

January to April 2026

AMAN Newsletter



In Brief

Health decisions are shaped by information, trust, and access over time. This quarter, AMAN brought together communities, students, parents, teachers, schools, providers, clinicians, and partners across eight districts of Sindh to strengthen health literacy and support positive health-seeking behaviours as part of a life cycle approach, reaching more than 13,000 people directly. These stories capture that work in action, including World Immunization Week celebrations attended by the Honorable Minister of Health and Population Welfare, Government of Sindh, Dr. Azra Fazal Pechuho.



From Knowledge to
Care: Health Across
the Life Cycle



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COMMUNITY ENGAGEMENT ACROSS SINDH
Credible Information for Everyone



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Timely Care, With Dignity



PRE-CONFERENCE WORKSHOPS
Every Workshop, A Sharper Skill



FROM CLASSROOMS TO COMMUNITIES
Health Learning Through Schools



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From Local Care to Global Conversations



LOOKING AHEAD
Partnerships, Platforms, and What Comes Next

Vaccines Work
When People
have the
Information and
Support to Act
with Confidence

Empower, Prevent, Protect

Advocacy for HPV vaccination to safeguard young girls from cervical cancer

Cervical cancer is a cancer preventable by a vaccine and the third most common cancer among women in Pakistan. With the HPV vaccine now part of Pakistan's national immunization program, AMAN is working to ensure communities across Sindh know it, trust it, and use it.



EMPOWER PROJECT — SINDH, PAKISTAN

HPV VACCINATION ADVOCACY Reach & Impact



8

Districts



25

Union Councils



5,256

Adolescent girls



1,744

Teachers engaged



1,186

Parents engaged



1,452

LHVs, CMWs & vaccinators



620

OBGYNs & HCPs



104

Differently abled individuals



Total digital reach

640,554

September 2025 – March 2026 | Supported by Gavi, Mannion Daniels & OPM

With support from Gavi, Mannion Daniels, and Oxford Policy Management (OPM), and in partnership with EPI Sindh, AMAN is driving awareness and uptake across 8 districts and 25 union councils. From teacher sessions and a three-language chatbot to a motorbike rally marking Cervical Cancer Awareness Month, the work meets communities where they are. HPV myth-buster reels, reaction videos, and multilingual content in English, Urdu, and Sindhi also helped address misinformation around the vaccine across social media platforms. Recognizing the importance of this effort, the Honorable Minister of Health and Population Welfare, Government of Sindh, Dr. Azra Fazal Pechuho, joined World Immunization Week activities alongside AMAN.

EMPOWER, PREVENT, PROTECT



Orangi Town Medical Camp

Building Trust,
Strengthening Community
Health

Where Care Meets Community

AMAN organized a free one-day medical camp in Qasba Colony, Orangi Town, reaching over 250 patients with medical checkups and essential medicines. Senior gynecologists, pediatricians, general physicians, and family planning doctors were present, with a dedicated vaccination counter providing routine immunization including the HPV vaccine. Organized around a lifecycle approach to build community trust in the HPV vaccine, the camp was held in partnership with Deputy Commissioner West, DHO West, EPI Sindh, and the Population Welfare Department Sindh.



BUILDING HEALTHIER COMMUNITIES



WORLD IMMUNIZATION WEEK 2026

This year's World Immunization Week theme, "For Every Generation, Vaccines Work," is exactly what AMAN is about. With the HPV vaccine newly part of Pakistan's national immunization program, the week was both a celebration and a call to action.

