



NEWSLETTER | ISSUE NO. 11

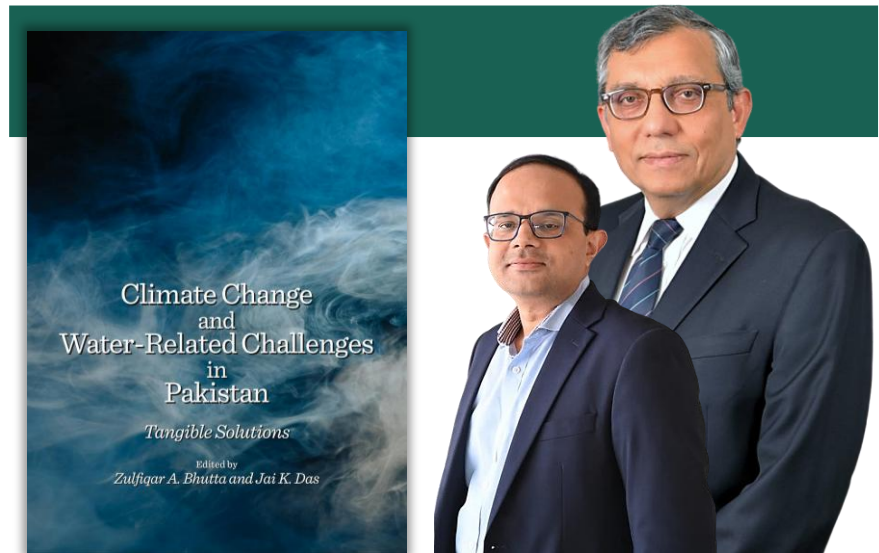


CLIMATE CHANGE, WATER, AND THE WAY FORWARD

IGHD LEADERS PUBLISH NEW BOOK OFFERING REAL-WORLD STRATEGIES TO ADDRESS PAKISTAN'S GROWING WATER INSECURITY

A new book co-authored by Dr. Zulfiqar A. Bhutta, Founding Director of the Institute for Global Health and Development (IGHD), and Dr. Jai K. Das, Associate Director of IGHD, presents a timely and solutions-focused response to one of Pakistan's most pressing challenges: water insecurity in the context of a changing climate.

Published by Cambridge Scholars Publishing, *Climate Change and Water-Related Challenges in Pakistan: Tangible Solutions* offers an evidence-informed analysis of how climate stressors are reshaping freshwater availability, public health, agriculture, and livelihoods across the country. Drawing on extensive data and decades of policy engagement, the authors highlight practical, scalable strategies tailored to Pakistan's ecological and governance landscapes.



A new publication co-authored by Dr. Zulfiqar Bhutta and Dr. Jai Das of IGHD, highlighting their ongoing contributions to global health and development



“ This book is a call to action for policymakers and institutions to prioritize coordinated, cross-sectoral responses to the water crisis ”

“ Rather than simply underscoring risks, we aimed to spotlight solutions—particularly those that address the needs of vulnerable populations ”



Dr Zulfiqar Bhutta | DIRECTOR, IGHD

Dr Jai Das | ASSOCIATE DIRECTOR, IGHD

The publication reflects IGHD's ongoing commitment to interdisciplinary research and to translating knowledge into actionable policy and practice across climate, health, and development domains. It also aligns with Aga Khan University's mission to promote sustainability, resilience, and equity in public health.



Cambridge
Scholars
Publishing

[Click Here](#) to purchase the 'Climate Change and Water-Related Challenges in Pakistan: Tangible Solutions' Book

DR. ZULFIQAR BHUTTA JOINS GLOBAL PANEL ON CGTN AMERICA FOR WORLD HEALTH DAY 2025



As part of CGTN America’s special coverage for World Health Day 2025, Professor Zulfiqar A. Bhutta, Founding Director of the Institute for Global Health and Development (IGHD), was invited to participate in a televised panel discussion on The Heat Show. The panel centered around this year’s theme, “Healthy Beginnings, Hopeful Futures,” which highlights the urgent need to improve maternal and newborn health outcomes, and to address broader issues affecting women’s long-term well-being.

Dr. Bhutta joined leading global health experts in discussing current challenges and opportunities for ensuring healthier lives for mothers and newborns, particularly in low- and middle-income countries. Drawing on his extensive research and policy work, he emphasized the importance of integrated health systems, community-based interventions, and investment in women’s health as a cornerstone for development.

