



# RAWALIAN COMMUNITY AWARENESS PROGRAM



"A word can make the world better"

A REVIEW





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## DEDICATED MY WORK

We dedicate our all work to our PROPHET MUHAMMAD (P.B.U.H).

## 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 !

## RCAP AIM

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



# RAWALIAN COMMUNITY AWARENESS PROGRAM



## 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. To 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 services, and socioeconomic status.
5. To achieve substantial improvement in QALY (quality adjusted life years ) and reduction in DALY(disability adjusted life years)



# RAWALIAN COMMUNITY AWARENESS PROGRAM



## RECENT PROJECTS

- World Hepatitis Day Seminar
- Nurture Yourself
- Safe Motherhood awareness Campaign
- RMU Hepatitis free zone
- Thalassemia Prevention
- RMU Smoking Free Campus
- World Health Day
- Tuberculosis awareness
- Anticancer Campaign
- Road Traffic Accident awareness campaign
- Osteoporosis Awareness Campaign
- Breast Feeding Awareness
- Anaemia Awareness Drive
- Plantation Drive
- Dr Ruth pfau Film Festival
- Markhor fitness Club



# RAWALIAN COMMUNITY AWARENESS PROGRAM



## World Hepatitis Day Seminar

### PROJECT DETAILS

On July 27, 2022, IPAC Foundation, VFAHT, RCAP, DHA and Shifa4U organized a seminar at Rawalpindi Medical University to observe World Hepatitis Day, 2022.

Prof. Dr. Umar (SI) (Vice Chancellor, RMU), M. Sameer Shafi, MD (Chairman, Board of Trustees, IPAC Foundation), Prof. Dr. Tayyab Saeed Akhtar (Consultant, Gastroenterologist), Dr. Lubna Ishaq (CEO, District Health Authority, Rawalpindi), Dr. Ehsan Ghani (District Health Officer, Rawalpindi), and Prof. Dr. Syed Arshad Sabir (Dean of Community Medicine, RMU) were the guests at the ceremony.





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## World Hepatitis Day Seminar

### OBJECTIVES

The purpose of this seminar was to raise awareness among the medical students regarding the importance of taking right actions at the right time. The speakers emphasized upon spreading awareness among people regarding the disease as it can be easily prevented and cured through timely diagnosis and proper treatment.





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## Nurture Yourself

### PROJECT DETAILS

NURTURE YOURSELF series of 5 sessions is not a talk, it's not a one time event. it's a way of life. A director of all the GOOD THINGS we fail to appreciate and enjoy in life

Session 1 - The Mountain is You

Session 2 - Inner Child Hearing

Session 3 - Self Worth 101

Session 4 - I Hear Your Silence

Session 5 - I See You Love





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## Nurture Yourself

### OBJECTIVES

It talks about Self Compassion. Self Love. Self Sabotage. Why we don't work towards our goals even though we want to. The ethics of Giving and taking Effective Communication to form healthy bonds It encourages the attendees to courageously talk about it. The first step towards Healing is to Acknowledge the issue, and then to compassionately channelize it and let it go. The attendees will be equipped with relaxation techniques to not go into a debilitating state while they talk about their rock bottoms.







# RAWALIAN COMMUNITY AWARENESS PROGRAM

## SAFE MOTHERHOOD AWARENESS CAMPAIGN



### PROJECT DETAILS

#### PHASE 1

Team RCAP had a Capacity building session for Safe motherhood awareness campaign regarding contraception and family planning, where our team members visited Gynae Wards Unit 1 & 2 of Holy Family Hospital and Gynae unit BBH, Rwp

#### PHASE 2

Awareness regarding family planning, contraception and distributed pamphlets





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## SAFE MOTHERHOOD AWARENESS CAMPAIGN

### OBJECTIVES

To ensuring all women receive the care they need to be safe and healthy throughout pregnancy and childbirth.  
to reduce maternal and neonatal morbidity and mortality and to improve the maternal and neonatal health through preventive and promotive activities as well as by addressing avoidable factors that cause death during pregnancy, childbirth and postpartum period.





