

SUB-PROJECT DESCRIPTION, Part 2 – Narrative Reporting

Partner Agreement No.:	[0000000283]
Implementer:	[1205077 – Regional Institute of Policy Research & Training]
Operation:	[PAK - 2011]
Budget Year:	[2011]
Population planning Group(s)	[4PAKA-Internally Displaced Pakistanis]
Period covered by the Agreement:	[1 Jan. 2011- 15 July 2011] (Six Months)]
Pillar:	[4]
Cost Center(s)	[33063]

1. Sub-Project Overview

District Swat has been the center of crisis for the last two years. First, in July 2009 more than two million people were displaced by the fighting between government forces and Taliban militants. These people stayed in the down districts of Khyber Pukhtunkhwa in camps, government buildings, host communities and rented houses. By the end of July the IDPs started returning to Swat. When they returned to their homes, they were confronted by problems. They suffered economic losses, damages to buildings and infrastructure, and had also lost their savings and thus had no savings. Security operations still continue, causing renewed fears of displacement.

In July 2010, Swat was also hit by unprecedented floods due to heavy rain fall in Khyber Pukhtunkhwa causing large number of human casualties, washing away thousands of homes and destroying standing crops. Heavy losses to livestock were also reported. The residents of the flood hit areas of district were not only deprived of food and crops but many had to live in camps. These events caused mental trauma. The devastation from war and floods has left entire communities and individuals with no resources to fend for them as well as deep scars of trauma.

“Malgaro Kor” (Home for friends) initiative:

RIPORT – MK with the help of UNHCR established 7 welfare centers in the following union councils in 2010 to provide communities techniques to handle trauma. These centers were located in:

1. UC Barikot
2. UC Ghalegey
3. UC Khwaza Khela
4. UC Kanju
5. UC Shin
6. UC Madyan
7. UC Bahrain

The above welfare centers provided the following protection and related services from November 16, 2009 to July 15, 2011.

- Psycho-social support (psychological counseling)
- Family psychological education workshops
- Referral mechanism
- SOS helpline
- Provision for livelihoods/income generation to the conflict and flood affectees.
- Water supply schemes for marginalized communities

Experience of managing the project showed that anxiety and depression was mainly caused by financial stressors. Not only the ongoing conflict but the devastating flooding, have added to the miseries of people of district Swat. They need not only continuous psychological support, but also help in re-establishing their livelihoods that they have lost in the floods.

The proposed project aimed to protect the rights of civilians, specially returned and stayees in targeted UCs and its catchments areas. The project specially focused on flood affectees and traumatized population of Swat and the vulnerable women and children. In each of the welfare center a set of activities was carried out to help the conflict and flood affectees, mainly focusing on protection and related issues, with a strong research and communication component so as to provide a leading edge to other project initiatives.

2. Description of Population Planning Group(s)

a) Indicate changes which may have occurred in the beneficiary population profile and how this may have affected the sub-project.

The occurrence of floods in July 2010 caused severe damage to the road infrastructure in the area and adversely affected approaching Malgaro Kor Project centers. This affected the delivery of outputs by the project but still a considerable number of patients obtained treatment at the welfare centers besides at their homes.

After consultations with UNHCR, the welfare center in UC Shin was replaced with a new welfare center in UC Bahrain on January 1, 2011, which affected the turn-out of patients for a few days due to operations in a new area.

- b) *Provide demographic data pertaining to the actual beneficiaries of this sub-project (one table for every Population Planning Group assisted under this sub-project). Partner should explain the difference between the actual number of beneficiaries and the planned number, if applicable.*

Following is the demographic breakdown of total population of the three operational welfare centers in union councils in Swat till June 30, 2011;

Name of Beneficiaries:		UC Kanju (Operational until July 15, 2011)				
Age Group	Male (in absolute numbers)	(in %)	Female (in absolute numbers)	(in %)	Total (in absolute numbers)	(in %)
0-5	8	6.4%	12	0.9%	20	2%
6-18	39	31.2%	91	7.34%	130	10%
19 and over	78	62.4%	1,136	91.4%	1,212	88%
Total:	125	100%	1,239	100%	1,362	100%
Major locations:		Ningolai, Kanju, Sherpalam, Imam Dheri, Shakardara				

