MONTHLY BULLETIN

DISTRICT HEALTH OFFICE ISLAMABAD

SEPTEMBER 2026 **E-PAPER**





WORLD CONTRACEPTION DAY 2026: STATE MINISTER DR. MALIK MUKHTAR BHARAT HIGHLIGHTS IMPORTANCE OF FAMILY PLANNING



On the occasion of World Contraception Day 2026, an event was organized by the Ministry of National Health Services, Regulations & Coordination (MoNHSR&C), in which the District Health Officer Islamabad participated. Government representatives, development partners, academia, and health professionals were brought together to discuss key issues related to family planning and reproductive health.During the event, Dr. Malik Mukhtar Bharat, State Minister for National Health Services, Regulations & Coordination, shared his views on the importance of family planning and access to quality contraceptive services. The significance of informed choice, access to quality contraceptive and family planning services, and the integration of family planning into maternal and child health services was highlighted during the discussions.The event provided a platform for stakeholders to exchange views and reinforce collaborative efforts towards improving family planning services and promoting reproductive health.

Highlited News



TELEMEDICINE SERVICES INAUGURATED AT CHC SHAH ALLAH DITTA



MEETING HELD ON INTRODUCTION OF HEXAVALENT VACCINE IN PAKISTAN



SPECIAL POLIO CAMPAIGN OPENING CEREMONY HELD IN ISLAMABAD



DR. SYEDA RASHIDA BATOOL, ATTENDED THE WORLD PHARMACISTS DAY 2026 EVENT AS CHIEF GUEST



DHO ISLAMABAD OBSERVES WORLD CONTRACEPTION DAY WITH FREE MEDICAL CAMP AT CHATTA BAKHTAWAR





On 1st September 2026, a bid opening meeting for the Procurement of Medicines for the Financial Year 2026–27 was held under the chairmanship of the Procurement Technical Committee.The meeting was attended by representatives of the participating bidders. The bids were formally opened in the presence of the participating bidders, and the proceedings were conducted in accordance with the prescribed procurement procedures.



On 2nd September 2026, the second meeting of the Islamabad Pharmacovigilance Committee was held under the chairmanship of Dr. Syeda Rashida Batool, District Health Officer Islamabad, with a focus on strengthening Adverse Drug Reaction (ADR) reporting and patient safety.During the meeting, the performance of healthcare facilities in ADR reporting was reviewed. The top-reporting healthcare facilities were appreciated through the presentation of Letters of Appreciation in recognition of their contribution to pharmacovigilance activities.

DHO Islamabad Visited Muslim Hands School of Excellence





In view of the water accumulation caused by heavy rainfall in the E-11/Golra area of Islamabad, the affected area and Basic Health Unit (BHU) Golra were visited by the District Health Office Islamabad.
During the visit, the situation of medical services and the healthcare needs arising from the rain-affected conditions were assessed. Necessary measures were reviewed to ensure the uninterrupted provision of essential health services to the affected population.



On 2nd September 2026, Under the Prime Minister's National Programme for Hepatitis C Elimination, free Hepatitis C screening was conducted across Islamabad by the field screening teams of the District Health Office Islamabad.Free screening and treatment facilities were provided to citizens, while awareness was also raised regarding the importance of timely diagnosis, treatment, and prevention of Hepatitis C.The activity aimed to promote early detection and treatment of Hepatitis C and to create awareness among the public about preventive measures.

District Health Officer Islamabad, Dr. Syeda Rashida Batool, visited the Muslim Hands School of Excellence, Islamabad, on 3 September 2026. During the visit, various sections of the school were toured, and ongoing activities and available facilities were reviewedThe efforts of Muslim Hands towards community development were appreciated, and potential areas of future collaboration between the District Health Office Islamabad and Muslim Hands were discussed, particularly in the areas of public health, health awareness, and community-focused initiatives..

FREE HEPATITIS C SCREENING CONDUCTED ACROSS ISLAMABAD UNDER NATIONAL HEPATITIS C ELIMINATION PROGRAMME



Under the Prime Minister's National Programme for Hepatitis C Elimination, field screening teams of the District Health Office Islamabad conducted free Hepatitis C screening activities across the city.Free screening and treatment facilities were made available to citizens in Islamabad as part of the initiative. The activity was aimed at promoting early diagnosis, timely treatment, and public awareness regarding the prevention of Hepatitis C.Free screening and treatment facilities were made available to citizens in Islamabad as part of the initiative. The activity was aimed at promoting early diagnosis, timely treatment, and public awareness regarding the prevention of Hepatitis C.







On 7 September 2026, District Health Officer Islamabad, Dr. Syeda Rashida Batool, visited the Community Health Centre Shah Allah Ditta, where the provision of medical and public health services, staff attendance, and service delivery were reviewed. Necessary instructions were issued to the concerned staff to ensure that timely, quality, and effective healthcare services were provided to the public.



