



**SHIFA
FOUNDATION**
making an effort

MONTHLY

NEWSLETTER

MAY - 2024

SHIFA FOUNDATION MAKING AN EFFORT

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**SHIFA
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SHIFA FOUNDATION: THREE DECADES OF TRANSFORMATIVE SERVICE

Since its establishment in 1991, Shifa Foundation has grown into a highly respected non-profit organization, working in close affiliation with Shifa International Hospital. Founded by a group of dedicated medical professionals and philanthropists, the foundation is committed to serving Pakistan's marginalized communities without any discrimination.

Over the past 30 years, Shifa Foundation has made a significant impact, offering healthcare, clean water, sanitation, disaster response, and educational support to more than 8 million people. Its efforts are recognized and accredited by esteemed institutions such as the Pakistan Centre for Philanthropy and the Economic Affairs Division, underscoring the value and credibility of its services.

Shifa Foundation's mission is to empower disadvantaged populations by ensuring they can access their fundamental rights with dignity. With extensive experience, the foundation possesses a deep understanding of the complex needs of these communities. This insight enables the development of sustainable, effective solutions tailored to address specific challenges.

In addition to its hands-on work, Shifa Foundation utilizes its expertise and research to advocate for policy reforms aimed at uplifting marginalized segments of society. The organization strives to create an environment where deprived children, women, families, and underprivileged communities can realize their rights to health, education, livelihood, and citizenship with dignity.

By supporting Shifa Foundation, you join a movement dedicated to transforming lives and creating lasting positive change in society.



REDUCTION OF CORPORAL PUNISHMENT IN SCHOOLS

PROJECT TITLE

Reduction of Corporal Punishment in Schools: Evaluating the Interaction Competencies with Children for Teachers (ICC-T) Intervention in Pakistan



KEY ACHIEVEMENTS FOR MAY 2024:

- **Team Meetings:** Held multiple Zoom meetings with Prof. Tobias, Florian (PhD), Dr. Kate, and Dr. Alaptagin to discuss project progress and strategies.
- **Baseline Assessments:** Successfully completed baseline assessments in four schools located in Attock, Punjab.
- **Training Sessions:**
 - Trained two new Training Managers and four Master Trainers in Sindh.
 - Conducted intensive 5-day ICC-T training workshops for government school teachers in Sindh, specifically in District Naushahro Feroze and Sukkur.

- **Regional Meetings:** Organized team meetings with Training Managers, Research Assistants, and Master Trainers across Islamabad, Punjab, and Sindh.
- **School Engagement:** Frequently engaged with school heads in Sindh, Islamabad, and Punjab to prepare for upcoming ICC-T training workshops and related activities.

Shifa Foundation is dedicated to creating a safe and supportive educational environment by reducing corporal punishment in schools. The ICC-T intervention project is a significant step toward this goal, equipping teachers with the necessary skills to interact positively with students.

BNP PUNJAB

BRIEF PROJECT OVERVIEW

Shifa Foundation, in collaboration with WFP, IRMNCH, and BISP, is actively implementing the Benazir Nashonuma Program (BNP) across 14 districts in Punjab. This initiative aims to prevent stunting through a 1000-day approach, focusing on mothers and children registered with BISP by providing them with specialized nutritious food.



various facility centers in Sargodha, Chakwal, Rawalpindi, and Murree districts. These visits included THQ Bhera, THQ Bhalwal, THQ Shahpur, THQ Sahiwal, THQ 90sb, THQ Kallar Kahar, DHQ Chakwal, and THQ Kallarsyedana to monitor progress and guide staff on enrollment protocols and quality service delivery.

- **Weekly Meetings:** Mr. Amir Ali's participation in weekly WFP meetings has resulted in a 2% weekly improvement in target achievement across all districts. Projections suggest achieving 80% of the BNP targets by the project's end. Enhanced performance in low-performing districts marked significant progress in May.

