

تقاسید 2016

The Newsletter of Patients' Welfare Association (Regd.)
A non-political, non-government, Pakistan's largest student - run organization

●●● Issue 33



PWA BAKESALE 2016 Healthy fundraiser. Mighty impact

The PWA BakeSale event has long been one of the major highlights of a Dowite life. The charity event, organized by the students of Dow Medical College, where people from all walks of life come forward and join hands in spreading smiles in lives of unfortunate ones; the PWA BakeSale continues its legacy with another successful event added to its long list of accomplishments.

As per the tradition of PWA, the BakeSale was organized by the students of first year (Dowite'21) on 19th March 2016, at Civil Hospital, Karachi.

The event was inaugurated by Mr. Younus Muhammad Bashir, President Karachi Chamber of Commerce & Industry, the chief guest of the occasion.

The preparations for the mega event started with the first BakeSale meeting in Feb, 2016, followed by a number of different campaigns, conducted by enthusiastic volunteers. The BakeSale journey proceeded wonderfully, animated by the sincere efforts of all the volunteers & reached its milestone on 19th of March- a day much awaited.

The event officially started with the inauguration by the chief guest. The sight was indeed a pretty one - colorful balloons at one corner, juices, drinks & ice creams at another, crowd of visitors savoring the bakery items or enjoying at the food stalls, girls hurrying towards the Girls' Corner to get themselves decorated by Mehendi, Nail Art & Face Painting, people stopping at the Handicrafts and Paintings stall to appreciate the efforts of volunteers who made lovely bangles, bands, bookmarks, notebooks, lamps, decoration pieces and beautiful calligraphies.

A photo booth was also there where people had photos with props. The event was a host to thousands of attendees from different universities and colleges with their friends and families, doctors and staff from Civil Hospital, and general public as well.

Our proud sponsors were IHSAN TRUST, JS BANK, PIA AIRLINES, Doctors and Professionals' Inn, UHU and some others also have their names among those magnanimous groups.

To add more life to our event, some celebrities also joined us, including Mr. Ayaz Khan - famous senior stand-up comedian and actor, Mr. Samad Abbas - the inspirational public speaker, Mr. Yahya Hussaini - sports TV anchor & journalist of GEO NEWS & Mr. Abdullah Ahmed Khan aka Sanki King - painter and pioneer graffiti artist of Pakistan.

Exclusive media coverage was provided by a number of leading media groups, the prominent ones being SAMMA TV, GEO NEWS, JUNG NEWS-PAPER, K21, ABB TAKK, DAILY PREMIERE, etc.

All in all, it was a huge & excellent occasion. It ended with an auction that added bulk to the donations. The success of the event can be estimated by the fact that this year's BakeSale, with a huge revenue generation of Rs. 19,27,480, Alhamdulillah! The contribution of every person who supported our cause and lent us a hand in making our event is highly commendable. We hope and pray that PWA thrives in its motto of WE FEEL, WE SERVE. (Ameen)

●●●● By: Ammara Jamil, D' 21



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President's Message

●●●● Sumraa Siddiq Patel, D'18

A foundation of selfless service which was laid down in 1979 to facilitate the suffering masses of Civil Hospital, Karachi outshines today among many.

Yes! Patients' Welfare Association has been playing key part to bring smiles and make difference in lives of destitute souls for the last 36 years through providing various services by team of dedicated volunteers.

Behind the slogan of "We Feel, We Serve" where PWA has enriched the feeling of selflessness among its volunteers, there under the sky of "Together We can Make a Difference" it has taught the volunteers enthu-

"Talent wins games, but teamwork and intelligence wins championships"- Michael Jordan.

I strongly believe in it as PWA has witnessed wonders and achieved milestones with magnificent team of volunteers. With this said, I would like to congratulate team PWA and specifically Batch of 2021 for pulling off a splendid Bake Sale 2016.

