

# KONPAL \* CHILD ABUSE PREVENTION SOCIETY

کونپل بچوں کے تحفظ اور ان پر تشدد کے ازالے کے لئے کوشاں ہے۔ اس غیر حکومتی ادارے میں بچوں کے حقوق کے تحفظ کا عزم رکھنے والے افراد شامل ہیں جو معاشرے کو بچوں پر تشدد سے پاک کرنے کے لئے سرگرم عمل ہیں اور ایسا معاشرہ دیکھنا چاہتے ہیں جو بچوں پر جنسی تشدد کو اور ان کے کاروباری استعمال کو ہرگز برداشت نہ کرنے اور نہ ان کو کسی ضرر رساں کام، عسکری تنازعہ یا تشدد معاملے میں ملوث ہونے دے۔ اس کے ارکان میں مختلف شعبہ ہائے حیات سے تعلق رکھنے والے افراد شامل ہیں جو بچوں پر تشدد کے رجحان میں اضافے کے بارے میں نگر مند ہیں اور اس کے خاتمے کے لئے ہر ممکن طریقے سے جنگ کرنے میں مصروف ہیں۔



# KONPAL \* CHILD ABUSE PREVENTION SOCIETY

KONPAL Child Abuse Prevention Society is a non political, non sectarian, non government organisation which is tax exempted and PCP certified. Konpal is working for the rights of children and against all forms of child abuse, neglect and violence. It comprises of child right activists who share the common vision of society free of child abuse with zero tolerance against child sexual abuse and commercial sexual exploitation. The members are professionals from different fields who are concerned with the rising incidences of child maltreatment, neglect, abuse and violation of children rights.

## بچوں کی بہتر نشوونما اور حفاظتی اقدامات

دوروزہ تربیتی پروگرام برائے والدین میں ہزاروں سے زائد ماؤں کی تربیت

بچوں کی دیکھ بھال اور تربیت میں والدین خصوصاً ماں کی ایک کلیدی حیثیت ہے وہ ماں جس کے پاس بچوں کی دیکھ بھال ان کی نشوونما ان کی بنیادی ضروریات اور صحت سے متعلق بنیادی معلومات ہوتی ہیں وہ اپنے بچوں کی دیکھ بھال بہت احسن طریقے سے کرتی ہیں بد قسمتی سے ہمارے ملک میں بچے بہت سے مسائل کا شکار ہیں جس میں صحت اور بنیادی حفاظت سرفہرست ہے گوکہ حکومت اور دیگر ادارے اپنی پوری کوشش کر رہے ہیں لیکن جب تک ماں کی قابلیت اور استطاعت میں اضافہ نہیں کیا جائے گا ہم خاطر خواہ نتیجہ نہیں حاصل کر سکتے ہیں خواتین میں تعلیم اور بچوں کی دیکھ بھال سے متعلق معلومات کو دور کرنا ہمارا اولین فرض ہے کونپل چائلڈ ایبوز پروفیکشن سوسائٹی نے اس کمی کو محسوس کیا اور ماؤں کی تربیت کیلئے ایک تربیتی پروگرام کا اہتمام کیا۔

دوروزہ تربیتی پروگرام چھ اسباق (Modules) پر مشتمل ہے جس میں ماؤں کو بنیادی معلوم دی جاتی ہے جسمیں نہ صرف انھیں بچوں کے صحت اور اس کی حفاظت اور تربیت کے بارے میں بتایا جاتا ہے بلکہ خود وہ اپنی جسمانی اور ذہنی صحت کا خیال کس طرح رکھ سکتی ہیں اس کے بارے میں بھی بتایا جاتا ہے یہ تربیتی پروگرام کونپل 2010 سے باقاعدگی سے چلا رہی ہے اب تک کونپل کی ٹیم کی مسلسل کوششوں سے 1000 سے زائد ماؤں اس پروگرام سے مستفید ہو چکی ہیں۔

