

2022
**ANNUAL
REPORT**
LETS BEAT DIABETES





Dilawar

Hussain

FOUNDATION

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*There can be no greater gift than that of giving one's **time** and **energy** to **help others** without **expecting anything** in return.*

#LetsBeatDiabetes

Nelson
Mandela



Chairman Message

Dilawar Hussain Foundation was established with the mission to fight against diabetes in an underprivileged community and has been working for more than ten years now. We have set up the best-in-class diabetes management centers in many underprivileged areas of Pakistan. We're passionate about improving people's lives and strengthening impoverished neighborhoods. Through a multidisciplinary team approach, we care for both the psychological and physical aspects of diabetes. Each member of the team believes in a holistic approach to patient care as well as the benefits of awareness and support.

We are incredibly appreciative of everyone who helps us with this important, life-changing work. We could not have progressed to the point where we are currently without your cooperation. Together, we are creating a brighter future for everyone whose life has been impacted by diabetes. Help us to curb diabetes, raise awareness about this menace, and offer comprehensive and compassionate care for diabetic patients.

Hassan Zubair Sheikh

Chairman



Hassan Zubair



Hassan Sheikh
Chairman

Hassan has been involved with the Dilawar Hussain Foundation since its establishment and is one of its co-founders. Before that, he was in charge of a Dispensary for the underprivileged, which was eventually transformed into a Diabetes Medical Center under the umbrella of the Foundation.

He is an entrepreneur and an Executive Board Director at CCL Group, where he has held numerous top management and governance positions for over a decade.



DR. Afshan Mir
Board Member

Afshan Mir is a Paediatrician in Lahore. She is now a board member and one of the co-founders of the Dilawar Hussain Foundation. She has more than 20 years of experience working in the non-profit healthcare industry. She serves as the AFJOG's general secretary (Association of Fatima Jinnah Old Graduates)



Amina Sheikh
Board Member

Amna Sheikh is a founding board member and co-founder of the Dilawar Hussain Foundation. She is also a family business consultant and the former managing partner of the Pakistan region for RTS Global Partners, a family business advisory firm with its headquarters in the UAE.



Dr. Abbas Raza
Advisor

Abbas Raza is on the Board of Directors of "Dilawar Hussain Foundation. Additionally, he is the President of the (ISE) International Society of Endocrinology (2022-2024). He also serves as a consultant endocrinologist and diabetologist at the Shaukat Khanum Cancer Hospital.

He has a number of publications to his name, many of which have been published in peer-review journals. He has been awarded the "Lifetime Achievement Award" by the Pakistan Endocrine Society and Tamgha-i-Imtiaz by the Government of Pakistan.



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 a part of significant global transformation initiatives, collaborating across departments and regions to create business efficiency.



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 a wide range of expertise in administering social programs funded by donors, including those related to health care, clean water, and disaster management.



OUR MISSION

WE'RE ON A MISSION



Dilawar Hussain Foundation aims to enable underprivileged communities to build a more sustainable future by increasing their access to health and education.

