

- The first of these is Outcome 1 (“Persons with disabilities and women have enhanced skills and access to employment opportunities and social protection schemes to sustain their livelihoods.”). This outcome is traced back to Outputs 1, 2 and 3, which focus on improving the access of people with disability to social protection schemes and skills to earn income.
- The second one is Outcome 2 (“Rural communities adopt modern, sustainable agricultural practices and efficient water management, enhancing productivity and household food security”), a change expected in household behavior resulting from Outputs 4-7, which reflect on adopting new agriculture techniques to improve productive and use of water resources efficiently.

- The third outcome (“The awareness, capacity and commitment of civil society organisations, OPDs and government agencies to create”) a change expected in the behaviours of formal informal institutions resulting from output 8-10. Output 11 is cross-cutting to all outcomes and impact.

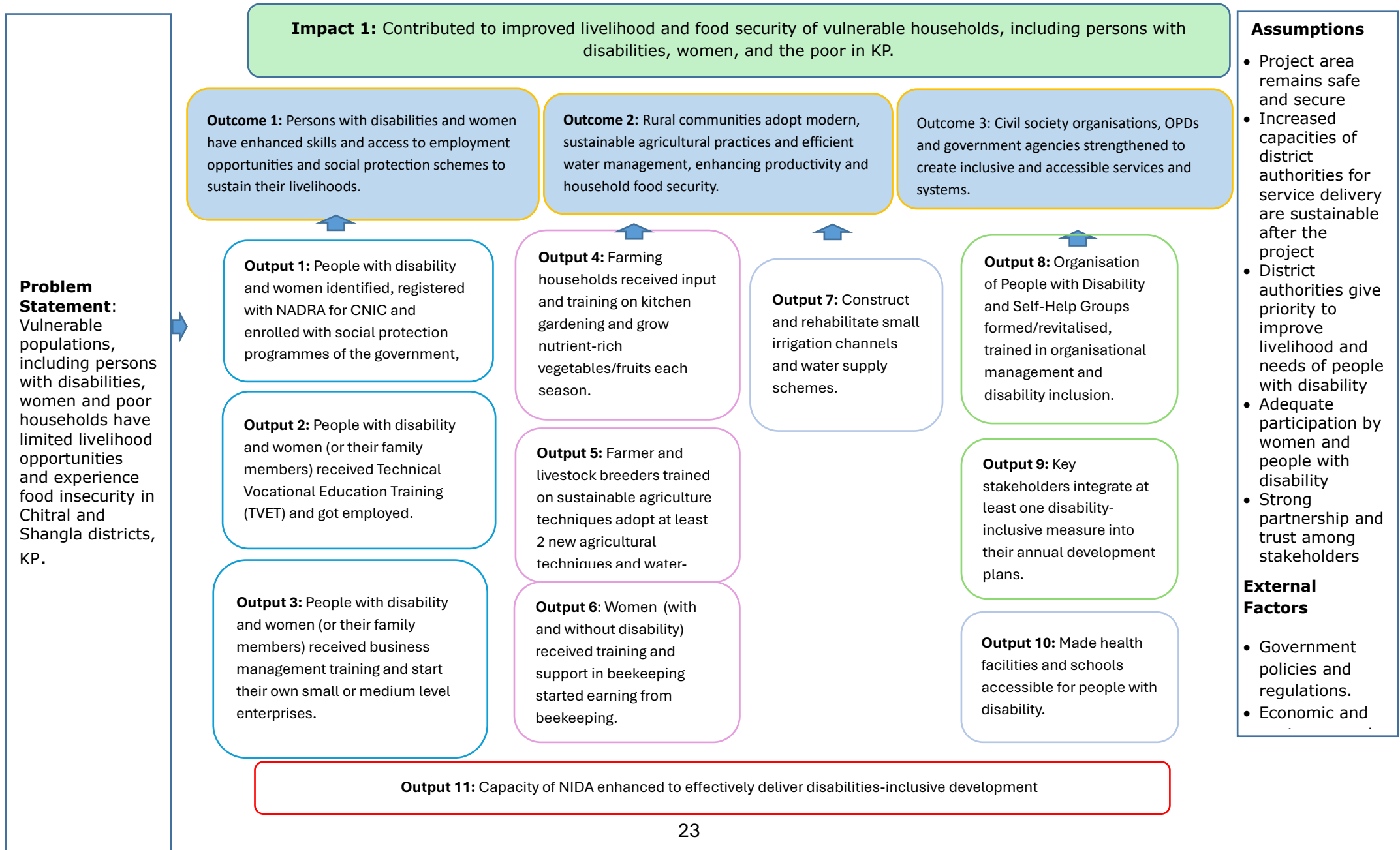
Assumptions:

1. Project area remains safe and secure: The project assumes that the geographical area where the project is implemented will remain stable and free from conflict, violence, or natural disasters that could disrupt project activities.
2. Increased capacities of district authorities for service delivery are sustainable after the project: The project assumes that the capacity-building efforts for district authorities will have a lasting impact, enabling them to continue delivering quality services beyond the project's lifespan.
3. District authorities give priority to improve livelihood and needs of people with disability: The project assumes that district authorities will maintain a commitment to addressing the needs of people with disabilities, allocating necessary resources and support.
4. Adequate participation by women and people with disability: The project assumes that women and people with disabilities will actively participate in project activities, decision-making processes, and benefit from the project's interventions.
5. Strong partnership and trust among stakeholders: The project assumes that collaborative relationships among stakeholders (government, NGOs, community groups, etc.) will remain robust, facilitating effective communication, coordination, and joint problem-solving.

External Factors:

1. Government policies and regulations: Changes in government policies, laws, or regulations may impact project implementation, funding, or goals. Examples include:
 - Policy shifts in social welfare, disability rights, or economic development.
 - Changes in funding priorities or allocation.
2. Economic and environmental conditions: External economic and environmental factors may influence project outcomes, such as:
 - Economic downturns or instability.
 - Climate change, natural disasters, or environmental degradation.
3. Social and cultural norms: Shifting social and cultural attitudes may affect project acceptance and effectiveness, including:
 - Changing perceptions of disability and inclusivity.
 - Evolving gender roles and expectations.

Figure 1: Proposed Theory of Change



Assessment of coherence

Alignment with Goals

The project is well-aligned with the overarching goal of enhancing livelihoods, resilience, and food and nutrition security for marginalized groups, particularly persons with disabilities and women. By focusing on skill enhancement and capacity building, the project directly addresses the barriers these populations face in achieving economic stability and food security. This targeted approach not only empowers individuals but also fosters a more inclusive environment that supports sustainable development.

Logical Flow

The structure of the project demonstrates a logical progression from outputs to outcomes and ultimately to impacts. Each output is explicitly defined as a tangible product resulting from specific activities, which serve as essential building blocks for achieving desired outcomes. For instance, the training sessions and resources developed contribute directly to increased employment opportunities and improved agricultural practices, illustrating a clear hierarchy that enhances coherence. This logical flow ensures that the project's design effectively translates interventions into meaningful changes in behaviour and practice, ultimately leading to the desired impacts on community resilience and cohesion.

Output Specificity

The outputs are well specified and measurable, addressing key areas such as income generation, agricultural productivity, and the institutionalization of disability-inclusive practices. This specificity is vital for tracking progress and assessing the effectiveness of interventions. By clearly outlining what each output entails, the project establishes a framework that allows for regular monitoring and evaluation, ensuring accountability and enabling timely adjustments as needed.

Interconnectedness

The interconnectedness of outputs and outcomes is a notable strength of the project. Clear pathways illustrate how each output leads to specific changes in behaviour and practice, effectively linking training initiatives to enhanced employment opportunities. For example, vocational skills training not only empowers individuals but also contributes to broader economic goals within the community, reinforcing the importance of each output in achieving desired outcomes.

Inclusivity Focus

The project emphasis on inclusivity is critical for addressing systemic barriers faced by marginalized groups. By incorporating persons with disabilities and women into all aspects of the project—ranging from training and social protection to decision-making—the project reflects a commitment to fostering equitable opportunities. This focus not only enhances the effectiveness of interventions but

also contributes to social cohesion and empowerment, essential components for sustainable development.

Cross-Cutting Outputs

The identification of Output 11, which focuses on enhancing the capacity of the implementing partner - NIDA, as a cross-cutting element further strengthens the project's foundation. This output supports all outcomes, ensuring that the institutional capacity is robust enough to deliver the project effectively so that its benefits are sustained.

Engagement of Stakeholders at District Level

The project objectives are coherent with relevant government line departments mandate and objectives. Recognition of the crucial role of key stakeholders in implementing disability-inclusive measures and ensuring their active involvement is key for achieving the expected outcomes and has the potential to enhance the sustainability of outcomes, as it fosters a sense of ownership and collaboration among stakeholders. By involving diverse actors, the project can better navigate local contexts and challenges, facilitating more effective implementation and long-term impact. These line departments include the Social Welfare and Women Rights Department, Benazir Income Support Programme, National Database and Registration Authority, District Health Department, District Disaster Management Unit, District Agriculture Department and District Livestock Department.

