



MUHAMMAD FOUNDATION TRUST

Registered # 1858 with Addl. Sub Registrar T-Division IV, Karachi
An Organization Committed to developing the Future Professionals and a Healthy Pakistan

Muhammad Medical College is recognised by Pakistan Medical & Dental Council
Institute of Muhammad Foundation Trust are affiliated with University of Sindh
MFT has spent over 15 million Rupees on Health & Education of poor in last 2 years

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MFT spends over 15 million Rs. on health and education in last 2 years

According to auditors Chartered Accountants Khanzada & Co., Muhammad Foundation Trust (MFT) waived charges, bore expenses and provided scholarship to the tune of over 8 million RS. last year. This is apart from the OPD facilities which is virtually free (RS. 10 per patient who can afford) and inpatient facilities (RS. 25/ day including 3 meals and all other services). This means that we have spent over 15 million rupees on poor patients and students in last 2 years only. It makes MFT the largest NGO in Sindh outside Karachi spending on education and health.

EXPENSES ON EDUCATION IN 2005

MMC's scholarships	3,681,350
MIST's scholarships	451,610

Rupees	4,132,960

(Together with preceding year, this makes a total of over 8 million rupees Compare this with first two years of MFT. In the year 1999 rupees 476,000 and in the year 2000 RS. 780,000 were given as scholarship).

EXPENSES ON FREE HEALTH DELIVERY IN 2005

Fees waived in MMCH	450,750
TB Clinic expenses (Free clinic)	374,625
Free camp Lab expenses	114,820
Other expenses in camp	3,041,203

Rupees	3,981,398

(Together with preceding year, this makes a total of over 7 million rupees) Hence in these two heads, MFT spent a total of rupees 8,114,358/= in the last financial year and over rupees 15 million in last two financial years.

Muhammad Foundation Trust has spent over rupees 8 million to education of poor students in last two years.

Muhammad Foundation Trust has spent over rupees 7 million to help poor patients in last two years.

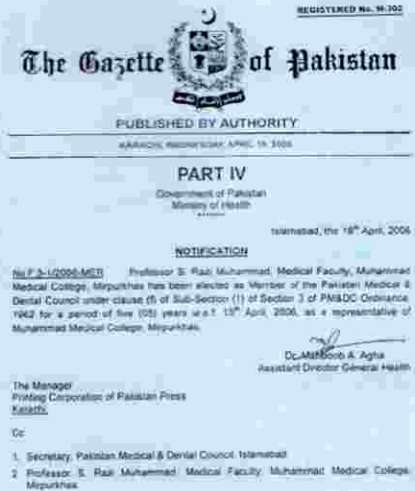


Professor S. Razi Muhammad elected member of PMDC

In a letter issued by Federal Ministry of Health, our Managing Trustee, Dean and Professor of surgery, who is fellow of two Royal Colleges of Surgeons of UK and Diplomat of University of London and also holds a Master of Education degree, has been notified to be a member of Pakistan Medical & Dental Council under clause (f) of sub-section (1) of section 3 of PMDC ordinance,

1962 for 5 years.

No. F. 3-1/2006-MER. Professor S. Razi Muhammad, Medical Faculty, Muhammad Medical College, Mirpurkhas has been elected as Member of the Pakistan Medical & Dental Council, under clause (f) of sub-section (1) of section 3 of PM&DC Ordinance, 1962 for a period of five (05) years, with effect from 13th April, 2006, as a representative of Muhammad Medical College, Mirpurkhas.



Muhammad Foundation Trust

Muhammad Foundation Trust a non profitable registered trust was formed in 1998 to promote Health and Education especially in the most deprived region of Mirpurkhas division. This Trust has five Trustees and a Board of Governors. Muhammad Foundation Trust has established the following Institutions. All of these are in Mirpurkhas, except the last one.

