

Friday 12th March 2021

**FOR IMMEDIATE RELEASE**

**Teacher Takes On 300 km Ramadan Run for Global Change**

Unity Grammar School's Osman Karolia has pledged to help some of the world's most vulnerable communities across Asia and the Middle East by running 300 km (186 miles) around Sydney throughout the holy Islamic month of Ramadan.

An educator by profession and a philanthropist at heart, the 48-year-old will be among the 1 billion Muslims around the world marking the ninth month of the Islamic calendar by performing the obligatory acts of fasting and charitable deeds.

As part of his charitable goals, Osman will push himself to his physical limit whilst fasting from sunrise to sunset to raise awareness of the ongoing conflicts that continue to ravage countries across Asia and the Middle East, killing and displacing thousands of people daily.

"Ramadan is a time of giving—a time of reflection, and also a time of gratitude," he said.

"To run 300 kilometres is difficult, but it is insignificant compared to the difficulty experienced by displaced people, orphans, and victims of violence.

"Overcoming challenges is what makes life meaningful, so this is my small bit that I can do to positively impact the lives of those in need with the support of everyone around me."

Ramadan is the busiest, most charitable time of the year for global humanitarian relief organisation, Penny Appeal Australia (PAAUS).

This year's campaign compels the community to "Take Charge" against global injustice by supporting the charity's ongoing global emergency relief projects.

Osman has set a fundraising target of \$50,000 to help with the delivery of immediate respite in the form of food and hygiene packs to families and individuals severely affected by ongoing conflicts, and trying to overcome the devastating effects of a global pandemic.

"Our vision is to provide a sustainable world through empowering people and building strong communities," said Mohamed Mayat, PAAUS' Chief Executive Officer.

"Over the years that I've known him, Osman has demonstrated that he is a man of conviction, and is devoted to not only directly helping those most vulnerable both here and abroad, but for teaching and actively demonstrating the simple act of kindness among his own students.

"We are grateful to have the likes of Osman support the work we do."

Whilst fasting, Osman is likely to face exhaustion and dehydration.

To curb the risk, Osman will run during cooler periods of the day to allow for rest in between work and family commitments after his daily challenge of 10km has been completed.

"This is a challenge, but nothing like the challenges that millions of innocent people experience on a daily basis," Osman said.

“It is their challenges that inspire me to make a big difference in their lives and encourage others to do the same—we need to take charge.”

From April 13, you can follow Osman’s progress through Penny Appeal Australia’s [Facebook](#) page and support him on his [Launchgood](#) fundraising page.

All donations made to the ‘Penny Pro Challenge: 2021’ campaign will go directly towards supporting those experiencing war, crisis, and mass displacement.

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