

Do you have a Minute ...

Please take a deep look at this child's face.
What do you see?
Deep sunken eyes filled with pain ...
malnourished and weak; this boy cannot
be more than 14 years.

Umer Badshah
14 Year's Old



آپ کی
زکوٰۃ غریبوں کی
نگہبان



Nigahban Welfare Association Civil Hospital Karachi
TOUCHING LIVES

ISSUE 11 | JUNE 2013

Umer Badshah is a teenager of 14 years! A classic case of mis-diagnosis, Umer has been shuttling in and out of hospitals since he was eight. Pain in his stomach kept him up at nights and he could not go to school along with his six other brothers and sisters. His father is a poor labourer and could only watch in agony as his young son screamed and cried.

The hospital near their home in Frontier Colony Karachi operated on Umer for a gallstone. Unfortunately, they sent him back half cured. The infection that had originated because of delay in treatment remained in the form of a silent venom inside Umer's body....cancer....of gal bladder, a relatively uncommon cancer which can be cured if diagnosed and treated early.

After five years, Umer was back in the nightmare with uncontrolled pain. Lack of timely treatment and nourishment aggravated his condition. His fortune turned for the good however, when his father brought him to Nigahban Civil

Hospital Karachi in Surgical Unit IV.

It is said that correct and quick diagnosis is half the battle. As soon as the doctors diagnosed cancer through extensive tests including CT scan and endoscopies, Umer was admitted. All his expenses are being catered for by Nigahban Welfare Association. However, Umer's fight has only yet begun. He will need all the love, prayers and care we can give him. As everyone knows, treating cancer is very expensive.

An ideal opportunity for joining Umer's battle with cancer is the upcoming Ramadan. *Ramadan has given us yet another opportunity to benefit by giving. There are hundreds of patients like Umer who have a fighting chance to recovery because of people like you.*

Please take a moment again to look at Umer. What do you feel? Please come forward for Umer and many others like him who are waiting for your Zakat & Donation and give with your heart in this Ramadan.



"I Couldn't Imagine Working In A Place Where I Have To Turn People Away Because They Couldn't Afford To Pay."

Interview of Dr. Saad K. Niaz, Vice President, NWA

We caught up with Dr. Saad K. Niaz, Vice President NWA on his way to the Endoscopy Suite for a quick-talk-while-we-walk interview. That was the only time he could give us

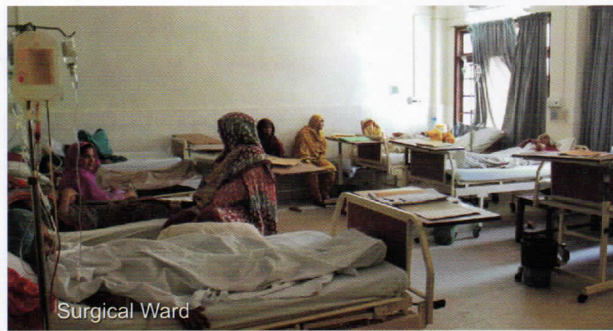
from his commitment to the deserving. Here's a snapshot.

Q: What does Nigahban stand for?

Nigahban or the Protector is a symbol of hope and help, someone who stands with you protecting you from the harsh but real problems in life. We are a group of people committed to saving lives. We do it through free life saving treatment, surgeries, and facility upgradation. We have been committed to serve the poorest of the poor for the last ten years since our inception.

Q: How has Nigahban helped the under-privileged sections of our society?

People come in with real problems. They need real solutions. We try to give the patients peace of mind specially from the financial burdens. This is a great comfort for them because most of these people have no where else to go and if it wasn't for Nigahban, they would just eventually end up with no hope and treatment.



Surgical Ward

Q: What surgeries do you perform the most frequently and who pays the bill for the non-affording?

Well, there is Lap Chole or removal of Gall Bladder Stones which costs Rs. 50,000. Then we do Appendicectomy that costs Rs. 20,000 and Rs. 40,000 each for ERCP and Hernia mechanical repair. Going through the surgery for the patient is a scary experience in itself but lack of resources is even more spine chilling. This is where someone has to step in and help these people, showing them that there is still hope.

Q: Why would anyone support Nigahban?

It's the right thing to do. We neither do it for money nor prestige. It's a feeling of satisfaction in doing what is right, a feeling that at the end of the day you've really changed a lot of people's lives by touching them. It is to be there for those who wouldn't otherwise have quality treatment accessible.

If you have the privilege of growing up in a well to do family and going to a medical school, and if you know how to help ease suffering, then it's nice to be able to work with people who need that help the most. I can't imagine working in a place where I have to turn people away because they couldn't afford to pay.

It would be nice to be able to say at the end of my life that i made a difference for those who needed it the most."

They are More Than Just Statistics for us!

Every time we share our updates with you, we try and share the numbers of patients treated and free tests and surgeries conducted in the form of a graph. Our purpose is not just to make a newsletter filled with pretty shapes and colours or to show you how much we are doing.

