# WELLS OF CHANGE: BRINGING SAFE WATER TO EVERY COMMUNITY WE TOUCH

## Access To Clean Water Is Not Just A Necessity—it's About Survival And The Future Of Communities.

Water is life's most basic necessity, yet in many rural areas of Punjab, it has become a silent killer. At PAHCHAAN centers, when families began visiting, we observed a consistent pattern of diseases—nearly everyone was suffering from waterborne diseases, especially gastrointestinal issues like diarrhea, typhoid, and other related conditions.



The culprit? The very water they depend on. Testing revealed that the water they rely on contains bacteria and toxins in alarming amounts. It's a silent poison, lurking in every drop, slowly eroding health and destroying life.

No matter how many medications we provide, their efficacy can never reach 100% when the root cause remains untreated. But in Saggian, the tragedy ran even deeper. As we entered the area, we came across rows of tiny graves— young lives were lost before they could even reach the age of two.

Parents didn't understand the source, but we found the answer—water.

Seeing the urgent need, PAHCHAAN took immediate action, installing water purification systems (LifeStraw) to provide clean and safe water to the communities. Our commitment goes beyond the present—we are actively working to equip every existing and future PAHCHAAN centers with these systems, ensuring clean and safe water for all.



ہر قطرہ زندگی کی قیمت ہے اور ہر زندگی کا تحفظ ضروری ہے۔ ہم سب کا فرض ہے کہ ہم پانی کی صفائی اور زندگی کی حفاظت کے لیے ایک قدم اور بڑھائیں، ہم آپ کی مدد کے منتظر ہیں۔

# THANK YOU FOR STANDING WITH US

There are moments in life that remind us of the extraordinary impact we can make when we come together with a shared purpose. Today, we pause to reflect on the incredible supporters and organizations that stand beside us, making it possible to transform lives and build a future filled with care, health, and dignity.

Among our incredible partners, Confiz has been a true constant, offering unwavering support over the years. Developing an advanced software solution that streamlines how we track patient histories, treatments, and medications, Confiz's dedication reflects a deep connection to the care we strive to provide. We are thankful beyond words and ask for the continued partnership of our donors and those yet to connect with us, we invite you to join this shared reality of care, compassion, and hope.





**Every contribution, no matter how big or small, plays a vital role in shaping a healthier mother and child and healthier societies of Pakistan.**

## PAHCHAAN didn't wait for Chirag Bibi and Bilkis Nazir to come to us.

**We took the center to their doorstep.**



At 90 and 85 years of age, when traveling became a challenge, PAHCHAAN ensured their needs were met right at their doorstep. Our community mobilizer made monthly medication deliveries, directly to their home, relieving them of the burden of travel and ensuring they were never without the care they deserved.

We didn't just deliver medicine—we delivered comfort, dignity, and the assurance that support is never far away.

At PAHCHAAN, care is about being there when it's needed most and we're always here, standing with those who need us the most.

## Stand with Mothers, Support a Lady Health Worker

Each of our centers serves 60 to 70 women daily. Each Lady Health Worker supports 2,000 mothers every month, guiding them through pregnancy to ensure a safe delivery. After birth, we continue to support the baby's health for the next two years, helping prevent stunted growth. This is the essence of a Mother and Child Health Promotion Center. You can support a lady health worker with as little as 1500 RS.

## I Would Like To Be A Friend Of PAHCHAAN

| | | | |
|---|---|---|---|
| Support mother and child visit costs: * cost per visit PKR 500 | 10 visit: PKR 5,000 | 20 visits: PKR 10,000 | 30 visits: PKR 15,000 |
| Support healthcare for 1 mother & child: | For 3 month: PKR 1,500 | For 6 month: PKR 3,000 | For 9 month: PKR 4,500 |
| Support of medication for a mother & child: | 15 days: PKR 15,000 | 1 month: PKR 30,000 | 2 month: PKR 60,000 |

- Help us secure land for a Community Centre with PKR 1.5 million
- Contribute to medical equipment per center PKR 1.2 million
- Support construction cost of 1 center PKR 1.5 million
- Cover one center's monthly running expenses with only PKR 450,000

Please send your contributions to:
The Marketing & Fundraising Department House # 9, Street # 38, Canal Park, Gulberg II, Lahore Pakistan.
Phone: +92-42-35762612, 35871221. Mob/WhatsApp: 0301-1126-012
E-mail: pahchaanmkt@gmail.com
You can also send your Zakat or Donation through easypaisa 0301-1126012

**Account for Zakat**
Account Title: PAHCHAAN
Account Number: PK64 MUCB 0000000005413583
Bank Name: MCB Bank Limited

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

For further information visit us at:
www.pahchaan.info | www.facebook.com/Pahchaan | pahchaanofficial





# 20 YEARS OF PAHCHAAN

PAHCHAAN

## INVEST IN HUMANITY: LET YOUR ZAKAT SPARK A NEW BEGINNING.

### EXPANDING ROOTS ACROSS PUNJAB

PAHCHAAN is not new to the fight for change—we've been working quietly, consistently, and relentlessly for 20 years. Punjab became our starting point, not because it was the only place in need, but because it was where we had the strength and foot prints to act first. We began with the resources closest to us — **but we aren't stopping there.**

The journey ahead is much bigger. Expanding into other provinces, and beyond isn't an afterthought— it's already happening, with new centers being built as we speak. it's part of the promise we made from day one.

