



Meethi
Zindagi
سب کے لیے

ANNUAL
REPORT

2023-2024

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WELCOME TO MEETHI ZINDAGI

A PCP-certified organization, approved as a tax-exempt charity by FBR in Pakistan & a 501(c)(3) NFP(EIN: 872334714) & Candid-certified, non-profit organization in the USA.

A non-profit organization, dedicated to transforming the lives of individuals living with type 1 diabetes in Pakistan. Our mission is to enhance the quality of life for people with type 1 diabetes, empowering them with the tools, knowledge, support and care they need to thrive. Together, we are building a future of hope, resilience, and well-being.

OUR Values

- Community First
- Integrity
- Empathy
- Transparency
- Empowerment
- Excellence





MESSAGE FROM EXECUTIVE DIRECTOR

Meethi Zindagi was founded to fulfill the dream of better lives for people with type 1 diabetes.

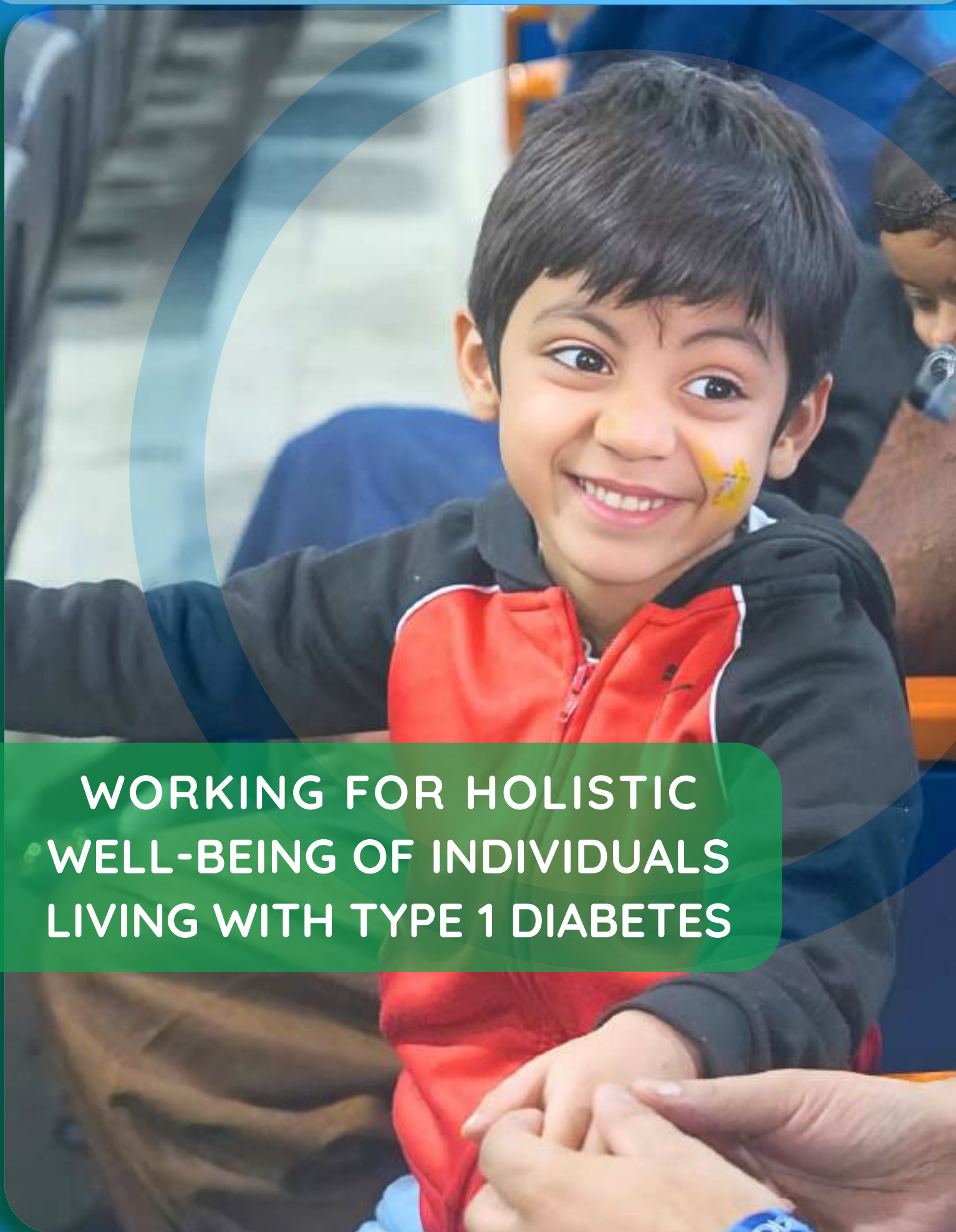
When I was diagnosed with type 1 at the age of 15, I felt the gap in the care I needed and what was available in Pakistan. This gap challenged & pushed me to stand up as a support pillar for the type 1 diabetes community.

