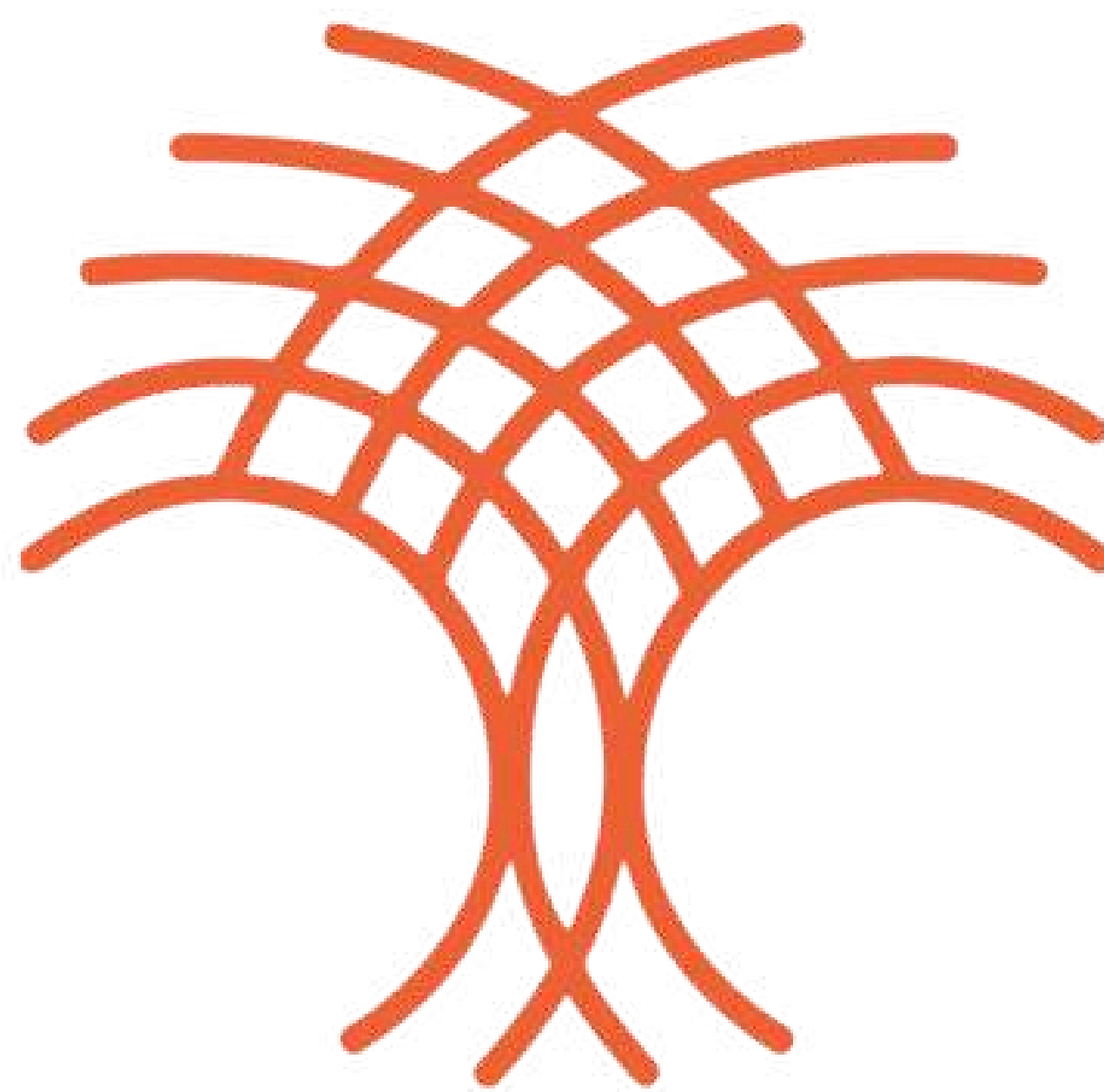


NEWSLETTER | VOLUME 01 | ISSUE 01 | 2023 - 2024

NEWSLETTER

Jan,23 - Oct,24 -1.0



APPORTION RELIEF FOUNDATION



EMPOWERING SOCIETY, REDUCING DEPENDENCY & IMPROVING LIVES

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-Office # 483 First Floor, Block 2, Sector B-II,

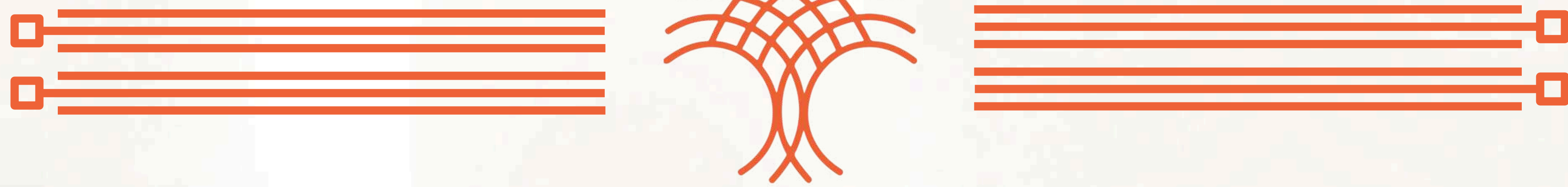
Near Chandni Chowk, Township, Lahore, Punjab, Pakistan.

