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Projects of
“Service as a Civic and Community Engagement”

School of Pharmacy

University of Management and Technology

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Title: A Chronicle of Community Service Projects

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Executive Summary:

The School of Pharmacy at the University of Management and Technology is deeply committed to instilling a sense of social responsibility and community engagement within its student body and faculty. In line with UMT, SPH has launched the course for students in August 2023. Over the past academic year, SPH has actively undertaken a range of community service projects, aiming to address local needs, foster sustainable community development, and contribute to the overall well-being of the society.

Sr No.	Projects	Total projects
01	Total number of projects	31
02	Projects in orphanage	11
03	Projects in old home	4
04	Projects in schools	4
05	Awareness projects	8
06	Medical camps	3
07	Blood Camps	1
08	Completed projects	20
09	In progress projects	11

I. Introduction:

The School of Pharmacy's community service initiatives align seamlessly with the UMT university's broader mission of cultivating socially conscious individuals who actively contribute to societal progress. Our engagement in community service extends beyond the confines of the classroom, providing students and faculty with opportunities to apply their knowledge and skills in practical, real-world scenarios.

II. Key Community Service Projects:

Project # 01 – Sundas Foundation Lahore: Blood Drive

Objective: Raise awareness and facilitate blood donation for Thalassemia and Sickle Cell Anemia children.

Activities:

- Blood Drives & Workshops:** Organize blood donation drive and educational workshop on campus.
- Awareness Materials:** Develop and distribute pamphlets and posters.

Impact:

- Increased Donations:** Boost voluntary blood donations for patients.
- Community Understanding:** Reduce stigma and foster empathy.



3. **Lifesaving Contributions:** Provide crucial blood transfusions for patient treatment.



Project # 02 – Shalamar Hospital: Diabetes Awareness Camp

Objective: Raise awareness about diabetes and provide free medical services.

Activities:

1. **Free Medical Camp:** Conduct a medical camp offering diabetes screenings and consultations.
2. **Endocrinologist & Clinical Nutritionist Seminar:** Seminar by *Endocrinologist Assistant Professor Dr. Hafeeza Naz* & *Clinical Dietician Dr. Javeria Afzal* to educate students on diabetes prevention and management.

Impact:

1. **Health Awareness:** Increase awareness about diabetes in the community.
2. **Preventive Education:** Empower students with knowledge for diabetes prevention.
3. **Medical Assistance:** Provide free medical services, fostering community well-being.



Project # 03 – Waduha Orphanage: Food Drive and Junk Food Awareness

Objective: Provide nutritional support and promote healthy eating habits among orphanage residents.

Activities:

1. **Food Drive:** Organize a community-wide effort to collect food items for the orphanage.
2. **Nutritional Workshops:** Conduct workshops to raise awareness about the importance of a balanced diet and the risks of excessive junk food consumption.

Impact:

1. **Increased Nutrition:** Provide essential food supplies, ensuring a well-balanced diet for orphanage residents.
2. **Healthier Habits:** Educate residents on the benefits of nutritious eating, fostering long-term health and well-being.



Project # 04 – Aghosh Alkhidmat Orphanage: Health Checkup

Objective: Enhance the health and well-being of orphanage residents through medical assessments.

Activities:

1. **Medical Checkup:** Organize comprehensive health checkups for residents, including general health assessments.
2. **BMI Calculation:** Provide individualized Body Mass Index (BMI) calculations for better health monitoring.
3. **Eyesight Checkup:** Conduct eyesight examinations to identify and address any visual impairments.

Impact:

1. **Improved Health:** Ensure early detection and intervention for health issues, promoting overall well-being.
2. **Individualized Care:** Tailor health recommendations based on BMI results, fostering personalized healthcare.



Project # 05 – Social Welfare Complex Old Age Home: Diabetes Awareness

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

Activities:

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

Impact:

1. **Increased Awareness:** Improve residents' knowledge about diabetes, reducing its prevalence through preventive measures.
2. **Early Detection:** Identify and address diabetes risks through regular health screenings, promoting early intervention.
3. **Enhanced Well-being:** Foster a healthier living environment by promoting awareness and proactive health measures among the elderly residents.



