



میٹھی زندگی

April 2020 - Vol. 4

**GIVE THEM
INSULIN,
GIVE THEM
LIFE!**

THEY NEED INSULIN JUST AS MUCH AS WE ALL NEED
**AIR TO BREATHE, AND THEY ARE LOOKING UP TO
WHOLE NATION TO HELP THEM LIVE. WE REQUEST OUR
READERS TO SUPPORT AT LEAST ONE CHILD OF THEIR
CITY. PLEDGE YOUR SUPPORT TODAY:**

ISB/RWP: 051-8313214

KARACHI: 0335-5554606, LAHORE: 0332-8313214

Give Life to **3000** Children with Diabetes **ACROSS PAKISTAN**

ALONG WITH LAHORE, KARACHI & TWIN CITIES, WE ARE PROVIDING INSULIN TO DESERVING CHILDREN IN HYDERABAD, BADIN,
BAHAWALPUR, ATTOCK, CHAKWAL, THARPARKAR & MULTAN AS WELL. HELP US TO REACH MORE CHILDREN.

BRING SMILES IN THE LIVES OF CHILDREN WITH TYPE 1 DIABETES!

Once diabetes is developed, it requires lifelong treatment. However, by managing proper lifestyle and taking insulin on time, a person with diabetes can surely lead a full and active life.

In Pakistan, there are a lot of parents who do not have enough knowledge about requirements of type 1 diabetes, so they often fail to manage their child's blood sugar levels. Whether blood sugar is extremely low or very high, both levels are life threatening. Because the brain cells could suffer permanent damage if after 15 minutes, they do not receive sufficient supply of blood glucose, resulting in unconsciousness, coma or even death. Moreover, people with

diabetes have an increased risk of developing a number of serious health problems related to heart or blood vessels, eyes, kidneys, nerves, teeth or lower limb amputation. Please imagine that a person who earns merely Rs. 15,000 to 25,000, and he could hardly manage basic necessities of life, how he could afford to provide an expensive treatment every month to his child who require lifelong treatment? During Meethi Zindagi survey, it was revealed that many unfortunate children were having insulin shots only once in a day, while their requirement is more than two times per day.

It is ironic that a large portion of our society believes that Zakat and donations

People with diabetes have an increased risk of developing health problems and kidney failure. The brain cells could suffer permanent damage if after 15 minutes, they do not receive sufficient supply of blood glucose.

are for only those who are either on death bed or physically disabled. The time has come that we change this concept, and lend a hand to thousands of children with diabetes, by giving them access to Insulin, so that the sweetness in their lives continues to persist.

Meethi Zindagi requests you to become a light of hope for deserving children, suffering with diabetes type 1. Bring smiles in their lives! For contribution, call us today at: **0335-5554606**.

“KIDNEY FAILURE IS MERELY AN EXCUSE” but no one knows that Abdullah's kidneys stopped functioning because we failed to provide him insulin on time. My husband's earning was so scarce that we were hardly able to afford two meals a day, let alone to save Rs. 6,500 for his insulin. Sometimes he complained of headache or stomachache, and sometimes just watched me working without uttering a single word while his eyes kept requesting for what was beyond our reach. I remain thankful to Almighty that if He didn't send anyone to save my son, He also didn't let him suffer for long.

PROMISE OF INSULIN IS ACTUALLY PROMISE OF LIFE!

Just like every child, I also liked sweets and candies. Though my papa is a watchman and has a small salary, but he always gave me few coins at the end of the day so I could have sweets. But now I can no longer enjoy candies, because few months back when I fainted after having a sweet, my parents discovered that I have undetected type 1 diabetes. Now I have to be very careful what I eat. I can manage to stay away from sweets and let my mother give me insulin shots. But I feel sad when my mother and father ask my uncle for money so they could buy my insulin. You know I start to feel dizzy when I could not get insulin. But uncle did not understand this, he said things like “I gave money

last month, why need money for insulin this month as well?” or “Why don't give one insulin shot in a day? Why give three times everyday?”

