




MONTHLY

# NEWSLETTER


MAY 2023


## SHIFA FOUNDATION MAKING AN EFFORT


As a sister organization of Shifa International Hospitals, Shifa Foundation is a reputable non-profit organization established in 1991. For over three decades, Shifa Foundation has been dedicated to providing support to underprivileged and marginalized communities and addressing their complex needs across Pakistan. Our work in healthcare, nutrition, water and sanitation, emergency relief, and food assistance has positively impacted the lives of more than 13 million people. Our ongoing efforts are supplemented by special initiatives such as Feed the Poor, Sponsor a Patient, Medical Camps, and Sip of Life; designed to provide aid and support to families facing hardships. By using our knowledge, insights, and prioritizing assistance for underprivileged populations, we strive to make a meaningful difference and uplift those in need. Through our experiences and research, we have gained technical expertise in sustainable solutions that make a lasting difference.


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


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

Shifa Foundation in collaboration with UNICEF is undertaking a project to restore Water, Sanitation, and Hygiene (WASH) facilities in the Umerkot and Sanghar districts of Sindh, Pakistan. These areas were severely affected by monsoon floods in 2022, resulting in significant damage to infrastructure and the lives of people. The project aims to provide relief to the affected population by addressing the increased prevalence of open defecation, scarcity of safe drinking water, and the risk of water-borne diseases due to stagnant water. The restoration efforts will benefit over 200,000 people residing in 22 union councils.

### SUCCESSSES OF THE MONTH

- 115 Water User Committees were established.
- 58 PSEA Complaint Boxes were installed in different villages.
- 159 existing handpumps were chlorinated at village levels inclusive of E Coli Test.
- 9 climate-resilient communal hand pumps were installed in community.
- 77 Bio-sand Nadi Filters installed in the community.
- 3 public water supply schemes were rehabilitated.
- 19 Installation/decommissioning of emergency pit latrines in camps/ settlements/villages.
- Restoration of 225 existing latrines at household and communal levels completed.
- Construction of 39 new raised improved latrines on cost sharing basis 24 latrines is completed.
- Orientation of 95 local volunteers/masons/entrepreneurs for restoration and construction of sanitation facilities/toilets has been conducted and 657 sanitation kits distributed.
- 6 pit latrines installed in safe places.
- 4 ultra filtration unit in schools were installed.
- 1,250 Health & Hygiene/MHM awareness sessions were conducted in community.
- 423 Health & Hygiene/MHM awareness sessions were conducted in schools.
- 58 women support groups were formed and strengthened to ensure women participation for climate resilient water & sanitation options.
- 16,528 Soaps, 1,775 Aqua Tabs, 972 Jerry Cans, were distributed in community & 11,608 soaps were distributed in schools & 2,061 hygiene kits were distributed in community girls.
- Global MHM (Menstrual Hygiene Management) Day was Celebrated by Shifa Foundation at village Dumano, Umerkot.



## CHIEF WASH, UNICEF & REGIONAL WASH AND ENVIRONMENT ADVISOR ACCOMPANIED WITH UNICEF WASH, SINDH TEAM

Shifa Foundation hosted esteemed guests from UNICEF, including Mr. Haile Gashaw (Chief WASH, UNICEF) and Dr. Peter Harvey (Regional WASH & Environment Adviser), along with the UNICEF Pakistan team, for a comprehensive visit to witness the impactful WASH interventions carried out by the Shifa Foundation in the Sanghar & Umerkot. Led by our dedicated WASH team and under the guidance of Mr. Malik Zaheer-ud-Din (Manager WASH & DRR), Shifa Foundation showcased efforts on the ground by taking the guests to various intervention sites.

We visited hand pumps, latrines, CRP offices, schools, and engaged with Water User Committee members, teachers, and community members. Shifa Foundation team also highlighted the successful rehabilitation of water supply schemes. The visit affirmed our commitment to supporting the flood-affected community and demonstrated that Shifa Foundation remains dedicated to delivering effective solutions.



