

# 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 sectorial, non Government Organization 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.

## معذوری بیماری نہیں

حالیہ قطر میں کھیلے گیا بین الاقوامی فٹبال میچ میں ایک ۳۱ سالہ بچہ جو ٹانگوں سے محروم تھا اور کارڈل ایگریشن سنڈروم Caudal regression syndrome کا شکار تھا اپنے آدھے دھڑ کے باوجود دنیا کا اپنی ڈھاٹ، قابلیت اور گفتگو کے انداز سے دل موہ لیا۔ غنیم المفتاح نے ٹانگوں کی محرومی کو اپنی معذوری نہیں سمجھا اور اپنی علمیت سے افتتاحی تقریب میں ہر ایک کے توجہ کا مرکز بن گیا۔ غنیم نہ صرف تعلیم یافتہ ہے بلکہ خود انحصاری کی ایک بہترین مثال ہے۔ وہ نہ صرف اپنی گاڑی خود چلاتا ہے بلکہ تیراکی اور دیگر کھیلوں میں بھی حصہ لیتا ہے۔

بدقسمتی سے ہمارے معاشرہ میں معذوری کو ایک لاعلاج بیماری سمجھا جاتا ہے اور باوجود اسکے کہ اکثر جسمانی معذوری کے شکار کو معاشرے کے فرد ایک ناکارہ عضو سمجھتے ہیں۔ اور انکو ترس کی نگاہ سے دیکھتے ہیں اس طرح آہستہ آہستہ بہترین ذہن رکھنے والا شخص بھی احساس کمتری اور احساس محرومی کا شکار ہو جاتا ہے۔ اور وہ خود کو بھی معاشرے پر بوجھ ٹھہنے لگتا ہے۔ ہونا تو یہ چاہئے کہ ایسے شخص کی چھی صلاحیتوں کو ابھارا جائے اور اسکے مہارت Skill کو مزید جلانجشی جائے۔

Disability یا معذوری کیا ہے؟



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

کونپل، ننھی اور نرم و نازک لیکن پھر بھی ایک پھول، پتہ یا شاخ بننے کے عزم سے بھرپور

## UPDATE ON KONPAL'S LKV PROJECT

Konpal' Women and Child-Friendly village project aims to transform a village in Sindh by fostering a healthy environment conducive to Women's, Youth and Children's physical, mental and intellectual development . Our aim was to ensure Capacity building and empowerment of community towards a self-sustained model village. Intervention are aimed be done at multiple levels , Improvement in Health, Education, Shelter, Water, Sanitary condition , empowerment of women and youth, child protection, disability prevention and countering violence and extremism are the main thematic area.



Activities started at Konpal Community Center from January 2022 after its inauguration. Four awareness raising sessions cum capacity building program were held in 2022 .Application submitted to SEF for School adoption. Two Medical Camps were held in March and August respectively . The last after the ,rain and flood. Women children and men of the village were the targeted audience. An industrial home for women was also inaugurated . Three sewing machines were donated. With the financial support and collaboration of friends of LK village ,construction of 40 houses with toilets completed were completed by Dec 2022. A number of innovative activities are planned for the year 2013.





## TEN CHILD PROTECTION MESSAGES FOR PARENTS / CARE TAKERS OF CHILDREN.

1. Be sensitive if your child's is not comfortable with an adult or alternately if he is too close to a particular adult.
2. Be aware of any sudden behavioral changes in your child .You need to be patient and cautious, as well as clear up a few questions about why he or she is behaving strangely.
3. Educate your child about the issues related to sexuality while keeping his or her age and development in mind. If you don't, society will teach them in the wrong way.
4. It is always advisable to review any new material, such as cartoons you just bought from them, before you start watching them.
5. Avoid dressing in front of your children.
6. Be aware of what type of game your child plays
7. Make sure to enable parental controls on your cable networks and advise your friends
8. Teach your children from 3 years to wash their private parts well and warn them never to allow anyone to touch them
9. If your child complains about a particular person, believe him/her ,don't keep quiet, Investigate further
10. Warn your children not to sit on anyone's lap, no matter how close the person is to the family.