Name of Beneficiaries:		UC Madyan (Operational until July 15, 2011)				
Age Group	Male (in absolute numbers)	(in %)	Female (in absolute numbers)	(in %)	Total (in absolute numbers)	(in %)
0-5	1	1.9%	2	1.1%	3	1.3%
6-18	7	13.2%	16	9%	23	10%
19 and over	45	84.9%	159	89.9%	204	88.7%
Total:	53	100%	177	100%	230	100%
Major locations:		Shankoo, Shorkat, Badalai, Kalagay, Ingarabad				

Name of Beneficiaries:		UC Bahrain (Operational until July 15, 2011)				
Age Group	Male (in absolute numbers)	(in %)	Female (in absolute numbers)	(in %)	Total (in absolute numbers)	(in %)
0-5	0	0%	0	0%	0	0%
5-18	2	25 %	13	13%	15	13.88%
19 and over	6	75%	87	87%	93	86.12%
Total:	8	100%	100	100%	108	100%
Major locations:		Bahrain, Satal, Panjigram, Grelagan, Theilba				

Name of Beneficiaries:		UC Barikot (Closed down on March 31, 2011)				
Age Group	Male (in absolute numbers)	(in %)	Female (in absolute numbers)	(in %)	Total (in absolute numbers)	(in %)
0-5	2	40%	0	0%	2	1.32%
5-18	5	60%	45	31.04%	50	32.89%
19 and over	0	0%	100	68.96%	100	65.79%
Total:	7	100%	145	100%	152	100%
Major locations:		Nagoha, Barikot, Parrai, Aboha, Not Maira				

Name of Beneficiaries:		UC Khwazakhela (Closed down on March 31, 2011)				
Age Group	Male (in absolute numbers)	(in %)	Female (in absolute numbers)	(in %)	Total (in absolute numbers)	(in %)
0-5	0	0	0	0%	0	0%
5-18	0	0	3	4.2%	3	4.2%
19 and over	0	0	67	95.8%	67	95.8%
Total:	0	0	70	100%	70	100%
Major locations:		Bar Kalay, Bandai, Titabut, Tikdarai, Landikas, Gashkor & Chamtalai				

Name of Beneficiaries:		UC Ghalegay (Closed down on March 31, 2011)				
Age Group	Male (in absolute numbers)	(in %)	Female (in absolute numbers)	(in %)	Total (in absolute numbers)	(in %)
0-5	0	0%	0	0%	0	0%
5-18	5	71.4%	12	10.3%	17	13.8%
19 and over	2	28.6%	104	89.7%	106	86.2%
Total:	7	100%	116	100%	123	100%
Major locations:		Ghalegay, Manyar, Nawagai, Shinger Dar, Amlook Dara, Karakar				

Name of Beneficiaries:		UC Shin (Closed down on Dec. 31, 2010)				
Age Group	Male (in absolute numbers)	(in %)	Female (in absolute numbers)	(in %)	Total (in absolute numbers)	(in %)
0-5	0	0%	0	0%	0	0%
6-18	0	0%	3	17.6%	3	17.6%
19 and over	0	0%	14	82.4%	14	82.4%
Total:	0	0%	17	100%	17	100%
Major locations:		Ghar Shin, Sam Shin, Asala, Shinpati, Rahat Kot, Barganr, Bachaabad, Nalay Kala, Mominabad				

a) General Background on Population Planning Group(s)

Swat is a valley and an administrative district of Khyber Pukhtunkhwa located 250KMs from Islamabad. The Capital of Swat is Saidu Sharif, and the main town in the valley is Mingora. District Swat has 6 Tehsils i.e. Khawazakhela, Kabal, Madyan, Barikot, Mingora and Kalam. Each Tehsil comprises of a number of Union Councils. There are 65 Union Councils in District Swat, 56 Rural and 9 Urban. According to census report of year 1998, total population of Swat was 1,257,602. At a growth rate of 3.32, the projected population of Swat in 2008 is 1,743,361.

b) Specific Information on the Population Planning Group(s) of the Sub-Project

Recently, the devastating flood had disconnected Swat from other areas of the country because all the 32 bridges were destroyed/damaged by floods. This resulted in the delay of provision of emergency relief activities as well as shortage of food in the local market. People were desperate to find food and medicines.

