



SYNCH RMU



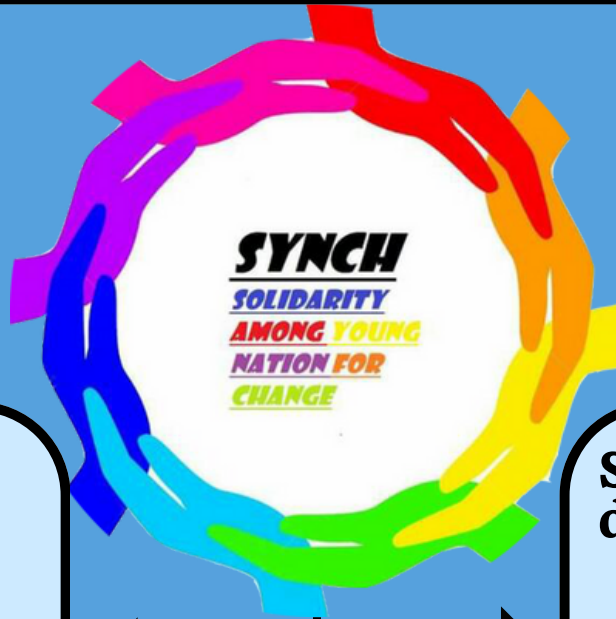
WORKING REPORT 2023-24

LEADERS CREATE
LEADERS LEADERS



/SYNCH PAKISTAN

INTRODUCTION



SYNCH was founded on 12th Rabi ul Awwal, 23rd December 2015

Superheaded by 4 departments

- Education
- Healthcare
- Social welfare
- Medical research

Founded by Dr. Ali Hassan Malik and Tajammul Hussain

Major projects include

- Mental health awareness sessions
- COVID-19 Health from home sessions

Expanded to more than 60 medical colleges all over Pakistan

- Rescue 1122 training sessions
- National Ration drive
- Career Counselling sessions

One goal: inspiring and influencing the youth



OUR 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.



OUR 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.



OUR COLLABORATORS



World Health Organization



University of Health sciences



World Wildlife Fund



International Federation of Medical Students Association



Rescue 1122



Volunteer Force Against Hepatitis Transmission



Institute of Psychiatry



Shifa InterScholastic Tournament



Fatimid Foundation



Shifaites Serving Humanity



Rawalians Adventure Club

PATRON IN CHIEF

Prof. Dr. Muhammad Umer

Sitara-e-imtiaz, Hilal-e-imtiaz
Vice Chancellor RMU & Allied
Hospitals



PATRON INCHARGE



Dr. Jahangir Sarwar Khan

Principal Rawalpindi Medical
Universiy | HOD Surgical Unit-1
Holy Family Hospital

FOUNDING PRESIDENT

Dr. Ali Hassan Malik

Founding President & Managing
Director, SYNCH



OUR TEAM (2023-24)

Mahnoor Ilyas

President



Ch. Talha Tariq

Vice President

HEAD (NTB)



Mateen Ali

HEAD (OTB)



Daniyal Hassan

HEALTH



Huma Zahid

WELFARE



Iqra Akram

RESEARCH



Zara ahsan

T&D



Qasim Raza

EDUCATION(OTB)



Asfand yar ali

EDUCATION(NTB)



Noreen

PUBLICATIONS



Hunaina Ashfaq

MEDIA



Umair Asif

HR



Samar Zeb

FINANCE



Syeda Maryam

EXTERNAL



Manaqib Ali

MENTAL HEALTH



Noor ul Huda



SYNCH RMU CABINET 2023-24



OUR WORKING

WELFARE

RAMADAN FOOD RELIEF DRIVE

RATION DRIVE

Phase 1

- Donations collected: RS.219320/-
- bags distributed: 50

Phase 2

- Donations collected: RS.182750/-
- bags distributed: 48

SYNCH RMU successfully conducted "Ration" drives on **30th March and 14th April 2023**.

A total of **Rs. 402,500/-** was collected. As each ration bag cost **Rs. 4385**, this amount helped facilitate **98 families**.



WELFARE

RAMADAN FOOD RELIEF DRIVE

IFTAR DRIVE

- **Donations collected** RS. 42570
- **People served** 250

SYNCH RMU successfully conducted iftar drive on 18th April, 2023. About **250** boxes were distributed among the deserving people.



