

► Introduction

Established in 2015, TARS Foundation has become one of the most trusted and successful non-governmental, non-profit and non-political charity organization of KPK province of Pakistan registered under KPK Charity Commission Act 2019, Societies Act XXI 1860 and Social Welfare Ordinance XLVI 1961, working to provide Timely Aid and Relief Support (TARS) to the needy people within KPK Province, mainly in Peshawar and connected areas.

Founded by a local patron – Abdul Majid Qureshi and then joined by other volunteers determined to make a difference, the foundation has since then supported thousands of families and many other individuals in various aspects.



The name “TARS” is derived from the abbreviation of “Timely Aid & Relief Support”, which is our slogan in Urdu as “بروقت امداد اور مصیبت سے نجات میں سہارا” and this word “TARS” when pronounced also depicts Urdu word “ترس”, which means to have sympathy, and compassion of helping any living creature in need.

► Our History

After 2010, with the fast-growing use of social media sites throughout the world, unfortunately majority of these sites’ users from Pakistan were found discussing politics, and spreading negativity on social media sites, thereby not only wasting their time but also losing their abilities of doing something positive and productive for their country.

That was the time when Mr. Abdul Majid Qureshi, from Peshawar Pakistan, an IT Specialist in an engineering company in Peshawar, who was enthusiastic about helping the needy people of his city Peshawar, and had been already feeding the homeless people daily from his own salary, thought about changing people’s mind about making the positive use of social media sites. He started to highlight his humanitarian works on social media for the purpose to divert the people’s mind from spreading negativity into doing something positive for their society and Country.

Within a very short time, inspired from Mr. Majid’s noble cause over social media, people from inside Pakistan and abroad joined his cause of helping the needy people. In just few years, that mission of feeding only a few homeless people by Mr. Majid by his own salary, spread and with the monetarily and voluntarily support of his followers, transformed into helping thousands of people in different ways, which later on resulted into the inception of a well known charity organization, namely TARS Foundation.

► What We Do

TARS Foundation, being a multi-sectoral charity organization, provides financial aid to the poorest communities in Peshawar and connected areas who are suffering from poverty and/or having financial problems in fulfilling their basic living needs and/or passing through tough times due to financial crises. We have combined technology, resources and manpower to deliver aid and relief support to the needy households, including widows, orphans, disabled, elderly, patients, homeless, vulnerable and all those affected by poverty.

All of the work is totally supported by donations that common people from across the world offer in the various forms including cash, food, clothing, shelter, medicines, sponsorship, adoption, advocacy, education and volunteering.

We accept all types of charity including Zakat, Sadaqah, Fitrana, Kafarah, Lillah, General Charity, and we make sure to utilize these charities in the relevant sectors according to Islamic Shariah.



► Our Core Team Members



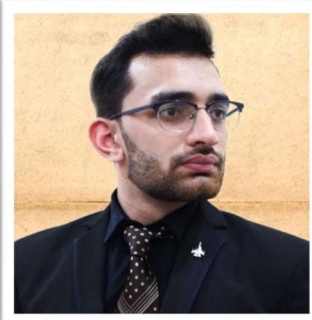
Syed Waqar Akbar
General Secretary



Abdul Majid Qureshi
Founder & President



Rizwan Ahmed
Vice President



Abdul Moin Qureshi
Finance Secretary



Muhammad Haroon
Press Secretary



Abdul Wahab Qureshi
Joint Secretary



Dr. Rehmat Ullah
Office Secretary

► Our Volunteers

We have a dedicated team comprising of more than 200 volunteers & workers who participate in our various social welfare activities to get our community services delivered.

► Our Big Recognition

On 23 March 2021 in Ewaan-e-Sadr Islamabad, President of Pakistan Dr. Arif Alvi conferred "Pride of Performance" Award upon Abdul Majid Qureshi (Founder & President of TARS Foundation) in recognition of his excellent social & welfare services for the poor people of KP Province.