Coupled with that, District Swat was affected by the ongoing military operations against Taliban terrorists. Armed conflict between the Taliban and the government caused the displacement of over 2.6 million people in April – May 2009 from Swat, Dir and Buner. The communities are now facing severe challenges in terms of access to basic needs such as food, water and shelter. In December 2008, most of the area was in the grips of the Taliban insurgency. The Islamist militant leaders banned education for girls and bombed or torched more than 170 schools along with other government buildings. In May 2009 government began a military offensive to regain control of the region. Returnees and stayees and flood affectees in most cases suffered by stress and psychological trauma when they were unable to re-establish their lives due to loss. These conditions created traumatic conditions for numerous persons.

2. Implementation Arrangements

- a) Describe the arrangements your agency has made to produce the outputs described in Section 6 of the Sub-Project Description. Describe constraints and explain what changes, if any had to be made to the original plan during implementation.

In 2010, RIPORT established 6 welfare centers in 6 UCs of District Swat Ghalegay, Barikot, Kanju, Khwaza Khela, Shin and Madyan as agreed with UNHCR. A gradual phase-out of MK began from January 1, 2011. In this connection RIPORT-MK closed down the welfare center in

Shin and replaced it by a new welfare center in UC Bahrain. Later, the welfare centers in Khwazakhela, Ghalegay and Barikot were closed down on 31st March, 2011.

The first phase of the project is to be closed by 15th July, 2011. Its 2nd phase will be undertaken in FATA with certain modifications.

2.1. PMO

A project management Office (PMO) managed the project team from Kanju Township, and was responsible for the management of overall activities of the project i.e. coordination, mobilization, supervision and reporting welfare activities. The SOS call center was also established in PMO which was one of the main sources of providing help to the target population who could call in and inform the project of their needs. The availability of SOS center was advertised to communities and individuals through brochures and over the radio. The project also undertook mapping of existing services in the catchments area and established link to PDMA/PaRSSA and other organizations to gather accurate information on government programs. MK also provided advice on how to access assistance programs and facilitating EVIs to obtain services, including registration, CNICs, and humanitarian assistance programs.

The field staff implementing the project activities of MK were based in the centers and had been working in the surrounding UCs also.

The activities that were undertaken under the project are included in the following project components:

2.2. Protection Services – Psychological Treatment

Trained psychologists offered group and individual counseling sessions in the welfare centers. Sessions followed a methodology based on **therapeutic community mode/post disaster traumatic treatment** to initiate psychosocial services with potentially at-risk or traumatized individuals. The methodology involved the formation of small, homogenous groups that initially discussed issues of stress (due to natural disasters, conflict and others).

The field staff (social mobilisers) identified the vulnerable individuals for psychological treatment after that the psychologists treated them in the centers or visited their homes for treatment.

At –risk individuals were identified and discreetly referred to clinical psychologists in Saidu Group of Hospitals in Swat who acted as case managers for those with psychological trauma due to the

recent flooding and conflict. Clinical psychological services were available in all the centers and followed standard confidentially and clinical guidelines for case management.

A screening system was developed where psychologists assessed the clients. Those who suffered from stress and minor trauma were provided with treatment locally. This included counseling and cognitive therapy and psychotherapeutic intervention. Clients with serious/major psychotic disorder were referred to the secondary & tertiary psychiatric services in Saidu Group of Hospitals and Khyber Teaching Hospital Peshawar.

Consultancy advice to project team under this program was provided by senior professors of psychiatry, who not only monitored and guided the activities of psychologists but also randomly monitored the support and referral system and provided training periodically as part of continuous professional development of the field staff. These professors also worked as mentors to the psychologists. The professors provided professional and technical expertise and arranged indoor admissions to psychiatry department of teaching hospital at Peshawar. Workshop and trainings were also arranged to train individuals from affected families who were provided psychological education. The objective of this training was to teach patients on how to cope with trauma.

2.3. Protection Services – Referral Mechanism

Clients visiting the welfare center for other than psychological treatment were referred to different service providers (NGOs/INGOs/BHUs/Government line departments & Hospitals). Referral officers/center in charge helped to strengthen inter-agency linkages and improve access to services by referring beneficiaries to another service provider. For example, affectees were referred to local health service providers for any health concerns.

