

# Karachi Rotarian

The monthly e-newsletter of the Rotary Club of Karachi

World

# Health Day

April 07, 2026



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## EDITOR'S NOTE

Dear Rotarians,

In this Issue we report on 2 club activities and 2 weekly meetings that took place in the month of March. The 2 activities took place in Ramzan, the Muslim holy month of fasting, which ended on March 20, and the 2 weekly meetings took place post-Ramzan, as during Ramzan the Club does not hold its lunch meetings of course.

While March was thus a relatively slow month, it was otherwise a month of great stress and worry for practically the whole world, owing to the conflict in the Middle East. And while Rotarians are committed to do good and live by the motto Service Above Self at all times, we need to become even more active in times of crises, whether these be natural disasters or political conflicts. Because crises severely impact the less-privileged and the marginalized, aggravating their suffering further.

In this regard the Ramzan Ration Drive carried out by the Club became even more meaningful, as during troubled times the cost of even essential food items shoots up, making everything so much dearer. RCK member Amena Khan's initiative in conducting this Ration Drive must be acknowledged.

Wishing all readers the very best in pursuing Rotary's Mission with zeal and untiring efforts.

Sincerely,



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

## PRESIDENT'S MESSAGE



Dear fellow Rotarians,

Rotary's focus this month is on Water, Sanitation and Hygiene.

Water is a defining factor of public health, economic stability,

and national resilience. As the country confronts rapid population growth, climate volatility, and inefficient water management, the importance of conservation has shifted from being a policy preference to an urgent necessity.

Despite having an extensive river system, access to safe and usable water remains alarmingly limited. According to UNICEF, "an estimated 70 percent of households still drink bacterially contaminated water," It also reports that "53,000 children under five die annually from diarrhoea due to poor water and sanitation." Thus, water is not only an environmental issue, but also a public health emergency.

There is a dire need for conservation and better management. Even before the devastating floods of 2022, only "36 percent of the water was considered safe for consumption." In the aftermath, over 10 million people were left without access to safe drinking water. This illustrates how fragile Pakistan's water systems are—easily disrupted by climate shocks, and slow to recover.

Pakistan's renewable water availability is approximately 1,253 cubic meters per person annually, a level approaching water scarcity thresholds. As population increases, this figure continues to decline, intensifying competition between agricultural, industrial, and domestic use. Inefficiencies—particularly in agriculture—mean that much of this limited water is wasted rather than productively used.

Water conservation, therefore, is not simply about using less—it is about using smarter, and more equitably and sustainably. In Pakistan's context, this includes improving irrigation efficiency, reducing leakage in urban systems, and promoting behavioral changes in households. Pakistan's future will be shaped by how it manages its water today. Conservation is no longer optional—it is the foundation upon which public health, economic growth, and environmental sustainability depend.

For organizations like the Rotary Club, the theme of Water, Sanitation, and Hygiene (WASH) is particularly relevant. Community-level interventions—such as awareness campaigns, filtration initiatives, and sanitation infrastructure—can produce immediate and measurable impact. However, long-term change requires embedding conservation into national consciousness: treating water not as an infinite entitlement, but as a shared and finite asset.

The Rotary Club of Karachi initiatives in this regard reflect upon the role RCK has played in addressing this issue wherein, 300+ Water Filtration and Sanitation plants have been set up over the years, where millions of people benefit from this program.

Besides Rotarians in their personal capacity have also been proactive, and just this month a dolphin rescue mission was accomplished by our members, and is duly reported in the RCK Newsletter.

During the year we plan to do a few more Water Filtration and Sanitation plants, for the benefit of the underprivileged communities.

