

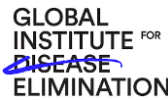


NEWSLETTER | ISSUE NO. 8



IGHD STAND OUT STARS

We are proud to announce that two of our esteemed colleagues, Dr. Narjis Fatima, Senior Instructor (Research), and Dr. Maha Azar, Research Specialist, participated in the 2024 edition of the prestigious Disease Elimination & Eradication Course (DEEC), organized by the Global Institute for Disease Elimination (GLIDE).



DR NARJIS FATIMA
Senior Instructor
(Research)



DR MAHA AZHAR
Research Specialist



The course included a two-week online component from May 2 to June 2, 2024, followed by an in-person segment from June 24 to July 2, 2024, at the Noguchi Memorial Institute for Medical Research in Ghana. It aimed to equip participants with the skills to develop strategies for eliminating Neglected Tropical Diseases (NTDs) and other infectious diseases.



Participants from various countries, including Pakistan, Kenya (paired with Uganda), South Sudan (paired with Chad), Cameroon, Guinea, Ghana, and Gambia, developed country-specific disease elimination strategies. Representing Pakistan, Dr. Fatima and Dr. Azhar focused on increasing vaccine acceptance to eradicate polio. Their efforts were recognized, and they secured USD 10,000 in seed funding to implement their proposal.



PAKISTAN



KENYA (PAIRED WITH UGANDA)



SOUTH SUDAN (PAIRED WITH CHAD)



CAMEROON



GUINEA



GHANA



THE GAMBIA

We extend our heartfelt congratulations to Dr. Narjis Fatima and Dr. Maha Azar for their dedication and exceptional representation of IGHG. Their participation underscores our commitment to contributing to global health initiatives and fostering professional growth and development within our team.

IGHD IN THE NEWS:

HEAT IMPACT ON PREGNANT WOMEN AND BABIES: DR. JAI DAS'S RESEARCH GAINS MEDIA ATTENTION

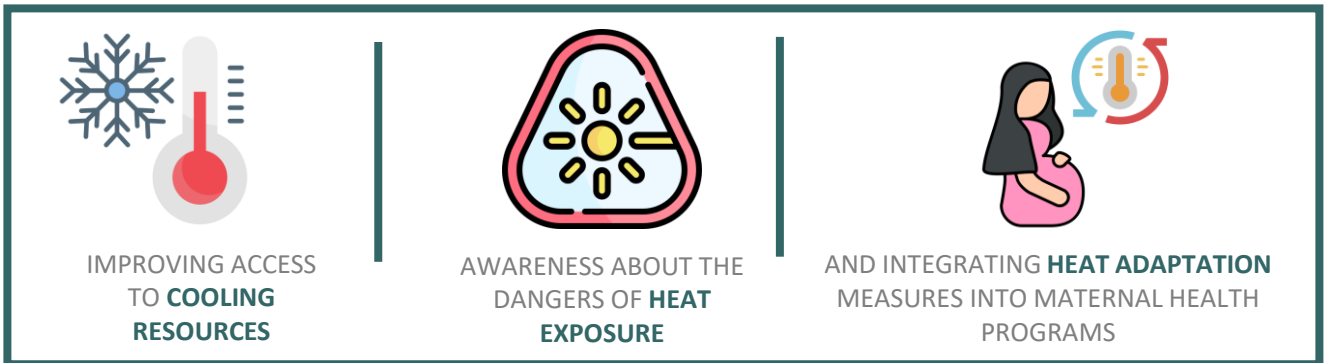


In May 2024, Dr. Jai Das, a distinguished faculty member at Aga Khan University, garnered significant media attention for his groundbreaking research on the impact of heat on pregnant women and babies. Dr. Das's insightful findings were featured in interviews with several prominent international and local media outlets.

During these interviews, Dr. Das elaborated on the critical implications of his research, which underscores the heightened risks that extreme heat poses to pregnant women and their babies. He discussed how rising temperatures can lead to complications such as heat stress, dehydration, and adverse pregnancy outcomes, emphasizing the urgent need for public health interventions to protect vulnerable populations in the face of climate change.

