

# i-Care Report 2021-2023



## TRANSFORMING PHILANTHROPY

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# WHO WE ARE



## WHO WE ARE

# VISION

The vision of i-Care is to significantly improve the quality of life of a large number of less privileged Pakistanis by funding and collaborating with organizations that can help bring about this change.

# MISSION

The mission of i-Care is to improve the quality of life of less privileged Pakistanis, by enhancing the level of philanthropic support to deserving charities and by working with them to improve their capacity to deliver more, with greater impact.

# OUR VALUES

1

**TRANSPARENCY**

2

**TRUST AND  
INTEGRITY**

3

**INNOVATION**

4

**INCLUSIVENESS**

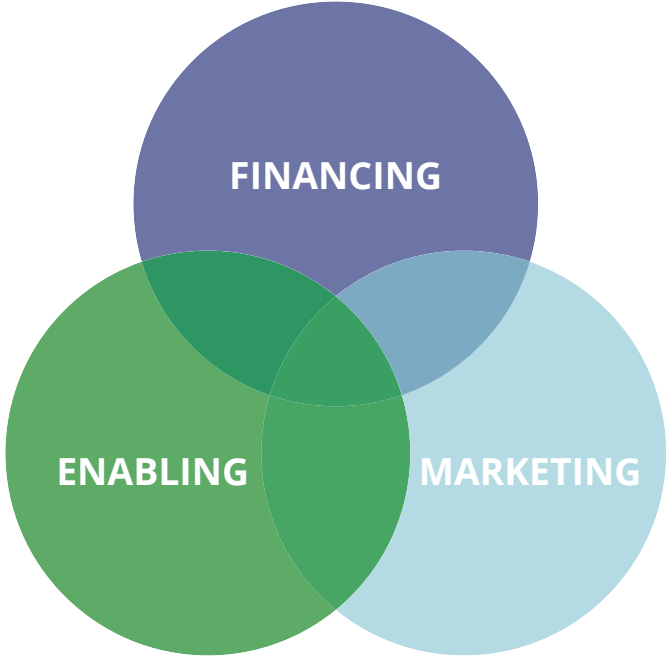
5

**COLLABORATIVE  
EFFORTS WITH  
PARTNERS**

6

**THOUGHT  
LEADERSHIP**

# OUR ROLES



## FINANCING

01

To provide a safe and hassle-free payment gateway for our donors to use.

## ENABLING

02

To provide necessary assistance to our partners to help strengthen their standing in the NPO sector.

## MARKETING

03

To showcase the impact of projects carried out by our partners to the world

# WHAT WE DO

## ENGAGE

We guide donors to high-impact areas, ensuring their contributions create significant change by connecting them with charity partners. By highlighting critical issues, we drive awareness and direct support to where it is needed most.

## EMPOWER

We provide essential aid to partners to accelerate growth and sustainability within the nonprofit sector. Our trusted platform facilitates smooth transactions and strengthens the connection between donors and impactful initiatives, empowering them to make a meaningful difference.

## ENABLE

We grant access to funding for organizations that lack resources or outreach capabilities for fundraising, fostering collaboration and transformation within the philanthropic landscape.

## WHO WE ARE



# Welcome to i-Care

## Transforming Philanthropy

At the heart of i-Care lies a compelling narrative born out of the visionary philanthropy of Mr. Farrokh Captain in 2008. Driven by a profound commitment to community welfare, he gathered like-minded individuals to address critical challenges within the nonprofit sector in Pakistan.

These visionaries recognized a pressing need to bridge the gap between charities in Pakistan and the potential overseas donors. Many deserving organizations struggled to access funding due to resource constraints and the complexity of establishing compliant fundraising channels.

Simultaneously, compassionate donors abroad were hindered in contributing to causes close to their hearts while seeking tax exemptions.

Additionally, a lack of awareness about impactful organizations and a dearth of collaboration within the sector were identified as significant hurdles.

In response, i-Care emerged as a solution. Over 16 years, the organization has grown into a dynamic force, partnering with over 100 organizations across Pakistan, ranging from Skardu to Karachi. i-Care serves as a crucial link, providing these non-profits access to funding that would otherwise remain out of reach, enabling them to expand their reach and impact communities in need.

**i-Care not only facilitates impactful giving but empowers donors to contribute to causes aligned with their interests, offering US donors tax benefits. This dual-purpose approach has attracted philanthropists and cultivated a network of compassionate individuals committed to making a difference.**

## WHO WE ARE

Though Mr. Farrokh Captain has passed away, his legacy lives on through i-Care's dedicated trustees, respected individuals in the community who continue to guide the organization towards amplifying its impact. i-Care's commitment to fostering collaboration, providing thought leadership, and creating avenues for meaningful philanthropy remains steadfast.

**As i-Care looks towards the future, we are committed to sustaining our mission of empowering positive change. Join us in creating a lasting impact in the development sector. Every partnership and donation contribute to a brighter and more sustainable future.**



## WHO WE ARE

# OUR BOARD

## The i-Care Foundation



**Haroon Rashid**  
Chairperson

Haroon Rashid, i-Care Foundation Chairman, brings over 25 years of distinguished leadership in the energy sector, having served as former CEO of Shell Pakistan Limited. Currently spearheading innovation at Dupak Energy Pvt. Ltd, he is also deeply committed to educational advancement as sponsor and director of SundarStem School.



**Dr. Feriha Peracha**  
Vice Chairperson

Dr. Feriha Peracha, i-Care Foundation Vice Chairperson, demonstrates profound commitment to Pakistan's social sector. Leading efforts in Swat Valley's Sabaoon Project, she rehabilitates former child soldiers, striving to create safe havens for families in Northwestern Pakistan. Her dedication underscores a passionate pursuit of positive societal change.



**Aftab Saeed Raja**  
Trustee

Aftab Saeed Raja, a renowned agriculturist from Central Punjab, is also a dedicated philanthropist. He generously donated land for the LRBT, Secondary Eye Hospital in Arifwala, a 40-bed facility inaugurated in 2009 that provides comprehensive eye care services to approximately 8 million people in the surrounding districts. His contributions have significantly impacted the community by ensuring access to essential healthcare.



**Ahsan Jamil**  
Trustee

Ahsan Jamil, a vibrant social entrepreneur, and founder of Ubuntu Care, enriches our mission with his abundant expertise and deep compassion. With a distinguished history in social investment, including roles as Co-founder at Aman Foundation and Director at Ecopack Limited, Ahsan, an alumnus of Reed College, epitomizes innovation and dedication.



**Dr. Ishrat Husain**  
Trustee

Dr. Ishrat Husain, esteemed economist and policymaker, served as Advisor to the Prime Minister and Governor of Pakistan's Central Bank, pioneering significant banking reforms. With over two decades at the World Bank, he held key positions, authored prolifically, and received numerous awards for his contributions to economics and public service.

## WHO WE ARE

# OUR BOARD

## The i-Care Foundation



**Mohsin Ali Nathani**  
Trustee

Mohsin Ali Nathani, regional CEO at Habib Bank AG Zurich, brings extensive corporate banking experience across Asia and the Middle East. Formerly CEO at Standard Chartered PLC and Barclays Bank Pakistan, he excels in corporate banking and fixed income markets. Committed to philanthropy, he serves on boards of CDC, PCP, and the Kidney Centre.



**Shahzad Qasim**  
Trustee

Shahzad Qasim, Director at ENERCAP Holdings, previously served as President EMEA at The AES Corporation and Special Assistant on Power Sector to the Prime Minister of Pakistan. As a founding member of i-Care, his extensive experience in power project development and corporate governance enriches i-Care with invaluable expertise and mentorship.



**Spenta Kandawalla**  
Trustee

Spenta Kandawalla, co-founder of i-Care Foundation and Chairperson of Captain PQ Chemical Industries, has served on Boards of publicly listed companies for over 25 years, and is actively engaged in civil society initiatives. As Managing Trustee of the Captain Foundation and Trustee of LRBT, Liaquat National Hospital, and Patients' Aid Foundation at JPMC, she has made significant contributions to philanthropy in Pakistan.



**Waqar A. Malik**  
Trustee

Waqar A. Malik, a prominent corporate leader with over 40 years of diverse experience, serves on boards of publicly listed companies. Recognized for expertise in business transformation and growth strategies, he previously led ICI Pakistan Limited and Fauji Foundation, earning prestigious awards like Sitara-e-Imtiaz and Prince of Wales Medal.



**Zeelaf Munir**  
Trustee

Zeelaf Munir, CEO and Managing Director of English Biscuits Manufacturers, Pakistan's leading biscuit company, holds the position of Vice Chairperson and Board Member of the Pakistan Business Council, as well as Chairperson of the Pakistan Advertisers Society. With over 20 years of experience, her dynamic leadership and enterprising spirit drive meaningful growth and innovation in all her roles.

## WHO WE ARE

### Lawyers

Khalid Anwer & Co.

### Auditors

A.F.Ferguson & Co.  
Chartered Accountants a  
member firm of the  
PwC network

## WHO WE ARE

## CHAIRPERSON'S MESSAGE



Reflecting on a decade of the i-Care Foundation's work, we are proud of our mission as philanthropic pioneers leading efforts to uplift communities nationwide.

