Annual REPORT  JULY 2022 - June 2023

- MISSION
  Our mission and future goals

- OUR IMPACT
  Services provided by Al-Shifa Trust throughout Pakistan to fight Blindness.

- NEW INITIATIVES
  Several new projects have been initiated by Al-Shifa Trust.

33 YEARS OF SPREADING LIGHT

Committed to Fight Against Blindness

www.alshifaeye.org
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>President’s Message</td>
<td>01</td>
</tr>
<tr>
<td>Mission &amp; Vision</td>
<td>03</td>
</tr>
<tr>
<td>History</td>
<td>04</td>
</tr>
<tr>
<td>Board of Trustees</td>
<td>06</td>
</tr>
<tr>
<td>Senior Management</td>
<td>07</td>
</tr>
<tr>
<td>Head of Departments</td>
<td>08</td>
</tr>
<tr>
<td>Milestones</td>
<td>09</td>
</tr>
<tr>
<td>Distinctive Features</td>
<td>11</td>
</tr>
<tr>
<td>Sustainable Development Goals</td>
<td>13</td>
</tr>
<tr>
<td>Our Impact</td>
<td>17</td>
</tr>
<tr>
<td>Annual Performance</td>
<td>19</td>
</tr>
<tr>
<td>Patient Stories</td>
<td>22</td>
</tr>
<tr>
<td>Al-Shifa Center for Community Ophthalmology (ACCO)</td>
<td>29</td>
</tr>
<tr>
<td>Pakistan Institute of Ophthalmology (PIO)</td>
<td>31</td>
</tr>
<tr>
<td>Al-Shifa Research Centre (ASRC)</td>
<td>32</td>
</tr>
<tr>
<td>Publications</td>
<td>35</td>
</tr>
<tr>
<td>Fundraising in USA</td>
<td>39</td>
</tr>
<tr>
<td>Seminars and Conferences</td>
<td>41</td>
</tr>
<tr>
<td>New Initiatives</td>
<td>43</td>
</tr>
<tr>
<td>Partnerships &amp; Collaborations</td>
<td>46</td>
</tr>
<tr>
<td>Financials</td>
<td>48</td>
</tr>
<tr>
<td>Sponsorship Opportunities</td>
<td>50</td>
</tr>
</tbody>
</table>
Dear Friends,

Assalam o Alikum.

As the President of Al-Shifa Trust, I am delighted to present to you Al-Shifa’s Annual Report for the year 2023.

Al-Shifa Trust has been a beacon of hope and healing in the field of eye care since 1991. Our journey to fighting blindness and alleviating the burden of eye diseases in Pakistan completed 33 years in 2023. The essence of our mission lies in providing compassionate eye care, and I am pleased to report that this year, over 80% of our patients were treated free of cost, ensuring that economic constraints do not hinder access to essential eye care services.

In the past financial year, Al-Shifa Trust has extended its healing touch to over 1 million patients across our six tertiary eye hospitals situated strategically across Pakistan. Our reach also went beyond the hospital walls as we hosted thousands of impactful community screening and surgical eye camps nationwide, specifically targeting underprivileged communities.

I am so grateful for the generosity of our donors and the dedication of our partners which enabled us to establish an impactful presence in every province of Pakistan. As we strive to maintain our status as the premier eye care hospitals in the country, it is heartening for me to share that individuals seeking our expertise have travelled from as far as Gambia and Germany, underscoring the international recognition of our commitment to excellence.

I am pleased to announce two upcoming hospital projects, one in Gilgit and another in Haveli Lakha (District Okara) marking a significant step forward in expanding our reach and impact. Moreover, our eye hospital in Chakwal inaugurated in 2021 has not only facilitated the local community but also attracted patients from surrounding regions. This surge in demand has prompted the development of a new Outpatient Department (OPD) block to meet the growing needs of our Chakwal hospital.
In a country where more than 95 million people live in poverty, Al-Shifa Trust acknowledges the stark reality of the lowest per capita income in South Asia. The underprivileged communities we serve cannot afford even a simple cataract operation. The vicious cycle of poverty exacerbated by untreated eye diseases is a big challenge, one that we are proud to say we are actively addressing.

Our state-of-the-art hospitals are not just healing eyes; they are breaking the cycle of poverty by restoring vision and enabling individuals to reintegrate into the workforce. We believe that a society with healthy vision is a society with a brighter future.

You would be delighted to know that Al-Shifa Trust is contributing significantly to 9 of the 17 Sustainable Development Goals (SDGs), with a primary focus on the social and economic pillars of sustainable development. By aligning our efforts with these global goals, we are not only enhancing eye care but also contributing to the broader agenda of creating a sustainable and inclusive world.

I extend my deepest gratitude to each one of you—our supporters, donors, partners, and the entire Al-Shifa Trust family. Your unwavering support has empowered us to continue this noble journey, ensuring that the light of hope and healing reaches every corner of our beloved Pakistan.

Thank you to all of you.

Maj Gen Rehmat Khan (R)
President
Al-Shifa Trust

"We are not just healing eyes, we are also breaking the cycle of poverty by restoring vision and enabling individuals to reintegrate into the workforce. A society with healthy vision is a society with a brighter future."
Mission Statement:

Al-Shifa Trust was established with the aim of prevention and control of blindness by providing standard and sustainable eye care services which are accessible and affordable to all regardless of gender, race, colour or religion. Its essential components include hospital-based tertiary eye care services, community-oriented prevention of blindness program, need-based human resource development, promotion of basic and applied research in ophthalmology and development of appropriate and affordable technology.

