

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 تازعہ یا تشدد معالے 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 is a non political non sectarian, 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.

Website: www.konpal.org | Facebook: Konpalcaps | Email: contact@konpal.org

## نوجوانوں میں ڈپریشن (ذہنی دباؤ) ایک تفصیلی جائزہ (تحریر: زینب وقار)

نوجوانوں میں ڈپریشن (ذہنی دباؤ) ایک وسیع اور بڑھتا ہوا عالمی بحران ہے جو افراد، خاندانوں اور معاشروں پر اہم بوجھ ڈالتا ہے۔ یہ محض ایک عارضی "مرحلہ" نہیں ہے، بلکہ یہ ایک سنگین ذہنی بیماری ہے جس کے نتائج مختصر اور طویل مدتی ہو سکتے ہیں۔ پاکستان میں ڈپریشن ایک عام مسئلہ بن چکا ہے، جس کے پھیلاؤ میں کئی حیاتیاتی، نفسیاتی، اور خاص طور پر سماجی و اقتصادی عوامل کا پیچیدہ کردار ہے۔ صحت کے ماہرین کے مطابق، پاکستان کی آبادی کا ایک بڑا حصہ، خاص طور پر نوجوان، ذہنی دباؤ اور اضطراب کا شکار ہیں۔ ان میں تعلیمی ناکامی، نشہ آور اشیاء کا استعمال، اور خودکشی شامل ہیں۔ اس کے پہلوؤں کو سمجھنا اور جامع روک تھام اور علاج کی حکمت عملیوں کو اپنانا اس کے اثرات کو کم کرنے کے لیے انتہائی ضروری ہے۔ اس تحریر میں نوجوانوں میں ڈپریشن، اس کے اسباب اور ان کی علامات کو سمجھانے کی کوشش کی گئی ہے۔

پاکستان میں ڈپریشن کی بنیادی وجوہات اور خطرے کے عوامل درج ذیل ہیں:

### سماجی اور اقتصادی دباؤ

پاکستان میں ڈپریشن کی سب سے بڑی وجوہات میں سماجی اور اقتصادی مشکلات پیش پیش ہیں۔ معاشی مسائل، غربت، بے روزگاری، مہنگائی، اور مالی عدم تحفظ ذہنی دباؤ کے بڑے محرکات ہیں۔ مالی نقصان یا معاشی استحکام کی کمی لوگوں میں شدید مایوسی پیدا کرتی ہے۔ سماجی ناہمواری، معاشرتی ناہمواری، طبقاتی فرق (امیر اور غریب کا فرق)، اور صنفی امتیاز بھی ڈپریشن کا خطرہ بڑھاتے ہیں۔ سیاسی عدم استحکام اور تشدد، سیاسی عدم تحفظ، دہشت گردی، اور تشدد کے واقعات کا براہ راست مشاہدہ یا شکار ہونا ذہنی صحت پر منفی اثر ڈالتا ہے۔

### تعلیمی اور پیشہ ورانہ دباؤ

نوجوانوں میں ڈپریشن کی ایک اہم وجہ تعلیمی شعبے میں سخت مقابلہ اور مستقبل کی غیر یقینی صورتحال ہے۔ تعلیمی دباؤ والدین کی جانب سے اعلیٰ نمبروں اور کارکردگی کے لیے مسلسل دباؤ نوجوانوں کو شدید ذہنی تناؤ میں مبتلا کر دیتا ہے۔ مستقبل کے امکانات، تعلیم مکمل کرنے کے بعد نوکریوں کے محدود مواقع اور مستقبل کی منصوبہ بندی کے حوالے سے بے چینی مایوسی کو جنم دیتی ہے۔

### نفسیاتی اور خاندانی مسائل

**خاندانی تنازعات:** گھریلو تشدد، بہن بھائی کے درمیان جھگڑے، یا والدین کے درمیان مسائل ڈپریشن کا باعث بنتے ہیں، خاص طور پر خواتین اور بچوں میں جذباتی اور جسمانی بدسلوکی، بچپن میں جذباتی یا جسمانی زیادتی بھی بڑے ہو کر ڈپریشن کا ایک اہم خطرہ عنصر بنتی ہے۔ **ذہنی صحت سے متعلق آگاہی کی کمی:** پاکستانی معاشرے میں ذہنی صحت کے مسائل کو اکثر ایک بیماری کے بجائے کمزوری یا عارضی حالت "سمجھا جاتا ہے، جس کی وجہ سے لوگ بروقت مدد حاصل نہیں کرتے اور مسئلہ سنگین ہو جاتا ہے۔

### دیگر عوامل

جسمانی صحت: نیند کی کمی، ناقص خوراک، اور جسمانی سرگرمیوں میں کمی بھی ذہنی دباؤ کو بڑھاتی ہے۔ سوشل میڈیا کا استعمال: سوشل میڈیا کا حد سے زیادہ استعمال اور اس سے جڑے مسائل (جیسے سائبر بولڈنگ) بھی نوجوانوں کی ذہنی صحت کو متاثر کر رہے ہیں۔ ایک دوسرے سے آگے بڑھنے کی چال اور برتری پانے کی خواہش نوجوانوں کو ایک مصنوعی زندگی جینے پر مجبور کرتی ہے۔

### پھیلاؤ اور مسئلے کا دائرہ کار

نوجوانوں، جسمانی، جذباتی اور سماجی تبدیلیوں کا ایک بڑا دور، اکثر ذہنی صحت کے مسائل کا شکار ہونے کا خطرہ لاتا ہے۔ اعداد و شمار اس مسئلے کی نشاندہی کرتے ہیں مسئلے کا عالمی پھیلاؤ عالمی سطح پر اندازہ لگایا گیا ہے کہ 10 سے 19 سال کی عمر کے ہر سات میں سے ایک (14.3%) نوجوان ذہنی صحت کی حالت کا تجربہ کرتا ہے۔ نیوروسائیکسٹرک حالات نوجوانوں میں معذوری کی ایک بڑی وجہ ہیں۔

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

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

## KONPAL ENTERED ITS 21ST YEAR



Konpal entered 21st year of its selfless service. Konpal upholds its commitment to safeguard Rights of Children as per UNCRC.



