



RMU Students Outreach Programmes



Rawalpindi Medical University, Rawalpindi

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Mission Statement

- To impart evidence-based research oriented medical education
- To provide best possible patient care
- To inculcate the values of mutual respect and ethical practice of medicine

VISION AND VALUES:

- Highly recognized and accredited center of excellence in Medical Education, using evidence-based training techniques for development of highly competent health professionals.



Message By Vice Chancellor

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness. There are a number of benefits of Volunteering

Volunteering connects you to others. It is good for your mind and body. It can advance your career and last but not the least volunteering brings fun and fulfillment to your life.

One of the many famous Hadith about volunteering The Noble Rasool SAW has said:

“The best person is the one who benefits the people.”

Islam has also emphasized on working and living for others. Students of RMU work with the same vision. Apart from studying they do a lot of volunteering through societies which help people live above the poverty line, pay fees, get free health, education & educate them regarding epidemics & pandemics. I wish them all the luck for this noble cause.



Prof. Muhammad Umar
Founder Vice Chancellor RMU

Message by Chairman

All human beings, according to Islam, have been created by one and the same God; and for this reason, they belong to one great brotherhood. All being descendants of the same progenitors, they should naturally be each other's well-wishers and should willingly come to one another's assistance, like members of the same large family. Social welfare, has been preached by every religion of the world. And justice being the essence of religion, Islam has made charity obligatory and binding upon all those who embrace the faith, laying the greatest emphasis on the support of the needy and destitute members of society. In Islamic tradition, the idea of social welfare has been presented as one of its principal values and the practice of social service at its various forms has been instructed and encouraged. A Muslim's religious life remains incomplete if not attended by service to humanity. As a chairman of this society I believe that students societies can do a lot for the betterment of community in general & human being in particular.



Prof Dr Syed Arshad Sabir

Dean of Community Medicine & Public Health
Chairman

Message By Co-Chairperson & Secretary

Heading this clan is an honour for me & the coordinator, as both of us want these societies of RMU to flourish more and more. They are doing a tremendous job by helping mankind. Volunteerism is not a new concept in Islam. QURAN says:

And whoever volunteers good – then indeed, Allah is Appreciative and Knowing.”

(Holy Qur’an 2:158)

I define social work or community service as any form of deed that one may carry out, which its effects extend to benefit fellow human beings, animals, or even the environment surrounding him. Such deeds can be visibly huge contribution to mankind at large, There is a wide gate open to us to earn immense rewards from Allah. Muslims before us in history understood the value of giving, of serving others, and expending themselves and their wealth for the benefit of their communities. There are many brothers and sisters who need the help and support of the community. Some people living in our community have no family or alternate support network, and they need us to be by their side. With such broader framework given to social work and community service, every individual in every community is entitled to getting involved in social work and community service, in a way or another.



Dr Ayesha Yousaf
Co-Chairperson



Dr Omaira Asif
Secretary/Author

Supervising Committee

Patron In Chief:

Prof.DrMuhammadUmar(S.I)

Vice ChancellorRMU

Chairman:

Prof. Dr Syed Arshad Sabir

Co-Chairperson:

Dr AyeshaIntesar

Secretary/Author:

Dr Omaina Asif

Members:

Presidents & General Secretaries of all societies

Vision & Mission Of RMU Community Health Transformation Program

Mission:

- To get information about the resources and needs.
- To arouse the people to work for the welfare of the community.
- To create sound ground for planning and action.
- To create a sense of cooperation, integration and unity among the people

Vision:

- RMU Community Health Transformation Program envisions to provide an umbrella for all the societies working in RMU, so as to supervise them to enhance their abilities, mentor them so that they work more efficiently and in collaboration with each other whenever needed.

Introduction

The older English term „welfare“ can be traced back to the fourteenth century, when it meant to journey well and could indicate both happiness and prosperity (Williams; 1983)

Background:

A need is something that is necessary for an individual to live a healthy life. All human beings have needs and wants in their lives.

Bradshaw (1972) distinguishes four categories of social needs:

- Normative
- Comparative
- Felt
- Expressedneeds

Social welfare is described as **“the organized system of social services and institutions, designed to aid individuals and groups to attain satisfying standards of life and health and personal and social relationships which permit them to develop their full capacities and to promote their well-being in harmony with the needs of their families and the community”** (Friedlander, 1980)

Social welfare:

- Social welfare is the condition or well-being of a society.
- It can be considered as a state or condition of human well-being that exists when social problems are managed, when human needs are met and when social opportunities are maximized.
- When all three are met, it may be claimed that a family, community and a society enjoys a satisfactory level of welfare.

Characteristics:

The chief characteristics of a welfare service are:

- The risks to be protected against (What are the problems that need to be addressed) e.g.; disaster, economic hardship)
- The population covered (who are the recipients of welfare services?)
- Eligibility criteria (who is more deserving?)
- Levels of benefits (to what extent the services will be provided; short term or long term)
- Manner of financing (Who will fund? Either the recipients must contribute for the services, or by the government will manage through taxes)

Rawalpindi Medical University Student Societies

1. Medicose Aid Society(MAS)
2. Rashida Iqbal Finance Aids Organization(RIFAO)
3. Rawalian Community Awareness Program(RCAP)
4. Step Ahead Welfare Society(SAWS)
5. Solidarity Among Young For Change(SYNCH)
6. Volunteer Force Against Hepatitis Transmission(VFAHT)
7. Organization of Health and Economic Collaboration(OHEC)
8. Humanity Still Exists(HSE)
9. Youth Reformers Society(YRS)

Section-I

Medicos Aid Society (MAS)





MedicosAid Society (Regd.)

Rawalpindi Medical University



Introduction:

Medicos Aid Society is a student-based, welfare, non political organization of Rawalpindi Medical University, organized in the name of selflessness, devotion and service. It is working under the patronage of Vice-Chancellor RMU, Professor Dr. Muhammad Umar (Sitara-e- Imtiaz), for the betterment of ailing human beings.

Mission:

Working on purpose of betterment of health of poor and ailing human beings by providing medical, financial and blood related help to needy and Deserving patients.

Vision:

Live Once, Live for Others

Foundation:

It was founded in 1983 by Dr. Amir Sherwani with the aim of providing blood for thalassemic children. With the passage of time, different sections were included in the society and today, there are total 6 sections.

Sections:

All sections with their details are as follow:

1. **Blood Section:** This section arranges:
 - Blood Camps for thalassemic patients in different institutions of Rawalpindi and Islamabad.
 - Blood donors from Rawalpindi Medical University to donate fresh blood to deserving patients.
2. **Medicine Section:** This section arranges:
 - Free Medical Camps at rural areas of Rawalpindi and Islamabad
 - Vaccination Camps against Hepatitis B in Rawalpindi Medical University
 - Provides free medicine to the patients from MAS dispensary located in MAS Office at main campus RMU
3. **Finance Section:** This section:
 - Bears expenses of all the regular activities of the society
 - Provides financial medical assistance to the needy and deserving patients in Rawalpindi and Islamabad
 - Donates medical equipments to the Allied Hospitals of RMU
 - Does Annual audit of every financial year

4. Publication Section: This section:

- Spreads awareness about various diseases by making posters, videos
- Conducts awareness seminars about different diseases

5. Computer Section: This section:

- Maintains online record and reports of all thesections
- Updates social media of the society

6. General Section: This section:

- Supervises working of all thesections
- Conducts Executive and General Body meetings
- Remains in contact with Social Welfare Department
- Maintains a healthy connection between university administration and the society

Registration:

Medicos Aid Society is registered with the Social Welfare Department of Government of Punjab under Reference No. DDSW/RWP/1983-098.