The Key Informant Interviews (KIIs) with the representative of these departments highlighted several challenges faced by these organizations in Chitral and Shangla while supporting people with and without disabilities across various sectors. Representative from the Social Welfare and Women Rights Department underscored that assistance for people with disabilities largely relies on charity, as institutional support is constrained by the lack of provincial funding since 2016. Additionally, compliance with the 2% job quota for people with disability in government jobs remains poor, and this requirement does not extend to the private sector, limiting employment opportunities.

Representatives from the Benazir Income Support Program (BISP) emphasized that many eligible individuals remain unregistered due to the complex registration process and limited awareness of available benefits. The District Health Office highlighted the absence of disability-friendly environments in healthcare facilities and stressed the need for public awareness on immunisation, family planning and nutrition. NADRA's representative, pointed out that many individuals, particularly in rural areas, are still unregistered with NADRA, underscoring the need for public campaign and facilitation during mobile registration services.

Representatives from the Agriculture Department, along with representatives from the Livestock Department, identified a lack of focus on inclusive and innovative livelihood programs in agriculture and livestock sectors, limiting opportunities for people with disabilities to engage in productive activities. They also emphasized

that they have technical human resource available, but they face challenges while reaching communities with their extension services due to logistic constraints.

The Key Informant Interviews (KIIs) highlight several opportunities for collaboration among government departments to improve the lives of people with disabilities (PWDs) in Chitral. The Social Welfare and Women Rights Department suggests enhancing data collection and livelihood programs, while BISP emphasizes the need for better outreach and registration processes, particularly in collaboration with NADRA.

The District Disaster Management Unit (DDMU) and Health Department both recommend improved coordination and certification processes, alongside better healthcare accessibility for persons with disabilities. The Agriculture and Livestock Departments advocate for integrating PWDs into livelihood initiatives like kitchen gardening, beekeeping, and livestock management, with support in modernizing equipment and providing vocational training. By fostering partnerships, these departments can develop comprehensive, inclusive support systems for PWDs in Chitral.

The proposed project can focus on several key areas of collaboration with these government line departments to enhance support for people with disabilities (PWDs) in Chitral and Shangla. Working with the Social Welfare and Women Rights Department, the project can improve data collection on people with disability and develop provide assistive devises to people with disability. Collaboration with BISP and NADRA can streamline outreach and registration processes, ensuring more people with disability are registered and can access benefits.

The District Disaster Management Unit (DDMU) and Health Department can coordinate efforts to improve healthcare accessibility and disability certification processes. Lastly, the Agriculture and Livestock Departments can partner with the project to involve people with and without disabilities in sustainable livelihood activities like beekeeping, kitchen gardening, and livestock management, with a focus on vocational training and modernizing equipment to increase income opportunities. Through these collaborative efforts, the project can build a holistic support system for people with and without disabilities.

At provincial level advocacy efforts are needed to engage law makers and policy makers, donors and UN agencies to pass the draft Provincial Disability Bill.

The project is also in line with international instruments for human rights, most notably the Universal Declaration of Human Rights (UDHR), the Convention on the Elimination of All Forms of Discrimination against Women⁹ (CEDAW) and the Convention on the Rights of Persons with Disabilities (CRPD). Collaboration with organisations working on these international instruments is also needed to implement these international instruments.

⁹ United Nations (1979). Convention on the Elimination of All Forms of Discrimination against Women. <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-elimination-all-forms-discrimination-against-women>

Effectiveness

The project shows strong potential to achieve its specific objective of improving the livelihood, food security and access to social protection of the persons with and without disabilities in Chitral and Shangla. This will be done through the following three outcome level results and its associate outputs and activities:

Outputs leading to increased income and social protection services for persons with disabilities and women.

- Output 1: People with disability and women identified, registered with NADRA for CNIC and enrolled with social protection programmes of the government.
- Output 2: People with disability and women (or their family members) received Technical Vocational Education Training (TVET) and got employed.
- Output 3: People with disability and women (or their family members) received business management training and start their own small or medium level enterprises.

The above outputs are likely be effective in increasing income and employment opportunities for people with disabilities and women in Chitral and Shangla by providing targeted training and support to improve their access to vocational education, employment, self-employment and social protection schemes.

The project plans to implement a series of activities designed to enhance income and social protection for persons with disabilities and women in Chitral and Shangla. First, people with disability and women will receive assistance in acquiring Computerized National Identity Cards (CNICs) and enrolling in government social protection schemes, ensuring they have access to essential support services.

The project plans mapping of vocational training centres, assess their accessibility, and identify barriers to participation for people with disability and women, facilitating the development of inclusive training environments. A market study is planned to identify in-demand vocational skills, helping tailor training to local economic needs. Vocational institutes will receive training on disability and gender inclusion, alongside accessibility audits, promoting an inclusive learning atmosphere. Selected individuals will be trained in relevant vocational skills, with additional business management training provided for those interested in self-employment.

Support will extend to family businesses through business plan development and financial literacy training, empowering families economically. Reasonable accommodations will be offered to training participants to ensure individuals can successfully engage in training and self-employment. Viable business plans will be rewarded with starter kits, while post-start-up mentoring will provide ongoing support.

The project will also focus on developing market linkages and encouraging the opening of bank accounts for savings and business plans.

Finally, advocacy for wage employment and internships will promote job opportunities for persons with disabilities, enhancing their social protection and financial independence. Through these activities, the project aims to create a sustainable impact on the livelihoods and social standing of marginalized groups.

Outputs contributing to Improved agricultural productivity and water conservation.

- Output 4: Farming households received input and training on kitchen gardening and grow nutrient-rich vegetables/fruits each season.
- Output 5: Farmer and livestock breeders trained on sustainable agriculture techniques adopt at least 2 new agricultural techniques and water-saving practices.
- Output 6: Women (with and without disability) received training and support in beekeeping started earning from beekeeping.
- Output 7: Construct and rehabilitate small irrigation channels and water supply schemes.

The project will implement the following set of activities aimed at encouraging rural communities to adopt modern and sustainable agricultural practices that increases agriculture productivity and enhancing food security people with and without disabilities in Chitral and Shangla. Training sessions will be provided in sustainable climate-smart agricultural practices, equipping farmers with the knowledge and skills necessary for resilient food production.

To promote diverse and nutrient-rich diets, the project will promote kitchen gardening with cultivation of a variety of vegetables and fruits. Field days will showcase high-value crops, encouraging community engagement and the sharing of best practices. Establishing demonstration plots for high-yielding cereal seeds will further illustrate the benefits of adopting advanced agricultural techniques.

Quality feed and veterinary services will be offered to improve livestock production, enhancing overall farm productivity.

The project will support honeybee production by providing necessary inputs and marketing assistance, fostering an additional source of income for families.

Improved water management and conservation methods will be introduced to ensure efficient use of water resources, complemented by the construction and rehabilitation of small irrigation channels and drinking water supply schemes.

Finally, inclusive hazard and climate change risk assessments will be conducted in targeted union councils to identify vulnerabilities and inform adaptive strategies. Collectively, these activities are likely effective to empower rural communities to adopt modern agricultural practices and efficient water management, leading to increased productivity and enhanced resilience.

Outputs contributing to enhanced institutionalisation and disability-inclusive policies and practices.

- Output 8: Organisation of People with Disability and Self-Help Groups formed/revitalised, trained in organisational management and disability inclusion.
- Output 9: Key stakeholders integrate at least one disability-inclusive measure into their annual development plans.
- Output 10: Made health facilities and schools accessible for people with disabilities.

The project will focus on strengthening community structures by facilitating the formation and registration of community committees (CCs) and self-help groups (SHGs) that ensure inclusive representation of marginalized populations, particularly persons with disabilities and women. Training sessions will equip these groups with essential skills in organizational management, leadership, inclusive disaster risk reduction, and disability inclusion, fostering effective governance and community resilience.

Integrated capacity assessments will be conducted to identify the strengths and weaknesses of key stakeholders, leading to the development of tailored capacity development plans (CDPs) that address specific needs. To further enhance accessibility, the project will implement necessary adaptations based on these plans within government departments, civil society organizations (CSOs), and organizations of persons with disabilities (OPDs).

Raising awareness and providing training for government departments on disability and gender inclusion will promote a more inclusive environment, ensuring that the needs of all community members are acknowledged and addressed.

Collectively, these activities will empower communities to take ownership of their development while fostering collaboration and commitment to inclusive practices

- Output 11: Capacity of NIDA enhanced to effectively deliver disabilities-inclusive development.

To enhance the capacity of the implementing partner – NIDA, the project will prioritize capacity building for newly hired staff through a series of Training of Trainers (ToT) sessions focused on community-based inclusive development (CBID), security, and safeguarding. This training will ensure that staff are well-equipped to address the unique challenges faced by persons with disabilities.

The project will conduct ToT for project staff, emphasizing essential skills such as management, record keeping, leadership, and disability inclusion, fostering a culture of inclusivity within the team. NIDA's overall capacity will be strengthened through the development of a comprehensive disability-inclusive strategy, which will guide its initiatives in promoting accessibility and support for persons with disabilities.

The project will also integrate disability inclusion into NIDA's existing programs by implementing necessary accessibility adaptations and conducting ICT audits. These combined efforts will enhance NIDA's effectiveness in advocating for and supporting the needs of persons with disabilities, and effectively delivering the proposed project.

