



**TRUST FOR
MALNUTRITION &
STUNTED
GROWTH**

ANNUAL REPORT 2025



Trust For Malnutrition And Stunted Growth



**ROTARY CLUB OF ST.CATHARINES
SOUTH, CANADA,
FLAGSHIP PROJECT**

**Trust For Malnutrition
And Stunted Growth**

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Our Partners



Mian Fazal Rehman Hospital

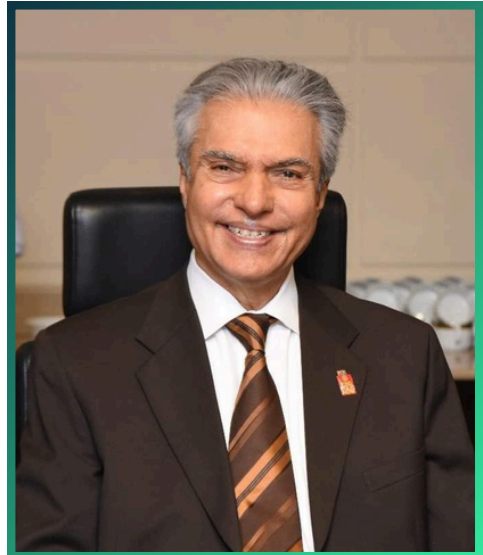


JOBS Group
Creating Opportunities



CHAIRMAN'S MESSAGE

Childhood malnutrition is the fundamental crisis from which many societal challenges emerge. When nutrition fails, health, education, and economic stability inevitably collapse. Malnutrition does more than stunt physical growth; it erodes the cognitive potential of an entire generation and weakens the future of our nation. Since 2018, the Trust for Malnutrition & Stunted Growth has operated on the conviction that this crisis is entirely solvable when treatment is made accessible to those in need.



In 2025, TMSG advanced a model built upon three core principles. First, we provide effective treatment for children suffering from severe and moderate acute malnutrition through proven therapeutic care, centered on Ready-to-Use Therapeutic Food and essential micronutrients. Second, we prioritize systemic healthcare where partner clinics provide professional screening, parental counseling, and rigorous follow-up monitoring rather than temporary aid. Finally, we maintain absolute accountability and trust by treating every contribution as a sacred responsibility, ensuring that documentation and measurable outcomes remain the foundation of our credibility.

The progress achieved this year is a testament to the strengthening of our partnerships. Organizations, hospitals, and volunteers are increasingly aligned in the belief that no child should suffer from a treatable condition. Malnutrition is not an inevitable destiny; it is a challenge that can be overcome through deliberate action. If we seek a stronger Pakistan, we must prioritize the nutritional health of our children. I am deeply grateful to our field teams, Rotary partners, and supporters for refusing to look away and choosing to replace neglect with impact.

Aziz Memon Chairman (Since 2018)
Trust for Malnutrition & Stunted Growth

CO FOUNDER MESSAGE

Childhood malnutrition remains the most significant barrier to education and national development. A child suffering from hunger or stunting cannot focus, compete, or reach their full cognitive potential. In 2025, the Trust for Malnutrition & Stunted Growth (TMSG) continued to address this crisis by strengthening the foundations of public health.

What began as a collaborative flagship project between the Rotary Clubs of St. Catharines South and Karachi has evolved into a sophisticated, data-driven movement.

Our clinical network across Pakistan now provides structured screenings for children under five to identify and treat Severe and Moderate Acute Malnutrition.

By providing Ready-to-Use Therapeutic Food (RUTF), essential micronutrients, and UNIMMAP supplements for anemic mothers, we ensure a comprehensive 12 week recovery protocol supported by parental education.

The past year was defined by systemic transformation. We have empowered local clinics to move beyond verbal reassurance toward confident, clinical treatment.

Our sustainable model now prioritizes local procurement efficiency, direct supply chains, and absolute financial transparency. We view every contribution not merely as a donation, but as a critical investment in a child's recovery.

We are building a robust ecosystem where prevention and treatment intersect. This progress is made possible by the dedication of our Rotary partners, board members, volunteers, and donors across Pakistan and Canada. While our mission is far from complete, the momentum we have built is undeniable. We remain committed to our goal: ensuring that no child in Pakistan suffers from preventable malnutrition.

Najeeb Syed

Co-Founder

Trust for Malnutrition & Stunted Growth (TMSG)



VICE CHAIRMAN'S MESSAGE

Every time we save a child, we are reminded of two primary truths: first, that recovery is entirely possible, and second, that many more children are still waiting for help. Currently, the Trust for Malnutrition & Stunted Growth operates in 32 cities across Pakistan. In these locations, our clinics apply a structured, science-based protocol for screening and treating both severe and moderate acute malnutrition. By utilizing proper therapeutic nutrition, disciplined follow up, and parental guidance, we are achieving recovery rates close to 95 percent.



This success proves that malnutrition is not an unsolvable mystery but a manageable medical condition when treated correctly.

Despite these achievements, our reach remains limited by available resources.

While we provide treatment in dozens of cities, there are many districts beyond our current footprint where children continue to suffer simply because structured treatment has not yet reached them. Our model is both sustainable and replicable, utilizing standardized screening protocols, locally procured Ready to Use Therapeutic Food, and micronutrient support for both children and mothers. This is not merely emergency relief; it is a scalable healthcare framework that includes clinic level accountability and integrated community awareness.

