

BUILDING A HEALTHIER PAKISTAN

ANNUAL REPORT 2023 - 2024



INFECTION
PREVENTION
AND CONTROL
FOUNDATION

**TOGETHER
FOR CHANGE**

Through Prevention and Education

INTERNATIONAL NON

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Operating Officer

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INFECTION
PREVENTION
AND CONTROL
FOUNDATION



WORDS OF CHAIRMAN

Executive View

The foremost purpose of the IPAC Foundation is to aware and educate the public about preventive measures against infectious diseases. With high fatality rates, these illnesses remain a severe threat to Pakistan's public health, contributing to alarming mortality rates. Pakistan carries the highest frequency of Hepatitis C and among the highest rates of drug-resistant TB worldwide, a crisis that requires urgent attention. Guided by the maxim "Prevention is better than cure", IPAC Foundation responds through community education, capacity building, and specialized healthcare services. Our programs reflect our mission to strengthen prevention and expand access to quality healthcare.

Together, with partners, healthcare professionals and volunteers, we are building a resilient healthcare system rooted in prevention and education. Join us in this journey to help save lives and protect the well-being of the next generation.

Sameer Shafi

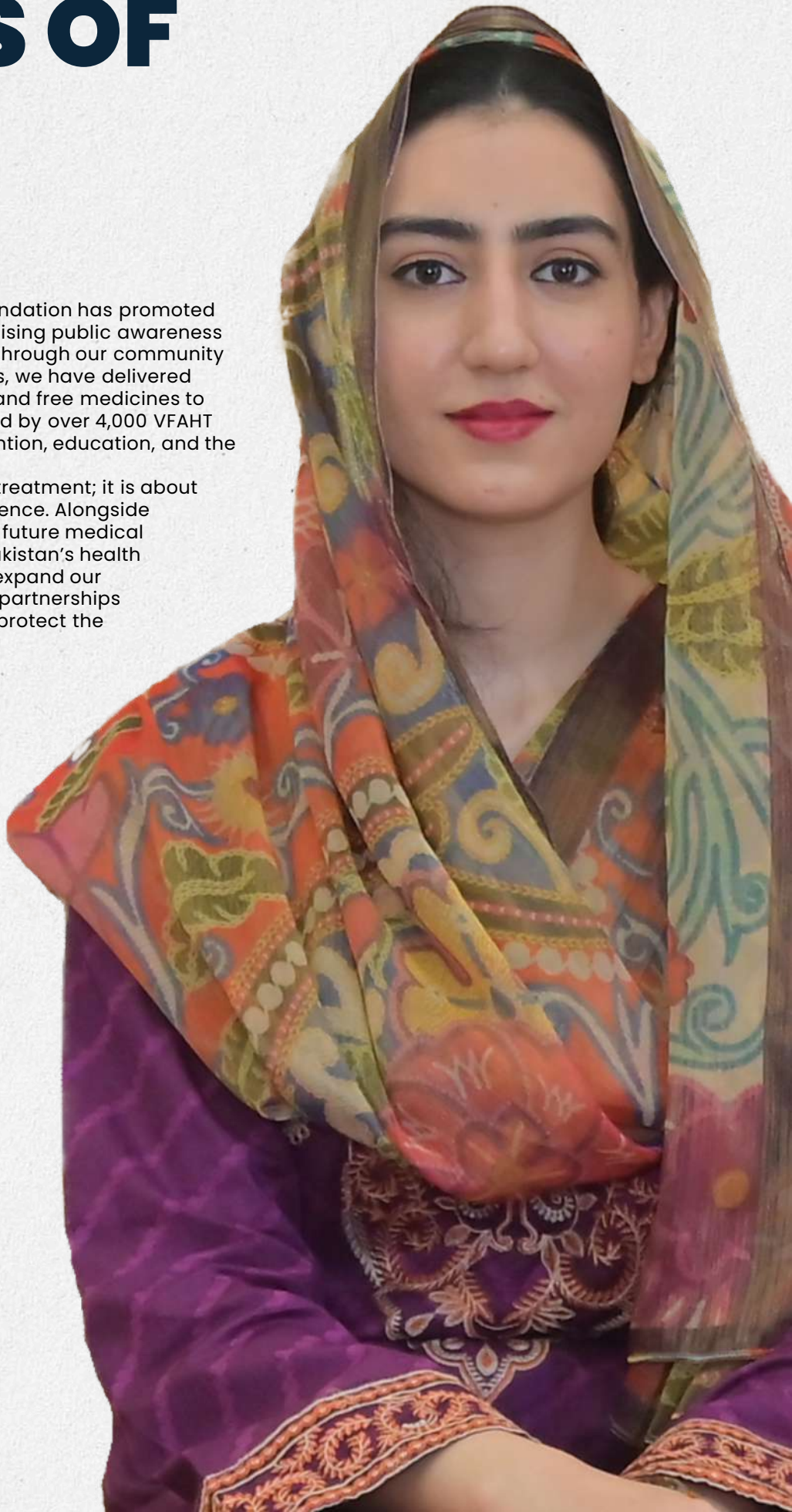
WORDS OF COO

Executive View

Since its inception, the IPAC Foundation has promoted prevention-focused healthcare by raising public awareness and strengthening systems of care. Through our community health centres and specialized clinics, we have delivered consultations, diagnosis, treatment, and free medicines to thousands across Pakistan. Supported by over 4,000 VFAHT volunteers, we focus on early intervention, education, and the control of communicable diseases.

We believe prevention goes beyond treatment; it is about awareness, empowerment, and resilience. Alongside care, we are building the capacity of future medical officers and doctors to strengthen Pakistan's health system. Our commitment is clear: to expand our reach, innovate programs, and form partnerships that create a healthier Pakistan and protect the next generation.

Asia Kausar



ABOUT IPAC

The IPAC Foundation is in the forefront of the revolution of changing healthcare in Pakistan with our untiring commitment to prevention-based care. Our vision of a safer country through proactive healthcare inspires us to tackle challenges posed by infectious and communicable diseases in innovative, dedicated, and compassionate ways.

It motivates us to face the issues brought by infectious and communicable diseases with creativity, commitment, and empathy for a preventive approach to health care and for a safer nation. We emphasize the improvement of the capabilities of health providers, education of the communities on preventive measures, and the promotion of early diagnosis and treatment in accordance with our motto, "Prevention is Better than Cure." We intend to treat the root causes of the illness and break the cycle of transmission of disease so that we can have healthier results for individuals and communities.