As the implementation strategy is not available at the time of this feasibility study, the effectiveness of the project will largely depend on an effective implementation strategy. Therefore, the following points are not clear that are key for the effectiveness of the project:

- (i) As the project is working with the vulnerable population that will require a clear strategy and approach of targeting interventions.
- (ii) Strategy for identification and selection of the project beneficiaries for each intervention is critical for effectiveness of the programme.
- (iii) TVET programmes in Pakistan largely face challenges of uptake. A clear strategy is needed to select vocational training trade that is based on market demand and at the same time matches with communities' preferences. Our survey shows women mostly prefer for traditional skills for example tailoring, embroidery and butacaine skills. These skills have very limited income earning opportunities and scalability. Thus, mostly these skills remain unutilized or underutilized. On the other hand, young people in our FGDs for the study and in our survey identified digital skills as one of the key areas for vocational skills. Selection of Training Institutions is another key area for consideration that could provide specialised training to people with disability and women to have skills in non-traditional skill trade. Most of TVET institutes are not designed to provide skills in non-tradition skills for for women and people with disabilities. Karoram Area Development Organisation (KADO) through its off-shot Ciqum in Hunza, GB is the pioneering institute that provides specialised training for women and people with disabilities.
- (iv) Our survey also suggests there is high demand for taking up new varieties of agriculture and fruit products and new technologies. However, a clear strategy based on research and evidence is required for introducing new crop varieties and technologies given the local context and capacities available.
- (v) The project can leverage the interested (see the stakeholders' section) and capacities of the stakeholders for improving the effectiveness of the project. For this stakeholders' engagement plan is required.
- (vi) For engaging the local communities, the current activities include forming new Self-Help Groups and OPDs. However, to be more effective the project can work with existing structures and strengthen their capacities to be inclusive and effective. Time and resources need to be invested on inclusion of people with disability, youth and women in existing structures where possible and these structures be used as an effective platform of participation in planning and implementing the project activities.
- (vii) An effective monitoring and evaluation plan and strategy is needed to improve the effectiveness of the programme. The M&E strategy on the first year may focus on the monitoring of the project implementation process, and on subsequent year should focus on the project outcomes and impacts. Six monthly or annual lessons learning events with all the

stakeholders would be useful improving the effectiveness of the programme and cross learning.

Impact

The project is expected to have several positive long-term effects, such as improved livelihoods, economic independence, and social inclusion for persons with disabilities and women. By providing vocational training, business development support, and access to social protection schemes, the project is likely to enable beneficiaries to achieve sustained income growth. People with disability and women with no previous income could start earning an income from self-employment (through business development support) and employment (through the vocational training). The focus on inclusive agricultural practices, kitchen gardening, beekeeping and efficient water management will enhance productivity in rural areas, leading to improved food security and resilience against climate change. However, potential negative effects could include challenges in sustaining project benefits if there is a lack of follow-up support or limited institutional capacity after completion of the project.

The project is strongly aligned with several Sustainable Development Goals, particularly SDG 1 (No Poverty), SDG 2 (Zero Hunger), SDG 5 (Gender Equality), SDG 8 (Decent Work and Economic Growth), and SDG 10 (Reduced Inequalities). Through its focus on inclusivity, livelihood enhancement, and climate-smart agriculture, the project is expected to make significant contributions to SDGs, particularly in improving the quality of life for marginalized groups in rural communities.

The direct beneficiaries include persons with disabilities, women, and their families in rural areas, especially in Chitral and Shangla. These individuals will benefit from enhanced vocational skills, employment opportunities, social protection access, and improved agricultural practices. Indirect beneficiaries include the wider community, as increased economic activity, better water management, and inclusive practices will boost local economies and promote social cohesion. Local government departments, community organizations, and vocational institutes will also benefit from strengthened capacity and inclusive strategies.

The project is designed with a strong focus on reducing inequalities. By specifically targeting marginalized groups, including persons with disabilities and women, the project aims to break down barriers to economic participation and social protection. Inclusive vocational training, business support, and agricultural interventions are tailored to address gender and disability-related challenges, thus promoting equal opportunities for all beneficiaries. The project's focus on disability inclusion in local government policies and services is expected to foster long-term structural changes that reduce inequalities.

The sustainability of the project's long-term benefits depends on several factors. The project's efforts to build the capacity of local institutions such as government

line department, the implementing partner NIDA are expected to ensure that inclusive development continues beyond the project's lifespan if personal learnings are institutionalised, and changes are made in organizational policies and systems. The capacity building of self-help groups (SHGs), community committees (CCs), organization of people with disabilities and market linkages will also provide ongoing support for beneficiaries. However, the sustainability of income-generating activities may be influenced by the continued availability of resources, market access, and government commitment to social protection schemes. A sustainability and exit strategy from the start is important and its follow-up during and post-project and adaptation measures are critical to ensuring that these benefits are sustained.

Unintended positive effects may include the empowerment of broader community members who are indirectly exposed to the project's activities, such as improved agricultural practices, availability of food or increased social awareness regarding disability inclusion. The project may inspire similar initiatives in neighbouring villages or by other development agencies. On the negative side, there is a risk that the project could unintentionally create dependency on external support if beneficiaries do not make fully transition to independent income generation. The project can also increase workload for women and people with disabilities. Moreover, if the project increases demand for vocational training or social protection services without availability of sufficient resources, it may lead to bottlenecks in service delivery.

Finally, the project needs to develop a strong M&E strategy with an impact assessment plan at the start of the programme. Immediate impacts can be measured through direct measurement of impacts of the project interventions for example increase in yields and livestock production through measuring annual productions, however for long term impacts (incomes, level of food security, changes in behaviours) it would be good to use experimental or quasi-experimental design of impact assessment with pre and post project surveys.

Sustainability

"Sustainability" is defined by the Organisation for Economic Cooperation and Development, Development Assistance Committee (OECD-DAC) and the European Commission (EC): "sustainability relates to the continuation of benefits from an intervention after major support has been completed. The probability of continued long-term benefits. The resilience to risk of the net benefit flows over time". The EC, however, specifically mentions the social, economic, political, environmental, financial, institutional dimensions of sustainability.

The International Fund for Agricultural Development (IFAD) Evaluation Manual provides a useful elaboration of the sustainability of benefits:¹⁰ “In line with the OECD-DAC definition, sustainability entails two aspects: (i) measuring whether the benefits of an activity are likely to continue after donor funding has been withdrawn; and (ii) assessing if benefits are environmentally as well as financially sustainable, i.e. the likelihood that actual and anticipated results will be resilient to risks beyond the project’s life. Note that all these definitions refer to the sustainability of benefits, that is, outcomes and impact.¹¹”

The project shows strong potential for sustainability, particularly in terms of its focus on inclusive development, climate-resilient agriculture, and building local capacity. The alignment with government policies and international conventions further strengthens its foundation. However, long-term sustainability will depend on continued commitment from local authorities, market conditions supporting livelihoods, and the ability of civil society organizations and OPDs to sustain momentum after the project ends. Robust follow-up mechanisms and the integration of lessons learned into future initiatives will be essential to achieving sustained impact.

1. Economic Sustainability

Economic sustainability examines whether the project's benefits can be maintained without continued external funding after the project ends.

- **Income Generation and Livelihoods:** The project aims to equip women and persons with disabilities with vocational training, business management skills, and access to social protection. By enabling income generation through TVET, self-employment, and wage employment, the project lays a solid foundation for long-term economic sustainability. These skills can translate into continuous income even after the project ends. However, a challenge to long-term economic sustainability could arise if the right training trade, participant is not selected or there is insufficient follow-up on training to ensure beneficiaries are successful in their new roles, or if market conditions in the area do not support continued economic growth.

2. Social Sustainability

Social sustainability assesses whether the project promotes equity, inclusivity, and social cohesion in the community.

- **Inclusion of Vulnerable Groups:** The project strongly emphasizes the inclusion of persons with disabilities, women, and marginalized groups, which is crucial for social sustainability. By addressing their unique needs and fostering an enabling environment through social protection and capacity-building, the project promotes long-term social change.

¹⁰ IFAD, *Evaluation Manual*, Second Edition (pp. 39-40); Rome: IFAD, 2015

(<https://www.ifad.org/documents/38714182/39748829/manual.pdf/bfec198c-62fd-46ff-abae-285d0e0709d6>).

¹¹ The sustainability of outputs contributes to the sustainability of their benefits.

- **Community Ownership:** Encouraging civil society organizations and government line department to take ownership of the project can improve social cohesion and reduce marginalization over time. The project also supports the formation and capacity-building of organizations of persons with disabilities (OPDs) and expected to contribute to lasting social inclusion.
- **Risks:** Cultural barriers and stigma against persons with disabilities and women are common in project area and could hinder the full realization of social sustainability. It will be crucial to address these deeply rooted attitudes and behaviours with implementing a strong communication and advocacy plan during the project implementation to maintain long-term social acceptance of inclusive practices.

3. Environmental Sustainability

Environmental sustainability looks at how the project supports or undermines the ecosystem and natural resources.