With predictable funding, this high success model can expand from 32 cities to nationwide coverage. The necessary infrastructure, expertise, and field experience are already in place, meaning the speed of our expansion is determined solely by the resources available to us. We no longer need to ask if this can be done because we have already proven that it can. Our focus now is how quickly we can reach the next child before it is too late. I remain confident that with collective commitment and sustained financial support, we can extend this science backed impact across the entire country.

Ajaz Saya
Senior Vice Chairman
Trust for Malnutrition & Stunted Growth (TMSG)



OUR MISSION

To eradicate malnutrition and stunted growth in Pakistan by providing nutritional interventions, healthcare support, and community education to ensure a healthier future for children and mothers.

OUR VISION

A malnutrition-free Pakistan, where every child receives the nutrition needed for healthy growth, cognitive development, and a prosperous future.

MALNUTRITION IN PAKISTAN



Child nutrition statistics are alarming: nearly 44% of children under five are stunted, over 30% are underweight, and 15.1% experience wasting, especially in rural areas. Micronutrient deficiencies are widespread, with over half of young children and women anemic, and 39% of children lacking enough zinc. Exclusive breastfeeding is low at 38%. In Pakistan, nearly 10 million children are stunted, many are deficient in vitamin A, zinc, and vitamin D, and about 80% do not receive adequate nutrition for healthy development.

Pakistan is facing a deep and troubling malnutrition crisis that continues to slow its social and economic progress. This is especially painful because, despite being rich in agricultural resources and food production potential, the country still struggles to feed its most vulnerable population adequately. Yet millions of children and women do not get the nutrition they need to grow, learn, and live healthy lives. Poverty, food insecurity, limited access to quality healthcare, and widespread misinformation about nutrition all contribute to this ongoing struggle.



The consequences go far beyond physical health. Malnutrition causes irreversible damage to brain development, leading to learning difficulties and poor educational outcomes. It reduces future productivity, weakens immunity, increases vulnerability to infections, and even lowers the effectiveness of vaccines. Addressing malnutrition is not just a health priority-it is essential for securing Pakistan's future.

GAPS IN THE CURRENT SYSTEM

Despite ongoing efforts, Pakistan's nutrition response still suffer from serious gaps. Fragile infrastructure, limited funding, and a shortage of trained staff restrict the reach and quality of public health services, particularly in rural areas and low-income urban communities. Many frontline workers lack the skills needed to identify and manage malnutrition early, allowing cases to worsen before help is provided.

At the household level, low awareness and widespread misconceptions about nutrition delay care-seeking. Malnutrition is often normalized, and stigma prevents families from accessing available support. At the system level, nutrition programs frequently operate in isolation, disconnected from broader health services, while prevention receives far less attention and investment than treatment. Weak data systems and poor referral pathways further limit early detection and targeted action, resulting in late diagnoses, inconsistent care, and high rates of relapse.



Need for Community-Centered, Nutrition-Focused Interventions



Addressing malnutrition in Pakistan requires community-based approaches that reflect local realities and build trust. Effective outpatient treatment with ready-to-use therapeutic food (RUTF), supported by regular follow-up, maternal counseling, and trained local health workers, is essential for recovery. However, lasting impact depends on empowering caregivers with practical knowledge-promoting breastfeeding, preparing nutritious meals within limited budgets, and recognizing early signs of malnutrition.

Strong community engagement plays a key role. Education, hygiene promotion, and the involvement of trusted local leaders can challenge harmful norms, reduce stigma, and encourage timely care-seeking. At the system level, nutrition services must be integrated with broader healthcare and WASH interventions to break the cycle of infection and undernutrition. A community-centered model ensures solutions are accessible, culturally appropriate, and locally owned, making progress both effective and sustainable.



INTERVENTION FOR MALNUTRITION READY TO USE THERAPEUTIC FOOD

Ready-to-Use Therapeutic Food (RUTF) is a high-energy, micronutrient-enhanced, lipid-based paste designed for the treatment of Severe Acute Malnutrition (SAM) in children aged 6 to 59 months. RUTF is typically made from a combination of milk powder, peanut paste, vegetable oil, sugar, and a vitamin/mineral premix.



CLINICAL BENEFITS AND IMPACT

- **Clinical Success:** RUTF maintains a 90% success rate in treating severe wasting, allowing for effective recovery within the home environment.
- **Rapid Growth:** Over 85% of pediatric patients achieve significant weight gain within an eight-week treatment period.
- **Holistic Development:** The specialized formula supports neurological health, improving motor, social, and language skills.
- **Nutritional Density:** Each serving provides a concentrated blend of peanut paste, vitamins, and minerals essential for recovery.
- **Infection Control:** The waterless preparation eliminates risks of contamination and waterborne diseases during feeding.

TMSG's Efforts Against Child Malnutrition



Since 2018, TMSG has significantly impacted child malnutrition in Pakistan by:



Impact Milestone

Treating over 78,000 children with Severe Acute Malnutrition (SAM).



Maternal Wellness:

Supporting over 15,000 pregnant and lactating women for healthier outcomes.



National Network Growth:

Partnering with 100 clinics nationwide, equipping them for sustainable malnutrition care.



Financial Integrity:

Mobilizing over USD 1 million in funding through transparent operations.

