



MONTHLY

# NEWSLETTER

DECEMBER - 2023

## SHIFA FOUNDATION MAKING AN EFFORT

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📍 Plot No. 210, Street No. 7, I-9/2, Islamabad - Pakistan

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## Introduction:

# ILLUMINATING PATHS, TRANSFORMING LIVES

Welcome to an inspiring voyage into the heart of Shifa Foundation, where we extend a warm invitation for you to join us in our unwavering commitment to forging a brighter and more equitable future for all. SF established in 1991 as a sister organization to Shifa International Hospitals, Shifa Foundation has evolved into a symbol of hope, a torchbearer of transformation, and a potent force for good throughout Pakistan. Our mission transcends borders and encompasses a diverse spectrum of critical areas. From delivering preventive and curative healthcare to addressing water and sanitation challenges, promoting environmental sustainability, and fortifying resilience to climate change, to responding swiftly to disasters and fostering volunteerism within educational institutions, Shifa Foundation is not merely an organization; it is a relentless agent of positive change.

Through years of unwavering dedication, Shifa Foundation has gained profound insights into the intricate needs of marginalized communities in Pakistan. This enduring journey has equipped us with a wealth of technical expertise, enabling us to tailor sustainable solutions to these unique challenges. Yet, our commitment extends beyond solutions; we actively advocate for policy changes and influence practitioners, all in the tireless pursuit of uplifting the marginalized segments of our society. At Shifa Foundation, we are propelled by an unwavering commitment to effect positive change in the lives of those less fortunate. Our steadfast dedication, combined with our comprehensive approach and advocacy efforts, positions us as a shining beacon of hope and a catalyst for transformation in Pakistan's marginalized communities.

We invite you to join us on this compelling journey of impact, where every step we take brings us closer to a brighter, more equitable future for all.

Together, we are making a difference.

Your participation in this transformative journey is sincerely valued as we endeavor to instill hope and create a profound impact on the lives of those in need. Together, we can rewrite the narrative of hope, resilience, and transformation.

## BISP KAFALAT PROGRAMME – SINDH

Pakistan is facing a critical child nutrition crisis marked by alarming rates of malnutrition, including stunting, underweight, and wasting, positioning it as a regional leader in grappling with this formidable challenge. Recognizing the profound and far-reaching consequences of this issue on the health and development of children, the Shifa Foundation has forged a partnership with World Food Programme (WFP) to propose a comprehensive solution.



This collaborative program is laser-focused on supporting 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 extend 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:

- 2723 individuals have been directed to NADRA for further assistance.
- Provided breastfeeding counseling to 4,791 women during Antenatal Care (ANC).
- Offered nutrition counseling to mothers to 4,791 women.
- Offered various health-related support to 1,815 children.
- Distributed a total of 40.506 metric tons of food.

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

Shifa Foundation and Care International have united their strengths in district Matiari, Sindh, to launch an impactful response to the devastating floods that have wreaked havoc in this region. At the heart of this dynamic initiative lies a series of strategic actions, including direct cash transfers, agricultural and livestock projects, and promoting kitchen gardening endeavors. The project places a paramount focus on enhancing the nutritional well-being of children under five years of age and pregnant or lactating women. Our overarching mission is to elevate the overall nutritional health of the targeted population while instating sustainable solutions to address the multifaceted challenges faced by the flood-affected communities in Matiari.



### Monthly Overview:

#### MUAC Screening for Children Under Two Years:

- Children aged 06-23 months (Boys): 816 screened
- Children aged 06-23 months (Girls): 766 screened
- Children aged 24-59 months (Boys): 2844 screened
- Children aged 24-59 months (Girls): 2,427 screened

#### Identification of Severe Acute Malnutrition (SAM) Cases:

- SAM cases aged 06-23 months (Boys): 174 identified
- SAM cases aged 24-59 months (Boys): 64 identified
- SAM cases aged 06-23 months (Girls): 218 identified
- SAM cases aged 24-59 months (Girls): 95 identified

