



MONTHLY

NEWSLETTER

AUGUST - 2023

SHIFA FOUNDATION MAKING AN EFFORT

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INTRODUCTION

Greetings! As we embark on an inspiring journey through the latest updates and transformative happenings at Shifa Foundation.

Established in 1991 as a noble sister organization of Shifa International Hospitals, Shifa Foundation stands tall as a distinguished non-profit entity with a profound commitment to making a positive difference in the lives of Pakistan's underprivileged and vulnerable communities. Our mission transcends boundaries, encompassing a wide spectrum of vital areas, including preventive and curative healthcare, water and sanitation, environmental sustainability, climate change, disaster emergency response, and nurturing of volunteerism within educational institutions.

Over the years, Shifa Foundation has cultivated an intimate understanding of the intricate needs of marginalized regions in Pakistan. This enduring journey has empowered us with a wealth of technical expertise, enabling us to craft sustainable solutions tailored to these unique challenges. Beyond this, our experiences and rigorous research have emboldened us to actively advocate for policy changes and influence practitioners, all in the dedicated pursuit of uplifting the marginalized segments of our society.

Our Impact Spans Far and Wide:

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

At Shifa Foundation, we are driven by an unyielding commitment to bring about positive change in the lives of those less fortunate. Our unwavering dedication, coupled 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.

WORLD BREASTFEEDING WEEK 2023: ADVOCACY AND AWARENESS SEMINAR

LET'S MAKE BREASTFEEDING AND WORK, WORK!

World Breastfeeding Week serves as a critical occasion for advocating and raising awareness about the vital importance of breastfeeding in promoting the health of both mothers and infants. It encourages a collective effort among healthcare professionals, mothers, supporters, and organizations to highlight the numerous benefits associated with breastfeeding, such as its contributions to infant nutrition, immune system development, and the unique bond between mother and child.

On August 31st, 2023, Shifa Foundation, in collaboration with Ministry of National Health, UNICEF, World Food Programme, and Shifa International Hospitals, organized a highly impactful Advocacy and Awareness seminar. The distinguished guest at the seminar was Chairman of Shifa Foundation and CEO of Shifa International Hospitals, along with members of the board. Attendees included individuals from international and non-governmental organizations (INGOs and NGOs), as well as healthcare specialists.

During the seminar, several healthcare professionals took the stage to share their perspectives on the subject, including Director-General of Health, followed by a panel discussion with senior consultants. These moments underscored the incredible impact of collaboration and knowledge-sharing in our ongoing efforts to create a better world for the well-being of mothers and children. Let us remain committed to working together to support and empower mothers, infants, and healthcare providers in pursuit of this noble cause.

Throughout the seminar, panelists shed light on the alarming rates of malnutrition prevailing in Pakistan, as evidenced by indicators such as wasting, stunting, and low rates of early breastfeeding initiation. They also provided insights into this year's theme, **"Enabling breastfeeding - making a difference for working parents,"** emphasizing the urgent need for increased awareness and immediate action to address these crucial developmental challenges.

Furthermore, the seminar highlighted the importance of enacting legislation related to formula milk while encouraging participants to challenge societal norms that hinder breastfeeding. In a positive conclusion, all partners expressed their unwavering commitment to supporting and promoting breastfeeding in the future.



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

Shifa Foundation and Care International have united their efforts in district Matiari, Sindh, to forge a collaborative response to the floods that have impacted this region. Together, our shared mission is to effectively address the pressing issues of food security, livelihoods, and nutrition among the affected families. At the heart of this initiative lie strategic measures, including the provision of direct cash transfers, the strengthening of agricultural and livestock ventures, and the promotion of kitchen gardening projects. This well-planned project places a particular emphasis on enhancing the nutritional well-being of children under five years old and pregnant or lactating women.

Our overarching objective is to enhance the overall nutritional status of the targeted population while ensuring the implementation of sustainable solutions to address the multifaceted challenges faced by the flood-affected communities in Matiari.



Monthly Recap:

1. World Breastfeeding Week Celebration: Shifa Foundation District Matiari team celebrated "World Breastfeeding Week 2023" with fervor, conducting awareness sessions and organizing an awareness walk and seminar under the theme **"Enabling breastfeeding: making a difference for working parents."**
2. District Coordinator played a pivotal role in commemorating Independence Day, where government officials discussed the significance of August 14, 1947.
3. Care International team visited Shifa Foundation office in Matiari to discuss ongoing project activities and engage with the community to monitor progress.
4. Mr. Zaheer Malik, Manager of WASH & DRR at Shifa Foundation, visited Matiari to discuss progress and strengthen interventions, including a visit to field areas.
5. The team conducted comprehensive assessments of livelihood cash grants and kitchen gardening, covering eight union councils in District Matiari.
6. District Coordinator, Meal Officer, and Cash Grant Officer successfully validated beneficiaries for livelihood cash grants and kitchen gardening, recommending hundreds of beneficiaries for support.

