**ANNUAL REPORT OF**

**KONPAL, Child Abuse Prevention Society (CAPS)**

**JANUARY – DECEMBER, 2019**

**The following are the brief description of the activities organized by Konpal during 2019.**

* The year 2019 started with the celebration of New Year with the children of SOS Village, Karachi followed by Lunch. Different games were played with the children. Which was attended by Dr. Aisha Mehanz, Ms. Shahnaz Yasin, Dr. Rana Najam, Mr. Mirza Najam and Mr. Muhammad Adil.
* On 19th to 20th January, 2019 Konpal’s team visited tharparker “Achro Thar” (Khipro) visited different areas and discussed with the people, teachers and students about the problems face by the school and what support they need. The konpal team Dr. Rana Najam, Mr. Mirza Najam, Dr. Aisha Mehanz, Ms. Shahnaz Yasin and Dr. Seema Zia donated a sum or Rupees fifty thousand for school’s water pump, furniture’s like cup board, table, chairs, books and stationary for children. Which was there need and requested by theme.
* **Universal Women’s Day**: On 9th March, 2019, Women’s Day was celebrated at Public Health School, Karachi. It was a very rewarding event, konpal’s team was impressed by the enthusiasm, knowledge and talent of lady health visitors students. A highly interactive awareness raising session were held Dr. Farzana Nasir, gave an interactive talk on “Common problem faced by Women of child bearing age”, she specially focused on teenage pregnancy and family planning. Dr. Aisha Mehanz, discussed nutritional problems of women, especially during pregnancy and lactation and how it effects health of children. She focused on breast feeding and issues related to it. Through out LHVs and attending mother were kept engage in discussion.

While the session was going on children on the other hand, were kept entertained by Dr. Farrukh, Dr. Seema Zia, Mr. Muhammad Adil & Mr. Muhammad Khalid.

Drama skits of public health school students on teenage pregnancy and social issues were icing on cake. In the end Ms. Shahnaz Yasin thanked to Dr. Huma Arif principal of public health school for making the event possible.

* **Medical Camp at AURA:** On 20th March, 2019 on the occasion of World Health day and “ Oral and Maxillofacial Day, konpal’s medical team organized a highly successful well organized medical camp at Al-Umeed Rehabilitation Center, Karachi institute for special children. Over 100 children were examined by the team of 30 specialists bellowing to Pediatrics, Psychiatry, Dentistry, Orthopedic, Pain Management, ENT and Audiometry. AURA team and konpal put together great effort to run clinic smoothly.

At the end world happiness day were celebrated with the children of AURA.

Certificates of appreciation were given to all medical team and konpal’s shield to AURA.

At the end lunch was served by Konpal.

**MEDIA CAMPAIGN:**

* On the occasion of Health Day , 7th April 2019, Dr Aisha Mehnaz wrote an article “Save Children” which was published in the Sunday magazine of “The Daily Dawn”
* Dr Kishwer Enam wrote an article on Child Sexual Abuse in Daily Dawn on 14th July 2019.
* **Mentoring session at SOS Village, Karachi for the Youth** held on 4th May, 2019 : Konpal organized a mentoring lecture for the youth of SOS village, Mr. Irfan Ahmed, CEO Hertz delivered a talk on “Communication Skill and team Building” the talk was very much appreciated by all. It was attended by Dr. Aisha Mehanz, Dr. Seema Zia, Dr. Farzana Nasir, Dr. Ranan Najam, Mr. Mirza Najam, Mr. Muhammad Adil & Ms. Shahnaz Yasin. Refreshment was served by konpal.
* **Iftar Cum dinner at SOS Village, Karachi** was organized by konpal on 15th May, 2019 (9th Ramzan). Mrs. Imrana Anwar Maqsood was the chief guest on the occasion.

Mother’s day was also celebrated (for the mother’s of SOS village) to honor the mothers of SOS village who take care of the children of SOS village and play an important role in brining up the children. .Gifts of three piece suit and a basket of gifts were given to mother to encourage and appreciate their service. All the children were also given gifts.

* **Donation for SOS Village**: 200 bed sheets was donated by Dr. Aisha Mehanz & Ms. Shahnaz Yasin. Another 200 bed sheet donated by Lucky one all together 400 bed sheet were donated as requested by the SOS village, Karachi. 10 lawn 3 piece suit by Dr. Farzana Nasir. 15 lawn 3 pieces suit by Dr. Aisha Mehnaz. 20 boxes of stationary by Mrs. Bazmi Tariq. 200 goody bags by Dr. Seema Zia. 30 boxes of gifts by Mrs. Rashida. Iftar and dinner was given by Mr. & Mrs. Najam.