Walk to commemorate Universal Children Day. Konpal kept its tradition of holding its awareness raising walk on Universal Children Day since 2007 till date.



Capacity building workshops. Konpal continued its capacity building training workshop for Health care providers, teachers, parents, children and other stake holders on child protection.

## SCHOOL CHILD PROTECTION COMMITTEE

The School Child Protection Committee (SCPC) was established in Scholars Academy under the valuable guidance and support of Dr. Aisha Mehnaz in early 2024. The committee worked to ensure a safe, respectful, and morally sound environment for all students. The committee with the support of its dedicated and committed staff are effectively managing reported cases of misconduct and behavioral issues in school children.

We report two cases successfully handled by the SCPC, the corrective actions taken, and the positive outcomes achieved through parental involvement and student counseling. Both cases demonstrate the effectiveness of the School Child Protection Committee (SCPC) in addressing sensitive behavioral issues with a balanced approach of counseling, parental involvement, moral education, and consistent follow-up. The collaborative efforts of teachers, parents, and the SCPC have created a positive impact, reinforcing the school's commitment to nurturing responsible, respectful, and morally aware students.

Regards: Sara Liaqat, Principal Scholars Academy  
Uzma Tanveer, Educational Coordinator

### CASE REPORTS

#### Case 1: Inappropriate behavior

Two boys from Class IV were found to be engaged in inappropriate physical contact with each other in the boys' washroom. The concerned teacher immediately reported the matter to the senior SCPC member, who discussed the issue with the students involved and informed the Principal. Both parents were called and informed about the situation sensitively and respectfully. The parents responded positively and expressed full cooperation for further counseling and guidance. Following the incident, the SCPC arranged a short awareness session for the entire class. Relevant educational videos were shown to help students understand that such behavior is unacceptable and considered abominable. Additionally, a religious scholar was invited to conduct a session on "Good Touch and Bad Touch", explaining moral boundaries, self-control, and the importance of avoiding inappropriate actions or thoughts. The students realized their mistake, accepted their wrongdoing, and assured that such an incident would never happen again. The follow-up observation shows that both students are now well disciplined and exhibit positive behavioral changes.

#### Case 2: Behavioral Misconduct

A student of Class VIII repeatedly showed mischievous act and disobedience to teachers, and aggressive attitude towards his classmates, often hitting younger students. Case was reported to SCPC. The SCPC intervened promptly and called his parents and elder brother for a detailed discussion. Multiple counseling sessions were conducted, focusing on anger management, empathy, and classroom discipline. The student was guided according to the SCPC framework, Councelled frequently and his behavior was closely monitored over time. Gradually, a visible improvement was observed. The student now exhibit good manners and is more cooperative, showing respect towards teachers and peers alike. His parents also expressed satisfaction and gratitude for the school's continuous efforts and effective counseling approach.

### FOR DONATIONS

Title of Account	Account Number
konpal caps	00277000093603

Bank: Habib Bank (Nursery Branch) Block 6 PECHS Karachi

**برہتی ہوئی شخصیں:** نوجوانوں میں ڈپریشن کی علامات کی شرح وقت کے ساتھ بڑھی ہے۔ شمالی امریکہ جیسے اعلیٰ آمدنی والے خطوں میں، پچھلی تین دہائیوں میں یہ بوجھ نمایاں طور پر بڑھا ہے۔ **عمر اور صنفی رجحانات:** بچپن میں ڈپریشن غیر معمولی ہے (شرح نمو 1% سے کم) لیکن بلوغت کے ساتھ تیزی سے بڑھتا ہے۔ بلوغت کے بعد ایک اہم صنفی فرق ابھرتا ہے، جس میں لڑکوں کے مقابلے میں لڑکیوں میں ڈپریشن کا تجربہ کرنے کا امکان تقریباً دو گنا زیادہ ہوتا ہے۔ **خودکشی کا خطرہ:** ڈپریشن خودکشی کے لیے ایک بڑا عنصر ہے، جو 15 سے 29 سال کی عمر کے افراد میں موت کی ایک بڑی وجہ ہے۔ نوجوانوں میں خودکشی کے متاثرین میں سے نصف سے زیادہ افراد میں موت کے وقت ڈپریشن ڈس آرڈر کی اطلاع دی گئی۔

