

VHCF'S Q1 2026

# NEWSLETTER



## About Us

The Vision Healthcare Foundation is a not-for-profit organisation committed to serving persons with disabilities in Pakistan.

It is registered with the Securities and Exchange Commission of Pakistan (SECP) as a company under section 42 of the Companies Act 2017.

## Mission

To deliver compassionate, community-driven, and disability-inclusive eye care to underserved populations through early detection, treatment, rehabilitation, education, and advocacy.

## Vision

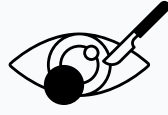
An inclusive world where persons with disabilities have equal opportunities for growth, self-actualization, and empowerment, enabling them to contribute to community development, leaving no one behind.

## January to March by the numbers



**23,261**

Total patients



**613**

Surgeries



**1,510**

Glasses provided



**8,743**

School health Screenings

## Project Highlights

During the first quarter of 2026, Vision Healthcare Foundation accelerated its impact in advancing community eye health through targeted screening camps, high-quality surgical interventions, structured awareness sessions, and capacity-building clinical training programs.

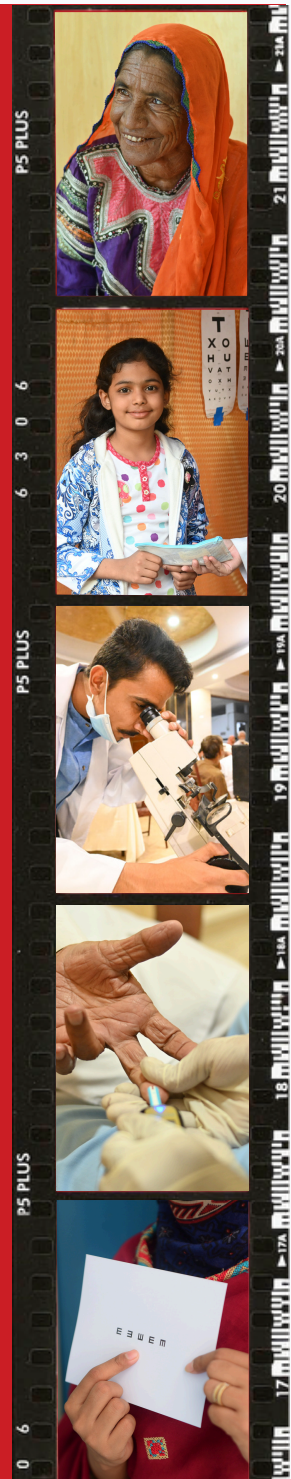
These initiatives were strategically delivered alongside specialized services through its flagship facility, Khairun-Nisa Eye Hospital, reinforcing the organization's commitment to accessible and equitable eye care.

## Ongoing Project

- Khairunisa Eye Hospital, Karachi
- Inclusive School Health Program
- Optometry Internship Program
- Community Outreach Program
- Primary Eye Care Center Attock

## Upcoming Projects

- Naseema Khatoon Community Health Services, Attock City
- School Health Services, Chakki, Pindi Gheb Tehsil
- Farming for Health - Pindi gheb tehsil
- Comprehensive Disabilities Management Center



## Khairun Nisa Eye Hospital

Khairun-Nisa Eye Hospital, a project of K&N's Foundation managed by Vision Healthcare Foundation, is dedicated to delivering quality, non-profit eye care that is accessible to all, without discrimination.

With a strong focus on reducing preventable blindness, the hospital provides comprehensive diagnostic, therapeutic, and surgical services through a skilled team of eye care professionals. It also serves as a key referral center for outreach programs, ensuring underserved communities receive timely and specialized care.



### Quarterly Progress (Jan - March)

Transformed over 6 thousand lives, which has enabled their families to have a bright future.

7812 Eye Examinations  
613 Surgeries Performed

### Highlight Impact Story

Muhammad Bin Ahmed, a hardworking laborer, lost his ability to earn when cataracts affected his vision, leaving him uncertain about his future.

At Khairun Nisa Eye Hospital, he received cataract treatment that restored his sight and enabled him to return to work. One timely intervention restored his vision, dignity, and independence.

