

YEAR 2021



FOUNDATION
**ANNUAL
REPORT**
2021



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**THE TRUE MEANING OF LIFE
IS TO PLANT TREES, UNDER
WHOSE SHADE YOU DO
NOT EXPECT TO SIT.**

Nelson Henderson

#LETSBEATDIABETES

www.dhf.org.pk



Dear Friends,

Dilawar Hussain Foundation has transformed its passion into impact on this noble cause of Managing diabetes in underprivileged community for the last 10 years. We are mindful that every rupee we spend on fighting diabetes is the dream and an investment of a donor to strengthen the underprivileged communities across Pakistan. Our priority to set up best in class diabetes management centers across Pakistan to facilitate prevention, management and awareness of diabetes is growing one brick at a time, one hopeful patient at a time. With the support of our Friends, we are able to realize our dream by expanding our network with the commissioning of Diabetes Management Center - Gulberg and the commencement of construction at our Diabetes Management Center – Kasur. These additional centers will help us even more to carry our mission even further and be able to facilitate around 10,000 patients in a month.

We are living through an unprecedented moment in time with COVID-19. Dilawar Hussain Foundation responded in these times by providing medicine and food to our patients at their doorstep while keeping their diabetes under constant monitoring. What gives me hope is our equally unprecedented commitment to responding to the requirements of those who needed it the most. In addition, we have regularly conducted awareness sessions for different strata of people so that our focus on managing diabetes with knowledge is realized and spread throughout the communities we operate in.

Hassan Zubair Sheikh

Chairman

OUR BOARD



HASSAN SHEIKH

Chairperson

Hassan is the co-founder of Dilawar Hussain Foundation and has been associated with it since its inception. Prior to that, he was managing a Dispensary for the underprivileged which later converted into Diabetes Medical Centre under the umbrella of the Foundation.

He is an entrepreneur and an Executive Board Director involved in various senior managerial and governance positions in CCL Group for over 15 years.



DR. AFSHAN MIR

Board Member

Afshan Mir is a Paediatrician based in Lahore. She is a cofounder of Dilawar Hussain Foundation and currently serves as a board member. Her experience in the non-profit healthcare sector spans over two decades. She is also the General Secretary of AFJOG (Association of Fatima Jinnah Old Graduates)



AMINA SHEIKH

Board Member

Amna Sheikh is the co-founder of Dilawar Hussain Foundation and has been a Board Member since its inception. She is also a Family Business Consultant, former Managing Partner of Pakistan Region for RTS Global Partners, a UAE based Family Business advisory firm.

OUR BOARD



DR. ABBAS RAZA

Advisor

Abbas Raza is working as consultant Diabetologist /Endocrinologist at Shaukat Khanum Cancer Hospital & Research Center and National Hospital in Lahore, Pakistan.

He has many articles to his credit which are published in peer reviewed journals. He has been awarded "Life time Achievement Award" by Pakistan Endocrine Society.



ZAHID ZUBERI

Advisor

Zahid is a Chartered Accountant and an accomplished Finance professional with 20+ years of experience across multiple industries and organizations globally.

He has been involved in massive international transformation projects, working across functions and geographies to deliver business efficiencies.



YASIR ALTAF

Chief Program Officer

Yasir Altaf is a Social Development Professional and PHD Scholar; He has years of multi-disciplinary experience of working with international and national organizations.

He has diverse experience of implementing donor funded social projects including: Health Services, Clean Water and Disaster Management.



WE'RE ON A MISSION

"I was scared what happened to my father was happening to me. My father had type 2 diabetes and died in 2004 after having both of his legs amputated. He was only 52."

Nasreen Bibi

"I was 53 when my doctor diagnosed me with diabetes. I was filled with sadness and anxiety. I could not sleep, could not concentrate and I gained weight like a baboon. My insulin yoyoed and so did my mood. I was insufferable."

Ms. Naseem

Dilawar Hussain Foundation

was born in 2011. Stories such as above compelled us to unite to #beatdiabetes.

We began as a humble effort in Garhi Shahu locality of Lahore.

Our work is devoted in providing much needed
support, guidance and hope to those who struggle with diabetes.



VISION

OUR

VISION

To set up best in class diabetes management centers across Pakistan to facilitate the prevention, management and awareness of diabetes.

OUR DREAMS. A REALITY

Diabetes Management Centers



DIABETES MANAGEMENT CENTRE

GARHI SHAHU - LAHORE

Our center in Garhi Shahu – Lahore focuses on the diagnoses, treatment, nutritional counselling, medicating and creating awareness amongst the underprivileged local community.

