



PATIENTS' WELFARE ASSOCIATION®

NON-GOVERNMENT NON-POLITICAL DMC STUDENT RUN ORGANIZATION

OASIS



DECEMBER 2020 | ISSUE 35

In this issue

Understand
THALASSEMIA

Alumni Reunion
ALUMNI MEET & NOSTALGIA

BAKESALE -
Fun for a cause

SPECIAL FEATURE ON COVID-19

QUARAN-TRIBUTION
Bring your talent forward

YOUTH -
And its role in nation building

MENTAL HEALTH
Still a social stigma?

A NOTE FROM THE PRESIDENT

PWA, a platform which started from just a single cabinet of medicine by three devoted and hardworking volunteers nearly four decades ago, has now become the single largest student run organization of Pakistan

"The best way to find yourself is to loose yourself in the service of others"

It is an honour and a privilege to be writing about the accomplishments of Patients' Welfare Association (PWA) which has been one of the most important chapters in my life. PWA, a platform that started from just a single cabinet of medicine by three devoted and hardworking volunteers nearly four decades ago, has now become the single largest student-run organization of Pakistan. Hundreds and thousands of hopeless souls have found refuge within the boundaries of PWA. Through the efforts of our dedicated volunteers, and the support of our generous donors, PWA continues to provide quality services in the health sector.

"You can make a good living while serving a greater good"
(Ivan Misner)

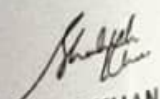
I would like to congratulate the amazing team of volunteers who organized our 2nd Alumni Reunion in December 2019 and 39th Annual General Body Meeting in November 2020.

Their devotion and hard work were also seen in February 2020, where they managed to pull one of our biggest events - The Bakesale, which turned out to be a huge success.

I would like to thank our amazing alumni who always boosted our confidence and helped us in finding a solution in difficult times.

I would also like to show my gratitude towards our Board of Governors and our generous donors for their constant support and guidance. Here, I would also highlight that in the recent times of economic instability, PWA has been facing a hard time in terms of finances, which can only be overcome by the support of our donors, Inshaa'Allah. Let us all come together and join hands to provide for those who are in desperate need of help, to spread happiness and hope amongst those who are in the dark, and to save the lives of many who are not as privileged as the rest of us because the foundation of PWA stands on the belief that

Together We Can Make A Difference


SHADMAH KHAN

AN INSIGHT INTO PWA



Patients' Welfare Association (PWA) was founded in 1979 by three students who took it upon themselves to improve the miserable situation faced by the patients in Dr. Ruth K.M. Pfau Civil Hospital, Karachi. Starting with just one medicine cabinet and a vision, they founded this organization, which today, stands proud, having a Voluntary Blood Bank, which has been operating efficiently and around 250 registered patients in Thalassemia Daycare Centre. Throughout the decades, PWA has catered to the needs, not just the patients of Dr. Ruth K.M. Pfau Civil Hospital Karachi, but all over Karachi. Here at PWA, we believe that every human life is precious, and we shall do everything in our power to aid those in need.

A WORD FROM THE ASSOCIATE TREASURER:

Patients' Welfare Association has been working for the patients of Civil Hospital Karachi for the past 41 years, providing its services completely free of cost. With the passing years, the PWA family has grown to an uncountable number of volunteers who work selflessly to collect donations and zakat for the organization, so that they can smoothly run the services. PWA is managing its finances through a Shariah-compliant system under the guidance of Dar-ul-Ifta, Jamia Darul Uloom, Karachi. Due to the constant help and support of our well-wishers and donors, we are able to serve our patients with quality care.

PWA is not only the platform where we volunteer, but it has also beautifully groomed our personalities. May the coming years take PWA to greater heights. Long Live PWA!

KAINAT MUJTABA

BLOOD TRANSFUSION SERVICES

A feather in the institution's cap; PWA's very own voluntary blood bank has held the torch of being the largest single outlet blood bank in Pakistan ever since its inception in 1982. Registered with the Sindh Blood Transfusion Authority, our blood bank maintains an average daily output of 250 blood bags, completely free of cost. To ensure complete safety and integrity of donated blood, each bag, in full compliance with WHO guidelines, undergoes a rigorous screening process, which includes mandatory testing of HIV, Malaria, Syphilis, Hepatitis B and C. Upgraded methodology of Chemo Luminescence Immunosorbent Assay (CLIA) is being used in making every blood bag dispatched safer than ever.



THALASSEMIA SERVICES

Recognizing the ever-growing necessity of thalassemia-targeted management, PWA took a trail-blazing initiative by upgrading its 'Thalassemia Follow-up Clinic' to an independent department, encompassing the 'Thalassemia Daycare Centre' in 2011. It incorporates the services of:

- Regular and screened blood transfusions
 - Iron chelation therapy and other supporting medications
 - Viral markers, screening, and other baseline investigations;
- all under the supervision and guidance of a competent hematologist, completely free of cost.

Besides, PWA's directive is not just limited to managing thalassemia but also to spread awareness about such a prevalent condition, via regular awareness campaigns, addressing the root causes and stigma attached to the disease.



SPONSOR A THALASSEMIC (SAT) – LEND A SMILE

Suffering from health issues is never easy but whenever a patient with some chronic illness belongs to a family with insufficient financial resources, the suffering adds up and a million of Pakistan's population is so, struggling with the deadly disease of thalassemia. An ailment which, without medication and treatment has no chances of even few breaths for the patient. A disease which makes them depend totally on our support to the survivors.

PWA, for these innocent children, is managing around 250 such patients at PWA-Thalassemia Daycare Centre Civil Hospital Karachi by providing them regularly with screened blood, iron chelation therapy, laboratory tests, and supporting medications under the supervision of competent doctors, entirely free of cost, all by your help. Each patient's total expense estimates around 300,000-500,000 rupees per year, hence PWA launched its "Sponsor A Thalassemic" campaign. In this SAT Campaign we invite generous people from every walk of life so that together we make a difference for these thalassemia warriors of today and step up for a Healthy Pakistan tomorrow.