Dil Shakh, Pakistan  
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## CARE INTERNATIONAL MONSOON FLOOD EMERGENCY RESPONSE, DISTRICT KHAIRPUR

Shifa Foundation, in collaboration with Care International Pakistan and Humanitarian Coalition, has undertaken a joint effort to assist and uplift vulnerable families impacted by massive flood. Understanding the immediate requirements, Shifa Foundation has devised a comprehensive strategy to meet the essential needs of the flood-affected population. This includes the provision of vital resources such as latrines, hygiene kits, non-food items, as well as livestock and agriculture packages, aiming to support their recovery and well-being.



### SUCCESSES OF THE MONTH

- 265 vulnerable families received livestock & agricultural packages.
- 3,300 beneficiaries received the hygiene kits, transparently.
- 530 households received agricultural packages.
- 200 beneficiaries received latrine packages.
- 14 medical camps in flood-affected areas were established to provide medical support services related to gynecology, dermatology, and general OPD.
- 500 assessment forms have been filled in to facilitate the additional agriculture package.
- 300 Women Safe Spaces were established in two union councils (Atta.M. Hammi and Sohu) to provide psychosocial support.





## SELF-EMPLOYMENT OF WOMEN IN PRIVATE HEALTH SECTOR: TRAINING OF DOHS STAFF E-LEARNING

A joint project on Self-employment of Women in Private Health Sector: Training of DoHs Staff e-Learning by Shifa International Hospitals Ltd., Shifa Center of Professional Excellence-SCOPE, Shifa Foundation and GOPA Worldwide Consultants sponsored by KFW Development Bank aimed to train nominated health professionals from various government hospitals of Punjab and KP Districts. The project has been divided into four modules and that these modules will be led by subject matter experts of Shifa International Hospitals in Islamabad.



**Mr. Taimoor Shah**  
FACHE, PMP, JCI Consultant  
Chief Operating Officer  
Shifa International Hospitals Ltd.  
Executive Director, eShifa



**Dr. Salwa Ahsan**  
Pharm D, MBA (Certified)  
Medication Safety, Pharmacy  
Informatics (ISMP/ASHP)  
Chief of Pharmacy  
Shifa International Hospitals Ltd.



**Dr. Shazia Fakhar**  
MBBS, FCPS, DGO, F.MAS,  
D.MAS  
Consultant Gynecologist &  
Obstetrics  
Shifa International Hospitals Ltd.



**Dr. Abdul Wahab Hassan**  
FACHE  
Director Quality and JCI Lead  
for Shifa International Hospitals  
Ltd. and eShifa Home  
Healthcare Services



**Dr. Farah Ansari**  
MACHE, MRCP (UK), MRCP  
(UK)  
Medical Director, eShifa

## TRAUMA CALL IN-HOSPITAL STANDARDIZED RESPONSE TO TRAUMA PATIENTS

Under the leadership of Dr. Abdus Salam Khan, Director, Emergency Medicine Department at SIHL, Shifa Center of Professional Excellence (SCOPE) organized a grand round "Trauma call" In-Hospital Standardized response to trauma patients.

Dr. Adeel Tariq, Assistant Consultant, Emergency Medicine Department, emphasized the importance of the rapid assembly of a trauma team.

In conclusion, Dr. Kh. Junaid Mustafa, Chief Medical Officer, SIHL and Dr. Darakhshan Jabeen, Director of SCOPE/ME, recognized and praised the Emergency Medicine Department for taking the initiative to organize such events and for their continued efforts to improve patient care.



## PATHOLOGY OF FROZEN SECTION: INTERPRETATION & IMPLICATIONS



Shifa Center of Professional Excellence (SCOPE), in collaboration with the Histopathology and Cytology Society of Pakistan - International Academy of Pathology Pakistan Division (HCSP- IAP Pakistan), recently organized a two-day workshop on "The Pathology of Frozen

