



RAWALIAN COMMUNITY AWARENESS FORUM

RAWALIAN COMMUNITY AWARENESS PROGRAM

Portfolio

RAWALPINDI MEDICAL UNIVERSITY RAWALPINDI



Rawalian Community Awareness Program

"A WORD CAN MAKE THE WORLD SAFER TO LIVE"



SCHOOL HEALTH EDUCATION & PROMOTION INITIATIVE

HEALTH DIET & HAND HYGIENE

HEALTH & PSYCHOLOGICAL DEVELOPMENT



PATRON IN-CHIEF
Prof. Muhammad Umar
Vice Chancellor RMU



Member Executive Board of Advisory
Prof. Bushra Khar



Member Executive Board of Advisory
Dr. Shazia Zeb



PATRON COMMUNICABLE DISEASES
Dr. M. Mujeeb Khan



PATRON NON COM. DISEASES
Dr. Usman Qureshi



PRESIDENT
Dr. Omaira Asif



FOUNDER PRESIDENT



HEALTH FOR ALL INITIATIVE

COMMUNICABLE & NON COMMUNICABLE DISEASES

WORLD HEALTH DAYS & AWARENESS

GUEST FORUM LECTURES



CAPACITY BUILDING SESSIONS &

SHORT VIDEO RECORDING FOR GENERAL POPULATION



Dr. Tayyab Saeed Akhtar (GERD and its prevention) march 2017



general preventive measures from infectious diseases march 2017



Prof. Dr. Atifa Shuaib (Thalassemia and its prevention) 20.2.2017 (2)



Prof. Dr. Rizwana Chaudhri HFH 12.2.2018



Dr. Tayyab Saeed Akhtar Gastroenterology Liver Center, Holy Family Hospital



A comprehensive Talk by Medical Specialist Gastroenterology



HPD FACILITATOR
Dr. Ayesha Minhas
Child Psychiatrist



HD&HH FACILITATOR
Dr. Raja Imran
Child Specialist



HD&HH FACILITATOR
Dr. Nauman Naseer
Child Specialist



CHIEF COORDINATOR
Ms. Jacqueline Albert
College of Nursing



MEDICAL ADVISOR
Dr. Irum Kalsoom Niazi
Medical Section



COORDINATOR MBBS
Mr. Mushraf Khalid



COORDINATOR AHS



Rawalian Community Awareness Program (RCAP)
Rawalpindi Medical University Rawalpindi

RAWALIAN COMMUNITY AWARENESS PROGRAM



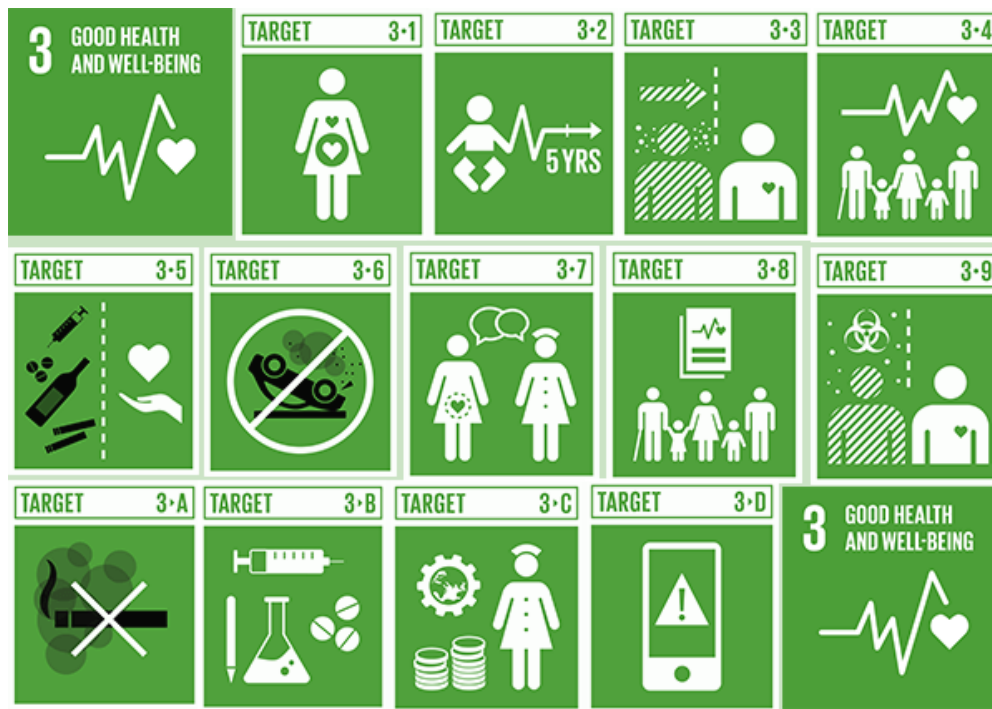


SUSTAINABLE DEVELOPMENT GOALS



GOOD HEALTH & 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.c. Health financing and workforce

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.d. Emergency preparedness

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

Target 3.8. Universal health coverage

This target can be seen as an overarching one that supports the achievement of the other targets. It is derived from the Millennium Development Goals, the new targets and the means of implementation.

