



Meethi Zindagi

JUL 21 - JUN 22

OUR YEAR IN REVIEW



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Message from Executive Director



Dr. Sana Ajmal
Diabetes Advocate
Executive Director
Meethi Zindagi

"I was diagnosed with type 1 diabetes at age of 15, and found the initial few years very difficult but I accepted my condition as a medical and social challenge - both hard in their own ways. My passion for supporting the type 1 diabetes community was the driving force behind Meethi Zindagi. Meethi Zindagi is a platform for people with type 1 diabetes and their families. We not only provide insulin and diabetes supplies to those children who need it, with a nationwide distribution system but also provide peer support and empowering education to the community, while advocating for them. Bringing culturally tailored international best practices to Pakistan, we believe in co-creation and co-governance with the community members."



**Working towards our
vision of a
Great Life with Diabetes
for everyone.**


SUMMARY

We proudly present our annual report for the year (July 21 to June 22). It was a year full of exciting achievements for us. We at Meethi Zindagi try to bring our vision to life by developing systems and procedures which would assist, empower and improve the quality of life of the people living with diabetes who are the main stakeholders in our organisation. We try to remain true to our philosophy and devise practical ways to achieve the goals we have set for the betterment of the diabetes community in Pakistan.

One of our primary goals as a health focused organisation is to make diabetes care easily accessible to everyone irrespective of their socio-economic background. To achieve this, we initiated our 'Promise to Insulin' program which is providing free Insulin and test strips to about 300 children and adults across Pakistan. Another significant step in this regard is developing a network of Doctors and Healthcare Institutes who are willing to provide care to the deserving, either completely free or at a subsidized rate.

To ensure that people living with diabetes are better understood and get more support from their peers and community, ThErApy days are regularly organised. People living with diabetes benefit from each other's experiences and find solutions to many common issues by exchanging notes. Doctors are also part of these TEA days and give their input in the ongoing discussion. Social media groups also provide support and guidance to about 2000 people online.





**“ I KEEP FIGHTING EVEN WHEN I'M
TIRED, WEAK, OR WHEN I FEEL I'VE
HAD ENOUGH. I FIGHT FOR MY HEALTH
IN MORE WAYS THAN OTHERS
UNDERSTAND. ”**

**Mehwish Azam Living
with type 1 since 2010**

MEETHI ZINDAGI'S HOLISTIC APPROACH



How We Create Value

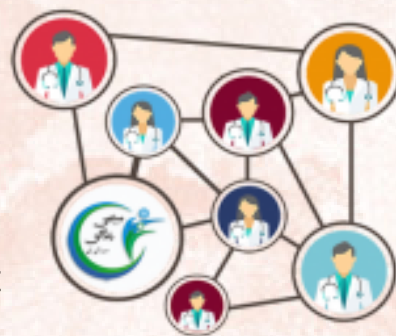


Peer Support Community Network

An active network of people with diabetes maintained through social media groups, in-person support group sessions as well as re-creational educational activities.

Network of Doctors

A network of doctors throughout the country is standing beside Meethi Zindagi in collaboration to support children with diabetes whose parents cannot afford their insulin and test strips.



Collaborating Healthcare Institutes

Collaborating hospitals providing subsidized or free of cost healthcare to registered beneficiaries. Diabetes Virtual Clinic providing telemedicine consultation and primary care helpline to the diabetes community.

Educational Institutes

Diabetes awareness and education in charity, public and private schools across Pakistan. An aware, empathetic & supportive society is what is built by an aware & educated youth!



Vision, Mission & Values



To raise awareness about diabetes, promote its prevention where possible and make quality care accessible to the diabetes community.



To empower people with diabetes to take up leadership roles in our movement of improving diabetes care.



To conduct thorough research, develop and promote electronic and remote healthcare services.



To be an advocate and platform for person-centred diabetes care.



To protect the rights of people living with diabetes and enable them to take the reign of their lives.

Year 2021-22 in Numbers



Our incredible volunteer peer leaders
**gave around
5000+ hours**

of their time to support the community
for leading great lives with diabetes.

Every day, on average, there were

**1,177 active
members**

in our community support groups.



The content in our peer
support groups was read
by community

**131,146
times.**

Year 2021-22 in Numbers



2100
Packages

were provided to registered children fulfilling our
Promise of Insulin in over
55 cities & towns across Pakistan.

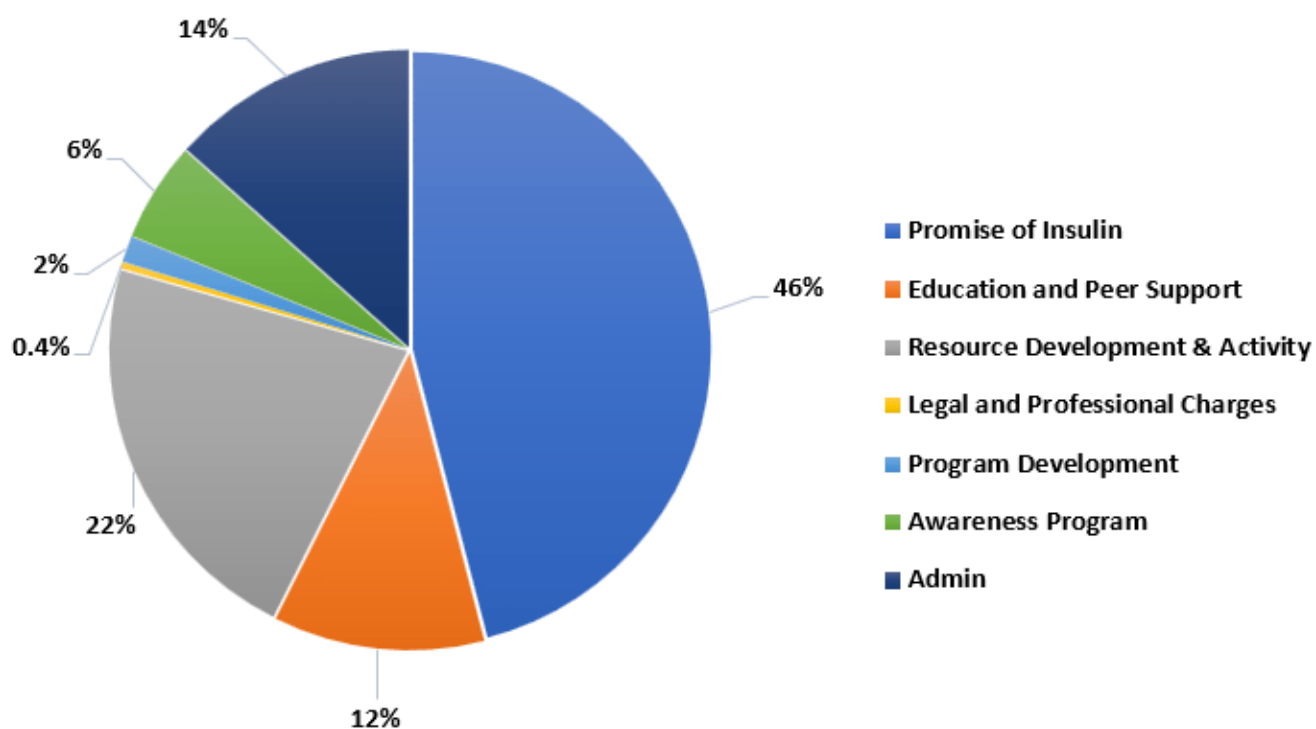


Over **38,897,381 PKR**
were donated to us by philanthropists
and organizations to help us fulfil our
promises to the diabetes community.