STORIES FROM THE FIELD

KIRAN'S RECOVERY



The recovery of Kiran represents the tangible impact of the nutritional protocols implemented by the Trust for Malnutrition and Stunted Growth. When Kiran was first admitted to the program, she presented with a weight of 3.0 kg and a Middle Upper Arm Circumference (MUAC) of 8.0 cm. These measurements indicated severe acute malnutrition, requiring immediate and intensive care.

Clinical Intervention

To facilitate her recovery, our team initiated a regimen of Ready-to-Use Therapeutic Food (RUTF). This energy-dense paste is specifically formulated with essential vitamins and minerals to promote rapid weight gain and muscle development in malnourished children. Alongside this medical treatment, Kiran's family participated in regular nutrition counseling sessions. These sessions focused on teaching caregivers about balanced diets, proper hygiene, and sustainable feeding practices to ensure long-term health stability after the program ends.

Progress and Results

The combination of RUTF treatment and consistent family counseling led to a significant transformation in Kiran's physical health. Her final assessment showed a total weight gain of 2.8 kg, bringing her to a healthy 5.8 kg. Additionally, her MUAC increased to 12.5 cm, reflecting a successful restoration of vital muscle mass. Through these combined efforts, Kiran has moved from a critical state to a stable developmental path, illustrating the success of a holistic approach to treating childhood malnutrition.

STORIES FROM THE FIELD

TAHIRA'S RECOVERY

The recovery of two year old Tahira is a testament to the life saving interventions provided by the Trust for Malnutrition and Stunted Growth. When Tahira first arrived at the Al Burooj Clinic, her physical condition was critical. At two years of age, she weighed only 3.7 kg and had a Middle Upper Arm Circumference (MUAC) of 7.0 cm. These metrics indicated severe wasting and a high risk of mortality, as her body lacked the necessary nutrients for basic physiological functions.



The Intervention Strategy

To address Tahira's condition, the Trust implemented a two pronged approach involving medical treatment and caregiver education. She was placed on a strict regimen of Ready to Use Therapeutic Food (RUTF). This specialized, nutrient dense paste allowed Tahira to consume high levels of protein, energy, and essential micronutrients without the need for hospitalization. Parallel to the clinical treatment, our team provided intensive nutrition counseling to Tahira's family. These sessions focused on the importance of age appropriate feeding, the use of locally available nutritious foods, and hygiene practices to prevent infections that often exacerbate malnutrition. This counseling ensures that the recovery achieved at the clinic is sustainable within the home environment.

Results and Impact

The impact of this holistic intervention was transformative. Over the course of her treatment, Tahira achieved a total weight gain of 4.9 kg, more than doubling her initial body mass to reach a final weight of 8.6 kg. Her MUAC measurements also showed a significant increase, rising from 7.0 cm to 13.0 cm. This improvement indicates a healthy restoration of muscle mass and a significant reduction in health risks. Tahira's journey from a state of severe vulnerability to physical stability highlights the vital role of integrated nutritional care in saving young lives.

STORIES FROM THE FIELD

HUSSAIN'S RECOVERY



The recovery of Hussain serves as a compelling case study on how targeted clinical interventions can effectively save lives in extreme cases of malnutrition. At his initial assessment, Hussain's condition was remarkably fragile. He weighed only 3.8 kg, and his Mid-Upper Arm Circumference (MUAC) was recorded at a critical 6.0 cm. Such a low measurement indicates severe wasting, necessitating immediate high energy nutritional therapy to restore basic bodily functions and muscle mass.

Clinical Intervention and Care

To address these urgent needs, the Trust for Malnutrition and Stunted Growth enrolled Hussain in a comprehensive recovery program. The primary treatment involved a strict regimen of Ready to Use Therapeutic Food (RUTF). This specialized, nutrient dense paste provided the essential vitamins and proteins required to reverse the effects of severe acute malnutrition.

In addition to medical treatment, the team provided intensive nutrition counseling to Hussain's family. These sessions focused on sustainable feeding habits, the necessity of a balanced diet, and hygienic food preparation. By educating the caregivers, the Trust ensures that his recovery is supported by an informed and healthy home environment.

Outcomes and Results

Hussain demonstrated significant resilience throughout the treatment period. His physical strength improved substantially, as evidenced by the following data:

- **Weight Gain:** He achieved a total gain of 2.3 kg, reaching a final weight of 6.1 kg.
- **Muscle Development:** His MUAC measurement saw a transformative increase, rising from 6.0 cm to 12.6 cm.
-

These improvements signify more than just statistical growth; they indicate that Hussain has moved out of the danger zone and onto a path of sustainable health.

Transforming Childhood Nutrition



TMSG's Impact in 2025

In 2025, TMSG screened 62,137 children, identifying 53,059 malnutrition cases. Of these, 30,685 children with Moderate Acute Malnutrition (MAM) received Ready-to-Use Therapeutic Food (RUTF) and caregiver guidance, while 18,924 children with Severe Acute Malnutrition (SAM) received intensive therapeutic support.

Thanks to prompt intervention, 50,434 children have recovered and transitioned to nutritious diets. Currently, 7,143 are still under treatment, but 128 lives were lost, highlighting the need for earlier intervention, increased awareness, and stronger community support.

