



"MALNUTRITION IN CHILDREN"

Social Action Project (SAP)

Brought to you by,

1- Zehra Aitezaz

2- Moiz Aleem

3- M. Hamid Nawaz Janjua

4- Hafsa Mustafa

5- Malik Shoaib Munawar

6- Usama Sikandar



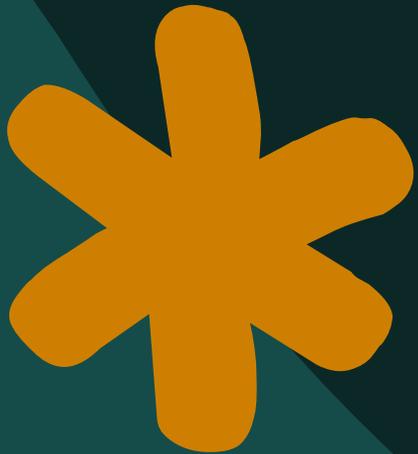
"WE RISE BY LIFTING
OTHERS"

Table of Contents:

- INTRODUCTION.....
 - Statement of the Project.....
 - Purpose of the Project.
 - Significance of the Project.....
- DEFINITION OF TERMS.....
- RATIONALE FOR DEVELOPMENT OF PROJECT
 - Challenge.....
- PROPOSED PROJECT.....
- SOCIAL ACTION PROJECTS MODEL
 - Objectives Before the Spread of COVID-19.....
 - Objectives After the Spread of COVID-19.....
 - Target Audience.
- MEETINGS.....
 - Meeting with the wise president of APPSCA.....
 - Meeting with the director of Allied Group of Schools.....
 - Meeting with Al-Naimat Foundation.....
 - Meeting with Al-Adil Trust.....
 - Meeting with Saylani International Welfare Trust.....

- PROBLEM SOLVING MODEL.....
Role of Youth.....
Targeting Different Localities.....
Fundraising in Universities.....
Charity Reaches the Right Place
- FUNDING FOR THE PROJECT.....
External Funding.....
- FOOD DISTRIBUTION DRIVES.....
- 4 GROUP STRUCTURE.....
Rationale for a Mixed Gender Group.....
Group Rules
- TEAM MEMBERS ROLES.....
- PROJECT SELECTION.....
- WEBINAR.....
- SURVEY SHEET
- LETTER TO SAYLANI INTERNATIONAL
- LETTER TO ALLIED GROUP OF SCHOOL.....
- EVALUATION OF THE PROGRAM.....
Skills Learned.....
Objectives Achieved.....
Sustainable Project.....
- CONCLUSIONS
- CERTIFICATES FROM SAYLANI.....

INTRODUCTION



Malnutrition refers to a pathological state resulting from a relative or absolute deficiency or excess of one or more essential nutrients. It is a state of nutrition where the weight for age, height for age and weight for height are below the acceptable level. Malnutrition continues to be a major public health problem in developing countries. It is the most important risk factor for the burden of disease causing about 300, 000 deaths per year directly and indirectly responsible for more than half of all deaths in children. Health and physical consequences of prolonged states of malnourishment among children are: delay in their physical growth and mental development; Lower intelligence quotient (IQ), greater behavioral problems and deficient social skills; susceptibility to contracting diseases. Much of the burden of deaths resulting from malnutrition, estimated to be over half of childhood deaths in developing countries, can be attributed to just mild and moderate malnutrition, varying from 45% for deaths due to measles to 61% for deaths due to diarrhea. The majority of studies on child nutritional status have described prevalence of malnutrition among under-five children and analyzed socioeconomic, demographic and cultural factors associated with child Malnutrition. In Ethiopia, child malnutrition is one of the most serious public health problem and the highest in the world.

Purpose of the Project

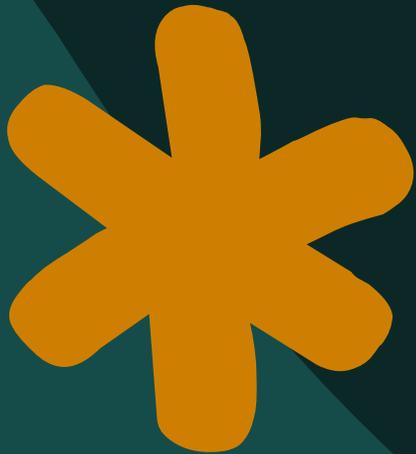
- The purpose of this project was to highlight a value preference that exists in our society and which is also a global problem and is becoming increasingly dangerous in the third world countries. The idea was to form an activist group of students at the National University of Modern Languages, in order to aware the society of the adverse effects of child Malnutrition 7 and to protect children against the dangerous consequences of this very serious problem and promote healthy living standards.

Significance of the Project



- The results of this project will guide the similar projects in future to structure their programs in a way that are relative to the environment of our country, Pakistan. These results will provide knowledge concerning child malnutrition and how this very problem can be reduced at local areas. The development of a program model that provides opportunities for meaningful roles for the participants and assists them to work for the betterment of the society will allow other groups to create similar programs for the same or for different populations. It is important that organizational policy makers, funders and the society recognizes the importance of such projects to bring about good changes in the society.

DEFINITION OF TERMS



- Stunting-Stunted growth is a reduced growth rate in human development. It is a primary manifestation of malnutrition (or more precisely under nutrition) and recurrent infections, such as diarrhea, in early childhood and even before birth, due to malnutrition during fetal development brought on by a malnourished mother. Stunting is when a child has a low height for their age.
- Wasting- It refers to low weight-for-height where a child is thin for his/her height but not necessarily short. Also known as acute malnutrition, this carries an immediate increased risk of morbidity and mortality. Morbidity- any physical or psychological state considered to be outside the realm of normal well-being. The term is often used to describe illness, impairment, or degradation of health.
- Morbidity is often used in discussing chronic and age-related diseases, which can worsen over time and impact your quality of life. Mortality-Refers to the state of being mortal (destined to die). In medicine, a term also used for death rate, or the number of deaths in a certain group of people in a certain period of time.
- Anemic-Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues. Having anemia can make you feel tired and weak. There are many forms of anemia, each with its own cause. Anemia can be temporary or long term, and it can range from mild to severe.
- Slums-Slums are defined as legal permanent dwellings that have become substandard through age, neglect, and/or subdivision into smaller occupational units such as rooms or cubicles.

RATIONALE FOR THE DEVELOPMENT OF PROJECT

- Malnutrition remains one of the most common causes of morbidity and mortality among children under five throughout the World. Worldwide, over 10 million children under the age of 5 years die every year from preventable and treatable illnesses despite effective health interventions. At least half of these deaths are caused by malnutrition. Malnourished children have lower resistance to infection; therefore, they are more likely to die from common childhood ailments such as diarrheal diseases and respiratory infections. In addition, malnourished children that survive are likely to suffer from frequent illness, which adversely affects their nutritional status and locks them into a vicious cycle of recurring sickness, faltering growth and diminished learning ability. In developing countries, malnutrition is a major health problem. The burden of malnutrition is much higher in South Asia compared to that in Africa and other parts of the world. The prevalence of underweight and stunting in South Asia has been recorded as 46 and 44 percent, respectively. Pakistan being a third world also faces child malnutrition. Pakistan has been reported to have one of the highest levels of prevalence of child malnutrition compared to other developing countries. According to the National Nutrition Survey, 33% of all children were underweight, nearly 44% were stunted, 15% are wasted, 50% were anemic. The contributing factors in childhood malnutrition are low birth weight, inadequate breast feeding and exclusive breastfeeding, inappropriate complementary feeding, maternal education, lack of proper knowledge of nutrition, micronutrient intake, parity, birth spacing, household socioeconomic status, food insecurity, poor sanitation, vaccination, and infectious diseases. Pakistan is among the countries in the world with the highest rates of child malnutrition, and its progress in child nutrition and health remains slower than in other South Asian countries. It is just not the duty of the government to take steps in order to reduce this very problem that exists in the society but we all must join hands and do individual and collective efforts for the cause.



Challenge



- The right nutrition at the right time is essential for child survival, health and development. Well-nourished children are much more equipped to grow and learn, act as productive members of society, and respond well in combatting disease, disasters and other global crises. Poor nutrition, by the same logic, impacts on health, education and wellbeing through generations. The situation is quite dire in Pakistan, with stunting and wasting heavily prevalent in the country. Stunting does not only mean that a child is not having enough to eat. It is about the quantity and quality of diet besides other factors. Inadequate nutrition among mothers during pregnancy is one of the main reasons of malnutrition among children leading to stunting.

PROPOSED PROJECT

Name of social action project	Malnutrition in School Children
Brief details of SAP	<p>An alarmingly high number of school children are suffering the consequences of poor diets and a food system that is failing them-UNCIEF. Pakistan has also been long exposed to this problem. Despite abundance of food, child malnutrition is rife in Pakistan. Unfortunately, no considerable progress has been made on these fronts in the country. Pakistan stands third in the world when we talk about the stunting rate among young children. Addressing the problem requires nutritional intervention but sadly poverty acts as an obstacle.</p> <p>Children are the ones who are very vital for deciding how the world is going to be after some</p>

	<p>years. If we begin to take care of what we are putting into their bodies, it will begin to positively affect their physical and mental state and provide them the adequate energy that is needed to grow, feel well, be active, stay healthy and learn.</p> <p>We will start an activist group which will be established in the university campus with the direct collaboration of All Pakistan Private Schools Association (APPSA) and the Director Islamabad and Rawalpindi, Allied Schools Dr. Javed Iqbal Raja. Initially we have been sponsored by Al-Naimat Foundation and we are expecting more organizations to join us. The purpose of the group is to raise awareness about Malnutrition in children and collect donations.</p>
--	--

Name and Team Member roles

Name:

Project manager: Zehra Aitizaz

- ✓ Develop a project plan.
- ✓ Manage deliverables according to the plan.
- ✓ Lead and manage the project team.
- ✓ Establish a project schedule and determine each phase.
- ✓ Assign tasks to the team members.
- ✓ Collect regular updates.
- ✓ Communicate the roles with the team.

Project team members (Collective roles)

1. Hafsa Mustafa.

✓ Project Documenter

2. Hamid Nawaz.

✓ Finance Manager

3. Moiz Aleem.

✓ Public Orator

4. Malik Shoaib.

✓ Project Photographer

	<p>Collective Working:</p> <ul style="list-style-type: none"> ✓ Contributing to overall project objectives i.e. campaigning for awareness, collecting donations etc. ✓ Completing individual deliverables. ✓ Providing expertise. ✓ Documenting the process. ✓ Management of finance. ✓ Distributing food items.
Location/ Area of project	Rawalpindi/ Islamabad.
Duration of Proposed project	<p>Start Date:26th October 2020</p> <p>End Date: January 2021</p>

Targeted Audience	We will be targeting school children particularly enrolled in government institutions.
Local available resources	<ul style="list-style-type: none">✓ Organizations for sponsorship.✓ Universities for collecting donations.✓ Schools for awareness campaigns and collecting donations.✓ Relatives.✓ Volunteers.

How will this project benefit your community

BACKGROUND: 47 million children under 10 years of age are wasted, 14.3 million are severely wasted and 144 million are stunted, while 38.3 million are overweight. Around 45% of deaths among children fewer than 5 years of age are linked to under nutrition. These mostly occur in low- and middle-income countries. Unfortunately, Pakistan is one of the countries where many families cannot afford a nutritious diet with the recommended intake of proteins, fats, minerals and vitamins due to poverty.

Nutrition Report 2018, there are 10.7 million stunted children in Pakistan. This is a big threat to the society and we must take action.

NEED: Several studies shows that nutritional status can directly affect mental capacity among school-aged children. Nutrients are essential for human body as they drive biological activity. Researchers

generally find that a higher quality diet is associated with better performance. In order to boost the cognitive ability and intelligence level of our children, we need to bring improvement in their nutrient intake.

OBJECTIVE:

- ✓ To recognize our responsibility towards the vulnerable of the society.
- ✓ To spread awareness about malnutrition in children.
- ✓ To collect donations for reducing malnutrition among school going children.
- ✓ To provide nutritional products to students, particularly enrolled in government institutions.

How will you start and manage your SAP

Feasibility:

Following steps will be taken in order to initiate the project:

- ✓ Making general outlines of the plan.
- ✓ Organizing a team and assigning roles.
- ✓ Collaborating with an organization in order to gain trust for donations.
- ✓ Campaigning about the adverse effects of Malnutrition in school children and in different universities.
- ✓ Collecting donations through these campaigns.

- ✓ Targeting a government school and providing nutritional food to the students.

Continuity:

Our idea is to stay connected to this purpose and to pass our proposal to different organizations and ask them to collaborate with different groups of individual to serve this purpose.

When more and more people will join hands to put down malnutrition in children, we will definitely step towards a bright future.

How will you measure the success of your SAP

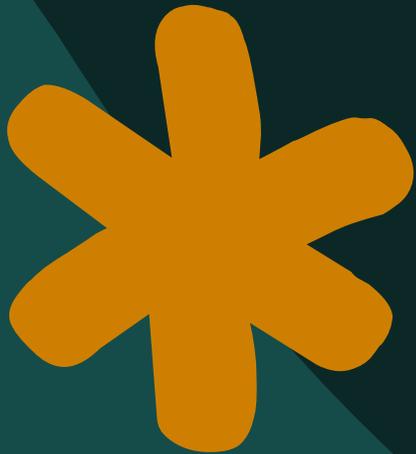
Outcomes:

- ✓ Society must be aware about the consequences of malnutrition
- ✓ Society should understand their responsibility towards the poor
- ✓ Children must to know what is healthy.

Measuring Tools:

- ✓ Collecting the targeted amount.
- ✓ Buying the right food.
- ✓ Distribution of food

PROPOSED SOCIAL ACTION PROJECT'S MODEL



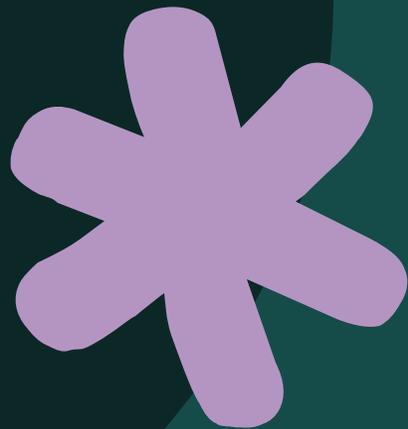
- Participants began the process of project selection by brainstorming ideas that would raise public awareness and educate the public on issues related to child Malnutrition. Themes that emerged from the brainstorming session included fundraising and educating. The proposed plan of our project was designed in a way that we first arranged a meeting with the wise president of APPSCA and the director of Allied Group of Schools, Dr. Javed Iqbal Raja and requested for a collaboration. Appreciating our cause, sir Javed Iqbal Raja promised us a collaboration and ensured to provide us with all the resources that he could during the project. The purpose of this collaboration was to provide us a formal entrance in the private schools and colleges where we could conduct awareness campaigns related to child malnutrition and organize different activities that could allow and encourage the students to earn money and then donate this money to their needy brothers and sisters who unfortunately cannot even afford an average lifestyle with better food standards. We asked the staff members to cooperate with us and encourage the students to play their roles for the betterment of the vulnerable section of the society. The teachers asked us to provide them with a schedule of 18 our plan so that they could help us in an organized manner.

- The following objectives were communicated to Dr. Javed Iqbal Raja:

Objectives before the spread of COVID-19

- To recognize our responsibility towards the vulnerable of the society.
- To spread awareness about child Malnutrition .
- To collect donations for reducing malnutrition among school going children.
- To provide nutritional products to students, particularly enrolled in government institutions.