We thank our donors, partners,
collaborating doctors and hospitals,
volunteers, advisors and board
members for supporting us in realizing
our vision!

every contribution is
hugely valued

thank
you!



Activities throughout the year 2021

20
22
—



Promise of Insulin

Pakistan has the third highest number of people living with diabetes in the world and 39% of the people live below the poverty line. Living with diabetes means regular blood sugar tests requiring a glucometer, test strips and insulin injections. It is very difficult for families with low incomes to manage this expense every month. This is where Meethi Zindagi steps in with its Promise of Insulin program. We are proud to share that every month about 300 children all over Pakistan receive free Insulin and test strips from Meethi Zindagi. Taking our pledge to help ease the burden of these families one step forward, we have started offering free HbA1C tests quarterly. This is a huge step as these tests are very important in diabetes management and complication screening. We only have one condition: these children must maintain a minimum of 70% attendance in school. This is to ensure that they grow up to be strong, independent individuals who are productive members of society.



Zainab Living with type 1 since 2020

Promise of Insulin

A highlight of last year was the signing of an MOU with Life For A Child (LFAC) in July 2021. Life For A Child is a prominent international organization that helps children in low and middle-income countries with insulin, supplies, and diabetes education. As per the MOU, they would now support us in providing some components of care we deliver to the deserving children living with diabetes. The first step in this direction is the establishment of a Diabetes Care Centre at Koohi Goth Hospital. It is a tri-party collaboration between Koohi Goth Hospital, Meethi Zindagi, and Life For A Child. LFAC is providing insulin, Meethi Zindagi is educating people to enable self-management and providing peer support, and Koohi Goth Hospital is providing consultation.

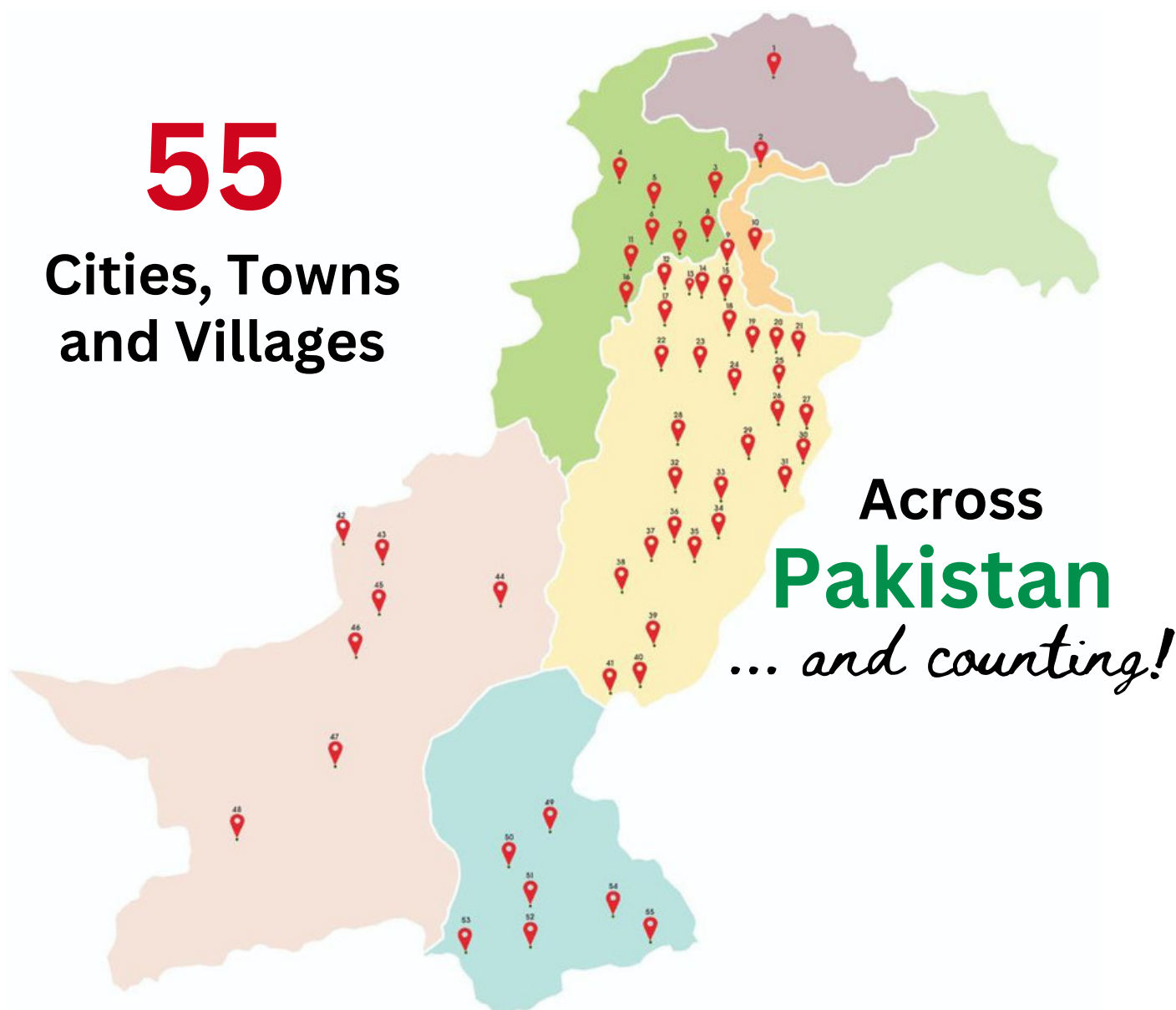


Another important step was the signing of an MOU with PAHCHAAN, a prominent non-profit organization working for children's rights in Pakistan. As per our agreement, Meethi Zindagi would ensure free insulin provision and education to enable self-management and PAHCHAAN will provide social and psychological care to children living with diabetes in ten districts of Panjab where PAHCHAAN has an extensive outreach. PAHCHAAN would look after these children's emotional health and their families would be counselled to help them understand their children's condition so that they are able to take better care of them.