Yours sincerely,



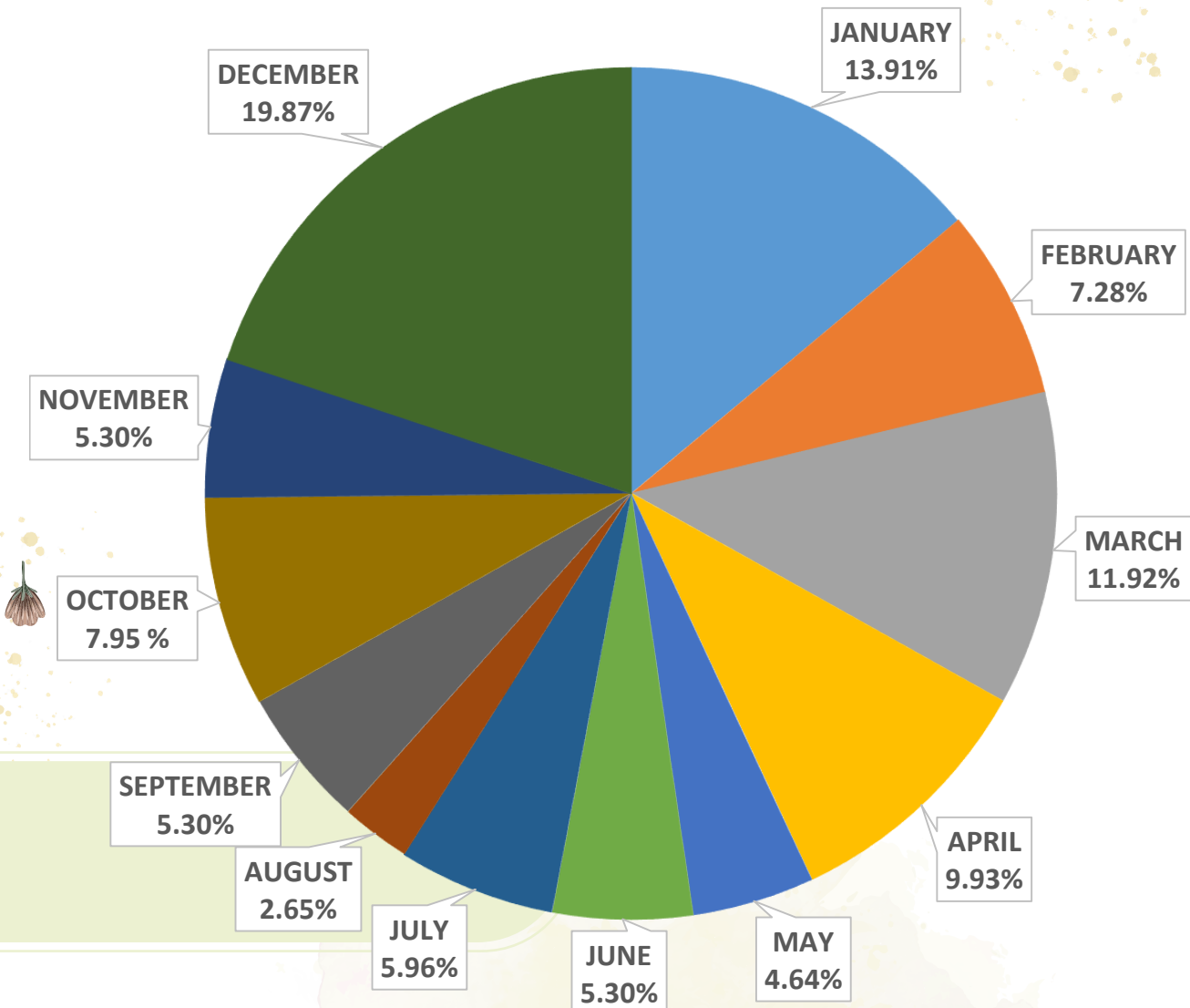
**Naila Masood**  
President RCK, 2025-2026

# AND THEY LIVED HAPPILY EVER AFTER!

In the previous 2 issues of Karachi Rotarian, we brought to you, in pictorial and tabular form, data about our members occupations and their star signs. Now, in the last of the series, we present to you, data relating to the months in which our members got married! The analysis is based on 151 members, whose relevant data was available. Still, we believe the data is fairly representative of our full membership.


## RCK MEMBERS WEDDING MONTHS


- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December





MONTH	NUMBER OF MEMBERS' WEDDINGS BY MONTH	PERCENTAGE OF MEMBERS WEDDINGS BY MONTH
January	21	13.91%
February	11	7.28%
March	18	11.92%
April	15	9.93%
May	7	4.64%
June	8	5.30%
July	9	5.96%
August	4	2.65%
September	8	5.30%
October	12	7.95%
November	8	5.30%
December	30	19.87%
<b>TOTAL</b>	<b>151</b>	<b>100.00%</b>

The data is quite interesting really!

