



**SHIFA
FOUNDATION**
making an effort

MONTHLY

NEWSLETTER

NOVEMBER - 2023

SHIFA FOUNDATION MAKING AN EFFORT

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SHIFA FOUNDATION

LIGHTING THE WAY, ENRICHING LIVES

Step into the heart of Shifa Foundation, where an inspiring journey awaits, inviting you to join us in our steadfast dedication to shaping a brighter and more equitable future for all. Established in 1991 as a sister organization to Shifa International Hospitals, Shifa Foundation has evolved into a symbol of hope, a catalyst for transformation, and a formidable force for good across Pakistan.

Our mission transcends boundaries, encompassing a wide spectrum of critical areas. From providing preventive and curative healthcare to addressing water and sanitation challenges, promoting environmental sustainability, and building resilience to climate change, to responding promptly to disasters and fostering volunteerism within educational institutions, Shifa Foundation is not merely an organization; it is a tireless agent of positive change.

Through years of commitment, we have gained profound insights into the complex needs of marginalized communities in Pakistan. This enduring journey has equipped us with extensive technical expertise, enabling us to craft sustainable solutions to unique challenges. Yet, our commitment extends beyond solutions; we actively advocate for policy changes and influence practitioners, tirelessly working towards uplifting the marginalized segments of our society.

Our impact is both diverse and far-reaching:

- **Aid for Flood Victims:** Extending a lifeline to those affected by devastating floods, providing hope and relief in their darkest hours.
- **Accessible Treatment for the Needy:** Ensuring healthcare is a right, not a privilege, by offering accessible treatment to those who need it most.
- **Comprehensive Liver Care:** Pioneering advancements in liver health to transform lives and alleviate suffering.
- **Empowering Cancer Patients:** Guiding cancer patients on a path to empowerment, support, and recovery.
- **Health Awareness Camps:** Taking proactive steps to educate and empower communities on their journey to better health.
- **Holistic Treatment for Head & Neck Cancer:** Offering comprehensive care and renewed hope to those battling head and neck cancer.
- **Life-Saving Bone Marrow Transplants:** A beacon of hope for individuals in need of life-saving bone marrow transplants.
- **Nourishing Needy Families:** Providing essential sustenance to families facing economic hardships.
- **Potable Water Solutions for Arid Regions:** Transforming arid lands into oases with access to clean, life-giving water.
- **Rapid Earthquake Response:** Being the first to respond and aid when nature's fury strikes.
- **Vision Restoration through Cataract Surgery:** Illuminating lives by restoring vision through cataract surgery.

At Shifa Foundation, our unwavering commitment propels us to bring about positive change in the lives of those less fortunate. Our comprehensive approach, coupled with advocacy efforts, positions us as a shining beacon of hope and a catalyst for transformation in Pakistan's marginalized communities.

We extend an invitation to you to join us on this compelling journey of impact, where each step brings us closer to a brighter, more equitable future for all. Together, we are making a difference.

SUPPORTING FLOOD AFFECTED POPULATION THROUGH CASH BASED TRANSFER OF MITIARI

Teaming up with World Food Programme (WFP), Shifa Foundation is actively engaged in a transformative initiative utilizing Cash-Based Transfer (CBT) mechanisms to address malnutrition and enhance the nutritional well-being of vulnerable individuals. This innovative program allocates a monthly amount of PKR 12,000 to recipients, free from any restrictive conditions, empowering them to purchase nutritious food based on their specific needs. The distribution is contingent upon thorough verification by a dedicated Monitoring and Evaluation (M&E) team. Significantly, this amount aligns with WFP's recommended cost for a one-month food basket, ensuring a minimum daily intake of 2,100 Kcal.

With a focused objective of reaching 9,000 households or individuals across three cycles, this project serves as a potent catalyst for improving nutritional well-being. By directly facilitating access to nourishing foods, Shifa Foundation aims to enhance the nutritional profiles and overall health of beneficiaries, ultimately elevating their quality of life and fostering a brighter, healthier future.



Monthly Overview:

Coordination Meetings with Local Stakeholders: 06

Early Recovery Cash Disbursement (CIH) -

Cycle 4: 201 disbursements Early Recovery

Cash Disbursement (MWA): 1118

disbursements Cash Disbursement (CIH) -

Cycles 2 and 3: 57 transactions Total Cash

Disbursement to CIH Beneficiaries: Rupees

3,833,000

Provision of Social Mobilization to 638 Beneficiaries

Summary of Coordination Meetings:

1. Met with the newly appointed Additional Deputy Commissioner-II Matiari to discuss the WFP Live-Saving Support Program

Assistance. Provided a comprehensive briefing on Shifa Foundation interventions and submitted the progress report.

2. Conducted a meeting with the New Assistant Commissioner Matiari to discuss and submitted the monthly progress report.
3. Engaged in a meeting with the Assistant Director of the Social Welfare Department Matiari to discuss and submit a monthly progress report.
4. Held progressive meetings with various community stakeholders to address different aspects of the program, including feedback, team behavior, hurdles, and problems.

MATERNAL AND NEWBORN NUTRITION PROGRAM

In partnership with Nutrition International, Shifa Foundation is actively leading the initiative for Maternal and Newborn Health and Nutrition Services across diverse provinces, including Khyber Pakhtunkhwa, Sindh, Punjab, and Baluchistan. The primary goal of this program is to establish collaborative partnerships with provincial and district administrations, specifically aiming to enhance the quality and accessibility of government-provided maternal, newborn, and child health and nutrition services.

