



Annual Report 2024-2025

Working Towards a World Without Diabetes & Its Complications |
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THE DIABETES CENTRE

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OUR JOURNEY



A small-sized clinic was set up in containers.

Established pedo scan facility.



Construction of main hospital begins.

Containers extended with more space and services.



- Established Diabetes Foot Clinic in January 2016.
- First edition of TDC Magazine published in February 2016.
- Established Ophthalmology Department in November 2016.

Established laboratory to perform more blood tests for patients.



- Inauguration of TDC Main Hospital, April 2018.
- Inauguration of Ophthalmology Clinic, August 2018.
- TDC Lahore inaugurated, September 2018.
- TDC Dialysis Department inaugurated, December 2018.
- TDC Call Centre inaugurated, December 2018.

- COVID response and doorstep medicine delivery for patients.
 - TDC joined the global NCD Alliance.



- MoU signed with Pakistan Red Crescent for diabetic foot project in Kashmir.
- Inauguration of hospital sterilisation system.

- Inauguration of Sector G-8 Clinic.
- TDC Tobacco Cessation Clinic inaugurated on 29 May 2021.
- Started Novartis Access Programme, providing free European medicines for deserving patients.



(HEAS).

- Inauguration of TDC Type 1 Clinic named “Blue Lilies”.
- Inauguration of Inpatient Department.
- MoU between TDC and Eli Lilly under the Life for a Child programme.
- Inauguration of inpatient services with major OT services.
- Inauguration of TDC’s own Hospital Enterprise Automation System

- Inauguration of GT Road Rawalpindi Clinic.
- Inauguration of TDC Sahiwal Clinic.
- Inauguration of TDC Mosque.
- Installation of TDC Mosque Solar System.
- Sahiwal Hospital Groundbreaking Ceremony.
- Inauguration of Blue Lilies Clinic for Type 1 Diabetes.
- Inauguration of TDC Foot Care Education Department.
- Inauguration of TDC Dental Clinic.



- Construction of TDC Sahiwal Hospital commenced.
- Expansion plans for Karachi, Lahore, Swabi and Charsadda.
- Hospital on Wheels clinics in Rawalakot, Sahiwal and Sarai Sidhu.
- School-based Type-1 diabetes, corporate and community screening
- Expansion of In-Patient Department to 50 beds.
- New departments including Cardiology, Ophthalmology and Patient Education.
- Partnerships with Askari General Insurance, NUMS, CECOS University, Bahria University, PHR Institute, Farooq Hospital and Rawalpindi Medical University.

- Receipt of Insan Dost Quaid-e-Azam Award.
- Completion of TDC Karachi Hospital.
- TDC represented Pakistan at the IDF World Diabetes Congress 2025 in Bangkok.



Message from the Board of Directors

At The Diabetes Centre (TDC), we remain deeply humbled by the progress made since our inception and steadfast in our mission to provide accessible, high-quality healthcare to all, especially those most vulnerable. Guided by compassion and dignity, TDC continued to expand beyond clinical care during the reporting year, strengthening community outreach, household-level screening, health education and sustainable service development across Pakistan.

We extend our heartfelt gratitude to our donors, partners and well-wishers whose support has made this journey possible. Together, we are not only treating patients, but also shaping healthier communities, fostering awareness and empowering families to embrace preventive health practices.

Executive Overview

The reporting year from 1 July 2024 to 30 June 2025 marked a period of expansion, innovation and deeper community engagement for The Diabetes Centre. Activities from the four quarterly newsletter records have been consolidated into annual-report sections so that related events appear together and pictures are placed directly under their corresponding activities.

Patient Stories and Continuity of Care

Patient stories during the year highlighted how free medicines, laboratory tests, consultations and continuous follow-up helped patients regain control of diabetes and confidence in daily life.