SPREAD OF OUR INSULIN SUPPORT PROGRAM

55

Cities, Towns
and Villages



1 Gilgit
2 Muzafarabad
3 Mansehra
4 Lower Dir
5 Chakdara
6 Mardan
7 Haripur
8 Abbottabad
9 Kotli Sattian
10 Pallandri, AJK
11 Peshawar

12 Attock
13 Taxila
14 Rawal Pindi
15 Kahuta
16 Kohat
17 Pindi Gheb
18 Gujar Khan
19 Mirpur
20 Gujrat
21 Sialkot
22 Talagang

23 Chakwal
24 Mandi Bahauddin
25 Gujranwala
26 Sheikhupura
27 Lahore
28 Sargodha
29 Faisalabad
30 Qasur
31 Okara
32 Bhakkar
33 Sahiwal

34 Arifwala
35 Zila Veharhi
36 Khanewal
37 Multan
38 Muzaffargarh
39 Bahawalpur
40 Khanpur
41 RahimYar Khan
42 Chaman
43 Pishin
44 Dukki

45 Quetta
46 Mastung
47 Basima
48 Panjgur
49 Sanghar
50 Matiari
51 Hyderabad
52 TM khan
53 Karachi
54 Mithi
55 Tharparkar

LIFE FOR A CHILD

Life for a Child & Meethi Zindagi joined hands to support children & young people with diabetes who cannot afford insulin.

Promise of Insulin

Life For A Child & Meethi Zindagi
Joined Hands

How do we see care for the children and young people improving through the partnership?

Life for a Child works with established local partners having the dedication to support young people living with diabetes in their communities. We strengthen local programs. You won't go anywhere and find a standalone Life for a Child clinic, it's important to work with what is already in place and find the local champions; the dedicated doctors, nurses, and patient advocates.

Dr. Graham Ogle
General Manager
Life for a Child

Where ever a child with diabetes is in Pakistan, we are inching closer and closer to reach and support them. We work with a widespread network of established doctors, hospitals and associations to realize our vision of "Great Lives with Diabetes" for everyone". The partnership forms a key pillar of our "Promise of Insulin" to children especially those facing distance and affordability barriers."

Dr. Sana Ajmal
Executive Director
Meethi Zindagi

CHILDREN'S DIABETES CARE CENTRE (KGH)

Meethi Zindagi and Koochi Goth Hospital have joined hands and established a 'Children's Diabetes Care Centre' to provide free diabetes care, insulin, and blood sugar testing supplies to deserving children in one of suburban Karachi's most underserved but populated areas.

Supported by Life For A Child and Meethi Zindagi's Education and Peer Support programs.





ndagi

at
er,

Announce the inauguration of **Children Diabetes Care Center**

Supported by



DIABETES CAMP

Juggling diabetes along with everything else gets tiresome! It is really refreshing if one gets some time off from daily routine and gets to engage in fun activities, surrounded by people who are in the same boat. Dia-camps at Meethi Zindagi are just that!! We have activities like boating, trekking, camping, and bonfires, and the adult type 1 counsellors, peer leaders, and healthcare professionals present in the camp to provide a hands-on learning experience in managing diabetes for children and families. When one is surrounded by peers, it is easier and much more fun to learn. The use of technology, carbohydrate counting, glucose monitoring, the correct dosage of insulin and diabetes management while travelling are some of the aspects covered, not to mention the immense boost of self-confidence this experience is bound to give.

Taking the lead from DECA in the best practices followed internationally, children engage in fun learning activities and make dia-friends with whom they can connect better – after all friendship is all about understanding and sharing experiences.

Sponsored by

Medtronic

Supported by



DIABETES CAMP



Three Dia-camps have been organised in 2021-22 making 217 participants learn that they can enjoy life with diabetes, once they learn to manage it.

Leave the stress of everyday life behind, just take your diabetes supplies and come join our Dia-Camp for a fun & learning experience.

Sponsored by

Medtronic

Supported by



Diabetes
Education & Camping
Association

THERAPY DAYS



Peer support is a concept which is fast gaining popularity world-wide. Experts predict that a few years from now it would be a part of the healthcare plan for all chronic conditions. Diabetes is also one such condition which requires not just having insulin but major lifestyle changes. Peer support for people living with diabetes is important as being with other people who are in the same boat, encourages and motivates people. Peer support meetings are an opportunity to teach and learn as everyone brings their unique experiences to the table. We believe that diabetes is a long and hard journey, but it does not have to be lonely! Hence our ThErApy days aim to help the diabetes community by bringing them together and encouraging them to communicate. These light-hearted sessions are sponsored by Roche Diabetes Care Pakistan, and they go a long way in reducing stress and helping prevent burnout. By discussing what they are going through, people find catharsis and learn about new coping strategies which have worked for others.

In the last year, we had 14 Tea days. Around 280 people attended these sessions. On these Tea days, a variety of topics were discussed, including Fighting Eid Blues, No Judgments, Back to School, Diabetes At Workplace, Diabetes & Women, and Ramadan. In these sessions, some very informative discussions took place. Also, many inspiring stories came to light, motivating the attendees to keep fighting the good fight!

World Diabetes Day Nationwide Campaign

AWARENESS BUS RIDE

City-wide sightseeing double-decker bus ride held across the country. Approx. 500 people joined in for a bus ride. Placards having health awareness slogans were showcased & peer leaders also voiced for Access to Diabetes care..



AWARENESS WALK

Around 600 people joined an awareness walk holding placards having informative slogans related to diabetes care.

ADVOCACY SYMPOSIUM

The Key stakeholders were brought together on one platform to brainstorm solutions to the challenges faced by the diabetes community in Pakistan.



WORLD DIABETES DAY



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world diabetes day
14 November

World diabetes day (WDD) is celebrated every year on the 14th of November to increase awareness about diabetes and the serious threat it poses to millions around the world. This year WDD marked the 100th anniversary of insulin discovery. The theme picked by International Diabetes Foundation (IDF) for the year 2021-22 was insulin provision for everyone - if not now, then when?

Meethi Zindagi, along with its strategic partners PAHCHAAN, Koohi Goth Hospital and Abaseen Institute of Medical Sciences, planned to celebrate this day in a way that it would capture the attention of both the policymakers and the general public and raise awareness about the issue of access to insulin. Simultaneous activities were planned in Lahore, Karachi, Peshawar and Islamabad with the help of our esteemed platinum, gold and silver sponsors - Medtronic, Roche, Sanofi and PharmaTec Pakistan Pvt Ltd, respectively. All these activities were live-streamed from Meethi Zindagi's social media accounts to reach a wider audience.

