

ANNUAL REPORT

2023

JOIN US IN ADVOCATING FOR INCLUSIVITY AND
EQUALITY, AND TOGETHER, LET'S TRANSFORM LIVES



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ACRONYMS

2023

USED IN THIS DOCUMENT



Christian Blind Mission **CBM**

Disability Management Centre **DMC**

Fundus Fluorescein Angiography **FFA**

Human Resource Development **HRD**

Hypertention **HTN**

Khairun'nisa Eye Hospital **KEH**

Layton Rahmatullah Benevolent Trust **LRBT**

Ocular Coherence tomography **OCT**

Quality Management System **QMS**

Random Blood Sugar **RBS**

Shaheed Zulfikar Ali Bhutto
Institute of Science and
Technology **SZABIST**

World Health Organization **WHO**



EMPOWERING LIVES

MAKING WORLD A BETTER PLACE

The Trust is a culmination of the efforts of two decades of relentlessly serving the visually impaired, underprivileged segments of society. On a subsidised or free-of-cost basis while maintaining high service standards.

The Vision Trust (the trust) was registered on March 12' 2009, under the Trust Act 1882.

Vision Trust is where every individual's potential is recognised, nurtured, and celebrated. Together, we envision a future without limitations.



A FUTURE WITHOUT LIMITATIONS

Message of CEO - Vision Trust

My start in welfare services was in 2002, from a small first-floor residential flat in Karachi, where I relentlessly served till 2015 for about 12 years, albeit on a humble scale.

The increasing patient and donor confidence soon led to the need for us to expand our service base and intake/output capacity. In 2016, courtesy of Mr Khalil Sattar, CEO of K&N's Foundation, we shifted to his ancestral home and converted it into an eye hospital. We named it Khairun'nisa Eye Hospital in loving memory of his deceased mother. Here, by the grace of the Almighty, the scope and our service base increased by leaps and bounds.

We want to continue and hope and pray to carry this mission forward. We want to grow into a bigger and better, state-of-the-art and internationally accredited purpose-built eye care and teaching facility with its doors open and accessible to the less fortunate, less privileged and the underserved, as well as for the lucky few.

We have launched a one-year Optometry Internship program for our HRD initiative. In its third year of operation, it groomed, capacity-built, and empowered fresh graduates of Optometry to assume independent Primary Eye Healthcare roles for the community.

As part of our community outreach initiatives, we have started delivering School Eye health Services for the children on their doorstep.

Starting with visual impairment as a startup, we are gradually expanding our service base to include other essential components of school healthcare programs, like hearing, speech, reading disabilities, height and weight, malnutrition, physical and mental disabilities, etc.



We are also in the thick of planning a Comprehensive Disabilities Management Center at Pindi-Gheb, one of the sub-districts of District Attock.

As an **ISO: 9001 2015 QMS** Certified organisation, we have taken humble steps towards community outreach programs of school health services for our future generation and hence contribute towards making Pakistan and this world a better place to live for the abled and disabled alike.

Sincerely,

Dr Muhammad Mazhar Awan
Chief Executive Officer

EMPOWERING LIVES BEYOND BOUNDARIES

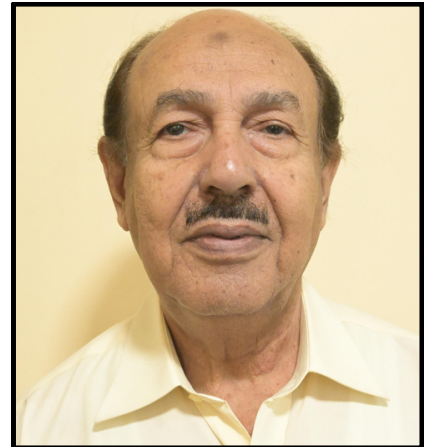
Vision Trust Founder Trustees



Dr Muhammad Mazhar Awan
CEO



Justice Mushir Alam
Supreme Court of Pakistan



Syed Humayun Kalam
Founder Trustee



**Air Commodore(R) Dr. Ghulam
Mujaddid Butt**

Vision Trust's mission is to create a world where individuals of all abilities thrive. Our dedication to inclusivity goes beyond vision impairment, encompassing a wide spectrum of disabilities. We believe in empowering lives, breaking barriers, and fostering a society that embraces diversity in all its forms.



More than 80% of the patients are treated free of cost.

In our pursuit of a more inclusive world, we extend our reach to those facing various challenges, including but not limited to visual, auditory, mobility, intellectual, and developmental disabilities. By addressing the diverse needs of individuals, we strive to build a community that recognises and celebrates every person's unique strengths.

OUR PROJECTS

1. Khairun'nisa Eye Hospital
2. Human Resource Development
3. Community Health Services
4. Comprehensive Disabilities Management Center



Our Project **Khairun'nisa Eye Hospital**

A Project Managed by Vision Trust Funded by K&N's Foundation



We are committed to providing **Quality Eye Care** on a charitable, non-profit basis, without discrimination of colour cast or creed. We are mainly focused on those with financial barriers to accessing such services.