The interview was aired on April 7, 2025, and is now available online across CGTN America’s digital platforms:



[Click Here](#)



[YouTube](#)

[Click Here](#)



[Click Here](#)

We congratulate Dr. Bhutta on this impactful engagement and thank CGTN America for spotlighting these critical issues in global health.

IGHD WELCOMES NEW ASSOCIATE FACULTY MEMBERS

DR. ANA BONELL AND MS. LALA RUKH MATTIES JOIN IGHD TO STRENGTHEN RESEARCH AND COLLABORATION ON CLIMATE, HEALTH, AND DEVELOPMENT

We are delighted to warmly welcome Dr. Ana Bonell and Ms. Lala Rukh Matties as Associate Faculty members at the Institute for Global Health and Development (IGHD), Aga Khan University. Their appointments, effective May 13, 2025, mark an exciting and valuable addition to our rapidly growing network of collaborators, researchers, and experts committed to advancing impactful research and evidence-based policy on pressing global health and development challenges.



Dr. Ana Bonell
RESEARCHER
LONDON SCHOOL OF HYGIENE
& TROPICAL MEDICINE



Ms. Lala Rukh Matties
DEVELOPMENT EXPERT
ARCHITECT

NEW ASSOCIATE FACULTY MEMBERS

Dr. Bonell, a researcher at the London School of Hygiene & Tropical Medicine, brings a strong background in maternal health, climate change, and occupational health, with a particular focus on the impacts of environmental heat on pregnancy outcomes. Her expertise and ongoing collaborations with IGHD will significantly contribute to our work at the intersection of climate change and health.

Ms. Lala Rukh Matties, a development expert and gender specialist, joins IGHD with extensive experience working with communities and global partners on sustainable development, climate resilience, and gender equity. Her continued engagement with IGHD will strengthen our work on inclusive and participatory approaches to health and development.

We look forward to a productive and meaningful partnership with both Dr. Bonell and Ms. Matties in furthering IGHD’s academic mission.

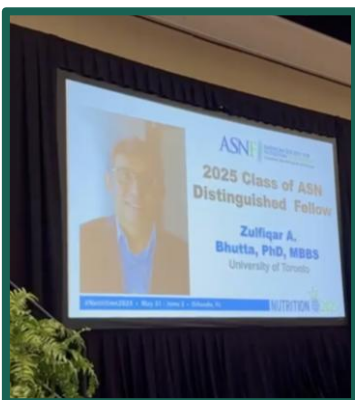
DR. ZULFIQAR A. BHUTTA NAMED AMERICAN SOCIETY FOR NUTRITION (ASN) DISTINGUISHED FELLOW 2025

We are proud to share that Dr. Zulfiqar A. Bhutta, Founding Director of the Institute for Global Health and Development (IGHD) at Aga Khan University, has been inducted into the American Society for Nutrition's (ASN) 2025 Class of Distinguished Fellows—the Society's highest honor.



American Society for Nutrition
Excellence in Nutrition Research and Practice

This prestigious designation is awarded to individuals who have made outstanding and sustained contributions to the field of nutrition science. Dr. Bhutta joins a cohort of 21 global leaders recognized this year for their lifelong work advancing nutrition research, practice, and policy.



Dr. Bhutta was honored for his decades of leadership in maternal, newborn, and child health and nutrition—particularly in low- and middle-income countries. His research has shaped global nutrition policies and continues to inform strategies addressing child malnutrition, micronutrient deficiencies, and food insecurity in vulnerable communities.

Dr. Bhutta's induction affirms his lasting impact on global health and nutrition and highlights IGHD and Aga Khan University's continued commitment to evidence-based, equity-focused solutions for underserved populations.

Learn more about ASN and the 2025 Class of Distinguished Fellows here: <https://nutrition.org/foundation/asn-fellows>

IGHD'S DR. AMMAD QAZI DELIVERS KEYNOTE ADDRESS AT AKU CLIMATE CHANGE EVENT

The Student Society of Climate Change at Aga Khan University hosted a dynamic and thought-provoking Climate Dialogue at the University Centre, bringing together students and faculty to discuss the urgent challenges posed by climate change.



Organized by PK Team 06—an impressive group of students from the Bachelor of Science in Nursing (BScN) and Faculty of Arts and Sciences (FAS)—the event highlighted the power of youth-led climate action. The team showcased exceptional leadership and a strong commitment to sustainability.