During the last 12th months (Nov 2009 – Nov 2010), MK referred 8288 clients to different NGOs/INGOs providing services such as food, shelter, water and sanitation, non-food items medical treatments etc these organizations include YRC, Saidu Sharif Hospital, Save the Children, Handicap International, Merlin, Asia foundation, SRSP, IRC, WFP, Hayat Foundation etc. The referral officer/centre in charge assessed the needs of the visiting clients and then referred him/her to the relevant organizations. These referral officers established contacts with focal persons in other NGOs through one-to-one and cluster meetings.

2.4. Contractual indicators:

The following table shows the performance indicators specified for Malgaro Kor Project by UNHCR.

Counseling	Performance Targeting Indicators
Psychological cases or individual therapy sessions/month	50
Workshops/month	2
Group Therapy Sessions/month	10
Referrals/month	100
Community visits/week	4

Following table highlights all the MK centers performance throughout the life of MK Project;

S/No.	MK Center	Psychological cases			Referred cases			Group sessions			Workshops/ campaigns			Community visits		
		Achieved Overall	Achieved /month	Target	Achieved Overall	Achieved /month	Target /month	Achieved Overall	Achieved /month	Target /month	Achieved Overall	Achieved /month	Target /month	Achieved Overall	Achieved /week	Target /week
1	Kanju	873	48.5	50	3041	169	100	523	29	10	69	1	2	274	3.8	4
2	K.khela	643	40.2	50	994	62.12	100	455	28.4	10	28	0.5	2	248	3.9	4
3	Barikot	691	43.2	50	700	43.8	100	403	25.1	10	43	2.6	2	248	3.9	4
4	Ghalegay	394	24.62	50	439	27.4	100	327	20.4	10	26	1.6	2	197	12.3	4
5	Shin	323	27	50	564	47	100	415	8.65	10	25	2.08	2	197	4.1	4
6	Madyan	437	39.7	50	920	83.63	100	33	3	10	24	2.2	2	186	4.22	4
7	Bahrain	164	27.3	50	374	62.3	100	22	3.7	10	25	4.16	2	95	3.96	4
TOTAL		3,525			7,005			578			240			1,445		

Average performance of MK centers against targeted indicators on per monthly basis;

S/No.	MK Center Name	Psychological cases per month	Referred cases per month	Group sessions per month	Workshops/campaigns per month	Community visits/Week
1	Kanju	48.5	169	29	1	3.8
2	Khawazakhela	40.2	62.12	28.4	0.5	3.9
3	Barikot	43.3	43.8	25.1	2.6	3.9
4	Ghalegay	24.62	27.4	20.4	1.6	12.3
5	Shin	27	47	8.65	2.08	4.1
6	Madyan	39.7	83.63	3	2.2	4.22
7	Bahrain	27.3	62.3	3.7	4.16	3.96
Targeted indicators		50	100	10	2	4
Average Performance		35.8	70.8	16.9	2.02	5.17

MK project achieved most of the targeted indicators mutually set by RIPORE & UNHCR. Unfortunately MK stopped its activities for two months when the project team unfunded twice. The floods in July also disrupted MK activities for a month. The floods destroyed the road infrastructure which affected movement thus lowering achievements in areas relating to GBV and normal activities.

2.5. Protection Services – Monitoring

Small teams in each center undertook protection monitoring in the catchments area. They undertook focus group discussions in different locations on a weekly basis to monitor the general protection environment. They also undertook confidential incident reporting, consistent with UNHCR guidelines. Information gathered contained the information of location and date of incident, type of incident, number of persons affected, persons responsible, any further details, and action taken to address the incident, and contact information if follow –up was desired. Protection teams have been liaising with formal and informal protection actors several times per month, in order to follow –up on incidents where action has been requested by the team. They also exchanged information with these actors on trends and threads, and actors to resolve the same.

Each center undertook mapping of service provision in the catchment area gather accurate information on services provided by NGOs/INGOs and government programs etc. Center coordinators provided advice on how to access assistance programs, and also facilitated EVIs to access services, including registration and humanitarian assistance programs.

2.6. Research

Research was conducted by using various tools such as personnel interviews, meetings, FGDs and collecting secondary data. Data was analyzed to produce information and research papers/reports which were forwarded to policy-makers as recommendation. The publication of reports and other media products like radio content were shared with key stakeholders. The research looked into conflict and problems of displaced people, the causes of displacement and the means which led fighting the region. Solutions were also identified. The recommendations will help policy-maker, research organization, development activists and workers to broaden their understanding and tailor their policies to provide guiding principles for IDPs; research also helped to change the perceptions of the conflict affectees, extremist elements and general public on the one hand and encouraged people to face such traumas on the other hand.

