



# MEDICOS AID SOCIETY

## RAWALPINDI MEDICAL UNIVERSITY

### **Introduction:-**

Medicos Aid Society is a student-based, non-political, welfare organization of Rawalpindi Medical University, organized in the name of selflessness, devotion and service. It was founded on 28th April, 1983 by Dr. Babar Alam, Dr. Amir Sherwani and his devoted fellows, with the aim of providing blood for thalassemic children. Since then, its members are actively and positively working for the poor and suffering humanity and doing all possible efforts to uplift the moral values of the sufferers by providing blood, medication and financial support. The society is registered with Social Welfare and Bait-ul-mal Department of Government of Punjab. It is working under the patronage of Vice-Chancellor RMU, Professor Dr. Muhammad Umar (Sitara-e- Imtiaz), for the betterment of mankind.

### **Vision:-**

*“Live Once, Live For Others”*

### **Mission:-**

Working for the betterment of health of poor and ailing human beings by providing medical, financial and blood related help along with awareness regarding different health related issues.

### **Patron in Chief (Vice Chancellor RMU):-**

PROF. DR. MUHAMMAD UMAR is the first and the current VICE CHANCELLOR of Rawalpindi Medical University. His accomplishments include MBBS, MCPS, FCPS, FRCP, FACG. For his services, he was awarded Sitara-e-Imtiaz by the Government of Pakistan.

### **Sections:-**

1. Medicine Section
2. Finance Section
3. Blood Section

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4. General Section
5. Computer and Publication Section

## **Medicine Section:-**

**Moto: "*We fight against diseases*"**

It's the most enthusiastically working section of the society and aims at providing free medical care to those who either don't have access to it or can't afford it. This section arranges free medical camps in remote areas of Rawalpindi and Islamabad, with scarce medical facilities. At our medical camps, consultants, registrars and medical officers from our teaching hospitals provide free check up facilities, free screening against viral diseases and medicines of reputed pharmaceuticals. Along with that Public Awareness Sessions regarding common health problems are also conducted. It also arranges vaccination camps against Hepatitis B for RMU students and maintains medical boxes and dispensary in both girls as well as boys hostels and in MAS office respectively.

## **Finance Section:-**

**Moto: "*Give someone a reason to Smile*"**

Finance section is the root of MAS, providing nutrition and growth to all the sections of the society. From handling all the expenses of MAS activities (i.e Blood camps, medicine camps, office dispensary maintenance & purchasing medicines) to providing medical aid to the deserving patients, finance section holds the central position in MAS. It is also responsible for maintaining records and Annual Audit of all donations, expenditures and assets.

## **Blood Section:-**

**Moto: "*Give someone a chance to Live*"**

Blood section is the most energetic and bubbling section of MAS. Provision of blood to the people in the hour of need is its foremost aim and objective. Following our aim, we always strive to arrange healthy and fresh blood for thalassemic patients through blood camps in different Universities of Islamabad and Rawalpindi and blood donation drives in JSF and PTC involving RMU students and also provide screening reports against HIV, syphilis, Hep B & Hep C to the donors. Apart from this we also arrange blood for any emergency cases in the hospitals.

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# ANNUAL PANEL REPORT

(16-08-2021 to 05-09-2022)

## BLOOD SECTION

- Total blood bags collected were **860** (details are as follows)

### FRESH DONORS:

- Fresh donors for emergency cases from RMU were **213**
- A total of **28** female students of Rawalpindi Medical University donated blood in drive to JSF.

### BLOOD CAMPS:

- There were **5** Blood camps arranged in different Universities of Islamabad in which total **619** blood bags were collected for the thalassemic children.

