

کونپال بچوں کے تحفظ اور ان پر تشدد کے ازالے کے لئے کوشاں ہے، اس غیر منفعاتی ادارے میں بچوں کے حقوق کے تحفظ کا مقصد رکھتے ہوئے والدین اور خواتین کو بچوں پر تشدد سے پاک کرنے کے لئے سرگرم عمل ہیں اور ان کا مشاوریہ اور مددگار ہیں۔ بچوں پر جسمی تشدد اور ان کے گناہ دہاری استعمال کو برسرِ روایت نہ کرنے اور ان کو کسی ضرر رساں کام، منگرنی یا تازہ یا تشدد کا شکار نہ ہونے سے ان کے کارکن میں مختلف شعبہ ہائے نجات سے تعلق رکھنے والے افراد شامل ہیں جنہوں نے تشدد کے کارکن میں اضافے کے بارے میں غور کیا ہے اور ان کے خاتمے کے لئے پرعلم طریقے سے جگہ کرنے میں مصروف ہیں۔

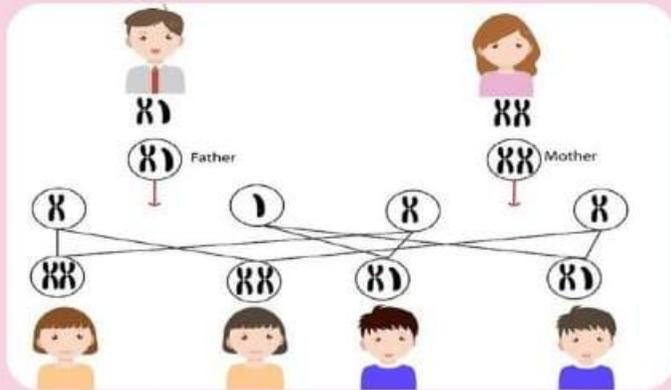


KONPAL Child Abuse Prevention Society is a non political non sectarian, non Government Organization which is tax exempted and PCP certified. Konpal is working for the rights of children and against all forms of child abuse, neglect and violence. It comprises of child right activists who share the common 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.

بچوں میں جینیاتی بیماریاں: وجوہات اور تدارک

عالمی ادارہ صحت WHO کے مطابق پاکستان میں پیدا ہونے والا ہر 22 میں سے ایک بچہ پیدائش کے پہلے ماہ کسی بیماری یا معذوری کا شکار ہو جاتا ہے ان میں سے اکثریت کو موروثی یا جسمانی بیماری ہوتی ہے۔

جینیاتی Genetic بیماریاں کیا ہیں؟ جینیاتی بیماریاں یا تولیدی نقص وہ امراض ہیں جو والدین سے ان کے اولاد میں منتقل ہوتے ہیں انسانی جسم کے خلیے (Cell) میں کروموزوم (Chromosome) اور جینز (Genes) موجود ہوتے ہیں کسی جین سے جینیاتی خرابی (Gene mutation) یا جین طفرہ کے نتیجے میں بیماری کے اثرات جنم لے لے ہیں اور پھر یہ تدریجی نسل در نسل منتقل ہوتی رہتی ہے۔ یہاں ایک بات وضاحت طلب ہے کہ ضروری نہیں ہے کہ والدین میں بیماری کی علامات ہوں وہ صرف بیماری بردار یا (Carrier) ہو سکتے ہیں اور جب تک مناسب ٹیسٹ (Test) نہ کروائے جائیں ان (Carriers) کا پتہ نہیں چلتا جیسے تھیمیلیمییا (Thalassemia minor) وہ خاندان جہاں خاندان کے اندر یا قریبی رشتہ داروں میں شادیوں کا رواج ہے وہاں ان موروثی یا جینیاتی بیماریوں کا تناسب کہیں زیادہ ہے۔ پاکستان میں ایک اندازہ کے مطابق 80% - 60% شادیاں خاندان کے اندر کی جاتی ہیں۔ گوکہ صحیح اعداد و شمار موجود نہیں مگر ایک تخمینہ اندازے کے مطابق جینیاتی بیماریوں کے پاکستان کے اعداد و شمار 1:800 - 1:1000 ہیں جو سعودی عرب کے اعداد و شمار سے قریب تر ہے۔



KONPAL CALLING
 اور دردم و نازک لیکچر، بہار بھوبھ، ایک بھول، بندہ یا شاخ بندھ کہ عنایم سے بہرہ یور
 "Konpal" means a new bud. Small, tender, delicate, yet capable of becoming a flower, a leaf or a branch.

