PAHCHAAN

ANNUAL REPORT 2022



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Foreword

“What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.” Albert Pike

As we reflect on the year 2022, we must acknowledge the extraordinary challenges we faced due to the COVID-19 pandemic and the enormous floods. Despite all these challenges, we persevered, and I feel proud to say that PAHCHAAN has done well. I take this opportunity to thank my team for putting in extra effort and for being steadfast in this testing period. I also congratulate the PAHCHAAN board for guiding us and helping our team wherever it needed their support. Our supporters, collaborators, and affiliates have been standing with us, for which I am grateful to all of them. Special thanks are due to PAHCHAAN’s development partners, especially UNICEF and ECPAT International, who reposed their confidence in PAHCHAAN, and finally, it is PAHCHAAN’s donors and contributors whose philanthropy helped us achieve the impossible.

We continued to invest in innovation and sustainability, with a focus on delivering value to our customers, shareholders, and communities in MCHPC. The organization's main aim is to create a better future for all, which is at the forefront of everything we do, and we remain steadfast in our pursuit of excellence. We have recognized that new challenges and opportunities will require us to adapt and evolve. However, we are confident in our ability to navigate the future with an unobstructed vision and a commitment to our core values. I am also grateful to the various regulatory bodies, such as our employees, customers, partners, and shareholders, who have contributed to the success of the organization. Without them, none of our achievements would have been possible. Thank you for taking the time and for being an inspiration. I look forward to continuing to work together to achieve our shared goals. I pray to the Almighty Allah to grace us with His blessings in our continued efforts to achieve success in the future.

Dr. Naeem Zafar
President & Honorary CEO.

Executive Summary

The year 2022 marked a period of exceptional challenge and critical progress for PAHCHAAN. Widespread flooding, deepening poverty, rising child protection risks, and escalating mental health needs placed millions of children and families in situations of extreme vulnerability. Against this backdrop, PAHCHAAN delivered integrated health, protection, psychosocial, education, and justice-focused services while also strengthening systems designed to protect children far beyond any single project cycle. During the year, PAHCHAAN reached tens of thousands of flood-affected children and families through its Child Protection Network and Mental Health and Psychosocial Support services. Over 15,000 individuals received Psychological First Aid, while nearly 1,000 accessed specialised psychosocial support. At the same time, 300 cases of child abuse and neglect were identified, referred, and managed through hospital-, school-, community-, and youth-based child protection structures. Hospital-based Child Protection Committees, along with community and school networks, were expanded across twelve districts of Punjab, embedding child safeguarding within frontline institutions.

PAHCHAAN also strengthened Pakistan's national child protection capacity through partnerships with UNICEF, government departments, and professional bodies. More than 400 doctors, nurses, and health professionals were trained in child abuse identification, referral, and case management, reinforcing hospital-based protection systems. Through the 17th Asia Pacific Congress of Paediatrics, PAHCHAAN hosted and delivered internationally recognised child protection models, including "My Body is My Body" and the "Child Protection Recognition and Response course" developed by the Royal College of Paediatrics and Child Health (UK), ensuring that Pakistani practice aligns with global safeguarding standards. Access to justice for child survivors was advanced through PAHCHAAN's partnership with ECPAT International. National consultations brought together law enforcement, judiciary, social services, and civil society to analyse Pakistan's justice system and develop a country-specific roadmap to address gaps in reporting, prosecution, child-friendly procedures, recovery, and compensation for victims of sexual exploitation.

PAHCHAAN collaborated with Rawalpindi Medical College (RMU) in 2021 to establish a Child Protection Unit in BBH, school-based child protection committees, community-based child protection committees, and networks. Through this collaboration, a child protection network was established in 12 hospitals in Rawalpindi, as well as at PIMS Hospital in Islamabad. On the frontlines of community health, the Mother and Child Health Promotion Centre in Malakpur continued to deliver free and subsidised healthcare to women, children, and adolescents. In 2022 alone, over 5,000 patients accessed medical services, nearly 1,000 children received routine vaccinations, hundreds of women received antenatal and ultrasound services, and almost 10,000 community members were reached through sustained health, hygiene, nutrition, breastfeeding, and parenting awareness initiatives. PAHCHAAN's education programme at the Ilm Power Learning Centre in Walton, Lahore, continued to protect and educate street and working children who would otherwise be excluded from schooling. Through free education, nutrition, counselling, and life-skills support, the centre provided a pathway away from child labour, exploitation, and intergenerational poverty.

Together, these interventions reflect PAHCHAAN's distinctive approach, combining direct services with system-building, evidence-based advocacy, and global best practice. In a year defined by crisis, PAHCHAAN strengthened the foundations of child protection, health, education, and justice, ensuring that Pakistan's most vulnerable children are not only supported today but safeguarded for the future.

About PAHCHAAN

PAHCHAAN, an acronym for Protection and Help of Children against Abuse and Neglect, is a not-for-profit child rights and protection organization working to enhance and better the future of several families in Pakistan. For around two decades now, PAHCHAAN has worked tirelessly in the field of family support, provision of necessary training and knowledge for parents and alternative carers, and helping families stabilize financially and economically with an aim to uplift the lives of thousands of households in the country. At PAHCHAAN, we believe that elevating the lives of families by providing them with essential healthcare, economic, and educational facilities will result in safeguarding a brighter future for generations to come.

Vision

“Grow with giggles" signifies a child who is healthy, happy, and safe and lives in a learning, nurturing, secure, and enabling environment, where he/she is being cared for in his/her best interest and PAHCHAAN envisions that.

Mission

PAHCHAAN's mission is in line with the United Nations’ Convention on the Rights of the Child to work continuously and tirelessly helping children who are forced to work, displaced from their homes, discouraged from gaining education, denied basic health and nutrition, or who are at risk for abuse and neglect. PAHCHAAN collaborates with the parents, teachers, social scientists, health care professionals and all care providers providing them with awareness, building their capacity and advocating through scientific research.

Core Values



Our Program Areas



Our Approach

Our approach is modeled around Bronfenbrenner's Bio Ecological Theory of Human Development. With the support of our enthusiastic team, donors, and collaborators, we address children's needs at all levels of their individual development starting from their close sphere of home and family to schools, healthcare, neighborhood and so on which then ranges to community, government, and authorities.



PAHCHAAN's ethos is to bring a hierarchical change starting from the grass root level and then influencing authoritative and governmental policies at a systemic level. Hence, we aim to create a balanced and holistically facilitated ecosystem for children to help them build better futures.

DOMAIN OF OUR WORK



Family Support

When it comes to a child's well-being and nourishment, their family plays the most important role in that. A dysfunctional, problematic family life can incur long-term effects on a child's mental as well as physical well-being. However, a supportive family can completely shift that. Therefore, PAHCHAAN does not only work with Children singularly but also their families and counsels them of any psychological or psychosocial traumas in addition to helping them economically.

Education

Every child has a born right to education. Education is what shapes up any individual's future and gives them a prosperous life and future. PAHCHAAN understands the gravity of how imperative education is to life, growth, and survival and therefore, strives continuously to provide children with the avenues and platforms to attain education. PAHCHAAN runs free of cost learning centers.