I would like to thank all the well-wishers of PWA for trusting us and supporting us in sustaining our services. I humbly request all the donors to continue supporting PWA and stand beside us always

PWA- AN INSIGHT

Everyday sun rises, a cascade of light flows in and darkness wipes out. Being inspired by this daily occurrence in 1979, three students of DOW MEDICAL COLLEGE decided to enlighten the disparaged hopes of anguished patients at the hub of Civil Hospital Karachi. Heading with a mere cabinet of few medicines, they laid the foundation of PATIENTS' WELFARE ASSOCIATION that has now blossomed into the largest student run welfare organization for the last 36 years, while holding the repute of being non-political and non-government.

Soaring towards the stars, PWA has five service providing departments that are efficiently lending hands toward basic medical needs of impoverished patients. These include:

- 1) Drug Bank-a bloomed pharmacy facilitating admitted patients of Civil Hospital completely free of cost
- 2) Blood Transfusion Services-exclusively the largest single outlet blood bank of city with a daily output of approximately 250 bags.
- 3) Thalassemia services-facilitating 274 registered patients by providing safe transfusions, medications and regular check-up.
- 4) Diagnostic Laboratories- under supervision of qualified Hematologist providing blood screening, and CBC with peripheral film test
- 5) Follow up clinics-provides free medicines to the registered patients suffering through chronic diseases like hypertension, diabetes, epilepsy, asthma etc.

Besides all these services, it also conducts some major events like BakeSale, Zakat campaign, Blood drives, Thalassemia day, Media campaigns and many other events.

Pulling through all the stops, accelerating on the road of success and having fiscal help from our generous donors, PWA's voluntary squad is trying to leave no stone unturned for providing basic medical aid to penniless patients of society because we believe "Together we can make a difference."

●●●● By: Mehwish Saeed, D'19



BLOOD TRANSFUSION SERVICES

PWA has been able to successfully run the largest single-outlet blood bank in the city and the only functional blood bank within the premises of Civil Hospital Karachi with an output of more than 250 blood bags daily. It caters to the requests from all over the city including Civil Hospital Karachi. According to the international standards, dispatching of whole blood has been completely replaced by provision of blood components, i.e., Packed Red Cell Concentrates, Fresh Frozen Plasma and Platelets. The safety of patients being our utmost priority, every Blood donation is screened for Hepatitis B, Hepatitis C, HIV I & II, Syphilis and Malaria. Recently the screening technology for Hepatitis B, Hepatitis C and HIV has been upgraded from ELISA to CLIA. PWA Blood Bank functions 24 hours a day, seven days a week, including public holidays.

●●●● By: Azhar Sharafat, D'19

DRUG BANK

The department of drug bank started its journey as a single cabinet of medicines in 1979 and continues to flourish a complete pharmacy that caters to the needs of innumerable requests from admitted patients of Civil Hospital Karachi on daily basis. It also provides medicines and expensive injections totally free of cost to the hundreds of registered patients of PWA's working departments that include; Thalassemia day care center and follow up clinics that include General Follow up and TB follow up. It is through the support and generosity of our philanthropic donors that we have been able to help those who are unable to fulfill their medicinal needs.

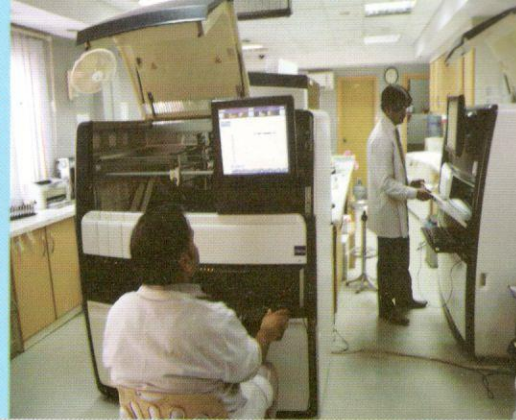


●●●● By: Lubabah Yaseen, D'19

DIAGNOSTIC LABORATORY

The diagnostic Laboratory of PWA, ever since 1986, has been providing free of cost regular baseline biochemical and hematological investigations to the registered patients of PWA Thalassemia services. It also houses the screening facility for blood collected in PWA blood bank and city wide blood camps. Along with that, PWA diagnostic laboratory is also providing complete blood count with morphology by a qualified consultant hematologist on request from within the Civil hospital Karachi. The year 2015 marked the addition of a new chapter, when PWA diagnostic laboratory upgraded its screening technology to CLIA, previously making use of ELISA. CLIA is the latest screening technology offering a high level of usage flexibility in terms of its sensitivity and considerably reduces the process time. The diagnostic laboratory of PWA is run under the supervision of a qualified hematologist to ensure its reliable reporting.

