

IT'S SAFE NOW!



- In Pakistan, 38.5 million people lack access to safe drinking water
- Contaminated water is one of the biggest sources of spread of water-borne diseases like cholera, typhoid, Hepatitis A & E and diarrhoea costing the economy a cool \$1.3 billion a year
- An estimated 250,000 children under age of five die from water-borne diseases every year

Pulling out all the stops

- **PRC distributes non-food items among 399 families in Poonch and 264 families in Samahni and Barnala tehsils of Bhimber district affected by shelling**
- **Affected people get mattresses, blankets, quilts, gasoline heaters, stoves and hygiene items**
- **Firing victims deeply indebted to the Pakistan Red Crescent for relief items and succor**



BHIMBER: Beneficiaries sit at the distribution point after receiving non-food items.

Kashmir is referred to as heaven on earth for its sky-high mountains, snow-capped peaks, dancing streams, mesmerizing waterfall and lush green meadows. Its idyllic setting offers a sight for sore eyes.

Sturdy and hard working men and women can be seen busy in their small fields growing cereals and vegetables and the children playing games under the cool shades of trees or scurrying to schools with little bags hanging loosely on their backs.

However, all this serenity and purity evaporates in thin air when the guns started spewing fire at the Line of Control (LoC), causing the civilian population to migrate to safer areas where they have to spend sleepless nights in temporary shelters set up by the government and national and international relief agencies.

In this scenario, the inhabitants of Neelum Valley, Poonch, Haveli, Kotli and Bhimber districts of Azad Jammu and Kashmir (AJK) suffer the most.

In keeping with its slogan of “first to reach, last to leave”, the Pakistan Red Crescent in partnership with the international donor agencies always rushes to these areas to succor and rehabilitate the suffering civilian population.

In November, the AJK Branch of the PRC together with the National Headquarters rushed in aid of the firing victims and distributed non-food items (NFIs) among 399 affected families in Poonch and Bhimber districts.

In the first phase, relief items, including mattresses, blankets, quilts, gasoline heaters, stoves and hygiene items were distributed among 135 affected families in Poonch district of Tatta Pani.

In the second phase, the same stuff was distributed among 264 affected families in Samahni and Barnala tehsils of Bhimber district.

The firing victims also shared their feelings with the Pakistan Red Crescent officials and were deeply indebted for the relief items and succor.

The beneficiaries



Blinking away tears that welled up in his eyes, Muhammad Ishaq said he lost the joys of hearth and home when one inauspicious night mortar shells rained down on the locality where he lived.

“One of the mortar shells hit our small house with a sickening thud, bringing the side wall down. Pungent smoke reeking of phosphorous filled the entire room, where we’re sleeping, making it almighty difficult for us to breathe.

I rushed out of the house with my family like a bat out of hell before a second hit that would have brought the ceiling crashing down, burying us alive under the rubble.

We groped our way down to a safer area trembling, with the fast currents of air hitting our bodies like bullets. Thanks God, that soon we’re out of danger in one limb,” Ishaq said in a choked voice.

With a reflection of thankfulness in his eyes, he said the PRC rushed to his help when his family was out on a single limb.

“We’re no more exposed to elements and can have a peaceful sleep now, as we have got a temporary shelter, bedding and woollies. I find no words to thank the PRC for the timely help when the chips were down.”



Standing close to a pile of non-food items (NFIs), Muhammad Shafi, a resident of Bhimber in his mid-teens, said firing from the other side of the border was a thorn in their side. He said his family was accustomed to rebuilding their house.

“We have been bearing the brunt of firing for decades. We can’t leave our area for good, as we have strong bonds with the area where we live. When the guns go silent and peace prevails, we go back,” he said.



Gulshan Bibi said she had lost a number of relatives living in forward locations. She appealed that at least the civilian population should be spared for they are not part of the war.

A few weeks back we moved down to this area after shelling from across the Line of Control (LoC). The entire area was reverberating with the sound of heavy fire.

The firing was so intense that we’d to leave everything behind and rush to safety. When we got down, we had no woollies on to brave the elements.

“I thank Almighty Allah, the PRC and other international relief agencies for rushing to our help when we needed it the most. The tent, woollies and bedding will cushion us against rain, snow and the cold. I have the PRC to thank for the help.”

