



VITAL PAKISTAN TRUST

Vaccines and Other Initiatives to Advance Lives

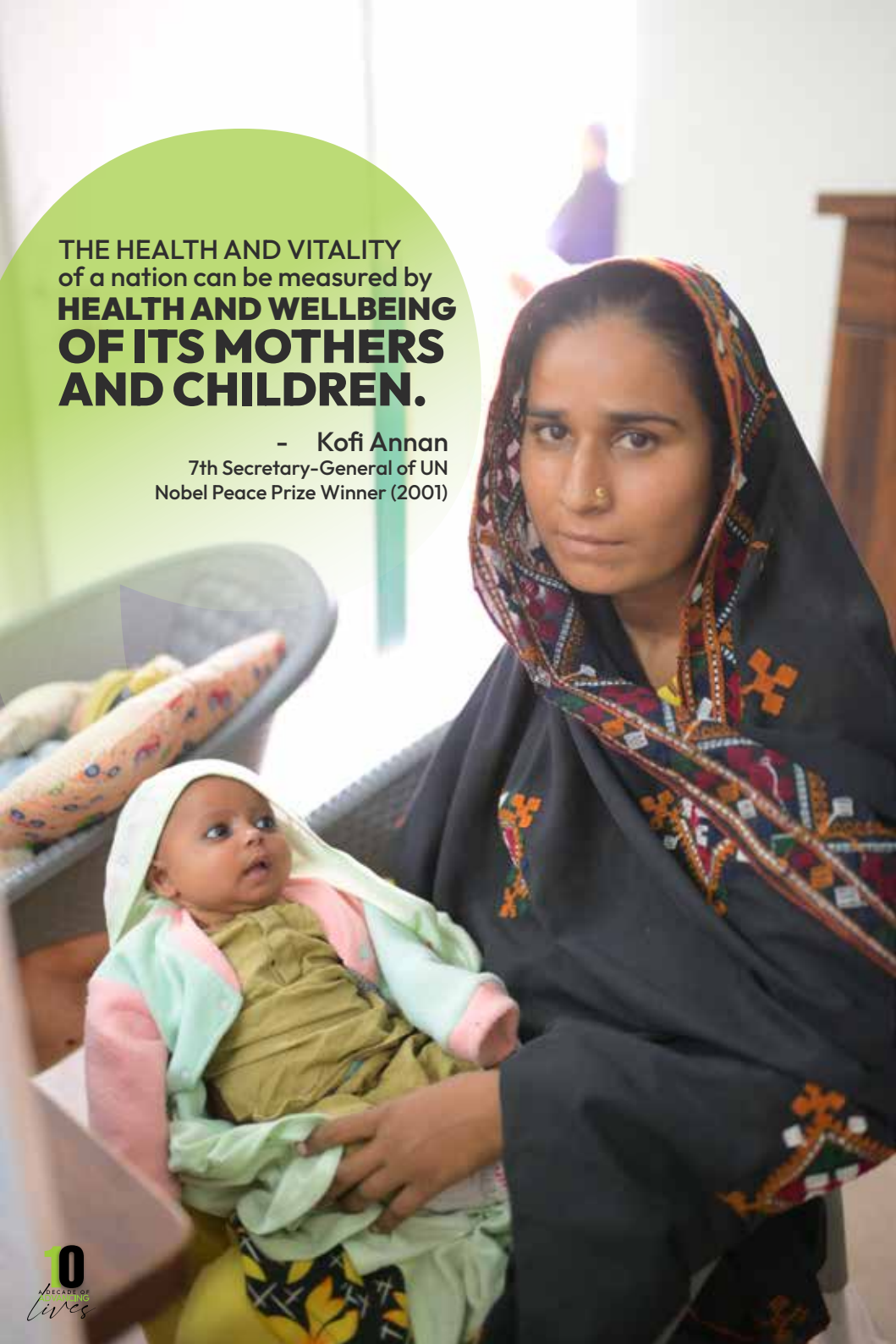
10

A DECADE OF  
ADVANCING

*Lives*

# A DECADE OF IMPACT: VITAL PAKISTAN TRUST'S JOURNEY



A woman wearing a black shawl with colorful floral embroidery is holding a baby. The baby is wearing a green and pink outfit. The woman has a serious expression and is looking directly at the camera. The background is slightly blurred, showing an indoor setting with a window and a person in the distance.

