



Meethi Zindagi
Great Life Despite Diabetes

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



UNSTOPPABLE DESPITE DIABETES

- ▶ More than 200 children in Pakistan thrive under our Promise of Insulin Program
- ▶ More than 100 children await your support and look forward to your kindness
- ▶ Many far off areas still to be reached for children like Hadia (her story on page 2)

THE WONDERS OF YOUR KINDNESS AMAZE US!

Every other day we receive words of gratitude from our beneficiaries when insulin boxes reach their doors but our struggle is renewed every minute. A special thanks to our **652** donors whose efforts and kindness made it all possible.

IDF (International Diabetes Federation) estimates from researches that thousands of children between the ages 0-19 years are living with type-1 diabetes in Pakistan. Our mission to reach out, spread awareness and provide diabetes care never stops. Meethi Zindagi is ambitious to let no child suffer due to the unavailability of insulin, test strips, needles and complication screening tests.

Besides our beneficiaries, there are thousands of children with type-1 diabetes, whose families are unaware of Meethi Zindagi's cause. Words cannot emphasize the importance of insulin for these children. With your generosity, we provide these families with the needed care and support. Hence, besides thanking our donors for their unpayable favors, we invite our readers to join hands with us because insulin is life for these children. If not provided today, their lives might fade away.

"WHOEVER PAYS THE ZAKAT ON HIS WEALTH WILL HAVE ITS EVIL REMOVED FROM HIM" (IBN KHUZAIMAH AND AT-TABARANI)..



**ISLAMABAD, RAWALPINDI & OUR
THRIVING BENEFICIARIES**

Hafsa Noor is just one of the **96** beneficiaries in Islamabad and Rawalpindi that get supported by the kindness of our donors every month. All these children thrive every day because your donations empower them to live a healthy life. With each passing day, we look for more people to join us in this endeavor so that more and more children can thrive with us. Currently, **20** children from the surrounding areas are in our waiting list hoping for you to take a step forward and save their lives.



**LIVELY LAHORITES STAND STRONG AGAINST
TYPE-1 DIABETES**

Muhammad Adeel and Adil, along with **40** other beneficiaries from Lahore are living a healthy life now with their type-1 diabetes under the Promise of Insulin program. All of this has only been made possible because of your support and kind contribution that ensures healthy lives of these children every day. Although **30** more children still rely on uncertain means for their insulin needs, we cannot overlook the health of these children at any cost. Your support can do wonders and we urge you to save their lives with us.



**KARACHI WILL SEE THESE CHILDREN WITH
DIABETES THRIVE**

Laiba Sarfaraz and **59** children with type-1 diabetes just like her are getting their insulin packages delivered at their doorsteps every month. With less to no resources at hand, it is impossible for many families like hers to ensure timely insulin for their children. With the support of our kind donors and their contributions, the health of these children and the relief of their parents is assured every day. Just **50** other children from Karachi need to be supported now and we need your help to achieve this milestone.



LET'S SHARE MUNEEERA'S PAIN

A rented house of 2 marla, 3 children, and one earning hand, this is the life Muneera and her husband managed along with two daughters who needed insulin multiple times a day. Knowing nothing about type-1 diabetes, we can only imagine Muneera's confusion at the time of her

daughter's diagnosis.

When Muneera's eldest, Aqsa started fainting at the age of 3, the concerned mother took her to the nearest hospital. After undergoing some tests, type-1 diabetes was diagnosed. The expenses of insulin could not be borne by the family. Her husband was just a tailor and the sole bread earner of the family. She waited in lines for hours to get insulin at a government hospital. More agony was for her daughter who had to use the same syringes repeatedly. While struggle went on, Muneera's younger daughter Kashaf started showing the same symptoms. Since 2005, we cannot imagine how Muneera managed the need for Aqsa's insulin when in 2009, Kashaf had the same needs as well. Now 19 years old Aqsa and 15 years old Kashaf have no fear of pain from reusing syringes again and again because Meethi Zindagi's widespread network of doctors led them straight to us. This family is just one of many that are helped with your support but while you feel joyous about these girls, do not forget that there are many others like them.

THE PERCEIVED IMAGE OF INSULIN AND ITS COSTS IN OUR SOCIETY



The Freshmen maybe on basic insulin therapy or young kids requiring low insulin doses.

Monthly expense: Rs. 7,500



The Eager Beavers aged 6-12 require higher insulin doses. They need 3-4 blood sugar tests a day.

Monthly expense: Rs. 9,500



The Runners aged 13-20 require intensive diabetes management to transition to independence in their lives.

