



ANNUAL REPORT

YEAR 2020

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

- NELSON HENDERSON

#LETSBEATDIABETES

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 co-founder 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

ADVISER



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.

DR. KAMRAN SHAMS

ADVISER



Kamran Shams joined Civil Services of Pakistan in 1991. He held many important positions during his career; he worked in the Federal Secretariat, Establishment Division, and Ministry of Industries and Production. Dr. Kamran Shams is also amongst the founding directors of Akhuwat, an Interest Free Microfinance institution working for the poverty alleviation in Pakistan.

YASIR ALTAF

CHIEF PROGRAM OFFICER



Yasir Altaf is a Social Development Professional and PHD Scholar; He has years of multidisciplinary 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 29 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."

KHALID NAZIR

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.



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**

**D I A B E T E S M A N A G E M E N T
C E N T R E S**

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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 25,646 diabetics over the last one year and are proud to share that 76% of our patients are successfully regulating their blood glucose levels.

DIABETES MANAGEMENT CENTRE GULBERG - 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 Gulberg center focuses on subsidized services to the white collar and free of cost the underprivileged. We have served almost 20,408 diabetics at our center over the last one year.

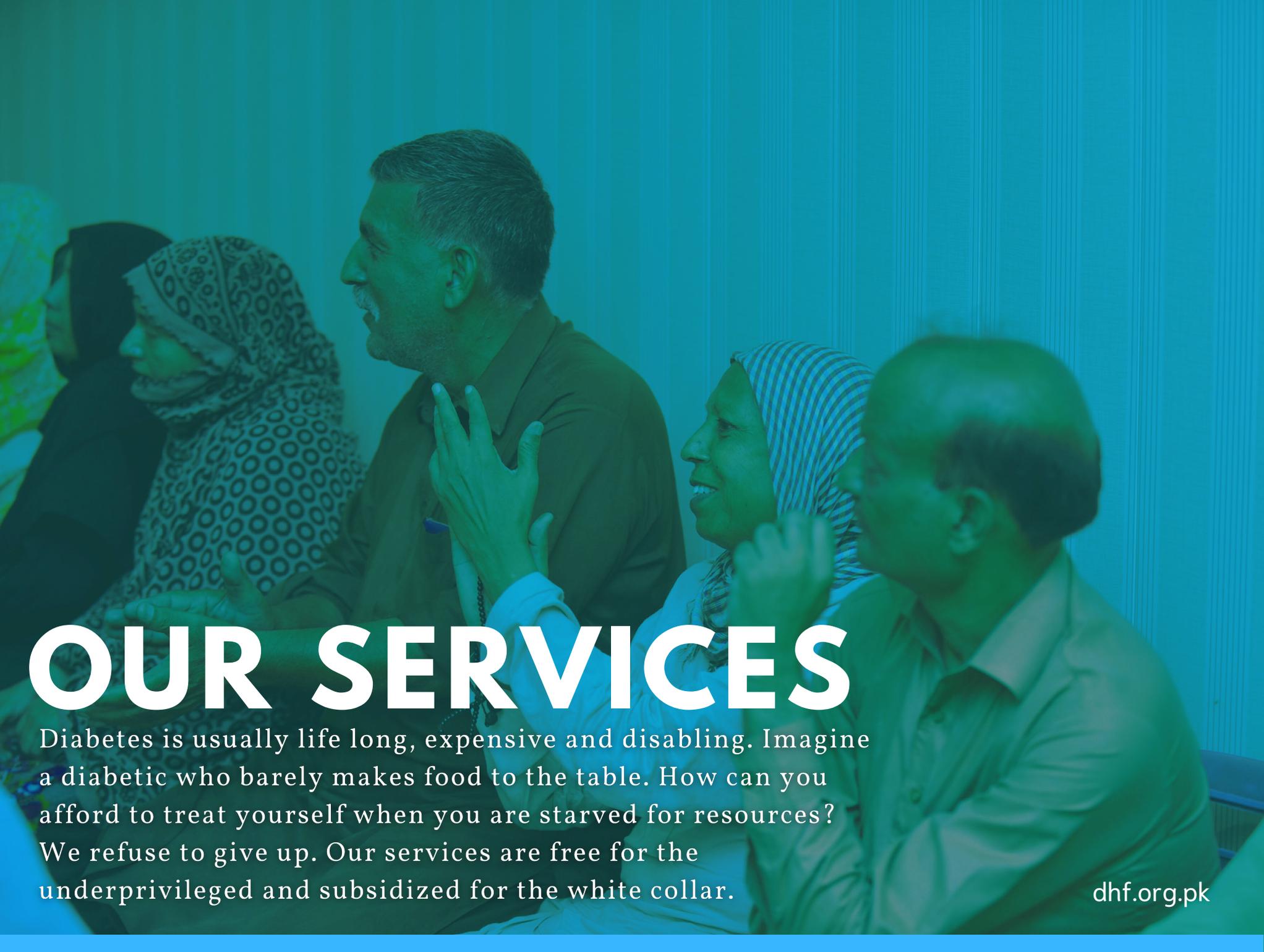


D I L A W A R
H U S S A I N F O U N D A T I O N
P R I M A R Y S C H O O L

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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.

A group of four people are shown in profile, facing right, as if in a meeting or discussion. The image is overlaid with a teal color filter. The people are dressed in professional attire, including a patterned headscarf and a striped headscarf.