THE HEALTH AND VITALITY  
of a nation can be measured by  
**HEALTH AND WELLBEING  
OF ITS MOTHERS  
AND CHILDREN.**

- Kofi Annan  
7th Secretary-General of UN  
Nobel Peace Prize Winner (2001)



Message from  
the Chairman  
**Dr. Imran Nisar**

Congratulations to the VITAL family on its 10-year anniversary! From humble beginnings in 2013, we've grown to 45+ locations, showing our commitment to accessible healthcare. This anniversary marks the unwavering dedication, resilience, and passion of the VITAL family for improving women and children's health. Despite numerous challenges, our determination and unity will continue making a difference. Thanks to every member of the VITAL family. Let's build a brighter, healthier future together!

Message from  
the CEO  
**Akbar Rajani**



As the CEO overseeing operations at VITAL Pakistan Trust, I'm honored to reflect on our remarkable journey. Over the past decade, we've achieved significant milestones.

One of our proudest accomplishments has been our ability to identify and address gaps in healthcare accessibility. By extending our reach to underserved communities, we've ensured vital services reach those most in need, particularly women and children.

I extend my heartfelt thanks to all who've contributed to our success. Your dedication has been invaluable, and together, we'll continue making a meaningful impact on the lives of those we serve. Moving forward, we will soon expand our services beyond Karachi, reaching more communities and making an even bigger impact.

# OUR STC

In 2013, Dr. Anita Zaidi, Former Chairperson, Department of Paediatric & Child Health, AKU won the inaugural \$1M Caplow Children's Prize - world's largest humanitarian award. She triumphed over 550 entries from all over the world, including those from major organizations. This led to the launch of VITAL Pakistan Trust.

Our journey began in Rehri Goth, a centuries-old fishing community on Karachi's outskirts, responding to staggering health statistics of 11% under-5 child mortality due to poverty and limited medical access. The neighborhood houses a multi-ethnic population of around 42,980 people.



# DRY

Expanding from Rehri Goth, VITAL Pakistan Trust now operates in more than 45+ sites across Karachi, providing integrated healthcare services to mothers and children. Over the years, our impact has been significant: between 2013 and 2018, there was a remarkable 48% reduction in under-5 mortality and an impressive 53% decrease in neonatal mortality, signifying substantial progress in improving health indicators for this marginalized community.

As we continue to expand our footprint and make our impact upon the women and children who need it most, so do our services, our workforce, our patient base and the lives we save on a daily basis.



# VITAL Presence In REHRI GOTH

Highlights from our very first  
clinic at Rehri Goth.





**Ribbon cutting-  
Inauguration of Rehri Goth**



**Family from Rehri Goth**



**Guests arriving at  
opening ceremony**



**Clinic at Rehri Goth**



**Clinic at Rehri Goth**



**Opening Ceremony**

# Our Services

# 1.



## Antenatal and Postnatal Care

Care during pregnancy which includes OPD visits, ultrasounds, screenings, delivery, postpartum care, and counselling.

# 2.

## Child OPD

Services include physical examinations, diagnosis, and treatment of illnesses, including growth and development assessments, and counselling.





# 3.

## Immunizations

Vaccines protect kids from 12 illnesses, such as TB, measles, mumps, rubella, polio, flu, typhoid, diarrhea, diphtheria, pertussis, tetanus, & hepatitis, at specific ages.



# 4.

## Nutrition

Malnutrition treatment typically involves dietary modifications, supplementation, and education on healthy eating habits.



# 5.

## Family Planning

Services include providing modern contraceptives (Short term and Long-term methods) and counselling services.





