On Day 8, the Hashoo Foundation (HF) team worked on report writing until the afternoon. Then, the HF team travelled to the Tehsil: Nagar Parkar in Tharparkar.

We inspected the Maternal and Child Health (MCH) unit set up by the Banh Beli team, who provided us with a list of the prevalent diseases in Tharparkar. We requested the Banh Beli team to provide us with a list of necessary medicines to operationalize the HF Mobile Health Unit (MHU). This list helped us to purchase medicines that target the specific diseases. We had a brief and productive discussion with the Banh Beli team on the HF Relief Operation in Nagar-Parkar.
The HF team visited the Jean Temple, which is known for its awe inspiring and perfectly proportional construction. We experienced a sense of peace and tranquility due to the natural environment. We enjoyed a historic walk through the remains of thousands of years old civilizations: Buddhist, Gangahara and Hindu. This experience revitalized our energy and we returned to Mithi with a new determination to continue the relief operation activities.

Day 9

On Day 9, the Hashoo Foundation (HF) team began their day with an internal meeting and devised a successful food distribution mechanism that involved a team of volunteers. We prepared a complete list of relief beneficiaries based on a rigorous verification system.
We needed security arrangements to streamline and secure the distribution process. Therefore, we asked the SSP of Tharparkar: Mr Muneer Sheikh and Deputy Superintendent of Police (DSP) Operations: Mr Asif to assign a police unit at our warehouse and distribution center.

The HF team organized a large tent outside the warehouse and distribution center to facilitate the needs of the waiting community members. The tent included chairs, fans and water coolers to ensure the comfort and dignity of the community members.
We oriented the team of volunteers regarding the distribution mechanism to be employed.

We assigned duties to the volunteers and ensured the transparency of all activities.

Community members were requested to show both their National Identity Cards and ration cards, which were stamped and signed by the HF Team. The community members later presented their

HF team member highlighting the importance of nutritional intake to a beneficiary
signed ration cards at the distribution point in order to obtain their food and water packages. We successfully distributed packages to 100 families today.

Simultaneously, a team member delivered an interactive seminar to the community regarding the nutritional value of the food items included in the food package.

We recommended the community to include a combination of the provided mixed pulses and rice in their daily diet because it provides the greatest nutrition value. It also helps to fight malnutrition in children and gives immense strength.

The HF food package included the following items:

- Flour
- Rice
- Ghee/Oil
- Sugar
- Lentils: “Channa” / Chickpeas
- Lentils: “Moong”
- Lentils: “Masoor”
- Tea
- Salt
- Matchbox

On the other hand, the HF Mobile Health Unit (MHU) was operationalized in Mitthi, Tharparkar.
This intervention was led by an MBBS doctor and medical officer, who coordinated a paramedical team involving: a lady health visitor, a nurse, a surgical assistant, a dispenser and a medical technician. The community’s response was overwhelming, they expressed immense gratitude towards Hashoo Foundation for this much needed initiative.

Patients were provided with free medical checkup, health education and medicines from the Mobile Health Unit (MHU). It was duly noted that most of the women and children who visited the MHU complained of chronic diseases.

At the end of the day, the HF team had a meeting to discuss the day's key learning points, challenges and the next day's agenda.

**Day 10**

31 March 2014

On Day 10, we aimed to distribute 150 food and water packages.
The Hashoo Foundation (HF) team experienced problems with the food and water supplier leading to a delay in the distribution service. However, we did not allow the delay to deter us and we tackled the problem efficiently to ensure the continuation of distribution.

The distribution process was made accurate and transparent by the rigorous verification process. Therefore, we successfully distributed packages to 152 community members.

Simultaneously, the Mobile Health Unit (MHU) was fully functioning to provide valuable medical services to the community. The MHU effectively treated 215 patients within 2 days. People suffering from infectious and chronic diseases, visited the MHU and were treated with immense care. The following ailments were identified among patients and subsequently treated:

- Acute Respiratory Infections (ARI)
- Diarrhea and Dysentery
- Dyspepsia
- Scabies
- Gynecological and Obstetric Cases
- Constipation
- Urinary Tract Infections
- Hyper-Tension and Anxiety
- Malnutrition

The MHU’s medical officer: Dr Mehboob Bhambro, has a good command over the Sindhi and Thari language, therefore he was better able to interact with patients to learn about their ailments and root causes. A number of factors contributed to the high level of ailments such as:
- Water shortage
- contaminated water
- harsh climate
- lack of health awareness
- lack of sustenance leading to malnutrition
- poor levels of hygiene

The Medical officer delivered interactive seminars to the community regarding the importance of health and hygiene. He highlighted the importance of safe drinking water and taught them the method to filter water at home. Subsequently, the community changed their water consumption behaviour.
On Day 11, the Hashoo Foundation (HF) team aimed to distribute relief items to 200 community members. However, the HF warehouse and distribution center received no security from the local police due to the presence of a (VIP) significant individual within the geographic vicinity. Local authorities were on high alert and solely focused on the security needs of the VIP. However, HF’s distribution process would have been chaotic without the security and check on discipline provided by the police.

Therefore, we immediately contacted Senior Superintendent of Police (SSP): Muneer Sheikh to request police representatives. We were relieved to obtain his cooperation and overcome this challenge. We ensured special arrangements for elderly people as some volunteers were made responsible for package collection and carrying on their behalf.

Meanwhile, the Mobile Health Unit (MHU) continued to treat a high volume of patients.
We efficiently provided food and water packages to 216 families today. To date, we have distributed to 468 families.

**Day 12**

Day 12 was my last day in Tharparkar, although the Hashoo Foundation team would still remain for a period of time. We began our day in a peaceful mood and the remaining community members were provided with their respective food and water packages upon verification. One of the female beneficiaries was unable to reach the distribution point so we delivered the relief package to her home. She was immensely grateful for this level of consideration.

The food supplier visited us to thank the team in person. We gave him another purchase order of 5000 water bottles to be distributed by the Mobile Health Unit (MHU).

Simultaneously, the MHU ambulance visited two villages to facilitate the maximum number of patients. These village locations were identified by analyzing many factors, such as: the village population, geographic location, road accessibility and adequate community access.
Today, the MHU treated 131 patients which included 65% females and 35% males.

MHU Team Members

Today, the MHU treated 131 patients which included 65% females and 35% males.

MHU’s free medicines
On a personal level, I experienced great satisfaction from helping the Tharparkar community and my relief experience with the drought affected population will remain memorable. True satisfaction does not lie in worldly possessions but in achieving our goals. Our achievements are not possible without the spirit of teamwork, within Hashoo Foundation, the joint efforts of Hashoo Group and the numerous other organizations that continue to facilitate our relief activities in Tharparkar.

Surely, together we make a difference in the lives of the people of Tharparkar.

Dr. Zahoor ud Din
Manager Health | Hashoo Foundation