PWA never compromises on the quality of facilities provided to the thalassemia patients registered at

at the centre and earnestly appeals to the philanthropic donors to come forward, be a part of this campaign and sponsor the expenses of at least one thalassemia patient through their zakat and donations as small participation can bring about big differences.

By **Zahra Fatima D'25**



STRIVING WITH THALASSEMIA

Thalassemia, being the most common genetic blood disorder in Asia, can be described as a disorder inherited from parents resulting in the progeny having low levels of hemoglobin. This lack of hemoglobin affects the oxygen-carrying capacity of the blood. Thalassemia is diagnosed via Hemoglobin Electrophoresis. This disease is broadly divided into two types: Alpha and Beta, with Beta-Thalassemia being the predominant type in Pakistan. The beta type is further classified into minor and major beta-thalassemia. Around 6% of Pakistan's population is affected by the former whereas estimates state that 9.8 million people suffer from the latter with this number increasing by 5000-7000 patients every year. Managing strategies for this disease available includes blood transfusions and iron chelation therapy. The only available treatment for Thalassemia is Bone Marrow Transplant, which is a very expensive and difficult procedure. Prevention of Thalassemia has been met with big hurdles such as the apparent lack of awareness of the role of consanguineous marriages, along with a reluctance to undergo premarital, antenatal screening, or genetic screening that result from a lack of well-informed public education and long-standing social stigma. To combat such a situation, there is the research-proven initiative of community health education and outreach programs in combination with the development of a comprehensive prevention program that includes premarital counselling, genetic analysis and antenatal screening.

COUNSELING SESSION FOR THE PARENTS OF THALASSEMIC WARRIORS

On September 24th, 2020, PWA arranged a counselling session for the parents of our registered thalassemic patients. Dr. Saud, a well-known consultant, and motivational speaker conducted a brief session with our thalassemic warriors' parents. Interacting with the parents, he highlighted the struggles of achieving true happiness and how to overcome the thoughts of negativity, depression, and anxiety in these times. A tour of our departments was given to the guests. Some fun and exciting activities were also conducted with our thalassemic warriors. We appreciate and thank Dr. Saud and his team wholeheartedly for taking out their valuable time for us and sharing his wisdom.

SEMINAR ON "THALASSEMIA AND BLOOD BANKING CHALLENGES"

In collaboration with Dr. Farhan Essa and the Committee of Thalassemia, PWA arranged a seminar, "Thalassemia and Blood Banking Challenges" on 30th September 2020. The seminar featured the importance of Thalassemia Awareness in our society. The main speakers were Dr. Farhan Essa and Dr. Farhan Ahmed. PWA Volunteer gave a brief presentation to the audience about the working of PWA and the challenges that we faced during this pandemic situation and how we coped up with that. PWA's documentary was also played during the event. The seminar was a success and was very informative.



2nd ALUMNI REUNION

MOEEZ TARIQ D'24



Serving for more than 41 years, PWA shares a bright history. All the batches from D'79 onwards have volunteered for it. This sacred mission is being and will continue for years to come by the grace of Allah Almighty.

The alumni are a great asset for PWA as they help in every aspect, and help volunteers to enhance the welfare work at every platform. All of them are renowned health care professionals who are bringing fame to the country globally.

PWA's 2nd Alumni Reunion was held on 29th December 2019 at Dow Medical College in the historic Muin Auditorium, where all the alumni from around the globe reunited.

Our volunteers hosted the event and presented the financial report, milestones and future goals to the audience, a word of thanks was given by the president of PWA to the alumni.



After that, the alumni were asked for pieces of advice and suggestions in order to make functioning better. They gave subtle ideas and sound suggestions for the betterment of PWA. The Dow Graduates Association of Northern Europe (DOGANE) also bestowed PWA a fund-raising cheque of 3 million PKR. All the alumni commended and praised the selfless work done by the diligent volunteers to make PWA serve in a better way. In the end, there was a joint photo session and a hi-tea which was made spectacular by the presence of Dr. Abdul Bari Khan (General Secretary, Board of Governors, PWA and CEO, Indus Hospital) and Prof. Dr. Amjad Siraj Memon (Principal, Dow Medical College).



BLOOD DONATION

A DIRE NEED

AMNA HASAN D'25

Even though blood can safely be donated every 16 weeks by all healthy individuals aged 18 – 65 years, only 10% of blood available in blood banks comes from voluntary blood donors, despairingly mounting its shortage to reach up to 40% by 2018. This severe blood crisis in our homeland can be overcome if merely 1% of our population starts donating blood voluntarily and regularly, thinking of their fellow citizens whose lives depend on these bags of our blood.



Voluntary Blood Donation Camp at Demin Prive Factory on March 14th, 2020.

For these very vulnerable people who worry about their next transfusion, PWA has been a ray of hope since 1979. Besides the blood donation camps that are set up numerous times throughout the year at various places around the city, PWA also launched the "mobile camps" facility, owing to the COVID-19 pandemic and the subsequent lockdown. With the SOPs in place and the ever-high morale of our generous donors and volunteers, PWA was able to collect more than 1100 bleeds from 22 locations across Karachi Alhamdu-lillah!

WITH COMPLIMENTS FROM
AJM PHARMA

BLOOD DONOR STORY

The view of a small pet bottle getting filled with my blood, was alike that of bestowing back a life who's on the verge of dying.

A remarkable feeling which cannot be described in words !

Keeping in mind the situation the whole world is facing these days, and hence the shortage of blood donors globally, the need of more Life donors becomes quite evident and necessary !

Hence I would like everyone to take part in spreading the happiness , because I believe "A single pint can save three lives, a single gesture can create a million smiles".



SHANZEH SHARIF KHAN D'25

What is Bakesale, and what is the hype around it? When I was a newbie, I had these questions, but having lived through the experience I understand the excitement that envelopes the event, I will try to put it in words. Basically, Bakesale is the biggest fund-raising event hosted by PWA, to raise funds for the patients.

