

# NewsLetter

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## EDITORIAL

In the second quarter of 2025, MALC continues its impactful work across key focus areas, including leprosy and TB Control, Blindness Prevention, Mother and Child Health Care (MCHC), and Community-Based Inclusive Development (CBID). In line with the WHO's Roadmap to Zero Leprosy (2023–2030), MALC conducted awareness sessions for patients, nurses, and medical students across Sindh to strengthen leprosy case management. Field activities, such as skin screening camps and the distribution of SDR-PEP played a vital role in helping curb disease transmission.

A major highlight of the quarter was the inauguration of the Rehabilitation Centre for Children with Physical and Neurodevelopmental Disabilities in Karachi on June 3, 2025. Established in partnership with the Department for Empowerment of Persons with Disabilities (DEPD), Government of Sindh, this initiative reflects a shared commitment to inclusive, rights-based care.

The continued support of Chief Minister Syed Murad Ali Shah and the DEPD remains instrumental in improving the lives and wellbeing of persons with disabilities throughout Sindh. Health outreach efforts were also intensified, with free chest and skin NTD camps conducted in remote areas, bringing vital healthcare services to underserved with limited access to medical care.

These accomplishments have been made possible through the generous support of our donors, whose commitment enables MALC to bring healing, dignity, and lasting change to the communities we serve.

As we reflect on the second quarter of growth and accomplishments, we are proud to present...



# Empowering Children with Developmental Challenges at Maskan-e-Rahat Centre (MALC)

## No Child Left Behind: MALC and DEPD Open Doors to Inclusive Health

MALC, in collaboration with the Department for Empowerment of Persons with Disabilities (DEPD), Government of Sindh, inaugurated a dedicated Rehabilitation Centre for Children with Physical and Neurodevelopmental Disabilities in Karachi.

This initiative promotes inclusive healthcare and complements MALC's "Zero Leprosy Road Map 2024–2030," with a distinct focus on disability rights and rehabilitation.

Speaking at the inauguration, Chief Minister Sindh Syed Murad Ali Shah stated, "Inclusive communities are the foundation of real progress. This initiative ensures that children with disabilities are treated with the dignity, care, and opportunities they truly deserve."

The inauguration was marked by the unveiling of a commemorative plaque by the Chief Minister and attended by several dignitaries and stakeholders, including:

- Dr. Rüdiger Lotz – Consul General of Germany
- Mr. Tuaha Ahmed Faruqi – Secretary, DEPD
- Mr. Rajvir Singh Sodha – Special Assistant to the Chief Minister on Human Rights
- Dr. Anil Fastenau – Global Health Consultant, German Leprosy and Tuberculosis Relief Association (GLRA)
- Mr. Mervyn Lobo – Chief Executive, MALC
- MALC Board Members and Senior Management



# Community-Based Inclusive Development (CBID)

Community-Based Inclusive Development (CBID) is a holistic approach that empowers persons with disabilities to participate fully in community life. It focuses on improving access to health, education, livelihood, and social inclusion services within their local environment. CBID involves families, communities, and local authorities to create a supportive and inclusive society. At MALC, CBID programs aim to ensure equal opportunities, promote awareness, and uphold the rights and dignity of persons with disabilities.



## MALC Management Visits Developmental Disabilities Centre, Larkana



MALC's management team visited the MALC-DEPD Developmental Disabilities Centre in Larkana to strengthen team collaboration, review ongoing activities, and ensure quality care for children with developmental disabilities. The visit reinforced MALC's commitment to inclusive, community-based rehabilitation and support for children with special needs.

## Awareness Session on Disability Certificates, SNIC, and Rights

A stakeholder meeting was held at Tataroko School in Manghopir with the participation of 20 individuals. The session focused on raising awareness and ensuring preparedness for the upcoming one-window camp. Discussions centered around the collection of key pre-camp documents, including disability certificates and Smart National Identity Cards (SNIC), as well as an overview of the rights of persons with disabilities.



## Rehabilitation Services for Children with Developmental Disabilities

MALC Centre for Rehabilitation of Children with Physical and Neurodevelopmental Disabilities offers a comprehensive range of therapies under one roof. These include Remedial Therapy, Speech Therapy, Behavioral Therapy, Occupational Therapy, and Physiotherapy. The center is staffed by a team of qualified and experienced therapists who are dedicated to delivering holistic and individualized care. Their combined efforts aim to ensure positive outcomes in the development and rehabilitation of each child, supporting their journey toward improved functionality, independence, and quality of life.