Boys

- New Enrolled: 698
- Distributed SNF (MT) for New Enrolled: 3.126
- Follow-Up Received: 4202
- Distributed SNF (MT) for Follow-Up: 18.131

KEY ACHIEVEMENTS FOR MAY 2024:

- **One-Day Refresher Training:** On May 14th, a refresher training session was conducted for the Rawalpindi division DPCs and CCs. The session, led by Mr. Amir Ali, emphasized BNP Protocol and the Partner Connect initiative. The core team, including Executive Director Dr. Khadeeja Azhar and Associate Director of Operations Mr. Zia ur Rehman, facilitated this training, ensuring a seamless introduction of WFP's Partner Connect portal for data collection.
- **Facility Center Visits:** The Provincial Manager and project team visited



BNP PUNJAB

- Total Beneficiaries: 4900
- Total SNF Distributed (MT): 21.258

Girls

- New Enrolled: 678
- Distributed SNF (MT) for New Enrolled: 3.077
- Follow-Up Received: 4335
- Distributed SNF (MT) for Follow-Up: 18.732
- Total Beneficiaries: 5013
- Total SNF Distributed (MT): 21.809

Pregnant Women

- New Enrolled: 3627
- Distributed SNF (MT) for New Enrolled: 23.774
- Follow-Up Received: 1774
- Distributed SNF (MT) for Follow-Up: 11.484
- Total Beneficiaries: 5401
- Total SNF Distributed (MT): 35.258

Lactating Women

- New Enrolled: 688
- Distributed SNF (MT) for New Enrolled: 4.601
- Follow-Up Received: 2010
- Distributed SNF (MT) for Follow-Up: 12.757
- Total Beneficiaries: 2698
- Total SNF Distributed (MT): 17.358

Total

- New Enrolled: 5691
- Distributed SNF (MT) for New Enrolled: 34.578
- Follow-Up Received: 12321
- Distributed SNF (MT) for Follow-Up: 61.105
- Total Beneficiaries: 18012
- Total SNF Distributed (MT): 95.683



BNP BALUCHISTAN

PROJECT OVERVIEW

Pakistan's high rates of malnutrition (40.2% stunting, 28.9% underweight, and 17.7% wasting) signal a child nutrition crisis. The first 1,000 days of a child's life are crucial for development.

BISP's Conditional Cash Transfer (CCT) intervention aims to combat stunting by offering increased cash transfers to pregnant and lactating women (PLW) and their children under two. Eligible families receive PKR 3,500 per quarter for boys and PKR 4,000 for girls, conditional on regular health check-ups, nutritious food consumption, and immunizations.

BISP has expanded the beneficiary pool by raising the PMT Score from 32 to 60, making 90% of qualifying women eligible for the Nashonuma program. Community Resource Persons (CRPs) will also be involved to enhance program coverage.



HIGHLIGHTS OF THE MONTH

- **SBCC Training:** Conducted 4-day Social and Behavior Change Communication (SBCC) training in all districts from May 27-30 in collaboration with UNICEF.
- **NSER Surveys:** Accelerated NSER (National Socio-economic Registry) surveys with campsite setups across all districts. Eighteen NSER focal persons were nominated from SHIFA districts to facilitate daily surveys.
- **UNICEF SBCC Training:** Held in Quetta for district coordinators, focusing on strengthening social mobilization and discussing community session MSG and FSG, MUAC practices, and SAM identification.

Focus Areas

- **Transitioning UCD Beneficiaries:** Moved UCD beneficiaries to the GUC program, addressing inactive beneficiaries and verifying eligibility.
- **Compliance Oversight:** Emphasized due compliance for "RED and YELLOW" category beneficiaries, guiding them through Form-B requirements and ensuring adherence to program criteria.

Challenges and Next Steps

- **Inactive Beneficiaries:** Identifying and activating inactive beneficiaries.
- **Form-B Process:** Assisting beneficiaries facing obstacles with Form-B completion.
- **Outreach and Evaluation:** Expanding outreach, validating data, and evaluating programs to enhance efficiency.

BNP BALUCHISTAN

Monthly Activity Summary

Beneficiaries referred to NADRA:

- Boys: 279
- Girls: 210
- Pregnant Women: 6
- Lactating Women: 231
- Total: 726

New Beneficiaries Registered:

- Boys: 2,835
- Girls: 413
- Pregnant Women: 1,626
- Lactating Women: 397
- Total: 5,271

Beneficiaries Follow-up Normal:

- Boys: 7,250
- Girls: 2,319
- Pregnant Women: 1,297
- Lactating Women: 1,434
- Total: 12,300

Beneficiaries Registered in TSFP:

- Boys: 191
- Girls: 71
- Pregnant Women: 59
- Lactating Women: 16
- Total: 337

Beneficiaries Registered in OTP:

- Boys: 79
- Total: 137

MAM Follow-up:

- Boys: 367
- Girls: 209
- Pregnant Women: 33
- Lactating Women: 12
- Total: 621

SAM Follow-up:

- Boys: 109

- Girls: 68
- Total: 177

Cured Beneficiaries SAM:

- Boys: 67
- Girls: 39
- Total: 106

Cured Beneficiaries MAM:

- Boys: 103
- Girls: 43
- Pregnant Women: 18
- Lactating Women: 7
- Total: 171

Graduated BNP:

- Boys: 383
- Girls: 215
- Pregnant Women: 0
- Lactating Women: 1
- Total: 599

Community Sessions Summary

MIYCN	1,825
Health & Hygiene	1,799
Utilization of SNF	1,685
Stunting	1,706
MSG	33
FSG	58
IYCF	1,838
COVID-19	25
Vaccination of Child/PLW	939
ANC/PNC	1,244

District Highlights

District Sherani, Quetta, and Zhob: Focused on implementing the BNP program, ensuring compliance, and conducting comprehensive community sessions to improve health and nutrition awareness.



BNP SINDH

DISTRICTS COVERED:

SANGHAR, UMERKOT, MIRPURKHAS, NSF, SBA, HYDERABAD, MATIARI, Jacobabad, Kashmore, Qambar, Tando Allahyar, Karachi West, Karachi Central, Karachi Malir, Karachi South, Shikarpur, Tharparkar.

PROJECT BACKGROUND

Pakistan faces a significant child nutrition crisis, with 40.2% of children experiencing stunted growth, 28.9% underweight, and 17.7% wasting. The Benazir Income Support Programme (BISP), in collaboration with SHIFA Foundation and the World Food Programme (WFP), has initiated the Benazir Nashonuma Program to combat this crisis. The program focuses on the critical 1,000-day period of early childhood development by providing Conditional Cash Transfers to encourage the use of health and nutrition services.

Our goal is to improve Reproductive, Maternal, Newborn, and Child Health (RMNCH) across Sukkur, Hyderabad, Mirpurkhas, Shaheed Benazirabad, and Karachi by setting up facilitation centers, deploying mobilization teams, and conducting awareness campaigns.



MONTHLY HIGHLIGHTS

- **Special Mobilization Campaign:** Focused on beneficiaries with a PMT score of 32-37. Activities included community sessions, health facility meetings, distribution of handbills, and branding campaigns.
- **Monitoring Visits:** The Provincial Manager conducted site visits in Karachi and nine other districts, addressing administrative issues and mentoring teams.
- **Coordination Meetings:** Regional Coordinators organized stakeholder meetings and awareness seminars.

Registration and Follow-up

- **Pregnant and Breastfeeding Women (PBW):** Achieved a registration rate of 78.26%, with 3,913 out of 5,000 targets registered.
- **Children:** Achieved a registration rate of 39.15%, with 783 out of 2,000 targets registered.
- **Combined Follow-up Coverage:** Totaled 6,068 for PBW and children.
- **Supplementary Nutrition Food (SNF) Distribution:** 10,764 beneficiaries received SNF.

Progress and Achievements

- **New Registrations:** Significant

BNP SINDH

increase due to effective monitoring and coordination by Regional Coordinators and mobile Field Coordinators.

- **SNF Distribution:** Achieved a record distribution, marking a milestone since the project's inception.
- **Counseling and Health Support:** Provided to 7,436 women on breastfeeding during ANC, and 7,436 women on other health-related issues. Additionally, 3,567 children received health-related support.

Key Metrics Total Activities

PW Registered 3,619 LW Registered 294 PLW Registered 3,913 MC Registered 376 Child (F) Registered 407 Total Child

Registered 783 MAMTA-PW
Distributed 5,490 MAMTA-LW
Distributed 1,923 WAWAMUM-MC
Distributed 1,634 WAWAMUM-FC
Distributed 1,689 Total SNF Distribution 10,736

Commodity Distribution

- **MAMTA:** 49.086 MT
- **WAWA MAM:** 16.011 MT
- **Total:** 65.097 MT

Future Plans

Despite challenges, we remain committed to enhancing our efforts in the upcoming months, focusing on expanding outreach, improving registration processes, and ensuring the efficient distribution of resources.



HEATWAVE RESPONSE BY SHIFA FOUNDATION

In response to the recent extreme heat conditions, Shifa Foundation team established a crucial heatwave response camp in different areas. This initiative aims to provide immediate relief and support to the community during the harsh summer months.

