



AL-SHIFA TRUST



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Ground Breaking of First Children Eye Hospital of the country



On 06 April, 2016, AST achieved another milestone. The ground breaking of the first children eye hospital in Pakistan was performed by President of Pakistan, Mr. Mamnoon Hussain. A dream of our current leader, Mr. Hamid Javaid, this hospital will provide state of the art treatment facilities for all types of eye diseases of children. The hospital will be constructed at the cost of Rs 1 billion and will be completed in two years. It will employ 25 children eye specialists who will see 500 patients and perform 50 surgeries every day. The ceremony was attended by globally admired doctors, experts, social workers, donors and others. On the occasion, Al-Shifa Foundation of North America (AFNA) President Mr Tahir Zafar announced that 20 percent of the cost of the hospital would be shared by AFNA.

Gene discovery in glaucoma

Al-Shifa takes pride in becoming the first institution in Pakistan that contributed to new genes discovery in one particular form of glaucoma-known as Angle Closure Glaucoma. Published in a premier scientific journal – Nature Genetics- a journal with one of the highest impact factors in the world of scientific publications- this 10 year multi-center international study included maximum number of patients from Al-Shifa Trust Eye Hospital Rawalpindi. The Head of Department of Glaucoma, Prof. Dr. Farah Akhtar deserves credit and our congratulations for being the lead author from Al-Shifa Trust Eye Hospital Rawalpindi. It is worth mentioning here that ASTEH Rawalpindi Department of Glaucoma under her supervision has many publications in international journals discovering new frontiers in this still not fully understood disease.

Silver Jubilee of Al-Shifa Trust

28th April 1991 was the day the first Al-Shifa Trust Eye Hospital started working in Rawalpindi. Today, the Trust has completed its 25 years with four hospitals in all the four corners of the country. During the process, AST has treated over six million patients, with more than half million operated for successful sight restoration. Twenty five years of unmatched eye care is an achievement and that is the reason to rejoice. From 26th March to 06 April different events were held to celebrate the silver jubilee of AST. Following were the series of events which took place during this period.

1. Scientific Seminar on children eye diseases	- March	26
2. Jubilee Gala Dinner	March	26
3. Scientific Seminar on Public health issues	- April	02
4. Scientific Seminar on Optometry	- April	04
5. President of Pakistan visit	- April	06

Scientific Seminars

Three scientific seminars were held. In the Seminar on children eye diseases, speakers from different parts of the country presented their work and highlighted the importance of prevention of childhood blindness. The guest speakers were Dr. Alyscia Cheema from Karachi, Dr. Seema Qayyum from Lahore and Dr. Ramachandra Pararajasegaram from Geneva.

Another Seminar on important public health issues was organized by Al-Shifa School of Public Health. The Seminar attracted many leading public health personalities from across the country like Dr. Farid Midhet Country Director for John Hopkins National Program (Jhpiego), Dr. Tahir Manzoor Head of Health and Nutrition UNICEF, Dr. Tauseef Ahmed Country Representative Pathfinder International and Dr. Zahida Sarwar Additional Program Director Technical in Policy and Strategic Planning unit, Health Department Punjab.

The third scientific seminar was organized by College of Optometry Al-Shifa Trust. Eminent speakers included Dr Para from Geneva, Dr Shahzad Naroo from UK (Recorded), Mr Ali Minto, Miss Nusrat Daud, and Mr Nasir Ali Khan from Pakistan.



President AST at one of the Seminars





Dr. Sorath from AST delivering a lecture at the Seminar



Speakers at Optometry Seminar



Speakers at the Public Health Seminar with HoD, Dr. Inayat Thaver



Ped Seminar attracted leading ophthalmologists



Ms Sara discussing orthoptic techniques at the Seminar



Dr. Alyscia Cheema from Karachi speaking at the Seminar



Smiling Organizers of Public Health Seminar



Al-Shifa School of Public Health

Jubilee Gala Dinner and Jubilee Awards

The evening of 26th March 2016 saw Al-Shifa Trust in different colors altogether. People know AST as one of the finest professionals in eye care, but lo and behold, that evening these top professionals turned into great artists, singers, actors, comedians and philosophers. It was a wonderful evening that proved to be one of the most memorable events in the history of Al-Shifa. Look at the pictures and you will agree with us. On this occasion, awards were also given to those who had spent almost quarter of a century serving this great institution. We salute you all!