### تفصیلی علامات اور انتہائی نشانیاں

نوجوانوں میں ڈپریشن کی علامات بڑوں سے قدرے مختلف ہو سکتی ہیں، جو اکثر اداسی کے بجائے چڑچڑاپن، غصے، یا غیر وضاحتی جسمانی شکایات کے طور پر ظاہر ہوتی ہیں۔ **جذباتی اور علمی تبدیلیاں مسلسل موڈ کی خرابیاں:** اداسی، خالی پن، غصے، یا چڑچڑاپن کے شدید احساسات جو ہفتوں یا مہینوں تک رہتے ہیں۔ **(Anhedonia) خوشی میں کمی:** ان سرگرمیوں اور مشاغل میں دلچسپی یا خوشی کا خاتمہ جو کبھی پر لطف تھے۔ **خودکشی کے مسائل:** بے وقعتی، قصور، کم خود اعتمادی، خودکوداؤں، اور حد سے زیادہ خود تنقیدی کے احساسات۔ **مابوسی:** زندگی اور مستقبل کے بارے میں ایک تاریک یا مایوس کن نظریہ۔

**توجہ مرکوز کرنے میں مشکلات:** سوچنے، توجہ مرکوز کرنے، فیصلے کرنے، اور چیزوں کو یاد رکھنے میں دشواری، جو تعلیمی کارکردگی کو متاثر کر سکتی ہے۔ **خودکشی کے خیالات خود کو نقصان پہنچانا:** موت، مرنے، یا خودکشی کے بارے میں اکثر خیالات، یا خود کو نقصان پہنچانے والے رویے جیسے کٹ لگانا یا جلانا۔

### نوجوانوں میں ڈپریشن کے رویے جاتی اور جسمانی اثرات

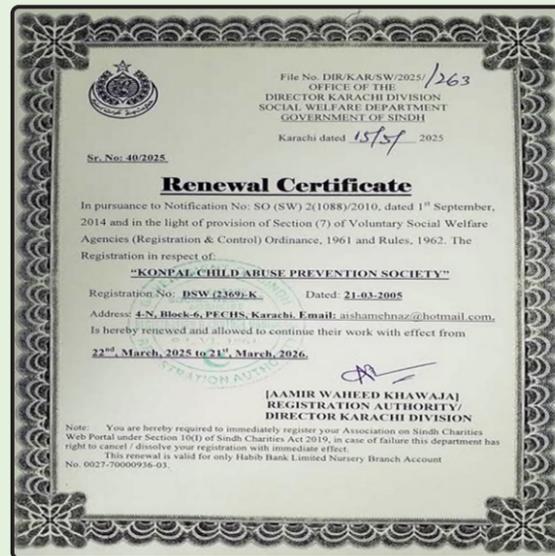
نوجوانوں میں ڈپریشن (دباؤ ڈپریشن) کی علامات ان کے رویے اور جسمانی صحت پر گہرے اور نمایاں اثرات مرتب کرتی ہیں۔ رویہ جاتی تبدیلیوں میں سب سے عام سماجی تنہائی (سماجی انخلاء) ہے، جس کے تحت نوجوان اپنے دوستوں اور اہل خانہ سے کٹ جاتے ہیں۔ یہ عمل اکثر ان میں تنہائی اور اکیلے پن کے احساسات کو مزید تقویت دیتا ہے۔ ان کی روزمرہ کی زندگی نیند کی سنگین خرابیوں سے شدید متاثر ہوتی ہے؛ وہ یا تو مکمل بے خوابی کا شکار ہو جاتے ہیں یا اس کے برعکس غیر معمولی حد تک زیادہ سوتے رہتے ہیں، جس سے ان کے نیند کے قدرتی معمولات میں خلل پڑتا ہے۔ جسمانی سطح پر، بھوک اور وزن میں واضح تبدیلیاں رونما ہوتی ہیں: یا تو بھوک بالکل ختم ہو جاتی ہے جس سے وزن تیزی سے گرتا ہے، یا پھر بھوک میں بے تحاشا اضافہ ہوتا ہے جس کا نتیجہ غیر معمولی وزن بڑھنے کی صورت میں نکلتا ہے۔ ان علامات کے ساتھ ساتھ، توانائی کا شدید زیاں اور ہر وقت کی تھکاوٹ ان پر غالب رہتی ہے، جس کی وجہ سے وہ کوئی بھی کام کرنے کا حوصلہ کھو بیٹھتے ہیں۔ ایسے نوجوان اکثر مسلسل بے چینی اور بے قراری محسوس کرتے ہیں اور ایک جگہ پر سکون سے بیٹھنے سے قاصر رہتے ہیں۔ دیگر نمایاں علامات میں ذاتی صفائی ستھرائی کو نظر انداز کرنا شامل ہے، جہاں وہ اپنی ظاہری شکل اور جسمانی صفائی پر توجہ دینا چھوڑ دیتے ہیں۔ بالآخر، وہ اکثر غیر وضاحتی جسمانی درد کی شکایات کرتے ہیں، مثلاً بار بار سردی یا پیٹ میں درد، جن کی طبی معائنے کے باوجود کوئی خاص وجہ سامنے نہیں آتی اور یہ درد عام علاج سے ٹھیک نہیں ہوتے۔

