



HELPING HAND
FOR RELIEF AND DEVELOPMENT



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ANNUAL | **REPORT** 2022



HELPING HAND
FOR RELIEF AND DEVELOPMENT

ANNUAL REPORT

2022

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Annual Report, 2022

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Country Director's Message:

Dear Friends,
 Alhamdulillah! Another year has passed successfully. With the grace of Allah (SWT), it's been 17 years that HHRD is serving the most vulnerable communities in Pakistan and Azad Jammu & Kashmir. Continuity in work is a precursor to poverty alleviation and social development in the world. All of this is made possible by the individuals, organizations, and foundations that support our work. The compassionate generosity of our donors helped us alleviate human suffering and provide aid to vulnerable communities over the years.

The year 2022 was full of challenges for the humanitarian sector in Pakistan. The devastating floods by mid-July and early August affected the lives of nearly 33 million people, leaving them homeless and deprived of the means to support themselves and their families. The devastation and human suffering were almost unimaginable.

In response, HHRD mounted the utmost relief and recovery efforts. We organized free medical camps and carried out a large-scale distribution of cooked food, dry ration, clean drinking water, and non-food-related items. I am proud to say that by the grace of Allah (SWT) and with our donors' support, we reached around 350,000 flood victims with our relief items. I want to extend my gratitude to our donors for their generous donations and to our senior management from the USA. They have visited Pakistan personally to raise our morale and contribute to the flood relief efforts in our hard times.

Also, I am honored to host the 2nd Global Emergency Response Summit in 2022 on behalf of HHRD. It was a pleasure to meet our international team leading HHRD around the globe and contributing to emergencies in their regions. Our team will be proud to assist them in establishing programs with the assistance of Pakistani technical experts.

In addition to helping flood survivors, we provide rehabilitation services to persons and children with disabilities and provided comprehensive support to orphan children. We ensured access to clean drinking water for vulnerable communities even during the floods. Quality of education was enhanced for the underserved scholars and empowering communities, especially women empowered through skills training and livelihood support. A large landscape was covered by donating in-kind gifts to medical and educational institutes and clothes to the deprived segment throughout Pakistan and AJ&K. Access to better healthcare services was made available in the targeted districts. We empower youth by providing them with internships, professional exposure, and practical ways to grow their leadership skills.

All this is made possible through the blessing of Allah (SWT), prayers of our beneficiaries, and efforts of our respected donors, volunteers, and dedicated team.

Alhamdulillah! We are expanding our geographical outreach, and our programs are growing each year. We expect and hope to continue our journey of serving humanity in the years ahead with the same zeal and enthusiasm.

ofound regards,

Muhammad Saleem,
 Country Director,
 HHRD Pakistan

About us...

World history is replete with anecdotes of leaders, individuals, and organizations - working to bring about positive change. HHRD has the privilege of working with multidisciplinary organizations, various consortia, and trusted allies who share a mutual passion for humanity. The purpose of our stay in Pakistan after the 2005 earthquake was to show sympathy for our compatriots.

Pakistan has been on the front line of disasters like earthquakes, floods, political instability, terrorism, and much more. Helping Hand started operating in Pakistan during the great earthquake of 2005 that left thousands of people in despair and distress. We worked day and night with other humanitarian workers to help people with their immediate needs, including shelter, food, and medicine.

We fulfill our responsibility towards humanity regardless of race, gender, ethnicity, class, location, religion, color, cultural diversity, and social background, focusing on countries where a large segment of the population lives below the poverty line. We inculcated a participatory approach in our work from the very beginning to ensure long-term community empowerment. Partnership awareness was a feature of self-help projects where local people were involved in social mobilization, inclusive participation, and self-implementation.

We implicated in various emergency relief activities and development programs since 2005. We started as a trust with a small budget and team in a two-room apartment as our country office.

It is now registered with the Ministry of Interior (MOI) Pakistan as an International Non-Governmental Organization (INGO). HHRD is PCP certified and obtained approved NPO status under section 2 (36). Over the years, various steps taken to support the organization's long-term vision. We strive to create a healthy environment for people and to upgrade their lives. We understand that the conditions that control the lives of the poor are very different from the lives of our prosperous families. With this in mind, we implemented several projects in coordination with relevant stakeholders. Our partners range from small community support groups to national coalitions and international aid organizations.

In different periods, we are constantly expanding our areas of work through an integrated development approach. We are extending our geographic coverage with increasing focus at the grassroots level adjusted according to needs and the current socio-economic situation.

We have adopted new coordination mechanisms to improve networking with the Ministry of Home Affairs, Ministry of Interior, NGOs / INGOs, media, academia, and other stakeholders. The HHRD, on the other side, met all the reporting and documentation requirements from the provincial governments for the successful acquisition of NOC.

Vision

Helping Hand as a Leader...
Empowering Lives, Creating opportunities,
and strengthening the bond of humanity.

Mission

Helping Hand is committed to serve humanity by integrating resources for people in need. We strive to provide immediate response in disasters and effective programs in places of suffering, for the pleasure of Allah.

Core values

- **Mutual Respect:**
Recognize the innate worth of all people and the value of diversity.
- **Equity and Justice:**
Work to ensure equal opportunity for everyone irrespective of race, gender, color, class, ethnicity, disability, and location.
- **Care for All:**
Provide care for vulnerable groups-orphans, widows, and elderly people.
- **Honesty and Transparency:**
Being accountable at all levels for the effectiveness of our actions and open in our judgments and communications with stakeholders.
- **Respect:**
To help the poor without humiliating them.
- **Solidarity:**
Powerless and excluded will be the only bias in our commitment to the fight against poverty.

Basic Concept of HHRD Work and 11-out-of-17 The Sustainable Development Goals (SDGs)

17 SDGs were adopted by all United Nations Member States in 2015 to end poverty, protect the planet, and ensure that all people enjoy peace and prosperity by 2030...

SUSTENANCE

Skills & Livelihood Development

HEALTHCARE

Basic Family Health

CLEAN WATER & ENVIRONMENT

Water & Sanitation Hygiene -WASH

EDUCATION

Reconstruction Of Schools & Sponsoring Students

SHELTER

Homes Construction For The Weakest In The Society

SOCIAL UPLIFT

Sponsoring Orphans, Widows, CWDP, Refugees, And Internally Displaced

Reflection from 2022



Our outreach in Pakistan and Azad Jammu & Kashmir

Beneficiaries:

1,703,070 (1.70million)

Districts: 107

Programs: 12

Projects: 1,995

Expense: PKR.3,648.98 million

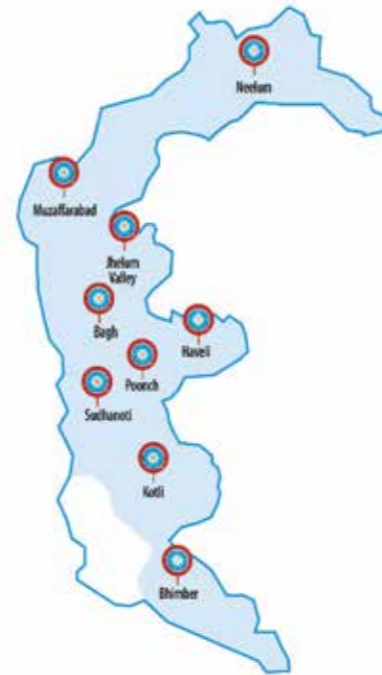
AZAD JAMMU & KASHMIR

	HHRD Country Office
	red line represents LOC
	Jammu & Kashmir
	Islamabad-ICT

D.I. Khan – Dera Ismail Khan
 SBA – Shaheed Benazirabad
 T.A.Y – Tando Allah Yar
 T.M. Khan – Tando Muhammad Khan