EID DRIVE

- **Donations collected** RS. 20,500

The team visited Edhi Home H-8. Volunteers interacted and played with kids over there. They also gave them Eid gifts including toys and eatables. The total amount spent was **RS. 20,500**



VISIT TO OLD HOME

SYNCH RMU's volunteers visited **old home i.e; MGQ memorial trust** on **June 6, 2023**. The visit included arrangements for lunch, cakes, and gifts for the residents. Engaging with the residents, listening to their life stories, and providing emotional support brightened their day.



DONATION CASES

We need to pay the fee of children of a sweeper in our university. The fee is pending from few months now. Fee is 31500.

DONATE AT:

Easy Paisa Account
Talha Tariq

03321503984

Case Closed

ASSALAM O ALAIKUM
Donations needed for buying books/notebooks/fee for school going girls (9th, 10th and 11th) and mother works as a maid and father is a security guard working because of mother's expenses.
Kindly donate for this cause needed: 15-20k
DONATE AT!!!!
0311 8652037
MUHAMMAD USMAN HANSDOR
EASY PAISA ACCOUNT

There's a woman who has to pay a loan of 2 lac, she is a mother of 4 and all children are school

ASSALAM O ALAIKUM
DONATIONS NEEDED FOR A THE FEE OF TWO SIBLINGS WHOSE MOTHER WORKS AS A MAID AND FATHER AS A LABOURER AND THEY CAN'T AFFORD TO PAY THE FEE BECAUSE OF THEIR POOR FINANCIAL CONDITION BECAUSE OF WHICH THEIR SCHOOL FEE IS PENDING FOR OVER A YEAR NOW.
DONATIONS NEEDED=25K

ASSALAM O ALAIKUM
A 3RD YEAR AHS STUDENT IN RAWALPINDI MEDICAL UNIVERSITY WHO CAN'T PAY HER FEE, THE AMOUNT THEY HAVE TO PAY TO PAY HER FEE LAST YEAR IS 80K, SHE CAN'T PAY IT YET. IT IS A VERY DESERVING CASE. ONLY HELP AS MUCH AS YOU CAN.
AMOUNT NEEDED =80K
AMOUNT COLLECTED= 40K

Case Closed Alhamdulillah

SYNCH RMU Welfare department successfully handled **15 donation cases** in the months of May-September

EDUCATION

MDCAT GUIDANCE SESSIONS

TORCIA ACADEMY

SYNCH Education Department conducted its first MDCAT Guidance Session in Torcia Academy 6th Road on **5th June 2023**. Session was led by Asfand Yar Ali and Noreen Shehzadi. All the speakers were from education department. Detailed subject wise guidance, tips and tricks were shared with students and their queries were answered. Session was appreciated by the faculty of the academy.



HARVARD ACADEMY

SYNCH RMU Education department conducted its 2nd MDCAT guidance session at **Harvard Academy on 8 July 2023** led by Noreen Shahzadi (Head Education dept) & Uzair Nabeel (Regional VP). Session was delivered to four classes. General guidelines about the test pattern, subjects preparation, time management and stress coping were given. At the end all the queries of students were answered.

SCHOLARS ACADEMY

SYNCH RMU Education department conducted it's 3rd MDCAT guidance session at **Scholars Academy Wah Cantt Academy** on **20th july 2023** supervised by Ayesha Nighat (Executive Member Education dept).

General guidelines about the test pattern, subjects preparation, time management and stress coping were given. At the end all the queries of students were answered. Session was well applauded & students felt very satisfied at the end of session.



GETS ACADEMY

Synch RMU Education department conducted it's 4th MDCAT guidance session at **GETS Academy DERA GHAZI KHAN** on **21th july 2023** supervised by **AYESHA SIDDIQA** (Deputy Head Education dept).

General guidelines about the test pattern, subjects preparation, time management and ways to deal stress in this time were discussed.



ONLINE SESSION

SYNCH Education Department conducted an **ONLINE MDCAT GUIDANCE SESSION** on 5th August 2023. Session was conducted on Zoom. We had an audience of **200+ students**. It was a 90 mins long interactive session. The feedback of the students was great.