### علاج اور روک تھام کی حکمت عملی

طویل مدتی خرابی اور بیماری کے دوبارہ ہونے سے بچنے کے لیے ڈپریشن کی ابتدائی تشخیص اور بروقت مداخلت اہم ترجیحات ہیں۔ اس مسئلے سے نمٹنے کے لیے اکثر ایک کثیر کی سفارش کی جاتی ہے، جس میں مختلف حکمت عملیوں کو یکجا کیا جاتا ہے۔ نفسیاتی علاج (multidisciplinary approach) الشجرہ نقطہ نظر، بلکہ سے اعتدال پسند ڈپریشن کے لیے مؤثر بنیادی علاج (IPT) اور باہمی تعلقات کی تھراپی (CBT)، خاص طور پر علمی سلوک تھراپی (Psychotherapy) سمجھے جاتے ہیں۔ شدید کیسز میں، ادویات کا استعمال کیا جاسکتا ہے (جیسے فلوکسیٹائن، جو نوجوانوں کے لیے منظور شدہ ہے)، لیکن یہ عموماً تھراپی کے ساتھ مل کر استعمال ہوتی ہیں اور ممکنہ ضمنی اثرات کے لیے قریبی طبی نگرانی کی ضرورت ہوتی ہے۔ علاج کے ساتھ ساتھ طرز زندگی میں ایڈجسٹمنٹ بھی ضروری ہے، جس میں باقاعدہ ورزش، صحت مند خوراک، مناسب نیند، اور خاندان و دوستوں کے ساتھ مضبوط سماجی تعلقات شامل ہیں۔ یہ تمام چیزیں خود مدد اور لچک پیدا کرنے والی اہم حکمت عملی ہیں۔ یہ سمجھنا ضروری ہے کہ ڈپریشن کمزوری کی علامت نہیں ہے اور یہ شاذ و نادر ہی خود بخود بہتر ہوتا ہے؛ اس کے لیے پیشہ ورانہ مددنا گزیر ہے۔ اگر آپ یا آپ کا کوئی جانے والا ڈپریشن کی علامات کا سامنا کر رہا ہے یا خودکشی کے خیالات رکھتا ہے، تو فوری طور پر پیشہ ورانہ مدد حاصل کرنا ضروری ہے۔ اس سے نمٹنے کے وسائل جیسے خودکشی ہیلپ لائن یا مقامی ماہر نفسیات فوری مدد فراہم کر سکتی ہیں۔ فعال اقدامات اور کھلی بات چیت نوجوانوں کی ذہنی تندرستی کو فروغ دینے اور اس بات کو یقینی بنانے کے لیے کلیدی حیثیت رکھتی ہے کہ انہیں ایک بھر پور زندگی گزارنے کے لیے درکار مدد میسر آئے۔

## ایک خصوصی بچے کا خصوصی پیغام (ڈاکٹر مظہر عباس)

شکل و صورت مختلف میری ہے گو مسکراتا ہوں تمہاری ہی طرح آسماں ویسا ہے، ویسی ہے زمیں جب خوشی ملتی ہے ہوجاتا ہوں شاد امتحاں لینا تھا تیرا بے خبر آیا ہوں الفت سکھانے کے لئے دل میں روشن ہوں محبت کے دیئے وہ خدا ہے جس کی رحمت بے کراں جیسے تارے ہیں زمیں پر بے شمار اپنے پیانوں سے تو مجھ کو نہ ناپ تیری الفت مجھ کو کر سکتی ہے ٹھیک کر رہا ہوں میں بھی تو عین غین ذہن میرا سست ہے گفتار سست تم نے جو سیکھا ہے وہ سیکھوں گا میں میرے پیانے مرے اپنے ہیں سن مجھ کو نعمت زندگی کی جس نے دی ہیں مرے جذبات تم جیسے سنو کھاتا پیتا ہوں تمہاری ہی طرح میرا رونا مختلف تم سے نہیں دل مرا بڑھتا ہے جب ملتی ہے داد مجھ کو خالق نے زمیں پہ بھیج کر لئے میں نہیں عبرت زمانے کے لئے مجھ کو بھیجا ہے خدا نے اس لئے اس زمیں سے لے کے تبا آسماں یا سمندر جیسے کوئی بے کنار ہے چنیدہ خاندان، یہ ماں، یہ باپ دے نہ مجھ کو کئی ہمدردی کی بھیک مجھ کر سکھادیں گے سب کچھ والدین ابتداء میں ہوگی یہ رفتار سست میں چلوں گا، ایک دن بولوں گا میں مجھ میں آئیں گے نظر سب تجھ کو گن ظلمتوں میں دے گا وہ ہی روشنی



## ANNUAL ACTIVITIES REPORT OF KONPAL JANUARY 2025 DECEMBER, 2025

Konpal, CAPS like previous years organized a long-winded activities in 2025. A glimpse of the activities are as follow:

### A: AWARENESS RAISING / SEMINAR / ADVOCACY MEETINGS: HEALTH DAY CELEBRATION AT GBPS, TANDO SAEED KHAN (TSK), HYDERABAD

On the occasion of World Health Day, Konpal organized a number of activities at a GBPS, TSK on 23rd April 2025. The events included

**HEALTH SEMINAR** conducted by Konpal GS Ms Shahnaz Yasin helped by students of Ziauddin School of Nursing and their senior teachers Ms Stella Naheed.



The topics covered with the help of charts and discussion in local language were hand washing, body hygiene (bathing, cutting and cleaning



nails, teeth brushing, wearing shoes etc), Importance of cleanliness in disease prevention, good eating habits, disadvantage of Pan and Gutka eating, healthy Habits etc. A medical camp was also organized on the occasion. later a walk on the street of the village was also held.

### SEMINAR ON THE OCCASION OF INTERNATIONAL WOMEN DAY

Konpal celebrated International Women Day by honoring the mothers and caretakers of children



at the shelter home House of Bless run by CDRS On 10th March. Konpal members distributed gifts and applauded the devotion of caretakers of



the orphanage for their selfless service towards children.