- **Sustainable Agricultural Practices:** The project promotes climate-smart agriculture and efficient water management practices, which are ways to enhance productivity without depleting local resources. If successfully adopted, these methods will improve environmental sustainability by reducing environmental degradation and building resilience to climate change.
- **Water Conservation:** Water management practices, such as rehabilitating irrigation channels, introducing water use efficiency methods (e.g. drip irrigation) are crucial in water-scarce areas like Chitral and Shangla. These efforts are likely to contribute to sustaining the project's agricultural benefits by protecting natural resources.
- **Livestock Management:** In Chitral and Shangla, livestock rearing is vital for improving livelihoods but contributes to climate change through greenhouse gas emissions and deforestation. To mitigate these impacts, the project can promote sustainable practices like rotational grazing to enhance soil health and carbon sequestration, improve feed efficiency, and adopt better breeding practices to reduce methane emissions. Enhanced manure management techniques, such as composting and biogas systems, can recycle nutrients while minimizing emissions. By integrating livestock with crop production, the project can foster resilience and support food security for all community members, including those with disabilities.
- **Honey Beekeeping:** Beekeeping enhances environmental sustainability by promoting biodiversity through the pollination of crops and wild plants. However, it can also disrupt habitats and spread diseases among bee populations. To mitigate these impacts, the project needs to promote organic bee keeping practices such as maintaining diverse forage plants,

proper hive management, and avoiding harmful pesticides. Educating beekeepers on disease management will protect honeybee populations and ensure their environmental benefits, ultimately improving livelihoods and food security for the community members, including those with disabilities in Chitral and Shangla.

- **Risks:** The long-term sustainability of these initiatives depends on the continued application of environmentally friendly farming techniques by beneficiaries. Without ongoing support, there is a risk of reverting to unsustainable practices. Engaging the government agriculture and livestock extension services and linking them with farmers is important during the project implementation.

4. Institutional Sustainability

Institutional sustainability examines whether the systems, organizations, and policies built through the project will continue to function after its conclusion.

- **Strengthening Government and Civil Society Capacity:** The project aims to enhance the capacity of government line departments and civil society organisations (SHG, CCs and OPDs, NIDA) to provide inclusive services. By providing capacity building support to these stakeholders and integrating disability-inclusive policies into their system, the project can promote institutional sustainability.
- **Organizational Strength:** The strengthening of OPDs and government agencies' commitment to inclusivity is a key step toward creating a supportive institutional environment that is likely continue after project completion.
- **Risks:** Institutional sustainability may be challenged if political or administrative priorities shift, frequent staff transfers, and if there is insufficient financial or human resource commitment from local authorities. Advocate for integrating project outcomes into local and provincial policies (e.g., KP Disability Bill, KP Agriculture Policy) is key for long term sustainability. Similarly signing Memorandum of Understanding (MoUs) with government line departments to support the project during the implementation and creating mechanism for long term engagement for inclusion of people with disability in their annual development plans will be key for long term sustainability.

5. Risk Mitigation and Adaptability

This criterion evaluates how well the project anticipates and mitigates risks, including external and internal factors that might threaten sustainability.

- **Adaptation to External Factors:** The project includes assumptions and external risks (e.g., political stability, climate impacts) that might disrupt its progress. Measures like climate-smart agriculture and inclusive social

protection help mitigate some risks, but the project relies on continued government and civil society support, which can be influenced by external factors such as political changes.

- Resilience of Project Design: The focus on improving local capacities and providing inclusive, community-driven interventions is crucial for building resilience and long-term sustainability.
- Risks: If the project area experiences instability or a breakdown in local governance due to political unrest, frequent climate change events (floods, draught) maintaining momentum for inclusive practices and sustainability will be difficult. The project may consult with the District Disaster Management Unit in each district and prepare a risk mitigation plan to navigate such challenges.

A clear exit and sustainability plan needs to be developed at the start of the project and updated during the project implementation period.

7. RECOMMENDATION

A. Advocacy for Policy Implementation:

1. Add activities for engaging with lawmakers, policymakers at provincial level and collaborate with UN agencies and INGOs/NGOs working on international instruments related to disability right to advocate for passage of the draft Provincial Disability Bill of KP. KP government is the only provincial government in Pakistan that does not have the disability Act. The following activities may be included in addition to the awareness raising activities planned under Result 1 of the proposed project:
 - Identify and partner with those people and organisations from government and NGOs who have already worked or still working on the Provincial Disability Bill.
 - Identify and meet with policy champions within the provincial assembly to lobby with other provincial assembly members to table the Provincial Disability Bill and vote for it.
 - Organize meetings with elected representatives of Local Government to highlight the issues of people with disabilities and advocate for support at the provincial level.
 - Host dialogues that bring together representatives of the Organization of People with disabilities, local community leaders, provincial political representatives and government officials to discuss challenges faced by persons with disabilities and the need for supportive provincial policies.
 - Engage the media (social media influencers, TV anchors, and journalists writing on social issues) to amplify the need for provincial disability legislation, connecting the issue to real-life challenges faced by disabled community members and worked done under the project.
 - Develop a Stakeholder Engagement Plan that leverages existing services of the government line departments (Social Welfare and Women Rights

2. Department, BISP, District Health Department, District Agriculture Department, District Livestock Department, NADRA and District Disaster Management Unit) followed by signing an MoU with clear roles and responsibilities for collaboration in implementation of the project.

B. Implementation Strategy:

- i. Develop an implementation strategy that clearly outlines the approach to targeting interventions and criteria for identifying and selecting project beneficiaries to maximize the program's effectiveness.
- ii. Conduct a thorough market analysis to identify vocational training trades that are in high demand. Areas such as digital skills for youth, while providing options for women in trades that have scalability and income potential beyond traditional skills are key for effectiveness.
- iii. Identify or strengthen NIDA's own Technical Vocational Skills Training to provide specialised training for people with disabilities and women for non-traditional skills. It will be better to do an exposure visit of NIADA's vocational training team to see the work of KADO, Ciqum in Hunza GB and explore options for technical collaboration to strengthen NIDA's technical institute to provided disability inclusive and non-traditional skills for women.
- iv. Develop a strategy for introducing new crop varieties and innovative agricultural technologies that considers local contexts and capacities, based on research and community needs.
- v. Rather creating new community structures (Self Help Groups and Organization of People with Disabilities) better to work with and strengthen existing community structures where available.
- vi. Implement a comprehensive communication and advocacy plan to address cultural barriers and stigma surrounding persons with disabilities and women, fostering long-term acceptance of inclusive practices within communities.
- vii. For all the above, developing a Project Implementation Manual will not only be useful for clarity but also for ensuring quality of implementation.

C. Strengthening Monitoring and Evaluation (M&E):

- viii. Establish a detailed M&E plan that initially focuses on monitoring the implementation process, transitioning to outcome and impact evaluations in subsequent years. For impact assessment better to include both immediate and direct impact assessment measures and utilizing experimental or quasi-experimental methods to measure impacts effectively.
- ix. Organize regular lessons-learned events (semi-annually or annually) with stakeholders to facilitate cross-learning and adaptive management.

D. Sustainability and Exit Strategy:

- x. Develop a sustainability and exit strategy from the project's inception, detailing plans for follow-up support and institutional capacity building post-project completion with a focus on:
 1. Advocate for the integration of project outcomes into local and provincial policies and establish Memoranda of Understanding (MoUs) with relevant

- government departments to ensure continued support and inclusion of persons with disabilities in development plans.
2. Promote sustainable livestock rearing practices to mitigate climate change impacts, such as rotational grazing, enhanced manure management, and improved breeding practices.
 3. Encourage organic beekeeping practices and educate beekeepers on disease management to protect bee populations while improving community livelihoods.
 4. Collaborate with the District Disaster Management Unit to ensuring that all infrastructure developed under the project complies with the Disaster Risk Reduction (DRR) guidelines established by the DDMU/PDMA.
 5. Ensure the project includes strategies to maintain momentum for inclusive practices amid political or climatic instability

APPENDIX – A:HOUSEHOLD SURVEY TABLES

Table A1: Demographic Composition of Households

Age and Sex	Chitral			Shangla			Grand Total		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
Total Households			189			201			390
Total Population	580	610	1,190	902	908	1,810	1,482	1,518	3,000
Average Size of household	3.1	3.2	6.3	4.5	4.5	9.0	3.8	3.9	7.7
Number of Children	249	273	522	499	461	960	748	734	1482
Up to 10 yrs (%)	60.2	57.1	58.6	62.1	52.5	57.5	61.5	54.2	57.9
Over 10-18 yrs(%)	39.8	42.9	41.4	37.9	47.5	42.5	38.5	45.8	42.1
Number of Adults	331	337	668	403	447	850	734	784	1518
Over 18-65yrs(%)	83.7	88.4	86.1	92.3	93.5	92.9	88.4	91.3	89.9
Over 65 yrs (%)	16.3	11.6	13.9	7.7	6.5	7.1	11.6	8.7	10.1
Adults/HH	1.8	1.8	3.5	2.0	2.2	4.2	1.9	2.0	3.9
Married (%)	44.5	39.2	41.8	41.9	41.6	41.8	42.9	40.6	41.8
Never Married (%)	47.6	59.7	53.8	55.3	57.4	56.4	52.3	58.3	55.3
Widow/Widower (%)	7.4	0.8	4.0	2.4	-	1.2	4.4	0.3	2.3
Divorced (%)	0.5	0.3	0.4	0.1	0.1	0.1	0.3	0.2	0.2
Separated (%)	-	-	-	0.2	0.9	0.6	0.1	0.5	0.3
Dependency ratio	54.3	47.0	50.4	60.8	42.5	51.1	58.2	44.3	50.8
Have CNICs (%)	54.0	55.4	54.7	43.6	48.6	46.1	47.6	51.3	49.5
Applied for CNICs (%)	2.2	0.5	1.3	1.7	1.7	1.7	1.9	1.2	1.5
Don't Have CNICs (%)	6.4	9.5	8.0	4.8	2.9	3.8	5.4	5.5	5.5
Not eligible for CNICs (%)	37.4	34.6	36.0	50.0	46.9	48.5	45.1	42.0	43.5

