

# ENVISIONING

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# VISION

We care For Eye Care

# 32

Years of  
Spreading Light



**AL-SHIFA TRUST EYE HOSPITAL**

Rawalpindi-sukkur-Kohat-Muzaffarabad-Chakwal

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**Giving** is not just  
about making a  
**donation.** It is  
about making a  
**Difference**

**Donate Generously**

Donations can be sent directly to:

**Al-Shifa Trust Eye Hospitals**

Rawalpindi-Sukkar-Kohat-Muzaffarabad-Chakwal

**Address:** Jhelum Road, Rawalpindi.

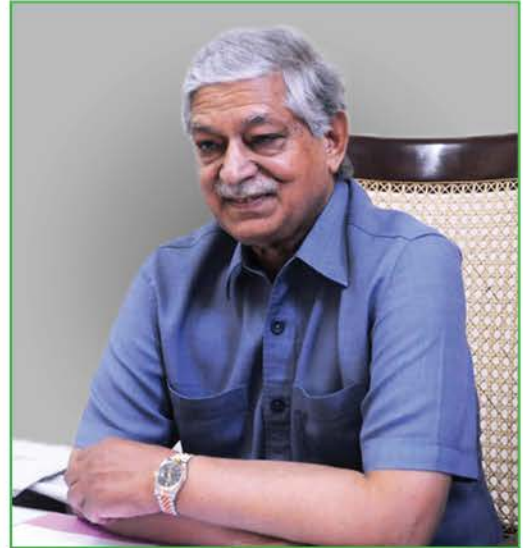
**Ph:**+92-51-5487821-5

[www.alshifaeye.org](http://www.alshifaeye.org)

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## PRESIDENT'S MESSAGE

Al-Shifa Trust Eye Hospital celebrated its 32nd anniversary this March. During these years, this organization has provided state of the art facilities in the domain of eye care to all cadres of society. Al-Shifa Trust has grown by leaps and bounds in these years where our services are expanding and impact is created by providing services and introducing latest technology to fight against blindness. It is a pleasure to see children and adults with bright smiles when their vision is restored or improved by our expert teams here. We know that this happiness is spilled over to their families and thus communities where all these people can contribute back to the society. It is here that I would like to thank our supporters and donors for the trust and confidence they have placed in Al Shifa Trust in these 32 years. I along with my team, believe that with our continuous efforts and support from people like you, we can strive to provide the best treatment and bring a positive change in health care in Pakistan.



## TRUSTEE AL-SHIFA TRUST ATTENDS BOARD MEETING

Mr. Younus Bhatti, Trustee AST, visited Al-Shifa from the UK to attend the board meeting. He also donated a hefty amount to support our cause of fighting blindness in the country. Mr Bhatti is our regular patron. He helps us through his own donations as well as by collecting donations from the UK.



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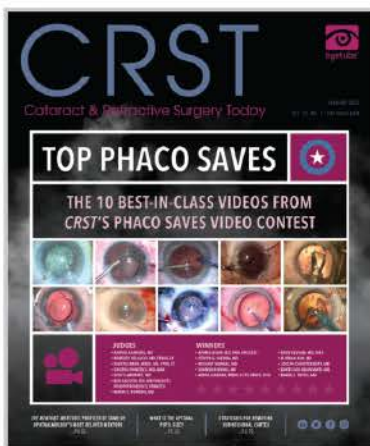


## AL-SHIFA GETS PUBLISHED IN A PRESTIGIOUS MEDICAL JOURNAL

We are proud to announce that research paper by Dr. Ume Sughra, Associate Professor and Research Associate at AST has been published in the most prestigious medical journal: New England Journal of Medicine. The journal has the highest impact factor (91.24). Dr. Sughra's published work on the efficacy and safety of the RBD-Dimer-based COVID-19 Vaccine ZF2001 in adults is a part of clinical trials held at Al-Shifa Trust Eye Hospital, Rawalpindi, in which she was the principal investigator.



## DR. ABDUL HANNAN WINS CRST'S TOP PHACO SAVES CONTEST



Dr. Abdul Hannan, Senior Registrar in the Retina Department of Al-Shifa Trust Eye Hospital, Rawalpindi, has won the 10 Best-in-Class Phaco Saves Video Contest by Cataract & Refractive Surgery Today (CRST)—a monthly eye magazine that delivers cutting-edge information to cataract and refractive surgeons and promotes continuing education

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## NUST SKILLDEV CLUB SUPPORTS AL-SHIFA TRUST

President Al-Shifa Trust gave a lecture on Learning by Giving at the National University of Sciences & Technology (NUST). He discussed the role of students in uplifting the community and shared an idea of a fundraiser to help support the fight against blindness in Pakistan.