NUTRA MV

Comprehensive Micronutrient Support for Infant Development

NUTRA MV is a liquid supplement designed to address micronutrient deficiencies in infants during periods of rapid growth when breastfeeding alone may not meet all nutritional requirements. By providing a precise balance of vitamins and minerals, it supports essential cognitive and visual development while strengthening the immune system against common illnesses. The formula also promotes physical growth and bone health, helping to mitigate risks caused by limited dietary diversity or inadequate maternal nutrition. This comprehensive support maintains metabolic vitality and establishes a strong foundation for the long term health of the child.

Vitamins:

- A (Acetate)
- C (Ascorbic Acid)
- D3 (Cholecalciferol)
- E (D-Tocopherol)
- B1, B2, B3, B5, B6, B9 (Folic Acid), B12 (Methylcobalamin)

Minerals:

- Iron (Ferrous Fumarate)
- Zinc Oxide
- Magnesium Oxide
- Copper
- Manganese
- Selenium
- Chromium
- Iodine
- Boron
-

Specialty Ingredients:

- Probiotics (Synbalance®)
- L-Arginine
- L-Carnitine
- L-Lysine
- Ginseng Extract
- Bioflavonoids
- Inositol



COMMUNITY IMPACT AND RECOGNITION

TMSG's community-centered approach empowers local actors to tackle malnutrition, bringing its ethos of "Turning Hunger into Hope" to life through tangible recovery for children. Recognized for addressing a critical public health challenge,



TMSG's transparent use of donations fosters trust and credibility. Its growing impact is reflected in healthier children, stronger families, and resilient communities, reinforced by strategic partnerships and evidence based interventions



MALNUTRITION AND POLIO

STRENGTHENING IMMUNITY THROUGH NUTRITION

TMSG highlights the critical connection between childhood malnutrition and Pakistan's ongoing polio challenge. Malnourished children have weakened immunity, making them more vulnerable to infections and less responsive to vaccines, including the oral polio vaccine (OPV). Even fully vaccinated children may fail to develop immunity if they suffer from prolonged undernutrition and recurrent illnesses.

The rise to 48 polio cases in Pakistan in 2024, including 12 in fully vaccinated children, underscores how malnutrition undermines immunization efforts. TMSG tackles this challenge by improving child nutrition through RUTF therapy, maternal education, and community-based care-enhancing vaccine effectiveness and contributing to polio eradication and stronger public health outcomes.

Integrated Approaches to Addressing Malnutrition

- **Therapeutic Nutrition:** Providing life-saving RUTF for severely malnourished children in outpatient settings.
- **Clinic Empowerment:** Building capacity in local clinics for sustainable nutrition services.
- **Sanitation and Hygiene:** Promoting access to clean water and hygiene education.
- **Advocacy and Awareness:** Raising public awareness and influencing nutrition policies.
- **Integrated Health Solutions:** Collaborating to embed nutrition within broader health initiatives.



PUBLIC HEALTH INTEGRATION



TMSG improves public health by enhancing children's nutrition and immunity, boosting vaccine effectiveness, and reducing disease burdens like measles and polio. Their programs address malnutrition's role in vaccine failure, particularly noted in polio cases among vaccinated children in Pakistan in 2024. By focusing on preventative care and strengthening healthcare responses, TMSG mitigates malnutrition risks and fosters community resilience. Their sustainable, culturally sensitive interventions adapt to regional needs, empowering local populations through education and engagement, benefiting future generations.

TMSG increases its impact by training dispensing partners, such as doctors and health workers, on nutritional interventions and malnutrition protocols. This training equips them with essential skills to provide high-quality care to vulnerable children and mothers in Pakistan. TMSG fosters a network of informed professionals to implement tailored health interventions, enhancing its reach and responsiveness to health challenges. This proactive strategy is crucial for addressing malnutrition and disease prevention, promoting healthier futures for generations.





UNIMMAP (United Nations International Multiple Micronutrient Antenatal Preparation)



UNIMMAP (United Nations International Multiple Micronutrient Antenatal Preparation) tablets are a standardized prenatal supplement designed to combat malnutrition in pregnancy. They consist of 15 essential vitamins and minerals, including **30 mg of iron and 400 µg of folic acid**, aimed at improving **maternal health and reducing risks like low birth weight**.

Nutritional Composition

Vitamins

- Vitamin A: 800 µg RAE
- Vitamin C: 70 mg
- Vitamin D: 5 µg (200 IU)
- Vitamin E: 10 mg α-TE
- B-Complex: B1 (1.4 mg), B2 (1.4 mg), B3 (18 mg NE), B6 (1.9 mg), B12 (2.6 µg)
- Folic Acid: 400 µg

Minerals

- Iron: 30 mg (as Ferrous Fumarate)
- Iodine: 150 µg (as Potassium Iodide)
- Zinc: 15 mg (as Zinc Oxide)
- Selenium: 65 µg (as Sodium Selenite)
- Copper: 2 mg (as Copper Oxide)



Key Benefits of MMS

- Improved Birth Outcomes: Reduces risks of low birth weight, preterm delivery, and small-for-gestational-age infants compared to Iron Folic Acid.
- Maternal Nutritional Adequacy: Provides 15 essential micronutrients to meet increased daily requirements during pregnancy.
- Fetal Development Support: Supplies critical nutrients for the normal development of the fetal brain, bones, and immune system.

