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**PATIENTS'
WELFARE
ASSOCIATION®**

NON-GOVERNMENT, NON-POLITICAL,
DMC STUDENT RUN ORGANIZATION



QASID 2019

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PRESIDENT'S MESSAGE

“The greatest good is what we do for one another.”

MOTHER TERESA.

Alhamdulillah, it is an honor to pen down the achievements of Patients' Welfare Association. For the past four decades, Karachi has witnessed the flourishing services of PWA that are provided free of cost. The platform which started from single cabinet of medicines by enthusiasm of three students of Dow Medical College, has now become the largest student run organization of Pakistan. Many destitute souls have been brought back to cheerful lives under the slogan of “We feel we serve”. PWA has proven that the spirit of volunteerism can bring about huge endeavors. PWA is providing quality services in health sector through its two working departments currently.

PWA has been able to continue its services by the teamwork of volunteers and with the support of our generous donors. I would congratulate Team PWA, who put their splendid energies in organizing

38th Annual General Body Meeting held in October, 2019.

Their limitless efforts were also witnessed in conducting Bakesale, in February, 2019 which was a successful fund raising event. I would like to express gratitude to our Alumni who motivated us through thick and thin. PWA also organized its Alumni Reunion for the first time in December, 2018 by the conjugated efforts of the volunteers and alumni.

I would like to thank our Board of Governors for their constant support and guidance while acknowledging all the well wishers who believe in our cause and encourage us. However, in this era of economic instability, PWA has been facing financial constraints due to increasing inflation and this crisis can be overcome by support of our generous donors In-shaa'Allah. I invite you all to join hands with PWA in spreading smiles and saving lives of many underprivileged people. Because we believe that,

“ Together We Can Make A Difference ”



PWA AN INSIGHT

The name of "Patients' Welfare Association" is synonymous to selfless devotion and philanthropy. The determination of PWA volunteers to ensure the best possible healthcare through the humanitarian aid and constant support provided by the donors is what has made PWA a hope and helping hand to thousands and millions of

people from all over Karachi in the past four decades. Inaugurated in 1979, Patients' Welfare Association has been truly one of its kind. Initiating with a single drug bank by a group of three students merely, with no prior organizational experience, PWA has evolved on a magnificent scale and is now second to none as it currently runs Pakistan's largest single outlet Blood Bank &

provides Thalassemia Services under its domain. All these services available through PWA to the patients in need at Ruth K.M. Pfau Civil Hospital Karachi and all over the city are dependent on the generous donations to PWA, made by you, and even the smallest help counts in this way of supporting them to strive for the continuity of their breaths because only Together We Can Make A Difference.



BLOOD TRANSFUSION SERVICES

Established in 1982 Patients' Welfare Association's Blood Bank, is one of the leading and well equipped blood bank in Pakistan with a daily dispatch of 300+ blood bags being the largest single outlet blood bank of the city and the only one existing in the premises of Dr. Ruth K. M. Pfau Civil Hospital Karachi that has been saving thousands of lives throughout these years. The blood bank follows the WHO protocol to ensure the provision of safe and healthy blood products by screening it for five major blood borne diseases i.e. Malaria, AIDS, Hepatitis B, Hepatitis C and Syphilis while employing the upgraded technology of Chemo Luminescence Immunoassay (CLIA).



“Patients' Welfare Association is a non-profit, non-political, non-government organization which has been operating in one of the largest hospitals of this mega city, Dr. Ruth K.M. Pfau Civil Hospital. For many years, PWA has been serving the under-privileged and providing them with quality and timely services free of charge. This organization, run by the students of Dow Medical College, has been catering the largest haul of poor and debilitating humans, who cannot afford optimum medical services on their own. It has overcome many obstacles over time and surpassed every hurdle it encountered. But due to lack of proper funding and resources, it is facing hard times these days. To help PWA continue its selfless journey, it requires immediate attention from generous benefactors.

