



PROGRESS AND IMPACT REPORT

**School & Community Health Initiative
District Attock, Punjab
January 2025 – June 2026**



From January 2025 to June 2026, VHCF implemented the School and Community Health Initiative in District Attock to improve access to inclusive eye and primary healthcare services. This report presents the programme's key achievements, impact, milestones, and future priorities in strengthening community health and promoting equitable healthcare.

**Vision Health Care Foundation,
Pakistan**

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Executive Summary

From January 2025 to June 2026 (18 - month period), Vision Healthcare Foundation (VHCF) implemented the School and Community Health Initiative across District Attock to improve equitable access to integrated, inclusive, and community-based healthcare services. The initiative focused on addressing preventable visual and hearing conditions through school-based screening, community outreach, primary healthcare services, health promotion, capacity building, and strengthened referral systems. By working closely with schools, communities, healthcare providers, and government stakeholders, the programme promoted early identification, timely intervention, and sustainable improvements in health outcomes.

During the reporting period, the initiative screened 26,899 children for vision-related conditions, conducted 1,943 refraction assessments, identified 1,616 children with refractive errors, and provided a cumulative total of 5,191 spectacles (distance and near vision) to children and adults through school-based and community healthcare services. In addition, 5,552 individuals were screened for ear and hearing conditions, with 246 individuals identified with suspected hearing or ear-related concerns and referred for further assessment and management.

Through its Primary Healthcare Unit, the programme delivered healthcare services to 4,015 patients, while 18 community health camps reached 3,156 beneficiaries in underserved communities. A structured referral mechanism supported continuity of care, connecting 130 individuals requiring specialized services with appropriate healthcare facilities.

Recognizing that sustainable impact depends on local capacity, VHCF strengthened community health systems by training 96 frontline health workers and healthcare staff, 140 teachers, and 460 student health scouts. Furthermore, 94 awareness sessions promoted eye health, hearing health, disability inclusion, and preventive healthcare practices, empowering communities with knowledge and encouraging timely health-seeking behaviours.

The reporting period also marked key milestones, including the launch of cataract surgical services through the newly established operating theatre, implementation of disability awareness and inclusion initiatives, and observance of World Sight Day, World Hearing Day, and Myopia Awareness Week. These achievements demonstrate the value of an integrated, community-centred approach to improving access to essential healthcare services while strengthening local systems for long-term sustainability.

Building on these achievements, VHCF will further expand the initiative into a comprehensive school health model integrating eye and hearing health with oral and dental health, nutrition, mental health, Water, Sanitation and Hygiene (WASH), menstrual health and hygiene, skin health, and disability-inclusive services. The Foundation also aims to establish a Comprehensive Disability Management Centre, strengthen digital health information systems, expand cataract surgical services, and enhance partnerships with government and development partners to ensure sustainable, equitable, and people-centred healthcare across District Attock.

Introduction

Visual and hearing impairments are significant causes of disability that can affect educational performance, social participation, and overall quality of life. In underserved communities, children and adults often face barriers in accessing timely screening, diagnosis, and treatment services.

To address these challenges, Vision Healthcare Foundation (VHCF) launched the School and Community Health Initiative in September 2024 in District Attock and surrounding communities. The initiative included the establishment of VHCF's new centre in Attock city, inaugurated on 15 September 2024 in the presence of INGOs representative, local dignitaries, community representatives, govt. officials, and healthcare stakeholders. The centre expanded access to inclusive primary healthcare and community-based services for children and families.



The project adopted an integrated approach combining school-based screening, community outreach, awareness campaigns, health worker training, disability inclusion initiatives, and primary healthcare services. Through collaboration with communities, educational institutions, and government stakeholders, the initiative aimed to strengthen early detection, referral pathways, and sustainable healthcare systems for visual and hearing health.



Project Achievements and Service Delivery

The project achieved substantial progress across all intervention areas during the reporting period. School-based health screening remained the cornerstone of the initiative, enabling early identification of children requiring vision and hearing care services.

