
Protection And Help of Children Against Abuse and Neglect

20 Years Of Working For Children & Their Families

From Protecting One Child to Uplifting Thousands of Families

Our Journey began when we listened to the struggles, pain, and urgent needs of overlooked communities

With Your Trust, We've Grown. With Your Support, We'll Go Further

We want you to meet Faisal and his family.

Protection And Help of Children Against Abuse and Neglect

PAHCHAAN LAHORE

Ramadan 2026

P2 GLIMPSE Last Year

P3 When a Few Rupees Saved Two Lives...

P4 I Knew it was Far, But I had to take my Family...

In this holy month of Ramadan, remember to support mothers and children in need, your help can bring hope and care.
Call or WhatsApp at:
0301-1126012

THOUSANDS COME AND GO, WE PICKED A FEW STORIES FOR YOU...

PAHCHAAN's work speaks for itself, shaped by a deep responsibility toward underserved communities and its impact is measured in lives reached, protected, and strengthened.



140,000+
People served across various communities

18.3 million+
Individuals reached through awareness

3,000+
Doctors & nurses trained in Child Abuse early detection and referral



2 YEARS OLD, MALNOURISHED... FIGHTING FOR LIFE

Before she could speak in full sentences, her body had already begun to give up. This is the story of how hunger almost took a life and how timely care brought it back.

It's so hard to watch a child fading before our eyes and not do anything. To see life slipping away from someone who should be laughing, running, and exploring the world. A two-year-old girl named Maria arrived at our center with her mother, suffering from severe malnutrition. She weighed only 5kg and MUAC (Mid-Upper Arm Circumference) was below average measuring 10.5 cm. Her tiny arms and fragile legs spoke of hunger, weakness, and months stolen by malnutrition. We provided her with free of cost Ready-to-Use Therapeutic Food (RUTF) daily until her health was restored.

Each bag, costing just 79 rupees, carried all the essential nutrients Maria's growing body desperately needed, something poverty had denied her. In just two months, a few thousand rupees changed everything. Maria began to smile, explore, and play with the energy every child deserves. Her weight climbed to a healthy 8 kg, and her MUAC improved to 13 cm. Maria is not alone. Countless children, wasted by malnutrition, can be saved with just a few thousand rupees. Maria's story is a powerful reminder that even the smallest act of generosity can become the biggest lifeline for children in rural communities. Every bite, every step, every rupee counted.

Each bag, costing just Rs. 79, carried all the essential nutrients Maria's body desperately needed something poverty had denied her.

RS. 600 IS ALL IT TAKES TO SAVE A LINEAGE

A mistake made today can shadow a child and a family for years.

In Pakistan's underserved communities, parenthood is an act of love practiced in the dark. One worried mother wraps her feverish child in layers of wool, believing warmth is protection. Another carries her newborn to a peer baba, spending thousands, returning with cuts etched into a baby's fragile belly.

The tragedy was never in their hearts. It was in absence. Absence of guidance. Absence of a single, simple consultation. A consultation given totally free of cost to thousands of mothers who reach our center every year. This is what our Mother and Child Health Promotion Centers are delivering across Punjab's underserved communities. We do not merely treat illness, we intercept tragedy before it begins. Our interventions today ripple into tomorrow. That knowledge does not end with one mother. It travels quietly, shaping the next generation, protecting lineages before tragedy ever touches them. Your contribution creates an impact that cannot be measured in money alone. It is the chance to educate a mother so that no child ever has to endure preventable suffering or unnecessary risk.

Will any mother ever wish to see her child's skin opened by a blade? Or watch her little one burn with fever, risking serious complications or lasting brain damage?


