



Meethi Zindagi
Great Life Despite Diabetes

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

STANDING FIRM IN THE FACE OF BULLYING

IT'S NOT JUST INSULIN THEY NEED. SOCIETY NEEDS TO LEARN THAT THEY CANNOT MAKE FUN OF THEIR SHORTCOMINGS.



As a mother, my worries were not limited to earning a livelihood for the family as a single earner. I was constantly concerned about managing my youngest daughter's type-1 diabetes. But, most of all, I was tired of fighting the culture in our society that stigmatizes people who are different. It makes me sick to know that Amna gets bullied at school regularly because of her diabetes and gluten allergy.

BESIDES FIGHTING HER HEALTH ISSUES, SHE IS STRUGGLING TO SURVIVE IN THIS MYOPIC MINDSET SOCIETY.

Despite getting bullied at school, Amna is keen on learning new things. So, she attends her school diligently. However, she returns home with a broken spirit nearly every day. Amna is just like any other child, yet she is stigmatized as a weirdo by her classmates. Given her circumstances, her courage is praiseworthy as she is holding up well.

"AS A SOCIETY, WE NEED TO LEARN HOW TO ACCEPT AND SUPPORT PEOPLE WITH HEALTH ISSUES. WE NEED TO FOSTER INCLUSIVITY INSTEAD OF MAKING THEM FEEL LIKE AN OUTCAST."

The State and society need to work together to educate people on these issues. We, as a society, must become a reason for their smiles, and not the cause of their heartache. Join hands with MEETHI ZINDAGI and become a part of this initiative of educating people about sensitive issues like this. Indeed, a few kind words are more medicinal than only providing monetary support.

CONFIZ PARTNERS WITH MEETHI ZINDAGI TO HELP CHILDREN WITH TYPE-I DIABETES

Confiz, a leading global technology company, has partnered with Meethi Zindagi, a Pakistan Center for Philanthropy (PCP) certified non-profit organization, to donate PKR 0.9 million to provide free insulin to 11 children with type-I diabetes for a full year. The MOU was signed by Muhammad Awaid, Senior Project Manager at Confiz, and Anum Anwar, a member of the Board of Directors at Meethi Zindagi at Confiz, Lahore.

"We are proud to partner with Confiz and support their initiative of providing quality care to children with diabetes," said Anum Anwar. This collaboration allows Meethi Zindagi and Confiz to offer much-needed support to children living with type-I diabetes and giving them a chance at a better life.



ANUM ANWAR, MUHAMMAD AWAIID & UMAIR KHAN

MEETHI ZINDAGI AT IDF – DETERMINING THE FUTURE OF DIABETES IN PAKISTAN

Living and coping with complications of a chronic medical condition is a monumental struggle, day in and day out. Simply put, diabetes is hard to live with. The saying, "Just because someone carries it well, doesn't mean it isn't heavy," rings true in this regard. This is where the International Diabetes Federation comes in. IDF is a global advocacy group that works to represent the interests of a growing number of people living with diabetes across the world. IDF convened its World Diabetes Congress 2022 in Lisbon from 5th to 8th December.

Meethi Zindagi, with its mission of positively affecting a change in the lives of children living with diabetes, participated in the World Diabetes Congress to bring home those medical and social practices, solutions, ideologies & methodologies that have improved the lives of millions of people in the world. Equipped with this knowledge and capability to treat people and manage diabetes effectively, Meethi Zindagi is revolutionizing the lives of people with type-I diabetes and empowers them to lead healthy, functional, and progressive lives.

At IDF, Meethi Zindagi accentuated the importance of availability of insulin for children with type-I diabetes, especially for those belonging to low-income strata. We also discussed the challenges faced by these children, and the existing obstacles in providing

integral care to the diabetes community in Pakistan. The participants from Meethi Zindagi spoke about the importance of educating children, parents and teachers regarding detecting and monitoring the early signs and symptoms of diabetes in children so that it can be dealt with timely and effectively. Meethi Zindagi is all about changing what it means to live with type-I diabetes.



MEETHI ZINDAGI - REACHING CHILDREN FAR AND BEYOND (THARPARKAR)

Meethi Zindagi comes across numerous cases every day, but some of them hold a special place in our hearts. When a family contacted us from Tharparkar due to their 8-year-old child, Saad Allah, we experienced a flurry of emotions. Though we were humbled to be able to help a family that lives so far, the challenge of sending the insulin all the way to such a distant area with harsh weather circumstances had us concerned.

Saad's father, Zulfiqar Ali, was the sole bread-earner of his family of 10 members. He worked as a driver in Mithi, earning merely PKR 24,000/- rupees a month. For him, spending PKR 3,000-3,500 rupees every day was next to impossible. But, as a father, he could not bear to see his child in pain either. Saad's father told us that,

"SAAD WAS IN CLASS 2 WHEN IT ALL STARTED. HE WOULD OFTEN FAINT IN SCHOOL AND IT WORRIED US IMMENSELY."