We have successfully catered to 21,898 diabetics over the last one year and are proud to share that 70% of our patients are successfully regulating their blood glucose levels.

FEROZEPUR ROAD - LAHORE

Diabetes is expensive. The medication is usually lifelong and requires constant monitoring. Lifestyle needs to be modified too. What do you do if you cannot afford to go to the top tier diabetologists?

Where do you look for subsidized professional consultation, nutritional advice, foot care services, medication and lab diagnostics?

Our Ferozepur Road center focuses on subsidized services to the white collar and free of cost the underprivileged. We have served almost 28,861 diabetics at our center over the last one year.

DILAWAR HUSSAIN FOUNDATION

Primary School



DILAWAR HUSSAIN FOUNDATION

PRIMARY SCHOOL - LAHORE

It is our little sunshine project. The school aims to keep marginalized children off the streets, away from child labor and facilitate their entry into the mainstream education system.

We focus on teaching them basic hygiene, mannerisms and creative thinking. They are taught Oxford University Press curriculum till grade 4 and then we shift to Punjab Textbook board in grade 5. They take primary board examination in grade 5 and off they go to nearby private schools.

We are very proud that 80% of our students continue their education.



OUR SERVICES



Diabetes is usually life-long, expensive and disabling. Imagine a diabetic who barely brings food to the table.

How can you afford to treat yourself when you are starved for resources?

We refuse to give up. Our services are free for the underprivileged and subsidized for the white collar.





MEDICAL CONSULTATION

Living with diabetes can be overwhelming. It can cause heart disease, kidney damage, eye damage, skin conditions, hearing impairment, nerve damage in limbs and even dementia. Luckily with the right diagnosis and medical advice, one can live life to the full.

Our centers are equipped with the right diagnostic tools and professional health care providers who can help patients continue their life with the right mind set.

NUTRITIONAL ADVICE

Diabetes does not have a cure yet. But the good news is that it can be controlled. Lifestyle changes which include diet and exercise are the key components of managing it. Sadly, healthy food is an expensive commodity in our country and out of reach for many.

We pride ourselves in giving our patients diet and exercise plans which are relevant to their socioeconomic backgrounds. They are able to comply to them with our regular follow ups and motivation. Our health care providers believe that none of our patients should feel alone.

MEDICATION

Needless to say, the afford ability of diabetes medication in general and insulin in particular is a nightmare for most. We bring forth standardized quality medicines for our patients irrespective of their income bracket. Our motto is simple. If it is good for them, it should be good for us too.

LABORATORY SERVICE

Diabetes is not a disease where you just get a prescription and take a pill once a day. It requires regular, periodic blood work to monitor diabetes markers so that the treatment plan is adjusted accordingly.

Our health care providers pay close and continuous attention to the patient's body response which is paramount to successful diabetes management.

FOOT CARE

There are about 20 million diabetics in Pakistan today. 15% of them are prone to foot ulcers, 20%-40% to nerve damage, 50% to blood circulation disorder in the legs and eventually amputations. Unfortunately, not many people are even aware of this silent killer.

The cost of treating these ulcers and amputations is beyond a poor man. Can you imagine its emotional and financial impact on their households? We believe that the best strategy is prevention. Our foot care experts provide multi-disciplinary care and teach patients how to take care of and prevent diabetes foot.

