



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From **29/12/2023**

Period start date To **22/07/2024**

Period end date

Charity name: **Aadam Life Care International**

Charity registration number: **1200961**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To preserve, protect and improve the health and quality of life of people who are living with a disability and who may, or may not be in financial hardship worldwide
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	a) the provision of physiotherapy, occupational therapy and speech and language therapy; and b) the provision of financial assistance for those who could not afford health services through lack of means.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees confirm that they have carefully considered the Charity Commission's guidance on demonstrating public benefit when making decisions regarding the charity's activities

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	The charity will carry out sufficient due diligence on grant applicants to confirm the identity of the applicant and that. Any funding will be applied in accordance with the charity's charitable purposes. Funds will not be knowingly used for illegal purposes, such as money laundering, bribery or financing terrorism.
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	

Other		
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Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Food distribution in Nepal:</p> <ul style="list-style-type: none"> - 850+ families supported - 550+ widows helped. <p>Bringing physiotherapy to the doorsteps:</p> <ul style="list-style-type: none"> - 52 patients served. - 1000 physiotherapy sessions provided in Kotha Kalan, Rawalpindi, Pakistan.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	<ul style="list-style-type: none"> - 150+ successful camps - 500 volunteers trained. - 200+ monthly patients.
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is able to meet its obligations and commitments for the projects that it has undertaken. There are sufficient funds in the reserves to complete all its aims and targets.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The reserves are funds that will be utilised and they have been committed. These shall be exhausted by August 2025.
Amount of reserves held	Para 1.22	£45,000
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Friends and family. As of now, the charity has not reached out to the general to donate as there were issues with opening a bank account. The charity is in the process of registering for Gift Aid. Ince the formalities are complete, there will be more activities of fund raising.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<p>1. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.</p> <p>2. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	N/A
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Aadam Life Care International
Other name the charity uses	N/A
Registered charity number	1200961
Charity's principal address	12 – 14 Greatorex street London E1 5NF

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Banane Nafeh	Trustee		Aadam Life Care International
2	Noor Yasmin Anwar Khalique	Trustee		Aadam Life Care International
3	Mazhar Iqbal	Trustee		Aadam Life Care International
4				
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17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
External Accountant	YJS Consulting Limited	18 Golders Green Road, London, NW11 8LL

Name of chief executive or names of senior staff members (Optional information)

Saeed Khalique

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date		



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From **Period start date** **To** **Period end date**

Charity name:

Charity registration number:

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	

Additional information (optional)

You may choose to include further statements where relevant about:

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Amount of reserves held	Para 1.22	
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Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

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A description of the principal risks facing the charity	Para 1.46	
Other		

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Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	
Other name the charity uses	
Registered charity number	
Charity's principal address	

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1				
2				
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19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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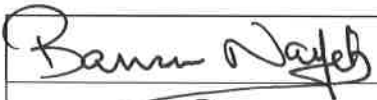
Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	BANANE NAFETH	
Position (eg Secretary, Chair, etc)	TRUSTEE	
Date	07/05/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

AADAM LIFE CARE INTERNATIONAL

1200961

Receipts and payments accounts

CC16a

For the period
from

29/12/2023

To

22/07/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
DONATIONS	151,145	-	-	151,145	45,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total (Gross income for AR)</i>	151,145	-	-	151,145	45,000
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-
Total receipts	151,145	-	-	151,145	45,000
A3 Payments					
CHARITABLE DONATIONS	8,039	-	-	8,039	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	8,039	-	-	8,039	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-
Total payments	8,039	-	-	8,039	-
Net of receipts/(payments)	143,107	-	-	143,107	45,000
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	143,107	-	-	143,107	45,000

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	CASH AND CASH EQUIVALENTS	143,107	-	-
		-	-	-
		-	-	-
	Total cash funds	143,107	-	-
	(agree balances with receipts and payments account(s))			
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use		Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities		Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



Section A

Independent Examiner's Report

Report to the trustees

Aadam Life Care International

On accounts for the year
ended

22/07/2024

Charity no
(if any)

1200961

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended .

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of Institute of Chartered Accountants of England & Wales.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

07/05/2025

Name:

YJS Consulting Limited

Relevant professional
qualification(s) or body

Institute of Chartered Accountants of England & Wales

(if any):

Address:

Section B	Disclosure
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Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

N/A

Adam Life Care International
Income Statement for the Period 29/12/2023 to 22/07/2024

Income	2024 £	2023 £
Donations	106,145.00	45,000.00
Net	106,145.00	45,000.00
Expenses		
Charitable Donations	(8,038.50)	-
Total Operating Expenses	98,106.50	45,000.00
Net Income	98,106.50	45,000.00

Adam Life Care International
Balance Sheet for the Period 29/12/2023 to 22/07/2024

Balance Sheet	2024 £	2023 £
Current Assets		
Cash and cash equivalents	143,106.50	45,000.00
Total Current Assets	143,106.50	45,000.00
The funds of the Charity		
Unrestricted income funds	143,106.50	45,000.00
Total Charity funds	143,106.50	45,000.00

Account Name
AADAM LIFE CARE INTERNATIONAL
BUSINESS CURRENT ACCOUNT

Account No 14847531 Sort Code 60-18-01 Page No 1 of 2



NatWest

00005037/00008039/360 0047762-0001-0
MR MAZHAR IQBAL
AADAM LIFE CARE INTERNATIONAL
12A GREATOREX STREET
LONDON
E1 5NF



Current Account

Summary	
Statement Date	01 AUG 2024
Period Covered	02 JUL 2024 to 01 AUG 2024
Previous Balance	£142,706.50
Paid In	£400.00
Withdrawn	£0.00
New Balance	£143,106.50
BIC	NWBKGB2L
IBAN	GB19NWBK60180114847531

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Date	Description	Paid In(£)	Withdrawn(£)	Balance(£)
02 JUL 2024	BROUGHT FORWARD			142,706.50
05 JUL	Automated Credit ZZED PROPERT CHARITY IN NEED FP 05/07/24 0209 4662374554324013SO	50.00		142,756.50
17 JUL	Automated Credit AMANA PROPERTY LTD ASHFAQ RAHMAN FP 17/07/24 0116 100000001378411158	100.00		142,856.50
22 JUL	Automated Credit IMZO LIMITED IMRAN ZAKAT	250.00		143,106.50



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RETSTMT V1180207/24

Account Name
AADAM LIFE CARE INTERNATIONAL
BUSINESS CURRENT ACCOUNT

Account No 14847531 Sort Code 60-18-01 Page No 1 of 2



NatWest

Current Account

00004063/00007583/360 0041888-0001-0
MR MAZHAR IQBAL
AADAM LIFE CARE INTERNATIONAL
12A GREATOREX STREET
LONDON
E1 5NF



Summary	
Statement Date	01 JUL 2024
Period Covered	01 JUN 2024 to 01 JUL 2024
Previous Balance	£150,445.00
Paid In	£300.00
Withdrawn	£8,038.50
New Balance	£142,706.50
BIC	NWBKGB2L
IBAN	GB19NWBK60180114847531

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When you use your Mastercard Business debit card to make a qualifying purchase at a participating merchant, a rebate will be paid directly to your account. Rebates are normally paid within three to five business days after the qualifying purchase. Rebates will show on your monthly and online statements.

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<https://www.priceless.com/shopping/product/166756/business-savings-terms-and-conditions>

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If you have changed your address or telephone number please let us know.

Date	Description	Paid In(£)	Withdrawn(£)	Balance(£)
01 JUN 2024	BROUGHT FORWARD			150,445.00
05 JUN	Automated Credit ZZED PROPERT CHARITY IN NEED FP 05/06/24 0207 7045835454324013SO	50.00		150,495.00
12 JUN	Urgent Transfer NONREF PLBRADO06976266 MARKAJZUDDAWA WA URGENT TFR		8,038.50	142,456.50
24 JUN	Automated Credit IMZO LIMITED IMRAN ZAKAT	250.00		142,706.50



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RETSTMT - V115 07/06/24



NatWest

MR MAZHAR IQBAL
AADAM LIFE CARE INTERNATIONAL
12A GREATOREX STREET
LONDON
E1 5NF

PAYMENT DEBIT ADVICE

Our ref: PLBRADO05976266
Your ref:
Date: 12th June 2024



003677 36000 0

We confirm having remitted the following Urgent transfer.