1. Muhammad Medical college
2. Muhammad Medical college Hospital
3. Muhammad institute of Science and Technology
4. Muhammad college of Intermediate Education
5. Muhammad institute of Para Medical Training
6. Early Learning Centre School (Karachi)

In order to provide quality education and proper health facilities, Muhammad Foundation Trust (MFT) acquired the services of the best and renowned Professors, Doctors and

Lecturers from all over Pakistan. The Muhammad Medical College Hospital was inaugurated by the, then Chief Executive of Pakistan, General Pervez Musharraf. He, while appreciating the efforts made by the Managing Trustee of Muhammad Foundation Trust, very kindly donated a sum of Rupees 1 million. Muhammad Foundation Trust is the only trust in Mirpurkhas that is responsible for providing higher-level professional education and thus is providing a chance to the students of Mirpurkhas division to fulfill their desire at their doorstep. All the institutes are heavily subsidised. Poor students get scholarships and support from Muhammad Foundation so they too can get quality education. Before the establishment of Muhammad Medical College Hospital, where best doctors from all corners of the country are made available by Muhammad Foundation Trust, no hospital in the entire region of Mirpurkhas division had such facilities. The hallmark of MMCH is quality and specialist care

at very low charges made possible due to grants and aids. We have prepared this newsletter to provide you with updated activities of Muhammad Foundation Trust.

Mirpurkhas Division

The division of Mirpurkhas in Sindh is one of the poorest regions of Pakistan. Over 50% of the entire population of Mirpurkhas division lives under the "line of poverty". Muhammad Foundation is working for people of Mirpurkhas division (Districts of Mirpurkhas, Tharparkar, Umerkot & Sanghar) and adjoining district of Badin. These have 3 of the 5 poorest and 4 of the 7 most illiterate districts of the province. Hence charitable work in the fields of Health and Education is most needed here. The population is over 5 million (over 3 % & 15% of populations of Pakistan & Sindh respectively and area is over 1/3rd of whole Sindh. Yet healthcare and educational facilities have been minimal.

WHAT BENEFITS THE PROJECTS OF MUHAMMAD FOUNDATION TRUST (MFT) ARE PROVIDING TO THE CITY OF MIRPURKHAS

When the projects of MFT were being planned, the founder chairman of the Trust Dr. S. Ali Muhammad went to see the renowned doctor of Mirpurkhas, Dr. Drago. As Dr. Drago listened to the plans from Dr. Ali Muhammad, he responded: Mirpurkhas has finally found "a medical college at the doorstep".

- For the first time in the history of Mirpurkhas, the people of the city have a chance to obtain higher education of international standards and recognition. They have a means to educate their children at a standard so that they can rise up to the world level and work alongside any nation of the world.

- At the Muhammad Medical College, the doctors of the city have a chance to gain "Continuous Medical Education", and to discuss the healthcare problems of the city in the various seminars and symposia held on regular basis.

- The medical college is constantly providing the stage and working in the context of carrying out various epidemiological studies in the area to collect authentic data on the healthcare problems of the region. Not only are these studies presented in different seminars and symposia held at the college, but also in other parts of the country, for example at Dow Medical University Symposium in Karachi, and the world, for example at the European Federation of Internal Medicine, held in Paris, France. The voice of the city is being heard all across the world, thanks to the efforts of Muhammad Medical College.

- Muhammad Medical College Hospital is providing healthcare facilities to every adult and every child of the region either free of cost or at extremely low prices. It is indeed a blend of "Community Healthcare and Tertiary Hospital".

- For the first time, the people of the region have a chance to receive healthcare from the distinguished names in the field of medicine in Pakistan. The names providing the healthcare services are not only well-

renowned in the country, but at international levels, and again, all this is available to a common man either free of cost or at extremely low prices

- A large economical has been created. The students and various staff members from other cities that live in Mirpurkhas, add to the economic gains by the city and its people. Tourists, who come to visit the projects on various occasions do the shopping and stay in the hotels and eat at restaurants. The transport companies also among the major beneficiaries. Oil, petrol and other motor service industries of the region also benefit. Income and other taxes deducted also add to the exchequer regularly.

- The large number of people that are employed at the college, institute and the hospital shows the contribution of the Trust towards eradicating the unemployment in the region.

- The projects have attracted a large number of learned people of the fields of education, medicine and other sciences to come and live in the city, where they add to the educated and learned class of the city.

