

**Seminar on "Clean Air for lungs" under the auspicious of Helping Hands Foundation**

**Institute of Mother & Child Care**

**10<sup>th</sup> July 2019.**

**Date:**

July 10, 2019

**Location:**

Seminar Hall Institute of Mother & Child CARE – A Project of Helping Hands Foundation

**Time:**

10:00 am -01:00 pm

**Facilitators:**

Dr. Ghulam Mustafa (CEO HHF)

Dr. Zahra Nawaz (Gynea Consultant I-MACCA)

Dr. Irfan Shabbir (Peads Consultant I-MACCA)

Saima Ashiq Chishti (Program Manager I-CATCH)

**Goals:**

The goals for our "Clean Air for lungs "awareness seminar were as follow:

- To highlight important issues related to Lung diseases
- To sensitize about the air pollution
- To prevent kids from lungs diseases
- To aware regarding prevention about clean air in society
- To highlight the benefits of clean air for women & pregnancy
- To aware regarding the effects of bad air quality & 2<sup>nd</sup> hand smoking in children
- To sensitize about importance of clean air in schools

## Resources:

A graphic and effective PowerPoint presentation was used to convey the message through Doctors.

A comprehensive questionnaire was also asked / filled from the participants.

## Attendance:

We were particularly proud of the effort to reach out to the female, male, School Heads, School coordinators, Members of school organizations, teachers, civil society, partner of sister organizations and housewives from community in the region.

We were excited to note that our invitees reached there before given time.

50 Participant attended this Awareness seminar.

The spirometry test was performed for all the participants before starting the seminar. A



consent form was also filled before performing the spiro test. An Information stall regarding Spirometry test, its procedure and how to get maximum results from this test was also set in the I-MACCA.

## Proceeding:

The seminar was started with the recitation of Holy Quran. The objectives of the seminar were enlightened to the participated after the introduction.

Dr. Zahra Nawaz (Gynea Consultant – I-MACCA) sophisticatedly highlighted the benefits of clean air for women in pregnancy. She warned air pollution exacerbates asthma. In pregnant women, this can be dangerous because asthma can cause preeclampsia, a condition that causes elevated blood pressure and decreased function of the liver and kidneys. Air pollution contributes to lower Fertility rates in men and women. In 2014,



the World Health Organization determined that 92 percent of the world's population lived in regions where air quality is unsafe.

She suggested the solution by adding, plants can naturally filter your air and help you and your growing baby breathe healthier air. She further said in World 7 Million deaths are due to air pollution.

Dr. Irfan Shabbir (Peads Consultant I-MACCA) talked about the effects of bad air quality & 2<sup>nd</sup> hand smoking in children. He highlighted the bad effects of pollution on children. He said Air pollution badly effects on the lungs of children. Due to air pollution the frequency and intensity of Asthma increases. 21% clinically diagnosed Asthma is due to parents being a smoker.



Prof. Dr. Ghulam Mustafa (CEO- HHF) warned the participants about the danger of increasing number of patients in the society, according to him,



In Pakistan 31% male and 6% female are involved in smoking and the ratio has been increasing day by day. Smoking deeply effect on the lungs of kids those parents are involved in smoking. 39 % students of School, colleges & universities are drawn in the

habit of smoking and this lose is, no doubt, irreparable for their lungs health.

He added, when a person smokes in a room, the side effects of cigarette chemicals remains in the room for 36 hours. Everyone breathing in that room will definitely damaging his/her lungs for no reason. A strong awareness campaign against the use of drugs is the need of the day. Parents, Civil Society, institutions management &



social media activists are equally responsible to keep them away from any type of drug.

Industrial growth, Use of several drugs, Chemical compound food and plastic bags are the main reasons of lung diseases.

Saima Ashiq Chishti (Program Manager CATCH) stressed to grow more & more trees in the



premises because trees produce Oxygen that is beneficial for human lungs. She said clean air for lungs is the right of every individual, but unfortunately acting against nature laws, we are paying in result of lungs diseases. It is time to raise a piercing voice in favor of emergency plantation plan. She paid special tribute to the honorable teacher

to join the campaign. She said we all professionals are the production of our teachers. She thanks all teachers and school heads for their constructive contribution.

During answer question session all teachers suggested to continue this series of awareness to their school level. They encouraged the management to call anytime for such events.

While closing ceremony, Saima voted for thanks to the honorable guests and appreciated their coordination with Helping Hands Foundation.

### **Results:**

We kicked off the fiesta with a presentation from Saima Ashiq Chishti, who is the CATCH Manager at I-MACCA. The presentation had an input from the CEO HHF, Prof. Dr. Ghulam Mustafa.

For your eyeball pleasure, I've included the pictures below with a brief description of what was covered.

### **Reaction:**

Audience feedback boosted our spirits. They not only appreciated the information parted but vowed to disseminate the info with their friends & families.

The teachers from the schools recorded their reaction saying, this type of awareness seminar must be conducted in schools, colleges and also in universities for the sake of importance of lungs and clean air in society.

## See media coverage:



ماحولیاتی آلودگی حاملہ خواتین، بچوں پر گہرے اثرات: مقررین

ملک میں 31 فیصد مرد، 6 فیصد خواتین سگریٹ نوشی میں مبتلا، سینما سے خطاب  
ملتان (دو جے ٹی ٹی) چائلڈرن کونسل کے پروفیسر آف پیڈیاٹرک میڈیسن ڈاکٹر غلام مصطفیٰ نے انٹیٹیوٹ آف ڈرائیو چائلڈ کیئر میں ہیلتھ ونیڈز کا ڈیٹیلڈ رپورٹ کے ذریعہ تمام آگاہی سینما سے خطاب کرتے ہوئے کہا کہ ملک میں 31 فیصد مرد اور 6 فیصد خواتین سگریٹ نوشی میں مبتلا ہیں۔ سکولوں، کالجوں اور یونیورسٹیوں میں 39 فیصد طلبہ سگریٹ نوشی، بشیر اور دیگر نشہ کا استعمال کرتے ہیں۔ جس جگہ سگریٹ لپی جاتی ہے۔ وہاں اس کا اثر 36 گھنٹے تک رہتا ہے۔ چائلڈ سپیشلسٹ ڈاکٹر عرفان شمیر نے کہا کہ پانچ سال سے کم عمر بچوں کی اموات کی بڑی وجہ ماحولیاتی آلودگی ہے۔ والدین میں نشہ آور ادویات کا استعمال یا سگریٹ نوشی کے نتیجے میں بچے دل میں سوراخ جنون کی نالیوں کے تنگ ہونے جیسے مسائل لگ کر پیدا ہوتے ہیں۔ گانا کا کورجسٹ ڈاکٹر ہر وہاڑ نے کہا کہ ماحولیاتی آلودگی حاملہ خواتین اور نومولود بچوں پر گہرے اثرات مرتب کرتی ہے۔



سگریٹ نوشی سے متعلق آگاہی سینما سے ڈاکٹر غلام مصطفیٰ نے خطاب کر رہے ہیں

## For more details please visit:

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