Rehana

SHAMEEM'S QUIET JOURNEY TOWARDS HEALING

The Harsh Reality of Life at the Brick Kiln is Something SHAMEEM Knows All Too Well

Life at the brick kiln is tough, and Shameem knows this more than anyone. She and her husband work long hours just to make ends meet, all while raising their 6-year-old son and carrying the silent grief of two miscarriages. When fever and severe arthritis made daily work unbearable, she brought her hospital reports, and after reviewing them, we provided her with a full month's supply of the same medicines she had been prescribed, free of cost. A month later, she returned with new test results and a hopeful smile. Her reports showed significant improvement. Today, Shameem walks from the kiln to our center for her follow-ups, grateful and relieved. She works and moves through her days with strength. Her quiet prayers and gratitude remind us how even small acts of support can restore dignity, health, and hope.

Shameem came to our health center, unable to afford medicine and unable to take time off, as the kiln owners don't allow long absences.


Shameem and her family

FOR YEARS, THE WORLD AROUND BABA HAD BEEN SLIPPING INTO A BLUR.

"PAHCHAAN Helped Baba Allah Din See Again"

At 70, living alone since the early loss of his wife, he quietly visited our center for medicines-polite, gentle, but carrying a loneliness only life can teach.

When our team checked on him, Baba finally shared the pain he had been hiding. His vision had became so weak that even recognizing faces was difficult. An eye specialist confirmed سفید موتیا (cataract) and recommended immediate surgery. Baba's heart sank. He lowered his voice and said: **"Meary pas na ilaaj k paisay hai na Safar k.. Main kaha jaun?"** For him, it wasn't just an illness, it was helplessness. Our team assured him that he would not face this alone. We guided him to the Wareesa Islam Trust Hospital offering free cataract surgery. PAHCHAAN provided full support for his medicines and travel, and a community mobilizer accompanied him to every visit, ensuring he never felt lost. The surgery was successful. When Baba opened his eyes afterward, a soft smile spread across his face full of relief and new hope. For the first time in a long while he could finally see clearly. Holding our team's hands, he said: **"Allah ap sub ko khush rakhay, Aj mujhay lagta hai zindagi wapis agai hai"**

"بیٹا، اب تو چہرے بھی دھندلے نظر آتے ہیں۔"


70 Years old Baba Allah Din

To read more stories visit: www.pahchaan.info

EVERY CENTER IS A TESTAMENT TO THE BELIEF IN OUR MISSION.


Dr. Naeem Zafar

From one center to seven operational centers, our network continues to grow. Each center now serves approximately 1,000 patients every month reaching nearly 12,000 individuals annually per center. This growth has been possible because of the trust and support of our prestigious local and international supporters, shaping every decision and guiding every initiative.

Each center represents a promise kept to the communities it serves. As we move forward, we reconnect with long-standing supporters and welcome new ones, carrying the mission ahead with conviction.

After reading this newspaper, one realizes:

"آپ کے دیے گئے 600 روپے سے ایک جان بچ جاتی ہے"

This demonstrates how cost effective and essential this model is for rural areas, showing that even a small contribution can create a big impact. With trust as our base, we continue to serve those who need it most.

آیئے پہچان کے ساتھ مل کر ماں اور بچے کی صحت کی حفاظت کا ذمہ اُٹھایئے

Glimpse Last years ...

WE WANT YOU TO MEET FAISAL AND HIS FAMILY.

When He Took The 1st Step, Everything Changed



Faisal and his family

Unlike many men in his community who hesitate to bring their wives or children to health centers due to the cultural pressure, he didn't hesitate. The day he heard that a Mother and Child Health Promotion Center had opened in his area, he brought his 10-month-old daughter Hiba and his wife for a check-up. During the routine check-up, our Lady Health Visitor noticed that little Hiba's legs were thin, showing signs of malnutrition. Her mother, too, showed signs of severe weakness. Life had been tough on them, and their health quietly reflected that burden. We gave them supplements, created a nutrition plan, and asked them to return for regular follow-ups. And they did, without missing a visit. Today, Hiba has recovered. Her legs are growing stronger, her smile wider. Her mother is regaining strength, too. Together, they have found rhythm, stability, and care, right here at the center. **When fathers take the first step, families don't just survive, they flourish.**

He shared, "We didn't have money for checkups and medicines, but when the opportunity came, my heart said, don't hold back now."