Dr. Ammad Waheed Qazi, Postdoctoral Fellow at the Institute for Global Health and Development (IGHD), participated as Chief Guest and keynote speaker. In his address, Dr. Qazi shared insights on the far-reaching impacts of climate change and the urgent need for collective, evidence-based solutions. His remarks sparked thoughtful discussion among attendees and provided students with expert guidance on climate adaptation strategies.

A standout feature of the event was the unveiling of Terracool, a sustainable, eco-friendly room cooling system developed by the student organizers using natural materials like bamboo, clay, and jute. This innovative project reflected the group's hands-on approach to addressing environmental challenges with creativity and purpose.

IGHD PARTICIPATES IN WORKSHOP ADDRESSING CLIMATE TRAUMA AND MENTAL HEALTH AMONG WOMEN

On April 22, 2025, Farhana Tabassum from the Institute for Global Health and Development (IGHD) was invited as a guest speaker at a workshop titled “The Impact of Climate Change on Women’s Mental Health,” hosted by Farozaan in collaboration with the University of Karachi.



farozaan
Initiative for nature & environment

The full-day workshop brought together journalists, mental health professionals, media students, and civil society actors to explore how climate change disproportionately affects women—especially in low-income and climate-vulnerable communities—and the often-overlooked mental health consequences they face.



Farhana’s participation reflected IGHD’s ongoing commitment to advancing equity-focused climate and health discourse in Pakistan. Her session contributed valuable insights on trauma-informed approaches and the importance of centering women’s voices in both research and media narratives.

This initiative forms part of broader efforts to promote inclusive, ethical, and solutions-based journalism at the intersection of gender, mental health, and the environment.

NEW IGHG RESEARCH PROJECT TO DEVELOP SUSTAINABLE HEALTH INFRASTRUCTURE IN LMICS

The Institute for Global Health and Development (IGHD) at Aga Khan University has launched a timely and ambitious research project aimed at developing climate-resilient and environmentally sustainable healthcare facilities in low- and middle-income countries (LMICs), with a focus on Sindh, Pakistan.

Led by Dr. Jai K. Das (Principal Investigator), along with Dr. Zulfiqar A. Bhutta and Humaira Nazir (Postdoctoral Fellow, IGHD), the study addresses a growing global challenge: ensuring that health systems can withstand and adapt to the increasing intensity and unpredictability of climate-related events. From heatwaves to floods, such disasters place enormous strain on healthcare infrastructure—especially in regions already facing resource limitations.

The project aims to produce a set of practical architectural and policy guidelines for health facilities that can operate effectively in extreme climates, reduce emissions, and support vulnerable populations—especially indigenous communities disproportionately affected by climate change. Key components include promoting energy-efficient design, renewable energy use, sustainable waste management, and resilient water and food supply systems.



IGHD RESEARCH TEAM



DR. JAI DAS

Principal Investigator



DR. ZULFIQAR BHUTTA

Research Team



MS. HUMAIRA NAZIR

Research Team

By integrating traditional building wisdom with modern climate science, this research will not only inform the design of future health facilities but also help shape policy and planning efforts across South Asia and other LMICs facing similar challenges.

IGHD'S FARHANA TABASSUM JOINS ROUNDTABLE ON PEOPLE-CENTERED ADAPTATION STRATEGIES

On May 27, 2025, the Population Research Centre (PRC) at IBA Karachi, in collaboration with the Karachi Urban Lab, hosted the inaugural session of its Climate Dialogue Series—a roundtable titled "Climate, Health & Population Vulnerability."

Held at the IBA City Campus, the event brought together researchers, public health experts, and urban practitioners for an in-depth conversation on how climate stressors—such as heatwaves, flooding, and environmental degradation—are affecting Pakistan's most vulnerable populations, particularly women, children, and the urban poor.

KARACHI URBAN LAB



Farhana Tabassum, representing the Institute for Global Health and Development (IGHD), participated in the roundtable, contributing to discussions on inclusive and evidence-based climate adaptation strategies. The dialogue emphasized the growing intersection of population dynamics, health systems, and climate change, with a shared commitment to integrating equity-focused solutions into climate and public health planning.

The session concluded with calls to amplify the voices of marginalized communities and build resilience across urban and health infrastructure in Pakistan.