I know the people who are reading this will understand that insulin is like oxygen for me. I need it every day, three times. I am happy that Meethi Zindagi is now providing me insulin, and to many other children like me. In fact, they have promised 3000 children, that they will provide insulin to them. If you are reading this, I request you to please do not let those children to lose hope. They need insulin like me, not only for one month or two months, but for life time. If you will not give them insulin, they will not be able to see another sunrise. Please promise me, that you will provide insulin to at least one child, and will share my message to your friends, so they could support other children with diabetes. Please help Meethi Zindagi to fulfill their promise to 3000 children!

“In fact, Meethi Zindagi has promised 3000 children, that they will provide insulin to them. If you are reading this, I request you to please do not let those children to lose hope.”

HASSAN IS NO MORE WITH US, BUT WE WILL NEVER FORGET HIM

Lahore lost a shining star in the morning of 16th February 2020, when Meethi Zindagi's T1D warrior Hassan departed this world. Before his sad demise, we met Hassan and his mother to know how they become a part of Meethi Zindagi. His mother Samreen Asif shared with us: "Since his childhood, Hassan has health issues. Due to scarce income, we hardly managed his medicines and healthy diet. In 2018, he was diagnosed with T1D, which added more burden to our finances in the form of insulin. Though Rs. 6,500/- is not a big amount for many, but with four kids and earning of only Rs. 18,000/-, it was impossible for us to afford it. I am thankful to our health worker who told us about Meethi Zindagi. Through her given number, we contacted them and immediately they registered my son in their 'Promise of Insulin' program."

There are thousands of children like Hassan in Lahore who are getting insulin from government hospitals but this insulin is not sufficient or suitable to their need. Hassan was among those children who receive Insulin after it became too late. Due to insufficient or unsuitable insulin, these innocent children often fall victim of organ failure. Sadly, the same happened with Hassan. Although he was taking insulin but he lost his life due to liver failure.

Timely diagnosis and managing blood sugar level can save many precious lives. Meethi Zindagi is determined to save these innocent souls with type 1 diabetes. Don't forget that timely and proper Insulin is the only savior for those who are battling with T1D. Pledge your support today because life does not give second chances.



Hassan, 13 years old

THE SMALLEST ACT OF KINDNESS IS WORTH MORE THAN THE GREATEST INTENTIONS!

Lahore had been observing a rainy morning when Minahil and her mother visited our office*. "Around two years back, Minahil started to feel nauseated and began to lose weight. I grew very much concerned and took her to a local clinic where doctor provided her initial treatment and advised to take her to Fatima Memorial Hospital. At the hospital, they took some tests which revealed that Minahil has type 1 Diabetes, and she needs to receive insulin shots and get her blood sugar levels checked several times a day."

"My husband merely earns Rs. 16,400/- per month. While we tried hard to manage basic necessities of life, the thought of purchasing insulin for our daughter made us worried. We could not thank Minahil's doctor, Dr. Atif enough for his kind act, who helped us to get Minahil registered with



Minahil at Meethi Zindagi's Lahore office

Meethi Zindagi. Since then, we receive a parcel every month, which includes insulin, blood sugar level test strips and injections. Initially, Minahil used to get nervous when it was time to get insulin, but now she not only has become used to it, but often injects insulin by herself as well. I am grateful to Meethi Zindagi, which is providing free of cost insulin of my daughter."

***Our board members from Karachi and Lahore have provided free space and staff services for Meethi Zindagi so we could save that resources and utilize them to save more needy children with diabetes.**

LIVE HEALTHY LIFE WITH TIMELY INSULIN!

Lahore's resident, Salman's mother Sajida shared her experience with Meethi Zindagi: "Salman is a bright student and studies in class 9th. In 2016, he started suffering from abdominal pain so we took him to nearby clinic. Doctor prescribed few tests which revealed that he has type 1 diabetes. This news immediately left us worried about his health as well as costly insulin. Although it was very hard for us to afford it, but we always tried our best to get him insulin on time. Thanks to Almighty, our struggle ended in 2019, when I asked his doctor for help and he referred us to Meethi Zindagi. I contacted them and they immediately registered my son in their "Promise of Insulin" program. Meethi Zindagi has enabled my son to accomplish his dreams!."

