

MONTHLY NEWSLETTER



In May 2025, Shifa Foundation set Pakistan aglow with hope, transforming lives through bold health, nutrition and empowerment programs. Across 36 districts, we wove a brighter future, fueling the Sustainable Development Goals to end hunger, boost health, ensure education, promote gender equality and forge powerful partnerships. Every step sparked change. Every life touched lit the way forward. This is our story of impact—and you're part of it.

Delivering Transformative Impact Through Programmatic Excellence and Sustainable Development Goals

The Programs Department at Shifa Foundation is the cornerstone of our mission to create a “Healthy World for All,” delivering high-impact interventions across health, nutrition, education, water, sanitation, and hygiene (WASH), food security and community development in all provinces of Pakistan.

Below are the individual highlights for each Shifa Foundation project in May 2025, showcasing their contributions to these goals.

Benazir Nashonuma Program (BNP) – Punjab (Funded by WFP)

In May 2024, the Shifa Foundation advanced its fight against malnutrition through the Benazir Nashonuma Program across 14 districts of Punjab. A supervisory visit by Shifa Foundation Head Office team and the WFP team to Rajanpur and Khanewal facility centers ensured strong oversight of reports and stock availability. The program enrolled 5,696 pregnant and lactating women and 643 children under two, distributed 94.687 MT of Mamta and 97.707 MT of Wawamum Specialized Nutritious Food, and graduated 3,438 beneficiaries. Additionally, 749 community awareness sessions on health, hygiene, and nutrition reached 21,192 individuals, predominantly women, reinforcing the Foundation's commitment to improving maternal and child health in collaboration with WFP, IRMNCH and BISP.





Benazir Nashonuma Program (BNP) – Sindh (Funded by WFP)

In May 2025, the Benazir Nashonuma Program (BNP), implemented by Shifa Foundation in partnership with the World Food Programme (WFP), made remarkable strides in combating stunting in Hyderabad and Karachi. Our eight mobile facilitation centers supported 4,061 beneficiaries, including 1,999 pregnant and breastfeeding women and 2,062 children aged 6–23 months, by distributing 22.776 metric tons of specialized nutritious food (SNF), surpassing our monthly target by 109.45%. This included Mumta for mothers and Wawa Mum for children, alongside 0.243 metric tons of RUTF for 45 severely malnourished children. Our teams, led by dedicated nutrition assistants, conducted follow-ups and registered 97 new children, while referring 622 beneficiaries to NADRA for B-form registration to enhance program access. Despite challenges in tracking beneficiaries in Karachi's informal settlements, our collaboration with WFP and MERF improved coverage from 83% to 109.45%. A standout success was Hanifa, a pregnant woman from Orangi Town, whose health improved significantly through BNP's nutritional support and counseling, showcasing the program's impact on maternal and child health.

Integrated Health Services Delivery to Educate and Lobby for Sustainable Immunization – Sindh (Funded by Gavi, the Vaccine Alliance)

In May 2025, Shifa Foundation laid critical groundwork for this immunization project targeting hesitant communities in nine Union Councils of Karachi East. Key preparatory steps included securing an NOC from the EPI directorate, aligning strategies with provincial and district EPI officials, and completing staff hiring. The Foundation collected zero-dose and defaulter data, adapted Union Council maps and developed a vaccine reach plan for 3,380 children aged 0-24 months, highlighting its dedication to enhancing immunization coverage through community engagement and coordination with health authorities.



Emergency Health Response in Selected Union Councils of Jamshoro – Sindh (Funded by UNICEF)

In May 2025, Shifa Foundation's Emergency Health Response initiative in Jamshoro addressed critical health needs in underserved Sindh communities. The project trained healthcare workers and community leaders in maternal, newborn, and child health (MNCH), distributed clean delivery and newborn kits to reduce mortality, and conducted health and hygiene awareness sessions to promote disease prevention. A notable success was the treatment of malnourished children like Saika, who transitioned from Severe Acute Malnutrition (SAM) to Moderate Acute Malnutrition (MAM). A strong referral system and nutrition education campaigns empowered vulnerable populations.

Reduction of Corporal Punishment in Schools: Evaluating Interaction Competencies with Children for Teachers (ICC-T) – Multiple Regions (Funded by Konstanz and Bielefeld Universities)

In May 2025, Shifa Foundation's ICC-T project improved children's mental health across 48 schools in Sindh, Punjab, Khyber Pakhtunkhwa, Azad Jammu and Kashmir, and Islamabad-Rural. The project completed CANVAS activities in Attock, assessed 40 students and 20 teachers in Gujar Khan (Rawalpindi) and collected 600 saliva and 195 ORAgene samples for stress biomarker analysis. Approval from the Khyber Pakhtunkhwa Education Department and a reflection meeting with Punjab research assistants advanced the Cluster Randomized Control Trial, promoting positive teacher-student interactions.



Integrated Services Delivery (ISD) – Karachi (Funded by UNICEF)

In May 2025, Shifa Foundation's ISD project in 15 polio high-risk Union Councils of Karachi advanced efforts against wild poliovirus type 1 using mobile health units (MHUs). The project provided outpatient department (OPD) care to 6,271 children under 5 and 4,139 individuals over 5, alongside antenatal care (ANC) to 1,787 women. The “Smajhdar Maa” campaign (May 26-30) empowered mothers across Karachi's East, West, Keamari, Central and Malir districts through sessions on immunization, hygiene, and nutrition, despite high temperatures. Key activities included UNICEF coordination, an IYCF refresher session and a visit by the Commissioner Karachi, boosting community trust.



