

FREE HEALTH CAMP IN VILLAGE RAKH BURJ, LAHORE

ON 17TH JANUARY, 2018

Village Rakh Burj is located on Bedian Road 10km away from Hayer village. It's population is about 5000 people. There is no health facility available to the population in or around the village. It was picked up for arranging camp after survey of the area. Village people cooperated and arranged the place for the camp.

MCWAP team comprised of 03 volunteer doctors from Service Institute of Medical Sciences, Lahore (SIMS) 01 LHV, 02 Trained Dais and 01 Laboratory Technician.

President MCWAP, Director Technical, MCWAP and MCWAP office staff also accompanied.

Services provided at the camp were: -

1. Patients examination and provision of medicines
2. Examination and Registration of Antenatal women.
3. Screening for Hepatitis B & C
4. Blood Sugar testing

Camp was arranged systematically. At the registration counter, weight & Blood pressure of patients were checked. Then they were referred to the lab counter for testing Hepatitis B&C and Blood Sugar.

Then the patients were referred to doctors for examination & treatment along with provision of medicines.

All these services were free of cost. Camp was well attended about 76 patients were checked and treated.

Village people appreciated the efforts of MCWAP.



MEETING WITH PUNJAB HEALTHCARE COMMISSION

Dr Shagufta Zaidi, Director Technical, MCWAP was invited by Punjab Healthcare commission (PHC) for a meeting as consultant regarding development of minimum service delivery standard for category – III healthcare establishments providing services related to midwifery, mother child healthcare and family welfare centres.

Dr. Ubaida Nighat member Executive committee of MCWAP also accompanied Dr. Shagufta zaidi.

Recommendations by MCWAP were appreciated by PHC.



FREE HEALTH CAMP IN VILLAGE MALLIAN KALAN, LAHORE
ON 31st JANUARY, 2018

Village Mallian Kalan is located on Bedian Road 12km away from Hayer village. It's population is about 5000 people. There is no health facility available to the population in or around the village. It was picked up for arranging camp after survey of the area. Village people cooperated and arranged the place for the camp.

MCWAP team comprised of 02 volunteer doctors from National Committee for Maternal & Neonatal Health(NCMNH), Lahore 01 LHV, 02 Trained Dais, 01 Midwife and 01 Laboratory Technician.

Director Technical, MCWAP and MCWAP office staff also accompanied.

Services provided at the camp were: -

1. Registration of Patients
2. Examination of Patients and provision of medicines
3. Examination and Registration of pregnant women for antenatal checkup.
4. Screening for Hepatitis B & C
5. Blood Sugar testing

All these services were free of cost. 129 patients were checked and treated.

Camp was well attended. Patient rush was managed with differently. They all were registered, their weight and blood pressure was checked. They were screened for Hepatitis B&C and their Blood Sugar was also checked. Doctors examined them for ailments and they were provided medicines.

Village people appreciated the efforts of MCWAP.



VISIT TO MCWA-JHELUM

Dr. Ghulshan Haqiq Mirza managed MCWA-Jhelum very efficiently for many years. Now that Dr. Gulshan is very ill the MCH Centre is lying closed. It needs revival Mrs. Farzana Sami, President MCWAP and Dr. Shagufta Zaidi, Director Technical MCWAP visited Jhelum to enquire about the health of Dr. Gulshan Haqiq Mirza and discuss future of MCH Centre.

The MCH Centre located in Al-Markaz Community Centre is being renovated by family of Dr. Gulshan Haqiq Mirza.

The revival of MCWA-Jehlum and MCH Centre was discussed with the family of Dr. Gulshan Haqiq Mirza. They agreed to revive the MCWA-Jehlum.

It is hoped that in next few months the working of MCH Centre will start.



