

Blood Donation Drive- Bahria Medics March 2016

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Inception and story of success of Bahria Medics-2011-2016:

Bahria Medics is a student run organization created with the objective to initiate a Community Welfare Program in Bahria University Medical and Dental College and instigate a sense of social responsibility in the doctors of tomorrow. It was in 2011 that a series of blood drives were organized at the Bahria University Karachi Campus and over 50 pints of blood and Rs. 16,000/- were collected. They were handed over to the Patient Welfare Association (PWA) that is a student run society headed by the students of Dow Medical College. Inspired by the success of initial blood drives, the students of Bahria University Medical and Dental College created "Bahria Medics." This story of success became the tradition of Bahria Medics and is conducted every year since then with great enthusiasm and dedication as a gesture of community help.

In 2012 Bahria Medics successfully created the Bahria Medics Blood Bank in collaboration with the Hussaini Hematology and Oncology Trust. Another series of Blood drives were organized in 2012 and over 110 pints of blood were collected. This drive provided free screening of AIDS (HIV), Hepatitis B, Hepatitis C, Syphilis, Thalassemia Trait and Malaria to all our donors.

In the spirit of growing further, in 2013 Bahria Medics donated 50 pints of blood to the Hussaini Blood Bank's Thalassemia wing and after that organized another series of Blood drives at Bahria University Medical and Dental college, the present campus and collected over 60 pints of blood. Bahria Medics did send aid to Baluchistan earthquake victims also in this year.

A blood drive was organized in collaboration with "Indus Hospital" in 2014 that collected over 110 pints of blood.

In 2015 Bahria Medics did collaboration with "Fatmid Foundation" and collected over 98 pints of blood. We also organized another blood drive in collaboration with "Indus Hospital" and collected over 60 pints of blood.

This year on 1st March 2016, Bahria Medics in collaboration with Hussaini Hematology and Oncology Trust collected record number of pints that is over 131 pints of blood were collected for thalassemia patients.



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Blood Donation Drive- March 2016:

Vice Admiral (Retd) Tehseenullah Khan HI (M) Director General, Bahria University Medical & Dental College (BUMDC), Brig. (Retd.) Prof. Dr. Shaheen Moin, Dean Health Sciences and Principal BUMDC, Faculty Members embraced the ceremony. Along with the team of Bahria Medics Ribbon Cutting Ceremony was held on 4th floor of the BUMDC building at the Skill's lab. at 10:45 am where arrangement for the blood drive were made. A briefing was given by the president of Bahria Medics, Aqsa Mahfooz and Osama Waheed to the Director General, Dean and Faculty Members regarding the arrangement and the procedure of collecting blood including the safety measurements that were taken before driving blood out from donor and the process of screening and storage of blood.

Class representatives from each batch (including one boy and one girl) were selected a week before for the campaign. They informed their fellow mates about the date and venue of the Blood Camp in their respective classes and on the day of blood drive they scattered in the campus and reinforced their class fellows to participate in the drive and donate blood for the thalassemia patients. To get access and to motivate the donor, mainly the students of year 1-5 of MBBS and Year 1-4 of BDS a short briefing of 10 minutes was also given by Dr. Jaffari, MD of Hussaini Hematology and Oncology Trust prior to blood collection on the drive day.

To provide safe blood to the patients and also to prevent any harm, arrangements were made at the venue so that donors who were under weight, hypotensive and had reduced hemoglobin level were not allowed for donating blood. The procedure adopted before donating blood comprised of following steps:

- (1) History taking
- (2) Measuring body weight
- (3) Monitoring of vitals which included blood pressure, temperature and pulse
- (4) Measuring hemoglobin levels
- (5) Finally the patient was declared ready for donation of blood
- (6) After donating blood each donor was refreshed by a juice and pack of biscuits

By the grace of Almighty Allah record number of blood pints since inception of Bahria Medics that is 131 pints were collected. Bahria Medics extends their thanks to all those students and faculty members who participated in this blood drive campaign. Bahria Medics are also thankful to the support extended by the Director General BUMDC and Principal BUMDC for this community help campaign by providing motivation and character building opportunity to the future doctors.

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In the end a special thanks for our Club Committee In-charge, Dr. Tahira Zamir, Assistant Professor, Department of Pharmacology and especially last but not the least a very special thanks to Prof. Dr. Hassan Ali, Head

Department of Biochemistry and Program Officer Student Resource Centre at BUMDC for his help that made this camp successful.



Blood Drive Campaign 1st March 2016



Director General coming for the ceremony



Principal BUMDC coming for the ceremony



Ribbon Cutting Ceremony



History taking at the venue



Blood Pressure monitoring for girls



Blood pressure monitoring for boys



Pricking needle with safety measures



Student donor at the drive



Director General talking to the donor student



Bahria Medics team with DG, Principal,
Program Officer Student Resource Centre & Faculty