Now Meethi Zindagi has become a beacon of hope offering insulin support, accessible healthcare, education, emotional well-being, & a supportive community for people with type 1 diabetes in Pakistan.

Where together we have all become part of a beautiful community, knitted together by a strong bond of understanding and passion ensuring everyone with diabetes across Pakistan receive the resources they need to lead fulfilling lives.

The seeds of change can only be sown through working together at grassroots levels & collaborative efforts to provide the many opportunities that are there waiting to be tapped into.

Sana Ajmal (Ph.D, DDE)



**WORKING FOR HOLISTIC
WELL-BEING OF INDIVIDUALS
LIVING WITH TYPE 1 DIABETES**

5 Core Pillars of Meethi Zindagi

1

Access to Medicine

- Promise Of Insulin
- Disaster Relief

2

Quality Healthcare

- Tele-Education
- Healthcare Network

3

Empowering Education

- SETUP
- TIDBits
- Dia-Camps

4

Peer Support & Well Being

- Meethi Chah
- D-Treats
- Online Community

5

Enabling Environment

- Awareness
- Advocacy

Type 1

Pathway to a Great Life With Diabetes

OUR IDENTITY

With the start of 2024, we went global & rewrote our story!

Our new logo embodies the care, strength, and unwavering support that children and adults receive as they bravely navigate life with diabetes each day.

Have a look into the breakdown:

THE BLUE CIRCLE

Symbolizes "Diabetes", the medical condition at the heart of our mission.

THE GREEN HANDS

Represent the utmost care and support provision to Individuals with type 1 diabetes.



Meethi Zindagi

سب کے لیے

THE BLUE PEOPLE

Reflect children and adults with type 1 diabetes supporting, protecting, and nurturing each other through our platforms.

THE GREEN PERSON

Reflects caregivers including families, friends, donors, employers, teachers, and health professionals supporting people with type 1 diabetes. And that's how we achieve, "Great life with Diabetes".

QUANTIFYING IMPACT

A Statistical Snapshot of 2023-2024



8,887
Packages Delivered

Containing insulin, test strips,
needles & HbA1c test vouchers.

Thanks to our kind donors
& generous sponsors!

45 M
Donation Raised



2,200+
Hours Volunteered

Thanks to our amazing &
devoted Peer Leaders!

Learnt effective
diabetes management!

5000+
Resources' Users



7000+
Individuals Empowered

Through virtual & in-person
peer support programs!

Through in-person & social
media awareness campaigns!

100,000+
People Made Aware



OUR ACTIVITIES THROUGHOUT THE YEAR

As we look back, we take pride in the strides Meethi Zindagi has made in transforming lives. Despite the challenges, our dedication to providing equitable access to diabetes care in Pakistan has never wavered. This year's achievements, guided by our five-pillar model, reflects our unwavering commitment to empowering communities and ensuring that every individual living with diabetes live their lives to the fullest, beyond any limits!



Let's review the highlights of 2023 to 2024!



Children living with type 1 diabetes need insulin to survive & empathy to thrive!

