



Columban Mission in Pakistan 2016



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Columban partnership with the Society of St. Vincent de Paul

The estimated population of Pakistan in 2016 is 195.4 million. It is the world's sixth most populous nation. According to the current, Pakistan Economic Survey 44% of the population is aged 19 years or less. The Pakistan government calls this a national "demographic dividend" which is obviously dependent upon investment being made in human development, education, training and health.

This booklet is my annual report about human development, education, training and healthcare works in Pakistan which

are made possible by the generosity of donors and in a special way by the Society of St. Vincent de Paul. Two of the education works, the Catholic Centre of Academic Excellence and the Catholic Youth Development Centre, focus on specific needs of young Christians in Pakistan.

St Elizabeth's School of Midwifery, its home-based Palliative Care for the terminally ill and the Mobile Medical Outreach conducted by the hospital reach out to the wider Pakistani community.





The report on the Bethlehem Shelter Society is about responding to the reality of landless and homeless people in the southern Pakistani province of Sindh.

These works are good examples of the practical and open-hearted compassion to which Pope Francis calls us all. The Catholic Church in Pakistan is small in number (Christians in Pakistan are 3.5 million according to 2012 Government statistics but are probably closer to five million) yet rises above financial difficulties and ever-present cultural and religious discrimination to manifest the compassion of God.

A characteristic of this report is the harmonious collaboration of Christian, Hindu and Muslim male and female doctors, health care professionals, teachers and many others. Some are members of the

St Vincent de Paul Society in Hyderabad (a major city, 170kms north east of Karachi on the edge of the Sindh desert). All are committed to caring for those in greatest need.

What we have achieved is the fruit of the generosity of our donors. I hope this short report will show you how much you enable us to do: care for mothers and infants, relief for the dying, training of midwives, hope through education for Catholic boys and young men, water in the middle of a desert, homes for the homeless, health care for tens of thousands. Together we make a huge difference.



St Vincent de Paul Society
good works



St Elizabeth Hospital Hyderabad, Pakistan

Public sector expenditure (federal and provincial) in Pakistan is in free-fall. This year it is just 0.42% of GDP which is even less than last year's expenditure of 0.69%.

Although there are 175,223 doctors in the country with a ratio of one doctor for 1073 people, the Pakistan Economic Survey of 2015-2016 acknowledges that the majority of hospitals and doctors are located in big cities and that the ratio for the rural population is unsatisfactory. The government health departments recognize the important role of the private sector in providing health care but provide zero financial assistance and minimal tax concessions.

St Elizabeth Hospital in Hyderabad gives the best possible care at the lowest possible cost to those in greatest need. Its competence and compassion have been recognized by Dr. Ishrat ul Ebad, the Governor of Sindh.

During her visit to Hyderabad in April

this year Margaret Adamson, Australian High Commissioner to Pakistan (pictured above), praised the diversity of healthcare provided at St. Elizabeth. Through its Mobile Medical Outreach, St. Elizabeth is the sole medical provider to over 50,000 impoverished Muslim, Christian and Hindu people who are agricultural labourers in the most appalling and unjust conditions.

St Elizabeth conducts a home-based palliative care nursing service for people who are terminally ill with cancer. Mother and child care and neo-natal care are prime issues in the health care given at St. Elizabeth. Christian, Muslim and Hindu professionals, doctors and nurses work together at St. Elizabeth Hospital in the best tradition of Catholic healthcare.

St Elizabeth Hospital depends on the generosity of donors to upgrade its facilities and to provide care to those in great need.

St Elizabeth School of Midwifery Hyderabad

According to current official statistics, the neo-natal infant mortality rate in Pakistan is 69 per 1,000 and under-five child mortality is 86 per 1,000. Just 52% of births were attended by a skilled birth attendant. The maternal mortality rate is 170 per 100,000. In its Economic Survey for 2015-2016, the Pakistan government admits that the UN for Millennium Development Goals for infant, child and maternal mortality rates have not been achieved and says that further efforts are needed to end these preventable deaths. St Elizabeth Hospital and St Elizabeth School of Midwifery continue to make a difference in Pakistan. Sixteen new midwives will graduate from the School of Midwifery in 2016.