KEY HIGHLIGHTS:

- Services Provided: Our dedicated team offered a range of essential services to help the community manage and cope with the severe heatwave. This included:
 - Hydration Stations: Providing clean drinking water to prevent dehydration.
 - Cooling Areas: Setting up shaded areas and cooling stations to offer respite from the sun.
 - First Aid: Offering basic medical care and first aid for heat-related illnesses.
 - Awareness and Education: Providing guidance on how to stay safe and healthy during extreme heat conditions.

Shifa Foundation remains committed to the health and safety of our community, particularly during challenging times like these. Our proactive approach aims to mitigate the impact of the heatwave, ensuring that the community has access to the necessary resources and support to stay safe and healthy.

The establishment of this heatwave response camp is a testament to our dedication to community welfare and our readiness to respond to emergencies. We are grateful for the support of our volunteers and donors who make these initiatives possible.



EMPOWERING WOMEN THROUGH MENSTRUAL HYGIENE AWARENESS

Shifa Foundation is excited to share the highlights of our Menstrual Hygiene Day celebrations, a day dedicated to breaking the silence around menstruation and promoting menstrual hygiene management. Globally, millions of women and girls face challenges related to menstrual health and hygiene. Lack of access to sanitary products, inadequate water, sanitation, and hygiene facilities, and societal taboos can lead to serious health issues and negatively impact education and well-being. In Pakistan, many women and girls still lack the knowledge and resources to manage their menstruation safely and with dignity. At Shifa Foundation, we are committed to improving menstrual hygiene for women and girls across Pakistan. This year, we intensified our efforts to spread awareness, provide

education, and provided menstrual hygiene sessions in various communities of Pakistan. Women of Shifa Foundation also participated in expressing their views and provided awareness regarding Men-

strual Hygiene Day relating it with our MHM program, in order to spread awareness and promoting the importance of menstrual hygiene. Together, we are breaking taboos and ensuring every woman can manage her health with confidence.



SCOPE | SHIFA CENTRE OF PROFESSIONAL EXCELLENCE SCOPE



MEDICAL RENAL BIOPSY: PATHOLOGY WORKSHOP

The Histopathology Department of Shifa International Hospitals Limited (SIHL), Islamabad, celebrated a milestone of reporting 10,000 medical renal biopsies, including transplant biopsies, in May 2024. To mark this achievement, the department organized a two-day workshop on medical renal biopsies. The event, held on May 17th-18th, aimed to educate budding and consultant pathologists and nephrologists on diagnosing renal biopsies.

Directed by Dr. Humaira Nasir and hosted by Dr. Anum Iqtidar, the workshop featured hands-on training and expert presentations. Day one included practical slide examinations at the Pathology Lab, Shifa College of Medicine. On day two, lectures and discussions were held at the C-0 Auditorium, SIHL, covering various renal pathologies and diagnostic approaches. The event concluded with a Q&A session and shield distribution ceremony.

PEDIATRIC RESUSCITATION COURSE

The Shifa Center of Professional Excellence (SCOPE) recently hosted a two-day Pediatric Resuscitation Course, directed by Dr. Humaira Rafiq. Participants refined their resuscitation skills through hands-on training and learned the scientific basis for pediatric resuscitation.

Distinguished faculty, including Dr. Shela Chaudhary and Dr. Sobyia Owais, led focused talks and practical sessions. Pre- and post-tests assessed knowledge improvement, with 31 participants on day one and 26 on day two. The course enhanced participants' pediatric care capabilities, promoting excellence in high-pressure environments.

MEDICAL FIRST RESPONDER COURSE

Shifa Foundation and Winnington Hospital held the Medical First Responder Course at Lucky Core Industries, Soda Ash Khewra, on May 30-31, 2024. Directed by Dr. Amna Javed and Dr. Adeela Irfan, the course covered emergency response skills, including patient



assessment and BLS training. Participants engaged in practical sessions on musculoskeletal injuries, burns, and BLS techniques. The course concluded with a feedback session and post-test, showing significant knowledge improvement. Future courses aim to address time management and resource availability for even better outcomes.

SYNDROMIC TESTING SEMINAR

Dr. Arif Malik led a seminar on "Syndromic Testing: The Unravelling Route to Rapid Diagnosis" on May 7th, 2024. Featuring guest speakers from BioMerieux, the event focused on rapid diagnostic tools for sepsis, meningitis, and pneumonia. Attendees learned about the BIOFIRE FILMARRAY System and its positive impact on patient care. An interactive Q&A session facilitated by SCOPE concluded the seminar.