OUR SERVICES

Diabetes is usually life long, expensive and disabling. Imagine a diabetic who barely makes 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

Diabetes is usually life long, expensive and disabling. Imagine a diabetic who barely makes 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.

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 affordability 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.

FOOTCARE

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 2020**

#LETSBEATDIABETES

YOU MADE THIS POSSIBLE IN 2020



**WE PROVIDED MEDICAL
CONSULTATION TO
46,054 DIABETICS**



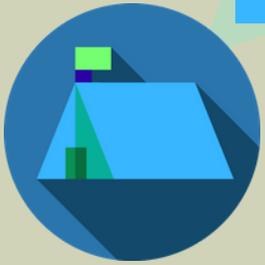
**WE PROVIDED FOOT
CARE SERVICES TO
125 PATIENTS**



**WE CREATED AWARENESS
OF DIABETES AND ITS
COMPLICATIONS IN 700
PATIENTS**



**WE PROVIDED
NUTRITIONAL ADVICE
MORE 50,000 PATIENTS**



**WE SCREENED 467
PEOPLE AT 7
DIABETES CAMPS**



**WE HELD 5 DIABETES
AWARENESS WALKS
SUPPORTED BY MORE
THAN 250 PEOPLE**



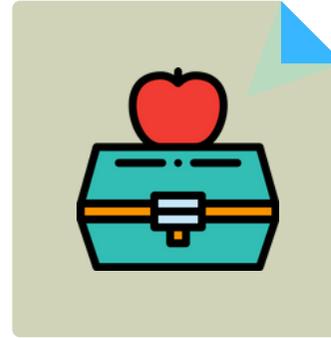
**WE DISTRIBUTED RATION TO OVER
1000 UNDERPRIVILEGED FAMILIES
DURING COVID LOCK DOWN**



**WE PROVIDED MEDICATION
TO 974 OF OUR DIABETICS
AT THEIR DOORSTEP
DURING COVID LOCK DOWN**



**WE CONDUCTED 520
LABORATORY TESTS
ON 106 PATIENTS**



**WE GAVE FREE MEAL
TO 150 STUDENTS IN
SCHOOL**



**WE CONDUCTED 8 TEACHER
TRAINING WORKSHOPS FOR
11 STAFF MEMBERS**



**WE ENROLLED 150
STUDENTS INTO OUR
SCHOOL**

YEAR HIGHLIGHTS 2020

#LETSBEATDIABETES



Open House at Diabetes Management Centre – Gulberg

In December 2019, we organised an open house tour of our Diabetes Management facility in Gulberg which was attended by over 150 guests. They were given a tour of the centre explaining how patients are diagnosed, given medical advice, nutritional counselling, foot care treatment and medication is dispensed. We also raised awareness amongst our guests. Diabetes is a nasty condition. It leads to other multiple complications. It is good to be screened and once diagnosed, even better to take it seriously.



