



# AL-SHIFA TRUST



World Health Organization  
Collaborating Centre for  
Prevention of Blindness



## NEWSLETTER

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

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## Commonwealth Eye Health Consortium (CEHC) enters into Collaboration with Al-Shifa Trust

The Commonwealth Eye Health Consortium is a group of eye health organizations from several Commonwealth countries working together to deliver an exciting, integrated, five-year program of fellowships, research and technology which aims, over the long-term, to strengthen eye health systems and quality of eye care throughout the Commonwealth. Based in London School of Hygiene and Tropical Medicine (LSHTM) CEHC has recently sent first batch of Ophthalmologists from Nigeria for one year training at AL-Shifa Trust Eye Hospital in the fields of Oculoplastics and Vitreo-Retina. We welcome Drs Sunday Okonkwo and Ugo Agwu-Umahi



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# World Diabetes Day

Diabetes has assumed epidemic proportions in the developing world. Al-Shifa Trust own research has shown that up to 18% of urban population over 40 years of age may have diabetes. It is one of the major causes of blindness in established market economies of the world. Every year under the auspices of WHO, World Diabetes Day is celebrated to create awareness in the public. AST also celebrated Diabetes Day in collaboration with Fred Hollows Foundation. During the day, free blood sugar and eye examinations were conducted and health education talks were delivered.



## Dr. Mahmood Ali completes his glaucoma training

Dr. Mahmood Ali, Assistant Professor in Department of Glaucoma has successfully completed his training in Glaucoma from University Hospital of Bern Switzerland with the support of Fred Hollows Foundation. The 3 months training has given him ample learning opportunities to develop his knowledge and skills to manage glaucoma which is the third commonest cause of blindness in Pakistan.



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## International Awards

Prof. Dr. Tayyab Afghani is Head of Department of Orbit and Oculoplastics at ASTEH Rawalpindi. This year he was awarded "Outstanding Performance in Prevention of Blindness Award" by Asia-Pacific Academy of Ophthalmology (APAO) in Singapore. The award was presented in recognition of his significant contributions to prevention of blindness in Asia-Pacific Region. Earlier he has also received "Distinguished Services Award" from APAO in Sydney in 2011. Well done and Congratulations.



## National Awards

Prof. Dr. Saemah Nuzhat Zafar is one of our senior Pediatric Ophthalmologists at ASTEH Rawalpindi. Ophthalmological Society of Pakistan (OSP) this year awarded her Ghulam Qadir Qazi Gold Medal for her excellent services in Pediatric Ophthalmology. Congratulations.



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# Participation in International Conferences

The clinical and research work at AST is being recognized all over the world. As a result Al-Shifa doctors are invited to present their work at international forums.

Prof. Wajid Ali Khan, HoD, Cornea presented his work on latest technology of CxL at Asia-Cornea Society meeting in Seoul, Korea. Recently, Prof. Farah Akhtar also presented a paper concerning her research in glaucoma at Asia-Pacific Academy of Ophthalmology in Singapore. Glaucoma stalwart from AST, Dr. Mehmood Ali presented a poster in the same conference.

Vitrore-retina specialist, Dr. Naveed Qureshi was sent for hands-on training in latest VR diagnostic technology of OCT-angiography in Valencia Spain. He also participated in Euro-Retina Conference in Nice France.

In addition, Prof. Tayyab Afghani and Prof. Nadeem Ishaq also took active participation in 32nd APAO Congress in Singapore.



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# Delegation of Al-Shifa Foundation for North America (AFNA) visits Al-Shifa Trust:

Mr. Tahir Zafar President of AFNA along with Vice President Dr. Noshin Ahmed visited AST eye hospital Rawalpindi earlier this year. The delegation was briefed about the ongoing projects and services in the hospital. Dr Noshin Ahmed also met the general patients in the OPDs and witnessed a camp and school screening session in the community.

It may be noted that AFNA has been constantly supporting activities of AST since last many years.