## ACTIVITIES OF KONPAL IN THE YEAR 2022 JANUARY DECEMBER, 2022

The following activities were organized by konpal from January 2022 December, 2022. Konpal, Child abuse prevention society (KONPAL, CAPS) primarily work for Rights of Children as per UNCRC and against all forms of Child Abuse, Violence and Neglect. ([www.konpal.org/FB](http://www.konpal.org/FB): konpalcaps)

### January, 19th 2022

Workshop was held by KONPAL, NGO at Khuda ki Basti, a low socio economic area of Karachi in collaboration with HELP NGO, Karachi. The



hands on workshop was and child on management of accidental and non-accidental (child abuse & neglect) injuries, its prevention and first aid management at home Workshop was facilitated by Dr. Aisha Mehnaz, Ms. Shahnaz Yasin and Muhammad Adil. More hen 30 mothers, LHVs and doctors attended the workshop.

### January, 23rd 2022

Konpal's team visited Long Khoso Village (a project of KONPAL) to observe the progress of



the work and to inaugurate the Konpal's Community Center which will be used for awareness raising seminar and training of village folks primarily women in future. Several activities are planned in addition like Medical camps, industrial home to empower women to self-sustain their livelihood. Talks is going on for adoption of school. The construction of low cost houses are ongoing with the help of Philanthropists friends of konpal.

### January, 25<sup>th</sup> 2022

Prof. Aisha Mehnaz and Prof. A Ghaffar Billoo appeared on Memon TV Channel and talked about Child Abuse and its effects and preventive strategies at different stages of development.

### MEDICAL CAMPS ORGANISED BY KONPAL:

Three Medical cum awareness raising camps were held by Konpal in 2022

Konpal organized a highly successful medical



camp at Long Khan Khoso Village, Hyderabadon March, 13<sup>th</sup> 2022. The Medical team comprised of more than 35 Health care providers. They held four camps.

These were Dental Camp ,Femaleexclusive camp, Male camp and Children Camp. Nearly 80% of children were found to be short statured



and anemic. Most were out of school. Anemia, dental issues and kidney and bladder stone among adults were other findings. It was decided to concentrate more on children and their ECD as well as women health on priority basis as together they comprises of more the 70% of the population.

**The second medical camp** was organized at LK village on 2nd October 2022 after rain and flood havoc. A 30 member's team visited the village, a medical camp was organized to help the affectees of rain and flood. Medicine and dry ration were also distributed to the villagers.



Cases of Malaria, diarrhea and fever was commonly seen.

The event also included awareness raising hands on workshop on providing first aid help to common emergencies before the medical aid arrives esp. relevant in this setting. Simple first aid messages on minor injuries like burns choking poisoning etc. were given in local language and explained by role play, at the end first Aid boxes were given to participant. Separate women and men sessions were held.

The inaugural of Konpal Embroiderrycenter was alsodone on the occasion and Sewing machines were distributed as a small initiative towards women empowerment. Delicious biryani for all including villagers were served in the end. Children were involved with plays and sweets were distributed to them.

**The third Health Cum Awareness Raising Camp** was participated by Konpal team at Musa

Colony, Liaqatabad. On 20<sup>th</sup> September, 2022 The camp was organized by School of Nursing, Ziauddin University Hospital. Several stalls offered various health facilities like BP, blood



sugar checkup etc. Health information cum awareness raising on child protection, prevention from child abuse, parenting tips and counselling was given by konpal team besides giving information on protection from diseases like Malaria, Dengue, Typhoid fever and Covid 19 with emphasis on timely referral.

**13<sup>th</sup> June, 2022**

Dr. Aisha Mehnaz presented konpal in an online workshop on promoting parenting and child protection organized by PEHCHAN (NGO) Lahore based as a panelist.

**2<sup>nd</sup> July, 2022**

**KONPAL INITIATED AWARENESS RAISING SESSION ON CAPACITY BUILDING AND EMPOWERING WOMEN AND CHILDREN AT LK VILLAGE.**

Altogether four sessions were held on topics like "Improvement of Personal Environmental and



Menstrual Hygiene, First aid management at home, drug addiction, early child hood marriages, family planning, breast feeding,



child nutrition, vaccination etc. The women workshop was conducted in Sindhi (local Language) by Dr. Sadaf Ali Jamoot, Konpal Focal Person at LK Village assisted by Student nurses of school of Nursing Ziauddin.