# RAWALIAN COMMUNITY AWARENESS PROGRAM

## BREAST FEEDING AWARENESS CAMPAIGN



### PROJECT DETAILS

Capacity building session of team members by Dr. Hina (Gynecology department BBH), Dr. Sobia(DHQ ) and Dr. Madiha (HFH) Dr. Assad Shabbir (Pediatrics)

Awareness session conducted successfully at post neonatal wards and pediatrics wards of BBH, HFH and DHQ hospital Rawalpindi.

Video messages





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## BREAST FEEDING AWARENESS CAMPAIGN

### OBJECTIVES

Discuss the importance and management of breastfeeding with pregnant women and their families.

Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.

Support mothers to initiate and maintain breastfeeding and manage common difficulties.

Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated.

Enable mothers and their infants to remain together and to practice rooming-in 24 hours a day.

Support mothers to recognize and respond to their infants' cues for feeding. Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.





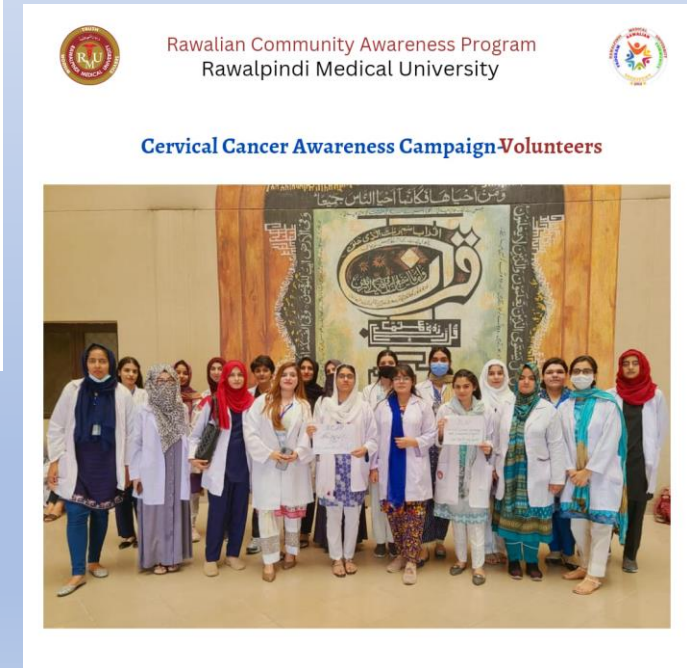
# RAWALIAN COMMUNITY AWARENESS PROGRAM

## Screening CERVICAL CANCER campaign



### OBJECTIVES

Rawalian Community Awareness Program conducted an awareness campaign in allied hospitals of Rawalpindi Medical University i.e DHQ, BBH and HFH regarding Cervical cancer and its screening. About 50 volunteers participated and covered more than 500 patients alongside some spreading awareness at homes and university among the people. Vaccination against HPV and screening and treatment of pre-cancer lesions is a cost-effective way to prevent cervical cancer.





# RAWALIAN COMMUNITY AWARENESS PROGRAM

## THALESSAEMIA PREVENTION CAMPAIGN



### PROJECT DETAILS

Rawalian Community Awareness Program (RCAP) conducted "Thalassemia Prevention and Awareness Seminar" In-collaboration with Punjab Thalassemia and other Genetic Disorders and Research Institute on Tuesday 31st of May 2022.

Our worthy Vice Chancellor Prof. Dr. Muhammad Umar & our special guests ,Col.(Dr) Mehreen Ali Khan, Prof Dr. Saima Khan addressed to the seminar. Special thanks to Dr Omaira Asif for organizing a successful seminar.





