SHINE HUMANITY



ANNUAL REPORT
2023-2024

صحت سب کا حق

Sehat Sab Ka Haq



Healing Pakistan Healing Humanity



SHINE Humanity believes that every Pakistani deserves access to quality healthcare. From the deserts of Sindh, to the snowy peaks of KPK, Sustainable Healthcare Initiative Now Empowering (SHINE) Humanity is on a mission to build healthier communities, through the provision of state-of-the art primary healthcare services in line with the UN's Sustainable Development Goals.

Against the backdrop of Pakistan's rural terrain, SHINE Humanity Clinics represent renewed hope for its oft-forgotten communities. Operationalized by community needs, they have provided compassionate and sustainable quality primary care to the underserved for over a decade.

Sehat Sab Ka Haq

Healthcare is the right of every individual

URDU صحت سب کا حق

SINDHI صحت هر ڪنهن جو حق آهي

PUNJABI روغتیا د هر ا حق دیچ

PASHTO صحت سب دا حق

BALOCHI صحت کلِ حق



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Chairman's Message

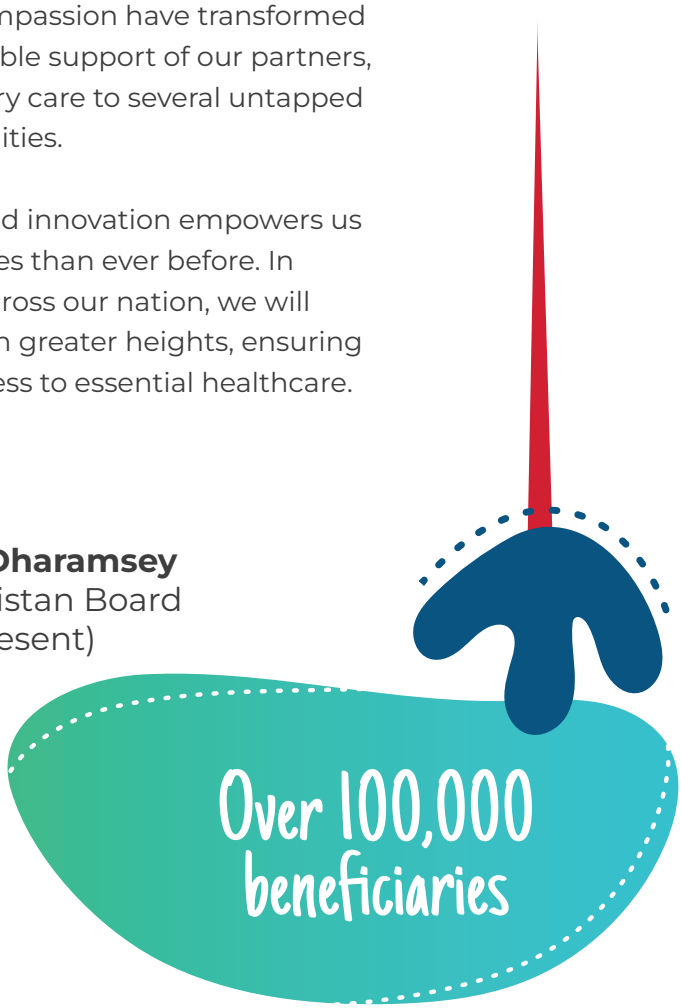


With a heart brimming with gratitude and hope, I can proudly declare that this year has been truly exceptional for SHINE Humanity. This year, we have pledged a brighter, healthier future for over 100,000 beneficiaries across rural Sindh, and remained steadfast in our mission to deliver compassionate and sustainable primary healthcare to the underprivileged.

I am deeply proud of our team's relentless efforts, whose unwavering dedication and compassion have transformed countless lives. With the invaluable support of our partners, we have brought quality primary care to several untapped communities.

Our commitment to growth and innovation empowers us to reach more communities than ever before. In celebrating our footprint across our nation, we will continue to aspire to reach even greater heights, ensuring that no one is left without access to essential healthcare.

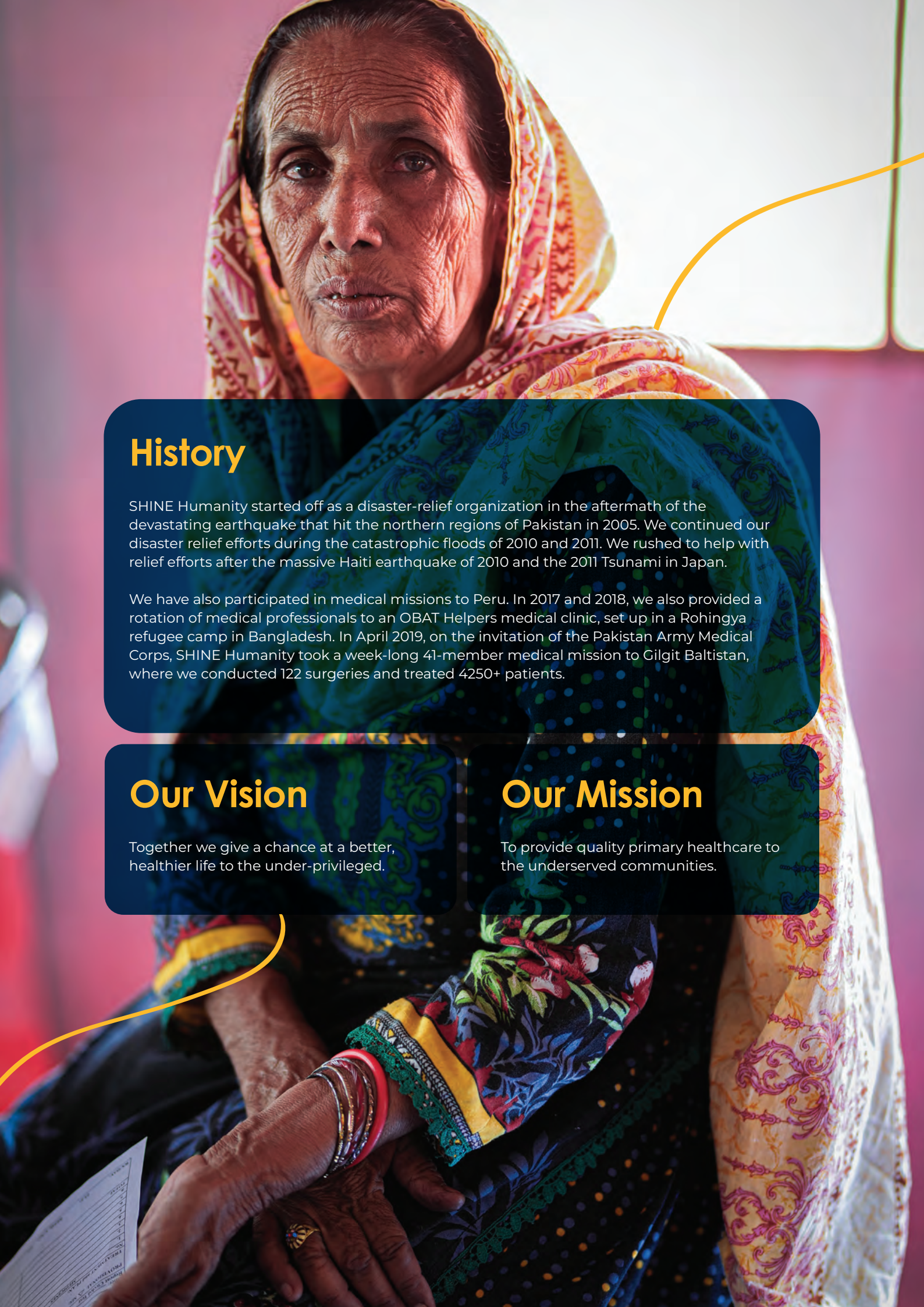
Kalbe Abbas Dharamsey
Chairman, Pakistan Board
(2023 - Present)



About SHINE

Founded in 2009 by a group of Pakistani-American doctors and entrepreneurs based out of Tustin, California, SHINE Humanity was formed to repay the debt they owe to Pakistan. SHINE Humanity's mission is to provide compassionate, sustainable and preventative primary healthcare to the underserved by collaborating with key partners.

SHINE Humanity Pakistan was registered under the Societies Act 1860 in 2013 to move the mission forward and implement it in Pakistan. Since its founding, SHINE Humanity has been active in different parts of the world. At present, our area of concentration is rural Pakistan, where we have 13 primary healthcare clinics providing health services to the under-served.



History

SHINE Humanity started off as a disaster-relief organization in the aftermath of the devastating earthquake that hit the northern regions of Pakistan in 2005. We continued our disaster relief efforts during the catastrophic floods of 2010 and 2011. We rushed to help with relief efforts after the massive Haiti earthquake of 2010 and the 2011 Tsunami in Japan.

We have also participated in medical missions to Peru. In 2017 and 2018, we also provided a rotation of medical professionals to an OBAT Helpers medical clinic, set up in a Rohingya refugee camp in Bangladesh. In April 2019, on the invitation of the Pakistan Army Medical Corps, SHINE Humanity took a week-long 41-member medical mission to Gilgit Baltistan, where we conducted 122 surgeries and treated 4250+ patients.

Our Vision

Together we give a chance at a better, healthier life to the under-privileged.

Our Mission

To provide quality primary healthcare to the underserved communities.

Our Impact

13
Total Clinics

134,173
Patients Treated (2023-24)

50K+
Flood victims treated

429K+
Food packages distributed

8K+
Medical professionals trained

36K+
People screened in various public health programs

300K+
Masks distributed in Covid-19

Total Impact
1.45 million lives



Our Footprint

At present, our area of concentration is rural Pakistan, where we have 13 primary healthcare clinics providing health services to the under-served.



SHINE Humanity Clinic


Karachi
Arabian Sea

Board of Directors



Kalbe Abbas Dharamsey
Chairman

Mr. Kalbe Abbas Dharamsey, is a businessman by profession and his education is specialized in negotiation skills. He is currently serving as a director at Farah International, and is a founding member of The Aziz & Razia Dharamsey Family Foundation, a charitable organization working to help local organizations accomplish their objectives.

Aman Kherati
Board Member



Aman Kherati has been part of SHINE since 2013. He holds an MBA degree & prior to joining SHINE board, had been associated with IAHV ,TCF and with Aman Foundation as a volunteer. He has been part of different corporate organizations at senior levels such as K-Electric, Ufone, PTCL, Wateen, DHL etc in Pakistan. He has been an ardent supporter of helping and promoting the under-privileged and their causes at all levels and believes that together we can make Pakistan a great place.



Omair Ahmad
Treasurer

Omair is a social entrepreneur, organizational development specialist, and capacity builder with almost 15 years of experience leading, prioritizing and executing on multi-million-dollar global strategic initiatives across USA, South Asia, Philippines, and the UK. He believes in assessing, realizing, channeling, and implementing objectives of those who choose to strive and further the rights of the disenfranchised.

Dr. Asghar Naqvi
General Secretary



Dr. Naqvi is a graduate of Dow University and has extensive experience in the pharmaceutical industry. He has worked in reputable companies such as Pfizer and Novartis Pakistan. He is also President of the organization, "Friends of Education" which works for eradicating illiteracy in poverty stricken areas.



Fauzi Garib
Board Member

Fauzi Garib is a businessman and a Director in Garibsons (Pvt.) Ltd, a large family business involved in the export and processing of multiple food commodities, and the manufacturing of construction materials. He graduated from the University of Southern California in 1998 with degrees in both Engineering and Computer. Currently serving as the President of The Rotary Club of Karachi Metropolitan, he has been honored with Platinum awards for the best Club in the district, and the best President in the district.

Dr. Lubna Ansari Baig
Board Member



Professor Lubna Ansari Baig is the Founding Dean, APPNA Institute of Public Health at Jinnah Sindh Medical University (AIPH-JSMU) and is presently its chairperson. She started her career as a field Medical Officer at UNICEF, and then got a Master of Public Health Degree from University of Oklahoma, USA. On her return to Pakistan, she joined AKU as an Instructor. She is an experienced medical professional, having worked at Baqai Medical College, and Jinnah Medical and Dental College from 1993 to 1999. In 1998, she was requested by the Federal Ministry of Health to join as Consultant for the Community Oriented Medical Education (COME) Project of the WHO.



Dr. Laila Rizvi
Board Member

Dr. Laila Rizvi brings with her many years of experience of working in the non-profit sector. Her work as the CEO of The Health Foundation has made a lasting impact in the fight against Hepatitis in Pakistan.

Shazina Masud
Board Member



Ms. Masud is a seasoned public health leader, and has spearheaded global humanitarian initiatives. With extensive experience spanning nearly two decades in both private and public sectors, she has served as CEO of organizations like Sindh Integrated Emergency and Health Services, Aman Healthcare Services and Aman Foundation. Her expertise lies in reproductive health, humanitarian response, and social marketing, with a focus on expanding emergency care services.



Ammara Masood
Board Member

Ammara Masood is the Global Industries GM for Banking and Financial Services at Systems Limited and CEO of NdcTech, which was acquired by Systems Limited in July 2022. She has over 29 years of experience in IT, consulting, and entrepreneurship across three continents, with expertise in IT strategy, digital transformation, and governance. Ammara has served on several boards and advisory councils, including the Pakistan Software Houses Association and the ICT Governing Council. She is a two-time winner of the FinTech Futures Leadership Excellence award and holds multiple advanced degrees, including an MBA from California State University and an Executive Diploma from Stanford University.