Children's Health:

- **Children Screened (06-23 months):** 1,509 children screened, with 772 boys and 737 girls.

- **Children Screened (24-59 months):** A total of 4,069 children screened, comprising 2,100 boys and 1,969 girls.

Identification of Severe Acute Malnutrition (SAM) Cases:

- **SAM Cases Identified (6-23 Months):** 302 cases identified, with 128 boys and 174 girls.
- **SAM Cases Identified (24-59 Months):** 122 cases identified, including 62 boys and 60 girls.

Maternal Health:

- **Pregnant Women Screened:** 684 pregnant women received screenings.
- **Lactating Women Screened:** 513 lactating women screened.
- **IFA Supplements:** 2,156 adolescent girls received Iron and Folic Acid (IFA) supplements.

Community Engagement:

- **Awareness Sessions:** Conducted a total of 124 awareness sessions to empower and educate our community regarding IYCF.

Nutrition Support:

- **Food Supplements Distributed:** Distributed 23,820 packets of Ready-to-Use Therapeutic Food (RUTF) and 101,080 Iron and Folic Acid (IFA) supplements.

Livelihood and Sustainability:

- **Livelihood Cash Grants Assessment:** Assessed 136 beneficiaries for livelihood cash grants.
- **Kitchen Gardening Assessment:** 244 assessments were conducted to promote kitchen gardening and sustainability.



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

In collaboration with UNICEF, Shifa Foundation is taking the helm in a critical initiative to provide Water, Sanitation, and Hygiene (WASH) facilities in the Umerkot and Sanghar districts of Sindh. The primary objective of this project is to combat pressing challenges such as open defecation, the scarcity of safe drinking water, and the prevalence of water-borne diseases. Through the enhancement of WASH facilities, this project is set to positively impact the lives of over 200,000 individuals residing in these districts, significantly improving their overall well-being and quality of life.

Shifa Foundation's unwavering commitment to sustainable solutions ensures access to safe water, sanitation, and hygiene, thereby ushering in a wave of positive change for the communities affected by these challenges.



Monthly Recap:

1. Established two Water User Committees to effectively manage water resources.
2. Installed plastic water tanks in 14 Temporary Learning Centers (TLCs) and Health Care Facilities (HCFs) to ensure safe water storage.
3. Completed the construction of 38 climate-resilient communal hand pumps.
4. Entrusted the rehabilitation of one Water Supply Scheme to a vendor for restoration.
5. Constructed 11 new improved latrines through cost-sharing initiatives, with four more currently under construction.
6. Installed 17 accessible latrines designed for people with disabilities, with three more in progress.
7. Provided training and orientation to local volunteers, masons, and entrepreneurs. Distributed 231 sanitation kits to beneficiaries.
8. Currently working on installing and rehabilitating Emergency Water, Sanitation, and Hygiene (WASH) services, with nine projects underway, including drinking water provision, emergency latrines, and handwashing stations in Temporary Learning Centers (TLCs) and Safe Spaces.
9. Actively restoring WASH facilities in government schools and safe places, with two projects in progress.

10. Installed five ultra-filtration units, including ten in schools and four in Health Care Facilities (HCFs).
11. Formed and strengthened 38 School WASH clubs and developed school improvement plans to enhance WASH services and promote tree plantation.
12. Established Complaint Response, Protection from Sexual Exploitation and Abuse (PSEA), and feedback mechanisms in eight communities.
13. Conducted quarterly review meetings and experience-sharing workshops in both districts.
14. Established one Women Support Group.
15. Successfully installed climate-resilient communal hand pumps in communities, with two completed and ten ongoing.
16. Identified six locations for the restoration of WASH facilities in Primary and Secondary Schools & Safe Places.
17. Identified nine Health Care Centers (HCFs) for the restoration of wash facilities.
18. Successfully installed six-stage ultra-filtration units in schools and HCFs, with 11 units installed and 15 more identified for future implementation.
19. Conducted Menstrual Hygiene Management (MHH) Sessions with adolescent girls in communities, totaling 381 sessions.
20. Conducted 536 hygiene awareness sessions with children and teachers to promote safe and healthy hygiene practices.
21. Conducted 946 WASH/IPC Sessions with affected populations in communities, schools, HCFs, covering topics such as hygiene promotion, household water treatment options, MHH, Disaster Risk Reduction (DRR), Climate Change, Climate-Resilient WASH facilities, WASH-Related Diseases, Gender-Based Violence (GBV), and PSEA.
22. Distributed 18,668 bars of soap to improve hygiene practices, 1,671 Hygiene Kits to enhance sanitation and personal hygiene, 7,995 Dignity Kits to contribute to improved dignity and well-being within the community, and 33,200 Aqua Tabs for water treatment in the community.



INTEGRATED ASSISTANCE TO FLOOD-AFFECTED COMMUNITIES RESPONSE, SINDH

In conjunction with UNICEF, Shifa Foundation is offering aid to districts in Sindh that have been struck by floods, including Umerkot, Mirpur Khas, Sanghar, Naushahro Feroze, Khairpur, and Shaheed Benazir Abad. This collaborative initiative is laser-focused on delivering vital services encompassing healthcare, nutrition, shelter, and child protection to the communities affected by the floods.

Our partnership with UNICEF underscores our unwavering commitment to bringing positive change to the lives of those impacted by the floods. Through the provision of essential support and resources, our aim is to assist them in embarking on a path towards a resilient recovery.



Monthly Recap:

Child Protection:

1. Established 10 One-Stop-Shop safe facilities in new locations within the districts, fully operational and hosting daily activities to ensure community safety.
2. Our partnership with UNICEF resulted in the provision of 30 Flip books and Information, Education, and Communication (IEC) materials, instrumental in raising awareness about child protection (CP) issues through informative sessions and messages.
3. 50 women and children accessing GBV risk mitigation services were provided.
4. Psychologist-led sessions on GBV at the community level resulted in the identification of 40 relevant GBV cases, with efforts to connect survivors to appropriate referral mechanisms.
5. Conducted 44 awareness sessions at schools and Basic Health Units (BHUs) and built networking groups at the institutional level to promote child rights and services. Additionally, 108 awareness sessions were held at the community level, empowering women, adolescent girls, boys, and involving them in Children's Committees.
6. Remarkable engagement with 2,544 participants accessing PSEA reporting mechanisms and taking part in PSEA, SEA, CP, and GBV training, surpassing our targets.
7. 6 coordination meetings with line departments, facilitating coordination for service delivery, and delivered four training sessions on GBV and PSEA for various stakeholders were held.

Child Health and Nutrition:

- Screened 147,215 children under five, prioritizing their well-being.
- Identified and admitted 6,792 children with Severe Acute Malnutrition (SAM) for vital treatment.
- Referred 15 children to the NSC for ongoing support.
- Successfully reached 12,326 children aged 6-59 months with essential Micronutrient Powders (MNP) for improved nutrition.
- Protected 49,031 children from parasitic infections through deworming treatment.
- Screened 54,581 Pregnant and Lactating Women (PLWs), ensuring their health during this critical period.
- Identified 14,610 PLWs, with 6,651 receiving Iron and Folic Acid (IFA) supplements for better nutrition.
- Dewormed 25,282 PLWs, safeguarding both mothers and infants.
- Promoted the health of 2,073 adolescent girls through IFA supplements.

- Offered Antenatal Care (ANC) to 8,298 expectant mothers, prioritizing prenatal health.
- Provided Postnatal Care (PNC) to 1,875 mothers for their well-being after childbirth.
- Facilitated 537 safe deliveries through referrals to appropriate healthcare facilities.
- Assisted 479 deliveries within health facilities, promoting safe childbirth.
- Distributed 469 Clean Delivery Kits to ensure hygienic childbirth.
- Provided 311 Newborn Kits, enhancing infant health.
- Treated 2,890 cases of diarrhea, offering vital medical attention.
- Addressed 451 cases of dysentery, alleviating patient discomfort.
- Managed 3,621 cases of Acute Respiratory Infections (ARIs) and pneumonia, ensuring respiratory health.
- Successfully treated 866 cases of malaria, reducing its burden.
- Addressed 2 cases of dengue, preventing its spread.
- Administered deworming treatments to 595 individuals, promoting overall health.
- Treated 2,645 cases of skin disorders, providing relief.
- Offered care for 3,538 cases of various other diseases, prioritizing community health.

Health Component Highlights:

- Conducted activities at 33,235 Primary Health Centers (PHCs), extending healthcare access.
- Immunized 3,197 children for routine vaccination, preventing preventable diseases.



MED-HEALTH EXPO 2023

A two-day Med Health Expo held on August 16-17, 2023 organized by RCCI. The event attracted a diverse range of participants, including pharmaceuticals, hospitals, universities, and software houses specializing in AI-driven diagnosis. Corporate organizations also joined in, making it a comprehensive gathering.

This Health Expo served as a unique platform for healthcare and well-being-focused organizations, such as Shifa Foundation, to effectively communicate our missions and initiatives to a diverse audience. The expo provided an outstanding opportunity for us, Shifa Foundation, to demonstrate our unwavering dedication to improving the health of our community and beyond. Utilizing this platform to the fullest extent, Shifa Foundation showcased its services, particularly those geared towards underprivileged communities. We also played a vital role in raising awareness among the general public and distinguished guests, including President of Pakistan, Dr. Arif Alvi, Ambassadors, High Commissions, Union Delegations, and the President of JCCI during their visit to our stall.