A LITTLE FLASH OF THE PREPARATIONS

Even though the event is supposed to be the highlight, the preparations are more so. Few weeks that led up to the Bakesale were the most amazing weeks of my first year at the university. Filled with absolute delight, this time is best utilized in getting-to-know batchmates and seniors. This is the time when we find family. We bonded a lot over this time period and even more so afterward.

We work harmoniously together in teams to make the event successful. A team is responsible for food, one for games, another for seeking out celebrities and sponsors. Designing team creating posts that are eye-catchy and writing captions, designing the invites and backdrops for the event. One important unit manages outdoor arrangements. We arranged many roadside campaigns to different parts of the city like Tariq Road, Saddar, Burns Road etc, asking people to contribute for this noble cause. And how can I leave out the class banner designers? The most innovative heads lie between their shoulders. Proof: this pair of beautiful wings!



Also, not forget to mention the handicrafts team. They did an amazing job with all those creative bookmarks, paintings, and many other attractive handicrafts.

THE EVENT DAY

Bakesale is not treated any less than Eid, & quite literally the penultimate day before the event is called chand raat. Volunteers are best described as excited souls in fancy dresses!

Breaks and duties are planned. Because you have the best seniors the breaks are super fun! But that doesn't mean stall duties are not!

Sharing a bit of a personal experience, my friend and I were stationed at a food stall. We were working in an assembly line, "business" was good until the games stall right beside us started getting more customers than us, that just started a bit of an unspoken rivalry.

Solution: My friend and I, like the grown-ups we are, went ahead, screaming weird slogans on top of our lungs to get people's attention and sell our rolls. This little stunt was successful, might I add!

Other stalls for handicrafts, photo booths, themed games, desserts and jewellery are put too. And yes, the unique Marvel-themed stall was also the highlight of the event.

GUESTS & MEDIA COVERAGE

Every year the Bakesale has innumerable visitors. The year 2020 was no different at all.

Our chief guest was the reputable chairman of All Pakistan Textile Mills Association; Dr Aman Ullah Kassim. Mr. Tariq Shafi CEO, Lords Impex, Mr. Ahmed Chinoy, Naat khuwan, Asad Ayub also visited. Also, in attendance was Medical Superintendent of Civil Hospital, Karachi; Mr. Khaddim Hussain Qureshi.

BAKESALE'20

The event, as mentioned before, is huge and does not escape media attention. The Bake sale was covered by various news channels and newspapers who appreciated our work and spread awareness about our cause.

DREAM TEAM

Even though the day is busy, everything runs smoothly. All thanks to active volunteerism and dedication which makes the event successful. The whole event is made efficacious because of the weeks of hard work put into it, from staying back late to make crafts, to going on daily campaigns to Saddar, Tariq road & other renowned public places, raising funds from everyone who would donate.

THE END?

The event ends for the public in the evening but for team PWA it is the time for celebration. The volunteers, after packing up, come back to where it all starts; the conference room. We count the money from the Bakesale & campaigns. It is always a pleasure to listen the amount that we, together have gathered that would be used for a great cause. If you are a newbie and looking forward to the Bakesale, this satisfaction awaits you too. And if you are a reader who witnessed the Bakesale, thank you for all the purchases you made.

I am going to wrap up by saying; "The whole experience is **"SUPERCALIEXPALIDOCIOUS!"**



ZAKAT - OUR RESPONSIBILITY & THEIR HOPE:

MOEEZ TARIQ D'24

PWA works mainly by the financial aid provided by our generous donors and well-wishers through their donations and zakat. Every year volunteers run our annual Zakat Campaign with full zeal.

This year was a bit difficult though because of the global COVID-19 pandemic. The volunteers couldn't do the outreach campaigns because of the lock-down imposed. The circumstances were not manageable, but the volunteers coped with them by reaching the donors and benefactors via phone calls, letters and emails. Mass messaging and mass emailing were also adopted to increase the donor turnout. The platform of electronic media was also utilized and PWA was promoted through advertisements and volunteer appearances in different Ramadan Transmissions. The print media was also approached, and newspaper advertisements were made on Daily Newspapers such as Jang, Dawn, Business Recorder, Riyasat etc.

The Share Hope Campaign was launched, and it was quite productive. The Street Kitchen food agency collaborated with us in running "Eat for a cause", campaign in which 20% of all counter sales of two weeks went to PWA.

The Faculty and Staff of Dow Medical College and other constituent institutions were contacted by the volunteers via



The advertisement features a young boy smiling on the left. On the right, there is a red teardrop-shaped graphic containing the text "PATIENTS' WELFARE ASSOCIATION (REGD.)". Below this, in Urdu, it says "امید ایک نئی زندگی کی" (Hope is a new life). Further down, it says "اپنی زکوٰۃ اور عطیات دینے کے لیے رابطہ کریں" (Contact us to give your Zakat and donations). At the bottom, it provides the phone numbers "021 32715707, 021 32735214" and the website "www.pwa-chk.org.pk".

mails, phone calls etc and appealed for their Zakat and Donations.

We thank Allah, our well-wishers, and donors for bestowing us with a huge amount in our Zakat Campaign'20 so that PWA can work to help those in need and make a difference together because

We Feel, We Serve!