► Our Helping Sectors:

TARS Foundation aim to help any living creature in need in any form, however following are the specific sectors/causes in which TARS Foundation is providing support to the needy:

Specific Causes/Helping Sectors:

- 1) Daily Meal & Monthly Ration Distribution
- 2) Monthly Orphans Families Support
- 3) Patients Support
- 4) Monthly Disabled People Support
- 5) Monthly Elderly People Support
- 6) Homeless People Support
- 7) Monthly Poor Families Support
- 8) Orphan Girls' Wedding Support
- 9) Clothes for Needy People
- 10) Education & Skills Development
- 11) Business initiative for self-reliance
- 12) Water Projects
- 13) Cleanliness & Awareness Campaigns
- 14) Masajid Construction Support
- 15) Animals Sacrifices/Qurbani

1. Meal & Ration Distribution

TARS Foundation has the following Free Food Program:

1. Daily Meal Distribution
2. Monthly Ration Packages Distribution
3. Ramadan Ration Packages Distribution
4. Ramadan Iftaar Dastarkhwan

1.1 Daily Meal Distribution

1.1.1 Lunch Distribution in Slum Areas of Peshawar:

In our daily lunch distribution program, free cooked meal is daily distributed in 4 slums of Peshawar in around 300 to 400 people since 2016. These are those families who have migrated to Peshawar from Sindhi, Balochistan and Punjab provinces in search of jobs in Peshawar. Unfortunately, due to poverty, they are compelled to live in self-made shelters with no basic living facilities.



1.1.2 Dinner Distribution in Shelter Houses of Peshawar:

Apart from distributing daily lunch in slums areas, TARS Foundation is also distributing daily dinner since 2017 in the two Govt. Shelter Houses in Peshawar, located on Pajjagi Road and on University Road backside of Khyber Teaching Hospital. In these two Govt. Shelter Houses, daily labors, passengers and homeless people come for staying over the nights. Daily around 300 to 400 people are served.



1.2 Monthly Ration Packages Distribution

Under this Food program, uncooked food items are distributed on monthly basis in around 150 to 200 poor needy families comprising of widows/orphans, patients, disabled people and families having either no or very less source of income. Each of our ration package contains around 20 food and kitchen items including Flour, Vegetable Ghee, Sugar, Saila Rice, Brown Rice, Kidney beans, chickpeas, red lentils, gram pulse, black tea, green tea, masala, facewash soap, detergent soaps, clothes washing powder, matches, salt, toothpaste, dishwashing scrubber and diswashing foam. The cost on per ration package is around Rs.8,000.



1.3 Ramzan Ration Packages Distribution

TARS Foundation has a tradition of distributing Ramadan Ration Packages every year in the destitute families of the seven provinces of KPK including Peshawar, Nowshera, Charsaddah, Chitral, Dir, Karak and Swat in a total of around 1000 to 1200 destitute families for Ramadan. Some of these families are already registered with TARS Foundation, whereas other needy families are identified through our representatives in the respective districts. Each of our ration package contain food items including Flour, Vegetable Ghee, Sugar, Saila Rice, Brown Rice, Kidney beans, chickpeas, red lentils, gram pulse, black tea, green tea, masala, vermicelli, Dates, Roh Afza and Pickles . The cost on per Ramadan Ration Package is around Rs.12,000.



1.4 Ramzan Iftaar Dastarkhwan

Since 2016, Alhamdulillah TARS Foundation arrange Iftaar Dastarkhwan in the blessed month of Ramadan in three districts of KPK including Peshawar, Nowshera and Chitral on public places for general public, in which thousands of people participate and break their fasts with the delicious food items that we serve. The food items include Gurh Sharbat, Roh Afza Sharbat, Dates, Fruits, Samosa, Pakorey and Charsadwaal special brown rice. Our Iftaar Dastarkhwan is run by our volunteer members. Not only general public are served on our Iftaar Sheet but also passengers are served in their vehicles at the time of Maghrib Adhaan.