#### Screening of PLWs:

- Pregnant Women: 1021 screened
- Lactating Women: 613 screened
- IFA (Iron and Folic Acid) provided to Adolescents: 3511 recipients

#### Awareness Sessions:

- Total Number of Awareness Sessions: 152 conducted

#### Distribution of Food Supplements:

- Ready-to-Use Therapeutic Food (RUTF) • 79,440 units
- Iron and Folic Acid (IFA) supplements distributed: 252,390 units

#### Assessment of Cash Grant & Kitchen Gardening:

- Assessment of Livelihood Cash Grants: 88 conducted
- Distribution of safe delivery kits: 314 Distributed

## 3RD SHIFA ANNUAL HEPATOCELLULAR CARCINOMA SYMPOSIUM

In collaboration with Pakistan Society of Hepatology, 3rd Shifa Annual Hepatocellular Carcinoma Symposium was hosted by Shifa Center of Professional Excellence – SCOPE, which gave the pivotal platform for in-depth discussions on the latest advancements in managing Hepatocellular Carcinoma (HCC).

Dr. Altaf Alam, Consultant Gastroenterologist & Hepatologist, Evercare Hospital, Lahore, synthesized the symposium's key takeaways, providing a valuable academic summary for further research and clinical applications.

Dr. Khawaja Junaid Mustafa, Chief Medical Officer, SIHL, closed the event by commending participants for their contributions and emphasizing the significance of continued collaboration in advancing HCC research and treatment.



## DELAYED CORD CLAMPING: **WHY SHOULD WE DO IT?**

Session on "Delayed Cord Clamping: Why Should We Do It?" was organized to enhance healthcare professionals' comprehension of delayed cord clamping. The session centered on the physiological aspects, current research, and advantages for both infants and mothers. It catered to medical students, postgraduate trainees, consultants and fellows.

Dr. Shazia Fakhra, summarized key points, expressed gratitude to the speakers, and emphasized the need for ongoing exploration. Dr. Shehla Chaudhary, delivered closing remarks, commending the speakers and emphasizing the significance of collaborative efforts in advancing medical knowledge.



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

In a strategic alliance with UNICEF, Shifa Foundation is at the forefront of a critical mission to breathe new life into Water, Sanitation, and Hygiene (WASH) facilities in the Umerkot and Sanghar districts of Sindh. The central objective of this initiative is to tackle pressing issues such as open defecation, the scarcity of safe drinking water, and the rampant spread of water-borne diseases. By elevating and modernizing WASH facilities, this project is poised to unleash a profound and far-reaching impact on the lives of over 200,000 individuals who call these districts home. This transformative endeavor promises to significantly enhance their overall well-being and raise the quality of life to new heights. Shifa Foundation's resolute commitment to sustainable solutions ensures unfettered access to safe water, sanitation, and hygiene, heralding a wave of positive transformation for the communities bravely confronting



### Monthly Overview:

- Joint Partnership Review meeting held in Umerkot, UNICEF, PHED and Education department participated in the meeting.
- Conducted 780 WASH/IPC sessions with affected populations in communities, schools, and healthcare facilities, covering a wide range of topics.
- Rehabilitated water supply schemes handed over to PHED department in district Umerkot & Sanghar.
- Newly constructed Twin Latrines and rehabilitated WASH facilities in Schools and Health Care Facilities handed over to administration.
- Conducted 52 Menstrual Hygiene Management (MHH) sessions with adolescent girls in safe places and schools, including the distribution of 83 MHH kits.
- Facilitated 92 hygiene awareness sessions with children and teachers to encourage the adoption of safe and healthy hygiene practices.
- UNICEF provincial WASH team validated rehabilitated and new constructed WASH facilities in district Umerkot.

## MEDICAL FIRST RESPONDERS TRAINING

COPCS department is on a mission to empower marginalized communities through the cultivation of impactful partnerships with potential donors, volunteers, and philanthropic individuals. Our well-documented track record stands as a testament to our capability in securing financial support from a wide-ranging spectrum of domestic and international donor organizations, corporations, and individuals.

