

اینما کنت - نحن معنا

Wherever you are, we remain together

آپ جہاں بھی ہیں ہم آپ کے ساتھ ہیں

Aware

Is an arc of the
global symbol for
diabetes
awareness



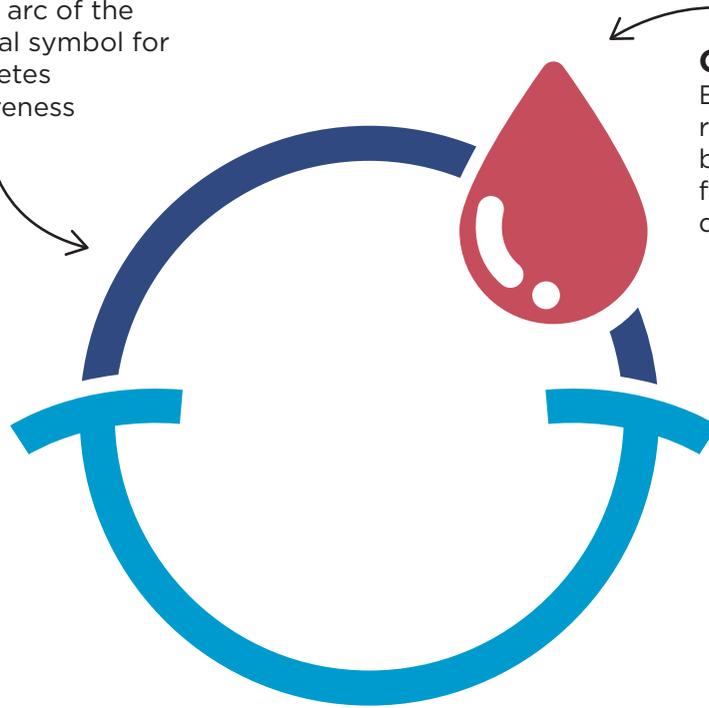
Care

Blood drop
represents care
by the patient,
family and
diabetes team



Smile

Sugar Hospital gives
another reason to smile







FATHER OF ALL RIVERS ABASEEN

More commonly known as '**Indus River**', '**Abaseen**' means the 'father of rivers' in Pashto. Flowing from western Tibet, the river traverses the entirety of Pakistan. Its changing tides and immense reach symbolises the challenges and ambitions of AIMS.





ABOUT PAKISTAN

Pakistan is a country blessed with tremendous promise and tested with towering challenges. Khyber Pakhtunkhwa, the province in which AIMS currently operates, is specifically tested with health-related challenges that urgently require committed, qualified, 'on the ground' help to appropriately serve.



Abaseen Institute of Medical Sciences - AIMS, is a non profit organisation registered with the KP Social Welfare Department. It was the idea of a young group of Pakistani trainee doctors who organised to combat non-communicable diseases (NCD) in their country.

*Partnership with Diabetes Association
Managing partner*
– Sugar Hospital
– Community NCD Proram



ABOUT US





VISION

Lead a comprehensive, quality assured and affordable diabetes healthcare institute

MISSION

Pool up resources for Diabetes and NCD healthcare development with the help of the public and private sectors in KP and Pakistan

**Non-communicable disease*



OBJECTIVES

- 01** Provide high quality medical treatment and develop curative strategies for those who cannot afford treatment of Diabetes and other NCDs*
- 02** Integrate medical research, training and education for professionals
- 03** Implement community health awareness, disease prevention strategies, advocacy campaigns for diabetes & NCDs* and improve access to care



The Diabetes Association, Khyber Pakhtunkhwa was established in 1985 as a registered charitable organization. The Association is affiliated with the Diabetes Association of Pakistan and through it with the International Diabetes Federation.

Partnership with AIMS

- Diabetes Association KP and AIMS work together under a long term MOU*
- Owner of Land and building of Sugar Hospital in Hayatabad*



ABOUT US

Since its inception, the Diabetes Association KP is engaged in community health education and promoting a healthy life style. It is also providing free and highly subsidized diagnostic and curative services with the help of skilled professionals and volunteers. These services are being imparted through Diabetes Hospital and Research Centre Hyatabad Peshawar and its network in other districts of KP, namely, Peshawar, Dera Ismail Khan, Charsadda, Bannu, Abbottabad, Mardan, Buner, Nowshera, Lower Dir.