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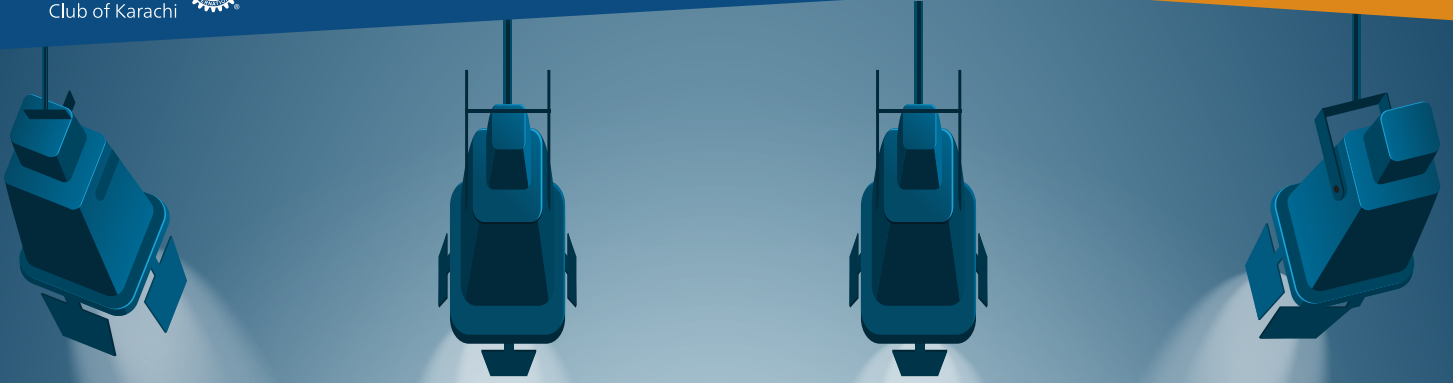
As can be expected, December is by far the most popular month to get married in. Followed by January. The popularity of these 2 months of course being due to the lovely weather we enjoy in our city during these 2 months.
- 

What is a little surprising is that November, falling just before the 'peak' season of December & January, has a fairly low percentage of weddings! Any guesses why?
- 

And on the other side of January, it is March which is in 3rd place, and not February as one would have expected. And the difference between the 2 months is a sizeable 4.5 percentage points.
- 

On the least popular month side, again a surprise, as August, and not May or June registered the lowest percentage.

Rest, you can draw your own additional conclusions!



# ROUNDUP

## WEEKLY MEETINGS

MARCH - 2026

● **Week - 01**

March 03, 2026

**No meeting were held**

● **Week - 02**

March 10, 2026

**No meeting were held**

● **Week - 03**

March 17, 2026

**No meeting were held**

● **Week - 04**

March 24, 2026

**Javed Akhtar Odho**

Inspector General of Police, Sindh

● **Week - 05**

March 10, 2026

**Asma Balal**

Country Director of Marie Stopes  
Society Pakistan

# Javed Akhtar Odho

Inspector General of Police, Sindh



Meeting #	:	32 of 2025-2026
Date	:	Tuesday, March 24, 2026
Topic	:	Challenges of Governing Sindh
Participants	:	69

Javed Akhtar Odho, an officer of the Police Service of Pakistan (PSP), assumed charge as Inspector General of Police, Sindh on January 1, 2026. A graduate in commerce from Karachi University, he also holds a B.S. in Finance (Money and Banking), and an MBA from Oklahoma State University, USA. He joined the PSP through the CSS examination in 1994, and initially served in Punjab before transferring to his home province, Sindh, in 1998.

Over a career spanning 3 decades, he has held key operational, investigative, and administrative positions across Sindh and Balochistan, including AIGP Karachi Range and DIG in multiple districts. He also served as a Civilian Police Officer in the UN Peacekeeping Mission (UNMIK) in Kosovo during 1999–2000.

