



Friends of

INDUS HOSPITAL

QUALITY CARE - FREE OF COST

A Year of Hope & Healing

Annual Report 2023





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Maternal Program

"In the tender embrace of maternal care, I found not just medical expertise but a support system that cradled my dreams and nurtured the beginning of a new life," **Saima.**



Childhood Cancer Program

"We thought we had lost our only son to cancer until we finally saw that bright, hopeful smile on his pale face. We knew our Rayyan was in good hands," **Rayyan's parents.**





Rehabilitation Program

"With every step of recovery, we witnessed a triumph of the human spirit. This gave Aimen the strength to stand and the courage to embrace her life again," **Aimen's Brother.**



Primary Care Program

"From our family's first check-up to every milestone, primary care became the cornerstone of our well-being. It's not just about treating illnesses; it's about caring for our journey," **Ajmal's Family.**

The Healthcare Crisis

Every day, hundreds and thousands of human beings are denied access to critical healthcare because they don't have the financial means to pay for their treatment. What is supposed to be a basic human right is often only reserved for the rich in many developing countries, including Pakistan.

Despite being the fifth most populous country in the world, Pakistan struggles to provide adequate quality healthcare to the people of the country. Pakistan faces various challenges within its healthcare sector, which arise from a complex interplay of socioeconomic factors, insufficient infrastructure, and systemic shortcomings.

However, we are on a mission to change that!

With a community of supporters from all around the world, we wish to make healthcare a reality for every Pakistani in need.



Our Vision

Access to **Quality Healthcare, Free-of-Cost**
to everyone and anyone who needs it!



Our Mission

Change the ***Paradigm of Healthcare*** by raising awareness & providing the resources and skills needed to build a healthy future!



Message from President of FOIH

Dear Esteemed Supporters,

Warm greetings to you and your families. I am delighted to reflect on the significant milestones achieved by Friends of Indus Hospital (FOIH) USA in the year 2023 as we present our Annual Report. This year has been truly remarkable, and with immense pride, I share the profound impact we have made on the lives of numerous patients in Pakistan and beyond.

As the President of FOIH, I am deeply humbled by our dedicated chapters and volunteers' steadfast commitment and tireless efforts. Their unwavering support has transformed our vision into a tangible reality, enabling us to provide essential support for free-of-cost, high-quality healthcare in Pakistan through the Indus Hospital & Health Network (IHHN).

Pakistan, with a population of approximately 241 million, faces formidable healthcare challenges, and IHHN is diligently working to bridge this gap. FOIH has intensified its efforts, organizing multiple fundraising events across various U.S. cities to garner funds for the treatment of vulnerable individuals in Pakistan.

The expansion projects of Indus Hospital in Karachi and Lahore underscore the pressing need for increased funding. The FOIH management team is tirelessly working day and night to augment our collections and support this noble cause. However, your assistance is crucial in achieving this mission. If you are inclined to organize a fundraiser in your state or city, we welcome you to contact us for further information.

Explore the possibility of engaging your employer's Matching Donation Program to maximize your impact to the fullest. Moreover, direct your Zakat towards FOIH USA, as over 70% of our beneficiaries are Zakat eligible.

In unity, even modest contributions, coupled with the blessings of Allah (SWT), will enable us to perpetuate IHHN's legacy of providing free-of-cost, high-quality healthcare, serving as a beacon of hope and compassion for those in need.

In conclusion, I offer a prayer to the Almighty for the acceptance of your Ibadah, Zakat, and Sadaqah, and may He bestow upon you and your loved ones health and contentment in this life and success in the hereafter. Ameen.

Thank you for your unwavering support and JazakAllah Khair.

Muhammad Hanif

Sincerely,
Muhammad Hanif
President,
FOIH

Message from Founding President, IHHN

Dear Valued Donors,

As the Founding President, I have witnessed IHHN's incredible growth over 16 years and am now pleased to hand over operational responsibilities to Dr. Syed Zafar Zaidi as the new CEO. Under his leadership, I am confident that our commitment to accessible healthcare will continue to flourish.

Since its inception, IHHN has flourished, spreading its reach across the length and breadth of Pakistan, and our vision extends even further as we aspire to make a global impact. To do this, we have identified distinct areas of intervention, services, outreach, and expansion that will be our guiding principles for the future.

Foremost among them is the essential need to invest in creating a nationwide integrated primary health network accessible to all. We are transforming the primary care system in Pakistan through physical facilities, mobile units, and cutting-edge telehealth solutions so the vulnerable are taken care of. Equally crucial is our unwavering commitment to enhancing healthcare capacity at secondary and tertiary care hospitals to ensure a seamless continuum of care from primary to advanced levels. In this regard, IHHN is establishing Pakistan's largest free-of-cost hospital in Karachi and another one in Lahore.

To address the human resource paucity in Pakistan, we believe in the significance of education and capacity building for healthcare. Therefore, our focus is on the establishment of the Indus University of Health Sciences (IUHS), featuring 7 colleges dedicated to nurturing skilled healthcare professionals, out of which four are already operational. In an effort to truly transform the healthcare landscape of Pakistan, we at IHHN realize the importance of research and development in healthcare. These facets remain a priority for us, as innovative solutions are vital for addressing complex health issues.

A multi-sectoral approach is essential for sustainable impact. Our approach aligns with the Sustainable Development Goals, promoting collaborations across various sectors for a healthier society. Furthermore, IHHN would not be able to make the impact that it does without collaborating with all stakeholders. Partnerships and alliances are crucial in our mission to provide healthcare for all. The healthcare challenges of Pakistan require a collective effort, and we are grateful for the support of our donors, Board of Directors, and dedicated staff.

Our success is reflected in the improved lives of our patients and their families. This impact motivates us to continue striving for excellence in healthcare.

Thank you for your support in this noble endeavor.



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

Message from CEO, IHHN

Dear Readers,

As a founder and now CEO of Indus Hospital & Health Network (IHHN), my journey with this organization began during our medical student days. My initial skepticism about a free-of-cost hospital model changed after witnessing the generosity of the Pakistani people during the 2005 earthquake. This experience was pivotal in my decision to not only establish but also operate IHHN without charge.

Sixteen years on, IHHN has grown to encompass multiple hospitals and a dedicated workforce of over ten thousand, treating half a million patients monthly. Our strategic focus is on expansion, service delivery, education, research, multi-sectoral approaches, and partnerships.

As CEO, I balance providing high-quality care with reaching as many people as possible. My professional background as a practicing pediatric urologist makes me acutely aware of the critical scarcity of human capital in Pakistan's healthcare sector, which constitutes one of the biggest obstacles to the country's growth.

As Dean of the Indus University of Health Sciences (IUHS), I am driven to transform it into a world-class institution. Our vision extends beyond healthcare, addressing broader challenges like poverty, sanitation, and water scarcity.

The Academic Directorate made significant strides in 2022-23, notably establishing the Indus College of Family Medicine and Public Health. This college uniquely integrates family medicine with public health, aligning with IHHN's primary care network. We have seen exponential growth in postgraduate education, with marked improvements in Lahore, Muzaffargarh, and Multan.

I am excited about the rapid progress of IUHS's new state-of-the-art building, which will further our commitment to excellence and innovation in healthcare.

IHHN's strength lies in its adaptability, positioning it to meet emerging needs. I am confident this trait will continue to guide us. I extend my gratitude to Allah (SWT) and thank everyone involved with IHHN for their dedication to this great institution.



Sincerely,
Dr. Syed Zafar Zaidi

CEO,
Indus Hospital & Health Network





Friends of Indus Hospital

Empowering Lives, Building Hope: A Community Devoted to Touching Hearts & Healing Lives!

Friends of Indus Hospital, Inc (FOIH) is a US-based 501(c)(3) registered charity with a mission to provide unwavering support to Indus Hospital & Health Network's tireless efforts in delivering high-quality, free-of-cost healthcare services to under served communities in Pakistan.

FOIH's initiatives encompass a range of actions, starting with raising awareness about the impactful endeavors of the Indus Hospital & Health Network. We organize engaging fundraising events and galvanize both individual and corporate volunteers to contribute their time and resources to bolster the IHHN's mission. This support involves providing essential equipment, assistive devices, and infrastructure materials and facilitating the transfer of valuable knowledge and skills.