The main themes of research studies included the following;

- Impact of media on females of Swat.
- Advocacy for peace in Swat.
- Impact of livelihoods interventions for reducing stress and conflict.
- Attitude towards corporal punishment in schools in Swat. (Due to shortage of time it was not attempted.)

RIPORT will continue research studies in the next phase of the project called ‘FATA Return Monitoring Project’.

3. Impact on Protection Issues and Policy Priorities

How the sub – project ensured a specific impact on:

a) The protection of the beneficiary population:

The MK project provided information on the general protection environment, and incident reporting for the targeted UCs. This information contributed to cluster monitoring and enabled responses to protection related concerns. Amongst conflict and flood affectees women, elders and children were the most vulnerable. They needed support in terms of psychosocial counseling. Even though the people are resilient, they needed a place where they could share their concerns and find refuge from every day hardships. Those who are severely stressed were provided with specialized care. Psychosocial centers services had a direct and positive impact on improving protection services and such services also protected the rights of women and children.

Whenever they needed immediate protection assistance, the MK provided these. It empowered them and gave them the confidence to tackle issues by themselves. It gave them the courage and a voice to discuss their plight. Our psychosocial centers have had a long-term impact on the protection situation in Swat. Our work has influenced public attitude and promoted social cohesion.

b) Conflict effected women/gender equality:

The project ensured that women in targeted areas have access to a safe space, where psychosocial and economic support is available, and where they can get advice on a number of protection related issues. The MK project focused especially on women, who were displaced or returned and living in conflict affected areas or were the victims of conflict/flood. The project sought to ensure women’s welfare through discreet mechanisms which are suitable to the local culture. For example, a range of communication mechanisms were used to ensure that messages reached a broad spectrum of the local population. MK sought the support of local religious leaders in spreading protection messages, ensuring the legitimacy and acceptance of such attitudes.

c) Children:

The MK intervention did not specifically target children, who are also an extremely vulnerable group, but MK had a positive impact on children through increased welfare of their mothers. When a child was at risk, psychologists intervened.

4. Related Projects

Malgaro Kor Project has ended on July 15, 2011 and provided psycho-social support as well as referral mechanism to the affectees in seven Union Councils of District Swat. RIPORT – MK’s psychologists and counselors have been providing uninterrupted and specialized support to the affected people of District Swat, achieving enormously productive results.

RIPORT –MK established contacts at grass-root level and with various local organizations. RIPORT’s previous work in the region in the past while conducting couple of years and has conducted surveys and assessments in similar mountainous regions also helped. The previous knowledge and partnership with local organizations helped the project staff in the smooth running of project activities.

Since, there is no other service provider undertaking psycho-social interventions in the said union councils of District Swat, therefore, best practicing conditions were available for RIPORT–MK to expand their specialized psycho-social support activities to other union councils.

In order to reduce the economic trauma and assist the marginalized population the RIPORT-MK team also undertook the following initiatives:

3. Related Inputs and Projects

a) Backyard Poultry Distribution

Malgaro Kor Project distributed poultry birds in six union councils of District Swat in Dec. 2010.

In the first phase of this activity, 8,100 poultry chickens were distributed to 405 targeted EVIs, whereas in 2nd phase 206 EVIs benefited with 4,120 birds. The whole relief package also included 80KG crumbled food for the layers. The main purpose of poultry distribution was to help the affectees of militancy and floods across the district to generate additional incomes and improve diet of the empowered households. The project on an average raised households’ incomes by over Rs. 2,000 per month.

The following table shows the phase-wise overall progress of poultry distribution in six UCs of Swat;

Phase(s)	Location	Total amount spent on birds & feed in PKR
Phase 1	UC Ghalegay, Barikot, Khwazakhela, Madyan, Kanju and Shin	5,788,455
Phase 2	UC Ghalegay, Barikot, Khwazakhela, Madyan, Kanju and Shin	

b) Water Supply Scheme

Malgaro Kor Project successfully completed various water supply schemes in the five Union councils of Swat for marginalized and poor communities. During this activity, five hand pumps were installed in Kawtaro Maira Union Council, two hand pumps in Khwazakhela Union Council, one water-supply repair scheme was executed in Shin Union Council, and two mega water supply schemes were completed in Madyan Union Council. The water supply intervention benefited a total of 1,095 households with the population of 9,855.

