

# KONPAL\* CHILD ABUSE PREVENTION SOCIETY



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KONPAL Child Abuse Prevention Society is an NGO working against all forms of child abuse. It comprises of child rights activists who share the common vision of a society free of child abuse, with zero tolerance against child sexual abuse and commercial sexual exploitation, involvement of children in hazardous occupation, armed conflicts and violence. The members are professionals from different fields who are concerned with the rising incidence of abuse against children. The group is fighting for the rights of children and against all forms of abuse, neglect, maltreatment and exploitation of children.

Website: www.konpal.org, Facebook: Konpalcaps

## بچوں کے لئے انٹرنیٹ کے استعمال کے بنیادی اصول اور احتیاطی تدابیر

نیٹ سرفنگ کے دوران کمپیوٹر اسکرین پر آجاتی ہیں فیکل فیلٹر سافٹ ویئر کا استعمال آپ کو ان ویب سائٹس کے مضامین سے محفوظ رکھے گا۔

چیٹنگ یا چیٹ روم کے نقصانات یاد رکھیں! جب آپ چیٹ روم میں ہوتے ہیں تو عام لوگوں کی نظر میں ہیں کیونکہ ایسی جگہ ہر خاص و عام کے استعمال اور پہنچ میں ہوتی ہیں اور غلط ناپسندیدہ لوگ اس کو برے کاموں کے لئے استعمال کرتے ہیں اور ایسے لوگ بچوں کو آگے بڑھاتے ہیں عموماً یہ لوگ بیہودہ زبان استعمال کرتے ہیں۔ چیٹنگ کے دوران اگر کوئی آپ سے اس طرح فحش کامی کرے تو اس سے بات نہ کریں اکثر چیٹ روم میں لوگ اپنی پہچان (Identity) غلط بتاتے ہیں اور دوسروں کو بے وقوف بناتے ہیں ایک بارہ سالہ لڑکی درحقیقت چالیس سالہ عورت بھی ہو سکتی ہے اس کے لئے آپ بغیر تصدیق کے یقین نہ کریں اور خود بھی غلط بیانی سے کام نہ لیں اگر آپ کسی کو دھوکہ دینے تو عین ممکن ہے وہ بھی اسی طرح آپ کو دھوکہ دے اگر آپ کو کوئی ای میل کے ذریعہ فحش تصاویر بیہودہ بات لکھتے تو آپ فوراً والدین کو مطلع کریں کیونکہ اس میں آپ قصور وار نہیں ہیں اس لئے ڈرنے کی کوئی بات نہیں ہے۔ مندرجہ ذیل ہدایات پر عمل کر کے آپ انٹرنیٹ سے بہترین افادہ حاصل کر سکتے ہیں اور ہو سکتا ہے آپ ہی وہ ہونہار شاگرد ہوں جو انٹرنیٹ کی دنیا میں پاکستان کا نام سر بلند کریں۔

یاد رکھیں!

کہ اپنا اپنے خاندان اور ملک کا وقار آپ کی اولین ترجیح ہے اس لئے خیال رہے کہ کوئی ایسے بات یا حرکت آپ سے سرزد نہ ہو کہ آپ یا آپ کے خاندان کی شرمندگی یا بدنامی کا باعث ہو آپ انٹرنیٹ پر پاکستان کے سفیر ہیں۔

بشکریہ: چائلڈ رائٹ گروپ  
پاکستان پیڈیاٹرک ایسوسی ایشن

کوئی ای میل یا اس سے منسلک فائل (Attachment) اگر کسی اجنبی شخص یا نامعلوم ذرائع (Source) سے آئی ہوں تو نہ کھولیں ان ای میل یا منسلک فائل میں عموماً وائرس ہوتا ہے جو آپ کے کمپیوٹر کو تباہ کر سکتا ہے۔ ایسے تمام میلز (خط) بلاک کر دیں۔

ایسی ای میلز جو غیر مصدقہ ذرائع سے آئی ہوں اور جس میں کسی فحش ویب سائٹ کے بارے میں اشارہ ہو اسے ہرگز نہ کھولیں۔ کیونکہ ایسی ویب سائٹس عموماً غیر اخلاقی مواد سے بھری ہوتی ہیں یا ان میں پیسہ کمانے کا لالچ دیا جاتا ہے۔ (لاٹری جو وغیرہ) عموماً یہ دھوکہ ہوتا ہے۔

