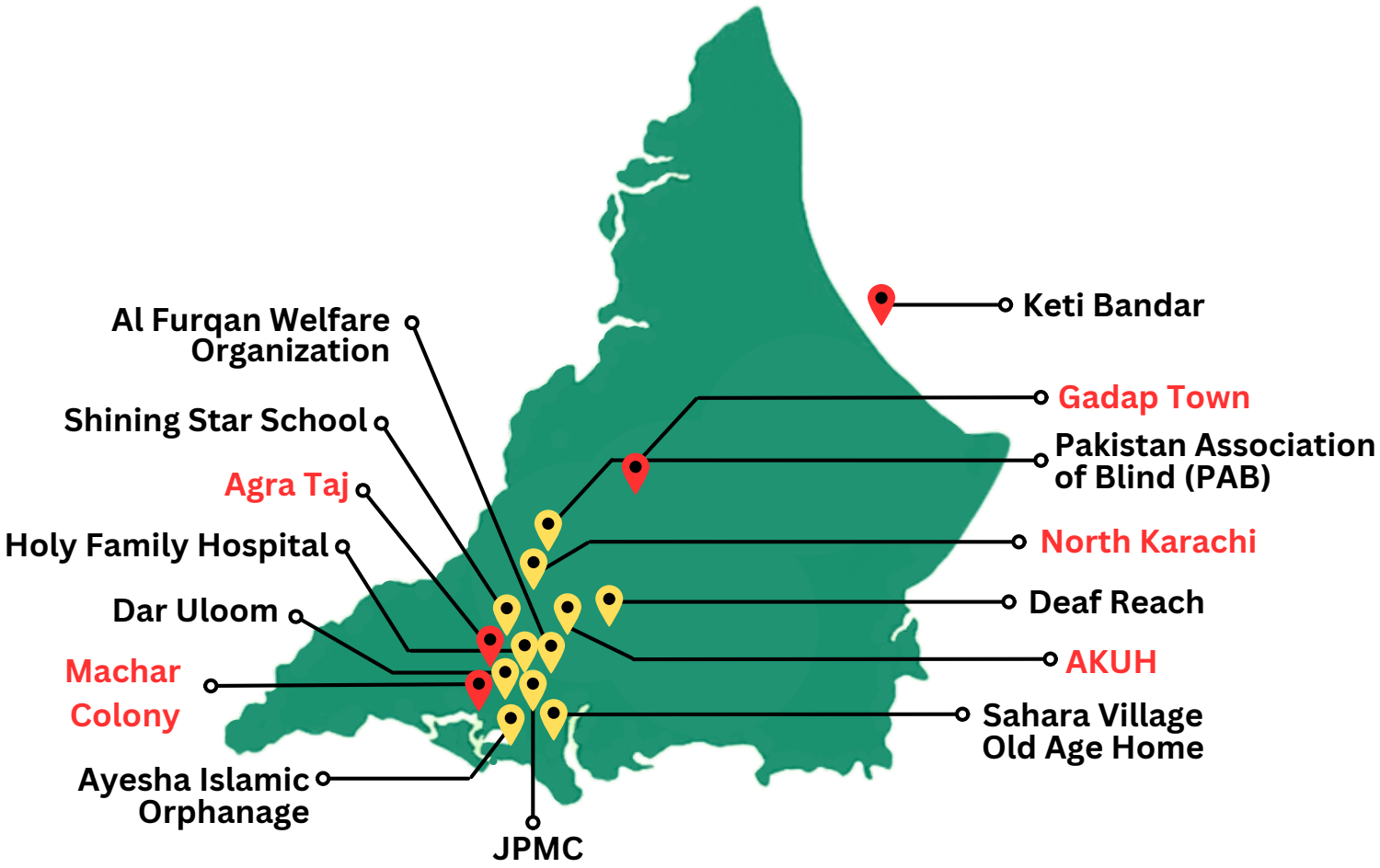
ANNUAL REPORT
Volume 3



HUMANITY INITIATIVE 2024

IN 2024

WE HAVE OPERATED ACROSS 15 LOCATIONS



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MISSION STATEMENT

Humanity Initiative is a not-for-profit, non-governmental organization that aims to increase health literacy and provide medical (or otherwise) assistance to underserved communities in Pakistan by organizing educational and medical camps.