In pursuit of its mission, the IPAC Foundation established special centres for infectious illness this year. The focus was on a massive screening and vaccination programs targeting the underprivileged communities, thereby emphasizing the importance of early detection. Communicable disease awareness and prevention strategies further increased through partnerships with institutions of learning, health care facilities, and local government.

We thoroughly addressed systemic health issues in 2024 through innovation by developing diagnostic instruments, educating healthcare professionals, and starting powerful public awareness initiatives. The tremendous progress our dedicated teams and partners have made in the prevention-focused healthcare area makes the future of Pakistan safer and healthier.





**Moin Haque, Dr Nuzhat Chalsia, Dr Haris Naseem, Aamir Chalsia,
Masooma Shafi, Ashraf Lakhani, Khalil Memon
Rana Zahid, Umar Farooq, Abdulrehman Yaqoob, Reema Shafi, Arhsad Javed**

BOARD OF TRUSTEES (USA)

BOARD OF DIRECTORS

P A K I S T A N

Muhammad Umar Ahmed, Sami Shafi, Muhammad Umer





HEPATITIS AND DISEASE BURDEN IN PAKISTAN

HEPATITIS PREVALENCE

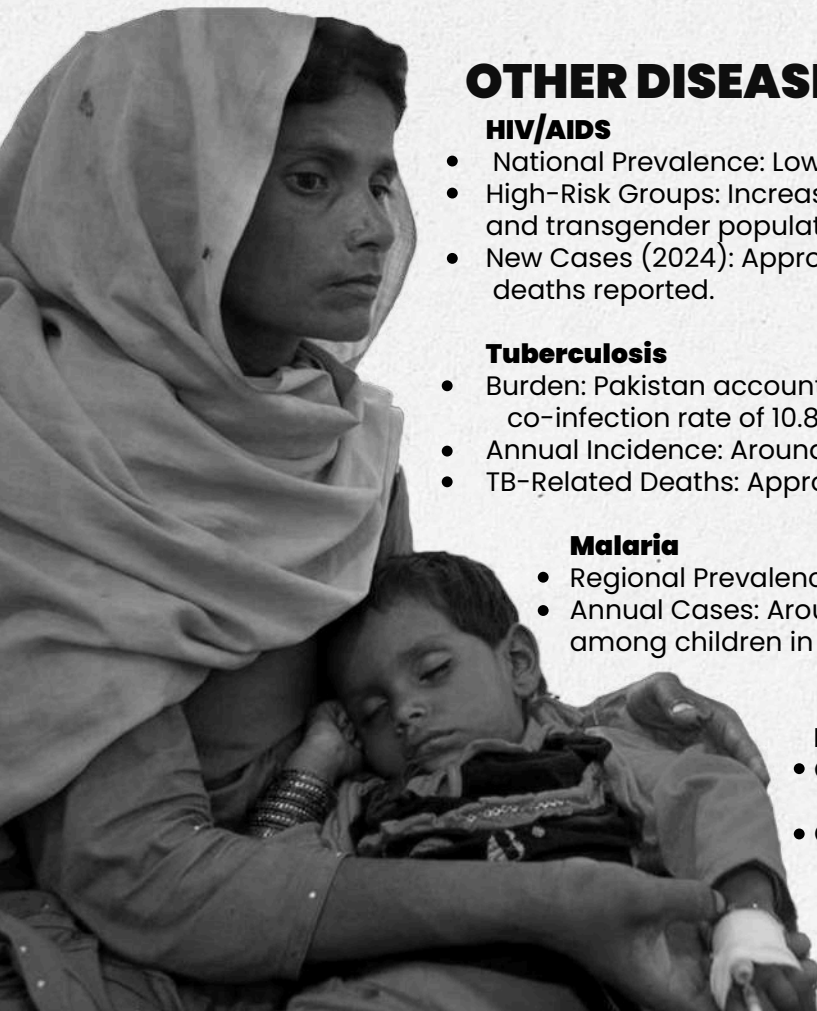
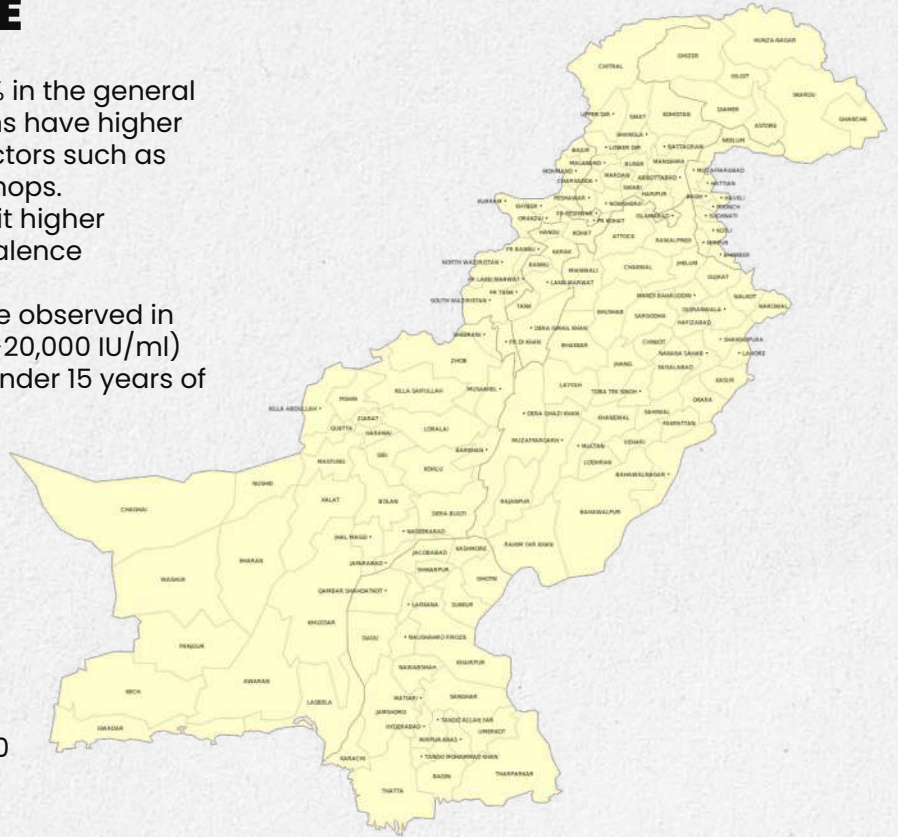
Hepatitis B

Prevalence rate: Approximately 2.5%-4.5% in the general population. Certain areas and populations have higher exposure rates, particularly due to risk factors such as unsafe medical procedures and barbershops.