KHAIRUN-NISA

— EYE HOSPITAL —

A Message from the CEO of K&N's Foundation

K&N's Foods (Pvt)Ltd. It is dedicated to providing health and happiness to the nation. To pursue this objective, it has established the K&N Foundation. We are funding charitable organisations engaged in the field of health and education. Khairunisa Eye Hospital was established with Vision Trust to fulfil the abovementioned objective. It has made significant progress in realising these goals over the last four years since its inception. I congratulate the management for acquiring ISO 9001: QMS Certification the previous year—a cornerstone in our resolve to not compromise the quality of service.

Khairunisa Eye Hospital has seen over 100,000 patients, and more than 25,000 persons have been operated upon. I also feel good to know the quantum of free eye care, like free glasses, free medications, free general eye surgeries, free special investigations, free labs and highly specialised and sophisticated eye surgeries not available in many places and beyond the reach of ordinary people for their high cost and fees, are also provided on very low or free of charge basis.

I appreciate another significant initiative of School Health Services under the same umbrella and hope and wish success for Dr Mazhar Awan, a mission-driven and dedicated person in his endeavours of fighting and preventing curable blindness. It is a pleasure to be working with him.

Together, we want to contribute, in our ways, towards a healthier, progressive and prosperous future for the nation in particular and a better world in general.



Sincerely,

Mr. Khalil Sattar

CEO - K&N's Foundation

KHAIRUN-NISA

— EYE HOSPITAL —

VISION

To see Khairunisa Eye Hospital as the country's leading charitable, quality eye care providing and human resource development facility.

MISSION

To provide quality and affordable eye care for all on a purely humanitarian, non-religious, non-political and non-discriminatory basis regardless of their paying capacity.

OBJECTIVES

<p>PROVIDING QUALITY EYE CARE</p>	<p>Our primary objective is to deliver exceptional and comprehensive eye care services to patients, ensuring the highest medical treatment and compassionate care standards.</p>
<p>ACCESSIBILITY</p>	<p>We aim to make eye care accessible to all segments of society, regardless of socioeconomic status, by offering affordable services and reaching out to underserved communities.</p>
<p>COMMUNITY ENGAGEMENT</p>	<p>Actively engaging with the community through implementing preventive and promotional programs to raise awareness partnerships with local organisations and educational campaigns to address the specific eye health needs of the population we serve.</p>
<p>REHABILITATION SERVICES</p>	<p>Besides medical and surgical interventions, we are committed to supporting patients post-treatment rehabilitation. This includes vision rehabilitation services such as low vision aids, vision therapy, and counselling to help patients adapt to visual impairments and maximise their remaining vision.</p>
<p>CONTINUOUS IMPROVEMENT</p>	<p>We strive to improve our services, facilities, and technology continuously to stay abreast of advancements in the field of ophthalmology and provide state-of-the-art care to our patients.</p>



SERVICES WE ARE PROVIDING

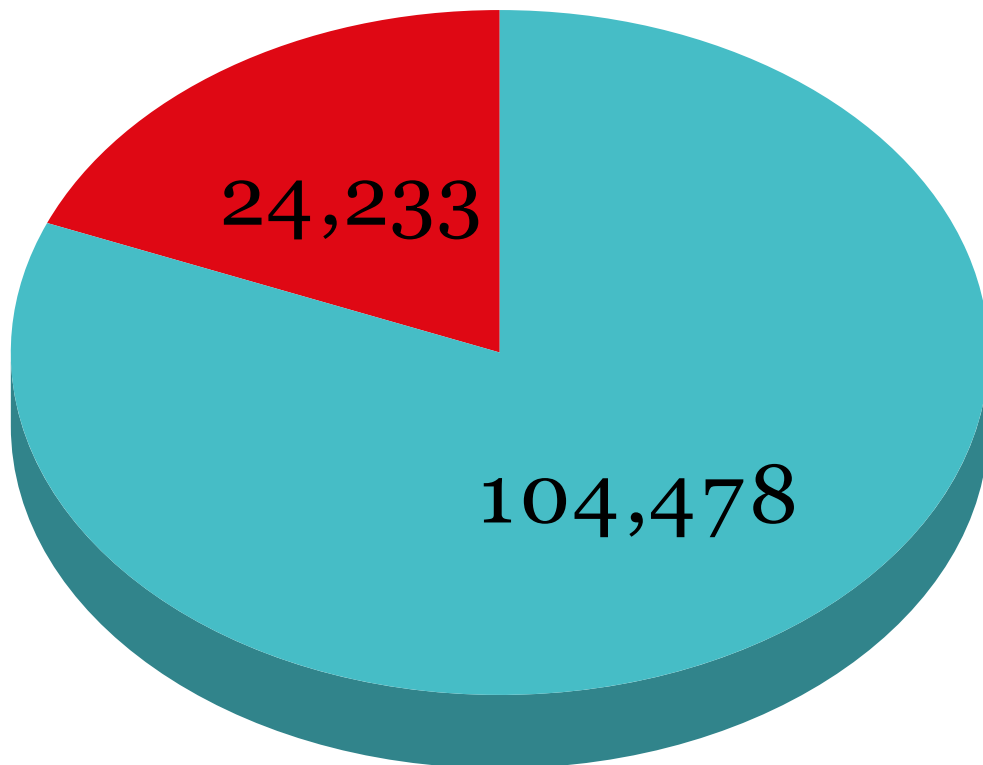
GENERAL OUTPATIENT SERVICES	<ul style="list-style-type: none">• Comprehensive Eye Exam• Paediatric Clinic• Orthoptics Department• Common Lab Investigations• Low Vision services
DIAGNOSTIC AND SPECIAL INVESTIGATIONS	<ul style="list-style-type: none">• YAG Laser Procedures• Biometry• OCT• FFA
SURGICAL SERVICES	<ul style="list-style-type: none">• Anterior Segment Surgeries• High-end Posterior Segment Surgical Facility• Paediatric Surgeries
OPTICAL AND MEDICAL SHOP	<ul style="list-style-type: none">• Qualified and Certified Pharmaceutical & Optical services