### INTERNATIONAL MOTHER DAY CELEBRATION BY KONPAL

Two capacity building WS were held at CHK and

SOS village on 10th May respectively.  
1, Capacity building Workshop at Pediatric Department, CHK was held for mothers /guardians admitted as care takers of their



children with various ailments. Parents are the most important stakeholders in child protection and are important members of the safety net we at Konpal are creating around children to protect



them from abuse, violence and Neglect. Important topics related to children health and protection were discussed with them by using video, pictorial ppt and charts as most mothers were illiterate. These topics were effectively covered by Prof Muzzamil Eijaz, Mr Mohammad Adil and Dr Sania.

**2. SEMINAR ON MOTHER DAY AT SOS, VILLAGE KARACHI**

Konpal organized another capacity building work shop for foster mothers of SOS village, Malir Karachi on 10th May 2025. The objective was to pay homage to mothers catering to the care and need of over 150 children living in the

SOS shelter home and to enhance their capacity to manage a number of behavioral problems frequently reported in Institutionalized Children. Mrs. Shamila Shafqat, Asst Director SOS



village welcomed the speakers. Prof Aisha Mehnaz, Chairperson Konpal, dedicated the seminar to the memory of late Mrs. Zahida Hashmi, former Director of SOS village. Fateha was offered for her before the program was formally started.



A brain storming session was held with mothers on common day to day behavioral issues in children they come across at the SOS village, mothers identified a number of issues like aggression, anti-social behavior etc. Dr Aisha shared findings of her study where number of psychosomatic and psychological issues were identified in children who were abused or neglected.

The Psychologist and Educationist Mrs. Zainab Waqar was then asked to discuss with the mothers the steps to be taken with the child with behavioral issues or psychosocial problems. Mrs. Zainab very effectively answered the

**KONPAL IN MEDIA**

1. PODCAST WITH AMNA SOHAIL held on 8th Sept 2025 Chairperson Dr Aisha discussed with Amna Sohail on various issues related to Children Rights and Abuse. Recording available on you tube. [www.facebook.com/share/r/ihz](http://www.facebook.com/share/r/ihz).



2. Universal Children Day walk was covered by many local newspaper and dailies

**KONPAL GENERAL BODY/EC MEETING**

Konpal General Body Meeting was held before the 20th anniversary celebration. Konpal's new cabinet for the tenure 2025-2026 was elected. Mrs Ghazala Munim, the Chief Election Commissioner announced the result. She congratulated the new office bearers and board members and prayed for their success and continuation of the good work Konpal is doing.



Konpal Ex/Board meeting was held regularly at Konpal office in 2025. Six EC meetings were held, the quarterly report were shared in each EC meeting. The activities to be organized in the next quarter is shared with Board/EC members in each meeting and their opinion and suggestions were sought.



**UNIVERSAL CHILDREN DAY CELEBRATION: The following activities were held**

**1. Universal Children Day:**

Konpal celebrated Universal Children Day with school children and staff of Govt Boys Primary



School, Tando Saeed Khan Village today. Ms Shahnaz Yasin GS Konpal., Prof Mumtaz Lakhani, Konpal member and Dr Hanif Kashtiwala, Dr Ali Nawaz Yousufani, Senior Pediatricians of Hyderabad held an interactive session with children on various topics of interest focusing on good character building. Informative sessions on hygiene, healthy foods,



good habits and other safe practices children need to adopt in their daily life were further discussed by Students of Ziauddin School of Nursing assisted by their teachers Ms Shahnaz Zaman and Stella Naheed using poster and Charts prepared by them.. Later children were involved in various games and exercises. Gifts were distributed to all. The fun filled activities ended in walk led by Children on the street of the village. Mr Adil, Mr Zahid laghari, Murtaza and Zubair school teachers managed the excited children effectively during the walk.

**2. Walk on Universal Children Day**

Konpal organized a walk on the occasion of Universal Children Day 2025 at Frere Hall Park

Karachi on Sunday. The awareness raising walk is a tradition being kept by Konpal for the last 20 years. The walk was attended by over 200 children with their Teachers and Parents beside Konpal office bearers and members. In addition a large number of Civil society, NGOs and



Professional bodies office bearers and members, Dow Graduates and public present at the Frere Hall participated in the walk. The walk was preceded by children and students singing. In the end Dua was offered for the health and safety of Children of Pakistan and world over.

The walk concluded in a befitting manner by children and all present singing National Anthem.



Konpal Child Abuse Prevention Society team participated in a walk organized by Social Welfare Organization today at Sea View Karachi.



queries and engaged the mothers in an interactive and informative discussion. Ms Shahnaz Yasin, Gen Sec Konpal, shared her experience of dealing with such issues in her students as school teacher. The discussion generated a lot of interest among the participants. At the end certificate of participation and gift was given to all mothers in recognition of their selfless services. Mrs. Shamila thanks the Konpal team for organizing an informative seminar and assure the team of her collaboration in similar ventures in future.

**SEMINAR AT THALASSEMIA CARE CENTRE**

Konpal in collaboration with Saylani Thalassemia Care Center and Blood Bank, Gulshan e Iqbal, Karachi.