ABOUT US

Dilawar Hussain Foundation

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

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

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



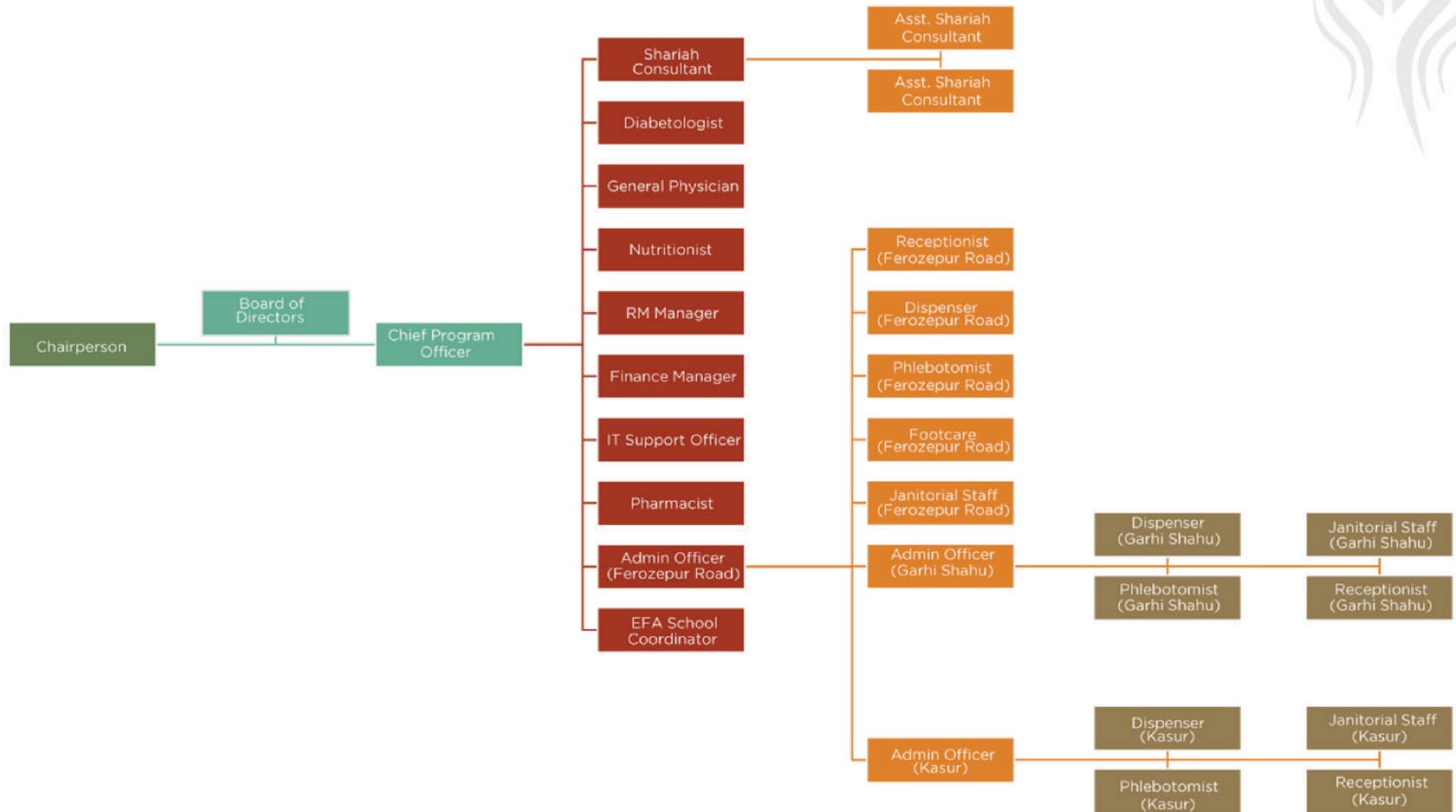
OUR VISION



OUR VISION

Set up world class diabetes management centers in Pakistan to facilitate prevention, management and awareness of diabetes.

OUR ORGANOGRAM



OUR DREAMS A REALITY



**DIABETES
MANAGEMENT
CENTERS**

DIABETES MANAGEMENT CENTERS



Gahi shahu – Lahore

Diagnosis, treatment, nutritional counseling, medication, and raising awareness among the impoverished local population are the main priorities of our facility in Garhi Shahu, Lahore. We have successfully served 23,697 diabetics in the last one year, and are happy to report that the majority of our patients are able to properly control their blood glucose levels.



DIABETES MANAGEMENT CENTERS



Ferozpur Road – Lahore

Diabetes management is a lifelong commitment. Our Ferozpur Road facility is committed in offering expert consultation, diagnostic testing, dietary guidance, foot care services and medication to our patients. We focus on subsidized services for white-collar workers and free services for the needy. We are proud to share that we have helped 37,219 diabetics in the past one year.



DIABETES MANAGEMENT CENTERS



Diabetes Management Center – Kasur

Our newest and third Diabetes Management center is now operational in Kasur on Khem Karan Road. The newly opened "Diabetes Management Centre – Kasur" seeks to treat and care for diabetics in Kasur and the 50 nearby villages regardless of their financial situation. We are proud to announce that our center has served 20, 789 diabetics within a year.



COLLABORATION WITH **EFA SCHOOL**



We believe every child has a right to a safe home and education. In 2021, we partnered with EFA school to achieve this vision.

This partnership aims to enhance Pakistan's street-working children by supporting their social, academic, and physical growth and investing in them to ensure that they grow up as contributing members of society.

We are pleased to share that we bear our students' expenses of books, school fees, and school uniforms.



