

MESSAGE FROM THE CEO

Dear Partners, Collaborators & Supporters

This quarter brought meaningful milestones across our clinics and our organisation. We are proud to formally step forward as SINA HEALTHSYSTEMS FOUNDATION, operating as a Section 42 company under the SECP – a structure that underpins our commitment to accountability, transparency, and long-term sustainability, and one we are now embracing more visibly across our communications.

In May, we conducted our Annual Health Checkup for Head Office employees, reinforcing our belief that a healthy team delivers better care. In June, we launched our Breast Cancer Screening Program – bringing clinical examinations and timely referrals to women across our clinic network.

Mohsin Safdar

Chief Executive Officer
SINA HEALTHSYSTEMS FOUNDATION



We were also proud to renew our Memorandum of Understanding with Jinnah Medical & Dental College, Sohail Trust Hospital, deepening a partnership that brings discounted referral services, joint health camps, and hands-on learning to students rotating through our primary care clinics.

A particular highlight this quarter was our participation in the Family Medicine Conference 2026 at Aga Khan University Hospital, where all three abstracts submitted by SINA were accepted – and our Mental Health poster secured First Prize, a wonderful recognition of the work our teams do every day to integrate mental health into primary care.

Finally, in partnership with Indus Hospital & Health Network, we hosted a Blood Donation Drive at our Head Office, bringing together donors, volunteers, and staff in support of Pakistan's largest voluntary blood donation movement.

None of this would be possible without your continued trust and generosity. As we move into the next quarter, we remain grounded in our mission – to bring accessible, preventive, and quality patient-centered care to the communities who need it most.

QUARTERLY MILESTONE



233,832

Patient Visits



205,680

Women & Children
Treated



5,994

ANC Visits



11,554

Mental Health
Sessions

First Prize Winners: Nurturing Wellness Across Generations

SINA participated in the Family Medicine Conference 2026 at Aga Khan University Hospital. All three abstracts submitted by SINA were accepted. Our Mental Health team's poster — "Integrating Mental Health into Primary Health Care" — won First Prize, a proud recognition of SINA's work in integrated, community-based care.



Health Programs

Breast Cancer Screening Program

SINA launched its Breast Cancer Screening Program at Behbud Mehmoodabad and Mohammed Jaffer Ebrahim clinics — offering clinical examinations, early detection counseling, and referrals to ensure no woman is left without timely care.



SINA SEHAT Program

The S.E.H.A.T. (Strengthening Everyday Habits and Transformation) program completed its pilot phase with a 49% improvement in healthy lifestyle behaviors across 116 group counseling sessions. Full rollout is now underway, with expansion to a second clinic in progress.



Partnership Renewal

MoU with JMDC & Sohail Trust Hospital

SINA renewed its MoU with JMDC Sohail Trust Hospital, continuing collaboration on discounted referrals, joint health camps, and student rotations through our primary care network.



Community Service

Blood Donation Drive with Indus Hospital

In partnership with Indus Hospital & Health Network, SINA hosted a Blood Donation Drive at Head Office — uniting staff, volunteers, and donors in support of Pakistan's voluntary blood movement.

Annual Employee Health Assessment

SINA conducted its Annual Employee Health Assessment at Head Office — focused on early identification of health risks and building a culture of preventive care within our own team. The program supports a more productive, engaged workplace by reducing preventable risks and investing in long-term staff wellness.



Governance & Operations Updates

EMR 2.0 — Live at 12 Clinics: Successfully implemented at Ittehad Korangi, SMG, Ghaggar, Pipri, Sherpao, Majeed, Sheerin Jinnah, Machar Old, Behbud Clifton, Khairabad, North, and Mewashah

SHCC Licensing Visit: Sindh Healthcare Commission completed inspection visits for SINA's Regular Licensing process

External Audits: End-of-June audits conducted across 8 clinics — completed with zero errors

Mental Health Expansion

Total mental health patients grew from 13,111 (FY 2024–25) to 35,009 (FY 2025–26) — a 167% increase

Program expanded from 25 clinics (June 2025) to 33 clinics (June 2026)

To strengthen this growth, SINA formalized a tripartite partnership with **HUNAR** and **PILL** (Pakistan Institute of Living and Learning) to build a structured, evidence-based counselor training program



Ways To Donate and Support SINA

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

For Donations:

Bank	Meezan Bank Limited
Account Title	SINA HEALTHSYSTEMS FOUNDATION
Account No	0001 0701 1452 6057
Swift Code	MEZNPBKAXXX
IBAN	PK12 MEZN 0001 0701 1452 6057

Kindly mention "Zakat" or "General" in your transfer note or deposit slip
so we can record your contribution accurately

Donate From Pakistan (Online)

Scan the QR code For Online Donation
Or Visit: donations.sina.pk



Donate From US (Online)

Scan the QR code For Online Donation
Or Visit: bit.ly/4qVNpy9



Doorstep Cash or Cheque Collection

Call us for safe & secure donation collection, right from your doorstep:

PTCL: 021-37131660

Mobile: +92 300 0770820

Pana Khatoon's Recovery Story

Patient Pana Khatoon, age 75years, was brought to the Moach Goth clinic on 12th June 2026, with c/o severe backache radiating to left leg and difficulty in standing up from sitting posture and she could not walk without support. She was a known case of hypertension. After detailed history and examination it was diagnosed as sciatica. She was given treatment for pain management. After 3-4 visits she gradually recovered alhamdulillah, can walk easily without support now, while pain management is still being provided at the clinic. Thanks to SINA for bringing back smiles.