VISION

A society, where people are well informed regarding the prevention and care of Diabetes



OBJECTIVES

- 01** Create mass awareness regarding Diabetes and provide high quality care to people with Diabetes in Khyber Pakhtunkhwa
- 02** Establish DA-KP branches in all Districts of Khyber Pakhtunkhwa
- 03** Provide guidance to District branches in improving diabetes care in local communities

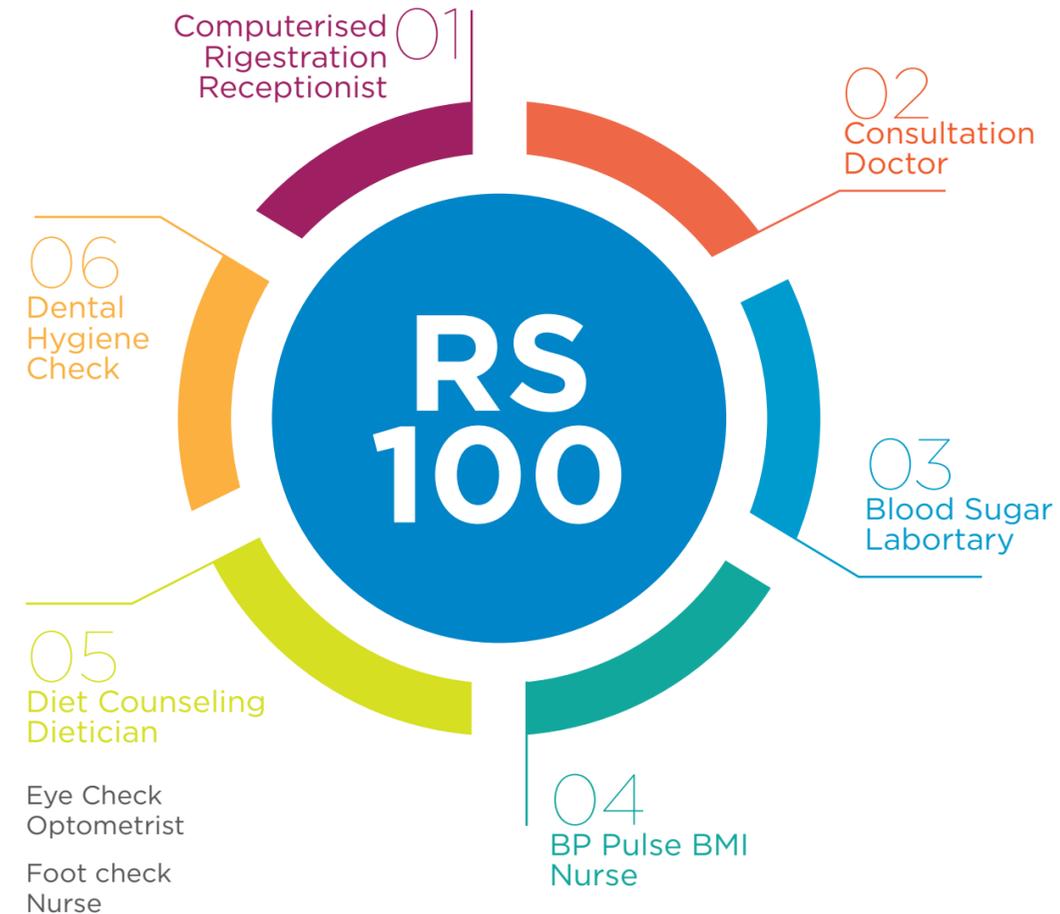
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DIABETES CIRCLE of CARE