## Meeting Proceedings

- Invocation by Rtn. Abdullah Feroz, followed by the National Anthem.
- Honorary Secretary extended warm welcome to members after the Ramzan break.
- Birthday greetings: PP Navin Merchant (Mar 18); Rtn. Aziz Damji and Rtn. Mansoor Khandwala (Mar 21); Rtn. Abid Nisar (Mar 24).
- Wedding anniversaries: Rtn. Aziz Merchant and Rtn. Zubair Aman (Mar 22); Rtn. Najeeb Moochala (Mar 23); Rtn. Abdullah Feroz (Mar 24).
- Project updates: 198 artificial limb patients served over the past month; 2,700 dialysis treatments provided.
- Iftar Fellowship Dinner held on Mar 7 at the residence of VP Rasheed Jan Mohammad; appreciation extended to the host, President Naila Masood, and organizing team.
- Ramadan Ration Drive organized by Rtn. Amena Khan, in collaboration with RHA – Relief & Hope for All and Khana Ghar, distributed 450 ration bags (approx. PKR 1.4 million) at Khuda Ki Basti.
- Announcement: Rotary Eid Gala Fellowship Dinner scheduled for April 4, at the residence of Rtn. Faisal Lodiha; members are requested to register in advance.
- PP Abbas Lavingia presented the club flags received during his Colombo visit with Trustee Aziz Memon.

- Guest Speaker, Mr. Javed Akhtar Odho, Inspector General of Police Sindh, invited to the head table.
- President introduced the speaker, who addressed the gathering on "Challenges of Governing Sindh."
- Presentation of memento by Trustee Aziz Memon, PDG Shiraz Sachedina, PP Akhtar Alavi, and PP Navin Merchant.
- Sunshine Collection: Rs. 122,280 so far; Rs. 5,300 collected today; total Rs. 127,580.

## Key Insights from the Talk

1. The Sindh Police Department is the oldest in the sub-continent, established in 1843 by Sir Charles Napier.
2. Governance is a prime state function.
3. The lack of a unified national vision creates a fragmented society, leading to challenges.
4. Key challenges include weak accountability, intellectual dishonesty, and entrenched sycophancy.
5. While police officers coming through CSS are well-trained, but inadequate training of the rank and file, unlike the armed forces, creates policing challenges.
6. The speaker strongly believes in a public-private partnership to resolve issues.



# Asma Balal

Country Director of Marie Stopes Society Pakistan

Meeting #	:	33 of 2025-2026
Date	:	Tuesday, March 31, 2026
Topic	:	Beyond the Bulge: Securing the Demographic Dividend through Women's Health and Family Planning.
Participants	:	48



Asma Balal is a public health and development professional 25+ years of experience in programme design, implementation, and management. She is the Country Director at Marie Stopes Society Pakistan since 2016, overseeing program leadership, technical outputs, and financial management, while also serving on the Board of Mezrab.

She began her career as a Senior Analyst with Abt Associates, and later served as Manager Healthcare Practice Unit at Deloitte Emerging Markets Group. She has worked extensively with bilateral and multilateral donors, including FCDO, DFAT, USAID, UN, and the Global Fund, across Pakistan, the Middle East, and North Africa.

## Meeting Proceedings

- Invocation, followed by the National Anthem.
- A warm welcome extended to all members and guests for today's meeting.
- Birthday greetings: PP Najmul Ain Khan and Rtn. Darshan Lal Valecha (Mar 31).
- Wedding anniversaries: PP Anjum Nisar (Mar 25); Rtn. Fareed Mehmood Ghani (Mar 30); Rtn. Rehan Shahid (Mar 31).
- Project updates: 54 patients served under the Artificial Limbs Project during the past week; 650 dialysis treatments provided; 33 patients treated under the Mental Health Project, bringing the cumulative total to 3,989 patients.
- Announcement: Rotary Eid Gala & Fellowship Dinner on April 4, 2026, at Rtn. Faisal Lodiha's residence; members to register with Rtn. Shahzad Ahsan by April 1.
- PP Mohammad Ovais invited to the rostrum to speak on avoiding food waste and addressing nutritional challenges.
- Guest Speaker, Ms. Asma Balal invited to the head table.
- President introduced the speaker.
- Presentation of a memento to the guest speaker by designated club representatives.
- Sunshine Collection announced: Rs. 133,880 collected so far.