Section: Interpretation and Implications." The workshop was led by Dr. Nadira Mamoon, Consultant Histopathologist, Shifa International Hospitals Ltd, Islamabad. The workshop commenced with participants having the opportunity to review 41 case slides in the Pathology Laboratory on the first day. On the second day, each case slide was discussed in detail, and attendees actively participated in a lively question-and-answer session. This session allowed participants to seek clarifications, share experiences, and engage in insightful discussions with the experts. Dr. Imran Nazir Ahmad, Chief of Pathology at SIHL, welcomed the participants in his opening remarks and highlighted the importance of frozen section analysis as a rapid intraoperative diagnostic tool and its role in guiding surgical decision-making. Dr. Kh. Junaid Mustafa, Chief Medical Officer at SIHL, praised the efforts of the Pathology Department for organizing the workshop and commended their initiative in advancing the field. Dr. Darakhshan Jabeen, Director of SCOPE, extended her gratitude to the faculty for designing this workshop specifically for upcoming histopathologists. She emphasized that the workshop would contribute to the advancement of frozen section analysis and its crucial role in ensuring optimal patient care. The workshop featured eminent speakers, including Prof. Mamoon Rashid, Prof. Imran Nazir, Prof. Humaira Nasir, Dr. Mariam Abid, and Dr. Zafar Ali. Their expertise and insights enriched the discussions and provided attendees with a deeper understanding of the complexities of frozen section interpretation and its impact on surgical decision-making. In the workshop, there were a total of 45 participants physically present while an additional 132 participants joined remotely from different parts of country i.e. RMI, PIMS, King Edward Medical University, Fatima Memorial Hospital, Shaikh Zayed, Shalamar Hospital, PAF Hospital, AFIP, Services Institute of Medical Sciences, POF Hospital Wah Cantt, Peshawar Dental College, Peshawar Northwest General Hospital, CMH Multan, CMH Jhelum Aga Khan University and Allama Iqbal Medical College. Overall, the workshop on "The Pathology of Frozen Section: Interpretation and Implications" served as an invaluable platform for knowledge sharing, collaboration, and the promotion of excellence in the field of pathology. Attendees gained valuable insights into the intricacies of frozen section analysis and its significance in guiding surgical procedures, ultimately contributing to improved patient care.





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

Shifa Foundation is implementing the CRCT Phase of the ICC-T Project in collaboration with Konstanz University of Germany. The project will be carried out in four study areas, namely Khyber Pakhtunkhwa, Islamabad Capital Territory/Punjab, Sindh, and Azad Jammu & Kashmir.

The objective of the study is to train 720 elementary and secondary school teachers to enhance the overall well-being of children throughout Pakistan. Through comprehensive training sessions, we aim to equip teachers with the necessary knowledge and skills to create a conducive learning environment and promote the holistic development of children. Our dedicated research team consists of qualified professionals, including Psychologists/Master Trainers and Assessors/Research Assistants.

## SUCCESSSES OF THE MONTH

- The hiring process for the project staff has been successfully completed.
- Efficiently shortlisted assessors and master trainers based on specified criteria.
- Detailed two-year study plan has been developed, outlining the project's timeline monthly.
- Initiated the process of obtaining NOC from the government administration to execute project plans in government schools, including the preparation of permission letters.



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

Shifa Foundation and Care International are jointly implementing a project in the flood-affected district of Matiari, Sindh. The project focuses on addressing food security, livelihoods, and nutritional needs of affected families. It includes providing direct cash transfers, supporting agriculture and livestock livelihoods, and promoting kitchen gardening activities. The project aims to improve the nutrition status of children under five and pregnant and lactating women through various measures such as screening, treatment of severe malnutrition, provision of micronutrient supplements, and promoting proper feeding practices.



### SUCCESSSES OF THE MONTH:

- Conducted recruitment process for project staff, orientation session and provided training on nutrition guidelines and project procedures to team members.
- Briefed government officials on project activities and successfully obtained NOC.
- Selected vulnerable union councils for project implementation, and mapped project coverage.
- Collaborated with PPHI and HANDS for OTP sites and referral mechanisms.
- 257 SAM/MAM children ageing 6-23 months, 262 SAM/MAM children ageing 24-59 months, 84 pregnant women & 65 lactating women were screened.
- 175 health and hygiene and 125 nutrition and Infant and Young Child Feeding (IYCF) awareness sessions were held.





## PEDIATRIC RESUSCITATION COURSE

Shifa Center of Professional Excellence (SCOPE) recently organized regularly scheduled series titled as "Pediatric Resuscitation Course", with the aim of improving pediatric care



to meet world-wide accepted standards. This hands-on demonstration was an excellent opportunity for participants to update their skills and performances in terms of resuscitation.

