



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

*Admin. costs for specific projects are disclosed where applicable.

LATEST

SAB SAATH IS NOW REGISTERED IN THE USA AS SAB SAATH INC., A 501(C)(3) NON-PROFIT ORGANIZATION

HELPING PEOPLE HELP THEMSELVES



THARPARKAR: Suraiyya Bibi gazes upon the newly built water filtration plant ending a **78-year long** wait for clean drinking water. [CONT. ON PAGE 3](#)

QUICK LOOK AT FY 2023-2024:

- 302 MILLION**
GLASSES OF CLEAN DRINKING WATER SERVED
- 1 MILLION**
FREE MEALS SERVED
- 2,135**
SCHOLARSHIPS GRANTED
- 538**
PATIENTS HELPED
- 06**
FLOOD-AFFECTED COMMUNITIES REHABILITATED

THIS YEAR WE CROSSED THE ONE BILLION MARK IN PHILANTHROPIC SPENDING!

FEATURES

EDUCATION

HELPING THE AQEEL FAMILY HELP THEMSELVES

Raised by a single mum, Alisha and Mubshra Aqeel dreamt big, inspired each other and became powerhouses. [CONT. ON PAGE 4](#)

HEALTH CARE

DOCTORS WOULDN'T TREAT PUNNAL SO WE DID!

Punnal underwent three failed surgeries. When doctors had given up, a chance encounter with ZF helped save his life. [CONT. ON PAGE 5](#)

RELIEF

A MEAL, A MISSION, A MOVEMENT

Daily wagers, like Irfanullah, collectively save millions annually by accessing our subsidized meals. [CONT. ON PAGE 6](#)

WATER

For nearly a decade, the people of Nakraiyo and Ramiyo Gajju have faced the daily challenge of securing clean drinking water. But today, a new dawn has risen. In partnership with these resilient communities, ZF has installed state-of-the-art water filtration plants. The villagers themselves have played a vital role in this transformation by contributing:

- > Up to 10 marlas of land
- > 100% of room construction cost
- > 100% of monthly maintenance cost.

This is the power of community partnership. Together, we've not only provided a solution to a pressing problem but also empowered a community to shape its own future. See how this manifests in other communities:



HASILPUR: Villagers working on the solar panels.

In Hasilpur, the local community has taken the initiative to upgrade the solar panels of the water filtration plant themselves. This inspiring example embodies the spirit of community ownership ensuring a reliable and sustainable source of clean water for their entire community.

POWER IN PROGRESS

TAMMAN: ZF granted a loan to the community to solarize three tube wells. They are now paying back the loan from the millions they have saved in electricity bills. Timely replacement of faulty, old valves has also helped minimize water wastage.

PKR 6 MILLION

LITRES OF WATER
CONSERVED
SINCE OCTOBER 2023

PKR 3.5 MILLION

SAVED IN ELECTRICITY
BILLS SINCE
NOVEMBER 2023

This year, 23 out of 29 communities have contributed more than PKR 15 million!

PIONEERING CHANGE IN CHOLISTAN

Residents of Fort Abbas don't have to drink contaminated water anymore. Our WFP in the area is now serving more than 5,000 individuals with clean and safe water every day.



FORT ABBAS: Omar Zaman, CEO Zaman Foundation, inaugurating the water filtration plant alongside community elders.



Irshaad Begum
Village 20B-9R | Fort Abbas

"The water is very sweet, like the water of Medina. It shows a face as clear as crystal. I used to avoid drinking the coarse water but now I crave it."



THANK YOU
FOR SUPPORTING
SUSTAINABLE CHARITY

IMPACT

DURING JULY – NOV. 2024, WATER CONSUMPTION AMOUNTED TO:

**12 MILLION
150,000+**

LITRES OF CLEAN DRINKING
WATER REACH
INDIVIDUALS ACROSS

29 COMMUNITIES

CONT. FROM TITLE PAGE >

WE BROKE A 78-YEAR-LONG CHAIN OF WATER DEPRIVATION IN THAR!



NAKRAIYO: Locals welcoming the ZF team for the inauguration of the water filtration plant on 14th October, 2024.



RAMIYO GAJJU: Young Sania and Naveed lead the way as their community celebrates the gift of clean water, powered by Faysal Bank.