Board of Trustees

Our esteemed Board of Trustees stands as the guiding force behind the success and impact of Friends of Indus Hospital. Committed to the vision of a healthier and brighter future, this dedicated group of individuals bring a wealth of expertise, passion, and strategic insight to the forefront. With unwavering dedication, they steer the organization towards achieving its mission, overseeing prudent financial management, fostering key partnerships, and ensuring that our resources are utilized with the utmost care.

FOIH Board Members





Indus Hospital & Health Network

From Humble Beginnings to a National Lifeline: A Network Dedicated to Saving Lives!

A journey that started in 2007 with a 150-bed multidisciplinary hospital in the urban slum of Korangi, Karachi, is now one of the largest healthcare providers in Pakistan. IHHN is now a network of multiple tertiary and secondary care hospitals, physical rehabilitation centers, regional blood centers, container-based community health centers, and public health program spread across Pakistan. Being the nation's first paperless and cashless hospital, IHHN is delivering free healthcare to all in need.

Anchored in the institutional vision of offering excellence in healthcare that is free for all, IHHN's mission is driven by the desire to serve humanity. Every year, IHHN ensures alignment of its overarching strategic goals with its work by serving the vulnerable and ensuring the community's well-being. Each year, the network caters to over 6 Million people, offering indiscriminate service to all who walk through its doors.



6M

PATIENTS BENEFITED
IN 2023



70%

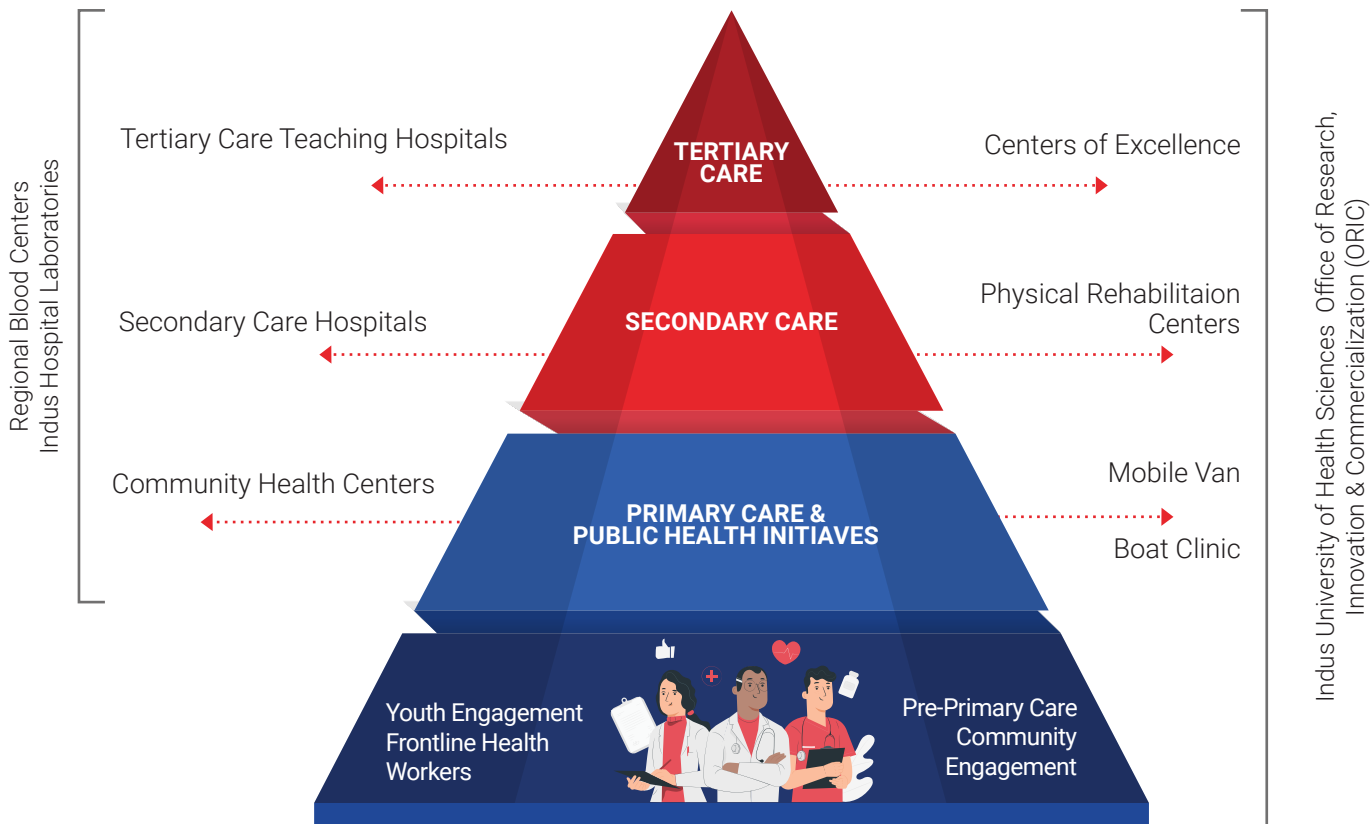
PATIENTS ARE
ZAKAT ELIGIBLE





The network is executing a large-scale expansion of its health facilities to ensure accessibility to high-quality care by planning an inter-connected network of owned hospitals and a network of secondary-care facilities by leveraging public-private partnerships.

IHHN has strategically organized its primary care sites using a hub-and-spoke model, coupled with continuous community engagement and outreach initiatives. This thoughtfully designed approach facilitates smooth referrals to the existing secondary and tertiary hospitals within the Network, ensuring a seamless continuum of care for all the patients. To bolster these levels of care, IHHN has extended its service beyond the traditional tiered model through a diverse array of institutions. This includes Blood Transfusion Services, Laboratories, the Indus University of Health Sciences, and the Office of Research, Innovation & Commercialization, all working in concert to enhance the overall healthcare experience.



IHHN's Footprint



HOSPITAL



**REGIONAL
BLOOD
CENTER**



**PRIMARY
HEALTH
CLINIC**



**PHYSICAL
REHABILITAION
CENTER**



**HEALTH
OUTREACH
PROGRAM**

IHHN's Managed Campuses

Balochistan

● Gwadar Development Authority Hospital

● Mother & Child Hospital, Mianwali

● Pediatric Oncology Unit - Sheikh Khalifa Bin Zayed (SKBZ) Hospital, Quetta



Sindh: ●
District Headquarter Hospital, Badin



Punjab



**Recep Tayyip
Erdogan Hospital,
Muzaffargarh**



**Multan Institute of
Kidney Diseases,
Multan**

Lahore Cluster

Secondary Care Hospitals



Tehsil Headquarter Hospital in Manawan



Tehsil Headquarter Hospital in Kahna Nau



Tehsil Headquarter Hospital in Sabzazar



Tehsil Headquarter Hospital in Raiwand



Tehsil Headquarter Hospital in Bedian Road



10

MULTIDISCIPLINARY
HOSPITALS



03

PHYSICAL
REHABILITATION
CENTERS



38

PRIMARY CARE
SITES



04

REGIONAL BLOOD
CENTERS





6M

PATIENTS SERVED
EVERY YEAR



2,100+

BEDS SERVED



27

PGME DISCIPLINES
OFFERED



04

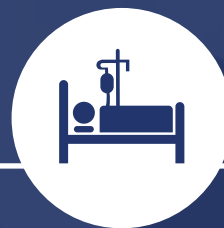
IUHS COLLEGES
OPERATIONAL

Our Impact at a Glance



13.4 M

OUTPATIENTS VISITS



13 M

INPATIENTS SERVED



15.7 M

DIAGNOSTIC TESTS
PERFORMED



24,174

ORTHOTIC & PROSTHETIC
DEVICES IMPLANTED



2.9 M

BLOOD COMPONENT
UNITS ARRANGED



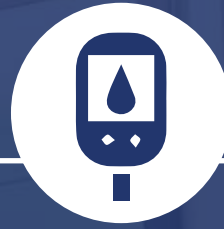
12,000

CHILDREN TREATED
FOR CANCER & BLOOD
DISEASES



175

PATIENTS PROVIDED
WITH COCHLEAR
IMPLANTS



21,740

PATIENTS ENROLLED
FOR DIABETES
MANAGEMENT



0.28 M

PATIENTS SCREENED
FOR HEPATITIS C VIRUS



745

PEER-REVIEWED
PUBLICATIONS IN LOCAL
& INTERNATIONAL
JOURNALS



2,849

IUHS STUDENTS
GRADUATED



270

PGME RESIDENTS
TRAINED

9,252,766

PRIMARY CARE
PROGRAM
BENEFICIARIES

Milestones

• A bomb blast in Karachi led to the ideation of the Indus Hospital • Dr. Abdul Bari Khan and his like-minded friends decided to take a practical step	• The Indus Hospital commenced operations as a 150-bed tertiary care hospital	• Three new services launched: – Accident & Emergency – Cath Lab – Dialysis Unit	• College of Physicians & Surgeons Pakistan approved Pediatric Ward Residency and Fellowship programs • Pediatric ward inaugurated
1986	2007	2008	2009