OUR SERVICES





OUR SERVICES

Dilawar Hussain Foundation is the name of Health, Support, Trust, and Help for diabetics. We provide a wide range of specialized services for free to the underprivileged and at a subsidized rate to the white-collar.



Medical Consultation

A diabetic needs a medical consultation to begin with for diagnosis and later on for continuous diabetic care. Our centers are equipped with the right hand of medical expertise to give hope and care to our patients.

Nutritional Advice

Diabetes affects the body's ability to make or properly use insulin. This leads to high blood glucose (sugar) in the blood. Maintaining a healthy blood sugar level is key to managing diabetes. People with diabetes need to understand how foods and nutrition affect their bodies to successfully manage the disease. We provide our patients with detailed information about how to eat and practical tips for addressing daily challenges. We can put together a daily meal plan that considers an individual's food preferences, level of physical activity, and lifestyle choices, and are relevant to their socioeconomic backgrounds.



Medication

A lifelong treatment of diabetes is costly. The cost of diabetes diagnosis can add up and may include expensive diabetic medicines, glucose meters, syringes, test strips, and insulin pumps. It goes without saying that getting cost effective medication in general, and insulin in particular, is a struggle for the majority. Keeping this in mind, we give our patients standardized, high-quality medication. Our founding philosophy is simple. Quality of medication is not to be compromised!



Laboratory Service

Our doctors diagnose diabetes, prediabetes and gestational diabetes using blood tests as these tests show the range blood glucose level. It also helps to find out the type of diabetes a patient has. Our laboratory services help to find diabetes sooner so that we can work with our patients to manage the disease and prevent other complications. We provide them free to the needy and subsidized to the white collar.



Foot Care

Foot amputation is a diabetic's nightmare. If you have diabetes, taking care of your feet is very crucial. A frequent side effect of this illness is foot issues. Healing may take longer if the blood supply is compromised. Additionally diabetic neuropathy may lead to loss of feeling in feet. A person with diabetes who has sensory loss may not be aware that they have minor wounds or blisters, which can develop into ulcers. Our foot care specialists offer a multidisciplinary diagnostic tool and instruct patients on how to care for and avoid developing diabetic feet.





**YOU MADE THIS
POSSIBLE IN**

2022

#LETSBEATDIABETES

DILAWAR HUSSAIN FOUNDATION

OUR IMPACT





We screened **2,257 people** at **12** diabetes camps.



We held **6 diabetes** awareness walks supported by more than **620 people**.



We conducted **76 diet** and diabetes awareness sessions for more than **5,690 patients**.



We provided **9059** foot care assessments to our patients.



We conducted **9,675 laboratory tests** on **6,026** patients.



We are providing Education to **150 Students**.



2022
YEAR

HIGHLIGHTS

#BEATDIABETES





INAUGURATION OF **KASUR** CENTER



DIABETES AWARENESS MONTH





FREE MEDICAL CAMPS





Genome Lab Agreement

Dilawar Hussain Foundation made an agreement with Genome Center for Molecular Based Diagnostic, Research and Healthcare Services more accessible for people living in the surroundings.





RELIABLE PARTNERS FOR TRAINING, AUDITING, CERTIFICATION & INSPECTION



ISOQAR

TO WHOM IT MAY CONCERN
Reference #737/QMS/30050222

This is to certify that ISOQAR PAKISTAN has successfully conducted
 ISO 9001-2015, Certification Audit for following organization

Dilawar Hussain Foundation
 Head office 65-Quaid-E Azam-Industrial Estate-kot lakhpat Lahore-Pakistan

Above Mention Company Audit has been successfully completed and Certificate
 will be Issued as early as possible. This letter has been issued on Special request
 of the organization

Chaudhry Abdul Jabbar



30th May 2022

ISOQAR Pakistan

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E: operations.kh@isoqarpk.com,
sales@isomark.com



ISO

– Certificate

We have been awarded with the prestigious ISO 9001-2015 Certification by United Kingdom for maintaining the best quality management systems and complying with international standards.

#BEATDIABETES



POWER
SUCCESS



Dilawar  Hussain
FOUNDATION

PATIENT FEEDBACK



"Being diagnosed with diabetes at a young age is a very terrible experience. My name is Shahzad Tufail, I am a transgender and I work as an office boy. I have diabetes for eight years but due to my low salary, house rent and other expenditures, it was difficult for me to undergo treatment. I discovered DHF after a year of suffering from diabetes, and I've been a regular patient ever since. My diabetes is now under control and I am able to live a normal life.