C. DIFFICILE INFECTION PREVENTION SESSION

In response to rising cases of C. difficile infection, the Department of Pharmacy, in collaboration with the Department of Pathology and the Department of Infectious Diseases, organized an awareness session on May 10th, 2024. Hosted by SCOPE, the session provided insights into causes, diagnosis, prevention, and management of C. difficile infection.

Speakers, including Ms. Sundus Maria and Dr. Muhammad Usman, delivered comprehensive presentations, followed by a Q&A session. The event successfully educated healthcare professionals on tackling this emerging challenge.

PANCREATIC NEUROENDOCRINE TUMOR TREATMENT SESSION

On May 14th, 2024, the Department of Gastroenterology at SIHL, in collaboration with SCOPE, hosted a session on surgical and RFA-guided treatment of pancreatic neuroendocrine tumors. Dr. Umar Yousuf Raja and Dr. Hadi discussed diagnosis, medical management, and surgical techniques. A detailed case study of Steve Jobs' treatment journey provided real-world insights. The session emphasized a multidisciplinary

approach and concluded with a Q&A segment.

PROSTATE CANCER DIAGNOSTICS EVENT

"Prostate Cancer Diagnostics - 2024" featured a keynote presentation by Dr. Aasem Masood Chaudry on May 21st, 2024. He discussed advancements in prostate cancer diagnostics, including novel biomarkers and advanced imaging techniques. The session, attended by medical professionals and researchers, concluded with an interactive Q&A and closing remarks, enhancing attendees' knowledge on early detection and diagnosis.

INFECTION PREVENTION AND CONTROL WORKSHOP

The National Workshop on Healthcare-Associated Infection (HAI) Surveillance & Infection Prevention and Control (IPC) was held on May 24-25, 2024, at Iris Hall, IFQ Hotel, Islamabad. Organized by the Infection Control Department, SIHL, in collaboration with WHO, the workshop aimed to equip healthcare workers with effective HAI surveillance and IPC risk assessment skills.

Experts delivered insightful presentations and interactive sessions, enhancing participants' capabilities in infection control practices. The event concluded with feedback and certificate distribution.

BASIC LIFE SUPPORT COURSES

The Shifa LiST Center, an AHA Accredited International Training Center, organized Basic Life Support (BLS) courses for healthcare providers. The courses focused on enhancing Emergency Cardiovascular Care (ECC) and Cardio Pulmonary Resuscitation (CPR) skills, ensuring high standards of patient care.

ADVANCED CARDIAC LIFE SUPPORT COURSES

The Shifa LiST Center also conducted Advanced Cardiac Life Support (ACLS) courses for healthcare providers, focusing on managing cardiac and pulmonary arrests. These courses aim to improve the administration of critical care in emergency situations.



NUTRITION CASH ASSISTANCE

Co-operating Partner: SHIFA Foundation, Pakistan

WFP Project: Cash-Based Transfers (CBT) – Social Protection (Integrated CMAM Safety Net Project)

Project Country: Pakistan

Project Area: District Khairpur Mir's

Reporting Period: May 2024

PROJECT UPDATE

Initially, the project provided cash grants only to caregivers of recovering MAM children. Following the 7th Amendment to the WFP agreement, the program now also supports malnourished pregnant women (PWs) enrolled in the Targeted Supplementary Feeding Program (TSFP) with a cash grant of 12,000 PKR.



Key Activities in May 2024

- **Orientation and Training:** Conducted for staff on May 6, followed by the commencement of field activities on May 7. By the end of the month, details of 5,500 beneficiaries were shared with WFP for CBT.
- **Community Screening:** Teams screened children aged 6-59 months and pregnant/breastfeeding women (PBWs). Malnourished individuals were referred to OTP sites for nutrition supplements.
- **Community Mobilization:** Formation of Mother Support

Groups (MSGs) and Father Support Groups (FSGs), and conducting Social Behavior Change Communication (SBCC) sessions on Health and Hygiene (H&H) and Infant & Young Child Feeding (IYCF).

- **Coordination Meetings:** Held with District Administration, Dept: of Health, WFP, and PPHI to review project progress.

