



**TRUST FOR  
MALNUTRITION &  
STUNTED  
GROWTH**

# **NEWSLETTER**

**Trust for Malnutrition &  
Stunted Growth**

December-January-February, 2025-2026

# CHAIRMAN'S MESSAGE:

Health and nutrition are the foundation of a strong and prosperous nation. Sadly, malnutrition and stunted growth continue to affect millions of children in Pakistan, robbing them of their potential. At the same time, anemia in pregnant and lactating mothers remains a critical challenge, putting both mother and child at risk.



At the Trust for Malnutrition and Stunted Growth, we are committed to addressing these pressing issues. Our programs focus on preventing stunting, improving child nutrition, and supporting mothers with the care they need during pregnancy and lactation.

By doing so, we aim to break the vicious cycle of poor health and build a healthier, brighter future for generations to come. I would like to express my deepest gratitude to all our donors and well wishers who have stood by us in this mission. Your support is not only changing lives it is saving lives.

Allah says in the Qur'an:

"The example of those who spend their wealth in the way of Allah is like a seed of grain which grows seven spikes; in each spike is a hundred grains. And Allah multiplies [His reward] for whom He wills."  
(Surah Al-Baqarah 2:261)

I humbly invite you to continue supporting this cause. Together, we can fight malnutrition, protect mothers, and give every child the healthy start they deserve.

With gratitude and prayers,  
**Aziz Memon (Chairman)**

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# Our Partners



Mian Fazal  
Rehman Hospital



**JOBS** Group  
Creating Opportunities



# Partnership with the Rupani Foundation

Trust for Malnutrition and Stunted Growth formed partnership with the Rupani Foundation to operate within their Nutrition Support Centers, expanding its reach to provide essential services in five key locations. Three of these centers are located in Gilgit Baltistan, serving remote communities with high rates of malnutrition. The remaining two centers are based in Sindh, in Karachi and Hyderabad, addressing nutritional needs in major urban areas.

This collaboration has enabled more efficient delivery of screenings and nutritional support through the use of shared facilities and resources.



# A Step Forward in Fighting Malnutrition

Trust for Malnutrition and Stunted Growth (TMSG) recently signed a Memorandum of Understanding (MOU) with Mama Baby Fund to strengthen efforts in addressing maternal and child malnutrition. Through this partnership, TMSG will support anemic mothers and children suffering from malnutrition and stunted growth by providing Ready-to-Use Therapeutic Food (RUTF) and essential micronutrients. Mama Baby Fund has been working with coastal communities to improve maternal healthcare across Baba Island, Shamspir Island, Bhit Island, and Salehabad Island. As part of this collaboration, the nutrition program has been initiated at the Mama Baby Fund clinic on Baba Island, marking the beginning of joint efforts to improve the health and nutrition of vulnerable mothers and children in these underserved communities.



# Sehat Aur Family Ke Sath Mela

Trust for Malnutrition and Stunted Growth took a step ahead with Rupani Foundation to host a community health camp. During the camp, we conducted awareness sessions on malnutrition and breast feeding, screening of children, provided counseling for children, and guided mothers on breastfeeding and child nutrition. Children enjoyed games and activities, making the day both educational and joyful. This collaboration reflects our shared commitment to promoting health, nutrition, and well-being in our communities.



# International Outreach Fundraiser – Canada

Trust for Malnutrition and Stunted Growth extended its outreach internationally by organizing a fundraising event in Canada. Conducted in collaboration with Barakah Charity, the initiative aimed to mobilize global support for its mission in Pakistan. The event focused on raising funds to deliver lifesaving interventions for children affected by malnutrition and stunted growth.

With the support of the community and partners, a total of \$18,167 was successfully raised. These funds will be utilized to strengthen and expand nutritional programs, enabling more children across Pakistan to access therapeutic food and essential medical care for healthy growth and development.



# Clean Water Initiative

Recognizing the strong link between **malnutrition** and access to **clean drinking water**, the **Trust for Malnutrition and Stunted Growth** initiated a water filtration project in **Yusuf Arfani Goth, Karachi**. In many underserved communities, **unsafe water** contributes to the spread of waterborne diseases such as diarrhea and other infections, which directly affect children's nutritional status and increase the risk of **stunting**.

Dedicated to the memory of **Alina Masood**, TMSG installed a water filtration plant in the area after identifying that residents had very limited access to safe drinking water. The lack of clean water was a major public health concern, as **contaminated water** was contributing to **frequent illnesses within the community**.



Through this initiative, the filtration plant now provides **clean and safe drinking water** to approximately **120 families** in **Yusuf Arfani Goth**. By ensuring access to **safe water**, the project aims to reduce the burden of **waterborne diseases**, improve overall community health, and support better nutritional outcomes, particularly for children and vulnerable populations.