KHAIRUN-NISA

EYE HOSPITAL

Progress (2004 - 2023)

● Total OPDs ● Total Surgeries





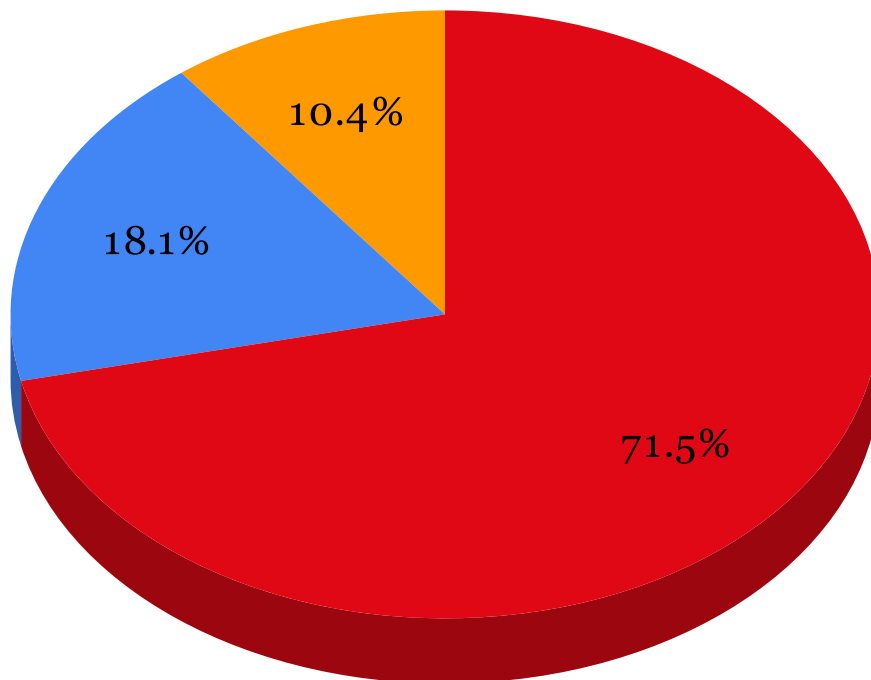
KHAIRUN-NISA

EYE HOSPITAL

Clinical Activities - **8,417** in a year

Subsidized

● Consultation Services ● Outpatient Clinical Procedures ● Surgical Services





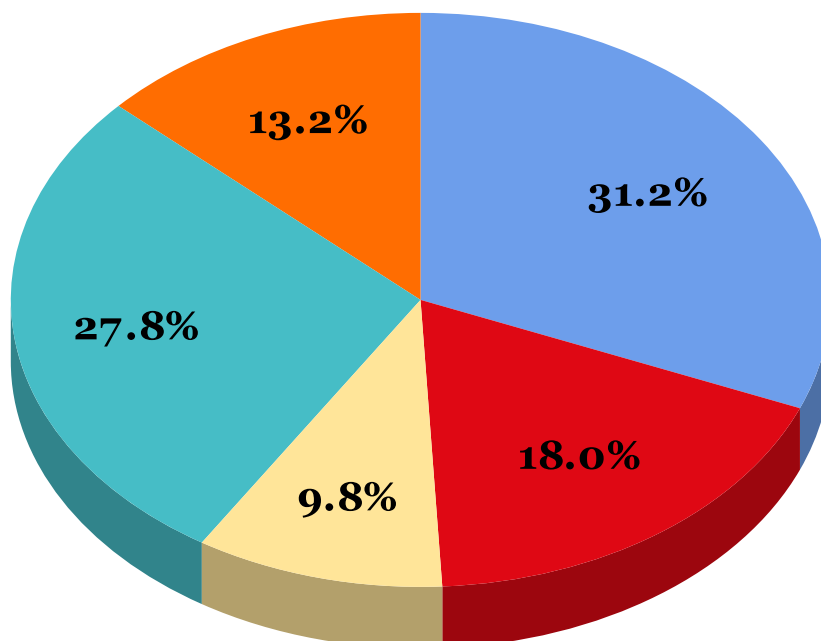
KHAIRUN-NISA

EYE HOSPITAL

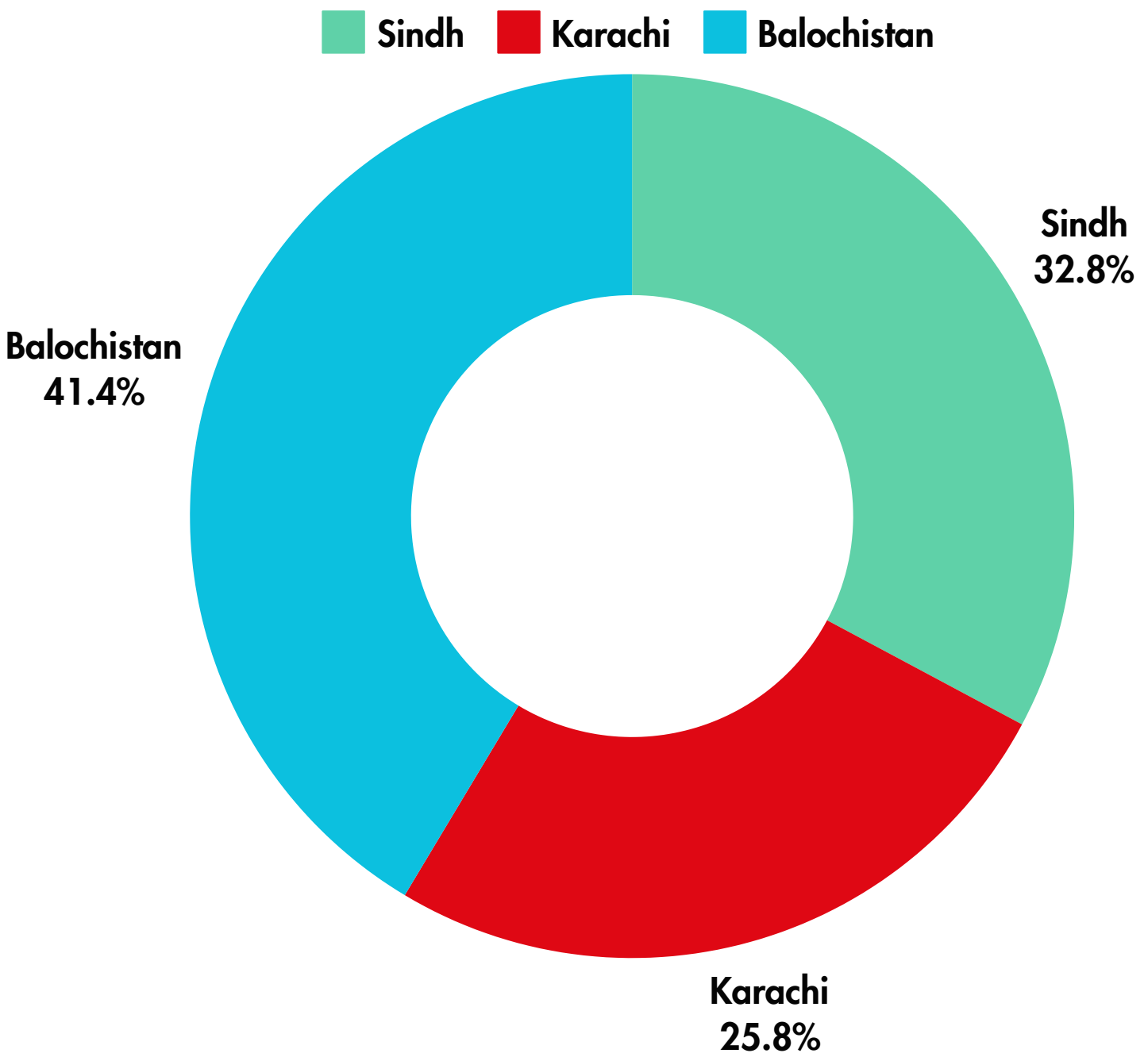
Clinical Activities - **8,331** in a year

Free

- Consultation Services
- Outpatient Clinical Procedures
- Surgical Services
- Free Medication Services
- Free Optical



Geographical Spread



Human Resource Development

Twenty-five optometrists have been trained under the Human Resource Development Program since 2020



The Optometry Internship Program is designed to allow freshly graduated optometrists to apply to enhance their academic knowledge in a clinical setting, gain hands-on experience, and develop professional skills under the supervision of optometrists and Ophthalmologists. In 2021, now in its third year of operation, we introduced a successful one-year optometry internship program. It is earning due respect among optometry graduates.