Furthermore, our close collaboration with dedicated volunteers enables us to spearhead community-led fundraising initiatives. Armed with these invaluable resources, COPCS department stands fully equipped and ready to provide essential assistance to underserved populations. Our dedication and proactive efforts play a pivotal role in advancing socio-economic well-being within the community, making a lasting and meaningful impact.



## INTEGRATED ASSISTANCE TO FLOOD-AFFECTED COMMUNITIES RESPONSE, SINDH

In a powerful collaboration with UNICEF, Shifa Foundation is actively reaching out to the flood-ravaged districts of Sindh, including Umerkot, Mirpur Khas, Sanghar, Naushahro Feroze, Khairpur, and Shaheed Benazir Abad. This unified effort is unwaveringly committed to delivering vital services encompassing healthcare, nutrition, shelter, and child protection to the communities devastated by the relentless floods. Shifa Foundation's partnership with UNICEF underscores our unshakable dedication to enhancing the lives of those bearing the brunt of this calamity.

Through the provision of crucial support and indispensable resources, our mission is to guide these resilient communities on a path toward recovery, inspiring hope and fostering resilience in the face of adversity.



### Monthly Overview:

#### Child Protection:

1. 16 awareness sessions on Mental Health & Psychosocial Support (MHPSS) were conducted in the community.
2. conducted 56 awareness sessions covering 1,458 participants on the reporting of sexual exploitation and abuse (PSEA) in the community. These sessions actively engaged females and males. While awareness and complaint boxes have been established, no PSEA cases have been reported thus far.
3. CP team organized Awareness Campaigns on Protection Risks through 2 street theaters in both districts. Girls, boys, women, and men took part in these interactive events, with two more theaters scheduled in the upcoming months.
4. Awareness on Child Protection Risks, GBV, and MHPSS is being disseminated through mass communication

channels, including FM radio and community-level sessions, reaching 15260 participants.

#### Nutrition:

##### Under-Five Children:

- Children Screened: 136,835
- Severe Acute Malnutrition (SAM) Identified: 9,666
- SAM Admitted for Treatment: 3,766
- Children Aged 6-59 Months Consuming Multi-Micronutrient Powder (MNP) as per Protocol: 16,305
- Children Dewormed: 14,686

##### Pregnant and Lactating Women (PLW):

- PLW Screened: 52,453
- PLW Identified: 15,800
- IFA (Iron and Folic Acid) Distribution to PLW: 35,116
- Deworming for PLW: 1,454
- IFA Distribution to Adolescent Girls: 13,911



- Deworming for Adolescent Girls: 483
- Health/Nutrition/IYCF Sessions: 3,511

**Health:**

- Total Primary Healthcare Centers Beneficiaries: 40,421
- Children Immunized for Routine Vaccination: 3,908
- Antenatal Care (ANC) Services: 10,233
- Postnatal Care (PNC) Services: 1,725
- Referrals for Delivery: 17
- Deliveries Assisted at Health Facilities: 793

- Community Drug Kits (CDKs) Distributed: 549
- Newborn Kits Distributed: 554
- Cases of Diarrhea: 1,847
- Cases of Dysentery: 210
- Acute Respiratory Infections (A.R.I)/Pneumonia: 2,922
- Malaria Cases: 804
- Dengue Cases: 7
- Deworming: 901
- Cases of Skin Disorders: 1,460
- Other Diseases: 6,771



## 32ND ARTHROSCOPY WORKSHOP

In collaboration with Pakistan Arthroscopy & Sports Surgery Society, a hands-on workshop is curated to understand the Arthroscopic Procedures under the leadership of Dr. Sajjad H.

Orakzai, Consultant Orthopedic Surgery, Shifa International Hospitals Ltd, Islamabad.

The success of this workshop owes much to the dedication of the organizing committee, the expertise of the presenters, and the enthusiastic engagement of all attendees. It truly served as a platform for meaningful discussions, knowledge sharing, and professional networking in the vibrant realm of arthroscopy!



