



# Indus Insights

January to March

**2025**

[www.indushospital.org.ae](http://www.indushospital.org.ae)



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.



## Khushiyon 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 Programme



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 Programme, which has transformed the lives of 900 children since its inception. The celebration served as a platform to raise awareness about clubfoot, emphasising its treatability with early intervention. Established in 2011 in collaboration with the Amer Haider Charitable Foundation, the Pehla Qadam Programme 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 paediatric 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 paediatric cancer programme.



## 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.



# The Indus Hospital, UAE

## Fundraising Events

The Indus Hospital held its annual fundraising gala in Dubai. This event featured guests Fahad Mustafa and Saad Haroon, who successfully brought together supporters to raise awareness and vital funds for healthcare services. A highlight of the evening was Fahad Mustafa's iconic "Kabhi Main Kabhi Tum" bike raising a staggering 46,000 AED during an auction. The event played a crucial role in emphasising the importance of accessible healthcare, illustrating the collective effort to support underserved populations in Pakistan.







■ Sharmeen Mehta

**T**HE youth of today are redefining the fabric of our society, harnessing their energy, passion, and dedication to drive transformative change. Recognising their potential, Indus Hospital & Health Network (IHHN) is dedicated to empowering its youth ambassadors to become pioneers of a better future. They are tackling pressing healthcare disparities through awareness, education, advocacy, and community engagement to shape a brighter future for thousands.

The Indus Hospital launched the Indus Youth Ambassador Programme (IYAP) in 2021, equipping these brilliant children to address the most pressing healthcare challenges on both local and global scales. Starting with 15 trailblazing young minds, IYAP has now grown to almost 200 dedicated individuals committed to saving lives. Thanks to their efforts, hundreds of fundraising campaigns have successfully resulted in millions of patients receiving free-of-cost, quality healthcare. They have worked tirelessly to raise funds for vital causes, ranging from nourishing mothers and their newborn babies, to supporting primary care initiatives to supporting children battling cancer.

Since its inception in 2007, Indus Hospital & Health Network (IHHN) has touched the lives of over six million patients annually in Pakistan. Under the inspired leadership of Dr Abdul Bari Khan, IHHN has grown into a robust healthcare ecosystem, comprising a network of hospitals, regional blood centres, physical rehabilitation centres, and primary care sites. Driven by an unwavering commitment to compassion and care, IHHN has consistently pushed the boundaries of healthcare accessibility, providing a safety net for the most vulnerable populations and illuminating a brighter future for millions. It is a true testament of the power of mobilisation and compassion.

Our youth ambassadors initiated the Childhood Cancer campaign on the online platform called Yalagive (with IAC-AD Permit No. PRFCE - 003622765) between September 2024 and February 2025. Their efforts facilitated comprehensive high-quality, free-of-cost healthcare services for children battling cancer. They raised awareness about healthcare challenges faced by these young warriors,

## The Indus Hospital Youth Ambassadors: Empowering a New Generation of Change-Makers



highlighting the impact of IHHN's paediatric cancer programme. The programme is one of South Asia's largest and most advanced paediatric oncology units, offering comprehensive care that includes both curative and palliative treatments. Childhood cancer poses a critical health challenge in Pakistan, with approximately 10,000-12,000 new cases reported annually. Despite the increasing burden, several factors contribute to the alarmingly low survival rates, which currently stand at 20-30 per cent, compared to 80 per cent in more developed nations. The root of the problem lies in the scarcity of specialised centres for diagnosis and treatment, particularly in rural areas, leaving many children without access to timely medical care.

IHHN's paediatric oncology ward has treated more than 14,000 children since its inception and performs over 150 che-

motherapy sessions every day. It has facilitated over 350 Tele-clinic consultations, empowered 250+ graduates through Indus Kay Sitara (in-house school), and provided essential medical care to 27,612+ outpatients, 2,994+ inpatients, and 10,966+ paediatric oncology consultations. The efforts of our youth ambassadors ensured an investment in the future and well-being of children battling cancer.

The enthusiasm and commitment of our young ambassadors have raised a remarkable number of donations. Their initiatives have facilitated access to quality medical treatment, empowered marginalised communities, and changed the lives of millions.

