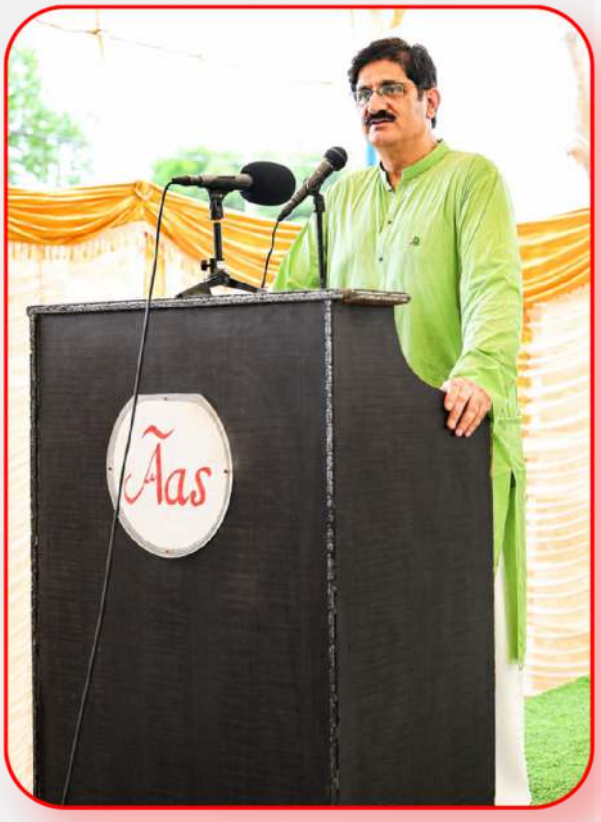
Aas Foundation

HOPE

NEWSLETTER

Vol. 01 | Issue 01

79th INDEPENDENCE DAY



AAS Foundation was honoured to welcome the **Honourable Chief Minister of Sindh, Syed Murad Ali Shah,** at the Independence Day celebrations. His presence brought immense joy and pride to the occasion, creating a truly memorable experience for the children and staff. The event was marked by heartfelt moments of patriotism and collective happiness, reflecting the spirit of the day.



The Man Behind the Mission

Mr. Abdul Rehman Allana, Founder of The AAS Foundation, turned a vision into a mission of hope. Since 2000, his commitment has helped AAS Foundation support individuals and families affected by addiction, guiding them towards recovery, dignity and a renewed life.

AAS Foundation

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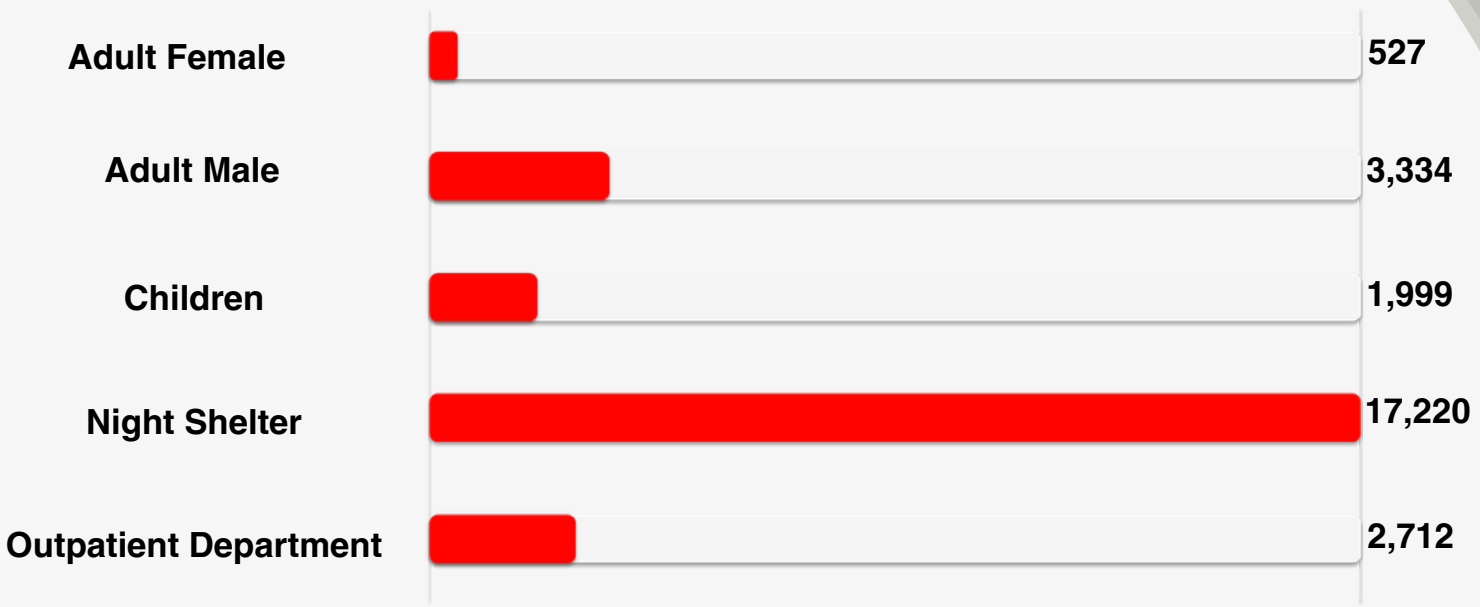
the_aas_foundation

