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Website: <http://www.drmanzoor.resourcez.com>  
*Title: Family Physician, Researcher & Trainer  
Social Reformer, Human Rights Activist & Youth Counselor  
Columnist, Press Reporter & Photographer*

**Object:**

1. To strive for----- advancement of Primary Health Care facilities, social reforms, human rights [especially regarding women & children], youth promotion and for relief of Poverty in association and collaboration with other similarly working persons and institutions in a way that is locally defined, locally acceptable and locally sustainable.
2. To impart-----the knowledge and skills of Primary Health Care and First Aid & Human Safety to Masses, Health Workers, Traditional Birth Attendants (midwives) and paramedics.

**Education:**

Passed “Bachelor of Medicine and Bachelor of Surgery” (M.B., B.S) Examination, from Punjab University, Lahore, Pakistan in March 1985 through Rawalpindi Medical College, Rawalpindi-Pakistan.

**License:** Registered Medical Practitioner from Pakistan Medical & Dental Council, Islamabad, and Registration No. 11254-P since August 1985.

**The Clinic**

I founded my clinic on 05-12-1986 to date [Please see the attached document -Maqbool Clinic, Research & Training Center]

# Experience in Research & Development

## 1) Personal Training & Observations

- ❖ Attended a number of workshops on R&D in Pakistan & Overseas
- ❖ Attended the renowned Research Centre of E. Merck in Darmstadt, Germany in August 1994 to enhance Knowledge and skills about Scientific Method of “Research & Documentation”.
- ❖ Visited China, Hong Kong, Thailand, Sri Lanka, Moscow, England and Germany to observe Primary Health Care System.

## 2) Working with Community

I am working with the **Shamsabad Community** in a number of sectors. I have established a panel of **Volunteers** for relevant activities. These volunteers come from all walks of life. Most of our activities are in **Health, Education, Human rights, Social reforms, and Relief of poverty through income generation sectors.**

### a) Affiliation with Schools

At present, I am affiliated with two main schools of community;

- Leading Public Secondary School for Boys & girls
- Green Field Public Secondary School for Boys & girls

I have involved school teachers and the school girls & boys in almost all of our activities. I support girl’s education. We have established Education committees that help poor children in arranging school fees, Books, stationary, uniforms and other essentials.

### b) Supporting the Youth

I am especially involved in Youth Promotion. We support Sports, useful Activities like youth trips, youth adventures, awareness walks and rallies. I have also involved the youth in activities like water& sanitation, war against drugs and STDs, etc.

### **c) Women Development**

I have involved women of our community in almost all of our activities. I am working for upgrading of social and economical status of women. I regularly organize various competitions between girls and women to up bring the talent.

### **d) Disasters and Rapid Response**

I am training the community in Human Safety and Disaster management. We have established **Rapid response teams** in the community.

I was fully involved in **recent earthquake in Pakistan {October, 2005}**. I have covered the recent earthquake both on stills and video. The stills can be viewed ***“Pictorial Essay on the Pakistan Earthquake”***

[http://www.mejb.com/flash\\_content/Vol1\\_Issue2/Pictorial-Essay.htm](http://www.mejb.com/flash_content/Vol1_Issue2/Pictorial-Essay.htm)

Dr Lesley Pocock has described our activities regarding relief work in earthquake affected areas with the title **“Reaching the unreachable”**. It can be viewed at:

[http://www.mejb.com/flash\\_content/Vol1\\_Issue2/Reaching-the-unreachable.htm](http://www.mejb.com/flash_content/Vol1_Issue2/Reaching-the-unreachable.htm)

### **e) Other Activities with Community**

Presently, I am conducting monthly camps for mass awareness, screening and treatment about TB, Hepatitis B& C, and Diabetes mellitus.

- ❖ I devise and conduct a number of workshops for imparting the health education and the knowledge of identifying and solving problems to masses.
- ❖ I devise and conduct the celebration of various days to create mass awareness about the specific cause.
- ❖ I devise and conduct a number of free camps for Immunization & Deworming of children.
- ❖ I devise and conduct a number Nutrition Supplement projects for malnourished school children.
- ❖ I am training Lady Health workers, LHVs, new GPS, and Traditional Birth Attendants in Primary Health Care.
- ❖ I am training the local lady school teachers and other women from area in **“Breast Self Examination”** for early detection of Breast problems in females.
- ❖ I am training volunteers from local community in social organisation at various level, Community Self Survey and formation of CBOs /CMS. These volunteers are used as social organizers.

- ❖ I am working on “CCI- Model” to develop Strategies for Development. This model is meant for Research, Development & Extension.
- ❖ Fighting against drugs, STDs, and infections like TB, Hepatitis, and HIV/AIDS
- ❖ I am educating the existing TBAs and Local Nurses in health education, STDs, family planning, breast self examination, antenatal care, importance & methods of sterilization, normal vaginal deliveries, immediate handling & care of newborn and postnatal care. Recently, I have started inducing the knowledge and skills to save lives of mother and child to about one hundred girls who are under education in a college. The course is in simple local language and is offered in two phases, namely The Fundamental Course and The Advance Course. I do not charge any money for this course rather I am providing all the education material free from my own humble income from clinic