Monthly expense: Rs. 13,000

It is usually thought that basic insulin therapy can cater to all the needs of all children with diabetes but according to specialized doctors, diabetologists and endocrinologists, these needs vary from child to child according to their age, lifestyle, physical activity, weight, and many other factors. Meethi Zindagi, although asks its donors to donate the lump sum amount of Rs. 7,500 but there are children in our Promise of Insulin program that require insulin and test strips support boxes with components costing as high as Rs. 13,000 every month. For the first time in Pakistan, Meethi Zindagi has introduced 3 categories for the children being supported by you and we call them **The Freshmen, The Eager Beavers, and The Runners**. From small children requiring low doses of insulin to teens with spiking hormonal levels, these categories give the children a charming name defining their

needs and requirements for insulin, syringes, and strips.

Our **Freshmen** are small children who require low insulin doses or children on basic insulin therapy. The costs for their needs fall comfortably between Rs. 7,000-7,500 per month. The **Eager Beavers** are children from age 6 to 12 requiring more advanced insulin therapy because of their food choices to support the growing body needs. Their management requires insulin and strips amounting to Rs. 9,000-9,500 every month. Finally, our **Runners** are teens needing higher insulin doses because of increased hormonal levels. The monthly costs for the needs of these teenagers fall between Rs. 10,000-13,000*. This Ramadan, we want our donors to support children individually instead of generally. To donate, turn to the last page or call us for more information at **0335-555-4606**.

***THERE ARE SEVERAL CHILDREN THAT HAVE FEAR OF SYRINGES DUE TO WHICH THEY SKIP THEIR INSULIN DOSES. TO PROVIDE THEM WITH COMFORT, WE HAVE TO PROVIDE THEM WITH PEN INSULIN THAT COSTS MORE THAN VIALS.**

A MEETHI ZINDAGI FOR HADIA

"My children are everything to me and I wanted to provide them with the best. Although, 4 years ago, an accident changed my life and restricted me to bed. My small shop in my village was sold and the amount was spent on my treatment. Now I am unable to contribute to my household. In a time, when we depended on help from our relatives, my youngest, Hadia, started getting lean. Adding to our panic, Hadia was diagnosed with type-1 diabetes. They told me that Hadia needed insulin three to four times a day. Even without knowing the cost, I knew that I could not

afford this expense with my other two children. To my surprise, the doctors told me about an organization named Meethi Zindagi that helps children with type-1 diabetes even in my small village. I could not thank Allah enough for sending support to our village."

Since Hadia's diagnosis, a box of relief containing insulin, test strips, and syringes is delivered to her doorstep every month. This box is not only a promise of her health but also news of relief for the parents.

"If you are reading this, I request you to support Meethi Zindagi because I know that many parents like me await someone's good deed and contribution



I FELT MY CRUTCHES WERE NOT STRONG ENOUGH TO SUPPORT MY BURDEN. - HADIA'S FATHER

for their child's life." Every single dose of insulin that a child gets from your donation is a lifesaver. Their lives are in your hand, their futures rely on your support.

TODAY'S DIAGNOSIS IS BETTER THAN TOMORROW'S

Saving a life is not just about providing aid when needed. It is also about keeping a watch for your loved ones and looking out for symptoms. Get in touch with a nearby health provider if you see any of these symptoms because your actions can redefine a whole life.



FREQUENT URINATION



EXCESSIVE THIRST



EXTREME HUNGER

ATTOCK TO BAHAWLPUR, MZ STANDS WITH PAHCHAAN

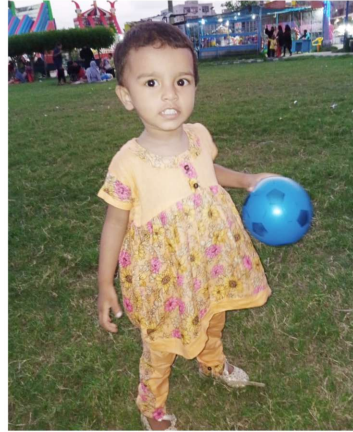
Meethi Zindagi, this its offices based only in major cities, does not want to restrict our vision and outreach. Our mission is to provide insulin and diabetes care to children with type-1 diabetes in every village, town and city of Pakistan. In this endeavor, we have found a partner that has helped us strengthen our mission manifolds. Meethi Zindagi is thrilled to announce its collaboration with PAHCHAAN, an organization that has inspiringly been helping underprivileged mothers, children and their families for more than 15 years.



