

NEWSLETTER

VOLUME Q2 (APRIL – JUNE 2026)

Nurturing Health, Empowering Communities & Advancing Maternal-Child Nutrition

Q2 2026



Nurturing Health Across Communities:

Welcome to the Q2 2026 edition of the Shifa Foundation Quarterly Newsletter. The second quarter of 2026 has been marked by significant progress, strategic coordination, and impactful field-level interventions across our public health, nutrition, mental health, child protection, and environmental safety initiatives.

Shifa Foundation continues to stand at the forefront of community empowerment and health security in Pakistan. This is demonstrated through our flagship implementation of the Benazir Nashonuma Program (BNP) across Punjab and Sindh, the Multiple Micronutrient Supplementation (MMS) Scale-Up Project, the Integrated Service Delivery (ISD) Partnership with UNICEF, and pioneering projects like the Depression Management Project in Battagram and the LEAP Lead Exposure Assessment in Rawalpindi.

From high-level consultative summits in Lahore and Karachi with international donors (UNICEF, WFP, WHO) to hands-on monitoring visits in Sialkot, Pasrur, Lodhran, Jhelum Valley (AJK), Nagar, Swabi, Haripur, and Karachi, our dedicated teams are ensuring that quality health services, essential supplements, and preventive knowledge reach every deserving mother, child, and family. Simultaneously, our public health media campaigns on national television have championed inclusion and awareness for World Autism Day and World Health Day. We invite you to explore our comprehensive quarterly achievements.

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Strategic Milestones & High-Level Policy Engagement

STRATEGIC REVIEW

BNP Punjab Annual Review Meeting Reaffirms Multi-Stakeholder Commitment to Maternal-Child Nutrition

Shifa Foundation hosted the high-profile Annual Review Meeting of the Benazir Nashonuma Program (BNP) Punjab in Lahore. The benchmark summit brought together key leadership and representatives from the Benazir Income Support Programme (BISP), the Health Department, Integrated Maternal, Neonatal & Child Health (MNHC), World Food Programme (WFP), UNICEF, World Health Organization (WHO), local government administration, and frontline field staff.

The meeting was graced by distinguished dignitaries including Mr. Haider Murtaza (Director General, BISP Punjab), Dr. Pervaiz Iqbal (Programme Director, MNHC), Dr. Farrukh Amin (Additional PD, MNHC), Dr. Amara Khan (Head of Province Punjab, WFP), Ms. Najma Ayub (UNICEF Punjab), and Dr. Nazish (WHO). During the review sessions, stakeholders analyzed service delivery achievements, field-level data indicators, and quality assurance benchmarks. The conference concluded with a unanimous reaffirmation of collective commitment from all institutional partners to further strengthen specialized nutrition services, enhance program operational quality, and ensure improved health outcomes for pregnant and lactating women (PLW) and children under two years of age across all targeted districts in Punjab.



MEETING AT A GLANCE

100+

Participants

12+

Districts Represented

6

Key Partners

POLICY ADVANCEMENT

MMS Scale-Up Project: Establishment of Technical Working Group Sub-Committee at DG Health Office

A major institutional milestone for maternal healthcare policy was marked by the formal establishment of a specialized Provincial Sub-Committee under the Technical Working Group (TWG) at the Office of the Director General Health Services in Lahore. Formed under the Multiple Micronutrient Supplementation (MMS) Scale-Up Project, this sub-committee serves as a centralized body to streamline inter-agency coordination, resolve operational bottlenecks, monitor distribution logistics, and accelerate the transition from traditional iron-folic acid (IFA) tablets to comprehensive MMS formulations for expectant mothers.



