




Centre for Development  
of Social Services

A Project of INFAQ Foundation, founded by **Agha Hasan Abedi**,  
a well-known banker and philanthropist

# Empowerment

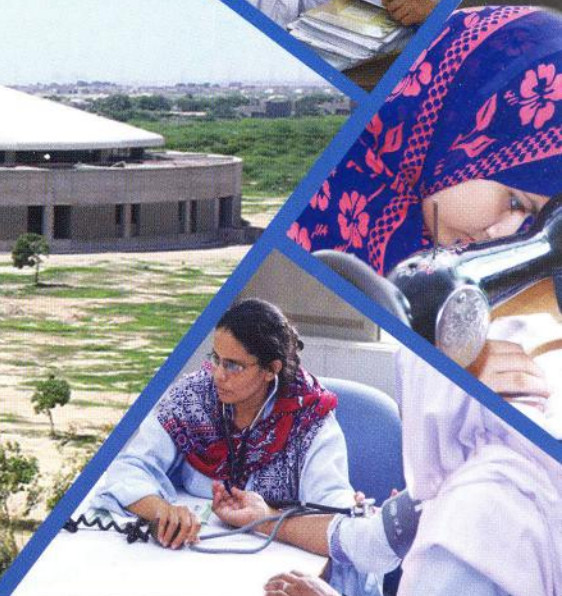
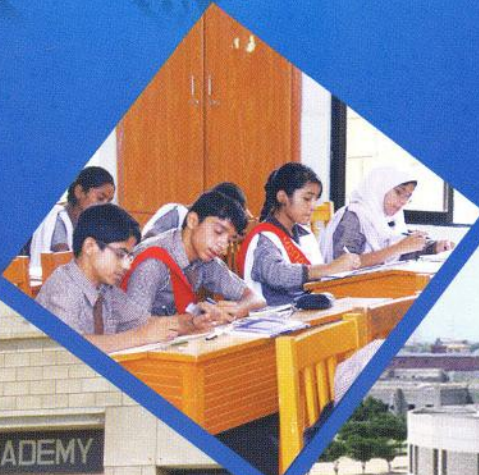
Korangi Academy / IETC / ICHC / IGITE / CTALC / SOS Newsletter

Third Edition February, 2015



*"The conventional definition of management is  
getting work done through people, but real  
management is developing people through work."*

**Agha Hasan Abedi**  
Founder







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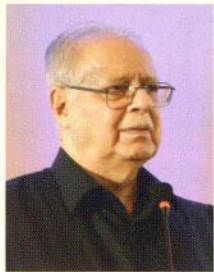
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## Quality of Community Life

**Swaleh Naqvi**, Chief Advisor

Empowerment involves helping people in assuming control over their lives; especially through education and training. It's a social action process that promotes participation of peoples toward the goal of improving quality of community life and their social values.

## Editorial Board

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## Women are more likely to control their own destiny

**Rear Admiral (Retd.) Syed A. Baqar**, HI(M) Chief Operating Officer CDSS

Improving girls' access to education has been on the mainstream development agenda for some time largely because education offers the main tool for poverty reduction; it provides a strong platform for increased access to economic opportunity. The long-term positive affects of education for the individuals, family and society have been recognized. As a study by the Centre for Development of Social Services (CDSS) confirms: "Women are more likely to control their own destinies and affect change in their own families and communities when they have higher levels of education."



## A Sapling has now grown into a full fledge tree and bearing fruits

**Capt. (Retd.) Muhammad Zahoor**, TI(M) PN General Manager (Operations & Project) CDSS

The success story of CDSS continues unabated. Alhamdulillah six of KA students got admission in NED University on merit, the B.Ed course of INFAQ Education & Training Centre is running successfully, the strength of students of SOS-TTI, INFAQ Campus has crossed the magical figure of 700 and the confidence of community patients has increased manifold on INFAQ Community Health Centre's doctors; reflected by more than 300 patients visit to the centre daily. A small sapling, which was planted by late Agha Hasan Abedi, has now grown into a full fledged tree and bearing fruits.

