

# ANNUAL PROGRESS REPORT OF KONPAL, CAPS JANUARY – DECEMBER, 2014

A wide array of activities were held in 2014. The following main activities were held by konpal from January 2014 – December 2014.

## **KONPAL CHILDREN CENTRE:**

Konpal opened its first children centre at Dhoraji ,Karachi .Konpal Children Centre (KCC) aims to offer to children and their families belonging to the under privileged classes a healthy ,creative and innovative learning set up.

The KCC will provide a creative atmosphere, health awareness and assessment, Innovative Learning method, developmental assessment and monitoring, healthy recreational activities, educational enhancement methods and nutritional awareness and monitoring.

## **KONPAL CHILDREN CENTRE (KCC) VISION:**

Prepare healthy, happy, ethically and developmentally (physically emotionally, socially spiritually) stable children and youth who will be read to develop into responsible members of the society.

## **KONPAL CHILDREN CENTRE (KCC) MISSION:**

Provides intellectually challenging and developmentally appropriate educational set-up to the children belonging to the underprivileged class of the society.

## **KONPAL CHILDREN CENTRE (KCC) OBJECTIVES:**

### **FOR CHILDREN:**

1. Biannual Medical Checkup of all children including growth and developmental Assessment.
2. Train children on health, self protection and education other than curriculum material.
3. Provides healthy recreational facilities to the children.
4. Promote creative activities for children.
5. Review the existing curriculum and introduce and suggest innovation based on current principles of education.
6. Set up vocational training center.
7. Provide career guidance services.

### **FOR TEACHER:**

1. Training on Child Rights and protection and prevention of Child abuse and Neglect.
2. Training on child health problems (physical, mental, emotional and social problems).
3. Training on simple principles of health, nutrition and children safety and protection.
4. Training on innovated and current teaching methodology.

### **FOR MOTHER (PARENTS OR CARE TAKERS)**

1. Training on child care and protection.
2. Set up a vocational training center for their capacity building, self reliance and making them independent.

### **FOR THE COMMUNITY**

1. Regular awareness raising session on important issues related to health, education and child protection.
2. Offer habilitation and rehabilitation services to the community.
3. Initiate and establish adult literacy centre.

The first introductory meeting of the teachers of Rehnuma Trust and Konpal Members were held on 15<sup>th</sup> October, 2014 to brief them how konpal will work and what is konpal through presentation. It was attended by 35<sup>th</sup> teachers of Rehnuma Trust and konpal team.

On 14<sup>th</sup> December, 2014 a soft opening and ribbon cutting ceremony was organized by KCC. Prof. Ribbon cutting ceremony was done by Prof Abdul Ghaffar Billoo and a small boy (Baber) of the locality . It was attended by Mrs. Ameena Ghani a trustee of the RT and all the RT members and by Mr. Iqbal Pan wala and by the Konpal members.

### **MEDICAL CHECKUP OF KCC:**

Started on 30<sup>th</sup> October, 2014 till 17<sup>th</sup> December, 2014 about 136 students of KG section medical checkup have been done with the help of volunteer doctor and HCPC team.

**A Teacher training Workshop:** for the Rehnuma Trust School was held on 20<sup>th</sup> December, 2014 Facilitated by Dr. Aisha Mehnaz, Mr. Adil, Ms. Kiswhar, Ms. Naila Mehboob, Ms. Zeenat Fatima, Ms. Aisha Akhlaq and Ms. Shanhnaz Yasin. On the topic of Child Care and Protection in all 15<sup>th</sup> teachers were trained.

### **SILENT PROTEST AND CANDLE LIT VIGIL:**

On the brutal killing of children at Army Public School, Peshwar ,a Peace full and silent protest was held at Karachi Press Club on 18<sup>th</sup> December, 2014 to show our solidarity with the children, teachers and the families towards brutal killing at Army Public School, Peshwar.

Fatiha and candle lit Vigil in the memory of Shaheed Students and Teachers were also held on the occasion.

### **KARACHI HEALTH FESTIVAL 2014**

Karachi health festival was organized by Konpal on the occasion of World Health Day on Sunday 27<sup>th</sup> April, 2014 at Arts Council of Pakistan Karachi, by Konpal (caps) in collaboration with Arts Council of Pakistan and Dow University of Health Sciences, Karachi.

Chief Guests was “Dr. Umer Farooq” Pro Vice Chancellor of Dow University of Health Sciences.

The festival included seminar on Vector born infection, Stage show which include songs, skits, fun and games,a free Medical camp were also setup. Special stage show was performed by Konpal team of doctors. Special children of AURA and Al-Imran Rehabilitation Center and the children of SOS village performed and presented tablu and comedy skits which were very well appreciated and enjoyed by the guest.

Prior to Festival a Press conference for the Karachi Health Festival was held at Karachi Press Club on 25<sup>th</sup> April, 2014 to brief the media regarding the Karachi Health Festival.