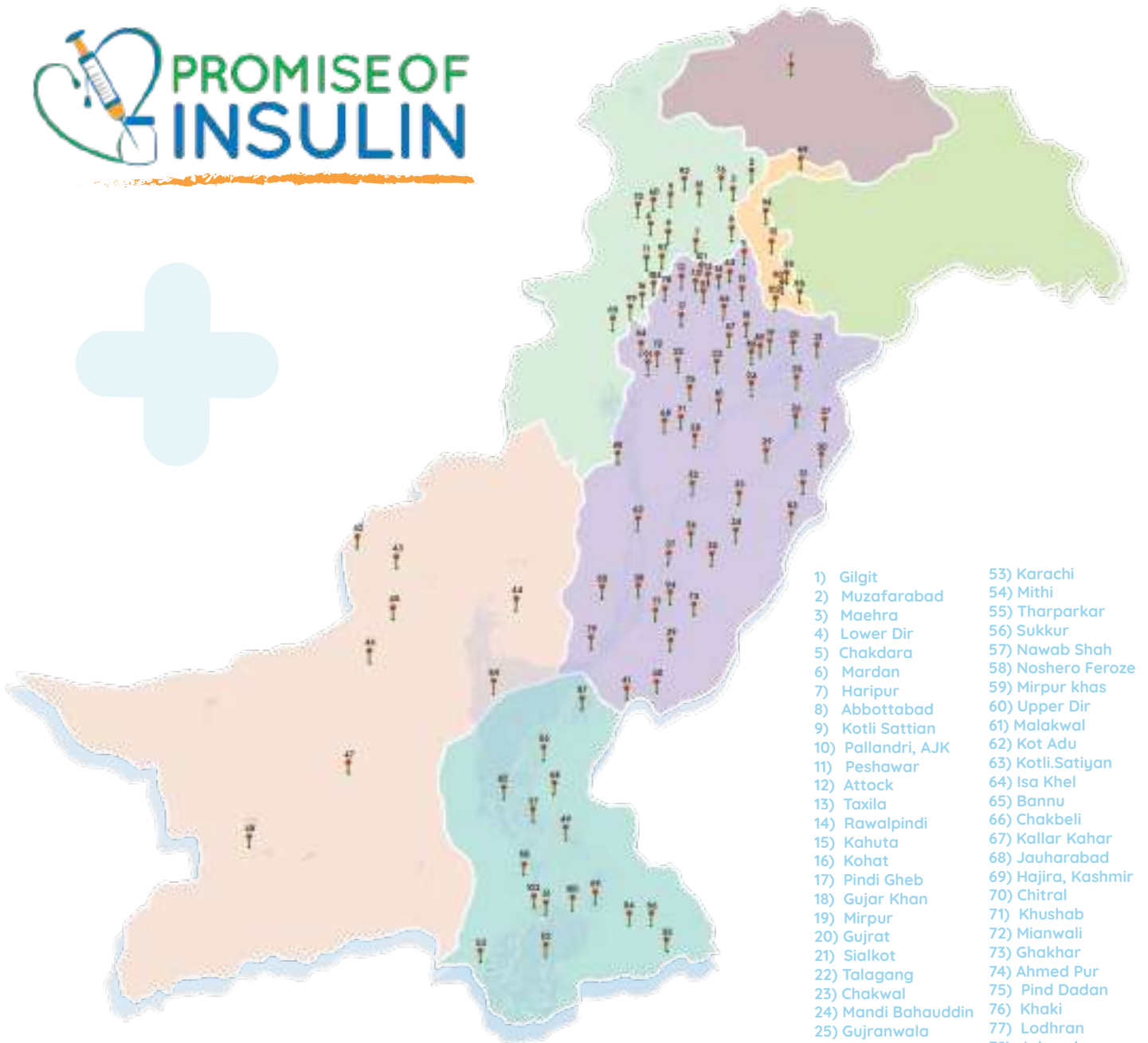
ACCESS TO MEDICINE

1



Pakistan is host to a significant number of people living with type 1 diabetes. Financial challenges make it impossible for many to afford the essential supplies like insulin, test strips, and glucometers, which are as vital as oxygen for these individuals. Recognizing the urgency, the Promise of Insulin program continues to support children and young people living with type 1 diabetes. Thanks to your Zakat and donations, last year alone we provided insulin and test strips to **1000+** children across **100+** cities and towns.