Education as the etymology of word signifies, is the drawing out of the inherent faculties of man, which may be moral, intellectual and physical. Really good education enables us to assess the value of the gems of the intellectual world. Our students appreciate and realize their scholastic pursuits and practical ideals in a very mature way. They are aware of this fact that it is imperative to equip them well to survive in the age of "Information Technology". We have to prepare them for future by giving them confidence to identify and express their hidden talent and respond to the challenges of life. It is our responsibility to equip the youth with the required competence. The publication of the third issue of "Empowerment" will certainly provide a glimpse of our success story and ongoing activities. May Allah help us all in our endeavors (Ameen).



## To educate a girl means to educate a nation

**Saira Zaidi**, Head of INFAQ Teachers' Training & Elementary College IET

Education is the only lasting solution in every developed or under developed society. To enhance literacy is the shortest possible route to women empowerment. INFAQ Education & Training Centre has been commuting on this path for quite some time now. Women, who have participated in our different income generation programs are currently earning enough money for themselves and their families. Education, skills training and teachers' training help women to play their due role in the society which is currently the need of the time. Such initiatives on our part are now producing encouraging results with women residing in the vicinity of CDSS playing a more constructive role. There has to be joint effort to take the masses out of the darkness of illiteracy into the light of literacy. We need to pool up all possible resources and channelize them to achieve the targets. We must remember that, "to educate a girl means to educate a nation !"



**Visit with a Purpose**

**NBP-CSR Team visited** CDSS/KA & INFAQ Foundation to see and meet Mr. Swaleh Naqvi, Chief Advisor, Rear Admiral (Retd.) Syed A. Baqar *HI (M)*, COO, Mr. M. R. Mehkari, Member Governing Board & Mr. Akbar M. Bilgrami, Advisor

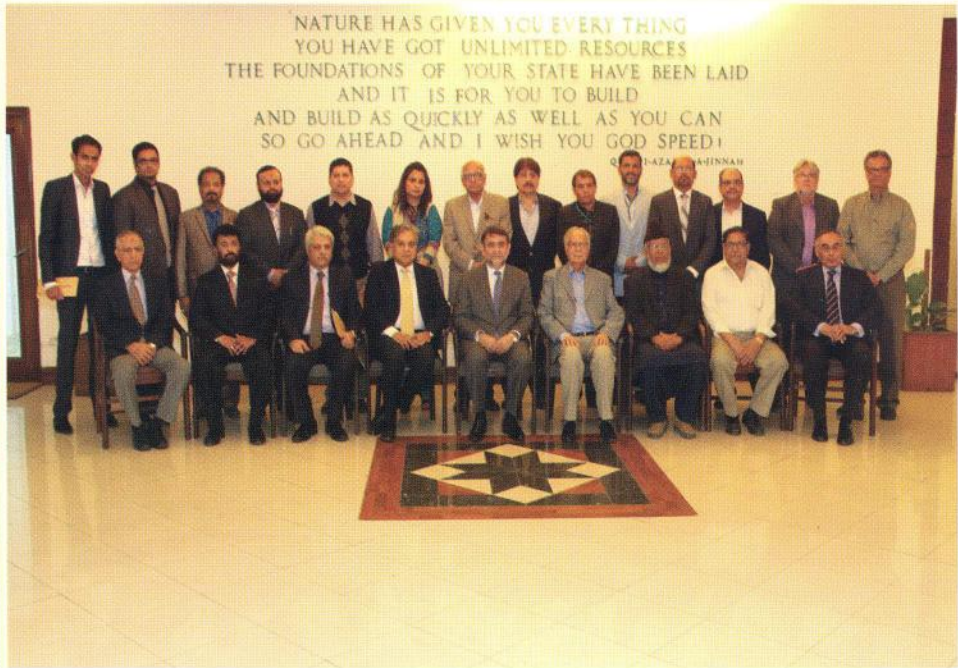
**NBP TEAM led by Mr. Iqbal Qasim**, EVP/Divisional Head CSR Department, and included Mr. Aleem Moosa, Manager Health, Mr. Abuzar Umrao, Manager Outdoor, Mr. Christopher Dlima, Manager Education.