Mr. Shams ul Haq Anaesthesia Technician



Mr. Gulab Din *OT Technician*







Mr. Yaseen Ahmed Phone Operator



Mr. M. Ramzan Cleaner







- → Mr. Shams ul Haq (Anaesthesia Technician)
- → Mr. Gulab Din (OT Technician)
- → Ms. Farzana Zaman (Assistant OT Supervisor)
- → Ms. Surriya Bibi (Aya)
- ★ Mr. Rehmat Masih (Lab Technician)
- ★ Mr. Yaseen Ahmed (Phone Operator)
- → Mr. Muhammad Riaz (Driver)
- ★ Mr. Muhammad Sharif (Sign Writer)
- → Mr. Muhammad Rashid (Painter)
- → Mr. Taj Muhammad (Tailor)

- → Mr. Muhammad Ramzan (Cleaner)
- ★ Mr. Younis Masih (Cleaner)
- **→** Ms. Rubina Bibi (Cleaner)
- → Ms. Khurshid Bibi (Cleaner)
- → Ms. Salima Bibi (Cleaner)
- → Mr. Bagar Khan (Canteen Supervisor)
- → Mr. Lal Khan (Draft Man)
- → Mr. Muhammad Rahim Khan (PA to EzD)
- → Mr. Shiraz Khan (Chief Optometrist)
- → Mr. Asghar Bhatti (CSSD Supervisor)

In addition Awards of Appreciation were also given to the following: -



Dr. Tariq Usman

Mr. Mushtaq Ahmad

Dr. Inayat Hussain Medical Specialist AST

GM IT

Director ACCO AST

ED ASTEH Muzaffarabad



Dr. Amtul Aziz Medical Officer In-Charge OPD



Mr. Shujaat Yar Khan Sec. Gen. PIO



Dr. Tariq Nadeem Pediatric Anesthetist



Mr. Irfan Ali **GM Finance**



Alza Pharmaceuticals



Ms. Abida Hayat D. Registrar School of Public Health



Dr. Shahnawaz ASTEH Sukkur

- ★ Mr. Faisal Hashmi (GM IT)
- ★ Mr. Irfan Ali (GM Finance)
- → Dr. Inayat Hussain (Medical Specialist AST)
- **→** Dr. Amtul Aziz (Medical Officer In-Charge OPD)
- → Dr. Tariq Usman (Director ACCO AST)
- → Dr. Tariq Nadeem (Pediatric Anesthetist)
- → Mr. Shujaat Yar Khan (Sec. Gen. PIO)
- → Mr. Zahid Iqbal (GM Logistics AST)

- ★ Mr. Sohail Ahmad (Alza Pharmaceuticals)
- ★ Ms. Abida Hayat (D. Registrar School of Public Health)
- → Mr. Mushtaq Ahmad (ED ASTEH Muzaffarabad)
- → Dr. Shahnawaz (ASTEH Sukkur)
- → Dr. M Ashraf (ASTEH Kohat)

In the end a sumptuous dinner was served for all the participants.





















"Lets Fight Together Against Blindness with AL-SHIFA TRUST"

We highly appreciate the team efforts in making this event a memorable one. Mr. Shakil Jilani, Mr. Sohail Ahmed (Alza Pharma), Mr. Shujaat Yar Khan (Sec. Gen. PIO), Mr. Shameel Ushaq (Manager Marketing), Ms Marium Sohail (Projects), Ms Sawaira Sheikh (Marketing) and Ayesha Khan (Internee) deserve special applause for their behind the scene hard work.