## Key Insights from the Talk

1. Demographic Dividend is the potential for economic growth when the working-age population (15–64) exceeds dependents due to declining birth and death rates, though it is not guaranteed.
2. Declining birth rates reduce dependency, enabling greater investment in human capital, infrastructure, and economic growth, while earlier high birth rates create a surge in the workforce, boosting productivity.
3. Realizing this dividend requires strategic investment in family planning, education, and women's economic participation.
4. Notably, every \$1 invested in family planning yields \$27 in economic and social returns (Guttmacher & UNFPA, Nov 2025).
5. In Pakistan, despite 96% awareness of modern contraceptive methods among married women, only 38% use them, reflecting a significant knowledge-action gap that MSS continues to address.



# World Health Day

April 07, 2026



World Health Day is celebrated on the 7th of April every year since 1950, commemorating the date on which the World Health Organization (WHO) was established. This year's theme "Together for health. Stand with science", calls for a renewed trust in science, cross-sectoral research and science-based interventions. It is based on the One Health concept, which considers that humans are part of a dynamic ecosystem in which human health is interconnected with the health of animals, plants and the environment.

The theme is also closely aligned with UN's Sustainable Development Goals (SDG), in particular SDG 3 (Good Health and Well-Being), SDG 1 (No Poverty), and SDG 10 (Reduced Inequalities). Evidence-based healthcare systems are vital to ensure that prevention, treatment, and care are accessible, effective, and sustainable.

The emphasis on "standing with science" is more urgent today than ever, where misinformation and fragmented systems continue to hinder the health system, like we witnessed in the Covid-19 pandemic with vaccine-deniers.

The health challenges are very complex and varied. They can be divided into three categories: communicable diseases, non-communicable diseases, and injuries. While infectious diseases such as tuberculosis and respiratory diseases kill millions of people per year worldwide, non-communicable diseases such as cardiovascular disease and diabetes are the leading causes of death globally. With 33 million adults with diabetes, Pakistan is among the countries with the highest rate of diabetes in the world, while cardiovascular diseases account for up to 30 to 40 percent of deaths.

Such patterns highlight the need for science-led prevention and early detection and for integrated health systems capable of addressing shifting threats.

This year, the theme is more relevant than ever for Pakistan, where there is the substantial burden of communicable and non-communicable diseases, along with the challenges of maternal and child health, and also the neglected area of mental health, with almost 50 million affected and millions needing specific psychiatric care.

Regarding maternal and child health, an estimated 675 newborns and 27 women die daily from mostly preventable causes. Malnutrition and socio-economic factors account for almost 40% of children under 5 years old experience stunting. This signifies the need for standing with science as the basis for making policies, planning, and providing services.

Rotary International plays a very important role in the advancement of health equity. Interestingly, 3 of Rotary's 7 focus areas - maternal health and child health, disease prevention, and water and sanitation, are directly integrated with global health concerns. Rotary believes that basic healthcare is a fundamental human right. Building on its pioneering role in the eradication of polio, Rotary is a global supporter of science-driven, community-based programmes which improve access, enhance healthcare systems, and encourage prevention through long-term partnerships and local involvement.

The Rotary Club of Karachi (RCK) too, has been deeply involved for a long time now, in several healthcare programmes and initiatives. Among others, these include, support to the End Polio Now campaign, Breast Cancer Awareness campaign, ongoing free dialysis project, ongoing free provision of artificial limbs project, blood donation drives, support to Civil Hospital and the Ojha TB Sanatorium for tuberculosis detection, free eye camps, provision of large number of water filtration plants to provide clean drinking water to marginalized communities to fight against water-borne diseases, diabetes consultation at the Rotary Community Centre, and provision of free medicinal supplies worth millions of rupees to 21 hospitals and orphanages.

This year, let us all remind each other that health is not isolated; it is the outcome of shared responsibilities and informed decisions. Knowledge is the key to a healthier lifestyle, so it is necessary to support science by adhering to evidence.

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

In our February issue, we had reported on the visit of PT Aziz Memon and PP Abbas Lavingia to Sri Lanka, for meetings with the Rotary Club of Colombo. Among other matters the proposed use of RCK's donation to RC Colombo's disaster relief appeal fund was also discussed.

Now we are pleased to share that RC Colombo's Dithwa Flagship Project, titled Learning Beyond the Storm, for the rehabilitation of schools in the disaster area, is in full swing. Details of the project are given in the accompanying graphic on this page.

