

Dar ul Sukun
Consolidated Monthly Event Report
December 2018

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

**Commemoration of International Day of Persons with Disabilities (IDPD)
Seminar on Strengthening Inclusion**



United Nations International Day of Persons with Disabilities (IDPD) has been annually observed on 3rd December around the world. It aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness on the situation of persons with disabilities in every aspect of political, social, economic and cultural life.

The theme for this year's International Day of Person with Disabilities was "Empowering persons with disabilities and ensuring Inclusiveness and equality". Dar ul Sukun celebrated the International day of persons with disability by organizing the seminar which highlighted on the theme "strengthening inclusion".

Chief Guest of event was MPA Mr. Khurram Sher Zaman and guest speaker was Mr. Abdullah Feroze (CEO of Efroze Group of Companies), renowned TV actress Ms. Sania Saeed, and Mr. Tariq Samuel (Manager- Monitoring & Evaluation- Dar ul Sukun). Sr. Ruth Lewis (In charge of Dar ul Sukun), management team of Dar ul Sukun and a good number of youth belonging from different walks of life attended this event.



Abdullah Feroze while speaking on the subject of disability and social responsibility stressed the need of providing equal human and social rights to disabled persons.

Appreciating the services of Dar ul Sukun, Ms. Sania Saeed said this organization is doing an important duty in a commendable manner. I felt much pleasure being here and to see that the management of Dar ul Sukun taking care of these children in an excellent way.

She said that we all have to remove this impression from our society that due to disability, they are inferior. Almighty Allah has given special ability to everyone; we only need to change our minds if we want to give the deserving status in our society.

Speaking on this occasion, the chief guest, Khurram Sher Zaman said children with disability are a gift from Almighty God which we should value. We need to refrain from ignoring them and considering them as a part of our own life.



He said observance of this day all over the world was aimed at highlighting the problems faced by disabled and stressing the importance; these people have in our society.

He further said that not only a single organization, but we all have this social responsibility to ensure full opportunities for disabled on every platform and safe them from being suffered by the sense of deprivation.

In-charge of Dar ul Sukun, Sr. Ruth Lewis said that persons with disabilities are suffering from the harsh treatment from society and the insane attitude of the government. If these people have support they can also live their lives normal, moreover she said that observing this day meant providing equal human rights to disabled persons so that they also play their role in the progress and development of our country.



In the end, Sr. Ruth presented bouquet to the chief guest and thanked all the attendees.

HUMAN RIGHTS DAY

Humanity Rights -Turning Barriers into Bridges

The United Nations General Assembly adopted, Human Rights Day is observed every year on 10 December. In 2018, Human Rights Day will mark the 70th anniversary of the Universal Declaration of Human Rights. The Universal Declaration of Human Rights includes Innate freedom and equality, Ban on discrimination, Right to life, Ban on slavery, Ban on torture, Right to recognition as a person before the law, Equality before the law and 30 various Articles.

This year on Human Rights Day, Dar ul Sukun focused and emphasized on “Humanity Rights” slogan “Turning Barriers into Bridges”. Worldwide nations focus on human rights arrange various programs and debates arising on Rights of Humans whereas Humanity rights always missed out, so Dar ul Sukun arranged a silent symbolic protest at gate of Mazaar-e-Quaid on 8th December 2018 to enlighten and spread awareness about Humanity rights.



The emerging issues related to humanity and current challenges Dar ul Sukun accompanied with Senior Citizen and Children of Dar ul Sukun leading Heads collaborated this protest holding flashcards to expand awareness in passing by public on road. Dar ul Sukun was significantly highlighted though they were seated in front gate of Quaid-e-Azam Tomb, media coverage was done along with all passing by

public were capturing them on their mobile phone cameras and coming to inquire about the protest and reading flashcards, this was distinctly shown that Dar ul Sukun without making a single sound have prominent voice, Dar ul Sukun holding flash cards spreading awareness about Humanity, mainly focuses on equal Rights as our society making barrier and it is our purpose to turn all barriers into bridges and joining our hands together in this society a spark of light that Humanity is alive in hearts and basic need of each and every human of all age groups.