This report highlights our achievements over the past three years, with PKR 2.7 billion disbursed to over 100 partner charities, benefiting 3.2 million people. Since inception, we have disbursed PKR 5.2 billion to more than 160 charities, aiding over 6 million individuals.

In 2022, Pakistan faced devastating floods. Thanks to our supporters, we raised over PKR 226 million to help those affected. My deepest gratitude goes to our board members, stakeholders, donors, and supporters. Your commitment has been crucial to our success.

As we look to the future, we aspire to elevate philanthropy across the country by transcending borders and expanding our horizons. Our vision is to create a network of global philanthropy that not only sustains but amplifies the efforts of NPOs in Pakistan, ensuring they are supported and uplifted through generous donations from around the world. By fostering a spirit of global solidarity, we can amplify the impact of these organizations and bring about meaningful change in our communities.

Your support empowers us to continue making a meaningful impact in helping the people of Pakistan. I urge you to maintain your compassionate support for the Pakistani community through i-Care. Let's continue to create lasting change and foster hope for a brighter future.

With heartfelt appreciation,

Haroon Rashid  
Chairperson,  
i-Care Foundationa

## WHO WE ARE

# MESSAGE FROM OUR CEO

Rooted in its humble yet earnest beginnings, and fuelled by the passion of a vibrant community, i-Care has been following an upward trajectory for many years now. We proudly cater to the underserved community of Pakistan – a country characterized by social and territorial inequalities. Pakistan has had its fair share of misfortunes recently – Monsoon floods, Covid 19, and the perpetual threat from an impending Climate Change disaster.

It is a greater misfortune for the poor, that they are disproportionately affected by these negative changes, resulting in greater socioeconomic imbalances across the country. We take pride in the fact that i-Care always strives to play a significant role in reducing these imbalances, and we do so by judiciously disbursing donations (raised from all over the world) to over 100 nonprofit organizations (NPO) partners within our network. Our work targets critical sectors like health, education, climate change, disability and inclusion, community development and social welfare, livelihood and disaster relief.

2023 had been a remarkable year for i-Care Foundation and its steadfast partner, i-Care Fund America: we not only sustained our impact but also significantly scaled our efforts, raising over US\$5 million. This impressive achievement is a testament to the unwavering dedication and compassion of our donors, the relentless efforts of our partner NPOs, the strategic oversight of our Board, and the hard work of our staff. Managing a donor-advised fund (DAF) and nurturing a strong partner network amid ongoing development challenges and regulatory complexities is no small feat. The collaborative role played by all stakeholders is truly commendable.

But we are just getting started! What drives our team and mission going forward, is the passion to forge a sustainable path to scalability. In our quest to drive scalability for philanthropic interventions in Pakistan, we are excited to announce the expansion to Canada and the UK. Through these new chapters, donors based in these countries will be able to support the NPOs of their choice in Pakistan while benefiting from tax advantages in their respective countries. This strategic move will enable us to tap into a broader donor base, enhancing our ability to fund and support vital projects across Pakistan.

## WHO WE ARE

We're focused on maximizing philanthropic impact and ensuring sustainability. Recently, we've undergone significant institutional changes. Haroon Rashid, our new Chairman, brings extensive private sector leadership, including CEO/Chairman of Shell Pakistan, and a commitment to education for underprivileged children. Syed Hasan Ali, our new Country Director Pakistan, adds over a decade of NPO experience and a track record of organizational growth. Aligned with UN SDGs, we're dedicated to creating a sustainable future. Together, let's continue striving for excellence and making a lasting impact.

Thank you for your continued support and partnership.


With gratitude and hope,

Wasiq Ismail



# 180,000

NEWLY DIAGNOSED  
CASES OF CANCER ARE  
REPORTED IN  
PAKISTAN ANNUALLY  
WITH 110,000 CANCER-  
RELATED DEATHS.



Organizations such as Shaukat Khanum Memorial Trust, Pink Ribbon Pakistan, and The Cancer Foundation are i-Care's dedicated partners, exclusively focused on providing support and services to cancer patients and making treatment accessible.

# IMPACT





**Raised \$1.3M  
for educational  
infrastructure.**

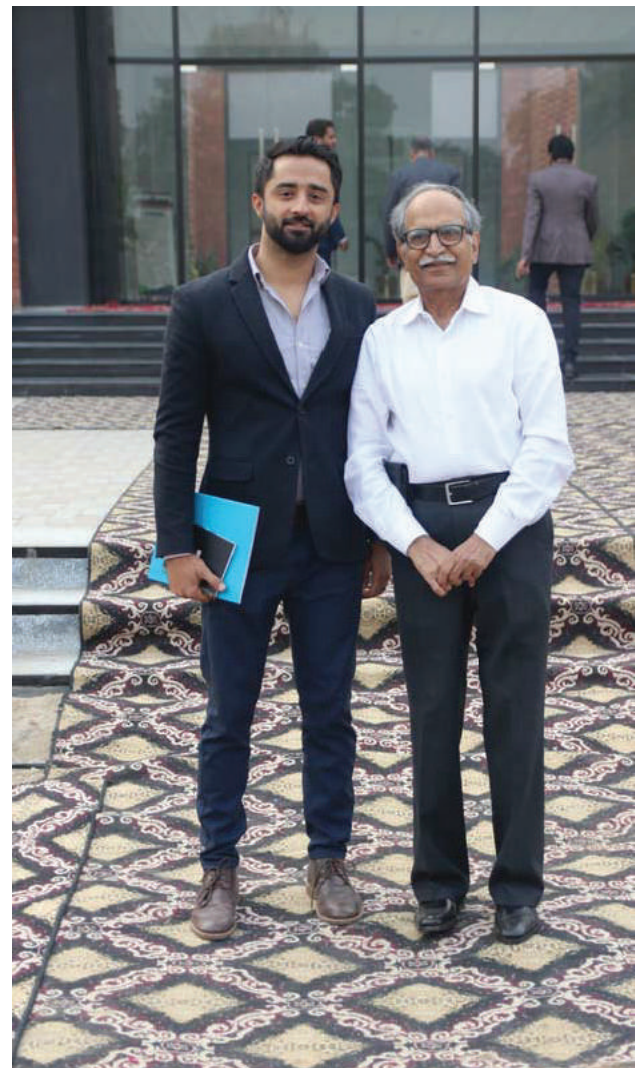
**Constructed  
Academic Block  
with Solar  
Power.**

## TRANSFORMING BUREWALA

In a remarkable collaboration between i-Care Foundation and Rouha Welfare Trust, we achieved a milestone by raising over \$1.3 million, thanks to the generosity of the Pakistani diaspora. This collective effort was aimed at tackling critical human capital challenges in Pakistan, with a special focus on the Burewala region nestled in Punjab's Vehari district.

A significant portion of these funds have been allocated to the construction of the Rana Asghar Ali Khan Academic Block in the Government Post Graduate College. This modern facility boasts **12 fully equipped lecture halls, accommodating approximately 1000 students**. It also features a state-of-the-art auditorium with a seating capacity of **170, a meeting room, four administrative offices, and an IT Lab equipped with 63 high-end computers**. Additionally, the facility operates sustainably with a **50kW Solar System**.

Beyond its physical attributes, this Academic Block represents a cornerstone for transformation in the Burewala community, significantly improving educational accessibility. It not only enhances learning opportunities but also opens doors to new employment avenues, thereby enriching the region's human capital landscape.



**IMPACT**

## **EMERGENCY RESPONSE:** i-Care Foundation Raises 236m for Pakistan's Flood Victims



Photo courtesy: Reuters

### **Mobilized PKR 236m for shelters and electrification**

In June 2022, Pakistan experienced a devastating climate-induced disaster in the form of floods, the worst the country has ever faced. The heavy monsoon rains triggered widespread flooding, landslides, and Glacial Lake Outburst Floods, severely impacting Baluchistan and Sindh.

This took a staggering toll: 1,696 lives lost, 12,867 injuries, and over 33 million people affected. Additionally, more than one million livestock perished, and 4 million acres of crops were fully damaged. The communication infrastructure also suffered widespread damage, exacerbating the crisis in Sindh and parts of Baluchistan.

In response to this unprecedented disaster, urgent disaster management and recovery efforts were essential. The National Disaster Management Authority (NDMA) reported severe consequences, with one-third of the country submerged. The i-Care Foundation swiftly mobilized funds with the support of generous donors, raising close to PKR 236 million for emergency response efforts. These funds were crucial in providing immediate relief and support to those affected, aiming to rebuild communities and restore normalcy in the aftermath of this catastrophic event.

## IMPACT

# RESTORING HOPE

## Rehabilitating Flood-Affected Communities in Baluchistan and Sindh



Chevron contributed US\$250,000 to i-Care Fund America, for shelter provision in Baluchistan and Sindh.

Chevron Corporation pledged a generous donation of US \$250,000 to i-Care Fund America, supporting a shelter provision project in partnership with i-Care Foundation, Pakistan. These funds were earmarked for constructing disaster-resilient shelters and toilets to aid flood-affected victims in Baluchistan and Sindh. The initiative was carried out in collaboration with the Health and Nutrition Development Society (HANDS), leveraging their 43 years of community development expertise.