Dr. Das's research highlights the importance of developing strategies to mitigate these risks, including improving access to cooling resources, raising awareness about the dangers of heat exposure, and integrating heat adaptation measures into maternal health programs. Additionally, his findings suggest the need for policy makers to prioritize maternal health in climate change adaptation strategies.

Dr. Das highlighted importance of:



These media engagements provided a platform for Dr. Das to share his findings with a broader audience, fostering greater understanding and action on this critical issue. The recognition by major outlets like CNN, BBC Urdu, The Third Pole, and Samaa News reflects the global relevance of his work and its potential to inform policies and practices that safeguard maternal and infant health.

Dr. Das was interviewed by:



The widespread attention received by Dr. Das's research is a testament to the pressing nature of climate-related health challenges and the vital importance of addressing these issues through comprehensive and informed public health strategies. This pioneering research not only highlights the immediate risks but also calls for long-term solutions to protect the most vulnerable populations from the adverse effects of climate change.

RECENT EVENTS:

WORKSHOP ON COHORTS HARMONIZATION & OPTIMIZATION



The Workshop on Cohorts Harmonization & Optimization took place at the University Centre, AKU Nairobi, on May 9-10, 2024, bringing together experts from epidemiology, public health, pediatrics, and data science. Notable participants included Prof. Zulfiqar A. Bhutta, Prof. Zul Merali, and Dr. Bernardo L. Horta. The primary goal was to synergize cohort studies across Aga Khan University (AKU) to enhance research capabilities and outcomes, particularly in longitudinal health research.

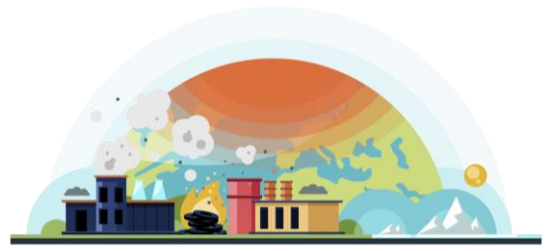
Day 1 focused on understanding cohort studies, with sessions highlighting the importance of harmonizing these studies to leverage strengths and ensure high-quality data. Presentations covered various AKU cohorts in Kenya, Pakistan, and peri-urban Karachi, emphasizing maternal and child health, mental health, and the use of technology and big data. Discussions also addressed refining research questions, defining study populations, and planning study sites, with a strong emphasis on community engagement and ethical considerations.



Day 2 delved into optimizing data collection and measurement, standardizing core variables, and utilizing advanced tools to ensure data accuracy. Participants explored statistical methods for data analysis, addressing biases, and integrating data from multiple sources. The workshop concluded with discussions on the challenges of conducting cohort studies in diverse settings, sustainability, and funding opportunities. Key insights underscored the importance of cohort studies for understanding health trajectories, the need for harmonization to enhance data quality, maintaining high ethical standards, and strategic planning for sustainability.

The event ended with a call for ongoing collaboration, the establishment of a working group, and the development of a long-term research agenda to maximize the impact of cohort studies on global health research.

RECENT EVENTS: KARACHI CLIMATE FESTIVAL



IGHD REPRESENTED AT THE 3RD KARACHI CLIMATE FESTIVAL

On June 5th, 2024, Farhana Tabassum, Project Manager at IGHD, took part in the 3rd Karachi Climate Festival organized by Faroozan, the Pakistan American Cultural Center (PACC), and the Pakistan U.S. Alumni Network (Karachi Chapter). Farhana contributed her expertise in a panel discussion on climate change from a health perspective.