In recognition of our participation in the Health Expo, RCCI bestowed upon us an award, further highlighting our commitment to the cause.



SUBFERTILITY AWARENESS AND IUI WORKSHOP



The "Subfertility Awareness and IUI Workshop" was organized on 11th August 2023 at C-0 Auditorium Islamabad. The main purpose of this workshop was to enhance the knowledge and skills of healthcare professionals and participants in understanding and addressing subfertility issues. Distinguished experts in the pertinent field including Prof. Dr. Rashid Latif, Dr. Shazia Fakhar, Dr. Haroon Latif Khan, Dr. Rohina Gul and Mr. Kouser Siddique, were invited to impart their insights and provide comprehensive overviews to the attendees regarding subfertility matters.

The agenda of the workshop encompassed various crucial topics, including female workup in subfertility and stimulation protocols for IUI, as well as evaluating and treating male subfertility. The appropriate indications for mild, moderate, and high-dose ovarian stimulation regimens based on patient characteristics were also discussed. Participants also learned about evidence-based treatment options for male subfertility, including lifestyle modifications, medical therapies, and assisted reproductive techniques. Additionally, the workshop provided attendees with a practical element with hands-on simulators for IUI and semen preparation in IUI, allowing participants to gain valuable experience and confidence in performing these procedures.

The workshop successfully achieved its goal of enhancing participants' comprehension of subfertility matters. Through engaging sessions, hands-on sessions, and expert insights, attendees gained valuable knowledge and skills to address these challenges effectively. The event served as a platform for healthcare professionals to exchange ideas and foster collaboration, contributing to the advancement of subfertility management.



SUPPORTING FLOOD AFFECTED POPULATION THROUGH CASH BASED TRANSFER OF MITIARI

In partnership with World Food Programme (WFP), Shifa Foundation has initiated a transformative project employing Cash-Based Transfer (CBT) mechanisms to combat malnutrition and strengthen the nutritional status of vulnerable individuals. Under this program, beneficiaries receive a monthly allocation of PKR 12,000, which they can utilize unconditionally for the purchase of nutritious food. The disbursement is subject to verification by the diligent Monitoring and Evaluation (M&E) team. Importantly, this amount aligns with WFP's recommended cost for a one-month food basket, ensuring a minimum daily intake of 2,100 Kcal. With a targeted focus on reaching 9,000 households or individuals across three cycles, this project stands as a significant catalyst for enhancing nutritional well-being. By directly facilitating the acquisition of nourishing foods, Shifa Foundation aims to elevate the nutritional profiles and overall health of beneficiaries, ultimately improving their quality of life.



Monthly Recap:

- A total of 12 meetings were held to ensure effective collaboration.
- Early Recovery Cash Disbursement (CIH): Benefitting 227 individuals.
- Early Recovery Cash Disbursement (MWA): Supporting 2,315 individuals.
- Cash Disbursement (CIH) Cycle Conducted for 26 participants.
- Total Cash Disbursement to CIH Beneficiaries: An impressive sum of Rupees 3,638,000 disbursed.
- Provision of Social Mobilization: Empowering 2,500 beneficiaries.
- Livestock Training & Vaccination: Benefitted 4,503 participants.
- Hand Embroidery: Engaged 497 individuals.
- Disaster Risk Reduction, Type & Prevention: Reached 5,000 participants.
- Small & Medium Business Training: Empowered 2,922 individuals.
- Additional Hand Embroidery Training: Assisted 45 participants.
- World Breastfeeding Week: Commemorated from August 1st to 7th with community-level sessions.
- Independence Day (August 14th): Joyously celebrated with a Flag Ceremony at the Matiari District Administration Office.

Village Selection and Household Verification: In a recent phase of our early recovery program, we successfully reduced the caseload from 5,000 to 3,000 recipients, thanks to support from the European Union. This involved a meticulous process of village selection and household verification, closely monitored by World Food Program and Shifa Foundation.

Empowering Communities Through Training: Collaborative training programs were designed to equip participants with skills to enhance their livelihoods, particularly during unexpected disasters. These sessions were tailored to their specific needs. We also engaged in discussions with Village Development Committee members to identify ways to improve village livelihoods and conducted various training sessions.

16TH ANRD PRE-CONFERENCE WORKSHOP



The anticipation and excitement surrounding the 16th Annual Neurological Research Day (ANRD) were met with great enthusiasm as the Pre-Conference Workshop unfolded on August 25th, 2023.

