



International
Osteoporosis
Foundation



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THE PAKISTAN SOCIETY
FOR THE REHABILITATION OF THE DISABLED
REGD. 1957

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EDITOR PSRD NEWS
Ghazala Hameed



| PSRD SUFFERS ANOTHER LOSS |



Chairperson, Orthotics & Prosthetics Centre, Brig. Abdul Qayyum Sher (Retd), passed away on Sunday, 25th August, 2013. He was 94. Upright and principled, he had served PSRD for over 29 years with great dedi-

cation, sincerity and enthusiasm. His services, particularly in the Orthotics & Prosthetics Centre, were outstanding, and resulted in making it a professional set up which not only provides services at PSRD but also in areas outside Lahore. He was so devoted to the cause of people with disabilities that, despite his frailty, he worked steadfastly to the end. His absence will be deeply felt.

A brave and courageous soldier, he served in the army with distinction and will be remembered for his heroics in the recapture of the Wagah position occupied by the Indian army in 1965. He was decorated with Hilal-i-Jurrat for his gallantry in this war. He resigned from the army in 1968.

In addition to PSRD, he also worked in a voluntary capacity with other charitable institutions such as the Pakistan TB Association and the Pakistan Red Cross.

He is survived by a son and two daughters. His daughter, Mrs. Ferhana Sher, is a Member of the PSRD Executive Committee.

May Almighty Allah rest his soul in eternal peace and give strength to the bereaved family to bear his loss. Ameen.

Performance at a Glance JULY - SEPTEMBER, 2013

Hospital (Out Patient and In Patient Record)

6238 patients registered and categorized in A-E category.

'E' Category treated free.

5984 patients examined by Medical Officer.

1181 'E' Category patients treated free.

78 staff and 183 PSRD High School Students given free medical treatment.

1118 surgeries conducted.

2780 X-Rays done.

1265 Laboratory Tests.

Physiotherapy Unit

1390 patients attended by Physiotherapist.

10004 treatments given.

Occupational Therapy and Speech Therapy Unit

288 patients attended by Occupational Therapist

837 treatment sessions given.

115 patients attended by Speech Therapist.

285 treatment sessions given.

Skill Development Unit

18 trainees trained in various Arts & Craft unit.

Rs. 340,035/- income generated from Arts & Craft Section.

17 trainees trained in Tailoring Section.

Rs. 570,050/- income generated from Tailoring Section.

64 students trained in Computer Training Courses.

15 students completed Cell Phone Repairing Course.

Orthotic and Prosthetic Unit

936 patients attended.

1166 appliances manufactured.

905 appliances delivered

Vocational Rehabilitation Centre

7 disabled persons given loan of **RS. 245,000/-**

PSRD High School

No. of Students: **220**

Community Based Out Reach Services (CBR)

453 Patients checked by Lady Doctor

39 Children & Women immunized

413 women given free medicines

519 Survey

13 girls Vocational Workshop enrolled

13 girls Primary Education

157 Burki Project

| NEW DEVELOPMENTS |

PONSETTI CLINIC

A Ponsetti Clinic has been established at PSRD Hospital with the affiliation of Ponsetti International.

Approximately 50% of patients being treated at PSRD are children and majority of them are club foot cases. Previously club foot cases were largely managed by surgery but due to complications of surgery, the trend is moving more to treatment of club foot by casting. Ponsetti casting is named after Prof. Ignacio Ponseti. This method of treatment has excellent results, particularly when intervention is done at an early stage, and is cost effective. Establishment of a Ponsetti Clinic will benefit the patients and is a good development for PSRD.

| RAMZAN ACTIVITIES |

EID GIFT PROGRAM

20th Eid gift program was organized by the PSRD Old Students Association on Thursday, 1st August, 2013. Ch. Zain Iftikhar was the Chief Guest. Mrs. Ghazali Iftikhar donated a large sum to be given to the school children as Eidy. The smiling faces of the children were a visible proof of their joy.



RAMZAN PROGRAM OF A- PLUS TV

PSRD school children were invited to participate, along with VP, Mrs. Ghazala Hameed, in the Ramzan Program on A Plus TV by well known compere and TV

Personality, Mr. Sahir Lodhi.

Mrs. Hameed highlighted the various activities taking place at PSRD and appealed for whole hearted donation of zakat and sadaqat during the holy month of Ramzan. The children enjoyed the show and were given gifts and a sumptuous iftar.

Mr. Arif Lohar was also one of the guests on the show.

PRIVATE CONSULTANT CLINIC AND EMERGENCY

Private consultant clinic and emergency has been completed which would be made functional after its Furnishing and equipping. This has been accomplished entirely through donations from local philanthropists and a great effort by Vice President, Mrs. Rehana Baray.