Amount debited: GBP 8,038.50
From account: 601801-14847531
Amount sent: GBP 8,000.00

Debit date: 12th June 2024

In favour of:
MARKAJZUDOAWA WALKHIRIYA NOPAL
INARUWA MUNICIPALITY 10 JALPAPUR
NEPAL

Beneficiary bank:
NABIL BANK LIMITED
NABIL CENTER
BEENA MARGA, TEENDHARA
KATHMANDU
NEPAL

Beneficiary account number:
08801017500070

Payment details

Ordered by:
AADAM LIFE CARE INTERNATIONAL

Transactional information:

Requested amount: GBP 8,000.00

Rate:
Currency exchange contract:

NWB commission charges: GBP 30.00

Agent banks charges: GBP 8.50

This notification is not confirmation of receipt of the funds by the beneficiary - the Bank does not accept any liability whatsoever for any loss or damage arising in any way from any use of or reliance placed on the information.

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Financial Conduct Authority and the Prudential Regulation Authority

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Account Name
AADAM LIFE CARE INTERNATIONAL
BUSINESS CURRENT ACCOUNT

Account No Sort Code Page No
14847531 60-18-01 1 of 2



NatWest

Current Account

0000577700013449360 0041808-00010
MR MAZHAR IQBAL
AADAM LIFE CARE INTERNATIONAL
12A GREATOREX STREET
LONDON
E1 5NF



Summary	
Statement Date	31 MAY 2024
Period Covered	02 MAY 2024 to 31 MAY 2024
Previous Balance	£150,145.00
Paid In	£300.00
Withdrawn	£0.00
New Balance	£150,445.00
BIC	NWBKGB2L
IBAN	GB19NWBK60180114847531

Business Savings from Mastercard is a free merchant discount programme for which you are now eligible

When you use your Mastercard Business debit card to make a qualifying purchase at a participating merchant, a rebate will be paid directly to your account. Rebates are normally paid within three to five business days after the qualifying purchase. Rebates will show on your monthly and online statements.

Find out more - www.natwest.com/mastercardsavings

Restrictions apply. Participating merchants and rebates offers subject to change. Mastercard Business Savings Programme terms and conditions can be found on the Mastercard Website <https://www.priceless.com/shopping/product/166756/business-savings-terms-and-conditions>

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If you have changed your address or telephone number please let us know.

Date	Description	Paid In(£)	Withdrawn(£)	Balance(£)
02 MAY 2024	BROUGHT FORWARD			150,145.00
07 MAY	Automated Credit ZZED PROPERT CHARITY IN NEED FP 07/05/24 0212 183176745432601350	50.00		150,195.00
22 MAY	Automated Credit IMZO LIMITED IMRAN ZAKAT	250.00		150,445.00



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RETSTMT - V114 22/05/24

Account Name
AADAM LIFE CARE INTERNATIONAL
BUSINESS CURRENT ACCOUNT

Account No 14847531 Sort Code 60-18-01 Page No 1 of 2



NatWest

00004858/00007570/360 0039077-0001-0
MR MAZHAR IQBAL
AADAM LIFE CARE INTERNATIONAL
12A GREATOREX STREET
LONDON
E1 5NF



Current Account

Summary	
Statement Date	01 MAY 2024
Period Covered	29 MAR 2024 to 01 MAY 2024
Previous Balance	£46,950.00
Paid In	£103,195.00
Withdrawn	£0.00
New Balance	£150,145.00
BIC	NWBKGB2L
IBAN	GB19NWBK60180114847531

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Date	Description	Paid In(£)	Withdrawn(£)	Balance(£)
29 MAR 2024	BROUGHT FORWARD			46,950.00
02 APR	Automated Credit SULEHARI MI CHARITY FP 29/03/24 1753 RP4679969743978000	300.00		47,250.00
	Automated Credit SHARMA B BAYT UL MARIAM FP 30/03/24 1818 980246848181033001	1,250.00		48,500.00
04 APR	Automated Credit IFFAT KHAN FP 04/04/24 0816 PW2DLBDT9F4UJ0B0AJ	315.00		48,815.00
	OnLine Transaction KIANI M R Bayt ul Mariam VIA MOBILE - LVP	330.00		49,145.00
05 APR	Automated Credit ZZED PROPERT CHARITY IN NEED FP 05/04/24 0209 5889831554324013SO	50.00		49,195.00
	CHAPS Transfer PAYMENT FROM ALM PCM55CI18038903 ALMA LEATHER LIM ITED CHAPS TFR	50,000.00		99,195.00
08 APR	Automated Credit MISKIN M I ZAKAT FP 07/04/24 1200 726849240100704001	700.00		99,895.00
	CHAPS Transfer PAYMENT FROM ALM PCM55CI18062364 ALMA LEATHER LIM ITED CHAPS TFR	50,000.00		149,895.00
12 APR	Automated Credit IMZO LIMITED IMRAN ZAKAT	250.00		150,145.00