🌐 Website: <https://arf.org.pk> 📞 Contact: +92-333-4662834

📞 Whatsapp: +92 326 0877829 Email: apportionfoundation@gmail.com



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DEAR MEMBERS OF ARF COMMUNITY

Message Of The CEO

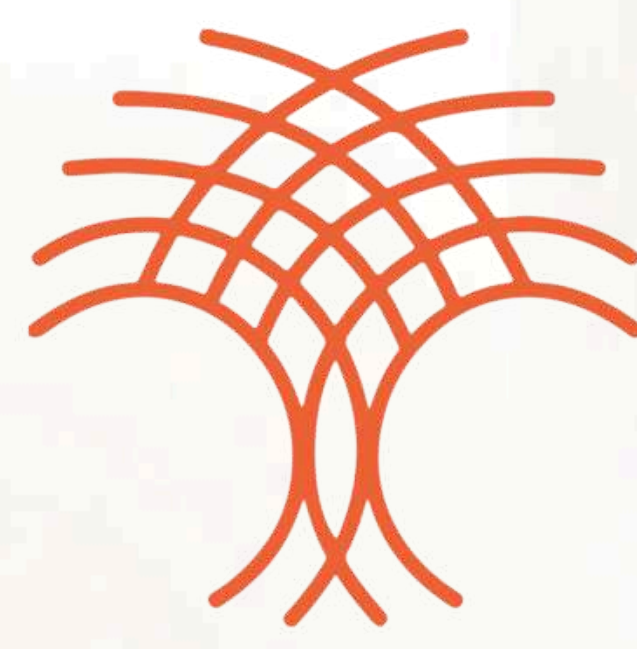
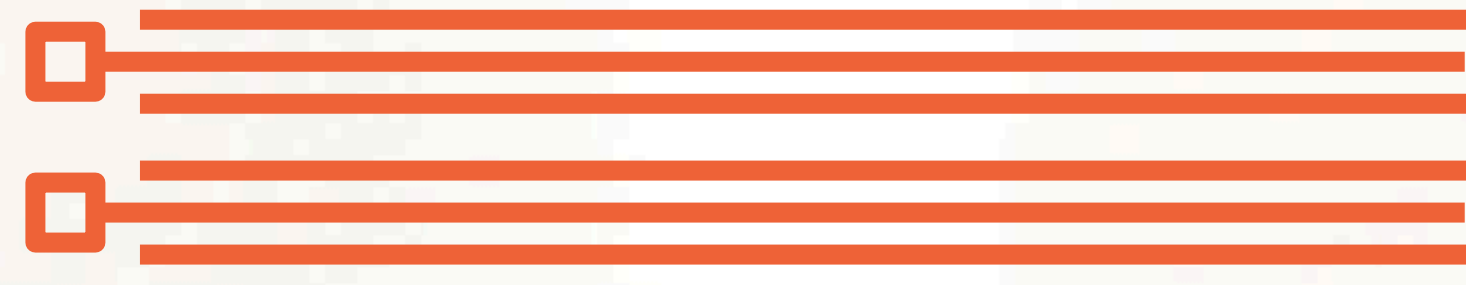
It is with immense gratitude and hope that I reflect on the remarkable strides Apportion Relief Foundation (ARF) has made in supporting Pakistan's most vulnerable communities. In a country grappling with economic hardships, rapid population growth, and widening disparities, ARF remains steadfast in its mission to provide immediate relief while paving the way for long-term empowerment. From combating hunger through Project Dastarkhwan with free and subsidized meals to ensuring warmth through our Winter Clothing Drive, ARF has touched countless lives.

Our Project Education is providing underprivileged children with the resources they need to break the cycle of poverty, while Project Health continues to deliver essential medical aid and medications. Through General Welfare initiatives, we assist families with monthly rations, Eid gifts, and emergency needs, easing their financial burdens. As we look ahead to Ramadan 2025, we are committed to expanding our Sehr, Iftar, and Ration Distribution Programs, reaching more families who rely on us during this sacred time. We also aim to grow Project Women Empowerment and Shelter for Homeless and Orphans, fostering hope, dignity, and opportunity for those in need. None of this would be possible without the dedication of our incredible team and the unwavering generosity of our donors. Your contributions, whether time, resources, or support, fuel our mission to create a compassionate and empowered Pakistan. Together, let us continue this noble journey, transforming lives and building a brighter future.



Rizwan Rauf
CEO





DEAR MEMBERS OF ARF COMMUNITY

Message Of The Country Head

It is a matter of great pleasure and honour for me while associated with Apportion Relief foundation as its Country Head.

ARF started its Journey few years back with a team of committed, dedicated and sparkling friends, hands in hand with those lovely and lively patrons, who had been there to help and uplift the underprivileged society, minimize their dependency and to take care of basic necessities with an intention to introduce opportunity to make their lives better. The Mission of Apportion Relief Foundation had

always been to create a world where the unprivileged and deprived segments of the society may easily avail their human rights, i.e. Education, Food, Clean water, Shelter and Immediate Medical Attention.

As we navigate through challenging times, I want to express my heartfelt gratitude for unwavering commitment to our mission. **Together, we are making a significant impact in the lives of those in need.**

ARF's work is vital in providing relief and support to the community's effected by crises. Each initiative we undertake is a testament to our shared belief in compassion, solidarity, and resilience. It is our teams' dedication that drives our success, ensuring that we can reach those who require our assistance the most.