# RAWALIAN COMMUNITY AWARENESS PROGRAM

## THALESSAEMIA PREVENTION CAMPAIGN



### OBJECTIVES

To reduce the socio-economic burden on the society and state caused due to Thalassemia sufferers. To reduce the burden of very sick patients on the infrastructure and human resource available in hospitals. To reduce the heart ordeal of parents who lose their children due to this disease.





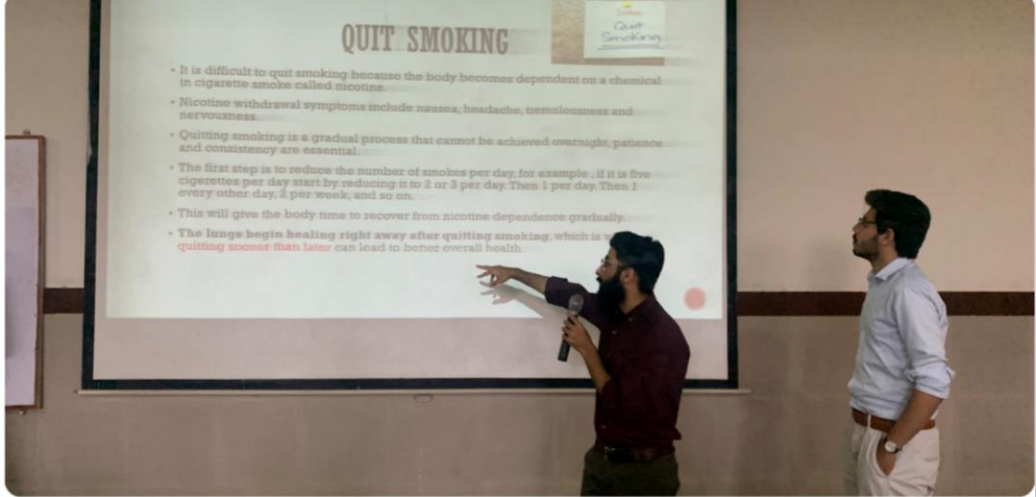
# RAWALIAN COMMUNITY AWARENESS PROGRAM

## SMOKE FREE CAMPUS CAMPAIGN



### PROJECT DETAILS

Ramzan Smoking quitting Month  
Smoking-free Campus Campaign  
A session by RCAP in regards to smoking  
quitting month campaign was held on April  
19th, 2022, in NTB, RMU.







# RAWALIAN COMMUNITY AWARENESS PROGRAM

## SMOKE FREE CAMPUS CAMPAIGN



### OBJECTIVES

The campaign and session mainly aimed at helping students understand the harms of smoking, support a [#smokingfreecampus](#) and help smokers quit smoking in the way that best suits them.

Team RCAP also taught students some highly effective ways to reduce smoking rates in the community.

PHASE 2.....??? OTB

**NO SMOKING ZONE**

- Lungs:** Damages airways & alveoli. Emphysema. Chronic bronchitis. Lung cancer
- Brain:** Nicotine can kill brain cells and stop new ones forming
- Heart:** Formation of plaques causing clotting in veins and arteries leading to coronary heart disease
- Stomach:** Smoking causes peptic ulcers which heals if you quit smoking

@rcaprmu    RawalianR rmu-rcap.weebly.com    dmermcntb



# RAWALIAN COMMUNITY AWARENESS PROGRAM

## TUBERCULOSIS AWARENESS CAMPAIGN



### PROJECT DETAILS

RCAP held a Tb Awareness Seminar today in Rawalpindi Medical University in collaboration with District Health Authority Rawalpindi to discuss prevalence, modes of transmission, early diagnosis and treatment. Experts from different departments were also there who shared their views.