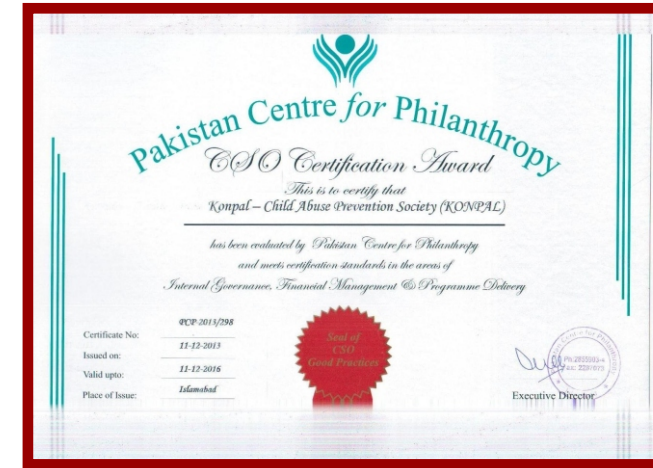
عالمی ادارہ صحت کا تجویز کردہ ہاتھ دھونے کا صحیح طریقہ  
پوری دنیا میں صحیح طریقے سے ہاتھ دھونے کا ماننا جانے والا طریقہ سات مراحل پر مبنی ہے۔



KONPAL CALLING

کونپل، ننھی اور نرم و نازک لیکن ایک پھل بھی۔ پتہ یا شاخ بننے کے عزم سے پھر پور

\*Konpal' means a new bud. Small, tender, delicate, yet capable of becoming a flower, a leaf or a branch.



## Konpal Certificate of Philanthropy

Konpal child abuse prevention society is certified by Pakistan Centre for Philanthropy in 2013. Konpal owe this achievement to the untiring efforts and team work of Konpal members.

## Konpal celebrates Children Health Mela

Konpal organised a Health Mela on the occasion of World Health Day at Arts Council of Karachi. A number of activities were organised on the occasion.

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## Konpal celebrates Universal Childrens Day

Konpal celebrates Universal childrens day. A week long wide array of activities were held which was participated by people from all walks of life.

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# CHILDREN WEEK ACTIVITIES

Konpal, like every year has organized a series of activities on the occasion of Universal Children Day. By the Grace of GOD and excellent team work we were able to organize all activities as planned. Every attempt was made to involve all the stake holders involved in the care and protection of children. Following are the brief account of the activities held during children week celebration in 2013.

## 4-5 Nov: Workshop for Enhancing the capacity and skills of mothers in Child care and Protection.

This hands on workshop was based on six modules taught to the

## Providers on Children Rights and Early Case Detection of Child Abuse and Neglect.

Konpal, in collaboration with Dow University of Health Sciences (DUHS), Karachi and department of Paediatrics, DUHS has organized a two days workshop on Children Rights and Protection and Early case detection and Management of CAN at PDC, DUHS from 6 - 7 November, 2013.

The workshop was attended by over 20 doctors from Department of Paediatrics, Psychiatry, Gynae Obs and Children OPD. The hands on workshop was based on 10 modules prepared by Konpal; on various aspects of CAN including children Rights, Child Protection case

detection and management of CAN.

The various session were facilitated by Prof. Aisha Mehnaz, Prof. Fehmina Arif, Dr. Kirshan Rai, Dr. Amanullah Lail helped by Dr. Sadaf and Ms. Kanwal. The participants greatly enjoyed the hands on workshop and greatly appreciated the efforts of Konpal, CAPS in raising awareness about the issues of CAN.

Konpal has organized over 30 workshops for Health Care Providers in the last 5 years and has trained over 800 Doctors and Health Care Providers.

## 12th Nov 2013: World Pneumonia Day celebration at Department of Paediatrics, DMC/DUHS.

Pneumonia is the number one killer of children in Pakistan, to raise awareness about the disease among doctors and health care providers a seminar was organized. Dr Ammarah Jamal and Dr Samina Tariq gave talk on Pneumonia and Otitis Media in Children.