CHARITY - AN ACT TOO PURE

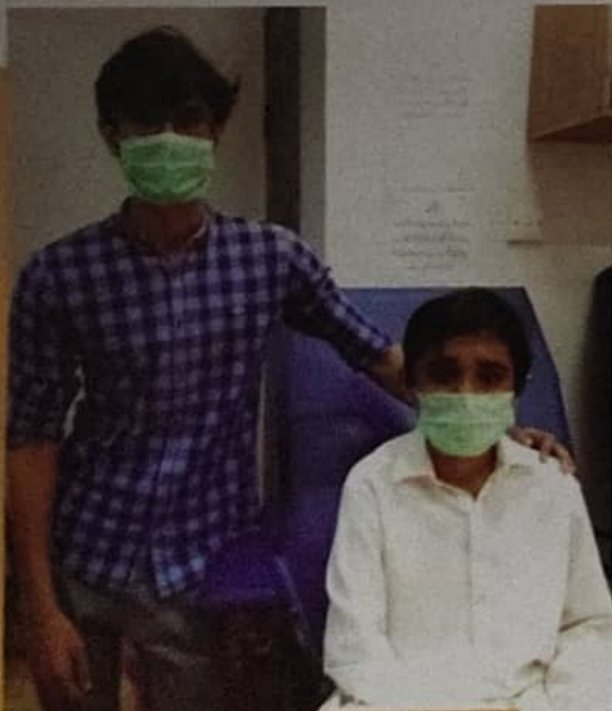
On September 5th, 2020, on account of International Charity Day, PWA conducted a webinar to highlight the significance of the undemanding yet noble act of charity. The main purpose of this session was to instill a sense of compassion among the viewers and to educate them on the importance of developing attributes such as selflessness and benevolence especially in today's world. Our guest for this live session was the honorable philanthropist, Mr. Siddique Sheikh, the well-wisher and generous donor of PWA. Mr. Siddique, through his extensive experience in the domain of social work and his remarkable words, has never failed to inspire the masses and he certainly did an excellent job in providing his valuable insights and knowledge in this session. The huge number of people who participated as our audience and their positive response received throughout the session was not only overwhelming for the team of PWA but also a source of reassurance that there are in fact numerous individuals out there who hold an inexhaustible passion for helping those in need and who care more about the welfare of mankind than personal benefit.

SHARE HOPE CAMPAIGN

BY TASNEEM FIRDOUS D'24

COVID-19 struck the world most unexpectedly and crucially ever. The greatest challenge that PWA had to face was the physical inactivity of our volunteers, who could not conduct campaigns to raise donations for our patients who were struggling. This led us to introduce Social Media Campaigns, and hence, we started SHARE HOPE CAMPAIGN. The purpose of launching this program was to collect as many funds as possible for our registered thalassemia patients who were struck with the adversity of those times. We got an overwhelming response from the participants who signed up for this campaign.

Share Hope started at the onset of Ramadan and lasted all month long. Each participant was assigned a thalassemia patient for whom they had to collect donations. Our dedicated participants worked strenuously to carry out their duties and at the end received a certificate of appreciation from PWA. Share Hope was a huge success and the efforts of our compassionate volunteers and participants paid off!



WITH COMPLIMENTS FROM

**STYLE O SPHERE
APPARELS**

SPECIAL FEATURE ON

BY FAHAD AMIR D'25

The Coronavirus is an infectious disease that has, within the span of a year, changed our lives, resulting in quarantine and a lockdown, a once in a lifetime event that I hope, the world will ever see. As the virus spreads in Pakistan and causes all the operations to halt, progress still has to be made in spite of this hurdle and the world has to stumble and stagger its way forward.

Everyone, from the students of the country to the daily wagers, suffered as a result of this pandemic. Many people are still suffering the repercussions of the necessitated lockdown, having lost their jobs as part of layoffs since almost all major industries took a hit. Education had to be shifted to online learning.

The worst of it came upon health-care workers, with many hard-working doctors tragically losing their lives in the course of their duty after working themselves to the bone as hospitals everywhere, were essentially flooded with Covid patients. Their efforts deserve great respect and admiration for they have been on the frontline, suffered for the sake of their duty to serve people and prioritize patients over their families.

STEPS TAKEN FOR BLOOD TRANSFUSION SERVICES & THALASSEMIA SERVICES

VOLUNTARY BLOOD BANK

The examples of those who went through hardships in this phase are immense. PWA also went through a massively trying ordeal. Blood was severely short, and it affected the poor patients, whom PWA offers its assistance to. Blood camps were arranged in order to replenish the depleted blood stocks on different locations. Keeping the situation in mind, proper SOPs were followed according to the guidelines issued by the major health authorities. A strict screening process was followed to ensure no person with symptoms was accidentally donating blood to avoid the spread of the virus. PPEs were provided to all the staff, working in our blood bank, so that they do not acquire or transmit the virus.



THALASSEMIA DAYCARE CENTRE

Steps also had to be taken for PWA's other distinguishing service, the Thalassemia Daycare Center, which offers its services to around 250 registered thalassemia patients. Considering the danger of this disease, as well as the fact that it requires regular blood transfusions and continual check-ups, the importance of running it during the pandemic becomes clear since it is not something that can be paused.

Safety measures had to be taken by the staff and patients in order to reduce the risk of getting the virus. Masks and sanitizers were distributed to everyone involved, while maintaining a safe level of social distance. Guidance and counseling were offered to each patient on an individual level on this new virus and how to make oneself as safe as possible from getting it.

INDEPENDENCE DAY CELEBRATION

TASNEEM FIRDOUS D'24

Independence Day is an event of celebration for every one Pakistani, young or old. PWA strives to provide all the unfortunate thalassemic children, who cannot enjoy festivities like other kids, to enjoy themselves. Our volunteers hold fun events and activities for the children to bring a smile on their innocent faces. Even though COVID-19 has brought unimaginable hardships and struggles in the lives of these thalassemic children, our determination and love for these children allowed them to overpower COVID and push through. We couldn't miss a chance to make the children smile and are always ready to work hard for their happiness. This year, PWA celebrated Independence Day following all the SOPs and made it a fun and memorable time for every kid. Entertaining activities were held for the children like face painting, games, and cake cutting ceremony. The kids also recited some poems and sang national songs and were also given gift hampers. The event was very successful that served its purpose to make the children have a memorable Independence Day.