We are grateful to :

Dr Muhammad Raza

District TB Coordinator DHA Rawalpindi

Dr Muhammad Mujeeb Khan

Patron Communicable Diseases RCAP

Dr Muhammad Zubair

District Training officer TB prevention and control

Mr Rashid Hussain

Deputy Head Orthotics & Prosthetics BBH RMU





# RAWALIAN COMMUNITY AWARENESS PROGRAM

## TUBERCULOSIS AWARENESS CAMPAIGN



### OBJECTIVES

- \* Capacity building session of team members.
- \* Awareness sessions in OPDs, wards of different Allied Hospitals of RMU.
- \* Short Video messages by HODs of ENT departments.
- \* Awareness seminar
- \* Awareness walk



Rawalpindi Medical University  
Rawalian Community Awareness Program

## WORLD Tuberculosis DAY

Call for a world free of TB!

**TB IS THE SECOND MOST DEADLY DISEASE WORLDWIDE**

Pakistan ranks **5th** amongst the high burden countries of the world  
Incidence- 259/100,000  
Mortality- 20/100,000

**At risk Groups:**

- People living with HIV
- People who smoke
- Children and Close contacts
- People with low immunity
- Living in a crowded setting

TB bacteria are spread through the air from one person to another through coughing or sneezing.

**Symptoms:**

- Low grade Fever
- Cough with Blood
- Night sweats
- Loss of Appetite
- Weight loss
- Fatigue
- Chest Pain

**Prevention:**

- Vaccinate your family
- Eat Healthy diet and exercise daily
- Use personal utensils and cutlery
- Stay away from coughing person
- Stop smoking and drinking alcohol
- Wash your hands after cough or sneeze

TB is **CURABLE!**

**Treatment** is available and needs to be completed. Many drug resistant cases are now emerging due to incomplete treatments.

Rawalian Community Awareness Program  
Rawalian Community Awareness Program RMU DME



# RAWALIAN COMMUNITY AWARENESS PROGRAM

## ANAEMIA AWARENESS CAMPAIGN



### PROJECT DETAILS

The Volunteers were divided into two teams & sent to HFH and BBH accompanied by respected members from Bio-labs. Drive started around 9am as of Thursday 16<sup>th</sup> December 2021. The members were provided with awareness pamphlets and research questionnaire. Volunteers spread awareness about anemia and also collected data regarding anemia risk factors, iron deficiency, adverse outcomes etc. about hundred research forms were collected and around three hundred people were made aware of anemia in a single day.





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## ANAEMIA AWARENESS CAMPAIGN

### OBJECTIVES

- Organizing an awareness campaign
- Organizing volunteers to visit pediatrics & gynae wards of HFH & BBH for Awareness & research activity
- Distributing Pamphlets of anemia awareness among mothers and general public.

To educate public, mothers & pregnant females about Anemia To check Prevalence of Anemia in Mothers To determine adverse possible outcomes of Anemia To study Iron Deficiency Anemia in Infants and young children.





# RAWALIAN COMMUNITY AWARENESS PROGRAM

## OSTEOPOROSIS AWARENESS CAMPAIGN



### PROJECT DETAILS

RCAP (Rawalian Community Awareness Program) organised a Bone Density Screening Camp at Benazir Bhutto Hospital on 22<sup>nd</sup> October 2021 in commemoration of World Osteoporosis Day.





# RAWALIAN COMMUNITY AWARENESS PROGRAM

## OSTEOPOROSIS AWARENESS CAMPAIGN



### OBJECTIVES

- To determine the risk of osteoporosis in the participants.
- To determine how many grams of calcium and other minerals are packed in bones. To prevent the risk of fractures by modifying the lifestyle.
- To use the results of bone density tests and plan the treatment modality.
- To determine the population ratio at a potential risk of osteoporosis.