Achievements:

- Provided more than 20,000 blood bags to thalassemic patients
- More than 110,000 patients have been treated in free medical camps
- More than 8000 students have been vaccinated at RMU
- Provided medical financial aid of worth more than Rs. 12 Million to deserving people
- Ration bags of worth more than Rs. 5.35 Million have been provided to deserving families during COVID-19 lockdown

Ongoing projects:

- Hepatitis B vaccination camps at New Teaching Block and Main Campus of RMU
- Awareness on Importance of COVID-19 Vaccination on all social media platforms

Upcoming projects:

- Blood Camps at various Universities of Rawalpindi and Islamabad
- Free Medical Camps in periphery of Rawalpindi and Islamabad

Patron In-Chief: Prof. Dr. Muhammad Umar

Patron In-Charge: Prof. Dr. Muhammad Aslam Chaudhry

President: Usama Naveed

General Secretary: Hashim Khan



MEDICOS AID SOCIETY

Monthly Report

(October, 2021)

Blood Section:-

- Total 22 new donors donated blood for emergency cases in hospitals of Rawalpindi and Islamabad.

Medicine Section:-

- A total of 27 people were treated from the dispensary of Medicos Aid Society.

Finance Section:-

Total expenditure in October, 2021=

Rs. 156,940/-

Regular Acuities = **Rs. 156,940**

Special Cases= **Rs. 128,050/-**

Computer Section:-

- Annual Panel report of 2020-2021 was published.
- Presentations were made for the 13th Annual Get Together & Panel Transfer Ceremony
- Record of different sections of MAS was uploaded on Google Sheets.

General Section:-

- Old Mazda Van of Medicos Aid Society was donated to RMU.
- MAS office floor tiling was done.
- 13th Annual Get together of Medicos Aid Society was arranged at Main Campus RMU.
- Presentation of MAS working in front of Vice Chancellor Prof. Dr. Muhammad Umar (S.I), Chairman Board of governors MAYO hospital & Ex Principal Allama Iqbal Medical College Dr. Mehmood Shaukat and Principle Lahore Medical & Dental College Dr. Abdul Majeed Chaudhary.

Website and social media links:

- Facebook: <https://www.facebook.com/Medicos-Aid-Society-1572161823046971>
- Instagram: <https://www.instagram.com/medicosaidociety/>
- Youtube: <https://www.youtube.com/channel/UCT5n40QV4LpPHONzXBb3wpA>
- Email: mas.rmu@gmail.com
- Contact Number: +92 332 6272627 (Joint Secretary)

Activities:



Executive Body Meeting



Blood Camps



Hepatitis B



MAS Office Inauguration



Medical Instruments Donation



Medical Camp



Ration Drive



Ramadan Ration Drive



Medical Camp



Free Medical Camp

Section-II



Rashida Iqbal Financial Aid Organization (RIFAO)

Rawalpindi Medical University



Abu Huraira reported Allah's Messenger (S.A.W) saying:

**“O Aisha, Allah is gentle and He loves gentleness. He rewards for gentleness
What is granted for harshness and He does not reward anything else like it.”**

(Sahi Muslim).

RIFAO
RASHIDA IQBAL FINANCIAL AID ORGANIZATION

Introduction

- RIFAO was established by students of batch 36 of Rawalpindi Medical University, in honor of Dr Rashida Iqbal (Late) in the year 2009.
- The society aimed at assessing the hurdles, especially financial ones, in way of education of fellow students and finding a solution to overcome those



Dr Rashida Iqbal

Department of Biochemistry
Rawalpindi Medical College

hurdles. Initially, it was under the supervision of Dr. Musaddiq Khan, Dr. Rehana Rana and Dr. Riffat Khurshid.

- Currently, our Patron In-Chief is **Prof. Dr. Muhammad Umar (SI)**, and is running under the supervision of **Dr. Jahangir Sarwar Khan**.



Prof. Dr. Muhammad Umar (SI)
Vice Chancellor, RMU Patron
In-Chief, RIFAO



Dr. Jahangir Sarwar Khan
Head of Surgical Unit-1, HFH
Patron In-Charge, RIFAO

Working Of Rifao

- We mainly aim at providing scholarships to deserving students by collecting donations from donors and through fundraising events. The students in need of scholarships are assessed through a series of interviews and the identity of the student is not revealed in any case.
- RIFAO also aims at providing educational assistance to MBBS students, which include compiling guidelines, creating pdfs, providing free of cost lectures and donating books.
- RIFAO is currently divided into the following 7 departments:
 - Finance
 - Education – Publication and Book Bank
 - Media – Photography and Editing
 - Human Resources
 - Events and Management
 - Human Resources
 - Social Media
- All these departments have their defined roles and are headed by the executive body which includes:
 - President
 - Vice President
 - General Secretary
 - Joint Secretary
 - Heads and Secretaries of each department
 - Old Campus Incharge
- Donations details can be found at the end of the document.



Finance Report

- Financial aid is based on donations collected from RIFAO Alumni, Senior & Junior doctors and students of Rawalpindi Medical University and Allied Hospitals. Donations are kept at a dedicated bank account; each transaction is documented and regular audits and financial statements are prepared to ensure a strict transparency. There is a regular chain of command ultimately accountable before our worthy Patron In-charge.
- Approximately Rs 110,000 (One Lac and ten thousand) is required to support one case for one year.

Financial Statistics of the Previous Tenure (Jan 2020 – Feb 2021)

- **52 cheques** of monthly stipend of worth **PKR 4000each**
- **05 cheques** of examination fee of worth **PKR 5750each**
- **06 cheques** of hostel fee of worth **PKR 34340each**
- **08 cheques** of monthly fee of worth **PKR 2000each**
- **1 cheque** of 1 time college fee of worth **PKR 22550each**
- **04 cheques** of university fee of worth **PKR 7500each**

Total Scholarships issued during Jan 2020- Feb 2021 = **76 Total PKR 511340 (Five Lac Eleven Thousand Three Hundred and Forty)**



Finance Report

Year	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Opening Balance	0	21050	109060	72854	18442	207437	265108	243088	271387	272508	334592	693022
Revenue	81050	130010	162975	203650	456455	452767	406255	446770	646687	550710	557884	586221
Sub-Total	81050	151060	272035	276504	474897	660204	671363	689858	918074	823218	892476	1279243
Expenditure	60000	42000	199181	258062	267460	395096	428275	418471	645566	488626	199454	880476
Balance as of End of Year	21050	109060	72854	18442	207437	265108	243088	271387	272508	334592	693022	398767

Education Report

- Education Department has a publication section, they are concerned with keeping track of modules and tests from each year and according to need, guidelines are made by seniors and shared among the students. We currently have authentic guidelines pertaining to all years of MBBS, for whole books and for individual topics and tests as well. They have shown promising results, even for students from other colleges.
- We also have extremely important international video lectures like:
 - Kaplan
 - Sketchy
 - DrNajeeb
 - Pathoma
- We also have access to e-books, past papers, ospe, viva files and model mcqs and all of these things are provided free of cost to all the students.
- We also provide authentic guidelines to PLAB and USMLE.
- We have also worked on creating our own pdfs, if in case they were not available.
- The other side of Education department is the book bank, the section associated with giving books to the needy and taking them back from the students after a year so that they can be reused again. Currently, RIFAO book bank has more than 500 books and it donates more than 60 books each year.
- RIFAO hard drive is also placed at a suitable site in the campus which any student can access and can copy study material from there to their respective devices.

Saving Our Saviors

- During the tough times of corona, when healthcare workers were fighting at the frontlines, everyone was in dire need of Personal Protective Equipment (PPEs), especially at RMU's allied hospitals. Our society, in collaboration with RAHII ran this project, **Saving ourSaviors(SOS)**, from 23rd April to 29th July, 2020 and provided PPEs to doctors working in Holy Family, Benazir Bhutto, PIMS and DHQ Hospitals.
- During the seven phases of SOS, following
 - 683 Suits
 - 1156KN-95
 - 856 FaceShields
 - 556Googles
- We were also featured in various newspapers for our efforts.