Health & Nutrition

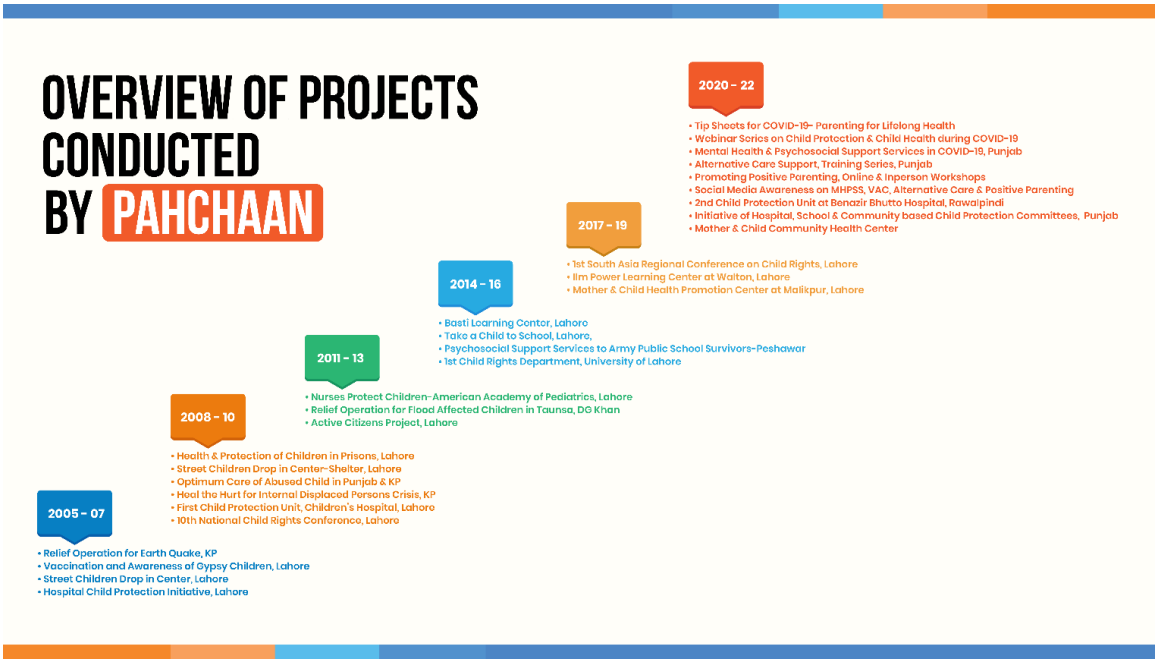
Health is Wealth and until or unless the child is healthy, they are not equipped with the right tools and arms to face all challenges of life. Access to basic health facilities and clean nutrition can help transform a child's life and this is the reason that PAHCHAAN strives to facilitate children with that.

Safety & Protection

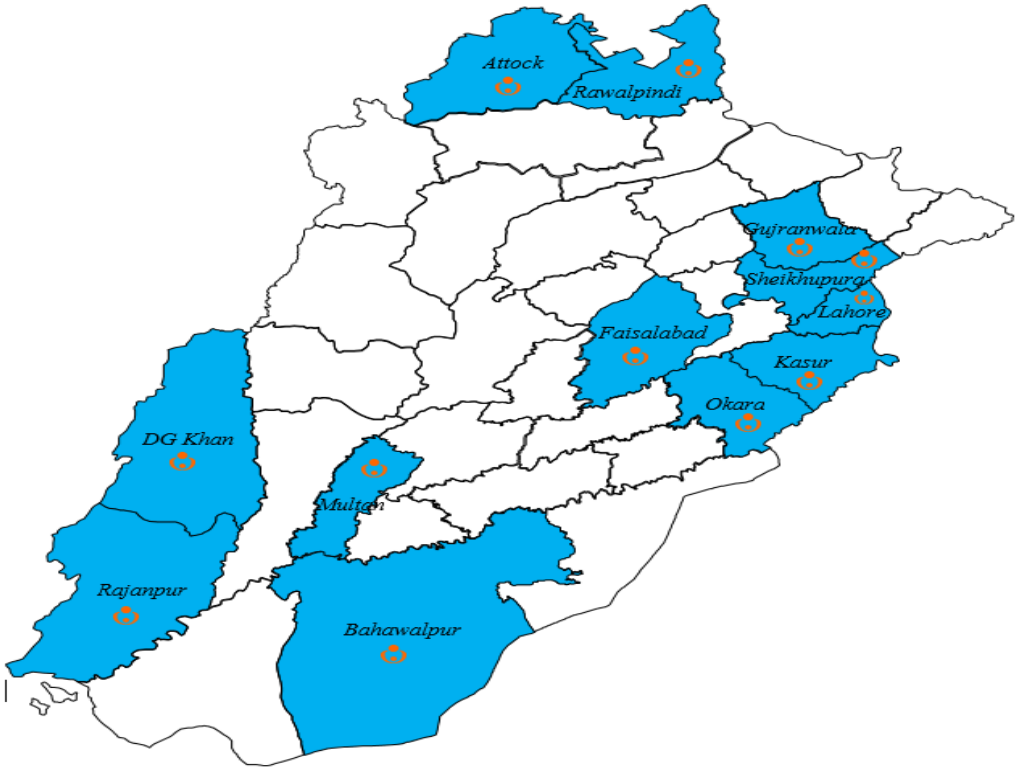
PAHCHAAN – a center for protection and help of children against abuse and neglect was founded on the very idea of providing physical and mental support to children affected of abuse, neglect, or traumas. For a child to lead a healthy and balanced life, their mental and physical well-being serve as two necessary pillars of support. Hence, PAHCHAAN works tirelessly to ensure that and has two operational units namely "Child Protection Unit" and "Mother & Child Health Promotion Unit" in Children's Hospital Lahore and Malikpur Village near DHA Phase 8 Lahore, respectively.



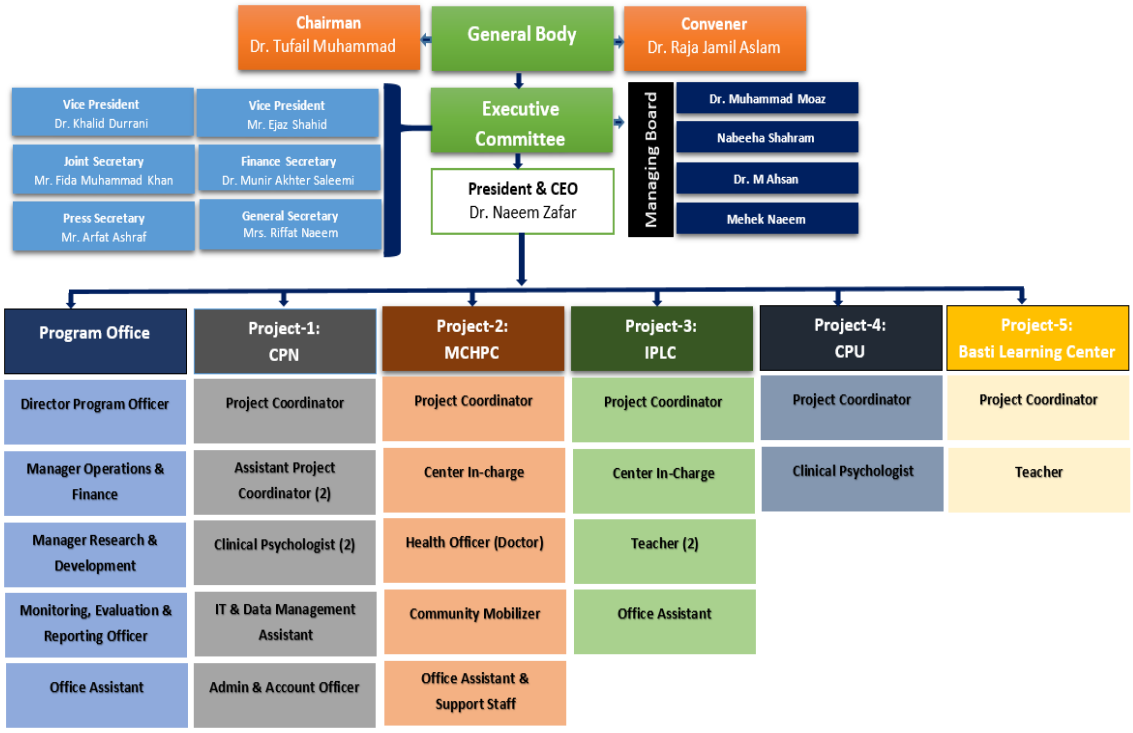
PAHCHAAN over the Years



Footprints in Punjab



Organizational Structure



Mother and Child Health Promotion Center

Communities served by PAHCHAAN's Mother and Child Health Promotion Centers (MCHPCs) face high levels of maternal and child morbidity, low immunization coverage, malnutrition, and limited access to affordable, quality healthcare. Public health facilities are often overstretched, while private healthcare remains financially out of reach for most families. Women and children are particularly affected, with gaps in antenatal care, child growth monitoring, vaccination follow-up, and health education contributing to preventable illness and long-term developmental risks.