Through strategic alliances with relevant authorities, the program is deeply committed to elevating the standards of care for mothers, newborns, and children. This comprehensive effort involves fortifying healthcare systems, delivering essential training to healthcare professionals, advocating for best practices, and ensuring the availability of crucial services.

These inclusive initiatives are poised to make a significant impact on the well-being and health outcomes of the target population, placing a particular emphasis on addressing critical aspects of maternal and child health and nutrition.



Monthly Overview:

Jamshoro District: MNHN Jamshoro exhibited a steadfast dedication to maternal and neonatal health. Notable activities included a Quarterly Progress Review Meeting for stakeholders, a training session on Kangaroo Mother Care (KMC) benefiting 40 Lady Health Workers, and active participation in World Prematurity Day. Monitoring visits in Kotri and SASIMS emphasized real-time assessment and adjustments for continuous improvement. Efforts were initiated to ensure 24-hour service at KMC, with proactive steps taken pending approval for dedicated staff nomination.

District Khairpur: MNHN Program in District Khairpur demonstrated proactive engagement through frequent coordination meetings, joint field visits, and participation in

various health-related gatherings. Key activities encompassed Kangaroo Mother Care meetings, DHIS & IDSR meetings, and planning sessions for World Prematurity Day with healthcare professionals. The team conducted effective field monitoring visits for awareness sessions with both female and male communities. The highlight was a successful World Prematurity Day Awareness Raising Seminar attended by 95 participants, complemented by radio advocacy programs. Routine tasks like MPR & KMC report submission, field visits, and active participation in an online monthly review meeting contributed to a dynamic and impactful month for the program.

District Lodhran: In District Lodhran, several key activities took place. A District-level seminar was conducted on Global Prematurity

Day, engaging 85 Charge nurses from various healthcare institutions. Gynecologists delivered sessions focusing on the 2023 Global Prematurity Day theme, and print media was utilized for community awareness. Coordination meetings with CEO and DHO were held, seeking support for remaining tasks. Plans for Program Review and KMC committee meetings in December 2023 were agreed upon. KMC monitoring was conducted for both units, addressing issues with support from MS DHQ and Family Hospital. A visit to the IRMNCH & NP office in Lahore was made, sharing MNHN program updates and receiving appreciation for the work in the district.

Swabi District: MNHN Program in Swabi achieved significant milestones, a crucial meeting confirmed the induction of interns for the MMS Project at Bacha Khan Medical Complex. A seminar on Global Prematurity Day took place at Women's University Swabi,

featuring active participation from 100 students. Training sessions for DC-MNHN, DC-AMMI, and Kaleem DEO on Enhanced Approaches Supportive Supervision were conducted. A monitoring visit to BKMC for KMC showcased a proactive approach towards program implementation and collaboration with relevant stakeholders.

Ziarat, Balochistan: In Ziarat, Balochistan, tea, achieved key milestones, a Quarterly Progress Review Meeting provided stakeholders a platform for evaluation and future planning. A Kangaroo Mother Care (KMC) training for Health Care Providers aimed to promote the health and development of premature infants. The month concluded with the inauguration of a KMC Ward at DHQ Hospital Ziarat, marking significant progress in the program's mission and garnering commendation from dignitaries for enhancing maternal and child health services.



FLOOD EMERGENCY AND RESTORATION OF WASH (WATER, SANITATION & HYGIENE) FACILITIES OF THE AFFECTED POPULATION

Teaming up with UNICEF, Shifa Foundation spearheads a vital mission to revitalize Water, Sanitation, and Hygiene (WASH) facilities in the Umerkot and Sanghar districts of Sindh. The primary goal of this strategic collaboration is to address urgent issues such as open defecation, the scarcity of safe drinking water, and the pervasive spread of water-borne diseases. Through the enhancement and modernization of WASH facilities, the project is positioned to exert a profound and widespread impact on the lives of over 200,000 individuals residing in these districts. This transformative initiative pledges to significantly improve their overall well-being, propelling the quality of life to unprecedented levels. Shifa Foundation's steadfast commitment to sustainable solutions ensures unrestricted access to safe water, sanitation, and hygiene, heralding a wave of positive transformation for the communities courageously grappling with these challenges.



Monthly Overview:

1. Implemented 6-stage ultrafiltration plants in flood-affected Umerkot district schools, ensuring safe drinking water and storage with 1000-liter plastic water tanks.
2. Restored 7 communal hand pumps and 3 lead line hand pumps in November 2023, providing safe drinking water to flood-affected communities.
3. Undertook rehabilitation of dysfunctional Masood Abad water supply schemes, achieving 90% completion in restoring infrastructure and pump houses for villages near Masood Abad.
4. Constructed 20 new improved communal sharing basis latrines and 1 improved latrine for Persons with Disabilities (PWD) in flood-affected communities.
5. Installed/ Rehabilitated WASH services, including water, sanitation, and ultrafiltration plants, in 2 Temporary Learning Centers (TLCs) recommended by UNICEF.
6. Restored WASH facilities in 4 government schools and 2 health care centers in Umerkot district, emphasizing sanitation and safe drinking water.
7. Formed/strengthened School WASH clubs, developed school improvement plans, and established quality management committees in schools, hospitals, and communities.
8. Conducted 16 Menstrual Hygiene Management (MHM) sessions with adolescent girls, 172 hygiene awareness sessions, and 405 hygiene promotion sessions.
9. Distributed 6,700 soaps and 1,759 hygiene kits in communities and schools during the formation of WASH clubs and health and hygiene sessions.