# News from the Past

**The New York Times**

## \$1 Million Prize for Pakistani Pediatrician

By [Anita Zaidi](#)



By [Donald S. McNeil Jr.](#)  
Dec. 26, 2015

The first \$1 million [Caplow Children's Prize](#) was won by a Pakistani pediatrician who [hopes to save hundreds of newborns](#) in one Karachi neighborhood.

**DEAN HARVARD T.H. CHAN** SCHOOL OF PUBLIC HEALTH

## Alumna Anita Zaidi awarded \$1 million to save children's lives in Pakistan village

Pakistani physician Anita Zaidi, MD '95, has won the first-ever \$1 million Caplow Children's Prize, the largest humanitarian prize awarded to a woman for saving children's lives. Zaidi's project — based on an ongoing child mortality reduction pilot, an improved midwifery village in southern Pakistan — was one of more than 50 projects submitted from around the world.

Zaidi was awarded the Department of Pediatrics and Child Health at Karolinska Institute's honor. Zaidi plans to use the prize money to help establish a midwifery training center during the first 28 days of life, before children get most infections. Currently, one out of every 11 babies in the village dies in the



**Medical Xpress** Topics Conditions Week's top Latest

Home / Other

DECEMBER 11, 2015

## Pakistani doctor wins \$1M to fight child deaths

By [Rebecca Derman](#)



Pakistani doctor Anita Zaidi, center, who heads the pediatrics department at the Aga Khan U...  
A Pakistani doctor won a \$1 million grant on Tuesday to fight early child mortality in a small fishing village in southern Pakistan in a contest financed by an American entrepreneur to find innovative ways to save lives, The Caplow Children's Prize said.

# Client Success Stories: A Glimpse of Today



## Sughra's Story

From Rehri Goth

Sughra, a resilient young woman was at a crossroad shaped by economic hardships. Sughra had an 8-year-old son, a 2-year-old daughter and was pregnant with her third child. Her husband did not support her, spending all the money he would earn, on alcohol consumption. Sughra had already faced the heart-wrenching decision to give up her second child due to the harsh grip of poverty. VITAL's commitment to fostering a community of care and understanding became a lifeline for Sughra. With proper counselling and family planning advice from the staff at VITAL, and an offer to work at the clinic as a helper, VITAL stood as a testament to the transformative impact of support systems on the lives of those facing the most challenging circumstances.



## Maryam's Story

From Songal

Maryam Parvez, a devoted homemaker, recently welcomed her sixth child at Songal hospital, an experience made exceptional by VITAL Pakistan Trust's outstanding services. Initially apprehensive about hospitals, as all her previous children were delivered at home, her fears dissolved with VITAL's extraordinary care, that ensured every aspect of her well-being was taken care of. Cradling her nine-month-old son, Maryam said she felt as she was holding a piece of heaven in her arms, a testament to VITAL and the hospital's exceptional care. Their dedication not only addressed medical needs but also provided unwavering support and comfort to her family.

# VITAL's Progress

CAPLOW Children's Prize awarded to  
Dr. Anita Zaidi.

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VITAL Pakistan Trust was established.

2013

NTN Certificate Registration received.  
Employee Old Age Benefits  
certification received.

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MOU with Aga Khan University (AKU)  
for "Developing Infrastructure for  
Maternal & Child Health in Rehri Goth

2014

Signed an agreement with  
Koochi Goth Hospital

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Signed an agreement with Aman Ambulance  
Services to transport women for deliveries  
from Rehri Goth to Koochi Goth Hospital.

2015

Grant received for "Quantitative  
Research of Perinatal Deaths".

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Signed an MOU with Hussaini Blood Bank.  
Grant received for "Journey through  
Childbirth & Newborn Survival"

2016

"Project covering protocol of  
undernutrition maternal and perinatal  
trials (MAMTA Project)".

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Grant received for "Nutritional Support  
for Pregnant & Lactating Women to  
Improve Birth & Growth Outcomes."