2. Orphan Families Support

TARS Foundation is currently sponsoring more than 2 hundred orphan families in Peshawar and connected regions, and is financially supporting them to cover their daily living expenses. Through this program, vulnerable orphans and their families receive a regular monthly allowance in between Rs.10,000 to Rs.20,000 depending upon family needs and number of family members, which enables them to cover their food, clothes, education and other daily living expenses.

Apart from regular monthly allowance in the shape of cash, TARS Foundation also distributes Monthly Ration Packages in orphan families so that they can have enough food available in their houses. Clothes are also distributed in those families on different occasions, including Eid. Also with the arrival of winter season, warm clothes are distributed in them.



3. Patients Support

Under this program, TARS Foundation sponsors the full treatment expenses of poor patients who are referred to us for financial support for their treatment. Until now TARS Foundation has supported more than three thousands of poor patients in their treatment and continues to financially assist many more poor patients. Our support with patients range from bearing the expenses of operation to full treatment and medications till the patients are fully recovered.

Our verification team including medical experts examine the patients' poverty and genuineness of their disease and medical condition from different sources. Once we take responsibility of sponsoring treatment expenses of a patient, we make sure that their treatment goes smoothly and is not suffered due to financial problems.



4. Disabled People Support

Under this program, TARS Foundation sponsors the monthly house and other living expenses of either an individual disabled person, or disabled person along with his family (wife and children) if he is the only breadwinner of his family. Until now TARS Foundation has supported several disabled persons and continues to financially assist many more poor disabled people. Our support with disabled people range from sponsoring the monthly house and living expenses along with food, education, medications etc to providing the disabled people with the assistive devices.

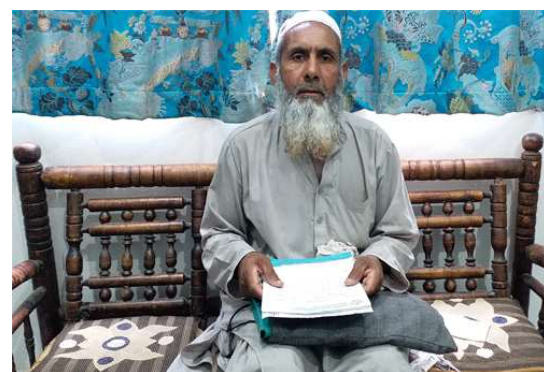
Apart from regular monthly allowance in the shape of cash, TARS Foundation also distributes Monthly Ration Packages in the disabled families so that they can have enough food available in their houses. In addition, clothes are also distributed in those disabled persons and in their dependents on different occasions, including Eid. Also with the arrival of winter season, warm clothes are distributed in them.



5. Elderly People Support

The purpose of Elderly People Support program is to provide poor elderly people everything they need in their last stage of life. Mainly, their great concerns and basic needs are to cover their medications and fulfilling the living expenses of their dependents (wife and children). TARS Foundation helps such elderly people with monthly allowance in between Rs.10,000 to Rs.20,000 depending upon family needs and number of dependents, which enables them to cover their food, clothes, education, medications and other daily living expenses.

Until now TARS Foundation has sponsored several elderly people along with their families on monthly basis and continues to financially assist many more elderly people. Our support with elderly people range from bearing the living expenses to possible treatment and medications.



Apart from regular monthly allowance in the shape of cash, TARS Foundation also distributes Monthly Ration Packages in the elderly people so that they can have enough food available in their houses. Furthermore, clothes are also distributed in those elderly people and in their dependents on different occasions, including Eid. Also with the arrival of winter season, warm clothes are distributed in them.

6. Homeless People Support

One of the prominent helping sectors of TARS Foundation is Homeless People Support. In fact the inception of TARS Foundation is based on providing all the possible support to the homeless people living in our community. The three main types of help by TARS Foundation with homeless people include:

1. Daily Cooked Meal Distribution
2. Clothes/Winter Packages Distribution
3. Cash Distribution

6.1 Daily Cooked Meal Distribution

In our daily lunch distribution program, free cooked meal is daily distributed in 4 slums of Peshawar in around 300 to 400 people since 2016. These are those families who have migrated to Peshawar from Sindhi, Balochistan and Punjab provinces in search of jobs in Peshawar. Unfortunately, due to poverty, they are compelled to live in self-made shelters with no basic living facilities.