**250+ New Registrations
From 20 New Cities**

**8 Children Graduated
From The Program**

**100+ Children Still
Await Your Support!**

- 1) Gilgit
- 2) Muzafarabad
- 3) Maehra
- 4) Lower Dir
- 5) Chakdara
- 6) Mardan
- 7) Haripur
- 8) Abbottabad
- 9) Kotli Sattian
- 10) Pallandri, AJK
- 11) Peshawar
- 12) Attock
- 13) Taxila
- 14) Rawalpindi
- 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) Sheikhpura
- 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) Rahim Yar 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
- 56) Sukkur
- 57) Nawab Shah
- 58) Noshero Feroze
- 59) Mirpur khas
- 60) Upper Dir
- 61) Malakwal
- 62) Kot Adu
- 63) Kotli.Satiyan
- 64) Isa Khel
- 65) Bannu
- 66) Chakbeli
- 67) Kallar Kahar
- 68) Jauharabad
- 69) Hajira, Kashmir
- 70) Chitral
- 71) Khushab
- 72) Mianwali
- 73) Ghakhar
- 74) Ahmed Pur
- 75) Pind Dadan
- 76) Khaki
- 77) Lodhran
- 78) Jalwaal
- 79) Rajan pur
- 80) Layyah
- 81) Shangla
- 82) Dadu
- 83) Bahawalnagar
- 84) Sohbat Pur
- 85) Dera Ismail Khan
- 86) Sangoli
- 87) Ghotki
- 88) Kotli
- 89) Jehlum
- 90) Gulpur
- 91) Lakki Marwat
- 92) Swat
- 93) Fatehjang
- 94) Basti Malook
- 95) Samahni
- 96) Islam Kot
- 97) Nowshera
- 98) Hattian Bala
- 99) Karak
- 100) Tando Allahyar
- 101) Wah cantt
- 102) Bhimber
- 103) Jamshoro
- 104) Domei



Ismail Khan

Living with type 1 diabetes

A 20-year-old from Upper Dir, a small village in KPK Pakistan, was diagnosed with type 1 diabetes in 2019 and is connected with Meethi Zindagi since 2022 for medical and emotional support. Undeterred by the challenges posed by diabetes and financial restraints and with unwavering resilience, he shared his dream of becoming the first in his village to pursue higher education & sought guidance for the admission process.

Now, staying in Rawalpindi as a hostelite for his bachelor's degree, away from home & family, he's not only successfully managing diabetes along with studies, but also passionately advocating for other children with type 1 diabetes, inspiring many with his courage and dedication.

Mahnoor Ijaz

Two siblings from Lahore, diagnosed two years apart, share an unbreakable bond as they both navigated life with type 1 diabetes. Mahnoor, a 16-year-old, is the caring elder sister who always looks out for 9-year-old Abdullah. Whether it's checking his blood glucose levels or sharing her snacks during their playful adventures, she has always been there for him. Together, they face every challenge with courage and a smile, proving that with love, even the toughest battles could be sweetened.



Abdullah Khan



It wasn't till after connecting with Meethi Zindagi that Sanaullah, diagnosed with type 1 diabetes in 2014, was truly able to embrace his condition, which, with right support, he could easily manage. Meethi Zindagi not only provided him with insulin but also empowered him through our extended peer support programs. Alongside earning his Law degree, Sanaullah channels his creativity into poetry & rap, while successfully managing diabetes with strength.

Sana Ullah

QUALITY HEALTHCARE

2

TELE- EDUCATION

As part of our tele-education program, Meethi Zindagi's certified diabetes educators have empowered **690+** children with type 1 diabetes and their families & caregivers with essential knowledge for effective diabetes management, focusing on areas such as diabetes education, managing hypo/hyperglycemia, physical activity, foot care, and dietary planning.