EID GIFT DISTRIBUTION

HANIA MANSOOR RAFI D'25

Every year, Muslims, particularly children from all across the world eagerly anticipate the festivities of Eid. The same goes for our Thalassemic kids, for whom PWA's team of avid volunteers had always tried making the occasion of Eid that when looked back to, brings smiles to their faces. This year, however, due to the strict lockdown imposed by the government during the days of Eid-ul-Fitr, we had no choice but to abandon all of the plans that had been devised in light of Eid celebrations. Disheartened by the inadequacy of Eid-ul-Fitr celebrations only made our thalassemic kids look forward to Eid-ul-Adha with yet more eagerness and impatience. Therefore, when the time came for Eid-ul-Adha, began PWA's most awaited tradition i.e. the distribution of Eid gifts. As exciting as this activity was, it was made sure that all volunteers as well as the patients abided by the guidelines provided by the

authorities and followed all SOPs with utmost vigilance due to the present circumstances. As an organization that works for the well-being and contentment of its patients, PWA's motive for this activity also revolved around prioritizing their happiness apart from the daily healthcare services it provides to its thalassemic patients.



YOUTH AND ITS ROLE IN NATION BUILDING

YOUTH WHICH IS HANDLED RIGHT, GUIDED RIGHT HAS THE POTENTIAL TO BRING ALL THE DIFFERENCE.

AREEBA KHAN D'25

The youth of any nation is its biggest asset. They are the building blocks of a nation and their role in nation-building is paramount. Hence helping the youth realize their potential is essential for mobilizing them. For this purpose, PWA conducted a webinar with Dr Abdul Rahman, one of the founding members of PWA, on the International Youth Day (12th August). The purpose of this webinar was to highlight the work by the alumni in their youth by laying the foundation of PWA and to motivate today's youth to take such philanthropic initiatives.

In the words of the founder of PWA:

"Life is all about balancing your priorities. There is time for everything."

Serving your community is, without a doubt, a noble task that helps the entire country, and those who strive for excellence in a particular niche play a pivotal role in helping combat the stigma attached to our country and present a positive image of Pakistan to the world.

Some notable mentions are:

ARFA KARIM - This computer genius became the youngest Microsoft Certified Professional (MCP) at the tender age of nine.

MALALA YOUSAFZAI — A Nobel Laureate at the age of 17, this young woman has always fought valiantly for women's rights.

IMAN QURESHI — A tennis star at 11, this young talent ranked 3rd in Asia's under 14 tournaments.

SAAD ALI - The only certified Formula 1 racer and winner in Pakistan, this dedicated youngster proved that Pakistanis can be anything they want to be.



Hence, the webinar touched the youth of today, teaching them the importance of taking out time for others that is volunteer wherever they can. This not only positively affects the entire country but also brings a positive change in the people involved. Working for gumptions such as PWA trains one about critical approaches to life too and teaches them the skills required to be talented physicians and citizens later in life.

WITH COMPILMENTS FROM
ZEDCO



MENTAL HEALTH -

STILL A SOCIAL STIGMA ?

LIVE SESSION ON ACCOUNT OF WORLD SUICIDE PREVENTION DAY

AYESHA TANVEER D'25

On the occasion of World Suicide Prevention Day, PWA, in their live session, managed to get on board Dr Shahnawaz Meer, PWA alumnus, a child, adolescent and adult psychiatrist and a diplomat at the American board of psychiatry and neurology. During the interview, topics like bipolar disorder, Attention deficit hyperactivity disorder (ADHD), anxiety and especially suicide were thoroughly discussed. Dr Shahnawaz, giving analogies like the 'Snakes and Ladders' game, and recounting examples of patients he came across in his career, conveyed his message in a highly effective way, addressing all the questions put to him during this lighthearted, yet serious discussion.

LIVE SESSION ON ACCOUNT OF WORLD MENTAL HEALTH DAY

NOOR UL ELMAH HASSAN D'23

On the account of World Mental Health Day 2020, PWA Volunteer hosted a live session with Dr. Saima Qureshi, Assistant Professor, Department of Psychiatry at DUHS who is also the General Secretary of the Pakistan Association for Mental Health. She highlighted the aspects of COVID-19 which are raising depression and mental health issues in the community. Dr. Qureshi suggested ways to cope up with a variety of problems and answered numerous questions that had been asked by the audience and the moderator. The session proved to be very fruitful as a large number of the online audience participated in it.



Mended Smiles

At times, times are very difficult
We know the escape,
We know the way out,
Just not the way to go way out.

You feel suffocated,
Exploding inside,
But shining bright,
And that's how happy world perceives you.

People mastering this art
To go through all,
Still smiling as wide as the never ending ends
of Universe
And hope in eyes as if everything is gonna be
fine
To world they are very strong
As if they can never be broken

And what world says is true
They can never be broken
They are already shattered inside yet with
hope
With hope of mending themselves again

They wanna cry their heart out, but never find
the shoulder
Because to world they are stronger than the
rocks
While in reality even clouds can knock them
down
That's how soft they are!

-Nowal Hussain D'25

QUARAN-TRIBUTION - BRING YOUR TALENT FORWARD!

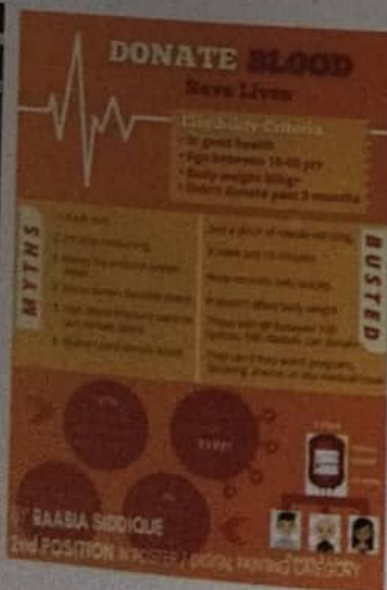
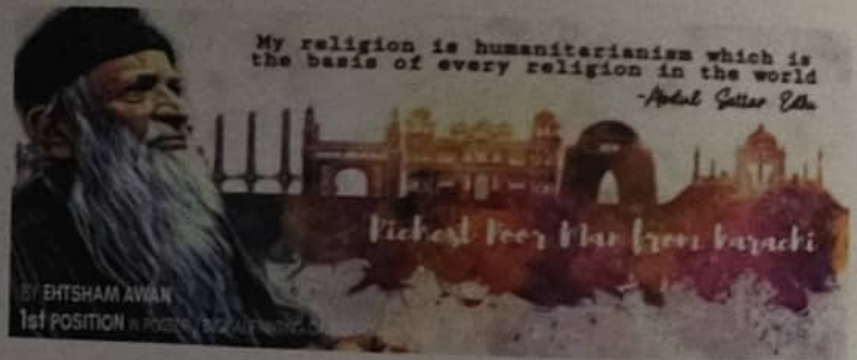
KANZA ATEEQUE D'24