IGNIT3 and Advancing Maternal Health through MMS & Implementation Research (AMMI) – Swabi, Khyber Pakhtunkhwa (Funded by Nutrition International)

In May 2025, Shifa Foundation's IGNIT3 and AMMI project in Swabi enhanced maternal health through multiple micronutrient supplementation (MMS). The MMS team conducted supportive supervision at health facilities like Bacha Khan Medical Complex, focusing on antenatal care (ANC) for pregnant adolescent women. The storage of 94,762 calendars at the Lady Health Workers' warehouse for ANC distribution was a key milestone. Formative research across eight Union Councils strengthened MMS and nutrition counseling, with monitoring by health officials ensuring protocol adherence.



MMS Scale-Up Project – Islamabad Rural, Lodhran, Battagram, Hattian (AJK), Nagar (Gilgit Baltistan) (Funded by Nutrition International)

In May 2025, Shifa Foundation's MMS Scale-Up Project distributed 8,317 bottles of Multiple Micronutrient Supplements (MMS), achieving a 20% utilization rate, with Gilgit Baltistan at 46%, to improve maternal and newborn health. A Provincial Technical Working Group meeting in Peshawar finalized MMS oversight terms, while field visits to RHC Thakot (Battagram) and RHC Chakoti (AJK) enhanced data reporting. Meetings with Hattian health authorities strengthened distribution, monitoring tools and stakeholder engagement supported progress toward reducing maternal anemia.

Social Protection Support Program for Adolescent Girls' Nutrition (SOPRAN) – Multiple Districts (Funded by Nutrition International)

In May 2025, Shifa Foundation's SOPRAN project enhanced adolescent girls' nutrition in Shaheed Benazirabad, Faisalabad, Swat, Quetta, Kotli, Skardu, and Islamabad. Despite school closures from May 7-12 due to regional tensions, WIFA supplementation resumed mid-month in 498 schools, addressing low attendance through counseling. District Technical Working Group meetings improved stakeholder coordination, and inaugural ceremonies marked WIFA tablet distribution. Technical support for wheat flour fortification in Islamabad, Kotli and Swat reinforced efforts to combat micronutrient deficiencies and empower girls as agents of change.



These impactful initiatives by Shifa Foundation in May 2025 demonstrate a steadfast commitment to addressing critical health, nutrition, and education challenges across Pakistan. By leveraging strategic partnerships with organizations like WFP, UNICEF, Gavi, Nutrition International and Konstanz and Bielefeld Universities, Shifa Foundation continues to deliver transformative outcomes for vulnerable populations, including mothers, children and adolescent girls. Through innovative approaches, strong community engagement, and evidence-based interventions, Shifa Foundation is advancing sustainable development goals, fostering healthier communities, and paving the way for a brighter, more equitable future for all Pakistanis.

Shifa Center of Professional Excellence (SCOPE)

Elevating Healthcare Through Knowledge and Innovation

In May 2025, Shifa Center of Professional Excellence (SCOPE) advanced its mission to elevate healthcare education and research under the Shifa Foundation's umbrella. Our Continuing Medical Education (CME) program delivered 33 sessions, engaging 603 healthcare professionals across 35 departments through Clinico Pathological Conferences, Grand Rounds, Journal Clubs, and Multidisciplinary Tumor Boards, fostering continuous learning and patient care excellence. SCOPE hosted a two-day hands-on workshop, "The Pathology of Frozen Section: Interpretations and Implications 2.0," in collaboration with the Histopathology Department, equipping participants with critical diagnostic skills. The 6th Cardiovascular Renal Metabolic Conference drew over 150 attendees, featuring keynote lectures and discussions on innovative therapies like SGLT2 inhibitors and interdisciplinary care models. Our Life Support Training Center trained 45 participants in Basic Life Support (BLS) and 14 in Advanced Cardiovascular Life Support (ACLS), enhancing emergency care capabilities. The Research & Ethics department advanced six clinical trials, recruiting over 150 subjects in areas such as orthopedics, stroke, and oncology. Additionally, SCOPE's Training & Development program shone with a 3-hour workshop on psychosis and spirituality for over 65 mental health professionals and a 12-week Pediatric Specialty Course, strengthening family-centered care. Partnerships with organizations like the Pakistan Association of Cognitive Therapy and Pakistan Hip and Knee Society amplified our impact.

Thank you for supporting SCOPE's transformative work in healthcare education and research!



Center of Philanthropy and Community Services (COPCS)

Empowering Communities, Healing Lives

In May 2025, our Center of Philanthropy and Community Services (COPCS) shone as a beacon of hope, supporting 54 patients at Shifa International Hospital (SIH), including 38 under restricted accounts and 16 referred/protocol patients, through seamless assessments and coordination. Our collaboration with the Shifa Liver Care Unit enhanced patient care, ensuring those in need received critical support. Fundraising efforts thrived, with generous contributions from donation boxes, restricted accounts, and general donors, managed transparently through regular inspections of 254 donation boxes, updated stickers, and diligent financial reconciliation. In the field, we distributed 31 food packages in Jhelum to bolster food security and placed promotional materials at SIH counters for greater visibility. Our World Hypertension Day Walk, in partnership with SIH Cardiology and Hilton Pharma, raised vital awareness about prevention and early diagnosis. COPCS strengthened community ties by updating the ICCI database, visiting over eight pharmaceutical companies to foster partnerships, and securing a draft MOU with the Rawalpindi Rotary Club for medical camps and donation box placements. We also pledged financial aid for deserving students at KIPS College, gaining their support for an upcoming fundraising campaign.

Thank you for supporting COPCS's mission to deliver equitable healthcare and community services!



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