2018	2017	2016
• Total Lab Automation established at The Indus Hospital • Regional Blood Center, Jamshoro became functional • The management of Kahna Nau Hospital, Lahore was handed to The Indus Hospital	• Neonatal Intensive Care Unit established at Sheikh Saeed Memorial Campus • 130-bed Pediatric complex became functional at the Korangi Campus • Manawan Hospital, Lahore inaugurated • Multan Institute of Kidney Diseases handed over to The Indus Hospital	• The management of District Headquarter Hospital, Badin handed over to The Indus Hospital • The Indus Hospital became the primary recipient of the Malaria Grant under the Global Fund
2019	2020	2021
• First Container Clinic launched in Badin • Physical Rehabilitation Center launched in Badin • BSL III launched	• COVID-19 unit was built • Rapid testing of COVID-19 was done • Became part of COVID-19 Vaccination trail • First Boat Clinic launched	• The Indus Hospital became Indus Hospital & Health Network (IHHN) • COVID-19 vaccination started at the hospital • The Indus Hospital – QF, NST & SMP Campus, Jubilee Town, Lahore, was inaugurated

• Two new facilities established: – Ghorri Infectious Disease Hub for TB treatment – Sultan Mowjee Endoscopy Unit	• The first Indus Conference, ICON, was held in Karachi	• TB grant awarded by the Global Fund for AIDS, TB and Malaria • The Indus Hospital case study published at Harvard School of Public Health • Clinical Research Unit established
2010	2011	2012
• First Physical Rehabilitation Center inaugurated • Sheikh Saeed Memorial Campus became operational • The Sindh Assembly granted the charter for the Indus University of Health Sciences • The management of Bedian Road Hospital, Lahore handed over to The Indus Hospital • Al Ghazi Trust Campus, Bhong, Rahimyar Khan became operational	• Management of the 100-bed Recep Tayyip Erdogan Hospital Muzaffargarh, was handed over to The Indus Hospital	• Al-Fakir Trust Campus, PIB Colony was handed over to The Indus Hospital • Children Cancer Hospital merged with The Indus Hospital • First Blood Center became operational • Ground breaking ceremony of the new hospital building in Korangi Campus
2015	2014	2013
• The management of Gwadar Development Authority Hospital, Balochistan was handed over to IHHN • Emergency flood relief response rolled out nationwide by IHHN • Health-on-wheels initiative launched in Balochistan • Jamia Masjid was inaugurated at New Hospital Building, Korangi Campus, Karachi	• Warehouse operationalized at New Hospital Building, Korangi Campus • Indus Hospital Blood Center was transferred and made operational at New Hospital Building, Korangi Campus • Pharmacy Services was transferred and operationalized at New Hospital Building, Korangi Campus • Multan Institute of Kidney Diseases celebrated Golden Jubilee - 50 transplants completed	
2022	2023	

Key Initiatives

At the heart of Indus Hospital's unwavering commitment to excellence is a series of impactful initiatives to transform healthcare delivery. From pioneering research and innovative treatments to community outreach program, IHHN continues to set benchmarks in patient care. Our focus on accessibility, quality, and sustainability is reflected in initiatives such as the Childhood Cancer Program, Physical Rehabilitation Program, Maternal and Child Health, and Primary Care Program, among others. These initiatives collectively embody Indus Hospital's ongoing pursuit of excellence, ensuring our community receives the best healthcare services and support.



Childhood Cancer

Igniting Hope: Nurturing Futures Through IHHN's Childhood Cancer Program

In pursuing our unwavering commitment to providing comprehensive healthcare solutions, FOIH takes great pride in spotlighting the strides made to support IHHN's Childhood Cancer Program. At the heart of our mission is the conviction that every child deserves a fighting chance against cancer, and through this program, we embark on a journey to transform lives and forge a future free from the shackles of this formidable adversary.

Childhood Cancer at a Glance

Globally, childhood cancer remains a pressing public health concern, with millions of children grappling with the impact of a diagnosis that disrupts not just their lives but the lives of their families.



Every year in Pakistan,
10,000+
Children are expected to
get diagnosed with cancer



Survival rates in Pakistan
are only **35%** in contrast to
80% in the developed countries



Over **70%**
patients do not recover or
survive after 5 years

Bridging Gaps in Pediatric Oncology

The Childhood Cancer Program at IHHN is not just a medical intervention; it is a holistic approach to empowering children and their families struggling with cancer. The program offers free-of-cost, state-of-the-art medical treatment with compassionate care with a firm emphasis on psychosocial care and community outreach.



Clinical Services



Psychosocial Care



Community Outreach



*to date

Beyond Treatment: Indus Kay Sitary

Nurturing the overall well-being of our young patients, IHHN has established “Indus Kay Sitary,” a dedicated school for children affected by cancer and long-term diseases. Recognizing the pivotal role education plays in fostering normalcy and mental well-being, this unique initiative ensures that children undergoing treatment continue their educational journey uninterrupted. Beyond textbooks, this school becomes a haven where friendships blossom, laughter resonates, and dreams take flight.

Celebrating Joy Amidst Healing: Festive Events in the Cancer Ward

IHHN organizes special events within the cancer ward, ensuring children undergoing treatment never miss the joy of festivals and birthday celebrations. These events go beyond medical care, creating a vibrant atmosphere where laughter echoes and the camaraderie of shared moments prevails. These events foster a community where every child feels celebrated and cherished, contributing to their emotional well-being and physical healing.



IHHN's Goals



12,000+
Children treated for
Cancer & Blood Diseases

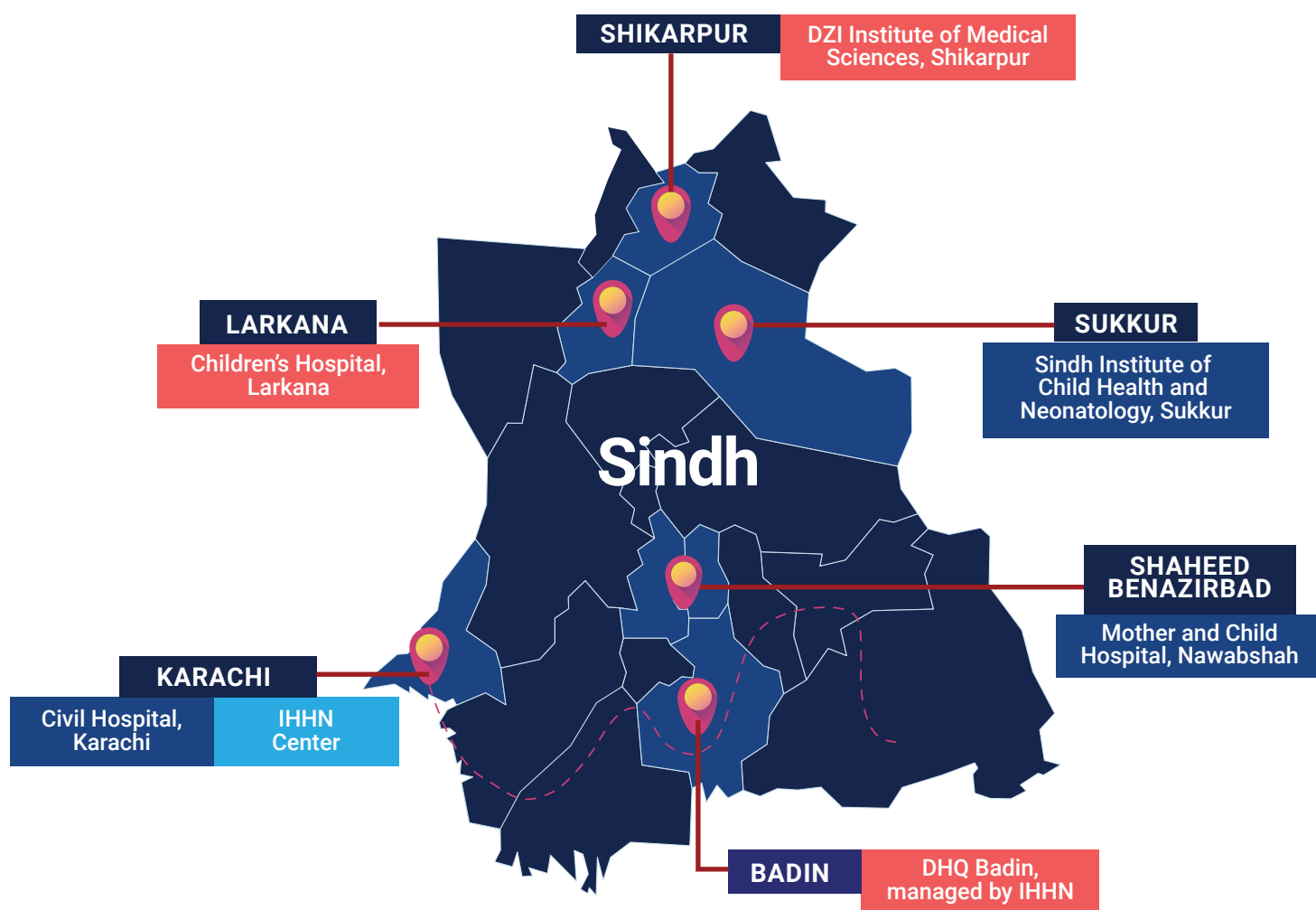
1,200+
Children with cancer
registered for
treatment every year

