

INDUS INSIGHTS

JULY TO SEPTEMBER 2024



Dear Supporters,

We are pleased to share the latest updates from Indus Hospital & Health Network with you. Thanks to your unwavering generosity, we have been able to continue our mission of providing free, quality healthcare to those who need it most. In this newsletter, you will find highlights of our recent achievements, our fundraising events, and how your contributions have made a tangible impact on the lives of countless individuals. Together, we are making a difference, and we are excited to share our journey with you.



Updates from the Network

Pioneering Health Services at K2 Base Camp

Indus Hospital and Health Network (IHHN) has launched Pakistan's first medical camp at the K2 Base Camp, addressing critical medical needs for climbers in one of the world's most challenging environments. This groundbreaking initiative offers free medical services for conditions like altitude sickness and frostbite, significantly improving the

safety and health of climbers and local guides who previously faced daunting delays in receiving care. With this pioneering effort, IHHN not only enhances medical support for mountaineering but also positions Pakistan as a leader in mountaineering medicine, fostering tourism and local economic growth.

Advancing Orthopedic Education: Successful AO Foundation Seminars



The Department of Orthopedics & Traumatology at IHHN recently hosted two successful workshops in collaboration with the AO Foundation Switzerland, supported by Depuy Synthes and Essity Pakistan. These hands-on seminars focused on Non-Operative and Operative Fracture Management and attracted over 100

participants from various hospitals and trauma centres in Karachi. Led by Dr. Ala' Abuhijeh, an orthopedic consultant from Jordan, the workshops featured contributions from more than 30 orthopedic specialists and faculty from across Pakistan, enhancing the knowledge and skills of attendees in orthopedic care.

Advancing Clinical Research: IHHN and Getz Pharma Partnership



In July, IHHN and Getz Pharma signed an agreement to launch an observational study comparing Silodosin and Tamsulosin for the treatment of acutely obstructing ureteral calculi. This significant multi-centre, randomised study involves 14 hospitals across Pakistan and aims to enhance medical expulsive therapy for patients with a history of ureteral stones. The signing ceremony featured key figures from both organisations, highlighting the importance of this collaboration in fostering clinical research and strengthening partnerships between healthcare institutions and pharmaceutical companies in the region.

Milestone Achieved: Successful Deliveries at Nokkundi Health Centre

In August, the Community Health & MCH Centre in Nokkundi, Balochistan celebrated a significant milestone with the first successful deliveries under the new 24/7 midwifery services initiated by IHHN.



This initiative addresses the critical healthcare needs of the marginalised Nokkundi community, ensuring safe deliveries and providing hope for improved maternal and child health.

Healing Through Art: IHHN and BrainSPACE Collaboration



In the month of August, IHHN partnered with BrainSPACE to host a transformative workshop for young cancer patients at the Karachi Campus. Led by Fatin Khalil, the workshop featured mindfulness sessions and creative art activities designed to uplift the children's spirits. Participants expressed their emotions through art, culminating in a heartwarming ceremony where they were crowned with henna wreaths, celebrating their resilience. This initiative is part of the Global South Arts & Health Week, emphasising the vital role of creative arts in promoting health and well-being.

Indus Hospital's Summer Camp 2024: A Journey of Joy and Healing



Indus Hospital's Summer Camp 2024, organised in collaboration with the Faryal Kamran Initiative, provided a month of joy, creativity, and healing for over 500 paediatric patients, particularly those undergoing oncology treatment. The camp focused on enhancing emotional and psychological well-being through engaging activities like emotional literacy sessions, coping skills workshops, yoga, mindfulness, and art-based activities. Highlights included a captivating magic show and a hands-on pottery experience, both designed to foster creativity and joy.