### CHRONOLOGICAL ORDER:

- Blood Section attended a seminar by JSF on “Supporting relatives of children with Beta Thalassemia” on **20<sup>th</sup> December, 2021**.
- Girls Blood Donation Drive to JSF on **12<sup>th</sup> February, 2022** (10 out of 15 donated)
- On **3<sup>rd</sup> March, 2022** team of Girls dropped request letters in IIUI and Rawalpindi Women University.
- 2 Days Blood Donation Camp at IIUI on **9<sup>th</sup> and 10<sup>th</sup> March** which collectively collected **206** blood bags.
- Blood Donation Camp at SZABIST on **14<sup>th</sup> March** in which **80** blood bags were collected.
- On **17<sup>th</sup> March**, Team of boys and Girls participated in Blood Camp in AIR University, which was arranged by JSF and 58 Blood Bags were Collected.

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- On **25<sup>th</sup> March**, Blood Donation Drive to Pakistan Thalassemia Center. (5 out of 9 girls donated blood)
- On **2<sup>nd</sup> April, 2022**, Blood section participated in a blood camp organized by Jamila Sultana Foundation at JSF center and 239 blood bags were collected for thalassemic patients.
- From **15<sup>th</sup> to 25<sup>th</sup> April 2022**, an online training session was held by junior executives for girls of batch 49.
- On **19<sup>th</sup> April, 2022**, Donors of the Year from each were announced for year 2021.
- From **8<sup>th</sup> June, 2022**, blood camp was organized at NCS Institute of Sciences, in which 36 blood bags were collected for thalassemic patients.
- On **8<sup>th</sup> and 9<sup>th</sup> June**, the blood section organized a 2 days workshop on the “WORKING OF BLOOD SECTION” for girls of batch 48 and 49.
- On **11<sup>th</sup> June, 2022**, a *Blood Donation Drive* of girls to Jamila Sultana Foundation was conducted in which 21 students of Rawalpindi Medical University participated out of which 13 students donated blood for thalassemic children.
- Online Data for the year **2021** and **2022** till Date has been uploaded.
- Blood Donor Certificates have been issued for the batch 44.

<u>Sr. No.</u>	<u>DRIVE</u>	<u>No. OF BLOOD BAGS</u>
1	JSF (12th February 2022)	10
2	PTC (12th March 2022)	5
3	JSF (11th June 2022)	13

<u>CAMP SITES</u>	<u>DATE</u>	<u>No. OF BLOOD BAGS COLLECTED</u>
IIUI	9 <sup>th</sup> & 10 <sup>th</sup> March 2022	206
SZABIST	14 <sup>th</sup> March 2022	80
Air University	17 <sup>th</sup> Mach 2022	58
JSF Center	2 <sup>nd</sup> April 2022	239
NCS	8 <sup>th</sup> June 2022	36

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# MEDICINE SECTION

## MEDICAL CAMP:

- **391** patients were treated at free medical camp along with screening of hepatitis B and C of suspected patients at village SAROBA, Rawalpindi.
- Participated in a free Medical Camp at THQ Kalabagh, Mianwali on **12<sup>th</sup> April, 2022** in which free consultation and medicines and consultation was provided to **980** patients.

## VACCINATION CAMPS:

- **705** people with the majority being medical students were vaccinated free of cost at all vaccination camps arranged at OTB and NTB, RMU

### IN OLD TEACHING BLOCK RMU

DATE	STUDENTS VACCINATED
28-05-22	<b>242</b>
06-08-22	<b>112</b>

### IN NEW TEACHING BLOCK RMU

DATE	STUDENTS VACCINATED
07-06-22	<b>200</b>
20-08-22	<b>151</b>

## FUTURE PLANS:

- To remind all those students who will be requiring their 3<sup>rd</sup> dose one month after the last camp and guide them.
- To organize a medicine camp in near future

## PATIENTS TREATED FROM DISPENSARY:

Total patients treated from dispensary were **201**

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<u>Sr. No.</u>	<u>DATE</u>	<u>PATIENTS</u>
1	16 <sup>th</sup> October 2021 onwards	27
2	November 2021	14
3	December 2021	10
4	January 2022	20
5	February 2022	07
6	March 2022	08
7	April 2022	08
8	May 2022	17
9	June 2022	36
10	July 2022	08
11	Till 30 <sup>th</sup> August 2022	46

