



Nigahban Welfare Association Civil Hospital Karachi

# TOUCHING Lives

## آپ کی زکوٰۃ غریبوں کی نگہبان



### A visitor's overview: From outside of Civil Hospital to inside of Nigahban Surgical Unit in Civil Hospital

It was a bright sunny day when I reached Civil Hospital. The taxi driver had to stop much short of the main gate of Civil Hospital as there was rush and a large number of vehicles there. The surrounding shops and buildings shocked me as I had a different perception about a hospital. I always knew a hospital to be a peaceful place built at the outskirts of the city so that it is free from pollution and noise of vehicles.

I quickly gathered my thoughts and managed to walk through the rush and the pedestrians walking fast into and out of the Hospital. The sight right at the

entrance un-nerved me as I managed to enter the premises and had to muster up courage to tolerate what I had to witness. I saw a large number of patients - some were being wheeled on stretchers and some lying down on footpaths surrounded by others who I thought must be their family members. I had to reach Nigahban Surgical Unit of Civil Hospital and by now I was prepared for more shocking scenes. The walk from outside of Civil Hospital till every step I was taking was an eye opener and raised several questions in my mind. It was all over-crowded, and many people were

seen in rags sitting on footpaths and their faces had many stories of pain, poverty, long tiring travel, and some bitterness but still waiting with hope for themselves. I also observed some people smiling and laughing while eating food which appeared un-hygienic. The entrance led to the pathway and then the corridor started. I felt stuffy and suffocated. It was even painful to see the patients moving in that type of suffocating, stinking and over-crowded pathway. Some were even sitting on the floors of the corridor. The stairs started and there were living



## A Visitor Overview



A view of the corridor of Surgical Unit IV

pictures of pain and poverty. One can understand that these people are deprived of basic health facilities, but how much they lack when it comes to economic condition when they have to travel in buses or walk long distances in spite of serious illnesses. I had to climb the stairs as I was told that Nigahban Surgical Unit was on the second floor.

When I reached the second floor, my mind started boggling again as I was in a state of confusion what to believe and what not? Right from where Nigahban Surgical Unit started, the world seemed to change instantaneously. It was all clean and the entrance was impressive. When I entered the Nigahban Surgical Unit, I found I had walked into another hospital. The corridors were clean and all rooms and wards were tidy. Still bewildered, I decided to see the washrooms before visiting different wards. Here, I was sure to find again something which will put me off. With utter surety of seeing a pathetic washroom in a government hospital, I reluctantly opened the door to enter. I looked all around quite like a critique or a mystery shopper or a pessimist and a detective, but despite looking all around, I didn't find anything which I could complain about. Even soap solution was

filled and the hand drier was working. I came out feeling, 'it's not so bad!' an unusually unexpected experience. I went to meet patients and their attendants in High Dependency Unit and other wards. I enquired about the health of the patients, the level of service they were getting, and the most important question: "Do you have to pay for consultation, treatment or medication?" everyone answered, "No, it's all free, and we don't have to spend a single penny!"

I took a sigh of relief. I revisited my notion: never lose hope, there's always light at the end of every tunnel, there's always sun after a dark night; if hope breaks, hold it again. I was delighted to see Nigahban Welfare Association serving patients in Civil Hospital and helping me feel good that still there are credible organizations and people whose goals are different and who are focused on their dreams and performance.

## Healing Meher Bibi From Baluchistan

### A Journey Full Of Debt, Pain And Hope

You cannot continue to weep. At some point, the tears dry in your eyes and the pain stays within!

The picture of Meher Bibi says it all. Her tears have dried but her grandson could not stop venting out his anger and grief. He told about his grandmother who was previously operated in Khuzdar at a cost Rs. 400,000. This led to selling of their valuables. The boy is a poor laborer

and works for long hours to earn Rs. 300 a day. He travelled all along from Baluchistan to Nigahban Civil Hospital so that his granny heals. He had to sell his goat and ask for a loan to travel to reach Nigahban. His coming to the hospital and going back will cost Rs. 8,000.

