



“Service as a Civic and Community Engagement”

School of Pharmacy

University of Management and Technology

January- December 2024

Title: A Chronicle of SCCE Community Service Projects

“Only a life lived for others is a life worthwhile”.

(Albert Einstein)

Submitted by:

Dr. Amber Sharif

Assistant Professor,

Convenor, Service as a Civic and Community Engagement,

School of Pharmacy, UMT

Muhammad Humza

Student, Service as a Civic and Community Engagement Lead

6th Semester, School of Pharmacy, UMT



Executive Summary:

The School of Pharmacy at the University of Management and Technology is dedicated to promoting social responsibility and community involvement among its students and faculty. Throughout the past academic year, the department has actively engaged in various community service initiatives focused on meeting local needs, supporting sustainable development, and enhancing societal well-being.

Sr No.	Projects	Total projects
01	Total number of projects	78
02	Completed Projects	45
03	In Progress Projects	33
04	Projects in Hospitals	2
05	Awareness projects	10
06	Projects in schools & COLLEGES	7
07	Projects in orphanage	10
08	Projects in old home	3
09	Collaboration Projects with NGOs	9
10	Projects in Pharmacies	1
11	Plantation Drives	4
12	Medical camps	1
13	Awareness walks	1

I. Introduction:

The School of Pharmacy's community service initiatives align seamlessly with UMT's broader mission of nurturing socially responsible individuals who actively contribute to societal advancement. Our involvement goes beyond classroom learning, offering students and faculty valuable opportunities to apply their academic knowledge in real-world contexts. These experiences not only enhance professional competencies but also foster empathy, leadership, and a deeper understanding of community needs. Through these initiatives, we aim to build a culture of service, compassion, and civic responsibility within our academic environment.

II. SPH Committee for Service as Civic and Community Engagement:

The **SPH Committee for Service as Civic and Community Engagement** played a central role in guiding and supporting students throughout the community service initiatives since **September 2023**. The committee not only facilitated the planning and execution of the SCCE Community Service projects but also evaluated student activities and provided support. The team ensured that each initiative aligned with UMT-School of Pharmacy's vision of promoting civic responsibility and meaningful community engagement.

Team Members:

1. Dr. Amber Sharif

**CONVENER Service as Civic & Community Engagement
ASSISTANT PROFESSOR, SCHOOL OF PHARMACY,
UMT**

2. Mr. Muhammad Humza

STUDENT, 6th Semester, SCHOOL OF PHARMACY

3. Ms. Amna Waqar

STUDENT, 8th Semester, SCHOOL OF PHARMACY

4. Ms. Humna Salman

STUDENT, 6th Semester, SCHOOL OF PHARMACY

5. Ms. Arisha Tufail

STUDENT, 4th Semester, SCHOOL OF PHARMACY



III. Key Community Service Projects:

CPS-2024-01: – WADUHA Care Homes Nutritional and Hygiene Awareness:

Objective: Promote balanced nutritional growth and hygiene awareness among residents of WADUHA Care Homes.

Activities:

- **Nutritional Guidance:** Educate residents on balanced diets and the harmful effects of junk food.
- **Hygiene Workshops:** Conduct sessions on oral and hand hygiene techniques.
- **Interactive Activities:** Engage residents in practical demonstrations and discussions on maintaining good health.

Impact:

- **Improved Nutrition:** Encourage healthier eating habits and awareness of junk food's harmful effects.
- **Enhanced Hygiene Practices:** Foster better oral and hand hygiene among residents.
- **Healthier Living:** Contribute to overall well-being and improved health outcomes for residents



CPS-2024-02: – WADUHA Welfare Organization Food Drive:

Objective: To provide nutritious food packages to underserved children through a community-driven food drive.

Activities:

- **Food Collection:** Organize and collect donations of food items from the community.
- **Package Preparation:** Assemble food packages tailored to meet the nutritional needs of children.
- **Distribution Event:** Distribute the prepared food packages among children at WADUHA Welfare Organization.

Impact:

- **Nutritional Support:** Ensure children receive essential nutrients through well-balanced food packages.
- **Community Engagement:** Foster a sense of community involvement and support for underserved populations.
- **Improved Well-being:** Contribute to the overall health and well-being of children in the WADUHA Welfare Organization.



CPS-2024-03: – Iftar Drive and Gift Distribution in Rural Village, Kasur:

Objective: To support needy and deserving people in a rural village in Kasur through an Iftar drive and gift distribution.

Activities:

- **Iftar Drive:** Organize and distribute Iftar meals to the villagers during Ramadan.
- **Gift Distribution:** Provide essential gifts, including clothes and basic necessities, to the needy.
- **Community Engagement:** Involve students and volunteers in the planning and execution of the drive.