“IT IS MY DREAM THAT HE WILL BECOME AN ENGINEER ONE DAY”

Karachi's diabetes warrior, Muneer's father shared: “It is a long journey which is spanned on eight years. In 2011, my son Muneer was diagnosed with type 1 diabetes. We did not have much information so it was not easy for us to help him maintain his blood sugar level. Like every father, I was determined to provide him insulin on time, but my pocket did not permit me to do so. Upon my request, his doctor told me about Meethi Zindagi which provides free of cost insulin along with blood sugar test strips, injections and proper guidance about diabetes management. Since 2019, my son has been a part of Meethi Zindagi and living a healthy life. It is my dream that he will become an engineer one day.”



Diabetes cannot stop me from achieving my dreams!

Muneer is one of those children, who have been reintroduced to life through provision of insulin and guidance about diabetes.

Pledge your support for Meethi Zindagi and be a light of hope for children with diabetes. Through your donations and Zakat, we would be able to help many more underprivileged children.

MY DAUGHTER HAS ACCEPTED DIABETES AS A PART OF HER LIFE!

Karachi's resident Suhema has been a diabetes warrior from last three years. Her father Zakir Hussin told us: “In 2016, she experienced severe pain in her bladder. We took her to a hospital where doctors revealed that she has diabetes. It was not easy for me to digest this news. The thing which distressed me the most was that now my daughter will have to take insulin three times a day. I work at a shop and merely earn Rs. 18,000-20,000 per month. It was quite difficult for me to buy expensive insulin every month. But Suhema's doctor turned out to be a savior, he told me about an organization which provides free insulin to the deserving children with diabetes. I contacted Meethi Zindagi and after getting some relevant information, they registered my daughter. I wish more and more people help this organization so many more children could get free insulin.”



A child with diabetes getting her blood sugar level checked

“Meethi Zindagi has also saved my daughter's future. We have been thinking to pull her out of school, because it was getting much harder for us to afford her school fee along with insulin expenses. Meethi Zindagi has not only guided us about diabetes, but helped us to understand the importance of education as well. Today, my daughter is among the brightest students of her school. I am sure that in future, she will be able to help other underprivileged children with diabetes!”

TURN YOUR WEAKNESS INTO YOUR STRENGTH!



Dr. Sana Ajmal with Sidra Iqbal

On 9th October 2019, Founder & Executive Director of Meethi Zindagi Dr. Sana Ajmal, appeared on Aaj TV morning show, hosted by Ms. Sidra Iqbal. There, she shared her experience of leading a healthy and a successful life despite of having Type 1 diabetes. Her encouraging words are source of warmth for those who are battling with type 1 diabetes:

“There is nothing which could stop you to achieve your dreams, even if you are diagnosed with type 1 diabetes. It is actually a condition which could happen to anyone, and if it happens, you just have to manage to live with it. For people with type 1 diabetes, Insulin is equivalent to oxygen. But due to being expensive, it is beyond the reach of many people. There are thousands of parents who are unable to purchase insulin for their children every month, so they need support. Meethi Zindagi has paved the way for those underprivileged parents and has extended a helping hand to their children, by providing free of cost insulin on their doorsteps, on monthly basis.”

“Moreover, we have started Meethi Zindagi school awareness campaign in Karachi, Lahore, Islamabad and Rawalpindi. People should know that diabetes is not a contagious disease. Through awareness, we could change the stereotype behavior of our society towards people with diabetes. If we know someone with diabetes, we should express our empathy.”

***We are very thankful to Aaj TV who provided us an opportunity to spread awareness of our cause through their channel.**

MEET KASHAF NOOR, A WARRIOR OF TYPE 1 DIABETES!

Islamabad's diabetes warrior, Kashaf Noor had an angelic smile on her face when she visited us. This brave little girl is determined to become a doctor and treat the poor free of cost. We talked with her mother Shakeela, who told us: "Kashaf was in grade one, when she began to feel thirsty more than usual. One day she fainted, I took her to a local hospital, where they admitted her. Her blood test reports revealed that she has diabetes. Doctor told me that she will need insulin shots, three times every day. They discharged her after few hours. On our way back to home, I was thinking about nothing but my daughter's insulin. I am the sole earner of a family of 8. I work as a domestic helper and earn Rs. 12,000 every month. With each passing day, it grew harder for me to purchase insulin. I noticed she had lost interest in studies and other



Kashaf Noor

activities. I felt so helpless because I knew it is all happening because I am not providing her Insulin on time. It used to break my heart that while I take care of other's children whole day, nobody cares about my daughter. But then Almighty listened to my prayers, Kashaf's doctor told me about Meethi Zindagi. I cannot thank Him enough that finally someone is here to take care of my daughter."

