



November 2018

What's New

Live Session on 'Misconceptions about ADHD'

Workshop at Karachi American School

Celebration of Universal Childrens' Day

Representation at L'ecole

Parent Focus Group Session

Guest Speaker Session at PIM

Media Appearance on 24 News Channel

Social Skills on 'My Creative Self'

Welcome to our Newsletter

The month began with a Live Session on Facebook which was delivered by our remedial therapist Ms. Ambreen Ali in commemoration of Mental Health Awareness Month where she discussed 'Myths about ADHD'.

Kazim Trust celebrated Universal Children's Week from 17th to 21st November that included different activities throughout the month.

We also conducted a workshop at Karachi American School with the assistance of our senior clinical psychologist Ms. Farah Aftab and Orton Gillingham Trainer, Ms. Faiza Faysal on 'Diagnosis and Management of Learning Disabilities'.

Kazim Trust also celebrated Universal Children's Day at L'ecole by setting up a stall that offered multiple games and techniques that could assist children suffering in improving their concentration skills.

A Parent Focus Group was conducted at our venue led by our clinical psychologist Ms. Syeda Batool Najam.

As an aim to bring a change in the social life skills, a group activity on 'My Creative Self' was conducted by our remedial therapist Ms. Ambreen Ali.

Our senior clinical psychologist was also invited at Pakistan Institute of Management for a Guest Speaker Session with participants from different

fields and institutes on 'Awareness about Attention Deficit and Hyperactivity Disorder.'

Towards the end of the month Kazim Trust also made a media appearance on the '24 News Channel' which helped us in spreading awareness about learning disabilities to a larger audience.

Live Session on 'Misconceptions about ADHD'

This month a Facebook Live Session on Facebook was delivered on November 3rd by our remedial therapist Ms. Ambreen Ali in commemoration of Mental Health Awareness Month in which she 'Myths about ADHD'.

The following myths were discussed by her during this live session:

ADHD Is not a real medical condition

ADHD is recognized as a disorder/disability by the Centers for Disease Control, the National Institutes of Health, the United States Congress, the Department of Education, the Office for Civil Rights, the American Medical Association. Research shows that it is a result of an imbalance of chemical messengers, or neurotransmitters within the brain. Its primary symptoms are inattention, impulsiveness, and, sometimes, hyperactivity.

Symptoms of ADHD

Symptoms of ADHD are not always easily recognized which could give parents and teachers a false belief into labelling it as a behavioral problem. The history and symptoms of each child presents themselves in a unique way that can sometimes easily create such misconceptions.

All kids with ADHD are hyperactive

Not all kids with ADHD have hyperactivity or impulsivity as a symptom. There are three main variants of ADHD and many others as well.

One of them ADHD, Predominantly Inattentive Type (also known as ADD) does

not have an impact on activity levels. Kids with this type of ADHD primarily have difficulty paying attention and are easily distracted.

It is the result of bad parenting

It is common for kids with ADHD to struggle with certain behavior. People who don't know them may attribute their behavior to a lack of discipline. They do not realize that the child's inappropriate comments or constant fidgeting are signs of a medical condition and not one of bad parenting.

[Click here to watch the video](#)

Workshop at Karachi American School

A workshop was conducted at Karachi American School on November 16th by our senior clinical psychologist and an Orton Gillingham Trainer, Ms. Faiza Faysal on 'Diagnosis and Management of Learning Disabilities'. The workshop focused on common patterns and misconceptions regarding LD along with how teachers could effectively improve their teaching strategies for better performance of their children in the classroom.

The workshop was conducted with almost 20 teachers and they learned about the telltale signs of these symptoms in daily school activities. The workshop was very well received, and the teachers were quick to identify many potential children that may be suffering from such difficulties.

Celebration of Universal Children's Day

Kazim Trust celebrated Universal Children's Day on 17th November.

To celebrate their positive contribution in our lives, our office was decorated with bright colors and balloons. Numerous fun activities and games which were arranged for the children to engage in during the day.

The idea behind conducting celebrations on this day was to spread awareness about the importance of their rights to care. It was also to develop mutual respect and understanding to promote welfare of our children. The Team at Kazim Trust was delighted to see that the kids thoroughly enjoyed themselves that day!



Social skill activity



Kids showing their Art work

Representation at L'ecole

ATo celebrate Universal Children’s Day, Kazim Trust setup a stall at L’ecole on November 17th. The stall provided multiple games and techniques which assisted children in improving their concentration skills.

It comprised of activities that helped in channelizing excess energy among children positively along with an improvement in memory and attention spans. In order to further facilitate parents and teachers a booklet on techniques for

ADHD children was also provided by our team.



KT Team at L'ecole



KT interns at L'ecole



Kids enjoying the activities of the KT stall at L'ecole

Parent Focus Group

A Parent Focus Group was conducted at our venue on 17 November by our clinical psychologist Ms. Syeda Batool Najam to address and resolve the challenges faced by parents at home and work in alignment towards the progress of their children.

Parents were briefed on how to overcome their daily life emotional challenges faced at home with the help of behavioral techniques. The objective of the session was to encourage their contribution towards positive parenting along with assisting them through emotional difficulties faced while nurturing a child with special needs.



Our clinical psychologists conducting a parent focus group

Guest Speaker Session at PIM

Our senior clinical psychologist was invited at Pakistan Institute of Management on 17th November for a Guest Speaker Session with participants from different fields and institutes on 'Awareness about Attention Deficit and Hyperactivity Disorder.' The audience included participants from different organizations like KDSP, Special Olympics and Institute of Behavioral Psychology along with parents and teachers from different schools.

The session discussed about the diagnostic criteria of ADHD and how these symptoms can be managed through behavioral techniques in everyday settings.



Our senior clinical psychologist conducting a session on ADHD and LD



Certificate Distribution

Media Appearance on 24 News Channel

Kazim Trust also made a media appearance at 24 News Channel on 21st November highlighting our in-house celebration on Universal Children's' Day. The news channel was delighted to cover our event and to make it a part of their news bulletin.

The coverage discussed our event along with the services provided by the organization which helped us in further spreading awareness about such disabilities to a larger audience.

[Click here to watch the video](#)

Social Skills Session on 'My Creative Self'

Our remedial therapist Ms. Ambreen Ali conducted a social skills training session 'My creative self'. The theme of this session was to let children discover their creative sides of their personality. A secondary objective of the session was to discuss ethical values and how can they can be incorporated into our daily lives.

Introduction Activity

Children were divided into groups and were asked to introduce themselves through one and after that they had to introduce other members of their group in front of the class.

Active Phase

Guests were asked to do a little dance on a song 'one plus one'. The reason of this activity was to channel their excess energy through some sort of physical engagement.

Fun with Learning

The term 'Ethical value' was brain stormed and students were asked to give examples of the time they displayed any ethical values. After that participants were asked to choose any creative way in a group setting to highlight an ethical value through role play, songs, poems and mime etc. Mentors were there to facilitate them and after some preparations they were asked to present in front of the whole class.

End of Session

Ethical values were discussed in detail which included examples from daily lives. The Session ended with reflecting on the the whole session to reinforce what was being discussed.



Fun based learning at Kazim Trust



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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