

Meethi Zindagi

Great Life with Diabetes




Meethi Zindagi



**OUR YEAR
IN REVIEW
2020**

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***"JUST AS NOBODY CAN SEE YOUR SUFFERING,
NOBODY CAN SEE YOUR STRENGTH!
YOU ARE THE HOPE FOR THOSE LIKE YOU!"***

**Umaima resident of Lahore,
living with type 1 diabetes since 2016.**

Our Philosophy

Welcome to our Annual Report of 2020, through which, we are proud to share all that we achieved last year despite the pandemic affecting our work and daily lives, and introduce you to a few of the people for whom our work made a difference.



Being a "health focused" organization, we understand that health is a human story. There is so much more to living with diabetes than just taking medicines, managing your lifestyle and getting blood tests done. Diabetes is not only a lifetime condition for a few, it is a fast growing health challenge becoming more common every day. We believe that this challenging health condition needs to be focused on while keeping the "human-story" in mind. A person living with diabetes must be at the center of our health-care systems. Therefore, we envision a strong partnership between care providers and people living with diabetes for empowerment, peer support, awareness, health, education and advocacy for the rights of those living with diabetes.



Dr Sana Ajmal
Executive Director
Meethi Zindagi
IDF World Diabetes Congress, Korea

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 recreational educational activities.

Network of Doctors

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



Collaborating Healthcare Institutes

Collaborating hospitals providing subsidized or free of cost health care 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!



Our Vision

GREAT LIFE WITH DIABETES

Our Mission



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



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



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



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



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



**F.G Public School for Boys,
Liaquatabad, Rawalpindi.
School Awareness Program**

Our Values

Diabetes community first:

Recognize people with diabetes as the key-stake holders holding the center-stage in everything we do.

Integrity, Accountability & Transparency:

Be honest and transparent to the community we serve and be accountable for action-driven work.

Excellence:

Aim for a higher standard of innovation through quality assurance and effectiveness for the diabetes community.

Empowerment:

Fix larger systematic problems and empower the diabetes community to live thriving lives.

A young boy with dark hair, wearing a white traditional kurta, is running joyfully on a dirt path. He is smiling and looking slightly upwards. The background is a dense, sun-dappled forest with vibrant green foliage. The overall mood is bright, healthy, and positive.

Bringing Smiles to the Faces of Children With Diabetes

**Abdullah Liaquat resident of
Islamabad, living with type 1
diabetes since 2019 .**

Our Promises

Awareness



We will **awareness in** the society so that everyone can understand and accept the condition; and people with diabetes can enjoy lives free of stigma, judgment & discrimination.

Education



We will **educate** people with diabetes to empower them for proper diabetes self-management and care, with inspiration from their peers lighting up the tricky but worthwhile path.