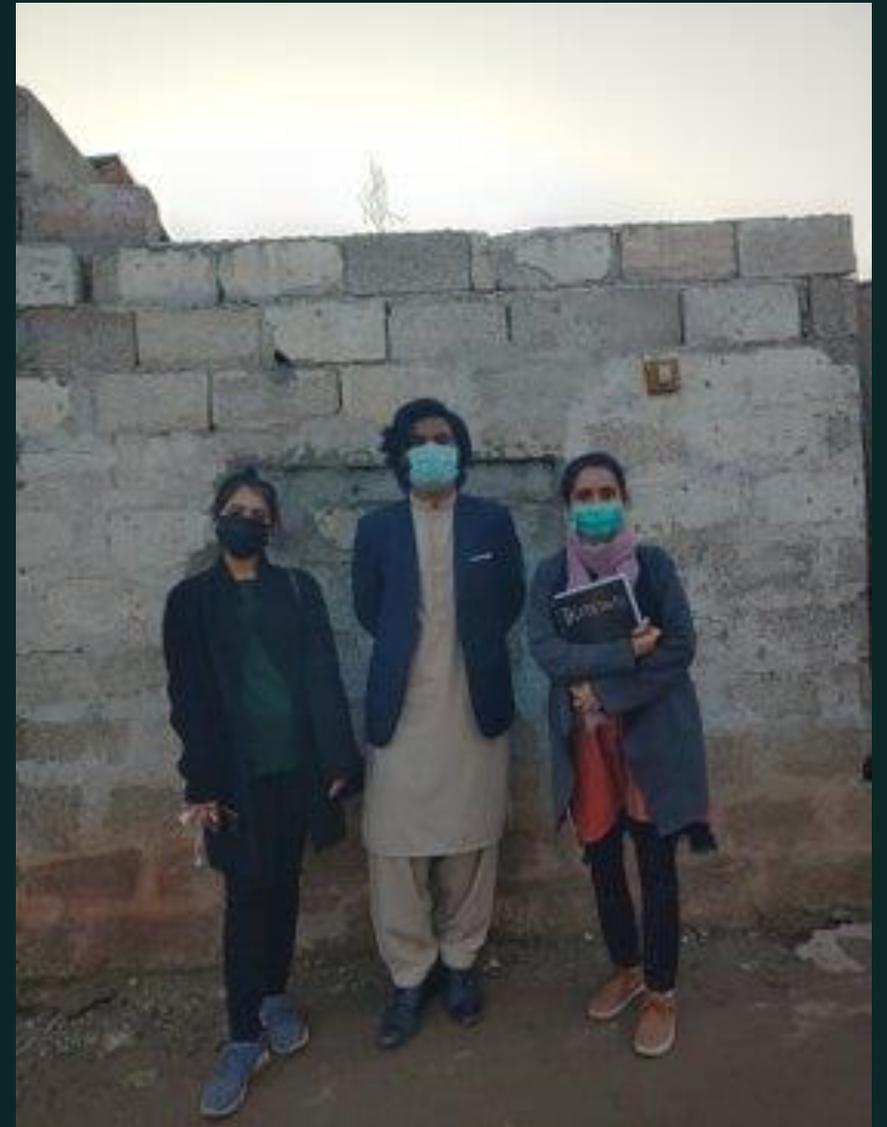
Objectives after the spread of COVID-19



- The spread of Coronavirus was a big disaster for the entire world. The unforeseen challenges caused by the COVID-19 pandemic took a significant toll on people all across the world. Countries declared restrictive measures, such as lockdown, shelter in place, or stay at home orders, to contain the pandemic at a local level which affected the normal functioning of life. Due to the closure of schools, colleges and universities in Pakistan, we had to bring some changes to our proposed project. So we altered some of the proposed objectives and divided the project into three major sub-themes which are stated as following:
 - To survey slums and interview the children and their parents regarding their health and living standards.
 - To distribute good nutritious food among the children in collaboration with a welfare trust.
 - Aware the society about the adverse effects of child malnutrition and how to cater this problem.

Target Audience

- We surveyed two different areas in the city Islamabad, the federal capital of Pakistan to locate slums and select one suitable location for initiating our program. The location that we selected was a part of Muslim Colony Noorpur Shahan Islamabad. We visited the particular location on Thursday (December, 10 - 2020). The purpose of this survey was to compile information on the number of housing units and the number of people living in each housing unit. Informal information regarding the types of residents, their housing structure, availability of water and sanitation services was also noted. In the above mentioned area a total of 35 housing units were covered. The number of individuals were approximately 197 including the elders and children.
- No of elders = 95
- No of children = 102
- Total no of individuals = 197
- This data collection helped the team members and the organization to provide the people and especially the children with clean and healthy food to boost their biological activity and ultimately improve their nutritional status.



Muslim Colony, Noorpur Shahan, Islamabad



MEETINGS



- **Meeting with the wise president of APPSCA:**

As mentioned above a meeting with Dr. Javed Iqbal Raja, the wise president of All Pakistan Private School and College Association was conducted on October-26-2020. This meeting paved our way towards a successful project. Being very kind and humble Dr. Javed Iqbal appreciated our little effort towards the community and encouraged us to work with full enthusiasm for the cause. After communicating our goals to him he assured us that he will assist us throughout the project with his experience and will let us enter the private schools and colleges for carrying out awareness campaigns and fundraising. However, due to the rise in the pandemic this idea couldn't succeed because all the educational institutions were closed and we had no clue about the reopening of schools.

- **Meeting with the Director of Allied Group of Schools:**

Dr. Javed Iqbal Raja is also the director of Allied Schools. He invited us to one of the branches of the school located at Kuri Road where he introduced us to the coordinator of the branch and asked us to communicate our project plan with her and initiate the campaigns from different branches of the Allied school. We told the coordinator that we will provide her with a schedule that will outline the campaigning dates. Also we had a discussion about arranging different activities in the schools thereby engaging the students to earn money and donate it to the needy children of their age. The idea was to sphere one day in each branch and arrange a function in which students arrange stalls and bring cooked food from their homes and sell it to teachers and to their fellows. Similarly some students could arrange different games and earn money by welcoming others to play thereby, making a sense of responsibility in the students. This idea was worth applying but the pandemic didn't let us to do so.

- **Meeting with Al-Naimat Foundation:**

This meeting was set-up by Dr. Javed Iqbal as he referred the organization. However this organization was recently established and people didn't know a lot about it. So it was difficult for us to collect money in collaboration with an organization that was not very familiar to the society because people usually donate to the organization that they trust.

- **Meeting with Al-Adil Trust:**

We had another meeting with the Al-Adil trust. This meeting however was arranged online keeping in view the rising pandemic. The trust invited us to visit them on a given day but some problems didn't let us do so.



Meeting with the Saylani International Welfare Trust:

- A meeting was arranged with the Saylani International on December-04-2020. We provided the meeting head with our proposal and a formal letter in order to communicate our idea and 26 then we explained to him that we brought slight changes in our proposal because of the increase in the spread of the pandemic. He asked us a couple of questions and then appreciated us for our effort and told us that Saylani International will fully help the team members in achieving their goals. A food menu was given to us to select what food items we wanted to distribute among the needy children. Also the trust assured us that they provide clean and good quality food to the people who really need it. The meeting head asked us to provide him with a survey sheet which covered the necessary details for the food distribution drives at the location that was selected by the team members.



Targeting Different Localities:



- We have targeted almost 35 housing units in Muslim Colony Nurpur Shahan, Islamabad. Multiple food distribution drives were carried in the same area in collaboration with the Saylani International. The team members not only provided clean and good nutritious food to the children but gave awareness to the children and their parents regarding child malnutrition. Expanding such programmes can result in multiple localities being addressed.



Fundraising in Universities

- Before the spread of COVID-19 the team members had structured a plan to visit different universities in Islamabad. The objective of this idea was to make the students aware of the increasing disasters of child malnutrition and encourage them to join the team members in bringing down child malnutrition. Also it was planned to collect donations from the universities that will be put to use for reducing the rates of child malnutrition. In this way the team could start a long chain built on the basis of humanity to reduce the overflowing rates of child malnutrition.

Charity Reaches the Right Place

- Donating for the cause people care for not only benefits the charities but it is deeply rewarding for the one who donates too. Millions of people donate to charities on regular basis to support the cause they believe in, as well as the positive impact it has on their own lives too. However, people do fear that their money reaches the right place. The Model that was proposed was based on transparency of donations. It was ensured that the team members will be held accountable to each and every person who has donated even a single penny. Unfortunately due to the pandemic our fundraising drives were not conducted.



External Funding:

- Saylani International Welfare Trust funded the food distribution drives by providing the team members with good quality cooked food packages and ensured cleanliness as well. Also the food packages were brought to the location identified by the team members and the team members together with the team of Saylani trust delivered the food packages at each housing unit keeping in mind social distancing in order to prevent Coronavirus.





FOOD DISTRIBUTION DRIVES

Multiple food distribution drives were conducted on different dates in accordance with the schedule that was provided by the team members to the Saylani trust. The distribution drives were fully organized and the team tried its best to keep in mind the precautionary measures of COVID-19. Almost 200 food packages were distributed during the drives. The food distribution drives followed the dates as stated:

- 23-December-2020. Wednesday
- 25-December-2020. Friday
- 28-December- 2020. Monday
- 30-December-2020. Wednesday









GROUP STRUCTURE

- *"Group structure has been defined as the rules that define group norms, roles and status" (Stangor 2004).*

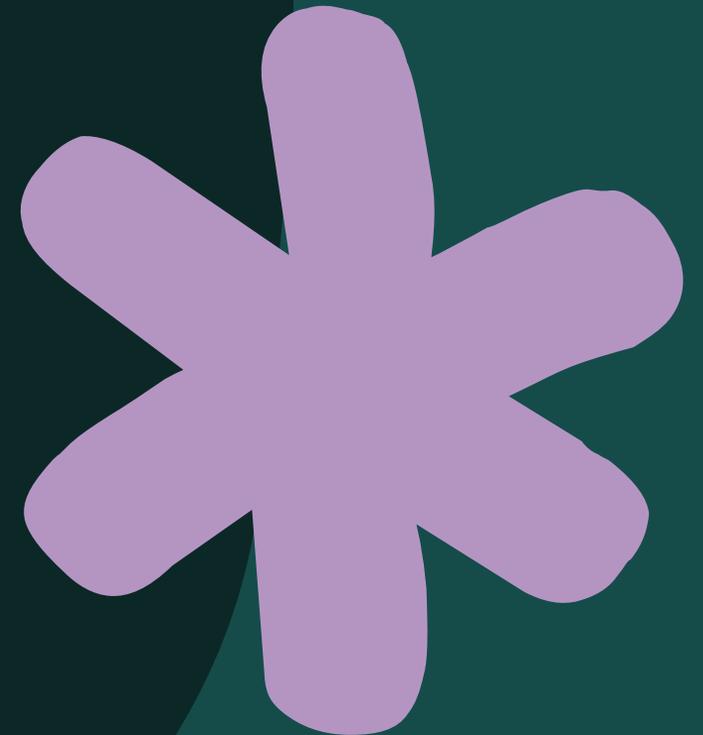
- **Rationale of a Mixed Group Gender**

Group efforts provide members the opportunity to share their strategies, skills and strengths with others. The team members wanted to create something meaningful from their experiences and educate others about the issues. The experience of the group revealed that a mixed gender group has many advantages as the men, at first faced difficulty in interacting with the women at the housing units in the targeted slum. The women were much comfortable in interacting with the females of the group and addressing their problems. The nature of the socialization process for men and women in Eastern society creates an environment in which women often find it very difficult to interact with men that they are not familiar with and vice versa. As the program also focused on the betterment of society (reducing the rates of child malnutrition) through interviewing the mothers regarding their pregnancy period and problems related to their diet it was not acceptable for those women to address their issues to the male participants of the group.



Group Rules

- Safety is a priority and group rules clearly outlined the behavioral expectations. The project manager monitored group dynamics at each session and reviewed the values of respectful listening and commenting. It was clearly indicated that any interpersonal difficulties were to be brought to the project manager's attention and that they would be addressed immediately after the meeting or, in the case of any direct confrontation, the people involved had to show a sense of maturity and responsiveness and would be taken aside for a private meeting to solve the matter. Also the team members were told to respect the opinions of each other and respect each other's personal space.
- Team Members' Roles
 - 1.Zehra Aitizaz ✓ Project Manager
 - 2.HafsaMustafa. ✓ Project Documenter
 - 3.HamidNawaz. ✓ Finance Manager
 - 4.MoizAleem. ✓ Public Orator
 - 5.MalikShoaib. ✓ Project Photographer
 - 6.UsamaSikandar. ✓ Reporter
- PROJECT SELECTION The basic reason behind selecting this project and working on child malnutrition was that the children are the future of a nation and we cannot compromise on the future of our nation. To us it is a priority to make our children rise.



WEBINAR

JOIN US ONLINE



WEBINAR on
Malnutrition By
Dr. Huma Araib

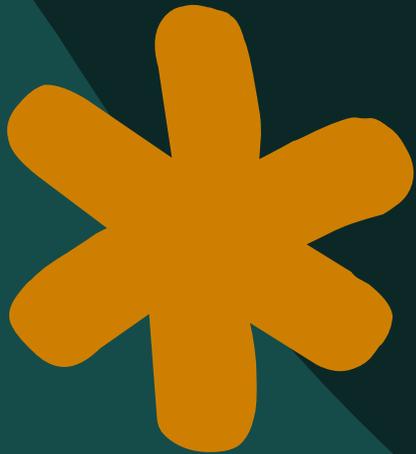
Clinical Nutritionist
Mphil Human nutrition and Dietetics
RDN (Pakistan)
DHQ Hospital khushab
ABDULLAH hospital Khushab
Ex Nutritionist CMH Rawalpindi

Sunday, 10th January, 2021

BS 4, PUBLIC ADMINISTRATION AND GOVERNANCE (MOR)
SOCIAL ACTION PROJECT
National University of Modern Languages, Islamabad

- A webinar related child Malnutrition was conducted on January-11-2020. The guest speaker was Dr. Huma Araib, a clinical nutritionist. She first gave an overview about the topic and then told the audience that what measures can be taken on individual levels to bring down the particular problem.

PROJECT EVALUATION



- **Skills Learned:**

The program was designed to help the participants to build their communication and social skills, enhance their social network, break their sense of social isolation and promote social activities while building vocational skill. Sharing their skills with their team members, participants expanded their own strategies and sense of competence by helping others. Also the participants developed a sense of acceptance while sharing any difficulties during task completion.

- **Objectives Achieved:**

- Gave awareness regarding the adverse effects of malnutrition.
 - Made people understand their responsibility towards the vulnerable section of the society.
 - Explained to the slum children what is healthy and what is not.
 - Distributed good nutritious food to the slum children.
 - Made our department fellows to join us in the project.
 - Conducted online webinar.
 - Despite the problems caused by Covid-19 we ended up with a good project.
- Sustainable Project We will stay connected with the Saylani International Welfare Trust and let more and more people join us to target different localities for the food distribution drives. Also awareness campaigns will be conducted keeping in mind that the cause remains sustainable.

CONCLUSION

- During these drives it was noted that malnutrition starts from the pregnant mother who are not fed properly. Also giving food to the mothers is not enjoy, it should be ensured that the pregnant mother are being fed with the right nutrition for the healthy development of their babies. Another thing came into consideration of the team was that contaminated water is a big cause of malnutrition. It is very important to highlight that the immune system of the people living in Pakistan is very strong and can fight dangerous diseases. Only if we provide them with better food daily and stop them from drink dirty water we can bring a huge change in the rate of Malnutrition in the society



Certification by the
Saylani International
Welfare Trust for
participating members.

Ref: SWIT-ISR/2021/061

Date: 12-01-2021

TO WHOM IT MAY CONCERN

It is certified that Miss **Hafsa Mustafa** Roll No# NUML-S19-19183 Department GPP Program BS Student of **National University of Modern Languages (NUML)** had participated in food activity regarding Child Malnutrition in Muslim Colony, Nurpur Shahan, Islamabad. Two Hundred food parcels were distributed in collaboration with "Saylani Welfare International Trust" during multiple drives. All safety precautions were followed in response to Covid-19. "Saylani Welfare International Trust" will assist in future projects as well.

Mr. Wasil Gulraiz
Regional Head (Punjab & KPK)

Signature:



Ref: SWIT-ISR/2021/062

Date: 12-01-2021

TO WHOM IT MAY CONCERN

It is certified that Mr. **Hamid Nawaz** Roll No# NUML-S19-18261 Department GPP Program BS Student of **National University of Modern Languages (NUML)** had participated in food activity regarding Child Malnutrition in Muslim Colony, Nurpur Shahan, Islamabad. Two Hundred food parcels were distributed in collaboration with "Saylani Welfare International Trust" during multiple drives. All safety precautions were followed in response to Covid-19. "Saylani Welfare International Trust" will assist in future projects as well.

Mr. Wasil Gulraiz
Regional Head (Punjab & KPK)

Signature:



Ref: SWIT-ISR/2021/060

Date: 12-01-2021

TO WHOM IT MAY CONCERN

It is certified that Miss **Zehra Aitizaz** Roll No# NUML-S19-18567 Department GPP Program BS Student of **National University of Modern Languages (NUML)** had participated in food activity regarding Child Malnutrition in Muslim Colony, Nurpur Shahan, Islamabad. Two Hundred food parcels were distributed in collaboration with "Saylani Welfare International Trust" during multiple drives. All safety precautions were followed in response to Covid-19. "Saylani Welfare International Trust" will assist in future projects as well.

Mr. Wasil Gulraiz
Regional Head (Punjab & KPK)

Signature:



Ref: SWIT-ISR/2021/064

Date: 12-01-2021

TO WHOM IT MAY CONCERN

It is certified that Mr. **Malik Shoaib Munawar** Roll No# NUML-S19-15313 Department GPP Program BS Student of **National University of Modern Languages (NUML)** had participated in food activity regarding Child Malnutrition in Muslim Colony, Nurpur Shahan, Islamabad. Two Hundred food parcels were distributed in collaboration with "Saylani Welfare International Trust" during multiple drives. All safety precautions were followed in response to Covid-19. "Saylani Welfare International Trust" will assist in future projects as well.

Mr. Wasil Gulraiz
Regional Head (Punjab & KPK)

Signature:



Ref: SWIT-ISR/2021/059

Date: 12-01-2021

TO WHOM IT MAY CONCERN

It is certified that Mr. **Moiz Ateem** Roll No# NUML-S19-27232 Department GPP Program BS Student of **National University of Modern Languages (NUML)** had participated in food activity regarding Child Malnutrition in Muslim Colony, Nurpur Shahan, Islamabad. Two Hundred food parcels were distributed in collaboration with "Saylani Welfare International Trust" during multiple drives. All safety precautions were followed in response to Covid-19. "Saylani Welfare International Trust" will assist in future projects as well.

Mr. Wasil Gulraiz
Regional Head (Punjab & KPK)

Signature:





Thankyou!

