



Friends of

INDUS HOSPITAL

QUALITY CARE - FREE OF COST



ANNUAL REPORT

2022

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MESSAGE FROM THE PRESIDENT FOIH USA



“

AT FOIH USA, WE WERE ABLE TO PROVIDE MAXIMUM SUPPORT
FOR THE PROVISION OF QUALITY HEALTHCARE – ABSOLUTELY
FREE OF COST IN PAKISTAN THROUGH INDUS HOSPITAL &
HEALTH NETWORK [IN 2022]

”

Assalam o Alaikum Wa'rahmatullah

I hope and pray you and your family are fine and well!

2022 was truly a record-breaking year for us at Friends of Indus Hospital (FOIH) USA. At FOIH, we were able to provide maximum support for the provision of quality healthcare – absolutely free of cost in Pakistan through Indus Hospital & Health Network.

The monsoon season of 2022 brought with it the worst floods Pakistan had seen in a while, drowning over one-third of the country with it. However, Indus Hospital & Health Network was at the forefront of this national crisis and rolled out an emergency flood relief response by immediately reaching the flood-affected areas. We were able to mobilize medical camps, diagnostic labs, emergency treatments, free medicines, and immediate assistance to pregnant mothers using our mobile medical trucks, clinics on wheels, and our boat clinic. At FOIH, we went into high gear and organized multiple fundraisers in various cities in the United States to collect funds for these life-saving emergency relief efforts.

With the Indus Hospital's expansion project in Karachi, the need for funding is even greater. We are working tirelessly to increase our collections and support for Indus Hospital & Health Network. But we need your help to achieve this. If you wish to organize a fundraiser in your state or city, you can contact us for further information.

I request you to please send in your donations before the year-end so you can benefit from the Tax break. You can also check with your employer for their Matching Donation Program.

Give your Zakat to Indus Hospital & Health Network, as more than 70% of the patients coming in are Zakat-eligible.

Lastly, I pray to the Almighty that He accepts your Ibadah, Zakat, and Sadaqat, and grants you and your loved ones with health and contentment in this life, and success in the hereafter. Ameen.

Thank you and JazakAllah Khair.

Muhammad Hanif

Mohammad Hanif, MD.

President, FOIH

MESSAGE FROM THE PRESIDENT



“

AS THE PRESIDENT OF IHNN, PERSONALLY NOT ONLY DO I ENTER THIS NEW CHAPTER WITH REDOUBLED BELIEF, I AM EQUALLY CONFIDENT IN THE GENEROSITY AND PASSION OF THE PAKISTANI NATION TO CONTINUE TO SUPPORT IHNN AS THEIR OWN.

”

Assalam o Alaikum Wa'rahmatullah

I am privileged and honored to be reaching out as the first President of Indus Hospital & Health Network (IHHN). I consider myself very fortunate to have served the people of Pakistan as the founding CEO of IHHN for the last 15 years. As the President of IHHN, personally not only do I enter this new chapter with redoubled belief, I am equally confident in the generosity and passion of the Pakistani nation to continue to support IHHN as their own. To keep moving forward our services and our model need significant thinking, planning, and consolidation for the future. To this end, we have developed 6 distinct areas of intervention, services, outreach, and expansion.

The first is that we must invest in creating a nationwide, integrated primary health network that is accessible to all. The second is that we must continue to build healthcare capacity at secondary and tertiary hospitals; thereby ensuring a continuum of care from primary to tertiary care.

The third is to focus on education and capacity building for healthcare, hence we are building Indus University of Health Sciences which will consist of seven colleges. The fourth area of intervention is research and development in healthcare. IHHN aspires to be the platform for the medical community in Pakistan to create evidence-based, innovative solutions.

IHHN is a strong advocate for a multi-sectoral approach, which is why our fifth area of intervention is centered around such an approach for greater impact in healthcare. And lastly, our sixth area of intervention, going forward, is to focus on partnerships and alliances for the provision of healthcare to all. I have always maintained that the healthcare challenges of Pakistan cannot be tackled by a single sector.

At this critical juncture of Pakistan, as well as IHHN, I am grateful to all our donors and supporters. Most importantly, I am indebted to our patients and their families, who are generous enough to pray for us, our sustenance, and our growth. Along with the blessings of the Almighty, our patients, and their families have indeed enriched my life and they will continue to remain the center of my efforts at IHHN.

Jazakumullahu khairan.



Dr. Abdul Bari Khan
President, Indus Hospital & Health Network

MESSAGE FROM THE CEO



“

AS THE CEO, I HAVE TO BALANCE BETWEEN
QUANTITY AND QUALITY OF CARE. I WILL ENSURE
THAT OUR EFFORTS ARE TOWARDS PROVIDING THE
MAXIMUM IMPACT TO THE COMMUNITIES WE SERVE.

”

Assalam o Alaikum Wa'rahmatullah

It has been my absolute honor to have served the Indus Hospital & Health Network since its inception, and I plan to continue to serve it with utmost sincerity in my new role as Chief Executive Officer. I have been part of this mission since the very beginning when I was a medical student. Many people were skeptical of how we would run a hospital absolutely free of cost. But I had faith. After witnessing the earthquake crisis of 2005, I saw the kindness and generosity of the Pakistani people. I was convinced that we would be able to not only build a hospital but run it absolutely without charging people anything.

It has now been 15 years, and we have established 15 hospitals across the nation. We have over 10,000 employees in our Network, and over 6 million patients are treated every year - absolutely free of cost.

As the CEO, I have to balance between quantity and quality of care. I will ensure that our efforts are towards providing the maximum impact to the communities we serve. It is our ambition to bridge the human capital gap in Pakistan. It is my personal goal to lead the Indus University of Health Sciences, in becoming one of the world's best universities, both in teaching and research. We should see healthcare as a holistic problem, in Pakistan, where parts of the country are not only affected by poor healthcare delivery, but also abject poverty, with poor sanitation, and a lack of clean drinking water.

We have successfully positioned ourselves as an integrated healthcare solution, attracting partners, who are providing multi-sectoral uplift to the community. We will be using healthcare as a vehicle, to improve the overall economic and social situation of the community, and I believe this is the greatest impact that we can produce. All these dreams and aspirations will remain elusive, unless a cross-section of the society and institutions come together, collectively in a dynamic and robust way, to improve the overall health of the nation and the people of Pakistan. So, with all these successes, there has to be humility and gratefulness to Almighty Allah, for the kind mercies He has shown to us.