## **ACTIVITIES IN CHRONOLOGICAL ORDER**

- Medicine boxes in all **girls'** and **boys'** hostels are fully maintained and functional.
- **Office board** is being regularly updated.
- MAS conducted an activity to drop request letters to **19** pharmaceutical companies in Kahuta Tehsil, Rawalpindi on **31<sup>st</sup> March, 2022**.
- MAS conducted an activity to drop request letters to **36** pharmaceutical companies in Rawat, Rawalpindi on **5<sup>th</sup> April, 2022**.
- MAS participated in a free Medical Camp at THQ Kalabagh, Mianwali on **12<sup>th</sup> April, 2022** in which free consultation and medicine was provided to **980** patients.
- On **25<sup>th</sup> April, 2022**, MAS collected medicines from number of pharmaceutical companies of Rawat, Kahuta and Islamabad. Some of the companies that donated most generously include:
  1. Global
  2. Gulf
  3. Advanced
  4. Ipram

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- 5.Linear
- 6.Fresh
- 7.Jupiter
- 8.Kenal
- 9.Reliance
- 10..Amson
- 11.Winilton
- 12.Ferozsans

- On **9<sup>th</sup> and 23<sup>rd</sup> May, 2022**; medicines were counted and sorted according to the respective systems.
- On **28<sup>th</sup> May, 2022**; a free vaccination camp was arranged against hepatitis B in OTB, RMU in collaboration with Hepatitis control program, HFH, Government of Punjab and 242 students were vaccinated free of cost successfully.
- On **29<sup>th</sup> May, 2022**; MAS organized a free medical camp at Village SAROBA, Tehsil and District Rawalpindi and provided free consultation and medicines to 391 patients and Hep B and Hep C screening of high-risk patients.
- On **7<sup>th</sup> June, 2022**; a free vaccination camp was arranged against hepatitis B in NTB, RMU in collaboration with Hepatitis control program, HFH, Government of Punjab and 200 students were vaccinated free of cost successfully.
- A training workshop was conducted on **11<sup>th</sup> June, 2022** for girls of Batch 48 and 49 to guide them about the working of medicine section.
- On **14<sup>th</sup> June, 2022**; near expiry medicines till September 2022 were separated and sent to OPD.
- On **27<sup>th</sup> and 28<sup>th</sup> June 2022**, reminder messages to get the next dose were sent to all 242 students who had got their vaccination shots at the OTB camp and had their 2nd or 3rd dose pending.
- On **5<sup>th</sup> and 6<sup>th</sup> July 2022**, reminder messages to get their next dose were sent to all 200 students who had got their shots at the NTB camp and had their 2nd or 3rd dose pending.
- On **6<sup>th</sup> August, 2022**; a free vaccination camp was arranged against hepatitis B in OTB, RMU in collaboration with Hepatitis control program, HFH, Government of Punjab and 112 students were vaccinated free of cost successfully.
- On **10<sup>th</sup> August, 2022**; near expiry medicines till February 2023 were separated and sent to the OPDs.
- On **20<sup>th</sup> August, 2022**; a free vaccination camp was arranged against hepatitis B in NTB, RMU in collaboration with Hepatitis control program, HFH, Government of Punjab and 160 students were vaccinated free of cost successfully.

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- Registers are up to date and online data entry has been successfully completed.
- On **24th August 2022**, medicines were donated to OHEC for their Taunsa visit to provide help to the flood victims. The medicines donated include:

1. Esomeprazole 20mg
2. Montelukast sodium 5mg
3. Montelukast sodium 10mg
4. Famotidine 40mg
5. Gentamicin 10gm
6. Hydrocortisone acetate 10gm
7. Domperidone maleate 10mg
8. Famotidine 10mg/5ml
9. Rosuvastatin 20mg
10. Clotrimazole 45gm
11. Mecobalamin 500mg
12. Levocetirizine 10mg