From Turkey with love

■ Turkish First Lady Ms Emine Erdogan donates electric wheelchairs and incubators to the PRC for deserving people ■ PRC Chairman Dr Saeed Elahi says Turkish people always responded and reciprocated in times of need

Driven by her inborn kindness and sympathy for the underprivileged regardless of territorial

boundaries, Ms Emine Erdogan, the First Lady of Turkey, gifted 20 electric wheelchairs and 10 incubators to the Pakistan Red Crescent (PRC) during a ceremony arranged at the National Headquarters, Islamabad.

Speaking on the occasion, Ms Emine thanked the people of Pakistan for their unalloyed and unquestionable love and care for their Turkish brethren.

She said Pakistan and Turkey enjoyed strong relations which will strengthen further with the passage of time.

She took her hat off to the PRC and Turkish Red Crescent (TRC) for their humanitarian efforts and ministering to the needs of the suffering humanity through their joint collaboration.

Ms Emine said the wheelchairs and incubators donated by the TIKA -- a Turkish Relief Agency -- was an effort to support the Pakistani brethren deserving utmost care and comfort.

The First Lady said she saluted the courage of disabled men, women and children who never let their disability overpower them.



HANDSOME IS AS HANDSOME DOES: Chairman PRC Dr Saeed Elahi briefs the Turkish First Lady Ms Emine Erdogan about a disabled girl during a wheelchair distribution ceremony held at the Fatima Jinnah Auditorium, National Headquarters Pakistan Red Crescent, Islamabad.

“They deserve our special attention so that they can play a positive role in the society,” Ms Emine said.

Addressing the participants, Chairman PRC Dr Saeed Elahi said it was a matter of immense pleasure for him and his entire team to welcome Ms Emine.

He said the scintillating and enviable history and

EVERY DROP COUNTS!



The Pakistan Red Crescent (PRC) in collaboration with the Turkish Red Crescent organized a blood donation camp at the Turkish Embassy Islamabad.

Turkish Ambassador Sadik Babür Girgin inaugurated the camp by donating blood to pay tribute to the police personnel martyred in October 6, 2016 blast outside the Istanbul police station.

A condolence book was also placed in the embassy for the visitors to record their condolences.

Appreciating the humanitarian services of the PRC, the Turkish ambassador said Turkey and Pakistan were two brethren countries whose relations spanned centuries which will strengthen further in the coming years.

Program Officer Regional Blood Donor Center of the PRC Dr Wasfa Motasim said blood donation by the Turkish embassy was an expression of friendship and solidarity with the Pakistani brethren, particularly with those suffering from various diseases and needing blood. Later, certificates were awarded to the blood donors.



ACTIONS SPEAK LOUDER THAN WORDS: Turkish Ambassador Sadik Babur Girgin receives a certificate from the PRC Blood Bank after donating blood.

bond between the two nations dated back to centuries.

"During disasters or emergency situations in our country, Turkish people always responded and reciprocated with fervor and zeal," he said.

Dr Elahi said when the 2005 quake befell Pakistan, it was the Turkish prime minister who rose to the occasion and rushed to Pakistan with teams and relief goods.

At that time, he said, teams of PRC and TRC fanned out in the far-flung areas, including the almost inaccessible snow-clad mountainous areas, to reach out to those left out on a limb.

"Same sentiments and brotherhood was also witnessed during the 2010 super floods and the ensuing relief and recovery operations," he said.

Continuing, Dr Saeed Elahi said the Disaster Management and Logistic Center -- largest in Asia built by the TRC -- was an exemplary display of an all-weather friendship between the two nations lasting decades.

He said the centre was inaugurated by none other than Mrs. Erdogan in 2009. Dr Saeed Elahi expressed his profound gratitude to the First Lady for donating electric wheelchairs and incubators among the disabled.

He also thanked the TIKA for their support that would help mitigate the suffering of the vulnerable. In the welcome address, PRC General Secretary Ghulam Muhammad Awan said Pakistan and Turkey enjoyed a decades-old friendship that stood all the tests of time.