Our vision is a Pakistan where healthcare professionals actively volunteer their time and expertise to uplift the health standards of communities, fostering a stronger and healthier nation.

TIMELINE

A timeline of all the medical camps conducted in 2024:

18 Feb

North Karachi

100 Patients



31 March

Agra Taj

150 Patients



26 May

Machar Colony

180 Patients



30 Nov

Shining Star

150 patients





25 Feb

Machar Colony

100 Patients



28 April

North Karachi

140 Patients



28 July

Keti Bandar

200 patients

STUDENT-LED CLINICS



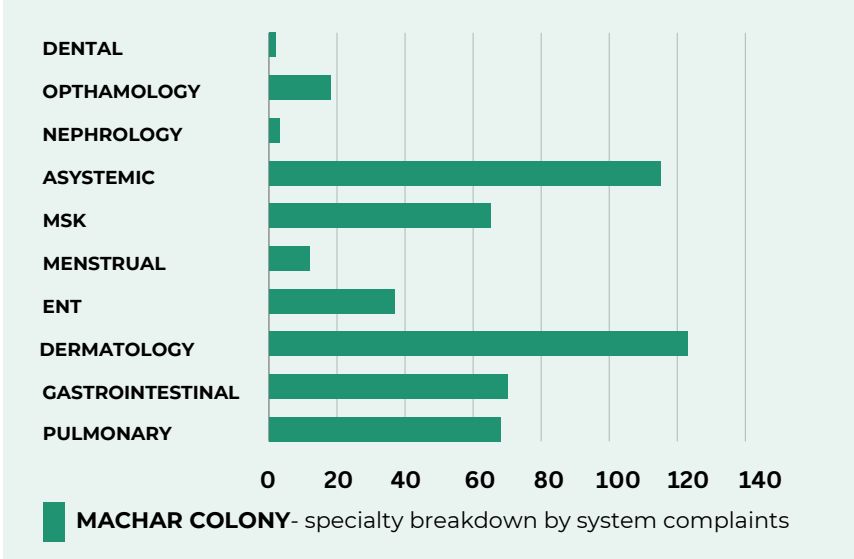
Every month Humanity Initiative conducts Student-Led Clinics (SLCs), where our dynamic team of medical students and doctors provides counseling and essential health services across a variety of specialities. Our SLCs primarily operate at **Machar Colony**, Karachi's largest urban slum, **Agra Taj** in Lyari Town, and at **North Karachi**. Apart from a general checkup, our doctors prescribe medications and provide hospital referrals for patients with serious medical conditions. In 2025, Humanity Initiative has been able to cater to 408 children and 612 adults with a population comorbidity burden of **8% for diabetes** and **13% for hypertension.**

