



# THE ZAMAN FOUNDATION TIMES

WWW.ZAMANFOUNDATION.PK

100% OF YOUR DONATIONS GO TO CHARITY. PRIVATE DONORS COVER ALL ADMINISTRATIVE COSTS. THANKS TO SEFAM AND SARENA GROUP OF COMPANIES

## HELPING PEOPLE HELP THEMSELVES

### 3 TUBEWELLS GO SOLAR:

10,000+ VILLAGERS DITCH EXHORBITANT ELETRICITY BILLS!

ZF BECOMES ELIGIBLE TO PARTNER WITH THE UNITED NATIONS FOR ITS CASH-BASED TRANSFERS PROJECTS IN PUNJAB AND SINDH.



**Tamman:** 60 KW of clean, renewable power is providing 200,000+ liters of clean water, daily. [READ MORE ON PAGE 2](#)

## OUR PROGRESS IN FY 22/23:

**57 Million**  
GLASSES OF CLEAN DRINKING WATER SERVED

**591,736**  
FREE MEALS SERVED

**1,976**  
SCHOLARSHIPS GRANTED

**731**  
LIVES SAVED

### IN THE SPOTLIGHT:

#### WATER FILTRATION

PACKAGES GROUP CHOOSES ZF'S SUSTAINABILITY MODEL TO PROVIDE ACCESS TO CLEAN WATER IN HASILPUR

From among the top 5 NGOs in Pakistan, Packages Group chose ZF for our unique sustainability model. Together, we have inaugurated a plant in Hasilpur, Southern Punjab. Want to know why they chose us? [READ MORE ON PAGE 2](#)

#### EDUCATION

YOUTH VOLUNTEERS TO JOIN ZF

MOU signed with the Volunteers in Service (VIS) Department at UCP in a collective effort to catalyze the spirit of volunteerism among the youth.

[READ MORE ON PAGE 3](#)

#### HEALTH CARE

HEART SURGERY SAVES 8-MONTH-OLD'S PRECIOUS LIFE!

In the heart of a recession, just like most of us, Mohid's parents struggled. Their hearts sank when their 2-month-old baby was diagnosed with Down Syndrome and a life-threatening heart condition.

[READ MORE ON PAGE 4](#)



### WE HELP YOU HELP OTHERS

www.sabsaath.org is a digital charity platform that unites NGOs, corporates and individuals to offer help where its most needed. Check out how **Sab Saath Mil Kar**, we are transforming lives in Balochistan.

“Every act of kindness is charity.” – Sahih Al-Bukhari

# WATER FILTRATION PLANTS



**Tamman:** 10 new valves are conserving 25,000+ liters of clean water, previously being wasted, on a daily basis.

[CONTINUED FROM COVER PAGE >](#)

10,000+ villagers in will now:

- > Save upto PKR 600,000 on electricity bills monthly
- > Get access to 200,000+ liters of clean water daily
- > Conserve 25,000+ liters of water daily

We are marking a historic leap towards a sustainable future. Project Tamman is a collaboration between ZF and the Tamman community. ZF provides interest-free loans tailored to the community's needs. Repaid funds will be invested back into the community for local developments. Neighboring communities are eager to adopt this successful participatory model for sustainability. This is a testament to the success of our unique sustainability model and the communities' trust in our organization.

## Your Sadaqa-e-Jaariya

<b>Fund a Water Filtration Plant</b>	<b>PKR 41.5 Lacs</b>
<b>Make it Solar-Powered</b>	<b>PKR 15 Lacs</b>
<b>Construct the Room</b>	<b>PKR 11 Lacs</b>

\*These amounts are approximate and subject to change based on market conditions

[DONATE NOW](#)



"In less than 2 months, ZF made the dreams of 5,000+ villagers of 194-Murad a jaw-dropping reality. It's unbelievable as we have never seen such a project completed as quickly in our country before."