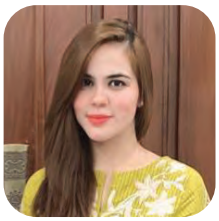
Executive Team



Faheem Khan
Chief Operating Officer

Faheem Khan has engaged in multiple endeavors through the 15 years of his professional career. He has helped Habib University by creating a world-class Wellness Program for its students which encompasses a holistic approach to learning and being healthy. Most recently Faheem has worked for NOWPDP, which is an NGO helping People with Disabilities in Pakistan.

Core Team



Dr. Farwa Asfandyar
Head of Programs/Public Health Specialist



Danish Ahmed
Finance Manager



Ujala Shahzad
HR Manager



Asif Hasnain
IT Manager



Hareem Khalid Baig
Senior Marketing Associate



Iman Zamir
Senior Programs Officer



Zaheer Laghari
Project Manager



Zohaib Rehman
Deputy Manager Procurement and Admin



Shahrukh Ahmed
Registered Pharmacist

Program Directors



Dr. Farzana Naqvi (MD, FACP, FACE)

Program Director - SHINE Humanity Diabetes Program

Dr. Farzana Naqvi is one of the founding members of SHINE Humanity and a practicing Endocrinologist in Newport Beach, California. She completed her medical school at Jinnah Sindh Medical University, before moving to New York City for her Internal Medicine residency at Mount Sinai-St. Luke Roosevelt's Hospital. She then completed an Endocrinology fellowship at the University of California, Irvine and is Board Certified in Endocrinology, Diabetes and Metabolism. Dr. Naqvi has also participated in medical missions to Pakistan, Bangladesh, Haiti and Peru. She initiated SHINE's Diabetes, Hypertension, and Hyperlipidemia Program in rural Sindh, and research data from the program was presented at the prestigious International Diabetes Federation World Congress in December 2022. She has also played a major role in launching SHINE's Gestational Diabetes Program for pregnant women.



Dr. Naghmana Shafi (MD, FAAP)

Program Director - SHINE Humanity Helping Babies Survive and Malnutrition Programs

Dr. Naghmana is an Associate professor of Pediatrics at the California University of Science and Medicine. Graduated from Sindh Medical College , Karachi, Pakistan in 1987, her special interests are medical education and global pediatrics. Dr. Naghmana has been supervising SHINE Humanity 's Sunehra Lamha (Helping Babies Survive) Program for 11 years.



Dr. Shirin Muzaffar (MD)

Program Director - SHINE Humanity Asthma and Tuberculosis Program

Dr. Shirin Muzaffar has extensive expertise in pulmonary and critical care medicine. Dr Shirin served as the Director of the Medical Intensive Care Unit at Mount Sinai Hospital Chicago for 8 years, showcasing her leadership and clinical acumen. Returning to Cook County Hospital, Dr. Shirin took on the role of Associate Chair of Pulmonary & Critical Care Medicine, subsequently becoming Chair of Pulmonary & Critical Care. During this tenure, she also held the position of Medical Director of the Tuberculosis Section, actively contributing to public health initiatives. Dr. Shirin continues to make significant contributions to healthcare as a Consulting Physician at the Tuberculosis Clinic at Cook County Hospital and the Chicago Department of Public Health. Her dedication to patient care, leadership in medical education, and commitment to advancing pulmonary and critical care medicine underscore her profound impact in the field, as she advises SHINE's asthma program and will be doing so for our Tuberculosis program.



Dr. Anjum Memon MBBS, DPhil (Oxon), MFPH, FFPH

Program Director - Honorary Director of Research

Professor Anjum Memon, MBBS, DPhil (Oxon), MFPH, FFPH, is a medically qualified epidemiologist and public health academic. He trained in medicine at Jinnah Sindh Medical University and in epidemiology at University of Oxford under the supervision of Sir Richard Doll, the most eminent and renowned epidemiologist. Anjum is currently Professor and Chair in Epidemiology and Public Health Medicine at Brighton and Sussex Medical School, University of Sussex, UK. He has previously worked at the universities of Oxford, Kuwait and Cambridge. He is also Honorary Consultant in Public Health Medicine at the Office for Health Improvement & Disparities, Department of Health & Social Care, NHS England. Anjum is a Fellow and Board Member of the Faculty of Public Health, Royal Colleges of Physicians of the UK. As Honorary Director of Research at Shine Humanity, Anjum provides strategic direction and academic insight for prevention programs (e.g., diabetes, anemia, asthma, hepatitis), data collection and analyses and scientific publications.

11 Years of SHINE Humanity

"Through our compassionate care, we have been able to reach thousands who had previously been overlooked, providing not only medical aid but also education and resources to empower these communities to take charge of their own health. Our empathy drives us to innovate and find sustainable solutions that can have a lasting impact.

We continue our journey and are inspired by the strength of the communities we serve. Their stories fuel our belief that healthcare should be a right, not a privilege. Together, with compassion and empathy as our guiding principles, we are transforming lives and building a healthier, brighter future for rural Pakistan.

As we celebrate our 11th anniversary, I am filled with immense gratitude and hope. Our journey has been fueled by the unwavering support of our dedicated team, generous donors, and passionate volunteers. Together, we have made significant strides in improving healthcare access and quality for countless individuals and communities.

As we look ahead, our resolve to ensure accessible and equitable healthcare for all remains unshaken. Thank you for being an integral part of our mission!"

Naila Ahmed | Executive Director





“Our mission has always been rooted in the belief that every individual, regardless of their location or circumstances, deserves access to quality healthcare. Through mobile clinics, community health programs, and sustainable healthcare initiatives, we have reached thousands of families, providing them with the care and support they deserve.

This year, we have made significant strides in expanding our services and enhancing the quality of care we provide. We have introduced new health education programs, improved maternal and child health services, and strengthened our partnerships with local communities to ensure our efforts are both impactful and sustainable. These achievements are not just numbers on a report; they represent lives changed, and futures brightened.

Looking ahead, we remain committed to our mission of providing quality primary healthcare to communities in need. We will continue to innovate, adapt, and grow to meet the evolving needs of those we serve. Our focus will be on deepening our impact, fostering health equity, and empowering communities with the knowledge and resources they need to lead healthier lives.”

Faheem Khan | Chief Operating Officer


SHINE
UMANITY



Our Clinics

SHINE Humanity Garibsons Clinic



Patients treated
38,510

Located in Gharo, and managed in collaboration with Garibsons (Pvt) Ltd, this clinic is run by a team of 6 qualified doctors who provide outpatient primary care, preventive health education and antenatal services. In house pharmacy, ultrasound and referral services to hospitals in the city are also available.

Though patients pay a nominal amount for consultations, three days of medications are provided free of cost. Chronic patients receive a regular supply of life saving medications from the clinic.





Did you know?

After several disaster-relief missions across the world, the SHINE Garibsons Clinic was our first brick-and-mortar clinic to commence operations in Gharo. **Now our flagship clinic, it treats an average of 180 patients per day** and hosts the largest number of programs from our primary healthcare ecosystem.

SHINE Humanity
Zia Abbas Haider Memorial Clinic



Patients treated
14,758

This 2-doctor clinic is located in Koohi Goth, Malir District and provides primary healthcare to its residents and surrounding communities. Keeping in mind the dire state of maternal and child health in Pakistan, this clinic was first launched as a one-doctor Women's clinic and has been sponsored by Mumtaz and Munawar Haider in memory of their son.





Did you know?

This is SHINE's only clinic **established in the urban slums of Karachi,** and is often frequented by women employed in the surrounding factories.

SHINE Humanity Chilya Clinic



Patients treated
13,542

This clinic started off as a basic healthcare container clinic, however with the help of the Livestock and Fisheries Department in Sindh, SHINE has adopted an abandoned dispensary to set up a primary healthcare facility in Chilya.

Catering to a community of fishermen and their families, this clinic is the only source of healthcare within a 40-kilometer radius. With the support of a generous donor, SHINE has developed and now introduced vital healthcare intervention programs including the Hepatitis Eradication and Community Outreach Programs amongst others.





Did you know?

Our Chilya clinic was initially only a month long medical intervention via a **mobile urgent care clinic, treating 1,000 patients.** Upon its conclusion, the community requested us to continue our operations. The modern facility we see today, the SHINE Humanity Chilya Clinic, now caters to an average of 700 patients per month.

SHINE Humanity Aziz & Razia Dharamsey Family Foundation Clinic



Patients treated 12,856

We inaugurated this clinic in February 2022 in collaboration with NOWPDP, a disability inclusive non-profit which runs the "Moriro Markaz"- a school for disabled children. This clinic is situated in the exterior of the Moriro Markaz and is a one-doctor clinic which provides free primary healthcare to the people of Sujawal as well as to the students of Moriro Markaz.





Sneak Peek!

The Aziz & Razia Dharamsey Family Foundation Clinic will host **SHINE's first ever Nutrition Center!** This will cater to the alarming prevalence of malnutrition affecting Sujawal's community, offering services such as nutritional and dietary counseling, iron therapy, EPI vaccinations and prescriptions of probiotics for gut health, amongst several others.

SHINE Humanity
Zohra and Mumtaz Wellness Clinic



Patients treated
15,686

Located in Mirpur Sakro, this clinic is built and funded by the Zohra and Mumtaz Welfare Trust. From January 2020, SHINE Humanity had been managing the clinic, treating an average of 60 patients a day at this modern facility.

This clinic is located about 25 kilometers from Gharo, surrounded by numerous villages that until now have had no access to quality healthcare.

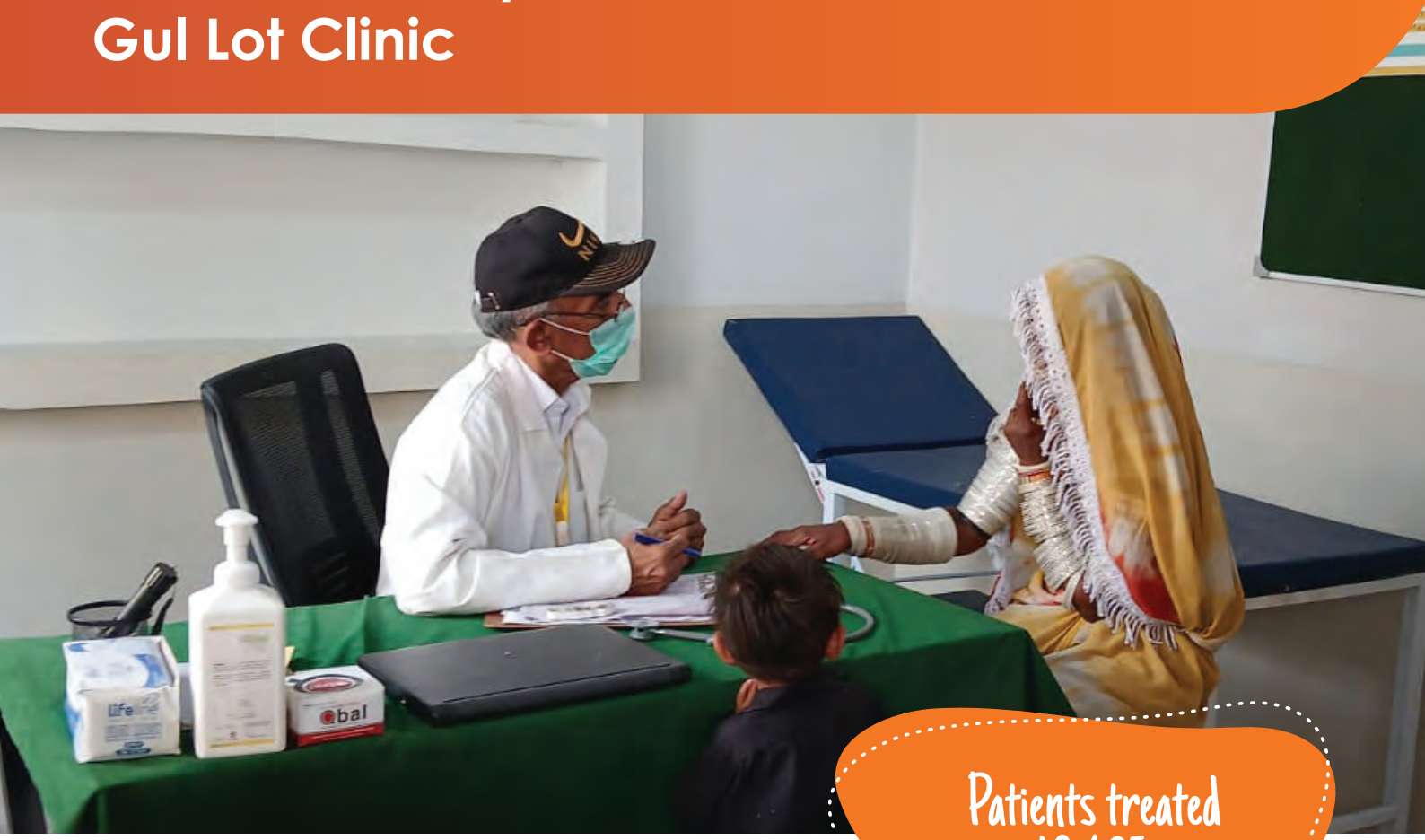




Did you know?

After 4 years of operations, SHINE Humanity's efforts allowed the clinic to become self-sustainable. We concluded this project in early 2024, having **benefited approximately 47,000 patients.**

SHINE Humanity
Gul Lot Clinic



Patients treated
10,625

The Thar district of Sindh, inclusive of Nagarparkar, is one of Pakistan's most neglected regions, with insufficient access to healthcare, clean and safe drinking water, and alarming rates of maternal and child mortality. With the support of our generous donors Gul Lot and his family, SHINE Humanity has launched its first clinic in Thar District. Situated in the border town of Nagarparkar, the clinic caters to the needs of under-served communities in the area, providing much needed primary healthcare services. We will soon be starting our signature programs such as the Community Outreach Program and Malnutrition Program, which are essential to combat stunted growth - a very serious issue faced by the children of Thar.