KONPAL TWENTIETH ANNIVERSARY: A MILESTONE ACHIEVED

With the advent of 2025, konpal will be celebrating its Milestone birthday i.e. Twentieth year of its existence. We have come a long way and the journey is still continuing. A brief account of Konpal's history is recounted. It all started on Sept 2004, a meeting of the "the working group for prevention/action against child abuse" of PPA-CRG was held at the Dept. of Paediatrics, Civil Hospital, Karachi". The meeting was organized by Prof. Aisha Mehnaz, Focal person PPA-CRG in Sindh. During the meeting, the participants discussed the formation of a multidisciplinary group involving people from all walks of life to fight against the menace of child abuse in our country, the members belonged to different profession who pledged together to work for child protection and the prevention of child abuse. Some of the members are still continuing with our organization. In the subsequent meetings it was suggested to formally get the group registered. Brain storming on the name of the new organization was done, KONPAL name was suggested by Late Mr. Khalid Rahman (a journalist by profession). Child Abuse Prevention Society (CAPS) was the other name suggested by Dr Aisha and Dr Farah Iqbal. The group met on 12th Oct 2004 and discussed and finalized the name, vision mission and objectives of Konpal CAPS and submitted the constitution for approval.

Officially Konpal CAPS organization was registered under the voluntary social welfare agencies, (registration control) ordinance, 1961 (XLVI of 1961) on March 21st 2005. Among the founder members were Prof. Dr. Aisha Mehnaz, Dr. Farah Iqbal, Ms. Fehmina Arif, Shahnaz Yasin, Mr. Khalid Rahman, Dr. Siddique Nuhani, Ms. Rafia Haider and others. Later Konpal was joined by other dedicated workers whose selfless devotion to the cause brought the



organization to the present level. Dr Ashfaq Mala, Dr Krishan Rai, Dr Rakesh Raj, Dr Nusrat Shah, Late Dr Yasmin Sikander, Dr Mirza Ali Azhaer, Dr Ayesha Sarwat in the initial phase and, Dr Sadaf Ali Dr Rana Najam, Mr Najam, Dr Farzana Nasir, Dr Seema Zia, Dr Pamella Marshall, Stella Nahed, Dr Farrukh, Dr Yousuf Yahaya and Dr Mustafa Hussain in the last decade are some of the members, whose services and contributions are dully acknowledged.

Late Mr Khalid Rahman not only suggested name of our organization (Konpal means an early bud) but also prepared Konpal Logo (Blue color represent the bruised and battered body of a child). Khalid Rahman also took out the first Bulletin of Konpal (Konpal Calling) in 2007. Konpal Calling (Bulletin) are published annually till date containing an account of Konpal activities, awareness raising and educational material, case report etc. An Urdu section was also added in the bulletin in 2009. Mr Shafi Farooqi through his Printing press are entrusted with the task of printing Konpal's all materials.

On Jan 20, 2008, Mr Waqa's created Konpal's first website (www.konpal.org). He was the main coordinator till 2016, later Mr Kamran redesigned and renewed the web registration and supervised it. At present Mr Adil (Program Manager Konpal) is maintaining the website. Konpal Face Book (konpalcaps) was also launched at the same time.

Konpal, is certified by Pakistan Centre for Philanthropy (PCP) in 2013, and then recertified in 2018 and 2023. Konpal ever since its inception is organizing a number of activities and had joined hands with number of National and International organizations working in the area of Children Rights including UNICEF, PPA-CRG, SOS, HANDS, CDRS etc (www.konpal.org).