EXPANDING MATERNAL SUPPORT IN 2025



- **Therapeutic Nutrition:** 620 mothers suffering from severe malnutrition or anemia received RUTF and medical supervision to improve their health and pregnancy outcomes.
- **Preventive Services:** 3,456 mothers benefited from breastfeeding counseling, maternal diet guidance, and UNIMMAP micronutrient supplementation.
- **Sustained Engagement:** Ongoing counseling on breastfeeding, early signs of infant malnutrition, postpartum nutrition, and dispelling harmful myths was provided by trusted community health workers.
- **Breastfeeding Support:** 656 dedicated counseling sessions empowered mothers with the knowledge and confidence for optimal infant feeding practices.

STRATEGIC COLLABORATIONS AND PARTNERSHIPS

RUPAANI FOUNDATION

In 2025, the Trust for Malnutrition and Stunted Growth established a strategic partnership with the Rupani Foundation to operate within their Nutrition Support Centers. This collaboration significantly expanded our geographic reach, allowing us to provide essential services in five key locations. Three of these centers are located in Gilgit Baltistan, where they serve remote communities facing high rates of malnutrition. Additionally, two centers were established in Sindh, specifically in Karachi and Hyderabad, to address nutritional needs in major urban areas. This partnership has allowed for a more efficient delivery of screenings and nutritional support by utilizing shared facilities and resources.



STRATEGIC COLLABORATIONS AND PARTNERSHIPS

PAHCHAAN

In 2025, we partnered with PAHCHAN to launch a nutrition program across six of their clinics in Punjab. This initiative focuses on children under the age of five, providing lifesaving Ready to Use Therapeutic Food (RUTF) and essential micronutrients. By integrating these services into PAHCHAN's established clinical network in Punjab, we have significantly improved access to treatment for malnutrition and stunted growth.



STRATEGIC COLLABORATIONS AND PARTNERSHIPS

Pakistan Education and Health Foundation

Another key achievement in 2025 was our collaboration with the Pakistan Education and Health Foundation. Under this partnership, we launched a dedicated nutrition program at their Kotri Clinic in Sindh. The program specifically targets children under the age of five who are suffering from malnutrition. By providing essential nutrition support directly within the Kotri community, we aim to treat acute cases and prevent the long-term effects of stunted growth. This initiative strengthens the local healthcare infrastructure and ensures that lifesaving interventions reach the most vulnerable families in the region





Humaniti

Humaniti International: Empowering Large Scale Impact

As a primary donor partner, Humaniti International provides the essential resources required to sustain and scale clinical operations. Their support has enabled TMSG to operate across 32 clinics, resulting in a significant expansion of screening and treatment capacity. Through this partnership, the following has been achieved



Diagnostic Outreach: More than 62,000 children were screened, and over 53,000 were diagnosed with malnutrition.

Rehabilitation: The recovery of over 50,000 children was facilitated through structured treatment and caregiver education.



Maternal Care: Specialized medical support was extended to 600 malnourished pregnant and lactating women, alongside breastfeeding counseling for 3,400 mothers.



اللہ والے فاؤنڈیشن
ALLAH WALE FOUNDATION

Allah Walay Foundation: Regional Program Synergy

In South Punjab, TMSG has collaborated with the Allah Walay Trust to address alarming malnutrition rates that exceed 40 percent in the region. This partnership focuses on high priority districts including Rajanpur, Layyah, Dera Ghazi Khan, and Muzaffargarh.



اللہ والے فاؤنڈیشن
ALLAH WALE FOUNDATION

Clinical Network: Together, 11 private pediatric clinics have been established to serve as localized treatment centers..

Direct Intervention: The program provides free nutritional counseling and distributes Ready to Use Therapeutic Food (RUTF) to hundreds of registered children

Local Expertise: This collaboration utilizes the skills of dedicated pediatricians, such as Dr. Saleem Raza, to ensure specialized care reaches rural communities.





NATIONAL HOSPITAL FAISALABAD

NATIONAL HOSPITAL FAISALABAD: A MODEL FOR CLINICAL EXCELLENCE

The partnership with National Hospital Faisalabad represents a significant milestone in institutional collaboration. By establishing the **Iftikhar Ahmad Malnutrition Center** within the hospital, TMSG has created a model for integrated clinical care.

Iftikhar Ahmad
malnutrition centre
National Hospital Faisalabad



This facility serves as a benchmark for healthcare institutions by demonstrating the effectiveness of specialized malnutrition protocols in a hospital setting. Under the leadership of Chairman Zulfiqar Shafi and a dedicated medical team, the center has achieved proven outcomes, successfully treating more than 5,000 children suffering from the effects of malnutrition.



CHALLENGES & LESSONS LEARNED FROM 2025

Challenges

Despite significant achievements, 2025 highlighted key challenges: limited and inconsistent funding, cultural stigma and misinformation delaying care, and logistical constraints in service delivery, especially in rural areas with poor infrastructure and staff shortages.

In response, TMSG implemented adaptive strategies:

- Piloting private clinics in underserved regions for flexible service models.
- Expanding community education with a focus on maternal counseling and household awareness.
- Strengthening local partnerships with NGOs, traditional birth attendants, and community influencers to build trust and contextualize services

Key Lessons Learned

- **Community Partnerships:** Local engagement fuels outreach, ownership, cultural relevance, and sustainability.
- **Sustained Advocacy:** Engaging policymakers and civil society drives resource allocation and policy change.
- **Empowering Knowledge:** Combining treatment with caregiver education ensures lasting impact and prevents relapse.

