



**SHIFA  
FOUNDATION**  
*making an effort*

MONTHLY

# NEWSLETTER


MARCH, 2023


## SHIFA FOUNDATION MAKING AN EFFORT


Since its inception in 1991, Shifa Foundation has been providing support to the underprivileged & marginalized communities across the country including Khyber Pakhtunkhwa, Punjab, Sindh, Baluchistan, Azad Jammu Kashmir, and Gilgit Baltistan. For three decades, the aid extended by Shifa Foundation has left a lasting and notable imprint on the well-being of underprivileged and marginalized groups. Our endeavors in the domains of nutrition, healthcare, water and sanitation, emergency relief, and food assistance have benefited over 13 million individuals.

Besides these ongoing undertakings, Shifa Foundation has launched the "Feed the Poor" initiative, catering to families in distress. By prioritizing aid for underserved populations during times of crisis, Shifa Foundation has fortified their humanitarian response.


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## COVID-19 TEST AND TREAT ADVOCACY IN PAKISTAN

In collaboration with the Foundation for Innovative New Diagnostics (FIND) and Unitaid, Shifa Foundation is implementing an advocacy project on COVID-19 in Pakistan. The main theme of the project COVID-19 Test and Treat Advocacy in Pakistan is to develop robust and evidence-based advocacy strategies to create an enabling environment for increased access to and scaled-up use of COVID-19 testing.



### Achievements of the month

- **33** community awareness and capacity building sessions were conducted in which more than 1,046 people including 545 women and girls participated,
- **1,180** IEC materials/brochures on COVID-19 test, treat, and vaccination among the communities were distributed,
- **168** posts, articles, advocacy materials, activities photos, and informative/public awareness videos were shared on Facebook, LinkedIn, Instagram, and Twitter, with a social media reach of **3.7** million.



## BASIC & ADVANCED LAPAROSCOPIC SKILLS, SUTURING & STAPLING WORKSHOP

Shifa Center of Professional Excellence (SCOPE) organized "Basic & Advanced Laparoscopic Skills, Suturing & Stapling Workshop" in collaboration with Pakistan Society for Metabolic & Bariatric Surgery. The participants were able to gain valuable hands-on experience with laparoscopic equipment and techniques and were able to watch live surgeries.



## BISP NASHONUMA PROGRAMME BALUCHISTAN

Shifa Foundation has partnered with the World Food Programme (WFP) to execute the BISP Nashonuma Program, a health and nutrition initiative aimed at combating stunting in pregnant and lactating women and children under 23 months who are enrolled in the BISP program, currently operational in seven districts of Baluchistan, namely Quetta, Killah Saifullah, Naseerabad, Sohbatpur, Jaffarabad, Sherani & Zhob. The program provides Specialized Nutritious Food (SNF) to the beneficiaries and aims to improve maternal, infant, and young child nutrition and hygiene practices.



### Achievements of the month:

- **1,862** beneficiaries were registered in the BISP Nashonuma Program, and 1,375 beneficiaries were referred to NADRA,
- **1,876** beneficiaries have completed their follow-ups,
- **2,676** beneficiaries have received SNF from the program,
- **121** beneficiaries were registered in the TSFP program,
- **2,103** beneficiaries have been discharged from the program,
- **917** awareness and capacity-building sessions were conducted on MIYCN, Health & Hygiene, Utilization of SNF, and Vaccination of Children and PLWs.

## MR SAFETY GUIDELINES: WHAT EVERY RADIOLOGIST MR TECH & RESIDENTS SHOULD KNOW



Shifa International Hospitals Ltd. and Shifa Center of Professional Excellence (SCOPE) conducted a webinar on MR Safety Guidelines: What every Radiologist MR tech & Residents Should Know.

Dr. Belqees Yawar Faiz, Consultant Radiologist of Shifa International Hospitals Ltd. delivered talk on MR Safety Guidelines to enhance the standards of safe practices in MR.



