



CHILDREN HEALTH & EDUCATION FOUNDATION®

Please help us to diagnose and treat the diseases before these become incurable

Free treatment at the door step of poor and destitute patients.

HAPPY NEW YEAR

We pray to Almighty Allah to award all blessings, prosperity and excellent economic growth to the people of Pakistan.

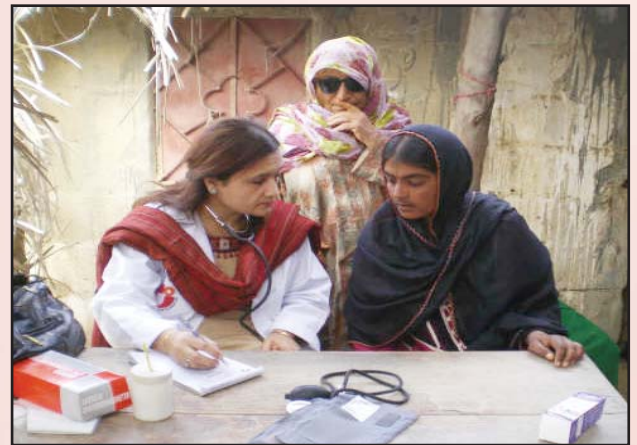
18,21,361 Patients Treated and Medicated todate
46,378 free Ultrasound mainly for Gynecology, Obstetrics,
other women related diseases and Mother & Child Healthcare

Few Success Stories Of Patients Who Visited Our Primary Health & Mother & Child Healthcare Centres

Patient named Madeeha aged 25 years visited our Mother and Child Healthcare Centre at 27 weeks of gestational age with bleeding per rectum alongwith abdominal pain As per abdominal examination, height of fundus corresponds with the gestational age and regular uterine contractions were noted. Emergency ultrasound was done and it showed the anterior localization of placenta alongwith the cord near the internal OS.

She was sent immediately to JPMC by CHAEF ambulance for emergency measures. As soon as she reached the hospital the cord prolapsed and emergency c-section was done. Alive baby boy of 27 weeks was born and the patients condition was under control.

While stay in the hospital, she was diagnosed for ulcerative colitis. Colonoscopy was done and patient put on tablet Prednisolon. After the stay of one month in the hospital, both mother and baby discharged healthy. The mother and baby now regularly visit our Primary Healthcare Centre for vaccination and follow up. (Other stories on page 7)



Relief of Earthquake Victims in Balochistan

Balochistan earthquake has killed many poor residents and devastated their homes depriving them of all their belongings. They were living without shelter in the open under severe weather at -10° centigrade which could kill them unless shelter was provided. "Polar Shelters" were constructed for deployment in Balochistan by Children Health & Education Foundation (CHAEF) for the relief of earthquake victims to save them from extreme cold weather (upto-15°c). These were resistant to high wind speed, snow loading extreme rainfall and unaffected by earthquake. These shelters weigh 250 kg, are not easily movable and have long life.



Mian Zahid Hussain Chairman of Korangi Association of Trade and Industry inaugurating dispatch ceremony of Polar Shelters (winterized shelters livable up to - 15° centigrade) arranged and financed by Children Health and Education Foundation as well as handing over 100 leather Jackets by him to be distributed amongst the Earth Quake victims of Balochistan.



"Polar Shelters " were installed at a village named "Mamoozan" some 60 km from Quetta ' towards Ziarat. The local and international NGO's highly appreciated the Shelters due to relief from extreme cold weather livable up to -15°c. The outside temperature at the time of installation was approx -10° c. The local people were very happy to receive the gift of the "Polar Shelters"

Please visit our website www.chaef.org

**PATRON (SPONSOR) OF CHAEF MR SHAUKAT TARIN
HAS BECOME THE FINANCE ADVISER TO THE PRIME MINISTER**

All honor and respect is awarded by the Almighty Allah. The Long Lasting Positive FAME is the blessing of the God but there are only few people who achieve it with spotless career in their life. Mr Shaukat Tarin the Finance Adviser to Prime Minister of Pakistan is one of them to whom God has awarded an excellent reputation due to his services for poor and destitute people of Pakistan. He is great benefactor of Children Health & Education Foundation as we have two Primary Healthcare centres at Karachi and Lahore i.e

**Col (R) Jamsheed Tarin Primary Healthcare Centre (Karachi)
Mrs. Mumtaz Tarin Primary Healthcare Centre (Lahore)**



The centres are providing FREE Primary Health, Mother and Child Healthcare (totally Free care, from 1st day of pregnancy to birth of Baby) Ultrasound and Blood sample collection for Lab test with Free medicines and all services totally and absolutely Free. Mr. Shaukat Tarin has said few words for Children Health & Education Foundation.