## 19 Nov 2013 :Universal Children Day Celebration at Dow Medical College.



mother via multimodal method like power point presentations giving pictorial messages as most mothers were illiterate, practical demonstration, role play, video and discussion with facilitators.

Konpal has organized over 33 workshops for parents especially for mother since 2010 and has trained over 1000 so far.

## 6,7 November, 2013: Capacity building workshop for Health Care



Konpal in collaboration with Department of Paediatrics and Dow University of Health Science, Karachi has organized a colorful "Gala Event" for children and their mothers admitted at CHK .The program was organized at the garden in front of Arag Auditorium, DMC. Little children from Govt. School Kotwali building also participated in the program and greatly enjoyed the various activities organized for them by Doctors, students of DMC and Konpal Members and volunteers.

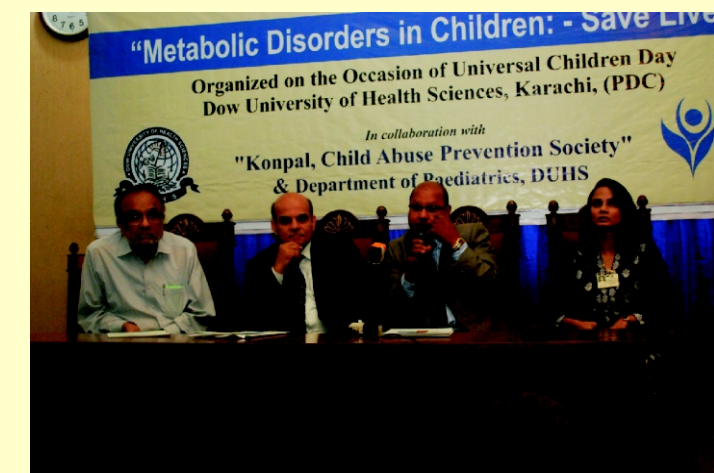
The program included face painting, drawing and painting contests, mehndi and nail coloring and many others such events. An embroidery competition was also held among mothers and care takers of children admitted in the Paediatrics ward. This event was greatly enjoyed by all. Cake cutting ceremony was also held on the occasion. The principal Dow Medical College, Karachi was the chief guest on the occasion he lauded the efforts of Konpal, its chairperson and members and appreciated the participation of Doctors and students in this social cause. Prof. Aisha Mehnaz, HOD Paediatrics and Chairperson thanked all who participated in the color full even. Presents were distributed to the winners of the contests and gift bags to all children. Ms Shahnaz Yasin, Dr Amanullah, Dr Fatima, Dr Sadaf, Dr Farida Qureshi, Ms Kanwal, Zeenat, Naila,

Adil and many volunteers coordinated the various activities.

## 20th Nov 2013: Seminar on Metabolic Disorders in Children:

In the morning of Universal children Day a Seminar was organized at DMC, Arag Auditorium, and the theme was "Metabolic Disorders in Children Save lives". The speaker included Prof Saleem Ilyas, who highlighted

diagnosed at time as a result they suffer from disability. Prof Saleem also informed the audience that Ordinance on new born screening has been passed in the Sindh assembly. Dr Bushra Afroze, from A K U s p o k e a b o u t Aminoacidopathies in children. She said individually these disorders might be rare but collectively the comprises of a sizeable majority. The last speaker was Prof Aisha Mehnaz, she discussed the outline of metabolic disorder and Lysosomal storage disorders. She said that these groups of hereditary disorders can best be managed by genetic counseling and early detection especially of treatable disorders. Panel discussion followed in which apart from speaker Dr Shabbir Ahmed from KSA and Dr Mustafa Hussain from USA participated. Prof Fehmina Arif, Prof Ghulam Mustafa and Dr Nusrat Shah and Dr Ammarah Jamal coordinated the various session. At the end Prof Junaid Ashraf, the Chief Guest and the Principal DMC/DUHS in his speech highlighted the efforts of the organizer for raising voice about this very important group of disorders.



the importance of metabolic disorders in children and their early diagnosis ,he said these group of inherited disorders are the most neglected entity and large number of children are not





## 20th Nov 2013: Demonstration at Karachi Press Club to protest against child abuse and violence and neglect

In recognition of the Universal children's day, Konpal Child Abuse Prevention Society has organized a peaceful demonstration in front of Karachi Press Club to raise voice against the rising incidence of violence and abuse against children in Pakistan. A Candle lit ceremony in the memory of children who lost their lives during the act of terrorism and violence was also held on the



occasion. The Theme of the demonstration was "Save Lives-Stop Violence against children' Large number of citizens of Karachi

enthusiasm on the occasion and they emphasized on the maximum protection to be given to the children.