Project # 06 – Heaven Old Age Home Health Awareness

Objective: Increase awareness of hypertension and diabetes prevention among Heaven Old Age Home residents.

Activities:

1. **Informative Sessions:** Conduct educational sessions on hypertension and diabetes risks.
2. **Health Screenings:** Provide on-site screenings for blood pressure and blood sugar levels.

Impact:

1. **Empowered Residents:** Equip residents with knowledge for proactive health management.
2. **Enhanced Well-being:** Contribute to a healthier and informed lifestyle for elderly residents.



Project # 07 – Aafiat Old Age Home Visit

Objective: Enhance well-being through regular visits, companionship, and mental health support at Aafiat Old Age Home.

Activities:

1. **Regular Visits:** Foster social bonds and alleviate isolation.
2. **Companionship Programs:** Encourage interaction among residents.
3. **Mental Health Initiatives:** Implement programs to boost morale.

Impact:

1. **Community Connection:** Strengthen social bonds among elderly residents.
2. **Emotional Support:** Provide companionship for improved mental health.
3. **Positive Atmosphere:** Contribute to a happier and healthier living environment.



Project # 08 – Govt. High School Raiwind: Health Awareness

Objective: Improve health and hygiene awareness, focusing on Pink Eye prevention.

Activities:

1. **Eye Care Workshops:** Address Pink Eye prevention and general eye health.
2. **Hygiene Sessions:** Educate students on preventive hygiene practices.
3. **School Visit:** Engage Government High School Raymond in hands-on health education.

Impact:

1. **Health Promotion:** Enhance overall hygiene awareness for disease prevention.
2. **Eye Health:** Reduce instances of Pink Eye, contributing to students' well-being.
3. **Proactive Learning:** Foster a health-conscious environment for optimal learning.



Project # 09 – Shifa Pharmacy: Diabetes Awareness

Objective: Promote diabetes awareness, prevention, and health education at Shifa Pharmacy.

Activities:

1. **Awareness Sessions:** Provide comprehensive information on diabetes prevention and management.
2. **Random Glucose Checks:** Conduct on-site tests to assess diabetes risk among visitors.
3. **Dietary Guidance:** Offer personalized diet charts to promote healthier lifestyles.



Impact:

1. **Informed Community:** Disseminate essential diabetes awareness and prevention guidelines.
2. **Early Detection:** Identify potential diabetes risks through random glucose checks.
3. **Healthy Living Promotion:** Empower visitors with dietary guidance for sustained well-being.



Project # 10 – Social Security Hospital Pink Eye Awareness:

Objective: Awareness of Pink Eye (conjunctivitis) and promote preventive hygiene at Social Security Hospital.

Activities:

1. **Awareness Sessions:** Conduct informative sessions on Pink Eye, emphasizing prevention.
2. **Hygiene Guidelines:** Provide practical guidelines for preventive hygiene measures.
3. **Interactive Awareness:** Engage hospital staff and visitors in discussions for hands-on learning.

Impact:

1. **Preventive Knowledge:** Disseminate essential information for Pink Eye prevention.
2. **Hygiene Promotion:** Foster a culture of preventive hygiene practices among hospital staff and visitors.



Project # 11 – Old Age Home Bahria Hospital: Diabetes Awareness

Objective: Diabetes awareness and well-being at Bahria Old Age Home through early diagnosis, prevention, and dietary guidance.

Activities:

1. **Awareness Session:** Conduct informative sessions on diabetes prevention and management.
2. **Random Blood Glucose Tests:** Perform on-site tests for early detection and risk assessment.
3. **Dietary Guidance:** Provide personalized diet charts and informational leaflets for residents.



Impact:

1. **Early Detection:** Identify diabetes risks early through random blood glucose tests.
2. **Preventive Education:** Promote awareness and knowledge for proactive prevention.
3. **Healthier Living:** Empower residents with dietary guidance and informational resources, contributing to improved overall well-being.