The panel discussion emphasized the pressing need for climate action, policy reforms, and personal responsibilities. The distinguished moderator and panelists for this discussion were:

MODERATOR

SPEAKERS/PANELISTS



DR. WAQAR AHMED
Institute of Environmental Studies, University of Karachi

DR. SARDAR SARFARAZ
Chief Meteorologist of the Pakistan Meteorological Department

MR. ABDUL RAHEEM SOOMRO
Secretary of the Local Government Commission and Former Secretary of Wildlife & Fisheries

MS. FARHANA TABASSUM
Project Manager from the Institute for Global Health and Development at Aga Khan University



The discussion covered a range of critical issues related to climate change, such as the challenges posed by informal settlements characterized by narrow, multi-storied buildings devoid of greenery, which contribute to air and noise pollution and increase the prevalence of airborne diseases. Other topics included the alarming rate of glacier melting, deforestation, the environmental impact on wildlife, and the vital importance of mangroves.

Farhana's insights underscored the health implications of climate change, advocating for integrated approaches to address these challenges. Her participation highlighted IGHD's commitment to contributing to vital conversations on climate action and health.

RECENT EVENTS:

IGHD HOSTS SUCCESSFUL WORKSHOP ON RESEARCH CONCEPTS & BASIC METHODOLOGY

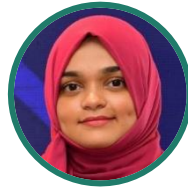
On May 17, 2024, the Institute for Global Health and Development (IGHD) at Aga Khan University (AKU) organized an enlightening workshop titled "Research Concepts & Basic Methodology." This workshop aimed to equip participants with foundational knowledge and practical skills in research methodology, essential for conducting rigorous and impactful research.

The workshop featured an impressive lineup of facilitators who are esteemed experts in their fields:



DR. JAI DAS

Assistant Director at IGHD and Assistant Professor at Aga Khan University, who brought invaluable insights from his extensive experience in global health research.



DR. NARJIS FATIMA

Senior Instructor at IGHD, AKU Karachi, who provided a comprehensive overview of research methodologies and their applications.



ARJUMAND RIZVI

Faculty at IGHD and Senior Manager of the Analytic Section, Data Management Unit, Department of Paediatrics, AKU Karachi, who shared her expertise in data management and analysis.



DR. ZAHRA HOODBHOY

Associate Professor at Aga Khan University, Karachi, who highlighted key aspects of ethical considerations in research.



DR. BHAVITA KUMARI

Health Researcher and Assistant Manager at IGHD, AKU Karachi, who discussed various research design strategies.



DR. NADEEM ZUBERI

Associate Professor and Vice-Chair of Clinical Services in Obstetrics and Gynaecology at AKU Karachi, who provided practical insights into clinical research methodologies.

The workshop covered a range of topics essential for conducting high-quality research, including formulating research questions, designing studies, collecting and analyzing data, and reporting results. Participants were introduced to different types of research questions and study designs, ensuring they understood the importance of aligning research questions with appropriate methodologies.



One of the highlights of the workshop was the emphasis on ethical research practices, underscored by Dr. Zahra Hoodbhoy's session. The facilitators also demonstrated the STAR method (Structured, Transparent, Accessible, Reporting) for developing robust data collection protocols, ensuring the reliability and reproducibility of research findings.

The interactive sessions and practical examples provided by the facilitators helped participants grasp complex concepts and apply them to real-world research scenarios. Feedback from the attendees was overwhelmingly positive, with many expressing their appreciation for the clarity and depth of the presentations.

RECENT EVENTS:

WHAT WORKS CLIMATE SOLUTIONS SUMMIT, BERLIN

The Institute for Global Health and Development (IGHD) is proud to announce the participation of Dr. Zulfiqar Bhutta and Dr. Jai at the prestigious What Works Climate Solutions Summit held in Berlin from June 9-12, 2024. This high-level conference focused on evidence-based climate policy, aiming to promote and catalyze synthetic evidence on climate solutions for upcoming climate change assessments, particularly the IPCC's 7th Assessment Report, as well as other forms of scientific policy advice.