A total of 26,899 school children were screened through structured screening activities conducted across 82 schools and educational institutions. Of these, 1,943 children underwent detailed refraction assessments, resulting in the identification of 1,616 cases of refractive error. Through timely intervention, 5191 spectacles were distributed to children and adults requiring vision correction, helping improve educational participation and learning outcomes.

The project also established an effective referral mechanism for children and adults requiring specialized care. 130 beneficiaries were referred for advanced assessment and treatment services, ensuring continuity of care beyond the initial screening stage.



The initiative also expanded its focus to include ear and hearing health services. A total of 5,552 individuals were screened for ear and hearing conditions, of whom 246 individuals were identified with suspected hearing or ear-related conditions and referred for further assessment and management. These efforts contributed to early identification of hearing-related concerns and improved access to timely care.

Community outreach remained a critical component of the project. Eighteen community health camps were organized in underserved areas, reaching 3,156 beneficiaries with screening, consultation, and awareness services. These camps provided access to healthcare for populations that often face geographic and financial barriers to care.

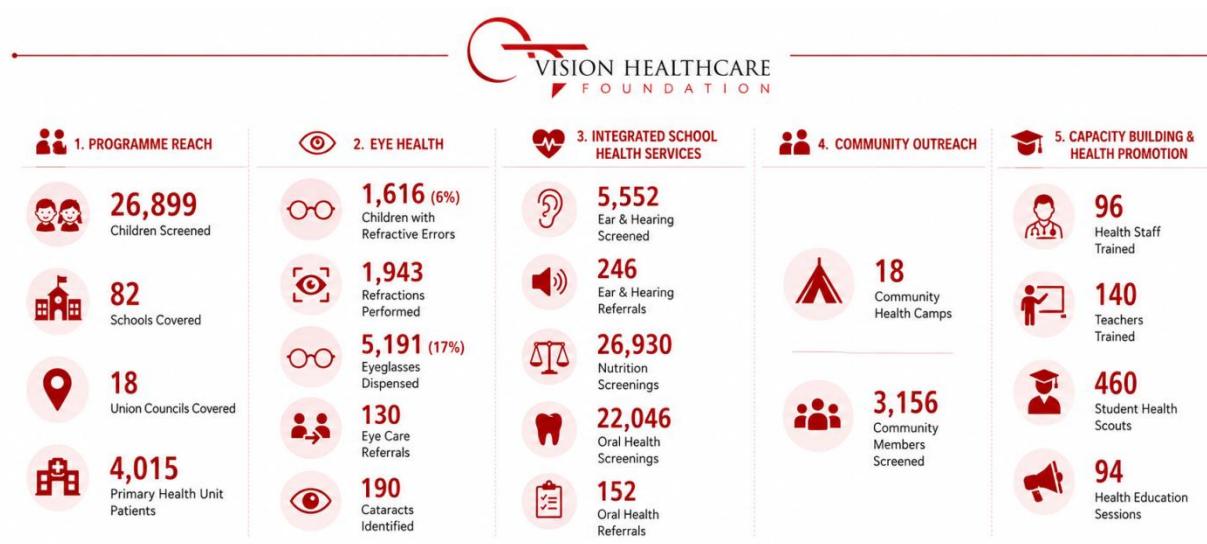
The Primary Healthcare Unit established under the project continued to expand its reach and acceptance within the



community. During the reporting period, 4,015 patients received healthcare services through the facility. Patient attendance demonstrated consistent growth, reflecting increasing community trust and awareness regarding available healthcare services.

The project further strengthened community ownership by conducting 94 awareness sessions covering eye health, hearing health, disability inclusion, and preventive healthcare practices. These sessions engaged community members, students, teachers, and caregivers, contributing to improved health-seeking behavior and greater awareness of preventable disabilities.

Performance at a Glance:



Capacity Building and System Strengthening

Strengthening local health systems remained a central objective of the initiative. To ensure sustainability beyond the project period, Vision Healthcare Foundation invested significantly in the capacity building of frontline healthcare providers.

A total of 96 Lady Health Workers (LHWs) and healthcare staff members were trained in basic eye health screening techniques, referral pathways, and community awareness methodologies. Screening materials and practical tools were provided to facilitate community-level service delivery. This intervention enhanced the ability of local health workers to identify potential eye health issues during routine household visits and refer patients for appropriate care.



