HAQOOQ-E-INSANIYAT
SOCIAL WELFARE ORGANIZATION

Ramadan Ration Drive-2026

Haqooq-e-Insaniyat Distributed Ramadan Ration among Deserving Daily-wage and Low-income Families in Sindh.

Executive Summary

This report presents the outcomes of a ration distribution initiative conducted to support vulnerable and low-income households facing economic hardship, poverty, hunger and food insecurity in the selected rural and urban areas of Karachi and Mirpur Khas in Sindh. The primary objective of the initiative was to provide essential food assistance to families struggling to meet their basic nutritional needs due to economic challenges particularly in Ramadan.

Through a coordinated effort involving field staff and community volunteers, ration packages were distributed in four targeted locations: Village Ali Gul and Village Roshan in Kot Ghulam Muhammad, Mirpur Khas and Main Johar Chorangi, Gulistan-e-Johar, Karachi and Zia Colony 13B and Muslim Colony, Gulshan-Zia (Sector 11½) in Orangi Town, Karachi.

The distribution process followed a transparent beneficiary identification and verification system to ensure that assistance reached the most deserving households.

As a result of this initiative, a total of 520 households benefited from the distribution of ration packages. Overall, the program supported 3640 individuals, including 1350 men, 1625 women, and 665 children. The assistance provided immediate relief to families experiencing food shortages and helped reduce the burden of meeting daily household food requirements.

The initiative demonstrated the positive impact of targeted humanitarian assistance in improving food security for vulnerable communities. It also strengthened community engagement and trust between the implementing organization and local residents.

Continued support and collaboration from donors and partners will enable the expansion of such interventions, ensuring that more vulnerable families receive timely assistance and improved access to essential food supplies.

Introduction

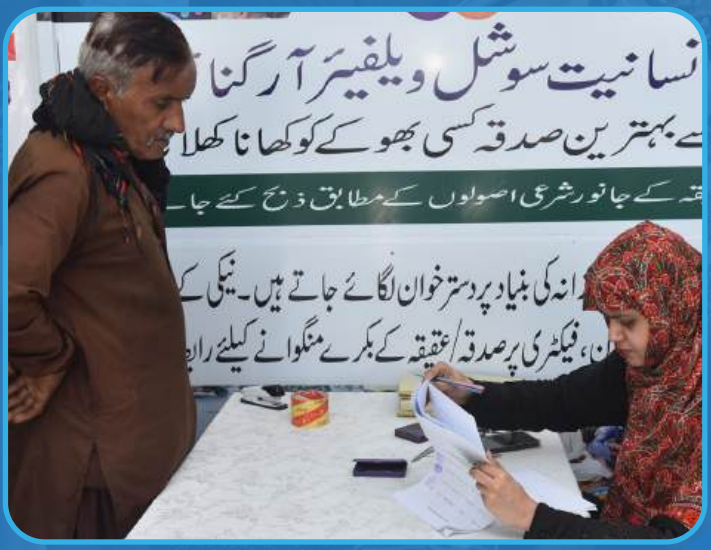
As part of its commitment to supporting vulnerable communities during the Holy month of Ramadan, the organization conducted a series of food distribution activities in both rural and urban areas of Sindh. These interventions were designed to assist low-income families struggling with food insecurity and limited livelihood opportunities, ensuring they could observe Ramadan with dignity and stability.

The distribution activity targeted vulnerable households in selected areas of Karachi and Mirpur Khas, focusing on communities with limited access to basic resources.

Background

Ration distribution during the holy month of Ramadan is a long-standing charitable practice in the world. Ramadan is a time when Muslims fast from dawn to sunset and focus on spirituality, compassion, and helping those in need. Because of these values, individuals, families, charities, and organizations often distribute essential food items—such as flour, rice, sugar, cooking oil, and dates—to low-income households.

The tradition is closely connected to the Islamic principles of Zakat (obligatory charity) and Sadaqah (voluntary charity). During Ramadan, many people increase their charitable giving because it is believed that good deeds bring greater spiritual rewards in this month. As a result, communities organize ration drives, food banks, and donation campaigns to support families who may struggle to afford food.



Objectives

- To provide immediate food assistance to vulnerable and low-income households on account of Holy month of Ramadan.
- To support families facing economic burden and hardship and food insecurity.
- To ensure equitable distribution of food items among deserving beneficiaries.
- To strengthen community support and humanitarian outreach in targeted areas.

Methodology

The ration distribution process was carried out through a structured and transparent approach to ensure that assistance reached the most deserving beneficiaries.

