

OCTOBER - DECEMBER 2025 EDITION

LCF PAKISTAN



QUARTERLY NEWSLETTER



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LCF – DEPD REHABILITATION CENTERS

The Life Changing Foundation (LCF) is committed to diversity and inclusion within its workforce, and encourages all candidates, irrespective of gender, nationality, religious and ethnic backgrounds, including persons living with disabilities or any limitation, to apply to become a part of the organization.

About Us



LCF, in collaboration with the Department of Empowerment of Persons with Disabilities (DEPD), established the Gambat on December 2023, and LCF DEPD Rehabilitation Centre on Hingorja on December 2024.

These center aims to provide comprehensive rehabilitation services to children with various disabilities in Northern Sindh, Pakistan.

With a focus on physiotherapy, occupational therapy, speech therapy, and early childhood education, the center endeavors to enhance the quality of life for these children and empower them to lead fulfilling lives.



Registrations & Compliances

LCF Pakistan, is a registered not-for-profit organization under the Societies Act 1860-XXI (Reg. No. SK/2006 of 2018-19), holding valid certifications in Federal Board of Revenue (FBR), Sindh Revenue Board (SRB), Sindh Persons With Disabilities Protection Authority (SPDPA), Pakistan Center for Philanthropist (PCP), Sindh Technical Educational & Vocational Authority (STEVTA), Trade Testing Board (TTB), and Shariah Compliance.



HEAD OFFICE KARACHI

Bungalow No.8, Karachi Bar Co-operative Housing Society Sector 24-A KDA Scheme 33, Karachi.



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Figure 1: Neuro-diverse child attending therapy service at LCF-DEPD Centre Hingorja

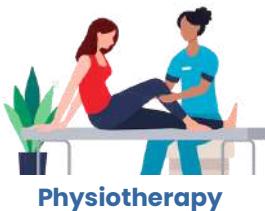
Our Mission

The mission of the Gambat / Hingorja LCF DEPD Rehabilitation Centers are offering holistic rehabilitation services to children with disabilities, ensuring their physical, cognitive, and emotional well-being. Through specialized therapies and educational interventions, the center seeks to maximize the potential of each child and promote their inclusion in society.



Figure 2: Neuro-diverse child attending therapy service at LCF-DEPD Centre Gambat

Services we Offer



Physiotherapy



Speech Therapy



Occupational Therapy



Behavioural Therapy



Audio Logical Service



Assistive Devices



Disability Certificates



Psychological Assessment

IMPACT WE CREATED



One Window Solution Camp

LCF organizes One Window Solution Camps for the development of Disability Certificates and Special Computerized National Identity Cards (SCNICs) of Persons with Disabilities.



Since its establishment, the Gambat / Hingorja LCF DEPD Rehabilitation Center Gambat / Hingorja has made a significant impact on the lives of children with disabilities in Northern Sindh.

Although we have recently established but within this limited time of period total 588 children with different disabilities have been registered and CWDs are getting regular services at facility, through targeted interventions and ongoing support, many children have experienced slight improvements in their physical abilities, communication skills, and overall independence.

Moreover, the center's efforts have contributed to raising awareness about disability rights and promoting inclusive practices within the community.

Provision of Assistive Devices

LCF in Collaboration with DEPD provides the assistive devices including Wheelchairs, Tricycles, Walkers, Hearing Aids, Crunches, and as per need of PWDs.