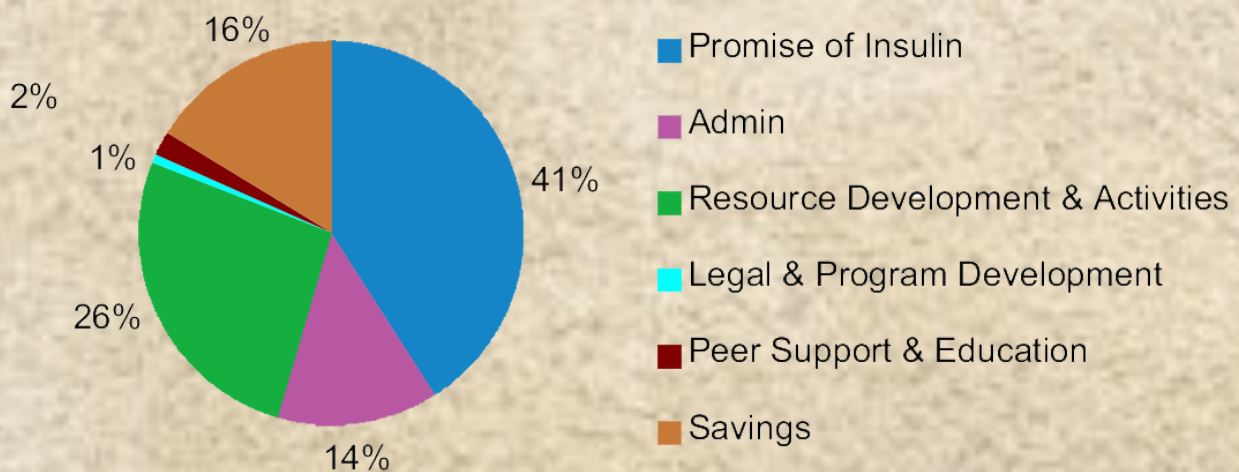
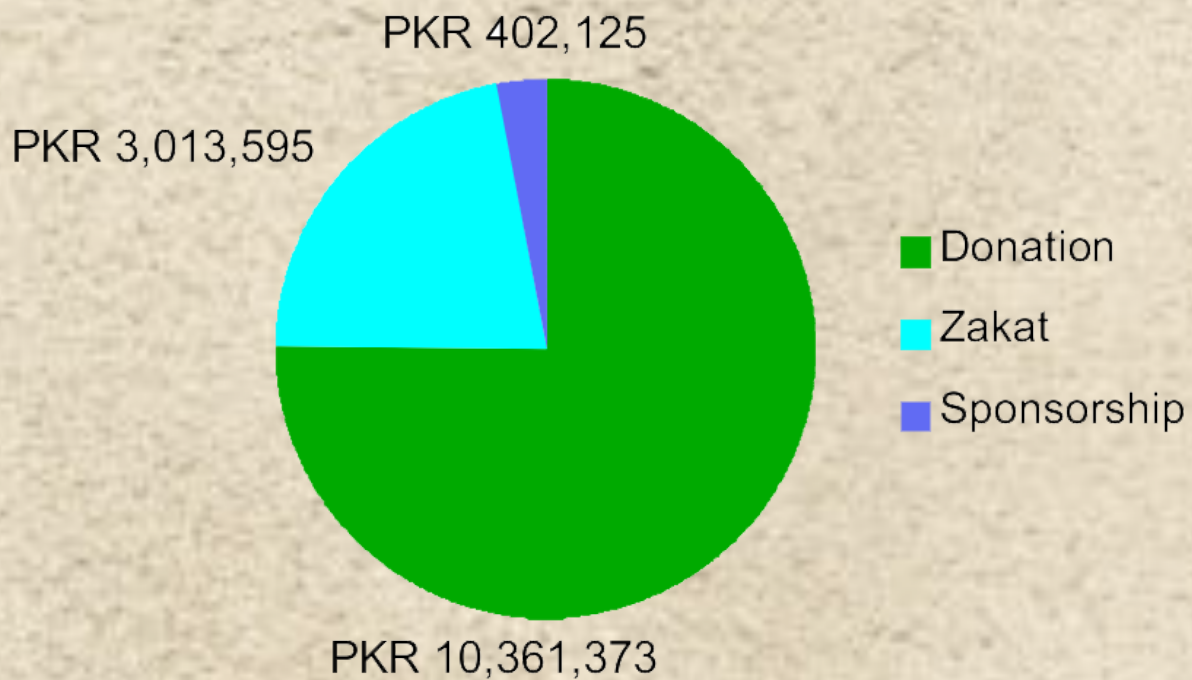
Support



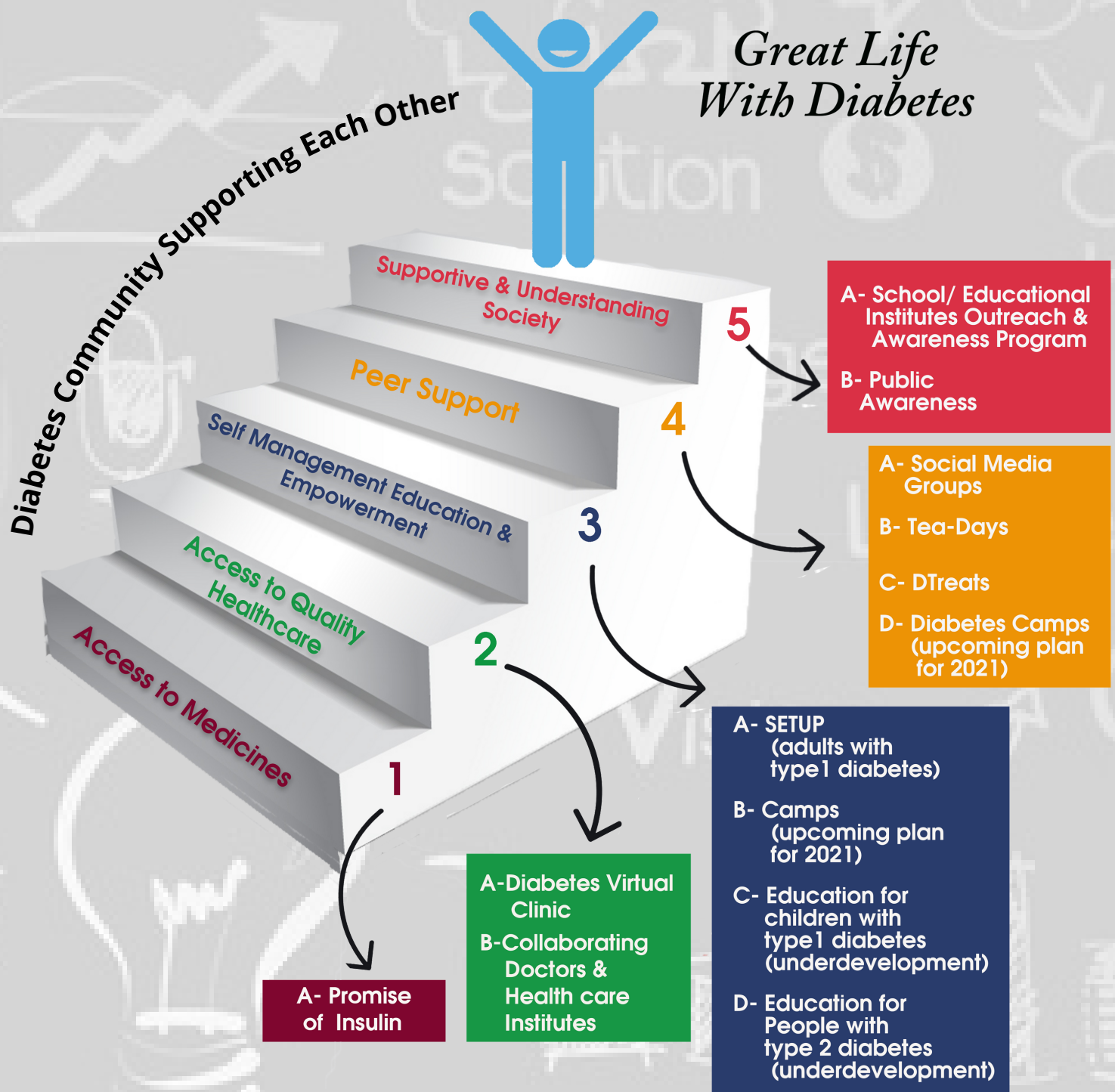
We will **support** the diabetes community in living thriving lives in a holistic way, by improving psychological, social & physical health outcomes while reducing the inequalities within the community.