The curriculum for the workshop was translated in Sindhi and posters depicting pictorial messages were prepared prior to the visit. The discussion was interactive throughout a number of questions were asked by the facilitators.

Women seem to be aware of the importance of cleanness and diseases that are transferred, if hygienic practices are not followed / observed. However they gave genuine reasons why it cannot be implemented.

One reason was lack of free water supply. They told the team that they used Mud (Mitti) for cleaning hands as they cannot afford soap. They were also aware of washing feet and body frequently with water and soap and cleaning their houses with mop and broom, in practice very little was observed when the team visited the village. Regarding the menstrual hygiene it was surprising that they were aware of menstrual hygiene and also share their practice with the team. Their practice was reinforced by giving them more practical suggestions and were told how to manage pain during the period.

It was suggested that a number of such sessions will be needed in the future to dispel their myth that poor can live, simple, healthy lives by observing

personal and environmental cleanness.

Most children were stunted, the reason given by the mother's was that, they can only give them one meal a day that too comprising of Roti (Flat Bread only) or tea and biscuit. Their best practice was that, they breast feed their babies for two years and start weaning with rice at six months of age. This was much appreciated by all and this explains why none of the infants examined were acutely malnourished.

A separate session with children was held on. Hands-on training on hand washing was given. Children were also instructed to wash feet and wear sleepers. The sleepers were provided by Konpal.

In the end all women of the village were provided gift bags containing soap, towel, comb, miswak, and plastic sleepers. Meal was served to all the villagers.

