

# **Seminar: Child Protection Awareness Session at Shadab Training Institution for MCC, Sargodha**

**October 10, 2024**

Child Protection awareness, including promoting understanding about disability rights, their challenges, and inclusiveness, requires immediate attention. It fosters a culture of acceptance and empowerment for individuals with disabilities, challenges misconceptions, and promotes a more nuanced understanding of disability. This seminar also inspired attendees to become advocates for disability rights and inclusion, creating a more empathetic and supportive community. Ultimately, it contributes to building a more inclusive and accessible society where individuals with disabilities can thrive. These were the main objectives and learning outcomes for this seminar:

## **Learning Objectives:**

1. Raise awareness about child protection issues and their impact on children's well-being.
2. Educate parents of mentally retarded children on the importance of child rights and the role of families in promoting child protection.
3. Provide information on existing child protection laws and policies in Pakistan.
4. Equip participants with skills and knowledge to identify and respond to child protection concerns.
5. Foster a culture of child protection and promote a safe environment for children.

## **Learning Outcomes:**

Upon completing the seminar, participants/students/parents will be able to:

1. Understand the concept of child protection and its significance in promoting children's well-being.
2. Identify signs of child abuse and neglect, and know how to respond appropriately.
3. Recognize the importance of child rights and the role of parents in promoting child protection.
4. Commit to promoting a culture of child protection and creating a safe environment for children.

All the guest speakers shared their expertise and experiences with the participants, providing them with valuable insights and practical knowledge on child protection issues.







# "BREAST CANCER AWARENESS PROGRAMME"

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SKMCH&RC

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Mr. Naveed Azam  
Area Executive  
Marketing & Resource Development  
Shaukat Khanum Memorial Cancer Hospital



**Guest Speaker**  
Dr. Wajeeha Aslam  
Master trainer BSE  
FCPS & AHA Certified



**Co-ordinator from SKMCH&RC**  
Mr. Tanzeel Sultan  
Deputy Manager  
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**ORGANIZED BY: COLLEGE OF PHARMACY**  
**Venue: Auditorium, College of Pharmacy**



## Pictorial Evidence:



# **1. EID MILAD-UN-NABI CELEBRATION IN DAR-UL-AMAN**

## **Introduction:**

Eid Milad-un-Nabi, the birth anniversary of the Holy Prophet Muhammad (PBUH), was celebrated on September 16, 2024, at Dar-ul-Aman Sargodha with great spiritual fervor and devotion. The event was organized to promote Islamic teachings of peace, compassion, and respect for humanity, especially focusing on the moral and ethical values embodied by the Prophet (PBUH). The residents of Dar-ul-Aman actively participated in the celebration, which included recitation of the Holy Quran, Naat Khawani (praise poetry for the Prophet), and speeches highlighting the life and character of Prophet Muhammad (PBUH). Special emphasis was placed on the Prophet's role in elevating the status of women in society and promoting justice and equality. The celebration served not only as a religious gathering but also as a source of spiritual healing and moral guidance for the women residing in the shelter. Through this event, the staff aimed to instill hope, patience, and faith among the participants, while strengthening their emotional and spiritual well-being. The program concluded with a collective prayer for peace, unity, and the empowerment of women in all walks of life.

## **Objectives:**

- I. To commemorate the birth and teachings of the Holy Prophet Muhammad (PBUH) in a respectful and spiritual manner.
- II. To highlight the Prophet's (PBUH) role in promoting peace, justice, and the rights of women in society.
- III. To provide spiritual and moral guidance to the residents of Dar-ul-Aman.
- IV. To encourage a sense of unity, faith, and emotional healing among participants through religious activities.
- V. To foster a supportive and uplifting environment rooted in Islamic values and teachings.

# DENGUE AWARENESS SESSION AT DAR-UL-AMAN

## Introduction:

A Dengue Awareness Session was conducted on November 12, 2024, at Dar-ul-Aman Sargodha to inform and educate the residents about the dangers of dengue fever, its prevention, and early detection. With increasing cases of dengue in the region, the session was timely and necessary to safeguard the health of women and children residing in the shelter. The event was organized by the management in collaboration with local health officials and aimed at spreading essential knowledge on how to protect oneself from mosquito-borne illnesses.



The program included a comprehensive presentation by a healthcare professional on the symptoms of dengue, its transmission through Aedes mosquitoes, and the importance of eliminating stagnant water. Residents were taught how to recognize early warning signs of dengue such as high fever, severe headache, and body pain. Preventive measures such as using mosquito repellents, wearing full-sleeved clothing, and keeping the living area clean and dry were emphasized. Pamphlets, visual aids, and educational videos were used to make the session more engaging and understandable. The session concluded with a practical demonstration on how to check for mosquito breeding sites and a group pledge to maintain cleanliness. Mosquito repellents and awareness brochures were distributed to all attendees as a follow-up resource.

## Objectives:

1. To raise awareness about dengue fever, its symptoms, and transmission.
2. II. To educate the residents on effective preventive measures to avoid mosquito bites and eliminate breeding grounds.

3. III. To promote personal and community hygiene practices as a means to control dengue outbreaks.
4. IV. To empower the women of Dar-ul-Aman to identify early symptoms and seek timely medical help.
5. V. To organize an Awareness Walk for community engagement and visibility of the dengue prevention campaign.
6. VI. To distribute educational materials and repellents for continued prevention efforts.
7. VII. To build confidence and a sense of responsibility among residents through active participation in public health initiatives.





## Event Closing Form

Form ORIC-UOS-9-B

### Instructions:

1. Please only type in the gray area by clicking the cursor there
2. Try to write precisely
3. Hard copy/handwritten forms will not be entertained
4. After completion, convert the form into PDF for onward transmission
5. Share the form with ORIC with a week after execution of the event
6. Share it at [oric.media@uos.edu.pk](mailto:oric.media@uos.edu.pk)
7. Get a Clearance receipt from ORIC for financial adjustment in the Treasurer's Office.

1.	Title:	Breaking the cycle of zoonosis: Educating students for healthier tomorrow	
2.	Date:	29-11-2024	3. Participants: 60
4.	Keynote Speakers	I.	Dr. Naunain Mehmood, Assistant Professor, Department of Zoology
		II.	M. Phil Zoology students (4)
		III.	
		IV.	
5.	Event Stakeholders	I.	Government Girls High School Block no 26/27, Sargodha
		II.	
		III.	
		IV.	

### 6. Event Objectives

- **Understanding Zoonosis:** Introduce students to zoonotic diseases, their causes, and how they spread between animals and humans.
- **Identifying Common Zoonotic Diseases:** Discuss prevalent zoonotic diseases (e.g., rabies, bird flu, brucellosis) and their impact on public health.
- **Recognizing Risk Factors:** Educate students on the key risk factors, including direct animal contact, foodborne transmission, and environmental exposure.
- **Promoting Safe Animal Interaction:** Encourage responsible pet ownership, livestock management, and wildlife safety practices.
- **Hygiene and Prevention Measures:** Emphasize the importance of handwashing, vaccination, proper food handling, and waste disposal.
- **Empowering Students as Advocates:** Equip students with knowledge to spread awareness in their communities and promote responsible behaviors.
- **Resilience and Preparedness:** Discuss strategies to reduce risks, improve surveillance, and respond effectively to outbreaks.
- **Building a Healthier Future:** Inspire students to take proactive steps in breaking the cycle of zoonosis for a safer and healthier tomorrow.