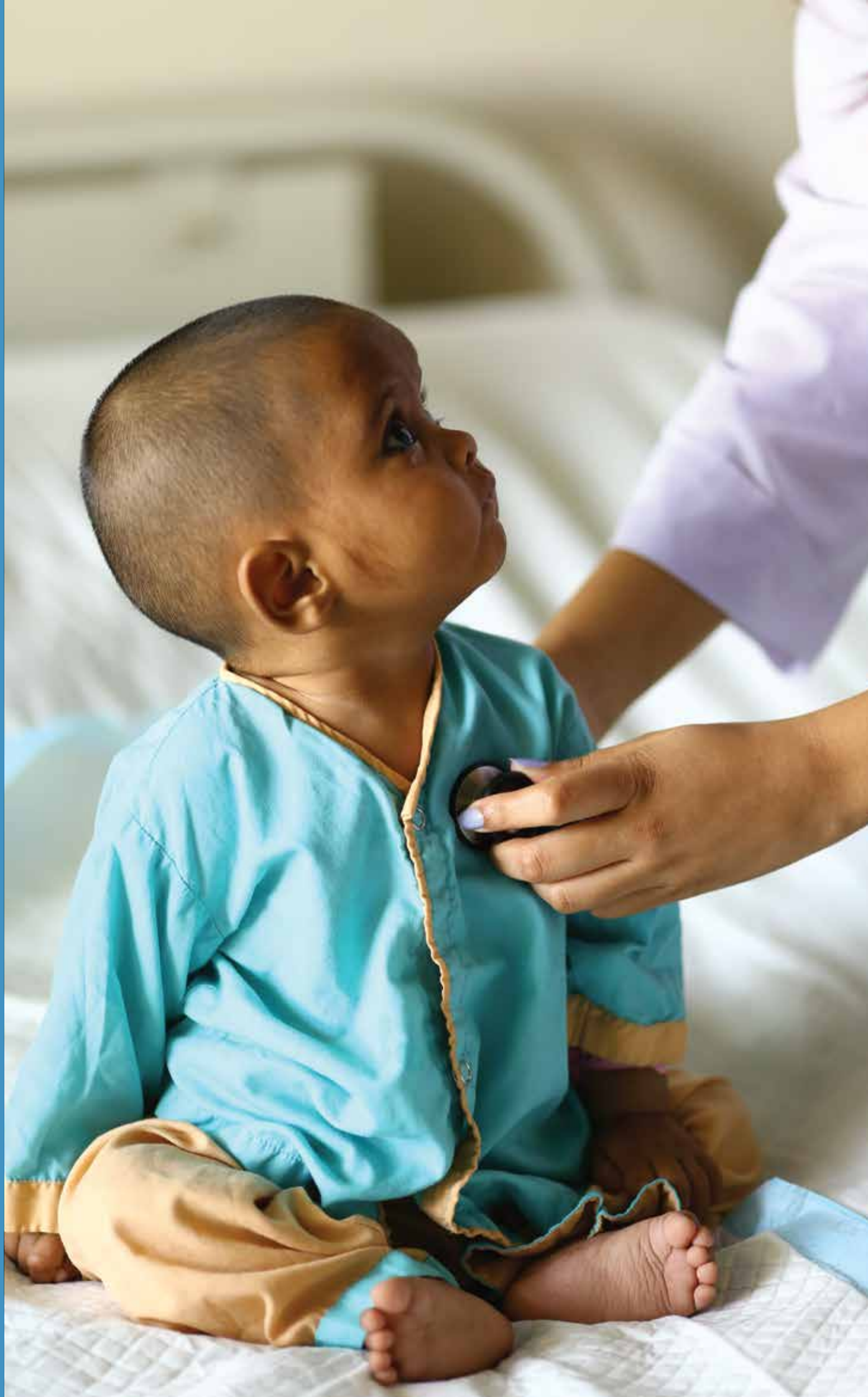
I look forward to this year with great hope and ambition, and I am confident in the continued support of all those who work every day to keep this dream a reality.



Dr. Zafar Zaidi

CEO, Indus Hospital & Health Network

INTRODUCTION



FRIENDS OF INDUS HOSPITAL

Friends of Indus Hospital (FOIH) USA is an initiative taken by American Pakistani expatriates to support the work of the Indus Hospital & Health Network (IHHN) in Pakistan. FOIH USA advocates for and raises awareness of the organization's vital contributions to humanity. To achieve its vision of providing excellence in healthcare, FOIH USA works directly with local leaders, corporates, businesses, and supporters to organize fundraising initiatives, mobilize volunteers, promote community initiatives, and raise donations for important infrastructure, prevention, and treatment. It has been established as a US-based 501(c) (3) registered charity

INDUS HOSPITAL & HEALTH NETWORK

The Indus Hospital was created for a simple reason; to serve humanity. Healthcare is not a prerogative that should be reserved exclusively for the rich. It is a right that must be doled out freely to all those in need, regardless of their socioeconomic standing. With this stalwart ideology, Dr. Abdul Bari Khan set out on a mission with the aspiration of providing quality healthcare, free of cost, to all those in need. This simple vision was the basis of the now prodigious Indus Hospital & Health Network.

Indus Hospital & Health Network has been at the forefront of addressing the most pressing issues of healthcare in the country for the past 15 years. Started in 2007 as a 150-bed tertiary care hospital in Korangi, Karachi, the Indus Hospital was the country's first paperless and cashless hospital, providing free of cost healthcare to all.

85 Bed

Pediatric
Oncology Unit

6 Million

Patients
Benefit Annually

70%

of Patients are
Zakat Eligible

2,326

Beds Across
the Network

15

Hospitals
Across Pakistan

32

Primary Care Sites

04

Regional Blood
Centers

04

Physical
Rehabilitation
Centers



15
HOSPITALS



04
**REGIONAL
BLOOD CENTERS**



**PRIMARY HEALTH
CLINICS**



04
**PHYSICAL
REHABILITATION
CENTERS**

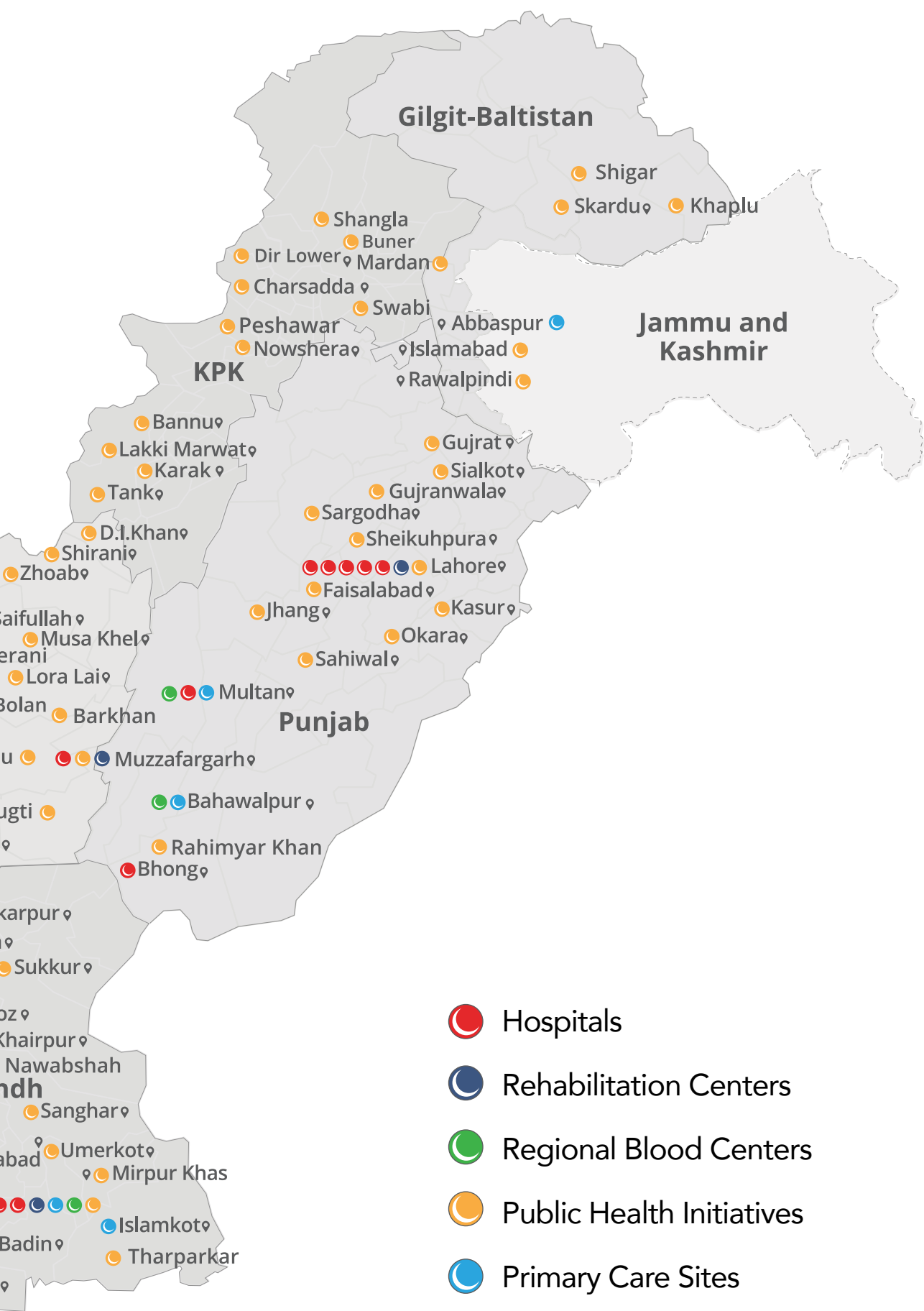


**NUMEROUS HEALTH
OUTREACH PROGRAMS**

IHHN'S FOOTPRINT

IHHN is now a diverse network of multiple tertiary care hospitals and secondary care hospitals, physical rehabilitation centers, regional blood centers, container-based community health centers, boat clinic, and various public health programs spread across Pakistan.





ACHIEVEMENTS & HIGHLIGHTS OF 2022



Indus Hospital & Health
Network Reached
15 Year Milestone



Dr. Zafar Zaidi
Announced as
The CEO of IHHN



Emergency Flood Relief Response
Rolled Out Nationwide by IHHN



IHHN Introduced First-of-its-Kind
Family Medicine Practice Training
Across Pakistan

Dr. Abdul Bari Khan
Elevated as the First
President of IHHN



Gwadar Development Authority
Hospital, Balochistan was
Handed Over to IHHN



Health-on-Wheels Initiative
Launched in Balochistan



Mother & Child Hospital
in Mianwali Added in
IHHN's Network





Recep Tayyip Erdogan Hospital (RTEH), Muzaffargarh

RTEH in Muzaffargarh initiated several programs including those for lung health and hepatitis, and is offering new services including neurology (with a functional neuro-physiology lab), infectious diseases, and pediatric urology. Lastly, RTEH has set up a rabies clinic and the See & Treat clinic.



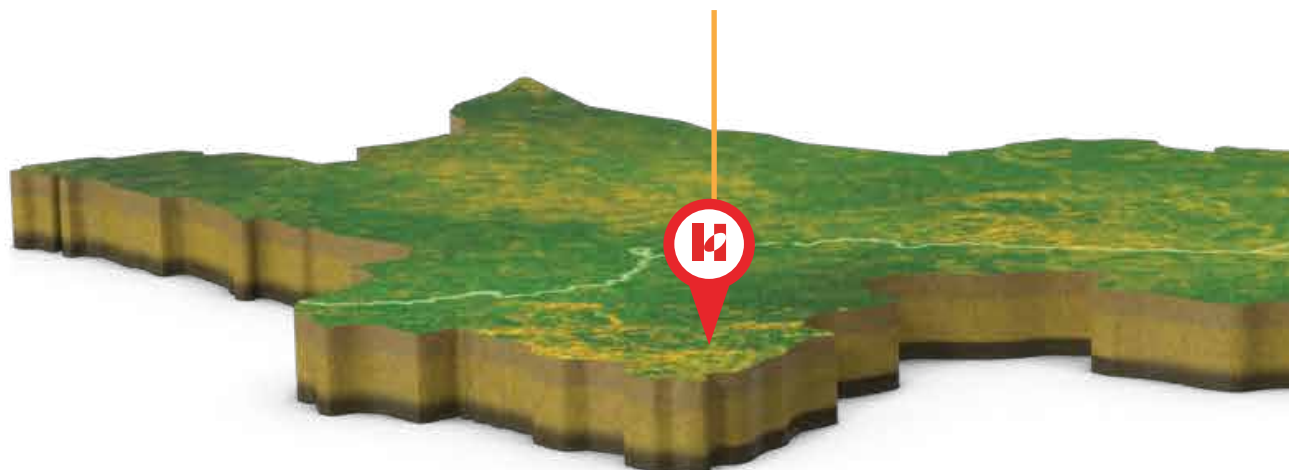
Multan Institute of Kidney Diseases, Multan

This year, the MIKD campus in Multan has introduced urology clinics and carried out 23 kidney transplant services. An anastomotic urethroplasty for distraction urethral injury service has also been initiated in Multan for the first time.



District Headquarter Hospital, Badin

The District Headquarters Hospital in Badin is a 300-bed government facility that IHHN is managing under a public-private partnership. This year, the center of excellence program assessment on ICP has been initiated. Additionally, the departments of clinical service management and clinical affairs have been set up. Lastly, dermatology and oncology clinics have been introduced.





Indus Hospital – QF, NST & SMP Jubilee Town, Lahore

This year, the Jubilee Town campus in Lahore has initiated several outpatient clinics including hepatitis, family planning, lactation management, immunization, malnutrition hypertension, and diabetes.



Lahore Cluster

The Lahore Cluster features 5 government hospitals in Lahore that IHHN is managing under public-private partnership programs. These include the Tehsil Headquarters Hospitals in Manawan, Sabzarzar, Bedian Road, Raiwind, and Kahna Nau.

This year, the achievements of the Lahore Cluster include the initiation of hepatitis and tuberculosis clinics, and a surveillance program for disability (polio). Additionally, the center for stabilization and cholera outbreak management was upgraded, and a rabies prevention and dog bite treatment center was established.