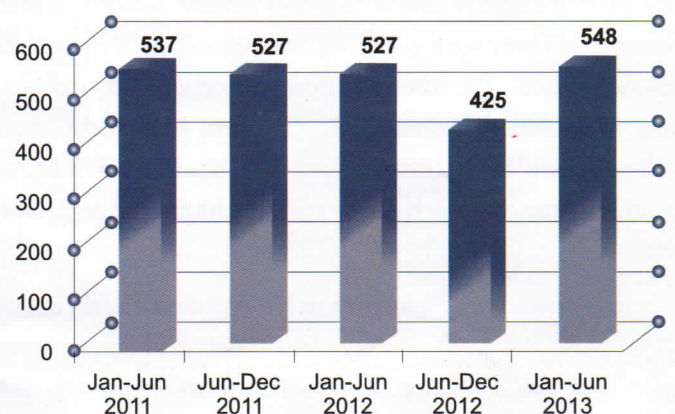
It's a picture of humbleness and gratitude that we show. Humbled we are because of your trust in us – gratitude that we were able to serve so many lives. For us these numbers are not mere statistics, each one has a heartbeat that tells a story of strength and care.

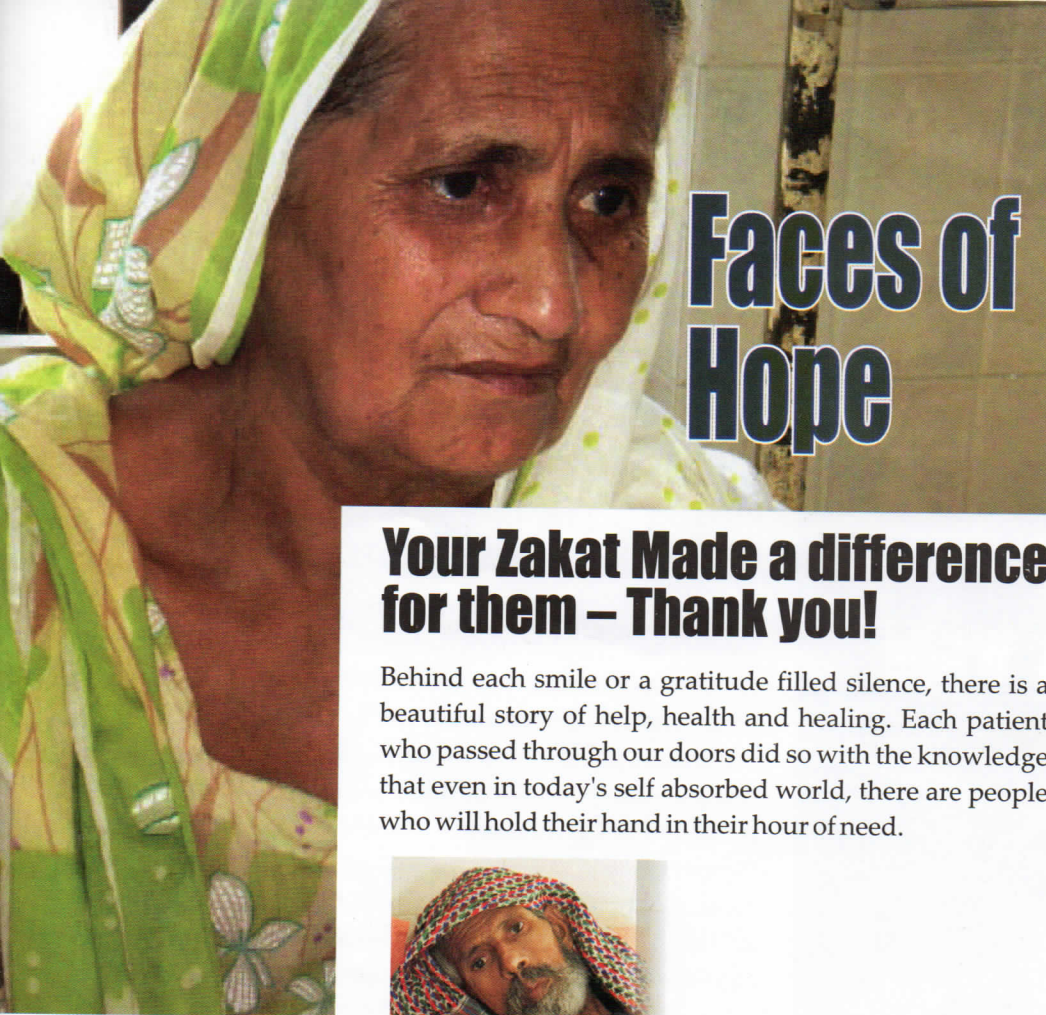
The graph we are sharing shows the results of the support you have given us. With the increase in awareness about Nigahban's services more deserving hands come knocking. We are thankful to major corporate houses for helping us make many services available to the deserving.

We are also thankful to hundreds of supporters for their magnanimous donations for the provision of services to non-affording patients.

We hope that you will continue this beautiful tradition of giving this Ramadan as well.

**Number of Patients Treated
Nigahban Welfare Association**





Faces of Hope

Your Zakat Made a difference for them – Thank you!