Apart from distributing daily lunch in slums areas, TARS Foundation is also distributing daily dinner since 2017 in the two Govt. Shelter Houses in Peshawar, located on Pajjagi Road and on University Road backside of Khyber Teaching Hospital. In these two Govt. Shelter Houses, daily labors, passengers and homeless people come for staying over the nights. Daily around 300 to 400 people are served.



6.2 Clothes / Winter Packages Distribution

Under this sub-program, clothes are distributed on occasional basis in different communities in homeless people and other needy families living in tents and small houses made of mud in different slums of Peshawar and connected areas either on seasonal basis or at the occasion of Eid. Clothes and Winter Packages are also distributed in hardworking elderly people and other small vendors on different streets and bazaars of Peshawar either on occasional/seasonal basis or at the occasion of Eid.



6.3 Cash Distribution in Elderly Hardworking People

Under This sub-program, cash envelopes are distributed on roads in elderly hardworking people and other small vendors in different streets and bazaars of Peshawar on occasional basis on the specific request of our donors from their sadaqaat / zakat amounts. Cash envelopes are also distributed on occasional basis in different hospitals in needy patients on the specific wish of concerned donors. Each cash envelope includes amount in between 3000 to 10000 rupees depending upon the funds and demand of the concerned donors. Cash envelopes are also distributed among the needy families in Ramadan and for Eid on specific request of the donors.



7. Poor Families' Support

TARS Foundation provides the needy and poor families with financial support on monthly basis depending on their needs. The support can be in the form of cash money, paying utility bills, providing basic household items, paying children's educational expenses etc. Many people become financially unstable due to many reasons and TARS helps all of those who can't even live up to the daily life expenses.

TARS Foundation is currently sponsoring several families in Peshawar and connected regions that are registered with the Foundation. Under this cause, vulnerable families receive a regular monthly allowance depending upon family needs and number of family members, which enables them to cover their food, clothes, education and other daily living expenses.

Apart from monthly cash allowance, TARS Foundation also provides Monthly Ration Package to those needy families on monthly basis. We also support other poor families that are not registered with the foundation and that are referred to TARS Foundation from various authentic sources.



8. Orphan Girls' Wedding Support

TARS Foundation supports orphan girls in their wedding by providing basic comforts to start their married life. The support ranges from cash help to sponsoring wedding food to providing items including but not limited to wedding dresses, furniture, utensils, electrical appliances, groceries etc.

When a request to support wedding of an orphan girl is received, TARS Foundation quietly investigates the case and upon verification, the required support is provided to the beneficiary family in such a way that the self-respect of the subject is not hurt and the family can fulfill their obligations honorably.



9. Water Projects

It is one of the prominent sectors of TARS Foundation ever since its inception in the year 2015. This program is sub-divided in three sectors:

- 9.1 Electric Water Coolers Installation
- 9.2 Plastic Water Coolers Installation
- 9.3 Hand Pumps Installation
- 9.4 Bore/Water Well Installation