- Gender Disparity: Male participants exhibit higher Hepatitis B surface antigen (HBsAg) prevalence compared to females.
- Age-Specific Insights: Increasing rates are observed in older age groups, while high viral loads (>20,000 IU/ml) are predominantly detected in patients under 15 years of age

Hepatitis C

- Prevalence Rate: Estimated at 6%-8%, with a significant burden among women aged 25-44.
- Contributing Factors: Unsafe injection practices, blood transfusions, and hospitalizations remain major causes of transmission.
- Annual New Cases: Approximately 150,000 new cases reported nationwide in 2024.



OTHER DISEASE BURDENS

HIV/AIDS

- National Prevalence: Low at 0.1% in the general population.
- High-Risk Groups: Increasing prevalence among injecting drug users (37.8%) and transgender populations (7.5%).
- New Cases (2024): Approximately 26,000 new cases, with 6,000 AIDS-related deaths reported.

Tuberculosis

- Burden: Pakistan accounts for 5.7% of the global TB burden, with a high co-infection rate of 10.8% in HIV-positive individuals.
- Annual Incidence: Around 570,000 cases.
- TB-Related Deaths: Approximately 44,000 annually.

Malaria

- Regional Prevalence: Endemic in regions like Baluchistan and Sindh.
- Annual Cases: Around 300,000, with a malaria prevalence rate of 3.6% among children in high-risk areas.

Polio

- Current Status (2024): Pakistan remains one of the last two countries with endemic polio.
- Geographical Impact: Predominantly affects Baluchistan, Sindh, Khyber Pakhtunkhwa, and Punjab.



VOLUNTEER FORCE AGAINST HEPATITIS TRANSMISSION (VFAHT)

Established in 2016, VFAHT is the biggest volunteer organization of students and faculty converging from a variety of care domains such as medicine, dentistry, allied health, biomedical sciences, and other university programs established in 2016. The members of VFAHT are all united on the goal to prevent and control infectious diseases, but they work together to raise public awareness and push for activities on public health.

The Volunteer Force Against Hepatitis Transmission is, therefore a symbol of hope and positive health activism in Pakistan. Since the very inception, VFAHT has managed to mobilize a vibrant network of volunteers numbering over 3000, mainly students pursuing medical or dental sciences, committed to an overarching mission; to battle public health concerns by taking up infection prevention and control. These volunteers are equipped with essential tools to educate and empower communities, fostering a culture of health consciousness.

In 2024, VFAHT's impactful initiatives included;

- **Community Awareness Camps:** where volunteers directly engaged with underserved populations to disseminate vital health information.
- **Social Media Campaigns:** leveraging digital platforms to amplify messages on public health and preventive care.
- **Educational Activities:** such as poster and quiz competitions, which nurtured creativity and knowledge among youth.
- **Public Awareness Sessions:** Where Volunteers are out in public raising awareness using various printed tools like brochures.

The organization has also responded to pressing public health concerns, addressing the challenges of COVID-19, tuberculosis, dengue, and hepatitis through specialized programs. VFAHT plays an essential role in disease prevention and health promotion, aligned with national priorities of health. Its planned emphasis on volunteer development provides the consistent flow of better informed and knowledgeable advocates that facilitate a healthier and more aware society.

Looking ahead to 2024, VFAHT's work is the ultimate proof of the efficacy of community-based health programs. We are building resilient communities-one volunteer, one project, one life at a time.