In 2022, these challenges were further compounded by flooding, displacement, and economic instability, increasing the vulnerability of families to illness, malnutrition, and poor health-seeking behavior. PAHCHAAN's MCHPCs were designed to address these gaps by providing accessible, community-based healthcare while linking families to public health systems.

Consequently, PAHCHAAN, in partnership with the **Shahid Afridi Foundation (SAF)**, established the Mother and Child Health Promotion Centre (MCHPC) in June 2019 as a community-based, non-profit primary healthcare facility. The centre was designed to ensure that mothers, children, and adolescents in Malakpur receive timely, affordable, and preventive health services in a safe and trusted environment.

The MCHPC operates on the principle of **"Healthy Mother, Healthy Baby, Healthy Child"**, combining preventive, curative, and promotive healthcare under one roof. The model integrates:

- Primary medical care
- Maternal and child health services
- Immunisation support
- Nutrition and hygiene counselling
- Mental health and psychosocial support
- Community outreach and health education

The centre functions both as a healthcare facility and as a community health hub, linking families to government vaccination programmes and public hospitals for specialised care while building long-term health-seeking behaviour within the community. During 2022, the MCHPC provided a comprehensive package of services across the life cycle of women and children:

Facility-based Health Services

- General medical consultations with free medicines
- Antenatal and postnatal care
- Growth monitoring and nutrition management
- Family planning counselling and services
- Adolescent health services
- Psychological support (MHPSS)
- Ultrasound services for pregnant women and infants
- Nebulisation and treatment for acute illnesses

Vaccination & Disease Prevention

- Functioned as a
- Routine EPI vaccinations, including Hepatitis B, Measles, and Rubella.

Community Outreach & Referral System

- 131 community visits conducted by the MCHPC team.
- Household-level counselling on hygiene, breastfeeding, vaccination, and family planning.
- Follow-up visits to ensure continuity of care.
- Referrals to hospitals for cases requiring specialised treatment.

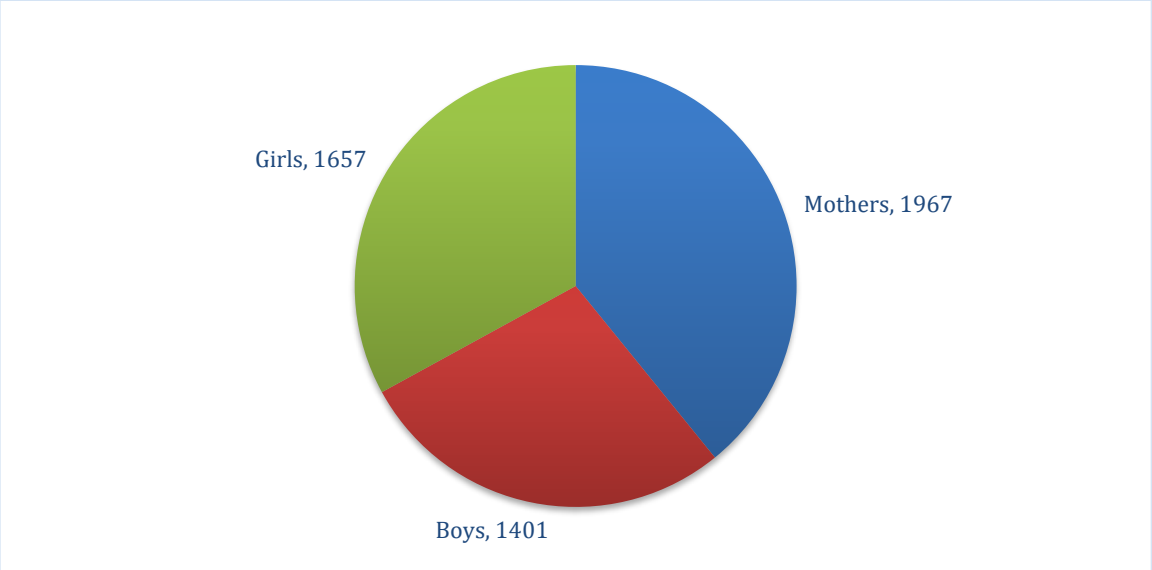
Health Promotion & Awareness Sessions

A structured programme of community-based awareness sessions was delivered throughout the year, covering:

- Water, sanitation, and hygiene (WASH)
- Dengue prevention
- Water-borne diseases

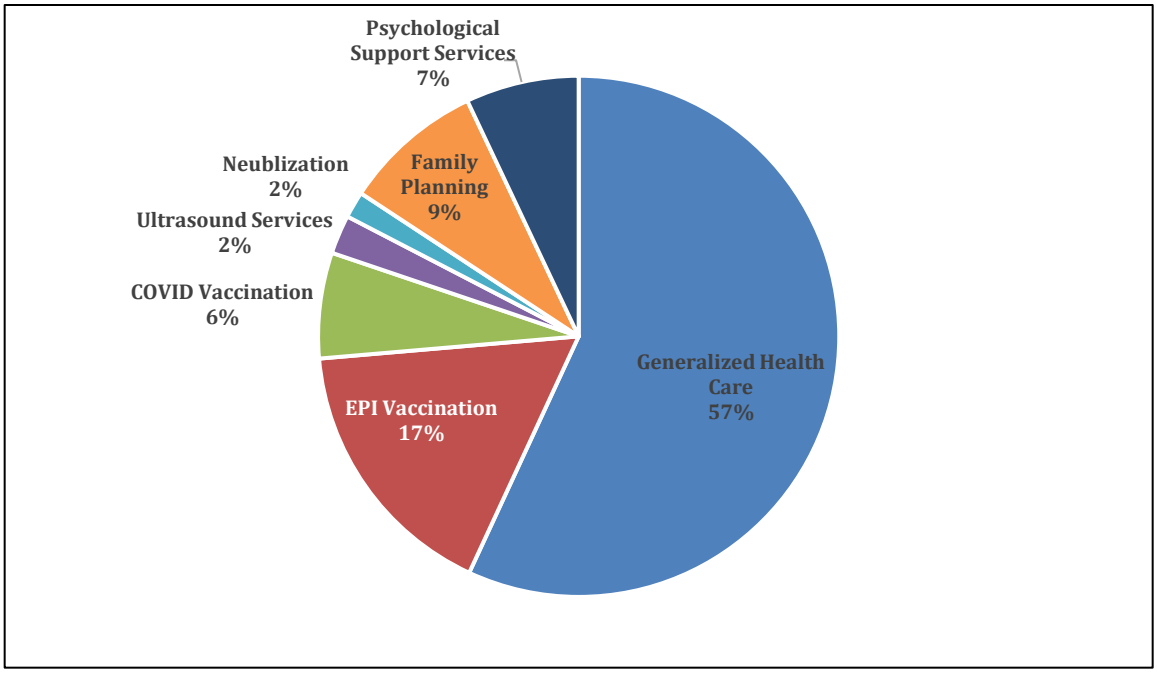
- COVID-19 prevention and vaccination
- Breastfeeding and infant nutrition
- Postnatal care for mother and child
- Parenting and family care
- Seasonal illnesses (flu, gastrointestinal diseases)

These sessions were delivered at the centre, in schools, and through household and community meetings, supported by Social and Behaviour Change Communication (SBCC) materials. In 2022, 5,025 women, children, and family members accessed services at the Malakpur MCHPC.