- 10. Implemented/restored Emergency Water, Sanitation, and Hygiene (WASH) Services in 9 Temporary Learning Centers (TLCs)/Safe Spaces.
- 11. Celebrated World Toilet Day with impactful health and hygiene sessions in Sanghar and Umerkot, emphasizing the importance of toilets in maintaining a clean environment.
- 12. Held an End Year Review Meeting at the UNICEF Karachi Office, bringing together key partners to collectively assess yearly progress in WASH projects.
- 13. Successful audit visit by UNICEF New York Team commending the quality of construction work and climate-resilient sanitation facilities implemented in District Umarkot.

TRAINING CENTER FACULTY COURSE

The recent event featured the successful completion of the TCF (Training Center Faculty) course.

Dr. Sattar demonstrated dedication and proficiency, passing the course under the supervision of Dr. Safdar Ali Khan.

Concurrently, Dr. Amna participated in the course alongside Dr. Sattar, with his continuous guidance.

Dr. Safdar Ali Khan played a crucial role in overseeing Dr. Sattar's progress, contributing to the successful completion of the TCF course. The collaborative and supportive learning environment was evident as Dr. Sattar guided Dr. Amna throughout her participation.

The event highlighted a well-structured and monitored learning experience, emphasizing the dedication of participants and the supportive role of mentors in the successful completion of the TCF course.



INTEGRATED FLOOD RESPONSE IN BALUCHISTAN

In collaboration with UNICEF, Shifa Foundation is actively involved in the implementation of a comprehensive flood response program that spans across three districts in Baluchistan, namely Jaffarabad, Naseerabad, Sohbatpur, and Quetta. Our dedicated field team conducts thorough household assessments, utilizing the Mid-Upper Arm Circumference (MUAC) screening tool to identify cases of Severe Acute Malnutrition (SAM). Individuals diagnosed with SAM are subsequently directed to Outreach Therapeutic Centers (OTPs), which are collaboratively managed by UNICEF's Nutrition Directorate, PPHI (Provincial Program for Prevention and Control of Malnutrition), and the Health Department. These centers play a pivotal role in providing essential services, including the distribution of Ready-to-Use Therapeutic Food (RUTF) supplements. The overarching objective of this initiative is to enhance the health, nutrition, and overall resilience of the affected communities in the face of these challenging circumstances.



Monthly Overview:

Children Screening (6-59 Months):

- Total Children Screened: 9,360
- SAM Identified: 337
- MAM Identified: 766

Nutrition Interventions for SAM Children:

- 337 SAM children without complications identified and enrolled in mobile OTPs.
- 33 SAM children with complications referred to District Head Quarter Hospitals for inpatient care.
- Nutrition supplements and wasting management provided to improve MUAC status.

Additional Nutrition Interventions:

- Pregnant and lactating women (PLWs) screening: 5,848.
- Follow-up for PLWs: 5,034.
- Father Support Groups formed: 177.
- Mother Support Groups formed: 180.
- Adolescent girls (10-19 years): 9,553 received nutrition messages and MMT tablets.

Community Awareness and Mobilization:

- Social mobilization teams organized sessions on various health and nutrition topics.
- Around 9,548 men and women received health and nutrition-related key messages.

Malnourished PLWs:

- Total PLWs screened: 5,848.
- Normal cases identified: 5,370.
- Malnourished cases identified: 478.

Nutrition Commodities Distribution:

- 1. RUTF (Ready to Use Therapeutic Food):**
 - **Cartons distributed:** 677.
- 2. MMS (Multi Micronutrient Supplements):**
 - **Units distributed:** 17,083.
 - **New cases (children 6-59 months):** 1,950.
 - **BCC/IPC counseling provided to 629 mothers, caregivers, and men.**
- 3. MMTs (Multi Micronutrient Vitamins):**
 - **Units distributed:** 52,158.
- 4. IFA (Iron and Folic Acid Supplements):**
 - **Units distributed:** 480,530.

FOOD & CASH BASED TRANSFERS FOR AN INTEGRATED CMAM SAFETY NET PROJECT UNDER SOCIAL PROTECTION IN DISTRICT KHAIRPUR

In collaboration with World Food Programme (WFP), Shifa Foundation is actively involved in a multi-faceted initiative aimed at addressing the persistent challenge of malnutrition in children and pregnant or lactating women (PLW). This comprehensive program encompasses several crucial components, including providing cash grants to caregivers of recovering children, offering education on diverse diets and hygiene practices, and early identification of malnutrition cases through community-driven management.

Driven by a dual mission, the program seeks to accomplish two key objectives: firstly, to decrease chronic malnutrition among vulnerable populations, and secondly, to improve livelihoods within the communities targeted by this initiative.



Monthly Overview:

- The second and final follow-up for children with Moderate Acute Malnutrition (MAM) included 1,103 boys and 1,595 girls in the Targeted Supplementary Feeding Program (TSFP) category. Simultaneously, the same follow-up for children identified as normal in the Blanket Supplementary Feeding Program (BSFP), aged 6 to 23 months, comprised 2,798 boys and 2,487 girls.
- Furthermore, the second and last follow-up for Pregnant and Breastfeeding Women (PBWs) in the TSFP category involved 1,402 Pregnant Women (PWs) and 521 Breastfeeding Women (BW),

encompassing Mid-Upper Arm Circumference (MUAC) measurements and the provision of food assistance. The first follow-up for PBWs in the BSFP category featured 1,316 PWs and 47 BWs, followed by a subsequent second and final follow-up covering 2,551 PWs and 1,024 BWs.

