

# Karachi Rotarian

The monthly e-newsletter of the Rotary Club of Karachi



Happy  
Mother's Day  
May 10, 2026

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May 10, 2026

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## EDITOR'S NOTE

Dear Rotarians,

April was a relatively slow month, as far as Club activities were concerned. We started off the month with the Eid Milan Fellowship dinner, hosted by Rtn. Faisal Lodhia. Then, later in the month RCK joined hands with the Rotary Club of Karachi Roshni in a beach cleaning activity at Seaview Beach. The initiative was led from our side by Rtn. Amena Khan, who has previously also proactively organized various activities from time to time, like ration distribution drive in Ramzan, and a padel tournament in connection with polio awareness.

The month had only 2 lunch meetings and 1 dinner meeting. For me the 'Meeting of the Month', so to speak, was the one with Ronaq Lakhani, CEO of Special Olympics Pakistan, as the guest speaker. She, in fact spoke only briefly, by way of introduction, and the rest of the speaker's slot was taken up with short talks by her team of 5 or 6 young team members. It was so heartening to see how motivated and passionate these young people were about the noble cause they were serving. Truly Rotarian in spirit, If I may say so.

April 19 was the 158th birthday anniversary of Paul Harris, the founder of Rotary. Looking back today at Rotary, 121 years since it was founded, it is really remarkable how the organization has flourished and expanded several-fold, encompassing the whole world, and providing exemplary services to humanity, in so many fields. We as Rotarians, need to feel pride in this illustrious heritage, and as a Club, resolve to do even more, much more in the years ahead.

With best wishes,



ZOHARE ALI SHARIFF  
Editor Karachi Rotarian &  
Honorary Secretary RCK, 2025-2026

## PRESIDENT'S MESSAGE



Hello Rotarians,

As I am sure you must be aware, the month of April is dedicated to our Environment.

It's a privilege, to represent the Rotary Club of Karachi—an organization that doesn't just talk about change, but actually shows up for it. Whether it's rolling up sleeves for a beach clean-up or bringing together partners like UNICEF for a Lead-Free Pakistan campaign, this is what real civic leadership looks like.

Let me start with a simple question: when was the last time you thought about the air you breathed today? Not checked the weather—the air.

Because in Pakistan, environmental issues are no longer distant concerns—they are deeply personal. Over 11 million children under the age of five in Punjab alone are exposed to toxic air during smog episodes, with pollution levels reaching more than 100 times the WHO's safe limits. And it doesn't stop there. A recent joint study by UNICEF and the Government of Pakistan found that 4 out of 10 children in high-risk urban areas already have lead in their blood. Think about that for a moment almost half of our children are being exposed to a toxin that can permanently reduce IQ, damage memory, and affect their future earning potential. In fact, LEAD exposure alone is estimated to cost Pakistan up to 6–8% of its GDP annually.

So here's another question: are we really just "developing," or are we quietly paying for it with our health?

Now, I don't say this to discourage you—but to highlight why what Rotary is doing matters so much. When Rotary organizes a beach clean-up, it's

not just about picking up plastic—it's about protecting marine ecosystems, preventing waste from entering our food chain, and setting a visible example. And let's be honest, if Karachiites can survive traffic on Shahrah-e-Faisal, we can definitely survive picking up some plastic trash on a Sunday morning!

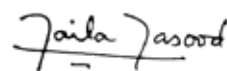
But beyond the humor, there's urgency. Pakistan is facing rising levels of air pollution, water contamination, land degradation, and unmanaged waste—all of which are directly linked to health risks and poverty cycles. This is why partnerships matter. By inviting UNICEF and supporting a Lead-Free Pakistan campaign, Rotary is helping move the conversation from awareness to action—pushing for regulation, safer products, and stronger public health systems.

But here's the uncomfortable truth: no campaign, no NGO, no government can solve this alone. So let me ask you—what is one thing you will change today?