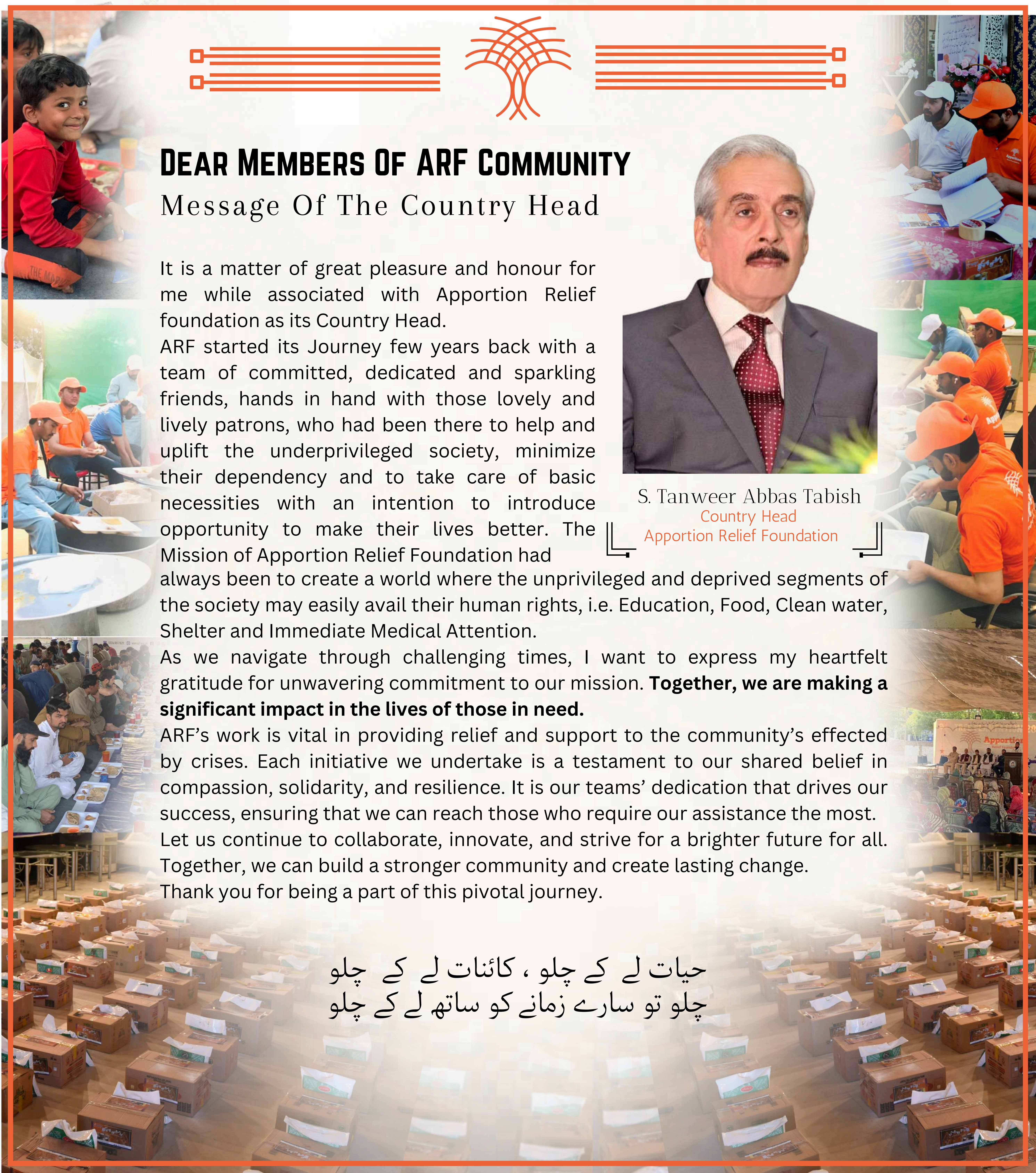
Let us continue to collaborate, innovate, and strive for a brighter future for all. Together, we can build a stronger community and create lasting change.

Thank you for being a part of this pivotal journey.



S. Tanweer Abbas Tabish
Country Head
Apportion Relief Foundation

حیات لے کے چلو ، کائنات لے کے چلو
چلو تو سارے زمانے کو ساتھ لے کے چلو



Dear Supporters, Partners, and Volunteers

As Chief Operating Officer of ARF, I am immensely grateful for the dedication, generosity, and compassion of our incredible team and donors. Together, we are committed to alleviating poverty and uplifting communities across Pakistan. Our journey has been challenging, but with your unwavering support, we have made a profound impact on thousands of lives. Apportion Relief Foundation has made remarkable strides in combating hunger and supporting vulnerable communities. Starting with daily Sehri and Iftar meals, our Ramadan efforts expanded to include a Ration Distribution Program and mobile Iftar services. Through Langar Khwana, daily meals, and special initiatives like Eid and

and Qurbani distributions across Lahore, Gilgit-Baltistan, Jhang, and Multan, we've reached many in need. Our Winter Clothing Drive brought warmth to children and families in Gilgit-Baltistan, while Project Education supports students, and Project Health provides medical aid and essential medications. These accomplishments, made possible by our dedicated team and generous donors, have brought hope, dignity, and essential relief to countless families. As we look forward to the coming year, we aim to expand our reach even further. With Ramadan 2025 approaching, we seek your continued support to grow our Sehr and Iftar and Ration Distribution Programs, reaching more families with food and essentials. Join us in this noble mission to serve humanity. Your contributions—whether time, resources, or donations—are vital to sustaining our projects and reaching Pakistan's most vulnerable communities. Thank you for making this journey possible, and may we continue to transform lives together.

درد دل کے واسطے پیدا کیا انسان کو
ورنہ طاعت کے لیے کچھ کم نہ تھے کرو بیا



Muhammad Farhan Javed
Chief Operating Officer
Apportion Relief Foundation

Ramadan Sehr & Iftar Program 2023 | March-April, 23

In March and April 2023, the Apportion Relief Foundation (ARF) successfully launched its first Ramadan initiative near the Quaid-e-Azam Industrial Area, Township, Lahore providing daily Sehri and Iftar to over 300 underprivileged individuals throughout the Holy month. With freshly prepared, nutritious meals, ARF ensured that laborers and low-income families had access to food during Ramadan, fulfilling both their physical and spiritual needs. Each day concluded with Mehfil-e-Naat (religious recitations) and dua (prayer). The initiative was supported by dedicated volunteers and gained media attention from City 42. Through this effort, ARF not only addressed hunger but also fostered community spirit, marking a significant step in its mission to alleviate poverty and uplift society.



Ramadan Ration Distribution 2023 | March, 23

In Ramadan 2023, Apportion Relief Foundation (ARF) successfully launched its Ration Distribution Program, providing over 300 underprivileged families in Lahore with essential food packages. Aimed at alleviating hunger during the holy month, the initiative included essential items like wheat, rice, ghee, and dates, offering nutritional support to families struggling with food insecurity. The program's success was driven by the dedication of ARF volunteers, community engagement, and transparency with donors. This initiative not only provided sustenance but also fostered a sense of unity and generosity, embodying the true spirit of Ramadan.