Here are some reasons why hands-on training is precious in the context of optometry internships:

- Practical Skill Development
- Experiential Learning
- Confidence Building
- Patient-Centered Care
- Professional Networking

To date, we have trained 25 optometrists through our program, many of whom are now employed either independently or with reputable **WHO** and **CBM** projects and serving communities in cities and villages of Sindh and Balochistan.



Optometry Internship Program Alumni



Meet Madiha Waqar, hailing from Mardan, **KPK**. After schooling in Karachi, her journey took flight when she graduated in optometry from Dow University of Health Sciences, earning the prestigious gold medal.

Her path to success led her to Khairunisa Eye Hospital, where she completed a six-month internship. This experience opened doors for Madiha, leading her to pursue advanced training in Low Vision at **LRBT**. Upon her return to **KEH**, she dedicated herself to serving the community.

Madiha has been a beacon of hope for low-vision patients for the past year, providing compassionate primary eye care.

“This Internship not only honed my clinical skills but also enriched my communication abilities, empowering me to serve the community more effectively”, Madiha Expressed. Madiha's journey is a testament to dedication, perseverance, and the transformative power of education.

MADIHA WAQAR

Low Vision Optometrist



Meet Ahmed Hafeez, a shining success story from the ruler area of Karachi near District Malir. His journey began with humble roots, attending school at TCF and later graduating in optometry from ISRA School of Optometry Karachi.

After six months of hard work, Ahmed seized the opportunity to receive advanced training in Orthoptics, which also specialises in paediatrics. Now, a year into his career, he runs his clinic, gaining popularity for his expertise in squint management, child refractive error, and vision therapy at Khairunisa Eye Hospital.

Ahmed's success was only possible with the constant support of KEH. Looking ahead, he envisions himself at the forefront of future technology innovation in orthoptics.

Ahmed extends a heartfelt message to young optometrists:

“I offer my services for career counselling, drawing from my own experience and journey. Let my success be a beacon of inspiration for professional endeavours.”

AHMED HAFEEZ

Fellow orthoptist

Community Health Services School Health Program

Over 3500 school children have been screened for vision impairment under the School Healthcare Program since 2022

We have initiated a School Eye Health Program to pursue our community outreach programs.

We collaborate with school administrations to raise health awareness among students, train teachers, and equip them with the tools needed to conduct eyesight screenings. We aim to empower schools to safeguard their students' eye health and well-being.



Methodology

Phase I

It involves enrolling the class teachers and senior students and providing awareness and training programs. Screening material as a kit is provided beforehand.

The student volunteers are named **Eye-Scouts** and given badges to wear and feel proud of. The central theme is to prepare a workforce of screeners and master trainers, enabling them to conduct eyesight screening of children and to train other teachers and people around to screen children for the presence or absence of weak eyesight.



Phase II

Our mobile van is adequately equipped and staffed to conduct this phase. Qualified Optometrist checks referred students. They decide to prescribe glasses or refer them to a tertiary eye hospital.

Phase III

This phase consists of the provision of specialized ophthalmic care to students. Those who can reach Khairunisa Eye Hospital are treated as our patients, and all care is provided free of cost.



The school activities have been performed in different schools from less privileged areas of Karachi, including Neelum colony, Shah Rasool colony, Qayyumabad and PECHS, Azam Basti, Bhutta Village Keamari, Korangi, Chanesar Goth, Saiful Goth Gadap and vicinity areas of Gulistan-e- Johar and Manghopir.

	The Garage School (Main campus Group B)	Pre Primary and Main Campus Group A	Jinnah Public School	Al Furqan school (14 Branches)	The Citizen Foundation (KFC Secondary and Yousuf Rehmani)	Tatarco Yagangat Primary and Secondary School Manghopir	Total
Teachers Trained	26	3	10	51	36	20	146
Students Screened	250	150	200	2000	790	120	3510
Vision scoutstrained	10	-	10	120	67	-	207



Success Stories

Meet Dua Ahmed, a spirited 9th-grade student from Jinnah Public School whose determination surpasses her challenges. Dua's journey unfolds with remarkable strength regarding family responsibilities and financial concerns.

Constant headaches once dimmed Dua's dreams, but a school check-up at Khairunnisa Eye Hospital brought a transformation. With new glasses, the world sharpened, and Dua's confidence soared. Despite recent challenges, those glasses became a symbol of her courage.

Dua's dreams of joining the army ignited a fire, proving that strength comes from the heart, not appearances. Her story is about conquering hurdles, accepting flaws, and chasing dreams with an unbreakable spirit.



Dua Ahmed - Jinnah Public School

Lighting Up Lives Through Learning

Meet Kiran, a teacher at Jinnah Public School who is not just guiding but shining a light of care through education.

In a special workshop by Khairunnisa Eye Hospital, Kiran learned to spot eye problems in students. Realizing this gift's power, she made it her mission to ensure no child's vision went unnoticed.

Checking students' eyes and extending her care to homes, Kiran became a beacon of change. She even helped her own family, proving that the impact of education goes beyond classrooms.