IMPACT WE CREATED



depd Department of Empowerment of Persons with Disabilities



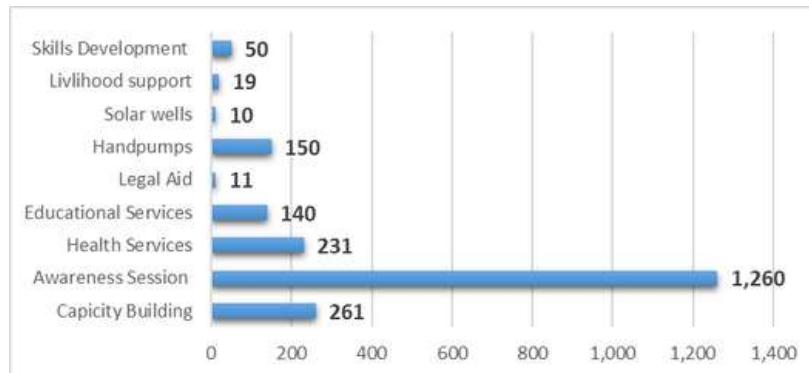
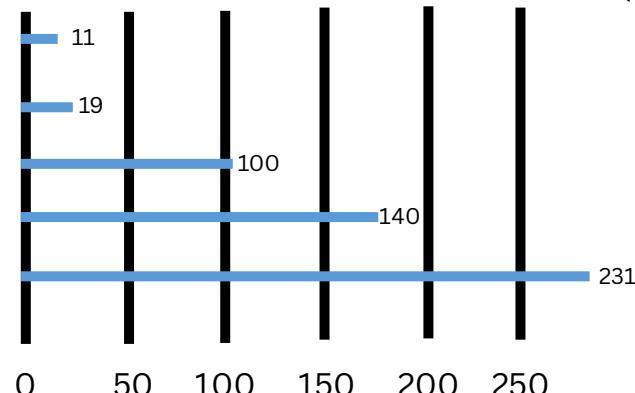
Skill Development (Women With Disabilities)

Livlihood Support

Rashan Distribution

Educational Services

Health Services



18,900



Ramadan Drive (Food & Nutrition)

IMPACT WE CREATED



depd Department of Empowerment of Persons with Disabilities



M. Yaseen – From Pain to Play

At just 6 years old, M. Yaseen struggled with severe leg pain that limited his ability to walk and play. Through consistent physiotherapy and unwavering determination, he completed 42 sessions and gradually regained pain-free movement. Today, Yaseen is back on his feet—running, playing, and enjoying childhood with confidence and joy.



Noor Mustafa – Steps Toward Hope

When Noor Mustafa arrived at LCF, he was unable to stand or walk, even with support. After 73 dedicated therapy sessions focused on strength, balance, and coordination, Noor achieved remarkable progress. He can now stand and walk with support—a powerful milestone that reflects resilience, expert care, and hope restored.

Rimsha – Walking with Confidence

Born with inverted feet and balance challenges, 3-year-old Rimsha found it difficult to walk confidently. With early intervention and 24 tailored physiotherapy sessions at LCF-DEPD Rehabilitation Center, her alignment, balance, and coordination steadily improved.

Today, Rimsha walks independently and confidently—steady steps toward a brighter future.



Tamseela – A Journey to Independence

Eight-year-old Tamseela came to LCF unable to walk and struggling to stand for long periods. Through a focused physiotherapy program of 18 sessions, she built strength, balance, and endurance.

By the end of her treatment, Tamseela achieved independent walking—reclaiming her mobility, confidence, and independence.



“

At Life Changing Foundation (LCF), we believe every ability deserves opportunity and every life deserves the chance to rise.

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LEADERSHIP ENGAGEMENT FOR COMMUNITY IMPACT AND COLLABORATION

On 13 December 2025, LCF Pakistan was honored to host distinguished leaders and community representatives whose presence reaffirmed a shared commitment to positive social change and sustainable community development.

The visit was led by Senator Syed Kazim Ali Shah Lakyari, Chief Patron of Lakyari Welfare Trust (Regd.), alongside Syed Sada Hussain Shah Kazmi, Asif Ali Soomro, Ghulam Mujtaba Haryah, and Rais Sabir Ali Sandheelo.



Together positive change begins

The engagement provided an opportunity for meaningful dialogue around community needs, collaborative approaches, and long-term development initiatives. Discussions focused on strengthening partnerships, aligning humanitarian efforts, and exploring practical pathways to expand outreach and impact across vulnerable communities.



INTERNATIONAL MEDICAL CORPS VISIT TO NEURODIVERSITY REHABILITATION CENTER

On 11 December 2025, a delegation from International Medical Corps visited the Neurodiversity Rehabilitation Center operated by Life Changing Foundation (LCF) Pakistan.

During the visit, Mr. Ashfaque Soomro, Senior MHPSS at International Medical Corps, observed LCF's rehabilitation interventions and commended the organization's work in supporting neurodiverse individuals through structured, inclusive, and rights-based services.

STRENGTHENING PARTNERSHIPS FOR INCLUSIVE REHABILITATION

A coordination meeting was held alongside the visit, during which representatives from both organizations identified shared areas of humanitarian and psychosocial support work and discussed opportunities for future collaboration.