**Muhammad Ramzan, Villager**  
Chak no. 194 Murad

**IMPACT** DURING JULY – SEPT. 2023, WATER CONSUMPTION AND OVERALL IMPACT OF 22 WFPS AMOUNTED TO:

**67.6 MILLION** LITERS OF CLEAN DRINKING WATER REACH  
**1,100,000+** IMPOVERISHED FAMILIES THROUGH ZF'S  
**22** WATER FILTRATION PLANTS

None of this was possible without your support. Thank you for trusting us with your Sadaqa-e-Jaariya. ♥

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Here's our secret! We are involving communities to take ownership of these plants. The community donates:

- 2-3 marlas of land
- 50% cost of solarization
- Monthly maintenance expenses

To the communities' credit, not only do they cover the monthly maintenance cost, they do so 6 months in advance. That's the level of commitment the communities have toward these plants.

SINCE 2021, 11 PLANTS ARE SUCCESSFULLY RUNNING ON THIS MODEL IN HASILPUR



**Hasilpur:** Clean water brings joy to over 40,000+ people, especially children by preventing waterborne diseases.

ARCO PLASTICS AND ZF UNITE TO REHABILITATE BALOCHISTAN THROUGH SAFE HOMES AND ACCESS TO CLEAN DRINKING WATER

# EDUCATION




**From Left to Right:** Omar Zaman (CEO ZF), Hadia Awan (Rector UCP), M.H Rehman (Director VIS) at the MOU signing at UCP.

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At ZF, volunteers are the heart of our mission for community development. Your active participation is invaluable in making a meaningful impact on the communities we serve. Want to become a volunteer? Join us!

[REGISTER NOW](#)

43 women just graduated from ZF's vocational training centers. Women are equipped with industrial level training for life skills such as stitching, tailoring and pattern making.



## IMPACT

DURING JULY – SEPT. 2023, ZF SCHOLARSHIP FUND MADE GRANTS TO:

1449

PRIMARY AND SECONDARY STUDENTS

410

STUDENTS OF HIGHER EDUCATION

100

STUDENTS GOT FREE CAREER COUNSELING AND ACCESS MANAGEMENT

# Sponsor a Student

Complete University Degree	PKR 5 Lacs
1 year's University Fee	PKR 1 Lac
Primary / Secondary Education for 1 year	PKR 35,000

\*This is the average cost ZF pays for an academic degree. Costs vary as per degree and educational institute

[DONATE NOW](#)

## MEET OUR STAR: ALI

In their one-room, straw-roofed home in Okara, Ali's family battled dire poverty. However, they understood one important thing - education is the only way out of it. At just 10, Ali started working as an electrician's assistant driven by dreams of a brighter future. While his parents struggled to make ends meet, Ali did odd jobs to pay his tuition fees. "I saw people spending 5,000 in 1 hour at a video arcade while I spent days working tirelessly to earn the same amount for my tuition fees. I wanted to live that life." However, when it was time for college, Ali's parents faced the heartwrenching decision: whether to fund Ali's education or his sister's. Despite little hope, they persevered. Ali's mother applied for a ZF scholarship and got through. Ali is now pursuing a Master's in Mass Communication - first step towards achieving his dream to become an actor. "Just like ZF helped me, I want to help educate people in my hometown."



## BREAKING THE POVERTY CHAIN!

Nagina's father opposed her education. Poverty served well as an excuse with 7 other children to feed and mend for. On the other hand, her mother, despite multiple health issues including an excruciating knee pain, collected recyclables from the streets to sell them in order to fund Nagina's education. As she never had enough to make up for the expenses, she asked for help from ZF. Today, not only Nagina, but 3 of her siblings are attending school with ZF's help. Thanks to our donors, 1,500+ such students are getting primary and secondary education via the ZF Scholarship Program.

