

Dr. Sumar-Lakhani's involvement in work from the Heart Dental

1. Since 2007, Dr. Sumar has been involved with Angkor Hospital for Children (AHC) in various capacities in teaching the dentists and dental nurses all aspects of pediatric dentistry and introducing them to new materials and their use in preventing dental caries in children.



In the Outreach program, Fluoride rinses, Silver Diamine Fluoride (SDF), and Fluoride Varnish has been instituted with Oral Hygiene Program by AHC.



2. In Nepal, through the Sumar-Lakhani Foundation (SLF), three dental clinics have been established in collaboration with the Jevaia Foundation to serve the local community's dental needs and teach oral hygiene in the schools.



3. In the Kampot district in Cambodia, SLF supplies SDF on an ongoing basis to the Buddhist Cambodia Library Project (BCLP), which sees around 20,000 patients a year in the three clinics it operates.

4. In collaboration with the Agakhan Health Services (AHS), a recent trip was organized where Dr. Sumar went to the school in the mountainous area of

Hunza/Gilgit to apply SDF and Fluoride varnish on 1000 school children's teeth.SLF donated SDF and Fluoride Varnish





5. Dr. Sumar-Lakhani joined the Miles for Smiles team to care for the dental needs of the Syrian and Palestinian refugee children in Beirut, Lebanon. She also worked with Hammoud hospital in Sadia/Lebanon to care for the refugee children in that area. She applied SDF and Fluoride varnish on the children's teeth with Oral Hygiene Instructions and hand hygiene instructions. SLF donated SDF and Varnish for the Hammoud Hospital project in Sadia/Lebanon.

6. Dr. Sumar wants to share her knowledge with others . She has been an invited guest lecturer to the University of Dares salaam in Tanzania. She has given lecture at University of Nairobi in Kenya and was a keynote speaker at the Kenya Dental Society. She also taught at Makerere College in Kampala Uganda.

During Covid, she gave lectures to the the dental students in Katmandu University in Nepal via Zoom

Other projects through the Sumar Lakhani Foundation, which she leads.

1. Solar-powered wells and lighting in the huts in several villages in the Thar Desert in Pakistan

In the Thar desert, due to scanty rainfall and very deep-water table, it is difficult to get water for daily needs, agriculture, and water for the farm animal. SLF had installed Solar powered wells that brings water into a tank which is accessible to the villages for their daily need, for irrigating their land for agriculture and for their farm animals. This has made their lives much better.



Since there is no electricity in that region, SLF has installed solar panels on the roofs of these huts so the villagers can have light at night. Children are benefitting by being able to study at night and the villagers social life has become better.



2. Empowering women in Cambodia

In collaboration with Human and Hope Association, (HHA), SLF has instituted on an ongoing basis, sewing skill for girls and women. After their training is over, they are given a sewing machine to continue their work at home to earn a living for their families.



3. Menstrual Training for school children to mitigate Menstrual Taboo in Cambodia

SLF has supported education for middle school children to learn about Menstruation. This helps boys and girls to understand this process in a healthy way and for girls to not miss school when they are menstruating.

4. SLF has been supporting Cleft Lip and Palate surgeries for 10 children every year since 2004

5. Through Plan International, SLF has been supporting 4 families and their children every year in different parts of the world since 1984

Settling Afghani Refugees in the Tampa, Florida Area.

Dr. Sumar-Lakhani collaborates with Lutheran Services of Florida (LSF) in settling Afghani refugees in the Tampa area. Finding housing, jobs and applying for citizenship. This is possible because she speaks the Farsi Language.