Identification of Beneficiaries:

Local community representatives and volunteers assisted in identifying vulnerable households based on economic conditions, family size, and need.

Beneficiary Selection Criteria:

Priority is given to women headed-household, male headed-household, widow, divorced, PWDs and elderly persons.

Coordination and Planning:

Distribution sites were selected within accessible community locations to facilitate smooth and organized distribution.

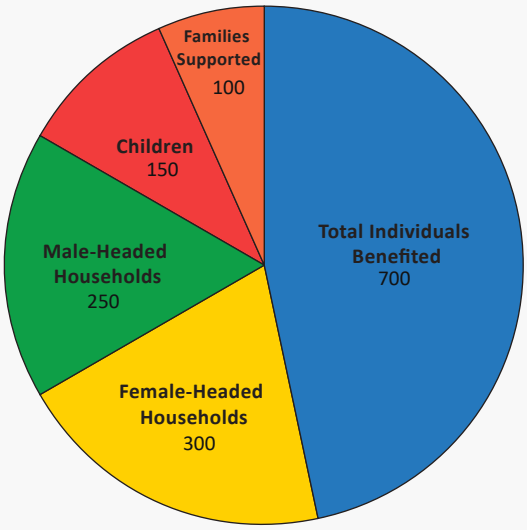
Distribution Process:

Beneficiaries were registered, re-validated, token provided and final verified before receiving ration packages. The process was supervised by self CEO, staff and volunteers to ensure fairness and transparency.

Implementation Locations:

1. Village Nawab Khaskheli – K.G.M, MirpurKhas

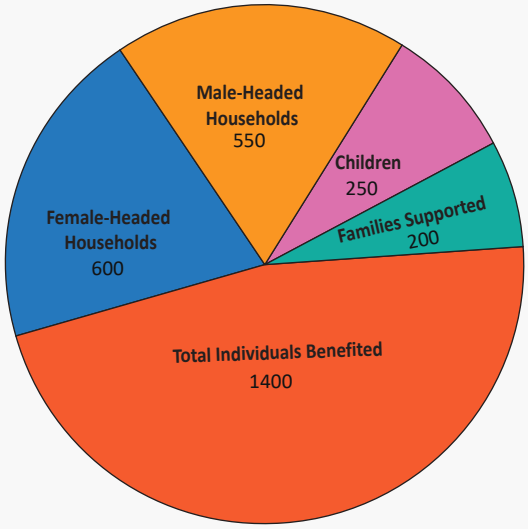
The food distribution in Village Ali Gul targeted vulnerable rural households facing economic hardship and limited employment opportunities. Many families in the area rely on seasonal agricultural work, which often results in unstable incomes. Through this intervention, essential food packages were distributed to help families meet their basic nutritional needs during Ramadan. The initiative particularly supported female-headed households and families with children, helping to reduce the burden on households already struggling with poverty.



Distribution Date: February 20, 2026

2. Main Johar Chorangi – Gulistan-e-Johar, Karachi

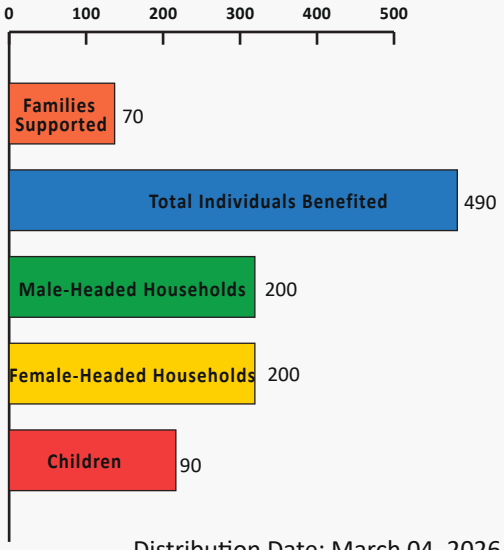
A large scale food distribution was organized in the densely populated area of Gulistan-e-Johar, Karachi. The intervention focused on low-income urban communities where many families face rising living costs and limited access to stable employment. Special attention was given to widows and female-headed households, who are among the most vulnerable groups in urban settings. The distribution ensured that 200 families received essential food supplies, enabling them to better manage household food needs during Ramadan.