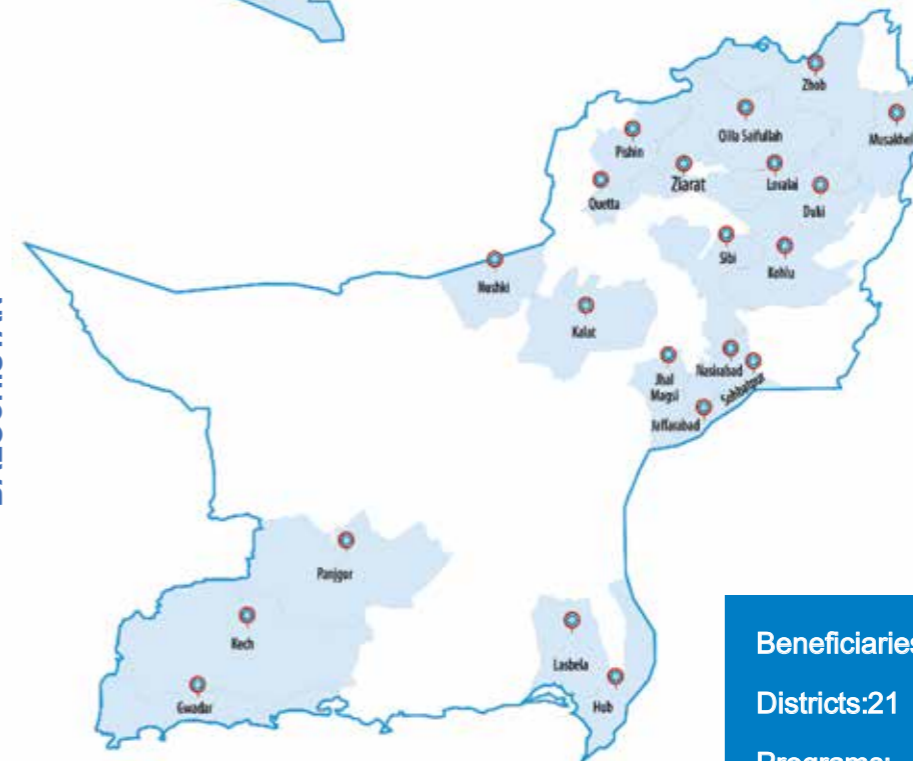
Our outreach in provinces and regions:

AZAD JAMMU AND KASHMIR



Beneficiaries:80,613
Districts:09
Programs:
 CWDP | ESP | ERDM | HANP | IKGP |
 OSP | Seasonal | SDLP | WFL | YEP

BALUCHISTAN



Beneficiaries: 138,077
Districts:21
Programs:
 CWDP | ESP | ERDM | HANP | IKGP |
 OSP | Seasonal | SDLP | WFL | YEP

GILGIT BALTISTAN

Beneficiaries: 11,059
Districts: 2
Programs:
ESP | ERDM | HANP | IKGP | OSP |
Seasonal | SDLP | WFL | YEP

KHYBER PAKHTUNKHWA

Beneficiaries: 280,915
Districts: 23
Programs:
CWDP | CPRP | ESP | ERDM | HANP |
IKGP | OSP | Seasonal | SDLP | WFL |
YEP

FEDERAL & PUNJAB

Beneficiaries: 531,993
Districts: 25
Programs:
CWDP | CPRP | ESP | ERDM | HANP |
IKGP | OSP | Seasonal | SDLP | WFL /
WASH | YEP

SINDH

Beneficiaries: 660,413
Districts: 27
Programs:
CWDP | CPRP | ESP | ERDM | HANP |
IKGP | KINDR | OSP | Seasonal | SDLP
| WFL / WASH | YEP

Pakistan Flood Response, 2022

In 2022, Pakistan suffered its most devastating floods, in recent history, following an unprecedented heatwave and torrential monsoon rains. According to the last sitrep (daily situation report No. 158, published on Nov. 18, 2022) of the National Disaster Management Authority (NDMA); 33 million of the population in 90 districts were affected by the recent floods whereas, 1.16 million livestock were lost and 2.28 million of houses were completely or partially damaged.



Helping Hand for Relief and Development (HHRD) has never left its brothers and sisters behind in times of hardship. Our Emergency Response and Disaster Management (ERDM) team after acquiring NOC from the concerned departments mobilized and coordinated with regional managers in the field. ERDM squads, following an initial need assessment, reached the most affected communities with relief items.



Our senior management from the United States and Pakistan also visited the disaster areas to share the grief and distress of the affected communities and boost the morale of the field team, working round the clock since July 14, 2022.

Our Country Director from Pakistan Mr. Muhammad Saleem visited the worst affected areas of South Punjab. They have met with the victims, distributed relief items, and conducted medical camps for them. They also visited the homes constructed for the flood victims in 2010.



Emergency Response and Disaster Management

Beneficiaries **653,904** Projects **04** Districts **53**

Contributing towards SDGs:



Our Intervention in Pakistan Flood Relief

July 14 – December 30, 2022

	Clean / Filtered Drinking Water Mobile water filtration plant, bottled water (6ltr / 1.5ltr)	71,010
	Dry Ration Flour, sugar, tea, rice, beans, matchbox, and cooking oil.	81,405
	Cooked food Cooked rice & water. Milk & biscuits for children.	53,012
	Hygiene Kits Comb, toothbrushes, toothpaste, soaps, sanitary napkins, towels, and nail clipper.	48,307
	Mobile Medical Camps 104 camps in Balochistan, KP, Punjab, and Sindh. Male: 6,337 Female: 9,772 Children: 5,392	21,501
	Non-food Related Items Kitchen set, bucket, jerry can, mosquito nets, & tarps. Tents in Taunsa Sharif & Shelter kits in Quetta.	63,672
	Livelihood Fertilizers & seeds in Punjab.	7,000

Total Beneficiaries : 345,907

Heatwave:

From March through May 2022, Pakistan recorded some of the highest temperatures in the country. The Metrological Department reports that the maximum daytime temperature rose to 47°-49°C in most parts of Sindh Province, while temperatures as high as 41°C were also observed in Punjab and KP provinces. The PDMA directed the concerned agencies to set up heatwave camps and provide ambulance services in hospitals and emergency centers.

ERDM team coordinated closely with MET Department, NDMA, PDMA, and Field Offices. HHRD's regional and district teams were activated to monitor the situation at the field level. In response, an awareness campaign was launched in which field teams and volunteers distributed promotional materials to educate local communities on heat wave prevention. Emergency Cooling Centers were established at various locations in ten districts including Dadu, Hyderabad, Jacobabad, Kashmore, Karachi East, Karachi South, Korangi, Sanghar, Shaheed Benazirabad, and Shikarpur. This project benefitted around **309,726 individuals**.

These camps offered the following services:

- I. Shaded place with chairs for sitting.
- II. Fans and air coolers were available to lower temperatures.
- III. Availability of clean drinking water/drinks for pedestrians/affected people.
- IV. Availability of wet towels to lower the body temperature as First Aid for victims.
- V. Referral Services for people who need treatment after First Aid.



Dadu (Sindh) Fire Incident, April 2022

The tragic incident occurred in the village of Faiz Muhammad Chandio, District Dadu, late at night on April 20th. Due to the wind, a house caught fire from a stove and spread throughout the entire village. In the incident, nine people lost their lives and around 10 homes were reduced to ashes. According to residents, more than 160 livestock had burned to death and some crops had been ruined. These included 15,000 mounds of wheat, rice, and other grains. In the fire incident, they also lost cash, jewellery, clothes, household items, three tractors, and other personal belongings.

ERDM has approached local volunteers and line agencies to get preliminary information regarding needs and possible compensation on an immediate basis other than the Government. Based on the information, HHRD provided dry ration packs to 300 affected families to meet their immediate living needs.