Achievements

- **Screening Coverage:**
 - Children (6-59 months): 89,533 screened, 1,178 SAM cases, 17,273 MAM cases.
 - PBWs: 36,106 screened, 10,746 under BSFP.

NUTRITION CASH ASSISTANCE

- **MIYCN Sessions:**
 - 376 community-based sensitization sessions conducted.
 - Reached 45,412 people with MIYCN, Health, and Hygiene materials.
 - 34,789 PLWs/child caregivers attended counseling sessions.
 - Established 76 Mother Support Groups.
- **Community Mobilization:**

Teams engaged local leaders and gatekeepers to promote health and nutrition practices, ensuring follow-up and reducing absenteeism.

Screening Data Summary

Achievements

Children Screening

Total Children (6-59 months)

89,533

SAM Children (6-59 months)

1,178

MAM Children (6-59 months)

17,273

PBWs Screening

Total PBWs

36,106

BSFP (PBWs)

10,746

MIYCN Sessions

Sessions Conducted

376

People Reached

45,412

PLWs/Caregivers Counseled

34,789

Support Groups Established

76

Community Engagement

Community mobilization is crucial for behavioral change. Mobilization teams conducted family counseling and community dialogues, engaging local leaders to promote nutrition and hygiene practices. Regular follow-ups and community meetings helped identify and address new barriers, ensuring program sustainability.

Moving Forward

SHIFA Foundation will continue its efforts to enhance community engagement and provide nutritional support, ensuring the well-being of mothers and children in Khairpur Mir's.



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

SUMMARY:

In collaboration with Care International, Shifa Foundation is implementing "Food Security, Livelihoods Support, and Access to Nutrition Services" in District Matiari, Sindh. The project aims to support families with financial aid, enhance agricultural and livestock livelihoods, and promote kitchen gardening, addressing food expenses and improving agricultural output. We also focus on nutritional issues, assessing and treating Severe Acute Malnutrition (SAM) in children under five and supporting pregnant and lactating women.



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

Heat Wave Emergency Camp:

Shifa Foundation organized a heat wave emergency camp at Taluka Hospital Saeedabad with CARE International. Sessions on preventing heat stroke included:

- Closing curtains during the day and opening windows at night.
- Using fans and coolers.
- Avoiding peak heat hours and staying hydrated.
- Wearing light, loose clothing, and cotton bed sheets.
- Using community cooling centers if available.

Livelihood Programs:

Livelihood programs improve the welfare of poor households and promote sustainable development. Shifa Foundation, with Care International Pakistan, distributed grants to 675 beneficiaries, enhancing incomes and access to services like education and health.

CARE International Team Visit:

The CARE International team visited for a monthly project meeting, discussing:

1. Team introductions.
2. Progress and field challenges.
3. NSC referral mechanisms.
4. Follow-up on adolescent girls' health.
5. Reporting persons with disabilities.
6. Avoiding heat stroke during fieldwork.
7. Capacity building on project protocols by Ms. Iffat.

Conclusion of Meeting: The team committed to addressing fieldwork gaps, with appreciation from Ms. Iffat.

Kitchen Gardening:

In Village Ghulam Shah Marri, UC Nobat Marri, we prepared a kitchen gardening plot by:

1. Clearing debris.
2. Preparing soil with compost.
3. Constructing raised beds.
4. Setting up an irrigation system.
5. Planting vegetables.

Meeting with Deputy Commissioner and Stakeholders:

A meeting on 8th and 9th June discussed progress and activities. Shifa Foundation will participate in the upcoming Mango and Handicraft Festival, highlighting nutrition programs for mothers and children.

MUAC Screening of Under-Two-Year-Old Children:

- Boys (6-23 months): 361
- Girls (6-23 months): 339
- Boys (24-59 months): 811
- Girls (24-59 months): 723

Identification of SAM Cases:

- Boys (6-23 months): 184
- Boys (24-59 months): 63
- Girls (6-23 months): 257
- Girls (24-59 months): 76

Screening:

- Pregnant Women: 500
- Lactating Women: 290
- IFA to Adolescents: 2256

Awareness Sessions: 182

Distribution of Food Supplements:

- RUTF: 92,970
- IFAs: 671,130

Assessment of Cash Grant & Kitchen Gardening:

- Livelihood Cash Grant: 0
- Conditional Cash Grant: 0
- Kitchen Gardening: 1059

Conclusion:

Shifa Foundation has made significant progress in addressing critical issues in District Matiari. Our dedicated team continues to overcome challenges and strive towards our goals. Collaboration and strategic focus are essential for future success.

