**ANNUAL ACTIVITIES REPORT OF KONPAL   
JANUARY 2023 – DECEMBER, 2023**

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/](http://www.konpal.org/%20) Facebook: konpal caps the following activities were organized by konpal from January - December, 2023.

**AWARENESS RAISING CUM CAPACITY BUILDING WORKSHOPs/SEMINARS ORGANIZED BY KONPAL:**

**8th March, 2023**: On the occasion of “International Women’s Day” Konpal in collaboration with Department of Paediatrics DUHS organized a one day capacity building workshop for mothers admitted with their sick children and staff of Paediatrics ward. The hands on workshop was facilitated by Dr. Sadaf Ali, (Konpal Joint secretary) and Mr. Muhammad Adil (Program Manager Konpal) along with Paediatrics faculty. Topics discussed were: New born care, Nutrition, First Aid Management, Hand washing, Conflict Management and prevention Child Abuse and neglect. In the end certificate were distributed by Prof. Muzamil Shabana Ejaz HOD, Department of Paediatrics Unit I, and DUHS.

**13-15 July, 2023**: Fifth International Development and Behavioral Conference was held at Lahore. Session on bullying in children and workshop on safeguarding children was conducted by Prof. Aisha Mehnaz, Chairperson, and Konpal and was actively participated by very enthusiastic participants.

**2nd August, 2023:** On the occasional of world breast feeding week, konpal organized an awareness raising seminar at school of Midwifery, Kohi Goth Hospital, Malir. The theme of the WBW this year was” enabling breast feeding, making a difference for working Parents” speaking on the occasion Dr. Aisha Mehnaz, highlighted the importance of breast feeding and how a midwife can play the most pivotal role in counselling mothers to breast feed the child. The note able panelist discussed important aspects of breast feeding Dr. Azra Rafiq, (Pediatrician and lactation consultant), Prof. Mumtaz Lakahani and, Dr Talat Sultan (Senior Pediatricians), Dr Bushra Mohsin Gynecologist from Kohi Goth.

**22nd and 23rd August, 2023:** Konpal, in collaboration with Dept. of Pediatrics DUHS/ CHK organized two one day capacity building workshop for mothers admitted with their sick children The hands on workshop was facilitated by Dr. Sadaf Ali and Mr. Muhammad Adil Dr. Hafiza Sania, Dr. Ambar Kamran, Dr. Syeda Ayesha Bibi and Ms. Naila Mehboob (LHV/Nutritional councilor).Konpal believe that by only empowering women especially mothers, one can ensure child development and child protection.

**9th September, 2023:** Konpal organized a highly interactive and participatory workshop for the youths of SOS village. The capacity building workshop titled "Strategies for Determining Future Career" was facilitated by the leading Medical Educationist and Director Jinnah Sindh Medical University Dr Syed Moyn Ali. The hands-on workshop was attended by over 40youths from SOS village and students of Nursing at Ziauddin hospital. The youths thoroughly enjoyed the activity and highly appreciated the WS topic and format. Certificates was distributed to all attendees. In the end Mr. Azim In-Charge Youth home, SOS village highly appreciated the activity of Konpal and requested Konpal team to organize more such activities for their children.

**October 2023:** Child Rights and **PPA Punjab** Conference was held at Lahore. Prof Aisha Mehnaz and Dr Kishwar Enam (konpal Member) attended the conference and presented papers on Children Rights. Parenting and Screen time.

**11th October, 2023: On** International Girls child day a successful seminar was organized at Dow Medical College in collaboration with Dept. of Pediatrics DMC and PPA Karachi Chapter. The key note speaker was Prof Aisha Mehnaz , Chaired , she gave thematic talk on "Digital Generation, our generation" The other speakers were Prof. Muzamil Shabana Ejaz, Prof. Ammarah Jamal Prof. Fehmina Arif ,Dr. Waseem Jamalvi (President (Elect) PPA Sindh Branch and Dr. Khalid Shafi (GS PPA) also spoke on the occasion. Chief guests were Dr. Ashar Afaq (Registrar, DMC/DUHS) and Dr. Shumaila (Vice Principal, DMC),

**25th October, 2023**: This year girl child day was also celebrated at Konpal’s rural center. . MS. Shamsunisa, the social mobilizer of Konpal conducted an awareness raising session with girls and women of LK village.