Mr. Shakil Jilani



Mr. Sohail Ahmed



Mr. Shujaat Yar Khan



Mr. Shameel Ushaq



Ms Marium Sohail

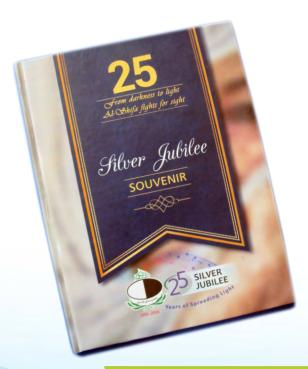


Ms Sawaira Sheikh



Ayesha Khan

Jubilee Souvenir - A Must Have Archive of AST



On the occasion of AST Silver Jubilee, a 150 page Atlas of Al-Shifa Trust has been published by Department of Publication. With more than 400 historical photos of events and snapshots of Al-Shifa Family spanning over last 25 years, it is a book one must have. Book your copy in advance please!

President of Pakistan Confers Awards to AST Staff

After the ground breaking ceremony of children eye hospital, President of Pakistan graciously conferred awards to AST staff for their outstanding performance over the last 25 years. Prof. Dr. Wajid Ali Khan was given Lifetime Achievement award for his outstanding services in the field of prevention of blindness, research, academics and professional excellence. The List of Awardees is as under. Congratulations! Friends!



Prof. Dr. Wajid Ali Khan



Brig. Rizwanullah Asghar



Prof. Dr. Farah Akhtar



Prof. Dr. Tayyab Afghani



Prof. Dr. Nadeem Qureshi



Dr. Sorath Noorani Siddiqui



Dr. Waqar Pathan



Dr. Shafiqullah



Prof. Dr. Nadeem Ishaq

Dedicated Service Award

The services of employees of Al-Shifa Trust who had been with us throughout the last 25 years were also acknowledged by President of Pakistan. They are as follows:



Mr. Abid Hussain Shah *PS to President*



Mr. Muhammad Ahmed *Gas Technician*



Ms Ghulam Sughra *Receptionist*



Ms. Shamim Haroon *Charge Nurse*



Mr. Muhammad Rafique *Incharge Private OPD*



Mr. Muhammad Nazir *Anaethesia Technician*



Mr. Muhammad Raffaq *OT Technician*



Mr. Muhammad Tufail Electrician



Mr. Muhammad Arshad *OPD Technician*



Academic Excellence



Prof. Dr. Nadeem Ishaq



Prof. Dr. M. Abdul Moqeet Khan



Prof. Dr. Saemah Nuzhat Zafar



Dr. Sarah Zafar

Three of our leading ophthalmologists have been promoted as Professors at ASTEH Rawalpindi. This speaks of their professional acumen, academic excellence and contributions to the institutional development. They are Prof. Nadeem Ishaq, who specializes in diseases of vitreo-retina and is Director of Medical Education at Pakistan Institute of Ophthalmology, Prof. Abdul Moqeet Khan, who excels in diseases of cornea and is Director of Al-Shifa National Academy of Paramdics, and Prof. Saema Nuzhat Zafar, who is a talented pediatric ophthalmologist with many international publications to her credit. Well done Professors!

We are also pleased to announce that Assistant Professor, Dr. Sara Zafar has become the first lady ophthalmologist in Pakistan to pass the FCPS in Vitreo-Retina recently. "I am really very happy and thankful to my institution and mentor, Prof. Nadeem Qureshi who helped me reach this academic landmark".

Al-Shifa Trust Eye Hospital Kohat

ASTEH Kohat has started another subspecialty - Oculoplastics. An experienced oculoplastic surgeon Dr. Asif Aurakzai, who recently joined has started the work in oculoplastics. It is a step towards making ASTEH Kohat a tertiary eye care facility soon Insha Allah.

Al-Shifa Trust Eye Hospital Muzaffarabad

Free cataract screening eye camps are being regularly held in the remote areas of Muzaffarabad Al-Shifa Trust Eye Hospital. Many such old patients were identified who were totally blind and hopeless about getting their vision again. The Outreach Team brought them to base hospital at ASTEH Muzaffarabad and successfully restored their vision by performing cataract operation. "When they are able to see again, the twinkle in their eyes and spontaneous hearty smile on their face is a thing to cherish with" said Dr. Waqaruddin Durrani who has performed operations upon number of such patients.