Vision:

To be recognized as the finest eye care hospital providing primary, secondary and tertiary care in Ophthalmology and to continually improve the quality services to all as well as expand community outreach to the underprivileged.
History:

Al-Shifa Trust was established in 1985 as a non-governmental, non-political, charitable organization by Late Lt. Gen Jehandad Khan. He started Al-Shifa Trust in a humble way and developed it into a large organization through his personal dedication, devotion and teamwork. He was the first major donor himself who donated all his savings to the Trust. General Jahandad Khan devoted all his energies towards this brainchild till the last day of his life. He planned for various phases of development and established four state of the art eye hospitals operating in Rawalpindi, Sukkur, Kohat and Muzaffarabad. The fifth hospital at Chakwal was completed in 2021.

Lt. General (Retd) Hamid Javaid was elected by the Board of Trustees to lead the Trust after the death of Lt. Gen (Retd) Jehandad Khan. His contribution in the form of new initiatives like expansion of scope of community ophthalmology and starting of surgical eye camps, expanding cornea department and construction of Eye Bank, construction of new OT, and expanding the clinical services will be long remembered. After his death, the Board of Trustees elected the current President Major General (Retd) Rehmat Khan in 2019.

President of Pakistan is the ex-officio Patron-In-Chief of the trust. The Board of Trustees comprises of retired service men, businessmen, bureaucrats and professionals.
BOARD OF TRUSTEES

Maj Gen (R) Rehamat Khan
President, Al-Shifa Trust

Mr. Mian Muhammad Javed
Ex. Chairman PTCL, PEMRA, Telecom Foundation.

Mr. Maj Gen (R) Ch. M. Nawaz
Ex. Chairman Red Crescent

Mr. Jahan Zeb Khan
Former Federal Secretary

Mr. Mohsin Hafeez
Former Federal Secretary

Justice (R) Mansoor Ahmed
Former Judge of High Court and Former Federal Secretary Law & Parliamentary Affairs

Ms. Samia Abbas
Former Head of Finance & Admin, Asian Development Bank, Ltd

Mr. Sajjad Afzal Cheema
Renowned Philanthropist

Mr. Mian Mehmood Ellahi
Renowned Businessman

Mr. Salman Haider Sheikh
CEO I.Q. Capital Fintech, Ex-CEO I.A.T Investments Ltd., Ex-CEO Faysal Asset Management Ltd.

Mr. Ghazanfar Abbad Jillani
Former Federal Secretary

Mr. Akbar Ali Mattu
Renowned Businessman

Mr. Younis Bhatti
Foreign Trustee (UK), Chartered Accountant
SENIOR MANAGEMENT

Maj. Gen (Retd) Rehmat Khan  
President Al-Shifa Trust

Dr. Wajid Ali Khan  
Chief Medical Services

Dr. Nadeem Qureshi  
Chief Consultant Rawalpindi Hospital

Brig (Retd) Dr Khalid Yazdani  
Administrator Rawalpindi Hospital

Mr. Muhammad Ehsan  
Director Finance

Brig (Retd) Arshad Mehmmod  
Director Projects

Lt Col (Retd) Hidayatullah Memon  
Administrator Sukkur Hospital

Lt Col (Retd) Safdar Amir  
Administrator Kohat Hospital

Maj (Retd) Muhammad Naeem  
Administrator Muzaffarabad Hospital

Col (Retd) Asim Jawad  
Administrator Chakwal Hospital
## HEAD OF DEPARTMENTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Position and Department</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dr. Wajid Ali Khan</strong></td>
<td>Chief of Medical Services, Dean &amp; Head of Cornea Department</td>
</tr>
<tr>
<td><strong>Dr. Tayyab Afghani</strong></td>
<td>Head of Ocular Oncology, Orbit &amp; Occuplastics</td>
</tr>
<tr>
<td><strong>Dr. Farah Akhtar</strong></td>
<td>Head of Glaucoma Department</td>
</tr>
<tr>
<td><strong>Dr. Sumaira Altaf</strong></td>
<td>Head of Pediatric Department</td>
</tr>
<tr>
<td><strong>Dr. Brig (R) Sabeeh-ud-Din</strong></td>
<td>Head of General Ophthalmology</td>
</tr>
<tr>
<td><strong>Dr. Amtul Aziz</strong></td>
<td>Head of Diagnostic Department</td>
</tr>
<tr>
<td><strong>Dr. Mansoor Ul Haq</strong></td>
<td>Head of Operation Theatre</td>
</tr>
<tr>
<td><strong>Dr. Umme Sughra</strong></td>
<td>Director Research</td>
</tr>
<tr>
<td><strong>Dr. Hasan Raza Gulzar</strong></td>
<td>Manager ACCO</td>
</tr>
<tr>
<td><strong>Mr. Faisal Ahmed</strong></td>
<td>Head of IT Department</td>
</tr>
<tr>
<td><strong>Raja Anwar Ul Haq</strong></td>
<td>GM Procurement</td>
</tr>
<tr>
<td><strong>Lt Col (Retd) Viqar Azim</strong></td>
<td>GM Administration</td>
</tr>
<tr>
<td><strong>Ms. Suman Hammad</strong></td>
<td>GM Resource Generation &amp; Communication</td>
</tr>
<tr>
<td><strong>Mr. Adeel Nasir</strong></td>
<td>GM Human Resource</td>
</tr>
</tbody>
</table>
AST has been fighting blindness in Pakistan for more than 3 decades and has extended its healing touch to more than 28 million patients.

Here’s a glimpse of our 33 year journey in the field of eyecare.

1985
AST Established
Al-Shifa Trust was established as an NGO in 1989 by the late Lt. Gen. Jehangir Khan.

1991
Inaguration
Al-Shifa Trust Eye Hospital, Rawalpindi began its operations in 1989.

2000
AST Sukkur
Al-Shifa Trust built a new Eye Hospital in Sukkur to serve the communities in Sindh.

2005
Kohat Hospital
Al-Shifa Trust built a new Eye Hospital in Kohat to serve the communities in KPK.

2015
ALZA Pharmaceuticals
AST started this commercial venture in 2015. The pharmaceutical unit is categorised as A+ by DRAP.

