

Dar ul Sukun Consolidated Monthly Event Report

April 2019

Note: The main activities and events are reported in this document.
Comprehensive report of any branch can be furnished on request.

Seminar- True Catalyst for Change



Autism is one of only four specifically health related UN observance days. The developmental, communication, and social problems caused by autism can often lead to discrimination of a need for special parental care and medical intervention.

World Autism Awareness Day (WAAD) aims to put a spotlight on the hurdles that people with autism and others living with autism face every day.

Dar ul Sukun center for the care, protection and rehabilitation organized an awareness seminar on 2nd April 2019 at DUS seminar Hall on World Autism Awareness Day with the Theme of ‘True catalyst for change’ and to step further to celebrate the unique talents of those with autism, while putting a huge focus on the warm embrace and welcome that these skills deserve through community events around the globe.

A diverse group of audience around 250 participants attended the event. Seminar was hosted by Ms. Cookies



Lewis Special educator & resident of Dar ul Sukun and Ms. Rabia Assistant Manager Training and Events. Ms. Jaini Leghari- Manager Content & Research Dar ul Sukun was the key note speaker and described the theme of the seminar whereas Ms. Sajida Ali, Director Pakistan center for the Autism was the first guest speaker, her topic was Autism and inclusion. Last guest speaker was Ms. Misha Irshad Speech Language Therapist & Senior Lecturer College of Speech Language and Hearing Sciences – Zia Uddin University, she briefed the audience on the topic of

Support and aid for development of autistic children.

Commemoration of World Health Day:

Universal health coverage is WHO'S number one goal. Key to achieving it is ensuring that everyone can obtain the care they need, when they need it, right in the heart of the community.

Dar ul Sukun believes that persons with disabilities are the equal members of our society. in the processes world revolution, they have the equal contribution. They deserve dignity and respect the attitude of society towards the elderly and support for their collective needs has to be changed through collective efforts.

Hence, Dar ul Sukun celebrated “world health day” this year of 2019 with the series of activities.

1. Zumba session.
2. Salad and fruit activity.
3. Awareness raising Public Service Message on the health for all:

I, is the unit of every one
 Everyone loses its impact without “one”
 Be it a wheel chair
 Or else everywhere will lead to no where
 Health for all
 Be it old, young, able or disable
 Universal health coverage
 Everyone, Everywhere



Training session on Accepting the exceptional



A training session on accepting the exceptional was conducted by Ms. Ana Danial Manager events & training with the students of Iqra university, she explained Nature has the diverse qualities and this energy has made diverse people in our society. They are incomparable and unique, so with this uniqueness we have need to apprehend the phenomena of our universe and of our society. Person with disabilities are

the equal members of our world; why we feel them alien and separate them from us. Discrimination and stigmas are the old fashioned disgraces of our society, we all have to take the pledge to accept them, respect them and include them in our civilization.

Training session on Young Change Makers



A whole year training program “young change makers” from the platform of Training Department of Dar ul Sukun is highly impeccable on youth. As young generations are the hopes of their society and they can be the ambassador to keep moving the legacy of their nation. Ms. Ana Danial; manager events & training presented the



session to involve youth in different activities. Dar ul Sukun trains a group of students who serves for whole year from different universities. We train them about the PWDs to actively participate in different walks of lives.

Learning Land scape session - Understanding & Management of Cerebral Palsy



Students from ISRA university gave the session on cerebral palsy and techniques to manage a child for sake of their quality life. They briefed RISK FACTORS, TYPES OF



CP, how Cerebral palsy can affect different parts of the body, DIAGNOSIS, Associated conditions, management and physical therapy techniques to improve the life of CP child.

Training Session on Self-Regulation



Training session for the students of Mama baby care was conducted by Dr. Areesha, Sensory therapist Dar ul Sukun, she explained Self-regulation involves taking a pause between a feeling and an action—taking the time to think things through, make a plan, wait patiently. Children often struggle with these behaviors, and adults may as well. It's easy to see how a lack of self-regulation will cause problems in life. A child who yells or hits other children out of frustration will not be popular among peers

and may face reprimands at school. An adult with poor self-regulation skills may lack self-confidence and self-esteem and have trouble handling stress and frustration. Often, this might be expressed in terms of anger or anxiety, and in more severe cases, may be diagnosed as a mental disorder. She taught the effective strategies to regulate ourselves while applying mindfulness and cognitive reappraisal.