Impact:

- **Nutritional Support:** Ensure that villagers receive nutritious meals during Iftar.
- **Basic Necessities:** Provide essential items to improve the quality of life for the villagers.
- **Community Solidarity:** Strengthen community bonds and foster a spirit of giving and support among volunteers and villagers.

CPS-2024-04: – Gift Packaging and Distribution for Orphans:

Objective: To bring joy and support to orphans by organizing gift packaging and distribution in collaboration with Alkhidmat Foundation.

Activities:

- **Gift Packaging:** Organize and assemble gift packages containing toys, clothes, and educational materials.
- **Distribution Event:** Partner with Alkhidmat Foundation to distribute the gift packages to orphans.
- **Volunteer Engagement:** Involve students and community members in the packaging and distribution process.



Impact:

- **Emotional Support:** Provide joy and emotional support to orphans through thoughtful gifts.
- **Community Involvement:** Foster a spirit of giving and volunteerism among participants.
- **Enhanced Well-being:** Contribute to the well-being and happiness of orphaned children.



CPS-2024-05: – Alkhidmat Foundation Grand Iftar 2024

Objective: To support and bring joy to orphans (nearly 2000 children), widows, and old home residents through participation in the Grand Iftar event.

Activities:

- **Event Planning:** Students collaborated with Alkhidmat Foundation to plan the logistics of the Grand Iftar hosting more than 3000 guests, ensuring all aspects of the event were well-organized. More than 100 students participated in this.
- **Venue Setup:** Assisted in setting up the venue, including arranging seating, decoration, and preparing dining areas.
- **Food Distribution:** Served Iftar meals to over 3000 guests, ensuring everyone received their meal in a timely and orderly manner.
- **Crowd Control:** Managed the large crowd by directing guests, preventing overcrowding, and ensuring the safety of all attendees.
- **Security Provision:** Worked alongside security personnel to ensure a safe environment for all guests, addressing any issues that arose promptly.
- **Hosting and Guest Relations:** Welcomed and assisted guests throughout the event, answering questions, guiding them to their seats, and ensuring they felt comfortable and cared for.



Impact:

- **Community Support:** Fostered a sense of community and provided emotional and material support to orphans, widows, and elderly residents.
- **Skill Development:** Students gained practical experience in event management, volunteerism, and teamwork.
- **Enhanced Well-being:** Contributed to the well-being and happiness of over 2000 orphans and hundreds of widows and old home residents.
- **Positive Engagement:** Created a positive and memorable experience for the attendees, strengthening community bonds and support networks.



CPS-2024-06 – Ramadan Ration Packaging and Distribution

Objective: To provide essential food supplies to needy and helpless people during Ramadan in collaboration with an NGO.

Activities:

- **Ration Packaging:** Students organized and packed ration boxes containing essential food items.
- **Distribution Event:** Partnered with an NGO to distribute the ration boxes to underprivileged families.
- **Volunteer Coordination:** Managed and coordinated volunteer efforts to ensure efficient packaging and distribution.

Impact:

- **Nutritional Support:** Provided essential food supplies to improve the nutritional intake of needy families.
- **Community Involvement:** Fostered a sense of community and volunteerism among students and participants.
- **Alleviated Hardship:** Helped alleviate food insecurity and provided relief to helpless individuals and families during Ramadan.



CPS-2024-07 – UTI Awareness at Ruhamma Welfare Organization

Objective: To raise awareness about Urinary Tract Infections (UTI) and provide health check-ups for residents.

Activities:

- **UTI Awareness:** Conducted educational sessions on the causes, prevention, and treatment of UTIs.
- **Health Check-ups:** Students performed Blood Glucose Level (BSL) tests and measured blood pressure of residents.
- **Interactive Workshops:** Engaged residents in discussions and Q&A sessions about maintaining urinary health.

Impact:

- **Health Education:** Increased awareness about UTIs and promoted preventive healthcare practices.
- **Early Detection:** Facilitated early detection of health issues through BSL and blood pressure tests.
- **Improved Well-being:** Enhanced the overall health and well-being of residents at Ruhamma Welfare Organization.

CPS-2024-15 – Hygiene and Nutrition Awareness at Govt. Girls High School Ali Razabad

Objective: To educate students on hygiene practices and the impact of healthy versus unhealthy food choices.

Activities:

- **Hygiene Workshops:** Conducted sessions on proper hygiene practices, including handwashing and personal cleanliness.
- **Nutrition Education:** Delivered talks on healthy eating habits and the negative effects of junk food.
- **Interactive Demonstrations:** Engaged students in activities to illustrate the importance of balanced nutrition and the impact of unhealthy food.