DISCOUNT
Pharmacy **10%**
laboratory **30%**

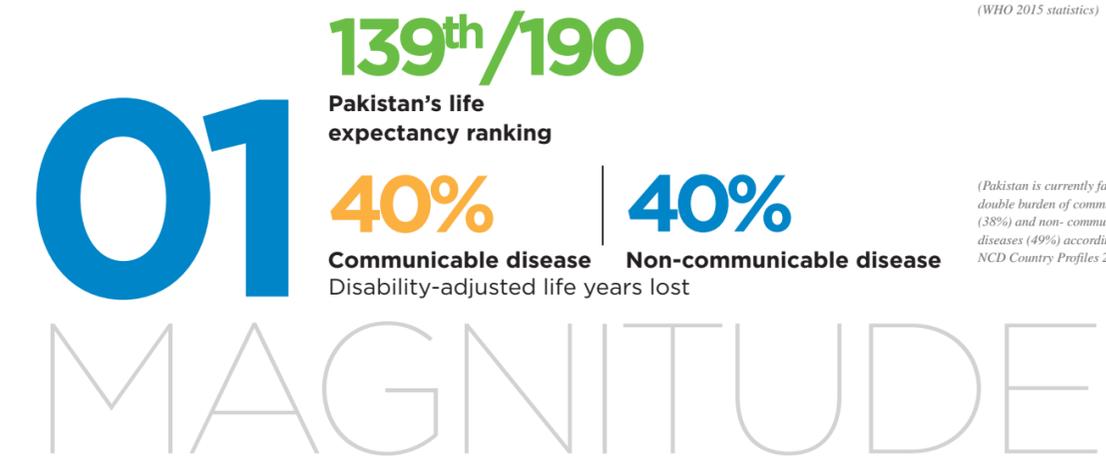


The hospital's trained professionals provide an affordable, high quality level of care that is especially comprehensive for patients who have Diabetes

Our circle of care is unique since under the same roof Diabetes patients can effortlessly receive all their required treatments

The hospital also has visiting specialists in endocrinology, cardiology, ophthalmology and pathology

WE ASPIRE AND CALL UPON MEN, WOMEN AND CHILDREN OF KP AND PAKISTAN INCLUDING THOSE LIVING ABROAD INFLUENCED BY DIABETES TO OWN, LEAD AND MANAGE A DIABETES & NON COMMUNICABLE DISEASE CARE PROGRAM THAT IS DIGNIFIED, PROFESSIONAL AND SELF SUSTAINABLE



“World Diabetes Day 2015 at Sugar Hospital Hayatabad”



AIMS PAKISTAN ORGANISATION

02
 SUGAR HOSPITAL

Together we the people influenced by diabetes will build a Diabetes Specialist Hospital to cater for needs of people with diabetes and its complications that will also serve as a referral centre and institution at Primary, Secondary and Tertiary Care level for people and professionals in KP and Pakistan.

03



Since its inception in 1995, AIMS's Community Program has regularly held diabetes awareness, screening & treatment camps across KP. The program is also responsible for generating funds for projects and creating public private partnerships.

COMMUNITY PROGRAM

2014 - 17

600
Camps

30000
Benifited

2018 +

30000
To benefit annually

Public-private partnership with Peshawar District Government to hold camps in all Union Councils

Our camp activity include

- 1 Health awareness & screening for Diabetes, Hypertension and NCDs
- 2 Guidance and referrals for further treatment
- 3 Data collection to be used for community based research and advocacy

04

From doctors to social workers, students to accountants, home-makers to academics; many people are giving their invaluable time and effort in helping us achieve our goals. We are extremely grateful and invite you to join us to guarantee a sustainable future.

MEMBERSHIP



Please join and become member of
Sugar Hospital Support (SHS) Group.
Please visit us at www.abaseen.aimspk.com

ABASEEN INSTITUTE OF MEDICAL SCIENCES
& DIABETES ASSOCIATION KP

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05

PEOPLE

AIMS Team

| | | | |
|-------------------------|-------------------|-----------------------|--------|
| Dr. Zia Ul Hasan | President | Mr.Saalim Khalil | Member |
| Mr. Abdus Salam | Vice President | Dr. Shagufta Zia | Member |
| Dr. Malik Javed | Joint Secretary | Dr. Mazhar | Member |
| Mr. Ayaz Mujahid | General Secretary | Mr. Asad Ullah | Member |
| Dr. Saeed Anwar | Member | Mr. Hikmatyar Hasan | Member |
| Mr. Faheem Siddiqui | Member | Mr. Minhajuddin | Member |
| Mr. Hameed Ullah | Member | Dr. Adil Zarif | Member |
| Dr. Muhammad Ayaz | Member | Dr. Hamza Wazir | Member |
| Dr. Riffat Aziz | Member | Mr. Muhammad Afrasiab | Member |
| Mr. Qurban Ali | Member | Mr. M. Irfanullah | Member |
| Dr. Fakhra Alam | Member | Mr. Saad Kakakhel | Member |
| Mr. Muhammad Latif | Member | Mr. Ahmedyar Hasan | Member |
| Dr. Saeed Ahmad | Member | Dr. Huma Javed | Member |
| Dr. Amjad Ali Bacha | Member | Mr. Kashif Azam | Member |
| Dr. Altaf Qadir Khattak | Member | Mr. Fawad Khan | Member |
| Dr. Ejaz Waseem | Member | Mr. Riaz Azmat | Member |

