



## February 2019

### What's New

#### ***Launch of 'Diffability' Campaign***

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#### ***Support partners with 'Learning Minds'***

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#### ***Representation at International Conference in Allama Iqbal Open University***

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#### ***Workshop at SOCH Clinic – Islamabad***

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#### ***Online Workshop at Essa Nagri Church***

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#### ***Sign Language Course***

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#### ***Workshop at Agha Khan Hospital***

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### Welcome to our Newsletter

*The Kazim Trust is proud to announce a mental health awareness campaign for the next 9 months focusing on empowering minds to create a positive impact in the society while highlighting the concept of 'diffability'.*

*We also became support partners with Learning Minds for their event of 'Inspire the Child, Transform the World' facilitated by Mr. Sohail Zindani that talked about a transforming perspective on 'How-To' of parenting.*

*Kazim Trust also represented itself at the 4th International Conference on Research and Practices in Education at the Allama Iqbal Open University in Islamabad.*

*We also conducted an interactive focus group session on awareness of ADHD at the SOCH clinic. The workshop focused on experiences of adolescents suffering from ADHD and how they could improve their daily social, emotional and academic functioning.*

*Our second successful online workshop project session also took place at the Essa Nagri Church on 'Basics of Learning Disabilities and ADHD' this month.*

*We also offered a 6-week certified Sign Language course conducted by our master trainer Mr. Mehsum Raza.*

*Towards the end of the month a workshop was conducted at Agha Khan Hospital for adolescents either suffering from or who had survived cancer. The session was headed with the theme of 'I Can, and I Will'.*

## **Launch of 'Diffability Campaign'**

Kazim Trust is proud to announce a mental health awareness campaign for the next 9 months with an aim to make mental health conditions acceptable in society within an enlightened framework and to create awareness about socio-neurological conditions as well.

We tend to provide basic human and mental health rights to only those who are physically / visually disabled. With the help of this campaign, we would like to focus on educate people to create a positive impact in society to accept people with these kinds of 'lesser visible' and 'hidden disabilities' as well.

Our marketing and outreach officer, Ms. Samira Sadiq went live on Facebook while introducing the 'Diffability' campaign for people to understand how this concept can help make a prominent change in our perspective towards the field of mental health.

The campaign was well received by our audience and they looked forward toward the next segments of this campaign.

<https://www.facebook.com/kazimtrust/videos/151283665781055/>

### **New info-video of Kazim Trust**

We also launched our new video that presents our mission, vision and services for children and adults in order to empower them to learn differently. Our success stories featured in the video provides an insight about our activities for the betterment of our next generation.

<https://www.youtube.com/watch?v=FCoeuC1P2pQ>

## Support Partners with 'Learning Minds'

This month, Kazim Trust became support partners with Learning Minds for their event of '*Inspire the Child, Transform the World*' a 2-hour seminar facilitated by Mr. Sohail Zindani that talked about a transforming perspective on the 'How-To' of parenting. The session focused on practical strategies and discussed ways to have a better relationship with children specially in the digital era.

Kazim Trust was a proud support partner of this event as we believe in the same thesis which is that the way we raise our children sets a lasting precedence for the rest of their lives. Positive parenting plays a vital role in the emotional development of a child and Kazim Trust strongly believes in supporting such events which contributes towards lasting and productive change.



*Support Partner with 'Learning Minds'*

## **Representation at International Conference at Allama Iqbal Open University**

Kazim Trust was at the 4th International Conference on Research and Practices in Education at the Allama Iqbal Open University in Islamabad.

The conference was held with objective to enable an environment at AIOU for research, innovation and creativity. The conference involved publications in seventeen research journals from different fields along with local and international graduate students, scholars, faculty members and research practitioners from different sectors which helped in expanding the social network of Kazim Trust.

Kazim Trust strongly supports these kinds of debates with an aim to bring about a real change in the field of education through the findings to this kind of research.





***KT team with Dr Shahid Siddiqui - Dean Faculty of Social Science at NUML***

### **Workshop at SOCH Clinic Islamabad**

#### ***KT team at International Conference at Allama Iqbal Open University***

Kazim Trust conducted an interactive focus group session on Awareness of ADHD at SOCH Clinic headed by our senior clinical psychologist Ms. Farah Aftab. The workshop focused on experiences of adolescents suffering from ADHD and how they could improve their daily social, emotional and academic functioning.

The workshop was conducted with almost 15 adolescent children from different backgrounds and professions to either help their current prevailing condition or wanting to assess themselves for ADHD. The session helped them in clearing many misconceptions about ADHD and how simple techniques can help in the management of their everyday life.



*Our senior clinical psychologist Ms. Farah Aftab conducting a focus group session at SOCH Clinic*



*Audience members sharing their own experiences*

## Online workshop at Essa Nagri Church

Kazim Trust conducted its second successful online workshop project by arranging the session on 21 February at the Essa Nagri Church on 'Basics of Learning Disabilities and ADHD'.

The workshop was conducted by senior clinical psychologist Ms. Farah Aftab and our remedial therapist Ms. Ambreen Ali for teachers under one community, who have all been teaching at different institutes.

The workshop focused on reaching a larger audience with an aim to spread awareness about common patterns and misconceptions regarding LD and ADHD.



***Our remedial therapist Ms. Ambreen Ali responding to the queries of audience***

## Sign Language Course

Kazim Trust offered a 6-week certified sign language course conducted by our master trainer Mr. Mehsum Raza who has 6 years of experience as an interpreter starting from 23 February till 30 March.

Participants at the end of the course would be able to learn skills to communicate via sign language basic alphabets, words, numbers, names of fruit and vegetables, colors, seasons and everyday words and sentence formation to individuals who are hearing impaired.

We received an overwhelming level of interest on the initiation of this course and look to perhaps repeat it again in the future.



*Interpreter Mr. Mehsum Raza demonstrating the use of sign language*

## Workshop at Agha Khan Hospital

A workshop was conducted on February 26th by our senior clinical psychologist Ms. Farah Aftab at Agha Khan Hospital for adolescents either suffering from or who had survived cancer. The session was headed with the theme of '*I Can, and I Will*', arming them with behavioral techniques for battling symptoms of depression and stress.

It was conducted with a group of 25 people which involved practicing different techniques of art therapy and Eidetic Therapy and body muscle relaxation. A post-analysis of the workshop concluded that participants experienced a profound change for the better in their feelings.

The workshop also helped us in spreading awareness about Kazim Trust and its services among people from a variety of different backgrounds.



*Focus group session at Agha Khan Hospital*

**We hope you enjoyed this version of our newsletter. Please check our website for events that we have planned on [www.kazimadhdtrust.org](http://www.kazimadhdtrust.org)**

**We would love to hear from you.**

**Please write to us at [info@kazimadhdtrust.org](mailto:info@kazimadhdtrust.org) if you would like to speak to one of our team members to participate in any future events or would just like some general information on the services Kazim Trust provides.**

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