- A significant number of students come from the rural areas of Sindh. It is therefore understandable that they will play their role towards the betterment of healthcare facilities of the deprived areas of the region. The rural areas of Sindh are looking towards a bright future in medical services for the people.

- These projects are a source of inspiration for the people. The people have an example of 'help-yourself' and self-dependence. This ray of light is a milestone in the history of the nation.

MUHAMMAD MEDICAL COLLEGE

It was inaugurated by President Pervez Musharraf. It is recognized by the Pakistan Medical & Dental Council and the degree of MBBS of three batches graduated from MMC is acceptable for post graduation such as FCPS, MRCP, MRCS, MRCOG, PLAB, USMLE etc. It is also acceptable to public service commission. MMC is the only one of over 25 recognised Medical & Dental Colleges in private sector established in rural/ poor urban area of Pakistan. It has one of the largest faculty with best teachers: students ratio of all Medical Colleges. About 40 acres of land is available. Large, capacious laboratories, museum, lecture halls, tutorial rooms and offices are second to none. Quality of education is such that our students regularly hold top slots in University results.



Clinical training to students is also exemplary. 4th & 5th year students have their 3 hours clinical sessions in the afternoon where senior teachers take them through the patients to teach history taking, clinical examination and patient management. This is in addition to their clinical posting. Annual symposium is held regularly. Students participate in research projects. Extra curricular activities are held. MMC brings out annual magazine "Mesiah" in English, Sindhi and Urdu.



MUHAMMAD INSTITUTE OF SCIENCE AND TECHNOLOGY

This institute is affiliated with University of Sindh and offers courses in Information Technology and Business Administration. Classes are also held for students of intermediate grade (FSc). Engr. Taqi Muhammad looks into its affairs whereas two ex principals Professor Noor Khan and Professor Furqan Rizvi are the directors. This institute is also registered with Sindh Board of Technical Education.

MUHAMMAD MEDICAL COLLEGE HOSPITAL

A 400 bedded charitable MMCH is the largest private hospital in Sindh outside Karachi. Muhammad Foundation Trust, using entirely its own resources established it in 1999. President of Pakistan, General Pervez Musharraf, inaugurated it. Many of the facilities at MMCH were until now not available in entire Mirpurkhas division. Some of the facilities include:

Very Experienced Doctors in all clinical departments including consultants from UK, Professors, Associate and Assistant Professors with fellowships and memberships of postgraduate colleges in United States, United Kingdom and Pakistan.

All the above consultants provide **OPD services for merely Rs. 10/ and inpatient services (including consultants' visit and bed charges) for Rs. 25/ a day.**

State of art Intensive Care Unit (ICU/CCU): We have state of art ICU/CCU supply and ICU ventilators and monitors, Mirpurkhas division). The in-charge of ICU is a pulmonary physician.

OPERATION THEATRE SUITE

MMCH has a wonderful operation theater suite with central Oxygen and Nitrous supply, Ventilators, state of art anesthesia machines, monitors and excellent instruments from abroad.

With a team of seven highly qualified surgeons, two anesthetists, Eye, ENT, Gynae & Obs surgeons, orthopedic surgeons and Urologists, the results of operation at MMCH are one of the best in entire country. Besides skills of surgeons and anesthetists, it is probably due to excellent working conditions and instruments, better sterilisation, inter faculty collaboration and postoperative ICU care. All these services are provided at very small price.

Orthopedic surgery is now done with the help of image intensifier at MMCH, hence reducing the need for large incisions.

A very well equipped **Eye Department** with sophisticated instruments including Auto keratometer, Auto Refractometer, A-Scan, Slit lamp and operating microscope is functioning for Rs. 10 per patient. Three senior eye surgeons including Professor and Assistant Professor are present.



ENT Department is well established with a Professor and Assistant Professor and a qualified senior registrar.

MATERNAL AND CHILD CENTRE

Department is functioning under highly skilled and dedicated team 24 hours a day. With cardiocograph and neonatal resuscitators as well as incubators and phototherapy instruments, this department provides maximum safety for normal as well as assisted deliveries to expectant mothers.