Kiran's wisdom: **"Teach a teacher, touch many homes."** Her newfound knowledge became a source of transformation for students and entire families.

When her son had an eye infection, Kiran, armed with knowledge, took him to a doctor – showcasing the life-saving power of education.

Kiran's journey illustrates how one person's actions create ripples of change. She teaches us that learning is potent, going beyond books and classrooms. Teachers like Kiran are heroes, making our world better, one caring gesture at a time.



Kiran - Jinnah Public School

COMMUNITY ENGAGEMENT

Eye Screening camp at Rural Health Centre Gadani Balochistan

Free Eye Screening and Treatment Camp was organised by the Khairunnisa Eye Hospital in Gadani, a coastal town of Hub District, in collaboration with the Shipbreaking Yard Association at The **Rural Health Center (RHC)** a government facility managed by the Ship Breaking Yard Association.

201 people (191 Adults and 10 children) were screened for eye disorders and treated by our well-qualified optometrists. Patients who identified the need for different surgeries were referred to Khairunnisa Eye Hospital.

Female beneficiaries were only 45% and less than males, which is 54% because of cultural barriers.

41 patients were referred to Khairunnisa Eye Hospital for Surgery.

All adults were screened for hypertension. Patients with altered findings and poor adherence to the old treatment were referred to higher centres for further need.

Out of 191 adults, 23% of people were found to have Elevated Blood Pressure. All Adults above 40 years old were also screened for Diabetes, and out of 173 people, 36% of people's RBS were above the normal range.



Community Camp at Lyari with Humanity Initiative



On **June 18, 2023**, a medical and eye camp was organized in collaboration with the Humanity Initiative, bringing essential healthcare services to an underprivileged area in Agra Taj Lyari.

The event saw an impressive turnout of deserving patients diagnosed and treated with eye disorders. Not only were they provided with crucial medications, but the camp also offered the invaluable gift of improved vision by providing glasses.

Community Eye Camp at Sohrab Goth



On **24th July 2023**, the camp took place in Sohrab Goth. This less privileged area is around 30km from the central city. Most of the population speaks Pashto, and there is a small Sindhi-speaking minority. The majority of the population works as labourers.

One hundred ten people (**90 Adults and 20 children**) were screened for eye disorders and treated by our well-qualified optometrists.

The ophthalmic team identified 98% of people in the community suffering from any form of eye disease or in need of spectacle.