### Behavioral Therapy



### Physical Development Therapy



### Speech & Language Therapist



### Physiotherapy Support at Head Office for Women & Children with Disabilities



### Promoting Mental Health and Breaking Stigma through Therapeutic Support



### Occupational Therapy



### Rehabilitation Support for Children with Disabilities at Rah-e-Nijat School Supported By DEPDP



# Transforming Care with DEPD: From Assistive Devices to Inclusive Health

At MALC, we are deeply committed to reaching individuals in need especially those living in remote and underserved areas where access to support and services is often limited. Our dedicated community workers go beyond traditional boundaries, visiting people with disabilities in areas where few others venture. Despite challenging conditions, including extreme summer heat, they conduct thorough assessments through direct interaction and detailed research to understand each person's unique needs.

Thanks to the generous support of DEPD, we have been able to procure 950 assistive devices, each carefully selected and tailored to meet individual requirements. These devices are life-changing enhancing mobility, promoting independence, and significantly improving the quality of daily life. They have opened new pathways to accessibility and inclusion, removing obstacles and empowering individuals to regain confidence and self-reliance.

Our mission remains focused on breaking down barriers and providing support wherever it is needed, ensuring that every member of our community has the tools and opportunities to live with dignity and ease. This work reflects our shared vision of a more inclusive society where everyone has the chance to thrive.

DEPD's support has gone even further. They have played a key role in establishing the Inclusive Health facility at our Maskan-e-Rahat Centre. Here, we offer compassionate, holistic care not only for patients, but also for their families. Alongside medical support, we provide parents with training and guidance on how to understand and care for their children with special needs, helping to foster a nurturing and supportive home environment.





# Hope, Healing, and Inclusion

Active case finding has been a cornerstone of the Leprosy Elimination Program, helping to significantly reduce the spread of the disease by identifying cases early and providing timely care. With the continued support of dedicated partners, skin NDT camps were organized in Karachi and remote areas of Sindh, focusing on communities considered high-risk or known hotspots for leprosy. These camps brought vital health services directly to the people who need them most, many of whom have limited access to healthcare. Beyond screening for leprosy symptoms, the camps also offered treatment for other widespread skin conditions. Scabies emerged as the most common ailment, followed by fungal and bacterial infections issues that, while often overlooked, can cause great discomfort and social stigma. For many individuals, these camps were more than just a medical check-up; they were a rare opportunity to feel seen, cared for, and supported. The human connection built through these outreach efforts not only addressed physical health needs but also helped restore dignity and trust in communities often marginalized due to illness.



## Photo Voice: Stories Through the Lens of Courage

As part of our storytelling initiative under WHO's Roadmap to Zero Leprosy (2023–2030), the "Photo Voice" exhibition provided a compelling platform for individuals affected by leprosy to share their lived experiences through photography. This unique showcase featured powerful images captured by those directly impacted, offering intimate insights into their journeys of hope, challenge, resilience, and transformation. Each photograph served not only as a personal narrative but also as a bold statement of dignity and strength. Through this visual storytelling, participants challenged stigma, fostered empathy, and underscored the urgent need for inclusion, compassion, and a more human-centered approach to leprosy.



# Mother and Child Health Care(MCHC)

## Rebuilding Health, Restoring Hope

At the heart of our mission lies the belief that every child deserves a healthy start in life. Our Mother and Child Care Project is dedicated to improving the health and well-being of underprivileged mothers and children by providing timely healthcare, nutritional support, and essential education.

A vital part of this initiative is our Child Nutrition Program, which works across our community centers in Landhi Korangi (LKC), Orangi (ORC), Malir, GSC, Baldia, and Bihar. Through this program, we identify malnourished children early and provide them with age-appropriate, therapeutic nutrition, including Suji (semolina-based) supplementation, designed to help rebuild strength and support healthy growth.

Each child is regularly screened and monitored for growth, and those who require help receive customized support. We don't just treat symptoms we educate parents on practical, affordable ways to provide balanced meals at home. With this knowledge, families are empowered to break the cycle of malnutrition and build a foundation for a healthier future.