For the next 6 months after Saad's diagnosis, the family faced a lot of trouble arranging for his insulin. His parents



"I WAS SHORT OF A FEW HUNDRED RUPEES WHEN I WENT TO BUY SAAD'S INSULIN. THE PHARMACIST REFUSED TO SELL IT TO ME. LUCKILY, ANOTHER CUSTOMER TOLD ME THAT HIS SON WAS RECEIVING FREE INSULIN FROM MEETHI ZINDAGI."

- SAAD'S FATHER

had to ask their neighbors and relatives for loans, and also had to compromise on their basic necessities of life. According to the family, Saad also started getting bruises on his body whenever insulin was administered.

Saad's father shared his plight saying,

"I SOMETIMES WONDER WHAT WOULD HAPPEN TO THE CHILDREN OF POOR FAMILIES LIKE US IF MEETHI ZINDAGI WASN'T THERE..."

His father decided to reach out to Meethi Zindagi's nearest branch, and just a few days later, received a free insulin box. Saad's family was also guided about how to properly administer the insulin. Their 6-months-long struggle had finally come to an end.

Today, Saad is a healthy and happy child.

Keep supporting Meethi Zindagi so that our

Promise of Insulin can continue to reach even the remotest areas of Pakistan.

HOW DIABETES BROUGHT US CLOSER AS SIBLINGS

Life tests people to the verge of forbearance. When we think that we have encountered our toughest battle yet, another one ensues. This harsh reality rang true for the parents of 3-year-old Abdullah Khan from Lahore when they saw their beloved son suffering at a hospital bed after contracting Typhoid and Jaundice. When his health worsened, the doctors had to keep little Abdullah on ventilator for 15 days. Abdullah's father shared his heartbreak saying,

"SEEING MY CHILD ON THE VENTILATOR FOR 15 DAYS WAS THE HARDEST THING WE HAD TO GO THROUGH IN LIFE."

During this time, a series of blood tests revealed extremely high sugar levels in Abdullah's system. Doctors told the parents that Abdullah had type-I Diabetes. The shock, combined with the colossal hospital bills, left them utterly dejected. Understanding the circumstances, the doctors advised them to reach out to Meethi Zindagi. Since then, Meethi Zindagi has held Abdullah's hand through his journey and ensured provision of insulin, syringes and guidance for the deserving family. Abdullah's mother appreciated Meethi's efforts saying,

"MEETHI ZINDAGI HAS ALWAYS BEEN VERY RESPECTFUL AND PUNCTUAL IN THEIR DELIVERY OF INSULIN TO US."

6-months ago, Abdullah's elder sister, 14-year-old Mahnoor, also got diagnosed with diabetes. Meethi Zindagi now provides both siblings' insulin. Since her diagnosis, the two of them have shared



a deep bond, and regulate their meals together. When Abdullah's mother is not around, Mahnoor takes the responsibility of administering insulin to her baby brother. Instead of letting their diabetes define their lives, both of these children have used it to strengthen their bond. Mahnoor said,

"WE OWE THE TEAM OF MEETHI ZINDAGI A LOT. THEIR SUPPORT HAS ENABLED US TO MUSTER UP COURAGE AND LIVE FOR A BETTER TOMORROW."

Today, 7-year-old Abdullah is a carefree, happy child who is loved by his teachers. He likes reciting poetry and enjoys playing football and Ludo with his siblings on the chatt (rooftop) of their house.

PROMISE OF A NEW TOMORROW AMIDST CHAOS AND PAIN

"Our troubles started with COVID when my husband came back from Saudia. He was jobless, and we struggled for two meals a day when my daughter was diagnosed with type-I diabetes. Her medical condition needed immediate and regular treatment. We didn't know where to go or what to do. In this time of helplessness, Meethi Zindagi came forward to support us. Now, my daughter is doing much better." The father further said,

"MEETHI ZINDAGI WAS A SILVER LINING AMIDST CHAOS AND PAIN."

He continued, "My wife and I often contemplate the imperative role Meethi Zindagi has played in our lives. Though we are struggling to make both ends meet, we look forward to the day when we will be able to support someone else's child the way Meethi Zindagi's donors have helped us."