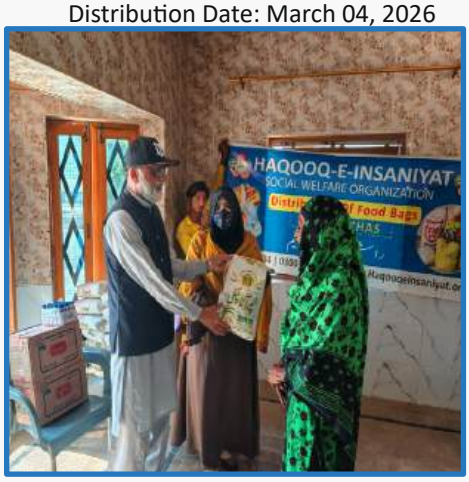
Distribution Date: March 02, 2026

3. Village Roshan – K.G.M, MirpurKhas

The intervention in Village Roshan continued the organization's outreach to rural communities in Mirpur Khas District. Families in this region often experience seasonal unemployment and limited livelihood options, which increases their vulnerability to food insecurity. By distributing Ramadan food packages, the initiative ensured that 150 families received timely assistance. This support helped alleviate immediate food shortages and provided relief to households struggling to meet their daily needs.

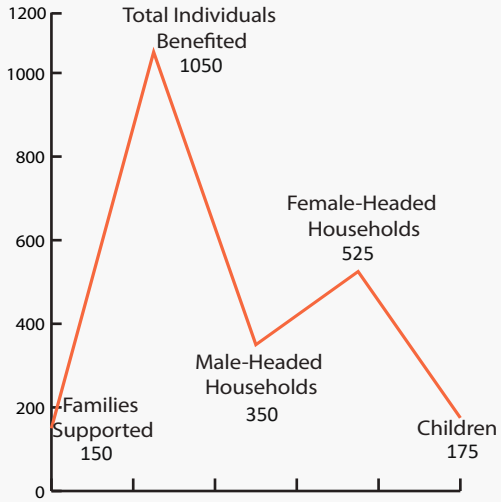


Distribution Date: March 04, 2026



4. Orangi Town, (Sector 11½), Karachi

The final distribution was conducted in Zia Colony 13B and Muslim Colony in Gulshan-Zia, Orangi Town—areas known for their dense population and high concentration of low-income families. Many households in these communities rely on informal labor and face significant financial challenges. The Ramadan food distribution provided critical assistance to 150 families, including a large number of female-headed households and children. The support helped ensure that vulnerable families could observe Ramadan without the added stress of food insecurity.



Distribution Date: March 08, 2026

Monitoring

Field staff monitored the distribution process to maintain proper documentation and ensure that the assistance reached the intended beneficiaries.

Key Impacts Include:

- Immediate relief to reduce short-term food insecurity among 520 households facing food shortages.
- Nutritional support for 3640 individuals, including a large number of women and children.
- The support enabled families to access essential food items during a period of Ramadan and financial hardship.
- Strengthened trust and cooperation between the organization and local communities.
- Total Male-headed Households: 1350
- Total Female-headed Households: 1625
- Total Children-headed Households: 665

Challenges

During the distribution process, some minor logistical challenges were encountered, including crowd management and ensuring timely transportation of ration packages. However, these challenges were effectively managed through coordination with community volunteers and field staff.

Conclusion

The ration distribution initiative successfully reached vulnerable households in urban and rural communities, providing essential food support to families in need. Through effective planning, coordination, and community engagement, the program ensured transparent and equitable distribution of assistance.

The successful implementation of this initiative highlights the importance of continued humanitarian support for marginalized communities. Sustained efforts and partnerships will further help improve food security and overall well-being for vulnerable populations.

Although, HISWO have very limited resources, but despite this it is continuing its work. So in this connection it is appealed to everyone especially donors to support us so that we can further expand the scope of our work and benefit more people who are in need.

Ramadan Ration / Food Distribution among Daily wage and Low income families in Sindh

Date	Area and Village	Tot. No of Beneficiary HHs	Total Population Covered			Total
			Men	Women	Children	
February 20, 2026	Village Ali Gul, Kot Ghulam Muhammad, Mirpur Khas	100	250	300	150	700
March 02, 2026	Main Johaur Chorangi, Gulistan-e-Johaur Karachi	200	550	600	250	1,400
March 04, 2026	Village Roshan, Kot Ghulam Muhammad, Mirpur Khas	70	200	200	90	490
March 08, 2026	Zia Colony 13B and Muslim Colony, Gulshan-Zia (Sector 11½) in Orangi Town, Karachi.	150	350	525	175	1,050
Total		520	1350	1625	665	3,640