**85
BED**
Pediatric
Oncology Facility

Pediatric Oncology Outreach

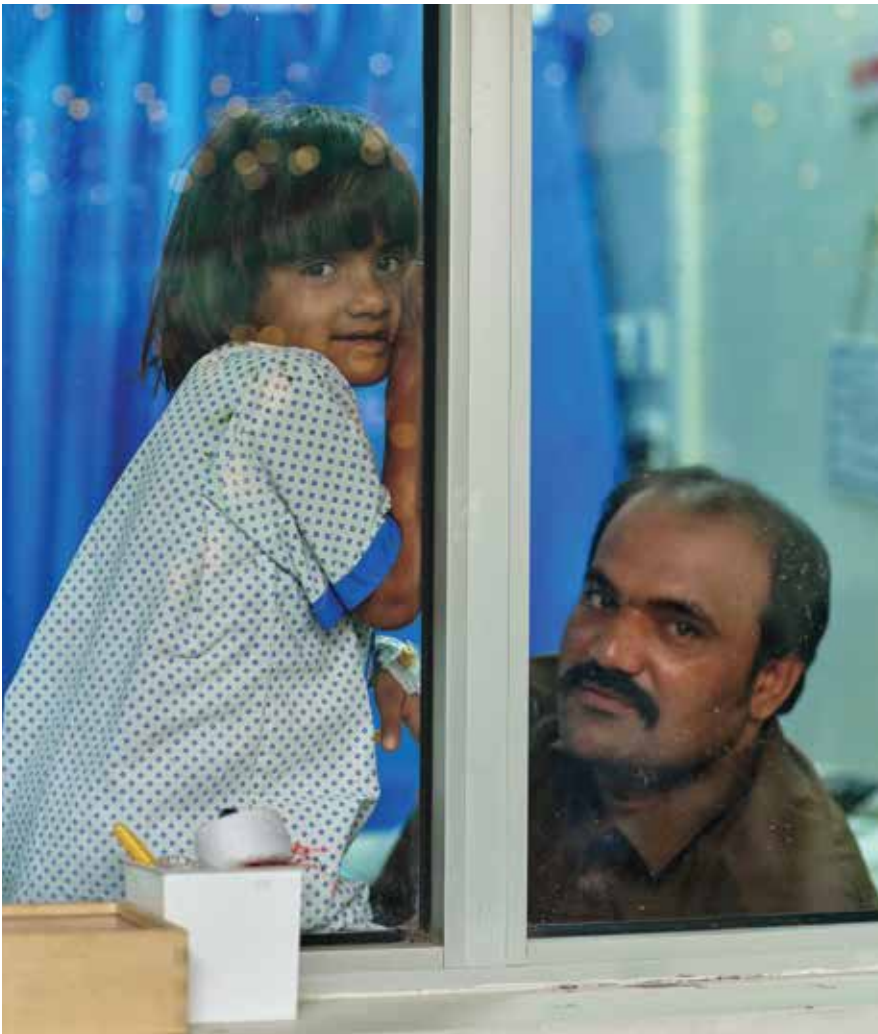
Despite IHHN's efforts to cater to as many childhood cancer patients as possible, there is an increasing patient load every year. In response to this, the Pediatric oncology unit is focusing on outreach program, shared-care systems, and public-private partnerships to establish capacity for childhood cancer services in other units, particularly in interior Sindh and Balochistan.

Prospective map of IHHN Pediatric Oncology Outreach Network in Sindh



Shared Care Level 1
(Out-patient, Daycare)

Shared Care Level 2 (Out-patient, Daycare, In-patient [low risk])



24,800+

Out Patient
Visits in 2023

11,100+

Consultations in
Pediatric Oncology ER
in 2023

2,200+

Inpatient Admissions
& Discharges in 2023



20,600+

Day-care
Chemotherapy
Sessions in 2023



120+

Chemotherapy Sessions
Provided Daily

4,500+

Outpatient Procedures
in 2023



Whispers of Hope

In the remote reaches of Balochistan lived little Hamid, the 2-year-old son of a coal mine laborer, who lived with his 6 siblings dwelling in a two-room house, still bearing scars from the 2022 floods. His father, Akbar, worked tirelessly from dawn till dusk, bringing back meals some days and empty hands on others. One day, Hamid suddenly got very sick with a high fever and fatigue, symptoms that defied local remedies.

Stricken with worry, Akbar left work, borrowed money, and journeyed to Quetta, seeking help. Yet, at each clinic, the doctors' diagnosis was different from the last- tuberculosis, typhoid, viral infection. Throughout this confusion, Hamid grew weaker.

Almost two months after falling ill, Hamid stumbled upon Sheikh Khalifa Bin Zayed Hospital in Quetta, where he was diagnosed with blood cancer. Although the news pierced Akbar's heart like an arrow, he was relieved to have a diagnosis finally. However, treatment for this advanced disease was difficult and not easily available. Akbar was advised to go to Indus Hospital in Karachi, which would provide complete treatment at no cost.

His family elders called him, saying that if Hamid was destined to die, he should let him and come back for his other children, but Akbar could not accept this answer. He took a loan from another relative, sent some money to his family, and took the bus to Karachi.

Two months later, cradling Hamid, Akbar, with tear-filled eyes and a quivering voice, explained how Indus took them in providing treatment, a place to stay, meals, and transport, all completely free.

“There is no hospital like this in all of Pakistan that cares for people without asking for anything in return. Without their help, my son would not be alive today. I pray that Indus Hospital can continue its work, providing cancer care not only free of cost but also closer to patient's homes.”

After months of treatment, Hamid now resembles the playful child who spent days running around with his siblings. Akbar has high hopes he can continue his son's later stages of treatment at IHHN's Cancer unit at Shiekh Zayed Hospital in Quetta, where his wife can take care of Hamid while he returns to work and starts paying off their debt.

Physical Rehabilitation

Empowering Lives: Rebuilding Futures Through IHHN's Physical Rehabilitation Program

In the mosaic of healthcare endeavors, IHHN's Physical Rehabilitation Program stands tall as a beacon of empowerment, offering a lifeline to those grappling with physical disabilities across Pakistan. Established in 2015 through a collaborative effort with the Red Cross and Chal Foundation, our patient-centered and state-of-the-art Physical Rehabilitation Center (PRC) in Karachi paved the way for transformative change. Witnessing the pressing need for such services, IHHN extended its reach, founding three additional PRCs in Lahore, Muzaffargarh, and Badin.

Prevalence of Disability

Across Pakistan, the prevalence of disability remains alarmingly high, impacting countless lives and hindering individuals' ability to lead fulfilling and independent lives.

UNDP has estimated that

6.2%

of Pakistan's population has some sort of disability



More than

27 Million

People in Pakistan are living with disabilities



Around

71%

of disabled people in Pakistan are unemployed



A Ray of Hope

The Physical Rehabilitation Centers are more than mere facilities; they are sanctuaries where individuals with physical disabilities embark on a journey to reclaim their lives. IHHN's aim is clear: to enhance the quality of life, improve daily functioning, and empower individuals to reintegrate as active, independent members of society. These Centers offer a range of multidisciplinary rehabilitation services under one roof to help patients in coping with their circumstances of limb loss and deformities.