PROGRAM HIGHLIGHTS



UNICEF TRAINING ON MALNUTRITION PROTOCOLS

In July 2025, the Trust for Malnutrition and Stunted Growth, with the support of UNICEF, organized a comprehensive training session on Community-Management of Acute Malnutrition (CMAM). The session was held on July 31 at the Memon Medical Institute Hospital in Karachi.

The primary objective of this training was to standardize care and enhance the technical skills of healthcare workers and doctors from our various partner organizations.



PARTICIPATION IN SEHAT AUR SATH MELA



In October 2025, our organization participated as a key partner in the "Sehat Aur Sath Mela", a major community event organized by the Rupani Foundation in Shah Faisal Colony. Our team managed a dedicated booth designed to provide integrated health services and awareness for families.

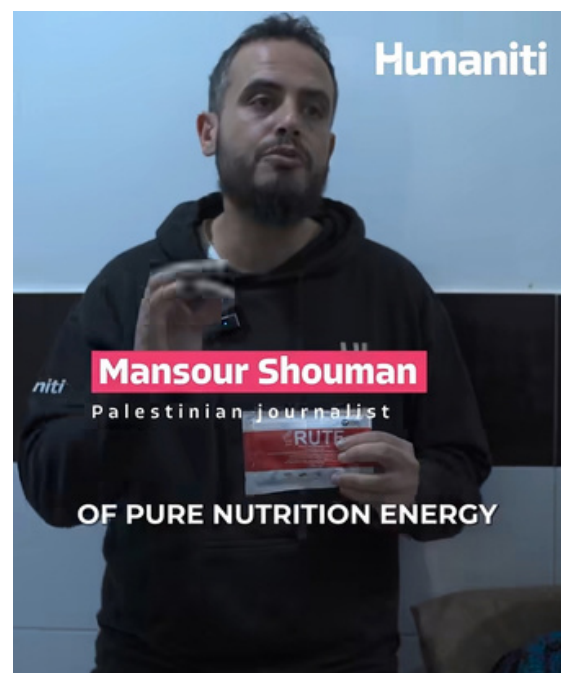
The team conducted on-site malnutrition screenings for children to identify stunting while providing parents with personalized counseling on dietary habits and therapeutic supplements. To observe Breast Cancer Awareness Month, specialized sessions were held to educate women on early detection and prevention strategies. Additionally, the event featured interactive engagement for children aged 10–15, utilizing games like "Throw Ball in Cup" paired with nutrition-focused questions to make health education both informative and accessible for young participants.



TMSG HOSTS INTERNATIONAL DELEGATION: STRENGTHENING COLLABORATIVE PARTNERSHIPS

On December 10, 2025, the Trust for Malnutrition and Stunted Growth (TMSG) hosted a high level delegation from Humaniti International at the MAP Clinic in Mehran Town, Korangi, Karachi. Representatives Firaz Azeez, Mansoor Shoeman, and Ovais Iqbal visited the facility to observe the progress of the Ready to Use Therapeutic Food (RUTF) and UNIMMAP programs. This engagement allowed our Canadian donor partners to witness firsthand the integration of specialized nutritional interventions within a community healthcare setting. The visit was characterized by full cooperation from the clinic staff and Dr. Saba, who provided the delegation with comprehensive access to the facility and ongoing programs.

This site visit was instrumental in reinforcing the transparency and efficacy of our field interventions. Ultimately, the successful coordination and warm reception at the MAP Clinic significantly strengthened the professional bond between TMSG and Humaniti International. This continued partnership remains vital as we work together to address malnutrition and improve public health outcomes in underprivileged areas.



INTERNATIONAL FUNDRAISING EVENT IN CANADA



Barakah Charity

On December 5, 2025, the Trust for Malnutrition and Stunted Growth held a successful fundraising event in Canada, partnering with Barakah Charity to support its mission in Pakistan. The event raised \$18,167 to provide lifesaving interventions for malnourished and stunted children. These funds will help expand nutritional programs, ensuring more children in Pakistan receive essential therapeutic food and medical support for healthy development.



IMPACT OF THE TABISH TOFEQUE INITIATIVE



The partnership between the Tabish Tofeque Initiative (TTI) and the Trust for Malnutrition and Stunted Growth (TMSG) has marked a milestone in pediatric healthcare. TTI provided essential resources, enabling TMSG to implement nutritional programs for vulnerable populations, successfully treating 500 children with acute malnutrition. This collaboration stabilized participants' health and improved their long-term developmental prospects, highlighting the effectiveness of targeted support in addressing public health challenges in Pakistan.



Walkathon

In Memory of Alina Masud

In memory of **Alina Masud**, a commemorative walkathon was organized to honor her **life and legacy**. The event brought together participants from **diverse backgrounds**, including community members, activists, and local supporters, all walking in solidarity to celebrate her contributions and inspire collective action. The walkathon served as a platform to unite people around shared values, foster community engagement, and highlight **the importance of coming together for meaningful social causes**.



Every step taken during the walk symbolized hope & **collective empathy**. Events such as these play a vital role in mobilizing communities and strengthening global advocacy efforts against malnutrition.