NUST SkillDev Club arranged a skill fest to raise funds for Al-Shifa Trust. The event was in succession to President Al-Shifa's talk at the National University of Sciences & Technology (NUST), where he discussed how students can change the ending of someone's story by standing up and donating for the right cause.

The proceeds from tickets of the skill fest were donated to Al-Shifa Trust. While money often supersedes other contributions, we recognize the true value of a gesture. The proceeds from this event were not hefty, but it sure did promote a culture to motivate students involvement in the social upliftment of the underprivileged. We are thankful to NUST SkillDev Club for collaborating with us.



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## CENTER FOR EYE CANCER AT AL-SHIFA TRUST

The Center for Eye Cancer at Al-Shifa Trust, Children Eye Hospital has started its Chemotherapy Unit. A 4-bed chemotherapy facility has been established for pediatric patients where free-of-cost chemotherapy is administered to pediatric patients. The new facility has specialized paed oncology staff, oncology pharmacist, emergency case equipment, and all necessary facilities to administer chemotherapy properly. President Al-Shifa Trust appreciated the completion of this milestone.



## MONTESSORI SECTION FOR CHILDREN WITH CANCER

Al-Shifa Trust collaborated with the Childhood Cancer Care Trust to create a new kids play area in its pediatric chemotherapy unit in the Center for Eye Cancer. The Childhood Cancer Care Trust and TEVTA in collaboration with AST also renovated the montessori section for the kids through wall art and painted murals to lessen the traumatic experience of children undergoing chemotherapy. President AST presented the collaborators with certificates of appreciation for their generous efforts.



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## WORLD GLAUCOMA WEEK

AST observed World Glaucoma Week 2022. Awareness videos were shared on social media, and a seminar for glaucoma awareness was also conducted in the hospital.

Dr. Farah Akhtar, Dr. Mehmood Ali, and Dr. Saad Alam gave talks on Glaucoma to enlighten the audience. Extensive research and tireless efforts of our doctors in this domain have made the Glaucoma department at Al-Shifa one of the best in the country.



## HANDS-ON WORKSHOP: MICROPULSE DIODE LASER

The Glaucoma department of Al-Shifa Trust facilitated a hands-on workshop on Micropulse Diode Laser in conjunction with the 5th International Conference held at Rawalpindi Medical University.

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## TRAINING WORKSHOP BY SIGHTSAVERS

A 5-day training workshop on "Clinical and Functional Low Vision Management " by SightSavers was conducted at the Pakistan Institute of Ophthalmology (PIO). Key topics from the workshop included vision rehabilitation in a global context, introduction to low vision, psychosocial impact of low vision, counseling for low vision, clinical assessment of low vision, pediatric low vision care, low vision devices, etc



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## TRAINING PROGRAM ON CAPACITY BUILDING OF HOSPITAL STAFF

Al-Shifa School of Public Health organized a 7-week training program on capacity building of all hospital staff under the President’s vision of quality academics and training. The program would help to improve efficiency and health service provision of the staff through better communication with patients and with one another. Healthcare staff also gained evidence-based skills to fulfill the needs of patients and work together more effectively as a team.



## GO RED FOR WOMEN: A TALK ON HEART DISEASES IN WOMEN

Dr. Nusrat Ara Majeed visited Al-Shifa Trust Eye Hospital for an awareness talk on heart diseases in women in recognition of the American Heart Association’s Go Red for Women, which is a signature initiative for women's heart health awareness.

Dr. Nusrat shared her clinical experience regarding how common symptoms are often misdiagnosed or ignored in women. She also emphasized that timely detection through regular cardiology checkups may prevent heart diseases in women.



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# CHEEZIOUS SUPPORTS AST FOR RAMADAN CAMPAIGN

The first-ever collaboration between a major fast-food brand and Al-Shifa Trust Eye Hospital took place to financially support AST in its efforts to provide services in the domain of eye care. Cheezious and AST signed an MOU where Cheezious agreed to donate Rs 50 per transaction during Ramadan. The MOU was signed by the Executive Director of Al-Shifa Trust, Brig (R) Rizwan Ullah Asghar and the Executive Director of Cheezious, Mr Omer Farooq and was attended by senior executives and marketing team from both organizations. Al-Shifa Trust truly appreciates the involvement of the local food brand Cheezious in supporting its cause. The ceremony for cheque hand-over will be held in August.