FLOOD RESPONSE

PROJECT BALOCHISTAN

BACKGROUND & SYNOPSIS:

Balochistan, Pakistan's largest province by land area (44%), is home to approximately 12.3 million people. The region faces severe under-nutrition, primarily due to poverty, resulting in limited access to nutritious diets, health services, and proper hygiene. The 2022 floods exacerbated these issues, with the 2023 monsoon season further threatening recovery.

The UNICEF Integrated Flood Response Project focuses on increasing access to life-saving nutrition services for flood-affected populations in Jaffarabad, Naseerabad, Sohbatpur, Quetta, Dera Bugti, Killa Saifullah, Zhob, and Loralai.

ACHIEVEMENTS IN MAY 2024:

- **MUAC Screening of Children (6-59 Months):** 44,815

- **SAM Cases Identified:** 1,307
- **MAM Cases Identified:** 3,710
- **Cured Cases:** 203

- **Screening of Pregnant and Lactating Women:**

- **Total Screened:** 12,970
- **Normal Cases:** 11,611
- **Malnourished Cases:** 1,359

Nutrition Commodities/Supplies Distributed

- **RUTF:** 607 cartons
- **MMS:** 37,039 boxes/30 sachets
- **IFA Tablets:** 593,184

Provincial/District Level Achievements

- Conducted 12 batches of two-day training sessions on SAM and MAM treatment, SBCC, and MIYCN.
- Organized orientation sessions on KFPCs and the importance of the first 1,000 days of a child's life.
- Held coordination meetings with UNICEF teams to discuss work plans and training sessions.
- Shifa Foundation's Program Officer visited Dera Bugti and Loralai for project monitoring.

Conclusion

The UNICEF Integrated Flood Response Project in Balochistan has made significant progress in addressing malnutrition and supporting flood-affected populations. Continued collaboration and strategic focus are essential for future success.



FLOOD RESPONSE

SINDH

Cumulative Report of 5 Districts:

Districts: Mirpurkhas, Umerkot, Sanghar, Khairpur, Tharparkar

NUTRITION UPDATE

Under-Five Children:

- **Children Screening:** 28,626
- **SAM Identified:** 2,758
- **SAM Admitted:** 2,785
- **NSC Refer:** 35
- **Children (6-59 months) Reached and Consumed Multi-Micro Nutrition Powder (MNP) as per Protocol:** 2,543
- **Children Deworming:** 0

Pregnant and Lactating Women (PLW):

- **PLW Screening:** 13,474
- **PLW Identified:** 3,979
- **Distribution of IFA to PLW:** 6,655
- **Deworming to PLW:** 0
- **Distribution of IFA to Adolescent Girls:** 4,492
- **Deworming to Adolescent Girls:** 0
- **Sessions on Health/Nutrition/IYCF:** 804

Highlights and Achievements

- Our dedicated team successfully screened 28,626 children under five across five districts, identifying and admitting 2,758 cases of Severe Acute Malnutrition (SAM).
- We facilitated the referral of 35 children to Nutrition Stabilization Centers (NSC) for specialized care.
- 2,543 children aged 6-59 months were provided with Multi-Micro Nutrition Powder (MNP) to ensure they receive essential nutrients.
- Screening of 13,474 pregnant and lactating women (PLW) resulted in the identification of 3,979 cases requiring nutritional support.
- We distributed Iron and Folic Acid (IFA) supplements to 6,655 PLWs and 4,492 adolescent girls to combat nutritional deficiencies.
- 804 informative sessions on Health, Nutrition, and Infant and Young Child Feeding (IYCF) were conducted to educate and empower communities.



COPCS | CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES

PROJECT SUMMARY

In May 2024, Shifa Foundation's COPCS project carried out multiple impactful activities, both active and passive. The efforts focused on patient assistance and food distribution across key regions, demonstrating significant progress and community support.

ACHIEVEMENTS OF THE MONTH

Food Distribution

- **Regions Covered:** Rawalpindi/Islamabad and Jhelum
- **Impact:** Successfully distributed food packages to numerous households, ensuring essential nutrition and support to the vulnerable communities in these regions.

Patient Assistance

- **Patients Facilitated:** 31
- **Diseases Addressed:** Various medical conditions

Support Provided: Comprehensive medical assistance through the patient treatment panel, ensuring timely and effective care.



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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