3 ہسپتالوں کے ڈاکٹرز کو کورونا وائرس سے

محفوظ رکھنے کیلئے 580 پی پی ای کٹس فراہم

راولپنڈی (خصوصی نامہ نگار) ڈاکٹرز کو کورونا وائرس سے محفوظ رکھنے کیلئے راولپنڈی میڈیکل یونیورسٹی کے طلباء و طالبات پر سٹل پروڈکشن ایکٹو کیمپینس (پی پی ای) کٹس لے کر ہسپتالوں میں پہنچ گئے۔ رشیدہ اقبال فائٹلس ایڈ آرگنائزیشن کے تعاون سے 580 پی پی ای کٹس بنظیر بھٹو جرنل ہسپتال، ہولی فامیلی ہسپتال اور ڈسٹرکٹ ہیڈ کوارٹرز ہسپتال کے ڈاکٹرز میں تقسیم کی گئیں۔



یونیورسٹی طلباء و طالبات کا تقسیم کٹس ہسپتال کے کمرے میں ہوا



یونیورسٹی طلباء و طالبات کٹس لے کر ہسپتالوں میں پہنچ گئے

580 پی پی ای کٹس کی بھرتی ہسپتال، ہولی فامیلی، ڈسٹرکٹ ہیڈ کوارٹرز کے میں تقسیم

راولپنڈی (خلافہ راجہ شہر) تین ہسپتالوں میں خدمات سرانجام دینے والے ڈاکٹرز کو کورونا وائرس سے محفوظ رکھنے کیلئے راولپنڈی میڈیکل یونیورسٹی کے طلباء و طالبات پر سٹل پروڈکشن ایکٹو کیمپینس (پی پی ای) کٹس لے کر ہسپتالوں میں پہنچ گئے۔ رشیدہ اقبال فائٹلس ایڈ آرگنائزیشن کے تعاون سے 580 پی پی ای کٹس بنظیر بھٹو جرنل ہسپتال، ہولی فامیلی ہسپتال، ڈسٹرکٹ ہیڈ کوارٹرز ہسپتال کے ڈاکٹرز میں تقسیم کی گئی ہیں۔ ایڈز کٹس میں بین 100 قومی معیار کا این 95 ماسک، ٹیس شیلڈ، گورنگ، ایک ہاتھ کا قلم استعمال سوت شامل ہے۔ پی پی ای کٹس پہننے والی ڈاکٹر زمرہ کزنیشن کے صدر میاں حسن احمد بھٹو جرنل کی نگرانی اور انسپکشن۔ ڈاکٹر بیکٹر ایجٹ منجسٹ سیرت کاظم نے ڈاکٹرز کو پی پی ای کٹس کے استعمال بارے میں بھی فراہم کی ڈاکٹرز کیلئے پی پی ای کٹس 14 ہزار کٹس کے ساتھ میڈیکل یونیورسٹی کے طلباء و طالبات کا کتنا تھا کہ ڈاکٹرز دوسروں کی زندگیوں بچانے کے لیے ہر طرح کی صورت حال میں مصروف رہتے ہیں۔ اس لیے ڈاکٹرز کے تحفظ کو یقینی بنانا بھی ایک اہم ذمہ داری ہے۔

Events

- Various events are carried throughout the year. The purpose of all of these events is fundraising, educating people and attracting potential donors to our cause.



First Year Introductory Session



RIFAO FoodFest 2020



UK Electives Guidance Session



LMS-BasicFirstAid



Capacity Pakistan's Critical Need"



RIFAOOnlineWarfare



RIFAO's VeryOwnWebsite



Playing Part InInauguration of High Dependency Paeds Unit

Donation Details

Rifao Account Details

Account Title:

RIFAO RMC

AccountNo:

4105906858

IBAN: PK35NBPA1493004105906858

Bank: National Bank of Pakistan

Branch Name: Medical College Branch

Rawalpindi Branch Code: 1493

ContactDetails

RIFAO Email: info@rifaoorg.com

Patron In-charge: Dr. Jahangir Sarwar Khan,

03335108835 President: Maliha Haroon, 03357828921

Vice President: Fahad Shuaib,

03204419940 Finance Director:

HamnaAtique, 03325235008

*RIFAO accepts all forms of donations but not Zakat

**National Bank Account Holders and International Donors can transfer their donation directly. Private Bank Account Holders will have to issue checks/ draft/ pay orders instead

Link to our official pages

Website: rifaoorg.com

Facebook:

<https://www.facebook.com/rifaoorg/>

Instagram:

<https://www.instagram.com/rifaoorg>

/ Twitter:

<https://twitter.com/rifaoorg?s=09>

SECTION-III



StepAheadWelfareSociety



Step Ahead Welfare Society

What is step ahead?

Step Ahead is a self-finance, non-political organization established on 29th January, 2019 by the collaboration of a group of students from different medical and engineering institutes in the twin cities. We teach children **5 days a week** at a small camp in Liaquat Bagh, free of cost. This camp is an intermediate setting between the school and the streets. These children come from the surrounding slums and are very enthusiastic about learning.

Our Motto:

“Share a word, build someone's world”

Our aim:

We at Step Ahead believe that if you want to bring a change in this society you just need to take a leap of faith and step ahead. We believe that every child in this world has a right to be educated - a right they shall not be denied, so we strive for a simple cause: Education for All.

Our goal:

Although knowledge has no limits, but the ultimate goal we have for our children is to get them enrolled in schools at some point and for this we use a three-step process,

1. Community Drives: these are conducted in slums to call as many children as possible to the camp as possible.
2. The Camp: this is a stairway towards our next step, at the camp we try to make the child capable enough to join school.
3. School: depending upon the child's caliber, when we feel that the child is ready, we enroll them into schools.



Annual expenditure:

According to the annual audit report, the total amount raised from JAN 2020 to DEC 2020, was 1,597,653 and the annual expenditure was 1,518,179. Because of your support we spent a total sum of 477,248 rupees in the form of school fees, stationary, books, uniform etc. for the needy children. This amount is used to cover not only the activities and expenditures of the camp but also cases outside the camp

i.e. supplementary section dealt with 18 cases during this period.

- ◆ **2018** total collection N: 176,639/- expenditure: 110,448/- **2019** total collection N: 696,259/- expenditure: 477,248/-
- ◆ **2020** total collection N: 1,597,653/- expenditure: 1,518,179/-
- ◆

Financial aid:

We help to cover the financial expenses of both our students and outside students wherever it is possible. We help them buy books, uniform and stationary items. We also get sponsors for our students who help us by supporting the expenses of one or more child.

Supplementary aid:

Supplementary aid section is responsible for dealing with cases outside the camp and providing them with necessary aid after proper investigations and satisfaction. A proper check and balance is maintained and strict records kept to avoid any inconvenience.

Our workforce:

Our team comprises of hardworking volunteers from different universities and colleges RMU, PIEAS, NUST, FAST, NUML,

AMC, Gordon College, FMDC, IMDC, Viqarun Nisa College.



The Departments:

1. General Section:

Supervises all the activities of the society and deals with the matters regarding management of camp, volunteers and the students.

2. External Affairs Section:

Deals with other societies and organizations regarding collaborations.

3. Logistics Section:

Deals with the maintenance of the camp (its infrastructure).

4. Finance Section:

Responsible for all the finances regarding the camp.

5. Supplementary Aid Section:

Provides financial aid to deserving cases outside the camp but after strict investigations.

6. External Events Section:

Arranges trips and activities for the students outside the camp.

7. Internal Events Section:

Arranges educational and recreational events and activities at the camp for the students.