“The major issue faced by poor in our society is lack of basic medical treatment particularly early detection of diseases that can later become terminal. CHAEF is addressing this problem by opening Basic Health Clinics that provide free treatment, medical tests early detection of diseases and above all free medicines. All this is being done in a very novel way. Each center is being sponsored in some poor neighbourhood by generous individuals. I would urge you to do the same and serve humanity. GOD BLESS YOU.”



A view of Mrs Mumtaz Tarin Primary Healthcare Centre at Goru Mangat Road Lahore.



Patients waiting for consultation at Mrs Mumtaz Tarin Primary Healthcare Centre Lahore.



Col (R) Jamshed Tarin Primary Healthcare Centre, Akhtar Colony, Karachi



A patient being examined on Ultrasound Machine by a specialist doctor at Akhtar Colony Karachi.



Patients waiting for consultation at Col (R) Jamshed Tarin Primary Healthcare Centre.

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A venture of progressive Sitara Group of Industries Faisalabad, Pakistan
 An asset of the nation striving round the clock to build the nation stronger and stronger

THE OPENING CEREMONY & SEMINAR



Formal Inauguration of Sitara Chemical Primary Health Centre by Haji Bashir Ahmed Chairman Sitara Group of Industries. Photograph shows (from left to right) Mian Imran Ghafoor CEO Sitara Peroxide, Syed Naeem ul Hassan, Chairman Children Health & Education Foundation, Haji Bashir Ahmed, Mian Muhammad Adrees, CEO Sitara Chemical Industries Ltd., Mian Javaed Iqbal, CEO Sitara Energy Ltd. and Mr Ansar Javaid.



Miss Reema, famous film artist visited our Mumtaz Tarin Primary Healthcare Centre at Lahore and spoke to the patients stressing the importance of cleanliness for prevention of diseases.



Lady Angela Peters, CHAEF Ambassador on Health Awareness visited EBM Primary School and EBM Primary Healthcare Centre.



Mrs Nargis N.D. Khan addressing a seminar on Health Awareness held at Avari Towers, Karachi on 15th November 2008. Syed Naeemul Hassan, Chairman CHAEF and Lady Angela Petres also sitting on stage.



Lady Angela Peters with poor patients at Johar Town Lahore Centre and at Pharmacy department.



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**THE FORCE BEHIND ALL THE ACTIVITES OF CHAEF
THE DEDICATED TEAM OF 110 STAFF MEMBERS**



Monthly Seminar and training session for doctors and Para Medical Staff held on various topics with emphasis on mother & child healthcare.

We are pleased to inform that the organisation was established in 2002 and started its operation in 2003. CHAEF started establishing Primary Health, Mother & Child care Centres at suburban areas to save the poor and needy who do not have access to such facilities due to lack of awareness, poverty and ignorance. The patients are provided free consultation and initial diagnosis. Diseases like fever, TB, Malaria, Typhoid, Diarrhoea, High blood pressure, Diabetes and women related diseases are treated and medicines provided totally FREE of cost. Patients suffering from diseases like Cancer, Kidney, Heart, Eye, Hepatitis are referred to specialized hospitals. We are presently catering over 4500 patients daily with the help of 111 health and education activities at all our Primary Healthcare Centres and to date over 1821,361 diseases of patients have been treated and medicated including 46,378 ultrasound tests for MCH totally FREE of cost. CHAEF has also established a primary school, computer training and vocational training centers having 513 students. These services are being provided all over of Pakistan with the help of 110 staff at Karachi, Lahore, Faisalabad, Islamabad.



The team behind CHAEF at Head Office



The Doctors & Teachers of Children Health & Education Foundation at Karachi at a monthly training seminar.



The dedicated staff at Faisalabad.



The dedicated staff of two centers at Lahore.

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FUND RAISING BY IKEBANA INTERNATIONAL PAKISTAN CHAPTER FOR ESTABLISHMENT OF PRIMARY HEALTHCARE CENTRES



Lady Angela Peters, ambassador of CHAEF on Health Awareness presenting a shield of honor to Mrs Nishat Kazmi, President, Ikebana International Pakistan Chapter at the Gala Dinner and Concert.



A view of the participants of Gala Dinner and Concert organised by Ikebana International Pakistan Chapter on 15th November 2008 to raise funds for the Children Health & Education Foundation.

The Layton Rahmatulla Benevolent Trust (LRBT) was Established in 1985. The following pioneer Managers of LRBT are now Associated with Chaef.



Squadron Leader (R) S.S. Qadri being presented a shield of honor by Syed Naem ul Hassan, Chairman, Children Health & Education Foundation.



Mr. Nishat Kazmi, President Ikebana International Karachi chapter presenting a cheque of Rs. 1000,000 to Chairman, Children & Health & Education Foundation being the proceeds of fund raiser held on 15 November 2008.