Diabetes Association - KP Team

| | |
|-------------------------|--|
| Dr. Zia Ul Hasan | President |
| Prof. Dr. A. H. Aamir | S. Vice President |
| Haji Abdul Salam Arif | Vice President - Charsadda Zone |
| Mr. Tahmas Khan | Vice President - Abbottabad Zone |
| Mr. Hakim Zada | Vice President - Buner Zone |
| Mr. M. Jehangir Khan | Vice President - Dera Ismail Khan Zone |
| Haji M. Ajmal Qamar | Vice President - Bannu Zone |
| Dr. Tufail Muhammad | General Secretary |
| Dr. S. Hakeem Shah | Finance Secretary |
| Dr. Saeed Anwar | Joint Secretary |
| Mr. Ayaz Mujahid | Public Relation Secretary |
| Prof. Dr. Mustafa Iqbal | Advisor of Diabetes Association Research & Development |
| Dr. Sobia Sabir Ali | Medical Director |
| Mr. Yasir Ali Bacha | Legal Advisor |
| Mehar Taj Rooghani | Executive Member |
| Dr. Amjad Ali | Executive Member- Overseas Affairs |
| Dr. Shaukat A. Khan | Executive Member |
| Dr. Muhammad Ayaz | Executive Member |
| Prof. Dr. Zafar Iqbal | Executive Member |
| Dr. Ghulam Mohyuddin | Executive Member |
| Dr. Khalid Usman | Executive Member |
| Dr. Arshad Hussain | Executive Member |
| Dr. Nizam | Executive Member |
| Dr. Muhammad Wisal | Executive Member |



06



STORIES



Life and limb

A 50 year old gentleman with type 2 Diabetes had an infection in his left big toe for a whole year. He had been told to amputate the toe by various diabetes specialists. He attended our clinic and with blood glucose control as well as six weeks antibiotics, his infection healed. He was so impressed with the service that he gave a donation of Rs 50,000. As a middle class individual, this is a really huge donation



Volunteers

AIMS carries out multiple awareness camps every year including a World Diabetes Day event. Such events would not be possible without our generous volunteers. Two medical students who are always able to gather many others have helped AIMS in many ways over the last three years; Dr Khalid Rashid & Dr Salman Qureshi



