

Quarterly Report

Strengthening Coach Development Through Mental Health Advocacy

As part of its commitment to coach development and capacity building, Karachi United organized three interactive training sessions in collaboration with Savaira, a mental health advocacy organization.

These sessions focused on strengthening coach-athlete relationships, improving mental health literacy, and building practical emotional regulation strategies. Through real-world scenarios and evidence-based tools, coaches gained valuable insights into recognizing signs of performance anxiety, burnout, or distress in young players, and learned how to respond with empathy and effective support.

This initiative reflects Karachi United's ongoing efforts to ensure that coaches are not only skilled in football development but also equipped to support the holistic well-being of players.



Engaging Afghan Refugee Girls Through Football

Karachi United engaged Afghan refugee girls in structured football coaching and sports education, creating a safe space where they could learn, play, and grow together. The initiative not only introduced participants to the fundamentals of football but also emphasized the values of teamwork, discipline, and confidence-building.

Through regular coaching sessions, the girls developed technical football skills while also benefiting from life skills education that sports naturally foster—such as leadership, resilience, and communication. For many of the participants, this was their first opportunity to experience organized sports, breaking social barriers and offering them a platform for self-expression and empowerment.



The Social Cohesion Tournament for Girls

Karachi United hosted a special tournament that brought together girls from diverse backgrounds, offering them a platform to connect, express themselves, and shine both on and off the pitch.

The day combined competitive football with life skills sessions designed to spark confidence and self-belief. A message wall captured the girls' dreams and voices, creating a space where aspirations could be shared openly.

Girls played side by side, celebrating teamwork, resilience, and mutual respect. The tournament was more than just a sporting event. It was a day of purpose, play, and powerful moments, reaffirming Karachi United's commitment to empowering young women through football and holistic development.



Promoting Literacy & Creativity Through Arts and Essay Writing

Karachi United engaged community players in literacy and arts programs aimed at promoting education and creative expression beyond the football field. These activities encouraged young participants to strengthen their reading and writing skills while also exploring storytelling, drawing, and other forms of artistic expression. By integrating literacy with creative outlets, Karachi United provided children with opportunities to build confidence, improve communication, and broaden their horizons. This initiative reflects KU's belief in nurturing well-rounded individuals, where sport, education, and creativity come together to inspire personal growth and community development.