Table A2: Household Income and coping strategies

Income	Chitral	Shangla	Grand Total
Number of Households	189	201	390
Average Annual Income/per household (PKR)	345,310	488,965	419,347
Average Monthly Income/per household (PKR)	28,776	40,747	34,946
Average Monthly Income/per capita (PKR)	4,570	4,525	4,543
%of households with female non-farm income	21	23	22
Stability of Housheold income:			
Very stable	9	0.5	4.6
Stable	43.9	46.8	45.4
Unstable	34.9	42.3	38.7
Very unstable	12.2	10.4	11.3
Changes in percent of household income			
Increased significantly	5.8	5	5.4
Increased moderately	28	13.9	20.8
Remained the same	20.6	42.8	32.1
Decreased moderately	42.9	30.3	36.4

Income	Chitral	Shangla	Grand Total
Decreased significantly	2.6	8	5.4
Percent of household basic needs:			
Yes fully	43.4	14.9	28.7
Yes, to some extent	46.6	69.7	58.5
Not at all	10.1	15.4	12.8
Percent of households struggling with:			
Food	21.3	12.4	16.7
Housing	6.3	5.7	6
Utilities (electricity, gas, water, etc.)	13.2	20	16.7
Healthcare	21.3	19.2	20.2
Education	16.9	19.5	18.2
Transportation/traveling	8.1	10.5	9.3
Clothing	9.7	8.1	8.9
Social function (marriages and other events)	3.4	4.6	4
Number of households sold assets:	3	12	15
Reasons of selling assets (% of responses)			
To repay loans	50	20	26.3
To purchase other assets	-	20	15.8
To meet health expenses	25	26.7	26.3
To meet education expenses	25	6.7	10.5
To meet food expenses	-	20	15.8
To meet social functions	-	6.7	5.3
Changes to increase household income (% of responses)			
Lack of skills or vocational training	26.7	20.2	22.7
Limited employment opportunities	22.4	20.9	21.5
Low agricultural productivity	12.7	18.2	16
Lack of resources (land, water, capital)	16.2	8.7	11.6
High cost of inputs (seeds, tools, etc.)	9	12.1	10.9
Poor market access	8.6	10.5	9.7
Natural disasters (flood, drought)	2.1	8.3	5.9
Disability-related barriers	1.4	1.1	1.2
Other	1	-	0.4
Loans Taken and Used by Households in last 12 months			
Percent of households taken loans	5.8	12.4	9.2
Percent of loan amount used for:			
Land purchase/development	8.2	15.6	13
Livestock purchase/development	2.3	1	1.5
Machinery purchase, repair	-	0.5	0.3
Farm inputs (seeds, fertilizers)	0.3	3.4	2.3
Business (investment, working capital)	2.6	-	0.9
Housing (construction/renovation)	63.3	1.6	23
Household food consumption	1	36.6	24.3
Social functions (weddings, funerals, etc.)	4.3	18.6	13.7
Health care	15.1	10.7	12.2
Education (school/tuition fees)	0.5	2.5	1.8
Loan repayment	2	7.7	5.7
Cash available (unspent loan)	0.5	1.8	1.3

Table A3: Primary and Secondary sources of Household Income (%of households)

Primary Source	Secondary Sources							
	Employment	Farming	Government Support	Remittances	Seasonal labour	Small Businesses	Other	Total
Employment	26.9	14.3	10.5	11.4	39.0	23.8	1.0	105
Farming	21.5	20.3	11.4	6.3	32.9	26.6	1.3	79
Government Support	45.5	13.6	11.3	4.5	25.0	6.8	4.5	44
Remittances	31.0	26.2	4.8	10.8	33.3	4.8	-	42
Seasonal labour	35.5	30.3	3.9	9.2	19.5	10.5	10.5	76
Small Business	18.2	15.2	6.1	15.2	39.4	8.5	6.1	33
Other	-	45.5	-	9.1	27.3	18.2	2.8	11
Grand Total	83	65	27	32	108	61	14	390
%Secondary Source	21.3	16.7	6.9	8.2	27.7	15.6	3.6	

Note: The green-coloured cells indicate the primary income source for each category of households, meaning these households rely predominantly on this source of income.

Table A4: Work status of Household Members

Work Status	Chitral			Shangla			Grand Total		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
Total population	580	610	1190	902	908	1810	1482	1518	3000
Not Working:	267	266	533	331	371	702	598	637	1235
Unemployed(%)	3.4	8.4	6.0	6.1	6.2	6.1	5.1	7.0	6.1
Unable to work (old age) (%)	4.8	2.1	3.4	0.9	0.6	0.7	2.4	1.2	1.8
Not willing to work (%)	4.0	0.8	2.4	4.5	3.2	3.9	4.3	2.2	3.3
Students (%)	33.8	32.3	33.0	25.2	30.9	28.1	28.5	31.5	30.0
Unpaid Household Work:	202	13	215	341	26	367	543	39	582
Unpaid Household Work (%)	34.8	2.1	18.1	37.8	2.9	20.3	36.6	2.6	19.4
Working outside the household:	111	331	442	230	511	741	341	842	1183
Own Farming (%)	12.6	15.4	14.0	22.9	22.5	22.7	18.9	19.6	19.3
Farm Labor (%)	2.1	4.3	3.2	0.9	5.3	3.1	1.3	4.9	3.1
Govt. Job (%)	0.9	5.1	3.0	0.3	1.9	1.1	0.5	3.2	1.9
Private Job (%)	0.7	8.7	4.8	0.7	2.2	1.4	0.7	4.8	2.8
Business (%)	1.2	2.5	1.8	0.3	8.6	4.5	0.7	6.1	3.4
Off-farm unskilled labour (%)	-	2.6	1.3	0.1	6.9	3.5	0.1	5.2	2.7
Off-farm skilled labour (%)	1.4	9.2	5.4	-	4.3	2.2	0.5	6.3	3.4
Other paid labour (%)	0.3	6.6	3.5	0.2	4.6	2.4	0.3	5.4	2.9

Table A5: Food security status of sample households

	Chitral	Shangla	All households
Number of households	189	201	390
Percent of households received nutrition support	48.1	9.5	28.2
Household Minimum Daily Dietary Diversity (MDD) score:			
Score 0-5	37.6	27.9	32.6
Score >5-10	40.7	59.7	50.5
Score >10	21.7	12.4	16.9
How often does your household have enough food to meet everyone's needs (%):			
Always	44.4	13.9	28.7
Often	29.6	21.9	25.6
Sometimes	23.8	51.2	37.9
Rarely	2.1	11.4	6.9
Never	-	1.5	0.8
Main source of food (percent of responses)			
Own production (farming, kitchen gardening)	23.2	35.2	30.1
Market purchase	61.0	55.9	58.1
Food aid or support	12.0	6.6	8.9
Bartering or exchanging goods	2.7	2.3	2.5
Other	1.2	-	0.5
Main challenges accessing nutritious food (% of responses)			
High cost of food	49.5	36.4	41.4
Limited availability of fresh produce	19.0	28.5	24.9
Distance to markets	14.4	22.1	19.2
Poor storage facilities	15.3	12.0	13.3
Disability-related barriers	1.5	0.9	1.2
Other	0.3	-	0.1

Table A6: Current Agriculture practices, challenges and interest in smart agriculture