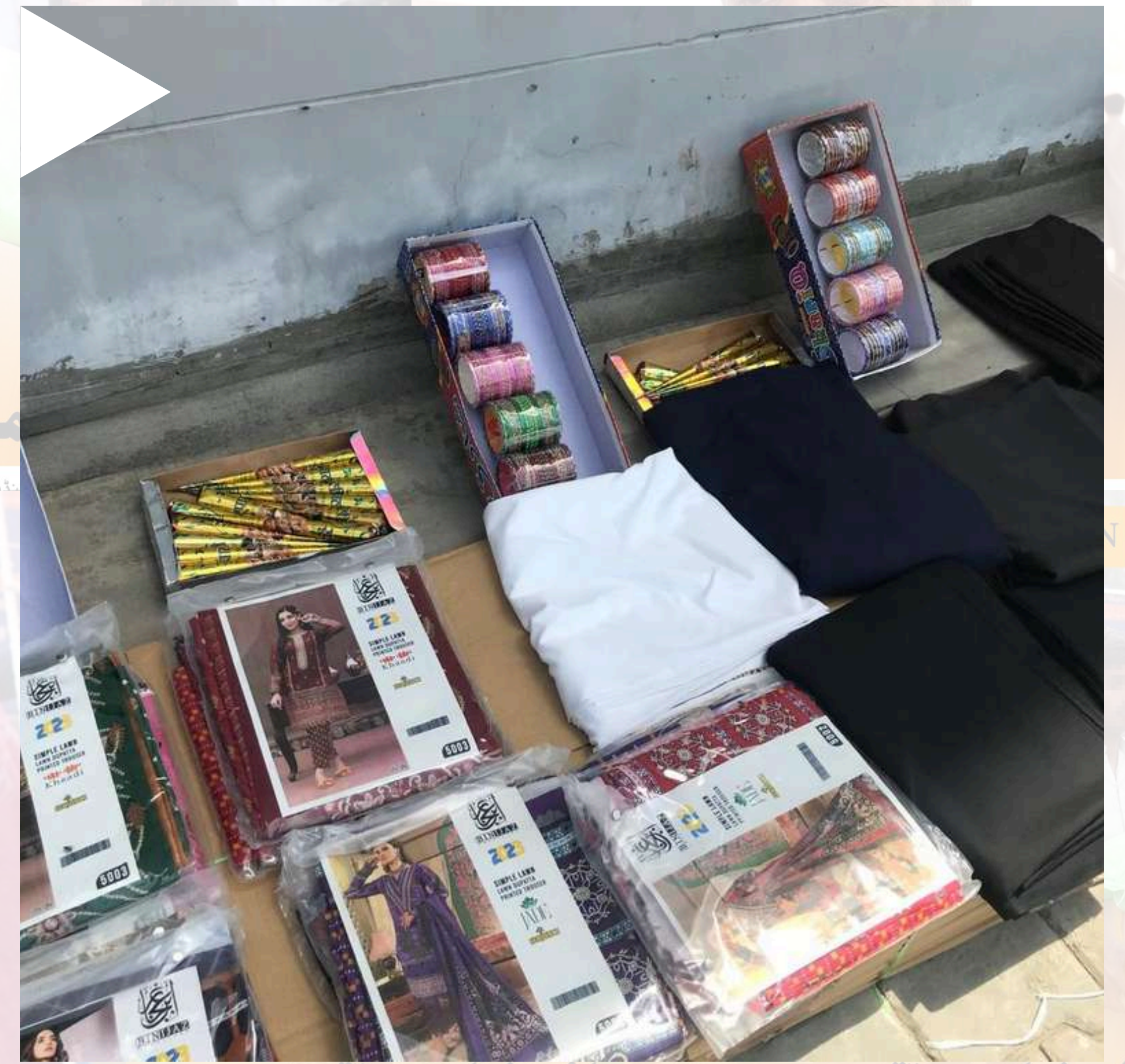
Ramadan Sehr & Iftar Program 2023 | March-April, 23

Starting from the 10th of Ramadan 2023, the Apportion Relief Foundation (ARF) launched a mobile Iftar initiative, delivering nutritious meals directly to over 100 underprivileged households in remote and underserved areas. Through motorbike deliveries, ARF ensured that individuals who could not access central Iftar sites still received wholesome meals, including dates, sharbat, samosas, and Haleem. This initiative not only addressed hunger but also fostered community spirit, making it a vital part of ARF's efforts to support the most vulnerable during Ramadan.



Eid Gift Distribution Program 2023 | April, 23

On April 16, 2023 (25th Ramadan), Apportion Relief Foundation (ARF) organized a successful Eid gift distribution program, delivering over 100 gift boxes to underprivileged families. The boxes included Shalwar Qameez for men and women, Mehendi, Seviyan, and bangles, ensuring recipients could celebrate Eid with dignity. The event featured Quran recitation, a Mehfil-e-Hamd-o-Naat with renowned reciters Shakeel Ahmed Tahir and Mubashir, and concluded with Iftar. The initiative reflected ARF's mission of compassion and empowerment, bringing joy to struggling families during Eid, while highlighting the foundation's commitment to alleviating poverty and uplifting communities.



Langar Khwana 2023 | June-July, 23

In June and July 2023, Apportion Relief Foundation (ARF) organized a Langar Khwana at Urban Grocers, Township Lahore, providing free meals to over 100 needy and underprivileged individuals daily. The meals, served from 12 PM to 2 PM, featured rotating dishes like rice, roti, and curries such as Qorma, Kofta, and Chana. This initiative aligned with ARF's mission to combat hunger and uplift marginalized communities, reflecting the foundation's commitment to Project Dastarkhwan and its goal of ensuring no one sleeps hungry.