2019
Eye Bank
Al-Shifa Trust established the first eye bank in the country, where people can submit their will for donating corneas.

2021
Children Eye Hospital
The first Children Eye Hospital in Pakistan for pediatric eye care became functional in August 2021.

2022
New Clinical Trial Site
A new clinical trial site was established in Oct 2022 to expand Al-Shifa’s operations in the domain of Phase III Clinical Trials.
decades. Our non-governmental charitable organization is throughout the country.

1992
ACCO
AST started its eye care community outreach program under Al-Shifa Centre for Community Ophthalmology (ACCO).

1997
PIO
AST’s academic wing, Pakistan Institute of Ophthalmology (PIO), was inaugurated in 1997 by the co-president, Farooq Laghari.

2009
Light House
Al-Shifa established the first Low-Vision Rehabilitation Centre in Pakistan.

2011
AST Muzaffarabad
Al-Shifa Trust Eye Hospital Muzaffarabad, the fourth in line of five strategically placed eye hospitals of Al-Shifa Trust, became operational in 2011.

2020
Clinical Trial Centre
Al-Shifa’s first clinical trial site was established for Phase II Clinical Trial of COVID-19 vaccine.

2021
AST Chakwal
In April 2021, Al-Shifa Trust Eye Hospital Chakwal opened its door for the communities in Chakwal region.

2022
Centre for Eye Cancer
Pakistan’s first eye cancer centre was inaugurated in 2022 offering chemotherapy services to pediatric patients.

2023
Adult Chemotherapy
Al-Shifa Centre for Eye Cancer started offering chemotherapy to adult patients with eye cancer.
DISTINCTIVE FEATURES

Quality Eye Care:
Al-Shifa Trust provides top of the line medical care in the field of Ophthalmology to all segments of population including the underprivileged and marginalized sections of the society.

All Subspecialties of Eye Care:
Al-Shifa Trust offers comprehensive and specialized eye care treatments through its 7 subspeciality eye departments with approximately 120 highly qualified doctors working at AST.

Largest Tertiary Eye Care Network:
Al-Shifa Trust has the largest tertiary eye care network consisting of 6 tertiary eye hospitals across Pakistan. Currently, 3 new tertiary hospitals are planned in Gilgit, Quetta and Haveli, Larka.

Up until 2023, approximately 28 million patients have been treated by Al-Shifa Trust and more than 0.1 million patients have been operated.

Over 80% of our patients are treated free of cost. This year alone approximately 0.8 million patients have been treated.

Largest Operation Theater Facility:
AST has the largest state of the art Operation Theater for eye care where 30 operations can be conducted simultaneously under top of the line surgeons, anesthetists and allied paramedical staff.

The Only Children Eye Hospital:
Al-Shifa Trust Children Eye Hospital in Rawalpindi is the largest such facility in the region providing the most comprehensive eye care to children.

Center for Eye Cancer:
It is the first of its kind in the country providing a wide range of facilities like surgery, paediatric and adult chemotherapy, radiation and rehabilitation of patients with eye cancer.
Largest Cornea Transplant Facility:
We have the largest facility for cornea transplants in Pakistan, conducting over 50% of the country's corneal transplant surgeries at Al-Shifa Trust Eye Hospitals.

Highest Cataract Surgeries:
Our highly-qualified eye specialists conduct the highest number of cataract surgeries in the country each year, using the best quality lenses imported from UK.

LightHouse:
AST has a unique department named LightHouse dedicated to the rehabilitation of patients with permanent low vision or blindness.

Pakistan's First Eye Bank:
AST established the country's first eye bank in 2019. The Eye Bank functions according to international protocols and maintains standard facilities for collecting, processing and distributing donor corneas.

Best Retina Department:
Led by some of the country's best retina specialists, AST Retina department offers unparalleled treatment for the most challenging retinal issues.

Al-Shifa Research Centre:
The research center at Al-Shifa Trust conducts world-class medical research and is contributing toward improving the healthcare system in Pakistan, especially in the field of immunology through vaccine trials.

Al-Shifa Center for Community Ophthalmology:
The outreach program of Al-Shifa Trust, ACCO, conducts eye screening and surgical camps all across Pakistan to cater to the needs of the people in remote areas at their doorsteps.

Training of Medical Professionals:
We have so far trained more than 300 doctors in Ophthalmology (FCPS, DOWS), over 350 optometrists, 100 Nurses and over 10,000 voluntary health workers and paramedics.
WE ARE TAKING ACTION ON SDGS
Al-Shifa Trust aligns its services with nine Sustainable Development Goals (SDGs), focusing primarily on the social and economic pillars. We are working to transform healthcare and contribute to a more sustainable and inclusive world.

There are 17 SDGs. Al-Shifa Trust Eye Hospitals align their services with 9 SDGs.

Al-Shifa Trust aligns its services with nine Sustainable Development Goals (SDGs), focusing primarily on the social and economic pillars. We are working to transform healthcare and contribute to a more sustainable and inclusive world.

SDG 1  No poverty

The no poverty goal requires targeting of the most vulnerable, increasing access to basic resources and services, and supporting communities affected by conflict and climate-related disasters. Al-Shifa Trust reaches out to the marginalized populace of the country to offer basic medical and specialized eyecare service through its community camps.

SDG 3 - Good Health and Well-being

Al-Shifa Trust's core mission is to provide quality eye care, ensuring good health, and fostering well-being. By treating more than 82% of our patients free of cost, the organisation directly addresses the accessibility and affordability of healthcare services, contributing to SDG 3.
SDG 7 - Affordable and Clean Energy
While not directly related to eye care, the Trust’s commitment to sustainability includes energy-efficient practices like the use of solar panels in our hospitals, which aligns with the broader goal of achieving affordable and clean energy (SDG 7).