DIABETES EDUCATION

3



PAKISTAN'S FIRST FREE DIGITAL DIABETES EDUCATION PLATFORM

On Nov 29, 2024, in collaboration with DigiBete UK, funded by the World Diabetes Foundation, Meethi Zindagi launched TIDBits — co-created by healthcare professionals and the type 1 diabetes community.

TIDBits provides free diabetes self-management resources to empower individuals with type 1 diabetes and their caregivers.

Comprising 6 modules, including awareness & essentials, carb counting, daily routines, kids vs. adults care, parenting portals, and emotional well-being.

Designed especially according to the culture of Pakistan TIDBits has revolutionized diabetes education in Pakistan by delivering video explanations and animated content, simplifying the complex diabetes management topics. Moreover, all the content has been made easily understandable by choosing Urdu as the language medium. By combining visual learning with practical strategies, we've created an easy-to-understand platform that serves as a guide for thousands across the country.



DIGITAL DIABETES EDUCATION CENTERS (DDEC) LAUNCH IN 15+ CITIES

Recognizing the challenges posed by limited internet access and smartphone availability in certain areas of Pakistan due to geographical or economic status, we took the initiative to establish Digital Diabetes Education Centers in multiple cities across Pakistan to ensure that essential diabetes care & educational resources are accessible to all, bridging the gap in diabetes care.

PARTNER INSTITUTES & LAUNCH DATES

- AIMS Sugar Hospital, Lhr (13-Nov-2023)
- Diabetes Institute Pakistan, Lhr (11-Dec-2023)
- Jinnah Postgraduate Medical Center, Khi (19-Dec-2023)
- Ahmad Diabetes & FootCare Center, Sargodha (30-May-2024)
- Holy Family Hospital, Rwp (3-July-2024)
- Annie Hameed Charity Clinic, Kohat (25-July-2024)

With 15 additional MOUs signed for future partnerships, we continue strengthening our impact on diabetes care nationwide.

DDECs are a component of



Developed by



Funded by:



PEER SUPPORT

4



On 21st February 2024, Meethi Zindagi welcomed a delegation from Roche, led by Pedro Goncalves (Global Head of Commercial). The team spent time with children & community members living with type 1 diabetes, and witnessed how our peer support programs has contributed to their well-being with is crucial for effective diabetes management.



AWARENESS & ADVOCACY

5



While words have the power to heal, they also have the strength to break. Considering this, Meethi Zindagi launched **Meethy Bol**; Pakistan's version of the international guide "Language Matters", to promote compassionate and empathetic communication with those living with type 1 diabetes.

It's a comprehensive guide for everyone — families, healthcare providers, and friends, to be mindful of the words they use, fostering an environment of empathy, understanding, and support.

LANGUAGE MATTERS

PAKISTAN

میٹھی بول

A guide to signify the importance of language while communicating with people who are living with diabetes in Pakistan.



WORLD DIABETES DAY 2023

Meethi Zindagi, with the support of Abbot and Sanofi, spearheaded transformative community events across three major cities in Pakistan; Lahore, Multan, and Rawalpindi, focusing on the topic **“Diabetes Care Needs To Be Fair”**.

A standout feature of the event was an engaging art show, offering participants a creative platform to express their experiences with diabetes and to imprint the essence of "The Meethi Life" on canvases.



An educational symposium was held at **Rawalpindi Medical University (RMU)**, on **25th November 2023**. The event saw a significant turnout of more than 200 attendees who actively contributed to the discussion on the topic "Diabetes Care Needs To Be Fair". It was a live coverage of two hours on social media platforms i.e., YouTube, Facebook, and LinkedIn with an outreach of over 1.2k.

Hosted at the Pediatrics Department of **Nishtar Hospital** on **8th November 2023**, the event brought together over 50 esteemed guests, healthcare professionals, faculty members, and the diabetes community of Multan fostering diabetes awareness and instilling hope among attendees, including children and young individuals living with type 1 diabetes and their families.



The event unfolded on **18th November 2023**, at **Ali Institute Lahore**, and gathered over 80 guests, including healthcare professionals and members of Lahore's diabetes community. An enthralling and participatory session on the significance of language in diabetes management created a lasting impact, as participants actively delved into thoughtful discussions on using gentle and considerate words.