* **Eid Celebration with the Children of Dar ul Sakoon, Karachi**

On 9th June, 2019: Eit Celebrated with the children of Dar ul Sakoon with lots of fun and merry making cum singing was done. Pampers and surgical gloves, and tiky packs were donated by Mr. & Mrs. Najam Seher and Ice Cream was served to the children of dar ul sakoon which was donated by Dr. Shakeel Khalid.

Dr. Farukh Abbasi, Dr. Seema Zia, Mr. Muhammad Adil & Mr. Khalid sang songs with the children to celebrate the occasion.

**BREAST FEEDING WEEK “THE FUNDAMENTAL RIGHT OF EVERY CHILD”:**

On the occasion of world Breast Feeding Week, Konpal in collaboration with Pakistan Medical Association (PMA) organized a Seminar on 3rd August, 2019 at PMA house, time 10:30am to 1:00pm.

Chief Guest Dr. D.S Akram, Panelist: Dr. D.S Akram, Dr. Mumtaz Lakhani, Dr. Naveed & Mrs. Alley & her husband.

About 60 LHVs and 70 Paramedics from Public Health School, Karachi attended. The seminar, was well attended and initiative. Seminar’s speakers were Dr. Aisha Mehanz, Dr. Farzana Nasir.

**14th August, 2019**

Independence Day walk at Sea View.

**28th August, 2019**

Awareness raising seminar at Shah Wilayat School on Parenting Skills & Child Protection was held.

Prof. Aisha Mehanz, Mrs. Bazmi Tariq & Mrs. Shahnaz Yasin, participated and had good interaction with mothers and teachers.

**On 31st August, 2019**

Konpal team visited Kuhi Goth near malir. A state of art hospital cum training centre for midwives, nurses & paramedics are being setup & run by Dr. Shershah Syed and his dedicated team.

Konpal team Mr. & Mrs. Najam Seher, Dr. Farrukh Abasi, Dr. Mirza Ali Azhar, Dr. Aisha Mehanz & Mrs. Shahnaz Yasin.

**UNIVERSAL CHILDREN DAY CELEBRATION:**

On the Occasion of Universal Children Day & 30th Anniversary of UNCRC, Konpal has organized a walk on Sunday 17th November, 2019 at Sea View at 03:30pm. The walk started from village restaurant at 03:30pm respecting the Rights of children globally and especially children of Kashmir. The theme this year is **“We Stand for your Rights”** to show solidarity with Kashmir the color theme this year is red all konpal members & PPA members were invited a highly successful walk was held at Sea view more than 300 children, parents, teacher, doctor & people from all walks of like participated.

**20th November, 2019 Kiran Foundation School, Karachi:**

On Universal Children Day a day with the children of Kiran Foundation was spent (primary section) they were given messages of self-protection, healthy living etc by our konpal members through mascots with music. Goody bags 150 were donated by Dr. Rana Najam & Mr. Mirza Najam.

Two days doctor workshop on Child Protection & Early Case Detection & Management of Child Abuse & Neglect in collaboration with Department of Paediatris, DUHS, CHK on 29 to 30 November, 2019 at Professional Development Centre (PDC) Dow University of Health Sciences 16th doctors, LHVs and Student attended it was by Dr. Aisha Mehnaz, Dr. Fehmina Arif, and Dr. Yousuf Yahya.

12th December, 2019, Konpal Members participated in walk organized by HELP NGO, theme of walk was “Health for all”

**Seminar on HIV/ AIDs in Children:**

On 14th December, 2019 Seminar on HIV / AIDS in children highly successful seminar on HIV-Aids was held at Dow Medical College, Karachi organized by Konpal CAPS in collaboration with Dow University of Health Sciences, Department of Paediatrics & PPA CRC.

Chief guest Prof. Dr. D.S Akram, Speakers were Dr. Aisha Mehnaz, Dr. Fehmina Arif, Dr. Yousuf Yahya, Dr. Iqbal Soomro, Dr. Muzamil Shabana Ejaz & Dr. Fatima Mir (AKU) participants were LHV from public health school, doctors, health care providers and members of civil society organization.

Organized on occasion of 30th anniversary of UNCRC & Hiv/Aids day.

Mother training workshop on 19th December, 2019 at Department of Paediatrics, Dr. Ruth K. M Pfau Civil Hospital Karachi organized by Mr. Muhammad Adil Facilitator by Dr. Syeda Ayesha Bibi & Ms. Naila Mehboob. Chief guest Dr. Fehmina Arif & Dr. Yousuf Yahya 15 mothers were trained and First Aids Boxes and Certificate were distributed to the mothers.

Reported by

General Secretary

Konpal, Child Abuse Prevention Society,

Karachi.