



Al-Shifa Trust Eye Hospitals

Rawalpindi, Sukkur, Kohat, Muzaffarabad, Chakwal, Gilgit

EDITION
JANUARY 2025

ENVISIONING VISION

NEWSLETTER



INSIGHTS

- Al-Shifa Trust Opens Interim Eye Clinic in Gilgit Ahead of Hospital Completion
- AST Hosts CPSP's Pediatric Ophthalmology and Strabismus 2nd Fellowship Exam
- Rare Life-Saving Surgery Restores Sight of Newborn

And more

AL-SHIFA TRUST OPENS INTERIM EYE CLINIC IN GILGIT AHEAD OF HOSPITAL COMPLETION



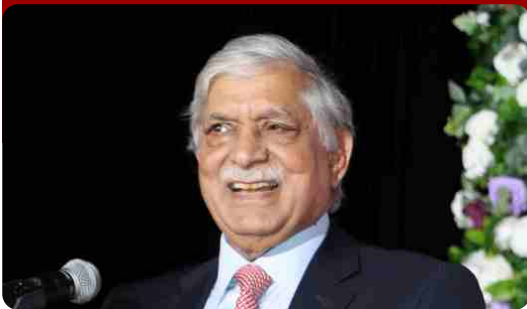
Al-Shifa Trust has inaugurated an interim eye clinic near the construction site of its upcoming seventh eye hospital in Gilgit. The clinic, housed in a rented building, was officially opened on December 17, 2024. Health Minister of Gilgit, Raja Azam Khan performed the ribbon-cutting ceremony.

The interim clinic aims to provide immediate access to comprehensive eye care services while construction of the permanent hospital, which began in July 2024, continues. The hospital is expected to be completed by June 2026.

President Al-Shifa Trust, Maj Gen (R) Rehmat Khan, was unable to attend due to flight cancellation but facilitated remotely. His message was delivered by Col. Siraj Ahmed, GM Projects. The ceremony was also attended by newly appointed doctors of Gilgit Hospital, representatives from Al-Shifa Trust and Rupani Foundation, senior government officials, and other distinguished guests.

The clinic is now open, offering comprehensive eye care services to the community.





AL-SHIFA TRUST HOSTS FUNDRAISING DINNERS

Al-Shifa Trust Eye Hospital, in partnership with Rupani Foundation, conducted a series of "Circle of Hope" fundraising events in five major U.S. cities. These events were held in November in Maryland, Atlanta, Dallas, and Houston. The first event held in Saint Louis was hosted by Dr Mujtaba Qazi and Dr Ishaque Chishti. Pakistani diaspora participated in all these events with their traditional generosity.



AL-SHIFA MAKES HISTORY WITH THREE MAJOR FIRSTS

FIRST PAKISTANI TO PASS FEBOS-R EXAM

Dr. Aziz Jan Bashir has become the first Pakistani to pass the Fellowship European Board of Ophthalmology - Specialist Diploma in Retina (FEBOS-R) exam.



FIRST PAKISTANI WOMAN AS ORBIT AND OCULOPLASTICS FELLOW

Dr. Fariha Taimoor has made history as the first Pakistani woman to pass CPSP's fellowship exam in Orbit and Oculoplastics.



FIRST PAKISTANI RESIDENT TO CLEAR FRCOPHTH

Dr. Rehan Naqaish has become the first resident from Al-Shifa Trust to attain the FRCOphth fellowship.



We extend our heartfelt congratulations to Dr. Aziz Jan Bashir, Dr. Fariha Taimoor, and Dr. Rehan Naqaish for their outstanding success and for bringing pride to our organization.

AL-SHIFA TRUST CONTRIBUTES TO 42ND LAHORE OPHTHALMO & APOP DIALOGUE

Al-Shifa Trust Eye Hospital proudly represented its commitment to excellence in ophthalmology at the 42nd Lahore Ophthalmology Conference and the 5th Annual Symposium of the Association of Pediatric Ophthalmological Pakistan (APOP), held over three days in Lahore. A distinguished team of Al-Shifa Trust's expert ophthalmologists, including Prof. Dr. Tayyab Afghani, Prof. Dr. Hanif Malik, Dr. Aziz Jan Bashir, Prof. Dr. Mahmood Ali, Dr. Abdul Hannan, Dr. Muhammad Amjad, Dr. Murtaza Sameen, Dr. Sumaya Ali Khan, Dr. Faizan Tahir, Dr. Saadullah Ahmed, Dr. Amna Manzoor, Dr. Fariha Taimur, and Dr. Warda Ali actively participated in the conference.