7. Learning outcome/achievements

- Understanding of zoonotic diseases, their causes, transmission pathways, and impact on human and animal health.
- Awareness of common zoonotic diseases (e.g., rabies, brucellosis, bird flu) and their global significance.
- Increased awareness of hygiene practices such as handwashing, safe food handling, and proper waste disposal.
- Recognition of the importance of animal vaccination and responsible pet ownership.
- Understanding the interconnectedness of human, animal, and environmental health (One Health).
- Empowerment of students to take leadership roles in spreading awareness within their families and communities.
- Increased student interest in pursuing careers in public health, veterinary sciences, and environmental studies.

8. How the Event is Useful for Stakeholders?

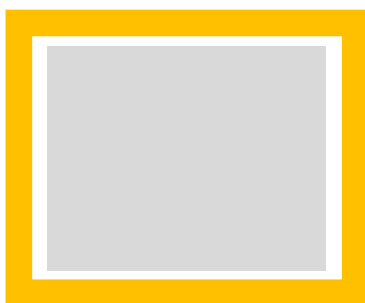
- Equips students with essential knowledge on zoonotic diseases and their prevention.
- Encourages a culture of hygiene, responsible pet ownership, and safe food handling.
- Prepares future leaders in public health, veterinary sciences, and environmental studies.
- Supports educational institutions in integrating zoonotic disease awareness into curricula.
- Encourages responsible consumer behavior, such as proper food safety and waste disposal.
- Strengthens community resilience against public health threats.

9. Way Forward Strategy / Follow-up of the Event Outcome

- Encourage students and participants to share their knowledge with families and communities.
- Compile key findings and recommendations for policymakers.
- Engage with government and health authorities to improve zoonotic disease surveillance and response.
- Arrange specialized training programs for students, farmers, and pet owners on safe animal handling and disease prevention.

10. Pictorial Evidence

After clicking the cursor in the gray area within the yellow frame, go to  
INSERT in toolbar and select picture from your device



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# INTERNATIONAL DAY OF PERSONS WITH DISABILITIES AT DAR-UL- AMAN

## Introduction:

The International Day of Persons with Disabilities was observed on December 3, 2024, at Dar-ul- Aman Sargodha with the purpose of promoting understanding, inclusion, and equal rights for persons with disabilities. This global observance, sanctioned by the United Nations, highlights the importance of removing barriers—social, physical, and attitudinal—that hinder the full participation of persons with disabilities in society.



The event was organized by the Dar-ul-Aman administration, in collaboration with local disability rights advocates, healthcare professionals, and social workers, to sensitize residents about the challenges faced by individuals with disabilities and the need to build a more inclusive and accessible environment.

An awareness session was conducted featuring speakers from the disability community, rehabilitation experts, and social workers. The session covered topics such as types of disabilities, rights and entitlements of disabled individuals, and the role of society in fostering dignity and inclusion. Visual presentations, real-life stories, and participatory activities helped engage the audience in meaningful dialogue.

Special emphasis was placed on changing perceptions, encouraging empathy, and recognizing the abilities and potential of individuals with disabilities. The session also highlighted the

importance of inclusive education, accessible healthcare, and employment opportunities as key to social integration.

At the end of the program, a distinguished guest distributed gifts among the residents, especially recognizing those with special needs, as a symbol of appreciation, encouragement, and support. The event concluded with a message of unity and commitment to advocate for equal rights, accessibility, and social inclusion for all individuals regardless of ability.

## **Objectives:**

- To promote awareness and understanding of the rights, challenges, and contributions of persons with disabilities.
- To encourage respect, dignity, and inclusion for individuals with physical, intellectual, sensory, or psychosocial disabilities.
- To educate residents on the UN Convention on the Rights of Persons with Disabilities (CRPD) and relevant national disability laws.
- To highlight the importance of accessible environments, inclusive services, and equal opportunities in education, employment, and healthcare.
- To empower persons with disabilities to voice their rights and actively participate in decisions that affect their lives.
- To inspire community action and social work intervention aimed at promoting disability rights, social justice, and equity.
- To provide a platform for sharing knowledge, personal experiences, and support systems that promote rehabilitation and inclusion.
- To cultivate a culture of non-discrimination and compassion, especially within institutional settings like Dar-ul-Aman.



# **16 DAYS OF ACTIVISM AGAINST GENDER-BASED VIOLENCE AT DAR-UL-AMAN**

## **Introduction:**

The 16 Days of Activism Against Gender-Based Violence campaign was observed from November 25 to December 10, 2024, at Dar-ul-Aman Sargodha, with the goal of raising awareness and mobilizing efforts to end violence against women and girls. The campaign, a global initiative supported by the United Nations, aligns with the International Day for the Elimination of Violence Against Women and concludes on Human Rights Day, emphasizing that gender-based violence is a violation of fundamental human rights.

The event was organized by the Dar-ul-Aman administration in collaboration with social work students, counselors, legal aid officers, and local NGOs. A series of educational, interactive, and therapeutic activities were planned to engage the residents—many of whom are survivors of abuse, neglect, or violence. These included awareness sessions, group discussions, role plays, and legal literacy workshops focusing on women's rights, protective laws, and available support systems. Participants were encouraged to share their stories in a safe space, and motivational talks were delivered to promote healing, empowerment, and solidarity. Informational pamphlets, posters, and videos were used to illustrate types of gender-based violence (physical, emotional, sexual, economic) and how social structures perpetuate such abuse. Orange ribbons, the campaign's symbol, were distributed as a sign of support and unity.

The activities underscored the social work values of advocacy, empowerment, social justice, and community engagement, aiming to create awareness not only among the residents but also in the broader community through outreach efforts. The campaign concluded with a commitment ceremony where participants pledged to stand against violence and to advocate for dignity and equality.

At the end of the program, the chief guest appreciated the strength and resilience of the residents and distributed gifts among them as a gesture of care, support, and encouragement. The campaign concluded with a commitment ceremony where participants pledged to stand against violence and to advocate for dignity and equality.

## **Objectives:**

- To raise awareness about the different forms of gender-based violence and its impact on individuals and communities.
- To educate women about their legal rights, protection laws (such as the Domestic Violence Act), and available support systems.
- To provide a platform for healing, self-expression, and solidarity among survivors through storytelling and group therapy.
- To empower the residents of Dar-ul-Aman to recognize and report abuse, and to access social and legal aid effectively.