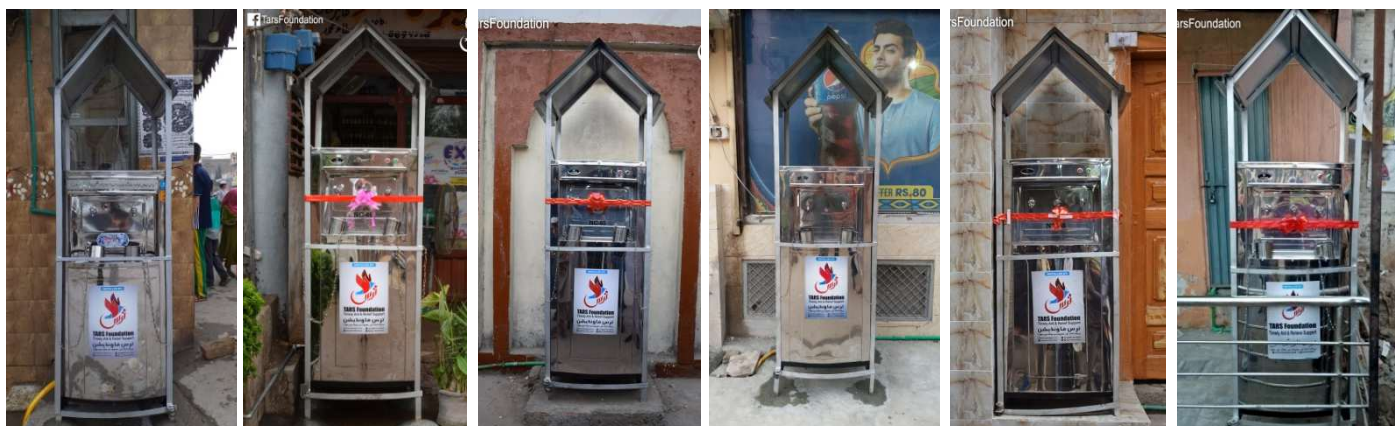
9.1 Electric Water Coolers Installation

Electrical Water Coolers along with water filters are installed for general public use on public places and in public properties/premises by TARS Foundation including:

- Bazaars & Streets
- Masajid / Madaris
- Hospitals
- Schools
- Orphanages
- Police Stations
- Other Govt. Premises

Up to now, TARS Foundation has successfully installed more than 80 Electric Water Coolers along with Water Filters at various public places for general public use which are still functional and daily thousands of people are getting benefit from those Electric Water Coolers in the shape of Clean and Cold Water, especially in the summer season.





9.2 Plastic Water Coolers Installation

Every summer TARS Foundation distributes plastic water coolers along with steel stands in several shopkeepers in different bazaars of Peshawar so that they can keep those plastic water coolers in front of their shops/premises, and general public can have access to clean and cold water from those plastic water coolers. They are daily filled with clean water and ice by the respective shopkeepers and daily thousands of people drink water from them.

Up to now, TARS Foundation has successfully distributed 400+ Plastic Water Coolers in various vendors throughout Peshawar which are still operative and daily thousands of people are getting benefit from those Coolers in the shape of Clean and Cold Water, especially in the summer season.



9.3 Hand Pumps Installation

Hand Pumps are installed by TARS Foundation in deserving communities and inside needy families' houses throughout the year. So far TARS Foundation has successfully installed 50+ hands pumps in the various deserving communities/villages and inside needy families' houses.



9.4 Bore/Water Well Installation

TARS Foundation also installs bore or water well in the deserving communities and inside Masajid/Madaris, Schools, and Hospitals on need basis.

TARS Foundation has so far successfully executed several water wells projects which are still functional and giving benefit to the deserving communities.



10. Clothes for Needy People

TARS Foundation also supports needy people with clothes throughout the year at various occasions. There are three sub-sectors of this noble cause:

- 10.1 Winter Packages Distribution
- 10.2 Used Clothes Distribution
- 10.3 Eid Gifts Distribution

10.1 Winter Packages Distribution

With the arrival of winter season every year, TARS Foundation has the tradition of distributing Winter Packages among the needy communities and poor families. Winter Packages include warm clothes, blankets, pillows, sweaters, jackets, shawls, socks etc. These are distributed not only among the deserving families registered in monthly-help- list of TARS Foundation, but also on roadsides among the daily-wagers, small vendors, hardworking elderly people and other under-privileged people and families.



10.2 Used Clothes Distribution

Throughout the year, people from different parts of the world donate their used clothes, shoes and other wearable to TARS Foundation for distribution in the needy people. Those used wearable items are initially inspected by the team of TARS Foundation for cleanliness and condition, and after that they are sent to different under-privileged communities for distribution among needy families. In addition, the items are also distributed on different roadsides among the daily wagers, small vendors, and other deserving people.