Our Finances



Our Strategic Aims



Year 2020 in Numbers



Our incredible volunteers peer leaders gave around **3500 hours** of their time to support the community for leading great lives with diabetes.

Questions were asked and support was provided to members

122387 times in our community support groups.



Every day, on average, there were

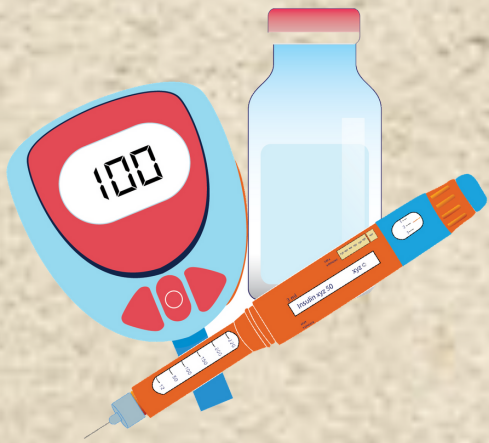
498 active members in our community support groups.

The content in our peer support groups was read by community

389780 times.



Year 2020 in Numbers

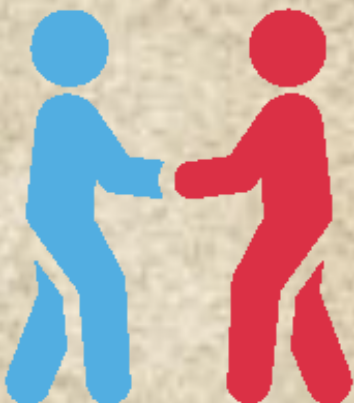


1350K
units of Insulin
&
77800 *test strips*

were provided to registered children fulfilling our

Promise of Insulin in over
28 cities & towns across Pakistan.

Over **13 M 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!**



Activities & Projects

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



Laraib Shaukat a resident of Rawalpindi,
living with type 1 diabetes since 2015.

Promise of Insulin

For people with Type 1 diabetes, insulin is equivalent to oxygen. However, its high cost, makes it unreachable for many.

Meethi Zindagi, paving the way for those families, needing our support, is providing free insulin, blood sugar test strips and needles for their children at their doorstep, on a monthly basis. On our 2020 journey to provide personalized healthcare to our registered children with diabetes along with a promise to free medicinal support until they are able to provide for themselves, we were able to outreach to children in 28 cities including Quetta and Peshawar. This year, we also joined hands with Abaseen Institute of Medical Sciences, Peshawar and Kohi Goth Hospital Karachi to ensure the provision of insulin to the young diabetes community being treated at the institutes.



Laiba Sarfraz, a resident of Karachi, living with type 1 diabetes since 2017.

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.



Aryan Mudassir resident of Rawalpindi, living with type 1 diabetes since the age of 5 years.

"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.



Bareera Qamar resident of Islamabad, living with type 1 diabetes since the age of 12 years.

