

## HELP DIVERSIFIES



## HEALTH, EDUCATION AND LITERACY PROGRAMME

ANNUAL REPORT 2020 - 2021

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## Our Mission

**“Through needs assessment, to design and implement replicable models of health promotion, health delivery and education for women and children”**

## Our Vision

**“Help those who want to help themselves”**

## Executive Committee (Honorary)

- **President and Chairperson: Prof. Dure Samin Akram**
- **Vice President: Prof. Fehmina Arif**
- **General Secretary: Mr. Jaleel Siddiqui**
- **Joint Secretary: Ms. Rabia Agha**
- **Treasurer: Ms. Reema Jaffri**

## Members:

- **Associate Prof. S. K. Kauser**
- **Dr. Fazila Zamindar**
- **Dr. Gul Rukh Nency**
- **Ms. Mona Sheikh**
- **Mr. Fareed Khan**
- **Ms. Hilda Saeed**
- **Dr. Neel Kanth**

## Management

- Senior Program Manager: Dr. Yasmeen Hanif
- Program Manager: Dr. Mahwish Naim

## General Body Members

- Dr. Sabin Adil
- Dr. Qadir Pathan
- Dr. Shakir Mustafa
- Ms. Erum Ghazi
- Dr. Imtiaz Mandan
- Ms. Ishrat Shakir
- Dr. Kinza Bhutto
- Dr. Shazia Samad

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## Sub-Committees

### Audit Committee

- Mr. Fareed Khan
- Prof. Dr. Fehmina Arif
- Dr. Yasmeen Hanif

### Fund Raising Committee

- Dr. Fazila Zamindar
- Ms. Mona Shaikh
- Ms. Rabia Agha
- Ms. Reema Jafri

### Research Committee

- Prof. Dure Samin Akram
- Associate Prof. S.K. Kausar
- Prof. Dr. Fehmina Arif
- Associate Prof. Dr. Neel Kanth
- Dr. Kinza Bhutto

### Purchase & Procurement Committee

- Mr. Jaleel Siddiqui
- Ms. Rabia Agha
- Dr. Yasmeen Hanif

### Editorial Board

- Dr. Yasmeen Hanif
- Ms. Hilda Saeed

## Chairperson's Message

Globally the past year has been preoccupied and activities have been dedicated to the Covid-19 Pandemic.



HELP has also been fully involved. Covid-19 related illness and restrictions have affected rich and poor; this has caused joblessness, decrease in health care. Hospitals required equipment for frontline workers, the already marginalized needed social protection. Schools were shut and children and parents suffered mental anguish.

Our organization made a conscious decision to participate in responding to these challenges. Our work has resulted in partnering with new donors, philanthropists in delivering such a response.

We have provided personal protective equipment (PPEs) to numerous public and philanthropic hospitals, such as the Dr. Ruth K. M. Pfau Civil Hospital Karachi, JPMC, Ojha Institute of Chest Diseases, just to name a few. We have also responded towards safety-net issues with our 'Livelihood' project as well as identifying and providing rations.

Teacher training continued and an innovative home-school based teaching was followed.

In addition, we continued to focus on our mainstream work including maternal, newborn care, immunization and nutrition in urban and rural settings. Our immunization coverage sustained pre-Covid levels in spite of many handicaps related to supply and demand.

HELP has now also started focusing on operational research. We were successful in getting one paper published; a few more are in the pipeline.

For future planning we have started working according to SDG indicators. We have also made guidelines for ethics in research. Our planned research includes looking into psychological burden on our communities due to the Covid-19 pandemic.

As our country makes progress in curbing the pandemic and responding to challenges created by it, our Organization is in-step on issues related to health, preventive care, shelter and livelihood.

**Dr. Dure Samin Akram**  
**Hon. Chairperson**  
**HELP**

## About HELP

HELP is a nonprofit, non-Government, community based Primary Health care and Education Programme. It was established in 1990 and is registered with the Government Department of Social Welfare (SSWD) since 1991. HELP is certified by Pakistan Centre for Philanthropy (PCP) from 2009 till 2022.

The core team of HELP is made up of highly professional people committed to the development of primary health care. These are experienced master trainers associated with immensely reputable medical institutions, experts from UNICEF, WHO, National BFHI & IYCF programs on nutrition related issues, chartered accountants, journalists and social scientists. HELP is also a member of Nutrition Working Group as well as the Infant Feeding Board in Sindh. HELP is a member of Pakistan CSO Coalition for health and immunization (PCCHI) as well as South Asian Infant Feeding Network (SAIFRN).