In all these cities, the day started with a sightseeing tour of the historical monuments in buses which were specially decorated with banners carrying the message 'Access to Insulin - if not now, when?'

The purpose of this bus tour was to draw the general public's attention to the importance of insulin for a person living with diabetes and the fact that even after 100 years, insulin is not easily accessible to everyone.



WORLD DIABETES DAY SYMPOSIUM

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In Lahore, the day ended at a high note in an awareness and advocacy symposium, where more than 100 people were in attendance including prominent healthcare professionals, government representatives, diabetes industry representatives, and our valued diabetes community. The Panel comprised Prof Taeed Butt, senior consultant endocrinologist; Dr. Izhar Hashmi, Project Director of Akhuwat health services; Dr. Sana Ajmal, Diabetes Advocate, and Executive Director Meethi Zindagi and Ms. Ayma Waqar, Youth Leader living with type 1 diabetes camp; Founder Living Strong with Autoimmune. The session was moderated by Prof. Dr. Naeem Zafar, Founder & President of PAHCHAAN & President-Elect of PPA Punjab.



WORLD DIABETES DAY SYMPOSIUM

Some very renowned and prominent names were invited as special guests on this occasion. Mr. Muhammad Ajmal Bhatti (Special Secretary Specialized Healthcare & Medical Education Department), Dr. Faisal Masood (Prevention and Control of Non-Communicable Diseases Government of Punjab), Dr. Zarfshan Tahir (Dean Institute of Public Health), Dr. Imtiaz Hassan (Medical Director Diabetic Institute of Pakistan), Dr. Muhammad Moaz (Child Health and Protection Consultant), Dr. Uzma Malik, and Dr Abbas Raza joined us as our honourable guests.

The symposium started with a very productive panel discussion, after which a question and answer session was held. It was followed by brief comments by the chief guest and the guest of honour.

After that, the country manager from Medtronic, our platinum sponsor, Mr. Majaz Ahmed addressed the gathering. He talked about the importance of accessibility to technology in diabetes care. A video message from the Head of Diabetes Care at Roche, Mr Sohail Malik was included.

Former cricketer and captain of the Pakistan national cricket team, Waseem Akram - who is a diabetes warrior himself, also addressed the symposium through a video message.



SETUP

"Knowledge is power" At Meethi Zindagi, we believe that if a person living with diabetes is equipped with the correct information, they can manage their condition in a much better way which ultimately translates into a better quality of life. In this context, Meethi Zindagi launched **SETUP - Structured Education for Type 1 diabetes understanding in Pakistan**, which is meant to be used as a guidebook for managing type 1 diabetes. This book was written by leading healthcare professionals in Pakistan with vast experience in this field, in collaboration with the diabetes community, who also reviewed the book on completion.

SETUP was originally written in English. A major development in the last year was its translation into Urdu. This would greatly increase the book's reach and a larger segment of society would now be able to benefit from it.

In addition, three workshops (two in-person and one online) were arranged to guide people living with diabetes on how to use this book for better diabetes management. These workshops were attended by 180 people and they were conducted in four sessions: do's & don'ts of diet, carbohydrate counting, hypoglycemia, and sick day rules. Each session was led by a facilitator. These sessions were interactive and real-life scenarios faced by people with T1D were discussed. In order to gauge the workshop's effectiveness, the participants were quizzed before and after the sessions.

It is safe to say that these sessions were a huge success as feedback taken for session evaluation revealed that 99% of the people had learnt new management tips and said that they would recommend others to attend.



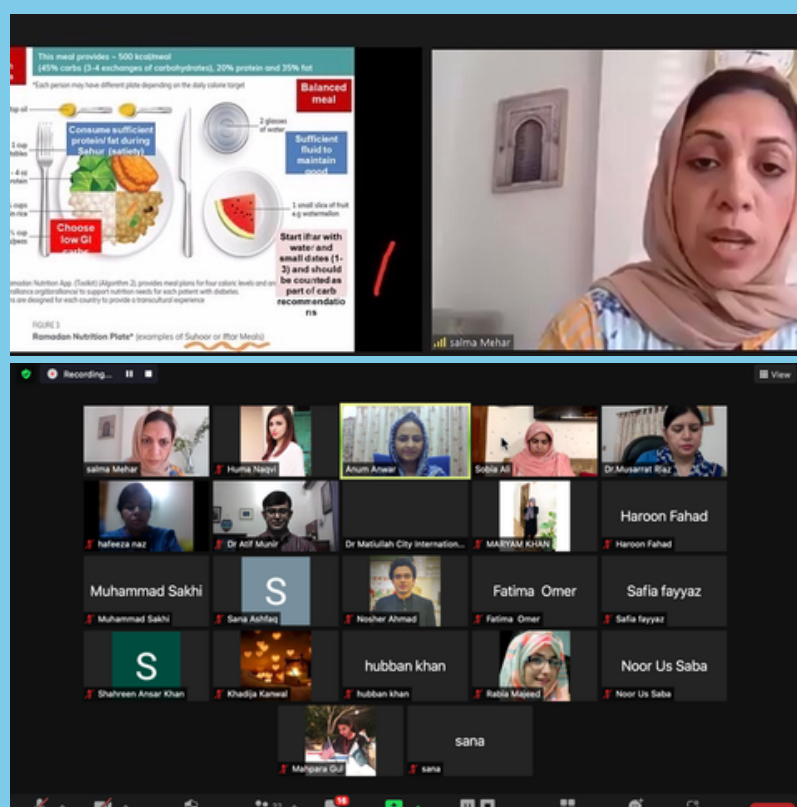
ONLINE SESSIONS

Technological advancement has made it very easy to reach people living with diabetes and educate them about different aspects of diabetes management, irrespective of their location. Taking full advantage of this, Meethi Zindagi has been arranging free online interactive sessions with guest doctors. A different topic related to healthcare and diabetes is selected every time, and after registration, these sessions are open to all.

Nine online sessions were held from February 2021 to March 2022. A wide range of topics came under discussion:

- **Pregnancy and Type 1 Diabetes**
Dr Asma Ahmed
- **Thyroid and Diabetes**
Dr Ahmed Imran
- **Kidney Health with Diabetes**
Dr Faysal Nawaz
- **Foot care and Diabetes**
Dr Mohammad Arshad
- **Celebrating Ramadan even when not fasting**
Ansah Amir
- **Celiac Disease and Diabetes**
Dr Ayesha Sheikh
- **Oral health and Diabetes**
Dr Sufyan
- **Growth and development in children with type1 Diabetes**
Dr Khadija Nuzhat
- **Technology and Diabetes**
Dr Sara Nadeem

A very special session was held in April 2022. Ms Salma Meher, a consultant dietician conducted this session on 'learning how to fast safely with Type one diabetes'. She explained in detail how a person living with diabetes can fast safely through diet management. After that six renowned endocrinologists provided one to one consultation to each attendee. They started by doing the risk analysis of each person to ensure that they can fast, after that they were guided on how to do that safely.