2017

Pakistan Centre for Philanthropy (PCP)  
certification received.

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Signed an agreement with World Health  
Organization for the immunization of  
children in the urban slums of Karachi.

2018

# Over the Years

**Tax Exemption Certificate** received from FBR.

2019

Signed an agreement with **SINA Health, Education & Welfare Trust** to provide services at their clinics.

Received "**Planning Grant for Innovation in Nutrition Integration in Pakistan**"

2020

Grant received for "**ANC Research Collective (ARC) for Vital Pakistan Platform Expansion.**"

Grant received for "**Enteric Pathogen Control in Karachi**" (Immunization).

2020

Grant received for **Karachi Integrated Digital Health Research Platform (IRP)**

Signed an MOU for **Expanded Program on Immunization (EPI) & SINA**

Agreement with **ULPHAT** Welfare Organization to set up health camps.

2021

MOU with **SIUT** for "**Identifying Barriers and Enablers for Enhanced Vaccination Uptake.**"

2022

Grant accepted for "**Data driven insights into Family Planning services in Karachi.**"

Grant accepted for "**Developing a Vulnerability Segmentation for Pakistan.**"

2023

Grant received from **UNICEF**- "**Integrated Services in UC Songal & Manghopir.**"

Signed MOU with **Population Welfare Department** for Family Planning services to all provincial secondary and tertiary care hospitals in Sindh.

2023

2024

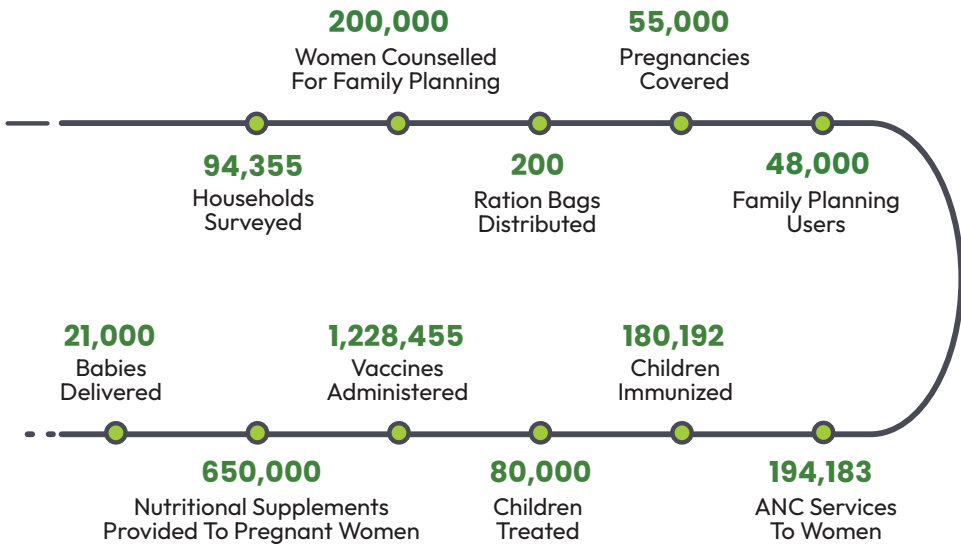
Plans to expand to different areas in Sindh and beyond.





# Achievements

Significant achievements from our inaugural clinic at Rehri Goth reflect the considerable progress VITAL Pakistan Trust has made in enhancing healthcare facilities for the underprivileged.

