

Editorial

CardiacEye foundation Humanitarian Medical Camp for the welfare of local population in Kallar Kahar region

Fouad A. Khokhar¹, Maqsood M.Elahi²

¹Advisory Services, DD Phase IV, DHA, Lahore, Pakistan,

²CardiacEye Foundation, Gulberg III, Lahore, Pakistan

Introduction

Along the highway route from Lahore, (the cosmopolitan capital of) Punjab Province, we started our journey with the sole purpose of humanitarian welfare of the local population of the remote village Wonhar near Kallar Kahar (Valley of Peacocks), Chakwal District. We undertook to the best of our abilities, self-driving personal vehicle, collaborative socialization with colleagues, execution of an action plan along with the best possible patient care in the utmost interest of the local population. It was agreed upon by all the worthy colleagues and management of the inviting hospital to provide patient care at the primary and secondary level. We also enlisted those patients who needed tertiary care if qualify for any relevant medical/surgical procedure towards an improved quality of their lives.

Kallar Kahar is among Pakistan's innumerable glories, famous for its natural gardens, dancing peacocks, spiritual sites and saltwater lake. If one wishes to watch dancing wild peacocks then one has to visit Kallar Kahar. The Region has a lot of Tourist Attractions, such as:

A.The Journey through the Hilly Winding Roads

Not really, an easy task, but a highly skilled car driver enjoys driving on such a road, which gives a travel



Figure 1. Takht-eBabri and Kallar Kahar Lake

(Published in terms of fair use from Takht-eBabri and Kalahar Lake. Information and Tourist Guide.)

experience of frequent variations in altitude, scenery and the joy of clean and cool fresh breeze throughout the drive.

B.Kallar Kahar Lake

Kallar Kahar Lake (Fig.1), an artificial lake is one of the most significant water reservoirs in Pakistan. It is located just outside the city of Chakwal in (Greater Western) Punjab Province, Kallar Kahar. The lake was formed by British engineer Sir Ganga Ram and has now been designated as one of the protected areas of Pakistan under the National Conservation Act of 1975 (1-3).

C.Takht-e-Babri

It is one of the tourist destinations in Kallar Kahar, Chakwal District in the (Greater Western) Punjab, Province of Pakistan. It is located 25 kilometers southwest of Chakwal along the motorway.

Takht-e-Babri is a flat stage and throne cut out of Stone by the first Mughal Emperor Babur to address his army (Fig. 1) while coming down from Kabul in the quest for the crown of Delhi (2). ``Babur tarried beside 'densely growing corn in the vicinity of Kallar Kahar Lake and promptly fell in love with this 'charming place with good air` ``(2).

Address for Correspondence*: Maqsood M. Elahi, CardiacEye Foundation, Gulberg III, Lahore, Pakistan

Email: manzoorelahi@hotmail.com

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D. Shrines of Saints

Several shrines of different saints are located in the area, entrances of which are displayed with tablets detailing text engraved on them about the social work

of bringing high moral values, love, harmony and giving the rights of fellow humans during the periods of their active lives.

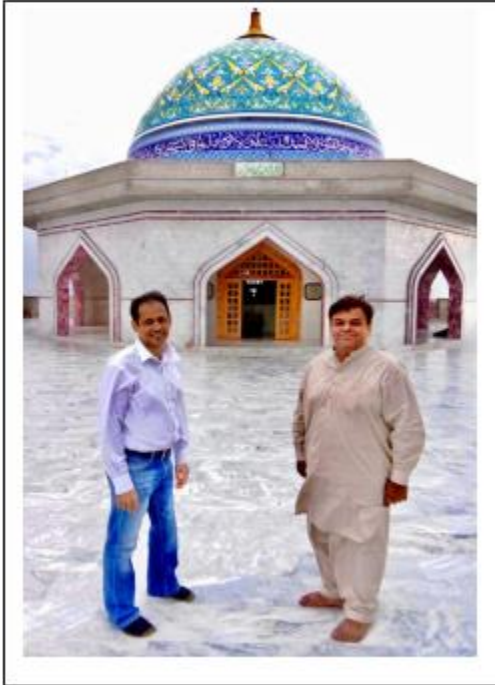


Figure 2. Fouad A. Khokhar and Maqsood M. Elahi at Shrines of Saints

One will have to get up early in the morning - at least one hour before sunrise, and have to go to the famous shrine of Sufi saints Ahoor Bahoor (Syed Pir Muhammed Ishaq & Pir Muhammed Yaqoob) in Kallar Kahar (Fig. 2). There, at the site, one can watch dozens of Peacocks coming to the shrine expressing their gratitude and leaving before the visitors come (3).

The Medical Camp

Medical Camps are organized to create a win-win situation for the poor patients by providing free medical consults and medications along with helping the management who could potentially avail this opportunity to litmus test all of their relevant departments and staff members. Medical doctors, on the other hand, do find this a great opportunity to apply their skills of interviewing the patients, performing clinical exams while making quick medical diagnoses, and prescribing relevant medications along with any important basic laboratory tests in the best interest of patients. The big purpose remained to offer any of the

major surgical procedures regarding pertinent ailments in the heart and/or lungs by an internationally recognized, well-renowned, highly qualified and skilled cardio-thoracic surgeon on top of the whole team.

One-Day Medical Camp was conducted at the Raja Fateh Muhammad (RFM) Wonhar Welfare Hospital. RFM hospital is a charity organization formed with an aim to uplift the area socio-economically and to provide 24/7 quality health services for mankind. Most patients, who came across, suffer from chronic problems like uncontrolled diabetes mellitus and the women mostly faced severe challenges of living with arthritis and mental distress while there remained fewer cases of children with any congenital heart issues as such. As per individual issues, which they have been facing regarding the status of their health and wellness, tailored management plan was provided which would be really helpful towards favoring their improved quality of life, balanced health and wellness along with becoming productive members of their respective society.



Figure 3. Professor Dr. Maqsood Elahi and Dr Fouad Khokhar checking the adult and pediatric patients on the cardiovascular charity mission camp organised by CardiacEye Foundation at RFM.

Conclusion

The camp went great and the feedback was remarkable. The people were encouraging and friendly. The efforts and services of the Foundation were exemplary and appreciated fondly. The disease burden is increasing, and without such regular camps, this will become an important health issue in the decades to come. Whereas humanitarian missions have limitations, they can provide substantial healthcare benefits to those treated and can provide the educational framework to help many local physicians care for their own future patients. These missions must be properly structured to create sustainable improvements in outcomes. In describing our experience, we hope to instill in others the same passion for such initiatives and raise further awareness of the increasing incidence of disease process among communities.

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2. Rashid S. The Salt Range and the Potohar Plateau. Sang-e-Meel Publications; 2001. pp.171 ISBN 978-969-35-1257-1. Babur tarried beside 'densely growing corn' in the vicinity of Kallar Kahar Lake and promptly fell in love with this 'charming place with good air.' The lake, he writes in his memoir.
3. <https://tourism.punjab.gov.pk/kallar-kahar>