"You have not lived today until you have done something for someone who can never repay you." — John Bunyan

ISRAR WANTS TO BE A SOLDIER.

Israr's father Muhammad Shabbir works 16 hours every day to make his family's ends meet. Eldest amongst his siblings, Israr is much wiser than children of his age. At such a young age, Israr willingly decided to support his family by working in a toy factory. His mother herself takes remote jobs to help her house run, saw that her son's dreams were at stake. That is when, listening from a field worker of PAHCHAAN who goes door to door to look for out of school children, she contacted ilm Power.

We were in an awe to see a child who was so passionate about helping his family and also achieving his dreams. Joining us in 2018, Israr is now in 5th grade and his 5 younger siblings are also enrolled in our school. Now, Israr comes to school in the morning till afternoon and later continues his job at the factory. There is no doubt that education will uplift the life of Israr's family.

We also try to provide all children like Israr with one meal every day, may it be breakfast or lunch but it all depends on the kind contribution of our donors. We have limited means but whenever provided with the resources, we never hold ourselves back. It is not only him, but hundreds of other children who lack the resources that can turn the fates of their families around. Your donations and Zakat can play the role of a miracle in their deprived lives.

HEALTHCARE WITHIN REACH Regular Checkups Made Simple, Lives Made Safer


Shahzaib and his family

Before the center opened, families like Zareena's had to navigate long difficult routes that were exhausting, time-consuming, and often costly making even a simple routine checkup a major challenge and a strain on both their time and resources. Today, regular visits are easy, timely, and reliable. Children are monitored, mothers receive guidance, and small health concerns are addressed before they become emergencies. For Zareena and Shahzaib, this center isn't just a building it's a lifeline, a place where health is accessible, dependable, and close to home. Each visit reassures, protects, and strengthens the community.

"Now we don't have to travel far to get care we come here, and everything we need is here."

FOR EVERY FAMILY, EVERY CHILD, EVERY HOME

With 7 centers already serving communities and 4 more under construction

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.

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 breast feeding, 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 270, you can provide life to countless mothers and change the fate of the children they bring into this world. This Ramadan, 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!

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...

SHE THOUGHT SHE WAS HELPING

Fatima didn't mean to put her baby at risk. When little Nisar fell sick, she gave him the same deworming syrup that had once helped her younger sister. But Nisar was just an infant—his body couldn't take it. He was rushed to our MCHPC in Saggian with severe diarrhoea. **"I didn't know it would make him so sick, I just gave him the same medicine I gave my sister."** she said, her voice trembling. We spoke to Fatima, gently explaining the risks. Because when parents understand better, they can protect better. **When parents are aware, children stay safe.**


Fatima and her baby

کھیتی باڑی، چھانگا مانگا اور دوائی کی ضرورت

In Changa Manga, daily life revolves around work in the fields, and health often goes unnoticed unless it becomes urgent. For four years, Musarat lived with high blood pressure and diabetes, but treatment felt out of reach, as the hospital was far, and every visit meant losing a day's income. When our centre opened nearby, her husband brought her in. Her sugar levels were dangerously high. We immediately referred her to the hospital for timely care. Today, she visits regularly for free medicine and checkups. She's feeling better, and is back in the fields, with a little more ease and peace.



PAHCHAAN extends sincere thanks to National food for generously supporting the printing of this newspaper 2026.

National FOODS SINCE 1970

Each of our centres is connected to a designated government hospital, ensuring that patients with serious illnesses are guided and referred with care,

Children educated at ILM Power 1000 +

01 **Provided quality education to 1,000+ out-of-school children** through our ILM Power Learning Center initiative.



MCHP Centers* operational 7

02 Established **7 Mother & Child Health Promotion Centers*** in underserved communities, with ongoing expansion to reach more areas.



03 **Initiated Pakistan's "First 1,000 days"** intervention, supporting women from conception to a child's second birthday.