A TALE OF TWO BROTHERS

(HOW I SUPPORTED FARHAN)

"When I started experiencing symptoms of type-I diabetes, it shook our family to the core. We did not even know that there are different types of diabetes! So I joined some groups on Facebook to learn more about it. That was where I got acquainted with Dr. Sana and Meethi Zindagi." The elder brother continued, "I come from a humble family in Rahim Yar Khan. My father works hard every day as a woodcutter, but he always dreamt that his sons would have better prospects. So I poured my heart into my studies and got an HEC scholarship to study Biochemistry in a University in Bahawalpur. Despite all odds, I made my father proud. One day, my parents called to say that my little brother, Farhan, was also diagnosed with type-I diabetes." He further said, **"I VOWED THAT I WILL NOT LET MY 12-YEAR-OLD BROTHER SUFFER IN ANY WAY."**

"I reached out to Sana aapi for help, and she told me not to worry. Farhan would be provided with insulin every month! I felt relieved and gathered my savings to buy a little fridge, because insulin needed to be stored at a proper temperature. I showed Farhan how to administer the insulin injections. Farhan is such a brave boy who dreams of becoming a successful Computer Engineer." He spoke of

Farhan's courage saying,

"HE TOLD ME THAT DIABETES WILL NOT STOP HIM, JUST LIKE IT DIDN'T STOP ME."

He continued, "I was interning at Quaid-e-Azam Medical Lab where I received two blood samples and was instructed to

check their sugar levels. They were extremely high! I was told they belonged to 2 little children with type-I diabetes. Their poor father looked extremely distraught, so I consoled him and directed him to Meethi Zindagi."

"TODAY, THOSE TWO CHILDREN AND MY FARHAN ARE BEING SUPPORTED BY MEETHI ZINDAGI. I PRAY FOR SANA AAPI AND MEETHI ZINDAGI'S SUCCESS EVERY DAY BECAUSE BY SERVING HUMANITY, THEY ARE TRULY DOING GOD'S WORK."

Become a part of Meethi Zindagi's mission to save the lives of innocent children all across Pakistan. Let's turn their worst of times into the best of times.



THE LIFE OF A VEGETABLE VENDOR

To respect the privacy of the family involved, we have avoided mentioning names in the story below:

One fine morning, I was surprised to see my beloved 9-year-old daughter crawling on her knees instead of walking properly. At first, I thought she was making a silly excuse to not go to school. But when it was time for namaz and she was still crawling, I got confused. Curious, I asked her



"What's wrong beti?" to which she responded with tears, "I cannot walk."

I could tell instantly that she was in a lot of pain. I took her to Fatima

Memorial Hospital, where she was diagnosed with type-I diabetes. They prescribed her insulin, which was the only way to restore her health. Working as a vegetable vendor in Androon Lahore, her father barely makes 1,100 rupees a day. He shared his pain with us saying,

"I FELT HELPLESS. BUYING INSULIN FOR JUST 3 DAYS HAD EMPTIED OUT MY POCKETS."

When my wife shared our financial problems with the doctor at Fatima Memorial Hospital, she referred us to Meethi Zindagi. Now, every month, we get a box of insulin which has saved my daughter's life. It fills our heart with immense joy when we see her walk with confidence. He further added, **"MEETHI ZINDAGI MADE THIS POSSIBLE AND I AM FOREVER INDEBTED TO THEM FOR GIVING MY DAUGHTER A LIFE I COULDN'T."**

MINAHIL - A TESTAMENT TO COURAGE AND BRAVERY

"I WANT TO EARN A MASTER'S DEGREE AND WORK IN A GOVERNMENT DEPARTMENT JUST LIKE MY FATHER, WHO WORKS IN THE POST OFFICE."

Minahil, the easy-going 18-year old 11th grade student, shared her aspirations with an unwavering determination to succeed in life despite living with type-I diabetes. Minahil continued, **"IT IS TRUE THAT I DID NOT LIKE TO TALK ABOUT MY CONDITION WITH FRIENDS BECAUSE I WAS SCARED OF RECEIVING SARCASTIC COMMENTS, BUT THANKS TO MEETHI ZINDAGI AND THEIR SUPPORT, I HAVE BECOME MORE CONFIDENT."**

Minahil further told us that regardless of her struggle with diabetes, she has been able to channel her energy in a positive way. After coming from college, she enjoys tutoring kids and likes to practice mathematics as it is her favorite subject. She further said, "In my leisure time, I pen down my experiences in a diary

and read poetry, novels, and short stories to broaden my horizons." Her excitement had no bounds when she expressed her hobbies. It's been more than 5 years since Meethi Zindagi has stood by Minahil in her quest to live a fuller life by providing her with free Insulin.

"SEEING HER EXCELLING IN LIFE, WITHOUT LETTING HER MEDICAL CONDITION BECOME AN OBSTACLE, MAKES US BELIEVE THAT WE ARE CHANGING LIVES. AND ACHIEVING THIS WONDERFUL FEAT WAS IMPOSSIBLE WITHOUT YOUR SUPPORT."



RESTORING A FATHER'S HOPE

Sometimes in life, people get confronted by situations that make them feel utterly hopeless and trapped. Muhammad Hayat had to face a similar situation when doctors diagnosed his 9-year-old daughter, Mehak, with type-I diabetes. He said,

"MY HEAD STARTED SPINNING THE MOMENT I HEARD OF HER DIAGNOSIS. I FAINTED IN THE HOSPITAL."

