



# RED CRESCENT BULLETIN

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## PRCS-SINDH DELIVERED MEDICAL CARE FOR SURVIVORS OF THE BALUCHISTAN EARTHQUAKE

PRCS-Sindh deployed its Health team in earthquake affected districts of Balochistan. The team consisted of doctors and paramedics with medicines stock of more than one month.

According to the Meteorological Department, the epicentre of the 7.7 magnitude earthquake was 120Km southwest of Khuzdar in Balochistan.

Death toll has risen to 386 and nearly 95 percent houses have been destroyed in a major earthquake that struck Awaran District of Balochistan.

PRCS-Sindh Branch had activated a control room and started communicating with the district branches adjacent to Balochistan to activate their trained volunteers and staff. A team of PRCS-Sindh Medical Staff (Dr. Muzzummil Pervaiz, Dr. Syed Mohammad, Mohammad Yameen (PeraMed) and Mohammad Irshad (PeraMed)) alongwith a bulk of medicines has deployed to Awaran District. The PRCS NHQ has obtained Helicopter Service from Pakistan Army for the

deployment of medical teams and medicines. The Sindh Branch extended their cooperation and help to the Baluchistan Red Crescent Branch and keeping the Human Recourse and relief items ready to dispatch.

The medical team based in Awaran district hospital has treated more than 1,300 patients, while two mobile health units of PRCS-Balochistan Branch have been running clinics in the surrounding villages of Labach, Pirandar, Shagazai and Qasimijoe. Each medical team includes four doctors and eight paramedics. As well as treating injuries caused by the earthquake, the teams found that common medical complaints included diarrhoea, malnutrition in children, and complications amongst pregnant women.

PRCS-Sindh Chairperson Mrs. Farzana Naek appreciated the rapid response and efforts of the medical teams. She said that Red Crescent will make all efforts to mitigate the suffering of the victims. She further said that the Sindh Branch stands with the victims of the earthquake and will continue supporting the victims and more relief will be provided on need basis. In this regard, PRCS-Sindh also launched donation appeal for Balochistn Earthquake victims.



## WHAT SHOULD PEOPLE DO IN EARTHQUAKE SITUATION: GEO NEWS

Pakistan's leading Electronic TV News channel "GEO NEWS" invited Provincial Secretary of Pakistan Red Crescent Society Sindh Branch Kanwar Waseem to give his opinion on current Earthquake situations in Balochistan and also give precautionary tips for general public. The program was live telecasted during News Bulletin 10am-11am.





## Norwegian Red Cross

The Norwegian Red Cross is supporting PRCS- Sindh in its Jacobabad District Branch from 2010 in Branch Development, Disaster Risk Reduction, Community based Health & First Aid and Humanitarian Values.

In order to witness the good work done at Red Crescent Jacobabad a team of delegates of Norwegian Red Cross including NRC Programme Coordinator at HQ Oslo Ms. Ane Aarak Tvedt, NRC

## VISIT OF NORWEGIAN DELEGATION AND NORCROSS AT JACOBABAD BRANCH



Country Representative Astrid Sletten, NRC Programme Advisor Olaf Rosset, Advisor of Norwegian Government & Head of NMFA's Pakistan/Afghanistan Desk Ms. Jannicke Jaeger and a representative of Royal Norwegian Embassy Islamabad Mr. Joon Grene Hetland visited Jacobabad headed by the PRCS Sindh Provincial Secretary Kanwar Waseem.

Initially PRCS Sindh Provincial Secretary gave them a brief of activities of PRCS-Sindh branch and District Red Crescent Branch at Ramada Hotel Karachi. PRCS-Sindh Honorary Treasurer Sheikh Jalal and Member of Managing Committee Saleem Thaeem was also present.

The delegation in its two days visit at Jacobabad attended a meeting with Deputy Commissioner/President Red Crescent Jacobabad Mr. Fayaz Ahmed Jatui at DC House Jacobabad, visited Red Crescent branch office and proposed site of construction of District Head Quarter & Warehouse of PRCS Jacobabad. The delegation also visited the ongoing CBDRR and CBHFA activities done by Red Crescent Jacobabad in the vulnerable areas of Taluka Ghari Khairo, district Jacobabad.