DR. KANZA NAQVI FROM IGHG PARTICIPATES IN URBAN HEAT PREPAREDNESS WORKSHOP LED BY CETE

On Friday, June 28, 2025, **Dr. Kanza Naqvi** from the Institute for Global Health and Development (IGHD) participated in HEAT: Emergency Awareness and Treatment, a timely and impactful workshop organized by the Centre of Excellence in Trauma & Emergencies (CETE) at Aga Khan University, in collaboration with the Provincial Disaster Management Authority (PDMA) Sindh.



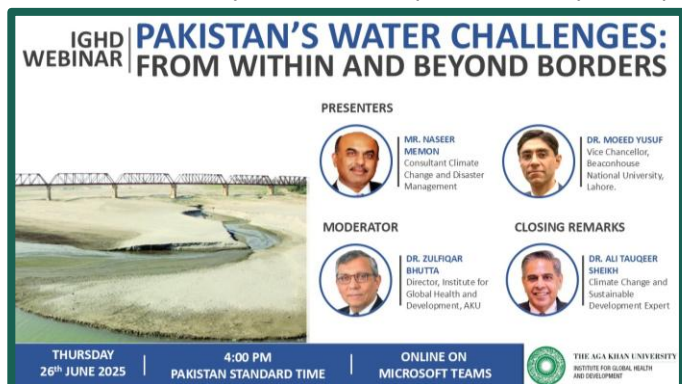
The session brought together stakeholders from heat-prone districts—including Hyderabad, Mirpurkhas, Dadu, Naushero Feroz, and Larkana—to discuss localized heat action plans, identify high-risk populations, and recognize early signs of heat stroke. As extreme temperatures continue to threaten public health, especially in vulnerable urban areas, the workshop emphasized coordinated responses and community-level preparedness.

CETE is actively working to develop a City Heat Action Plan aimed at building resilience in urban districts across Sindh. Dr. Junaid Razak and the CETE team were recognized for leading this critical initiative in the face of climate change and increasing heat-related emergencies.

Dr. Kanza Naqvi's participation reflects IGHG's ongoing commitment to intersectoral collaboration and strengthening local capacity for climate adaptation and emergency response.

IGHD HOSTS HIGH-LEVEL WEBINAR ON PAKISTAN'S WATER CHALLENGES AND SOLUTIONS

On June 26, 2025, the Institute for Global Health and Development (IGHD) at Aga Khan University hosted a thought-provoking webinar titled “Pakistan’s Water Challenges & Solutions: From Within and Beyond Borders”. The session brought together distinguished speakers to explore Pakistan’s increasingly complex water security issues—both internal and transboundary—and their implications for peace, policy, and sustainable development.

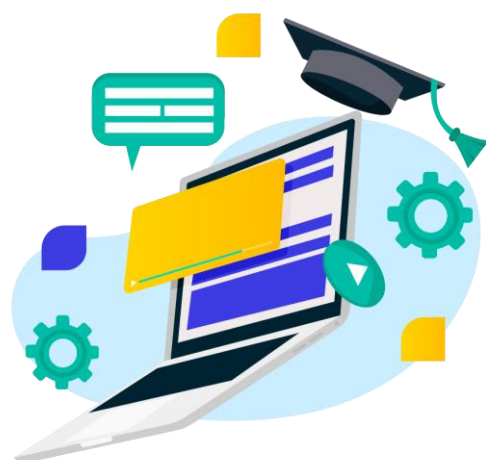


The webinar featured presentations by Dr. Moeed Yusuf, Vice Chancellor of Beaconhouse National University and former National Security Adviser of Pakistan, and Mr. Naseer Memon, a consultant in climate change and disaster management. Moderated by Dr. Zulfiqar A. Bhutta, Founding Director of IGHD, the session also included closing reflections by renowned climate expert Dr. Ali Tauqeer Sheikh. Speakers addressed the geopolitical tensions surrounding the Indus Waters Treaty, internal governance and water mismanagement, climate-driven glacial melt, and the urgent need for reform in water use practices and institutional coordination.

Dr. Moeed Yusuf emphasized the strategic dimensions of water as a national security issue, calling for a renewed diplomatic and regional approach to preserving the Indus Waters Treaty. Mr. Naseer Memon highlighted severe inefficiencies in Pakistan’s water governance and infrastructure, underscoring the need to improve crop choices and water pricing. Dr. Sheikh offered a forward-looking two-pronged strategy: strengthening domestic water reforms while engaging regional and global stakeholders to protect shared water resources.