YOUR SADAQA-E-JAARIYA*

FULLY FUND A
WATER FILTRATION PLANT

PKR 6.2 M

MAKE IT
SOLAR-POWERED

PKR 1.5 M

CONSTRUCT THE ROOM

PKR 1.2 M

**Amounts may vary according to geographical location and market rates.*



faysalbank

THANK YOU
FOR SUPPORTING
SUSTAINABLE CHARITY



GOT PKR 2,000?
YOU CAN SERVE
**CLEAN WATER TO
A CHILD FOR
1 YEAR!**

DONATE NOW



All of our plants undergo annual maintenance and regular water testing to ensure quality.

EDUCATION

CONT. FROM TITLE PAGE >



Alisha Aqeel
Chef at Global Village, Dubai

"It's the first step towards my success and I am very grateful for the unwavering support from ZF."

Widowed Rubeena Aqeel took a stand for her daughters' education and moved out of her in-laws' house. One of her three young daughters, Alisha, dreamt of working in the hospitality industry. With ZF's guidance and counseling, she attended the daily spoken English classes at our head office which helped her land a job in Dubai. Her elder sister Mubshra received scholarship assistance from ZF and completed her medical degree. She has now secured her dream job at Shaukat Khanum Memorial Hospital.



Mubshra Aqeel
LAB TECHNOLOGIST
SHAUKAT KHANAM
MEMORIAL HOSPITAL



Our guidance counselor conducts daily English language classes at our head office.

BUDDING PARTNERSHIPS

37 aspiring students from Information Technology (IT), Computer Science (CS) and Artificial intelligence (AI) have become part of our mentorship program in collaboration with Techlogix Inc. The program is designed to help young minds explore career options, build a network, set career goals, and learn soft skills to set them up for success.

IMPACT DURING JULY – NOV. 2024, THE ZF SCHOLARSHIP FUND AWARDED GRANTS TO:

1,037 PRIMARY AND SECONDARY SCHOOL STUDENTS

502 STUDENTS OF HIGHER EDUCATION

SPONSOR A STUDENT

COMPLETE UNIVERSITY DEGREE	PKR 850,000*
ONE YEAR'S UNIVERSITY FEE	PKR 250,000
ONE YEAR'S SCHOOL FEE	PKR 50,000

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

255 students have benefited from ZF student loans since July 2023.

HUSHED BUT NOT SILENCED

Amna was in her seventh semester of University when she started thinking about quitting her education. She had an abusive father and was eager to be independent and move out of her home. In conversation with one of our guidance counselors, she recalled, "On our way back from school, my classmates would always talk about how they would play when they got home, while all I could think about was my abusive father." The ZF team convinced her to not abandon her degree and provided scholarship assistance to help her complete her bachelors in Computer Sciences from Riphah International University. Amna is one of the 500+ students currently supported by the ZF scholarship fund.

UNLOCKING POTENTIAL



LAHORE: Our guest speaker, Dr. Hafsa Batool, addressing the audience at our most recent seminar.

Our bi-annual Educational Awareness Seminars bring over 200 scholars and their parents together to highlight the significance of education and parents' role in fostering an environment which is conducive to learning. They help scholars explore career paths, choose suitable courses and majors, and select the best institutes based on their needs.

1,000+ students provided free career counseling and access management since 2023.

HEALTH CARE

CONT. FROM TITLE PAGE >



BEFORE



AFTER

LAHORE: Punnal after a successful surgery at Doctor's Hospital.

Struggling to afford his son's treatment, Annayat Ullah sought support from ZF. With your help, ZF covered all expenses of Punnal's remaining surgeries and the brilliant Dr. Sohail Muzammil championed the case when others turned it down. Punnal can now walk comfortably and is a bright student at KIPS College.

PATIENT COUNSELING PROGRAM

ZF has helped 500+ patients since 2023 stay on track to maintain their health and achieve promising outcomes.

SAVE A LIFE*

ONE LIFESAVING SURGERY	PKR 600,000
MEDICINAL SUPPORT FOR ONE YEAR	PKR 175,000
SUPPORT A DIABETIC PATIENT FOR ONE YEAR	PKR 100,000

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

IMPACT

DURING JULY - NOV. 2024 WE HELPED:

- 502 PATIENTS WITH MEDICINAL SUPPORT, AND HEALTHCARE ACCESS MANAGEMENT
- 58 PATIENTS WITH SURGICAL INTERVENTIONS
- 12 FAMILIES WITH DRUG REHABILITATION SERVICES

PKR 8 MILLION SAVED THROUGH HEALTHCARE ACCESS MANAGEMENT SERVICES*

*We provide awareness about how to access government healthcare schemes to lower income families and help avail discounts from our partner institutes.

REFORM A LIFE*

TWO MONTH TREATMENT PLAN	PKR 350,000
21 DAY TREATMENT PLAN	PKR 150,000

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

6 out of 9 patients rehabilitated with our help are now employed and leading purposeful lives.

