

## **ANNUAL PROGRESS REPORT OF KONPAL, CAPS** **JANUARY – DECEMBER, 2018**

The following are the brief description of the activities organized by Konpal from January 2018-December 2018.

### **MOTHER’S TRAINING WORKSHOPS:**

In the year 2018, three mother’s training workshops were held at Civil Hospital Karachi on the occasion of women’s day. Second mother training workshop was held for the mothers of Khuda ki Basti at Gadap Town Karachi in collaboration with HELP NGO third at Shah Wilayat School. A total no of 120 mothers’ were trained in 2018 on Child Care and Child Protection and management of Emergency / accident at home.

Certificates and first aid box were distributed to all mother’s. These workshops were conducted by Prof. Aisha Mehnaz, Prof. Fehmina Arif, Dr. Seema Zia, Dr. Nusrat Shah, Dr. Muzamil Shabana Ejaz, Mr. Muhammad Adil & Ms. Shahnaz Yasin.

### **WORKSHOP FOR DOCTORS AND HEALTH CARE PROVIDERS:**

Two days workshop on child protection and early case detection and management of child abuse and neglect (CAN) was held at Aga Khan Hospital was organized by Department of psychiatry, Aga Khan Hospital Karachi and konpal CAPS collaboration. It was facilitated by Prof. Aisha Mehanz, Prof. Fehmina Arif. In all 25 no of doctors participated in the workshop.

### **UNIVERSAL WORLD HEALTH DAY:**

On 7<sup>th</sup> April, 2018 Universal Health Day was observed with the children and mother’s of SOS village, Karachi with lots of fun healthy messages were given on the importance of exercise, diet & healthy living. Aerobic & yoga demonstration was given by an expert Ms. Bushra Shahab where all the children & mothers participated & enjoyed. Different games were played by our members Musical chair competition for mother were held. The evening ended with refreshment. Participant were Dr. Aisha Mehnaz, Ms. Shahnaz Yasin, Ms. Joham, Mr. Muhammad Adil, Mr. Tahir Mehmood, Dr. Seema Zia, Dr. Rana Najam & Mr. Najam.

## **IFTAR CUM DINNER WITH THE CHILDREN OF SOS VILLAGE:**

On 20<sup>th</sup> May 2018, 4<sup>th</sup> of Ramzan-ul-Mubarak Iftar cum dinner for the children & mothers of SOS village, Karachi was arranged. It started with the recitation of Hamd & Naat the dinner was sponsor by Mr. & Mrs. Rana Najam gift of stich cloth for boys of the village and youth home was donated by them. Konpal donated 175 lawn suits to the girls and mothers which was sponsored by Dr. Ayesha Sarwat, Dr. Seema Zia, Dr. Zeeba Batool, Dr. Aisha Mehnaz & Ms. Shahnaz Yasin.

On 21<sup>st</sup> July, 2018 konpal organized a counseling session with the young boys of SOS Youth home with the help of presentation by Dr. S.M Rab it was very interactive the boys showed great interest and fully participated 3 boys who contested and gave short talk what they have achieved from it Dr. Rab rewarded them on the spot.

## **INDEPENDECE DAY CELEBRATION:**

On 14<sup>th</sup> August, 2018 the 71<sup>st</sup> Independence Day was celebrated by konpal team with great enthusiasm at the Sea view.

## **UNIVERSAL CHILDREN WEEK CELEBRATION:**

On 18<sup>th</sup> November, 2018 Universal Children Day was observed and the walk was organized to celebrate the occasion which was well attended by the konpal members and the children of youth home of SOS village students of Al-Furqan School and AURA (Al-Umeed) children and staff members. Fateha was offered and floral wreath was laid down by the children.

The organizer of the Mazar displayed a drill to pay respect to the founder of the country.

Gifts were distributed to the participant.

The whole event was organized by efforts of Mr. & Mrs. Rana Najam, Mr. Muhammad Adil & Mr. Khalid Ahmed in all about more then 300 people participated in the walk.