Organized an Awareness raising seminar on "Genetically transmitted Diseases and its Prevention"

”موروثی بیماریاں (نسل در نسل چلنے والی) کون سی ہیں؟ کیا ان کا تدارک ممکن ہے؟“

on 26th May Dr Zunair Senior MO introduced the seminar objectives followed by welcome



address by the Director Thalassemia Centre Mr Ghulam Sarwar. Dr Azra Rafique , Consultant Pediatrician delivered a talk on "From Sick Care



to Health Care and Thalassemia free Pakistan". Her talk was followed by talk by the invited

speaker Professor Aisha Mehnaz, Chairperson Konpal on "Genetically Transmitted Diseases and how to prevent it". Her interactive talk in Urdu involved questions like what is Inherited Metabolic Disorders (IMD), magnitude of IMD in Pakistan, How it is transmitted, how it can be prevented etc. Dr Aisha involved parents (over 35 in number) throughout her discussion. It appeared that parents have little knowhow about IMD. They asked number of questions which plainly highlighted the importance of arranging more such awareness raising seminar

In the end Konpal Gen Sec Ms Shahnaz Yasin thanked Dr Azra Rafi and Saylani trust for organizing such informative seminar for parents. CEO of Saylani trust M. Iqbal reiterated his commitment to continue with more such awareness raising session with Dr Azra and Konpal team.

**SEMINAR ON WORLD BREAST FEEDING DAY.**

KONPAL on the occasion of World Breast Feeding Week organized a successful seminar at



Sir Syed medical college on 6th August 2025. Dr Farzana Nasir the chief organizer and Associate



Prof Gyne/Obs /Konpal board member, welcomed the participants and explained the

objectives of Seminar, followed by talk on advantages of breast feeding, BFHI policies and optimum BF practices by Dr Farah Israr and Dr Azra Rafiq. Prof Aisha Mehnaz then discussed how an effective counselling can dispel a number of misconception about Breast Feeding. Brig. Dr Waseem, the Principal Sir Syed medical college highly appreciated the efforts of Konpal in organizing the seminar.

In the end Ms Shahnaz Yasin , Gen Sec Konpal thanked the Doctors and the management of Sir Syed Med College for joining hands with konpal in organizing this important event especially Dr Farzana Nasir who deserve an applaud for her uniting efforts.. Apart from large number of students and young doctors, the seminar was attended by Dr Razia Ifthikar, Prof Ghulam Murtaza, Prof Mumtaz Lakhani, Dr Ayesha Sarwat and other Senior Professionals and Konpal members.

**SEMINAR AT SARGODIAN SPRIT TRUST PUBLIC SCHOOL, RASHIDABAD**

Konpal team organized a series of capacity building Seminar / Workshop with teachers and students of SSTPS (Sarghoda Spirit Trust Public



School) Rashid Abad on 25th & 26th October 2025 at Rashid Abad, TandoAlaYar, and Sindh.



Four sessions were held separately. These included a highly interactive workshop

with school teachers (over 40 in number) on “Conduct Disorders in children” various conduct and behavioral issues including Harassment and bullying witnessed in institution were discussed at length by Prof. Aisha Mehnaz and Dr. Mirza Ali Azhar.

Teachers shared their experiences and discussed the preventive strategies. Dr. Aisha discussed in detail the School Child Protection Committee (SCPC) model which is successfully implemented at Scholar Academy at Karachi.

Two Seminar / Workshops were held separately with students in early (9 to 14 year of age) and late Adolescence (14 to 19 year of age) on reproductive and Sexual Health and Rights.

Dr Aisha discussed the physical, mental, emotional, spiritual and reproductive health and discussed the challenges adolescents may face and ways to overcomes it.



Dr. Mirza Ali further elaborated on the myth and misconception regarding reproductive and sexual health. This generated a lot of interest among students who asked very pertinent questions. Students admitted that never before this sensitive topic was discussed in such a candid manner with them by any health expert.



Harassment at school and remedial measures were also given due importance. A similar session was held with girls of an

**WEBINARS**

**1.WEBINAR \*"BREASTFEEDING & SPECIAL NEEDS CHILDREN: HUMAN MILK & NEURODEVELOPMENT** “held on 9th August organized by Autism Without Borders in collaboration with Konpal Child Abuse Prevention Society & PIMA . Dr Azra Rafiq and Dr Aisha Mehnaz was the key note speakers. Their talk was followed by Panel Discussion.

**2. WEBINAR ON HEALTH EFFECTS OF AIR POLLUTION ON CHILDREN:**



**3. WEBINAR ON DISABILITY DAY:**

Reported

**PARTICIPATION IN PEDIATRIC CONF AT QUETTA/PPA-CRG/SESSION**

Konpal team represented by Prof Aisha Mehnaz, Prof Mumtaz Lakhani and Dr Kishwar Enam attended Annual Pediatric Conference at Quetta, concluded on 30 th Nov 2025. Separate session were held on Child protection and referral and adolescents issues.



گورنر بلوچستان جنرل منور حسین اور دیگر اہل کاروں کے ساتھ گورنر ہاؤس (کوئٹہ) میں



**KONPAL 20TH ANNIVERSARY**

Konpal's 20th anniversary was celebrated in a modest and becoming manner at Konpal office on 9th February 2025. The event comprised of a cake cutting ceremony with members and



Konpal supporters. All present appreciated the continuous struggle of Konpalites and prayed for its success. Earlier Prof Aisha Mehnaz gave a brief account of twenty years of Konpal relentless journey.