The organization's scope of work is centered around health care of women of reproductive ages and children, with special emphasis on nutrition, immunization, sexual and reproductive health. HELP is actively working on early childhood development and education as well.

HELP has a cadre of distinctly trained Community Health Workers (CHWs) in its communities. These workers are skilled in delivering the prevention and primary health care services to the community at their doorsteps. Our CHWs, medical and paramedical staff are well equipped with knowledge on breast feeding, infant and young child feeding. Growth monitoring and nutrition counseling is a continuous process provided through mother support groups, during home visits by the CHWs and at the MCH centers. Currently we have more than 500 active mother support groups.

HELP, over the past few years, not only provided quality health services with continuity in the slums of Karachi and rural Tharparkar but also expanded it to the remote areas of Naushero Feroze and Dadu. With visionary mission of "Transformation of Villages", HELP offered comprehensive package to the underprivileged society of Tharparkar in sectors of health and WASH, education, livestock and alternate energy sources.



## Accountability and Transparency

HELP has a centralized financial management system being operated through finance section of the organization. Financial transactions at HELP are carried out through a separate bank account dedicated for each project. Each bank account is operated by minimum two signatories.

To ensure transparency and excellence in financial reporting internal audit has been sourced out to Hyder & Company, Chartered Accountants. The team from the audit company carries out regular quarterly internal audits of all our sections independently and submits its report to the Board.

The internal audit committee of the organization consists of two members from the Board and one member from the management. One of the Board members is a senior FCA.

An external audit is performed annually by SM Rehan and Company. HELP is also regularly evaluated and certified by Pakistan Centre for Philanthropy (PCP) since 2009.



## Monitoring, Evaluation and Reporting

The Project Managers are responsible for implementation of the project as per the work plan. They submit regular reports to the Senior Program Manager. Monitoring is done by an independent monitoring and evaluation (M&E) officer. The M&E officer submits his report directly to the HELP's Board.

Regular internal monitoring is also performed by a team from HELP's management from its Head office. The outcomes of both internal and external monitoring visits are documented. Appropriate and timely actions are taken in response to reports of monitoring and timely actions are taken in response to reports of monitoring.



## Our Partners



# Our Projects

**1. Health & Nutrition**

**2. Education**

**3. Research**

**4. WASH**

**5. Shelter for Homeless**

**6. Emergency Response**

**7. Livelihood**

# 1. Health& Nutrition

## I. Community- based Primary Health Care Project

HELP has established a network of trained Community Health Workers (CHWs) deeply connected with the communities to improve the living conditions in squatter settlements. This empowers community regarding environmental hygiene & health and education for mothers and children. The CHWs deliver primary health care at the doorsteps of the community.

These CHWs are assisted by Social Mobilizers and Field Coordinators. The entire team is supervised by Lady Health Supervisors (LHS) and Lady Health Visitor (LHV).

The programme is being implemented in:

Neelum Colony, Shah Rasool Colony and surrounding areas in District South Karachi

Khuda Ki Basti, Brohi Goth, Gulshan e Surjani and surrounding area in Gadap, Town, District West, Karachi.

Pipri Goth and surrounding areas in Ghaggar, Bin Qasim Town, District Malir, Karachi.

- **Training of Community Health Workers**

Refresher trainings are regularly conducted for community health workers by qualified master trainers on different health issues.

- **Community based PHC-Neelum Colony, Shah Rasool Colony and surrounding areas:**

**10 CHWs** were deployed in Neelum Colony, covering **2000 households**. Immunization coverage of EPI reached **98%** and Tetanus coverage among CBA women is **87%**. The prevalence of Contraception is **82%** and the demand for modern methods for child spacing is **38%**.



♦ **Community based PHC-Khuda Ki Basti and surrounding areas:**

Total **14 CHWs** actively working in Khuda ki Basti covering nearly **2600 households** in the area. Immunization coverage of EPI & Tetanus is **88%** and **68%**, respectively. Contraception prevalence is **65%** and the demand for modern methods for child spacing increased to **38%**.



♦ **Community based PHC - Pipri Goths:**

**10 CHWs** are deployed in goths of Pipri, covering **2000 households**. Immunization coverage of EPI & Tetanus is **99%** and **86%**, respectively. Contraception prevalence is **57%**.