Gastroenterology Unit: This department of digestive diseases and endoscopy is one of the very rare

ones in the province of Sindh outside Karachi. Under the Leadership of a fully trained specialist in UK at the very highest level (Dr. Zafar Abbas, ex consultant gastroenterologist from Hexham General Hospital England and at present the Medical Superintendent of MMCH), and with the help of instruments also reputed from UK, this unit is fully functional since May 2004. The services provided here include therapeutic endoscopy e.g for bleeding stomach ulcers and varices which are sparsely available outside Karachi. Regular upper and lower Gastro intestinal Endoscopy lists are being carried out. As MMCH now has its own image intensifier, Dr. Zafar Abbas will soon start ERCP at MMCH.

Laboratory: Almost all the important tests are being performed in our recently modernised laboratory at a high standard, and yet under poor patients reach. The laboratory of MMCH has also improved to a great deal. With sophisticated instruments like Micro lab 300, CP instruments like Micro lab 300, CP analyser, Flame photometer, Microtome, Blood Bank refrigerator and two Professors of pathology (both being ex Principals of public sector Medical colleges), MMCH laboratory results are very competitive. In fact histopathology is only done in Mirpurkhas division at MMCH laboratory. In this regard MFT is thankful to **Friends of MFT, UK** for its generous support in buying expensive and sophisticated laboratory equipment.



CENTRE OF MINIMAL INVASIVE SURGERY

This department is being developed to provide residents of the region with



facilities.

X-RAY & ULTRASOUND DEPARTMENT

This department is well equipped with an image intensifier, Ultrasound machines with printer and a 300 MA x-ray machine.



FREE MEDICAL CAMPS

Many times a year we hold such camps where everything including operations of all kinds is provided completely free of charge. Moreover in every day practice, non-affording patients are treated free of charge.



FREE T.B CLINICS: In these regular clinics run by a dedicated consultant, we also provide anti-TB medication **completely free of charge** for the whole duration of course of treatment.

FREE FOOD: All the admitted patients are provided three meals and two teas every day free of charge.

FREE DIABETIES CLINICS: In these regular clinics run by a dedicated consultant, we also provide anti-Diabetic medication **completely free of charge**.

Hence MMCH is the only type of its hospital providing these unmatched facilities to 5 million people of Mirpurkhas division at a very low price.

POOR STATE OF HEALTH IN PAKISTAN

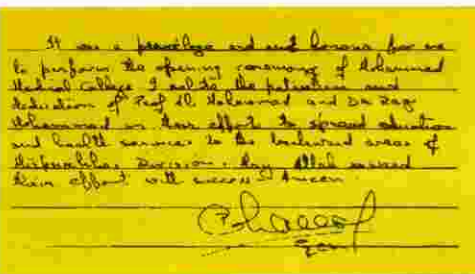
The government of Pakistan spends a much lower percentage of it's income on health (less than 1% of GNP) than most countries of the world. This covers less than 25% of a person's total spending on health (US\$ 85/year). The rest comes out of the pocket of the citizens. Our total federal spending on health is RS. 14.80 billion which amounts to just under 250 million dollars. Just think how much it compares with 1.8 trillion dollars spent by USA, which amounts to nearly 15% of their GDP.

An average Pakistani spends about 85 USD on his health per year of which government spends only a quarter or 21 USD. An average US citizen spends about 14000 USD on his health per year of which just under half or 6500 USD come from the US treasury.

This low spending has produced extremely disturbing state of the nation's health.

For example:

- 26000 young mothers die unnecessarily during childbirth every year
- 83 out of 1000 children born die before reaching their first birthday.
- 3 out of 4 people die of infective causes



**Message By
President
Gen. Pervez
Musharraf**



**Message by
Mr. David Parry,
Ex Deputy High
Commissioner UK.**

This is a wonderful institute that bears witness to the energy & dedication of those who committed themselves to this exciting project. The out come we have seen in such short time is truly remarkable. There is I am sure much more to come. My congratulation and best wishes for the future. A fine example for those in Pakistan and internationally to gain inspiration from.

