



2022 ANNUAL REPORT

RCAP

Rawalpindi Community Awareness Program
Rawalpindi Medical University

PROMOTION

HEALTH

EDUCATION

INNOVATION

RESEARCH



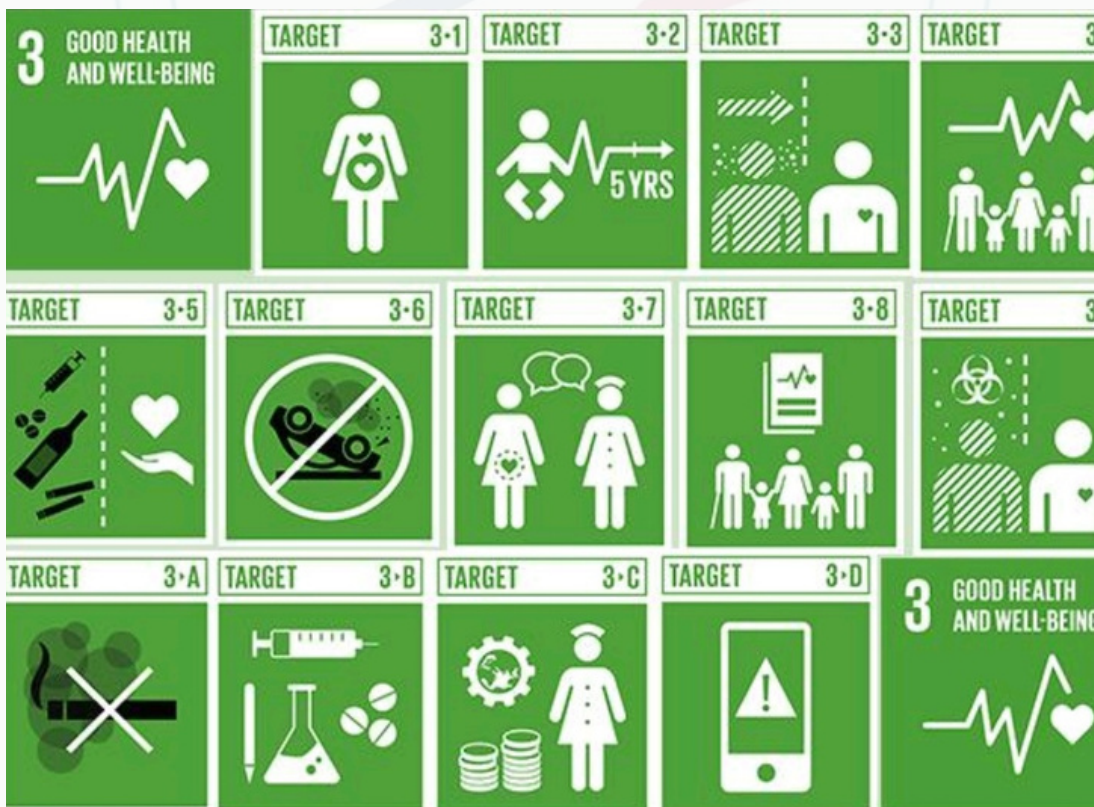
SUSTAINABLE DEVELOPMENT

GOALS



GOOD HEALTH AND WELL BEING

Targets of Sustainable Development Goal 3



TARGETS OF SUSTAINABLE DEVELOPMENT GOAL 3 TO ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES

3.1. MATERNAL MORTALITY

By 2030, reduce the global maternal mortality ratio to less than 70 per 100 000 live births.

3.2. NEONATAL AND CHILD MORTALITY

By 2030, end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1000 live births and under-5 mortality to at least as low as 25 per 1000 live births.

3.3. INFECTIOUS DISEASES

By 2030, end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases, and combat hepatitis, waterborne diseases and other communicable diseases.

3.4. NONCOMMUNICABLE DISEASES

By 2030, reduce by one third premature mortality from noncommunicable diseases through prevention and treatment, and promote mental health and well-being.