1000+
patients managed

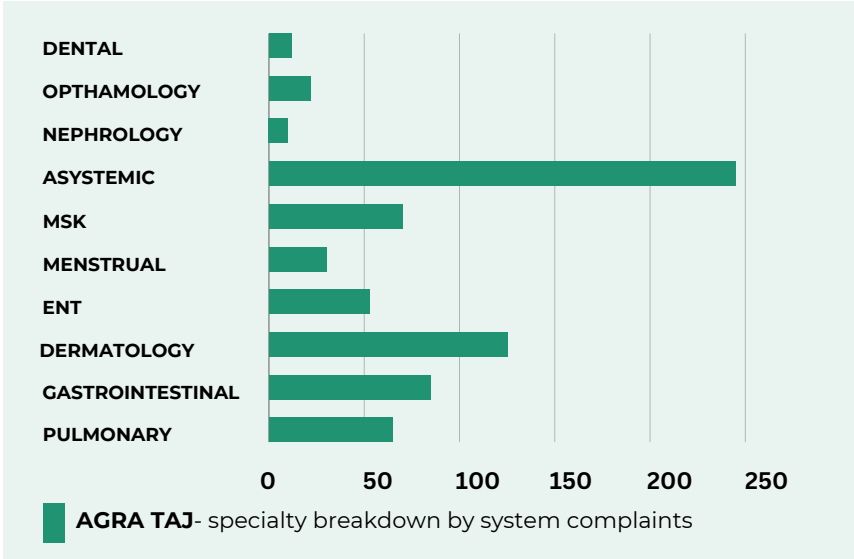
300,000
used to finance SLCs

600
medications provided

7
SLCs conducted



MACHAR COLONY- specialty breakdown by system complaints



AGRA TAJ- specialty breakdown by system complaints

The most common presentations amongst these patients have been acute gastroenteritis, scabies, typhoid, fevers, headaches, dengue, anemia, eye infections, muscle and joint pain, and gynecological issues like Candidiasis. Some of the medications prescribed to patients include NSAIDs, GI medications, topical creams, anti-allergies, eye and ear drops, supplements, and medicines for chronic diseases. Our team provides tailored counseling and management for these specific conditions, all the while handling patients with co-morbidities ranging from septal defects and cyanosis to celiac disease and hepatitis. We are thankful to our partners, The Saviour Welfare Foundation, The Vision Trust, and Pink Detect, for their continued assistance in conducting these Student-led Clinics.



PINK DETECT



Agra Taj Colony, Lyari

General checkups

Gynecological checkups

Breast and Cervical Cancer Screenings

Medications

Referrals

11th Aug 2024 – The Humanity Initiative, in collaboration with Pink Detect, conducted a Gynaecology Camp at Agra Taj, providing over 50 patients with gynecological and general check-ups, free medications, and referrals. A hypertensive emergency was successfully managed on-site. Women received complimentary breast and cervical cancer screenings, along with awareness sessions on menstrual hygiene and breast self-examinations. Supported by The Rodden Berry Foundation, the camp reached 100 women, fostering education and healthcare accessibility.







21st July 2024 – The Humanity Initiative, with doctors from AKUH and JSMU, conducted a breast cancer awareness and health screening camp for over 75 women. The camp provided breast exams, cervical pap smears, and self-exam guidance from HI's education department. Each patient received a Medical Record Card, ensuring continued care and awareness.

BINAE and Lyari schools

100+
women attended

30th Oct 2024 – The Humanity Initiative, in collaboration with Pink Detect, conducted breast cancer awareness camps at BINAE and Lyari schools. Led by Dr. Syeda Alishah Fatima Rizvi and Dr. Lubna Vohra, the sessions included education, screenings, and inspiring stories from three brave breast cancer survivors. Each survivor was honored with a token of appreciation for their resilience. Over 100 women attended, and referrals were provided for abnormal findings.



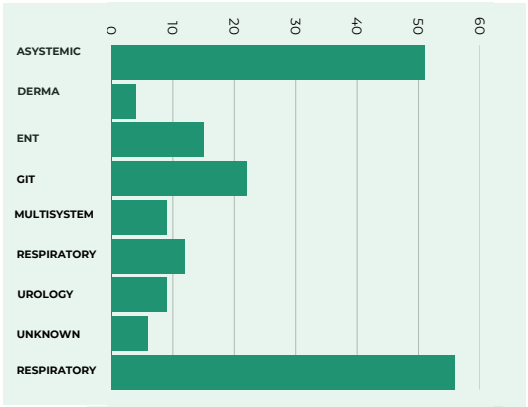
VISION TRUST



HI organized a 2-day health screening and educational camp at the Deaf Reach School on April 20-21st, 2024 in collaboration with Vision Trust. We catered to 200+ patients which consisted of student, staff and family members all belonging to deaf community. Essential eyesight screening and treatment to all patients was provided.

187
students screened

47
referrals given



CHILDREN - specialty breakdown by system complaints

MSK	**9**
Respiratory	**9**
DERMATOLOGY CLINIC	**4**
ENT/EYE	**15**
GIT	**22**

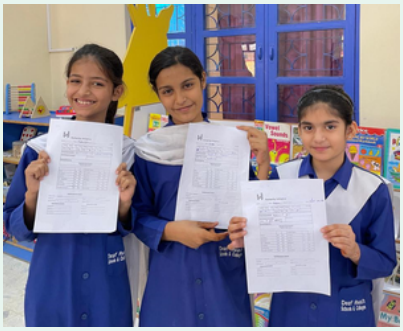
TABLE - number of referrals given















HI organized a health screening camp at the not-for-profit Shining Star Charity Run School on Nov 30, 2024 in collaboration with Vision Trust to screen 150 students (KG to Grade 2) for common pediatric health issues. The screening focused on identifying malnutrition and addressing common health concerns such as allergies and poor dental hygiene.