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DIRECT BENEFICIARIES



VOCATIONAL SKILLS & EMPOWERMENT

At The AAS Foundation, vocational training is an integral part of rehabilitation, helping individuals develop practical skills, build confidence and work towards independent and sustainable livelihoods.

Through our skill development programmes, clients receive hands-on training in **bike mechanics, sewing and computer skills**, equipping them with valuable capabilities for employment and self-reliance. These initiatives support individuals in rebuilding their lives and preparing for meaningful reintegration into their families and communities.







STAFF TRAINING & CAPACITY BUILDING

Conflict Management

A training session on Conflict Management was conducted at Female Unit by Ms. Beenish Sufyan. The session focused on effective communication, managing disagreements, and developing healthy ways to resolve conflicts.







Adolescent Brain Development & Substance Use

The AAS Foundation organised a training session on “Adolescent Brain Development and Substance Use” at the Children School House. Facilitated by Dr Laraib, the session focused on substance-use risks and highlighted the importance of early support and timely intervention for vulnerable adolescents.

Vital Signs Monitoring

A basic training session on patient vital signs monitoring was conducted by Dr. Zubaida at the Female Unit. The session focused on the proper monitoring and recording of patient’s vital signs to support effective patient care.





STRENGTHENING PARTNERSHIPS IN GILGIT BALTISTAN

Meeting with the Governor of Gilgit-Baltistan



The AAS Foundation's team met with **H.E. Syed Mehdi Shah, Governor of Gilgit-Baltistan**, to discuss opportunities for strengthening efforts in drug prevention, rehabilitation, mental health, and community welfare across the region. The meeting reflected a shared commitment to supporting healthier and more resilient communities in Gilgit-Baltistan.

Engaging Leadership for Community Wellbeing

The AAS Foundation's team met with **Qari Hafeez ur Rehman, Leader of the Opposition in Gilgit-Baltistan**, to discuss community needs and potential areas of collaboration. The conversation highlighted opportunities to raise awareness, support individuals and families affected by substance use, and contribute to the wellbeing of communities across the region.





Social Welfare Department Gilgit-Baltistan

The AAS Foundation's team, visited the Social Welfare Department, Gilgit-Baltistan, and met with **Mr. Mansoor Alam, Secretary, Social Welfare Department**. The meeting focused on strengthening collaboration and exploring opportunities to advance drug prevention, rehabilitation, and mental health initiatives across Gilgit-Baltistan.

VISITS & COLLABORATIONS



Visit of Social Welfare Department, Gilgit-Baltistan

The AAS Foundation had the honour of welcoming **Mr. Muhammad Musa, the Additional Secretary, Social Welfare Department, Gilgit-Baltistan.** The visit provided an opportunity to discuss and strengthen collaboration in support of rehabilitation services and community welfare initiatives across the region.

Visit by the Social Welfare Department Team, Sindh

A delegation from the Social Welfare Department, Sindh Secretariat, comprising Mr Noor ud Din, Deputy Secretary; Ms Shazia Memon, Programme Coordinator; Ms Tuba Rafi, Assistant Director; and Mr Irfan Bhatti, Assistant Coordinator, visited The AAS Foundation's Children Primary Unit.