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## II. HELP Maternal and Child Health Centres in slums of Karachi

- ♦ HELP Maternal and Child Health Centre, Neelum Colony, Saddar Town, District South, Karachi.
- ♦ HELP Maternal & Child Health Centre at Khuda Ki Basti, Gadap Town, District West, Karachi.
- ♦ **Immunization** – HELP operates two EPI Centres in its MCH Centres in urban slums. HELP supports the District Health Department's *Interactive Research & Development (IRD)* in the implementation of a phone based program 'Zindagi Mehfooz Digital Immunization Registry'. Outreach activities have been carried out to reduce vaccination defaulters with the assistance of HELP-vaccinators and CHWs. In this way, HELP is participating in government's aim to increase enrollments in EPI, reducing loss to follow-ups and improve timeliness of follow-up visits.

|                                                                |                                                                              |                                                                                       |
|----------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Total number of patients treated<br>23,895                     | Total doses of tetanus toxoid administered to women 15- 49 years old<br>1565 | Total doses of BCG administered<br>937                                                |
| Total doses of OPV administered<br>3295                        | Total doses of IPV administered<br>736                                       | Total doses of Measles vaccines administered<br>1094                                  |
| Total doses of Pentavalent vaccines administered<br>2356       | Total doses of Pneumococcal vaccines administered<br>2356                    | Total doses of Rotavirus vaccines administered<br>1463                                |
| Total doses of Typhoid Conjugated vaccines administered<br>601 | Number of Mother Support Groups<br>687                                       | Nearly 5100 health education sessions were held, which were attended by 44,433 women. |

### III. Health and Nutrition Response for Drought Affected Population in District Tharparkar, Sindh



Pakistan's health indicators are among the worst in the world particularly those of Sindh and Baluchistan. Eighty-four percent of all deaths among children under 5 years in Pakistan take place before a child's first birthday.

The situation is worst in hard to reach rural areas, Tharparkar is one of them. There is a lack of basic health facilities particularly the birthing facilities. Lack of public transport, makes it difficult for people to access health services, leaving them with the only choice to utilize the services of Traditional Birth Attendants (TBAs) and deliver at home.

The result is the high MMR, NMR and NMR in the district.

HELP in coordination with the district health department and funding by Penny Appeal has implemented a project titled '**Health and Nutrition Emergency Response for Disaster Affected Population in District Tharparkar, Sindh.**'



So far the following has been achieved:

♦ **Fully functional 24/7 MCH centres**

HELP has upgraded four government dispensaries to 24/7 Maternal and Child health (MCH) centers, repaired, renovated, furnished, equipped, solarized and deployed staff at these centers.

More than 400 deliveries have been conducted by trained midwives since their opening in November 2020.

HELP plans to establish ten more such centres in the second phase of the project in 2022.

♦ **Capacity Building Trainings**

Pakistan is a country where 34% percent of deliveries are still being conducted at home (PDHS, 2017-18).

In order to ensure the safe deliveries in areas where there are no birthing facilities, HELP conducted trainings of Traditional Birth Attendants on Safe Delivery and Essential Newborn Care’.

Emphasis was given on appropriate antenatal care, hygiene, immediate newborn care, timely referral as well as on the use of various components of safe delivery kits. The participating TBAs were overjoyed to learn the new skills. 295 TBAs were trained on Safe Delivery. In addition, 5000 Safe Delivery Kits have been distributed.



♦ **Training of LHWs/LHSs on Adolescent Nutrition.**

HELP conducted training on adolescent nutrition of 250 LHWs and 6 LHS in Taluka Chachro and Taluka Nagarparkar



#### **IV. HELP Nutrition Resource Centre for Training and Research**

HELP Nutrition Resource Centre is involved in research and trainings on maternal and child nutrition. Nutrition related research articles have been published in National and International journals of repute. It has a team of master trainers and has conducted numerous trainings on IYCF, CMAM and hospital management of malnourished children with complications, for government and non-government health care workers in collaboration with the World Bank, USAID, UNICEF and WFP. It has also conducted trainings of master trainers on Nutrition for health care personnel of Aga Khan Health foundation Merlin and TRDP.

Following research, it has formulated a special high caloric diet 'NutriHELP' for management of malnourished children. NutriHELP has been used in various projects funded by the World Bank, GAVI, Pakistan Pediatric Association, MISEREOR and local philanthropists.

Recently HELP has developed a training manual for training of LHWs & CHWs on Adolescent Nutrition.



## **V. Ramadan Feed Our World, 2021**

HELP provided food bags weighing 25 kg each with safety and dignity to 1230 socially and economically disadvantaged families during Ramadan, Alhamdulillah.

Additionally, each family was provided a hygiene kit to protect against Dengue fever, COVID-19 and other illnesses.