Training on Disaster Risk Management (DRM)

ERDM team-initiated training and capacity building of HHRD field staff and communities. During the year, three trainings in Disaster Risk Management (DRM) were organized 01 for HO staff and 02 for regional staff, and five trainings in Community Based Disaster Risk Management (CBDRM) for community members in 05 districts.



Presently, HHRD intends to provide equal opportunities to 1,500 disabled children in Bahawalpur, Chakwal, Karachi, Lower Dir, Mansehra, Muzaffarabad, Quetta, and Shaheed Benazir Abad.

Health and Rehabilitation

In 2022, sponsored children received rehabilitation sessions including physiotherapy, speech therapy, psychotherapy, and occupational therapy sessions. Assistive devices including P&Os, hearing aids, and mobility aids were provided to children in need.



Moreover, the CWDP team provided counseling sessions to parents of sponsored children for home-based therapies. Along with it, community-based organizations were formed in adopted clusters.

Our sponsored children were provided free pick-and-drop services from their doorstep to HHRD rehabilitation centers through modified ambulances under the integrated project of healthcare & nutrition and children with disabilities programs.

Funeral charges of @20,000 were provided to families on the death of their children.

Some need-based surgeries have been done for children to improve their quality of life and have low-risk factors. Health screening of all children has been done.

Education Assistance

For school-going children, cash disbursement was made in favor of school fees, transportation & educational kits. The cash disbursement was also done in the beneficiaries' guardian bank accounts to purchase monthly rations for their children. Further, the CWDP team organized awareness sessions in the community regarding inclusive education and encouraged parents to enroll their children in schools. CWDP team regularly conducts home and school visits to gauge the child's progress. To start the new academic session school-going children were provided with new school bags.

Food Subsistence Support

Under the subsistence, food packs were provided to sponsored children with the integration of Seasonal Projects in the Holy month of Ramadan, and Zabiha Meat was provided to all sponsored families with the integration of the Seasonal Projects team on the blessed occasion of Eid-ul-Adha. Hygiene awareness sessions were arranged for sponsored children and their parents, and hygiene kits were also provided to the children.

Social Inclusion

CWDP team celebrated World Down Syndrome Day, World Autism Day, Eid Millan party, Mother/Father Day, Mango party, World Wheelchair Day, Independence Day, and World Physical Therapy Day in all clusters for the inclusion of children in society. In Chakwal and Mansehra CPRP teams also collaborated with CWDP in days' celebrations. The annual award show is organized in all clusters for those children who participated in social activities or show remarkable performance in their academic records.



Children With Disabilities

Beneficiaries 1,500

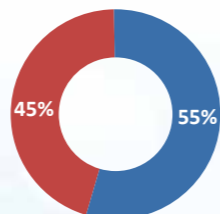
Families 1323

Projects 08

Districts 08

GENDER RATIO

■ Boys ■ Girls



Contributing towards SDGs:



The team also conducted networking meetings with other social workers and visits of dignitaries to HHRD- CWDP centers for better liaising.

Salma Iqbal, a 13-year-old girl from Karachi, was diagnosed with Diplegia- Physical Impairment. She had poor posture, balance, and coordination. Her gait pattern was also abnormal. Furthermore, she has an eyesight issue.

The physiotherapist provided her with heating therapy and some stretching, strengthening, and postural correction exercises. In addition, she got trained in gait and balancing. With time her spasticity has reduced, and her range of motion improved after therapy. She is happy and satisfied with the services.



Siddique Akbar, 5 years old, resides in Bahawalpur. He was diagnosed with Hemiplegia- A physical impairment. He was unable to sit and stand without support. He also had limited bilateral shoulder movements and poor grip and motor skills.

Under the Children with Disabilities Program sponsored by HHRD, he is now receiving regular therapies at Bahawalpur CPRC. Using weight-bearing exercises, grip strengthening exercises, and assisted range of motion exercises, he can stand with support. As part of the CWDP program, he also participated in recreational activities.



Comprehensive Physical Rehabilitation

Beneficiaries New **5,959** Follow-up Patients **47,399** Projects **02**

Districts **02**

Contributing towards SDGs:



With a mission to treat, rehabilitate, educate, and advocate for people with all kinds of congenital, musculoskeletal, and neuromuscular conditions or deformities and provision of assistive devices, a comprehensive physical rehabilitation program is committed to promoting the well-being of patients and providing a caring environment in its two physical rehabilitation centers in Mansehra and Chakwal, where they are treated with dignity and respect.

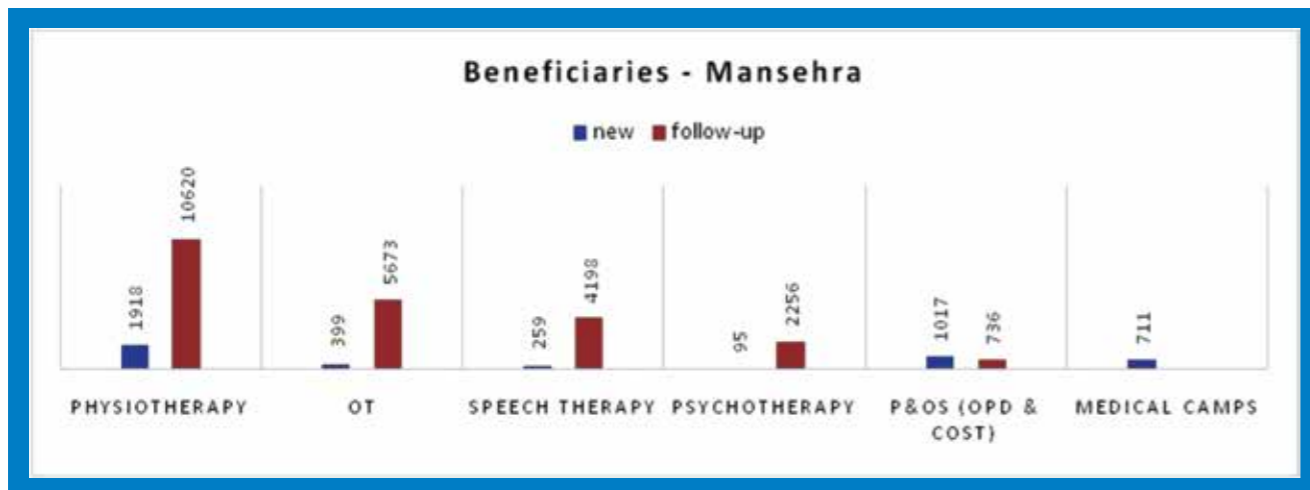
At these centers we are providing the following services:

- Physiotherapy
- Psychotherapy
- Occupational therapy
- Speech therapy
- Prosthetics and Orthotics



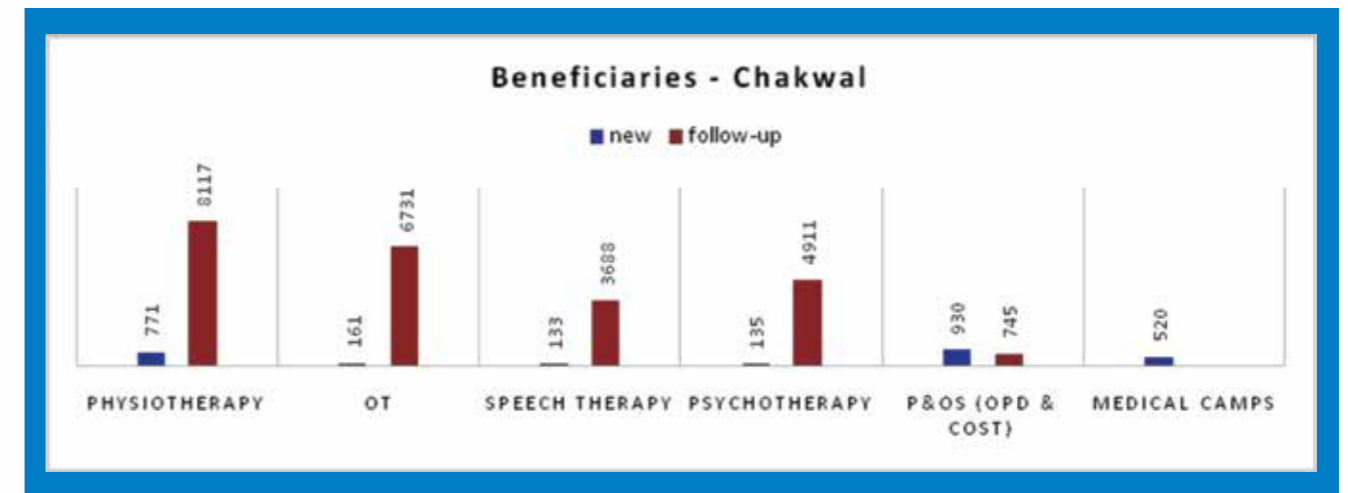
Additional following activities were conducted by our Mansehra team:

1. Thirty-five rehab house officers and ten internees were trained, and two trained rehab house officers were deputed to the district social welfare department for the management of their disabled kids.
2. Four free rehabilitation camps were conducted in the villages of Districts Mansehra and Lakki Marwat where 711 patients received free assessment and treatment.
3. The CPRP Mansehra patients who were having neurological conditions were assessed and treated by an expert neuro physician. All CWDP patients were reassessed, and the report was submitted to CWDP management.
4. A workshop on the assessment and treatment of the lumbar spine has also been organized by the CPRP Mansehra team. The staff was trained on advanced techniques in comprehensive physical rehabilitation at a 5-day workshop in Peshawar.
5. A workshop was arranged for students of Shifa Tameer e Millat University on CTEV management through Ponseti Techniques.



Additional following activities were conducted by our Chakwal team:

- Visit at lower Dir for mobility aid and measurement, casting of P&O
- Neurological Rehabilitation training at Lahore.
- Assessment and casting of the P&O department at Bahawalpur, Quetta, Karachi, Lower Dir, and Shaheed Benazirabad. The P&O appliances were delivered to Bahawalpur, SBA, Lower Dir, and Karachi clusters.
- Training of interns in different departments e.g Psychotherapy, Speech department, and Physical therapy department.
- Our Chakwal team conducted Three free rehab camps that benefitted 520 patients.
- Awareness session on Suicide Prevention Day at The Arqam school.
- Career counseling sessions at Hira college and Jinnah Public school in Chakwal.



Whereas National and International days including World Down Syndrome Day, World Autism Day, World Wheelchair Day, Celebration of Independence Day, World Physical Therapy Day, World Occupational Therapy Day, World Mental Health Day, and World Disability Day were celebrated in our centers with the inclusion of the local community and beneficiaries.

Maqsood Ahmed came to physio department, at our Mansehra center, with the history of CVA about 1 year ago. He has the history of diabetes and hypertension since 10 and 12 years respectively. He was unable to roll, sit and stand independently. He belongs to Sargodha and takes physiotherapy session there for 1 year with no gross improvement.



After taking physiotherapy sessions for HHCPRP Mansehra about 4 months, now he can do his ADLs with minor limitations. He is now able to sit, stand and walk independently.

Maida Noor is 3 years old girl referred by speech and language pathologist to CPRC Psychotherapy department Chakwal with presenting complaints of excessive cry, less sitting span, restlessness, inattention and poor eye contact, less command following, inappropriate degree of emotional response and poor social interaction. Also showed impairment in cognitive and social areas of current functioning. After getting regular psychotherapy sessions now her attention span is significantly improved during task, her crying behaviour is controlled now and her sitting span and command following is also improved. Her social and cognitive functioning is also improving day by day.



After reassessment we referred her back to speech therapy department and now, she is able to taking regular speech therapy sessions and also taking follow up sessions from psychotherapy department. Her family was very cooperative and supportive. We achieved our targeted goals in desired time with the help of her family cooperation and support and through our hard work.



Education Support

Beneficiaries 2,294

Projects 19

Districts 53

Contributing towards SDGs:



The program improves access to education for students, especially those living in poor and geographically remote areas of Pakistan and Azad Jammu & Kashmir. HHRD endeavors to address the problems in the education sector by providing scholarships and financial aid to deserving students and providing support to teachers in terms of training and necessary aid to ensure that excellent education is being imparted to students.

ESP initiated a new project to support two schools in Sanghar and Karachi named as Save the Future Community school and Al-Hera School, Orangi Town. The annual fee on behalf of students has been paid to the school in two installments. This project is benefitting 200 deserving students. Moreover, the renovation of the infrastructure and provision of school furniture was part of the project.



Under the scholarship's component, scholarships were released for sponsored orphans in two installments for different professional degrees, DPT, and B.S. level degrees in Mansehra. Whereas scholarships were given for general high education, OSP graduates, Baithak school students, and higher education for teachers and their children. In addition, ESP also provided a one-time scholarship to 25 deserving students at NED Engineering University, Karachi. ESP youth club activities are going on regular bases. While two trainings were organized for teachers in Islamabad and Karachi.

Education Support Program is providing 10 fully funded boarding school scholarships for OSP-sponsored children of Balochistan that provides them an opportunity to attain quality education at Ghazali Model School, Phalia.



In addition, the program team organized an exposure & study visit comprised of ten days for the students from various academic institutes of Chitral. The purpose of the visit was to promote extracurricular activities and to give exposure to students from far-flung areas. Through this visit, students were given exposure to different cultures, languages, people, and educational institutions. Leadership camps, career counseling, and motivational sessions were arranged for students to encourage them to higher studies. Students visited different historical places of Lahore and prominent educational institutions of the city. Moreover, students were given exposure to the Wahga border of Pakistan, the Forward Group

Football Factory at Sialkot, the Crown Foam factory at Sialkot, Khewra Salt Mines, HHRD Head Office, Islamabad, Shah Faisal Mosque, National Assembly of Pakistan and Provincial Assembly of Khyber Pakhtunkhwa.

HHRD Education Supports Program organized a comprehensive hybrid (online and Physical) one-day training workshop for 70 teachers and principals of academic institutes from across Pakistan.

Moreover, ESP also arranged career counseling sessions with the collaboration of the Working Women Welfare Trust for girls' students to motivate them to lead a mission-oriented life rather than a career-oriented life and to enlighten them on various career opportunities.

ESP awarded laptops and cash prizes to high-achiever Scholars from across Pakistan. These scholars obtained 80%, 90%, and 95% marks in their current academic session.

Raza Mehmood resides in Karachi, Sindh, with his mother and four siblings. HHRD sponsored him under its Orphan Support Program after his father passed away.

In time, Raza, after completing his secondary education with high grades, enrolled in the Education Support Program for higher education. He earned his bachelor's degree in Mass Communication. Raza is a Multi-Talented Student who has done various certification courses like graphic designing, Freelancing, web development, video editing, and computer courses. He is a competent debater and a mentor.

He started his professional career as a Project Coordinator of the Karachi Cluster at Helping Hand for Relief and Development.

We are happy to report that he earns a decent living to support his family. He expresses his heartfelt gratitude to all the donors who have positively impacted his life.



Rimsha Shabbir belongs to Rawalakot, AJ&K. In 2013, HHRD sponsored her and her siblings under its Orphan Support Program after her father died. To pursue higher education, Rimsha enrolled in the Education Support Program after completing secondary education with high marks. She was a hard-working and talented student and earned her bachelor's degree in Business Economics from Mirpur University of Science and Technology, AJ&K.

With Helping Hand for Relief and Development, she gained work experience as a management trainee officer. Now she has started her professional career as an Import Officer at GULF Construction Company.