- As part of the project's efforts, a total of 38,480 metric tons of AchaMum, Wawa Mum, and Mumta were distributed. The project specifically emphasized maternal and child health, providing counseling to 878 women on breastfeeding, 1,091 mothers on nutrition, and 798 women on various other health-related topics.

INTEGRATED ASSISTANCE TO FLOOD-AFFECTED COMMUNITIES RESPONSE, SINDH

Collaborating with UNICEF, Shifa Foundation is actively extending assistance to the flood-affected areas of Sindh, including Umerkot, Mirpur Khas, Sanghar, Naushahro Feroze, Khairpur, and Shaheed Benazir Abad. This collective initiative is steadfast in its commitment to delivering essential services such as healthcare, nutrition, shelter, and child protection to the communities severely impacted by the ongoing floods. The partnership between Shifa Foundation and UNICEF highlights our unwavering dedication to improving the lives of those facing the challenges of this disaster.

By providing crucial support and vital resources, our goal is to lead these resilient communities towards recovery, instilling hope and building resilience during adversity.



Monthly Overview:

Child Protection:

- Conducted 10 Mental Health & Psychosocial Support (MHPSS) Awareness Sessions in the community, reaching Girls (78), Boys (104), Female (78).
- Completed 10 Gender-Based Violence (GBV) Awareness Sessions in the community, engaging Girls (39), Boys (42), Female (104), Male (78).
- Conducted 51 Awareness Sessions on Child Protection Risks & Available Services, involving Girls (78), Boys (102), Female (645), Male (458).
- Raised awareness on Child Protection Risks, GBV, MHPSS through Mass+FM, reaching Girls (2177), Boys (1900), Female (9851), Male (10938).
- Conducted 22 Awareness Sessions on Child Protection Issues in Primary Schools, impacting Girls (235), Boys (337).
- Conducted 57 Awareness Sessions on PSEA in the community, involving Girls (100), Boys (108), Female (676), Male (624).
- Held several Coordination Meetings with Line Departments & Stakeholders at SWD District Office.
- Child Protection team actively working on sessions to provide information on the reporting mechanism of Child Protection issues in health facilities, achieving 81% progress (2,025) towards the target of 2,500.

World Children's Day:

Celebrated World Children's Day in Naushehro Feroze and Sanghar district in collaboration with UNICEF, featuring a rally, engaging activities, and seminars emphasizing children's rights and a nurturing environment.

District stakeholders gathered to discuss child well-being, showcasing commitment to a world where every child has the opportunity to dream and grow.

Theatre Event:

Child Protection Theater Performance in both districts addressed child rights, early marriage, and gender-based violence, leaving a lasting impact. The event, with insightful scripts and powerful performances, raised awareness and advocated for positive change, receiving contributions from stakeholders like Indus Resource Center.

Annual Review Meeting:

Showcased Shifa Foundation's impactful Child Protection endeavors during the Annual Review Meeting by UNICEF in Karachi, attended by DevCon, Indus Resource Centre, and others. Recognition from the Ministry of SWD Sindh affirmed positive contributions in districts Sanghar and Naushahro Feroze, addressing critical issues and emphasizing advocacy efforts for child protection. Exciting developments included news about a new software system for recording cases across Sindh.

Nutrition Achievements:

Under Five Children:

- Children Screened: 121,043
- SAM Identified: 6,984
- SAM Admitted: 10,619

- NSC Refer: 75
- Children (6-59 months) Consumed MNP: 12,200
- Children Dewormed: 0

Pregnant and Lactating Women (PLW):

- PLW Screened: 39,775
- PLW Identified: 11,819
- IFA Distribution to PLW: 13,957
- Deworming to PLW: 0
- IFA Distribution to Adolescent Girls: 7,919
- Deworming to Adolescent Girls: 0
- Health/Nutrition/IYCF Sessions: 3,373

Health Achievements:

Total Primary Health Centers (PHC): 60,560

- Children Immunized (Routine Vaccination): 5,071
- ANC: 7,950
- PNC: 1,483
- Referral for Delivery: 26
- Deliveries Assisted at Health Facility: 693
- CDKs Distributed: 640
- Newborn Kits Distributed: 623
- Diarrhea Cases: 2,600
- Dysentery Cases: 680
- A.R.I/Pneumonia Cases: 6,345
- Malaria Cases: 979
- Dengue Cases: 28
- Deworming: 1,247
- Skin Disorder Cases: 2,652
- Other Diseases: 5,191



FOOD SECURITY, LIVELIHOODS SUPPORT AND ACCESS TO NUTRITION SERVICES IN THE FLOOD AFFECTED DISTRICT MATIARI, SINDH

Shifa Foundation and Care International have joined forces in the Matiari district of Sindh to launch a robust response to the destructive floods that have brought widespread devastation to the area. Central to this dynamic initiative are a series of strategic measures, including the implementation of direct cash transfers, agricultural and livestock projects, and the promotion of kitchen gardening initiatives. The project places a crucial emphasis on improving the nutritional well-being of children under the age of five and pregnant or lactating women. Our overarching mission is to enhance the overall nutritional health of the targeted population while implementing sustainable solutions to address the complex challenges faced by the flood-affected communities in Matiari.



Monthly Overview:

1. Validation of Livelihood Cash Grant and Kitchen Gardening:

- Care International Meal Department validated 702 beneficiaries for cash grants.
- Shifa Foundation assisted in field arrangements and identified an additional 1,300 beneficiaries.
- Clean database available with Shifa Foundation Meal Department.