Young women from marginalized communities in Pakistan train at St Elizabeth School of Midwifery to advance their socio-economic position by enabling them to become skilled professional and qualified midwives for mother, neo-natal and infant care.

The School of Midwifery needs financial assistance to carry out its work. Given the background of the trainee midwives, fees are kept at the barest minimum.

The total cost to educate one midwife is Rs.310,000 (AUD\$4,246). To meet this cost, each student is requested to provide Rs.40,000 (AUD\$548) for the full course. Each student is provided with subsidized tuition fees, enrolment fees, examination fees, subsidized food and lodging, medical care, uniform, shoes and stationery. The generosity of our donors enables these young women to achieve their personal goals and contribute in caring for others.

Palliative Care



Through its home-based palliative care St Elizabeth Hospital expresses the Catholic commitment to the dignity of life even in the presence of the reality of death. Palliative care manifests compassion and mercy in a practical and outstanding way in Pakistan where society is fragmented by violence and mistrust.

In Pakistan terminally-ill patients are treated as sources of income by the medical profession. Their illness is not relieved and the financial situation of their families is wrecked as they seek for a cure or for pain relief.

St Elizabeth is the pioneer in Pakistan in providing home-based palliative care for the terminally ill and continues in a special way to offer the best possible care at the lowest possible cost to people in need.

Patients and their carers often ask our team: What is palliative care? How will you help us? Will I live my normal life after this? Why didn't my doctor tell me I had

cancer and what will happen to me? Why are you people from St Elizabeth Hospital helping me in my home? Is there any government policy to help me?

St Elizabeth's palliative care team cares for 20 terminally-ill cancer patients at any one time. The background of the male and female patients is varied. They are Muslim, Christian and Hindu and have included teachers, a doctor, labourers, and children.

Our team members have undertaken clinical training in Singapore, at Calvary-Bethlehem Hospital and Cabrini Hospital in Melbourne, and at the Children's Cancer Hospital in Karachi. The Governor of Sindh, himself a doctor, cut through official red tape and bureaucracy in May 2016 to speed up the release of medicinal morphine for pain relief.

Some patients can pay. Most cannot. We depend on the kindness and compassion of our donors.

Mobile Medical Outreach

Sindh, Pakistan

Through its Mobile Medical Outreach, St Elizabeth Hospital is the sole medical provider to impoverished semi-nomadic tribal people who are bonded agricultural workers in Sindh province in south-east Pakistan. The majority are Hindu although many are marginalized Christians and Muslims. They are economically enslaved to landlords who control every aspect of their lives. Pregnant women are forced to work in the fields to the very last days before delivery; small children are forced to work beside their parents because the landlords insist that every member of the family is responsible for the family debt.

Common healthcare issues are those related to mother and child care, malnutrition, malaria, typhoid, gastroenteritis, respiratory tract infections, anaemia, jaundice, viral infections, dysentery, dehydration, UTI, skin diseases, and TB prevention and control. Responding to the need has been a huge strain on St Elizabeth's limited financial resources.

In addition to providing free immediate primary healthcare, the Mobile Medical Outreach refers patients for further care to Hyderabad and Karachi for which St Elizabeth accepts financial responsibility and which it monitors through its nursing staff.

In 2015 the Mobile Medical Outreach cared for 35,213 patients (23,222 female including children; 11,991 male including children). Through the commitment of St. Elizabeth's medical and nursing staff and the generosity of our donors 50,000 will be cared for in 2016. This remains the goal for the future. In 2016 donors have enabled us to purchase a new vehicle for the Mobile Medical Outreach.



Building Community



Many people in Sindh province in south-east Pakistan are homeless. In response to the needs of people who lost everything during floods of 2011-2012, St Elizabeth Hospital in Hyderabad stepped in to set up the government - approved Bethlehem Shelter Society to begin and oversee house re-building projects.

