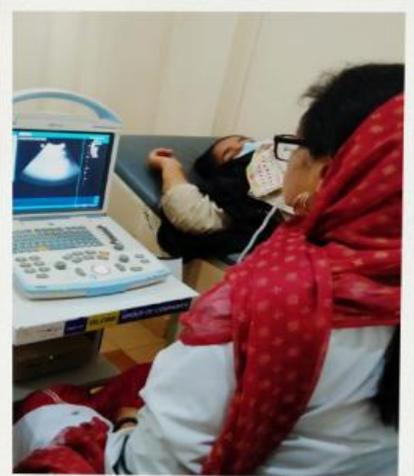


# ANNUAL REPORT 2022-2023



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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 Jafri
  
- **Members:**
  - Mr. Fareed Khan
  - Dr. Fazila Zamindar
  - Dr. Gulrukh Nencey
  - Ms. Hilda Saeed
  - Associate Prof. Kauser S Khan
  - Ms. Mona Shaikh
  - Dr. Neel Kanth

## **Management**

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

## **General Body Members**

- **Ms. Erum Ghazi**
- **Dr. Imtiaz Mandan**
- **Ms. Ishrat Shakir**
- **Dr. Kinza Bhutto**
- **Ms. Mahrukh Shaikh**
- **Dr. Qadir Pathan**
- **Dr. Shakir Mustafa**
- **Dr. Shazia Samad**

## **Advisory Board**

- **Mr. Ateed Riaz**
- **Mrs. Nuzhat Ikramullah**

**Sub-committees**

**Audit Committee**

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

**Fund Raising Committee**

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

**Research Committee**

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

**Purchase & Procurement Committee**

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

**ECD Committee:**

- Ms. Rabia Agha
- Ms. Mahnoor Shaikh
- Dr. Mahwish Naim

## A WORD FROM THE CHAIR

The year has passed fast and HELP is presenting its Annual Report 2022-2023 with pride. Over the past three decades, HELP has continued working towards community development and providing preventive and therapeutic care particularly for pregnant and non-pregnant women, adolescents, and children across various health domains.



Our Organization has developed expertise in Immunization and Nutrition initiatives, with our specially formulated nutrition supplement is making a meaningful impact in addressing malnutrition among children in rural areas of Pakistan. We engage in collaborative efforts with relevant stakeholders towards Pakistan's Sustainable Development Goals (SDGs). We aim for evidence-based practices meticulously documented for transparency and accountability.

Our focus last year has been on the Sindh Province. We have also expanded our footprint into Punjab, Baluchistan and other regions of Pakistan, ensuring our interventions reach those in need. Our work in Early Child Development, through innovative educational play activities in Pre-Primary Schools in Karachi, signal our holistic approach towards nurturing our young.

We have also expanded our initiatives to encompass other needs of marginalized populations including shelter, livelihood support, and ongoing research into psychological well-being, effect of climate change on preventive, community resilience and its intersections with health. This past year has been very busy finding solutions for feasible expansion of shelters, provision of water and sanitation.

As we look towards the future, I remain optimistic that HELP will continue to explore new horizons, furthering our mission of bringing sustainability and empowerment to those in need.

We look forward to feedback from our friends and well-wishers.

***Prof. Dure Samin Akram***

## 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) since 2009

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 as Water and Sanitation schemes and Shelter for homeless families.

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, Sanghar, Umerkot and Dadu. With vision of "Transformation of Villages", HELP offered comprehensive package to the underprivileged society of Tharparkar in sectors of health and WASH, education, 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 F.R Merchant and Company Chartered Accountants. The team from the audit company independently carries out regular quarterly internal audits of all our sections.

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 M. Saleem Associates, Chartered Accountants. Since 2009, HELP is also regularly evaluated and certified by Pakistan Centre for Philanthropy (PCP).

## **Monitoring, Evaluation and Reporting**

The Project Managers are responsible for implementation of the project as per the work plan.

Monitoring is performed 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.



# OUR PARTNERS & DONORS



Health & Population Welfare Department

## **OUR WORK**

**HEALTH AND NUTRITION**

**EDUCATION AND EARLY CHILD  
DEVELOPMENT**

**WASH**

**SHELTER**

**EMERGENCY RELIEF**

# 1. Health & Nutrition

## I. Mother and Child Friendly Community

### I. Community-based Primary Health Care:

HELP has a robust network of skilled Community Health Workers (CHWs) who are deeply integrated into local communities, aiming to elevate health and hygiene standards within squatter settlements. These CHWs provide personalized counseling to mothers and caregivers right at their doorsteps, ensuring targeted and effective support.