Visit by Students of University of the Punjab

A group of 06 students of social welfare department of University of the Punjab visited MCWAP Head office through Social Welfare department Govt. of the Punjab. They were briefed about MCWAP. It's past history, present working by Mrs. Farzana Sami, President and Dr. Shagufta Zaidi, Director Technical, MCWAP explained the working of MCH Centre of MCWAP and also told about other activities as awareness seminars lectures & camps etc.

They appreciated the fact that MCWAP is working for betterment of women & children in rural areas.



ACTIVITIES 2018

Sr.No	Date	Event	Participants	Institute / Organization
1.	17 th January, 2018	Free Health Camp In Village Rakh Burj	Dr. Khalid Mehmood Akhtar Dr. Sajeela Naseem Fazal Dr. Bushra Shahzad	Prof. Dr. Muhammad Ashraf Majrooh (HoD, Community Medicine Deptt) Services Institute of Medical sciences, Lahore.
2.	20 th January, 2018	Executive Committee Meeting	Executive Members	Maternity and Child Welfare Association of Pakistan
3.	30 th January, 2018	Meeting With Punjab Healthcare Commission	Dr. Shagufta Zaidi Dr. Ubaida Nighat	Maternity and Child Welfare Association of Pakistan
4.	31 st January, 2018	Free Health Camp In Village Mallian Kalan	Dr. Noreen Shaukat Dr. Shazia Mohi ud din	Dr. Sabiha Khursheed (Regional Manager) National Committee for Maternal & Neonatal Health(NCMNH), Lahore
5.	14 th February, 2018	Visit To Mcwa-Jhelum	Mrs. Farzana Sami Dr. Shagufta Zaidi Hafiz M Saad Shakar Zaki	Maternity and Child Welfare Association of Pakistan
6.	15 th February, 2018	Visit By Students	Ms. Naila Khalid Ms. Saba Nasir Mr. Hussain Ahmad Mr. Mujahid Hussain Muhammad Hanif Shafa Ullah Khan	Ms. Attiya (Social Welfare and Bait ul Maal , Govt. of the Punjab) (Social Welfare Deptt) University of the Punjab
7.	08 th March, 2018	Lahore College for Women University		

SEMINAR ON WOMEN REPRODUCTIVE HEALTH

Maternity and Child Welfare Association of Pakistan (MCWAP) arranged a seminar on Women Reproductive Health in Collaboration with Ruth Pfau Women Institute for Leadership and Learning (WILL) department of Lahore College for Women University (LCWU) on 08th March, 2018.

Senior doctors from different Institutions delivered very informative lectures on reproductive health related topics to students of Lahore College for Women University (LCWU).

1. Dr. Ubaida Nighat, former Medical Superintendent, Punjab Institute of Cardiology, Lahore and Lady Aitchison Hospital, Lahore gave lecture on **Menstrual Hygiene in Adolescence**.
2. Dr. Rukhsana Hameed from Institute of Public Health delivered lecture on **Nutrition requirement of women / girls**.
3. Dr. Hina Riaz Chatha from Lady Aitchison Hospital, Lahore explained very nicely about **Hormonal Problems** which are very frequent in girls and major cause of infertility.

Dr. Shagufta Zaidi, Director Technical introduced MCWAP to the audience and requested them for joining MCWAP for welfare activities. Refreshments were distributed among students. Staff of LCWU presented shields to MCWAP team and seminar ended with vote of thanks by Prof. Dr. Sarah Shahed, Director, Ruth Pfau Women Institute for Leadership and Learning (WILL) / Head of Gender and Development Studies Department, LCWU.



Head of Gender and Development Studies Deptt, LCWU presenting Shields to the Speakers



MCWAP Team along with LCWU staff

VISIT OF STUDENT OF CONTINENTAL MEDICAL COLLEGE, LAHORE.

A group of 4th year MBBS class of 80 students from Continental Medical College, Lahore visited MCH Centre of MCWAP in Dera Chahal village on 12th March, 2018 on request of Prof. Dr. Shaheena Manzoor, Head of Community Medicine Department of Continental Medical College, Lahore. This community visit is a part of their curriculum.