Covid Relief Operations during lockdown

When Pakistan went under lockdown in March – July 2020, we were amongst the first to make a substantial and immediate impact on the crisis with a supply of medication and ration for our patients to their doorstep. A help line was immediately established with our doctors to provide medical consultation under those stressful times.



Groundbreaking Ceremony Diabetes Management Centre – Kasur

When Pakistan went under lockdown in March – July 2020, we were amongst the first to make a substantial and immediate impact on the crisis with a supply of medication and ration for our patients to their doorstep. A help line was immediately established with our doctors to provide medical consultation under those stressful times.

We understand that diabetic patients comply best to their treatment when they are cared for and their health care provider is committed to them.

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

#LETSBEATDIABETES



FREE MEDICAL CAMPS



DIABETES AWARENESS MONTH



NUTRITIONISTS & DIETITIANS SOCIETY (NDS)

TWO DAY MANAGEMENT COURSE

OUR SUCCESS

#LETSBEATDIABETES



"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!"

HAMEED ULLAH
A FACTORY WORKER

dhf.org.pk



"They have changed my life. They showed me that I can lead a normal healthy life and support my family. I am Farida. I am a widow and I live in Haji Musa Colony in Garhi Shahu with my son. My neighbor referred me to them two and a 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!"

**FARIDA
A WIDOW**



"Being diagnosed with diabetes was a very sad day in my life. I thought haven't I been shunned enough in my life. Do I need more misery? I felt as if life was meting away from me. I am Bobby; a 54-year-old transgender 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."

**BOBBY
A TRANSGENDER**

OUR CERTIFICATIONS

Registered under Societies
Registration Act, xxi 1860

Nonprofit 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
(*under process*)

OUR PARTNERS

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Fountain House

Fountain house institute for mental health is working for the patients with psychiatric illness coming from less privileged sections of society. Lahore Mental Health Association (LMHA) was established in 1963



NCBA & E

NCBA&E was founded back in 1994 as a state of the art educational institute. Owing to its legacy of excellence in delivering quality education, and a strong dedication to excel in Pakistan's higher education sector



SimSim

SimSim was launched as the country's first mobile network agnostic digital payment wallet in July 2017 and is continuously making progress in digitally transforming consumer and corporate profiles by offering innovative and impactful solutions.



CCL Pharmaceuticals

Pakistan's second largest pharmaceutical exporter with operations across 22 Countries. CCL has a history of more than 50 years in the healthcare industry, with a vast range of over 200 products covering major therapeutic areas and over the counter consumer offerings



Sehatmand Zindagi

Sehatmand Zindagi health centres are the hub of providing one-stop services for patients, the local community and for its network of partner healthcare providers.

OUR FINANCIALS

We are committed to transparency and accountability and have a long tradition of smart and effective financial stewardship.