10.3 Eid Gifts Distribution

Eid is the occasion of sharing happiness and joy with everyone. On this blessed occasion, TARS Foundation also cares about bringing smiles on the faces of needy people. Alhamdulillah, every year before Eid-ul-Fitr, TARS Foundation arranges new unstitched-clothes for men, women and children, which are then distributed as "Eid Gifts" both among the needy families as well as daily-wagers on roadsides. The needy families include widows, orphans, disabled, patients and other people who cannot afford to buy clothes for their families at the occasion of Eid. Along with unstitched clothes, cash gifts are also included in every Eid package.



11. Business initiative for self-reliance

There are three sub-sectors under this cause:

- 11.1 Cash Help for Starting Small Business
- 11.2 Fruit Cart / Rickshaw / Taxi Donation
- 11.3 Sewing Machines Donation

11.1 Cash Help for Starting Small Business

Under this program, TARS Foundation donates a reasonable cash amount to the needy persons to be invested in starting a small business for the purpose to begin earning for themselves and their dependents. When such a deserving person is referred to TARS Foundation for help, we thoroughly examine and verify the case for its genuineness, and upon finding the case to be genuine, we not only provide the required amount to such needy person for starting their own small business, but we also keep check on the person to make sure that they really are making good use of the charity amount given to them for the said purpose.

11.2 Fruit Cart / Rickshaw / Taxi Donation

TARS Foundation also occasionally donates fruit cart, rickshaw or taxi to the deserving persons to help them start earning at their own. When such a deserving person is referred to TARS Foundation for help, we thoroughly examine and verify the case for its genuineness, and upon finding the case to be genuine, we not only provide the fruit cart or rickshaw or taxi to such needy person for starting their earning from the provided item, but we also keep check on the person to make sure that they really are making good use of the item donated to them for the said purpose.



11.3 Sewing Machines Donation

TARS Foundation also frequently donates and distributes free sewing machines in the deserving women, especially widows so that they can start earning while staying at homes, from those sewing machines by stitching clothes for their potential customers in their neighborhoods.

Such sewing machines are distributed either on the request of our donors who wish their charity to be utilized specifically in this noble cause, or sewing machines are also distributed by TARS Foundation's side when many applications from the deserving women are received by us for providing them sewing machines.



Up to now TARS Foundation has distributed more than two hundreds sewing machines in the deserving women, and aim to continue the distribution of more sewing machines in the needy women.



12. Free Education & Skills Development

TARS Foundation is running the following programs related to free education and free Skills Development:

- 12.1 Orphan Education Support
- 12.2 Slum School
- 12.3 Tailoring Course

12.1 Orphan Education Support

There are a number of poor orphan families included under TARS Foundation's Monthly Widow/Orphan Family Support Program who regularly receive monthly allowance up to Rs. 20,000 in the form of cash from TARS Foundation for fulfilling their day to day living expenses. Those orphan families include such orphans whose educational expenses are also borne by TARS Foundation so that their education is not suffered due to financial crises or poverty.



12.2 Slum School

TARS Foundation has been distributing free meals to a slum area of Peshawar for the past few years. In the same slum, a school has been founded by TARS Foundation as "SLUM SCHOOL" where primary education is provided free-of-cost to children belonging from the particular slum. In a daily 2-3 hour class, not only formal education is provided to children but also manners, ethics and other general and religious knowledge is also imparted so that they can become responsible and recognizable persons in the society and work for the betterment of their families as well as the country.



12.3 Tailoring Course

TARS Foundation has arranged a free-of-cost sewing and tailoring section in a Government Drug Rehabilitation Center in Peshawar. Sewing and tailoring skills are taught to such drug addicts by TARS Foundation who are admitted in that institution for treatment and have a keen interest in learning the sewing skills. Many patients are admitted there and a number of them are chosen for such training to make them capable of earning at their own. In addition to it, new sewing machines are also gifted by TARS Foundation to the successful persons after the completion of their treatment in Drug Rehabilitation Center.