Throughout the course, participants gained a comprehensive understanding of the scientific basis for pediatric resuscitation recommendations based on current science guidelines. They also recognized the critical role of team dynamics on overall team performance, which is crucial when working in a high-pressure environment.

## INTRODUCTION TO ECMO, INDICATIONS AND CONTRAINDICATIONS

A guest lecture was organized where Dr. Umar A. Khan, Associate Professor Medicine, Cleveland Clinic Learner College of Medicine, OH, delivered a talk on Introduction to ECMO, indications and contraindications.



## 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.

## ADVANCED 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 implementing a Nutrition Specific project in Umerkot, Khairpur, and Tharparkar districts of Sindh, with funding from AAP. The primary objective of the project is to address stunting in the region by targeting specific groups, including children under five years old, pregnant, and lactating women, and adolescents. To achieve this, the project involves assessing the nutritional status of children and pregnant/lactating women, followed by the provision of nutrition support such as Multiple Micronutrient Powders (MNPs) and Iron-Folic Acid (IFA) supplements. Referrals are also made to Outpatient Therapeutic Program (OTP) sites for further treatment, while pregnant women are referred to health facilities to ensure safe deliveries.

### SUCCESSSES OF THE MONTH

- 19,415 pregnant and lactating women (PLW) and 53,960 children underwent screening.
- 205 sessions were held to promote the use of iodized salt, and 1,021 sessions focused on improving infant and young child feeding (IYCF) practices.
- 9,353 children were referred for immunization.
- 2,756 Mother Support Group meetings and 1,378 Father Support Group meetings were conducted.





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

In collaboration with the World Food Programme (WFP), Shifa Foundation has launched a Cash Based Transfer (CBT) project to address malnutrition and improve the nutrition intake of vulnerable individuals. The program provides eligible beneficiaries with PKR 12,000 to support their expenses for purchasing healthy food items. This assistance is provided unconditionally and is disbursed monthly, typically during the first week of each month, following verification by the Monitoring and Evaluation (M&E) team. The amount is calculated based on the cost of a one-month food basket recommended by the WFP, ensuring a minimum daily intake of 2,100 Kcal for a healthy diet. The project aims to support a total of 9,000 households or individuals across three cycles, making a significant impact on their nutritional well-being.

### SUCCESSES OF THE MONTH

- 13 coordination meetings held with local stakeholders.
- 573 households were registered for the Conditional Cash Transfer (CBT) program.
- 1,134 cash disbursements made to beneficiaries under the Comprehensive Insurance Program (CIH).
- 1,244 cash disbursements were made to beneficiaries under the Microfinance and Women's Association (MWA).
- Validation was conducted for 400 beneficiaries.
- The total cash disbursement to CIH beneficiaries amounted to 13,632,000.
- 70 beneficiaries were provided with social mobilization services



## ASTHMA TODAY - TRENDS, CHALLENGES AND FUTURE DIRECTION

Shifa Center of Professional Excellence (SCOPE) organized a seminar on “Asthma Today- Trends, Challenges and Future Direction” under the leadership of Activity Director, Dr. Syed Murtaza Hassan Kazmi (Consultant Pulmonologist, Shifa International Hospitals Ltd). The seminar was arranged to commemorate World



Asthma Day, which is observed on May 02, 2023.

It focused on understanding complexities and challenges in asthma management. The activity was aimed at Consultant, Physicians, Pulmonologists, Pediatricians, Post graduate Trainees and Respiratory therapists.

Dr. Zeeshan Bin Ishtiaque (Chief Executive Officer, Shifa International Hospitals Ltd), Chief Guest, appreciated the efforts of Pulmonology and Respiratory Therapy team for organizing such event and congratulated everyone on executing successful seminar.

Prof. Dr. Nagham Bashir (General Secretary, Pakistan Chest Society), Guest of Honor, concluded this seminar by his closing remarks and expressed that “Knowledge and Life-Long learning is the key to success and appreciated the efforts of Shifa International Hospital in taking such initiatives to play its role in the region”.