T1 INTERNATIONAL (GLOBAL ADVOCACY PARTNER)

For people with diabetes, access to insulin is essential to life. Still a large number of the people who need insulin have no access to it because it is either unavailable or unaffordable. T1 International is a not-for-profit organisation that partners with different organisations all over the world and provide them with resources and training to make their advocacy stronger. Their goal is to make access to insulin and diabetes supplies possible for everyone who needs it all over the world.

T1 International is the global advocacy partner of Meethi Zindagi. Currently, they are supporting us in data collection since advocacy is most effective when based on data. We are collecting data from hospitals, social media platforms and the internet.



Our Advocacy Team



Hasan Kamran



Shama Shah



Sobia Aziz



Omer Alam

#insulin4all

Together Meethi Zindagi & T1 International will be advocating for universal access to insulin by sharing data, campaigning and raising awareness.



LEONARD AWARD

In 1922, Leonard Thompson became the first person to get insulin for treating diabetes. Leonard's award is given out every year to commemorate this great milestone in diabetes treatment. It is awarded to five individuals with prominent contributions in the fields of diabetes treatment, management, research, and advocacy. One individual is selected from each of the following categories: HCPs, nurses, young adults, advocacy professionals and researchers.

It is an immense honor for all of us that Dr Sana Ajmal, Founder and Executive Director of Meethi Zindagi was a 2021 inaugural Leonard Award winner in advocacy professional category. The other winners were:

Drew Mendelow (US) in the young adult category, Giuseppina Chierici (Italy) in the endocrinologist/primary care physician category, Vanita Pais (Canada) in the diabetes educator or nurse category, and James Shapiro (Canada) in the researcher category. In recognition of each winner, \$20,000 are given to Life for a Child, which is a non-profit organisation working for young adults and children in resource-limited countries all over the world.

2021 Leonard Award Recipient



Sana Ajmal, PhD

Pakistan

Community Leader

Advocate/Advocacy Professional Category

Leonard
CELEBRATING 100 YEARS OF INSULIN
1921-2021

Life Stories



Mehak Bibi Living with type 1 since 2019

Let's meet Amna, Meethi Zindagi's beneficiary, appreciated by teachers and family for her brilliance. She stands bravely against type 1 diabetes at the young age of 11. In 2016, upon the diagnosis, a local hospital provided her with essential insulin. Things stabilized for a few years until insulin stopped acting effectively on Amna. Resultantly, she started getting weaker and fainted frequently. Doctors suggested using a different insulin that comes in an insulin pen.

Amna's mother, Fareeda, is the only bread earner of her family as her husband is jobless. In addition, her daughter is allergic to wheat and gluten which really limited options for her. Unable to provide Amna with the needed nutrition, she did not see any way to afford an insulin pen. Upon seeing the desperate mother, Amna's doctor told Fareeda about Meethi Zindagi. Now, She is being supported by Meethi Zindagi, providing her with a full package that includes a glucometer, insulin, test strips, wipes, and an insulin pen. Each package costing Rs 9500 per month can change so many lives, just like Amna's. Your Zakat can help many children live normal life just like others.



Laraib was diagnosed with diabetes when she was ten years old. Like all children, she was afraid of needles. Her father told us, "Ever since the diagnosis my daughter had become depressed. Whenever I would tell her to take insulin, she resisted and tried to convince me that she will be fine without it." Her body needed Insulin three times a day which her parents could hardly afford and her fear of needles made the situation even more stressful for everyone involved. Her perspective changed when she attended one of Meethi Zindagi's seminars. She learned about the importance of insulin for her body. Meeting other children like herself gave her confidence. Laraib was registered in our promise of insulin program and is getting insulin and test strips regularly. Her parents are grateful for Meethi Zindagi's role in improving their daughter's mental and physical health.



Zuhad was diagnosed with Type one diabetes when he was four years old. He is thirty now and apart from completing his MBA from one of the leading universities in Pakistan, he is very active in sports and loves travelling. After getting in touch with Meethi Zindagi, attending Tea days and getting peer support, he has learned a lot about his condition and feels much more confident in managing his blood sugar levels. Zuhad says," Prior to attending the SETUP workshop, I mainly relied on intuition and doctors' recommendations for insulin dosage. That doesn't mean my intuition was bad, but something as simple as carb counting and split dosage has helped convert this art into a science and get a better handle on things. It has helped me deal with stress better, made me happier, and bold enough to try new food and regimens."



Taha was diagnosed with type 1 diabetes when he was waiting for his 9th-grade board exam result. He has done BSc in Mechatronics and Control Engineering from UET Lahore in 2018. He went through a lot of ups and downs in his diabetes journey. When he joined college and later university, he would not eat anything to avoid injecting insulin as people's questions and curiosity used to upset him. He didn't make any friends for the same reason. When Taha came to know about Meethi Zindagi, he joined our Facebook group for adults with type 1 diabetes, Type 1 Squad (to know more about our online support groups, head to page # 39. The information, support, and resources available there, enabled him to manage his blood sugar in a much better way. He says, "I was happy to learn about carb counting. I started learning it and implemented it slowly. Learning and improvising had a few hypos along the way, and my diabetic journey after joining MZ and learning carb counting was never the same as it was before. I was amazed and it was hard to believe."