I SALUTE THE COURAGE OF THESE DISABLED MEN, WOMEN AND CHILDREN WHO NEVER LET THESE FEARS OVERPOWER THEM. THEY DESERVE OUR SPECIAL ATTENTION SO THAT THEY CAN play A POSITIVE ROLE IN THE SOCIETY: Ms EMINE

"This friendship has been tried and tested many times. Both nations supported each other when a disaster befell either country.

The Pakistan Red Crescent and the Turkish Red Crescent have worked shoulder to shoulder in toughest situations caused by natural disasters. We have always moved forward to achieve our goals and targets," he said.

At the end of the event, Dr. Saeed Elahi presented a shield and gift to the First Lady, while the latter distributed wheelchairs among the disabled.

As a mark of respect, she personally went to each recipient one-by-one and communicated with them.

It's safe now



More than a billion people across the globe lack access to safe drinking water because the galloping population rate has lowered the level of ground water to an alarming level.

It is fast becoming a rare commodity all over the world, and in some regions it is even costlier than the milk.

In Pakistan, 38.5 million people lack access to safe drinking water and contaminated water is one of the biggest sources of spread of water-borne diseases like cholera, typhoid, Hepatitis A & E and diarrhoea costing its economy a cool \$1.3 billion a year.

Not only backward rural areas, but also congested urban centers are confronting this serious problem.

Children are especially vulnerable to these disease and an estimated 250,000 children in Pakistan under the age of five die every year.

The World Health Organization (WHO) has reported that 60 percent of infant deaths are caused by water-borne infections.

According to a report of the Pakistan Council of Research in Water Resources (PCRWR), the mortality rate of under-five children due to ill-water conditions is 101 per 1,000 children.

In its endeavor to ensure the availability of safe drinking water to the vulnerable people, the Pakistan Red Crescent (PRC) with the support of the International Federation of Red Cross Red Crescent (IFRC) has installed six lead line hand pumps under the "Integrated Community Based Risk Reduction (ICBRR)" project in Bagh Khan Jatoti and Rano Meghwar villages, Sanghar district, Sindh.

Easy access to safe drinking water was an acute

problem in these villages affecting the life style, health and livelihood of the inhabitants.

The proposed project aims to provide safe drinking water to improve health, hygiene and the overall well-being of the villagers.

Both villages were facing the problem of safe drinking water, as the underground water is contaminated and the primary source of drinking water is open canals three kilometers away.

Women and children usually fetched water from the canal that would consume one or two hours every day. Moreover, the open canal was at the risk of getting contaminated by external particles increasing the vulnerability of the local population to water-borne diseases.

After installing the lead line hand pumps, the PRC team visited both villages and had discussions with the Community Based Organizations (CBOs) about the new facility.

The villagers were full of praise for the PRC, Sanghar. So far, around 500 households have access to safe drinking water.

Moreover, under the project the communities have been empowered to deal with and manage common illnesses and injuries through the trained Community Based Health and First Aid (CBHFA) volunteers and staff.

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Horses for courses

■ First batch of foreign accredited EMTs pass out from PRC NASC

Every day and everywhere people become seriously ill or injured. These incidents occur suddenly often threatening the patient's life.

In some cases, improper or inexperienced handling either kills or cripples patients for life.

Achieving a good outcome depends largely on provision of prompt and adequate care.

Pre-hospital care is provided in the community (at home, work, school, or recreation area) until the patient arrives at a formal health-care facility.

This care is usually offered by the Emergency Medical Technicians (EMTs), who are health-care specialists with particular skills and knowledge.

An EMT is the principal actor in a large network of people, vehicles, equipment, and facilities organized to respond rapidly to emergency medical incidents.

In order to ensure a careful handling of patients before their arrival at a formal health-care facility, the PRC organized a training course in pre-hospital emergency care services.

The first batch of Emergency Medical Technicians (EMTs) passed out from the PRC National Ambulance Service College (NASC), Islamabad.

PRC Secretary General Ghulam Muhammad Awan, Vice Chancellor (NASC) Dr Hussain Mubashir Malik, PRC

FATA branch Chairman Muhammad Fareed Khan Wazir and a high-level delegation of the National Ambulance Service College, Dublin, comprising Dr Shane Knox, Anthony Byrne and Desmond Wade, attended the ceremony. Ghulam Muhammad Awan said his best wishes were with the qualified EMTs and he was extremely hopeful that they will leave no stone unturned in serving the country to the best of their capability.