Child maltreatment cases managed 4376

04 Set Foundation to the **"Khushhal Khandan"** Program to promote the well-being of mothers, children, and fathers, fostering healthier families.



05 **Influenced the establishment of the Child Protection case management system by the Government of Punjab with UNICEF and CPWB.**



Health professionals trained 5000 +

06 Delivered vital healthcare, social, and psychological services to families affected by floods and the **COVID-19** pandemic



WHEN ONLY A FEW RUPEES SAVED TWO LIVES

With only Rupees 4,300, two lives were restored.

Who knew that a handful of capsules and a few drips could mean the difference between life and death? Sonia was two months pregnant when she arrived at our MCHPC-Changa Manga center. Her hemoglobin was **6 g/dL,** far below the normal 11–12 g/dL. **Two heartbeats were at risk.** Not because she chose danger, but because she could not afford the treatment that could save them both.

Severe anemia during pregnancy is more than weakness. It brings complications, threatens delivery, and can snatch away both mother and child. **For Sonia, poverty made this invisible threat all too real.**



Sonia and her family

Yet, with medications, two iron drips, and regular follow-ups, Sonia slowly reclaimed her strength. Her hemoglobin rose steadily to 8.9 g/dL. On 25 October, Sonia held a healthy baby boy in her arms.

For most of us, the cost of her treatment is pocket change. For Sonia, it was the difference between despair and hope. A few thousand rupees saved two lives, and gave a family a chance to dream again. Sonia's story is the reality for thousands of mothers. And it is **your generosity that writes a different ending.**

WHO PROTECTS CHILDREN BEFORE THEY EVEN REACH THE HOSPITAL CHILD PROTECTION UNIT ?

Every day, children arrive at the Hospital Child Protection Unit (HCPU) with injuries that could have been prevented. We witness cases of severe burns, accidental poisoning, falls, head injuries, bone fractures, and, in the most tragic cases, death. The majority of these incidents occur due to a lack of awareness or supervision by parents and care givers.

Yet, despite limited resources, tragedies persist. A 14-month-old girl fell from a roof, an 8-year-old boy lost his life in a fall, and an 8-year-old girl suffered critical injuries in a road accident.



14 month old Ume Imamish

We aim to act before such tragedies occur. While contributions often arrive during Ramadan or through zakat, the needs of vulnerable children extend well beyond specific seasons. Your continued support has enabled PAHCHAAN to strengthen its services. Yet the need remains far greater than what current resources can meet. With your sustained support, PAHCHAAN hopes to expand its reach into underserved areas, where awareness and parental education are urgently needed to prevent further tragedies.



8 Years old Fatima

Across 19 districts, Child Protection Units are established in collaboration with the Government of Punjab and UNICEF, working to deliver counseling and awareness regarding child protection among families.

SOUTH PUNJAB'S FLOOD-STRICKEN COMMUNITIES RECEIVE A LIFELINE OF CARE FROM PAHCHAAN



In September, PAHCHAAN's team visited the flood-affected villages of Jhang, Rajanpur, Multan, Muzaffargarh where ruined fields, collapsed homes and shops, and broken roads and the loss of livestock had displaced families into camps or under the open sky. Surrounded by stagnant water and poor sanitation, communities were left not only struggling for basic needs but also traumatized by the loss of livelihoods. Children showed visible distress, while parents carried the heavy burden of fear and uncertainty.

Responding to this humanitarian emergency, PAHCHAAN's response team, in collaboration with UNICEF, set up Mental Health and Psychosocial Support (MHPSS) stations. PAHCHAAN led the provision of MHPSS service, offering counseling to children and parents, raised flood-crisis awareness, provided mental support, and distributed PSS kits to create safe and therapeutic spaces for children.

These interventions are not merely distractions; they are essential tools for rebuilding resilience. Through safe spaces, professional counseling, and practical support, PAHCHAAN is helping flood-affected communities heal and rebuild hope for a more stable future beyond the floodwaters.

"I may be just one child, but thousands like me are growing healthy because of your support for PAHCHAAN."

