



**SHIFA
FOUNDATION**
making an effort

MONTHLY

NEWSLETTER

MARCH - 2024

SHIFA FOUNDATION MAKING AN EFFORT

I N D E X

01	Embracing Hope With Shifa Foundation: A Vision Of Transformation	02
02	Supporting Contract For The Implementation The Multiple Micronutrient Supplementation (MMS) In Swabi As Part Of Maternal And Newborn Health And Nutrition Services	03
03	Benazir Nashonuma Program. Punjab	04
04	Food Security, Livelihoods Support And Access To Nutrition Services In The Flood Affected Population District Matiari Sindh	05
05	Benazir Nashonuma Program Blaochistan	06
06	Benazir Nashonuma Program Blaochistan	07
07	Maternal Newborn Health & Nutrition Program	08
08	Empowering Our Team: Cyber Security And It Training	09
09	Unicef Integrated Flood Response Project Baluchistan	10
10	Unicef Integrated Flood Response Project Baluchistan	11
11	Shifa Centre Of Professional Excellence (SCOPE)	12
12	Reflecting On Women's Day Celebrations At Shifa Foundation	14
13	Centre Of Philanthropy And Community Services (COPCS)	15

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EMBRACING HOPE WITH SHIFA FOUNDATION: A VISION OF TRANSFORMATION



At Shifa Foundation, our mission is simple yet profound: to serve humanity with compassion, integrity, and unwavering dedication. Since our inception, we've been committed to making a positive impact in the lives of those who need it most, empowering communities and fostering sustainable change across

From healthcare initiatives and educational programs to humanitarian aid and disaster relief efforts, every project undertaken by Shifa Foundation is a testament to the power of collective action and the difference it can make in the world.

Driven by an unyielding commitment, we strive to enact meaningful change in the lives of the underprivileged. Through our holistic approach and advocacy initiatives, we stand as a beacon of hope and a force for positive transformation within Pakistan's marginalized communities.

We invite you to join us on this impactful journey, where each stride brings us nearer to a future marked by fairness and opportunity for all.

Together, our collective efforts are shaping a better world.



SUPPORTING CONTRACT FOR THE IMPLEMENTATION THE MULTIPLE MICRONUTRIENT SUPPLEMENTATION (MMS) IN SWABI AS PART OF MATERNAL AND NEWBORN HEALTH AND NUTRITION SERVICES

Project's Overview

Our mission is to provide vital operational assistance for the successful implementation of Maternal Nutrition Support (MNS) activities, complementing NI's broader Maternal and Newborn Health and Nutrition (MNHN) intervention.



Key Highlights of March 2024:

- 1. Coordination Meeting:** A productive coordination meeting was held with facility in charges at the DHO office Swabi. This session aimed to enhance collaboration and streamline communication channels to ensure the smooth execution of MNS initiatives.
- 2. Heat Training for MMS Team:** Our dedicated MNS team participated in a comprehensive heat training organized by Nutrition International. This training equipped them with essential skills and knowledge to effectively address maternal health challenges in our community, particularly during hot weather conditions.
- 3. Yearly Progress Presentation:** The District Coordinator visited the Provincial office in Peshawar to present the yearly progress report on Maternal Nutrition Support (MNS) activities. This presentation provided an opportunity to showcase our achievements, seek feedback, and align strategies for future endeavors.
- 4. Surplus MMS Stock Collection:** Our team conducted visits to 35 health facilities to collect surplus Maternal Milk Substitutes (MMS) stock. This initiative aimed to ensure optimal inventory management and the availability of essential supplies for maternal health care services.
- 5. District Level Monthly Meeting:** A district-level monthly meeting focused on Supportive Supervision of Maternal Nutrition And MMS. This gathering facilitated discussions on key challenges, sharing of best practices, and strategizing for continuous improvement in maternal health service delivery.



BENAZIR NASHONUMA PROGRAM. PUNJAB

Shifa Foundation is implementing Benazir Nashonuma Program in 13 Districts of Punjab in collaboration with WFP, IRMNCH & BISP. The project aim is to prevent stunting through 1000-days approach. The main target group is mother and child who are already registered with BISP. In this program we will be providing specialized nutritious food to most vulnerable group of community.