BURKI PROJECT FOR CHILDREN

The Burki Project to medically rehabilitate children from low income families living in and around Burki is continuing. The CBR team, which includes a lady doctor, physiotherapist and community worker, is making regular visits to Burki. Clinics are held at the City Foundation School in Burki with the co-operation of the headmistress of the school and The Citizens Foundation.

55 children were assessed and treated this quarter out of which 38 children with minor health issues were treated on the spot and treatment is ongoing for 17 children.

So far 157 children have been benefitted under this project.

BONE & JOINT DECADE MEETING

Bone & Joint Decade meeting was held from 11-13 July, 2013 in Rio de Janeiro along with XXVI ORTRA INTERNACIONAL 2013 in partnership with WHO, MoH and other organizations. The theme was Musculoskeletal Disorders as a Priority in all Health Systems. The aim was to increase awareness of the enormous burden of MSK conditions across the globe, focus on prevention and management of MSK conditions and injuries as well as implementation of best evidence based practice.

REHABILITATION INTERNATIONAL ANNUAL GENERAL MEETING

Rehabilitation International Annual General Meeting was held on 22nd September, 2013 in New York, USA.



The Executive Committee/Commission meetings and RI's General Assembly all held at the UN Church Center in New York were a huge success with important decisions taken to ensure RI's continuing role and involvement in various initiatives for the realization of the rights of persons with disabilities through the effective and meaningful implementation of the Convention on the Rights of Persons with Disabilities. The participants reviewed the work undertaken during the last year and adopted a two year Action Plan which will guide RI's global work from 2013-2014. The GA also adopted a Resolution on Women with Disabilities to jumpstart RI's commitment of continuing to pursue its work for WWD started at the 21st World Congress of RI in Quebec, Canada.

Vice President, PSRD and National Secretary for RI in Pakistan, Mrs. Ghazala Hameed, participated in the RI AGM and Commission meetings.

UN HIGH LEVEL MEETING ON DISABILITY & DEVELOPMENT

A High Level Meeting on Disability and Development (HLMDD) was held at the UN in New York on 23rd

September 2013 to spur international action to ensure that persons with disabilities can contribute to global economy. Theme for the HLMDD was: The Way Forward: A Disability inclusive development agenda towards 2015 and beyond.



In his opening statement, UN Secretary General, Ban Ki-Moon said a significant number of persons with disabilities live in poverty, suffer from social exclusion, and are denied access to education, health care and social and legal support. He stated that an increase in the availability of assistive devices could help improve the lives of hundreds of millions of people. However, persons with disabilities have other hurdles to overcome including discrimination and stigma. Singer, songwriter, Stevie Wonder, a UN Ambassador for Peace, spoke on his personal experience as a visually impaired person and urged heads of states and the international community "to make it possible for every person with disabilities to freely pursue their lives and dreams". The General Assembly adopted the Outcome Document created to support the aims of the CRPD and the realization of the MDG's and other internationally agreed development goals for persons with disabilities. Government representatives from member states, organisations working for people with disabilities and civil society representatives participated in the meeting.

Vice President, PSRD, and National Secretary for Rehabilitation International in Pakistan, Mrs. Ghazala Hameed also participated in the meeting.

RI co-organized side event on Assistive Technology

RI was among the NGO co-organizers of the side event titled "Assistive Technology Opens Doors" jointly organized by the World Health Organization and the

Republic of the Philippines in partnership with UN-DESA held in conjunction with the UN HLMDD on 23rd September, 2013. The event offered unique multi-agency perspectives on the value and importance of Assistive Technology as a tool for facilitating global implementation of a disability inclusive development agenda.

| Mrs. M. H. Sherazee..... A Tribute |

There are certain people in this world who build up such a reputation for themselves that if you get the chance to meet them, they leave an everlasting impression on you and if you spend some time with them or work with them, you think you have been very lucky. Despite being very senior and having a world of knowledge, they do not make you feel inferior or lacking in anything. After every meeting with them you would feel that you have gained something, though no conscious effort was made to teach or learn. You learn when they encourage you as well as when they disagree with your point of view or even reprimand you for something. And it is not just knowledge in the literal sense of the learning, it is about being kind, polite, encouraging and a model for how to deal with others. Their attitude towards you is always such that you cannot help but hold them in high esteem. They are an institution in themselves. One such person was Mrs. Sherazee, our president of Pakistan Society for the Rehabilitation of the Disabled. For us here at PSRD, whoever has worked with her, she was a highly respected person. Working under her leadership and guidance was perhaps one of the best things to have happened to all of us. The values and standards set by her will always be with us and lead us on our way in the days to come. She indeed was a great lady. Her passing away has left a void impossible to fill. May her blessed soul rest in eternal

peace and may Allah grant her the highest place in heavens.

Samina Salman-Chairperson of OPD

Thank you so much for the wonderful tribute you prepared for Bibi. It has given all those who worked with her an opportunity to express their feelings and also truly preserved her memories in a physical form.



