



# SOLIDARITY AMONG YOUNG NATION FOR CHANGE

## SYNCH

Founded on the propitious night of 12 Rabi ul Awwal, 23rd December 2015, **SYNCH** (Solidarity Among Young Nation for Change) is a group of young boisterous individuals with one goal in mind; inspiring and influencing the youth. Initially beginning as the brainchild of **Tajammul Hussain** and **Ali Hassan Malik** with only a skeleton crew of devoted members hailing from Rawalpindi Medical University, **SYNCH** has managed, through its relentless work ethics, to cultivate a reputation in Pakistan as the flagbearer of the voice of the youth. Primarily comprising of only a handful of medical students, it has now expanded to more than **60 medical colleges** all over Pakistan and is actively endeavoring to recruit students and professionals from other walks of life as well.

Spearheaded by the four departments of **Education, Healthcare, Social Welfare, and Medical Research**, we have garnered an impressive portfolio, the most significant of which includes collaboration with The **World Health Organization** and active pursuance of their Sustainable Development Goals pertaining to the issues of the social milieu of Pakistan. Other major projects include Mental Health Awareness sessions, COVID-19 Health from Home, Rescue 1122 Training Sessions, National Ration Drive, and Career Counselling Sessions. With firm resolve, **SYNCH** shall continue to work unabatedly for the rise of a youthful intelligentsia ushering in a new dawn of prosperity and enlightenment.

### MISSION

We aim at changing lives by inspiring and influencing people especially focusing on the youth and inculcating a sense of self-actualization in them. These efforts not only help them but they also feel motivated to serve their society even better.

### VISION

Our vision is to bring such a change in the youth of our nation that will make the society a better place to live.

## PROJECTS

Working of SYNCH is mainly divided into 4 main departments:

EDUCATION

HEALTHCARE

MEDICAL  
RESEARCH

WELFARE

## EDUCATION

- 40+ education galas are conducted all across Punjab in which 4000+ students were influenced.
- 40+ Academic guidance sessions for medical students in which 8000+ students were guided.
- 85+ Carrier counseling sessions for FSc students guiding more than 15000+ students.



## HEALTHCARE

- Public Health Awareness Plan was made in collaboration with Rawalian Community Awareness program (RCAP).
- School health galas were conducted in which children were taught about right way to wash the hands and personal hygiene.
- 150+ Health from sessions were conducted for COVID-19 awareness on national level.
- First Aid and Basic life support sessions were conducted in collaboration with Rescue 1122.
- A self-defense training workshop was conducted in Rawalpindi Medical University.
- Patient care initiative was taken which aimed at facilitating the patients in the hospital.
- COVID-19 Awareness campaign whose details are on our website. (synch.org.pk)



## MEDICAL RESEARCH

- SYNCH RMU has conducted a Research webinar series in collaboration with Resident Research Forum (RRF) RMU.
- Steps of research conduction are posted on social media platform on regular basis.
- Research Facilitation groups are made for all batches of RMU.