Dr Shane Knox expressed his satisfaction over the performance and success of all the students in both theoretical and practical exams, conducted by the NASC, Dublin.

Vice Chancellor NASC Dr Hussain Mubashir Malik said the NASC was established last year with the collaboration of NASC, Dublin.

"The establishment of this college is the greatest gift for the people of Pakistan because it will produce relief workers specialized in advanced and state-of-the-art emergency related courses that will enable them to deal with emergency situations in an efficient and professional manner," he said. He also thanked all the companies, including the SNGPL, FFBL and Askari Bank, for making generous monetary contributions towards establishment of the college.

Gone the way of all flesh, but not forgotten

To express solidarity with the shell-shocked families of the martyrs of Army Public School, Peshawar, the Pakistan Red Crescent (PRC) organized a candlelit vigil at the National Headquarters, Islamabad.

Secretary General Ghulam Muhammad Awan, officers and staff expressed their deepest condolences over the 2014 terrorist attack on the school that claimed 141 lives, including 131 schoolchildren.

The participants offered special prayers for the martyrs and expressed solidarity with the parents. The volunteers and members of Emergency Response Team (ERT) of the PRC also saluted the martyrs.



■ Over 250 students and 150 PRC volunteers trained to deal with emergency situations

This is how to do it

The Urban Disaster Response Team (UDRT) of the Sindh chapter of PRC and the School Safety Program (SSP) organized a three-day annual field training camp for imparting training to over 250 students, from 30 schools of Karachi and 150 PRC volunteers, to deal with emergency situations.

The participants were trained in first aid, emergency response, fire-fighting and camp management.

The objective was to boost community volunteerism on successful infusion of spirit of selfless service to needy people without discrimination between class, colour or creed through trained youth and volunteers affiliated to the PRC programs.

Vice President PRC Sindh Dr. Sardar Yaseen Malik and DG Provincial Disaster Management Authority, Sindh Commander (retired) Syed Salman Shah were guests on the occasion. Member Managing Committee Tariq Moeen was also present.

Addressing the closing ceremony, Dr. Yaseen Malik said youth were doing commendably well in every segment of life in Pakistan.

"The communities should be strengthened through recruitment of volunteers and their training and retention. Presently, the PRC has a volunteer registration of 1.7 million and aims to increase this number to 500,000," he said.

Syed Salman Shah said PRC-Sindh was organizing training events, especially for the youth, and creating awareness about how to deal with emergency situations like floods, earthquakes, fire or terrorist attacks.

David Kenealy lauded the efforts of both GRC and PRC teams for mitigating the sufferings of vulnerable segments of the society.



School Safety Program

So many schools, either government or private, are benefitting from the countrywide School Safety Program launched by the Pakistan Red Crescent in close collaboration with the Norwegian Red Cross (NorCross).

The main purpose of the programme is to provide guidelines to schools, in the form of safety planning and subsequent training, which is specific to emergency situations in the Karachi schools.

The training will enable them to respond properly and save the lives of people.

The programme has been implemented in 71 schools of Karachi. A notification has been circulated to 149 schools for cooperation and implementation of the program.

On the right track



The PRC Youth and Volunteer Department organized a one-day awareness and volunteer recruitment drive

on December 11 to uphold the cause of "International Mountain Day".

The hiking drive was set off at Trail No. 5, Margalla Hills under the supervision and guidance of Chief National Coordinator Sheikh Hameed, National Health Coordinator Dr. Mohi-ud-Din and the Youth and Volunteer Program Manager Sardar Samiullah Abbasi to raise awareness among the volunteers about the cause of International Mountain Day.

The Day is celebrated worldwide to highlight the need for conserving forests, wildlife and mountainous cultures and saving the world from global warming.

Motivational sessions for the youth and volunteers were also conducted by Zydan Khan and Mr. Mubashir and 80 registered volunteers.

As many as 173 on-the-spot recruited volunteers from different backgrounds also took active part in the hiking drive.



■ Disaster Risk Reduction & Livelihood

CASTING THE NET WIDER TO THATTA

The Pakistan Red Crescent (PRC) in collaboration with the German Red Cross (GRC) has established a district branch in Thatta for community resilience programs which include the Disaster Risk Reduction and Livelihood program.