PAPA, WHY YOU NEVER GIVE INSULIN TO BAJI OR BHAI?

Islamabad's resident, 5 year old Fajar could not understand why it is only her who gets insulin shots while her 6 siblings never had one. "I had to pretend with her siblings so she could feel better about this," her father Muhammad Javed shared. "She does not come near me if she sees injection in my hand. Since nobody in our family had been diagnosed with diabetes before, my wife and I had no knowledge about it. We had only one question in our minds: How we could help our little daughter to manage life with diabetes? I still remember that day when we had to sell gold to buy her insulin. We decided that we had to have complete information regarding diabetes. when we asked her doctor, he told us about Meethi Zindagi, which not only provides counseling to parents who have children with diabetes, but also help those who could not afford the cost of Insulin. It was May 2019 when I visited their office. From that day, we have been receiving guidance and free insulin for our daughter."

"It was May 2019 when I visited Meethi Zindagi's Islamabad office. From that day, we have been receiving guidance and free insulin for our daughter."



Aryan

MANAGING LIFE WITH DIABETES IS POSSIBLE FOR SURE!

Rawalpindi's resident Aryan had been diagnosed with diabetes at the age of 5. Under "Promise of Insulin" campaign, Meethi Zindagi sent messages in different cities. One such message was received by Aryan's parents, which enlightened their hopes.

"At that time, we didn't have much information about diabetes," Aryan's mother Saima said. "My husband is a security guard, and his income was insufficient to purchase insulin. It is a tough decision when you have only Rs. 5,000 in pocket and you have to choose between food or insulin for your child. Twice, our son fainted because we failed to provide him basic nutrition which his body needs. Thanks to Almighty, ever since he has been registered with Meethi Zindagi, it never happened."



SHE DREAMS TO BECOME A DOCTOR!

Islamabad's resident, Bareera was diagnosed with diabetes last year. Her mother shared her experience with us: "Doctor had told us how much important insulin is for Bareera and that's why we tried our best to buy insulin for Bareera. But within few months, we started to realize that it's impossible for us to afford it on monthly basis. My husband is a rickshaw driver and he does not have any fixed income, so it was very hard for us to spare Rs. 6,500 for her insulin. On our next visit, I shared our problem with her doctor. Thanks to Almighty, the doctor knew about Meethi Zindagi. Today, I am very much satisfied that my daughter has been receiving proper insulin shots on time and she is living a healthy life."

"Whenever my husband earned well at the end of the day, his first priority had always been to buy Insulin for our daughter"



Bareera Qamar

MY DAUGHTER HAS A VERY ARTISTIC MIND!



Javeria Hussain

Rawalpindi's resident, Javeria's father said: "I remember those days when I sacrificed all her siblings' wishes, to save enough money to buy Javeria's insulin. I did so, because I knew they could live without those things, but Javeria couldn't survive without insulin."

Many times, I borrowed money from my relatives for her Insulin and blood sugar test strips. I am thankful to her doctor who told me about Meethi Zindagi. Since April 2019, she has been a part of their "Promise of Insulin" program and receiving free insulin, blood sugar test strips and injections. My daughter is very talented and has a very artistic mind."

HINA, ABDULLAH AND AKBAR... WHY THESE INNOCENT SOULS ARE NOT AMONG US TODAY?

Because, we failed to provide them proper insulin on time!

Doctor gave different reasons behind their untimely departures:

It was heart failure

It was kidney failure

It was lungs failure

But actually failure is our, because we failed to provide Insulin to them on time.

We must not fail other children. Come join hands with us!

Donate for their lives

Donate for their Insulin

It costs only Rs. 6,500/-

WHAT WOULD BE LEFT AFTER BUYING HIS INSULIN?

"I still cannot forget those moments when we kept using the same syringe for insulin shots and he used to cry out of pain."

Karachi's resident Nasreen Bano told us that she has two sons; Hammaz and Badar. Hammaz is older and studies in grade 8. In 2001, he was diagnosed with diabetes. It was a difficult time for them to buy insulin, blood sugar test strips, injections, and most of the time, they skipped to buy insulin.