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RETSTMT - V112 02/04/24

Account Name
AADAM LIFE CARE INTERNATIONAL
BUSINESS CURRENT ACCOUNT

Account No Sort Code Page No
14847531 60-18-01 1 of 2



NatWest

00013853/00021663/300 0036144-0001-0
MR MAZHAR IQBAL
AADAM LIFE CARE INTERNATIONAL
12A GREATOREX STREET
LONDON
UNITED KINGDOM
E1 5NF



Current Account

Summary	
Statement Date	28 MAR 2024
Period Covered	02 MAR 2024 to 28 MAR 2024
Previous Balance	£ 45,550.00
Paid In	£ 1,400.00
Withdrawn	£ 0.00
New Balance	£ 46,950.00
BIC	NWBKGB2L
IBAN	GB19NWBK60180114847531

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If you have changed your address or telephone number please let us know

Date	Description	Paid In(£)	Withdrawn(£)	Balance(£)
02 MAR 2024	BROUGHT FORWARD			45,550.00
06 MAR	Automated Credit ZZED PROPERT CHARITY IN NEED FP 06/03/24 0206 9372109254325013SO	50.00		45,600.00
11 MAR	Automated Credit ZAHED AMANULLAH ABBEY AND ZAHED FP 11/03/24 0513 00153425632GNGMYBR	100.00		45,700.00
12 MAR	Automated Credit IMZO LIMITED IMRAN ZAKAT	250.00		45,950.00
25 MAR	OnLine Transaction MAHMOOD OB S96 Omer mahmood VIA MOBILE - PYMT	1,000.00		46,950.00



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Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority

RETSTMT - V110 05/01/24

Account Name
AADAM LIFE CARE INTERNATIONAL
BUSINESS CURRENT ACCOUNT

Account No Sort Code Page No
14847531 60-18-01 1 of 2



NatWest

00009356/00013880/380 0033808-0001-0
MR MAZHAR IQBAL
AADAM LIFE CARE INTERNATIONAL
12A GREATOREX STREET
LONDON
UNITED KINGDOM
E1 5NF



Current Account

Summary	
Statement Date	01 MAR 2024
Period Covered	02 FEB 2024 to 01 MAR 2024
Previous Balance	£45,000.00
Paid In	£550.00
Withdrawn	£0.00
New Balance	£45,550.00
BIC	NW8KGB2L
IBAN	GB19NWBK60180114847531

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Date	Description	Paid In(£)	Withdrawn(£)	Balance(£)
02 FEB 2024	BROUGHT FORWARD			45,000.00
08 FEB	Automated Credit AKBAR KHAMIS SAEED FP 07/02/24 2003 FP24038002575546	500.00		45,500.00
12 FEB	Automated Credit IMZO LIMITED IMRAN ZAKAT	50.00		45,550.00



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REYSTMT - V11005/01/24

Account Name
AADAM LIFE CARE INTERNATIONAL
BUSINESS CURRENT ACCOUNT

Account No Sort Code Page No
14847531 60-18-01 1 of 2



01118468/00029138/360 0031360-0001-0
MR MAZHAR IQBAL
AADAM LIFE CARE INTERNATIONAL
12A GREATOREX STREET
LONDON
UNITED KINGDOM
E1 5NF



Current Account

Summary	
Statement Date	01 FEB 2024
Period Covered	30 DEC 2023 to 01 FEB 2024
Previous Balance	£5,000.00
Paid In	£40,000.00
Withdrawn	£0.00
New Balance	£45,000.00
BIC	NWBKGB2L
IBAN	GB19NWBK60180114847531

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Date	Description	Paid In(£)	Withdrawn(£)	Balance(£)
30 DEC 2023	BROUGHT FORWARD			5,000.00
03 JAN 2024	CHAPS Transfer NONREF PCM55CI16309354 RAYMOND SAUL CO. LLP CHAPS TFR	40,000.00		45,000.00