EYE SCREENING AT SARAN EDUCATIONAL TRUST (SET) SCHOOL SITE AREA

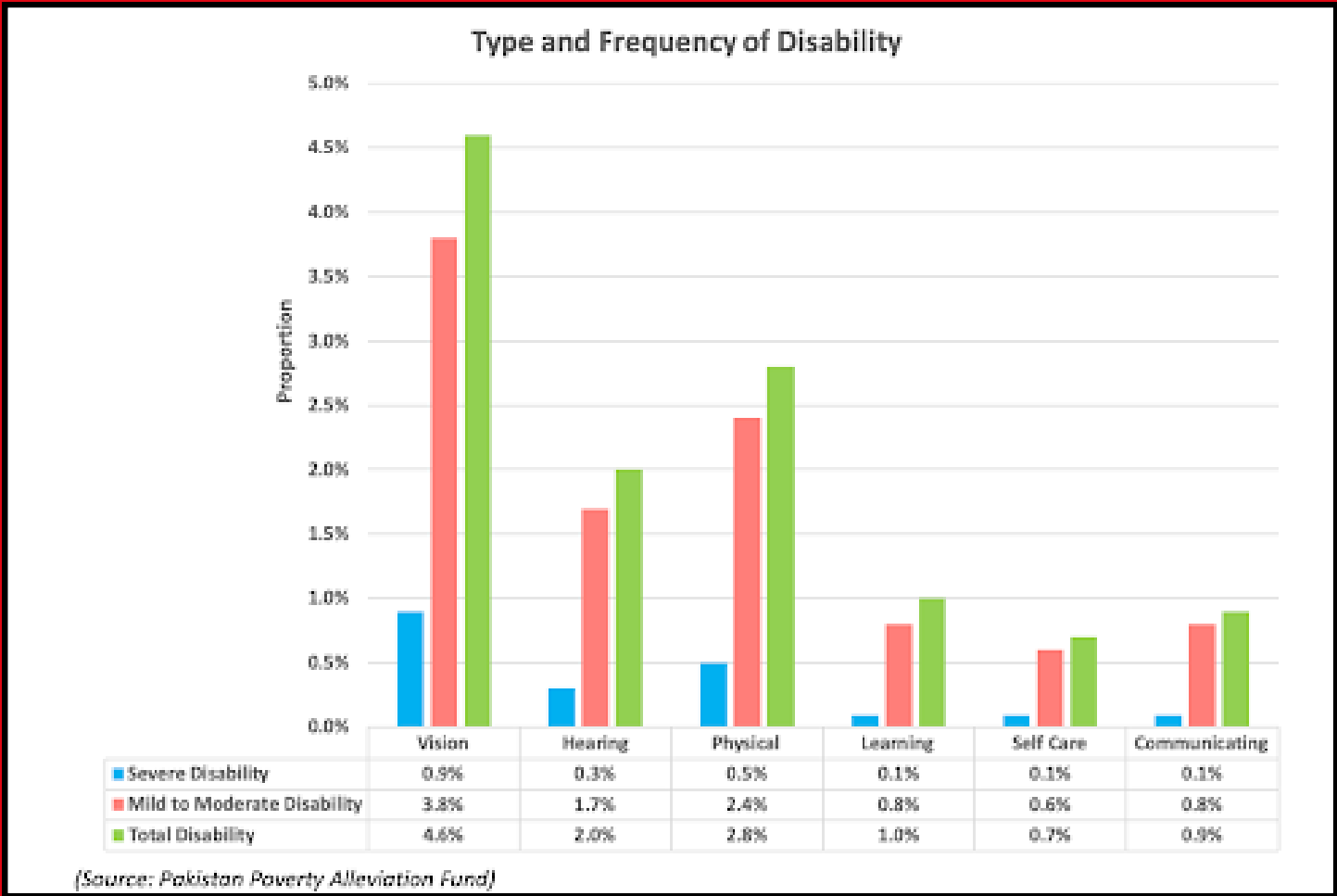


A two-day medical and eye health camp was conducted at The SET School North East Campus in partnership with the **Humanity Initiative.**

Over 500 students and staff underwent screenings and comprehensive examinations to assess various eye conditions during this event.

Comprehensive Disabilities Management Center Our Upcoming Project

Over 1 billion people in the world live with one form of disability or the other.