The COO of LCF Pakistan Dr. Manthar Ali reaffirmed LCF's commitment and assured full cooperation with International Medical Corps in forthcoming humanitarian initiatives aimed at strengthening community-based rehabilitation and mental health support services.



Visit of Program Manager – Muslim Charity to LCF Pakistan

On 9 December 2025, Life Changing Foundation (LCF) Pakistan welcomed Mr. Azhar Hussain, Program Manager at Muslim Charity, to the LCF Head Office in Karachi and the Neuro-Diversity Rehabilitation Center (NRC).

The visit provided an opportunity to present LCF's ongoing humanitarian and rehabilitation programs, highlight service delivery models, and share the organization's impact-driven approach in supporting marginalized and vulnerable communities.

LCF Pakistan expresses its sincere appreciation for Mr. Hussain's valuable time, constructive observations, and insightful guidance. His engagement reinforced LCF's commitment to strengthening humanitarian, educational, and rehabilitation initiatives and marked a positive step toward future collaboration and enhanced service delivery.



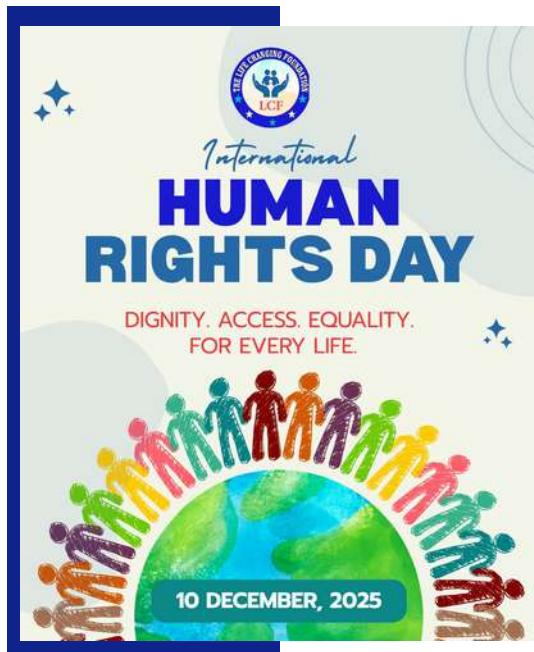


On 10 December 2025, Life Changing Foundation (LCF) Pakistan participated in the Provincial/National Consultation Meeting organized by the Community Based Inclusive Development Network (CBIDN) Pakistan, in collaboration with national and international partners. The consultation focused on the "Alternative Report on the Status of Rights of Persons with Disabilities in Pakistan", which will be submitted to the UN Committee on the Rights of Persons with Disabilities (CRPD).

LCF Pakistan's participation reflects its continued commitment to amplifying the voices of persons with disabilities and contributing to rights-based advocacy across Inclusive Education, Inclusive Climate Action, and Inclusive Employability.



● INTERNATIONAL HUMAN RIGHTS DAY 2025 – LCF PAKISTAN REAFFIRMS ITS COMMITMENT



On 10 December 2025, Life Changing Foundation (LCF) Pakistan marked International Human Rights Day by reaffirming its belief that human rights are inherent, universal, and non-negotiable. LCF continues to advocate for dignity, access, and equal opportunity for all individuals, regardless of ability, background, or circumstance.

Through its work in healthcare, rehabilitation, inclusion, and empowerment, LCF Pakistan remains committed to building a society where rights are protected and lives are transformed. On this occasion, the organization reiterated its resolve to advance a future where no one is left behind and human rights are upheld for every member of society.

CELEBRATING SINDHI CULTURAL DAY WITH INCLUSION

On 7 December 2025, Life Changing Foundation (LCF) Pakistan celebrated Sindhi Cultural Day through inclusive activities for children with special needs at the LCF-DEPD Rehabilitation Center, Hingorja Town.

The celebration aimed to promote Sindhi culture in an inclusive manner while reinforcing the values of equality, participation, and equal opportunities for all children, regardless of ability.



BAHRIA UNIVERSITY KARACHI STUDENTS VISIT LCF PAKISTAN

On 4 December 2025, students of Management Sciences from Bahria University Karachi visited the LCF Head Office and the Neuro-Diversity Rehabilitation Center, Karachi, where they received an organizational orientation from the Chief Operating Officer, LCF Pakistan.