نیٹ سرفنگ (Net Surfing) کے دوران آپ مندرجہ ذیل باتوں کا خیال رکھیں۔

آپ کی کھولی ہوئی ویب سائٹ آپ کے کمپیوٹر میں محفوظ (Save) ہو جاتی ہے۔ اگر ان ویب سائٹ میں کوئی غیر اخلاقی مواد ہوگا اور خاندان کا کوئی فرد اس کو دیکھ لے گا تو نہ صرف یہ آپ کے لئے شرمندگی کا باعث ہوگا بلکہ آپ کی شخصیت کا غلط تاثر چھوڑے گا۔

ایسے ویب سائٹ جو صرف بالغ لوگوں (اٹھارہ سال سے اوپر) کے لئے ہیں اسے ہرگز مت کھولیں اس میں مضمر مواد یا تصاویر ہوتی ہیں نیٹ سرفنگ کے دوران اپنا قیمتی یا معلومات ی ویب سائٹ پر صرف کریں۔ تفریحی نوعیت کی ویب سائٹ دیکھنے میں کوئی ہرج نہیں بشرطیکہ اس سلسلے میں کوئی بڑا آپ کی رہنمائی کرے۔

ویب سائٹ جیسے googlesearch.com cartoonnetwork.com, disneyland.com وغیرہ صاف ستھری ویب سائٹس ہیں۔ آپ ایسی تمام ویب سائٹس کو بلاک (Block) کر دیں جس میں ناپسندیدہ مواد ہو جیسے Sex یا جنس سے متعلقہ تصویریں یا معلومات ہوں عموماً ایسی ویب سائٹس

پیارے بچو!

کمپیوٹر اور انٹرنیٹ جہاں آپ کے بہترین ساتھی اور مددگار ہیں وہاں اس کا غلط استعمال آپ کے لئے نقصان دہ بھی ثابت ہو سکتا ہے۔ اگر آپ انٹرنیٹ کے استعمال کا بہترین فائدہ اٹھانا چاہتے ہیں اور اس کے مضمرات سے بچنا چاہتے ہیں تو مندرجہ ذیل رہنما اصول اور احتیاطی تدابیر پر عمل کریں۔

انٹرنیٹ پر گفتگو یا چیٹنگ (Chatting) کے دوران کسی ایسے شخص کو جسے آپ یا آپ کے والدین ذاتی طور پر نہ جانتے ہوں۔ اپنے گھر یا اسکول کا پتہ اور ٹیلیفون نمبر ہرگز نہ بتائیں وہ آپ کا سراغ لگا کر آپ کو نقصان پہنچا سکتا ہے۔

کسی اجنبی سے گفتگو کے دوران انٹرنیٹ پر اپنی تصویر ہرگز مت بھیجیں اس سے آپ بلیک میل ہو سکتے ہیں جو آپ اور آپ کے خاندان کی بدنامی کا باعث ہوگا۔

کبھی کسی اجنبی کو اپنے والدین یا عزیز واقارب کے بینک یا کریڈٹ کارڈ کی تفصیل نہ بتلائیں۔ کیونکہ ان معلومات کی روشنی میں کوئی ان کو لوٹ سکتا ہے۔

کبھی کسی اجنبی کے بلانے پر اس سے ملنے نہ جائیں ایسا شخص آپ کو اغواء کر سکتا ہے یا نقصان پہنچا سکتا ہے۔

اجنبی شخص کی پیشکش (تحائف یا دعوت وغیرہ) کو کبھی قبول نہ کریں اس طرح وہ آپ کو دھوکہ دے سکتا ہے۔

کبھی کسی کو (ماسوائے اپنے والدین) اپنا پاس ورڈ مت بتائیں آپ کے کمپیوٹر میں موجود تمام معلومات چوری ہو سکتی ہیں اور اس سے ناقابل تلافی نقصان پہنچ سکتا ہے۔

گفتگو یا چیٹنگ کے دوران کسی کے بتائے ہوئے ذاتی کوائف (عمر، جنس، حیلہ، وغیرہ) پر بلا تصدیق یقین نہ کریں کیونکہ یہ معلومات عموماً غلط ہوتی ہیں۔

KONPAL CALLING

کوئی نئی 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 celebrated World Health Day

To commemorate World Health Day KONPAL in collaboration with Dow University of Health Sciences (DUHS) organized a Health Walk followed by Spring Celebration at Sea View, Karachi on 8th April 2012. The aim of the walk was to promote healthy lifestyle and to highlight the importance of recreational activities and healthy food in maintaining proper physical and mental health.