Chairman PRC Dr Saeed Elahi inaugurated the newly constructed district branch.

PRC Secretary General Ghulam Muhammad Awan, Chairperson PRC Sindh Ms. Farzana Naek, Secretary Sindh PRC Branch Kanwar Waseem, German Red Cross Head of the Office Ms Hannelore and German Counsel and Deputy Head of the Mission Carstan Muller were also present.

PUTTING DOWN ROOTS IN BAGH

■ PRC to set up permanent network in Bagh district of AJK to assist families at LoC



The Pakistan Red Crescent (PRC) has established its district branch in Bagh, Azad Jammu and Kashmir.

The branch aims to ensure effective community resilience, community based disaster risk reduction (CBDRR), health & hygiene, mine risk reduction (MRR), first aid and restoring family link (RFL) programs with the support of international donors.

News in Brief

50 volunteer for first-aid training

The Pakistan Red Crescent (PRC) set up a stall at the 7th Annual Public Health Conference organized by the Health Services Academy (HSA) in Islamabad on December 13 and 14.

The conference was attended by 600 health professionals including doctors, medical students, government officials and NGO representatives.

The stall presented a remarkable demonstration pertaining to various lifesaving procedures.

The participants showed keen interest in various domains of the PRC, especially first aid training. Around 50 participants were registered as volunteers for the first aid training.

Hands-on training

The Pakistan Red Crescent (PRC) in collaboration with the NDMA Pakistan and NSET Nepal organized an 8-day training program entitled CADRE/PEER (IV).

The PRC became partner in PEER3 regional training program initiated in 1998 by the US Agency for International Development (USAID) and Office for Foreign Disaster Assistant (OFDA).

The training courses were facilitated by the trained and experienced staff of the PRC. A total of 56 participants, including the Rescue 1122, NDMP and PRC volunteers and staff, were trained in first aid, basic life skills, search & secure, fire emergencies, disaster and hazards, securing family, incident command system, and dead body management.

The program aims to enhance local and regional disaster preparedness and response capacities of vulnerable countries in Asia.

Branch uplift capacities assessed

The first international training on Branch Organisational Capacity Assessment (BOCA), encompassing all aspects of the approach, was organised recently by the Pakistan Red Crescent (PRC) in Islamabad that was attended by 26 national and international participants, who took part in a real-time extensive exercise of preparing annual plans for the district branches involved and identifying areas that need strengthening to achieve branch sustainability.

The exercise started with a one-day training of BOCA Facilitators, followed by a 7-day BOCA Refreshers' Training and ending with a one-day BOCA Analysis Training of Facilitators.

The whole training was based on group discussions and return demonstrations with lots of practice sessions and group works. All the participants visited seven district branches in groups to facilitate BOCA.

The assessments carried out during the process were transparent and the exercise allowed the participating branches to prepare their annual plans as well.

ToT on Health Care in Danger

The Pakistan Red Crescent in collaboration with the ICRC launched "Health Care in Danger" project in Islamabad.

The project is aimed at addressing the issue of violence against patients, health-care workers and ensuring safe access to and delivery of health care services.

To enhance the resilience of health care professionals (HCPs) against vulnerability to violence, the project will be implemented in selected districts of the Punjab, Khyber Pukhtunkhwa and Balochistan.

- **CBRR & VA program benefits 10,202 men, 9,847 women and 6,180 boys & girls in Muzaffarabad, Neelum, Haveli, Poonch, Kotli and Bhimber districts of the AJK**
- **9,754 men, 1,768 women and 8,899 boys & 2,438 girls in Hangu, DI Khan, Lower Dir and Swat of KP** ■ **15,864 men, 41 women and 21,264 boys & girls in FATA**

IEDS: Transferring the know-how

The Pakistan Red Crescent in collaboration with the Weapon Contamination Unit (WCU) of the ICRC is actively working in the hazardous areas of Fata, KP and AJK to create awareness among the people about the threat posed by the unexploded ordnance (UXO), landmines, explosive remnants of war (ERWs) and the IEDs.

These hazards – scattered in place like the abandoned houses, agricultural lands and waterfalls – pose a serious threat to the local population and those getting back to their homes after restoration of law and order.