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# Pakistan Institute of Ophthalmology

## College of Optometry

Looking at the high standards maintained, the University of Health Sciences allowed the college this year to induct 30 optometry students in its highly competitive BSc. honors program for Optometry. The students came from all over the country. "I consider College of Optometry at ASTEH as one of the best in the country for optometry education and that is why I am very happy to be selected for training here" said Azka Sadaat from Haripur. Another newly inducted student Sana Nisar who hails from underdeveloped suburban area of Kundian shared the same views and was very impressed by the atmosphere and ambiance of the institute.



## Al-Shifa School of Public Health 1st Alumni Reunion

Al-Shifa School of Public Health is currently hosting sixth batch of Masters of Science in Public Health (MSPH). Affiliated with Quaid-i-Azam University the School celebrated its reunion of Alumni in Pakistan Institute of Ophthalmology. Dr. Javed Ashraf vice Chancellor of Quaid -i-Azam University Islamabad, and an eminent economist, was Chief Guest on the occasion. Addressing the occasion he appreciated the efforts of Al-Shifa Trust in promotion of public health. Dr. Ashraf Jahanian from Higher Education Commission also spoke on the occasion and offered full support to AST for research collaboration. Mr. Shehzad Alam Khan representing WHO Country Office was also present on the occasion. Dr. Ayesha Babar Kawish a senior faculty member at the School, presented the progress report of Al-Shifa School of Public Health since 2013. President Al-Shifa Lt Gen (retd.) Hamid Javed thanked honorable chief guest and stressed for more evidence based quality research at Al-Shifa Trust.

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Over 35 alumni were present on the occasion coming from all over the country. Some of the alumni who are now working at key positions in the country, presented their success stories after completing their Masters from Al-Shifa School of Public Health.



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## Al-Shifa Trust Eye Hospital Sukkur

Al Shifa Trust Eye Hospital Sukkur participated in Education Festival at Sukkur from 18-20 Dec 2016 and established a free Eye Screening Stall on Hill Top Hotel.

Al Shifa Trust Eye Hospital Sukkur held a Surgical Eye camp at Dera Bugti & Sui for deserving patients from 31 Dec 2016 to 08 Jan 2017, with support from Pakistan Petroleum Limited. The OPD of the Camp was 2468 while 334 sight restoring operations were performed successfully. Surgeon Dr Shahnwaz, Surgeon Dr Ravi Kumar and Medical Officer Dr. Allah Bux and Dr. Yasir along with other members of the outreach team conducted the camp successfully.



## Al-Shifa Trust Eye Hospital Kohat

Al-Shifa Trust Eye Hospital Kohat arranged 15 Free Eye Camps and 4 School Screenings during February 2017. 2,814 patients were examined out of which 785 patients were referred to hospital for advance treatment. Out of 785 referred patients 39 have been successfully operated.

2,830 students were examined during the School Screening out of which 220 students were referred to hospital for further treatment.

## Al-Shifa Trust Eye Hospital Muzaffarabad

Al-Shifa Trust Eye hospital Muzaffarabad has successfully completed five years school screening project with Fred Hollows Foundation in Muzaffarabad and Neelam Region of Azad Kashmir. The project resulted in screening of around 700 schools in which over 175,000 children were screened. 3500 children were provided with glasses after refraction. Over 3,000 school teachers were trained in vision screening techniques. These trained teachers are constantly now screening their pupils during the start of every year.