AST HOSTS CPSP'S PEDIATRIC OPHTHALMOLOGY AND STRABISMUS 2ND FELLOWSHIP EXAM



Al-Shifa Trust Eye Hospital is proud to have hosted the Pediatric Ophthalmology and Strabismus 2nd Fellowship Exam conducted by the College of Physicians and Surgeons Pakistan (CPSP) on Saturday, 21st December, 2024. This exam was conducted for the first time in the twin cities.

This marks the second significant milestone for Al-Shifa Trust Eye Hospital in hosting post graduate exams. Earlier this year, in February 2024, Al-Shifa Trust successfully hosted the FRCOphth exam for the first time in Pakistan.



AL-SHIFA TRUST SHINES AT THE 6TH MEOM INTERNATIONAL CONFERENCE IN DUBAI



The 6th MEOM International Conference was held at the InterContinental Dubai Festival City, Dubai (UAE), from October 3-5, 2024, bringing together over 170 global delegates and more than 30 international Ophthalmology societies, including Pakistan Society of Young Ophthalmologists. Representing Al-Shifa Trust Eye Hospital, a distinguished team of doctors, including Prof. Dr. Shama Khan, Dr. Najia Uzair, Dr. Fiza Shaheen, and Dr. Salman Sohail, showcased their expertise and contributed significantly to the conference.



Dr. Salman Sohail delivered an e-video presentation, and Prof. Dr. Shama Khan's work was featured in the Oscar Video Competition. Dr. Najia Uzair also actively participated in the MEOM YO Voice Competition, highlighting her skills and insights. Our team of doctors also conducted hands-on wet-lab workshops. Prof. Dr. Shama Khan led sessions on Corneal transplant (PKP), while Dr. Fiza Shaheen and Dr. Salman Sohail conducted workshops on Scleral fixation of the lens, phaco-emulsification cataract surgery, and pupilloplasty.



Doctors from Al-Shifa Trust showcased their expertise across several key areas of Ophthalmology, including General Ophthalmology, Cornea, Vitreo-retina, and Pediatric Ophthalmology. Dr. Fiza Shaheen and Dr. Najia Uzair presented 4 e-posters,



The conference served as a platform for Al-Shifa Trust's team to engage with global experts, exchange knowledge, and highlight Pakistan's contributions to the field of Ophthalmology.

NEW OCULOFACIAL AESTHETICS FACILITY OPENS AT AL-SHIFA TRUST

Inauguration of the Oculofacial Aesthetics & Rejuvenation Center (OFAR) at Al-Shifa Trust Eye Hospital, Rawalpindi was held on 21st August 2024. The newly opened OFAR centre offers various aesthetic procedures, including botox, lasers, carbon peel, HIFU, mesotherapy, PRP, and more.

We congratulate the Oculoplastics Department on the successful expansion of their services to now include advanced oculofacial aesthetic procedures.



CENTRE FOR EYE CANCER EXPANDS PEDIATRIC CHEMOTHERAPY WARD



We are proud to announce the expansion of our Pediatrics Chemotherapy Ward. The inauguration ceremony was led by President Al-Shifa Trust, Maj Gen (R) Rehmat Khan. The upgraded Paeds Chemotherapy Ward has increased our bed capacity from 4 to 8.

In a country where cancer care remains a challenge due to limited resources, Al-Shifa Trust stands out by offering its chemotherapy services entirely free of charge.

EYE CANCER SEMINAR ON STORY OF CHALLENGES AND OPPORTUNITIES



Al-Shifa Trust Eye Hospital's Centre for Eye Cancer marked International Childhood Cancer Awareness Month by hosting an eye cancer seminar titled "Story of Challenges and Opportunities." The seminar featured distinguished speakers, including Prof. Dr. Tayyab Afghani, Prof. Dr. Ayesha Babar Kawish, Dr. Maheen Akbar, Dr. Rutaba Gul, Dr. Tanzeela Farah, Dr. Aneesa Sultan, and Ms. Maryam Ijaz, who shared their expertise and insights on the subject.