2024–2025 Journey Highlights

- Expanded TDC's service footprint through Karachi, Lahore, Sahiwal, Swabi, Charsadda, Rawalakot and Sarai Sidhu initiatives.
- Strengthened Hospital on Wheels as a doorstep healthcare model for underserved communities.
- Conducted corporate, community, school, university and public diabetes screening and awareness activities.
- Marked World Diabetes Day through scientific, public, university, community and media-focused activities.
- Launched and strengthened holistic care initiatives including PsyCare, inpatient services, emergency preparedness and specialist clinical training.
- Advanced research, academic training, AI innovation, digital learning and global representation at the IDF World Diabetes Congress.
- Developed new partnerships with academic institutions, hospitals, government bodies, laboratories, chambers and international supporters.
- Mobilised donor and international support for patient care, Hospital on Wheels, Sahiwal Phase 1, Karachi Hospital and future expansion.
- Invested in staff wellbeing, Organisational culture and recognition of healthcare teams.

Insan Dost Quaid-e-Azam Award

TDC received the Insan Dost Quaid-e-Azam Award in recognition of humanitarian service, diabetes awareness and free treatment support for deserving patients.

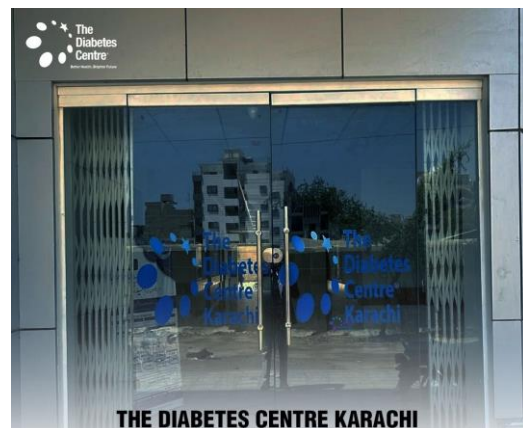


Strategic Expansion and Infrastructure Development

TDC continued to expand its institutional footprint beyond Islamabad through new sites, project development and regional service planning. The year included progress on Karachi, Lahore, Sahiwal, Swabi and Charsadda, reflecting TDC's long-term vision to bring specialised diabetes care closer to underserved communities.

Karachi Hospital Expansion

TDC advanced the development and branding of its Karachi facility, while donor engagement in Karachi supported the establishment of a specialised diabetes hospital for underserved patients.



Lahore Hospital and Teaching Institute Vision

TDC continued to move forward on its Lahore project, including collaboration with Sarwar Foundation for a future state-of-the-art hospital and allied teaching institute.



Sahiwal Hospital Progress

The Sahiwal project remained an important expansion priority, with project-site visits and continued engagement from TDC Australia leadership reinforcing support for specialised care in South Punjab.



Swabi Clinic Expansion

TDC entered into a joint venture with Karim Medical Centre in Kalabat, District Swabi, to extend specialised diabetes care to underserved communities.


Joint Venture Agreement
B/w
The Diabetes Centre & Karim
Medical Center, Kalabat,
District Swabi.



Charsadda Project and Satellite Clinic

TDC strengthened its Charsadda expansion through support from Barkhya Builders, including land and space for a satellite clinic to improve local access to diabetes care.



THE DIABETES CENTRE CHARSDA



*Free Diabetes Screening Camp
Barkhiya Town, Charsadda*

Hospital on Wheels and Community Outreach

Hospital on Wheels remained one of TDC's most visible community health initiatives. The mobile model helped deliver screening, consultation, laboratory testing, medicines, nutrition guidance and awareness services directly to communities that often face distance, cost and access barriers.

Ufone 4G Tower Screening Camp

A free diabetes screening camp was organised at Ufone 4G Tower, Islamabad, where 147 employees received health evaluations and preventive guidance through a multidisciplinary team supported by Hospital on Wheels.

Rawalakot Hospital on Wheels Clinics

TDC launched and continued Hospital on Wheels services in Rawalakot, Kashmir, providing free consultations, screening, nutrition guidance and specialist support for underserved communities.