The workshop's theme, **"Empowering Biomedical Research and Writing in Pakistan: Addressing Challenges, Exploring Opportunities, and Finding Solutions,"** was meticulously designed to address the hurdles and opportunities within Pakistan's academic landscape concerning biomedical research. Under the expert guidance of Dr. Farooq Azam Rathore, a distinguished consultant and associate professor from the Department of Rehabilitation Medicine at AFIRM, participants delved into the challenges that often hinder the progress of research endeavors.

Participants were divided into three groups and engaged in a group activity. One group identified solutions, the second group highlighted challenges and the other one explored opportunity in biomedical research.

This workshop left participants empowered, enlightened, and equipped with actionable insights to advance their research pursuits. The engaging discussions sparked a spirit of cooperation, motivating participants to establish connections and explore potential collaborations with like-minded professionals.

MATERNAL AND NEWBORN NUTRITION PROGRAM

In collaboration with Nutrition International, Shifa Foundation is actively implementing the Maternal and Newborn Health and Nutrition Services initiative across several provinces, including Khyber Pakhtunkhwa, Sindh, Punjab, and Baluchistan. The primary objective of this program is to forge collaborative partnerships with provincial and district administrations, with a focus on enhancing the quality and availability of government-provided maternal, newborn, and child health and nutrition services.

Through these strategic alliances with relevant authorities, the program is dedicated to elevating the standard of care for mothers, newborns, and children. This encompassing effort involves strengthening healthcare systems, providing essential training to healthcare professionals, advocating for best practices, and ensuring the accessibility of crucial services. These comprehensive initiatives are poised to make a substantial 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 Recap: Celebrating World Breastfeeding Week with Impact

Our program team has successfully orchestrated a series of engaging activities in the 5 program districts to commemorate World Breastfeeding Week. These initiatives were meticulously executed in close collaboration with the Department of Health and received vigilant guidance from the District Health Officers in both regions.

Strategic Collaboration with Nutrition International

In partnership with Nutrition International, we developed an elaborate plan that

encompassed essential messaging to advocate for optimal breastfeeding practices. This comprehensive strategy was then effectively implemented at the community level. Here are some of the key activities carried out during this impactful week:

- Engaged pregnant and lactating women, as well as women of reproductive ages, to promote breastfeeding awareness.
- Conducted through LHSs/LHWs (Lady Health Supervisors/Lady Health Workers) to raise awareness in the community.

- Provided orientation session for Health Care Providers and Frontline Health Workers to enhance their knowledge and advocacy skills.
- **Engaging the Male Community:** Community awareness sessions targeting husbands and other male community members, facilitated by LHSs/Health Educators.
- **Radio Programs:** Airing interviews with doctors and public health experts to educate the public about the importance of optimal breastfeeding.
- **Advocacy Through Visuals:** Displayed IEC (Information, Education, and Communication) material and banners at public places and on public transport.
- **Religious Scholar Involvement:** Dissemination of messages through religious scholars and announcements during Juma-Namaz Prayer Khutba.
- **Media Coverage:** Published articles and media coverage of WBFW activities by the MNHN Program to reach a wider audience.
- **Interactive Discussion Session:** Hosted an interactive discussion session with the BNP (Balochistan Nutrition Program) at Ziarat, further promoting breastfeeding advocacy.

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.



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

With the generous support of World Food Programme (WFP), Shifa Foundation is actively involved in the implementation of an initiative aimed at addressing the enduring issue of malnutrition among children and pregnant or lactating women (PLW). This multifaceted program includes the provision of cash grants to caregivers of children who are on the path to recovery, education on diversified diets and hygiene practices, and the early detection of malnutrition cases through community-driven management. The program's dual objectives are to reduce chronic malnutrition and enhance livelihoods within the communities it serves.



Monthly Recap:

Child Screening:

- Severely Acute Malnourished (SAM) children: 16 boys and 27 girls identified.
- Moderately Acute Malnourished (MAM) children: 353 boys and 400 girls identified.
- Normal children: 1,987 boys and 1,669 girls screened.

Therapeutic and Supplementary Food Programs (TSFP and BSFP):

- TSFP (MAM) children: 290 boys and 305 girls with the 1st follow-up, and 3,903 boys and 4,338 girls with the 2nd (Last) follow-up.
- BSFP (normal children 6 to 23 months): 946 boys and 881 girls with the 1st follow-up, and 1,830 boys and 1,509 girls with the 2nd (Last) follow-up.
- TSFP PBWs: 11 PWs and 13 BWs with the 1st follow-up, and 3,125 PWs and 1,673 BWs with the 2nd (Last) follow-up.

