



World Health Organization

ALL-SHIFA
NEWSLETTER
TRUST



AL-SHIFA TRUST EYE HOSPITAL, RAWALPINDI



GLAUCOMA WEEK

Glaucoma is a leading cause of blindness in the world and in 50% of cases it remains undiagnosed till late stages. To highlight this issues, Glaucoma week was organized recently. The event with the support of FHF included 3 days workshop for awareness and training of ophthalmologists followed by a seminar. Ophthalmologists from 11 Districts across Pakistan participated. Prof. Dr. Farah Akhtar, Head of Glaucoma and Dr. Mehmood Ali were the Master trainers for the workshop.

The seminar was attended by over 100 ophthalmologists, doctors and other health care workers from all over the country.

Guest speaker was Prof. Nasir Saeed, Dean PICO Peshawar and President Pakistan Glaucoma Association Other prominent speakers included Prof Dr. Farah Akhtar, Dr. Sorath Noorani, Dr. Mehmood Ali, Dr. Saima Jabeen and Dr. Shama Khan from ASTEH Rawalpindi. In addition Dr. Zahid Butt from Department of Public Health ASTEH and Mustafa Khan Program Officer The Fred Hollows Foundation spoke on the occasion. Prof. Wajid Ali, Dean Pakistan Institute for Ophthalmology ASTEH thanked the participants and presenters for their attendance. He especially thanked The Fred Hollows Foundation for their value able support to the institute.



PAKISTAN STATE OIL SUPPORTS CAUSE OF AST

Pakistan State Oil (PSO) has very kindly donated 3 Million PKR to Al Shifa Trust Eye Hospitals Pakistan. We are grateful for this valuable support.



Pakistan State Oil

OIL GAS AND DEVELOPMENT COMPANY CONTRIBUTION

Oil Gas And Development Company (OGDCL) has supported AL-Shifa Trust Eye Hospital with 5 Lacs. We are thankful for this kind contribution .

CORNEA TRANSPLANT SERVICES UPGRADED

Al-Shifa Trust Eye Hospital's cornea department was able to get about 10 corneal transplants per month in the past but now as a result of strong networking and new collaborations with corneal banks across the world, the department is able to perform about 50 corneal transplants per month. This has also necessitated further upgrading the facilities at Al Shifa Cornea department. We hope that the department will have its new premises ready by the end of year.

“LETS FIGHT TOGETHER AGAINST BLINDNESS WITH AL-SHIFA TRUST”

www.alshifaeye.org



ANNUAL AL-SHIFA DAY

SCIENTIFIC SEMINAR

The day started with the scientific seminar on corneal ectatic disorders which was participated by three international experts from Brazil, Singapore and England. Dr. Carlos Arce from Brazil who is inventor of many top class eye diagnostics, travelled all the way from Brazil, while Dr. Jodhbir Mehta from Singapore National Eye Center and Dr. Shehzad Naroo from Aston University Birmingham presented online. Host Speakers were Dr. Wajid and Associate Prof. Dr Abdul Moqheet Khan. The seminar was attended by ophthalmologists from all over Pakistan.

AWARD CEREMONY

The second event of the day was meant to recognize the achievements of Al-Shifa doctors and staff. Senator Mr. Mushahid Hussain Syed, and Vice Chancellor of Quaid-e-Azam University, Dr. Javed Ashraf were the guests of honor on the occasion. Dr. Javed Ashraf declared Al-Shifa Trust as a role model of Higher Education in Pakistan, while Mr. Mushahid Hussain said that Pakistan is proud of institutions like Al-Shifa Trust which is sure to achieve new heights under its current dynamic leadership. President Al-Shifa Trust Mr. Hamid Javed, informed the audience about the progress made so far.

He said that Al-Shifa Trust will soon have a world class exclusive children eye hospital, which will be the first of its kind in this whole region. A state of the art pharmaceutical manufacturing facility and a multipurpose commercial tower will soon be in place to support and sustain these wide ranging AST activities. On this occasion gold medals and awards were also given to outstanding doctors, students and other staff members. The awardees included Dr. Shafiqullah, Chief Anesthetist, Dr. Zahid Butt, HoD Public Health Deptt, Dr. Naveed Qureshi, the vitreo-retina specialist and Mr. Sohail Ahmed Pharmaceutical Manager. The students of Optometry, constantly bagging top university positions for the last many years were also recognized. Dean/Chief Consultant gave an overview of the professional achievements of the faculty and medical staff.

ALUMNI DINNER

Last event of the day was gathering of Al-Shifa Alumni from Pakistan and abroad. Over 200 doctors have specialized from Pakistan Institute of Ophthalmology, AST. Prof Wajid Ali Khan the Dean, informed that about 35 alumni of AST are serving in important positions in different countries of the world including UK, Australia, Canada and USA. In Pakistan numerous AST alumni are serving in top positions across the country. Brig. (Retd.) Rizwanullah Asghar, Executive Director of AST Hospital, informed that these professional seminars will now become a permanent feature every year.



AL-SHIFA TRUST EYE HOSPITAL, SUKKUR

1. A Surgical eye camp was organized by ASTEH Sukkur in South Punjab at District Lodhran where around 2000 patients were provided with medicines while 300 patients were operated. In addition 445 school children were screened for eye problems.
2. ASTEH Sukkur is also pioneer for its training programs for eye care professionals. The annual exam of second batch of ophthalmic nursing assistant was also held during this period. The students who were from different underdeveloped regions of the province, performed very well.
3. A very advanced facility for diabetic retinal disease – Intravitreal injection of Avastin has been introduced in this area by ASTEH Sukkur with effect from April 2015. This treatment is quite effective in preserving and restoring vision in many patients of Diabetic eye disease.

AL-SHIFA TRUST EYE HOSPITAL, MUZAFFARABAD

Muzaffarabad Hospital remained committed to its dedication of providing eye care to marginalized population living in remote and inaccessible areas of the mountainous track. The hospital teams performed school screening in collaboration with Fred Hollows Foundation and established many free eye camps in the remotest and in-accessible areas. We are proud of our staff who could not be deterred by extremely harsh weather conditions during these outreach programs.

ASTEH Muzaffarabad is now connected with its sister hospitals through Telemedicine facilities where we are sharing information of difficult to diagnose patients with our experts at Rawalpindi.



PAKISTAN INSTITUTE OF OPHTHALMOLOGY

- Faculty of Medicine meeting was conducted in the conference room of Pakistan Institute of Ophthalmology Al-Shifa Trust Eye Hospital.
- The third meeting of the Research and Ethical Committee was held where 15 research proposals were presented by the researchers for approval.
- ORANGE DAY on Healthy Nutrition was celebrated by MSPH Students/Faculty.
- A seminar was held by Department of MSPH titled "Non Violent Communication & Peaceful Behavior" in collaboration with AURAT foundation.
- To develop competitive spirit as well as to enhance the confidence and public speaking of students a debate competition was held among BSc. Optometry students. Topic for debate was selected by the students themselves. After a lively competition best three students were given certificates of merit.
- The Optometry students this time again bagged top university positions.

FINAL RESULT OF BSC. (HONS) OPTOMETRY & ORTHOPTICS

1. Universities of health sciences Lahore have declared the final result from 1st year to 4th year B.Sc (Hons) Optometry Course. Keeping up the tradition of PIO, students have secured top positions in UHS details are as under

1
S
T
P
R
O
F

Farrukh Mehmmod
1st position in UHS



Sidra Shaheen
2nd position in UHS



2
N
D
P
R
O
F

Sana Azam
1st position in UHS



Saad Alam khan
2nd position in UHS





CHILD

EYE HEALTH CARE AND PROMOTION SEMINAR

Al Shifa Trust Eye Hospital conducted an awareness seminar on "Child Eye Health Care and Prevention of Child Blindness". On this occasion Mr. Hamid Javaid, President Al Shifa Trust, informed the participants that a state of the art and first of its kind Specialized Children Eye Hospital in Pakistan is being planned and construction would start by the end of this year. The seminar was attended by renowned pediatric ophthalmologists and professionals from all walks of life.