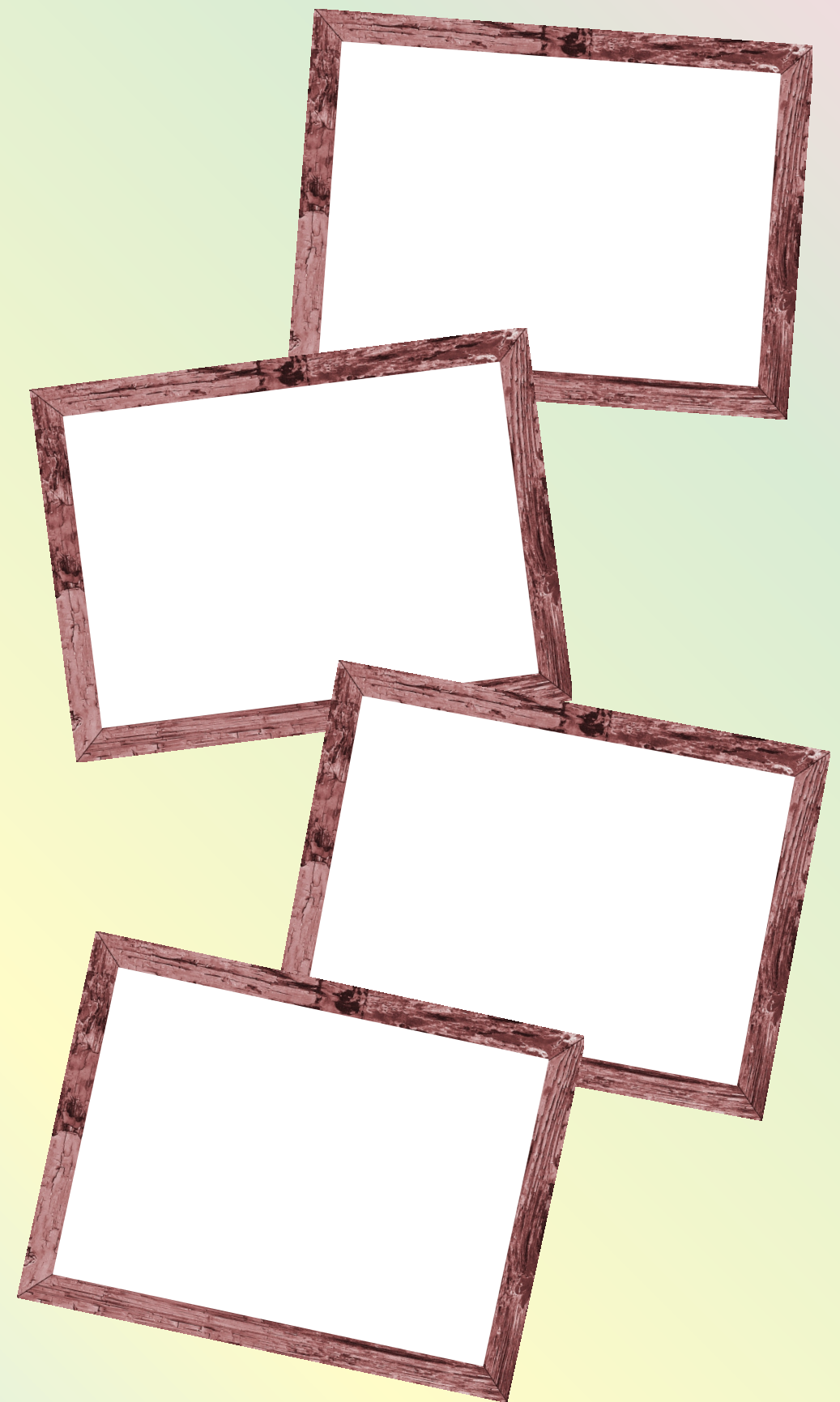
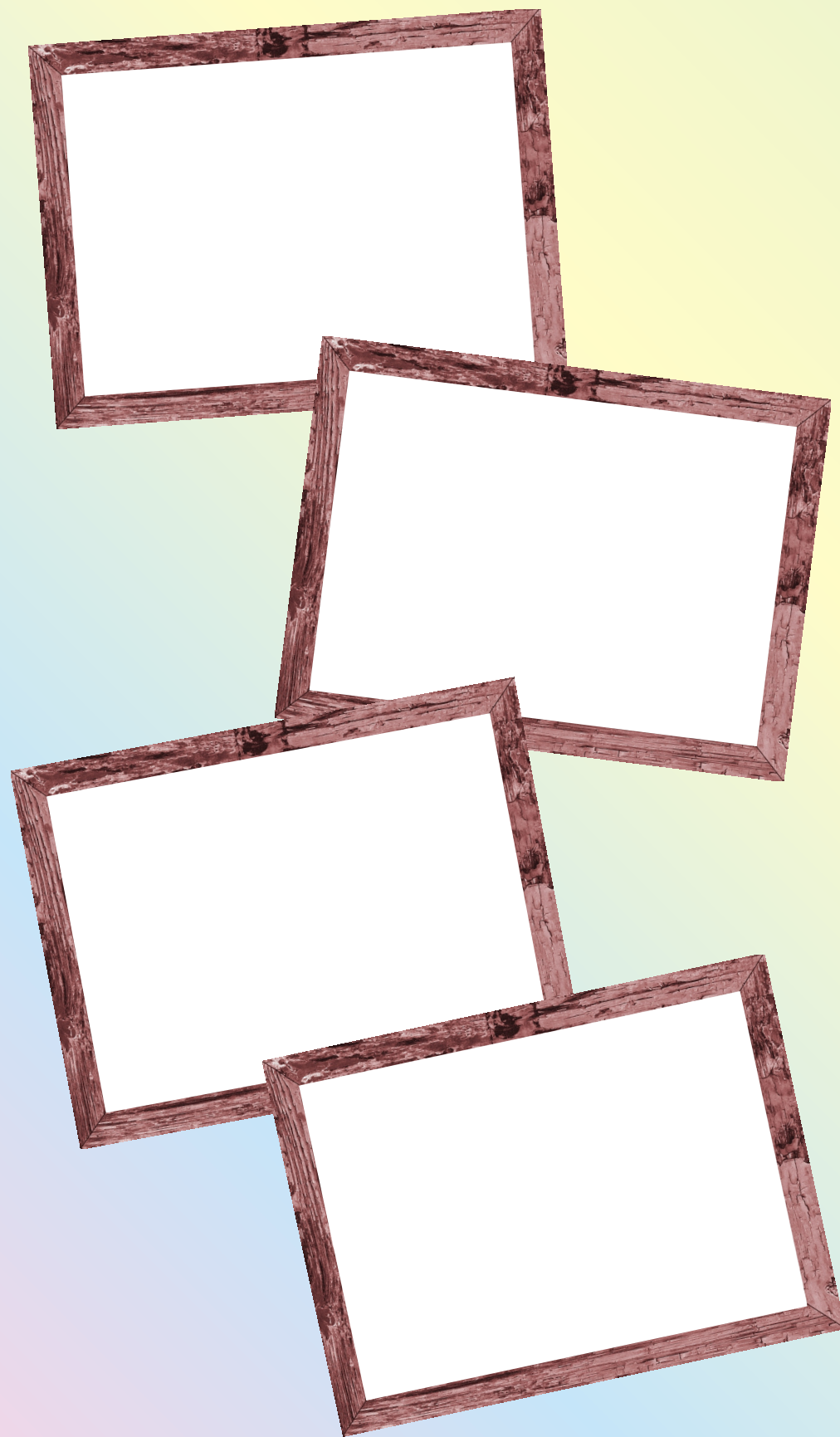
**WORLD BREAST FEEDING WEEK.**