Ramadan Sehr & Iftar Program 2024 | March-April, 24

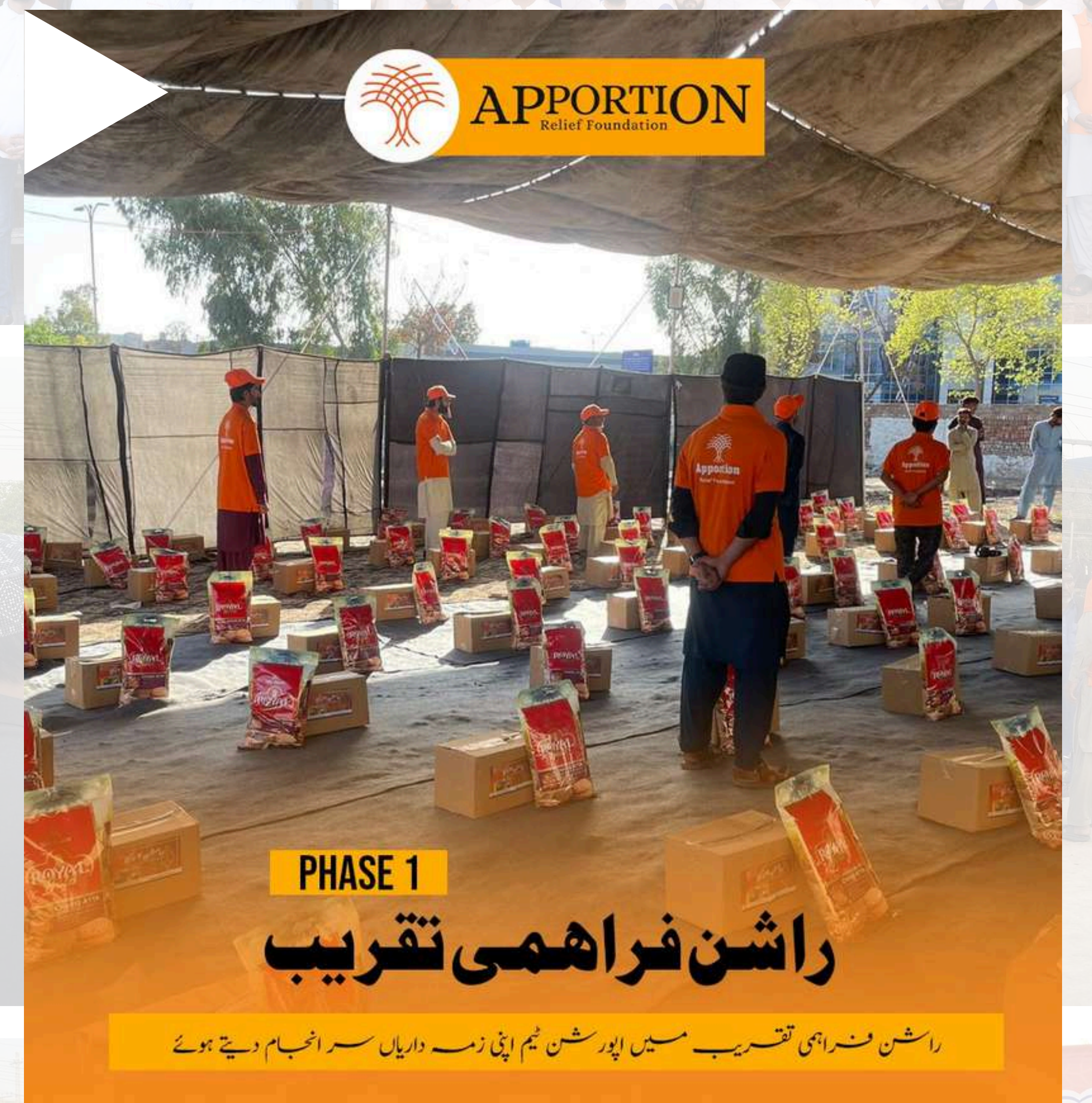
In 2024, ARF's Ramadan Sehr and Iftar initiative reached new heights, serving more than 500 individuals daily amidst worsening economic conditions in Pakistan. This initiative not only alleviated hunger but also provided much-needed financial relief to laborers and low-income families, many of whom were struggling to cope with rising costs. By maintaining high standards for nutrition and hygiene, and fostering a strong sense of community and spiritual connection, ARF has once again demonstrated its capacity to bring about meaningful change in the lives of the underprivileged.

As ARF continues to expand its reach, this year's successful Ramadan initiative highlights the foundation's growing ability to combat hunger, reduce dependency, and uplift society as a whole. Through the tireless efforts of volunteers, generous donations, and effective community partnerships, ARF has set a new benchmark for humanitarian work, laying the groundwork for future projects aimed at empowering Pakistan's most vulnerable communities.



Ramadan Ration Distribution 2024 | March, 24

In Ramadan 2024, Apportion Relief Foundation (ARF) expanded its Ration Distribution Program, delivering over 600 essential food packages to underprivileged families in Lahore across two phases. With worsening economic conditions, this initiative provided critical relief by helping families save on food expenses. Notable guests, including the Vice-Chancellor of Minhaj University, participated in the distribution events, highlighting community support. ARF's transparent approach and media coverage ensured continued donor engagement, making this program a vital lifeline for those struggling with food insecurity during the holy month.



Eid Gift Distribution Program 2024 | April, 24

On 7th April 2024 Apportion Relief Foundation (ARF) successfully organized an Eid gift distribution program, providing over 100 gift boxes to underprivileged families. Each box contained high-quality items like shalwar kameez fabric for men and women, mehendi, churiyan, and seviyan, bringing joy to those struggling financially. The event included a spiritual gathering with Quran recitation, naat performances by renowned reciters, and concluded with Iftar. This initiative was part of ARF's commitment to uplifting communities, aligned with its mission to eliminate poverty and provide dignity to the needy.



Qurbani Program 2024 | 16-18 June, 24

In June 2024, Apportion Relief Foundation (ARF) successfully carried out its Qurbani Program across Lahore, Gilgit Baltistan, Jhang, and Multan, distributing fresh, high-quality cow meat to underprivileged families. The meat was delivered door-to-door in hygienic packaging, ensuring families could celebrate Eid ul-Azha with dignity despite the worsening economic situation. This initiative, aligned with ARF's hunger relief efforts, provided critical nutritional support and brought immense relief to struggling communities, furthering ARF's mission to alleviate poverty and foster compassion. Social media updates showcased the program's positive impact.



Project Health | August, 2024

In August 2024, the Apportion Relief Foundation (ARF) launched Project Health to provide comprehensive healthcare services at minimal or no cost to those in need. To date, six individuals who could not afford medical expenses have received assistance, including four who are now receiving monthly medications funded by ARF. Our services encompass free medical camps, medicine provision, lab testing, health education, and assistive technologies like wheelchairs and hearing aids. By improving access to healthcare, we aim to enhance the quality of life for underprivileged community members who often face dire circumstances when illness strikes. ARF remains committed to providing compassionate care and support across all our projects to uplift those in need and foster a healthier, more equitable society.