This webinar marked IGHD’s continued commitment to fostering interdisciplinary dialogue on pressing development issues. A recording of the session will be made available on IGHD’s website for those who were unable to attend.

CLICK HERE TO WATCH ON  YouTube



DR. JAI DAS PARTICIPATES IN REGIONAL CONVENING ON HEAT RESILIENCE AND GENDER EQUITY

We are proud to share that Dr. Jai K. Das, Associate Professor of Pediatrics and Child Health and Assistant Director at the Institute for Global Health and Development (IGHD), Aga Khan University, was invited by the Asian Development Bank (ADB) to participate in “Rising Heat, Rising Action: Solutions for Women in a Warming World”, a regional convening held from June 2–4, 2025, at the Anantara Siam Bangkok Hotel in Thailand.



Organized under ADB’s technical assistance initiative TA 10127: Strengthening Women’s Resilience to Heat Stress in Asia and the Pacific, the event brought together policymakers, researchers, and development partners to address the growing health and social challenges posed by extreme heat. The meeting coincided with Global Heat Action Day and served as a platform for showcasing gender-responsive solutions and fostering regional collaboration.

On Day 1 of the convening, Dr. Das contributed as a speaker in two key sessions: “Heated Discussion: Extreme Heat as a Challenge to Health and Equality in Asia and the Pacific” and “Health Impacts of Heat on Women and Children.” Drawing on his extensive experience in maternal and child health research, Dr. Das highlighted the urgent need to center women and children in policy responses to climate-related heat stress, particularly in low-resource settings.

◆ ADB REGIONAL MEETING 2025

**Rising Heat,
Rising Action**
Solutions for Women in a Warming World

The sessions explored the disproportionate burden of heat exposure on women working in informal sectors and on vulnerable children, and emphasized the importance of integrated health, climate, and gender strategies. Dr. Das’s participation underscores IGHD’s commitment to advancing global dialogue and action on climate resilience and equity.

UNDERSTANDING HEAT STRESS IN PREGNANCY: IGHD LAUNCHES LANDMARK STUDY IN RURAL SINDH

As climate change accelerates, extreme heat events are becoming increasingly common—and dangerous. Pregnant women in low-resource settings face heightened risks, yet little data exists to inform how heat exposure affects pregnancy outcomes. To address this critical gap, the Institute for Global Health and Development (IGHD) at Aga Khan University has launched a major research initiative: Effect of Heat Exposure and Thermal Stress on Maternal, Fetal, and Infant Health.

Funded by the Wellcome Trust, this prospective cohort study is the first of its kind in Pakistan. It aims to explore the biological and physiological pathways linking heat stress to adverse maternal, fetal, and neonatal outcomes. Using wearable technologies, serial ultrasounds, Doppler imaging, and structured antenatal assessments, the study will track 6,000 pregnant women from early pregnancy through six months postpartum.

“A remarkable outcome of this project has been the transformation of local doctors into skilled providers of antenatal and ultrasound care. With some earning international certification, the study has not only ensured data quality but also contributed meaningfully to local capacity building and the professional growth of young clinicians.”

- DR. ZAHREENA SHAMUL ISLAM
DEPARTMENT OF OBSTETRICS AND GYNECOLOGY
AGA KHAN UNIVERSITY HOSPITAL



Since its launch in April 2025, the study has already enrolled over 200 participants across three climate-vulnerable districts of Sindh: Matiari, Tando Muhammad Khan, and Mithi. A sub-cohort of 1,000 women is undergoing more in-depth monitoring, including maternal and fetal echocardiography, heart rate analysis, physical activity, sleep tracking, and biospecimen collection.

By generating robust, locally grounded evidence, this study aims to inform climate-resilient maternal health strategies and guide policymaking across South Asia and other low-resource settings.