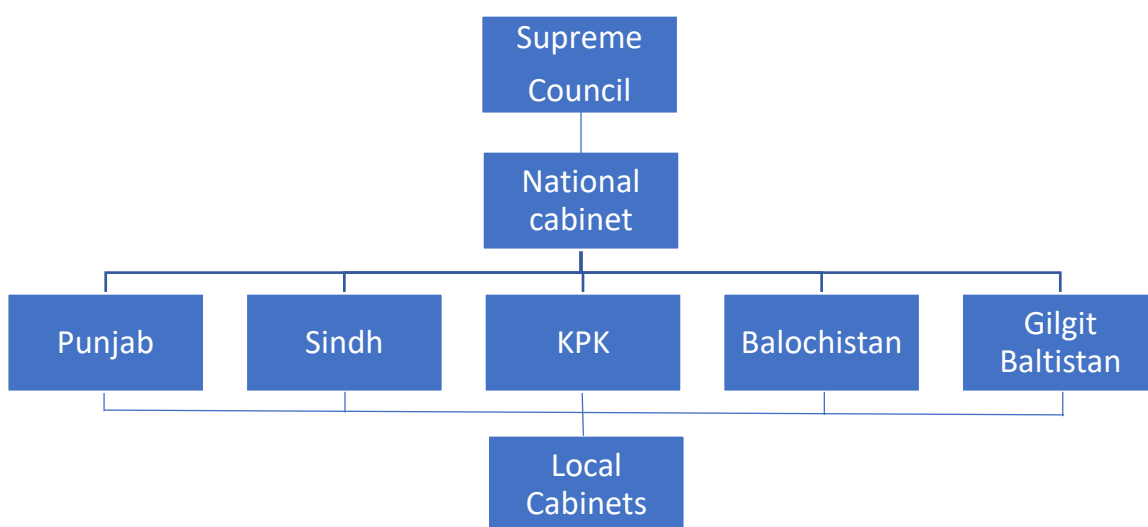


## SOCIAL WELFARE

- Eid gifts donation to children at orphanages and thalassemia centre.
- Donation of warm clothes to poor in the name of “share the warmth” project.
- SYNCH RMU donated wheelchairs to the Holy Family Hospitals.
- Ramadan Ration Drive conducted in 2019 and 2020 distributed ration bags among deserving families.
- Every year water campaign in run to conserve water on the global level.
- Plantation drive is also conducted every year to raise awareness about the importance of plantation.

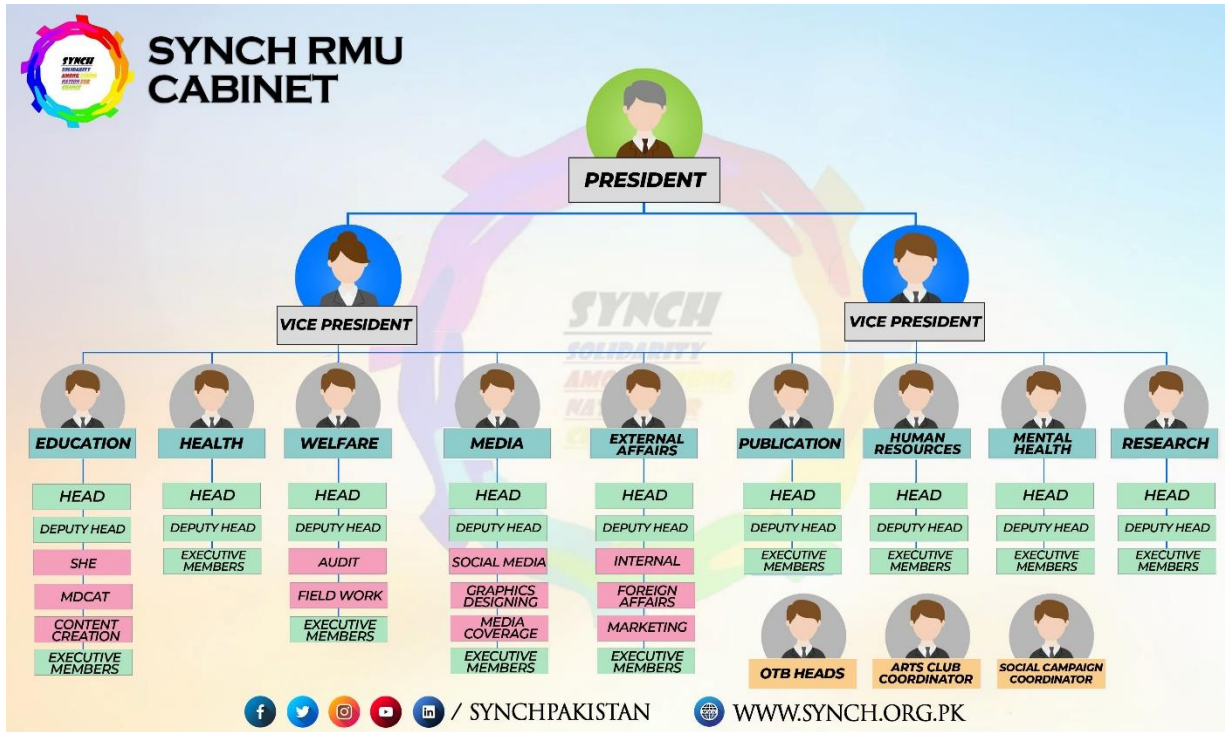


## HIERARCHY



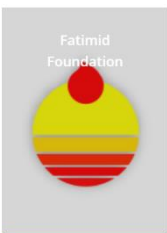
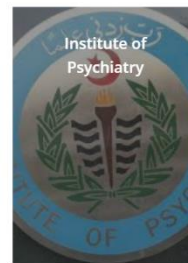
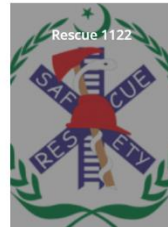
There are 60+ local cabinets working all across Pakistan.

# OUR LOCAL CABINET



# COLLABORATIONS

SYNCH has collaborated with many renowned organizations working in Pakistan.