WHAT WORKS Climate Solutions Summit

The summit gathered leading experts on climate solutions, key institutions curating scientific policy advice on climate change, and evidence synthesis communities. The goal was to address the critical need for robust, effective, and just climate solutions to meet international climate goals and limit warming to well below 2°C. The discussions emphasized the importance of reducing vulnerabilities and adapting to prevailing climate impacts.



Dr. Zulfiqar Bhutta delivered an insightful presentation titled 'Setting Research Priorities to Understand the Impacts of Climate Change on Human Biology, Health, and Development: A Focus on Women, Children, and Vulnerable Populations Globally.' Dr. Bhutta highlighted the urgent need to prioritize research that examines the effects of climate change on the most vulnerable groups, emphasizing the importance of targeted interventions to mitigate health risks and promote resilience.



Dr. Jai presented on 'Research Priorities for Addressing Climate Change and Human Health and Nutrition: Gaps,' where he discussed the current gaps in research that need to be addressed to develop comprehensive strategies for improving health and nutrition in the context of climate change. His presentation underscored the necessity for a multidisciplinary approach to tackle these complex challenges effectively.

The participation of Dr. Bhutta and Dr. Jai at this summit underscores IGHD's commitment to contributing to global efforts in addressing climate change and its impacts on human health and development. We are proud of their contributions and look forward to implementing the insights and strategies discussed at the summit in our ongoing and future projects.

RECENT EVENTS:

IGNIT3 CONSULTATIVE WORKSHOP ON NUTRITION FOR HEALTH PROFESSIONALS



On June 10, 2024, the Institute for Global Health and Development (IGHD) at Aga Khan University (AKU) hosted a significant consultative workshop for the IGNIT3 project, titled "Nutrition for Health Professionals: Assessing, Managing, and Promoting Child, Adolescent & Maternal Nutrition." This workshop was an essential step in the development of an accredited online course designed to equip health professionals with the skills and knowledge necessary to improve nutrition outcomes in Pakistan, particularly for women, adolescent girls, and children in high-burden communities.

The workshop took place at the University Centre on the 13th floor of the AKU Main Campus in Karachi and was also accessible online via Zoom for participants not located in Karachi. The event aimed to gather valuable input and feedback from country stakeholders to ensure the course content was contextually relevant and aligned with Pakistan's specific nutrition priorities.

The specific objectives of the workshop were to:



Engage stakeholders in the development process.



Outline the goals and intended audience of the course.



Describe the content development process.



Validate the course outline and ensure alignment with the country's context and priorities.



Develop country-specific case scenarios.

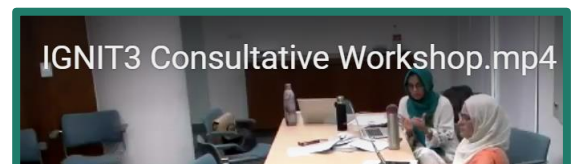


Integrate local protocols and guidelines into the educational content.

The workshop commenced with introductions and an overview of the IGNIT3 project, led by Amira Khan and Dr. Narjis Fatima. Participants then broke out into groups to review the course outline using a provided tool, followed by sessions to identify key country-specific nutrition resources, protocols, and referral pathways relevant to the course content.

The afternoon was dedicated to developing country-specific case studies, with each group assigned a different topic to ensure comprehensive coverage. The day concluded with group presentations on the developed case studies, highlighting the collaborative effort and expertise brought together during the workshop.

The IGNIT3 project, which stands for Increase Gains in Nutrition by Integration, Education, Evaluation, and Empowerment, is a five-year capacity-building initiative aimed at improving nutrition for the poorest and most marginalized populations in Ghana, Malawi, and Pakistan. This workshop represents a critical milestone in delivering targeted, integrated nutrition, health, and WASH (Water, Sanitation, and Hygiene) programming to build sustainable institutional capacity and improve nutrition within vulnerable communities.