3.5. SUBSTANCE ABUSE

Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.

3.6. ROAD TRAFFIC

By 2020, halve the number of global deaths and injuries from road traffic accidents.

3.7. SEXUAL AND REPRODUCTIVE HEALTH

By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes.

3.8. UNIVERSAL HEALTH COVERAGE

Achieve universal health coverage, including financial risk protection, access to quality essential health-care services, and access to safe, effective, quality and affordable essential medicines and vaccines for all.

3.9. ENVIRONMENTAL HEALTH

By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination.

Goal 3 – Means of implementation for the targets

3.A. TOBACCO CONTROL

Strengthen the implementation of the WHO Framework Convention on Tobacco Control in all countries, as appropriate.

3.B. MEDICINES AND VACCINES

Support the research and development of vaccines and medicines for the communicable and noncommunicable diseases that primarily affect developing countries. Provide access to affordable essential medicines and vaccines in accordance with the Doha Declaration on TRIPS and Public Health, which affirms the right of developing countries to the fullest use of the provisions in the Agreement on Trade-Related Aspects of Intellectual Property Rights (TRIPS agreement) regarding flexibilities to protect public health and, in particular, provide access to medicines for all.

3.D. EMERGENCY PREPAREDNESS

Substantially increase health financing and the recruitment, development, training and retention of the health workforce in developing countries, especially in least developed countries and small island developing States.

3.C. HEALTH FINANCING AND WORKFORCE

Strengthen the capacity of all countries, in particular developing countries, for early warning, risk reduction and management of national and global health risks.

DEDICATED MY WORK

We dedicate our all work to our PROPHET MUHAMMAD (P.B.U.H).

VISION

Develop Healthy and Disease Free Community

VALUES

Preventing Diseases, Promoting Health, Prolonging Life

MOTTO

A word can make the world safer place to live!

RCAP AIM

Protecting and improving health involving combination of community and facility based activities in community.

RCAP OBJECTIVES

- ① Initial Objectives are basic preventive services, notably immunization, access to basic drugs, and management of the most serious threats to health, along with Health Promotion and capacity building of Health care teams.
- ② To become cost effective for prevention, referral, and management of diseases.
- ③ To play a key role until health services, education, income, and communications have improved to the point that mortality/ morbidity has fallen substantially.
- ④ To improve level of development of infrastructure, health services, and socioeconomic status.
- ⑤ To achieve substantial improvement in QALY (quality adjusted life years) and reduction in DALY(disability adjusted life years).

RECENT PROJECTS

- World Hepatitis Day Seminar
- Nurture Yourself
- Safe Motherhood awareness Campaign
- RMU Hepatitis free zone
- Thalassemia Prevention
- RMU Smoking Free Campus
- World Health Day
- Tuberculosis Awareness
- Anticancer Campaign
- Road Traffic Accident Awareness Campaign
- Osteoporosis Awareness Campaign
- Breast Feeding Awareness
- Anaemia Awareness Drive
- Plantation Drive
- Dr Ruth pfau Film Festival
- Markhor fitness Club

WORLD HEPATITIS DAY SEMINAR



Project Details

On July 27, 2022, IPAC Foundation, VFAHT, RCAP, DHA and Shifa4U organized a seminar at Rawalpindi Medical University to observe World Hepatitis Day, 2022.

Prof. Dr. Umar (SI) (Vice Chancellor, RMU), M. Sameer Shafi, MD (Chairman, Board of Trustees, IPAC Foundation), Prof. Dr. Tayyab Saeed Akhtar (Consultant, Gastroenterologist), Dr. Lubna Ishaq (CEO, District Health Authority, Rawalpindi), Dr. Ehsan Ghani (District Health Officer, Rawalpindi), and Prof. Dr. Syed Arshad Sabir (Dean of Community Medicine, RMU) were the guests at the ceremony.

WORLD HEPATITIS DAY SEMINAR



Objectives

The purpose of this seminar was to raise awareness among the medical students regarding the importance of taking right actions at the right time. The speakers emphasized upon spreading awareness among people regarding the disease as it can be easily prevented and cured through timely diagnosis and proper treatment.