Complementing the CHWs are Male Social Mobilizers, overseen by a team of supervisors, including Lady Health Supervisors and Lady Health Visitors (LHV), who ensure the quality and efficacy of the program which is being implemented in the following peri urban slums:

- Khuda ki Basti and adjacent villages, District West, Karachi.
- Pipri and adjacent goths, Bin Qasim Town, District Malir, Karachi
- Community based Primary Health Care Neelum/Shah Rasool Colony and adjacent area, District South, Karachi

Efforts of the teams have led to significant improvements in healthcare metrics, with EPI and Tetanus rates rising to 96% and 80%, respectively over last one year. Additionally, contraception prevalence has increased from 65% to 71%, while the demand for modern child spacing methods has surged from 38% to 46%. Nearly all deliveries now occur in well-equipped health facilities, reaching close to 100% coverage and promoting safer childbirth practices within the community.

## ***II. Facility Based Primary Health Care:***

- HELP Maternal and Child Health Centre, Neelum Colony, District South, Karachi.
- HELP Maternal & Child Health Centre, Khuda Ki Basti, District West, Karachi.

<b>Total number of deliveries</b> 203	<b>Total number of women treated</b> 15375	<b>Total doses of tetanus toxoid administered to women 15-49 years</b> 1187
<b>Total number of children treated</b> 3521	<b>Total doses of BCG administered</b> 627	<b>Total doses of OPV administered</b> 2987
<b>Total doses of IPV administered</b> 1328	<b>Total doses of Measles-Rubella vaccines administered</b> 1005	<b>Total doses of Pentavalent vaccines administered</b> 2359
<b>Total doses of Pneumococcal vaccines administered</b> 2359	<b>Total doses of Rotavirus vaccines administered</b> 1583	<b>Total doses of Typoid Conjugated Vaccines administered</b> 580

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## ***II. Health and Nutrition Response for Drought Affected Population, Tharparkar, Sindh.***

The project was initiated in March 2020, focusing on four Government dispensaries, two each in Chachro and Nagarparkar. These facilities underwent comprehensive repairs, renovations, and upgrades, including the addition of a room for a midwife and the transformation into 24/7 Maternal and Child Health Centers. Over the course of 14 months, HELP provided steadfast support to these MCH centres after which they were successfully handed over to the health department.

In the past one year, HELP extended its impactful model to five additional Government dispensaries in Taluka Chachro, Dahli and Nagarparkar. As part of this expansion, 356 more Lady Health Workers (LHWs) received training in adolescent nutrition, contributing to a more informed and health-conscious community. Furthermore, more than 500 Traditional Birth Attendants (TBAs) were trained in safe delivery practices and newborn care. Through extensive counseling and awareness initiatives the residents have become more cognizant of their right to health, embracing the concept of "Health for All".



### ***III. Social Mobilization and Community Engagement Activities to Increase COVID-19 Vaccination Uptake in 3 Districts of Sindh***

#### **Targeted Districts: Hyderabad, Malir, and Kemari**

In the high-risk areas of our targeted districts, we implemented community-centered approaches to enhance understanding and demand for quality services, with a focus on COVID-19 vaccination uptake, booster doses, family care practices, and AWD/Cholera awareness.

#### **Key Outcomes:**

##### **1. Engagement of Community Influencers:**

- Mobilized **60 community influencers** to improve vaccine uptake, reduce hesitancy, and increase awareness on AWD/Cholera and ECD parenting.

##### **2. Data-Driven Community Engagement:**

- Collected and utilized social/behavioral data for targeted community engagement activities.

##### **3. Building Caregiver Knowledge and Demand:**

- Formed and built the capacity of **60 UC level forums, stakeholders, committees, and LSOs**, enhancing caregivers' knowledge and demand for COVID-19 vaccination services.

##### **4. Extensive Reach:**

- Reached **245,564 female** and **365,403 male caregivers** with key messages.

##### **5. Efficiency Improvements:**

- Undertook bottleneck analyses and corrective actions to improve program efficiency and effectiveness.

### **III. Community Based Management of Acute Malnutrition (CMAM)**

**Initiative Overview:** Commenced in September 2019 at the HELP MCH centre in Khuda Ki Basti, the CMAM initiative has expanded through collaboration with the Trust for Malnutrition and Stunted Growth (TMSG). Services have been extended to Neelum Colony, surrounding areas, and Pipri Goth in BinQasim Town.

#### **Impact:**

- **277 acutely malnourished children** aged 6 to 59 months registered and attended to.
- **90% recovery rate** among the children.
- Remaining children on a steady path to health.