This talk was attended by Consultants, Fellows, Residents and Radiology technicians from different hospitals. The Speaker and participants engaged in a series of questions and answers about the MR safety guidelines. The Moderator of this event, Dr. Atif Rana (Chief of Radiology Department, Shifa International Hospitals) Ltd. thanked the Speaker for their valuable insight on the subject and the enthusiasm of participants in the questions and answer session.

## CARE INTERNATIONAL MONSOON FLOOD EMERGENCY RESPONSE, DISTRICT KHAIRPUR

Shifa Foundation, in partnership with Care International Pakistan and the Humanitarian Coalition, has collaborated to assist devastated families in District Khairpur who have been impacted by monsoon flooding. Shifa Foundation has developed an effective strategy to aid affected families by providing them with vital resources such as latrines, hygiene kits, non-food items, livestock, and agriculture packages. Furthermore, the organization has created safe places for women and children in two union councils in Khairpur district (Atta Muhammad Hammi and Sohu) to offer psychological support to those who need it during this difficult time.



### Achievements of the month:

- Project staff had been successfully hired and official orientation was conducted,
- NOC for the execution of project's activities has been received from District Administration of Khairpur,
- Assessment of beneficiaries has completed at household level,
- Validation of Agriculture packages with almost 55 % of female participation is completed,
- Training on PSEA was held in Sukkar by IOM,
- 200 women and 200 children were enrolled in both safe centers.



## VITAMIN-A SUPPLEMENTATION PROGRAMME

As vitamin A deficiency is a significant public health concern, Shifa Foundation has been supporting Nutrition International (NI) in managing the smooth execution of Vitamin A Supplementation activities and aims to reduce the prevalence of vitamin A deficiency (VAD) and its associated health consequences, particularly among children under five years old.



### Achievements of the month:

- Vitamin A Task Force Meeting (TFM) took place on March 18, 2023, at Ramada Resort in Murree, Pakistan. The meeting aimed to discuss operational issues involving DFPs, EPI, EOC, UNICEF, WHO, and senior officials from provincial/federal departments/ministries of health.

## CRITICAL APPRAISAL OF AN ARTICLE

Shifa Center of Professional Excellence (SCOPE) recently held a guest lecture on the critical appraisal of an article, which was led by Dr. Faran Emmanuel, an Associate Professor and Associate Director of Technical Collaborations at the Institute for Global Public Health, University of Manitoba, Canada. The lecture aimed to equip healthcare professionals from various departments at Shifa International Hospital with the necessary skills to assess the credibility and significance of study findings to facilitate informed clinical practice. During her concluding statement, Dr. Shazia Fakhra, Chief of the Obstetrics and Gynecology Department at Shifa International Hospital, expressed her gratitude to both the attendees and the guest speaker for their active participation in making the event engaging and enlightening.



## POINT OF CARE TESTING: BRIDGING THE DISPARITY GAP IN HEALTHCARE SYMPOSIUM



In collaboration with International Federation of Clinical Chemistry and Laboratory Medicine, Shifa Center of Professional Excellence (SCOPE) conducted two day “Point of Care Testing: Bridging the Disparity Gap in Healthcare Symposium” under the leadership of Dr. Ghazanfar Abbas, Section Head, Chemical Pathology, Shifa International Hospitals Ltd, Islamabad. Dr. Imran N. Ahmad, Chief of Pathology, SIHL, welcomed the participants and enlighten the significance to discuss the importance of point of care testing (POCT) in addressing healthcare disparities.

Our Chief Guest, Dr. Quaid Saeed, CEO, Islamabad Healthcare Regulatory Authority (IHRA), emphasized the importance of prioritizing top-quality care for patients and appreciated the efforts of Shifa International Hospitals Ltd in taking this initiative to highlight the importance of POCT.