Monthly recap:

In month of March Executive Director and Provincial manager had meeting with WFP at Lahore to review progress of organization and they put Shifa foundation in low-risk categories and WFP is willing to extend BNP activities to south Punjab with Shifa Foundation. They have suggested to established province office in south Punjab. Furthermore 3 FC have been added and made addendum in FLA by adding 18 million.

Progress Report Summary of BISP Nashonuma Punjab for the month of March, 2024								
New enrolled		Distributed SNF in MT	Follow up received		Distributed SNF in MT	Total beneficiaries		Total SNF distributed in MT
Boys	865	3.89	Boys	3887	17.49	Boys	4752	21.38
Girls	889	4.00	Girls	3911	17.60	Girls	4800	21.60
Pregnant women	3657	16.46	Pregnant women	1953	13.18	Pregnant women	5610	29.64
Lactating Women	887	3.99	Lactating Women	2376	16.04	Lactating Women	3263	20.03
Total	6298	28.34	Total	12127	64.31	Total	18425	92.65



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

In collaboration with Care International, Shifa Foundation continues its initiative to enhance food security, livelihoods, and nutrition services in flood-affected District Matiari, Sindh. Here's a brief summary of our recent achievements:

- **Distribution Success:** We distributed kitchen gardening tool kits to 1171 beneficiaries and provided livelihood cash grants to 595 households, empowering local communities.
- **Key Visits:** CARE International's team visited our Matiari office, discussing project progress and engaging with the community to ensure effective implementation.
- **Quarterly Review:** Our quarterly review meeting facilitated discussions on achievements, challenges, and resource allocation, ensuring project alignment with goals.
- **March Activities:** MUAC screenings, SAM case identification, and distribution of food supplements and awareness sessions were conducted, addressing nutritional challenges.

Monthly recap:

Type of activities	Total Achievement
MUAC Screening of under five-Years Children	
Children screening 06-23 months (Boys)	2105
Children screening 06-23 months (Girls)	2015
Children screening 24-59 months (Boys)	5953
Children screening 24-59 months (Girls)	5367
enrolled of SAM Cases	
Identification of SAM cases 06-23 Months (Boys)	319
Identification of SAM cases 24-59 Months (Boys)	101
Identification of SAM cases 06-23 Months (Girls)	396
Identification of SAM cases 24-59 Months (Girls)	140
Screening	
Screening of Pregnant Women	2235
Screening of Lactating Women	1240
IFA to Adolescent	6732
Awareness Sessions	
Total Number of Awareness Sessions	331
Distribution of Food Supplements	
Number of RUTF distributed	101220
Number of IFAs distributed	520110
Assessment of Cash Grant & KG	
Assessment of Livelihood Cash grant	completed
Assessment of Conditional Cash Grant	125
Assessment of Kitchen gardening	644



BENAZIR NASHONUMA PROGRAM BLAOCHISTAN

In our ongoing efforts to combat malnutrition across Pakistan, we present to you the monthly progress report for March 2024 of our Benazir Nashonuma Program (BNP). With malnutrition rates alarmingly high, our program continues to strive towards improving the health and nutrition status of mothers and children, particularly during the crucial first 1000 days of a child's life. Through conditional cash transfers and enhanced health services, we aim to make a lasting impact on the lives of our beneficiaries.

Highlights of the Month:

- On the occasion of International Women's Day, our teams conducted sessions and walks across various districts of Shifa Baluchistan, celebrating the achievements of women and highlighting their crucial role in society's development.
- Our focus this month has been on transitioning Ultra-poor Conditional Cash Transfer (UCD) beneficiaries to the Graduation Ultra-poor Conditional (GUC) program, addressing inactive beneficiaries, and ensuring compliance with program criteria.

Work Plan for Covering GUC Beneficiaries:

- Additional teams have been engaged in identifying GUC beneficiaries and addressing their specific needs, including activation issues within the BISP system.
- Efforts have been made to ensure compliance with due compliance regulations, with a focus on minimizing delays in follow-up procedures for Beneficiary Nurturing Families (BNFs).

Ten Days UNICEF Campaign:

- We are delighted to collaborate with UNICEF in conducting a ten-day activity aimed at promoting Social Behavior Change Communication (SBCC) and advocating for improved health for mothers and children. Together, we strive to create a brighter and healthier future for all members of the community.