Our devoted youth ambassadors included Aafia Rafique Raza, Simran Ramechandani and Eimaan Irfan from Jumeirah College; Abdullah Minal from Jee Jumeirah;

Amina Mahmood and Mom Al Akbar from Repton School Dubai; Aasia Hussain and Enaya Alavi from Dubai British School Emirates Hills; Aaliya Masood, Disari Kalsoorji, and Rumaysa Farhan from Pristine Private School; Aryan Tiwana, Sulaiman Habib, and Zaki Ahmad Khawaja from Dubai American Academy; Dhruv Geshani from Millennium School; Ebrahim Jalli, Rayyan Sidat, Sakina Syed, and Mina Asjad from GEMS Jumeirah Primary School; Eeshal Ul Haq, Myra Shamim Maqbool, Aleeza Ahmed, and Nyta Sheikh from American School of Dubai; Fatima Malek Jaffer from Sumatree School; Hussain Ahmad from Gens Metropolis; Wafa Wasif from Nord Anglia International School Abu Dhabi; Nyla Wattanaewsechani from Gens Wellington International School; Samir Agarwal from Dubai International Academy Emirates Hills; Zoya Omer from Nord Anglia Dubai.

Indus Youth Mentors included Kiran Syed from Dubai College; Haider Afzal from Dubai International Academy; Emaan Asjad, Vivaan Shehri, Mohammad Danyal Khan, Alza Baig, and Saif Seer from Jumeirah College; Saif Shariff from Gens Dubai American Academy; and Eshal Alavi from Dubai British School Emirates Hills.

Indus Leaders included Sofia Omer from Dubai College; Eimaan Irfan from Jumeirah College; Hannah Khashief from Pristine Private School; Inan Riaz and Aishwarya Rana from Dubai International Academy Emirates Hills and Zoya Lakhani from Gens Wellington International School.

The enthusiasm and commitment of our young ambassadors have raised a remarkable Dh164,000. Their initiatives have facilitated access to quality healthcare, empowered marginalised communities, and changed the lives of millions.

Sakina and Kinan had the unique opportunity to visit IHHN's Korangi campus in Karachi and toured the hospital building. They visited the paediatric ward, engaged with key leaders, and gained valuable insights into the operational framework of the hospital. This was a moving experience for them that fostered a deeper sense of purpose and connection to the mission, instilling an appreciation of the monumental work being carried out.

Fatima Malek participated in an entrepreneurship extracurricular activity at her school, demonstrating her creativity by selling stationary packets. She was successfully able to sell her products for profit, and through her kindness and generosity, she donated all her earnings to IHHN.

Enaya demonstrated her dedication to IHHN by spearheading awareness efforts at her school. She took the initiative to organise presentations for Key Stage 3 students, educating her peers about the hospital's mission and impact. Through her efforts, she inspired her fellow students to learn more about IHHN's vital work and the importance of giving back to the community.

The unwavering dedication shown by our youth ambassadors serves as a powerful reminder that young people can lead impactful change when motivated by a noble cause. As pioneers, they have channelled their collective passion, creativity, and commitment to make a significant difference. Indus is truly blessed to have the support of these young superheroes as they continue to aid this incredible humanitarian mission.

We are thrilled to share that the impactful work of our Youth Ambassadors has recently been recognised internationally. An article highlighting their dedication and efforts was published in the esteemed Khaleej Times in their special March 21, 2025 edition. We believe in nurturing the next generation of compassionate leaders through our Indus Youth Ambassador Programme, as these young trailblazers embody the spirit of service and innovation,





**INDUS HOSPITAL  
&  
HEALTH NETWORK**

IHHN has grown into a pillar of support for millions and stands as one of the most impactful healthcare networks

■ Shameen Mehta

**F**OR decades, Pakistan's healthcare system has continuously struggled to provide adequate care, with an alarming 60 per cent of the population lacking access to essential health services. With insufficient funding, inefficient resource allocation, and a shortage of healthcare professionals, the country's healthcare infrastructure is highly underdeveloped.

The lack of access to basic healthcare services, particularly in rural areas, has resulted in poor health outcomes, high expenditures, and a significant burden on the country's economy. Pakistan's healthcare expenditure accounts for less than three per cent of the country's GDP and has a shortage of 50,000 doctors and 100,000 nurses. Hence, providing quality care to a massive population of over 280 million people has become an almost insurmountable task.