In his vote of thanks, Dr. Zeeshan Bin Ishtiaque (Chief Medical Officer, Shifa International Hospitals Ltd) applauded the efforts of Pathology Department, for their efforts in planning this symposium and thanked the faculty for accepting our invitation and sharing their expertise to ensure a successful patient outcome. He further added that we need to learn more, we need to collaborate with people more. This is the learning curve - the journey we are on! Eminent speakers consisted of Dr. Adil Khan, Dr. Lena Jafri, Dr. Muhammad Aamir, Dr. Samarina Musaad, Dr. Paul Jarvis, Dr. Michel Vaubourdolle, Dr. Julie Shaw, Dr. Sohini Sengupta, Dr. Prasad Pamini, Dr. Paloma Oliver, Dr. Gerald Kost and Dr. Ghazanfar Abbas in the symposium.

Throughout the symposium, attendees participated in a series of presentations and hands on workshop that explored the challenges and opportunities associated with POCT, and identified strategies for increasing access to and improving the quality of POCT.

Key Themes and Takeaways:

- Addressing Healthcare Disparities
- Technology and Innovation
- Collaboration and Partnerships
- Quality Assurance and Regulatory Issues

Overall, the symposium provided an important opportunity for healthcare professionals to come together to discuss the critical role of POCT in addressing healthcare disparities.

Attendees left the symposium with a deeper understanding of the challenges and opportunities associated with POCT, and a renewed commitment to working together to ensure that all patients have access to high-quality diagnostic and monitoring tools.



## CHILD PROTECTION & MHPSS (MENTAL HEALTH & PSYCHOSOCIAL SUPPORT)

Integrated Assistance to flood affected communities affected Districts of Sindh in district Sanghar & Nosheroferoz.

In collaboration, Shifa Foundation and UNICEF implemented a project with the objective of delivering Child Protection, Mental Health, and Psychosocial Services to those affected by floods in Districts Sanghar, and Naushero Feroz (SINDH). The project's focus was to create pathways for children and adolescents who had undergone trauma, and to create support groups for parents and other family members to provide psychosocial assistance.

### Achievements of the month

- **72,930** awareness sessions on GBV had been conducted,
- **13,067** awareness sessions on mental health and psychosocial support were conducted,
- **2,110** PSS kits have been distributed,
- **8,017** individuals have participated in psychosocial activities,
- **46** individuals have accessed safe channels to report sexual exploitation and abuse (PSEA),
- **48** individuals have accessed PSEA reporting mechanisms,
- **6,865** individuals have been reached with information on MHPSS, CP risk, and services through direct face-to-face interaction,
- **2,119** awareness campaigns on protection risks (street theatre & social events) have been conducted,
- **96,759** individuals have been reached with information on MHPSS through indirect, mass, digital, and IEC methods,
- **4,220** awareness sessions on MHPSS have been conducted, and
- **46** individuals have received psychosocial support and counselling.



## ROLE OF SPEECH THERAPY IN ASSESSMENT AND MANAGEMENT OF CEREBRAL PALSY



Shifa Center of Professional Excellence (SCOPE) partnered with the Pakistan Academy of Cerebral Palsy (PACP) to organize a workshop titled "Role of Speech Therapy in Assessment and Management of Cerebral Palsy."

The opening speech was delivered by Mr. Muhammad Kashif Khan, AGM of the Rehabilitation Department at Shifa International Hospitals Ltd. He expressed his gratitude to the faculty for curating the workshop and welcomed the participants.

During the workshop, Prof. Dr. Javed Iqbal, Chairman of PACP, provided an introduction to cerebral palsy and discussed its prevalence in Pakistan.

An international speaker, Ms. Shyamani, shared insights on speech therapy topics such as Communication matters: AAC in Cerebral Palsy, Feeding matters: MDT Approach, and Assessment and management of drooling in Cerebral Palsy.

Additionally, national speakers including Prof. Dr. Nazia Mumtaz, shared their experiences in Neonatal screening and discussed the challenges and barriers faced in Pakistan.