Prosthetic Devices



Orthotic Devices



Physiotherapy



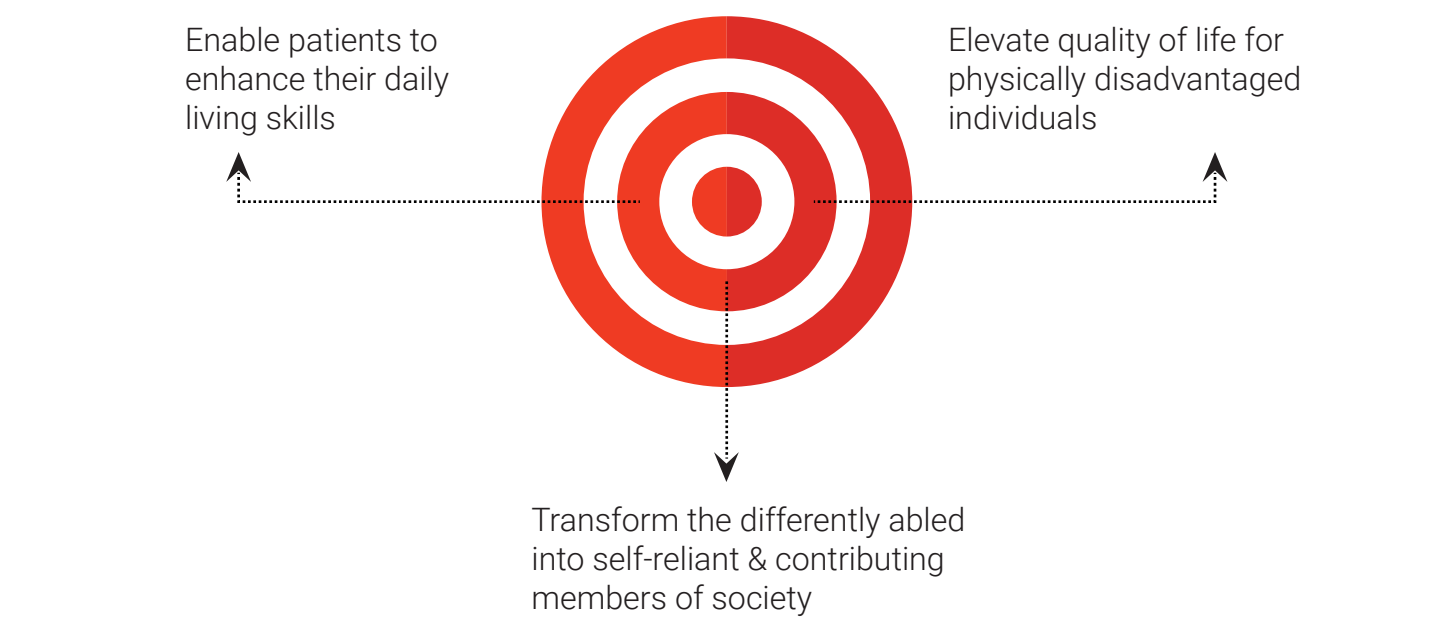
Audiology & Speech Therapy



Psychological Therapy



IHHN's Goals



03 Physical Rehabilitation Centers	18,400+ Patients completed treatment to date	9,000+ Patients on the waiting list
28,700+ Patients registered for treatment to date	24,200+ Prosthetic and orthotic devices administered till date	175 Cochlear Implant Surgeries Completed to Date

Impact Numbers for 2023

4,680+	Prosthetic & Orthotic devices provided (P&O)	
3,600+	Repairs & Foot replacements provided (P&O)	
3,430+	Patients Completed Treatment	



**Prosthetic &
Orthotic Devices**
24,200+
Provided to date

Physical Therapy
66,780+
Sessions Provided in 2023



Audiology Sessions

10,000+

Sessions Provided in 2023



Speech Therapy

8,000+

Sessions Provided in 2023



Stepping into the Future

"Every day after the accident, it felt like waking up in a nightmare. I didn't just lose my leg; it was like I lost myself too. Then Indus taught me how to walk again. I am living proof that with their help, anything is possible."

In 2015, young Farah was a bright eighth-grade student full of ambitious dreams. She could never have imagined the tragedy about to befall her. One day while traveling, Farah got caught in the midst of a train accident which left her feet crushed beyond repair. At the hospital, the doctors had no choice but to amputate both her legs at ankle level, and overnight, her world transformed into something unrecognizable.

Gone were the days of carefree strolls and running around with friends. Now, Farah was confined to a wheelchair, struggling to perform even the simplest tasks of daily life. The accident had robbed her of more than just her mobility; it had taken away her sense of normalcy and belonging as she started to withdraw from social gatherings, family events, and even her circle of friends, being unable to join in and play as she used to.

Despite living paycheck to paycheck, Farah's parents searched for prosthetic foot replacements that would allow Farah to walk once more. They reached out to private hospitals, but the cost was beyond their means. Months went by as their search continued until finally, they came across a glimmer of hope: the Physical Rehabilitation Center at Recep Tayyip Erdogan Hospital, Muzaffargarh, where all treatment is provided free of cost, alleviating the family of their financial burden.

The Center provided Farah with prosthetic legs and taught her how to stand tall and walk again, something she had once taken for granted. Farah was able to resume her studies and happily returned to school with a renewed determination, turning her pain into motivation.

Today, Farah is a healthy and active student pursuing a degree in Anesthesia. She is dedicated to saving lives the way the doctors at Recep Tayyip Erdogan Hospital saved hers. Having conquered almost insurmountable struggles at a young age, Farah is now living a life filled with purpose, peace, and a newfound sense of gratitude.

Maternal & Neonatal

Cradling Lives: Hopeful Beginnings through Maternal & Neonatal Program

In the tapestry of healthcare initiatives, the Maternal, Neonatal & Child Health (MNCH) Program at IHHN emerges as a dedicated effort to uplift maternal, newborn, and child health across Pakistan. The MNCH program is a beacon of hope for the impoverished, marginalized, and disadvantaged segments of the population. It aligns with our commitment to provide comprehensive and absolutely free healthcare services, ensuring complete accessibility to those in rural and less developed urban areas.

The State of Maternal & Child Health In Pakistan

In every corner of Pakistan, maternal and child health disparities persist, casting a shadow over countless lives and impeding the journey towards fulfilling and independent futures.