Events

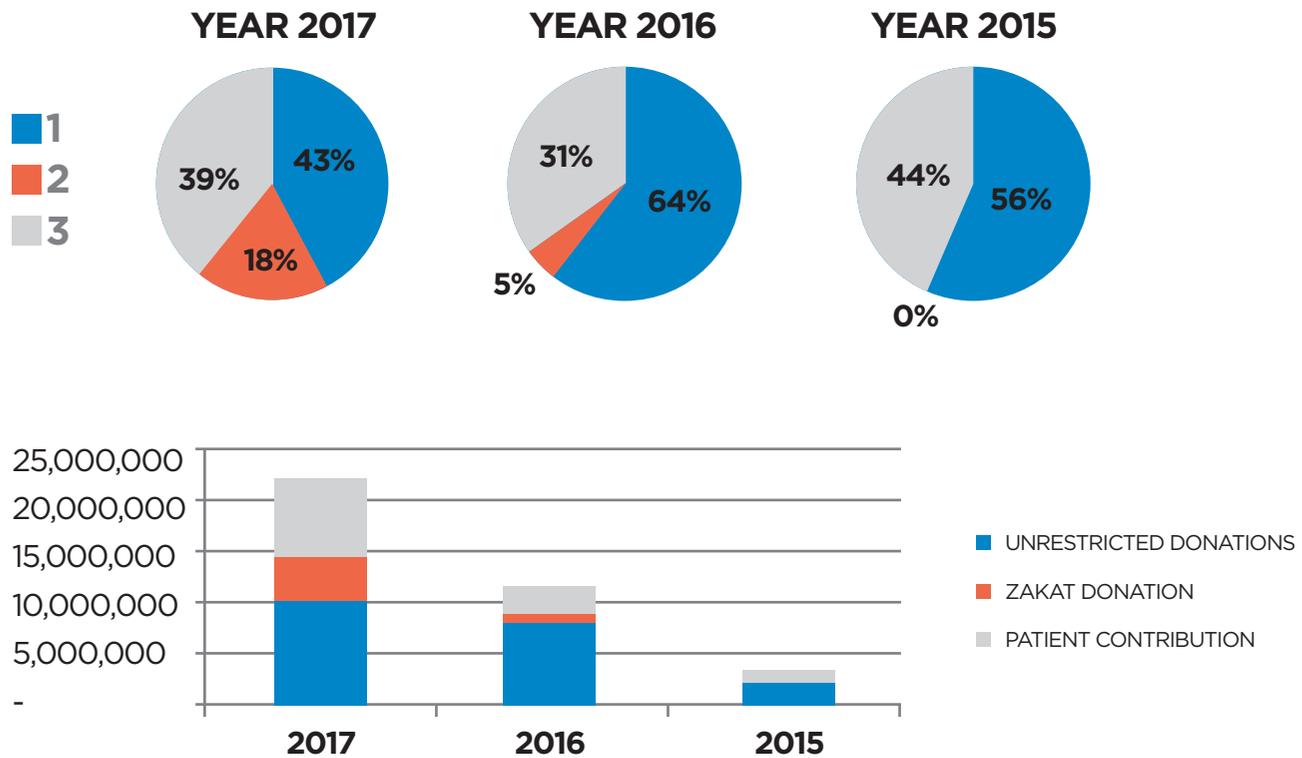
World Diabetes Day is a UN reserved annual day to raise awareness of diabetes around the world. As such, AIMS also holds an annual diabetes event in the Sugar Hospital. These events give the community a chance to learn about our work and help in any way they can. For instance, in 2016 the District Nazim of Peshawar attended and later signed an MOU with AIMS to raise diabetes awareness in the District of Peshawar

07 SOURCES OF FINANCE

AIMS PAKISTAN has three sources of funds. A brief summary of these sources along with graphical representation is given as under:

| Sr No Description | 2017 | 2016 | 2015 |
|--------------------------|-------------------|-------------------|------------------|
| 1 Unrestricted Donations | 9,895,379 | 6,950,213 | 1,295,705 |
| 2 Zakat Donation | 4,242,721 | 583,686 | |
| 3 Patient contribution | 9,069,639 | 3,402,730 | 1,010,393 |
| Total | 23,207,739 | 10,936,629 | 2,306,098 |

SOURCES OF FINANCE





07

AIMS PAKISTAN

FINANCE

TRANSPARENCY OF FINANCIALS

All the financials of last three years (2015, 2016 & 2017) have been audited by leading chartered accountant firms accredited by the Institute of chartered accountants of Pakistan. All of these audited firms presented unqualified Audit Opinions. Rafaqat Baber & Co conducted the audit for the financial year, ended on 30th of June, 2017, the extract of the audit report is given as under

Audit Opinion

In our opinion, the accompanying financial statements present fairly, in all material respect, the financial position of AIMS PAKISTAN as at June 30, 2017, and its financial performance and its cash flows for the year then ended in accordance with approved accounting and reporting standards applicable in Pakistan

PESHAWAR
14 MAR 2018

Rafaqat Baber
CHARTERED ACCOUNTANTS
Engagement Partner: Shuja-ul-Mulk, FCA

Financial performance Snapshot
For the year 2015, 2016 & 2017 (Audited)