## HEALTH CARE

### RISING FROM THE SHADOWS

Shazma married young and fell victim to drug abuse after she lost her young daughter. As a consequence, she was abandoned by her husband and in-laws rendering her homeless and open to constant harassment on the streets for 3 years. In her darkest hour, she was guided to ZF who placed her for a 3-month rehab period at The Genius where she recovered.



## Mental Health & Drug Addiction

<b>2 Month Treatment Plan</b>	<b>PKR 3 Lacs</b>
<b>21 Day Treatment Plan</b>	<b>PKR 1.5 Lacs</b>

\*Costs are shared at heavily discounted rates offered by our partner rehab center, The Genius, to ZF; costs vary as per case

**DONATE NOW**

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In a world where healthcare is often a distant dream for working-class families, their pain was unbearable. Alhamdulillah, 100% healthcare assistance by ZF gave baby Mohid a new life. "It felt like a warm hug on the coldest, darkest of nights" said Mohid's father. The surgery didn't just save Mohid's life; it mended their broken hearts, too. Thanks to our kind-hearted donors for making healthcare accessible to vulnerable families.



## Save Lives

<b>1 Lifesaving Surgery</b>	<b>PKR 3 Lacs</b>
<b>Adopt a diabetic patient for 1 year</b>	<b>PKR 1 Lac</b>
<b>Medicines for 1 year</b>	<b>PKR 75,000</b>

\*This is the average cost ZF bears for medical and surgical cases

**DONATE NOW**

## WHY CHOOSE US!



## IMPACT

DURING JULY - SEPT. 2023  
ZAMAN FOUNDATION HELPED:

- 520+** PATIENTS WITH MEDICINAL SUPPORT, HEALTHCARE AND ACCESS MANAGEMENT
- 16** PATIENTS WITH SURGICAL INTERVENTIONS
- 22** FAMILIES WITH DRUG REHABILITATION SERVICES

## BREAKING NEWS

ZF EARNED A SHARIAH COMPLIANCE CERTIFICATE FOR EXCELLENCE IN ZAKAT MANAGEMENT AND ALSO GOT THE PRESTIGIOUS PCP CERTIFICATION THIS YEAR!

## RELIEF



**Lahore:** Over 1,200+ people are fed nutritious meals daily from ZF's partner soup kitchens.

### HOW DOES A PARALYZED MOTHER FEED HER DISABLED SON?



She doesn't. Meet Rani, a sweeper, who we met at our partner soup kitchen in Shah Jamal. With a smiling face, she told our team how this soup kitchen has helped her in many ways. Rani's left arm is paralyzed. She has a mentally challenged, 30 year-old son who she looks after. Sweeping gets her only enough to pay her bills. " I come here with my son for lunch and dinner. We can't cook so God has given us a home to eat here."



### FEELING GENEROUS? BECOME A SUSTAINING PATRON!

**PKR 3,000**

will feed a person for  
for 1 month

[DONATE NOW](#)

**PKR 7,000**

will feed a family of  
8 for 1 month

[DONATE NOW](#)



### A JUICE SELLER FELL OFF THE BUS

Umer, seen in the picture, sold juice packs at the local transport. During an accident he fell off the bus and fractured his leg. ZF stepped in to provide lifesaving surgical assistance to Umer who has now made a remarkable recovery. To help him get back on his feet, ZF helped him set up a vending cart serving lemon juice. Today, he earns well to feed his family and 2 kids.