## 2. Education

- **HELP Pre-primary school, Neelum Colony (Saddar Town), District South Karachi**

With philanthropic support from HELP, Neelum School works in two shifts. Around 100 students are enrolled.



- **HELP Pre-primary School (Zarine Islam Campus-Bin Qasim Town), District Malir, Karachi**

Mrs. Shahina Islam and her generous efforts to sustain this school has enabled more than 90 children to enlighten with knowledge.



- **HELP Pre-primary Home School, Ghaggar (Bin Qasim Town), District Malir, Karachi**

Strenuous hard work by our teacher Ms. Shehnaz is making home-school a success in the peripheries of Karachi where girl's education is still a challenge. This year 37 girls have been enrolled.



### 3. Research

- **A Case Study of Community Engagement and Its Effects on Education and Early Childhood Development amongst Residents of Urban Slums of Karachi.**
- **Factors Affecting Utilization of Antenatal Care in Urban Slum of Karachi.**

A quantitative survey was conducted to analyze the low uptake of antenatal services at HELP communities.

- **Practice of Modern Methods of Family Planning in Two Katchi Abadis of Karachi and Effects of Counseling.**

A comparative narration about utilization of contraception methods in Khuda Ki Basti and Neelum Colony.

- **Effect of Electronic and Social Media Messages on Typhoid Conjugate Vaccination Campaign**

- A quantitative study explores the post-campaign impact of social and electronic media. It has been published in Journal of Pakistan Pediatrics Association

## 4. WASH

- Installation of 105 hand pumps in District Naushero Feroze with support of Pakistan Packages Pvt. Limited.
- Forty hand pumps installed in District Dadu and 40 in District Naushero Feroze with support from Local and Overseas Pakistanis.
- Three community based hand pump schemes completed in District Tharparkar with support of Local and Overseas Pakistanis.



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## 5. Shelter for Homeless

As part of its mission to provide permanent shelter to homeless families, HELP continues to build more houses in Rehri Goth, a coastal community of fishermen in Malir District, Karachi.

HELP has already handed over 34 houses to the beneficiaries and more are under construction.



## 6. HELP Emergency Response

- **Distribution of Food Bags to Flood affectees**

As part of HELP's mission to alleviate suffering of the poor, Food Bags each weighing 25 kgs were distributed to the Flood affected Families at Rehri Goth, District Malir, Karachi. The work was supported by Penny Appeal. Canada.