We are happy to report that he earns a decent living to support his family. He expresses his heartfelt gratitude to all the donors who have positively impacted his life.



Project of Out of School Children:

An estimated 22.8 million children aged 5-16 are out-of-school.(UNICEF)

report: <https://www.unicef.org/pakistan/education>

According to one of the studies by the Pakistan Research Repository (PRR) of the Higher Education Commission (HEC), the major causes of out-of-school children are poverty, hopeless parents, parents' ignorance, and lack of awareness. They focus on basic needs for survival, underprivileged, distance to school, giving importance to boys, and large family size were the main causes for being out of school. Parents' sudden death, drugs, separation, abuse, and less income emotionally distress the children and they think about their survival rather than their education. Some reasons for dropout were also found in this study, e.g., sudden domestic



problems, such as the father's death, the parent's illness, the parent's divorce, taking care of siblings, the parent's discouragement, and the parent's conflicts become the causes of dropout. (<http://pr.hec.gov.pk/jspui/handle/123456789/16420>)

Pakistan Institute of Development Economics (PIDE) in its report quoted that Pakistan is facing a serious challenge to ensure all children, particularly the most disadvantaged, attend, stay, and learn in school. The PIDE report further states that by breaking down the data further, it was discovered that approximately 1 in 4 (23.45 percent) children between the ages of 5–16 in Pakistan had never attended school whereas about 7 percent had enrolled and dropped out. (<https://pide.org.pk/research/22-8m-children-between-5-16-years-of-age-not-attending-school-in-pakistan/>)

Considering these findings HHRD strived to initiate a project for a targeted group of out-of-school children especially that who are more vulnerable to child and child labor. Our ESP team initially opted for a deprived area called Basti of Ratta Amral, in Rawalpindi, Punjab. This area is comprised of 'jhuggis' residents. Among these most children are beggars or involved in child labor. HHRD opened its educational center for these children. Initially, our team managed to mobilize



43 children from this community who willingly got admission to this center. These children were provided with new school bags, uniforms, shoes, and stationery. Their attendance and progress are regularly monitored by our team. After the success of this pilot project, our team is committed to bringing more children into education and will cater to more such communities in different areas of Pakistan Insha'Allah!



Healthcare and Nutrition

Beneficiaries 39,044

Projects 07

Districts 30

Contributing towards SDGs:





Healthcare and Nutrition program aims to provide effective and efficient services to deserving and vulnerable communities. The program mainly focuses the mother and child healthcare, neonatal care, primary healthcare services, nutritional assessment & provision of necessary supplements, ambulance fleet for referral specially modified ambulances for disabled children, and eye disease prevention. A primary objective of the program team is to remain available during all emergency responses with equipped human and technical resources.

Since 2005, HHRD has actively provided quality health services to the communities affected by disasters through its relief health projects.

HHRD's Healthcare and Nutrition program is a multi-dimensional program and engaged in the following activities in 2022:

Our mother and child healthcare center in Mianwali is providing regular services to patients.

- The prevention of blindness project was executed in 24 districts including all provinces, GB and AJK benefited 3,849 patients with free cataract surgeries.



- Our health technicians at Civil Hospital, Mithi Tharparkar are providing 24/7 services to neonates.
- Our ambulances projects included Rapid Response Unit and referral ambulances that benefited 663 patients.

- Our modified ambulances are deployed to pick and drop service for sponsored 1500 children with disabilities.
- Health Clinic comprises multiple deliverables for Malnourished children, pregnant mothers, and general patients. OPD at the clinic is providing regular services in Karachi.

- Our health team initiated four more health clinics in Islamabad, Muzaffarabad, Shaheed Benazirabad, and Quetta. These clinics are providing multiple services including general OPD, nutritional support in antenatal care, nutritional assessment, follow-up & provision of nutritional supplements to CWD &OSP Children, and outreach services for health awareness.



- 200 food packages in Ramadhan were Provided to TB patients in collaboration with Mercy Corps. Under an MoU with Riphah (Islamic International Medical Hospital Rawalpindi), three free medical camps were organized in surrounding slum areas of Islamabad benefited 896 patients.
- During Flood emergency Healthcare and Nutrition Program provided medical services in Karachi, Hyderabad, Mirpur Khas, Sangar, Mityari, Nawabshah, DG Khan, Rajanpur, Quetta and Nowshera.
- HHRD has initiated free medical services for Burmese migrants in Karachi. In the second quarter, 138 women and children were facilitated through a free medical camp.





In-Kind Gifts Program Pakistan was started back in 2010 when our country was hit by the worst flooding ever. That year natural disasters hit every province of Pakistan very badly and there was suffering everywhere. HHRD initiated its In-Kind Gifts Program which brought relief to disaster-affected people in form of clothes, bedding, and other NFIs and it is working since then in different natural and manmade disaster-affected areas in Pakistan to provide relief to disaster-affected people, to strengthen the public & charitable hospitals for effective and equitable delivery of services to the vulnerable community, to support local educational Institutions and to aid disadvantaged students, to provide aids and assistive devices to persons with disabilities for improving their quality of life in terms of mobility, communication and for performing their daily activities, to prioritize basic needs of people, living below the poverty line, to promote volunteerism with special emphasis on youth through involving them in humanitarian work and to develop effective networking with Government for establishing a suitable legal environment for humanitarian work and to avoid duplication of services.

Our mission is to:

Cares for people in need and strengthens public & charitable institutions through the provision of medical equipment, educational Supplies, and NFIs, with emphasis on those affected by disasters, disabilities, and poverty.

In-kind Gifts Program is spreading smiles across the miles by giving them gifts of kindness.



The feature that makes In-Kind Gifts Program distinctive from others is that IKGP ensures the protection of the self-esteem, and dignity of all the beneficiaries.

In the year 2022, the IKGP team distributed 41 containers of clothing, bedding, and blankets through Malls of Humanity. Moreover, our team is managing regular donations of needful items through the In-Kind Rehab Shop on demand. These included gloves, gowns, and adultery diapers to the Rapid Response Unit (RRU) team and the Life Hospital and MRF Hospital in Lahore. While wedding packages were also managed through the shop for deserving girls. Hygiene Kits were distributed among participants during health awareness sessions in various universities in Islamabad and SBA Sindh. Along with it, soaps were also distributed during handwashing activities conducted in the schools. Seven containers of furniture were also donated to various institutions.

In-Kind Gifts

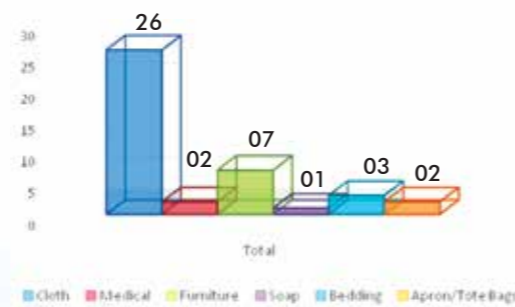
Beneficiaries 424,168

Projects 41

Districts 64

Value US\$ 8.4 million

Contributing towards SDGs:



Malls of Humanity

During this year's floods, the In-Kind Gifts team worked alongside the emergency response team to help flood victims. There were several Malls of Humanity organized in the flood-affected areas. Program Manager Mr. Naeem Arshad Awan himself supervised the flood activities and visited the flood areas. They primarily distributed bedding, clothing, shoes, and sweaters. In addition, the team distributed clothes, toys, and other necessities in Tent Villages, where people from other areas migrated for shelter. Furthermore, Malls of Humanity were set up in remote locations such as Gawadar, Sarband, and Panjgor. Our CEO also attended some of these malls and took part in distribution during his visit. In Karachi, he also inaugurated the model class.



Because we care for humanity...

Furniture distribution in Jamia Millia, Karachi.