The Seminar stressed the importance of early diagnosis of child eye problems as some of these are also life threatening. The participants were informed that 60 percent of the children die within 2 years of becoming blind and stressed upon the urgent need to address this issue. World Health Organization (WHO) representative Dr. Zareefuddin Khan appreciated the role of Al Shifa Trust in promoting quality Child Eye Health Care and assured WHO's continued support for this cause.



SUSTAINABLE DEVELOPMENT POLICY INSTITUTE WORKSHOP

With support from Fred Hollows Foundation, recently Sustainable Development Policy Institute conducted a 3 days' workshop for capacity building of our faculty of Allied Health Professionals in communication and teaching skills. Momina Javed, Ammara Sundus and Mehreen Tanveer participated in this workshop on behalf of Pakistan Institute of Ophthalmology, ASTEH, Rawalpindi.

AL-SHIFA CENTER FOR COMMUNITY OPHTHALMOLOGY



VISITORS DIARY

DR. NAROO FROM ASTON UNIVERSITY



Prof. Dr. Shehzad Naroo from Aston University, Birmingham is on the visiting faculty of Pakistan Institute of Ophthalmology since long and has helped in development of curriculum for advanced studies in Optometry. He has visited this summer where he delivered

lectures and met with senior faculty where future collaboration between the two institutes was discussed.

We also congratulate him on being awarded the International Optometrist by World Council of Optometry for his outstanding contribution to the development of optometry globally and to the community at large.

CEO FHF VISIT



CEO Freed hollows foundation Mr. Bryan Doolan visited Al-Shifa Trust along with the country office team. Mr. Doolan inaugurated the new Glaucoma department and was taken around the hospital and its different facilities. Highly impressed by the standard and quality of treatment at Al-Shifa, he pledged to strengthen the collaboration with AST in different fields of eye care.

BAJOUR EYE CAMP

Al-Shifa Trust Eye Hospital established free eye camp at Community Health Centre Mahmud Gat, Mohmand agency. These camps were held in collaboration with FC Sector North Timaragarh. The presence of health care services in these areas is very scarce due to frequent security threats and volatile situation. ACCO department took the initiative and this was the very first eye screening camp in the region. During the free eye camp 415 patients were provided with free medicine and vision glasses. 794 children were also screened at Govt. model secondary and primary schools Mohmad Gat. 85 Children were referred to the ASTEH Rawalpindi where their free eye treatment is under process.

SIGHT SAVERS VISIT



Sight Savers has been one of the earliest supporters of Al-Shifa. Recently a team headed by SSI country representative Ms Munazza Gillani visited Al-Shifa and discussed different aspects of the upcoming projects where AST and SSI can collaborate.

AL-SHIFA NEEDS YOUR SUPPORT

Al-Shifa is a Not-for Profit and Non-Political organization. It is committed to providing eye care and treatment mainly to the underprivileged and poor. Almost 75% of all patients attending Al-Shifa Eye Hospital are treated free. The trust is able to meet only 30-40% of its expenses from its own sources while the remaining expenses are met through Zakat, Donations and Support from Philanthropist.

YOUR CONTRIBUTION MEANS THE GIFT OF SIGHT FOR SOMEONE IN NEED!

Kindly note that your Zakat donations go separately to the accounts which are dedicated for treatment of Zakat patients only.

Kindly send your donations or Zakat to following Account Numbers:-

IN PAKISTAN

a) Contribution at office:-

Send cheques in the name of "Al-Shifa Trust" at following address:

"EXECUTIVE DIRECTOR
AL-SHIFA TRUST EYE HOSPITAL
JHELUM ROAD, RAWALPINDI".

b) Mobile Donation:-

Account holders of MCB Bank Ltd can donate through mobile banking as well using "Quick Pay" option.

c) Collection from Home/ office:-

Donors within Rawalpindi/Islamabad may call Al-Shifa Trust at 051-5487820-5 Ext: 245 or send email at managerfin@alshifaeye.org with your contact and complete address for collection of your generous donation/zakat from your home/office.