SUB-COMMITTEE FOCUS AREAS

01

 Inter-Agency
Coordination

02

 Operational
Bottleneck
Resolution

03

 Distribution
Logistics
Monitoring

04

 MMS Adoption
Acceleration

Partnership in action:
BISP • MNHC • WFP • UNICEF • WHO

Field Operations, Quality Assurance & Monitoring Drives

Sialkot • Pasur • Lodhran • Jhelum Valley (AJK) • Islamabad • Nagar

Provincial Leadership Conducts Field Monitoring and Compliance Audit in Sialkot & Pasur



Shifa Foundation's provincial leadership team comprising of Mr. Amir Ali (Provincial Manager), Dr. Ameer-ud-Din Chauhan (Team Lead), and Mr. Kaleem-ur-Rehman (Head of Compliance) conducted an intensive field monitoring and compliance audit across District Sialkot. The delegation inspected operational workflows at Imam Bibi Hospital Sialkot and the BNP Facilitation Center at Tehsil Headquarter Hospital (THQ) Hospital Pasur.

During the visit, the executive team held detailed administrative meetings with Dr. Aslam Chaudhary (CEO Health Sialkot) and Dr. Rahat Hussain (Medical Superintendent, THQ Pasur). Key operational areas evaluated included Antenatal Care (ANC) and Postnatal Care (PNC) registration records, beneficiary follow-up tracking systems, and field distribution protocols. The visit concluded with consensus on refined monthly targets and actionable coordination steps to elevate healthcare delivery standards.

Strengthening District Coordination: MMS Scale-Up Advances in Lodhran, AJK, Islamabad & Nagar



Health Administration Compliance Meeting: Senior leadership met with Dr. Tariq (CEO Health), Dr. Zahil Randhawa (Additional Principal Medical Officer), and Dr. Syed Naveed Haidar to align operational standards and compliance protocols.



Lodhran Field Verification: MMS project teams conducted physical field verifications of supply chains and distribution inventories to ensure uninterrupted availability of micronutrient supplements.



Jhelum Valley, AJK Review: A joint review and planning session was conducted with Lady Health Supervisors (LHS) and Lady Health Workers (LHWs) to streamline enrolment and distribution progress.



Basic Health Unit (BHU) Bhukar Consultative Workshop: Hosted an LHWL/HWW review meeting and consultative workshop in Islamabad to refine implementation strategies, costing, and stakeholder coordination.



District Health Office Nagar Recognition: Conducted a joint LHS/LHW planning meeting at District Health Unit (DHU) Office Nagar, including the distribution of appreciation certificates to district health staff for exceptional service.



Quality assurance



Field verification



District coordination



Benazir Nashonuma Program (BNP) Sindh: Regional Expansion & Community Impact

PROGRAM IMPACT – APRIL 2025


24.7 MT

SNF distributed


23.58 MT

monthly target


4,925

PLW and children reached


58

children with SAM referred


26.453 MT

SNF distributed


111.9

of monthly target


2,041

pregnant women enrolled


439

MMS bottles facilitated

01

BNP Sindh Partners Monthly Review Meeting Chaired by DG BISP



Shifa Foundation's BNP Sindh team participated in the Partners Monthly Review Meeting chaired by the Director General, BISP, alongside the World Food Programme and other BNP partners, reviewing operational progress across the Karachi and Hyderabad Family Centres. The teams reported an outstanding April performance, distributing 24.7 MT of Specialized Nutritious Food (SNF) against a monthly target of 23.58 MT and reaching close to 4,925 pregnant and lactating women and children under two years of age, in addition to referring 58 children suffering from severe acute malnutrition (SAM) for therapeutic food support.

02

Three District-Level Seminars Put Maternal Nutrition in the Spotlight



BNP Sindh closed out the quarter with three district-level awareness seminars held in partnership with the World Food Programme at Tehsil Municipal Corporation (TMC) Lyari in Karachi, the Mayor Hyderabad Office, and the Community Hall in Manghopir, West Karachi. The seminars brought together local government representatives, BISP officials, district health officers, health professionals, media, religious scholars, and community leaders to raise awareness on maternal and child nutrition, stunting prevention, and Benazir Nashonuma Programme services, with commemorative shields presented to key stakeholders. The month closed with the Karachi and Hyderabad teams distributing 26.453 MT of Specialized Nutritious Food (111.9% of the monthly target), enrolling 2,041 pregnant women, and facilitating 439 bottles of MMS tablets to eligible beneficiaries.

