



2023 ANNUAL REPORT

Lets Beat Diabetes



**Community, Compassion, Cure..
A World Without Diabetes.**

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CHAIRMAN'S 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 centres in many underprivileged areas of Pakistan. We're passionate about improving people's lives and strengthening impoverished neighbourhoods. 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



ABOUT US

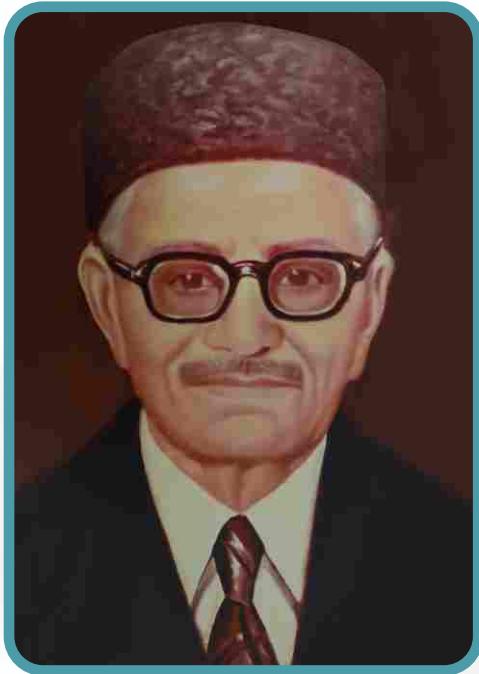
Dilawar Hussain Foundation (DHF) is a non-government, non-profit organization that strives to improve the quality of life of diabetics. DHF was registered in 2011 under the Societies Registration Act, XXI 1860. Our areas of work include free healthcare services with a focus on diabetes prevention and treatment through specialized medical experts, and creating community awareness. From its humble beginning in 2011, DHF has been transforming the lives of people and, mobilizing & empowering the underprivileged communities through its engaging programs.

OUR MISSION

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

FOUNDING FATHERS OF DHF

DR. DILAWAR HUSSAIN & SONS



DR. DILAWAR HUSSAIN



SAJJAD HUSSAIN SHEIKH



JAVOID AHMED SHEIKH



SHEIKH MOHAMMAD ZUBAIR

HISTORY AND ESTABLISHMENT

The Dilawar Hussain Foundation traces its beginnings to the compassionate efforts of Dr. Dilawar Hussain's sons and grandchildren, who embarked on a journey of community service nearly three decades ago, prioritizing healthcare and education. It was in October 2011 that the foundation was formally registered, marking a significant milestone in their mission to uplift underprivileged communities. Over time, the foundation's focus evolved to address the pressing need for diabetes management and awareness. The inaugural clinic and management center in Gari Shahu, Lahore, served as the cornerstone of their efforts. Today, with three clinics in operation, including those in Feroz Pur Road and Kasur, the foundation continues to expand its reach and impact. As the Dilawar Hussain Foundation continues to grow, it remains dedicated to its core values of compassion, empowerment, and continual improvement, ensuring a brighter and healthier future for all.

BOARD MEMBERS



HASSAN SHEIKH
Chairman

Hassan, Co-founder and Chairman of Dilawar Hussain Foundation, spearheaded its growth from a modest dispensary to three advanced diabetes centers. With over a decade of leadership experience, he also serves as an Executive Board Director at CCL Group.



DR. AFSHAN MIR
Board Member

Dr. Afshan Mir, Lahore based Pediatrician. She is co-founder of Dilawar Hussain Foundation and is serving as board member since its inception. Has over two decades of experience in non-profit health care. Executive Member Association of Fatima Jinnah old graduates Gen. Sec. AFJOG 2016-2020 Finance Secretary QMAA.



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 of RTS Global Partners, a family business advisory firm with its headquarters in the UAE.

BOARD MEMBERS



DR. ABBAS RAZA
Board Member

Abbas Raza: President, International Society of Endocrinology, Consultant at Shaukat Khanum, Board member - Dilawar Hussain Foundation. Recognized with Lifetime Achievement (Pakistan Endocrine Society) and Tamgha-i-Imtiaz (Pakistan Govt.). Prolific peer-reviewed author.



ZAHID ZUBERI
Board Member

Zahid, a seasoned Chartered Accountant with over two decades of experience, has contributed significantly to renowned organizations like Americana, PepsiCo, Savola, Schering A.G., and Coca Cola Beverages Pakistan, spanning multiple countries.