8 September 2026: District Health Officer Islamabad, Dr. Syeda Rashida Batool, chaired a strategy meeting with all Block Officers and Monitors to review preparations for the upcoming Special National Immunization Days (SNID) polio campaign scheduled from 21 September 2026. The meeting reviewed gaps from the previous campaign, including missed children, field challenges, and refusals. Officers were directed to strengthen supervision, optimize team deployment, and ensure complete coverage across all sectors and transit points.





District Health Office Islamabad, in coordination with Civil Defence, conducted fire safety training sessions for staff at DHO Islamabad and its health facilities. The training sessions were organized to strengthen emergency preparedness and ensure an effective response during fire incidents and other emergencies. Staff members were provided with practical guidance on fire safety measures, emergency response procedures, and appropriate actions to be taken during emergencies.



A free medical camp was arranged in Koral, where citizens were provided with free medical check-ups, medical consultations by healthcare professionals, and essential medicines. The camp also offered screening for Hepatitis B and C (HBV/HCV), tuberculosis (TB), and other basic health conditions, along with vaccination services for children, to facilitate timely diagnosis, treatment, and preventive care. The District Health Office Islamabad reaffirmed its commitment to ensuring access to free and quality healthcare services for people living in rural and remote areas of Islamabad.



9 September 2026

Federal Minister for Health, Sayed Mustafa Kamal, officially inaugurated telemedicine services at CHC Shah Allah Ditta, Islamabad. He highlighted the vital role of primary healthcare facilities and emphasized the importance of telemedicine, implemented in partnership with Sehat Kahani, in providing timely, accessible, and quality healthcare, particularly to communities in remote and underserved areas.The event was attended by senior health officials, including MNA Anjum Aqeel Khan, as well as local residents. Dr. Syeda Rashida Batool, District Health Officer Islamabad, expressed gratitude to the distinguished guests and reaffirmed the commitment to strengthening public healthcare, facilitating timely diagnosis, improving referral services, and expanding access to healthcare through modern technology.

Dengue Prevention and Vector Control Activities Intensified Across Islamabad





In response to the potential threat of dengue in the federal capital, extensive dengue prevention, surveillance, and vector control activities were carried out by the District Health Office Islamabad in multiple areas of the city to ensure timely preparedness and effective disease control measures. Under the supervision of District Health Officer Islamabad, Dr. Syeda Rashida Batool, surveillance and vector control teams remained fully active in the field and performed their assigned duties across high-risk areas and identified hotspots .Comprehensive vector surveillance activities were conducted in different sectors of Islamabad, where teams carried out inspections of residential and commercial areas, water storage containers, rooftops, parking areas, construction sites, tyres, coolers, refrigerators trays, and other locations vulnerable to mosquito breeding. Larval identification and elimination activities were also performed to control the breeding of dengue mosquitoes at an early stage. In addition, fogging and other vector control interventions were implemented in targeted areas to reduce mosquito density and prevent the possible spread of dengue.

Furthermore, awareness sessions were conducted in educational institutions and schools across Islamabad, where students, teachers, and school staff were informed about dengue symptoms, preventive measures, and the importance of maintaining a clean environment to eliminate mosquito breeding sites. The sessions emphasized the role of educational institutions in promoting public health awareness and encouraging preventive practices among children and families.Alongside field operations and community activities, continuous public awareness messages regarding dengue prevention and vector control were disseminated through social media platforms to maximize outreach and ensure timely communication with citizens. Informational content focusing on preventive measures, early identification of symptoms, and public responsibilities was regularly shared to encourage community cooperation in controlling dengue.





Nutrition Supply Chain and Field Monitoring Activities Conducted in Islamabad









During September 2026, monitoring and follow-up were conducted at BHU Sohan, RHC Tarlai, RHC Sihala, and RHC Bhara Kahu to review MMS service delivery, field-level implementation, stock availability, and operational issues.Regular coordination was maintained with LHWs/LHSs and facility staff to ensure timely and accurate MMS data reporting, complete record keeping, and appropriate stock management. Staff were guided on timely reporting of consumption and balances and careful utilization of available stock to minimize the risk of stock-outs and ensure uninterrupted MMS availability.As Regional Coordinator NI MMS, Mr. Mukhtar Ahmed maintained close coordination with DHO ICT, Dr. Rashida Batool, and her team, which contributed to improved coordination, follow-up, and implementation of the NI MMS Project across the district.

Regular follow-up was also maintained with the DHO ICT Office and NI team regarding project implementation, field updates, data, stock management, reporting, and upcoming activities. NI conducted NI MMS project photography at RHC Tarlai and relevant catchment area by visiting selected household and capturing field experiences. As part of continued staff engagement and recognition, appreciation certificates were awarded to best-performing field staff, acknowledging their efforts and contribution to effective MMS implementation and reporting. This recognition was continued to encourage staff performance, ownership, and sustained commitment to quality service delivery.