| | 2017 RUPEES | 2016 RUPEES | 2015 RUPEES |
|--------------------------------|--------------------|--------------------|--------------------|
| INCOME | | | |
| Income from | | | |
| - Donations | 9,895,379 | 6,950,213 | 1,295,705 |
| - Zakat | 4,242,721 | 583,686 | |
| - Patient Contribution | 9,069,639 | 3,402,730 | 1,010,393 |
| Net income | 23,207,739 | 10,936,629 | 2,306,098 |
| Less: Expenditure | | | |
| Salaries and other benefits | 11,059,430 | 4,893,320 | 2,001,083 |
| Cost of medicines sold | 6,199,836 | 2,255,457 | - |
| General & Admin Expenses | 4,095,804 | 3,460,534 | 807,274 |
| Medical Consumables | 2,211,540 | 748,928 | - |
| Depreciation & Amortization | 833,416 | 593,597 | 64,724 |
| Bank charges | 41,479 | 3,578 | 9,377 |
| Total Expenditure for the year | 24,441,505 | 11,955,414 | 2,882,458 |
| Deficit for the year | (1,233,766) | (1,018,785) | (576,360) |
| Less: Provision for taxation | - | (2,503) | - |
| Deficit for the year | (1,233,766) | (1,021,288) | (576,360) |

08 AIMS INTERNATIONAL

AIMS International is a registered charity (charity No. 1100864) in the United Kingdom

It carries out small projects and activities for UK and Pakistani communities

- Health awareness functions
- Held famous Health Mela at Oldham
- Annual AIMS Ramadan Iftar
- Diabetes Awareness Sessions for local communities
- Disseminate health information through its website www.abaseen.com

Mr. Amjad Ali
Specialist General Surgeon Bradford
amjadbacha@hotmail.com

AIMS International Annual Iftar 2016 at Bradford Community Centre. Abdul Rais is talking on Diabetes in Ramadan.

Dr. Nizam General Secretary Regional Diabetes UK and Consultant Physician Diabetes invited AIMS International for the meeting in Aylesbury near Oxford. Chaiman Mr. Amjad Ali General Surgeon Bradford and Hikmatyar Hasan from Imperial College London made a presentation about Sugar Hospital Hayatabad.



09

Health guidelines across the globe are based on research. More often than not, high quality research can only be found in 'the West'. This results in Pakistan's health guidelines being dependent on research that is not local

RESEARCH & DATABASE

One of our objectives is to produce high quality research via an extensive Database that we are always growing. Our Sugar hospital has over 10,000 patient files and our community work continually records data too. 2018 onwards, together we will be accumulating a 30,000 diabetes related episodes annually

We aim to:

- * Use the data to learn and improve our services through clinical and service audits
- * Conduct both prospective and retrospective epidemiological studies in local communities
- * Publish and share our work in magazines and medical journals
- * Present and share our experiences with colleagues, patients and public at local, national and international levels
- * Provide authentic clinical, economical and social evidence to policy makers to facilitate formulating strategy, planning and offer piloting partnerships to address the NCD burden in KP and Pakistan

10

TESTIMONIALS

Muhammad Asim Khan,
*District Nazim-e-Ala
Peshawar*

Diabetes Hypertension and its related factors are a huge problem for our patients in the villages. AIMS is a unique organisation designed to directly address this issue. We are extremely pleased to be their partners in helping with diabetes care in the urban and rural communities at union council level in Peshawar

Dr Abdul Bari
Consultant Cardio-thoracic Surgeon. CEO Indus Hospital, Karachi

Non-Communicable disease burden is an ever growing challenge for Pakistan. I was pleased to visit AIMS and Diabetes Association KP. We will be happy to help coordinate efforts in improving care for our patients. Good to see focus on dignity of patients

Dr Khalid Usman
*Associate Professor
Endocrinology, Hayatabad Medical Complex*

AIMS Diabetes Circle of Care seems a very efficient and cost effective model of screening and treatment of diabetes complications under one roof. If successfully replicated in the community as is the plan, this will help reduce the burden on our out-patients departments at tertiary care level. Indeed I need to play my role in the community as well and contribute in the Diabetes Association of KP.

Dr. Abdul Jabbar
Professor of Medicine,
Diabetes & Endocrinology
Agha Khan University
Karachi 2013

AIMS's commitment to research is a fresh breath of air, especially in the KPK region. Their research goals are commendable. Piloting community based diabetes care model should help in providing evidence to the policy makers in allocation of much needed resources. Training the professionals is an area I would be delighted to contribute to. I am pleased to be on the advisory board as a volunteer

Shameem Fazle-khaliq,
Writer, Member Ladies Club
Peshawar

"Human beings were created to feel empathy otherwise Allah already had many angels to worship Him." AIMS seems to have been directly created to ease the pains and sufferings for all people influenced by Diabetes.