Did you know?

The prevalence of Malnutrition in Nagarparkar, Thar, is the second highest across SHINE's footprint. Since the introduction of SHINE's malnutrition program 1 year ago, **we have screened over 700 patients under the age of 5 in Nagarparkar, with a 48% improvement rate** among those enrolled at the SHINE Humanity Gul Lot clinic.

SHINE Humanity Telemedicine Clinic



Patients treated
4,311

One of the biggest hurdles in Pakistan's healthcare system is the low doctor: patient ratio. Thus, in collaboration with Sehat Kehani, SHINE opened its first telemedicine clinic in January 2019.

Telemedicine has enabled us to expand our services to the underserved population of Tando Hyder in Hyderabad District. Patients are screened by a qualified physician extender who connects them with a physician remotely, using a specialized EMR program. These physicians provide the necessary expertise in diagnosis and treatment of these patients.





Did you know?

Now pioneering in the field of telehealth, this clinic was **one of Sehat Kehani's first operational facilities,** partnering with SHINE to provide telemedicine services to thousands of beneficiaries.

SHINE Humanity Satellite Clinics



Patients treated
7,829

SHINE Humanity adopted a hub-and-spoke satellite clinic model to provide healthcare access to remote communities in Thatta. Through weekly visits, our dedicated doctors provide consultations to communities in Gul Hassan Samo, Peer Daryabad and Var Town.



Did you know?

Each satellite clinic's location is provided by members of the local community. On several occasions, **SHINE has operated on community member's personal properties to continue operations.** Through building trust, we are able to successfully provide treatment to several hundred beneficiaries during these camps.

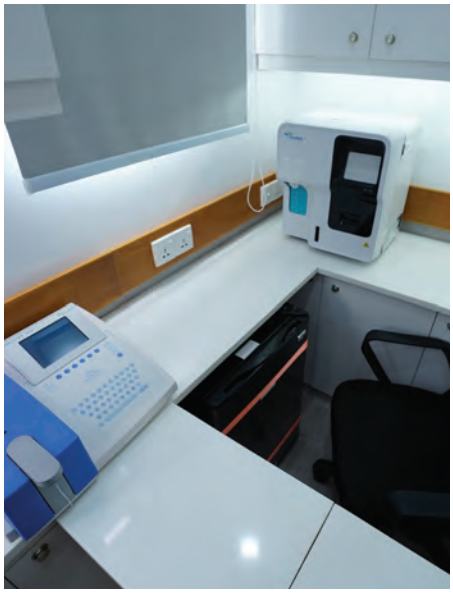
SHINE Humanity
Mobile Urgent Care Clinics

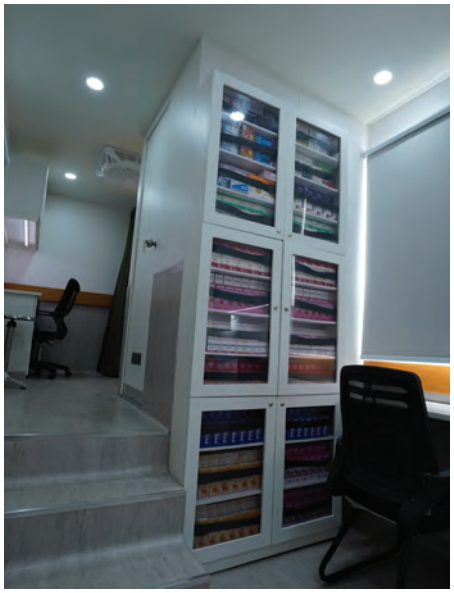


Sponsored by The Aziz & Razia Family Foundation to reach the more inaccessible areas of rural Sindh, SHINE has three state-of-the-art Mobile Urgent Care Units which are equipped with all the tools needed to provide effective and immediate care to under-served communities.

These clinics have a dedicated medical staff consisting of doctors, medicines and medical equipment on board, and move from one area to another, providing services along the way.


Doctor's Station and Patient's Bed


Laboratory


Pharmacy



Patients treated
16,718



Did you know?

SHINE's first MUC was built specifically for the benefit of flood-affected and displaced communities in rural Pakistan. Now a routine part of our operations, they have been **deployed to districts over 500 KM away** from their starting point in Gharo, Thatta.

Our commitment to the planet





People Planet & Paani

Electronic Medical Records System

Electronic Medical Records (EMR) are digital versions of paper charts to store patient data, which streamline clinical documentation and help share information securely.

This optimizes workflow and automates tasks. SHINE's EMR consists of an extensive system of primary health care data recording, in which doctor's modules, and that of registration and vitals, are some of the most expansive in the global South. Data collection on the EMR is scalable and adaptable to different programmatic-settings. Our Board of Advisors oversees its monitoring and evaluation via regular reports. Our EMR Data Analysts extract insights from records to support research, decision-making, quality improvement, population health and patient engagement.

Objectives

Facilitate the tracking of health trends and disease patterns, helping in the early detection and management of outbreaks in rural communities.

Assist in the efficient allocation of healthcare resources

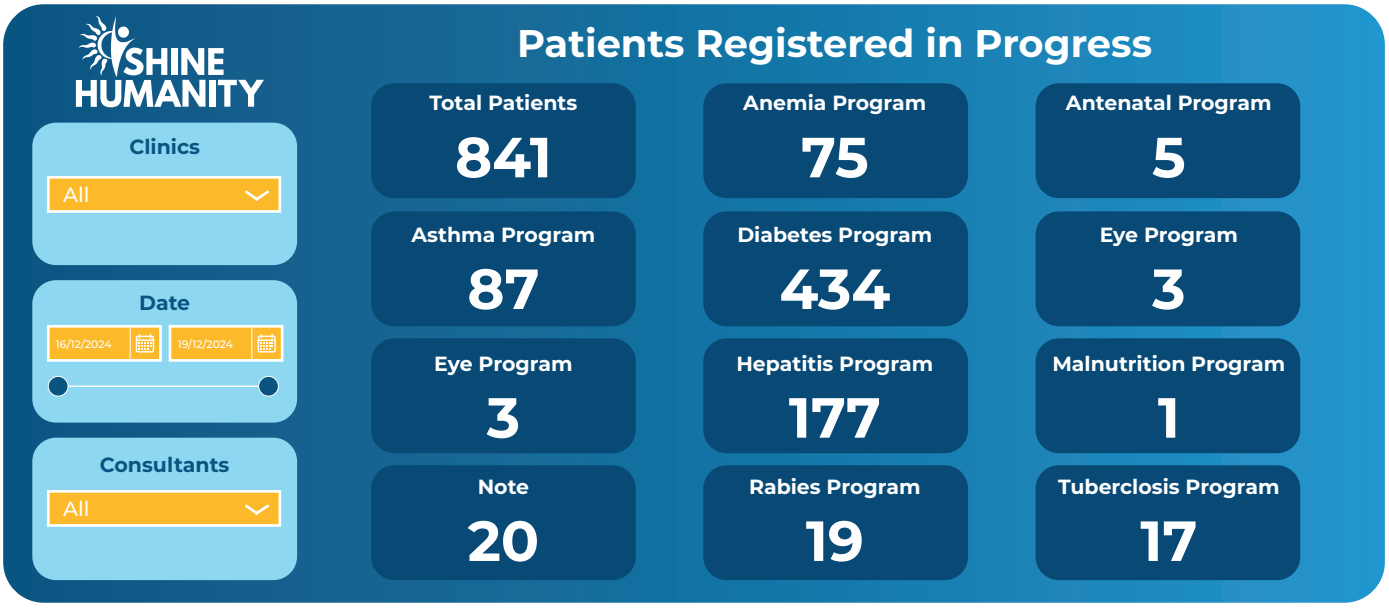
Use aggregated and anonymized data from EMRs to contribute to health research and public health initiatives.



Number of clinics onboarded to EMR
5

Registered Patients
69,981
(July 2024)

SHINE's daily monitoring and evaluation dashboard



Going Solar

To improve upon our practice of clean energy, we have added solar panels to both our Chilya and Gharo Clinic.

This will allow us to significantly reduce our ecological footprint by using renewable resources. Our already paperless flagship SHINE-Garibsons Clinic in Gharo, is now our most planet-conscious one yet, which is all made possible through the generosity of our donors.



PAANI Project

RO plants are perhaps the most environmentally friendly way of treating industrial wastewater, and are more energy efficient than other typical ways of attaining water.

The cause behind most gastrointestinal diseases which ail the local community lies in usage of contaminated water. In 2020, we started the PAANI Project to tackle the root cause behind the outbreak of waterborne diseases in rural communities. Through robust collaborations with the local communities, we aim to provide clean drinking water to rural areas, and have installed multiple RO plants in the outskirts of Karachi and in rural communities across Sindh.

To date we have installed 6 RO plants in various locations in interior Sindh, including Mirpur Khas, Ibrahim Hyderi, Chashma Goth, Gadap, Umer Kot, Chilya, Sujawal, Murshid Hospital, Karachi. Through robust collaborations with the local communities, we aim to provide clean drinking water to rural areas.







Our Programs

JB Azariah Sehat Agahi (Community Outreach)

Health education is an essential tool for preventing illnesses and managing medical concerns proactively. Educating people on identifying symptoms, scheduling regular check-ups with their doctors, and seeking medical attention when needed empowers individuals to take control of their health. This approach reduces both the financial burden and emotional stress associated with serious health risks. It is a community-led approach that recognizes the importance of public and community health in promoting individual well-being. For women, it is crucial to address stigmatized topics such as reproductive health and bring them to the forefront of health-related conversations.





Our Community Outreach Program, generously sponsored by the JB Azariah family plays a crucial role in addressing diverse social and health-related challenges faced by people in the community. Our team consists of a Community Midwife, Community Health Workers (CHWS) and a Nutritionist. Through a holistic approach, our program endeavors to uplift the community by providing essential healthcare services such as health screenings, basic medical care, fostering education, promoting health and wellness and skills development. Our CHWs also carry basic medical kits, maternal and child health supplies, sanitary and hygiene products to keep communities aware and engaged.

Diabetes, Hyperlipidemia and Hypertension

According to the International Diabetes Federation, 26.7% of adults (approximately 33 million cases) in Pakistan were affected by Diabetes in 2022. This number is alarmingly high and continues to rise each year.



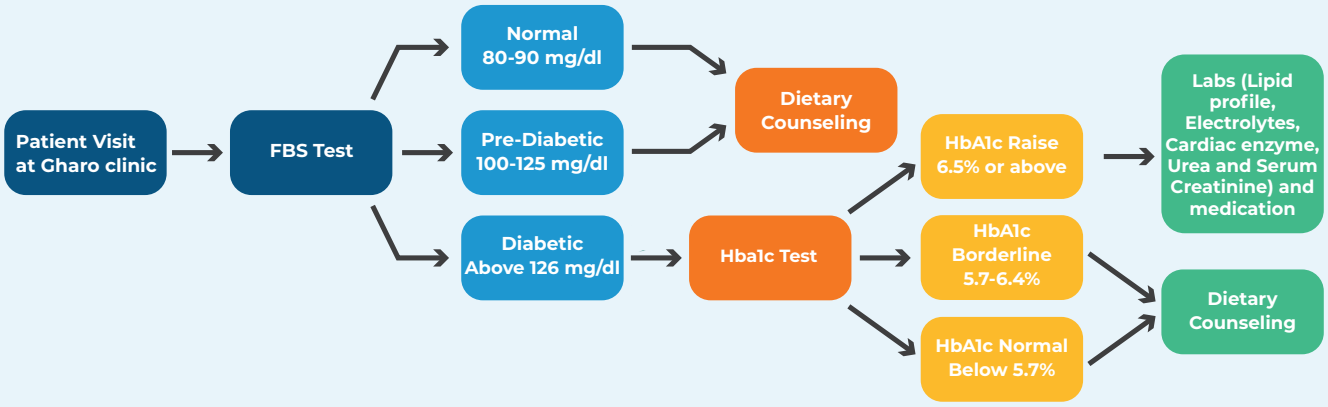
Pakistan ranks 3rd in the world in Diabetes prevalence after China and India.

SHINE launched its first Diabetes Program in 2021 at the Gharo Clinic, and has since expanded to the Koohi Goth Clinic. It encompasses medical treatment, lifestyle management and nutritional counseling for patients with Type II Diabetes Mellitus. We maintain vigilant follow-ups to ensure the community gets the help they need. Screening is done based on HbA1C, a revolutionary step in rural areas, followed by routine blood tests for a holistic point of care.

From February 2021 to August 2022, the SHINE Humanity Garibsons Clinic in Gharo, Thatta, conducted quarterly screenings for Diabetes Mellitus and Hypertension among adults aged 35-65. Our findings revealed that 41.2% of the screened individuals had undiagnosed Prediabetes, while 24.1% had undiagnosed Diabetes. Alarmingly, 51.1% were found to have undiagnosed Hypertension. Our research also indicated that Hypertension was more prevalent in females, with a rate of 77.1%, and was most common among those aged 41-50. We also identified a link between Microscopic Vascular complications associated with both Hypertension and Diabetes, noting a significant 13% reduction in Hypertension with medication.

Our Diabetes Program now supports 637 registered patients in rural Sindh, providing them with free medications and regular follow-ups. Patients receive a range of diagnostic tests at highly subsidized costs, ensuring comprehensive care. Additionally, the program emphasizes nutritional counseling, recognizing its crucial role in the management of Diabetes. This holistic approach not only addresses the immediate medical needs of our patients but also promotes long-term health and well-being.