## **SYNCH RMU 2021 WORKING**

- Campaign for tobacco free Pakistan was run on twitter and other social media platforms.
- Plantation drive was conducted by many members and did an awareness walk in main campus, RMU.
- Campaign for global warming was conducted.
- Mental health Support group is made for all rawalians for resolving their issues
- Regarding COVID-19 vaccine: health from home sessions were conducted by the members.
- Awareness videos were made regarding vaccine myths
- Health From Home Sessions on Menstruation and Genital Hygiene
- Water conservation campaign was run by social campaign department and people were made aware of water loss problems.
- 5 to 6 Mdcats guidance sessions were conducted in different schools in Rawalpindi.
- Live webinars were conducted on topic “MBBS made easy”
- Welfare department raised 15000 rupees donation for different financial cases.
- Fee of about 25000 rupee was paid by raising donation by welfare department.
- Study drive is made for MBBS students which contain study stuff for medical students.
- Research department conducted 7 days long “research workshop” in collaboration Research Resident Forum, RMU and uploaded many animated posters on social media on research conduction steps.
- Career counseling session for O level students
- Parental guidance session was conducted by the education department.
- AIDS awareness is conducted in hospitals by the health department and health from home sessions were conducted by many members.
- Leukemia awareness campaign was run in which many posters and 2 videos were made by media department and welfare department raised 9000 rupee of which chemo kit bags were made for leukemic patients and a visited CMH leukemia ward.



**For more details, please visit our facebook page and website.**

**Website: [synch.org.pk](http://synch.org.pk)**

**Facebook page: SYNCH Rawalpindi medical university - RMU**



**SYNCH RMU**



## Annual working Report 2021

### *Solidarity Among Young Nation For Change*

*Founded on the propitious night of 12 Rabi Ul Awwal, 23rd December 2015, SYNCH (Solidarity Among Young Nation For Change) is a group of young boisterous individuals with one goal in mind; inspiring and influencing the youth. Initially beginning as the brainchild of Tajammul Hussain and Ali Hassan Malik with only a skeleton crew of devoted members hailing from Rawalpindi Medical University, SYNCH has managed, through its relentless work ethics, to cultivate a reputation in Pakistan as the flag bearer of the voice of the youth. Primarily comprising only a handful of medical students, it has now expanded to more than 50 medical colleges all over Pakistan and is actively endeavoring to recruit students and professionals from other walks of life as well.*

*Currently, the RMU Cabinet of SYNCH is working under the presidency of Khadija Mazhar and Vice Presidents Furqan Anwar and Umar Afzal. The cabinet has been working diligently for the welfare of society even during these pandemic situations.*





## EDUCATION DEPARTMENT

### 1-NMDCAT SESSIONS.

SYNCH RMU successfully conducted 5 NMDCAT Sessions from 28th MAY to 26th AUG in various educational institutes of Rawalpindi, Islamabad. SYNCH Volunteers showered light of guidance on young aspirants to not only mentor but also to motivate and inspire them.

- HCCS INSTITUTE 28TH JULY
- STEMS INSTITUTE 31st JULY
- SCEINTA VISION 13TH AUGUST
- TORCIA ACADEMY 24TH AUGUST
- UNIQUE ACADEMY , 26TH AUGUST



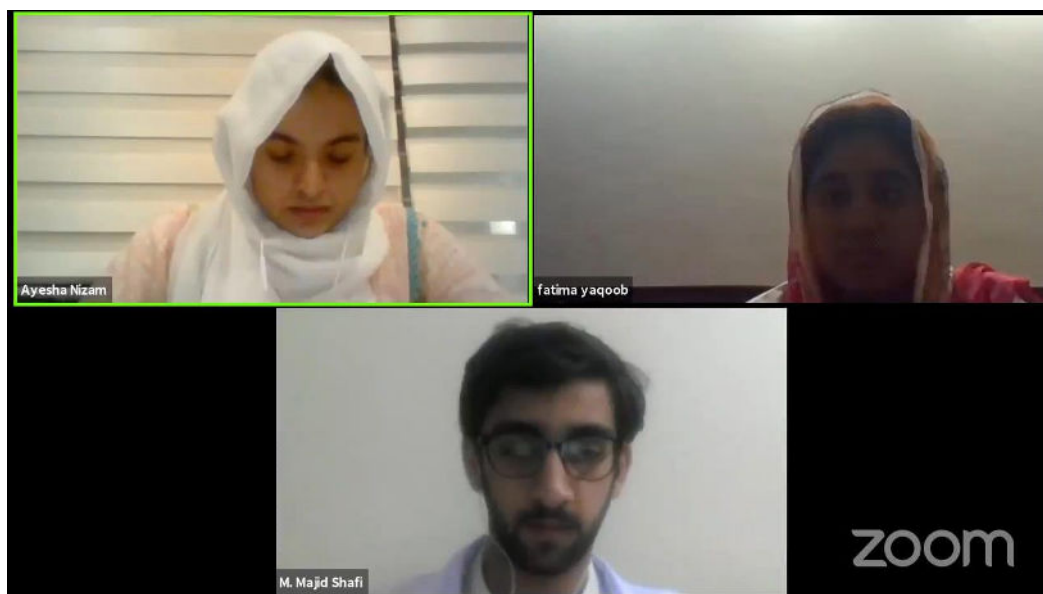


## 2- MBBS MADE EASY SERIES.



SYNCH RMU conducted online podcast series for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> year MBBS in which students were guided about the effective strategies to crack MBBS by their respective seniors. Also provided students with study drive contains all study stuff related to respective class.