### Achievements

**Completed: 163 shelters in Shikarpur, Sindh, and 25 shelters in Hub, Baluchistan.**

The project's objective was to provide shelter assistance, including toilets and septic tanks, to 188 households across both provinces. We are pleased to announce the successful completion and handover of 163 shelters in the Shikarpur district of Sindh, (comprising reconstruction of 128 fully damaged shelters and repair of 35 partially damaged shelters), as well as 25 shelters in the Hub district of Baluchistan.

Additionally, i-Care partnered with Chevron Pakistan to secure further funding aimed at electrifying 163 recently completed disaster-resilient shelters in Sindh.

**Both organizations allocated PKR 4 million each (approximately \$14,000), totaling a project budget of PKR 8 million (approximately \$28,000).**

## IMPACT



# ELEVATING COMMUNITIES

## EMPOWERING HUNZA VALLEY THROUGH MOUNTAINEERING

Despite being a national gem in Pakistan, Hunza Valley faces challenges in access to electricity and education, often exacerbated by climate change-induced disasters. Regular power outages lasting up to 22 hours, severely impacted education, especially during the COVID-19 pandemic, highlighting the critical need for sustainable energy solutions.

In response, the successful fundraiser "Mountaineering for Change" (MFC) was launched, spearheaded by CEO Wasiq Ismail, mountaineer Karim Hayat, investment expert Mazdak Khan Luni, and local athlete Jahanzaib. Despite weather challenges preventing the ascent of a 6000m peak, the team achieved maiden summits at 5200m and 5500m.

## IMPACT



This campaign supported several i-Care partners, including the Karakoram Area Development Organization (KADO) and Moawin Foundation (MF). The campaign funds were used to upgrade the Digital Hub Hunza (DHH) of KADO through solar electrification. DHH, a library workspace for students and entrepreneurs, now serves over 300 youth monthly. Additionally, the funds provided a partial scholarship to a student in Quaid-e-Azam University and upgraded an MF-run early childhood school in a remote area by establishing a state-of-the-art IT lab. Further, a hospitality training program for the local youth is being sponsored by the campaign, which will result in training of over 30 students, resulting in at least 6 jobs with local hotels.

This success story underscores the profound impact of community development and sustainability initiatives in the Hunza Valley.

**Initially aiming to raise 10,000 USD, the campaign surpassed expectations, raising over 18,000 USD within three weeks, thanks to the generous support of our donors.**



## IMPACT

# BRIDGING HORIZONS THROUGH INCLUSIVE TRAINING INITIATIVES

To enhance livelihood opportunities for individuals with disabilities holding degrees from schools, colleges, and universities, this grant initiative focused on providing tailored training programs.

The project aimed to impart essential skills in financial literacy, customer service, and computer proficiency. A total of 43 beneficiaries (36 males and 7 females) participated in the comprehensive five-day training program.



The initiative specifically targeted individuals with physical disabilities, including amputees and those with myopathies, who had completed their education. Leveraging the technical expertise of the Sindh Institute of Physical Medicine and Rehabilitation (SIPMR), recognized for its rehabilitation services, Bank Alfalah conducted a Training of Trainers (ToT) session for SIPMR trainers. Led by three master trainers and two co-trainers, this session focused on crucial aspects of financial literacy.

Following the ToT session, the training program covered key topics such as financial literacy, customer service, and computer skills. The initiative concluded with a certificate distribution ceremony attended by representatives from i-Care and Bank Alfalah.

The goal of this initiative was to empower beneficiaries to pursue employment opportunities at Bank Alfalah and other financial institutions. Bank Alfalah, with its disability-accessible model branches, is committed to integrating persons with disabilities (PwDs) into roles such as customer service and call center positions, thereby offering diverse and inclusive employment opportunities.



## Robin Hood Army and partners extend aid to coastal communities with ration distribution

Our collaboration with the Robin Hood Army in Pyara Goth near Gwadar epitomized precision and compassion. Stringent protocols ensured the transparent distribution of ration bags to registered families, with meticulous verification processes, including CNIC checks and token validation, to guarantee fairness.

At Dream School, our partnership further elevated our impact with efficient distribution of boxed biryani and warm iftar meals for children, illustrating the effectiveness of our well-coordinated and adaptable approach. This mission highlighted the profound impact of dedication and organized efforts on communities.

**Targeting vulnerable families, a total of 300 ration bags were prepared for Keti Bandar and Kharo Chan.**





In another initiative, the Robin Hood Army teamed up with WWF Pakistan, Allied Bank Limited, and i-Care Foundation to conduct a ration distribution drive in coastal areas like Keti Bandar and Kharo Chan. Activities included distributing ration bags and verifying beneficiaries. Targeting vulnerable families, a total of 300 ration bags were prepared, with 150 allocated for each location. Notably, 70 bags were distributed across eight villages in Kharo Chan and 80 bags across eight villages in Keti Bandar, demonstrating a united effort to meet the needs of these communities.





# At 21.9%

PAKISTAN HAS ONE OF  
THE LOWEST FEMALE  
LABOR FORCE  
PARTICIPATION RATES IN  
SOUTH ASIA.

We are deeply grateful for the invaluable collaboration of i-Care partners such as the Circle Women Association, VITAL Pakistan Trust, Kashf Foundation, and Behbud Association, among others, who are dedicated to empowering women in our society. Their efforts encompass creating employment opportunities and fervently advocating for women's rights.

# SUCCESS STORIES



**SUCCESS STORIES**

# KARACHI DOWN SYNDROME PROGRAMME

## Breaking Boundaries: Navigating Down Syndrome with Courage and Hope



### **Muhammad Salah was born prematurely at a hospital in Lahore, amidst the challenges of a raging Covid-19 pandemic.**

From his birth, his health was fragile, and he faced numerous infections. The family's routine soon revolved around frequent hospital visits for Salah's essential injections, marking a distressing period.

Shortly after birth, Salah was diagnosed with Down syndrome and immediately confronted with double pneumonia. His compromised immune system required him to be in Intensive Care, adding to the anxiety of his parents. Despite these overwhelming circumstances, both parents exhibited remarkable strength and resilience in their determination to navigate these unprecedented challenges for the sake of their child.

## SUCCESS STORIES

Salah, now four years old, has made remarkable progress since his family relocated to Karachi to join the Karachi Down Syndrome Programme (KDSP). With the support of KDSP's Early Childhood Intervention Program, which includes occupational, speech, and physical therapy, Salah has made significant strides. He recently completed the Early Preschool program at KDSP, qualifying him for enrollment in a mainstream school.

Thanks to the therapies tailored to his needs, Salah has achieved the milestone of walking independently, a feat that brings him immense joy during his time at KDSP alongside his peers and dedicated therapists. These therapies have been instrumental in his progress, shaping his personality and opening new doors for his future.

We firmly believe in unlocking the incredible potential of children with Down syndrome. Our advice to new parents is simple yet powerful: prioritize early intervention for your child and invest wholeheartedly in their development. By disregarding societal norms and expectations, and focusing instead on tailored support and opportunities, these children can surpass current societal limitations and achieve anything.



# A TALE OF EDUCATIONAL EXCELLENCE

## ROUHA WELFARE TRUST: FROM STRUGGLE TO SUCCESS

Muhammad Anwar's journey brimmed with challenges as he pursued education following a stellar 88% score in his intermediate board exams in 2016. Born into a family of modest means in Burewala, his father sold fruits while his mother worked as a domestic helper. Amidst financial constraints and with seven siblings attending government schools, Anwar faced an uphill battle to further his studies. However, a glimmer of hope emerged when Rouha Welfare Trust (RWT) learned of his potential and enrolled him in their Qarz-e-Hasna Program. With determination and the support of his parents and RWT, Anwar secured admission to Usman Institute of Engineering and Technology (UET), one of Pakistan's premier engineering institutes.

His relentless dedication bore fruit as he graduated as a chemical engineer in 2020, a source of immense pride for all involved. Today, Anwar serves as a chemical engineer at a reputable organization, diligently working to repay the loan he received from RWT, ensuring that other deserving students can also benefit from the trust's support.



Anwar's story is a poignant reminder of the transformative power of generosity. It underscores how extending a helping hand to those in need can turn aspirations into reality, fostering a brighter future not just for individuals like Anwar, but for society as a whole.

**SUCCESS STORIES**

# ORANGE TREE FOUNDATION: SHAPING THE FUTURE



**Ghulam Muhammad Palli, a talented young man from Umerkot, is currently involved in designing innovative rockets as a final year Mechanical Engineering student at NUST PNEC, Karachi.**

His fascination with rockets dates back to childhood, inspired by space movies and astronauts. Ghulam Muhammad's dream is to contribute to Pakistan's space industry and inspire Pakistani youth to explore rocketry.

Despite his passion and motivation, funding his education was a major challenge due to his family's limited income. The Orange Tree Foundation (OTF) stepped in to support him with a scholarship covering academic fees, hostel expenses, and living costs.