8. Social Media Section:

Presents the society at all social media platforms i.e. Facebook, Instagram, WhatsApp.

9. Graphics Section:

Designs posters and videos for our social media platforms.

10. Content Writing Section:

Responsible for the documentation of the society and writes up content for the Social Media and Graphics Department.



THE PANEL:

President:
Umair Akram



Vice President (male): *Tassawur Hussain*

General Secretary:

Ayyan Kareem Joint Secretary: *Aliza Jabba*

Director External Affairs :

Usama Ahmed

Co-Director External Affairs :

Afifa Naveed

Director Logistics : *Abdul Wahid* Director Finance : *Bilal Awan*

Director Supplementary Aid :

Muntaha Jamil

Co-Director Supplementary Aid:

Hamza Saeed

Director External Events :

Sukaina Darain

Co-Director External Events :

Waqas Baloch

Vice President(female):

Barira Irij

Student Coordinator:

Ayesha Raza Alvi

Co-Student Coordinator:

Syeda Zainab Ali

Director Internal Events:

Arooj Fatima

Co-Director Internal Events:

AfrasNayab

Director Graphic Designing:

Hamza Iftikhar Director Social Media: *Zohaib Hassan*

Co-Director Social Media:

Marwah Khalid

Director Content Writing:

ZaiNab Kamal

AHS Ambassador :

Warda Sarwar

Volunteer Incharge AHS:

MaheenZubair

CONTACT US

Phone no. +92 305 2285222

Email : stepaheadws@gmail.com

Facebook : Step Ahead Welfare Society Instagram : step ahead welfare society

Twitter : Step Ahead WS



SECTION-IV



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 economic sectors, the major requirement of the upcoming era to keep pace with the intellectual community.
2. To introduce innovation in medicine and medicinal tools and techniques in Pakistan, via research publications in order to ensure that we provide standard health care that is up to 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.

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

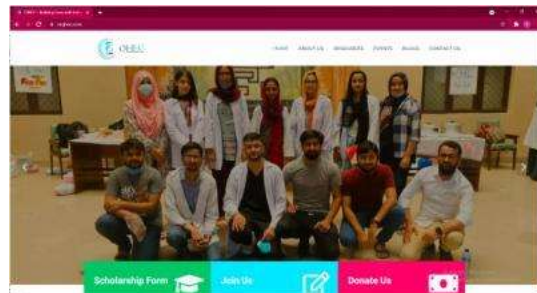
Our Departments:

Department	Director
Ducation 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://orgheec.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 UsMLE 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, disciplinewise assessments as per USMLE standard.

OHEC Research Series 2021 aiming to provide step wise complete guidance to the Beginners, **two WEBINARS** of the series titled



For The Research Have Already Been Conducted.

7. **OHEC Research Series 2021** aiming to provide step wise complete guidance to theBeginners, **two WEBINARS** of the series titled

INTRODUCTIONTORESEARCHANDIT“SIMPORTANCEFORTHEBEGINNERS– SELECTION OFTOPIC

8. OHEC Scholarship Program facilitating the youth by providing need and merit based scholarships to assure equal opportunities for the brilliant minds to excel and minimizingthe hindrances in theirways.
9. Provisionoffinancialsupporttotheneedyone“svia**OHECCharityDepartment** 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 Girlshostel.
11. In **OHEC EID Drive** at "**Mera Apna Orphanage**" we spent quality time with thelittle innocent souls for involving them in our celebrations, inculcating happiness in their lives, and distributing gifts among them so that they never feel leftout.
12. BLOGS related to important days andissues.
13. Awareness about all important Days either National or Internationalvia Videos,posters, and articlesincluding
 - RAMADAN DAILY REMINDERSERIES
 - VideosregardingTHALASSEMIADay, Labor Day, Alzheimer"sDay, World Humanitarian Day
 - Celebrations and campaigns regarding important national Dayslike Independence Day, DefenceDay.
14. Organized Charity based **Food Fest** ~ an ice breaking project after Covid-19 and Quarantine, at Rawalpindi MedicalUniversity-NTB



Events:

Awareness sessions:

1. Youm ePakistan
 2. World earthday
 3. World malariaday
 4. Father'sday
 5. We stand with the Palestinecampaign
 6. Women rights awarenesscampaign
 7. Kashmirday
 8. World suicide preventionday
 9. Labourday
 10. World rabiesday
 11. Sat no to drugscampaign
 12. World patient safetyday
 13. World Alzheimer'sday
 14. Defense daycampaign
 15. World hepatitisday
 16. World International citizens'day
 17. Independence daycelebration
 18. International charityday
 19. Mother'sday
 20. Thalassemia preventioncampaign
 21. Iqbal day
-

On-Field Projects:

Events	Dates	Amount
1. Usmle Project01 2. Usmle Project02	April, 2021	RS 38,000
3. Ration drive campaign in Rawalpindi /Islamabad /Multan	12.April.2021- 11.March.2021	RS 1,18,000
4. Usmle prep session phaseKaplan 5. Usmle prep phase first aid,B&B 6. Usmle data purchaseand distribution	September, 2021	RS.15,00,000 approx
7. OHEC website Development	25.April.2021	Hosting RS 8,500 Drive RS 18,000 Wordpress + Theme RS 5000 Plugins+Support RS 1,500 Total RS 33,000
8. Marriage case at girls hostel RMU	October, 2021	RS 63,000
9. OHEC app development		
10. Eid at meraapna orphanage	March, 2021	RS 30,000
11. Food stall at RMU NTB	10.July.2021	RS 64,000
13. OHEC research series	June -September, 2021	RS 1,800
12. Research Quiz 2021	September, 2021	RS 1,500
14. Scholarships		RS 53,000
15. Recruitment drives	August, 2021	

OHEC Financial Report (March 2021-October)

On- Field Projects:

1. Usml webinar01
2. Usml webinar02

Total Registration Amount	RS 38,000
3. Ration drive campaign in Rawalpindi /Islamabad /Multan	
Total Spent	RS 1,18,000

4. Ramadan 30 days 30 remindersprogram 5. Usml prep session phaseKaplan 6. Usml prep phase first aid,B&B 7. Usml data purchase anddistribution	
Amount spent on Data Purchase + Distribution	RS 15,00,000 approx.

8. OHEC websitedevelopment

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

9. Recruitmentdrives
10. Marriage case at girls hostelRMU

Spent on Marriage Case	RS 63,000
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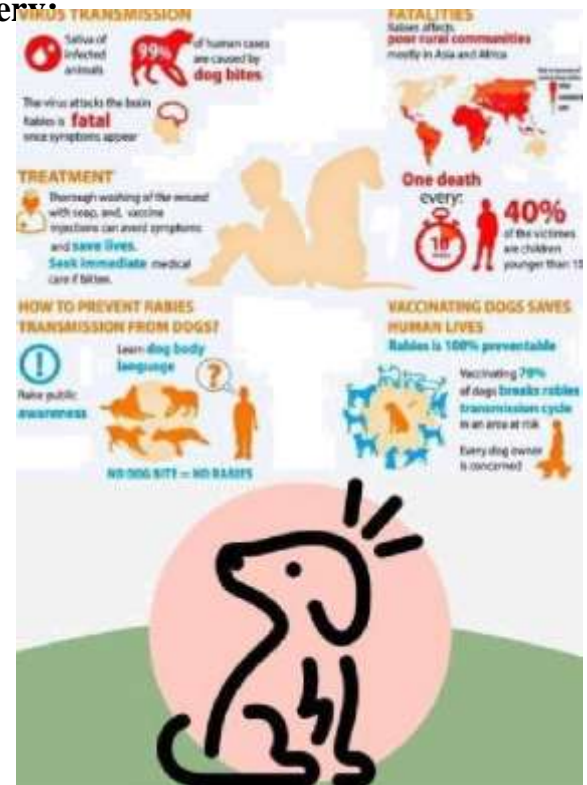
11. OHEC appunderdevelopment 12. Eid at meraapnaorphanage	
Total Spent	RS 30,000

13. Food stall at RMUNTB

Income Generated	RS 64,000
14. Research Quiz 2021	
Spent on Research Quizzes	RS 1,500
15. OHEC research series	
Total Registration Amount	RS 1,800

Gallery:

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 orghecc@gmail.com



Contact Us At:

DanishAli

03166339973

President@orghec.com

KashmalaAzam

03365899524

Kashmala@orghec.com

SECTION-V



RAWALIAN COMMUNITY AWARENESS PROGRAM

RAWALIAN COMMUNITY AWARENESS PROGRAM

Rawalpindi Medical University Rawalpindi

BACKGROUND



Endemics & Epidemics in Pakistan



Shortage of health professional for health education & promotion in RMU & Allied hospitals and so in the region.