SEHRISH FATIMA - BLOOD BANK MANAGER

THALASSEMIA SERVICES

Thalassemia, being one of the leading and the most rapidly growing disorder in the world, is the main concern of many developed countries in the world, however, developing countries are still struggling in solving this problem. In 2011, PWA brought one of the biggest revolutionary initiatives in Pakistan by setting up a Thalassaemia Day-care Centre, where this disease is managed absolutely free of cost. Our thalassemia services

provide the registered patients with:

- Consultation by a qualified hematologist
- Screened blood transfusions
- Iron chelation therapy and other medications
- Lab investigations

With that, awareness campaigns are also arranged every now and then to educate our people on this topic as we believe the root cause needs to be eliminated to ensure the next, better Pakistan.



THALASSEMIA AWARENESS AND PREVENTION

MOEEZ TARIQ, D'24



Thalassemia is a disease of blood which is transferred from parents to the offsprings. It results in reduced haemoglobin synthesis which is an important component for transport of oxygen to the body organs. Thalassemia has two major types namely Alpha thalassemia and Beta Thalassemia (major beta thalassemia is a severe condition).

This disease can be diagnosed by techniques such as Hb Electrophoresis, and CBC etc.

Treatment of thalassemia usually involves regular blood transfusions. Bone marrow transplantation is a definite permanent treatment but is not commonly done in Pakistan.

Thalassemia is seen at a constant rate in the Indian Subcontinent.

It is reported in Pakistan at the rate of 5000 per year.

The main reason behind increasing cases of thalassemia is the lack of awareness about the disease.

The government should device programs for the education of general public about this problematic disease. Moreover, efficient screening programs should be initiated. All these strategies have shown promising result.

SPONSOR A THALASSEMIC PATIENT (SAT)

SUMMAIYA WASEEM, D'24

PWA has been managing Thalassaemia patients and providing them with regular screened blood, Iron chelation therapy, laboratory tests and other medications free of cost. Currently 250 registered patients (with each patient's expenses being around 3-5 Lac per year) are being facilitated with the aim to improve their quality of lives by zero compromise on the standard of services rendered. PWA appeals its generous donors to be a part of our Campaign of 'SPONSOR A THALASSEMIC' or to, at the least, bear the expenses of their transfusions or medications through their Zakat and Donations so that PWA continues its journey of bringing back smiles to those suffering from this disease.

“Patients’ Welfare Association” is an N.G.O based in one of the largest Tertiary Care Institute at Civil Hospital Karachi.

For more than 4 decades, it is serving the poor ailing humanity, absolutely free of cost. Whether it be an emergency blood requirement or a thorough medical review of a thalassemic patient, PWA has always been in the front line. It is committed to support and alleviate human sufferings through the largest single outlet 'Blood Bank' and a 'Thalassemia Day-care Centre'.

However, for uninterrupted provision of these services and to enhance the quality, standard and efficiency of the services, it needs continuous and vast support from the philanthropists.

DR. HUMAIRA GHOUS – CONSULTANT, HEMATOLOGIST – PWA

1st ALUMNI REUNION

WHERE VOLUNTEERS GATHER

BY RAMEESHA QUTUBUDDIN D'23

Somethings pass by us in minuscule blurs of splendor and it is only when we are reminiscing about the past that we realized, we have witnessed the unfolding of a miracle.

On 30th December 2018, PWA hosted Alumni Reunion 2018 at Marriott Hotel, Karachi. It was a celebration of PWA serving patients for forty inspiring years. After days of anticipation volunteers waited excitedly to meet the guests and the event formally began at 1 PM with the recitation of the Holy Quran.

As the evening proceeded, the current volunteers of PWA presented a series of events to entertain the audience. There were speeches, poetry recitals and a dramatization of the story of PWA which our alumni especially enjoyed. The best part however was listening to the stories of the founders of PWA Dr. Abdur Rehman (one of the founders of PWA) recalling the earliest days of PWA was particularly moving. The event ended after a sumptuous tea but the magic of the evening lingered on. It was an otherworldly experience to meet our heroes and hear them recall the struggles with which PWA was built. May Allah bless PWA and preserve the sincerity of intention with which our members have served.