Dr. Baseer Achakzai, Director General Health, Ministry of National Health Services, Regulations and Coordination (Chief Guest), concluded the event by commending the organizers for their efforts and stressing the significance of prioritizing high-quality care for patients.

Mr. Malik Uzair, Chief Operating Officer, eShifa Home Healthcare Services, and Brig ® Abu Bakr Amin Bajwa, Chief Supply Chain Officer, Shifa International Hospitals Ltd, Islamabad, distributed tokens of appreciation to the organizers and faculty.

## ADVANCE CARDIAC LIFE SUPPORT COURSES

Shifa LiST Center (AHA Accredited International Training Center), organized the ACLS Courses. These courses were attended by the healthcare providers (doctors and nurses) to enhance the administration of adults that are facing cardiac and pulmonary arrests.





## REDUCTION OF STUNTING AND MALNUTRITION

Shifa Foundation is currently implementing Nutrition Specific project in district Umerkot, Khairpur and Tharparkar funded by AAP. In this project major target groups are under five-years children, pregnant and lactating women and adolescent for reduction in stunting in Sindh. Under five-years children and PLW are screened to analyze their malnutrition status for further nutrition support in form of provision of MNPs, IFA, referral to OTP sites along with pregnant women referral to health facilities for safe deliveries.

### Achievements of the month

- **9,166** Pregnant and lactating women (PLW) and 9,689 children were screened,
- **198** sessions on Iodized salt while 1,285 sessions on IYCF were held,
- **8,159** children were referred for immunization and
- **2,712** Mother Support Group meetings & 1,356 Father Support Group meetings were conducted.



## BASIC LIFE SUPPORT COURSES

Shifa LiST Center (AHA Accredited International Training Center), organized the BLS Courses. These courses were attended by the healthcare providers (doctors and nurses) to enhance patient care by imparting critical Emergency Cardiovascular Care (ECC) and Cardio Pulmonary Resuscitation (CPR) education at the highest standards.



## ROLE OF OCCUPATIONAL THERAPY IN ASSESSMENT AND MANAGEMENT OF CEREBRAL PALSY

A workshop titled "The Role of Occupational Therapy in Assessment and Management of Cerebral Palsy" was recently hosted by Shifa Center of Professional Excellence (SCOPE) in collaboration with the Pakistan Academy of Cerebral Palsy (PACP).

The event commenced with an opening speech by Mr. Muhammad Kashif Khan, AGM - Rehabilitation Department, Shifa International Hospitals Ltd, who welcomed the participants and expressed gratitude to the faculty for curating the workshop.

During the workshop, Prof. Dr. Javed Iqbal, Chairman - Pakistan Academy of Cerebral Palsy (PACP), provided an introduction to cerebral palsy and its prevalence in Pakistan.

The event also featured an international speaker, Ms. Karin Murk, who spoke on occupational therapy topics such as developing fine motor skills, improving sensory processing, and building independence in children with Cerebral Palsy. She highlighted the importance of managing spastic and dyskinetic CP.

The event also included national speakers, Ms. Nazish A. Qadir & Ms. Saima Kanwal, who shared their experiences in early interventions in CP and introduced CP and Occupational therapy management.

The workshop provided valuable insights into the challenges faced by individuals with Cerebral Palsy and emphasized the role of Occupational Therapy in helping them lead a more independent and fulfilling life.



## SKULL BASE NEUROSURGERY

Shifa Center of Professional Excellence (SCOPE) and the Department of Neurosurgery, Shifa International Hospitals Islamabad organized a Guest Lecture on Skull base Neurosurgery.

The Guest Speaker, Ms. C Hayhurst, Senior Consultant Neurosurgeon, University Hospital Wales, UK addressed on understanding the anatomy and physiology of the skull base and its relations to surrounding structures, interpreting of image studies (MRI, CT and PET Scan) in the context of skull based surgery.