**CDSS Management** attended cheque distribution ceremony at (NBP) Head Office.



Syed Iqbal Ashraf, President National Bank of Pakistan (NBP) presenting cheque to Rear Admiral (Retd.) Syed A. Baqar, COO (CDSS) at NBP Head office



A group photograph taken at National Bank of Pakistan (NBP) Head office with their President Syed Iqbal Ashraf

**Visit of Ms. Ayesha Aziz, MD Pak. Brunei Investment Company Limited at the Korangi Academy (CDSS)**





## ***Visit of Mowjee Family at the Korangi Academy (CDSS)***

Late Sultan Mowjee was a leading industrialist well-known for his philanthropic work. He was very conscious of economic difficulties of the needy and deprived people of our society. He dedicated himself to ease their problems and provided them hope for a better life. He contributed substantially for the education of the youth. Mowjee Family has always been supporting the noble cause and their visit to the Korangi Academy (CDSS) to meet the students was for this purpose.



*Mrs. Yasmin Mowjee, Mr. Irshad Mowjee & Ms. Farhana Mowjee during their visit to Korangi Academy (CDSS)*

## ***Faraz Hasan Naqvi Memorial Scholarship***



Mr. Nadeem Naqvi, Managing Director-Karachi Stock Exchange Limited, gave laptop as part of the Faraz Hasan Naqvi Memorial Scholarship, on the excellent academic performance of the students of Korangi Academy (CDSS). Rao Faheem secured 2<sup>nd</sup> position in Korangi Academy Intermediate Pre-Engineering examination in 2014 and achieved 79%. Now he got admission in NED University BE-Textile Engineering on open merit. Asad Anwer secured 1<sup>st</sup> position in Korangi Academy Intermediate Pre-Engineering examination in 2014 and achieved 80.09%. Now he got admission in NED University BE-Telecommunication Engineering on open merit.



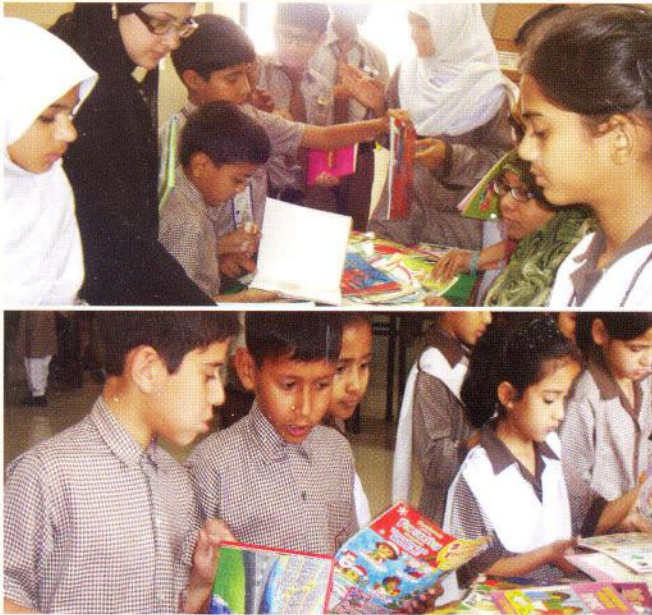
## ***Teachers Meeting with the Management***





## Book Fair

Annual Book Fair held at Korangi Academy (CDSS).



## Eid Gifts

Mr. Nazim F. Haji, Vice President (CDSS) distributing Eid Gifts to the students of Korangi Academy (CDSS).



## Friendship Day

Friendship Day held at Korangi Academy (CDSS).



## Project Day

Project Day held at Korangi Academy (CDSS).





## Thar Donation Camp

Donation camp was established at Korangi Academy (CDSS) for Thar affectees.



## Bright Stars of Korangi Academy

S.No	Student Name	% in F.Sc	Admission Status
1	Rao Faheem	80.36	Secured admission in NED University of Engineering & Technology for the four year BE program in Telecom Engineering
2	Asad Khan	80.9	Secured admission in NED University of Engineering & Technology for the four year BE program in Telecom Engineering
3	Usama Tahir	78.27	Secured admission in NED University of Engineering & Technology for the four year BE program in Telecom Engineering
4	Qamar Shafiq	79.64	Secured admission in NED University of Engineering & Technology for the four year BE program in Telecom Engineering
5	Aasia Qayyum	79.09	Secured admission in NED University of Engineering & Technology for the four year BE program in Telecom Engineering
6	Adnan Ahmed	79.0	Secured admission in NED University of Engineering & Technology for the four year BE program in Telecom Engineering
7	Shah Mehran	74.36	Joined DUET on self-finance scheme, funded by the Fisherman Cooperative Society, Karachi

Sawera Sheikh passed her Intermediate from CDSS/Korangi Academy (a project of INFAQ Foundation) in 2014. On her excellent performance in the entry test of KITE (Karachi Institute of Technology and Entrepreneurship), she was awarded to complete her four years education at KITE.