Challenges & Way Forwards:

- Addressing incomplete beneficiary contact details and inactive beneficiaries has been a challenge. Efforts are underway to resolve these issues and ensure the smooth functioning of the program.
- The overcrowding in Family Centers (FCs) remains a challenge, particularly in districts like Naseerabad and Jaffarabad. Measures are being taken to manage the influx of beneficiaries and streamline the process.

BNP Monthly Progress:

Please find below the summary of our activities and achievements for the month of March:

- Boys: **238**
- Girls: **205**
- Pregnant Women: **6**
- Lactating Women: **117**

Beneficiaries Taken Sessions in the Community:

BENAZIR NASHONUMA PROGRAM BLAOCHISTAN

Activities	Boys	Girls	Pregnant	Lactating
BNFs referred to NADRA	238	205	6	117
BNFs registered New	334	317	1195	528
BNFs follow-up Normal	2061	2164	1402	1430
BNFs registered in TSFP	44	59	45	7
BNFs registered in OTP	44	61	5	11
MAM follow-up (60 Days)	152	178	34	17
Cured BNFs	59	73	19	8
BNFs received SNF	2395	2481	2597	1957
CMAM Benef received SNF	202	247	82	21
BNFs received cash	2506	2563	2593	1945

Project Showcase for the Month:

- **District Jaffarabad:**
 - Monthly Coordination review meeting with the Deputy Commissioner.
 - Capacity Building Training conducted for LHS/LHW and SM Teams.
- **District Zhob:**
 - Coordination meeting with newly appointed DHO and MS.
 - Conducted ten days SBC campaign organized by UNICEF.
- **District Quetta:**
 - Coordination meeting held with Dr. Abdullah Dutani, the Medical Superintendent.
 - Coordination meeting with Assistant director BISP and Provincial M&E officer.



MATERNAL NEWBORN HEALTH & NUTRITION PROGRAM

Hostile Environment Awareness Training

From 4th to 6th March, a Hostile Environment Awareness training session was successfully conducted at HAZA Institute Islamabad. This training catered to the employees of NI hailing from Khyber Pakhtunkhwa and Baluchistan Province.

Empowering Evaluation: ISAPs Outcome Assessment

On 7th March, a comprehensive training session on ISAPs outcome evaluation took place at Shelton Rezidor Peshawar. This training focused on enhancing online interventions across 24 Union Councils of District Swabi.

Sharing Progress, Celebrating Success: MNHN & KMC Scaling Up

At Shelton Rezidor, Provincial officials from DGHS came together for the sharing of MNHN & KMC Scaling Up plan. The event also marked a celebration of the Women's March in context to MNHN Program. Notable attendees included Provincial Member of Assembly Mr Meena Khan, Directors from the Health Department, Dr. Abdul Latif, and DHMT.

Recognizing Excellence: Provincial Review Meeting

A Provincial Review Meeting of MNHN was held at Peshawar Shelton Rezidor, where the Minister Health KP acknowledged the remarkable progress. Shields of appreciation were distributed to Health Department and Nutrition International Teams for their commendable efforts in improving maternal and neonatal health & nutrition.

Strengthening Collaboration: Joint Program Review Meeting

At the DHO office in Lodhran, a joint Program review meeting of DHMT and KMC TWG took place. The meeting witnessed fruitful discussions on progress, challenges, and strategies for improvement. Noteworthy was the collaboration between NI and DHA, addressing critical issues for enhanced maternal and adolescent programs.

Focused Efforts: Kangaroo Mother Care (KMC) Technical Working Group Meetings

Four Kangaroo Mother Care (KMC) Technical Working Group meetings were organized at Lodhran, chaired by the CEO DHA. These meetings highlighted progress, challenges, and collaborative efforts aimed at improving neonatal health.

Ensuring Continuity: Coordination Meeting for MNHN Program

A coordination meeting with Dr. Abdul Qadir Bhutto sb (DHO Khairpur) was held to ensure the smooth execution of MNHN Program activities for the year 2023-24.

Supporting Care Facilities: Provision of KMC Supplies

During the 7th KMC Meeting, KMC supplies were provided to support KMC wards at Lady Willingdon Hospital and Rural Health Center Ranipur.