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# FINANCE SECTION

Total expenditure = **Rs. 1,296,148/-**

Special cases = **Rs. 1,067,134/-**

Regular activities = **Rs. 228,834/-**

**Medical Camp Expenditure: Rs104,265/-**

Medicine expenditure: 84,650/-

Transport expenditure: 12,280/-

Medical equipment: 7390/-

## **Details of Regular cases:**

<u>Sr. #</u>	<u>CASE</u>	<u>AMOUNT (Rs.)</u>
1	Medicine for patient of Fibromyalgia and HTN	26,769
2	Injections for the patient of breast cancer	16,000
3	Medicine for patients of Diabetes and HTN	6326
4	Medicine for the patient of Diabetes	3602
5	Medicine for the patient of arthritis and HTN	2349
6	Medicine for the patient of paraplegia	2281
7	Medicine for patient of GERD	1922
8	Medicine for the patient COPD	1647

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## **Injections:**

<u>Sr. No.</u>	<u>CASE</u>	<u>AMOUNT (Rs.)</u>
1	IVIG for the patient of anemia and thrombocytopenia	25,000
2	Injection for the patient of Osteoarthritis	2500
3	Injection for the patient of hemophilia	18000

## **CHEMOTHERAPY:**

<u>Sr. No.</u>	<u>CASE</u>	<u>AMOUNT (RS.)</u>
1	Chemotherapy for Lung Cancer	45,000
2	Chemotherapy for the patient of bone cancer	36,582

## **Lab Tests:**

<u>Sr. No.</u>	<u>CASE</u>	<u>AMOUNT (RS.)</u>
1	LAB tests for patient of ARTHRITIS	9500
2	LAB test for patient of COVID	10,000
3	CT scan for the patient of Ascites	11,000

- Audit of year 2020-2021 was completed.

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## **Instruments:**

<u>Sr. No.</u>	<u>CASE</u>	<u>AMOUNT(RS.)</u>
1	Stoma bag for the patient of colon injury	1260
2	Walker for the patient of bone cancer	3500
3	Chelation pump for thalassemic patient	9500

**Total Donation Collected: 1,536,560**

**Zakat Collected: 1,447,070**

**Donation from girls' side: 297,540**

## **Major Donors:**

<u>Sr. No.</u>	<u>NAME</u>	<u>AMOUNT (Rs.)</u>
1	Dr. Amir Sherwani	200,000
2	Dr. Bilal Bashir	185,000
3	Dr. Mahnoor	62,500
4	Dr. Najia	55,000
5	Dr. Maryam	50,000
6	Dr. Noor Zaman	50,000
7	Dr. Fatima	20,000
8	Dr. Murtaza Gondal	20,000

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# PUBLICATION SECTION

- Mas Youtube Channel had a watch time of 203.9 hrs with a total of 1561 subscribers.
- Instagram showed an increase of 389 percent in its reach while visits of insta page spiked 203 percent. Total count of likes on Facebook page is 5.2K with 7.4K followers.
- Publication of MAS Informational Booklet in 5th International Scientific Conference. MAS introductory panaflex created for International Conference.
- Conducted Rescue 1122 BLS Session on 22nd August 2022. A video was made in collaboration with Finance section to encourage people to give their zakat and donations to MAS.
- Vaccination cards were updated and Printed. Publication data of current panel maintained on Google Drive and computer.
- New Panaflex was made for Vaccination Camp.
- Posters campaign on breast cancer symptoms, self examination, myths and prevention.
- Videos on breast cancer and its associated myths with Dr. Nida Farrukh.
- Poster on World Polio Day, 24th Oct. Poster on World Diabetes day 14th Nov. 2021
- Posters on Dengue symptoms and precautions.
- World Antimicrobial Awareness Week poster and video with Dr. Madeeha Nazar.
- Posters and video on Measles and Rubella with Dr Asad Shabbir.
- Posters on World Cancer Day 4th Feb. Poster on World Water Day (22nd March).
- World TB Day poster and video with Dr. Afreenish Amir.
- A video was made in collaboration with Dr. Fariha Sardar educating about Thalassemia.
- Ramadan Mubarak poster was uploaded. 4 posters were uploaded for encouraging zakat donation.
- Eid Mubarak poster was uploaded.
- Poster was made on World Health Day on 7th April.
- Poster was made to announce the "Blood Donors of the Year" Poster was made on World Malaria Day on 25th April.

