

MONTHLY

NEWSLETTER

JUNE-2024

SHIFA FOUNDATION MAKING AN EFFORT

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SHIFA FOUNDATION: PIONEERING HEALTH AND WELL-BEING FOR ALL

Founded in 1991, Shifa Foundation is a dedicated not-for-profit organization focused on enhancing health, nutrition, and access to clean water for underserved populations in Pakistan. We are committed to the belief that quality health, education, and nutrition are essential to eradicating poverty. Over the years, we have developed our technical expertise and deepened our understanding of community engagement, health practices, hygiene, and nutrition. Our vision is to become a global leader in charity services, providing transparent, efficient, and valuable support to underprivileged individuals while upholding their dignity and self-respect. Our mission includes offering urgent response services such as medical care, food, water, shelter, and clothing, alongside community support initiatives that empower vulnerable populations through education, skill development, safe drinking water, sanitation systems, and livelihood programs. We are also committed to continuous professional development, enhancing teaching and training, promoting educational and research advancements, and fostering leadership. Through our extensive experience and research, we have effectively advocated for and influenced policymakers to invest in health and food security for marginalized communities.



CELEBRATING SUCCESS AND EMBRACING NEW HORIZONS

As we approach the end of another remarkable year at Shifa Foundation, we take great pride in celebrating our collective achievements and milestones. Throughout the year, our dedicated team has worked tirelessly to make a profound impact on the lives of those in need. From providing essential healthcare services to empowering communities through education and sustainable development initiatives, each accomplishment stands as a testament to our commitment to humanitarian excellence.

Looking ahead, we eagerly anticipate the new challenges and opportunities that the coming year will bring. With renewed determination and a clear vision, we are poised to set even higher benchmarks and reach new heights of impact and effectiveness. Our goals are ambitious, but with the unwavering support of our compassionate team and the communities we serve, we are confident in our ability to make a meaningful difference.

At Shifa Foundation, we believe in fostering a culture of excellence and continuous growth. We encourage our employees to strive for excellence in everything they do, recognizing and rewarding their dedication and achievements. Together, we are not just shaping a better future, but also creating lasting change that resonates far beyond the boundaries of our organization. As we celebrate our successes, we also reaffirm our commitment to serving humanity with compassion, integrity, and unwavering determination.



BENAZIR NASHONUMA PROGRAM PUNJAB

Project Summary:

Shifa Foundation, in collaboration with WFP, IRMNCH & BISP, is implementing the Benazir Nashonuma Program in 14 districts of Punjab. The project aims to prevent stunting through the 1000-day approach, targeting mothers (pregnant and lactating) and children under two years, providing them with specialized nutritious food.

June 2024 Highlights:

- **New Registrations and NSER Activities:** Focus on daily achievements.
- **Monitoring Visits:** Provincial Manager Amir Ali and his team visited Facility Centers in Sargodha and Jhelum to ensure enrollment protocols and quality service delivery.
- **Performance Evaluations:** Completed for all BNP staff and shared with WFP for further recommendations.
- **Asset Verification:** Team from HO visited Nankana and Sheikhpura for verification of assets and equipment. Finance Coordinator Imad and HR Coordinator Shameen prepared and shared the asset list with WFP.
- **Project Extension:** June marked the end of the project duration (Oct 2023 to June 2024). Budget and proposal for the BNP Project extension were shared with WFP.



BENAZIR NASHONUMAPROGRAM PUNJAB

Key Outputs for June 2024:

• New Enrollments:

- Boys: 609 (2.814 MT SNF distributed)
- Girls: 678 (3.179 MT SNF distributed)
- Pregnant Women: 3664 (24.770 MT SNF distributed)
- Lactating Women: 531 (3.593 MT SNF distributed)

• Follow-ups:

- Boys: 4288 (19.200 MT SNF distributed)
- Girls: 4357 (19.415 MT SNF distributed)

- Pregnant Women: 2168 (14.612 MT SNF distributed)

- Lactating Women: 1898 (12.800 MT SNF distributed)

• Total Beneficiaries:

- Boys: 4897 (22.014 MT SNF distributed)
- Girls: 5035 (22.593 MT SNF distributed)
- Pregnant Women: 5832 (39.382 MT SNF distributed)

- Lactating Women: 2429 (16.394 MT SNF distributed)

- **Grand Total:** 18193 beneficiaries, 100.382 MT SNF distributed



BENAZIR NASHONUMA PROGRAM BALUCHISTAN

Project Overview:

Pakistan faces a critical child nutrition crisis, with 40.2% stunting, 28.9% underweight, and 17.7% wasting rates. The Benazir Nashonuma Program (BNP) aims to combat this by targeting the first 1,000 days of a child's life through a Conditional Cash Transfer (CCT) intervention. Pregnant and lactating women and children under 2 receive PKR 3,500 (boys) and PKR 4,000 (girls) per quarter to promote regular health checks, nutrition, and immunizations. The program has expanded the PMT Score eligibility, increasing coverage to almost 90% of eligible women. Community resource persons (CRPs) will also be engaged to extend the program's reach.