Our Board of Governors



Abdul Basit Khan



Dr Sana Ajmal



Dr Amir Qayyum



Dr Amir Hasan



Dr Momina Mastoor



Dr Asim Rasheed



Samra Jabeen

Our Board of Advisors



Arfat Ashraf



Dr Fauzia Moyeen



Dr Atif Munir

Our Board of Management



Zeba Bakhtiar



Dr Atif Munir



Anum Anwar



Dr Salma Mehar



Sara Qamar



Dr Asif Hashmi

Community Leaders & Volunteers



Zuhad Munawar



Noor Us Saba



Fatima Omar



Shoaib Ismail



Wania Sadiq



Ayesha Noor



Jamshed Badshah



Hubban Khan



Sobia Aziz



Sadia Arshad



Maryam Khan



Shakir Manzoor



Umar Ashraf



Saira Aslam



Pakeeza Awan



Amna Akbar

Community Leaders & Volunteers



Minhail Awan



Raja Waqar



Albar Wahab



Maira Butt



Amna Noor



Noor Us Saba



Shayan Danish



Kanz Ul Emaan



Adnan Islam



Ahsan Rasheed



Muhammad Saleh



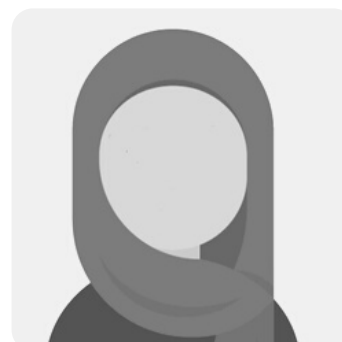
Talha Khan



Ansah Amir



Fatima Zahra



Fatima Arif



Rimal S Rizvi

Our Network of Doctors



Dr. Ahsan Siddique,
Diabetologist, Karachi

Dr Amna Moazzam,
Diabetologist, Lahore

Dr Atif Munir,
Endocrinologist, Lahore

Dr Bilal,
Diabetologist/Padiatrician, Jhelum

Dr Hina Sattar,
Peads Endocrinologist, Rawalpindi

Dr M. Abu Talib,
Paediatrician, Karachi

Dr Rab Nawaz, Endocrinologist
Timergara, Lower Dir, KPK

Dr Rehmana,
Paediatric Endocrinologist, Rawalpindi

Dr Rozina Arshad,
Diabetologist, Lahore

Dr Sahib Dinu,
Pediatrician, Mithi Sindh

Dr Sajjad Ali Khan,
Endocrinologist, Karachi

Dr Khadija Nuzhat Humayyun
Pediatic Endocrinologist/
Diabetologist, Karachi

Dr Khuda Bux Khoso,
Pediatic Endocrinologist
Diabetologist, Hyderabad

Dr Sajjad Ali Khan,
Endocrinologist, Karachi

Dr Sardar M. Shoaib Khan
Ass. Prof. Endocrinology, Mirpur AJK

Dr Sarfraz Ahmed Khan,
Consultant Physician, Sahiwal

Dr Shafiulla Khan,
Senior Registrar, Kohat

Dr Shairzaman,
Diabetologist & Endocrinologist, Quetta

Dr Sharif Ullah,
Diabetologist, Swat

Dr Somayya Aftab,
Paeds Endocrinologist, Lahore

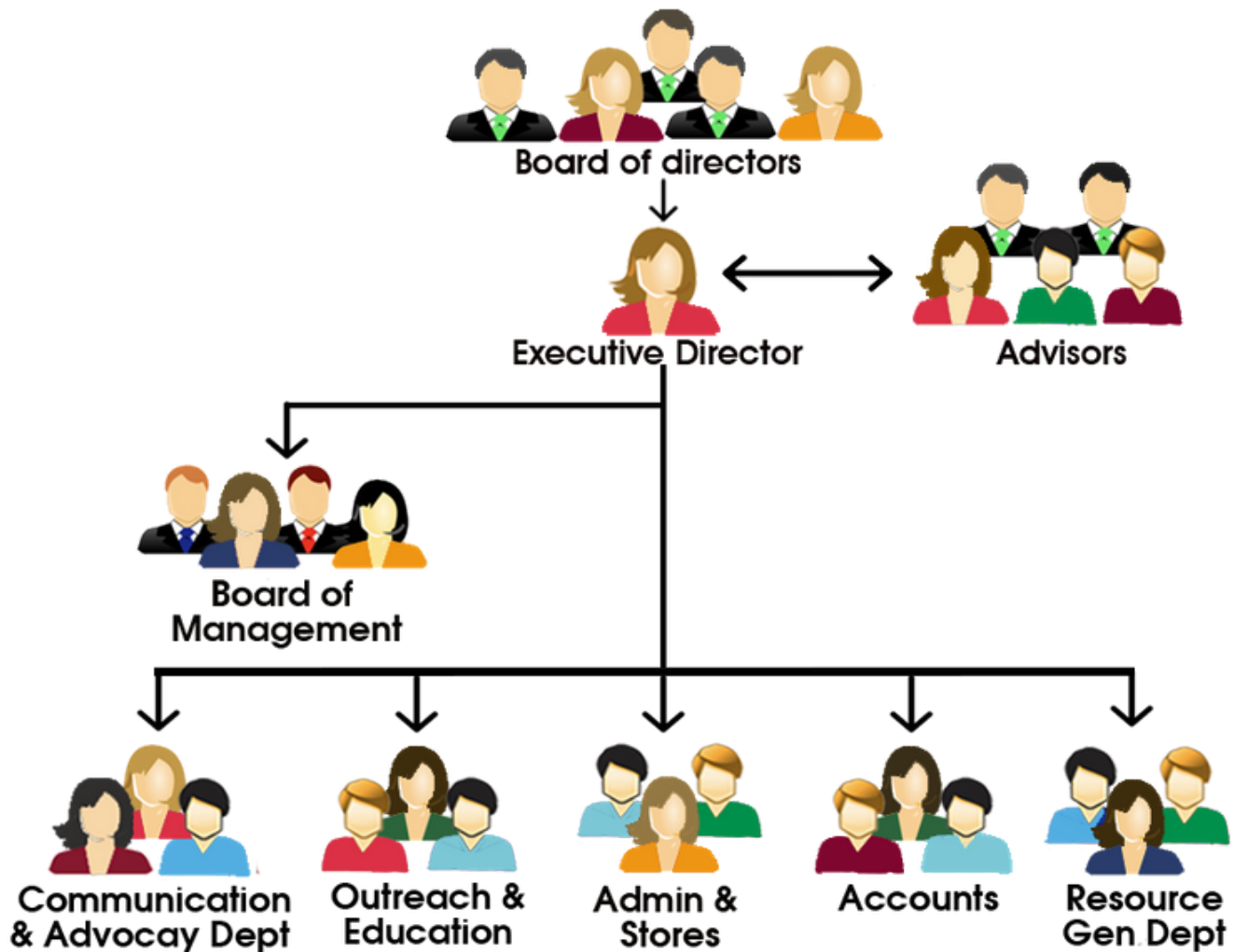
Dr. somayya Aftab,
Paediatric Endocrinologist, Lahore