Nutrient Distribution:

- Acha Mum distributed to TSFP (MAM) children.
- Wawa Mum distributed to BSFP (normal children 6 to 23 months) children.
- Mumta distributed to TSFP PBWs (MAM PBWs less than 21 months) and BSFP PBWs (PBWs up to 6 months after delivery).
- A total of 35.556 MT of Acha Mum, 11.385 MT of Wawa Mum, and 59.099 MT of Mumta were distributed, providing essential nutrition to those in need.

Health Counseling and Support: Conducted valuable sessions on mother and child health. Women received counseling on breastfeeding during antenatal care (ANC), nutrition counseling, cooking demonstrations, and other health-related guidance. Children benefiting from health-related support were also an integral part of our project.

Progress and Commitment: The performance analysis of the CMAM project reflects progress in screening and enrolling children and PBWs, as well as the distribution of food assistance. Our project's dedication to mother and child health is commendable. However, our commitment remains strong in reaching more children and PBWs suffering

from malnutrition in the area. We aim to sustain these interventions for long-term progress. Additionally, the plan to provide cash assistance to TSFP cured/graduate children after follow-up is a positive step towards ensuring sustainability. We are dedicated to nourishing lives and ensuring a healthier future for our community.

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.



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.



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 training to 720 elementary and secondary school teachers in four specified study regions across Pakistan. The overarching objective is to enhance the well-being of children by equipping teachers with essential knowledge and competencies to create a nurturing learning environment. The project's success is bolstered by a dedicated research team, comprising psychologists and expert trainers, to ensure its effectiveness. The primary focus is on nurturing the holistic development of children, addressing their educational, emotional, and social needs comprehensively.



Monthly Recap:

1. Participated in Zoom meetings alongside Professor Tobias, Dr. Alaptagin, and Florian (PhD), where we discussed upcoming training plans.
2. Engaged in a brief conversation with Florian regarding pre-visit preparations for school visits.
3. Conducted a comprehensive three-day refresher training session on the ICC-T program with the KP Masher Trainer Team.
4. Conducted follow-up communications with government authorities in AJK, Sindh, Punjab, and the Federal government to secure the necessary NOC for conducting our school study.
5. Held a meeting with the Chief Executive

Officer of the District Education Authority in Rawalpindi, focusing on orienting them to the ICC-T project's CRCT phase.

6. Met with Mr. Najam Satti, Assistant Director of Planning and Development at the District Education Authority, to access the list of schools across seven Tehsils in District Rawalpindi.
7. Received lists of schools from the Deputy Director of Training at the Directorate of Education Extension in Muzaffarabad.
8. Received lists of secondary and higher secondary schools in Sukkur, Khairpur Mirs, and Naushahro Feroze for the purpose of random selection.

INTEGRATED FLOOD RESPONSE IN BALUCHISTAN

In collaboration with UNICEF, Shifa Foundation is actively engaged in the implementation of a comprehensive flood response program spanning across three districts in Baluchistan: Jaffarabad, Naseerabad, Sohbatpur, Quetta, Dera Bugti, Killa Saifullah, Zhob and Loralai.

Our dedicated field team conducts meticulous 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 jointly managed by UNICEF's Nutrition Directorate, PPHI (Provincial Program for Prevention and Control of Malnutrition), and the Health Department.

These centers play a pivotal role in providing essential services, including the distribution of Ready-to-Use Therapeutic Food (RUTF) supplements. Through our collective efforts, we remain steadfast in our commitment to making a positive and lasting impact on the lives of individuals affected by the floods. Our overarching goal is to enhance their health, nutrition, and overall resilience during these challenging circumstances.

Monthly Recap:

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

- Total children screened: 6,867
- Total children identified as SAM: 151
- Total children identified as MAM: 1,456

IFR Screening of PLW's & Identification of Malnourish:

- Total pregnant and lactating women screened: 1,714
- Total pregnant and lactating women identified as malnourished: 231

Distribution of Vital Nutrition Commodities:

- RUTF (Ready to use Therapeutic Food):

24,640 units distributed, covering nearly 27% of the total commodity distribution.

- **MMS (Multi Micronutrient Supplements):** 5,205 units distributed, equal to 6% of the total distribution.
- **MMTs (Multi Micronutrient Vitamins):** A total of 57,840 units distributed, making up 64% of the total distribution.
- **IFA (Iron and Folic Acid Supplements):** 2,264 units or doses distributed, contributing 3% to the overall distribution.



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 actively carrying out the Multiple Micronutrient Supplementation (MMS) program as part of the Maternal and Newborn Health and Nutrition Services in SWABI, Khyber Pakhtunkhwa. The primary aim of this partnership is to provide enhanced operational support for the smooth implementation of MMS initiatives, aligning with Nutrition International's comprehensive integrated intervention for Maternal and Newborn Health and Nutrition (MNHN).



