



Friends of

INDUS HOSPITAL

QUALITY CARE - FREE OF COST



Indus Insights



January to March

2025

www.foihus.org

Dear Supporters,

We are pleased to share the latest updates from Indus Hospital & Health Network with you!

Thanks to your unwavering generosity, IHHN has continued its mission of providing free, quality healthcare to underserved communities in Pakistan. In this newsletter, you will find highlights of recent achievements, fundraising events, and how your contributions have made a tangible impact on the lives of countless individuals. You are making a difference, and we are excited to share our accomplishments from January to March 2025.



Ramadan 2025: A Month of Blessings

This Ramadan, we proudly launched our "Unite to Heal" campaign, a heartfelt appeal to Muslims worldwide to come together and support the provision of free medical care to those in need. Countless supporters played a vital role in generously giving their Zakat towards IHHN to bridge the healthcare gap for Pakistan's most vulnerable communities.



Throughout Ramadan, the "Unite to Heal" campaign gained momentum through a series of fundraising events, digital outreach, and telethons through our Network, which helped raise vital funds for IHHN's healthcare initiatives. Together, a tangible difference was made in the lives of thousands of individuals, providing them with access to quality medical care and a chance to lead healthier, happier lives.

Khushiyan ka Eid Bazaar (Eid Bazaar of Happiness)



IHHN brought joy and festive cheer to children battling cancer and their caregivers with a magical Eid Bazaar. The play area was transformed into a vibrant marketplace, featuring multiple stalls offering an array of delights, including free henna application (mehndi), Eid clothes, shoes and sandals, bangles (churiyan), and jewelry for the patients. The event was a heartwarming celebration of resilience, hope, and joy, bringing smiles to the faces of these brave children and their loved ones.



"I bought Shalwar Kameez. My shopping is done and I had a fun time. Thank you so much Indus Hospital and all doctors."

-Rameez

Updates from the Network

Indus Hospital & Health Network Inaugurated the New Community Health Centre in Makli

A new community health centre was launched in Makli, Sindh, offering comprehensive medical services at no cost, ensuring that the most vulnerable receive the care they deserve. These centres integrate family medicine, public health, and acute care to empower underserved communities and improve their health-seeking behaviors.



Indus Hospital & Health Network Celebrated the Successful Treatment of Children in its 'Pehla Qadam' (First Step) Clubfoot Program



The annual event, "Clubfoot Se Jeet ka Jashan," (Celebrating Victory from Clubfoot) marked the recovery of 160 children who completed their four-year treatment for clubfoot through the Pehla Qadam Program, which has transformed the lives of 900 children since its inception. The celebration served as a platform to raise awareness about clubfoot, emphasizing its treatability with early intervention. Established in 2011 in collaboration with the Amer Haider Charitable Foundation, the Pehla Qadam Program uses the globally recognized Ponseti method to eliminate untreated clubfoot in Pakistan.

Celebrating Art with a Heart 2025



IHHN proudly hosted the fourth annual “Art with a Heart” exhibition, a heartfelt tribute to the resilience and creativity of pediatric cancer patients. This year’s exhibition featured a stunning collection of 81 paintings, each a unique reflection of strength, hope, and perseverance. The artwork, created by nine

childhood cancer patients – Hareem Maryum, Emaan, Hafsa, Misbah, Aqsa, Aroosa, Minahil, and Sidra – beautifully captured their personal journeys, conveying a message of courage. All 81 paintings were successfully sold, with proceeds dedicated to supporting IHHN’s pediatric cancer program.

Project GODA Brought the Gift of Mobility to hundreds across Pakistan

Project GODA (Gift of Disability Alleviation) consisted of 26 incredible and dedicated doctors and professionals from the medical community specialising in orthopaedics, ENT, anesthesiology, and physical therapy.

Traveling from the USA to Pakistan for their 8th year, they performed free-of-cost orthopaedic surgeries in Karachi, Lahore, and Muzaffargarh.

Dedicated to providing quality healthcare for the underserved, they performed these surgeries entirely free of cost. These included knee replacements, spinal surgeries, hip replacements, and ACL surgeries.

The visit culminated in the effective execution of 299 medical procedures, bringing hope and healing to countless patients and significantly reducing the waitlist for essential joint surgeries.



"There's a great sense of reward in finishing up the work that we did here. We came here with a purpose to serve and we wish everyone well. We're looking forward to serve more in the future."

– Dr Abdul Ahad Hayee

Tee Off for a Cause– Golf Tournament 2025



The 10th Annual Fast Cables – Indus Hospital & Health Network Golf Tournament teed off in Karachi and Islamabad, welcoming over 200 golf enthusiasts who swung into action to support IHHN's Emergency and OPD services.

The tournament brought together Pakistan's corporate sector, diplomatic community, and philanthropic members to unite for a noble cause: providing quality healthcare free-of-cost to underprivileged communities. Dr. Abdul Bari Khan, President of IHHN, expressed heartfelt appreciation for the participants and partners:

"This tournament is a decade-long testament to the power of compassion and collaboration. Your support today will help us continue providing free, quality healthcare to the most vulnerable communities in Pakistan."