### Media Awareness Program.

Konpal Chairperson and other members highlighted the problem faced by children in Pakistan as regard their health and protection. In electronic and print media . The news was published in The NEWS, Tribune, Express, VOA Urdu and many others.

### World Disability Day and AIDS Day.

This was celebrated at Dow University of Health Sciences in a becoming manner on Dec 3,



## A CASE OF EMOTIONAL NEGLECT

Eight years old Bina (not her real name) came with complaints of pain in abdomen.

She was severely malnourished and appeared disturbed and in distress. Her mother died few years back and she was living with her step mother and an elderly grandmother Father is usually away from home. Ultrasound of stomach showed a mass of the size of tennis ball which on endoscopy revealed to be made of cotton thread and human hair.

Psychiatrist and psychologist consultations and in depth exploration of history revealed that the girl is suffering from strong impulse control disorder (ICD) that involves strong urges to pull out ones own hair. She swallowed own hair and other inorganic material like cotton threads which formed a mass in the stomach. The disorder called trichotilomania is often triggered by severe depression or stress in her case it arised from lack of love, care and bonding from parents especially the step mother Emotional abuse is the commonest type of child abuse, which often presents with psychosomatic symptoms disorder like in case of Bina. Often emotional neglect or abuse trigger worse sign and symptoms that if left undiagnosed and untreated culminate in a irremediable tragedy. Counseling was provided to Bina by Konpal, Psychologist and HCPC. She began to show improvement but unfortunately parents took the child home without permission.

# KONPAL ORGANISED HEALTH MELA AT ARTS COUNCIL KARACHI, PAKISTAN

On the occasion of WORLD HEALTH DAY on 7th April 2013, a HEALTH MELA was organized by KONPAL, Child Abuse Prevention Society in collaboration with Arts Council of Karachi (Medical and Social Committee) and Dow University of Health Sciences and PPA, CRC. at Arts Council of Karachi from 10AM to 5 PM. The objectives of the seminar was to impart health education and information to the general public about common illnesses and promotion of healthy life styles and to highlight the importance of balance diet and exercise. This year the theme of the World health day was High BP and its control .The health Mela focused on improving the life styles of the public especially youth and children in order to inculcate health habits and attitudes.

The Health Mela also included recreational activities for children like games, exercises, paintings etc. The major events included

1. Health Stalls where free medical consultation, free Blood Sugar Checkup, BP checkup, developmental assessment of children, estimation of Body mass Index ,Nutritional advise, baby Show and many other health activities were held.



2. Seminar on Common Micro nutrient deficiencies in our population was also held where notable speakers highlighted the importance of major micronutrients like



Iron,Zinc,Vitamin A and D. The speakers included Prof Aisha Mehnaz, Professor Fehmina Arif, Dr Bushra, Dr Shazia Samad and Dr Nusrat Shah. The Vice Chancellor Prof Masood Hameed Khan was the Chief Guest on the occasion and Dr Qaiser Sajjad Chairperson Medical and Social welfare committee, Arts council was the guest of honour on the occasion.

3. The other activities included Fun and Games for children including face paintings, pot paintings,

drawing, and many other games. Foodstalls attracted large number of people.

4. A stage show in which songs, skits, health information messages, aerobics demonstrations, children band play and many other activities to promote healthy life style was the features of the Health Mela. The stage show continues throughout the Mela (10am -5pm).