Maj Gen (Retd) Rehmat Khan, President Al-Shifa Trust, commended the efforts of the oncology team and expressed his

gratitude to the speakers for their contributions to public education through this event.

President Al-Shifa Trust expressed optimism, stating, "God willing, Al-Shifa Trust will be able to eradicate preventable blindness in Pakistan." The seminar concluded on a heartwarming note with the distribution of certificates and shields to the speakers. Additionally, gifts were presented to young cancer survivors to celebrate their courage and resilience in the face of adversity.



OFAR CONDUCTS ITS FIRST SEMINAR ON AESTHETIC OPHTHALMOLOGY



The Oculofacial Aesthetics & Rejuvenation Center at Al-Shifa Trust Eye Hospital hosted a seminar on Aesthetic Ophthalmology, featuring expert guest speakers from the field. Prominent speakers included Dr. Muneeza Rizwan, HOD Dermatology Dept PAF Hospital, Dr. Shehr Bano Khan, CEO of Islamabad Premium Aesthetic & Laser Clinic, Dr. Abubakar Abdullah, Consultant Oral Surgeon & Facial Aesthetician, Dr. Hina Akhtar, Aesthetic Physician, and Dr. Maria Rasheed, Consultant Dermatologist. The seminar also featured insightful presentations from our in-house experts, including Dr. Amna Manzoor, Assistant Professor, Orbit and Oculoplastics Department, Dr. Fariha Taimur, Assistant Professor, Orbit and Oculoplastics Department, and Dr. Nimra Noor, Aesthetician at OFAR.

The seminar saw attendance from senior management and their families, doctors and other employees from Al-Shifa Trust, and students from PIO. President Al-Shifa Trust, Maj Gen (Retd) Rehmat Khan, concluded the seminar by expressing his gratitude to the distinguished guest speakers for their contributions. He also distributed shields among the speakers.



OPHTHALMIC GENETICS SEMINAR EXPLORES DNA DIAGNOSIS



The Department of Ophthalmic Genetics at Al-Shifa Trust Eye Hospital hosted a seminar on Ophthalmic Genetics: The DNA Diagnosis. Distinguished speakers of the seminar included Prof. Dr. Saba Irshad from Institute of Biochemistry and Biotechnology, Punjab University, Lahore, Prof. Dr. Aneesa Sultan from department of Biochemistry, Quaid-e-Azam University, Islamabad, Dr. Saad Sarfaraz, Assistant Professor, Center for Agriculture Biochemistry and Biotechnology, University of Agriculture, Faisalabad, Dr. Faheem Azher, Founder and CEO F.A Traders, Sultan Group of Companies, Faisalabad. In-house speakers were Prof. Dr. Tayyab Afghani, Prof. Dr. Wajid Ali Khan, Dr. Rutaba Gul, and Dr. Hunza Ahmed.

The seminar was attended by senior management, doctors from Al-Shifa Trust, doctors from other hospitals, and students from PIO and other colleges.

President Al-Shifa Trust, Maj Gen (Retd) Rehmat Khan, concluded the seminar by expressing his gratitude to the guest speakers for their valuable contributions. He also distributed the shields and appreciation certificates among the speakers and participants.



AL-SHIFA CENTRE FOR COMMUNITY OPHTHALMOLOGY (ACCO)

ACCO teams in Rawalpindi, Sukkur, Kohat, Muzafarabad, and Chakwal actively continued their community outreach to far flung and underserved areas of Pakistan.

ACCO Camp Report Sep 1 to Dec 31, 2024

CAMP TYPES	TOTAL CAMPS	BENEFICIARIES	SURGERIES
Surgical Camps	48	17,960	7,625
School Screenings	458	158,121	N/A
Community Screenings	328	196,777	N/A



AL-SHIFA SCHOOL OF PUBLIC HEALTH CELEBRATES WORLD BREASTFEEDING WEEK



Al-Shifa School of Public Health, PIO, in partnership with the Punjab Health Department, celebrated World Breastfeeding Week by hosting a seminar on the Integrated Reproductive, Maternal, Newborn & Child Health (IRMNCH) program and the Promotion of Mother Feed for a Healthy Nation. The event brought together key stakeholders to discuss this year's theme, *Closing the Gap: Breastfeeding Support For All*.