## SUCCESS STORIES

**"OTF is like a second family to me because they support me like one."**

In 2021, Ghulam Muhammad showcased his talent on an international stage by participating in a drone building competition at Teknofest, Turkey. OTF sponsored his travel and provided the opportunity to represent Pakistan, where his team ranked 18th out of 93 international teams.

Additionally, Ghulam Muhammad achieved dual awards in a virtual competition held in the United Kingdom.

Ghulam Muhammad's achievements highlight the potential of Pakistan's youth as future leaders and innovators. Investing in their education and dreams is crucial for the country's development.

The Orange Tree Foundation continues to support numerous students like Ghulam Muhammad, paving the way to a brighter and more prosperous future for Pakistan.

## SUCCESS STORIES

### KARAWAN-E-HAYAT: NAVIGATING LIFE WITH SCHIZOPHRENIA

Faiza's journey embodies courage, resilience, and the indomitable human spirit. Once a promising student aspiring to become a doctor, her life took a sudden turn at 21 when symptoms of schizophrenia surfaced.

Anxiety and fear engulfed Faiza, leading her to withdraw from her studies and struggle with daily life. Recognizing the severity of her condition, her family sought psychiatric help, but setbacks in work and volunteering followed due to conflicts and adjustment difficulties.

Her condition deteriorated with a second episode, characterized by paranoia and isolation. Throughout these challenges, her family provided immense support until Faiza's path led her to Karwan-e-Hayat, a beacon of hope during her darkest moments.

Faiza's journey highlights the importance of compassionate care for those grappling with mental health disorders. Through resilience and dedicated caregivers, she found her way back to a brighter path, managing the challenges of schizophrenia with courage and determination.





# 53,000

PAKISTANI CHILDREN UNDER FIVE DIE ANNUALLY FROM DIARRHEA DUE TO POOR WATER AND SANITATION.

To address this, various i-Care partners, such as Health and Nutritional Welfare Society (HANDS), Million Smiles Foundation, and Ali Hasan Mangi Memorial Trust, along with other collaborators are actively working to ensure access to clean water and sanitation for those affected.

## SUCCESS STORIES

In the nurturing environment of Karwan-e-Hayat's day care sessions, Faiza flourished. Supported by treatment, she embraced her illness, realizing she wasn't alone, and discovered her inner strength to manage her condition and lead a meaningful life. Engaging in the outpatient program deepened her understanding of schizophrenia, helping her accept her challenges and find solace in the supportive community fostered by the facility.

Faiza's commitment to her recovery journey included educating herself about schizophrenia and accepting what she couldn't change. She found reassurance in a support group at Karwan-e-Hayat, breaking the stigma surrounding mental illness and embracing a crucial step towards acceptance.

Her recovery required trust and collaboration with therapists at Karwan-e-Hayat. Through patience and perseverance, Faiza navigated the process of finding effective medication. Cognitive therapy and counseling demanded resilience, enabling her to identify and overcome debilitating symptoms.

Karwan-e-Hayat played a pivotal role in Faiza's healing journey, providing comprehensive support, therapy, and resources essential for reclaiming her life. Through personalized goal setting and community integration, Faiza leveraged her unique strengths to achieve a fulfilling life and forge meaningful connections after a period of isolation.

Faiza's inspiring story highlights the transformative impact of dedicated mental health care, showcasing how comprehensive support can empower individuals to overcome adversity and thrive.



# HIGHLIGHTS



# HIGHLIGHTS

# SECTOR DONATIONS 2021-2023

PKR



COMMUNITY DEVELOPMENT & SOCIAL WELFARE  
PKR 948m



HEALTH  
PKR 849m



EDUCATION  
PKR 864m



DISABILITY & INCLUSION  
PKR 187m



LIVELIHOOD  
PKR 24m



# 26.2m

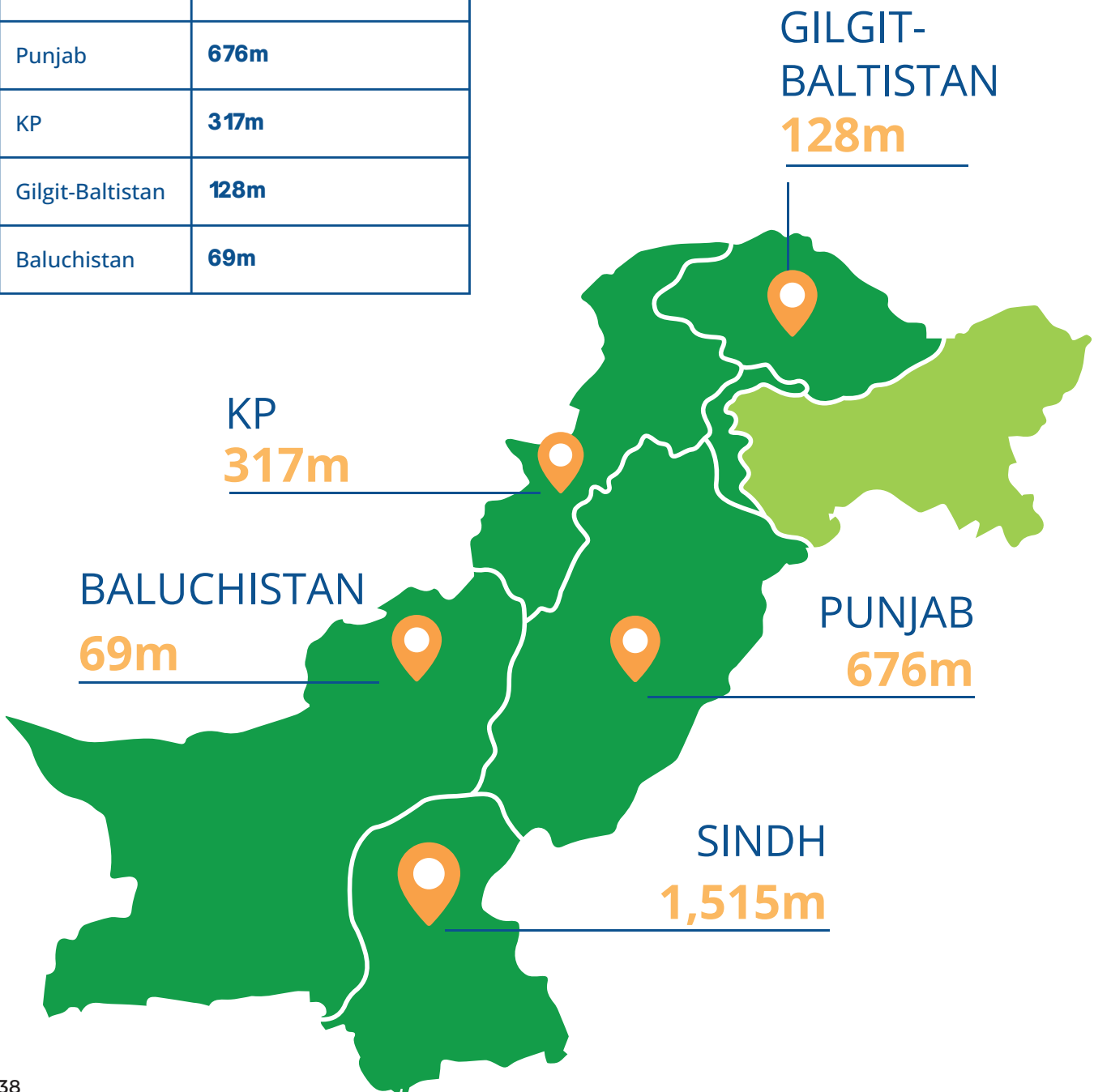
CHILDREN IN PAKISTAN  
REMAIN OUT OF SCHOOL.



The Citizens Foundation, Citizen Education Development Foundation, Developments in Literacy, Green Crescent Trust, Idara Al Khair Welfare Society, and Moawin Foundation, amongst other i-Care partners, persistently strive to overcome challenges and ensure increased enrollment of children in schools.

## GEOGRAPHICAL DISTRIBUTION OF FUNDS 2021-2023

Province	Disbursement in PKR
Sindh	<b>1,515m</b>
Punjab	<b>676m</b>
KP	<b>317m</b>
Gilgit-Baltistan	<b>128m</b>
Baluchistan	<b>69m</b>



# DISBURSEMENT OF FUNDS



## DISBURSEMENT OF FUNDS

# THEN AND NOW 2008-2023

(PKR)

### DONATIONS

2008-2020

2021-2023

2.6bn

2.9bn

### DISBURSEMENTS

2008-2020

2021-2023

2.4bn

2.7bn

### BENEFICIARIES

2008-2020

2021-2023

2.9m

3.2m

DISBURSEMENT OF FUNDS

# TOP 5 RECIPIENTS of i-Care 2021-2023



**DISBURSEMENT OF FUNDS**

# BENEFICIARIES & DISBURSEMENT

## 2021-2023

TOTAL FUNDS DISBURSED  
**PKR 2.7bn**

TOTAL BENEFICIARIES  
**3.2m**



PAKISTAN RANKS **3RD** IN THE  
WORLD FOR CASES OF  
PREVENTABLE BLINDNESS.