Konpal has focused its main activities in four areas namely 1. Awareness raising and advocacy on children Rights and Protection, against Child Abuse, Violence and Neglect, 2. Capacity building and trainings of its stake holders, 3. Service delivery, 4. Research /publications /data sharing besides organizing important events and days like Universal Children day etc and continuation of its number of projects.

All this was possible because of the extremely dedicated team of Konpal members who worked selflessly throughout these years and are still continuing.

OBITUARY

Mr. Khalid Rahman, was a writer, journalist, editor, publisher and a great communication expert with good command in English and Urdu. He was the chief Editor and Publisher of IRIS publication. Apart from the expertise in his field, Mr. Khalid Rahman was an excellent human being, very kind and soft spoken. He has immense contribution in Konpal and he remained a strong supporter of Konpal because till he breathe his last on April 2021. We pray to Almighty to rest his soul in eternal peace and grant him heavenly abode. Amen



ANNUAL REPORT OF KONPAL (CAPS) JANUARY 2024 - DECEMBER, 2024.

By the grace of Allah, Konpal, CAPS completed its twenty years of existence. Ever since its inception each year was filled with marathon of activities (www.konpal.org) it was possible simply because of its dedicated and committed members. **Konpal has focused its activities in four main areas namely 1. Awareness raising and advocacy on children Rights and Protection, against Child Abuse, Violence and Neglect, 2. Capacity building and trainings of its stake holders, 3. Service delivery, 4. Research / publications / data sharing besides organizing important events and days like Universal Children day etc and continuation of its LKV project.** A glimpse of the activities organized by Konpal in 2024 are as follow:

AWARENESS RAISING SEMINAR/ADVOCASY MEETINGS: SEMINAR WITH WOMEN AND GIRLS AT MACCHAR COLONY, KEMARI, KARACHI:

Konpal on the invitation of SPARC Ngo organized a one day seminar with women and young girls at Macchar Colony, Kemari on 19th January, 2024. The highly interactive seminar covered a number of issues related to women,



mothers and child protection. Dr Aisha Mehnaz, Dr Rana Najam, Ms Shahnaz Yasin interacted with a highly motivated audience and answered pertinent questions. They also gave career counseling advice and support to young girls who showed interest in joining various courses. Later Dr Aisha with the help of ppt discussed various problems identified during pregnancy and child birth and child development. Program Manager Konpal Mr. Adil and SPARC local team greatly helped in the running of the seminar smoothly.

SEMINAR ON THE OCCASION OF INTERNATIONAL WOMEN DAY

On the occasion of International Women day Konpal, CAPS organized a Seminar at Services Hospital Karachi On 6th March, 2024. Speaking on the occasion Dr. Ashiq Shaikh, Medical Superintendent, Services Hospital applauded the efforts of Konpal and Dr. Sadaf Ali, Dr. Nosheen and Mr. Mohammad Adil for organizing the event in a becoming manner.

Prof. Aisha Mehnaz, Chairperson Konpal highlighted the importance of the day and



stressed the need to inspire women from all walks of life to contribute positively in the progress of the nation by their participation and contribution. She said the theme of International Women's Day is "Inspire inclusion" we must encourage and pave way for participation of women in all walks of life. Only with the inclusion of women in the main stream society, we can bring a change in Pakistan.

Prof. Dr. D.S Akram. Chief Guest on the occasion stress the great potential of women of our country and urge to make use of this immense potential for betterment of society. Dr. Sadaf Ali Senior Family Physician said that the poor health status of women in our country due to illnesses, malnutrition, repeated pregnancy and continuous stress is impeding their active participation. Dr. Jameela, Gynecologist further identified the Gynecological and obstetrical problems and poor maternal health of women. Ms. Shahnaz Yasin

former Govt. School Principal and General Secretary Konpal, said that teenager's girls are facing a number of issues that is the reason for poor enrollment in school and high drop out from school. Early marriages, teen age pregnancy, family stress and domestic violence are important reasons. Dr. Summaya Tariq, Police surgeon further highlighted the issue of domestic violence and female abuse. She said very few women report abuse, due to lack of support from the family in particular and society at large. The panel discussion shared the need of women inclusion in all fields of life by providing them equal chance to women. Seminar ended with Shield and certificate distribution and vote of thanks by Deputy Medical Superintendent (DMS) Dr. Shumaila.