Source: Pakistan Journal of Medical Sciences 2004



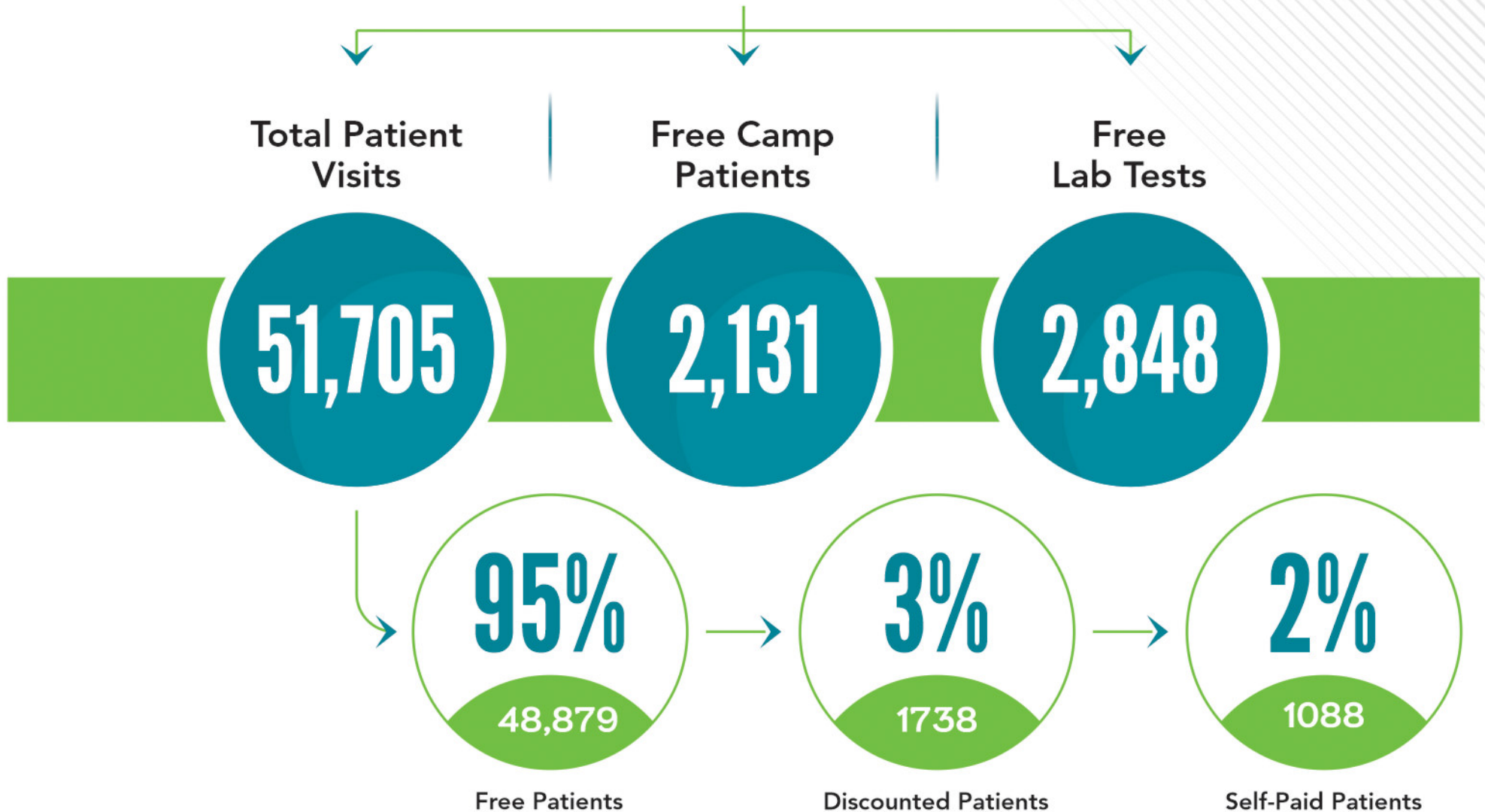


**YOU MADE
THIS POSSIBLE
IN**

2021

#LETSBEATDIABETES

Dilawar Hussain FOUNDATION





We screened **2,131 people** at
14 diabetes camps

We held **6 diabetes awareness walks**
supported by more than **580 people**



We conducted **65 diet and diabetes awareness sessions** for more
than **5,000 patients**

We provide **internships in Nutrition Department** to **108 students** of
different universities