We are also pleased to reproduce below the message sent out by the RC Colombo President to the Club members on 12th March. RCK's support and donation is generously acknowledged in this message and our thank go out to him for this gesture.

**Project Highlights**

- Disaster-resilient hybrid smart classrooms
- Solar-powered for uninterrupted use
- Starlink satellite internet & communication
- STEM education & distance learning enabled
- Emergency Assembly Points during disasters with smart classrooms

**National-Level Endorsement**

- Supported by the Rebuilding Sri Lanka Disaster Relief Task Force
- In collaboration with the Ministry of Education
- Aligned with national education reforms

**Impact**

- 100 flood & landslide-affected schools in phase-1
- 1-5 classrooms upgraded per school
- Thousands of students empowered

**50 schools to be completed by 15 March 2026**

"Dear Members,

I am pleased to inform you that the Rotary Club of Colombo has been entrusted with the responsibility of handling the Global Grant Application for the Learning Beyond the Storm flagship project of Rotary District 3220. This landmark initiative is dedicated to rebuilding and strengthening education in disaster-affected areas through the establishment of disaster-resilient hybrid smart classrooms.

Under the guidance and leadership of Past President Rtn. Mohammed Abidally, our club will spearhead the grant process to ensure the successful realization of this project. We are also delighted to announce that our sister club, Rotary Club of Karachi, has committed a generous contribution of USD 36,346/- towards this effort, reflecting the spirit of international Rotary partnership and solidarity.

This is a proud moment for RC Colombo to play a pivotal role in a project that will empower thousands of students across Sri Lanka and stand as a lasting testament to Rotary's commitment to education, resilience, and community rebuilding.

We look forward to your continued support and active participation as we move forward in making this vision a reality.

Yours in Rotary,  
Rtn. Aruna Fernando  
President,  
Rotary Club of Colombo  
12th March 2026."

# RCK ACTIVITIES THIS MONTH

## RCK'S Traditional Iftar-Dinner Held on 17th Ramzan

During the holy month of Ramzan, the Club's weekly lunch meetings are not held. Members however get an opportunity to meet each other at the traditional RCK iftar-dinner. As in previous years, this was graciously hosted by VP Rasheed Jan Mohammad at his residence. The event took place on 17th Ramzan, which fell on Saturday, 7th March.

The iftar-dinner was well-attended by several members, many of whom were accompanied by their

spouses. Till iftar time, members circulated and engaged with each other. Then just before the time to break the fast, a dua was recited by Rtn. Khalid Abdullah, after which all present enjoyed a well-selected menu of iftar items, followed by dinner.

Our thanks go out to the host, President Naila Masood and the Rotary team for organizing a lovely fellowship evening





# RAMZAN 2026 RATION DRIVE CONDUCTED

RCK members will recall that last year a ration drive was conducted during Ramzan at the Hub Cadet College. Following up from this, a Ration Distribution activity was organized this year as well, on Sunday, March 15, corresponding to 26th Ramzan.

The activity was well very organized and executed by our member Rtn. Amena Khan, in association with Relief & Hope for All (formerly the Robin Hood Army), a humanitarian project of the Maimar-e-Mustaqbil Trust, and Khana Ghar in Khuda ki Basti. Khana Ghar is being run by Parveen Saeed, who is a recognized and well-respect social worker, and a recipient of Pride of Performance Award from the President of Pakistan.

The activity took place at Khana Ghar and more than 450 ration boxes were distributed. RCK President Naila Masood and Executive Secretary Shahzad Ahsan also participated.



# 7th Board Meeting of RCK Board 2025-2026 held

The Board of RCK for 2025-2026 held its 7th meeting on Sunday, March 29, 2026 at 7 p.m., hosted by President Naila Masood at her residence. At the end of the meeting a lavish dinner was served, much appreciated by all present.

The meeting was attended by 10 Board members, with some other members unable to attend as they were traveling. The following items were discussed:

1. Confirmation of the Minutes of the previous Board meeting.
2. Consideration and approval of new applications for Club membership. The Board approved as new members, the applications of Vice-Admiral (Retd.) Shah Sohail Masood, Muhammad Akram Zaheer and Haris Nawaz.
3. The Club's updated financial statements were reviewed.
4. Review was conducted of outstanding annual subscriptions of members.
5. The Honorary Secretary presented updates on the RCK new website project.
6. Potential speakers for upcoming weekly meetings were discussed.