Shahzad Tufail

— . . —

PATIENT FEEDBACK



My name is Shamshad. I am a widow and I have no one to care for me. I am a diabetes patient and have been coming here for treatment for the past several years. DHF provides help to those in need such as myself. With the help and support of DHF, I can regulate my diabetes now and live a relatively pain-free life. I believe, DHF is a silver line in the dark cloudy lives of people like me.

Shamshad

— — —

PATIENT FEEDBACK



My name is Salamat Maseeh, and I am 60 years old. I've been getting treatment here since 2020, and my diabetes is under control since I started using their medicine. They genuinely care about diabetics and offer comprehensive diabetes care.

Salamat Maseeh

...

OUR CERTIFICATIONS

REGISTERED UNDER SOCIETIES
REGISTERION ACT, XXL 1860

NON-PROFIT ORGANIZATION (NPO)

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

SHARIA COMPLIANT JN – 381

in 2018 by Jamia – Naimia, Lahore

PAKISTAN CENTER OF PHILANTHROPY

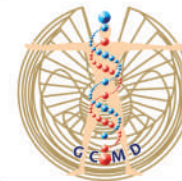
issued on 30-06-2021

ISO CERTIFICATION

issued on June 2022



OUR PARTNERS, SUPPORTERS & COLLABORATORS



OUR FINANCIALS

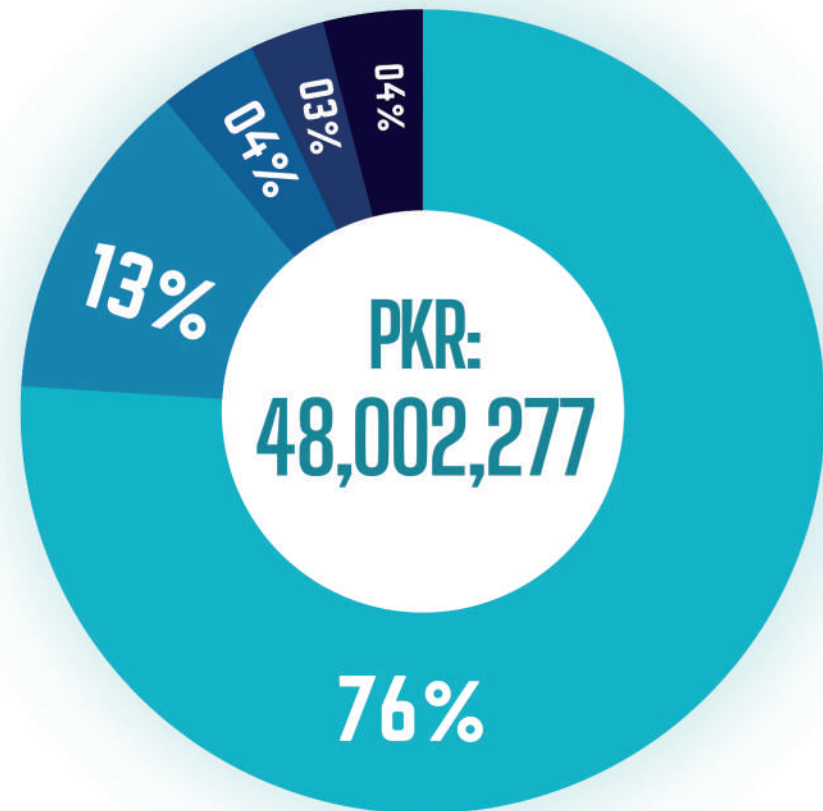
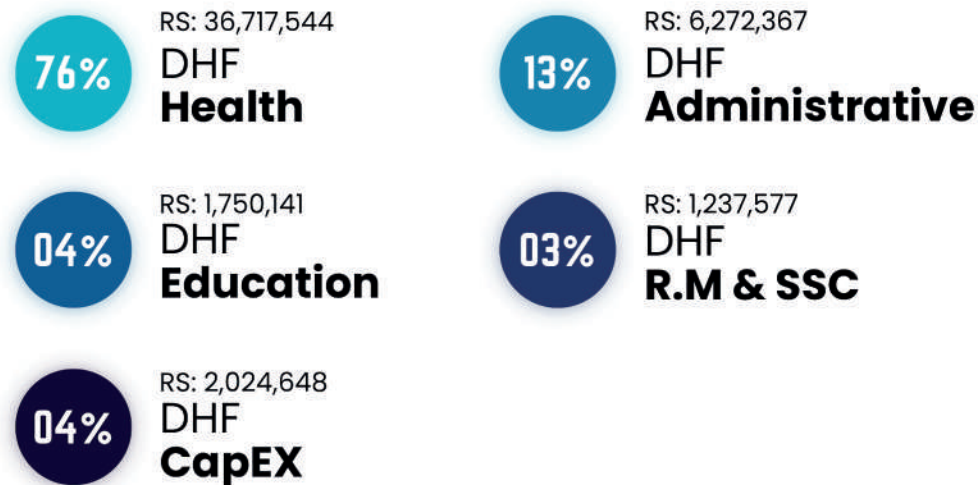
REPORT