## BLS COURSE TO GB GOVERNMENT OFFICIALS

The AHA BLS training in GB was a success, providing participants with crucial skills to respond confidently and effectively to life-threatening situations. The acquired knowledge in one rescuer and two rescuer CPR, AED usage, relief of choking, and basic airway management equips the participants to act as first responders in emergencies. The successful completion of the cognitive skills assessment reflects the participants' readiness to apply these life-saving skills in real-life situations.

The organizers commend the commitment and enthusiasm of the participants from GB and encourage ongoing practice to maintain proficiency in the learned skills. The impact of this training extends beyond individual participants, contributing to the overall preparedness and safety of the GB community.



## MASS CASUALTY MANAGEMENT PLANNING

In collaboration with the Aga Khan Agency for Habitant (AKAHP), the Mass Casualty Management (MCM) Plan Train the Trainer Drill took place on December 29, 2023. The program aimed to empower trainers with essential skills for effective mass casualty management, fostering collaboration and promoting interactive learning.



## COMMODITY SECURITY AND EFFICIENT SUPPLY CHAIN MANAGEMENT

The two-day program on Commodity Security and Efficient Supply Chain Management held at C-0 Auditorium, SIHL, proved to be a comprehensive learning experience. The event, orchestrated by seasoned facilitators and attended by professionals in the healthcare field, aimed to enhance understanding and proficiency in supply chain management within the healthcare sector.



## **BENAZIR NASHONUMA PROGRAMME, PUNJAB**

The Benazir Nashonuma Program (BNP), a pioneering initiative in Pakistan, is dedicated to tackling nutritional deficiencies and ensuring food security for the most vulnerable segments of the population. Named in honor of the late Prime Minister Benazir Bhutto, the BNP focuses on improving the nutritional status and health of mothers and children. It employs a multi-sectoral approach, integrating health, education, and social welfare strategies to address the root causes of malnutrition.

### **WFP AND SHIFA FOUNDATION**

In October 2023, the WFP formed a significant collaboration with the Shifa Foundation, a prominent organization in healthcare and social welfare. This partnership aims to enhance the program's impact by combining the expertise and resources of both entities. The Shifa Foundation's experience in healthcare and community engagement plays a critical role in broadening the reach and effectiveness of BNP's initiatives.

The Shifa Foundation has been entrusted with a key responsibility in this collaboration: overseeing the implementation of the BNP in 13 districts of Punjab. These districts include Rawalpindi, Chakwal, Attock, Nankana, Sheikhupura, Gujrat, Gujranwala, Sialkot, Sargodha, Hafizabad, Mandi Bahauddin, Narowal, and Jhelum. The Foundation's involvement in these districts is crucial for the program's success, ensuring that the targeted interventions are effectively delivered and managed.





## Monthly Overview

### **TRICKLE-DOWN TRAININGS OF FC STAFF**

- The Trickle-Down Training Sessions, held in Rawalpindi, Gujranwala, and Sargodha, represented a key initiative in capacity building and skill enhancement for staff across 13 districts in Punjab. These districts included Hafizabad, Mandi Bahauddin, Sargodha, Gujrat, Gujranwala, Narowal, Nankana Sahib, Sheikhpura, Sialkot, Chakwal, Attock, Rawalpindi, and Jhelum.
- The training sessions, each spanning two days, were meticulously organized to strengthen the proficiency and effectiveness of the district staff in project management and community engagement.
- Around **84** newly hired FC staff have

been trained on reporting, monitoring and processing of Benazir Nashonuma program.

- A total specialized Nutritious Food (SNF) to **14,088** Women and children.
- The GBV Seminar Series Organized in each district and their respective tehsils, these seminars unfolded from the 7th to the 10th of December, marking a significant stride in addressing the critical issue of gender-based violence.
- Effective Seminar Execution in Each District: Targeted seminars were successfully conducted in all 13 districts, ensuring engagement from a diverse group of speakers, healthcare professionals, local dignitaries, and community members, all tailored to each district's context.