Sahiwal Hospital on Wheels Camps

Hospital on Wheels clinics in Sahiwal delivered screening, lab tests, consultations, medicines and health education directly to local communities.



Sarai Sidhu Hospital on Wheels and Filter Clinic

TDC launched Hospital on Wheels and a Diabetes Filter Clinic in Sarai Sidhu, bringing essential healthcare closer to patients who often face barriers to specialist care.



Charsadda Community Screening

Free screening and treatment services were provided in Charsadda as part of TDC's preparations for an upcoming clinic location, strengthening community outreach in the region.



Forest Town and Qutab Shahana Screening Camps

Community screening camps in Forest Town, Islamabad and Qutab Shahana, Sahiwal Region provided essential health checks, diabetes screening and awareness support.

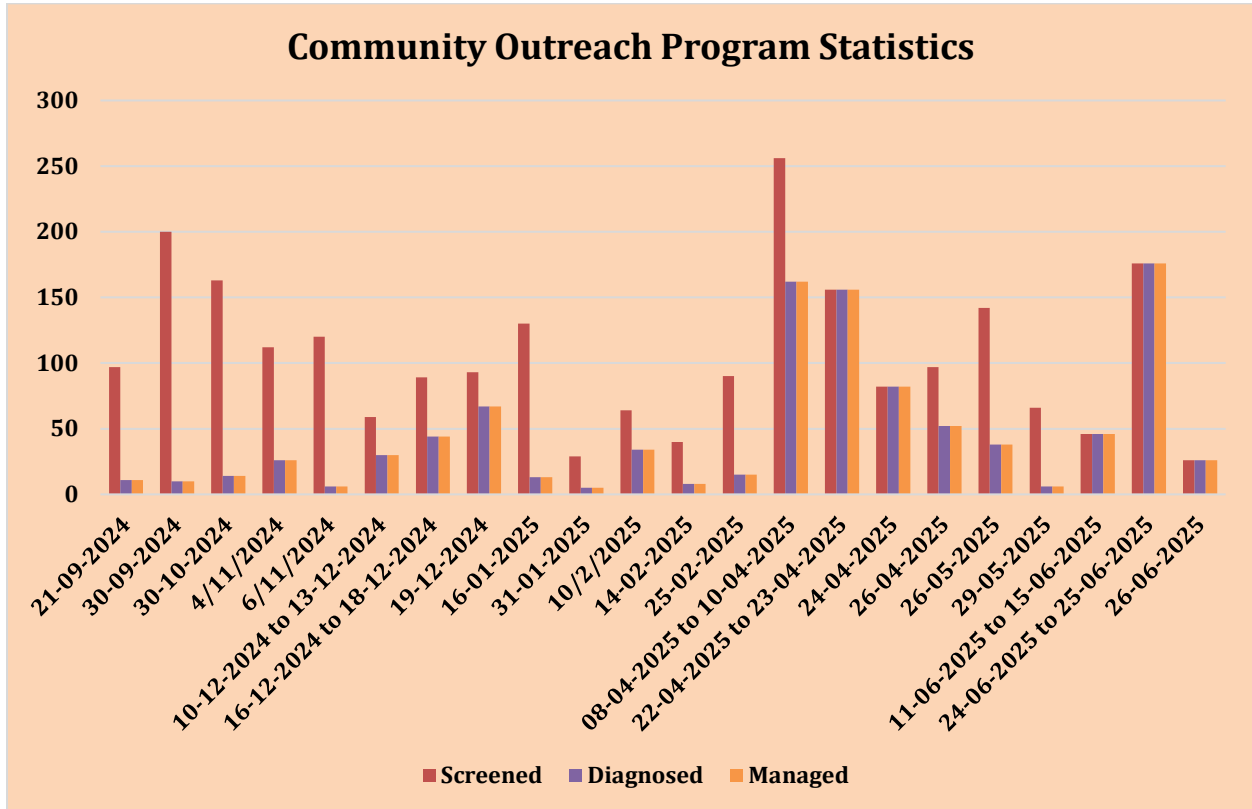


Saudi Pak Tower Screening Camp

TDC conducted a diabetes screening activity at Saudi Pak Tower, offering convenient access to preventive health checks and awareness.