**Project # 12 – Old Home Aid and Dengue Prevention Fundraiser:**

Objective: Enhance the quality of life for old home residents by raising funds for essential items and dengue prevention.

Activities:

1. **Fundraising Campaign:** Organize a community-driven fundraiser to acquire glucometers and daily amenities for the residents.
2. **Dengue Prevention:** Provide dengue killer sprays to protect residents from potential outbreaks.
3. **Collaborative Community Engagement:** Engage the community in collaborative efforts to support the initiative.

Impact:

1. **Improved Living Conditions:** Enhance the daily lives of old home residents through the provision of essential items.
2. **Health and Safety:** Mitigate health risks by providing dengue prevention measures.

Project # 13 – Sibel Care Home Orphanage Awareness Visit:

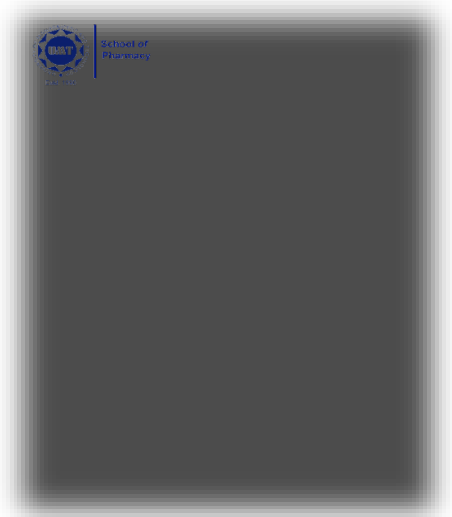
Objective: Awareness visit focusing on smoke awareness, hygiene, and diet guidelines at Sibel Care Home Orphanage.

Activities:

1. **Educational Sessions:** Conduct interactive sessions on the dangers of smoking, emphasizing the importance of a smoke-free environment.
2. **Hygiene Guidelines:** Provide practical guidelines on personal hygiene practices for the residents.
3. **Dietary Awareness:** Offer nutritional guidance and emphasize the importance of a balanced diet for the well-being of the orphanage residents.

Impact:

1. **Educational Empowerment:** Increase awareness about the harmful effects of smoking and promote a healthy lifestyle.
2. **Improved Hygiene Practices:** Foster a hygienic living environment for the well-being of the orphanage residents.
3. **Nutritional Well-being:** Empower residents with dietary knowledge, contributing to their overall health and academic performance.

**Project # 14 – Palestinian Aid Fundraiser for Gaza People:**

Objective: Fundraising to provide essential aid, including medicines, bandages, clothes, fresh drinking water, and food for Palestinian People in Gaza.

Activities:

1. **Comprehensive Fundraising:** Initiate a community-driven campaign to gather funds for vital supplies in Gaza.
2. **Collaborative Initiatives:** Engage the community in collecting donations to support the diverse needs of the people in Gaza.
3. **Awareness Building:** Communicate the multifaceted impact of the fundraiser, addressing health, basic necessities, and educational support.

Impact:

1. **Holistic Aid:** Channel funds to provide essential medicines, bandages, clothes, fresh drinking water, and food for improved well-being in Gaza.
2. **Community Solidarity:** Strengthen solidarity through collaborative efforts to address the diverse needs of the Palestinian population.

Project # 15 – Aafiat Old Age Home Diabetes Awareness:

Objective: Enhance diabetes awareness and promote health among residents of the Aafiat Old Age Home.

Activities:

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



Impact:

1. **Increased Awareness:** Improve residents' knowledge about diabetes, reducing its prevalence through preventive measures.
2. **Early Detection:** Identify and address diabetes risks through regular health screenings, promoting early intervention.
3. **Enhanced Well-being:** Foster a healthier living environment by promoting awareness and proactive health measures among the elderly residents.

Project # 16 – Recept Tayyip Erdogan Hospital Muzzafargarh:

Objective: Awareness of Pharmacy services in the Hospital.