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- Poster and Video on the 39th Anniversary of MAS were uploaded.
- A poster was uploaded announcing Blood Drive at JSF and HFH held on 11th June.
- **ACTIVITIES CONDUCTED** A workshop of 4 days was conducted regarding poster and video making for Batch 48 and 49 (Girls side) A workshop was conducted regarding Poster and Video making for Batch 48 and 49 (Boys Side) Posters campaign was launched about thalassemia on 8th May.
- A video was made in collaboration with Dr. Fariha Sardar educating about Thalassemia.
- Video on dengue was made in collaboration with Dr. Mujeeb Khan.
- Posters were made regarding Dengue awareness.
- A Video was made highlighting the importance of donating blood.
- A poster campaign was launched on World donor's day (14th June) spreading awareness about blood donation.
- Posters were made regarding world hepatitis day on 28th July.
- A poster campaign was launched about heat stroke.
- An awareness video was made on heat stroke.
- Poster was made wishing Eid ul adha.
- Poster was made wishing Independence Day.
- Poster for flood Donation was made on 29th August.
- Media Coverage and Publication of all Mas Activities like blood camps, vaccination camps were done on time on all social media handles.

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# COMPUTER SECTION

## Boards:

- OTB office board was updated, displaying the executive body and annual report.
- MAS office was regularly maintained.
- New Lecture Theatre Complex board was displayed, painted, and updated.
- NTB board was regularly updated, displaying MAS activities.
- The old campus stair board was updated, displaying all MAS sections working.

## Reports:

1 annual report and 7 monthly reports were created and posted on all social media platforms.

## Webinar:

- Webinar on, “Viral Hepatitis, from the theoretical to the Practical” was successfully conducted on 31st July 2022. Dr. Muhammad Umar, Dr. Tayyab Saeed Akhtar, Prof. Dr. Yasir Waheed, and Dr. Javeria Khan shed light on the epidemiology, screening, prevention, and treatment of Hepatitis and strategies adopted by Pakistan to eradicate hepatitis. 300+ participants attended the session on Youtube.
- E-certificates were given to the participants of the webinar.

## Online Database:

- Google drive and google spreadsheets on the official accounts of MAS were updated for this panel.
- The data was managed in the computer at MAS office in a systemized way. Separate folders were created for the entire working of each of the last three panels. All the folders in the computer were checked for haphazard content and if found, the content was put in its specific place.

