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LCF PAKISTAN



QUARTERLY NEWSLETTER

Head Office Karachi
Bungalow No.8, Karachi bar Co-
operative Housing Society sector
24-A KDA Scheme 33, Karachi

Regional Office Sukkur
Plot No: 1294 Aryan Guest
House, Main National Highway
(N-5 Bypass) Gambat, Sindh

f LCF Pakistan
globe www.lcf.org.pk
envelope info@lcf.org.pk
phone +92-300-0110575

EXECUTIVE SUMMARY

LCF is a registered, PCP-certified, FBR tax-exempt NGO with an operational presence across 8 districts of Sindh. The organisation has established rehabilitation centres in collaboration with the Department of Empowerment of Persons with Disabilities (DEPD), currently serving 588 registered children. Its track record includes delivering 18,900 Iftar meals, distributing 207 assistive devices, treating 202 patients through medical outreach, and facilitating 752 disability certificates - all within the most recent programme cycle. This proposal requests PKR 4,284,000 from Meezan Bank Limited to deliver scalable, dignified, and Shariah-compliant community impact.



About LCF Pakistan

The Life Changing Foundation (LCF) Pakistan is a non-profit, non-political, and non-governmental organisation committed to improving the lives of underprivileged and marginalised communities across Sindh, with a strong focus on Persons with Disabilities (PWDs) and Children with Disabilities (CWDs). Established by a group of young professionals driven by a shared vision for social justice and inclusive development, LCF works to address structural inequalities and enable equitable access to essential services.



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

Registrations & Compliances

LCF is registered under the Societies Act XXI of 1860 (Registration No. SK/2006 of 2018-19) and is recognised by the Federal Board of Revenue (FBR), Sindh Revenue Board (SRB), Sindh Charity Commission (SCC), Sindh Persons with Disabilities Protection Authority (SPDPA), Sindh Technical Education and Vocational Training Authority (STEVTA), Trade Testing Board (TTB), and the Pakistan Centre for Philanthropy (PCP). LCF's Zakat mechanism is formally supervised by Alhamd Shariah Advisory Services (Pvt.) Limited, ensuring full Shariah compliance.



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

Services we Offer



Physiotherapy

Speech Therapy



Occupational Therapy

Behavioural Therapy



Assistive Devices



Disability Certificates

Psychological Assessment



Audio Logical Service

IMPACT WE CREATED

1. Inclusive Beginnings: Celebrating Diversity and Empowerment

On 26 December 2025, Life Changing Foundation (LCF) successfully organized an Assistive Device Distribution Event in collaboration with Habib Bank Limited (HBL), marking a significant step toward promoting inclusion, independence, and dignity for persons with disabilities. The initiative reaffirmed LCF's commitment to empowering differently-abled individuals by enabling greater mobility, access, and confidence in their daily lives.

During the event, essential assistive devices—including tricycles, wheelchairs, hearing aids, and CP chairs—were distributed to beneficiaries, helping remove physical barriers and enhance functional independence. Each device represented not just support, but an opportunity for improved participation in education, work, and community life. The event highlighted LCF's belief that access to assistive devices is a fundamental right, not charity.

LCF was deeply honored by the presence of distinguished guests whose support strengthened the impact of the initiative, including Senator Syed Kazim Ali Shah Sahib, Mr. Zaki Ahmed Sheikh (Manager M&E, HBL), Regional Director DEPD Syed Muhram Ali Shah Lakyari, and Additional Deputy Commissioner Mr. Shah Rukh Manghar.

Their encouragement and collaboration reinforced a shared vision of building an inclusive society where no one is left behind. Through collective action and strong partnerships, LCF continues to change lives one step at a time.

Assistive Device Distribution Event 2025



IMPACT WE CREATED

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.



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.



Provision of Assistive Devices

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



IMPACT WE CREATED

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.**



LCF SKILLS DEVELOPMENT CENTER HINGORJA

Sewing Machine Distribution Ceremony

By Senator

SYED KAZIM ALI SHAH LAKYARI



1. Inclusive Beginnings: Celebrating Diversity and Empowerment

On 2 January 2026, Life Changing Foundation (LCF) Pakistan celebrated the New Year 2026 alongside Christmas at its Head Office in Karachi, embracing the values of inclusion, diversity, and unity. The celebration brought together team members from different backgrounds, including Christian colleagues, reinforcing LCF's commitment to respect, harmony, and equal opportunities for all.