MBBS GUIDANCE SESSIONS

Guidance session
For First Year MBBS

GUEST SPEAKERS:

Asfand Yar Ali
3rd year MBBS
Head Education
Department
SYNCH RMU

Maryam Rubab
2nd year MBBS
Deputy Head
Education Department
SYNCH RMU

Get your sails up!

A session on introduction to IMS, study tips and much more!

12th July, 2023
Wednesday
9 pm

A Collaborative Effort by students of
Sargodha Medical College and Rawalpindi
Medical University

SYNCH RMU Education department in collaboration with **SYNCH SMC** conducted an online guidance session on **integrated modular system** for first year MBBS students.

The objective was to introduce 1st year UHS students to the newly implemented integrated modular system.

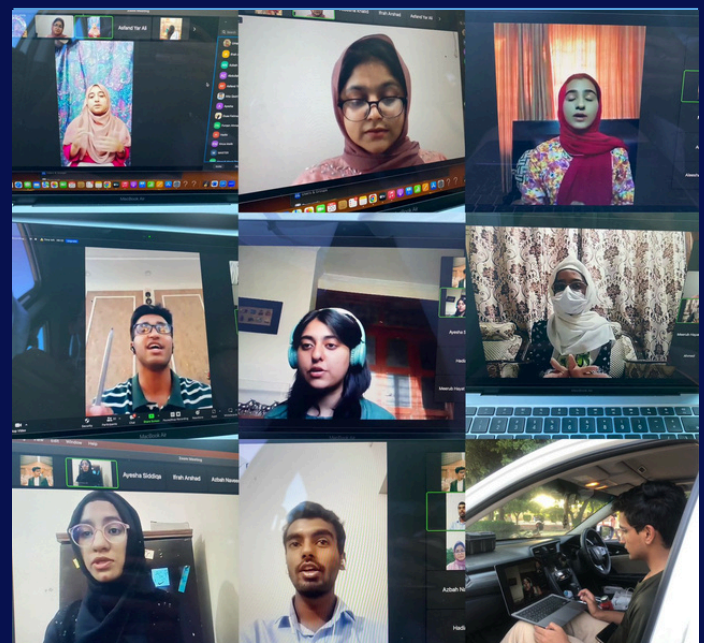
CAREER COUNSELING SESSION

SYNCH RMU Education Department conducted its **first successful Career Counselling Session** in Punjab College Women Campus HFH Road. Session was led by Noreen Shehzadi (Head NTB team) and Asfand Yar Ali (Head OTB Team). A detailed overview regarding the fields that a premedical student can pursue was provided. Session was well appreciated by students and teachers of the college.



BOARD EXAMS GUIDANCE

SYNCH RMU Education department organized an **Online Session on May 20th, 2023** focused on providing **guidance for FSc exams** in anticipation of the upcoming examinations. The session effectively incorporated valuable tips and techniques shared by medical students and addressed participants' questions through an interactive Q&A session.



TRAINING & DEVELOPMENT

PROFESSIONALISM IN UNIVERSITY LIFE



SYNCH RMU's Training and Development Department conducted its first session on June 8th, focusing on Professionalism in University Life for Batch 50 (1st Year MBBS) at LTC, OTB.

The session aimed to nurture and guide newly enrolled medical students, addressing social challenges and emphasizing their conduct in the university environment.

STRESS & PRESSURE MANAGEMENT


SYNCH RMU TRAINING AND DEVELOPMENT DEPARTMENT conducted two Stress and Pressure Management Sessions for Mdcats Students. The department addressed the MDCAT aspirants about the challenges they are facing regarding stress, pressure & time management. The feedback received from the students and teachers at the end was quite overwhelming and made the session an overall success. The sessions were conducted in the following institutes:

- **STARS ACADEMY - 11th July, 2023**
- **STEM institute, Islamabad - 22nd July, 2023**








MENTAL HEALTH

WELL BEING OF MEDICAL STUDENTS




NURTURING THE WELL BEING OF MEDICAL STUDENTS

Hosts

| | | |
|---|--|---|
|  NOOR UL HUDA Head Mental Health department |  FATIMA HUSSAIN Deputy head |  AAMNAH TARIQ Deputy head |
| |  AMINA KHAN Deputy head |  AYESHA ZAFAR Executive member |