Global Advocacy: Ethan Guo Champions Childhood Cancer Awareness at Indus Hospital



An 18-year-old activist Ethan Ruwi Guo visited Indus Hospital in Karachi to promote awareness of childhood cancer as part of his global mission. During his tour, he engaged with young patients in the paediatric oncology ward and learned about the hospital's advanced treatment protocols from the palliative care team. His visit highlighted the importance of international collaboration in promoting health awareness and community wellness, reinforcing Indus Hospital's dedication to delivering top-tier healthcare to all patients.

Enhancing Public Health: IHHN Delivers 40 Water Filtration Plants to Sindh Government

IHHN handed over 40 newly installed water filtration plants to the Sindh government in a ceremony at Government Hospital, Shah Faisal Korangi, Karachi. This initiative aims to combat waterborne diseases following the 2022 floods that severely damaged infrastructure and access to clean drinking water.

The filtration plants, equipped with advanced technologies and solar panels, can produce up to 50,000 gallons of clean water daily, ensuring safe drinking water in flood-affected areas. Following a successful operational testing phase, this handover marks a significant step in improving public health and resilience in the region.



Annual Cycling Event: "Ride. Bike. Save Lives. 2024"



In September, IHHN hosted its Annual Cycling Event, "Ride. Bike. Save Lives. 2024," in collaboration with Critical Mass Karachi and Port Grand. The event aimed to raise awareness for Childhood Cancer and attracted over 400 cyclists from across Karachi. Notable participants included IHHN leaders who emphasised the need for

continued support for paediatric oncology. The event was made memorable by the attendance of young cancer patients, who presented heartfelt cards to the cyclists. The ride concluded at Port Grand with a celebratory ceremony, highlighting IHHN's commitment to providing quality healthcare to underserved communities.

First-Ever CT Scan in Gwadar

The GDA Pak-China Friendship Hospital, managed by Indus Hospital & Health Network, successfully completed its first-ever CT scan on September 25, 2024. This groundbreaking development significantly enhances healthcare accessibility for Gwadar residents, who previously travelled long distances for diagnostic tests.



The new CT scan facility promises to improve the efficiency and effectiveness of medical treatments in the region. Hospital management praised the achievement and expressed hopes for further advancements in healthcare services.

International Events and Milestones Supporting IHHN

Fundraising Events: Indus Health Network, UK

K2 Base Camp & Gondogoro La Circuit Trek - July 2024



Anas Raza



Asrar Ahmad



Bilal Aslam



Qamar Shahbaz



Rehan Arshad



Shahid Chaudhry

K2 Gondogoro La Circuit Trek Pakistan

In July 2024, a passionate team of six adventurers from Scotland, led by Asrar Ahmad and supported by Haris Ahmed and Mustafa Khan, embarked on the challenging K2 Base Camp & Gondogoro La Circuit Trek. This journey was more than a test of endurance; it was a mission to make a difference. The team raised funds for IHHN, supporting their mission to provide free, quality healthcare to the underserved communities in Pakistan. The trek not only exemplified the spirit of adventure but also highlighted the power of collective action in supporting those in need.


Annual Festival of Voice of South Asian Art & Literature - London






During the UK tour, Dr. Abdul Bari Khan and Dr. Farah Bari took centre stage at the Annual Festival of Voice of South Asian Art & Literature, held at the Bloomsbury Theatre in London. The event brought together a diverse audience to celebrate the rich cultural heritage of South Asia, through art, literature, and inspiring dialogues. Dr. Abdul Bari Khan and Dr. Farah Bari's participation highlighted the important intersection between art and humanitarian efforts, showcasing IHHN's mission to provide free and quality healthcare to underserved communities in Pakistan.