RECENT EVENTS:

IGHD WEBINAR JUNE 2024

IGHD WEBINAR

MENTAL HEALTH IN HUMANITARIAN SETTINGS

FRIDAY 28th June 2024 5:00 PM PAKISTAN STANDARD TIME ONLINE ON ZOOM

SPEAKERS & PRESENTERS



Dr. Mowadat Hussain Rana
National Task Force for Mental Health, Government of Pakistan



Dr. Nargis Asad
Associate Professor and Chair, Department of Psychiatry, Aga Khan University, Karachi, Pakistan



Dr. Asma Humayun
National Technical Advisor for Mental Health, Ministry of Planning, Development and Special Initiatives, Islamabad, Pakistan

HOST & MODERATOR
Dr. Zulfiqar A. Bhutta
Institute for Global Health and Development, AKU

CLOSING REMARKS
Dr. Murad Moosa Khan
Brain and Mind Institute, Aga Khan University

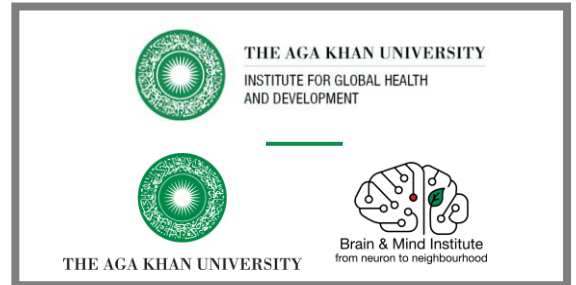
REGISTER NOW



EXPLORING MENTAL HEALTH IN HUMANITARIAN SETTINGS

HIGHLIGHTS FROM OUR MENTAL HEALTH IN HUMANITARIAN SETTINGS WEBINAR

On June 28, 2024, the Institute for Global Health and Development at Aga Khan University hosted a vital webinar titled "Mental Health in Humanitarian Settings." Chaired by Dr. Zulfiqar A. Bhutta, Director of IGHD at AKU, the session delved into the mental health challenges faced in humanitarian crises and explored effective strategies for support.



The presentations featured insights from:

- Dr. Mowadat Hussain Rana, National Task Force for Mental Health, Government of Pakistan, on "**Psychotrauma in Humanitarian Settings: The Oft-Untold Story.**"
- Dr. Nargis Asad, Associate Professor and Chair, Department of Psychiatry, Aga Khan University, Karachi, on "**Climate Change and Mental Health: Are Women More at Risk?**"
- Dr. Asma Humayun, National Technical Advisor for Mental Health, Ministry of Planning Development and Special Initiatives, Islamabad, on "**MHPSS (Mental Health & Psychosocial Support): A Rights-Based and Scalable Model for Pakistan.**"

We were honored to have Dr. Murad Moosa Khan, Brain and Mind Institute, Aga Khan University, for the closing remarks.

This webinar illuminated the often-overlooked aspect of mental health in humanitarian aid, highlighting the profound impact of displacement, conflict, and loss on mental well-being. It raised awareness, shared insights, and discussed strategies for enhancing mental health support in these challenging settings.

Who Attended:

This webinar attracted professionals, policymakers, researchers, and advocates involved in mental health and humanitarian aid, as well as organizations dedicated to fostering inclusive environments in humanitarian efforts. The event provided valuable insights and contributed to the discourse on mental health in humanitarian settings.



RECENT EVENTS:

SUPPORTING WOMEN IN SCIENCE: COHORT 4 INDUCTION

We are delighted to share the latest updates on the Supporting Women in Science initiative, a collaboration between the Institute of Global Health and Development at Aga Khan University and the University of Oxford. This initiative continues to bolster research capacity among women scientists from South-Central Asia and Sub-Saharan Africa through a competitive training and research fellowship program. It addresses gender and regional disparities in research capacity, providing a phased training approach for early-career women scientists.

The initiative has successfully concluded its 4th Cohort, showcasing its growing impact and continued success. This cohort received 431 applications, selected 180 fellows, and included participants from Afghanistan, Brazil, Bangladesh, Ethiopia, Indonesia, Ireland, Kenya, Nepal, Nigeria, Pakistan, Rwanda, Tanzania, and Uganda.