15 YEARS OF INDUS HOSPITAL

- The Indus Hospital commenced operations as a **150-Bed Tertiary Care Hospital**

2007



2009

- College of Physicians & Surgeons Pakistan approved **Pediatric Ward Residency & Fellowship Program**
- **Pediatric Ward** inaugurated

- **Clinical Research Unit** established
- The Indus Hospital case study published at **Harvard School of Public Health**
- TB grant awarded by the **Global Fund** for AIDS, TB and Malaria

2011



- Indus Hospital & Health Network reached **15 Year Milestone**

2022



2021

- The Indus Hospital officially recognised as **Indus Hospital & Health Network**
- **COVID-19 Vaccination** performed
- The **QF, NST & SMP Campus in Lahore** inaugurated

- **COVID-19 Unit** built
- **Drive-thru Rapid Testing** for COVID-19 with the Government of Sindh
- Pakistan's first-ever **Boat Clinic** launched

2020



TAL & HEALTH NETWORK



2013

- **Ground Breaking Ceremony** of the Indus Hospital Expansion Project took place
- **Children Cancer Hospital** merged with The Indus Hospital
- **Al-Fakir Trust Campus, PIB Colony**, handed over to The Indus Hospital
- **First Blood Center** became operational



2019

- **First Container Clinic** launched in Badin
- **Physical Rehabilitation Center** launched in Badin

- Management of the **100-bed Recep Tayyip Erdogan Hospital Muzaffargarh** was handed over to The Indus Hospital

2014



- **Total Lab Automation** launched at The Indus Hospital
- **Regional Blood Center, Jamshoro** became functional Hospital
- **Kahna Nau Hospital, Lahore** added to The Indus Hospital

2018



2015

- The management of **Bedian Road Hospital, Lahore** handed over to The Indus Hospital
- The Sindh Assembly granted the **Charter for the Indus University of Health Sciences**
- **Sheikh Saeed Memorial Hospital** becomes operational
- **First Physical Rehabilitation Center** inaugurated



2017

- **Neonatal Intensive Care Unit** established at Sheikh Saeed Memorial Campus
- **130-bed Pediatrics Complex** became operational at the Korangi Campus
- **Manawan Hospital, Lahore** Inaugurated

INITIATIVES SUPPORTED

2022 has been a rough year in terms of the healthcare burden on the already compromised healthcare structure in Pakistan. With the help of our donors and grants, Friends of Indus Hospital was able to strengthen the healthcare scenario in Pakistan by collecting funds for the provision of free of cost, quality healthcare to those in need, along with research initiatives and community programs.

FLOOD RELIEF EFFORTS



PRIMARY CARE PROGRAM

CHILDHOOD CANCER PROGRAM



MATERNAL & CHILD HEALTH PROGRAM

PHYSICAL REHABILITA- TION PROGRAM





FLOOD RELIEF EFFORTS

The monsoon season of 2022 brought with it the worst flooding Pakistan had seen in a decade. Along with the loss of property, livelihood, and lives, the floods brought with them a healthcare crisis of epic proportions. Indus Hospital & Health Network sprung into immediate action and entered the field with its flood relief medical team to provide urgent healthcare services to areas hit worst by the flooding.

IHHN set up Emergency Medical Relief Camps across Pakistan to provide emergency medical aid to the flood affectees and to combat the health issues that arose after the floods.