LCF appreciated the support of Ms. Noreen Norroze and the faculty of Management Sciences, while the visiting delegation actively participated in various activities and expressed strong interest in future collaboration and volunteer engagement with LCF.





CONSULTATIVE WORKSHOP ON GENDER-SENSITIVE DISABILITY LEGISLATION

On 4 December 2025, Life Changing Foundation (LCF) Pakistan participated in the Consultative Workshop on the "Analysis of Gender-Sensitive Legislative and Implementation Gaps in the Sindh Disability Empowerment Act, 2018," organized by Bedari, Disabled Welfare Association (DWA), and CBM Pakistan at the Pakistan Independent Living Center (PILC).

The workshop brought together key stakeholders to review gender-responsive gaps in disability legislation, related rules and procedures, and their alignment with international commitments such as UNCRPD and CEDAW, with LCF contributing insights toward strengthening inclusive, rights-based legislation and promoting empowerment and independent living for persons with disabilities across Sindh.

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES – LCF AT DAR-UL-SUKUN EVENT

On 4 December 2025, on the occasion of the International Day of Persons with Disabilities, the Chief Executive Officer of Life Changing Foundation (LCF) engaged with the Chief Executive Officer of Dar-ul-Sukun during an event held at the Marriott Hotel, Karachi.

Organized by Dar-ul-Sukun, the gathering underscored a shared commitment to dignity, inclusion, and expanded opportunities for persons with disabilities, reflecting LCF's continued advocacy for inclusive and rights-based development.



On 3 December 2025, Life Changing Foundation (LCF) Pakistan was honored to welcome Mr. Tuaha Ahmed Farooqi, Secretary, Department of Empowerment of Persons with Disabilities (DEPD), during an International Day of Persons with Disabilities (IDPD) event.

The engagement reaffirmed LCF's commitment to advancing disability rights and promoting a barrier-free, inclusive society where every individual, regardless of ability, can thrive and contribute meaningfully.

IDPD 2025 – VISIT OF SECRETARY MR. TUAHA AHMED FAROOQI, DEPD TO LCF



LCF PARTICIPATION IN INTERNATIONAL DAY OF PERSONS WITH DISABILITIES 2025

On 27 November 2025, Life Changing Foundation (LCF) Pakistan, led by Chief Executive Officer Mr. Muhammad Ali, participated in the International Day of Persons with Disabilities (IDPWD) 2025 celebration held at Avari Towers, Karachi, organized by the Marie Adelaide Leprosy Centre (MALC) in collaboration with the Department of Empowerment of Persons with Disabilities (DEPD), Government of Sindh.

During the ceremony, Mr. Muhammad Ali received a token of appreciation from Mr. Ashley D'Souza, Senior Manager HR & Admin at MALC, recognizing LCF's continued contributions toward inclusion and empowerment, with the event attended by special children, families, government officials, civil society organizations, and media representatives.



LCF PARTICIPATION IN NDMA'S INCLUSIVE DISASTER RISK MANAGEMENT INITIATIVES

On 28 November 2025, Dr. Manthar Ali represented Life Changing Foundation (LCF) Pakistan at the launch of Inclusive Disaster Risk Management (DRM) Initiatives by the National Disaster Management Authority (NDMA) at its headquarters.

The event brought together government officials, development partners, humanitarian organisations, and civil society to reaffirm Pakistan's commitment to people-centred and accessible resilience.

Developed through national consultations by NDMA's Gender & Community Cell (GCC), the initiatives address the needs of women, children, older persons, persons with disabilities, transgender persons, and economically marginalized communities, in alignment with national policies, the Sendai Framework, and the Sustainable Development Goals (SDGs).



TECHNICAL REVIEW OF AUDIOLOGICAL SERVICES AT LCF DEPD REHABILITATION CENTER

On 27 November 2025, Dr. Junaid Maheesar, Assistant Professor and Head of the Department of ENT at GIMS Hospital, Gambat, visited the LCF-DEPD Audiological Services at the LCF-DEPD Rehabilitation Center (Syed Irshad Ahmed Shah Memorial Hospital), Hingorja, to review BERA and PTA testing facilities and rehabilitation services for Children with Disabilities (CWDs).