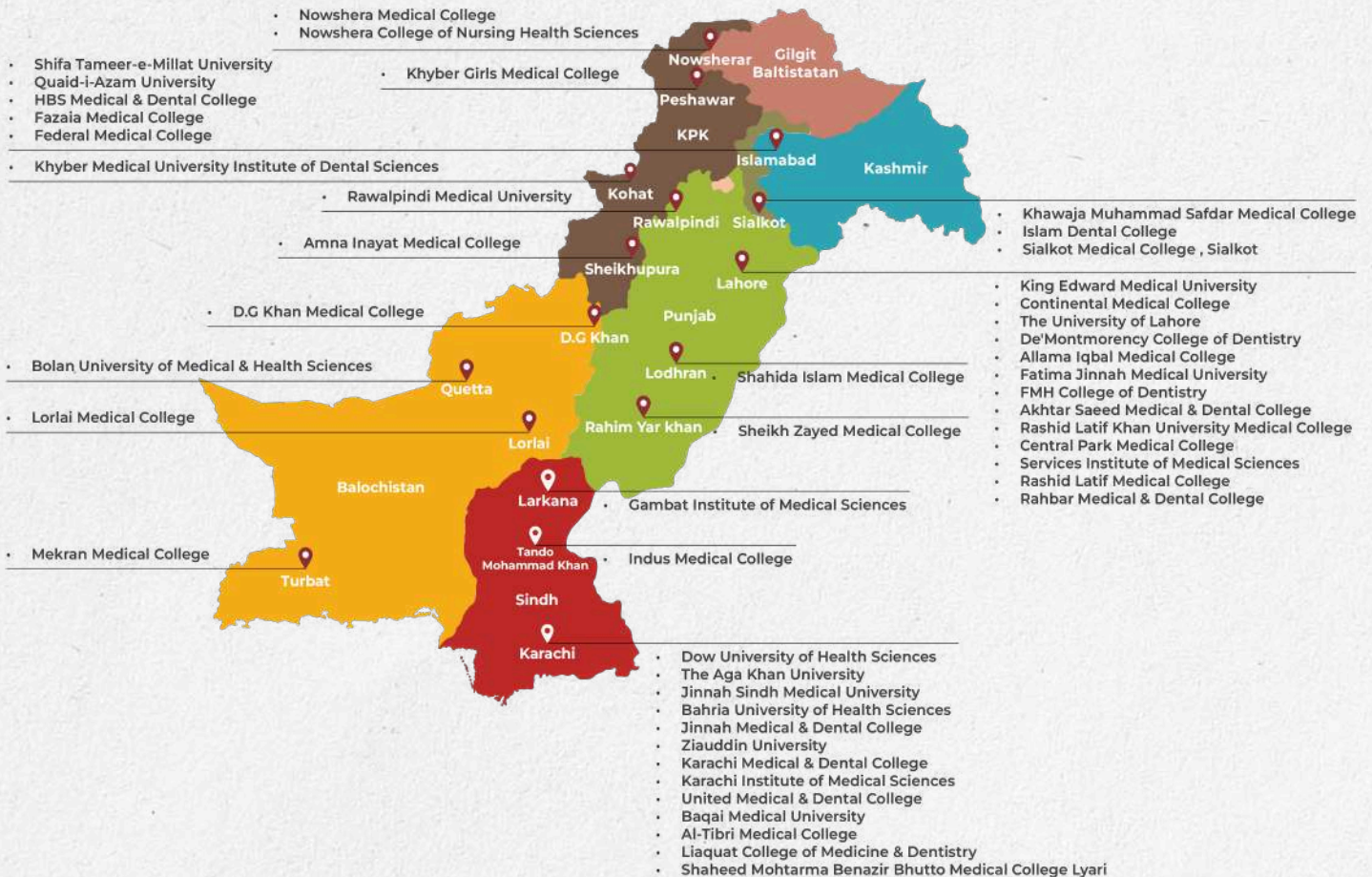
OUR PROGRAMS AND PROJECTS



VFAHT A YEAR OF GROWTH 2023-2024

	2023	2024
Local Council	34	40
	+6	
Volunteers	3000	3500
	+500	

VFAHT MAP



GROWTH AND STRATEGIC INITIATIVES OF VFAHT



Increased Medical and Blood Donation Camps

At VFAHT, medical camps and blood drives have become more common; the former is conducted in association with other nonprofits. These initiatives sought to enhance health and provide access to healthcare everywhere.



Hepatitis Awareness Walk

Certainly, one of the most notable events organized by VFAHT was the Hepatitis Awareness Walk, which was published in Pakistan's main daily Dawn to further our goal of decreasing the stigma associated with hepatitis and exposing the problem to the country.



Workshops and Publications

Workshops and publication opportunities were given top priority by VFAHT to boost volunteer engagement and capacity building. These initiatives support our volunteers' professional growth by giving them something worthwhile to study, which aligns with VFAHT's objective to empower communities and advance education. The activities of this year demonstrate VFAHT's commitment to strategic expansion, significant collaborations,

01

Dental Calendar and Council Activation

VFAHT created a specific dental calendar in 2023-2024, with active involvement from dental councils. With greater involvement from dental schools and a particular public awareness calendar for dental health, the number of dental camps expanded



02

Awareness Podcasts by Local Councils

Collaboration between local governments and medical college instructors to create podcasts that are supposed to enhance public awareness of pressing public health concerns. This effort encouraged constructive discourse and broadened the scope of community education.

03

04



Beach Cleanup Collaboration

In collaboration with Soneri Bank, VFAHT organized a beach clean-up program in December in Karachi. This major program focused on a practical activity with an obvious effect regarding community service and environmental health by involving volunteers.

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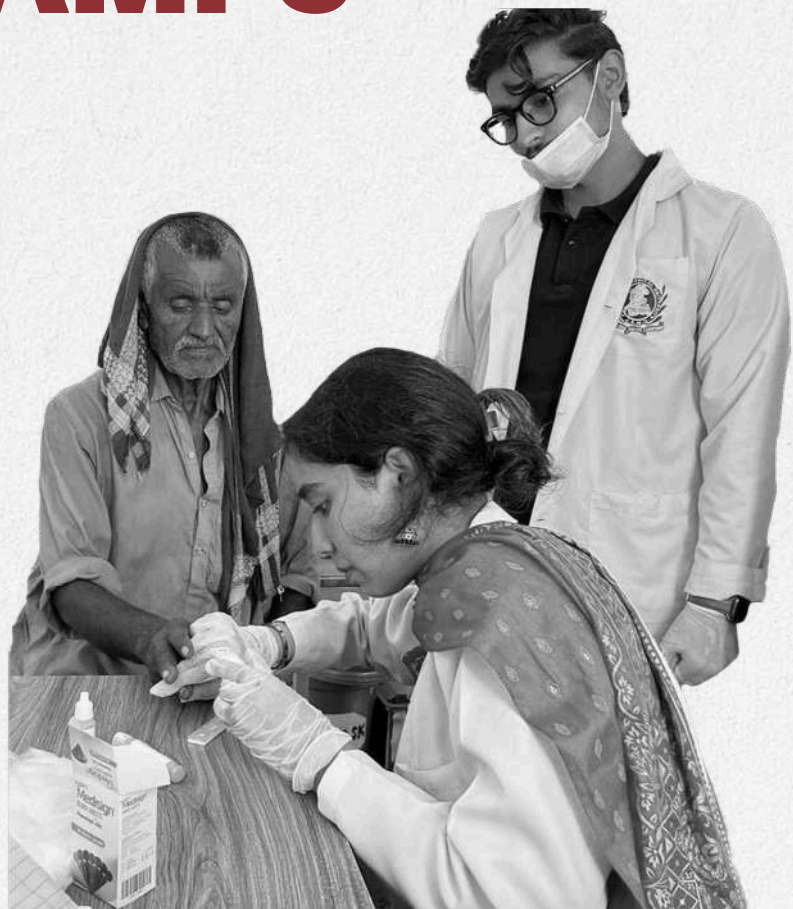


VFAHT COMMUNITY HEALTH CAMPS

With infectious illnesses growing more quickly than in many other emerging nations, Pakistan has always faced serious healthcare issues. To reduce transmission and enhance health outcomes across the country, early identification and easily available, long-lasting health care are crucial. VFAHT wants to test and vaccinate populations against deadly infectious illnesses through its outreach camps. Additionally, these camps provide a forum for public education, awareness-building, and prevention advocacy, fostering a society that is healthier and better educated.

Summary of Health Services (July 2023- June 2024)

Total Medical Consultations: 900
 Total screened: 1866
 Total Vaccinated: 154
 Total People Who Donated Blood: 191



Summary of Outreach Camps and Beneficiaries

Camps	Beneficiaries	HBV	HCV
47	6508	20	111



VFAHT PUBLIC AWARENESS CAMPAIGNS

Conducting door-to-door campaigns, webinars, walks, social media, and seminars, VFAHT's public awareness programs educate the communities about infectious illnesses. The main objectives of the programs are safe blood collection, hand hygiene, hepatitis prevention, and fighting diseases including polio, malaria, dengue, COVID-19, and monkeypox. It mobilizes youth and healthcare professionals to promote infection control practice and coordinates activities with international occasions like World Handwashing Day and World Hepatitis Day. To educate and empower communities with prompt treatment and preventive measures, campaigns highlight issues such as awareness concerning vaccination, patient safety, and viral outbreaks.

