

Karachi Rotarian

The monthly e-newsletter of the Rotary Club of Karachi

WORLD WATER DAY

March - 22



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EDITOR'S NOTE

Dear Rotarians,

By the time you are reading this, we will be about half way through the month of Ramzan. And towards the end of our winter in Karachi. A relatively colder than usual one this year. They say the summer to come will equally be hotter than usual. Ah well, since there is not much we can do about it, we will just grin and bear it! To be remembered though, that very cold winters or very hot summers mean the less fortunate in society suffer more than they usually do. Which for us Rotarians means all the more reason to do more of Service Above Self.

This month (February), we had only 3 weekly lunch meetings, as Ramzan started on February 19, and there were no more weekly meetings after that, as these are not held during Ramzan. But before we broke off for Ramzan, we had a Fellowship event; a cruise on Valentine's Day, reported in this Issue. Also reported in this Issue is the visit of Past Trustee Aziz Memon and Rtn. Abbas Lavingia to Sri Lanka, for meetings with the Colombo Rotary Club, in connection with the funds raised by RCK for the Sri Lanka Disaster Relief Appeal.

Otherwise February was a quiet month, and March too is expected to be relatively quiet, with our first weekly meeting probably taking place on 24th March after Eid ul Fitr. Till then, all the very best from Karachi Rotarian for the rest of Ramazan and the Eid which will follow!

Sincerely,



Zohare Ali Shariff
Editor, Karachi Rotarian,
Honorary Secretary RCK, 2025-2026

PRESIDENT'S MESSAGE



Hello Rotarians!

The month of February began with the Polio Immunization Program. Fellow Rotarians from different cities of France came as volunteers to participate in the Polio Immunization Drive, They participated in administering the polio drops to children in different locations, like the railway stations and villages in the outskirts of the city.

Besides, we also had a fun-filled cruise Fellowship, which coincided with Valentines Day. The members participated in huge numbers with their families, and there was music, song and dance, together with kite flying. The members were enthralled with the soulful Sufi music, and our Rotarian Asma Zeeshan rendered some beautiful folk songs. The audience was in rapture over her rendering of the famous " O Mundiya, O Mundiya dopatta Chad Mera".

We also celebrated the birthdays of our fellow Rotarians, Rtn. Agha Sohail Asif from the Rotary Club Intellect, and Rtn. Dr. Nighat Aqeel, wife of Rtn. Sheikh Aqeel Ahmed, from Rotary Club Gateway.

Our very own members Rtn. Aslam Khan and Anita Aslam Khan also celebrated their engagement with cutting a delicious cake. Three cake-cutting ceremonies were held on board with singing of Happy Birthday's and Happy Anniversary in the air.

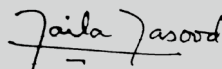
Keeping the Rotary spirit, many clubs participated in this Fellowship. It was heartwarming to see them develop friendships and close associations. All in all, it was a fun-filled enjoyable evening.

A delegation from the Kati Pahari area also visited the club on the last weekly meeting. The Rotary Literacy program has funded the school where five thousand kids have benefitted over the years.

The Rotary International message of the Month " Peace Building and Conflict Prevention", is profound in its manifestation. It invites reflection on the part of Rotarians, to see what part we can play, what part we can change, or better still, if we can be a part of the change, and contribute proactively in that change.

The role of Rotary to lead, and to participate in a way that contributes towards betterment of humanity, is the role of a true Rotarian.

Yours sincerely,



Naila Masood
President RCK, 2025-2026

ROTARY INTERNATIONAL CELEBRATES ITS BIRTHDAY **121ST** IN FEBRUARY



Rotary started with the vision of one man – Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.

Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and around the world.