Agricultural Engagement	Chitral	Shangla	All Households
Number of Households	189	201	390
Currently Engaged in Agriculture (%)	12.7	46.3	30.0
Average Land Cultivated (in Kanals)	2.6	7.7	6.6
Types of Crops Cultivated by % of households:			
Beans, Potato, Tomato, Okara, Cucumber, Onion	4.2	4.3	4.3
Maize, Peas, Beans	-	8.6	6.8
Maze wheat rice	-	1.1	0.9
Wheat, Maize	25.0	86.0	73.5
Wheat, Red beans, Millet, Wheat	70.8	-	14.5
Number of AGRI Households	24	93	117
Percent of households interested in crop diversification	12.5	93.5	76.9
Reasons for Diversification (% of households):			
To adopt to climate change impacts	-	12.6	12.2
To increase productivity	100.0	87.4	87.8
Percent of households not interested in crop diversification	87.50	6.45	23.08
Not Interested - Reasons (% of households):			
Financial Problem	4.8	16.7	7.4
Lack of knowledge about new crops	-	50.0	11.1
Not Interested	90.5	33.3	77.8
Limited land	4.8	-	3.7
Type of Irrigation System used (% of response):			
Surface Irrigation (e.g., Flood or Furrow Irrigation)	80.8	23.7	32.9
Drip Irrigation or Sprinkler Irrigation	11.5	10.4	10.6
Tube Well/Bore Well Irrigation	7.7	3.0	3.7
Rain-fed (No irrigation system)	-	63.0	52.8
Water Availability Concern (%):			
Yes, major concern	75.0	69.9	70.9
Somewhat a concern	25.0	29.0	28.2
Not a concern	-	1.1	0.9
Relevance of Water Management Training (%):			
Yes, very relevant	25.0	78.5	67.5
Somewhat relevant	66.7	21.5	30.8
Not relevant	8.3	-	1.7
Barrier to adopt improved water management practices			
Lack of knowledge or awareness	53.1	31.5	33.8
High costs of implementation	28.1	28.6	28.5
Physical accessibility	9.4	22.0	20.7
Lack of community support	9.4	17.9	17.0
Number of households	24	93	117
Number of households using modern Agri tech	20	23	43
Number of households not using modern Agri tech	4	70	74
Reason for not using (%):			
Lack of Knowledge and information	-	24.3	23.0
Lack of Resources	-	38.6	36.5
Modern Agri Technology are not available	100.0	37.1	40.5
Number of households experienced soil degradation	20.0	54.8	53.8
Types of Climate Change Impact:			
Erratic rainfall patterns	25.0	49.2	48.6
Increased frequency of floods	25.0	15.1	15.3
Prolonged droughts	25.0	14.5	14.8
Higher incidence of pests and diseases	25.0	12.3	12.6
Other (Strong winds)	-	8.9	8.7

Agricultural Engagement	Chitral	Shangla	All Households
Main Barriers to Sustainable Farming:			
Lack of training and knowledge,	33.3	30.2	30.3
High costs of modern technologies	33.3	26.6	26.6
Limited access to resources	33.3	23.3	23.4
Preference for traditional methods	-	19.9	19.7
Change in agriculture productive overtime (%)			
Somewhat Increased Productivity	-	19.1	14.8
No Change	35.7	24.5	27.0
Somewhat Decreased Productivity	64.3	41.5	46.7
Significantly Decreased Productivity	-	14.9	11.5
Number of households interested in learning	27	93	120
Improved irrigation techniques	25.0	26.5	26.1
Soil conservation methods	25.0	22.5	23.2
Crop rotation	25.0	27.1	26.6
Organic farming	25.0	23.9	24.2
Current challenges in learning about smart agriculture			
Accessibility at training locations	24.3	25.1	24.9
Lack of transportation	23.4	22.3	22.6
Lack of information	24.3	21.4	22.1
Financial constraints	24.3	24.2	24.2
Other	1.8	0.6	0.9
Non availability of Agriculturist	1.8	6.4	5.3

Table A7: Demographic profile of people with disabilities

Demographic status	Chitral			Shangla			Grand Total		
	Man	Woman	Total	Man	Woman	Total	Man	Wom en	Tot al
Person with a hearing impairment	5		5	1	4	5	6	4	10
10-18 yrs					1	1	0	1	1
19-65 yrs	4		4	1	3	4	5	3	8
Up to 10 yrs	1		1				1	0	1
Person with a visual impairment	2	1	3	1	1	2	3	2	5
19-65 yrs	2	1	3	1	1	2	3	2	5
Person with Intellectual Disabilities	3	1	4	2	2	4	5	3	8
10-18 yrs	2	1	3	1		1	3	1	4
19-65 yrs	1		1	1	2	3	2	2	4
Person with Physical Disabilities	8	9	17	6	5	11	14	14	28
10-18 yrs	2	1	3				2	1	3
19-65 yrs	2	6	8	5	5	10	7	11	18
over 65 yrs	3	2	5	1		1	4	2	6
Up to 10 yrs	1		1				1	0	1
Grand Total	18	11	29	10	12	22	28	23	51

Table A8: Relevance of project activities ranked by respondents (% of responses)

	Chitral	Shangla	All households
Number of households	189	201	390
1. Disability-specific CNICs and social protection schemes:			
Highly relevant and necessary	79.4	93.0	86.4
Relevant but Not Urgent	3.2	2.0	2.6
Not Relevant, Unnecessary	17.5	5.0	11.0
2. Vocational skills training (TVET) for persons with disabilities or their family members:			
Highly relevant and necessary	66.1	65.2	65.6
Relevant but Not Urgent	2.6	3.5	3.1
Not Relevant, Unnecessary	31.2	31.3	31.3
3. Business management trainings for self-employment:			
Highly relevant and necessary	51.9	84.6	68.7
Relevant but Not Urgent	3.7	4.5	4.1
Not Relevant, Unnecessary	44.4	10.9	27.2
4. Climate-smart agricultural practices training:			
Highly relevant and necessary	59.8	92.5	76.7
Relevant but Not Urgent	7.4	4.0	5.6
Not Relevant, Unnecessary	32.8	3.5	17.7
5. Promoting diversified vegetable and fruit growing:			
Highly relevant and necessary	51.9	77.1	64.9
Relevant but Not Urgent	4.2	4.5	4.4
Not Relevant, Unnecessary	43.9	18.4	30.8
6. Quality feed and veterinary services for livestock:			
Highly relevant and necessary	51.9	75.6	64.1
Relevant but Not Urgent	3.7	4.5	4.1
Not Relevant, Unnecessary	44.4	19.9	31.8
7. Improved water management and conservation methods:			
Highly relevant and necessary	55.6	77.6	66.9
Relevant but Not Urgent	4.8	3.0	3.8
Not Relevant, Unnecessary	39.7	19.4	29.2
8. Forming community committees (CC) and self-help groups (SHGs):			
Highly relevant and necessary	69.3	70.6	70.0
Relevant but Not Urgent	4.8	9.0	6.9
Not Relevant, Unnecessary	25.9	20.4	23.1
9. Inclusive hazard/climate change risk assessments:			
Highly relevant and necessary	58.7	71.1	65.1
Relevant but Not Urgent	6.3	5.5	5.9
Not Relevant, Unnecessary	34.9	23.4	29.0
10. Training CCs and SHGs on organizational management and leadership:			
Highly relevant and necessary	68.3	73.1	70.8
Relevant but Not Urgent	5.3	4.0	4.6
Not Relevant, Unnecessary	26.5	22.9	24.6
11. Accessibility adaptations at government departments and OPDs:			
Highly relevant and necessary	72.0	80.1	76.2
Relevant but Not Urgent	5.3	5.0	5.1
Not Relevant, Unnecessary	22.8	14.9	18.7
12. Awareness and trainings on disability and gender inclusion:			
Highly relevant and necessary	70.4	76.6	73.6
Relevant but Not Urgent	3.7	4.5	4.1
Not Relevant, Unnecessary	25.9	18.9	22.3

APPENDIX – B: METHODOLOGY

1. SCOPE OF THE EVALUATION

The feasibility study assesses all key components of the proposed project, including vocational skills training, micro-credit access, agricultural interventions (e.g., crop diversification, kitchen gardening, honey beekeeping, and livestock management), infrastructure accessibility (e.g., health facilities and schools), and community group formation, particularly for people with disabilities. The study evaluates the project’s viability across its phases—from initial planning, design, and implementation to long-term sustainability.

Geographically, the study will focus on the four targeted union councils in Shangla and Chitral districts of Khyber Pakhtunkhwa (KP) Province. Specifically, the study will focus on communities in Butyal and Kormang/Tehsil Besham in District Shangla, and Ayun, Tehsil Chitral, and Drosh 1, Tehsil Drosh in District Chitral Lower. The study will analyse the socio-economic contexts, community needs in these four UCs and will identify potential risk for the project implementation. Additionally, it will assess the capacity and roles of the project implementing partner (NIDA).

Main stakeholders of the study include CBM team in Pakistan and Germany, NIDA, relevant government and non-government agencies in the target districts, and potential beneficiaries of the project.

The feasibility study is conducted during August 20 to Sept 30, 2024, aiming to provide a comprehensive understanding of the project's feasibility, potential challenges, and strategic recommendations for the successful implementation and sustainability of the project.

2. OBJECTIVE OF EVALUATION AND STATED CRITERIA AS PER TOR

The feasibility study evaluated the proposed project against OECD-DAC criteria to determine its viability and potential to achieve its intended outcomes. This assessment is critical for CBM and NIDA to identify opportunities and risks. It includes a situation and problem analysis at macro, meso, and micro levels, with a focus on challenges faced by women and persons with disabilities. The study also reviews NIDA's capacity for implementation, analyses target groups, conducts gender analysis, and provides actionable recommendations to refine the project design.

The Feasibility Study is using the following OECD/DAC evaluation criteria and corresponding main evaluation questions. In addition to OECD/DAC criteria, disability and gender are used as crosscutting themes.

Table 6 Assessment/Evaluation criteria and main guiding questions for the study

Evaluation criteria	Main Evaluations Questions
Relevance	To what extent is the planned project doing the right thing?