The seminar featured a diverse lineup of distinguished speakers, including Dr. Ayesha Babar Kawish, Head of the Al-Shifa School of Public Health, Ms. Tehseen Fawad, MPA, Ms. Rifat Abbasi, MPA, Dr. Ehsan Ghani, DHO Preventive Services, Dr. Naveed Malik, District Coordinator RWP IRMNCH and Nutrition, Dr. Aijaz Ahmed, Director Health Services, District Health Authority, Rawalpindi Division, Dr. Zunaira Aftab, Additional Deputy Commissioner, HQ, and Dr. Asif Arbab Khan Niazi, Chief Executive Officer, District Health Authority, Rawalpindi.



WAEH
WORLD
ASSOCIATION
OF EYE HOSPITALS

**Al-Shifa Trust Eye Hospital
is now a full member of
World Association of Eye
Hospitals (WAEH).**

RARE LIFE-SAVING SURGERY RESTORES SIGHT OF NEWBORN.

A team of specialists at Al-Shifa Trust Eye Hospital successfully treated a rare congenital eye tumour, saving both the vision and life of a newborn.

Mirha Ameer, an infant from Gujar Khan, was diagnosed with a life-threatening eye tumour shortly after birth, endangering her sight and survival. After a week of seeking consultations at various hospitals, her parents turned to Al-Shifa Trust Eye Hospital for a solution.

The tumour was three times larger than the size of her eyeball and the girl was in life-threatening condition, prompting

doctors to urgently perform complex surgery, which continued for two and a half hours and concluded successfully. Prof. Dr. Tayyab Afghani, Dr. Mansoorul Haq, Dr. Shumaila Niazi, Dr. Umera Asad, Dr. Asfandyar Amirzada, and Dr. Muhammad Tariq are among the team members who removed the tumour.



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CONGRATULATIONS



Al-Shifa doctor wins National Champion of VigiQuiz League for Ophthalmology Residents

Al-Shifa Trust Eye Hospital proudly announces that our very talented resident doctor, Dr. Muhammad Saad, has been crowned the National Champion of the VigiQuiz League for Ophthalmology Residents 2025. The competition took place in Lahore on January 20th.

Congratulations, Dr. Saad, on this achievement!



Al-Shifa Trust Inaugurates New Ophthalmic Genetics Department

President Al-Shifa Trust, Maj Gen (Retd) Rehmat Khan inaugurated the Genetic Ophthalmology Lab at Al-Shifa Trust Eye Hospital, Rawalpindi on January 8, 2025. The new facility offers genetic counseling, genetic testing, carrier status identification, RFLP, bioinformatics services, and more.

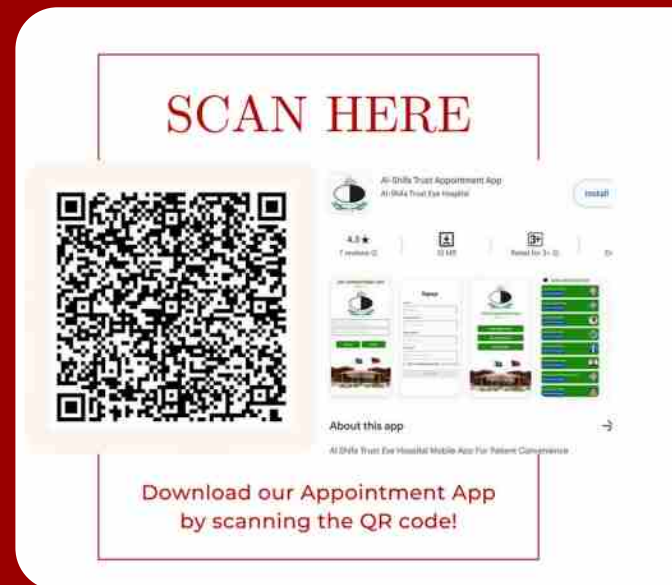
Genetic testing is generally inaccessible due to its high costs. For the first time in Pakistan, Al-Shifa Trust Eye Hospital is offering genetic testing for eye diseases completely free of cost for the underprivileged.



IT Department rolls out Al-Shifa Trust Appointment App

Our private patients are now just one click away from scheduling appointments. The new appointment app released by the IT department is simple, fast, and easy to use.