The topics covered included asthma in peds, latest GINA guidelines, difficult asthma, role of biologics and acute asthma in both Pediatrics and Adults. State of the art lectures were delivered by Pulmonologists, Pediatricians and critical Care Physicians. Moreover, Physicians from other healthcare setups also added in their valuable insight on the topic. Eminent speakers consisted of Dr. Yasser Masood, Dr. Atta Ullah Khan, Dr. Jaffar Khan, Dr. Aftab Akhtar, Dr. M. Abdul Quddus Anwar and Dr. Murtaza Kazmi in the seminar. Attendees left the seminar with a deeper understanding of the challenges and opportunities associated with Asthma, and a renewed commitment to working together to ensure that all patients have access to high-quality diagnostic and monitoring tools.



## INTEGRATED FLOOD RESPONSE IN BALUCHISTAN

Shifa Foundation has partnered with UNICEF to provide comprehensive flood response services in three districts of Baluchistan: Naseerabad, Jaffarabad, and Sohbatpur. Our dedicated field team conducts household assessments and utilizes the Mid-Upper Arm Circumference (MAUC) screening tool to identify cases of Severe Acute Malnutrition (SAM). Individuals identified with SAM are then referred to Outreach Therapeutic Centers (OTPs) managed by UNICEF's Nutrition Directorate, PPHI, and the Health Department. At these centers, they receive essential services such as Ready-to-Use Therapeutic Food (RUTF) supplements. Additionally, Shifa Foundation team provides counseling on nutrition, hygiene practices, access to clean drinking water, sanitation, and healthcare to ensure comprehensive support for the beneficiaries.

### SUCCESSSES OF THE MONTH

- 67,221 children aged 6-59 months underwent screening.
- 4,232 were identified with Severe Acute Malnutrition (SAM) and 10,997 children aged 6-59 months were identified with Moderate Acute Malnutrition (MAM).
- 7,202 Pregnant and Lactating Women (PLW) underwent screening.
- 976 were specifically screened for malnutrition.
- 4,887 community awareness sessions were conducted.
- 114,548 children aged 6-59 months with severe acute malnutrition (SAM) received RUTF.
- 13,187 children aged 6-59 months received multiple micronutrient powders.
- 225,212 Pregnant and Lactating Women (PLW) received Iron Folic Acid (IFA) or Multi Micronutrient Tablet (MMT).
- 6,824 Adolescent girls received Iron Folic Acid (IFA) or Multi Micronutrient Tablet (MMT).
- 29 primary caregivers of children aged 0-23 months received infant and young child feeding counseling.
- 45 OTP (Outpatient Therapeutic Program) sites provided nutrition services.
- 11 children aged 6-59 months were identified with severe acute malnutrition (SAM) along with complications.



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

Shifa Foundation, in collaboration with UNICEF, is offering aid to districts in Sindh affected by floods, namely Umerkot, Mirpur Khas, Sanghar, Naushahro Feroze, Khairpur, and Shaheed Benazir Abad. Through the joint initiative, we aim to provide essential services in health, nutrition, shelter, and child protection to the affected communities. Additionally, the project endeavors to establish support groups for parents and other family members, while also creating pathways for children and adolescents who have endured trauma to access necessary psychosocial assistance.



### SUCCESSES OF THE MONTH

#### Child Protection:

- Recruitment of new team members and provided staff members with orientation sessions.
- Obtained NOC from District Education Office (DEO) to ensure smooth implementation of the project activities.
- 25 families were provided financial assistance of PKR 5,000/-
- 10 'One-Stop Shops' in different locations were successfully identified and established.
- 15 Flip books available to deliver sessions and messages on Child Protection issues.
- Awareness campaigns on protection and risks are ongoing, including the delivery of 10 FM radio messages through signed FM channels.
- 11 awareness sessions were held at Safe Spaces with the participation of 103 women, 30 girls, 52 males, and 20 boys.

#### NUTRITION

- 84 groups Mother Support Groups and 63 Father Support Groups formed.

#### UNDER FIVE CHILDREN

- Children Screening: 108,657 children screened.
- SAM identified: 6,509 children identified with Severe Acute Malnutrition (SAM).
- SAM Admitted: 6,509 children admitted for treatment of SAM.
- NSC Refer: 44 children referred to Nutrition Stabilization Center (NSC).
- No. of children from 6-59 months reached and consumed multi-micronutrition powder (MNP) as per protocol: 4,345 children.
- No. of Children deworming: 10,635 children dewormed.