It is progressing well to achieve its targets. I pay tribute to all the members for their efforts

Rukshanda,
Executive director LAAS
(Legal Awareness and
Advocacy Services)

In a poor state of healthcare and public services, I believe AIMS in their limited resource is a ray of hope for people with marginalised backgrounds. AIMS outreach health services are setting an example of a public private partnership to address the most neglected area of the health service, diabetes and blood pressure. On the completion of another year of dedication to serve communities, I would like to acknowledge the services of AIMS and also pray for more success. I agree we need more volunteers to help the cause

Senator, Professor
Dr. Meher Taj Roghani

I met the team and visited Sugar

Hospital, jointly run by AIMS and Diabetes Association a few months ago. I was very pleased to see their model of diabetes care. I have asked if I can have the same near my village in Mardan. I am delighted AIMS and Diabetes Association have agreed to get diabetes care to my village. I have agreed to be their member in future and help as much as I can

Iskandar Sultan Khawaja
Ex- President & Director
Pakistan Business Council
Dubai, UAE.

I am really impressed with the quality services of AIMS and Sugar Hospital, a specialised hospital for treatment of diabetes was much needed for Peshawar and its periphery, I also believe that it will serve the whole province of Khyber Pukhtunkhwa in large. I wish and encourage the philanthropists should come forward and be part of this noble cause.

11



CURRENT NEEDS

Organisation

Human Resource
Patients requiring Zakat and Sadaqa
Quality Systems
IT & Communication

Sugar Hospital

Exercise Tolerance Test
Ultrasound
X-ray
Laser treatment for diabetes eye disease
Day Surgical Centre
2 Floor Elevators

Community Program

Village & Union Council based Diabetes Units
District based NCD Program
Mobile Diabetes Unit

A DIABETES SPECIALIST HOSPITAL & PUBLIC HEALTH NCD RESEARCH CENTRE

**PROF. SURGEON
MUHAMMAD
KABIR (LATE)**



**PRESIDENT
DIABETES
ASSOCIATION
1985 - 2003**

**DR. SAEED UL
MAJEED T.I.
(LATE)**



**GENERAL
SECRETARY
1985 - 2003

PRESIDENT
2003 - 2015**

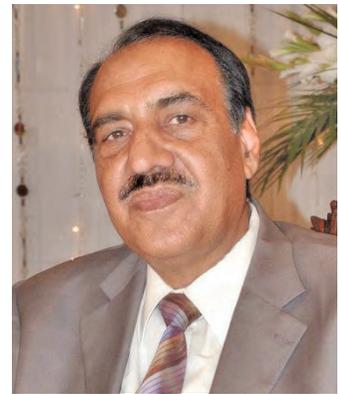
**DR. ZIA UL
HASAN**



**GENERAL
SECRETARY
2003 - 2010

PRESIDENT
2015 - DATE**

**DR. TUFAIL
M. KHAN**



**GENERAL
SECRETARY
2011 - DATE**

The partnership of Diabetes Association and AIMS Pakistan is a movement towards attaining a community based self-sustainable model of diabetes care in Pakistan.

Please help and put in your share.

Thanks
Zia

As you are a person who is

- o Agreeable with vision, mission and objectives of AIMS Pakistan
- o Patient or family member of a patient with diabetes, endocrine illness, blood pressure, cholesterol, heart disease or stroke
- o Willing to help patients at Sugar Hospital requiring Zakat or Sadaqa
- o Willing to donate and contribute towards our priorities

We welcome you as

AIMS Member

Name:

Job/ Profession:

CNIC Number (Please attach a copy)