**"Whatever Rotary may mean to us, to the world
it will be known by the results it achieves."**



Paul Harris
Rotary founder

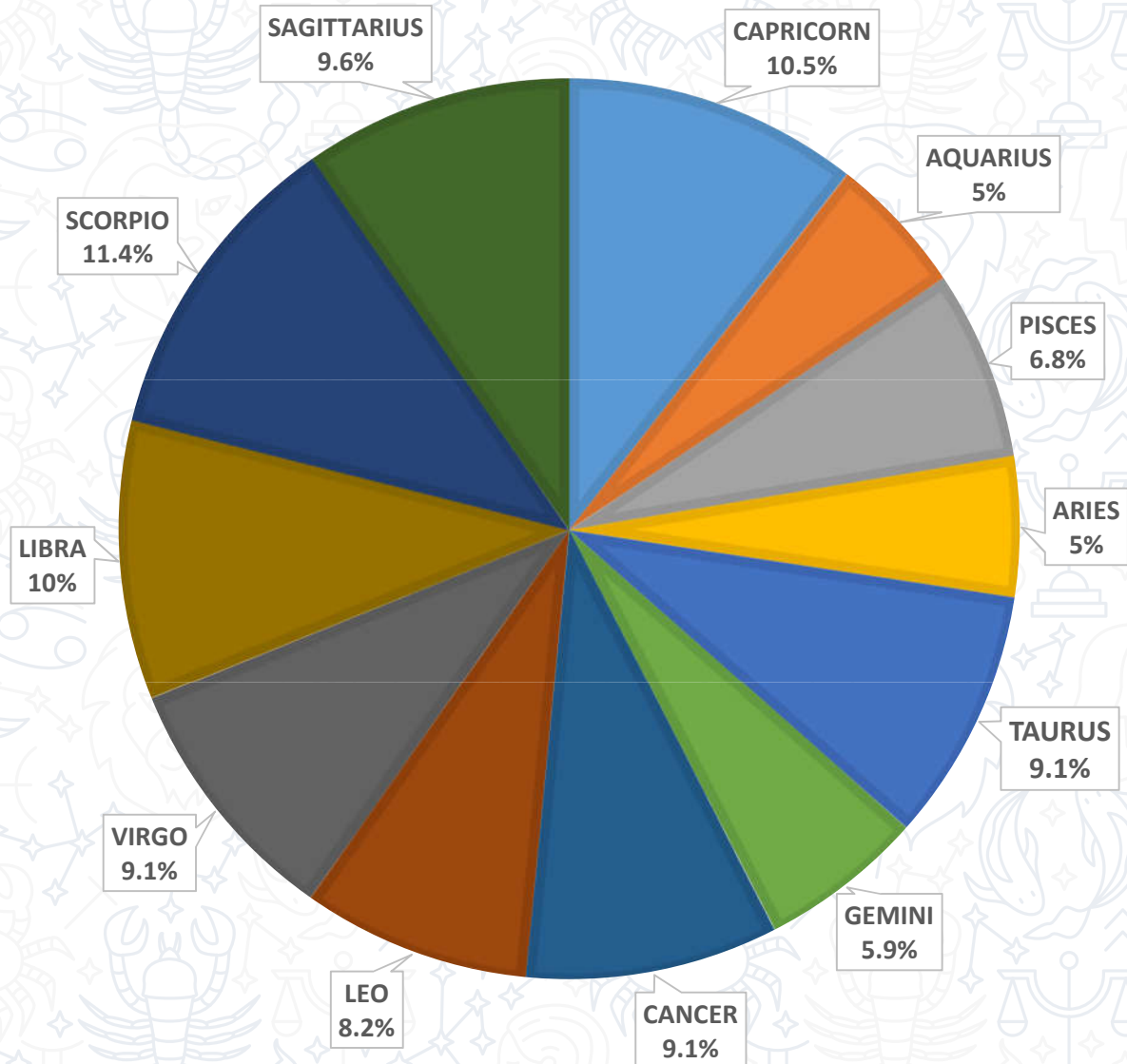
IT'S WRITTEN IN THE STARS!

In our January issue, we did a survey and analysis of the professional occupations of our members. In this Issue, we look at the start signs of 219 of our members, whose data was readily available. Scorpions and Goats (star signs Scorpio & Capricorn) came first and second in having the most members, while Rams & Water-bearers (Aries & Aquarius) has the least number of members.

Not upto Karachi Rotarian to get into details of the characteristics (positive & negative) of each star sign! Something for you to explore if you wish to get into it.