Teacher engagement also played a crucial role in strengthening the project's impact. A total of 140 teachers received orientation and training on identifying common vision-related challenges among students and supporting referral processes. Furthermore, 460 student health scouts were mobilized and trained to promote health awareness within their schools and communities.

These capacity-building initiatives have established a foundation for long-term sustainability by creating local champions capable of continuing health promotion and referral activities beyond the project's direct implementation period.



Key Milestones and Strategic Achievements

Several significant milestones were achieved during the reporting period, demonstrating the project's growing impact and institutional development.

A major achievement was the successful organization of World Sight Day awareness activities. Two large-scale awareness sessions were conducted at Muslim Hands Vocational Institute Attock and Rural Health Center Batur, engaging community members and stakeholders in discussions on eye health, prevention of avoidable blindness, and the importance of regular eye examinations.



The project also organized a Disability Awareness and Inclusion Workshop involving healthcare providers, medical specialists, district health leadership, and representatives from the Social Welfare Department. The workshop enhanced understanding of disability-inclusive healthcare practices and promoted accessibility and equitable healthcare services for persons with disabilities.



In recognition of the importance of hearing health, World Hearing Day was celebrated through awareness activities aimed at promoting hearing loss prevention, early detection, and timely intervention. These efforts contributed to increasing community awareness regarding hearing health challenges and available support services.



One of the most significant milestones during the reporting period was the commencement of cataract surgical services through the newly established operating theatre facility. On 27 April 2026, thirteen cataract surgeries were successfully performed under the supervision of Dr. Asad Ali Khan. All procedures were conducted using Phacoemulsification with Intraocular Lens implantation under standard operating protocols. Patients from Sarwala, Shakar Dara, Attock City, and surrounding communities benefited from these services, marking an important step toward expanding specialized eye care services within the district.



The project also observed Myopia Awareness Week through dedicated sessions in educational institutions, focusing on educating students about the causes, symptoms, prevention, and management of myopia. These sessions emphasized healthy visual habits, reduced screen dependency, outdoor activities, and the importance of regular eye examinations.



Success Stories

Ajwa Khan, a Class 5 student at Government Girls High School, Choi West, Attock, struggled with her studies due to poor vision that made it difficult for her to read the blackboard and participate fully in class.

During a school eye screening camp organized by Vision Healthcare Foundation in October 2025, she was diagnosed with a refractive error and provided with prescription glasses as part of the program's efforts to improve access to eye care for students.

With clear vision restored, Ajwa's academic performance and confidence improved significantly. She now actively participates in classroom activities and continues to work towards her dream of becoming a teacher, demonstrating the life-changing impact of early vision screening and access to quality eye care for students.



“I used to struggle to see the board and relied on my friends for help. After getting my glasses, everything became clear. Now I can study with confidence and work towards my dream of becoming a teacher one day.” – Ajwa Khan

Muhammad Qasim Ijaz, a student at Madrasa Abdullah Bin Zubair in Attock, had spent years struggling with blurred vision that affected his ability to read, learn, and participate fully in his studies.



During a free eye screening camp organized by Vision Healthcare Foundation in August 2025, he was diagnosed with a severe refractive error and provided with prescription spectacles through the program.

For the first time, Qasim was able to see his books, surroundings, and classroom clearly. Improved vision not only enhanced his learning experience but also boosted his confidence and daily life, highlighting the transformative impact of school eye screening and access to quality eye care for students in underserved communities.

Months later, during a follow-up visit, the VHCF team found Muhammad Qasim completely transformed. Wearing his glasses with pride, he eagerly participated in his lessons and carried himself with newfound confidence. The boy who once struggled in silence was now learning with joy and looking toward the future with hope. His story is a reminder that sometimes, changing a child's life begins with something as simple as helping them see the world clearly.

"I thought everyone saw the world the way I did. When I wore my glasses for the first time, I was amazed to see everything so clearly. It felt like a new world had opened in front of me. Now I enjoy reading, learning, and I feel much more confident in my studies." – Muhammad Qasim Ijaz.