We are committed to transparency and accountability and have a long tradition of smart and effective Financial Stewardship.

Operating Expenses:

FY 2021 - 2022



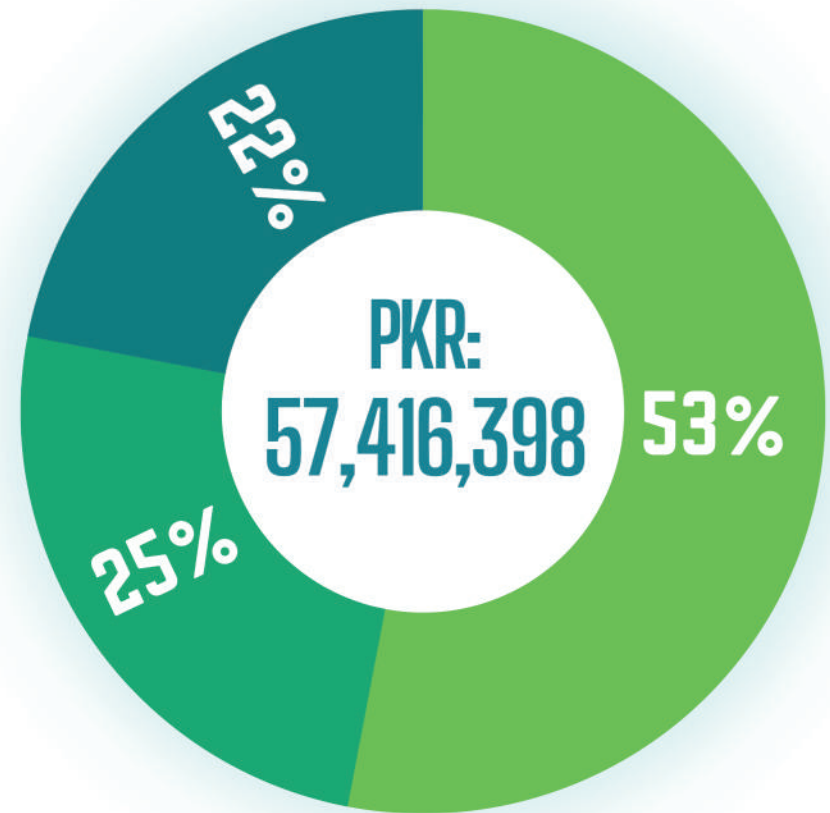
OUR FINANCIALS

REPORT



Our Revenue:

FY 2021 - 2022



WHAT'S AHEAD

As outlined in our strategic Plan 2023, Here are the initiatives which support our vision to expand our work into new communities.