Aqua-The Pure

A project on water awareness



FINAL PROJECT REPORT

BS4 (EVENING)

**SUPERVISED BY
DR. ATHAR RASHID**

PROJECT TEAM

Hafsa Saboor

Sabit Husain

Nabeel

**DEPARTMENT OF GOVERNANCE & PUBLIC POLICY (G&PP)
NATIONAL UNIVERSITY OF MODERN LANGUAGES, ISLAMABAD
2020-2021**

Table of content

Acknowledgement.....	3
Introduction.....	4
Basic information.....	5
Initial proposal.....	6
Proposed document vs challenges.....	8
List of activities.....	9
Details of activities.....	10
Social media campaign.....	12
Cost of the project.....	14
Conclusion	15

ACKNOWLEDGMENT

First and foremost, thanks to Allah Almighty for his countless blessings and providing us everything required to complete this project successfully. No creation in this world is a solo effort. Neither is this project. It would not have been possible without the kind support and cooperation of many individuals and organizations. We are highly indebted to our honourable teacher **DR ATHAR RASHID (ASSISTANT PROF DEP OF G&PP)** for providing us the opportunity to do this project under his kind supervision. Without his valuable suggestions, encouragement and guidance this project would not have been completed. We highly appreciate the cooperation of “**The Asia Foundation**” throughout the project. We would like to express our deepest and sincere gratitude to the trainers who put their effort to make the training and awareness sessions successful. We are also thankful to the various school authorities for their cooperation and encouragement. Efforts of “**Water Aid Pakistan**” also played key role in the completion of our SAP. We are also thankful to “**Pakistan Council of Research in Water Resources**” for giving us their precious time for interviews and sessions in our project. Team Aqua the pure also acknowledges the effort of “**Youth Economic Forum**” for giving us the appreciation space in their live sessions as well. Last but not the least, we wholeheartedly express our sincere gratitude to our parents and friends who have been instrumental in the successful completion of this project.

Introduction

Water is the basic necessity of life but in this era it is also becoming a scarce resource in the world. Pakistan is facing the issues regarding water shortage and supply of unhygienic water from a long time. Aqua the Pure is a social action project which covers the areas of supply of clean water among masses. The project is modified to bring awareness among public regarding the issues of water and water born diseases. This project also highlight the areas where water supply is an issue

This interesting name is based on ideas that was collective effort of the students of department of governance and public policy, National University of Modern Language, Islamabad.

The core idea of the project is based on awareness campaign regarding water issue in Pakistan.

BASIC INFORMATION

Project description

Project title: Awareness on water issues in ICT
Organisation: Aqua- the pure
Project sector: Water & management

Description of the area

District/Tehsil: Islamabad
Nearest city: Rawat
Distance from nearest city: 5 km
Most targeted areas: Schools/colleges

Project Member:

Project Director: Hafsa Saboor
Director of Finance: Sabit Husain
Director of Medial & Public Relation: Nabeel
Director of Publications: Faisal

Initial Proposal

Introduction:

UC- 12 Rawat is the part of Islamabad capital territory and it mostly consist of rural areas. The rural part almost consists of 8000-9000 population. Population is balanced between both genders. Beside the union council is part of ICT but lack of facilities make it a worse living. Basic needs such as water supply, gas supply and basic infrastructure is missing.

Socio-economic setup:

Most of the community of the village is poor and job opportunities are negligible. Annual income of 60% families is under 13000 rupees per month and 40% are even living under 9000 rupees per month. Majority of the population is involved in the agriculture and farming while another big part is unskilled labour who work on daily wages. Some people are doing government job. Majority of youth is jobless.

Issue identification:

While doing the initial survey in the area it is noticed that people of rural areas are facing the water issue. There is no water supply line and people fetch drinking water from far away wells and that water is not clean. While talking to the doctor of the areas it is discover the six out of ten patient coming to clinic have water born diseases. Gynaecologist doctor Samina Arshad who is working from previous 10 years in the area said that eight out of ten village women during pregnancy suffer from water diseases which are fatal for their life as well as the life of foetus. So it was concluded that water contamination and unavailability of clean water is the big issue for the area and the people living under poverty are not able to solve the issue on their own.

Proposed project objective:

Based on the previously outlined situation context the project is intended to achieve the following:

- The water supply in the area.
- Highlight the issue
- Emphasis on water treatment.
- Awareness in the population about water borne diseases.
- Ensure the clean water supply in the schools and college of the area.
- Lobbying through the print and social media about the issue.
- Bringing the issue in highlight.
- Working with local government and emphasis on this issue.
- Seminars and conferences to bring this issue in highlight.
- Water awareness drives.

Resources:

The group will collaborate with the local government of the area for allocation of funds.

Management of activities:

There will be a close collaboration with the public and local authorities. The activities will be monitored on the weekly basis. Starting from the involvement of local community to the collaboration with authorities everything will be under supervision. Ambassadors will be selected from colleges and universities to promote the cause and to spread the awareness at a large level.

Accepted Outcome:

- Provide water
- Safe water
- Awareness for water
- Improve in health
- Water treatment

PROPOSED DOCUMENTS VS CHALLENGES

The social action Project) was designed to advertise and advocate the need and importance of clean water and supply of clean water on community level in Islamabad region. In this regard, the team proposed that it will create awareness along with highlighting the issue at union council level to supply clean water in Rawat. The targeted beneficiaries in awareness campaign were Students (school, college, University) and general public. According to the plan, at least 10 educational institutions has to be made a part of this project. However, in practicality, due to the closure of educational institutions because of Covid-19 pandemic it was not possible. Covid 19 make it impossible to reach at public offices and making contact to public officials so project was modified in to a full awareness base project.

Reason for Variability: The reasons of diverging results from the proposal are as follows.

1. Covid-19
2. Time constraints
3. Closure of educational institutions
4. Online academic sessions

List of activities

1. Initial survey
2. Webinar with Youth Economic forum
3. Participants meeting
4. interviews of men from UC-12
5. Interviews of Women from UC-12
6. Webinar with Water Aid Pakistan
7. Webinar with The Asia Foundation
8. Webinar with PCRWR
9. Webinar with Punjab Irrigation Department

Activity details

Initial survey:

For the purpose of data collection team survey the slums areas of i-10 and H-9 sector on November 26, 2020. The data was a very necessary thing for the analysis of the situation. In the interviews primary data was collected. Team members also handled a question answer session with the community. People were cooperative during the survey. We collected the data from five areas. Pictures of the survey are attached below.



Webinar with Youth economic forum:

On 8th December, 2020 team Aqua-The Pure conducted a live session with the collaboration of YTF and DBTV Live. Our team talked about the project, our initiative and highlighted the problems in the water supply network in Pakistan. Team also discussed the factors which are effecting the economy due to unhygienic water.



The graphic is a promotional poster for a live session series. It features the logos of the Youth Economic Forum (YEF) and DBTV Live at the top. The text reads "LIVE SESSION SERIES" and "SPEAKERS". Below this, there are four circular portraits of the speakers: Jamal Nasir (Moderator, PR Associate, YEF), Hafsa Saboor (Project Director, Aqua - The Pure), Sabit Hussain (Director Finance, Aqua - The Pure), and Hamza Khan (Ambassador, Aqua - The Pure). At the bottom, it says "AN ONLINE SESSION WITH AQUA - THE PURE ON CLEAN WATER SUPPLY AND ITS IMPACT ON PAKISTAN'S ECONOMY" and "JOIN US LIVE AT YEF FACEBOOK PAGE TUESDAY 8 DEC, 2020 AT 6:00 PM". The logos for DBTV Live and the Youth Economic Forum are also present at the bottom.

Interview of men in UC-12

On 30th December, 2020 team Aqua-The Pure conducted a survey in Rawat and discussed the problem of water with the citizens. Team also recorded their opinion and circulate it on social media. Videos are also available on the page of Aqua The pure

Awareness Session with the women in UC-12:

Same day in evening team held an interactive session with some local women and guided them about water cleanliness. And discussed some basic techniques of purification of water.

Webinar with water-aid Pakistan:

Team try to reach the people who have specialities in the field of water so we have conducted an online session with the Water Aid which is an internationally renowned organisation. Head of programmes and policy Mr. Munawar Hassan was the guest in session. Topic of the session was water and sanitation issues in Pakistan. 82 participants joined the session. Recording is available on our Facebook page.



Webinar with The Asia Foundation:

With the collaboration of The Asia Foundation team aqua organised a webinar regarding Water Management Issues in Pakistan. The webinar was organised on 14th January, 2021. Head of Programms Mr. Fareed Alam was the speaker in the session. Number of participants were 68. Recording of the session is available on our page. We are also looking for further collaboration after the pandemics.



Webinar with PCRWR:

PCRWR is a water based research institute in Pakistan. Team aqua organised a session with director PCRWR Mr. Faizan ul Hassan. Water challenges in Pakistan and PCRWR initiatives were discussed in that interactive session which was held on 17th January, 2021. 75 participants joined this webinar. Team in also invited to attend 7th water conference on 12 March, 2021 All the recording is available on our page.



Webinar with Punjab Irrigation department:

On 21st January,2021 team Aqua the pure organised a webinar with the collaboration of Punjab irrigation authority. Mr Zeeshan Fared was our guest. The topic of the session was the water reclamation system in Pakistan. 115 participants joined the webinar.



Cost of the project:

As this project was awareness based and most of the meeting were online so except travelling costs for surveys and and interviews there was no cost.

Social Media Campaign:

Social media was the main platform we were using for the project. We reached almost 500 people by social media and the network is growing day by day. All the activities regarding the project was posted on our facebook and insta pages. Here is the link of our facebook page https://www.facebook.com/Aqua-The-Pure-112955413951408/?view_public_for=112955413951408

Collaboration:

To spread the influence of campaign we have collaborated with different individuals and student and organisation as our ambassador. We have collaborated with On My Way-Tourism and Global Youth Organisation to raise awareness among mases.

CONCLUSION

The initiative of social action project was quite a new experience for us during which we faced the practical aspects and learnings from our surroundings and environment by having interaction with various academic, governmental and non-governmental institutions.

New practical aspects including public dealings, interactions, management skills, awareness sessions, emergency training build a new dimensional spirit and experience in us. Along with the academic activities these kinds of practical curriculum actually help us in polishing our non-academic skills as well. The facing of challenges during this project also helped us to work and deal more properly with unexpected challenges and situations which will surely help us in our future lives.

*Social Action Project
(2020)*

NUML Environmental Club (COVID Committee)



**"Join our mission
to be the change
you want to see
in the world"**

NUML Environmental Club

 NUML Environmental Club  NEC-Islamabad



*Submitted by: NUML Environmental Club
Submitted to: Department of Governance and
Public Policy
Social Action Project (2020)*

Social Action Project

<i>Name of Social Action Project</i>	<i>NUML ENVIRONMENTAL CLUB (COVID Committee)</i>
<i>Brief details of SAP</i>	<i>Social Action Program (SAP) promotes social objectives. SAPs identify areas for NEC initiative to create awareness among people about the rising issues of Environment through activities and social media.</i>
<i>Name and Team Members role</i>	<i>Name;: Muhammad Kamran janjua Asim zeeshan Obaid abbass khan Saad akbar kahoot Sakhawat Ali</i>
<i>Location/ Area of project</i>	<i>City : Rawalpindi / Islamabad</i>
<i>Duration of Proposed project</i>	<i>Start Date: 20th April 2020 End Date: 30th June 2020</i>
<i>Please choose a category that best summarizes who these beneficiaries will be</i>	<ul style="list-style-type: none"> ● <i>Children</i> ● <i>Teenagers</i> ● <i>Young people</i> ● <i>Older people</i> ● <i>Women</i> ● <i>Men</i> ● <i>People living in poverty</i> ● <i>Minorities</i> ● <i>Person with disabilities</i> ● <i>Other</i> <p><i>All of these will be targeted.</i></p>
<i>Local available resources</i>	<i>Doctors and paramedical staff through personal links and other volunteers who were willing to take part in the project.</i>
<i>How will this project benefit your community</i>	<p><i>Background: The number of corona cases in Pakistan grow rapidly. As it is a respiratory disease, a healthy individual is so vulnerable to this virus if not following the SOP's.</i></p> <p><i>Need: The researchers has not yet found the cure to covid-19 and the only way to stop the spread is through keeping social distances , following the SOP's and staying at home . As</i></p>

	<p><i>we know, staying at home completely would not be impossible people have to visit the market, some have to visit their work place and the government officials has announced and made mandatory for everyone to keep social distancing and unnecessary gatherings . But it was observed in our environments that people are not following the SOPs because they were unaware of the current situation going on and how to deal with it. We being the part of NUML environmental club, it comes under our domain to keep the environment healthy, so we started working on spreading the awareness among people by applying different possible means.</i></p>
<p><i>How will you start and manage your SAP</i></p>	<p><i>Feasibility and Continuity: Program can easily get started from our nearby places, markets areas and work places. We will organize zoom-meetings with professional doctors who will guide us to make our project successful and that's where we will be able to find the volunteers who find it interesting and important.</i></p>
<p><i>How will you measure the success of your SAP</i></p>	<p><i>Outcomes: Awareness among people by doing it practically. People may also get motivated to take other initiatives beneficial for the people. Some which are already interested after visiting our page To join our project and work with us. We hope to get more positive response from people</i></p> <p><i>Measuring tools: FACEBOOK page would be the most important tool which will help us judge how many people have enrolled themselves through registration form, as volunteers and the response either or negative.</i></p>



Table of Contents

Numl Environmental Club.....Error! Bookmark not defined.

Volunteer Hours Tracking Sheet.....Error! Bookmark not defined.

1st may 2020..... 8

Informal Meeting - Attock 8

2nd may 2020.....Error! Bookmark not defined.

our discussion on whatsapp.....Error! Bookmark not defined.

5 th may.....	Error! Bookmark not defined.
<i>on call discussion</i>	Error! Bookmark not defined.
8 th may.....	Error! Bookmark not defined.
<i>starting of fundraising</i>	Error! Bookmark not defined.
9 th may.....	Error! Bookmark not defined.
<i>whatsapp discussion with madam</i>	Error! Bookmark not defined.
12 th may.....	Error! Bookmark not defined.
15 th may	Error! Bookmark not defined.
18 th may.....	Error! Bookmark not defined.
<i>meeting hosted by obaid on zoom</i>	11
23 th may.....	Error! Bookmark not defined.
<i>discussion on whatsapp</i>	Error! Bookmark not defined.
27 th may.....	Error! Bookmark not defined.
<i>idea of pamphlet</i>	Error! Bookmark not defined.
29 th may.....	Error! Bookmark not defined.
<i>volunteers</i>	Error! Bookmark not defined.
3 rd june.....	Error! Bookmark not defined.
<i>discussion on whatsapp</i>	Error! Bookmark not defined.
5 th june.....	Error! Bookmark not defined.
<i>discussion and meeting with the madam</i>	Error! Bookmark not defined.
9 th june	Error! Bookmark not defined.
<i>asim's unofficial meeting</i>	Error! Bookmark not defined.
15 th june.....	Error! Bookmark not defined.
<i>started to spread pamphlets</i>	Error! Bookmark not defined.
17 th june	Error! Bookmark not defined.
<i>used the gathered money on masks</i>	
7 th july	
<i>Meeting on zoom with professional doctors team</i>	



Introduction about NEC

*Numl Environmental Club is a Social Action Project which was formed by students of Governance and Public Policy Department Numl Islamabad Campus. Our main **objective** is to **serve the community and take the responsibility of being a good citizen of the country.** **NEC** is working in collaboration with other **Clean & Green and Youth Groups**. Our moto is **“Join our mission to be the change you want to see in the world”** .We as students and members of **Numl Environmental Club** work to make sure that we make a corona free environment .We spread our word through activities, sessions and all **social media groups**. **It is an open forum,new members and ideas are always welcomed!***



1st may

Informal Meeting - Attock

Name	Location and Activity
Obaid Abbas	<i>This activity was conducted to train the interested volunteers how to manage time and money and aware people about the importance of healthy environment .This activity was completely informal conducted at a small sitting area in Attock Capital territory 1pm and went till 6pm.Meeting was held among 6 members. Problems were discussed, possible alternative solutions and ideas were shared. This was a successful activity as two of the members were ready to volunteer them self.</i>

2nd may

Core Team Meeting (COVID Committee)

Name	Activity/Location	Time
Hosted by obaid	<i>We have discussed and planned all the activities in this meeting. We also divide the work among us.We conducted this meeting on Zoom App</i>	1 hour and 35



Obaid Khan (Host, me)



Asim



Muhammad kamran



Saad Akbar kahoot



5th may

On call discussion

<i>Name</i>	<i>Activity /Location</i>
<i>Group members</i>	

8th may

Started fundraising

<i>Name</i>	<i>Location/Activity</i>
<i>Group members</i>	<i>islamabad</i>

9th may

Whatsapp discussion with mam Azza and give presentation to BS-4 Evening

<i>Name</i>	<i>Location /Activity</i>	<i>Time</i>
<i>Azza madam and group members</i>	<i>Update about the project to mam Azza and also give presentation to the students of BS-4 evening</i>	<i>2 hour 25 minutes</i>

Close

Participants (14)

Q Search



Obaid Khan (Host, me)



Azza Abbas



Asim



hadia sameen



Hamza Durrani



Irfan Baloch



Muhammad kamran



Muhammad Yousaf



Mushahid Awan



18th may

Meeting hosted by obaid on zoom

<i>Name</i>	<i>Location/ Activity</i>
<i>Group members</i>	

23rd may

Discussion on whatsapp

<i>Name</i>	<i>Location/ Activity</i>
<i>Group members</i>	<i>Discussion</i>

27th may

Idea of pamphlet

<i>Name</i>	<i>Location/Activity</i>	<i>Time</i>
<i>Group members</i>	<i>We again conduct the meeting on Zoom app and decided to distribute Pamphlet in our local territory to aware them about this pandemic situation</i>	<i>2 hour 40 minutes</i>



Obaid Khan (Host, me)



Asim



Muhammad kamran



Saad Akbar kahoot



29th may

volunteers

<i>Name</i>	<i>Location/Activity</i>
<i>Sardar alawal mehdi</i>	<i>A volunteer joined and shows interest to work in the field</i>

3rd june

Discussion on whatsapp

<i>Name</i>	<i>Location /Activity</i>
<i>Group members</i>	<i>Discussion about how to upgrade our work</i>

5th june

Discussion and meeting with madam

<i>Name</i>	<i>Location /Activity</i>
<i>Azza madam and group members</i>	<i>whatsapp</i>

9th june

Asim's unofficial meeting

<i>Name</i>	<i>Location /Activity</i>
<i>Asim zeeshan</i>	<i>Attock meeting with people</i>

15th june

Started to spread pamphlets

Name	Location/Activity	Time
Muhammad Kamran	Islamabad	3 hours and 20 minutes
Obaid abbas	Attock	4 hours 30 minutes
Saad akbar	rawalpindi	4 hours 45 minutes
Asim zeeshan		4 hours 45 minutes

Obaid Abbas Khan

Obaid Abbas khan spread the pamphlets in his area. He also paste it on the public places



Saad Akbar also distributes the pamphlets and masks in their territory to give message to their locality to stay safe and add his part in the society.