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## **Website:**

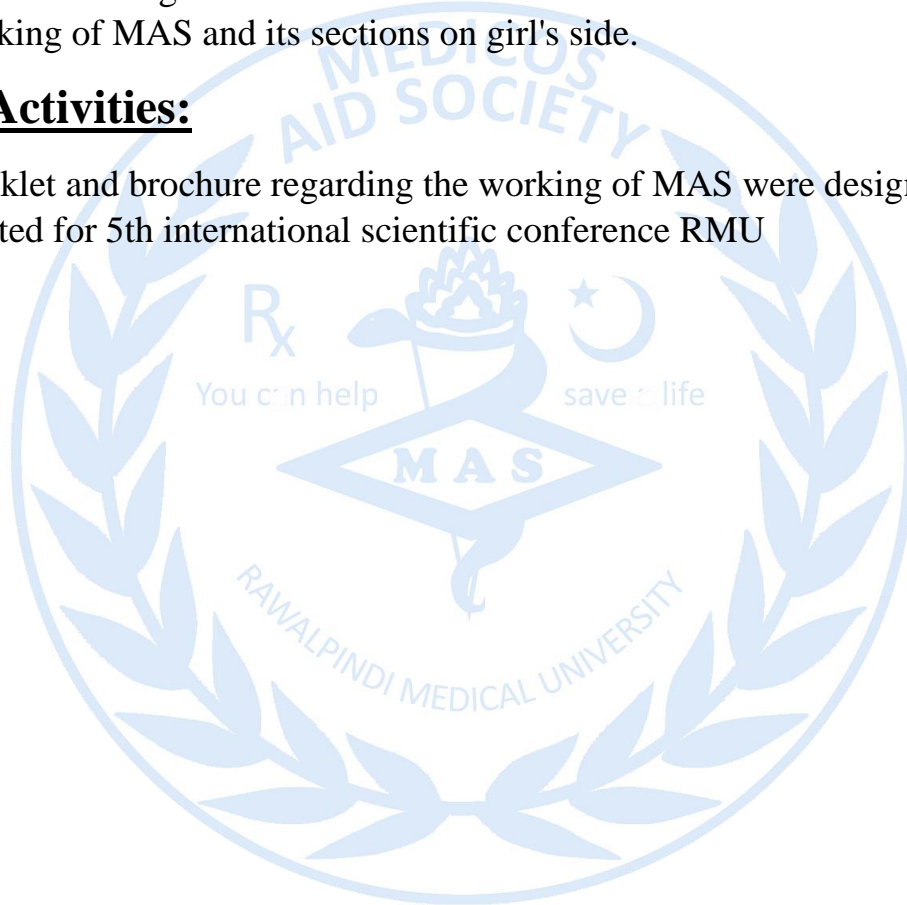
Working on putting the content of MAS on the official website of RMU was initiated and done. However, the university has decided to dissolve the website and form a new one on which the data will be ultimately uploaded.

## **Presentation:**

- 2 presentations on Introduction to MAS were created. Training session:
- Online Training sessions for batches 48 and 49 were conducted regarding the working of MAS and its sections on girl's side.

## **Other Activities:**

- Booklet and brochure regarding the working of MAS were designed and printed for 5th international scientific conference RMU



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# GENERAL SECTION

- On 23rd of October, 2021 MAS working was presented in front of Vice Chancellor Prof. Dr. Muhammad Umar, Chairman Board of governors MAYO hospital and Ex Principal Allama Iqbal Medical College Dr.Mehmood Shaukat and Principle Lahore Medical and Dental College Dr.Abdul Majeed Chaudhary.
- On 9th December 2021, MAS attended a meeting by Social Welfare and Bait ul Maal Department, Government of Punjab on Birth Registration Campaign in Punjab.
- On 15th of December, 2021 Professor Dr. Jawad Zahir (Head of Anesthesia Department, Holy Family Hospital) became the new staff incharge of Medicos Aid Society.
- Medicos Aid Society participated in the Rawalpindi Medical University 5th International Scientific Conference held from 21st to 23rd of December, 2021.
- On 22nd May 2022, Medicos Aid Society participated in a meeting on Tobacco Smoke Free Cities Campaign, Chaired by Social Welfare and Bait ul Maal Department, Government of Punjab.
- Ambulance of Medicos Aid Society is given to Rawalpindi Medical University on Behalf of Rawalians Overseas Foundation.
- Online data of General Section is uploaded.
- Mas office is well maintained and all registers are up to date.

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# CURRENT PANEL WORKING

(05-09-2022 – Till Date)

## **BLOOD SECTION: -**

- **63** donors from RMU donated blood for emergency cases in different hospitals of Rawalpindi and Islamabad
- On **20<sup>th</sup> October 2022**, Medicos Aid Society participated in blood camp organized by Jamila Sultana Foundation at Swedish College Of Engineering and Technology, and collected 20 blood bags for thalassemic patients.
- On **15<sup>th</sup> October 2022**, Medicos Aid Society participated in a seminar on **Safe Blood Transfusion and Donors Health** Organized by JSF

## **MEDICINE SECTION: -**

- **50** patients were treated from the dispensary
- On **1st September, 2022**, MAS conducted an activity to drop request letters to **32** pharmaceutical companies in Rawat Tehsil, Rawalpindi.
- On **7th September, 2022**, MAS conducted an activity to drop request letters to **20** pharmaceutical companies in Kahuta Tehsil, Rawalpindi.