Community Outreach Program Statistics



Diabetes Awareness, Prevention and Public Engagement

Public awareness and prevention remained central to TDC’s mission. During the year, TDC engaged students, employees, communities, media representatives and overseas Pakistanis through targeted diabetes education and screening activities.

World Diabetes Day at Quaid-e-Azam University

TDC marked World Diabetes Day with a free screening camp at Quaid-e-Azam University, combining blood glucose testing, expert consultations and educational sessions for students.



World Diabetes Day Community Activities National Press Club Awareness Session

World Diabetes Day activities included public screening camps in Park View City and Murree, alongside awareness and educational engagement to promote early detection and healthy living.



TDC partnered with the National Press Club Islamabad to highlight diabetes prevention and management, recognising the media's role in spreading accurate health information.

World Diabetes Day Scientific Conference

TDC hosted a scientific conference bringing together professionals, policy makers and researchers to discuss diabetic foot care, nutrition, lifestyle modification and clinical management.



Diabetes and Nutrition During Ramadan

An awareness session at Transworld provided practical guidance on diabetes management and balanced nutrition during Ramadan fasting.



University and Student Awareness

TDC engaged students through awareness and screening at Ibadat International University and other academic platforms, encouraging prevention, early detection and healthier lifestyle choices.



Youth Wing Awareness and Fundraising

The TDC Australia Youth Wing participated in the Mango & Culture Festival in Sydney, raising awareness of diabetes prevention, early detection and management while mobilising community support.



Pakistan Community Awareness in Al-Khobar

An awareness session for the Pakistani community in Al-Khobar, Saudi Arabia highlighted diabetes prevention, TDC services, Hospital on Wheels and future hospital projects.



Specialist Clinical Services and Patient-Centered Care

TDC strengthened holistic and specialist care by combining diabetes treatment with mental health, foot care, renal care, surgical insight, emergency preparedness and patient education.

Hope and Light PsyCare Clinic

TDC launched the Hope and Light PsyCare Clinic in Islamabad to integrate counselling, stress management and support groups within diabetes care.



World Mental Health Day

World Mental Health Day at TDC Islamabad focused on workplace mental health, coping strategies and the importance of a mentally healthy environment.



50-Bedded In-Patient Department

The inauguration of TDC's new 50-bedded In-Patient Department marked a significant milestone in expanding specialised diabetes care capacity.

Emergency Preparedness and BLS Training

TDC doctors completed American Heart Association Basic Life Support training, strengthening emergency preparedness through CPR, AED use and team-based response skills.

Vascular Surgery for Critical Ischaemia

Mr Naseer Ahmad conducted an informative session on vascular surgery for critical ischaemia and shared specialist insight to strengthen diabetic foot and vascular care.



Specialist Clinical Visits

TDC welcomed visiting specialists including Dr Maliha Hameed, Dr Ali Asghar and Professor Riaz A. Malik, reinforcing clinical exchange and confidence in TDC's model of care.



Academic Visits

TDC hosted academic and student visits from institutions including National Skills University, NUST and Akbar Niazi Teaching Hospital, supporting clinical exposure and future collaboration.



Research, Education, Training and Digital Innovation

TDC continued to progress as a research-oriented, academic and training-focused diabetes institution through academic collaborations, professional training, ECHO sessions, clinical student visits and international research representation.

PHR Institute Training Collaboration

TDC and PHR Institute of Health Sciences formalised an MoU to provide physical therapy students with practical training exposure at TDC.



AI Innovation with Bahria University

TDC and Bahria University signed an MoU to develop AI-driven solutions for nutrition and diabetic foot care, combining clinical expertise with technology-enabled innovation.



Professional Training in Diabetes Management

A one-day professional training session on shaping the future of diabetes management equipped healthcare professionals with evidence-based skills and practices.