YASIR ALTAF
Chief Program Officer

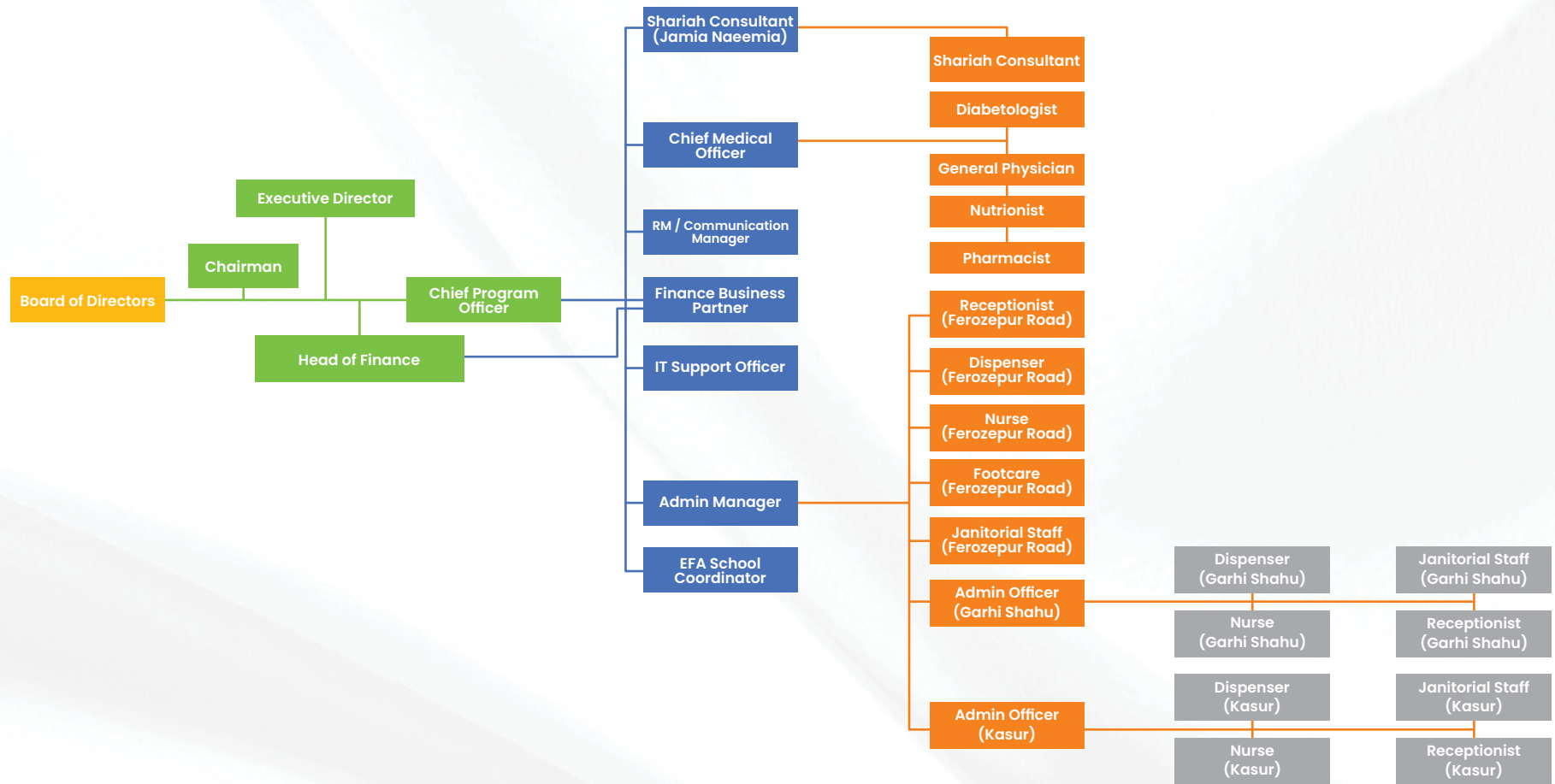
Yasir Altaf is a Social Development Professional, PHD Scholar, with extensive multi-disciplinary experience in international and national organizations. Expertise in administering donor-funded social programs, including healthcare, clean water, and disaster management.

