



THE i-CARE FOUNDATION
Adding Value to Philanthropy

i-Care News

March 2016



FAKHR-E-ALAM AND The i-CARE FOUNDATION “MISSION PARWAZ”

Pakistani star Fakhr-e-Alam has embarked upon a daring venture to circumnavigate the globe on a solo flight. i-Care Foundation has stepped up to support his Mission Parwaz. Braving the odds, Fakhr-e-Alam is not overwhelmed by the enormity of the challenge. He is traveling around the world in a single-engine Cessna aircraft even though he has less than 100 hours of flying experience. Similarly I-Care Foundation, no stranger to challenges itself, supporting Fakhr in his record-breaking, around-the-world in 55 days tour. Each stop over during the trip is planned in a manner that will encourage donor participation in charities supported by i-Care.



CHAIRMAN'S MESSAGE

I am pleased to share that i-Care has completed yet another successful year. It has continued and enhanced the proud tradition of working closely with donors and partner charities to bring forth remarkable initiatives in healthcare and education. The current issue highlights our partner organizations who are leaving no stone unturned to develop the country's education and health sectors through unparalleled innovation and dedication.

SEED Pakistan provides quality education and vocational training in marketable skills to underprivileged students. Karwan-e-Hayat (KeH) is engaged in the treatment and rehabilitation of scores of thousands of mentally unstable patients. Patients Aid Foundation (PAF) ensures cutting edge medical treatment to disadvantaged patients at Jinnah Post-graduate Medical Complex. It also contributes to JPMC by improving its facilities, equipment and staff training. Bait-ul-Sakoon Cancer Hospital & Hospice is one of the few unique facilities where priority is given to care of terminally ill cancer patients.

I must also acknowledge the efforts of the management and staff of i-Care along with that of the respective managements of our partner organizations for implementing noble initiatives making a lasting difference in the lives of the underprivileged in Pakistan.

Farrokh K. Captain
Chairman

Featured Initiatives/Partners

SEED Pakistan:

Social Education and Environmental Development provides quality education and vocational training in marketable skills to underprivileged students. By equipping these students with professional training, the foundation is providing people with an opportunity to earn a sustainable livelihood.

[Read more on Page 2](#)

Karwan-e-Hayat:

Karwan-e-Hayat is tirelessly working towards the prevention, treatment and rehabilitation of mentally distressed people, especially the underprivileged and the deprived. Where 80% of patients are treated free of cost or at highly subsidized rates.

[Read more on Page 2](#)

Patients Aid Foundation:

Patients' Aid Foundation provides compassionate, accessible, safe and high quality medical care to poor & needy patients visiting JPMC using state-of-the-art equipment including the Cyber Knife Robotic Surgery machine and C-Arm X-Ray machine that are used for the treatment of cancer and fractures respectively.

[Read more on Page 3](#)

Bait ul Sukoon:

Bait-ul-Sukoon provides free of cost cancer treatment & services without any bias to cast, colour, gender or creed. With its remarkable curative and palliative care it goes a step ahead in running awareness initiatives to educate and inform people for the prevention and early detection of Cancer and thus reduce the risk of the deadly disease.

[Read more on Page 3](#)



SEED Pakistan

Social Education and Environmental Development provides quality education and vocational training in marketable skills to underprivileged students. Acquisitions of these skills present employment opportunities to poor deprived students.

Asma was born into a family with extremely limited resources. She was not only made to quit school at an early age; she even had to take up menial labour to support her family. At SEED TECH she was encouraged to prove her skills in Tailoring and Fashion Design. Asma showed such promise that she was selected to be the teacher's assistant in no time.

This story reflects SEED Pakistan's initiative to empower its students with necessary knowledge and skills to improve their quality of life. The approach of combining basic education and vocational training not only provides job opportunities but also contrib-



Without SEED I could not have even imagined to get a job like this at the garment factory and send my son to school
- Asma

utes to the growth of disadvantaged youth in becoming active and contributing members of society. To date SEED Pakistan has trained 300 individuals like Asma and a whopping 90% of them have found jobs. In addition, it has also put into schools more than 3000 poor children like Asma's son. These children are getting basic education in 11 schools adopted and sponsored by SEED Pakistan. 500 of these children have been proudly sponsored by i-Care Foundation with a donation of Rs 1.5 million.