Note:

In Pakistan, all donations to Al-Shifa Trust are exempt from Income Tax vide "Clause 61 (X) of Part-I of Second Schedule of Income Tax Ordinance 2001".

d) Direct/ Online Deposit in Bank Accounts:-

Deposit your cash/cheques in any of the following bank accounts of Al-Shifa Trust on online basis from any branch of respective bank in Pakistan:-

Sr. #	Bank Name	Branch/ Address	A/c Title	A/c No.
1	Askari Commercial Bank Ltd	Al-Shifa Branch, Jhelum Road, Rawalpindi	Al-Shifa Trust	0181-165000058-5
2	MCB Bank Ltd	Morgah Branch, Morgah Turn, Rawalpindi	Al-Shifa Trust	1389-0701000008-7
3	National Bank of Pakistan	Corporate Branch, Bank Road, Saddar, Rawalpindi	Al-Shifa Trust	1858-18-5
4	United Bank Ltd	Cantt. Branch, Bank Road, Saddar, Rawalpindi	Al-Shifa Trust	0041-011-0228-4
5	Allied Bank Ltd	DHA Phase -1, Rawalpindi.	Al-Shifa Trust	0010-006490890016
6	Habib Bank Ltd	Bahria Town Branch, DHA Business Bay, Sector F, Islamabad	Al-Shifa Trust	2301-79005569-01
	Bank Al-Falah Ltd	The Mall Road	Al-Shifa Trust	0007-02906752

IN UK

a) Direct/ Online Deposit in Bank Accounts:-

Deposit your cash / cheques in any of the following bank accounts of Al-Shifa Trust on online basis from any branch of respective bank in UK:-

Sr. #	Bank Name	Branch/ Address	A/c Title	A/c No.
1	Habib Bank AG Zurich	5/7 High Street Southall, Middlesex UB 1 3HA, UK	Al-Shifa Trust	7-2-7-20311-402-109356 (Pound Sterling A/c)
2	Habib Bank AG Zurich	5/7 High Street Southall, Middlesex UB 1 3HA, UK	Al-Shifa Trust	7-2-7-20311-333-109356 (US Dollar A/c)
3	HSBC Bank	AuchinLeck House, Birmingham	Al-Shifa Trust	40-1108-41311565

Note:

In U.K., you can get Tax Exemption if your cheques are made payable to Al-Shifa Trust, Our Charity Number is 1077363.



World Health Organization



IN USA

a) Direct/ Online Deposit in Bank Accounts:-

Deposit your cash / cheques in following bank account of Al Shifa Foundation for North America on online basis from any branch of this bank in USA:-

Sr. #	Bank Name	Branch/ Address	A/c Title	A/c No.
1	National Bank of Pakistan	100 Wall Street, 21st Floor New York, NY 10005	Al-Shifa Trust	52152578

b) Contribution at office:-

Send cheques in the name of "Al Shifa Foundation of North America (AFNA)" at following address:
"Al-Shifa Foundation of North America: 475 Wall Street, Princeton, NJ 08540. Tel: (609)279-1400, email: info@afnausa.org website: www.afnausa.org."

c) Contribution through PayPal:

For donors outside the country especially UK and USA provision for online donations through PayPal is also available now.

Note:

In USA, you can get Tax Exemption if your cheques are made payable to AFNA (Al-Shifa Foundation of North America). AFNA has been granted not-for-profit status under section 501(c) (3) status of the Internal Revenue Service Code Tax ID No: 36-4328912 (For use of US Residents Only)

Al-Shifa Trust Eye Hospital, Jhelum Road, Rawalpindi, Pakistan

Tel: 0092 51 5487820-25, Fax: 0092 51 5487827

Email: info@alshifaeye.org, ed@alshifaeye.org

Al-Shifa Trust Eye Hospital, Railway Road, Sukkur, Pakistan

Tel: 0092 71 5612766, 0092 71 5615466

Fax: 0092 71 5613453

Email: info@alshifaeye.org, edsukkur@alshifaeye.org

Al-Shifa Trust Eye Hospital, KDA, Kohat, Pakistan

Tel: 0092 922 515686, 0092 922 515710

Fax: 0092 922 515668

Email: info@alshifaeye.org, edkohat@alshifaeye.org

Al-Shifa Trust Eye Hospital, Ambore Camp, Muzaffarabad, Azad Jammu and Kashmir

Tel: 0092 5822432159, 0092 5822432144

Fax: 0092 51 5487827

Email: info@alshifaeye.org, edmzd@alshifaeye.org