- To promote gender equality and human rights as core principles in ending violence against women and girls.
- To equip participants with practical strategies for safety, self-care, and self-advocacy.
- To engage the community in dialogue and challenge harmful cultural norms and stereotypes that perpetuate violence.
- To encourage social workers and volunteers to act as change agents, promoting awareness and intervention at grassroots levels.
- To highlight the interconnection between gender-based violence and broader social issues such as poverty, illiteracy, mental health, and discrimination.
- To promote community responsibility in preventing violence and supporting survivors, moving from silence to active engagement.





**Awareness and Distribution of Himat Card Campaigns Persons with Disabilities  
At Community Development Office Sargodha**

**Date: 04-03-2025**



The Department of Social Work at the University of Sargodha, in collaboration with the Community Development (CD) Office Sargodha, organized an Awareness and Distribution Campaign for Himat Cards, targeting Persons with Disabilities (PWDs) as part of its community service efforts. The campaign aimed to inform PWDs about the benefits of the Himat Card, which grants access to various government facilities, financial aid, and support services. Alongside awareness sessions, eligible individuals were facilitated in the registration and distribution process to ensure inclusion and accessibility. This initiative not only empowered PWDs by connecting them with essential resources but also highlighted the commitment of academic and government institutions to promoting inclusivity and equal rights for all members of society.

**Objectives:**

1. To raise awareness among persons with disabilities about the benefits and eligibility of the Himat Card.
2. To assist eligible individuals in the registration and application process for the Himat Card.
3. To promote social inclusion and access to government services for persons with disabilities.
4. To strengthen collaboration between academic institutions and government bodies for disability welfare.

**Key Outcomes:**

1. Increased awareness among persons with disabilities about the purpose and benefits of the Himat Card.
2. Successful registration and distribution of Himat Cards to eligible beneficiaries.
3. Improved access to government services and support programs for persons with disabilities.
4. Enhanced collaboration between the University of Sargodha and CD Office for inclusive community development.

# Walk to Celebrate International Women's Day

## March 7<sup>th</sup>, 2025

Focal Person: Rana Imran Ahmed



International Women's Day is celebrated in many countries around the world. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. Achieving gender equality and women's well-being in all aspects of life is more crucial than ever if we want to create prosperous economies and a healthy planet. This year's theme of International Women's Day announced by UN was "INVEST IN WOMEN: ACCELERATE PROGRESS". Five key areas identified by UN for joint action namely ensuring gender equality, ending feminization poverty, implementing gender responsive financing, shifting to green economy and care society and supporting feminist change-makers.

Students of Social Work Department placed at MSSU, DHQ Hospital, Sargodha arranged a walk to celebrate International Women's Day at DHQ Hospital, Sargodha. All group members prepared charts with some specific quotes on it highlighting importance of women, arranged banners and decided to go for a campaign walk over the entire hospital to promote gender. MSSU staff along with nurses of Cancer ward and students of medical health sciences joined the walk. The walk started from MSSU office and ended at TB Hospital.

## **Objectives**

- 1) To recognize women's achievements and contributions.
- 2) To raise awareness about gender equality and women's rights.
- 3) To challenge gender-based discrimination and stereotypes.
- 4) To empower women and girls to speak out and claim their rights.
- 5) To promote inclusive development and economic empowerment.

## **Outcomes**

- 1) Raised awareness about women's rights, gender equality, and challenges faced by women.
- 2) Empowered women and girls to speak out, assert their rights, and demand change.
- 3) Inspired women and girls to pursue their dreams, ambitions, and goals.
- 4) Challenged traditional gender roles, stereotypes, and biases.

## Awareness and Survey at BISP (Benazir Income Support Program)

Date: 14-03-2025



The Department of Social Work at the University of Sargodha, in collaboration with the National Commission for Human Development (NCHD), organized a community service activity at the BISP (Benazir Income Support Program) office to raise awareness about the program and its benefits. As part of the initiative, a survey was conducted to gather insights and identify ways to enhance women's participation in the program and in community development efforts. The activity aimed to empower women by informing them of their rights and available resources, while also promoting their active involvement in social welfare initiatives.

### Objectives:

1. To raise awareness among women about the benefits and procedures of the Benazir Income Support Program (BISP).
2. To conduct a survey to assess women's participation and identify challenges in accessing BISP services.
3. To promote women's empowerment and active involvement in community development through social work initiatives.

### Outcomes:

1. Increased awareness among women about their eligibility and rights under the BISP program.
2. Identification of key barriers affecting women's participation in social welfare initiatives.
3. Strengthened collaboration between academic institutions and community organizations to support women's empowerment.

## Public Transport Harassment Awareness Campaign

Date: 14-03-2025



The Department of Social Work at the University of Sargodha, in collaboration with the National Commission for Human Development (NCHD), local authorities, and the President of Transport Operators, organized a Public Transport Harassment Awareness Campaign at the General Bus Stand Sargodha. This community service activity aimed to educate passengers, particularly women, about their rights and the steps they can take to address harassment in public transport. Through interactive sessions, awareness materials, and direct engagement with transport staff and commuters, the campaign sought to create a safer and more respectful travel environment, while also encouraging cooperation among stakeholders to implement preventive measures.

### Objectives:

1. To raise public awareness about the issue of harassment in public transportation, particularly its impact on women and vulnerable groups.
2. To raise awareness about the prevalence and impact of harassment in public transport settings.
3. To educate commuters, especially women, on their rights and available reporting mechanisms.
4. To sensitize transport staff and operators on ethical conduct and harassment prevention.
5. To foster collaboration between local authorities, transport operators, and the community for creating a safer commuting environment.

### Outcomes:

1. Commuters and transport workers became more informed about the issue of harassment and the importance of respectful behavior in public spaces.
2. The campaign successfully engaged a diverse audience, including drivers, passengers, and local vendors, in meaningful discussions about harassment and safety.
3. Many participants expressed a willingness to adopt respectful conduct and intervene when witnessing harassment, indicating a shift in attitudes.
4. The campaign contributed to fostering a more gender-sensitive environment within public transport settings.

**Survey and Wheelchairs Distribution Program**  
**Community Development Office Sargodha**  
**Date: 10-03-2025**



The Department of Social Work at the University of Sargodha, in collaboration with the Directorate of Social Welfare, Government of the Punjab, organized a Survey and Wheelchairs Distribution Program at the Community Development (CD) Office Sargodha as part of its ongoing community service efforts. The initiative aimed to identify individuals with mobility impairments through a comprehensive needs-based survey and provide them with wheelchairs to improve their independence and quality of life. The program not only addressed physical accessibility issues faced by persons with disabilities but also promoted social inclusion and equal participation. This collaborative effort highlighted the commitment of academic and government institutions to support marginalized populations through targeted welfare interventions.

**Objectives:**

1. To empower persons with disabilities through mobility support, enabling greater independence, improved accessibility, and enhanced participation in daily life and community activities by providing them with wheelchairs.
2. To apply theoretical knowledge of community development in a practical setting, allowing students to experience firsthand the processes involved in planning, organizing, and executing a community-based welfare initiative.
3. To promote awareness and advocacy for disability rights, fostering inclusive attitudes within the community and highlighting the importance of addressing the needs of marginalized and physically challenged individuals.