HI organized a health assessment camp at Gadap Town on September 8, 2024 in collaboration with Vision Trust to screen over 250 patients. We simultaneously conducted visual tests and provided necessary visual aides to the pupils. To promote healthy behaviors, an educational camp was also conducted, where medical students used engaging presentations to shed light on the importance of caring for their eyesight





SINDH OPEN FIRST AID DESK



Humanity Initiative set up a **First Aid Desk** at the **Sindh Open Swimming Championship** in November, ensuring medical support throughout the two-day event. Our **trained BLS instructors**, equipped with essential first aid supplies, were prepared to respond to any emergencies. Fortunately, **no major incidents occurred**, though we assisted children with minor injuries. This initiative provided a **valuable hands-on experience** for our team, transitioning from BLS training sessions to **real-time preparedness**.

PAKISTAN ASSOCIATION OF THE BLIND

Humanity Initiative organized a medical screening and health education camp at the **Pakistan Association of the Blind (PAB)**, providing essential healthcare services to over **40 visually impaired children aged 12-18**. The camp aimed to **assess their health status, screen for hidden ailments, and ensure early intervention** for those in need. During the screenings, our team identified several **urgent cases**, which were promptly referred to hospitals for further evaluation and treatment. Alongside **medical checkups**, we emphasized **health and hygiene education**, empowering the children with knowledge about their well-being. But beyond healthcare, the day was about **compassion and connection**. Our volunteers welcomed the children with warmth, ensuring they felt heard and valued. To make the experience even more special, small treats and activities were arranged, filling the space with laughter and joy.

This camp was a testament to **HI's commitment** to i**nclusivity and accessible healthcare**. By reaching out to underserved communities, we continue our mission of **bridging healthcare gaps** and making a meaningful difference in the lives of those who need it most.









BRAILLE BOOKS AND EDUCATION CAMP

The Humanity Initiative visited PAB School, donating **24 Braille books** to their library, including six different stories in both Urdu and English (four copies each), along with an **audiobook drive**. These books were created in collaboration with **Boltay Huroof**, Pakistan's first tech startup providing accessible Braille.

Books Donated:

- *Zainab Ko Mili Maano Billi*
- *Lalach Ki Saza*
- *Khud Aitemad*
- *The Little Red Hen*
- *The Magic Shop*
- *Picturesque Pakistan*

Alongside the book donation, we conducted an **educational camp** for **30 children**, focusing on:

Health & Hygiene

General Wellbeing

Avoiding Bad Habits



EXPANSION TO DUHS



Humanity Initiative is excited to announce its expansion to Dow University of Health Sciences. Our team has already made a tangible **impact** by conducting three successful medical camps in **Machar Colony**. This new partnership with DUHS strengthens our connection with the academic and medical **communities** and expands our capacity to deliver **essential healthcare services** to those who need them most. With a shared commitment to **community well-being**, we look forward to furthering our mission of providing accessible and quality care.