**11 th November 2023**: Seminar on world Mental Health day was organized by Kiran Foundation at their DCTO campus, Lyari. Prof Dr. Aisha Mehanz gave talk on “Digital Media and its impact on mental health of children and adolescent” it was attended by large number of mothers, students and staff members.

**6th May. 2023:** A well-attended on day workshop on “How to organize and conduct workshop on selected topic” was organized by Konpal in collaboration with Ziauddin School of Nursing at its Naziabad campus. Over 25 senior teachers belonging to different institution / organizations participated and enjoyed the highly interactive workshop. The facilitator was Prof Aisha Mehnaz helped by Dr. Rana Najam, Mrs. Shahnaz Zaman, Dr, and Mrs. Shireen. Dr. Pamela Marshal the Dean of school of nursing Ziauddin Hospital in her concluding remarks highly appreciated Konpal for its efforts in awareness raising and said that she is looking for more such ventures and collaboration with konpal

**INTERNSIP PROGRAMS ORGANISED BY KONPAL**:

**5th -20th Sept 2023: Konpal held an Internship program for Students of Nursing, Ziauddin University.** Five sessions were held, the sessions included introduction to Konpal, types of NGOS, Children Rights, Career planning, introduction to research. Later research assignment were given. The students were also involved in health Camp at Musa colony**.** Last session and concluding ceremony of Konpal Internship program was held on 23rd Sept 2023 at Konpal office .Twelve nursing students from Ziauddin and KU attended the program. They presented the survey results of their last assignment and shared their recommendations for the Community of Musa colony. The program ended with the certificate distribution. Students highly appreciated the Internship program and volunteered to participate in any future activities of Konpal. Dr Pamela Marshall Dean ZSN thanked Prof Aisha Mehnaz, Ms Shahnaz Yasin, Mr Adil and konpal team for taking this initiative.

**MEETINGS/SEMINAR /TRAININGS ATTENDED BY KONPAL MEMMBERS TEAM:**

**January 2023**: Konpal’s Program Manager and Chief accountant attend the training workshop organized by Pakistan Central for Philanthropy (PCP) at Qasimabad, Hyderabad.

**Sunday 5th February**, 2023 **“Women Health in Disaster”** was the theme of conference organized by Sindh Institute of Reproductive Medicine and the 8th Midwifery conference held at Movin Pick Hotel, Karachi konpal was represented by Dr. Aisha Mehanz who during the panel discussion highlighted the activities of konpal held during recent rain and flood like situation in the Long Khan Khoso Village (LKV) near Hyderabad.

**30th May, 2023**: Sindh Child Protection Authority organized a meeting at PC Hotel to discussed policy discussion and was attended by Dr. Aisha Mehnaz.

**September 2023**: Ms Shahnaz Yasin attended capacity building workshop on management of Child abuse and neglect.

**23rd October, 2023**: The launch of guidelines to identify and support victims of sexual and gender based violence prepared by LAS and government took place at hotel PC Karachi Health Minister Sindh Dr. Saad Khalid Niaz call for urgent action to comeback sexual and gender based violence he express strong condemnation of child sexual abuse and call to collative effort to prevent such heinous criminal act. A panel discussion followed Prof. Aisha Mehanz and Prof. Fehmina Arif were among the panelist.

**FOLLOW UP ON LKV VILLAGE PROJECT:** Konpal team paid several visit to its Long Khoso Village project.

**23rd January, 2023 :** The purpose of this visit was to observe the progress of ongoing project specially the construction of houses it was a heart worming exercise, slowly not only face of the village is changing but also attitude the people.

**15th February, 2023**: Two of our overseas Konpal Members and friends of LK Village, Dr. Mustafa Hussein and Mrs. Fazila Siddique visited LKV and spend some time with village folks they took a round of village also the team distributed Eid clothes for women and three 03 sewing machines and a walker to a handicapped man and all donated by Friends of LK Village..