**Key Outcomes:**

1. Enhanced Mobility and Independence for Beneficiaries: The distribution of wheelchairs directly improved the quality of life for persons with disabilities by increasing their physical mobility, autonomy, and access to social and economic opportunities.
2. Practical Learning Experience for Students: Social work students gained valuable field experience by actively participating in a real-world community development initiative, bridging the gap between academic theory and practical application.
3. Increased Community Awareness on Disability Issues: The activity helped raise awareness among community members and stakeholders about the challenges faced by disabled individuals and emphasized the importance of inclusion and support.

# PAKISTAN RESOLUTION DAY CELEBRATION AT DAR-UL-AMAN

## Introduction:

Pakistan Resolution Day, also known as 23rd March, was commemorated with national pride and enthusiasm on March 23, 2025, at Dar-ul-Aman Sargodha. The day marks the historic Lahore Resolution of 1940, which laid the foundation for the creation of an independent state for the Muslims of the subcontinent—later becoming Pakistan. The event was held to instill a sense of patriotism, unity, and awareness of national identity among the residents, many of whom come from vulnerable backgrounds and often lack access to civic education.

The event was organized by the Dar-ul-Aman administration with the support of social workers, educators, and community volunteers. The program began with the recitation of the national anthem, followed by a series of educational sessions and interactive discussions about the significance of Pakistan Day, the sacrifices made by our forefathers, and the meaning of freedom and nationhood.

Residents participated in patriotic speeches, national songs, poetry recitations, and a quiz competition on Pakistan's history. These activities helped enhance their knowledge, confidence, and connection to the country's heritage. A short documentary was also shown to provide a visual understanding of the events leading up to the 1940 resolution.

Through this commemoration, we aimed to raise awareness about the importance of this historical event and its relevance to Pakistan's identity and existence. Our discussions and presentations provided a platform for reflection and learning, allowing us to appreciate the struggles and sacrifices made by our forefathers.

The event was a success, and we were able to effectively convey the significance of the Lahore Resolution. We demonstrated our commitment to preserving and promoting Pakistan's history and heritage, and we look forward to continuing our efforts in this area. By reflecting on our past, we can gain a deeper understanding of our present and work towards a brighter future for our nation.

## Objectives:

- Creation of a separate homeland for Muslims in the Indian subcontinent where they were numerically in a majority.
- Autonomy and sovereignty for the constituent units of the new state.
- Protection of minority rights, including religious, cultural, economic, political, and administrative rights.
- Geographically contiguous units should be demarcated into regions to form the new state.

- Muslims in the North-Western and Eastern zones of India should be grouped to constitute independent states.
  - Rejection of the concept of a United India and the Government of India Act 1935.
  - Self-governance for Muslims in their own regions.
  - Adequate safeguards for Muslims in areas where they are in a minority.
  - Framework for a new constitution based on the principles of the Lahore Resolution.
- I. Recognition of Muslims as a separate nation with their own distinct identity, culture, and interests.

### Pictorial Evidence:



## Survey and Distribution of Minority Card Program Community Development Office Sargodha

Date: 24-03-2025



The Department of Social Work at the University of Sargodha, in collaboration with the District Social Welfare Office, Government of the Punjab, organized a Survey and Distribution of Minority Card Program at the Community Development (CD) Office Sargodha as part of its community service initiatives. The program aimed to identify individuals belonging to minority communities through a detailed survey and facilitate the distribution of Minority Cards to ensure their access to government welfare schemes and support services. This initiative not only helped in the documentation and recognition of minority populations but also promoted social inclusion, equal rights, and access to resources. The collaborative effort emphasized the importance of supporting marginalized groups and ensuring their active participation in the socio-economic development of the community.

### Objectives:

1. To identify minority community members through a comprehensive survey at the community level.
2. To facilitate the timely distribution of Minority Cards to eligible individuals.
3. To promote access to government welfare schemes and social services for minority groups.
4. To enhance social inclusion and recognition of marginalized communities within society.

### Outcomes:

1. Improved Access to Rights and Services for Minority Communities: The distribution of Minority Cards enabled individuals from minority groups to formally access government welfare programs, healthcare, education, and other essential services, contributing to their social and economic empowerment.
2. Practical Skill Development for Social Work Students: Students gained hands-on experience in community engagement, administrative procedures, and rights-based service delivery, enhancing their professional competencies in fieldwork and advocacy.
3. Strengthened Awareness and Advocacy for Minority Rights: The activity helped promote understanding among students and community members about the social, legal, and economic challenges faced by minorities, reinforcing the need for inclusive policies and protection.

SEMINAR ON

فضل شهر رمضان والتغيير الايجابي

**The Spiritual Significance of Ramadan and its Role in  
Fostering Positive Change**

March 24, 2025

The Department of Arabic Language & Literature, University of Sargodha has organized an insightful Seminar on the spiritual significance of Ramadan and its role in fostering positive change on March 24, 2025 at Pharmacy Hall, University of Sargodha.

The poster is for a seminar titled "فضل شهر رمضان والتغيير الايجابي" (The Spiritual Significance of Ramadan and its Role in Fostering Positive Change). It is organized by the Department of Arabic Language & Literature, University of Sargodha, in collaboration with the Office of Research, Innovation and Commercialization (ORIC). The seminar is scheduled for March 24, 2025, at 10:00 AM in the Pharmacy Hall. The speakers are Dr. Ikram ul Haq, Secretary Islamic Nazriate Council, and Ms. Naheed Naz, Director College Sargodha Division. The poster features a green and white color scheme with a mosque illustration and the text "Ramadan KAREEM". Social media icons for Facebook, Instagram, Twitter, LinkedIn, and YouTube are at the bottom right.

UNIVERSITY OF SARGODHA

ORIC  
OFFICE OF RESEARCH, INNOVATION  
AND COMMERCIALIZATION

فضل شهر رمضان والتغيير الايجابي

24 March 2025 at 10:00 AM Pharmacy Hall

*Speakers*

Dr. Ikram ul Haq  
Secretary Islamic Nazriate Council

Ms. Naheed Naz  
Director College Sargodha Division

Organized by: Department of Arabic Language & Literature

Follow us:

Esteemed speakers have shared valuable perspectives on how Ramadan nurtures self-discipline, strengthens faith, and inspires personal and communal growth. This Seminar aims to highlight the transformative power of Ramadan and its lasting impact on our lives.

## Awareness Session on Heat Stroke

Date: 25-04-2025



The Department of Social Work at the University of Sargodha, in collaboration with the Directorate of Social Welfare, Government of the Punjab, conducted an awareness session on heat stroke at the Modern Children Home (Female) as part of its community service activities. The session aimed to educate the residents and staff about the symptoms, causes, and preventive measures related to heat stroke, particularly in light of increasing summer temperatures. Participants were guided on proper hydration, appropriate clothing, and emergency first aid responses to heat-related illnesses. This initiative not only enhanced health awareness among vulnerable girls but also promoted a culture of preventive care and well-being within institutional settings.