MOBILE MEDICAL BUS



MOBILE DIAGNOSTICS VAN



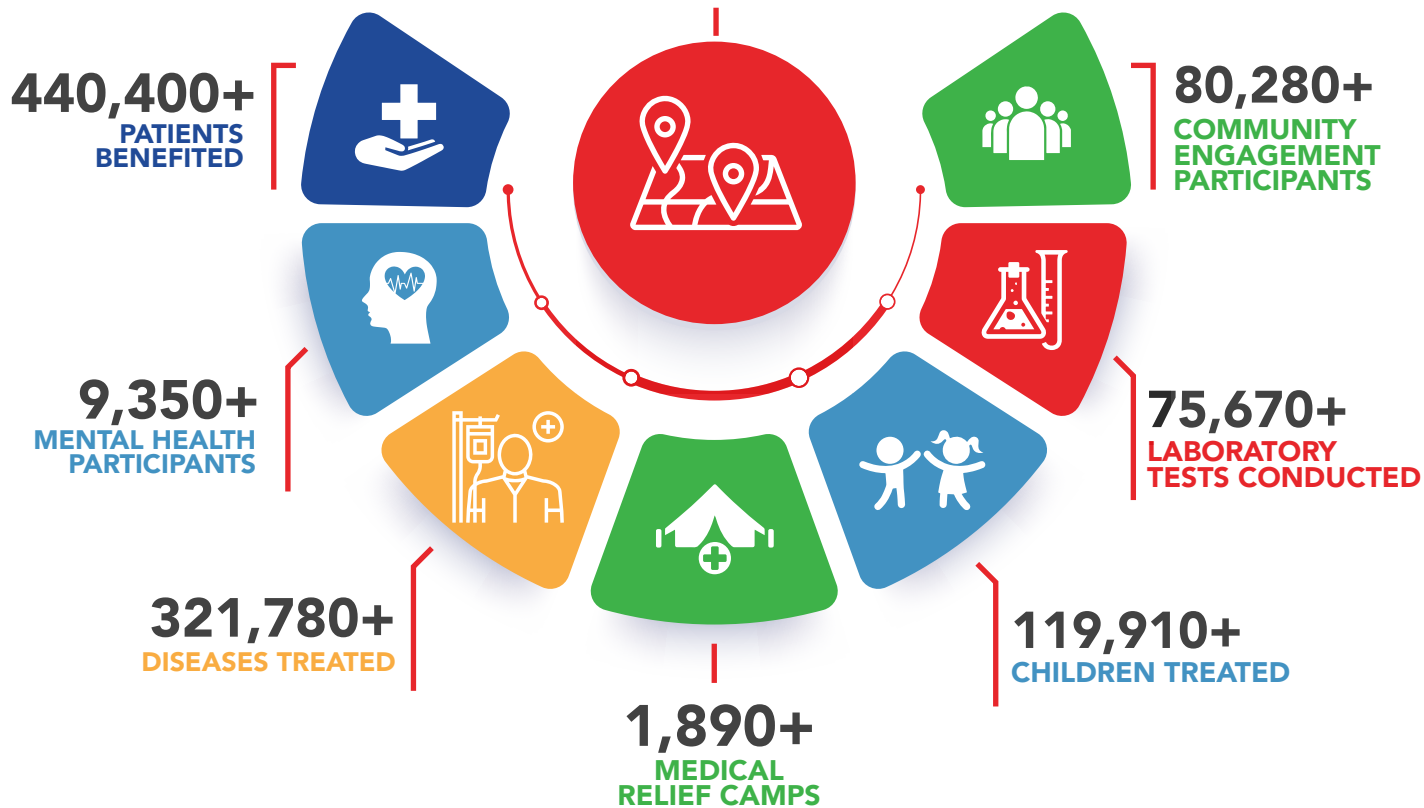
MATERNAL, NEONATAL & CHILD HEALTH UNIT



DIAGNOSTICS TESTING



EMERGENCY MEDICAL
RELIEF CAMPS SET UP ACROSS
Numerous Districts

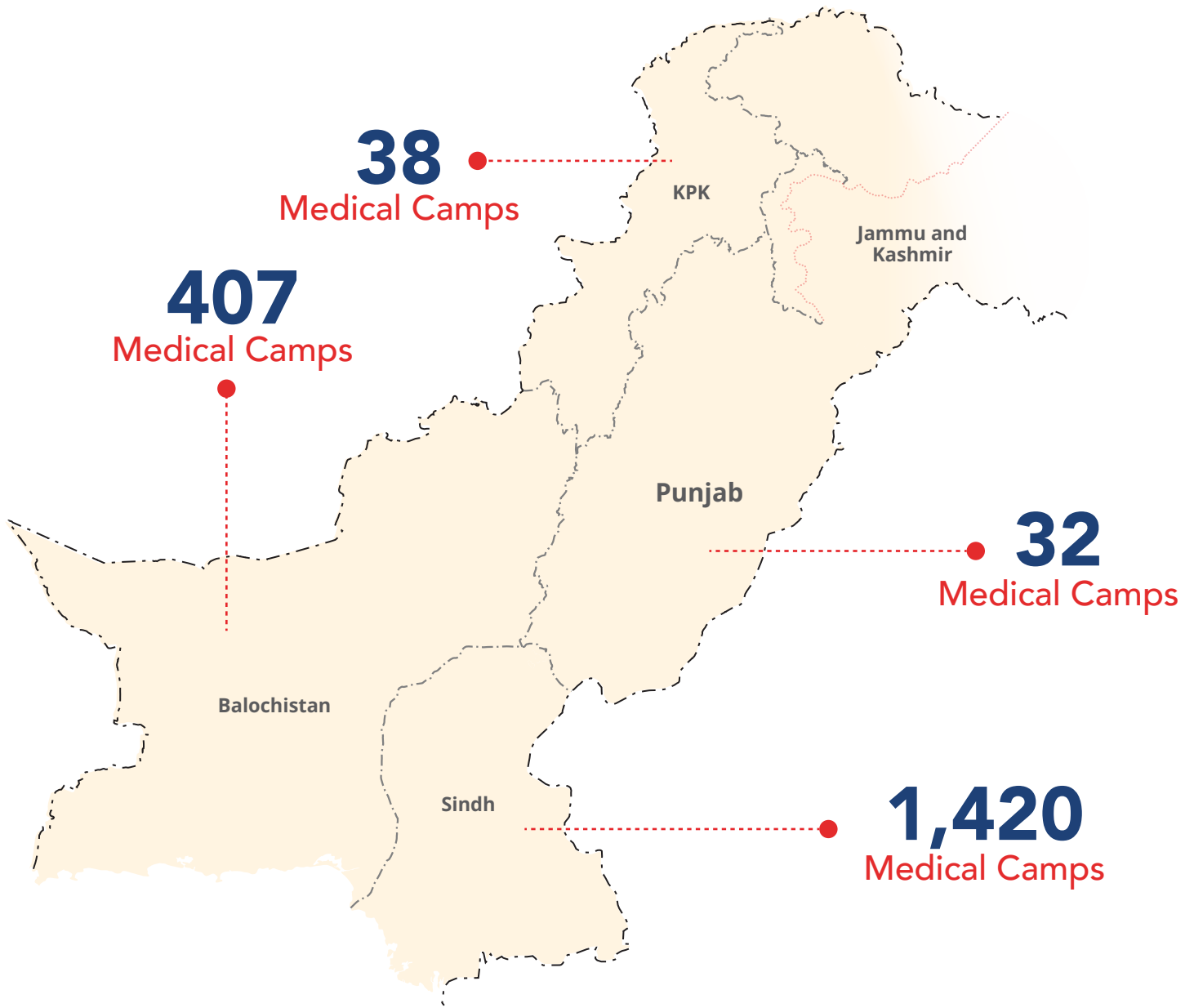




In addition to screening and treating patients for various diseases and infections, IHHN also provides mental health counseling at its medical relief camps, to help flood victims cope with the trauma of their losses. Medical Camps were also set up to deal with Maternal and Neonatal issues, where pregnant women have been able to access quality healthcare to deliver their babies and receive postpartum care.

Pakistan is very slowly rebuilding from the impact of the catastrophe, however, the crisis is not over. To ensure there is no vacuum left by the loss of healthcare facilities, IHHN plans to extend its efforts towards long-term dispensation of healthcare services in areas that are recuperating from the destruction of the floods. It intends to do so by keeping its current services in the affected areas active. IHHN plans to keep providing healthcare services in different areas till the establishment of the Basic Health Units lost in the floods.







A LIFE SWEEP AWAY

“Everything I had to live for was swept away in one night. My grief knows no bounds,”

Sakina Bibi, a resident of a small village in Sindh, Pakistan, wept as she tried to gather what was left of her belongings.

She had been sleeping with her newborn child when the sound of loudspeakers from the nearby mosque woke her up. The mosque was warning people to evacuate since floodwaters had ravaged the adjacent village and were now speeding toward them.

Sakina and her husband panicked. How could they collect everything, gather the family, and leave immediately? The family included her own two children – one toddler and a newborn baby, and her husband’s brother and his family of six members.

While they gathered whatever belongings they could in a frenzy, a massive surge of water hit their house, sweeping away Sakina’s newborn baby. In the blink of an eye, their livestock, belongings, and baby were carried away in a powerful wave.

Wading through the water, they were able to reach and station themselves on the roof of a local mosque. “I lost my baby. We lost everything, our house, our livestock. I had no food to feed my other child. I just couldn’t cope”, grieved Sakina. With no food, water, or shelter, Sakina’s family and three other families were rescued after two days by the local government relief van. The four families were brought to a safe place where IHHN, with the support of Karachi Relief Trust, provided the families with food, shelter, hygiene kits, and medical care.

“It was here that I was able to share my sorrow with the medical team. They not only gave me medicine to treat my bruises and stomach infection but also counseled me to cope with my loss.”

The Medical Relief Units by IHHN are focused on not only providing free medical care and medicines to men, women, and children but are also conducting mental health sessions and community awareness sessions amongst the displaced communities to help them cope with their loss and begin to take care of themselves.



PRIMARY CARE PROGRAM

PRIMARY CARE PROGRAM

IHHN's Primary Care Program (PCP) was launched in 2017 to provide vulnerable populations in Pakistan with access to high-quality and free of cost healthcare. The program integrates family medicine with public health interventions, customizing the services according to the needs of each specific community being serviced.



BOAT CLINIC



CONTAINER-BASED COMMUNITY HEALTH CENTERS



MOBILE MEDICAL BUS



MOBILE MEDICAL CLINIC



TREATING THE VULNERABLE POPULATION OF PAKISTAN



32

Primary Care Sites



1,975,000+

Patient Visits



280,000+

Children Immunized



170,900+

Nutrition Screening



44,100+

Family Planning Sessions



26,900+

Women Immunized



RESTORING LIVES THROUGH OUTREACH

Raheem Daad lives in Shadi Large, a small village in interior Sindh. He works as a daily wager to provide for his family and always takes pride in being resourceful and dependable. So, when his joints started to ache to an extent that he had to stop working, he fell into despair. "I couldn't afford to feed my children. I felt so helpless, bound to my bed by this pain that came out of nowhere," he told us grimly.