The walk was led by Vice Chancellor, DUHS Prof. Dr. Masood Hameed Khan. It was participated by a large number of students, teachers, senior professors, para medical staff, NGO representatives, families, youth and children. Participants of the Walk were carrying placards and banners inscribed with slogans to promote healthy lifestyle.

Prof. Masood Hameed Khan in his address stressed the need of recreational activities and



taking healthy food in maintaining healthy and productive life. He said that good health is an area that concerns all of us. Health is by far the most important thing to everyone. It does not matter whether rich or poor, good health is vital to make one's life happy. Adopting simple preventive measures and healthy life style changes such as walking, physical activities, good balanced diet and refraining from risky habits





including smoking and other tobacco substances can save hundreds of lives, prevent disability and improve quality of life. While introducing this year theme and slogan, he informed that World Health Day is celebrated on April 7 to commemorate the establishment of World Health Organization.

Prof. Dr. Ayesha Mehnaz, HOD of Paediatric Deptt, Civil Hospital and Chairperson Konpal said that globally World Health



Day is celebrated to promote healthy lifestyle in general public. Nowadays, children are becoming fat and obese and are considered overweight due to their improper eating habit. This can be reduced by involving children in different recreational and outdoor activities. Proper information regarding balanced diet, health education and

involvement in healthy activities like walk, exercise and outdoor games will help in adopting a healthy and productive life. Such activities also help in promotion of social interaction among people belonging to various walks of life and thus improve the bonding and communication which will help in maintaining an active lifestyle. She further said that our children and especially youth (which comprises of more than 60% of our population) have adopted a sedentary life style and they are spending more time in front of computer, television and using cellphone. This is affecting their physical, mental and social well being and if they do not break this habit not only their health will be affected but also the health of the entire nation as they are the future of this country.

Earlier, the walk was preceded by various recreational activities for families, youth and children including Face Painting, Kite Flying, Outdoor Games, Music, Free Health Consultancy and Tips, Exchange of Health Messages, Nutrition counseling etc.



## KONPAL CELEBRATED EID WITH SPECIAL CHILDREN

On the occasion of Eid, Konpal child abuse prevention society, Department of Paediatrics, Civil Hospital Karachi in collaboration with Dow University of Health Sciences has organized an Eid mela with Special children on 8th September 2012 at Dow Medical College Karachi.

The event took place at Arag auditorium of DMC. Over 200 special children, teachers, students of DMC, professors, doctors and psychologists participated in this event. The participants expressed great interest and enthusiasm in this colorful event. The event started with fun-filled activities organized at the garden outside Arag auditorium. Different stalls of face painting, mehndi, games and many others were set to make the event colorful and pleasant. This was followed by stage performances at Arag auditorium by special children. Doctors, students of DMC & Konpal volunteers actively participated in various programs. Special children from Institute of Physical medicine and Rehabilitation (IPMR), UI Umeed, Al Imran Rehabilitation Centre and children admitted at the Department of



Paediatrics, CHK and student of DMC participated in the various activities and presented songs and tabloos which were highly appreciated and enjoyed by all present.

Konpal organized this event to spread the awareness regarding rights of special children which are being violated in our society. Chief guest Prof. Umar Farooq, pro-Vice chancellor DUHS said