TRIBUTE TO THE WOMEN LEADERS OF PAKISTAN.

To pay homage and to applaud the services of professional women of Pakistan, a program was held to at Konpal Office on 9th March, 2024 on International Women's day. Excellent sharing of experiences and brainstorming session was held with konpal members.



"MENTAL HEALTH IN THE HEALTH WORKFORCE: CHALLENGES AND POLICY IMPLICATIONS" A High level policy forum was held on 3rd March, 2024 at Avari towers, Karachi. The event was organized by Women in Global Health Pakistan in collaboration with Synapse represented by their Chairpersons Dr Shabnam Sarfaraz and Dr Aisha Mian respectively. Konpal, was represented by Prof Dr Aisha Mehnaz, Chairperson Konpal.

SEMINAR ON CHILD RIGHTS

Konpal in collaboration with PPA Sindh organized a seminar on Child Rights at the

Pediatric conference of PPA Sindh on 28th July, 2024. Prof Abdul Gaffar Billoo was the Chief Guest on the occasion. Speakers included Prof Aisha Mehnaz who spoke about "Enabling



Environment for the Child Protection", this was followed by talk on "Referral mechanism for child abuse by Dr Naeem Zafar. Dr Hasina Jamali, Deputy Director (District East) Social Welfare Dept, discussed socio cultural causes of honour killings in Sindh and Baluchistan. These presentations generated a highly interactive discussion with the audience and the panelists. The seminar was followed by shield distribution and Ajrak adorning ceremony by the conference organizers of PPA. Konpal is grateful to PPA Sindh for joining hands in promotion of children Rights and prevention of child abuse.

WORLD BREAST FEEDING WEEK CELEBRATIONS:

On the occasion of World Breast Feeding Week, Konpal organized a Seminar in collaboration with Ziauddin School of Nursing at their Ziauddin Campus North Nazimabad on 3rd August 2024. The participants included students of nursing and midwifery. The three hours hand-on session began with welcome Address by Dr. Pamela Marshall, Dean School of Nursing. She



highlighted the importance of Breast feeding and most important role nurses can play in its advocacy. She highly appreciated and acknowledged the role of Konpal in its awareness raising on rights based issues related to children and mothers.

Following her Introduction to the topics, Ms. Stella Naheed discussed at length the Benefits of Breast Feeding to Infant/Mothers. She involved students in her discussion.

Prof Aisha Mehnaz than had another interactive session on Counseling on Breast Feeding. She discussed the principle and key steps in counseling mothers on BF. Later through Role Play She asked Students to demonstrate how in various situations they will council mothers. Students greatly enjoyed the session and enthusiastically participated in the activity.

In Concluding Remarks Dr. Pamela Marshall thanked Prof Aisha Mehnaz and Konpal team in joining hands with her department in promotion of Breast feeding. Vote of Thanks was given by Shahnaz Yasin (GS Konpal). In the end Certificate Distribution and Group Photo session was done.

The seminar highlighted the importance of collective efforts in promoting breastfeeding and provided valuable insights and practical knowledge to all attendees.

KONPAL CAPS, IN COLLABORATION WITH SERVICES HOSPITAL AND PPA-CRG, has organized its second seminar on World Breastfeeding Week on 7th August, 2024 at Services Hospital, Karachi. The targeted audience were nurses, midwives paramedics and mothers. The program started with Tilawat -e Quran by Dr. Shumila Sohail (DMS Services Hospital) followed by welcome Address by Prof



Aisha, she gave the Introduction & Objectives of seminar.