The delegation appreciated the work done by Red Crescent Jacobabad with satisfactory comments and best wishes to PRCS Sindh for its valuable service to humanitarian cause.

## Mid-Term Lessons Learnt Workshop for Livelihoods Component of PRCS-GRC Sindh Livelihoods Project

In cooperation with Pakistan Red Crescent Society (PRCS), the German Red Cross is operating in Sindh Province specifically in districts Dadu, Thatta and Badin. The overall objective of the project is to contribute to the strengthening of livelihoods strategies of rural households in the 11 selected villages effected in Floods 2010 through providing support to fishery development, livestock restocking, agricultural inputs supply and institutional capacity building.

At the completion of first Phase of the livestock component for PRCS-GRC Sindh livelihoods Project, a Mid-Term Lessons Learnt workshop was organized by PRCS-Sindh with the support of GRC on 2nd of October, 2013 at Marriott Hotel Karachi. Provincial Secretary PRCS Sindh had inaugurated the workshop.

The purpose of this Mid-Term lessons learned workshop was to adopt the best practices for the next phase by evolving the similar concerns which were addressed by the field staff in workshop. It includes detailed, specific information about behaviours, attitudes, approaches, forms, resources, or protocols that work to the benefit or detriment of projects. Lessons learned represent both the mistakes made on projects and the newer "tricks of the trade" identified during a project effort.

PRCS Sindh Vice Chairman Mr. Raffique Jaffri was the chief guest in closing Ceremony. Country Representative of British Red Cross Mr. Rafiqul Islam, German Red Cross Program Coordinator (Sindh) Ms. Elmira and PRCS-GRC Livelihoods Team participated in the ceremony.







# WORLD FIRST AID DAY

## Theme of WFA for year 2013:

Each year, more than 100 Red Cross and Red Crescent Societies around the world organise events and ceremonies on the second Saturday of September to raise public awareness of how first aid can save lives in everyday and crisis situations. In year 2013, the theme is "First Aid and Road Safety".



## First Aid Training for Doctors:

PRCS- has celebrated the World First Aid Day and organized Quiz Program on Basic First Aid at Karachi Medical & Dental College



(KMDC) on Saturday, September 14, 2013. Around 250 participants including students and teachers of KMDC attended the First Aid Training and also participated in Quiz Program.

Dr. Rizwana Wasif Training Coordinator of Sindh Red Crescent said that we believe that first aid should be accessible to all - including the most vulnerable, and should also be an integral part of a wider developmental approach. This year the theme is "FIRST AID and Road Safety". She said using this platform we request Government that mandatory the first aid training for everyone who is applying for driving license, students who are passing matriculation and include First Aid Course in education system. Teachers and students actively participated in quiz program and win first aid boxes..

## Simulation Exercise on Road Side:

To highlight the importance of Road Safety, the staff of Sindh Red Crescent organized roadside demonstration at Teen Talwar Clifton Karachi. Large number of people took interest to see the rapid response of trained first aid volunteers can save the life of injured. Pamphlets containing information of road safety and first aid were also distributed.

## Awareness on First Aid through Mass Media

To highlight the need of First Aid Training for drivers, students, labours, housewives, PRCS-Sindh has distributed pamphlets and organized live shows on TV & Radio Channels including GEO NEWS, Health TV, DM News, News One, Vibe TV & FM 107.



## IMPORTANCE OF FIRST AID HIGHLIGHTED FOR SCOUTS

PRCS-Sindh's Youth & Volunteers Departments with Training Institute organized two days "First Aid Training for Professional Volunteers" at Sindh Boy Scouts Association, Headquarters, Karachi. The trainings was attended by 25 participants. In closing ceremony of Workshop the Chief Guest Provincial Secretary Sindh Boy Scouts Association Mr. Akhtar Mir, PRCS-Sindh Training Coordinator Dr. Rizwana Wasif and Y & V Officer Atif Hussain distributed the certificates to participants.