This has stretched the energy of St Elizabeth beyond the normal parameters of being a healthcare provider but it has been a growth point for the hospital staff in understanding its call to manifest compassion. It has also enhanced the standing of Catholic healthcare at the provincial government level. So far we have been able to construct more than 850 permanent and semi-permanent homes totally through the help of generous donors.

At Jhirruk, the Bethlehem Shelter Society purchased four acres of land to build 80 permanent homes. The final construction

work is underway. We now need to add connecting verandahs to provide shelter from monsoon rain and intense summer heat. Happily the few families still living in grass shacks at Jhirruk will be given a permanent home and place to live by Christmas 2016.

So far we have been able to construct more than 850 permanent and semi-permanent homes...

Jhirruk used to be a empty desert of rock and sand. Now there are permanent homes, a small "town plan", flowing water and storage, waste water disposal, bathing facilities, tree plantation, perimeter wall and a clinic. People of the community are members of the governing body of the Bethlehem Shelter Society.

Their community leader is a 45-year-old Hindu woman, Reshma. A vibrant community has emerged from the disaster of flood destruction.

for the homeless

Water at last



How good is going just 20 meters for running water instead of walking 2kms several times a day? The Parkari Kholi tribal Hindu women and girls at Jhirruk in Sindh in southern Pakistan know that it can't get much better (well, may be it could when electricity is connected but that is the next plan).

Men work in the fields and so do women but they also gather water and fuel. Necessity over thousands of years has divided up responsibilities. Photos of women walking with a clay pot on their head and one under their arm to fetch water are colourful but say nothing of the unending burden which traditional custom has loaded on them.

On July 5 this year water flowed into Jhirruk from a permanent connection at the canal which carries water to distant Karachi from the Indus River. Cooperation from government officials in Pakistan and the generosity of donors came together

to make this possible. James Francis, Executive Secretary of Bethlehem Shelter Society wrote, "water has arrived and begun to flow. The people are overjoyed to get fresh water at their door steps. I personally checked the water pressure which is a great success."

Large water storage tanks have been constructed throughout the settlement of 80 houses for both drinking and cooking purposes and separately for bathing and washing.

Water coming generously to Jhirruk recalls the promise in The Book of Revelation in the Holy Bible of "the river of the water of life flowing through the city" (Rev. 22.1).

It also means that Pakistan has come one small step closer to fulfilling the UN Millennium Goal No.7B for providing people with sustainable access to safe drinking water and basic sanitation.

Catholic Centre of Academic Excellence (CCAIE)

How to make real the possibilities for hope for Christian young people in Hyderabad? This led the local St. Vincent de Paul conference to establish the CCAIE in 2007. The enthusiasm of staff and teachers and the generosity of donors have made the early beginnings a sure reality.

Seventy one young men have graduated from CCAIE since the first group completed the four year course in 2011. Their results have exceeded our hopes. Amongst the courses they are enrolled in are MA Software Engineering, Fine Arts, Commerce, BBA, MBA, Chartered Accountancy, Automotive Engineering, Media and Mass Communication, Information Technology, Hotel and Hospitality Management, Agricultural Engineering, MA English, Nursing, Sociology, MBBS, Pharmacy, and Rural Development. Most work at the same time to support themselves. Four have joined the seminary.



The purpose of CCAIE is to assist academically talented but disadvantaged Catholic young men to attain high academic grades and gain university entrance and tertiary education on merit. We want them to be able to live and work effectively in Pakistan's multi-cultural and multi-religious society. The success of our young graduates shows this is being achieved. Our annual budget is AUD\$40,000 which includes rent, staff salaries, utilities, medical care, and a daily evening meal. We urgently need to buy a new generator (electricity supply is very erratic in Pakistan) and eight computers.

Family poverty and anti-Christian religious discrimination are the two obstacles which CCAIE seeks to overcome to achieve its goals. Seventy three students are currently enrolled in CCAIE's four-year program. They attend schools in the morning and come to the Centre Monday-Friday from 4:30-9:00pm. We ask nothing from them except 100% commitment.