She represents countless girls in rural Punjab whose futures are threatened by malnutrition, early marriage, and limited healthcare. Through the Khushhal Khandan Program, PAHCHAAN is providing timely care, counselling, vaccinations, and nutrition support, so every child can grow healthy and strong as these children are tomorrow's parents and leaders.



WE STRIVE TO MAKE EACH KHANDAN TRULY KHUSHHAL.

across Punjab, our work continues to reach every corner where support is needed

A QUESTION NO ONE ASKED, UNTIL ZEBA DID

It is the small voices that often spark the change.

Every day, women arrive at our Mother and Child Health Promotion Centre in Chak 59. Some come hurriedly, carrying their children bundled in blankets; others come quietly, hearts heavy with worries no one else hears. **And then there was Zeba.** Zeba was 25, a young mother of four. That day, she came for basic ailments for her children's persistent coughs and fevers, nothing more… or so it seemed.



Zeba and her children

But as she prepared to leave, Zeba paused. Her words came in whispers, almost lost in the bustle of the center, yet to us, they rang louder: **"Can I… ask about family planning?"** It was a bold question carrying the weight of countless women in communities too often unheard. We encouraged her openness, offering confidential counseling. Every option was discussed, every fear acknowledged. In the end, Zeba received a family planning injection and encouragement for monthly follow-ups.

This is how, through your contributions, revolutions at our center often begin, not with proclamations, but with whispers.

For us at Chak 59, Zeba was the first. The first to ask what so many others silently feared. The first whose small question rippled outwards, carrying hope, change, and empowerment. She came for her children's ailments, worried and humble, but she left as a beacon, quietly promising to share her courage with others.

BECAUSE EVERY FAMILY DESERVES DIGNITY IN HEALTHCARE

Healthcare does not begin at a hospital door, it begins where people live. At PAHCHAAN, all our centers work closely with nearby hospitals, acting as vital linkages to tertiary care facilities and helping communities reshape their thinking toward healthcare. Too often, we see patients coming to us only when their illness has already pushed them to the edge.

When we ask why they hesitate to seek hospital care earlier, they share a painful truth: they often feel disregarded because of their financial condition, and their concerns are not taken seriously. This is exactly why we built this organization and why these linkages exist. Our teams have worked diligently to develop trusted connections with nearby hospitals so that families can receive timely care, respectful treatment, and proper guidance. These partnerships are at the heart of our success in strengthening communities and ensuring that people receive the healthcare they deserve.It is not only Rimsha who found hope through this support, many mothers, fathers, and children have reached recovery because timely referral saved their lives.



Rimsha and her children

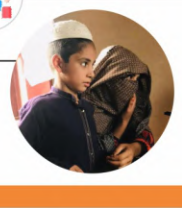
We envision every community having its own PAHCHAAN, a place where families are guided with dignity, mothers are empowered, children are protected, and healthcare reaches them before a crisis does.

When access is timely and treatment compassionate, generations grow stronger and healthier. No mother should ever face loss simply because support did not arrive in time.

receiving timely attention and dignity often denied when alone, creating a trusted, life-saving pathway to healing for communities across our service areas.

Total people reached through advocacy and awareness 18.3 Million CPN* Established in Districts 20 MCHP Centres Under Construction 4 ✚ Communities Benefitting 20K-50K (per centre)

07 Reached **18.3 million people online** through awareness, education, and rights campaigns.





08 Trained 5,000 ✚ **health professionals** in critical areas of trauma response and child safeguarding to strengthen frontline healthcare capacity.

09 Installed clean water filters in undeserved communities improving health and saving lives.





10 Established Child Protection Networks* in **20 districts,** connecting schools, health & communities in Punjab & Islamabad

11 Launched **PAKISTAN's first structured Positive Parenting Program,** laying the foundation for stronger families and emotionally healthier children.





12 **Rehabilitated street-connected children** through drop-in centers offering care, education & life skills.

"I KNEW IT WAS FAR, BUT I HAD TO TAKE MY FAMILY"

For a father, no distance is too far when a child's pain is at stake.