Training session on Zumba in account of World Health Day



A booster in which children of DUS went Gym to do Zumba and Aerobics by a Fitness Trainer on 4th April. /Visit to a Get Smart Gym for Zumba or



Aerobics Session. The Fitness Instructor was Ms. Natalia from Ukraine for the residents to teach about physical health and also to promote the healthy life. There were different series of exercises and dance poses for the children.

Anti-Beggary Awareness walk



Pakistan being a developing country has about 39% of its population living in multidimensional poverty. Leading many people to beg on streets. Beggary in Pakistan is not that much of a need rather it has become a profession.

Begging is growing menace in Pakistan the walk was organized to eliminate begging from the society begging is a growing business that is involved mafia in which child beggars and vulnerable people use to beg on streets. The mafia of begging uses techniques in begging using of tricks by

deforming of body by showing the disability.

Child Beggars, physically disabled beggars, Diseased Beggars, mentally disabled beggars, casual beggars are the normal practices in our state.

Hence, on 5th April the walk on Anti beggary was organized by the social welfare department and police department. Secretary from the social welfare and DIG South lead this walk that is

followed by 800 people from different walks of life. Dar ul Sukun also participated to spread the awareness against the begging and conveying the message that every individual has the unique capacity and skill to earn in a respectful way, if a child with special needs work and earn for his/her family then why we are producing the baggers in our society.

Awareness Session on Child Abuse prevention



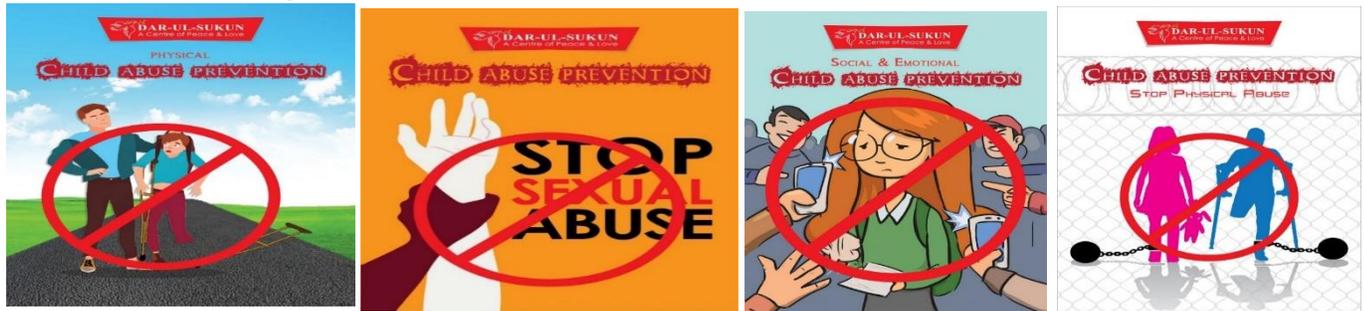
Dar ul Sukun conducted an awareness session with the youth to prevent child from each type of maltreatment, Ms. Fasiha & Ms. Shagufta Psychologist DUS explained; Children with and without disabilities share similar indicators of abuse. Along with physical signs (bruises, broken bones, head injuries, or other outward marks) two primary indicators are reports from the child that abuse has occurred and changes in the child’s behavior. Children with disabilities

face greater risk of abuse going unnoticed if their behavior change can be attributed to their disability instead of the abuse. Also, children with intellectual disability may be viewed as easily suggestible or untrustworthy, she briefed that it happens especially when the report involves abuse that seems improbable. Any time abuse is suspected, it is our responsibility to carefully monitor the child’s behavior, ask the child about his or her safety and follow through by reporting any suspected abuse. She instructed the consequences of abuse.



Social Media Campaign

A series of social media campaign was run by Dar ul Sukun to raise awareness and stop child abuse while focusing mainly abuse of the children with disabilities.



World Earth Day “Protect our species; Love our Planet”



World Earth Day 2019 is an event celebrated annually on April 22. It is a day held to promote and show environmental awareness and calls for the security of our planet.