The right to education is now worldwide recognized as a basic human right. Only education can help marginalized individuals rise out of poverty. Alhumdulillah! Currently, Pakistan has several institutes that provide free education or charge low fees. Jamia Millia Girls Secondary School Karachi and Jamia Millia Boys Primary School Karachi are also among the schools working towards the mission of making education accessible for all. Overall, the conditions of classes were unfavorable in both schools. Girls and boys were taking classes daily in a room that had broken and damaged chairs. They needed tables so they could study in a comfortable environment.

IKGP distributed furniture to both schools. Usually, we just distribute furniture to different schools but this time the local community came forward and they painted the classrooms of the schools. It was unforgettable to see the happiness of students sitting on their brand-new chairs at high-quality tables. Furthermore, there was no activity table in the classes. Teachers couldn't conduct any activities. Because of the in-kind gifts, there are activity tables in class where students can work together. Through in-kind gifts, we spread smiles and comfort.



Before



After



Karachi Institute of Neurological Diseases and Rehabilitation (KINDR)

Projects 01

Districts 01

Contributing towards SDGs:



Helping Hand for Relief and Development (HHRD) is a US-based Islamic charitable organization. HHRD has the plan to establish a “State-of-the-art and unique model with high-tech” Neurological Diseases and Rehabilitation Hospital in Karachi with 130 Satellite Clinics across Pakistan.

“Karachi Institute of Neurological Diseases and Rehabilitation (KINDR) would be a gift for the people of Karachi and the rest of Sindh from Muslims in America”

The main idea of the “KINDR” project is, it would be the first and largest comprehensive rehabilitation center in Pakistan which includes a spinal cord injury center, stroke rehabilitation center, pediatric rehabilitation center, sports center for the community, gymnasium, pool, conference center, training facility, help center, database/research center for disabled persons and in future connects with a satellite network of more than 130 centers connecting all districts throughout Pakistan. The “KINDR” initiative is expected to address the needs and requirements of WHO guidelines for disabled persons, overcome the lack of comprehensive and modernized neurological and rehabilitation centers in the region and reduce the burden on existing rehabilitation centers in Pakistan. KINDR feasibility report includes detailed master planning of all eight phases. The work plan also includes a detailed schedule (including a staff mobilization schedule) and describes the methodology to be followed. The tentative cost estimates of all eight phases have been working out based on the current market rate. The master plan was executed in different phases, the 1st phase of work has been initiated, in this phase, the land is purchased by HHRD, and the site is located on Karachi Hyderabad Motorway (M9) approximately 15-minute drive from Sohrab Goth. The main structure is a rectangular -shape G+2 story building. The total plot area is 2700 sq yards. HHRD planned to complete 1st phase within the duration of 20 months, to make it a fully functional Out-Patient (OPD) Rehabilitation facility at the existing Dr. Nadir Hospital. Therefore, HHRD has inducted the KINDR team comprising the Project Director, Senior Project Officer, Liaison manager, Admin officer, and ACTROW engineering on board to provide consultancy on detail structure design and supervision of construction work. The KINDR team worked day and night to make it possible to meet the timeline of the project.



Orphan Support

Beneficiaries 9,700

Projects 54

Districts 47

Gender Ratio Of Sponsored Children



Boys Girls

Contributing towards SDGs:



Orphan children are the most innocent souls on earth. Islam has greatly emphasized the importance of nurturing an orphan child. OSP is a unique approach to orphan care. We sponsor the children to bring a significant and remarkable change in their lives by taking care of their necessities of life and social well-being. We support orphans living with their families and growing up within their communities. Soft skills and moral development are focused on over time.

The orphan support program of HHRD was initiated formally in 2010 and became the flagship program among all. The rehabilitation of deprived orphans is a milestone in HHRD's journey. HHRD has achieved this milestone with a comprehensive child-centered model. This model comprises four major components that are:



1. Education Support

A cash disbursement of PKR. 10,000/- each child was made in favor of educational supplies, whereas new school bags were also provided to sponsored children for the new academic session.

The OSP team initiated a Library in each cluster. Each cluster made its library with 110 books to develop reading habits among Shining Stars. Along with it AFAQ encyclopedia was provided to children from grades 4th to 6th.

An essay writing competition was held among shining stars in 37 clusters on the 'Seerat-e-Fatima'; the results are yet to be announced. To make the summer vacations productive OSP team organized summer camps in 50 clusters for sponsored children where they were taught life skills.



High Achievers Awards are organized at the regional level to encourage children to develop the habit of reading and score well in examinations.

470 awards were distributed to high achievers and 18 awards in essay writing competitions.

In 2022, 542 students graduated from Grade 10. Whereas 261 children secured Grade A in the SSC examination.

2. Food and Subsistence Support

Our team arranged Grand Iftar Dinners and Eid Fun Galas for sponsored children in their clusters. Whereas, to celebrate the blessed Eid-ul-Adha, gifts were distributed among sponsored children.

Food packs and Zabiha Meat were provided to sponsored children with the integration of Seasonal Projects.

Special support during floods: In the mid of July, the devastating floods brought major damages and destruction to the residents of Pakistan, especially in Balochistan, South Punjab, and Sindh. Among the flood victims, our 397 sponsored orphans were also affected by the floods. The OSP team initiated special cash support for these children's families and disbursed PKR. 20,000/- to each family

3. Healthcare Support

To promote personal hygiene care OSP team distributed personal hygiene kits among 9600 sponsored orphans.

4. Child Development

The OSP team through the participation of shining stars successfully executed its Tree Plantation Campaign in 43 districts. Along with it, Pakistan Day was celebrated on March 23rd in all clusters.

Mothers Orientation Sessions were organized in 43 districts and manuals – level 02 for little stars were also distributed.

Further, re-elections were conducted for shining star societies in 39 districts.

45 Leadership Training was organized for children at the clusters' level.

Other activities included the celebrations of Independence Day 45 Clusters, picnics, and tikka parties. Mango parties were also organized in 49 clusters for children to enjoy the feast of the most lovable fruit of the season. An exposure visit to Lahore was organized for 45 shining and rising stars of 3 clusters with Javed Chaudhry.

Capacity Building of Teachers: A Five-Day National Quran Teachers training workshop for women was held in Islamabad. This training was attended by 39 teachers from 37 districts.





Shining stars Lahore tour with Javed Chaudhry

HHRD-Orphan Support Program organized a memorable historical tour of Lahore's archaeological sites for its shining stars with the collaboration of Ibex Pakistan for the Shining Stars. Children were guided to archaeological sites, historical backgrounds, and the rich civilization of Lahore.

Our 55 shining stars from Mandi Bahauddin, Gujranwala, and Lahore participated in the recreational trip. Shining Stars visited Delhi Gate, Sabeel Wali Gali, Akbari Mandi, Royal Bath, Gali Surjan Singh, Kucha Ghubarchiyan, Haveli Alif Shah, Haveli Bejh Nath, Chitta Gate, Dina Nath Well, Wazir Khan Mosque, Bundu Khan, Minar-e-Pakistan, Lahore Fort, Hazuri Bagh, Tomb of Allama Muhammad Iqbal, Badshahi Masjid, Sheesh Mehal and many more on this amazing trip.

The visit was led by Renowned columnist and anchor-person Mr. Javed Choudhry. In addition to sharing knowledge about Lahore's civilization, he introduced Lahore's history and explored the history, art, and culture of an old civilization. An introductory session with children was held at Delhi Gate Lahore. A detailed visit to these famous historical sites was made. The children enjoyed the traditional Rikshas ride during Yadgar and Lahore Fort visits.

It was arranged for the shining stars of the Orphan Support Program to partake in a high tea at Haveli Restaurant during their visit to Lahore's stunning entertainment venues. This included a viewpoint with a bird's eye view of Badshahi Masjid and a photographic opportunity at Badshahi Masjid. They spent quality time at Bando Khan which is a part of Greater Iqbal Park.



