



Welcome to our National Conference in Oslo 2023. Let's work together for a better tomorrow.

"Join us for a continuation of our work which has been carried out for the last 26 years by the network for preventive and health promotion work for children, youth, and parents with a diaspora background. Everyone who works with the target group is welcome!

The theme for the day is dialogue-based empowerment, with a focus on commitment and motivation. We will explore how to work with the target group to arouse interest and how we can carry out more health-promoting and preventive work that makes a difference. In addition, we will look at the challenges facing youths. Why are so many left out from mainstream? And what should be done about it?

Our Goal: "Create awareness towards our social responsibility for our children growing up in Norway and our role as parents"

We will be serving Pakistani dinner at the event. **The conference is free**, but registration is required. There is a limited number of spaces and **registration must** be sent to: post@ihsg.no or sms 41694303 within 20.08.23. The initiative is supported by IMDi.

Date & time: 25.08.2023 16:00-20:30

Location: Central Jammatah Ehl-e-Sunnat, Motzfeldtsgate 10.

Program	Congress languages: Norwegian, English, and Urdu
16:00 – 16:30	Arrival and registration of participants
16:30 – 16:45	Opening remarks by Imam Syed Nehmat Ali Shah, CJAS
16:45 – 17:10	How can we prevent social exclusion and promote cooperation between public and voluntary sectors? By Shazia Majothi, Cognitive behavior therapist and board member of IHSB and Tayyab M. Choudri, executive director of IHSB.
17:10 – 17:25	Special address by Her Excellency Saadia Altaf Qazi , Ambassador of the Islamic Republic of Pakistan in Norway

17:25 – 18:00

Understanding and addressing negative social control:
Strategies and experiences from IHSG and RKF. By Leoul Mekonen, Social worker

18:05 – 19:00

Panel discussion with 5 invited speakers: How can we foster **knowledge-based learning and empower our communities?** (Freedom from negative social control and honor-related violence - the way forward) Moderator; Martin Toft, Board Chair, IHSG.

- **A Norwegian parliamentarian** from Stortinget
- **A father and adviser** in Oslo municipality
- **A mother and teacher** from Oslo School
- **A youth activist** from East meets West
- **A doctor and UN ambassador**

19:05 – 20:30

Pakistani dinner and networking session.



As a participant in the conference, you will be updated on the field, be inspired by professionals and colleagues and you can create a good network.

This conference is the annual dialogue meeting place of International Health and Social Group (IHSG) in collaboration with Jammāt Ehle-Sunnat.

Our speakers:



Her Excellency Mrs. Saadia Altaf Qazi is currently the Ambassador of the Islamic Republic of Pakistan to Norway and Iceland. She presented her credentials to H.M. King Harald V of Norway in a graceful ceremony on 26 January 2023.

Ambassador Saadia Altaf Qazi has a distinguished diplomatic career spanning over more than 22 years. She has served in various Missions of Pakistan abroad such as

Brussels (2006-2009), Houston (2013-2016) and Manila (2016 -2019). She also held senior positions at the Ministry of Foreign Affairs Islamabad such as Director General. She has extensive experience in different spheres of public service, such as foreign policy, trade, culture and education.



Meet the imam Syed Nehmat Ali Shah - Head of Norway Imam Council and a spiritual leader. He fosters dialogue and tolerance at the Central Jamaat-e Ahl-e-Sunnat mosque in Oslo. In a compelling YouTube interview, he shares how his community faced the challenges of the coronavirus pandemic with resilience and faith.



Kamzy Gunaratnam, born 27. mars 1988 in Jaffna, Sri Lanka. A dynamic Norwegian parliamentarian representing Oslo at Stortinget. Born in Jaffna, Sri Lanka, she's an inspiring member of the Norwegian Labour Party (Ap). Former deputy mayor of Oslo, Kamzy's journey is fueled by unwavering dedication to public service since 2007. Her visionary leadership and boundless energy continue to inspire a brighter future for her constituents and beyond.



Shazia Majothi is a board member of IHSG and a cognitive behavior therapist with more than 30 years of experience. She specializes in working with children and youth who face mental challenges and providing support for people with special needs. She also offers health and education counseling and cognitive behavior therapy to help her clients overcome their difficulties and achieve their goals.



Leoul Mekonen- an expert in multicultural health studies and social work with immigrants and ethnic minorities. As the Director of Multicultural Health Studies at RBUP, he's making a positive impact on diverse communities. Previously,

he led initiatives at Stiftelsen Amatheia, educating immigrants about intimate partner violence and child corporal punishment. With vast experience and dedication, Leoul empowers and advocates for vulnerable populations.



Meet Tayyab M. Choudri - a visionary leader and passionate advocate for public health and human rights. As the founder of IHSG, he tackles sensitive health issues for minority groups. With a background in psychology and public health, he's a cultural mediator for immigrants in Norway. His remarkable contributions have earned him prestigious awards, such as the **Oslo Extra Large award 2006**, **Stiftelsen Psykisk Helse- prisen 2008** and the **Karl Evang-prisen 2013**. He leads impactful development projects in South Sudan and Pakistan.



Martin Toft- a dynamic leader and scholar! As Chairman of IHSG and a specialist in Spanish and Latin American studies from the University of Bergen, his knowledge knows no bounds. With a background in comparative politics and English, he's a well-rounded individual. A seasoned press professional, he's been Editor-in-Chief of Uniform since 1997. Martin Toft's diverse expertise and leadership make him a true standout.



Meet Berit Austveg - a Norwegian doctor and acclaimed non-fiction writer. With experience in immigrant healthcare and international development, she's represented Norway in global forums and worked with the UN Population Fund. Her book on ethical abortion issues sparks vital discussions, showcasing her dedication to healthcare and meaningful dialogue.

Kind regards

Tayyab M. Choudri

Executiv Director Internasjonal helse- og sosialgruppe

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