We provide **foot care assessment** to **6318 diabetic patients**



We conducted **2,848 laboratory tests** on **1,165 patients**

We conducted **8 teacher training workshops** for **11 staff members**



We enrolled **150 students** into our school



YEAR HIGHLIGHTS 2021

#BEATDIABETES

CONSTRUCTION OF DIABETES MANAGEMENT CENTER

KASUR



PCP REGISTRATION



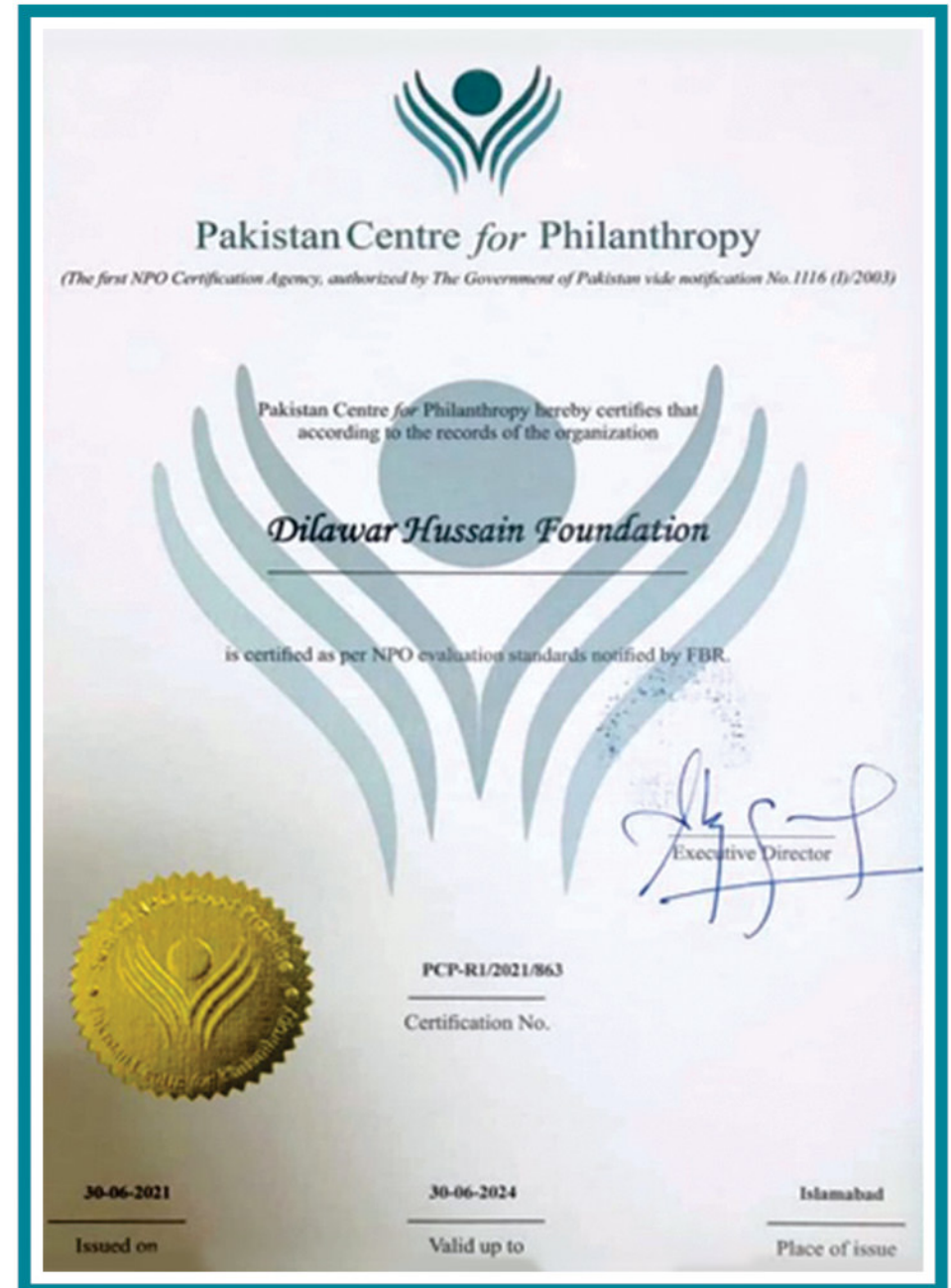
PAKISTAN CENTRE FOR PHILANTHROPY

Certification

“It gives us great pleasure to announce that Dilawar Hussain Foundation has been certified by the Pakistan center for Philanthropy for it’s immense efforts to tackle diabetes in Pakistan.

We would like to take a moment to thank our team which includes our medical staff, our doctors and our volunteers at DHF.

We hope we can continue in this fight against diabetes with the same dedication and make sure that diabetic patients get the necessary facilities that they require to manage their treatment.”



**THAT
IS NOT ALL
WE DID..**

#BEATDIABETES

ORPHANS & WIDOWS CAMP



DIABETES AWARENESS MONTH (November 2021)





Internship Program



Free Camps



#BEATDIABETES

OUR SUCCESS



"Amazing organization. Unlike others they really do care about diabetics like me. I am being treated here since 2016 and had on and off chest pains. They referred me to Punjab Institute of Cardiology where I was just in time for the treatment of two blocked arteries!"