Over time, we witness not just the recovery of lost weight, but the return of energy, laughter, and hope. These children begin to thrive physically, mentally, and emotionally reminding us why this work is so important. With compassion, persistence, and community care, we continue to nourish both body and spirit one child at a time. As once said:

**“ You can't treat the body without the soul, and you can't treat the soul without the body.”**

### Unspoken Stories of Success



### Each Smile Tells a Story



### Their Journey Shines Through

# Success Story

### Every Picture, a Journey

Two-year-old Suman was brought to our Orangi center OPD by her mother, visibly weak and underweight. Coming from a non-affording family, Suman had been struggling with severe malnutrition. She was unable to walk properly, often fell sick and had very low energy for her age.

After evaluation, she was enrolled in our Nutrition Support Program, where she received food, supplements, and regular medical follow-ups. Her mother was also given guidance on proper feeding practices using affordable, locally available food.

Within a few weeks, Suman began gaining weight steadily. Her appetite improved, and she started becoming more active and playful. After three months, Suman had gained 2.5 kg and reached a healthier growth milestone.

Today, Suman walks, plays, and performs her age-appropriate activities with energy and joy. Her story is a heartwarming reminder that with timely support and care, even the most vulnerable children can thrive.

**Before**

**After**



# A Full Spectrum of Health Camps

## Supporting the Fight Against Tuberculosis

MALC remains a key contributor to the National TB Control Program, diagnosing and treating approximately 12,000 TB cases annually. In an effort to strengthen early detection, we recently partnered with a local organization in Karachi to intensify contact screening in high-risk areas. We employ advanced diagnostic technologies such as GeneXpert, alongside other tools, to ensure timely and accurate TB diagnosis, particularly for underserved and marginalized populations.

As part of our community outreach, and with the support of our donors, we regularly conducts Chest Camps to identify presumptive TB cases and link them to effective treatment. These camps complement the Chest OPD services offered at our clinics.

In the second quarter of this year, MALC organized six Chest Camps, providing 1,777 consultations. These camps served individuals from neglected and extremely low-income communities, bringing essential healthcare to those who might otherwise remain without access to diagnosis or treatment.



### Chest Camps

Chest Camps	Consultations	Male	Female	Boys	Girls
6	1,777	429	759	316	273

TB Presumptive Identified : 18      No of TB Cases Identified: 4



## Committed to Eye Health in Every Community

Our hospital in Karachi continues to offer vital eye care services through regular outpatient clinics, including vision testing, eyeglass provision, and cataract surgeries held twice a week. This quarter, 337 cataract surgeries were successfully performed, with 90% of patients achieving a visual outcome between 6/6 and 6/18, demonstrating the quality of care provided. Additionally, a free Surgical Eye Camp was held at DHQ Hospital Ziarat on 28–29 June 2025, in collaboration with the Leprosy Blindness Control Program Balochistan and with generous support from Sightsavers. Despite challenging conditions due to local unrest, the camp was a success, providing free consultations to over 640 individuals and restoring sight through 60 cataract surgeries.

### Access to Vision Care Through Camps



### Eye OPD Services at Head Office



## Reaching the Unserved: Through Skin NDT Camps

To support early detection and timely treatment of leprosy, skin NDT camps were held in Karachi and remote parts of Sindh. Focused on high-risk and underserved areas, these camp, organized with the support of dedicated partners helped reach vulnerable communities with essential healthcare services often unavailable to them.

### Skin Camps

Skin Camps	Consultations	Male	Female	Boys	Girls
4	1,420	387	522	211	300



### Skin Camps

Skin Camps	Consultations	Male	Female	Boys	Girls
9	2,245	423	967	441	414

# MALC Training Institute

## Training Session

This year, the 39th batch of students has been enrolled in the one-year leprosy training course at the MALC Training Institute. The group consists of 13 students, including 6 from Azad Kashmir, 6 from Gilgit-Baltistan, and 1 from Punjab. The comprehensive training program covers a wide range of essential areas, such as theoretical knowledge, hands-on clinical training, and fieldwork experience. Students also engage in community activities to better understand the social impact of leprosy. The course offers psychosocial and rehabilitation training to effectively support affected individuals. Additionally, it emphasizes research, evaluation, capacity building, and teamwork to prepare students for practical challenges. Guest lectures and expert sessions from specialists further enrich the learning experience. Upon completion, these students will be well-equipped to actively contribute to leprosy and tuberculosis control programs in their respective regions, helping to strengthen public health efforts and improve outcomes for affected communities.



## Caring for patients through treatment and awareness sessions

A Mental Health Awareness session was conducted on June 12th, with active participation from patients across all wards of the facility. The session aimed to provide valuable insights into mental well-being, offering a deeper understanding of mental health challenges and promoting awareness on how to manage them effectively.