World earth Day was celebrated by the children of Dar ul Sukun with the theme of “protect our species love your planet” at KMC Sports complex because, Earth Day is also an opportunity to appreciate the beautiful, generous planet we all share, and to revel in its resilience and ours. To get outside this Earth Day, to breathe the air, feel your feet on the ground, and be grateful for life, nature and community. When we feel part of the web of life, we can find the capacity to nurture it. Our children celebrated this day by:

1. Cleaning the planet activity.
2. Making earth globes.
3. Paintings to depict the Earth Day.
4. Plantation Activity.

Monthly Activities at Dar ul Sukun Rehabilitation Department

Class Room Activity

Dar ul Sukun organized an activity for the kindergarten students to recognize the different shapes while using different colors because:

Playing with shape sorters can:



- Facilitate motor skill development and problem solving skills
- Teach cause-and-effect
- Increase self-esteem
- Help with shape identification and color practice

Counting numbers and recognition Activity (ACADEMIC CLASS 2)



On 11th April an activity was organized in the domain of academics for the kindergarten student to learn numbers by counting by making building blocks in the math basics for the children's development. Number recognition is a building block to success in math. These Activities



develop an understanding of mathematical order. Pattern recognition activities require children to observe continue patterns preparing them for learning to recognize numbers.

Hygiene Awareness:



Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases. It is a set of habits that would enable our children to be clean, neat, healthy and happy. Hygiene habits starts within oneself and to surroundings. Hence, on 12th April the children learned the steps of hand washing after the demonstration by the teachers.



To develop the awareness of hygienic practices by them the better health choices for daily life activities.



FUN AND CREATIVE PLAY

On 14th April, 2019 fun and creative was entertained for the children of Dar ul Sukun to develop cognitive functioning. Where children got the chance for the creative thinking. Through this creative play it is being incorporated into the curriculum for children. And, to develop these skills, we are setting our children up for the best possible start in life.

Play Therapy at KMC Complex:

Dar ul Sukun Rehabilitation Department organized sports day for the children in which supporting teachers conduct different Sport activities that provides the opportunity for physical improvements such as stronger muscles, enhanced cardiovascular aerobic levels and

improved motor skills. Sport also creates an environment that allows the children with disabilities to develop crucial life skills.

Throwing balls in rings



Ball skills are oftentimes overlooked as an activity only for boys, or only for athletic children. However, ball skills are an important activity for children of all interests and abilities to practice consistently. Hence, our children making this society accessible and inclusive for them as It helps to address bilateral skills, hand-eye coordination, timing, sequencing, motor planning, and attention. Ball skills can include, but are not limited to: throwing and catching, dribbling, kicking, and aiming for a target.

Water colors painting at outdoor Eco therapy

Painting aids child to develop mobility skills. Their hand muscles are being used, which allows them a scope to develop both mentally and physically. Painting helps children acquire skills on how to focus on trivial details, painting on a canvas or a piece of paper requires varied painting skills. Our children who cannot express their emotions they can easily use their mental images in vivid images by making it on papers.



Cone zig zag for wheel chair users

Children need control of the large muscles in their legs, arms and torso for all kinds of activities. These cone zig zag running games absorb the attention and advance the skills children with physical disabilities, by teaching them to make sense of their world and feel confident moving about in it.

Balloon splashing in the summer

Balloon play can build resilience this is the ability to recover from setbacks and keep going even when things go wrong. Resilience is important for the child's emotional development and coping skills.



World creativity and innovation Day:

World Creativity and Innovation Day is observed on April 21 as a Day of Observance to encourage people to use creativity in problem-solving for all issues. Therefore, World creativity and innovation day was celebrated with the children of Dar ul Sukun with the theme of “To Strengthen the Intellectual Creativity and productivity.” There were three main activities, by which whole recreational event was incorporated.

1. Pebbles Art Activity.
2. Cushion Making Activity.
3. Art Therapy.



Activities at Dar ul Sukun Quetta Centre I-Learn Girls Tuition Centre Essa Nagri Town

Commemoration of World Health Day - Healthy food workshop



On 6th April the students of I- Learn Centre celebrated World Health Day. Providing a ‘Healthy food workshop’ was a great way of increasing the pupil’s awareness of the importance of healthy eating and helping them to understand and make the right choices in terms of their diet and well-being in a fun and stimulating. Miss Iram presented information about health and its importance. Vegetables and fruits activity for the students was conducted with great enthusiasm. Students enjoyed learning about vegetables in a delectable way to highlight the significance of good health and well-being.

