

## Sponsor a Surgery

Nigahban helps Civil Hospital keep the medical advancement going!

Going through a surgery is scary in itself but knowing that you lack the resources needed for the surgery is even more spine chilling. This is where someone has to step in and help these people, showing them that there is still hope. Our aim in Surgical Unit IV is to provide treatment and surgeries related to diseases of the stomach and intestine to non-affording patients. These surgeries include:

- Lap-chole for removal of gall bladder stones. This costs Rs. 50,000.
- Appendicectomy for removal of appendix before it ruptures spilling infectious material into the blood stream. The cost is Rs. 20,000.
- Hernia mechanical repair -- if not carried out, this might cause strangulation of organs resulting in immediate death. This surgery costs Rs. 40,000.



• ERCP to diagnose and treat conditions of the bile ducts costs Rs. 40,000. You will agree that these procedures and treatment are beyond the reach of a common man. Therefore, we have designed a special campaign to aid us in sponsoring these surgeries. In Nigahban, we make the impossible possible for these people by providing them with these treatments at no cost. Will you step forward and join hands with Nigahban to grant them the gift of a new life?



### A Special Thanks!

We are grateful to Bawa Securities & Time Press for sponsoring the Ramadhan edition of our newsletter. Their support is an important step in spreading awareness about Nigahban Welfare Association, Civil Hospital. Through them our message is reaching out to caring people benefitting thousands of patients.

## آپ کی زکوٰۃ مستحق مریضوں کی نگہبان

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



**Nigahban**  
Civil Hospital Karachi

(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.



## Nigahban - Civil Hospital Karachi TOUCHING Lives



## YOUR ZAKAT MAKES A DIFFERENCE!

### Let's carry the beautiful tradition of Ramadhan forward!

A candle illuminates its immediate surroundings only but the glow of Ramadhan spreads far. This glory and blessing is for anyone who reaches out to the needy and the deserving. This Ramadhan brings you the opportunity to bask in its full bliss simply by foregoing a part of your 'wants' for the 'needs' of non-affording patients at Civil Hospital.

Join hands with Nigahban and help us spread the glow of charity to as many deserving patients as we can. You might just be surprised at the changes that might happen in your own life. After all, Ramadhan is the month of never ending blessings and all that you share will come back manifold as the Holy Qur'an states:

*'And be steadfast in your prayer and pay charity; whatever good you send forth for your future, you shall find it with Allah, for Allah is well aware of what you do' (2:110)*





## Tax Exemption

Nigahban Welfare Association was awarded tax exemption as a registered not-for-profit organization in 2008. The tax exemption has been a great benefit for our gracious donors as they only have to pay the residual income tax. In this way, the donors ensure that their tax amount goes to the people who need it most. This is not to forget the satisfaction of knowing that the donors have helped save lives which may have been lost without their help and the fact that their hard earned money was well used.

The NTN number of Nigahban Welfare Association for claiming tax benefit is 2845906-7.

## International Congress

The 28th international Congress was held at Surgical Unit IV Civil Hospital on February 28, 29 & March 1, 2012. This included a live endoscopy workshop and advanced laparoscopic surgeries. The purpose of the Congress was to share the expertise of the participants with the doctors in Unit IV. The attendees included internationally renowned surgeons from UK, USA, Belgium, France, Middle East, Far East and Philippines.

## Finding Answers

*'I sought help from Civil Hospital Karachi. I felt there had to be an answer to the constant pain in my stomach, internal bleeding and prolonged weakness. When you have seven lives depending upon your earning for day to day survival, you need to find an answer, and quickly.'* Muhammad Jan – Peptic Ulcer Patient.

A decade ago if someone had shared with Muhammad Jan, a common labourer, the suggestion of using a small camera at the end of a tube for his diagnosis, he would have laughed at him. But today such a thing is not only possible but it is being regularly used in Surgical Unit IV.

Known as Gastro-intestinal Videoscope, it is a flexible tube containing a tiny camera used for diagnosis. It is far more effective than any other procedure for diagnosing ulcers, inflammation, tumours, cancers and infections of the stomach. Currently, Civil Hospital Karachi has one such equipment but it is nearing the end of its life and we need a new one to continue our services for poor patients who need it.

This equipment benefits 500 patients like Muhammad Jan every year at an annual expense of Rs. 5 million. While in Surgical Unit IV, this procedure



is being done free for non-affording patients, private hospitals charge a minimum of Rs. 7,000 for each such test. The cost of this critical equipment is Rs. 2,350,000. We hope that we have been able to make the importance of this equipment clear specially to those who have the means to participate in this initiative. For people like Muhammad Jan living way below the poverty line, their health is their only asset.