Impact:

- **Improved Hygiene:** Enhanced students' understanding and practice of good hygiene habits.
- **Healthier Choices:** Increased awareness of the benefits of healthy eating and the risks associated with junk food.
- **Positive Behavioral Changes:** Encouraged students to adopt healthier lifestyle choices and improve their overall well-being.

CPS-2024-18 – Dehydration and Heat Stroke Awareness at SOS Children's Home

Objective: To raise awareness about dehydration and heat stroke while engaging children in indoor physical activities.

Activities:

- **Awareness Sessions:** Conducted educational talks on preventing dehydration and heat stroke.
- **Interactive Workshops:** Demonstrated the importance of hydration and how to recognize symptoms of heat stroke.
- **Indoor Physical Activities:** Organized fun and engaging indoor activities to promote physical fitness and hydration awareness.

Impact:

- **Health Education:** Increased understanding of dehydration and heat stroke prevention among children.
- **Engagement:** Encouraged active participation in physical activities, promoting a healthy lifestyle.
- **Enhanced Awareness:** Improved children's ability to recognize and respond to symptoms of dehydration and heat stroke.

CPS-2024-19 – Social Welfare Society Food Drive for Orphans

Objective: To support and bring joy to nearly 1200 orphans by organizing a grand Iftar event.

Activities:

- **Venue Setup:** Assisted in setting up the venue, including arranging seating, decoration, and preparing dining areas to accommodate 1200 children.
- **Food Preparation & Distribution:** Coordinated with catering services to prepare and ensure the timely delivery of Iftar meals.
- **Gift Packaging and Distribution:** Prepared and distributed gift packages to the orphans, which included toys, clothes, and educational materials.
- **Crowd Control:** Managed the large crowd by directing guests, preventing overcrowding, and ensuring the safety of all attendees.
- **Hosting and Guest Relations:** Welcomed and assisted guests throughout the event, answering questions, guiding them to their seats, and ensuring they felt comfortable and cared for.

Impact:

- **Nutritional Support:** Provided nutritious Iftar meals to nearly 1200 orphans, ensuring they had a fulfilling meal.
- **Emotional Support:** Brought joy and emotional support to orphans through thoughtful gifts and engaging activities.
- **Enhanced Well-being:** Contributed to the overall well-being and happiness of the orphans, creating a memorable and positive experience for them.



CPS-2024-21 – Dehydration, Nutrition Awareness, and Healthy Eating at Bayt Imam Ali Orphanage

Objective: To educate children on preventing dehydration and heat stroke, and to promote healthy eating while highlighting the dangers of junk food.

Activities:

- **Health Awareness Workshops:** Provided information on preventing dehydration and heat stroke.
- **Nutrition Education:** Delivered talks on healthy versus unhealthy food, emphasizing the negative effects of junk food.
- **Interactive Sessions:** Engaged children in activities to reinforce the importance of hydration and balanced nutrition.

Impact:

- **Improved Health Knowledge:** Enhanced understanding of dehydration, heat stroke prevention, and nutritional choices.
- **Promoted Healthy Eating:** Increased awareness of the risks associated with junk food and encouraged healthier eating habits.
- **Positive Lifestyle Changes:** Fostered better hydration practices and dietary choices among children.

Project # CPS-2024-24 – Malnutrition & Balanced Diet Awareness at Gohar Education System

Objective:

To educate students about the importance of balanced nutrition and raise awareness on the causes, signs, and prevention of malnutrition.

Activities:

- **Malnutrition Awareness:** Conducted interactive sessions to explain causes and effects of malnutrition.
- **Balanced Diet Education:** Shared knowledge about healthy food groups and portion sizes.
- **Interactive Discussions:** Engaged students with Q&A and visuals to reinforce learning.

Impact:

- **Improved Nutritional Understanding:** Students learned about essential nutrients and their roles.
- **Healthier Food Choices:** Encouraged adopting a more balanced daily diet.
- **Preventive Awareness:** Raised awareness about recognizing and preventing signs of malnutrition early.

CPS-2024-25 & CPS-2024-26 – Food Drive at Al Maniheen Foundation

Objective: To provide essential food supplies to those in need through a coordinated food drive.

Activities:

- **Food Packaging:** Organized and assembled food packages containing essential items.
- **Distribution Event:** Coordinated with Al Maniheen Foundation to distribute the food packages to recipients.
- **Volunteer Coordination:** Managed volunteers to ensure efficient packaging and distribution.