Meher Bibi looked very quiet and numb. She came with obstructive jaundice. Her

ERCP was planned but her condition was such that she could not be

probed. So her MRCP is to be done. Despite all the debts and travelling hassle, Nigahban is still a hope for Meher Bibi and her grandson.

Your zakat and donations are spent on treatment of such poor suffering patients. Please send your zakat this year and participate in this important work.



## Unforgettable Visit by Meezan Bank

Mr. Fayyaz ur Rehman Khan, Vice-President Product Development & Shariah Compliance (PDSC) Meezan Bank Limited along with his management team recently visited Nigahban Civil Hospital. They met patients and appreciated the service being rendered at Nigahban Surgical Unit, Civil Hospital. During their visit, the Meezan Bank team also gave a presentation on Shariah Compliance to the doctors and staff of Nigahban Unit. We are thankful to Mr. Fayyaz ur Rehman, and his team for giving useful information and contributing generously for the cause of Nigahban for treatment of poor patients reliant on us!

## A Special Thanks!

We are grateful to Bawa Securities & McDonalds for their support helping us reach out to caring people.

Bawa Securities has always stood next to us and their generosity has been an important step in spreading awareness about Nigahban Welfare Association, Civil Hospital.





# Poverty stricken widow Zaib-un-Nisa being treated at Nigahban Civil Hospital

Zaibun Nisa is a widow whose hopes are still alive due to Nigahban despite her severe illness. She is 45 and lives in a room provided by her brother in Orangi Town. She has no earning and lives from hand to mouth from the very little her brother gives her. Previously, she worked in a company but for the last four years she is unable to earn as she has a severe pain in her gall

bladder. She has a married daughter and one son who is 16 years old but he is not educated and has no earning. She has so much pain that she cannot move much and she had to come to the Hospital with her married daughter.

Previously she was hospitalized in some other hospital which landed her in a debt. She started feeling the pain

when she worked in a company but she used to ignore it and kept using pain killers as due to poverty she could not go for proper treatment. Relying on ordinary pain killers has put her in a very painful state.

All her treatment is being done free and this is possible because of zakat of people like you. Please send zakat to help many people like Zaibun Nisa.

## New Upgraded Facilities at Nigahban Civil Hospital – Saving lives!

From diagnosis to treatment, all facilities are provided free. How can we ask a poor to pay when we know he cannot? We have to keep patient's mind at ease such that his self-respect is not hurt.

We need to have upgraded diagnostic and therapeutic facilities available for our Surgical Unit IV. In



this effort we have recently acquired the following new equipments:

*Endoscopy, Chloroscopy, ERCP, Laparoscopy, High Dependency Unit, Oxygen system, Video Laparoscopy.*

For such expensive facilities, private hospitals charge from thousands to hundreds of thousands but with your support, Nigahban provides these facilities free.

## EBM inaugurated Echo cardio Machine at Nigahban Civil Hospital

Under the visionary and able stewardship of Mr. Khawar Butt, English Biscuit Manufacturers (EBM) is one of those philanthropic organizations who have been supporting Nigahban Civil Hospital and recently funded an Echo cardio machine on our request. The inauguration of the Echo-Cardio machine was done by Deputy Managing Director EBM, Ms. Sadia Naveed and Chairperson EBM, Dr. Zeelaf Munir on June 7, 2013. We thank them and EBM for their continued support to Nigahban to treat poor patients free of cost.



## Hands-On Colonoscopy Workshop

Colonoscopy is a top notch diagnostic technique used to find polyps, tumors, colon cancers and areas of inflammation and bleeding.

In 2013 alone, 533 patients benefitted from this important diagnostic procedure. During the year, Nigahban Welfare Association conducted two Colonoscopy hands-on workshops in March and November 2013 at Endoscopic Suite of Surgical Unit 4, Civil Hospital. The participants operated on patients under the direct supervision of Dr. Waqar Ahmed, Consultant Gastro-enterologist & Physician, Gwynedd Hospital, Wales U.K. and Dr. Paul Hagan, Consultant Colonoscopist of Kings Mills Hospital, Mansfield, and Nottinghamshire. On the occasion, Dr. Paul Hagan said that 'Greater success and comfort come from a better understanding and practice of the procedure.'