The following table shows the progress of MK;

Description	Amount in PKR
One DWSS at Badalai Chail and one at Ashanka Chail Valley Valley in UC Madyan, One Water Supply Scheme repair in Shin, Hand-pumps Scheme in Kawtaro Maira Hand-pump Scheme at Titabat in UC Khwazakhela and Hand-pump Scheme at Bar Kalay in UC Khwazakhela	3,439,291

4. Overall Assessment of the Sub-Project

c) Overall impact of the sub-project

The sub-project activities had positive impact on protection of returnees in conflict affected areas. Psycho-social support was provided to those who were traumatized. This reduced the miseries of the persons affected by conflict and also reduced their depression and mental ailments, especially of women folk. The centers also provided counseling in confidence building and wining the hearts and minds of the conflict affectees, thus reducing their risks.

Referral services and guidance to people helped them acquire the right services and information. Coordination with other actors was made to facilitate the conflict affectees in Swat.

Field intervention by the field staff of MALGARO KOR PROJECT centers helped the teams to identify the vulnerable individuals, maintain their record and shared it with relevant agencies and government departments to help them receive assistance.

MALGARO KOR PROJECT centers also provided relief to those whose property rights were adversely affected by working with pro-bono lawyers initially and then including their cost in the extension of the new phase of the project activities. This improved protection of rights of the returnees.

The MK Project team played a positive role in providing help to the worst affected categories who are women, elders and children. Those who were severely stressed were provided with specialized care. Psychosocial centers provided this service when needed. This had a direct and positive impact on improving protection services.

MK work also influenced public attitude and promoted social cohesion.

d) *Co-operation with other actors*

MALGARO KOR PROJECT had strived to develop a good rapport and coordination with the government line departments, service providers' local organizations and community to identify areas of cooperation amongst various stakeholders.

e) *Lessons learnt and recommendation for the future*

- Keeping in view the Pakhtun culture and barriers, Malgaro Kor Project team felt that the percentage of female staff should have been higher to reach more female so as to reduce gender-based violence.
- The perception of beneficiaries was that soft activities only were not enough for helping the lives of conflict affectees. They suggested that tangible activities like skill development, poultry farming, agriculture inputs, drinking water supply schemes etc. should be made a part of any such interventions in the future.
- Malgaro Kor Project strongly suggests the provision of funds for establishing relaxation therapy rooms in the welfare centers in any future project.

- Malgaro Kor also suggests greater donor coordination should have been achieved between Save the Children or UNICEF and Malgaro Kor to create more child friendly spaces in welfare centers.
- Provision of a general medical practitioner in the project with some budget for medicine would have helped to further strengthen the MK welfare center activities.
- Provision of one mobile psychological unit could have improved outreach further.
- The Malgaro Kor Project proposes that assisting children should be a major part of any fresh design. Such a revised project must include budget for food mother and child who attend such sessions.
- MK team felt that the delayed flow of funds slowed down core activities that adversely affected achievements.
- The MK project has collected a huge amount of community related/individual data that needs to be archived/saved and statistically dealt with before conservation. In case UNHCR is interested then RIPORT could provide a concept paper and a budget on how to do this.

On the basis of experience MK it was found that to jump start the livelihoods in conflict/flood affected areas it was important to develop interventions that are low risk and quick; our experience with backyard poultry farming shows this approach to be a winner. This is a master intervention enabling the communities to be rejuvenated in the shortest period and reduction of trauma that seems to be mostly generated by poverty.

Last word:

The RIPORT-MK-UNHCR project was a huge success not only from the point of view of the individuals treated and those communities who benefited. But it also transformed the project team and the staff, who have become the new votaries for social protection and service to depressed and the marginalized.

The project has left behind a sense of achievement and contribution in line with the three core RIPORT values;

- *To base our actions on principles of peace, love & brotherhood.*
- *To serve without being influenced by political affiliation, religious belief, gender, region or membership of a caste or tribe.*
- *To ensure supremacy of justice, fair-play and equity in conducting the p*