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## RMU HEPATITIS FREE ZONE

### PROJECT DETAILS

Hepatitis B and C screening camp was arranged in New Teaching Block Rawalpindi Medical University by VFAHT (Volunteer Force Against Hepatitis Transmission) in collaboration with Rawalian Community Awareness Program, Shifa4U, CLD & Martin Dow. Up to 270 students were screened, all of whom turned negative. This was the first camp of Phase 1 of RMU Hepatitis Free Zone project. The camp was conducted under the supervision of Vice Chancellor Prof. Dr. Muhammad Umar (TI) and the guidance of Dr. Tayyab Rasool, Dr Omaima Asif & Dr Asif.







# RAWALIAN COMMUNITY AWARENESS PROGRAM

## RMU HEPATITIS FREE ZONE



### OBJECTIVES

Rawalpindi Medical University is considered one of the leading institutes in the country in extending awareness of spread, treatment and prevention of hepatitis among mass communities and locals.

To make RMU hepatitis free zone

To screen all students and faculty of RMU.





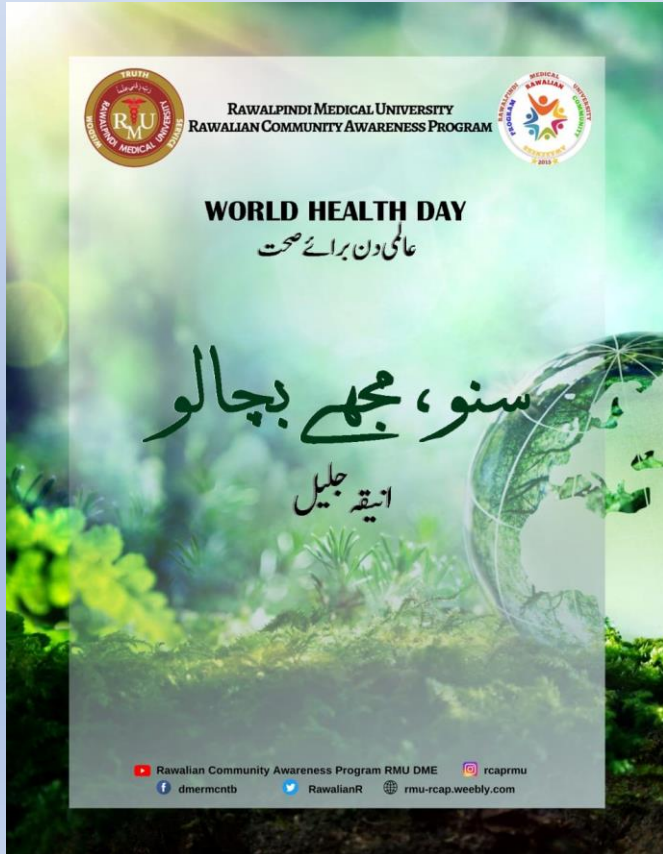
# RAWALIAN COMMUNITY AWARENESS PROGRAM



## WORLD HEALTH DAY

### PROJECT DETAILS

Theme of this year is Our Planet Our Health





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## RTA AWARENESS CAMPAIGN

### PROJECT DETAILS

Ride Safe, Arrive Safe

An accident is an unforeseen, unexpected event that may result in mortality (death), morbidity (condition of being diseased), disability, and economic loss. Globally accidents are the 8th leading cause of death and are responsible for about 8% of all deaths in the world. According to UN survey, Pakistan ranks 4th in vehicle accidents. These alarmingly high trends indicate the severity of threat RTAs impose on public health. As NTRC (National Transport Research Centre) states, there are three main causes of road traffic accidents i.e., ignorance of road users, outmoded traffic, ineffective enforcement of traffic laws.





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## RTA AWARENESS CAMPAIGN

### OBJECTIVES

Promotion of safety tips for road traffic accidents prevention STRAPS.

Following the speed limit

Safety promotion for all major categories for road users:

Pedestrians

Bicyclists and cyclists

Drivers of cars, auto-rickshaws, truck drivers etc.

Reduce the number of accidents and associated:

Mortalities

Morbidities and disability

Economic loss due to RTAs

Make the roads of Pakistan safe.