Promoting Best Practices: 7th Kangaroo Mother Care Committee (KMC) Meeting

The 7th Kangaroo Mother Care Committee Meeting convened at the DHO office Khairpur, chaired by Dr. Deedar Wassan sb (ADHO Admin), representing DHO Khairpur.



EMPOWERING OUR TEAM: IT SECURITY AWARENESS

Shifa Foundation prioritize the security and efficiency of our digital infrastructure. To enhance our staff's knowledge and skills in this critical area, The organization organized a comprehensive training session on Cyber Security and IT.

Key Objectives:

- Understanding the fundamentals of cyber security and its importance in today's digital age.
- Learning about common cyber threats and vulnerabilities.
- Exploring best practices for data protection and privacy.
- Enhancing awareness of IT policies and procedures within Shifa Foundation.

Training Highlights:

- Expert-led sessions: Our staff had the privilege of learning from experienced professionals in the field of cyber security and IT.
- Interactive workshops: The training included hands-on activities and simulations to provide practical insights into cyber security measures.
- Case studies: Real-world examples were discussed to illustrate the impact of cyber threats and the importance of proactive security measures.
- Q&A sessions: Participants had the opportunity to engage with instructors and clarify their doubts regarding cyber security practices and IT protocols.



UNICEF INTEGRATED FLOOD RESPONSE PROJECT BALUCHISTAN

Project overview:

Baluchistan, with 34 districts, is Pakistan's largest province by land area, with a population estimated at 12.3 million. The region grapples with undernutrition, primarily due to poverty, leading to inadequate diets, limited health access, and poor hygiene. Recent floods exacerbated these challenges, increasing the risk of preventable diseases and deaths, especially among children.



UNICEF INTEGRATED FLOOD RESPONSE PROJECT BALUCHISTAN

Project Intervention: UNICEF's Integrated Flood Response Project aimed to enhance access to life-saving nutrition services in flood-affected areas across Districts Jaffarabad, Naseerabad, Sohbatpur, Quetta, Dera Bugti, Killa Saifullah, Zhob, and Loralai.

Staffing Synopsis: The project engaged a total of 187 staff, including 3 provincial and district-level teams. Field teams were deployed across the districts to ensure effective service delivery.

Nutrition Interventions:

- Approximately **25,730 children** aged 6 to 59 months were screened for nutrition status.
- **804** severely acute malnourished (SAM) children were enrolled in mobile OTPs.
- **151** SAM children were successfully treated during the month.
- **2,130** moderately acute malnourished (MAM) children were enrolled in mobile OTPs.
- **30 children** with complications were referred to hospitals for inpatient care.
- **25,589 children** received Multiple Micronutrient supplementation.
- **27,499 individuals** received counseling on key nutrition messages.
- **20,362** pregnant and lactating women received IFA/MMT supplementation.

Screening & Identification:

- **25,730 children** were screened, with 804 identified as SAM and 2,130 as MAM.
- **10,204 pregnant and lactating women** were screened, with **993** identified as malnourished.

Nutrition Commodities Distribution:

- **RUTF:** 318 cartons distributed.
- **MMS:** 25,426 units distributed.
- **MMTs:** 47,106 units distributed.
- **IFA:** 61,3232 units distributed.

Achievements & Collaborations:

- Punjab mission visited Baluchistan for consultations on mass MUAC screening mechanisms.
- SBCC campaign conducted across 7 districts, emphasizing maternal and child health.
- Collaboration between UNICEF and government officials from Punjab for program enhancement.

Challenges:

- Heavy rainfall disrupted field activities, causing delays.
- Slow financial processing affected project progress.
- Shortage and delayed nutrition supplies impacted implementation.

Despite challenges, the project continues its efforts to address malnutrition and improve health outcomes in flood-affected areas.

SHIFA CENTRE OF PROFESSIONAL EXCELLENCE (SCOPE)

Shifa Foundation presents SCOPE, dedicated to elevating medical education, learning, and research. Our mission is to be the nation's premier hub for education, innovation, and research in healthcare. Programs include Continuing Medical Education, Life Support Training, Training and Development, and Research & Ethics.