Project Education | August, 2024

In August 2024, the Apportion Relief Foundation (ARF) launched Project Education to provide vital educational opportunities for underprivileged children in Pakistan. This year, we are funding the education of 20 students, including few at the university level, and providing essential materials such as stationery, books, and uniforms. Our initiative aims to eliminate financial barriers that prevent children from accessing education, allowing them to focus on their studies instead of worrying about their families' economic struggles. By investing in education, ARF is committed to fostering long-term societal growth and creating a brighter future for all children, ensuring no child is left behind in the pursuit of their dreams.



Project Dastarkhwan | October, 2024

In October 2024, the Apportion Relief Foundation (ARF) launched Project Dastarkhwan to combat hunger and provide nutritious meals to those in need in Lahore. The initiative includes the Bhuk Mitao Free Dastarkhwan, offering complimentary meals, and the Mobile Dastarkhwan, which provides meals at a minimal cost of 50 rupees. Operating daily from 12 PM to 2 PM at five key locations, the project serves over 100 individuals at each site, with a rotating menu that features high-quality dishes like Chicken Qorma, Kofta, and Daal, accompanied by three rotis. By addressing food insecurity, Project Dastarkhwan not only nourishes the underprivileged but also restores dignity and hope, fulfilling our commitment to ensuring that no one sleeps hungry. We invite the community to support this vital initiative and help us continue making a difference in the lives of those in need.

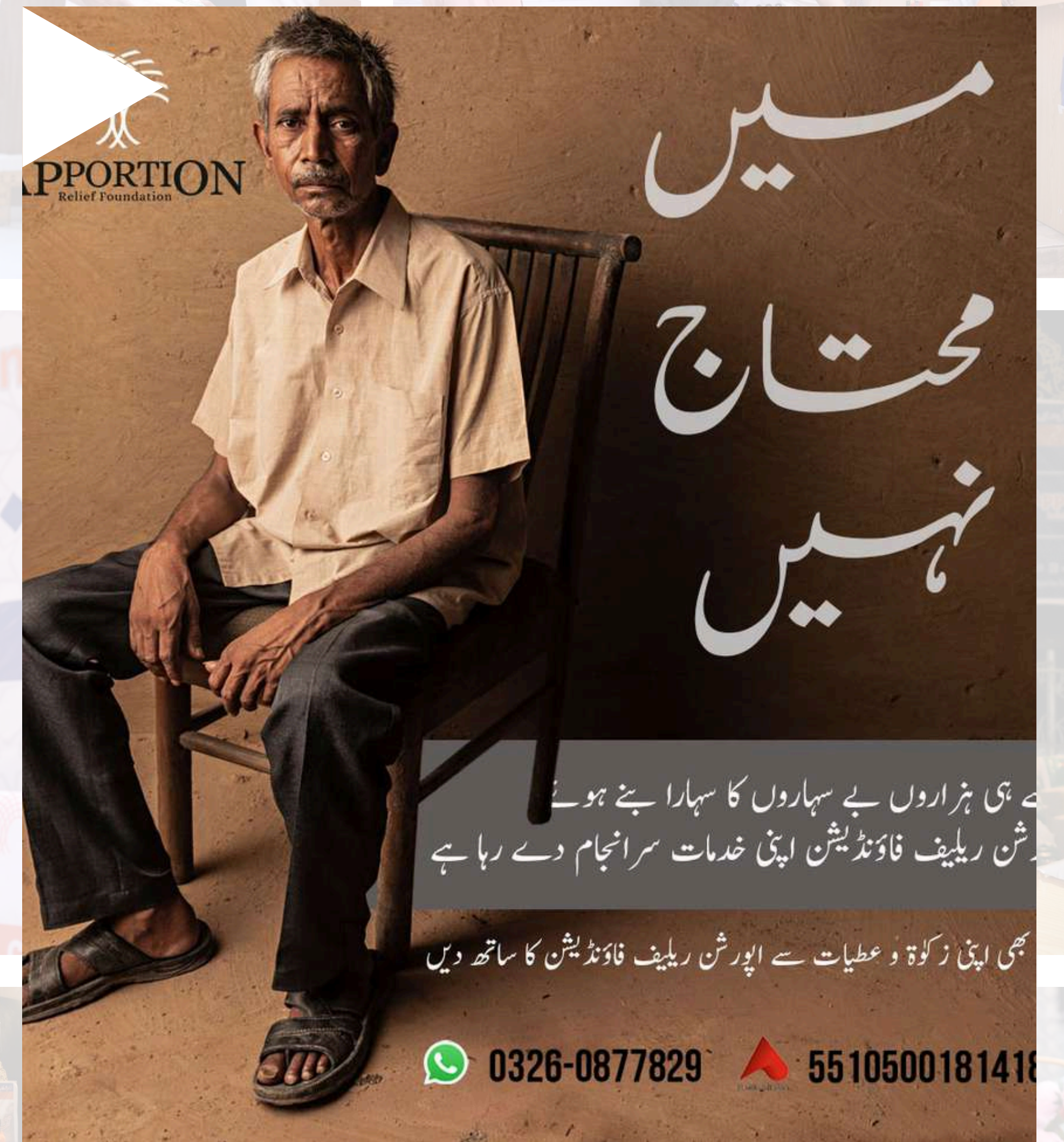


Project Shelter for Homeless and Orphans | August, 2024

The Apportion Relief Foundation (ARF) is dedicated to supporting the most vulnerable members of society through our Shelter for Homeless and Orphans initiative. Launched in August 2024, we currently provide comprehensive living and educational support for three orphaned children, ensuring they have a safe place to call home and the opportunity to build a brighter future. In a world where many face the harsh realities of homelessness, we invite the community to join us in our mission to restore dignity and hope to those in need. Your generous donations can make a significant impact, helping us provide shelter and essential support for orphans and the homeless, in line with the teachings of Prophet Muhammad (PBUH). Together, we can be a beacon of hope for those who feel abandoned and forgotten.