CORPORATE PUBLIC AWARENESS CAMPS



Figure 1 - Berger Paints 13.04.2023



Figure 2 - Raya



Figure 3 – Honda Drive In



Figure 4 – IPAC x Honda

VFAHT PUBLIC AWARENESS STATISTICS FOR 2023 – 2024

Total	Beneficiaries
149	8183

TB	33
Malaria / Dengue	40
Immunization	18
Hands	6
Infection Prevention	4
Patient Safety	4
AIDS	1
Hepatitis	34
Blood Donation	8
Workshop	6
Research	2
Quick Response	32
AIDS	1
Hepatitis	34
Blood Donation	8
Workshop	6
Research	2
Quick Response	32

COMMUNITY HEALTH CENTRES

A HOLISTIC APPROACH TO INFECTION PREVENTION

IPAC Foundation is redefining healthcare delivery through Community Health Centres, serving 40,000 to 50,000 patients annually and creating over 50 jobs. These centers reduce healthcare disparities and strengthen public health.

In collaboration with the Health & Population Departments, the centres provide advanced diagnostics, quality medicines, authorized vaccinations, and specialized clinics for infectious diseases, alongside diagnostics, immunizations, pharmacies, and imaging services.

The centers engage communities by mapping schools, factories, and neighborhoods to conduct awareness and screening camps, reducing disease burden and fostering preventive health behaviors. By centralizing services, the centers ensure coordinated care for chronic conditions and promote community health and wellness.



Core Components

- Specialized Infectious Diseases Clinics: General, Hepatitis, Tuberculosis, and HIV
 - Specialized Community Clinics
 - Diagnostic, Immunization, Pharmacy, and Imaging Facilities
- Strategic Vision

The IPAC Community Health Centers aim to:

- Provide advanced healthcare services in one facility.
 - Conduct community education and training programs.
- Organize corporate and community health camps.

The Role of Community Health Centres

The Community Health Centres are pivotal in addressing healthcare disparities. By establishing these centers, patients gain access to early detection and timely treatment, minimizing disparities and offering medical, dental, and health promotion services in one setting. A patient-centered approach is particularly beneficial for those with chronic conditions, enabling them to efficiently schedule multiple services on the same day. Community mapping ensures comprehensive screening coverage, while educational initiatives focus on preventive techniques to drive societal behavioral change.

The vision for the IPAC Community Health Centers is to deliver focused and targeted healthcare services:

- To provide advanced healthcare services under one facility.
- To conduct community education and training programs to promote preventive care.
- To organize both corporate and community camps for the holistic health and well-being of the community.



COMMUNITY HEALTH CAMPS

IPAC Foundation has spearheaded the Community Health Camps initiative, a crucial part of its preventive healthcare strategy, in keeping with its goal of an infection-free Pakistan. These camps are essential for addressing the most serious infectious disease issues facing the nation, such as COVID-19, HIV, malaria, dengue, TB, and hepatitis B & C. This creates a strong defense against preventable illnesses by combining early detection, community engagement, and equitable healthcare service.



Strategic Aims

- 1 Early Detection: For swift medical intervention, utilize the current diagnostic equipment to identify infectious diseases in their earliest phases.
- 2 Health Education: Educate communities on the proper reduction of disease spreading through hygiene and quick attention to medical care.
- 3 Integrate Health Care Services: Patient-centric approach to provide free consultations, medicines, vaccinations, and counseling.
- 4 Empowerment of the Community: To build a strong public health system, collaborate with local associations, government bodies, and doctors.

Accomplishments in 2023 - 2024

- 1 Community Health Camps were conducted in various locations to target high-risk and vulnerable populations. Thousands of people could be reached due to this tailor-made approach.
- 2 Elaborate screening programs for diseases such as COVID-19, TB, and Hepatitis B and C. Due to the efficiency of the diagnosis process, infections were detected early, and further medical treatments were referred.
Vaccination Camps: To prevent epidemics in susceptible populations, a large number of people were administered hepatitis vaccines.
- 3 To manage the psychological and physical aspects of their illness, patients were provided with treatment plans, counseling sessions, and educational materials.
- 4 Community-Centric Initiatives: Workshops and awareness campaigns improved public understanding of the need of sanitation, safe blood donation, and vaccinations in disease prevention.

Quantifiable Impacts

- 1 Screenings were conducted. More than 2,000 people were checked for infectious diseases, with a focus on early identification.
- 2 More than 960 people received free immunizations, boosting community immunity.
- 3 Over 2,470 people received free medication to help them stick to their treatment plans.
- 4 Educational Outreach: Thousands attended awareness programs, gaining practical information to enhance public health practices.

Empowering Change

The Community Health Camps reflect the IPAC Foundation's commitment to addressing healthcare disparities. By targeting the root causes of illness and utilizing community-based activities, these camps not only save lives but also increase public faith in preventative healthcare. The program represents a scalable model of comprehensive healthcare delivery, creating the foundation for a healthier, more resilient Pakistan.

CHIRAGHDIN COMMUNITY HEALTH CENTRE



The Chiraghadin Community Health Centre Sialkot (CCHC) proudly presents its annual report for fiscal year 2023-2024. Following below are our achievements, services delivered, and the positive difference we have made to our community. As committed to public health, we have reached a significant number of 13,226 patients through a series of specialized clinics and outreach activities.

The Chiraghadin Community Health Centre is an outstanding example of how Sialkot's rich history can be seamlessly incorporated with contemporary health and sustainability ideas. Outlining the hard work of the IPAC Foundation, the Centre has been beautifully restored and now stands as a reminder of the city's vibrant history as well as a symbol of a cleaner, healthier, and more sustainable future. Other than its role in upholding some traditional customs, the facility extends broad services and initiatives serving emerging needs in health services. Its harmonious relationship with both past and present means CCHC represents efforts for improving community health care as well as developing an increasingly better future.

Centre Components

- 1 Specialized Infectious Diseases Clinics
 - General Infectious Diseases Clinic
 - Hepatitis Clinic
 - Tuberculosis Clinic
 - HIV Clinic
- 2 Specialized Community Clinics
 - Diagnostic, Immunization, pharmacy, and Imaging Facilities

New Additions

- 1 **Surriya Shafi Eye Clinic**
Inaugurated in November 2023, this clinic provides comprehensive eye care, including personalized prescriptions and affordable eyewear for eligible patients.
- 2 **Expansion of working hours**
Introduced in March 2024, CCHC now offers services from 5 PM to 9 PM, improving accessibility for working patients as well as providing more working opportunities for the locals within the centre. The expansion of these hours have not only lead to more work opportunities but in addition, these have also increased the patient flow and raised the numbers notably.