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Account Name
AADAM LIFE CARE INTERNATIONAL
BUSINESS CURRENT ACCOUNT

Account No 14847531 Sort Code 60-18-01 Page No 1 of 2



NatWest

00010000000100377380 0025780-0001-0
MR MAZHAR IQBAL
AADAM LIFE CARE INTERNATIONAL
12A GREATOREX STREET
LONDON
UNITED KINGDOM
E1 5NF



Current Account

Summary	
Statement Date	29 DEC 2023
Period Covered	14 DEC 2023 to 29 DEC 2023
Previous Balance	£0.00
Paid In	£5,000.00
Withdrawn	£0.00
New Balance	£5,000.00
BIC	NWBKGB2L
IBAN	GB19NWBK60180114847531

Welcome to your new look NatWest Statement

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If you have changed your address or telephone number please let us know.

Date	Description	Paid In(£)	Withdrawn(£)	Balance(£)
29 DEC 2023	CHAPS Transfer PAYMENT FROM ALM PCM55C116245706 ALMA LEATHER LIM ITED CHAPS TFR	2,500.00		2,500.00
	CHAPS Transfer PAYMENT FROM ZEE PCM55C116245685 ZEEMET LIMITED	2,500.00		5,000.00

File. pls



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Adam Life Care International

Bank Transactions for the Period 29/12/2023 to 22/07/2024

Date	Description	Paid In £	Withdrawal £	Balance £
12/29/2023	Chaps Alma Leather Ltd	2,500.00		2,500.00
12/29/2023	Chaps Zeemet Ltd	2,500.00		5,000.00
12/30/2023	Chaps Raymond Soul Co LLP	40,000.00		45,000.00
2/8/2024	Automated Credit Akbar Khamis Saeed	500.00		45,500.00
2/12/2024	Automated Credit Imran Zakat	50.00		45,550.00
3/6/2024	Automated Credit Zzed Property Charity in Need	50.00		45,600.00
3/11/2024	Automated Credit Zahed Amanullah Abbey and Zahed	100.00		45,700.00
3/12/2024	Automated Credit Imran Zakat	250.00		45,950.00
3/25/2024	Online Transaction Omer Mahmood Mobile Payment	1,000.00		46,950.00
4/2/2024	Automated Credit Suleharl MI Charity	300.00		47,250.00
4/2/2024	Automated Credit Sharma B Bayut Ul Mariam	1,250.00		48,500.00
4/4/2024	Automated Credit Iffat Khan	315.00		48,815.00
4/4/2024	Online Transaction Kiani M R Bayut Al Marlam Mobile Payment	330.00		49,145.00
4/5/2024	Automated Credit Zzed Property Charity in Need	50.00		49,195.00
4/5/2024	Chaps Transfer Alma Leather Ltd	50,000.00		99,195.00
4/8/2024	Automated Credit Miskin Mi Zakat	700.00		99,895.00
4/8/2024	Chaps Transfer Alma Leather Ltd	50,000.00		149,895.00
4/12/2024	Automated Credit Imran Zakat	250.00		150,145.00
5/7/2024	Automated Credit Zzed Property Charity in Need	50.00		150,195.00
5/22/2024	Automated Credit Imran Zakat	250.00		150,445.00
6/5/2024	Automated Credit Zzed Property Charity in Need	50.00		150,495.00
6/12/2024	Urgent Transfer Marjakzuddawa		8,038.50	142,456.50
6/24/2024	Automated Credit Imran Zakat	250.00		142,706.50
7/5/2024	Automated Credit Zzed Property Charity in Need	50.00		142,756.50
7/17/2024	Automated Credit Amana Property Ltd	100.00		142,856.50
7/22/2024	Automated Credit Imran Zakat	250.00		143,106.50

AADAM LIFE CARE INTERNATIONAL

Report and Financial Statements

Year ended: 30th September 2024

Charity No: 1200961

Report of the trustees for the year ended 30th September 2024

The trustees present their annual report and financial statements of the charity for the year ended 30th September 2024. The financial statements have been prepared in accordance with the approved accounting standards and comply with the charity's trust deed and the Charities Act 2011.

Objectives and activities for the public benefit

Aadam Life Care Physiotherapy Centre: Improving Lives Through Care and Movement

Aadam Life Care opened its first centre on December 2, 2018, in Kotha Kalan, Rawalpindi, Pakistan, with a mission to enhance the quality of life for individuals affected by injury, illness, or disability.