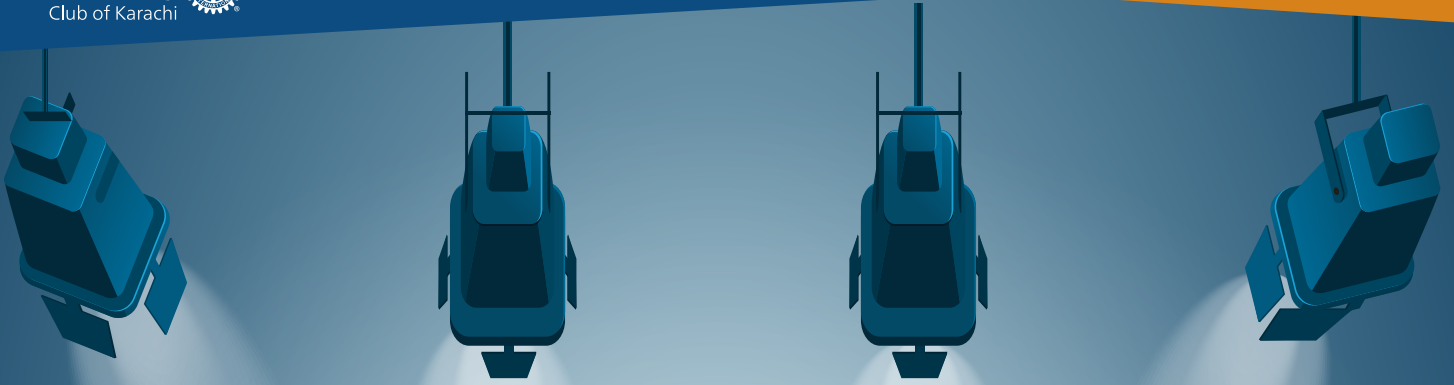
Will you reduce waste? Advocate for cleaner practices in your workplace? Educate someone who still thinks "yeh sab chalta hai"? Because environmental responsibility is not a one-day event. It's a habit. And if Rotary has shown us anything, it's that small, consistent actions—done together—can create real impact.

Let's not wait for the next report, the next statistic, or the next crisis. Let's act—before the environment forces us to.

Thank you.



Naila Masood  
President RCK, 2025-2026



# ROUNDUP

## WEEKLY MEETINGS

APRIL - 2026

● **Week - 01**

April 07, 2026

**No meeting was held**

● **Week - 03**

April 21, 2026

**No meeting was held**

● **Week - 02**

April 14, 2026

**Ronak Lakhani**

CEO of Special Olympics, Pakistan

● **Week - 04**

April 28, 2026

**Abdullah A. Fadil**

Managing Director of the Partnership for a  
Lead-free Future (PLC), Secretariat

# Ronak Lakhani

CEO of Special Olympics, Pakistan

Meeting #	:	34 of 2025-2026
Date	:	Tuesday, April 14, 2026
Topic	:	Transforming and empowering the lives of children and adults with Intellectual Disabilities through the 'Power of Sports' - Focus on Inclusion and Diversity.
Participants	:	76



Ms. Ronak Iqbal Lakhani is the CEO of Special Olympics Pakistan, with over 35 years of dedicated service to the organization. She has been instrumental in promoting inclusion for individuals with intellectual disabilities through sports, education, and community initiatives. In recognition of her contributions, she was awarded the Sitara-e-Imtiaz in 2016. She also serves as an Executive Member of the Special Olympics International

Board (2016–2027). Ms. Lakhani is actively associated with several leading organizations, including Network of Organizations Working for Persons with Disabilities Pakistan, Sindh Women's Swimming Association (President), Pakistan Women's Swimming Association, Pakistan Olympic Association, The Kidney Centre Karachi, and the Pakistan Sports Board.

## Meeting Proceedings

- Invocation followed by the National Anthem.
- Guests welcomed to the weekly meeting.
- Birthday greetings: Rtn. Gohar Manzoor (Apr 13) and PP Mohammad Ajaz Saya (Apr 14).
- Wedding anniversaries: Rtn. Naved Inam (Apr 9); Rtn. Faisal Zahid Malik (Apr 10); PP Sajid Zahid (Apr 12); Rtn. Mohammad Aslam Khan (Apr 14).
- Project updates: 58 artificial limb patients served; 720 dialysis treatments provided; 49 mental health patients treated (total 4,038).
- Rotary Eid Gala & Fellowship Dinner held on Apr 4, and hosted at his residence by Rtn. Faisal Lodhia; appreciation extended to the host.
- Guest Speaker Ms. Ronak Lakhani, CEO, Special Olympics Pakistan, invited to the head table.
- The president introduced the speaker.
- Presentation of a memento to the guest speaker.
- Sunshine Collection: Rs. 133,780 so far; today's collection Rs. 2,700, bringing total to Rs. 136,480.