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."

Hasaan 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 became a part of Meethi Zindagi.



Hasaan, diagnosed with type 1 diabetes at the age of 12.

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.

Diabetes Virtual Clinic

With the vision of providing quality healthcare facilities at the doorstep of every Pakistani, we supported Healthcare Pakistan to launch a Diabetes Virtual Clinic (DVC).

Diabetes Virtual Clinic, powered by the telemedicine solution of Healthcare Pakistan, is providing a 24/7 primary care helpline for diabetes management as well as access to specialist care facilities. Diabetes community with access to the internet can remotely access Diabetes Virtual Clinic using their phones or personal computers.

Book an online consultation:

<https://www.healthcarepakistan.pk/meethi-zindagi-about.php>



Meethi Zindagi

The first of its kind telemedicine program specially developed for the **Diabetes Community** with the support of Meethi Zindagi.

The World is adopting a New Normal that's why we are supporting Digital Healthcare for you.

Diabetes Virtual Clinic



There is no Endocrinologist in your city? No Problem!

Be Smart & Consult an Endocrinologist Online



Peer Support Groups

We, at Meethi Zindagi, believe in the power of peer support. We provided peer support to the diabetes community by connecting them to support groups online as well as through in-person sessions (Tea-Days) & recreational educational activities (DTreats) for giving emotional and informational assistance, by sharing experiential knowledge. With our established and regulated support groups for the diabetes community, we uplift the community by building their knowledge & morale!



Scuba diving, Karachi



Therapy Days (TEA-Days)

Diabetes is a tricky lifelong condition, often marred with burnouts, lack of motivation and stress. Emotional and social support from others like oneself is gaining fast recognition worldwide for its positive impacts emotional as well as physical health of a person with diabetes. Tea-Days are designed to inspire and motivate anyone attending them. These light-hearted support groups sessions are focusing on developing a community with a sense of belonging among its members, to help them stay inspired, motivated and connected; even during the pandemic, when our Tea-Days become Z-Days!

Tea-Days focus on topics like acceptance, judgements and how to thrive with diabetes for people with type 1, type 2 and family members.



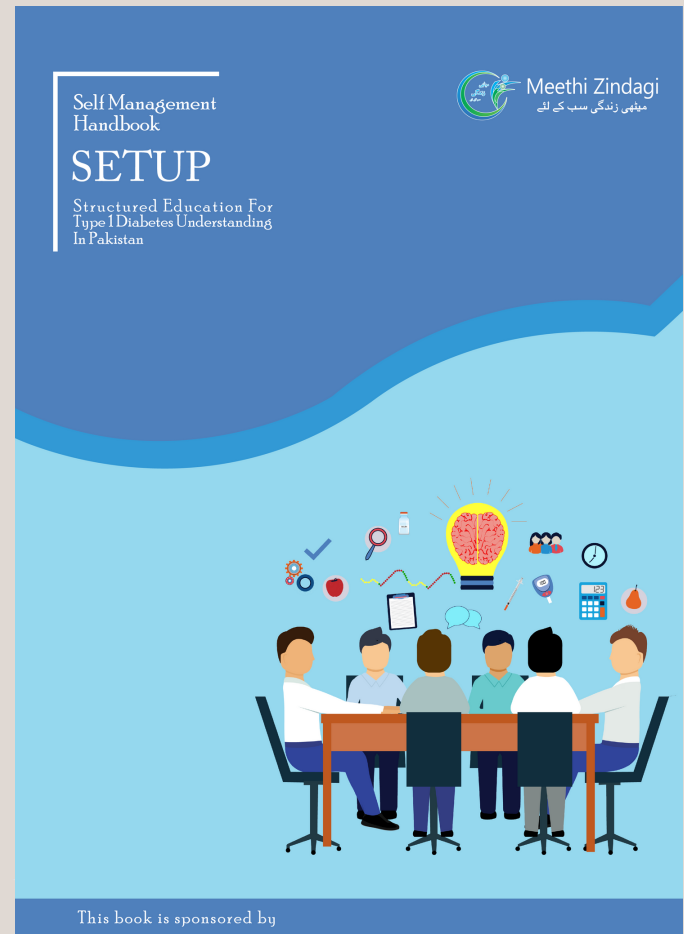
1st Tea-Day held in Karachi 3rd-Oct-2020

SETUP

STRUCTURED EDUCATION FOR TYPE 1 DIABETES UNDERSTANDING IN PAKISTAN

In light of our mission and strategic aim, that is educating and empowering the diabetes community to lead their lives in a more structured manner, a team of incredible volunteers, including professionals and people living with diabetes, have developed a book and an education curriculum for people living with type 1 diabetes. It encompasses a variety of topics about diabetes self management