● ● ● ● By: Azhar Sharafat, D'19



FOLLOW-UP-CLINICS

In 2003, PWA expanded its services by adding follow-up clinic to its working departments. It includes:

General Follow-up clinic: Provides life-long medical treatment which is free of cost to 63 registered patients who are suffering from various chronic diseases namely hypertension, diabetes, asthma, SLE and others.

TB Follow-up clinics: Caters 77 registered patients of Tuberculosis (Pulmonary and Extra-pulmonary) by providing Anti-TB therapy under the supervision of a qualified doctor.

● ● ● ● By: Lubabah Yaseen, D'19

THALASSEMIA SERVICES

Since its establishment in 2011, PWA Thalassemia services have a beacon of hope for the poor parents rushing to Civil Hospital Karachi. PWA has been providing quality blood transfusions, lab investigations and consultation from a qualified hematologist to its 275 registered patients. 70 of these patients are also being provided with iron chelating therapy and other medicines. All of the services are provided completely free of cost. PWA hopes to expand its services and facilitate more patients for their treatment with the generosity and support of its donors.

● ● ● ● By: Ghazal Fatima, D'19



TREASURY REPORT

Patients' Welfare Association has been constantly striving to provide better quality services to the deprived patients of Civil Hospital Karachi through its departments completely free of cost since its inception in 1979. To ensure the sustained provision of services, PWA needs immutable support of benevolent donors in terms of monetary aid, Zakaat and donations to make PWA's journey more successful in helping us to continue providing our services and aid us in flourishing our new projects i.e. growth of endowment and upgrading of screening technology.

"No one is useless in this world who lightens the burden of another" –Charles Dickens

We rise by lifting others - Well spoken words by Robert Ingersol. As a devoted volunteer, I got a chance to become a part of the best fundraiser of the year- The annual Bakesale of Patients' Welfare Association, organized to raise funds for the destitute patients of Civil Hospital, Karachi.

The mega event had its own charm that brought us together and helped us rise as a strong willed and dynamic team. The enchanting journey began with the first Bakesale meeting where we were introduced to what lay ahead of us. Following, were the road side campaigns when we flooded every nook and corner of Karachi's popular markets to get complimentary campaign materials and donations for our event stalls, the making of handicrafts, book marks and diaries while taking pride in our masterpieces and the calls to several companies where we had the pleasure to introduce their representatives to our noble cause were all crowned beauties of the phenomenal adventure.

The frenzy prior to the main day was an event in itself. The rising pulses reflected the excitement that escalated with every passing second. The last minute calls for food promises, the artistic packing of handicrafts, the final touch ups to the batch banner, the friendly environment, the making of posters for our stalls and well wishes by our seniors, were all fuel for the volunteering souls set on fire.

The event day started with a golden sun congratulating us on our hardwork. The tent and stalls were set up by an enthusiastic team, with each stall being unique in its demonstration. The stalls included sumptuous bakery items, the thirst quenching slush, the popular photo booth, the shiny dedication balloons, tempting plates of haleem and biryani, books, original masterpieces made by the students, and the highlighted fish stall.

The event was inaugurated by our chief guest Younus M. Bashir, President Karachi Chambers of Commerce and Industry who with his honored appearance opened the door to our glorious event. Moreover, celebrity guests supporting our cause and complimenting us with their appearance were Mr. Abdullah Khan aka Sanki King - painter and pioneer graffiti artist of Pakistan, Samad Abbas - motivational public speaker, Ayaz Khan - former standup comedian, Yahya Hussain, etc.