13. Cleanliness & Awareness Campaigns

Under this program, cleanliness and awareness drives are run on occasional and need basis in the deserving communities, specifically in slum areas of Peshawar and connected areas in order to aware the underprivileged and illiterate people regarding the importance of cleanliness. Up to now TARS Foundation has successfully executed several cleanliness and awareness campaigns and will continue to conduct more such campaigns in future on need basis.



14. Masajid Construction Support

TARS Foundation provide support to under-construction masajid by sponsoring small works like painting work, electrical work, plumber work, tiling work, water supply work and other small construction works, provided that the requested work fall within our budget. In addition, TARS Foundation also provide different items to masajid including carpets, Quran, UPS, Generator, fans, Quran Tables, etc, provided that the funds are available with us for the item(s) requested for masjid.

Alhamdulillah, up to now TARS Foundation has provided monitorial support in construction of several masajid in Peshawar and connected areas, and has helped dozens of other already-built masajid in the form of items/materials as mentioned above on need basis.



15. Animal Sacrifice

This sector is sub divided into parts as below:

15.1 Collective Qurbani on Eid-ul-Azha

15.2 Goat / Sheep Sadqah

15.1 Collective Qurbani on Eid-ul-Azha

TARS Foundation has been performing Collective Qurbani every year since 2015 on behalf of its prestigious donors from various countries. Our team of trained volunteers procures the best animals from the market, and keeps those animals in a neat and clean environment until Eid Day. The animals are then slaughtered on the first day of Eid. The meat is packed by our volunteers in small packets which are then distributed in the deserving families in poor localities as well as families registered with TARS Foundation.



15.2 Goat / Sheep Sadqah at Special Occasions

On the special request of donor(s), TARS Foundation can perform sadqah of goat(s)/sheep and meat packets are distributed in the needy families registered with TARS Foundation as well as small vendors on different streets of Peshawar.



► How to Donate

We accept all types of charity including Zakat, Sadaqah, Fitrana, Kafarah, Lillah, General Charity, and we make sure to utilize these charities in the relevant sectors according to Islamic Shariah.

► Direct Bank Transfer:

Donation can be transferred in following bank account at any "Bank AL Habib" Branch in Pakistan:



Account Title: TARS FOUNDATION
Account Number: 20060981005636019
IBAN Number: PK56BAHL2006098100563601
Bank Name: Bank AL Habib Limited
Branch Name: University Road, Peshawar
Branch Code: 2006



Account Title: TARS FOUNDATION
Account #: 07080110322696
IBAN #: PK66MEZN0007080110322696
Bank Name: Meezan Bank
Branch Name: Gulbahar Road, Peshawar,
Branch Code: 0708

► International Money Transfer for Cash Pick-up:

You can send your donations as Cash Pick-up via any bank in Pakistan. Or via other platforms of your choice, for example; Western Union, MoneyGram, Ria, ACE, WorldRemit, InstantCash, Remitly, IME, Transfast etc. Every company has their own requirements and restrictions so we make sure your remittance is received successfully. Please contact us via WhatsApp no **00923219025520** beforehand so we can provide you with our recipient's details and instructions.

► Cross Cheque / Cash Donation:

Donation in the shape of cash or crossed-cheque payable to "TARS Foundation" can be sent or dropped on the following address:

TARS Foundation
Office # 1, First floor, Janaan Plaza,
Main Gulbahar Road, Near Rokhanakoor Hospital,
Peshawar 25000, PAKISTAN
Tel: 0092 91 2606054

We also have the facility to come to you for donation collection if you live in Peshawar, Pakistan. Please contact us on our landline 0912606054 or mobile/Whatsapp 03219025520 and we will be happy to help.

► JazzCash or EasyPaisha Account:

Donation can be transferred through JazzCash or EasyPaisha Account to our following Mobile Account number:

Account Number: 03219025520
Account Title: Abdul Majid Qureshi

► Contact Us

TARS Foundation
Office # 1, First Floor, Janaan Plaza,
Main Gulbahar Road, Peshawar,
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Our Social Media Accounts:       / TarsFoundation