He explained his experience at Khairun Nisa Eye hospital saying, "Everything happened smoothly and it feels as if all my problems are solved because of the successful surgery."



# INCLUSIVE SCHOOL HEALTH PROGRAM KARACHI

## Key Impact & Achievements

- Reached 17 schools, delivering integrated health screenings to 3,573 students.
- Provided 354 eyeglasses, directly improving classroom participation and learning outcomes.
- Identified 56 children with complex eye conditions (including cataract, keratoconus, and amblyopia) and ensured timely specialist referrals.
- Conducted hearing screenings for 3,398 students, with 125 referred for further ENT care, addressing often-overlooked barriers to learning.
- Completed nutritional assessments for 2,439 children, uncovering significant undernutrition trends and informing future interventions.
- Strengthened early detection systems through on-site screening, immediate corrective measures, and structured referral pathways to Khairun-Nisa Eye Hospital.

## Community Engagement & Upcoming Activity

In alignment with global advocacy efforts around World Hearing Day, an awareness activity is planned at the beginning of the next quarter. The event will involve:

- Parents
- Teachers
- Students
- Community stakeholders
- Healthcare representatives



The activity will focus on raising awareness about hearing health, early signs of hearing loss, and the importance of timely screening and care.

Eleven-year-old Rahmin Nasir, a 4th-grade student at Shireen Sultan Dossa XVI Campus, struggled in class without realizing she had a vision problem. During a routine school eye screening on 24 February 2026, her need for corrective glasses was identified.

With the right spectacles provided promptly, Rahmin's vision improved immediately. Over the next three months, her ability to read, participate, and perform in class increased significantly. She gained confidence, started enjoying her studies, and achieved excellent grades across all subjects.

Rahmin's story highlights the importance of school eye screening programs. Early detection and timely correction of vision problems safeguard children's eye health and empower them to reach their full academic potential.

Rahmin expressed her joy by telling us that, "Everything has become clear again and I can study confidently and achieve more in exams!"



## ATTOCK

### SCHOOL HEALTH SERVICES

Between January and March 2026, Vision Healthcare Foundation expanded its Inclusive School Health Program in Attock, screening 1,772 students across more than 24 schools and madrasas. A total of 466 pairs of spectacles were provided, ensuring timely correction of visual impairments and improved learning outcomes for children.

Building on this progress, the program is set to significantly scale up in the next quarter, with a target of 5,000+ school screenings, further strengthening early detection and access to essential eye care services in underserved educational settings.

### Primary Healthcare Center, Mehria Town

The center continued to serve as a vital access point for primary healthcare in Attock, recording a total of 1,021 patients during the quarter. Monthly patient flow included 460 in January, 317 in February, and 244 in March, with 30 total referrals made for further specialized care, ensuring continuity of treatment and appropriate clinical escalation where needed.



The activity will focus on raising awareness about hearing health, early signs of hearing loss, and the importance of timely screening and care.

### Key Milestones

- Strengthened clinic operations, resulting in improved and more consistent OPD patient flow across services.
- Observed World Hearing Day through a school-based awareness session on ear and hearing health, emphasizing early detection and prevention of hearing-related issues.
- Preparations underway for the commencement of surgical services from April 2026, marking a significant expansion in clinical capacity and patient care delivery.



# OPTOMETRY INTERNSHIP PROGRAM

## Achievements and Impact

In January, six (06) interns completed their training and were recognized through a formal pass-out ceremony.

A new batch of seven (07) interns was onboarded in February, with structured rotations and supervision ensuring rapid skill development. Interns progressed from basic history taking to independently performing refraction and essential assessments, demonstrating clear improvements in clinical confidence, accuracy, and patient handling.

Standardized daily targets and consistent logbook tracking enhanced accountability and efficiency. A total of 27 training sessions (clinical, IT, and research) supported well-rounded development, while research activities advanced to the proposal stage across all groups.

A three-day school screening camp strengthened community engagement by providing practical exposure to fieldwork and patient interaction. Continuous assessments and feedback mechanisms ensured steady performance improvement across the cohort.



