



**TRUST FOR
MALNUTRITION &
STUNTED
GROWTH**

NEWSLETTER

**Trust for Malnutrition &
Stunted Growth**

June - July - August, 2025

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)



South Punjab in Urgent Need

South Punjab is facing an alarming crisis: child malnutrition rates have crossed **40%** among children under five, leaving thousands at risk of stunting, illness, and life long health challenges.

In response, **Trust for Malnutrition & Stunted Growth (TMSG)**, in collaboration with **Allah Walay Trust (AWT)**, has launched a **Child Feeding Program** across **Rajanpur, Layyah, Dera Ghazi Khan, and Muzaffargarh**.

Key Highlights:

- **11 private** pediatric clinics established as treatment centers.
- Trained pediatricians provide free nutritional counseling and distribute Ready-to-Use **Therapeutic Food (RUTF)**.
- **Hundreds of children** already registered and receiving treatment.
- Plans underway to expand by **45 more clinics** to cover the overwhelming burden of malnutrition in the region.

Dr. Ghulam Subhani Tabassum practices at Herman Day Care Medical Center, Fazilpur, District Rajanpur, located on Indus Highway opposite the NADRA Office. He is known for his dedicated service to the local community, providing essential healthcare with commitment and compassion at children hospital Multan as well.



Dr. Saleem Raza (FCPS-Pediatrics, MBBS) is a highly motivated and skilled pediatrician from Dera Ghazi Khan, known for his leadership, dedication, and adaptability. Currently, he is providing specialized pediatric services at his own facility in rural area Choti zireen, Karam Hospital, where he continues to serve the community with excellence and compassion.



Dr. Muhammad Ali Javaid, MBBS, MCPS (R), is a dedicated physician serving the community through Al-Shifa Clinic, located in Hussain Market, Doaba Mor, Muzaffargarh. He has treated countless children over the years with commitment and care, earning the trust of families across the region. His clinic remains a vital source of healthcare for underserved communities in Muzaffargarh

Dr. Farooq Ahmad is a seasoned pediatrician who graduated from Nishtar Medical College in 1984 and completed his DCH from PGMI Lahore. He served as Senior Pediatrician at DHQ Rajanpur and now runs Umar Child Care Clinic. With years of dedicated service, he continues to provide quality healthcare to children in Rajanpur and actively supports community efforts to improve child well-being and nutrition.



Dr. Asim Mehdiisa dedicated Consultant Pediatrician from ayyah, providing services at All Hospital, Karor lal esen. With over a decade of experience the brings expertise in neonatology, pediatric cardiology, and developmental pediatrics. He is known for his compassionate care and commitment to advancing pediatric health, with a growing focus on pediatric endocrinology

Dr. Mehr Muhammad Iqbal (MBBS, DCH, MPH) is a dedicated pediatrician and former Director General of Health Services, South Punjab currently running Hassan Medical Center Muzaffargarh. He has played a vital role in improving healthcare access in underserved communities. His visionary leadership and public health expertise have significantly contributed to the well-being of children and families across South Punjab.





Dr. Shakeel ur Rehman, MBBS, DCH, is a leading private pediatrician in Dera Ghazi Khan, serving the community through Al-Khair Child Care Center. He has trained numerous healthcare providers across South Punjab in essential childcare modules. Renowned for his clinical expertise in child health, he continues to make a significant impact in both practice and pediatric capacity building in the region.

Dr. Abdul Manan, a dedicated pediatrician at DHQ Layyah, holds MBBS and FCPS in Pediatrics. With a passion for child healthcare, he practices at Zainab Children Clinic on Chowk Azam Road, Layyah, serving the community with compassion and expertise, bringing hope and healing to young lives.



Dr. Muhammad Aslam Sheikh, MBBS, DCH, FCPS, is an Associate Professor of Pediatric Gastroenterology, currently providing expert care at Ahmad Hospital, Imam Town, Muzaffargarh. With extensive clinical and academic experience, he is known for his specialized approach in managing pediatric gastrointestinal conditions and his commitment to advancing child health in the region.