BIRTHDAYS BY STAR SIGNS

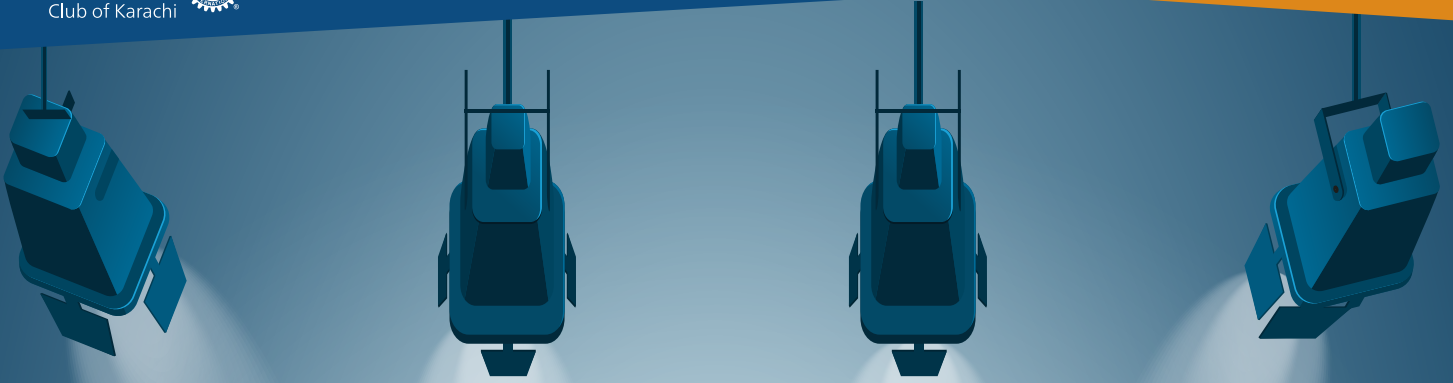
- Capricorn
- Aquarius
- Pisces
- Aries
- Taurus
- Gemini
- Cancer
- Leo
- Virgo
- Libra
- Scorpio
- Sagittarius



Some people are devout believers in astrology and that all our fortunes and misfortunes are written in our stars. Others are total skeptics. In between are many others, who believe partially, or who disbelieve partially! Depends on how you look at it. In a sense, it's like perceiving a glass as half full or half empty.

But one thing is for sure – most of us will read the forecast for our own star sign when we come across it in a newspaper for example!

	ZODIAC SIGN	# OF MEMBERS	PERCENTAGE
	CAPRICORN: (Goat) December 22 - January 19	23	10.5%
	AQUARIUS: (Water Bearer) January 20 - February 18	11	5.0%
	PISCES: (Fish) February 19 - March 20	15	6.8%
	ARIES: (Ram) March 21 - April 19	11	5.0%
	TAURUS: (Bull) April 20 - May 20	20	9.1%
	GEMINI: (Twins) May 21 - June 20/21	13	5.9%
	CANCER: (Crab) June 21 - July 22	20	9.1%
	LEO: (Lion) July 23 - August 22	18	8.2%
	VIRGO: (Virgin) August 23 - September 22	20	9.1%
	LIBRA: (Scales) September 23 - October 22/23	22	10.0%
	SCORPIO: (Scorpion) October 23 - November 21	25	11.4%
	SAGITTARIUS: (Archer) November 22 - December 21	21	9.6%
	TOTAL	219	100%



ROUNDUP

WEEKLY MEETINGS

FEBRUARY - 2026

● Week - 01

February 03, 2026

Mohammad Sohail Rajput

Former Chief Secretary, Sindh &
Provincial Ombudsman, Sindh

● Week - 02

February 10, 2026

Sibtain Naqvi

Corporate strategist, independent
researcher and author

● Week - 03

February 17, 2026

Dr. Nayyar Jabeen

Consultant Physician & Diabetologist

Mohammad Sohail Rajput

Former Chief Secretary, Sindh & Provincial Ombudsman, Sindh



Meeting # : 29 of 2025-2026
 Date : Tuesday, February 03, 2026
 Topic : Awareness about Ombudsman's Institution
 Participants : 79

Mr. Muhammad Sohail Rajput is the 7th Provincial Ombudsman for Sindh, sworn in on 11th March 2024. He holds a MBBS degree from Liaquat Medical College, Jamshoro, a Postgraduate Diploma in Business Administration from IBA Karachi, and an MPA in Economic Policy Management with specialization in International Energy Management from Columbia University, USA. A Hubert H. Humphrey Fellow, he attended programs at the University of North Carolina & Duke University, and interned at the World Bank.