## Future Plans

Looking ahead, the program will focus on deepening clinical proficiency and standardizing performance across all interns, particularly in advanced skills such as retinoscopy and clinical decision-making.

Upcoming priorities include expanding community-based screening initiatives, improving pre-camp preparedness, and ensuring that interns are fully equipped before field engagement. The research component will move into active execution, with close supervision to maintain quality and consistency in outputs.

Additionally, the program aims to further optimize supervision models and introduce targeted skill-building interventions to bridge individual performance gaps—ensuring every intern meets the desired clinical and academic benchmarks.

## COMMUNITY OUTREACH

The quarter was driven by a continued commitment to expanding access to free eye care for low-income communities, delivered through community camps, strengthened outreach partnerships, and a focus on quality screening, treatment, and referral pathways across diverse populations.

### Achievements and Impact

Community outreach activities delivered measurable impact across both Attock and Karachi regions.

In Attock, a total of 4 community camps were conducted during the quarter, reaching 836 beneficiaries. Three camps in January served 625 individuals, followed by one camp in March benefiting 211 individuals.

In Karachi and surrounding areas, two collaborative camps were successfully executed:

- A camp in Lyari (in partnership with Anjuman Ittehad Muslimeen) served 214 patients, with 42 treatments (eye drops) and 66 glasses provided.
- A camp at the Gadani Ship Breaking Yard served 221 patients, with 83 treatments and 70 glasses distributed.

These interventions ensured access to essential eye care services for underserved populations across urban, peri-urban, and labor-intensive communities.

### FURTHER PLANS

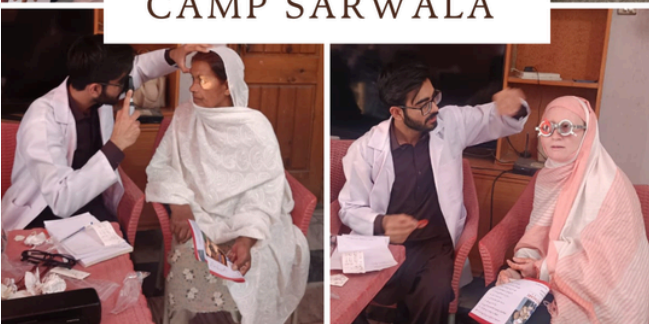
The next phase will focus on scaling outreach frequency, strengthening NGO and community partnerships, and improving pre-camp planning to maximize reach and efficiency. Greater emphasis will be placed on follow-up care, referral linkages, and targeted interventions for high-risk and hard-to-reach populations.



CAMP SARWALA



CAMP GADANI



## NEWS AND EVENTS



### Organizational Strategy Development:

On 31st March 2026, **Dr. Haroon Awan**, a global health policy and strategist, conducted an intensive workshop on the strategic planning theory of change, guiding VHCF's on-ground leaders in strategic planning for organizational impact. The sessions focused on designing clear pathways for change, aligning goals with measurable outcomes, and strengthening the organization for community-focused programs.

This workshop equips our team to plan more effectively and drive meaningful, sustainable impact in every initiative.



### World Hearing Day 2026 – Attock

On World Hearing Day, VHCF conducted an awareness and hearing screening session at Government Boys High School Shamsabad, Attock. The activity educated students on hearing health, safe listening, and early detection. A total of 200 students were screened, with 15 identified for further care. This initiative reinforces our commitment to early intervention and accessible hearing health services.

## Internship Certification & Orientation

VHCF certified two batches of interns this February, recognizing their hands-on clinical training and patient care experience. On the same day, a new batch was welcomed through an orientation session. This ongoing investment in training reflects our focus on building a skilled, compassionate workforce to strengthen community eye care in Pakistan.



## MOU signing with Mehria Town Attock

Vision Healthcare Foundation formalized a strategic collaboration with Mehria Humanity Foundation, led by Malik Javed Akhter, and Vision Health Care Services under the leadership of Dr. Mazhar Muhammad Awan.

This partnership marked a key milestone in expanding access to quality healthcare services in Attock. By aligning community-driven efforts with clinical expertise, the initiative continues to strengthen outreach, enhance service delivery, and ensure patient-centered care for underserved populations.