**Presently, we are working on “Shamsabad MCH Programme.**

### **3) Working with Government**

- ❖ Faislabad Development Authority, Government of Punjab and World Bank organized a Round Table Workshop “One Million Plus” Cities in Punjab on 17 – 19 March 1999 for evolving policy regarding [Water & Sanitation](#) in Faislabad. I actively participated in it.
- ❖ I provided my volunteer services and technical assistance to our local government in establishing a [Safe Blood Transfusion Service](#) at Pakistan Red Crescent society, Rawalpindi District Branch. This blood bank was inaugurated on 15-4-99 and is first of its kind at local government level where blood is completely screened (from Aids & Hepatitis) before giving it to needy.
- ❖ In February 1999, I organised a five days [Training Course of First Aid & Human Safety for Wardens and Deputy Wardens of Civil Defence volunteers Corps of all Rawalpindi District](#) in close collaboration with our district government officials.
- ❖ I am working with our government on the [Polio free Pakistan Initiative in Shamsabad](#),
- ❖ I am working with our government on the [Child immunization in Shamsabad](#),
- ❖ I am working with Social Welfare & Family Planning Ministry of Government of Punjab On [Regular Family Planning, Emergency Contraception and STDs](#) in Shamsabad,

### **4) Working with International NGOs**

- ◆ **Co-Ordinator of CCI –Programme in Pakistan.** Cape Coast Initiative (CCI) is a World Movement for Health Promotion and Relief of poverty. It was a joint venture of AIM-U.K and Dreyfus Health Foundation (DHF) of U.S.A. It is now called PSBHI and I am continuing this movement on my own but of course on very small scale.

- ◆ *God blessed me the honour to initiate CCI Movement and the very famous development techniques of DHF “Problem Solving for Better Health” (PSBH)\* & Communication For Better Health (CBH)\* in Pakistan.* { \* PSBH & CBH are registered Programmes of Dreyfus Health Foundation, New York, USA. To know more, please visit, <http://www.dhfglobal.org/> }

### **5) Working with Support Institutions**

- ◆ Recently, I acted as Resource Person (Health) for Trust for Volunteer Organizations (TVO), Islamabad for imparting training to their Community Resource Persons (CRPs).

## **National Achievement**

*-Registered champion of Reform, Pakistan 2010 Program of Ministry of Planning and Development, Government of Pakistan. Although this programme has been abolished by the government but I am continuing it in my community.*

-Ex. Honourary member of Executive Committee of Pakistan Red Crescent Society, Rawalpindi District.

## **International Achievement**

- ❖ Worked as Official representative of Action in International Medicine (AIM) of U.K in Pakistan. AIM is striving to establish World Health Service.
- ❖ *WONCA-online has awarded me their international award of “Global Family Doctor” for the August, 2003.*
- ❖ Member of Middle East Primary Health Care Research Network  
<http://www.mejfm.com/mepcrn/index.htm>
- ❖ Member of International Federation of Primary Care Research Networks (IFPCRN)---- <http://www.ifpcrn.org/>
- ❖ MEDACORP Consultant for Gynae& Obs. MEDACORP is a consultant company involved in medical research. It is an institution of Lerink Swann & company of USA. <http://www.medacorp.com>
- ❖ Official Press reporter & Photographer of medi+World. Australia

- ❖ Chairman of **International Board Members of World CME** – World CME a full Quality Assured CME and CPD (Continuing Professional Development) Program for global GPs/FPs, covering 'all presentations in general practice'. This is a gift to mankind **from medi+WORLD International, Australia.**

<http://www.worldcme.com/>  
<http://www.worldcme.com/webpages/boardmembers.htm>

## **Publications:**

- ❖ **I am devising a guidebook in Urdu for paramedics of remote areas. This will provide guidance into management of common problems, and Gynecological & Obstetrical emergencies**
- ❖ Official Press reporter & Photographer of medi+World. Australia
- ❖ I have covered the recent earthquake both on stills and video. The stills can be viewed “*Pictorial Essay on the Pakistan Earthquake*”  
[http://www.mejb.com/flash\\_content/Vol1\\_Issue2/Pictorial-Essay.htm](http://www.mejb.com/flash_content/Vol1_Issue2/Pictorial-Essay.htm)
- ❖ **I am involved in devising Supplemental Manual for ALSO [Advanced Life Support in Obstetrics] for Developing Countries in association with an international group working under the leadership of Dr Lee Dresang of USA. This manual has been named “ALSO-Plus for Developing Countries. ALSO<sup>®</sup> is working to address the high maternal and perinatal morbidity and mortality rates in LDCs. ALSO<sup>®</sup> Plus, like the main ALSO<sup>®</sup> syllabus, is copyrighted by the American Academy of Family Physicians (AAFP).**
- I have written a number of papers on primary health care.
- I regularly write in Middle East Journal of Family Medicine about health in Pakistan.  
<http://www.mejfm.com/>
- I regularly write in a national daily “Assas” about common health problems.
- Various articles related to Public Health in local language for mass awareness.
- I write script for medical movies. Development of stills and medical literature
- A lot of visuals for mass awareness related to Public Health issues

## **Languages:**

Can speak, read and write English, Urdu, and Punjabi.

Can only speak (about Doctor-Patient) Pashto, Persian & Arabic

## **Other Personal Information:**

Born on 15-09-1960 – Rawalpindi, Pakistan

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