We joined hands with Fatima Memorial Hospital (Lahore) to launch our Structured Education for type1 Diabetes Understanding in Pakistan (SETUP) curriculum. The handbook, available in both English and Urdu, has culturally tailored information for local foods and challenges. The handbook will be backed up by workshops to empower people living with type 1 diabetes in 2021



Launch of SETUP book at Fatima Memorial Hospital, Lahore

MoU with Holy Family Hospital

In February of 2020, we were able to Sign a Memorandum of Understanding (MoU) with Holy Family Hospital for the twin cities of Rawalpindi/Islamabad. This MoU promises the provision of regular free eye screening of children who are participants of our Promise of Insulin program. We are grateful to Holy Family Hospital for helping us in supporting these little souls. We envision and hope for more MoUs of the like in the near future.



MoU with Koohi Goth Hospital, Karachi

Meethi Zindagi joins hands with Kohi Goth Hospital Karachi to support deserving children living with type 1 diabetes by providing them insulin & test strips!



MoU with AIMS Hospital, Peshawar

Meethi Zindagi and Abaseen Institute of Medical Sciences (AIMS) join hands for supporting children with diabetes in Peshawar.

Now children in Peshawar can get registered in our Promise of Insulin program!





Meethi Zindagi

"Diabetes is not just about taking medicines and managing diet- it impacts every facet of a person's life - including social and professional interactions. Those impact mental health and need to be improved simultaneously with physical well being"

Supported by:



Our dream, a healthier society

World Diabetes Day 2020

Symposium On

Judgments Faced by People with Diabetes
and Role of **Medical Fraternity,**
Academia and Media in Addressing it

About the Panelists

Zeba Bakhtiar is a Pakistani film and TV actress and director. She was diagnosed with type 1 diabetes in her early 20s. She progressed in her career with the condition and is known as a superstar of the 90s. She is seen an epitome of strength and an inspirational role model for the diabetes community.



Prof. Dr. Syed Tipu Sultan has served as the Dean in Department of Anesthesiology at the College of Physicians and Surgeons and is also the former Principal of DOW University of Health Sciences. He has attained a series of international laurels in addition to his commitment towards philanthropy & social welfare.

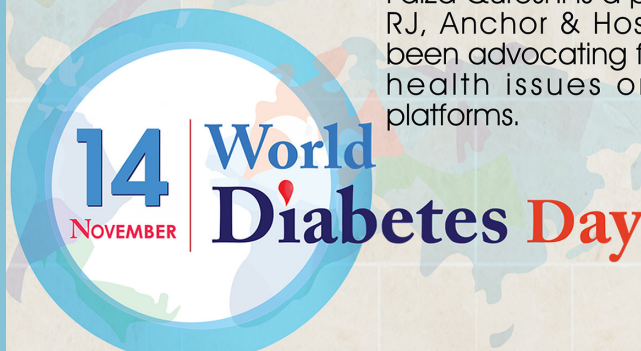
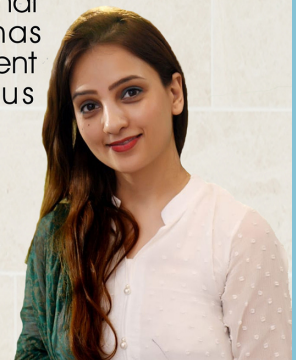
Prof. Emerita Tasnim Ahsan established Endocrinology as a sub specialty of Medicine. She is the former Executive Director & HOD of JPMC. She is also a founding member of Pakistan Endocrine Society. She serves on various Diabetes Advisory Boards. She is currently serving at Concept Fertility Centre & Orthopedic and Medical Institute.



Dr. Aamir Hasan holds a PhD with Specialization in wireless communications from University of Texas, Austin and is currently working as Associate Dean at Habib University, Karachi. He has also served in Pakistan Air Force as an Aeronautical Engineer. Dr. Aamir has an extensive experience in organizational and youth development.

Moderated by Faiza Qureshi

Faiza Qureshi is a professional RJ, Anchor & Host. She has been advocating for different health issues on various platforms.



World Diabetes Day Symposium on Judgments

Anum Anwar, Director Advocacy and Communications thanked the panellists and participants for their valuable contributions and acknowledging support of many philanthropist organisations and individuals standing behind our cause.



**World Diabetes Day Symposium on 14th-Nov-2020 at
Karachi School of Business & Leadership (KSBL), Karachi**

World Diabetes Day

Symposium on Judgments faced by People with Diabetes and role of Medical Fraternity, Academia and Media in Addressing it

On 14th of November this year, we geared up for a very special World Diabetes Day with well-known professionals who shared their thoughts on "Judgments Faced by People with Diabetes and the Role of the Medical Fraternity, Academia and Media in Addressing It". This symposium was organized at the Karachi School of Business & Leadership (KSBL) and supported by PharmEvo Private Limited.