During the session, a comprehensive overview of common mental health issues, coping strategies, and available resources was shared. Patients were encouraged to engage, express their concerns, and ask questions, which were addressed with thoughtful and informative responses. This interactive segment fostered an open and supportive environment where everyone felt comfortable discussing mental health openly.

The session was well-received, with many patients expressing gratitude for the opportunity to learn and share their experiences. The goal was to reduce the stigma surrounding mental health, empower patients with knowledge, and equip them with tools to support their mental well-being both during treatment and beyond.

## In-Ward Session



# MALC Highlights: Empowerment, Engagement & Collaboration

This section showcases recent events, visits, and collaborations that reflect MALC's continued commitment to inclusive development, community engagement, and meaningful partnerships. From empowering women through financial inclusion to inspiring sessions on personal growth, and from participating in national expos to welcoming key dignitaries each moment captures MALC's mission to create lasting impact through collective efforts.

## MALC & HBL : Promoting Financial Inclusion for Women

As part of Pakistan Financial Literacy Week 2025, MALC hosted a financial awareness session with Habib Bank Limited, under the guidance of the State Bank of Pakistan. The session covered key topics such as budgeting, debt management, digital banking, and customer rights, and concluded with an engaging Q&A.



## An inspiring session on “A Growth Mindset - at Work and in Life” by Ms. Ainee Shehzad, Secretary, MALC Governing Board



It was an honor to bring together a group of enthusiastic learners to explore how embracing a growth mindset can transform the way we approach challenges, collaborate in teams, drive innovation, deliver patient care, and commit to lifelong learning. The session inspired meaningful conversations on leadership, resilience, and the strength of self-belief. From breaking through self-limiting thoughts to nurturing a culture of continuous development and empowered leadership, every insight shared was both practical and impactful.

## MALC and Ilma University Partner to Promote Educational Access

MALC signed an MoU with Ilma University to strengthen collaboration in healthcare, education, and community outreach. Ilma University offered a 100% admission fee waiver and a 75% tuition scholarship for eligible candidates nominated by MALC. We thank Mr. Syed Ahmed Zaheer for sharing insights on this partnership aimed at empowering communities through access to quality education.



## Visit of Secretary DEPD to MALC's Centre for Children with Physical and Neurodevelopmental Disabilities

We were honored to welcome Mr. Tuaha Ahmed Faruqi, Secretary of the Department of Empowerment of Persons with Disabilities (DEPD), Government of Sindh, along with Mr. Farman Ali Tanwari, Regional Director, DEPD, to the MALC Rehabilitation Centre for Children with Physical and Neurodevelopmental Disabilities at Main Numaish, Karachi, on 8th May 2025.

Mr. Faruqi appreciated MALC's work in supporting children with physical and intellectual disabilities and promoting inclusive rehabilitation in the province. His visit was encouraging for our team and helped strengthen cooperation between MALC, DEPD, and the Government of Sindh to improve access to inclusive care.



## Embracing Inclusion and Hope: MALC's Centre for Children with Physical and Neurodevelopmental Disabilities

We were honored to welcome Ms. Sunita Marshall to the MALC Centre for Rehabilitation of Children with Physical & Neurodevelopmental Disabilities. Her visit went beyond a formal gesture, she expressed genuine appreciation for the organization's efforts in building an inclusive, supportive environment. Ms. Sunita Marshall acknowledged the dedication of our team and spent meaningful time engaging with the children and their families. Moments like these inspire and energize us to continue our mission of creating a more inclusive and compassionate world for every child.



## MALC Participates in Inclusive Career Expo at NASTP, Invited by The Soorty Foundation

We were pleased to participate in the 1st Reverse Career Expo at NASTP, hosted by Ashreitech Academy, upon special invitation from our valued partner, The Soorty Foundation. This innovative event flipped the traditional job fair format - Persons with Disabilities presented their profiles at dedicated booths, while employers visited to engage, interview, and explore potential opportunities.





# Our Success Stories

## A New Beginning for Rani Punno: From Struggle to Self-Reliance

At our Landhi Korangi Center under the GLRA Vocational Training project, a remarkable journey unfolded. Rani Punno, a 19-year-old young woman with a speech impairment, came from a humble background. Growing up in a family of six siblings with limited resources, she faced many challenges, including unemployment.

During a recent field visit, our team met Rani and recognized her potential despite the difficulties she had faced. With encouragement and support, Rani enrolled in the vocational training program. Her quick learning abilities and determination impressed everyone, and she steadily gained skills that enabled her to contribute to her family's income.