Behind each smile or a gratitude filled silence, there is a beautiful story of help, health and healing. Each patient who passed through our doors did so with the knowledge that even in today's self absorbed world, there are people who will hold their hand in their hour of need.



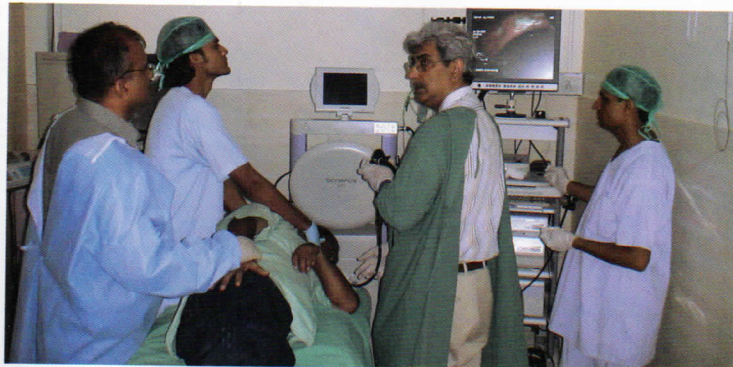
Nigahban Welfare Association and its entire team are grateful to our donors and friends who contributed to our cause in any manner. We have reached the amazing figure of more than 700 surgeries, without any financial burden to the patients, in the last 10 months.

Let's carry the beautiful tradition of giving in this Ramadan as well. Join hands with Nigahban and help us spread the glow of charity to as many deserving patients as we can. You might be surprised by the changes that might happen in your own life. After all, Ramadan is the month of blessings and all that you share will come back manifold as the Holy Quran states.

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



Endoscopy Training Course in Surgical Unit IV



An endoscopy process needs the dedicated and experienced hands of a skilled surgeon which is ensured through on-the-job training and regular workshops

Knowing the importance of learning and sharing expertise, Nigahban team is constantly involved in organizing workshops and trainings in Surgical Unit IV. These training courses are vital for extending the knowledge of doctors responsible for the fate of many patients coming under their surgical instruments.

Two workshops were planned at Surgical Unit IV in April and May 2013. The first one was held on April 9th and included live demonstrations of procedures by Dr. Saad K. Niaz (Consultant Gastroenterologist, Chairman Department of Surgery, Dow

“An investment in knowledge always pays the best interest. (Benjamin Franklin)”

University of Health Sciences) and Dr. Waqar Ahmed (Consultant Gastroenterologist & Physician, Gwynedd Hospital, Wales, UK). The visiting faculty present was Dr. Paul Hagan, Consultant Colonoscopist, Kings Mills Hospital, Mansfield, Nottinghamshire.

The second ERCP hands on Training Course was to be conducted in collaboration with Mercy School of Endoscopy, Liverpool University Hospital UK in May 2013.

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.



شکریہ! نگہبان ویلفیئر ایسوسی ایشن 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 سے زیادہ 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 ہمدقت کام ہے اور اس نیک کام میں آپ کی مسلسل شرکت کی ضرورت ہے۔

گزشتہ سال آپ کی مدد سے نگہبان ویلفیئر ایسوسی ایشن نے سول ہسپتال میں طبی سہولیات کو عالمی درجے پر قائم رکھنے کی اپنی جدوجہد جاری رکھتے ہوئے کئی اہم تبدیلیاں کیں۔ جن میں سرجیکل یونٹ IV میں جدید مشینری کی خرید و نصی اور ہزاروں مستحق مریضوں کا مفت علاج اور آپریشن شامل ہے۔ ہمارا عزم ہے کہ صحت مند زندگی پر سب کا حق ہے اس مقصد کو پورا کرنے کے لئے رمضان کے مبارک مہینے سے بہتر اور کون سا موقع ہو سکتا ہے؟ نگہبان کا ساتھ دیں اور اپنی زکوٰۃ و عطیات دیں۔

A New Lease of Life!

"I could not understand what was wrong with me"- Noman



The abdominal pains were more than he could bear. Tears would appear in his eyes. At times it felt as if he was being cut from inside. He had an accident and had crashed into a barrier while driving his motorbike. The worry at Noman's condition, a teenager of class nine, rose for his family members. They found themselves with no other hope except Nigahban Welfare Association, Civil Hospital Karachi. Noman was admitted to Surgical Unit IV where he was diagnosed with a damaged colon. Soon after his colonoscopy, he found himself in relief. Although Noman is still admitted as he has to have a reversal colostomy in another month's time, he is keen to join his class fellows back.

One main ingredient that saved Noman was someone's zakat. His father, a worker in a textile mill, would not have been able to bear the expense of his surgery amounting to Rs. 50,000 and his long stay. Today, Noman is healing. We hope that your continued support in the form of zakat and donations will keep our vision alive and help save many people like him.

"The reason for Zakat is to ensure the sustenance of the poor and to levy the wealth of the rich" (Bihar al-Anwar, Volume 93, Page 18)

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



Nigahban
Welfare Association
Civil Hospital Karachi

Courtesy: The Times Press (Pvt.) Ltd.