# KONPAL IN PICTURES



### IFTAR DINNER WITH CHILDREN of HOB

Konpal hosted an Iftar/ Dinner on 9th March 2025 for the children of House of Bless (HOB) a shelter home run by CDRS. Konpal members



had a great time with the children. Children insisted that Konpal member visit Shelter home again and spend more time with them.



Konpal members promised that they will visit again.

### EID CELEBRATION WITH CHILDREN OF HOB

Konpal chair/gS visited hob orphanage and had a wonderful time with children



### SUMMER CAMP:

Right to play and recreation is the fundamental rights of every child as per UN crc article 31. Konpal as a Right based NGO believed in the children rights and has organized an informative,



a fun filled summer camp was organized on 19th July 2025 for children of a local orphanage. (House of Bless run by cdrs) The summer camp provided Information, skills and pure entertainment to children. (Edutainment).



Konpal joined by volunteer nursing students of Ziauddin School of Nursing held an informative session with the help of models of important buildings located in four Major provinces of Pakistan and provided information about the country history, its leaders and characteristics of all provinces. A plantation drive was also initiated, Children were involved in gardening and was given gardening tips by Konpal GS. A fun filled games and singing activities was also held the team ensured that the children are thoroughly entertained. All children were gifted School bag Pack with stationary. Refreshment was served in the end.

adjacent school by Dr. Ammara Ali, Psychologist and student counselor SSTPS and Ms. Shahnaz Yasin General Secretary, Konpal. The two day event ended in a pleasant note. The Principal Mr. Tahir Ranjha and vice Principal Mr. Anis ul Mustafa and entire staff were highly appreciative of Konpal's untiring efforts in raising awareness of issues concerning Reproductive and Health Rights of Children and conduct disorders .Konpal is thankful to Dr. Ammara Ali and Mr. Mohammad Adil for their effective coordination and smooth conduct of the various activities .

### B: CAPACITY BUILDING AND TRAINING WORKSHOPS

#### B: TRAINING WORKSHOP FOR HEALTH CARE PROVIDERS ON CHILD ABUSE & NEGLECT.

Konpal CAPS organized Department of Paediatrics, DMC / DUHS/ /Dr. Ruth K.M Pfau CHK, a capacity building Training Hands on



workshop on children Rights and Early case detection, management and timely referral of a



case of child abuse and neglect on 14th May 2025. The workshop was facilitated by Prof.

Aisha Mehnaz, Prof. Fehmina Arif, Prof. Muzzamil and Dr. Madiha Shoukat. Prof. Aisha Mehnaz emphasized the critical role HCPs play in identifying early red flags signs of abuse, reporting cases, and offering support to affected children and family.

Participants were engaged in discussion about the challenges faced in recognizing and addressing child abuse in various settings. Real-life cases were discussed to illustrate the complexities involved.

Prof Farah Iqbal , HOD Psychology, Karachi University was the Guest of Honor on the occasion, she greatly appreciated the role of Konpal in raising awareness about child abuse among the various stake holders and custodians of Children Rights. She reflected on her long-term journey with konpal as one of the founder member.

The Workshop concluded with the certificate distribution and the commitment to have further collaborative initiatives between Department of Paediatrics, DUHS/DMC/CHK and Konpal to ensure ongoing education and training in child abuse prevention by Prof. Muzamil Shabana Ejaz, Chairperson, and Department of Pediatrics. Re constitution of Hospital Child Protection Committee at CHK was done , Prof Muzamil, Prof Waseem Jamalvi , Prof Amanullah ,HOD of three respective Pediatrics Units gave their commitment that soon they will pave way for setting up the CPU. The participants greatly appreciated the efforts of Konpal and its team.

Overall, the workshop successfully raised awareness and provided essential knowledge to participants, encouraging proactive steps in the prevention of child abuse.

### SEMINAR ON "DISRUPTIVE BEHAVIOUR" AT HANDS HEAD OFFICE

Seminar on "Disruptive Behavior (DB) in school children" was held in collaboration with HANDS Foundation On 30th th August, 2025 The key note speaker Prof Aisha Mehnaz through an interactive discussion highlighted what DBs are commonly seen in school children, underlying causes and it's preventive and modification strategies.

The seminar also focused on formation of school child protection committee. Which included its importance in child protection. She further

discussed the objectives, steps in formation, composition and SOP of SCPC. The presentation generated a lot of interest among the participants which included school teachers, education Staff, hands staff and others. Certificate of participation was distributed in the end.

**CAPACITY BUILDING SEMINAR ON SHARING WORK BASED EXPERIENCE AS A POSTER PRESENTATION**

Konpal, CAPS in collaboration with Pakistan Center for Autism (PCA) organized a capacity building seminar on “Sharing work based experience as a poster presentation” at PCA on



4th October 2025. The objective of the seminar was to highlight the importance of scientific research and sharing to benefit others from one's experience. Ms. Aliya Batool Haidary, CEO of



PCA welcomes the participants. Prof Aisha Mehnaz, Chairperson Konpal, in her interactive presentation orientated the participants about Research and its implications, steps in doing research and importance of publication. She later gave guidelines for the preparation of poster to a very enthusiastic participants. Who were later

asked to prepare a poster based on their work in their respective field which she and her team will help them further develop in the next session. The participants over 30 in numbers included Occupational therapist, Physiotherapist, Behavioral therapist, speech therapist, teachers, program managers and Doctors.

The seminar generated a lot of interest. The participants in their feedback greatly appreciated the informative seminar especially the guidelines on poster preparation. They also showed their keenness in having more such hands-on informative sessions in future. The seminar ended with certificate distribution to all participants.