Thank you

Education

Most educational facilities are centred in large cities. Nearly all institutes of higher education are in urban regions thereby depriving 10 million of people from higher education. It has been seen that those few who go to large cities in pursuit of higher education, seldom return.



IN RURAL AREAS OF PAKISTAN

Only 20% of health budget is spent on much poorer people in rural areas (making 70% of total population). Rural/ peri-urban areas have only 15% of practicing doctors and 18% of hospital beds. These areas have only one private Medical College with teaching hospital (out of 25 recognized private medical and dental colleges of Pakistan, most of these are located in urban areas.)

Private sector contributes for over 75% of health care services in Pakistan, yet it has the same discrepancy pattern in spending when it comes to rural/ urban division. Less than 20% of private sector spending is for over 70% of much poorer and needier people living in rural areas. Rest of over

80% is spent on relatively better off 30% of urban population.

Hence we see that in urban areas with 30% of population spending per person on health is 227 US \$ /person/year, whereas in rural areas with 70% of Population, spending per person is 24 US \$ /person/year. So we see that in urban areas of Pakistan spending on health on one person is equal to that of nearly 10 people in rural/peri-urban areas.

A World Bank report claims:

- "The educated and well off urban population lives not so very differently from their counterparts in other countries of similar income range, or even of their counterparts in Western countries. However the poor and rural inhabitants

of Pakistan are being left behind. This is shown by many social indicators in ways that, unless sharply improved, will leave Pakistan falling further below other countries performance in the future".

- "Particular attention should be paid to Pakistan's rural sector which is home to most of the country's poor and also exposes a number of specific challenges to poverty reduction".

- "Overall, health indicators for Pakistan also tend to be lower in rural areas than in urban areas".

- "A particularly worrying health issue, as identified by the PRHS survey, is the prevalence of chronic child malnutrition in rural areas".

- "There are also significant regional variations in child nutritional status, with districts in rural Sindh and Balochistan faring the worst".

HOW CAN YOU HELP US HELP POOR PATIENTS

We will be extremely grateful to you for your help in achieving any of our aims. You can adapt any of the following ways:

- Help us in providing meals for our inpatients. On average its costs us Rs. 1300 /- per day for providing a single time average standard meal for 100 patients. A meal of higher standard for the same number of patients costs around Rs. 2500/- per day.
- Help us in getting uninterrupted power supply to our wards and departments. Power failure in this part of the country on a daily basis for hours is an accepted part of life. As one can imagine, a patient on various power propelled machines cannot afford this. We have managed

a generator of 50 KVA from our resources. However, we still desperately need a power generator of 100 kVA which costs about 2 million RS.

- Help us in providing free medication to the poor patients. For example Rs. 20,000/- per month will be needed to run a free specialist clinic such as Diabetes clinic to include free medicines and tests once a week. We also provided a number of other medications free of cost to our patients from our pharmacy. It costs 10,000/- per month. You could help us in getting some of them, or in expanding the number of such items.
- Help us buy Medical Equipment. Like any other hospital, we are in constant need for buying new equipment and also replacing

our old ones. Their costs vary widely. For example buying a spirometre (to test breathing) would cost around Rs. 25,000/-. Some other machines needed in hospital are more expensive. Some laboratory equipment (e.g. electrolyte and blood gases analysers) will cost around Rs. 300,000/- each.

- Help us bearing the cost of treatment and investigations for needy patients. An average medical patient for a common illness requiring a weeklong stay in the hospital would need around Rs. 3,500. If that patient requires an operation, this would add an amount of Rs. 3,500/- to cover its cost and medications.

Muhammad Institute of Para-Medical Training (MIPT) takes off

MFT has started yet another educational institute Muhammad Institute of Para-Medical Training (MIPT) under Principalship of MS MMC and internationally renowned gastroenterologist Dr. S. Zafar Abbas. Vice Principal is Dr. Asma Abbas. The institute was inspected and recognized by the Department of Health, Government of Sindh.



