



INTERGOVERNMENTAL INSTITUTION FOR THE USE OF MICRO-ALGAE SPIRULINA AGAINST MALNUTRITION

INTERGOVERNMENTAL OBSERVER TO THE UNITED NATIONS ECONOMIC AND SOCIAL COUNCIL



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IN SUPPORT OF THE UNITED NATIONS SYSTEM & THE SUSTAINABLE DEVELOPMENT GOALS 2015 - 2030

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THE SECRETARY-GENERAL OF IIMSAM REMIGIO MARADONA LAUDS THE FIRST SUCCESSFUL SPIRULINA PILOT-PROGRAMME IN PAKISTAN AT THE INNER VOICE SCHOOL SYSTEM IN ISLAMABAD SPEAR HEADED BY IIMSAM'S MOST PROLIFIC GOODWILL AMBASSADOR MRS. RAHELA KHAN (AKA) AS THE MOTHER TERESA OF KASHMIR AND LIGHT OF SHIGAR FOR HER HUMANITARIAN WELFARE PROJECTS ACROSS PAKISTAN.



PICTURES ABOVE FROM LEFT TO RIGHT: SG. R. MARADONA/IIMSAM'S LITTLE ADVOCATE 9 YEAR OLD "ZOE" AND CHILDREN TAKING THEIR SPIRULINA WITH GWA KHAN AT THE INNER VOICE SCHOOL SYSTEM IN ISLAMABAD.



Last year in August 2018, Founder of Inner Voice Welfare Trust Her Excellency RAHEELA KHAN famously regarded as the MOTHER TERESA of Pakistan for her humanitarian welfare projects across Pakistan, was appointed a Goodwill Ambassador by Secretary-General R. Maradona along with an MOU with the Inner Voice Welfare Organisation as strategic partnership with IIMSAM -

in support of **UNSDG# 2-3-4-17. To counter malnutrition in Pakistan where every 1 out of 5 people suffers extreme malnutrition.** H.E Raheela Khan has been funding and providing for more than 25 schools across the Kashmir, Islamabad and Rawalpindi. After the success of her first branded INNER VOICE SCHOOL SYSTEM in Shigar-Baltistan which provides free education to **200 orphan children.** She implemented a new school in the underprivileged area of Burma Town Islamabad addressing the educational grooming needs of 300 street children coming from extremely poor families who used to pick recyclable garbage for a living. Free educational facilities were established followed by a **DAILY MEALS** program which assisted in countering only a part of the malnutrition. **A SUPERFOOD** like Spirulina was required to enable these children to perform in all aspects of physical and mental development. To confirm its health benefits H.E Raheela Khan started a **3 month SPIRULINA supplement course herself** and experienced an increase in energy levels while medical results indicated elimination of various health deficiencies and increase in physical performance and stamina.

The SPIRULINA PILOT PROGRAM started in MAY 2019 for a duration of 6 months. A steady dosage of 300mg of water dissolved SPIRULINA was given to all children at the start of the day. At beginning of the program physical measurements of all children were recorded along with analysis of their academic capabilities. Measurements such as height, weight, chest and waist were recorded on monthly basis and a significant increase was visible after every 3 months. H.E Raheela Khan continued her SPIRULINA course along with the children at the school. Thanks to the natural gift of SPIRULINA from IIMSAM at the end of the 6 month program the malnourished children of Inner Voice School Burma Town were now at their fullest growth, physical and academic performing potential it will now be continuous programme. **"I would like to thank His Excellency Mr.Remigio Maradona for giving us Spirulina. my next mission is to implement more SPIRULINA projects across Pakistan. IIMSAM and INNER VOICE fighting malnutrition together with SPIRULINA."**

WHO SHOULD CONSUME SPIRULINA?

Spirulina has no reported side effects and can be consumed by everybody for the improvement of their general health. However it is especially beneficial for:

- Those on restricted diet
- Pregnant women and nursing mothers
- Those living a stressful, active and modern lifestyle
- Those consuming fewer than three balanced meals a day
- Who are regularly subjected to intense physical activity
- Who do not get the recommended intake of fresh fruits & vegetables

WHAT THE WORLD SAYS ABOUT SPIRULINA!!!!



ROME 1974 -
WORLD FOOD CONFERENCE
SPIRULINA: "The most ideal
food for mankind."

SPIRULINA as "Mankind's best
health product in the 21st century"



SPIRULINA as "The most ideal
and perfect food of tomorrow"

SPIRULINA as
"Food for the Future"



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**IIMSAM/IVW VIDEO ON THE NEWLY LAUNCHED
PAKISTAN'S FIRST SPIRULINA PILOT PROJECT SEE
IIMSAM'S CERTIFIED OFFICIAL FACEBOOK PAGE.**



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