Process Map of DHH Clinic



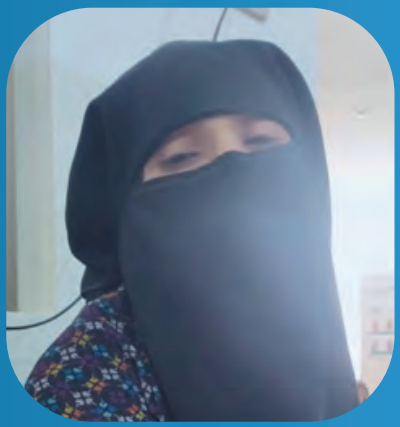
Membership in Global Giving's Project of the Month Club

SHINE Humanity was chosen as the Global Giving Project of the Month for November 2023. The Global Giving team chose our work, 'Sponsor the Treatment of 50 Diabetic Patients' to be featured to 3,000+ Project of the Month Club Donors.



Beneficiary of SHINE

"Asma, a resident of Dhabeji market, is now a regular patient at SHINE's Clinic. Before visiting SHINE, she was constantly concerned about her high blood sugar levels and overall well-being. Upon the recommendation of a neighbor, she decided to visit the clinic where necessary tests were conducted, and she was promptly started on the recommended treatment. Asma expresses deep gratitude to SHINE for providing timely treatment and relief from her symptoms, especially considering her financial constraints. As a satisfied patient, she encourages others to undergo diabetes screening and register themselves to avail of the benefits offered by SHINE Humanity."



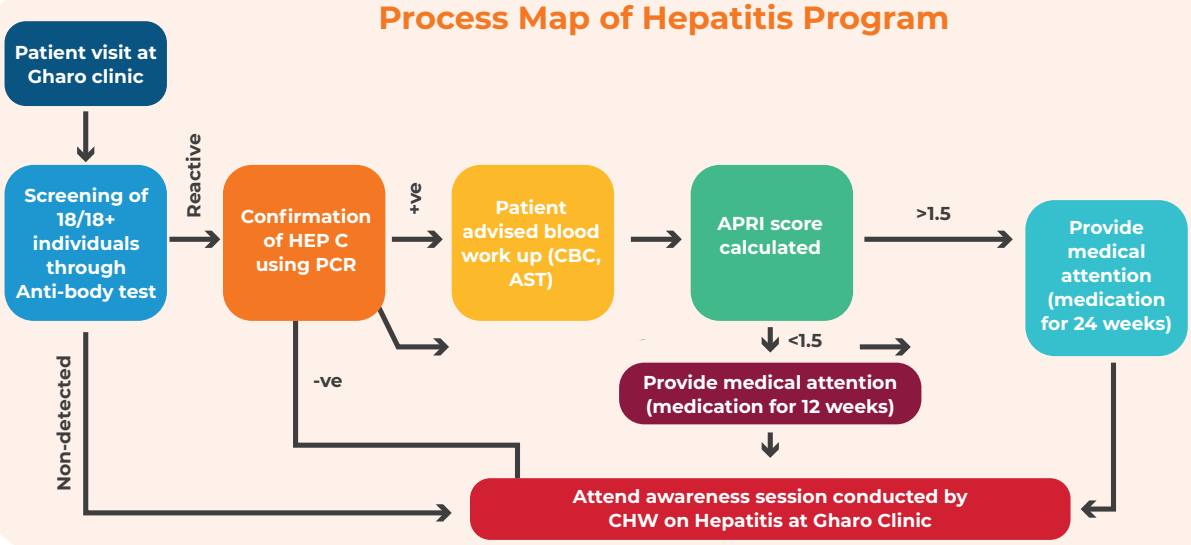
Asma

Hepatitis

The Hepatitis Program was launched in 2021, in collaboration with the Government of Sindh and The Health Foundation. Upon confirmation of PCR testing, patients are enrolled in our Hepatitis Program following a CBC and Liver Function Test. Platelet count and Aspartate Aminotransferase (AST) is also required to calculate the APRI score.



Process Map of Hepatitis Program



The ultimate end goal of the Hepatitis Program is to reduce both morbidity and mortality associated with the disease.

11,222 Total screenings	1,618 Total Positive cases	4,031 Total vaccinated

Hepatitis Micro Elimination - Gharo

Our Micro Elimination Program launched in November 2023 to provide door to door Hepatitis C screenings and vaccinations. Through active community engagement, our Community Health Workers (CHWs) conduct awareness sessions on Hepatitis C (epidemiology, Hep B vaccines, risk factors) to educate patients, fostering an understanding that empowers them to actively seek and avail Hepatitis C-related healthcare services.

2,239 Screenings completed	129 Positive Hep-C on screening	38 Total patients cured	86 Treated currently

Hunar Ghar Foundation Camp

On the 23rd of May, 2024, SHINE Humanity hosted a medical camp at the Hunar Ghar Foundation. During this event, our team of proficient medical professionals delivered comprehensive screening services for Hepatitis and Anemia. Additionally, they administered Hepatitis B vaccinations to both staff and students present at the foundation. This initiative aimed to contribute to the health and well-being of the community served by the Hunar Ghar Foundation, aligning with SHINE Humanity's commitment to providing essential healthcare services to underserved populations.

Camp Goals

Health Screening: To conduct comprehensive health screenings for females in Hunar Ghar to detect cases of Hepatitis and Anemia.

Early Detection: To detect cases of Hepatitis and Anemia at an early stage, facilitating timely intervention and treatment.

Treatment Access: To provide access to confirmatory tests and follow-up treatment for individuals testing positive for Hepatitis or Anemia, ensuring they receive the necessary medical care and support.

Education and Awareness: To raise awareness about Hepatitis and Anemia, their causes, symptoms, and preventive measures, empowering individuals to take proactive steps towards their health and well-being.

103 Hepatitis C screened	81 Hepatitis B vaccinated	106 Anemia screened	18 Anemic patients



Did you know?

Mixed method analysis of Hep C from March 2021 to December 2022 revealed that out of 3338 Hep C tests conducted, 532 tests were positive. 87% positive cases were in Gharo mostly among females with a mean age of 43. Education level, dental equipment, blood transfusions and reused shaving equipment were associated with Hep C transmission.

Beneficiary of SHINE

55 year old Qadir Buksh has been a regular visitor of the SHINE Humanity Clinic in Gharo. He had long been frustrated at the state of healthcare in his village Hiji Esa Goth, and had to seek a doctor's consultation miles away, in the city of Karachi, where he was diagnosed with Hepatitis C. Beyond the diagnosis, he was more concerned at the costs he would have to bear during the course of the treatment. One day, his neighbor threw him what he now describes as a lifeboat - the SHINE Humanity Clinic in Gharo, where he frequents for his treatment and follow ups. When asked to narrate his experience, Qadir Buksh says he is grateful to SHINE for not only providing low - income individuals like himself with free healthcare, but also ensuring that it is quality healthcare. The SHINE Humanity Clinic in Gharo is now his entire family's preferred healthcare facility.

Qadir Buksh



Malaria

Since its inception in 2017, our Malaria Program has grown significantly, now operating in four SHINE clinics: Gharo, Sujjawal, Chiliya, and Kohi Goth.



This expansion marks a substantial effort in combating Malaria in these regions, demonstrating our commitment from detection to eradicating this preventable disease and improving public health outcomes.

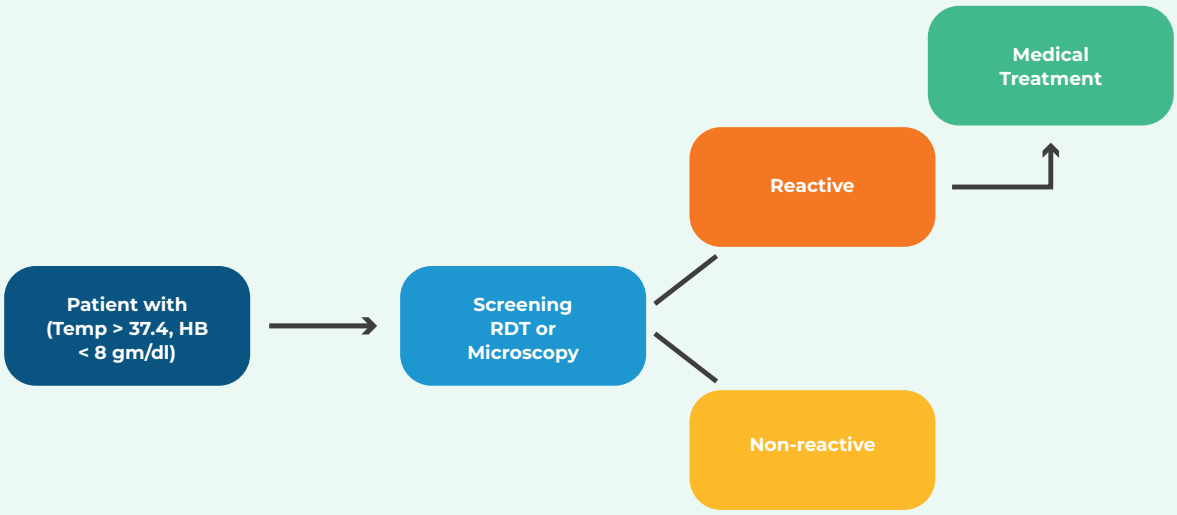
This program screens the population for malaria using screening kits. Each confirmed case is followed until completely treated and preventative solutions like mosquito repellents are provided for complete care.

In response to the recent malaria outbreak in rural Sindh, we responded promptly by intensifying Malaria testing, successfully providing treatment to more than 14,000 patients in our clinics during August 2023.

17,530
Total Patients screened

5,249
Total Patients treated

Malaria Process Map



Aziz & Razia Dharamsey Family Foundation donates to treat Malaria outbreak

The Aziz and Razia Dharamsey Family Foundation provided an invaluable donation of 1000 mosquito nets, 3000 malaria kits, 600+ bottles of Mospel, and medication to SHINE Humanity.



Beneficiary of SHINE

"I had persistent chills, high fever, and severe headaches. My body ached, and I was sweating profusely at night." For a while, Nasir attributed his deteriorating health to the cool breeze in the air and the heavy downpour of rain his hometown had received. Considering it a bad flu, Nasir tried to rest as much as he could between work. However, he kept feeling worse, no longer able to go about his routine tasks without discomfort. When Nasir made his way over to SHINE's Clinic, his consultation was followed up with lab testing, and a diagnosis of Malaria. "The doctor provided me with the necessary medication and took time to explain how to manage my symptoms. The follow-up care also ensured I was recovering well. Thanks to SHINE Humanity's affordable and comprehensive care, I'm feeling much better and am deeply grateful for their help during such a critical time."

Nasir



Malnutrition

The Malnutrition Program was launched at the SHINE Garibsons Clinic in Gharo in 2022 in collaboration with Trust for Malnutrition and Stunted Growth (TMSG), and has since expanded to our Chilya and Nagarparkar clinics.



Through this program, we aim to screen and rescue children suffering from SAM (Severe Acute Malnutrition) and MAM (moderate acute Malnutrition) in our program catchment area.

The Community Outreach Program works in conjunction with the Malnutrition Program to screen children using basic health questionnaires and by physically examining the child, who is then treated by a doctor using medication and RUTF (Ready To Use Therapeutic Packets).

Did you know?

From September 2022 - January 2023, random **screening on children aged 6 to 59 months** in Malir and Thatta District.

The criteria for **SAM was below 11.5** cm and **MAM was between 11.5 cm to 12.5 cm.**

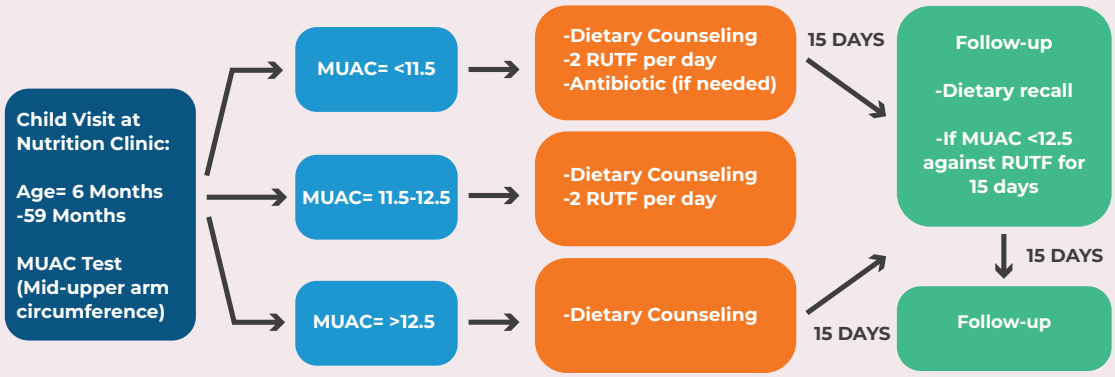
607 screenings were conducted, 150 children were diagnosed as malnourished.

66 children had SAM and **84 had MAM.**

In 2023 **28% of the population** was diagnosed with SAM whilst 72% was normal.

48% completed therapy and were out of danger, Before treatment the average MUAC was 10.3 cm but after it became 11.3 cm.

SOPs for Malnutrition Program



Patient Lifecycle

Number of sachets dispensed per patient depends on the zone and the category the patient falls in:

<11.5 Red Zone	11.5 - 12.5 Yellow Zone	>12.5 Green Zone

*MUAC: mid-upper arm circumference (MUAC)

Disengagement

Recovered Patients
Malnourished patients receive nutritional interventions and their participation in the program is maintained until they reach the green zone (>12.5)

Default Patients
Those with 3 consecutive missed visits are removed from the program and are therefore considered default. Our Malnutrition Program aims to achieve sustainable improvements in the nutritional status of children aged between 5 months to 59 months, ultimately eradicating malnutrition. This includes addressing immediate health concerns, promoting long-term nutritional well-being, and enhancing resilience against future nutritional challenges.

