



# ORGANIZATION OF HEALTH AND ECONOMIC COLLABORATION

*“Building lives with every step.”*

**“THE YOUTH OF TODAY ARE THE LEADERS  
OF TOMORROW.”**

*~ Nelson Mandela*

Founded on **23rd March 2021**

## Our Vision:

1. To close the gap between. Medical and economical sectors, the major requirement of the upcoming era to keep pace with the intellectual community.

- To introduce innovation in medicine and medicinal tools and techniques in Pakistan, via research publications in order to ensure that we provide standard healthcare that is upto the International mark.

**Presidential Panel:**



**Pain today Pride tomorrow** is the executive principle of success. Nothing in this world is impossible but with consistency, perseverance, and humbleness being the most important ones.

Every chapter of life contains good and bad in it and strangely, it has always been those unnerving moments that give birth to excellency.

For us, OHEC is the outcome of the motivation from such critical times and is heading it's way to revive dying spirits

and commands.

Danish Ali	President
Abu Bakar Bin Khalid	Vice President
Kashmala Azam	Information Secretary
General Secretary	Rida Fatima

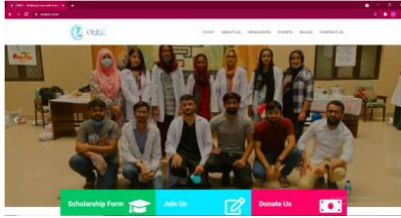
**Our Departments:**

Department	Director
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Education and Awareness	Rida Zahra Aiman Waheed
Internal Affairs	Kashmala Azam Shahrukh Ahmad
External Affairs	Fatima Mufaz Malik Usama
Charity	Abdul Malik Fatima Hassan
Media and Publications	Aiza Ayub Abu Bakar Bin Khalid
Marketing and Promotions	Laiba Arif
Finance	Danish Ali
Research Forum	Sarosh Ali Zaidi
Ambassadors	Saniya Ihsan

### Achievements:

1. Conduction of **Ramadan Drive** worth 1 lac 18 thousand rupees in which we provided ration packages to more than 55 deserving families in Rawalpindi and Multan.



2. Development of Personal website at <https://orghec.com> within a short span of less than 2 months.

3. Free of cost access to USMLE and PLAB data & subscriptions worth **Rs. 15 Lac** to facilitate and ease the financial burden of Usmlle and plab Aspirants.
4. **Medical related stuff** in a completely categorized way for all years from 1st Year to final year MBBS including Relevant Video Lectures, LMS lectures, Notes, pdf's, Past papers, Dissection videos, ospe, and Viva stuff.
5. **GUIDANCE WEBINARS** regarding **UGRAD** and **USMLE**
6. Successfully Conducted **OHEC USMLE KAPLAN PREPARATION SESSION** with **74 Registered members** which comprised of Data provision, proper Schedule, discipline wise assessments as per USMLE standard.



7. **OHEC Research Series 2021** aiming to provide step wise complete guidance to the Beginners, **two WEBINARS** of the series titled  
-INTRODUCTION TO RESEARCH AND  
IT'S IMPORTANCE FOR THE  
BEGINNERS -SELECTION OF TOPIC

FOR THE RESEARCH

Have already been conducted.

8. OHEC Scholarship Program facilitating the youth by providing need and meritbased scholarships to assure equal opportunities for the brilliant minds to excel and minimizing the hindrances in their ways.
  
9. Provision of financial support to the needy one's via **OHEC Charity Department** after proper verification.
  
10. Provided necessary stuff worth more than **Rs. 1Lac** for the marriage of the daughter of a widow who works at RMU Girls hostel.



11. In **OHEC EID Drive** at "**Mera Apna Orphanage**" we spent quality time with the little innocent souls for involving them in our celebrations, inculcating happiness in their lives, and distributing gifts among them so that they never feel left out.

12. BLOGS related to important days and issues.
  
13. Awareness about all important Days either National or International via Videos, posters, and articles including
  - RAMADAN DAILY REMINDER SERIES
  
  - Videos regarding THALASSEMIA Day, Labor Day, Alzheimer's Day, World Humanitarian Day
  
  - Celebrations and campaigns regarding important national Days like Independence Day, Defence Day.



14. Organized Charity based **Food Fest** ~ an ice breaking project after Covid-19 and Quarantine, at Rawalpindi Medical University-NTB.

**Events:**

**Awareness Sessions:**

1. Youm e Pakistan
2. World earth day
3. World malaria day
4. Father's day
5. We stand with the Palestine campaign
6. Women rights awareness campaign
7. Kashmir day
8. World suicide prevention day
9. Labour day
10. World rabies day
11. Sat no to drugs campaign
12. World patient safety day
13. World Alzheimer's day
14. Defense day campaign
15. World hepatitis day
16. World International citizens' day
17. Independence day celebration
18. International charity day
19. Mother's day
20. Thalassemia prevention campaign
21. Iqbal day **On-Field Projects:**