16 kilometers. That's the distance Latif walked with his wife and children, carrying not just their belongings but months of worry and pain. His children were suffering from severe scabies, their small bodies covered in painful sores and abscesses.

Arriving at the PAHCHAAN MCHPC-Sanawan brought more than treatment; it brought understanding. The team didn't just provide medicines; they explained simple, practical ways to care for his family at home. How to maintain hygiene, wash bedding properly, and keep the children clean. Latif listened carefully and for the first time in months, he began to see change. By the second visit, the children were healing. By the third, they had fully recovered. Relief washed over him like a long-awaited rain. Sanawan is a small village where decisions are often guided by lived experience rather than distance. Although health facilities exist nearby, Latif chose to travel 16 kilometers to reach the PAHCHAAN center after a friend spoke of the care and guidance his own family had received there. It wasn't the distance that mattered, but the trust built through shared experiences that made the long journey feel worthwhile. It is this trust that inspires PAHCHAAN's vision: a health center every 20 kilometers, so that no family has to walk long roads in search of basic care.



Latif's Family

"I knew the center was far," Latif remembers, "but I couldn't let my children suffer any longer. I had to take them there."

***For readers in Lahore, 16 kilometers might feel familiar, almost like the distance from Railway station to Thoker Niazbaig. That's how far Latif traveled with his family, on foot, just to ensure his children received proper care.**

WHEN IT'S A CHILD'S EYE AT RISK... DO FALSE BELIEFS STILL MATTER?

Deep-rooted misconceptions often delay care until the risk becomes unavoidable. This is one such moment.



10 Years old Abid

Abid is only 10 years old. He belongs to a family that never stepped inside a health center, not because they didn't need help, not because they didn't care, but because they were trapped in a belief echoed across their community: **"Yeh dawaein maghribi hain... yeh hamare liye nahi banin. Yeh hamare logon ko nuksaan pohanchati hain."** Medicine is medicine. It has no nationality, no politics, it has one purpose; to heal. When blood flowed near Abid's eye and his cries filled the room, Bushra's fear changed. At that moment, she wasn't afraid of medicine, she didn't think of 'Western' or 'foreign,' she was afraid of **losing her child's eye.**

Bushra ran to our center. Our team treated Abid's injury with care. Alongside healing his wound, we counselled **Bushra.** We listened without trying to force a change in her mindset. Instead, we shared the truth and allowed her to see for herself what choice was best for her child.

That day, it was not just Abid's wound that was treated, it was Bushra's misconception that medicine could be dangerous.

This is the power of counselling we believe in and it is provided at all our centers. By sitting with families, hearing their beliefs we plant seeds of understanding.

By educating one mother today, we protect the future, the next generation. We uplift entire communities so that no mother fears walking through the doors of care, and so that no false belief becomes a barrier to saving what is most precious to them.

FROM THE COMMUNITY, FOR THE COMMUNITY

How local mobilizers turn familiarity into trust

Real change does not arrive with instructions. It arrives through people who are already known.

Community mobilizers are neighbors before they are messengers. They walk familiar streets, share the same concerns, and understand the silences that outsiders often miss. Their presence turns hesitation into conversation, and conversation into understanding.

"We speak their language because we live their lives."

Trust is built slowly through repeated visits, patient listening, and shared experience. Over time, doors open, questions surface, and decisions begin to change.

"Trust doesn't come from being heard once. It comes from being seen, again and again."



آپ کا دیا ہوا صدقہ جاریہ ہر ماہ ہزاروں ماؤں، بچوں اور خاندانوں کی زندگیاں بدل سکتا ہے۔

- Construction cost of a center **PKR 1.7 million**
- Medical equipment of a center **PKR 1.5 million**
- Sponsor the First 1000 days* **PKR 24,000**

*Supporting women from conception to a child's second birthday, preventing child stunting.