FROM ADDICTION TO AMBITION



Tanzil Baig

Tanzil fell victim to substance abuse at the age of 19. ZF helped him enroll into **The Genius**. After only 28 days of therapy and counseling at the psychiatric hospital, Tanzil is now working in Saudi Arabia for a fast-food restaurant and is focused on achieving financial stability.

“ZAMAN FOUNDATION STOOD WITH US IN OUR TIME OF NEED. WE ARE VERY BLESSED AND GRATEFUL.”

- MUQADDAS BAIG, TANZIL'S FATHER

RELIEF

CONT. FROM TITLE PAGE >



SHAH JAMAL: Bashir Ahmad enjoying his meal at our Dastarkhwan.

We serve 1,200+ daily wagers every day. "I live 300 miles away to save the PKR 6,000 that I do to feed my family every month. The food is hygienic, it tastes great and it's served on time," says Irfanullah, a regular visitor. By partnering with local dhabas, ZF maximizes your impact by paying 50% of the market price for a meal.



Irfanullah

FEED MEALS

ONE FAMILY FOR SIX MONTHS

PKR 48,000

ONE PERSON FOR A YEAR

PKR 36,500

SADAQA & AQEEQAH GOAT

PKR 12,500 - 40,000



DHARAMPURA: Guests at the Dastarkhwan praying for a goat sadaqa donor and their loved ones.

Your Sadaqa donations through sabsaath.org directly support our initiative, ensuring hygienic and nutritious meals for those in need.

IMPACT

DURING JULY – NOV. 2024 WE PROVIDED:

322,000+ FREE MEALS

769 FAMILIES RATION AND ACCESS MANAGEMENT TO GOVERNMENT'S EHSAS RATION PROGRAM

11 INDIVIDUALS WITH LIVELIHOOD ASSISTANCE

EMPOWERING NASEEBA

Naseeba Bibi is the sole breadwinner for her family of six. With a chronically ill husband to look after, it was getting increasingly difficult for her to make ends meet. ZF helped her restock their tuck shop in her neighborhood which is now earning her enough to get by sustainably. ZF is also helping with her husband's treatment and all of her four children are benefiting from the ZF scholarship fund.



Naseeba and her family

WINTER DRIVE



BASTI QAZI ABDUL HAKIM: Villagers after receiving warm quilts.

Last December, ZF distributed especially designed winter kits among 500 families across Lahore, Southern Punjab and parts of Balochistan. The kits included essential items to shield against the harsh winters, including warm quilts and woolen socks. You can donate to this year's Winter Drive through sabsaath.org.



GOT PKR 2,000?
YOU CAN FEED A CHILD FOR 10 DAYS!

DONATE NOW



TOP PICKS



USTA MUHAMMAD: Young girls in Basti Amin celebrating the rehabilitation of their flood-hit community.

MOST OF THE PICTURES IN THE ZAMAN FOUNDATION TIMES ARE TAKEN BY OUR TEAMS WHO WORK IN FARAWAY COMMUNITIES ACROSS PAKISTAN



THARPARKAR: Thari men on and alongside their camel carts on their way to fetch water.

RAJANPUR: Lal Khatoon from Basti Bakhtiyar showcasing her rilli work.

WHY TRUST US?

Adhering to international standards, our certifications by the FBR, Punjab Charity Commission, Pakistan Centre for Philanthropy, Economic Affairs Division, and audits by Grant Thornton ensure transparency, accountability, and maximum impact.



TEXAS, HOUSTON, IRVINE, NEW JERSEY - SEE YOU FOR OUR 1ST ROUND OF FUNDRAISERS IN FEB 2025!


VOLUNTEER TODAY
 for a cause close to your heart
 Visit us or call on
 (+92) 301 8444959!

CLAIM TAX BENEFITS!
 We are now a non-profit Section 42 Company. Use our new
NTN: B297093-3
 to claim tax credit!*

*Tax credit is not applicable on cash donations.

FOR SADAQA & GENERAL DONATIONS

Bank AL Habib Ltd
 Title: Zaman Foundation
 Bank Account No:
 00650981015595012
 IBAN: PK21BAHL0065098101559501
 Swift Code: BAHLPKKA
 Branch code: 0065

FOR ZAKAT

Faysal Bank Ltd
 Title: Zaman Foundation
 Bank Account No:
 3273390000003812
 IBAN: PK90FYSS3273390000003812
 Swift Code: FAYSPKKA
 Branch code: 3273