Impact:

- **Nutritional Support:** Provided essential food supplies to improve the well-being of those in need.
- **Community Engagement:** Encouraged community involvement and volunteerism.
- **Relief Effort:** Alleviated food insecurity for many families and individuals.

CPS-2024-27 – World Environment Day Walk at UMT

Objective: To raise environmental awareness and promote sustainable practices through a public event.

Activities:

- **Peace Walk:** Organized a walk at UMT to highlight environmental issues and promote peace.
- **Poster Presentations:** Displayed posters showcasing environmental challenges and solutions.
- **Public Engagement:** Provided solutions and information to the public on how to contribute to environmental sustainability.

Impact:

- **Increased Awareness:** Enhanced public understanding of environmental issues and sustainable practices.
- **Community Involvement:** Fostered community engagement and participation in environmental conservation.
- **Actionable Solutions:** Offered practical solutions for individuals to adopt in their daily lives.



CPS-2024-31 – Volunteers in OSCE at UMT

Objective: To support the smooth execution of the OSCE event at UMT through effective volunteer management.

Activities:

- **Marshaling:** Served as event marshals to guide and assist participants and attendees.
- **Event Management:** Coordinated logistics and managed various aspects of the event to ensure it ran smoothly.
- **Support Services:** Provided on-the-spot assistance and problem-solving during the event.

Impact:

- **Efficient Execution:** Contributed to the smooth operation and success of the OSCE event.
- **Enhanced Experience:** Improved the overall experience for participants and attendees through effective support.
- **Volunteer Engagement:** Fostered a sense of responsibility and teamwork among volunteers.



CPS-2024-32 – Health and Nutrition Awareness at Al Hamd Institute of Sciences

Objective: To educate students on preventing dehydration, avoiding heat stroke, and making healthy food choices.

Activities:

- **Health Awareness Workshops:** Conducted sessions on preventing dehydration and heat stroke.



- **Nutrition Education:** Delivered talks on distinguishing healthy foods from unhealthy ones.
- **Interactive Demonstrations:** Engaged students with activities to reinforce hydration and nutritional knowledge.



Impact:

- **Enhanced Health Knowledge:** Increased understanding of how to prevent dehydration and heat stroke.
- **Informed Dietary Choices:** Raised awareness about the benefits of healthy eating and the risks of unhealthy foods.
- **Promoted Healthy Habits:** Encouraged students to adopt better hydration practices and make healthier food choices.

CPS-2024-33 – Health and Nutrition Awareness at Al Wasiyo Institute

Objective: To raise awareness among residents about dehydration, heat stroke, and the effects of healthy versus junk food.

Activities:

- **Health Awareness Talks:** Educated residents on preventing dehydration and heat stroke.
- **Nutrition Awareness:** Provided information on healthy eating and the dangers of junk food.
- **Interactive Sessions:** Engaged residents in discussions and activities to promote better health practices.



Impact:

- **Enhanced Knowledge:** Improved understanding of dehydration and heat stroke prevention.
- **Better Dietary Choices:** Increased awareness of the benefits of healthy eating and risks of junk food.
- **Promoted Healthier Living:** Encouraged residents to adopt healthier habits and practices.



CPS-2024-34– Gastric Issues & Health Awareness at The Knowledge School Lahore

Objective: To raise awareness about gastric issues and promote health through BMI and lung capacity measurements, and first aid training.

Activities:

- **Gastric Issues Awareness:** Conducted sessions on understanding and managing gastric problems.
- **Health Assessments:** Measured BMI and lung capacity to monitor physical health. Offered guidance on improving physical health based on the assessments.
- **First Aid Training:** Provided basic first aid instructions to students. Demonstrated practical first aid techniques and facilitated hands-on practice.

Impact:

- **Enhanced Health Knowledge:** Increased students' understanding of gastric issues and preventive health measures.



- **Better Health Monitoring:** Provided students with tools to monitor their BMI and lung capacity, promoting early health intervention.
- **Preparedness for Emergencies:** Equipped students with essential first aid skills, improving their ability to handle minor health emergencies.

CPS-2024-35 – Food Drive at Shaukat Khanum Hospital

Objective: To provide essential food supplies to those in need through a coordinated food drive in the vicinity of SKMT.

Activities:

- **Food Packaging:** Organized and assembled food packages containing essential items.
- **Distribution Event:** Coordinated with AI SKMT to distribute the food packages to recipients.
- **Volunteer Coordination:** Managed volunteers to ensure efficient packaging and distribution.

Impact:

- **Nutritional Support:** Provided essential food supplies to improve the well-being of those in need.
- **Community Engagement:** Encouraged community involvement and volunteerism.
- **Relief Effort:** Alleviated food insecurity for many families and individuals.