Mr. Swaleh Naqvi, Chief Advisor and Mr. Anwer A. Gillani, Secretary General, on behalf of INFAQ Foundation, jointly gave her a new laptop in recognition of her achievements.

While studying at Korangi Academy Sawera was selected in i-EARN programme to study in USA for one year.





## Golden Rules of Bill Gates

Bill Gates recently gave a speech at a High School about eleven things they did not and will not learn in school. He talks about how feel-good, politically correct teachings created a generation of kids with no concept of reality and how this concept set them up for failure in the real world.

Rule 1: Life is not fair - get used to it!

Rule 2: The world doesn't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3: You will NOT make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss.

Rule 5: Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping: They called it opportunity.

Rule 6: If you mess up, it's not your parent's fault, so don't whine about your mistakes, learn from them

Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes, and listening to you talk about how cool you thought you were: So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

Rule 8: Your school may have done away with winners and losers, but life HAS NOT. In some schools, they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. (Do that in your own time.)

Rule 10: Television is NOT real life. In real life, people actually have to leave the coffee shop and go to jobs.

Rule 11: Be nice to nerds. Chances are you'll end up working for one.

If you can read this... thank a Teacher!

If you can read this in English... thank a Soldier!

And for life and everything else you have... thank God!



## Fund Raising Department at CDSS

In the month of November 2012, the management of INFAQ Foundation decided to establish a separate department for Fund Raising "Centre for Development of Social Services-CDSS/Korangi Academy-KA" located at Lalabad Korangi. Budget was approved and released for operating this department. In March 2013; the department was made functional with a Hon. Advisor assisted by Programme Coordinator. For public awareness, a website, leaflet and video documentary on CDSS/KA were prepared and a new logo was introduced. The Fund Raising Department has functioned and nourished with the assistance of bankers, prospective donors and corporate sector. A campaign was launched for public and corporate sector with co-sponsorship from Mr. Salahuddin Haider the President and Founder of "21st Century Business and Economics Club" at Sheraton Hotel. More than 400 corporate businessmen, attended 2 hours presentation by CDSS/KA. It was a successful event and highly appreciated by all the participants. Mr. Fakhruddin G. Ebrahim, Hilal-e-imtiaz, President and Mr. Sawleh Naqvi, Chief Advisor CDSS/KA requested all participants for their contribution towards this noble cause. The name of Agha Hasan Abedi Saheb was prominently mentioned in our campaign. By the "Grace of Allah" we generated reasonable amount through "Endowment Fund" and "Sponsor a Child Scheme"

## Education – Essential for Women Empowerment

Today's girl child will be the mother of tomorrow. As a mother she can give her child a sound nursing and capable upbringing. A woman has the maximum impact on the social, economic decisions making in the family generally. At micro level, educated women help in making the whole family including the older family members, understand the values and importance of education and at macro level, educated women add to the social and economical development of the nation. Girls education is like sowing the seed which gives rise to green, cheerful and full grown family plant. In ancient time girl's education had a significant place in the society. Education for a girl child means making the next generation well educated, full of virtues, free from the useless superstitions, confident and capable to do something good for the family, for the society and for the country as a whole. The present day girl is the mother of tomorrow. Napoleon says "Give me good mothers and I will give you a good nation," she is the most crucial and reverend entity. She must be given all the necessary education. Ignoring her, keeping her illiterate means we are creating an illiterate and ignorant generation. So it is perfectly true that educating a girl child means educating a family. Development cannot be accelerated unless girls are given right education in right direction.