Mrs. Farzana Sami, President and Dr. Shagufta Zaidi, Director Technical explained the working module of our MCH Centre to the students. Dr. Tahira Shafqaat, Gynaecologist and Mrs. Farzana Azam, LHV showed them around the Centre and demonstrated various activities. Students took keen interest and they were motivated for taking part in welfare activities.



HEALTH AND HYGIENE AWARENESS SEMINAR

An awareness Seminar was organized in Govt. High School for Girls in Hayer Village by MCWAP on 18th April, 2018.

A group of 53 girls from class – VIII were briefed about importance of self-environmental Hygiene by Dr. Shagufta Zaidi and Dr. Ubaida Nighat. Proper methods of hand washing, teeth brushing, removals of head lice etc were practically demonstrated to the students by Mrs. Farzana Azam LHV, MCWAP. Dr. Ubaida Nighat also explained physiological changes and their management due to puberty in girls.



MEETING WITH PUNJAB HEALTHCARE COMMISSION

Dr. Shagufta Zaidi, Director Technical, MCWAP was invited by Punjab Healthcare commission (PHC) in continuation of previous meeting on 30th January, 2018 as Consultant regarding a consultative meeting on Development of Minimum Service Delivery Standard for Category – III Healthcare Establishments providing services related to Midwifery, Mother Child Healthcare and Family Welfare Centres.

Dr. Ubaida Nighat member Executive Committee of MCWAP also accompanied Dr. Shagufta zaidi.



Dr. Shagufta Zaidi and Dr. Ubaida Nighat participating in group discussions

PARTICIPATION IN ART AND CRAFT EXHIBITION

Maternity and Child Welfare Association of Pakistan participated in the Art and Craft Exhibition held at Alhamra Cultural Complex Qaddafi Stadium, Lahore, arranged by Social Welfare & Bait-ul-Mal on 23rd April, 2018 to encourage entrepreneurs from different districts of Punjab, Pakistan.



Quran Khawni and Mehfil-e-Millad at New MCH Centre, Hayer

Staff of Maternity and Child Welfare Association of Pakistan staff arranged Quran Khawni and Mehfil-e-Millad in newly shifted MCH Centre Hayer with purpose of starting the new Centre with the name of Allah.

People from the area around MCH Centre participated in the activity whole heartedly.

Opening ceremony was performed by Mrs. Rubina, wife of a local businessman and Political leader Mr. M. Shahid.

The event created awareness about the centre and its services in the community. Whole MCWAP team including Dr. Shagufta Zaidi, Mrs. Riffat Naim and Dr. Ubaida Nighat participated in the event.



HEPATITIS AND DIABETES SCREENING / AWARENESS CAMP

Maternity and Child Welfare Association of Pakistan organized a free Hepatitis and Diabetes screening /awareness camp at new MCH Centre, Hayer on 09th May, 2018.

Dr. Shagufta Zaidi, Director Technical, MCWAP gave awareness lecture to participants. Participants were briefed about mode of transmission of Hepatitis B and C. She stressed upon ways of prevention of spread of this fatal disease.

Hepatitis C was found positive in 20% patients. Further management of positive cases is also being planned by MCWAP.



HEALTH AND HYGIENE SEMINAR FOR STUDENTS OF PRIMARY SCHOOL

A seminar was arranged on 15th May, 2018 for Primary School children in MCH Centre, Dera Chahal. Thirty children between the age 08-12 years were registered. Mrs. Farzana Azam, LHV and Ms. Zeenat Tariq, LHV, MCWAP gave practical demonstration and awareness lecture about necessity, importance and proper method of hand washing, teeth brushing, oral hygiene, taking bath, making the head lice free, ironing of cloths and nail cutting. They were also briefed about necessity & importance of environmental sanitation. Refreshments were distributed among children at the end.