Since joining the Civil Service in 1991, he has served as Chief Secretary Sindh, Commissioner Karachi, and Secretary of multiple key departments. His key achievements include developing the Thar Coal Mining and Power Project, improving Sindh's fiscal health, enhancing national IT exports, and leading the response to the 2022 super floods.

Meeting Proceedings

- Invocation followed by the National Anthem.
- Guests welcomed; a special welcome was extended to visiting Rotarians from France — Nathalie Deprez, Marie Pouget, Lucienne Claustre, Jacqueline Nanterme, Xavier Chaumont, Beatrice Massy, Guillaume Ramey, and Guy Royale.
- Birthday greetings: Rtn. Aziz Merchant and Rtn. Shumaila Omar (Feb 01).
- Wedding anniversary greetings: Rtn. Junaid Khalil Nanitalwala (Feb 01).
- Project updates: 56 artificial limb patients served; 28 new mental health patients (total 3,756); 750 dialysis treatments provided; Breast Cancer Awareness Project completed 14 sessions benefiting 1,065 participants, with 100 women screened and 49 advised mammograms; Blood Donation Drive reached 1,047 bottles across 33 drives.
- Announcement of Valentine's Cruise Fellowship Evening scheduled for Feb 14, 2026, at Marina Club; members encouraged to register with Rtn. Shahzad Ahsan.
- President invited Guest Speaker, Mr. Muhammad Sohail Rajput, Former Chief Secretary Sindh and Provincial Ombudsman Sindh to the head table.
- President introduced the guest speaker, who spoke on "Awareness About Ombudsman's Institution."





Sibtain Naqvi

Corporate strategist, independent researcher and author



Meeting #	:	30 of 2025-2026
Date	:	Tuesday, February 10, 2026
Topic	:	Beyond Personalities and Politics: Why Pakistan's Future Depends on Institutions
Participants	:	69

Sibtain Naqvi is a corporate professional, researcher, and author specializing in institutional history, national development, and organizational anthropology. A frequent contributor to Pakistan's English newspapers, his research has been presented at Oxford, Cambridge, Columbia, and other international institutions. He regularly speaks at IBA, LUMS, and the Karachi Literature Festival. His essays appear in Oxford University Press's Pakistan's Radioactive Decade and he is cited in Through the Eyes of Tiger Cubs by Time

Magazine, Asia Business Council, and the Lee Kuan Yew School of Public Policy.

Naqvi's publications include Unconventional: The Bank No One Saw Coming, Unravelling Gordian Knots, Chronicling Excellence: A History of IBA, Cobwebbed World of Sadequain, Ghalib: Call of Angel, and Rubaiyat-e-Kuliyaat-Sadequain. He has authored institutional histories of IBA, Meezan Bank, and Faysal Bank.

Meeting Proceedings

- Invocation by Rtn. Feroz Abdullah, followed by the National Anthem.
 - Guests welcomed to the weekly meeting.
 - Birthday greeting: Rtn. Waqar Yousuf Shaikh (Feb 07).
 - Wedding anniversaries: Rtn. Atif Iqbal (Feb 07) and Rtn. Sahibzadi Mahin Khan (Feb 08).
 - Project updates: 58 artificial limb patients served; 31 mental health patients (total 3,787); 700 dialysis treatments provided.
 - Fellowship announcement: Valentine's Cruise Fellowship on Feb 14 at Marina Club featuring kite flying and live Sufi music arranged by Rtn. Dilawar Dakhan.
 - Guest Speaker Sibtain Naqvi invited to the head table.
 - President introduced the speaker.
 - Memento presented to the guest speaker.
- Sunshine Collection: Rs. 114,980 so far; Rs. 6,000 today; total Rs. 120,980.

Key Insights from the Talk

1. Momentum of development of early Pakistan has not been maintained.
2. Today we are amongst the lowest on all major indices.
3. So, what went wrong?
4. What is behind the rise and fall of nations?
5. National prosperity- the main driver is strong institutions.
6. Reforms are needed in every area, driven by institutions.
7. Strong institutions combine tangibles with intangibles.