What sets us apart is our focus on counseling—empowering caregivers with essential knowledge and skills to maintain their children's health and prevent future malnutrition.

Beneficiary of SHINE

In December 2023, a 13-month-old female toddler named Zehra was presented at the SHINE Humanity clinic in Chilya. At the time of assessment, her mid-upper arm circumference (MUAC) measured 10.1 cm, and her weight was 5.7 kg. Her dietary intake lacked regular meals and included high-calorie, low-nutrient snacks. Following the initial consultation, a nutritionist prescribed a 14-day regimen of 28 packs of Ready-to-Use Therapeutic Food (RUTF). Upon the third follow-up in January 2024, her weight increased to 6.4 kg and her MUAC to 11.5 cm.


Before


After

This progress was followed up with 14 packs of RUTF for next 14 days and this treatment continued with four more follow ups. Her final visit in April 2024, revealed significant improvement in her physical condition, with her weight increasing from the initial 5.7 kg to 7.6 kg and her MUAC improving from 10.1 cm to 13.1 cm, accompanied by a notable decline in recurrent infections. These improvements occurred over a period of four months and four days.

Zehra

Anemia

Anemia, defined as low blood hemoglobin concentration in the blood, has been shown to be a major public health concern in Pakistan's rural communities, with school-age children being the most vulnerable population groups due to lack of healthy diets and worm infestation..



The Anemia Program at SHINE Humanity has been running in our flagship SHINE - Garibsons Clinic in Gharo since July '23. Under this program, we aim to identify school-going children at risk of Anemia and provide medical care to those identified.

Children who show signs of Anemia are screened using Hemoglobin strip testing, and are then treated through nutritional, pharmaceutical and emergency care. Integration of these efforts with awareness sessions and parental counseling helps build a healthier youth population.

1. Screening

Children aged 5-15 years visiting Gharo clinic, presenting with pallor, weakness, lethargy with complaints from parents of decreased concentration in school are screened for Anemia through a strip hemoglobin test.

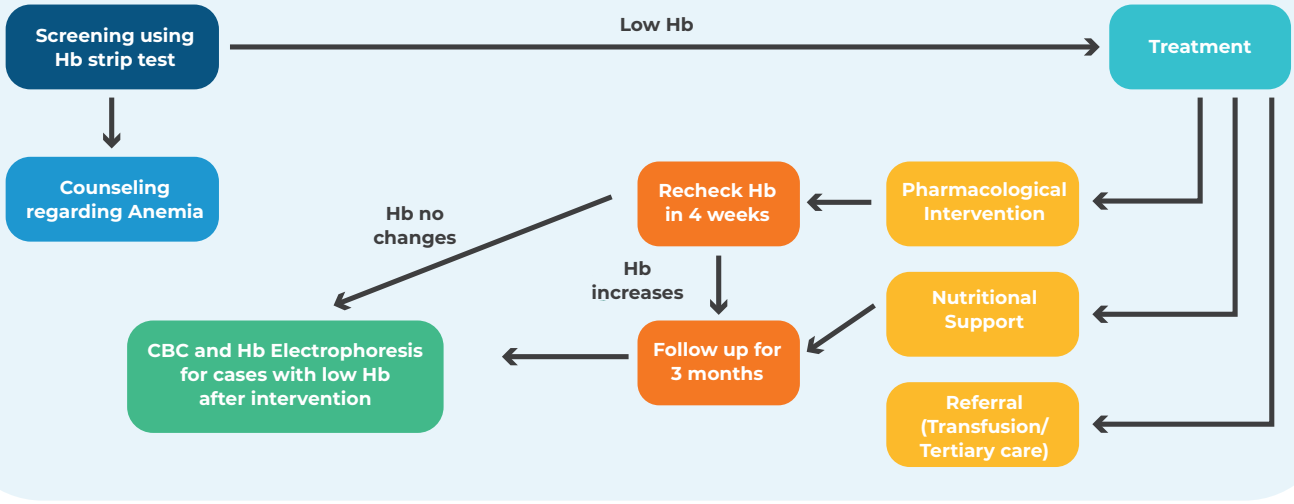
2. Deworming

All children are treated for deworming before any treatment is commenced

3. Iron Therapy

Depending on the age group and the severity of anemia, children will be offered nutritional counseling +/- iron therapy medications.

Process Map of Anemia



1001	679	55	24
Total screened	Identified as Anemic	De-worming provided	Iron therapy provided

A Medical Milestone

We completed our screening of a total of 1000 children in Gharo in a period of ten months, from July 2023 to April 2024. Of which, more than half (649) of these children were identified as Anemic and enrolled into our Program.

Did you know?

As part of our research, we examined children presenting with signs/symptoms of anemia at SHINE Humanity primary healthcare clinics in rural settings in the Sindh province, Pakistan, to ascertain the prevalence of anemia in children aged ≤15 years to inform the development of targeted interventions to reduce the associated morbidity – [e.g. impaired development, years lived with disability (YLDs)] and premature mortality.

During the study period (July-November 2023), a total of 593 children aged ≤15 years (45.9% males, 54.1% females) were examined for anemia – of these, 74.4% (n=441) were diagnosed with anemia (mean Hb 10.3 g/dL; standard deviation=1.8; range, 4.7-15.0).

The prevalence of anemia was 73.5% in males and 75.1% in females.

With regard to age, the highest prevalence (86.5%, 64/74) was observed in children aged ≤5 years

Beneficiary of SHINE

"For months, my daughter Hina was coming home from school feeling completely drained, often out of breath. Hina has always been an active child, so her fatigued state was increasingly becoming a cause for concern. Through SHINE Humanity's local community health workers, we were directed to a SHINE Clinic in Gharo. From the moment we walked in, we were treated with compassion, taking the time to understand what was wrong. Hina was identified as Anemic, and we were set up with a nutritional plan that has been both effective and affordable for our family.

I am truly thankful to SHINE for listening to our concerns and helping Hina regain her strength."



Asthma and COPD Management

Launched in 2022, this program was in response to a baseline that showed that no intervention was in place for rural communities suffering from Asthma and other respiratory issues to decrease the morbidity caused by Asthma and COPD in rural communities.



Aided by a grant from the CHEST Foundation, the program aims to identify and treat people with respiratory illnesses. Screening is conducted through a spirometry test. For patients who show obstructive or restrictive lung disease, we provide inhalers and life-saving medication, as well as educational material in the regional language on smoking cessation and other contributing factors.

Patients coming to the general OPD with a history of wheezing, shortness of breath, chest tightness, cough and/or exposure to smoking, open fire, are referred to the Asthma clinic by the General Practioner where they undergo spirometry testing. Once the results have been confirmed by the consultants who supervise the program virtually, the patient is enrolled in the Asthma Program.

After the enrollment process concludes and a patient is registered in our program, we determine their treatment plan, which may include a prescription for an inhaler, medication, or a combination of both, depending on the severity of their condition. The treatment follows the GINA guidelines for a duration of three months.

1,385
Total screenings

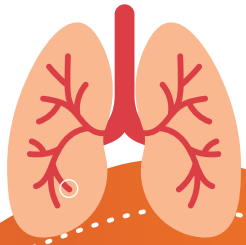
164
Registered and treated

Results indicated that 66% of tests showed obstructive pattern. 3.9% of tests showed restrictive pattern. 28.3% of tests were within the normal limits. Of the patients in the obstructive group (374), 41% were diagnosed with asthma, 49% with COPD, and 10% with ACO. The study showed a higher prevalence of COPD and Asthma in Gharo as compared to other studies done in urban areas of Pakistan. High prevalence was potentially linked to indoor biomass burning for cooking.



Did you know?

691 patients who presented with respiratory symptoms from SHINE's Gharo Clinic participated in a study from February 2022 to February 2023, where they underwent a bronchodilator spirometry with flow volume loop.



The study showed a higher prevalence of COPD and Asthma in Gharo as compared to other studies done in urban areas of Pakistan.

Beneficiary of SHINE

I am Farjad, a 55-year-old day construction worker from Chilya. I sought help at the SHINE Humanity Clinic after experiencing persistent chest pain, a tight feeling in my chest, and significant shortness of breath. Alongside these symptoms, I had been suffering from frequent, painful coughing fits, which made going to work everyday an excruciatingly painful task.

At the SHINE Humanity Clinic, the doctors acted promptly to identify the cause of my symptoms. They performed a spirometry test, which led to a diagnosis of obstructive lung disease. I was prescribed an inhaler and given crucial medication to manage my condition.

Since receiving my diagnosis and starting treatment, I have gained a better understanding of how my work responsibilities can impact my respiratory health. Since my diagnosis, I have been diligently following the doctor's instructions, and studying the informative material provided to me by SHINE's clinic.

Farjad



Rabies

Rabies remains a critical public health concern globally, significantly impacting both human and animal populations. Despite being a preventable viral disease, Rabies is almost always fatal once symptoms appear, underscoring the importance of prevention and early intervention.



In 2021, we launched our inaugural Rabies initiative at the **SHINE Humanity Zohra & Mumtaz Wellness Clinic** in Sakro, and have since expanded it to our Gharo Clinic.

Through comprehensive vaccination programs and community education initiatives, we have made notable strides in Rabies prevention and control. Our efforts reflect our unwavering commitment to safeguarding public health and ensuring a future free from this devastating disease. So far, we have successfully provided treatment to 76 dog bite patients, by providing them proper wound care, administering post-exposure prophylaxis in the form of Rabies Vaccine, rabies toxoid and tetanus toxoid.

Our work not only addresses the immediate needs of those affected by dog bites but also utilizes a robust awareness building mechanism for a preventative approach to avoid rabies-related deaths, ultimately contributing to the complete prevention of human Rabies through targeted case-based interventions and public awareness.

We have successfully provided treatment to 76 dog bite patients



Beneficiary of SHINE

Little Mahnoor was bitten on the face by a rabid dog. She was taken to a hospital in Thatta by her parents, however, they were unable to get treatment for her due to a shortage of rabies vaccines - a necessary measure in case of rabid animal bites. Aware of the Rabies Program at the SHINE Humanity Garibsons Facility in Gharo, the physicians referred Mahnoor to us.

Concerned for the well-being of their daughter, the family quickly arrived at our clinic, where our team was mobilized immediately. Her wound was thoroughly examined and washed, followed by the administration of Rabies vaccines. Our staff also emphasized the importance of follow-up care.



Tuberculosis (TB)

Tuberculosis (TB) is one of the deadliest infectious diseases globally, with Pakistan ranking 5th among high-burden countries.

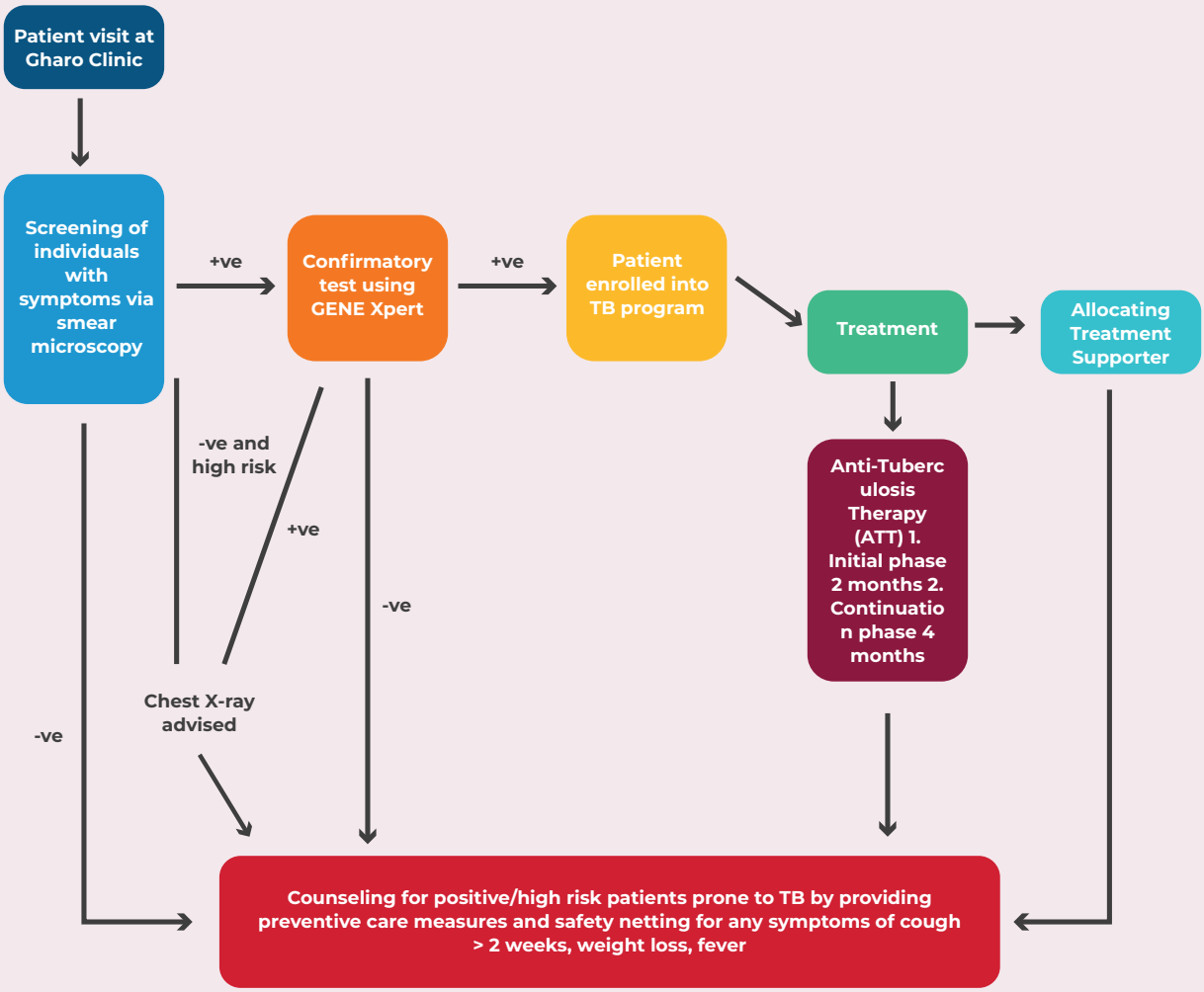


The prevalence, incidence, and mortality rates per 100,000 population per year in Pakistan are 348, 276, and 34, respectively. Raising awareness and educating the public about TB is crucial to protect individuals and the larger community.

In 2024, SHINE Humanity, in partnership with Bridge Consultant, launched a Tuberculosis Program. To date, we have screened approximately 139 patients exhibiting symptoms and conducted sputum analysis. Of these, 8 patients tested positive for TB. Confirmatory tests using the Gene Xpert testing were then conducted to validate the diagnosis.

Patients confirmed with TB are enrolled in our program and initiated on a six-month course of medications. Each patient is assigned a treatment supporter and receives monthly follow-ups. Our program also includes contact tracing to screen and treat close contacts of the patients.

Process Map of Tuberculosis



Beneficiary of SHINE

I am Ahmed, a 55-year-old factory worker. I came to the SHINE Humanity Garibsons Clinic in Gharo after experiencing a persistent cough that lasted for several weeks. Along with the cough, I had been feeling unusually fatigued and had lost a significant amount of weight. I also noticed that I was coughing up blood on a few occasions, which worried me greatly.

At the SHINE Humanity Clinic, the doctors conducted a series of tests to investigate my symptoms, the results confirmed that I had tuberculosis (TB). This diagnosis caused me to experience a lot of anxiety. However, the medical team promptly started me on a course of anti-TB medication and provided detailed counseling on how to manage my treatment.

Since beginning my treatment, I've been closely following the prescribed regimen and attending regular follow-up appointments at the clinic. I've also made adjustments to my daily routine to ensure I'm adhering to the treatment plan and minimizing the risk of spreading the infection.

Thanks to the support and care from the SHINE Humanity Clinic, I am gradually seeing improvements in my health and am hopeful for a full recovery.



Ahmed





Highlights 23-24

Partnerships



Renewing our partnership with The Health Foundation

SHINE Humanity and The Health Foundation renewed their partnership to eliminate Hepatitis C from Pakistan, where this disease is most prevalent. This, sometimes fatal disease has been running rampant in Pakistan due to improper and unhygienic medical practices, coupled with the inadequate provision of healthcare facilities. By renewing their partnership to include further locations where SHINE has established clinics; SHINE Humanity and The Health Foundation remain committed to curb the spread of Hepatitis C in Pakistan.





Partnership with Rotary Club of Sunset Millennium and Pakistan Navy

SHINE's dedication lies in delivering fair and inclusive primary healthcare to those most in need. By joining forces with Rotary Sunset Millenium and the Pakistan Navy, our dedicated outreach team organized a Medical Camp at Pasni, Balochistan. We successfully managed to treat 962 patients.

Dr. Zafar Mirza visits Garibsons Clinic

A prominent figure in public health and policy, Dr. Zafar Mirza recently visited our flagship clinic in Gharo, the SHINE Humanity Garibsons Clinic. During his visit, he expressed particular admiration for the implementation of SHINE's Electronic Medical Records system. Dr. Zafar engaged in discussions with Mr. Faheem Khan, SHINE'S Chief Operating Officer (COO), regarding the potential for extending the use of this Electronic Medical Record (EMR) system to other primary care centers in rural Pakistan.



The Mama Parsi Girls' Secondary School donates books for International Day of Charity

The International Day of Charity is celebrated annually, on the 5th of September, to commit to the eradication of poverty in all its forms. To foster the spirit of charity, we partnered with The Mama Parsi Girls' Secondary School for a Book Donation Drive. We are profoundly grateful to the school and young Mamaians who generously donated hundreds of story books, educational textbooks and magazines to SHINE Humanity. These books have been placed at the Amina Garib Learning Center at the SHINE Garibsons Clinic in Gharo for our young beneficiaries in order to learn, grow and unlock their full potential.





Hilton Pharma donates lifesaving Malaria Medication

Hilton Pharma generously donated over 800 boxes of Artern DS Plus - a lifesaving Malaria medication to SHINE Humanity. As a result of their kindness, hundreds of lives in rural Sindh have been promised a healthier future, and relief against Malaria - one of the leading causes of illness and death in Pakistan.

Deputy Director General Communicable Disease Control visits Garibsons Clinic

Following our MoU with the Sindh Government, Dr. Zulfiqar Dharejo, recently promoted to Deputy Director General Communicable Disease Control visited our flagship clinic in Gharo - the SHINE Garibsons Clinic. Dr. Dharejo was accompanied by Dr. Syed Asghar Naqvi, our General Secretary and Dr. Farwa Asfandyar, our Public Health Specialist. The visit constituted an overview of all SHINE programs and our various diagnostic and treatment stations. Dr. Dharejo expressed appreciation for our stocked pharmacy, Electronic Medical Records (EMR) System and discussed in detail, the execution of our Hepatitis Micro Elimination Program. He also expressed support for our developing Anti-Tuberculosis Program, and aims to build a clinic in Kot Dijji under SHINE's administration.



Exploring Partnerships with Martin Dow Marker Limited

We came together with Martin Dow Marker Limited, to explore potential collaborations aimed at eradicating diabetes and anemia from our nation. We hope to pave the way for a brighter healthcare future.

Martin Dow Marker Ltd. Provides a Lifeline to Gharo's Children with the Help of Iron Therapy

Martin Dow Marker Ltd. has been providing Iron Therapy and essential supplements to those diagnosed with Anemia at our clinics. This intervention was particularly crucial for the school-going population in Gharo, who, as our ongoing research has identified, are most likely to be Anemic.



Collaborating on Accessible Healthcare for the Transgender Community

In a tripartite MoU signed by SHINE Humanity, The Health Foundation and the Gender Interactive Alliance, we will be screening Karachi's transgender community for Hepatitis B and C, and providing vaccinations against Hepatitis B.





Partnering to Eliminate Hepatitis from Pakistan

We partnered with The Liver Foundation, a non-profit organization working to eradicate Hepatitis from Pakistan by 2030. We will be supporting their mission through the provision of screening and PCR kits, medications, and Hepatitis B vaccinations.

Exploring Collaborative Opportunities with the JDC Foundation

We met with Mr. Zafar Abbas, founder and General Secretary of the JDC Foundation Pakistan. After a fruitful conversation pertinent to making lab facilities more accessible for our beneficiaries, we look forward to strengthening our partnership and collaborating on accessible healthcare for all.



Collaborating with TEFF - JSMU for Breast Cancer

At JPMC, we collaborated with TEFF - JSMU to present specially-made clothing for patients battling breast cancer. In an effort to boost the confidence of those undergoing treatment, we provided patients with comfortable and functional gowns, to ensure ease in their treatment process. This initiative also reduces the burden on patients, who often have to purchase or stitch these gowns themselves





MOU Signing with Memon Medical Institute Hospital

We joined hands with the Memon Medical Institute Hospital (MMI) for the provision of specialized lab testing facilities. Testing is an essential service, and has the capability to observe the advancement of diseases, assess the success of treatments, and assist healthcare providers in identifying possible complications, making this a vital step in ensuring quality healthcare for our patients.

MMI Hospital will also be providing us with incineration services for safe removal of medical waste.

Partnering with the Government of Sindh's Population Welfare Department to develop our Family Planning Program

We have been collaborating with the Population Welfare Department of the Government of Sindh for the launch of our new Building Healthy Families (BHF) program, catered to training our physicians, increasing awareness, and providing resources for effective family planning and reproductive health. We thank Secretary Hafiz Abdul Hadi Bullo and Director PPSO Nasreen Ghori for strengthening our mission in providing holistic primary healthcare to the underserved.





Bringing quality primary care to New Jatoi, Sindh with the Karachi Relief Trust

In a partnership with the Karachi Relief Trust, SHINE Humanity will be establishing a new primary healthcare clinic in New Jatoi, Sindh. The MOU signing ceremony was attended by Mr. Khayam Husain, Mr. Tariq Mian, Mr. Ahsan Najmi, Mr. Rafay Badar, Mr. Faheem Khan, and the Chairman of SHINE Humanity Pakistan, Mr. Kalbe Dharamsey. This partnership marks a significant step in expanding our footprint and delivering accessible healthcare to underprivileged communities across Pakistan, and with the support of partners like KRT, we remain committed to building healthier communities.

Hawaii disaster relief efforts

In light of the Mauii fires in Hawaii, SHINE Humanity partnered with a local US organization, the Hawaii Community Foundation, to collect donations for the victims of one of the country's deadliest fires in over 100 years.



Events



Rabies Program Inauguration at the SHINE – Garibsons Clinic

We hosted Dr. Naseem Salahuddin, Head of Department of Infectious Diseases at The Indus Hospital, as our esteemed Chief Guest. With a newly established wash area, Rabies vaccines, immunoglobulin, and a medical staff expertly trained at the Indus Hospital, our flagship clinic is now equipped to offer comprehensive Rabies Care.





Inauguration of our Third and Largest MUC at Frere Hall, Karachi

Sponsored generously by the Aziz & Razia Dharamsey Family Foundation, this 30-foot, 2 doctor clinic, complete with a pharmacy and lab services, strengthens our pledge to ensure healthcare reaches every doorstep, every village, and every life in need. This MUC was brought to life by Mr. Khayam Hussaini, Autocom Pvt Ltd., and the Tree House Design Lab – a visionary team of architects and engineers, and has been providing quality primary healthcare services to some of the most inaccessible areas of Sindh.





SHINE Humanity Garibsons Clinic Introduces Child Immunization

To actively tackle the lack of immunization in the rural communities of Sindh, we have launched the Government of Pakistan's Expanded Programme on Immunization (EPI) at the SHINE – Garibsons Clinic.





Rotary Club of Sunset Millennium upgrades the SHINE - Garibsons Clinic

Our Eye Clinic at the SHINE Garibsons facility was generously upgraded with a Tonometry Machine by the Rotary Club of Sunset Millennium. The inauguration ceremony was attended by President of the club, Ms. Sarwar Peshimam and her team. With this donation, SHINE now offers even more holistic care.





Serving as the First Aid Partner at Karachi Eat Food Festival 2024

Once again, we served as the first aid partners of the Karachi Eat Food Festival. Through the support of our volunteers, medical staff, we catered to the first-aid and medical needs of the festival-goers. From prescriptions for headaches and burns, cuts and bruises, our staff diligently worked round the clock on all 3 days of the festival.

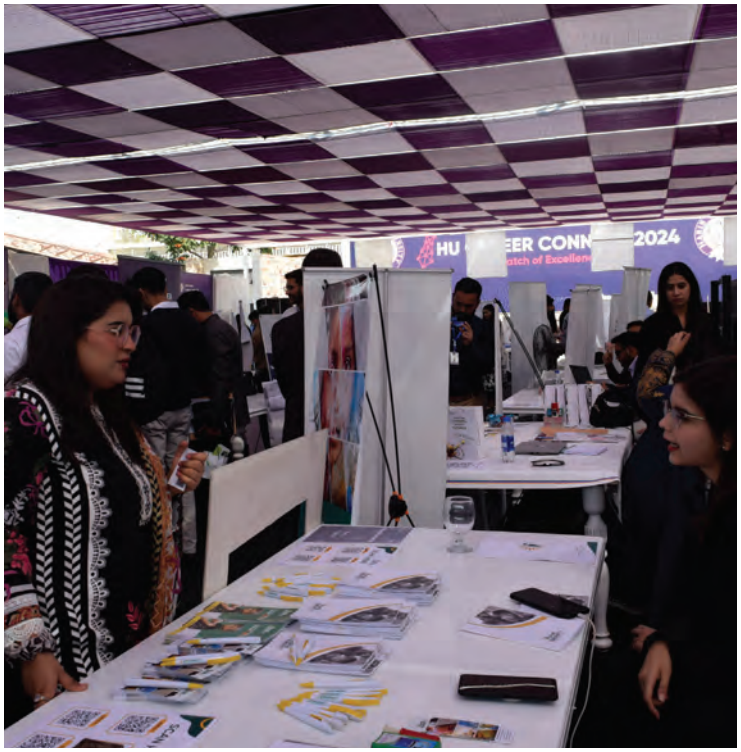




Career Fairs at IBA and Habib University

We had the opportunity to interact with students from various departments at IBA and Habib University. In meeting the changemakers of tomorrow, we are thrilled at the opportunity to work with such promising young minds.





Appearances on TV and Radio

We kicked off our Ramadan Campaign with our Public Health Specialist, Dr. Farwa Asfandyar and Marketing Associate Hareem Baig’s appearance on Pakistan’s most watched morning show - Good Morning Pakistan with host Nida Yasir, on ARY Digital.

Hareem Baig also appeared on SP FM 88.6 on the show ‘Subhe Nau’ with RJ Agha Noman, while COO Faheem Khan conversed with RJ Shireen Akhtar on HOT FM 105 about SHINE’s origin story, our vision for the healthcare landscape of our nation, and our work in providing quality primary care to communities in rural Pakistan.













Out - of - Home Advertisements - a SHINE First

This Ramadan, we displayed SHINE across Karachi. Our EV bus and bus stations took to the metropolitan's streets for the masses to learn more about our work, and donate their Zakat contributions and provide quality primary care to rural communities through SHINE.













Ramadan Ration Drive 2024

Thanks to the generosity of the Aziz & Razia Dharamsey Family Foundation, we conducted a Ration Drive for beneficiaries in the outskirts of Karachi and in rural Sindh. With the support of Karachi Relief Trust, we identified communities most in need of support, and have distributed ration packs to villages in Keti Bandar, Thatta, Nowshero Feroz, and more, impacting thousands of lives.



Medical Camps

Hepatitis Elimination Efforts

Pakistan currently bears the brunt of the global Hepatitis C burden. The first step in preventing, testing, and treating Hepatitis C, involves the screening of patients via the administration of an antibody test. SHINE Humanity outreach teams in our Chilya and Thatta clinics conducted a medical relief camp and diligently screened 168 patients for Hepatitis C, in July 2023.







Health Camp with SZABIST University – Karachi Campus

On December 13th, 2023, our Mobile Urgent Care Unit (MUC) was stationed outside SZABIST 100 Campus, Karachi, for a day-long medical camp, for students, staff, and faculty members to avail a comprehensive vitals checkup. We catered to the healthcare needs of 150+ individuals.

Medical Camp in Sujawal with the Ehsaas Trust

We partnered with Ehsaas Trust to conduct a medical camp in Sujawal, Sindh, on February 21, 2024, where the beneficiaries were screened for Anemia and Malnutrition. The majority of our patients were women and children, who were also administered Tetanus and early childhood vaccinations.







Medical Camp with Hunar Ghar Welfare Organization

SHINE Humanity visited Hunar Ghar Welfare Organization, a nonprofit organization that develops vocational skills of women (such as embroidery, henna artistry, block printing, sewing, and hairdressing). As part of a collaboration, we conducted a camp on May 23, 2024 and screened 100+ enrolled students for Hepatitis C and Anemia, free of cost. They were then vaccinated for Hepatitis B and provided nutritional counseling.







Mental Health Day Workshop with 'Care for Health'

For Mental Health Day 2023, Care for Health, a mental health initiative dedicated to mental health awareness conducted a workshop for our Head Office employees on 'Stress Management and Emotion Regulation'. The session was engaging and educational as it taught us valuable techniques like mindfulness, positive self-dialogue, gratitude and empathy.







Breast Cancer Awareness Sessions with TEFF

Tumor Board Establishment Facilitation Forum (TEFF – JSMU chapter), a student-run organization supervised by Dr. Fatima Shaukat, consultant radiation oncologist at JPMC, conducted two Breast Cancer Awareness Sessions for our employees at our Head Office, and at the SHINE Garibsons Clinic. It covered the prevalence of breast cancer in Pakistan, taught and emphasized self-examinations, refuted myths, and explained treatment plans.





Independence Day Celebrations

For Mental Health Day 2023, Care for Health, a mental health initiative dedicated to mental health awareness conducted a workshop for our Head Office employees on 'Stress Management and Emotion Regulation'. The session was engaging and educational as it taught us valuable techniques like mindfulness, positive self-dialogue, gratitude and empathy.



Women's Day

For Women's Day 2024, we celebrated the women that have been most impactful in our lives. Through video testimonials, employees shared stories of women that they look up to, while also celebrating our female Head Office staff, physicians, and tribe of Community Health Workers who ensure the delivery of quality primary healthcare to all our beneficiaries.





Team building in Nagarparkar

Our Head Office team embarked on an eight-hour road trip to Nagarparkar, Tharparkar for a monitoring visit to our SHINE Humanity Gul Lot Clinic. Along the way, they explored the rural areas of Sindh, stopping at various locations including Diplo, Sindh. The team visited ancestral homes and temples, finding the experience to be an opportunity to enhance collaboration and communication skills.





Trainings & Workshops



Continued Medical Education

SHINE's Continued Medical Education (CME) program was established for the Medical and Allied staff of SHINE Humanity. In this program, specialists and physicians from the US and Pakistan conduct virtual education sessions for our staff so that they work in accordance with the up-to-date practices that help deliver primary healthcare in a much more efficient manner. These sessions also allow expert physicians to assess the quality-of-care medical staff at SHINE provides to the locals..

At the Head Office, a CME session was virtually led by our Co-Founder, Dr. Salman Naqvi with a session on Asthma and COPD, while Dr. Farzana Naqvi, Dr. Seema Hirji, and Dr. Sameen Naqvi covered Diabetes, prevalent Dermatological concerns, and Pediatrics.

A parallel session was held at the SHINE – Garibsons Clinic, where our operational teams attended CME sessions on our HR policies and administrative procedures, lab and dispensary protocols, vitals, and concluded with training on our Electronic Medical Records (EMR) and Enterprise Resource Planning (ERP) Systems.







Doctor's Testimonial

"This story is particularly close to my heart as it involves my own father. He is diabetic and suffers from triple vessel disease of the heart. Many doctors prescribed him insulin directly, bypassing metformin and other oral hypoglycemics. He grew tired of injecting himself twice daily and eventually stopped using insulin altogether.

Before joining SHINE, I struggled to adjust the dosage of diabetic medications for patients, despite my experience at a renowned medical institute in Karachi.

SHINE's Continued Medical Education (CME) sessions led by Dr. Farzana Naqvi were immensely helpful in managing diabetic patients at SHINE Clinics. Moreover, I also managed to start my father on oral hypoglycemics without insulin, and the results were astounding. His blood sugar levels, which were always high or around 500+, have now dropped to a random reading of 140!

Thank you, SHINE, and thank you, Dr. Farzana! Today, I feel incredibly proud as a daughter, and as a physician. While managing over 200 diabetic patients is an achievement, managing my father's diabetes, who had been on insulin for years without any other medications, brings me unparalleled happiness."

Dr. Hafiza Mehak Fatima
General Physician at SHINE Zia Abbas Haider Memorial Clinic

Sunehra Lamha - Helping Babies Survive Workshops

Sunehra Lamha refers to the ‘golden’ or the first minute after birth. For the past decade, SHINE has been playing an integral role in reducing the neonatal mortality rate in Pakistan. Through ‘Helping Babies Survive’ workshops and training sessions, master trainers from Jinnah Sindh Medical University forward our Sunehra Lamha initiative and train birth attendants, midwives, physicians and medical students on neonatal resuscitation techniques. This program helps disseminate basic, but often overlooked maneuvers that help bring a child's life out of risk at birth. Each session includes theoretical presentation, and concludes with hands-on dummy practice to ensure retention of skills learned.

This year, we successfully conducted 3 Helping Babies Survive Workshops at Sohail Trust Hospital, Burhani Hospital, and Holy Family Hospital. A session was also held by the Character Building Society - JSMU, for its own students, to both inspire and equip the next line of master trainers.



Master Trainer’s Testimonial

"Being a trainer and then the head master trainer for the Helping Babies Survive Workshops has been one of the most rewarding experiences of my journey as a medical student. Outwardly, it might seem that we are just teaching the skill of neonatal resuscitation, but only those who are an active part of the team can tell how much being part of this team helps you grow personally and professionally. It gives you the opportunity to interact with so many intellectual individuals, be it your peers or faculty members from different hospitals and learn from them. It teaches you the essential skill of teamwork and if you're fortunate enough to be a head master trainer, it gives you leadership experience like no other. I will always be indebted to Dr. Naghmana Shafi and SHINE Humanity Team, for this once-in-a-lifetime learning opportunity.”

Dr. Usama Memon
Head Master Trainer 2022 - 2024
Helping Babies Survive

Thalassemia Training Session

A training session on Thalassemia was conducted at the SHINE Garibsons Clinic in Gharo, by Dr. Agha Umar Draz Khan - Chief Pathologist at Husaini Hematology and Oncology Trust of the Husaini Laboratory. The learning outcomes of this training session consisted of Thalassemia detection, and report interpretation. We are very thankful to Dr. Khan for educating our staff and contributing to their evolving bank of medical knowledge.



Supervisors' Training Workshop

Our Clinic Supervisors from across rural Sindh joined us at the SHINE Head Office for a training session. The session covered a wide range of topics including our ethical guidelines, leave policies, Organogram, Code of Conduct, employee onboarding, and procedures for handling misconduct, to ensure the seamless operation of all clinics.



Training on Malnutrition at MMI and Saylani Welfare International Hospital

In collaboration with Trust for Malnutrition and Stunted Growth (TMSG), our Programs team, led by Public Health Specialist Dr. Farwa Asfandyar, conducted two training sessions on the protocols, prevalence and techniques of treating Malnutrition at Memon Medical Institute Hospital (MMI) and Saylani Welfare International Hospital.

Attended by physicians, nutritionists, and Community Health Workers, both the sessions concluded with individualized practice using Mid Upper Arm Circumference Tapes to allow for detection.

These sessions also allowed us the opportunity to share our insights on the alarming prevalence of Malnutrition and its devastating consequences in rural Pakistan.





Interactive Research and Development (IRD) empowers the SHINE Humanity Gul Lot Clinic Staff

We have been collaborating with IRD (Interactive Research and Development) on several new health initiatives in Nagarparkar. At our Gul Lot Clinic, a continuous flow of community awareness and engagement sessions on TB, HCV, and Mental Health were held for our clinic staff to enhance their knowledge and diagnostic awareness. To enhance community health, we have also jointly identified locations for future health screenings and medical camps.



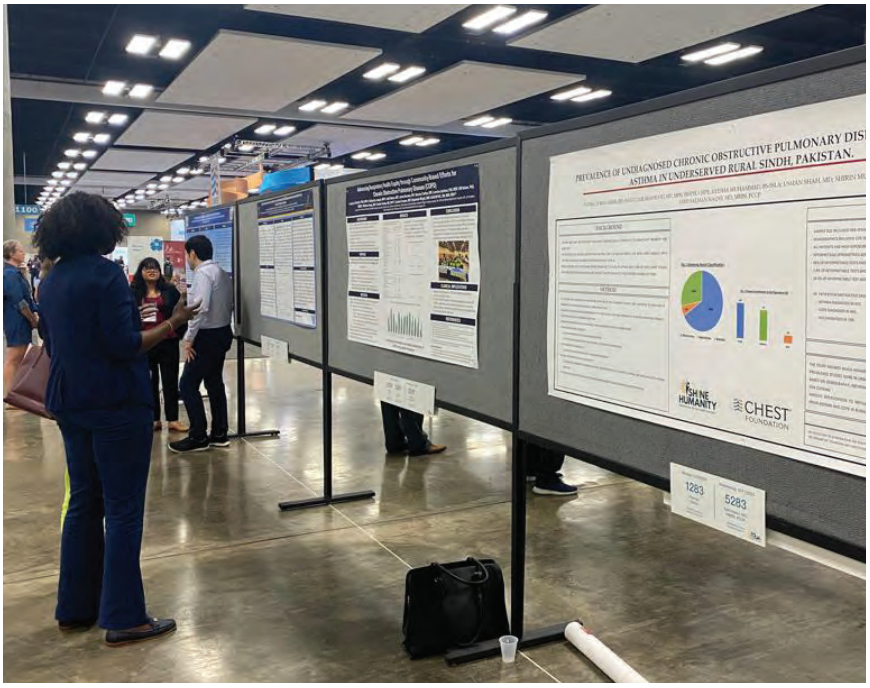
Participation in Conferences



CHEST Conference 2023

Honolulu, Hawaii hosted the American College of Chest Physicians Conference in October 2023. It drew an impressive crowd of nearly 7,000 attendees from around the world. We presented our abstract regarding the prevalence of undiagnosed Asthma and COPD in rural Sindh, Pakistan, which garnered high praise for our work in primary and preventative care in rural Sindh.

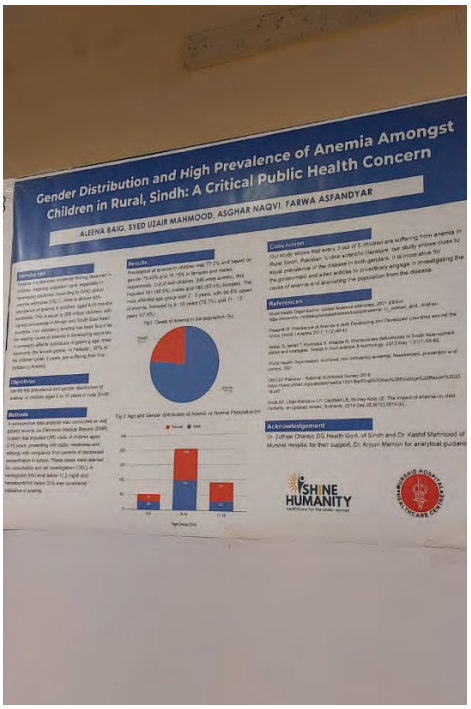




PEADSCON 2023

We participated in the 21st annual PEADSCON in Peshawar, Pakistan, where we presented our research titled ‘Gender Distribution and High Prevalence of Anemia Amongst Children in rural Sindh: A Critical Public Health Concern’, where we uncovered an alarming 77% prevalence of Anemia in its school-going population.





British Society for Haematology Annual Scientific Meeting 2024

Our abstract, 'Exceptionally High Prevalence of Iron Deficiency Anemia in Children Residing in Rural Areas in Pakistan,' was presented at the British Society for Haematology Annual Scientific Meeting in Liverpool, UK. Health practitioners and delegates from across the world were introduced to SHINE, with many NHS consultants expressing interest in our work.





SHINE Presents at JPMC's 2nd Post Graduate Research Conference

We presented our Abstract, 'Gender Distribution and Prevalence of Severe Acute Malnutrition in Children Under 5 Years', at JPMC's 2nd Postgraduate Research Conference. Utilizing patient data gathered on our EMR System, we discovered that an alarming 1 in 5 children suffer from malnutrition in rural Sindh. The SHINE Humanity ecosystem, hosting 10+ dedicated healthcare programs not only caters to community needs, but also promotes health education, bringing forward our findings to create comprehensive and preventative measures.