CPS-2024-36 – Health Awareness at Sweet Care Home

Objective: To raise awareness about ideal weight and promote health through BMI and lung capacity measurements.

Activities:

- **Ideal Weight Awareness:** Educated residents on maintaining an ideal weight and the importance of BMI.
- **Health Assessments:** Calculated BMI and assessed lung capacity to evaluate physical health.
- **Guidance and Recommendations:** Provided personalized advice based on assessment results to improve health.

Impact:

- **Increased Health Awareness:** Enhanced understanding of the significance of maintaining an ideal weight.
- **Improved Health Monitoring:** Enabled residents to monitor their BMI and lung capacity for better health management.



CPS-2024-37 & CPS-2024-38: – Jeddah Marble, Granite & Limestone Factory : Diabetes Awareness Camp

Objective: Diabetes awareness and promote health among residents of the Social Welfare Complex Old Age Home.

Activities:

- **Educational Workshops:** Conduct interactive sessions to increase understanding of diabetes, its prevention, and management.
- **Health Screenings:** Offer on-site health screenings, including blood sugar tests, to identify potential diabetes risks.
- **Awareness Materials:** Develop and distribute pamphlets and posters.

Impact:

- **Increased Awareness:** Improve residents' knowledge about diabetes, reducing its prevalence through preventive measures.



- **Early Detection:** Identify and address diabetes risks through regular health screenings, promoting early intervention.
- **Enhanced Well-being:** Foster a healthier living environment by promoting awareness and proactive health measures among the elderly residents.



CPS-2024-40 – Shaukat Khanum Cancer Hospital Visit

Objective: To provide emotional support, companionship, and encouragement to children battling cancer by engaging them in interactive and joyful activities that ease their hospital experience.

Activities:

- **Interactive Sessions with Children:** Volunteers engaged in heartfelt conversations and shared stories with young patients to uplift their moods and create a warm, friendly environment.
- **Recreational Activities:** Art, coloring, and games were organized to encourage creativity and offer emotional distraction from medical stress.
- **Gift Distribution:** Toys, storybooks, snacks, and other thoughtful items were distributed among the children to bring joy and a sense of normalcy.

Impact:

- **Emotional Comfort:** Brought moments of happiness and comfort to children undergoing treatment, helping them cope with their hospital stay.
- **Mental Wellness Support:** Provided children with emotional and psychological relief through fun and companionship.
- **Awareness and Empathy:** Volunteers gained firsthand experience of pediatric oncology challenges and developed a deeper sense of empathy and compassion.



CPS-2024-41 – SPH Students-Organized Youth Gathering 2024 in Collaboration with Alkhidmat Foundation

Objective: To promote the spirit of volunteerism and social responsibility among students by involving them in organizing and managing a large-scale youth gathering event.

Activities:

- **Event Management:** Students actively participated in planning the event schedule, stage coordination, and guest facilitation, ensuring smooth flow of the program.
- **Logistics Support:** Managed seating arrangements, equipment setup, registration desk, and volunteer coordination throughout the event.

- **Volunteer Promotion:** Assisted in sharing Alkhidmat's mission and encouraged youth to join future community welfare activities.

Impact:

- **Organizational Skills Development:** Enabled students to gain practical experience in event planning and teamwork.
- **Volunteerism Encouraged:** Inspired many participants to continue engaging in social service projects.
- **Stronger Community Ties:** Strengthened bonds between volunteers, students, and the NGO, fostering a supportive environment for civic engagement.



CPS-2024-42 – PCOS & Feminine Hygiene Awareness at Minhaj College for Women, Township, Lahore

Objective: To educate female students about Polycystic Ovary Syndrome (PCOS) and the importance of feminine hygiene to promote better reproductive health.

Activities:

- **Awareness Sessions:** Conducted detailed presentations explaining PCOS symptoms, causes, and preventive lifestyle choices.
- **Feminine Hygiene Education:** Shared practical tips on menstrual hygiene management and distributed hygiene-related materials.
- **Interactive Discussions:** Addressed common myths and answered student queries to clarify misconceptions and encourage open dialogue.



Impact:

- **Improved Reproductive Health Awareness:** Empowered students with accurate knowledge about PCOS and personal hygiene.
- **Confidence in Health Decisions:** Enabled students to make informed health choices and seek timely medical advice.
- **Breaking Taboos:** Fostered a more open and respectful environment for discussing women's health topics.



CPS-2024-44 – Plantation Drive at Ideal Park, Township Lahore

Objective: To promote environmental sustainability and increase green cover in urban areas through active participation in a tree plantation drive.