Change takes time, but every step forward paints a fuller picture of a Pakistan where everyone has a place, a voice, and a future.

The work grows with every hand that joins us. You're not just donating— you're becoming an essential part of the change that was desperately needed.

If you are already participating, we encourage you to do more. If you are not yet involved, we urge you to join because even your smallest contribution can make a much greater difference than you realize.

Call us at 03011126012




## RABIA'S SILENT BATTLE: THE COST OF WAITING FOR HELP

**No Mother Should Have to Beg for Medical Help.**



In many communities, women's health is often overlooked until a crisis emerges. Rabia, a mother of four, had always depended on the local dai (traditional birth attendant) to deliver her children at home.

In many places of Pakistan, traditional birth practices are a norm, and because her previous pregnancies had been without major complications, no one in her family even her husband saw any reason to expect anything different this time.

But during her fifth pregnancy, Rabia knew something wasn't right. Concerned about her worsening health, Rabia insisted her husband to bring her to our center, where our team prescribed essential medication, urging her to return for regular checkups.

Despite this, lack of family support kept her from seeking consistent care, and she didn't come back—until labor began.

By the time she reached our center, she was pale, exhausted, and in critical need of intervention. Recognizing the severity of her condition, our team arranged her urgent transfer to the hospital and secured the blood transfusions that ultimately saved her life and her baby's.

Rabia's journey highlights the dangers of relying solely on traditional methods without proper medical oversight.

**Through education and access to quality care we aim to ensure that no mother faces such risks alone.**



Read about Faisal's story on PAHCHAAN's website

## MOMENTS FROM OUR JOURNEY, CAPTURED BY THE PAHCHAAN TEAM.











## FROM DOUBT TO TRUST: MOHAMMAD UMAR'S STORY OF CHANGE



In a community where health awareness is still growing, Mohammad Umar's journey reflects a significant shift. Initially, he was doubtful about MCHPC Saggian and discouraged his family from seeking care there, uncertain about its services. Umar, who runs a shop near the center, often saw others benefiting from the help they received. When his wife became pregnant with twins for the third time and faced health challenges, he decided to send her to the center for treatment. Over time, as he witnessed the attention and support his family received, his trust in the center grew. Today, Umar not only relies on the center for Maternal and Child Care but actively encourages others in his community to attend the awareness sessions.

"پہلے میں اس مرکز کے بارے میں شک میں تھا اور اپنے خاندان کو یہاں جانے سے روکتا تھا۔ لیکن جب میں نے اور لوگوں کو یہاں کی خدمات سے فائدہ اٹھاتے دیکھا، تو میں نے بھی اپنی بیوی کو یہاں بھیجا، اب میں اس مرکز پر اعتماد کرتا ہوں اور دوسروں کو بھی یہاں آنے کی ترغیب دیتا ہوں۔"

The story emphasizes the power of trust in accessible healthcare services and how one person's experience can inspire others in the community to seek better care.

## آج ہمارے پاس اِتنے پیسے ہیں کہ اِس رمضان، ہم متیع اللہ کی Birthday منائیں گے

**For Naghma, a mother of three expecting her fourth child, the chance to celebrate her son Mattiullah's birthday during Ramazan is a gift she never thought possible.**



Thanks to the savings she's made through MCHPC's support, Naghma is now able to plan a small family gathering—something she never imagined she could afford, yet now it's a chance to create precious moments of joy for her children.

Before discovering the Mother and Child Health Promotion Center, Naghma spent more than she could afford on private doctors and medicine for her children, always putting their health above all else.

"میرے بچے بیمار ہوتے تو چاہ کر بھی اچھا علاج نہیں کروا سکتی تھی۔ جو بھی پیسے ہوتے، دوائیوں میں خرچ ہو جاتے۔"

When she learned about MCHPC near Saggian Bridge, she visited with the hope of free and effective medical support for her and her family. Now, thanks to the free healthcare and medication provided, the financial strain has lifted, and she can focus on what truly matters—her family's well-being.