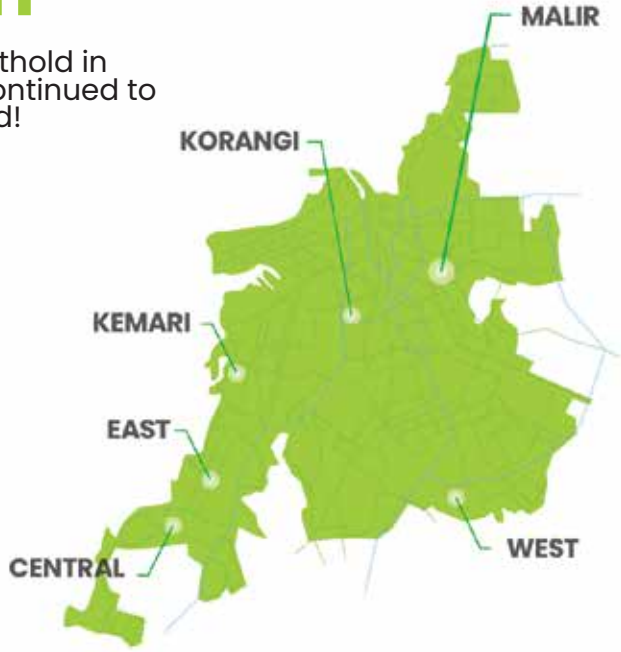


\*All numbers are till 2023



# Regional Insight

With just one foothold in  
Rehri Goth, we continued to  
grow and expand!



## Korangi

Ali Akbar Shah  
Bilal Colony  
Ittehad Colony  
Mehran Town

## East

Hassan Noman Colony  
Hingora Goth  
Jamali Goth  
Machar Colony Gujro  
Qayummabad - KGH  
Saidad Goth  
Sukhiya Goth  
Yousuf Sahab Goth

## Central

Paposh Graveyard  
Zareena Colony

## Malir

Ali Muhammad Jokhiyo  
Bhains Colony  
Bhitataiabad Airport  
ED - Bilal Colony  
ED - Gulshan e Bunair  
Ghaggar Patak  
Ibrahim Hyderi  
Jumma Goth  
Majeed Colony Metroville 2  
Rehri Goth  
RHC Rahri Goth  
Saleh Muhammad Goth  
Sharaafi Goth  
Sherpao Colony Lalaabad  
Tameer e Millat  
Yousuf Arfani Goth

## Kemari

Kokan Colony  
Machar Colony  
Mewashah  
Moach Goth  
SGD - Ittehad Town Block D  
SGD - Muhammad Khan Ittehad Town  
Shireen Jinnah Sultan Abad  
SINA - Muhammad Khan Colony

## West

Chishti Nagar  
ED Islamia  
Islamia Colony  
KGH 3-Taiser Town  
Khair Muhammad Goth  
Khairabad Behar Colony  
Pashtoonabad  
RHC Manghopir  
SINA Islamia Colony  
Yousuf Goth 4K



# Our Partners, Collaborators and Donors



We would like to thank our partners in their unwavering support in advancing lives!



# 10

A DECADE OF  
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## Ways to Donate

### From Pakistan & Globally

#### Cross-cheque Or Pay Order

Account title: VITAL Pakistan Trust

#### Call for Pick-up Service for Karachi Only

0304-8245165 | 0302-8240100

#### Online Transfer

##### For Zakat

Bank name: **Bank Al Habib**

IBAN No: PK36BAHL5001008102618201



#### Scan to Donate

##### For Donations

Bank name: **Bank Al Habib**

IBAN: PK74BAHL1262007102254802

Bank name: **Bank Alfalah**

IBAN: PK12ALFH0670001008069464

### From USA

Zakat donations can be sent to VITAL Pakistan Trust through the i-Care Fund America Inc., which is a 501(c)(3) tax exempt organization in USA. Receipts can be used to claim tax exemption from the IRS.

#### Donate from USA

[i-care-america.org/charity/vital-pakistan-trust/donate](http://i-care-america.org/charity/vital-pakistan-trust/donate)

### Contact Us

- 0304-8245165
- [giving@vitalpakistantrust.org](mailto:giving@vitalpakistantrust.org)
- [vitalpakistantrust.org](http://vitalpakistantrust.org)
- 9th Floor Al-Tijarah Centre, 32-1-A  
Shahrah-e-Faisal, Block 6 PECHS,  
Karachi, Sindh 74000

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Shariah Compliant Zakat Collection and Spending