OUR VISION

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

#DIABETESFREEWORLD

OUR ORGANOGRAM



OUR CENTERS

01 DIABETES MANAGEMENT CENTRE GARHI SHAHU-LAHORE

Diagnosis, treatment, nutritional counselling, 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 Center



02 DIABETES MANAGEMENT CENTRE GULBERG-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.



03 DIABETES MANAGEMENT CENTRE- KASUR

Our newest and third Diabetes Management centre 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 centre has served 20,789 diabetics within a year.

ذیابیطس کا عالمی دن
DIABETES AWARENESS WALK

14th Novemeber



اپنے اور اپنے خاندان کی صحت کی حفاظت کیلئے تشریف لائیں

اور اپنی شوگر چیک کروائیں

(فیروز پور روٹس سنٹر)

Dilawar Hussain
FOUNDATION

OUR SERVICES

#DIABETESFREEWORLD

MEDICAL CONSULTATION



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

ENDOCRINOLOGY CLINIC

Our endocrinology center now has a qualified endocrinologist who specializes in managing hormonal disorders, including diabetes, thyroid issues, obesity, hypertension, and dyslipidemia. Through expert diagnosis, personalized treatment plans, and patient education, we are able to ensure a holistic health approach, significantly improving patient outcomes and expanding our center's capability in treating complex conditions.



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.



OPHTHAMOLOGY CLINIC

Our ophthalmology clinic effectively addresses diabetic retinopathy, a leading cause of adult blindness, through timely screenings, early identification of at-risk individuals, and prompt interventions. These proactive measures significantly reduce the likelihood of vision damage, contributing to holistic diabetes management.



FOOT CARE

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.



PHARMACY

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 SERVICES

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.

SHARIA COMPLIANCE FOR ZAKAT DISTRIBUTION

At the Dilawar Hussain Foundation, we are committed to ensuring that Zakat donations are distributed in strict accordance with Sharia Islamic laws. To uphold this commitment, we have obtained certification from the esteemed Jamia Naeemia. A dedicated Sharia Consultant from Jamia Naeemia Mufti Saeed carefully assesses the eligibility of each patient seeking Zakat assistance. The consultant's expertise guides us in utilizing Zakat funds optimally and in alignment with Sharia principles. This collaboration ensures both ethical and religiously responsible use of these charitable contributions.