2023

Target Patients: 100,000

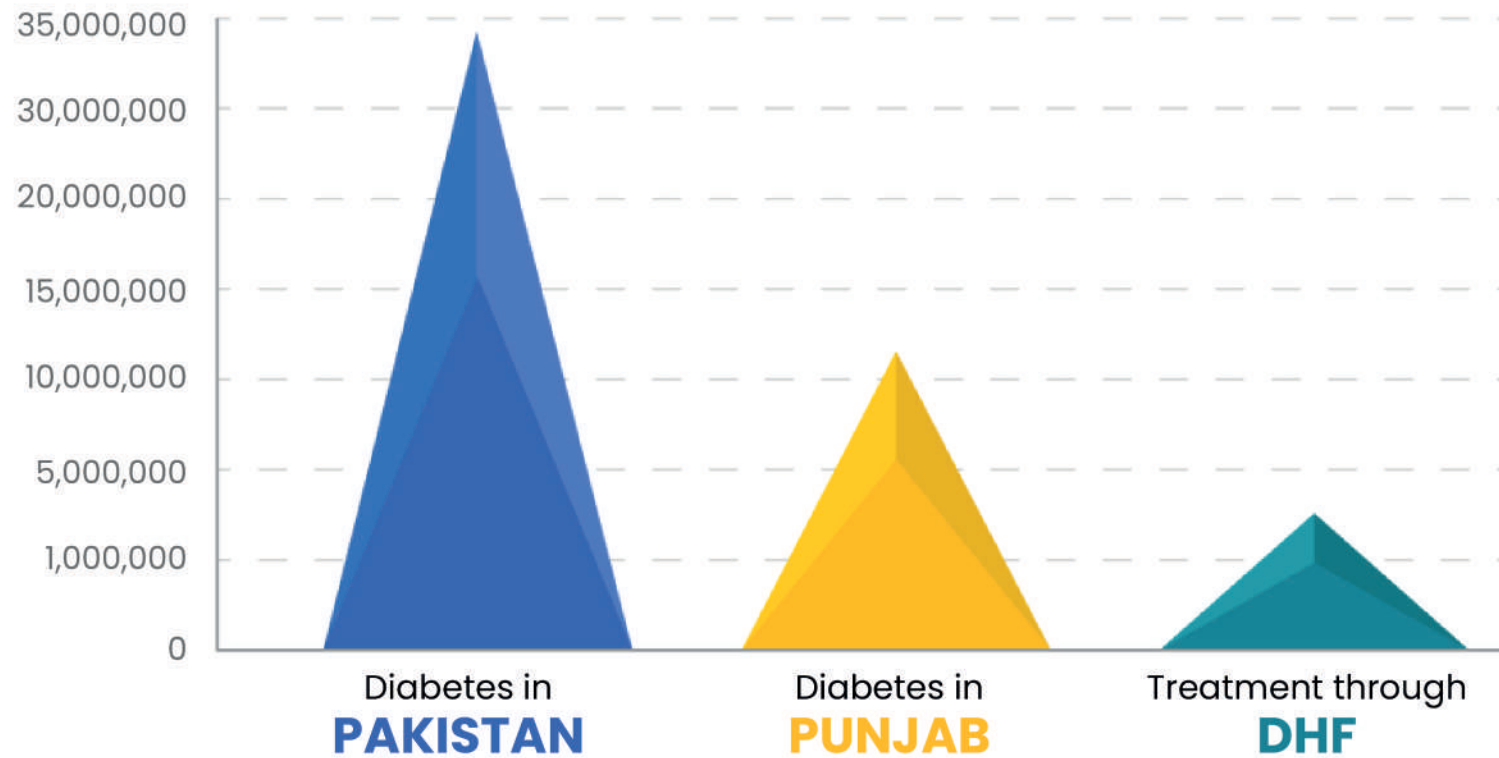
2024

Research and Publication

OUR IMPACT

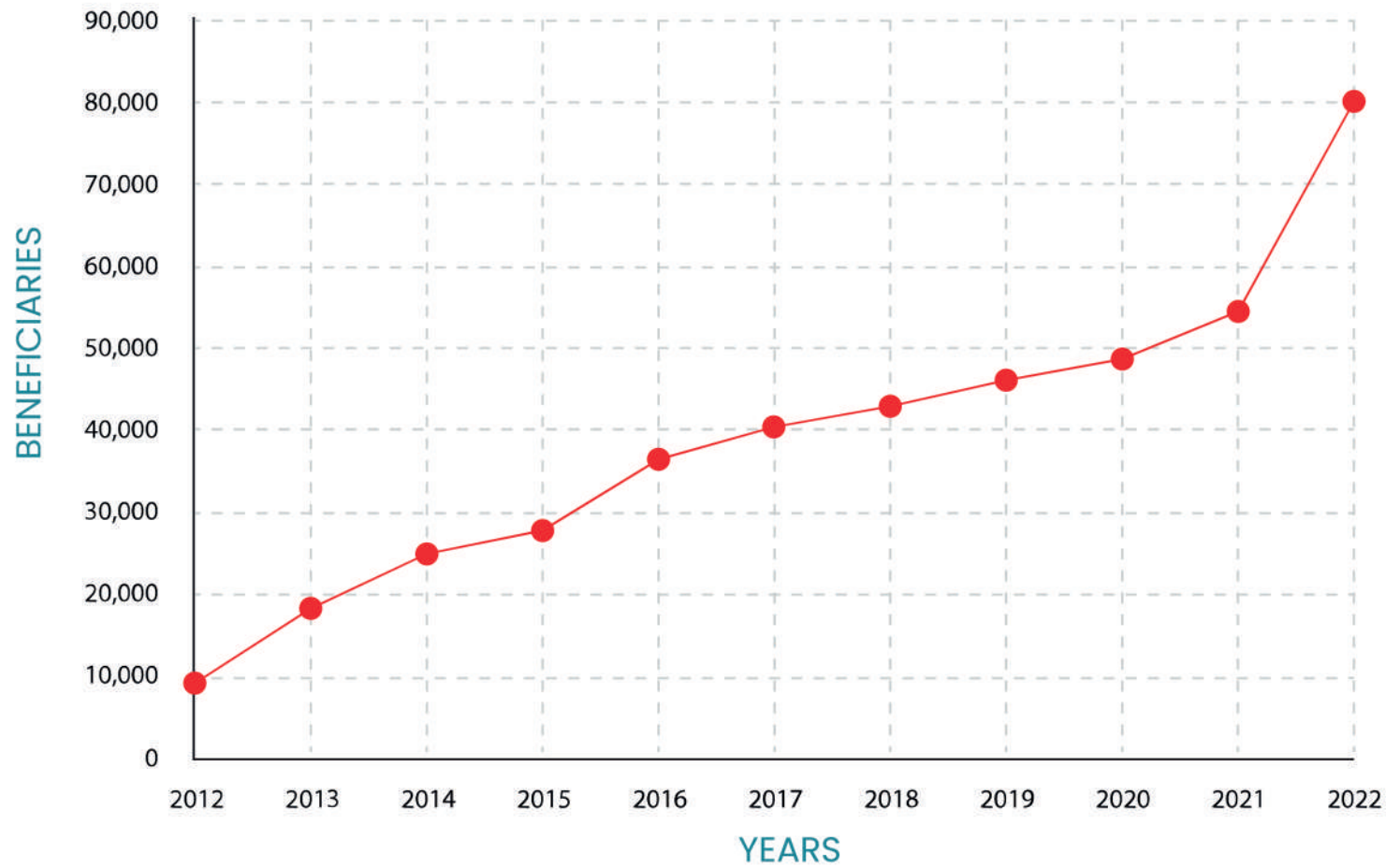


We are aware of the big task we have ahead of us. We are only a drop in the ocean, but thanks to your help, we have been slowly expanding. Together, we are dedicated to ensuring that diabetics lead productive lives and live long enough to see the development of their grandkids and, ideally, great-grandchildren. Help us so we can provide them with the healthy life they deserve.



Source: Pakistan Journal of Medical Sciences

OUR GROWTH FROM 2012-2022



JOIN US STEP FORWARD &



OUR VISION TO **#BEATDIABETES** CANNOT BE ACCOMPLISHED ALONE.
HERE ARE SOME OF THE WAYS YOU CAN SUPPORT US:



Visit one of our facilities to observe us at work. Interacting with our students and patients will help you to see our impact directly.



Join us at our diabetes camps, charitable activities, and fund-raising events to work together to cure diabetes and assist people who are afflicted by it. If you want to collaborate, please get in touch with us.



We offer several volunteer options and rely heavily on our volunteers to make things happen. There is sure to be one that is ideal for you, from promoting awareness in communities to fundraising activities and diabetes walks.



Detailed information about us and our work is available on our website. Click here to visit www.dhf.org.pk. In any manner, you can support those who are dealing with diabetes.



- Account Title
Dilawar Hussain Foundation
- Account No.
0148006900205375
- IBAN No.
PK25FAYS0148006900205375
- Swift Code
FAYSPKKA
- For door step collection:
0316-4900200



WASIM AKRAM

Pakistani Cricketer

"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."



HEAD OFFICE

 65- Industrial Estate, Kot Lakhpat, Lahore.

DIABETES MANAGEMENT CENTERS

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Near Sethi Motors, Lahore

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

 Khem Karan Road, Near Happy Land Park, Kasur.  049-2765819

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