## 3- O-level Career Counseling Session.



SYNCH RMU

conducted an online career counseling session for O-level students on 13<sup>th</sup> July 2021. Our speakers guided students about various career options for O-level students and fully-funded scholarships for those who wanted to pursue foreign for higher studies.

#### **4- Career Counseling Session For Pre-medical Students.**

SYNCH RMU conducted an online career guidance session for pre-medical students on 11<sup>th</sup> September. Students were guided about various career options after pre-medical and how they can pursue MBBS in foreign countries.



## 5- Parental Guidance Session.

# PARENTAL GUIDANCE SESSION.



SYNCH RMU

conducted a Parental Guidance Session on 9<sup>th</sup> September in which parents and children were introduced to the concept of Homeschooling. Parents were informed about various career options that suit their child's personality and how they can use their time and resources effectively to open doors of opportunities.

## HEALTH DEPARTMENT

### COVID VACCINE AWARENESS PROGRAM

It included Awareness through videos Health from home sessions Date: 16-26 June 2021. All the members of Health department participated in it. Side effects and myth busters Were covered [https://drive.google.com/file/d/11OaUNo0vFjog6uYmM0Vutb8X\\_bbz2iENw/view?usp=sharing](https://drive.google.com/file/d/11OaUNo0vFjog6uYmM0Vutb8X_bbz2iENw/view?usp=sharing)

### HEPATITIS AWARENESS PROGRAM

It included Hospital awareness sessions Health from home sessions Poster Making (Credits Ayesha Tabasum and Haris Mumtaz) Participation by Haris Mumtaz Nawal Minallah Zainab Amnah Tariq Ayesha Sadiqa Lairaib Date 10 July- End of month

## **BREAST CANCER AWARENESS PROGRAM**

Poster Making Health from home sessions (participation by all the members) Hospital awareness sessions  
2nd September Participation by Ayesha Tabasum Haris Mumtaz Amnah Tariq Zainab DATE:  
15August- 5Sept

## **AIDS Awareness Program**

Hospital awareness sessions

Health from home session

Date :1st Sept- 20th Sept 2021

**MENSTRUATION HEALTH AWARENESS** That's the project of this month

## **Media Department :**

Projects Completed Till Now

- Recruitment posters for SYNCH RMU
- Posters on Tobacco free initiative (23 posters) and Global warming (24 posters)
- Twitter, Facebook and Instagram accounts handling
- Farewell video for Batch'43

Facebook Cover Photo

- Performed role in #TobaccoFreeHomes no2 in trending, also tweeted on Global warming for awareness
- Poster making workshop conducted on 14th July, 2021.
- Global warming awareness walk posters and coverage held in OTB on 10th July
- Posters on:

· Mental Health

· Independence Day

· Global Warming Campaign

· Tobacco Campaign • Certificates RRF • Videos regarding Mental Health were made • Helped in making 'MBBS made easy' series by Education Department • Made videos and posters for Cancer Awareness Project • Posters for suicide prevention for Mental Health Department

## **SYNCH Research Department**

### **General Activities**

1)	1 <sup>st</sup> Departmental Meeting (Virtual)	4 <sup>th</sup> of June
2)	Meeting with General Body & Education Head (Virtual)	10 <sup>th</sup> of June
3)	2 <sup>nd</sup> Departmental Meeting (Physical)	10 <sup>th</sup> of July
4)	Meeting with Resident Research Forum (Virtual)	14 <sup>th</sup> of July
5)	Post Webinar Meeting with RRF	20 <sup>th</sup> of August
6)	Webinar Report Presentation in Dean's Meeting	Coming October

General Account for Synch Research Department was made and all the activities are dealt with [synchresearchrmu@gmail.com](mailto:synchresearchrmu@gmail.com)

### **Mentorship Series**

Uploaded 15 documents on

- Literature Review
- Research Topic Selection
- Introduction Writing
- Study Designs
- Sampling Methods
- Synopsis Writing
- Sample Size
- Methodology Writing
- Data entry
- Data variables