MONTHLY HIGHLIGHTS:

- **NSER Surveys:** Accelerated surveys with 18 focal persons assigned from SHIFA districts, sharing daily attendance with WFP.
- **Training and Capacity Building:** NSER survey training for partners and distribution of additional tablets for survey facilitation.
- **UNICEF SBCC Training:** Conducted in Quetta, focusing on social mobilization, community sessions, and family MUAC practices.
- **Beneficiary Tracking:** Addressing inactive beneficiaries and ensuring protocol adherence.
- **NADRA Limitations:** Human resource constraints at NADRA, especially for beneficiaries needing B-Forms.

District Highlights:

Killa Saif Ullah:

- Coordination meetings with local officials and stakeholders to address health and registration challenges.

Jafferabad:

- Surprise visit by Minister of Health and coordination meetings to address space and coordination gaps.

Challenges & Solutions:

- **Due Compliance Issues:** High RED and YELLOW due compliance ratios, particularly in Jafferabad and Quetta, despite teams' efforts.

BENAZIR NASHONUMAPROGRAM BALUCHISTAN

Naseerabad:

- Coordination meeting with NADRA to address B-Form issuance delays and orientation sessions for staff to tackle field challenges.

SohbatPur:

- HR and M&E visits to assess progress and provide strategic guidance.
- Outreach activities to ensure universal coverage and achieve set targets despite extreme weather challenges.

Sherani:

- Coordination meetings with health and local government officials to address birth registration and cash point issues.

Quetta:

- UNWFP delegation visits to FC SKBZ and BMCH, resulting in productive discussions on data accuracy and operational protocols.

Zhob:

- Multiple coordination meetings to address ANC/PNC check-ups, cash issues, and birth certificate challenges.

Statistics for June 2024:

- **Beneficiaries Registered:** 2,359 new registrations.
- **Follow-ups:** 6,286 normal follow-ups.
- **TSFP Registrations:** 175.
- **OTP Registrations:** 48.
- **SAM/MAM Follow-ups:** 315.
- **Sessions Conducted:** 4,575 across various health and nutrition topics.



BENAZIR NASHONUMA PROGRAM SINDH

The Benazir Nashonuma Program (BNP) addresses the critical issue of child malnutrition in Pakistan, targeting vulnerable populations. With alarming statistics indicating high rates of stunting, underweight, and wasting among children, our program focuses on enhancing nutrition and health services utilization, particularly during the first 1,000 days of life. In collaboration with the World Food Programme (WFP), we have expanded our efforts across multiple districts to strengthen Reproductive, Maternal, Newborn, and Child Health (RMNCH) initiatives.

In June 2024, our teams made significant strides in achieving project milestones:

- Conducted community sessions and health facility outreach to engage beneficiaries.
- Implemented a special mobilization campaign targeting specific PMT score beneficiaries.
- Organized awareness seminars and coordination meetings with local stakeholders.
- Utilized various communication channels including radio broadcasts, handbills, and vehicle branding to disseminate key messages.



HIGHLIGHTS OF THE MONTH:

1. Submission of monthly reports.
 2. Field monitoring visits by all regional coordinators.
 3. On-the-job coaching sessions by provincial managers.
 4. Coordination meetings with district health officials and other stakeholders.
- Matiari: PBW - 576, Children - 61
 - Mirpurkhas: PBW - 355, Children - 64
 - NSF: PBW - 441, Children - 86
 - Sanghar: PBW - 803, Children - 143
 - SBA: PBW - 455, Children - 98
 - Shikarpur: PBW - 301, Children - 145
 - Tando Allahyar: PBW - 318, Children - 62

Monthly Coverage:

- Hyderabad: PBW - 507, Children - 178
- Jacobabad: PBW - 866, Children - 230
- Kashmore: PBW - 1582, Children - 301
- Tharparkar: PBW - 513, Children - 85
- Umerkot: PBW - 1321, Children - 144
- Karachi: PBW - 1194, Children - 496

BENAZIR NASHONUMAPROGRAM SINDH

Global Project Coverage:

- Registered 3,035 PBW out of targeted 4,140 (73.3%).
- Registered 572 children out of targeted 1,350 (42.3%).
- Distributed Supplementary Nutrition Food (SNF) to 9,031 beneficiaries.