Impact and Reach:

- 5000 Patients Treated
- 200+ Monthly Patients
- 500 Volunteers Trained
- 150+ Successful Camps

Comprehensive Physiotherapy Services:

Aadam Life Care provides evidence-based treatment plans tailored to individual needs.

Community Outreach Program: Bringing Physiotherapy to Your Doorstep

Launched on June 1, 2024, this program delivers essential physiotherapy services to individuals in Kotha Kalan, Rawalpindi, who cannot visit the centre.

Program Achievements:

- 52 Patients Served
- 1000 Physiotherapy Sessions Provided

Flood Relief Pakistan: Rapid Aid for Flood-Affected Communities

In response to the 2022 floods in Pakistan, Aadam Life Care provided essential aid to affected families in Sindh and Punjab.

Relief Provided:

- 1,700+ blankets
- 1,000+ food parcels

Food Distribution in Nepal: Supporting Vulnerable Families

Aadam Life Care's Food Package Distribution project has made a significant impact in Harinagar-2, Sunsari district, Nepal.

Impact Highlights:

- 850+ Families Supported
- 550+ Widows Helped

Orphan Sponsorship Program: Empowering Young Lives

This program supports orphans up to the age of 13, helping them build a brighter future through education.

Emergency One-Time Support Program

This program provides immediate financial assistance to individuals and families facing urgent crises.

Grant-making policy

Aadam Life Care International has established its grant-making policy to achieve its objectives for public benefit.

Reserves policy

The trustees aim to maintain free reserves in unrestricted funds at a level that equates to approximately three months of unrestricted charitable expenditure.

Plans for the future

The trustees anticipate an increase in services relating to occupational therapy and provision of food and medicines in various regions.

Structure, governance, and management

The Charity is a registered charity, number 1200961. It was established by an initial gift from Saeed Khalique. The Charity has three trustees: Noor Khalique, Banane Nafeh, and Mazhar Iqbal.

Trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards.

Approved by the trustees on 20 March 2025 and signed on their behalf by:



Saeed Khalique

(Chief Executive Officer)



**YJS CONSULTING LIMITED
CHARTERED ACCOUNTANTS
18 GOLDERS GREEN ROAD
LONDON NW11 8LL
TEL: +44 7584353155
INFO@YJSCONSULTING.CO.UK**

**WEDNESDAY, 26TH MARCH 2025
OUR REF: YJS/ALCI/2025/01**

Charity Commission
PO Box 211
Bootle
L20 7YX

Dear Sirs/ Ma'am,

Re: AADAM LIFE CARE INTERNATIONAL; CHARITY NO: 1200961.

We have examined the bank statements and financial statements have been prepared on a careful analyses of the bank statement and the related statements of revenues and expenditures and changes in fund balances or retained earnings for Adam Life Care International.

In connection with the abovementioned financial statements:

1. We are independent certified public accountants and approved by the Institute of Chartered Accountants of England & Wales.
2. We have not examined any financial statements as this is the first filing.
3. For purposes of this letter, we have read the minutes of the meetings of the, analysed the bank statements, seen the detailed report of projects and associated costs.
 - (a) Read the details of the projects.
 - (b) Made inquiries of officials who have responsibility for financial and accounting matters.

4. Nothing came to our attention as a result of the foregoing procedures that caused us to believe that as of the date of this letter there were any significant that would require further assessment.

5. This letter is solely for the information of, and assistance to the Charities Commission in conducting and documenting their investigation of the affairs of Aadam Life Care International in connection with its finances, income and expenses.

NOTE TO THE ACCOUNTS

ACCOUNTING POLICIES

Charity Projects is a public benefit entity constituted as a charitable company limited by guarantee (company number 1806414) and a charity registered in England and Wales (charity number 326568) and registered as a charity in Scotland (charity number SC039730). The address of the registered office is **6th Floor, The White Chapel Building, 10 Whitechapel High Street, London, E1 8QS** and the charity operates from the same address.

A) BASIS OF ACCOUNTING

The financial statements have been prepared in accordance with Financial Reporting Standard 102 (FRS 102), the Charities SORP (FRS102) applicable to charities preparing their accounts in accordance with FRS 102 and UK Generally Accepted Practice as it applies from 1 January 2015.