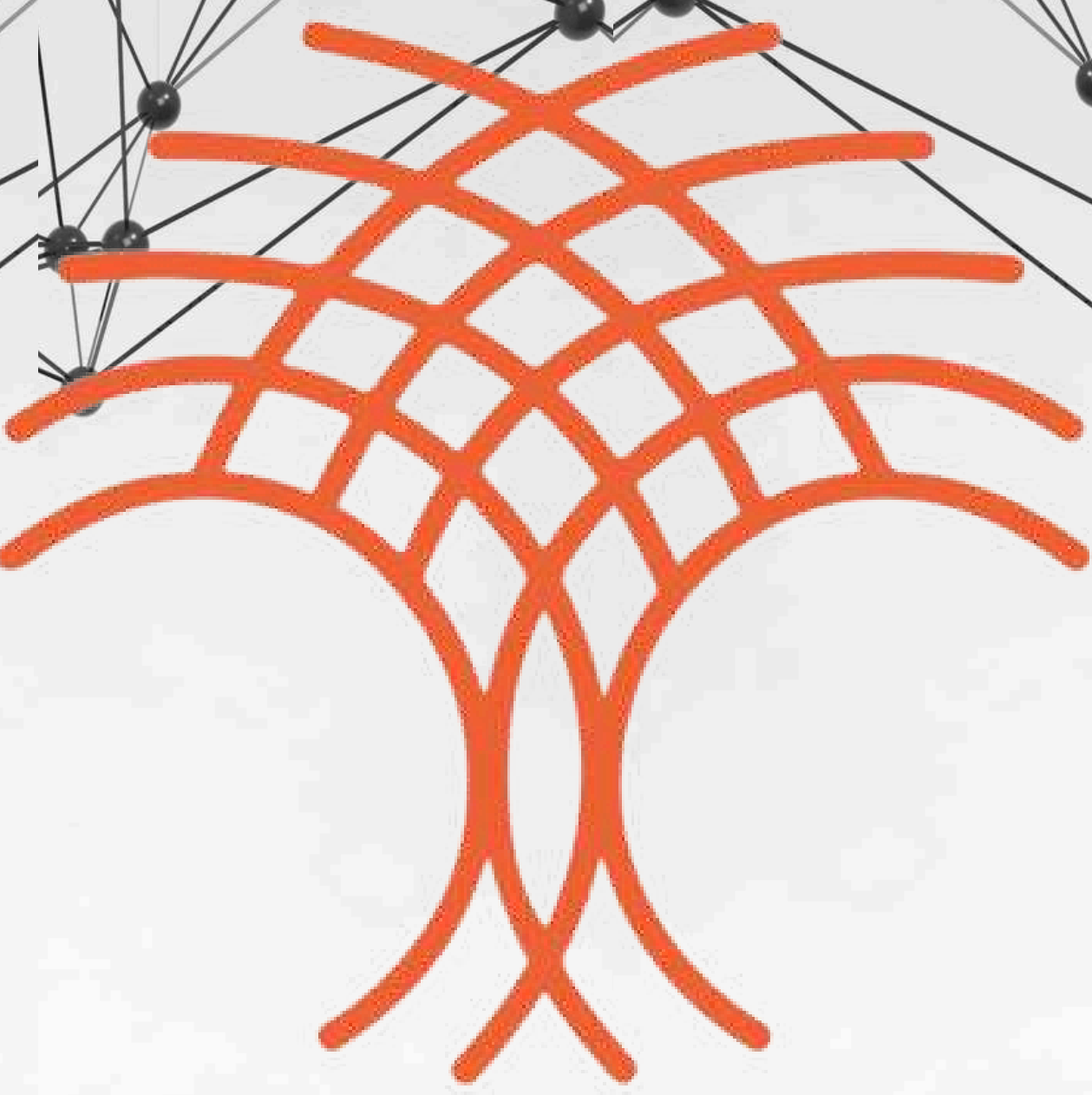
Gilgit Winter Cloth Distribution | 25 October, 2024

On October 25, Apportion Relief Foundation (ARF) held a successful Winter Clothing Distribution Drive at Zeenat Public School in Konodas, Gilgit-Baltistan, providing essential winter clothing and blankets to over 100 children and many families in need. This initiative, part of ARF's ongoing Winter Clothing Drive, was organized to help vulnerable communities withstand the region's harsh winter months. As the cold season deepens, the need for warm clothing remains critical for protecting children, the elderly, and families from life-threatening conditions. We invite our supporters to donate, helping us expand our reach and bring warmth and security to more families across Gilgit-Baltistan this winter.



Apportion Relief Foundation (ARF) is dedicated to creating a compassionate, empowered Pakistan where everyone has access to food, shelter, education, healthcare, and opportunities. Our diverse projects target urgent needs: Project Dastarkhwan tackles hunger with free and low-cost meals; Project Education supports underprivileged children with essential resources for a brighter future; Project Health provides medical care to those who can't afford it; Relief Aid responds swiftly to emergencies, delivering life-saving essentials; General Welfare distributes monthly rations and Eid gifts to low-income families; Shelter for Homeless and Orphans offers hope and security to those without homes; and Project Women Empowerment enables women to gain skills and financial independence. Your donations are vital to sustaining these efforts, allowing us to reach even more vulnerable communities across Pakistan. Join us in transforming lives—every contribution counts in building a better tomorrow.

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“Share Your Burden”

PROJECT EDUCATION

The Apportion Relief Foundation (ARF) is proud to announce the launch of "Share Your Burden," a new initiative aimed at easing the financial challenges of education for students and families in need. Under this program, ARF will help cover the education expenses of students in schools, colleges, and universities, sharing the responsibility with parents who will contribute a portion of the costs. This shared approach not only makes education more accessible but also fosters a sense of responsibility among students and their families, reinforcing our commitment to "Education for All." Join us in making quality education a reality for those who cannot afford it by donating to "Share Your Burden" and creating a brighter future for everyone.

Your generosity can change lives! By donating to "Share Your Burden," you help cover essential educational expenses for students in need.



**“REGISTER AS A DONOR FOR THIS PROJECT,
AND OUR TEAM WILL CONTACT YOU ONCE AN
APPLICATION IS RECEIVED.”**

EDUCATION FOR ALL



GENERAL WELFARE PROJECTS

The Apportion Relief Foundation (ARF) is dedicated to supporting individuals and families facing financial hardships through our General Welfare Project. This initiative provides a structured mechanism to offer assistance in areas such as healthcare expenses, education, marriage costs, and entrepreneurial startups. For instance, if a woman needs a sewing machine to start a home-based business, ARF can support her by financing initial inventory and equipment. Similarly, we assist in educational expenses, health-related costs, and marriage support, empowering individuals to overcome financial barriers and pursue a dignified life.