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## COLLABORATION WITH GOVERNMENT OF GAMBIA

Al-Shifa Trust has signed an MoU with the Government of Gambia. As per the agreement, AST will provide short-term specialized professional training to the doctors of Gambia. Deserving patients from Gambia would be offered free treatment at AST for their eye conditions. All travel expenses for such patients will be paid in full by the Government of Gambia. AST and the Government of Gambia will work together to offer ophthalmic services via telemedicine facility available at AST.

Al-Shifa Trust hopes to extend its eyecare services beyond borders through this new collaboration.



## PAKISTAN INSTITUTE OF OPHTHALMOLOGY

### COMMENCEMENT OF BS PUBLIC HEALTH PROGRAM

We are proud to announce that classes for the first batch (Spring 2022) of BS Public Health have commenced at Al-Shifa School of Public Health. The BSPH Programme envisions excellence in public health teaching and training and capacity building through providing broad perspectives of health, health-care and innovation.

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## SPORTS AND CULTURAL WEEK AT PIO & ASOPH

Pakistan Institute of Ophthalmology and Al Shifa School of Public Health celebrated the first week of November as Sports and Cultural Week 2021. The week-long activities included debate and *bait bazi* competition, badminton & cricket matches, cultural performances, and tablo drama.

In the concluding ceremony, Prof. Dr Muhammad Ali, Vice Chancellor Quaid-e-Azam University (QAU) distributed the prizes among the winners. He highly appreciated the dedicated work being carried out at Al Shifa Trust. President AST appreciated students of PIO on how well they stand out in academic and extracurricular activities



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## ASOPH RAISES EYE HEALTH AWARENESS AT FATIMA JINNAH WOMEN UNIVERSITY

Al-Shifa School of Public Health conducted an awareness session on eye health knowledge and practices. The session was conducted by Dr Ayesha Babar Kawish, HOD, Al-Shifa School of Public Health to an audience of young women at Fatima Jinnah Women University. The talk was a part of promoting health initiative by ASOPH.



## WORLD FOOD SAFETY DAY WITH CHEEZIOUS

World Food Safety Day was celebrated on 7 June 2022 across the world to draw attention and mobilize action to prevent, detect and manage foodborne risks and improve human health. Al-Shifa School of Public Health observed the day through an educational trip of students to Cheezious, a local food brand. Students were taken for a tour of Cheezious kitchen and saw how a local fast food brand practices food safety measures to deliver safe food to their customers.



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## PIO SECURES TOP POSITIONS IN UHS

We are proud to announce that the Pakistan Institute of Ophthalmology has secured 3 positions in the first professional BSc Optometry Annual Exam held by the University of Health Sciences. Out of 8 colleges from Punjab, PIO secured the highest passing percentage. President AST distributed certificates to the position holders. **Nimra Zaheer** secured 2nd position, whereas, **Javeria Javed** and **Tehreem Ghazal** shared the third position. Congratulations to our bright students.

Top three positions in the final professional exam were secured by **Laiba Munir** (1st), **Naba Safdar** (2nd), and **Arooshia Shahzadi** (3rd). Congratulations to our bright students.

BS Optometry student, **Farukh Mehmood**, from the Pakistan Institute of Ophthalmology (PIO) received a gold medal for being the best graduate from the University of Health Sciences (UHS).



Laiba Munir



Naba Safdaar



Arooshia  
Shahzadi



Javeria Javed



Nimra Zaheer



Tehreem Ghazal

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## PROMOTIONS AT AL-SHIFA

NAME	PROMOTED AS
Dr Ume Sughra	Director Research & Professor Public Health
Col (R) Dr. Inam Ul Haq	Professor
Dr. Mehmood Ali	Professor
Dr. Sarah Zafar	Professor
Dr. Saad Ullah Ahmed	Associate Prof/Consultant
Dr. Fariha Taimur	Associate Prof/Consultant
Dr. Hasan Mansoor	Assistant Prof/Associate Consultant
Dr Aunaza Maqbool	Assistant Prof/Associate Consultant
Dr. Ahmed Hasan Khan	Senior Registrar
Dr. Rabeeah Zafar	Senior Registrar
Dr. Taibah Baig	Senior Registrar
Lt Col (R) Viqar Azim	General Manager, Administration
Dr Iram Maqsood	General Manager Medical Services
Suman Hammad	General Manager RG&C



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## WOMEN'S DAY COLLABORATION WITH CHEEZIOUS

Women's day at AST was celebrated with the generous collaboration of Cheezious. AST and Cheezious gave tribute to the women workforce in healthcare and beyond. In this connection, Cheezious discount vouchers along with women's day cards were distributed among female employees, including doctors, nurses, assistants, and management staff. We are thankful to Cheezious for recognizing our female workforce.