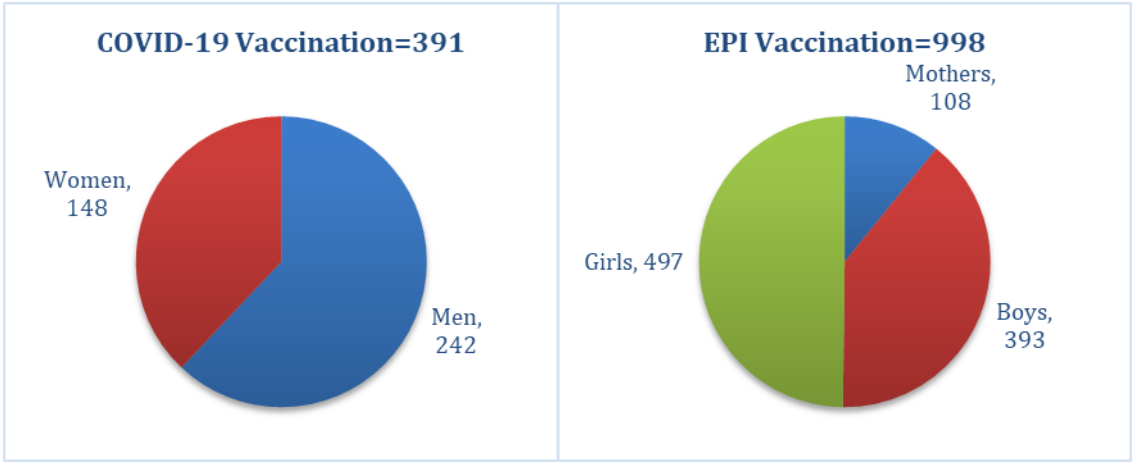
Service utilisation:

- 57% received general medical care (including fever, diarrhoea, RTI, GERD, diabetes, antenatal and postnatal care).
- 17% received EPI vaccinations.
- 6% received COVID-19 vaccination.
- 7% received psychological support.
- 9% received family planning services.
- 2% women received ultrasound services.



Vaccination and preventive care:

- 391 individuals received the COVID-19 vaccination.

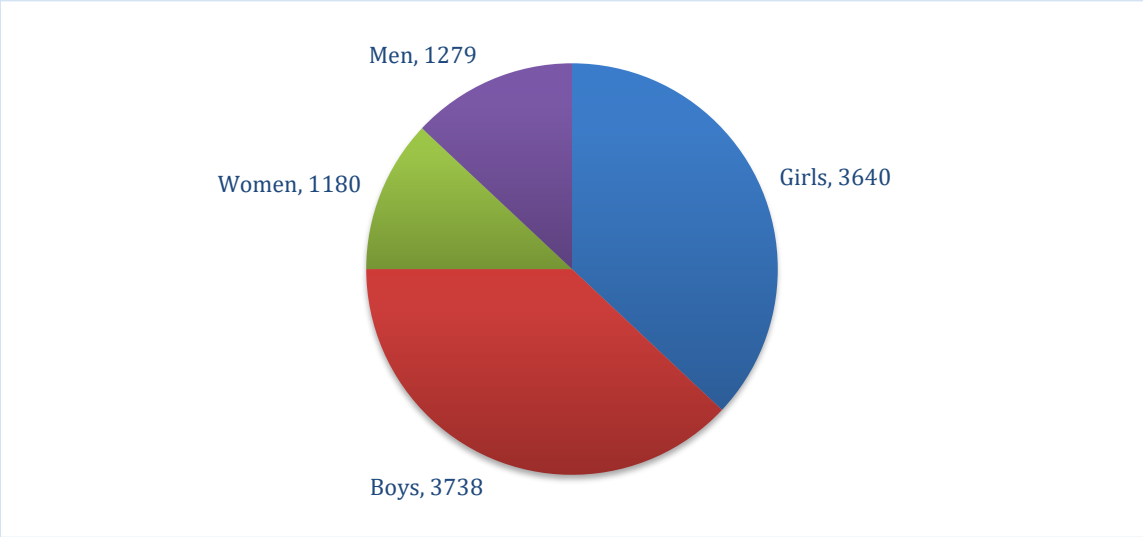


- 998 children received routine EPI vaccinations.

- Over 3,200 children have received Hepatitis-B vaccination since the center's inception.

Community awareness:

- **9,837 community members** were reached through awareness sessions on hygiene, nutrition, breastfeeding, vaccination, parenting, water-borne diseases, and postnatal care.



Beyond numbers, the MCHPC contributed to:

- Improved vaccination uptake
- Increased awareness of maternal and child health
- Better hygiene and disease-prevention practices
- Earlier care-seeking for illness and pregnancy-related complications

Key Achievements, MCHPC Malakpur (2022)

- 5,025 women, children, and family members accessed health services at the MCHPC during the year.
- 998 children received routine EPI vaccinations, strengthening protection against preventable diseases.
- 388 individuals were vaccinated against COVID-19 through the MCHPC, operating as a Government of Punjab vaccination centre.
- Over 3,200 children have been vaccinated against Hepatitis-B since the centre began operations.
- 244 women accessed ultrasound services, supporting safer pregnancies and early detection of complications.

- 7% of all beneficiaries received mental health and psychosocial support (MHPSS) alongside medical care.
- 131 community visits were conducted to improve follow-up, outreach, and health-seeking behaviour.
- 9,837 community members were reached through structured health and hygiene, nutrition, breastfeeding, vaccination, and parenting awareness sessions.

The Malakpur MCHPC is a cornerstone of PAHCHAAN's health-led child protection and family wellbeing model. It provides a trusted entry point through which families access not only medical care but also mental health support, nutrition guidance, and protection-related information. By operating as a recognised vaccination centre and maintaining referral linkages with public hospitals, the MCHPC strengthens PAHCHAAN's role within the public health and child protection ecosystem. The centre also generates valuable community-level health data and provides a scalable model for expanding integrated maternal and child health services across other underserved areas of Punjab.

Hospital Child Protection Unit

PAHCHAAN collaborated with Rawalpindi Medical University (RMU) in 2021 to establish a Hospital Child Protection Unit (HCPU) at Benazir Bhutto Hospital (BBH), along with school-based and community-based child protection committees and networks. Through this partnership, a coordinated child protection referral network was developed across 12 hospitals in Rawalpindi and extended to PIMS Hospital in Islamabad. The HCPU Rawalpindi served as a central hub for identification, case management, psychosocial support, and referral of child protection cases, working closely with trained teachers and community youth volunteers to ensure early detection and timely reporting of child protection concerns. PAHCHAAN strengthened this system by providing structured capacity-building training for healthcare professionals, school teachers, and youth volunteers on child safeguarding, referral pathways, and psychosocial response, while also facilitating District Child Protection Committee meetings to promote coordination, sustainability, and effective service delivery.

Hospital Child Protection Unit is a specialized unit developed by PAHCHAAN NGO at the Children Hospital for the optimum care and management of Child Abuse and Neglect Cases. PAHCHAAN is managing abused and neglected children in hospital under its one of the ongoing projects “Bachay Mehfooz Achay.” Children being physically abused, sexually assaulted, emotionally traumatized, or severely neglected are taken care of by trained health care professionals, psychologists, and social workers through a pioneering effort of PAHCHAAN in collaboration with Child Rights and Abuse Committee of Pakistan Pediatric Association. In Pakistan, there is no mandated system of reporting child abuse and neglect, Although CAN exists in several overt and covert ways, but there is a paucity of reliable statistics and published data on its prevalence in Pakistan. Like other major public health and social problems, it is not easy to document the actual incidence or prevalence of child abuse. It is always difficult to obtain information on sensitive and highly stigmatized issues, and even more difficult when the victims are children who cannot narrate their woes. In such a socio-cultural setting, most cases of child abuse remain under cover and go unreported.

Services

Case management is a process that involves coordinating services and resources to meet the needs of individuals or families in a complex situation, such as child abuse or neglect. The following are the steps involved in case management:

SCAN & Referral: A referral is made to a Child Protection Officer from different departments with a suspected Case of Child Abuse and Neglect.

Assessment: The Child Protection Officer conducts an initial assessment of the situation and gathers information about the needs of the child and family.

Planning: The Child Protection Officer develops a comprehensive plan that includes goals, objectives, and specific actions to address the needs of the child and family.