COMMUNITY OUTREACH ACTIVITIES BY CCHC

1. Outreach Screening Camps

CCHC successfully organized hepatitis and eye screening camps at various locations, including:

- **Educational Institutions**
 1. Fatima Memorial Public School
 2. Allama Iqbal Public School, Kot Ambawala, Sialkot
- **Corporate Offices**
 1. Honda Gujranwala Private Limited, Grand Trunk Road, Gujranwala
 2. Honda Falcon, Daska Road, Sialkot
- **Factories**
 1. Kicker Sports Factory, Sialkot
 2. Komaroo Leather Industry, Sialkot
- **Churches**
 1. Catholic Church Maryam Town Adda Stop, Sialkot



2. Awareness Seminars

A total of 8 awareness seminars were held, covering topics such as:

1. World T.B Day
2. World Patient Safety Day
3. World Hepatitis Day
4. Immunization Week Event
5. Women & Child Health Event
6. Breast Cancer Awareness Event
7. World Polio Day
8. World AIDS Day



CCHC ANNUAL STATICS 2023-2024

PATIENT SERVICE OVERVIEW

WALK-IN AND OPD PATIENTS		PATIENT FLOW	
Collective Patients Served	13,226	Male Patients	3146
Outpatients Department (OPD)	9,155	Female Patients	8507
Surraiya Shafi Eye Clinic	1,226	Children	1824
Vaccination Exclusive Patients	828	New Patients	3437
Lab Exclusive Patients	408	Follow-up Patients	9907

CCHC PHARMACY

Total Patients Served	10,119
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IMMUNIZATION CLINIC

Total Vaccine Patients	1,950
EPI Vaccinations	518
Hep B Vaccine Patients	1,432

LABORATORY WALK-IN STATISTICS

DIAGNOSTIC LABS STATS

Total Lab Tests	6,542
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TUBERCULOSIS CLINIC

Sputum For AFB	86
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HIV CLINIC

Total Screened for HIV & syphilis	1,297
HIV Posting Screenings	01
Syphilis Positive Screenings	0
Referred to Tertiary Care Hospitals	01

CCHC STATISTICS FOR SEMINARS AND SCREENING CAMPS

TOTAL HEPATITS SCREENING CAMPS	
LOCATION	BENEFICIARIES
KOMAROO Leather Industry	55
KICKER Sports Factory	233
HondaGujranwala Pvt. Ltd.	65
Honda Falcon Daska Rd, Sialkot	51
Allama Iqbal Public High School, Kotla Ambawala Rd, Sialkot	84
Fatima Memorial Public School, Islamabad Mohalla, Sialkot	22
Catholic Church, maryam Town, Adha Stop, Sialkot	66
Total Beneficiaries	576

TOTAL EYE SCREENING CAMPS	
LOCATION	BENEFICIARIES
Allama Iqbal Public High School, Kotla Ambawala Rd, Sialkot	389
Fatima memorial Public School, Islamabad Mohalla, Sialkot	115
Catholic Church, Maryam Town, Adha Stop, Sialkot	108
Total Beneficiaries	612

TOTAL AWARENESS SEMINARS			
LOCATION	BENEFICIARIES	LOCATION	BENEFICIARIES
World TB Day	27	Women & Child Health Event	28
World Patient Safety Day: 29	29	Breast Cancer Awareness Event	30
World Hepatitis Day: 30	30	World Polio Day	32
Immunization week: 27	27	World AIDS Day	30
Total Beneficiaries	233		

SPECIALIZED CLINICS

HEPATITIS CLINIC LAHORE (HCL)

The Infection Prevention and Control (IPAC) Foundation provides a glimmer of hope in the battle against viral hepatitis, a public health concern that disproportionately affects Pakistan's most vulnerable communities. Motivated by the desire for a better nation, the organization has taken on the crucial challenge of eradicating this debilitating condition by addressing both its medical and social elements. The Hepatitis Clinic at Al-Mustafa Trust in Lahore is part of our mission but also an exercise that heralds a future that is brighter than the present. This approach of the IPAC Foundation is far more effective than medical care since it aims to educate and empower citizens with knowledge about Hepatitis. The clinic promotes early diagnosis, timely treatment, and preventive measures to stop disease spreading through counselling sessions and awareness programs.

Financial constraints can no longer be a restraint to health delivery, all this thanks to the free diagnosis and treatment services offered to patients at this state-of-the-art facility.



CLINICAL STATICS OF HCL

CENTRE SCREENINGS		OUTREACH CAMPS	
Total Screenings	1830	Number of Hepatitis Screening Camps	6
HCV Postive Screenings	198	Total Screened Population	510
HBV Postive Screenings	23	HCV Positive Screenings	27
HCV PCR Samples	193		
HBV PCR Sample	21		
HCV PCR Detected	69		
HBV PCR Detected	18		
Enrolled on HCV Treatment	72		
HCV Treated (SVR Negative)	25		
HBV Positive Screenings	4		

SURRIYA SHAFI DENTAL CLINIC (SSDC)

Our Mission

"We aim to provide dental services with strict adherence to infection control protocols at affordable prices."

Vision

Free Dental Camps & Awareness Campaigns: We are committed to conducting free dental camps and launching oral health awareness campaigns to promote preventive care in our community.

Goals

Oral Health Education in Schools: The goal of school programs is to educate children about the importance of oral hygiene and early prevention of dental issues. Through interactive methods like models or videos to show proper techniques of brushing.

Since the introduction of this specialized clinic, the Surriya Shafi Dental Clinic has revolutionized modern, accessible, and inclusive health care by offering comprehensive dental care with the state-of-the-art equipment, in addition to the highest standards of sanitation and safety for the locals. The clinic is located in the historical inner city of Sialkot and offers dental care to various families and individuals from diverse backgrounds without raising any hurdles. It provides pain management, restorative care, educational therapies, and preventive care in a way that is safe, accessible, and reasonably priced. Its core is the principle that receiving good dental care is a privilege, not a luxury. By attending to immediate dental needs, encouraging long-term oral health practices, and emphasizing safe, sanitary approaches, the



clinic improves self-esteem and quality of life. Beyond a mere medical institution, it symbolizes the power of human beings and communities by filling gaps in dental care for a happier, healthier society.