Karachi • Hyderabad • Lyari • Manghopir

Integrated Service Delivery (ISD) Program: UNICEF Partnership in Karachi

1 High-Level UNICEF and Government Delegations Tour ISD Sites in Karachi



A UNICEF delegation comprising the Chief Health Officer, the MNCH Manager, and UNICEF Karachi representatives visited UC-5 Songal, Gadap, for a briefing on integrated health, nutrition, WASH, RO plant, and Mobile Health Unit (MHU) services. Assistant Commissioner Gadap also separately toured the MHU site. UNICEF delegation returned for a Focus Group Discussion at the MHU and MCH Center, and a high-level UNICEF Pakistan delegation conducted a comprehensive field visit. Separately, a joint Early Childhood Development (ECD) monitoring visit reviewed the Play Learning Lab (PLL) in Thatta, supporting the establishment of 15 PLLs across target areas.

2 Shifa Foundation Mounts City-Wide Push for fIPV Booster Dose Campaign



Shifa Foundation supported the fractional Inactivated Polio Vaccine (fIPV) Booster Dose Campaign across Karachi, deploying 7 mobile vaccination vans and 5 Mobile Health Units in collaboration with PEOC, UNICEF, WHO, EPI, and district health authorities. Over the 12-day campaign, teams visited 427 spots across all seven districts of Karachi, vaccinating 13,424 children with OPV and 12,668 with fIPV. Campaign preparations included a training session for the Beggars Vaccination Initiative on 8 May at the DHO Central Office, facilitated by WHO Provincial Trainers and Shifa Foundation staff.

3 High-Level Observer Delegations Tour Campaign Sites



The fIPV campaign drew high-level international observers to ISD sites across Karachi, including UNICEF Team Lead Dr. Jorge (Nazimabad #7 and District Central), a UNICEF delegation at the Teen Hatti beggars' vaccination site, UNICEF Health Specialist Dr. Shehla (GD Islamia Colony), District Health Officer Malir Dr. Imdad Channa, Ms. Maria May of the Bill & Melinda Gates Foundation (Gujro MHU), UNICEF District Team Lead Dr. Azeem Khwaja (Gulshan-e-Shamim, Gulberg Town), and WHO District Polio Officer Dr. Farhan.



**IMPACT
AT A GLANCE**



7
vaccination vans



5
MHUs



427
spots



13,424
OPV



12,668
fIPV



15
PLLs



Child-Friendly Cities Initiative (CFCI) & Safeguarding Advances in District West

ISD convened a stakeholders' consultation under the Child Friendly Cities/Communities Initiative (CFCI) at the DC Office in District West, chaired by the Additional Deputy Commissioner-I, with UC representatives, district departments, and UNICEF sector leads committing to baseline surveys and multi-sectoral collaboration. The month also brought a refresher training for field staff on Child Protection, Gender-Based Violence (GBV), and Prevention of Sexual Exploitation, Abuse and Harassment (PSEAH), alongside International Day of Play and Parenting Month activities.

Specialized Health, Child Protection & Community Advocacy

1

Depression Management Project: Capacity Building in Battagram



Supported by the Neurotorium/Lundbeck Foundation, Shifa Foundation held specialized capacity-building sessions at DHQ Hospital Battagram on. Led by Professor Dr. Abdul Wahab Yousafzai and Dr. Rabia Asghar of Shifa International Hospital Islamabad, alongside Dr. Nighat Jamal of Ayub Medical College, the sessions trained 17 doctors and 17 paramedical staff on the diagnosis, management, counseling, and referral of patients with depression and maternal mental health conditions during pregnancy and postpartum. The training was expanded to facility-based paramedical staff (nurses and technicians) at DHQ Hospital Battagram, covering early identification and basic psychosocial support. Simultaneously, Shifa Foundation convened a Focus Group Discussion with local leaders and community members to evaluate public perceptions of mental health and reduce social stigma.