Asim Zeeshan also distributes the masks and pamphlets in his area .



Used the gathered money on environment

Name	Location/Activity	Time
Muhammad kamran	Stopped the gathered money and used on the environment on SOPs	4 hours and 30 minutes



27th June

Distribution of Masks(Obaid):

Name	Area	Time
Obaid Abbas Khan	Attock City	6 hours and 30 minutes

Obaid distributed the masks in the public places.



Social Media Awareness:

As we do not have any access to do anything practically because of this pandemic situation so we decided to start our campaign on social media. So for this purpose we decided to make some report in which we can add everything related to the Coronavirus. This takes our a lot of effort and time but we make the good report for which will definitely help the readers to know corona. Collective time of our campaign on social media and formation of the report are

<i>Name</i>	<i>Area</i>	<i>Time</i>
<i>Obaid Abbas Khan</i>	<i>Social Media</i>	<i>8 hours</i>
<i>Asim Zeeshan</i>		<i>4 hours</i>
<i>Saad Akbar</i>		<i>4 hours</i>
<i>Kamran Janjua</i>		<i>4 hours</i>

Sakhawat's Contribution

Due to this pandemic situation, Sakhawat need to moved to his area in GB. As he even informed the department, there is no access of internet in his area. There were even no network signals but still he contributed a lot in our project.

Almost all the written work is done by sakhawat. He also distributed the masks and pamphlets but we have not received his pictures so we are not adding his work hours in our report because of no proof.

Summary

Overall the Experience was full of ups and downs. We learned a lot. How to manage time and money? How to communicate with people and how to convince them for doing

something voluntarily? Problems that we face were transport and financial issues and coordination with group members. But we are glad as a team that managed and understood each other problems and are continuing our work with the same spirit, energy and motivation.

<https://www.facebook.com/NUML-Environmental-Club-10870058388573/?ti=as>

<https://www.instagram.com/p/B579Zjhnwmf/?igshid=1sh2y7zh0rxob>

Contact Us

numlenvironmentalclub@gmail.com

National University Of Modern Languages Islamabad



Department Of Governance and Public Policy

Subject:- Social Action Project

Group Members:-

- ***Syed Ahsan Iqbal Shah.***
- ***Mushahid Hussain Awan.***
- ***Muhammad Yousaf.***
- ***Malik Wajhat Aheer.***
- ***Hadia Sameem.***

Project proposal

<i>Name of Social Action Project</i>	<i>Blood Group Test</i>
<i>Brief details of SAP</i>	<p><i>This project is beneficial for the poor peoples. Because they do not enough resources to find out his blood group. When we tell them the group, They can take or give the blood in any emergency. It will not waste of their time in any emergency. We will done this project in the slums of Islamabad.</i></p>
<i>Name and Team Members role</i>	<ul style="list-style-type: none"> • <i>Muhammad Yousaf</i> <ul style="list-style-type: none"> ✓ <i>Coordination with doctor</i> • <i>Syed Ahsan Iqbal</i> <ul style="list-style-type: none"> ✓ <i>Coordination with people & presentation of project</i> • <i>Mushahid Hussain</i> <ul style="list-style-type: none"> ✓ <i>Paper work</i> • <i>Wajahat Hussain</i> <ul style="list-style-type: none"> ✓ <i>Social Media work</i>
<i>Location/ Area of project</i>	<p><i>(1) Slums in I-9 Sector (2) Slums in G 11 sector (3) Department of Governance and Public Policy in NUML Islamabad</i></p>

<p><i>Duration of Proposed project</i></p>	<p><i>Start Date:16-march-2020</i></p> <p><i>End Date:30-April-2020</i></p>
<p><i>Please choose a category that best summarizes who these beneficiaries will be</i></p>	<ul style="list-style-type: none"> ● <i>Children</i> ● <i>Teenagers</i> ● <i>Young people</i> ● <i>Older people</i> ● <i>Women</i> ● <i>Men</i> ● <i>People living in poverty</i> ● <i>Person with disabilities</i> ● <i>Other</i>
<p><i>Local available resources</i></p>	<ul style="list-style-type: none"> ● <i>DrM. Anees Neuro Surgeon in PIMS Islamabad</i> ● <i>Lab technologist Bahadur Ali in Ali Medical Center F-8</i> ● <i>Abbas Ali Microbiologist in Fatmiya Medical Lab Blue Area.</i> <ul style="list-style-type: none"> ➤ <i>Blood Group Anti Sera A,B,O</i> ➤ <i>Slides Box</i> ➤ <i>Alcohol Swab</i> ➤ <i>Pricker</i>
<p><i>How will this project benefit your community</i></p>	<p><i>Background:</i> Peoples don't know their blood group. And in any emergency they feel defficulty.it may be time wasting in emergency.</p> <p><i>Need:</i> Every man must know about his blood group .it will help them in any emergency.</p> <p><i>Objectives:</i></p> <ul style="list-style-type: none"> ➤ <i>To ensure the blood group of peoples.</i> ➤ <i>To help the poor peoples in case of any emergency they should know their blood group.</i>

<p><i>How will you start and manage your SAP</i></p>	<p><i>Cost :- 5000/-</i></p> <p><i>Methodology/Approach:</i></p> <p><i>A nurse or technician will wrap a band around your arm to make your veins more visible. They will use a needle to draw several samples of blood from your arm or hand. After the draw, gauze and a bandage will be placed over the puncture site. In order to determine your blood type, a lab technician will mix your blood sample with antibodies that attack types A and B blood to see how it reacts.</i></p>
<p><i>How will you measure the success of your SAP</i></p>	<p><i>Outcomes:</i> <i>People will know about their blood group. It will help them in any emergency.</i></p> <p><i>Measuring tools:</i> <i>we can count the number of poor people which we have told by checking their blood group.</i></p>

Group Members



Table of Contents

Introduction.....	Error! Bookmark not defined.
Volunteer Hours Tracking Sheet.....	7
2nd March, 2020	Error! Bookmark not defined.
Meeting with Mam Azza Abbas	Error! Bookmark not defined.
4th March , 2020	Error! Bookmark not defined.
Meeting with HOD	Error! Bookmark not defined.
6th March, 2020	Error! Bookmark not defined.
Meeting with Dr Anees Awan	Error! Bookmark not defined.
9th March, 2020	Error! Bookmark not defined.
Meeting with Lab Technologist.....	Error! Bookmark not defined.
12March, 2020	Error! Bookmark not defined.
Meeting with HOD	13.
13thMarch, 2020.....	Error! Bookmark not defined.
Meeting with Slums	Error! Bookmark not defined.
16th March, 2020	Error! Bookmark not defined.
Meeting with Mam Azza Abbas	Error! Bookmark not defined.
18th March, 2020	Error! Bookmark not defined.
Meeting with App Developer	Error! Bookmark not defined.
20 March, 2020	16
Meeting with App Developer	Error! Bookmark not defined.
25th March, 2020	Error! Bookmark not defined.
Meeting with App Developer	Error! Bookmark not defined.
New search bar is added	Error! Bookmark not defined.
26thMarch 2020	Error! Bookmark not defined.
Meeting with App Developer	Error! Bookmark not defined.
27th March, 2020	Error! Bookmark not defined.

Meeting with Mam Azza AbbasError! Bookmark not defined.
30th March, 2020Error! Bookmark not defined.
Meeting with HODError! Bookmark not defined.
31st March to 14th April , 2020Error! Bookmark not defined.
Blood Sampling & TestingError! Bookmark not defined.
20th April , 2020Error! Bookmark not defined.
upload Data into Application.....Error! Bookmark not defined.
21st April, 2020.....Error! Bookmark not defined.
Thanks to them who help us in making SAP ...Error! Bookmark not defined.

Volunteer Hours Tracking Sheet

Date	Activity	Volunteer	Location	Start Time	Finish Time	Total Time	Members
2 nd March, 2020	Meeting with Mam Azza Abbas	All project Members	NUML Islamabad	1:00pm	4:00pm	3hrs	All group Members
4 th March, 2020	Meeting with HOD	All project Members	NUML Islamabad	3:30pm	4:30pm	1hr	All group Members
6 th March, 2020	Meeting with Dr Anees Awan	M.Yousaf	PIMS Islamabad	10:00am	1:00pm	3hrs	All group Members
9 th March, 2020	Meeting with Lab Tech	All project Members	Ali Medical Islamabad	8:00am	12:00pm	4hrs	All group Members

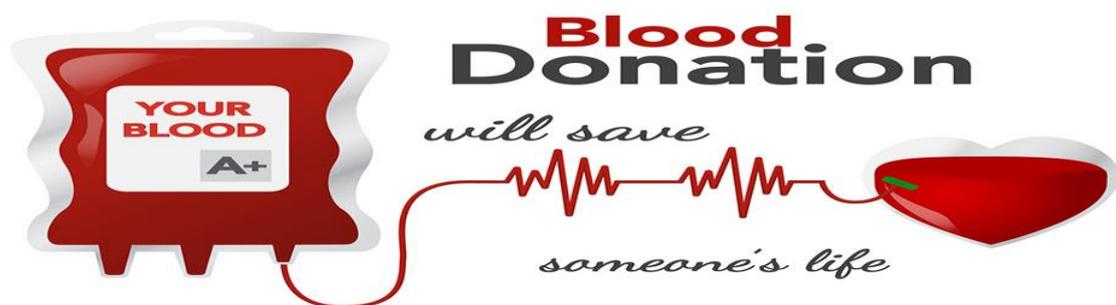
12 th March, 2020	Meeting with HOD	All project Members	NUML Islamabad	3:30pm	4:30pm	1hr	All group Members
13 th March, 2020	Meeting with people of slums	All project Members	Different Slums	11:00am	3:00pm	4hrs	All group Members
16 th March, 2020	Meeting with Mam Azza Abbas	All project Members	NUML Islamabad	2:30pm	4:30pm	2hrs	All group Members
18 th March, 2020	Meeting with App develop er	All project Members	Islamabad	9:00am	2:00pm	5hrs	All group Members
20 th March, 2020	Meeting with App develop er	All project Members	Islamabad	10:00am	1:00pm	3hrs	All group Members
25 th March, 2020	Meeting with App develop er	All project Members	Islamabad	9:00am	1:00pm	4hrs	All group Members
26 th March, 2020	Meeting with App develop er	All project Members	Islamabad	1:00pm	4:00pm	3hrs	All group Members
27 th March, 2020	Meeting with Mam Azza Abbas	All project Members	NUML Islamabad	1:30pm	4:30pm	3hrs	All group Members
30 th March, 2020	Meeting with HOD	All project Members	NUML Islamabad	3:30pm	4:30pm	1hr	All group Members
31 st March	Samplin g	All project Members	Islamabad			32hr s	All group Members

to 14 th April , 2020	&testing				
20 th April , 2020	Uploadi ng data into App	All project Members	Islamabad	10hr s	All group Members
21 st April, 2020	Thanks to all who help us	All project Members	Islamabad		

SOCIAL Action Project:-

Introduction

- ❖ *Blood testing Group is a social Action Project which was formed by students of Governance and Public Policy Department of National University of Modern Languages Islamabad Campus. Our main objective is to serve the community and take the responsibility of being a good citizen of the country. We are working with the collaboration of Doctor and lab Technologists. Our motto is. People will know about their blood group. It will help them in any emergency. We spread our activities through an Application. In this Application We entered the data of those peoples we have tested.*



Idea Of the Project

- ❖ *We take the idea of this project from active citizens program. They make this project in the form of documents but we make an application. In this application we entered the data of those peoples we have tested. We choose the name of App name Capital Blood society.*



Meetings and Timings of Project

2nd March, 2020

Meeting With Mam Azza Abbas

**Time(1:00pm to 4:00pm)
Day 1.**

- We arrange a meeting with Mam on this Project. Our meeting start from (2:00pm to 3:00pm). Our meeting continued with Mam for 2 hour .In this meeting we discuss our project briefly with Mam. We told Mam how we complete our social action project. We told Mam about the Doctor and Lab Technologists which we hire for our project. We also told Mam how much cost come on our project. After this we discuss our location of Project with Mam. We told Mam that our location of Project is slums in Islamabad and Department of Governance and Public Policy in Numl. Then Mam approved our Project.

4th March, 2020

Meeting With HOD(Governance and Public Policy)

**Time(3:30pm to 4:30 pm)
Day 2nd**

- After receiving confirmation from Mam, our meeting was from HOD of our department. Our meeting start from (3:30pm to 4:30pm). Our meeting continued with HOD for an hour. In this meeting we told them that we took the idea of this project from the active citizens program. We said that we will do this Project in the slums of Islamabad and also in our department. Because there are many students in our department who do not know their blood group. We also told them that active citizens make this project in document form but we make an application for this program. In this Application we entered the data of those peoples which we have tested. We also told them that we have hired doctor from PIMS and Lab technologists from Ali Medical for this Project.

6th March, 2020

Meeting with Doctor.(PIMS)

Time (10:00am to 1:00am)
Day 3rd

- *We discuss our Project briefly with Doctor..We told them that we want to take the blood test of those peoples which lives in slums of Islamabad and students of our Department. Doctor guide us how you do this Project. Doctor guide us in this Project you have Lab technologist because he will guide you properly. He will help you to take the blood testing of peoples.*



9th March, 2020

Meeting with Lab Technologist.(Ali Madical)

**Time (8:00am to 12:00pm)
Day 4th**

- We visit the lab of Ali Medical. Where we meet with lab technologist Bahadur khan. We spend here 4 hour with him. He guide us how to collect the sample. There he tested some people in front of us and told us how we take blood samples of people and then how to test it.