# Humaniti International Visit To Pakistan

Trust for Malnutrition and Stunted Growth had the pleasure of welcoming a delegation from Humaniti International (Canada) during their visit to Pakistan. **Firaz Azeez** himself, accompanied by **Mansoor Shoeman** and **Ovais Iqbal** visited which marked an important opportunity to strengthen collaboration and observe the ongoing nutrition initiatives being implemented by **TMSG**.



During the visit, the delegation toured the MAP Clinic in Mehran Town, Korangi, Karachi, observing the RUTF Program for children and the use of **UNIMMAP** micronutrient supplements for pregnant and lactating women. These initiatives work together to tackle malnutrition by supporting the **nutrition and health of both mothers and children** in underserved communities.



This engagement highlighted the transparency and impact of TMSG's field initiatives while strengthening our partnership with **Humaniti International**.



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**RUTF**

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ISMAIL INDUSTRIES  
LIMITED

ISMAIL INDUSTRIES  
LIMITED

ISMAIL INDUSTRIES  
LIMITED

ISMAIL INDUSTRIES  
LIMITED

Wash the hands of the  
care and child  
Read  
Tear & open  
Squeeze & eat

Prim

# 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.



# Jhula Campaign

The **Jhula Campaign** was designed as a symbolic awareness initiative highlighting the **fragile early stages of a child's life**. The installation of a cradle (jhula) represented how the future of a child can be shaped by **access to proper nutrition and care during early childhood**. Participants engaged with the installation by **placing flowers** around it, reinforcing the message that every child deserves a healthy start in life. The campaign served as a powerful visual reminder of the importance of maternal and child nutrition.



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The word “**Jhula**” (meaning cradle) represents safety, comfort, and a **healthy start to life something every child deserves**. Through this campaign, supporters are encouraged to donate with the idea of “one cradle = one life saved.”



The messaging “**One cradle, one life saved**” makes the impact tangible for donors, showing how each contribution can help a child survive and thrive



# 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**.



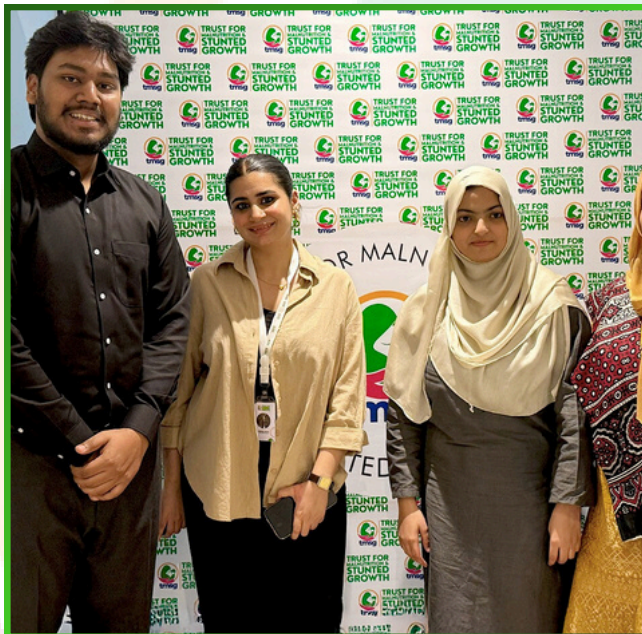
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Every step taken during the walk symbolized hope & **collective empathy**. Events such as these play a vital role in mobilizing communities and strengthening global advocacy efforts against malnutrition.

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# Umeed-e-Rang

Umeed-e-Rang provided a platform for youth to express **creativity** while **raising awareness** about the realities faced by **malnourished children**. Participants used art and digital tools to illustrate the struggles and resilience of children affected by malnutrition. The initiative not only encouraged youth **engagement** but also raised support for the **treatment and care of malnourished children**, demonstrating how creativity can be transformed into impactful advocacy.



# TMSG Podcast Conversations with Pakistan's Changemakers



TMSG launched an **inspiring podcast series** featuring Pakistan's true national heroes individuals making remarkable contributions to society. Guests included **environmentalists, public health advocates, and community leaders** working to create positive change across the country.



These conversations highlight their **incredible work**, share valuable insights, and inspire our **listeners to take action**. Through this podcast, TMSG aims to amplify the voices of changemakers and spread awareness about social and health initiatives across the country.

# Ramzan Sab ke liye

Food insecurity is closely linked with malnutrition, particularly among low-income households. Through the Ramzan Sab Ke Liye initiative, TMSG provided essential food supplies and Eid support to families struggling to meet basic nutritional needs during the holy month.