M. AHSAN | A SALESMAN





"Being diagnosed with diabetes was a very sad day in my life. I thought I haven't I have shunned enough in my life. Do I need more misery? I felt as if life was meting away from me. I am Sakina; a 50-year-old housewife living in Lahore. I went in circles after my diagnosis until I reached Dilawar Hussain Foundation. They helped not only in managing my condition but eased me out of depression as well. I am truly and deeply indebted to them.

SAKINA BEGUM | A Housewife

"They have changed my life. They showed me that I can lead a normal healthy life and support my family. I am Nelofar. I am a housewife and I live in Haji Musa Colony in Garhi Shahu with my family. My neighbor referred me to them two and half years ago. My diabetes was uncontrolled, and I felt sick all the time. Ever since being under their treatment, my diabetes is well managed. I have never felt happier in my life.!"

NELOFAR MALIK | A Housewife





OUR CERTIFICATIONS

**REGISTERED UNDER SOCIETIES
REGISTRATION ACT, XXL 1860**

**NON-PROFIT ORGANIZATION
(NPO)**

under FBR section 2 (36) of the income
tax Ordinance, 2001 (NTN 4164410 -7)

SHARIA COMPLIANT JN – 381

in 2018 by Jamia – Naimia, Lahore

**PAKISTAN CENTER OF
PHILANTHROPY**

issued on 30-06-2021

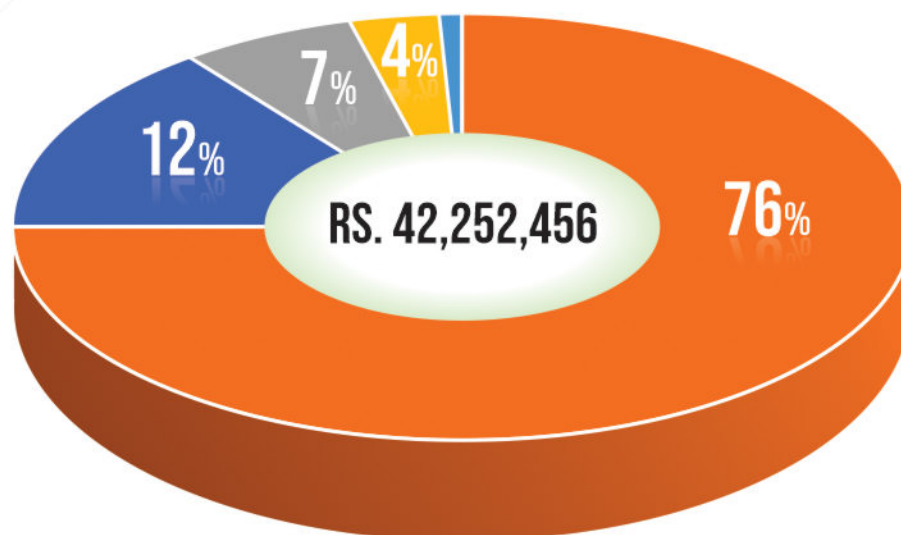
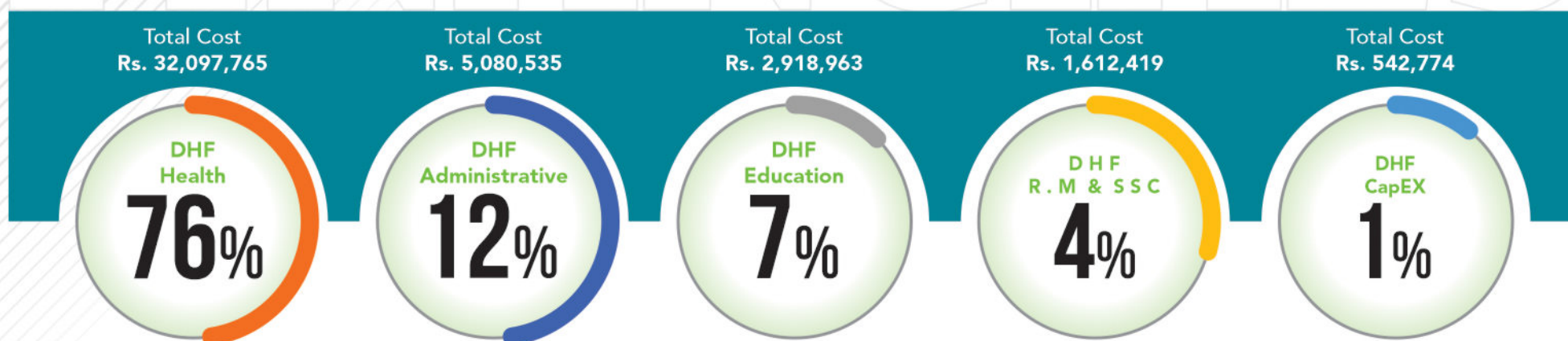
www.dhf.org.pk

OUR PARTNERS, COLLABORATORS AND SUPPORTERS



OUR FINANCIALS

WE ARE COMMITTED TO TRANSPARENCY AND ACCOUNTABILITY AND HAVE A LONG TRADITION OF SMART AND EFFECTIVE FINANCIAL STEWARDSHIP.