Afghanistan

Brazil

Bangladesh

Ethiopia

Indonesia

Ireland



Nepal

Nigeria

Rwanda

Pakistan

Kenya

Uganda

Tanzania

PARTICIPATION BY
WOMEN SCIENTISTS FROM
ACROSS THE GLOBE

431
APPLICATIONS
FOR COHORT 4

The initiative has seen significant growth, with increasing cohorts and widespread geographic representation. The program has received a surge in applications, demonstrating its popularity and the high demand for such opportunities. With more than 1200+ applications to date and a wide representation from countries all over the world, the program's reach continues to expand. The research areas covered by the fellows are diverse, including child health, maternal and reproductive health, climate change and health, adolescent health, and health systems. Additionally, the program has expanded to include a core curriculum course titled "Sustainable Development – Interdisciplinary Approaches," further enriching the training experience.

RESEARCH AREAS



Maternal and Reproductive Health



Newborn and Child Health



Climate Change And Health



Mental Health



Health Systems



Adolescent Health



Non-communicable Diseases



The Supporting Women in Science initiative stands poised to exert a substantial impact, enhancing the research capacity of women in LMICs. As we continue to build on these achievements, we look forward to further empowering female scientists and contributing to global research advancements.

ACHIEVEMENTS AND AWARDS



Accolades and Acknowledgements received by the IGHD Team

IGHD CELEBRATES FACULTY MEMBERS' GLOBAL ACCLAIM:

DR. ZULFIQAR A. BHUTTA AND DR. JAI DAS GARNER INTERNATIONAL RECOGNITION

The Institute for Global Health and Development (IGHD) at Aga Khan University proudly celebrates the achievements of Prof. Dr. Zulfiqar Bhutta and Dr. Jai Das, who have received international recognition for their contributions to their fields.

Research.com



Dr. Zulfiqar Bhutta has been ranked 146th worldwide on the list of Best Scientists in Medicine by Research.com and is the top-ranked scientist in medicine from Pakistan. His work in pediatrics and women's health has had a profound impact globally. Dr. Bhutta, Founding Director of IGHD and the Centre of Excellence in Women and Child Health, expressed gratitude for this recognition and hopes it will help address structural issues in maternal and childcare.

Dr. Jai Das has also achieved a significant milestone by being ranked first in Pakistan in 'Social Sciences and Humanities' by Research.com. His dedication and expertise have brought further prestige to the university. in Medicine.

Dr. Sulaiman Shahabuddin, President of Aga Khan University, congratulated both faculty members on their outstanding achievements. He emphasized that their accomplishments are a testament to the exceptional expertise and dedication of the university's faculty. These achievements underscore the university's commitment to excellence in education, research, and global health, inspiring continued efforts for greater impact in these fields.

“ Their accomplishments reflect the caliber of expertise and dedication present within our faculty. We are immensely proud of their achievements, which bring honor not only to the University but also to the entire nation. ”

- Dr Sulaiman Shahabuddin
PRESIDENT
AGA KHAN UNIVERSITY



Research.com, a leading academic platform for researchers, bases its ranking on the D-index (Discipline H-index) metric, which only includes papers and citation values for an examined discipline.

WELCOME TO THE TEAM

NEW TEAM MEMBERS AT THE INSTITUTE FOR GLOBAL HEALTH AND DEVELOPMENT



We are delighted to welcome three new associate faculty members and one new faculty member to the Institute for Global Health and Development (IGHD). Their extensive experience and expertise will undoubtedly contribute to advancing our mission.

NEW FACULTY MEMBERS



Ms. Arjumand Rizvi joins IGHD as a new faculty member. She previously served as a Senior Manager in the Analytic Section of the Data Management Unit at the Center of Excellence in Women and Child Health and as a Lecturer in the Department of Community Health Sciences at Aga Khan University. With over 19 years of experience, she has provided data management and analysis for various national and international projects. She specializes in integrating innovative statistical approaches for analyzing maternal, newborn, child, and adolescent health outcomes. Ms. Rizvi has co-authored numerous publications and has extensive teaching experience. She holds an MSc in Statistics from the University of Karachi and an M.Phil in Statistics & Scientific Computing from IoBM.