School Screening. ASTEH Muzaffarabad school screening program has created great impact on the quality of life in AJK. Children who were identified for the first time to be in need of vision glasses have become ambassadors of vision and have been seen urging their friends to get their vision tested as this has greatly improved their academic performance. "My child was not performing well in school in Dhanee. The Al-Shifa team identified and provided spectacles and now she can see and is getting good grades in school." These are the comments of 51 year old Qazi Habibur Rahman of village Kel Garan in Neelam Valley.

Pakistan Institute of Ophthalmology - College of Optometry

New batch of BSc Optometry was inducted where students from all over Pakistan competed for this prestigious training program at Al-Shifa. "I find myself lucky to be selected here as this is the only institution in this part of the country where full range of clinical and theoretical optometry training facilities are available" said beaming Ms Asifa Nawaz from Muzaffargarh- a remote underdeveloped town from South Punjab.

The optometry students not only excel at university level in professional exams, but they also have shown their talent in literary and cultural events. Recently in Al-Shifa Jubilee Gala dinner their all round performance proved it. Ayesha Malik and Abdullah Zafar from second year, and Saadia Nawaz from fourth year enthralled the audience with their melodious songs. Nimra Iqbal, Tehreem Fatima, Alina Ijaz, Abdullah Zafar, Aneesa Arshad, Fareeha Ayub and Bushra Sajid acted brilliantly in a skit highlighting the societal problems faced by visually challenged people. Danyal Ali Hashmi, M Waqas, Abdullah Zafar and Tehreem Fatima brought smiles on everyone's face by giving lovely comedian performance. Well done!

The current session of NAVTEC (National Vocational Training Education Commission) supported training programs – Ophthalmic technician, Ophthalmic Nursing Assistant, Dispensing Optician, Biomedical Technician, and Licensed Practicing Nurse – has completed. These skill oriented programs have played a great role in providing necessary skills and employment opportunities to our youngsters in different disciplines of eye care. We are grateful to NAVTEC for its valuable support. The next session will start in near future.

Fred Hollows Foundation (FHF) has been supporting the specialty training programs for our OPD technicians in the fields of vitreoretina, cornea, glaucoma, pediatric ophthalmology and low vision. "This training program provides our technicians a rare opportunity for professional development in these otherwise neglected fields and credit goes to AST and FHF for this venture" informed Ms Mehreen, the program coordinator.

Pakistan Institute of Ophthalmology - School of Public Health

A three day workshop (26th May to 28th May 2016) on Medical writing titled" How to write and Publish a Research paper", was jointly organized by Al-Shifa Trust and Al-Shifa School of Public Health Rawalpindi.

A number of participants from different institutes including NUST, COMSAT, Shifa international hospital, PIMS, BBH, MHI, FUMC, Yusra M&D college, IIMC and researchers from private sector learnt about the art of medical writing.

Chief Guest at closing ceremony Prof. Dr. Shoaib Shafi said that "There is an unmatched capacity and competence in Public Health Research that we can use to create research innovations that can positively impact our society". Such training programmes conducted by Al-Shifa Trust and Al-Shifa School of Public Health play a pivotal role in capacity building of researchers and young professionals.





Young Friends of Al-Shifa



Young Friends of Al-Shifa is the Program which is aimed at encouraging our younger generation to participate in community welfare work. It also creates awareness about eye diseases, care and treatment and the role of Al-Shifa Trust.

Being a very popular program amongst the students of leading teaching institutions of Rawalpindi and Islamabad, this year again, it has attracted lot of volunteers who were briefed by the program coordinator Ms Marium Sohail and Marketing Manager Mr. Shameel Ushaq.