YOU MADE THIS POSSIBLE IN

2023

**TOTAL
PATIENT
80,968**



9.1% **7,368**
DISCOUNTED
PATIENT



89% **72,132**
FREE
PATIENT



1.8% **1,468**
SELF-PAID
PATIENT

- **FREE CAMPS**
- 9 Camps
 - 1486 Patients

- **Diabetes Walk**
- 4 Walks
 - 370 People

- **Diabetes Awareness**
- 77 Sessions
 - 3080 Patients

- **Lab Test**
- Patients 3327
 - Lab Test 5714

- **Foot Care Assessments**
- 1368 Patients

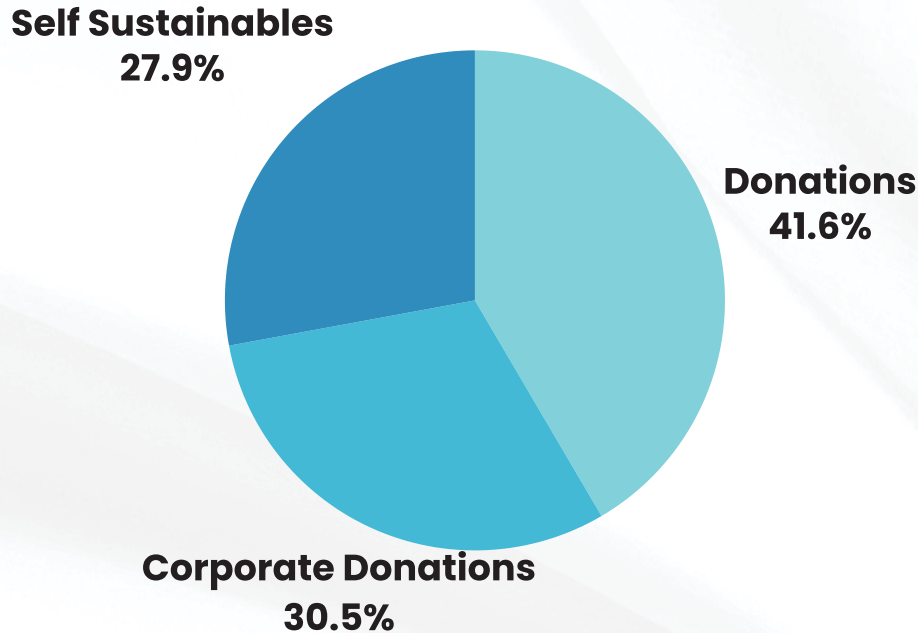
- **Education**
- 74 Students

OUR FINANCIALS



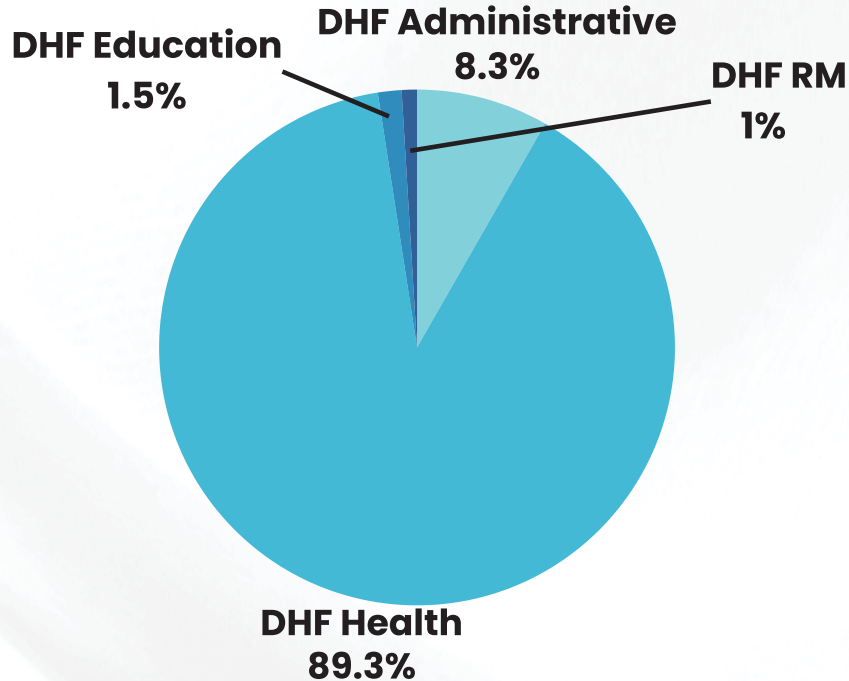
INFLOWS

TOTAL: 79,156,784



OUTFLOWS

TOTAL: 70,937,633



OUR CERTIFICATIONS



REGISTERED UNDER SOCIETES REGISTRATION ACT, XXL 1860

Non-Profit Organization
Under FBR Section 2 (36) of the income tax Ordinance,2001
(NTN-4164410-2)

Sharia Compliant JN- 381
in 2018 by Jamia - Naeemia, Lahore

Pakistan Center of Philanthropy
Issued on 30-06-2021

ISO Certification
Issued in June 2022



Dilawar Hussain
FOUNDATION

WORLD DIABETES DAY

HIGHLIGHTS OF THE YEAR 2023

#DIABETESFREEWORLD

ONBOARDING DOCTORS

DR. HIRA IRFAN (ENDOCRINOLOGIST)

Dr. Hira Irfan, a qualified Endocrinologist, began her medical journey at King Edward Medical University. A Fellow of the College of Physicians and Surgeons of Pakistan in Internal Medicine and Endocrinology, she has published articles in peer-reviewed journals. With a career spanning roles at Shaukat Khanum Hospital, she now serves as the Chief Medical Officer at the Dilawar Hussain Foundation's Diabetes Management Center, shaping diabetes care and implementing medical policies.



PROF. DR. HUMA KIYANI (OPHTHALMOLOGIST)

Introducing Huma Kayani Saigol, an accomplished Professor and Head of the Department at FJMU/SGRH. With a distinguished educational background holding MBBS, FCPS, FRCS, VRO (ICO), and MHPE, she brings a wealth of expertise to her role. As a seasoned professional, she plays a vital role in shaping medical education and healthcare practices.



MOU WITH LCCI

In 2023, we forged a meaningful partnership by signing an MOU with the Lahore Chamber of Commerce and Industry, furthering our shared commitment to community well-being.