Squadron Leader (Retd) S. S. Qadri Was associated with LRBT since 1985 as Administrator (Operational Head) till 1996. Now associated with CHAEF as Honorary Advisor,

Mr. S. M. Ayoob First Hon. Secretary. In 1987 joined as General Manager and remained with LRBT till 2005. Now working as General Secretary - Children Health & Education Foundation (CHAEF).

Syed Naemul Hassan Founder Chairman - Children Health & Education Foundation, was initially associated with LRBT upto 1996 and later joined Shaukat Khanum Memorial Cancer Hospital, Karachi as General Manager and later as Secretary to the Board of Shaukat Khanum Memorial Trust, Karachi.

A shield of honour was presented to Squadron Leader (Retd) S. S. Qadri in appreciation and recognition of his efforts, support, dedication and commitment towards humanity and social services rendered for prevention of blindness, support for health and education for poor and destitute people of Pakistan. A special ceremony was held to honour him at EBM sponsored school, primary health, mother and child healthcare and ultrasound centre at Gulistan-e-Jauhar, Karachi.

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OTHER ACTIVITIES OF THE FOUNDATION



Group photo of some students of Govt Primary School at Soomar Goth. All the students of the school were provided uniform by the Children Health Education Foundation.



Ms Erika Wichro representative of WHO, Karachi visited central office for cooperation on Mother & Child Health project seen here with Chairman, General secretary and Medical consultant.



Students of EBM Primary School, Gulistan-e-Jauhar on the occasion of Hand Washing Day on 15th October 2008.



Children Health & Education Foundation participated with Unilever Pakistan to celebrate Hand Washing Day. Photo shows students of a primary school at Goth Mouladad.

We are pleased to inform you that two brothers Mr. Arif Irfanullah and Dr. Asad Irfanullah have very kindly sponsored our center at Qayyumabad Karachi providing seven basic but life supporting services FREE of charge i.e., 1. Primary Healthcare 2. Mother & Child Care 3. Ultrasound services, 4. Blood sample collection services 5. FREE medicines 6. Computer training Centre 7. English language learning Centre Mrs. Irfanullah, the mother of these two kind sons has very kindly donated an Ultrasound machine, whereas CHAEF has provided UPS, Generator and the voltage stabilizer for UPS so that poor women patients waiting for the Ultrasound test may not be inconvenienced due to power breakdown which is very very common in Karachi.

Children Health & Education Foundation are now catering more than 4,500 patients daily at all its Centres and are conducting more than 111 Health and Education activities all over Pakistan.



Mrs Irfanullah mother of Mr Arif Irfanullah and Dr Asad Irfanullah donated an Ultrasound Machine for Mohammad Shafi Primary Healthcare Centre Qayyumabad.

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BRIEF DESCRIPTION OF SOME PATIENTS TREATED AT CHAEF PRIMARY HEALTHCARE CENTRES



Photographs of two of our mobile Primary Healthcare Centres at villages CHAEF is running 12 such mobile centres at various villages around the city, catering to over 400 patients daily.

All our services to the poor and destitute patients are rendered totally FREE with very kind help, support and sponsorship by our valuable donors.

Presently we have the following patrons (sponsors).

1. **Mr. Khawar Masood Butt**, M.D. EBM
2. **Mr. Shaukat Tarin**, Finance advisor to the Prime Minister
3. **Mr. Yousuf Kamal Mirza**, Senior Physician, AKU
4. **Mr. Aijaz Ali Abbasi**, CEO Abbasi Securities (Pvt) Ltd.
5. **Mr. Babar Bashir Nawaz**, CEO. Attock Cement
6. **M/s. Asia Petroleum Pakistan Ltd.**
7. **Mr. Arif Irfanullah**, I.T Executive and **Dr. Asad Irfan ullah** (USA)
8. **Mr. Shuja Zaidi**, G.M. Hilton Makkah Saudi Arabia
9. **Mr. Azmat Tarin**, CEO Saudi Pak Bank
10. **Mr. Mohammad Siddique Dalal**, Dalal Securities (Pvt) Ltd.
11. **Mr. Mian Muhammad Adrees**, CEO Sitara Chemical Industries
12. **Brig.(R) Pervez Bashir Nawaz Khan, SI(M)**

1. Patient Saima aged 25 years having two children aged three and one year complained of having fever and cough (off and on) from the last one year and experiencing extreme weakness. Her chest was congested and had temperature of 101°F. The blood CP and ESR, montoux test for TB and sputum tests were done. She was also asked to get x-ray of chest.

It was diagnosed that Saima was suffering from pulmonary T.B. She was referred to Ojha Institute for T.B. where she was advised to take care of food and regularly take prescribed medicines. After taking 9 months treatment she is now in good condition and is looking after her children.