Benefits of Breastfeeding to Infants and Children was discussed by Dr. Sadaf Ali (Joint General Secretary Konpal) followed by Benefits of Breastfeeding to Mothers (including family spacing) discussed by Dr. Jamila Rajpar (Gynecologist Services)

Participants were involved in interactive discussion on Myths and Misconceptions about Breastfeeding. Speakers answered many questions asked by audience and tried to clear the misconception about Breast feeding. In the concluding remarks Dr. Ashiq Hussain (MS Services Hospital Karachi) and Dr. Shumaila Sohail, DMS thanked Konpal team for organizing the seminar for the most important stake holders of breast feeding, the nurses and paramedics. Vote of thanks was given by Ms. Shahnaz Yasin (General Secretary Konpal). In the end certificates were distributed to all participants.

SEMINAR ON ISSUES RELATED TO CHILDREN'S RIGHTS AND PROTECTION

A highly successful four day 27th Biennial Pediatric conference concluded successful on 3rd November 2024 at Pearl Continental Hotel Lahore. Issues related to children's Rights and Protection were among the key topics along with other children's Health issues. Konpal members represented and highlighted a number of issues



related to children and showed their commitment for the cause.

A separate scientific session was dedicated to Medical Education. The topic was Professionalism and Ethics which kept the participants engaged in lively discussion.

SEMINAR ON "ENABLING ENVIRONMENT FOR SAFEGUARDING CHILDREN FROM ABUSE".

At the 36th Biennial Conference of Pakistan Medical Association (PMA). Prof Aisha Mehnaz, Chairperson Konpal, talked on creating "Enabling Environment for Safeguarding Children from Abuse" on 30th Nov 2024. She stressed the importance of creating a network of protecting bodies/ procedures around the child with well define role of stake holders. Within the network the child will not only be protected but conducive environment will enable the child to grow and develop to his/her maximum potential.

SEMINAR ON "SAFEGUARDING CHILDREN WITH DISABILITY: STANDARDS AND POLICIES".

On the occasion of World Disability Day Konpal members, Dr Rana, Ms Shahnaz and Dr Aisha represented Konpal in a seminar organized by SCALED (Society for children with Autism and learning disabilities) on 7th December, 2024. A number of organization's Heads working with Differently abled children participated.



Chairperson of Konpal Prof Aisha Mehnaz delivered a talk on "Safeguarding children with Disability: Standards and Policies". She stressed the importance of setting standards for care and making policies for groups, organisations and Institutions working for Children with Disabilities. Seminar was well organized and well attended.

AWARENESS RAISING THROUGH MEDIA:

On 10th September, 2024 Prof. Aisha Mehnaz

spoke on protection of children from child Abuse in a radio program on FM101. Konpal social media platform was continuously used for the advocacy of children Rights and child protection

CAPACITY BUILDING AND TRAINING WORKSHOPS WORKSHOP ON COMMUNICATION SKILL:

Two Workshops on Communication Skill were held at NICVD (for Doctors) and Scholar Academy (for teachers) on 23rd February and



July 2024 respectively, facilitated by Professor Aisha Mehnaz attended by large number (over 50) of very enthusiastic participants.

APPROACH TO ABUSED AND NEGLECTED CHILDREN , EARLY CASE DETECTION, MANAGEMENT AND REFERRAL:

Four Workshops on above topics were held for Health care providers (HCPs) at NICH, DUHS, LUMHS, LNH.

Details of these Workshop are as follow:

a. NICH in collaboration with Pakistan Pediatric Association (PPA) Sindh as part of pre-



conference WS of 2nd Pediatric PPA- Sindh Conference. More than 25 HCPs from NICH, CHK, Students from School of Nursing from NICH and Ziauddin attended the highly

interactive and participatory WS. certificates were distributed in the end. Konpal is thankful to Dr Mohammad Tajuddin, General Secetrey PPA Sindh and Associate Prof NICH and his team for collaboration and cooperation with Konpal in its awareness raising and advocacy campaign on Child Rights and Abuse. WS was facilitated by Prof. Aisha Mehnaz and Dr. Sadaf Ali.

b. Konpal organized WS with the collaboration of Department of Paediatrics Liaquat University of Medical and Health Sciences (LUMHS) Jamshoro, as part of their National Conference, on 14th September 2024. The workshop was



facilitated by Prof. Aisha Mehnaz, Chairperson Konpal .She emphasized the critical role healthcare professionals, particularly pediatricians, play in identifying early red flags signs of abuse, reporting cases, and offering support to affected children and family. Participants included post graduate students, senior pediatricians, and other healthcare professionals. All 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.