NURTURE YOURSELF



Project Details

NURTURE YOURSELF series of 5 sessions is not a talk, it's not a one time event. it's a way of life. A director of all the GOOD THINGS we fail to appreciate and enjoy in life

Session 1 - The Mountain is You

Session 2 - Inner Child Hearing

Session 3 - Self Worth 101

Session 4 - I Hear Your Silence

Session 5 - I See You Love

NURTURE YOURSELF



Project Details

1. It talks about Self Compassion. Self Love. Self Sabotage. Why we don't work towards our goals even though we want to.
2. The Ethics of Giving and Taking.
3. Effective Communication to form healthy bond.
4. It encourages the attendees to courageously talk about it. The first step towards Healing is to Acknowledge the issue, and then to compassionately channelize it and let it go. The attendees will be equipped with relaxation techniques to not go into a debilitating state while they talk about their rock bottoms.

SAFE MOTHERHOOD AWARENESS CAMPAIGN



Project Details

PHASE 1

Team RCAP had a Capacity building session for Safe motherhood awareness campaign regarding contraception and family planning, where our team members visited Gynae Wards Unit 1 & 2 of Holy Family Hospital and Gynae unit BBH, Rwp

PHASE 2

Awareness regarding family planning, contraception and distributed pamphlets

SAFE MOTHERHOOD AWARENESS CAMPAIGN



Objectives

1. To ensuring all women receive the care they need to be safe and healthy throughout pregnancy and childbirth.
2. To reduce maternal and neonatal morbidity and mortality and to improve the maternal and neonatal health through preventive and promotive activities as well as by addressing avoidable factors that cause death during pregnancy, childbirth and postpartum period.

BREAST FEEDING AWARENESS CAMPAIGN



Project Details

1. Capacity building session of team members by Dr. Hina (Gynecology department BBH), Dr. Sobia (DHQ) and Dr. Madiha (HFH) Dr. Assad Shabbir (Pediatrics)
2. Awareness session conducted successfully at post neonatal wards and pediatrics wards of BBH, HFH and DHQ hospital Rawalpindi.

BREAST FEEDING AWARENESS CAMPAIGN



Objectives

1. Discuss the importance and management of breastfeeding with pregnant women and their families.
2. Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.
3. Support mothers to initiate and maintain breastfeeding and manage common difficulties.
4. Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated.
5. Enable mothers and their infants to remain together and to practice rooming-in 24 hours a day.
6. Support mothers to recognize and respond to their infants' cues for feeding.

Screening CERVICAL CANCER campaign



Rawalian Community Awareness Program
Rawalpindi Medical University



Rawalian Community Awareness Program
Rawalpindi Medical University



Cervical Cancer Awareness Campaign Volunteers

Cervical Cancer Awareness Campaign Volunteers



Project Details

1. Rawalian Community Awareness Program conducted an awareness campaign in allied hospitals of Rawalpindi Medical University i.e DHQ, BBH and HFH regarding Cervical cancer and its screening. About 50 volunteers participated and covered more than 500 patients alongside some spreading awareness at homes and university among the people.
2. Vaccination against HPV and screening and treatment of pre-cancer lesions is a cost-effective way to prevent cervical cancer.

THALASSAEMIA PREVENTION CAMPAIGN



Project Details

Rawalian Community Awareness Program (RCAP) conducted "Thalassemia Prevention and Awareness Seminar" In-collaboration with Punjab Thalassemia and other Genetic Disorders and Research Institute on Tuesday 31st of May 2022. Our worthy Vice Chancellor Prof. Dr. Muhammad Umar & our special guests, Col.(Dr) Mehreen Ali Khan, Prof Dr. Saima Khan addressed to the seminar. Special thanks to Dr Omaima Asif for organizing a successful seminar.