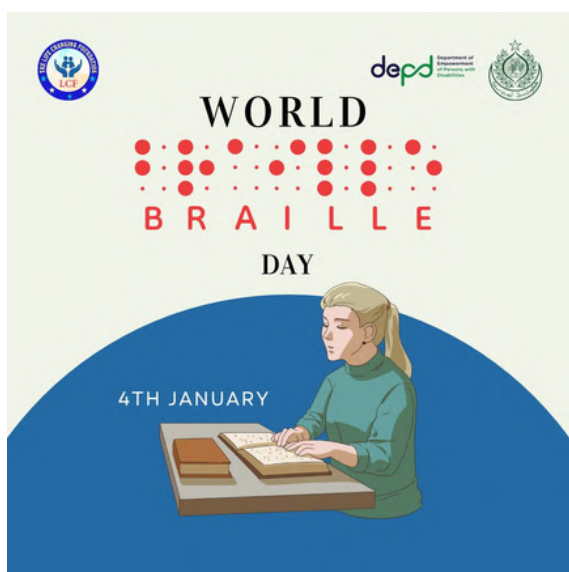
2. Empowering Women Through Skills and Livelihood Support

On 3 January 2026, a Sewing Machine Distribution Ceremony was held at the LCF Skills Development Center, Hingorja, where Senator Pir Syed Kazim Ali Shah Lakyari distributed 15 sewing machines to deserving women. This initiative aimed to promote financial independence and sustainable livelihoods, enabling women to build income-generating skills and strengthen their role within their communities.



3. World Braille Day – Promoting Accessibility and Inclusion

On 4 January 2026, LCF Pakistan marked World Braille Day, highlighting the importance of accessible communication, literacy, and inclusion for persons with visual impairments. The day served as a reminder of the power of inclusive systems that enable individuals to learn, communicate, and thrive with dignity.



4. Health & Hygiene Awareness for Community Well-being

On 9 January 2026, an awareness session on health and hygiene was conducted in Village Khanwan, District Khairpur Mir's, in collaboration with Muslim Charity. The session emphasized the importance of safe drinking water, prevention of waterborne diseases, and promotion of healthy practices, contributing to improved physical and mental well-being of community members.



5. Advancing Clinical Excellence in Rehabilitation Services



On 14 January 2026, LCF-DEPD Rehabilitation Center, Hingorja, hosted Professor Aqeel Ahmed from the Department of Audiology & Speech Language Pathology, University of Karachi. The visit included advanced BERA and PTA assessments for persons with disabilities, strengthening evidence-based diagnostics and enhancing the quality of inclusive rehabilitation services.





6. STRENGTHENING PARTNERSHIPS FOR INCLUSIVE DEVELOPMENT

On 16 January 2026, the team from Karachi Down Syndrome Program (KDSP), led by Dr. Muzna, visited Life Changing Foundation (LCF) Pakistan to explore avenues for collaboration in disability advocacy, inclusive education, and healthcare outreach. The engagement aimed to support the mainstreaming of children with disabilities, reflecting a shared commitment to inclusive and impactful interventions.



7. Advancing Early Diagnosis and Intervention for Children with Down Syndrome



On 20 January 2026, a Screening and Diagnosis Camp for children with Down syndrome was organized in Sukkur by KDSP in collaboration with the Department of Empowerment of Persons with Disabilities (DEPD), with technical support from LCF Pakistan.

The initiative focused on early identification and intervention, while also strengthening partnerships to enhance services for differently-abled children. The organizers appreciated LCF's free rehabilitation and audiological services, recognizing their positive impact on the community.





8. STRATEGIC DIALOGUE ON SKILLS DEVELOPMENT AND COMMUNITY EMPOWERMENT

On 22 January 2026, LCF Pakistan held a productive meeting in Karachi with Mr. Fayyaz Hussain Rahujo, Director BBSHRDB, to discuss sustainable skills development initiatives. The Chief Operating Officer, Mr. Manthar Ali, presented LCF’s ongoing work in rural areas, highlighting challenges and opportunities, with discussions focusing on integrating modern, technology-driven solutions to build scalable and future-ready skill ecosystems across Sindh.