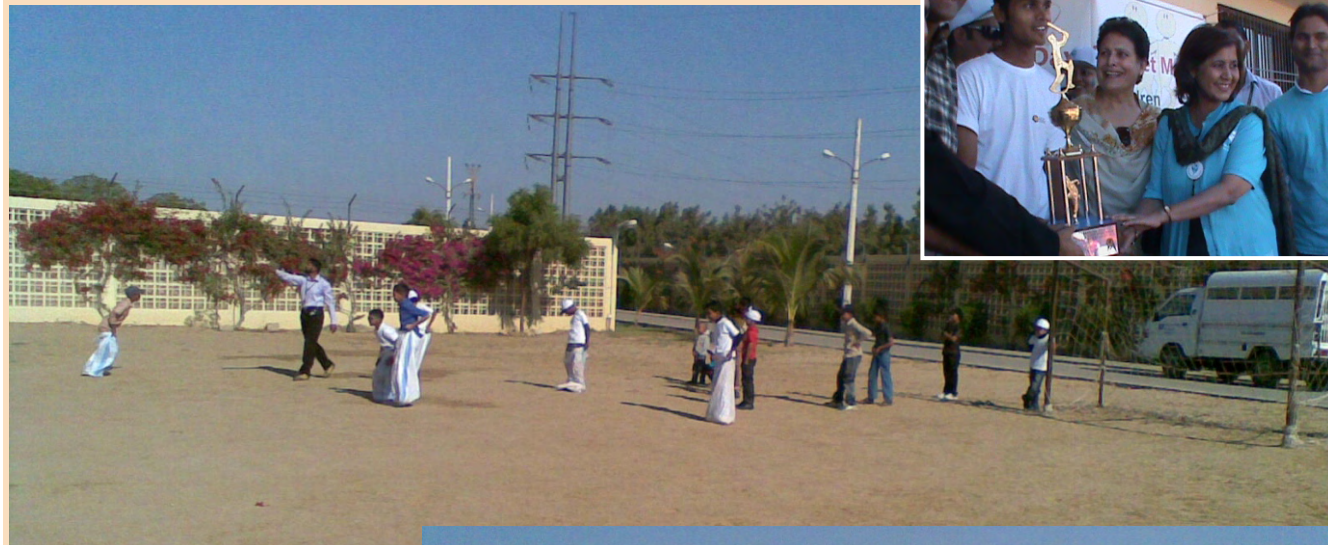


that no society could progress without giving the right to its special children. He highly appreciated the efforts of Konpal child abuse prevention society and the schools who are taking revolutionary steps for the rights and welfare of the special children. Prof. Aisha Mehnaz, Head of Department Paediatrics and Chairperson Konpal in her welcome

address highlighted the importance of recreation as the right of every child. She further stated that being a signatory to CRC we should make every effort to give the children of this country their due rights & bring happiness to every child. Prof. Saleem Ilyas, director Professional development centre stressed the importance of working and highlighting the issue of special children and informed that soon a school of Developmental Paediatric will be established at DUHS. Dr. Nusrat Shah, Prof. Fehmina Arif, Prof. Razaur Rahman, Dr. Ayesha Sarwat and doctors from Paediatrics and Psychiatry and large number of students enthusiastically participated. In the end vote of thanks was presented by Dr. Ashfaq Mala, General Secretary KONPAL.



## UNIVERSAL CHILDREN DAY CELEBRATION AT SOS /YOUTH HOME VILLAGE



An Sports Day & Cricket Match was held on 2nd December, 2012 at Youth Home / SOS Village to mark the universal children day. A cricket match between youth home team & Konpal team was played of 10 over each, at the youth home ground. The winner youth home was given the trophy by Konpal Chairperson. Other sports event including Race, Sack Race, Spoon Race etc. were held for small children. BMI was also done. Face painting and many other



activities were also held. A sumptuous lunch was offered at the end. All children of the village were given gifts and souvenirs. The events were organised in collaboration with Omair Sana foundation.

## WALK ORGANISED BY KONPAL ON UNIVERSAL CHILDREN DAY AT KARACHI EXPO CENTRE



On the occasion of Universal children day, a silent demonstration cum symbolic walk was organized by Konpal Child Abuse Prevention Society at Karachi Expo Centre on 14th Dec 2012.

The theme of the walk was "Ban corporal punishment". Konpal has always been very proactive in raising voice for the rights of children and against all kinds of injustices towards children.

The walk is particularly organized to raise concern about the corporal punishment to the children and to impose "Ban on Corporal punishment". The doctors, psychologist and members of Civil society organisation present in the walk stated that strict laws against corporal punishment need to be enacted and the pending bill against corporal punishment should be

made Law without further delay.