The workshop concluded with the commitment to have further collaborative initiatives between LUMHS and Konpal to ensure ongoing education and training in child abuse prevention. Prof Shazia Memon, HOD Pediatrics showed her commitment to the cause and informed that she will be re-constituting a Hospital Child Protection Committee soon that will pave way for setting up the CPU. The participants greatly appreciated the efforts of Konpal and it's team .Overall, the workshop successfully raised awareness and provided essential knowledge to

participants, encouraging proactive steps in the prevention of child abuse.

c. Two-days workshop on "Child Protection & Early Case Detection and Management ,referral of Child Abuse and Neglect" was organized by Konpal, in collaboration with the Department of Pediatrics, DUHS on 9th 10th October, 2024 at Professional Development Center, DUHS. It aimed to provide participants with essential



knowledge and skills for identifying early signs of child abuse and managing such cases effectively. More than 15 Participants including healthcare professionals, Pediatricians Doctor, psychologist ,doctor in child protection services attended. Facilitated by Prof. Aisha Mehnaz, Prof. Fehmina Arif and Dr. Yousuf Yahya and Dr Madiha.

The workshop was designed with interactive modules, case studies, role plays, and group work to provide a comprehensive understanding of the subject matter.

Dr. Saba Sohail Principal of Dow Medical College (DMC) welcomed all participants and emphasized the importance of this initiative in fostering a safer environment for children.

The two-day workshop successfully achieved its objectives by providing participants with critical insights and practical tools for detecting and managing child abuse cases. The interactive approach, including role plays and group activities, ensured active participation and reinforced learning. Feedback from participants indicated a high level of satisfaction with the content and delivery of the workshop. Dr. Khalid Bukhari Medical Superintendent of Civil Hospital Karachi delivered the concluding remarks, highlighting the significance of such

training programs in enhancing child protection systems. He appreciated Konpal's efforts and emphasized the need for continued collaboration. The workshop concluded with the distribution of certificates to the participants, followed by a group photograph.

The collaboration between Konpal and Department of Pediatrics DUHS was essential in the success of this initiative. It is hoped that this workshop will lead to more proactive measures in child protection and early detection in healthcare and social service sectors.

d. Workshop on "Recognizing and responding to child abuse and child right ; A multidisciplinary approach" was held at Liaquat national Hospital & Medical College a successful Workshop On 18th December 2024. Doctors from different clinical fields i.e Paediatric medicine, Paediatric



surgery, family physicians & GP's participated. Program started with the Qur'anic recitation. After introduction of participants, Prof. Dr. Aisha Mehnaz gave the detailed introduction and explained the CAN and its different type. Dr. Atika Sher discussed about the Prevalence of CAN and Dr. Rana Najam discussed in detail how to approach and diagnose the case of CAN. Participants actively participated in picture quiz and scenario based workshop exercise. In the last part of the workshop management of CAN and counseling of survivors and their families were discussed in details. Role of HCPC and its algorithm were explained to the participants. Currently role of Konpal was also told to the participants and were encouraged for honorary participation and for future plan for workshops at different hospitals or schools. In the end certificate distribution was done by Pediatric medicine HOD Dr. Mehnaz Atiq and to the

participants by Dr. Aisha Mehnaz.

SEMINAR AND WORKSHOP ON ADOLESCENT SEXUAL & REPRODUCTIVE HEALTH RIGHTS

A Seminar and Workshop on Adolescent Sexual & Reproductive Health Rights was organized by Konpal, Child Abuse Prevention Society, in collaboration with Sargodhian Spirit Trust Public School, Rashidabad (SST PSR), On 27th & 28th September, 2024 . The two-day event



focused on adolescent sexual and reproductive health rights. The events included a seminar on the 27th of September 2024 and a workshop on the 28th of September 2024, addressing critical issues faced by adolescents.