This event was attended by Consultants, General Practitioners, Fellows, Medical officers, Nurses and Medical students from various hospitals and Institutes around the country. The webinar aimed to highlight emerging technologies and techniques in the field of skull base surgery.

## ROLE OF PHYSICAL THERAPY IN ASSESSMENT AND MANAGEMENT OF CEREBRAL PALSY

Shifa Center of Professional Excellence (SCOPE) collaborated with the Pakistan Academy of Cerebral Palsy (PACP) to host a workshop on the Role of Physical Therapy in Assessment and Management of Cerebral Palsy.

In his opening speech, Mr. Muhammad Kashif Khan, AGM - Rehabilitation Department, Shifa International Hospitals Ltd, welcomed the participants and expressed gratitude to the faculty for curating the workshop.

Prof. Dr. Javed Iqbal, Chairman - Pakistan Academy of Cerebral Palsy (PACP), provided an introduction to cerebral palsy and its prevalence in Pakistan.

While Dr. Kh. Junaid Mustafa, Director Risk Management, Shifa International Hospitals Ltd, appreciated the organizers' efforts, particularly the Rehabilitation Department in taking this initiative.

The workshop included an international speaker, Prof. Fatma A. Hegazy, who covered topics such as assessing motor skills, intervention strategies for improving movement and coordination, and outcome measures for cerebral palsy.

Additionally, a national speaker, Lt. Col. Dr. Ammara Asif, shared her experience in a weekly pediatric rehabilitation clinic of a Physiatry based hospital, followed by a panel discussion. The workshop was a great opportunity for healthcare professionals to gain valuable insights into the role of physical therapy in the assessment and management of cerebral palsy.



## CARDIAC CT/MRI IMAGING APPLICATIONS IN ARRHYTHMIA MANAGEMENT

The Department of Cardiology, Shifa International Hospitals Ltd. and Shifa Center of Professional Excellence (SCOPE) conducted a lecture on Cardiac CT/MRI imaging application in arrhythmia management.

Dr. Liaquat Zaman, Consultant Cardiac Electrophysiologist of Shifa International Hospitals Ltd. Islamabad delivered this talk. The purpose of the talk was to enhance validated information about the appropriate use of cardiac CT/MRI to diagnose disease with arrhythmogenic potential, and prognostic implications of specific substrates.

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

Shifa Foundation and UNICEF are working to restore WASH facilities for more than 200,000 people in 30,000 households and 200 villages across 22 union councils in the Umerkot and Sanghar districts of Sindh. The project summary describes the severe impact of the 2022 monsoon flood in Sindh, which caused extensive damage to infrastructure and affected people's lives. The flood damaged homes, health facilities, water systems, and schools. The affected population urgently needs WASH services, as open defecation has increased, safe drinking water is scarce, and stagnant water in some areas leads to water-borne diseases.

### Achievements of the month

- **106** existing Hand pumps at villages were chlorinated,
- **19** Climate-resilient communal hand pumps in communities were installed,
- **5** lead line hand pumps with raised platform were rehabilitated,
- **75** Water Quality Testing (pre and post) for new and rehabilitated hand pumps were conducted,
- **20** existing direct communal hand pumps including repair/construction of raised platform were restored,
- **50** Bio Sand Nadi Filters installed and community trained on Bio-sand Nadi Filters were conducted,
- **3** Rehabilitation of public water supply schemes for the provision of drinking water,
- **93** emergency pit latrines in camps/settlements/villages were installed,
- **35** new raised improved latrines on cost sharing basis were constructed,
- **4** WASH facilities in Government school and Safe places (toilets, hand washing facilities) were restored,
- **2**, six stage ultra filtration unit were installed,
- **43** WASH clubs were formed,
- **182** Hygiene awareness sessions with children and teachers for adoption of safe and healthy hygiene practices were conducted,
- **54** Women Support Groups to ensure women participation for climate resilient water & sanitation options were formed,
- One day of training of **150** CRPs on hygiene education, safe sanitation, water quality management and disaster risk reduction.
- **22** water user committees were established.
- International Women's Day 2023 and World Water Day 2023 were celebrated to create awareness.