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## ANTI CANCER CAMPAIGN



### REAL LIFE CANCER SURVIVORS' STORIES:

#### Nadia Jamil's Journey

When I was sharing my journey, a lot of people messaged me and I pray for them so much today because when I was all alone and only God and my 13-year-old son were with me, these people would share their own stories or their loved ones' who had survived breast cancer. That gave me hope. Because when a person develops cancer, everyone around that person is affected too. So it's very important for people to constantly support each other.

My cancer told me, 'Nadia, you don't need to hide behind your hair anymore. This is your face, and it's is all you have. So look at it and love it.' I learnt to love everything else about myself, which I had been hiding all along.

My breast cancer reminded me that I was born alone and am bound to die alone, taking no one and nothing with me. So might as well take care of who I am; the person I am and befriend her instead of constantly transforming and hiding her away with hair and makeup, instead of keeping up a façade.

Source: PTV news



### آگاہی از مشال طارق

موت سے آگاہی موت سے زیادہ ظالم ہوتی ہے۔ کینسر بھی موت سے آگاہی کی بیماری ہے۔ اس بات کی آگاہی کہ اب دن گئے جاچکے ہیں۔ آپ کا کوئی بھی مذہب ہو آپ کسی خدا کو مانتے ہوں یا بالکل منکر ہوں آپ موت کو نہیں جھٹلا سکتے آپ اسکے ہونے سے آنکھیں نہیں پھیر سکتے۔ اور کینسر جس میں موت سامنے کھڑی ہوں تو بہت سے بہادر اسکو دیکھنے سے ہی مر جاتے ہیں۔ اس آگاہی کی جنگ میں جب کینسر کے خلیے جسم میں بڑھنے لگیں اور ہمت اور طاقت گھٹنے لگے۔ جب گھڑی کی ٹک ٹک تیز اور دل کی دھڑکن مدہم پڑنے لگے اور اگے بند گلی کے سوا کچھ نہ دکھائے دے تو ایسے میں کون لوگ ہوتے ہیں جو یہ جنگ لڑ رہے ہیں بلکہ جیت بھی جاتے ہیں؟ یہ وہ لوگ ہوتے ہیں جنکی سب لوگ طاقت اور جراثیم بن جائیں جنہں بند گلی سے نکالنے والے ہاتھ موجود ہوں۔ تو آئیے اس کینسر آگاہی مہم یہ عہد کریں کہ ہم سب زندگی کی طرف کھینچنے والے ہاتھ بن جائیں گے، آئیے عہد کریں کہ اب یہ جنگ ہم کسی کو اکیلے نہیں لڑنے دیں گے، آئیے یہ بات منوالیں کہ علاج، خیال اور احساس سے ہم موت کو ختم نہیں تو ٹالنے کی کوشش ضرور کریں گے۔ آئیے یہ عہد کریں کہ موت کی آگاہی سے موت سے پہلے کسی کو مرنے نہیں دیں گے۔

بے سبب دل پہ کوئی بوجھ نہ بھاری رکھئے  
زندگی جنگ ہے، اس جنگ کو جاری رکھئے  
کتنے دن زندہ رہے، اسکی نہ گنتی کیجئے  
کس طرح زندہ رہے، اسکی شماری رکھئے



### Counting Breaths By Eman Akhtar (Batch 45)

In and out  
I watched your chest heave  
Head down, I offered a silent prayer  
As your lungs struggled to breathe

Tubes and monitors  
Your constant companions  
Wheezes broke through silence  
Air squeezed past those canyons

"It started with a cough  
Then my voice grew hoarse"  
Phlegm tinged with blood  
An ominous course

A frail form lied by the window  
I heard a coo as a dove flew past  
Its feathers weighed of you  
You sailed without a mast

It was 2 in the morning  
My pager lit up the dark  
room number 5  
A pounding heart

I reached you in time  
Though you were a shade of blue  
How you lived through that night  
I'll never have a clue

Early morning I walked to your bed  
you knew the look in my eyes  
I wonder if you heard me  
Or were you thinking of goodbyes?