- Descriptive Stats

- Parametric tests

- Non parametric tests

- discussion and abstract writing

-basics of referencing

- These are uploaded on weekly basis.
- You can assess it through our google drive as mentioned:

<https://drive.google.com/drive/folders/1InlztSZxytFNV8dU8onrQREjk58saoSR?usp=sharing>

- Softwares are uploaded as mentioned:

Softwares for Sample Size Calculation

1)Epi\_Info\_7

[https://drive.google.com/drive/folders/15tjgBtN9cclQRgrS\\_qgy8VNE4MFLoz7a?usp=sharing](https://drive.google.com/drive/folders/15tjgBtN9cclQRgrS_qgy8VNE4MFLoz7a?usp=sharing)

2)GPower\_3.1.9.4

<https://drive.google.com/drive/folders/1a1F-FKu0tuRITMPUYrRvRMy9iRBDxC?usp=sharing>

3)WHO Sample Size Calculator

[https://drive.google.com/drive/folders/1HtAT\\_etyMEqibhKqxLMkxYH2NHVucrg7?usp=sharing](https://drive.google.com/drive/folders/1HtAT_etyMEqibhKqxLMkxYH2NHVucrg7?usp=sharing)

SPSS

1)SPSS V.20

[https://drive.google.com/folderview?id=1TiLTflG\\_ba5riZpanAWclSoSrFqDx6f](https://drive.google.com/folderview?id=1TiLTflG_ba5riZpanAWclSoSrFqDx6f)

2)SPSS V.26

<https://drive.google.com/drive/folders/1dyC9wo39tyrLy7KNyIFIFp-5zOkTPl6y?usp=sharing>

## **PUBLICATION of Mentorship Series**

**16 posters** were made for the publication of mentorship series. These are made by Research department of Synch.

## Webinar Series

Event Name:	Research Webinar Series
Organizer:	SYNCH RMU & Resident Research Forum
Affiliation:	Rawalpindi Medical University
Date:	25 <sup>th</sup> – 31 <sup>st</sup> July, 2021
Timings:	06:00 P.M – 8:40 P.M
Venue:	Zoom Meeting, Live on Facebook Pages
Chief Guest:	Professor Dr. Muhammad Umar
Guest of Honor:	Dr. Faiz Anwer, MD

### OBJECTIVES:

#### Primary Objectives:

- To inculcate knowledge of Research process in residents, medical students and other health care professionals.
- To encourage practice of Research.

#### Secondary Outcomes:

- To be a part of the efforts of RMU towards betterment in quality of research produced by RMU.

To promote professionalism in healthcare workers

The preparation of the webinar started two weeks before the first day of Webinar Week. Consent was taken from the Vice Chancellor Professor Muhammad Umar and the speakers were approached. A number of meetings were conducted between members of SYNCH RMU and RRF.

RMU administrative offices and DME were approached for logistical support.



### Layout of the Webinar Series:

Sr. No.	Topic	Speakers	Date
1.	INTRODUCTION TO RESEARCH & STUDY DESIGNS	Chief Guest: <ul style="list-style-type: none"><li>• Professor Muhammad Umar</li></ul> Guest of Honors: <ul style="list-style-type: none"><li>• Dr. Faiz Anwer MD</li><li>• Professor Dr. Naeem Zia</li><li>• Professor Dr. Shagufta Sial</li></ul> Main Speakers: <ul style="list-style-type: none"><li>• Professor Dr. Arshad Sabbir</li><li>• Dr. Anum Zahra</li></ul>	25-7-2021
2.	MANUSCRIPT WRITING	<ul style="list-style-type: none"><li>• Dr. Arsalan Manzoor</li></ul>	26-7-2021
3.	DATA ENTRY AND ANALYSIS I	<ul style="list-style-type: none"><li>• Dr. Noman Ahmed</li></ul>	27-7-2021
4.	DATA ENTRY AND ANALYSIS II	<ul style="list-style-type: none"><li>• Dr. Noman Ahmed</li></ul>	28-7-2021
5.	RESEARCH PROPOSAL WRITING	<ul style="list-style-type: none"><li>• Professor Dr. Shagufta Sial</li></ul>	29-7-2021
6.	BASICS OF REFERENCING	<ul style="list-style-type: none"><li>• Dr. Daneyal Arshad</li></ul>	30-7-2021
7.	ETHICS IN RESEARCH	<ul style="list-style-type: none"><li>• Dr. Naeem Liaqat</li></ul>	31-7-2021

### Pre-Webinar Report:

- 720 Participants registered for the Webinar Series.
- 4 WhatsApp Groups were made.
- A Booklet was made which was presented in the deans meeting, this course was assessed and approved by all deans.