Skits, Pledges, Champions

Students, teachers, and parents mark World Immunization Week

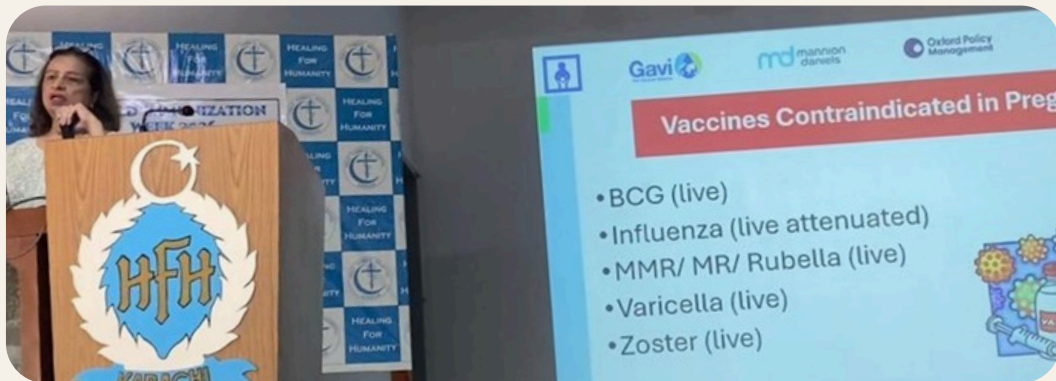
Events were held at SMB Fatima Jinnah School and Khatoon-e-Pakistan School with Zindagi Trust, Government Boys Secondary School Shams Campus, and DCTO School in partnership with Kiran Foundation. Students performed skits, took vaccination pledges, and were recognized as Immunization Champions. Student-created videos were shared across AMAN and EPI Sindh's platforms. Education activist and CEO of Zindagi Trust, Shehzad Roy, joined students, teachers, and partners at SMB Fatima Jinnah School in marking the week. Alongside singer-songwriter Bilal Maqsood, he also amplified the campaign across social media. Honorable Minister for Health and Population Welfare, Government of Sindh, Dr. Azra Fazal Pechuho, attended the SMB Fatima Jinnah School event alongside AMAN and its partners.



WHEN STUDENTS LEAD, COMMUNITIES FOLLOW

Good Care Begins with Good Conversations

In collaboration with Holy Family Hospital, AMAN held provider sessions covering vaccines across the life cycle and addressing common hesitancies among healthcare providers themselves. A session was also held at Sindh Government Hospital Korangi 5 with Child Life Foundation. At both, providers pledged to share accurate information, offer clear guidance, and treat every patient with the respect they deserve.



TRUST FLOWS, PROVIDER TO PATIENT

Credible Information for Everyone



AMAN field teams worked with communities across eight districts of Sindh. In Saeed Khan Lund (Tando Muhammad Khan) and Karachi West, walks moved through neighbourhoods. In Hyderabad, Khairpur, Shikarpur, and Kamber, sessions with students, parents, teachers, and community members opened conversations about routine immunization — questions answered honestly, in a way people could trust.



DOUBTS LOSE WHEN COMMUNITIES TALK

From Classrooms to Communities

When young people understand their health, families are stronger. Through a partnership with Bank Alfalah, AMAN and Meri Sehat brought health learning into schools, reaching students, parents, and community members across two Zindagi Trust schools. Sessions covered topics ranging from menstrual health to routine disease prevention and created space for conversations often left unspoken. More than half the girls had never received menstrual health information before. One mother living with breast cancer, identified through a school event, was connected to care and support through referral pathways strengthened by the initiative. That is what informed communities make possible.



Health Camps Reach & Impact

Individuals Reached

6,703

Comprehensive Health Profiles

954



KNOWLEDGE THAT REACHES BEYOND THE CLASSROOM

Capacity Building for Good Care

Integrating WHO's Evidence-Based Contraceptive Guidelines: From Policy to Practice

The objectives for the session are as follows:

- Articulate the complementary roles of MEC and SPR in guiding contraceptive safety and service delivery.
- Identify key updates in both guidelines and their implications for clinical practice and program management.
- Apply practical strategies for adopting, disseminating, and implementing MEC and SPR recommendations in diverse health systems.
- Promote equity and rights in contraceptive programming by integrating gender-responsive, disability-inclusive, and adolescent-friendly approaches.
- Access and utilize WHO tools and resources—such as the MEC wheel, digital adaptation kits, and training packages—to support guideline implementation.