## SOLAR SYSTEM INSTALLATION

Al-Shifa is a supporter of the green energy initiative to save the planet. We have installed a solar system at ALZA pharmaceuticals, Al-Shifa Trust and Al-Shifa Trust Eye Hospital Chakwal to transition to a renewable energy system. Installation of solar system at Sukkar and Rawalpindi hospital is in progress. The solar system will also help these two facilities of Al-Shifa to reduce electricity bills so that more funds could be used towards patient care.

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# AL-SHIFA CENTER FOR COMMUNITY OPHTHALMOLOGY (ACCO)

ACCO department report January to June 2022.

Activity	Number of camps	Total OPDs & IPDs
Eye Screening Camps	164	141,744
Surgical Eye Camps	17	
School Screening Eye Camps	176	



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## How you can Help Al-Shifa Trust Eye Hospital

### Sponsor Equipment

We continuously strive to provide highest quality care to our patients for which state of the art equipment is required to be updated in the domain of ophthalmology.

You may donate equipment in any of the following categories: -

1. Clinical Equipment Rs. 1 Million ---Rs. 1.8 Million
2. OT Equipment Rs. 3.5 Million ---Rs 8.5 Million
3. Diagnostic Equipment Rs. 10 Million ---Rs. 25 Million

### Sponsor a Patient

1. Corneal Transplant Rs. 150,000
2. Retinal Detachment/ Vitrectomy Rs. 50,000
3. Phaco Cataract/Squint Rs. 12,000
4. Trab/ Laser Glaucoma Surgery Rs. 35,000
5. Prosthetic /Artificial Eye Rs. 50,000

### Sponsor a Community Outreach Camp

Al Shifa Center for Community Ophthalmology (ACCO) regularly organizes following Outreach Programs

- a. Screening Camps organized in under-privileged areas provide Eye checkups with provision of free medicines and glasses to the deserving patients. Patients having eye disease other than Cataract & Pterygium are referred to Al Shifa's tertiary eye hospitals where they are treated free of cost.
- b. Surgical Camps are organized in under-served areas on the basis of analysis of screening camps where our mobile teams establish Operation theatre with advanced equipment. Surgeries are then performed by highly professional surgeons of the team.
- c. School Screening Camps are organized in different schools of under-served areas thus helping in screening out eye diseases and refractive errors in children at an early age. Awareness session for students and teachers on eye health are also held in respective schools.

For sponsoring a camp of your choice in your choice of area, Contact GM ACCO at [0334-9098899](tel:0334-9098899) or email at [coltariqusman@yahoo.com](mailto:coltariqusman@yahoo.com)

### Corporate Sponsorship and Collaborations

Corporate sponsors of Al-Shifa Trust Eye Hospitals have always helped us in our fight against blindness. Our management welcomes all organizations and businesses to collaborate for partnerships and sponsorships which could mutually achieve our shared goals. For further support or sponsorship details please email at: [rgmanager@alshifaeye.org](mailto:rgmanager@alshifaeye.org)





AL-SHIFA TRUST EYE HOSPITAL



**LET'S FIGHT BLINDNESS TOGETHER**

[www.alshifaeye.org](http://www.alshifaeye.org)

# Our Hospitals



## Al-Shifa Trust Eye Hospital

Jhelum Road, Rawalpindi, Pakistan

Tel: 0092 51 5487821 - 5

Email: [info@alshifaeye.org](mailto:info@alshifaeye.org)



## Al-Shifa Trust Eye Hospital

Railway Road, Sukkar, Pakistan

Tel: 0092 71 5612766,

Email: [administratorskr@alshifaeye.org](mailto:administratorskr@alshifaeye.org)



## Al-Shifa Trust Eye Hospital

KDA, Kohat, Pakistan

Tel: 0092 922 515686, 0092 922 515710

Email: [administratorkohat@alshifaeye.org](mailto:administratorkohat@alshifaeye.org)



## Al-Shifa Trust Eye Hospital

Ambore Camp, Muzaffarabad, Azad Jammu & Kashmir.

Tel: 0092 5822432159, 0092 5822432144

Email: [administratormzfd@alshifaeye.org](mailto:administratormzfd@alshifaeye.org)



## Al-Shifa Trust Eye Hospital

Talagang Road, Near Cadet College, Chakwal

Tel: 0092 51 5487821 - 5

Email: [administrator.chakwal@alshifaeye.org](mailto:administrator.chakwal@alshifaeye.org)



## Al-Shifa Trust Eye Hospitals



We Care for Eye Care