ASSOCIATE TREASURER'S MESSAGE

“ PWA has been striving to provide better quality services to the under-privileged patients of the Civil Hospital Karachi through its departments since its inception in 1979. To ensure the sustained provision of services PWA needs unyielding support of benevolent and compassionate donors in terms of Monetary Aid, Zakat and Donations to make PWA's journey more successful in helping us to continue provide our services and help us in new endeavors i.e. growth of endowment and sustainability of our finances.

ASSOCIATE TREASURER

BLOOD CAMPS 2019



14th MARCH, 2019
DOW MEDICAL COLLEGE
60 BLEEDS

21st MARCH, 2019
IN ASSOCIATION WITH IMAMIA
MEDICAL INTERNATIONAL
12 BLEEDS

31st MARCH, 2019
JAVAI BAHRIA SOCIETY
04 BLEEDS

4th MAY, 2019
JAFFER-E-TAYYAR
14 BLEEDS

5th JUNE, 2019
KHARADAR
20 BLEEDS

15th JUNE, 2019
MS OFFICE, CHK
04 BLEEDS

21st JULY, 2019
DEFENCE VIEW
14 BLEEDS

14th AUGUST, 2019
MS OFFICE, CHK
07 BLEEDS

9th SEPTEMBER, 2019
KHARADAR
07 BLEEDS

9th SEPTEMBER, 2019
BU TURAB IMAM BARGAH
28 BLEEDS

25th SEPTEMBER, 2019
IN ASSOCIATION WITH IMAMIA
MEDICAL INTERNATIONAL
41 BLEEDS

20th OCTOBER, 2019
NISHTAR PARK
100 BLEEDS



BAKESALE 2019

BY HANIA SHEHZAD D'24

Looking back, when I first came to DOW, I was of the opinion that we wouldn't have any extra-curricular activities in a medical college, and instead be spending all our time in classes, or amidst books. But to my pleasant surprise, I discovered that in DOW, there were several N.G.Os. ran by the students of the college.

One of the NGOs. which immediately caught my attention was PWA While introducing themselves and the organization, the volunteers told us about the different fund raising events conducted by PWA and the event, they all seemed particularly excited about was the Bake sale, which was to be hosted by our batch.

Organized after three years, the bake sale was to be a fun filled event where students would come together, and put up different stalls, all for the sake of charity. There was so much you could do, so many ways you could be involved. It was the perfect opportunity to work for the organization.

And though it was hard work, it was fun. There were the food stalls which had to be set up, the handicrafts which were to be made. The volunteers would arrange walks to different parts of the city, like Tariq Road, Burns Road, Khadda Market etc. asking people to contribute towards this noble cause. Some sent food, others gave the material for the craftwork. Donations were also collected by the volunteers. Not only that, this event was sponsored by many, among which were Meezan Bank, Indus Pharma, Dr. Essa's Laboratory, Atlas Enterprise, Mod Scientific, Ali Traders, Sure Tech, S.J.U., PAK Technology, Continental Sweets and Bakers, High-Q, BestWay Technology, Aqmar Pharma, Kenz Pharma, AJM Pharma, Pepsi, Wilshire, Lals Patisserie, Igloo Ice-cream, Candyland, Hilton Pharma, and Langnese Honey.

The creativity shown by the students was remarkable. We would all gather in a room, and amidst laughter and chatter, would work on our projects. Some people would make bookmarks, others would make paintings. There were even Harry Potter props!

The day itself, the twenty-third of February, was an unforgettable one. At the entrance was the class banner, just as colorful as the environment inside. There were stalls everywhere. In one corner, you could see biryani, ice-cream and soft drinks being sold, while in another, people were huddled around the handicrafts stand. There were even balloons, and a photo booth. People from different walks of life were present. It was such a vibrant atmosphere. The volunteers, specially, were full of enthusiasm and energy. This event had, after all, been the culmination of weeks of work. The chief guest of the event was Mr. Mehtab Uddin Chawla; CEO Al-Karam Towel Industries. Other prominent guests included Medical Superintendent of Civil Hospital Karachi, Professor Kartar Dawani Principal of DMC Even the Karachi Vynz vloggers paid a visit!