Health care professionals take very little interest in counseling and do not provide optimum awareness to patients.



More priority towards empirical therapies rather than protective and preventive health services. Load on Teaching Hospitals / Tertiary Health care centers



1. Reason of this is poor health care delivery system at primary and secondary level.

2. Poor proper referral system from primary to secondary till tertiary health care centers. No single platform for Effective health awareness Initiatives in RMU



No well-disciplined & established Team in RMU

By this background I DR ASIF MAQSOOD BUTT working as a demonstrator in Department of Medical Education, took the initiative and started working on health promotion, raising awareness regarding various communicable and non-communicable diseases.

Established since 11th September 2016

RCAP LOGO

The logo is representing the healthy population who are self-sufficient for attainment of health services and facilities to lead Psychologically, Physically, and socially active, life after this awareness program.



Mission Statement

1. To Promote and educate general and Medical community about communicable & non – communicable diseases
2. To improve health professionals knowledge and skills by capacity building.
3. To improve quality of health care delivery services through research and innovation
4. To Reduce the burden of the disease and improve the QALY (quality adjusted life years).

VISION: Develop Healthy and Disease Free Community

VALUES: Preventing Diseases, Promoting Health, Prolonging Life

Motto: A word can make the world safer place to live !

RAWALIAN COMMUNITY AWARENESS PROGRAM

RCAP CHAPTERS



RCAP Aim:

Protecting and improving health involving combination of community and facility based activities in community.

RCAP Objectives:

1. Initial objectives are basic preventive services, notably immunization, access to basic drugs, and management of the most serious threats to health, along with Health Promotion and capacity building of Health care teams.
2. Become cost effective for prevention, referral, and management of diseases
3. To play a key role until health services, education, income, and communications have improved to the point that mortality/ morbidity has fallen substantially.
4. To improve level of development of infrastructure, health service, and socioeconomic status.
5. To achieve substantial improvement in QALY (quality adjusted life years) and reduction in DALY (disability adjusted life years)

ORGANIZATIONAL STRUCTURE OF RAWALIAN COMMUNITY AWARENESS PROGRAM



PROF. MUHAMMAD UMAR (S.I)
Patron In Chief
Rawalian Community Awareness Program



PROF BUSHRA KHAAR
Executive Member
Rawalpindi Medical University



DR SHAHZIA ZEB
Executive Member
MS Holy Family Hospitals



DR OMAIMA ASIF
President RCAP RMU
Lecturer/ Modular
Coordinator/Assistant Director DME
Rawalpindi Medical University



DR USMAN QURESHI
Patrons Non Communicable Diseases
Associate professor of surgery,
Head of department, Emergency Medicine,
Holy Family Hospital, Rawalpindi
Rawalpindi Medical University



DR MUHAMMAD MUJEEB KHAN
Patron Communicable Diseases
Head of Department
Infectious Diseases
Rawalpindi Medical University



DR ASIF MAQSOODBUTT
Founder & Chief Program Director
Rawalian Community Awareness Program
Rawalpindi Medical University

RAWALIAN COMMUNITY AWARENESS PROGRAM

NURSING & MIDWIFERY CHAPTER



Jacoline Albert
Chief Coordinator
College of Nursing

Senior Nursing Instructor, College of Nursing and Midwifery
Master in Health Research, RN, RM, PRN_BSN,
PBD in pediatrics Nursing
Post graduate in Human development (ECD)

Health Promotion and Research Coordinators



Farzana Kousar
Health Promotion & Research Coordinator
Nursing superintendent
Holy family hospital
Rawalpindi



SAIMA UN NISA
Health Promotion & Research Coordinator
Infection & Control Nurse
Benazir Bhutto Hospital
Rawalpindi



SYEDA IFFAT BATOOL
Health Promotion & Research Coordinator
Nursing Instructor, College of Nursing,
Benazir Bhutto Hospital Rawalpindi.
Coordinator Nursing Management
Covid 19 Pandemic

RAWALIAN COMMUNITY AWARENESS PROGRAM MEDICAL CHAPTER



Musharaf Khalid
Chief Coordinator MBBS



Riffat Batool
Chief Coordinator MBBS

Specialist / Experts of Rawalian Community Awareness Program



Dr Raja Mehdi Hassan
Chief Consultant Cardiologist
Benazir Bhutto Hospital
Rawalpindi.



Dr. Yasar Shahzad
Neuro Surgeon , DHQ Hospital,
Rawalpindi

Health Promotion and Research Coordinators



Dr. Sairam Ahmed
Senior Registrar
Holy Family Hospital, Rawalpindi,



Dr Mohsin Yousuf
Resident Neurosurgeon
DHQ hospital Rawalpindi



Dr Muhammad Motsim Shah
Resident Neurosurgeon
DHQ hospital Rawalpindi

Health Promotion ^ Education ^ Research ^ Innovation

Initiatives

Sustainable Development Goal 2030

School Health Promotion & Education

1. Health & Psychological Development
Health For All “Communicable & Non Communicable”
 - Rcap Medical Chapter
 - Rcap Allied Health Sciences Chapter
 - Rcap College Of Nursing Chapter
 - a. Tribute To Nurses Of Pakistan & Around The Globe
2. District Health Authority Rawalpindi
3. Rcap In Collaboration With Minorities
4. Family Medicine & International Collaboration
5. Webinars With International Faculty (Whole Person Care)
6. Co-ordinate Health & Awareness Session At All Pakistan Level
7. Celebration Of Independence Day /Online
8. Collaboration Webinars With Mahir ENafsiyaat
9. Rcap & Nays + Nust Islamabad
10. Joint Working With All National & International Institutes & Ngos
- 11. Journal Of Health Promotion Education & Innovation**
- 12. Institute Of Health Promotion Education & Innovation**
 - a. **Public Health Programs**
 - b. **Innovation Programs**
 - c. **Innovation Incubation Center At Rmu**
- 13. Markhor The Rawalian Fitness Club**

Note: Bold Points Are In Process Of Maturity.

Webinars With Mahir e Nafsiyat



MARKHOR (The Rawalian Fitness Club)



- Hiking
- Mountain Climbing
- Camping

Certificate courses

Memberships

Summer & Winter Camps



School Health Education & Promotion Initiative

Health & Psychological Development

Health Diet & Hand Hygiene

Facilitators

School Health Education & Promotion Initiative

Health & Psychological Development

Dr. Ayesha Minhas

Assistant Professor of Psychiatry
Rawalpindi Medical University
Head of the Child Psychiatry Department
Institute of Psychiatry, Benazir Bhutto Hospital.