SDG 8 - Decent Work and Economic Growth
Al-Shifa Trust improves the economic growth potential of thousands of individuals annually through quality eye treatments. Moreover, the trust provides decent work opportunities, not only in healthcare but also in education.

SDG 9 - Innovation, & Infrastructure
The infrastructure at AST is continuously being upgraded to make it sustainable through greater adoption of clean and environmentally sound technologies. Through its adoption of newer treatment modalities in eye care, AST is also contributing to advancements in eyecare industry practices. Moreover, Al-Shifa Research Centre is contributing towards research in vaccine clinical trials, all in line with SDG 9.

SDG 10 - Reduced Inequality
Through its community outreach medical & eye camps, the Trust is striving towards reducing inequality and ensuring that basic medical and specialized eye care services are accessible to all, regardless of gender, age, race, religion, and economic status.

SDG 17 - Partnerships for the Goals
Al-Shifa Trust actively engages in partnerships, collaborating with donors, communities, and corporate institutions to work towards achieving good eye health.
OUR IMPACT
Al-Shifa Trust Eye Hospitals

STATISTIC SUMMARY 2022-23

- Total OPDs: 1,193,948
- Total Surgeries: 78,410
- Total Pediatric Patients: 85,469
- Total Pediatric Surgeries: 6,184
- Total Chemotherapies: 798
Annual Performance
(July 2022 - June 2023)

Total OPDs
- Rawalpindi Hospital: 442,646
  - Surgical Procedures: 46,179
- Sukkur Hospital: 87,496
  - Surgical Procedures: 8,730
- Kohat Hospital: 53,065
  - Surgical Procedures: 5,926
- Muzaffarabad Hospital: 34,501
  - Surgical Procedures: 3,839
- Chakwal Hospital: 55,429
  - Surgical Procedures: 6,019
Annual Performance
(Rawalpindi Hospital)

Cornea
- Total OPDs: 35,817
- Total Surgeries: 3,907
- Total Transplants: 380

Retina
- Total OPDs: 63,238
- Total Surgeries: 9,706
- Total Laser and Intraocular Injections: 26,968

Ocular Oncology, Orbit & Oculoplastics
- Total OPDs: 14,347
- Total Surgeries: 2,644
- Total Chemothepies: 798

Pediatrics
- Total OPDs: 85,469
- Total Surgeries: 6,184

Glaucoma
- Total OPDs: 28,567
- Total Surgeries: 1,726

General Ophthalmology
- Total OPDs: 181,301
- Total Surgeries: 12,056
DIAGNOSTICS DEPARTMENT

Diagnostics department includes highly trained staff and state of the art, comprehensive diagnostic equipment for eye diseases only available at Al-Shifa Trust in Pakistan.

Total tests conducted in FY 2022-023 were **98,922**

DIAGNOSTIC FACILITIES

<table>
<thead>
<tr>
<th>Optical Coherence Tomography (OCT)</th>
<th>Corneal Confocal Microscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundus Fluorescein Angiography</td>
<td>Anterior Segment OCT</td>
</tr>
<tr>
<td>Fundus Photography</td>
<td>Anterior Segment Photography</td>
</tr>
<tr>
<td>Ultrasonography A-Scan / B-Scan</td>
<td>Specular Microscopy</td>
</tr>
<tr>
<td>Visual Field Analysis / FDT</td>
<td>Pachymetry</td>
</tr>
<tr>
<td>Corneal Topography (Galilei)</td>
<td>Biometry</td>
</tr>
<tr>
<td>IOL Master</td>
<td></td>
</tr>
</tbody>
</table>

LIGHTHOUSE

Lighthouse at Al-Shifa Trust is a low vision rehabilitation center that has facilities for advanced management of patients with permanent low vision or blindness. The low vision rehabilitation training offers solutions to various difficulties in daily life of the patients, including difficulty in reading, problems in writing/typing, inability to recognize familiar faces, problems in performing daily routine tasks like matching of color clothes, putting on makeup, shaving, bathing, eating, cooking, and moving independently.

Total patients served in Light House (2022 to 2023)  **11,375**
Hassan Mahiuddin belongs to a small village in Kalar Syedan, Rawalpindi, Pakistan. He was born two months earlier than expected at a government hospital. Due to his premature birth, Hassan faced many health challenges. His family found themselves in a situation where accessing quality healthcare seemed unattainable. Ayesha Fayaz, Hassan's mother, recalls the uncertainty and fear that shrouded their lives during those early days.

One of the major concerns about Hassan's premature birth was his risk of developing an eye condition known as Retinopathy of Prematurity (ROP).

ROP is an eye disease that can happen in babies who are premature (born early) or who weigh less than 3 pounds at birth. The disease causes abnormal blood vessels to grow in the retina (the light-sensitive layer of tissue in the back of your eye). The treatment of ROP is time-sensitive, and any delay can lead to blindness.

Fortunately, Hassan's family learned about Children Eye Hospital at Al-Shifa Trust through our ROP-related regular coordination with PIMS hospital. With a specifically dedicated ROP department, Al-Shifa Trust treats thousands of premature ROP cases every year.

Hassan’s story took a happy turn with his first visit to Al-Shifa Trust. He went through an extensive eye treatment for various weeks.

The Mahiuddin family, burdened by the weight of financial constraints, found hope in the free eye care provided at Al-Shifa Trust.

"Thanks to the exceptional care and support from the amazing team at Al-Shifa, we are fully satisfied with our son’s eye treatment."

Ayesha Fayaz, Hassan's mother
Life without sight is difficult. But becoming a mother for the first time and not being able to see your child is an everyday emotional struggle. Seeing her struggle everyday, one of Fauzia’s relatives took her to Quetta. Seeking help from a local doctor in Quetta only worsened her condition, rendering her completely blind. Life became even more difficult for her as she couldn’t even see a plate or glass placed in front of her.