PARTICIPATION IN A PPIF WORKSHOP

MCWAP was invited to participate in the workshop arranged by Punjab Population Innovation Funds (PPIF). Dr. Shagufta Zaidi attended the workshop on 15th May, 2018 on the topic of **”Integrating Family Planning within Health & Beyond”** various aspects of integration of family planning with other functionaries were discussed as with EPI Programme & MCH Programmes. Practicing of family planning by all Women Medical Officers and Gynaecologist was also discussed.



FREE MEDICAL CAMP IN VILLAGE HASIL

Maternity and child Welfare Association of Pakistan arranged a free medical camp in village Hasil off Bedian road, Lahore on 17th October, 2018. There is no medical facility available in the village.

Patient attendance was very good. 45 general patients (women and children) were examined and free treatment was given. Ten pregnant ladies were also registered and their antenatal examination was conducted.



INAUGURATION OF MCH CENTRE NISHTAT COLONY, LAHORE

A MCH Centre was working in Nishat Colony Cantt under the umbrella of MCWA-Punjab many years back supervised by Dr. Naseer (former Medical Superintendent Railway Hospital) centre work got stopped about 11 years back due to health problems of Dr. Naseer. In 2017 this centre building was handed over to MCWAP by MCWA-Punjab, due to non-availability of infrastructure of MCWA-Punjab. The centre building got deteriorated in all these years.



On inspection of building, it was found in very dilapidated condition. It was single storey building with five rooms as small bathroom and kitchen. It was five feet deep from the road level. Walls, doors, windows, floor all in very very bad state. Matter was discussed in executive committee meeting. It was decided to reconstruct the building and make it purpose built with two rooms residence on the first floor.



Reconstruction of the building was handed over to a firm by a committee formed for this purpose after due formalities. It got completed last month.

This MCH Centre building was inaugurated on 20th October, 2018. Children from the local Masjid and women from the nearby families were invited who recited the Holy Quran. All the staff and guests prayed for the future of centre and Ribbon cutting was done by a senior member of local community. Refreshments were served. Local community was very enthusiastic.



FREE MEDICAL CAMP IN VILLAGE HASIL

Maternity and child Welfare Association of Pakistan arranged a free medical camp in village Hasil off Bedian road, Lahore on 24th October, 2018. There is no medical facility available in the village.

Patient attendance was very good. 17 general patients (women and children) were examined and free treatment was given. Ten pregnant ladies were also registered and their antenatal examination was conducted.



BREAST CANCER AWARENESS SEMINAR IN VILLAGE HAYER

A seminar was arranged on 27th November, 2018 for creating awareness for early detection and prompt treatment of breast cancer. Large number of village women gathered and participated in the seminar.

Dr. Sabiha Khursheed, Regional Manager, National Committee for Maternal & Neonatal Health(NCMNH), Lahore conducted the seminar along with Mrs. Farzana Sami, President and Dr. Shagufta Zaidi, Director Technical.

Village women were very enthusiastic. Information was imparted to them in their own language. Self palpatory method of detection of treat lump was practically shown and taught.



TRAINING WORKSHOP ON INFECTION PREVENTION AND WASTE DISPOSAL

One day refresher training workshop was organized at MCWAP Head Office for all staff members of MCWAP working at MCH Centres, on 05th December, 2018.

Dr. Nudrat Rashid a UNICEF trainer on Infection Prevention and Control was invited to conduct the workshop. President Mrs. Farzana Sami inaugurated the workshop. Post workshop / training test of participants was also taken. It was found that knowledge gained by the participants was very satisfactory. Dr. Shagufta Zaidi gave concluding remarks.



TRAINING OF STAFF ON LABORATORY TECHNIQUES

A one day training was organized on 19th December, 2018 for staff of both MCH Centres of MCWAP to refresh their knowledge about laboratory work.

They were briefed about the test facilities available at MCWAP Laboratory, Nishat Colony and they were taught & practically demonstrated the method of sample collection & transportation from MCH Centres to MCWAP Laboratory Nishat Colony.