THALESSAEMIA PREVENTION CAMPAIGN



Objectives

1. To reduce the socio-economic burden on the society and state caused due to Thalassemia sufferers.
2. To reduce the burden of very sick patients on the infrastructure and human resource available in hospitals.
3. To reduce the heart ordeal of parents who lose their children due to this disease.

SMOKE FREE CAMPUS CAMPAIGN



Project Details

Ramzan Smoking quitting Month Smoking-free Campus Campaign A session by RCAP in regards to smoking quitting month campaign was held on April 19th, 2022, in NTB, RMU.

SMOKE FREE CAMPUS CAMPAIGN

NO SMOKING ZONE

Damages airways & alveoli. Emphysema.
Chronic bronchitis.
Lung cancer

Nicotine can kill brain cells and
stop new ones forming

Formation of plaques causing clotting in
veins and arteries leading to coronary
heart disease

Smoking causes peptic ulcers
which heals if you quit smoking

@rcaprmu RawalianR dmermcntb
rmu-rcap.weebly.com

Objectives

1. The campaign and session mainly aimed at helping students understand the harms of smoking, support a #smokingfreecampus and help smokers quit smoking in the way that best suits them.
2. Team RCAP also taught students some highly effective ways to reduce smoking rates in the community.

TUBERCULOSIS AWARENESS CAMPAIGN



Project Details

RCAP held a Tb Awareness Seminar today in Rawalpindi Medical University in collaboration with District Health Authority Rawalpindi to discuss prevalence, modes of transmission, early diagnosis and treatment. Experts from different departments were also there who shared their views. We are grateful to :

Dr Muhammad Raza - District TB Coordinator DHA Rawalpindi
Dr Muhammad Mujeeb Khan -Patron Communicable Diseases RCAP
Dr Muhammad Zubair - District Training officer TB Control
Mr Rashid Hussain -Deputy Head Orthotics & Prosthetics BBH RMU

TUBERCULOSIS AWARENESS CAMPAIGN



Objectives

1. Capacity building session of team members.
2. Awareness sessions in OPDs, wards of different Allied Hospitals of RMU.
3. Short Video messages by HODs of ENT departments
4. Awareness walks
5. Awareness seminar

Rawalpindi Medical University
Rawalian Community Awareness Program

WORLD Tuberculosis DAY

Call for a world free of TB!

TB IS THE SECOND MOST DEADLY DISEASE WORLDWIDE

Pakistan ranks 5th amongst the high burden countries of the world

Incidence- 259/100,000
Mortality- 20/100,000

At risk Groups:

- People living with HIV
- People who smoke
- Children and Close contacts
- People with low immunity
- Living in a crowded setting

TB bacteria are spread through the air from one person to another through coughing or sneezing.

Symptoms:

- Low grade Fever
- Cough with Blood
- Night sweats
- Loss of Appetite
- Weight loss
- Fatigue
- Chest Pain

Prevention:

- Vaccinate your family
- Eat Healthy diet and exercise daily
- Use personal utensils and cutlery
- Stay away from coughing and sneezing person
- Stop smoking and drinking alcohol
- Wash your hands after cough or sneeze

TB is CURABLE!

Treatment is available and needs to be completed. Many drug resistant cases are now emerging due to incomplete treatments.

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ANAEMIA AWARENESS CAMPAIGN



Project Details

The Volunteers were divided into two teams & sent to HFH and BBH accompanied by respected members from Bio-labs. Drive started around 9am as of Thursday 16th December 2021. The members were provided with awareness pamphlets and research questionnaire. Volunteers spread awareness about anemia and also collected data regarding anemia risk factors, iron deficiency, adverse outcomes etc. about hundred research forms were collected and around three hundred people were made aware of anemia in a single day..

ANAEMIA AWARENESS CAMPAIGN



Objectives

1. Organizing an awareness campaign
2. Organizing volunteers to visit pediatrics & gynae wards of HFH & BBH for Awareness & research activity
3. Distributing Pamphlets of anemia awareness among mothers and general public.
4. To educate public, mothers & pregnant females about Anemia
5. To check Prevalence of Anemia in Mothers
6. To determine adverse possible outcomes of Anemia
7. To study Iron Deficiency Anemia in Infants and young children.

