



NEWSLETTER

Dear NVPians,

Greetings to you all!

Welcome to the August Issue of the NVP Newsletter!

Summer vacations are almost ending and NVP will be starting its regular volunteer programme as usual.

We have an orientation session coming up where we will be recruiting more volunteers, so get registered as soon as possible!

The month of August is going to be a month of celebrations as Pakistan turns 70 on the 14th of August! So we would like to wish you all a very

HAPPY INDEPENDENCE DAY!

I hope you all spend the day doing something great for your country like volunteering, planting a tree or cleaning up your neighborhood.

Warmest Regards,

Mehfooz Aleem

National Volunteer Programme, TBL

www.nvp.com.pk

**NVP volunteers
Successfully complete**

2000+

volunteer hours



1000+

Registered volunteers



30+

Registered Beneficiary Institutions



9900+

Facebook Page Subscriptions



NVP has been established with the support of our Founding Partner,
The Coca-Cola Export Corporation, Pakistan Branch

NVP Internship Programme 2017



Meet Tatheer Zehra and Sabika Maryam. They are providing services at **Special Olympics Pakistan** as **Human Resources Interns**, their skills and capabilities are being invested at an institution assisting children with intellectual disabilities through the power of sports.



Abdul Wahid is being seen while boosting the confidence of students at **The Citizens Foundation** by dedicating his time and knowledge among those who needs it the most.



Vimal Maria Khokhar is serving as Intern at **Hunar Foundation** for the position of **Resource Mobilization Associate**. Along with polishing her skills and gaining practical exposure, she is also contributing to the institution that works for a noble cause.



Roman Saleem, serving as a **Special Subject Teacher** and broadening the horizons of the students at **Zindagi Trust (SMB) Fatimah Jinnah School**.



Mohammad Imran, our Volunteer Intern at NVP, is spotted with the CEO, Shaheen Rehman, of **Madawa Welfare Society**. Imran has been serving as an **HR Intern** at the institution.



Syed Ammar Ali stepped forward to work as a **Curriculum Development Associate** at **Street to School** project of Open for Everyone Welfare Organization, an institution working for the social welfare of the deprived.



Rehan Aslam, student at Iqra University, involved himself with **Indus Earth Trust** in the capacity of **Research Assistant - Climate Change**. Climate change is one of the most pressing issues within our society.



Presenting to you Haseef Sachwani, Mazhar Manasiya, and Mehar Ali, a group of three Interns working together as **Web Development Associates** at **Society for the Rehabilitation of Special Children (SRSC)**.



A group of enthusiastic individuals, Owais Rafiq, Wajahat Ali, Mahrukh Naseem, and Maliha Naseem assisting **Sehat Kahani** team as **Community Ambassadors** in one of their healthcare camps held at Landhi.

How Medical Students Can Make Time for **VOLUNTEERING**

Asfia Hussain
Volunteer Research Associate

Volunteering is truly a rewarding experience; ask Asfia Hussain, NVP Volunteer who completed more than 50+ hours at the assigned institution, Sehat Kahani. Pursuing a degree from DOW Medical College, Asfia continuously made time for her volunteer term.

Asfia claims to have learnt much out of her volunteering experience because she was able to apply her academic knowledge throughout her assignment; her volunteer experience also played a tremendous role in her professional and personal development.

“ *Time is valuable and how we use our time is even more valuable. Before NVP I did not realize how many hours in the day I had to waste, even as a 4th year medical student with a fairly busy schedule. I was excited to be working for Sehat Kahani but I did not realize how truly amazing an experience it would be.*

Sehat Kahani gave me the chance to make a change and affect lives even from behind the forefront of action. It made me realize my own capabilities and potential, you also can make an impact right from where you are!

I have learnt so much from my time at Sehat Kahani not just applying my medical background but incorporating it into writing, marketing or any other task assigned to me. It allowed me to step out of my comfort zone and gain confidence and a new perspective. This is an experience i will always remember and I encourage others to give volunteering a chance, there's absolutely nothing like it. **”**



Asfia Hussain participated in Sehat Kahani power discussions in collaboration with US Cabinet, held 3rd May, 2017