## Key Insights from the Talk

The speaker's presentation and talk were about their organization, Special Olympics Pakistan. The CEO gave a few minutes' intro, followed by her team of 5 young people, who each spoke for a few minutes on their area of work, clearly exhibiting the passion they have for the mission of Special Olympics. Some key points are given below:

1. Special Olympics is the world's largest sports organization for individuals with intellectual challenges, founded by Eunice Kennedy Shriver in 1962, with the first World Games held in Chicago in 1968.
2. Operating in nearly 200 countries, including Pakistan, it uses sports as a powerful tool for inclusion and development.
3. Some of the most common intellectual and developmental disabilities include: Cerebral palsy, Down syndrome, ADHD, autism, and slow learners.
4. Established in Pakistan in 1990, it held its first National Games in Karachi in 1991 with 75 athletes.
5. The organization is registered under the Societies Act (1989) and certified by the Pakistan Centre for Philanthropy.
6. With a presence across all four provinces and Gilgit-Baltistan, it has impacted 42,000+ athletes, 6,500+ families, and 4,500 coaches, and has organized 600+ competitions at school, local, regional, national, and international levels.



# Abdullah A. Fadil

Managing Director of the Partnership for a Lead-free Future (PLF), Secretariat

Meeting # : 36 of 2025-2026  
 Date : Tuesday, April 28, 2026  
 Topic : Lead-free Pakistan & World  
 Participants : 68



Abdullah A. Fadil is the Director of the Partnership for a Lead-Free Future (PLF) Secretariat. He has over 25 years of experience in humanitarian relief, peace-building, and international development across Africa, the Middle East, and Europe. He previously served as the UNICEF Representative in Pakistan and Sudan, and held senior leadership roles with the UN in

Syria, Jordan, Jerusalem, and New York, including with the OPCW-UN Joint Mission and the UN Humanitarian Monitoring Mechanism. Mr. Fadil holds two Master of Science degrees: in Public Policy and Management from SOAS, and in Industrial Relations and Personnel Management from the London School of Economics.

## Meeting Proceedings

- Invocation followed by the National Anthem.
- Guests are welcome to the weekly meeting.
- Birthday greetings: Rtn. Sinan Memon (Apr 22), PP Tasleemuddin Batley (Apr 24), and Rtn. Dr. Farha Essa Zaidi (Apr 25).
- Wedding anniversary greetings: PP Pervez H. Madraswala (Apr 23) and Rtn. Dilawar Ahmed Dakhan (Apr 24).
- Project updates: 58 artificial limb patients served; 730 dialysis treatments provided; 44 mental health patients treated, bringing the total to 4,164.
- Guest Speaker Mr. Abdullah A. Fadil invited to the head table.
- President introduced the speaker, who addressed the gathering on "Lead Free Pakistan & World."
- Presentation of a memento to the guest speaker.
- Sunshine Collection: Rs. 138,280 so far.

## Key Insights from the Talk

1. Abdullah A. Fadil shared global insights on eliminating lead exposure, drawing on 25+ years of international development experience.
2. Lead toxicity from paints, water, and industry poses serious health risks, especially to children's cognitive development.
3. Prevention is achievable through stronger regulations, industry accountability, and public awareness.
4. Coordinated action between governments, global bodies, and civil society is essential.
5. Pakistan faces higher risks due to weak enforcement and informal industrial practices.
6. Rotary members were encouraged to support advocacy, awareness, and collaborative efforts for a lead-free future.
7. The session concluded with a powerful reminder that achieving a lead-free future is not only an environmental necessity but a fundamental step toward safeguarding the health and potential of future generations.



# Happy Mother's Day



Mother's Day is observed annually on the second Sunday of May in the US and in almost 40 other countries, honoring mothers and motherhood, and the bond between mothers and children. The 2026 Mother's Day will be on Sunday, May 10. Anna Jarvis created the modern Mother's Day in 1908, in part to honor the memory of her own late mother. Woodrow Wilson, the 28th American president, made Mother's Day a national holiday in the United States in 1914.

While the mother is generally expected to be a caregiver, anchor, and the foundational support of almost all societies and cultures globally, the experiences of the millions of mothers and specifically those in developing countries are much more complex. Maternal health is one of the great health challenges facing the world today. Each year millions of children under five die from preventable causes, half in the first 28 days of life, usually mainly due to poor access to healthcare, nutrition, and water and sanitation.