Monthly Recap:

- Organized informative sessions at the District Health Office in Swabi to raise awareness and promote breastfeeding.
- A two-day training program was conducted for healthcare providers at Bacha Khan Medical Complex, focusing on the critical practice of Kangaroo Mother Care.
- The calendar and checklist components of the Enhanced Approaches initiative were successfully pre-tested, enhancing our approach to healthcare.
- Hosted provincial officials in Swabi to monitor Maternal and Child Health Services (MMS) activities, ensuring high standards of care.
- An introductory meeting with the District Health Officer of Swabi was held, fostering collaboration and synergy in healthcare efforts.



BISP NASHONUMA PROGRAMME BALUCHISTAN

Implemented through a strategic partnership between Shifa Foundation and World Food Programme (WFP), BISP Nashonuma Program places significant emphasis on health and nutrition. Its primary goal is to combat stunting among pregnant and lactating women, as well as children under 23 months old, by providing them with Specialized Nutritious Food (SNF). This initiative is specially designed for beneficiaries enrolled in the BISP program and is currently in progress across seven districts in Baluchistan: Jaffarabad, Killah Saifullah, Naseerabad, Quetta, Sherani, Sohbatpur, and Zhob.



Monthly Recap:

Beneficiary Support and Outreach Stats:

- NADRA Referrals: 813 beneficiaries
- New Registrations: 2,231 beneficiaries
- Follow-up Completion: 3,313 beneficiaries
- SNF Recipients: 5,102 beneficiaries
- TSFP Beneficiaries: 232
- Cured Beneficiaries: 145
- Cash Aid Recipients: 5,639 beneficiaries

Coordination and Training Activities:

- Collaborated with District Health Officer to enlist support from LHWs/CMWs and LHs for BN Program initiatives in assigned villages.
- Engaged in a coordination session at the DHO office, led by the Deputy Commissioner, providing updates on NGO and INGO progress.
- Addressed program beneficiary concerns in a meeting with the Deputy Director of BISP.

- Facilitated discussions with MS DHQ Jaffarabad to secure commitments from lady medical officers and gynecologists for ANC, PNC support, and pregnancy verification.
- Expanded our team in the first week of the month, followed by a comprehensive 2-day training on CMAM & SBCC integration for BNP and additional staff across all 7 districts.
- Conducted a 1-day training session, reaching 35 LHWs/CMWs in each of the 7 districts, focusing on SBCC, key family care practices, and ECD.



BISP KAFALAT PROGRAMME – SINDH

Pakistan faces a pressing child nutrition crisis marked by alarming rates of malnutrition. A significant number of children suffer from stunting, underweight, and wasting, positioning Pakistan as a regional leader in malnutrition challenges. This issue carries far-reaching consequences for a child's health and overall development. In response to this crisis and with a strong emphasis on early childhood development, Shifa Foundation has collaborated with the World Food Programme (WFP) to propose a comprehensive solution. This joint program aims to support the Nashonuma and Ehsas Kafalat Programs in Sukkur, Hyderabad, and Karachi, with a specific focus on maternal and child health. The initiative encompasses various elements, including the provision of vehicles for project monitoring, the establishment of facilitation centers, and the deployment of mobilization teams for awareness and education. Shifa Foundation's overarching goal is to expand the program's reach and impact, addressing the root causes of malnutrition while simultaneously improving healthcare, socio-economic conditions, and the overall well-being of vulnerable populations.



Monthly Recap:

1. Successful recruitment of dedicated field staff to bolster program efforts.
2. Established strategic warehouses to efficiently manage program resources.
3. Conducted comprehensive two-day orientation sessions for newly hired personnel in key districts:
 - Karachi
 - Hyderabad
 - Sukkar
4. Organized intensive orientation sessions for IRMNCH Sukkar, Hyderabad, and Karachi staff, enhancing their expertise.
5. Executed thorough area mapping to optimize program outreach.
6. Engaged in effective social mobilization activities to connect with local communities.
7. Safely transported essential supplies to the newly established warehouses.
8. Successfully implemented a wide-reaching awareness campaign and orientation sessions for Lady Health Workers (LHWs).
9. Facilitated consultation meetings at both national and district levels, fostering crucial support from RMNCH and Health Departments.

16TH ANRD PRE-CONFERENCE WORKSHOP



The 16th Annual Neurological Research Day (ANRD), organized by SCOPE in collaboration with the Neurology Department, was an extraordinary convergence of minds and ideas in the field of neurology and related specialties.

With the aim of promoting academic neurology and cultivating a research-oriented attitude, the conference brought together brilliant medical minds from various disciplines.

With genuine enthusiasm and a captivating presence, Dr. Muhammad Amjad, Chairperson Organizing Committee and a visionary leader himself, set the tone for the 16th Annual Neurological Research Day (ANRD). As he welcomed participants and esteemed guests, he emphasized the essence of ANRD; to foster a culture of innovation, learning, and excellence within the neurological community. He highlighted how this conference has evolved over the years to become a beacon of inspiration for young minds and professionals.