Luckily, one of their relatives convinced him to attend a community awareness session at one of IHHN's container-based community health centers that was located in the area. Raheem Daad learned of all the free of cost services offered at the clinic and at first felt disbelief. "We never had a hospital in this village. These things were what you would find when you went to cities. And even then they cost you an arm and a leg. But here it was free. I couldn't believe it."

After the session, Raheem Daad came up to our community health worker to tell him that he has severe pain in his joints that has kept him from being able to go to work. The doctor at the Shadi Large Container Clinic administered some blood tests, and it turned out that Raheem Daad had a severe deficiency of Vitamin D, which was causing his joints to ache.

The community health worker counseled him and altered his diet keeping in mind affordable options for him. Raheem Daad was further prescribed medications and dietary supplements to bring his Vitamin levels back to normal. Within 3 weeks Raheem Daad was feeling much better and went back to work to start earning for his family again. He continues to take his supplements and his wife makes sure he gets his daily intake of healthy meals.

Raheem Daad is extremely happy and very grateful for his treatment at the container clinic and gives his prayers to the donors of Indus Hospital & Health Network. ***"The hardest thing was to watch my children starve. I thought I had been cursed. But the doctors at this clinic really changed my life and I have no idea what I'd have done without them,"*** a beaming Raheem Daad told us.



CHILDHOOD CANCER PROGRAM

Childhood Cancer disrupts the lives of more than 10,000 children in Pakistan, each year. Unfortunately, only 25 to 30 percent of children survive this heart-wrenching disease. The Pediatric Oncology Unit at IHHN in Karachi has been a game-changer and beacon of hope for millions in need. It is one of the largest of its kind in Pakistan. It is part of the St. Jude Global Alliance Partnership for education, training, and research initiatives. It provides its patients with comprehensive cancer care, with strong psychosocial support for the patients and their families.

RESTORING LIVES WITH HOPE & HAPPINESS



22,830+

Chemotherapy
Sessions Administered



12,000+

Children Treated for
Cancer & Blood Diseases
Since Inception



1,270+

Psychosocial
Sessions Conducted



1,200+

New Cases
Registered



BEYOND BORDERS: A FATHER'S TALE OF DETERMINATION

"I would work all day and in the end, I would still not have enough to afford the medicines my baby needed. Do you know how heartbreaking it is to know that you are not doing enough for your family?" Muhammad Ismail told us tearfully.

Muhammad Ismail's struggle is a testament to the fact that a father would be willing to do anything for his child. Hailing from Kandahar, Afghanistan, he traveled to Quetta in Pakistan with his three-year-old daughter, Bibi Sanam in his arms when she was diagnosed with bone cancer. The doctors in Afghanistan had told him that they could do nothing and that for him to save his daughter, he needed to try his luck in Pakistan.

In a state of utter despair, Ismail took a loan from his relatives and brought his daughter to Quetta, where doctors treated Bibi Sanam till her father's money ran out. Finally, a doctor suggested he go to Karachi and visit Indus Hospital & Health Network - which has one of the largest pediatric oncology units in Pakistan and provides cancer treatment free of cost!

At IHHN, Bibi Sanam was tested and admitted immediately. "Here they have provided my daughter with everything – a bed, clothes, medicines, treatment and they never took a single penny from me. I am telling you, there is no hospital like it (IHHN) in the whole of Pakistan," Muhammad Ismail told us.

This was ten months ago. Bibi Sanam recently completed her last round of chemotherapy and is waiting for clearance from the doctors to finally go home, back to her family. Muhammad Ismail is extremely grateful to IHHN for saving their child's life.

He now considers himself a lifelong supporter of IHHN and wants to give back in any way that he can, "Even if I have no money, nothing, I will come and donate blood to the hospital so that someone else can benefit the same way my daughter and I were helped."



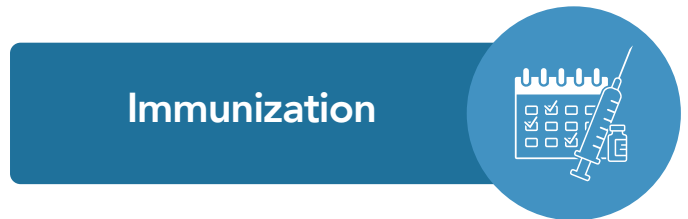
MATERNAL & NEONATAL PROGRAM

Millions of young lives could be saved if mothers and babies had access to affordable and quality healthcare services. The health indicators of Pakistan reflect a poor state of mother and child health with limited affordable treatment options for both. IHHN's Sheikh Saeed Memorial Campus in Karachi and the Maternal, Neonatal, and Child Health Program under the Primary Care Program are playing an essential role in improving the maternal and neonatal health scenario in Pakistan by providing free of cost medical services to new mothers and neonates.

PROGRAM UNDER MNCH



Family Planning



Immunization



Childhood Pneumonia



Safe Delivery



Nutrition



Midwifery



Lactation Management



Deworming

A COMMITMENT TO CARE



30,120+

CHILDREN DELIVERED
SAFELY



34,910+

MOTHERS & CHILDREN
VACCINATED



2,270+

BABIES PROVIDED
WITH NICU SERVICES

THE GIFT OF LIFE: DELIVERING MIRACLES

Mumtaz Shabbir was delighted when she found out she was pregnant with her third child. Having lived a life of hardship and poverty, her children were the ones who brought real joy to her life. Her first two pregnancies had gone smoothly and she had delivered all her children via cesarean sections. She assumed her third pregnancy would be the same.

In the 36th week of her pregnancy, she began to experience labor pains. She assumed it was time to deliver her child until she started to bleed heavily. Mumtaz panicked and her husband rushed her to Indus Hospital & Health Network's emergency room in Karachi.

At IHHN the doctors realized that Mumtaz had not one, but a host of rare and potentially fatal conditions affecting her pregnancy. She had Placenta Praevia, which meant her placenta was attached to the lower part of her uterus and was completely blocking her cervix. Her bladder was also densely adhered to her uterus.

The terrified mother pleaded with the doctor to prioritize her unborn child's life over her own. The doctors knew the surgery would be difficult but they assured Mumtaz and her family that both the mother's life and the baby's life were their priorities. She was immediately rushed to the operating theatre. An Emergency Obstetric Hysterectomy was performed on her. Her ruptured bladder and placenta percreta were successfully repaired.

The surgery was a success and Mumtaz awoke to meet her beautiful baby daughter. "All my terror washed away when I held her," a tired but beaming Mumtaz said. She was grateful to Indus Hospital & Health Network for saving her life and the life of her baby.