## Women Empowerment Vital for a Healthy Society By Asma Sajid

### "When sleeping women wake... mountain moves." Chinese Proverb

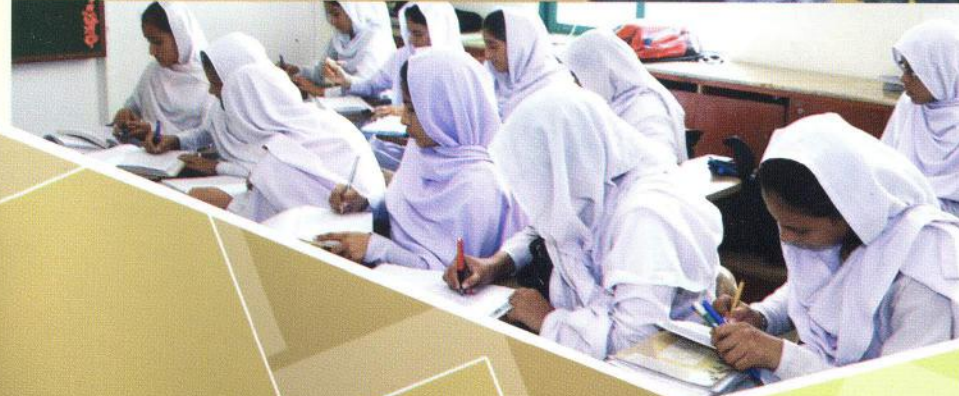
The 21st century is also referred as the "Century of Women". The more beautiful the word women empowerment is the more challenges are attached to it. The west has already invested a lot of resources in women health, education, employment and they have started reaping the fruits of their better planning. They did it for strategic reasons but soon realized how important it is for a healthy society. To empower a woman is simply to empower a society. An educated, healthy female is a mother of tomorrow's nation. God has gifted the woman with lots of passion, creativity and wisdom. A society which has respected the inner power of a woman has succeeded in creating a healthy and balanced society.

Women empowerment is not a fancy word for debates, columns and seminars; it is a basic human right of all women across the globe, but unfortunately it is assumed as a rebel in a Patriarch society. There are many regions in the world where women are still regarded as things to amuse and worthless fragile species.

Women empowerment in such societies is a complex process which is affected by various social factors and women are unable to gain control of their own self. The list of challenges is bigger than expected and the support system is smaller than presented. Empowerment is not something for which a woman needs to wait in line to get it; it is defined within her by the nature. She is free to express her thoughts, emotions and desires. She does not need others to define her, what she is or what she isn't. She is a complete human being who has played the role of a surgeon in an operation theatre and a fully functional astronaut in space station. Similarly, she is the mother of many Fathers of Nation. She is not a thing for "Honor Killing", or "Forced Marriage". This long history of discrimination, violence and exploitation against woman has forced the decision-makers to make policies to stop such things and recognize her as the most influential and powerful member of the society.

The UNDP gender equality strategy 2014-2017 has significantly addressed the core issues of women's unequal access to economic and environmental resources, and social and legal discrimination which also has a negative impact on the overall development of a country. I would like to conclude with a beautiful poem "You are Amazing"

*You are Amazing;  
As you are:  
Stronger than you know;  
More beautiful than you think;  
Worthier than you believe;  
More loved than you can ever imagine;  
Passionate about making a difference;  
Fiery when protecting those you love;  
Learning. Growing. Not alone;  
Warm. Giving. Generous;  
Quirky. Funny. Smart. Flawed;  
Whole. Scared. Brave;  
And so, so much more;  
Be Strong. Be Confident. Be You.*





## Save Water Indoors - 10 Ways By Habib Naqvi

1. Never put water down the drain when there may be another use for it such as watering a plant or garden, or cleaning.
2. Verify that your home is leak-free, because many homes have hidden water leaks.
3. Check for toilet tank leaks by adding food coloring to the tank. If the toilet is leaking, color will appear within 30 minutes. Check the toilet tank for worn out, corroded or bent parts. Most replacement parts are inexpensive, readily available and easily installed. (Flush as soon as test is done, since food coloring may stain tank).
4. Take shorter showers. Replace you showerhead with an ultra-low-flow version. Some units are available that allow you to cut off the flow without adjusting the water temperature knobs.
5. If the toilet flush handle frequently sticks in the flush position, letting water run constantly, replace or adjust it.
6. Store drinking water in the refrigerator rather than letting the tap run every time you want a cold glass of water.
7. Do not use running water to thaw meat or other frozen foods. Defrost food overnight in the refrigerator or by using the defrost setting on your microwave.
8. Never install a water-to-air heat pump or air-conditioning system. Air-to-air models are just as efficient and do not waste water.
9. Consider installing an instant water heater on your kitchen sink so you don't have to let the water run while it heats up. This will reduce heating costs for your household.
10. Insulate your water pipes. You'll get hot water faster plus avoid wasting water while it heats up.