Dr. Nayyar Jabeen

Consultant Physician & Diabetologist

Meeting #	:	31 of 2025-2026
Date	:	Tuesday, February 17, 2026
Topic	:	Lifestyle modifications specially for healthier Ramadan
Participants	:	47



Dr. Nayyar Jabeen is a distinguished Consultant Physician and Diabetologist, currently serving as General Manager at Dr. Essa Laboratory & Diagnostic Centre, and Consultant at Pakistan International Airlines (PIA). She is also the President of the Pakistan Academy of Family Physicians and serves as Medical Expert and Master Trainer at the Sindh Health Care Commission.

As Charter President of the Corporate Club, Rotary International, she has demonstrated exemplary leadership beyond medicine. Her former roles include Medical Director at Canada Medical Group and Health Services, Ex-Chairman of the Health Committee for Pak-US Trade, Ex-Director of the Medical Committee at the Diplomatic Forum, and President of Peace International.

Meeting Proceedings

- Invocation followed by the National Anthem.
- Guests welcomed to the weekly meeting.
- Birthday greetings: Rtn. Zubair Aman and Rtn. Dr. Mohammad Ali Memon (Feb 16).
- Wedding anniversaries: Rtn. Mashkoo Khan (Feb 12); Rtn. Asfandyar Jahangir (Feb 16); Rtn. Syed Tanveer Ahmed and Rtn. Mohammad Younus Dagher (Feb 18).
- Project updates: 49 artificial limb patients served; 33 new mental health patients (total 3,810); 720 dialysis treatments conducted.
- Valentine Fellowship Cruise successfully held on Feb 14 with 117 participants, including RCK members, spouses and guests, and also Rotarians from several other clubs of District 3271.
- Musical performances, kite flying, and fellowship activities highlighted the event.
- Appeal announced for fundraising toward the upcoming Ramadan Ration Drive.
- Guest Speaker Dr. Nayyar Jabeen invited to the head table and introduced by the President.
- Presentation of memento to the guest speaker.
- Sunshine Collection: Rs. 120,980 so far; today's collection PKR 1,300.

Key Insights from the Talk

1. Sedentary lifestyle harms overall health. Regular physical activity lowers disease risk.
2. Obesity is the root cause of many comorbid (diseases). Major diseases linked to obesity include Type 2 diabetes, high blood pressure, heart disease, high cholesterol, fatty liver disease, arthritis – which commonly leads to Osteoarthritis, cancer.
3. Healthy lifestyle means, eat healthy, exercise, sleep well, keep things simple, think positively.
4. A general guideline for maintenance calories (keeping your weight stable):
 Adult Women: Sedentary (little/no exercise): 1,600–2,000 kcal/day, moderately active: 1,800–2,200 kcal/day, very active: 2,000–2,400+ kcal/day
 Adult Men: Sedentary: 2,000–2,400 kcal/day, moderately active: 2,200–2,800 kcal/day, very active: 2,800–3,200+ kcal/day
5. Mental health is equally important. Take breaks, connect with nature, find “Me Time”.

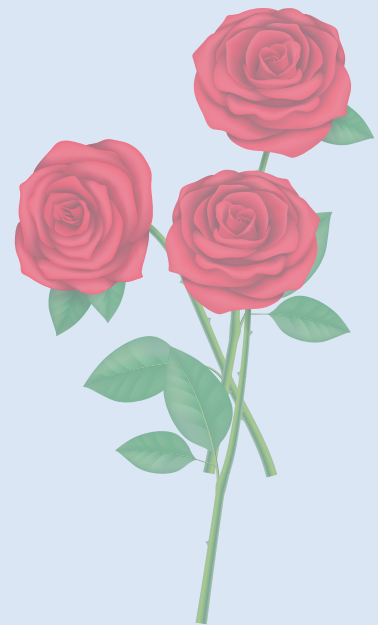


RCK ORGANIZES VALENTINE'S DAY FRIENDSHIP CRUISE

On Valentine's Day, Saturday, 14th February, our Club organized a Fellowship Cruise from the Marina Club. A large, double-decker boat that can accommodate about 140 persons, was hired for the activity. Some 115 people participated, including 78 RCK members, their spouses and their guests, and 37 Rotarians from other clubs. These included RCK Intellectuals, RCK Beach View, RCS MPK Paradise, RCK Gateway, RCS MPK Central, RCS Makli, RCS Mohenjodaro and RCS Dadu Green.

