August 2024

PAHCHAAN

Every Drop Counts Towards Life

How Clean Water Transformed a Community and Saved Thousands







How a Water Filter Changed the Fate of Struggling Families

From Daily Struggles to Hope: The Impact of World Class Filter Water On Zarmeena's Family

Zarmeena Zouja, a 32-year-old mother of seven, lives in Khizer Town, Saggian. With a bedridden husband and seven kids, her life is a daily struggle. Her eldest son, 17 years old Ismat Ullah, is the family's sole provider, risking his young life daily by picking litter to feed his siblings while Zarmeena spends her days making frequent visits to our Mother and Child Health Center in Saggian, seeking medication for her children's diarrhea and stomach pain almost every week.

"We were deeply concerned, knowing that without a change, these seven children could face the same fate as their father—bedridden and helpless."

It was clear that the root of their suffering was unclean water. This was more than just an issue of thirst; it was a matter of life and death. Without realizing the importance of cleanliness, the family was trapped in a cycle of illness.



Ismat Ullah,
Khizar Town, Saggian

But hope arrived with the installation of a new water filter in their community with Zarmeena's family being the first to find the permanent relief in its clean water.

"With the installation of the water filter, Zarmeena's children found the health and safety they desperately needed."

Purpose:

Access to clean water transcends basic necessity, being a fundamental human right essential for both health and survival.

Total Patients Visits 13112
(June 2023- July 2024)

01 **Impact:**
8% drop in waterborne disease patient visits since the water filter installation on March 5, 2024, indicating better health outcomes





02 **Disease Identification**
11,787
Waterborne Diseases: 4,075
- Acute Watery Diarrhea: 1,200
- Gastritis: 1,070
- Chronic Diarrhea: 589
- Worms: 310

03 **Installation of Water Filter**
Since the installation of the filter, approximately 7,000 L of water have been distributed to the community members. 9 families are consistently using water form this.





04 **Lower Mortality Rates**
A reduction in newly built graves from 188 in 2023 to 150 in 2024, representing a 20% decrease, highlights improved health and lower mortality rates, primarily due to access to clean water.

05 **Key Impact**
The impact goes beyond reduced deaths and fewer new graves; it also promises a future where children are healthier and less prone to stunting or waterborne diseases.



Focus:

The primary focus was to provide permanent relief from waterborne diseases like diarrhea, cholera and typhoid seen in our MCHPC patients.
With CLEAN WATER the aim was to reduce diseases, lower mortality, improve health, prevent stunting in children, and ease the burden of water-fetching journeys.

Change the future of 14,000 people with a Rs 200,000 donation for a water filter.



A New Dawn For Saggian: The Role Of Water In Reducing Child Mortality

In a country like Pakistan, health and its underlying factors are often neglected until a person is on the verge of death. Over the past 18 years, we've learned that simply providing medicine isn't enough. We need to address the root causes to truly make a difference.

We have seen the heartbreaking loss of many children and adults to diseases that could have been prevented largely due to the absence of clean water—a vital necessity for life—that remains out of reach for many in our communities.

Moved by this reality, we at PAHCHAAN went door to door, seeking support for our water program. Our heartfelt appeal received quick support from APPNA Qatra Fund, an initiative by association of Physicians of Pakistani Descent of North America. Hence, with their generous support, we successfully developed a clean water facility adjacent to our key Mother and Child Health Promotion Center in Khizer Town, Saggian.

This support has been incredibly rewarding. Mothers and Children at our center receive essential care, while the community has access to safe water. This vital addition has significantly reduced diarrhea, gastritis, and other waterborne diseases, saving lives once lost to these illnesses.

A Drop Of Change: Hoor Bibi's Journey From Waterborne Suffering To Healthier Living

How One Woman's Persistence Brought Health and Hope to Her Family



Saggian's Clean Water Source

Clean water is essential for life, yet in many communities like Saggian, its significance is often overlooked. Hoor Bibi, a resident of Khizer Town, understood this necessity. Her children had suffered from waterborne illnesses such as diarrhea and for as long as she could remember.

"Despite her concerns, her husband, steeped in tradition, refused to believe water could be an issue."

Battling her own health issues along with her children's, Hoor Bibi felt torn between her husband's denial and their suffering. During a visit to our MCHP Center for her child's medicine, she expressed her frustration and requested the doctor to counsel her husband on the importance of clean water. Our team took action. A community mobilizer visited Hoor Bibi's home, explained the benefits of clean water, and encouraged her husband to try it. Skeptical at first, he agreed to test the water. Soon, he noticed a significant improvement in his own health and his family's.

"Seeing the positive change in their health, Hoor Bibi's family now uses filtered water for drinking and cooking, embracing a new way of life"

Now they willingly pay the minimal cost set by PAHCHAAN to prevent water waste and are grateful for the health benefits gained. She hopes that her story will inspire others in Saggian to recognize the value of clean water and improve their own lives.

"The contaminated water supply was a silent killer, leading to MALNUTRITION, STUNTING, and DEATH."







PAHCHAAN's Ongoing Commitment To Community Well-Being

PAHCHAAN is committed to enhancing health and well-being in the communities we serve

By installing a water filter, we ensured access to clean water and prioritized preventive care. But our efforts didn't stop there. We continue to counsel families at our MCHPC about the importance of clean water and proper hygiene. To ensure their safety, we've also distributed bottles and jerry cans so they can safely carry water home. As we continue our mission, we are seeking support for our future projects. We've already distributed **50** jerry cans, amounting to **30,000** and we aim to expand by installing water filters in additional areas.

Give the Gift of Clean Water:

Total Cost for Water Filter	Rs 420,000
Infrastructure cost of Filter (Location Dependent)	Rs 400,000-500,000
Fund Jerry Cans for Families	Rs 600/Jerry Can

Account Information
Account Title: **PAHCHAAN**
Account Number: **PK 50 SAUD 0000 1320 1102 9887**
Bank Name: **Silk Bank**

You can also send your Zakat or Donation through
easypaisa
0301-1126012

Your generous contributions will enable us to expand our reach and ensure that more families have access to clean and safe water!