Muhammad Hayat, a laborer by profession, resides in a small town on the outskirts of Rawalpindi. Despite working hard, he struggled to manage the living expenses of his family of 6 members. Therefore, when he heard of his baby daughter's diagnosis, his heart broke because he did not know how to make ends meet and cover her medical expenses.

Following her diagnosis, Mehak's life changed drastically. She used to be a cheerful child who was getting weaker by the day. She loved her father dearly and sensed his distress, even though he had tried to shield her from it. Mehak's father said,

"IT FELT LIKE ALL HOPE WAS LOST. BUT, THANKS TO HER DOCTOR WE FOUND HOPE WITH MEETHI ZINDAGI."

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

☐ Karachi ☐ ISB/RWP ☐ Lahore



☐ Give our Freshman a fresh start in just Rs. 90,000 a year/ Rs. 7,500 a month



☐ Make life great for an Eager Beaver in just Rs. 114,000 per annum / Rs. 9,500 a month



☐ Help our Runners run and ace in just Rs. 156,000 every year / Rs. 13,000 a month

I am enclosing a cheque of Rs. _____

Name: _____

Address: _____

Contact: _____

Company: _____

Donation: ☐ Zakat: ☐ Other: ☐

For Donations Account Title: MEETHI ZINDAGI,
Account Number: IBAN:PK49FAYS0120006900229623
Bank Name: Faysal Bank Limited

For Zakat Account Title: MEETHI ZINDAGI,
Account Number: IBAN: PK62 NBPA0394004182770869
Bank Name: National Bank of Pakistan

Karachi Office: B-158, Block 8, Engineers & Architects Society,
Gulistan-e-Jauhar, Karachi Tel: 0335-555-4606

Lahore Office: 59-A, Haroon Street, Babar block, Garden Town, Lahore
Tel: 0332-8313-214

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

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Website: www.meethizindagi.org

Email: meethizindagi.rmd@gmail.com

F.B: www.facebook.com/meethizindagidiabetes



0332-8313214

Ever since Mehak has come under Meethi Zindagi's care last year, Hayat has not been worried about his daughter's access to insulin. He shared his appreciation for Meethi Zindagi saying,

"I COULDN'T HAVE BEEN MORE BLESSED TO HAVE MET WITH MEETHI ZINDAGI. THEY HAVE HELPED ME THROUGH THE TOUGHEST TIME OF MY LIFE."

The aid provided by Meethi Zindagi is only possible thanks to the altruism of kind-hearted people like you, the donors. Mehak and many other kids are awaiting your help. Let's join hands together to help these kids.



SUPPORTING A CHILD'S DREAM

"MOMIN HAS ALWAYS WANTED TO BE A PILOT, BUT OUR DREAMS SHATTERED IN A MATTER OF SECONDS WHEN HE GOT DIAGNOSED WITH TYPE-I DIABETES." – MOMIN'S FATHER.

Financial turmoil during these times of rising inflation has wreaked havoc on innumerable families in Pakistan. Survival has become a challenge, and that is especially true for Azmat Shah from



Lower Dir. Azmat used to be a garment shop owner who lost his business due to unfavorable circumstances. Soon, he struggled to even provide food for his family. It was during this period of immense pressure that his son, Momin – a 5-year-old boy with a sweet tooth, started exhibiting peculiar symptoms.

It was last Ramadan when Momin started wetting his bed at night. He also became perpetually hungry and thirsty. His family wasn't alarmed at first, but then his symptoms worsened. Momin's grandmother had diabetes so they were already familiar with the recurring symptoms, and it confused them. They already had a glucometer at home. A quick check of Momin's blood sugar levels (a soaring 395mg/dL) confirmed their worst fears. Momin's father spoke of his shock saying,

"I TOLD MYSELF THE MACHINE WAS FAULTY. IT HAD TO BE! THERE WAS NO OTHER EXPLANATION."

Momin was diagnosed with type-I diabetes. Azmat, who was unemployed and living at his brother's house at the time, could not fathom how he could possibly pay for his young son's insulin. Fortunately, a doctor referred him to Meethi Zindagi. Ever since then, Meethi Zindagi has provided Momin with the insulin and diabetes counselling that he desperately needed. His father spoke of his resolve saying,

"MOMIN USED TO LOVE SWEETS. NOW, WHEN HIS FRIENDS OFFER HIM ANYTHING SWEET, HE TELLS THEM THAT THE DOCTOR HAS TOLD HIM TO REFRAIN FROM THEM. WE ARE SO PROUD OF HIM!"

Momin may have lost his sweet tooth but he regained the motivation to chase his dreams of being a pilot! Help Meethi Zindagi so that we can give more children with diabetes the chance to chase their dreams.