Children's health campaign

By Fajar and Falah

Upholding the need for good health for a happy life for all, of course, including our loving and caring elderly, students of Personal Management class of CBM, amid the guidance and supervision of Dr. Humaira Javed, their faculty and mentor, made their humble little contribution to this year’s World Health Day theme of 'Ageing and Health.' Highlighted on campus regarding the World Health Day was a Pro-Health Walk with the theme: Good health adds life to years". Young CBM students focused on how good health throughout life can help older men and women lead full and productive lives in order to become valuable resource for their families and communities.

The Pro-Health Walk, organized in the neat and clean walkways of CBM amid an environment-friendly atmosphere, was participated by faculty, management, staff and students alike. The purpose of the walk was to share the fact that how important was physical exercise in life and that how it helps towards health and happiness of society at large. The message that Dr. Humaira’s socially-conscious students were quietly giving to the society was that as our elders consider children the hope towards a brighter Pakistan, children love, respect and believe in their elders as illuminating guide towards this cherished venture. It was also an experience in event management by students in which they planned, organized and promoted this event amid the guidance of Dr. Humaira and the coordination of Bilal Mumtaz, the Class Representative (CR).

Ms. Sabina Mohsin, Executive Director of the Institute was present to encourage the students and participate in this event. Dr. Asima Faisal, HoD Health and Hospital management was also present, besides a large number of students and faculty.

CBM has a unique MBA Program in Health and Hospital Management headed by Dr. Asima Faisal and CBM Society of Heath Managers plans, organizes and promotes events and activities pertaining to health care and management, including health seminars and workshops, health clinics and fairs and health awareness programs.

Students take keen interest in Dr. Humaira’s Personal Management class as it combines health and hygiene awareness, communication and interactive skills in an interesting and inspiring manner. Her students’ contribution to organize the World Health Day is just an example in this regard.
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CSHM celebrates world health day

Karachi: To celebrate the World Health Day, students and CBM Society of Health Managers (CSHM) representing the Health & Hospital Management Program at the Institute of Business Management (IoBM) joined hands to observe the official WHO theme ‘Ageing and health: good health adds life to years,’ on 14th April 2012.

A healthy activity in face of a memorable ProHealth walk was held within the campus. Ms. Sabina Mohsin, Executive Director Administration and Finance, inaugurated and graced the event with her presence.

The occasion was a continuation of efforts by students under the Supervision of Dr. Asima Faisal, Head of Department, MBA Health & Hospital Management Program to promulgate and raise the concern of health in youth to live a value added quality of life.

The participants, who included students, faculty and staff of IoBM, strongly felt that good health is the right of every individual of all ages and such activities held on an ongoing basis can help promote a healthy living culture in Pakistan.