Prof. Dr. Tahir Khalily's, Dean Faculty of Social Sciences and Humanities STMU, captivating keynote talk, "The Neuroscience of Psychotherapy and Mental Health Services," sheds light on the vital role neuroscience plays in shaping effective psychotherapy strategies.

From interactive quiz competition to captivating platform presentations and thought-provoking poster displays, the ANRD Conference showcased the best of neurology research. We were thrilled to reward our outstanding participants with cash prizes and gifts for their remarkable contributions.

As the event drew closer, the CEO of Shifa International Hospital, Dr. Zeeshan Bin Ishtiaque, graced the event with his presence and extended his heartfelt thanks to all participants, speakers, and supporters who made ANRD a remarkable success. His words resonated with the spirit of collaboration, unity, and unwavering dedication that defined the event.

The 16th ANRD Conference wasn't just a one-time event; it was a step towards a brighter future for neurological research.



IMAGE BUILDING AND VISIBILITY THROUGH SOCIAL MEDIA

Shifa Foundation stands firm in its unwavering commitment to harnessing the dynamic power of social media platforms as a vital channel to connect with its audience and advance its mission of providing healthcare, education, and essential support to underserved communities.

Through skillful utilization of the strategic and potent capabilities of social media, Shifa Foundation has effectively heightened awareness about its transformative initiatives, actively nurtured community engagement, and garnered substantial support for its noble causes. We wholeheartedly acknowledge the indispensable role that social media plays in establishing connections with a diverse and expansive audience, facilitating the dissemination of critical information, and fostering a strong sense of unity around the profound impact of Shifa Foundation's initiatives.

Through these influential platforms, Shifa Foundation has successfully woven intricate networks of significance, ignited meaningful conversations, and catalyzed a wave of positive actions for change.

Facebook		Instagram		Twitter		LinkedIn	
Posts	2,136	Posts	1,826	Posts	1,225	Posts	1,249
Likes	27,889,476	Likes	394,118	Likes	224,690	Likes	352,583
Reached	27,895,815	Reached	391,652	Reached	223,276	Reached	353,575



CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)

The primary mission of COPCS department is to empower marginalized communities through meaningful partnerships with potential donors, volunteers, and philanthropic individuals. Our track record includes effectively securing financial backing from a diverse range of domestic and international donor organizations, corporations, and individuals. Moreover, we work closely with committed volunteers to orchestrate community-driven fundraising initiatives. Equipped with these invaluable resources, COPCS department stands ready to provide vital support to underserved populations and make a substantial contribution to the socio-economic advancement of the community.

PARTNERSHIP DEVELOPMENT

Shifa Foundation maintains and strengthens its relationships with stakeholders on a regular basis. During the month of August, we not only sustained excellent coordination with our existing donors and stakeholders but also established new partnerships.



- **ConnectHear:** Signed an MOU to foster future collaborations on various campaigns with ConnectHear. To spread the message to deaf and dumb community sign language accessibility and deaf-inclusion in Pakistan.
- **Breastfeeding Awareness Session at Ufone Pakistan:** To commemorate Breastfeeding Week, we organized a breastfeeding awareness session at PTCL/Ufone. Islamabad.
- **Breastfeeding Webinar:** Organized a webinar on breastfeeding in collaboration with Arid Agriculture University.
- **MOU in Process with NSTP (National Science and Technology Park):** Meetings were held with a new stakeholder to initiate the process of forming an MOU concerning AI-Based Breast Cancer Detection with NSTP.

These interactions exemplify our commitment to building and nurturing partnerships with both new and existing stakeholders in our mission to make a positive impact on our community.



FEED THE POOR

(FOOD PACKAGES DISTRIBUTION)

Operating under the "**Feed the Poor**" initiative, our endeavor aims to deliver monthly food parcels to families in need. Shifa Foundation is committed to securing regular contributions from generous donors to address the nutritional requirements of vulnerable households. In the month of August, we successfully distributed **2.9 metric tons** of food packages to **78 families**, positively impacting the lives of **546 individuals** across various locations in Islamabad, Rawalpindi, Attock, and Jhelum. With the steadfast support of our donors, Shifa Foundation has ambitious plans to expand our outreach, extending assistance to more deserving families.

HEALTH CARE



Shifa Foundation plays a crucial role in delivering healthcare services to marginalized individuals by assisting deserving patients at both Shifa Falahee Clinics and Shifa International Hospitals. In the month of August, this commitment translated into aiding **19** patients facing a range of medical conditions through the patient treatment panel.




This initiative remains unwavering in its dedication to ensuring that individuals in need have access to essential medical care and the required support.



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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