

Project Title: Digital Women Health & Emergency Response Network

Project Summary

Health access has remained a challenge, particularly for women and girls in flood-prone villages of Kasur District. The damaged infrastructures, blocked roads, and choked health facilities resulted in impeded access to reproductive and maternal health, menstrual hygiene, and emergency services, making women vulnerable to morbidities and pregnancy complications. Therefore, we will establish 10 women-led mini clinics in collaboration with Alkhair Hospital Kasur and a SehatSister mobile app that provides teleconsultation, AI-assisted symptom navigation, maternal health tracking, emergency alerts, and educational content on reproductive and primary healthcare. We will also train 100 local girls as Village Health Champions to manage the clinics and support the women. Additionally, 200 youth will be trained as Community Emergency Responders to ensure rapid support during health crises and floods. By connecting telemedicine and mini-clinics with community engagement, this project will provide 10,000+ consultations to improve health literacy, enhance maternal and reproductive health, and create a resilient and community-owned healthcare network that will sustain health services during future floods. This innovative model engages women and girls in safe access to health services, equips youth as local health leaders, and presents a scalable and sustainable solution against health challenges in disaster-hit areas. We will reach 10,000 women and girls directly and 40,000 community members indirectly over 18 months with a total budget of \$20,000.

Problem Statement

Recurring floods have damaged the roads, washed away local clinics, and obstructed the delivery of basic medical services, making it almost impossible for women, especially the pregnant mothers and adolescent girls, to get timely care. Further, lack of awareness on reproductive health, maternal care, and menstrual hygiene has aggravated the situation whereby many women have been left at the mercy of preventable illnesses, iron deficiency anemia, infections, complications related to pregnancy, and mental disorders. Emergency response mechanisms are either weak or nonexistent in these villages, while cultural and social obstacles prevent even such help from reaching women outside their homes. Low health literacy and scarce access to telemedicine/mobile health were added to the non-availability of trained female healthcare workers to create a critical gap in maternal and reproductive health coverage. During and after the floods, these become worse, thus further delaying treatment, increasing rates of morbidity, and lowering community resilience. Without immediate intervention, women and girls will continue to be highly vulnerable, and the broader community will remain at risk of long-term health and social consequences due to insufficient access to health care in disaster-prone areas.

Goals and Objectives

Goal: Improve access to women's and girls' healthcare in flood-affected villages through digital telehealth hubs and community mini clinics.

Objectives:

1. Establish 10 women-led telehealth hubs and mini clinics.
2. Develop and launch the SehatSister mobile app for telemedicine, health education, and emergency alerts.
3. Train 100 local girls as Village Health Champions.

4. Train 200 youth as Community Emergency Responders. 5. Deliver 10,000+ teleconsultations to women and girls. 6. Ensure rapid referrals to Alkhair Hospital and other health facilities.

Key Innovative Features

- **SehatSister App:** Provides teleconsultations, AI-based symptom checker, health education, offline access, emergency alerts, and maternal health tracking.
- **Mini Clinics:** Equipped with telehealth screens, first aid, menstrual hygiene stations, solar power, and essential medicines.
- **Youth & Women Responders:** Train local girls and youth to manage clinics, provide first aid, and assist during emergencies.
- **Hospital Partnership:** Alkhair Hospital provides doctors, lab testing, medicines, and ambulance support.

Project Activities

1. **App Development:** Design and launch SehatSister app with teleconsultation and health information features.
2. **Clinic Setup:** Establish 10 mini clinics in selected flood-prone villages, equip with telehealth tools, medicines, and solar backup.
3. **Capacity Building:** Train 100 girls as Village Health Champions and 200 youth as Emergency Responders.
4. **Telehealth Services:** Provide daily teleconsultations and emergency support.
5. **Community Engagement:** Conduct awareness campaigns, school-based sessions, and mothers' health clubs.

Expected Results

Outputs: - 10 operational mini clinics - 10,000+ teleconsultations - 100 trained Village Health Champions - 200 trained youth responders - Health education delivered to 5,000 women

Outcomes: - Increased access to maternal, reproductive, and primary healthcare - Faster emergency response during floods - Improved health literacy among women and girls - Sustainable, community-led telehealth services

Target Beneficiaries

- **Primary:** 10,000 women and girls in flood-affected villages
- **Secondary:** Local youth, families, and schoolgirls
- **Indirect:** 40,000+ community members benefiting from improved health services

Budget Summary (Total: \$20,000)

Budget Item	Description	Estimated Cost
App Development	SehatSister app design, offline content, AI symptom checker	\$4,000
Mini Clinics	Equipment, telehealth devices, medicines, solar power	\$6,000
Training Programs	Girls & youth health responder training	\$3,000
Mobile Clinic Support	Travel, field staff, teleconsultation facilitation	\$2,500

Budget Item	Description	Estimated Cost
Community Engagement	Awareness campaigns, school and village sessions	\$1,500
Monitoring & Evaluation	Data collection, reporting, supervision	\$2,000
Contingency	Maintenance, inflation adjustments	\$1,000
Total		\$20,000

Sustainability

The sustainability of this intervention is secured by a combination of community empowerment, digital innovation, and institutional support. By training 100 local girls as Village Health Champions and 200 youth as Community Emergency Responders, the project creates long-term human capacity within the villages to ensure healthcare services continue beyond the initial period of the project. Continuous service through the SehatSister mobile app for teleconsultations, health education, and emergency alerts enables women and girls to sustain their health knowledge and care from home. Partnerships with Alkhair Hospital ensure professional medical guidance, discounted or subsidized services, and a robust referral system for emergencies. Additionally, community activities of ownership and behavioral change are espoused through campaigns, and the low-cost, replicable model of mini clinics and telehealth hubs allows scaling to other flood-affected areas. Together, these elements create a resilient, self-sustaining healthcare network that will continue services for women, girls, and the broader community well after the completion of the project.

About YAC

YAC is a youth-led, nonprofit organization designed to empower marginalized communities and their young girls and women to become leaders of social change in Pakistan. Since its establishment in 2012, YAC has strived for and strengthened the course of attaining access to human rights, education, health, and disaster resilience through advocacy, capacity building, and grassroots mobilization. In this project, YAC leverages its expertise in community engagement, youth empowerment, and health advocacy to establish telehealth hubs, mini emergency clinics, and youth-led emergency response teams in flood-affected villages of Kasur. YAC trains local girls as Village Health Champions while training the youth as Community Health Responders, thus making the project community-owned and sustainable enough to provide timely, safe, and culturally appropriate healthcare to women and girls during floods and beyond. By partnering with institutions such as Alkhair Hospital, YAC connects vulnerable populations with professional healthcare services while promoting digital health literacy and emergency preparedness in disaster-prone areas.