Activities:

- **Tree Plantation:** Volunteers planted various saplings in Ideal Park with guidance on proper planting techniques and species selection.
- **Awareness Campaign:** Educated local park visitors about the benefits of urban greenery and environmental preservation.
- **Park Clean-up:** Conducted a simultaneous cleanliness drive to enhance the park's surroundings and promote civic responsibility.



Impact:

- **Environmental Improvement:** Contributed to ecological sustainability by increasing tree cover and improving air quality.
- **Community Involvement:** Encouraged locals to care for public spaces and participate in future green initiatives.
- **Climate Awareness:** Instilled a sense of environmental responsibility among students and the community.



CPS-2024-45 – Hypertension Awareness at Awan Pharmacy, Green Town, Lahore

Objective:

To raise public awareness about hypertension and provide basic health assessments and education to the local community.

Activities:

- **Health Checkups:** Volunteers recorded patient information and measured blood pressure of walk-in visitors at the pharmacy.
- **Awareness Material Distribution:** Shared informational flyers about hypertension causes, symptoms, and management strategies.
- **Public Engagement:** Addressed health-related queries and provided general advice on maintaining healthy blood pressure.



Impact:

- **Early Health Detection:** Helped identify individuals with high blood pressure for early intervention.
- **Health Literacy Increased:** Improved public understanding of hypertension and preventive care.
- **Community Trust Built:** Strengthened relationships between healthcare students and the local population through active service.



CPS-2024-47 – Visit to Heaven Old Age Home for Hypertension Awareness & Social Interaction

Objective: To promote elderly health through hypertension awareness and to provide emotional support to senior residents through social interaction.

Activities:

- **BP Monitoring:** Measured blood pressure of residents and advised on basic care for hypertension control.
- **Interactive Session:** Engaged in meaningful conversations, listened to life experiences, and played indoor games with the elderly.
- **Health Material Distribution:** Provided informative pamphlets and tips for managing hypertension in old age.

Impact:

- **Elder Care Awareness:** Reinforced the importance of regular health monitoring in senior citizens.
- **Social Inclusion:** Reduced feelings of isolation among elderly residents through companionship and dialogue.

CPS-2024-49 – PCOS & Female Hygiene Awareness at Ch. Rehmat Ali Memorial Girls High School

Objective: To educate adolescent girls about menstrual hygiene and PCOS, empowering them with knowledge for healthier futures.

Activities:

- **Awareness Presentation:** Conducted interactive sessions explaining PCOS symptoms, prevention, and menstrual health tips.
- **Myth-Busting Discussions:** Open Q&A segments to dispel myths and encourage a comfortable space for health queries.
- **Resource Distribution:** Provided hygiene products and informational brochures to all participants.

Impact:

- **Early Health Awareness:** Raised timely awareness in young girls about hormonal and hygiene-related health issues.
- **Confidence Building:** Fostered self-care and health-conscious behavior among students.
- **Cultural Shift:** Encouraged more open conversations about menstruation and reproductive health in schools.



CPS-2024-50 – PCOS Awareness at Government Graduate College, Township

Objective: To spread awareness about Polycystic Ovary Syndrome (PCOS) among college students and promote early lifestyle changes to manage the condition.

Activities:

- **Awareness Seminar:** Delivered an informative session about PCOS causes, symptoms, diagnosis, and treatment.
- **Lifestyle Guidance:** Emphasized the importance of diet, exercise, and regular checkups for hormonal health.
- **Engagement Activities:** Conducted a quiz and interactive segment to reinforce key concepts and encourage participation.

Impact:

- **Knowledge Enhancement:** Improved students' understanding of PCOS and its health implications.
- **Preventive Health Motivation:** Inspired students to adopt healthier lifestyles and seek medical help when necessary.
- **Support Network Formation:** Fostered peer support and openness around discussing women's health issues in college environments.



CPS-2024-53 – Dengue & Smog Awareness at Allied School, Canal Gardens Campus Lahore

Objective: To raise awareness about the prevention of dengue and the harmful effects of smog.

Activities:

- **Dengue Awareness:** Educated students on identifying symptoms and prevention strategies for dengue.
- **Smog Awareness:** Informed students about the risks of smog and ways to protect themselves during high pollution.

- **Interactive Sessions:** Engaged students with quizzes and discussions to reinforce the importance of prevention.

Impact:

- **Increased Knowledge:** Students gained a clear understanding of dengue prevention and smog safety.
- **Promoted Safe Practices:** Encouraged students to take proactive steps in protecting their health from dengue and smog.
- **Community Awareness:** Enhanced the overall community's awareness of environmental health risks.