FUNDRAISER STALLS



25K
profit from hot chocolate

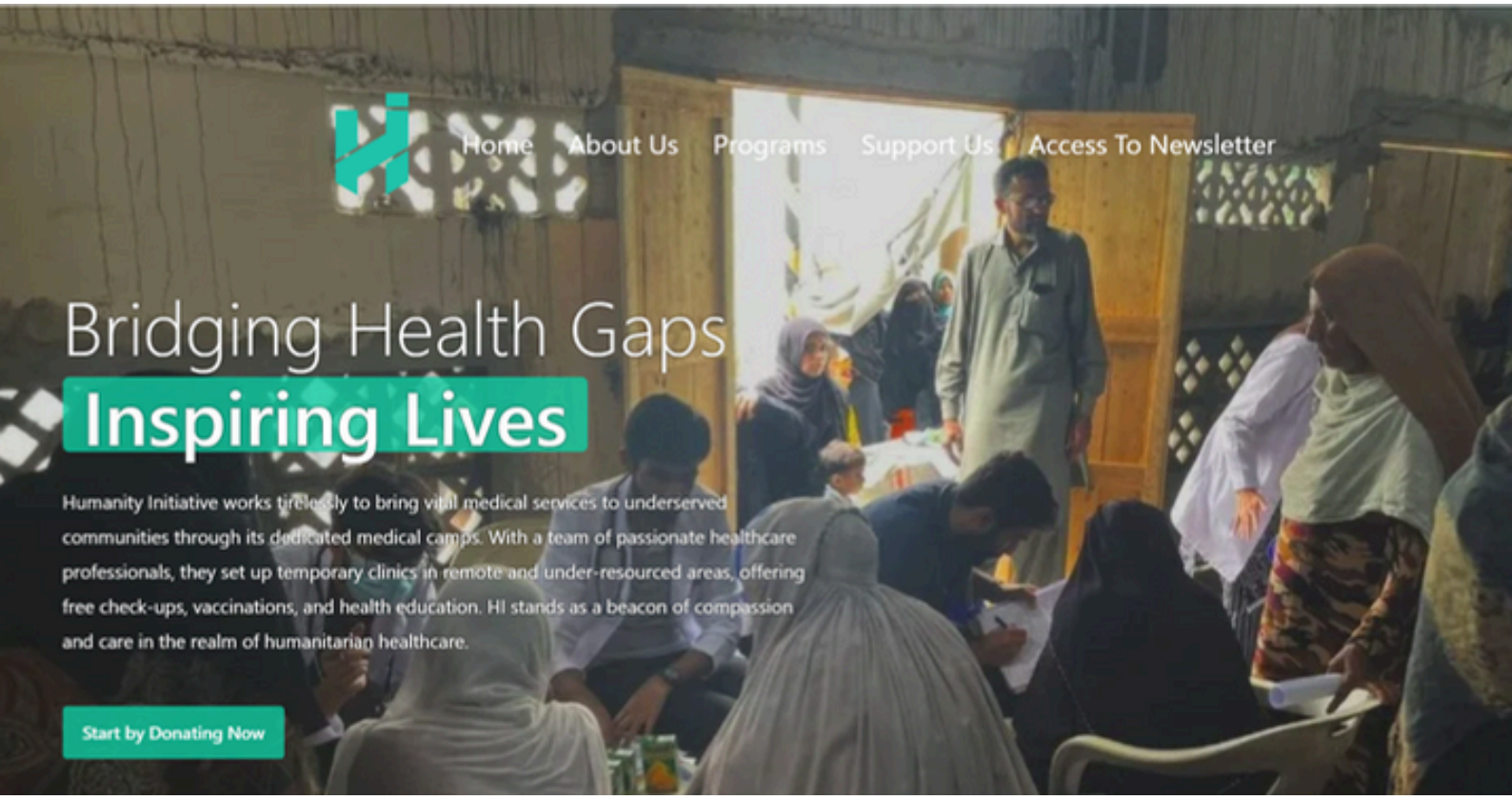


16K
profit from snow cones

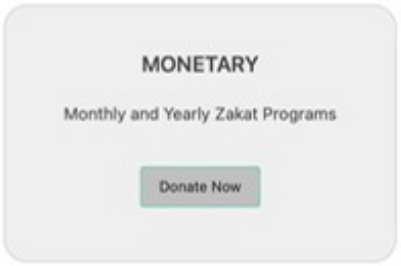
The Student Lounge buzzed with excitement as students lined up for **Humanity Initiative's (HI) fundraiser**, indulging in steaming **hot chocolate** and refreshing **snow cones**. Laughter, chatter, and the clinking of cups filled the air as friends gathered to enjoy their treats. With **PKR 25,000** raised from hot chocolate and **PKR 16,370** from snow cones, the event was a fantastic success. More than just a tasty break, every purchase helped support HI's mission, turning sweet moments into meaningful impact. Thank you to everyone who made it happen!