The boat set sail around 5.30 pm and returned to its berth at about 8.30 pm. On board entertainment was a musicians' group, including a female singer, kite flying and light refreshments. RCK member Asma Zeeshan and another Rotarian also regaled the audience with their energetic singing.

The activity was excellently planned and organized by President Naila Masood, President-Elect Humayun Qureshi, Executive Secretary Shahzad Ahsan and office assistant Umair. All participants had a thoroughly enjoyable time, and the true spirit and camaraderie of fellowship could be seen. The participation of Rotarians from other clubs also reinforced the concept of fellowship, which encourages engagement with all Rotarians, from whichever club they may belong.



'OCEAN DREAM', the boat for the Fellowship Cruise



'Boys' ready to embark on the boat



Trustee Aziz Memon came to see off Rotarians on the Cruise



Just before boarding



All aboard!



President Elect Humayun Qureshi
welcoming participants on board



Asma regaling Rotarians
with her singing



Musicians



Passengers disembarking
from the boat in the evening
at the end of the cruise

WORLD WATER DAY

March - 22



Observed annually on March 22 since 1993, World Water Day was established by the UN to highlight the vital importance of freshwater, and to advocate for the sustainable management of global water resources. The 2026 theme — Water and Gender — underscores that access to water is not only an environmental or infrastructure issue, but also a matter of equity and social justice.

The 2026 campaign, titled “Where water flows, equality grows,” calls for a rights-based approach that places women and girls at the centre of water governance and decision-making. According to UN World Water day factsheet, 2.1 billion people still lack safely managed drinking water services, while women and girls disproportionately shoulder the burden of water scarcity, often spending hours daily collecting water, limiting opportunities for education, health, and economic participation.

The central objective of the World Water Day aligns with SDG 6: ensuring availability and sustainable management of water and sanitation for all by 2030. Progress, however, remains uneven. Although, according to UNICEF 2025 report, 2.2 billion people gained access to safely managed drinking water between 2000 and 2024. Global momentum is still insufficient to meet SDG targets within the decade.

The intersection of water and gender equality defines this year’s focus. Globally, according to UN Women more than one billion women lack safely managed drinking water services, and women constitute just over one-fifth of the water sector workforce. In households without on-premises water access, women are primarily responsible for collection in two out of three cases, collectively spending an estimated 250 million hours every day on this task.

While water insecurity is global, its consequences are particularly stark in developing countries. In Pakistan, unsafe water and sanitation remain significant public health concerns. According to UNICEF report, approximately 53,000 Pakistani children under five die annually from diarrhoeal diseases linked to poor water quality and sanitation. Nearly 70 percent of households

consume bacterially contaminated water, contributing to widespread disease, stunting among children, and economic losses estimated at hundreds of billions of rupees. Climate pressures, population growth, insufficient storage infrastructure, and governance challenges continue to strain Pakistan’s water systems, threatening agriculture, energy security, and long-term economic stability.

For Rotary, water stewardship is not theoretical, it is operational. Rotary International has long identified water, sanitation, and hygiene (WASH) as a cornerstone of sustainable community development. Through the Rotary Foundation’s Global Grant initiatives, more than \$130 million has been invested in over 2,000 WASH projects since 2013, improving access to safe water in communities, schools, and healthcare facilities worldwide.

Collaborative partnerships, including the Rotary-USAID WASH program, demonstrate Rotary’s emphasis on sustainability, supporting governments and communities not only to install infrastructure but also to manage water resources effectively over time.

World Water Day ultimately challenges leaders, institutions, and communities to view water not merely as a resource, but as a foundation for equity and sustainable progress. When access to safe water improves, health outcomes strengthen, children remain in school, and economies grow more resilient. As this year’s theme reminds us, when water systems become equitable, societies become stronger, proving that where water flows, equality truly grows.

UPDATE ON RCK'S DONATION FOR SRI LANKA DISASTER RELIEF APPEAL

RCK members will recall that starting in mid-December 2025, the Club had informed members that the Rotary Club of Colombo, of District 3220, Sri Lanka, had reached out to us for support, for recovery from the Ditwah Disaster.