2. Meetings:

- Coordination meeting with Assistant Commissioner in Hala and Education District Officer in Matiari and the focus was on "**16 Days of Activism Against Gender-Based Violence**" from November 25 to December 10, 2023.
- Representatives from Care International discussed project activities and challenges. Emphasis on Care International's role as

the lead partner for providing technical support.

3. 16 Days of Activism against Gender-Based Violence:

- Celebrated through various events, including a school-level event in Matiari. Activities included speeches, plays, and discussions promoting gender equality and combating violence.

4. Community Level Awareness Raising Session:

- Shifa Foundation and Care International organized a 16-day activism event in Matiari.
- Engaged 88 participants with impactful role plays addressing critical issues.
- Demonstrated a commitment to combating gender-based violence.

5. Type of Activities and Total Achievement:

- **MUAC screening for children under two**

- years:** Boys (696), Girls (658), Boys (24-59 months) (2,256), Girls (24-59 months) (2,040).
- Identification of SAM cases:** Boys (06-23 months) (117), Boys (24-59 months) (35), Girls (06-23 months) (181), Girls (24-59 months) (56).
- Screening:** Pregnant Women (1,025), Lactating Women (416), IFA to Adolescent (2,883).
- Awareness Sessions:** Total of 171 sessions conducted.
- Distribution of Food Supplements:** RUTF (84,270), IFAs (234,810).
- Assessment of Cash Grant & Kitchen Gardening:** Conditional cash grant (29), Kitchen gardening (6).

LUNG TRANSPLANT: A HOPE FOR FAILING LUNGS

Shifa Center of Professional Excellence (SCOPE) organized a seminar titled "**Lung Transplant: A Hope for Failing Lungs,**" brought together medical experts to explore the transformative potential of this procedure under the leadership of Dr. Asghar Nawaz, Consultant Cardiothoracic, Robotic and Transplant Surgeon, SIHL.

Dr. M. Asghar Nawaz, Pakistan's sole Cardiopulmonary Transplant Surgeon and the activity director discussed the feasibility and is optimistic about initiating this first ever landmark program in Pakistan. Dr. Khalid Rasheed welcomed attendees, leading to presentations by specialists like Dr. Murtaza Kazmi on the burden of lung diseases in Pakistan and Dr. Qudus Anwar on indications for lung transplants. The significance of Extracorporeal Membrane Oxygenation (ECMO) and the feasibility of lung transplant surgeries in Pakistan were highlighted. International perspectives were shared by experts like Dr. Jim Egan (Director Ireland Transplant), Dr. Masaaki Sato (Director Japan Transplant) and Dr. Vipin Mehta (UK Transplant Surgeon).

The seminar concluded by Dr. M. Asghar Nawaz, Cardiothoracic & Transplant Surgeon, SIHL (Activity Director), with emphasis on advancing healthcare in Pakistan—a significant leap toward better medical care for those with lung issues.



BISP NASHONUMA PROGRAMME BALUCHISTAN

In a strategic partnership between Shifa Foundation and World Food Programme (WFP), BISP Nashonuma Program places utmost importance on advancing health and nutrition. Its central mission is the dedicated pursuit of eliminating stunting among pregnant and lactating women as well as children under 23 months old. This goal is achieved through the provision of Specialized Nutritious Food (SNF). The initiative is carefully tailored for beneficiaries enrolled in BISP program and is actively underway in seven districts across Baluchistan: Jaffarabad, Killah Saifullah, Naseerabad, Quetta, Sherani, Sohbatpur, and Zhob. This collaborative endeavor aims to ensure a brighter and healthier future for these vulnerable populations, championing the battle against stunting while promoting enhanced maternal and child health.



Monthly Overview:

- Our team conducted individual nutritional counseling sessions, covering topics like balanced diets, breastfeeding, and age-appropriate nutrition for families in need. Supplementary nutrition packages, including SNF MAMTA, WAWAMUM, and RUTF, were distributed to address malnutrition among children and pregnant women in target communities.
- Growth monitoring sessions for children under two showed improvements in nutritional status, and community workshops on nutrition and hygiene were well-attended.
- We collaborated with District Government and Local Health Centers to ensure effective referral and follow-up for severely malnourished children, strengthening the continuum of care. Coordination meetings and trainings across all districts addressed challenges, such as payment issues and gaining support from health officials.
- Key coordination meetings included discussions with the Deputy Director of BISP, District Health Officer, and participation in sessions at the DHO office. Coordination meetings with medical professionals focused on effective collaboration for the smooth implementation of the Benazir Nashonuma Program.
- An orientation campaign on 16 Days of Activism, covering GBV, PSEA, and Disability, emphasized gender equality and challenging stereotypes. District coordinators delivered detailed sessions on the importance of the campaign, with a focus on PSEA across BNP activities.
- Field team activities for November 2023 involved referring 793 beneficiaries to NADRA, registering 2,827 new beneficiaries, conducting 4,350 follow-ups, and providing nutritional support. The month saw active engagement in the BNP program, with a focus on sessions covering various topics and monitoring program impact.

BISP KAFALAT PROGRAMME – SINDH

Acknowledging the profound and far-reaching consequences of child nutrition crisis characterized by alarming rates of malnutrition, including stunting, underweight, and wasting on the health and development of children, Shifa Foundation has entered a partnership with World Food Programme (WFP) to propose a comprehensive solution.