Awards and Recognitions

Indus Hospital & Health Network Wins Prestigious K-Electric KHI Award 2025 for Public Health Excellence

IHHN has been honored as the Winner in the 4th edition of K-Electric (KE) KHI Awards in the category of Public Health (Secondary or Tertiary Healthcare) for the exceptional Neonatal, and Obstetrics & Gynecology services at the Sheikh Saeed Memorial Campus (SSMC). This marks the second time IHHN has been honored as a winner of the prestigious KE KHI Awards series.



Dr. Abdul Bari Khan addresses Pakistan's First-Ever Education Summit



The Pakistan Education Summit, held at the National Aerospace Science and Technology Park (NASTP), marked a pivotal moment in the journey toward educational and societal reform. Dr. Abdul Bari Khan gave a keynote address to emphasise the symbiotic relationship between health and education,

noting that health is a prerequisite for learning, while education is a determinant of health. He advocated for school-based health services, such as routine screenings, mental health counselling, and nutrition programmes, positioning schools as critical access points for these services.

Friends of Indus Hospital, USA

Fundraising Events

Friends of Indus Hospital mobilized their communities through a series of fundraising gala dinners held in cities such as Sacramento, Chicago, Seattle, Minneapolis, and New Jersey throughout January and February. These events featured a variety of hosts including Adnan Siddiqui, Jeremy McLellan, Naeema Butt, Yumna Zaidi, Iqra Aziz, and Yasir Hussain, who successfully brought together supporters to raise awareness and vital funds for healthcare services. Each chapter played a crucial role in emphasizing the importance of accessible healthcare, illustrating the collective effort to support underserved populations in Pakistan.



Ramadan Hoops

FOIH partnered with Ramadan Hoops, a unique non-profit organization that organizes a basketball tournament every year, blending the spirit of Ramadan with the thrill of sports. Their mission extends beyond the court, fostering unity, encouraging healthy activities during the holy month, and supporting various charitable causes. Through the generosity of 216 participants and donors, \$5,500 was raised to support FOIH and IHHN.



Live Appeal

Friends of Indus Hospital & Health Network LIVE

LIVE TELETHON

INDUS HOSPITAL & HEALTH NETWORK

CHMO SESSION \$25 FEED A FAMILY MONTHLY \$50 SAFE BIRTH \$125 10 CHMO SESSIONS \$250 FEED A FAMILY YEARLY \$600

ARTIFICIAL LIMB \$1,200 CANCER TREATMENT \$6,000

TELETHON FOR INDUS HOSPITAL & HEALTH NETWORK

LIVE CALL: 646-980-4210 DONATION HOTLINE: 201-357-5549

WEBSITE USA: folhus.org | Canada: indushospital.ca

عالمی برادری اور فریقین اپنی ذمہ داری نبھائیں، پوپ فرانس

ARY NEWS

15:28 EST

On March 23rd, 2025, a live appeal aired on the ARY digital channels, featuring guest speakers Dr. Abdul Bari Khan, Dr. Zafar Zaidi, Dr. Munawar Ali, Dr. Anis Memon, Dr. Muhammad Fareeduddin, Rizwan Wali Mohammad, Dr. Mah Talat, Dr. Shahid Hasnian, Dr. Wajahat Dr. Abdul Rahman; and celebrity guest Mani and

Hira Mani. Hosted by Shafaat Ali, the Ramadan telethon shed light on IHHN's healthcare initiatives in Pakistan. The session highlighted the transformative impact of donor contributions, celebrating the lives saved through their generosity.

Expansion Update

Indus Hospital & Health Network's Korangi Campus

The Indus Hospital Korangi Campus in Karachi is undergoing a significant expansion, transforming into a 1,350-bed facility with state-of-the-art healthcare equipment. Here are the latest updates on the project's progress:



Operation Theatres:

The newly relocated Operation Theatres feature modern medical technology and expanded space, ensuring optimal patient safety and efficiency in surgical procedures.



Consulting Clinics:

Several consulting clinics are now operational, including General Surgery, Dermatology, Clinical Hematology, General Medicine, Cardiology, Adult Psycho-social Services, ENT, Nephrology, and Orthopedic.



Wards:

New wards are now operational on the 6th and 7th floors of the new building. These sophisticated state-of-the-art wards can house numerous patients as they recover from major surgeries. With wide open windows and spacious units, the thoughtful layout allows patients to feel comfortable in their journey to recovery.



Patient Testimonial

"Before this clinic, I spent sleepless nights worrying about how would I afford my son's treatment? But because of the kindness of donors, my son gets the care he needs, completely free of cost. Now, when I see him playing, laughing, and growing stronger every day, my heart is full of gratitude. Thank you for giving my child his health and future."



-Mohammad Ali and his son, Nadir



Friends of

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Friends of Indus Hospital, Inc (FOIH) is a US-based 501(c) (3) registered charity.

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