## Nigahban School Campaign- Great support!

Nigahban Resource Development team approached Falconhouse Grammar School and the management readily understood the cause and extended full support by allowing the campaign in all its eleven campuses in Karachi in December 2013. The children and their families generously contributed in the cause. We are grateful to the management, teachers, staff and students of the school. The students were awarded with Certificates of Acknowledgement.

The participation of students, management and teachers of Al-Saqib Public School (North Nazimabad) is also highly appreciated.







Dr. Saad K. Niaz  
Vice President

## Dr. Saad K. Niaz,

Vice President, Nigahban Welfare Association, Civil Hospital, Karachi

Nigahban Welfare Association is working to foster the efforts of Civil Hospital by providing extra-ordinary free service in Surgical Unit IV to under-privileged patients.

Our High Dependency Unit also supports other departments of Civil Hospital. However, we really

need to have more equipments like Intensive Care Ventilator and patient monitor to better our services. Please give your Donations as Rs.14 million are required just to purchase these equipments. Your generosity serves thousands of non affording suffering patients.

“ By no means shall you attain Al-Birr (piety and righteousness) i.e, Allah's Reward, (Paradise), unless you spend (in Allah's Cause) of that which you love; and whatever of good you spend, Allah knows it well”. (Sura Al-Imran-verse 92) ”

## 23rd March, 2014 Dream World Resort, Nigahban's Fund Raising Activity

23rd March is the Pakistan Day reminding us of the historic Pakistan Resolution passed at the All India Muslim League meeting on this day in 1940. Every year, this day reminds us of the monumental sacrifices our ancestors made to establish Pakistan. To celebrate the true spirit of the day, Nigahban Civil Hospital team went to

create awareness about Nigahban's cause at Dream World Resort. Dream World named this event as the Jashn-e-Pakistan Day. Nigahban set their stall and hundreds of people visited it. We received tremendous support and we thank Dream World management for joining hands with us in our important cause.

## Many Thanks!

Nigahban Civil Hospital management, doctors and staff thank all our friends and donors who have been making generous contributions for serving poor suffering patients.

We need your continued support and need the help of organizations and people who have not yet participated in the cause but feel the pain of suffering poor patients. Let us heal the pain and let us save lives. We cannot do it alone, we need your support!

Those who spend (in charity) from their goods by night and by day in secret and in public have their reward with their Lord: on them shall be no fear nor shall they grieve. (Surah Baqarah, verse 274)

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Amount donated: \_\_\_\_\_

Donation / Zakat: \_\_\_\_\_

I am enclosing a cheque for Rs. \_\_\_\_\_

(All donations must be in the form of a crossed cheque in favour of "Nigahban Welfare Association").

**Please send your contribution to:**

The Resource Development Department Nigahban Welfare Association, Surgical Unit IV, 2nd Floor, Civil Hospital  
Baba-e-Urdu Road, Karachi -74200. Phone: 021-32072595, 32749086, E-mail: nwa\_chk@yahoo.com.

### 1 Sponsor A Bed:

The cost of saving and serving one patient on a bed of High Dependency Unit is Rs. 56,000\*\*

You can make a contribution in the name or memory of a loved one.

Yes, I would like to donate for \_\_\_\_\_  
beds with a cheque of Rs. \_\_\_\_\_

\*\*Average cost



### 2 Sponsor A Surgery:

Appendectomy: Rs. 5,000\*\*

Lap Chole Surgery: Rs. 15,000\*\*

Lap Hernia Mesh Repair: Rs. 15,000\*\*

ERCP, diagnosis & treatment: Rs. 30,000\*\*

\*\*Average cost

### 3 Sponsor A Stent

Esophageal Stent: 25,000\*\* ☐

Colonic Stent: 35,000\*\* ☐

Duodenal Stent: 35,000\*\* ☐

\*\*Average cost