In future, SEED has plans to adopt 10 more government schools and a vocational training facility that will also feature an adult literacy program. Through its Safe Drinking Water initiative, SEED is also planning to set up 3 High Capacity RO (Reverse Osmosis) water purification plants to facilitate deprived communities. Those who wish to contribute can visit: info@i-care-pakistan.org

The cost of educating a child for one year in a SEED sponsored school is PKR 45,000



Karwan-e-Hayat (KeH)

KeH is commendably working towards prevention, treatment and rehabilitation of mentally distressed people. It especially focuses on individuals who cannot afford psychiatric help. It has introduced a program where 80% of its patients get free treatment while the rest can be assured of highly subsidized rates.

Roy Montero, 55 unexpectedly developed delusions of being under the influence of black magic. The disorder turned his life upside down until he was reported to Karwan-e-Hayat by a community doctor. Once he received expert psychiatric care and rehabilitative assistance at the hospital, he was able to resume his job as an accounts manager.

To reintegrate mentally ill patients into society through quality treatment and reha-



The staff here is very caring and kind. It is because of them I have been able to resume a normal life
- Roy Montero

ilitation techniques is the very mission of Karwan-e-Hayat. It treats nearly 45,000 patients annually which all started from a rather humble beginning in 1983 with a small OPD clinic in Punjab Colony, Karachi. KeH now offers treatment from 3 centers based on its Psych-Rehabilitation Program with contributions from a team of qualified psychiatrists, psychologists, occupational therapists, counselors, social mobilizers and community workers.

i-Care Foundation has contributed Rs 15 million to Karwan-e-Hayat which has benefited 21,977 patients to date. KeH has identified the need to build another satellite clinic in North Karachi which will be able to treat 12000 patients per year. Interested donors are encouraged to contact info@i-care-pakistan.org

Donate PKR 500,000 to sponsor a bed for one year with meals, medicine and treatment at any KeH Clinic



Patients Aid Foundation

PAF facilitates needy patients visiting the biggest public sector hospital in Karachi, the Jinnah Post Graduate Medical Complex. With its initiative the disadvantaged section of the society gets the same treatment as a paying patient would get. By far the most expensive of these medical treatments is the Cyber Knife Robotic Surgery and C-Arm X-ray used especially for cancer patients. PAF makes both accessible to people who cannot pay for it.

Aamir Basrai is one such patient. Obviously he was apprehensive about the hygiene and misadministration issues rife at the JPMC. However when he entered the Patient Aid Foundation funded Cyber Knife Robotic Surgery he was in for a surprise.



The doctors I met were at once humble and professional. The entire set up at the Cyber Knife facility left me spellbound
– Aamir Basrai

Aamir is but one of the thousands of disadvantaged patients treated and cared for by Patient Aid Foundation at the JPMC at no cost at all. I-Care is a proud sponsor of facilities such as the Cyber Knife Robotic Surgery and the C-Arm X-ray. It has also contributed to the uplift of the Accidents and Emergency Unit. In all i-Care's direct donations to Patients Aid Foundation stand at Rs 6.7 million and it has plans to sponsor treatment of at least 1000 patients at the Cyber Knife facility. Help is also needed for a PET-Scan unit, which will be the first free of cost facility in the country. This will be a part of the under construction surgical complex, the largest surgical & OPD facility in Pakistan, with 600 beds and 18 operating theatres. For further information please contact info@i-care-pakistan.org

Donate PKR 500,000 for a complete Cyber Knife treatment and post-surgery care of a cancer patient



Bait-ul-Sukoon

Since 1999, Bait-ul-Sukoon Cancer Hospital and Hospice aspires to provide quality cancer treatment to the poor. It is now a fully equipped 50-bedded hospital imparting the very best in diagnostic facilities like chemotherapy, radiotherapy, biopsies, lumpectomies, mammography and other oncological surgeries. all with a complete range of cancer treatment drugs free of charge.

Rabia Khatoon is a cancer patient under treatment at Bait-ul-Sukoon. She had spent a lifetime's saving on chemotherapy at various hospitals before coming here. She is one of the 12,900 patients treated at the hospital with 2,226 surgeries being conduct-



I received much better treatment here along with an exceptionally soothing environment. Doctors and nurses work round the clock tending patients free of cost
– Rabia hatoon

ed. The facility is supported by a team of renowned Oncologists, General Surgeons, Breast surgeons, ENT/Oro-facial Surgeons, Orthopaedic Surgeons, Physicians, Psychologists and dedicated workers and volunteers to help the patients fight the disease with strength and dignity.

i-Care Foundation has sponsored a bed for Rs 1.5 million along with a further donation Rs 0.5 million. Bait-ul-Sakoon aspires to become one of the best institutions to treat cancer patients and for that it needs support and donations. For further details contact info@i-care-pakistan.org

The cost of treating a cancer patient at Bait-ul-Sukoon is PKR 700,000 while a bed can be sponsored for Rs 1.5 million a year

Support i-Care approved charities of your choice and fulfill your philanthropic goals!