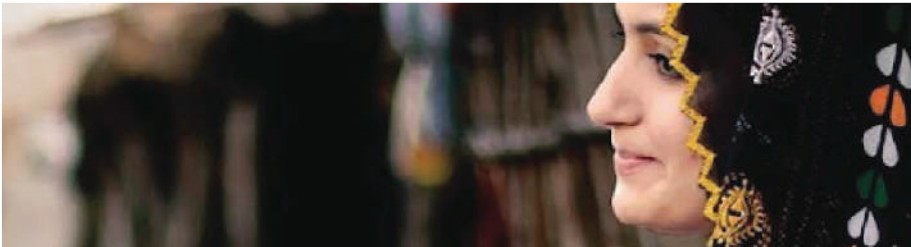
LRBT and Elza Retina Welfare Organization not only provide accessible and affordable ophthalmology services but are also dedicated to raising awareness about preventable causes of blindness, ensuring that curable blindness does not go untreated.

# EXPERTISE



**EXPERTISE**

# SECTOR WISE BENEFICIARIES (2021-2023)



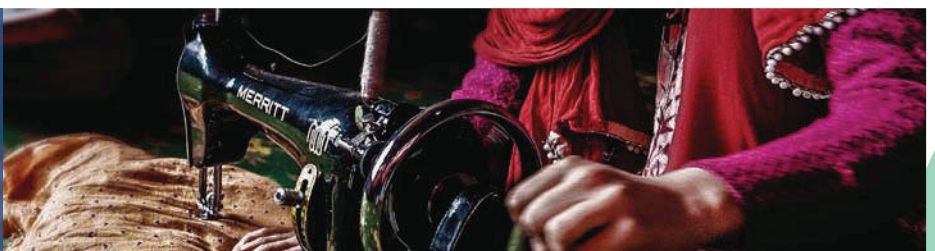
**COMMUNITY DEVELOPMENT & SOCIAL WELFARE**  
**1.1m**

**HEALTH**  
**1m**



**EDUCATION**  
**1m**

**DISABILITY & INCLUSION**  
**218k**

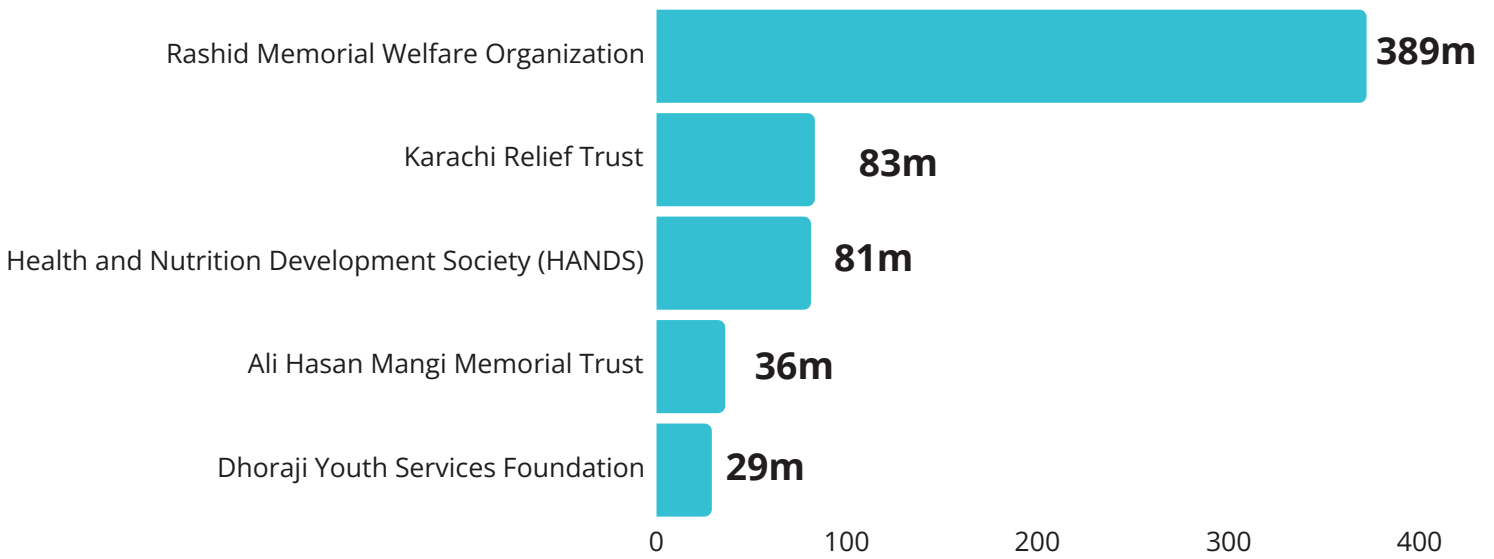


**LIVELIHOOD**  
**28k**

**EXPERTISE**

# TOP DISBURSEMENTS IN COMMUNITY DEVELOPMENT & SOCIAL WELFARE

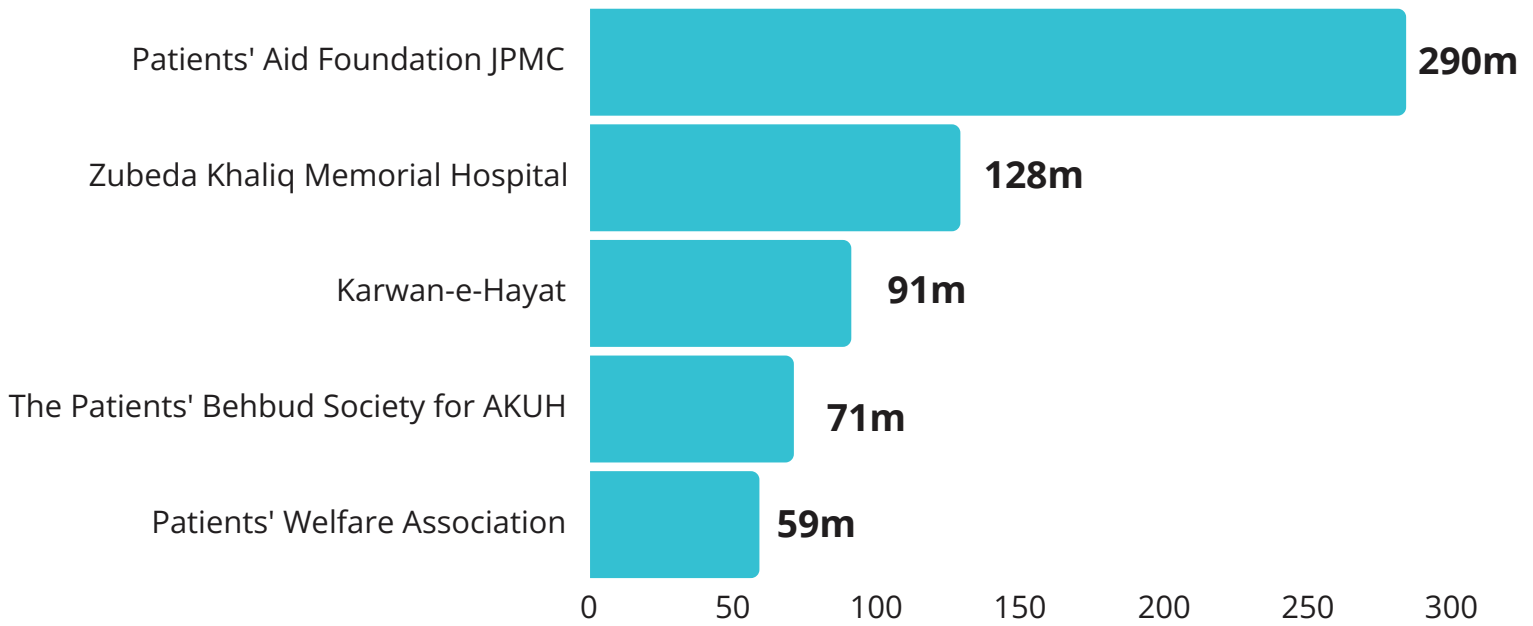
2021-2023  
(PKR)