**C: SERVICE DELIVERY SCHOOL CHILD PROTECTION COMMITTEE (SCPC)**

The fourth meeting of School Child Protection Committee (SCPC) was held at Scholar academy 12th February, 2025 attended by



Scholar, Konpal and HANDS team members. A number of pertinent issues were discussed and future programs were outlined. This was followed by an awareness raising session with children.

**AWARENESS RAISING SESSION ON HEALTHY LIFE STYLE & SELF PROTECTION**

Konpal organized a session with children at Scholar Academy on Healthy Life Style and self-protection from Accidents and child abuse on 12th Feb 2025. A highly interactive session was conducted by Dr Aisha. With the help of power point, cartoons and videos, she covered the various topics, engaging children throughout the session.

Aisha Mehnaz, Prof Mumtaz Lakhani, Dr Mirza Ali Azhar, Dr Madiha Shaukat assisted by School Principal Mr Zahid Laghari and Teacher Murtaza. Stunting, anemia, signs of Vitamin A and D deficiencies, respiratory problems were some issues identified in over 80% of Children. Body hygiene was extremely poor, noticed more in boys.

**B: SEMINAR ON HEALTH DAY**

**C. SPORTS ACTIVITIES:** Sports activities were also held. This event was greatly enjoyed



by all children. These activities were coordinated by Shahnaz Yasin, Mohammad Adil, Zahid



Laghari and students volunteer of ZSN.

**D. HEALTH WALK**

HEALTH WALK on the streets of Village was enjoyed by all, enthusiasm and excitement of children were catchy. At the end Gifts (school bags, stationary etc) and Refreshment Distribution was done to all Children & Certificate Distribution to Student Volunteers was done. The Health Day activities ended with National Anthem sang by all.

**E. INDEPENDENCE DAY CELEBRATION**

Konpal celebrated Pakistan Independence day with school children of Govt School at Tando Saeed Khan.



The fun filled event comprised of an informative session about Pakistan, its founder and the provinces.

The information was very effectively delivered by students volunteer of Ziauddin School of Nursing and there tutor Ms Stella Naheed and Konpal Gen Sec Ms Shahnaz Yasin using display models.



This was followed by Singing of National Songs, an event children participated with lots of zest, enthusiasm and pleasure which electrified everyone. Konpal joined by Ms Atiya and her team from Sindh Education Foundation sang National Anthem in the end. Prior to this a walk was also held. All school staff and children were served lunch at the end.

Konpal like Summer Camp for Orphanage children, Health Camp for community residents, awareness raising programs for urban and



village community and school etc First session was on "Role of NGOs in the community and Introduction of Konpal and role of NGOs

### AWARENESS SESSION

On 18th September 2025, the students of Ziauddin School of Nursing, doing their internship with Konpal, organized an awareness



raising session at Islamia Secondary School, Kausar Niazi Colony, North Nazimabad, Karachi. Topics discussed included hand



washing, personal hygiene, counseling on good touch and bad touch, and the importance of safe drinking water. Later, a medical camp was also organized for the students. Konpal was represented by its Program Manager, Mr. Mohamed Adil.

### KONPAL'S EDUCATIONAL CUM SOCIAL ACTIVITIES AT GBPS:

Konpal's School development program was initiated. A number of activities like awareness raising programs, seminar, medical camp, day's celebration were held in 2025 with the school children and their staff.

Konpal with the support of its Philanthropic friends donated 24 School desk / two cup boards /two Green boards, black boards White wash of class rooms was also done . The class room after the white wash, new furniture, repaint of black boards gives a new look. The following activities were organized.

### a. MEDICAL CAMP AND SEMINAR ON HEALTH DAY

SEMINAR ON HEALTH DAY AND MEDICAL CAMP was organized on April 2025.



Medical examination of all Students(>70) of GBPS,TSK was done by Senior Doctors Prof.



The session was also attended by Scholar Academy teachers, HANDS and KONPAL team.



### SEMINAR ON COMMON BEHAVIORAL PROBLEMS IN SCHOOL CHILDREN AT SCHOLRACADEMY

Konpal Child Abuse Prevention Society organized a Seminar on "Common behavioral problems in school children" on 30th July 2025



at Scholar Academy School, Gulistane Johar, and Karachi.

The interactive seminar was facilitated by Mrs. Zainab Waqar (Psychologist) and Dr. Aisha Mehnaz, Ms Zainab discussed various types of

behavioral disorders seen in school Children including Conduct disorder, bullying, ADHD etc. Mrs. Uzma Tanvir and Ms. Sarah Liaqat presented two cases of Conduct disorder. The cases were discussed at length including the remedial measures.



Dr Aisha briefly discussed the preventive and corrective strategies that can be adopted. The facilitator emphasized the importance of good parenting and adoption of innovative strategies by teachers to solve the issues.

At the end a certificate of participation was presented to all teachers with special appreciation note to Mrs. Zainab Waqar for her talk. Ms. Siraj Esani a senior board member of HANDS graced the occasion as special guest. Earlier a meeting of the School Child Protection Committee was held attended by Members from Konpal, Hands and Scholar Academy.

### INTERNSHIP OF STUDENTS OF NURSING:

The 2nd batch of Ziauddin School of Nursing started their Internship with Konpal from in July 2025.



Students besides attending the formal sessions were involved with the outdoor activities of