PWA's mission stretches beyond just providing medical services. In order to bridge the gaps in our public health sector, we sincerely believe that a major part of the solution relies on raising awareness and engaging society in an active conversation about the existence of lack of humanitarian necessities in our developing country; hence pushing people to not only acknowledging this vacuum but also encouraging them to step up in their roles as responsible members of this community to help and aid the fellowmen.

With such a drastic effect on the majority's daily life due to COVID-19, a unique project with the dual purpose of uplifting spirits and engaging the masses in spreading the message of our mission

was launched called 'Quaran-tribution'. People were encouraged to submit artwork of various categories including posters, digital or handmade paintings, sketching, animated or skit form videography as well as stories or poetries. The artwork submitted was to highlight humanitarianism, thalassemia, and blood transfusions/voluntary blood donation. The winners were given cash prizes and certificates were awarded to every participant.

The event continued to be a rather exciting experience as such a bright and creative array of artwork poured in with overwhelming enthusiastic responses from numerous students of all levels and institutions.



39th ANNUAL GENERAL BODY MEETING

BY SUMMAIYYA WASEEM D'24

Patients' Welfare Association held its 39th Annual General Body Meeting on Saturday, November 28th, 2020. Keeping in mind all the protocols of social distancing and precautions, the entire event was carried remotely on Zoom. The event began with the recitation of the Holy Quran and the volunteers then proceeded with the conventional event and its elements.



The event highlighted the major achievements and milestones PWA achieved, despite a pandemic and extended lockdown. That included all the minor and major details of our working departments, namely Thalassemia Services and Blood Transfusion Services. Financial reports for the year eventually followed it and challenges that we faced in terms of our monetary goals and management.

Mr Shariq Vohra, President of Karachi Chamber of Commerce and Industry was the Chief guest of our meeting. Respectable donors like Shahid Tata (CEO, Tata Group), Siddique Sheikh (CEO, Progressive Traders), Tariq Shafi (CEO, Lord

Impex) and many reputable alumni were also a part of the meeting. The CEO of Indus Hospital, and alumna of PWA Dr. Abdul Bari Khan, also honored our event with his presence and said a few words regarding our working and management. Along with them, our volunteers took part too, letting everyone know what PWA means to them.

Every aspect of the AGBM was managed and pulled off by the volunteers. From hosting to technical aspects, all were supervised and carried out by our enthusiastic team of volunteers.

As a healthcare NGO, we needed to stick to the COVID-19 guidelines, but it was pleasant to see alumni joining from around the globe who previously could not because of their locations. It was a pleasure for all of us to be able to pull off this event online, in times of lockdown.



LIVE SESSION ON INTERNATIONAL VOLUNTEER DAY

BY JAVERIA NOOR D'24

*"Volunteers do not necessarily have the time,
they just have the heart"*

The "International Volunteer Day" also referred as "International Volunteer Day for Economic and Social Development" is celebrated on 5th December every year in order to recognise, appreciate and encourage volunteers all over the world for their selfless contribution towards society. PWA is a volunteer organisation, run solely by the students of Dow Medical College, the students cum volunteers of PWA are enthusiastically and compassionately working for the organisation to serve the less privileged for the past 41 years. In order to appreciate the noble deed of volunteering and to motivate more individuals towards this service to humanity, PWA conducted an online Session on International Volunteer Day. The session was held virtually and was streamed live due to the ongoing pandemic and so, the audience could also participate in the discussion. PWA volunteers from all five batches of Dow Medical College participated in the live session. During the session the significance of volunteering was enlightened. The session was about true meaning of volunteering, the need of volunteering for a better society, the positive impact one can bring to the society by volunteering, and the self satisfaction an individual gets after volunteering. The volunteers also discussed what motivated them to volunteer. The senior volunteer guided their juniors how they can volunteer for the indigent, despite their busy schedule and make a positive and meaningful contribution towards the society. The main motive of the session was to enlighten the spirit of volunteerism among the masses and to



encourage the individuals to make a difference in the community by selflessly working for the less fortunate as it is rightly said,

"Only a life lived for others is worth living."

- Albert Einstein.

What is to be a Volunteer?

What is to be a volunteer?

It is to work for a cause you hold dear,

To help those in need,

'Tis to sow happiness' seed.

To find the righteous path,

Become the truest empath.

To undertake the tasks ever so wondrous,

Spend your time and money; be generous,

To let your soul ring with enthusiasm,

Let your heart burn with compassion.

To work with dedication,

And the biggest virtue; patience.

To believe in the outcome,

That may take years and some.

It is to do all this and so much more,

'Tis to possess qualities as rich as the moor.

It is a bliss that would fade, never,

Because to be a volunteer is forever.

Shanzeh Sharif Khan D'25

Volunteer Voices

Entering PWA around five years back, from the very first day, I learned how to work selflessly with the best confidence for a satisfactory smile on the faces of our patients, who are actually real strugglers of life. The volunteers here are provided by a platform where one can avail the opportunity of seeking the cause of "volunteering". Not only this, PWA gives us an adorable family, a family that stands united for humanity and that is why PWA has my heart. One can experience eternal peace here by helping the ones who need us. It's true that:

"Volunteering does not demand any materialistic favor in return."