The Lahore Fort is an extremely valuable source of archaeological knowledge. We can add a lot of historical memories to this visit. Here the shining stars learned about the Old Civilization under the guidance of a guide. The shining stars added to their knowledge through questions during the visit. As well as learning, they enjoyed exploring new places.

Mr. Javed Chaudhry conducted a motivational session on the importance and necessity of learning tools, especially knowledge, traveling, and the importance of books and reading among children. He also spoke about "Success" during the session. A book of Sirat-un-Nabi was presented to the children as a gift along with other books.

He spent quality time with the children for the whole day. Rising Stars asked him questions about history and current knowledge. As an interactive tour, it was a worthwhile activity that was full of learning.

Fiza Rani belongs to Chakwal. She studies in 10th standard. She is sponsored under Orphan Support Program since 2019. Her mother is the bread earner in the family.

Fiza is a brilliant student. Her passion is debating. She participates in competitions and win trophies, shields, medals, and certificates. Her dream is to become a doctor. She has a faith that under HHRD's umbrella she will achieve her dream.

She is grateful to her donors in pursuing her dream.



Urooj Laghar belongs to District Sanghar. Her father died due to a sudden heart attack. Her mother is a schoolteacher and the only bread earner for her family. Her school approached HHRD's OSP team for Urooj's and her siblings' sponsorship. HHRD sponsored Urooj when she was in 3rd standard. Now she is studying in 9th standard and obtaining a distinction in every class. She wants to become a doctor and help the needy in her village.

She is thankful to HHRD and her donors for pursuing her dream.





Seasonal Projects

Beneficiaries **263,186** Families **37,598** Projects **04**

Districts **67**

Contributing towards SDGs:



Seasonal projects are among the most inspiring programs of HHRD which promoted Islamic values to a larger extent. This enables vulnerable communities to cherish the festivities of life. Under these projects, Ramadan food baskets and sacrificial (zabiha) meat are given to orphan, disabled and impoverished families across the country. Besides, the seasonal team designs and prepares family winter packages to save distressed families from severe colds. For the social inclusion of all the vulnerable segments of society, especially on these special occasions, HHRD runs its "Seasonal Projects" with the concept of Islamic Akhuwat (brotherhood).

Sadaqah/Aqiqah is a unique nature of the project serving fresh sacrificial meat to deserving and needy families. Our generous donors abroad send their cash donations in favor of Sadaqah/Aqiqah which is well managed here in Pakistan by our project team in purchasing sacrificial animals, their sacrifices, and delivering fresh meat to the doorstep of the most deserving. In 2022, under the sadaqah/aqiqah project, 123 animals were sacrificed, and fresh meat was distributed among 1,315 families in 11 districts.

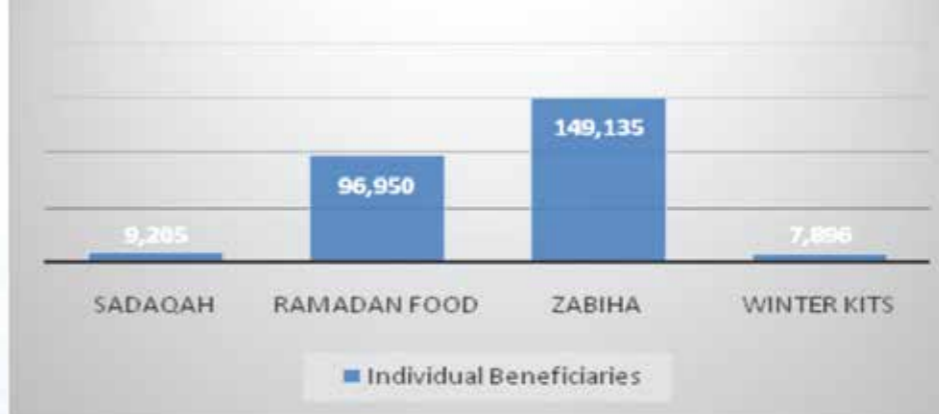
During the Holy month of Ramadan, Food Packages were distributed among 13,850 orphaned, disabled, and vulnerable families in all provinces of Pakistan and the AJ&K region.

On the blessed occasion of Eid-ul-Adha HHRD team reached 21,305 vulnerable families in far-flung areas in 61 districts with fresh sacrificial meat.

Winter kits comprising warm clothes and bedding items were distributed among 1,128 families and 15 districts.



Individual Beneficiaries





Skills Development and Livelihood (SDLP)



Contributing towards SDGs:



The skills Development & Livelihood Program is designed for the socio-economic prosperity of vulnerable communities, especially those afflicted by natural & man-made disasters. SDLP embodies the approach to developing sustainable means of livelihood by imparting training, creating income-generating opportunities, and developing life skills. In pursuit of meaningful contributions towards the two above-stated goals, HHRD has developed a unique model under the Skills Development and Livelihood Program. HHRD currently provides training in Skills Development and Livelihood Centres set out to organize artisans, assist in developing products, improve product quality, and then market these products. Moreover, through its new initiative of Enterprise Development, many families have been provided with indirect financial aid to strengthen their economic condition and sustainable growth. Many households have been provided with training in Olive farming and the tools and equipment required for Olive farming along with fresh Olive plants for generating a livelihood.



Training

In this component, the field team identifies needy and vulnerable communities especially women for skills training. They are given capacity-building training under the supervision of highly qualified staff for 3 months, 6 months, and 1-year time span. In that interim period, beneficiaries are leveled through a series of events like pre-assessments, mid-assessments, demonstrations, exposure visits to the same industry, and certificates provided to successful graduates. A mega Training of Trainers was conducted for all SDLP trainers across Pakistan for better output and efficiency in the field.

In 2022, we have trained a total of 4,855 in multiple trades through a skills development program making them independent and self-reliant.

Training courses included:

- Dressmaking course (3-6 months)
- Agri-skills training
- Computer professional and office automation
- Domestic electrician and plumbing
- Fashion design
- Personal grooming and mehndi
- Product development (knitting, school uniforms, bags, etc.)
- Art and craft
- English Language
- Food preservation



SDLP team initiated 3 new centers in Muzaffarabad, Bagh, and Karachi. Initially, Baseline Assessment was held in these areas.

Training through collaborative partners

SDLP and COTHM Hospitality Foundation signed MOU at HHRD head office to train beneficiaries of HHRD in a hospitality management training program which consists of a 9-month diploma. The beneficiaries had a thorough experience of theory and practice for 9 months in the state-of-the-art lab of COTHM in Rawalpindi. Under this MOU 18 trainees are enrolled in their diplomas.

Domestic Electrician, Dress Making, and Computer professionals training continued with the collaboration of IPs in Muzaffarabad. While 60 trainees had completed their training.

Moreover, under the MOU with The Hunar Foundation, 18 trainees have successfully completed their courses in Karachi.

Livelihood and income generation

Production units under SDLP are one of its unique components which provides a respectable livelihood opportunity to vulnerable communities, especially women. Skilled artisans are provided a platform as a well-equipped production unit with all the necessary amenities under a single roof having a safe and sound environment for working. Artisans produce multiple items at production units and earn handsome labor to contribute to their family income.

Under production units, school bags, personal hygiene bags, in-kind bags, and pouches were produced by 215 workers and earned a handsome amount. While 3,694 school uniforms, 4,402 knitting, and garments production were done. Further, 1,374 Eiddresses were produced at our industrial homes by our artisans.

Olive farming project

The project is promoting olive farming in Hattian Bala of AJ&K and Lower Dir of KP. Earlier, in this project, 49 farmers were identified, trained, and given olive plants (more than 4000) along with equipment and tools so that they can manage olive farming on their land and eventually could earn a great benefit after some years. A team of experts frequently met with farmers and guided them about grafting, plantation season, pesticides, and safeguarding of plants after plantation.