Which was arranged by; Dr. Mirza Azhar Ali and was attended by; Dr. Aisha Mehnaz, Dr. Qaiser Sajjad, Dr. Naveed, Dr. Mehboob, Dr. Mirza Azhar Ali, Ms. Shahnaz Yasin and Mr. Adil **Konpal also Set up the following stalls:** Arts and Crafts of Pakistan ,Food stall,Konpal main stall Nutritional awareness stall ,Psychological counselling stall ,Occupational therapy stall ,Developmental/ BMI assessment stall, painting stall ,Baby show etc.

### **A SEMINAR WAS ALSO HELD ON VECTOR BORN INFECTION AND RARE DISEASE.**

Speakers were Dr. Aisha Mehnaz, Dr. Fehmina Arif, Dr. Yousuf Yahya, Dr. Aftab Gohar. The panelist were Dr. Naseem Salahuddin, Dr. Shakeel Malick, Dr. Naheed Jamali, Dr. Saleem Ilyas and Dr. Tahir Shamsi at the end vote of thanks was given by Dr. Nusrat Shah.

Certificates were distributed to the volunteers who participated and worked for the cause.

Shields were distributed to the speakers, HCPC Members, Konpal Members and those who contributed to supported during the festival.

Shield were also presented to Dow University of Health Sciences and Arts Council of Pakistan, ESSA Lab, Malaria Control Program, SOS Village, AURA and Al-Imran Rehabilitation centre.

### **MOTHER'S TRAINING WORKSHOPS:**

This year 13 mother training workshop on “enhancement of mothers skill in child care and protection “were held including one at SOS village (Jamshoro) and another one during the Brest Feeding Week In all 337 mother were trained. (Konpal so far has trained nearly 1500 mothers)

Certificates were distributed among the mother with a gift of First Aid Boxes.

These mother workshops were facilitated by Dr. Aisha Mehnaz, Dr. Fehmina Arif, Dr. Amanullah, Dr. Yousuf Yahya. Ms. Aisha Akhlaq, Mr. Adil, Ms. Zeenat Fatima, Ms. Naila Mehboob, Ms. Kishwar and Ms. Shahnaz yasin.

### **WORKSHOPS FOR DOCTORS AND HEALTH CARE PROVIDERS (HCP):**

Three workshops for Doctors were organized, one at on the occasion of 2<sup>nd</sup> National Conference on child and adolescent mental health at Hayderabad organized by department of Psychiatry (LUMHS) on 27<sup>th</sup> September,2014. More than 30 doctors, teachers, NGO workers participated. Plenary talk on impact of child abuse and neglect was also given by Prof. Aisha Mehnaz on the occasion.

The workshop were facilitated by Dr. Aisha Mehnaz, Dr. Nusrat Shah, Dr. Yousuf Yahya and Dr. Farida Quresi. In order to recognize the contribution of organizer of LUMHS a memento of Konpal was given to Dr. Moin Ansari. On 27<sup>th</sup> September, 2014 one day orientation workshop on child abuse and neglect was organized

On 11<sup>th</sup> & 12<sup>th</sup> November, 2014 doctor's workshop was organized at DUHS, 25 doctors were trained from Paeds, Gyne and Psychiatry department by Dr. Aisha Mehnaz, Dr. Fehmina Arif, Dr. Nusrat Shah, Dr. Yousuf Yahya on CAN. Prof. Masood Hameed was the chief guest and distributed the certificate.

24<sup>th</sup> December, 2014 one day Doctor Workshop was held at Rahim Yar Khan on CAN facilitated by Dr. Aisha Mehnaz , 33 doctors were trained.

Dr. Aisha Mehnaz participated in 22<sup>nd</sup> Biennial Paediatrics Conference at Lahore on 19<sup>th</sup> & 23<sup>rd</sup> November, 2014 and gave presentation on Role of doctors in Child protection system. In all 80 doctors were trained.

### **HOSPITAL CHILD PROTECTION COMMITTEE (HCPC):**

More than 500 cases of CAN were managed by team of HCPS ,CHK. Case conference and data sharing done regularly every month.

## **IFTAR DINNER AT SOS VILLAGE**

On 17<sup>th</sup> July, 2014 Iftar cum dinner party at SOS Village (Malir) was hosted by Konpal. Roza Khushai and Khtam ul Quran by 15 Children of the village and Naat competition was also the features of the day. Gifts were distributed to children who completed Quran and children who recited Naat.

## **KONPAL ELECTION FOR THE TENURE 2014 – 2016:**

Election for office bearers and executive members for the tenure 2014 – 2016 was held. All the candidates were elected unopposed. These include Prof Aisha Mehnaz (Chairperson) .Dr. Fareeda Qureshi (Vice Chairperson) ,Dr. Nusrat Shah (General Secretary) ,Ms. Shahnaz Yasin (Joint General Secretary)and Dr. Fehmina Arif (Treasurer). Executive Members include Dr. Mirza Ali Azhar ,Dr. Kirshan ,Dr. Rakesh Raj ,Dr. Samina Ali ,Dr. Saba Laila , Dr. Shazia Mohsin ,Mr. Shahnawaz Khan,Dr Yousuf Yahya ,Dr. Amanullah Lail Rafia Haider and Mr Asghar Advocate.