HEALTH DIET & HAND HYGIENE



Dr. Raja Imran

Paediatric Specialist
Holy Family Hospital
Rawalpindi



Dr. Nauman Naseer

Pediatric Consultant
Rawalpindi



RDN. SABA HAIDER

(Consultant Dietitian & Nutritionist)



Dr. Irumkalsoom Niazi

Medical Advisor

Health & Psychological Development

“An eye cannot see, what a mind does not know”

Adolescent age: era of physical, mental growth and hormonal in surge, influence of domestic, school and societal activities on children.

In Pakistan all talk about child sexual abuse so educational sessions for parents and teachers and professionals do arranged but the community who really need our attention and care still neglected,

This background inspired me to start this initiative.

A new chapter to educate and immunize the adolescent's, building positive attitudes with the same time enable them to identify uncertain activities around them so they can protect themselves.

It is divided three sessions

First two sessions is on Adolescent health

1st session 2nd session
Children class 6th to class 12: Interactive Sessions

Physical growth, psychological, growth, feedback session

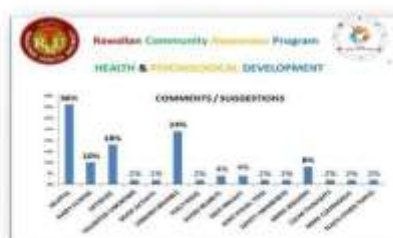
3rd Session

Parents and teachers of same school are addressed on **CHILD SEXUAL ABUSE & PARENTING**

FIRST SESSION



SECOND SESSION



Health Diet & Hand Hygiene

An interactive session with school children to educate them about good hygiene and good Dietary habits to keep them healthy.



HEALTH FOR ALL INITIATIVE

Communicable & Non Communicable Diseases

World Health Days & Awareness

Guest Forum Lectures

Capacity Building Sessions

Short video recording for general population

Interactive session with community

SHORT VIDEO RECORDING FOR AWARENESS OF GENERAL POPULATION



Health Promotion And Education Display Corners

To display these short awareness videos; Large Screens shall be placed at Allied Hospital (Attendants Area) as well as inside the OPD areas, Wards and emergency department.

Interactive Sessions With Community

This will contain the research based community services which will be further utilized to review attitudes and behavior of the community prior and then after the interventions / Educational sessions; **Health Promotion and education with research.** The activities shall be performed as per SOPS of world health dayscelebrations.

CELEBRATION OF HEALTH DAYS IN ALLIED HOSPITALS – COMMUNITYINVOLVEMENT



COMMUNITY AWARENESS SESSIONS Public Schools & Colleges organized by Community Medicine Department, Rawalpindi Medical University Prof. Arshad Sabir.



Girl’s High School Jhanda Chichi Rawalpindi

Capacity Building Seminar

To Establish a **Health Promotion and Education Corners** ; Onsite Material as well as with Tele gadgets , source of Video Link to display webinar to general population concerned topics and online ward / emergency room communication between Seniors as well as to Primary and secondary healthcare centers for online capacity building sessions. It will also help as a source of integrated support system.



Patron communicable diseases educating health professional of RMU / Allied Hospitals, Rwp How one can protect himself from **CONGO CRIMEAN HAEMORRHAGIC VIRUS** in a healthcare center.



Public Health specialists team conducting **AWARENESS & RESEARCH ACTIVITY** followed by **Awareness & Counseling** of general public at **Bakra Mandi** westriadge III Islamabad (Congo

Short Video Recording For Health Promotion & Education



Rawalian Community Awareness Program



RAWALPINDI MEDICAL UNIVERSITY RAWALPINDI

PROF. DR ATIFA SHUAIB	THALASSEMIA	تھلاسیمیا
PROF DR. MUHAMMAD UMAR	HEPATITIS	ہیپٹائٹس
DR TAYYAB LIVER CENTER	ACID PEPTIC DISEASE	سیلے کی جن
DR M MUJEEB KHAN	GENERAL CLEANLINESS	معمولی اور حفظان صحت
PROF DR RIZWANA CH	SAFE MOTHERHOOD	میں، بچے کی صحت اور خاندان کی منصوبہ بندی
DR TAYYAB LIVER CENTER	OSTEOMALACIA	وٹامن ڈ کی کمی
DR TAYYAB LIVER CENTER	ASTHMA	دھم
PROF DR. MUHAMMAD UMAR	HEPATITIS - WORLD'S HEPATITIS DAY	ہیپٹائٹس
DR TAYYAB LIVER CENTER	GERD	سیلے کی جن
Prof Rai M Asghar	Child Health & EPI	حفاظتی ٹیکے اور بچوں کی صحت
Prof. Jahangir Sarwar	BILIARY Infections , Complications and role of prevention	پتے کی سوزش ، پتے کی پتھری
Dr Usman Qureshi	CA BREAST - BREAST CANCER AWARENESS WEEK	چھاتی کا سرطان کی وجوہات اور اس سے بچاؤ کی تدابیر

Preventing Diseases

Prolonging Life

Promoting Health



FOR VIDEOS VISIT OUR



Like

Share

Guest Forum Lecture Of **RCAP**



In collaboration with college of Nursing, a guest lecture was arranged on “care of the whole body” [HOLISTIC MEDICINE]

Guest: Dr. Janet Healey MRCGP Doctor residing in Manchester and associated with PRIME partnership in International Medical Education.

Topic: The caring of whole person” (Holistic Medicine)

Venue: CPC Hall, New Teaching Block, Rawalpindi Medical University (23rd July 2018).

Strategic And Operational Plan

MediaCell Video & Publication

Working Area

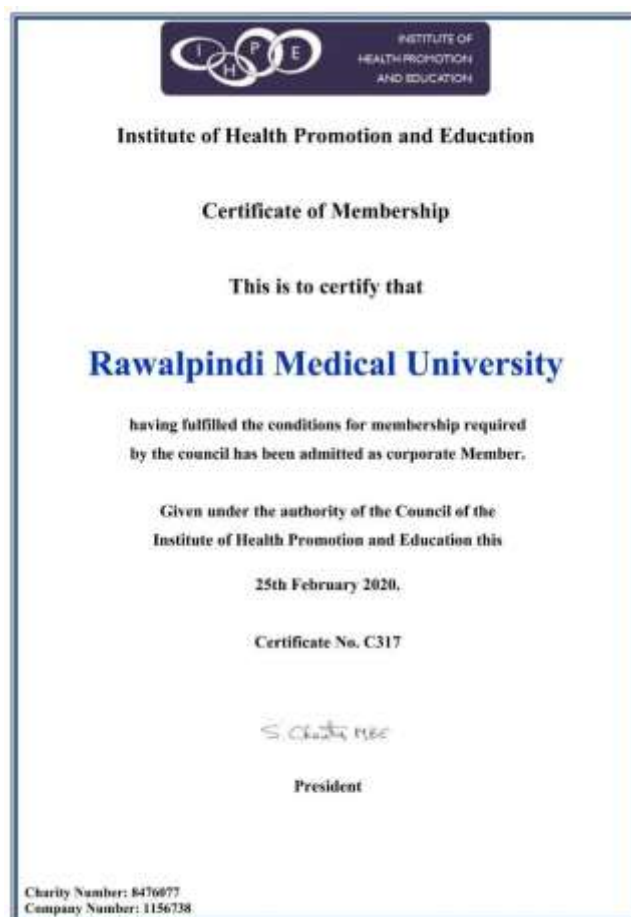
Health Care Professional	School health Education & Promotion	Primary Health care Centers
<ul style="list-style-type: none"> • Capacity Building • Training & Development 	<ul style="list-style-type: none"> • Health diet & hand Hygiene • Health & Psychological Development 	<ul style="list-style-type: none"> Health Education Promotion Protection Prevention Awareness Camps