## MATERNAL AND NEWBORN NUTRITION PROGRAM

In collaboration with Nutrition International, Shifa Foundation is actively spearheading the Maternal and Newborn Health and Nutrition Services initiative across multiple provinces, encompassing Khyber Pakhtunkhwa, Sindh, Punjab, and Baluchistan. The central objective of this program is to forge collaborative partnerships with provincial and district administrations, with a specific focus on elevating the quality and accessibility of government-provided maternal, newborn, and child health and nutrition services.

Through these strategic alliances with relevant authorities, the program is wholeheartedly dedicated to raising the bar for care concerning mothers, newborns, and children. This comprehensive effort entails strengthening healthcare systems, providing essential training to healthcare professionals, advocating for best practices, and ensuring the availability of crucial services. These all-encompassing initiatives are poised to make a significant contribution to the well-being and health outcomes of the target population, with a particular emphasis on addressing critical aspects of maternal and child health and nutrition.



### Monthly Overview:

MNHN initiatives across districts showcased a strong commitment to maternal and neonatal health. Highlights include monthly Progress Review Meetings.

Kangaroo Mother Care training, and active

participation in World Prematurity Day.

Proactive engagement in Khairpur, Lodhran, Swabi, Jamshoro, and Ziarat featured key activities such as successful seminars, intern induction, training sessions, and KMC trainings and monitoring.



## 3RD ANNUAL MEDICATION MANAGEMENT CONFERENCE (AMMC)

The 3rd Annual Medication Management Conference (AMMC) 2023, held at the Hotel Margala Islamabad, brought together healthcare professionals, experts, and enthusiasts for a day of insightful discussions and knowledge sharing.

The conference, organized by the Department of Pharmacy Services, Shifa International Hospitals Limited Islamabad, was a platform for exploring critical topics related to medication management, patient safety, and the advancement of healthcare practices. The conference concluded with Salwa Ahsan expressing gratitude to all participants, speakers, and organizers. She highlighted the success of the event and the importance of ongoing collaboration in advancing medication management practices.



## CLINICAL LOCALIZATION IN NEUROLOGY

Dr. Maimoona Siddiqui, Consultant Neurology, Shifa International Hospitals Limited Islamabad delivered a highly informative and engaging session on “Clinical Localization in Neurology”. The event took place on 23rd December 2023, from 09:00 am to 10:00 am, at C-3 Life Support Training (LiST) Centre and was aimed for a diverse audience including Fellows, Residents, Medical Officers, Senior Medical Officers, Medical Students, House Officers, and Healthcare



## 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 immersed in a multi-pronged initiative dedicated to addressing the ongoing issue of malnutrition among children and pregnant or lactating women (PLW). This comprehensive program comprises a range of essential elements, including providing cash grants to caregivers of children on the path to recovery, educating on diverse diets and hygiene practices, and early identification of malnutrition cases through community-driven management.

The program is driven by a dual mission: first, to reduce chronic malnutrition among the vulnerable populations, and second, to enhance the livelihoods within the communities targeted by this initiative.

### Monthly Overview:

- A total of 16,204 CMAM beneficiaries were screened.
- A total of 10,144 pregnant and lactating women were screened.





## BEYOND THE BASICS - EVERYTHING ABOUT COLORECTAL CANCER

The event, "Beyond the Basics - Everything About Colorectal Cancer," held on December 9th, 2023, at the C-0 Auditorium, Shifa International Hospitals Limited Islamabad, was a resounding success. Hosted by the Department of General Surgery and directed by Dr. Qamar Hafeez Kiyani, the program aimed to provide advanced insights into the management of colorectal cancer, attracting a diverse audience comprising consultants, young surgeons, and postgraduate trainees.

The event provided a platform for interdisciplinary learning, promoting advanced clinical knowledge and fostering collaboration among professionals. The diverse topics covered by experts in the field created a comprehensive understanding of colorectal cancer management, from diagnosis to surveillance.



## PRE-CONFERENCE WORKSHOP - AMMC

The 3rd Annual Medication Management Conference commenced on a high note with a dynamic Pre-Conference Workshop held at Shifa International Hospitals Limited, Islamabad.