And the best part was calculating the funds we'd raised, which turned out to be a whopping sum of Sixteen lacs Six thousand One hundred and Twenty-Five rupees. And after this, there was also an auction. It was quite entertaining to see people trying to place the highest bids for the items they wanted to purchase.

All in all, not only had the event been enjoyable, putting hard work into it had also been fun. And of course, there was a sort of satisfaction in knowing that the efforts we'd put in had been for a good cause, and that we were serving the humanity.

38th ANNUAL GENERAL BODY MEETING

NOOR UL ELMAH HASAN, D'23

Patients' Welfare Association organized its 38th Annual General Body Meeting at Regent Plaza on October 9, 2019.

During the meeting, PWA volunteers presented the Annual Souvenir 2018 with the Annual Financial Report wholly detailing the current updates of the working departments of the organization.

Associate Treasurer, PWA presented the Financial Report of the year '17-'18 to the donors, while Mr. Ateeq Ur Rehman, Mr. Siddiq Sheikh, Mr. Tariq Shafi and others gave guest speeches highlighting the importance, and acknowledging the work of PWA.

Mr. Sheikh Umer Rehan, President, Korangi Associ-

-ation of Trade and Industries (KATI) was the chief-guest of the event, who, in his speech, proposed some ideas about fundraising and coping up with the increasing budget of P.W.A. being the only support for hundreds of the patients of Dr. Ruth K.M. Pfau Civil Hospital Karachi.

The meeting had been a prolific one as emerging minds shared new ideas for the benefit of the organization and distinguished people from different walks of life attended this AGBM.

In the end refreshments were served and volunteers greeted the guests with the sentiments of gratefulness as for their constant philanthropic support to Patients' Welfare Association since without them nothing could happen.



THALSSEMIA WOE

AFSHAN SALAHUDDIN, D'23

My parents love me I do know that,
 But in my absence they are sad.
 For future life, I have plans and dreams,
 May not be able to live them, so it seems.
 Someone's blood I need, to live my life,
 To embrace this deeply, I strive.
 My life is confined to many hospital visits,
 Doctors say it's what I inherited.
 I have got a bunch of unhealthy genes,
 Which I assume have enlarged my spleen.
 If I play hard I lose my breath,
 Maybe because my hemoglobin has a defect.
 I wonder how long this will stay,
 In utter darkness I long for a ray.
 They should know, they help save a life,
 By donating blood, when they arrive.



PWA- NOT JUST AN ORGANIZATION

FAREEHA MASOOD, D'23

Standing steady and bold in its path-PWA,
Sheltering children, taking their fears away,
An NGO that runs in Civil Hospital,
And caters about fifty and two hundred thalassemics in total,
Efforts of our own DMC colleagues,
Each one obsessed with doing good deeds,
The organization is old and one of its kind,
With free medicines and so many patients lined,
The blood bank is unique in its own way,
Dispatching hundreds of screened bags each day!
Our lovely seniors guiding us to work with dedication,
Zeal, enthusiasm, empathy and compassion.
This energetic platform and me being its part,
Gives it a very special throne in my heart!



FUTURE DOCTORS

HANIFA MAJID, D'24

Born with futures planned for us
Ambitions and aspirations waiting for us
Not knowing what our destiny holds
Hoping someday to reach our goals
Hardwork & passion were the key factors
That led us to the way in becoming DOCTORS

Filled with pride we made our way
To the place which welcomed us in every way
Still young at heart, yet mind so mature
Seizing the bestowed privilege, taking nothing granted for sure
As time passed we acknowledged our role
For this noble cause we had to work with soul

This journey won't be easy I hope I'll make it
Lives are at risk I'll do everything to save it
Support, hope and patience will be my friends
Spreading happiness will hopefully become a trend