Activities:

1. **Awareness Sessions**
2. **Hygiene Guidelines**
3. **Interactive Awareness:** Engage hospital staff and visitors in discussions for hands-on learning.

Impact:

1. **Preventive Knowledge:** Disseminate essential information on the pivotal role pharmacies play in healthcare settings. It emphasized the importance of teamwork, efficiency, and patient-centered care.
2. **Hygiene Promotion:** Foster a culture of preventive hygiene practices among hospital staff and visitors.



Project # 17 – Visit to Al Marah foundation: food drive and junk food awareness

Objective: Provide nutritional support and promote healthy eating habits among orphanage residents.

Activities:

1. **Food Drive:** Organize a community-wide effort to collect food items for the orphanage.
2. **Nutritional Workshops:** Conduct workshops to raise awareness about the importance of a balanced diet and the risks of excessive junk food consumption.
3. **Miscellaneous:** engaged the children in fun activities like color activities, word games etc



Impact:

1. **Increased Nutrition:** Provide essential food supplies, ensuring a well-balanced diet for orphanage residents.
2. **Healthier Habits:** Educate residents on the benefits of nutritious eating, fostering long-term health and well-being.
3. **Hygiene Promotion:** Foster a culture of preventive hygiene practices among hospital staff and visitors.

Project # 18 – Visit to Govt Comprehensive Girls High School: Awareness on Feminine Hygiene and Body Mass Index BMI awareness

Objective: Provide nutritional support and promote healthy hygiene practices among females.

Activities:

1. **Feminine hygiene:** Organize a workshop to promote feminine hygiene and on how to make sanitary pads with cotton and gauze.
2. **BMI calculation:** Conduct workshops to raise awareness about the importance of a balanced diet and calculation of Body Mass Index.



Impact:

1. **Obesity Awareness:** Provide essential food supplies, ensuring a well-balanced diet for young girls and to calculate BMI to make them aware of obesity.
2. **Hygiene Promotion:** Foster a culture of preventive hygiene practices among young girls.

Project # 19 – Visit to Abdul Majeed Memorial Hospital: Diabetes and blood pressure Awareness

Objective: Diabetes and blood pressure awareness and promote health among patient's relatives visiting them in hospital.

Activities:

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



Impact:

1. **Increased Awareness:** Improve residents' knowledge about diabetes and hypertension, reducing its prevalence through preventive measures.
2. **Early Detection:** Identify and address diabetes risks through regular health screenings, promoting early intervention.
3. **Enhanced Well-being:** Foster a healthier living environment by promoting awareness and proactive health measures among the elderly residents.

Project # 20 – Baqiatullah Orphanage: Food Drive and Junk Food Awareness

Objective: Provide nutritional support and promote healthy eating habits among orphanage residents.

Activities:

1. **Food Drive:** Organize a community-wide effort to collect food items for the orphanage.
2. **Nutritional Workshops:** Conduct workshops to raise awareness about the importance of a balanced diet and the risks of excessive junk food consumption.

Impact:

1. **Increased Nutrition:** Provide essential food supplies, ensuring a well-balanced diet for orphanage residents.
2. **Healthier Habits:** Educate residents on the benefits of nutritious eating, fostering long-term health and well-being.



III. Collaboration and Partnerships:

The success of our community service projects is greatly attributed to robust collaborations with local organizations, government agencies, and non-profit entities. These partnerships have facilitated resource sharing, amplified project impact, and provided sustainable support for ongoing initiatives.

IV. Student and Faculty Involvement:

The active involvement of our students and faculty members has played a pivotal role in the success of our community service projects. The School of Pharmacy encourages student-led initiatives, fostering leadership skills and civic responsibility. Faculty members contribute their expertise, guiding students and actively participating in various projects.

VI. Conclusion:

The School of Pharmacy's unwavering commitment to community service mirrors the university's dedication to positive social change. Through collaborative efforts, impactful initiatives, and sustained engagement, the School of Pharmacy continues to make a lasting impact on the communities it serves, enriching the educational experience for students and contributing to the betterment of society at large.