OSTEOPOROSIS AWARENESS CAMPAIGN



Project Details

RCAP (Rawalian Community Awareness Program) organised a Bone Density Screening Camp at Benazir Bhutto Hospital on 22nd October 2021 in commemoration of World Osteoporosis Day.



OSTEOPOROSIS AWARENESS CAMPAIGN



Objectives

1. To determine the risk of osteoporosis in the participants.
2. To determine how many grams of calcium and other minerals are packed in bones.
3. To prevent the risk of fractures by modifying the lifestyle.
4. To use the results of bone density tests and plan the treatment modality.
5. To determine the population ratio at a potential risk of osteoporosis.

RMU HEPATITIS FREE ZONE



Project Details

Hepatitis B and C screening camp was arranged in New Teaching Block Rawalpindi Medical University by VFAHT (Volunteer Force Against Hepatitis Transmission) in collaboration with Rawalian Community Awareness Program, Shifa4U, CLD & Martin Dow. Up to 270 students were screened, all of whom turned negative. This was the first camp of Phase 1 of RMU Hepatitis Free Zone project. The camp was conducted under the supervision of Vice Chancellor Prof. Dr. Muhammad Umar (TI) and the guidance of Dr. Tayyab Rasool, Dr Omaina Asif & Dr Asif.

RMU HEPATITIS FREE ZONE



Objectives

- Rawalpindi Medical University is considered one of the leading institutes in the country in extending awareness of spread, treatment and prevention of hepatitis among mass communities and locals.
- To make RMU hepatitis free zone
- To screen all students and faculty of RMU.

WORLD HEALTH DAY

RAWALPINDI MEDICAL UNIVERSITY
RAWALIAN COMMUNITY AWARENESS PROGRAM

WORLD HEALTH DAY
عالمی دن برائے صحت

سنو، مجھے بچالو
اتیقہ جلیل

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RAWALPINDI MEDICAL UNIVERSITY
RAWALIAN COMMUNITY AWARENESS PROGRAM

سنو، مجھے بچالو
اکٹیو بھی وقت باقی ہے
روز تیرے لوٹ آئے گی
میں نے راجا کی ہے
مجھے بچرے سے لگے گا کو
سنو، مجھے بچالو

مجھے درد ہوتا ہے
جو شائیں جھلا جاتے ہو
میری لذت، میری ہریالی کو
تم جڑ سے اکھاڑ جاتے ہو
مجھے بچرے سے بچالو
سنو، مجھے بچالو

انکھ بہاؤں کیے
نری نالے سب سوک گئے
صدرا بھی اکاؤں کیے
کہ کوئی مینار و ٹھ گئے
انکھیں بچرے سے بچالو
سنو، مجھے بچالو

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RAWALPINDI MEDICAL UNIVERSITY
RAWALIAN COMMUNITY AWARENESS PROGRAM

یہ علم نہیں تو کیا ہے
موسم سب یکساں ہوئے
بہار خزاں کے نام ہیں اس
گلوں کے رنگ بھی تو ہوئے
مجھے بچرے سے بچالو
سنو، مجھے بچالو

مجھ سے ہی رزق ہے تمہارا
کبھی تو میرا بھی ذکر کر لو
میں ہی کاغذ میں ہی سونا
میری تھوڑی سی ہی فکر کر لو
خود کو مجھ میں مانو
سنو، مجھے بچالو

پھرینہ برست، امی تم ہو
کب سے ترس گئے ملک ارش کو
مجھ سے ہی تمہاری حیات ہے
کچھ تو لو بناو اس ترش کو
کھین لینی ہی حیات نہ تمہارا
سنو، مجھے بچالو

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Project Details

Theme of this year is Our Planet Our Health

روالین کمیونٹی آگہاری

RTA AWARENESS CAMPAIGN



Project Details

"Ride Safe, Arrive Safe"

An accident is an unforeseen, unexpected event that may result in mortality (death), morbidity (condition of being diseased), disability, and economic loss. Globally accidents are the 8th leading cause of death and are responsible for about 8% of all deaths in the world. According to UN survey, Pakistan ranks 4th in vehicle accidents. These alarmingly high trends indicate the severity of threat RTAs impose on public health. As NTRC (National Transport Research Centre) states, there are three main causes of road traffic accidents i.e., ignorance of road users, outmoded traffic, ineffective enforcement of traffic laws.