Fauzia was completely dependent on her family for everything. Things became further challenging when Fauzia became a first-time mother. Her heart longed to see his face, but all she had was a sight blinded by cataract. The same relative then brought Fauzia to Al-Shifa Trust Eye Hospital, Rawalpindi. As if echoing the words of God, “Indeed, there is ease after hardship,” her days of despair were numbered. She had a cataract surgery at Al-Shifa Trust, and her vision was back.

Three months into motherhood and she set eyes on her newborn son for the very first time.

A mother was reunited with her son in a true sense.
ADAN’S FIGHT AGAINST EYE CANCER

Timely intervention saved Adan’s eye, and now he is cancer-free.

Adan was only one year old when his father, Tahir Khan, noticed a white spot in Adan’s right eye. He took his son to a nearby doctor in Mardan, his hometown, where he received a devastating diagnosis of eye cancer. Adan was referred to Peshawar for further treatment, but unfortunately, his condition worsened.

Tahir then heard about Al-Shifa Trust and brought his son to the Centre for Eye Cancer in Al-Shifa. After the investigations, Tahir received the bad news about Adan’s widespread eye cancer.

Due to the delay in seeking the right medical attention, Adan had to sacrifice one eye, but timely intervention spared the other from a similar fate. Adan’s remaining eye was saved through extensive treatment, including chemotherapy.

Adan is now cancer-free, and his parents hope that there is bright future ahead for him.

Center for Eye Cancer is Pakistan’s only exclusive eye cancer centre. All underprivileged patients are treated completely free of cost. Our centre offers free chemotherapy and surgery for the patients, and we have also partnered with CMH for radiation treatment, covered financially by the Al-Shifa Trust, ensuring comprehensive care for our patients.
Girls are often passionate about education, and so was the case with Summaya. She loved to study and had big dreams for her career. Unfortunately, she suffered from childhood meningitis that left her in a state of blindness.

Despite a partial restoration of her sight through an eye surgery, her dream of studying seemed unreachable. Hospital after hospital, she got the same response — nothing more could be done.

Summaya refused to surrender. In her hopes to regain her eyesight, she went to Hayatabad Medical Complex. One of the doctors there referred her to Light House, the Low Vision Rehabilitation Department at Al-Shifa Trust Eye Hospital, Rawalpindi.

Summaya came across innovative gadgets, like a CCTV camera and a telescope at the LightHouse. The CCTV camera became her reading companion, while the telescope allowed her to decipher the whiteboard during lectures. These tools helped Summaya complete her BS degree. She also earned a scholarship to Mehboob Medical College.

Summaya’s one step in the direction of Al-Shifa Trust changed her entire life story. She is now doing post-graduation.
Muhammad Adnan had a good vision as a child. When he reached 5th grade, he noticed a slight deterioration of his eye sight. Being a determined student, he continued his studies, but over time, his eyesight weakened, making daily life a challenge.

Adnan’s parents took him to various places. Despite an initial improvement from an eye operation and hard lenses, Adnan eventually lost complete vision in his left eye and retained only partial sight in the right.

Someone then referred him to Al-Shifa Trust Eye Hospital, where he received a cornea transplant, first for his left eye and later for the right. The procedure was a turning point, pulling Adnan back from the brink of darkness.

Adnan has joyfully resumed his studies, and he is determined to shape a brighter future for himself.
In the town of Bakha, Punjab, Ansar's son was born with Glaucoma (Kala Motia) in his eyes. The condition went unnoticed by his mother. A playful incident with a ball brought attention to the issue.

Ansar's wife sought immediate help from a local doctor in Bakha. Noticing the complexity of his eye condition, the doctor referred this child to Al-Shifa Trust Eye Hospital in Rawalpindi, emphasizing that only this institution possessed the expertise to treat her son's Glaucoma.

Despite financial struggles, Ansar, a construction laborer, took out a loan to visit Al-Shifa Trust. The family faced challenges traveling to another city, but the hope for their son's recovery kept them going. Their efforts resulted in a successful operation of their son at Al-Shifa.

Recognizing the family's financial constraints, the hospital provided free medical care, along with complimentary food and shelter during their visits. The entire treatment was offered at no cost, with only travel expenses to be covered by the family.

Ansar's son could have been pushed into the shadows of darkness, but with the will of God, the treatment he received at Al-Shifa Trust changed his life path forever.
Al-Shifa Center for Community Ophthalmology (ACCO)

Our Community Outreach Footprint since 1992
## ANNUAL STATISTIC SUMMARY

**Free School Screening Camps**

**Free Surgical Eye Camps**

**Free Screening Eye Camps**

<table>
<thead>
<tr>
<th>Description</th>
<th>Surgical Eye Camps</th>
<th>Eye Screening Camps in Schools &amp; Communities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Camps</td>
<td>101</td>
<td>1,069</td>
</tr>
<tr>
<td>OPDs</td>
<td>67,595</td>
<td>453,216</td>
</tr>
<tr>
<td>Surgeries</td>
<td>9,795</td>
<td>N/A</td>
</tr>
</tbody>
</table>
PAKISTAN INSTITUTE OF
OPHTHALMOLOGY (PIO)

Pakistan Institute of Ophthalmology (PIO) is the academic wing of Al-Shifa Trust. The objective of PIO is to work towards human resource development and ensure availability of trained manpower for the hospital.

PROGRAMS OFFERED AT PIO

### Allied Health Professionals
- BSc. Optometry 4 years' Degree program Certified
- Nursing Assistant (CNA) 2 years Diploma
- Ophthalmic Technician Course 2-year Diploma
- OT Technician Course 2-year Diploma
- Ophthalmic Nursing Assistant 1-year course
- Dispensing Optician 1-year course

### Training Program for Doctors
- Subspecialty Fellowships
- FCPS (4 Year Residency)
- DOMS (2 Years Program)

Uptil now, more than 350 doctors and over 1600 paramedical staff have been trained at PIO.