The event was a host to several doctors, students of diverse universities, friends of many volunteers, teachers and general public. Moreover, full fledged media coverage of the event was provided by leading news channels such as Samaa TV, Aaj TV, and Dawn news.

The auction at the day's end was a cherry on top, adding a major bulk to the total Bakesale amount that was announced later. As expected, the blissful diligence paid off and by the Grace of Allah, we generated Rupees nineteen lacs, twenty seven thousand four hundred and eighty, a number that outshined all previous Bakesale records. The joy, nurturing our grins was inexplicable. The event unleashed our devotion, enthusiasm and our potential to help mankind. A beautiful chapter, beginning the best journey- A journey of serving humanity.

●●●● By: Bushra Parveen, D'21



ADMINISTRATION AND PLANNING

The major purpose of department of Administration and Planning is to ensure smooth provision of services at all departments of PWA by introducing new and innovative steps towards resource generations and creating mass awareness. This is mainly achieved by orchestrating multiple events, awareness sessions and campaigns for Funds Generation, which play a central role in overall working of the organization.

The activities and accomplishments of the department in between the period from July 2015 to March 2016 are as follows:

-A successful Zakat campaign was carried out in the month of Ramadan. This included campaigns at Civil Hospital Karachi and Dow Medical College in which Doctors and Professors were approached for collection of Zakat and donations. Different companies and banks were also approached.

-During Zakat campaign, bill boards and banners were placed at prime locations of city. Print media was effectively utilized by publishing our advertisements in leading newspapers and business magazines like Jang, The News, Business Recorder, Dawn etc.

-PWA Zakat appeal, both audio and video, was aired on different TV and Radio Channels. PWA Zakat advertisements were also played in Atrium Cinema, Karachi and Centaurus, Islamabad.

-To highlight the services of PWA, various shows aired on different TV and Radio Channels:

> Samaa TV show "Samaa Rise" on July 2, 2015.

>FM 107.4 on July 3, 2015.

>Apna Karachi FM 107 on July 7, 2015.

- In the month of August, Independence Day was celebrated with kids of Thalassemia Day Care Centre. This event was covered by print media.

-Foreign Psychology student, Aisha Khan wrote about PWA and its volunteers in a blog, "The Amreekan Pakistani".

-PWA was invited and took part in a workshop in Karachi to devise a curriculum for Blood Transfusion Services organized under Safe Blood Transfusion Program on 7th September 2015.

- A Blood Camp was arranged at Dow Medical College on 29th September 2015. The event was covered by print media.

- An awareness session on, 'Voluntary Blood Donation' was arranged at Habib University on 14th October 2015, followed by a successful Blood Camp on 15th October 2015.

-PWA was invited and took part in a workshop in Islamabad on, 'Alliance for Blood Safety: The role of Blood Donor Organizations in Promoting Voluntary Non Remunerating Blood Donation (VNRBD)' organized by Deutsche Gesellschaft fur Internationale Zusammenarbeit under Safe Blood Transfusion Programme on 4th December 2016.

- An Orientation was arranged to introduce a fresh batch of volunteers to PWA along with tour of the organization.

-PWA's 35th Annual General Body Meeting was held on 21st January 2016 and was attended by many honorable personalities.

- A stall for Funds generation and awareness, especially regarding, 'Voluntary Blood Donation' was set up at H.O.P.E.S. Health Expo 2016 on 24th January 2016.

-School Campaigns were conducted in different schools including Happy Home School and Students' Academy.

-A Documentary on services provided by PWA especially highlighting its Thalassemia Services was made by students of journalism, SZABIST and promoted through social media.