I would like to help bring more smiles through Zakat/Donation support

Check-up & visit for one mother & child*	30 visits: PKR 18,000	10 visits: PKR 6,000	* cost per visit PKR 600
Healthcare for one mother & child*	9 month: PKR 5,400	3 month: PKR 1,800	* cost per month PKR 600
Check-up & visit for one family*	30 visits: PKR 54,000	10 visits: PKR 18,000	* cost per visit PKR 1800
Support a student (ILM Power)	10 student: PKR 65,000	1 student: PKR 6,500	

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

Account for Donation/Sadqa
Account Title: PAHCHAAN
Account Number: PK 04 UNIL 0110 0020 1102 9887
Bank Name: UBL Bank

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

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

Approved Under Section 2(36) of the Income Tax Ordinance, 2001, in accordance with clause (g) of sub-rule (2) of Rule 211.



SENIOR TEAM VISITED ONE OF THE CENTERS

"We are here to listen first," a message echoed by management during the visit.



During a visit to one of PAHCHAAN's community centers, moments unfolded that reflected how support is understood and experienced at the grassroots level. Conversations revealed different backgrounds, beliefs, and lived realities. Some community members arrived seeking tangible help, while others searched for reassurance and clarity.

A 70-year-old woman became distressed after not receiving a full box of medicine. Through explanation and reassurance, she came to understand that her condition did not require long-term medication. The interaction highlighted a familiar challenge: the assumption that more automatically means better care.

People are into the quantity of medicine, not the quality.

Separate sessions for women and men are conducted. These spaces allow individuals to speak openly about emotional wellbeing, family pressures, and everyday stress conversations that are often silenced elsewhere.



What emerged from the visit was a clearer picture of how guidance shapes understanding. Support, in these settings, is not simply provided, it is explained, discussed, and absorbed. In these quiet moments of clarity, the meaning of care becomes visible.

FAITH AND HEALING

ایک مقامی بابا نے اسے بتایا کہ بچے کے لیے چاندی کے ورق کو پانی میں گھول کر پلایا جائے

Belief was never the problem. Understanding was.



Asma

After losing two of her children, Asma became deeply conscious of her youngest daughter, Muskaan. Determined to protect her, she sought every possible way to ensure her child's health and safety.

She had relied on a local Baba, who had advised traditional practices. But her heart was not satisfied, and she sought further help from the chak-59 MCHPC, seeking professional care.

At the centre, PAHCHAAN's community mobiliser counselled her with patience and empathy, explaining that faith and medical treatment could go hand in hand. Using prescribed medicine did not contradict belief; it safeguarded what God had entrusted. Accompanied by her barefoot nephews, Sahil and Omar, she witnessed firsthand the struggles of families in her community, highlighting the critical need for PAHCHAAN's outreach. She continued to visit the centre regularly for guidance, check-ups, and counselling. Each visit strengthened her understanding that awareness, early care, and timely medical attention could save lives, giving Muskaan the future her two sons had tragically never had.

Asma listened intently, asked questions, and gradually learned to trust science alongside faith.

OUR FIRST FULLY SOLAR-POWERED MCPH CENTER - CHANGA MANGA









A simple panel of solar cells is changing the way healthcare reaches underserved families in Changa Manga. The Health Center may be modest in size, but its impact on the community is enormous. In a compact space, adequate lighting is essential, allowing healthcare providers to examine patients accurately, administer medicines safely, and maintain precise records. For the surrounding communities that rely on the center, even small power disruptions can affect the quality and timeliness of care. The installation of solar panels now provides a stable, sustainable source of energy, enabling our healthcare team to deliver medicines, maternal and child care, and counseling with consistency and dignity, despite frequent power outages.

This milestone has been made possible through the steadfast support of the Rathore Family Foundation, which has supported the Changa Manga Health Center's construction, operations, and essential equipment since its establishment in 2024, continuing to illuminate the path toward reliable healthcare.We need more people to stand with us, so that through their support we can extend this light to more communities, ensuring no center, and no family, is left in the dark when care is needed most.

Through sustainable energy, we make sure healthcare never stops.