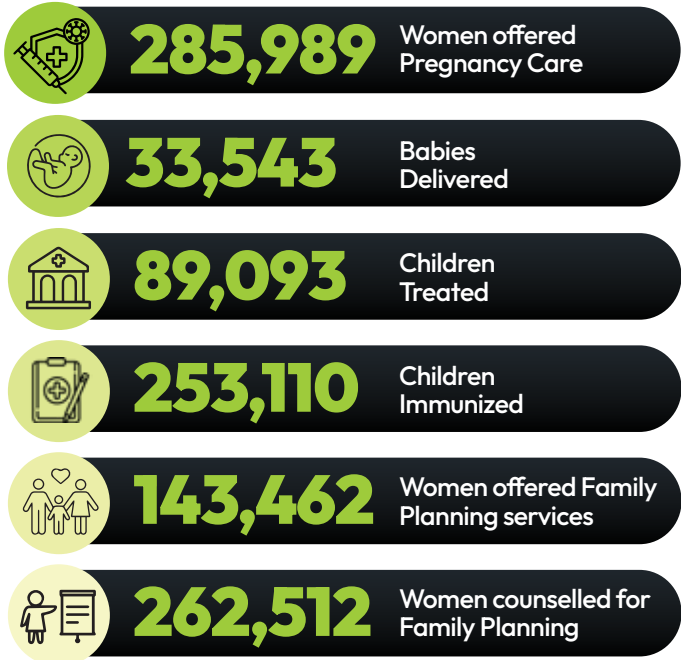




# Vital Voice

IMPROVING QUALITY HEALTHCARE FOR WOMEN AND CHILDREN



\*These figures are up till 31st December 2024



**Towfiq Chinoy,**  
Chairman | Yaqin Steels

Yaqin Steels takes pride in supporting initiatives that bring real value to our society. VITAL Pakistan Trust's unwavering focus on improving healthcare for mothers and children is a cause close to our hearts. We are delighted to witness the incredible impact of their programs and remain committed to helping them expand their reach to even more underserved communities. ””



## VPT joins Global Partners at Gates Foundation Convening to Strengthen Collaboration for Every Pregnancy Initiative.

Peter Lobo, Head of Resource Development and Communications at VITAL Pakistan Trust, attended a partner convening at the Bill & Melinda Gates Foundation offices in Seattle on December 9-10, 2024. The event brought together global partners to discuss strategies for the year ahead, explore Maternal, Newborn, and Child Health innovations, and plan a collaborative Ramadan campaign.

VITAL Pakistan Trust is proud to be the FIRST Pakistani non-profit to partner with for "Every Pregnancy" (formerly For MAMA). VITAL Pakistan Trust was one of 30 core partners working toward a healthier future for moms and babies.



## VITAL Pakistan Trust's Pink Tea Event: Championing Women and Children's Health.

VITAL Pakistan Trust hosted an inspiring Pink Tea event at a local restaurant, uniting leading women from Karachi's corporate sector and changemakers, including lawyers, educationists, business owners, bankers, celebrities, and parliamentarians. Celebrity Srha Asghar highlighted VPT's impactful work, urging support for accessible healthcare in underserved communities. Mantaha Tareen, a renowned wellness coach, conducted a session on mental health, emphasizing self-care and well-being.



## Partnering for Health: Empowering Communities with PARCO

We are thankful to PARCO-Pak Arab Refinery Limited for their invaluable support in bringing essential medical care to underserved communities through our Maternal, Newborn, and Child Health camps. With PARCO's help, we're able to provide critical healthcare services to families who need it most. A collaborative Health Camp in Ibrahim Hyderi with PARCO supported 1,030 patients, highlighting VPT's commitment to improving child health in vulnerable communities.



## Initiation of C-Section Services at Songal KGH 3

Through our partnership with Koohi Goth Hospital we were proud to initiate C-section services at Songal KGH-3. This marks a significant milestone towards enhancing maternal health services in the area where none were previously available. Thousands of maternal lives can now be saved. Dr Azra Pechuho, Honourable Minister of Health, Sindh graced the occasion.



## VITAL Pakistan Trust Focused on Employee Wellness

The Human Resources Department at VITAL Pakistan Trust, in collaboration with Mantahaa Tareen, a renowned Wellness Coach, conducted an insightful employee wellness session aimed at promoting overall health and well-being. The session focused on strategies for managing stress, improving mental health, and adopting healthier lifestyle habits.



## Strategic Planning Session on Zakat Growth and Outreach

VITAL Pakistan Trust welcomed Mufti Ibrahim Essa, Chief Executive Officer at Alhamd Shariah Advisory Services (Pvt.) Limited and Mufti Rafay for a strategic planning session focused on Zakat growth and outreach, both domestically and internationally.



## VITAL Pakistan Trust Spreading Breast Cancer Awareness

VITAL Pakistan Trust believes in empowering women with knowledge that can save lives. The ongoing Breast Cancer Awareness Program held at our VPT centres, led by Fauzia Amirali, Assistant Manager, Patient Experience, is helping women understand the importance of regular self-exams, early detection, and seeking timely medical advice.