Current Address

Mobile 1

Mobile 2/ Social media

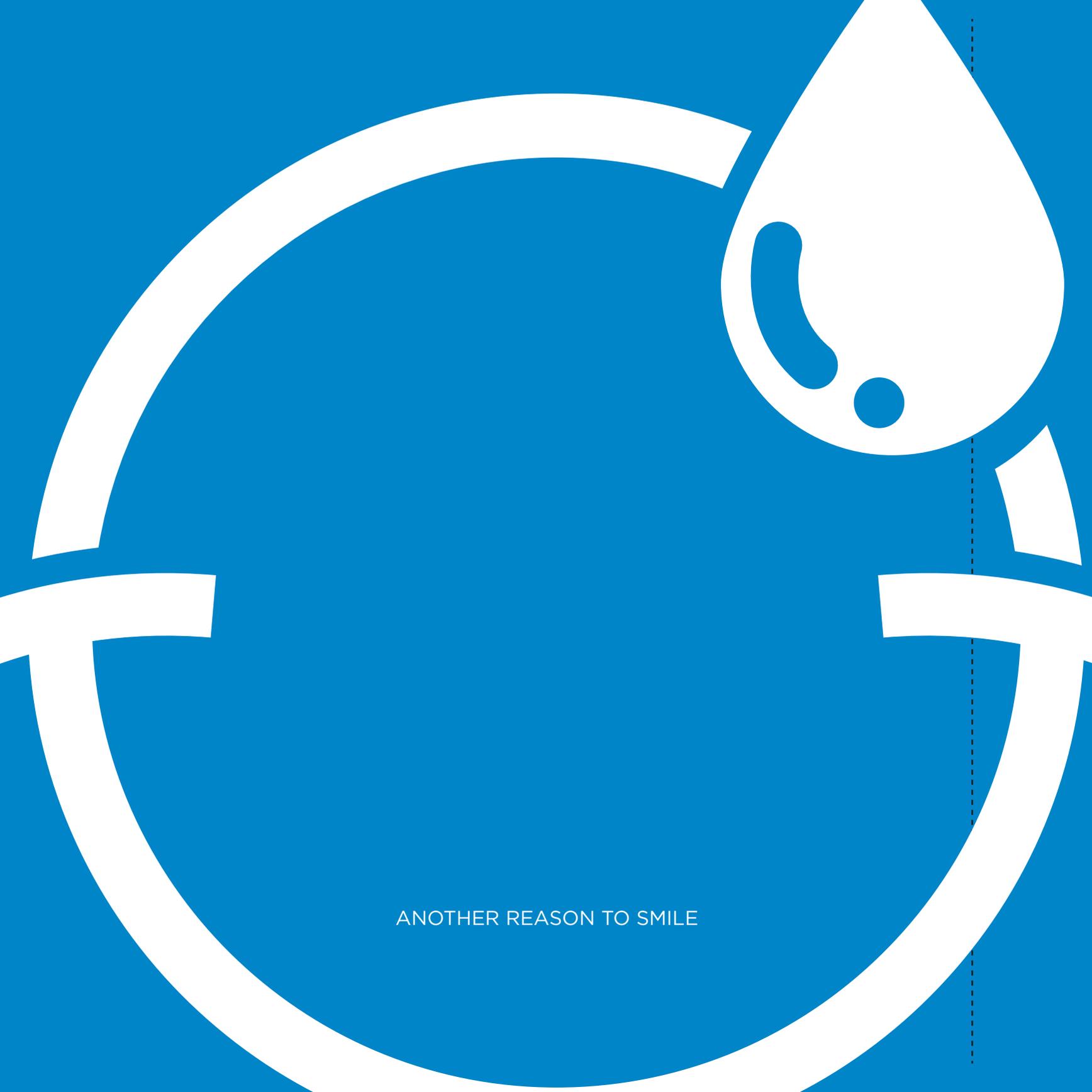
Email 1

Email 2

How and why did you got associated with AIMS Pakistan

Signature

Date



ANOTHER REASON TO SMILE

You can either directly deposit or let us know and we will collect from you

Our Pak Rupees Account

| | |
|----------------|--------------------------------|
| Account Title | AIMS Pakistan |
| Account Number | 15427604 |
| IBAN | PK73MUCB0000000015427604 |
| BRANCH CODE | 8172 |
| Bank Name | Muslim Commercial Islamic Bank |
| Branch | MCIB Hayatabad Peshawar KPK |





ANOTHER REASON TO SMILE



SERVICE WITH CARE
AND PASSION



Diabetes Hospital & Research Center
A-6 B/3, Opposite Edhi Homes, Phase V
Hayatabad Peshawar, Pakistan

Tel: +92 91 5892728
Email: info@abaseen.com
www.aimspk.abaseen.com

twitter.com/aimshayatabad
www.facebook.com/diabeteshospitalpeshawar
www.flickr.com/photos/aimspakistan/