Speaker

**DR. MOWADAT HUSSAIN RANA**

- MBBS, Grading (Psych), MCPS, FCPS, DCPS -HPE, MCPS-HPE, MRCPsych (UK), FRCPsych (UK), D.CBT (Oxford)
- Adjunct Professor, and Member of Academic Council at University of Health Sciences & Chairman, The Healing Triad, an organisation committed to mental health and education and Chief Editor of Journal of Pakistan Psychiatric Society (JPPS)
- awarded Sitara-e-Imtiaz by the Government of Pakistan.
- consultant to the World Health Organization

SYNCH RMU Mental Health Department hosted an insightful session on **June 3rd, 2023** featuring guest speaker **Dr. Mowadat Hussain Rana**. The session focused on supporting the mental and emotional health of medical students, addressing their unique challenges.



WORLD CONSERVATION DAY


SYNCH mental health department made a reel featuring the **NATURE'S CONSERVATION DAY** on 28th July 2023, specifying the **IMPORTANCE OF NATURE FOR BUILDING IN A SOUND AND HEALTHY MIND**. The project engaged the members to debate on the topic.

**Nature's Healing Embrace:
World Conservation Day for Mental Health.**


GRADUAL DESENSITISATION


SYNCH RMU Mental Health Department hosted an insightful session on **september 1st , 2023** featuring guest speaker **Dr. Ali hassan malik (founding president & MD SYNCH)** The session focused on the topic **GRADUAL DESENSITISATION IN DOCTORS**.

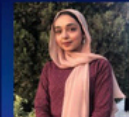
**SYNCH RMU**

**GRADUAL
DESENSITISATION
IN DOCTORS**


HOSTS




**Noor ul Huda**
Head Mental Health department

**Aamnah Tariq**
Deputy Head Mental Health department

**Fatima Hussain**
Deputy Head Mental Health department

GUEST SPEAKER

**Dr. Ali Hassan Malik**
Founding President & MD SYNCH

Join us!
 **01/09/23**
 **6:00 PM**

HEALTH

TOBACCO FREE INITIATIVE



The SYNCH Health department collaborated with WHO for the TFI project, starting with a Tobacco Free Initiative campaign on May 18th, 2023, at MU-2 Holy Family Hospital. During this phase, patients in the medicine and pulmo wards were counseled about the long-term health risks of smoking.

HEAT STROKE & MANAGEMENT

Health department conducted their awareness campaign on heat stroke and it's management.

It was done in 2 parts, one was the home awareness sessions, and the other was video message.



DIABETES ACTION PROGRAM

SYNCH RMU Health department conducted a **Diabetes awareness session in Astron college Satellite town on 17th of August, 2023.**

Following aspects were covered in this workshop;

- Basic awareness about diabetes types
- Timely diagnosis importance
- Diagnosis investigations
- Immediate home management for hypo/hyperglycemia
- Importance of screening for those with family history
- Preventing complications
- Healthy food options for diabetes

Our team received a positive response from students.



DIABETES AWARENESS VIDEO

SYNCH RMU Health department recorded a video message on diabetes awareness.

In this video, **Dr Saeed from Rawalpindi Medical University**, covered details about diabetes, its causes, prevention and treatment. The message is conveyed in very simple Urdu language making it understandable for every member.

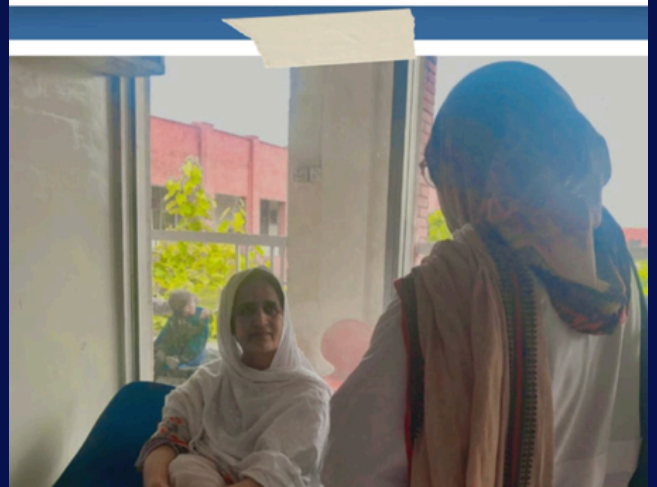


HOSPITAL AWARENESS SESSION

SYNCH RMU HEALTH DEPARTMENT conducted an insightful campaign at Holy Family Hospital on 26th of August 2023.