### Objectives:

1. To educate children and staff about the causes and symptoms of heat stroke.
2. To promote preventive measures for reducing the risk of heat-related illnesses.
3. To train participants on basic first aid techniques for managing heat stroke cases.
4. To raise awareness about the importance of hydration and protective habits during extreme heat.

### Outcomes:

1. Improved understanding among children and staff about recognizing early signs of heat stroke.
2. Increased adoption of preventive practices such as staying hydrated and avoiding sun exposure.
3. Enhanced ability of staff to provide basic first aid in case of heat-related emergencies.
4. Strengthened collaboration between academic institutions and government bodies for health awareness initiatives.

## Event Closing Form

Form ORIC-UOS 9-B

### Instructions:

1. Please only type in the gray area by clicking the cursor there
2. Try to write precisely
3. Hard copy/handwritten forms will not be entertained
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1.	Title:	Farmers' Advisory Outreach Visit Report of Village Mitha Lak, Bhaghtanwala Road, Sargodha			
2.	Date:	29-04-2025	3.	Participants:	27
4.	Keynote Speakers	I.	Dr. Muhammad Arshad Javed	Convener/Team Leader	(Agricultural Extension)
		II.	Dr. Rashid Mukhtar (Horticulture)	V. Dr. Syed Rizwan Ali	(Animal Science)
		III.	Dr. Rai Mukkaram Ali (Soil Science)	VI. Dr. Salman Ahmad	(Plant Pathology)
		IV.	Dr. Ehsan Safder (Agronomy)	VII. Dr. Talha Bin Yousaf	(Forestry)
5.	Event Stakeholders	I.	Syed Arslan Ahmed		
		II.	Muhammad Younus		
		III.	Muhammad Adil Zubair		
		IV.	Muhammad Mubashar		
6.	Event Objectives	<ul style="list-style-type: none"> <li>Disseminate knowledge on climate change and farming methods to enhance productivity under current climate change scenario</li> <li>Introduce farmers to adopt modern farming equipment and technologies to enhance efficiency and reduce labor intensity</li> <li>Educate farmers about potential risks and challenges in agriculture, such as climate change, market fluctuations, and pest outbreaks</li> <li>Provide insights into market trends, demand forecasting, and value chain dynamics to help citrus growers make informed decisions</li> <li>Encourage the formation of farmers' groups or organizations to promote collective trading power and resource-sharing among participants</li> <li>Assist farmers in integrating technology into their farming practices to improve efficiency and yield</li> <li>Encourage the adoption of regenerative farming methods and responsible use of inputs to minimize the bad impact of conventional farming practices</li> <li>Educate farmers to proper take care of their citrus orchards to adopt modern citrus farming equipment and technologies</li> </ul>			
7.	Learning outcome/achievements	<ul style="list-style-type: none"> <li>Farmers will acquire knowledge and skills in adopting improved agricultural practices, leading to increased crop yields and quality produce</li> <li>Participants will develop advanced skills in crop management, including pest control, irrigation and fertilization, spraying practices etc.</li> <li>Farmers will successfully adopt and integrate modern farming technologies to enhance efficiency and productivity</li> <li>Participants will build a supportive network within the farming community, fostering collaboration, information exchange and the formation of farmers' groups or organizations</li> <li>Farmers will be able to identify various weeds in citrus orchards and learn their timely management technologies</li> <li>Participants will become aware of citrus pruning and tree mangement techniques</li> </ul>			



## 8. How the Event is Useful for Stakeholders?

- The farmers' advisory outreach program serves as an important source of knowledge and skill enhancement.
- It offers insights into adaptation strategies, sustainable methodologies and modern technologies under climate change.
- This equips the stakeholders with the tools to cope with the natural calamities for improving crop yields, manage risks and enhance overall productivity.
- It facilitates the dissemination of information regarding agricultural policies, subsidies, and support programs.
- It improves soil health and fertility due to sustainable farming practices and reduces environmental impact from lower pesticide & chemical use.
- It fosters stronger community links among farming community and academia that encourages collaborative problem-solving and resource-sharing.
- Finally, it serves as a nexus for knowledge exchange, community building and the overall advancement of the agricultural ecosystem.

## 9. Way Forward Strategy / Follow-up of the Event Outcome

The way forward strategy for the farmers' advisory outreach program involves an organized and never-ending approach to ensure long-term impact and continuous improvement through:

- Establishing a strong feedback mechanism
- Encouraging citrus farmers to share their problems, experiences and suggestions for improvement
- Building support networks and knowledge-sharing platforms, perhaps through digital channels, will foster a sense of community beyond the event, enabling farmers to continue learning from each other
- Encouraging collaborations with local industrialists, research institutions and input-supply companies

## 10. Pictorial Evidence



# SAVE GAZA / PALESTINE SOLIDARITY DAY AT DAR-UL-AMAN

## Introduction:

A Save Gaza / Palestine Solidarity Day was observed at Dar-ul-Aman Sargodha on April 29, 2025 in response to the ongoing humanitarian crisis in Gaza and occupied Palestine. The event aimed to express solidarity with the oppressed people of Palestine, raise awareness among the residents, and promote the values of peace, justice, and human dignity—core principles of social work and humanitarian care.

The administration of Dar-ul-Aman organized this event to engage women and children—many of whom have themselves faced hardship and displacement—in a meaningful discussion on global struggles, human rights violations, and the emotional toll of war on innocent civilians. The program began with a recitation from the Holy Quran, followed by a short documentary screening showing the impact of war on Palestinian women, children, and families.

An interactive session was held where participants learned about the history of the Palestinian struggle, the role of humanitarian aid, and how even small acts of awareness can contribute to peace. Residents took part in making peace posters, writing messages of hope, and reciting poems and prayers for the people of Gaza. Special focus was placed on teaching empathy, peace-building, and the importance of speaking up against oppression.

The event concluded with a collective dua for peace in Palestine, where we expressed our hopes and wishes for peace, justice, and freedom for the Palestinian people .

## Objectives:

- To raise awareness about the humanitarian crisis in Gaza and Palestine, especially the suffering of women and children.
- To promote values of peace, justice, and human rights among the residents of Dar-ul-Aman.
- To educate participants about the impact of war, displacement, and conflict on physical and mental health.
- To develop a sense of global citizenship, empathy, and moral responsibility in the residents.
- To provide an opportunity for creative expression and healing, through posters, poetry, and prayers.
- To connect social work principles—dignity, equality, and protection of the vulnerable—with real- world events.
- To offer emotional support and solidarity to those experiencing trauma, even from afar.
- To align the celebration with the Islamic principles of brotherhood, peace, and resistance against oppression.

- To contribute to a more just and equitable society by promoting awareness and empathy for marginalized communities.