9. Strengthening Rehabilitation and Livelihood Services

On 24 January 2026, Mr. Bilal Uddin Pirzada, Assistant Director, Pakistan Bait-ul-Mal (PBM), District Khairpur Mir’s, visited the LCF–DEPD Rehabilitation Center at Pir Syed Irshad Ahmed Shah Lakyari Memorial Hospital. During the visit, he appreciated LCF’s free rehabilitation services, audiological assessments (BERA & PTA), and women’s skill development initiatives, acknowledging their role in promoting self-reliance, inclusion, and improved quality of life.



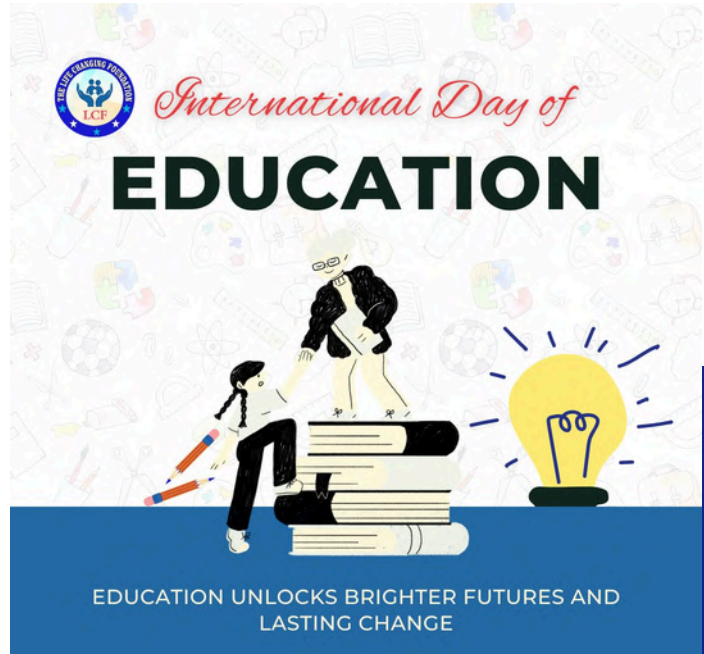
10. International Education Day – Promoting Learning for a Better Future

On 24 January 2026, LCF Pakistan marked International Education Day, reinforcing the importance of education as a foundation for opportunity, empowerment, and national progress.

The occasion highlighted LCF's commitment to expanding access to inclusive and quality education for all.

11. Building Collaborative Solutions for Climate-Affected Communities

On 27 January 2026, the Chief Executive Officer of LCF Pakistan hosted Mr. Aatif Ali, Provincial Coordinator, CPDI Pakistan, and Mr. Altaf Hussain Khoso, CEO, Pakistan Legal United Society (PLUS), at the LCF Head Office, Karachi. The meeting focused on exploring collaborative interventions to address challenges in drought-affected regions of Sindh, with discussions centered on sustainable development, community resilience, and impactful partnerships. Both leaders appreciated LCF's ongoing work and expressed strong interest in future collaboration.



12. OBSERVING KASHMIR DAY – A MESSAGE OF SOLIDARITY

On 5 February 2026, Life Changing Foundation (LCF) Pakistan observed Kashmir Day, expressing solidarity with the people of Kashmir and reaffirming the importance of justice, dignity, and the right to self-determination.



13. COMMITMENT TO INCLUSIVE AND EMPOWERED COMMUNITIES

On 15 February 2026, LCF Pakistan reaffirmed its commitment to building an inclusive and empowered society through structured humanitarian interventions focused on disability inclusion, women empowerment, and community support.

14. DRIVING IMPACT THROUGH STRUCTURED ACTION

On 17 February 2026, LCF Pakistan highlighted its approach to development through professional systems, measurable impact, and sustainable change. The organization continues to strengthen communities through responsible leadership and purpose-driven partnerships.

LIFE CHANGING FOUNDATION
PAKISTAN

1

LCF is committed to delivering structured, transparent, and impact-driven community development initiatives.

2

From planning to execution, every project is managed with accountability, measurable outcomes, and long-term sustainability in mind.

3

We believe real change is built through systems, leadership, and responsible partnerships — not noise.

4

If you value professionalism, clarity, and measurable impact, LCF is building platforms where meaningful collaboration turns vision into results.

5

Support
Collaborate
Contribute to Sustainable Impact

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15. Welcoming the Spirit of Ramzan

On 18 February 2026, LCF Pakistan shared its Ramadan message, extending wishes of blessings, compassion, and generosity. The occasion emphasized the importance of kindness, community support, and collective responsibility during the sacred month.