Ditwah was a catastrophic tropical cyclone that brought heavy rain to Sri Lanka in late November and early December 2025. The storm caused heavy flooding and landslides, killing over 600 people, with 183 people missing, Flooding and landslides destroyed 6,200 homes and damaged 96,545 others nationwide. Ditwah caused over US\$ 1.6 billion dollars of damage. It was the deadliest natural disaster in the country since the 2004 tsunami.

In response to the request by our sister club in Colombo, Trustee Aziz Memon launched a strong appeal for donations, personally calling up several members. We are proud that our members responded equally strongly, in true Rotarian spirit. At the end of the donation collection, 105 members had contributed a total of PKR 7,580,000.

Now on February 17, Trustee Aziz Memon and PP Abbas Lavingia traveled to Colombo for meet with the Rotary Club of Colombo and join the Rotarians there at the World Peace & Understanding Day. PP Abbas Lavingia has been kind enough to contribute a write up on their visit, which follows below.

Here, we end with this communication sent to Trustee Aziz Memon, at the end of the visit, by the President of the Rotary Club of Colombo.

"Dear Past Trustee Memon,

Good morning!

It was such a joy having you with us at the World Understanding Day Celebrations of the Rotary Club of Colombo at Cinnamon Lakeside Hotel. Your heartfelt speech on the Art of Giving truly touched and inspired everyone present—it was both enlightening and deeply thought-provoking.

I am especially grateful for your generous support toward the proposed school development project. Your contribution will make a lasting difference in the lives of many in Sri Lanka, further strengthening the cherished bond between RC Karachi and RC Colombo.

Thank you once again for traveling all the way to Colombo with the District RI Convention Chair 2024-27 Rtn Abbas Lavingia to be with us and for sharing such a wonderful evening with our members. Wishing you safe travels back to Karachi and God's blessings for continued happiness and good health.

With warm regards and gratitude,
Rtn Aruna Fernando
President, Rotary Club of Colombo
20th February 2026."

A Legacy of Service: PRIT Aziz Memon Strengthens Three-Decade Twin Club Bond in Colombo

By PP Abbas Lavingia

The enduring partnership between the Rotary Club of Karachi (RCK) and the Rotary Club of Colombo reached a new milestone during a high-profile two-day visit to Sri Lanka by Past Rotary International Trustee (PRIT) Aziz Memon and Past President (PP) Abbas Lavingia. This visit celebrated thirty years of "Twin Club" history, a relationship built on family exchanges, golf tournaments, and unwavering support during natural disasters. The visit began with a warm reception at the airport by Rotary International President-Elect (RIPE) K.R. "Ravi" Ravindran, signaling the high level of importance placed on this international fellowship.

During the first day, PRIT Aziz Memon joined RIPE Ravi for a special preview of the venue for the upcoming Rotary Institute, which is set to be hosted in Colombo for the first time. The evening featured a dinner hosted by RIPE Ravi and Past First Lady (PFL) Vanathy at their residence, providing an intimate setting for the delegation to discuss ongoing humanitarian efforts. The spirit of reconnection continued the following day as PRIT Memon met with his 2007–08 District Governor batchmate, PDG Thariq Thulba (RC Colombo Mid Town), and PDG Deshamanya Dr. Avanti Nissanka Karunaratna (RC Kandy).

The second day was marked by several strategic meetings and personal visits. Before lunch, the delegation reconnected with Ali Asghar (Asgi) Akbarally (RC Colombo) and his Rotaractor son. This was followed by a lunch meeting with RI President's Special Advisor (RIPSA) PDG Pubudu De Zoysa and her husband Krish, where they discussed the future of regional Rotary projects. These meetings highlighted the deep personal networks that sustain the Rotary mission across borders.

The visit culminated in the World Understanding Day celebrations at the Cinnamon Lakeside Hotel on Thursday, February 19, 2026. Addressing a large gathering, PRIT Aziz Memon spoke on the "Art of Giving," reflecting on how the Rotary Club of Colombo had previously supported Pakistan with a \$19,500 contribution during the 2021 floods. To return this gesture, RCK members collected \$26,346 (approximately Rs. 7.9 million) to aid Sri Lanka following recent calamities. While the funds were initially intended for school repair projects for those



PP Abbas Lavingia, PP RC Kandy, Dr Avanti Sri Nissanka Karunaratna, PT Aziz Memon & PP RC Colombo Reconnections, Harold B. Sandrasagara

affected by recent cyclones, a new strategic plan was discussed to combine this contribution with funds from the Rotary Club of Colombo to apply for a Global Grant, significantly amplifying the impact of the donation.