### پانی ضائع ہونے سے بچائیں... 10 سنہری اصول اپنائیں

☆ پانی کو نالی میں بہا کر ضائع نہ کریں بلکہ کسی اور مصرف جیسے پودوں یا باغ کو پانی دے کر یا دھلائی میں استعمال کریں۔

☆ تصدیق کر لیں کہ آپ کے گھر سے پانی لیک تو نہیں ہو رہا ہے کیونکہ اکثر گھروں میں پانی نظر نہ آنے والے ذرائع سے ضائع ہو جاتا ہے۔

☆ ٹائلٹ ٹینک کو پرکھنے کے لئے ٹینک میں فوڈ کولر شامل کریں۔ اگر ٹائلٹ ٹینک لیک ہوگا تو کھر 30 منٹ میں ظاہر ہو جائے گا۔ ٹائلٹ ٹینک کو پرکھنے کے کہیں ٹوٹ پھوٹ نہ ہو زنگ نہ لگ گیا ہو یا کوئی حصہ چٹخا ہوا نہ ہو۔ زیادہ تر تبدیل کئے جانے والے پارٹس سستے، با آسانی دستیاب اور آسانی سے لگائے جاسکتے ہیں۔ جیسے ہی ٹیسٹ مکمل فلوٹش کر دیں تاکہ فوڈ کولر کے نشانات نہ لگیں۔

☆ نہاتے وقت پانی کم استعمال کریں۔ اپنے شاور ہیڈ کو اltra لو ورژن (Ultra Low Version) سے تبدیل کریں۔ کچھ یونٹس ایسے دستیاب ہیں جن کی مدد سے آپ پانی کے بہاؤ میں کمی و اثر نیچر نوٹس (water temperature knobs) میں تبدیلی کے بغیر کر سکتے ہیں۔

☆ ٹائلٹ ٹینک کا فلوٹش پینڈل اگر ایک جگہ پر رک رہا ہے تو پانی ضائع ہونے کا خدشہ ہے۔ پینڈل تبدیل یا صبح کرائیں۔

☆ پینے کے پانی کو فرج میں رکھیں ہر بار ٹھنڈا پانی پینے کے لئے نہ کھولیں۔

☆ جھے ہوئے گوشت یا دیگر جھی ہوا یا شیانے خور و نوش کو نارمل درجہ حرارت پر لانے کے لئے تیل کے پانی میں نہ رکھیں بلکہ فرج میں رات بھر رکھ کر مجدد درجہ حرارت سے باہر لائیں یا مائیکروویو کی ڈی فروسٹ سیٹنگ استعمال کرتے ہوئے اسے نارمل درجہ حرارت پر لائیں۔

☆ واٹر ٹوائیر ہیٹ پمپ یا ایر کنڈیشننگ سسٹم کبھی بھی نصب نہ کریں۔ ایر ٹوائیر ماڈل کا آمد ہیں اور ان سے پانی ضائع نہیں ہوتا۔

☆ اپنے کچن کے سنک پر انسٹنٹ واٹر ہیٹر نصب کریں تاکہ پانی گرم ہونے کے دوران پانی نہ بہے۔ اس سے آپ کی ہیٹنگ کوسٹ (Heating Cost) میں بھی کمی آئے گی۔

☆ واٹر پائپس کو علیحدہ رکھیں تاکہ گرم پانی تیزی سے حاصل ہو اور پانی گرم ہونے کے دوران ضائع ہونے سے محفوظ رہے۔