National Affiliations:

- Quaid i Azam University
- University of Health Sciences
- Nursing Council of Pakistan
- College of Physicians & Surgeons Pakistan
- Punjab Medical Faculty

International Linkages:
Al-Shifa Research Centre was established in September 2017 at Al-Shifa Trust Eye Hospital, Rawalpindi. Our vision is to be the Centre of Excellence for conducting world-class and creative bio-medical research activities to enhance the knowledge base and contribute towards improving the health care system and social advancement for the people of Pakistan.

Annual Progress

350 citations
79 publications
7 International clinical trials
Clinical Trials at ASRC

1

Study title:
A Phase 3, randomized, double-blind, placebo-controlled study to evaluate the effect of Bi-26 (strain of Bifidobacterium longum, B. infantis) supplementation versus placebo on weight gain in underweight Infants.

Status: Ongoing

2

Study title:
A Phase III, Randomized, Observer-blind, Multicenter Study to Evaluate the Efficacy, Immunogenicity and Safety of Seqirus’ Cell-Based Quadrivalent Subunit Influenza Virus Vaccine (QIVc) Compared to a Non-Influenza Vaccine when Administered in Healthy Subjects aged 6 Months through 47 Months.

Status: Ongoing

3

Study title:
A Randomized, Double-masked, Parallel-group, Multicenter Clinical Study to Evaluate the Efficacy and Safety of AVT06 Compared with EU-Eylea® in Subjects with Neovascular (wet) Age-related Macular Degeneration (ALVOEYE).

Status: Ongoing
**Study title:**
A Multi-center, Randomized, Blinded, Placebo-controlled, Phase 3 Clinical Study to Evaluate the Efficacy, Safety And Immunogenicity of Sars-cov-2 Bivalent mRNA Vaccine (LVRNA021) as Booster In Participants aged 18 Years and Older Who Completed Primary/1 Booster Dose(s) Of SARS-Cov-2 Vaccination.

**Status:** Ongoing

**Study title:**
A Phase 3 Randomized, Double-Blind, Placebo-Controlled Study to Evaluate the Efficacy and Safety of Benmifosbuvir in High-Risk Outpatients with COVID-19.

**Status:** Ongoing

**Study title:**
A phase III, Randomized, Comparator-Controlled,Double-Blind, Multicenter Study to Evaluate the Immunogenicity, Safety and Lot to Lot Consistency of Three Lots of a PIKA Rabies Vaccine (Vero cell) for human use, freeze-dried in Healthy Adults using a Post Exposure Prophylaxis schedule.

**Status:** Ongoing

**Study title:**
A Phase 3 Randomized, Double-Blind, Placebo-Controlled Study to Evaluate the Efficacy and Safety of Benmifosbuvir in High-Risk Outpatients with COVID-19.

**Status:** Ongoing

**Study title:**
A Phase III Randomized, Double-blind, Placebo-controlled Clinical Trial in 18 Years of Age and Above to Determine the Safety and Efficacy of ZF2001, a Recombinant Novel Coronavirus Vaccine (CHO cell) for Prevention of COVID-19.

**Status:** Closed out


29. Karim, S., ur Rehman, H., & Ahmad, A. Frequency of Hyperopia in Children of Congenital Cataract Surgery. Pakistan Journal of Medical & Health Sciences, 16(04), 584-584. DOI: https://doi.org/10.53350/pjmhs22164158


36. Imran, M., Khan, H., Ali, S. B., & Shabbir, A. Intoxicant Use in Undergraduate Medical Students of Islamabad, Pakistan. DOI: 10.32368/FJSS.20220113

37. Imran, M., Khan, H., Ali, S. B., & Shabbir, A. Intoxicant Use in Undergraduate Medical Students of Islamabad, Pakistan. DOI: 10.32368/FJSS.20220113


58. Suleman, M., Sughra U Effect of Screen Time on Behavior of Preschoolers in Islamabad: Descriptive Cross-sectional Study iproc 2022;8(1):e36568 DOI: 10.2196/36568

64. Mughal, F. A. R., Sharif, H., Mughal, A. M., Kawish, A. B., Khan, N., & Rehman, A. Depression, Anxiety and Stress in Young Female Doctors is Associated with High Sexual Harassment Scores.
68. Idrees, F., & Waqar, S. BARRIERS TO DISCLOSURE AND COPING STRATEGIES OF DOMESTICALLY ABUSED WOMEN: A QUALITATIVE PHENOMENOLOGICAL STUDY.
Visit to USA by the President Al-Shifa Trust for Fundraising & Collaborations

Maj. Gen (Retd) Rehmat Khan, President Al-Shifa Trust, and Dr. Wajid Ali Khan, Chief of Medical Services, had a successful fundraising visit to various cities in USA. The Pakistani community in the US generously supported Al-Shifa’s fundraising efforts. Additionally, the President and CMS also visited renowned medical institutions, aiming to collaborate and learn innovative practices to improve eye care at Al-Shifa Trust Hospitals.
With the management of the Light House New York.

Presenting mementoes to Mr. Erick at Eversight Eye Bank Michigan.

President AST at the University of Illinois Chicago.

With Dr Shehzad Mian at Kellogg Eye Center Michigan.

With Dr Naseer Baz at Fresno California (Donor of Chakwal Hospital)

Presenting mementoes to Mr. Collin at Eversight Eye Bank Michigan.
The speakers at the conference were renowned medical and public health research professionals, including Prof. Dr. Tanwir Khaliq Vice-Chancellor PIMS, Prof. Dr. Shahzad Ali Khan VC HSA Islamabad, Dr. Saima Saeed, Senior Pulmonologist and Director of Lung Health Program at Indus Hospital & Health Network Karachi, Dr. Sadia Asim, Director IBBPS (Institute of Biological, Biochemical & Pharmaceutical Science), Dow University of Health Science, Karachi, and representative from Maroof International Hospital, Islamabad.