12th March, 2020

Meeting with HOD

**Time(3:30pm to 5:30pm)
Day 5th**

- *After completing our visit we arrange another meeting with HOD. In this meeting we told them our discussion with doctor and lab technologist. We told them that lab technologist performed some test front of us after this we performed some test. HOD told us that you do something else. He told us you make an Application for blood group testing.*

13th March, 2020

Meeting with Peoples of Slums

**Time (11:00am to 3:00pm)
Day 6th**

- *We visited the slums and met their chief. We informed them about our project and told them that we have to test your blood group. This benefits you that if you need blood in any emergency, you will not have to take the test at this time, but you will know your group and you will be able to get blood easily. This is how we took the slum people into confidence*

16th March, 2020

Meeting with Mam Azza Abbas

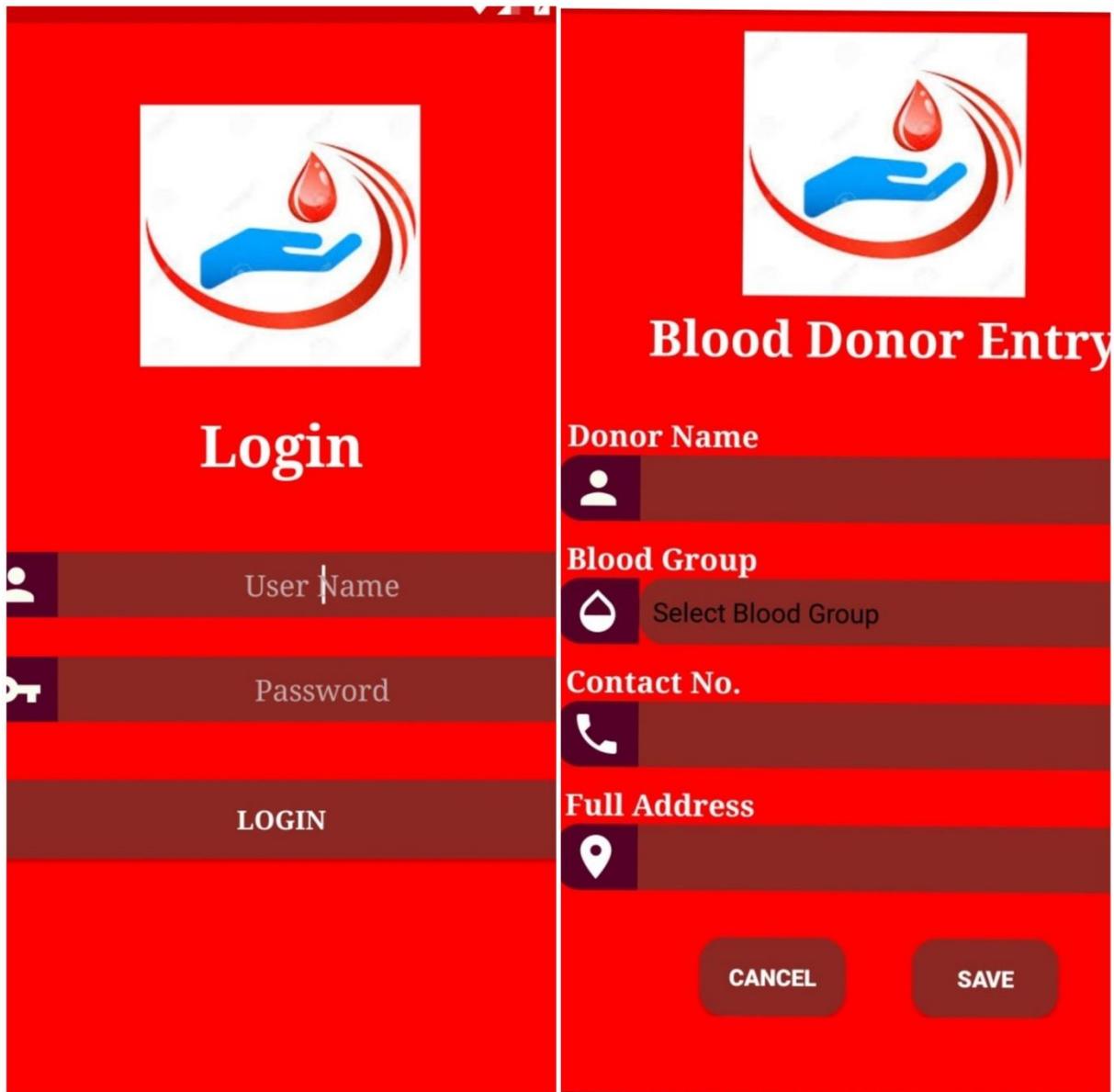
**Time (2:30pm to 4:30pm)
Day 7th**

- *After meeting the head of the slum , our meeting took place with Mam. We told Mam in this meeting that we have taken the people of slums into confidence and they are willing to do their blood group tests. We also told Mam about the meeting with HOD and informed them about the application. And also informed about the meeting with doctor and lab technologist.*

Meeting with App Developer

**Time(9:00am to 2:00pm)
Day 8th**

- We visited the software house. There we met our university friend and talked about our project. We told him that we want to create an Application in which we want to keep the name I'd card number and blood group of donor's. We told him some other features of this application. We told him that in this Application search bar is must be present. If some wants to open their blood group he writes their name in search bar and open its name and blood group with I'd card number.



20th March, 2020

Meeting with App Developer

**Time (10:00 am to 1:00 pm)
Day 9th**

- *On the other day we will go to software house again and meet the App developer there. Today we coded the app with it. Today he has made us a place for search bar. It took us four hours today.*

25th March, 2020

Meeting with App Developer

**Time (9:00 am to 1:00 pm)
Day 10th**

- *Today we will go to the software house again and meet the App developer there. Today He worked on Database. The Data that is available in any application or safe which we see it is present in Database. And we ask him to add the search engine in top corner which help user to find specific blood group member list.*

Now Search engine is added

Blood Donors

Donor By Group

ALL

Syed Ahsan iqbal

Blood Group B+
Contact 030655320
Address Teh lawa c
Date 09-06-2020

A+

O+

B+

Muhammad Yousaf

Blood Group B+
Contact 03005684
Address Teh kloor k
bakkhar
Date 09-06-2020

AB+

A-

O-

B-

Wajahat hussain

Blood Group O+
Contact 03039208081
Address Tehsil klorkot district
bakkhar
Date 09-06-2020

AB-

mushahid Hussain

Blood Group AB+
Contact 03439539846

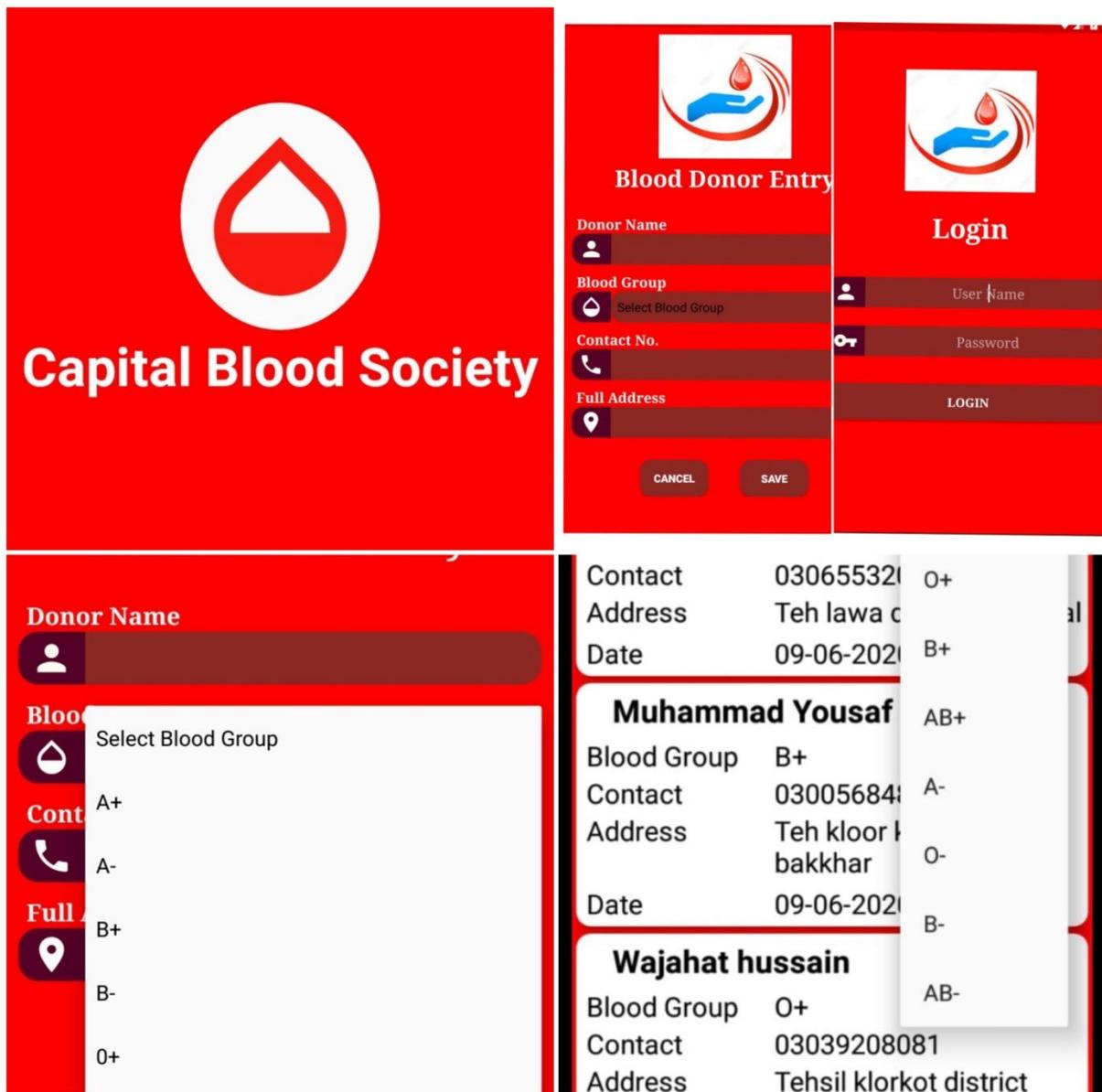


26th March, 2020

Meeting with App Developer

**Time (1:00 pm to 4:00 pm)
Day 11th**

- Today, on the last day, we will go to the software house and meet the App developer there. What we did for the last two days, we finalized it on the Application today and prepared our Application.



27th March, 2020

Meeting With Mam Azza Abbas

Time (1:30pm to 4:30pm)

Day 12th

Date (

- *After completing our work on the application our meeting took place with Madam. In this meeting we told them that we have prepared the application. We also informed Madam about the feature of this Application. We told Madam that this Application contains donor name, I'd card number, and its blood group.*

30th March, 2020

Meeting with HOD

Time (3:30pm to 6:30pm)

Day 13th

Date (

- *After completing our work on the application our meeting took place with HOD. In this meeting we told them that we have prepared the application. We also informed HOD about the feature of this Application. We told HOD that this Application contains donor name, I'd card number, and its blood group.*

Sampling and testing

Day & Time	Date	No of Sampling
14th 9:00 am to 11:00 am	31 march, 2020	20 Person
15th 4:00 pm to 5:30 pm	1st April, 2020	15 person
16th 3:30 pm to 6:00 pm	2nd April, 2020	25 person
17th 4:00 pm to 6:00 pm	3rd April, 2020	15 person
18th 10:00 am to 12:30 am	6th April, 2020	20 person
19th 9:00 am to 11:30 am	7th April, 2020	20 person
20th 10:00 am to 1:30pm	8th April, 2020	30 person
21st 9:00 am to 12:00am	9th April, 2020	20 person
22nd 10:00 am to 2:00pm	10th April, 2020	10 person
23rd 9:00 am to 1:00 pm	13th April, 2020	30 person
24th 11:00 am to 3:00 pm	14th April, 2020	15 person

Upload Data into Application:-

- After completing our sampling we upload our all data into Application. This took us our ten hours.

Blood Donors

Donor By Group **ALL**

Syed Ahsan iqbal
Blood Group B+
Contact 03065532067
Address Teh lawa district chakwal
Date 09-06-2020

Muhammad Yousaf
Blood Group B+
Contact 03005684862
Address Teh kloor kot district bakkhar
Date 09-06-2020

Wajahat hussain
Blood Group O+
Contact 03039208081
Address Tehsil klorkot district bakkhar
Date 09-06-2020

mushahid Hussain
Blood Group AB+
Contact 03439539846

Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
alia tabsum Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	sohail asghar Blood Group O- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	shahzaib ali Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	kashif hussain Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
talha khaliq Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	abrar Ahmed Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	inzamamul haq Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Hafiz saad akbar kahoot Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
muhammad shuja abbas Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	talha ali khan Blood Group A- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	intikhab alam Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	usama mumtaz Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
maryam dilawar Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	raja Usman kiyani Blood Group B- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	komal zainab Blood Group A- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	farasat ali Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
saira bashir Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	munaza abbas Blood Group A- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	ali raza ahmed Blood Group B- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Muhammad adil baig Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
sharjeel ahmed Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	nusrat zahra Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	saqib ali bukhari Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	abdul rehman Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
sherbaz Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	tasneem zahra Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	anoud Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	sakhawat ali Blood Group A- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
tanveer ahmed Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Muhammad arslan Blood Group A- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Muhammad ubaidullah Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	shahid mehmoed Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
mashal habib Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	aroj aftab Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	rehmat alam Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	sufyan amir Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
mushahid hussain awan Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	waleed hassan Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	tajamul hussain Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	usama sikandar Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
taha mahmoed durrani Blood Group A- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	ehsan Ahmed Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	syed ahsan iqbal Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	ehsan nazir Blood Group O- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
karamat ali Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	dilawar ali khan Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Muhammad hassan raza khan Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	khizer anwar Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
umair khaliid Blood Group A- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	akbar jan Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	yasir Hassan Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	ariba khan waheed Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
Contact 92519265100	Contact 92519265100	Contact 92519265100	Contact 92519265100

mushahid hussain awan Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	waleed hassan Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	tajamul hussain Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	usama sikandar Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
taha mahmood durrani Blood Group A- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	ehsan Ahmed Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	syed ahsan iqbal Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	ehsan nazir Blood Group O- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
karamat ali Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	dilawar ali khan Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	Muhammad hassan raza khan Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	khizer anwar Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
umair khaliid Blood Group A- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	akbar jan Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	yasir Hassan Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	ariba khan waheed Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
omar khayyam Blood Group O- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	maryam iqbal Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	mehdi amir mehdi saleh Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	naema ahmed Blood Group O- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
fariya amin Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	mehreen amin Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	salah u din yousaf Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	israr khan Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
Muhammad awais Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	faiza tariq Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	asfand abbasi Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	majeed ullah Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
shehnaz Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	aamir sohail Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	zeeshan ali Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	saleh mehdi Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
ahmed asfand ali khan Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	muhammad afaq Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	nimra khan Blood Group O- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	abdul aleem zahid Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
kashif mir Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	muhammad shahab yasin sulehi Blood Group AB- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	hannan hussain awan Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	shumaila mughal Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
shoab tariq Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	faraz ahmed Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	iqbal Blood Group O+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	mukarram ali Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
awais tariq Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	asghar khan Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	qurban ali danish Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	shahzad gul Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
nazakat ullah Blood Group A+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	salman hakim Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	ishaq gillani Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	warda abbasi Blood Group O- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020
abdur rahim Blood Group AB+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	imran ali shah Blood Group B+ Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	warda abbasi Blood Group O- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020	zafar ali Blood Group A- Contact 92519265100 Address numl h-9 islamabad Date 16-06-2020

Summary

The idea of blood donor group project came to our mind by active citizen programs. We discussed this idea to our respected ma'am. Then we gave the idea to head of department, he appreciated the idea and approved it. We made an android application. This can store the data of blood donor. We take blood samples of various people and tested all the samples to know their blood groups. Then we add all the data into our android application. We are supposed to upload that application to play store to make it public. This would help the people a lot. Application will register the donor it will take some general information about the donor. People who need blood can easily get the information about the donor of required blood group in just 1 click. All they need to do is just download the application from play store. As the application is user friendly so anyone can easily use to it.

Thanks Note

We want to thank all of them who help us in making our project. Specially we want to thank to Mam Azza Abbas who help and guide us in all our project's working where we need help. And we want to thank respected HOD Dr Syed Waqas Ali kasur who give us opportunity and platform to make Social Action Project. At the end we specially thank to Dr Mhammad Aness Awan and Bhadur Ali for their guides



shutterstock.com • 1070472455

Social Action Project

MAKING MINORS MAJOR

Year: Sep 2020 - Feb2021

This Social Action Project Is a Small Initiative
Towards The Betterment Of Society.
We Have Done Our Best To Play Our Part
In Bringing Change & Positivity



National University of Modern Languages
Department of Governance & Public Policy

MAKING MINORS MAJOR TEAM

- Rabeea Anwar
- M Jaffar
- Rida Ahmad
- Waseem Sajjad
- Atif Hussain Niazi
- Kifayat Hussain

SUPERVISOR

Dr. Athar Rashid

Assistant Professor

Dept GPP

NUML

MAKING MINORS MAJOR TEAM PROFILES



Rabeea Anwar
PROJECT MANAGER



Rida Ahmed
FINANCE COORDINATOR



Muhammad Jaffar
CONTENT WRITER



Atif Hussain Niazi
SOCIAL MEDIA COORDINATOR



Waseem Sajjad
SECRETARY AFFAIRS



Kifayat Hussain
MEDIA PERSON

We Aim To Work Together With a
Common Vision & Towards a Common Vision.

ACKNOWLEDGEMENT

Team MMM would like to express special thanks of gratitude to the Department of Governance & Public Policy, NUML for giving us this golden opportunity of doing this Social Action Project and would acknowledge the sincere efforts and valuable time by our respected supervisor Dr. Athar Rashid, Lecturer, Dept GPP NUML, who guided us through this wonderful project, Making Minors Major. Through his guidance & feedback on this project, we have learned many analytical skills and we are very thankful for that.

Secondly, we are grateful to all of our teachers who helped us through this journey. Special credits to Ms. Amna Zahoor who guided us to overcome hectic situations in this project & also we would like to thank Dr. Syed Waqas Ali Kausar, Ms. Shahida Noor, and Mr. Ali Shafqat Khan for encouraging our efforts & supporting our webinars.

In the end we would like to mention the support system of our families & friends who helped us in promoting our cause.

INTRODUCTION

MMM

MAKING MINORS MAJOR

A COMMUNITY FOR ALL



MMM is basically designed as a student organization in NUML. With this organization, we tried to benefit our society by contributing our small efforts. The idea of organization is to highlight the issues of society & work on them which are not even considered normally.

Our Vision:

Every individual in society is equal and should be considered as equal. And every problem, no matter minor or major, is a problem and should be resolved. Neglecting the minor issues in society can lead to big disasters, thus we want to make our contribution to tackle the problems that need severe attention.

Our Mission:

The aim of our organization is to make every minor element of society valuable, noteworthy and essential by mainstreaming their issues to reduce the gaps between them and the opportunities and resources they deserve. In our organization, we are going to launch different programs one after other, most importantly on those issues which are not highlighted in society.

The first selected program to be initiated through our organization is 'Child Protection & Safety' from abuses. Other details of this program are in the next section.