# EXPERTISE

## TOP DISBURSEMENTS IN HEALTH

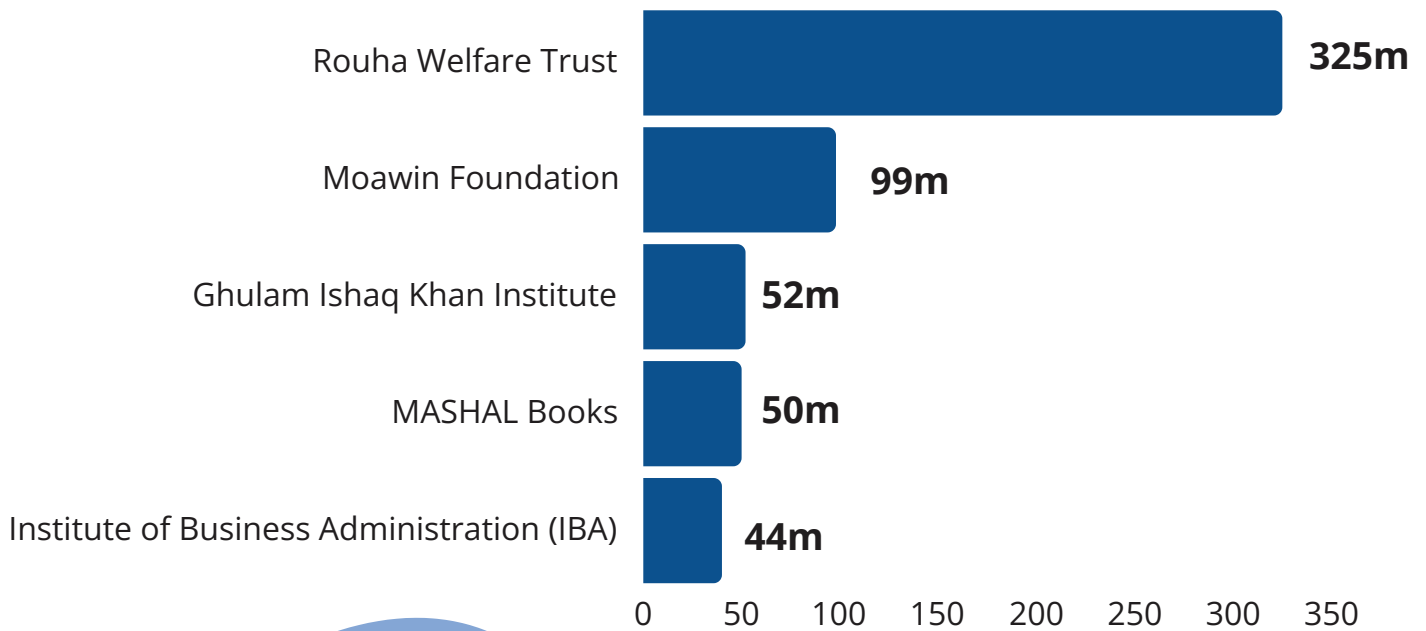
2021-2023  
(PKR)



# EXPERTISE

## TOP DISBURSEMENTS IN EDUCATION

2021-2023  
(PKR)



# 90%

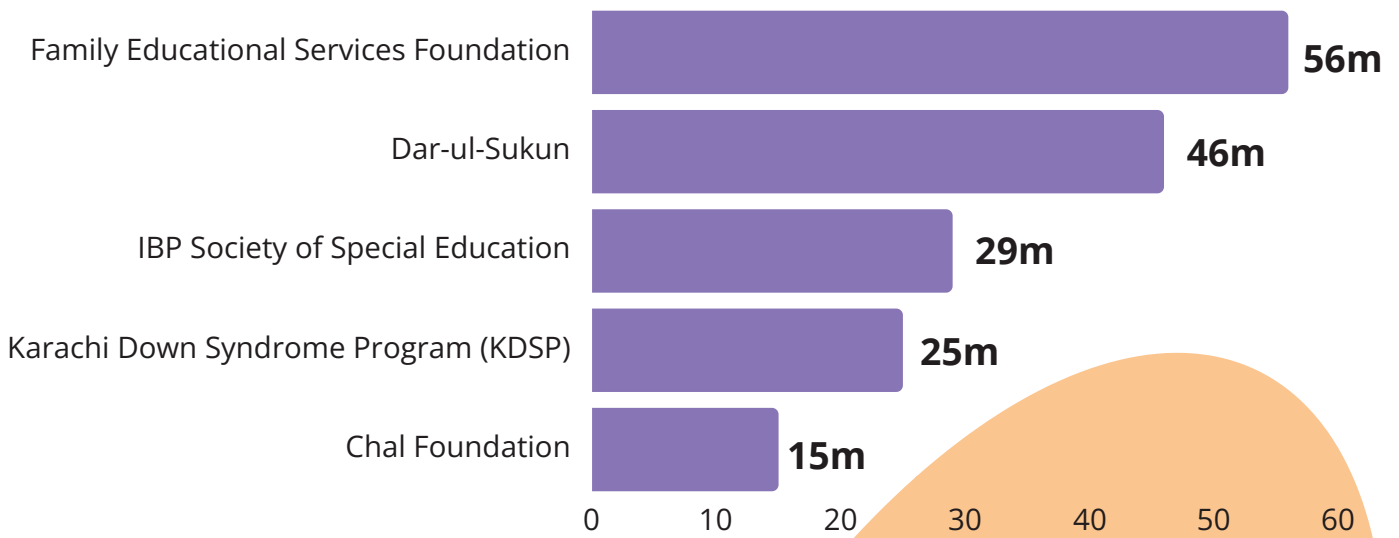
OF INDIVIDUALS WITH COMMON MENTAL DISORDERS IN PAKISTAN REMAIN UNTREATED, AS THE COUNTRY, HOUSING **200 MILLION** PEOPLE, HAS FEWER THAN **500 PSYCHIATRISTS**.

Partners like AAS Trust, Basic Needs Pakistan, Karwan-e-Hayat, Transformation International Society have stepped into the forefront, wielding their expertise to uplift mental well-being across the nation.

**EXPERTISE**

# TOP DISBURSEMENTS IN DISABILITY & INCLUSION

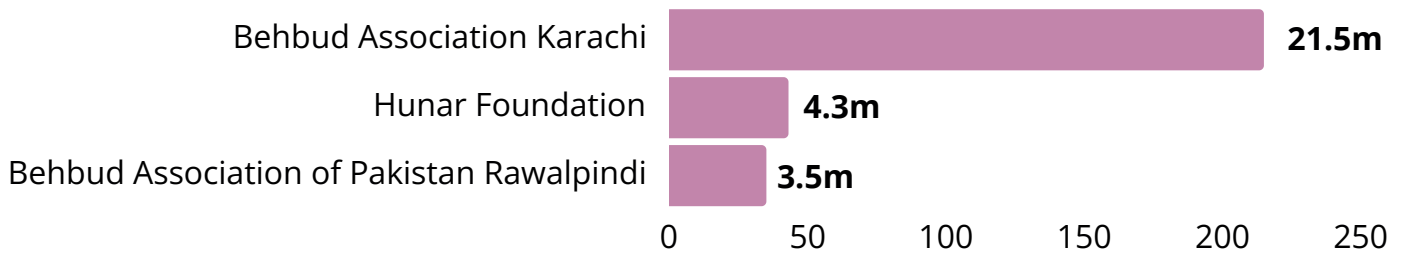
**2021-2023  
(PKR)**



**EXPERTISE**

# TOP DISBURSEMENTS IN LIVELIHOOD

2021-2023  
(PKR)



# COLLABORATION



# ELEVATE PHILANTHROPY

## THROUGH A TRUSTED SERVICE

At i-Care, we ensure every charity undergoes a standardized due diligence process. As stewards of donor funds, we prioritize financial health, credibility, and sustainability as the basic pillars upon which our due diligence process is designed. Our meticulous process evaluates each organization's integrity and alignment with standards of excellence, safeguarding donor trust and enhancing i-Care's reputation as a reliable platform for meaningful philanthropy.

Due Diligence Process: At i-Care, we ensure rigorous due diligence to uphold the credibility and sustainability of supported organizations, fostering trust among donors and maintaining our reputation as a reliable philanthropic platform.

(refer to the annexure for the format).

## HOW IT WORKS

STEP  
**01**



### EXPRESSION OF INTEREST

Expression of interest received by i-Care.

STEP  
**02**



### INITIAL MEETING WITH ORGANIZATION

Initial meeting to chalk out possible synergies between i-Care and the organization.

STEP  
**03**



### DUE DILIGENCE & COMPLIANCE

The organization must complete due diligence and compliance requirements.

Approval is granted once these are met.

STEP  
**04**



### MOU SIGNING & ONBOARDING

After approval- the organization is formally onboarded with i-Care and an MoU is signed.

A donation link is subsequently activated on the i-Care website, and the organization is eligible to receive donations.

STEP  
**05**



### DISBURSEMENT & REPORTING

Disbursement of donations to charities is done through a set framework communicated by i-Care.

Organizations are required to submit reports regarding donation utilization when required.

## Fundamental Requirements for Partnership:

**Non-Profit Registration:** Organizations must be registered as Non-Profit Entities in Pakistan.

**Tax Exemption:** NPOs must hold tax-exempt status.

## Benefits of Partnership:

- Connecting donors to over 130 charities in Pakistan.
- Tax exemption for US-based donors.
- Seamless donation processing and timely funds disbursement.
- Opportunity to fundraise through i-Care's platform.
- Keep donors informed about the pressing needs within our focus areas, assisting them to donate for relatable causes.

**COLLABORATION**

# OUR FOCUS AREAS

**1**

**HEALTH**

**2**

**EDUCATION**

**3**

**COMMUNITY  
DEVELOPMENT &  
SOCIAL WELFARE**

**4**

**DISABILITY &  
INCLUSION**

**5**

**CLIMATE  
CHANGE**

**6**

**LIVELIHOOD**

Some of our partners have a broader scope of work. The following categorization is designed to provide a basic classification without limiting their focus areas.