May Allah bless PWA with ever raising heights.

Ameen

- AQSA TARIQ

Now if I look back, I wonder how time passes by, as it's been five years of being associated to such an organization where you get to enhance your knowledge, grasp everlasting experience of working in healthcare system and great leadership skills which makes you a better person, not only in your professional life but in your personal life as well. No doubt this place was not only the ground to work to build a better society but also a learning institute which will remain in our hearts throughout our lives. Many opportunities may come and go but the one, here will be most heartfelt.

- HAFIZ ABDULLAH

I started volunteering for PWA in 2016. It began from roadside campaigns during Bakesale period and since then it has become an integral part of my life. There's a lot to mention about PWA's structure and services but one thing that attracted me most is the generosity and altruistic sense in each of the PWA family member. Each and every member of this family is working enthusiastically and selflessly for the heightening and growth of this noble work.

May Allah accept our efforts and reward us with best in the Hereafter.

- SYED MOIZ

It's been a four years' time, since I have been volunteering here, at PWA my days and months in the best way. Almighty Allah has sent us in duniya with a reason that for me, was to help others, and PWA gave me a platform to do that job.

PWA has refined my soul with dedication, selflessness, kindness and love for the people. The most beautiful thing that has happened with me in these 4 years is the emotional attachment with the people who were in need, the "jazba" of doing something for them. PWA is the charger of my life's battery, PWA is my energy, PWA runs through my veins, it is in my heart

Year 2020 will be my last year in PWA as a volunteer, but the seed which PWA has sown in my character, I am sure one day, will become the everlasting shadowy tree for the needy people. Long live PWA.

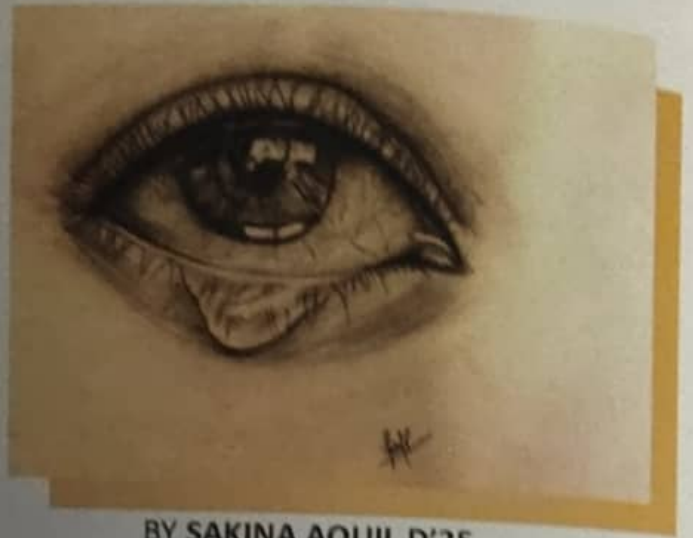
- TOOBA WASEEM



Volunteer Artwork



BY NOWAL HUSSAIN D'25



BY SAKINA AQUIL D'25



BY SHANZEH SHARIF KHAN D'25



BY KHULUD QAMAR D'25



BY HIRA SIDDIQUI D'25



BY AYESHA TANVEER D'25



حنادم حشلق ادارہ... پی. ڈبلیو. اے

مدد کو، معذرت کو، مظلوم کی قسم گساری کو
کھٹا ہے مشکل لرنگ اک ادارہ دستیاری کو

مندیوں کا، پیٹیوں کا، سہدا ہے فقیروں کا
فہ حشلق ادا کا اور حساسی ہے مریضوں کا

بھپائے بیگزروں مہائیں، مشائے قسم ہزاروں کے
لوں پر مسکراہٹ لائے یہ نئے ستاروں کے

مہداست سے بڑی یہ کام جو انہماک دے سدا
دوسرے ہیں اور حقیقت ارض پر انصاف یہ سدا

سنداست کا بھی ہے املا حاصل ہن جنوں کو
کہ جن کے ٹون کا عطیہ بھپائے تین مہائوں کو

دنیلے سے انہی کے آج اس قابل ہنا ہے یہ
کہ طلباء این جی او اس فہسر کا سب سے بڑا ہے یہ

سبھی انان وو کرتے ہیں جو اس کی رضا کاری
بڑائے ٹیر کی ہیں کہ رہے وہ سب فریڈاری

معلق ہاں ہیں مہینے بھی، یہی تعین سے سب کی
لدا کی حشلق کی سیوا ہے کج میں بسدگی رب کی

سدا سس الفصال - D'23

امید کا سورج

ان پھسروں کی مسکان ہو

مہنے کا لرض اترنے کو

کیا ٹیر دلیر یہ سنے ہیں

تیار ہیں موت سے لڑنے کو

چنا ہے ہمیں اس رب نے

بسندوں کی خدمت کرنے کو

جو مہتے ہیں ناں ڈر ڈر کے

امیدیں ان میں بھرنے کو

عسر بھرنے کے گناہ بہت

ہے اب بھی وقت سدھرنے کو

سنگ مسل کر ان کی جنگ لڑیں

ہراویں موت کے دھرنے کو

ہن حبوا سہدا اس دل کا

جسکی خوشیاں ہیں مرنے کو

انہیرے کردے دور حیاہ

امید کا سورج جلاسنے کو

حیاہ ہادیہ وقاص - D'25

Pearls From Heaven

In the crew of swamped world
I have seen some hands, distributing emerald

Working to shatter the gloomy nights
haven't you noticed them chasing the lights?

In the throng of numbs, they are feeling the pain
of those who are stuck in troublesome lane

They are busy in spreading smiles on faces
which were tensed before, tired in making their
spaces

In a world of chaos, they are buying peace
for some angels of God, distinct in the crease

Fighting for blood in the planet of suckers
these innocent kids, are in search for colors

But these volunteers are serving these warriors
when everyone is chasing after their careers

Always ready to share the blessings they own
verily, they are trading for the eternal throne

Khoala Anwer D'23



I Am a Thalassemic...