## **SEMINAR ON BREAST FEEDING AT KG**

In collaboration with Essa Lab Konpal organized a seminar on Breast Feeding on 19<sup>th</sup> August, 2014 at Karachi Gymkhana for the students of Paediatrics. The speakers were Dr. Aisha Mehnaz. A quiz program on the topic was also held by Dr. Fehmina, Dr. Ammarah and Dr. Muzammil. Dr. Abdul Ghaffar Billo was the chief guest.

## **KONPAL STALLS AT KARACHI UNIVERSITY**

On 10<sup>th</sup> April, 2014 Konpal participated and put a stall at the first Medical and Health care bio campaign at University of Karachi faculty of pharmacy.

## **CHILDREN WEEK ACTIVITIES**

### **UNIVERSAL CHILDREN DAY CELEBRATION:**

1. Workshop for Enhancing the Capacity and skills of mothers in Child Care and protection.
2. Capacity building workshop for Health Care Providers on Children Rights and Early case Detection of Child Abuse and Neglect.
3. 19<sup>th</sup> November, 2014 to observe the Universal Children Day a walk was organized by Konpal in collaboration with PPA, PMA and Rehnuma Trust.  
The slogan of the walk was (let every child go to school). The walk started from the PMA House with the student and teacher of Rehnuma School, Konpal Members, HCPC Team and PPA & PMA members.

### **AWARENESS THROUGH MEDIA:**

Konpal Members participated in a number of awareness raising sessions organized by print and electronic media

Monday 12<sup>th</sup> May, 2014

Dr. Aisha Mehnaz appeared in the morning show at Health TV to give information on Mother and Child Health on the Occasion at Mothers Day.

Monday 26<sup>th</sup> May, 2014

An interview with Dr. Aisha Mehnaz by Dawn journalist Ms. Mahnoor on Child Abuse.

12<sup>th</sup> August, 2014

Appeared on Health TV to discussed the matters of Child Care.

## **ACTIVITIES ATTENDED BY KONPAL MEMBERS:**

- a. Dr. Aisha Mehnaz attended seminar Role of Ombudsman – Excesses against women (Karo Kari) and Children organized by Ombudsman on 15<sup>th</sup> January, 2014
- b. Dr. Aisha Mehnaz, Dr. Nusrat Shah and Ms. Shahnaz Yasin attended consultation meeting on child protection authority with NGOs, parliamentarians and civil society members at Sindh Assembly building on 16<sup>th</sup> January, 2014.
- c. Dr. Amanullah Lail and Ms. Shahnaz Yasin attended consultation meeting on Child Protection authority with NGO, parliamentarians and civil society members organized by Ombudsmen at P.C Hotel on 17<sup>th</sup> January, 2014.
- d. Dr. Aisha Mehnaz, Ms. Zeenat Fatima and Ms. Kanwal Jahan attended toward reducing the burden of violence a bio psycho social approach to screening and management of non accidental trauma (NAT) at AKU on 29<sup>th</sup> January, 2014 Dr. Aisha Mehnaz was the panelist.
- e. Ms. Shahnaz Yasin attended Stakeholder and consultation on Right to information organized by Delta, UNDP and initiator at Marriot Hotel on 20<sup>th</sup> February, 2014.
- f. Ms. Shahnaz Yasin attended Child Literacy Festival organized by ITA at Arts Council of Pakistan on 20<sup>th</sup> February, 2014.
- g. Ms. Shahnaz Yasin attended National workshop on Existing protection mechanism for youth, children and women in Pakistan organized by LHRA at Mehran Hotel on 29<sup>th</sup> March, 2014.
- h. Dr. Aisha Mehnaz and Ms. Shahnaz Yasin attended Child Rights meeting organized by CRM at Fisher Folk on 14<sup>th</sup> April, 2014.
- i. Dr. Aisha Mehnaz attended budgeting meeting organized by CRM Spark at Marriot hotel on 20<sup>th</sup> May, 2014.
- j. Ms. Shahnaz Yasin attended by introduction of CHAON organized by save the Child (CHAON) at Awari hotel on 2<sup>nd</sup> May, 2014.
- k. Ms. Shahnaz Yasin and Mr. Adil attended seminar on fund accounting for NGOs organized by ICAP at ICAP office on 16<sup>th</sup> December, 2014.
- l. Ms. Shahnaz Yasin attended as member “institutional scholarship award committee (ISAC) by the Pak – USAID Merit and need based scholarship program phase II” organized by Dow University of Health Sciences, Karachi on 10<sup>th</sup> April, 2014.