Your family took you home  
To memories that it holds  
How long will you make more  
Till your body turns cold

A life of eighty years  
I wonder what you have seen  
The people you have known  
The places you have been

I hope in these numbered days  
You relive a joyous past  
May you know love and light  
Until you breathe your last



# RAWALIAN COMMUNITY AWARENESS PROGRAM



## ANTI CANCER CAMPAIGN



**FOREVER  
BY GHANIA FAZAIL**



*I look at her, she's covered in tubes – with bags of medicines  
and trays of injections sprawled across her.  
She's dying.*

*I trace every heave of her breath as if to make sure she's still there.  
She doesn't stir when I smooth her hair back from her forehead nor  
does she move when I caress her cheeks.*

*They say beauty is in the eyes of the beholder, but I couldn't think  
of anyone who'd seen her and disputed her beauty.  
I take her hand and look at her henna. It's withering away – just  
like her.*

*It breaks my heart how I'll lose her – how I am losing her, piece  
by piece, daily. It's more painful as it increments with each  
passing day.*

*I remember our banter a while ago when she espied my distress.  
"Can't wait for people to read your work", she remarks about my  
book draft – to be published in future, a future she's not going to  
be a part of.*

*I tell this heart of mine, it's perhaps one more prayer away – her  
life, our future together, it maybe just a few more days or maybe  
never at all in this lifetime, but holding on to this prayer is what  
gives me the strength.*

*I look at her again, pale skin struggling with life, and wish we could lose  
people as whole, and not as their parts – dying everyday, maybe then it'd  
have hurt a bit less.*



## اختتام تسلسل



یہ روز ہی کوئی جتا دیتا ہے  
میں خود، خود سے ہی انجان ہوں  
اب تو آئینہ بھی دغا دیتا ہے

نیند اب بے خواب ہے، گر آ جائے  
اور امیدوں پہ بھی گرد ہے  
کیا اس درد کا علاج ہے کوئی  
یا علاج میں بھی بس درد ہے

ارادے زمیں بوس، اعصاب بے دم  
جلوے بھی جل کر راکھ ہو گئے  
صدا بے آواز اور لب خشک  
اشک بھی سپردِ خاک ہو گئے

ختم ہو اب ٹوٹتی نبض کا تسلسل  
کاش یہ اب بس تھم جائے  
روز جینے کی آس ٹوٹے  
روز مرنے کا غم جائے

**انیقہ جلیل**

یہ مرض نہیں، قرض ہے شاید  
جو ان سانسوں سے لوٹانا ہے  
یہ فنا کا اک طرز ہے شاید  
اسم روگ تو اک بہانا ہے

آغاز مدہم تھا، پر سفر کٹھن  
اور منزل پر دھندلکا ہے  
بے سود درد کو چن چن کر  
اب دل بھی تھک چکا ہے

زندگی کی تلاش میں ہوں  
بر راہ کے دو بیرے ہیں  
اک شاہراہ خاردار ہے  
اک پہ سنگ بچھے ہیں

بستر کی سلوٹ نکل جاتی ہے  
پر ماتھے کی شکن جاوداں ہے  
تم مسکرانے کی بات کرتے ہو  
یہاں ہر احساس ہی فنا ہیں



**Eulogy for my Cancer  
By Amna Iftikhar (Batch 45)**



**My body felt like a time bomb.**

*I couldn't see the world the same way, because  
every time I saw it, it felt inadequate. There  
were so many magnificent details that I was  
missing in a glance. I wanted more time. To  
notice all of it. All the time, which I did not  
spend in hospitals felt like a calm before the  
storm.*