Al-Shifa Trust Appointment App is available for download at the Play Store.



RG&C Releases Al-Shifa Trust's New Documentary

We are excited to share the release of our new documentary that showcases the profound impact of Al-Shifa Trust's work. Produced with close collaboration from the Resource Generation & Communication (RG&C) Department, this documentary takes viewers on an emotional journey, exploring the commitment of Al-Shifa Trust in eliminating blindness from Pakistan.

We invite you to watch and share it with your network to help spread awareness and support.



Remembering our Longtime Supporter, Haji Muhammad Sabir

Al-Shifa Trust is deeply saddened by the loss of Haji Muhammad Sabir, a cherished friend, donor, and supporter of the Trust. Our heartfelt condolences go out to his family and loved ones.

May his soul rest in peace.

RG&C RELEASES AL-SHIFA TRUST'S ANNUAL REPORT 2023-24

We are pleased to announce the release of our Annual Report for 2023-24. This comprehensive 108-page report, compiled, designed, and published by the Resource Generation and Communication Department (RG&C), provides a detailed overview of Al-Shifa Trust's key achievements, financial performance, and future goals.



HIGHLIGHTS OF THE REPORT:

- Total OPDs - 1,294,105
- Total Pediatric Patients - 97,564
- Total Surgeries - 94,903
- Total Eye Screenings - 494,755

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HR ORGANIZES FIRE TRAINING

The HR department at Al-Shifa Trust Eye Hospital organised an informative fire safety training session for the faculty, promoting awareness on how to respond in real life fire emergencies in a calm and controlled manner. The trainer demonstrated various strategies to control fire and also taught the proper use of fire extinguishers.



SPORTS DAY AT AL-SHIFA TRUST

Al-Shifa Trust organized a sports day event for the faculty, promoting physical activity through engaging sports activities. Cricket, badminton, and tug-of-war matches were held between the boys and girls teams. The event was a success, with enthusiastic participation from Al-Shifa employees. Thanks to everyone who participated and made it memorable.



MOTIVATIONAL TALK ON THE RIPPLE EFFECT OF KINDNESS

The Resource Generation & Communication Department hosted an inspiring talk on 24th October 2024, featuring renowned motivational speaker Tuaha ibn Jalil, Country Head of YouthClub Pakistan.

His session, titled "The Ripple Effect: How Kindness Changes Lives," aimed to inspire and educate youth through the lens of Islamic values. The event concluded with heartfelt thanks from Maj Gen (Retd) Rehmat Khan, President Al-Shifa Trust, for Mr Tuaha's impactful insights.



NEW INITIATIVES

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. The project's estimated cost is 1 Billion PKR, with a covered area of 120,000 square feet, equipped with state-of-the-art infrastructure. Al-Shifa Trust is reaching out to philanthropic individuals and organizations to join hands and contribute to this initiative and help us continue providing accessible advanced eye care services to those in need.

NEW EYE HOSPITAL IN GILGIT

Al-Shifa Trust is building a new eye hospital in Gilgit. The land for this hospital has been generously donated by the Government of Gilgit-Baltistan. The groundbreaking ceremony of the hospital was held in July 2024. The Rupani Foundation has committed to contributing 50% of the construction cost. Another potential donor has also pledged 40 Million PKR towards the project. An additional 90 Million PKR and 100 Million PKR are required for the completion of the construction and equipment, respectively.

CONSTRUCTION OF EYE HOSPITAL IN HAVELI LAKHA

A generous donor of Al-Shifa Trust has donated land 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 greater distance from Al-Shifa's seven operational hospitals.

AL-SHIFA TRUST EYE HOSPITAL IN LAHORE

Recognizing Al-Shifa Trust's excellent reputation in Pakistan, the Government of Punjab has agreed to grant a 68-kanal land for the construction of Al-Shifa Trust Eye Hospital in Lahore. We are currently accepting donations for this new project.

PLAN FOR AL-SHIFA TRUST 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.

WE CAN'T HELP EVERYONE, BUT EVERYONE CAN HELP SOMEONE

YOU CAN GIFT SIGHT TO AN UNDERPRIVILEGED CHILD

SCAN TO
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Al-Shifa Trust Eye Hospitals

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