The chief guests on the occasion Minister of human development Jahan Ara Bhutto and Minister of women development Tauqer Fatima Bhutto lead the symbolic walk and highly appreciated the efforts of konpal and other organisations that are raising the voice for the rights of children.

A number of local and international NGOs have joined hands with Konpal Child Abuse Prevention Society the chief organizer of the walk to demonstrate their concern and draw the attention of the authorities towards the child abuse and child protection. The organizations that collaborated



with, Konpal were PPA child rights group, PPA Karachi and Sindh, Omair Sana foundation, Genix, Pharmevo etc. Beside these organization there were participation from number of other NGOs, civil society organizations and children from number of schools.



# HEALTH WALK AT ALI MURAD GOTH, BADIN



Konpal in collaboration with NGO Waris organised walk and a number of awareness raising activities at Badin. On this occasion a seminar for women was also organized. The members of KONPAL team gave simple messages on cleanliness & hygiene, health



related tips and Child protection messages to children and mothers through multi media and discussion.

On 24th March a Health Walk was organized at Badin over 500 children



KONPAL and Waris members, Volunteers and



villagers walked around the Goth starting from the Government school.

A cricket match between the KONPAL team & the youth of the village was also held on the occasion.





# Activities of Konpal in 2012

FROM JANUARY TO DECEMBER 2012

The following activities were carried out by KONPAL from January, 2012 to December 2012

## AWARENESS RAISING SEMINAR ON CHILD ABUSE AND NEGLECT AT KARACHI GRAMMAR SCHOOL, CLIFTON



The year 2012 started with a lecture on CAN by Dr. Aisha Mehnaz at Karachi Grammar School (primary section) on 21st Jan. 2012, which was attended by about 100 parents & teachers. It was very well appreciated & parents and teachers find it very informative. They express their commitment to share the information gained with others.

## ONE DAY ORIENTATION WORKSHOP ON CHILD ABUSE AND NEGLECT AT THE FIRST CONFERENCE OF INDUS HOSPITAL

Dr Aisha, Dr Ashfaq, Ayeasha umer, Umair and Waqas facilitated and participated from KONPAL

## WORKSHOP FOR MOTHER'S ON CHILD CARE AND PROTECTION

Seven two day training workshops on "Enhancement of mother's (parents) skill in care &



protection of their children" were organized. More than 150 mothers were trained in these workshops. These were held in the month of January, March, April, May, June, August and November, 2012.

These workshops were facilitated by Dr. Ashfaq Mala, Ms. Ayesha Umer (Psychologist), Mr. Tahir, Mrs. Jannat, Dr. Saba, Ms. Naila, Dr. Krishan, Dr Rakesh Dr. Shahid, Dr. Sadaf and others.

## ONE DAY ORIENTATION WORKSHOP ON CHILD ABUSE AND NEGLECT FOR THE COMMUNITY HEALTH WORKERS OF HELP (NGO) AT NEELUM COLONY

Organized on 3rd March, facilitated by Dr. Aisha Mehnaz, Dr. Ashfaq. Ms. Ayesha Umer. More than 25 CHW trained.

## CELEBRATION OF PAKISTAN DAY ( 23RD MARCH, 2012) AND HEALTH WALK (24TH MARCH, 2012) AT ALI MURAD CHANDIO GOATH, BADIN

This event was organized in collaboration with WARIS an NGO working in Badin. On this occasion a seminar for women was also organized. The members of



KONPAL team gave simple messages of cleanliness & hygiene ,health related tips and Child protection messages to children and mothers through multi media and discussion ,Dr. Aisha ,Ashfaq, Ms. Ayesha Umer & Dr. Saba facilitated the highly interactive session. The male members were given similar messages at the AUTAQ (the villagers male assembly).

On 24th March a Health Walk was organized at Badin over 500 children, KONPAL and Waris members, Volunteers and villagers walked around the Goth starting from the Government School. It was ended with the speech of Mr. Ali Muhammad of Waris & Dr. Aisha Mehnaz Chairperson KONPAL . This was followed by national anthem. A cricket match between the KONPAL team & the youth of the village was also held on the occasion.