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- On **16th September, 2022**, MAS participated in a Medical Camp organized by Rawalpindi Medical University under "Flood Relief Program" in Nowshera.
- On **16th and 20th September, 2022**, reminder messages for vaccination were sent to the students who had their 2nd or 3rd dose pending.
- On 2<sup>nd</sup> October, 2022, Medicos Aid Society organized a **free Medical Camp** at village Kuhawar Tehsil Draban, District Dera Ismail Khan, and provided free consultation and medicine to 577 deserving **flood affected patients** and also provided free screening facility of Hepatitis B and C to suspected individuals.

## **FINANCE SECTION: -**

Total expenditure = **Rs. 134,691/-**

Special cases = **Rs. 83,752/-**

Regular activities = **Rs. 50,939/-**

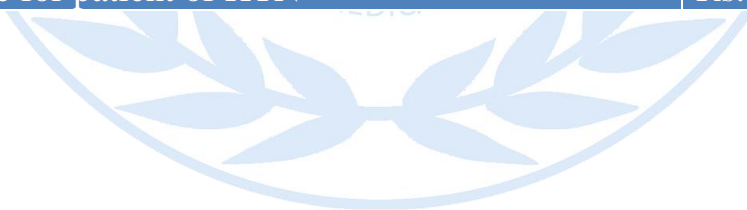
### **Ration Drive**

Medicos Aid Society conducted a ration drive on September 21<sup>st</sup>, 2022 and donated ration bags to **100 flood effected families**. We covered **3** Bastis of **Taunsa District** namely Sheikh gurda Basti, Basti pati wala, Basti naari janoobi + jhok shumali.

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## **Details of Special Cases**

<b>Case</b>	<b>Amount</b>
1. Medicine for patient of Fibromyelgia & HTN	Rs.15,936
2. Medicine for patient of Stroke	Rs.12,341
3. Medicine for patient of sepsis	Rs.10,723
4. Medicine for Arthritis and Diabetes	Rs.9,137
5. Medicine for patient of Diabetes	Rs.7,817
6. Medicine for patient of GERD	Rs.4,044
7. Medicine for patient of Diabetes and HTN	Rs.3,645
8. Medicine for patient of Arthritis	Rs.3,478
9. Medicine for patient of Diabetes	Rs.3,427
10. Medicine for Patient of Arthritis	Rs.3,110
11. Medicine for patients of Diabetes and HTN	Rs.2,369
12. Medicine for patients of Diabetes	Rs.2,094
13. Medicine for patient of COPD	Rs.1,843
14. Medicine for patient of Spastic Paraparesis	Rs.1,744
15. Injection for treatment of Diabetes	Rs.1,546
16. Medicine for patient of HTN	Rs.497



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## **PUBLICATION & COMPUTER SECTION: -**

- The Panel Transfer ceremony was publicized
- Donation Appeal posters of the Ration Drives for Flood victims were made and publicized
- Ration Drive phase 1 was publicized upon completion
- New banner of “**RMU FLOOD RELIEF ACTION PROGRAM**” was made for the Free Medical Camp
- Medicos Aid Society is conducting a fund raising online event **Rebuilding The Broken.**
- On 18<sup>th</sup> October 2022, shoot of 1<sup>st</sup> **podcast** on **Breast Cancer Awareness** was done. Dr. Kiran (DMS HFH Gynaecology) was Guest speaker and Dr. Riffat Batool was host in this podcast.
- Posters on **Breast Cancer Awareness** were made.
- MAS boards in OTB and NTB were updated regularly
- Online database of MAS was maintained.