Catholic Youth Development Centre (CYDC)

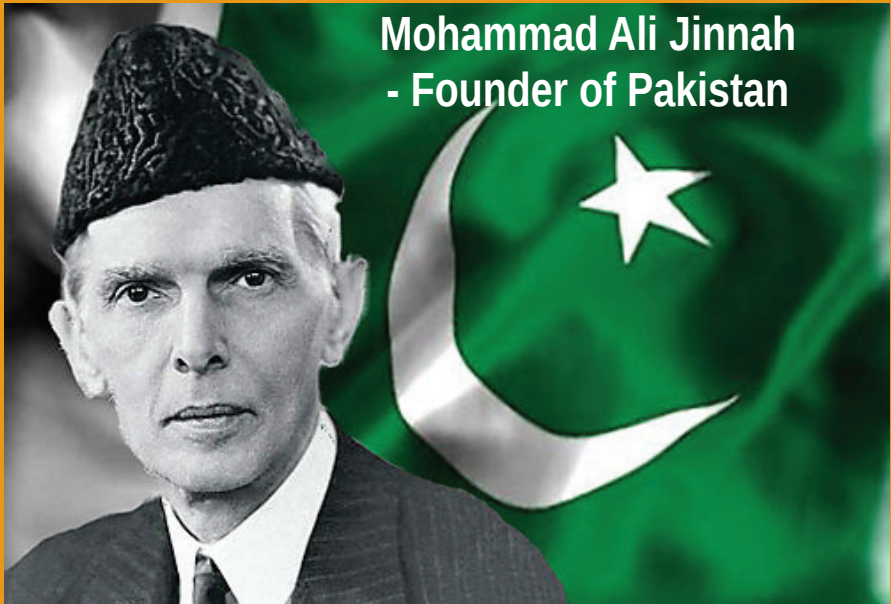


The Catholic Youth Development Centre offers the hope of a better life to young illiterate men in Hyderabad who have dropped out of school or who have never been to school. CYDC enables them to get from illiteracy to the last year of high school through an accelerated programme of teaching and learning spread over two years, from primary to secondary.

One reason for the high level of illiteracy among Catholic boys and young men in Pakistan is the cultural responsibility to begin to earn as quickly as possible to enable their sisters to get married. Ninety four young men have successfully completed the program of studies at CYDC since 2011. Most are enrolled in continuing studies. Some wish to become medical technicians and restaurant catering. Several have joined the Pakistan Army. Others have enrolled in three-year technical courses. Two have shown outstanding talent and have been admitted to do general nursing. For others, we have been able to arrange apprentice-based employment with companies and local factories.

This year 73 young men are enrolled in CYDC. Most work either before or after the CYDC sessions and all are self-motivated to attend. They know the sort of the work they are confined to without education and are eager to grasp the possibilities before them. The staff consists of the director and five teachers (two male, three female). Education, moral guidance, personal confidence building, religious instruction and sacramental preparation are included in the CYDC program.

The annual income we need from benefactors to run the Catholic Youth Development Centre is AUD\$20,000 for staff salaries, medical care for students, enrolment for government Board of Education examinations and a morning tea everyday. We ask nothing from CYDC students except 100% commitment.



Address to the Pakistan Constituent Assembly - August 11, 1947

You are free to go to your temples, you are free to go to your mosques or to any other place of worship in this State of Pakistan. You may belong to any religion or caste or creed - that has nothing to do with the business of the State.

We are starting in the days when there is no discrimination, no distinction between one community and another, no discrimination between one caste or creed and another. We are starting with this fundamental principle that we are all citizens and equal citizens of one State.

Message to the Nation - August 15, 1947

The creation of the new State has placed a tremendous responsibility on the citizens of Pakistan. It gives them an opportunity to demonstrate to the world how can a nation, containing many elements, live in peace and amity and work for the betterment of all its citizens, irrespective of caste or creed.



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