ECHO Learning Sessions

ECHO sessions brought healthcare professionals together to learn, share and strengthen expert-led diabetes care.



Research and Education Collaboration with RMU

TDC and Rawalpindi Medical University collaborated to support joint teaching, research and innovation in diabetes care.



Farooq Hospital Knowledge and Patient Exchange

TDC and Farooq Hospital signed an MoU to promote knowledge sharing, best practices and patient exchange in diabetes management and foot care.



IDF World Diabetes Congress 2025

TDC represented Pakistan at the IDF World Diabetes Congress 2025 in Bangkok, showcasing research on kidney disease, vitamin D deficiency, diabetic foot infections, erectile dysfunction and insulin access barriers.



Partnerships, MoUs and Leadership Engagement

Partnership development remained a major driver of TDC's growth. Engagements with donors, universities, hospitals, government bodies, professional organisations and international representatives broadened TDC's network and reinforced confidence in its mission.

Federal Board of Revenue MoU

TDC signed an MoU with FBR to provide discounted services for employees across operational TDC branches, supporting improved access to diabetes care.



Chughtai Lab Partnership

A partnership with Chughtai Lab was developed to offer patients exclusive discounts on diagnostic services, improving affordability of quality diabetes care.



Rawalpindi Chamber of Commerce and Industry MoU

TDC signed an MoU with the Rawalpindi Chamber of Commerce and Industry to promote collaboration for community welfare.



Leadership and Supporter Visits

TDC welcomed local and international leaders and supporters including Mr Amin Nathani and family, former Chief Justice Muhammad Ibrahim Khan, Mr Javed Butt, Dr M. Mukhtar, Dr Attya Bhatti and Ustad Razaqat Ali Khan.



Australian High Commission Visit

A representative of the Australian High Commission visited TDC, highlighting the bilateral support behind patient care, outreach and donor-funded healthcare initiatives.



Muslim Hands UK Visit

The Chairman and Founder of Muslim Hands UK visited TDC, creating an important opportunity for collaboration and knowledge sharing.



Staff Wellbeing, Culture and Organisational Recognition

TDC invested in staff engagement, wellbeing and institutional culture throughout the year, recognising that a motivated and supported team is essential to compassionate patient care.

TDC Townhall Meeting

The Townhall Meeting brought the TDC team together for reflection, alignment, shared learning and renewed commitment to the Centre's mission.



Stress Management Training

TDC organised stress management training to support staff resilience, workplace wellbeing and a healthy work-life balance.



Independence Day Celebration

TDC marked Pakistan's Independence Day with quizzes, games and gifts, promoting unity, joy and patriotic pride among staff.



World Pharmacists Day

TDC celebrated World Pharmacists Day by recognising the vital role of pharmacists in safe, effective and patient-centred diabetes care.



Fundraising, Donor Mobilisation and International Support

TDC's donor network and international chapters continued to play a vital role in supporting patient care, Hospital on Wheels, dialysis, Type-1 and Type-2 diabetes treatment and hospital expansion projects.

Sydney Fundraising Dinner

TDC Australia hosted a fundraising dinner in Sydney to support the Sahiwal Hospital project, bringing together supporters for accessible diabetes care.



TDC USA Event in Sugar Land, Texas

TDC USA hosted a successful event in Sugar Land, receiving strong community support for TDC's mission in Pakistan.



Karachi Hospital Fundraising Event

TDC held its first fundraising event in Karachi to support the establishment of TDC Karachi Hospital and expand specialised diabetes care.



Islamabad Fundraising Event

A fundraising event in Islamabad gathered board members, supporters and community leaders to support TDC's expanding projects and patient care mission.



Melbourne and Canberra Fundraising Events

Fundraising events in Melbourne and Canberra mobilised support for diabetes awareness, Hospital on Wheels and patient care initiatives.





Wollongong Fundraising and Awareness Event

The Wollongong event raised support for Type-1 and Type-2 diabetes treatment, dialysis, Hospital on Wheels and Sahiwal Phase 1.