# Another feather in Red Crescent Sindh's cap: "Communication Volunteers Team Established"

**T**he Sindh chapter of the Pakistan Red Crescent Society in collaboration with the International Committee of the Red Cross (ICRC) organized "Refresher Course Training for Communication Volunteers" at Hotel Marriott, Karachi. The training continued for three days from October 23 - 25, 2013 in which participants were trained for Communication, Effective Presentation Techniques and were introduced to the Red Crescent Movement. The Training was attended by 25 participants from Karachi, Thatta, Badin, Dadu, Hyderabad, Khairpur, Sukkur, KSK, Shikarpur, Mirpurkhas, Sanghar, Mithi and Jacobabad districts.

**PRCS Sindh Branch second time organized this type of workshop for district communication volunteers with the support of Training Institute of Red Crescent.**

PRCS Sindh Provincial Media & Communication Officer Muhammad Aftab Madni, started the training with a Communication and Presentation techniques, the role of Red Crescent communication volunteers in disaster or any emergency and detailed introduction of Red Cross & Red Crescent Movement. Madni also emphasized the RCRC movement code of conduct in context of media & information. He said visibility of our emblem in field by banners, brochures, photos, cap and jacket confirmed the availability and presence of Pakistan Red Crescent on ground.

Participants also learnt about news and reporting and Media Handling. In the closing ceremony, Pakistan Red Crescent Society Sindh's Vice Chairman Raffique Ahmed Jafferi said that the purpose of this training was to train the district volunteers and staff members to provide RCRC Movement dissemination sessions with effective communication & presentation techniques to different communities living in their districts that will enhance the image building of PRCS and its acceptance in communities.

Closing Ceremony was attended by PRCS-Sindh Honorary Treasurer Sheikh Jalaluddin, Provincial Secretary Kanwar Waseem, Senior Journalists Syed Ikram Bukhari and famous TV Anchor Mian Tariq Javed. Certificates and gifts were also given to the participants.



## ORIENTATION OF RFL: HELPING FAMILIES TO FIND EACH OTHER

Every year, armed conflicts, disasters and migration split up countless families. People suffer terribly from not having contact with, or any news from, their loved ones. The National Red Cross and Red Crescent Societies work together all over the world to assist people separated from loved ones. RFL or restoring family links between people separated from relatives is a basic service of the International Red Cross and Red Crescent movement.

In this regard Pakistan Red Crescent Society Sindh Provincial Branch in collaboration with International Committee of Red Cross (ICRC) organized an orientation workshop in Karachi on November 19, 2013, where 20 volunteers were oriented to the range of activities involved in RFL. Provincial Secretary Kanwar Waseem, PPO Ather Khan and Training Coordinator Dr. Rizwana Wasif along with facilitators from PRCS-NHQ and ICRC Islamabad were also present.





# STRATEGIC PLANNING 2014 FOR JACOBABAD



PRCS-Sindh and Norwegian Red Cross jointly organized the strategic planning workshop for the year 2014 at Marriott Hotel Karachi on 8th-10th October, 2013 for Red Crescent Jacobabad branch.

The workshop was focused to plan and finalize jointly the strategy for the year 2014 of Red Crescent Jacobabad supported by NorCross in its Branch Development including Disaster Risk Reduction, Community Based Health & First Aid and Humanitarian Values project components.

For the successful culmination a Team of Norwegian Red Cross headed by its Program Advisor for Sindh Mr. Olaf Rosset, Program Coordinator Mr. Mateen Butt and Admin & Finance Officer Mr. Faheem Qaiser participated. The Red Crescent

Jacobabad team prepared a draft of project documents i.e. Log frame and Sectoral Detailed Implementation Plans and Plan of Action for the year 2014. The closing ceremony was chaired by Provincial Secretary Mr. Kanwar Waseem, Vice-Chairman PRCS Sindh Mr. Raffique Ahmed Jaffrey and Honorary Treasurer Mr. Sheikh Jalaluddin. The Chair appreciated the work done and commented on the project outcomes. They also thanked the Norwegian Red Cross for their active role in Red Crescent Jacobabad Branch Development.