PROJECT PROPOSAL



CHILD PROTECTION AND SAFETY

A Project By Making Minors Major

"Protect Children & Save Future"

For More Details Visit at :



[making_minors_major](#)



[makingminorsmajor](#)

Name of SAP	Making Minors Major
Brief details of SAP	<p>We are structuring an organization named as “<i>Making Minors Major</i>” in which we will work on multiple issues with time. The concept behind this name (Making Minors Major) is that, we are considering every individual as <i>MINORS</i> who is weak or vulnerable in society in some aspect of life or there is need to work on them and we want to highlight these issues and wants to make them prominent in society as <i>Majors</i>, that there is a need to work on them, for instance, poor children, deserving people etc. Moreover, we also want to spread awareness on different topics like child self-protection, street animals feeding etc.</p> <p>For this specific semester, we will work on our first program “<i>Child Safety and Protection</i>”. In this, we will mainly work on spreading awareness on how much is this important to talk to your children for their safety and to protect them from evils of society. Most importantly we want to introduce people with some safety and protection techniques through which they can teach their children, to protect themselves more precisely.</p>
Name and Team Members Roles	<p>Member 1: Name: Rabeea Anwar Roll No: 21906 Project Role: Manager</p> <p>Member 2: Name: Rida Ahmad Roll No: 21919 Project Role: Finance Coordinator</p> <p>Member 3: Name: Atif Hussain Niazi Project Role: Social Media</p>

	<p>Coordinator Roll No: 21913</p> <p>Member 4: Name: Muhammad Jaffar Roll No: 21932 Role: Content Writer</p> <p>Member 5: Name: Waseem Sajjad Roll No: 21839 Role: Secretary Affairs</p> <p>Member 6: Name: Kifayat Hussain Roll No: 21801 Project Role: Media Person</p>
Location/ Area of project	Islamabad / Rawalpindi
Duration of Proposed project	<p>Start Date: 2nd Nov, 2020</p> <p>End Date: January 2021</p>
Beneficiaries	<ul style="list-style-type: none"> ✓ Children (<i>4 years and above</i>) ✓ Families (<i>specifically parents</i>)
Local available resources	<ul style="list-style-type: none"> ✓ Children Organizations ✓ Schools ✓ Colleges ✓ Teachers ✓ Orphanages ✓ Parents ✓ Public Areas (<i>family parks, malls</i>) ✓ Volunteers ✓ Laptops ✓ Camera ✓ Mics ✓ Posters ✓ Social Media Platforms
How will this project benefit your community	<p>Background: <i>“Child abuse and harassment rate is increasing day by day and no one is properly working on basic safety concepts despite they know about it.”</i></p>

A wave of child abuse is increasing rapidly in Pakistan and authorities seems to doing nothing much to end this menace. SAHIL reported that in 2020, from January to June, 1034 cases of child abuse have been reported which means that at least seven children are abused daily.

Abuse can be in many forms, and children suffer a lot after this, both in physical and mental states.

Need:

“We need to take steps forward to spread awareness and to motivate people to fight against this menace”

There is a need to talk to our children about this topic, that what is good and bad touch, what is right and wrong, how to say no and how they can protect themselves.

As the famous quote says “*Nip the evil in the bud*” we should also think that how can we end this evil from roots. The abuse cases often start from minor and usual things such as, closeness of any relative with your child, then trust building and then big things happen.

We should inform our children earlier to avoid such circumstances. Because it is very difficult for children to come back to life and leave this trauma behind after abuse. This destroys their mental health. If children know from very start that how they can protect themselves, what should they do if they feel insecure or unsafe and who to trust or not, we can lower the chance of abuse. If children are aware about this, then these unusual situations can be prevented.

SDGs:

As the goal number 3 of SDG’s is “*Ensure healthy lives and promote well-being for all at all ages*”. And the sub goal of this goal is “*To prevent mental health and to promote*

	<p><i>wellbeing” and we are focusing on the mental health of children.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> ✓ To aware children about basic safety concepts. ✓ To aware children about how to deal with strangers in streets/outside places. ✓ To motivate parents to talk to their children about this stuff ✓ To build confidence in children that they should say no, when they feel unsecure. ✓ To introduce concepts like, safe circle graph, secret family wording etc ✓ To motivate teachers that they should teach children about basic safety concepts from kindergarten level ✓ To convince school authorities for arranging awareness programs for minor kids and adolescents repeatedly. ✓ To form a teachers and parents community (facebook, email or whatsapp groups), so that we can sustain our project through them.
<p>Management of SAP</p>	<p>Feasibility:</p> <p>This project will start from our organization social media pages with the help of our team members, then we will conduct surveys from students and parents to know their opinion and to have an idea about their knowledge of our specific topic.</p> <p>Then we will launch awareness campaigns and orientations by having virtual sessions through our social media platforms and will have parents as audience mainly.</p> <p>Also, we will arrange these awareness campaigns in schools, colleges and orphanages for having direct discussions with children or teachers.</p>

	<p>We will approach suitable organizations which are currently working on child protection and we will try to collaborate with them.</p> <p>We will try to arrange discussion desks in malls and family parks because, parents do come with their children in these places we will be having direct discussion with those parents.</p> <p>We will expand our organizations by involving volunteers as our ambassadors from different universities.</p> <p>At last we are planning to shape a teacher and parents' community, through which we will forward and communicate the new techniques or researches on child safety.</p> <p>Continuity:</p> <p>The idea of our organization is to launch different projects one by one. For this we will identify the problem and will try to come up with some sustainable and feasible solutions and we are constructing this organization so that we can also run this after completion of our degree program by working on multiple projects. We will continue this project with the help of our social media pages, which already have been created. We will be doing awareness programs in future and will arrange different activities through our volunteers and forwarding new techniques to our teachers and parent community.</p>
Measuring the success of SAP	<p>Outcomes:</p> <ul style="list-style-type: none"> ✓ Children should know about basic safety concepts. ✓ Children should feel confident in saying <i>no</i> and opposing stuff which makes them uncomfortable. ✓ Formation of a small positive community through facebook/ whatsapp groups in which we

	<p>will be having parents and teachers from different institutions.</p> <ul style="list-style-type: none">✓ To make safety concepts practical.✓ Parents will get to know about some easy and informative safety measures or techniques. <p>Measuring tools:</p> <ul style="list-style-type: none">✓ Responses on volunteer forms.✓ Results of questionnaires before and after our awareness campaigns.✓ Traffic on our social media platforms.✓ Response from our online sessions.✓ Traffic in our community facebook/whatsapp/email groups.
--	--

CHILD SAFETY & PROTECTION



Making Minors Major launched its first program on **CHILD SAFETY & PROTECTION**. The reason behind launching this program is the increasing rate of child abuse world widely and its life lasting adverse mental and physical effects on children. Also the fact of need of immediate solution to this problem, to end this menace from its bud, cannot be denied.

MMM thought that it is not possible to capture all the abusers but what we can do is, **we can protect our children by making them aware & by educating them about their safety**. This program seeks to create awareness among children and parents about some basic safety concepts through which the chance of kidnapping, exploiting and abusing can be reduced and neglected.

SAHIL reported that in 2020, from January to June, 1034 cases of child abuse have been reported which means that at least seven children are abused daily, still there are hundreds of cases which have not been reported, so the high rate of child abuse in Pakistan can be imagined. Abuse can be in different forms, sexual, physical, neglect, emotional and children suffer a lot after this, both in physical and mental states.

Children who suffer abuse feel most of the pain inside. Many children suffer low self-esteem and feelings of guilt, often blaming themselves for the abuse. They find it difficult to have trusting relationships and experience loneliness and bullying. Children often have feelings of hopelessness, hate, despair, misery, and rage, sometimes talking about feeling suicidal or self-harm. Children can also have direct physical effects such as Cuts, Broken bones, Health problems, Under-nourishment or even DEATH. Some physical health consequences faced by children are Diabetes, Lung disease, Malnutrition, Vision problems, Heart attack, Arthritis, Back problems, High blood pressure, Brain damage, Migraine headaches, Cancer, Stroke, Bowel disease, Chronic fatigue syndrome. Research shows that children who have suffered abuse are more likely to have lower educational attainment and suffer from drug and alcohol dependency. Long-term physical and mental health difficulties including depression can be a consequence. Research shows that many individuals who commit serious offences suffered from abuse during their childhood. The impact of abuse is on the child as well as on the child's family. They can also be affected with family members anxious and unsure about how to support a child who has been abused. A child's behavior and attitudes can be difficult to deal with, and families often struggle to know how to cope.

Team MMM decided to play their part towards the betterment of society and in bringing out some positive change by reducing this problem.

SAFETY & PROTECTION TECHNIQUES



MMM felt that, this is the need of time to educate and aware children of different dangerous situations and to empower them for their self-protection. But as this issue is extremely sensitive and mostly parents feel hesitate while talking to their children about this specific problem and avoid educating them about their body safety, MMM decides to choose some specific and basic areas of child protection to work on, so that parents can be easily convinced to start conversation with their children regarding their safety.

Five main safety concepts were finalized and the content is very carefully selected, so that parents could not hesitate while talking about this.

Those 5 selected safety concepts were:

- Good & Bad Touch
- 3 R's Rule
- Secret Family Codes
- Safe Circle
- 3 Feet Distance

Child Sexual Abuse is one kind of the abuse which is mostly done by the abusers. But according to studies, abuser tends to do physical abuse to children first, and this physical abuse becomes the base for the sexual abuse. So these safety techniques which were selected by MMM were more concentrated to protect children from physical abuse, so that sexual abuse can be stopped indirectly.

Safety Concept #1
‘GOOD & BAD
TOUCH’

Core of Concept:

To give minors the education to recognize inappropriate gestures and to give them the confidence to protect themselves, to teach them about their body, body rights and private body parts. It is basically about to make children understand about the difference between good and bad & right and wrong and to make them aware & alert.

Explanation:

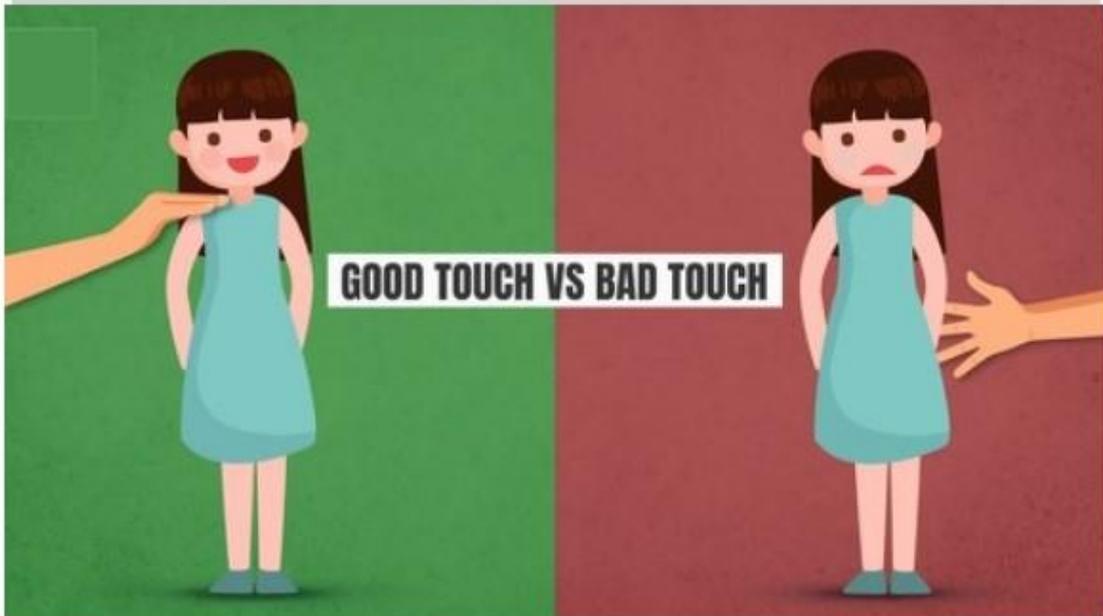
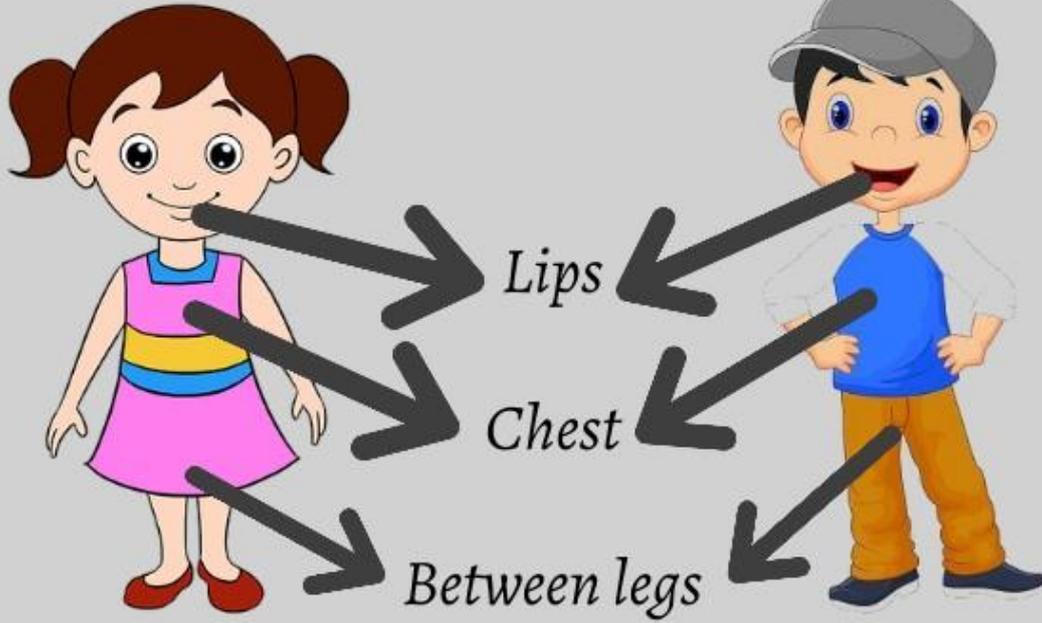
In the child abuse cases, 90% abusers are relatives or the close people. Those people firstly made children attached with them and gain children as well as parents trust and they make sure the parents that their child is safe with them.

Abusers mostly inappropriately touch the children and many of the children did not even notice this thing that someone is doing wrong with them. The reason is that children don't know that which touch is appropriate and which is inappropriate to them. This is the mistakes of parents also that they did not teach their child about this.

In this safety technique, MMM decided to firstly teach children the difference between good and bad touch & which touch is appropriate and which is not. For this children need to know about their body parts, private body parts and then about touches. Children should know that who can touch them & who cannot and to make aware and alert about their body because their body is their privacy. This might seem difficult to parents to have such conversations with kids but this can be done by talking to them and by making friendly environment with them, by giving them the space to talk about the stuff with both of them. Parents can easily start by teaching kids about their private body parts and by letting them know that no one can touch them there.

Then the content is designed by Project Manager Ms. Rabeea Anwar for children as children learn more quickly by visualization (use of pictures). Ahead are the designed posters for this protection concept.

Don't let anyone touch your



If anyone touch your private parts



If anyone tells you to keep it a secret



If anyone tries to beat or hurt you



Bad touches

Your father holding you



Your father hugs



Your brother pulling your cheeks



Good touches

Good Touch Will Makes You
HAPPY



Bad Touch Will Makes You
SAD



Safety Concept # 2

‘3 Rs Rule’

Core of Concept:

This safety concept aims to teach and empower children that what should they do if they feel that someone is touching them inappropriately and making them uncomfortable.

Explanation:

When the abuser crosses their line, they tell child to not to tell anyone about this and ask them to keep it as a secret between them. Then it becomes hard for children to understand what is happening and it is also very hard for them to tell someone, so kids often don't say anything. If we don't find out and if these abused kids don't get help, their lives turn upside down. They may become depressed and then occurs a big chance of drug addiction in such kids but this is not any parent wanted for their kid. So to stop this, what we can do is to make children as much aware and as much empower as we can. For this children should be taught to tell their parents if someone tries to harm them or tries to make them uncomfortable. Children should know that there is no concept of 'secrets' with any stranger or with any relative. And if someone is making them uncomfortable, then they should report it. For making this easy for children a new term is derived '3 Rs Rule'. This involves 3 Rs. The first R stands for Recognize, Second R stand for Run & the third R stands for Report. It will make children easy to understand, how to report the abuse if happens. This involves 3 easy steps. Recognize, Run & Report. Children should be grown up in a smart way that they should be able to **recognize** the bad touches & if they recognize such things, they should be empowered to say **no**. Children should be able to scream instead of being scare. The second step is to **run**. If children are able to recognize bad things make them confident to run away from that person immediately by hitting or biting them. And the last step is **Report**. This concept aims to make children able to report abuse in any case, they should not be scare of anyone and should immediately report to their parents.

Then the content is designed by Project Manager Ms. Rabeea Anwar for children as children learn more quickly by visualization (use of pictures). Ahead are the designed posters for this protection concept.

R # 1

Recognize

Recognize Bad Touch & Say
'NOOOOO' Loudly



R # 2 RUN

Run Away From That Person



R # 3 REPORT

**Always Tell Your Parents
About This**



Safety Concept # 3

‘SECRET

FAMILY

CODES’

Core of Concept:

To make children aware of some dangerous situations while they are alone and to make them understand to not to trust on anyone nor on relatives neither on strangers without permission of their parents.

Explanation:

This is the third child safety concept initiated by team MMM. This is a very clever security measure and children needs to be trained to understand it. There occur many situations in daily life when parents have to leave their children alone. For instance, parents are out for their jobs or other chores & children are alone at home. Or it is also possible that a child may go out without informing parents. In such cases, the chance of children to get kidnapped is increased, because children are kidnapped or misplaced when they are alone. So this safety concept is very interesting & it will teach children to no to get panic when alone & how to deal such situations. This safety technique basically demands parent effort and willingness.