A consultative meeting on the revision of the PC-1 for the project “Implementation of National Action Plan on Population (2021–2026)” was held at the Committee Room. The meeting was chaired by Dr. Shazia Gul, EPI In-Charge, and attended by the Deputy Director (Procurement), Ministry of National Health Services, Regulations & Coordination, along with DHO officials and staff.The meeting reviewed contraceptive requirements, key project components, and service delivery needs, and provided inputs for the revised PC-1 in line with the National Action Plan on Population (2026–2030).

Training and Supervision of Polio Teams for SNID Campaign

14 September 2026: Training and guidance sessions for polio teams at the Union Council level were conducted in Islamabad in preparation for the Special National Immunization Days (SNID) polio campaign, held from 21 to 24 September 2026.

Monitors remained actively engaged in supporting field teams, supervising their performance, and addressing operational challenges to ensure the effective implementation of the campaign. The trained teams were equipped with the necessary guidance to improve field performance and ensure that children were reached with the polio vaccine.



11 September 2026: Fire safety training sessions were conducted for the staff of DHO Islamabad and its affiliated health facilities in collaboration with Civil Defence. The training aimed to strengthen staff capacity and emergency preparedness and ensure a timely and effective response to fire incidents and other emergencies.



12 September 2026: District Health Officer Islamabad met with representatives of HSA and HSF/HRDF to discuss the implementation of the Technology-Assisted Peer-Platform for the Thinking Healthy Programme (THP-TAP), aimed at promoting maternal mental health and well-being at the community level.







Under the Prime Minister’s National Programme for Hepatitis C Elimination, field screening teams conducted free Hepatitis C screening across Islamabad. Free screening and treatment facilities were provided to citizens. The activity aimed to promote timely diagnosis and treatment and raise public awareness about the prevention of Hepatitis C.





11 September 2026: In accordance with the directions of the Prime Minister of Pakistan, fire safety and emergency preparedness training was conducted for Master Trainers of DHO Islamabad in collaboration with the Ministry of National Health Services, Regulations & Coordination and Capital Emergency Services, CDA Islamabad.

The trained Master Trainers were tasked with further conducting fire safety and emergency preparedness sessions for staff at DHO Islamabad’s health facilities. The initiative aimed to strengthen emergency response capacity and promote a safer environment across healthcare facilities in Islamabad.







14 September 2026: Under the Prime Minister’s National Programme for Hepatitis C Elimination, field screening teams conducted free Hepatitis C screening across Islamabad. Free screening and treatment facilities were provided to citizens. The activity aimed to promote timely diagnosis and treatment and raise public awareness about Hepatitis C prevention.

Hepatitis C Screening Activities Conducted Across Islamabad







Field screening teams of the District Health Office Islamabad conducted free Hepatitis C screening across various areas of the city under the Prime Minister's National Programme for the Elimination of Hepatitis C. Citizens were provided with free screening services, while free treatment facilities were also made available under the programme.The activity was aimed at promoting early diagnosis, timely treatment and public awareness regarding Hepatitis C prevention. Citizens were encouraged to undergo screening to facilitate early detection and access to appropriate treatment. The initiative reflected the commitment of the District Health Office Islamabad to expanding preventive healthcare services and supporting national efforts for the elimination of Hepatitis C.



16 September 2026: Dr. Shazia Gul, EPI In-Charge, visited the I-8 and G-7/2 Medical Dispensaries to monitor medical facilities and vaccination services. During the visit, she reviewed the availability and quality of healthcare services, vaccination activities, and overall service delivery to ensure effective provision of essential healthcare services to the community.



17 September 2026: A meeting on the introduction of the Hexavalent Vaccine in Pakistan was held under the chairmanship of Federal Minister for Health, Sayed Mustafa Kamal. Dr. Syeda Rashida Batool, District Health Officer Islamabad, attended the meeting along with other health officials.The meeting reviewed the proposed introduction of a single vaccine providing protection against diphtheria, tetanus, pertussis, Hepatitis B, Haemophilus influenzae type B (Hib), and polio. It was discussed that the vaccine could reduce the number of injections administered to children and help make routine immunization more convenient and effective, while supporting stronger vaccination coverage and polio protection.













A free medical camp was organized for citizens, where free medical check-ups and consultations, medicines, TB testing, Hepatitis C testing, chest X-rays, and blood sugar testing were provided. Free routine immunization services were also made available for children.

The camp aimed to facilitate timely screening, diagnosis, treatment, and preventive healthcare services for the community.

