

# Journey to Well-Being:

## *Let's Walk Together*

### Programme Guide

October 10, 2019

4:30 PM	Registrations (Ongoing)
4:50 PM	<b>Panel Talk - Emotionally-Healthy Schools: Supporting Holistic Development - 3<sup>rd</sup> Floor, Auditorium</b>
5:00 PM	Welcome Note
5:10 PM	Introduction by Areej Jaffrani, BVHS Emotional Well-Being Team Leader
5:20 PM	Panelists' Introduction by Rabia Aziz-Rizvi, Panel Moderator
5:30 PM	Panelist 1: Ms. Sabina Khatri Panelist 2: Dr. Zainab F. Zadeh Panelist 3: Ms. Tehmina Lalani
6:00 PM	Panel Talk Concludes Q & A Session
6:10 PM	Closing Remarks by Rabia Aziz-Rizvi
6:20 PM	Token Distribution & Photos
6:30 PM - 7:15 PM	<b>Experiential Workshops - 2<sup>nd</sup> Floor</b> Little Yogis (For Ages 5-8) <i>Dhanak Aijaz - 3 Slots; 15 Minutes Each</i> Mindfulness: Disconnect to Connect (For Adults) <i>Bisha Shabir - 3 Slots; 15 Minutes Each</i> Let's Get Fit: You Are What You Eat! (For Adults) <i>Nazish Chagla - 3 Slots; 15 Minutes Each</i> Move With Me: Come, Let's Sing & Dance Together! (For Ages 4-8 with Parents) <i>Faizan Masood - 2 Slots; 20 Minutes Each</i> Let's Create Magic: Experiencing Art in a New Light (For Ages 7-11 with Parents) <i>Anum Malik - 2 Slots; 30 Minutes Each</i>
7:00 PM - 7:30 PM	<b>Play by Senior Campus - 3<sup>rd</sup> Floor, Auditorium</b> Pehle Mein (For Ages 16 and above)

\* A supervised Activity Bay for children (5 years and above) is available on the First Floor between 5 - 8:15 pm for parents who wish to attend adult only workshops. Please note this supervision will be limited to maximum 45 mins.



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**7:30 PM**  
**- 8:15 PM**

## **Group Workshops - Basement**

*Select Your Preferred Workshop*

Keeping Our Children Safe: Preventing Child Sexual Abuse (For Adults)

*Nirmal Niazi*

Keeping Our Children Safe: Body Boundaries & Body Safety (For Ages 6-8)

*Naima F. Shariff*

Raising Resilient & Empathic Children: From Womb to Adolescence (For Adults)

*Aysha S. Jamall*

Being Empathic: Learn A New Superpower! (For Ages 13 - 17)

*Nida Khan*

Being Mindful of "Kindfull" Play: Empathy-Building Through Play (For Ages 6-8)

*Aamna Zuberi*

More Play, Less Work: Importance of Play in Child Development (For Adults)

*Areej Jaffrani*

Adopting A Trauma-Sensitive Approach to Education (For Adults)

*Dua Zafar Dehraj*

Confronting & Addressing Mental Health Stigmas in Pakistan (For Adults)

*Dr. Zainab F. Zadeh*

**8:15 PM**

**Event Concludes**

### **PARTNER ORGANIZATIONS**

CARE FOR HEALTH • CENTRE OF INCLUSIVE CARE • UMEED - E - NAU • KAZIM TRUST  
 WONDER TREE • KDSP • THE STUDY CENTRE • SAAYA HEALTH  
 SEHAT KAHANI • PROJECT WELLNESS

### **RADIO PARTNERS**



**Venue: BVHS Junior Campus - Clifton**

Street 25 B, Marine Promenade

Road, Block II, Clifton, Karachi

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