For every **100,000**
live births in Pakistan
154 Mothers
lose their lives



For every **1,000**
babies born in Pakistan,
55 die at birth

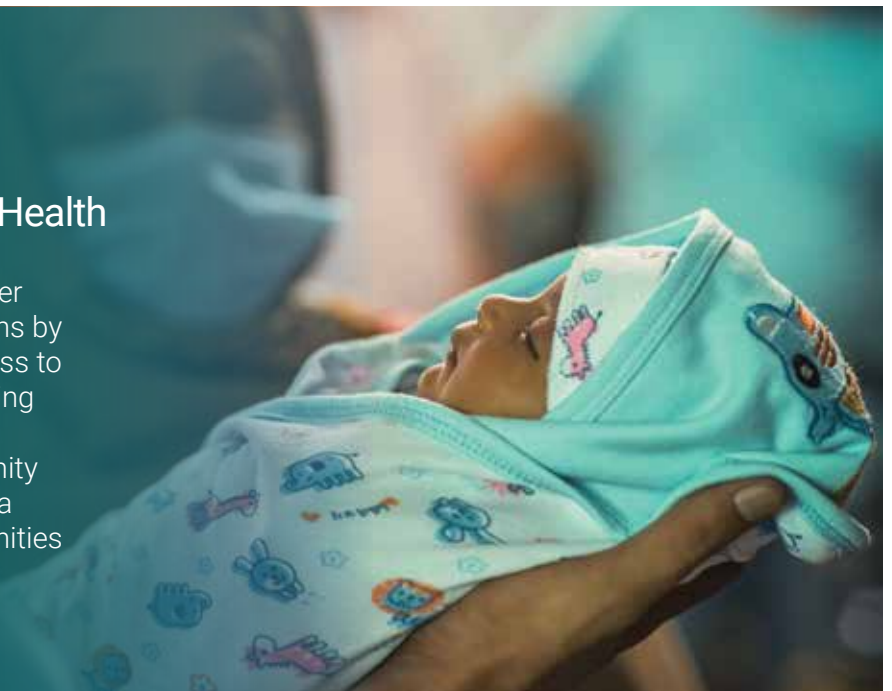


The Maternal Mortality Rate is
23% higher
in Rural Areas

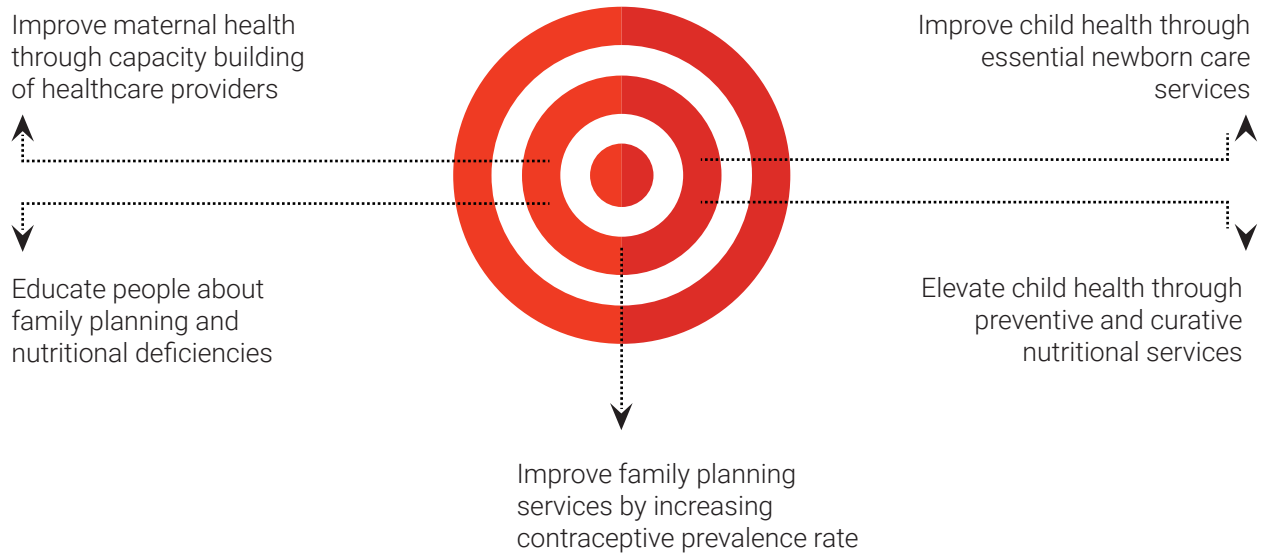
MNCH's Vision:

A Commitment to Accessible Health

The MNCH Program envisions a healthier future for women, children, and newborns by enhancing coverage and providing access to health and nutrition services. Emphasizing the importance of self-sufficiency, the program introduces a cadre of Community Midwives (CMWs) for skilled deliveries, a vital step towards empowering communities to independently manage maternal and newborn health.



MNCH's Goals



Maternal, Neonatal & Child Health Services at IHHN



Obstetrics & Gynecology



Neonatal Intensive Care Unit



Safe Delivery Program



Family Planning



Lactation Management



Childhood Immunisations



Midwife Program



Helping Babies Breathe (HBB)



IMNCI



Cervical Cancer Screening



Nutrition



Zindagi Mehfooz Electronic Immunisations Registry (Child Level Data)



34,490+

Deliveries across
the Network in 2023

1,570+

NICU Visits
in 2023



Antenatal Care

29,630+

Beneficiaries in 2023

307,470+

Women & Children
immunized in 2023



Midwifery Program

28,790+

Beneficiaries in 2023



Cradling Hope

The emotions that flood an individual when they discover they are about to become a parent are pure, delicate, and sweet. For Simran* becoming a mother was a beautiful dream that she wished to experience at least once in her life, and the heroes of IHHN made it a reality despite all the difficulties.

Early in her pregnancy, Simran began experiencing severe abdominal pain and found out she had a Partial Molar Pregnancy - an abnormal pregnancy in which both a normal baby and abnormal, grape-like cysts develop inside the uterus. It is a very rare and dangerous condition, occurring in less than 1% of all pregnancies.

Simran's despair grew with each hospital visit, as each one claimed her baby had no hope for survival. Finally, by chance, Simran was referred to Sheikh Saeed Memorial Campus in Karachi - an IHHN owned maternity and neonatal hospital, where she was immediately taken in.

SSMC ventured into uncharted territory with Simran's case, marking the first time they handled such a high-stake pregnancy. The likelihood of such a pregnancy resulting in a live baby is extremely low, with most cases threatening the mother's life. Fortunately, SSMC's staff comprises seasoned doctors in obstetrics and gynecology who undergo continuous training to stay abreast of global advancements in their field. To succeed in ensuring the health, safety, and survival of both Simran and her baby, the team of specialists at SSMC crafted a detailed plan for during and post pregnancy journey. They performed regular ultrasound assessments in addition to routine treatments, consulted with external experts, and studied similar cases.

To help her overcome her past trauma, Simran was given psychosocial counseling by SSMC's staff, who worked hard to prioritize her comfort, standing by her side, supporting, consoling, and mentally preparing her to cherish the happiness that motherhood brings. Towards the end of her pregnancy, Simran underwent a Cesarean section, and her baby girl was successfully born. Cradling her child, the smile on Simran's face spoke a thousand words of how grateful she was.

Considering that there is a shortage of resources across Pakistan, such a trained healthcare workforce is expensive and difficult to come across; however, IHHN manages and continues to do so guided by its strategic goals. Today, Simran and her daughter are healthy and happy - a testament to the resilience of the human spirit and the remarkable capabilities of medical science.

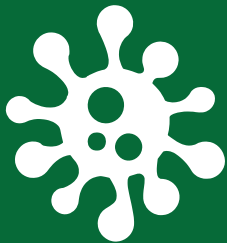
Primary Care Program

Empowering Communities, Enriching Lives: Unveiling the Impact of the Primary Care Program at IHHN

In 2017, IHHN embarked on a transformative journey with the inception of its Primary Care Program (PCP). This initiative stems from a deep understanding of the stark inequalities in healthcare access that persist across Pakistan, particularly in marginalized communities. The PCP stands as a beacon of change, aiming to address these disparities by providing comprehensive, holistic care that strongly emphasises measures and health education.

The Health Inequity in Pakistan

Healthcare disparities persist across Pakistan, as more than half of the population doesn't receive basic healthcare, denoting the urgency for comprehensive and accessible primary care interventions.



1 in every **20** Pakistanis
is infected with
HCV



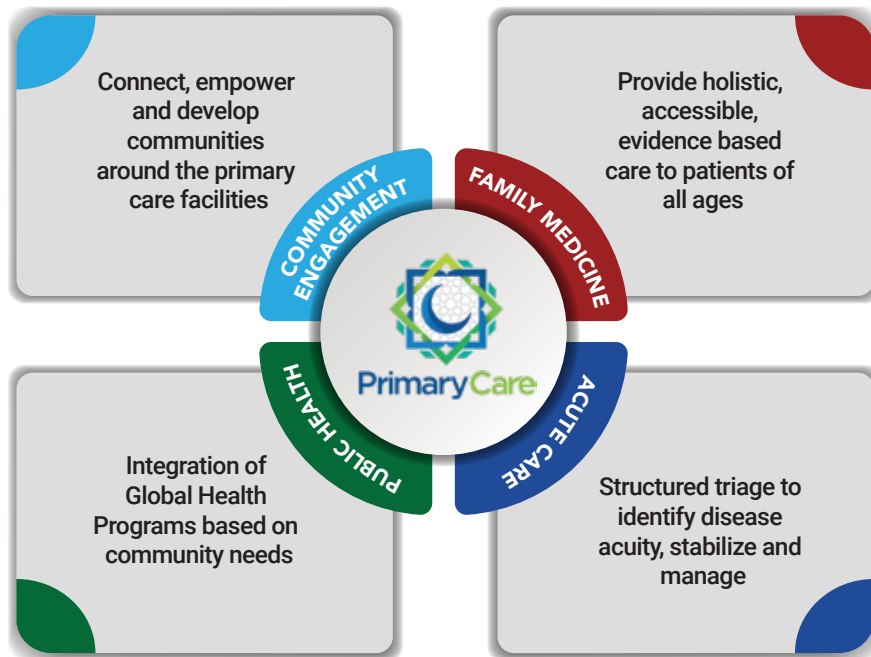
3.4 M+
suspected cases of
Malaria reported



63.3 out of **1,000**
children do not make it to the
age of 5

A Multisectoral Approach to Community Development

The PCP extends beyond the boundaries of traditional healthcare. It is a catalyst for community development, fostering a collaborative environment where healthcare goes hand in hand with community engagement. By integrating family medicine and acute care into public health initiatives, we not only address immediate health concerns but also work towards building resilient communities with enhanced well-being.