### Pictorial Evidence:





# Labour day ration drive: Honoring workers with care

May 1, 2025

Focusing on SDG 11 Sustainable Community, on this Labor Day, the Career Development Center UOS, in collaboration with VLG, organized a heartfelt Ration Drive to honor the hard-working individuals who form the backbone of our community. Together, we're fostering dignity, support, and sustainable change one act of kindness at a time.



**"Labour Day Ration Drive: Honoring  
Workers with Care"**  
By Career Development Center UOS in  
collaboration with VLG



# HUMAN TRAFFICKING AWARENESS DAY AT DAR-UL-AMAN

## Introduction:

On May 5, 2025, Human Trafficking Awareness Day was observed by Department of Social Work, University of Sargodha at Dar-ul-Aman Sargodha to educate residents—particularly vulnerable women and children—about the dangers of human trafficking, its warning signs, and the importance of prevention, protection, and reporting. The event was organized by the administration of Dar-ul-Aman in collaboration with local law enforcement representatives, social workers, and legal experts to empower the residents with knowledge, confidence, and support.

The program began with a documented overview of trafficking trends, particularly in South Asia, with a special focus on how traffickers exploit women and children through deception, forced labor, and sexual exploitation. A female legal officer addressed the residents, explaining how traffickers operate, how to recognize risk, and the legal rights and protections available in Pakistan.

The session also included real-life survivor stories (anonymized and shared with consent) to help participants understand the emotional and psychological impact of trafficking. Interactive role-play sessions, group discussions, and a Q&A round were held to engage participants actively. Awareness posters and informational pamphlets were distributed in simple language.

The event emphasized that awareness is the first line of defense—and every woman has the right to safety, dignity, and freedom. Residents were encouraged to report suspicious activities, look out for one another, and reach out to authorities or shelter staff in case of concern. The day ended with solidarity messages and pledges to stand against trafficking and exploitation.

## Objectives:

- To raise awareness about the dangers, forms, and indicators of human trafficking, especially for women and children.
- To empower residents with knowledge of legal rights and protective services available under Pakistani law.
- To help participants understand the psychological manipulation and coercion tactics used by traffickers.
- To promote community vigilance and reporting mechanisms to prevent trafficking incidents.
- To build self-confidence, awareness, and resilience among vulnerable individuals through education and discussion.
- To encourage open dialogue, emotional healing, and support among survivors and at-risk populations.
- To integrate social work principles such as protection of human rights, advocacy,

- and crisis intervention.
- To provide resources and referral information on rehabilitation, legal aid, and emergency contact services
  - To cultivate a safe, informed, and empowered environment within Dar-ul-Aman for all residents.



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## Seminar on Safe Environment and Importance of Plantation

Date: 12-05-2025



The Department of Social Work at the University of Sargodha, in collaboration with the Community Development (CD) Office Sargodha, organized a seminar on Safe Environment and the Importance of Plantation at SOS Village Sargodha as part of its community service initiatives. The seminar aimed to raise awareness among residents, especially children and caretakers, about the critical role of a safe and healthy environment for overall well-being. Emphasizing the benefits of tree plantation, the session encouraged active participation in environmental conservation efforts to combat pollution and climate change. Through interactive discussions and practical demonstrations, the initiative sought to foster a sense of environmental responsibility and inspire sustainable practices within the community.

### Objectives:

1. To increase community awareness about the environmental, social, and health benefits of tree plantation, promoting sustainable practices that contribute to climate change mitigation and improved quality of life.
2. To actively involve students and community members in plantation activities, fostering a collective sense of responsibility towards environmental conservation and encouraging long-term ecological stewardship.
3. To provide practical learning opportunities for social work students, enabling them to integrate environmental concerns into their community development work and enhance their skills in mobilizing and educating communities for sustainable change.

### Outcomes:

1. Increased environmental awareness and community engagement, with SOS village residents and students actively participating in tree plantation and understanding its positive impact on the environment and public health.
2. Enhanced practical skills for social work students, including community mobilization, environmental advocacy, and project implementation, strengthening their capacity to lead sustainable development initiatives.
3. Improved local green cover and contribution to environmental sustainability, supporting climate resilience and creating a healthier, more sustainable living environment for the community.

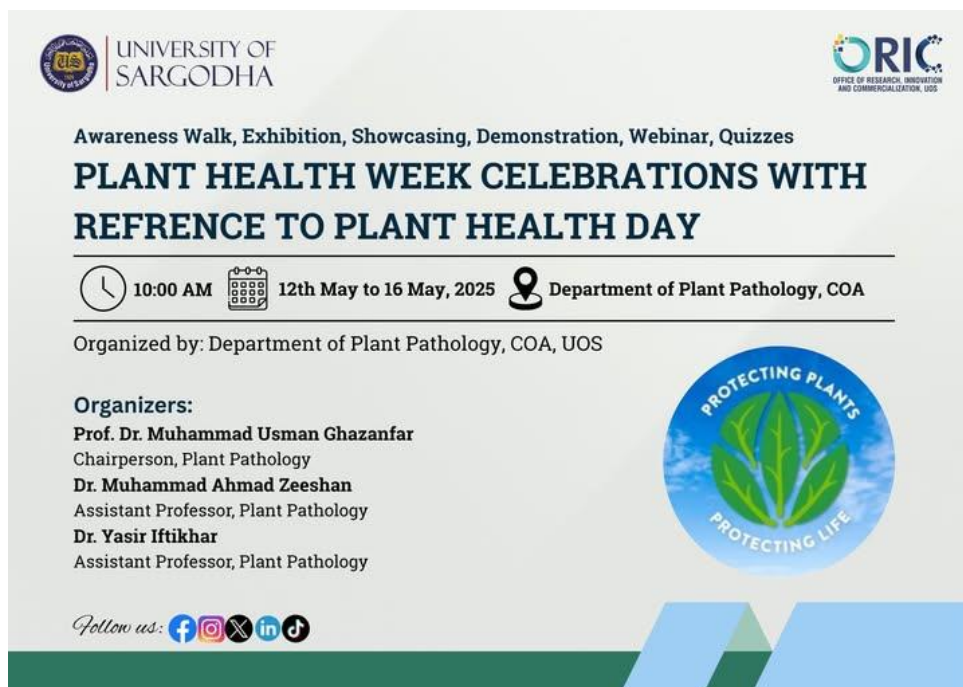
# Plant Health Week Celebration 2025 with reference to plant health day

May 12-16, 2025


Department of Plant Pathology organized a week-long campaign to spotlight the vital role of plant health in connection with **International Plant Health Day!** This vibrant week was packed with exciting and educational activities aimed at promoting awareness about the importance of plant health for sustainable agriculture and food security.


## Highlights of the Week Include:

- **Awareness Walk – Spreading the message of plant protection**
- Exhibition – Display of innovative ideas and research in plant health
- **Demonstrations – Practical solutions for disease management**
- Webinar Sessions – Expert talks on global plant health challenges
- Quizzes & Competitions – Engaging students in interactive learning
- Showcasing Innovations – Student projects and research highlights Let's come together to safeguard plant health and ensure a greener, healthier future!