#### **Strategy:**

- Utilization of Ready to Use Therapeutic Food (RUTF).
- Comprehensive caregiver counseling.
- Strict progress monitoring by Community Health Workers (CHWs).

#### **Emergency Relief:**

- CMAM relief extended to two government IDP flood relief camps in District Malir.
- **101 malnourished children** identified and assisted.

## ***IV. Hepatitis Screening Drive***

In response to the significant number of Hepatitis C cases identified in our target community at Pipri, we conducted a Hepatitis C screening drive in collaboration with The Health Foundation (THF) and Zubaida Machiyara Trust (ZMT). The goal was to screen vulnerable women using RDT-HCV (Rapid Diagnostic Test for Hepatitis C).

### **Key Details:**

- **Total Women Screened:** 2136
- **HCV Positive Cases Identified:** 147

### **Ongoing Initiative:**

- The screening initiative remains ongoing to ensure continuous monitoring and timely intervention for at-risk individuals.

### **Next Steps:**

- The 147 women who tested positive for HCV have been referred for further investigations and treatment.

We are committed to promoting health and well-being within our community. Thank you for your support!



## ***V. Continuous Professional Development***

### ***Following training workshops were conducted***

- **CMAM Guidelines:** Refresher training on community-based management of acute malnutrition.
- **Management of Anaphylactic Shock:** Detailed procedures and immediate response training for anaphylactic emergencies.
- **First Aid Training:** Basic life support and first aid techniques for various emergencies.
- **Montessori Material Use:** Specialized training for teachers on the effective use of Montessori teaching materials.
- **RDT Kits for Hepatitis C & HIV:** Instruction on the use of rapid diagnostic test kits for detecting Hepatitis C and HIV.
- **Management of Diarrhea and Pneumonia:** Protocols for the treatment and management of diarrhea and pneumonia.
- **Disadvantages of Top Feeding:** Educational session on the risks associated with top feeding infants.
- **Management of Women in Labor:** Training on best practices and management techniques for labor and delivery.
- **Management of Neonates at Birth:** Guidance on the care and management of newborns immediately after birth.

## 2. Pre-Primary Education and Early Child Development

### I. HELP Pre-primary school, Neelum Colony, District South Karachi

With philanthropic support from HELP, Neelum School works in two shifts.

Total enrollment is 70

In March 2023, exams were conducted. The students passing these exams secured admission successfully in DHA and other nearby reputable schools.



### II. HELP Pre-primary School (Zarine Islam Campus), District Malir, Karachi

Islam family's generous contributions to support this school have empowered numerous children, allowing them to embrace the light of knowledge.

54 students were enrolled In March 2023, examinations were successfully conducted, and most of the children secured admissions in Grade 1 at TCF School in the neighborhood.



### III. HELP Pre-primary Home School, Ghaggar Phatak, 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. In March 2023, the exams were conducted. Current enrollment here is 24

### **3. WASH**

**>1100 Hand Pumps**



**>Than 120 Community Wells**

**Eleven Filtration Plants**



**Harnessing Solar Energy for Clean Water- 17 Solar Wells**

## 4. Shelter

In our unwavering commitment to offering shelter to those impacted by floods, we have thus far built a total of 95 flood resilient houses in the flood-prone coastal area of Karachi and District Sanghar

These homes are not just structures; they're symbols of hope and community resilience.



## 5. Flood Humanitarian Relief Efforts

Essential aid provided to 6,230 flood affected families in rural Sindh and Baluchistan. Each family received a one-month supply of dry items to ensure their basic sustenance.

1230 hygiene kits, and blankets provided

More than 3000 people provided Medical care



## 6. Miscellaneous Activities

### World Breastfeeding Week

1<sup>st</sup>-7<sup>th</sup> August 2022



## **World Immunization Week 24th-30th April 2023**



## **ANNUAL GENERAL BODY MEETING 2023**

Annual General Body Meeting of HELP was held on 28 August 2022.

The meeting was chaired by the Honorary Chairperson Dr. Dure Samin Akram. HELP's General Secretary, Mr. Jaleel Siddiqui, conducted the meeting. All the members of HELP's Executive Committee, Advisory Council and Secretariat participated in the meeting.

The minutes of last AGM were presented, discussed and approved unanimously.

Dr. Yasmeen Hanif, Senior Program Manager HELP, presented Annual programmatic report, along with Dr. Mahwish Naim, Program Manager.

Annual financial report was presented by Mr. Abdul Majid and approved.

The members reviewed ongoing projects and set targets for the future.

Best employee of the year 2021-2022 was awarded to Mr. Younus Khan, Field Coordinator, for his hard work.