SSDC SERVICES

Consultation	Root Canal Treatment/Pulpotomy (Child)
Extraction (simple)	Composite/Laser Filling
Extraction (Surgical)	GIC Filling
Scaling & Polishing	Amalgam Filling
Root Canal Treatment (Anterior)	Recementation
Root Canal Treatment (Posterior)	Dry Socket

EDUCATION AND TRAINING

The Infection Prevention and Control Foundation (IPAC) has launched exciting new initiatives, by introducing two major projects aimed at fostering healthier and safer educational environments:

- 1 Infection Prevention Curriculum in FG Schools and Colleges in Pakistan
- 2 Provision of Clean Drinking Water Initiative in Pakistan

These projects are currently being implemented at F.G. Public High School, Nowshera Cantt, as part of our comprehensive effort to enhance educational environments and promote student well-being.

Our contributions to the Education and training program include:

Introducing Infection Prevention and Control Curriculum: (Pilot Phase)

As part of the project, the IPAC Foundation is rolling out an infection prevention and control (IPC) curriculum across the ages 5 to 15 at the Primary Levels. Students receive daily 35–45-minute on-site sessions featuring lectures, hands-on practice, group activities, and Evaluations. This initiative aims to equip students with practical skills for effective infection prevention and control.



Objectives:

- Build a generation of healthy, responsible children who practice hygiene daily.
- Transform schools into hubs of health literacy and community well-being.
- Reduce illness-related absenteeism to strengthen education outcomes.
- Align health education with cultural, religious, and global values.
- Promote lifelong habits of cleanliness, wellness, and responsibility for a healthier Pakistan.

IPC Curriculum:

Module 1- Hands Hygiene

Hand hygiene is essential for preventing illness. Key steps include wetting hands, applying soap, scrubbing for 20 seconds, rinsing, and drying thoroughly. This routine removes germs, ensuring better health and safety.

Interactive activities on Personal Hygiene Including:

- Glitter & Germs Demonstration Activity
- Hand wash using Poster Color Activity
- Real-time Hand wash Activity



Module 2- Personal Hygiene:

Personal hygiene is crucial for maintaining good health and preventing the spread of illnesses. It involves regular practices like bathing, washing hands, brushing teeth, and wearing clean clothes.

Interactive activities on Personal Hygiene Including:

- Good Vs Bad Hygiene Habits
- Daily Vs Occasional Hygiene Habits
- Fun Hair Combing Routine Activity



Module 3: Food Hygiene

Food hygiene is all about keeping our food safe, clean, and free from harmful bacteria that can cause infections.

The module will cover topics such as handwashing, safe food storage, avoiding cross-contamination, and basic kitchen cleanliness.

Interactive activities on Food Hygiene, including:

- Germs and food safety
- Perishable and non-perishable
- Optimal temperature in fridge

2 The clean drinking water initiative:

To safeguard the health of our students and staff, we have successfully implemented a comprehensive water and hygiene initiative. This effort ensures consistent access to safe, uncontaminated drinking water, directly protecting the school community from waterborne diseases, and significantly reducing health risks.

This vital foundation is supported by the installation of a state-of-the-art Reverse Osmosis (RO) plant with a purification capacity of 1,000 liters (about 264.17 gal) (about 264.17 gal) per day.

To promote good hygiene practices, we are actively raising awareness and supporting the overall well-being of children.



3 Renovating and Upgrading Key Facilities at FGPHS:

We are pleased to announce the successful completion of significant upgradation efforts across FGPS Nowshera Cantt. We have fully upgraded and equipped the Library, Computer Lab, Auditorium, Staff Rooms and Washrooms.

- These state-of-the-art spaces are now fully operational, providing our students and faculty with modern, well-equipped environments that are essential for delivering and supporting high-quality learning and teaching excellence.



Extension of the facilities includes:

Introducing Annual Student Scholarships 2024 at FGPHS:

These two significant scholarship initiatives, sponsored by the Alumni and managed by IPAC & Shafi Surraiya Welfare Foundation, are designed to support students both through financial need and recognition of merit.

1 Bright Future Scholarships:

This initiative is specifically dedicated to alleviating financial burdens for deserving students, ensuring they have all the resources required to focus fully on their education.

- **Beneficiaries:** 50 students receive full financial and resource support.
- **Total Cost of the Scholarships:** 1,000,000 PKR.

Comprehensive Package Includes:

- Annual School Fees
- School Uniforms
- Shoes
- School Bags
- Required Stationery
- Objective: To eliminate financial hardship as a barrier to success and guarantee that students have the necessary tools for academic achievement.



2 Academic Excellence Scholarships:

These awards are designed to recognize and motivate students who demonstrate outstanding academic performance, encouraging a continuous pursuit of excellence.

- **Beneficiaries:** 25 students who have shown exceptional merit.
- **Total Cost of Scholarship:** 250,000 PKR (distributed as cash vouchers).
- **Objective:** To formally recognize and reward top academic achievements, fostering a competitive and aspirational learning environment.

Construction of Surriya Shafi Bachelors and computer science Block Nowshera :

IPAC Foundation is moving forward with a major infrastructure project:

The Surriya Shafi Bachelors and computer science Block. The 3D architectural plan has been successfully prepared, and construction is slated for the 2023-2025 timeline.

This significant addition is designed to expand capacity for Bachelor of Science (BS) programs by offering modern, specialized facilities:

- **Total Classrooms:** The block will feature 18 well-furnished classrooms dedicated to core academic instruction.
- **Specialized Labs & Facilities:**
- One classroom will be transformed into a state-of-the-art Computer Lab to support practical and computing skills.
- One classroom will be converted into a soundproof Conference Room, ideal for high-level meetings, presentations, and faculty development.

The block will serve as the dedicated home for the following departments:

- 1 Computer Science
- 2 Information Technology (IT)



Targets 2024-2025

- Development of IPC Curriculum Modules Including
Module 3- Food Hygiene
Module 4- Oral Hygiene
Module 5- Clean Spaces & Environment
Module 6- Immunization
- Implementation of IPC Curriculum in Different schools in Pakistan
- Provision of water fillteration plant under clean drinking water
- Annual Principal & Teachers Incentives
- Completion of Surraiya Shafi BS Block

KARACHI EXPANSION



17TH NOVEMBER, 2023 – INFECTION PREVENTION AND CONTROL FOUNDATION EXPANDS TO KARACHI!

We are thrilled to announce the grand opening of our new Karachi office, marking a significant milestone for the Infection Prevention and Control Foundation



18TH NOVEMBER, 2023: TARGETS SETTLED FOR KARACHI BASED COMMUNITY HEALTH CENTER AND ITS ALLOCATION, SURVEY FORMS

On November 18, 2023, Dr. Sameer Shafi, Chairman of the IPAC Foundation, undertook a visit to various locations in Karachi with the purpose of establishing our IPAC Community Health Center in the city. This cutting-edge facility, strategically situated in a much-needed area, is geared towards offering free screening, vaccinations, laboratory services, and treatment to the most deserving individuals in Karachi.