• AAS Trust	• Health Oriented Preventive Education (HOPE)
• Acumen Fund	• Human Empowerment and Welfare Trust (HEWT)
• Achievement Plus Trust (APT)	• Institute of Business Administration (IBA)
• Afzaal Memorial Thalassemia Foundation (AMTF)	• Karwan-e-Hayat (KeH)
• Aga Khan Planning and Building Services (AKPBS)	• KASHF Foundation
• Aga Khan University Hospital (AKUH)	• Kiran Foundation
• Aga Khan University Patients Behbud Society	• Kohatians Foundation
• Al Mehrab Tibi Imdad	• Layton Rahmatulla Benevolent Trust (LRBT)
• Al Murtaza Educational Services & Welfare Organization	• Mahvash& Jahangir Siddiqui Foundation
• Ali Hasan Mangi Trust	• Marie Adelaide Leprosy Centre (MALC)
• Al Umeed Rehabilitation Association (AURA)	• MIT Enterprise Forum of Pakistan (MITEFP)
• Aman Foundation	• Murshid Hospital
• Aman Health Care Services	• Pakistan Association of the Deaf (PAD)
• Aman Tech	• Pakistan Human Development Fund (PHDF)
• Arthritis Care Foundation (ACF)	• PANAHA Shelter homes
• Bait-ul-Sukoon Cancer Hospital	• Patients' Aid Foundation, Jinnah Hospital
• Brigadier Sahib Dad Khan Welfare Trust	• Poor Patients Aid Society, Civil Hospital
• Cadet College Hasan Abdal Endowment Fund Trust	• Professional Education Foundation (PEF)
• Centre for Development of Social Services (CDSS)	• Rashid Memorial Welfare Organization (RMWO)
• Child Aid Association (CAA)	• Sargodhian Spirit Trust (SST)
• Charity Support Trust (CST)	• Shaukat Khanum Memorial Trust (SKMT)
• Child Life Foundation (CLF)	• Social Education Environmental Development (SEED)
• Children Cancer Hospital (CCH)	• Sindh Institute of Urology and Transplantation (SIUT)
• Citizen Education Development Foundation (CEDF)	• SOS Children's Village (SOS)
• Dar-ul-Sukun	• Special Olympics Pakistan (SOP)
• Dawood Global Foundation	• The Cancer Foundation
• Family Education Services Foundation (FESF)	• The Citizen's Foundation (TCF)
• Fatimid Foundation	• The Kidney Centre
• Green Crescent Trust	• War against Rape (WAR)
• Health and Nutrition Development Society (HANDS)	• Women Empowerment Programme (WEP)

Information regarding Donations:

For Donors in Pakistan:

For Zakat: Write a check in favour of “**The i-Care Foundation**” and deposit it at any branch of Habib Metro Bank **A/C # 20301-101654-90**.

For other donations: Write a check in favour of “**The i-Care Foundation**” and deposit it at any branch of Standard Chartered Bank **A/C # 08-5596920-01**

It is requested that donors should fill the “Donor Advisory Form” by visiting the following link:

<http://i-Care-pakistan.org/donation?general-donation=1>

or send us their advice on info@i-Care-pakistan.org

The i-Care Foundation

F-192/1, Park Lane, Block 5, Clifton, Karachi
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Tel: (92) 213-583-2041-2

Email: info@i-care-pakistan.org

Website: www.i-care-pakistan.org

For Donors in the US & other countries:

Via check: Write a check in favour of “**The i-Care Fund America**”

Indicate the charity to which you want to make a donation in the field ‘for’ at the bottom of the check.

Deposit it in the nearest branch of Bank of America (**Account Number: 4636612240**) or send us your cheque to The i-Care Fund America Inc., 139 Charles Street, Suite # 348, Boston, MA 02114, USA

It is required for donors to fill the “Donor Advisory Form” by visiting the following link:

<http://www.i-Care-america.org/donation-2/?general-donation=1>

Through remittance :

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