TO LEARN, GROW AND REACH OUT TO HUNDREDS OF PRECIOUS CHILDREN WITH TYPE-1 DIABETES, MEETHI ZINDAGI IS PROUD TO BE JOINING HANDS WITH PAHCHAAN!

It is our pride that this collaboration is another step that will ensure the achievement of several milestones and will ensure great lives despite diabetes even in the far-flung areas of Pakistan. Together, both organizations will reach out to major districts and provide healthcare, awareness and care to mothers, children with type-1 diabetes and their families as a whole.

CHILDREN DIABETES CARE CENTRE SPREADING ITS WINGS THROUGHOUT KARACHI



Joining hands with renowned Koohi Goth Hospital (an amazing effort of Dr. Syed Tipu), we are proud to announce the establishment of 'Children Diabetes Care Center' in Deh Landhi, Karachi. This support center is hands on prepared to provide free diabetes care, insulin, and blood sugar testing supplies to deserving children in and beyond Karachi's most

underprivileged yet populated areas. Through this collaboration, Meethi Zindagi's Education and Peer Support programs, we want to ensure a happy life for every child with type-1 diabetes.

This 3 years old girl is the first child that has become a part of Promise of Insulin through this beautiful bond formed between Koohi Goth Hospital and Meethi Zindagi. She represents hundreds of children that will be benefitted through our awareness campaigns and facilities in Koohi Goth and its surroundings. We are most grateful to Dr. Syed Tipu for this magnanimous support as a stepping stone towards a huge impact. Through this beautiful bond, we are hopeful that many children will thrive with diabetes.

"DON'T FEEL ASHAMED WHEN GIVING LITTLE FOR CHARITY; THAT IS BECAUSE THERE IS ALWAYS GOODNESS IN GIVING NO MATTER HOW LITTLE." – HAZRAT ALI R.A

JOIN US FOR A DIA CAMP, WHERE WE TALK BEYOND INSULIN



Bodily needs of a child living with type-1 diabetes are just the tip of the iceberg. In a third world country like Pakistan, thousands suffer owing to lack of awareness, information and resources at hand. But Meethi Zindagi strives to provide much more, beyond timely and well-suited insulin. DIA Camps are specially designed & curated by Meethi

Zindagi for "Diabetes Community" all over Pakistan introducing international practices for a better life. This is all possible with support from our well wishers. Our last DIA Camp, held in Dreamworld resort, Karachi on 31st October was a huge success. On the topic of "Diabetes Management", the Diabetes Community was not only introduced to life enhancing practices through different activities including small role plays but also enhancement to their confidence in the face of diabetes. While enjoying the show, children learnt to manage themselves in various situations. Dr. Sana interacted with people in a very friendly environment so that everyone can ask questions related to their health.

ALL MEETHI ZINDAGI EVENTS AND ACTIVITIES ARE FUNDED BY OUR KIND SPONSORS.

The next session is just round the corner. Register today to meet with diabetes community and Meethi Zindagi's trained peer leaders to empower yourself. To keep updated on our events, seminars and webinars, visit our Facebook page today.

<https://www.facebook.com/meethizindagidiabetes/>

REGRET. STAY VIGILANT OF YOUR SURROUNDINGS



Always remember that actions taken today can save a life. To know about Meethi Zindagi, registering a deserving child with us or to donate for a healthy life despite diabetes, call us today @+92-335-555-4606 or visit our website <https://meethizindagi.org/>

THIS IS THE CHANGE THAT WE WORK FOR...

Throughout this newsletter, and our previous publications, you will see many faces that are living a healthy life despite diabetes. With timely and well-suited insulin, they are on their way to live their lives fully and as energetically as this beautiful child.

Karachi is known to be the city of lights. Can you be a ray of light for other children like her?

KARACHI, THE CITY OF LIGHTS

LAHORE, THE CITY OF GARDEN

You will be surprised to know how many families in your own city are silently suffering because of the pain of their children with type-1 diabetes and lack of resources.

Reach out to us, and we will tell you about a family that struggles to manage insulin for their child every single day

Lahore is known to be city of gardens. You can help these children bloom

Starting from just Rs. 7,500*, you can provide glucometer, insulin, strips, needles, and most importantly, healthy life to a child for a whole month.

Peshawar is known to be the city of flowers. You can save many flowers of this city from withering away.

This happy little girl is representing every child that can thrive with type-1 diabetes with well-suited and timely insulin being provided by your support every month.

Multan is known to be the city of saints and you can become a saint for a family by donating to Meethi Zindagi.

The attributes, after which these cities will forever be remembered are reflected by their residents and their qualities. Similarly, when it comes to the aid of families with children that have type-1 diabetes, we want your kindness to be a reflection of your whereabouts.

