Protection And Help of Children Against Abuse and Neglect

June 2026

PAHCHAAN

THIS YEAR, **LET'S HELP** A FAMILY

The impact of PAHCHAAN is measured in lives reached, protected, and strengthened, driven by responsibility toward underserved communities.



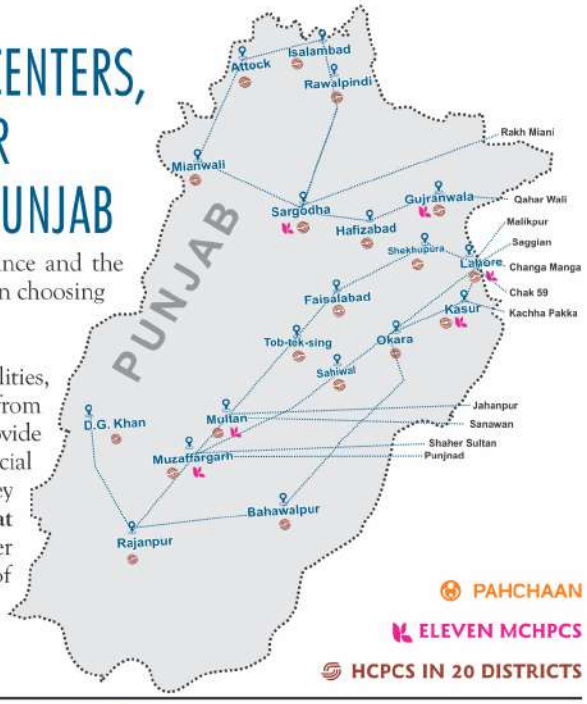
WITH 11 MOTHER AND CHILD HEALTH PROMOTION CENTERS, AND 40 HOSPITAL CHILD PROTECTION CENTERS, OUR FOOTPRINT IS GROWING ACROSS 20 DISTRICTS OF PUNJAB

Across many underserved communities in Punjab, access to healthcare is shaped by distance and the availability of reliable services. For many families, even a basic medical consultation can mean choosing between treatment and daily survival needs.

It is in these communities that PAHCHAAN continues to grow-step by step, center by center.

Today, eleven Mother and Child Health Promotion Centers are serving the deserving localities, extending free and effective healthcare from Saggiyan to Sanawan, Bhagoke to Panjnad, and from Sargodha and Muzaffargarh. These centers represent more than healthcare facilities. They provide accessible points of care where families can seek medical attention without the burden of financial constraints. We identify health crises at the community level and establish centers where they are needed most. **Thus we are proud to say that we are the only organization doing this deed at this scale.** Initially, we began with the resources at hand but the journey ahead is much bigger now. The communities still waiting outnumber the ones we have reached, and the next phase of this work depends on the support of those who are standing behind this cause. Because even the smallest contribution can make a much greater difference.

We are happy you are reading this. Now we truly hope you will be a part of what we write next.



THE STORIES WE HEAR TOO LATE

Read: The Tribune reports "Woman dies from the wrong injection in Sanawan"



On March 07, 2019, the daily tribune talked about a mother who lost her life after receiving the wrong injection from an untrained practitioner, and a child who became victim to the same carelessness. Such stories might be new to the world but they are not new to us. In fact they are only a fraction of what unfolds every day. Many people suffer due to wrong medication for conditions that are often treatable. This is not just a newsletter to present our work. It is an attempt to bring forward the realities that exist beyond the headlines and the lives that remain undocumented. These innocent angels perish in their childhood and lose their chances at healthy prosperous lives. Through our Khushal Khandan Program, we stand with these communities in their everyday struggles so that they are not left in the hands of unqualified practitioners. We cannot eliminate quackery, but we can help people make more informed choices about their health, so that they know where to turn, and where not to.

Why do these stories gain public attention only after they make headlines?



This is work that does not begin at crisis. It begins much earlier, when there is still time to change the outcome. Let's decide not only to show up for these people in moments of grief, but instead, stand with them a little earlier, when a life can still be saved.

*https://tribune.com.pk/story/1924657/woman-dies-wrong-injection-sananwan

BREATHING IS A NECESSITY. IT SHOULD NEVER BE A LUXURY



People usually do not realize what a great blessing it is to be able to breathe without any aid. We breathe every second without noticing it. But for a child with asthma, every breath can become a struggle.

When the mother of thirteen years old Hussain arrived at PAHCHAAN's Bhagoke, Changa Manga Healthcare Center, she was carrying more than her son. She was carrying the fear that comes from watching a child struggle for air and not knowing whether help will arrive in time or not. In the household with six children and the father working as a bus driver, there was little room in the family budget for emergencies.

The life of a child should not depend on a PKR 1000 inhaler.

It is a sad reality that many such children lose the battle of life either due to no access to medication or because the required medicines are financially out of their reach. At PAHCHAAN, we never see an inhaler as a luxury item or an expense to be weighed. If a child needs one, we do not think twice before providing it. There is no debate. **No child should be denied the chance to breathe comfortably because their family cannot afford it.**

Since one inhaler costs Rs 1000 and the boy needed three inhalers per month, this meant the parents needed Rs 3000 every month to ensure the boy can breathe without difficulty. Thus Hussain left our healthcare center with his inhalers and his mother left with a commitment from us that she will receive free of cost inhalers, along with proper follow-ups of Hussain's condition on a regular basis.

HEALING BEYOND HOSPITALS



As PAHCHAAN expanded from four to eleven healthcare centers, there were occasions when some centers could not begin operations immediately. But healthcare could not wait. **Hence this year, we conducted 11 free medical camps in different underserved areas including Qahar Wali, Panjnad, Kasur, and Rakh Miani, so that precious lives can be saved without delay.**

Hundreds of patients received free checkups, consultations, medicines, and treatment for common illnesses and chronic conditions. What made these camps special was that patients were not just seen by the healthcare workers but by the senior doctors from the panel of PAHCHAAN. Meanwhile Lady Health Visitors and community mobilizers ensured follow-up care and continuity.

Until permanent centers became operational, these camps brought doctors, treatment, and reassurance directly to those who needed them most.

HEALTHCARE BEGINS AT THE DOORSTEP



What sets our work apart, and what drives our success, are our Community Health Workers. Under the Khushal Khandan Program, each of our centers has a Community Health Worker who goes directly into the surrounding communities and beyond, visiting homes, assessing conditions, and identifying those who need care most. They do not wait for families to come to our centers. Instead they go directly to them.

Last year, just a few months after our intervention, reported cases of scabies at one of our centers dropped by 72%.

During one outreach visit, one of our Community Health Workers brought a mother and her two children to our healthcare center. All three were found to have scabies, a skin condition that is preventable with good hygiene but can become severe and cause infection to the patient when treatment is delayed and necessary precautions are not taken. This is why our Community Health Workers do not visit the homes just once and leave. They continue follow-ups and launch community-wide interventions when a concern grows beyond one family. Thus we conduct medical camps, awareness sessions and door-to-door medicine distribution. **Our work defines our PAHCHAAN.** This is how we have always created change and will keep on doing so with you by our side.

BECAUSE COMPASSION KNOWS NO RELIGION

Raiwind Chak-59 is a home to many Christian families, and we are happy to say that they all put their faith and trust in us when it comes to healthcare.



Their confidence in our services speaks to a simple truth: humanity comes before religion or race.

Twenty-one-year-old Geeta, a young mother and housewife from the Christian community, came to our center during her pregnancy for routine prenatal care. During her examination, our Lady Health Visitor noticed marks on her face and gently asked if everything was alright at home, to which Geeta replied,

"میرا شوہر مجھے مارتا ہے۔ میرا بیٹا تین سال کا ہے۔ وہ بھی باپ کے پاس نہیں جاتا، کہتا ہے ابا مارتا ہے"

She told us that she had left her husband's home and returned to her mother's house. Divorce proceedings had begun, but since she was pregnant, the matter could not move forward.

In addition to just giving her the prenatal care she visited us for, our team invited her husband to the center and counseled him about the responsibilities of a husband and father. After recognizing it took some time and today we can say things are progressing, as Geeta moved back to her husband's house trying to live a healthy life.

REDUCING TH
BETWEEN ILLN

At the inauguration of one of centers, we met several families, children. We moved through the listening to their stories. As we told us how relieved they were to home. For them, the opening of have to travel long distances when words stayed with us.

کر کے ہسپتال نہیں جانا پڑے گا

We are deeply grateful to our su



HOW QUIETLY DID CONSISTENT ANTENATAL CARE SAVED FATIMA'S LIFE

Pregnancy is often a physically and emotionally demanding experience, but for a woman whose husband is not supportive the journey becomes a fight for survival. Ghulam Fatima's husband was a drug addict, who never provided any sort of financial support for his wife or for his six children. Fatima raised the kids alone, surviving only on the kindness of neighbors and small assistance from the community. When Fatima visited our healthcare center in Chak-59 for her check-up, we tested her hemoglobin level and found it to be dangerously low at just 7 g/dL. She was immediately given Intravenous Iron Infusion which improved her anemic condition. Thus Fatima kept visiting us again many times during her pregnancy till she delivered a healthy baby boy. Over the following months, her hemoglobin gradually improved, rising from 7 to 10 g/dL by the final weeks.

Though her condition improved initially, childbirth left her extremely weak. Even walking to the center felt difficult to her. Understanding her situation, our Community Health Worker continued home visits, delivering medicines and checking in on Fatima until she regained her strength.



She remained grateful to the staff for their continued care and support.

In a life filled with hardships, our care became a shelter she was not expecting. It did not just heal her body, it restored her dignity and hope. Hundreds of women like Fatima receive medical aid from us everyday, as health mothers wring up health children



Dr. Naeem Zafar–
President PAHCHAAN

EVERY CENTER IS A TESTAMENT TO THE BELIEF IN OUR MISSION

From one center to eleven operational centers, our network continues to grow with purpose. 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 our long-standing supporters and welcome the new ones, carrying our mission ahead with conviction. After reading this newsletter, one can see how far we have come and that the need remains ongoing and never-ending. We continue to work consistently toward this mission. Our cost-effective and essential healthcare services are reaching more communities every day. With your generous contributions, we are able to continue creating meaningful impact.

HE DISTANCE
ESS AND CARE

PAHCHAAN's healthcare
fathers, mothers, and their
crowd, speaking to people and
interacted with them, one family
finally have a facility close to
this center meant they no longer
their child is sick or injured. Their

اب ہمیں دس کلو میٹر دور کا سفر

pporters who make this possible.



LITTLE SHOULDERS CARRYING THE BURDEN OF THE WHOLE FAMILY

Sitting at our healthcare center at Raiwind Chak-59, our Lady Health Visitor Sidra saw ten-year-old Ghulam Abbas walk in quietly. Since it is a small brick kiln community, we know almost every family here. Sidra asked him about his parents and siblings, especially his father Nadeeem, whose one leg was badly injured in an accident and no longer works.

Ghulam Abbas looked at her with tired eyes and said, "My father is very sick. He has severe loose motions." **In his small hand, he tightly held a fifty rupees note and asked for medicines for his father.**

As Sidra spoke to him, she noticed that the little boy himself looked weak and feverish. She put her hand on his little forehead and the poor soul was burning with fever. She checked his temperature, and it was 102 degrees.

Sidra gave him medicines for both himself and his father, gently placed the fifty rupees back into his pocket, and told him,

یہ پیسے گھر لے جاؤ، اپنی امی
کو دینا اور ان سے کہنا وہ تم
دونوں کو یخنی بنا کے دیں۔



Before leaving, we also told little Ghulam Abbas to visit us again whenever he or anyone in his family feels unwell. At PAHCHAAN, we believe no child should have to carry such burden at such a young age when he needs nourishment and care himself.

It was heartbreaking for us to see a ten-year-old child burning with fever himself, yet worrying only about his father.

PAHCHAAN LIGHTS UP HOPE IN QAHAR WALI, GUJRANWALA

On 7 June 2026, we proudly inaugurated our new Mother and Child Health Promotion Center in Qahar Wali, District Gujranwala. The opening took place with a free medical camp, where locals received checkups and medicines from the experienced doctors of the PAHCHAAN team. Best of all, this center will now serve the entire community with effective healthcare completely free of cost. For families who previously had to travel long distances for treatment, this center represents a turning point as now care exists for them within their own community. This milestone reflects our unwavering decades-long mission to uplift the underprivileged families across Punjab. We remain dedicated to easing the struggles of mothers and children through compassionate care.