RTA AWARENESS CAMPAIGN



Objectives

1. Promotion of safety tips for road traffic accidents prevention STRAPS.
2. Following the speed limit
3. Reduce the number of accidents and associated mortalities, morbidities and disability.
4. Safety promotion for all major categories for road
5. Users: Pedestrians, bicyclists and cyclists, drivers of cars, auto-rickshaws, truck drivers etc.

ANTI CANCER CAMPAIGN



REAL LIFE CANCER SURVIVORS' STORIES:

Nadia Jamil's Journey

When I was sharing my journey, a lot of people messaged me and I pray for them so much today because when I was all alone and only God and my 13-year-old son were with me, these people would share their own stories or their loved ones' who had survived breast cancer. That gave me hope. Because when a person develops cancer, everyone around that person is affected too. So it's very important for people to constantly support each other.

My cancer told me, 'Nadia, you don't need to hide behind your hair anymore. This is your face, and it's all you have. So look at it and love it.' I learnt to love everything else about myself, which I had been hiding all along.

My breast cancer reminded me that I was born alone and am bound to die alone, taking no one and nothing with me. So might as well take care of who I am; the person I am and befriend her instead of constantly transforming and hiding her away with hair and makeup, instead of keeping up a façade.

Source: PTV news



آگاہی از مشال طارق



موت سے آگاہی موت سے زیادہ ظالم ہوتی ہے۔ کینسر بھی موت سے آگاہی کی بیماری ہے۔ اس بات کی آگاہی کہ اب دن گئے جاچکے ہیں۔ آپ کا کوئی بھی مذہب ہو آپ کسی خدا کو مانتے ہوں یا بالکل منکر ہوں آپ موت کو نہیں جھٹلا سکتے آپ اس کے ہونے سے آنکھیں نہیں پھیر سکتے۔ اور کینسر جس میں موت سامنے کھڑی ہوں تو بہت سے بہادر اسکو دیکھنے سے ہی مر جاتے ہیں۔ اس آگاہی کی جنگ میں جب کینسر کے خلیے جسم میں بڑھنے لگیں اور ہمت اور طاقت گھٹنے لگے۔ جب گھڑی کی ٹک ٹک تیز اور دل کی دھڑکن مدہم پڑنے لگے اور آگے بند گلی کے سوا کچھ نہ دکھائے دے تو ایسے میں کون لوگ ہوتے ہیں جو یہ جنگ لڑ ہی نہیں بلکہ جیت بھی جاتے ہیں؟ یہ وہ لوگ ہوتے ہیں جنکی سب لوگ طاقت اور جرأت بن جائیں جنہیں بند گلی سے نکالنے والے ہاتھ موجود ہوں۔ تو آئیے اس کینسر آگاہی مہم یہ عہد کریں کہ ہم سب زندگی کی طرف کھینچنے والے ہاتھ بن جائیں گے، آئیے عہد کریں کہ اب یہ جنگ ہم کسی کو اکیلے نہیں لڑنے دیں گے، آئیے یہ بات منوالیں کہ علاج، خیال اور احساس سے ہم موت کو ختم نہیں تو ڈالنے کی کوشش ضرور کریں گے۔ آئیے یہ عہد کریں کہ موت کی آگاہی سے موت سے پہلے کسی کو مرنے نہیں دیں گے۔

بے سبب دل پہ کوئی بوجھ نہ بھاری رکھئے
زندگی جنگ ہے، اس جنگ کو جاری رکھئے
کتنے دن زندہ رہے، اسکی نہ گنتی کیجئے
کس طرح زندہ رہے، اسکی شماری رکھئے