Secret family codes are basically those codes or passwords which are secret between the child and parents. Parents need to understand this concept first and then they will make their children understand. Parents need to make some secret codes with their kids and ask their kids to not to go with any relative or any stranger when they are alone anywhere. Furthermore, parents should also teach their children that if someone is continuously insisting them to go with them and says that 'your father or mother has sent us', so children must remember to ask that person about the code which their parents have told them. If the person tells the right code then the kid can go with that person but if the person tells the wrong code, then the child should not go with such person at any cost. This can lower the chance of kidnapping and then getting abused. Actually codes are some words or can be numbers , alphabets, sentence or anything else which a child can easily remember and these codes are pre decided between the child and the parent. So if a child is alone somewhere he can somehow protect him/herself with the help of such codes.

Some situations are being created by project manager Ms. Rabeea Anwar to explain this concept. Ahead are the designed posters.

SITUATION # 1:

#ProtectChildrenSaveFuture



It can clearly be demonstrated from this picture that a person is saying a girl child to go with him but the child is asking for the password from that person. Now here is something important to note, its not clear in the picture that whether the person is a stranger or someone who in known to child. And this is the thing we want to make parents understand that no matter relative or a stranger, the safety of children comes first & parents should also not trust anyone when it comes to their children.

So this picture is explaining a situation where a person who can be a stranger, a relative, caretaker, parent's friend , came to the child and saying her that 'your mom asked me to take

you home'. But the child is clever enough that she is asking for the 'password' which her mom must have told that person if she sent him.

Now it is the responsibility of parents to guide and train their children to remember the passwords and to ask about password from people in such situations. So now if that person speaks the right code, then the child can go with him but if he told the wrong code, the child will not sit in the car and will know that the person is trying to trap her. If she recognizes these things, she can run from this situation and can be protected. She can start shouting while standing at the same place etc.

SITUATION # 2:

#ProtectChildrenSaveFuture



This is the second situation in which the child is at her home and a person came, who can be a stranger and also can be known to the child. Now again it's the responsibility of the parents to guide kids to not to open the doors when alone at home. And again in this picture the kid is clever enough that she is asking about the code word that her mom must have told that person who is standing outside.

Some important points for parents to remember about **Secret Family Coding**.

- Parents must teach kids to not to share their code with anyone, This code must remain in between the kids & the parents
- Code must be changed or renew within a month or less because kids might share the code with people.

Safety Concept # 4

**‘SAFE
CIRCLE’**

Core of Concept:

To make children familiarize with the people upon which they can trust and to make them understand that every person is not their well-wisher.

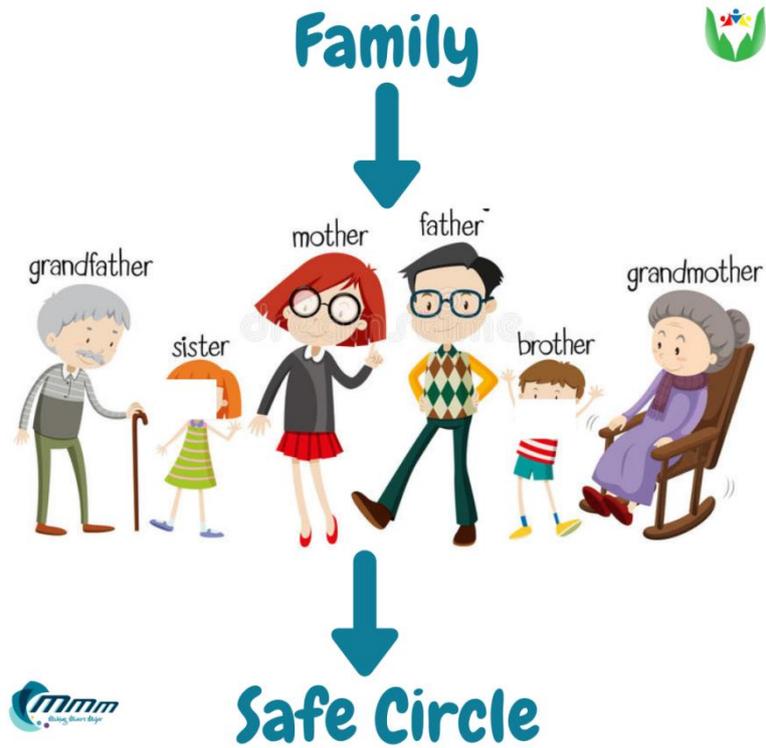
Explanation:

90% of abuse to children is done by the people who are known to children like neighbors, parents friends, cousins, relatives etc. And study shows that 1 from 4 boys & 6 from 10 girls are abused before they turned 18, but is that what we want for our kids? Absolutely not. So what we exactly can do is quite simple, and it is to make children understand whom they can trust and whom they should not, among which people are they safe & among which they are not. Children also need to know who are the trusted members of our family and society and who to confine when parents are not available.

So the concept of **Safe Circle** clearly explains all the above things. Parents can start such conversations with children as they grow up and start recognizing the people of their home.

Parents must tell children that what safe circle is. Safe circle is a group of people in which children are safe. Tell your kids that there are also some bad people in this world and it can be dangerous to be around them. So parents need to teach their children that safe circle includes only family members, for instance father, mother, brother, sister and grandparents. Everyone except these are out of their safe circle and they should not trust anyone except of the people in safe circle. Parents must give children the confidence that they can talk about everything to the people in their safe circle & tell them not to hide anything from them.

This poster was designed by the project manager Ms. Rabeea Anwar to make children understand about safe circle.



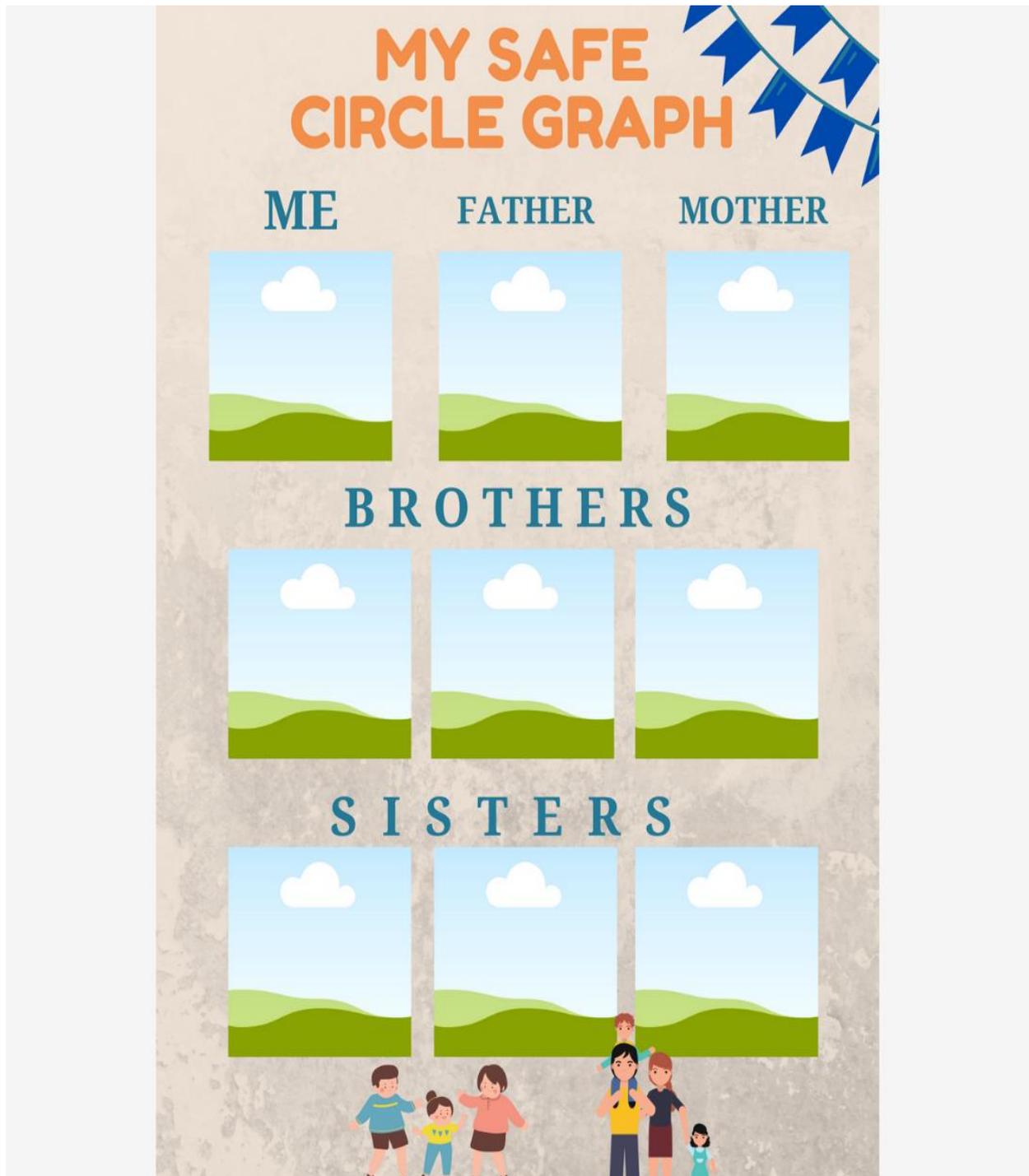
Here are some other posters designed through which children can learn few important things, for instance to not to go with anyone alone except the people of their safe circle, to not to talk and give information to unknown people, to not to take anything to eat from people except of safe circle.





SAFE CIRCLE GRAPH:

This activity is designed by project manager, Ms. Rabeea Anwar. The idea behind this activity is to familiarize kids with their safe circle. Parents needs to spare some time for their kids and should do this activity with kids as it will engage them and when children will paste their family pictures in this graph, it will be easy for them to remember about their safe circle. Its easy for children to remember something which they perform by themselves.



Safety Concept # 5

**‘3 FEET
DISTANCE’**

Core of Concept:

To make understand parents and children the importance of maintaining a particular distance with everyone because the chance of physical abuse increases when there is no distance maintained and people start physical interaction with kids.

This protection concept will help children to have some time and will ultimately maximizes the time for kid to run and to protect them from possible abuses.

Explanation:

The fifth safety concept is 3 feet distance. This can help us to ensure more safety and protection of our kids from different abuses. To make children understand about this, parents need to talk with their children politely and carefully and make them enable to recognize the good and bad actions to them. Because most of the time abusers physically abuse small children and children cannot recognize that. There are many reasons behind it, may be children might not been educated about this, they might don't know what is happening with them. So, if they maintain a distance with people around them, the chances of such harm can be lower.

Parents must teach children to keep a minimum of 3 feet distance with everyone around them so that no one can cause them any harm.

Posters are also designed for this concept.

DANGER is not always **STRANGER**

Teach your child to maintain **3 FEET** distance from everyone

#ProtectChildrenSaveFuture

mmm
Honey (Honey) Water

Made with PosterMyWall.com

Parents can use the following poster to make children easily understand how to make a distance. As children learn more frequently from physical activities, so we can easily ask our kids to maintain a distance equal to their arms, by stretching their arms outwards as shown in the below poster.



MMM focuses on making protection of children interesting for them by thinking out of box and planning such activities through which children will take more interest and will understand things easily. It is not that difficult to talk to kids and to teach kids about their safety. It can be natural, as parents teach their children how to cross roads for their safety, in the same way parents can teach their children how to maintain distance with others for their safety.

Team MMM also focuses on some other important points regarding maintain the distance. When kids do not maintain a distance and get close to people, they may sit on the laps of others, or they can give hugs to other which can also be dangerous sometimes. So MMM put emphasis on not to giving hugs and not to sitting in laps of anyone, instead of these gestures, other symbolic action should be promoted like waving hands to communicate with kids.

DANGER is not always STRANGER



NO Hugs From Anyone & don't sit on anyone's lap



#ProtectChildrenSaveFuture



COLLECTIVE IMPORTANCE OF SAFETY CONCEPTS BY MMM

In the families, schools, madrassas and community children should be fully protected so that they can survive, grow, learn and develop to their fullest potential. Millions of children are not protected and their lives are at risk. Many of them deal with violence, abuse, neglect, exploitation, exclusion or discrimination every day. So these safety techniques are very designed comprehensively to protect self-esteem, respect, privacy & lives of children so they can grow without the guilt of being abused and can be the best versions of their selves.

Also, these safety concepts will help children to not to face mental trauma which has become the biggest issue now a days. Because of getting abused children suffer mentally and their mental health just got destroyed which effect their whole life chores and personality, so these safety techniques will help children to protect themselves from being abused so they will not face such psychological problems and damages.



PROJECT PROCEEDINGS



MECHANISM FOR PROJECT:

As decided about completing the community hours & the demand of social action project to do project physically, team MMM planned to visit schools, colleges, universities, orphanages, family parks, malls and other different places for conducting awareness sessions, activities & seminars as stated in project proposal. So to make this plan implemented we visited different schools of Islamabad and Rawalpindi. At start some of the schools did not allow us to communicate with kids as the topic is sensitive and administration of school says that parents do not allow us to talk to children about this issue. And some of the schools denied to conduct physical sessions because of corona pandemic and allows us to have online sessions with the teachers.

But with our continuous efforts, we made it possible and got permission letters from 8 schools. The confirmation letters are attached ahead.

Ms. Rida Ahmad, Mr. Atif Hussain Niazi & Mr. jaffar visited The Play School in F8 & got much appreciation for doing project on such sensitive topic. The administration there cooperated and gave permission for conducting sessions. This appreciation motivated the whole team to continue project with more interest.

CHANGE OF PLANS DUE TO COVID 19 PANDEMIC



GENERAL SURVEY CONDUCTED TO KNOW ABOUT PUBLIC OPINION:

Team MMM has conducted a general survey to know about the opinion of public regarding child abuse, child safety & child protection. And the results made us more motivated to work on child safety so that we can play our part to reduce damage. Survey got 109 responses in total in which 45% are female and 55% are males. 67% of them are university students in which 58% of them said that their parents have not talked to them about any safety concepts or how can they protect themselves. The sad news came to us that 66% of them faced abuse / harassment as a child. In that 66%, 64% of them faced physical abuse, 12% faced sexual abuse & 25% of them have gone through both. Also in that 66%, 38% of them have been abused 1 time in their life and 26% of them were abused more than 4 times. And the worst news was that in 45% cases, abuser was relatives. 36% of them did not tell their parents about abuse happened to them and they faced a lot of mental health problems. 27% of them told their parents but they also went through mental trauma, 25% of them tried to talk to their parents about this but they could not make it and suffer alone from anxiety and depression and 11% of them never tried to talk and made themselves rigid. 72% of them got severe mental health problems. 81% of them got personality changes.

After seeing such results, team MMM completed this project with motivation & sincere efforts.

STRATEGY MADE FOR USING VIRTUAL PLATFORMS FOR PROJECT CONTINUATION:

All the team efforts went in vain because of second wave of covid 19 in Pakistan which results in closure of all the educational institutes. With all these difficulties, we shifted our project to virtual platforms which mainly involves facebook & instagram.

Official social media accounts were made:

Facebook Account Details:

Account name: Making Minors Major

Account username: makingminorsmajor

Account link: <https://www.facebook.com/makingminorsmajor>

Instagram Account Details:

Account name: Making Minors Major

Account username: making_minors_major

Account link: https://www.instagram.com/making_minors_major/?hl=en

ANIMATED VIDEOS:

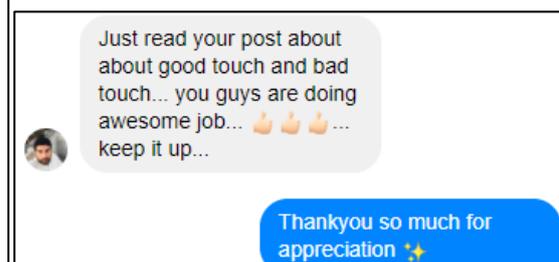
As whole project is shifted online, it was difficult to engage with public so team after brain storming decided to make own videos for explaining safety concepts & also to make animated videos for kids, so they will be interestingly engaging with the concepts.

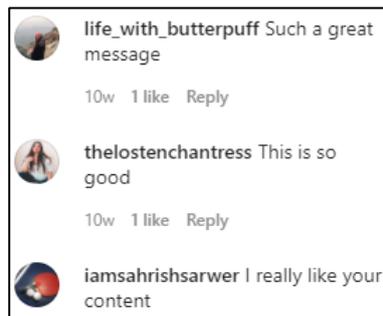
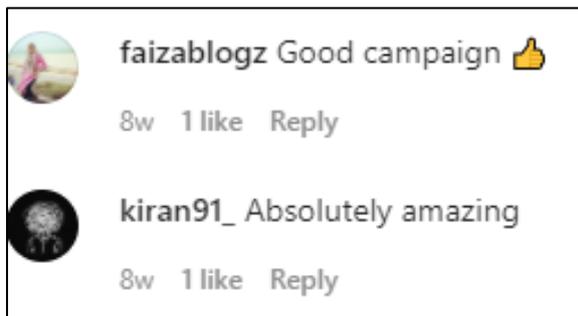
Again with her expertise, Ms. Rabeea Anwar designed the creative animated videos and we got such overwhelmed response and appreciation.