Implementation: The Child Protection Officer coordinates and implements the plan, working closely with PAHCHAAN and Hospital Management to provide the necessary services and resources.

Monitoring: The Child Protection Officer monitors the progress of the plan and adjusts as needed to ensure that the child and family are making progress toward their goals.

Evaluation: The Child Protection Officer evaluates the effectiveness of the plan and makes recommendations for changes or improvements.

Closure: The Child Protection Officer closes the case when the child and family have achieved their goals and are no longer in need of services.

Follow-up: Follow-up services are provided to cases after the closure of the course.

Throughout the case management process, the case manager works closely with the child and family, providing support, advocacy, and guidance. The case manager also collaborates with other professionals and agencies to ensure that the child and family receive the best possible care and support.

Function & Working model.

The working model of the HCPU typically involves the following steps:

SCAN: The HCPU receives referrals from various departments of the hospital.

Intake: The HCPU conducts an initial intake to gather information about the child and family and assess the urgency of the situation.

Medical evaluation: The child undergoes a medical evaluation to identify physical injuries or illnesses resulting from abuse or neglect.

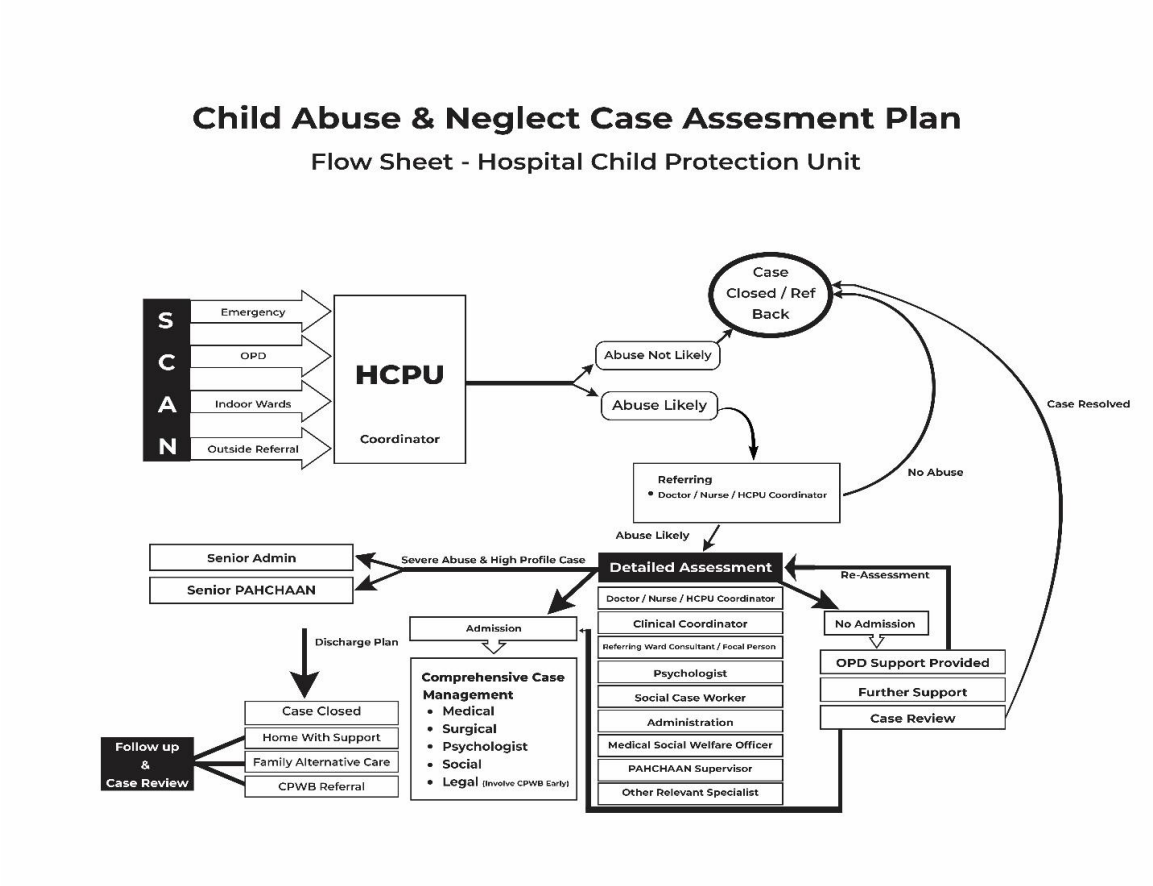
Psychosocial assessment: The child undergoes a psychosocial assessment to identify emotional, behavioral, and developmental needs and develop a plan of care.

Counseling and treatment: The child and family receive counseling and treatment to address the emotional and psychological effects of the abuse or neglect.

Referral and advocacy: The child and family receive referrals to community resources and advocacy services, such as legal services and victim support organizations.

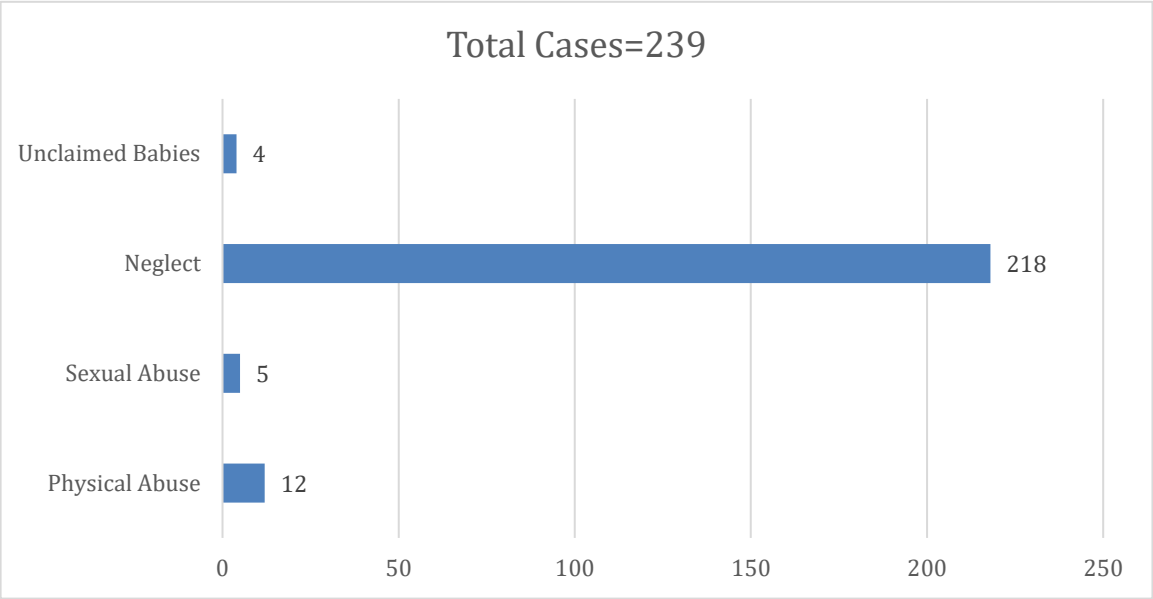
Follow-up: The HCPU provides ongoing monitoring and support to ensure the safety and well-being of the child and family.

The working model of the HCPU is designed to ensure that the child and family receive comprehensive and coordinated care and protection to promote healing and recovery from the effects of abuse or neglect.