Narrative Analysis: Despite challenges, including a brief Eid-ul-Adha break, our teams maintained strong momentum in registration and outreach efforts. We achieved significant progress in PBW registrations, reaching 119% of our revised targets. Children's registrations also showed positive growth, achieving 84% of the set target by the end of June 2024



COPCS | CENTRE OF PHILANTHROPY AND COMMUNITY SERVICES

Project's Summary:

Shifa Foundation was actively engaged in multiple activities throughout June 2024, aiming to serve and uplift communities through various initiatives.

Achievements of the Month:

June 2024 was marked by significant accomplishments:

1. Food Distribution in RWP/ISB and Jhelum: Shifa Foundation successfully carried out food distribution activities in Rawalpindi/Islamabad and Jhelum, ensuring essential supplies reached those in need.

2. Patient Assistance: In June, Shifa Foundation's patient treatment panel facilitated a total of 41 patients diagnosed with various diseases, providing them with the necessary medical assistance.



COPCS

HOSTS INFORMATIVE AUTISM AWARENESS SESSION FOR EMPLOYEES

Shifa Foundation recently organized an insightful autism awareness session for its employees.

The primary goal of this session was to educate our staff about autism, its signs and symptoms, and effective ways to support individuals with autism in the workplace.

During the session, employees engaged in interactive discussions and received practical tips on fostering an inclusive work environment. The training provided valuable insights into recognizing the diverse behaviors associated with autism and understanding the unique challenges faced by individuals on the autism spectrum.

By promoting understanding and acceptance, the session aimed to empower our employees to create a supportive and inclusive workplace. Attendees learned how to implement inclusive practices and accommodate the needs of colleagues with autism, thereby contributing to a more empathetic and productive work environment.

This initiative reflects Shifa Foundation's commitment to inclusivity and our ongoing efforts to raise awareness about autism. We believe that by educating our staff, we can foster a culture of understanding and support, ensuring that all employees feel valued and included.

Together, we are taking meaningful steps towards building a more inclusive community within Shifa Foundation and beyond.



SCOPE | SHIFA CENTRE OF PROFESSIONAL EXCELLENCE SCOPE



MONTHLY HIGHLIGHTS

Recognition, Evaluation, and Treatment of Neuromuscular Emergencies

Shifa Center of Professional Excellence (SCOPE) hosted a profound session on "Recognition, Evaluation, and Treatment of Neuromuscular Emergencies" featuring Dr. Sabeena Malik from the University of Toledo. Held on June 27, 2024, the event provided a comprehensive exploration of peripheral nervous system disorders, focusing on conditions like Guillain-Barré Syndrome (GBS) and Myasthenia Gravis (MG). Dr. Sabeena highlighted crucial aspects such as diagnosis challenges in ICU settings and strategies for managing acute neuromuscular respiratory failure. Her insightful case studies illustrated effective clinical approaches, emphasizing the importance of early intervention for improved patient outcomes.

Nutritional Management in Different Stages of Alzheimer's and Parkinson's Disease

Another insightful lecture at SCOPE featured Rammesha Alam, Senior Specialist Neurology and Cardiology Dietitian at Leeds General Infirmary, on "Nutritional Management in Different Stages of Alzheimer's and Parkinson's Disease" on June 7, 2024. Rammesha's expertise in stroke and neurology dietetics provided valuable insights into optimizing nutritional care for patients with progressive neurological conditions. She discussed tailored dietary interventions across different disease stages, emphasizing the role of dietitians in enhancing patient quality of life through personalized nutrition plans.

Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) Courses

Shifa LiST Center, an AHA Accredited International Training Center, conducted BLS and ACLS courses aimed at healthcare providers. These courses, designed to enhance Emergency Cardiovascular Care (ECC) and CPR skills, equipped participants with critical lifesaving techniques for administering immediate care during cardiac and pulmonary emergencies.

SCOPE | SHIFA CENTRE OF PROFESSIONAL EXCELLENCE SCOPE



INTEGRATED CMAM SAFETY NET PROJECT

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.