HI WEBSITE

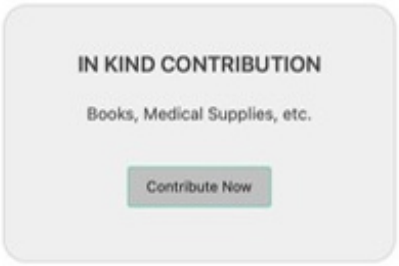
humanityinitiativepk.org



Humanity Initiative's Digital Hub: Connecting Hearts & Communities







Our **website**, launched on March 6, 2024, offers updates on our projects, events, and opportunities to **volunteer** or **donate**. Since its launch, it has helped us connect with **over 100 volunteers** and facilitated **20+ donations** through our portal, with **over 3,000 site visits. Learn more** about our work with underprivileged communities and how you can get involved.

Explore Our Impact

Stay Informed & Get Involved

Donations and Collaborations

HI WINTER DRIVE

Humanity Initiative's second **Winter Drive** brought a refreshing spirit of giving to our community this season. Throughout the month-long drive, generous contributions from supporters enabled our team to collect, sort, and carefully pack a variety of winter clothing items.

100+
clothes donated

Through the Mohsin Abro office at Aga Khan University, **over 100** essential pieces were distributed to more than **25 families**, ensuring they stayed warm during the colder months. This event showed our **commitment** to serving underprivileged communities by providing practical support and fostering a sense of **solidarity**. By extending our efforts to deliver warmth both physically and emotionally, we continue to **empower** those in need with care and compassion.







SAHARA VILLAGE IFTAR



On April 5th, Humanity Initiative gathered with the elderly residents of Sahara Village in Clifton for a heartwarming iftar event. The day was filled with engaging activities—from applying henna to enjoying board games—that fostered genuine connections and lively conversations. Students contributed by bringing iftaari treats and biryani, much to the delight of everyone present. More than just sharing a meal, the event provided a meaningful opportunity to learn from the residents' experiences and wisdom, reinforcing the value of cherishing our elders and building lasting bonds within the community.

HI INTERNSHIP 2024

Creating Community Warriors!

Humanity Initiative worked tirelessly during their annual Internship program from **September 9th** to **September 22nd** with the theme "**Breaking Barriers, Building Health**" where they invited High School students from all across Pakistan. Humanity Initiative helped them in developing volunteer and workshop experience through **First Response Workshops** and **insightful sessions.**









55
interns

11
online sessions

6
partnered programs

HI's First Response Workshop













On **September 13th and 14th 2024**, **SPIE Community Wing**, in collaboration with **Humanity Initiative**, successfully conducted a first Responce Workshop at **CIME** for the high school interns. Participants received hands on training in essential skills like **CPR**, **Bleeding control, fracture management, C spine stabilization** and others. Their dedication marked a crucial step towards becoming a future lifesaver, ready to make a real impact in emergency situations.

SOS Village



As part of its annual internship program, Humanity Initiative engaged **45 high school interns** in a meaningful outreach effort, catering to **80 orphaned children**. The interns conducted interactive **educational sessions** on common infectious diseases in Karachi, such as malaria, typhoid, and dengue, along with **essential health and hygiene practices** like proper handwashing.

Through engaging activities and discussions, the initiative empowered these children with lifesaving knowledge, reinforcing the importance of preventive healthcare and personal well-being.



Water Scars Documentary Screening

Humanity Initiative in **collaboration with SOCCH** presented the screening of "**Water Scars**", a powerful documentary by **Aisha Tahir**. This documentary dived into the hearts of the Indus Basin, exploring the devestating floods of the Lower Sindh and the impact of mega-drainage infrastructure on the local communities

Kitab Ghar: "A Vision for Impact"

In a speaker session on **16th September**, Humanity Initiative and Kitab Ghar highlighted the need for **safe spaces for women**, while also addressing the loss of cultural heritage in Pakistan. The discussion included the destruction of a historic Balochi library, home to centuries of poetry and literature, to make way for a new library. The session emphasized the **importance of preserving marginalized histories** and creating **inclusive environments** where people can study, create, and engage with literature freely.



