



SINA is a PCP-certified and FBR-registered not-for-profit trust that annually serves 1.5 million disadvantaged patients living below the poverty line. SINA has established a vast network of 38 primary healthcare clinics all across Karachi that offer quality yet affordable health services. 90% of the total 1.5 million patients that SINA serves annually are Zakat eligible, deserving patients in need of support for their treatment.



## CEO's Message



**AMBAREEN KAZIM THOMPSON**

This quarter, SINA was able to achieve quite a few milestones for which the team is to be commended and our partners thanked. Firstly, our Primary Care Physicians (PCPs) completed a 6-month certification developed by Synapse Pakistan that focuses on mental health problems prevalent in vulnerable and poor communities. SINA is also working to expand its outreach in Balochistan, a highly underserved and deprived province in dire need of medical assistance, through our newly introduced mobile clinics and comprehensive medical camps in Danda, Wayaro, Lakhra, Loe, and Dodar. SINA also introduced family planning and reproductive health support at our clinics, broadening our scope of services to promote birth spacing and use of contraceptives. Lastly, I would like to thank our generous donors who have supported us throughout our existence of 25 years to make quality and affordable health services accessible to disadvantaged patients. This Ramadan, I would like to appeal to other privileged Pakistanis to come forward and help us serve these deserving patients.

## SINA's GROWING IMPACT

This quarter, SINA was able to report remarkable results at its primary healthcare clinics. Due to the expansion of our scope of services and introduction of new clinics, SINA is serving more patients than ever before. Each quarter SINA is able to touch thousands of new patients' lives, those who need quality medical assistance but do not have the means to afford it.



**275,730**

PATIENTS TREATED



**13,576**

CHILDREN VACCINATED



**54,162**

LAB TESTS ADMINISTERED



**3,963**

MENTAL HEALTH PATIENTS



## COMMUNICATION SKILLS TRAINING - HEAD OFFICE & CLINIC STAFF

SINA organized communication skills training for its team. The interactive training included exercises and activities focused on the importance of communication for medical practitioners. It also highlighted how effective communication can help collaborate well with patients, thereby improving health outcomes.



## PAKISTAN AMERICAN CULTURAL COUNCIL STUDENTS' EVENT - HEALTH PARTNER

SINA recently collaborated with PACC for an event that hosted its students from various academic fields. Participants were informed about SINA and its work to improve the accessibility of quality health services. This collaboration inspired young minds to realize the importance of primary care in our healthcare system as a socially informed youth will lead to changes in the society we intend to see.



## TRAINING - CHILD AND ADOLESCENT MENTAL HEALTH (CAMH) & ADULT MENTAL HEALTH (AMH)

SINA successfully completed its Psychiatry Certificate Course training conducted by Synapse Pakistan that focuses on Child, and Adolescent Mental Health (CAMH) & Adult Mental Health (AMH). The comprehensive training consisted of 6 modules that focuses on various mental health problems prevalent in vulnerable communities. These modules aim to build the capacity of SINA's Primary Care Physicians (PCPs) to handle mentally vulnerable patients and integrate mental health into their respective practices. SINA is grateful to Synapse for sharing its expertise with the medical team and looks forward to continued collaborations.





## GOOD HEALTH & WELLBEING SESSION - *SOORTY ENTERPRISES*

In conjunction with the United Nations Development Programme (UNDP), SINA arranged a session on the 3rd Sustainable Development Goal (SDG) regarding Good Health and Well-being. Our in-house psychologist, Ms. Simra Naz, delivered a session to the employees of Soorty Enterprises. The session urged participants to take care of their health, especially mental health which can cause multiple physical symptoms and disrupt daily life. SINA plans to arrange more such sessions for various organizations to help employees achieve work-life balance.



## MOU SIGNING - *SINA & INDUS HOSPITAL*

SINA has recently signed an MOU with Indus Hospital to increase the participation of primary healthcare providers in Karachi. Indus Hospital's family medicine residents will undergo rotational training with SINA doctors at its 38-clinic network to get hands-on experience. Through this effort, both parties are committed to giving primary care the due importance it deserves to improve primary healthcare in the city.



## VITAL VICTORY - *VITAL & SINA IMMUNIZATION EVENT*

SINA is grateful to be associated with partners like Vital Pakistan Trust (VPT) which is fully committed to improving the health of infants in vulnerable communities. SINA was proud to take part in the Vital Victory event that celebrated the vaccination of 100,000 babies and the successful delivery of 60,000 antigens. We are humbled to have contributed these impressive numbers for vaccinations and antigens via 8 of our VPT-SINA Clinics.





## WOMEN'S DAY CELEBRATION

SINA celebrated Women's Day by honoring its female staff that has been the backbone of its success and growth for 25 years of its existence. Guest speaker sessions were arranged in which Dr. Faridah, Director – Family Medicine at the Indus Hospital shared her incredible success story while Ms. Khairunnisa Ismail, Senior Manager – Operations at the Indus Hospital shared the art of emotional empowerment. The sessions were followed by hi-tea and gifts arranged for all the ladies. SINA takes great pride in being a diverse and inclusive organization that encourages and supports women in workplaces.



## BASIC LIFE SUPPORT (BLS) TRAINING

SINA recently arranged Basic Life Support (BLS) training for its clinics and head office staff. BLS is an essential care that should be known to every individual to recognize severe life-threatening emergencies. A BLS training expert demonstrated how the first responders should perform CPR, use automated external defibrillators, and relieve airway obstructions. SINA invited the area police to also participate in the training.