The theme was **“LET US BUILD A STRONGER PAKISTAN”**

On 28<sup>th</sup> November, 2018 an evening with the children of Dar ul sakoon to celebrate the universal children day was arrange which was attended by the konpal members and shah wilayat school children and teachers. The students of shah wilayat school gave the performance to entertain them. They were given certificate and konpal caps and shirts to mark the occasion. Konpal members who participated were Dr. Seema Zia, Dr. Aisha Raza, Dr. Rana Najam, Dr. Farrukh Abbasi, Dr. Aisha Mehanz, Ms. Shahnaz Yasin, Mrs. Seema Shahbaz, Mr. Muhammad Adil, Mr. Khalid Ahmed & Ms. Joham.

On 8<sup>th</sup> December, 2018 a walk was organized in collaboration with HELP on the occasion of Universal Day of Health Care. Dr. Aisha Mehanz and Ms. Shahnaz Yaasin represented by konpal.

## **SEMINAR:**

- 2<sup>nd</sup> – 5<sup>th</sup> September, 2018 ISPAGAN an international organization arranged five days conference at Prague. (Europe) Dr. Aisha Mehanz & Ms. Shahnaz Yasin member of it presented konpal's work on enhancement of mother's knowledge and skill in child care and protection through a poster the theme was **"Does training helps"**.
- 24<sup>th</sup> Biennial International Paediatrics Conference was held from 21<sup>st</sup> to 25<sup>th</sup> November, 2018 at Islamabad Dr. Aisha Mehanz represented Konpal.
- 12<sup>th</sup> December, 2018 a seminar on the Universal Health Care Day was organized by HELP and Dr. Aisha Mehnaz gave a talk on the Universal Health Care.

## **LAUNCHING CEREMONY OF KONPAL ACADEMIC SUPPORT PROGRAM (KASP) A PROJECT OF KONPAL, CAPS**

Konpal Academic Support Program (KASP) is a new innovative project of Konpal, Child Abuse Prevention Society (Konpal, CAPS). It aims towards empowering children and their family in achieving their academic goal, in Pakistan educational neglect is one of the most common types of neglect. The primary & secondary school enrolment in Pakistan is only 72% and 46% respectively. The dropout rate from school is also very high, nearly 25% children dropout from school, in primary classes and still more in secondary classes. Only 28% are retained till Matric. One reason for such high dropout rate is the financial difficulties faced by parents or guardians.

KASP is an earnest endeavor of Konpal members to provide educational support to children belonging to poor or low middle class family who are finding it difficult to meet the end because of rising inflation and there is fear of their children being drop out from the school.

In this regard the first meeting of KASP core committee members (nominated during General Body Meeting of Konpal) was held on 15<sup>th</sup> September 2018. During the KASP meeting forms for educational scholarship was reviewed and out of 12 forms, 11 were approved for one year scholarship. These 11 students are children of Cook, Nurse Aid, House Maid, Labour, Gardener etc.

Dr. Seema Zia coordinator also explained the objective and methodology that will be followed during disbursement of the Scholarship fee. During the meeting the members raised a sum of Rs. 2,0800/ that will cover the financial need for one year w.e.f 1<sup>st</sup> October, 2018.

The members of KASP and Konpal further discussed the idea for fund raising to sustain the project and to enroll more children in the program. Interview with the parents will be held on 23<sup>rd</sup> September, 2018.

### **SPONSOR A CHILD’S SCHOOL EDUCATION:**

School Fee: Rs. 1000 – 3000/months - Rs. 12,000/year to Rs. 36,000/year

Stationary Fees: Rs. 5000/year

Uniform Fees: Rs. 5000/year

Transport Fees: Rs. 12,000/year

Capacity Building Workshop for Parents: Rs. 5000/=

Capacity Building Workshop for Student: Rs. 5000/=

**Total Cost per Child: Approximately Rs. 50,000/year**

### **MEDIA:**

- On 8<sup>th</sup> August, 2018 Dr. Aisha Mehanz appeared on Radio Pakistan give an awareness on child abuse & prevention and, how konpal is raising awareness regarding this topic.

### **Reported by:**

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