Dr. Urooj Lal Rehman,
Endocrinologist, Karachi

Professor Dr Imran Hassan Khan,
Endocrinologist, Lahore

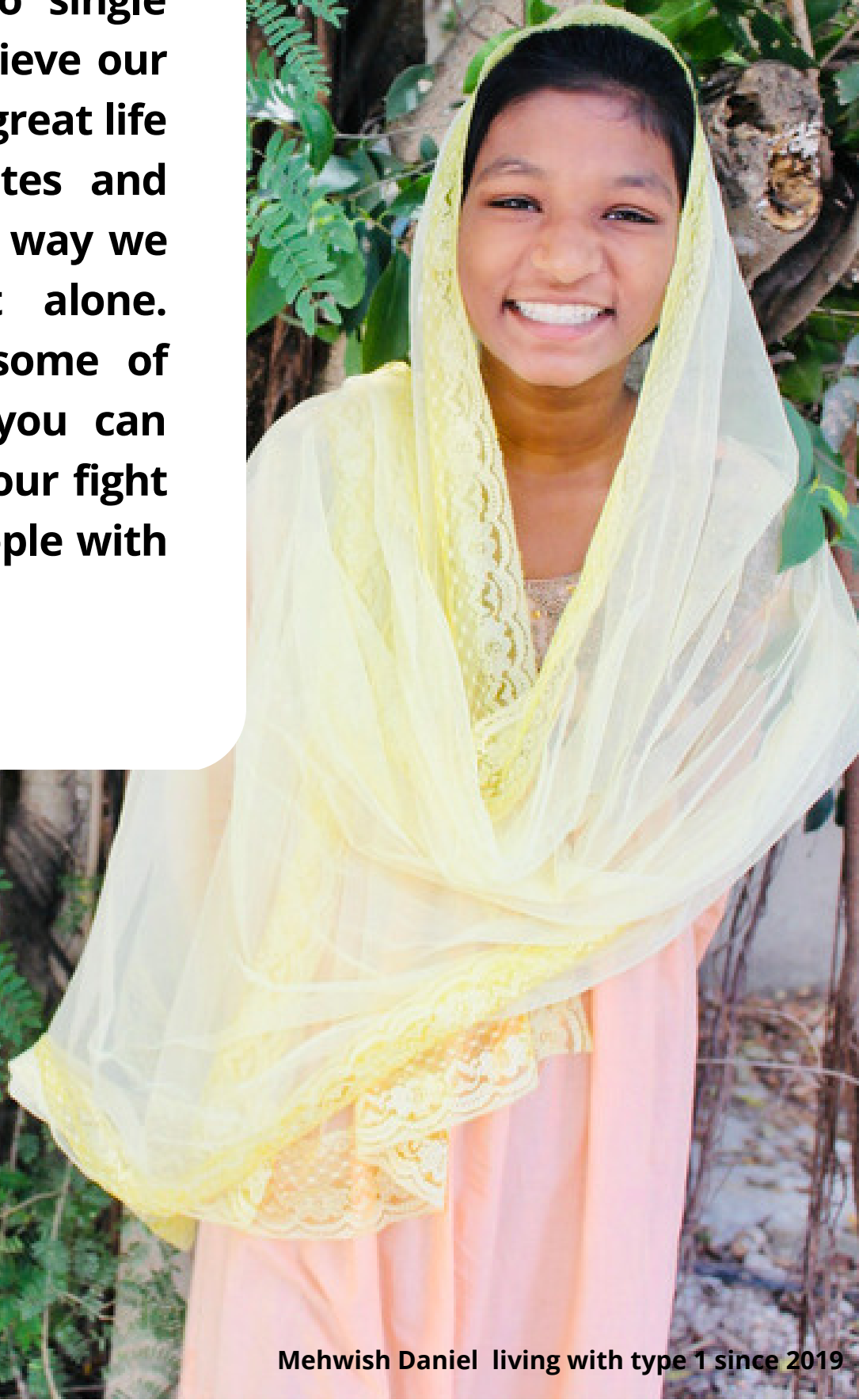
Dr Tejhmam Rehamn,
Endocrinologist, Islamabad

Our organizational structure



Get Involved

There is no single way to achieve our vision of a great life with diabetes and there is no way we can do it alone. Here are some of the ways you can be part of our fight to help people with diabetes.



Get Support

Join


theThErApy
DAY

in your city

*And get inspired & motivated to
lead a thriving life!*

Contact Us

<https://meethizindagi.org/contact-us/>

+92 332 8313214

+92 332 5554606

+92 051 831321

For more information and ways to get involved:

contact@meethizindagi.org

Get Engaged

**The Diabetes community is
surrounded by Challenges!**

**Do you have any unconventional
idea that can transform their lives?
If yes, here's yours chance!**

This year **Meethi Zindagi** is once again opening its doors to young people with diabetes (students, doctors, engineers, social workers, teachers, or from any other profession) who want their voice, ideas and work to be seen and heard at national and international forums.

Do you have what it takes to be a diabetes advocate? Do you want your voice and work to be heard and recognised? Here's your chance.

Send us your CV at
contact@meethizindagi.org

**And Share in your circle so that everyone can
get a chance!**

Join your community online

You Are Not Alone
We Are Together In Living Beyond Diabetes
CONNECT > BE AWARE > FEEL EMPOWERED

 Type 1 Squad - Meethi Zindagi



<https://www.facebook.com/groups/519973205064706/>

**JOIN THIS GROUP IF YOU HAVE
TYPE 1 DIABETES**

 Parents of Type 1 Kids - Meethi Zindagi



<https://www.facebook.com/groups/176853780067379/>

**JOIN THIS GROUP IF YOUR CHILD HAS
TYPE 1 DIABETES**

 Type 2gether - Meethi Zindagi



<https://www.facebook.com/groups/MZType2gether/>

**JOIN THIS GROUP IF YOU OR A CLOSE FAMILY MEMBER HAS
TYPE 2 DIABETES**

Donate

Support a child with life-saving Insulin

Everything we do is only possible thanks to the generosity of the people who donate to us. Your gifts help us support people living with, or at risk of diabetes in a number of ways, from Promise of Insulin and school awareness campaigns to Tea-days, DTreats and support groups where people share experiences and learn from each other.