Deaf Reach "Breaking Barriers"

On **september 19th**, in a powerful speaker session, Deaf Reach introduced its mission to transform education for the deaf through **innovative teaching, vocational training, and advocacy**. The discussion highlighted their impact in making education more accessible and inclusive, proving that language should never be a barrier to learning and opportunity.



Online Sessions "Online, engaged, empowered"

Humanity Initiative held **virtual sessions** with high school students across Pakistan, sparking discussions on **community welfare.** Students explored ways to make a real impact and become active change makers in their communities. With **insightful discussions** and **inspiring ideas**, the sessions proved that the next generation is ready to shape a better future —one initiative at a time.

EDUCATIONAL CAMPS



Over the past year, Humanity Initiative has organized numerous educational camps and training sessions aimed at empowering individuals and fostering community growth. We are proud to present the outcomes of these efforts, showcasing the impact of our programs and the positive changes they have brought about.

DocuDrame series X JPMC

100+
audience

On April 3rd, Humanity Initiative (HI) and JPMC launched a powerful docudrama series, aimed at introducing JPMC's blood bank services and educating the public on maternity bag preparation. The event also served to spread awareness about important topics in obstetrics and gynecology, highlighting critical aspects of women's health.







Ayesha Islamic Orphanage

40+
girls counseled

On April 6th, HI conducted an informative talk at Ayesha Islamiyah Orphanage, where we engaged children aged 2 to 20 in discussions on health, menstrual hygiene, nutrition, and infectious diseases. The session was interactive, featuring a quiz to reinforce learning and encourage participation.

Al Furqan Welfare Organisation Camp

On April 18th, Humanity Initiative hosted an enriching camp at Al Furqan Welfare Organization, focusing on mental health, the cultivation of good qualities, and health education. The session aimed to promote overall well-being, providing attendees with valuable insights into managing mental health, fostering positive traits, and learning about essential health practices. It was a fulfilling experience that encouraged personal growth and a deeper understanding of holistic health.

150+
children counseled



DAR UL ULOOM MENSTRUAL HEALTH CAMP

HI held its first transformative education camp at Dar Uloom orphanage, which focused on general hygiene, menstrual health and mental health. Female students of different age groups gained essential skills and knowledge with these sessions. Our dedicated volunteers led engaging activities and practical demonstrations for better understanding of the topics, concluding the camp leaving gifts for students filled with love and a profound impact on their lives.







DAR UL ULOOM SCREENING CAMP

Humanity Initiative had the privilege of conducting a screening camp at Dar-ul-Uloom, providing essential medical care and health screenings to 90 patients, including young girls and older women. Our team prioritized early disease detection and overall well-being, ensuring that each individual received guidance and support to lead a healthier life. This experience reinforced our dedication to creating lasting change through accessible healthcare





HOLY FAMILY HOSPITAL PICNIC

On January 13, HI hosted a heartwarming picnic at Holy Family Hospital that transcended age boundaries. Volunteers and elderly residents gathered to enjoy a delightful breakfast featuring an assortment of homemade treats. Beyond sharing a meal, engaging conversations unfolded—revealing a rich tapestry of life experiences and the wisdom of the elderly. Laughter filled the air as new connections were forged, paving the way for continued intergenerational engagement and community support





AL FURQAN WELFARE SCHOOL

In August, the Humanity Initiative team organized an education camp at Al Furqan Welfare School, focusing on essential topics such as consent, bodily autonomy, and the importance of physical and mental well-being. Engaging with students from Grades 5 to 10, our team facilitated interactive sessions, chant-alongs, and an open Q&A, creating a safe space for meaningful discussions. By addressing these often-overlooked subjects early, we aim to break societal taboos and empower young minds to take charge of their health and well-being.





FOCUS GROUP DISCUSSIONS

Assess health conditions, identify common complaints, and evaluate progress while integrating new interventions. This initiative spans multiple locations, including North Karachi, Keti Bandar, Agra Taj, Machar Colony, and Gadap Town, ensuring a broad reach to address community health needs effectively.







