



This is me Hudeisa Rizwan who had volunteered in the youth program organized by hussaini foundation and even participated in the training at hussaini blood bank. Working with Sajida apa, the kids and team mates was once again an outstanding experience for me. This year the tasks were a bit more difficult as compared to last time but enjoyed the challenge for sure.

The kid whom I took over was an ADHD, had development delay as well as was a hyper active. It was surely tough to handle that kid

because of his hyper activeness but the plus point is that at least i realized how my parents use to handle me when i was a kid who couldn't just sit on one place for a while.

Any ways the best part while working with him was his jumps on the trampoline. He was a kid who could do three things at the same time, he use to jump on the trampoline constantly, counted the jumps he use to do and caught the ball that he wanted me to throw towards him. I felt that, that kid comes here because of his memory and learning problem but still if he is able to do these simple three things at the same time this means somewhere, his memory is powerful and his mind works well, so i think this is something to be surely noticed.

Well, now coming towards the training at Hussaini blood bank. The best part was when we went upstairs where those thalassemia patients were their. Honestly we didnt do any practical work but what we actually did was that we sat with them and had conversation. They expressed with us what ever they felt that means they trusted us. They didn't want us to leave from their because they finally got someone to talk and express their selves. I was talking with a girl who was a thalassemia patient and she said that,

"Who says that this is a disease?. I don't feel that we are sick, injured or anything else.

Having thalassemia doesnt mean we aren't well. Instead we should thank god that at least we can walk, talk, write, eat, drink and do every thing that a normal person can do, there are so many patients who are even married so people should never loose hope"

After listening to her and seeing so much confidence in her self, i had a feeling of pleasure looking at their never ending hopes, this is a lesson for us specially. Well now at the end i would just like to say that these were one of the most memorable moments I've ever spent no matter its in hussaini foundation with the kid whom i helped in the form of teaching or at the hussaini blood bank whom i made some one feel better by just having a conversation.

Besides every thing what really matters is Volunteering by good intentions and from the core of your heart.