We intend to widen our scope of services to humanity by including all manners and forms of disabilities to transform into a Comprehensive Disability Management Centre (DMC) at Sub-district Pindi-Gheb, District Attock, Punjab-Pakistan.

GLOBAL PERSPECTIVE ON DISABILITIES

Over 1 billion people in the world live with one form of disability or the other.

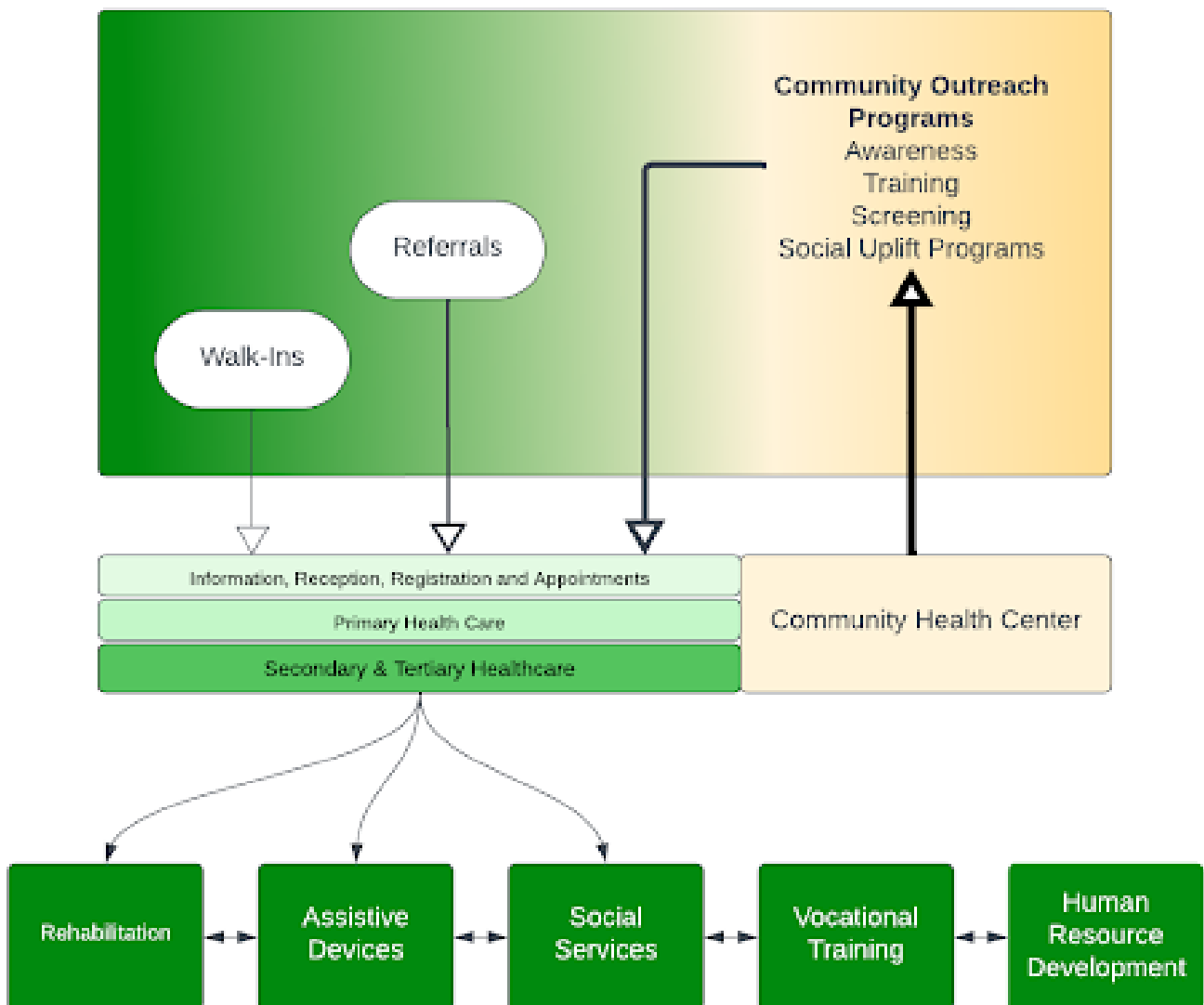
Most of the worldwide population with disabilities live in underdeveloped countries. They endure a life of exclusion and neglect due to discrimination, lack of support, and accessibility to resources, forced to depend on society, with insufficient rehabilitation or vocational training services.