DHF School

Total Cost: Rs. 3,033,616

9%

DMC Gulberg

Total Cost: Rs. 16,709,890

47%

DHF Administrative

Total Cost: Rs. 3,177,913

9%

SDMC Grahi Shahu

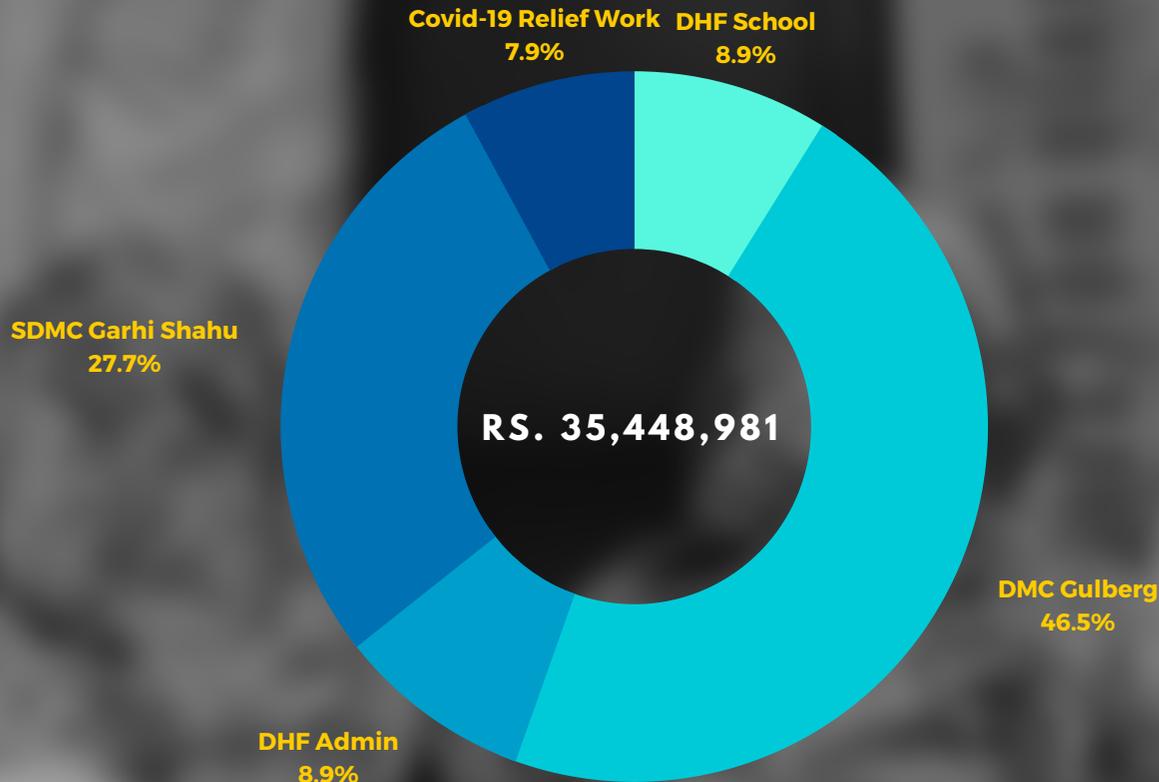
Total Cost: Rs. 9,868,537

28%

Covid-19 Relief Work

Total Cost: Rs. 2,659,025

8%



OUR FINANCIALS

Self Generation

Total Cost: Rs. 1,932,203

5%

Principle Donors

Total Cost: Rs. 24,678,645

58%

Contributions

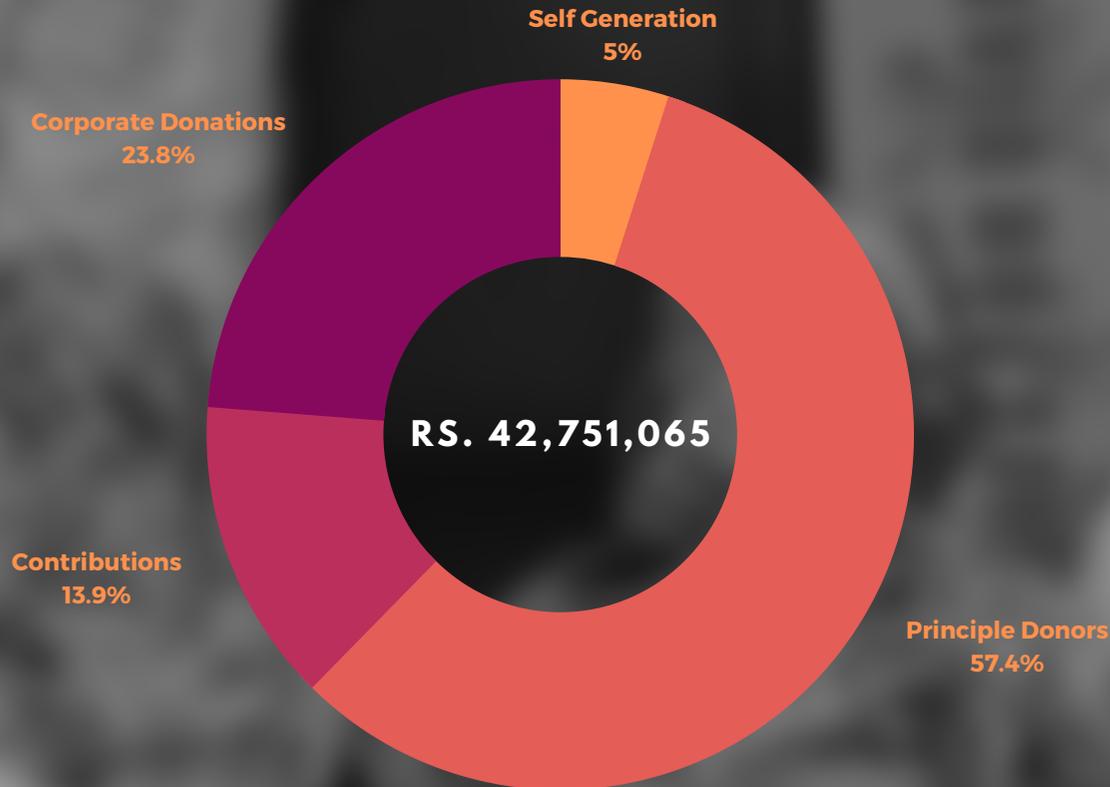
Total Cost: Rs. 5,792,045

14%

Corporate Donations

Total Cost: Rs. 10,348,172

24%



FY 2019 -2020

OUR REVENUE

WHAT'S AHEAD

AS OUTLINED IN OUR STRATEGIC PLAN 2021, HERE ARE THE INITIATIVES WHICH SUPPORT OUR VISION TO EXPAND OUR WORK INTO NEW COMMUNITIES.



2021

DIABETES MANAGEMENT
CENTRE - KASUR



2023

TELEMEDICINE CLINIC
SHEIKHUPURA



2024

TELEMEDICINE CLINIC IN
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 OCTOBER 2021. THE CENTER WILL BE OPERATIONAL GOD WILLINGLY BY NOVEMBER 2021 AND WILL PROVIDE DIABETIC SUPPORT TO THE 3.5 MILLION RESIDENTS OF KASUR AND SURROUNDING 30 VILLAGES.