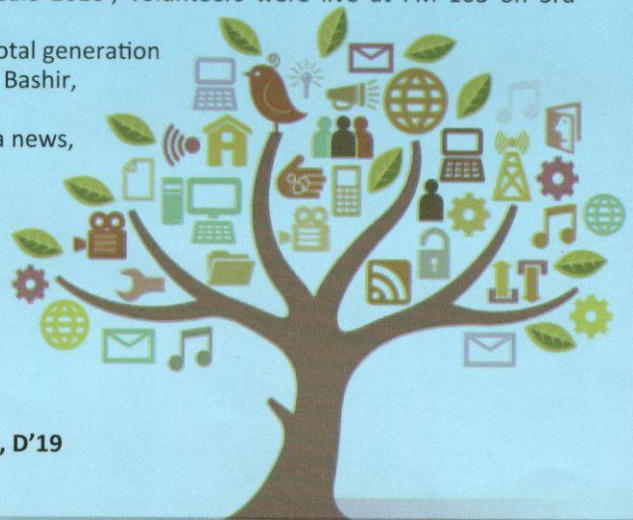
- PWA attended a two day workshop for National Consultations of PakBDOs Association organized by Safe Blood Transfusion Programme in collaboration with World Health Organization on 11th and 12th February 2016 at Pearl Continental, Karachi.

-To promote services of PWA and publicity of the Annual Fundraiser, 'Bakesale 2016', volunteers were live at FM 105 on 3rd March, 2016.

-PWA's Annual Fundraising Event BakeSale was held on 19th March 2016. The total generation was Rs. 19,27,480/-. The Chief Guest for the event was Mr. Younus Muhammad Bashir, President Karachi Chamber of Commerce and Industry.

- The event was covered by Geo news, Aaj news, channel 92, Dawn news, Dunya news, HTV, The Daily Premiere, Hurriat news, Daily Zamanat and Jang Newspaper.

- PWA was invited and took part in a consultative workshop on, 'Development of National Thalassemia Policy' organized by Safe Blood Transfusion Programme in collaboration with World Health Organization on 31st March, 2016 at Pearl Continental Hotel, Karachi.



●●●● By: Khizer Rashid, D'19

THE ANNUAL GENERAL BODY MEETING 2016

The 37th Annual General Body Meeting of Patients Welfare Association was held on 21st January, 2016 in Dow Medical College. Among those who attended the meeting were our honored guests Mr. Siddique Sheikh and Mr. Tariq Shafi.

The meeting commenced with the recitation of The Holy Quran. The annual expenditure report for the fiscal year 2013-2014 was then presented by Patients Welfare Association's treasurer Saira Gull Rukh. This was followed by the distribution of PWA's annual souvenir.

Additionally, during the event, Appreciation awards were presented to senior employees for completing 25 years of service to the organization. All the guests highly appreciated the efforts of the volunteers. The meeting was concluded with a speech by the president.

VOLUNTARY BLOOD DRIVE

PWA holds a blood camp in DMC after every four months; three blood camps per year, in the months of January, May and September. Our first blood camp of this Blood Drive was held in the month of September 2014 and the journey still continues. Productivity of our camps varies but the zeal of volunteers stands unwavering. The purpose of these blood camps is to get healthy and disease-free blood and to spread awareness about voluntary blood donations.

Being a Voluntary Blood Donor, I feel blessed to be a part of such an organization which provides others great chances to add their drops in the pool of kindness.

●●●● By: Ayesha Ahmed, D'20



TURN THAT FROWN UPSIDE DOWN

May 8th used to be an ordinary day for me, doing whatever I did every day. This year it was different. Being a volunteer of PWA, this year I celebrated World Thalassemia Day. Before this I never really knew such a day existed, a day dedicated to all those thalassemia patients who are fighting for their lives. Just like me, most of the people, especially here in Pakistan, are unaware of this day. Why don't we know about World Thalassemia Day? Is it because there is a general lack of awareness about such significant days or is it because we have lost ourselves so much in our busy lives that we have become indifferent to what is going on around us?

While people around the globe observe this day conducting seminars and awareness programs, Patients' Welfare Association decided to take a different approach. The volunteers of PWA celebrate World Thalassemia Day on 8th may with their Thalassemia patients in the Thalassemia Day-Care Center in Civil Hospital, Karachi.