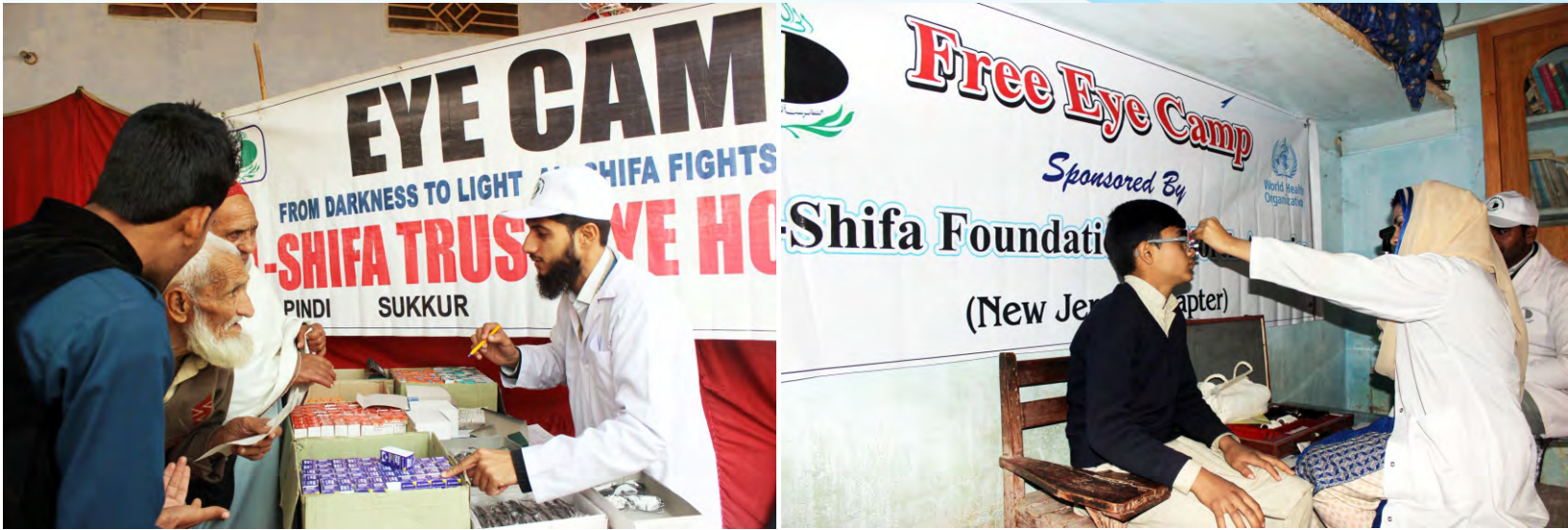
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# Al-Shifa Center for Community Ophthalmology

## Screening Camps

In this quarter the department conducted 64 camps where 22430 patients were screened with the provision of medicines to 6412. 343 patients were referred for surgeries in Rawalpindi Hospital



## School Screening

The department screened 78 schools in the district Islamabad where 30376 students were screened. The school screening team has also arranged awareness sessions in every school for teachers parents and children.



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# ALZA Pharmaceuticals

Mr. Fahim Ahmed Khan Chief operating officer informed that Alza has now started producing quality products that are tested from the top institutions of Pakistan which is National Institute of Health Islamabad and results found are highly satisfactory, he also informed that Alza is procuring the raw material only from the cGMP certified manufacturers and all the expedients used are 100% from European source. cGMP refers to the current good manufacturing practice regulations enforced by the US Food and Drugs Administration (FDA). It provides the system that assures proper design monitoring and control of manufacturing process and facilities at Alza Pharmaceuticals.

Mr. Shakil Jillani, Business Unit Head Alza also highlighted the objectives of Alza Pharmaceuticals;

- Provide high quality products to patients at their door step with economy and efficacy.
- Get handsome share of the Eye & Derma market by ethical marketing and promotion
- Support overall mission of Al-Shifa Trust Eye Hospital.
- Play an active role in providing employment to young educated Pakistanis.

He also briefed about upcoming products and shared the information about Alza web [www.alzapharma.com](http://www.alzapharma.com) and social media pages.



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# APPEAL

## 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

**Branch/Address:**

Corporate Branch, Bank Road, Saddar, Rawalpindi

**A/c Title:**

Al-Shifa Trust

**A/c No:**

1858-18-5

**Bank Name:**

United Bank Ltd

**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

**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](mailto: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](http://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](mailto:info@afnausa.org) website: [www.afnausa.org](http://www.afnausa.org).





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### 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)



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

**Tel:** 0092 5822432159, 0092 5822432144, **Fax:** 0092 51 5487827

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