## First DDRT Training Organized in District Red Crescent Branch Jacobabad

The Jacobabad Branch has successfully achieved the objective of developing District Disaster Response Team (DDRT) supported by NorCross with Technical support of PRCS Sindh PHQ Management, with this capacity building activity the DM Cell Jacobabad would improve the rapid response capacity and to ensure Pakistan Red Crescent Society's active participation in disaster response activities in any future unforeseen disasters as per the Mandate and Mission of the PRCS. DDRT training from 21st -23rd September 2013 was attended 25 male & female volunteers and 3 branch staff members. The training agenda comprised of mainly the sessions on RCRC Movement, DM Terms, Beneficiary selection & distribution, Relief Management, Introduction to logistics, WATSAN, Warehousing, RiE (Templates) and Field Simulation Exercises.



## “Vulnerability & Capacity Assessment” in Ghari Khairo, Jacobabad



PRCS Jacobabad Branch Conducted 1st Pilot VCA supported by Norwegian Red Cross and PRCS Sindh PHQ, at Village Chandan Rind, U/C Miranpur, Taluka Ghari Khairo, District Jacobabad. Standard IFRC VCA Approaches and Tools were used to access information for this VCA exercise.





## ACTIVITIES OF DISTRICT RED CRESCENT BRANCH BADIN

★ The DMO and Field Officer DRR visited village Golo Mandhro to form student teacher committee. They conducted meeting with school staff then formed student committee. RC/RC orientation was given to them and students took interest to know about Red Crescent. They also conducted a quiz competition for students.



★ A field visit was conducted to village Ahmed Rajo where team formed a student teacher committee with the same process that followed in other villages. An introduction was carried out about RC/RC.

★ The DMO and Field Officer DRR conducted two days ERT Training in PRCS office of village Golo Mandhro and village Ahmed Rajo. They conducted the sessions and made the training fruitful for participants at community

## ACTIVITIES OF DISTRICT RED CRESCENT BRANCH THATTA

- Meeting with Community Focal Person, Disseminate them about RCRC Movement and discussed health issues at village Imam Bux Shodo (Arab) Thatta.
  - Dissemination session on RCRC Movement at villages Essa Khushk UC Doomani, BHU Hillaya and Shokat Gandro kenjher lake, UC Sonda, BHU Hilaya, Thatta.
  - DRR team Thatta visited village Aloo Noonari for formation of ERT (Emergency Response Team).
  - School safety DRR initiatives one school from each targeted communities.
- Three days YABC workshop at District Red Crescent Branch Thatta. Honorary Secretary Haji Muhammad Hanif Memon distributed certificates to participants.



## ACTIVITIES OF DISTRICT BRANCH BHU LARKANA

★ District Branch Basic Health Unit Larkana has treated 9800 patients from July 2013 to September 2013 and provided the consultation, antenatal care, post natal care and medicines.

★ Nine Health Awareness Sessions were conducted during 3rd Quarter 2013 by LHV and Motivators in different UCs and Communities. The Sessions have covered major issues of Safe Delivery, Hepatitis and HIV, and washing, making ORS at home EPI at home EPI for children,

Anaemia. The sessions were conducted in Schools, Mosques and Homes, the total beneficiary's 2066 including male and females.

★ The Coordination meeting was also held in which District Administration, Larkana BHU staff and the City Government has agreed to provide training to BHU motivators and dispensers for MP Malaria test and T.B dots programme and agreed to give the medicines from the budget of city Government.



# INTERNATIONAL YOUTH DAY 2013

The Youth & Volunteer Department of Pakistan Red Crescent Society Sindh Provincial branch organized an elocution contest titled "The youth to whom the stars are not out of bounds – Are the once I love indeed" to celebrate International Youth Day 2013 on September 20th, 2013. The objective of the contest was to create a sense of competition to conquer the world as was envisaged by poet philosopher Allama Mohammad Iqbal. In closing ceremony of ceremony the Dy. Coordinator of Education Department for Boys Secondary School Madam Naila Masroor as the Chief Guest and PRCS-Sindh Provincial Secretary Mr. Kanwar Waseem presided. He distributed the certificates & shield among the participants and Principal of Schools.



## YABC WORKSHOP & VOLUNTEERING IN EMERGENCIES IN DISTRICTS RED CRESCENT BRANCH MIRPURKHAS

Youth & Volunteers department of Pakistan Red Crescent Society Sindh Provincial Branch has conducted three days YABC Workshop & Volunteering In Emergencies in Districts Red Crescent Branch Mirpurkhas. PRCS Provincial Vice Chairman Mr. Raees Ahmed Khan inaugurated the workshop. He said that Mirpurkhas most of the time known as city of NGOs. He referred meritorious services of Dr. H.M. Drago and Chadri Raffique and asked the youth to follow their example.