Counting Breaths By Eman Akhtar (Batch 45)



In and out I watched your chest heave Head down, I offered a silent prayer As your lungs struggled to breathe	I reached you in time Though you were a shade of blue How you lived through that night I'll never have a clue
Tubes and monitors Your constant companions Wheezes broke through silence Air squeezed past those canyons	Early morning I walked to your bed you knew the look in my eyes I wonder if you heard me Or were you thinking of goodbyes
"It started with a cough Then my voice grew hoarse" Phlegm tinged with blood An ominous course	Your family took you home To memories that it holds How long will you make more Till your body turns cold
A frail form lied by the window I heard a coo as a dove flew past Its feathers weighed of you You sailed without a mast	A life of eighty years I wonder what you have seen The people you have known The places you have been
It was 2 in the morning My pager lit up the dark room number 5 A pounding heart	I hope in these numbered days You relive a joyous past May you know love and light Until you breathe your last

ANTI CANCER CAMPAIGN



FOREVER
BY GHANIA FAZAIL



*I look at her, she's covered in tubes – with bags of medicines
and trays of injections sprawled across her.
She's dying.*

*I trace every heave of her breath as if to make sure she's still there.
She doesn't stir when I smooth her hair back from her forehead nor
does she move when I caress her cheeks.*

*They say beauty is in the eyes of the beholder, but I couldn't think
of anyone who'd seen her and disputed her beauty.
I take her hand and look at her henna. It's withering away – just
like her.*

*It breaks my heart how I'll lose her – how I am losing her, piece
by piece, daily. It's more painful as it increments with each
passing day.*

*I remember our banter a while ago when she espied my distress.
"Can't wait for people to read your work", she remarks about my
book draft – to be published in future, a future she's not going to
be a part of.*

*I tell this heart of mine, it's perhaps one more prayer away – her
life, our future together, it maybe just a few more days or maybe
never at all in this lifetime, but holding on to this prayer is what
gives me the strength.*

*I look at her again, pale skin struggling with life, and wish we could lose
people as whole, and not as their parts – dying everyday, maybe then it'd
have hurt a bit less.*



اختتام تسلسل



یہ روز بی کوئی جتا دیتا ہے
میں خود، خود سے بی انجان ہوں
اب تو آئینہ بھی دغا دیتا ہے

یہ مرض نہیں، قرض ہے شاید
جو ان سانسوں سے لوٹانا ہے
یہ فنا کا اک طرز ہے شاید
اسم روگ تو اک بہانا ہے

بند اب ہے خواب ہے، گر آ جائے
اور امیدوں پہ بھی گرد ہے
کیا اس درد کا علاج ہے کوئی
یا علاج میں بھی بس درد ہے

آغاز مدہم تھا، پر سفر کٹھن
اور منزل پر دھندلکا ہے
بے سود درد کو چن چن کر
اب دل بھی تھک چکا ہے

ارادے زمیں بوس، اعصاب بے دم
جلوے بھی جل کر راکھ ہو گئے
صدا بے آواز اور لب خشک
اشک بھی سپرد خاک ہو گئے

زندگی کی تلاش میں ہوں
بر راہ کے دو سرے ہیں
اک شاہراہ خاردار ہے
اک پہ سنگ بچھے ہیں

ختم ہو اب ٹوٹی نبض کا تسلسل
کاش یہ اب بس تھم جائے
روز جینے، کی آس ٹوٹے
روز مرنے کا غم جائے

بستر کی سلوٹ نکل جاتی ہے
پر ماتھے کی شکن جاوداں ہے
تم مسکرانے کی بات کرتے ہو
یہاں بر احساس بی فنا ہیں

انیقہ جلیل



Eulogy for my Cancer
By Amna Iftikhar (Batch 45)



My body felt like a time bomb.