The workshop, aimed at exploring the nuances of Antimicrobial Stewardship (AMS) and Antimicrobial Resistance (AMR), provided a platform for insightful discussions and knowledge exchange among participants.

The Pre-Conference Workshop proved to be a valuable prelude to the upcoming Annual Medication Management Conference, fostering a collaborative and informed community dedicated to advancing medication management practices. The engaging presentations, interactive quizzes, and expert discussions created a dynamic learning environment, leaving participants equipped with enhanced knowledge and a renewed commitment to addressing the challenges posed by Antimicrobial Resistance.



## REDUCTION 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 involved in the implementation of the CRCT Phase of the ICC-T Project. This initiative is dedicated to providing comprehensive training for 720 elementary and secondary school teachers within four specific study regions across Pakistan. The goal is to elevate the well-being of children by equipping teachers with the essential knowledge and competencies necessary to create a nurturing and conducive learning environment. The project's effectiveness is further fortified by a dedicated research team comprising psychologists and expert trainers.

Central to this initiative is the holistic development of children, which addresses their educational, emotional, and social needs comprehensively. Through this partnership, we aim to empower teachers with the tools and expertise required to foster an environment that nurtures the growth and development of the next generation, ensuring they have access to quality education and support.



### Monthly Overview:

- Attended weekly team meetings via Zoom with Prof. Tobias, Florian, Kate, and Dr. Alaptagin to ensure project alignment.
- Conducted a comprehensive half-day training session with Florian and Kate regarding team leader training in AJK, Punjab, Islamabad, and Sindh.
- Baseline assessment completed in Islamabad (Urban) region and 3 schools of rural region.
- Baseline assessment completed in Khairpur district.
- ICC-T project collaborated with 'School Mental Health Program,' by Shifa International Hospitals, school principals learned how to seek professional help for mental health.

## INTEGRATED FLOOD RESPONSE IN BALOCHISTAN

In collaboration with UNICEF, Shifa Foundation is actively engaged in implementing a comprehensive flood response program that extends its reach across three districts in Baluchistan, including Jaffarabad, Naseerabad, Sohbatpur, and Quetta.

Our dedicated field team conducts household assessments, utilizing the Mid-Upper Arm Circumference (MUAC) screening tool to identify cases of Severe Acute Malnutrition (SAM). Those diagnosed with SAM are then 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 Health Department. These centers play a pivotal role in providing essential services, including the distribution of Ready-to-Use Therapeutic Food (RUTF) supplements. Our overarching objective is to enhance their health, nutrition, and overall resilience in the face of these challenging circumstances.

### Monthly Overview:

#### IFR Districts Consolidated Screening & Identification (6-59 Months):

- A total of 7,881 children aged 6-59 months were screened.
- Among these, 107 children were identified as severely malnourished (SAM).
- Total 37 children were identified with complication and referred to nutrition

stabilization center (NSC).

- Additionally, 15,251 children were identified as moderately malnourished (MAM).
- Mother and caregiver 19,438 oriented on BCC/IPC counseling on key messages.
- A total 184 father and 203 mother support groups formed.

A total 5,394 pregnant and lactating women provided with IFA/MNT.



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

In collaboration with Nutrition International, Shifa Foundation is fervently implementing the Multiple Micronutrient Supplementation (MMS) program as a vital component of the Maternal and Newborn Health and Nutrition Services in SWABI, Khyber Pakhtunkhwa. The primary aim of this partnership is to provide robust operational support, guaranteeing the smooth execution of MMS initiatives, in perfect alignment with Nutrition International's all-encompassing integrated intervention for Maternal and Newborn Health and Nutrition (MNHN).

This collaboration represents a dedicated effort to enhance the overall well-being and health outcomes of mothers and newborns, by ensuring access to essential micronutrients, and



### Monthly Overview:

- Extensive MMS training program focusing on enhanced approaches took place from the 16th of the month across 12 intervention Union Councils (UCs) and was a collaborative effort between the National Institute (NI) and a change consultant.
- Team of healthcare professionals carried out monitoring and supervision

visits at various health facilities in Swabi. The primary objective of these visits was to provide comprehensive support for the implementation of MMS activities at the district level.