CSR ACTIVITY IN THE MONTH OF DECEMBER

ENGRO Foods CSR Activity

On 14th December 2018, Engro Foods limited (EFL) visited Dar ul Sukun with 20 employees to spend desirable time with over 100 DUS kids. They bought numerous presents, delicious



refreshment and winter hoodies for kids. For entertainment purpose they got severe presents in which there were Ludo, puzzles, bat & ball, colors & coloring books, etc. they were involved with kids playing bat & ball, making puzzles and helping kids doing coloring in books.

All kids participated effectively in activities and they were enjoying fully, as there was music; kids were dancing and having pretty nice time all around Grand Hall of DUS and every child was involved along with teachers and EFL employees in different games and activities.

Lastly in end kids were distributed refreshment which kids enjoyed having in Hall with such excited and had nice time that morning, EFL donated 250 winter hoodies for DUS which was a kind and generous act. Kids had cheerful and pleasant time whole morning with EFL.

Art Therapy Training

Topic: Art that makes a difference

The group of students from institute of business management conducted a workshop for 20 children at Dar ul Sukun head office on December 4th 2018. The workshop was based on an art therapy. The objective of this therapy was to bring out best and creative ideas from the young, soft and beautiful minds. Facilitator taught the children how to make cap through the card sheet, thumb painting and the basic motor skills. The stationary was arranged by the IOBM team themselves. At the end they distributed goodie bags among the children and took a group photo.



Monthly Activities of the Rehabilitation Department

Rehabilitation department of Dar ul Sukun is working on restoring residents to health or normal life through training and therapy by incorporating several different areas including; Classrooms, Kindergarten & play room, Vocational room, psychological treatments, Physiotherapy, Occupational Therapy, sensory therapy, Sports, Perception in Music and Speech and language. Our core objective is to dispose the social stigma by developing and sustaining right perceptions, professional knowledge and best practices for person with disabilities. Rehabilitation department intends to restore the patient's bodily functions, reduce discomfort and lessen the psychological, social and vocational impact of the injury or disease. Our aim is to provide best services to observe progress in their daily life style.

Special Education

Classroom 2



Classroom 1



KINDERGARTEN



Physical Exercise



Vocational Training



Sensory Room



Psychology department



Physiotherapy



Occupational therapy



Monthly Activities in Dar ul Sukun Quetta Chapter

I-Learn Girls Tuition Centre

Interactive Session on International day of persons with disabilities (IDPD)



International day of persons with disabilities celebrated with neighboring children at I-Learn girls' tuition Centre through an interactive session with the students and other children of slums. Speaker told the students that Many challenges facing persons with disabilities are rooted in negative attitudes which often lead to the exclusion of disabled persons from social and cultural life. The pervasiveness of the prejudice and discrimination affecting disabled

persons and the degree to which they are excluded from normal social intercourse produce psychological and social problems for many of them. Persons with disabilities are not only excluded from the normal social life of their communities but in fact confined in institutions. They are excluded from active participation in society because of doorways that are too narrow for wheelchairs; steps that cannot be mounted leading to buildings, buses, trains and aircraft; telephones and light switches that cannot be reached; sanitary facilities that cannot be used. The message of the session was to include PWDs in every aspect of society.

Annual Result Day 2018

The annual result day of the I- Learn Girls Tuition Centre, was held on Saturday. Best students from all the classes who stood first, second and third in their annual examinations were awarded. The occasion also saw students performing skits.



The Annual day and Christmas Celebration (22nd Dec 2018)



Christmas is for joy, for giving and sharing, for laughter, for coming together with family and friends, for tinsel and brightly decorated packages.

It was surely a Christmas to remember at I-Learn Girls Tuition Centre Essa Nagri Centre. The essence of Christmas came alive when the students and teachers got together and shared the merriment. The delightful celebrations included various activities. The students gelled up as they gave various performances which added up to the joy, sang various choirs and performed on many dance numbers.

Children also spoke about the true meaning of Christmas and ornaments that are hung on a Christmas tree like, the shiny star, the silver bell, the red and white candy, the wreath, the candle and the Santa. The program ended with refreshment.

Monthly Meeting

Monthly meeting held on December 30, 2018 at I-Learn Girls Tuition Centre Essa Nagri Town. The meeting attended by I-learn Teachers and WE staff. Mr. Nisar introduced Mr. Nouman Zobby to staff and welcomes him and appreciated his volunteer service to I-Learn and WE Center.