### Webinar Report:

- 7 pre and 7 post feedback form for each webinar were made and shared in the groups.
- Average webinar length was 2-3 hr

Sr. No.	Topic	Total No. of Views	Maximum number of Participants
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			watching the webinar
1.	INTRODUCTION TO RESEARCH & STUDY DESIGNS	2.7K	93
2.	MANUSCRIPT WRITING	1.7K	48
3.	DATA ENTRY AND ANALYSIS I	2.5K	67
4.	DATA ENTRY AND ANALYSIS II	1.0K	28
5.	RESEARCH PROPOSAL WRITING	1.2K	55
6.	BASICS OF REFERENCING	603	22
7.	ETHICS IN RESEARCH	541	39

### **Post Webinar Report:**

- A total of 720 certificates were made and given to attendees.
- Speakers' certificates will be presented in Dean's Meeting to Faculty Members.
- Webinar Series Report will be presented in Dean's Meeting.

### **Publication of Webinar Series**

**17 Posters** were made for publication of webinar series by Research Department.

### **SYNCH RESEARCH FACILITATION GROUPS**

SYNCH research facilitation groups were made. These groups are

- SYNCH RESEARCH GROUP 44
- SYNCH RESEARCH GROUP 45
- SYNCH RESEARCH GROUP 46
- SYNCH RESEARCH GROUP 47
- SYNCH RESEARCH GROUP 48

In these groups,

- Conferences
- Books
- Poster & Abstract Submission Deadlines
- Collaborative Researches

- Softwares
- Mentorship PDF
- Other Research Societies Webinar Series

are shared.

Moreover, regular answers to the questions were also done in these groups.

Sample size calculation is also dealt separately along with these groups.

### **Publication of Facilitation Groups**

**2 Posters** were made for the publication of facilitation groups by SYNCH research department.

*✦<sup>+</sup> THANK YOU ✦<sup>+</sup>*

## Human Resource Department

Human resources (HR) is the division of a organization that is **charged with finding, screening, recruiting, and training applicants**, as well as administering member-benefit programs, conducting disciplinary actions and maintain member record.

Our team provides guidance, making sure that department and teams are as healthy and functional as possible. This may include periodically collecting member feedback and suggestions along with a personal assessment and vigilation.

With the advent of SYNCH RMU as a local cabinet we enabled

- Maintenance of virtual workspace for whole cabinet
- Unit and Departmental WhatsApp groups
- Scribing of all departmental meetings and Records
- Compile Complete cabinet record
- Maintenance of individual Member Feedback
- Made templates for
  - Meeting Reports
  - Permission Letters
  - Ambassador Forms

- Maintenance of Google Drive and Cabinet WORKING
- Formulation of Rules and work Ethics for this tenure

As the tenure progressed we achieved the following. To provide our cabinet with offering continuous education and career growth

- Workshops
  - Report Writing
  - Google forms
  - Basics of Microsoft Office softwares
- Departmental Training Programs
- Monthly cabinet wide feedback collection
- Ensuring conductance of monthly departmental meetings and reporting the progresses.

We are approached by candidates

- When anyone experiences harassment or discrimination from your colleagues, including the presidency
- When you have questions about benefits, including organization-provided certificates and validation.
- When your personal circumstances change (e.g. needing to reduce your hours, needing accommodation for a unavailability)
- Cater issues about advancing, promotion, demotion and termination or resignation.
- When you need an objective third-party to work through a work-related issue i.e. (intra and interdepartmental communication and collaboration)

## Welfare Department:

### **Project# 01: Collection of Donations for A divorced Woman:**

- Verified case of a Divorced Woman with a jaundiced Daughter needed Rs. 22,000 for her treatment
- Collection of RS 22,000/- for a divorced woman living with jaundiced daughter. Total Amount collected for treatment was Rs. 25,000.

**SYNCH RMU**  
**Call For Donations**

“Allah, the Exalted, says, ‘Spend, O son of Adam, and I shall spend on you.’” – Prophet PBUH (Al-Bukhari and Muslim).

**Help raise donation for a single lady**

Her father passed away and her husband gave her a divorce. She is living with her daughter who is suffering from jaundice in a rented house.