Speakers

Dr Nancy Kidula
She is an obstetrician-gynecologist with 30+ years' clinical and public health experience, based at WHO Geneva as a Medical Officer in the Contraception, Fertility Care and RTI Unit. She oversees WHO contraceptive guidelines (MEC, SPR) and previously supported country adaptation and implementation in the WHO AFRO region.

Dr Azra Ahsan
A Dow Medical College graduate and RCOG Fellow, is an OB-GYN at New Beginnings hospital with experience across the UK, North Africa, the Middle East, and Pakistan. She has led key reproductive health initiatives through ICABLE and ARISE and currently chairs the FIO Committee on Contraception.

Moderator

Dr. Syed Azizur Rab
Driven by a vision of an equal and just ecosystem, he led transformative initiatives bridging the public-private nexus to improve family health, building teams and empowering women and youth for sustainable development, strengthening the health-economic ecosystem and advancing policy reforms through social marketing and franchising as CEO of Dinsar Marketing.

12:00 pm - 1:00 pm
18th Feb 2026



Good care depends on skilled, informed, and values-aligned providers. This quarter, AMAN invested in all three through Values Clarification and Attitude Transformation trainings with Shirkat Gah for Lady Health Supervisors, Lady Health Workers, and BHU staff in Karachi and Khairpur. AMAN also contributed to broader provider learning through continuing medical education (CME)-accredited workshops, WHO-led webinars on family planning and contraceptive guidelines, and participation in national conversations on strengthening provider practices and systems of care. Because a woman's willingness to return for care often depends on how she was treated the first time.

Dissemination Webinar Scaling Up Post-Pregnancy Family Planning: A Roadmap for Rights-Based and Equitable Implementation

The objectives for the session are as follows:

- To define scaling up and different types of scaling up
- To address all six building blocks of the health system to ensure scaling up of FP
- To establish monitoring and evaluation of the process of scaling up for FP
- To introduce what technical guidance documents are available that can inform the process of scaling up of post-pregnancy FP

Speakers

Dr Rita Kabra
A seasoned reproductive health and public health expert with 30+ years of experience, including two decades at WHO Geneva, leads global initiatives on family planning, ending preventable FP, and youth sexual health. Project Manager for WHO/UNFPA Adolescent Plus, enhancing access to quality, rights-based contraceptive services and evidence-based FP guidelines.

Ms Ayesha Salma
Director, Dinsar Marketing
A development and humanitarian leader with nearly two decades of experience across Asia, the Middle East, North Africa, and the Sahel. Former Country Director for UNICEF Pakistan and senior leader at UNFPA. A published author on women's rights, she champions gender equality and reproductive health public.

Moderator

Dr Sadiah Ahsan
A distinguished OB-GYN with 30+ years of leadership in clinical practice, teaching, and public health. Professor, Sindh Medical University, President, Asian Pacific RCOG, Senior Vice President, Indian Society of Obstetrics and Gynecology, global trainer and consultant for WHO, UNFPA, WHO pioneer in maternal-reproductive health and cervical cancer prevention.

12:00 pm - 1:00 pm
22nd Jan 2026



SKILLS SHAPE CARE. VALUES SHAPE EXPERIENCE.

Pre-Conference Workshops

Ahead of AMAN's Annual Scientific Conference, three CME-accredited workshops gave providers hands-on clinical practice and recognized CME credits. Sessions focused on postpartum haemorrhage bundle approaches, cervical cancer screening and HPV vaccination, and Hepatitis B birth dose vaccination, directly engaging providers across multiple institutions and facilities. AMAN also distributed hospital stamps to support accurate birth dose recording, helping embed these practices into routine care across participating facilities.