Evaluation criteria	Main Evaluations Questions
Coherence	How well does the intervention fit?
Effectiveness	To what extent is the proposed project likely to achieve its stated objectives?
Efficiency	Does the use of funds planned by the project appear economical in terms of achieving the objectives?
Impact	To what extent has the planned project the potential to contribute to the achievement of overarching developmental impacts?
Sustainability	To what extent will the positive effects (without further external funding) continue after the end of the project?
Safeguarding	Has the project design included safeguarding as cross-cutting issue? Are safeguarding practices strengthened?
Note: The evaluation criteria and main questions are taken from the study ToRs	

3. Approach

This study uses a participatory, disability-inclusive, gender-responsive, and human rights-based approach. It actively engages diverse stakeholders, including persons with and without disabilities, while addressing the specific needs of women and marginalized groups. The approach combines macro and micro-level analyses to capture both the broader context and specific challenges faced by target populations. Through systematic gender analysis and the collection of qualitative and quantitative data, it offers insights into the project's viability and risks, providing actionable recommendations aligned with international human rights standards.

Disability Inclusion: The consulting team employs the Washington Group's short set of questions¹² to identify disabilities and functional limitations. The team includes a woman with a disability who has subject-matter expertise.

Accessibility: The study prioritizes the participation of men and women with disabilities by ensuring, reasonable accommodation during data collection, use of sign language interpretation and accessible formats wherever needed. These accessibility measures are integrated into the budget, drawing on our experience in inclusive studies involving persons with disabilities.

4. Methods

The study used both primary and secondary data to address the guiding questions outlined in the study ToR. For the primary data collection, we used a mixed-methods approach that combines qualitative and quantitative data collection techniques. The Evaluation Matrix outlines the guiding questions based on the OECD-DAC criteria, the corresponding data sources, and the methods used to collect and analyse the data. This matrix ensures that all relevant aspects are systematically addressed throughout the study. Qualitative insights are gathered

¹² Washington group on disability statistics.

http://www.cdc.gov/nchs/washington_group/http://www.cdc.gov/nchs/washington_group/

through literature reviews, Key Informant Interviews with stakeholder, and Focus Group Discussions (FGDs) with the potential beneficiaries of the project, including men, women, persons with and without disabilities. A quantitative household survey was conducted to assess the current situation in the proposed project areas.

This mixed-methods approach allowed us for data triangulation, enhancing the study's validity and providing a comprehensive assessment of the project's feasibility. The findings offer practical recommendations to refine the project design and evaluate the suitability of the local partner for effective implementation.

5. Data Collection Methods

A. Desk Review and Secondary Data Analysis

This includes review of two types of documents:

(a) Project Documents: During the inception phase the following documents were received from the project team and reviewed:

- a. Draft Concept Note of the Project "Strengthening food and nutrition security, resilience of the people with and without disabilities and their communities Chitral and Shangla districts of Khyber Pakhtunkhwa."
- b. Result and Activities Matrix of the Project
- c. Guidance Note for conducting feasibility studies, BENGGO/ BMZ - Date: September 2021
- d. PIT-NIDA Detailed Budget of the Project 25-04-2024.
- e. Impact matrix with indicators

The review of these documents informs our understanding of the project rationale, objective, its scope, expected results and refinement in our methods and data collection tools.

(b) Relevant government policies, strategies, and development plans: During the inception phase we have accessed the key policies and strategies of the government at provincial level and national level that are focused on livelihood, food security, and nutrition. Key strategies include the KP Integrated Development Strategy (2014-2024), KP Agriculture Policy (2018), and the KP Food Security and Nutrition Policy (2020). Review of these documents shows that these plans emphasize poverty reduction, sustainable agriculture, and the inclusion of marginalized groups, including women and persons with disabilities.

Programs like the KP Social Protection Strategy and Livelihood Support and Promotion of Small Community Infrastructure Project (LACIP) - a development initiative funded by the German government through the KfW Development Bank and implemented in Khyber Pakhtunkhwa (KP), Pakistan aim to enhance livelihoods through microcredit, vocational training, and small-scale infrastructure, often with international support. Disability inclusion, highlighted in the KP

Disability Act (2017) and Special Persons Act (2014), remains a challenge with limited implementation, especially in remote areas.

National policies, such as the Ehsaas Program and the National Food Security Policy, also influence KP's development landscape. However, barriers related to accessibility, social norms, and weak implementation persist, particularly affecting persons with disabilities.

The review suggests that while KP has progressive policies, significant gaps remain in practical implementation. Our feasibility study also focuses on identifying these gaps and proposing adaptive, inclusive solutions, especially for communities in Chitral and Shangla during the data collection phase.

B. Key Informant Interviews

To gather expert insights on improving livelihoods, food security, and nutrition for people with and without disabilities in Khyber Pakhtunkhwa we have conducted a total of 14 Key Informant Interviews (KIIs). The Key Informant Interviews (KIIs) involved a range of stakeholders to gain comprehensive insights into the feasibility study. This included 2 interviews each with district-level public sector officials, such as social welfare officers, agriculture extension representatives, NADRA officials, health department representatives, and TVET institutes in Shangla and Chitral. Additionally, the study engaged 2 KIIs with the Community-Based Inclusive Network at national and provincial levels, and 2 KIIs with the National Forum for Women with Disabilities at both national and provincial levels, ensuring a diverse and informed perspective on the project. During the inception phase we have developed the KII tool. The tool includes sections on the background of the interviewee and their perspective on the main challenges faced by individuals with disabilities. It covers feasibility and potential challenges of disability-specific CNICs and social protection schemes, effective vocational skills training and business management for self-employment, climate-smart agricultural practices, and livestock management. It also gathered opinions on the roles of community committees and self-help groups, necessary accessibility adaptations, and awareness initiatives. Lastly, the tool explored essential partnerships for project implementation and addresses potential challenges and opportunities.

C. Focus Groups Discussion

A total of 8 Focus Group Discussions (FGDs) were conducted in the target villages of the project in Chitral and Shangla. The FGDs explored the current challenges and coping strategies related to livelihoods and nutrition, assess the relevance and accessibility of proposed project activities, and identify barriers to participation for people with disabilities. Participants included individuals with disabilities, their family members, community leaders, women, youth, and marginalized group members. The FGD guide is developed during the inception phase. The discussion in each FGD covered diverse topics, including the

effectiveness of disability-specific CNICs, vocational training, climate-smart practices, and community support mechanisms.

The participants for the KIIs and FGDs were selected purposively in consultation with the local implementing partner NIDA. The purpose was to select people with relevant information to the project intervention and about the current situation on the ground. A summary of the type and number of respondents is presented in Table 4.

Table 7: Type and number of KIIs and FGDs in the targeted project districts, Shangla and Chitral

Respondents	Number of KIIs
Public sector stakeholder at district level	02 KII with social welfare officer at Shangla and Chitral 02 KII with representative from agriculture extension department at Shangla and Chitral 02 KII with representative of livestock department in Shangla and Chitral 02 KII with representative NADRA 02 KII with health Departments 02 with TVET institutes
Representative of OPDs and their networks	02 KII with Community Based Inclusive Network one at national and one at provincial level. 02 KIIs with National Forum for women with disabilities one at national and one at provincial level
Total KIIs	14 KIIs in total
Women and girls with disabilities potential project participants	04 FGDs (02 FGD in each District)
Men and boys with disabilities potential project participants	04 FGDs (02 FGD in each District)
Total FGDs	08 FGDs in total

D. Quantitative survey

1. Data Collection Tools

A quantitative household survey is administered with 400 households (360 households without disability and 40 with disability) to assesses the current situation in the proposed project areas. The information gathered from the household survey provides a detailed understanding of the current conditions and needs of the community. By assessing aspects such as livelihood practices, income sources, food security, and nutritional status, the survey helps identify the most pressing challenges and opportunities within the target population. It enables the

assessment team to evaluate the potential impact of various interventions, such as vocational training or kitchen gardening, by understanding the specific needs and preferences of households, including those with disabilities. This insight informs the design and planning of the project, ensuring that proposed solutions are both relevant and achievable, and helps in determining the potential for successful implementation and sustainability of the project outcomes.

The household survey tool developed during the inception phase (see Annex -IV) helped us understanding the household demographics, income sources, asset ownership, and challenges faced by individuals, including those with disabilities. The tool assesses current food security, nutrition through Minimum Dietary Diversity (MDD) questions, and the potential benefits of various interventions like vocational training and kitchen gardening.

A separate module of questionnaire was administered for people with disability.

The "Questionnaire for Persons with Disabilities" aimed to collect comprehensive information on the challenges and needs related to livelihood, food security, and nutrition among people with disabilities in the community. It helped to identify specific difficulties faced by individuals, such as accessibility barriers and limited opportunities, and gather insights on potential project interventions. The questionnaire covered aspects like types of disabilities, challenges in accessing food and livelihood, awareness of social protection schemes, and interest in vocational training or business management. It also explored the feasibility and relevance of proposed interventions such as climate-smart agriculture, business training, and inclusive community initiatives. (see Annex V).