Dr. Razi Muhammad Presenting Shield to Minister of Education Dr. Hamida Khoro, Chairman Board of Intermediate & Secondary Education, DCO, EDO Education and acting Principal of MMC look on.

MMC admits 8th batch

8th batch of students was admitted at Muhammad Medical College. This year, due to National and International recognition of MMC and its excellent faculty and educational facilities leading to very high standard of education, there was intense competition for admission. This ensured that only students with high merit could obtain admissions and unfortunately a large number of students were left disappointed.

3rd batch of doctors pass at MMC

3rd batch of students passed their MBBS final examinations this year. Dr. Arif secured First position.

Professor Iqbal Ahmed Khan congratulated the students and their parents on passing the exams and gaining the prestigious positions of doctors. He however urged them to continue their hard work and work for a postgraduate degree as doctors of MMC are eligible to train for and take exams like FCPS, MRCP, MRCS, MRCOG, MPhil etc.



Dr. Razi Muhammad Presenting Ajrak to Minister of Health, Minister of Education and EDO Education are present

3rd Batch of students pass BBA and BCIT examinations at MIST

3rd batch of students pass their BBA and BCIT examinations from Sindh University. Most students who passed have either managed to get good jobs or are in the process of doing post-graduation. Engr. Taqi Muhammad congratulated all the students and dedicated the success of students to hardwork of students and faculty.



Engr. Taqi Muhammad speaking Minister of Education Dr. Hamida Khoro, Minister of Health Mr. Shabbir Qaim Khani and Dr. Razi Muhammad look on

2nd Batch of students pass FSc examinations at MIST

This year too, students of MIST

obtained good results at MMC examination. Anis ur Rehman has topped the admission test from Mirpurkhas and as a result was the only student of the region to gain admission at Dow University of Health Sciences.

MFT gives Shields/ Certificates to top students of Matriculation examination

MFT, in collaboration with Board of Intermediate & Secondary Examinations arranged a function in honour of top students of Matriculation examination and their parents. The function was presided by current Minister of Health Mr. Shabbir Kaim Khani. Chief Guest was Minister of Education Professor Hamida Khoro. Successful students were praised by the Professor Razi Muhammad and Chairman of BISE Professor Anwar Ahmed Zai. Later shields and certificates were distributed to successful students.



DCO Mirpurkhas inaugurating 2nd edition of Messiah



Major surgeries for poor patients is a routine at MMCH



Audience of 2nd Annual Symposium. Senior Professors of Medical Universities



Mr. Sultan Khawar (advisor to Chief Minister) and Vice Chancellor of LUMHS

THE AIMS AND OBJECTS OF PWC PATIENTS' WELFARE CLUB

It is therefore entirely clear that for the further improvement of the services in health care provision to the poor patients of the area, the kind-hearted people like you will have to come forward and help Muhammad Foundation Trust. This forms the basis for the establishment of Patients' Welfare Club (PWC). PWC is an effect Pakistani version of "Friends of MFT, UK" created mainly to support MMCH. Its immediate aims are as follows:

Provision of free meals to poor inpatients on a permanent basis.

Provision of free medicines for the needy patients both admitted to the hospital and outpatients.

Provision of free investigations for the needy patients both admitted to the hospital and outpatients.

Running free specialist clinics for outpatients including free medicines, e.g. Diabetes clinics.

Other all possible help to the patients and their attendants/visitors.

Purchasing instruments for MMCH.

SUCCESS SO FAR

PWC is providing 3 meals a day to all needy inpatients with the help of its donors.

Some inpatients and also outpatients

are being helped financially in getting tests and treatments done.

A large drinking water tank has been built for patients and their relatives (donated in the memory of Mr. Syed Muhammad Abbas).

Three Split Airconditioners were donated by M/s unique Trading corporation, Karachi for ICU/CCU and OT.

One Air conditioner was donated by a renowned personality of Mirpurkhas Mr. Chaudhry Mukhtar Ahmed for ICCU/CCU.

Diabetes clinic with its free medicines to needy patients is supported by various donors.

Free medicines are provided in T.B clinic all patients courtesy of Madina Traders, Karachi.