PROJECT OVERVIEW

The Disabilities Management Centre envisions a comprehensive approach to managing **Persons With Disabilities (PWDs)**, ranging from enhancing the level of awareness, undertaking screening programs, providing or facilitating medical/surgical treatment, providing Rehabilitation services to improve the quality of life and the provision of support services to improve the quality of life for the residents of surrounding areas. Our estimate shows that more than 150,000 Persons With Disabilities live in the Attock district needing essential health care and rehabilitation facilities.

PROPOSED STRUCTURE OF DMC

1. Community Health Centre
2. Primary Healthcare, Secondary & Tertiary
3. Rehabilitation Department
4. Assistive Technology and Adaptive Equipment
5. Social Services and Support Department
6. Vocational Centre
7. Human Resource Development Centre





NEWS AND EVENTS 2023

Celebrated World Sight Day 2023 - Love Your Eyes at SZABIST

During the World Sight Day event, Dr Mazhar Awan, Chief Medical Officer of Khairunisa Eye Hospital, took centre stage to conduct an enlightening and informative awareness session on the paramount subject of eye health.

The audience was encouraged to ask questions, seek clarifications, and actively participate in the discussion. Dr Awan's ability to simplify complex medical concepts into understandable terms made the session accessible and relevant to everyone present.

Dr. Mazhar Awan's talk, alongside the eye screening and care services provided during the event, contributed significantly to fulfilling Khairunnisa Eye Hospital's mission to create a world where everyone has access to quality eye care



MYOPIA AWARENESS WEEK

Eye Screening at Tatarco Yagangat Primary & Secondary School, Manghopir

The Khairunisa Eye Hospital joined forces with the **MALC-Marie Adelaide Leprosy Center** to organise a Free Eye Screening Camp and Awareness Session on Myopia on the 24th and 25th of May, 2023. Dr. Mazhar Awan, the Chief Medical Officer of Khairunnisa Eye Hospital, conducted an informative awareness session on myopia, explicitly targeting parents and teachers. The primary objective was to raise awareness about eye health issues, particularly myopia, among children to bring about positive change at the community level.





CPR TRAINING AT KHAIRUNISA EYE HOSPITAL

In collaboration with
PAKISTAN LIFE SAVERS PROGRAMME (PLSP)

Khairunisa Eye Hospital organized a CPR training session for all its employees and Interns.

PLSP is a nationwide capacity-building initiative to train 10 million Pakistanis in CPR and Bleeding Control.





SIGHTED GUIDE TECHNIQUE

Training held by Daniyal Saqib, Trainer for low vision and vocational services

Sighted guide techniques should be used for individuals who are blind or visually impaired to help them travel safely in any environment. These techniques are called Techniques for Sighted Guides.

The training was given to all KEH employees.





TRAINING FOR HEALTH OFFICIALS ON DISABILITY INCLUSION

AT RAHIM YAR KHAN PUNJAB

Dr Mazhar Awan conducted two days of Training for health officials on disability inclusion, sub-district Sadiqabad of District Rahim Yar Khan, Managed by LRBT On Thursday, 21-12-2023 - Friday, 22-12-2023.

The training objectives were as follows:

1. Understand and apply the concepts of Disability and Inclusion in the Healthcare environment.
2. Understand Barriers experienced by people with disabilities at different levels and contexts.
3. Described the rights-based approach to inclusive development.
4. Improve access to healthcare services for people with disabilities and marginalised groups.



DISPENSING OPTICS

Dispensing Optics Training For Optometry Interns

Khairunisa Eye Hospital successfully conducted a comprehensive training session on Dispensing Optics for our dedicated interns.

It was an incredibly enriching experience, and we could not be prouder of our interns' active participation and commitment to their professional development.

Highlights of the Training Session:

- Introduction to Dispensing Optics
- Spectacle Lens Types and Materials
- Frame Selection and Fitting
- Lens Prescription Interpretation



GALLERY





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