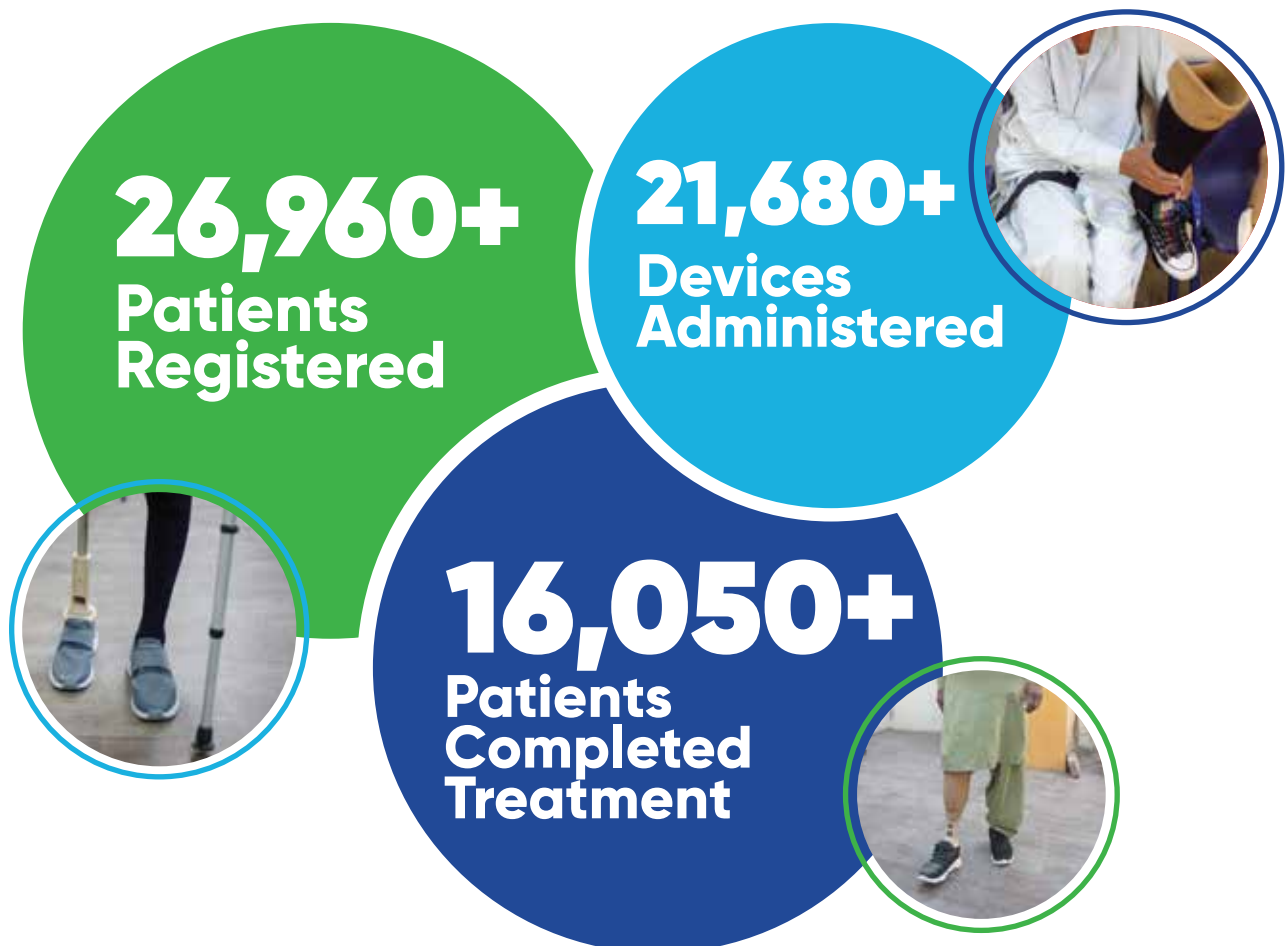




PHYSICAL REHABILITATION PROGRAM

Over 1 billion people across the world live with some form of disability, and this number is only expected to increase. In line with the World Health Organization's Sustainable Development Goals, IHHN envisions a world that is fully inclusive of all people, including those with physical disabilities. To this end, IHHN, in collaboration with the Red Cross and Chal Foundation, established a patient-centered and state-of-the-art Physical Rehabilitation Center (PRC) at its Korangi Campus in Karachi in 2015. Given the alarming prevalence of disability across the country and encouraged by the success of its operations in Karachi, IHHN soon established 3 additional PRCs in Lahore, Muzaffargarh, and Badin. The 4 PRCs are currently providing 4 categories of services, including Prosthetic and Orthotic Devices, Psychological Therapy, Physical Therapy, and Audiology and Speech Therapy.

MOBILISING THE IMMOBILE





THE ROAD TO RECOVERY

Muhammad Asif and his wife had high ambitions to give their children the best education possible. He worked in a factory and his wife worked at a beauty parlor to pay for their children's school fees.

One day, Muhammad Asif collapsed at work in the middle of the day from excruciating pain in his head. He was immediately rushed to a nearby hospital where the doctors informed him that he had just suffered an intense stroke. He was fortunate enough to have survived but was left with long-term Hemiparesis which caused him a severe weakness in the left side of his body.

He was unable to carry out basic tasks such as dressing himself or eating. His wife left her job to take care of him, reducing the income of their home to zero. Their children had to be pulled out of school when the family's entire savings went into Muhammad's rehabilitation treatments.

After the treatments proved futile, Muhammad was left devastated and thought all hope was lost. His wife convinced him to give it one last try and brought him to Indus Hospital & Health Network's Rehabilitation Center, where he was introduced to the Functional Electrical Simulation Bike. In this form of treatment, small electrical charges are applied to a muscle that has been paralyzed or weakened from damage to a person's spinal cord or brain. The electrical charges stimulate the person's muscles to make their usual movement. Muhammad's legs started to strengthen and his gait improved. Soon, he was able to walk again.

Today, Muhammad is back at work and his children have returned to school. He is endlessly thankful to Indus Hospital & Health Network. ***"The staff was so encouraging. They've given me my life back. My children can get an education thanks to them,"*** Muhammad told us happily.



1.2 Million

outpatients
to benefit yearly



500,000+

ER patients
to benefit yearly



100,000+

inpatients
to benefit yearly



KARACHI EXPANSION

The health infrastructure of Pakistan is inadequate to deal with the high influx of patients coming in from across the country. In order to cater to these patients, Indus Hospital & Health Network is building a 1,350-bed multispecialty hospital in Korangi, Karachi. The new hospital building will be Pakistan's largest free of cost hospital in the private sector.



STATE OF THE ART
1,350
BED FACILITY



MULTIDISCIPLINARY
TERTIARY
LEVEL
HEALTHCARE SERVICES



TOTAL PLOT AREA
3.52
MILLION SQ.FT

The New Hospital Building at the Indus Hospital Korangi Campus will feature a comprehensive set of healthcare services, from the primary to tertiary level, catering to the whole spectrum of patient needs. In addition to already existing services, the new hospital building will allow IHHN to offer the following new services.