Ashura Event - Live Appeal on Urdu Live TV



	SAVE LIVES IN MUHARRAM			STUDIO 020 8518 0244
	ACCOUNT NAME INDUS HEALTH NETWORK	ACC NO 2732 9705	SORT CODE 23-05-80	DONATE 0207 993 8082
	BANK METRO BANK	IBAN GB42 MYMB 2305 8027 3297 05	SWIFT MYMB GB2L	indushospital.org.uk
	 LOWING WAYS  £15 A MONTH – SUPPORT ONE CHEMOTHERAPY SESSION EVERY MON			

On July 12, 2024, our Ashura Event featured a live appeal on Urdu Live TV, drawing significant attention to the pressing need for free healthcare in Pakistan. The event united viewers and donors, inspiring generous contributions aimed at supporting the

vulnerable populations in the region. The solidarity shown during this broadcast highlighted our shared commitment to improving lives and delivering essential medical services to those in need.

Cricket Charity Tournaments - Leeds & Liverpool


In July and August, cricket enthusiasts came together for Charity Cricket Tournaments in Leeds and Liverpool, all in support of the Indus Hospital & Health Network. These events brought together players and supporters in a spirit of friendly competition, raising vital funds to provide free, quality healthcare to underserved communities in Pakistan. Both tournaments were marked by sportsmanship, community engagement, and a shared commitment to making a difference, showcasing how the love for cricket can unite people for a greater cause.




Donation Appeal with Dr. Bari, Nauman Ijaz, and Sohail Zaraar

On September 18, 2024 renowned personalities Dr. Bari, Nauman Ijaz, and Sohail Zaraar joined forces for a powerful donation appeal on Islam Channel Urdu, hosted by Ibrahim Jamali. This engaging session captivated viewers, encouraging them to

contribute to our ongoing efforts to provide free healthcare to those in dire need in Pakistan. The event exemplified how influential voices can amplify our message and inspire action for a vital cause.





DR SAIMA RAUF
MANCHESTER


£75 5 CHILDREN'S EMERGENCY TREATMENTS

£150 10 CHILDREN'S EMERGENCY TREATMENTS

STUDIO **020 8518 0244**

DONATE **0207 993 8082**

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SAVE LIVES WITH INDUS

ACCOUNT NAME INDUS HEALTH NETWORK	ACC NO 2732 9705	SORT CODE 23-05-80
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GIVE MEANING. YOU CAN PARTICIPATE IN THIS APPEAL IN THE FOLLOWING WAYS:

Golf Tournament - London

The London Golf Tournament on September 19, 2024 offered a day of sport, networking, and philanthropy. Participants enjoyed a fantastic day on the greens while contributing to our fundraising efforts for healthcare services in Pakistan. The tournament not only highlighted the importance of community engagement but also demonstrated how we can make a difference through leisure activities.



Fundraising Tour with Nauman Ijaz, Wasi Shah, and Dr. Bari (September 20-30, 2024)



Our Fundraising Tour from September 20th to 30th was a remarkable journey through several cities, including Swindon, Harrow, Edinburgh, Newcastle, Liverpool, Dewberry, East London, Ipswich and Glasgow, featuring esteemed personalities Nauman Ijaz, Wasi Shah, and Dr. Abdul Bari Khan. Each event was met with enthusiasm and support, as attendees engaged with our mission to provide essential healthcare to vulnerable populations in Pakistan. The tour not only raised crucial funds but also fostered a deeper connection with our donors, reinforcing the importance of community and compassion.

Expansion Update: IHHN'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:

- Energy Centre (EC) Building:**
 Substantial completion of the grey structure work.
- Parking Facilities:**
 Partial operationalisation of two parking floors, improving access and convenience for patients and visitors.
- Emergency Room (ER) Drop-off:**
 Completion of the MS canopy installation at the ER drop-off area.
- Hospital Building-2 (HB-2):**
 Commissioning of the second chiller, enhancing the building's HVAC capacity.
- Hospital Building-1 (HB-1):**
 Substantial completion of architectural finishes and MEP (Mechanical, Electrical, and Plumbing) works on the ground floor and from the 6th to the 9th floors (Towers A & B).

The Emergency Room will be operational in October, 2024.





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Indus Health Network UK is registered with the Charity Commission of
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