Scope of Primary Care Program



Hospital-Based Facilities



Fixed Facilities



Container-Based Community Health Centers



Medical Mobile Buses



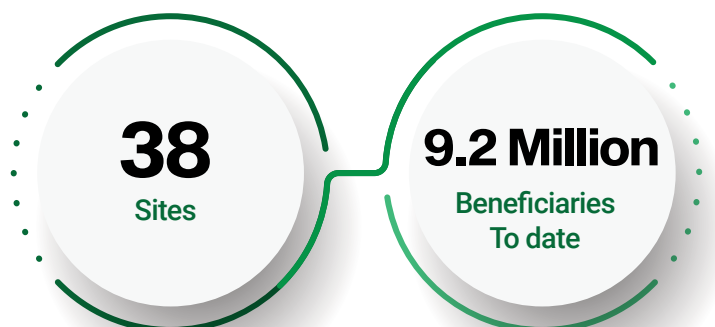
Satellite Clinics



Mobile Boat Clinic



Telehealth Clinics





Maternal, Neonatal
& Child Health
2,718,130+
Beneficiaries

Community Mobilization
& Awareness
394,280+
Beneficiaries

Telehealth Services
28,260+
Beneficiaries

Hepatitis C
21,880+
Beneficiaries
Screened



**Mental Health
Counseling**
10,370+
Beneficiaries



Tuberculosis
2,400+
Patients Enrolled



Nutrition Screening
171,860+
Beneficiaries
(Women & Children)

Malaria
4,960,000+
People Screened



The Face of Resilience

Arshad* was only four when the unthinkable happened. His father, a mechanic, used to collect old batteries and store them in a bottle in a cupboard at home. One night, while reaching for a lamp in the cupboard, his father accidentally knocked over the bottle, causing battery acid to spill onto Arshad, who was sleeping below. As Arshad woke up screaming in pain, his father panicked and threw water upon Arshad's face, not knowing it would make it worse. The incident left Arshad with severe burns all over the left side of his face and neck.

The constant visits to the doctor made no improvement to Arshad's burns and instead put a further strain on the family, who struggled to afford even two meals a day. To help out, Arshad began working as a waste collector at the tender age of 6. As he spent his days sifting among piles of rubbish, his skin - constantly exposed to dirt and bacteria - peeled, cracked, and oozed. At the sight of his face, his friends abandoned him; people, including his family members, refused to sit next to or even talk to him, scared that they might contract whatever ailed Arshad. Alone and isolated, Arshad spent his adolescence on the brink of depression.

One day, he met a worker from an NGO who, upon seeing the state of his face, recommended him to go to Indus Hospital in Karachi, assuring him that where others had failed, Indus would help him at no cost. Having nothing to lose, Arshad traveled to Indus, where he was in for a shock.

All his life till then, he had tried creams, pills, and countless treatments to fix his skin, but to no avail. So when the doctor at Indus prescribed him soap and lotion, he felt a small bit of hope for recovery to die. "The doctor at Indus who saw me gave me a small lotion and soap and told me to use it daily. I thought, 'What is this soap going to do?' But it ended up changing my life." Within weeks, Arshad's face cleared up until, finally, all that was left were scars from the acid burn.

"The doctor told me that treatment would take a while to complete, but none of that mattered. Finally, my skin was healing, and I could see my life growing brighter and better. When I visited my family to tell them about the good news, they couldn't recognize me. People called me to sit with them and explain how I achieved the impossible. Throughout it all, I couldn't stop smiling."

After three surgeries and a careful year-long recovery today, Arshad's skin is in the best of health. With the help of the staff at Indus, Arshad was able to find work at a production house and has worked his way up to a senior position. He has since shot several productions for Indus, endlessly grateful for the Organization that improved his fortune.

Blood Center

Championing a Vision: Indus Hospital's Blood Center

Established in 2013, The Indus Hospital Blood Center (TIHBC) in Karachi embodies a vision of ensuring a secure blood supply that exceeds community needs. Today, Indus Hospital & Health Network's Blood Transfusion Service leads the charge in mobilizing the nation towards achieving 100% voluntary blood donations.



Accredited by:



Association for the
Advancement of
Blood & Biotherapies



21

Hospital Blood Banks
connected

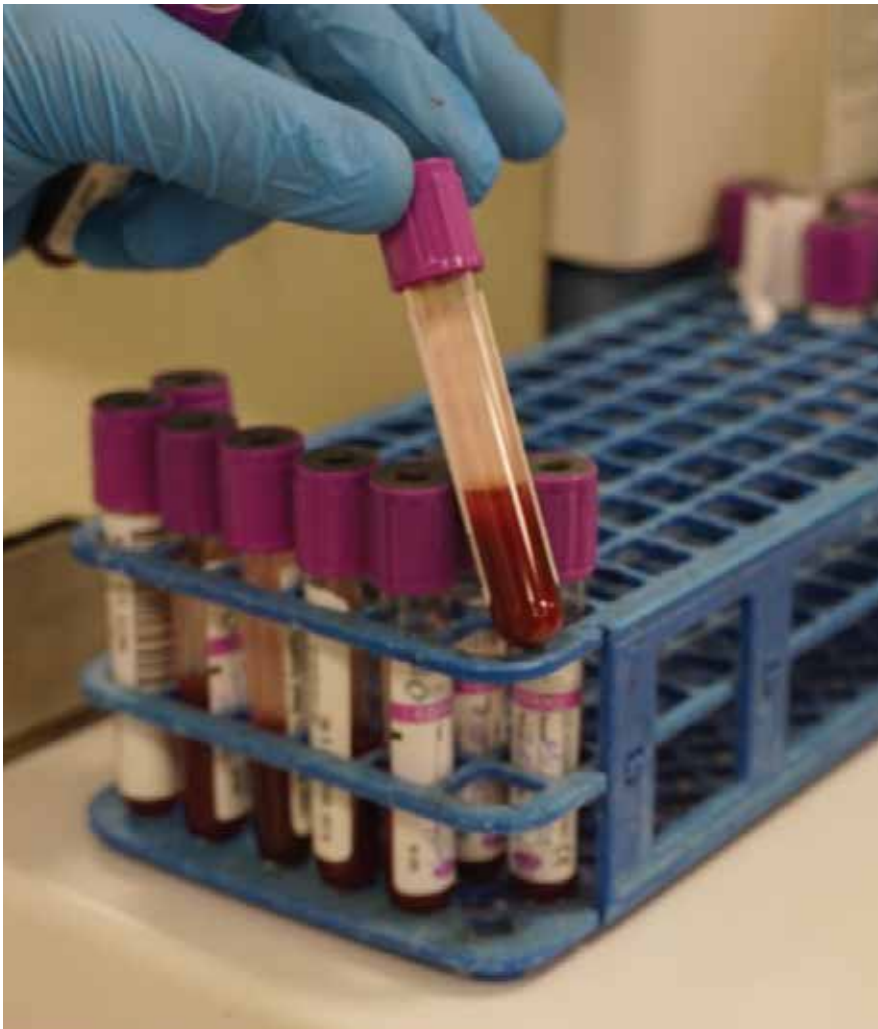


2.9M +

Blood component units
arranged to date

03

Regional Blood Centers



7,000+

Beds served across
Sindh & Punjab

590,504

Blood component units arranged
across network in 2023

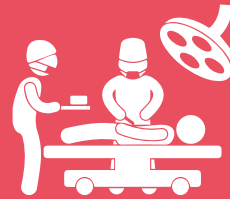
Other Services



Medicine & Allied Service

- Family Medicine
- Internal Medicine & Medical Intensive Care
- Infectious Disease
- Pulmonology
- Nephrology

1



Surgery & Allied Services

- General Surgery
- Obstetrics & Gynecology
- Orthopedics & Traumatology
- Ear, Nose & Throat - ENT
- Urology

2



Pediatric Services

- Nephrology
- Pediatric Medicine
- Pediatric Surgery
- Pediatric Intensive Care
- Neonatology
- Pediatric Oncology
- Pediatric Cardiology

3



Emergency Services

- Tele-Emergency Medicine

4

Anesthesiology & Surgical Intensive Care Services

5

Radiology and Imaging Services

- Interventional Radiology
- Point of Care Ultrasound

6

Pathology and Blood Transfusion Services

7



Primary Care Services



Community Engagement Program



Maternal, Neonatal & Child Health

- Midwifery
- Telehealth
- Lung Health
- Tuberculosis
- Pulmonary Rehabilitation



Mental Health Program



Hepatitis - C Control Program

Diabetes Management Programme



Art Center - HIV/AIDS Clinic



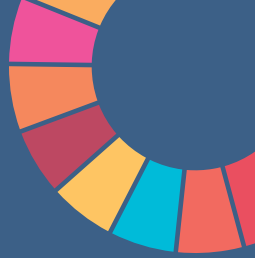
Clinical Operations



Malaria Program

Sustainable Development Goals - SDGs

At the forefront of healthcare excellence, Indus Hospital & Health Network stands as a stalwart contributor to the United Nations Sustainable Development Goals (SDGs) through pioneering programs and comprehensive services.