CPS-2024-54 – Plantation Drive with Alkhidmat Foundation,Lahore

Objective: To promote environmental conservation through a large-scale plantation drive.

Activities:

- **Tree Planting:** Planted trees in community areas to improve air quality and foster greenery.
- **Awareness Sessions:** Educated participants about the benefits of tree planting and environmental conservation.
- **Team Collaboration:** Worked as a team to plant and care for saplings in designated areas.

Impact:

- **Environmental Impact:** Contributed to improving local green spaces and air quality.
- **Community Engagement:** Fostered environmental responsibility and teamwork among participants.
- **Increased Awareness:** Raised awareness about the importance of maintaining a healthy environment.



CPS-2024-55 – Moral Values and Ethics Session with Waduha Welfare Organization Lahore

Objective: To instill moral values and ethics in orphanage children through engaging activities.

Activities:

- **Ethics and Morals Session:** Conducted a session focusing on personal ethics and moral values for children.
- **Fun Activities:** Engaged children in interactive games and activities to develop social skills.
- **Gift Distribution:** Distributed small gifts to children to encourage positive behaviors.

Impact:

- **Enhanced Values:** Promoted understanding of ethics and moral principles among the children.
- **Social Interaction:** Encouraged interaction, communication, and empathy through fun activities.
- **Emotional Upliftment:** Provided emotional support and joy through gift-giving and activities.



CPS-2024-57 – Orphanage Visit at Wisdom Hope Foundation

Objective: To promote hygiene awareness and engage orphanage children through fun activities.

Activities:

- **Hygiene Awareness:** Conducted an educational session on personal hygiene and its importance.
- **Fun Activities:** Organized games and painting sessions to encourage creativity and teamwork.
- **Gift Distribution:** Gave out gifts to children to make them feel valued and cared for.



Impact:

- **Improved Hygiene Knowledge:** Enhanced the children's understanding of maintaining cleanliness.
- **Emotional Boost:** Increased happiness and morale through playful activities and gift distribution.
- **Community Engagement:** Encouraged other community members to focus on the welfare of orphaned children.



CPS-2024-58 – Pollution & Smog Awareness at Alkhidmat Foundation, CPCS Center, Karamat Colony Lahore

Objective: To educate the community about the risks of pollution and smog and how to protect themselves.

Activities:

- **Pollution Awareness:** Conducted sessions on the harmful effects of pollution and preventive measures.
- **Health Protection Tips:** Offered practical tips on how to reduce exposure to pollution and smog.
- **Public Engagement:** Distributed informative pamphlets and engaged local residents in discussions.



Impact:

- **Increased Public Awareness:** Raised awareness about pollution's health risks and ways to mitigate exposure.
- **Health Safety:** Educated community members on how to protect their health during smog season.
- **Community Empowerment:** Empowered the community to take proactive steps toward environmental health.



CPS-2024-61 – Special Children Visit at Hamza Special Children School

Objective: To engage special children in fun and creative activities while promoting social interaction.

Activities:

- **Interactive Fun Activities:** Engaged children in games and painting activities to encourage creativity and social bonding.
- **Laughter Therapy:** Focused on laughter and joy through group games and activities.
- **Sensory Engagement:** Provided activities that were beneficial for sensory development and emotional well-being.

Impact:

- **Increased Social Interaction:** Fostered a sense of inclusion and interaction among special children.
- **Emotional Well-being:** Created a positive and engaging environment to uplift the spirits of the children.
- **Creativity Boost:** Enhanced creativity through art and play.



CPS-2024-62 – Awareness Campaign on Dengue Prevention at Mayo Hospital, Lahore

Objective: To spread awareness about dengue prevention in a hospital setting.

Activities:

- **Dengue Awareness campaign:** Educate patients and their families on dengue symptoms and prevention.
- **Pamphlet Distribution:** Distributed pamphlets containing useful information on preventing dengue.
- **Engagement with Patients:** Answered questions and provided additional resources on dengue safety measures.

Impact:

- **Widespread Awareness:** Increased knowledge about dengue prevention among hospital patients and staff.
- **Preventive Action:** Encouraged individuals to take necessary steps to avoid mosquito breeding.
- **Community Health Improvement:** Contributed to reducing the spread of dengue by educating the public.



CPS-2024-63 – Orphanage Visit at Gosh-e-Hawa Orphanage, New Chauburji, Lahore

Objective: To educate children about personal safety, ethics, and engage them in fun, creative activities.