Monthly recap March 2024

Advanced Cardiac Life Support Courses

Shifa LiST Center, an AHA Accredited International Training Center, recently organized Advanced Cardiac Life Support (ACLS) Courses. These courses were tailored for healthcare providers, including doctors and nurses, aiming to enhance their proficiency in managing cardiac and pulmonary arrests among adult patients.

Basic Life Support Courses

In addition to ACLS, Shifa LiST Center also conducted Basic Life Support (BLS) Courses. Attended by healthcare providers, these sessions focused on imparting critical Emergency Cardiovascular Care (ECC) and Cardio Pulmonary Resuscitation (CPR) education at the highest standards, thereby improving patient care.

Understanding Behavior Before You Change It

Our recent webinar on Applied Behavior Analysis (ABA) featured three insightful speakers. Dr. Sarah Ahmed introduced fundamental principles such as classical and operant conditioning, while Sadaf Arif discussed the historical evolution and ethical considerations of ABA, with a focus on its applications in autism treatment and education. Mishal Shabbir highlighted ABA's effectiveness across various disorders, from autism to addiction treatment. The discussions held during the webinar provided participants with valuable insights and strategies to apply ABA techniques in their respective fields.



SHIFA CENTRE OF PROFESSIONAL EXCELLENCE (SCOPE)

Leadership in Resuscitation Workshop

A workshop on Leadership in Resuscitation was attended by junior doctors, nurses, and consultants from various departments. Dr. Abdus Salam Khan, Head of the Emergency Department at SIHL, initiated the session, emphasizing the crucial role of leadership in emergency medicine. Guest lecturer Dr. Faisal Khalid Hanjra, a renowned consultant from SSMC, Abu Dhabi, covered trauma management and the incorporation of Point-of-Care Ultrasound (POCUS) in resuscitation. Practical drills allowed participants to apply concepts and enhance their emergency management skills. Dr. Khan concluded the workshop by summarizing key points and expressing gratitude to Dr. Hanjra and participants for their contributions, highlighting the importance of continuous learning and collaboration for better patient care.



REFLECTING ON WOMEN'S DAY CELEBRATIONS AT SHIFA FOUNDATION



Shifa Foundation celebrated International Women's Day with gratitude for the inspiring women all over the world.

Speeches delivered by our Executive Director, Dr. Khadeeja, and the heartfelt tributes paid to women worldwide.

Dr. Khadeeja's words resonated deeply, emphasizing the importance of empowering women in all aspects of life.

We're proud to be part of an organization that champions the cause of gender equality and recognizes the invaluable contributions of women in our midst. The organization reaffirm our commitment to fostering a culture of inclusivity and empowerment, ensuring that every woman associated with Shifa Foundation has the opportunity to thrive and excel.

CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES (COPCS)



Project Summary: In March 2024, Shifa Foundation successfully executed the Ramzan Campaign as part of the COPCS project. Various activities were undertaken to raise awareness and support the community during the holy month of Ramzan.

Achievements of the Month: March 2024



- 1. Meetings with Consultants:** Consultations were held with consultants to discuss and plan the Shifa Foundation Ramzan Campaign Awareness.
- 2. Kiosk Activity at SIH:** A kiosk activity was organized at Shifa International Hospital (SIH) to raise awareness about the Ramzan Campaign.
- 3. Flyer Distribution:** The COPCS team actively participated in distributing flyers at SIH and various areas of Rawalpindi/Islamabad to spread awareness about the Ramzan Campaign.
- 4. Tree Plantation Activity:** Shifa Foundation collaborated with Leverifiy and CDA for a tree plantation activity, promoting environmental sustainability.
- 5. Staff and Visitor Awareness:** An awareness activity was initiated among the staff and visitors of Shifa International Hospital to educate them about the Ramzan Campaign.
- 6. Social Media Promotion:** Ufone featured the Ramzan Campaign ad on their social media platforms, increasing visibility and outreach.
- 7. Ration Distribution:** The COPCS team distributed 411 ration packs to deserving individuals in Islamabad, Rawalpindi, Mardan, and Jehlum, in collaboration with NUST.


Patient Assistance: In January, a total of 30 patients diagnosed with different diseases were provided assistance through the patient treatment panel.

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



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