## HEALTH WALK AT SEAVIEW:

On the occasion of Health Day (8th April), KONPAL in collaboration with Dow University of Health Sciences (DUHS) organized a health walk and Health Mela at Sea side . The walk was led

by Prof Masood Hameed, the Vice Chancellor DUHS. Walk started from Floating Ship restaurant and ended at McDonald Restaurant. Walk was followed by fun Health Mela , where stall for face painting, BMI measurement ,kite flying etc were held. It was participated by over 500 people.

## AWARENESS RAISING CUM TRAINING WORKSHOP FOR THE WOMEN INMATES OF KARACHI CENTRAL PRISON:

A one day seminar was held on

6th June at Karachi Women Prison More than 75 mothers were given training on healthy life, cleanliness nutritional value of food & how to take care of their children's health , manage conflicts within family and protection of their children.

On the same day International Children Day was celebrated with the children of women prisoners . These children were involved in playing, drawing, painting etc gifts were distributed among the children's. At the end lunch were given to the female prisoners.

Dr. Wahid Pirzada, Dr. Aisha Mehnaz, Dr. Ashfaq Mala Miss Shahnaz Yasin , Miss. Ayesha Umer, Mrs Janat, Naila, & Adil participated in the various program

## WORKSHOP ON CAN at Marriot Hotel Karachi:

On 24th June on the occasion of Prof, Mussarat Hussain memorial conference, an Orientation workshop on child protection & early case management of child Abuse & Neglect was held. It was facilitated and participated by Dr. Ashfaq Mala, Mrs. Mala, Mr. Waqas, Umair, Ayesha Umer & Dr. Ayesha Sarwat







Korangi No. 5 School, This was organized at the request of "IDRA-E-TALEEM-OGAHI" an NGO working for education of children.

About 80 students varying from 5 to 10 years were provided medical

### HOSPITAL CHILD PROTECTION COMMITTEE (HCPC):

checkup by the volunteers and young doctors from Paediatrics Department of Civil Hospital Karachi. Height, Weight,



Meeting of Hospital Child Protection Committee (HCPC) was regularly held every month. More than 500 cases of CAN was managed by KONPAL and HCPC, CHK team.

### CHILDREN RECREATION PROG ORGANIZED BY KONPAL

10. Children recreation Prog organized by KONPAL on 7th April with collaboration of students of Psychology Department, Karachi University at Peads ward with children..

### HEALTH CAMP AT KORANGI, KARACHI.

On 20th July, 2012 one day "Health Camp" was organized at

Eyes were checked and Psychological analyses was done by Ayesha Umer and Mrs. Jannat. Gifts were distributed among the children, donated by the volunteers Dr. Asfhaq, Dr. Rakesh, Dr. Amanullah, Dr. Shahid, Dr. Samina, Dr. Sadaf, Dr. Shabnum, Dr. Sarmad, Dr. Kavita, Dr. Aisha & Mr. Tahir, Adil & Ms. Shahnaz participated and conducted the various activities.

### EID MELA & RECREATION ACTIVITIES FOR SPECIAL CHILDREN

On 8th September, 2012 an

Eid Mela & recreation activities for special children were held at Arag Auditorium at Dow Medical College/Civil Hospital Karachi.

The special children were from: AL-Umeed rehabilitation centre, Imran Rehabilitation Center, Institute of Physical Medicine and Rehabilitation Centre and children admitted at Department of Paediatrics, CHK.

In all 200 special children participated and demonstrated their skill through tableau and skits.

### INTERNATIONAL HAND WASHING DAY

International Hand Washing Day was observed by Konpal at Department of Paediatrics unit one at DUHS, with the mothers and children admitted in ward on 15th October, 2012. It was facilitated by Dr. Shahid Jibran, Dr. Sadaf, Dr. Shabnam, Dr. Samina, Mr. Imran and Mrs. Jannat.



### GOLDEN JUBILEE CELEBRATION OF CPSP KONPAL

On the occasion Golden Jubilee Celebration of CPSP Konpal in collaboration with CPSP held two

days workshop on Child Sexual Abuse on 7th & 8th November, 2012. The workshop was conducted by Dr. Aisha Mehnaz, Dr. Fehmina Arif, Dr. Nusrat Shah & Dr. Amanullah about twenty (20) doctors were trained.

### SEMINAR ON DISASTER MANAGEMENT & TRAUMA CARE

Seminar on disaster management & trauma care was arranged at CPSP on 11th November, 2012.