## **MOU SIGNING - SINA & PAKISTAN NATIONAL FORUM ON WOMEN HEALTH (PNFWH)**

Ms. Ambareen Thompson CEO, SINA Health Education and Welfare Trust, and Dr. Sher Shah Syed on behalf of the Pakistan National Forum on Women Health (PNFWH) signed a Memorandum of Understanding (MOU) to provide primary healthcare services, antenatal care, labor and delivery, family planning, and immunization services to the Sindh Government Hospital in Taser Town. This partnership is dedicated to providing quality healthcare services to mothers and children in Pakistan.



## **SINA & SAPPHIRE BALOCHISTAN FLOOD RELIEF MEDICAL CAMPS SPONSORED BY SAPPHIRE TEXTILES**

SINA & Sapphire recently conducted 2 three day medical camps in Danda and Wayaro, Balochistan that focused on providing relief to the flood affectees. SINA offered doctor consultation and medication to the participants in dire need of access to quality healthcare services. SINA is grateful to Sapphire for collaborating to improve the healthcare landscape of some of the most difficult areas in Balochistan.

### **DANDA - 952 PARTICIPANTS RECEIVED CONSULTATION & TREATMENT**



### **WAYARO - 953 PARTICIPANTS RECEIVED CONSULTATION & TREATMENT**





## SINA DIAGNOSTIC LABORATORY - QUALITY BHI, SAWAB BHI

SINA has launched an initiative to sustain its primary healthcare clinics and to keep serving poor patients who cannot afford quality health services. The initiative, SINA Diagnostic Laboratory, offers quality and affordable testing in record time. SINA has been offering diagnostic services since its inception in 1998 and has taken forward the same expertise to start its laboratory with 2 branches at Abul Hasan Isphani Road and Korangi. All the earnings from the laboratory will fund our not-for-profit primary care clinics and other efforts to improve the health outcomes of vulnerable communities living below the poverty line.



## SINA LAUNCHES ITS RAMADAN ZAKAT CAMPAIGN

Every year, SINA serves 1.3M patients that are Zakat eligible. These make up 90% of the total patients that SINA serves as it works in the most impoverished areas, inhabiting vulnerable communities that lack access to basic necessities. Over 25 years, SINA has been able to serve 1.5M poor patients each year at its 38 primary healthcare clinics through the generous support of its donors. This Ramadan, we appeal to all privileged Pakistanis to help us serve the patients who deserve our support.

آپ کی زکوٰۃ و عطیات  
صحت مند زندگی کی امید

**Zakat Account Details**  
Bank Name: Habib Metropolitan Bank  
A/C Title: SINA Health, Education & Welfare Trust  
A/C Number: 6-99-64-29313-714-258425

+ (92-21) 37131660

www.sina.pk

communications@sina.pk

**90% Zakat Eligible Patients**

**DONATE NOW**

## PATIENT SUCCESS STORY

Gulab Jana is a 59-year-old female who came to SINA Towfiq & Zeenat Chinoy Centre with the complaint of joint and back pain.

Gulab Jana used to have extreme pain in her knees and back but she ignored it for almost a year because she did not have the resources to get a proper checkup from a credible healthcare centre. She has been widowed for a few years and has 5 children of whom the eldest son works at a nearby hotel as a server. Gulab's husband used to take care of the expenses and she has been a housewife all her life, with the sudden demise of her husband, unfortunately, the eldest son, Sher had to leave his studies midway to take care of the family. Her youngest daughters have been really good in their studies but as the family is barely making ends meet, their future hangs in the balance.

Due to her financial condition, she kept ignoring her pain till it became unbearable. One day she was coming back from the shop and she had to stop on the way as she couldn't walk anymore. Her neighbors helped her to SINA Towfiq & Zeenat Chinoy Centre.



Upon examination, the doctor concluded that she is suffering from Osteoarthritis and asked her to get a few diagnostics tests done to rule out other potential issues. Gulab got worried that she will have to get tests done for which she doesn't have the resources, upon the doctor's assurance, Gulab was relieved to know that her entire treatment including consultation, medication, and diagnostics test will be free of cost at SINA. Osteoarthritis being a chronic long-term condition requires regular visits along with medications to manage the pain and stop it from affecting everyday life. Gulab is thankful to SINA for taking care of her treatment which has helped her live a healthy life and continue to take care of her children.

Gulab Jana is just one of the many patients your contribution has helped make an impact on. Just last quarter, SINA's 38 primary healthcare locations served thousands of patients who otherwise would not be able to afford diagnostics and treatment.

### DONATE NOW



**alBaraka**

**Account Type: General Donation**

**A/C Title: SINA Health, Education & Welfare Trust**

**Bank Name: Al-Baraka Bank**

**Address: Boat Basin, Block 5, Clifton, Khi**

**IBAN: PK62AIIN0000120166110016**

**A/C Number: 0120166110016**



**Account Type: Zakat Donation**

**A/C Title: SINA Health, Education & Welfare Trust**

**Bank Name: Habib Metropolitan Bank**

**Address: Block 2, Clifton, KDA Scheme No.5, Khi**

**IBAN: PK78MPBL9964287140258425**

**A/C Number: 6-99-64-29313-714-258425**

**Write a Cheque to SINA**

**A/C Title: SINA Health, Education & Welfare Trust**

**Address: Plot#1, D-21, Sector 30, Korangi Industrial Area, Karachi**



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