WS FOR MOTHERS & CARE TAKERS OF CHILDREN: TWO WS WERE HELD

1. On the occasion of "International Women's



Day" Konpal in collaboration with Department of Paediatrics Dr. Ruth K. M Pfau Civil Hospital Karachi / DMC / DUHS organized a one day capacity building workshop for mothers admitted with their sick children on 8th March, 2024. The hands-on workshop were facilitated by Prof. Muzamil Shabana Ejaz (Professor, Dept. of Paediatrics), Dr. Hafiza Sania (Senior Registrar, Dept. of Paediatrics) and Mr. Muhammad Adil (Program Manager Konpal). 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.

2. Konpal CAPS organized another capacity building workshop for mothers admitted as care takers of their children with various ailments at Civil Hospital Karachi on 20th November, 2024. Mothers are the most important stakeholders in children protection and are important member of the safety network at Konpal are creating barrier around children to protect them from abuse, violence and Neglect. More than 25 mothers participated

SERVICE DELIVERY SCHOOL CHILD PROTECTION COMMITTEE (SCPC):

After taking the initiative of formation of HCPC more than decades back, This year on 25th May, 2024 Konpal constituted the First School child protection committee (SCPC) at Scholar Academy (SA) a Private school governed by HANDS at Gulistan e Johar, Karachi. The project is fully supported by School Principal , Ms Saira Liaqat, Teachers and Parents of SA . The SCPC will work in close collaboration with Konpal and Education Committee of HANDS . SCPC committee will comprises of representatives from teachers , parents , Students ,Konpal and HANDS NGO . A 12 members committee is formed which will be headed by Principal. Ms Uzma Tanvir who spearhead the project will be the Chief Coordinator. Earlier Professor Aisha Mehnaz conducted a highly interactive workshop on communication skills with teachers and staff of SA



SCPC at BADIN: Konpal Chairperson and hands board member Dr Aisha mehnaz and GS konpal Shahnaz Yasin visited SPS school at golarchi badin with hands team on 26th dec 2024. The school is managed by Hands with Sindh Education Foundation (SEF). After the briefing session by Manager and coordinator School, a brainstorming session with school teachers and administration about formation of school child protection committee (SCPC)in badin. Dr Aisha discussed the aims, functions and composition of SCPC. She further said that we all have to work together to create a child abuse free society with zero tolerance to corporal punishment and heinous crime like child sexual abuse . She further offered to organise a series of capacity building workshops and seminars for teachers on child abuse and other topics. School teachers responded to queries and asked number of questions. Although School staff denied any incidence of child abuse ,the team learned from other sources that child abuse is quite prevalent in the area. We hope and pray that our efforts will bear fruit and we will form the first SCPC in Badin district InshaAllah.

HOSPITAL CHILD PROTECTION COMMITTEE (HCPC):

Konpal team continued to provide its child protection and management of cases of child abuse through its HCPC. At present HCPC at CHK is mainly functional.

RESEARCH & PUBLICATIONS

Professor Aisha Mehnaz, Chairperson of Konpal wrote an editorial on polio updating the situation of polio in Pakistan , published in JPMA. Data on Breast feeding and KAP of HCPs on CAN are being analysed and will be shared shortly.

MEDICAL CAMPS:

On 15th May, 2024 Konpal organized a Summer camp cum Medical Camp at Shelter Home , House of Bless (HOB) run by CDRS at DHA on



15th May 2024. The activities comprised of a free Medical Checkup of all children and their caretakers. This was followed by fun and recreational activities for children like painting, singing and a hand puppet show. In the latter children were taught proper hand washing methods . In a light fun loving way children were given self-protection messages from abuse in puppet show. Later gifts were distributed to all children. Their caretakers and mothers were also given gifts to commemorate Mother's Day. Mrs Bano Ahmad (Mother of Dr Rana Najam), was our special guest on the occasion was adorned with Sindhi Ajrak as a mark of respect. Refreshments were served in the end. Konpal team and HOB residents greatly enjoyed the event and term it a memorable one.

