Documentaries

About Heartfile Financing

Heartfile Health Financing protects poor people from medical impoverishment, it is supported by Sania Nishtar Health Fund. Bano can walk with a stick today but a year ago when a racing car broke her hip, she couldn’t imag
Bano story
Bano can walk with a stick today but a year ago when a racing car broke her hip, she couldn’t imagine walking again... How could a poor homeless widow who lived off charity afford a high cost operation?
Her two granddaughters who worked as domestic servants could hardly foot the bill, for over 10 days she lay in the hospital, with two bricks hanging from her leg.

Have you ever thought of owning a charity to help people like Bano?

Well, now it is just a click away... When you register with the Heartfile health financing system as a donor you automatically own a charity, With your own personalized login details, you have your own website, Where all your donations are logged. Click on one donation tranche and you will know exactly how many people like Bano you have helped. Learn about where they live, know them personally.

Through our network of registered hospitals, staff and volunteers, we identify patients like Bano and channel your donation. Heartfile Financing gives donors many prerogatives:
1. The choice to target charity by age, gender, geography, type of diseases or nature of donation
2. The discretion to have your own personalized poverty scoring questionnaire
3. Micro transaction alerts through e mail and sms every time money is used
4. Use of donation through an award wining innovative transparent system
5. And full knowledge of administrative costs, which other charities are silent about

Bano was helped by The Pakistan Poverty Alleviation Fund, one
of our large institutional donors. We have donors in many other categories, Bilateral international donors, Private foundations, Corporate sector and most importantly individuals.

Our role is to help you channel your money and to make you visible so that your donation inspires others

Heartfile financing builds personalized charities. And you are just a click way... visit www.heartfilefinancing.org

About Heartfile Awareness Campaign

This video focuses on the Mental Illness and is a part of Lambi Zindagi Kay Raz or Learn to Live Longer campaign, which was launched by Heartfile as part of its Corporate Social Responsibility Programme. The objective of the campaign was to influence people to adopt lifestyle modifications that have implications for prolonging life.

In its opening phase, the campaign consisted of media interventions with high frequency repeat cycles. The content of the campaign was based on scientific evidence guided by locally conducted behavioural research; it drew on the principles of social marketing, leveraging Heartfile’s social identity.

The campaign utilized contemporary scientific approaches to impact health outcomes at a population level; it had been modeled to influence a set of nationally agreed health indicators. The campaign addressed a series of health issues
inclusive of a healthy diet, regular physical activity, control of obesity, lowering of blood cholesterol, tobacco use cessation, use of safe needles, road safety, injury prevention and population screening for chronic disease.

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This video focuses on the Blood Pressure and is a part of Lambi Zindagi Kay Raz or Learn to Live Longer campaign.
Blood Pressure Few important points
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This video focuses on the Exercise and is a part of Lambi Zindagi Kay Raz or Learn to Live Longer

Exercise basic health rules
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This video focuses on the Injuries a part of Lambi Zindagi Kay Raz or Learn to Live Longer campaign.
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and population screening for chronic disease. This video focuses on the use of Drugs and is a part of Lambi Zindagi Kay Raz or Learn to Live Longer campaign, which was launched by Heartfile as part of its Corporate Social Responsibility Programme. The objective of the campaign was to influence people to adopt lifestyle modifications that have implications for prolonging life.

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This video focuses on the Healthy Diet and is a part of Lambi Zindagi Kay Raz or Learn to Live Lo
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About Choked Pipes

Dr. Sania Nishtar FAO, WHO AND UNICEF's side event at CSW60, New York, March 21, 2016

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Launching of Choked Pipes in Islamabad Part 06 07
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Choked Pipes was launched by the Oxford University Press on May 04 in Beach Luxary HOTEL, Karachi.
Launching of Choked Pipes in Karachi Part 10 10
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Launching of Choked Pipes in Karachi Part 09 10
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Launching of Choked Pipes in Karachi Part 08 10
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Launching of Choked Pipes in Karachi Part 07 10
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Launching of Choked Pipes in Karachi Part 02 10
Choked Pipes was launched by the Oxford University Press on May 04 in Beach Luxary HOTEL, Karachi.

Launching of Choked Pipes in Karachi Part 01 10
Choked Pipes was launched by the Oxford University Press on May 04 in Beach Luxary HOTEL, Karachi.

Documentary on Choked Pipes

Introductory seminar on Choked Pipes in Geneva Part 01 09
About Dr. Sania Nishtar Video Talks

The statement of Minister Sania Nishtar, Pakistan’s Leader of the delegation to the 66th World Health Assembly

Sania Nishtar’s video relayed talk for a meeting on Obesity in Mexico

Dr. Sania Nishtar FAO, WHO AND UNICEF’s side event at CSW60, New York, March 21, 2016
Dr. Sania Nishtar's speech at Singapore (Part 2)

Dr. Sania Nishtar's speech at Singapore (Part 1)

Choked Pipes featured in Kamran Khan show on Geo TV, a highly popular prime time programme.

Review of Choked Pipes in Kamran Khan show

A program with the topic Hospital accreditation in Aik say Do telecast on March 13, 2012. Participants included Dr. Sania Nishtar, Haroon Qassim, Dr. Girdhar Gyani.
Dr. Sania Nishtar participated through video in 9th World Congress of iHEA
Dr. Sania Nishtar was the best graduate of Khyber Medical College’s class of 1986. Today she is reaching out Khyberian 86 Alliance
Dr. Sania Nishtar was the best graduate of Khyber Medical College’s class of 1986. Today she is reaching out to the 86 Alumni to catalyse the establishment of the Khyberians Alliance in support of a fund she has created to fight medical impoverishment.

Family Planning and Reproductive Health

Heartfile has recently produced a one of ours major documentaries on the health systems aspects of population, titled “Pakistan’s Population Emergency”. The documentary aims...
to create awareness about health systems constraints plaguing the population sector and the potential opportunity, which exists to overcome those constraints in the post 18 amendment scenario. Following are the segments in the documentary:

• Disconnect between the health and the population
• Family planning: and agenda for health
• Crack corruption
• Reproductive Health Centres A
• Reproductive Health Centres B
• Private sectors in family planning
• Male mobilizers
• Mobile Service Units
• Human Resource for FP
• Information Systems
• Contraceptive Supply Chain
• Role of federal government in family planning
• Post 18 Amendment Provincial action: progress and caveats