OUR OPERATING EXPENSES

FY 2020-2021

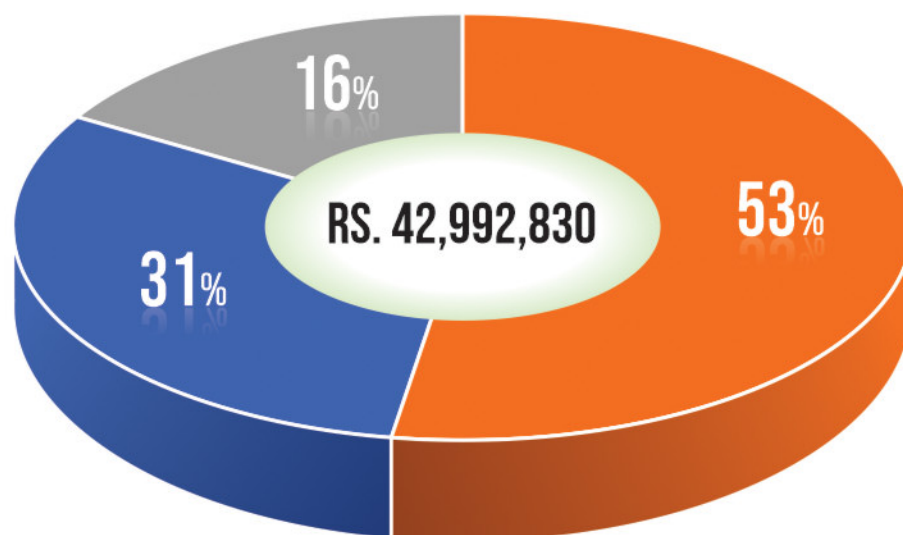


OUR FINANCIALS

Total Revenue: **Rs. 22,529,532**

Total Revenue: **Rs. 13,455,306**

Total Revenue: **Rs. 7,007,992**



OUR REVENUE

FY 2020-2021

■ Donations

■ Corporate Donations

■ Self Sustainable

WHAT'S AHEAD

AS OUTLINED IN OUR STRATEGIC PLAN 2022, HERE ARE THE INITIATIVES WHICH SUPPORT OUR VISION TO EXPAND OUR WORK INTO NEW COMMUNITIES.