On the occasion of World Breast Feeding Week, Konpal in collaboration with PMA organized a seminar at School of Midwifery Kohi Goth Malir. On 6<sup>th</sup> August 2022. The event comprised of Quiz competition on BF, malnutrition and family spacing, Role plays on counselling on BF and poster competition on breast feeding,





# KONPAL IN PICTURES





nutrition and malnutrition and violence.

Based on active learning principle the students were given the task one week back. Students demonstrated good counselling skills and knowledge about the topics given to them as assignment. In the end certificate were distributed to all and gifts to the winners by Prof .Tipu Sultan, the Chief Guest on the occasion. The participants greatly enjoyed the interactive sessions. The efforts of Konpal team and Dr. Aisha Mehnaz was greatly lauded by Prof. Tipu Sultan.

STAKEHOLDER'S MEETING:

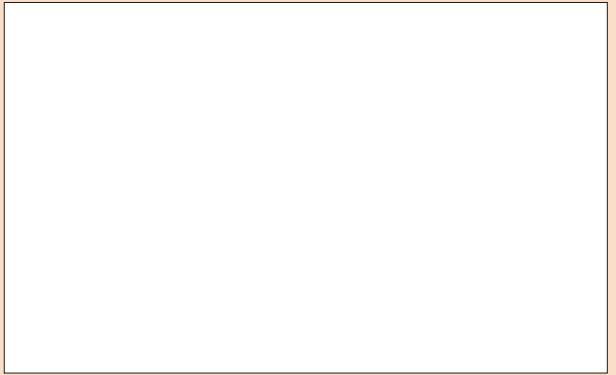
A very productive stakeholders' validation workshop was held at Hotel Avari Study on rapid assessment relating to child labour in garbage



picking in Pakistan was shared by Amir Murtaza. The meeting was organized by ILO.Meeting was attended by Prof Aisha Mehnaz Chairperson Konpal.

MOTHER TRAINING WORKSHOP AT CIVIL HOSPITAL KARACHI

Konpal Child Abuse Prevention Society organized a mother's Training workshop on



"Enhancement of Mother's Skill in Child care, developmentand protection” on 27 September 2022.

26<sup>th</sup>Biennial Paediatrics International Conference held from 28<sup>th</sup>to 30<sup>th</sup> October, 2022. On 28<sup>th</sup> October, 2022 konpal held an interactive workshop on **women leadership** at Movin Pick Hotel Karachi. It was facilitated by Prof. Dr. Aisha Mehnaz and attended by more 50 participants including konpal members Ms.



Shahnaz Yasin, Dr. Sadaf Ali, Dr. Seema Zia and Dr. Farukh Abbasi.