## PROVISION OF CONSULTANTS & SPECIALIST DOCTORS TO BE PLACED IN GOVT. HOSPITALS IN GILGIT-BALTISTAN

Shifa Foundation and Gilgit-Baltistan Government have formed a Public Private Partnership to launch an innovative project that aims to provide state-of-the-art healthcare services in Gilgit-Baltistan, with a particular focus on remote areas such as Hunza, Nagar, Chilas, Skardu, Ghakuch, and Aster. Shifa Foundation is excited to collaborate with the Gilgit-Baltistan Government to bring about positive change in the community. The primary objective of the project is to place consultants and consultant doctors in government hospitals across ten districts of Gilgit-Baltistan.

### Achievements of the month

- Shifa Foundation and Gilgit-Baltistan Rural Support Programme (GBRSP) have hired 33 medical specialists like Nutritionist, Nephrologist, Gynecologist, Cardiologist, Urologist, Anesthesiology, ENT, Pediatrics till date and medical specialists are now appointed by the government at different health centers and hospital in Gilgit-Baltistan.
- An orientation session has been held for the hired staff.



## MULTISECTOR EMERGENCY SUPPORT IN SINDH

Shifa foundation is currently providing emergency support to flood-affected communities in Khairpur and Qambar Shahdad Kot, Sindh. This project aims to aid vulnerable households affected by torrential rains and flash floods in Sindh. The emergency response involves an integrated approach to address the most urgent multisectoral needs of the targeted communities, including water, sanitation, and hygiene (WASH), nutrition and health, mental health and psychosocial support (MHPSS), food security and livelihood. The project includes various facilities such as diagnosis, treatment, and follow-up of general medical conditions, rapid diagnostic tests, provision of safe delivery kits, health and hygiene sessions, and referral for complicated cases to relevant healthcare facilities.

### Achievements of the month

- **38** medical camps including 17 medical camps in district Khairpur Mir's and 21 in district Kambar Shahdadkot were established, reaching the total OPD of 5,313 patients.



## PAKISTAN ECHO FLOOD RESPONSE FAIR MIRPURKHAS

With the support of Care International, Shifa Foundation is carrying out the Pakistan Echo Flood Response Fair project in the Mirpurkhas district. The project's objective is to promptly deliver life-saving aid to the flood-affected population and improve their living conditions in the targeted district. Its primary focus is to address the immediate needs of the affected communities affected by the floods.

### Achievements of the month

- **3,000** MPCA database with Care International for validation and cash transfer was shared,
- **50** temporary pit latrines at household level were installed,
- **100** hygiene sessions were conducted covering 1,942 beneficiaries,
- **1,500** Jerry Cans among flood affected community were distributed,
- **250** Solar lights to prevent protection risks among beneficiaries were distributed,
- **7,500** Aqua Tabs were distributed at household level,
- **1** Safe space for children and women were established,
- International Women's Day, Holi and Theater Performance on Gender Equality events were conducted.



## IMAGE BUILDING AND VISIBILITY THROUGH SOCIAL MEDIA

Social media has revolutionized the way people connect, communicate and share information with each other across the globe. Therefore, Shifa Foundation's social media team reached people through different platforms and social media has also played a vital role in promoting social causes and bringing about positive social change by mobilizing communities and amplifying voices.

Facebook		Instagram		Twitter		LinkedIn	
Posts	1,700	Posts	971	Posts	909	Posts	974
Likes	20,116,711	Likes	1,924	Likes	477	Likes	6,987
Reached	25,749,957	Reached	381,042	Reached	210,149	Reached	289,925

## INTEGRATED FLOOD RESPONSE IN BALOCHISTAN

At Shifa Foundation, we go beyond simply providing water and sanitation services. Our dedication lies in emergency response and providing crucial aid to restore hope for impacted communities. To this end, we have partnered with UNICEF to offer comprehensive flood response services in three districts of Baluchistan: Naseerabad, Jaffarabad, and Sohbatpur.