2023

**Telemedicine Clinic
Sheikhupura**

2024

**Telemedicine Clinic
Multan**

WHAT'S AHEAD

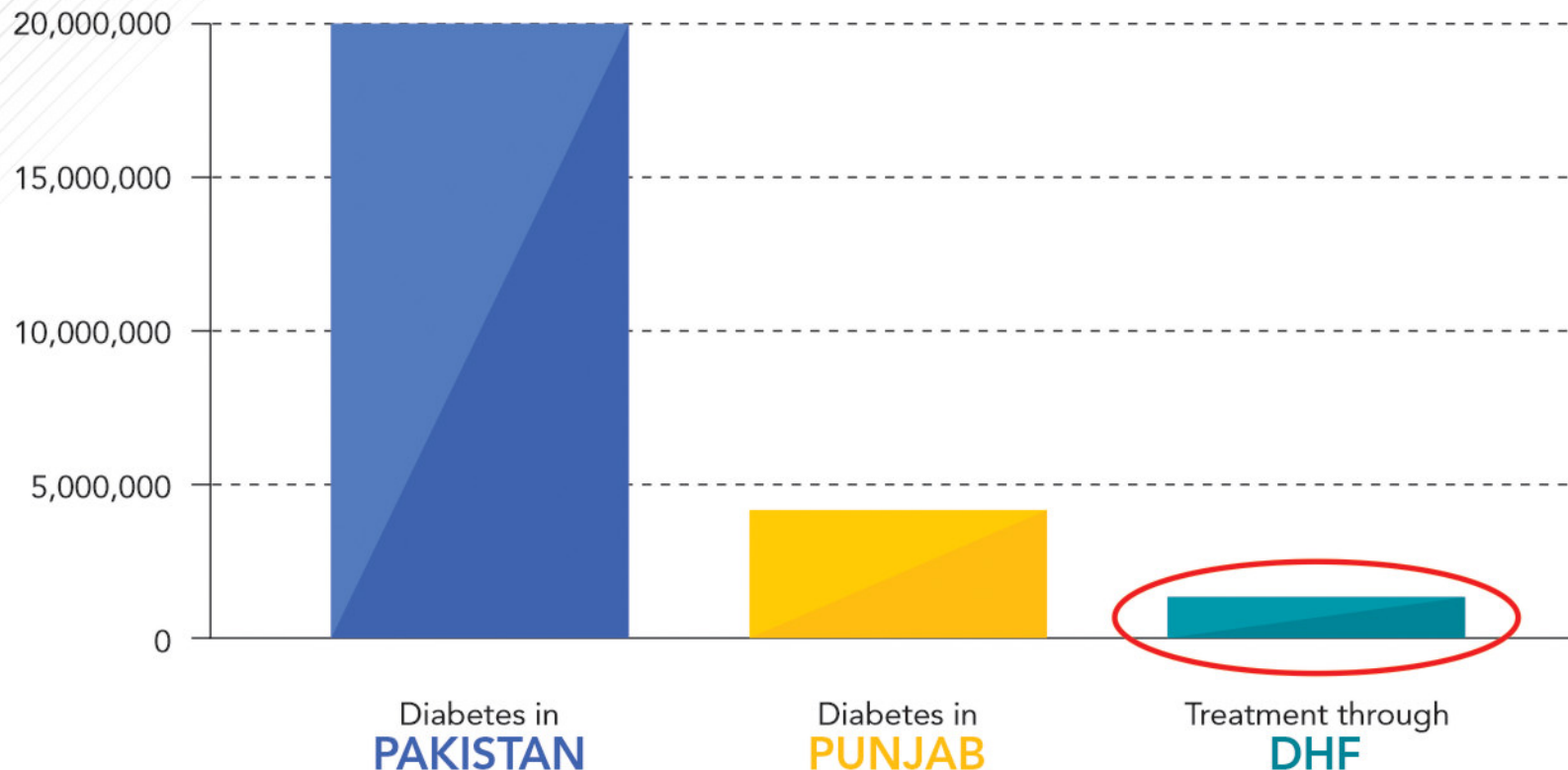
DIABETES MANAGEMENT CENTRE - KASUR

Construction began at the site of 1,644 Square meter in January 2021 and will be completed by February 2022. The center will be operational God willing by March 2022 and will provide diabetic support to the 3.5 million residents of Kasur and surrounding 30 villages.