Rani's story became one of hope and resilience a testament to how the right support opened doors to a more dignified and independent future. We are proud to have been part of her journey and looked forward to seeing her continue to flourish.



## A New Vision, A New Hope - Islamudin's Story



Prevention of Blindness

Islamuddin, a resident of Karachi, came to MALC with a heavy heart and blurred vision. For quite some time, he had been struggling to see clearly from his right eye. The loss of vision made it difficult for him to focus on his daily activities, leaving him feeling helpless and dependent.

More than his own struggle, Islamuddin was deeply troubled by the thought of becoming a burden on his son, who was already supporting his own family along with Islamuddin and his wife. The situation was weighing heavily on him emotionally and financially.

One day, a kind neighbor informed him about the free eye surgeries offered at MALC. With hope in his heart, Islamuddin made his way to the hospital. After a thorough consultation, he was diagnosed with a cataract in his right eye and scheduled for surgery.

The operation was a success. The moment he regained his sight, Islamuddin's face lit up with joy and gratitude. He couldn't stop thanking the doctors and staff at MALC. "I was not only treated, I was cared for with compassion," he said with a smile.

Today, Islamudin is back to his routine and no longer feels like a burden. His story is a beautiful reminder of how access to healthcare can restore not just vision but dignity and hope.



## From Pain to Healing - Nazia's Journey of Hope

Nazia, a 32-year-old unmarried woman living with her elderly parents in Karachi, quietly struggled with a worsening illness. In early 2024, she developed persistent neck pain, swelling, fever, and loss of appetite. Despite visiting several clinics, she received no clear diagnosis or relief, and her condition worsened.

Her family knew about tuberculosis, as a younger brother was already being treated for intestinal TB. However, Nazia's symptoms were different and went undiagnosed until a neighbor recommended the MALC Centre.

After a thorough consultation, the doctor advised a lymph node biopsy, which confirmed Extra-Pulmonary Tuberculosis (EP-TB) of the cervical lymph nodes. She immediately began a six-month Anti-Tuberculosis Treatment (ATT).

Throughout her treatment, Nazia found the MALC staff kind and supportive. With their care and guidance, she completed her treatment and made a full recovery.

### Patient's Message:

"From suffering to relief I will always be deeply grateful to the Marie Adelaide Leprosy Centre and the entire team. They diagnosed me in time, treated me with care, and supported me through one of the most difficult times in my life. I now feel inspired to give back I want to volunteer and encourage others in my community to seek help from MALC's Center. Diseases like tuberculosis can be cured if diagnosed and treated properly. Thank you, MALC, for serving the unserved."





## A New Vision, A New Hope

Aqeel was 41 when he first noticed a small red patch on his skin and thought it was nothing serious. But over time, it grew, became numb, and started affecting his daily life. He visited several clinics and doctors, but no one could figure out what was wrong. The condition got worse, and he began to lose hope.

As his condition worsened with a high fever and more skin patches, he was taken to SIUT and later referred to a specialist at Dow University. There, a doctor suspected leprosy and directed him to MALC, where he finally received a proper diagnosis and treatment.

At MALC, he started Multi-Drug Therapy (MDT) and received care, respect, and support. Aqeel says it wasn't just the medicine it was how the team treated him that helped him heal.

Now recovered, Aqeel is back to work and planning to start his own business. He's healthy, hopeful, and wants others to know that leprosy is treatable and no one should be afraid to seek help.



### Empowering Communities Through Health and Humanity

MALC has been dedicated to serving communities in Pakistan for over 70 years, with a core focus on Leprosy Control in regions including Sindh, Balochistan, Khyber Pakhtunkhwa, Azad Kashmir, and Gilgit-Baltistan. It also operates a care facility in Karachi for individuals affected by leprosy who have been abandoned by their families. Over the years, MALC has expanded its efforts to include Tuberculosis and Blindness Control, Community-Based Inclusive Development for people with disabilities, and Mother and Child Health Care in select areas. The organization also plays an active role in disaster response through relief and rehabilitation efforts. These initiatives are made possible through the generous support of our donors, whose continued contributions we deeply value.

#### LEPROSY CONTROL



#### TUBERCULOSIS CONTROL



#### PREVENTION OF BLINDNESS



#### MOTHER AND CHILD HEALTH CARE



#### COMMUNITY BASED INCLUSIVE DEVELOPMENT

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