2. Sampling Strategy

a. Determination of the sample size

To determine the sample size, we have used the following sample size determination formula¹³:

$$n = \frac{Z^2 \times p \times (1-p)}{E^2}$$

Where:

n: Required sample size.

Z: Z-value (e.g., 1.96 for a 95% confidence level)

p: Estimated proportion (e.g., 0.5 if unknown, which maximizes the sample size)

E: Margin of error (e.g., 0.05 for 5% margin of error).

Using 95% confidence level and a 5% margin of error we get the sample size of 385. The sample size is sufficient to conduct statistical analysis and draw meaningful conclusions from the study.

b. Sampling Technique

For this study, a **stratified random sampling** technique is employed to ensure a representative sample of the population, segmented by disability status and

¹³ Cochran, W. G. (1977). *Sampling Techniques* (3rd ed.). John Wiley & Sons.

gender. The study area includes individuals with and without disabilities, with the disability population is estimated at 10%.

Stratification Details:

1. **Disability Status:** Individuals with disabilities and those without.
2. **Gender:** Men and women within each disability status group.

The total sample size for the study is adjusted to **400** respondents from 385. This sample is distributed across four targeted union councils of the project (UC Butyal, UC Karmong in Shangla and UC Ayun and Drosh 1 in Chitral), in each UC we have randomly select four villages. Within the selected villages the respondent households were selected randomly.

Sampling Distribution:

- **People with Disabilities:** 40 respondents (20 men and 20 women), with 10 respondents from each union council and 2 respondents from each village.
- **People without Disabilities:** 360 respondents (180 men and 180 women), with 90 respondents from each union council and 18 respondents from each village.

This sampling strategy ensures proportional representation of both disability status and gender, with a structured approach to selecting participants from a defined geographical area to achieve balanced and comprehensive data collection. Summary of the sample distribution is presented in table 5.

Table 8: Sample distribution

Stratum	Total Sample Size	Number of Men	Number of Women	Total per Union Council	Total per sample Village
People with Disabilities	40	20	20	10 per UC	2 per Village
People without Disabilities	360	180	180	90 per UC	28 per Village
Overall Total Sample Size	400	200	200	100 per UC	20 per Village

6. THE STUDY PROCESS

A. Inception Phase

Kick-off Meeting: Following the contract signing on August 20th, a kick-off meeting was conducted on August 22nd with the CBM team. This meeting aimed to establish a clear understanding of the project context and expectations. During the session, the project scope, methodology, and timelines were clarified, and key

documents such as the Impact Matrix and theory of change were requested to ensure alignment with CBM/NIDA-Pakistan's objectives.

Desk Review: The desk review involved analysing documents provided by CBM and reviewing relevant government policies and strategies. This review focused on understanding the project rationale, objectives and expected results and literature related to governments policies and strategies in areas of resilient livelihoods, disability inclusion, and accessibility in KP. The desk review help in writing this inception report and development of the data collection tools.

Development of Data Collection Tools: Data collection tools, including Key Informant Interview (KII) guides, Focus Group Discussion (FGD) checklists, and household survey questionnaires, were developed and annexed to the inception report.

Recruitment of field data collection teams: A total of 12 (3 male members and 3 female members) from each of the program districts have been identified from our pool of data collection teams and has been selected for the field work.

Inception Report: The inception report was prepared following the format provided by CBM, ensuring it meets the specified standards and requirements. The inception report was submitted to CBM and NIDA for comments before a presentation made to CBM in a meeting on 30th August 2024. The inception phase concluded with the approval of the inception report from CBM.

B. Implementation Phase:

The implementation phase involved training of the data collection team, finalizing the data collection tools, collected the data and analysing the collected data.

Data Collection Team Training: A one-day training was conducted on 6th September 2024 for the enumerators in district Shangla and Chitral simultaneously. The training session covered the study's background, objectives, methodology and detailed reviews of data collection tools, definitions, and question-by-question guidance. Enumerators practiced questions phrasing in local languages, engaged in mock interviews, and learn about ethics, privacy, and local norms. The training also addresses handling non-responses, dos and don'ts, and field challenges, including data security and quality control. The training had a session on the CBM code of conduct and safeguarding policy. The training was delivered by the Team Leader of HCPL in Shangla and our food and Evaluation/Agriculture and food security expert in Chitral.

Data Collection: The data collection started on 5th September and concluded on 13th September 2024. The qualitative data (KIIs and FGDs) were conducted by the HCPL team of experts, and the quantitative survey was conducted by the field data collection team. Our field data collection supervisor supported the data collection team during the enumeration process. Our team of experts had a debriefing session in the end of each day with the data collection team and responded to questions and quires of the field data collection team member. The quantitative data was collected using Computer-Assisted Personal Interviewing (CAPI) through KOBO platform.

Data Quality Control: CAPI/KOBO based data collection helped in improving data quality control and assurance by enabling real-time data entry with built-in validation checks, reducing manual errors, ensuring consistency through automated skip patterns and logic checks, and allowing immediate feedback and corrections. Our back-office two data quality control officers reviewed the data on daily basis and share feedback with field team for course correction. For this purpose, two data quality checking team members were deployed. A WhatsApp group of the data collection team was formed, and instant feedback were provided to the team.

Data Cleaning and Analysis: Qualitative data was transcribed, coded, and analysed using thematic analysis to identify recurring patterns. Quantitative data cleaned, coded, and analysed in Excel, and presented with graphs, tables, and infographics to detail findings related to project outputs and outcomes.

Report Writing: During the implementation phase we prepared a detailed draft report using the CBM provided report structure. The report documents the study process and findings, including an executive summary, background, methodology, limitations, key findings, and recommendations. The draft report was shared with CBM for review before finalising the reports.

C. Closing Phase:

Validation Workshop: After incorporating CBM input on the draft report it was presented in a validation workshop organised by CBM. The purpose of this validation workshop was to review and confirm the findings of a study with key stakeholders, ensuring that the data and conclusions are accurate, relevant, and aligned with the study objectives. It helped in taking feedback from the key stakeholders, the study's results and recommendations are validated and endorsed before finalization.

Final Report: The final report reflected the feedback from the validation workshop and submitted to the approval of CBM.

APPENDEX – C: List of KII and FGD participants

(i) List of Participants: Key Informant Interviews and discussions with participants

S/No	Name	Organization	Designation	District
1	Khizer Hayat	Social Welfare and Women Rights Department	District Social Welfare Officer	Chitral
2	Javed Ahmed	Benazir Income Support Program (BISP)	Deputy Director	Chitral
3	Syed Ali	Benazir Income Support Program (BISP)	Deputy Director	
3	Dr Fayyaz Ali Rumi	District Health Department	District Health Officer	Chitral
4	Mukhtar Azam	NADRA	Deputy Director	Chitral
5	Burhan U Din	District Agriculture Department	Agriculture Officer	Chitral
6	Shehzad Ahmed	District Agriculture Department	Agriculture Officer	Chitral
7	Dr Ghulam Muhammad	District Livestock Department	Director	Chitral
8	Niaz Ahmed	District Livestock Department	Veterinary Officer	Chitral
9	Rashid ul Ghaforr	District Disaster Management Unit	Focal Person	Chitral
10	Sana Ullah	Chitral Special People Organization (CSPO)	Chairman	Chitral
11	Anwar Baig	NIDA Office Chitral	Programme Manager	Chitral
12	Muhammad Fawad	Polytechnic Institute	Principal	Shangla
13	Muhammad Hussain	National Database and Registration Authority	Deputy Assistant Director	Shangla
14	Ahsan Ahmed	Social Welfare Department	District Social Welfare Officer	Shangla
15	Dr Mansoor Ahmad	Tehsil Headquarter Hospital	Medical Superintendent Tehsil Head Quarter Hospital	Shangla
16	Ayaz Ahmad & Zari Said	Agriculture Department	Agricultural Officer	Shangla
17	Dr Usman	Livestock Department		Shangla

(ii) List of FGD participants

S/No	Location	Participants	District
1	Village Council Office Balanguru, Rurmbur, Union Council Ayun	Sultan Inayat Ullah Asif Taj Maqbool Ahmed Asif Khan Noor Shani Wazir Ahmed Asif Zada Jumrat Bibi Mashar Gul Rehana Sabi Gul	Chitral
2	Village Council Office, Shahnigar, Union Council Drosh1	Waqar Ahmed Syed Ashraf Ahsan Ullah Amin Ur Rehman Anis Ahmed Zubair Ali Akhtar Khan Sahir Ali Ghazi Aman Arsalan Ahmed Burhan Uddin Sana Ullah Mehrab Tashfin Uddin Azaz Alam	Chitral
3	Village Shenigar, Drosh 1	Nazeera Bibi Farhana Sahiba Muniza Saliha Rashida Sabreena Nazrana Zia Bibi Chustan Zahida Jamal Bibi Zubaida	Chitral
4	Kerai	Noshaba Samina Bibi Jamila Noor Begum Sultana Rahim Saba Jamila	Shangla

		Rukhsana Bib Gul Sheba	
5	Kerai	Rafid Sabir Alam Saeed Anwar Amir Aziz Muhammad Zaman Masood Khan Amir Zeb Zeeshan Abdul Akbar Khan Saleem Ullah	Shangla