## IMPACT

DURING JULY – SEPT. 2023  
WE SERVED:

**322,000+** FREE MEALS SERVED TO DAILY WAGERS

**769+** FAMILIES PROVIDED WITH RATION AND ACCESS MANAGEMENT TO GOVERNMENT'S EHSAA'S RATION PROGRAM

**11** INDIVIDUALS RECEIVED LIVELIHOOD ASSISTANCE

### FOR ZAKAT

Bank Name: Meezan Bank Ltd  
Account Title: Zaman Foundation  
Account Number: 1135 0105155173  
IBAN: PK43 MEZN 0011 3501 0515 5173  
Swift Code: MEZNPBKAXXX  
Branch code: 1135

### FOR SADAQA & GENERAL DONATIONS

Bank Name: Bank AL Habib  
Account Title: Zaman Foundation  
Account Number: 0065 0081 01144401 3  
IBAN: 0065 0081 01144401  
Swift Code: BAHLPKAXXX



## ABOUT US

Sab Saath (literally “All Together”) is a digital charity platform. We bring registered and accredited NGOs together to coordinate relief efforts across Pakistan. We stand as the bridge that connects individuals, donors, corporations, and governments, recognizing that true change arises from collaboration. We showcase meticulously vetted cases spanning across education, healthcare, water, disaster relief and beyond so that you, the donor, can donate with peace of mind towards a cause of your choice.

# HOPE RISING IN BALOCHISTAN



## REBUILDING LIVES, ONE COMMUNITY AT A TIME

In the tumultuous year of 2022, devastating floods wreaked havoc across Pakistan. Amidst the chaos, we brought together NGOs, corporates and donors to orchestrate rehabilitation and relief efforts in the flood-stricken communities of Rajanpur, Southern Punjab & Usta Muhammad, Balochistan.

Balochistan Rehabilitation Project (BRP) has commenced as of 17th September 2023. Sab Saath, we have embarked on a mission to rehabilitate 3 flood-stricken communities in Shahn Palal, Usta Muhammad, Balochistan.

## WE STILL NEED YOUR HELP [DONATE NOW](#)

-   
Rebuild a Community  
(25 Homes)
-   
Rebuild a Home
-   
Build a Washroom

**PKR 160 LACS**

**PKR 6.4 LACS**

**PKR 3.10 LACS**

## TOGETHER WE ARE REBUILDING;

-  **100** PUGCA HOMES
-  **50** WASHROOMS
-  **01** WATER FILTRATION PLANT
-  **01** MOSQUE CUM COMMUNITY CENTER

**OUR VISION**  
TO CREATE AND MOBILIZE A DYNAMIC COALITION FOR A POVERTY-FREE PAKISTAN

## WE HAVE ACHIEVED SIGNIFICANT MILESTONES:



Landmarking and demarcation is done for 50 homes



Excavation and digging is done for 48 homes

# QURBANI: SPREADING JOY AMONG FLOOD AFFECTED FAMILIES



This Eid-ul-Azha, Sab Saath mil kar, your sacrifice alleviated misery and spread joy among 4 flood-affected communities in Southern Punjab and Balochistan. Our dedicated team worked tirelessly to ensure that the spirit of sacrifice and generosity reached safely to those who needed it the most.

Your Qurbani made a significant impact on the lives of orphans, widows, differently-abled via 3 charities including Pakistan Society for Rehabilitation of Differently Aabled (PSRD), SOS Village and Bali Memorial Trust.





**NADINE MURTAZA** DONOR FROM ISLAMABAD

I also am grateful that you have done the work I should have done to reach out to women in jails, in hostels and other groups of women who would not traditionally receive anything during Eid. I learned so much from the options you provided. Jazak Allah from the bottom of my heart.

## QURBANI IMPACT

6,000+ UNDERPRIVILEGED PEOPLE FED WITH

1,500+ KG MEAT



## GOAT SADAQA

TRY IT OUT NOW!

Want to perform a goat sadaqa for your loved ones?

## WE HAVE SPREAD OUT OUR WINGS IN UK



ZF and P3 connect did a fundraiser event in the UK to rehabilitate communities and help restore lives of flood-stricken families in Usta Muhammad, Balochistan.

## THE SAB SAATH MODEL



## 6 NGOS STAND UNITED ON SAB SAATH





ZAMAN  
FOUNDATION

**HELPING PEOPLE HELP THEMSELVES**

Since 2005