*Conscious of how my body was fighting a  
battle which was maybe it's last. My vessels  
being encroached by a giant ball of tumor  
growing every single day. Every day I grew  
more dead from inside, over conscious of death.*

**But what cancer taught me,  
"It too shall pass"**

*Fighting cancer wasn't only about fighting  
death but also relearning the art of living. Only  
when death shook hands and agreed to not take  
me along, I grew thankful for the life I had.*



# RAWALIAN COMMUNITY AWARENESS PROGRAM



## DR RUTH PFAU FILM FESTIVAL

### PROJECT DETAILS

A healthy competition was introduced among the movie makers to ensure high quality movies. Winners were decided by the esteemed Judi that included Ehd e Wafa and Load wedding famed, award winning actor Anjum Habibi, and one of the famous producers and writers in the industry – Tanveer Sardar, who has many celebrated TV shows to his name.

Shahryar Khan Afridi and Dr. Prof Muhammad Umar, VC RMU were invited as chief guests. A total of 13 movies were submitted out of which top 3 movies were given cash prizes of 15k, 10k and 5k respectively. First position was scored by the students of Army Medical College, second and third by Rawalpindi Medical University students. The session ended on a note by our respected chief guests.





# RAWALIAN COMMUNITY AWARENESS PROGRAM

## DR RUTH PFAU FILM FESTIVAL



### OBJECTIVES

Spread Awareness about COVID 19

Spread Awareness about common health issues prevailing in our society

Sensitize the Public on the need to follow precautionary measures in the wake of COVID 19

Provide students the platform to explore their movie making and acting skills







# RAWALIAN COMMUNITY AWARENESS PROGRAM



## MARKHOUR FITNESS CLUB – MISS FIT

### PROJECT DETAILS

Markhor Fitness Club (a project by RCAP) arranged a Nutrition and Fitness workshop in CPC hall NTB RMU, on March 31st, 2022.

Dr. Saba Haider, a renowned nutritionist and fitness expert - the guest speaker of the workshop, gave a very holistic approach for treating health and fitness issues, which encompassed rightful guidance about nutrition and lifestyle.





# RAWALIAN COMMUNITY AWARENESS PROGRAM



## MARKHOUR FITNESS CLUB – MISS FIT

### OBJECTIVES

Fitness for Rawalian girls.

Healthy diet and lifestyle.

Motivate young girls to not only be healthy  
but be fit.

Address health related issues of young girls.





# RAWALIAN COMMUNITY AWARENESS PROGRAM

## MARKHOUR FITNESS CLUB – GBPL VS RMU



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# RAWALIAN COMMUNITY AWARENESS PROGRAM

## INNOVATION EXPO RENOVACON 22





# RAWALIAN COMMUNITY AWARENESS PROGRAM



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### PROJECT DETAILS

The idea for the innovation expo was built on the fact that healthcare faces intractable challenges, which require innovative solutions. So far, innovation in healthcare is a foreign concept amongst medical students. With this event, we hoped to promote a culture of innovation in our university and foster creativity among its students. Students in RMU were familiarized with the process and event through class sessions, and online webinars were held for medical students from other Universities. Engineering students were also invited to present their healthcare related innovation projects. These efforts garnered the submission of over 100 projects from RMU and various other medical and engineering universities, notably King Edward Medical College, Foundation University Medical College, Islamabad Medical and DENTAL college, Shifa medical college, NUST and Hitech. Projects were further shortlisted by judges for oral and poster presentations in the aforementioned categories.





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### OBJECTIVES

RCAP is conducting the first ever Innovation Expo as part of RENOVACON'22 in collaboration with Rawalian Student Research Society (RSRS) at Rawalpindi Medical University to promote innovative thinking among medical students and enhance collaboration among the fields of healthcare, engineering, and pharmaceutical sciences. Students from across the region designed and will present over 70 campaigns and innovation projects related to public health, health technology, and medical education. Our goal is to strive towards a healthier future through health promotion and innovation.