Pakistan suffers from a high maternal and neonatal disease burden. With 27 mothers and 675 newborns dying every day, there is a need for improved response measures with emphasis on accountability to address preventable causes. This leads to around 9,800 maternal deaths and 246,300 neonatal deaths annually. Furthermore, Pakistan has a high maternal mortality ratio of 186 maternal deaths per 100,000 live births. Pakistan has one of the highest neonatal mortality rates i.e., 42 per 1,000 live births, and stillbirth rates are also among the world's highest at 27.5 per 1,000 births. This is due to both healthcare and socio-economic issues, as well as inadequate access to trained medical care.

It is in this context that the importance of Mother's Day is multiplied: beyond a symbolic gesture. We are reminded of the duty to ensure that mothers are protected, supported and empowered. This means that health systems in all countries should not regard access to maternal health care as a target in itself, but as part of sustainable development that contributes to safer pregnancies, skillful birth attendance and follow-up in the postnatal period.

Rotary International focuses on maternal and child health in the area by providing preventative care through increased access to basic healthcare, prenatal care and improved sanitation Projects providing immunization, antibiotics, safe birthing kits, training to birth attendants, and education about maternal nutrition, breastfeeding and disease prevention align with SDG 3.7 to achieve universal access to sexual and reproductive health care. In addition, the Rotary Action Group for Reproductive, Maternal and Child Health (Rotary Action Group for RMCH) also engages in these efforts.

Mother's Day, therefore, is not only a celebration of affection but a call to action. It invites reflection on how societies value and invest in maternal health, and whether that value is reflected in policy, infrastructure, and outcomes. In honouring mothers, we are ultimately affirming a broader commitment: to protect life at its very beginning, and to build a future where care, compassion, and responsibility are not seasonal gestures, but enduring priorities.

# RCK ACTIVITIES THIS MONTH

## Rotary Eid Gala & Fellowship

The Eid Gala Fellowship Dinner was held as scheduled on Saturday, 4th April, 2026. Rtn. Faisal Lodhia graciously hosted the event at his residence. The venue was elaborately decorated to celebrate the activity.

The event was well attended by RCK members and spouses, Rotarians of some other clubs, some diplomats, and friends of the host.





# Beach Cleaning Drive Event Report held on Sunday 19th April, 2026

Report by:

**Rtn. Shafqat Ali**

Joint Secretary RCK (2025–27), Assistant Governor (2025–26)

A successful Beach Cleaning Drive was organized on 19th April, by Rotary Club of Karachi Roshni, with the participation of RCK. Our team comprised of Event Head Rtn. Amena Khan, President Naila Masood, Joint Secretary Shafqat Ali, Rtn. Mansoor Khandwala, Rtn. Mohammad Ali, Rtn. Dr. Wajiha & our sergeant-at-arms, Rtn. Aslam Khan. The initiative brought together over 70 students from Roshni Public School and Binae School.

The activity focused on creating environmental awareness and inclusion, with students working in supportive pairs—visually impaired children assisting with carrying bags, while their partners collected waste and guided them throughout the activity.

Participants were also educated on the harmful effects of pollution and the importance of maintaining a clean and safe environment.

The event concluded with distribution of snacks and juices for students and staff, followed by a breakfast gathering for Rotarians at Cafe Clifton. The drive also coincided with the birthday of Rotary founder Paul Harris, adding special significance to the occasion.

The initiative was well-organized and reflected Rotary's strong commitment to service, awareness, and community inclusion.





# Monthly Board Meeting Held

The monthly meeting of the RCK Board was held on Tuesday, April 28, 2026, at the PC Hotel, an hour before the monthly dinner meeting of the Club.

The minutes from the previous Board Meeting held on Sunday, March 29, 2026 were reviewed and approved.

Membership application of Imrana Naved was reviewed and approved.

Review of the Club's financials was conducted. Status of the unpaid members subscription of Year 2025-26 was reviewed, and actions decided to follow up on all subscription payments still pending.

Rotary Charter Night & District Governor Official Visit on Saturday, 23rd May 2026 was discussed. Proposed RCK Fundraiser at Governor House on Sunday, 28th June 2026 was discussed.