Please thank all those who shared their feelings and thoughts about her, on our behalf. She played such a huge role in all our lives and was such a strong anchor for us all, that it really has been quite difficult to believe that she is no longer here. But as was so aptly put by Aunty Qudsia we should 'celebrate' her life, as it was one which truly made a difference for all who came in touch with her.

Thank you once again.

Best wishes

Ali Farzad (Son of Begum Sherazee S.I)

| FUTURE EVENTS |

3rd Health Expo 5th to 6th October 2013

Eid ul Azha 16th October 2013

World Osteoporosis Day 20th October

Int.Day of Persons with Disabilities 3rd Dec. 2013

| VISITORS AND THEIR VIEWS |

Prof Jose A Morcuende

**CEO Ponseti International Association
(17th July, 2013)**

“ It is a pleasure and a privilege to participate and collaborate with this wonderful institution in the development of Clubfoot management. Thank you very much for all you do for these kids.”

**Dr. Sajid Yoosufani, Secretary Special Education,
Punjab
(27th July, 2013)**

“An impressive facility for rehabilitation of disabled people. Their specialty in drop foot and other congenital orthopaedic disabilities is appreciable. Availability of multiply disciplines covering all aspects of disabilities within one compound along with a school is innovative.”

**Syed Hasan,
9773 N.W 4th Pl: Gainesville , Florida, USA
(5th September, 2013)**

“Doing a great job. Helping disabled people to live on their own. Staff is very kind and hard working. May Almighty Allah give reward to all PSRD staff”.

| Tribute to Brigadier Abdul Qayum Sher, Hilal e- Jurat |

There is an old saying that “Old soldiers never die they just fade away”. Their memories live on long after they have gone. Brigadier Abdul Qayum Sher was one such soldier. Bold, brave & upright, he was an officer and gentleman in the true sense of the word.

Brigadier Abdul Qayum Sher's association with PSRD stretched over twenty eight long years during which he made significant contributions to upgrading and improving the working of PSRD especially the Orthotics & Prosthetics Department,. His remarkable dedication and commitment to the Society , inspite of advancing years and failing health was exemplary and will be remembered for long

May God rest his soul in peace

Parvez Masud

“ He was one of the most interesting gentleman I have ever met. He will be missed.

Please give my condolences to the entire committee. ”

A.J Warco

Director Programmes - ALTSO

New York, NY 267 Fifth Avenue, 10016

(31st August, 2013)

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❖ Punjab Welfare Trust for the Disabled

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- ❖ Mr. Amar Hameed & Mrs. Ghazala Hameed
- ❖ Shahid Mehmood
- ❖ Shahid Yousaf

We thank all our donors for their generous support

PSRD is registered under the Voluntary Social Welfare Agencies (Registration & Control) Ordinance 1961 vide Registration No. DSW/127 of 3rd July, 1963. The Society is also registered under the Societies Registration Act, XXI of 1860 vide No. 38 LR of 1959 1960 on 2nd October, 1959.

All donations are exempt from tax. Our accounts are audited yearly by M/s Naveed Zafar Hussain Jaffery & Co. Chartered Accountants.

PSRD has been certified for its professional management by PCP.



ZAKAT - APPEAL

Your zakat, sadaqat and fitrat help us to provide quality care to patients who cannot afford to cover the cost of their treatment. Thanks to the support of so many well wishers, last year (2011 - 2012) we were able to provide 20,009 new patients with subsidized treatment while 4745 patients were given treatment free of cost. In addition 2242 deserving patients were provided free appliances by the Limb Centre. This year also many people await your help. Please be as generous as you can.

Concession given to Patients

Total Concession given to deserving patients
Rs. 6,150,315/-

Sadqa meat received and distributed to poor deserving people and other charitable organizations.
Kg.2490

آپ کی زکوٰۃ ان کے مستقبل کی اُمید

WAYS TO DONATE

Cash: Cash at PSRD account office

Wire Line Transfers

Bank : Standard Chartered Bank, Tufail Road, Lahore Cantt

Account Title: The Pakistan Society for the Rehabilitation of the Disabled

Account # : Pak Rs. 18-7941277-01

Dollar Account Bank: Bank AL-Habib

Account # :

PK30BAHL0021041800224601

Bank Draft / Cheque

Bank Draft made payable to "PSRD"
Post or deposit your cheque at:

PSRD

111-Ferozpur Road, Lahore -54000

Or

At any branch of Habib Bank Ltd.

Account # : 04440036097303

Donation made by donor in USA
be mailed to

WORLD REHABILITATION FUND INC.

(PSRD Lahore)

Suite 704, 16 East 40th Street,
New York, NY 10016, USA

**With a copy of the donation
cheque sent to:**

TPF

P.O. Box 3588, Princeton,
NJ 08543, USA



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