Mr Amjad briefed the delegation on AAS Foundation's programmes and services, followed by a tour of the facility and an interaction with the children.





Visit of Habib Metro Bank Representatives

Representatives from Habib Metro Bank visited the Children Primary Unit of The AAS Foundation to learn more about its programmes and services. The visit included discussions on potential future collaboration and an interaction with the clients, providing an opportunity to understand the support and rehabilitation services offered at the centre.

EVENTS & CELEBRATIONS

79th Independence Day

Sindh Chief Minister Syed Murad Ali Shah celebrated Pakistan's 79th Independence Day with children and beneficiaries at AAS Foundation. The CM hoisted the national flag, cut the Independence Day cake, and interacted with children, women, and beneficiaries undergoing rehabilitation. He appreciated AAS Foundation's services and reaffirmed the Sindh Government's commitment to strengthening collaboration with rehabilitation and welfare organisations.












Eid Milad Un Nabi ﷺ

Milad-un-Nabi ﷺ gathering was held on the occasion of 12th Rabi-ul-Awwal. The event provided an opportunity for the children and staff to come together and reflect on the life, teachings, and noble character of the Holy Prophet Muhammad ﷺ. The gathering included Naat recitation, prayers, and religious reflections, creating a peaceful and meaningful environment for everyone. The event aimed to promote the values of compassion, kindness, respect, and unity among the children.

Death Anniversary of Quaid-e-Azam



On the death anniversary of Quaid-e-Azam, Muhammad Ali Jinnah, we honour his enduring legacy and vision for Pakistan. His principles of Unity, Faith and Discipline continue to inspire us to contribute towards a stronger, more inclusive and prosperous Pakistan.

Celebrating Recovery Milestones



The AAS Foundation proudly celebrated the 1st and 3rd Recovery Anniversaries at Female Unit, a milestone that reflects courage, commitment, and the strength of recovery. These celebrations remind us that with continued support, care, and determination, individuals can rebuild their lives and move towards a healthier and more hopeful future.

A Journey Towards Recovery



The AAS Foundation celebrated Taha's 1st recovery anniversary at Adult Primary Unit, marking one year of commitment, progress and positive change.
This milestone reflects the strength of continued support, care and dedication throughout the recovery journey.

A New Beginning



The AAS Foundation held a farewell to mark the successful completion of a beneficiary's three-month treatment and rehabilitation programme. The occasion celebrated their progress, commitment and journey towards recovery, with staff and fellow beneficiaries offering their best wishes for the future.

RECREATIONAL OUTING

A Day of Nature, Joy & Togetherness





The AAS Foundation organized a fun-filled picnic to Karli Jheel for the children and staff of the Female Unit.

The trip provided an opportunity to enjoy nature, participate in recreational activities, and spend quality time together.

The day was filled with laughter, outdoor games, and memorable moments, promoting teamwork, social interaction, and emotional well-being among the children.

A Day of Learning & Discovery

The children from AAS Foundation's Female Unit enjoyed a memorable day filled with learning, exploration and joy. They visited the TDF Magnifi Science Centre, where they explored science through engaging and interactive experiences, followed by a special dinner at Kababjees.

A heartfelt thank you to **Giving Hand** for organising this wonderful experience and creating meaningful moments of learning, happiness and togetherness for the children.







CREATIVE THERAPY







At The AAS Foundation, creative activities provide children with a safe and engaging way to express themselves, explore their creativity and develop confidence. As part of our creative therapy sessions, children participate in colouring activities, painting, clay modelling and other hands-on art activities.

These activities encourage self-expression, imagination and positive engagement while making the rehabilitation environment more enjoyable and supportive for children.

AAS SPOTLIGHT

Muhammad Amjad, Head of the Clinical Department at The AAS Foundation, has been serving the Foundation for 20 years. He is a Ph.D. Fellow in Psychology, an Internationally Certified Addiction Treatment Professional (ICAP-III), a National Trainer for UNODC on the Basic and Advanced Universal Treatment Curriculum, and an International Trainer on the Recovery Allies Model with Colombo Plan. With two decades of dedicated service, he has played a significant role in strengthening clinical care and addiction treatment at AAS Foundation.



Support AAS

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