## VPT Team Attends Wayforward 2024: Pathways to Health Equity Conference in Nairobi

Karim Jivani (Director Data & Insights), Farzana Shaheen (Manager Data & Digital) and Kinza Farooqui (Senior Product Analyst) from VITAL Pakistan Trust and Dr. Zahra Hoodbhoy (Associate Professor, Aga Khan University), attended the 3 day conference "Wayforward 2024: Pathways to Health Equity", held at Nairobi, Kenya.



## Senior Product Analyst at VPT Joins Panel on Family Planning Data Integration at 25th PAP Conference

Kinza Farooqui, Senior Product Analyst at VITAL Pakistan Trust, was a panelist at the 25th Annual Population Research Conference by PAP at IBA Karachi. She joined experts to discuss "Gaps in Family Planning Data Utilization" and how private health facilities and Civil Society Organizations (CSOs) can align data collection with public sector needs to improve outcomes through technology.



## Family Planning Refresher Session for Community Health Workers (CHWs)

On November 12, a family planning refresher session was held for CHWs from Koochi Goth Hospital at Gadap, Songal and at Manghopir. The session covered Healthy Timing and Spacing of Pregnancy (HTSP), family planning methods, Postpartum Family Planning, and doorstep family planning approaches through individual and group activities. A segment on the DEPO follow-up strategy was also included.



## Launch of Family Planning Services at NICVD for Cardiac Patients

The National Institute of Cardiovascular Diseases (NICVD) has initiated the provision of family planning services to cardiac patients of reproductive age. This significant step aligns with the vision of the Health Minister to reduce maternal mortality rates among women with heart conditions. Dr. Nighat Shah, Professor Shereen Bhutta Center of Excellence, expressed gratitude to VITAL Pakistan for their instrumental role in the successful implementation of these VITAL services.

## VITAL Pakistan presents at 3rd Internal Conference of Nursing

Dr. Nausheen Naz, Sr. Technical lead of Family Planning Project VITAL Pakistan Trust, successfully presented on Postpartum Family Planning (PPFP) at the 3rd Internal Conference of Nursing held in Jamshoro. During the conference, Dr. Nausheen was honoured to receive an award as a speaker from the Chief Guest. This recognition highlights the valuable contributions of VITAL Pakistan in promoting important health initiatives like PPFP in Sindh.



## Strengthening Immunization Efforts in Karachi

VITAL Pakistan Trust's new grant, "Outreach Vaccination in Karachi High-Risk Geographies," launched in October 2024, addresses immunization gaps in Super High-Risk Union Councils (SHRUCs). A team of 50 Outreach Vaccinators and Social Mobilizers targeted refusal cases, zero-dose children, and defaulters, reducing zero-dose numbers in key areas. Ittehad Town achieved a milestone with zero-dose coverage reaching 51% before the October/November 2024 National Immunization Day. Six additional vaccinators extended outreach in underserved Gujro Zones C, D, and E.



## Bill & Melinda Gates Foundation delegation visit at JPMC and AG Sites

The Bill & Melinda Gates Foundation supports the "Strengthening Postpartum Family Planning (PPFP) in Sindh, Pakistan" project. To launch this initiative, a University of Manitoba delegation, including Dr. Faran, Dr. Tahira, and Mr. Mustafa Bajwa from the Gates Foundation, visited key sites like JPMC and Akbar Ali Shah Goth on November 25th, gaining insights into family planning services in Sindh.



## Strengthening Family Planning Insights: Participation in Nairobi

Dr. Nausheen Naz, Technical Lead- Family Planning and Karim Jivani, Director Data Analytics & Insights, participated in the "Measurement of Intention to Use Convening" meeting held on December 4-5, 2024, in Nairobi, Kenya. The event provided a valuable learning opportunity and aimed to broaden the representation and amplify the voices of Global South partners. A key objective was to advocate for incorporating a time dimension into questions about the intention to use family planning methods in the next iteration of the core Demographic and Health Survey (DHS) questionnaires.



## PPIUCD Protocol Training at KGH 2

On November 13, 2024, a PPIUCD (Postpartum Intrauterine Contraceptive Device) insertion protocol training was conducted at Koohi Goth Hospital (KGH) for 12 Koohi Goth midwives. Participants practiced Spontaneous Vaginal Delivery (SVD) insertion techniques at a demonstration station, divided into three groups for hands-on learning. The session was facilitated by Ms. Rida and Ms. Shabana.



## VITAL Pakistan Trust Hits a Six with Employee Cricket Tournament

VITAL Pakistan Trust recently organized a cricket event for its employees, aiming to promote team building, physical fitness, and camaraderie. The event provided a fun and competitive environment for employees to engage with colleagues, fostering teamwork and collaboration while encouraging a healthy and active lifestyle.



## Productive Family Planning Refresher Session Held

On December 5, 2024, a family planning refresher session was conducted at Creek General Hospital, attended by 12 doctors. The session focused on addressing challenges in hormonal methods and Post Partum Family Planning (PPFP) services, with active engagement and participatory discussions led by the consultant and participants.

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