The event saw an impressive attendance of RC Colombo leadership and distinguished guests, including RIPE Ravi & Vanathy, President Aruna Fernando, PE Nima Ratnayake, PP Rajiv Walpita, PP Azad Mansoor, Mohammed Abidally (Akbarally), PDG Senake Amerasinghe, Shahid Sangani, and Kumudu Warnakulassoriya. The international nature of the gathering was further emphasized by the presence of visiting Rotarians, including a Past President from Richmond Hill, Toronto. This visit not only provided critical financial support for education but also reinforced the three-decade-old bridge of friendship between Karachi and Colombo.



District 3271 News

Basantine
14th Feb & 15th Feb (SAT-SUN)
2026

Rotary Club of Karachi Springs District 3271

Entry Fee (Single Entry)
PKR 1,000/-
Free Entry for kids Under 8 Years

Venue: Naya Nazimabad, Karachi
Time : 02:00 PM To 10:00 PM

Get Your Tickets Now

Purchase tickets contact : +92 312 2436554
Note : Ticket valid for 1 day only, Separate tickets required for each day.

Activities:
Kite flying, Food stalls, Live music, Live performances, Game stalls, Cultural performances, Kids activities, Lanterns, Handicraft stalls, Much more.

Prohibitions:
No Kites or Related Equipments Allowed From Outside

Basant Activity by Rotary Club of Karachi Springs

Rotary Club of Karachi Roshni District 3271

FATIGUE MANAGEMENT WORKSHOP

"Take a Breath, Take Control"

District 3271 Chair Public Safety : RTN Anita Kirmani

A three-hour professional workshop focused on understanding fatigue and **improving productivity** through **proven** management techniques.

14 Feb, 2026 Time 5:00 to 8:00 pm

Tea will be served after the session
Registration Fees 1000 Rs
Limited Seats

What to Expect:

- Performance Improvement
- Manage Daily Fatigue
- Boost Energy Levels
- Reduce Mental Stress
- Healthy Work Habits
- Mental Wellbeing

Services Mess, Abdullah Haroon Rd, near Metropolis, Civil Lines, Karachi

For Registration & Info:
Ayaz Ghazi (Treasurer)
+92 321 9207510

Mental Exhaustion, Loss of interest in activities, Persistent anxiety or sadness, Constant fatigue

Fatigue management workshop of Rotary Club of Karachi Roshni



RC Disability Alliance Pakistan attended the international virtual mega meeting _Peace Begins at Home_, celebrating the 121st Anniversary of Rotary International



Rotary Club Karachi New Central Culinary Class at Al Furqan Home



Congratulations
Rtn. Engr. Abdul Jabbar Shaikh
 on being elected as
District Governor Nominee Designate
 Rotary International District 3271 – Pakistan

Abdul Jabbar Shaikh elected as District Governor 2028-2029



Legal & financial literacy session for women of Lyari, facilitated by Rotary Club of Karachi Sunset Millennium

Rotary Club of Mirpurkhas
 District 3271

UNITE FOR GOOD

Rotary Club Of Mirpurkhas

RTN. RAJ KUMAR LOHANO (PHF)
 PRESIDENT 2025 - 2026

FOUNDED 1st NOVEMBER 1953
 CHARTERED 3rd MARCH 1955
 CLUB NO. 16092

RTN. SHAHBAZ USMAN
 SECRETARY 2025 - 2026

Motivational Speaker on Youth Empowerment
CAREER COUNSELING & FOREIGN SCHOLARSHIPS:
TURNING AMBITIONS INTO ACHIEVEMENT

Venue:
 Joti Center, Opposite Registrar Office
 Tando Adam Road, Mirpurkhas

6th February 2026 4:00 PM – 6:00 PM

Engr. ALI HASSAN BHUTTO
 (New York, USA)
 Founding Chairman (SDPI)

Career Counseling & Skill Development Session by Rotary Club Mirpurkhas



Cake cutting on 121st birthday of RI by Rotary Club of Mohenjodaro