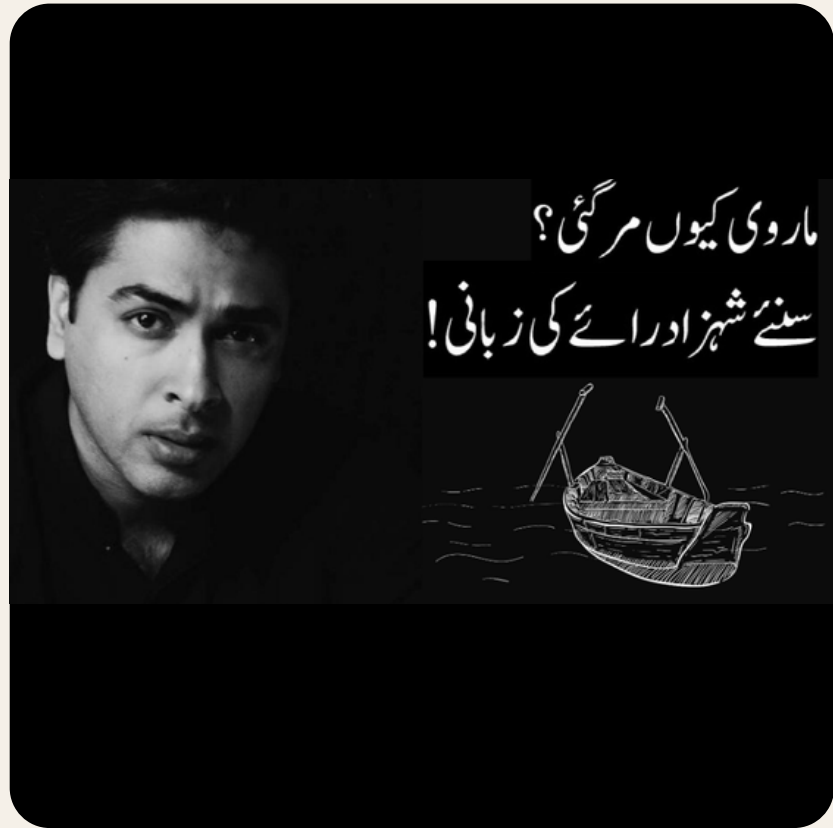


EVERY WORKSHOP, A SHARPER SKILL

Every Pregnancy

Let Every Mother Survive. Let Every Baby Thrive.

This Ramadan, AMAN joined Every Pregnancy's global campaign to spotlight the realities behind preventable maternal deaths and the barriers women continue to face in accessing timely care. Through a digital storytelling intervention centered on verbal autopsy narratives and maternal health advocacy, the campaign reached audiences across social media platforms and connected with communities in more than 130 countries. Stories narrated by Shehzad Roy, alongside a campaign appeal video by journalist and rights activist Munazza Siddiqui, helped bring wider attention to maternal and newborn health in Pakistan.



WITH GRATITUDE TO THE DONORS, PARTNERS, STORYTELLERS, AND COMMUNITIES WHO MADE THIS WORK POSSIBLE.

FROM LOCAL CARE TO GLOBAL CONVERSATIONS

Looking Ahead

The conversation continues...



AMAN and Kiran Foundation signed an MoU to strengthen health literacy and community engagement through continued collaboration with schools, students, and communities across Karachi.

At Waqfa's campaign launch, Shehzad Roy advocated for wider access to platforms like Bakhbar Noujawan, highlighting the importance of honest, reliable health information for young people.



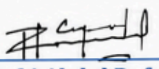
ALHAMD SHARIAH ADVISORY SERVICES

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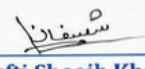
Certificate No: ASA/0367/001

**SHARIAH APPROVAL FOR PAYING ZAKAT TO
ASSOCIATION FOR MOTHERS AND NEWBORNS (AMAN)**

For and behalf of Alhamd Shariah Advisory Services (Pvt.) Limited


Mufti Abdul Rafey
Associate




Mufti Shoaib Khan
Research Scholar

Note: This certificate is valid till 31st Dec 2026.

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AMAN received zakat eligibility certification this quarter, opening a new pathway for community-supported maternal and newborn health initiatives.

BUILDING INFORMED COMMUNITIES TOGETHER

HEALTHIER WOMEN. FLOURISHING FAMILIES. STRONGER COMMUNITIES.



NEXT ISSUE

Due in September

We look forward to sharing more updates and stories with you.



STAY CONNECTED

For more updates, stories, and ways to get involved, connect with us on our official channels.



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