Commemoration of World Health Day – Hand washing Activity



Each year, nearly 22 million school days are lost each year to the common cold alone. Yet when children practice healthy habits, they miss fewer days of school. Thoroughly washing hands is the single most important thing students can do to keep from getting sick, or to keep from infecting others. The typical person’s hands contain millions of microbes. Most are naturally occurring and are harmless, but some may be disease-

causing germs. Vigorous hand washing, for at least 20 seconds, and using soap, is the best way to lift off the microbes and rinse them away.

Through the interactive activity girls learned that handwashing keeps them healthy and the important times to wash their hands. The steps of handwashing were taught by practicing handwashing with adult guidance.



International Plant Appreciation Day



On 14th April I- Learn Centre celebrated planting day. The celebration was included painting activity, planting flowers, informative sessions and visit of nursery.

The day started with the introductory session about trees and their importance in our lives, On Afterwards, we led a planting activity to improve our grounds at the Living Crafts Centre. The children chose a plant or flower and helped with



planting. New plants and flowers not only add to the aesthetics of our grounds but also add to the natural ecosystem by providing spaces for insects and other animals and sustaining nutrients in our soils.

Field Trip to Nursery



Students visited nursery and they learnt Plants are nourishing life on earth in many ways by providing fruits, vegetables, foliage, flowers, spices, medicines, roots, bark, wood, sprouts etc. Plants and trees also prevent us from the respiratory disorders and breathing problems by refreshing air. They have seen different kinds of plants and their appearance. The children very were inquisitive to know more about the plants.

WE (Stitching & Embroidery Centre) Bashir Abad

Art and Craft workshop 13th April



On 13th April Ms. Shazia was invited in **WE Centre** for the workshop. This workshop was basically design to introduce latest designs that are demanding more in the market nowadays. This type of session gives the perfect opportunity to bring out creative side of the students.

In this workshop Ms. Shazia introduced some

new idea and techniques of art and craft and handmade things, in the second session that will conduct in May she will help to make these things, which will be our practical session. She said best crafts are often made out of the simplest materials. It is best not to use things which are too complicated. They participated very well in this fruitful session and enjoyed the refreshment at the end.



WE (Stitching & Embroidery Centre) Bashir Abad

Exhibition in Benazir Park Quetta



On 27th and 28th April WE Centre participated in the exhibition, this two days' exhibition was held in Benazir Park Quetta. Exhibition started once all exhibitors set their stalls at 03:00 pm, everyone visited all stalls and appreciated a lot and admired the efforts made by **WE Centre Bashir Abad**. Primary objective is to promote handmade and traditional products with value addition.

Entrance of public in the exhibition was free. Live performance of various crafts was the part of this exhibition. A variety of handmade products, hand embroidered cushions, Block Print, Jewelry, Organic Food, Clutch purses were displayed. We had a good opportunity of introduction with people as well as different stakeholders.

It was a marvelous experience to be a part of an exhibition and showcase our handmade creative things. Some news channels also came there for reporting and conducted interviews from all the stalls. The exhibition helped a lot to assess market potential and demand of the products.



Monthly Activities in Dar ul Sukun Centre for the Older People

An awareness session on Ageing and Development at NED University



On 1st of April, DUS conducted a session on Ageing & Development at NED university. The session was initiated by Ms. Anna by while elaborating the difference between “Knowledge & wisdom. She shared the statistics of old age worldwide and in Asia. The ageing of the world population is progressive and rapid. The number of people who turn 60 each year worldwide is nearly 58 million, equivalent to almost two persons every second. By 2050, for the first time there will be elder people than children under 15. She

shares, it is essential to distinguish between population or demographic ageing as “the process whereby older individuals become a proportionately larger share of the total population”⁴ and individual ageing, the process of individuals growing older. Old age is just a number because this is actually the golden time of life when a person has explored everything and have experience of the world so they can be involved in our technology and being the students of technical world how much it is necessary to understand their needs and make age friendly world for them as well for ourselves.



Session on Social and Emotional Support for Elderly:



On 4th April, a session regarding elderly Social and Emotional Support was conducted by Ms. Iqra Iqbal in which the students of Karachi University were being given some details about elderly support. **Emotional support** is a vital component of a healthy relationship and indicates that a relationship is deeper and more meaningful than a casual acquaintance. Social support refers to the psychological and material resources

provided by a social network to help individual's cope with stress. Such social support may come in different forms. Sometimes it might involve helping a person with various daily tasks when they are ill or offering financial assistance when they are in need. Students were being told to support our elderly socially as well as emotionally since supporting our elders emotionally is not a piece of cake. Elders are like a tree and we are their branches, without a tree branches are of no use.