I want to be the reason someone smiles
Forget problems and put his troubles aside

My passion has given me a chance at this
To listen, comfort, treat and so much more than this
To all the doctors who are so kind
Dedicating their lives in healing mankind
You are the real heroes the ones that matter
InShaAllah one day we hope to be just as better

سچ کہوں تو بہت خاص ہیں وہ

از انس ہاشم - D'23

سچ کہوں تو بہت خاص ہیں وہ
اپنے ماں باپ کی سانس ہیں وہ۔

بنتے کھیلتے اور مسکراتے وہ چہرے
اس اندھیری دنیا میں روشنی کی آس ہیں وہ۔

شکوہ نہیں کرتے اپنی لے بسی کا
غم بھلائے اپنے جیسے اک اتھاس ہیں وہ۔

خون کی قیمت کوئی ان سے جا کر پوچھے
قطرے قطرے کی خاطر بے آس ہیں وہ۔

مانا کہ مشکل ہے زندگی پر
لبوں پر رکھتے اپنے مٹھاس ہیں وہ۔

اے خدا تو مجھے بھی دے ایسی طاقت
شکر ادا کرتے ہیں چاہے اداس ہیں وہ۔



A WORD FROM OUR VOLUNTEERS

When I came to Dow I had no clue that I would end up coming to PWA. Almost five years in this place, has been a journey for me. In my experience this place is an amalgam of dreams, passion, prayers, tears, joy, enthusiasm, depression, hope, hopelessness, achievements, fights and a journey which finally leads you to grow professionally and emotionally. A blessing which nourishes the good you have within. A place that welcomes you to a feeling, a satisfaction, which can be experienced better than expressed.

DARAB ZAKI KHAN, D'20

There is always someone somewhere who is in need of what we have to offer. With all its endeavors, volunteering at Patient's Welfare Association makes people like me believe that how small our existence seems to us, we are a part of a legacy that, since its establishment, has been changing the lives of the underprivileged and setting a benchmark for all the student run NGOs across the nation. We volunteer do it, despite all the challenges we face Because if not us, then who?

KAINAT ABDULLAH, D'20

Life at PWA is more like living a dream. Being able to help the people who need us the most by just giving a little of our time is the best feeling. The time I have spent here is one thing, I will definitely cherish for the rest of my life. PWA is home. It is family. A wonderful experience in all.

KHUSHBAKHT KARRAR, D'20

I feel very blessed to be part of PWA. Volunteering gives you happiness that you can't find anywhere else, and now even though I'm not an active volunteer anymore, PWA remains to be my source of strength. Seeing my juniors working endlessly gives me motivation and watching them overcome every single obstacle in the way strengthens my faith. May Allah help us all so we can continue to serve His people.

SYEDA MAHIN FATIMA, D'20

PWA - a never ending story of hardships, hopelessness, hope and satisfaction! I started coming here not knowing of what I am going for, but it got addictive! Working there, together with the team for the sake of providing some relief to the suffering ones was the greatest satisfaction one could have in life. The hope on their faces and the smile used to be enough to relieve all stress we used to be with throughout the day. May the new team of volunteers take this organization to new heights (what they are actually doing) LONG LIVE PWA! Ame'en.

MUHAMMAD AMAN KHAN, D'20

APPEAL

NOOR-UL-ELMAH, D-23

Patients' Welfare Association has been an epitome of hope to many underprivileged souls for the last four decades. Everyday PWA needs your support to move forward for saving lives and only your perpetual support in this regard can help us continue this. Hence, we approach you for your incessant outreach which has been assisting them for decades. We, on their behalf express our gratitude for being the helping hand and look forward to you to further help us in this noble cause.



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ACCOUNT DETAILS:

FOR ZAKAT

Meezan Bank Limited

Account # 0164-0102792513

Swift Code MEZNPCKA

IBAN # PK69MEZN0001640102792513

FOR DONATION

Meezan Bank Limited

Account # 0164-0102792531

Swift Code MEZNPCKA

IBAN # PK68MEZN0001640102792531.

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