

## 1 MESSAGE FROM THE CEO

### Dear Partners, Collaborators & Supporters

As we look ahead, I want to personally thank you for the trust you place in SINA. Your Zakat and generous donations during Ramzan are more than contributions—they are lifelines that provide essential healthcare and improve the wellbeing of countless individuals and families across our communities. Every consultation, treatment, and medicine we provide is made possible because of your support.

I am delighted to share that SINA is transitioning into a Section 42 company, evolving into a foundation with even stronger governance, oversight, and quality standards. As part of our commitment to innovation and quality care, we have also introduced EMR 2, the enhanced version of our in-house electronic medical records system. Currently being piloted across select clinics, **EMR 2** is designed to strengthen efficiency, improve data accuracy, and ensure continuity of care for our patients.

In addition we continue to strengthen our IT and Finance management with addition of qualified staff and modern technology, which will result in faster response and more transparent, accurate reports to donors and management.

I cordially invite you to be part of this journey as we build a resilient, transparent, and sustainable organization—one that will deliver healthcare for generations to come. Together, we can transform hope into health—thank you for making a difference in the lives of those who need it most.



**Mohsin Safdar**  
Chief Executive Officer  
SINA Health, Education & Welfare Trust



**FLAGSHIP PROGRAM**

**Extending Care: SINA Expands Mental Health Services to 30 Clinics**

SINA's mental health program has been expanded to include the Behbud Mehmoodabad and Saeedabad clinics. With these additions, the program now reaches a total of 30 clinics, further extending access to quality mental health care and strengthening SINA's commitment to making these services available to more communities across Karachi.



**MARKETING & DONOR ENGAGEMENT**

**Women's Day Engagement at Jumma Goth Clinic**

We are grateful to our sponsor, Artistic Garment Industries (AGI Denim), for actively engaging with our community this Women's Day at the Jumma Goth – Hajira & Ahmed Umer Centre. Their team of volunteers visited the clinic and spent meaningful time with female patients, creating awareness around women's health. Our doctors emphasized the importance of women prioritizing their own health—reminding them that caring for themselves is the first step to caring for their families.

**Your Health, Guided Every Step of the Way**

**SINA Launches Flagship S.E.H.A.T. Program for NCD Prevention & Control**

SINA is proud to introduce its flagship S.E.H.A.T. (Strengthening Everyday Habits and Transformation) Program at Jumma Goth Clinic. Aligned with global WHO goals under Sustainable Development Goal 3.4, this initiative focuses on preventing and managing non-communicable diseases such as obesity, diabetes, and hypertension. Through patient-centered education, regular counseling, and evidence-based lifestyle strategies, S.E.H.A.T encourages healthier dietary habits, increased physical activity, and sustained behavioral change.



**RESEARCH**

**Milestone Achieved: SPiRiT-D Trial Recruitment Successfully Completed**

The Mental Health Department successfully completed participant recruitment for the SPiRiT-D (Strengthening Primary Care for Recognizing and Treating Depression) trial, in collaboration with the Centre for Impact and the University of York. A total of 720 participants were successfully enrolled, ensuring the required sample size was achieved within the planned timeline. This milestone reflects the effectiveness of SINA's outreach, coordination, and implementation strategies in real-world settings.





217,274

Patient Visits



192,002

Women & Children  
Treated

5,038

ANC Visits



9,832

Mental Health  
Sessions

#### Shehzad's Recovery: Blood Transfusion and Iron Therapy for Severe Anemia

Six-year-old Shehzad came to Yousuf Arfani Clinic with persistent diarrhea and fever. Tests revealed severe anemia, with a critically low hemoglobin level of 4.3. He was immediately referred for a life-saving blood transfusion and later continued treatment at our clinic with iron therapy and nutritional guidance.

Today, Shehzad's hemoglobin has improved to 8.1, and he is recovering steadily. His progress reflects the impact of timely intervention, continuous care, and access to quality primary healthcare.



#### Ayat's Journey to Recovery: Nutritional Care and Follow-Ups for Malnutrition

Ayat visited our clinic in September 2025 with a MUAC (Mid-Upper Arm Circumference) of 12.5 cm, indicating malnutrition. Her mother was counseled on proper nutrition and the importance of regular follow-ups.

After three consistent visits and continuous care, Ayat showed significant improvement. Her MUAC increased to 13.5 cm, bringing her back into the normal range.

This recovery highlights the impact of timely intervention, proper guidance, and a caregiver's commitment to a child's health.

Your generosity keeps our clinics running – every contribution makes a difference

**Zakat Donations:**

Bank	Habib Metropolitan Bank Ltd (Zakat)
Account Title	Sina Health Education & Welfare Trust
Account No	6-99-64-29313-714-258425
Swift Code	MPBLPKKA064
IBAN	PK78MPBL9964287140258425

**General Donations:**

Bank	Meezan Bank Limited (Non Zakat)
Account Title	Sina Health Education & Welfare Trust
Account No	0001 0701 0029 2002
Swift Code	MEZNPKKAXXX
IBAN	PK65 MEZN 0001 0701 0029 2002

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