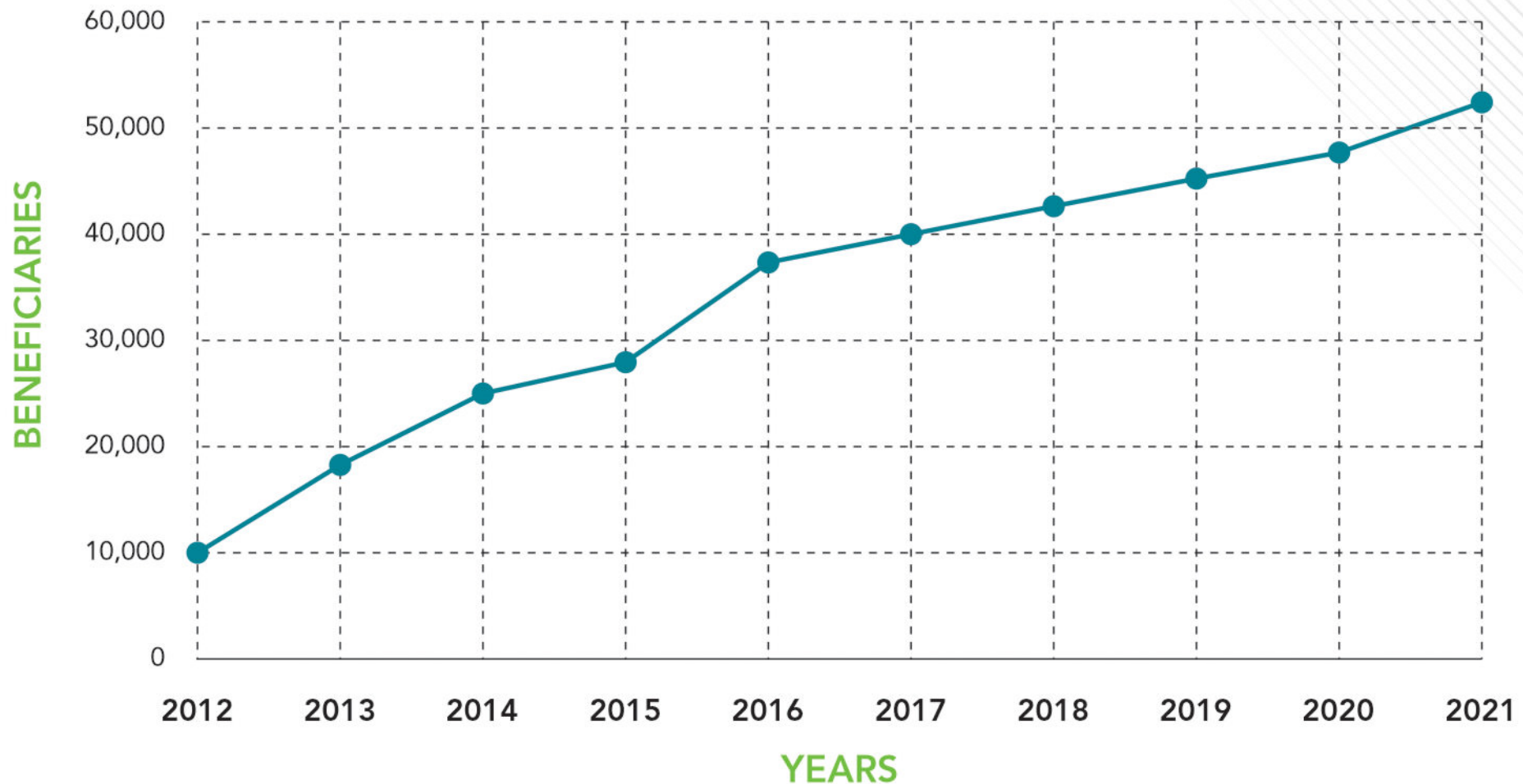


OUR IMPACT

We realize the monumental task we have in front us. We are merely a drop in the ocean but with your support we have been growing steadily. Together we are committed to see that diabetics live a fulfilling, productive life and live long to see their grandchildren and hopefully their great grandchildren grow. Help us to help them live their dream of a healthy life.



OUR GROWTH FROM 2012 – 2021



STEP FORWARD AND JOIN US

THERE IS NO WAY WE CAN ACHIEVE OUR VISION TO #BEATDIABETES ALONE. HERE ARE SOME OF THE WAYS IN WHICH YOU CAN SUPPORT US:



Visit our centers and school to see us in action. Experience our impact first hand by interacting with our students and patients.



Collaborate with us at our diabetes camps, charity events, fund raisers and help us to #beatdiabetes and provide support to those who are affected by it. We can help to make your workplace healthier by screening your workplace.

We look forward to hearing from you if you would like to team up.

Our volunteers make things happen and we have quite a few volunteering opportunities. Ranging from raising awareness in communities, fund raising events to diabetes walks; there is bound to be one which is perfect for you.



Our website will tell you more about us and our work. Visit us on www.dhf.org.pk Diabetics need you and us. Let us work together.

ACCOUNT TITLE
Dilawar Hussain
Foundation

ACCOUNT NUMBER
0148006900205375

IBAN NO
PK25FAYS
0148006900205375

SWIFT CODE
FAYSPKKA





“As diabetes couldn’t defeat me, it cannot stop anyone from achieving their goals. Together, we can promote healthy communities and protect the future generations of Pakistan. The public must play their part by knowing the risk factors, leading healthy lifestyles and encouraging others to do so as well.”

WASIM AKRAM

Pakistani Cricketer

HEAD OFFICE

65- Industrial Estate, Kot Lakhpat, Lahore.

DIABETES MANAGEMENT CENTER

21-L, Gulberg III, Main Ferozepur Road, Near Sethi Motors, Lahore

Tel: +92 423 583 2123 | +92 423 583 2124

CLINIC & DIABETES MANAGEMENT CENTER

84-A, Allama Iqbal Road, Ghari Shaho, Lahore. Tel: +92 423 637 2348

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