Professor Masood Hameed Khan the Chief Guest on the occasion highly appreciated the efforts of Konpal and other organizers in highlighting the issue of health and importance of healthy social activities. In the end shield and certificates were distributed to the organizers and Konpal members and volunteers. Konpal is extremely grateful to Dr Qaiser Sajjad and Dr Mehboob Ali Baloch of medical and social welfare committee of arts council, Karachi and Dow University of Health sciences for their collaboration and support.



# KONPAL IN PICTURES





# Annual Progress Report of Konpal in 2013

The Year 2013 has been highly productive year for Konpal, a number of activities were organized by Konpal's Team.

## MOTHER'S TRAINING WORKSHOPS:

Konpal proudly completed training of more than thousand mothers on "Enhancement of mothers skills in child care and protection" ever since it started these workshops from 2010. This year more than 350 mothers were trained in 12 workshops which were organized regularly every month. Dr. Amanullah Lail, Mr. Adil, Dr. Kirshan Rai, Dr. Aisha Mehnaz, Ms. Kanwal Jahan, Ms. Jannat-ul-Islam, Ms. Naila Mehboob, Ms. Zeenat Fatima, Mr. Tahir Mehmood, Dr. Sadaf Ali, Ms. Shahnaz Yasin participated and conducted these workshops.

Mothers were given training in first aid, Hand washing, Domestic Violence, Nutritional Neglect, New Born Care and etc. The mother's were given first aid boxes and medicine (folic acid & iron tablets) and cereals (rice, oil, oats, sugar, soji and sabo-dana) at the completion of 2 days workshop, the mothers also received certificates of participation. From 2010-2013 1040 mothers were trained.

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

Three workshop for doctors and HCP were organized at AKU (March, 2013) Abbasi Shaheed Hospital (April, 2013) Dow Medical College (November, 2013) more than 75 doctors trained in these workshops. These workshops were facilitated by Dr. Aisha Mehnaz, Dr. Fehmina Arif, Dr

Nusrat Shah, Dr. Amanullah Lail and Dr. Krishan Rai,

## HEALTH MELA ORGANIZED ON 7TH APRIL, 2013:

A grand Health mela was organized by Konpal at Arts Council of Pakistan, Karachi on 7th April, 2013 from 10am to 5pm to mark the International Health Day. It was in collaboration with Dow University of Health Sciences, Karachi and Arts Council of Pakistan, Medical & Social Committee. On this occasion a seminar was also held on "Micronutrient Deficiencies" to highlight the importance of iron, Zinc and Vitamin A & D. Health Education stalls were also set on the occasion and a colorful entertainment prog was the high light of the Meal.

## IFTAR DINNER AT SOS VILLAGE:

On 4th August, 2013

(25th Ramzan): - Konpal organized an iftar cum dinner for the children of SOS village, and the boys of Youth Home. A Naat competition among SOS children was also organized on the occasion and prizes and Eid gifts were distributed to all children.

## HOSPITAL CHILD PROTECTION COMMITTEE(HCPC):

HCPC remained very active like previous years and managed more than 500 children of Child Abuse and Neglect in 2013. The reports were shared with the members monthly.

## CHILDREN WEEK ACTIVITIES, 2013:

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**A: 4-5 November: Workshop for Enhancing the capacity and skills of mothers in Child care and Protection.**

**B: 6-7 November, 2013: Capacity building workshop for Health Care Providers on Children B. Rights and Early Case Detection of Child Abuse and Neglect**

**C: 12th November, 2013: World Pneumonia Day celebration at Department of Paediatrics, DMC/DUHS.**

**D: 19th November, 2013: Universal Children Day Celebration at Dow Medical College.**

**E: Konpal has organized a colorful "Gala Event" for children and their mothers.**

**F: 20th November, 2013: Seminar on Metabolic Disorders in Children.**

**G: 20th Nov 2013: Demonstration at Karachi Press Club to protest against child abuse and violence and neglect**

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in Pakistan. A Candle lit ceremony in the memory of children who lost their lives during the act of terrorism and violence was also held on the occasion.