On 30<sup>th</sup> October, 2022 Konpal in collaboration



with PPA and CRC held a seminar on Child Abuse and Neglect; Role of stake holders. Chief Guest was Prof. Dr. Ghaffar Billoo and the panelist were Dr. Tofail, Dr. Naeem Zafar and it was moderated by Dr. Aisha Mehnaz 19<sup>th</sup> November, 2022 konpal team attended consultative meeting at Sindh Social Welfare Department the topic was “**Building synergy to protect children**”: a highly proactive meeting was held with stake holders to strengthen child protection system in Sindh.

WALK ON UNIVERSAL CHILD REN DAY:

20th November, 2022  
On the occasion of Universal Children Day Konpal organized a walk from Arts Council of Karachi to Karachi press club. The theme was“better future for every child.” It was



attended by children from all walks of life.

Konpal team celebrated Universal Children Day with the Children and their Mothers and staff



members of PANA H Shelter home, Karachi 26<sup>th</sup> November, 2022 konpal members spent quality time with children and were happy to bring smile on the faces of the children.

**PARTICIPATION in Seminar on Women Building Cohesive society organized by Karachi Arts Council.** Konpal participated in the seminar and set up its stall on 10 and 11<sup>th</sup> Dec 2022.

**WORKSHOP for Emergency Physician** on Early case detection and management of child abuse and Neglect was held in collaboration with Child Life Foundation (CLF) at Civil Hospital Karachi on 30<sup>th</sup> Dec 2022. More than 30 participants including online participants attended the Workshop,

**KONPAL Executive and GB meeting in 2022:** Six executive/board meeting was held including a General body meeting.

MOTHER EARTH

*A Bright Winter Morning*

*The sun sings a bright day*

*But my happiness is out on the streets,  
Where the children are,  
With potential untold and their  
hands outstretched,*

*My happiness is where the women are,  
Huddled on the floor,  
With their hands above their heads,  
Waiting for the next blow,  
with nowhere to go,*

*My happiness is where the old people are,  
On death beds longing for a slice of joy,  
the scent of their loved ones,*

*My happiness is where the poor  
people are,  
Shivering and their stomachs louder than  
their voices  
could ever scream,*

*My happiness is where the trees are,  
lying on the ground,  
Exquisite, devastated.*

*Why then does the sun sing a bright day?  
And why does the world revolve  
around it?*

Ms. Sana Aijaz

## CASE FILE: A case of Munchausen syndrome by proxy (MSBP)

A four- year- old underweight girl was brought to children Emergency by parents with complaints of blood in vomitus. Blood was also coming out from, nose and rectum, There was swelling in child's right hand. According to father child has similar complaints off and on for past one year for which treatment from local GP has been taken. In the past child has been admitted twice once with fracture of limb and second time with unexplained fever. Developmentally girl was appropriate for her age.

Examination revealed a sick looking, pale, Irritable child with swelling on right arm and multiple bruises on whole body and old scar marks. The child was thoroughly investigated for possible causes of bleeding. Except for anemia all tests report turned out to be normal. However child continued to bleed from rectum and other sites. Unable to find the cause of bleeding, the child was kept under observation. One night the neighbor noticed that the child's mother was inflicting injury to the child with sharp razor. She immediately called the police. The police on arrival took the mother away for interrogation. The child was shifted to intensive care. Sindh Child Protection Authority (SCPA) was immediately contacted, their CPO visited the hospital. The SCPA, temporarily shifted the child to the shelter home, once she recovered. Later on the child's custody was given to grandparents. Finally, finding no medical cause of bleeding, the child was diagnosed as a case of Munchausen's Syndrome by proxy (MSBP).

Munchausen syndrome by proxy (MSBP) is a type of child abuse, where parents simulate a disease in a child, by fabricating symptoms which never occurred or may even cause a disease by exposing the child to harmful practices. It is also called Fabricated or Induced Illness by Care takers. The abuser usually exhibits a Paranoid Personality Disorder, a psychotic illness.