2

ICC-T Project: Reducing Corporal Punishment in Schools



Under the Interaction Competencies with Children for Teachers (ICC-T) intervention a cluster randomized controlled trial aimed at eliminating corporal punishment Shifa Foundation trained 76 teachers across male and female schools in District Haripur, followed by 51 additional teachers. The program officially expanded to District Peshawar in May, training 26 teachers at a male target school in non-violent classroom interaction techniques. Comprehensive baseline and follow-up assessments were conducted in Abbottabad (71 interviews), Sukkur (234 assessments), Khairpur (140 assessments), and Islamabad (30 interviews).

3

Multiple Micronutrient Supplements (MMS) IGNIT3: Increase Gains in Nutrition by Integration, Education, Evaluation & Empowerment MMS IGNIT3, LEAP & Inclusion Highlights



Funded by Global Affairs Canada under the IGNIT3 Project, Swabi district MMS teams conducted supportive supervision across BHU Lahore East, THQ Lahore, BHU Dheri Zakarya, BHU Fazal Abad, DHQ Swabi, and Bacha Khan Medical Complex during April 2026, facilitating the distribution of 2,635 MMS bottles to pregnant women. 34 healthcare professionals completed a 4-day Training of Trainers (ToT) on Hygiene Behavior Change organized by IRSP and WaterAid, focusing on infection prevention, hand hygiene, and safe water management.



HUMAN INTEREST CASE STUDY:

ISD Karachi Field Milestones in SAM Recovery & First Vaccine

In UC-7 Keamari Baldia, community health outreach identified two vulnerable 18-month-old girls whose stories reflect the impact of integrated community health work.

The first child was enrolled as a case of Severe Acute Malnutrition (SAM) after being identified through community outreach. Over the course of treatment and follow-up, her Mid-Upper Arm Circumference (MUAC) a key indicator of nutritional status rose from 11.2 cm to 12.5 cm, moving her out of the danger zone and toward healthy nutritional status.

Separately, a zero-dose child from a marginalized community meaning she had never received a single vaccine was identified during outreach by a mobile health unit. After counselling with her family, she received her very first vaccine dose.

Together, these two cases capture what integrated community health is meant to achieve: reaching children who would otherwise be missed, whether the gap is in nutrition or immunization, and closing it before it becomes a lasting harm.



Reaching zero-dose children and restoring malnourished infants is the heart of integrated community health.



Community Engagement, Inclusion & Public Health Advocacy

1 International Women's Day Celebrated at THQ Hospital Malkwal



THQ Hospital Malkwal hosted a dignified ceremony organized by BNP Punjab to honor women's vital contributions to healthcare, community development, and social progress. The event was graced by Chief Guest Ms. Ghazala Yasmeen Chadhar (Assistant Commissioner Malkwal), alongside Mr. Ashfaq (Assistant Director, BISP), Dr. Nasir Waqar (MS, THQ Malkwal), Madam Abida Naseem (Principal, Government Women College), senior gynecologists, nursing leads, and administrative staff. Key speakers emphasized female empowerment, maternal health rights, and the indispensable role of female healthcare workers.

2 National Media Outreach: Driving Inclusion on World Autism Day & World Health Day



In observance of World Autism Day (April 2) and World Health Day, Shifa Foundation led nationwide awareness drives across prime-time television platforms. On PTV World's flagship morning show, 'World This Morning', Dr. Nosheen Kazmi of Shifa International Hospital shared expert insights on early autism identification, neurodevelopmental support, and dismantling social stigmas. In a subsequent appearance on Kay2 TV, Dr. Kazmi reinforced the World Health Day global slogan, 'Together for health. Stand with science,' highlighting evidence-based healthcare approaches and community-led inclusive support systems.

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