Presenting SHINE Projects to K-Electric's KHI Awards 3.0

We had the honor of representing SHINE at K-Electric's 'KHI Awards 3.0' Jury Session! Out of 150 submissions, our projects 'Mobile Urgent Care Unit', and the 'Electronic Medical Records System' were shortlisted for presentations. Our team, comprising Hareem Baig, Dr. Farwa Asfandyar, and Soban Shaikh presented our work, in front of a panel of Pakistan's leading community members.



Attending the 8th NICH Symposium

Our Programs team attended the 8th Symposium of the National Institute of Child Health, where founding Dean, APPNA Institute of Public Health at Jinnah Sindh Medical University (AIPH-JSMU) and a member of our Board, Prof. Dr. Lubna Baig, discussed the importance research for organizations, its challenges, and the intricacies of grant writing.



Rotary Club's District Assembly 2024-25, supported by SHINE Humanity

We supported the Rotary Club's District Assembly 2024-25, which set the tone for Rotary's plans for the upcoming year, emphasizing the importance of coming together, and celebrating the magic that makes Rotary a force throughout the world. Over 300 attendees from various Rotary Clubs across Pakistan congregated at the event, where we had the honor of learning more about their philanthropic endeavors.



Recognitions & Accolades



SHINE Humanity recognized as a high-quality PHC organization

In his DAWN article, Dr. Zafar Mirza recognizes SHINE Humanity as a provider of high quality primary healthcare in rural Sindh. He went on further to highlight the need for equitable access to healthcare in communities across Pakistan.

"I visited a similarly high-quality PHC organization, SHINE Humanity, which specializes in delivering quality health services in rural areas. Founded in 2009 by a few Pakistani doctors in the US, the organization has gradually developed its system and currently operates 12 facilities, which include purpose built-fixed facilities, satellite clinics in the more remote rural areas of Sindh and mobile clinics. They also digitally manage the whole operation and have almost all the attributes of the Sina Trust."

Candid. Gold Star of Transparency

We've earned our Gold Seal of Transparency with CandidDotOrg! We update our work and impact on the lives of the underserved communities of rural Pakistan through our Nonprofit Profile on Candid's website.



Charity Navigator 4 Star Rating

We are pleased to earn our 4 star rating from Charity Navigator! This powerful trust indicator demonstrates to our donors that they can take action and support our organization due to our financial health, transparency, and accountability. A rating by Charity Navigator enables us to help more people turn their values, passions and beliefs into meaningful change and impact. Charity Navigator provides the data, ratings and advice to make informed choices that turn intent into action.



Fundraisers



Chicago Fireworks & Fundraising

The SHINE Humanity Chicago Fundraiser was held on Saturday, 19th of August, 2023. We are grateful to Dr. Maleeha Ahsan and Mr. Ahsan Siddiqui for hosting the fundraiser and ensuring a successful event. The evening agenda included a presentation by Founding Member Dr. Salman Naqvi and Executive Director Naila Ahmed on our efforts to provide quality primary care services to underserved communities. Our ecosystem of programs was expanded upon, and how we impact the health and well-being of not just patients but entire communities.





San Diego Fundraiser

This event, hosted by our San Diego Chapter, gave our US Board Chairman, Dr. Faisal Khan the opportunity to talk about our work, why addressing primary and preventative care is so important and why this should be a cause that should concern us all.

We are very grateful for the support extended to us by our friends in San Diego, as the funds raised directly impact the health and well-being of the communities we serve.





Annual US Fundraiser '24

Our heartfelt appreciation goes out to all our incredible supporters and dedicated volunteers who joined us at our Annual Fundraiser US '24 to rally behind our cause. The overwhelming turnout filled our hearts with joy, and we eagerly look forward to having you all by our side as we soar to new heights together.













Annual Pakistan Fundraiser ‘24

Chief Guest: Mr. Saleem Mandviwalla

Your unwavering trust in our mission motivates us to work even harder to improve healthcare access for Pakistan’s underserved rural communities!











Testimonials from OUR INTERNS

During my time at SHINE, working in the finance department was truly a rewarding experience. The team's welcoming and supportive nature made it easy to seek guidance from my manager without hesitation. The collaborative atmosphere among colleagues created a sense of unity and assistance whenever needed. I was encouraged to share updates on my progress and have discussions with colleagues.

With a structured work schedule, I was initially focusing on managing and organizing data related to Clinics. Additionally, I had the opportunity to create essential policies for the company, including those related to transportation, safety equipment, motor vehicles, and medical equipment etc. My contributions in policy-making aimed to enhance the overall operations and safety standards of the organization.

Samaa Khan,
IBA, BS. Economics





Every year, students in their final year at the Institute of Business Administration (IBA) must complete an experiential learning project with an organization. This year, IBA students were assigned SHINE Humanity as their organization. In working with our Marketing Department, Raahim, Basit, Saniya, and Hiba presented their report, enriched with market research and evidence-based strategies based on demographic donor behavior. We were pleased with their results and hope to continue to work on Experiential Learning Projects in the future.

“It was truly a remarkable experience collaborating with SHINE Humanity for our Experiential Learning Project. Our journey together was filled with rich learning and invaluable exposure, allowing us to delve deep into donor behavior and engagement. We conducted surveys, interviews, and focus groups, uncovering new insights that have the potential to drive positive change. Our shared perspectives are sure to contribute to SHINE’s ongoing exploration. We're immensely grateful for the opportunity and look forward to future collaborations, continuing to make a meaningful impact together!”

Raahim Zaidi
ELP Group Leader
IBA, BS. Accounting and Finance

Upcoming Projects



Building Healthy Families



This Initiative will focus on providing accessible and affordable contraception. comprehensive sexual education, and maternal health services, to promote the benefits of family planning. The program also includes regular health check-ups, counseling, and support services to help families improve maternal and child health, and enhance overall quality of life. Supplements will also be provided to expecting mothers.

Mental Health



This initiative will aim to enhance the understanding of mental health, increase the willingness to seek care of mental illness, allow communities easily accessible resources and mental health support services at our clinics. Following a 'Lay Counselor Model', our staff will be equipped on the Patient Health Questionnaire (PHQ). SHINE has ongoing plans of collaborations and training workshops that will provide basic counseling skills to our clinic staff, to be able to diagnose, manage and treat mental illnesses in rural communities. Our revamped mental health program will also onboard an expert psychologist to supervise weekly therapy sessions.

Clinic Locations: Mansehra, New Jatoi, Diplo, Ghorabari

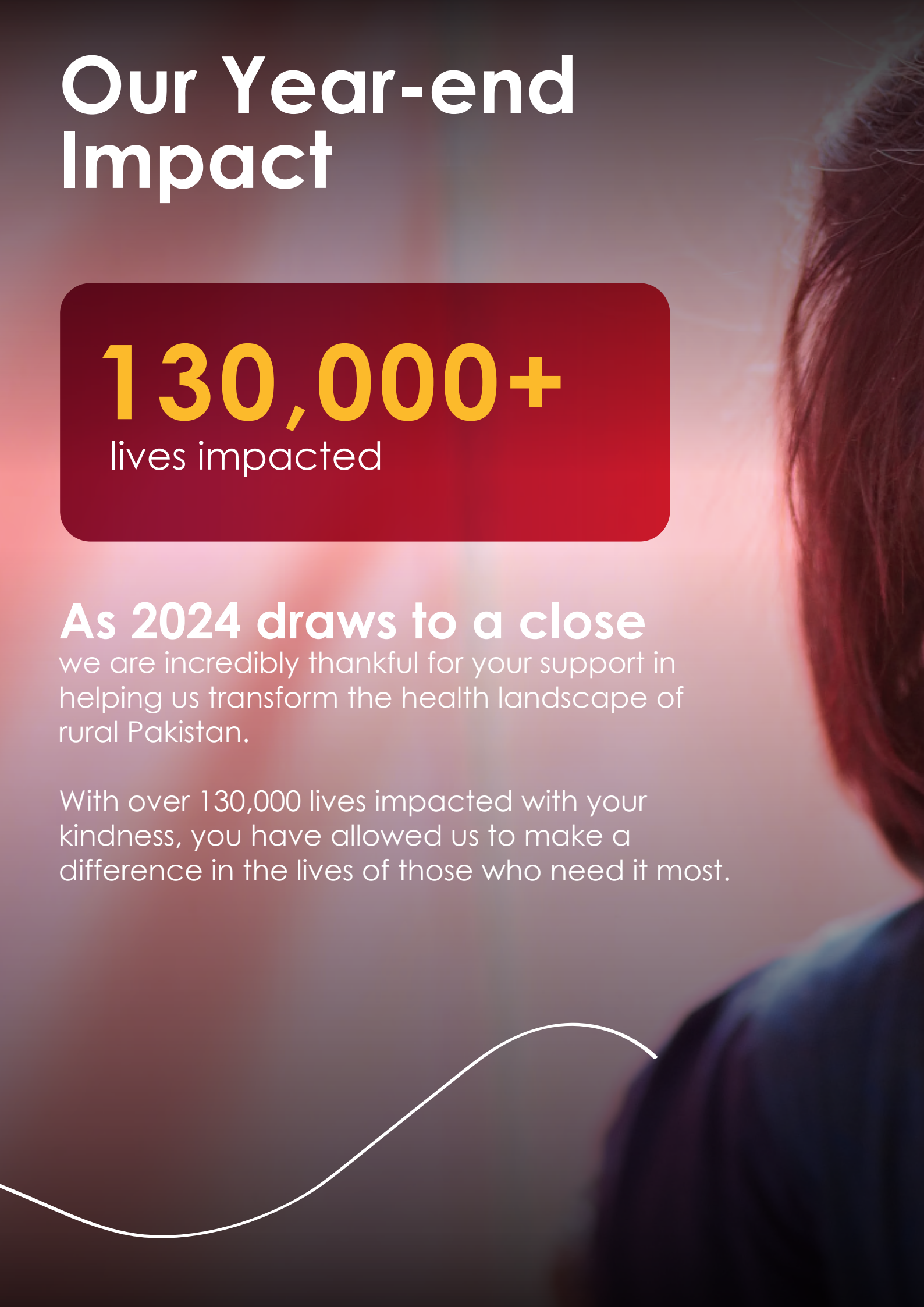
Our Year-end Impact

130,000+
lives impacted

As 2024 draws to a close

we are incredibly thankful for your support in helping us transform the health landscape of rural Pakistan.

With over 130,000 lives impacted with your kindness, you have allowed us to make a difference in the lives of those who need it most.





Our Partners




TECHMEDO
Connect | Transform | Innovate

Microsoft

sehat kahani

IDRF
PEOPLE HELPING PEOPLE

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SAVERA
EXCELLENCE IN MENTAL HEALTH CARE

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HEALTHCARE CENTRE


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Karachi
Relief
Trust

eat
food
KARACHI

KARACHI
LITERATURE
FESTIVAL

SUNSET
MILLENNIUM

GIA

HUSAINI
KEEPING HOPE ALIVE SINCE 1979

NRSP
National Rural Support Programme

REDCap
Research Electronic Data Capture

IRD

THE HEALTH FOUNDATION
for a Hepatitis-Free Pakistan

THE MAMA PARSI GIRLS' SECONDARY SCHOOL
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Health, Education
& Welfare Trust

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FOUNDATION

BRIDGE

HBL
Foundation

CARE FOR
HEALTH

ALIGHT

Foundation
Wind Energy Limited

Unilever

Rotary Club
of Karachi
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Our Dedicated Staff



Faheem Khan
Sheikh Danish Ahmed
Mustajab Rafiq
Ujala Shahzad
Hareem Baig
Iman Zamir
Shameen Mehta
Nathaline Shehani Fernandes
Sumbul Wahab
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Daad Rehman
Saad Memon
Aijaz Ali
Ms. Sanam Premi
Shahmeer Khan Jokhio
Saleem
Dr.Ramjee
Nasir Ullah
Bahadur Khan Makrani
Urooj
Samina
Pathan Meerbahar
Abdul Sattar Shoro
Nawaz Ali
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Kishore Kumar
Asia
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Khair-Un-Nisa
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Sikandar Ali
Ayaz Ali
Babujan
Ramesh
Dr.Hera Nand Lal
Dr.Hussna Bhatti
Ravi Lal
Dleep Kumar
Besham Chand
Asha Agness
Nimla Bai
Meeran Bai
Pervaiz
Dewan

Get Involved



ہمدردی

SHINE Humanity's Corporate Compassion Project

Building healthier communities in rural Pakistan.

سَخاوَت
Sakhawat

Improve community health by sponsoring a medical camp, donating ration to deserving families, or equipping SHINE's CHWs.

روشن
Roshan

Equip a village with RO plants, donate solar panels, or digitize a SHINE Clinic.

سہارا
Sahara

Sponsor SHINE's pharmacy and clinical operations for 1 year.

امید
Umeed

Support SHINE patients with contributions to our programmatic ecosystem.

Ways to Donate



Bank Transfer

For Zakat Only

Bank Title: JS Bank

Account Title: SHINE Humanity Pakistan

Account Number: PK58JSBL9606000001571061

For Other Donations

Bank Title: JS Bank

Account Title: SHINE Humanity Pakistan

Account Number: PK07JSBL9606000000615074

Donate Online

shinehumanity.org/donate

Healing Pakistan Healing Humanity



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The Art Store
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I envision a world in which everyone can live healthy, productive lives, regardless of who they are or where they live.

Dr. Tedros Adhanom Ghebreyesus
Director-General World Health Organization

SHINE HUMANITY

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