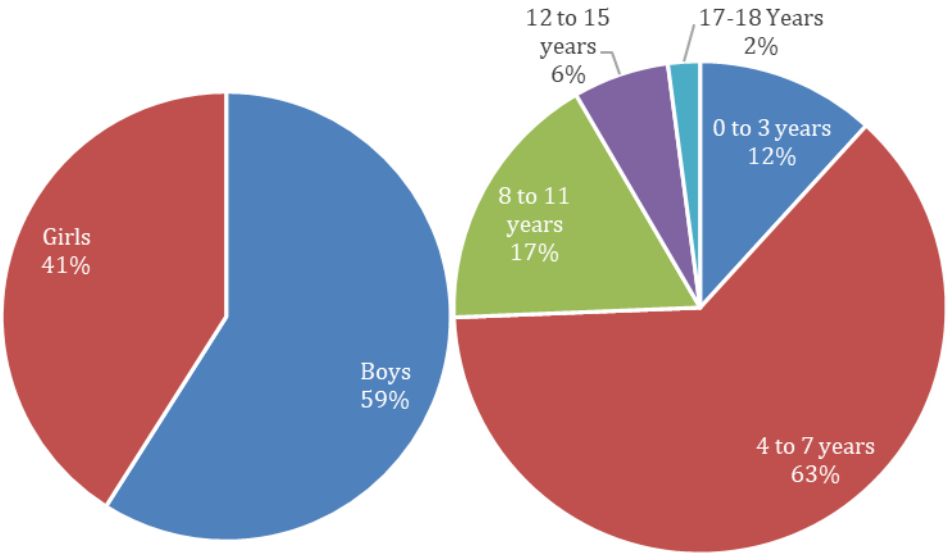
Working Model of HCPU

Case management services in 2022



In total, 239 cases were managed in 2022. Details are given below.

Gender & Age



Stories

Zarqa- Medical Neglect



Zarqa is 11 years old child who belongs to Kasur. Initially, the disease started in the tonsils in the throat. They took treatment to the sagest. Sagest did a bandage around her neck. Due to the negligence of their household members. They did not open the bandage for 10 to 12 days and did not visit sagest again which leads to the tonsil in the worst phase and caused a 0.5-inch hole made in her neck. His uncle Allah dita (Taya Abu) took her to the children's Hospital. Doctors admitted Zarqa and started her treatment.

Upon referral of hospital staff, the case was managed on emergency protocol. The child was treated for her medical needs. PAHCHAAN facilitated for all medicinal expenses during her admission. However, after the discharge a community mobilizes from PAHCHAAN visited Zarka's residence to assess the environment and houseful needs.

Upon the household assessment report the is being provided with monthly Ration, medicines, and medical labs.

The child's progress is visible after management; she has gained weight, and her infection decreased with the doctor's follow-up.

Janat- Neglect



PAHCHAAN social mobilizer went to investigate further about this case. He got to know a 16-year-old child, Sumaira, the mother of a 2-month-old Baby J. Baby J was admitted to Indus Hospital due to dehydration and malnutrition. The case was overly critical and firstly we had to understand how to take this case because in the mother and daughter both were children. Sumaira is also underage and could not understand the sensitivity of child health and hygiene. Well, we referred them to the children's Hospital for better care and

treatment. Where our psychologist gave a counselling session to Sumaira and her family for the reconciliation. After lot of counselling sessions and struggle. They both patched up and once again start their own life from the start.

Moreover, we had to make sure of Baby-J's health after their discharge from the Hospital. Our social mobilizer went to their house, and we got to know that her husband’s salary is too less that he was unable to meet their family expenses. By analyzing their real financial situation. We filled out the need assessment form. We found them to be deserving and needy too. PAHCHAAN decided to give them medical, social, and psychological support.

ILM Power Learning Centre (IPLC)



Children in Walton Colony and surrounding low-income communities face multiple barriers to education, including poverty, child labour, unsafe schooling environments, and limited access to quality learning opportunities. Many parents are unable to afford private schooling, while public schools are often avoided due to concerns around corporal punishment and inadequate learning environments. As a result, large numbers of children remain out of school or drop out early, increasing their vulnerability to exploitation, abuse, and long-term poverty.

In response to these challenges, PAHCHAAN, in partnership with the University of Lahore, established the ILM Power Learning Centre (IPLC) on 1 April 2017 to provide free, safe, and inclusive education to children from disadvantaged households, particularly those involved in informal work or at risk of exclusion from the formal education system.

Working Model

The IPLC is designed as a holistic learning and protection space, combining academic education with life skills, nutrition, psychosocial support, and recreational activities. The model recognises that education for vulnerable children must address not only learning gaps, but also the social, emotional, and economic pressures that prevent school attendance.

The Centre operates through:

- Flexible scheduling (morning and evening shifts) to accommodate working children.
- Activity-based and child-centred learning.
- Small class sizes and individual attention.
- Safe, non-violent, and inclusive learning environment.

This integrated approach allows children who would otherwise be excluded from education to remain engaged, supported, and motivated to learn.

Education & Learning

The IPLC delivers a structured curriculum covering:

- Literacy and numeracy
- Science and social studies
- Basic computer skills
- Life skills education (health, hygiene, safety, protection)
- Creative learning through music, arts, and play

Staffing & Management

The Centre operates with:

- Two trained teachers
- One Centre In-Charge
- One support staff (Office Boy)

A total of 83 students were enrolled during the reporting period.

Facilities

The Centre includes:

- Two classrooms
- A community room and library
- An administrative office
- Kitchen and washrooms

These facilities provide a safe and child-friendly learning environment.

Nutrition & Health Support

Recognising the link between nutrition and learning, IPLC provides:

- Regular meals
- Safe drinking water and fruit juices

- Nutrition education
- Growth monitoring and referrals when required.

Children are taught healthy eating habits and supported to develop lifelong nutrition awareness.

Exposure & Experiential Learning

To broaden children's horizons and reinforce classroom learning, IPLC organised educational exposure visits to:

- Lahore Zoo
- Shalimar Gardens
- Jilani Park (Racecourse Park)

Logistics were supported by the University of Lahore, and financial costs were covered by PAHCHAAN.

Outcomes & Change

Through IPLC, children who were previously out of school or at risk of dropping out have gained:

- Regular access to structured education
- Improved literacy, numeracy, and life skills
- Better confidence, social interaction, and classroom engagement
- Safer daily routines away from harmful labour and street environments

The flexible school schedule has allowed working children to continue learning while supporting their families, reducing the likelihood of permanent school dropout.

Strategic Significance for PAHCHAAN

The ILM Power Learning Centre represents PAHCHAAN's long-term investment in breaking intergenerational cycles of poverty, neglect, and exploitation through education. By providing a safe, rights-based, and child-friendly learning environment, IPLC functions as both an education and protection platform.

The partnership with the University of Lahore strengthens IPLC's sustainability, resource base, and academic quality. The Centre also complements PAHCHAAN's health and child protection work by addressing one of the most critical root causes of vulnerability: lack of education.

IPLC provides PAHCHAAN with a scalable model for integrating education, child protection, nutrition, and psychosocial support, reinforcing its position as a holistic child-focused organisation rather than a single-issue NGO.

Basti Learning Center

“Basti Learning Center” is a non-formal basic education and life skills learning center established in Kachi Basti at Babu Sabu Interchange of Motorway. The center provides free education to children from the garbage picker community who would have otherwise started begging on roadsides and streets. The project aims to join hands to help Nomad, Refugees, and Minorities through awareness and outreach activities with community towards hygiene, health and better lifestyle and provide excellent quality free education to their children.



Child Protection Network (CPN) & Mental Health and Psychosocial Support (MHPSS)



Pakistan is highly vulnerable to natural disasters and humanitarian crises, with children disproportionately affected by displacement, poverty, violence, and psychosocial distress. In 2022, unprecedented flooding affected nearly one-third of the country, resulting in widespread loss of homes, livelihoods, and community infrastructure. Millions of families in districts such as Rajanpur and Dera Ghazi Khan experienced severe social, economic, and psychological disruption. According to national and international assessments, millions of children were exposed to heightened risks of abuse, neglect, exploitation, and mental health distress during this period.

Field assessments conducted by PAHCHAAN psychologists during flood response identified significant levels of trauma among children, adolescents, and women, including anxiety, depression, withdrawal, aggression, grief, fear, and emotional and behavioural difficulties. Without timely intervention, such distress can lead to long-term psychological harm and increased vulnerability to violence and neglect.

In response, PAHCHAAN strengthened its Child Protection Network (CPN) as an integrated system combining prevention, early identification, referral, and response, closely linked with Mental Health and Psychosocial Support (MHPSS) services.

