

# FREE MEDICAL CAMP FOR CHILDREN OF BASERA SHELTER HOME

28TH SEPTEMBER 2025

BASERA SHELTER  
HOME, ISLAMABAD



RJS Life Care  
Support a Good Cause



# 1. Introduction

RJS Life Care organized a Free Medical Camp for the children residing in BASERA Shelter Home, Islamabad, on 28th September 2025. The initiative was undertaken as part of RJS Life Care's ongoing commitment to improving the health and well-being of marginalized and vulnerable groups, particularly orphaned and underprivileged children.

The medical camp aimed to provide essential health screening, medical consultation, and health education to the children to ensure early identification of health issues and promote preventive healthcare practices.





## 2. Composition of RJS Life Care Team

The activity was conducted by a multidisciplinary team from RJS Life Care comprising:

- **Dr. Rashid Jahangir**  
Chairman
- **Ambassador (Rtd) Safdar Hayat**  
Executive Director
- **Dr. Mulazim Hussain**  
Child Specialist
- **Mr. Idrees Burhan**  
Director Programs
- **Mr. Affaq**  
Admin Officer
- **Volunteers**  
Social Work students from Quaid-e-Azam University



# 3. Agenda of the Day

28-09-2025		
Time	Session	Responsibility
10:30am-11:00am	Registration	RJS Life Care Volunteer
11:01am-12:30pm	Screening Test	RJS Staff
12:31pm-01:00pm	Medical check-up/Consultation	Dr. Mulazim Hussain
01:01pm- 01:30pm	Medicine distribution	RJS Team
01:31pm-01:45pm	Awareness session about preventive practices and self-hygiene	Dr. Rashid Jahangir Chairman RJS Life Care
01:46pm-02:00pm	Give aways and Vote of thanks	Ambassador (Rtd) Safdar Hayat
02:00pm-03:00pm	Prayer & Lunch Break	
<b>Self-Reflection on the day's proceedings and wrap-up of records</b>		



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## 4. Activity Description and Outcomes

A total of 44 children were examined during the camp, including 7 girls (15.9%) and 37 boys (84.1%).

Health Issue	No. of Cases	Percentage
<b>Anemia</b>	12	27.2%
<b>Tuberculosis</b>	0	0%
<b>Hepatitis B</b>	0	0%
<b>Hepatitis C</b>	0	0%
<b>Blood Sugar (Random)</b>	0	0%

The purpose of the set of screening was to take pre-emptive step to examine the diseases that often act as silent killers like Blood Sugar, Tuberculosis and Hepatitis B/C.

The screening indicated that anemia was the most prevalent concern among the children, highlighting the need for improved nutrition and regular follow-up. No cases of Tuberculosis, or Hepatitis B/C or Blood Sugar (Random) were identified.

Moreover, parasitic infection, and skin infections were found common among the children.



After screening, medical consultations and medicines were provided free of cost. Deworming medicines and lotions were provided to the management for appropriate usage for all of the 44 residents of BASERA Shelter Home. The team also conducted an awareness session focusing on personal hygiene, balanced diet, preventive health practices, and the importance of regular medical checkups.



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# 5. Engagement and Participation

The event witnessed active participation from the children, caretakers, and management of BASERA Shelter Home.

Volunteers from Quaid-e-Azam University also played a vital role in facilitating registration, coordination, and awareness activities.

At the closing ceremony, the Board Members and Administration of BASERA expressed their gratitude to RJS Life Care for their valuable contribution. Certificates of appreciation were distributed among volunteers to recognize their support and dedication.



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## 6. Observations and Recommendations

- Nutritional deficiencies, particularly anemia, were evident and require dietary interventions.
- Regular medical checkups should be organized every six months to monitor children's health.
- Awareness sessions on hygiene and nutrition should be continued to instill preventive health behaviors among children.
- Strengthening collaboration with local health departments and NGOs can help sustain such initiatives.



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# 7. Conclusion

The free medical camp successfully achieved its objectives of providing medical screening, treatment, and preventive health education to orphaned children.

RJS Life Care remains committed to continuing similar outreach programs that promote community health and child well-being.

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