**For Naghma, MCHPC has not just been a source of medical support—it has allowed her to cherish moments of joy with her children, bringing happiness into her home.**

## A FATHER'S STRUGGLE FOR CLEAN WATER AND HEALTHCARE FOR HIS FAMILY

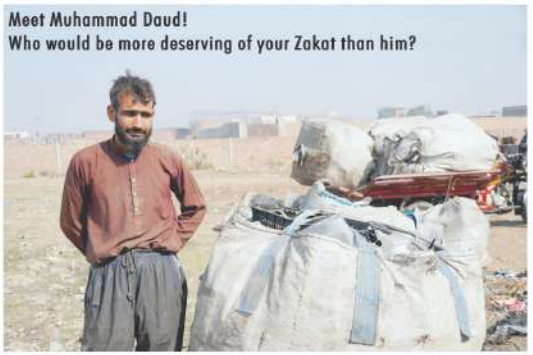
For years, the people of Saggian have battled diseases caused by contaminated water, yet they had no other choice but to consume it. Children fell ill, families suffered, and the cycle of sickness never seemed to end. Muhammad Daud is also a part of this community who was waiting for an upper hand to take them out of this helplessness.

"یہ پانی اگر بوتل میں رکھیں تو سبز ہو جاتا ہے۔ فلٹر شدہ پانی استعمال کرنے کے بعد بیماریوں کی تعداد اور بچوں کے اموات کی شرح کم ہو گئی ہے۔"

Just like others, he and his family had no option but to rely on polluted water—water that turned green if left sitting, carried a foul odor, and was unfit for drinking or cooking. Living in a slum with his wife and five children, he watched helplessly as his little ones suffered from frequent bouts of diarrhoea and stomach pain. The endless cycle of sickness and worry had become a painful reality for many in his neighborhood.



"اگر گھر میں کوئی مرد موجود نہ ہو تب بھی عورتیں فوراً بچوں کو لے جا کر چیک اپ کروا سکتی ہیں۔ یہ ہمارے لیے کسی نعمت سے کم نہیں۔"




Everything changed with the installation of a filtration plant. Daud recalls,

The burden on families lessened, and access to safe water became a source of relief.

The presence of MCHPC nearby has also made a difference.

**Clean water and accessible healthcare have given his family a much-needed sense of security, something they had long lived without.**




# GOD WORKS IN MYSTERIOUS WAYS

## A Decision Started With His Grandson And Ended In Respite For The Community Of 20,000 People

For Malik M. Yakoob Haldi Wala, a Haldi seller from Changa Manga, life was good. Still, one worry weighed heavily on his heart: his 2.5-year-old grandson's constant suffering from severe allergies and a persistent cough. Despite visiting many local doctors, nothing seemed to work.

In Changa Manga, where even basic healthcare is beyond reach, Malik had no choice but to travel to Lahore, hoping to find help. **But Destiny Had Written a Different Story.**

In Lahore, Malik met Dr. Moaz, a compassionate doctor and board member of PAHCHAAN.

**What began as a desperate attempt to find relief for his grandson turned into a conversation that would change everything for his community and its people.**

During their discussion, Malik overheard plans to establish Basic Health Units (BHUs) in areas facing everyday health challenges. The thought of such a facility sparked hope in his heart, and he couldn't stay silent. "No **one needs it more than my people,"** he said, offering his land to bring the vision to life.

**That selfless act laid the foundation for a new center in Changa Manga.**

By September 2024, the BHU opened its doors, offering free healthcare to families who had gone generations without proper care.

**PAHCHAAN continues to seek out people like Malik—those who inspire change by extending a hand when it's needed most.**

پہچان نے ملک صاحب کا ہاتھ تھاما اور ملک صاحب نے اپنے علاقے کے لوگوں کو نئی پہچان دی جو کہ نہ صرف ایک صدقہ جاریہ ہے بلکہ بہت سی خواتین اور بچوں کی زندگی کے لیے نئی کرن ہے۔










## ماں کی قربانی: ایک مشکل راستے کی کہانی، کبھی کبھی اپنے لیے سوچنا ضروری ہوتا ہے۔

**She thought she could manage it all—a bustling household, seven children, and 2 newborns, But her health was slipping away, little by little.**

At just 28 years of age, Hania faced challenges that would test her resilience. After giving birth to premature twins at just seven months of pregnancy, she barely had time to recover when she discovered she was pregnant again, only three months later. The joy of having children was undeniable, but the toll on her health became impossible to ignore.

One day, exhaustion overcame her. She fainted while caring for her newborn, sending her family into a spiral of worry. Her husband rushed her to the PAHCHAAN Mother and Child Health Promotion Center (MCHPC) in Saggian, where she faced a reality she had been avoiding: her health was at a breaking point.

زندگی کو آسان بنانے کا فیصلہ کرنا بھی کبھی کبھی ایک بہت مشکل کام ہوتا ہے۔

The doctors listened patiently, explaining how her health was at risk. Though difficult to accept, family planning was now essential—for her well-being and her family's future.

After careful consideration, she chose a path that would help protect her health and secure her children's future. It wasn't an easy decision, but became essential—for her well-being and her family's future.

ہم سب کی ذمہ داری ہے کہ ماؤں کو ان کی صحت اور فلاح کا شعور دیں تاکہ وہ مضبوطی کے ساتھ اپنی زندگی گزار سکیں۔