Activities:

- **Personal Safety Session:** Conducted a session on personal safety and ethical behavior.
- **Creative Activities:** Organized painting and playing activities to foster creativity and teamwork.



- **Interactive Fun:** Engaged children in interactive and fun-filled games to enhance their social skills.

Impact:

- **Enhanced Safety Awareness:** Increased awareness among children about personal safety and ethics.
- **Creativity and Interaction:** Promoted creativity and interaction through fun activities.
- **Emotional Growth:** Contributed to the emotional and social development of the children.



Project # CPS-2024-68 – Plantation Drive with Alkhidmat Foundation, Township Lahore

Objective: To promote awareness about environmental sustainability and combat climate change through tree plantation.

Activities:

- **Plantation Participation:** Organized a plantation drive with over 60 students participating in 3 batches.
- **Tree Planting:** Planted trees in designated areas of Township Lahore with guidance from Alkhidmat Foundation.
- **Environmental Education:** Educated participants on the benefits of trees for the environment and climate.

Impact:

- **Eco-conscious Behavior:** Encouraged eco-conscious behavior among youth.
- **Environmental Contribution:** Contributed to local green cover and environmental improvement.
- **Climate Responsibility:** Fostered a sense of responsibility for climate action.



CPS-2024-70 – Alkhidmat Foundation (NGO) Youth Gathering Volunteer Management

Objective: To develop leadership and event management skills among youth through volunteer participation.

Activities:

- **Event Setup:** Assisted in event setup, venue decoration, and logistics.
- **Visitor Management:** Managed visitor coordination, guided guests, and helped maintain discipline.
- **Organizational Support:** Supported organizers in smooth execution of the youth gathering.

Impact:

- **Skill Development:** Improved teamwork, communication, and organizational skills of students.
- **Community Involvement:** Strengthened community involvement and volunteer spirit.
- **Event :** Successfully contributed to the event's smooth operation.



CPS-2024-71 – Ration Packaging & Distribution with Azna Foundation (NGO)

Objective: To support underprivileged families by providing essential food supplies.

Activities:

- **Ration Packaging:** Packaged ration bags containing basic food items.
- **Distribution:** Organized and facilitated systematic distribution to needy families.
- **Respectful Execution:** Ensured respectful, timely, and effective distribution.

Impact:

- **Food Support:** Assisted dozens of low-income households with food support.
- **Social Responsibility:** Promoted community empathy and social responsibility.
- **NGO Collaboration:** Strengthened collaboration between students and local NGOs.



CPS-2024-72 – Gaza Solidarity Plantation Drive at UMT, Lahore

Objective: To promote environmental sustainability and express solidarity with Gaza through meaningful action.

Activities:

- **On-Campus Plantation:** Organized and participated in tree plantation on campus.
- **Awareness Raising:** Raised awareness about the importance of peace, nature, and solidarity.
- **Institutional Collaboration:** Collaborated with UMT departments to execute the drive successfully.

Impact:

- **Green Campus:** Increased greenery and awareness on campus.
- **Promoted Peace:** Promoted peace, environmental care, and unity.
- **Student Engagement:** Encouraged active student participation in global causes.



IV. Collaboration and Partnerships:

The success of our community service projects is significantly enhanced through strong collaborations with reputable local organizations, government agencies, and non-profit institutions. Our strategic partnerships with institutions such as **Mayo Hospital Lahore, Shaukat Khanum Cancer Hospital, WADUHA Care Homes, Alkhidmat Foundation NGO, SOS Children's Home, Al Wasiyo Institute, Sweet Care Home, Heaven Old Age Home, and Waduha Welfare Organization** have played a vital role in maximizing the impact and outreach of our initiatives.

These collaborations facilitate effective resource sharing, foster mutual learning, and contribute to the long-term sustainability of our efforts. By working closely with these respected stakeholders, we build a strong network of support that enhances community engagement and promotes collective responsibility toward social development.

V. Student and Faculty Involvement:

The dedicated participation of both students and faculty has been central to the success of our outreach programs. The School of Pharmacy actively promotes student-led initiatives, nurturing leadership qualities, teamwork, and a strong sense of civic duty. Faculty members play an equally vital role by offering expert guidance, mentoring students, and engaging directly in community-based activities. This collaborative environment not only enhances learning outcomes but also cultivates a culture of empathy and active citizenship.

VI. Conclusion:

The School of Pharmacy's steadfast commitment to community service reflects UMT's overarching mission of driving positive social transformation. Through meaningful collaborations, impactful programs, and consistent engagement, the School continues to leave a lasting imprint on the communities it serves. These efforts not only enrich the educational journey of our students but also play a vital role in promoting health, awareness, and social well-being across society.