The accounting policies below have been adopted for material items. No material uncertainties that may cast significant doubt about the ability of the Charity to continue as a going concern have been identified by the Trustees.

B) CONSOLIDATION

These financial statements represent the consolidated results and net assets of Charity Projects and its subsidiaries up to 30 September 2024.

C) CRITICAL ACCOUNTING JUDGEMENTS AND KEY SOURCES OF ESTIMATION AND UNCERTAINTY

In the application of the Charity's accounting policies, which are described below, Trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an on-going basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period and future periods if the revision affects the current and future periods.

In the view of the Trustees, no critical judgements have been necessary in the preparation of the financial statements and no significant estimation uncertainty or assumptions concerning

the future affecting assets and liabilities at the balance sheet date are likely to result in a material adjustment to their carrying amounts in the next financial year.

D) FINANCIAL INSTRUMENTS

Charity Projects has financial assets and financial liabilities of a kind that qualify as basic financial instruments. With the exception of the fixed asset investments, basic financial instruments are initially recognised at transaction value and subsequently measured at the present value of the future cash flows unless the effect of discounting would be immaterial. Financial assets comprise cash at bank and in hand, together with current asset investments, other debtors, accrued income and social investment loans. Financial liabilities comprise grants payable, other creditors and accrued expenditure.

E) FIXED ASSETS

Intangible fixed assets

None.

Tangible fixed assets

Tangible fixed assets are stated at historical cost, less accumulated depreciation and any recognised impairment loss. Assets are capitalised when their initial recognition value is greater than £1,000. Depreciation is provided on all tangible fixed assets at rates calculated to write each asset down to its estimated residual value evenly over its expected useful life, as follows:- Fixtures and fittings - 25% straight-line basis Computer Equipment - 33 1/3% straight-line basis Office premises (refurbishment) - 20% straight-line basis Residual values and useful economic lives are reviewed annually. Any impairment in value is charged to the statement of financial activities.

F) CASH AND CASH EQUIVALENTS

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks.

G) INCOME

Income is accrued and included in the statement of financial activities when the Charity is entitled to the income, it can be quantified with reasonable probability and it is more likely than not that the economic benefits associated with the transaction or gift will flow to the Charity. Income is deferred when it relates to future accounting periods.

Donation income represents monies received by the Charity from charitable donations, fundraising events and grants. Donation income is recognised in the statement of financial activities in the period that it is received unless there is an unequivocal obligation to donate, in which case it is recognised in the period in which it falls due.

Grant income is recognised in the Statement of Financial Activities in the year in which this becomes receivable and when any conditions for receipt have been met.

Legacies are accounted for as income once the receipt of the legacy becomes more probable than not, quantifiable, and control over the rights or other access to the economic benefit has passed to the charity. For pecuniary legacies this will generally be at the point probate is granted. For residuary legacies this will generally be on the earlier of cash receipt or once confirmation has been received from the representatives of the estates that payment of the legacy will be made or property transferred once all conditions attached to the legacy have been fulfilled.

H) EXPENDITURE

Expenditure is accounted for on an accruals basis. Expenditure on Raising Funds comprises the costs of generating voluntary income (primarily fundraising and event costs) and trading and other costs associated with the expenditure of the Charity.

Charitable activities represents the grants awarded, staff and other direct costs associated with grant making and awareness raising activities including international poverty and projects.

I) GENERAL FUND

The general fund is available to cover the costs of the organisation, other than the grants payable and cost of grant-making and management which are covered from the designated and restricted funds. Income that is credited to this fund includes sponsorship and corporate support, investment income and gains / losses, interest and donations given specifically to cover running costs.

J) FOREIGN CURRENCIES

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of the transaction. Exchange differences are taken into account in arriving at the surplus/deficit for the year.

The Charity accounts and the corresponding bank statements for the period covering the accounts are enclosed for your reference and records. We request you to condone the delay in filing the as there were issues with the Charity bank account which is now resolved. Additionally, we were waiting for the accounts for some of the project that the Charity had initiated.

If you have any queries, or require further clarifications, please do not hesitate to contact us. We can be reached at info@yjsconsulting.co.uk

Kind regards,

A handwritten signature in blue ink, appearing to read 'YJS Consulting', is written over a faint blue line.

YJS Consulting Limited