18 September 2026: A delegation from the Ministry of Planning, Development & Special Initiatives (MoPD&SI) visited Islamabad and met with Dr. Syeda Rashida Batool, District Health Officer Islamabad. The delegation reviewed the integration of health and population welfare services, key achievements, and improvements in service delivery. Discussions also explored how the Islamabad experience could be adapted and replicated in other provinces.

The opening ceremony of the Special National Immunization Days (SNID) Polio Campaign in Islamabad was held at the Deputy Commissioner's Office. The campaign was conducted from 21 to 24 September 2026 to strengthen polio prevention efforts and ensure that every child under five years of age was protected against polio.








Dr. Shazia Gul, EPI In-Charge, visited CHC G-13 to monitor medical facilities and vaccination services. She reviewed healthcare service availability, vaccination activities, and overall service delivery to ensure effective provision of essential healthcare services to the community.






16 September 2026: Dr. Syeda Rashida Batool, District Health Officer Islamabad, met with representatives of Telecom Foundation to discuss digital health, mobile health services, community outreach, and community-based health activities across the Islamabad Capital Territory (ICT). The meeting focused on exploring opportunities to strengthen healthcare access through digital solutions and community-based initiatives.

During the three-day Anti-Polio Campaign in Islamabad, District Monitors and field teams remained active in the field to ensure effective monitoring and the successful completion of the campaign. Parents were urged to administer polio drops to all children under five years of age and play their role in making Pakistan polio-free.



World Pharmacists Day 2026 Event Held in Islamabad





District Health Officer Islamabad, Dr. Syeda Rashida Batool, attended the World Pharmacists Day 2026 event as Chief Guest, organized by the Pakistan Pharmacist Association Islamabad, AJK & GB at FPCCI under the theme “Empowering Pharmacists for a Healthier Future.”Dr. Syeda Rashida Batool acknowledged the valuable contributions of pharmacists to patient care and emphasized the need to empower pharmacists to strengthen the quality of healthcare services and contribute to a healthier future.



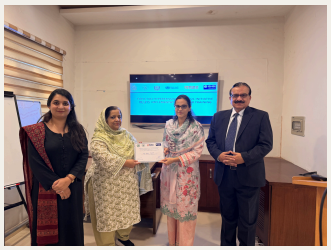
On 22 September, a strategic meeting was held between the District Health Office Islamabad and the IRD team to discuss the rollout of upcoming deworming initiatives across the district. Smart implementation strategies and close coordination were discussed to ensure improved health outcomes for children.



Mobile Health Services Units (MSUs) of the District Health Office Islamabad continued to conduct free and comprehensive medical camps, providing quality basic healthcare services to communities at their doorstep. The camps provided maternal and child health services, immunization, nutrition support, disease screening and testing, free medical consultations, medicines, and health awareness and counseling. These activities were carried out to improve access to essential healthcare services, particularly for underserved and remote communities.








Islamabad, September 17: A master-level training on hypertension control was conducted at the National Institutes of Health (NIH), Islamabad, with technical assistance from GHSI and support from RTSL, NIH and WHO.The training was attended by around 20 participants from 11 primary healthcare facilities and focused on the WHO HEARTS package, hypertension screening, accurate blood pressure measurement, diagnosis, management, patient follow-up, and reporting.The session was inaugurated by Dr. Mumtaz, Chief CDC, NIH, with remarks by Dr. Salman, Chief Executive Officer, NIH and Executive Director, PIMS, and Dr. Jawad Asghar, Chief Executive Officer, GHSI. Dr. Shahzad from WHO facilitated the session on the WHO HEARTS technical package, while NIH extended its support by hosting and participating in the training.The training expanded the Pakistan Hypertension Control Initiative to all 23 DHO primary healthcare facilities, along with three CDA facilities, strengthening standardized hypertension prevention and control services across Islamabad.

Free Medical Camp Held at Chatta Bakhtawar on World Contraception Day

Islamabad, September 26: District Health Officer Islamabad, Dr. Syeda Rashida Batool, visited a free medical camp organized by the District Health Office Islamabad at Chatta Bakhtawar, Union Council Tarlai, on the occasion of World Contraception Day and reviewed the health services being provided to the community.The camp provided free medical consultations, family planning and contraceptive counseling, screening and testing for various diseases including Hepatitis C, maternal and child health services, vaccination, nutrition counseling, medicines, health education, and referrals where requiredThe activity was aimed at improving access to essential primary healthcare services, particularly for underserved and remote communities, and ensuring timely screening, health guidance, and necessary medical care closer to people's communities.











District Health Officer Islamabad, Dr. Syeda Rashida Batool, visited Union Councils Tarlai and Jhang Syedan and reviewed the field activities of dengue surveillance and vector control teams. The visit focused on monitoring ongoing dengue prevention and control measures at the community level.