DIABETES AWARENESS MONTH

During Diabetes Awareness Month, we hosted walks at three centers, screening camps, and awareness sessions. Join us to create a healthier community and spread the word about diabetes prevention and management. Let's make a positive impact together!

Awareness Walk



FREE Diabetes Screening Camp



Awareness Sessions



BREAST CANCER AWARENESS MONTH

In October, we prioritized Breast Cancer Awareness by organizing impactful sessions at our three centers. Our commitment to health and education is unwavering as we strive to make a positive impact in our community.



MOU WITH SUNDUS LAB



DHF forged a crucial partnership with Sundas Lab in 2023, marking a milestone in our commitment to advancing healthcare. The Memorandum of Understanding (MOU) solidifies our shared goals and amplifies our efforts to make a meaningful difference in diabetes management and overall well-being.

FREE DIABETIC CAMP AT FOUNTAIN HOUSE

Dilawar Hussain Foundation organized free diabetes camp at Fountain House, fostering health awareness and support, making the disease known.



FREE DIABETES CAMP AT KHAWAJA SIRA SOCIETY

Dilawar Hussain Foundation organized free medical and diabetes camp at Khawaja Sira Society to screen, diagnose and treat patients suffering from the diabetes.



GYMKHANA CAMP

In 2023, we conducted a diabetes awareness and screening stall at Gymkhana Lahore, fostering health awareness in the community.



COLLABORATION OF DHF AND EFA SCHOOL



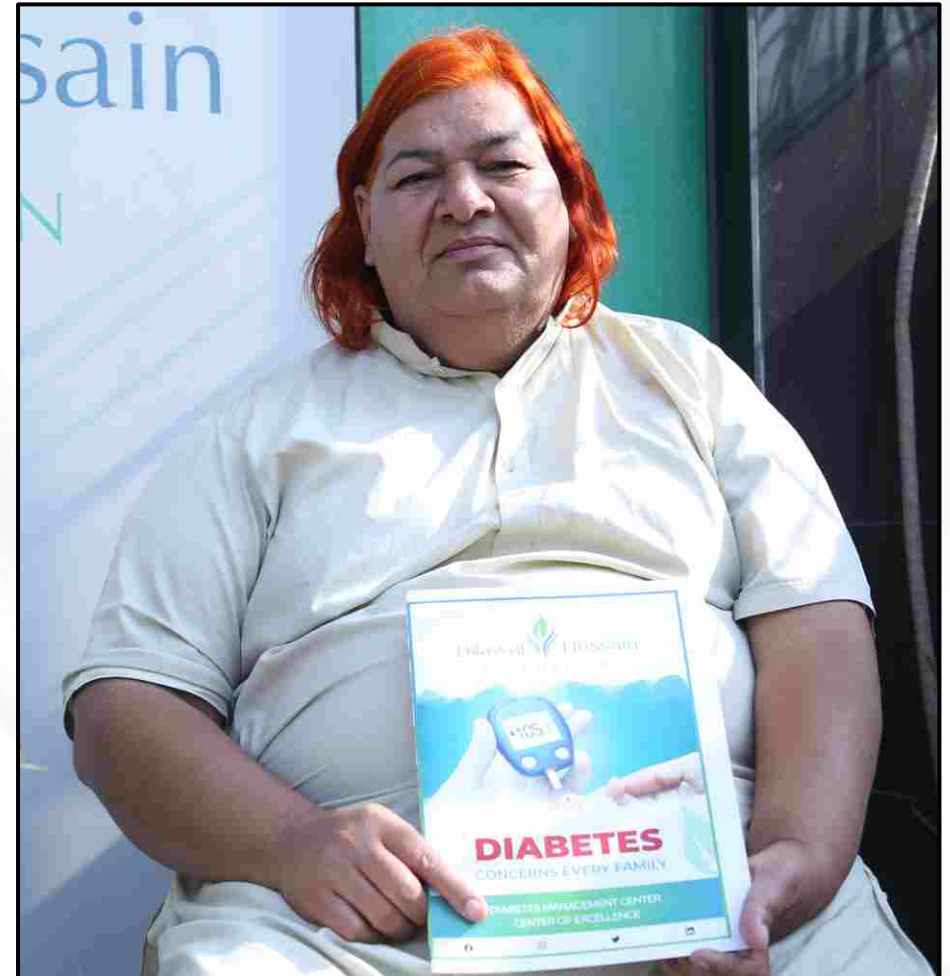
We believe every child has a right to a safe home and education. In 2021, we partnered with EFA School to achieve the vision.