Preventing Diseases	Promoting Health	Prolonging Life
Health Promotion	Health Education	Research Innovation



Working Area

Health Care Professional	School health Education & Promotion	Primary Health care Centers
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<ul style="list-style-type: none"> • Capacity Building • Training & Development 	<ul style="list-style-type: none"> • Health diet & hand Hygiene • Health & Psychological Development 	Health Education Promotion Protection Prevention Awareness Camps
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Annual Calendar

Short videos	Workshops	Seminars
<ul style="list-style-type: none"> • General Public • OPD Areas • Primary Health Care centers 	<ul style="list-style-type: none"> • Health Care Professional • Primary Health care Centers “Act & Protect” 	For General Public <ul style="list-style-type: none"> • Realizing your Potential For Health Care Professional <ul style="list-style-type: none"> • Public health role & Scope



Rawalian Community Awareness Program

"A word can make the world safer to live"



Health Day Name	Health Day Start Date	Health Day End Date
World Cancer Day	04 February	04 February
International Epilepsy Day	11 February	11 February
International Childhood Cancer Day	15 February	15 February
Colorectal Cancer Awareness Month	01 March	01 March
World Hearing Day	03 March	03 March
World Kidney Day	14 March	14 March
World Oral Health Day	20 March	20 March
World Down Syndrome Day	21 March	21 March
World Tuberculosis (TB) Day	24 March	24 March
World Autism Awareness Day	02 April	02 April
World Health Day	07 April	07 April
World Immunization Week	24 April	24 April
World Asthma Day	07 May	07 May
World Thalassemia Day	08 May	08 May
World Hypertension Day	17 May	17 May
World MS Day	30 May	30 May
World No Tobacco Day	31 May	31 May
World Blood Donor Day	14 June	14 June
World Sickle Cell Day	19 June	19 June
World Hepatitis Day	28 July	28 July
World Breastfeeding Week	01 Augu9	01 August
World First Aid Day	14 September	14 September
World Alzheimer's Day	21 September	21 September
World Heart Day	29 September	29 September
Breast Cancer Awareness Month	01 October	31 October
International Day of Older Persons	01 October	01 October
World Sight Day	10 October	10 October
World Mental Health Day	10 October	10 October
World Obesity Day	11 October	11 October
World Arthritis Day	12 October	12 October
Global Handwashing Day	15 October	15 October
International Infection Prevention Week	16 October	16 October
World Osteoporosis Day	20 October	20 October
Lung Cancer Awareness Month	01 November	30 November
World Antibiotic Awareness Week	13 November	19 November
World Diabetes Day	14 November	14 November
World Prematurity Day	17 November	17 November
World COPD Day	20 November	20 November
World Children's Day	20 November	20 November
World AIDS Day	01 December	01 December
International Day of Persons with Disabilities	03 December	03 December



rcap2017dmc@gmail.com



For every child
Health, Education, Equality, Protection
ADVANCE HUMANITY

MENTAL HEALTH CARE GAP



کستان سویٹ ہوم
(فرشتوں اور پریوں کا گھر)

پ رورش

RAWALIAN NUTRITION

DR. SABA HAIDER

Consultant Dietitian & Nutritionist



2021 & ONWARD ACTIVITIES

MARKHOR THE RAWALIAN FITNESS CLUB



- **Journal of Health Promotion, Education & INNOVATION RMU**
- **Community Awareness with Research**
- **Certificate in Health Education and Promotion**
- **Train the Trainer Program**
 - **“Certificate of Health Specialist”**
- **Certificate “Art of wellbeing”**
- **Certificate in Holistic Medicine**

Jannet Healey (Manchester University)

NAYS & RCAP COLLABORATION FOR INNOVATION

18TH MARCH 2021 Meeting with President National academy of young scientist & CEO of Chatta Bio Care MR, Aftaab, PhD Molecular Biology.... Agreed on signing of MOU with Rawalian Community Awareness Program to Promote Culture of INNOVATION in Rawalpindi Medical University further Provision of All Technical Support by them