The Community Based Risk Reduction and Victims Assistance (CBRR & VA) program aims to educate the inhabitants of the affected areas about the potential risks.

Beneficiaries: The program has successfully reached over 86,507 people countrywide in 3,160 outreach sessions conducted by the program-based risk educators. The educators have been recruited from the local population in order to educate their people in the local language.

The CBRR & VA initiative has successfully reduced the number of casualties. According to 2016 report, only 40 incidents occurred countrywide compared with a large number of incidents which took place in the previous years.

The program has been able to reach 10,202 men, 9,847 women, 6,180 boys and girls in Muzaffarabad, Neelum, Haveli, Poonch, Kotli and Bhimber districts of the AJK.

In KP, the program has reached around 9,754 men, 1,768 women, 8,899 boys and 2,438 girls in Hangu, DI Khan, Lower Dir and Swat. In FATA, 15,864 men, 41 women and 21,264 boys and girls benefitted from the program.

Cultural barriers: Though the program faces difficulty in reaching girls and women in the rural areas of tribal agencies due to the cultural barriers, it continues in Mohmand, Bajaur and Khyber agencies.

The program in collaboration with the physical rehabilitation centers has so far referred 77 victims who have been rehabilitated.

Moreover, it maintains a regular liaison with the line departments of district governments to reinforce the initiative.



Coping with the challenge in GB

The Pakistan Red Crescent in collaboration with the German Red Cross has undertaken special efforts to provide assistance to the people of Gilgit-Baltistan that is exposed to natural disasters (earthquakes, landslides, avalanches, flash-floods and glacial lake outburst flood etc).

“Over 15,000 residents in 10 villages of Shigar Valley will benefit from the Disaster Risk Reduction (DRR) and Climate Change Adaptation programs,” said Chairman PRC Dr Saeed Elahi while launching the program here.

“Pakistan is adversely affected by both natural and man-made disasters and climate change; this off course calls forth dire need for building the disaster resilience capacity of residents so that they could effectively cope with disaster effects and help themselves before arrival of external aid.

The PRC has already offered to Director General GB DMA for prepositioning of Disaster Preparedness stock (NFI) for 200 families in forward locations of 10 most vulnerable districts of GB besides its available stock at the



PHQ and district branch in Skardu”.

Senior Minister GB Haji Akbar said people living in disaster-prone areas of GB were in dire need of the DRR and Climate Change Adaptation programmes.

Secretary General PRC Ghulam Muhammad Awan said another project of Canadian Red Cross (CAD2.3 million worth) was already being implemented for capacity building of PHQ-GB and communities of Ghizer district.

MEDICAL CAMP AT PANJA SAHIB

Rising above the religious barriers

The Pakistan Red Crescent (PRC) established a well-equipped first aid medical camp at Gurdwara Panja Sahib, Hasan Abdal for provision of medical assistance to Sikh Yatrees.

The camp, comprising doctors, paramedics, medicines store and an ambulance, played pivotal role in dispensation of first aid to the needy pilgrims.

The camp remained vigilant round the clock during the three-day stay of Yatrees and provided them with free medicines and timely medical help.

Approximately, over 200 patients suffering from seasonal flu, RTIs, body ache and other minor injuries were treated on a daily basis.

Owing to the high standard of medicines and devotion of the medical team, people made a beeline for the PRC medical camp. As a result, the number of patients exceeded the expected figure for which the PRC provided additional medical staff, medicines and ambulances.

Chairman PRC Dr Saeed Elahi and Secretary General GM Awan visited the place to evaluate and inspect the camp performance.



The Yatrees appreciated the establishment of camp and the performance of medical team. They especially lauded the PRC's principle of religious impartiality and were full of love and respect for the organization.

An overwhelming majority of Sikh pilgrims arrived at the Panja Sahib on November 15 to celebrate the 548th birthday anniversary of Guru Nanak Dev Jee.

AN ALLIANCE FOR A GREATER CAUSE

■ PRC and UNICEF join hands for Maternal Newborn and Child Health

The Pakistan Red Crescent (PRC) and UNICEF have signed an MoU to jointly work in seven areas which include Disaster Risk Reduction, Education and School Safety, use of U-Report for advocacy and accountability by giving the youth and citizens a tool to communicate their needs and experience, cash transfers for humanitarian and development work, Mines Risk Education, Water & Sanitation and Maternal Newborn and Child Health.