A total of 41 participants including male and females attended the training. The training aims to develop an efficient volunteer corps well versed with the RC/RC Movement, Fundamental principles, 'Youth as Agent of Behaviour Change' & Disaster Management Techniques to assist PRCS in its operation during disasters. During the training of

Field visit located suburb of Mirpurkhas at Poultry Farm for the simulation exercise. In closing ceremony of workshop, the Mirpurkhas Deputy Commissioner Mr. Asif Ikram urged the youth to take active part in social service which would create a sense of self confidence among them.





## FIRST AID POST DURING MOHARRAM 9 & 10 PROCESSION

As per Annual practice of PRCS-Sindh the Emergency Response First Aid Team was deputed at Noumaish, Karachi on occasion of Aashura (Moharram 9 & 10) procession. As many as 220 people were provided with free medical and surgical on both the days. Facilities provided included stitches, dressing and other medical facilities. Five ambulances were also present at the camp to tackle any unpleasant situation. PRCS-Sindh Managing Committee Member Mrs. Shamim Kazmi,



Provincial Secretary Kanwar Waseem and Health Manager Dr. Ali Warsi also visited the first aid post. PRCS-Sindh admired the role of Mr. Tariq Moen, Mr. Javed Raza and

PIA Scout Association for great co-operation and invaluable support for organizing First Aid Camp.

## PRCS-Sindh Staff Coordination Meeting



Pakistan Red Crescent Society, Sindh Provincial Branch had conducted its 31st PHQ Staff Coordination Meeting with all Admin & Project Managers & officers working in Branch on Monday, 11th November, 2013 at Hilal-e-Ahmer House, Karachi. Secretary Sindh Branch Kanwar Waseem headed the meeting. All

Managers/ Officers of IFRC, ICRC & German Red Cross supported projects and PHQ Administration had given their sectoral presentations on previous month progress & future plan activities with the discussions on issues and challenges. Meeting has proved itself a very good coordination mechanism

## OBITUARY

Staff & Management of PRCS-Sindh Branch conveys their sincere condolences to following staff members on sad demise of their beloved relatives.

Kanwar Waseem, Provincial Secretary for his sister Mr. Khursheed Ansari, Office Superintendent for his sister Mr. Muhammad Aftab Madni, Media & Communication Officer for his father Mr. Muhammad Sajjad, PMER Officer for his Uncle, Aunt and Cousin Mr. Muhammad Hussain, Transport Supervisor for his mother & brother Mrs. Perveen, Telephone Operator for her husband & son-in-law May Almighty Allah bless them and have mercy on their souls.

## APPEAL

All Philanthropists are requested to donate generously to reduce the suffering at the victims of Earthquake in Balochistan

## For Donation & Latest Information

PRCS Sindh Provincial Branch, Hilal-e-Ahmer House, Main Clifton Road, Karachi.

Tel: 021-35306227-9, Fax: 021-35830376 E-mail: [info@prcsindh.org.pk](mailto:info@prcsindh.org.pk)

Website: [www.prcsindh.org.pk](http://www.prcsindh.org.pk)

ALL DONATIONS ARE EXEMPT FORM INCOME TAX

## SKILL DEVELOPMENT OF PRCS-SINDH STAFF



Muhammad Aftab Madni, Media & Communication Officer attended designing & Production Training Organized by ICRC and receiving participation certificate from Yuriy Shafarenko Communication Coordinator ICRC Islamabad.



A Group Photo of "PRCS CBDRR Training Manual Field Testing" in Islamabad.

Muhammad Sajjad PMER Officer, Salma Bano CBHFA Coordinator, Shoukat Islam DMO Mithi Branch & Rajesh Kumar DMO Sanghar attended the training.



A Group Photo of Asia Pacific CBHFA Workshop 2013 Integration, PMER & Healthy Life Style Modules in Sri Lanka.

Salma Bano CBHFA Coordinator of PRCS-Sindh participated in training.