DR. KANZA NAQVI AND HUMAIRA NAZIR FROM IGHD JOIN TWO-DAY TRAINING ON MAPPING HEALTH DATA

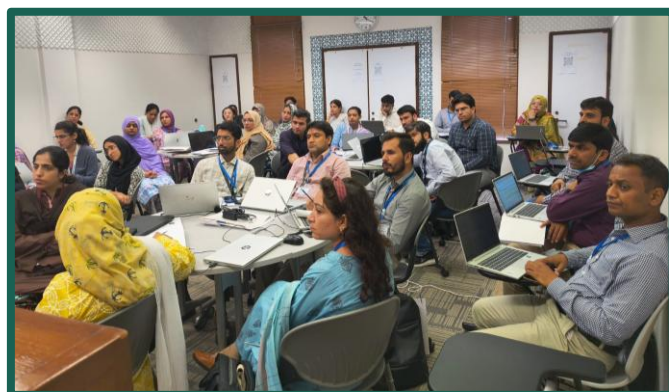
The Section of Environmental-Occupational Health & Climate Change (EOHCC) at the Department of Community Health Sciences (CHS), Aga Khan University, organized a two-day workshop titled “Mapping the Data: Introduction to Geographic Information System (GIS) for Public Health Research” on May 29–30, 2025, in Karachi.



This foundational workshop introduced participants to the core principles of Geographic Information Systems (GIS) and their practical application in public health research and planning. Through interactive sessions and hands-on exercises, participants learned how to create meaningful health maps, visualize spatial patterns, assess risks, and identify vulnerable populations.

From the Institute for Global Health and Development (IGHD), **Dr. Kanza Naqvi** and **Humaira Nazir** participated in the workshop, gaining new technical skills in spatial analysis and data visualization using QGIS, an open-source GIS platform. Topics covered included spatial data layering, buffering, interpolation, map layout design, and joining datasets to map health indicators and trends.

By the end of the workshop, attendees developed practical competencies in applying GIS tools to public health challenges—enabling them to better inform evidence-based policy and research.



DR. JAI DAS AND DR. KANZA NAQVI FROM IGHD CONTRIBUTE TO NATIONAL DIALOGUE ON DIARRHEAL DISEASE PREPAREDNESS

Dr. Jai K. Das, Associate Director at the Institute for Global Health and Development (IGHD), and Dr. Kanza Naqvi, Assistant Manager Research, represented IGHD at the 1st National Health Preparedness and Resilience Conference on Diarrheal Diseases, held on June 23–24, 2025, in Islamabad.

Organized by the National Institute of Health (NIH), the two-day conference brought together high-level stakeholders from federal and provincial health departments, global partners such as the UK Health Security Agency (UKHSA), World Health Organization (WHO), DAI, and JHPIEGO, as well as leading public health experts from across Pakistan and beyond. The theme of the event—“Diarrheal Diseases: Challenges, Innovations, and Public Health Strategies”—focused on tackling the persistent threat of diarrheal diseases in Pakistan, especially among children under five.



On Day 2, Dr. Kanza Naqvi presented findings from a systematic review and meta-analysis titled “Zinc Supplementation for Acute and Persistent Watery Diarrhoea in Children,” shedding light on the role of zinc in improving child health outcomes. Dr. Jai Das spoke on “Changemakers on the Ground: Bottom-Up Approach to Policy and Advocacy,” emphasizing the importance of community-driven solutions for health policy development. He also participated as a panelist in a high-level discussion on policy and implementation strategies.



From left to right: Dr. Jai Das and Dr. Kanza Naqvi speaking at the 1st National Health Preparedness and Resilience Conference on Diarrheal Diseases in Islamabad.

The conference served as a key platform for advancing national strategies, sharing research evidence, and strengthening multisectoral collaboration to reduce the burden of diarrheal diseases and enhance public health resilience in Pakistan.

ONWARD AND UPWARD FAREWELL AND BEST WISHES TO AYESHA ARSHAD

As we bid farewell to Ayesha Arshad, we extend our warmest congratulations and heartfelt gratitude for her contributions to the Institute for Global Health and Development (IGHD). During her time at IGHD, Ayesha demonstrated unwavering dedication to impactful research and a strong commitment to advancing health equity for vulnerable populations.

“IGHD has been much more than just a workplace; it has been a community of support, learning, and innovation. I am truly grateful for the opportunities to grow both professionally and personally alongside such a compassionate and inspiring team.”