**Adult
Oncology**



Cardiothoracic



Dental



Neurosurgery



Neurology



Psychiatry



Transplant



Vascular

MILESTONES



£30 Million

mobilised through international support
for infrastructure & logistics



600 BEDS

to be operational in Dec 2023



100%

Grey Structure of IUHS and Hospital
Building 1 & 2 Completed



BLOOD CENTER

operationalised in Dec 2022

INDUS UNIVERSITY OF HEALTH SCIENCES

The objective of the Indus University of Health Sciences (IUHS) is to have a state-of-the-art university to build human capital resources in Pakistan and have high-quality healthcare professionally serving the nation. The Indus University of Health Sciences, the student strength is projected to be 2,500 students every year, in the following division:

**Indus College of
Nursing & Midwifery**

**Indus College of Medical
Technology & Allied Health**

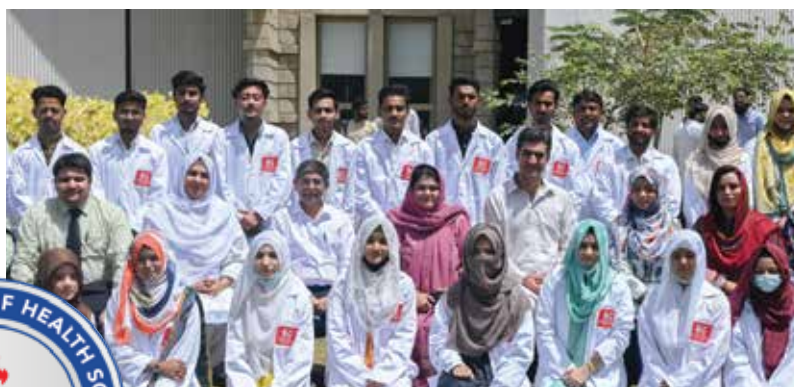
**Indus College of
Dentistry**

**Indus College of Physical
Therapy & Rehabilitation**

**Indus College of Family
Medicine and Public Health**

**Indus College of
Pharmacy**

Indus Medical College





LAHORE INSTITUTE OF MANAGEMENT
Punjab - Pakistan

LAHORE INSTITUTE OF MANAGEMENT
Punjab - Pakistan

LAHORE EXPANSION

Indus Hospital & Health Network QF, NST & SMP Campus in Lahore is being constructed with the objective to provide quality and free of cost treatment to deserving members of the Punjab province, without any discrimination.



1 MILLION
PATIENTS TO
BE BENEFIT
ANNUALLY



STATE OF THE ART
600 BEDS
FACILITY



TOTAL PLOT AREA
0.93
MILLION SQ.FT

The facility is providing ultrasound, outpatient, pharmacy and X-ray services. Once the construction is 100% completed, the facility will provide crucially needed services such as:



Gynaecology



Cardiology



Dialysis



Accident &
Emergency



Endoscopy



Laboratory



Orthopedics



Pediatric



Pediatric



MILESTONES



600 BEDS
to be operational in Dec 2025



300 BEDS
to be operational in Dec 2023



150 BEDS
operational



119,000
patients treated till Oct 2022



EVENTS

March Fundraising Tour

In March 2022, Friends of Indus Hospital USA held 10 fundraisers across the United States, where celebrity guests including Bushra Ansari and Nauman Ijaz spread awareness about Indus Hospital & Health Network and raised funds for the provision of quality healthcare - absolutely free of cost. Our generous donors and supporters donated graciously to IHHN so it may continue to save countless lives by dispensing quality healthcare to underprivileged Pakistanis.



Houston & Seattle Fundraising Tour

In the summer of 2022, FOIH held two fundraisers in Houston and Seattle. Celebrity guests including Nauman Ijaz and Jeremy McLean entertained and inspired the guests, who in turn showed their support for Indus Hospital & Health Network's mission by donating generously. The guests were informed of how Zakat is utilized at Indus Hospital & Health Network, where 70% of beneficiaries are Zakat-eligible.



Ramadan Fundraisers

As part of our Ramadan fundraising campaign, on 11th April 2022, Friends of Indus Hospital USA hosted a Live Telethon with ARY Digital (USA). The telethon was attended by Dr. Abdul Bari Khan, President, IHHN, Dr. Zafar Zaidi, CEO, IHHN With Celebrities Sarwat Gilani, Behroz Sabzwari, and Khalid Anam. Dr. Amjad Ali and Dr. Zia Moiz also dialed in from St. Louis, along with Dr. Wajahat from Michigan, Dr. Asad Irfanullah from Minnesota, and Mr. Aftab Rizvi from Toronto. This fundraiser focused on gathering Zakat donations and informed the audience of how IHHN utilizes and distributed the Zakat funds that it gathers.

On April 16th, 2022, a second fundraising telethon was held by Friends of Indus Hospital USA. Hosted by Shafaat Ali, viewers joined Abdul Bari Khan President IHHN, Ahmar Mohammad, Dr. Yaseen Abubaker, Dr. Khalid Maqsood, Dr. Umer Burney, and renowned Pakistani celebrities Sajid Shah and Khalid Anam for a Live Telethon on TVOne. Like the previous fundraiser, this one also educated guests on the Zakat utilization policies of IHHN.

The third live Fundraising Event was held on April 23rd, 2022 on ARY North America, YouTube & Facebook to support Indus Hospital & Health Network. Viewers got the opportunity to interact with Dr. Abdul Bari Khan, President IHHN, Dr. Shamvil, Executive Director of Medical Services IHHN, along with known celebrities including Shafaat Ali, Hira Mani & Sania Saeed. We were also joined by Dr. Shahid Hasnain, Dr. Asim Shah, Dr. Shagufta Naqvi, and Fuad Cochinwala from Houston, as well as Dr. Javed Imam from Chicago and Dr. Abdul Rehman from Calgary. Viewers were also informed of how IHHN utilizes and distributes its zakat funds and how the eligibility of patients to receive treatment through zakat is ascertained.



Flood Relief Fundraisers

During the flood crisis of 2022, Friends of Indus Hospital USA organized 9 fundraisers across the United States, in Detroit, San Antonio, Minneapolis, Atlanta, St. Louis, North Carolina, Austin, Chicago, and Dallas. These fundraisers featured Salman Saqib (Mani) and Hira Mani as their celebrity guests, who entertained and inspired the guests, who in turn donated open-handedly for their brothers and sisters in Pakistan. We are grateful to our supporters for their generosity and the impact they made in IHHN's flood relief efforts. The floods caused massive devastation across Pakistan, and millions of people lost access to basic healthcare facilities. The generosity of our donors allowed IHHN to step into the field to provide life-saving medical aid to the flood affectees.

Telethon for Flood Relief Updates

FOIH USA held a live telethon to inform its supporters of its Flood Relief Updates on Monday, November 27, 2022, on YouTube & Facebook. The telethon was an opportunity for people to further support IHHN and hear from the people on the ground what the situation was like in flood-affected areas in Pakistan and how IHHN'S Flood Relief Medical Team was on the ground helping.

Present for the telethon were Dr. Abdul Bari Khan, President of IHHN, Dr. Zafar Zaidi, CEO of IHHN, Dr. Mah Talat, Executive Director of Community Health Directorate IHHN, along with known celebrities Hira Mani & Salman Saquib (Mani). They were joined online by Dr. Yasein Abubakr (USA), Dr. Mateen Durrani (UK), Mr. Aftab Rizvi (Canada), Dr. Amber Rashid (UAE), and Dr. Erum Bilal (Australia).



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155 Cedar Lane Teaneck, NJ 07666

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