**H: Media Awareness Program:** Konpal members highlighted the problem faced by children in Pakistan as regard their health and protection. In electronic and print media. The news was published in The NEWS, Tribune, Express, VOA Urdu and many others.

**I: World Disability Day and AIDS day:** This was celebrated at Dow University of Health Sciences in a becoming manner on Dec 3, 2013.

## MEDIA:

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

## PARTICIPATION IN RELIEF ACTIVITIES OF EARTHQUAKE VICTIMS OF BALUCHISTAN.

Dr Nusrat Shah and Dr. Amanullah Lail set up a medical camp at Hub for the affectes of Earthquake (2013) of Avaran Baluchistan.

## ACTIVITIES ATTENDED BY KONPAL MEMBERS:

- Dr. Nusrat Shah and Dr Aisha Mehnaz attended seminar organized by PMA and gave talk on Plight of girl child and State of immunization in Children on 22nd and 23 May, 2013.
- Ms. Shahnaz Yasin, Dr. Fehmina Arif, Dr. Aisha Mehnaz set up Konpal stall and participated in seminar on Assessment for School improvement organized by Idara-e-Taleem-o-Aghai on 14th June, 2013 at Sheraton hotel.
- Ms. Zeenat Fatima and Ms. Kanwal Jahan attended seminar organized by Sanjoogat Mehran Hotel Karachi on 15th June, 2013.
- Mr. Shahnawaz attended CRM meeting on 26th June, 2013 at CRM office at DHA.
- Ms. Shahnaz Yasin and Mr. Adil attended launching of book organized by SPARC at Hotal Mehran, Karachi on 27th June, 2013.
- Dr. Amanullah Lail attended workshop on nutrition on 28th August, 2013.
- Ms. Shahnaz Yasin attend seminar on child labour in Pakistan organized by SPARC at Mehran Hotel on 31st October, 2013
- Ms. Shahnaz Yasin and Dr. Amnullah attended meeting child rights organized by CRM at Harmeen Hotel, Karachi on 3rd December, 2013.
- Ms. Shahnaz Yasin and Mr. Adil attended workshop CSO Development TOT organized by Plan International Pakistan at Regent Hotel on 19th and 20th December, 2013.



# Letter to the Editor, Konpal

I highly appreciate the activities of Konpal child abuse prevention society and its efforts in protecting children from abuse and neglect. Child Abuse is a heinous crime every effort should be taken to create awareness about child abuse among parents, children and teachers.

Parents should be aware of child abuse at home or elsewhere. Especially those parents living in joint families. First of all we should teach our children, that no one should touch his/her private parts at home, school or any public place. They should raise an alarm by shouting aloud for help. This will attract people around them and make the attacker nervous and he will runaway. All schools should conduct an awareness raising program from class IV to X1 on Children self-protection. Let us take a pledge to make this world a better place for our children. This can be done by becoming a role model for our children. We can do that by imbibing qualities like by being honest, polite, helpful, patient, charitable, sharing, caring, devoting, motivated and being aware of less privileged among us. Let's work to improve our house first, work for PAKISTAN and its future, our children

**Mrs. Bazmi Tariq**  
A School Teacher

## Child Abuse Prevention, Is it a “Job” or a “Mission”

If you are doing it because no one else will, it's a job;  
If you are doing it to serve the God, it's a mission.  
If you do it because someone else thinks it needs to be done, it's a job;  
If you do it because you think it needs to be done, it is a mission  
If you are depending on your abilities, it's a job;  
If the most important thing is your availability to this Issue, it is a mission.

If you are ready to quit because no one ever praised you or thanked you, it's a job;  
If you stay with it even though no one notices your effort, it is a mission.  
If you are ready to quit because people criticize you, it's a job;  
If you are ready to keep serving, it is a mission  
If your concern is success, it's a job;  
If your concern is faithfulness, it is a mission.

دوروزہ تربیتی پروگرام

بچوں کی بہتر نشوونما اور حفاظتی اقدامات

(برائے والدین)



بچوں کا عالمی دن