Partners till December 2023

**COLLABORATION**

# OUR PARTNERS HEALTH

## GENERAL HEALTHCARE

- Friends of Mayo Hospital
- HMB Trust
- Murshid Hospital
- Omar Medicare and Welfare Service
- Patients' Aid Foundation JPMC
- Patients' Welfare Association



# COLLABORATION

Poor Patients Aid Society, Civil Hospital

Sindh Institute of Physical Medicine and Rehabilitation

The Patients Behbud Society for AKUH

Welfare Society for Patient Care

Zubeda Khaliq Memorial Hospital

## COLLABORATION

### CANCER SPECIALIST

Bait-ul-Sukoon Cancer Hospital

M Hashim Memorial Trust

Pink Ribbon Pakistan

Shaukat Khanum Memorial Trust

The Cancer Foundation



## COLLABORATION

### SPECIALISED HEALTHCARE

National Epilepsy Center

The Kidney Center

Marie Adelaide Leprosy Center

Pakistan Kidney Patients Association

Sindh Institute of Advance Endoscopy and Gastroenterology

Sindh Institute of Urology and Transplantation

Lady Dufferin Hospital

Layton Rahmatulla Benevolent Trust (LRBT)

Afzaal Memorial Thalassemia Foundation (AMTF)

Elza Retina Welfare Organization

# COLLABORATION

Burns Center

AAHUNG

Arthritis Care Foundation

Fatimid Foundation

Karachi Institute of Kidney Diseases Association

# COLLABORATION

## MENTAL HEALTH AND WELL-BEING

AAS Trust

Basic Needs Pakistan

Karwan-e-Hayat

Transformation International Society

## COLLABORATION

# EDUCATION

## FORMAL EDUCATION

Citizen Education Development Foundation

Developments in Literacy

Green Crescent Trust

Idara Al Khair Welfare Society

Kiran Foundation

Moawin Foundation

The Dawood Foundation

# COLLABORATION



Path Educational Society

Publican Alumni Trust

Read Foundation

Sargodian Spirit Trust

# COLLABORATION

Tameer-e-Millat Foundation

The Citizens Foundation

The Garage School

The Noorani Foundation Trust

Zaawiya Trust School

## COLLABORATION

### LEADERSHIP IN DEVELOPMENT

Teach for Pakistan

The Acumen Fund

### TERTIARY EDUCATION & SCHOLARSHIPS

Ghulam Ishaq Khan Institute

GIKI Alumni Association

Institute of Business Administration

Indus Valley School of Art and Architecture

## COLLABORATION

Rouha Welfare Trust

University of Engineering & Technology

GC University Lahore

Old Grammarians Society Trust

Professional Education Foundation

Orange Tree Foundation

Usman Memorial Foundation

# COLLABORATION

## EDUCATIONAL INNOVATION

MASHAL Books

The Little Art

SundarSTEM

Social Welfare, Academics and Training

## COLLABORATION

# COMMUNITY DEVELOPMENT & SOCIAL WELFARE

## COMMUNITY DEVELOPMENT

Ihsan Trust

IKHLAS Welfare Society

Karachi Relief Trust

Basera Trust

Dua Foundation

CPLC

HANDS

Burki Institute of Public Policy

Legal Aid Society

## COLLABORATION

VASL Arts' Association

KPSIAJ

Rashid Memorial Welfare Organization

Ali Hassan Mangi Memorial Trust

PeaceNiche(T2F)

Karakorum Area Development Organization

MIT Enterprise Forum of Pakistan

Dhoraji Youth Services Foundation

Million Smiles Foundation

Subh-E-Nau

Public Interest Law Association of Pakistan

SOS Children's Village

Dawood Global Foundation

# COLLABORATION

## WOMEN

Kashf Foundation

CIRCLE Women Association

Human Empowerment and Welfare Trust

PANAH Shelter Home

VITAL Pakitan Trust

War against Rape

# COLLABORATION

## FOOD SECURITY

Charity Right

Fortify Education Foundation

Hisaar Foundation

Oosman and Rahima Bai Foundation

SEED Pakistan

The Food Project Trust

## ANIMAL RIGHTS

ACF - Ayesha Chundrigar Foundation



## COLLABORATION

# DISABILITY & INCLUSION

Chal Foundation

Dar-ul-Sukun

Gilgit Baltistan Goodwill Movement

Pakistan Society for Rehabilitation of Differently-abled

NOWPDP

ACELP

Aziz Jehan Begum Trust for the Blind

AURA - Al Umeed Rehabilitation Association

# COLLABORATION

Family Education Services Foundation

IBP Society of Special Education

Indus Resource Centre

Karachi Down Syndrome Program

Special Children's Education Institute

Special Olympics Pakistan


**COLLABORATION**

**LIVELIHOOD**

Behbud Association Karachi

Behbud Association of Pakistan Rawalpindi

Hunar Foundation



PAKISTAN RANKS AS THE  
**FIFTH MOST CLIMATE-  
VULNERABLE COUNTRY**  
GLOBALLY DESPITE  
CONTRIBUTING JUST 1% TO  
THE WORLD'S CARBON  
FOOTPRINT.

Our partners, including the Pakistan Environment Trust and Indus Earth Trust, are addressing Pakistan's most pressing environmental challenges and promoting sustainable development.

**COLLABORATION**

**CLIMATE CHANGE**

Pakistan Environment Trust

Indus Earth Trust

## COLLABORATION

# WAYS TO DONATE

**Ready to make an impact?  
Here is how you can donate with i-Care**

From anywhere in the world, individuals can seamlessly contribute to over 130 charitable organizations in Pakistan, spanning vital sectors like education, health, community development and social welfare, disability inclusion, climate change, and livelihood.

i-Care's platform allows you to donate to multiple charities from a single platform.

*All US based Residents can receive tax exemption while donating through i-Care*

We offer a variety of donation methods, ensuring you can contribute in the way that best suits you.

 <p><b>ONLINE</b></p> <p>.....</p> <p>Donate through Credit/Debit Card, Paypal, Apple Pay or Bank Transfer</p> 	 <p><b>BY MAIL FOR PAKISTAN</b></p> <p>.....</p> <p>Write a cheque in favour of 'The i-Care Foundation' with the charity name you want to donate to and mail it to F 192/2 Park Lane, Block 5 Clifton, Karachi, Pakistan</p>	 <p><b>BY MAIL FOR USA</b></p> <p>.....</p> <p>Write a cheque in favour of 'The i-Care Fund America, Inc.' with the charity name you want to donate to and mail it to 139 Charles Street, Suite # 348, Boston, MA 02114-3282</p>	 <p><b>FUNDRAISE THROUGH i-Care</b></p> <p>.....</p> <p>Create a peer-to-peer-fundraiser (P2P)</p> 
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## COLLABORATION

# HOW TO CREATE A P2P FUNDRAISER



## Inspire Action, Drive Impact with i-Care's P2P Fundraising Platform

At i-Care Foundation, we empower partner charities to amplify their impact through our innovative Peer-to-Peer (P2P) fundraising platform. This platform serves as a powerful tool for creating fundraisers that mobilize donations towards specific projects or interventions.

### Key Features

- **Community Mobilization:** Charities can mobilize their cause by selecting individuals to champion their fundraiser, both online and offline, to enhance outreach and engagement.
- **Time-Limited Campaigns:** Fundraisers are active for a maximum of 90 days, ensuring focus and urgency in donation drives.
- **Transparent Disbursement:** Funds collected are disbursed through a transparent process. To ensure funds are used effectively and responsively, a Fund Utilization Plan (FUP) is submitted by charities to the i-Care team.



# 3.2m

DISABLED INDIVIDUALS  
STRUGGLE FOR THEIR RIGHTS  
IN PAKISTAN OUT OF A  
POPULATION OF **208**  
**MILLION.**

Our esteemed partners, including FESF, KDSP, AURA, Special Olympics Pakistan, NOWPDP, Dar ul Sukoon, and others, are making remarkable strides in advocating for people with disabilities. They work tirelessly to ensure inclusivity for all, leaving no one behind.

# Engaging with i-Care for fundraising is a streamlined process.

## FOLLOW THESE SIMPLE STEPS TO CREATE A PEER-TO-PEER FUNDRAISER:

### STEP 1

Join:  
Access our Fundraising Portal on i-Care's website.

### STEP 2

Login:  
Sign in using your credentials.

### STEP 4

Submit:  
Send your fundraiser for approval by the i-Care team.

### STEP 3

Personalize:  
Add pertinent details, images, and a cover photo.

### STEP 5

Spread the Word:  
Utilize email, WhatsApp, and social media to amplify your message.

### STEP 6

Raise Funds:  
Every contribution makes a difference!

