PAHCHAAN

ایک ماں اور بچے کے سرپرست بن جائیں

Khushhal Khandan Project



You Don't Have To Be A Doctor To SAVE A LIFE!

1000 DAYS

How We See A Woman Becoming A Mother

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Pregnancy is the most delicate phase of a woman's life and yet, even in these crucial days, especially among the poor communities, the much-needed care seems to be out of the picture. As the **280 days** of pregnancy for a mother come to an end, a new life begin. It begins with her and how strong and healthy she is. Therefore, aiming for maternal health since the first day of conception is of great significance.

Did You Know?

In Pakistan, more than 41.7% of women of reproductive age are anemic – Pakistan National Nutrition Survey, 2018

With JUST PKR 500 you can save a LIFE

If launched in multiple areas, this project will strategically bring the cost down even further

A correction of nutritional deficits alone has been estimated to have the power to increase the World's intelligence quotient by 10 points – UNICEF

The Consequences of Early Childhood Neglect: The Importance of First 1000 Days in a Child's Life

From the very beginning, Ahmad's journey was unlike that of his siblings.

From backbone to knees, he couldn't even sit properly without support, let alone walk. While Ahmad's struggles are evident, the burden of his care fell heavily on his parents' shoulders, making them feel helpless as they faced circumstances beyond their control.

Over time, Juma Gul and his wife made regular visits to the Pahchaan Center in Saggiyan, seeking guidance from the doctors about their child's progress. Through their visits and counseling sessions, the community around them has begun to realize the critical importance of a child's early developmental stages.

Ahmad's struggles highlight the irreversible consequences of neglect or unawareness during these crucial first 1000 days, and his presence serves as a stark reminder of the tough realities faced by those in poverty and ignorance.

These challenges are overwhelming for many others like them, as their lack of awareness and access to proper healthcare leave them facing dire consequences, with their children bearing the brunt of it all.

Despite the daily struggles, organizations like Pahchaan tirelessly work to provide support and assistance. Yet, their efforts can only stretch as far as our available funds allow, particularly in a society burdened by deep-rooted ignorance and neglect.



Seeing her next child healthy after coming to Pahchaan, Ahmad's mother must now feel that he could have been like other kids if she had known about them during her pregnancy with him.

With your support, we can continue our mission to make life a little easier for families like Ahmad's, working to reduce the occurrence of such scenarios.

Join us in our mission to support children, mothers, and fathers in building a healthier community. For more information, please reach out to us at the number provided below.

Monthly ration for 6 families with a child admitted in a hospital	**Rs. 40,000**	Healthcare for 15 pregnant mothers (a single visit costs only Rs. 500/-)	**Rs. 60,000**
Travel and meal support for 5 children on follow-up	**Rs. 15,000**	Medicines and rehabilitative aftercare for a mother & child	**Rs. 10,000**

Against the Odds: A 15-Day-Old's Fight for Survival

The crushing pressures of poverty, illiteracy, and lack of resources can drive people to desperate measures.



Not an actual photo

In May 2024, A 15-day-old baby was put up for sale by his own parents, as the burden of debt got unbearable. Immediate actions were taken by Pahchaan, in collaboration with the Attock Child Protection Hospital. We set up a fake buyer to gather information, but the situation was more severe than anticipated. By the time our agent arrived, the child had already been taken, and neither the parents nor the buyer could be located.

For two intense days, Pahchaan, the Child Protection Hospital, and the police worked without rest, combing through evidence and following every lead. It was only when the search was extended across the province that we finally found the baby in Taxilla.

The urgency of this case highlights the need for both immediate response and long-term strategies. As the next step in our mission, we are expanding our Mother and Child Centers to offer training and support, working towards a future where no family faces such extreme choices. It's not just about healthcare and timely treatment; at Pahchaan, we understand the root causes of these issues. We are committed to empowering families, especially mothers, by providing them with skill training so they never have to face such dire circumstances again.

Your support is crucial in this mission, helping us to build a future where no parent is forced into such inhumane choices.

Samra With a Healthy Baby and a Healthy Beginning

We at Pahchaan, with your support, are working tirelessly to improve our communities.

Through our **Khushaal Khandaan** project, we focus on the health of mothers and children in underprivileged communities, and we have seen many positive outcomes.

One such story is that of Samra, who came to the Mother and Child Health Promotion Center, Malikpur. She works as a housemaid and became the sole earner for her family after her husband's accident.

Now pregnant for the third time, Samra was terrified. Her past pregnancies were painful and resulted in severely malnourished and stunted children.

This time, however, Samra came to us early in her pregnancy. We provided her with regular checkups, medicines, and food supplements without her spending a single rupee.

Thanks to this support, Samra has delivered a healthy baby. However, with over 700 days of the critical first 1,000 days still ahead, the baby's growth and health remain crucial. She needs ongoing support, and this continued care is only possible through your contribution and donations. Your generosity can help us assist more mothers like Samra. Thank you for your timely support.

Help us and many like Amir to receive the care they deserve like our own children.



Diagnosed with stunted growth, 4 years old Amir has many challenges only because our centre opened after his birth.

What we have achieved with these centres, true stories

A Child's Child

When 8-month-old Jannat came under our protection, she was severely underweight. The pain we felt multiplied when we met the 16-year-old mother, Sumaira, who was just as malnourished as her baby.

These are children we can never say no to. When we looked at the fragile 16-year-old mother, we wondered how a child could possibly raise another child...

The generosity of our donors enabled us to provide milk, diapers, medicines and supplements for baby Jannat and her mother. We also advised Sumaira about the importance of breastfeeding, nutrition, and hygiene practices for the betterment of the baby and herself.

Such cases have provided us with the strongest motives to build Mother & Child Health and Community Centers in disadvantaged rural areas. **These centers will target the 1000 days (from a baby's conception to their 2nd birthday) to raise awareness and provide healthcare to prevent sickness in the mother and her baby.**

With just **PKR 500**, you can provide life to countless mothers and change the fate of the children they bring into this world. Donate wholeheartedly to facilitate these Health Centers so that babies like Jannat and mothers like Sumaira can also live a normal life.



Not an actual photo, but paints the right picture!

For Weekly stories call +92-301-1126012

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

Account Information for USA
Account Title: PAHCHAAN USA
Account #: 71906215 Routing #: 113002269
Bank Name: Capital Bank
Bank Address: P.O. Box 24337 Houston Texas 77229

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