INSULIN 4 ALL

On March 16th, 2024, in line with the **Global Day of Action for #insulin4all**, led by T1International, a roundtable discussion was held by Meethi Zindagi to discuss the short, medium and long term solutions to the insulin shortage issues in Pakistan. It was a huge step forward in our advocacy efforts for people with type 1 diabetes. The presence of all stakeholders was a testament to the desire of resolving the issues.



Held outside the Serena Hotel Islamabad, **Well-being Walk** at 5th Annual conference by Pakistan Society of Internal Medicine on 26th April, highlighted the dire need for the availability & affordability of insulin and the importance of local production of insulin.



AWARENESS SESSIONS

Held at DaftarKhwan (Downtown) Lahore on 25th July 2024, the awareness session emphasized on diabetes prevalence, the power of peer support, and the importance of building a diabetes-aware society.



On 23rd May, 2024 Meethi Zindagi team gave an awareness session at WAPDA Administrative Staff College, Islamabad. The aim was to raise awareness about type 1 diabetes, which is very crucial for early detection. This conference paved the way for a diabetes-aware society.



AWARENESS STALL

Held on 5th Annual Conference of the Pakistan Society of Internal Medicine (PSIM) at Serena Hotel, Islamabad (26th-29th April 2024) Meethi Zindagi team set up an awareness stall for type 1 diabetes.

OTHER ACTIVITIES

MEETHA RAMADAN

Fasting during Ramadan is a deeply spiritual experience, but for those living with diabetes, it comes with challenges. Held at Ali Institute in Lahore on the 3rd of March 2024, sponsored by Getz Pharma, the event endorsed community support and encouraged individuals to make healthy choices during the holy month. With one-on-one expert guidance, over **124** attendees learned how to fast safely while managing diabetes.



TASTY BITES

Living with type 1 diabetes doesn't mean you have to miss out on your favorite meals. Held at Karachi's Rangoonwala Center on 16th Feb, Tasty Bites, a cooking and baking workshop tailored specifically for our type 1 community, helped **116** participants not only discovered delicious recipes but also learned valuable carb-counting techniques.

ART COMPETITION

The wise say, "Creativity is intelligence, having fun". And so, in 2023, Meethi Zindagi decided to have some fun while raising awareness about type 1 diabetes by hosting "**My Meethi Life**" Virtual Art Competition, showcasing the resilience of living with type 1 diabetes. Participants from across Pakistan submitted inspiring works, with winners receiving Grand Prizes and Excellence Awards in various categories.



OUR SUPPORTERS, PARTNERS, AND COLLABORATORS



WE THANK YOU FOR AMPLIFYING OUR MISSION.

How Can You Support?

- Sponsor a Child for Insulin - in cash or kind!
- Sponsor ice packs, packaging boxes, medical consumables, and logistics costs for 100 or more children.
- Sponsor a child for 114,000/- per annum in monetary form, covering all the costs of the support package.
- Sponsor Community Awareness and Education Events.
- Sponsor Educational Videos and Digital or Printed Content.
- Volunteer as a Buddy - Inspire our type 1 community!
- Volunteer as an advisor or for specific roles!
- Be an advocate and ambassador!



Scan here to contact us!

Donations to Meethi Zindagi are Tax-Deductible under section 2(36) of FBR IT Ordinance 2001 or USA IRS code 501(c)(3)

Help us amplify our mission

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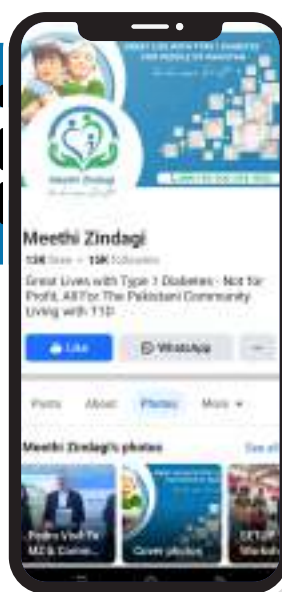
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