# FINANCIALS



# **FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED JUNE 30, 2023**

# FINANCIALS

## STATEMENT OF FINANCIAL POSITION AS AT JUNE 30, 2023

	2023 Rupees	2022 Rupees
<b>Non - current assets</b>		
Property and equipment	7,674,817	3,231,789
Right-of-use asset	4,653,253	-
Intangible asset	-	55,595
Long-term deposit	450,000	-
	<u>12,778,070</u>	<u>3,287,384</u>
<b>Current assets</b>		
Short-term investment	-	57,956,065
Donation receivable	92,825,706	48,007,930
Administrative fees receivable	8,295,856	5,036,580
Prepayments	79,128	51,133
Short-term loan to employee	-	75,000
Accrued mark-up	1,232,963	2,138,576
Taxation - payments less provision	2,310,014	1,310,663
Cash and bank balances	559,618,367	325,149,920
	<u>664,362,034</u>	<u>439,725,867</u>
<b>Total assets</b>	<u>677,140,104</u>	<u>443,013,251</u>
<b>Non-current liabilities</b>		
Lease liability	2,299,033	-
<b>Current liabilities</b>		
Accrued and other liabilities	16,497,457	9,896,909
Current portion of lease liability	2,679,918	-
	<u>19,177,375</u>	<u>9,896,909</u>
<b>NET ASSETS</b>	<u>655,663,696</u>	<u>433,116,342</u>
<b>REPRESENTED BY:</b>		
<b>Accumulated fund</b>		
Restricted funds	452,991,120	303,923,677
Un-restricted funds	202,672,576	129,192,665
	<u>655,663,696</u>	<u>433,116,342</u>

# FINANCIALS

## STATEMENT OF INCOME AND EXPENDITURE FOR THE YEAR ENDED JUNE 30, 2023

	2023 Rupees	2022 Rupees
<b>Income</b>		
Donations	1,155,095,021	885,965,557
Return on investments and savings accounts	22,517,954	8,097,622
Administrative fees	39,988,056	35,203,189
Exchange gain / (loss)	43,657,517	12,126,003
Scrap sales	-	9,100
	<u>1,261,258,548</u>	<u>941,401,471</u>
<b>Expenses</b>		
Disbursements to charities	1,146,545,231	879,528,110
General administrative expenses	41,233,406	33,512,961
	<u>1,187,778,637</u>	<u>913,041,071</u>
<b>Surplus for the year</b>	<u><u>73,479,911</u></u>	<u><u>28,360,400</u></u>

# FINANCIALS

## STATEMENT OF CHANGES IN ACCUMULATED FUND FOR THE YEAR ENDED JUNE 30, 2023

	Endowment Fund	Restricted Fund	Sub-total	Un-restricted Fund	Total
		General Fund - For Disbursement		General Fund - Operation	
← Rupees →					
<b>Balance as at July 1, 2021</b>	21,385,000	196,015,079	217,400,079	100,832,265	318,232,344
Donations received during the year	-	961,655,926	961,655,926	-	961,655,926
Income from charities balances	-	4,395,782	4,395,782	-	4,395,782
Donations disbursed during the year	-	(879,528,110)	(879,528,110)	-	(879,528,110)
Surplus for the year ended June 30, 2022	-	-	-	28,360,400	28,360,400
<b>Balance as at June 30, 2022</b>	21,385,000	282,538,677	303,923,677	129,192,665	433,116,342
Donations received during the year	-	1,289,790,867	1,289,790,867	-	1,289,790,867
Income from charities balances	-	5,821,807	5,821,807	-	5,821,807
Donations disbursed during the year	-	(1,146,545,231)	(1,146,545,231)	-	(1,146,545,231)
Surplus for the year ended June 30, 2023	-	-	-	73,479,911	73,479,911
<b>Balance as at June 30, 2023</b>	<u>21,385,000</u>	<u>431,606,120</u>	<u>452,991,120</u>	<u>202,672,576</u>	<u>655,663,696</u>

# FINANCIALS

## STATEMENT OF CASH FLOWS FOR THE YEAR ENDED JUNE 30, 2023

	2023 Rupees	2022 Rupees
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		
Surplus as per income and expenditure account	73,479,911	28,360,400
Adjustment for non-cash charges and other items:		
Depreciation and amortisation	2,804,968	1,136,150
Gain on disposal of property and equipment	-	-
Finance cost	647,899	-
Return on savings accounts	(22,517,954)	(4,104,923)
	<u>(19,065,087)</u>	<u>(2,968,773)</u>
Surplus before working capital changes	54,414,824	25,391,627
<b>EFFECT ON CASH FLOWS DUE TO WORKING CAPITAL CHANGES</b>		
(Increase) / decrease in current assets		
Donation receivable	(44,817,776)	6,667,821
Prepayments	(477,995)	1,392
Loan to employees	75,000	62,500
Tax deducted at source	(999,351)	(336,196)
Administrative fees receivable	(3,259,276)	(430,094)
	<u>(49,479,398)</u>	<u>5,965,423</u>
Increase in current liabilities		
Other payables	6,600,548	6,230,520
Net cash generated from operating activities	<u>11,535,974</u>	<u>37,587,570</u>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>		
Capital expenditure	(5,939,598)	(720,925)
Return received on saving accounts	23,423,563	2,440,241
Net cash generated from investing activities	<u>17,483,965</u>	<u>1,719,316</u>
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>		
Increase in restricted donations	149,067,443	86,523,598
Lease rentals paid	(1,575,000)	-
	<u>147,492,443</u>	<u>86,523,598</u>
Net increase in cash and cash equivalents	<u>176,512,382</u>	<u>125,830,484</u>
Cash and cash equivalents at the beginning of the year	<u>383,105,985</u>	<u>257,275,501</u>
Cash and cash equivalents at the end of the year	<u><u>559,618,367</u></u>	<u><u>383,105,985</u></u>

# ANNEXURE



## ANNEXURE

# FUND UTILIZATION PLAN



I-CARE FOUNDATION

Organization Name: \_\_\_\_\_  
 Project Title: \_\_\_\_\_  
 Duration: \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Project Start Date: \_\_\_\_\_  
 Total Budget (in PKR): \_\_\_\_\_ Budget requested from i-Care (in PKR): \_\_\_\_\_  
 Zakat: Yes  No   
 Project Manager and/or Finance Manager contact details:  
 Email: \_\_\_\_\_ Cell: \_\_\_\_\_  
 Email: \_\_\_\_\_ Cell: \_\_\_\_\_

## 1. Rationale

Please provide the background & context of WHY this project is necessary, what the ultimate goal is, and HOW it will address issues of inequality (social, economic, gender etc.).

## ANNEXURE

# FUND UTILIZATION PLAN

## 2. Project Objectives

Please write down detailed project objectives, with related measurable indicators and key project outputs/activities that will lead towards your project goal. Please see the example in the table below.

Project Objectives	Indicators/Targets	Key Outputs/Activities
Example: To increase the availability of food for disadvantaged households	Increase in the number of households receiving food assistance through the food drive program	Ration drive conducted in 3 neighborhoods (A, B and C) in Karachi, targeting 20,000 people per month.
	Percentage of households reporting improved food security as a result of food assistance	
Objective No. 1:		
Objective No. 2:		
Objective No. 3:		

**ANNEXURE**

# FUND UTILIZATION PLAN

### 3. Implementation Methodology:

How will your organization implement the project – (5 W's: who, what, why, when, where)? Please provide clear description of implementation broken down by components, including direct projects resources, costs and implementation support.



**ANNEXURE**

# FUND UTILIZATION PLAN

## 5. Beneficiaries details and targeting methodology

5a. Elaborate how the proposed beneficiaries/households will be selected/targeted?

5b. Please give details on how you will ensure gender sensitivity and the inclusion of minority groups in this project. (For e.g. suitable timings and activity locations, female staff members, at least 33% participation of women, inclusive resource material etc.)

## ANNEXURE

# FUND UTILIZATION PLAN

5c. Provide gender disaggregated details of the project beneficiaries.

Total number of Direct Beneficiaries:					
Location of Beneficiaries:					
Total number of Direct Beneficiaries disaggregated by age:	0-10	10-20	20-35	35-50	50+
Total number of Direct Beneficiaries disaggregated by gender:	MALE		FEMALE		
Estimated Indirect Beneficiaries:					

## 6. Monitoring & Evaluation

6a. How will you monitor the project? Please provide details, preferably a robust M&E framework clearly indicating the logical flow of activities. How will communities/beneficiaries be involved in participatory monitoring? Please include all the data collection tools that will be used.

## ANNEXURE

# FUND UTILIZATION PLAN

6b. Please tick which of the two following technical and financial reports your organization will provide to the i-Care Foundation?

Monthly Report   
 Quarterly Progress Report   
 Annual Report

### 7. Communications and Media

7a. Provide details of the communication strategy for the activities. How will you brand i-Care Foundation in your communications?

7b. Please tick at least three of the following communication product/content you will share with i-Care (at least quarterly).

Project Write Up	<input type="checkbox"/>	Case Studies	<input type="checkbox"/>
Press release	<input type="checkbox"/>	Social Media Posts	<input type="checkbox"/>
Photographs	<input type="checkbox"/>	Video	<input type="checkbox"/>

### 8. Sustainability

Describe how your organization plans to ensure benefits will be sustained after the completion of project activities? Will the project be sustainable? (For example, community members trained for maintenance of water pumps, village committees formed for oversight after training sessions etc.) If not, what measures will you take in the post-project period to monitor interventions and to provide assistance to beneficiaries?



I-CARE FOUNDATION



**i-Care:**

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Clifton, Karachi, Pakistan.



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icarefdn



icare.pakistan