## SPORTS DAY







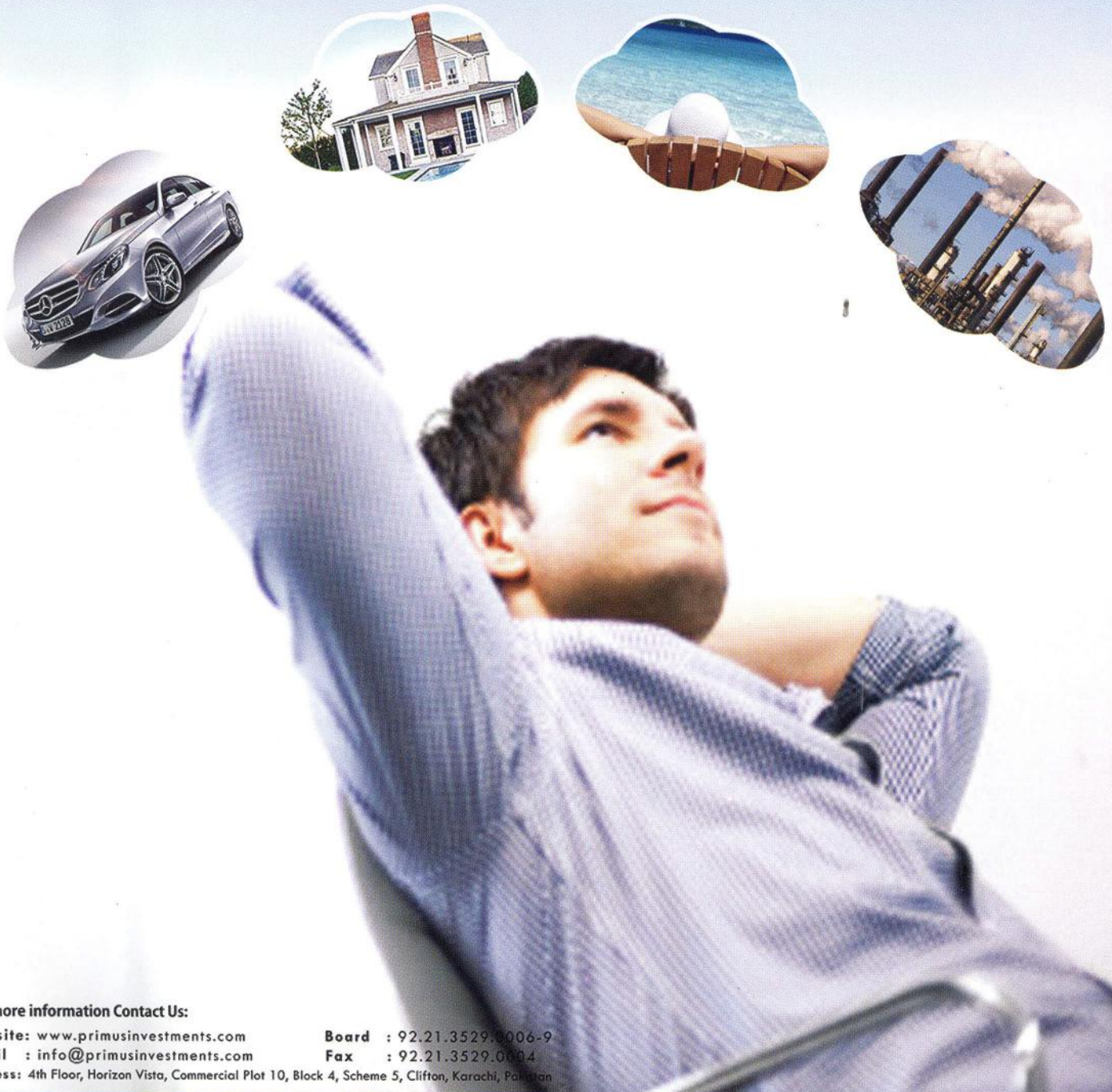
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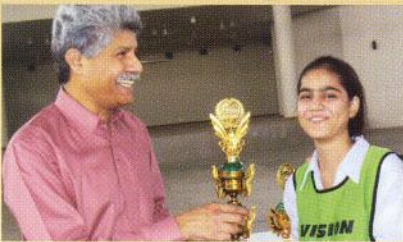
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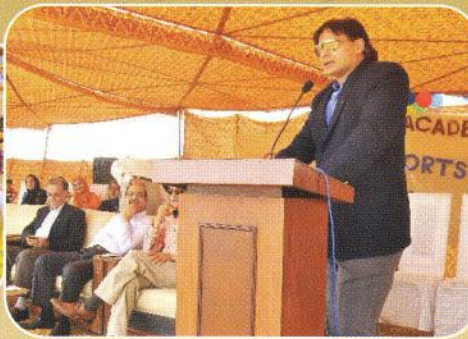
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## Sports activities at Korangi Academy (CDSS)



## Head Coach Pakistan Junior Hockey Team Olympian Qamar Ibrahim as Chief Guest at Korangi Academy's Annual Sports Day



## Chief Guest Olympian Qamar Ibrahim, and Guest of Honor Olympian Sameer Hussain & Abuzar Rao, at Korangi Academy's Annual Sports Day

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