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 uniforms.

TESTIMONIALS

Salman Soofi

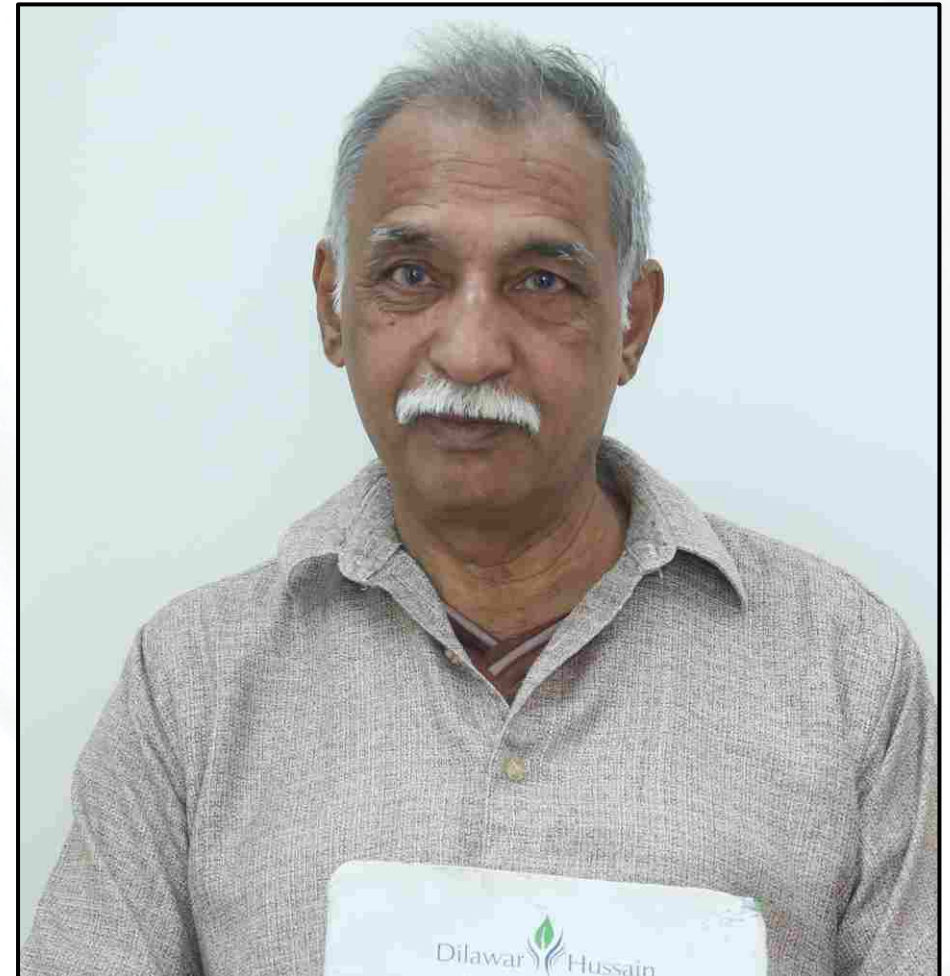
My name is Khuwaja Sira Salman Soofi. My treatment is going very well. My sugar levels were very high before i came to DHF Diabetes Management Centre Ferozpur Road. They did my entire treatment for free and also provided medicines. Thanks to Allah and to DHF doctors as my diabetes is under control now.