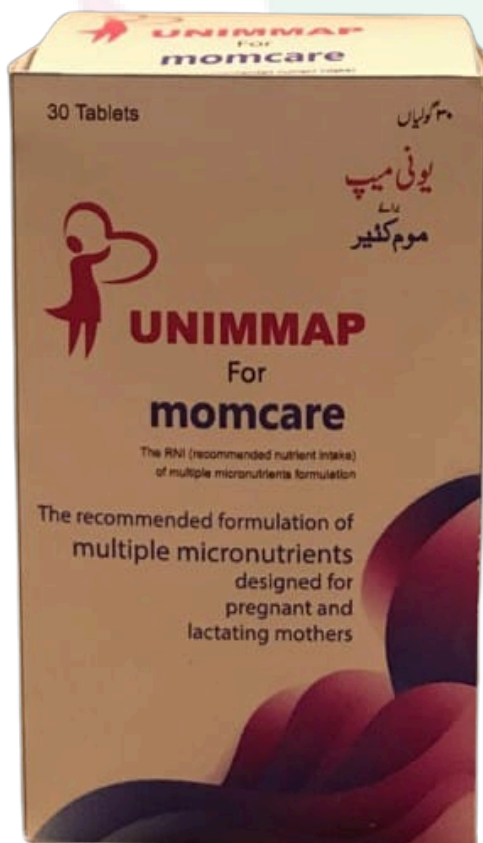
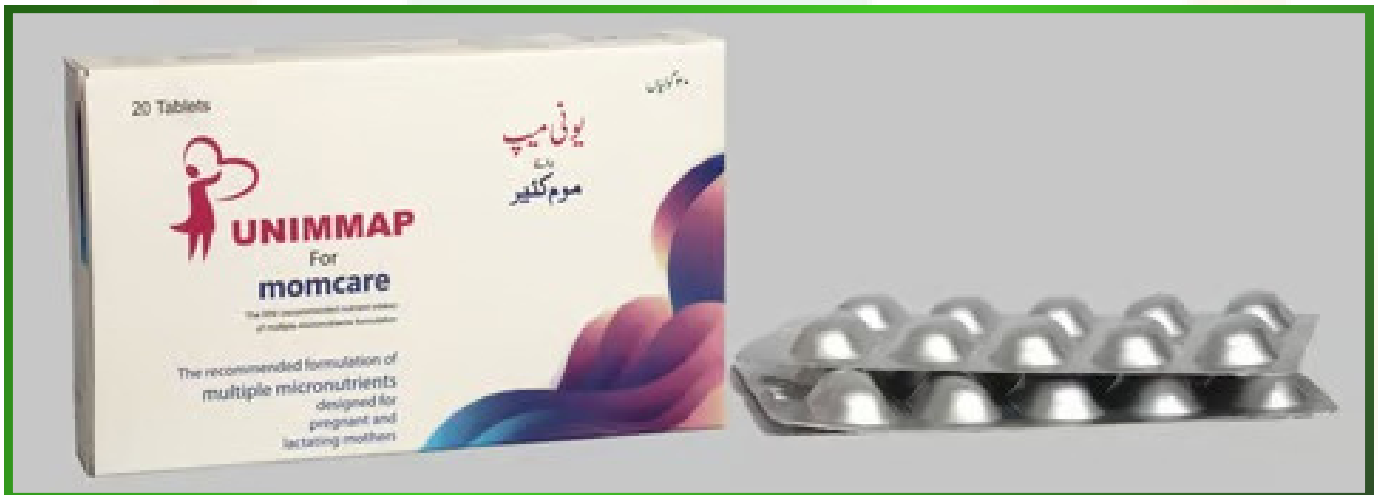


One such family was that of Pyaru, a daily-wage worker supporting a household of six while caring for daughters battling malnutrition. Through community support, the initiative aimed to ensure that vulnerable families could observe Ramadan with dignity and relief but we saw his daughter doing wonders in academics that shows how important it is to think about such communities as they have immense talent and commitment.

# UNIMMAP

## Saving Two Lives at Once

UNIMMAP is a powerful, **life-changing** supplement that helps **mothers and babies** thrive during pregnancy. By ensuring mothers get the **essential nutrients** they need, it not only protects the mother's health but also gives the unborn child the best start in life truly **saving two lives with every tablet**. Each 400 mg coated tablet contains 15 essential vitamins and minerals, including 30 mg iron and 400 µg folic acid, specifically designed to combat maternal malnutrition.



Reduces the risk of low birth weight, preterm delivery, and small-for-gestational-age babies compared with **Iron-Folic Acid alone**.