Secretary General PRC Ghulam Muhammad Awan and UNICEF Representative in Pakistan Ms. Angela Kearney signed the MoU.

PRC Chairman Dr Saeed Elahi, members of PRC Managing Board Mumtaz Haider were also present.



PRC DEDICATED COUNTERS GET SPACE

All relevant installations of the Capital Development Authority (CDA) and the Municipal Corporation Islamabad, including the Capital Hospital, are open to the Pakistan Red Crescent for establishing its dedicated counters.

During his visit to the PRC Headquarters here, Islamabad Mayor and CDA Chairman Anser Aziz said: "All medical and emergency facilities of the CDA and MCI are available to the Red Crescent to boost its humanitarian services."

He was replying to the request of Pakistan Red Crescent (PRC) Chairman Dr Saeed Elahi for allocating a space in the F-9 Park for holding an event and organising health camps.

Matching men stride for stride



Women were once regarded as the weaker sex and were confined to the four walls of their homes to raise and educate children and do a myriad of mundane domestic chores.

These onerous responsibilities served as big roadblocks for them which seemed almost insurmountable.

However, the vast reserves of energy and irresistible urge to show that they were on an equal footing with their counterparts washed all these obstacles away.

Today, women are seen matching men stride for stride work in almost all fields. They even don't lag behind in energy-intensive games like football, hockey, cricket, wrestling, which were once considered the exclusive domains of men.

Participation in such healthy activities not only contributes towards empowering girls and women, but also helps them build skills and confidence which stand them in good stead in taking the future challenges in their stride.

As a token of the nation's trust in their competence, the PRC organized a women football tournament in celebration with the International Day of the Girl Child.

The event was organized at the Ayub Park, Rawalpindi on October 20 in collaboration with the Total Football. The Norwegian Red Cross assisted the PRC in organizing the event.

High Landers, FC, Young Rising Stars Red, Young Riding Stars Blue and Islamabad Football Association teams participated in the tourney. Subsequently, the prize distribution ceremony was also organized at the President House.

Begum Mehmood Mamnoon Hussain said women had won their mettle in different fields and their successes from playgrounds to politics had brought feathers to the nation's cap.

"I hope our daughters will follow in the footsteps of Malala Yousafzai, Shazia Parveen, Oscar winner Sharmeen Obaid Chinoy, Hadiqa Shabbir and Samina Beg who had brought laurels to the motherland through their works."

The PRC Chairman Dr Saeed Elahi said the PRC Women Forum had laid the foundations of healthy activities by organizing women football tournament on the International Day of the Girl Child.

He said the Women Forum will spare no effort to empower women and enhance their resilience against the odds.

SUCCESS FAVORS THE WELL-GROOMED

The Pakistan Red Crescent, KP Branch, conducted the first Junior Age Squash Championship at the PAF Hashim Khan Squash Complex, Peshawar, on October 6.

The KP Squash Association sponsored the tournament where a total of 121 players, including 21 girls, took part.

Addressing the concluding ceremony of the event, Chairman Pakistan Red Crescent, KP Branch, Lt Gen (retired) Muhammad Hamid Khan, said the Pakistani players reigned the world of squash by setting a matchless record and they had been struggling for the last two decades to achieve the top world ranking but failed.

He emphasized that organizing such tournaments was vital for grooming the upcoming young athletes.

The chairman lauded the KP Squash Association for holding and promoting squash events at the grass- root level.

He also announced that the championship will be the annual feature of the Pakistan Red Crescent KP Calendar.

Qamar Zaman -- three times squash world champion -- said he was greatly impressed by the work done by the PRC KP branch, especially the upgradation of "Mother & Child Care Center, to a modest hospital at Bara Gate, Peshawar that provides low-cost and quality health care services to needy people.



ACHIEVEMENT



Ms Humaira Jahanzeb, Program Manager Canadian Red Cross and Gender Focal Person, has been elected as Chairperson Regional South Asia Gender and Diversity Network. She made it, competing against eight contestants.

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