Psychoanalysis Session "Applying CBT"



A session on Psychotherapy was conducted by the Center for the older people on 5th April, in which the elderlies were



being trained on how to work on their cognitive and behavioral techniques to change negative thoughts and manipulative behaviors like for instance cover your sneeze and they won't spread the disease.

Learning Landscape Session on Scoliosis:



On 6th April, ISRA university students conducted a session regarding scoliosis in which they explained briefly about this particular illness. Scoliosis causes the spine to curve to one side. It can affect any part of the spine, but the most common regions are at the level of the chest and the lower back.

It often appears in children. In most cases, treatment is not needed, as the curve corrects itself with growth.

However, based on the degree of curvature and the age of the child, a combination of bracing and physical therapy is often recommended.

A very small number of patients with scoliosis may require surgery. Complications of scoliosis include chronic pain, respiratory deficiencies, and decreased exercise capacity.



Session on Schizophrenia:



Dr. Iqra conducted a session on 9th April, which was based on a mental disorder called Schizophrenia. In this type of disorder patient suffers from different types of hallucinations, visuals, verbal and cognitive (thinking) personality disorder.

Learning Landscape Session on Balance & Coordination in geriatrics:



ISRA University students conducted this session in which they discussed about the major topic which says that the geriatric population requires a holistic approach encompassing strength, flexibility, balance, coordination, specific training (how to fall, how to climb stairs, etc.) and other techniques to improve memory and obstacle avoidance

processing. This will increase quality of life but the methods available to measure quality of life also lack

consensus in literature

because many variables are

present, especially in elderly population. Because once the balance is gone, the center of gravity of the body deviates away the stability of the body posture of comfort and upbringing.



World health day

WHO number's one goal is Universal Health Coverage which happened to take place on 10th of April in which our elderly people were being ensured for a thing called assurance, the safety and care in which they deserve to a greater extent. Dar ul Sukun Centre for the Older People believes that older persons are innovative agents when it comes to our social-cultural change and a national treasure, those who have contributed to both national growth and family development. They deserve eminence and veneration, the attitude of society towards the elderly and support for their collective needs has to be changed through collective efforts.

Hence, Dar ul Sukun Centre for the older people celebrated “world health day” this year 2019 with the series of activities as following:

1. Zumba session.
2. Salad and fruit activity.
3. Awareness video on world health day.



Zumba session: An inoculation in which the residents of DUS got a chance to do some Zumba and Aerobics to promote the physical fitness as well as encouraging them to do involve themselves with new things with a very well-known trailer named As Ms. Natalia hails from Ukraine from **Get Smart Gym.**

Salad and Fruit activity: An activity of salad and fruits was held for the residents in order to make them go understand about the nutritional needs.

Awareness video on world health day: A session was organized for the general audience; the health arena portion was set up with posters which showed different sorts of health related tips. Quite understandable thing is that (1/50) of our total population are above 60, such people are required to be taken care of their health.



Ageing Rights Working Group Session:



A session on “promoting Community Education” DUS-ARWG was given by Ms. Ana Danial. In which she elaborated the manners around elderly, how much we have need to understand their



challenges and protect them from any sort of abuse. Our negligence and busyness in our tasks create isolation in their lives. We have need to understand and promote elderly rights in our community either in institutions or in families.

PSYCHOTHERAPY VIA ART THERAPY:



On 18th April, the residents of Dar ul Sukun worked on some Art therapy in which they were being



engaged doing certain activities which includes brain simulating, mindfulness and fine arts. Art therapy is a form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modeling, used as a remedial or diagnostic activity. Our residents had put all the efforts in making some diagrams which turned out to be really beautiful.

Commemoration of World Earth Day:

Well said by someone “Protect Planet to protect lives”. On 22nd April, DUS- the center for older people celebrated World Earth Day in which the residents took part in doing some art work related to this special day.

Our Earth is the only planet in the Universe where life is possible till date. It is very necessary to maintain the natural assets of the earth in order to continue the life on the earth. In the rush of the crowd, the most intelligent creature of the God called human is slowly losing its humanity and forgot to take care of the planet that gave it life and started using its resources

very ruthlessly. The 22nd of April has been marked as an Earth Day to make the human race get aware about the importance of their planet.