2nd International Research Conference

Al-Shifa Research Centre of Al Shifa Trust Eye Hospital in December 2022 hosted a 2nd International Research Conference titled ‘Landscape of Clinical Trials in Pakistan’, focusing on collaboration and integration for the rise of the clinical trial industry in Pakistan. The conference offered a comprehensive forum for experts and participants from the industry to exchange ideas and present a way forward for the promotion of clinical trials research in Pakistan.
Al-Shifa School of Public Health, Al-Shifa Trust Eye Hospital organized their first International Public Health Conference in February 2023. The event brought together prominent public health professionals including Dr. Zahid A. Butt, Prof. Tokie Anme from Tsukuba University Japan, Dr. Babar Tanseem Sheikh, Director of John Snow International, and Dr. Ayesha Babar Kawish, HOD of ASOPH. The conference provided a unique opportunity for participants to engage with experts from diverse fields within public health.

**Lecture on Innovative Management Techniques and Presbyopia**

Dr. Mujtaba Qazi, an Ophthalmologist from St. Louis, Missouri, visited Al-Shifa Trust and delivered a lecture on Innovative Management Techniques and Presbyopia. The lecture was attended by residents, doctors, faculty members of BSc Optometry, and students.

Dr. Qazi is a Director of Clinical Studies at Pepose Vision Institute. He is actively involved in many research projects, with special expertise in customized laser vision correction, the surgical correction of presbyopia, and visual outcomes after cataract surgery.

**Webinar on Eyelid Tumors**

The department of Oculoplastics hosted a webinar on Eyelid Tumors for Oculoplastic Society of South Asia (OPSSA), drawing in experts and attendees from across the globe.

**Lecture: Latest Ophthalmologic Techniques**

Prof. Dr. Bernard Chang, President of The Royal College of Ophthalmologists UK and Dr. M. Naeem Mohyudin, Paediatric & Oculoplastics Ophthalmologist

Calderdale & Huddersfield NHS Trust - UK, visited Al-Shifa Trust Eye Hospital. They gave a lecture on the latest ophthalmologic techniques. All the doctors attended the talk. Our international guests also appreciated the work being done at Al-Shifa Trust.

**Participation in International Conferences**

Prof. Dr. Tayyab Afghani, HOD Oculoplastics, participated in the first ever World Society of Ophthalmic Plastic Reconstructive & Aesthetic Surgery (WSOPRAS) Conference in Dubai in May 2023, where he presented his research paper. He also participated in the Asia-Pacific Academy of Ophthalmology (APAO) Conference in February 2023 for his research presentation.

**Notable Appointment in Oculoplastic Society**

Prof. Dr. Tayyab Afghani, HOD Oculoplastics, was elected as Vice President of Oculoplastic Society of South Asia (OPSSA) in October 2023. The society exists to bring the Oculoplastic surgeons from the region together on one platform.
NEW INITIATIVES

New Eye Hospital in Gilgit
Al-Shifa Trust is ready to start building its new eye hospital in Gilgit. With the acquisition of the land and the successful completion of the feasibility plan, the construction is scheduled to begin in the summer of 2024, taking advantage of the milder weather conditions in the area during that time.

Construction of Eye Hospital in Haveli Lakha
A generous donor of Al-Shifa Trust has donated land as well as donation in cash for a new eye hospital in Haveli Lakha, a city in Depalpur Tehsil of Okara District. The new hospital is strategically placed to serve newer communities that are currently at a larger distance from Al-Shifa’s six operational hospitals.

New OPD Block at Al Shifa Trust Eye Hospital Rawalpindi
A new Outpatient Department (OPD) block has been planned to accommodate the increasing number of patients seeking our specialized care.

New OPD Block at Al Shifa Trust Eye Hospital Chakwal
Al-Shifa Trust Eye Hospital in Chakwal has been dedicatedly serving the community since August 2021. Due to the increasing number of patients and to introduce vital subspecialty clinics, a new OPD block has been constructed and is in its finishing stages. This expansion will significantly increase our daily capacity from 250 to 400 patients.

Plan for Al-Shifa Eye Hospital in Quetta.
A hospital has been planned in Quetta to extend eye care services for the people of Balochistan. Currently, Al-Shifa Trust is seeking donors for the planned facility.
Inception of Adult Chemotherapy
Following the success of pediatric chemotherapy, the Centre for Eye Cancer, Al-Shifa Trust has introduced adult chemotherapy services for eye cancer treatment of adults.

New Clinical Trial Sites
Four new clinical trial sites have been established at Children Eye Hospital, Al-Shifa Trust. The new sites have enabled the expansion of Al-Shifa Research Centre to conduct more clinical trials simultaneously.

New Clinical Trials started
Al-Shifa Research Centre has initiated 5 new clinical trials through collaborations with international organisations. The center is carrying out clinical research through Phase III clinical trials.

Genetics Lab
Al-Shifa Trust is set to introduce a Genetics Lab for genetic testing in its base hospital. The tests conducted in the new lab will help us offer tailored insights into the genetic factors that play a role in eye diseases. Genetic testing will also provide clarity on the inheritance patterns of eye cancer, allowing families to make informed choices about their eye health.

Ocular Cosmetics Facility
The Oculoplastic Department at AST, Rawalpindi has initiated the development of cosmetic eyelid and periocular aesthetics facilities, which will be expanded soon, in terms of the variety of procedures offered.

