

## Report on Health Mela/Fair in Station School -1 Sadder, Rawalpindi.

The Nurses Christian Fellowship Pakistan (NCFP) –Islamabad Branch organized health awareness in collaboration with Station School-I on November 22, Saturday, 2014. The aim of this health fair was to raise awareness on common health issues and identify new cases and refer for proper timely treatment. There were three aspects of the health mela.

First corner was organized for parents so they can learn about different diseases that how the diseases spread and the people can prevent themselves and their children. Children height and weight was checked. Approximately 60 children of different ages, whose growth was checked and it was found out that majority of the children depicts low weight than the age. After completing measurements, they were referred to the teaching corners so the parents could learn and work on their children health. The following diseases and topics were under discussion.

- Tuberculosis,
- Diet for malnourished children and iron diet,
- Worms in children
- Importance of vaccination
- Prevention on child abuse



Second corner was for children where a puppet show and storytelling was organized to teach them about the following topics.

- Importance of Hand washing and how does it prevent from infection

- Prevention from mosquito bite and malaria and dengue fever
- Importance of balanced diet and avoid junk food



Third corner was for the young females 'students, their teachers and the parents on breast cancer prevention and self-breast examination. According to World Health Organization (WHO) and Cancer Prevention Society, self-breast examination skills must be taught for early detection of the cancer. The session was conducted two times and the duration of the session was 45 minutes. The session was delivered in Urdu language through power point and multimedia. Approximately 200 females attended the sessions and different queries were entertained. It was surprise to know that the girls were not aware about this one of the common topic. It was inferred that this kind of sessions must be organized by health care workers to prevent cancer in our own country.





In the end I would like to convey my personal appreciation to Madam Prem Rose the principal and her dedicated team for all cooperation and assistance. Especially the publicity teacher's members who made sure the maximum attendance of this unique type of concept of health awareness at door step. All services were provided on a free and volunteer base and hope that children and their family have learnt many things from the staff of our

team. Moreover, we may be able to plan more sessions in future in other schools as well.



Reported by

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Team of volunteers

1. Ms Surryia
2. Ms. Elizabeth
3. Ms. Anita
4. Ms. Hina
5. Ms. Alice
6. Ms. Sunaina
7. Mr. Victor
8. Ms. Ammara
9. Ms. Rachel

Date: December 4, 2014.

Reviewed By:

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Date: December 17, 2014