DOSAGE GUIDELINES & COMMON DISEASE MANAGEMENT

Antibiotic	Dose	Route
Amoxicillin/clavulanic acid	15 mg/kg every 12 hours	PO
Ceftazidime	75 to 100 mg/kg every 12 hours	IM
Cephalexin	20 mg/kg every 12 hours	PO
Doxycycline	3 to 4 mg/kg every 12 hours	PO

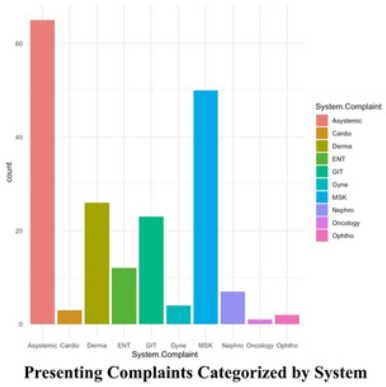
	Dosage
Serotonin 5-HT$_3$ Antagonists	
Ondansetron	Doses vary: 4–8 mg twice daily for postoperative nausea and vomiting 8 mg twice daily for moderately or highly emetogenic chemotherapy
Granisetron	1 mg once daily 1–2 mg once daily
Dolasetron	12.5 mg postoperatively 100 mg once daily
Palonosetron	0.25 mg once as a single dose 30 min before start of chemotherapy 0.5 mg once as single dose

Tables of common drug dosage regimens and recommendations

We developed **standardized dosage** and **treatment protocols** over the past year, ensuring accurate prescriptions and **optimal patient care.** By tailoring treatments to available resources, we minimized errors, **improved efficiency**, and **enhanced patient safety.** These guidelines are essential in community health camps, ensuring **consistent care,** and **better health outcomes.** The adoption of these dosing guidelines and diagnostic algorithms by other organizations conducting medical camps will amplify their impact, ensuring broader reach and effectiveness.

FORMS DIGITIZATION AND DATA ANALYSIS

Digital forms were successfully implemented, enabling efficient data extraction and analysis to assess demographic variables and presenting complaints. This systematic approach provided valuable insights into the population's characteristics, highlighting prevalent health concerns and guiding targeted interventions for improved community healthcare.



NORTH KARACHI - specialty breakdown by system complaints

RESEARCH

Humanity Initiative (HI) has published two papers regarding its operations:

1. Field Report: Providing Health Care in Humanitarian Crises documents HI's response to the 2022 Sindh floods. Through 15 medical camps, HI served 15,000 displaced individuals, providing essential healthcare and disease prevention. The report highlights adaptability, community involvement, and sustainable health goals in disaster relief.

2. Case Study: HI's study on student-led clinics (SLCs) in Karachi showcases their role in early disease detection and affordable care. A 12-year-old girl with complex congenital heart disease was diagnosed through an SLC, emphasizing their impact on underserved communities. The study calls for improved follow-up, better patient communication, and sustainable funding.




HOLY FAMILY HOSPITAL
KARACHI


VISION TRUST


RODDENBERRY
FOUNDATION


BINAE
EDUCATION FOUNDATION


Deaf Reach
Schools | Training Centers | Colleges


بولیتے
حروف


SPIE


DOW UNIVERSITY OF HEALTH SCIENCES
D.U.H.S


EDUCATION IS OUR RIGHT
AL-FURQAN WELFARE ORGANIZATION


خواجہ سراء سوسائٹی
Khawaja Sira Society (KSS)


AGA KHAN UNIVERSITY MEDICAL STUDENTS ORGANIZATION FOR PATIENTS WELFARE


عائشہ اسلامک اکیڈمی


By The People For the People
کتاب گھر
لاہور
عوامی جدوجہد عوام کے لئے


JINNAH POST GRADUATE MEDICAL CENTRE
JPGMC

Thank you,

to our donors and partners whose generous contributions are the lifeblood of our organization, allowing us to continue providing vital medical services to underserved communities in Pakistan.

Our successful outreach programs, medical & educational camps, would not have been possible without your belief in our mission and your willingness to invest in the health of our people.

We encourage you to share this newsletter with your friends and family, helping us spread awareness about the critical work we do and inspire even more support

Once again, from the bottom of our hearts, thank you for your generosity. Your compassion and dedication fuel our commitment to making a difference in the lives of those in need.

With sincere appreciation,

Bilal Lodhi & Arshia Jahangir
Presidents