Working Model

PAHCHAAN's Child Protection Network operates as a multi-sectoral, systems-based model, linking communities, schools, hospitals, youth groups, and government institutions into a coordinated child protection mechanism. The model is designed to ensure that child abuse and neglect cases are not addressed in isolation, but through structured referral pathways and multidisciplinary collaboration.

Key features of the model include:

- Capacity building of frontline workers, healthcare professionals, and volunteers.
- Formation and strengthening of Child Protection Committees at hospital, school, and community levels.
- Integration of MHPSS services into child protection response.
- Clear referral pathways to health, social welfare, and protection services.
- Evidence-based advocacy supported by research and professional engagement.

This approach allows PAHCHAAN to move beyond case response towards system strengthening and prevention.

Capacity Building & Training

- 68 PAHCHAAN staff and youth volunteers (VCAN) trained on prevention, identification, and management of child abuse and neglect cases.
- 401 hospital staff (doctors, nurses, paramedics) trained to identify, refer, and manage abuse cases and to establish Hospital-Based Child Protection Committees (HCPCs).
- 1,229 members of Child Protection Committees trained on child safeguarding, including health professionals, teachers, parents, government officials, and civil society representatives.

As a result, 87 Child Protection Committees were established across 12 districts, including:

- 36 School-Based Committees
- 36 Community-Based Committees
- 15 Hospital-Based Committees

Community & Youth Engagement

- 877 parents and caregivers trained on Good Parenting practices.
- 1,527 youth and children sensitised on violence against children and equipped to safely report cases through community-based mechanisms.

Case Identification & Referral

- 300 cases of child abuse and neglect were identified, reported, and managed through the Child Protection Network, with referrals coordinated across hospitals, schools, communities, and youth groups.

MHPSS & Social Support Services

- 15,273 individuals (children, women, and families) received Psychological First Aid (PFA).
- 973 individuals received specialised psychosocial support services.
- 204 families received social support assistance.

Through the integrated CPN–MHPSS model, PAHCHAAN contributed to:

- Earlier identification of abuse and neglect cases.
- Increased confidence and capacity of frontline workers and healthcare professionals.
- Improved coordination between hospitals, schools, communities, and government departments.
- Reduced stigma around reporting violence and seeking psychosocial support.
- Strengthened resilience among flood-affected children and families.

The establishment of district-level committees and trained referral pathways has laid the foundation for sustainable child protection systems beyond emergency response.









Voices For Children Aspirations & Needs

VCAN was initiated in 2017 by a team of youth who didn't want to limit their journey of working for child rights to the only university. We as a team aim to start a chapter of VCAN in every university, every city of Pakistan.

Collaborated with PAHCHAAN for working for child rights. In a project assigned by UNICEF, for identification of potentially abused children during & post COVID-19 and subsequently provide psychological first aid to them by conducting sessions with the children of marginalized communities, underprivileged educational institutes, orphanages or NGOs, private schools in the densely populated 10 districts of Punjab including Lahore, Rawalpindi, Multan, Faisalabad, Gujranwala, Bhawalpur, Okara, Kasur, Attock, and Sheikhupura. Our target is to cover 2500 children ,10 youth groups create in these 10 cities without any discrimination on the basis of their caste, creed, gender, or age. We also have visited schools in Hunza, Gilgit and Skardu Baltistan to give children right sessions and spread smiles among them.

Strategic Engagement, Delegations & Knowledge Leadership

17th Asia Pacific Congress of Paediatrics (APCP), March 2022

PAHCHAAN played a leading role in 17 pre- and post-conference events organised around the theme “Every Newborn, Every Child, Everywhere.” These engagements positioned PAHCHAAN as a national and regional leader in child protection systems.

Key contributions included:

- Training of Hospital-Based Child Protection Committee members
- High-level policy and systems dialogues on child protection
- Launch of the ECPAT report
- Sessions on positive parenting, digital safeguarding, and adverse childhood experiences

International and national experts from ISPCAN, UNICEF, Pakistan Paediatric Association, academia, and government participated, reinforcing PAHCHAAN’s convening role.

Child Protection System Building, Pre-Conference Workshop

In collaboration with CRG-PPA, PAHCHAAN convened senior policymakers, UNICEF leadership, government officials, and child protection experts to discuss:

- Fragmentation of child protection systems in Pakistan
- Multi-sectoral coordination
- Strengthening referral and response mechanisms

Global Best Practice Transfer

In 2022, PAHCHAAN served as a national platform for transferring internationally recognised child protection models into Pakistan's healthcare and protection systems.

These included: **"My Body is My Body"** a globally used child protection and prevention programme translated into 25 languages and implemented by more than 100 organisations worldwide. The programme promotes child safety, body autonomy, and disclosure of abuse through age-appropriate, creative learning methods.

CPRR, Child Protection Recognition & Response Course, developed by the Royal College of Paediatrics & Child Health (UK) and funded by UNICEF, was delivered by PAHCHAAN with national and international facilitators.

Through these programmes, healthcare professionals were trained in:

- Early identification of abuse and neglect
- Safe and ethical management of disclosures
- Multi-agency coordination and referral
- Documentation, confidentiality, and court processes

These global models strengthened Pakistan's hospital-based and multidisciplinary child protection responses and aligned national practice with international safeguarding standards.

Institutional Recognition & Delegation Visits

UNICEF Delegation Visits

UNICEF delegations visited Child Protection Units at Children's Hospital Lahore and Benazir Bhutto Hospital Rawalpindi to assess operations, case management systems, and inter-agency coordination. The visits included:

- Review of intake and referral procedures

- Observation of multidisciplinary case management
- Dialogue on challenges and capacity needs

UNICEF provided strategic recommendations for strengthening coordination, prevention programming, and policy advocacy, reaffirming PAHCHAAN's role as a key child protection partner.

Expert Visits

Dr. Khalid Kamal, Child Specialist (USA), visited PAHCHAAN and the Malakpur MCHPC, providing technical guidance on integrated health, nutrition, and child protection services across the life cycle of children.

Strategic Significance for PAHCHAAN

The Child Protection Network is central to PAHCHAAN's identity as a systems-building organisation rather than a project-based service provider. By linking prevention, response, mental health, and institutional capacity-building, the CPN strengthens provincial child protection architecture and supports government systems rather than replacing them.

Through sustained engagement with UNICEF, government departments, professional bodies, and international networks, PAHCHAAN has positioned itself as a national leader in child protection systems, capable of responding to emergencies while driving long-term structural change for children across Punjab and beyond.

- Children have limited access to psychological support during court proceedings.
- Child-friendly justice measures exist in law but are unevenly implemented.
- Recovery, rehabilitation, and reintegration systems are largely absent outside Islamabad and Balochistan.

At the same time, the initiative identified key legal strengths, including:

- No statute of limitations for child sexual exploitation
- Legal provisions for compensation
- Child-friendly court procedures in Anti-Rape and Trafficking laws

These findings now provide Pakistan with a roadmap for reform aligned with international child rights standards.

Strategic Significance for PAHCHAAN

Through the A2J Initiative, PAHCHAAN has positioned itself as:

- A national thought leader on child-sensitive justice.
- A technical partner to global child protection networks.
- A bridge between law, medicine, social work, and human rights.

This initiative strengthened PAHCHAAN's role in:

- Shaping national advocacy agendas.
- Informing policy reform.
- Linking child protection practice with justice systems.
- Elevating Pakistan's child rights framework to international standards.

By anchoring access to justice within child protection systems, PAHCHAAN ensures that survivors are not only rescued but also protected, heard, and restored.


Pre- Congress Workshop on
"Child Protection System Building in Punjab"
Organized by:
Dated: 9th March, 2022
Pearl Continental Hotel Lahore -Emerald Hall II


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Pre- Congress Workshop on
"Child Protection System Building in Punjab"
Organized by:
Dated: 9th March, 2022
Pearl Continental Hotel Lahore -Emerald Hall II


Pre- Congress Workshop on
"Promoting Positive Parenting"
Organized by:
Dated: 10th March, 2022
Pearl Continental Hotel Lahore -Emerald Hall II













Access to Justice Initiative (A2J)

Despite the existence of child protection laws in Pakistan, child victims of sexual exploitation face severe barriers in accessing justice, protection, and recovery. Fragmented legal systems, lack of child-friendly procedures, weak reporting mechanisms, stigma, and limited support services create conditions where victims are often re-traumatised rather than protected. The COVID-19 pandemic further worsened these risks. Children were increasingly exploited through digital platforms, while judicial and protection systems struggled to adapt, leaving survivors isolated and without access to timely remedies.