Thalassemia is a nightmare of every child who is born with it. The life of a thalassemia patient is dominated by constant blood transfusion and various therapies which lead to depression and low morale. Hence, PWA volunteers decided to give them some memories to cherish. The day started with all the PWA volunteers decorating the room with balloons, ribbons and stuffed toys. The event began with a cake cutting ceremony in which all the thalassemia patients cut the cake together. Wearing all kinds of props and posing with their finest looks, a group photo was taken in a small photo booth area, followed by goodie bags distribution. After filling their tiny tummies with delicious cake, the Thalassemia children sat down to bring out their inner artist as they drew and colored their hearts out while some got their face painted by the volunteers. The room resonated with the sound of laughter and celebration as the little ones with their bright smiles enjoyed to their fullest.

The event was given full media coverage by Aaj TV, Express News, Capital TV, Dawn and Metro One along with PPI and Pak Observer newspaper. The day ended well and what made it worthy were the joyful faces of the thalassemia children and their parents. The volunteers unanimously agreed upon the inner satisfaction and pride that was felt by bringing joy to the patients' lives, even if just for a few hours. The day was not just about celebration; the volunteers also got a chance to bond with the children and to let them know that there are still people out there who are doing their best to make their lives better.

Thalassemia is the most common inherited blood disorder with 5,000 to 6,000 babies being born with it each year in Pakistan. It is a blood disorder in which the body makes an abnormal form of hemoglobin; a protein present in the blood which carries oxygen to different body tissues. This leads to destruction of RBCs and causes anemia which interferes with our normal body function.

Thalassemia patients need regular blood transfusions for their bodies to function normally and since there is no cure, they are tied for life. But regular blood transfusion is not their only problem; regular blood transfusion leads to iron overload in the body which is a lot more dangerous. Hence, they require iron chelating therapy at the same time along with other medications. The life span of a thalassemia patient depends on how well they are receiving their treatment, especially the iron chelating therapy.

Patients' Welfare Association started their Sponsor a Thalassemia (SAT) campaign as a way of providing the thalassemia patients with complete treatment free of cost. The yearly cost of a thalassemia patient is around 1.5 to 3 lacs, with iron chelating therapy being the most costly. If you sponsor a thalassemia patient, you agree to cover their expenses for a year. You can pay yearly, quarterly or monthly; you can pay individually or in a group. Not only this, but you are updated about your patient's progress every 3 to 4 months.

Right now PWA has 273 registered thalassemia patients, with 80 of them receiving iron chelating therapy. Only 17 are sponsored. By sponsoring a thalassemia patient, you not only provide them with a better treatment but also a better quality of life.