- AYESHA ARSHAD

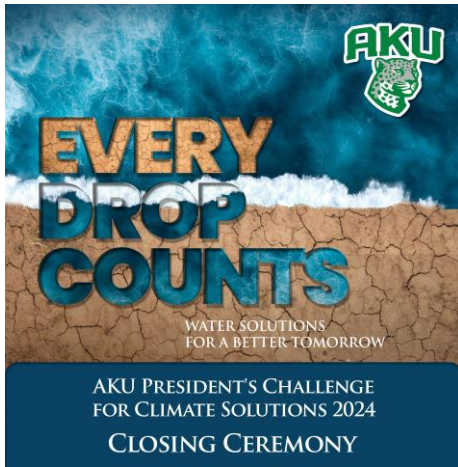


She now begins an exciting new chapter as an Internal Medicine resident at Lincoln Medical Centre in New York City. While we will miss her energy, intellect, and collegiality, we are proud of all that she has achieved. Ayesha's journey reflects IGHD's core values of excellence, compassion, and impact. We look forward to following her continued success in global health and are confident she will make meaningful contributions wherever she goes.



We thank Ayesha for her invaluable contributions and wish her the very best in this next phase of her career. IGHD will always be cheering her on from afar!

HUMAIRA NAZIR FROM IGHD ATTENDS CLOSING CEREMONY OF AKU PRESIDENT'S CHALLENGE FOR CLIMATE SOLUTIONS



On May 19, 2025, Humaira Nazir, Postdoctoral Fellow at the Institute for Global Health and Development (IGHD), participated in the closing ceremony of the AKU President's Challenge for Climate Solutions 2024. Held simultaneously across all AKU campuses, the event marked the culmination of a months-long initiative that brought together students and high schoolers to develop innovative responses to the growing climate crisis, under the theme "Every Drop Counts – Water Solutions for a Better Tomorrow."

This year's challenge focused on the urgent global need to address both water scarcity and excess in the face of climate change. Over seven months, more than 460 students from four campuses worked on solutions ranging from smart conservation technologies to community-based awareness campaigns. As a mentor in the program, Humaira supported student teams in refining their proposals, guiding them through ideation and preparation for their final showcases.



By attending the closing ceremony, Humaira represented IGHD's commitment to fostering youth leadership, innovation, and climate literacy. Her participation underscored IGHD's belief that interdisciplinary mentorship and student-led research are essential to creating sustainable, climate-resilient communities across the Global South.

IGHD DEPARTMENT PICNIC: A DAY OF SUN, SAND, AND SMILES

On April 26, 2025, the IGHD team stepped away from their desks and headed to the shores of Sandspit for a much-anticipated department picnic. With transport arranged from AKU, colleagues and their families spent the day enjoying the sea breeze, sunshine, and a wide array of outdoor activities.



The event offered a welcome opportunity to relax, reconnect, and build camaraderie outside the workplace. From shared meals and beach games to laughter-filled conversations, the day was filled with joy, community spirit, and scenic views. Organized by Akber Ali and supported by the department, the picnic brought together staff and their loved ones in a celebration of teamwork and togetherness.



Events like this not only offer a refreshing break from routine but also help strengthen interpersonal relationships and foster a deeper sense of connection across the team.

RESEARCH HIGHLIGHTS & KNOWLEDGE CONTRIBUTIONS: PUBLICATIONS FROM IGHD (APRIL – JUNE 2025)

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UPCOMING EVENT ANNOUNCEMENT

SYMPOSIUM ON CLIMATE CHANGE AND THE BUILT ENVIRONMENT: PROMOTING RESILIENCE & ADAPTATION IN LOW-INCOME SETTINGS

November 28–29, 2025 | Aga Khan University, Karachi

The Institute for Global Health and Development (IGHD), in collaboration with the Sustainable Development Solutions Network Pakistan (SDSN-PK), is proud to announce its upcoming Annual Symposium on Climate Change and the Built Environment, scheduled for November 28–29, 2025, at Aga Khan University, Karachi.



CLIMATE CHANGE AND THE BUILT ENVIRONMENT

**PROMOTING RESILIENCE &
ADAPTATION IN LOW-INCOME
SETTINGS**



THE AGA KHAN UNIVERSITY
INSTITUTE FOR GLOBAL HEALTH
AND DEVELOPMENT



This two-day event will convene leading researchers, policymakers, architects, and climate experts to explore how built environments can be transformed to support resilience and adaptation—particularly in low-income and climate-vulnerable communities. The symposium will address key issues such as urban planning under climate stress, climate-resilient infrastructure, sustainable health systems, and local adaptation strategies in Pakistan and other LMICs.

The event will feature keynote addresses, thematic sessions, and panel discussions aimed at translating research into action. It will also spotlight ongoing work from across the Aga Khan Development Network and partner institutions.

Further details will be shared in due course.

THANK YOU



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