

KAZIM TRUST

March 2019

What's New

Meeting with the Minister of Special Education

Seminar on mental health stigmas at Szabist

'Let me be' Campaign

Live session on 'positive parenting'

Workshop at Karachi University

Mental health camp at Khatoon-e-Pakistan

Welcome to our Newsletter

Kazim Trust had the pleasure to meet Mr. Qasim Naveed, the special assistant to the Chief minister Sindh (Department of Empowerment of persons with disabilities). The meeting resulted in a constructive discussion on mental health projects in the interior parts of Sindh regarding ADHD and LD.

Kazim Trust also made its representation at Szabist as a panelist on a seminar about mental health stigmas.

We are also proud to announce a mental health awareness program titled 'Let Me Be' with a focus to educate schools, universities, colleges and educational institutions under our 'Diffability' campaign.

A live session was also broadcasted through Facebook about 'Positive Parenting'. The session elaborated techniques that can be applied to play the role of being positive parents for children who suffer from behavioral problems or special needs challenges.

A workshop was also conducted at Karachi University on management of ADHD and learning disabilities.

Towards the end of the month, our clinical psychologists were invited by Khatoon-e-Pakistan to organize a mental health camp for their students. The camp focused on working with a team to assess children who may be suffering from learning disabilities.

Meeting with the Minister of Special Education

Kazim Trust had the pleasure to meet Mr. Qasim Naveed, the special assistant to the Chief minister Sindh (Department of Empowerment of persons with disabilities). The meeting resulted in a constructive discussion on mental health projects in the interior parts of Sindh regarding ADHD and LD.

We will be working in collaboration with the relevant government departments to spread awareness in rural areas of Pakistan about mental health issues and provide screening services areas in Sindh. This project was initiated with an aim to collectively work to further our Trust's mission and vision.





Mr. Qasim Naveed along with the Founder Trustee Mr. Kazim Anwar and the KT team

Seminar on Mental Health Stigmas at Szabist

This month, Kazim Trust also made its representation at Szabist as a panelist on a seminar about Mental Health stigmas. The seminar had students from all departments who were gathered to discuss the causes of stigma around people.

Our senior clinical psychologist Ms. Farah Aftab engaged the audience with her knowledge of socio-environmental factors that contribute towards stigmas and how one can develop coping mechanisms for it.



Our senior clinical psychologist Ms Farah Aftab along with the panel and students of Szabist



Seminar on mental health stigmas at Szabist

'Let Me Be' Campaign

We are proud to announce a mental health awareness program 'Let Me Be' with a focus on schools, universities, colleges and educational institutions under the our 'Diffability' campaign. The campaign would facilitate training teachers for a better future while empowering them at the same time with a platform.

Under this campaign, Kazim Trust was able to join hands with multiple institutes who are working for a better future for these children. The campaign has been highly appreciated in the city of Karachi along with a hope to further collaborate with institutes towards this constructive cause.

Live Session on 'Positive Parenting'

A live session was also broadcasted through Facebook on 4 March by our senior clinical psychologist Ms. Farah Aftab about '*Positive Parenting*'. The session elaborated techniques that can be applied to play the role of being positive parents for children who suffer from behavioral problems or special needs challenges.

The session discussed about making positive child-rearing choices that reflects the believes and values as a parent on the child and his or her temperament along with taking an approach that is sensitive to children's individual needs and addressing the typical challenges that arise in early childhood with empathy and respect.

[Click here to watch the video](#)

Workshop at Karachi University

A workshop was conducted on 6 March at Karachi University on Management of ADHD and learning disabilities. The workshop focused on the symptoms and behavioral management skills.

The workshop was conducted with 30 students from the department of psychology with an aim to teach common patterns and misconceptions

regarding LD and ADHD along with management techniques to address such challenges.

Mental Health Camp at Khatoon-e-Pakistan

Our clinical psychologist Ms. Syeda Batool Najam and remedial therapist Ms. Ambreen Ali were invited by Khatoon-e-Pakistan on 19 March to organize a mental health camp for their students. The camp focused on working with a team to assess children who might be suffering from learning disabilities so further measures could be taken towards the improvement in their learning process.

The children were assessed due to symptoms of learning difficulty detected by the teachers. The camp was organized so that members of lower socio-economic classes could have the chance to receive a comprehensive assessment and analysis so further measures could be taken for improvement in their academic learning.

The students enjoyed the testing process and looked forward toward meeting our team once again.



Our remedial therapist Ms. Ambreen Ali conducting a screening session at Khatoon-e-Pakistan



Our outreach officer Ms. Samira Sadiq along with the Head of Khatoon-e-Pakistan

We hope you enjoyed this version of our newsletter. Please check our website for events that we have planned on www.kazimadhdtrust.org

We would love to hear from you.

Please write to us at 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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