**ACTIVITIES OF KONPAL THE YEAR 2022   
JANUARY – December, 2022**

The following activities were organized by konpal during January – December, 2022.

19th January, 2022

Workshop of konpal at Khuda ki Basti in collaboration with HELP NGO, Karachi workshop was for women and child on management of household injury and child abuse and its objectives.

To define what is trauma / accident / emgerncies to differentiate between accident and non accidental injuries, and how to prevent it, how to manage it and safety of patient.

First Aid Management at home and household accident, poising, burns, drowing, choking and abuse e.g physical and emotional abuse.

Workshop was facilitated by Dr. Aisha Mehna, Ms. Shahna Yasin and Muhammad Adil.

More hen 30 mothers, LHVs and doctors attended the workshop.

On Sunday, 23 January, 2022

Kopnpal’s team based on Dr. Aisha Mehna, Ms. Shahnaz Yasin, Muhammad Adil, Dr. Farzana Nasir, Dr. Sadaf Ali, Dr. Yasmeen Memon and Dr. Yasmen Hanif are visited Long Khoso Village (LKV) to see the progress of the work and to inaugurate the Konpal’s Community Center which is supported by the donation of Friends of Long Khan Khoso Village (LKKV).

A very home welcome was given by the people of LKKV (man, women and children). As soon as we reach, rose petals was shower by them and all of us were garlanded.

Quran Khani was going on in the community center then the members and the chairperson of Konpal gave worm welcoming speech in urdu and Dr. Sadaf Ali, in Sindhi.

Dr. Sadaf Ali (Assistant General Secretary, Konpal) explain them in sindhi what konpal is planning to do she said:-

A medical camp is planned for them in near future, and for women and industrial home setup will be made for them to sustain their livelihood. Talks is going on for adoption of school.

Then the team visited the Paras (Muhallah) to see the site for more construction of houses, about 14 to 15 houses were marked for future construction. It was also discussed for disable people a purpose full construction will be made.

Lunch was distributed to the villagers.

25th January, 2022

Dr. Aisha Mehnaz was invited by Dr. Ghaffar Billoo, to memon TV Channel to talk on Child Abuse and its causes.

23rd February, 2022

Konpal team based on Mr. & Mrs. Najam, Dr. Aisha Mehnaz and Ms. Shahnaz Yasin visited LKKV to see the progress of work and direction were given on the spot.

The Vaderah of that Village also came and all the elder of the village hold a meeting, the Vaderah appreciated the work and assured his support. 150 forms of medial survey was handed to Mr. Habib ullah to be filled before the medical camp the date to be announce later on.

13th March, 2022

Konpal organized a highly successful medical camp at Long Khan Khoso Village, Hyderabad. The Medical team comprising of more than 35 members, held four camps.

These four camps was based on Dental Checkup, organized with the participation and collaboration of Community Dentistry Department of Dow University,

A Female camp was run by Dr. Rana Najam, Dr. Farzana Nasir and Dr. Ayesha Raza and Ms. Stella, with the help of nurses from school of nursing Ziauddin Hospital, Karachi.

Konpal team is very thankful to Professor Ambreena and Ms. Pamela Marshal for given the full support to konpal.

The 3rd Camp was of children runned by Dr. Aisha Mehnaz, Dr. Yousuf Yahya & Ms. Shahnaz Yasin.

The 4th Camp was runned by Dr. Mirza Ali Azhar for the man.

Executively nurses from Ziauddin Hospital provided great support in all these camps. Over 300 villagers were examined.

Lastly but not the least, the great support provided by Ms. Shahnaz Yasin, Mr. Mirza Najam and smooth coordination of work at all these four camps with the help of our 3 energetic young volunteer Mr. Abdullah, Mr. Santosh and Mr. Faisal deserve special applaud.

19th March, 2022

Konpal setup a stall at BEHBOOD (NGO) and paid rupees six thousand for the stall rent.

18th May, 2022

Konpal team based on Dr. Aisha Mehnaz, Ms. Shahnaz Yasin and Muhammad Adil visited at Long Khan Khoso Village, Hayderabad to see the progress of work and construction of houses instruction was given on the spot and construction of more houses to be build. 21 houses were completed 14 house remain and 6 houses were under construction.

13th June, 2022

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

18th June, 2022

Dr. Aisha Mehnaz also represented Konpal at the second international conference on Psychiatric at Lahore.

2nd July, 2022

Konpal Initiative awareness raising session on Capacity Building and Empowering women and children at LK Village. 15 konpal members visited the village to start its 1st of the series of workshop on Capacity Building and Empowering building, youth and children.

The Workshop was organized with the collaboration of School of Nursing Zia ud Din University, we are grateful to Dr. Pamela Marshal Dean School of Nursing of Zia ud din university for joining hands with konpal in our community awareness raising campaign.

The two workshops were conducted simultaneously with women and children, sepretly. Which was based on the finding of the Medical Camp held at the village March, 2022.

The Theme choosing for the 1st Awareness raising workshop was “Improvement of Personal Envorment and Menstrual Hygiene. It was decided that Four Workshop / sessions will be held during the year 2022 on selected topics at the venue in local language.