NEW ASSOCIATE FACULTY MEMBERS

Dr. Rehana A. Salam joins us as a new Associate Faculty member. Dr. Salam is a Research Fellow at the Daffodil Centre, University of Sydney. An epidemiologist and biostatistician with a nursing background, she completed her PhD at the University of Adelaide in 2019. Dr. Salam's research focuses on evidence synthesis and translation with significant policy implications, authoring over 150 peer-reviewed publications and book chapters. Her research interests include evaluating the effectiveness of interventions for maternal, child and adolescent health and conducting systematic reviews for developing evidence-based recommendations and clinical practice guidelines for the prevention, diagnosis, and management of cancers. More recently, she has broadened the scope of her research to implementation sciences and qualitative research to assess how best to implement strategies that facilitate the uptake of evidence-based interventions. At IGHD, she will contribute her expertise as a systematic reviewer, and an implementation scientist to generate and implement the evidence-based recommendations and practices.





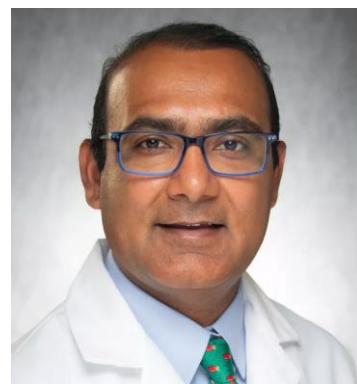
Zohra Lassi is an Associate Professor and NHMRC Emerging Leader-2 Fellow. She is a trained epidemiologist recognised internationally for her work identifying interventions for improving reproductive, maternal, newborn, child, and adolescent health and nutrition in disadvantaged settings by advancing knowledge in public health practice and translation into global health policies and guidelines. She has published 200+ peer-reviewed papers, an author of 11 book chapters and several research/technical reports. Her research has contributed significantly to global maternal and newborn policies, particularly, her work with community health workers and outreach services has contributed significantly to global integrated maternal and newborn outreach guidelines.

Dr. Aamer Imdad recently joined IGHD as an Associate Faculty member, making him the third new addition to our team. He is an assistant professor of Pediatrics and a Physician Scientist at Carver College of Medicine, University of Iowa, specializing in pediatric gastroenterology with advanced expertise in clinical nutrition. Dr. Imdad is recognized internationally as a nutrition and public health expert, and his ongoing work is expected to significantly benefit young people worldwide.

Since graduating from Aga Khan University in 2008, Dr. Imdad has excelled in research and patient care in child health, with a primary focus on nutrition in the first 1000 days of life. He also possesses expertise in evidence synthesis and guideline development. His research has been published in reputable journals such as Lancet, Pediatrics, British Medical Journal, Gastroenterology, and Cochrane Library. Dr. Imdad's work has been instrumental in developing guidelines for organizations like the World Health Organization and the American Gastroenterology Association.

Dr. Imdad has served on committees for various international organizations, including the research committee for the North American Society of Gastroenterology, Hepatology, and Nutrition (NASPGHAN) and the guideline committee for the American Gastroenterology Association. Additionally, he has been part of the editorial boards of esteemed medical journals such as 'Plos One' and 'Nutrients.'

Before joining the University of Iowa, Dr. Imdad served as a faculty member at SUNY Upstate Medical University for five years. During his tenure there, he was honored with the President's Award for Excellence in Research due to his significant contributions to clinical research and mentorship of students' research projects.



We are excited to have these accomplished professionals join our team and look forward to their contributions to our research and development initiatives.

THANK YOU



DESIGNED AND DEVELOPED BY:

Abbas Jaffer
Communications Manager
Institute for Global Health and Development
Aga Khan University