All the team members also made their videos. Ms. Rabeea Anwar started with a motivational video for parents to encourage them to listen to our cause and got 942 views. Then Ms. Rida Ahmed made her explanatory video on the safety concept of '**secret family wording**' & got 317 views. Mr. Jaffar made his video on the importance of the safety concept '**3 feet distance**' & got 729 views. Mr. Atif Hussain Niazi made his video on the concept of '**safe circle**' and got 1.7K views.

Every team member put efforts in promoting each other & our organization. And putting all efforts team got amazing response on the pages as the page follows, likes, comments, views etc. At this time the official facebook page of MMM has **700** plus followers and our videos hits **1000** plus views, Students from different universities contacted us to join our team.

Some of the appreciation from public is shown below in pictures.





SUPPORT & APPRECIATION FROM

NATIONAL & INTERNATIONAL ORGANIZATIONS

Many national as well as international organizations appreciated team MMM for uniting a youth group and for creatively working on Child Safety.

Following are the organizations who supported our cause.

- **Heaven in Humanity**

HIH is an NGO from India. They are working on providing education for the unprivileged children. Also they are providing necessity to the needy people & also working to save nature. HIH approached us on instagram & appreciate our efforts.

- **Isorroppia Foundation**

This is a UK based foundation working on improving mental health of people. They also approached us on instagram, appreciate us & offer to provide mental health services if needed in our organization MMM.

- **PAHCHAAN**

PAHCHAAN (Protection & Help of Children Against Abuse & Neglect), also approached us on facebook and appreciated us and offer our team some future collaborations. Later on, team MMM collaborated with PAHCHAAN for a webinar.

- **VCAN PAKISTAN**

VCAN (Voices for Children's Aspirations & Needs) approached and contacted us and after a lot of discussion, offered us collaboration future & participation in UNICEF's project of providing children PFA (Psychological First Aid) in which team MMM with some volunteers participated.

- **ZINDAGI TRUST**

Zindagi trust is also an non profit organization of Pakistan which is working on transforming Pakistan's government schools. This organization is headed by Mr. SHAHZAD ROY, a well known singer and a child rights / social activist of Pakistan. As in start our plan was to do this project physically, so in start we send our proposal to different child organizations of Pakistan. Ms. Sana Kazmi, Head of Special Programs & Advocacy, Zindagi Trust, contact us & appreciate our proposal by saying 'Your project is much-needed and seems to be reasonably well-planned As an organisation based in Karachi, what help are you looking for from our end?' After having multiple email discussion of Ms. Rabeea Anwar with Ms. Sana Kazmi, she said that Zindag trust is Karachi based and only works in Karachi but in future, they are going to open their office in Islamabad, so they will contact team MMM soon for working in Islamabad.

We are so thankful to Ms. Sana, as she referred us to SAHIL organization in Islamabad but due to covid Ms. Rabia Batool, Resource Center Coordinator SAHIL also denied to collaborate saying 'Sana has forwarded your request to us but unfortunately for the time being we are not entertaining any request of training intervention because of COVID-19'. But they also offered us future collaborations after covid.

So, at this stage MMM is seeking future collaborations with Zindagi Trust, VCAN, PAHCHAAN & SAHIL.

SUPPORT & APPRECIATION FROM UNIVERSITY STUDENTS & THEIR MOTIVATION TO JOIN MMM

As a lot of students from different educational institutes show their interest to join MMM & were willing to work for MMM voluntarily, so we decided to build up our organization by adding ambassadors & volunteers from different universities & colleges with the help of which we can promote our cause and can grow. So MMM open up the platform and made a google form for the students to join MMM as Campus Ambassadors & Volunteers. The idea is that Campus Ambassador from an institute will head all the other volunteers from that institute. Many students apply for the ambassadorship. The exact figure is 42. The following students have been selected as campus ambassadors and volunteers.

	Name	Institute	Designation
1.	Aimen Mehboob	International Islamic University	Ambassador
2.	Namra Altaf	International Islamic University	Volunteer
3.	Kumail abbas	Federal urdu university islamabad	Volunteer
4.	Mohsin Hassan	SZABIST	Ambassador
5.	Wazir Adil Shabbir	SZABIST	Volunteer
6.	Ch. Muneeb	Air University	Ambassador
7.	Maryam Munir	Air University	Volunteer
8.	Aksam javed	Air University	Volunteer
9.	Misbah Haider	NUML	Ambassador
10.	Usama	NUML	Volunteer
11.	Muniba Khan	NUML	Volunteer
12.	Aksam Javaid	NUML	Volunteer
13.	Eruj Noor Fatima	COMSATS	Ambassador
14.	Minahil Fatima	UET Taxila	Ambassador
15.	Zonaira Tariq	UET Taxila	Volunteer
16.	Laiba Khan	University of the Poonch, Rawalakot	Ambassador
17.	Laiba Khan	University of Belgium	Ambassador
18.	Kashif Ali	UMT Lahore	Ambassador

19.	Mehmood ali	Urdu Fedrel University Karachi	Ambassador
20.	Munawar Ali	Hamdard University Islamabad	Ambassador
21.	Muhammad Amjad	Mirpur university of science and technology MUST Mirpur AJK	Ambassador
22.	Ahsan Ali	Arid Agriculture University	Ambassador
23.	Fatima Batool	Uswa Girls Public school Skardu Baltistan	Ambassador
24.	M Haris Bilal	Army Medical College Rawalpindi	Ambassador
25.	Sadaat Ali	Iqra University	Ambassador
26.	Muhammad Mazahir	Hazara university	Ambassador
27.	Zainab Bashir	Bahria University Islamabad	Ambassador

MMM AMBASSADORS / VOLUNTEERS



ACTIVITIES PERFORMED



ACTIVITY # 1

COLLABORATION WITH VCAN PAKISTAN

VCAN (Voices for Children's Aspirations & Needs) is a Lahore based organization which is working on child rights & child safety. VCAN was an initiative of UOL (University of Lahore) but now it is working as an independent child organization. A representative Ms. Azka Ali, General Secretary of VCAN approached Ms. Rabeea Anwar, Project Manager of MMM. A meeting took place in which VCAN offered MMM collaboration for the project given to VCAN by UNICEF. So VCAN & MMM joined hands. The project basically is to identify marginalized areas of different districts of Punjab province and to conduct community sessions in such areas and to educate children about their rights, body rights, their safety, to teach them safety measures & self defense techniques & to provide PFA (Psychological First Aid) to children.

With the help of team members of MMM, Atif Hussain Niazi & M Jaffar, some marginalized areas have been identified & SabaTrust, an orphanage in Rawalpindi has been finalized to conduct the community session.

On 30th Dec 2020, the session was conducted at Saba Trust Rawalpindi. Team members, Ms. Rabeea Anwar & Ms. Rida Ahmad along with two volunteers of MMM, Ms. Eruj Noor Fatima & Ms. Zainab Bashir conducted the session. Ms. Azka Ali, VCAN representative, came from Lahore to join team MMM.

The session was successfully conducted. At first, team aware children about their rights, specifically their body rights. Then some self defense & stress releasing techniques were taught to them. 23 girls were given PFA (Psychological First Aid) and awareness on VAC (Violence Against Children) where as 8 of them were referred to PACHAAN's professional psychologist on the account of physical & emotional abuses who would provide them psychological aid & teach them how to deal with their traumas free of cost in future.

Team members & volunteers of MMM are also awarded with appreciation certificates

PICTURES FROM VCAN & MMM COLLABORATION



13

13 A

FILM NEGATIVE

13

13 A



FILM NEGATIVE

13

13 A



14

14 A

FILM NEGATIVE

14

14 A



FILM NEGATIVE

14

14 A

ACTIVITY # 2

WEBINAR COLLABORATION WITH PAHCHAAN



Webinar on Child Abuse, Safety & Protection'

Governance Education Network
Department of Governance & Public Policy



Making Minors Major (MMM) is an initiative of GEN (Governance Education Network) a student body of GPP Department which aims to enhance the skills of students and to make them empowered & Dynamic leaders.



Dr. Naem Zafar Khan

HoD Child Right Department, UOL
President PAHCHAAN

Topic 'Child Protection In The Times of Covid-19'



Ms. Mehak Naem

Lecturer Child Right Department, UOL
Director PAHCHAAN

Topic 'Child Protection System In Pakistan'

 [making_minors_major](#)  [makingminorsmajor](#)

Project manager, Ms. Rabeea Anwar, tried to contact different organizations for conducting webinars & approached Dr. Naem Zafar Khan, who is President of PAHCHAAN and Ms. Mehak Naem, who is one of the leading directors of PAHCHAAN.

A Successful webinar took place on 3rd January, 2021 at 1:00 pm to 3:00 pm. Total 80 participants attended the webinar and a fruitful discussion was held.

Dr. Naem Zafar with his huge experience in the field of Child Protection gave presentation on the topic of 'Child Protection In The Times of Covid 19'. And Ms. Mehak Naem who is also the daughter of Mr. Naem Zafar, being the lecturer & PHD candidate of Child Safety explains the 'Child Protection Systems in Pakistan'.

ACTIVITY # 3

PUBLIC AWARENESS SESSION:

A public awareness session by team members Atif Hussain Niazi & M Jaffar was held at Allama Iqbal Park Rawalpindi.

Team had a great discussion with parents on the topic of child protection & convinced the parents to teach their children some safety concepts which will help them to protect their selves in difficult situations. Also the members got much appreciation from parents at the park.



PROJECT FUNDING



This project is fully funded by the team MMM. At initial stages, the idea was to collaborate with child rights organizations and to take funds from them but due to covid the plan was not implemented & the team members of MMM collected Rs. 5000. Each member contributed Rs. 1000 through which the expense of project was directed.

This finance expense sheet of MMM is designed by Ms. Rida Ahmad, the Finance Coordinator of MMM.

DATE	EXPENSE DETAILS	EXPENSE
26/10/2020	From NUML to I-8 schools (grammar school) transport rent	Rs 110.00
26/10/2020	From 1-8 schools to NUML transport rent	Rs 180.00
26/10/2020	Lunch	Rs 300.00
26/10/2020	From NUML to G-8 , Rabeea's home transport rent	Rs 200.00
02/11/2020	From NUML to G-7 schools transport rent	Rs 250.00
02/11/2020	G-7 schools to G-6 schools transport rent	Rs 130.00
02/11/2020	G-6 schools to F-8 schools transport rent	Rs 200.00
02/11/2020	F-8 schools to Centaurus Mall slamabad	Rs 80.00
02/11/2020	Centaurus Mall to NUML	Rs 210.00
02/11/2020	From NUML to Play School F-8/4	Rs 270.00
02/11/2020	Play school F-8/4 to Scholar Nova	Rs 150.00
02/11/2020	Scholar Nova to City school	Rs 170.00
02/11/2020	City School to Centaurus	Rs 160.00
02/11/2020	Prints and files	Rs 260.00
06/11/2020	From G-8 to Telecome Foundation transport rent	Rs 100.00
06/11/2020	From G-8 to School New Era & Educator transport rent	Rs 100.00
06/11/2020	From G-8 to G-6 Pies School transport rent	Rs 180.00
06/11/2020	From Pies School to Educators transport rent	Rs 50.00
06/11/2020	From G-6 to G-8 transport rent	Rs 200.00
10/11/2020	From Numl to Play school for picking up confirmation letter	Rs 350.00
12/11/2020	From Play School F-8/4 to NUML	Rs 150.00
12/11/2020	From NUML to Maple Tree school	Rs 200.00
12/11/2020	Maple tree school to NUML	Rs 200.00
30/12/2020	From POTOHAR STATION to SABA TRUST (gulraiz behria phase)	Rs 500.00
30/12/2020	From Saba trust to Islamabad	Rs 300.00
21/02/2021	Report Printing	Rs 4000.00
	Total Expense	Rs 9000.00

PROJECT SUSTAINABILITY



SUSTAINABILITY POINT 1:

PLAN TO LAUNCH MULTIPLE PROGRAMS ONE AFTER OTHER

As the idea of building MMM is to work on different programs one after other, especially MMM wants to work on those issues which are not considered normally and if considered, there came no permanent solutions to that. People just create hype on internet once and then forgot about the problem. So MMM will be working in such social issues which are causing harm, they are considered as minor issues, but these minors issues also cause major destructions. Along the first program of MMM, which is '**Child Safety & Protection**', MMM is going to launch its 2nd program, which '**Feeding Street Animals**', this program will mainly be focusing on awareness sessions & also will raise the voice against '**Violence on Street Animals**', which is now a days happening in Karachi mostly. The third expected program of MMM is '**Make a Wish**', this program will basically depend upon donations, as it involves buying things for the marginalized community, children specially. Along all these different but important programs, we hope the best for MMM to grow in future.

SUSTAINABILITY POINT 2:

FUTURE COLLABORATIONS WITH MULTIPLE ORGANIZATIONS

As MMM has joined hands with **VCAN PAKISTAN & PAHCHAAN** and both of the organizations has offered future collaborations to MMM which may includes seminars, webinars, awareness sessions & training sessions, so MMM hopes to be sustainable in future. Moreover, **Ms. Sana Kazmi, Head of Special Programs & Advocacy, Zindagi Trust** has offered future help to Ms. Rabeea Anwar, Project Manager MMM. She says that Zindagi Trust will provide financial aid to MMM for future child safety programs, once they setup their sub office in Islamabad. Last but not least, **SAHIL** has also offered to work with MMM after corona pandemic. Having cooperation & appreciation from such well known organizations of Pakistan, MMM felt proud and will also be working with them organizations in future.

SUSTAINABILITY POINT 3:

CAMPUS AMMBASSADORS FROM DIFFERENT INSTITUTES

As now MMM has 27 ambassadors & volunteers from all over Pakistan and all of those are added in the official facebook group of MMM. MMM has planned to send weekly updates in that group to get all the ambassadors engaged. MMM will try to involve all of them in the upcoming events i.e webinars, seminars, awareness / training sessions regarding Child Safety and Protection & will also engage all of them in the upcoming programs of MMM.

These ambassadors will promote MMM & cause of MMM in their social circles as well as in their institutes.

SUSTAINABILITY POINT 4:

VIRTUAL PLATFORMS OF MMM

As MMM is performing well on virtual platform i.e facebook & instagram and also getting such an over whelming response from public, so MMM has decided to continue the awareness campaigns on these platforms and also will going to start a youtube channel to start earning & for raising fund for the organization.

OBJECTIVES ACHIEVED



MMM has successfully achieved its objectives as expected and stated in proposal despite of shifting project on virtual platforms.

Following main objectives are achieved.

- MMM has aware a section of children from society about some basic safety concepts.
- MMM has aware a section of children from society about how to deal with strangers when alone.
- MMM has motivated a section of parents from society to communicate with kids regarding their safety & protection
- MMM has build confidence in children so that they can say no to the people which makes them uncomfortable.
- MMM has successfully introduced the concepts of safe circle, secret family coding, 3 feet distance etc
- MMM has successfully convinced school authorities for conducting awareness session
- MMM has made an online community of ambassadors from different institutes for promoting the main cause of organization.

CHALLENGES FACED



During this project, team MMM had faced a lot of challenges. The first challenge is to convince our own supervisor for this particular project as the topic is very controversial and sensitive. After the selection of our topic the next challenge was to design the content very selectively so that school administration easily allows us to approach their school kids. After selecting the content, the next challenge was to convince school principles for conducting child safety sessions & training programs. It is the most challenging part of the project because school administrations were not allowing us to talk to kids as they have concern from children parents. After getting rejected continuously from 4 schools, we got worried about the project but we didn't left the hope & again went to the schools & then our efforts gave positive results and schools started allowing us to conduct different activities.

But after shifting the project on virtual platform the foremost challenge was to engage public on our pages which is ofcourse a very difficult part of this project which team MMM faced and overcome by the creativity of Ms. Rabeea Anwar of designing such attractive posts and videos & the because of the promotion of that content by the hard work of the whole team which includes Ms. Rida, Mr. Atif, Mr jaffar, Mr. Waseem & Mr, Kifayat.

SKILLS ENHANCED



Whole team of MMM has enhanced some skills because of this project which includes:

- Communication skills, which includes listening, speaking and writing documents.
- Ability to make decisions and to solve problems instantly
- Finding way outs in hectic situations without being confused
- Ability to organize and plan work is increased
- Ability to manage multiple things at single time is also increased.
- Leadership skills are enhanced.
- Learnt to remain calm in conflicts.
- The art of public speaking and to deliver rightly has been learned.
- The skill of designing and editing has also been improved.

LESSONS LEARNT



We have learned a lot of lessons because of this project. All thanks to MMM.

Lessons learnt are:

- Team work becomes the dream work.
- If anything or any work is performed with passion, sincere efforts & willingness, it will give results for sure.
- Effectiveness & efficiency can be built only with experience.
- Without good & analytical communication skills, it is not possible to deliver your thoughts to the next person.
- Team work requires patience, tolerance and forbearance.
- Time management is required to organize any thing, any event, any webinar etc.
- For working on a specific topic, it is required to get to know that topic deeply & have good know how about it.
- Respect for team members is the essential element of team work.
- Work & responsibilities of each member should be clearly defined and divided from start.
- One should not step back by seeing failure at initial stages because might success s waiting for you at the end of the road.

MAKING MINORS MAJOR

A Project Is Completed When It Starts
Working For You, Rather Than You
Working For It.

And We Will Strive Hard Until This
Project Start Working For Us.



Year: Sep 2020 - Feb2021

**National University of Modern Languages
Department of Governance & Public Policy**