THE JHULA CAMPAIGN



In addition to our primary fundraising event, we launched the Jhula Campaign in Canada to further mobilize resources for malnourished children in Pakistan. This campaign utilized a unique and culturally resonant approach to engage the international community and raise awareness about the critical issue of childhood stunting. The funds generated through this initiative are being directly utilized to support our clinical operations and the procurement of nutritional supplements. By connecting donors in Canada with the urgent needs of children in Pakistan, the Jhula Campaign has become a vital part of our international resource mobilization strategy





CLEAN WATER INITIATIVES

In 2025, the Trust for Malnutrition and Stunted Growth recognized the critical link between waterborne diseases and malnutrition. To address this, we successfully installed a Solar-Powered Water Filtration System at Yusuf Arfani Goth in Karachi. Access to clean drinking water is essential for preventing chronic diarrhea and other infections that contribute to stunting in children. By utilizing solar energy, this project provides a sustainable and environmentally friendly solution for the community. This installation ensures that families in Yusuf Arfani Goth have a reliable source of safe water, which is a fundamental step in improving the overall nutritional status and health outcomes of the local population.



Waqar Malik

STANDS WITH TMSG



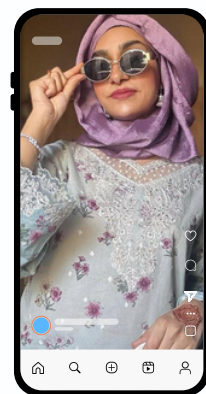
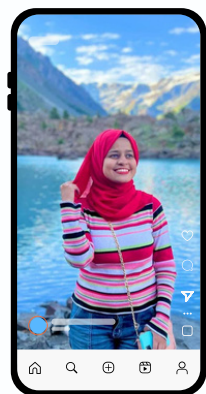
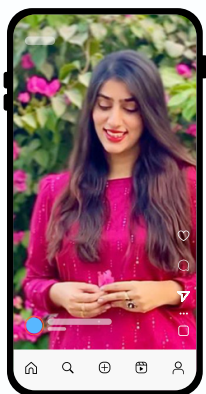
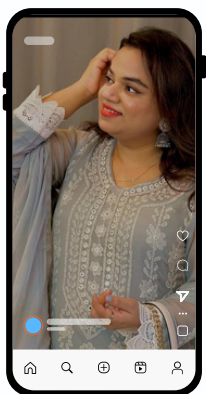
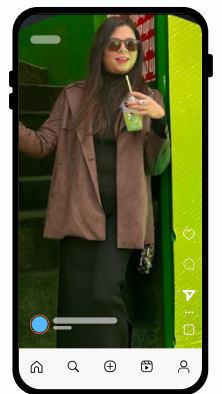
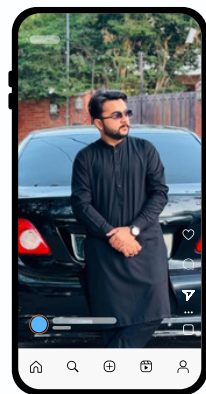
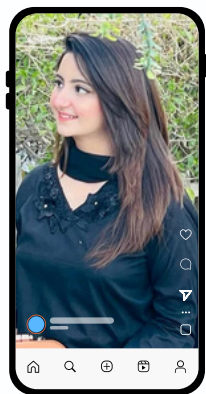
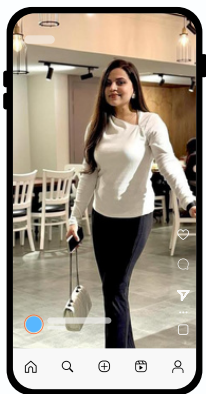
Waqar Malik has been a strong supporter and influencer for the Trust for Malnutrition and Stunted Growth. Through his advocacy and public engagement, he has helped raise awareness about child malnutrition and food insecurity in Pakistan. He has supported initiatives that highlight the importance of better nutrition, maternal health, and early childhood care.

One of the notable efforts associated with this work is the Jhula Campaign, which focused on drawing attention to the health and nutritional needs of mothers and young children. Through his influence and commitment to social impact, he has helped amplify the organization's message and encourage greater community awareness and support for addressing malnutrition.



Youth Influencers Join TMSG to Fight Malnutrition

In 2024, TMSG partnered with young social media influencers to raise awareness about child nutrition, maternal health, and the malnutrition–polio link. Using engaging digital content, these advocates simplified health messages, encouraged early care-seeking, and challenged stigmas, extending TMSG's reach to younger audiences nationwide and promoting awareness and action on this critical issue.