25TH JANUARY, 2024: VISIT OF CHAIRMAN TO DEAF REACH SCHOOLS, TABBA HEART INSTITUTE, KARACHI AND MR. SHABBIR A PATIKA HOUSE IN KARACHI



25TH JANUARY, 2024: MD EXECUTIVE LOUNGE AT TABBA HEART INSTITUTE

NEW COLLABORATION

3 Sisters Foundation	Act of Kindness Pakistan
Al Mehboob Flour Mills	All Pakistan Students Union (APSU)
Anjuman Hayat ul Islam Orphanage	AppsGenii
Bilquis Edhi Home Orphanage	Byonyks Private Limited
Chamber of Innovation & Research Development (CIRD)	Chaudhary Flour Mills
Chaudhary Rehmat Ali Memorial Trust Hospital, Lahore	Colgate
Dar ul Sukoon Orphanage	Defence Raya Golf and Country Club
Educational Commission for Foreign Medical Graduates (ECFMG)	Fareeda Bashir Trust Orphanage
First Response Initiative of Pakistan (FRIP)	FJMU Dramatics Society
FRIP	Hamara Mustaqbil-DOW
HANDS	Hilton Pharma
Honda	Humanity Still Exists (HSE)
International Biomedical Research Community (IBRC)	Ishaq Haroon Hospital, Lahore
Jamiat Hospital, Lahore	Jannat Ul Firdous Orphanage home
JTS Society	KIDS' CARE CENTRE
Kiran Foundation	Lady Dufferin Hospital
Madadgar Foundation	Medical Students Association of Pakistan (MSAP)
Medsage Welfare Clinic	Mehmooda Medical Center
Occupational English Test (OET)	Omair sana foundation
Pakistan Red Crescent Society	Patient Welfare Association, CHK
Patients' Welfare Association (PWA)	Project IMG
Rawalian Community Awareness Program (RCAP)	Saylani Welfare Trust
Shifaites Serving Humanity (SSH) Society	Sihala Flour Mills
SIMS Research Society, SYNCH-SIMS	Society Lions Welfare Trust
Sohail Trust Hospital, Korangi	Soneri Bank
SOS Children's Villages Pakistan	SRSC (The society for the Rehabilitation of Special Children)
Thalassemia Society of Pakistan	The i-Care Foundation
Treet Corporation	Tri Fit
Welfare Society AMDC	YES Foundation
ZUCF (Ziauddin University Career Fair)	

GROUNDBREAKING CEREMONY OF THE SURRAIYA SHAFI BLOCK AT FEDERAL DEGREE COLLEGE

12TH JULY, 20233 – NOWSHERA, KHYBER PAKHTUNKHWA, PAKISTAN



IPAC Foundation is excited to announce the collaboration with FGEI Directorate, undertaking the construction of the Surraiya Shafi Block at Federal Degree College Nowshera. We were honored to have Brigadier Shahid Anwar from FGEI Directorate to perform the groundbreaking of the project and promote the instigation of the best facilities in education and health training for our younger generation.



INAUGURATION CEREMONY AT FG PUBLIC HIGH SCHOOL

12TH JULY, 2023 – NOWSHERA, KHYBER PAKHTUNKHWA, PAKISTAN



A momentous inauguration ceremony was held in the city of Nowshera, where we unveiled our state-of-the-art facilities, includes library, computer lab, alumni office, board room, and RO plant at FG Public High School Nowshera under FGPHS Renovation and Upgradation Project. Brigadier Shahid Anwar was the chief guest at the inauguration ceremony. Col. Ahmed Bux, Col. Nasir, and alumni of the school also attended the ceremony.

The IPAC team at the event was represented by Mr. Sami Shafi (Member, Board of Trustees, IPAC), Ms. Asia Kausar (Chief Operating Officer), Ms. Masheea Fatima (Public Relations and Fundraising Officer), and Mr. Anees Elahi (Executive Coordinator, FGPHS Project).



HEPATITIS AWARENESS SESSION AND HEPATITIS CLINIC 1 YEAR ANNIVERSARY

25TH JULY, 2023 – LAHORE, PUNJAB, PAKISTAN



IPAC Foundation, AMT, and The Health Foundation Join Hands for a Healthier Future. In this significant step towards raising awareness about hepatitis and promoting public health, the IPAC Foundation, in collaboration with AMT and The Health Foundation, organized a highly successful Hepatitis Awareness Session and Walk. The event commenced with a compelling awareness session at Al-Mustafa Trust, where experts from IPAC Foundation, AMT, and The Health Foundation delivered informative talks on various aspects of Hepatitis, including its transmission, risk factors, and preventive strategies. The speakers emphasized the importance of regular screenings and vaccinations to safeguard against Hepatitis



FRIENDS OF INFECTION PREVENTION AND CONTROL FOUNDATION DINNER

17TH NOVEMBER, 2023 – KARACHI, SINDH, PAKISTAN



On this day, the IPAC Foundation organized a distinguished event, namely the Friends of Infection Prevention and Control Foundation Dinner, in the city of lights Karachi. This occasion served as a platform to introduce the IPAC Foundation to the influential business community of Karachi. The event, characterized by dynamic presentations, informative discussions, and thoughtful networking, not only highlighted the Foundation's crucial role in public health but also aimed to establish meaningful connections within Karachi's business landscape. This introduction serves as a foundation for future partnerships, emphasizing the IPAC Foundation's pivotal role as a catalyst for positive change in healthcare practices and infectious disease management in the vibrant city of Karachi.



FRIENDS OF INFECTION PREVENTION AND CONTROL FOUNDATION DINNER

NOVEMBER 25TH, 2023 – LAHORE, PUNJAB, PAKISTAN



The IPAC Foundation organized a distinguished gathering known as the Friends of Infection Prevention and Control Foundation Dinner in Lahore. This noteworthy event was meticulously designed to introduce the influential business community of Lahore with the mission and objectives of the IPAC Foundation. Beyond a mere introduction, it aimed to elucidate the Foundation's upcoming initiatives related to community health centers throughout Pakistan especially Jhang.

The event, distinguished by its dynamic presentations, enlightening discussions, and purposeful networking, not only underscored the Foundation's indispensable role in public health but also sought to establish significant connections within Lahore's healthcare landscape. This occasion was not just a momentary spotlight on the Foundation but rather a strategic step towards fostering enduring partnership.



OUR PARTNERS




HELP SAVE PRECIOUS LIVES



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