

Quarterly Report

During the reporting period, Karachi United continued to empower underserved communities through a structured approach focused on **youth development, education, and community engagement**. The program aims to create safe spaces where children and youth can access opportunities for **learning, personal growth, and physical development**. The program maintained a consistent presence in the communities, ensuring continuity and impact through regular engagement.

Mental Health Advocacy for Female Players

As part of its commitment to holistic development, Karachi United initiated a mental health advocacy and training component for players, particularly those coming from low socio-economic communities.

In collaboration with a specialized mental health organization, the program aims to equip players with the tools and awareness needed to navigate personal and social challenges, while strengthening their overall wellbeing.



Key Focus Areas:

- Building emotional resilience and coping mechanisms
- Supporting players in managing stress and pressure
- Raising awareness on mental health and wellbeing

- Creating safe spaces to discuss harassment and social challenges
- Encouraging confidence, self-expression, and peer support



United for Women's Health and Wellbeing

As part of the *United for Women's Health & Wellbeing* initiative, Karachi United conducted a female-focused community dialogue session engaging family members of participants, particularly women, to strengthen support systems around female players.

The session created a safe and open platform for discussion on key social and health issues that directly impact girls' participation in sports and overall wellbeing.



Key Discussion Areas:

- Sexual and reproductive health awareness
- Importance of women's participation in sports
- Addressing challenges related to early marriages
- Promoting health, wellbeing, and informed decision-making



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Engaging Players in Football & Safe Spaces

Karachi United continued its efforts to increase participation in football and related activities by creating safe, inclusive, and supportive spaces for both boys and girls to engage, learn, and grow.

The program focuses on ensuring that players, particularly from underserved communities, have consistent access to opportunities where they can participate in sports without barriers while building confidence and social connections.

Key Focus Areas:

- Providing safe and inclusive spaces for girls to play football
- Encouraging regular participation in training and sports activities
- Creating opportunities for peer interaction, bonding, and teamwork
- Supporting confidence building and self-expression through sport
- Promoting a culture of respect, inclusion, and gender equality

Through these efforts, players are not only developing their football skills but also gaining a sense of belonging, confidence, and empowerment. The initiative continues to play a critical role in breaking social barriers and enabling participants, especially female players to actively participate in sports and community life.



Conclusion

This quarter reflects Karachi United's continued commitment to creating inclusive and empowering environments for youth participation through sport. Through integrated efforts across mental health advocacy, health and wellbeing education, community engagement, and safe access to football, the program has addressed key social and cultural barriers that often limit female participation.

By combining awareness, skill-building, and community involvement, these initiatives are not only enabling girls to participate in sports but also equipping them with the confidence, knowledge, and resilience to navigate challenges in their daily lives.