World Diabetes Day Symposium on 14th-Nov-2020 at
Karachi School of Business & Leadership (KSBL), Karachi

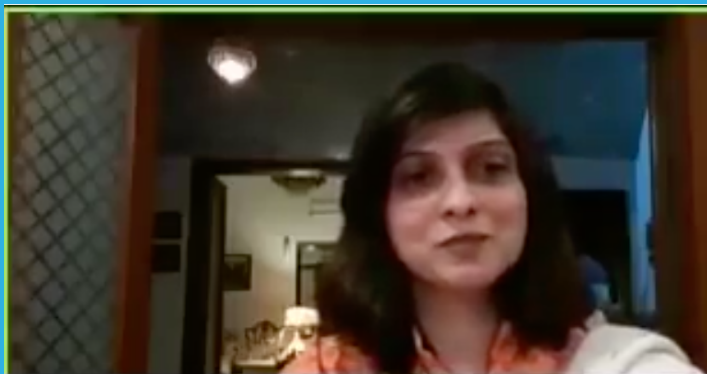
Online Video Sessions

In this global world, the best way to spread your message to the wide and diverse audience is through social media. Meethi Zindagi has used social media platforms to raise awareness about diabetes and conduct online video sessions to answer frequently asked questions.

Through its Facebook page, Meethi Zindagi connected inspirational individuals living with diabetes & health professionals with the community, for answering queries of all sorts.

In COVID times these video series were widely viewed and followed. some of the people who participated were:

- | | |
|------------------------|------------------|
| 1. Dr Fauzia Moyeen | 5. Zeba Bakhtiar |
| 2. Dr Atif Munir | 6. Talha Khan |
| 3. Dr Umar Yousaf Raja | 7. Anum Anwar |
| 4. Dr Sarah Nadeem | |



Dr. Sana Ajmal , Executive Director, Meethi Zindagi



Dr. Atif Munir, Consultant Endocrinologist



**Live facebook session for diabetes community on 8th-Nov-2020
with Health Experts from Pakistan Endocrine Society**

Activities & Projects

League of
DiAthletes
Training Oct
2020



League of DiAthletes

League of DiAthletes shares a global protocol for practical diabetes educational workshops, hosts type 1 diabetes advocacy training through teamed global challenges releases worldwide media awareness campaigns & envisions a world where diabetes education is accessible, relatable and reliable for everybody.

Ms Anum Anwar, was a trainer for this year virtual training, along with Dr Sana, the keynote speaker at the International Society for Pediatric and Adolescent Diabetes (ISPAD) Virtual Conference & trainer at League of DiAthletes (LOD) Global Training programme.

Sadia Arshad was one of the global advocates trained at League of DiAthletes (LOD) Global Training Program 2020.



League of DiAthletes training 2020

Advocacy at WHO

On the 2nd of December, International Diabetes Federation (IDF) and World Health Organization's Regional Office for East Mediterranean (WHO-EMRO) joined hands to conduct an online webinar celebrating the role of nurses making a difference in the world of diabetes. Meethi Zindagi was a part of the diverse webinar discussion panel which included professionals and advocates from the region.

A three-point-action plan was put forth to World Health Organization and International Diabetes Federation.

- Training, educating and building the capacity of more nurses for diabetes care.
- Improved communication with and about the diabetes community.
- Nothing about the diabetes community without the community representatives



(WHO-EMRO) online webinar celebrating the role of nurses making a difference in the world of diabetes.

A black and white portrait of Zeba Bakhtiar, a Pakistani film and TV actress and director. She is shown from the chest up, with her head slightly tilted and her right hand resting under her chin. She has long, dark, wavy hair and is looking directly at the camera with a calm expression. The background is dark and out of focus.

Zeba Bakhtiar joins Board of Management

Ms. Zeba Bakhtiar joined Meethi Zindagi as a member of the Board of Management. Zeba, a Pakistani film and TV actress and director, was diagnosed with diabetes in her early 20s.

She is an inspiration to the diabetes community leading a happy life and successful career despite living with diabetes., She is a perfect ambassador of Meethi Zindagi.

Zeba emphasizes the importance of standing strong as a community to spread awareness and reduce the stigma and judgement around diabetes. She is a champion of the call for the abolishment of taxes on life-saving and life maintaining drugs.