The healthcare system in Pakistan is in dire need of reform, needing strict implementations of new healthcare facilities to alleviate the suffering of millions of its citizens. Basic Health Units (BHUs) and Rural Health Centres (RHCs) are one of the scarce facilities that provide basic healthcare, but unfortunately they are heavily underutilised due to lack of human capital, lack of education, and limited transportation options. People in rural villages cannot afford to walk miles and miles to visit a primary-care doctor, and instead suffer from preventable diseases for years.

Amidst these disheartening conditions, Indus Hospital & Health Network (IHHN) is a leading force in addressing systemic healthcare challenges, providing comprehensive, free healthcare services across Pakistan and bringing positive change in the lives of millions. Offering services such as family medicine, paediatric cancer treatment, and surgeries, this modest hospital was the catalyst for a far-reaching impact, spark-



ing a chain reaction of compassion that resonates across the country.

Beginning as a single 150-bed hospital in 2007, it was born out of a vision to address the urgent need for quality healthcare. Today, IHHN has grown into a pillar of support for millions and stands as one of Pakistan's largest and most impactful healthcare networks, embodying the ethos of compassion, excellence, and inclusivity. But the journey is far from over; despite treating six million people annually, a staggering number of individuals remain in desperate need of care. Hence, the expansion project came to life to meet the demands of a nation in need.

IHHN is in the process of constructing a state-of-the-art 1,350-bed facility in Karachi, significantly increasing its healthcare capacity and providing free-of-cost, high-quality services to thousands. The new hospital will serve an estimated 1.2 million outpatients, 500,000 ER patients, and 100,000 in-

patients annually. This would be a 176 per cent increase in patient volume, underscoring the dire healthcare crisis gripping the nation's people.

For the past four years, the expansion phase has seen significant milestones, with the structures of key buildings completed in 2023. Operationalisation of critical facilities has progressed steadily, including the relocation of the Blood Center, Emergency Room, Resuscitation Bays, Operation Theatres, Tele Emergency Services, and Family Medicine Clinics. Notably, the Emergency Room is now operational with 44 beds and eight clinics, while 44 Filter Clinics and 28 OPD Clinics are set up and running.

From paperless facilities to electronic medical records to centralised monitoring systems, the new building's incredibly sophisticated and modern technology is finally accessible to the underprivileged, who rarely have access to such services. This long-standing disparity is now

HISTORY IN THE MAKING:

## Pakistan's Largest Free-of-cost Hospital Revolutionising Healthcare



being bridged, with the fundamental right to quality healthcare being upheld that ensures essential needs are met with dignity and compassion.

Additionally, IHHN's new building aims to resolve Pakistan's perennial struggle with a shortage of skilled medical professionals through the Indus University of Health Sciences (IUHS), a pioneering institution that trains healthcare professionals. IUHS will scale its programmes, introducing seven new colleges and accommodating 3,000 students (projected). This strategic initiative ensures a continuous and robust pipeline of healthcare providers, thereby fortifying the country's healthcare infrastructure.

IHHN has grown exponentially, now boasting an impressive network of 12

hospitals, four regional blood centres, three physical rehabilitation centres, and over 100 primary care sites. The new building will be Pakistan's largest free-of-cost hospital, showcasing the unwavering commitment and support of thousands of individuals across the globe.

This monumental accomplishment is paving the way for a brighter, healthier future for generations to come. Beyond bricks and mortar, it's a better tomorrow for Pakistan – a sustainable ecosystem that is creating a more compassionate equitable future. With your support, the hospital is poised for further growth and development in the coming years, solidifying its position as a lifeline for the most vulnerable populations and being a national asset for generations to come.

SOURCES:  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC10548490/>  
[https://www.finance.gov.pk/survey/chapter\\_24/11\\_health.pdf](https://www.finance.gov.pk/survey/chapter_24/11_health.pdf)  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC1032330/>  
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channeling their passion to create positive change in their communities. Additionally, an article regarding IHHN's expansion programme was also published, showcasing the rapid progress being made to increase healthcare access to all.



## Unite to Heal Campaign



# UNITE TO HEAL

*this Ramadan*

Indus Hospital & Health Network treats over **6 million** patients every year, completely **FREE** of cost!

*Every small act of kindness matters!*

But the journey doesn't end here. It's never too late to join our growing army of Youth Ambassadors! We're excited to announce our latest campaign on YallaGive is still live, where you can contribute and be a part of the movement to bring healthcare within reach of all. Together, let's continue to inspire change and make a difference, one act of kindness at a time.



# 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***





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