ADVANCING SUSTAINABLE COMMUNITY DEVELOPMENT

INCLUSIVE EDUCATION PROGRAMS

Ensuring equitable access to quality learning for underserved children and youth.



LIVELIHOOD & SKILL DEVELOPMENT

Providing market-oriented skills to promote economic independence.

DISABILITY INCLUSION INITIATIVES

Advocating equal opportunities and accessible participation for persons with disabilities.



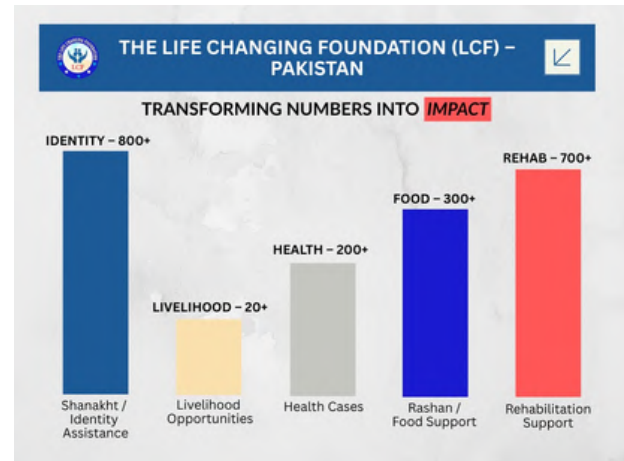
COMMUNITY EMPOWERMENT PROJECTS

Strengthening local communities through structured and sustainable interventions.

LCF PAKISTAN | FOCUSED. IMPACT-DRIVEN. COMMITTED TO POSITIVE CHANGE.

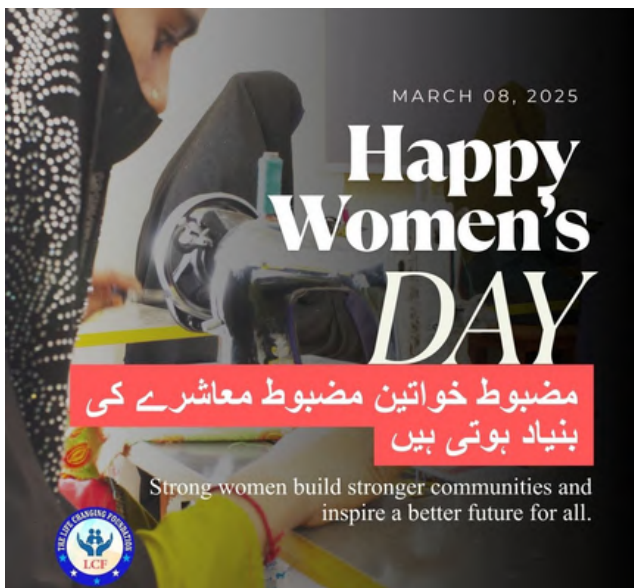
16. ADVANCING IMPACT THROUGH STRUCTURED SOLUTIONS

On 4 March 2026, Life Changing Foundation (LCF) Pakistan reaffirmed its commitment to addressing urgent social challenges through focused, impact-driven initiatives designed for long-term, sustainable change, while encouraging partners to support structured and scalable solutions.



17. INTERNATIONAL WOMEN'S DAY – CELEBRATING STRENGTH AND RESILIENCE

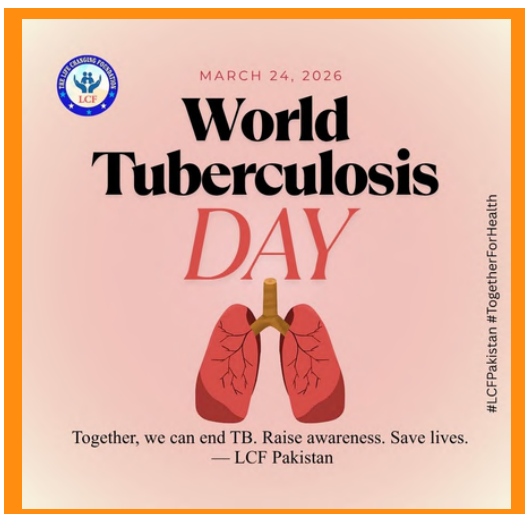
On 8 March 2026, LCF Pakistan celebrated International Women's Day, recognizing the strength, resilience, and contributions of women across communities. The occasion honored women's role in driving change and reaffirmed LCF's commitment to gender inclusion and empowerment.