01

NO POVERTY



02

ZERO HUNGER



03

GOOD HEALTH
AND WELL-BEING



04

QUALITY
EDUCATION



05

GENDER EQUALITY



06

CLEAN WATER
AND SANITATION



07

AFFORDABLE
AND CLEAN ENERGY



08

DECENT WORK AND
ECONOMIC GROWTH



09

INDUSTRY, INNOVATION
AND INFRASTRUCTURE



10

REDUCED
INEQUALITIES



12

RESPONSIBLE CONSUMPTION
AND PRODUCTION



15

LIFE ON LAND



17

PARTNERSHIPS
FOR THE GOALS



Karachi Expansion Program

Horizon Widened: Unveiling the Karachi Expansion Program at Indus Hospital & Health Network

Since 2017, The Indus Hospital, Korangi Campus, has evolved remarkably from a 150-bed hospital to a thriving 300-bed multidisciplinary healthcare facility. Despite this growth, the escalating demand for quality healthcare consistently exceeds the available supply, with an annual 40% increase in patient volumes. To address this pressing need, IHHN is embarking on the Karachi Expansion project, a strategic initiative aimed at enhancing healthcare accessibility and meeting the rising demand for exceptional medical services in the region.



State of the Art
1,350
Bed Facility



Multidisciplinary
**TERTIARY
LEVEL**
Healthcare Services



Total Plot Area
3.52
Million sq.ft



New Hospital Building Milestones Achieved



- Foundation Laid
- Groundbreaking ceremony of Mosque
- Grey structure work completed for Hospital Building 1, Hospital Building 2, radiation bunkers, and the Indus University of Health Sciences
- Grey structure work completed for the Mosque
- The Energy Center building part slab of the 3rd level was completed
- Warehouse fully operationalized at the New Hospital Building
- Indus Hospital Blood Center fully operationalized at the New Hospital Building
- Pharmacy services fully operationalized at the New Hospital Building

Projected Yearly Impact

1,200,000
Outpatients

500,000
ER Patients

100,000
Inpatients





Indus University of Health Science

Forging Excellence in Healthcare Education: Indus University of Health Sciences

IHHN established the Indus University of Health Sciences (IUHS) to address the severe shortage of skilled and compassionate healthcare professionals in Pakistan, directly impacting the health and well-being of the nation's citizens.

07 IUHS
Colleges
residing in building

3,100
Students strength
projected



Lahore Expansion Program

Journey Beyond: The Lahore Expansion Program at Indus Hospital & Health Network

In the pursuit of serving the population of Lahore, Pakistan's second-largest city, IHHN has established the Indus Hospital – QF, NST & SMP Campus in Jubilee Town.



600 beds
TO BE OPERATIONAL
BY DEC 2025



100%
PAPERLESS
FACILITY



TREATING OVER
300,000+
PATIENTS EVERY YEAR



zero
COST TO
PATIENTS



01 Million
Patients to be benefited annually

Phase 1

100 Beds Operational

Services:

- Inpatient
- Outpatient
- Emergency
- Pharmacy
- Ultrasound & X-ray
- Consultant Clinics:
 - Internal Medicine
 - Family Medicine
 - Pediatric
 - Obstetrics & Gynecology
 - General Surgery
 - Orthopedics
 - Dermatology

Phase 2

400 Beds

Scheduled to be completed with the following services:

- Cardiology & Cardiac Surgery
- Cath Lab
- Dialysis
- Interventional Radiology
- MRI & CT Scan
- Critical Care Services
- Pediatrics & Allied Services
- Medicine & Allied Services
- Surgery & Allied Services

Phase 3

600 Beds

Scheduled to be completed with the following services:

- Oncology
- Neuro Surgery
- Expansion
 - Critical Care Services
 - Pediatric & Allied Services
 - Medicine & Allied Services
 - Surgery & Allied Services



Way Forward

In pursuit of our vision and mission, IHHN will be guided by and actively pursue initiatives through six core directions. These directions serve as the overarching orientations for IHHN, shaping its significant contributions toward developmental outcomes.



Increase Service-Delivery
Capacity through Hospitals



Invest in a Robust Primary
Care Network through Innovation



Leading Cutting-Edge
Research



Cultivate the Leaders of Today
and Tomorrow Through Quality
Education and Training



Build Alliances and Partner-
Ships for Sustainable
Resource Generation



Integrate a Multi-Sectoral
Approach

Events

March Fundraising Galas

Friends of Indus Hospital, USA, held 5 fundraisers in March across the US, in Las Vegas, Seattle, San Francisco, Los Angeles and Fresno. Celebrity guests Sania Saeed and Mani captivated the crowd and enlightened them on Indus Hospital & Health Network's noble cause, receiving an overwhelmingly positive response in the form of generous donations.



Ramadan Telethons

Throughout the holy month of Ramadan, FOIH USA orchestrated two memorable live telethons on ARY News. These interactive sessions were brilliantly hosted by famed comedian Shafaat Ali, featuring influential doctors from the USA with strong ties to Pakistan, and enlivened by the presence of celebrities like Nadia Hussain, Ijaz Aslam, and Bheroze Sabzwari. In an emotionally poignant segment, two brave childhood cancer survivors, beneficiaries of IHHN's support, shared their inspiring journeys. This motivated the audience to pledge generous donations, significantly contributing to IHHN's cause.

Friendly Cricket Match

Transcending borders, FOIH USA also hosted a vibrant 'Meet & Greet' and Charity Gala Dinner in Louisville in June. This event saw the attendance of renowned cricketers and celebrities from India and Pakistan, uniting in support of IHHN's humanitarian mission. The guests mingled with the attendees, shedding light on the commendable work of IHHN, and even participated in a friendly cricket match, adding a touch of sporting camaraderie to the charitable cause.



September Fundraising Galas

FOIH in the USA hosted a series of impactful fundraising events across nine major cities, including Detroit, Houston, Washington, Atlanta, Chicago, Minneapolis, Memphis, St. Louis, and New Jersey. Esteemed comedian, Tabish Hashmi, graced these galas as our special guest, enhancing each occasion with his presence.



October Fundraising Galas

Celebrated actors Bushra Ansari and Asma Abbas attended five fundraising events across Portland, Tampa, Ft. Lauderdale, Raleigh and Columbus, lighting up each city with their vivacious presence and the inspiring tale of IHNN.



Ways to Donate



Donate Online

www.foihus.org



Donate via Zelle/Quick Pay

zelle@foihus.org



Venmo

201-681-4930-@foihus



Donate via Feeling Blessed

www.feelingblessed.org



Donate by Phone

T: 201 357 5549



Direct Bank Transfer

zelle@foihus.org



DIRECT via paypal



Amazon Smile

www.smile.amazon.com



Donate By Cheque

Payable to FOIH or Friends of Indus Hospital mailed to:
155 cedar Lane, Teaneck, NJ-07666



Stock Donation

Financial Institution Name: Vanguard **DTC #:** 0062
Account Number: 61107237 **Organization Name:** Friends of Indus Hospital
Organization Tax ID: 20-4751162

Donate via matching gift portal



Friends of

INDUS HOSPITAL

QUALITY CARE - FREE OF COST

Email : friend@foihus.org | **Phone :** 201-357-5549

Address : 155 Cedar Lane Teaneck, NJ 07666

TAX ID: 20-475-1162