**Health**

**Short Description**

More details……………………………………..

**New Page - Overview**

**Health**

*“Health is the greatest of human blessings” (video)*

**Our Approach to Healthcare**

Since 2012, we have been dedicated to providing free life-saving medicines and basic healthcare services to vulnerable communities in remote areas of Kashmir by establishing BHUs, pharmacies at DHQ and THQ levels. Due to poor infrastructure and lack of primary health centers, people often have to travel long distances for medical care, increasing mortality rates, especially in emergencies. Our goal is to ensure affordable, accessible, and equal healthcare services, empowering communities and promoting health for all. Your donations support the construction of health units, medical treatments, early diagnosis, eyecare surgeries, and essential medical assistance. By addressing maternal and child health, reducing pregnancy-related complications, and working on disability projects, we contribute to SDG goals 3 and 10, promoting well-being and reducing gender inequality in health. With your support, we aim to expand our humanitarian efforts and save more lives.

**Support our Projects**

**Hadith: *“Treat your sick ones with charity”***

**DHQ PHARMACY**

**EYE CARE UNITS**

**DONATE NOW**

**DONATE NOW**

**THQ SENSHA**

**PRIMARY HEALTHCARE**

**DONATE NOW**

**DONATE NOW**

**Outreach and Impact of our services**

**Other**

**Surgeries**

**200,000+**

**Annual Beneficiaries**

**Targets for 2025 (current year)**

**Feedback Videos and Case Studies**

**New Page - Eye Care**

**Eye Care**

**“Restore Vision, Restore life” (pictures)**

**Donate Now**

* Cataract removal surgery - 130 GBP (per person)
* Eye Kits - 10 GBP (per kit)
* Eye Checkup/screening - 5 GBP

In AJK, there are an estimated 32,764 adults and 172,317 individuals aged 30 and above with avoidable blindness and vision impairment, primarily due to cataracts and refractive errors. Additionally, about 230,000 school-aged children suffer from vision impairment, mainly from uncorrected refractive errors. These figures highlight the need for eye health interventions, as 87% of visual impairments globally are preventable.

**Eye care services**

**Provision of eye kits (63000+)**

**Eye check-ups/ screenings**

**(66,000+)**

**Cataract Removal Surgeries (8000+)**

**Locations, Progress so far, and targets**

Your generous donations will fund cataract surgeries and treatments for vision impairments, restoring sight and transforming lives, especially for the most vulnerable in marginalized communities. Your support will give children the chance to learn and adults the ability to live fully again. Together, we can wipe away the barriers of blindness and offer the gift of a brighter future.

**New Page - DHQ Pharmacy**

**Donate Now**

* Sponsor a patient - £10 (Per patient)
* Sponsor medicines - £30 (Per patient)
* Sponsor a lab test - £ 50 (per patient)
* Sponsor a emergency case/surgery - £ 200 (per patient)
* Provide medical equipment(wheelchairs, oxygen cylinders, beds erc) - £ 150

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**DHQ Pharmacy (pictures)**

*(quote)*

Established in 2015 under the umbrella of DHQ Mirpur AJK, started with the initiative to provide free life saving medical services. Muslim hands not only provide free medicines for live saving purpose but also provide quality services to the needy group of the community who are unable to afford costly medical treatment in such high inflation rate. From acute medicine treatment at emergency and accident level MH shifted and extended its services to the ward area of the hospital. So far, we have facilitated around 61,000 beneficiaries so far.

**New Page - Primary Healthcare**

**Donate Now**

* Sponsor a patient - £10 (Per patient)
* Sponsor medicines - £30 (Per patient)
* Sponsor a lab test - £ 50 (per patient)
* Provide medical equipment(wheelchairs, oxygen cylinders, beds erc) - £ 150

**Primary Healthcare (BHUs) (pictures)**

*(quote)*

Established in 2012, BHU Ghazi Gurha has been providing essential healthcare services to remote communities, offering free medicines, medical checkups, testing, and referrals. To date, it has supported 94,441 beneficiaries with 60 types of pharmaceuticals and free antenatal services. BHU Patni, located at the LOC in Bhimber, serves as a vital health resource for the vulnerable local population, providing free medical services, camps, and health sessions. This facility has assisted around 31,000 beneficiaries so far.

**New Page - THQ Sensha**

**THQ Sensha (pictures)**

*(quote)*

**Donate Now**

* Sponsor a patient - £10 (Per patient)
* Sponsor medicines - £60 (Per patient)
* Sponsor a lab test - £ 50 (per patient)
* Provide medical equipment (wheelchairs, oxygen cylinders, beds erc) - £ 150

THQ Sehnsa pharmacy working on provision of free life saving medicines as well as dog bite vaccination of the community. So far 28,000 beneficiaries facilitated through this project. This project includes free medicine delivery services to make treatment accessible to the isolated vulnerable community. Medical assistance also provided to strengthen lab testing services for the community.