Cost of support package per child per month is Rs 9500/-

For details or donation pick up from your home, Call us: 03355554606

Bank: **Faysal Bank Limited**

Account Title: **MeethiZindagi**

A/c No: **0120-006900229623**

Our Partners, Collaborators & Supporters



WORLD **DIABETES** FOUNDATION

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 **voices**



Diabetes
Education & Camping
Association



CHUGHTAI LAB
HOME CARE 24/7



Medtronic



Roche Diabetes
Accu-Chek®



Future plans

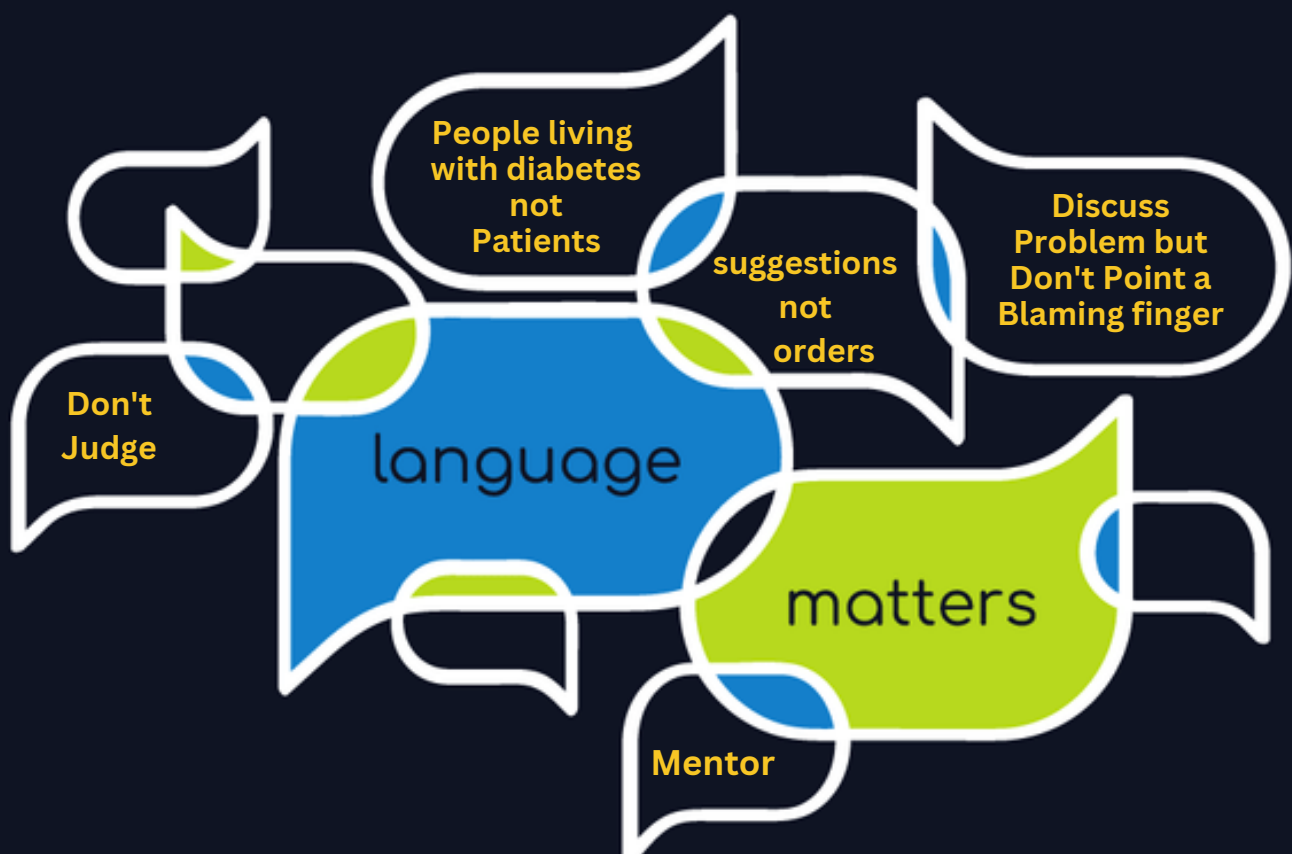


Ayesha living with type 1 since 2018

Meethay Bol

Language Matters was an initiative of Diabetes Australia in 2011, which was then taken up by the International Diabetes Federation (IDF) and Diabetes organisations in the USA, UK, Italy, France, India, and Canada. The purpose of this movement is to educate the health care professionals and the community in general about what words to use and what to avoid, and how to communicate their concerns because in their effort to motivate the person for better management of diabetes, they can end up hurting, offending or embarrassing them which is very discouraging and affects the clinical results negatively. It is basically a communication guideline which is aimed to help improve the interaction between a health care professional and a person who has diabetes.

Language Matters Pakistan aims to provide a guideline specific to Pakistan on how health care professionals in Pakistan can communicate effectively with people belonging to this region. Every culture has its own sensibilities and sensitivities, and a document providing principles which should be kept in mind in the communication between a health care professional and a person living with diabetes, specific to our culture and catering to the sensibilities of our people, is bound to make a huge difference in the quality of healthcare being provided.



DIGITAL DIABETES PLATFORM



As it is said, Information is Power! If a person living with diabetes has access to clinically approved information that is available to them at all times and is conveyed in a simple, easy-to-understand way, it can revolutionize their diabetes management. This is the concept behind DigiBete, which is an online video platform by NHS UK where educational videos are shared with the aim to enable children and young adults to self-manage their diabetes.

In collaboration with DigiBete UK, Meethi Zindagi is developing a similar digital resource in Urdu for people living with diabetes in Pakistan. We aim to educate and train children, young adults, and their families about type 1 diabetes. As this resource would be available online, it can be accessed from far-flung areas where it might otherwise be difficult to get authentic information readily at all times. The content for the Pakistani audience would be culturally tailored so that people can connect better with it and the language would be kept simple and conversational to ensure that it is understood by people irrespective of their educational background. In the second phase, we also plan to translate these videos into other local languages like Sindhi, Pashto and Panjabi etc., to increase the reach of this resource.



Meethi Zindagi

in collaboration with **DigiBete**

**is inviting volunteers for
stakeholder committee of**

**"Digital Type 1 Diabetes
Education for Children &
Young People in Pakistan"**

Supported by



WORLD **DIABETES** FOUNDATION

**Culturally Tailored
Digital Diabetes
Education Web Platform**

Technology Integration

Meethi Zindagi firmly believes that Digital is the way forward! Therefore, we are swiftly moving towards becoming a Digi-cohort for better community support and development.

Through the technological enablers, doctors would be able to refer cases of people with type 1 diabetes whom they wish to enroll in our insulin support or education and peer support programmes. Teachers in schools will also be able to link up with the system to provide information about the challenges and successes. But that's not all. The central integrated system is based on a digitized inventory management system and the distribution service so that we continue being transparent and the donors have ongoing visibility about their donations and the children they are supporting.

We envision providing our beneficiaries of the promise of insulin program with the tools and gadgets that can help them with logging blood sugars, insulin doses and meals, and share those with tele-educators who can empower and educate them based on their actual data. The information base would allow us to take calculated decisions and support each beneficiary with comprehensive and personalized support packages.



WE THANK YOU FOR YOUR CONTINUED SUPPORT IN OUR EFFORTS.

Call us

To register a child:

+92 308 6770106

+92 051 8313214

For Donations,

**sponsorship and donation
doorstep collection:**

+92 332 5554606

Email us

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