ACTIVITIES WITH CHILDREN

Konpal hosted an Iftar Dinner for children, mothers and care takers of shelter home "House of Bless" on Tuesday 26th March 2024. The orphanage is being run by CDRS ,NGO. Konpal team greatly enjoyed interaction with children and spend quality time at HOB beside enjoying a delicious home cooked Iftar-Dinner. Gifts were also distributed on the occasion.

INDEPENDENCE DAY CELEBRATIONS:

Konpal team celebrated Independence Day with the children of SOS Village, Malir . Children put up an excellent stage program which was enjoyed by all. In the end Konpal team sang National Song with children. Gifts bag were distributed by Konpal members to all children.

KONPAL GENERAL /EXECUTIVE/ BOARD MEMBERS MEETING

Konpal's Annual General Body Meeting and first Executive Committee meeting of 2024 was held at Konpal's Office on 7th January 2024.



Professor Abdul Gaffar Billoo graced the occasion as Chief Guest. He delivered an excellent talk on "Endowment Funds" and answered very pertinent questions asked by enthusiastic members. Activities of Konpal in 2023 was presented by Gen Sec and brief history of Konpal was narrated by Dr. Aisha Mehnaz She said that the year 2024 marked the 20th year of Konpal's inception. She especially thanked the Konpal' s overseas members for the contributions and unwavering support of konpal. Over 30 members and invited guests attended the meeting. Six executive committee meetings were held at bimonthly level 20th July, 2024

KONPAL'S LKV PROJECT :

The process of Konpal's adoption of Government School at Long Khoso Village (LKV) through Sindh Education Foundation (SEF) is completed. The accolade ceremony was held at Hotel Marriot Karachi . Ms Shahnaz Yasin Konpal GS and Dr Rana Najam , Coordinator School project represented Konpal.Sindh Education Minister was the Chief guest on the occasion.



UNIVERSAL CHILDREN DAY CELEBRATIONS: The following activities were held



a. Universal Children Day was celebrated at Scholar academy on 15th November, 2024

At Gulistan e Johar Campus. Team of Konpal CAPS and HANDS Education Committee joined as partner organizations. The fun filled



events comprised of songs, skits, tableau presented by children.

Konpal team members dressed as mascots presented a skits where child protection messages were given in a light playful manner.The graceful event ended with National Anthem. Goodie bags were distributed by Konpal.Earlier , a meeting of School Child Protection Committee (SCPC) was held before the event. The future activities and way forward was discussed in details. It was decided to extend the services of SCPC and more SCPC should be formed in other areas of Sindh.

b. Walk on universal children day: On the occasion of Universal Children Day & Child Abuse Prevention Day Konpal Child Abuse Prevention Society (Konpal, CAPS) has organized a walk at the historic Frere Hall, Karachi on 17th November, 2024. The theme of the walk was "Inclusion for Every Child". This year also the walk was dedicated to Child

Victims of Violence, Abuse, War atrocities and terrorism in Palestine and other parts of the world. The innocent children are unable to understand the nuances of war and exploitations are subjected to torture and cold blooded murder. Speaking on the occasion Prof. Dr. Aisha Mehnaz said that we are witnessing worse atrocities being committed to the children of Gaza and Kashmir and other parts of the world on daily basis. Nerve shattering and heart breaking images and videos of children are shared on the media . As adults we have failed to protect our children and hence placed our future at stake. She further said that violating the rights of children and extinguishing their mere existence is a matter of great concern for all of us. Konpal will continue to raise its voice whenever children Rights are violated. Large number of children, teachers, parents, Konpal members and other NGOs, Professional bodies and volunteers participated in the walk.



The walk ended with the prayers for the children of Palestine and children all over the world facing abuse and suffering from war atrocities. National Anthem was sang by all in the end.