### QUOTATIONS

معذوری ایک پیدائشی جسمانی یا دینی کمزوری جو بچے کو زندگی میں اور معاشرے میں ایک خود مختار زندگی گزارنے میں حائل ہوتی ہے۔ معاشرے میں ان لوگوں کو اچھی زندگی گزارنے میں ہر فرد کے تعاون اور مدد کی ضرورت ہوتی ہے۔ عالمی ادارہ صحت کے مطابق دنیا کی 15% فی صد آبادی معذوری کا شکار ہے پاکستان میں ایک اندازے کے مطابق 5 ملین افراد کسی نہ کسی معذوری کا شکار ہیں۔ صرف بچوں میں سالانہ disability rate 2.65% ہے جو پاکستان کی annual growth rate 2.03% سے زیادہ ہے۔

صرف 14 فیصد معذور افراد کسی پیشہ یا کام سے منسلک ہیں ایک کثیر تعداد اپنے خاندان پر مالی انحصار کرتے ہیں یعنی بڑی تعداد پاکستان کے ترقی میں کوئی حصہ نہیں لیتے۔ معذوری کا علاج آسانی سے کیا جاسکتا ہے بشرطیکہ کہ ہم علاج میں حائل تکلیف دہ معاشرتی رویہ کو ختم کریں۔ اور لوگوں کی اس بات پر توجہ مرکوز کروائیں کہ یہ افراد معاشرے میں ایک فعال کردار ادا کر سکتے ہیں اور ریسرچ نے ثابت کیا ہے کہ معذوری کا شکار بچے ہر قسم کے جسمانی اور جنسی زیادتی کا شکار ہوتے ہیں اور اکثر اپنے ساتھ ہونے والی زیادتی پر آواز نہیں اٹھا سکتے۔ نہ کسی کو بتا سکتے ہیں۔ اکثر بچے عموماً ایسے ادارے میں رکھے جاتے ہیں جہاں ان کا واضح علاج ممکن نہیں ہوتا۔ بہت سے والدین بھی ان بچوں کو یا تو بوجھ سمجھتے ہیں یا خود ایک دنی کشمش کا شکار ہو جاتے ہیں۔

بچوں کے حفاظت کے طریقہ کار سے ناواقفی میں ایک وجہ بن جاتی ہے جو کہ Child Safeguard Policies کے بارے میں عموماً اداروں کو پتہ ہوتا ہے نہ والدین کو CSP پالیسی اس بات کا احاطہ کرتی ہے۔ کہ بچوں کی حفاظت ہو اور ان کی حوصلہ افزائی کی جائے تاکہ وہ اپنے بارے میں صحیح فیصلہ کریں اور ضرورت اس امر کی ہے کہ بیا دارہ اور اسکول اپنی Child Safeguard standard بنائے اور اس پر عملدرآمد کو یقینی بنائے ان standard کا متن عالمی ادارہ صحت کے Website پر موجود ہے جس سے ادارے مستفید ہو سکتے ہیں۔

لیکن کیونکہ عالمی ادارہ صحت ابھی بھی اسے افراد کو معذور کو Disable یا معذور لکھتا ہے۔ اس لیے یہاں بھی استعمال کیا جا رہا ہے۔ WHO کے مطابق اسے اشخاص کی مکمل تشخیص علاج اور بچاؤ ہر ملک اور معاشرے کا فرض ہے۔

اقوام متحدہ کے بچوں کے منشور UN CRC کے شق ۳۲ کے مطابق ہر وہ بچہ جو کسی معذوری کا شکار ہے اسے یہ حق حاصل ہے وہ ایک خود مختار زندگی گزارے اور اسے معاشرہ میں ہر ایک بھرپور کردار ادا کرے۔ اس شق کے مطابق اسکی ذمہ داری حکومت، والدین اور معاشرے پر ڈالی گئی ہے۔ پاکستان کے سن ۱۱۰۲ میں اقوام متحدہ کے معذوری کے شکار بچوں کے حقوق کی ضمانت دی ہے۔ اور اس بات کا احاطہ کیا ہے کہ وہ معذور بچوں کے حقوق کے حوالے سے قانون کے عملدرآمد کریں گے۔

ایک محتاط اندازہ کے مطابق پاکستان کی 10% آبادی معذوری کا شکار ہے۔