Our Board of Governors



Syed Umair Javed



Rizwan Younus



Dr Sana Ajmal



Dr Amir Qayyum



Dr Amir Hasan



Dr Asim Rasheed



Dr Momina Mastoor

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



Sania Bilal



Dr Alia Zubair

Our Community Leaders



Anum Anwar



Noor Us Saba



Dr Alia Zubair



Humza Khan



Talha Khan



Fatima Omer



Noman Khurshid



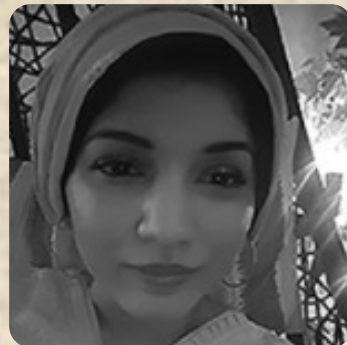
Faisal Mughal



Sobia Aziz



Sadia Arshad



Sobia Sayed



Summaira Hasan



Saira Qamar



Muzammil Asif



Liza Shafqat



Amna Akbar

Our Network of Doctors

Dr Hina Sattar

DHQ, Rawalpindi

Dr Mulazim .H Khara

Children Hospital, PIMS, Islamabad

Dr Bilal

Children Hospital, PIMS, Islamabad

Dr Rehmana Waris

Children Hospital, PIMS, Islamabad

Dr Atif Munir

Fatima Memorial Hospital, Lahore

Dr Fauzia Moyeen

Diabetes Wellness Centre, Lahore

Dr Sommayya Aftab

The Children's Hospital & the Institute of Child Health, Lahore

Dr Javaid Iqbal

Fatima Memorial Hospital, Lahore

Dr Muhammad Imran Hasan Khan

Diabetes Endocrine and Metabolic Centre, LGH, Lahore

Dr Rozina Arshad

Shalamar Hospital, Lahore

Dr Amena Moazzam

Services Hospital, Lahore

Dr Urooj Lal Rehman

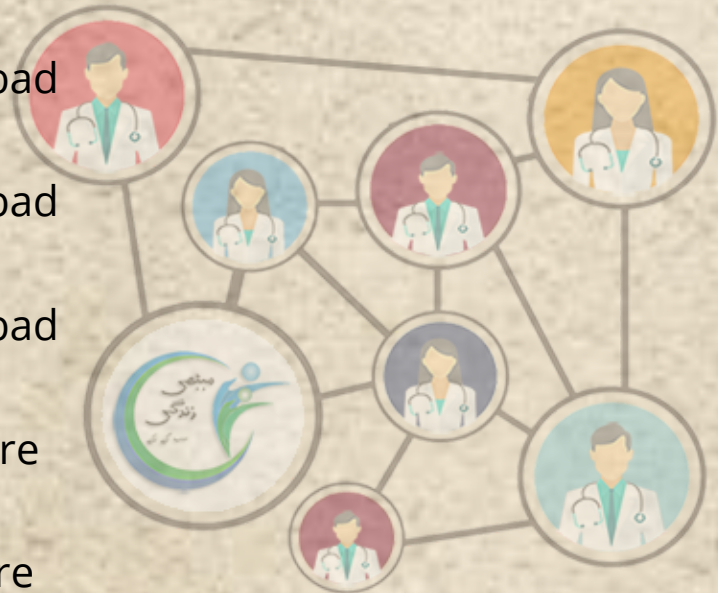
Jinnah Post Graduate Medical Centre, Karachi