This collaborative program is specifically targeted at supporting the Nashonuma and Ehsas Kafalat Programs in Noushero Feroz, Jacobabad, Shikarpur, Qambar, Kashmore, Hyderabad, Sanghar, Umerkot, SBA, Matiari, Tharparker, Mirpurkhas, Tando Allahyar, Karachi Central, Karachi Malir, Karachi West, and Karachi South, with a specific emphasis on maternal and child health. It encompasses a range of vital components, including the provision of monitoring vehicles, the establishment of facilitation centers, and the deployment of mobilization teams for awareness and education. Shifa Foundation's overarching objective is to expand the program's reach and impact by addressing the underlying causes of malnutrition while simultaneously improving healthcare, socio-economic conditions, and the overall well-being of vulnerable populations.



Monthly Overview:

- The collaboration between Shifa Foundation and World Food Programme (WFP) achieved significant progress in advancing the BNP Sindh Program across 16 districts, with the deployment of 25 operational teams.
- Provided breastfeeding counseling to 3,815 women during Antenatal Care (ANC).
- Offered nutrition counseling to mothers and provided health-related counseling to 3,815 women.
- Offered various health-related support to 1,199 children.
- Facilitated the referral of 1,611 beneficiaries and 1,419 children to NADRA.
- Registered 203 Pregnant Women and Lactating Women in the Targeted Supplementary Feeding Program (TSFP), along with 163 male and female children.
- Distributed a total of 31.147 metric tons of food.
- The initiative concluded with high-level meetings with government officials and stakeholders, emphasizing BNP Programme's unwavering commitment to combating malnutrition and enhancing the well-being of families in the region. The month ended with comprehensive staff meetings, highlighting the program's dedication to its crucial mission.

IMPLEMENTATION OF THE MULTIPLE MICRONUTRIENT SUPPLEMENTATION (MMS) AS PART OF MATERNAL AND NEWBORN HEALTH AND NUTRITION SERVICES IN SWABI, KHYBER PAKHTUNKHWA

In partnership with Nutrition International, Shifa Foundation is actively implementing the Multiple Micronutrient Supplementation (MMS) program as a crucial element of the Maternal and Newborn Health and Nutrition Services in SWABI, Khyber Pakhtunkhwa. The primary objective of this collaboration is to provide robust operational support, ensuring the seamless execution of MMS initiatives in perfect alignment with Nutrition International's comprehensive integrated intervention for Maternal and Newborn Health and Nutrition (MNHN). This joint effort signifies a dedicated commitment to improve the overall well-being and health outcomes of mothers and newborns. The program focuses on ensuring access to essential micronutrients, underscoring our dedication to advancing maternal and child health in SWABI.



Monthly Overview:

- Health officials from Swabi conducted monitoring and supervision visits to various health facilities to support the implementation of Multiple Micronutrient Supplements (MMS) activities at the district level. These visits played a crucial role in enhancing the effectiveness of MMS initiatives.
- Additional data for MMS activities from February 2023 has been diligently recorded.
- The district team engaged in discussions at Shifa Foundation head office to review the detailed implementation plan and discuss ongoing activities.
- A visit was made to BKMC to explore the possibility of hiring interns. The primary objective of this visit was to apply for internships and to introduce potential candidates to the BKMC Bachakhan Medical College staff with the intention of hiring these interns for OPD at BKMC.
- Participated in a Prematurity session at Women's University Swabi, which was organized on November 17, 2023. The session, attended by 150 students, aimed to raise awareness about prematurity.
- Attended a community session on MMS in Tordher Union Council on November 15, 2023. The session, organized by community leader in Uc Tordher, had approximately 20 attendees.
- Participated in another community session regarding MMS in Dagai Union Council, organized by a social activist and community leader in Uc Dagai. A total of 23 people attended this informative session.
- Conducted visits to various health facilities for the monitoring and supervision of MMS to ensure the smooth progress of the program.

CHALLENGING CASES & CASE-BASED DISCUSSION BREAST IMAGING

Shifa Center of Professional Excellence (SCOPE) organized a Guest Lecture titled **“Challenging Cases & Case-Based Discussion Breast Imaging”**.

Dr. Sughra Raza, retired Associate Professor of Radiology from Harvard Medical School, shared valuable insights during a discussion on challenging cases in breast imaging. Key themes included exposing elusive cancers, emphasizing the need for meticulous examination; nailing the diagnosis through familiarity with patient history and systematic analysis of imaging features; and avoiding redundancy by addressing challenges in reviewing outside imaging.

Highlighting illustrative cases, Dr. Sughra discussed the challenges of detecting small or obscured cancers and the significance of careful analysis. Varied diagnoses were explored, including the recognition of benign calcified oil cysts often mistaken for malignancies. The presentation also addressed challenges in wire localization, underscoring the importance of complete reports and post-procedure mammograms.

In conclusion, Dr. Sughra's insights provided a practical guide for healthcare professionals in breast imaging, emphasizing meticulous analysis, understanding patient history, and avoiding redundancy for improved diagnostic accuracy.

Acknowledging the contribution of Dr. Eren Yeh of Brigham & Women's Hospital, Dr. Sughra shared these valuable insights without any disclosures. Appreciation was extended to Dr. Sughra Raza for her contribution to the discussion on challenging cases in breast imaging.