### Achievements of the month

- **747** children aged 6-59 months were identified with severe acute malnutrition (SAM) without complication,
- **131,740** children aged 6-59 months with severe acute malnutrition (SAM) received RUTF ready-to-use therapeutic food,
- **5,879** children aged 6 to 59 months received multiple micronutrient powders,
- **84,480** Pregnant and Lactating Women (PLW) received Iron Folic Acid (IFA)/Multi Micronutrient Tablet (MMT),
- **6,704** Adolescent girls received Iron Folic Acid (IFA)/Multi Micronutrient Tablet (MMT),
- **26** Primary caregivers of children aged 0 to 23 months received infant and young child feeding counseling,
- **2,816** Pregnant and Lactating Women (PLW) screened for malnutrition,
- **45** functional OTP sites providing nutrition services,
- **746** children aged 6-59 months were identified with severe acute malnutrition (SAM) with complications,
- **167** Pregnant and Lactating Women (PLW) with moderate acute malnutrition were identified.



## INTEGRATED ASSISTANCE TO FLOOD-AFFECTED COMMUNITIES RESPONSE (SINDH)

The UNICEF-supported "Integrated Flood Response project" is being carried out by Shifa Foundation in districts such as Umerkot, Mirpur Khas, Sanghar, Naushahro Feroze & Shaheed Benazir Abad. The project aims to provide health, nutrition, and child protection services to populations affected by floods. Shifa Foundation is aiding the population affected by floods by offering essential assistance and services.

### Achievements of the month

#### Nutrition Component:

- **77,409** children were screened,
- **6,478** Severe Acute Malnutrition (SAM) cases were identified & 6,478 cases were admitted,
- **2,7625** children from the age 6-59 month reached and consumed multi-micro nutrition powder (MNP) as per protocol,
- **27,010** Children were dewormed,
- **30,227** PLW were screened and 7,474 were identified,
- **19,368** IFA were distributed to PLW,
- **9,675** PLW were dewormed,
- **9,166** IFA were distributed to adolescent girls,
- **6,848** adolescent girls were dewormed,
- **162** awareness session on Health/Nutrition/IYCF were conducted,

#### Health Component:

- **67,471** beneficiaries received Primary Health Care (PHC),
- **4,867** children were immunized for routine vaccination,
- Antenatal Care (ANC) 8,019, Postnatal Care (PNC) **3,626 checkups**,
- **1,629** women referrals for delivery,
- **383** deliveries were assisted at Health facility,
- **514** Clean Delivery Kits (CDK) were distributed,
- **308** Newborn Kits were distributed,
- **6,083** cases of diarrhea, 470 cases of dysentery, 12,210 cases of A.R.I/Pneumonia, 560 cases of Malaria, 7 cases of dengue, 11,013 cases of deworming, 4,161 skin orders, and 110,954 other diseases were treated,
- **80,198** Individuals accessed GBV risk mitigation interventions.





## MATERNAL AND NEWBORN NUTRITION PROGRAM

The Maternal and Newborn Health and Nutrition Services program, which is funded by Nutrition International, is being implemented by the Shifa Foundation in Khyber Pakhtunkhwa, Sindh, Punjab, and Baluchistan. The aim of the program is to assist provincial and district governments in enhancing maternal, newborn, and child health and nutrition services provided by the government.

### Achievements of the month

- WIFA project activity was held in District Swabi,
- Provincial Coordination Meeting for WIFA project in Peshawar was conducted,
- Monthly meeting of National program in Khairpur took place,
- MMS Monitoring visit in District Swabi,
- Annual review 2022 & planning 2023 at NI Office was held,
- Seminar on World Prematurity Day in Jamshoro was organized,
- Awareness walks on World Oral Day 2023,
- Monitoring assistance visit in KMC ward in Khairpur was held,
- PPSC meeting in IRMNCH office Lahore was held.