*"I feel much better now, and my diagnosis made a huge difference in my treatment. I can be with my children without having the abdominal pain and bleeding. I'm so happy to have my life back."* (Muhammad Jan)

## Candle Of Hope

18 years old Rukhada, was admitted at Civil Hospital's Surgical Unit No. 4, and she underwent a surgery on her leg due to an infection caused by typhoid. Rukhada belongs to an under-privileged family and even the small amount required for the surgery was sadly out of her range. There are many philanthropists like you who came to her rescue.

We need your help for those who cannot afford even their own treatment! They need someone to fill their lives with hope. The choice between keeping the candle to ourselves and passing it on to someone who desperately needs it is up to you.



## شکریہ! سول ہسپتال کو ترقی کی راہ پر گامزن کرنے اور ہمیں نگہبانی کا ایک اور موقع دینے کیلئے



سول ہسپتال کراچی میں ہر سال بارہ لاکھ مریضوں کا علاج ہوتا ہے اور ہر روز 3,300 مریضوں کی دیکھ بھال کی جاتی ہے جن میں سے 90% زکوٰۃ کے مستحق ہوتے ہیں۔ آپ ہی کی مدد سے سول ہسپتال ان مریضوں کو ہر لمحہ علاج فراہم کر رہا ہے۔ جیسا کہ آپ سمجھ سکتے ہیں کہ یہ ایک ہمہ وقت کام ہے اور اس نیک کام میں آپ کی مسلسل شرکت کی ضرورت ہے۔

گزشتہ سال آپ کی مدد سے نگہبان نے سول ہسپتال میں طبی سہولیات کو عالمی درجے پر قائم رکھتے ہوئے کئی اہم تبدیلیاں کیں۔ جن میں سرجیکل یونٹ IV کی تعمیر و توسیع، جدید مشینری کی خرید و نصب اور ہزاروں مستحق مریضوں کا علاج شامل ہے۔

ہمارا ماننا ہے کہ صحت مند زندگی پر سب کا حق ہے مگر اس کے کئی پہلو ہیں جس میں سب سے اہم پہلو یہ ہے کہ لاکھوں مریضوں کے لیے مفت علاج کی فراہمی کو یقینی بنایا جاسکے۔ اس مقصد کو انجام تک پہنچانے کے لیے رمضان کے مبارک مہینے سے بہتر اور کون سا موقع مل سکتا ہے؟ اس بابرکت مہینے میں غریب و مستحقین تک اُن کا حق پہنچانے اور لاکھوں لوگوں کی خدمت کے موقع کا فائدہ اٹھائیں۔ نگہبان کا ساتھ دیں اور خلقِ خدا کی خدمت کی لازوال مثال میں اپنا حصہ ڈالیں۔

اپنا چیک برائے ”نگہبان ویلفیئر ایسوسی ایشن سول ہسپتال“ بنا کر سرجیکل یونٹ IV، سینکڈ فلور، سول ہسپتال، بابائے اُردو روڈ، کراچی، پر ارسال کریں۔

## More Than Just Medical Care

The Patients in High Dependency Unit (HDU) need more than just medicines!

Just the word, "HDU" is enough to send chills down most of our backs. Most of the patients here are fighting death for a second chance at life and along with them the staff of Surgical Unit IV is fighting equally hard. Only patients whose condition is critical and who need constant observation are assigned to Surgical Unit IV's High Dependency Unit.

These patients need regular drips and medicines which are high in cost. Heavy

and expensive equipment such as SCD compression system are used. The treatment for one month on each of the four beds in High Dependency Unit costs approximately Rs. 35,000 per patient and thus the cost of the ward for four patients for a month is Rs. 140,000.

We request you to sponsor a bed in the High Dependency Unit in the holy month of Ramadhan and give some patients a second chance at life.



## A Smile Worth Saving...

Patients who come to Civil Hospital have either lost hope or they are so stone faced that it is quite visible that they have simply stopped caring about what happens to them. There are some exceptions too.

Naik Muhammad, 55, of Khuaja Ajmair Nagri was such an exception. Deserted by his family, he came to Civil Hospital suffering from Hernia. He had been in Surgical Unit IV for two days when we met him.

He suffered terrible bouts of pain, yet he still kept his humour and lighted up the room

with his smile. The fact that he has survived, brought unimaginable happiness to him. Although alone, Naik said he has a lot to look forward to in life! After seeing him, all we could do was to pray for the person whose contribution kept that smile alight on Naik Mohammad's face.

You can help light more such faces and spread smiles among them by sharing your Zakat. Give your life a true meaning by giving new meaning to the lives of some non-affording patients at Civil Hospital.