Challenges and Lesson learnt

Human Resource and Operational Capacity Constraints during Project Inception

During the initial phase of project implementation, the programme faced significant operational challenges due to limited human resources and the absence of dedicated transportation facilities. These constraints affected the pace of outreach activities, school screening schedules, community mobilization, and supervision of field operations, particularly in geographically dispersed and hard-to-reach areas of District Attock.

Despite these limitations, the project team adopted a phased implementation approach and maximized the use of available resources to ensure continuity of services. Through strategic planning, gradual recruitment of additional staff, strengthening of field teams, and improved transportation arrangements, the programme was able to expand its coverage and operational efficiency over time.

Referral and Follow-up Mechanisms

Although referral pathways were established, ensuring completion of referrals and follow-up care remained challenging. Factors such as transportation barriers, limited caregiver awareness, financial constraints, and the absence of structured referral tracking systems affected continuity of care for some beneficiaries.

Need for Strengthened Disability-Inclusive Systems

Despite progress in promoting disability inclusion, systematic identification, referral, and support services for children and adults with disabilities remain fragmented. Greater coordination between health, education, and social welfare sectors is required to ensure comprehensive support and continuity of care.

Strengthening Data and Evidence Systems

As programme coverage expanded, the need for more robust digital data management, referral tracking, and outcome monitoring systems became increasingly evident. Enhanced data systems are required to support evidence-based planning, programme quality assurance, and impact measurement.

Future Priorities

The next phase of the programme will evolve from a vision and hearing-focused initiative into a comprehensive School Health Programme, aligned with national priorities and international best practices. The Foundation aims to deliver an integrated package of school health services encompassing:

- Vision and hearing screening and care
- Oral and dental health screening and treatment
- Water, Sanitation and Hygiene (WASH) interventions
- School-based skin health screening and management
- Menstrual Health and Hygiene (MHH) education and support
- Mental health and psychosocial well-being initiatives
- Nutrition assessment and growth monitoring
- Health promotion and behaviour change activities for students, teachers, parents, and communities

In parallel, the programme will strengthen disability-inclusive healthcare systems by enhancing early identification, screening, referral pathways, rehabilitation, and long-term support services for children and adults with disabilities.

Building on the disability inclusion initiatives implemented during the reporting period, Vision HealthCare Foundation plans to establish a Comprehensive Disability Management Centre in Attock. The Centre will serve as a multidisciplinary hub providing comprehensive assessment, referral, rehabilitation, assistive devices, counselling, caregiver support, and coordinated care for persons with disabilities. It will facilitate collaboration among healthcare providers, rehabilitation professionals, educational institutions, social welfare departments, and community-based organizations to ensure a seamless continuum of care and improved quality of life.

To strengthen programme sustainability and measure long-term impact, the Foundation also plans to conduct an annual follow-up assessment beginning in August 2026. This follow-up will evaluate changes in health outcomes, treatment compliance, spectacle and hearing aid usage, referral completion, and emerging health needs. The findings will inform programme refinement, improve service quality, and guide evidence-based planning for future interventions.

This integrated approach reflects the Foundation's commitment to advancing inclusive, equitable, and sustainable school health systems that enable every child to achieve better health, learning outcomes, and overall well-being.

Conclusion

The School and Community Health Initiative has demonstrated the effectiveness of integrated, community-based healthcare services in addressing preventable visual and hearing impairments among underserved populations. Through school screenings, community outreach, capacity-building activities, awareness campaigns, primary healthcare services, and specialized surgical interventions, the project has improved healthcare access for thousands of individuals across District Attock.

The achievements realized during this reporting period reflect not only the dedication of the project team but also the strong collaboration between communities, educational institutions, healthcare providers, and government stakeholders. As VHCF looks ahead, the Foundation remains committed to transforming school and community health through integrated, disability-inclusive, and people-centred healthcare systems. Building on this momentum, the next phase will expand comprehensive school health services while strengthening local systems to ensure every child has the opportunity to learn, thrive, and reach their full potential.