This initiative, entirely welfare-based and free of charge, demonstrates how the private sector can step in where government support is limited. Our mission remains clear: to end malnutrition in Pakistan and ensure a healthy, bright future for our children because they are our future.

Humanitarian Aid for Gaza

As Muslims, it is our duty to respond to the call of those in need. With your continued support and the generous partnership of **Trust for Malnutrition and Stunted Growth**, the Humaniti International Canada has successfully dispatched **two 40ft containers of Ready-to-Use Therapeutic Food (RUTF)** manufactured by Ismail Nutrition Pvt Ltd & other essential relief items to Gaza.

This mission was made possible through the invaluable support of the Jordan Hashemite Charity and the logistical facilitation of Al-Khair UK. Together, we are delivering not only nutrition but also hope, dignity, and survival to families living through unimaginable hardship.

Support Delivered:

- **441,000 sachets of RUTF** shipped.
- Produced by Ismail Nutrition, Canada, through Humaniti International & Jordan Hashemite Charity.
- Transportation facilitated by **Al-Khair UK**.
- Additional relief and essential supplies included in the containers.

In Gaza, where war has destroyed homes and left families without kitchens or resources to cook, RUTF is vital. Each sachet provides ready-to-eat, lifesaving nutrition offering immediate strength and restoring hope to children caught between hunger and survival.

"When hunger strikes hardest and children are left hanging between life and death, RUTF becomes the healing bridge that saves lives."



NATIONAL HOSPITAL FAISALABAD: A MODEL CENTER



We are proud to announce the declaration of **National Hospital Faisalabad** as a **Model Malnutrition Center** through the establishment of the **Iftikhar Ahmad Malnutrition Center**.

With the visionary leadership of **Chairman Zulfiqar Shafi** and the dedicated efforts of **Dr. Binish Sawar & Dr. Mansoor Ahmed**, over 5,000 children have already been **rescued from malnutrition**. This model sets the standard for other healthcare institutions across Pakistan.



Partnership Spotlight: **PAHCHAAN**

We have joined hands with **Peechan (PAHCHAAN)**
Protection & Help of Children Against Abuse & Neglect.

Through this Partnership:

- 6 pediatric clinics have been adopted.
- Focus on treating malnourished children and anemic pregnant & lactating mothers.
- Jointly running community nutrition programs to address root causes of malnutrition and maternal health challenges.



UNICEF



To strengthen our impact, **UNICEF** conducted refresher training in Karachi for all our partner doctors and staff.



Training Covered:

- Updated protocols for **malnutrition treatment**.
- **Parent nutrition counseling** to ensure families are better equipped to care for their children at home.



How You Can Help Support a Child, Save a Life

“And whoever saves one life – it is as if he had saved all of mankind.” — Quran 5:32

You can directly save lives by supporting the treatment of malnourished children:

Moderate Acute Malnutrition (MAM)

For children with Moderate Acute Malnutrition, the treatment usually takes about 4 to 6 weeks, with a total cost per child of PKR 2,072 – 3,108 (USD \$10 – \$15).

Severe Acute Malnutrition (SAM)

For children suffering from Severe Acute Malnutrition, the treatment duration typically ranges from 8 to 12 weeks, with a total cost per child of PKR 8,288 – 12,432 (USD \$30 – \$45).

MUAC: 11.2 cm
Weight: 5.8 kg
Height: 63 cm



BEFORE



AFTER

MUAC: 13 cm
Weight: 7.6 kg
Height: 70 cm

MUAC: 10.5 cm
Weight: 5.1 kg
Height: 61 cm



BEFORE



AFTER

MUAC: 13.5 cm
Weight: 7.8 kg
Height: 74 cm

Donate from the United States

Help Restore a Child's Health

Your gift of \$50 can screen and treat a malnourished child under five, providing 12 weeks of daily therapeutic food (twice a day) restoring them to health and hope.

Through nutritional interventions balanced meals and essential supplements we ensure vulnerable children receive the nutrients they need to grow and thrive.

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 and 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
P.O. 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 U.S. 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.)



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DONATE NOW:

