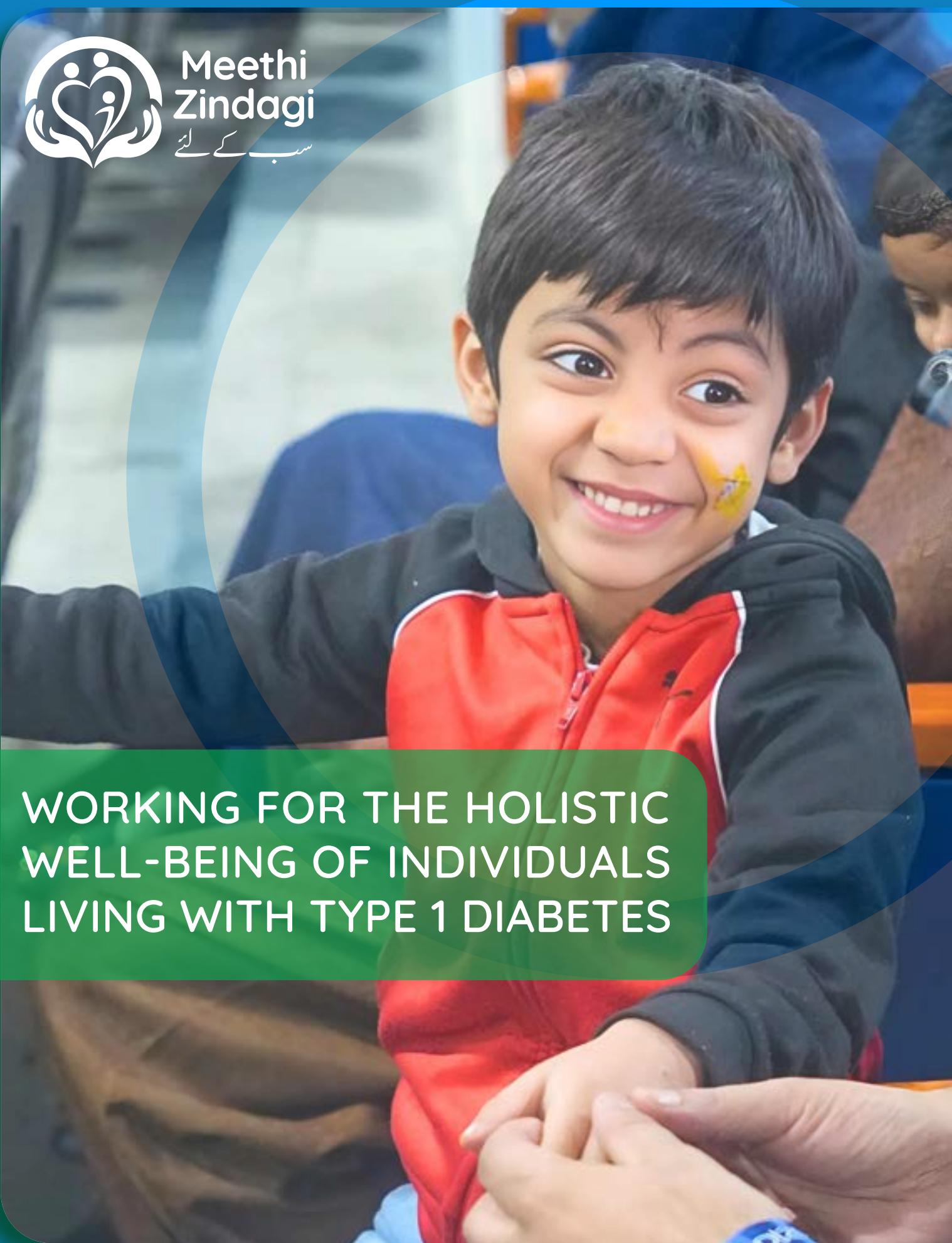




Meethi
Zindagi
معیت کے



WORKING FOR THE HOLISTIC
WELL-BEING OF INDIVIDUALS
LIVING WITH TYPE 1 DIABETES

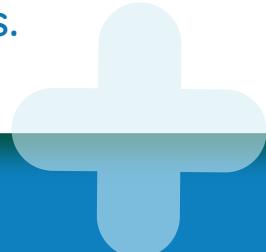


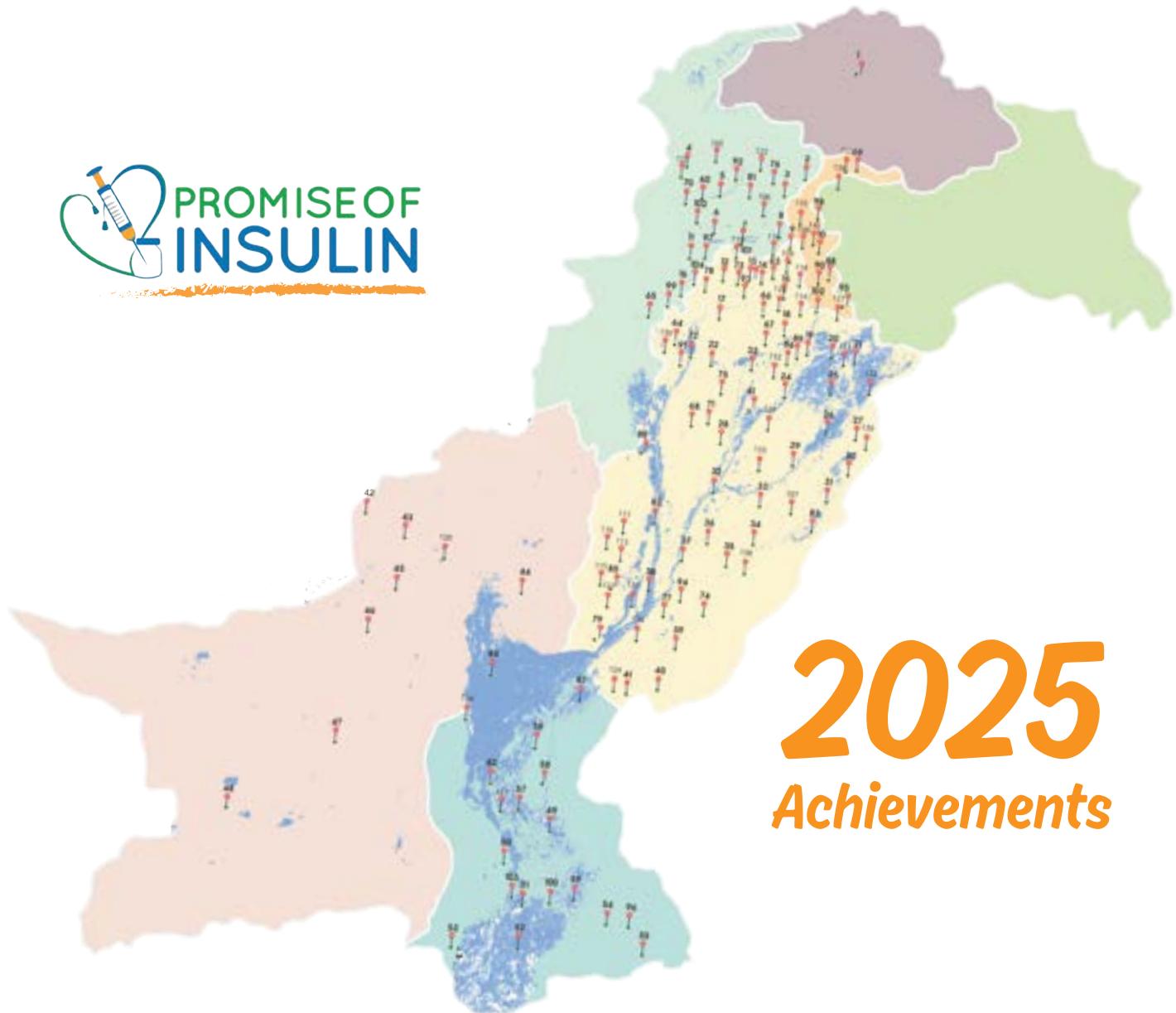
Meethi
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سبکی زندگی



PROMISE OF INSULIN

Pakistan is host to a significant number of people living with type 1 diabetes. Financial challenges make it impossible for many to afford the essential supplies like insulin, test strips, and glucometers, which are as vital as oxygen for these individuals. Recognizing the urgency, the Promise of Insulin program continues to support children and young people living with type 1 diabetes. Thanks to your Zakat and donations, this year alone we provided insulin and test strips to **1200+** children across **150+** cities and towns.





2025
Achievements

**200+ New Children
From 40+ New Cities**

21 Children Graduated

**Two Most Remote Areas
of Balochistan Reached.**

BARKHAN & KOHLU

A Big Step

**From
Thermopore
Boxes**

**To
Eco-Friendly
Coolers**

**For Doorstep Cold-Chain Insulin
And Diabetes Supplies Delivery!**





Meethi Zindagi



Sawera Memon

LIVING WITH TYPE 1 DIABETES

Empowered by support & care, Sawera, completed Nursing degree from LUMHS.



Growing up in Tando Muhamma Khan, 24-year-old Sawera Memon has been living with type 1 diabetes since 2008 & has been connected with Meethi Zindagi since 2020.

Raised by a single, supportive mother, Sawera learned resilience long before she understood the word itself. Between insulin shots 3-5 times a day, constant blood glucose monitoring, and the constant discipline her condition demanded, she pushed through each day, with quiet strength, backed by her mother's unconditional support and sacrifices. But the world around her wasn't always as kind as her mother. Whenever she needed a brief pause, a moment to breathe, or rest, her classmates & even teachers would say, "If you cannot handle diabetes along with studies, maybe you should just quit."

Where she hoped for compassion, she found judgment. Where she needed understanding, she received doubt. But Sawera did not stop. In 2025, Sawera completed her graduation in Nursing from LUMHS, securing 1st position in her exams. Today, she stands as an inspiration for every child living with type 1 diabetes, reminding them to keep going, because their dreams are stronger than their diagnosis and stronger than what others believe!



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Children living with
type 1 diabetes need
insulin to survive &
empathy to thrive!



How Can You Support?



- Sponsor a Child for Insulin - in cash or kind!
- Sponsor ice packs, packaging boxes, medical consumables, and logistics costs for 100 or more children.
- Sponsor a child for 114,000/- per annum in monetary form, covering all the costs of the support package.
- Sponsor Community Awareness and Education Events.
- Sponsor Educational Videos and Digital or Printed Content.
- Volunteer as a Buddy - Inspire our type 1 community!
- Volunteer as an advisor or for specific roles!
- Be an advocate and ambassador!



Scan here to contact us!

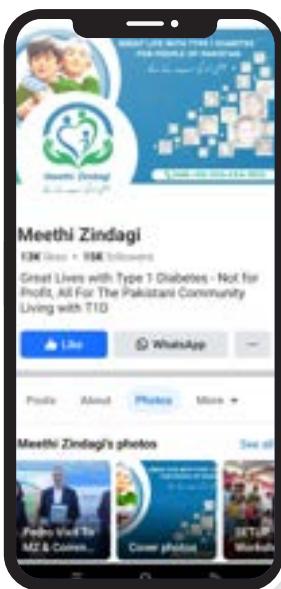
Donations to Meethi Zindagi are Tax-Deductible under section 2(36) of FBR IT Ordinance 2001 or USA IRS code 501(c)(3)

Help us amplify our mission

Find us on Social Media.

 [meethizindagi_official](https://www.instagram.com/meethizindagi_official/)

    / Meethi Zindagi



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Address can be provided on need basis.