<b><u>Events</u></b>	<b><u>Dates</u></b>	<b><u>Amount</u></b>
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<ul style="list-style-type: none"> <li>1. Usmle Project 01</li> <li>2. Usmle Project 02</li> </ul>	<p>Apri, 2021</p>	<p>RS 38,000</p>																
<ul style="list-style-type: none"> <li>3. Ration drive campaign in Rawalpindi /Islamabad /Multan</li> </ul>	<p>12.April.2021 _ 11.March.2021</p>	<p>RS 1,18,000</p>																
<ul style="list-style-type: none"> <li>4. Usmle prep session phase Kaplan</li> <li>5. Usmle prep phase first aid, B&amp;B</li> <li>6. Usmle data purchase and distribution</li> </ul>	<p>September, 2021</p>	<p>RS 15,00,000 approx</p>																
<ul style="list-style-type: none"> <li>7. OHEC website Development</li> </ul>	<p>25.April.2021</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Hosting</td> <td style="text-align: right;">RS 8,500</td> </tr> <tr> <td>Drive</td> <td style="text-align: right;">RS</td> </tr> <tr> <td>18,000</td> <td></td> </tr> <tr> <td>Wordpress + Theme</td> <td style="text-align: right;">RS 5000</td> </tr> <tr> <td>Plugins+Support</td> <td style="text-align: right;">RS</td> </tr> <tr> <td>1,500</td> <td></td> </tr> <tr> <td><b>Total</b></td> <td style="text-align: right;"><b>RS</b></td> </tr> <tr> <td><b>33,000</b></td> <td></td> </tr> </table>	Hosting	RS 8,500	Drive	RS	18,000		Wordpress + Theme	RS 5000	Plugins+Support	RS	1,500		<b>Total</b>	<b>RS</b>	<b>33,000</b>	
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	8. Marriage case at girls hostel RMU	October, 2021	RS 63,000
	9. OHEC app underdevelopment		
	10. Eid at mera apna orphanage	March, 2021	RS 30,000
	11. Food stall at RMU ntb	10.July.2021	RS 64,000
	12. Research Quiz 2021	September, 2021	RS 1,500



	13. OHEC research series	June - September, (2021)	RS 1,800
	14. Scholarships		RS 53,000
	15. Recruitment drives	August, 2021	

**OHEC Financial Report (March 2021 -October 2021) On-**

**Field Projects:**

1. Usmlw webinar 01
2. Usmlw webinar 02

Total Registration Amount	RS 38,000
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3. Ration drive campaign in Rawalpindi /Islamabad /Multan

Total Spent	RS 1,18,000
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4. Ramadan 30 days 30 reminders program
5. Usmle prep session phase Kaplan
6. Usmle prep phase first aid, B&B
7. Usmle data purchase and distribution

Amount spent on Data purchase+Distribution	RS 15,00,000 approx
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8. OHEC website development

Hosting	RS 8,500
Drive	RS 18,000
Wordpress+Theme	RS 5000
Plugins+Support	RS 1,500
<b>Total</b>	<b>RS 33,000</b>

9. Recruitment drives
10. Marriage case at girls hostel RMU

Spent on Marriage Case	RS 63,000
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11. OHEC app underdevelopment

12. Eid at mera apna orphanage

Total Spent	RS 30,000
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13. Food stall at RMU ntb

Income Generated	RS 64,000
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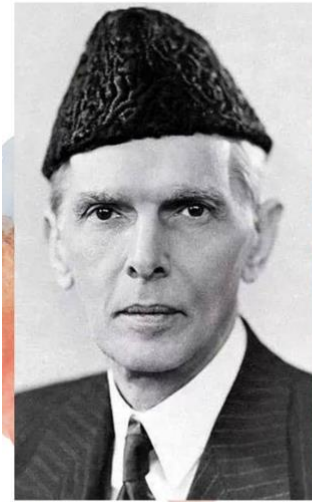
14. Research Quiz 2021

Spent on Research Quizzes	RS 1,500
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15. OHEC research series

Total Registration Amount	RS 1,800
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**Gallery:**



**73rd Death Anniversary  
Of Founder of the  
Nation  
Quaid e Azam**

**25 DEC 1875-11 SEP 1948**

A man who stuck to his words and advised us the same

"With faith, discipline & selfless devotion to Duty, there is nothing in this world that you cannot achieve"

<https://www.facebook.com/org/hec/> [https://instagram.com/ohec\\_21](https://instagram.com/ohec_21)



**WORLD RABIES DAY**  
(Rabies Prevention starts with you)

**VIRUS TRANSMISSION**  
Saliva of infected animals are caused by **99% dog bites**. The virus attacks the brain. Rabies is **fatal** once symptoms appear.

**TREATMENT**  
Thorough washing of the wound with soap and, vaccine injections can avoid symptoms and **save lives**. Seek **immediate** medical care if bitten.

**HOW TO PREVENT RABIES TRANSMISSION FROM DOGS?**  
Rabies public awareness. Learn dog body language. **NO DOG BITE = NO RABIES**.

**FATALITIES**  
Rabies affects **poor rural communities** mostly in Asia and Africa. **One death every 10 minutes**. **40%** of the victims are children younger than 15.

**VACCINATING DOGS SAVES HUMAN LIVES**  
Rabies is **100% preventable**. Vaccinating **70%** of dogs breaks rabies transmission cycle in an area at risk. Every dog owner is concerned.

**OHEC Research Series 2021**

**Title: Topic Selection**

**Panelist:**  
**Dr. NAUMAN**  
Graduate of AIMC  
Writer of More than 40 Research Papers

**Timing:**  
September 4, 2021  
5 P.M. to 6 P.M.  
Online via Google Meet

For inquiries, email at [orgheo@gmail.com](mailto:orgheo@gmail.com)



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