Annual Calendar

Short videos	Workshops	Seminars
<ul style="list-style-type: none"> • General Public • OPD Areas • Primary Health Care centers 	<ul style="list-style-type: none"> • Health Care Professional • Primary Health care Centers “Act & Protect” 	<p>For General Public</p> <ul style="list-style-type: none"> • Realizing your Potential <p>For Health Care Professional</p> <ul style="list-style-type: none"> • Public health role & Scope

Institute Of Health Promotion Education UK

Due to untiring efforts of founder president DR Asif Maqsood Butt towards excellence, Institute of health promotion and education UK honour Rawalpindi Medical University with Corporate Membership.





www.rmu-rcap.weebly.com

Visit

Rawalian Community Awareness Program

Facebook & You tube Channel

CONTACT US

rcap2017dme@gmail.com 03319524329

051-9290755-389

SECTION-VI



SYNCH RMU



Solidarity Among Young Nation for Change SYNCH Founded on the propitious night of 12 Rabi ul Awwal, 23rd December 2015, SYNCH (Solidarity Among Young Nation for Change) is a group of young boisterous individuals with one goal in mind; inspiring and influencing the youth. Initially beginning as the brainchild of Tajammul Hussain and Ali Hassan Malik with only a skeleton crew of devoted members hailing from Rawalpindi Medical University, SYNCH has managed, through its relentless work ethics, to cultivate a reputation in Pakistan as the flagbearer of the voice of the youth. Primarily comprising of only a handful of medical students, it has now expanded to more than 60 medical colleges all over Pakistan and is actively endeavoring to recruit students and professionals from other walks of life as well. Spearheaded by the four departments of Education, Healthcare, Social Welfare, and Medical Research, we have garnered an impressive portfolio, the most significant of which includes collaboration with The World Health Organization and active pursuance of their Sustainable Development Goals pertaining to the issues of the social milieu of Pakistan. Other major projects include Mental Health Awareness sessions, COVID-19 Health from Home, Rescue 1122 Training Sessions, National Ration Drive, and Career Counselling Sessions. With firm resolve, SYNCH shall continue to work unabatedly for the rise of a youthful intelligentsia ushering in a new dawn of prosperity and enlightenment.

Currently, the RMU Cabinet of SYNCH is working under the presidency of Khadija Mazhar and Vice Presidents Furqan

Anwar and Umar Afzal. The cabinet has been working diligently for the welfare of society even during these pandemic situations.

Mission

We aim at changing lives by inspiring and influencing people especially focusing on the youth and inculcating a sense of self-actualization in them. These efforts not only help them but they also feel motivated to serve their society even better.

Vision Our vision is to bring such a change in the youth of our nation that will make the society a better place to live.



Projects Working of SYNCH is mainly divided into 4 main departments:

- Education
- Healthcare
- Medical research
- Welfare

Education Department

- 1- NMDCATSESSIONS.
- 2- MBBS MADE EASY SERIES
- 3- O-level Career CounselingSession.
- 4- Career Counseling Session for Pre-medical Students
- 5- Parental GuidanceSession.

Health Department

- COVID VACCINE AWARENESS PROGRAM
- HEPATITIS AWARENESS PROGRAM
- BREAST CANCER AWARENESS PROGRAM
- AIDS Awareness Program
- MENSTRUATION HEALTH AWARENESS

Media Department

Projects Completed Till Now

- Recruitment posters for SYNCHRMU
- Posters on Tobacco free initiative (23 posters) and Global warming (24 posters)
- Twitter, Facebook and Instagram accounts handling
- Farewell video for Batch'43

Facebook Cover Photo

- Performed role in #TobaccoFreeHomes no2 in trending, also tweeted on Global warming for awareness
- Poster making workshop conducted on 14th July, 2021.
- Global warming awareness walk posters and coverage held in OTB on 10th July
- Posterson:
 - Mental Health
 - Independence Day
 - Global Warming Campaign,,
 - Tobacco Campaign • Certificates RRF • Videos regarding Mental Health were made • Helped in making „MBBS made easy” series by Education Department • Made videos and posters for Cancer Awareness Project • Posters for suicide prevention for Mental Health Department

Welfare department:

Project# 01: Collection of Donations for A divorced Woman:

- Verified case of a Divorced Woman with a jaundiced Daughter needed Rs. 22,000 for her treatment
- Collection of RS 22,000/- for a divorced woman living with jaundiced daughter. Total Amount collected for treatment was Rs.25,000.

Project # 02: Visit to Pakistan Thalassemia Centre:

- Welfare department has visited Pakistan Thalassemi center

Project#03: Awareness Walk for Global Warming:

Awareness walk was conducted in Main Campus of Rawalpindi Medical University on 10th of July, 2021.

Project#04: Plantation Drive:

5 to 6 Members individually planted plants as a part of green Pakistan and global warming campaign.

Project#05: Health from Home Sessions:

5 Health from home sessions are conducted in collaboration with the health department on Hepatitis B awareness.

Project#06: Collection of Donations for Cancer Patients:

In collaboration with Childhood cate trust started a campaign for chemo kit bags and collected DONATIONS. Required total collection was Rs. 16000. Rs. 8000 were collected through online donations and rest through on campus collection

Project#7: Collection of Donation:

- We collected a total Rs.12825 for a family who had daughter of 5 days born with meningomyelocele. During the course of treatment her father lost her job. They hadn't paid house rent of Rs 7000 for two months neither had paid electricity bill for more than 4 months due to financial conditions.

Social Campaign Department

- Our department SYNCH SCD has been part of many campaigns and social activities on campus as well as on social media.
- Activities included
 - 1_ Water conservation campaign
 - 2_ Health from home sessions
 - 3_ Twitter campaign on topic of global warming



SECTION-VII

Humanity Still Exists

“Committed To Serve The Nation”



Humanity Still Exists, a non-profit welfare society. Started on 6th of April 2018.

Our Objective is to Spread H.O.P.E. “Happiness, Optimism, Peace & Ease”

Our Moto is _

“COMMITTED TO SERVE THE NATION”

Tehniyat Iqbal

Founder & Central President Of H.S.E.

HSE Projects Record

Project Number: 1

❖ Project Name :RamzanDrive

❖ Introduction To TheProject

Ramzan drive was a project led by HSE RMU team in Ramzan 2021. During this project focus was on 2 things. 1st donation collection and 2nd twitter trend of “donate a plate”.

❖ Work Detail (Including Pictures Or Any OtherProof)

- ❖ Posters were made regarding donation drive. Media department and whole cabinet took part in spreading the word of central and RMUcampaign.



❖ DonationSource:



Donation was collected by **president** and central campaign president. Rs. 75 was collected in RMU accounts while Rs. 60,485 was total required during phase II. Which was achieved and exceeded the expected amount after collaborative work of RMU, FJMU, BZU, and NMDC.

❖ EXPENSES:

150 families were served during phase I and II. Expense of box was 2100 per family.

- **Project Number:2**
- **ProjectName : Book DonationDrive**

Organizers

- AdeebaIshfaq
- TahiraMalik

• **Introduction To TheProject**

Book donation drive was a project led by HSE RMU team in JUNE 2021. In this drive, books are collected from donors. The members who participated in this book donation drive were appreciated

• **Work Detail (Including Pictures Or Any OtherProof:**

ADEEBA ISHFAQ is holding the record of books collected in this drive. The list of number and title of books will be recorded by HR department head TAHIRA MALIK and these books will be donated to needy students.

Posters were made regarding book donation drive. Media department and whole cabinet took part in spreading the word of central and RMU campaign.

•**DonationSource:**

Donation were collected by ADEEBA ISHFAQ,TAHIRA MALIK AND MEMBERS. All books are collected from RMU students.