The poster is for the Plant Health Week Celebrations with Reference to Plant Health Day, organized by the Department of Plant Pathology, COA, UOS. It features the logos of the University of Sargodha and ORIC (Office of Research, Innovation, and Commercialization, UOS) at the top. The main title is "PLANT HEALTH WEEK CELEBRATIONS WITH REFERENCE TO PLANT HEALTH DAY". Below the title, it lists activities: Awareness Walk, Exhibition, Showcasing, Demonstration, Webinar, and Quizzes. The event starts at 10:00 AM on May 12th and runs until May 16th, 2025. The organizers are Prof. Dr. Muhammad Usman Ghazanfar (Chairperson, Plant Pathology), Dr. Muhammad Ahmad Zeeshan (Assistant Professor, Plant Pathology), and Dr. Yasir Iftikhar (Assistant Professor, Plant Pathology). A circular logo on the right says "PROTECTING PLANTS" and "PROTECTING LIFE" around a green plant. At the bottom, it says "Follow us:" with social media icons for Facebook, Instagram, Twitter, LinkedIn, and YouTube.

 UNIVERSITY OF SARGODHA

 ORIC  
OFFICE OF RESEARCH, INNOVATION  
AND COMMERCIALIZATION, UOS


Awareness Walk, Exhibition, Showcasing, Demonstration, Webinar, Quizzes






## PLANT HEALTH WEEK CELEBRATIONS WITH REFERENCE TO PLANT HEALTH DAY

 10:00 AM  12th May to 16 May, 2025  Department of Plant Pathology, COA

Organized by: Department of Plant Pathology, COA, UOS

**Organizers:**  
**Prof. Dr. Muhammad Usman Ghazanfar**  
Chairperson, Plant Pathology  
**Dr. Muhammad Ahmad Zeeshan**  
Assistant Professor, Plant Pathology  
**Dr. Yasir Iftikhar**  
Assistant Professor, Plant Pathology

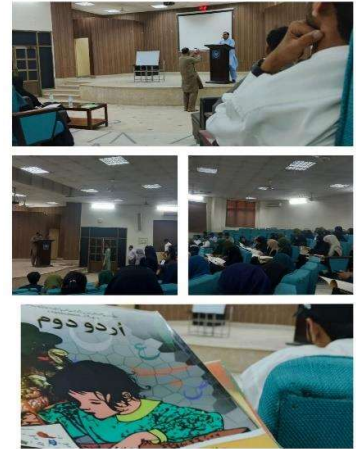


Follow us:     

## Each one Teach one Training (NCHD)

**Date: 16-05-2025**

The Department of Social Work at the University of Sargodha, in collaboration with the National Commission for Human Development (NCHD) Sargodha, launched the "Each One Teach One" training program as a vital community service initiative aimed at enhancing literacy and promoting education in underprivileged areas. This program focused on encouraging university students and community members to take personal responsibility for educating at least one illiterate or out-of-school individual, thereby creating a ripple effect of knowledge sharing and community empowerment. The training sessions provided participants with the necessary teaching skills, learning materials, and motivational guidance to engage effectively with learners of various age groups and backgrounds.



By bridging the gap between formal education systems and marginalized populations, the initiative aimed to strengthen the culture of volunteerism and civic responsibility among youth. It also highlighted the importance of inclusive education as a key driver for social development and poverty reduction. The collaborative efforts of the Department of Social Work and NCHD not only empowered volunteers to become change agents in their communities but also laid the groundwork for sustainable educational practices at the grassroots level. The program served as a practical model for community-led literacy interventions and emphasized that even small efforts can lead to significant societal change when driven by collective action and a shared sense of responsibility.

### **Objectives:**

1. To equip students with practical skills and methodologies for adult literacy education, enabling them to effectively teach and support marginalized individuals in their communities.
2. To enhance students' understanding of the social and educational challenges faced by underprivileged populations, fostering empathy and a commitment to social development.
3. To promote volunteerism and community engagement by encouraging students to actively participate in grassroots educational initiatives through the "Each One Teach One" model.
4. To bridge theoretical knowledge with field practice by providing students with hands-on experience in delivering literacy training and mobilizing community resources in collaboration with NCHD Sargodha.

### **Outcomes:**

1. Students developed practical skills in adult education techniques, enabling them to effectively engage and teach literacy learners in community settings.
2. Through collaboration with NCHD Sargodha, students gained experience in mobilizing community members and promoting volunteer-driven literacy initiatives at the grassroots level.
3. The hands-on training enabled students to apply academic concepts of social work and community development in real-world scenarios, enhancing their professional readiness for future social work roles.



# **YOUM-E-TASHUKKUR (THANKSGIVING DAY)**

## **AT DAR-UL-AMAN**

### **Introduction:**

On the occasion of Youm-e-Tashakkur (Thanksgiving Day), a commemorative event was held at Dar-ul-Aman Sargodha on May 16, 2024 by Department of Social Work, University of Sargodha, to honor and remember Pakistan's victory against India in the historic war, and to pay tribute to the bravery, sacrifices, and unwavering spirit of the Armed Forces of Pakistan. The day served as a reminder of the nation's unity, strength, and the power of standing together in the face of adversity.

The event began with recitation from the Holy Quran, followed by national songs and speeches by staff and residents, expressing gratitude to Allah Almighty and the defenders of Pakistan. A brief historical presentation was given, highlighting the causes, progress, and result of the war, along with the resilience shown by the Pakistani nation and military.

Residents created handmade flags, thank-you cards for the armed forces, and participated in a group prayer for the martyrs (shuhada) who laid down their lives in the defense of the homeland. The environment was filled with patriotism and reflection. The participants were reminded that peace, security, and freedom are blessings that should never be taken for granted, and every citizen has a role in protecting the dignity and progress of the country.

### **Objectives:**

- To express gratitude for the sacrifices of Pakistan's Armed Forces and honor their contribution to national defense.
- To educate residents about the historical significance of Pakistan's victory and the values of patriotism and resilience.
- To instill a sense of national pride and unity among women and children at Dar-ul-Aman.
- To encourage participants to reflect on the importance of freedom, sovereignty, and peace.
- To create awareness of how social work and national solidarity go hand in hand in nation- building.
- To foster emotional connection with the country's history, values, and heroes through interactive participation.
- To provide a platform for creative expression, such as poster-making, speech delivery, and patriotic songs.
- To promote the idea that every individual—regardless of background—can contribute to the progress and peace of Pakistan



## Pictorial Evidence:





## Seminar on Importance of Water Saving at Star Grammar School Sargodha

Date: 20-05-2025



The Department of Social Work at the University of Sargodha, in collaboration with the Community Development (CD) Office Sargodha, organized a seminar on the *Importance of Water Saving* at Star Grammar School Sargodha as part of its ongoing community service initiatives. The primary aim of the seminar was to raise awareness among students and school staff about the global water crisis and the essential role each individual can play in conserving this vital resource. Through engaging presentations, discussions, and real-life examples, students were educated about the causes of water scarcity, its environmental and social impacts, and the urgent need to adopt water-saving practices in everyday life. The seminar emphasized simple yet effective techniques such as turning off taps while brushing, fixing leakages, collecting rainwater, and using water-efficient appliances. Students were encouraged to practice these habits at home and spread awareness among their families and communities. This initiative not only fostered a sense of environmental responsibility among the youth but also promoted sustainable living as a collective effort. Furthermore, the collaboration between the University of Sargodha and the CD Office served as a model of how academic institutions and government bodies can work together to educate and empower future generations for a more sustainable and water-secure future.