## COVID-19 Response

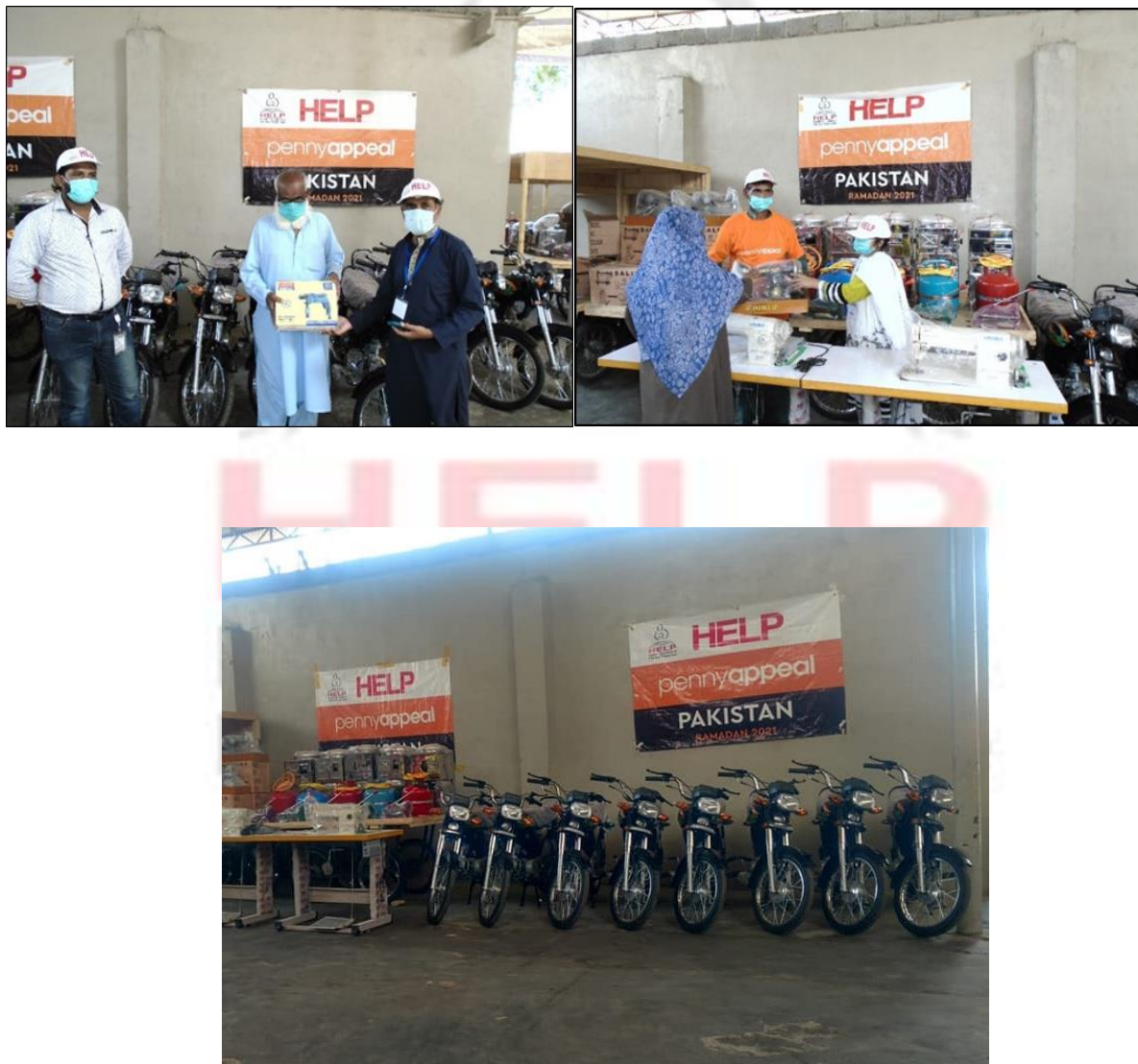
Continuing with its commitment of last year in the face of the COVID-19 Pandemic, HELP carried on its assistance to the communities facing difficulty even at large hospitals. HELP made a donation of PPEs to 4 major hospitals of Karachi, Dr. Ruth K. M. Pfau Civil Hospital, JPMC, Ojha Institute of Chest Diseases and Lyari General Hospital.



## Livelihood

- **Sustainable Income Generation Support**

Following our mission motto to “**Help Those Who Want To Help Themselves**’ and keeping in view the detrimental effects of COVID-19 on the livelihood of people, HELP was instrumental in providing support to more than 80 families to establish their own income generation activity.





## Miscellaneous Activity

### • World Immunization Week 2021

To commemorate World Immunization Week 2021, sessions were held by HELP team in peri-urban slums of Karachi, with mothers, fathers & household care to increase awareness and demand for vaccination. Due to COVID-19 pandemic, appropriate precautionary measures were taken. Areas included Khuda ki Basti (Gadap Town), Neelam Colony (Saddar Town) and Pipri (Bin Qasim Town).

The sessions were interactive with enthusiastic participation from the audience. Advantages of getting children and pregnant women immunized were discussed. Each vaccine and the infection it prevents were explained in detail. Schedule for Routine Immunization, doses of Immunization and consequences of not vaccinating children were also explained.

Pamphlets about the importance of World Immunization Week 2021 were also distributed door to door and through Mosques of Karachi.



- World Breastfeeding Week 2021**

Sessions were organized in peri-urban squatter settlements of Karachi, with breastfeeding & lactating mothers, fathers & household care takers of children. Local communities from Khuda ki Basti, Neelum Colony, Pipri Goth and Ghaggar Phatak were invited. Due to COVID-19 pandemic, appropriate precautionary measures were taken. The mothers and fathers were given awareness on the importance of and the need for their support in ensuring optimum breastfeeding and the social & financial benefits of breastfeeding. Text messages (SMS) on the awareness of Breast Feeding were sent to 10,000 beneficiaries.



## Annual General Body Meeting

Annual General Body Meeting of HELP was held on 22 July 2021. The meeting was chaired by the Honorary Chairperson Dr. Dure Samin Akram. HELP's General Secretary, Mr. Jaleel Siddiqui, conducted the meeting.

Dr. Yasmeen Hanif, Senior Program Manager HELP, presented Annual programmatic report. Annual financial report was presented by Mr. Abdul Majid.

The members reviewed ongoing projects and set targets for the future. Sub-Committees including research, audit, procurement and fundraising presented their reports.

Elections for the 12 office bearers of the Executive Committee were planned to be held during this meeting. However, no nominations were received. Members of the general Body unanimously decided to elect the current serving members for another term.