•**Project Number:3**

Donation collection for marriage of A needy girl

• **Introduction To TheProject:**

This project was covered by most of the members of HSE from different institutes



HUMANITY STILL EXISTS
RAWALPINDI MEDICAL UNIVERSITY



BOOK DONATION DRIVE



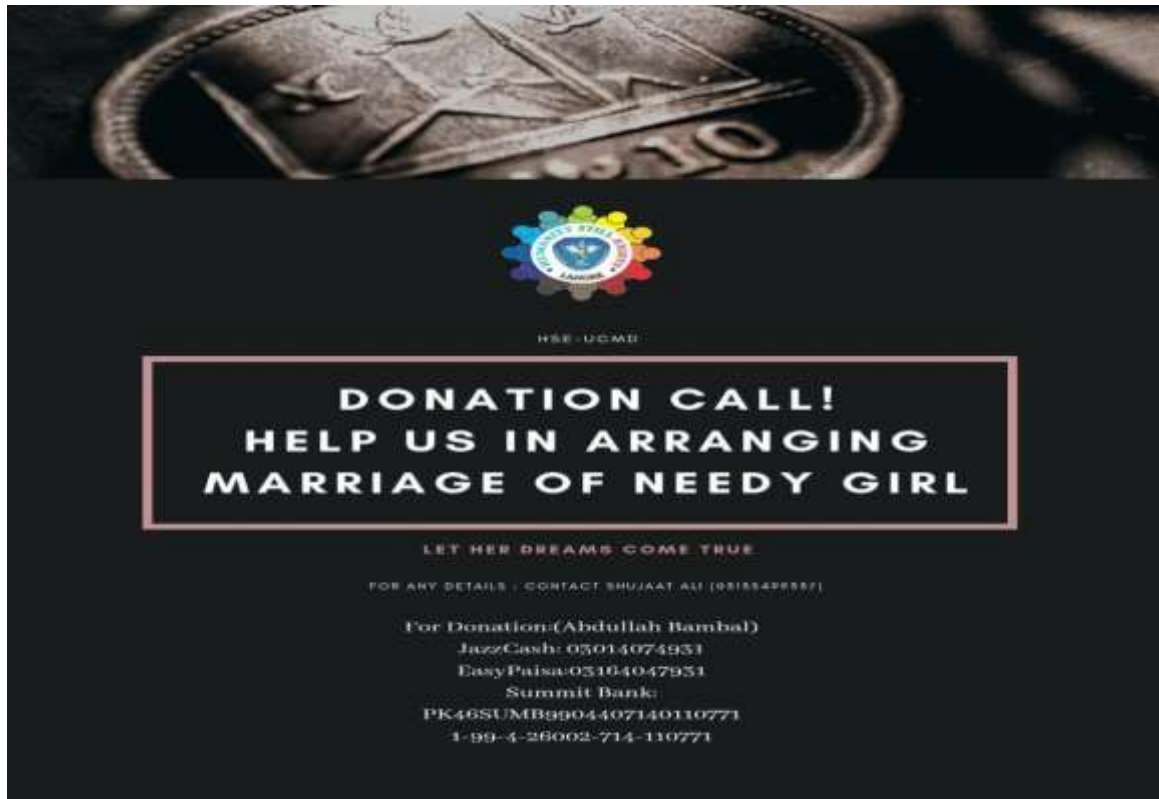
"LITTLE BY LITTLE, A LITTLE
BECOMES A LOT".

Adeeba Ishfaq: +92 3218339639

Tahira Malik: +92 3040674598



/ HUMANITY STILL EXISTS



- ❖ **Project Number:4**
- ❖ **Project Name; Poster Designing Competition**

Organizer

- **Maham Shafique (Head Of MediaDepartment)**
- **Introduction To TheProject**

Poster designing competition was a project led by Media department of HSE RMU team in JULY 2021. In this competition any member from any HSE Punjab teams could apply and had opportunity to win certificate.

SECTION VIII



Volunteer Force Against Hepatitis Transmission - VFAHT

Volunteer Force Against Hepatitis Transmission



Volunteer Force Against Hepatitis Transmission - VFAHT

We are a volunteering body of students and faculty members from the fields of medicine, dentistry, allied health, biomedical science and programs working to eradicate Hepatitis from Pakistan and aspire to create a Hepatitis-free community.

Mission

Our goal is to become the largest volunteer body of the preventive health sector in Pakistan by 2030.

Vision

Our vision is Infection Free Pakistan.

The establishment and growth of VFAHT

- 2016

This year marked the founding of VFAHT at the CM Secretariat, Punjab by an association of Pakistani doctors from North America and medical peers in Pakistan.

- 2017

- Focus was placed to spread awareness about hepatitis among different institutions and conduction of screening camps within the local councils

- Significant increase in volunteers were seen by the end of this year to support the cause

- 2018

- The coming of the year brought in 4 more institutions under the VFAHT council

- The sudden outbreak of Hepatitis E and typhoid led to the introduction of the infectious disease department.

- 2 new local councils were also founded making a total of 18 councils around the nation

- VFAHT currently has 4 major domains which covers 10 infectious diseases with COVID-19 being the latest addition.

Objectives

- *To increase the level of public awareness about the prevention of infectious diseases by Community campaigns.*
- To build the capacity of undergraduate students (medical, dental, and others) to carry out Awareness campaigns.
- To promote the micro-elimination of infectious diseases by organizing testing and vaccination

camps.

- To promote the culture of research by organizing original research studies and surveys.

The Local Council

NAME OF INSTITUTION	CITY	YEAR OF ESTABLISHMENT	CURRENT NO. OF VOLUNTEERS
Allama Iqbal Medical College	Lahore	2016	65
Fatimah Jinnah Medical University	Lahore	2016	118
Rawalpindi Medical University	Rawalpindi	2016	200
University Of Lahore	Lahore	2016	88
FMH College of medicine and dentistry	Lahore	2017	33
Agha Khan University	Karachi	2019	75
D.G Khan Medical College	DeraGaziKhan	2019	62
De'montgomeryCollege of Dentistry	Lahore	2019	35
Dow University of Health sciences	Karachi	2019	75
Sheikh Zayed Medical College	Rahim Yar Khan	2019	40
Amna Inayat Medical College	Lahore	2020	16
Akhtar Saeed Medical and Dental College	Lahore	2020	30
Jinnah Sindh Medical University	Karachi	2020	33
King Edward Medical University	Lahore	2020	70
Service institute of Medical Sciences	Lahore	2020	12
Continental Medical College	Lahore		67

For more information please visit our website: <https://vfaht.org>

Departments within RMU-LC

- Hepatitis B,C and HIVdepartment
- Malaria and Dengue Department
- TuberculosisDepartment
- Community AwarenessDepartment
- ResearchDepartment
- Volunteer Resource Department

Achievements

- Hepatitis awareness seminars in different institutions during2017
- Hepatitis B & C screening at the King Edward Medical University campus in2017
- InfectionControlConferencehostedbyAllamaIqbalMedicalCollegein2018wastheyearshighlight
- VFAHThasorganizedmorethan200campusandcommunityactivitiesunderitsbannerupuntil2021.
- VFAHThassuccessfullyorganizedVCONwherenotablespeakertookthepodiumtospread awarenessandrecognizethecriticalrolevolunteer"splaysinpreventionofinfectiousdiseases.



Recent Projects

Hepatitis Ab Aur Nahi | Seminar Session
27 July, 2021- Rawalpindi Medical University
Public awareness

HepatitisScreeningCampandAwarenessWalkJuly28,2021-Panagaah,
HolyFamilyHospital,Rawalpindi

Community Health Camp



Hepatitis B and C Screening and Vaccination
Camp August 12, 2021- DE „Montmorency
College of Dentistry
Community Health Camp



Upcoming Project- "End Rabies Together"

In collaboration with Infection presentation and control Foundation, VFAHT- RMU is holding a seminar on September 24th at Astron College, Rawalpindi. For more information on the upcoming project please visit our website: <https://vfaht.org>