HEALTH PROMOTION ^ EDUCATION ^ INNOVATION

SCHOOL HEALTH PROMOTION & EDUCATION INITIATIVE

HEALTH & PSYCHOLOGICAL DEVELOPMENT

HEALTH FOR ALL “COMMUNICABLE & NON COMMUNICABLE

- 1. RCAP MEDICAL CHAPTER**
- 2. RCAP ALLIED HEALTH SCIENCES CHAPTER**
- 3. RCAP COLLEGE OF NURSING CHAPTER**
 - a. TRIBUTE TO NURSES OF PAKISTAN & AROUND THE GLOBE**
- 4. DISTRICT HEALTH AUTHORITY RAWALPINDI**
- 5. RCAP IN COLLABORATION WITH MINORITIES**
- 6. FAMILY MEDICINE & INTERNATIONAL COLLABORATION**
- 7. WEBINARS WITH INTERNATIONAL FACULTY**
- 8. COOPERATE HEALTH & AWARENESS SESSION AT ALL PAKISTAN LEVEL**
- 9. CELEBRATION OF INDEPENDENCE DAY / ONLINE**
- 10. COLLABORATION WEBINARS WITH MAHIR E NAFSIYAAT**
- 11. RCAP & NAYS + NUST ISLAMABAD**

WEBINARS WITH MAHIR E NAFSIYAT



OUR BELIEVE & ATTITUDE TOWARD COVID 19





COVID-19 LEVEL

1 - NONE 2 - SIGNIFICANT 3 - MODERATE 4 - SEVERE

29.04.2021 THURSDAY

WATCH US LIVE

www.rmu-rcap.weebly.com

Media with PowerMyWeb.com

ANCHOR

Dr Asif Maqsood Butt
M.B.B.S, MPH, DIP Medicine (P.R.C) FRSPH,
RCSP (International Affiliate) M.I.H.E.P, MRSTMH
Public Health Specialist & Innovation
Founder President
Rawalian Community Awareness Program

GUEST SPEAKER

MISS Hira Sheikh
MS (clinical psychology)

✓ PREVENTION
✓ PROTECTION
✓ DISEASES

RAWALIAN COMMUNITY AWARENESS PROGRAM
RAWALPINDI MEDICAL UNIVERSITY RAWALPINDI



OUR BELIEVE & ATTITUDE TOWARD COVID 19



ROLE OF MOTIVATION & COUNSELLING



COVID-19 LEVEL

1 - NONE 2 - SIGNIFICANT 3 - MODERATE 4 - SEVERE

06.05.2021 THURSDAY

WATCH US LIVE

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WEBINARS WITH DISTRICT HEALTH AUTHORITY, RAWALPINDI

RAWALIAN COMMUNITY AWARENESS PROGRAM
A WORD CAN MAKE THE WORLD SAFER PLACE TO LIVE !
Managing the gaps in treatment of covid 19 " An interactive session with experts"

LOOK FEEL & LISTEN	RIGHT STEPS TO LEFT THE COVID
<p>Dr Qaiser Aziz Haqqani FCPS Med, Consultant physician Working at RIUT with covid since March 2020 PAKISTAN</p> <p>Chief Guest DR EHSAN GHANI DHO, PS DISTRICT HEALTH AUTHORITY RAWALPINDI</p>	<p>GUEST SPEAKERS</p> <p>Dr.M,Arshad Jameel SpR Respiratory Medicine , Sandwell and west Birmingham Hospital. UNITED KINGDOM</p> <p>HOST / ORGANIZER DR ASIF MAQSOOD BUTT CHIEF PROGRAM DIRECTOR & FOUNDER PRESIDENT RAWALIAN COMMUNITY AWARENESS PROGRAM</p>

RAWALPINDI MEDICAL UNIVERSITY, RAWALPINDI, PAKISTAN

Join us for an interactive session
15 MAY 2021 09:00- 11:00 PM

WEBINAR WITH FAMILY PHYSICIANS

**OUR BELIEVES & ATTITUDES
TOWARDS COVID 19 & VACCINATION**





GUEST SPEAKER



DR SOHAIL AHMAD
MBBS, M.Phil, MCPS
Ex Dy District Health Officer, Cantt Rwp
Ex Assistant Professor of Pharmacology ANMC
Consultant Physician Rawalpindi

HOST / ANCHOR



DR ASIF MAQSOOD BUTT
M.B.B.S, MPH, DIP Medicine (P.R.C) FRSPH,
RCGP (International Affiliate) M.I.H.E.P, MRSTMH
Public Health Specialist & Innovation
Founder President
Rawalian Community Awareness Program



26 TH APRIL 2021
09: 00 PM



HEALTH DIET & HAND HYGIENE



SCHOOL HEALTH EDUCATION & PROMOTION INITIATIVE

Health, Promotion, Protection & Prevention

HEALTH & PSYCHOLOGICAL DEVELOPMENT

HEALTH DIET & HAND HYGIENE

HEALTH FOR ALL INITIATIVE COMMUNICABLE & NON COMMUNICABLE DISEASES

World Health Days & Awareness
Guest Forum Lectures
Capacity Building Sessions
Short video recording for general population
Interactive session with community



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