- Annual retreat event organized for healthcare professionals in Nathiya Gali to recognize their services for successful implementation.

## BISP NASHONUMA PROGRAMME BALUCHISTAN

Through a strategic collaboration between Shifa Foundation and World Food Programme (WFP), BISP Nashonuma Program places paramount importance on the enhancement of health and nutrition. Its core mission is the relentless pursuit of eradicating stunting among pregnant and lactating women and children under 23 months old, achieved by providing them with Specialized Nutritious Food (SNF). This initiative is meticulously designed for the beneficiaries enrolled in the BISP program and is currently actively underway in seven districts across Baluchistan: Jaffarabad, Killah Saifullah, Naseerabad, Quetta, Sherani, Sohbatpur, and Zhob. This collaborative effort is geared towards ensuring a brighter and healthier future for these vulnerable populations, championing the fight against stunting, and promoting improved maternal and child health.



### Monthly Overview:

- Team conducted informative nutrition counseling sessions for families in need. These sessions covered a broad spectrum of topics, including Family Support Groups (FSG), Monosodium Glutamate (MSG), and Balanced Breastfeeding Counseling (BBC). They addressed essential aspects such as balanced diets, the significance of breastfeeding, and age-appropriate nutrition for children.
- Growth monitoring sessions for children under the age of two to track their development and well-being were conducted by the team.
- Community workshops to disseminate vital information on nutrition and health were organized.
- We collaborated with the 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 training 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 and 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.

### Beneficiaries Assisted:

- 2230 beneficiaries were referred to NADRA.
- 880 new beneficiaries were registered.
- 4,354 beneficiaries under normal follow-up

## CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)

COPCS department is on a mission to empower marginalized communities through the cultivation of impactful partnerships with potential donors, volunteers, and philanthropic individuals. Our well-documented track record stands as a testament to our capability in securing financial support from a wide-ranging spectrum of domestic and international donor organizations, corporations, and individuals.

Furthermore, our close collaboration with dedicated volunteers enables us to spearhead community-led fundraising initiatives. Armed with these invaluable resources, COPCS department stands fully equipped and ready to provide essential assistance to underserved populations. Our dedication and proactive efforts play a pivotal role in advancing socio-economic well-being within the community, making a lasting and meaningful impact.

### PARTNERSHIP DEVELOPMENT

Shifa Foundation is cultivating and strengthening its relationships with stakeholders. During the month of October, we have not only sustained exceptional collaboration with our existing donors and partners but also forged new alliances to advance our mission. We are committed to expanding our network and working in unity with those who share our vision of creating positive change and making a lasting impact in the communities we serve.

- Meeting with TMUC and finalized and signed an MOU for collaboration on joint activities.
- A donation box installed at Savour Food, Branch PWD rawalpandi.
- Meeting with Pepsi Regional Manager sales for CSR funding and collaboration.



### SPREAD THE WARMTH CAMPAIGN

The COPCs team has launched the "Spread the Warmth" campaign with the goal of providing comfort to 500 families enduring harsh cold weather



conditions. Collaborating with NUST and IBEX, the initiative also involves engaging their volunteers and staff to support the SHIFA FOUNDATION in assisting underprivileged families during the cold weather.







## HEALTH CARE/ PATIENT ASSISTANCE

Shifa Foundation plays a pivotal role in delivering healthcare services to disadvantaged individuals by aiding deserving patients at both the Shifa Falahee Clinic and Shifa International Hospitals. In the month of December 2023, this unwavering commitment materialized as we extended support to 9 patients grappling with a diverse range of medical conditions through our patient treatment panel.

Join us in this compelling journey of impact, where every step we take brings us closer to a brighter, more equitable future for all. Together, we can make a world of difference. We sincerely value your participation in this transformative journey as we strive to instill hope and make a profound impact on the lives of those in need.

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[info@shifafoundation.org](mailto:info@shifafoundation.org)

Address: Plot No. 210, Street No. 7, I-9/2, Islamabad - Pakistan.

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