**She needs the amount for a fan, battery and a solar plate**

**Total Amount: 22,000**  
**Amount Collected: 18,000**  
**Amount Remaining: 4,000**

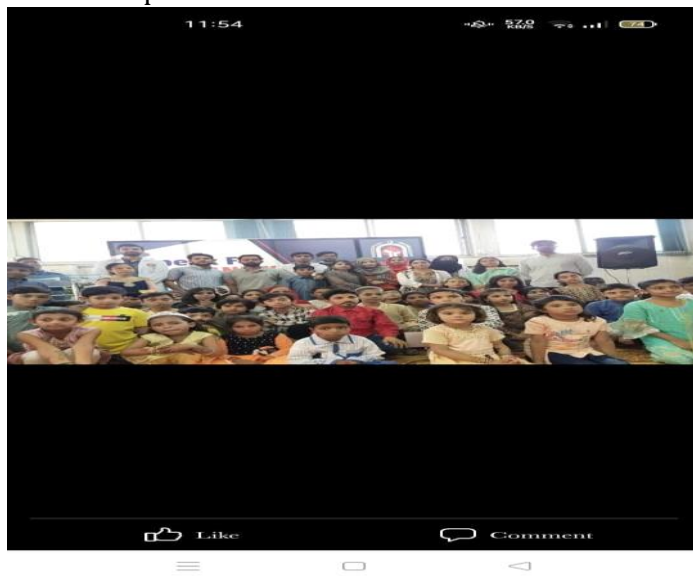
Account Title: Ayyan Kareem  
 Account Type: Easypaisa  
 Jazzcash (Rizwan Karim)  
 Contact Number: 03040070598

Account Title: Ayyan Kareem  
 Bank Al-Habib  
 Account number: 01640981003487016

SYNCHPakistan [www.synch.org.pk](http://www.synch.org.pk)

### Project # 02: Visit to Pakistan Thalassemia Centre:

Welfare department has visited Pakistan Thalassemia center

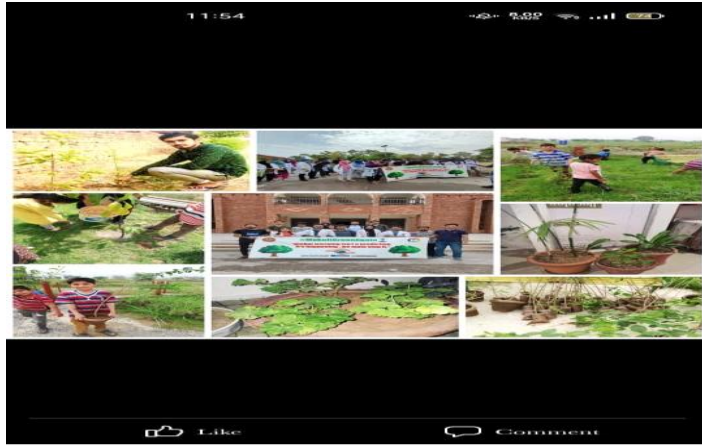


### Project#03: Awareness Walk for Global Warming:

Awareness walk was conducted in Main Campus of Rawalpindi Medical University on 10<sup>th</sup> of July, 2021.

### Project#04: Plantation Drive:

5 to 6 Members individually planted plants as a part of green Pakistan and global warming campaign.



### Project#05: Health from Home Sessions:

5 Health from home sessions are conducted in collaboration with the health department on Hepatitis B awareness.



### Project#06: Collection of Donations for Cancer Patients:

In collaboration with Childhood care trust started a campaign for chemo kit bags and collected DONATIONS. Required total collection was Rs. 16000. Rs. 8000 were collected through online donations and rest through on campus collection.

**SYNGH RMU**  
in collaboration with Childhood Cancer Care Trust

**Childhood Cancer Awareness Campaign**

We need your support for

**Chemo Kit bags**

- HEAD SCARF/CAPS
- BODY LOTION
- LIP BALM
- SNACKS
- SANITIZERS
- WATER BOTTLE
- COLORING STICKS
- TOTE BAG
- MEDICAL SUPPLY SET
- ANTI-BIOTIC NOTE

Total Rs. 8100  
Rs. 5000  
Remaining

WE NEED YOUR SUPPORT IN

- Fund-raising
- Social media campaign

For Donations

Account number: 03359627484      Muhammad Umar Afzal

### Project#7: Collection of Donation:

- We collected a total Rs.12825 for a family who had daughter of 5 days born with meningomyelocoele. During the course of treatment her father lost her job. They hadn't paid house rent of Rs 7000 for two months neither had paid electricity bill for more than 4 months due to financial conditions.



- All donation was collected through on-campus collection

## SOCIAL CAMPAIGN DEPARTMENT :-

Our department SYNCH SCD has been part of many campaigns and social activities on campus as well as on social media.