YOUR CITY HAS MORE THAN 100 CHILDREN THAT ARE LIVING WITH TYPE-1 DIABETES AND NEED YOUR SUPPORT TO THRIVE.

Our passion of humanity and patriotism calls for you. Each one of us owes support to children with diabetes in Pakistan.

With your contribution, we make sure that these children also have access to diabetes education, counseling, and free HbA1c every 3 months.

With your kindness, Meethi Zindagi is expanding its mission and vision throughout Pakistan, and has come to know of many children and their families that suffer in silence due to lack of resources and awareness. Our Promise of Insulin program strives to support a quality life of children with type-1 diabetes in every city, village, town and suburb of Pakistan. We aim to fulfil this mission by reaching out to hundreds of more children living with type-1 diabetes. To support all these children, we will be needing prayers,

**JOIN HANDS WITH US TO SUPPORT
A CHILD FROM YOUR OWN CITY.
CALL TODAY @ 0335-555-4606**

support and kindness from each and every one with a passion to save lives. To make these children not only live but thrive, as always, we are reaching out to you with the wish of sharing this beautiful smile with many like her. Because a moment of delay can make things incredibly complicated for these children and in some cases, their lives can be lost as well. We want you to join hands with Meethi Zindagi because we ardently believe that you would never let this happen to a child from your own city.

***Depending on child's age, weight, emotional health and life style the price per package reaches as high as Rs. 13,000 a month.**

"HALF OF MY SALARY USED TO BE SPENT ON DAWOOD'S CARE"



In the current times of inflation, when the concerns have reached us all beyond every boundary, can you imagine the struggle of a taxi driver who merely earns Rs. 25-30,000 a month? With a family of 5 children to raise and feed, life of Asif Riaz was difficult enough when his youngest child, 8 years old Dawood started urinating a lot more than usual and started drinking water very frequently. The concerned father took Dawood to a nearby hospital

where upon checking the blood sugar level, it was discovered to be 580 mg/dL. **The shocking reading rushed Dawood to ICU and he had to stay admitted for 21 days.** When told about his condition, Asif could not believe that his child being so young could have diabetes and had to be injected insulin several times a day. After

Dawood's diagnosis in April 2020, the family spent 9 months in unspeakable financial and emotional distress. Not only was it because of Dawood's fear of needles and his pain but Rs. 7,000 were being spent on his insulin and syringes, Asif saw no way of continuing to manage these expenses.

When he shared his worries with a lady doctor home he used to take to a nearby hospital every day in his taxi,

"KINDNESS IS THE MARK OF FAITH, AND WHOEVER IS NOT KIND HAS NO FAITH."

Prophet Muhammad
(P.B.U.H)

the doctor turned out to be associated with us and Meethi Zindagi was introduced to him. This year in December, Dawood and his family celebrated one year of thriving with our Promise of Insulin program. Now, he gets his insulin needs met 3-4 times a day without any fear of pain.

Because of support from people amongst you, Asif has his burden shared and his worries lightened manifolds. There are many parents like him, who want their children to thrive even with type-1 diabetes but simply do not have the means.

Your support, kindness and donations are their only ray of hope. Become their bright sun of hope. Donate to Meethi Zindagi and help more children with type-1 diabetes in our waiting list.

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:

E-mail:

Company:

Donation: ☐ Zakat: ☐ Other: ☐

Account Title: MEETHI ZINDAGI,
Account Number: 0120-006900229623
Bank Name: Faysal Bank Limited

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

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

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

Website: www.meethizindagi.org,

Email: resource.gen.dept@meethizindagi.org

Facebook: www.facebook.com/meethizindagidiabetes

SHOULD AGONY BE INHERITED?

Meethi Zindagi met with a father named Allahditta. Although he was not literate, but knew very well how important education was for his children. Working all his life as a sweeper, he wanted all his children to be in a better place when



they grow up. When his 15 years old daughter Fatima, started getting lean, the poor father took her to every clinic in their small town of Alipur near Muzzafargarh. None of the doctors were able to understand Fatima's ailment. Finally, when she was taken to Multan, her Blood Sugar Levels were revealed to be 621 mg/dL. She was diagnosed with type-1 diabetes.

The father who was barely managing two meals for his family started taking loans to provide her with insulin. Even then, the unfavorable circumstances had great effect on Fatima's health and we cannot even imagine the pain she endured reusing same syringes over and over again. Things deteriorated and Fatima was unable to continue her education. This broke Allahditta's heart and shattered his dreams of his daughter's education. The determined father's struggle finally lead him to Meethi Zindagi.