Monthly Activities at Dar ul Sukun Centre for the Older People

CAPACITY BUILDING SESSION ALZHEIMER'S DISEASE



On 2nd December Mr. Bilal Conducted a Session on Alzheimer's disease. In this session he explained the pathologies of the brain and anatomy of the Brain. In which the audiences tend to know the difference between the Health Brain and the brain having the Alzheimer's disease. He discussed that it an irreversible

disease,

Progressive

disorder that slowly destroys memory and thinking skills, eventually the ability to carry out the simplest tasks. Alzheimer's is the most common cause of dementia among older adults. Therefore, Dar ul Sukun Centre for the older people organized this emerging disease to be discussed with the staff to know managing techniques.



COMMUNITY SERVICES:

OUTREACHERS: LEADING TOWARDS HUMANITY

IQRA UNIVERSITY

On 3rd December Iqra University performed their community services with the elderly. By celebrating their last day of their project having the entertainment with the elderly. By serving them Hi Tea. A cake cutting ceremony was also organized. Through these community services youth can get the chance to eliminate the intergenerational gap between elders and youth, Children and adults. Particularly in terms of interaction.



PERSONAL GROOMING:

VISIT OF MS. TALAT (HAIR DRESSING SERVICES)



Ms. Talat Shan "Hair Stylist Trainer Consultant Visited DUS. And showed her love to the residents by giving them a Makeover. As it is believed self-esteem and confidence can bring us the motivation to live unto. Personal care of the elderly



(Personal Grooming) is one of the thing that can have an impact on the personality. Maintaining a good level of personal care is important for the health and wellbeing of seniors.

RECREATIONAL ACTIVITIES

Walk for Building an active lifestyle in Elderly



On 4th December an activity of walk was organized by the Centre for the older persons. To build an active lifestyle that promotes the Active and healthy ageing. The Walk therapy is the good way to improve heart health. For elderly it offers the numerous heart health benefits. Getting the heart rates up daily



leads to a reduction in the risk of for high blood pressure and high cholesterol, walking therapy is the best form of physical exercise for the elderly.

Melodious Therapy session to foster social connection for elderly



On 8th December IBA Students organized the event at Dar ul Sukun Centre for the older people. This is a group named circus of dreams and a startup at IBA that includes a talented group of individuals from all



walks of life. The Circus of Dreams students arranged the musical night for the elderly. They sang songs and their energizing activities was to put a smile on every resident.

Christmas Preparation

Dar ul Sukun believes in the sharing happiness, to decorate the center of the older people all residents participated to decorate Christmas tree and their living areas.



AWARENESS SESSIONS

INTERNATIONAL DAY OF HUMAN RIGHTS “HUMANITY RIGHTS”



Dar ul Sukun and Centre for the older person’s branch collaborated an occasion of International Human Rights day that is proclaimed by the United Nation. Dar-ul-Sukun held a sit in with the theme of “HUMANITY RIGHTS?” Turning barriers into bridges on Saturday 8th Dec, 2018 at “Quaid-e Azam Mazaar Road” To promote the Social interaction and social integration of older people

On 10th December on the Day of Human Rights Dar ul Sukun also took part in the walk through Government officials and different institutions. At Quaid e Azam Mazaar for the Public Awareness. The media took Coverage to spread the news. There were young Children also who participated in this walk. The walk was to promote and to spread the message of Equal rights and inclusion in the society”

Developing Inter-generational relationships

We Believe "Connections between generations are essential for the mental health and stability of a nation and society, Dar ul Sukun welcome all group of ages to spent their quality time with the elderly to maintain and balance the gap of inter generation.



Christmas Celebration

To commemorate the birth of Jesus Christ, Dar ul Sukun center for the older people celebrated Christmas with the residents.



TABLE OF VISITS AT CENTRE FOR THE OLDER PEOPLE

S.No	Organization/institution	Date of Visits
01	Engro Food Visited Dar ul Sukun for CSR Activity.	17/12/2018
02	New day School Visited Dar ul Sukun center for the older people.	19/12/2018
03	Beacon House School Visited	29 th Dec 2018