#### PREGNANT AND LACTATING WOMEN (PLW)

- PLW Screening: 46,629 pregnant and lactating women screened.
- PLW Identified: 12,974 pregnant and lactating women identified.
- Distribution of IFA to PLW: 13,741 pregnant and lactating women received Iron Folic Acid (IFA).
- Deworming to PLW: 5,114 pregnant and lactating women dewormed.



- Distribution of IFA to Ad. Girls: 5,810 adolescent girls received Iron Folic Acid (IFA).
  - Deworming to Ad. Girls: 2,410 adolescent girls dewormed.
  - Session on Health/Nutrition/IYCF: 2,701 sessions conducted.
- HEALTH**
- Total PHC: 67,805 primary health care services provided.
  - No. of children immunized for routine vaccination: 5,401 children received routine vaccination.
  - ANC: 13,380 antenatal care services provided.
  - PNC: 4,769 postnatal care services provided.
  - Referral for delivery: 1,997 referrals for delivery assistance.
  - Number of deliveries assisted at Health facility: 420 deliveries assisted at health facilities.
  - Number of CDKs distributed: 784 clean delivery kits distributed.
  - Number of Newborn Kits distributed: 373 newborn kits distributed.
  - Diarrhea: 6,778 cases of diarrhea treated.
  - Dysentery: 617 cases of dysentery treated.
  - A.R.I/Pneumonia: 9,625 cases of Acute Respiratory Infection/Pneumonia treated.
  - Malaria: 982 cases of malaria treated.
  - Dengue: 7 cases of dengue treated.
  - Deworming: 1,624 individuals dewormed.
  - Skin disorder: 4,764 cases of skin disorders treated.
  - Other diseases: 11,428 cases of other diseases treated.



## PAKISTAN ECHO FLOOD RESPONSE FAIR MIRPUR KHAS

In response to the devastating floods that have impacted communities in District Mirpur Khas, Sindh, Pakistan, Shifa Foundation and CARE International in Pakistan have joined forces to provide emergency support.



The collaborative project is focused on addressing the immediate needs of the affected population. Through this initiative, cash grants, temporary pit latrines, health, and hygiene promotion sessions with a specific emphasis on menstrual hygiene management, hygiene kits, jerry cans, aqua tabs, temporary shelter kits, child and women-friendly spaces, child and women facilitation groups, assistive devices, solar lights, and a reliable referral system for vulnerable individuals will be delivered.

### SUCCESSSES OF THE MONTH

- 500 households were successfully assessed for Multi-Purpose Cash Assistance (MPCA)
- MPCA Validation carried out by Care International MEAL team, with support from the ECHO team.
- Cash disbursement amounting PKR 25,000 to 1,343 beneficiaries in Khai, Jhubri and Hingorno.
- 10 wheelchairs and 5 hearing devices were distributed among selected persons with disabilities.

## CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)

The main objective of the COPCS department is to empower and assist marginalized communities through collaboration with potential donors, volunteers, and philanthropists. They are responsible for securing financial support from domestic and international donor organizations, companies, and individuals. Additionally, the department works with volunteers to raise funds from the community. With these resources, COPCS department can provide crucial assistance to those in need and make a positive contribution to the social and economic development of the community.



### PARTNERSHIP DEVELOPMENT



In May, Shifa Foundation actively focused on maintaining and strengthening its relationships with stakeholders. This involved maintaining good coordination with existing donors and stakeholders, as well as establishing connections with new ones, National University of Science and Technology (NUST), Cheetay, Roshan Packages, Leverify, CDA, & WWF. COPCS team played a key role in engaging with individual donors and corporate companies to raise awareness about and foster long-term partnerships. Through these efforts, Shifa foundation aimed to ensure ongoing support and collaboration from its valued stakeholders.



NUST and Shifa Foundation have officially signed a Memorandum of Understanding (MoU) to involve young individuals in social work aimed at uplifting underprivileged communities and supporting environmental causes through diverse initiatives.