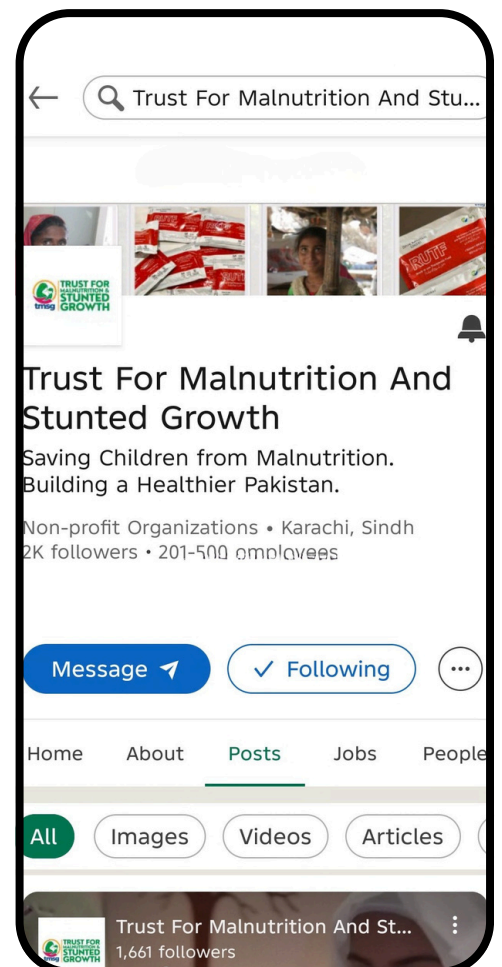
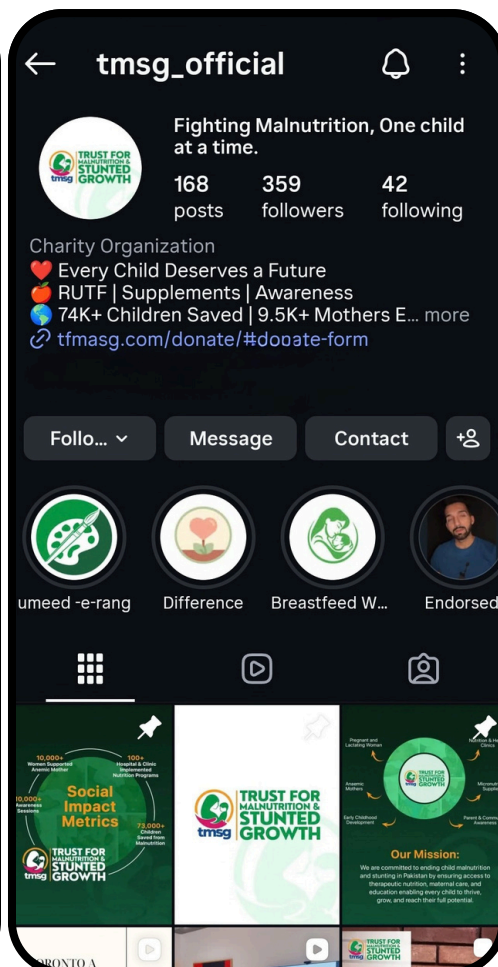
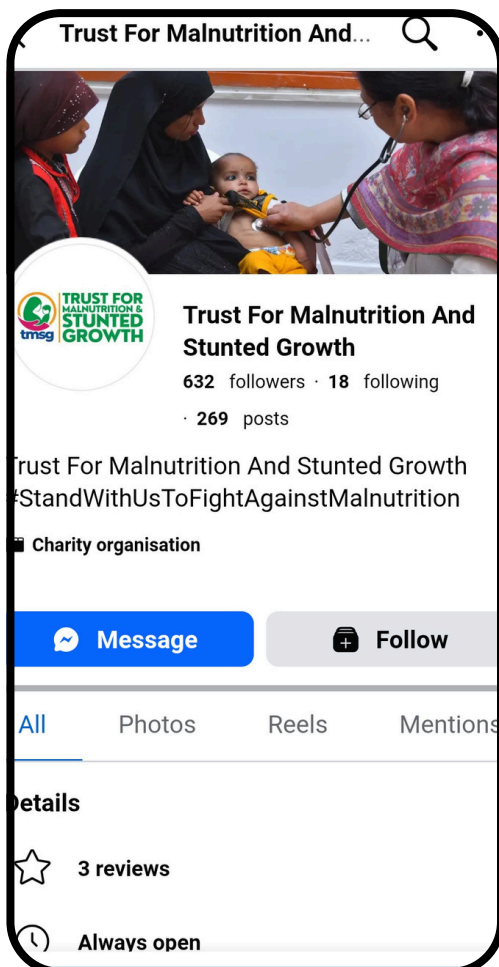
Javeria Irfan , Amna Hammad , Humna Khawaja ,
Maryum Aneek , Bushra Arham , Hira Jawaid
Aqsa Naveed , Shrishti Ochani , Taha Chouhan

STAY CONNECTED, STAY INFORMED

We actively engage supporters through our dynamic social media channels , (Facebook, Instagram, LinkedIn , Youtube, Newsletters) regularly sharing updates, success stories, and awareness campaigns.

Follow us, become a volunteer, or contribute generously your involvement amplifies our mission, extending life-saving nutritional support to more children in need.

Together, let's build a community dedicated to ending malnutrition and ensuring every child thrives.



Our Partners



Mian Fazal
Rehman Hospital



HELP US TRANSFORM LIVES ONE CHILD AT A TIME



Malnutrition and stunted growth impact millions of children globally, affecting their health and future. TMSG believes every child deserves the chance to thrive.

Your generous support helps us

- Provide life-saving nutrition and supplements
- Provide life-saving nutrition and supplements
- Fund vital research into the root causes and long-term impacts of stunted growth
- Support sustainable programs that empower communities
- Train local healthcare workers and educators

100% of your donation goes directly to TMSG's programs, delivering life-changing nutrition and support to children in need.

With your generous contribution, you can make a life-saving difference

- For just \$10 a month, you can help restore the health of two severely malnourished children or four moderately malnourished children each year.
- A one-time donation of \$60 can completely rehabilitate a child in just 8 weeks with specialized therapeutic food.
- With \$120, you can provide essential care to a malnourished mother, ensuring her baby is born healthy and nourished.

Every dollar you give goes directly to saving lives, with no administrative costs

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DONATE NOW

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Branch Name

Main Branch 1.1 Chundrigar Road Karachi

Title Name

Trust For Malnutrition And Stunted Growth

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