The patients and attendants were imparted awareness on the perils and **dangers of diabetes** and its complications.

Main focus was made on how to prevent it. Patients and attendants were also made aware of treatment scenarios and the basics of how to take care of a Diabetic wound. We were glad to see an enthusiastic response as people pledged to play their part in this campaign by educating their relatives and friends.



QUIT TOBACCO: AWARENESS VIDEO

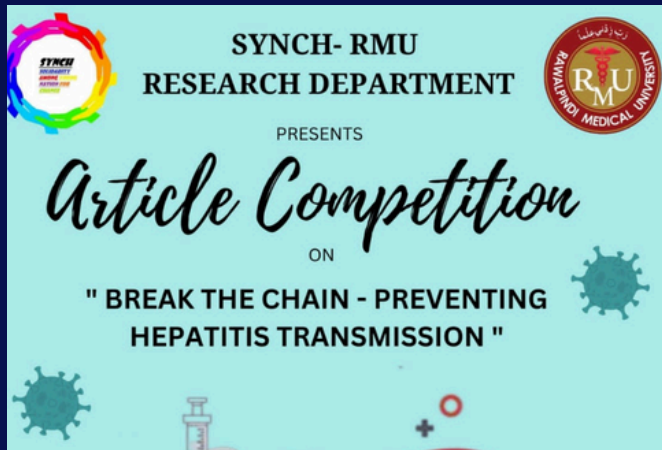


SYNCH RMU HEALTH DEPARTMENT recorded a video message to spread awareness regarding "**Tobacco Free initiative**"

This video aimed to raise awareness about the dangers of tobacco use and promote tobacco cessation, contributing to our mission of improving public health and reducing tobacco-related harm.

RESEARCH

BREAK THE CHAIN- PREVENT HEPATITIS



SYNCH RMU Research Department arranged a **Digital Poster Making competition** and an **article competition** on **"BREAK THE CHAIN- PREVENTING HEPATITIS TRANSMISSION"**

DATA MASTERY WORKSHOP

SYNCH Research Department arranged an insightful and engaging **"Data Mastery Workshop (Excel + SPSS)"** over the course of **two days on campus from 4th -5th September**. This workshop provided the participants with a comprehensive understanding of data management and analysis using two powerful tools: Microsoft Excel and SPSS



PUBLICATIONS

SYNCH Publication Department being one of the backbone departments of the society has worked efficiently. Notable work done by the department includes

- Meeting Reports
- Audit reports
- Presentations
- Monthly Newsletters
- Annual Report '22
- Working Report '23
- SYNCH RMU Booklet
- Posters
- Volunteers of the month

HR

SYNCH RMU HR department has successfully managed to keep a check on different departments. Their working includes:

- Monitoring the participation of each member of the society.
- Issuing warning letters
- Attending meetings of different departments making its reports.

FINANCE

Finance department collects cabinet fund every month very efficiently for revenue generation. It keeps financial records of the society.

MEDIA

SYNCH Media Department has been the front runner in handling the social media awareness campaigns. Their activities include

- Poster making
- Video making
- Social media account handling
- Coverage of all the major events of the society.

EXTERNAL AFFAIRS

External affairs department has successfully managed to take formal permissions from different institutions for conduction of sessions and events.

ACKNOWLEDGEMENTS

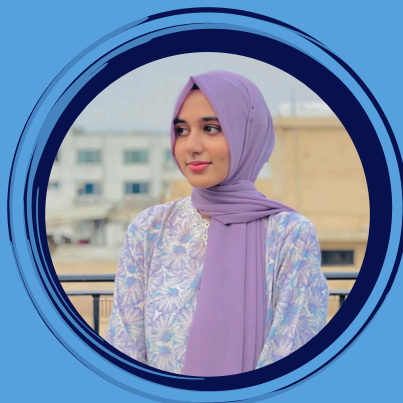
PUBLICATION DEPARTMENT
SYNCH RMU(2023-24)

Layout Designer

HUNAINA ASHFAQ

Head of Publication Department

Content Designers



HUNAINA ASHFAQ
Head Publication



MARYAM RAUF
Deputy Head Publication



HAMNA ALI
Deputy Head Publication

LEADERS CREATE MORE LEADERS



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