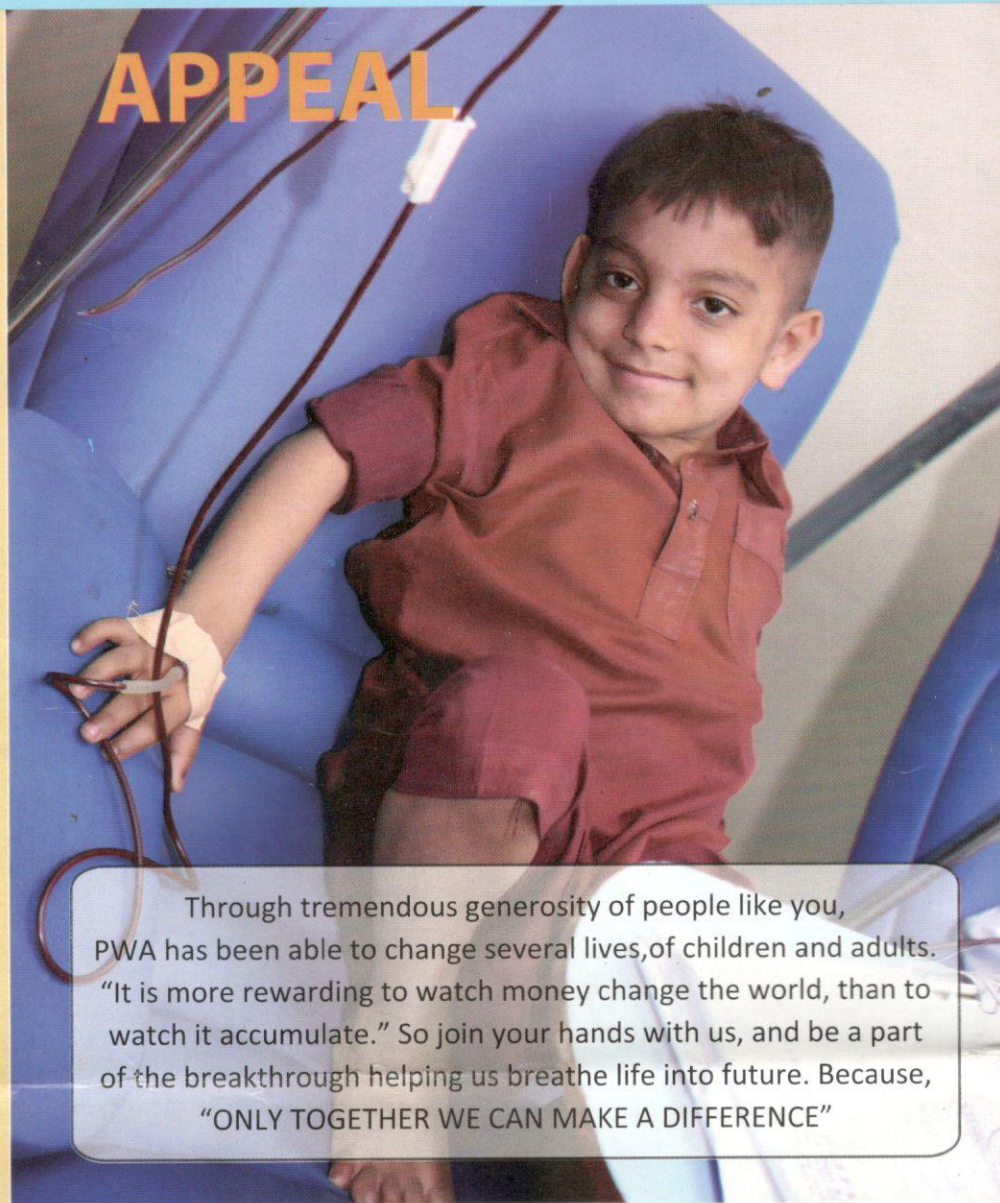
Helping a thalassemia patient by covering their expenses and creating awareness amongst people is a noble deed indeed but at the same time sharing a few moments with them and knowing that you are the reason for their smiles is no doubt an invaluable feeling.



A GLIMPSE OF BAKESALE

Too little sleep we've
 The love for rest
 Yet we wake up everyday
 We come to serve
 In the hot sun, we sweat,
 We went here and there
 We collected funds from everywhere
 We took the path to serve all
 Without any discrimination,
 For any reason we were called
 We feel the pain
 We care for all
 Whether it's thalassemia or fever
 We will always be there for all
 We are doctors to be
 Humble servants and caretakers
 Not only for PWA but for all
 We feel and we serve
 BakeSale was not for us
 But for you all
 Those who can hear or not hear us
 It's day or night
 We're always on call.
 The satisfaction of serving humanity
 Has no parallel at all

By: Jawad Ahmed, D'21



APPEAL

Through tremendous generosity of people like you, PWA has been able to change several lives, of children and adults. "It is more rewarding to watch money change the world, than to watch it accumulate." So join your hands with us, and be a part of the breakthrough helping us breathe life into future. Because, "ONLY TOGETHER WE CAN MAKE A DIFFERENCE"

Delivering Worldwide

With Compliments from
sms

With Best Compliments From
LABLINE
With Best Compliments From
MUSTAFA FUMIGATION

Patients' Welfare Association (Regd.)

A non-political, non-government, Pakistan's largest student - run organization



Send your Zakat and Donations to:
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 Foreign Currency A/c No. 3130001-7 UBL