REDUCTION OF CORPORAL PUNISHMENT IN SCHOOLS: EVALUATING THE INTERACTION COMPETENCIES WITH CHILDREN FOR TEACHERS (ICC-T) INTERVENTION IN PAKISTAN

In collaboration with Konstanz University in Germany, Shifa Foundation is actively engaged in the implementation of the CRCT Phase of the ICC-T Project. This initiative is committed to delivering comprehensive training for 720 elementary and secondary school teachers across four specific study regions in Pakistan. The primary objective is to enhance the well-being of children by equipping teachers with essential knowledge and competencies to establish a nurturing and conducive learning environment. The project's effectiveness is bolstered by a dedicated research team comprising psychologists and expert trainers.

At the core of this initiative is the holistic development of children, addressing their educational, emotional, and social needs comprehensively. Through this partnership, our goal is to empower teachers with the tools and expertise needed to cultivate an environment that fosters the growth and development of the next generation. This, in turn, ensures that children have access to quality education and the necessary support for their overall well-being.



Monthly Overview:

- Initiated follow-up procedures with government administrations in AJK and Punjab to obtain necessary NOCs for conducting school studies.
- Participated in virtual team meetings via Zoom with Prof. Tobias, Florian, Kate, and Dr. Alaptagin.
- Our team leader based in Islamabad and Sindh visited five schools, where random selection of grade 7 students took place. An orientation about the assessment was provided, and consent forms were handed out, with students instructed to obtain parental signatures before commencing the baseline assessment.
- Team leaders in Sindh visited three schools, randomly selecting grade 7 students for an orientation on the assessment. Consent forms were distributed, and students were requested to return them with parental signatures before the baseline assessment.
- Completed pre-visits in six schools (four in Islamabad Urban and two in Islamabad Rural). Conducted orientations for school principals about the ICC-T project following standardized guidelines and documentation.
- Completed pre-visits in three districts of Sindh, covering 11 schools.
- Successfully concluded baseline assessments in Islamabad (Urban) and Sindh districts.

SHIFA RENAL TRANSPLANT SYMPOSIUM

Shifa Center of Professional Excellence (SCOPE) organized a Symposium titled **“Shifa Renal Transplant Symposium”**, brought together experts and enthusiasts for a day of profound insights into renal healthcare.

The day began with Registration & Recitation of the Holy Quran, followed by a warm welcome from Dr. Syed Nayer Mahmud, a Consultant Nephrologist and Renal Transplant Physician. He set the stage for impactful presentations, covering crucial topics like ABO Incompatible Renal Transplant, experiences in highly sensitized patients, and the delicate balance between rejection and infection.

Distinguished guest speakers, including Professor Rostaing and Dr. Shahrukh Mirza, shared their expertise, making the symposium a valuable learning experience. The event concluded with a dynamic Expert Discussion Panel on interesting cases, highlighting the collaborative spirit of the medical community.

Closing the symposium, Dr. Kh. Junaid Mustafa, CMO, SIHL, delivered appreciative closing remarks, expressing gratitude and encapsulating key insights. In essence, the Renal Transplant Symposium emerged as a resounding success, fostering collaborative learning, knowledge dissemination, and the progression of renal healthcare. Through SCOPE, Shifa International Hospitals made a substantial contribution to the ongoing discourse, striving to elevate patient care and outcomes in the field.



BENAZIR NASHONUMA PROGRAMME, PUNJAB

Shifa Foundation, in collaboration with WFP, IRMNCH, and BISP, is actively implementing Benazir Nashonuma Program across 13 districts in Punjab. The primary goal of the project is to prevent stunting through a comprehensive 1000-day approach, focusing on mothers and children already registered with BISP. The program aims to provide specialized nutritious food to the most vulnerable members of the community.



Monthly Overview:

- In the initial phase, Provincial Manager held a crucial meeting with WFP province office in Lahore, discussing project input and outcomes. WFP Provincial Head, Program Policy Officer, Dr. Amir Chohan, provided valuable guidance on the significance of the project, acknowledging Shifa Foundation's efforts in the timely recruitment of project staff.
 - The project kicked off with a focus on capacity building, where Shifa Foundation organized a three-day training session in Gujrat. Key participants included DPCs and PAs, with master trainers from WFP, IRMNCH, and Shifa Foundation providing orientation on protocols, reporting, and monitoring of project activities.
 - Key outputs for the month of November include the distribution of specialized nutritious food to beneficiaries across various districts. The program has made a substantial impact, reaching children, pregnant and lactating women, and achieving significant food distribution metrics as outlined:
1. **Rawalpindi:** 870 beneficiaries, 4.754 MT of food distributed
 2. **Hafizabad:** 573 beneficiaries, 3.231 MT of food distributed
 3. **Sheikhupura:** 1503 beneficiaries, 8.170 MT of food distributed
 4. **Narowal:** 608 beneficiaries, 3.490 MT of food distributed
 5. **Attock:** 717 beneficiaries, 3.908 MT of food distributed
 6. **Sargodha:** 2402 beneficiaries, 13.581 MT of food distributed
 7. **Sialkot:** 652 beneficiaries, 3.499 MT of food distributed
 8. **Nankana Sahib:** 754 beneficiaries, 4.255 MT of food distributed
 9. **Jhelum:** 416 beneficiaries, 2.243 MT of food distributed
 10. **Gujrat:** 226 beneficiaries, 1.251 MT of food distributed
 11. **Chakwal:** 239 beneficiaries, 1.332 MT of food distributed
 12. **Mandi Bahaudin:** 710 beneficiaries, 3.983 MT of food distributed
 13. **Gujranwala:** 673 beneficiaries, 3.704 MT of food distributed

IMAGE BUILDING AND VISIBILITY THROUGH SOCIAL MEDIA

With an unwavering commitment, Shifa Foundation remains steadfast in leveraging the dynamic influence of social media platforms as a central avenue to engage with its audience and advance its mission of providing healthcare, education, and essential support to marginalized communities. Through adept use of the strategic and powerful capabilities of social media, Shifa Foundation has effectively heightened awareness of its transformative initiatives, actively cultivated community involvement, and garnered substantial support for its commendable endeavors.