## BISP NASHONUMA PROGRAMME BALUCHISTAN

BISP Nashonuma Program, implemented by Shifa Foundation in collaboration with World Food Programme (WFP), has a primary focus on health and nutrition. Its objective is to address stunting among pregnant and lactating women, as well as children under 23 months old, by supplying them with Specialized Nutritious Food (SNF). This program specifically targets individuals enrolled in the BISP program and is being executed in seven districts of Baluchistan, namely Quetta, Killah Saifullah, Naseerabad, Sohbatpur, Jaffarabad, Sherani, and Zhob.



### SUCCESSSES OF THE MONTH

- 1,343 individuals have been enrolled, and an additional 2,028 beneficiaries registered for the program.
- 3,361 beneficiaries have successfully completed their follow-up sessions.
- 4,008 beneficiaries have received the Specialized Nutritious Food (SNF).
- 206 beneficiaries have been registered in the TSFP program, while 2,375 beneficiaries have been discharged from it.
- 902 awareness sessions have been conducted, covering a wide range of topics including maternal, infant, and young child nutrition (MIYCN), health and hygiene, utilization of SNF, and vaccination for children, pregnant women, and lactating women.
- 53 Mother Support Groups were formed.

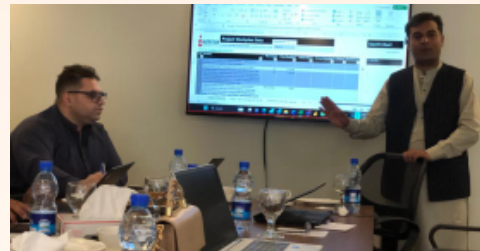
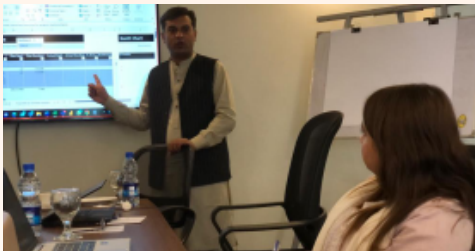


## MATERNAL AND NEWBORN NUTRITION PROGRAM

In collaboration with Nutrition International, Shifa Foundation is executing the Maternal and Newborn Health and Nutrition Services program across multiple provinces including Khyber Pakhtunkhwa, Sindh, Punjab, and Baluchistan. The primary aim of this program is to collaborate with provincial and district governments in enhancing the quality and accessibility of maternal, newborn, and child health and nutrition services provided by the government.

### SUCCESSSES OF THE MONTH

- Review and discussion of the provincial implementation plan.
- Meeting conducted at the District Health Office in Ziarat regarding the establishment of a KMC ward.
- Coordination meeting held with the Maternal and Neonatal Care program.
- Progress review and planning meeting conducted across all program provinces.
- First quarterly review and planning meeting of the Maternal, Newborn, and Child Health Nutrition (MNHN) project.





## COMMUNITY-BASED FIRST RESPONSE TO OUT OF HOSPITAL CARDIAC ARREST (OHCA)



A virtual lecture on Community based response to out of hospital cardiac arrest (OCHA) was organized by Shifa Center of Professional Excellence (SCOPE) in collaboration with the Department of Cardiology, Shifa International Hospital Ltd., (SIHL). This lectured as moderated by a renowned Consultant Cardiac Electrophysiologist, Dr. Liaquat Zaman from Shifa International Hospitals Ltd. Islamabad.

Prof. Dr. Anton Gorgels, Guest Speaker from the Department of Cardiology, Maastricht UMC, Netherlands delivered the talk. This talk aimed understanding of out of hospital cardiac arrest in community and its importance of highlighting the victims of OCHA. This informative session was attended virtually by Consultants, Residents, Medical students and nurses' nationwide.

## PROTOCOLS OF BREAST IMAGING AND INTERVENTION - GRAND ROUND RADIOLOGY



A grand round on Radiology was organized, where Dr. Sana Mustafa, Consultant Radiology, SIH delivered a talk on Protocols of Breast Imaging and Intervention.

## TRANSLATIONAL SCIENCES IN DRUG DISCOVERY & DEVELOPMENT



Shifa Center of Professional Excellence (SCOPE) in collaboration with the ORIC-Shifa Tameer –e- Millat University (STMU) organized a virtual lecture on Translational Science in Drug Discovery and Development. This event was attended virtually by more than 30 participants. Prof. Dr. Fozia Sadiq and Dr. Waqas Rabbani from Shifa College of Medicine, Shifa Tameer e Millat University (STMU) moderated this lecture. During the session, Speaker Dr. Ettore responded to a number of questions that were raised by the participants.