New Surgical Interventions
The Department of Oculoplastics at AST, Rawalpindi has successfully introduced several cutting-edge procedures, including the Transcanalicular Laser Dacryocystorhinostomy (DCR). This minimally invasive technique has revolutionized tear duct surgery, enabling us to manage a large number of patients in a lesser span of time compared with conventional methods while also offering patients a quicker recovery and satisfactory outcomes.
Partners and Collaborations

We are thankful to all our individual donors, partners, sponsors and collaboration partners for their trust in our services. The following organizations and partners have supported Al Shifa Trust financially and with human resource development. Names of private donors have not been mentioned due to privacy concerns. Some of our partners/sponsor organizations are mentioned below:

[Image showing logos of various organizations]
### Financials

Extracts from audited accounts of Overall Trust for the year ended June 30, 2023

<table>
<thead>
<tr>
<th></th>
<th>Rs in '000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
<td></td>
</tr>
<tr>
<td>Operating Income - Net of related expenses</td>
<td>909,719</td>
</tr>
<tr>
<td>Grants-in-aid, donation, contributions and Zakat</td>
<td>619,369</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td>1,529,088</td>
</tr>
<tr>
<td><strong>Less: Expenditure</strong></td>
<td></td>
</tr>
<tr>
<td>Cost of sales - Alza Pharma</td>
<td>82,644</td>
</tr>
<tr>
<td>Operating expenses</td>
<td>2,068,709</td>
</tr>
<tr>
<td>Administrative expenses</td>
<td>167,657</td>
</tr>
<tr>
<td>Selling Expenses – Alza Pharma</td>
<td>37,394</td>
</tr>
<tr>
<td><strong>Total Expenditure</strong></td>
<td>2,356,405</td>
</tr>
<tr>
<td><strong>Excess of expenditure over income</strong></td>
<td>(827,317)</td>
</tr>
<tr>
<td>Other income – net of related expenses</td>
<td>440,058</td>
</tr>
<tr>
<td><strong>(Deficit) For the Year</strong></td>
<td>(387,259)</td>
</tr>
</tbody>
</table>

Figures for the year ended June 30, 2023 have been taken from the Audited Financial Statements. The audit was carried out by M/s A.F Ferguson & Co, Chartered Accountants.
# Financials

## HIGHLIGHTS FOR THE YEAR ENDED JUNE 30, 2023

<table>
<thead>
<tr>
<th>PARTICULARS</th>
<th>Rs in '000</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TOTAL REVENUE:</strong></td>
<td></td>
</tr>
<tr>
<td>Income from Operations</td>
<td>1,349,778</td>
</tr>
<tr>
<td>Zakat/ Donations</td>
<td>508,404</td>
</tr>
<tr>
<td>Govt Grants</td>
<td>110,965</td>
</tr>
<tr>
<td><strong>TOTAL REVENUE (External+ Internal)</strong></td>
<td>1,969,146</td>
</tr>
<tr>
<td><strong>REVENUE EXPENSES:</strong></td>
<td></td>
</tr>
<tr>
<td>Salaries</td>
<td>828,722</td>
</tr>
<tr>
<td>Medical Supplies</td>
<td>944,741</td>
</tr>
<tr>
<td>Others</td>
<td>582,942</td>
</tr>
<tr>
<td><strong>TOTAL REVENUE EXPENDITURE</strong></td>
<td>2,356,405</td>
</tr>
<tr>
<td><strong>HOSPITALS’ CAPITAL EXPENSES:</strong></td>
<td></td>
</tr>
<tr>
<td>Infrastructure</td>
<td>251,628</td>
</tr>
<tr>
<td>Medical Equipment</td>
<td>238,472</td>
</tr>
<tr>
<td><strong>TOTAL CAPITAL EXPENDITURE</strong></td>
<td>490,100</td>
</tr>
</tbody>
</table>
Sponsor

A CHILD WITH EYE CANCER

Let's fight eye cancer together.

You can now sponsor the complete treatment of an underprivileged child or an adult who has been diagnosed with eye cancer. Your generosity will cover the cost of specialized eye cancer treatment, offering financial assistance to patients and their families during their fight against eye cancer.

Cost of sponsorship – Rs. 500,000

The donated funds will cover the cost of chemotherapy, radiation, surgery, and prosthetic eye in the case of more aggressive cancer.
Sponsor a Cornea Transplant

Restore a vision and transform a life for Rs. 325,000.

Cornea transplants can bring back the sight of people suffering from treatable blindness. It offers individuals the opportunity to see the world with their own eyes and live brighter lives.

Your sponsorship will enable us to provide the gift of sight to someone in need through a cornea transplant.

We have the largest Cornea Transplant facility in Pakistan. Over 50% of the country’s corneal transplants are conducted at Al-Shifa Trust’s Rawalpindi & Sukkur Hospitals.
A SURGICAL EYE CAMP

You can contribute to community care.

Our community outreach team travels to far flung and underprivileged areas of Pakistan and sets up free screening and surgical eye camps to offer the much needed eye care at door steps. Through our proactive approach to eye health through screening and surgical camps, we can identify and address eye health issues early, preventing unnecessary suffering and preserving vision.

Sponsorship cost for 3-day surgical eye camp – Rs. 3,000,000

Your sponsorship will cover the cost of eye screening and surgical procedures, bringing quality eye care directly to those who need it most.
Al-Shifa Trust Eye Hospital, Chakwal has been providing quality eye care services since August 2021. To meet the growing demand, we have completed the construction of a new OPD block in Chakwal. This expansion will significantly increase our daily capacity from 250 to 400 patients.

You can sponsor essential medical equipment for the full operational capacity of the new OPD block. The total cost for acquiring the necessary equipment is estimated at 100 million PKR.

A detailed list of required equipment is available at alshifaeye.org
HELP US EMPOWER LIVES THROUGH THE GIFT OF SIGHT

DONATE TO SPREAD LIGHT...

You may send donations via QR code or through our donations page at www.alshifaeye.org