Thanks to the unwavering support of our donors, this vision has moved beyond aspiration and into reality.

MALNUTRITION... A SILENT THIEF OF CHILDHOOD

Malnutrition often begins quietly, affecting growth long before it is visible. It is highly persistent in impoverished communities. It exists like an invisible shadow over childhood, resulting in stunted growth and heightened vulnerability to life-threatening infectious diseases such as pneumonia, malaria, diarrhea, and in severe cases, mortality.

Many parents remain unaware of their child's condition until it has progressed to an advanced stage. One such case was that of 8 years old Mumtaz who was brought to our center by her expecting mother Sakeena. Our LHV examined both the mother and the child and informed Sakeena that her daughter was malnourished,

اگر تم اس بچی کا خیال نہیں رکھو گی تو آنے والے بچے کا کیسے رکھ پاؤ گی ؟



The conversation was not just about maternal care for the baby-to-be-born, it was also about helping Sakeena understand that the child already in her care needed the same love, attention, and nourishment as the baby she was expecting.

Through counseling and awareness, we continue to help families recognize the early signs of malnutrition and take timely action before childhood is permanently affected.

CLEAN WATER TRANSFORMING COMMUNITY HEALTH

Access to safe drinking water remains a key determinant of health, yet in impoverished communities, many households rely on contaminated sources, leading to repeated infections and waterborne illnesses, particularly among children, including diarrhea, typhoid, and other gastrointestinal infections. To address this, water filtration units were introduced across all communities where PAHCHAAN is actively serving. With regular follow-ups, we observed a measurable decline in recurrent infections and improved household health. We continue expanding access to clean water across these communities.



IN THIS HEAT, EVEN THE STRONG FEEL WEAK

Summers in Punjab are harsh and relentless. The average temperature sits between 38°C and 48°C, and even a short walk in the sun can leave a healthy person dizzy and at risk of heatstroke.

In this weather, a 70-year-old Baba Jee walked for more than an hour from a neighboring village in search of medicine for his stomach pain. He arrived at our center exhausted, out of breath, and leaning on his stick. Our guard immediately stepped forward, held his hand and guided him inside. Our Lady Health Visitor seated him before a fan, and gave him water.



When his breathing had steadied, he told us how he had been asking everywhere for medicine that could bring some relief to the stomach pain he had been suffering from for quite some time. Our Lady Health Visitor examined him, provided the required medicine, and carefully explained its use.

On Baba Jee's way back home, our guard stepped forward, shared his mobile number with him, and offered to safely drop him back home. He said:

بابا جی! جب بھی آپ کو دوائی کی ضرورت ہو آپ مجھے کال کر دینا میں آپ کو لینے بھی آؤں گا اور واپس بھی چھوڑ دونگا

For many, this may seem like a small gesture. But for patients like him, it represents something much greater: dignity, safety, and care that extends beyond treatment. This is why people travel long distances to reach PAHCHAAN centers. Because here, care does not end with medicine; it continues with responsibility.

THE WOUNDS NO CHILD SHOULD EVER CARRY

At our Child Protection Centers, every case is a reminder of how fragile childhood can be when safety is absent. Despite efforts of awareness and outreach, we continue to receive heartbreaking cases of severe burns, injuries, dog bites, and abuse. A three-year-old girl lost her life after getting severe burns from a single lit matchstick. A five-year-old boy arrived with a deep knife wound to his foot after being left without supervision in the kitchen for just a moment. These are not rare incidents; these are tragedies that can be prevented. We are working to prevent such cases through awareness, intervention, and protection services. But the need is far greater than the resources available to us today. With your support, we hope to expand our reach and continue our mission of Protection And Help of Children Against Abuse and Neglect (PAHCHAAN). Because every child deserves safety, care, and a chance to grow without fear.





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

- Construction cost of a center **PKR 1.8 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

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