## Celebrating a Global Recognition for Leadership in Social Impact

We are proud to share that Fatima Zehra, Program Director, VHCF has been selected as a 2026 WILD Network Leadership for Social Impact Forum Fellow, a highly competitive and prestigious global cohort.

This recognition places her among a distinguished group of women leaders from over 100 countries who are driving change across global development, humanitarian action, and other purpose-driven sectors.

As part of this fellowship, she will participate in the 2026 Leadership for Social Impact Forum (May 12–13)

and engage with a dynamic global network through dedicated community platforms and future WILD events.

This achievement reflects her continued commitment to advancing inclusive health systems, strengthening communities, and contributing to global dialogue on equity and social impact.

**2026** Leadership for Social Impact Forum



Join me!

**UPLIFT!**

Global

Online | May 12-13  
Live programming 25 timezones

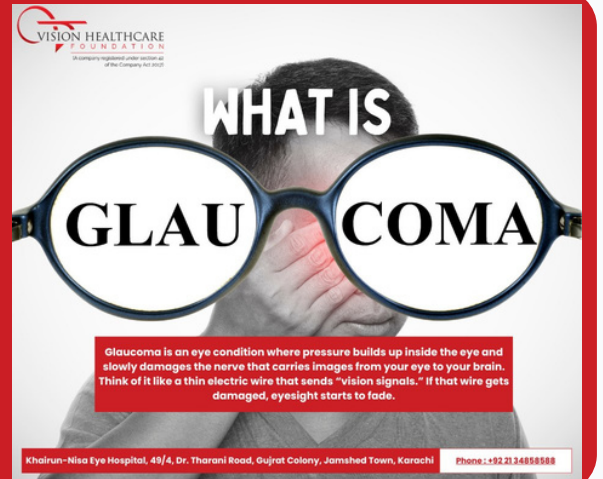
[www.wildleadershipforum.org/online](http://www.wildleadershipforum.org/online)

**WILD**  
Network  
Leadership for social impact

## SOCIAL MEDIA CAMPAGINS

### Glaucoma Awareness Month

During Glaucoma Awareness Month, Vision Healthcare Foundation ran a dedicated awareness campaign across its digital platforms, focusing on the causes, risk factors, prevention, and early detection of glaucoma. The content aimed to strengthen public understanding of the condition and emphasize the importance of timely screening in preventing irreversible vision loss.



### Ramadan Campaign

During Ramadan, Vision Healthcare Foundation executed a focused digital campaign to drive Ramadan and Zakat-based donations while maintaining consistent health awareness messaging. Through a series of engagement-driven posts, the campaign highlighted the impact of charitable giving alongside ongoing healthcare initiatives, reinforcing the importance of supporting accessible care for underserved communities.

### World Hearing Day

To mark World Hearing Day, Vision Healthcare Foundation leveraged its social media platforms to raise awareness on hearing health, aligning closely with the World Health Organization theme. The campaign highlighted the organization's on-ground efforts, showcasing hearing screening activities for children under its Inclusive School Health Program, while reinforcing the importance of early detection and timely intervention in improving learning outcomes.





## Join Us

- Healthcare Providers: Accept referrals for surgeries and advanced care.
- Hospitals & Clinics: Collaborate to streamline patient referrals.
- Community Leaders: Help connect us with tertiary care facilities.



**For Donation  
And Zakat**

## Karachi Office

**Khairnisa Eye Hospital**

**Address:** 49/4 Dr. Tharani Road, Gujrat Colony Jamshed Town, Karachi

**Phone:** (021) 34858588

## Attock Office

**Naseema Khatoon Community Healthcare Services (NK-CHS)**

**Address:** House N.O. 4/39 Overseas Block Mehria Town, Attock

**Phone No. :** 057 807 0198-99

## WANT TO KNOW MORE?

Vision Healthcare Foundation (VHCF) is a non-profit organization that delivers free and affordable eye care to underserved communities across Pakistan. From screenings to surgeries, we're restoring vision and transforming lives.

**Learn more about us by scanning the QR code below:**

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# THANK YOU!