22nd March, 2023: konpal team Visited LK Village and distributed Eid Clothes among the men of village donated by Mr. Shahid and Dr. Farzana Nasir.

The members had meeting with elders and also visited the primary school located in the village.

**8th July, 2023:** Konpal started its non-formal learning adult center at LK Village. A social mobilizer cum educator of Konpal Ms. Shamsunisa along with Ms. Shahnaz Yasin (General Secretary) konpal took the first session with women folks. Brining and attitudinal change in a community facing in innumerable challenges is in uphill task.

**18th October, 2023:** Konpal team again visited LK Village. The purpose of visit was to have meeting with village elders and to discuss with them the future program of Konpal. Apart from briefing session, it was two points agenda meeting i.e. to discuss opening of girls primary school and initiate small scale financing scheme ( loan on easy installment) to encourage small scale business. On this occasion dry ration (donated by Konpal member Dr. Farzana Iqbal) was distributed to all houses in the village. Dr Mustafa Hussein was given shield of Konpal in recognition of his support to konpal .Ten women who regularly attended adult literacy center in the last 3 months conducted by Ms. Shamsunisa our social mobilizer cum educator were given files and note book to encourage them.

**WEBINARS ON CHILD ABUSE AND NEGLECTS:**

2nd March, 2023: webinar on **“Understanding Child Abuse and Neglect”** protection of Children with special needs was organized by Autism without Border. Prof. Aisha Mehanz, chaired the session. Speakers were Dr. Naeem Zafar and Dr. Azra Rafiq. The session was moderated Dr. Nadia Riaz

31st October, 2023: Prof Aisha Mehnaz participated in First online members meeting of IPA on “Children in Humanitarian and Emergency” settings

**CERTIFICATION OF KONPAL BY PCP**

On 16th May 2023: Team from Pakistan Central for Philanthropy (PCP) visited Konpal office for the evaluation of konpal, for certification. Team members included Mr. Shaheer Abdi and Mr. Dawood. They held meeting with the konpal board members and the staff of Konpal.With the grace of God, Konpal is certified for the third consecutive term by PCP.

**HEALTH MELA FOR RESIDENTS OF MOOSA COLONY**

**17th September, 2023** Konpal team participated in Health Mela organized for the poor residents of Musa colony. The event was organized by Ziauddin School of nursing. Konpal set up an awareness raising stall on common health issues and about child abuse and Neglect. Medical camp was also organized at the site where Skin Specialist Dr. Sana Amin saw the poor population of Musa colony who are suffering from various skin infections. Free medicines were also distributed at the occasion. Ms. Shahnaz Yasin , konpal, Muhammed Adil, Konpal Program Manager and Dr. Sana Amin assisted by first batch of Konpal Internee from ZSN along with . Dr Pamela Marshall (Dean ZSN) Ms Shireen and Ms Shahnaz Zaman (Sr Instructor ZSN) participated in the Health Mela.

**CHILDREN WEEK PROGRAMS:**

**18th November, 2023**: A highly successful Walk cum Demonstration and candle light vigil was organized by Konpal at Frere hall Karachi. The walk was organized on the occasion of Universal Children Day. Prayers for the victims and survivors of Child abuse, violence and War was also held. Dr Azra Rafiq held a very soulful and heart touching prayer for all children especially those died of Violence and war atrocities at Palestine. A Candle Light Vigil was also held on the occasion.

Children from youth home, students from Zia uddin Nursing College, children from Home of Bless Shelter home, members and volunteers from Konpal participated in addition to civil society members and child rights activists.

**22nd November, 2023:** Universal Children Day was celebrated with the children and mothers/ care takers of children at a Shelter Home, House of Bless (HOB). The event comprises of painting contest, singing and merry making. A cake cutting ceremony was also held. Gifts were distributed to all children and their caretakers. We are thankful to HOB team.

**10th December, 2023:** Konpal members along with PPA, PIMA and members of other organization participated in White Coat March to show their solidarity with children and people of GHAZA. Dr Aisha spoke on the occasion and condemned the atrocities committed towards the children of Ghaza. Dr Rana, najam, Shahnaz represented Konpal.

General Secretary

Konpal, CAPS