Activities included

1\_ Water conservation campaign

2\_ Health from home sessions

3\_ Twitter campaign on topic of global warming

1. **WATER CONSERVATION CAMPAIGN 2021** WATER IS INDISPENSABLE for life. No water, no life! So it is our responsibility to conserve this life nectar. It is possible only through by changing our outlook towards this wonderful natural resource. We must ensure there is no pollution of water bodies by dumping any waste such as, sewage, effluents, and other toxic substances. Pakistan is the 5th most water scarce country worldwide and by 2025 major cities like Islamabad and Lahore will be hit drastically if we don't conserve water. Therefore SYNCH SCD conducted a campaign to raise awareness about water conservation among students and people in the hospitals alike.

Conservation of water is the only solution for sustenance. It has become mandatory that we must value every drop of water. Adopting the policy of Refuse, Recycle and Reuse will help in cutting down water consumption. Recycled water can be used to water plants.

SO IN ORDER TO RAISE AWARENESS IN PEOPLE ABOUT THIS ISSUE SYNCH SCD DID FOLLOWING THINGS AND HAD MASSIVE RESPONSE (ALHAMDULILLAH)

1, POSTERS WERE MADE AND DISPLAYED IN RMU, NTB AND OTB by MEMBERS of OUR GROUP

These posters highlighted ways of water conservation like turning the tap off when not using water etc this gained attention of many students and workers at NTB. Then members of the society did rounds on campus, handed pamphlets and discussed the importance and different innovative ways of conserving water

2, TWITTER CAMPAIGN was conducted on this topic and again we made it to the TOP again

For this purpose we started with a twitter campaign, using digital posters and trending hashtags to draw the attention of all medical communities online to our cause. Response was massive and we were trending with tweets and re tweets from many known personalities and professors.



**3, VIDEO MESSAGES AND VIEWS OF PEOPLE** every member recorded his/her views about water conservation and how can we really do it and what are new concepts of water recycling that can be applied in our daily lives. Our representatives approached random people in university and asked about how they think they can bring about change in this scenario of water wastage and conservation

All the videos were posted on our social media platforms

## **2\_HEALTH FROM HOME SESSIONS**

All members of our team did health from home sessions during summer break on different topics like

DENGUE

AIDS

HEPATITIS ETC

IT INVOLVED MORE THAN 80 PEOPLE AS A WHOLE, AND TO RAISE MORE AWARENESS all of them were asked to share the information they have got there with their families...

Again it was a huge success and we had good reviews

These health from home sessions including PRESENTATIONS, PICTURES, POSTCARSS, PAMPHLETS ENSCRIPTING ON THEM THE DETAILS AND PRECAUTIONS, DO'S and DON'Ts.

## **3\_TWITTER CAMPAIGNS ON GLOBAL WARMING and SMOKING**

Global warming is the cumulative rise in average global temperatures on earth measured over a long period. It has been attributed to the large scale deforestation by man for different purposes. We consume a lot of fuel annually. With an increase in the human population, it has become impossible to meet people's fuel requirements. Natural resources are limited, and we must use them judiciously. If we exploit natural resources like forests and water bodies, it will create an imbalance in the ecosystem. Now Global warming is not only limited to the rise in temperature.

So in order to highlight this issue our department conducted a Twitter campaign which again made it to top trend in Pakistan . And had thousands of tweets and re tweets in less than an hour. Such a massive response again made that a success. •

## PUBLICATIONS DEPARTMENT

### Meetings Report :

- A total of 2 departmental meetings were conducted.
- First departmental meeting was conducted on 4<sup>th</sup> June, 2021 from 9 to 10 pm.
- Second departmental meeting was conducted on 1<sup>st</sup> July, 2021 from 6 to 8 pm. All the ideas for the working of publications departments and tasks for every member including head and deputy heads were presented in this meeting

### Workshops :

- First workshop on adobe photoshop in which we discuss various tools and their use in simple poster making and also we discuss the installation methods of adobe photoshop CC 2018 and CC 2019
- In the second adobe photoshop workshop, we discuss the basics of texts and text manipulation

### Collaboration with other departments:

- Collaboration with welfare department for “Call for donations” poster made by Hania Masood
- Collaboration with welfare department for “Call for donations for a divorced woman” poster made by Esha Tahir (Executive Member)
- Collaboration with Welfare department for “Call for donations” poster made by Hania Masood
- Collaboration with Research department for making amendments in the posters
- Collaboration with Childhood Cancer Care Trust, 5 posters on donations are made by Hunaina (Active Member)

### Hepatitis awareness posters:

Our team members have made two two posters on hepatitis awareness campaign, a total of 8 posters

Our two members Hunaina and Hania also participated in AIDS awareness webinar series

Our two members made posters on Childhood Cancer Hania Masood and Saba

For more details, please visit our facebook page and website. Website: [synch.org.pk](http://synch.org.pk) Facebook page: SYNCH Rawalpindi medical university - RMU