### TWO DAY MOTHERS TRAINING WORKSHOP

On 13th & 14th November, Two day mothers training workshop was organized by Konpal on Enhancement of Parents Skill in child care & protection in accordance with children's week activity, which was facilitated by Dr. Shahid, Dr. Sadaf, Dr. Amanullah, Ms. Naila, Mrs. Jannat and Dr. Aisha.

### UNIVERSAL CHILDREN DAYS

Universal Children Days was celebrated at paed unit one of DUHS celebrated it with the mothers with children.

### SEMINAR ON VIOLENCE & ITS PREVENTION AT AKU

On 20th November, 2012 a talk was given by Dr. Aisha Mehnaz in a seminar on violence & its Prevention at AKU.

### SPORTS DAY & CRICKET MATCH

Sports Day & Cricket Match was held on 2nd December, 2012 at Youth Home / SOS Village was held to mark the universal children day. A cricket match between youth home team & Konpal team was played of 10 over each, at the youth home ground. The winner youth home was given the trophy by Konpal Chairperson. Other sports event including Race, Sack Race, Spoon Race were held for small children.. BMI was also done. Face painting and many other activities were also

held.

### MONTHLY CLINICAL MEETING

20. Monthly Clinical meeting of KONPAL was held regularly every month

### MEETINGS, SEMINARS, WORKSHOPS, CONFERENCES ATTENDED BY KONPAL MEMBERS:

- Meeting of Developmental Pediatrics at DOW ON 18th Jan attended by Konpal members Dr. Aisha, Dr. Ashfaq, Dr. Raza, Dr. Ayesha Sarwat, Ayesha Umer, Tahir, Jannat and Umair.
- Workshop on social media networking at DUHAS on 18th Jan was attended by Umair, Ashfaq, and Ayesha Umer.
- On 23rd Feb an Interactive dialogue on Child marriage with parliamentarians & policy makers organized by RAHNUMA FAMILY PLANNING ASSOCIATION of Pakistan. Dr. Nusrat Shah and Shahnaz Yasin attended the seminar.
- 23rd February consultative workshop by THAR DEEP RURAL DEVELOPMENT PROG to review the state of children's right in Pakistan was attended by Ayesha Umer, Tahir and Jannat
- Seminar on THE HAGUE CONVENTION (25th Oct 1980) organized by SACH, NGO was attended by Dr. Aisha and Shahnaz on 16th March.
- 21st April Madadgar (LHRLA) inaugurated its nation wide help line service at Marriot hotel Dr. Fehmida Mirza (national assembly speaker) was the chief guest where Dr. Aisha Mehnaz was awarded a SHIELD of appreciation by the organization on recognition of her services for Children Rights by Mr. Zia Awan.
- 24th ---26th April A three day workshop on how to talk about

sexuality organized by Group Development was attended by Dr. Aisha Sarwat & Miss Ayesha Umer.

- 23rd June: Dr. Fehmina Arif attended an awareness raising seminar on CAN and gave talk on Child Abuse and Child Protection at Karachi Arts Council. Seminar was organized by Dr. Khalid Zuberi, Chairperson PPA Karachi Chapter.
- 26th June Dr. Aisha & Shahnaz attended seminar by Sind Education Foundation on "Treasuring Childhood" A dialogue on addressing child labour.
- On 28th June Dr. Aisha Mehnaz attended a consultative meeting on "Child Right Movement" and formation of Sind Chapter". KONPAL is selected as an executive member of CRM Sindh.
- On 29th June a meeting was held with (Partner Aid International) at KONPAL office. They requested KONPAL to organise training on CAN for their members.
- On the occasion of Anti Malarial Day, Polio Day, Children day, Dr. Aisha Mehnaz appeared on Health TV and talk on these topics.
- Seminar on adolescent and reproductive health on 18th and 19th July organized by Ahung, attended by Aisha Umer and Waqas and Raheel
- Seminar on role of probation in criminal justice system held on 19th July organized by SPARC attended by Dr. Amanullah, Ms. Jannat, Mr. Asghar and Mr. Saeed
- Consultative meeting on Child Rights Movement held on 26th July, attended by Dr. Aisha Mehnaz and Mr. Shahnawaz Quraishi. Konpal is selected a member CRM.