"It was a long journey, that ended in 2019, when a doctor of local hospital told me about Meethi Zindagi. Ever since his registration, my son is receiving proper and timely insulin, injections and blood sugar test strips. Hammaz is not able to look after himself. So it is me who give him insulin shots and keep track of his blood sugar level.

I still cannot forget those moments when we kept using the same syringe for insulin shots and he used to cry out of pain. But we were helpless because we couldn't afford a new syringe every other day.

Meethi Zindagi is doing such a great work. I truly appreciate their efforts. They are supporting our

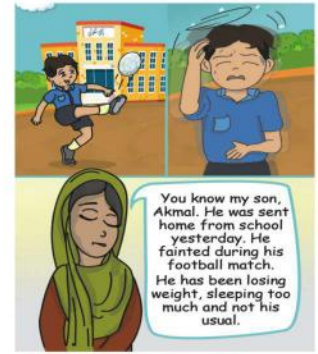
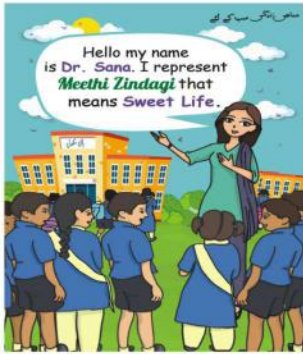
children when no one else think about children with diabetes. May Almighty give them success in their noble cause as they are beacon of hope for Hammaz and many other children like him."

We invite you all to join hands with Meethi Zindagi. With your Zakat and donation, we can bring sweetness in the lives of many more children like Hammaz and build healthy future for the children of our country. On an average, monthly insulin and support package for one child costs around Rs. 6,500.



Hammaz Shaikh

SWEET LIFE AND AWARENESS, FOR EVERY CHILD!



Please visit our
Facebook page for complete story. You could also read it to your children.
www.facebook.com/meethizindagidiabetes

Meethi Zindagi has started a nationwide campaign to provide awareness to school children regarding diabetes and healthy life. It is a campaign which has been designed to deliver the knowledge, which is essential for every child. You can also become a part of this initiative by sharing our message or inviting us to your school.

Simply give us a call at **0335-5554606** and we will be happy to come over to your school! To share and aware.

Create Life Despite Diabetes



Meethi Zindagi
میتھی زندگی سب کے لئے

I'd like to support a child with diabetes in:

☐ Karachi ☐ ISB/RWP ☐ Lahore

☐ 1 month: Rs. 6,500

☐ 3 months: Rs. 19,500

☐ 6 months: Rs. 39,000

☐ 1 year: Rs. 78,000

I am enclosing a cheque of Rs.

Name:

Address:

Contact:

E-mail:

Company:

Donation: ☐ Zakat: ☐ Other: ☐

Rawalpindi Office: 65-A, Street 3, Westridge 1, Opposite Rafay Mall, Peshawar Road, Rawalpindi. Tel: 051-8313-214

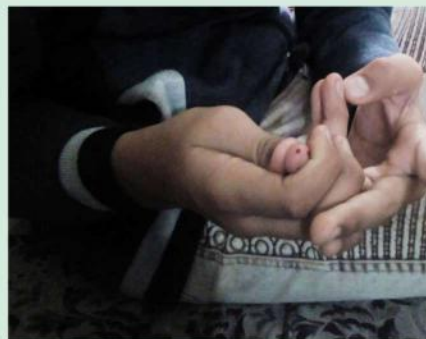
Karachi Office: E-127/G4, Block 7, Near Maskan Chowrangi, Gulshan-e-Iqbal, Karachi. Tel: 0335-555-4606

Lahore Office: 254-B, Street 5, Cavalry, Ground, Lahore Cantt. Lahore. Tel: 0332-8313-214

Call/WhatsApp: +92-335-555-4606

Website: www.meethizindagi.org, **Email:** resource.gen.dept@meethizindagi.org
Facebook: www.facebook.com/meethizindagidiabetes

*They need Insulin just as we need oxygen.
They are waiting for your support today so
they could live, grow, study, prosper and
then perhaps one day, support other
underprivileged children like them.
Come, join hands with Meethi Zindagi
and give them life!*



*The Holy Prophet, peace be upon him said:
"Give charity without delay, for it stands in the way of calamity."
(Al-Tirmidhi)*