# District 3271 News



Mehfil e Ghazal of Rotary Club of Karachi Intracity



World Health Day celebration by Rotary Club of Karachi Silver Sands



RCKNC, conducted a session on - Gestational Diabetes for 30 midwifery students and one faculty member at Bilqis Edhi CMW School, Lyari



Visit of DG District 3271 to Rotary Club of Karachi Creek

### Rotary Club Karachi-Elite Eid Millan and Club Meeting 15 April 2026 at DHA main club

An enjoyable and fun-filled evening was shared by the members of RCK Elite. The evening commenced with Dua-e-Maghfirat for the recently departed souls of the loved ones of all RCK Elite members who have left for their heavenly abode. The gathering featured valuable inputs and thoughtful insights from the training programs attended by President Elect Rtn. Rose D'Silva and Learning Facilitator Rtn. Mukkaram Baig. Updates on the ration drive during Ramadan and Eid were also shared by Rtn. Azra Ali. The evening concluded on a warm and cheerful note with a sumptuous dinner, generously contributed by all members, followed by some light-hearted singing.

Rotary Club of Karachi Elite - Eid Milan

### Rotary Club of Karachi Midcity INVITES YOU TO A SPECIAL TALK

## Impact of Lifestyle on Stress, Parkinsonism & Depression

An Interactive Session

**Prof. Dr. Shagufta Ishtiaque**  
Club President

**Mohammad Ali Haider**  
Deputy Governor  
District 3271

**Prof. Dr. Farhat Batool**  
Visiting Professor, Carleton  
Faculty of Health, Science & Technology,  
University of Karachi, Karachi - Pakistan  
Certified Neuroscience Consultant  
Neuroscience Coach

**Date:** Friday, April 17th, 2026  
**Time:** 5:30 PM  
**Venue:** Services Mess  
**Registration Fee:** Rs. 1000

All Rotarians & Guests Are Welcome!

Interactive Session on Health by Rotary Club of Karachi Midcity

Rotary Club of Karachi Roshni District 3271
Rotary Club of Karachi
UNITE FOR GOOD
PEOPLE OF ACTION

## Beach Cleanup

Drive to Protect Our Environment

Rotary Club of Karachi Roshni in Collaboration with Rotary Club of Karachi

A step towards sustainability with Roshni Public School and Benai Academy students participating in a beach cleaning drive

<b>ACTIVITY HIGHLIGHTS</b> <ul style="list-style-type: none"> <li>Protect Marine Life</li> <li>Reduce Pollution</li> <li>Clean Coastline</li> <li>Preserve Ecosystems</li> </ul>	<b>08:30 AM</b> <b>19 APRIL 2026</b> SEAVIEW COASTLINE, KARACHI
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Projects Under Collaboration with Rotary Club of Karachi Roshni

Beach clean up activity by Rotary Club of Karachi Roshni, with participation also by RCK

Rotary Club of Karachi Karsaz District 3271
UNITE FOR GOOD

### Rotary Club of Karachi Karsaz Invites You To An Interactive Session with Maha Qasim on "Health Impacts of Climate Change in Pakistan"

*The session will focus on observed & future impacts of climate change on human health & how to prepare for these*

*Maha Qasim is CEO of Zero-Point Partners. She is a former Advisor to the Bill & Melinda Gates Foundation and Faculty at the Pakistan Institute of Corporate Governance. She also serves on the Leadership Council of the UN Sustainable Development Solutions Network, Pakistan*

DON'T MISS IT!

**Wednesday, April 22, 2026**  
5:30 PM - 7:30 PM

Ramada by Wyndham  
Karachi Creek  
13 Zulfiqar Street 1, DHA  
Karachi Phase VIII Zone,  
Karachi

Rotary Club of Karachi Karsaz  
A/c 0001 1021 2950 7101  
Faysal Bank Limited  
Main branch  
Karachi  
PK42FAYN0001102129507101  
Swift code Fayspkka

**For Registration Contact**  
Kishwar Allawala: +92 333 2291708  
Naveeda Mahmud: +92 300 8215957

**Guest Charges**  
PKR 2500/-

Interactive session with Maha Qasim of Rotary Club of Karachi Karsaz



District 3271 organized an Awareness Walk on April 25 to celebrate World Immunization Week



Presidents Elect Learning Seminar organized by District 3271



Meeting of Governor of Sindh, Syed Nehal Hashmi, with resident Sadaf Jan and others of RCK Greenways



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