I am born with, some defective gene,
Deprived of blood, I have always been;
My body is for when physically seen,
Paleness is caught, with an eye-keen.

I get fatigued, can't walk for long,
To those runners, I might not belong;
I wonder if being amerced for wrong,
Perhaps this trial is to make me strong.

My mother from a distance, stares at me,
There's a pain in her eyes, how can't be?
Gathering courage, she comes with glee,
And hold my hands, "I tell thee,"

"Bloodless thou might be, but not aimless"
"Thy beating heart urges, thou aren't worthless"
"Go pray and play than lying breathless,
Is life revived, a reward any less?"

There is much hope, I do believe,
From saviors in this world I still receive,
A drop from their river-red, to relieve,
My burden-they themselves perceive.

To keep nourished, my wrinkled seed
And make this life, a normal to lead;
Just a share of health is what I need
Just a share of health is all I need!

Rai ul Ain D'25

WITH COMPLIMENTS FROM
ANJUM ASIF AND CO.



Letters to the far far away,

-I hope this finds you in good health-

Looking through the lens
Fogged by sympathy
You see me as my malady,
An unsung tragedy.
A misfortune.

You put me inside a glass box
The translucent glass,
Blurry image of a being
Labelled with the disease.
The glass box,
Heaving with my entity.

I know it's easier for you,
To pack me up,
And put me aside,
Like a tragic story.
But wouldn't it be a happy ending,
If had you opened the box,
And helped me out.

Dear far far away,
I can see cracks down the walls,
I think I have overgrown it,
Or maybe the box,
Was never big enough.

Dear far far away,
This is the last time I am writing to you,
The glass box, the cursed image,
Now shattered.
I am, just me,
Which is way more than my disease,
And I hope you can see that, finally.

Duaa Naveed D'23



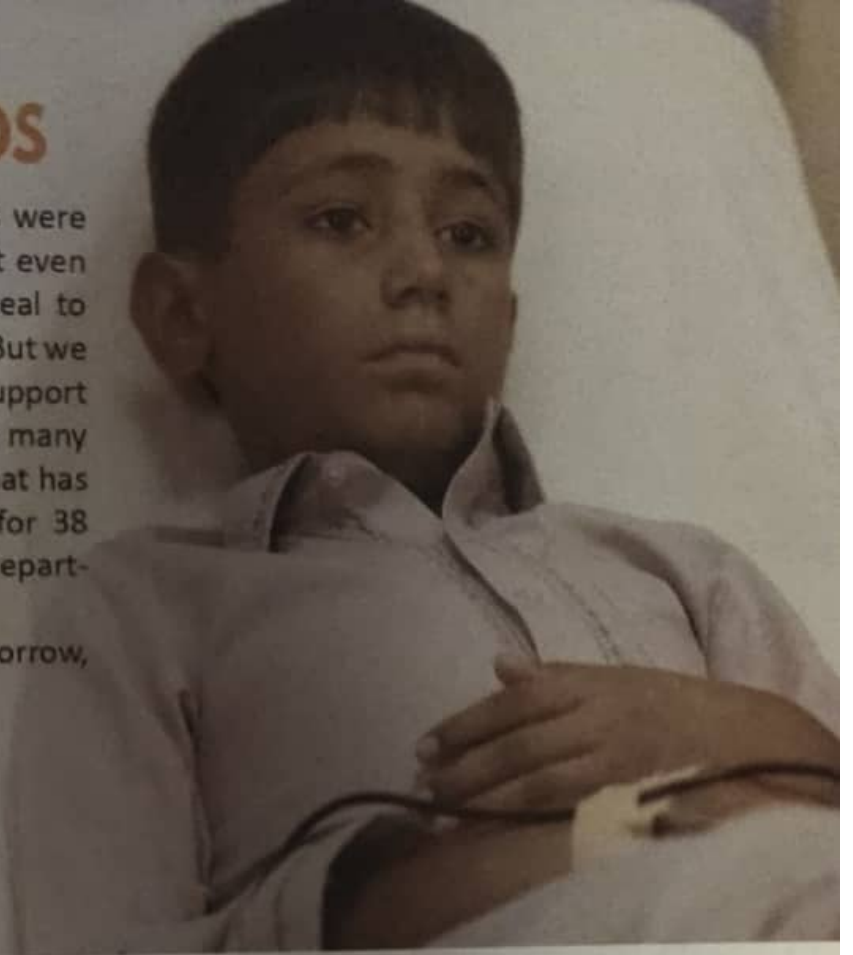
APPEAL TO JOIN HANDS

Patients' Welfare Association's foundations were laid down more than four decades ago, but even now, every day, we strive with renewed zeal to carry on the noble mission of the founders. But we can only do so much; we need you, your support and your donations to enable us to help as many people as possible. After all, it is your aid that has enabled PWA to run a huge blood bank for 38 years, not to mention the Thalassemia department which has hundreds of patients. Together we can work towards a better tomorrow, for everyone.

As Fred Hollows says

"Caring about other people is what being human is all about".

HAANIA SHAHBAZ D'24



WAYS TO DONATE

Direct Bank Transfer

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.

i-Care Foundation

For International Donors
i-care-foundation.org/charity/pwa/

Visit Our Office

Address: Dr. Ruth K.M. Pfau
Civil Hospital, Baba-e-Urdu Road,
Saddar, Karachi.
Timings: 9am - 5pm
Monday-Saturday

Call Rider

Contact Number :
021-32735214
021-32715707



Dr. Ruth K.M. Pfau Civil Hospital, Baba-e-Urdu Road, Saddar, Karachi.



021-32715707
021-32735214



pwachk@yahoo.com



www.pwa-chk.org.pk



/pwachk

© Patients' Welfare Association