We deeply recognize the indispensable role that social media plays in establishing connections with a diverse and expansive audience, facilitating the dissemination of crucial information, and fostering a strong sense of unity around the profound impact of Shifa Foundation. Through these influential platforms, Shifa Foundation has skillfully woven intricate networks of significance, sparked meaningful conversations, and catalyzed a wave of positive actions for change. Together, we harness the digital landscape to amplify our message and extend our reach, contributing to a lasting difference in the lives of those we are dedicated to serving.

Facebook		Instagram		Twitter		LinkedIn	
Posts	2,422	Posts	2,065	Posts	1,495	Posts	1,483
Likes	27,978,043	Likes	408,329	Likes	225,196	Likes	357,796
Reached	28,205,555	Reached	422,392	Reached	234,218	Reached	436,116



CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)

COPCS department remains steadfast in its commitment to empower marginalized communities through impactful partnerships with potential donors, volunteers, and philanthropic individuals. Our well-established track record stands as a testament to our proficiency in securing financial support from a diverse array of domestic and international donor organizations, corporations, and individuals.

Furthermore, our close collaboration with dedicated volunteers serves as the cornerstone for leading community-led fundraising initiatives. Armed with these invaluable resources, COPCS department is fully equipped to deliver essential assistance to underserved populations. Our unwavering dedication and proactive efforts play a pivotal role in advancing socio-economic well-being within the community, ensuring a lasting and meaningful impact.

“SPREAD THE WARMTH” CAMPAIGN LAUNCH

Shifa Foundation's initiated the "Spread the Warmth" campaign, aiming to bring comfort to 500 families facing harsh cold this winter. Targeting impoverished families, homeless individuals, and marginalized communities, the campaign focuses on providing warm blankets and clothing, with special attention to families with children, elderly individuals, and those with disabilities. The team will identify recipients, gather blankets and winter garments, and distribute them through a strategic plan. With a modest cost of 10,000/PKR per family, the campaign aims to offer blankets, unisex sweaters, gloves, and other winter essentials. Beyond material support, the initiative seeks to raise awareness about homelessness and poverty in the community, fostering a sense of solidarity during challenging times. Through collaborative efforts, the goal is to ensure that no family is left without the necessary warmth this winter.



SHIFA FOUNDATION JOINS HANDS WITH PFOWA FOR ANNUAL CHARITY BAZAAR 2023

In the spirit of fostering meaningful relationships and collaborations, Shifa Foundation actively participated in the Pakistan Foreign Office Women's Association (PFOWA) Annual Charity Bazaar 2023, a vibrant event organized by PFOWA. The occasion, held in November, garnered widespread participation from members of the diplomatic corps, distinguished civil society figures, and Ministry officials, with the esteemed presence of the Honorable First Lady of Pakistan, Samina Alvi, as the chief guest.

Delightedly, both Shifa Foundation and Shifa International Hospitals Ltd. took part in this impactful initiative, showcasing our commitment to charitable causes.

The First Lady, Ms. Samina Alvi, graced the event and passionately emphasized the significance of raising awareness about Breast Cancer.

PFOWA Annual Charity Bazaar 2023 was a spectacular convergence of diverse Diplomatic Missions' Stalls, commercial brands, and captivating cultural performances. Beyond its role as a fundraising event, it served as a powerful platform, uniting members of civil society and fostering global unity. Ms. Alvi, alongside PFOWA, underscored the pivotal role of such charity events in bringing people from around the world together. We extend our heartfelt appreciation to the organizers and all diplomatic missions involved for their dedicated efforts in promoting impactful charity initiatives. Breast cancer awareness remains a top priority in our ongoing mission.



FEED THE POOR

(FOOD PACKAGES DISTRIBUTION)

Under the "Feed the Poor", our mission is centered on delivering monthly food parcels to families undergoing severe hardship. Shifa Foundation remains resolute in its commitment to securing consistent contributions from generous donors, ensuring the effective addressal of nutritional needs in vulnerable households. In November, we achieved a significant milestone by distributing an impressive **12.4** metric tons of food packages to 170 families. This initiative has brought about a positive impact on the lives of **1,020** individuals residing in various locations in Islamabad, Rawalpindi, Murree and Jhelum with the steadfast support of our dedicated donors, Shifa Foundation harbors ambitious plans to expand our outreach, extending a compassionate hand to even more deserving families and making a profound difference in their lives.



HEALTH CARE




Shifa Foundation plays a vital role in delivering healthcare services to disadvantaged individuals by extending assistance to deserving patients at both the Shifa Falahee Clinic and Shifa International Hospitals. In November, our unwavering commitment took tangible form as we provided support to **21 patients** grappling with diverse medical conditions through our patient treatment panel. This endeavor reflects our steadfast dedication to ensuring that individuals in need have uninterrupted access to essential medical care and the critical support they require. We persist in our commitment to making a meaningful and positive difference in the lives of those who rely on us for their health and overall well-being.

We genuinely appreciate your involvement in this transformative adventure as we strive to inspire hope and make a meaningful difference in the lives of those requiring assistance. United, we have the power to reshape the story of hope, resilience, and positive change.

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