Provides a complete spectrum of 15 essential vitamins and minerals to support maternal nutrition.

**Supplies nutrients critical** for normal brain, bone, and immune system development.

**Composition: Vitamin A 800 µg RAE, Vitamin C 70 mg, Vitamin D 5 µg (200 IU), Vitamin E 10 mg-TE, B1 1.4 mg, B2 1.4 mg, B3 18 mg NE, B6 1.9 mg, Folic Acid 400 µg, B12 2.6 µg Iron 30 mg (Ferrous Fumarate), Iodine 150 µg, Zinc 15 mg, Selenium 65 µg, Copper 2 mg**

# NutraVit Complete Micronutrient Support for Growing Infants

**Micronutrients** are essential nutrients required by the body in small amounts, yet they play a vital role in many physiological and developmental functions. **NUTRA MV** helps prevent and address **micronutrient deficiencies**. During infancy a period of rapid growth and high nutritional demand **breastfeeding alone** may not always meet all nutritional needs. NUTRA MV provides a carefully balanced combination of vital micronutrients to help minimize these deficiencies.



NUTRA MV delivers **essential micronutrients** that support healthy **brain development, vision, immunity, and overall growth**, including strong bones. Infants are especially at risk of nutrient deficiencies due to limited dietary variety, exclusive breastfeeding, or **insufficient maternal nutrition**. NUTRA MV helps prevent shortages of vital nutrients such as vitamin D, vitamin A, iron, zinc, and more, which are crucial for proper infant growth and development.

**Composition: Vitamins: A (Acetate), C (Ascorbic Acid), D3 (Cholecalciferol), E (D-Tocopherol), B-Complex (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/Added Ingredients: Probiotics (Synbalance®), Amino Acids (L-Arginine, L-Carnitine, L-Lysine), Ginseng Extract, Bioflavonoids, Inositol.**

# Canada & International Donations.

PLEASE NOTE: All donations made through Zeffy are processed in Canadian dollars (CAD).



## Help Us Combat Malnutrition and Stunted Growth

**The Trust for Malnutrition and Stunted Growth (TMSG)** aims to enhance the lives of vulnerable children in Pakistan through nutrition, healthcare, and awareness programs. Our mission is to prevent and treat malnutrition, ensuring every child can grow healthy and fulfill their potential.

### With your support, we can make a difference:

- **\$10/month** treats two severely or four moderately malnourished children annually.
- **\$60** provides therapeutic food to rehabilitate a malnourished child in eight weeks.
- **\$120** ensures essential care for a malnourished mother for her baby's healthy start.

Supported by the **Rotary Club of St. Catharines South (Canada)** and the **Rotary Club of Karachi**.

### How to Help:

- **Donate:** Every contribution saves lives.
- **Share:** Increase impact by spreading the word.
- **Volunteer:** Your skills can support our mission.

**Together, we can create a healthier future for children in Pakistan. Donate today to be part of the change.**

**Note:** Zeffy is a free fundraising platform; optional contributions to support them can be adjusted during payment.

# How to Donate (U.S. Donors)

Our U.S. partner, the [Rotary Club of Sacramento Foundation](#), is accepting donations on behalf of TMSG Pakistan, fighting child maternal anemia and malnutrition.

**Please Note:** U.S. donations can only be made by cheque.

1. Write your cheque payable to: [Rotary Club of Sacramento Foundation](#).
2. in the memo line. please write: [TMSG Pakistan](#).
3. Mail your cheque to: [Rotary Club of Sacramento Foundation](#).  
**Attn:** Barbara Clegg. Part-Time Staff Accountant.  
PO. Box 2528 Fair Oaks. CA 95628, USA.

## Important information for U.S. Donors

- ALL U.S. donors receive a valid U.S. tax receipt from the [Rotary Club of Sacramento Foundation](#).
- Funds raised in the US. are transferred to the [Rotary Club of St. Catharines South \(Canada\)](#), which channels them directly to support TMSG programs in Pakistan.
- This process ensures tax deductibility in the U.S ([Receipts from St. Catharines South or Zeffy are not valid for U.S tax purposes](#)).

## Donate in Pakistan

[Trust For Malnutrition And Stunted Growth](#) is a non-profit organization registered under Section 16-A of the Sindh Trust Act 2020.

### Bank Alfalah

Title Of Account : Trust For Malnutrition And Stunted Growth

Account No : 0005 0010 0666 9347

IBAN No : PK55 ALFH 0005 0010 0666 9347

Swift BIC : ALFHPKKA505

Nift Code : 0530001

Branch Name : Main Branch I.I Chundrigar Road Karachi.





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**DONATE NOW:**