18. EMPOWERING WOMEN THROUGH SKILLS DEVELOPMENT

On 10 March 2026, LCF Pakistan highlighted the impact of its Skills Development initiatives, where women are gaining practical skills that enable confidence, dignity, and sustainable livelihoods. The initiative reflects LCF's belief that small opportunities can lead to lasting transformation.





19. WORLD TUBERCULOSIS DAY – PROMOTING AWARENESS AND PREVENTION

On 24 March 2026, LCF Pakistan observed World Tuberculosis Day, raising awareness about the importance of early detection, treatment, and stigma reduction, while advocating for a healthier, TB-free future.

20. TRANSFORMING LIVES THROUGH REHABILITATION SERVICES

On 26 March 2026, LCF-DEPD Rehabilitation Center, Gambat, showcased the impact of its occupational therapy services, where children with disabilities are making meaningful progress through personalized care, fostering independence, confidence, and improved quality of life.

21. STRENGTHENING COLLABORATION FOR INCLUSIVE DEVELOPMENT

On 28 March 2026, Dr. Shaikh Tanveer Ahmed, Chairman of HANDS Welfare Foundation Pakistan, along with Mr. Raheem Marri, Head of Humanitarian & Inclusive Development, visited the Neurodiversity Rehabilitation Center (NRC), Karachi. The delegation observed ongoing programs, engaged with staff, and appreciated LCF's efforts in advancing inclusive rehabilitation and support for neurodiverse individuals, reinforcing shared commitment toward a more inclusive society.



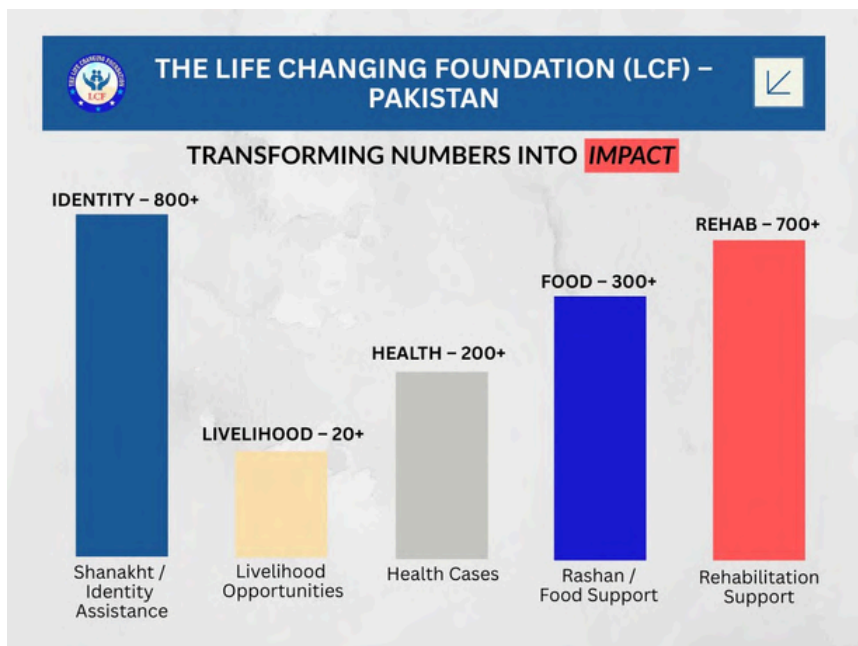
TRANSFORMING NUMBERS INTO IMPACT


At The Life Changing Foundation (LCF) Pakistan, every number represents a life touched, a family supported, and a future rebuilt.

From identity assistance (800+) and livelihood opportunities (20+) to health support (200+), food assistance (300+), and rehabilitation services (700+), our work continues to reach those who need it the most. Each milestone reflects our commitment to delivering practical, inclusive, and sustainable solutions across communities.

These are not just numbers — they represent trust, resilience, and collective compassion. Behind every figure is a story of dignity restored and hope renewed.

LCF Pakistan remains dedicated to empowering underserved individuals through inclusion, care, and long-term support systems that create meaningful and lasting change.





EVERY STEP WE TAKE
STRENGTHENS HOPE,
RESTORES DIGNITY, AND
BRINGS COMMUNITIES
CLOSER TO LASTING
CHANGE.

