



The Kazim Trust Newsletter

October - November 2019

- *The KT team appeared in a YouTube channel 'Namkeen Sach' to promote Kazim Trust 5th Annual Conference 'DiffAbility - A Path towards Possibility' held on 12 Oct 2019.*
- *Kazim Trust's team was featured on FM 96 with RJ Anum Ali and talked about the 'Importance of positivity'.*
- *Kazim Trust was invited at DAWN TV regarding our Trust's vision, mission and the range of services we are providing society.*
- *Kazim Trust welcomed new Team members, Ms Rubina Feroz (Clinical Psychologist) and Ms. Iqra Shams (Remedial therapist), focusing their expertise more for our adult clients.*
- *Kazim Trust went LIVE on Facebook for a session titled 'Behavior Modification'*
- *Our KT clinical psychologist went to the Government Elementary College of Education - Gharibabad to conduct a session on the importance of wellbeing.*
- *This month we also visited the Fatiha Academy to deliver a detailed session on Attention Deficit Hyperactivity Disorder (ADHD) & Learning Difficulties (LD).*

- *Kazim Trust also celebrated Universal Children's Day on 21 Nov 2019 with the theme 'Bridging the Parent-Child Bond'*
- *At the end of the month, Kazim Trust organized a workshop on 'Effective Classroom Management'.*

KT featured on YouTube channel

In the month of October, Kazim Trust in commemoration of World Mental Health Month organized its 5th Annual Conference; 'DiffAbility – A Path towards Possibility'. The Conference was promoted on various social and electronic media platforms.

Our clinical psychologist Ms. Ambreen Ali and remedial therapist Ms. Ailya Haider highlighted the importance of neurodevelopmental disorders. They also highlighted the services KT provides such as psychological, behavioral, remedial and speech therapies on 'Namkeen Sach'. This is an on-line portal geared towards creating awareness regarding mental health and other various issues.

[Click here for video](#)

Invited at Karachi FM 96

Kazim Trust clinical psychologists Ms. Farah Aftab and Ms. Ambreen Ali were invited at FM 96 in Karachi to talk about 'The Importance of Positivity in a person's life'.

They highlighted the fact that most people consider mental health as a secondary option as compared to their physical health and therefore, neglect early interventions and management techniques. They also explained that a person needs to have a positive view towards neurodevelopmental disorders and must consult a psychologist as early as possible.

The psychologists also promoted our 5th Annual Conference and invited the audience to be the part of our event with a message of 'acceptance and inclusion'.

DAWN TV Show

Kazim Trust was featured on 'Chai, Toast and Host' show of DAWN TV to explain in detail how Kazim Trust is 'empowering minds that learn differently' and why society must understand the notion of Inclusion.

Kazim Trust is empowering the children and adults having ADHD and LD since 2008 and we have helped many families and children to focus on their strengths.

[Click here for video](#)

New Team Members

Kazim Trust initiated an evening program and welcomed new team members, Ms. Rubina Feroz who is an Associate professor at the University of Karachi and is an experienced clinical psychologist.

Kazim Trust also welcomed Ms. Iqra Shams who is a renowned remedial therapist who has worked especially with children employing different remedial techniques.

'Behavior Modification' - FB LIVE

At the start of November, Kazim Trust's senior clinical psychologist Ms. Farah Aftab went live on our Facebook page to talk about 'Behavior Modification'. She explained how parents can modify unwanted behavior of a child at home and explained that it is sometimes be effective to ignore children to moderate their stubborn behavior.

She also highlighted the importance of reinforcement strategies and what techniques a parents and teachers can use to appreciate a child as a form of reinforcement when they demonstrate good behavior

[Click here for video](#)

Awareness session at Government Elementary College of Education

Our clinical psychologist Ms. Ambreen Ali conducted a workshop at the Government Elementary College of Education – Gharibabad on the 'Importance of Wellbeing'

The session was of 1.5 hours and focused on the techniques related to the wellbeing of a person and how a teacher can introduce this concept in his/her classroom to manage the attention of the child.



Teachers of the Government Elementary College of Education



Ms. Ambreen Ali delivering a lecture on the importance of wellbeing

Awareness Session at the Fatiha Academy

Our senior clinical psychologist Ms. Farah Aftab conducted a workshop at the Fatiha Academy on the 'Management of Attention Deficit Hyperactivity Disorder (ADHD) & Learning Difficulties (LD)'.

The session lasted 2 hours and focused primarily on the therapeutic techniques and strategies by which a teacher can detect early signs and symptoms of academic challenges of children in the classroom. She also demonstrated techniques that teachers can effectively use to address behavioral issues of a child in the classroom.



Ms. Farah Aftab in a session on ADHD and LD



Teachers participation in a workshop

Universal Children's Day Celebration

Kazim Trust celebrated Universal Children's Day on 21 Nov 2019. The main theme of the event was to enhance the unique bond between a child and its parent.

The celebration consisted of fun activities like sports, dress up, interactive and various board games. The focus was to highlight to parents on the strengths of their children and to make them aware that a child can have different interests apart from academia which is usually thrust upon them even though their skill set resides somewhere else.



Celebrating Universal Children's Day



Demonstrating Parent-Child Bond



Dress-up activity at the Children's Day celebration



Fun and learning activities to enhance the Parent-Child Bond

Workshop on Effective Classroom Management

Kazim Trust organized an in-house workshop on 'Effective Classroom Management' conducted by our expert trainer Dr. Qudsia Tariq who is an experienced clinical psychologist and chairperson of department of psychology at the University of Karachi.

Dr. Qudsia primarily focused on the early childhood interventions and how a classroom can help a children enhance their personality. She also emphasized on the role of a teacher and how to manage unwanted behavior in the classroom.

Through different activities, Dr. Qudsia focused on the effective strategies a teacher must inculcate in a class to address a hyperactive child. The techniques included specific greetings, teacher vocabulary, time out strategies, reinforcements, interactive energizers, ice breakers and also interactive content development.



Dr. Qudsia Tariq highlighting the Importance of effective classroom management



Attendees of in-house KT workshop

We do not encourage funds, aid or donations.

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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