A SINGLE SYRINGE COSTS Rs. 25 AND MY POCKET DID NOT ALLOW ME TO EVEN BUY THAT FOR HER.

Now, every month, a box of comfort reaches her home in the little town named Alipur. Fatima is now enrolled in 9th grade awaiting her upcoming exams in March. Her father says that she is active in household work as well as a bright student in her school. Allahditta and many parents like him thank us but we owe it all to our donors who provide life to our beneficiaries. Keep supporting us so this mission never stops and help reaches in many little towns like Alipur.

TEA DAYS- LET US DISCUSS THE CHALLENGES OVER A CUP OF TEA.

There are much more fruit-bearing efforts conducted by Meethi Zindagi for better life of children and people living with diabetes. Our TEA days* are **support group sessions** conducted on regular basis in Karachi, Lahore and Islamabad bringing the diabetes community together. The TEA days are one of there kind support group sessions where we spread much needed awareness to diabetes community across the country. The whole evening is deeply indulged in making life with diabetes not just about survival, but actually living it to the fullest and of course, over a warm cup of tea! Being one of their kind, our TEA Days are gathering people to revolutionize the image of diabetes in Pakistan. On 10th and 11th December last year, our TEADays were conducted



LIVING LIFE WITH TYPE-1 DIABETES, WHY NOT BECOME THE WASEEM AKRAM OR ZEBBA BAKHTYAR OF THE COMING DAYS.

in Karachi and Islamabad on the topic of "Women and Diabetes" and "Back to School" respectively, providing a safe space to many to seek answers,

discuss and share.

To elevate the confidence, lives and morale of people living with diabetes and their families, each TEA day is attended by 25-30 people. Their self-esteem is brought to life by inspiring individuals from the diabetes community all over Pakistan providing motivation and strength to all and sharing their own struggles, practices and life patterns. Under the guidance of specialized doctors and alongside real life diabetes warriors, we invite you to have a warm cup of tea with us on our upcoming TEADays

***To stay updated or register, follow us on Facebook.**

<https://www.facebook.com/meethizindagidiabetes/>

To get information regarding the next TEA day happening in your city. Call us @+92-308-677-0106

ALL SUCH ACTIVITIES ARE SPONSORED BY OUR PARTNERS. NO ZAKAT FROM OUR DONORS IS USED FOR THESE EVENTS!

WORLD DIABETES DAY- A CELEBRATION UNITING THE DIABETES COMMUNITY

On the sunny morning of 14th November, 2021, Meethi Zindagi along with the Diabetes community of Pakistan arranged an awareness walk and bus ride at Islamabad, Karachi, Lahore and Peshawar. This day filled with giggles seemed to make the bright morning beautiful manifolds.

Supporters of the diabetes community, including family members, health professionals, government officials, philanthropists, industry and media engaged in a diabetes awareness walk



A WALK WAS HELD IN KARACHI WITH DIABETES WARRIORS

with type-1 diabetes have the same need for care, support and insulin several times in every single day. For these children and their families, every day is World Diabetes Day and midst

well suited insulin and need to be reached out to and supported by the people among us.

Even after 100 years of the discovery of insulin, thousands of children with diabetes around Pakistan cannot access the care they need. These children require ongoing care and support to manage their condition and avoid complications. Although, lack of awareness, resources and access has cost many innocent lives. While more and more people join us every year for Diabetes Day, we are aware that somewhere, far away, a child might have lost their life simply due to lack of



THE SYMPOSIUM, WALK, AND BUS RIDE IN LAHORE

together portraying their indulgence and regard in the best possible way. Diabetes care still remains beyond the reach of millions of people who need it. These people, especially children with diabetes require ongoing care and support to manage their condition and avoid complications. World Diabetes Day although brings our attention to this medical condition, its care and much more but this one day is just a reminder. Even before and after this yearly celebration, the children that live



spending a day filled with unity and support for the ones living with diabetes, it was important for us to



CHILDREN OF ISLAMABAD ARE CHEERFUL ON THE BUSES AND WALKS

remember that there are still thousands of children who do not have access to

resources and information.

While we share the stories of these children with you, we urge you to donate to Meethi Zindagi right now. Although, with the support of people among you, significant milestones have been achieved but now words must be turned into action. United, we can bring about meaningful change.



THE AWARENESS WALK OF PESHAWAR IS A WAKE-UP CALL

NO MONEY FROM OUR DONOR'S POCKETS IS USED FOR THE EVENTS. THESE CELEBRATIONS ARE POWERED BY OUR SPONSORS.