## SUPPORTING FLOOD AFFECTED POPULATION THROUGH CASH BASED TRANSFER OF MITIARI

With the backing of the World Food Programme (WFP), Shifa Foundation is implementing a Cash Based Transfer (CBT) initiative. This program provides PKR 12,000 (twelve thousand rupees) to malnourished individuals to cover their healthy food expenses. The assistance is unconditional, and it aims to support the beneficiaries in improving their nutritional intake. To achieve this objective, Shifa Foundation disburses monthly payments every first week of the month, after verifying the healthy nutritious intake of the recipients during the last week of the preceding month, as confirmed by the M&E team. The transfer value is based on the calculation of a one-month Food basket provided by WFP, considering the minimum required 2,100 Kcal daily for a healthy nutritious intake. This program aims to assist 9,000 households/population in three cycles.

### Achievements of the month

- **8** Coordination Meetings with local stakeholders were held,
- **549** households were registered for CBT,
- **35** beneficiaries were validated,
- **186** Cash Disbursement through Cash in Hand (CIH),
- **315** Cash Disbursement through Mobile Wallet Account (MWA).



## CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)

The main objective of the COPCS department is to offer aid and empower marginalized societies through the participation of potential donors, volunteers, and philanthropists. The department is primarily responsible for gathering financial support from both domestic and international donor organizations, companies, and individuals. Additionally, they seek to raise funds from within the community with the help of volunteers. By leveraging these resources, the COPCS department can provide critical support to those who are in need and create a positive impact on the community's social and economic development.



## FEED THE POOR

### (Food Packages Distribution)

Shifa Foundation is committed to expanding its reach to more families in urgent need of support, and we hope to achieve this goal with the continued generosity of our donors. Throughout March, Shifa Foundation provided food packages to **183 households** across various regions such as Islamabad, Rawalpindi, and Murree. With the assistance of our donors, a total of 10.53 metric tons of food were distributed, benefiting 1,281 vulnerable individuals.



## HEALTH CARE

Shifa Foundation supports eligible patients through both restricted accounts and general donations in the Shifa Falahee Clinic and Shifa International Hospital. Their efforts play a significant role in providing crucial healthcare services to individuals who may not have access to them otherwise. During March, the patient treatment panel facilitated **16 patients** who were diagnosed with various illnesses. All of these individuals were from under-privileged backgrounds and were supported through the Shifa International Hospitals patient treatment panel.



## PARTNERSHIP DEVELOPMENT



Shifa Foundation had a successful meeting with **Roshan Packages**, which resulted in an opportunity to distribute Ramadan ration packages in customized boxes, saving the cost of packaging. The two organizations will be signing an MoU, in which Shifa Foundation will provide Roshan Packages with soft image promotion on their social media platforms and newsletters, while Roshan Packages will provide Shifa Foundation with **100** customized boxes every month. As part of the Ramadan campaign, Roshan Packages has also agreed to provide Shifa Foundation with an additional 200 boxes.

## RAMADAN CAMPAIGN | BE THEIR LIGHT IN THE DARK

Each year, Shifa Foundation launches a Ramadan campaign that aims to provide aid to deserving individuals and alleviate their suffering. The campaign involves reaching out to donors, philanthropists, corporate organizations, and consultants of Shifa International Hospitals. The COPCS team is responsible for coordinating the various activities of the campaign, including designing marketing material, fundraising through social media and in-person, coordinating with consultants, and distributing food in different locations. In addition, they prepared IEC material, emails, and SMS messages and sent them to previous donors. The team also received assistance from volunteers who played a crucial role in fundraising and spreading awareness about Shifa Foundation's initiatives.

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

[www.shifafoundation.org](http://www.shifafoundation.org)