1. Overall Performance

The project has expanded to include cash grants for malnourished pregnant women (PWs) in the Targeted Supplementary Feeding Program (TSFP), marking significant progress. In May 2024, 6,882 beneficiaries were registered, and activities like screening and community mobilization continued to engage with local stakeholders effectively.

- **Screening at the Community Level**

Screening efforts covered all targeted children and PBWs, referring malnourished cases to appropriate sites for further

nutrition support.

- **Screening of Targeted Beneficiaries**

Focused screening efforts identified and categorized beneficiaries, ensuring appropriate referrals to specific feeding programs.

- **MIYCN Sessions**

Over 376 community-based sessions on MIYCN, Health, and Hygiene were conducted, reaching over 45,412 people.

- **Data About MWA, CiH Disbursement, Errors & Data on hold**

Lists of beneficiaries and disbursements were closely

INTEGRATED CMAM SAFETY NET PROJECT

monitored to ensure accuracy and efficacy.

- **Registration status of PWs for CBT**

6,882 malnourished PWs were registered for CBT, with a phased data sharing process ensuring smooth implementation.

- **Community Mobilization for nutrition activities**

Engaging local leaders and forming support groups remained crucial for community buy-in and sustained participation.

- **Social Behavior Change Communication**

Focused on mobilizing communities for better nutrition practices through targeted sessions and outreach efforts.

- **Cash Based Transfers (CBT)**

Provided financial flexibility to caregivers and PWs, enhancing their purchasing power and food security.

- **Project Progress Review Meetings**

Regular meetings ensured alignment and addressed challenges faced during implementation.

- **Challenges and Changes**

Navigated challenges such as heatwaves and CNIC-related issues, adapting processes for smoother operations.

- **Progress towards gender equality**

Efforts included gender-sensitive screenings and community engagements to ensure equal access and participation.

- **Vulnerable Individuals**

Prioritized vulnerable communities through comprehensive needs assessments and targeted interventions.

- **Implementing Partners**

Collaborated closely with WFP for fund management and program support.



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 in Flood-Affected Matiari, Sindh." This initiative aims to support families through financial aid, strengthen agricultural and livestock livelihoods, and promote kitchen gardening. It addresses food expenses, debt, and enhances agricultural outputs



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

KEY HIGHLIGHTS:

1. Monthly Review Meeting:

- District Coordinator Mr. Ahmed Nawaz led the meeting, covering district overview, project activities, achievements, challenges, and team experiences. Discussions included screening, nutrition sessions, and project management.

2. Government Coordination:

- Meetings with District Health Officers ensured support for project objectives and community welfare.

3. CARE Team Visit:

- Ms. Iffat monitored activities in Village Ghulam Shah Mari, reviewing MUAC screenings, nutrition sessions, and program records.

4. Manager's Meeting:

- Mr. Malik Zaheer-ud-Din emphasized fieldwork quality and data management in an online meeting.

Achievements:

- **MUAC Screening:** Children and women screenings recorded substantial participation.
- **SAM Identification:** Significant cases identified and addressed.
- **Nutritional Support:** Distribution of essential supplements like RUTF and IFA.

MUAC Screening of Under Two-Years Children

Children screening 06-23 months (Boys)152

Children screening 06-23 months (Girls)167

Children screening 24-59 months (Boys)342

Children screening 24-59 months (Girls)377

Identification of SAM Cases:

Identification of SAM cases 6-23 Months (Boys)130

Identification of SAM cases 24-59 Months (Boys)44

Identification of SAM cases 6-23 Months (Girls)186

Identification of SAM cases 24-59 Months (Girls)62

Screening

Screening of Pregnant Women 351

Screening of Lactating Women 300

IFA to Adolescent 369

Awareness Sessions 135

Distribution of Food Supplements

Number of RUTF distributed 81,180

Number of IFAs distributed 414,630

Assessment of Cash Grant & Kitchen Gardening 0

Way Forward:

Enhanced support for pregnant and lactating women and improved hygiene practices remains priorities for community development.

FLOOD RESPONSE

PROJECT BALOCHISTAN

Background & Synopsis: Baluchistan, Pakistan's largest province by land area, faces significant challenges including under-nutrition exacerbated by poverty. The region is vulnerable to recurring floods, impacting communities' health and livelihoods. Following heavy rains since April 2023, Baluchistan witnessed floods, causing casualties, damaging infrastructure, and exacerbating food insecurity and malnutrition, especially among children.