During the visit, Dr. Abid Bhatti provided a detailed briefing, and a comprehensive assessment of audiological procedures, diagnostic protocols, and service quality was conducted, reinforcing LCF Pakistan's commitment in collaboration with DEPD to delivering free, evidence-based, and high-quality rehabilitation services for children with hearing and developmental challenges.

RESCUE 1122 VISIT TO LCF-DEPD REHABILITATION CENTER, HINGORJA



On 22 November 2025, a delegation from Sindh Emergency Services – Rescue 1122, including Ms. Nirma Batool Memon (Station Incharge, Hingorja) and Mr. Nouman Malik (Staff Nurse), conducted an official visit to the LCF-DEPD Rehabilitation Center, Hingorja.

A productive coordination meeting was held with Team LCF, represented by Mr. Ayaz Ali Sahito and Mr. Abbas Raza, focusing on strengthening emergency response coordination, improving service delivery, and enhancing community welfare through collaborative efforts between LCF Pakistan and Rescue 1122.

LCF AND ALHAMD SHARIAH ADVISORY SERVICES JOIN HANDS FOR COMMUNITY EMPOWERMENT

On 10 November 2025, Life Changing Foundation (LCF) Pakistan formalized a collaborative partnership with Alhamd Shariah Advisory Services, reinforcing a shared vision of community empowerment and sustainable transformation.

The collaboration reflects a mutual commitment to driving positive social change by strengthening inclusive development initiatives and creating long-term impact for underserved communities.

LCF AND PLUS PAKISTAN SIGN MOU TO STRENGTHEN LEGAL SUPPORT FOR COMMUNITIES

On 3 November 2025, Life Changing Foundation (LCF) Pakistan signed a Memorandum of Understanding (MoU) with Pakistan Legal United Society (PLUS Pakistan), marking an important step toward promoting justice, empowerment, and sustainable change.

Under the agreement, PLUS Pakistan will provide legal assistance to LCF as required, while both organisations will work collaboratively to facilitate access to legal support and create enabling pathways for vulnerable and marginalised individuals.



VISIT OF MDF REPRESENTATIVES TO LCF-DEPD REHABILITATION CENTER, HINGORJA

On 28 October 2025, Life Changing Foundation (LCF) Pakistan welcomed Mr. Irshad Ali Brohi, Project Officer, and Mr. Zulqarnain Lashari, Mobilization Officer, from the Management Development Foundation (MDF) to the LCF Rehabilitation and Vocational Center, Hingorja.

During the visit, Mr. Brohi appreciated LCF's impactful work in rehabilitation and vocational empowerment and expressed interest in future collaboration to strengthen vocational initiatives and expand opportunities for persons with disabilities.



MEDICAL SUPERINTENDENT, RHC HINGORJA, VISITS LCF-DEPD REHABILITATION CENTER

On 25 October 2025, Life Changing Foundation (LCF) Pakistan was honored to welcome Dr. Abdul Sattar Memon, Medical Superintendent, RHC Hingorja, to the LCF-DEPD Rehabilitation Center, Hingorja.

A productive discussion was held on potential collaboration to further strengthen rehabilitation and empowerment services for Children with Disabilities (CWDs), reinforcing a shared commitment to inclusive healthcare and community support.



LCF DISTRIBUTES WHEELCHAIRS TO PROMOTE MOBILITY AND DIGNITY

On 17 October 2025, Life Changing Foundation (LCF) Pakistan organized a wheelchair distribution ceremony in Hingorja, where over 130 wheelchairs were provided to persons with disabilities from surrounding villages and towns.

The event was graced by Mr. Abdul Qudoos Memon, Regional Director DEPD Sukkur, and Mr. Fayyaz Hussain Rahajo, Deputy Commissioner Khairpur, whose presence and remarks reinforced a shared commitment to dignity, inclusion, and equal opportunities for persons with disabilities.



WORLD MENTAL HEALTH DAY 2025 – AWARENESS SEMINAR IN GAMBAT

On 11 October 2025, in observance of World Mental Health Day, LCF Gambat organized an awareness seminar themed “Access to Services During Catastrophes and Emergencies.”

The session highlighted the importance of accessible and community-based mental health support during crises, encouraging participants to recognize mental well-being as a critical component of humanitarian response and community resilience.