## CHALLENGES IN MANAGEMENT OF ADVANCE & RECURRENT THYROID CANCERS



A grand round on ENT Surgery was organized, where Dr. Shayan Ansari, Consultant ENT, Head & Neck Surgeon, SIH delivered a talk on Challenges in Management of Advance & Recurrent Thyroid Cancers.

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

Shifa Foundation, supported by the World Food Programme (WFP), is implementing a program to combat chronic malnutrition among children and pregnant or lactating women (PLW). The program involves various activities, including cash grants of PKR 12,000/- given to caregivers of children who have recovered from moderate acute malnutrition. These grants aim to help households rebuild their livelihoods and engage in income-generating activities. Around 10,500 beneficiaries will receive the grants, which can be used to purchase food and meet the recommended caloric intake during emergencies. The program also offers training and awareness sessions on diet diversity, basic health, and hygiene. By leveraging the active network of field workers like Lady Health Workers, Community Health Workers, and social organizers, the program enables early identification of acute malnutrition cases through the

Community-Based Management of Acute Malnutrition (CMAM) program. The goal is to increase knowledge levels at the community level and reduce chronic malnutrition in children and PLW, while also assisting flood-affected communities in rebuilding their lost livelihoods.

### SUCCESSSES OF THE MONTH

- Meetings held with District Administration and District Health Office to provide project intervention details.
- Obtained Project NoC (No Objection Certificate) from District Administration.
- Established project office/warehouse for operations and successfully recruited and onboarded field staff.
- Conducted two-day training on CMAM (Community-Based Management of Acute Malnutrition) for field staff.
- Deployed 11 teams to targeted areas to initiate project interventions.
- 12,647 girls, 11,114 boys, 11,915 PBWs were screened.





## IMAGE BUILDING AND VISIBILITY THROUGH SOCIAL MEDIA

Shifa Foundation remains dedicated to harnessing the potential of social media platforms as a powerful tool to engage with its audience and champion its mission of delivering healthcare, education, and support to communities in need. Through strategic and effective utilization of social media, Shifa Foundation has successfully raised awareness about its initiatives, actively engaged with the community, and garnered widespread support for noble cause. These platforms have proven to be invaluable in connecting with a diverse audience, disseminating important information, and fostering a strong sense of community around the impactful work of Shifa Foundation.

| Facebook |            | Instagram |         | Twitter |         | LinkedIn |         |
|----------|------------|-----------|---------|---------|---------|----------|---------|
| Posts    | 1,847      | Posts     | 1,638   | Posts   | 1,040   | Posts    | 1,065   |
| Likes    | 22,155,442 | Likes     | 3,013   | Likes   | 587     | Likes    | 7,520   |
| Reached  | 27,863,757 | Reached   | 389,880 | Reached | 218,978 | Reached  | 323,162 |



## CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)

### FEED THE POOR

#### (Food Packages Distribution)

Shifa Foundation is dedicated to securing regular donations from its generous donors to provide monthly food packages to identified impoverished families. This initiative is a crucial aspect of Shifa Foundation's mission to alleviate the vulnerabilities faced by underprivileged households by fulfilling their monthly dietary requirements. In the month of May, Shifa Foundation successfully distributed food packages to **92 families** residing in various areas of Attock and Jhelum. A total of **3.4 metric tons of food** was distributed, benefiting **644** individuals. With the continued support of our compassionate donors, Shifa Foundation aims to extend its reach to more families in need of assistance.



### HEALTH CARE



Shifa Foundation plays a crucial role in providing healthcare services to underprivileged individuals by facilitating deserving patients through restricted accounts and general donations in Shifa Falahee Clinic and Shifa International Hospitals. In the month of May, a total of **20 patients** diagnosed with various diseases were provided with assistance through the patient treatment panel. Our initiative ensures that those in need receive the necessary medical care and support.



Thank you for joining us on this journey of making a positive impact and bringing hope to the lives of the underprivileged.

#### FOLLOW US:

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

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

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