Project Implementation in Districts: Shifa Foundation, in collaboration with UNICEF, initiated a comprehensive response across key districts including Jaffarabad, Naseerabad, Sohbatpur, Quetta, Dera Bugti, Killa Saifullah, Zhob, and Loralai. A total of 187 dedicated staff members, including nutrition assistants and social mobilizers, are actively engaged in delivering life-saving nutrition services through mobile and static outpatient therapeutic programs.



ACHIEVEMENTS:

During the reporting period:

- Approximately **36,771** children aged **6 to 59 months** were screened for nutrition status.
- **1,255** severely acute malnourished (SAM) children were enrolled in mobile OTPs and provided essential nutrition supplements.
- **1,185** SAM children were successfully treated.
- **3,463** moderately acute malnourished (MAM) children received Multiple Micronutrient Supplementation (MMS) and IPC counseling sessions.
- **11,722** pregnant and lactating women received screenings and essential supplements.

Nutrition Commodities/Supplies

Distribution:

- **644** cartons of Ready-to-Use Therapeutic Food (RUTF)

- **8,536** boxes of Multi Micronutrient Supplements (MMS)
- **664,787** tablets of Iron and Folic Acid Supplements (IFA)

Challenges and Solutions: Challenges included connectivity issues affecting data entry and population displacement due to extreme weather conditions. Regular coordination meetings with stakeholders and monitoring visits ensured effective project management and adaptation to local challenges.

Conclusion: Through dedicated efforts and collaboration, Shifa Foundation and UNICEF continue to mitigate the impact of floods on vulnerable populations in Baluchistan, striving towards sustainable recovery and resilience

FLOOD RESPONSE

SINDH

Project overview:

Integrated Flood Response, Sindh is a comprehensive initiative aimed at addressing the devastating impact of floods in the districts of Mirpurkhas, Umerkot, Sanghar, Khairpur, and Tharparkar. This project is designed to provide immediate relief and long-term support to flood-affected communities, focusing on health, nutrition, shelter, and livelihood restoration. By leveraging local resources and fostering community resilience, Shifa Foundation is committed to rebuilding lives and enhancing the well-being of the most vulnerable populations in these regions.

Under Five Children

- **Children Screening:** 12,021
- **SAM Identified:** 1,323
- **SAM Admitted:** 1,147
- **NSC Refer:** 46
- **No. of children from 6-59 months reached and consumed multi-micronutrient powder (MNP) as per protocol:** 0
- **No. of Children Deworming:** 0

Pregnant and Lactating Women (PLW)

- **PLW Screening:** 5,548

- **PLW Identified:** 1,558
- **Distribution of IFA to PLW:** 805
- **Deworming to PLW:** 00
- **Distribution of IFA to Adolescent Girls:** 826
- **Deworming to Adolescent Girls:** 00
- **Sessions on Health/Nutrition/IYCF:** 449



IMPLEMENTATION OF THE MULTIPLE MICRONUTRIENT SUPPLEMENTATION (MMS) AS PART OF MATERNAL AND NEWBORN HEALTH AND NUTRITION SERVICES

Following are the key highlights from our Monthly MMS Project activities:

- 1. BHU Qadra Visit:** Our team visited BHU Qadra to deliver MMS supplies and conducted comprehensive monitoring and supervision to ensure the effective implementation of the program.
- 2. Warehouse Operations in Lahore:** A visit to our warehouse in Lahore facilitated the collection of old stock, which was subsequently dispatched to Mardan district, optimizing resource allocation.
- 3. RHC Tordher Engagement:** At RHC Tordher, we initiated our engagement with a

productive meeting with LHV's (Lady Health Visitors) to oversee the MMS program and distribute new supplies for the quarter.

- 4. Community Engagement at UC Gandaf:** We met with community leaders from UC Gandaf and UC Panjpir to strengthen local support and involvement in promoting the MMS program.
- 5. BKMC Shahamansor Coordination:** A coordination meeting was held at BKMC Shahamansor to address concerns about the low consumption of MMS, focusing on strategies to enhance program uptake and effectiveness.

- 6. BHU Dheri Zakarya Monitoring:** Monitoring and supervision activities were conducted at BHU Dheri Zakarya to ensure adherence to program protocols and maximize impact on community health.



- 7. BKMC Coordination Meeting:** Another coordination meeting with BKMC aimed at addressing challenges related to MMS consumption, fostering collaborative efforts for sustained program success.

These activities highlight our ongoing commitment to improving community health through the targeted delivery and meticulous oversight of MMS interventions



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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