### Objectives:

1. To educate students about the global water crisis and the importance of water conservation.
2. To promote practical water-saving habits among schoolchildren and staff.
3. To encourage youth to take an active role in environmental protection.
4. To strengthen collaboration between educational institutions and community development bodies for sustainable initiatives.

### Outcomes:

1. Increased awareness among students and teachers about the importance of saving water.
2. Adoption of simple and effective water conservation practices within the school environment.
3. Empowered students to act as ambassadors for water-saving initiatives in their communities.
4. Strengthened partnership between the University of Sargodha and CD Office in promoting environmental education.

## Event Closing Form

Form ORIC-UOS 9-B

### Instructions:

1. Please only type in the gray area by clicking the cursor there
2. Try to write precisely
3. Hard copy/handwritten forms will not be entertained
4. After completion, convert the form into PDF for onward transmission
5. Share the form with ORIC with a week after execution of the event
6. Share it at [oric.media@uos.edu.pk](mailto:oric.media@uos.edu.pk)
7. Get a Clearance receipt from ORIC for financial adjustment in the Treasurer's Office.

1.	Title:	Farmers' Advisory Outreach Visit Report of Chak No. 28 NB, Bhalwal Road, Sargodha		
2.	Date:	31-07-2024	3. Participants:	20
4.	Keynote Speakers	I.	Dr. Muhammad Arshad Javed Assistant Professor Team Leader/Convener (Agricultural Extension)	
		II.	Dr. Muhammad Asim Riaz (Entomology) V. Dr. Allah Bakhsh (Agricultural Economics)	
		III.	Dr. Muhammad Rafi Qamar (Agronomy)	
		IV.	Dr. Muhammad Usman (Agricultural Extension)	
5.	Event Stakeholders	I.	Malik Nazar Hayat	
		II.	Malik Nasar Hayat	
		III.	Malik Azhar Nawab	
		IV.	Babar Saeed	
6.	Event Objectives	<ul style="list-style-type: none"> <li>Disseminate knowledge on sustainable and eco-friendly farming methods to enhance productivity while minimizing environmental impact</li> <li>Introduce farmers to modern farming equipment and technologies to enhance efficiency and reduce labor intensity</li> <li>Educate farmers about potential risks and challenges in agriculture, such as climate change, market fluctuations, and pest outbreaks</li> <li>Provide insights into market trends, demand forecasting, and value chain dynamics to help farmers make informed decisions about crop selection and production</li> <li>Encourage the formation of farmers' groups or organizations to promote collective trading power and resource-sharing among participants</li> <li>Assist farmers in integrating technology into their farming practices to improve efficiency and yield</li> <li>Encourage the adoption of organic farming methods and responsible use of inputs to minimize the ecological footprint of agricultural activities</li> <li>Address social and mental health aspects by providing support networks and resources to help farmers cope with the challenges of rural life</li> <li>Discuss citrus orchards' related issues/problems and their timely solutions</li> </ul>		
7.	Learning outcome/achievements	<ul style="list-style-type: none"> <li>Farmers will acquire knowledge and skills in adopting improved agricultural practices, leading to increased crop yields and quality produce</li> <li>Participants will develop advanced skills in crop management, including pest control, irrigation and fertilization, spraying practices etc.</li> <li>Farmers will successfully adopt and integrate modern farming technologies to enhance efficiency and productivity</li> <li>Participants will build a supportive network within the farming community, fostering collaboration, information exchange and the formation of farmers' groups or organizations</li> <li>Farmers will ready to apply micro-nutrients on their citrus orchards</li> </ul>		



## 8. How the Event is Useful for Stakeholders?

- The farmers' advisory outreach program serves as an important source of knowledge and skill enhancement.
- It offers insights into innovative agricultural practices, sustainable methodologies and modern technologies.
- This equips the stakeholders with the tools to improve crop yields, manage risks and enhance overall productivity.
- It facilitates the dissemination of information regarding agricultural policies, subsidies, and support programs.
- It improves soil health and fertility due to sustainable farming practices and reduces environmental impact from lower pesticide & chemical use.
- The outreach fosters stronger community links among farmers, creating a network that encourages collaborative problem-solving and resource-sharing.
- Finally, it serves as a nexus for knowledge exchange, community building and the overall advancement of the agricultural ecosystem.

## 9. Way Forward Strategy / Follow-up of the Event Outcome

The way forward strategy for the farmers' advisory outreach program involves an organized and never-ending approach to ensure long-term impact and continuous improvement through:

- Establishing a strong feedback mechanism
  - Encouraging farmers to share their experiences and suggestions for improvement
  - Building support networks and knowledge-sharing platforms, perhaps through digital channels, will foster a sense of community beyond the event, enabling farmers to continue learning from each other
- Encouraging collaborations with local agricultural extension services, research institutions and input-supply companies

## 10. Pictorial Evidence

After clicking the cursor in the gray area within the yellow frame, go to  
INSERT in toolbar and select picture from your device



## Sports Gala at SOS Children Village, Sargodha

September 25- 27, 2024





## **Introduction:**

A Sports Gala in SOS Village is an exciting event that brings together children, caregivers, staff, and the community to participate in various sports and games. The event aims to promote physical education and health, encourage teamwork and sportsmanship, and develop social skills and community bonding. The Sports Gala features a range of activities, including track and field events, team sports, individual sports, fun games, and obstacle courses. It provides a platform for children to showcase their talents, fosters a spirit of friendly competition, and is a fun-filled celebration of physical activity, socialization, and community engagement. It seems like you're referring to an event involving games or activities conducted in an SOS Children's Village. SOS Children's Villages are communities that provide care for children who have lost parental care, and they often organize various activities and programs to support the emotional and social development of the children.

## **Objectives**

This activity aimed to:

- Promote physical education and health among children.
- Encourage teamwork, sportsmanship, and fair play.
- Develop social skills, communication, and community bonding.
- Provide a platform for children to showcase their talents.
- Encourage children to adopt a healthy lifestyle
- Strengthen relationships between children, caregivers, staff, and the community.

## **Learning Outcomes**

The learning outcomes of the event are:

- Improved health and fitness
- Better teamwork and communication
- Boosted confidence and self-esteem
- Stronger community bonds