Submit our Welfare Application Form with required documents via email, WhatsApp, or in-person; ARF reviews each application to ensure aid reaches those most in need.



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SCAN TO DOWNLOAD THE WELFARE
APPLICATION FORM





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PROJECT HEALTH

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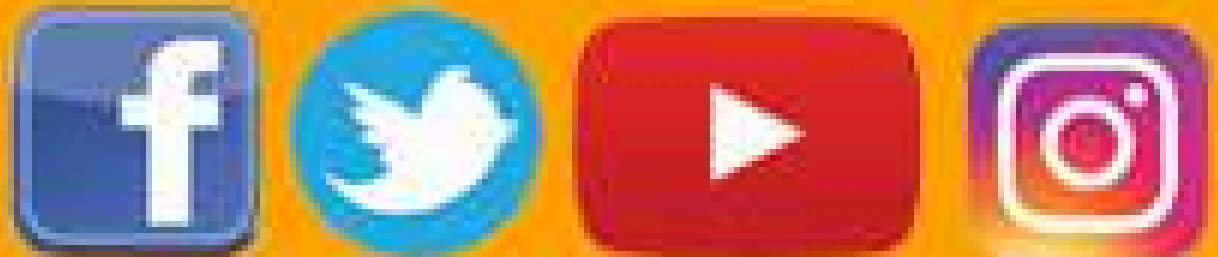
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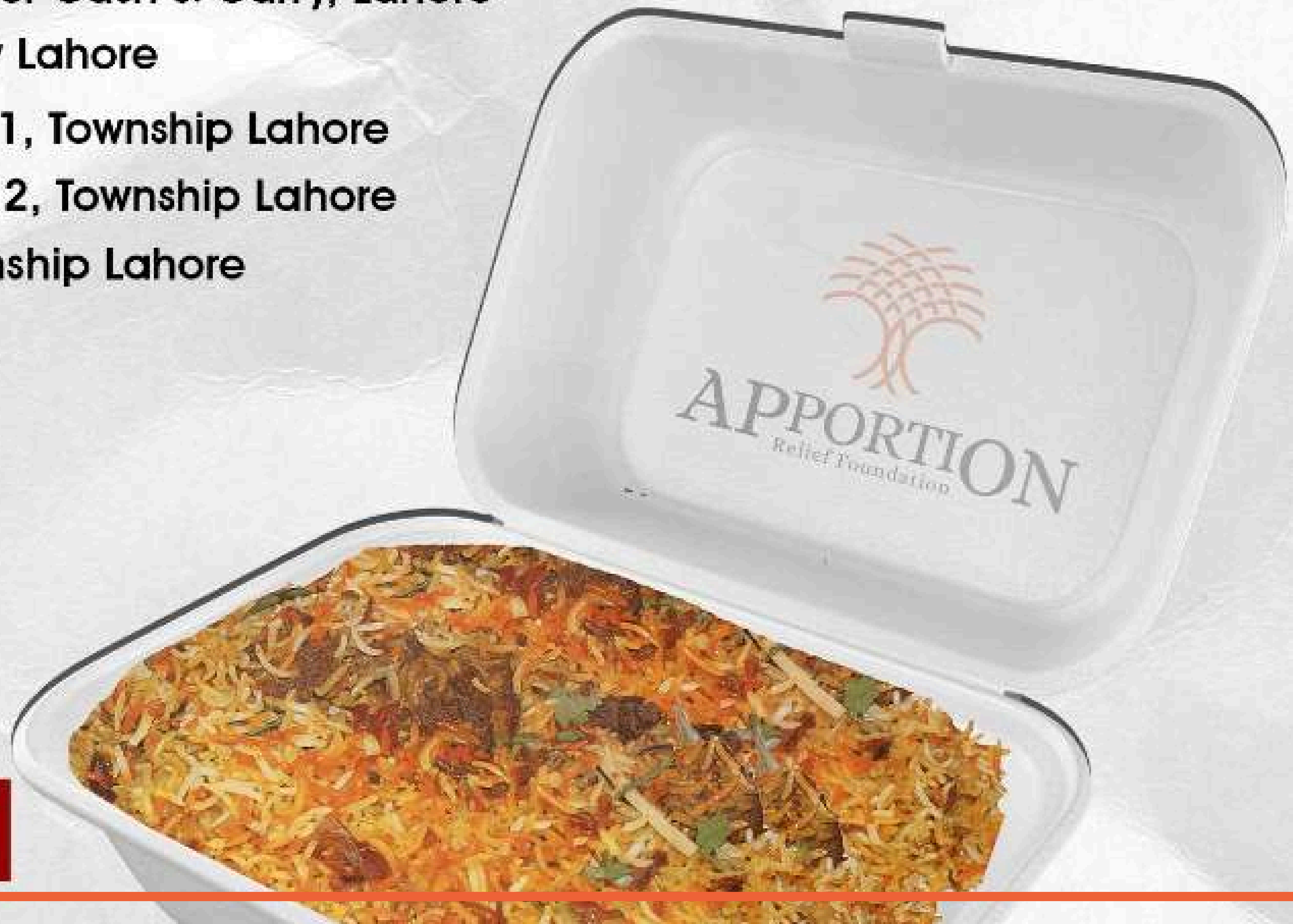
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- ARF head office, Township Lahore



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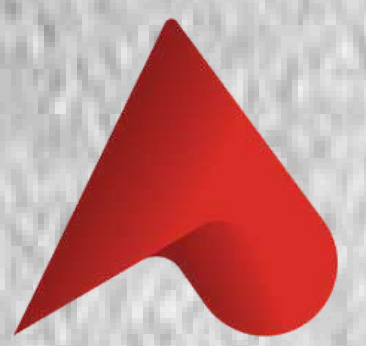
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Email: apportionfoundation@gmail.com

Contact: +92 326 0877829

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