2. Tahira aged 32 years had pain in abdomen from the last three months and had difficulty to move about She had an IUCD (family planning devise) since last two years.

After thorough examination and later confirmed from X-ray, it was found that IUCD was displaced and causing the pain. She was referred to Jinnah Postgraduate Medical Centre where it was removed and she is now all right.

3. Shamim aged 30 years had pain in abdomen and fever (off and on) weakness and flu like symptoms.

On examination it was found that the patient had ascites and tenderness in right side of abdomen, contraction (scarring) of liver and enlarged spleen. The lab test showed her LFT's deranged which clearly indicated that she was suffering from chronic hepatitis. The patient was referred to Jinnah Postgraduate Medical Centre for treatment.

YOU CAN HELP AND BRING CHANGES IN THE LIFE OF THE POOR PEOPLE RESIDING NEAR MAIN NATIONAL HIGH WAY - KARACHI TO PESHAWAR AND SUKKUR TO GAWADER.

We are pleased to inform you that CHAEF has established Primary Health, Mother & Child care Centers at suburban areas to save the poor and needy who do not have access to such facilities due to lack of awareness, poverty and ignorance. The patients are provided free consultation and initial diagnosis. Diseases like fever, TB, Malaria, Typhoid, Diarrhoea, High blood pressure, diabetes and women related diseases are treated and medicines provided totally FREE of cost. Patients suffering from diseases like Cancer, Kidney, Heart, Eye, and Hepatitis are referred to specialized hospitals. We are presently catering over 4500 patients daily with the help of 111 health and education activities at all our primary healthcare centers and to date over 1821,361 diseases of patients have been treated and medicated including 46,378 ultrasound tests for MCH totally FREE of cost. CHAEF has also established a primary school, computer training and vocational training centers having 513 students.

It is painful but very true that in Pakistan the poor and destitute patients are mostly Women. This we came to know when we started conducting outpatients at all our primary health care centers with lady doctors followed by Ultra sound and lady consultant who specializes in Gynecological and women related diseases. It seems that every women patient having a disease is related either to Gynecology and Obstetrics, family planning, or hormone imbalance. These services contribute to reduction in infant and maternal morbidity / mortality leading to improvement in general health and reduction in fertility. We wish to set up Mother & Child Healthcare facilities to achieve the following objectives:

- Reduce causes of Child deaths.
- Prevent Mother & Child against tetanus and nutritional deficiencies.
- Reduce maternal deaths.
- Provide pre pregnancy and post delivery care to mother and child.
- Provide vitamin supplement to anemic patients.
- Educate and counsel on family planning and Child spacing.

The proposal is to build prefabricated Primary Healthcare Centers all over Pakistan on Main Highways at a distance of 50 Kilometers at suitable locations to serve the poor population of the area. The primary healthcare centre will provide basic healthcare facilities along with Ultrasound, Mother & Child Health Care, Blood sample collection and Medicines totally FREE of cost. The size of the centre will be 20'x30' and will have a Doctors room, Ultrasound room, Treatment room, Pharmacy and waiting area.

The establishment cost and operational expenses are detailed below:

A. Cost of construction & establishment of primary healthcare centre	Rs. 2,000,000
B. Operational expenses @Rs. 125000 per month for one year	Rs. 1,500,000
Total donation for establishment & operational expenses for one year	Rs. 3,500,000

We shall be pleased to reply to all your queries, if you kindly call us.

REQUEST FOR YOUR KIND SUPPORT

We have observed that a large number of poor and needy patients living in slum areas of cities and villages in extremely unhealthy conditions have neither money nor access to any medical facility. These people suffer from minor ailments and availability of primary healthcare facility will save their lives. Request your kind support for immediate relief under present facilities

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|--|----------------------|
| 1. Cost of treatment of ten Patients for a day
(You can sponsor as many as you wish) | Rs. 1,000 |
| 2. Cost of treatment of MCH Patients
(Total period of pregnancy) | Rs. 10,000 |
| 3. Share for sponsoring one month expenses of one Primary,
Mother & Child Healthcare Centre average 3000 patients | Rs. 100,000 |
| 4. Sharing the pool with any size of donation to establish one
Primary Healthcare centre with facilities of MCH and Ultrasound
with one-year operational expenses, in rented premises. | Rs. 2,000,000 |

Please deposit your Zakat / Donations in our online Accounts

1. MCB account # 1443-0101-001039-0, Zamzama Boulevard Branch Karachi.
2. HBL account # 012-572-85, Zamzama Boulevard Branch Karachi.
3. UBL account # 0182-0101957-2, Gizri Branch, Grace Centre, D.H.A. Karachi.

or send directly to

CHILDREN HEALTH & EDUCATION FOUNDATION®

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