Dr Shair Zaman Khan

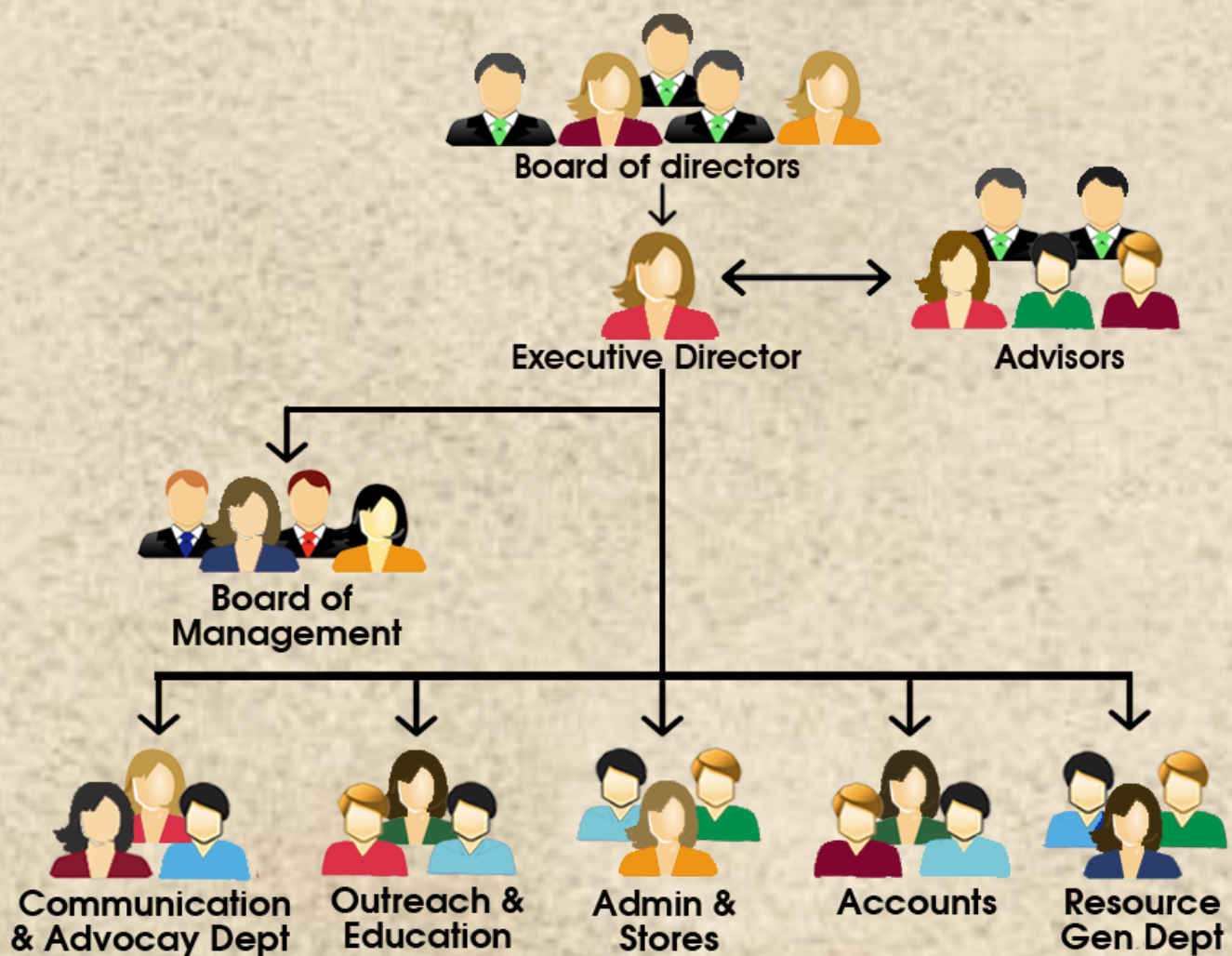
Bolan Medical College Hospital, Quetta

Dr Muhammad Sarfraz Ahmad Khan

DHQ Teaching Hospital, Sahiwal



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.



Donate

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.

Support a child with life-saving Insulin

**Cost of support package
per child per month is
Rs 6500/-**

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

**Bank: Faysal Bank Limited
Account Title: MeethiZindagi
A/c No: 0120-006900229623**



Get Support

Get Online Consultation from Diabetes Virtual Clinic and telemedicine helpline.


Join our Support Groups:

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

 Parents of Type 1 Kids - Meethi Zindagi




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

JOIN THIS GROUP IF YOU HAVE
TYPE 1 DIABETES



<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

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.

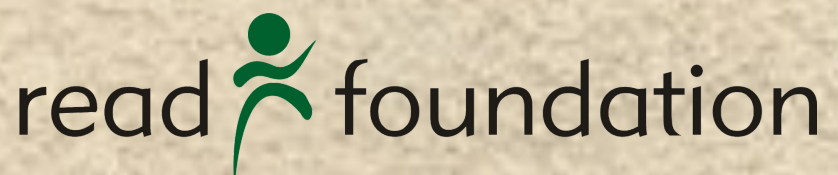
Do you have what it takes to be a diabetes advocate? Do you want your voice and work to be heard and recognised? Here's your chance.

Send us your CV at
contact@meethizindagi.org

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

Our Partners, Collaborators & Supporters

Our work is supported by several companies and organizations:



Integrate the diabetes community further with each other and with their health providers through social media platforms, membership programs and local support groups.

Integrate use of technology for outreach, awareness, education, and healthcare. to support the diabetes community.

Develop community focused resources for diabetes education and provide it through workshops and digital technology.

Grow and Expand the Promise of Insulin program by outreaching to 3000 children with diabetes of Pakistan.



To register a child:
+92 3086770106
+92 051 8313214

**For Donations,
sponsorship and donation
doorstep collection:**
+92 332 5554606



Contact@meethizindagi.org

resource.gen.dept@meethizindagi.org



meethizindagi_official



@meethizindagidiabetes



Meethi Zindagi



Meethi Zindagi



@Meethi Zindagi

Main Office:
65-A, Street 3,
Westridge-1, Opp
Rafay Mall, Peshawar
Road, Rawalpindi.
Tel: 051-8313214

Lahore Office:
254-B, Street 5,
Cavalry Ground,
Lahore Cantt,
Lahore.
Tel: 0332-8313214

Karachi Office:
E-127/G4, Block 7, Near
Maskan Chowrangi,
Gulshan-e-Iqbal,
Karachi.
Tel: 0335-5554606