TESTIMONIALS

Muhammad Ashraf

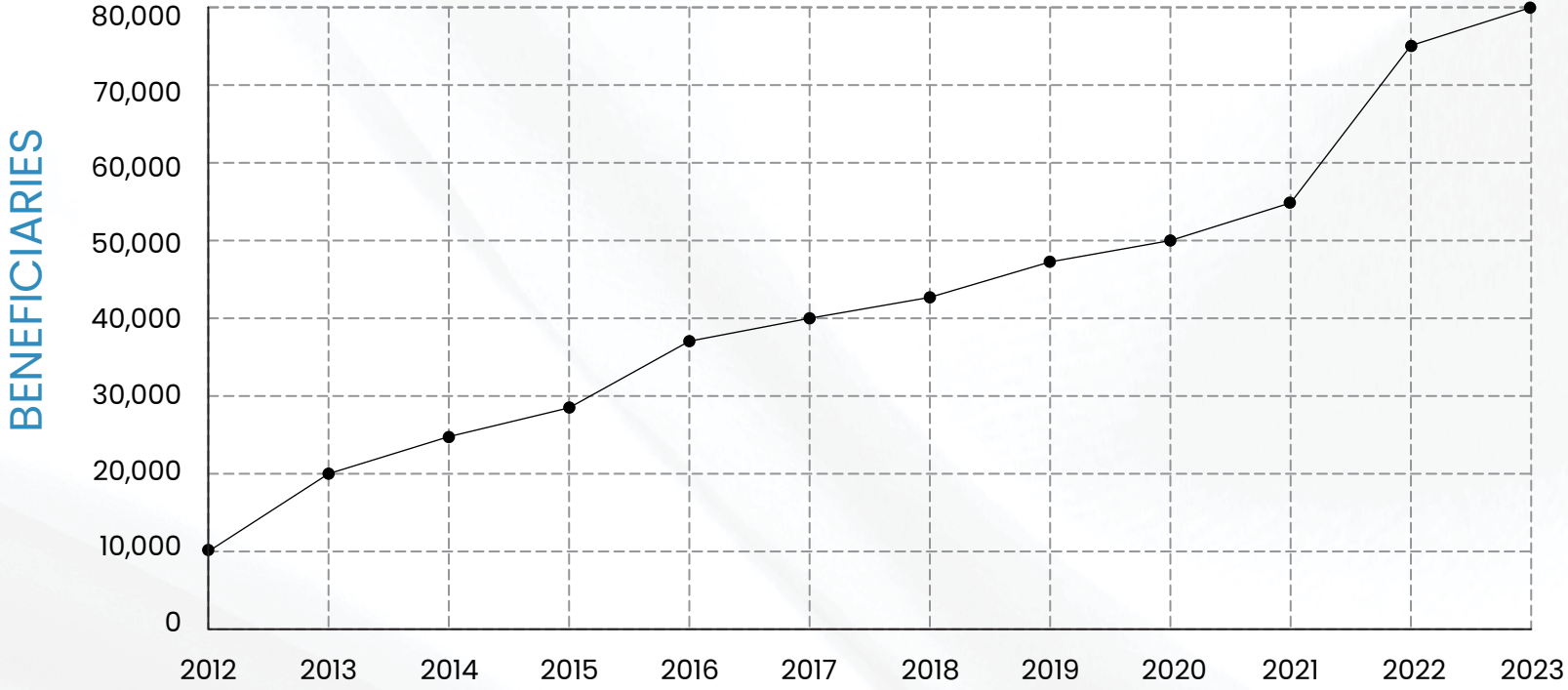
My name is Muhammad Arshad. I live in Kasur. Ever since I have started coming to DHF Center Kasur for my treatment, i feel very stable and better. I am very grateful to this organization and the people working here.



PARTNERS AND SPONSORS



2012-2023 OUR GROWTH





**STEP FORWARD
&
SUPPORT NOW!**

Join in giving a patient help!

2023-2024 RESEARCH & PUBLICATION:

We're researching ways to simplify diabetes management for adults, aiming to reduce pill burden and financial costs. Our survey evaluates the impact of this protocol on patients' diabetes management. Excitingly, we plan to present our findings at the international meeting, ICE 2024.

2025 WHAT'S AHEAD??

We're breaking barriers by introducing **E-CLINICS** in rural Punjab 100km away from **Kasur** by **2025**, creating awareness of this disease and it's compliance.

Ensuring quality healthcare for all. Stay tuned for impactful strides in accessibility and healthcare advancement.

Our vision to #BEATDIABETES cannot be accomplished alone.
Here are some of the ways in which you can support us:

FOR ZAKAT
faysalbank 

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

FOR CHARITY
Habib Bank 
HABIB BANK

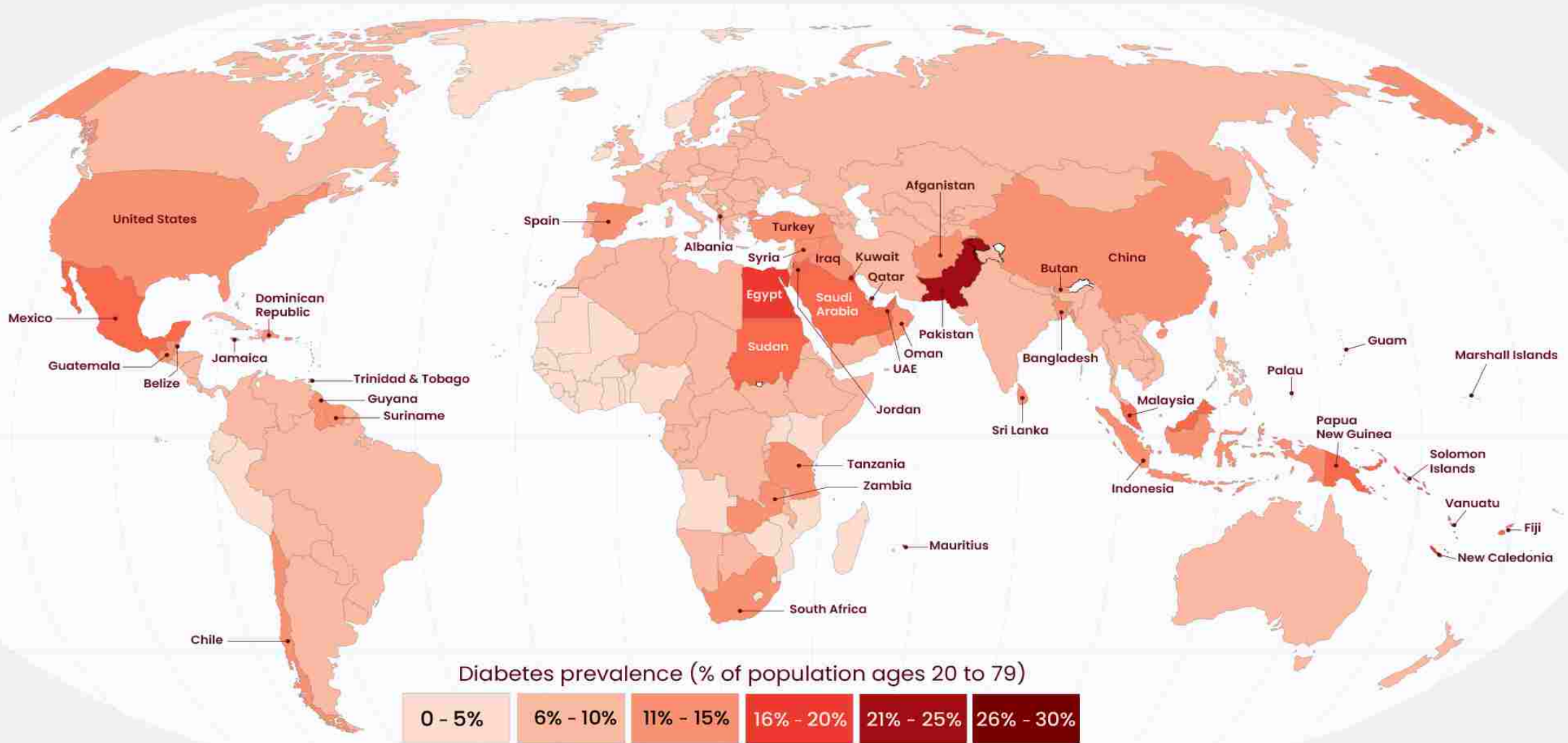
Account Title:
Dilawar Hussain Foundation
Account No:
0015897900771403
Branch:
Peco Road Centre 44-A-I
G.R.C.H.S Township, LHR

FOR FURTHER DETAILS CONTACT ADMIN

World's most Diabetic countries

Over 537 million adults aged 20-79 worldwide are currently living with diabetes, accounting for 10.5% of the population in this age range.

i Countries highlighted are those with a diabetes prevalence higher than 10%.



Diabetes incidence is predicted to rise to 643 million (11.3%) by 2030, and to 783 million (12.2%) by 2045.

Source: The World Bank 2021, IDF Atlas 10th edition



Dilawar Hussain

FOUNDATION

HEAD OFFICE:

65-Industrial Estate, Kot Lakhpat, Lahore.

DIABETES MANAGEMENT CENTER (FEROZEPUR ROAD)

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

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

DIABETES MANAGEMENT CENTER (GARHI SHAHO)

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

DIABETES MANAGEMENT CENTER (KASUR)

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

E-mail: info@dhf.org.pk **Web:** www.dhf.org.pk

    / dilawar hussain foundation