



Meethi Zindagi (eMZee)

Great Life Despite Diabetes

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MARCH-7 House, 33/57 Lake View Homes, Opposite New CSD, Sher Shah Road, Multan Cantt, Pakistan.

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PREAMBLE

Nearly 387 million people have diabetes today; by 2035 this will rise to 592 million. 77% of people with diabetes live in low- and middle-income countries. Pakistan ranks 13th worldwide, in terms of number of people living with diabetes and is expected to be ranked 7th, by 2035. With the added burden of poverty, lack of social awareness and already weak and burdened health care infrastructure, patient centred health care is the need of the day.

Patient organizations are instrumental in bringing about changes to the health care systems, by being a unification platform and voice for the people who are affected by a health condition.

Meethi Zindagi was founded in March 2012 with the purpose of promoting the rights and responsibilities of people living with diabetes and its co-morbidities. As the name suggests, Meethi Zindagi aims to target environmental, educational, health and psycho-social factors for improving the lives of people living with diabetes and its co-morbidities.

With tireless efforts of the founding members, the organization is now at a stage where the governing members consider it fit and feasible to get the organization registered as per the rules and regulations of the Government of Pakistan.

Meethi Zindagi pledges to continue working towards its mission in a more formal manner and be an instrumental factor in moving patients from the bottom to the top of health-care systems.

It envisions a strong partnership between care providers (including health care professionals, industry, families and the society) and the patients, for patient empowerment, peer support, awareness, health education, and advocacy for the rights of those living with or at risk of diabetes and its co-morbidities.



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MEMORANDUM OF ASSOCIATION

NAME

1. The name of the association shall be Meethi Zindagi *میٹھی زندگی*. It can be abbreviated as “eMZee”.
2. The full and abbreviated names of the association may be used separately.

OFFICE ADDRESS OF THE ASSOCIATION

MARCH-7 House, 33/57 Lake View Homes, Opposite New CSD, Sher Shah Road, Multan Cantt, Pakistan.

VISION & MISSION

1.1. Vision: Great Life Despite Diabetes.

1.2. Mission:

- 1.2.1. To empower people with diabetes to take up leadership roles as advocates for improving diabetes care and quality of life.
- 1.2.2. To be an advocate and platform for Patient-Centred Diabetes Care
- 1.2.3. To raise awareness, promote prevention, education and accessible quality care, and
- 1.2.4. Promote the responsibilities and protect the rights of people living with diabetes and its related problems.



OBJECTS OF THE ASSOCIATION

The Aims and Objectives of the Association, for which the same is established, are as under:-

1. To be a powerful advocate and platform for Patient-Centred Diabetes Care, with the aim of influencing health care policies by a cross-sector alliance between health care professionals, industry, people with diabetes and its co-morbidities, community, academics and researchers.
2. Advocating for the rights of people with diabetes and its co-morbidities.
3. Striving for awareness and fulfilment of responsibilities of people with diabetes and its co-morbidities through empowerment education.
4. To identify, document and advocate for the needs and wishes of people with diabetes.
5. Strengthen the capacity of local institutions in responding to the health needs and wishes of people with diabetes and its co-morbidities.
6. Advocating for increased, improved, and equitable access to essential health services, awareness and resources (especially for diabetes and its co-morbidities).
7. To identify, nurture, train and support community leaders for acting as the key advocates striving for the rights of people with diabetes (and its co-morbidities).
8. Ancillary Objects
 - i. To develop equitable and accessible quality health care service models (especially for diabetes and its co-morbidities), that can be advocated, replicated and adapted by others.
 - ii. To effectively work in preventative and curative patient-centred health care (especially for diabetes and its co-morbidities).
 - iii. To raise awareness about health (especially about diabetes and its co-morbidities), and to develop and execute programmes for training community workers and health care providers for providing awareness and education about patient-centred health and its management (especially for diabetes and its co-morbidities).
 - iv. To conduct research for health services, health education, awareness, and the response of various socio-economic groups (especially towards diabetes and its co-morbidities and people living with them).



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- v. To generate literary and telecast programmes about health services & behavioural and policy discrimination (especially against people dealing with diabetes) and to raise awareness (especially about diabetes and its co-morbidities).
- vi. To complement the service delivery for health services (especially related to diabetes and its co-morbidities) at community level by collaborating with the government, in areas where the government infrastructure is present and functional with staff, supplies and service capacity.
- vii. To provide medical aid and establish hospitals/dispensaries for the welfare of people (especially for people with diabetes and its related health problems). This may be free charity or paid service as per the rules and regulations determined for the purpose.
- viii. To open, establish, set up, promote, run, maintain, assist, finance, support and/or aid and help in the setting up of establishments or institutions for awareness, treatment and education of health services (especially for diabetes and its co-morbidities), in all their manifestations.
- ix. To acquire membership and partner with national, global and international associations/federations/organizations working in the health related fields (especially in the field of diabetes and its co-morbidities).
- x. To do or perform any other act which may be incidental or complete to the attainment of any of the above objectives of the Association.
- xi. To accept donations, grants, gifts, loans, aid and other offerings (in the shape of movable or immovable properties) from Government, Non-Government organizations, banks or any other legal entity or individual on reasonable terms and conditions and utilize the same for the promotion of Aims and Objectives of eMZee.
- xii. To raise funds and resource for the attainment of any of the Aims and Objectives of eMZee by all lawful means including investment of funds, donation, fund raising campaigns, health care programs, sale of literature, property development, rent from the buildings etc.