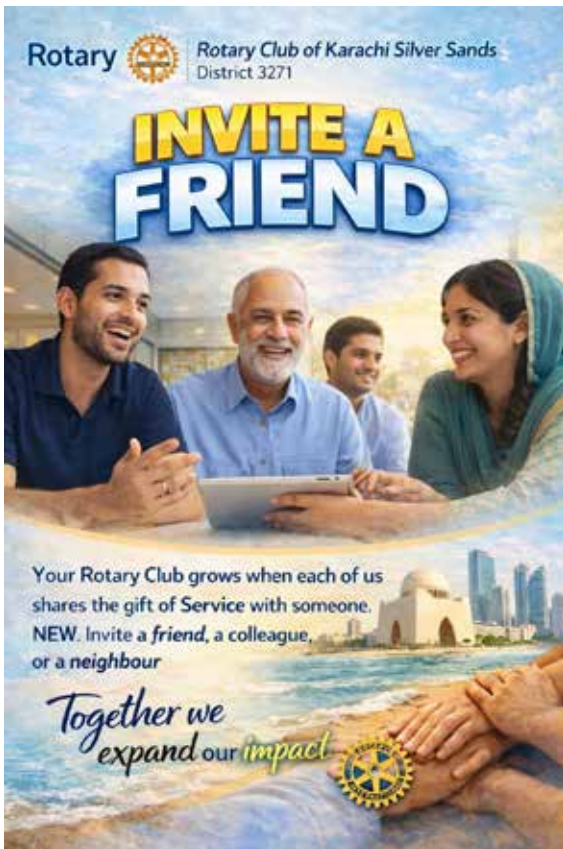
# District 3271 News



Rotary Club Karachi New Central donation to Hisaar Foundation for sustainable water resources management



Rotary Club of Karachi Scientific Forum gets RI certification



RCK Silver Sands Invite a Friend Activity to spread the Rotary message



Rotaract Club Larkana iftar-dinner



Rotary Club of Mohenjodaro Iftar-dinner



Rotary Club of Mohenjodaro Eid Milan get together

## DISTRICT 3271 EVENTS IN APRIL 2026

**FTIS 2026**  
Facilitators' Training & Impact Seminar (FTIS)

Elevate your club sessions as club learning facilitator and sign up for FTIS 2026

**Registration Fee: 5000PKR**

9:00-9:30	Registration
10:00-5:00	Session
5:00-5:30	Certificate Distribution

**For Registration**

PDG Rao Saleem 0300-3203133	Rtn. Arif Siddiqui 0333-2966147	Rtn. Shafqat 0300-8485551	Rtn. Raja Saheb 0300-0211345
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Title: Rotary Club of Karachi  
AC #: 1001-0081-120081-01-2 Bank Al Habib

4<sup>th</sup> April 2026  
PC Hotel

FTIS 2026, APRIL 4, 2026

**PELS**  
PRESIDENT ELECT LEARNING SEMINAR

11<sup>th</sup> - 12<sup>th</sup>, Apr, 2026 at PC Hotel  
**Mandatory for President Elects**

Registration Date	Registration Charges
Till 28th Feb-2026 (For Early Bird)	PKR 7500/-
1st to 30th March - 2026	PKR 11500/-
1st April - 2026	PKR 15500/-

**For Registration**

PDG Rao Saleem 0300-3203133	Rtn. Arif Siddiqui 0333-2966147	Rtn. Shafqat 0300-8485551	Rtn. Raja Saheb 0300-0211345
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Title: Rotary Club of Karachi  
AC #: 1001-0081-120081-01-2 Bank Al Habib

PELS, APRIL 11 & 12, 2026



## LEADING THE WAY IN DIAGNOSTIC EXCELLENCE

### ALL DIAGNOSTIC NEEDS UNDER ONE ROOF

Pathology Services	COVID-19 Testing Services	Ultrasound Services	Color Doppler Services	Digital X-Ray Services	Dexa Scan Services	Dental OPG xray	Mammography Services	ECG/EEG Services	Echocardiography Services
Aesthetic Services	Dental Services	Physiotherapy Services	Vaccination Services	Nutrition Services	Dermatology Services	Fitness Academy	Free Home Sample Collection		



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