In this context, PAHCHAAN partnered with ECPAT International and national institutions to strengthen Pakistan's capacity to deliver child-sensitive, rights-based access to justice for victims and survivors of sexual exploitation. The Access to Justice Initiative (A2J) follows a systems-strengthening and evidence-driven advocacy model, grounded in international child rights law and local institutional realities.

PAHCHAAN and ECPAT:

- Analysed Pakistan's legal, judicial, and protection systems.
- Mapped gaps in reporting, prosecution, recovery, and compensation.
- Engaged frontline professionals (police, judges, doctors, social workers).
- Developed a country-specific advocacy roadmap for reform.

The initiative was implemented as part of a global multi-country programme supported by Bread for the World, spanning Pakistan, Nepal, South Africa, Peru, Cambodia, Kenya, Uganda, Bolivia, and Moldova.

Systems Built

National Consultative Process

PAHCHAAN convened a multi-stakeholder national consultative workshop in Lahore in partnership with ECPAT International, National Commission on Human Rights (NCHR), Child Rights Group, Pakistan Paediatric Association (CRG-PPA), ISPCAN, and Globark Institute of Development and Training (GIDAT)

Participants were organised into four technical working groups:

1. National complaint & reporting mechanisms

2. Child-friendly justice
3. Access to recovery & reintegration
4. Access to compensation

Each group analysed Pakistan's legal and institutional gaps and produced practical, evidence-based recommendations.

Legal & System Mapping

Using ECPAT's international methodology, Pakistan's system was analysed across:

- Reporting and referral mechanisms
- Police and prosecution procedures
- Child-friendly court processes
- Legal aid and compensation systems
- Recovery and rehabilitation services

This resulted in a national factsheet and advocacy roadmap grounded in law, policy, and frontline experience. The A2J Initiative produced one of the most comprehensive child-justice system analyses in Pakistan, documenting that:

- Pakistan lacks mandatory reporting laws for child sexual exploitation.
- There is no integrated national reporting and referral system.


PAHCHAAN & ECPAT
International
ACCESS TO
JUSTICE
INITIATIVE
#A2JPK #PAHCHAANA2J
On: Tuesday


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On: Tuesday
08th November 2022






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ACCESS TO

Promoting Child Protection through Positive Parenting













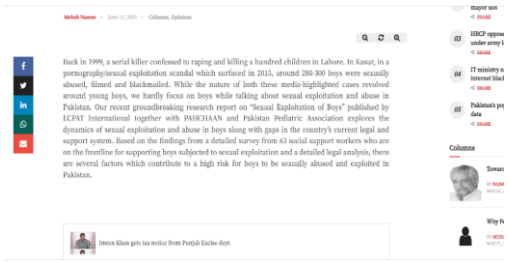
Research and Advocacy

PAHCHAAN is proud to be a research-based organization and plays a role in advocacy through research and analysis which combine the power of evidence, data, and rigorous analysis to advance a cause, influence policies, and drive positive change. By using research to inform advocacy strategies, PAHCHAAN strengthens its arguments, engages stakeholders, raises public awareness, and achieves its advocacy objectives more effectively.

National Report on Sexual Exploitation of Boys in Pakistan

PAHCHAAN (Protection and Help of Children Against Abuse and Neglect) has been at the forefront of actions to prevent and respond to sexual exploitation of children in Pakistan since 2005. PAHCHAAN is a partner of the Child Rights Group of Pakistan Pediatric Association, which has been part of the ECPAT International network since 1998. PAHCHAAN and ECPAT International partnered to conduct this ground-breaking research into the sexual exploitation of boys in Pakistan during 2021.










26 *Children Rights Journal of Rawalpindi Medical University (CRJRMU); 2022; 2(1): 26-29*

Original Article

Understanding Implementation of Pragmatism and John Dewey's Educational Philosophy for enabling participation rights in a Special School

Mehek Naeem[1], Naeem Zafar[2], Waleed Farooq[3]

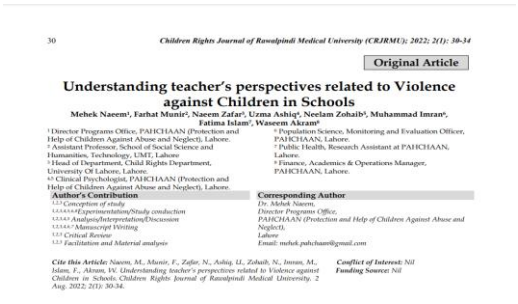
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Author's Contribution
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1,3 Experimentation/Study conduction
1,2 Analysis/Interpretation/Discussion
1,2 Manuscript Writing
3 Critical Review
1,2 Facilitation and Material analysis

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Original Article

Understanding teacher's perspectives related to Violence against Children in Schools

Mehek Naeem[1], Farhat Munir[2], Naeem Zafar[3], Uzma Ashiq[4], Neelam Zohaib[5], Muhammad Imran[6], Fatima Islam[7], Waseem Akram[8]

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1,2,3,4,5,6,7 Experimentation/Study conduction
1,2,3,4,5,6,7 Analysis/Interpretation/Discussion
1,2,3,4,5,6,7 Manuscript Writing
1,2,3 Critical Review
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Looking Ahead

PAHCHAAN enters the coming years at a critical moment for children and families in Pakistan. The compounded effects of poverty, climate-related disasters, displacement, rising violence against children, and deepening mental health needs continue to place the most vulnerable at extreme risk. At the same time, the experience of 2022 has demonstrated that when protection, health, education, and justice systems are strengthened together, real and lasting change is possible.

Building on the foundations established through its Child Protection Network, Hospital-Based Child Protection Units, and community-embedded health and education programmes, PAHCHAAN will continue to prioritize the institutionalization of child-centred systems. This includes expanding and strengthening multidisciplinary referral pathways between hospitals, schools, social welfare departments, police, and community structures so that no child at risk falls through gaps between services.

Mental health and psychosocial support will remain a core pillar of PAHCHAAN's work, particularly in disaster-affected and high-risk communities. The organization will invest further in training frontline workers, youth volunteers, and health professionals to recognize trauma, provide early support, and ensure timely referrals for specialized care. This is essential not only for recovery after crises, but for breaking long-term cycles of neglect, violence, and intergenerational harm. PAHCHAAN will also deepen its engagement with the justice sector. Through partnerships with ECPAT International, UNICEF, professional associations, and government institutions, the organization will continue to advocate for child-friendly justice systems that ensure reporting, investigation, prosecution, recovery, and compensation are accessible, coordinated, and rights-based for child survivors of abuse and exploitation.

At the community level, PAHCHAAN will build on the success of the Mother and Child Health Promotion Centres and the Ilm Power Learning Centre by strengthening integrated models that combine healthcare, nutrition, education, mental well-being, and child protection. These centres are not only service delivery points but also hubs for prevention, awareness, and long-term resilience. Research, evidence generation, and digital outreach will play an increasing role in the coming years. By documenting patterns of abuse, service gaps, and effective interventions, PAHCHAAN will continue to inform national policy, professional practice, and public awareness, ensuring that children's rights remain visible and actionable in Pakistan's development agenda.

Through sustained partnerships, institutional strengthening, and a commitment to international best practice, PAHCHAAN remains focused on its core mission: to ensure that every child in Pakistan is protected from harm, supported in recovery, and allowed to grow, learn, and thrive in safety and dignity.

PAHCHAAN

We implement community development programs at the grassroots level in education, health and nutrition; focusing on poverty reduction, women empowerment and addressing child abuse and neglect

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