I couldn't see the world the same way, because every time I saw it, it felt inadequate. There were so many magnificent details that I was missing in a glance. I wanted more time. To notice all of it. All the time, which I did not spend in hospitals felt like a calm before the storm.

Conscious of how my body was fighting a battle which was maybe it's last. My vessels being encroached by a giant ball of tumor growing every single day. Every day I grew more dead from inside, over conscious of death.

**But what cancer taught me,
"It too shall pass"**

Fighting cancer wasn't only about fighting death but also relearning the art of living. Only when death shook hands and agreed to not take me along, I grew thankful for the life I had.

DR RUTH PFAU FILM FESTIVAL



Project Details

A healthy competition was introduced among the movie makers to ensure high quality movies. Winners were decided by the esteemed Judi that included Ehd e Wafa and Load wedding famed, award winning actor Anjum Habibi, and one of the famous producers and writers in the industry – Tanveer Sardar, who has many celebrated TV shows to his name.

Shahryar Khan Afridi and Dr. Prof Muhammad Umar, VC RMU were invited as chief guests. A total of 13 movies were submitted out of which top 3 movies were given cash prizes of 15k, 10k and 5k respectively. First position was scored by the students of Army Medical College, second and third by Rawalpindi Medical University students. The session ended on a note by our respected chief guests.

DR RUTH PFAU FILM FESTIVAL



Objectives

1. Spread Awareness about COVID 19
2. Spread Awareness about common health issues prevailing in our society
3. Sensitize the Public on the need to follow precautionary measures in the wake of COVID 19
4. Provide students the platform to explore their movie making and acting skills

MARKHOUR FITNESS CLUB – MISS FIT



Project Details

Markhor Fitness Club (a project by RCAP) arranged a Nutrition and Fitness workshop in CPC hall NTB RMU, on March 31st, 2022.

Dr. Saba Haider, a renowned nutritionist and fitness expert - the guest speaker of the workshop, gave a very holistic approach for treating health and fitness issues, which encompassed rightful guidance about nutrition and lifestyle.

MARKHOUR FITNESS CLUB – MISS FIT



Objectives

1. Fitness for Rawalian girls.
2. Healthy diet and lifestyle.
3. Motivate young girls to not only be healthy but be fit.
4. Address health related issues of young girls.

MARKHOUR FITNESS CLUB – GBPL VS RMU

Project Details

Markhor Fitness Club (a project by RCAP) arranged a Nutrition and Fitness workshop in CPC hall NTB RMU, on March 31st, 2022.

Dr. Saba Haider, a renowned nutritionist and fitness expert - the guest speaker of the workshop, gave a very holistic approach for treating health and fitness issues, which encompassed rightful guidance about nutrition and lifestyle.

INNOVATION EXPO RENOVACON 22



روانش کینوٹی ڈیگامی

INNOVATION EXPO RENOVACON 22



Project Details

The idea for the innovation expo was built on the fact that healthcare faces intractable challenges, which require innovative solutions. So far, innovation in healthcare is a foreign concept amongst medical students. With this event, we hoped to promote a culture of innovation in our university and foster creativity among its students. Students in RMU were familiarized with the process and event through class sessions, and online webinars were held for medical students from other Universities. Engineering students were also invited to present their healthcare related innovation projects. These efforts garnered the submission of over 100 projects from RMU and various other medical and engineering universities, notably King Edward Medical College, Foundation University Medical College, Islamabad Medical and DENTAL college, Shifa medical college, NUST and Hitech. Projects were further shortlisted by judges for oral and poster presentations in the aforementioned categories.

INNOVATION EXPO RENOVACON 22



Objectives

RCAP is conducting the first ever Innovation Expo as part of RENOVACON'22 in collaboration with Rawalian Student Research Society (RSRS) at Rawalpindi Medical University to promote innovative thinking among medical students and enhance collaboration among the fields of healthcare, engineering, and pharmaceutical sciences. Students from across the region designed and will present over 70 campaigns and innovation projects related to public health, health technology, and medical education. Our goal is to strive towards a healthier future through health promotion and innovation.