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

The curriculum for the workshop was translated in Sindhi and posters depicting pictoral messages were prepared prior to the visit.

The discussion was interactive throughout a number of questions were ask by the facilitators.

Women’s seems to be aware of the importance of cleanness and diseases that are transfer, if hygienic practices are not follow / observed. However they gave genuine reason 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 can not afford soap. They were also aware of washing feet and body frequently with water and soap and cleaning there 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 reinforce by given them more practical suggestions and were told how to manage pain during the period.

All were of the believe about any significant change in their lives. It was suggested that a number such sessions will be needed in future to dispel their myth that poor can live, simple, healthy live by observing personal and envormental cleanness.

The other topic discussed with the women was about nutrition as most of the children were found to be stunted, the reason given by the mother’s was that, they can only give them one mele a day that two comprising of Roti (Flat Bread only) or tea and biskects. They share there experience of making mele rich by mixing wheat with sugar.

The best practice was that, they breast feed their babies for two years and start weaning with rice at six month of age. This was much appreciated by all and this explain why non of the infants exanimated were seriously (acutely) malnourished).

A separate sessions with children were held on cleanliness Mr. Muhammad Adil (Konpal Coordinators) Ms. Shahnaz Yasin (General Secretary Konpal) and male students of Nurse of school of nursing zia ud din hospital facilitated this sessions. Hands on training of hand washing were 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 surfed to all the villagers.

The trip was greatly enjoyed by the konpal team and student despite scorching heat.

Regarding the construction of Houses more than 50% houses were build still a long way to go.

6th August, 2022

On the Occasion of 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. The event comprised of Quiz competition on BF, malnutrition and family spacing , Role plays on counceling on BF and poster competition on breast feeding , nutrition and malnutrition and violence .

Based on active learning principle the students were given the task one week back. Students demonstrated good counciling 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 comprising of Ms. Shahnaz Yaain , Dr. Sadaf, Ms. Sabeen Barkat , Dr. Farrukh , Dr. Aleena , Mr. Adil , and Dr. Aisha Mehnaz was greatly lauded by Prof. Tipu Sultan. Dr. Aisha also Thanked Dr. Hamid Manzoor, Dr. Shakeel Khokar, Dr. Talat Sultan and Prof. Tipu and staff of kohi goth for their support and cooperation.

Stakeholder’s:

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.

On 20th September, 2022 Konpal Participated in Health Cum Awareness Raising Camp.

Konpal team participated in Health cum Awareness raising camp at Musa Colony , Liaqatabad. 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 councelling was given by konpal team beside giving information on protection from diseases like Malaria, Dengue, Typhoid fever and Covid 19 with emphasis on timely referral.

Mother Training Workshop

Konpal Child Abuse Prevention Society in collaboration with department of Paeds unit 2 Civil Hospital Karachi has organized a mother;s Training workshop on "Enhancement of Mother's Skill in Child care and protection " on 27 September 2022.

Speaker's : Dr. Yousuf Yahya (Board Member konpal) Dr. Ayesha Bibi, Ms. Naila Mehboob and Mr. Muhammad Adil (Program Manager Konpal)

Visit Long Khoso Village:

Konpal team paid a day long visit to Long Khoso Village on 2nd October 2022 after rain and flood havoc. The team comprised of 30 members including senior nursing students from Ziauddin hospital. The event included Awareness raising hands on worksop on providing first aid help to common emergencies before the medical aid arrive 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. Seperate women and men sessions were held.

A medical camp was also 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 inaugural of konpalکشیدہ کاری centre was another mission successfully accomplished . 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

26th Biennial Paediatrics International Conference held from 28th To 30th October, 2022.

On 28th 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 30th October, 2022 Konpal in collaboration with PPA and CRC held a seminar on CAN. Chief Guest was Prof. Dr. Ghaffar Billoo and the panelist were Dr. Tofail, Dr. Naeem Zafar and it was moderated by Dr. Aisha Mehnaz. Konpal team were based on Ms. Shahnaz Yasin, Dr. Sadaf Ali, Dr. Seema Zia, Dr. Shazia Mohsin and Dr. Farukh and shields were given to all members.

19th November, 2022 konpal team attended consultative meeting at Sindh Social Welfare Institute the topic was building synergy to protect children: a highly protective meeting was held with stake holders to strengthen child protection system in Sindh.

20th November, 2022

On the occasion of Universal Children Day Konpal organized the walk from Arts Counsil of Karchi to Karachi press club the them was better future for every child. It was attended by Dr. Taj Lagari (GS PPA Sindh and members of PPA, Dr. Pamela Marshal, Dean Zia ud din school of nursing and teachers and student of Zia ud din nursing college, Dr. Mirza Ali Azhar, members of the PMA, Dr. Azra Rafiq of Autism without borders, Dr. Yasmeen and Dr. Hanif from HELP and many other organization joint with us and showed solidary with children.

26th November, 2022

Konpal team celebrated Universal Children Day with the Children and their Mothers and staff members of PANAH Shelter home, Karachi konpal members spent quality time with children and were happy to bring smile on the faces of the children.