Al-Shifa Center for Community Ophthalmology

Eye Screening Camps Sponsored By Al-Shifa Foundation of North America (AFNA) at Jarobi and Ali Masjid Tehsil Jamrud Khyber Agency in Coordination with Khyber Rifles



Al-Shifa Center for Community Ophthalmology established free eye camps at High School Mahmood Kalay (Bazar Zaka Khail Jarobi) & BHU Ali Masjid Jamrod (Landi Kotal) on 31st March & 1st April 2016. This remote and inaccessible underdeveloped area has been in conflict zone for quite some time. On the request of Khyber Rifles, Al-Shifa Center for Community Ophthalmology conducted these camps that were sponsored by Al-Shifa Foundation of North America. A total 2365 patients including children were provided with free treament. 365 were referred to Al-shifa Trust Eye Hospital Rawalpindi for free treatment. The local administration, tribal elders of the Zaka Khail and general population appreciated the efforts of Al-Shifa Trust Eye Hospital and Al-Shifa Foundation of North America (AFNA).

Annual visit of AFNA President, Mr. Tahir Zafar

Mr. Tahir Zafar has been providing Al-Shifa Trust Eye Hospitals a lot of support through Al-Shifa Foundation of North America. This year he was specially invited to participate in the Silver Jubilee Events where he played a very active role. He also visited the AFNA supported eye camps in KPK.



Visit of Ramachandra Pararajasegaram

Dr. Para is a legendary figure in the field of prevention of blindness world over. He has a long association with Al-Shifa Trust since its beginning. He has always been a great friend, advisor and part of our Master Planning. This year he specially made it a point to travel all the way from Geneva to participate in the Silver Jubilee events from 26th March to 06 April. He was key speaker in all the three scientific seminars on pediatric ophthalmology, public health and optometry. He was also part of the ground breaking ceremony of First Children Eye Hospital of Pakistan and was awarded Distinguished Services Award by His Excellency President of Pakistan. Dr. Para also visited Al-Shifa Trust Eye Hospitals Sukkur and Kohat and shared his views on our future planning. Dr. Para has also kindly agreed to actively contribute to our Residency Training Program at Pakistan Institute of Ophthalmology.



Dr. Para speaking at Ped Ophthalmology Seminar



Dr. Para with Dr. Pathan at ASTEH Sukkur



Dr. Para with ASTEH Kohat Staff

APPEAL — Charity in Ramadan is Rewarded Seventy Times More!

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 "

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 Pakistan:-

Bank Name: Askari Commercial Bank Ltd Branch/Address: Al-Shifa Branch, Jhelum Road, Rawalpindi A/c Title: Al-Shifa Trust A/c No: 0181-165000058-5

Bank Name: MCB Bank Ltd Branch/Address: Morgah Branch, Morgah Turn, Rawalpindi A/c Title: Al-Shifa Trust A/c No: 1389-0701000008-7

Bank Name:

National Bank of Pakistan



Bank Name:

United Bank Ltd



Branch/Address:

Corporate Branch, Bank Road, Saddar, Rawalpindi

A/c Title:

Al-Shifa Trust

A/c No:

1858-18-5

Branch/Address:

Cantt. Branch, Bank Road, Saddar, Rawalpindi

A/c Title:

Al-Shifa Trust

A/c No:

0041-011-0228-4

Bank Name:

Allied Bank Ltd



BANK ALFALAH

Branch/Address:

DHA Phase -1, Rawalpindi

A/c Title:

Al-Shifa Trust

A/c No:

0010-006490890016

Bank Name:

Habib Bank Ltd



Branch/Address:

Bahria Town Branch, Commercial Sub Center, DHA Business Bay, Block-8, Sector F, Islamabad

A/c Title:

Al-Shifa Trust

A/c No:

2301-79005569-01

Bank Name:

Bank Al-Falah Ltd

Branch/Address:

The Mall Road

A/c Title:

Al-Shifa Trust

A/c No:

0007-02906752

a) Mobile Donation:-

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

a) 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".

www.alshifaeye.org

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	Auchin Leck 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

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



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

Tel: 0092 922 515686, 0092 922 515710 Fax: 0092 922 515668

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