Project Cost

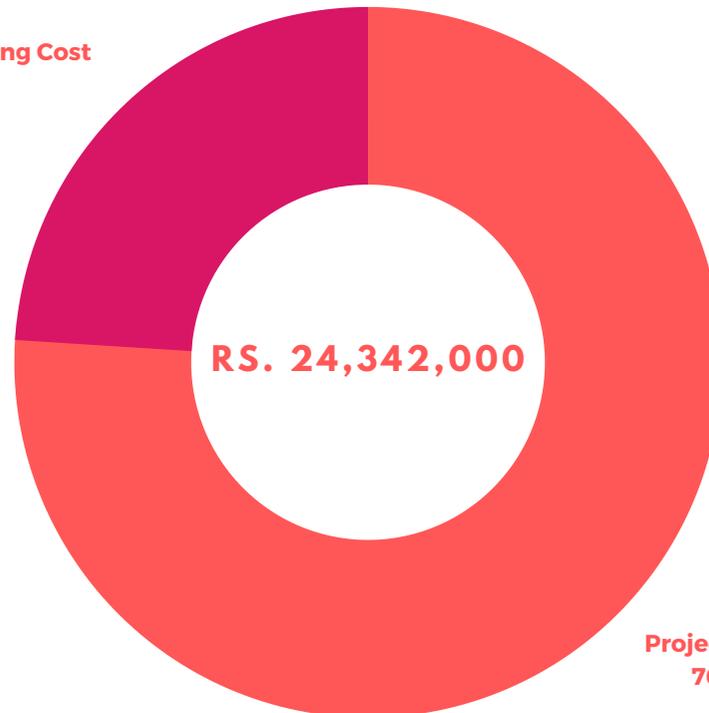
Project Running Cost

Total Cost: Rs. 18,600,000 Total Cost: Rs. 5,742,000

76%

24%

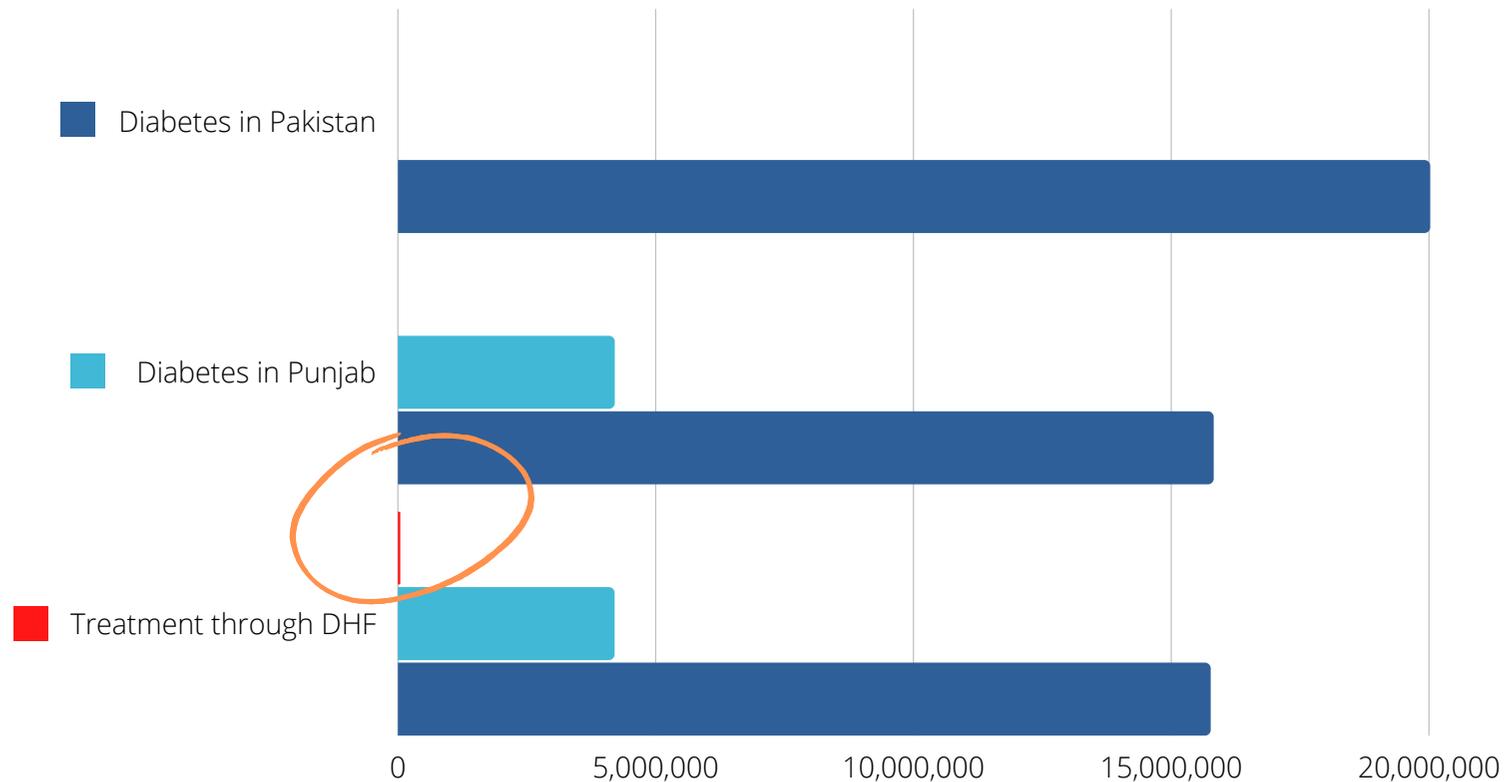
**Project Running Cost
24%**



**Project Cost
76%**

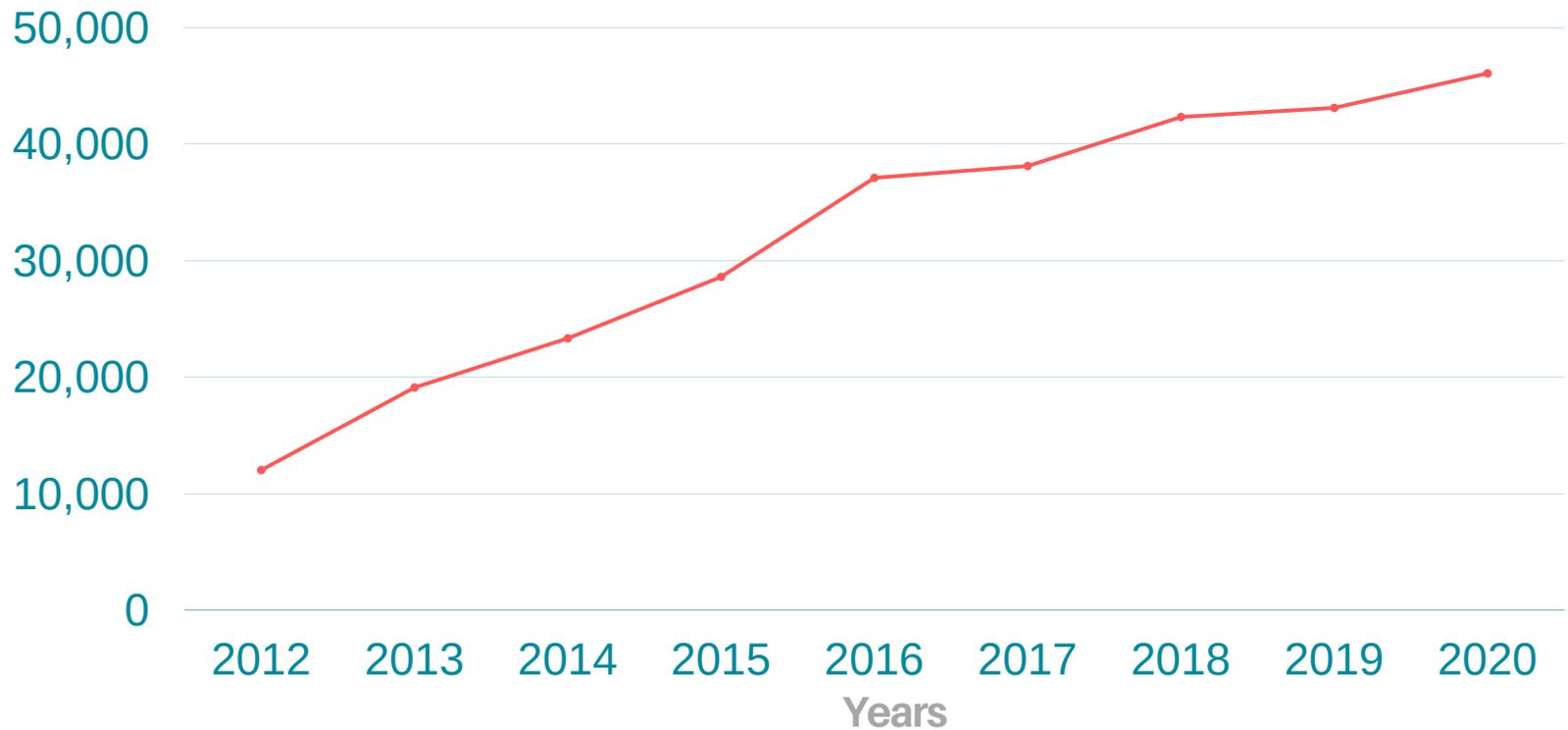
OUR IMPACT

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

Beneficiaries





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 Us

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

Volunteer

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

Sponsor

Collaborate with us at our diabetes camps, charity events, fundraisers 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.

Donate

Faysal Bank Limited
Account Title: Dilawar
Hussain Foundation
Account Number:
0148006900205375
IBAN No:
PK25FAYS0148006900205375
Swift Code: FAYSPKKA

Go online

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.



“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

GET IN CONTACT

HEAD OFFICE

65- Industrial Estate, Kot
Lakhpat, Lahore
Email us at:
info@dhf.org.pk

DIABETES MANAGEMENT CENTER

21-L Gulbarg III Main Ferozpur
Road, Near Sethi Motors, Lahore
0092 423 583 2123
0092 423 583 2124

CLINIC

84 A Allama Iqbal Road
Ghari Shaho, Lahore
0092 423 637 2348
0316 490 0200