In 2022, the SDLP team planted 11,073 saplings of olives in Chakri & Chakwal, Rawalpindi, Hattian, and Lower Dir. Moreover, grafting was done with around 8,300 plants in both districts, and training was provided to 146 farmers. Since 2021, SDLP has planted around 15,073 Olive plants.

Enterprise development project

Enterprise development of HHRD enhances the income capacity and skills of low-income groups. SDLP is helping people in developing a small enterprise as per their plan and by capacity building through enterprise training, as this will improve their access to economic opportunities. SDLP started its first pilot project in Chakwal in 2021, with 25 families, to scale up the livelihood of the people and make them able to earn a handsome livelihood for their families. After Chakwal SDLP initiated the Enterprise Development Project in two more cities in 2022 including Mianwali Punjab, and Jhelum Valley of AJK. EDP training was held in these areas and business plans were developed. In 2022, SDLP successfully started enterprise development for 56 beneficiaries.



Life skills and social engagements

Alongside training, beneficiaries were provided with life skills to make them competent and social change makers eventually contributing to making a better society. The following activities were carried out under life skills and social engagements:

- Tazkeer sessions were conducted with trainees.
- Quran class in the month of Ramadan.
- International women's day celebration.
- Independence Day celebration
- Seerat un-Nabi week.

Hassan Mehmood was sponsored by ESP in 2015. With the help of HHRD, Hassan managed to continue his studies. After his SSC examinations, he enrolled in the Digital Marketing course at our Skills Development Center. Recently, he completed a course on Amazon Dropshipping, and he is using his knowledge to educate two colleagues and run campaigns for a client. Hassan is now earning a substantial income and his future plans are to create a seller account on Amazon.

He says I am grateful for the opportunity that HHRD and SDLP have provided me to gain the knowledge and skills needed to do so. SDLP's achievement is when talented and confident individuals are able to get skilled and achieve their goals through this program.



Iram Qadir, a resident of Chakwal. Iram's husband died three years ago. With four children Iram was alone to bear their expenses. She got admission to a uniform stitching course at our Chakwal Skills Development Center. With a keen interest in gaining a skill, she completed the course with full zeal. She is now working in the stitching unit of SDLC Chakwal. Irum extends her gratitude to the people who helped her and her children after her husband passed away.

"After working here, I am able to bear the expenses of my children. Now I can afford their education. May Allah reward those who keep us going and enable us to earn and contribute to the family income", she said.





Water for Life (WFL) / Water, Sanitation, and Hygiene (WASH)

Beneficiaries 294,219 **Projects** 1,902 allocated 1,827 completed 75 outgoing **Districts** 43

Contributing towards SDGs:



Helping Hand for Relief and Development (HHRD) initiated Water for Life (WFL) Program in 2010. The program started in reflection on the national water conference on Save Water – Save Life.



The WFL seeks to provide sustainable drinking water solutions to communities with limited access to safe drinking water. It helps communities improve their livelihoods, health, and well-being. The program also focuses on conserving drinking water by promoting water-saving techniques for future generations. It is contributing to SDG:6; to ensure the availability of water and sanitation and sustainable management. Water for Life is one of the programs through which HHRD is generously helping deprived communities by fulfilling the basic need for safe drinking water for a healthy life.

The Water for Life program is working on several projects in the country, including hand pumps, water wells, submersible pumps, gravity flow schemes, ram pumps for not rainfed areas, water filtration plants(reverse osmosis& ultrafiltration), and mobile filtration plants for cope up the emergencies. The solar-powered water project is another innovative step.

The program strategy is developed to promote community mobilization first, then project execution and handing over to the community after completion. This makes the program self-sustainable and promotes



a sense of responsibility and organization.

The Water for Life program completed a total of 1,827 projects were completed during 12 months in 43 districts of AJ&K, Balochistan, GB, KP, Punjab, and Sindh.

While awareness walks and sessions were organized in 12 districts on World Water Day.

Water, sanitation, and hygiene project

The water, sanitation, and hygiene project included the complete renovation of schools in the selected community and the provision of toilets and hygiene kits.



The project changed the lives of thousands of children, providing them with easy access to clean drinking water and awareness of toilet use and good hygiene practices.

Construction of toilets:

Washrooms were necessary for schools, and we found that the system of washrooms in different schools was very poor and old. The number of students in the school was high but the number of toilets was low, and the available toilets are not functioning properly.

Hygiene Sessions & Distributions of hygiene kits.

Children were to be made aware of the importance of cleanliness. For children given hygiene sessions, better hygiene leads to better health, confidence, and overall growth. Good hygiene is critical for preventing the spread of infectious diseases and helping children lead long healthy lives. It also prevents them from missing school, in resulting learning outcomes. The distribution of hygiene kits in school is more beneficial for children. Personal hygiene items dedicated to helping children stop the spread of germs.

How we are creating a difference in lives...

Fazida Akhtar from the village of upper Jalooth, Rawalakot, reported that they never faced the drinking water problem in AJ&K. But, over the last few years, due to climate change, natural springs of surface water getting dry. Therefore, it made them bring drinking water from distant springs poured into pitchers and carried on their heads. And for washing and bathing, they used water to be brought in water tankers from about two to three kilometers away. Due to the seasonal drought, they could not even do kitchen gardening for them.

Fazida said: since the HHRD water intervention in our village, it made my life easy. Now I have 24 hours water available at my doorstep. I do not have to pick up water from two to three kilo meters away. Nor does my time waste. Now we don't even have to bring water through tankers in drought, which caused financial



losses, and now the saving from this is also used to solve other home problems. After a long time, this season, I cultivated different organic vegetables for my home with the water from the HHRD project. And, for the last six months, I did not buy vegetables from the market. As a result of using surface water that contained bacterial contamination, many diseases developed. With this project, we now have drinking water from the ground.

I am very thankful to all the teams of Helping Hand for relief and development and especially the donor for this act of kindness. May Allah gives all of them higher rewards here and after.



Youth Empowerment

Beneficiaries 4,241

Projects 02

Districts 48

Contributing towards SDGs:



HHRD's Youth empowerment program (YEP) is striving to educate, empower and engage the youth bulge of Pakistan and enable them to contribute as a leader in efforts of service to Humanity. This program develops a strategic way forward for the young generation of Pakistan. The leadership component provides opportunities for youth to polish their skills, build their exposure, and learn life skills through a series of youth camps and exposure visits. Under the social engagement component, YEP collaborates with public and private universities providing their students with a learning experience in a structured environment. We create internship opportunities for these universities to inculcate supervised learning for their students and facilitate the transition from academic study to a professional career. YEP, ensures that interns are given enough exposure to relief and development activities through supervised field experience.

Our mission is to...

Educate, empower, and engage the youth bulge of Pakistan to contribute to being a leader in efforts of service to Humanity.

In 2022, the YEP team carried following activities:

- Mentoring sessions were organized for 219 students from different public and private universities.
- Career Counselling sessions were arranged for 793 ESP Intermediate Youth Scholars and OSP Matriculated shining stars at Cluster Level in HHRD-targeted districts of Pakistan.
- Six-Young Leaders boost camps were organized for 114 ESP Youth Club Lead Team members.
- Under the internship component, 335 students were inducted into internships with HHRD at districts and head office level including, ESP scholars, Job training internships, Credit hours Internships, House Job training internships, work experience, and research internships.
- The YEP team signed MOUs with 08 universities in AJ&K and Sindh.
- Two-day skills development training organized through Skillers Pakistan Mandi Bahauddin. This training was attended by 15 ESP Scholars.
- Technical and financial support was provided for 03 community support projects recommended by universities & societies, which benefitted 430 students. Mr. Arif Khalil – Director of Programs from HHRD delivered a lecture at Peshawar University on community support and welfare project.
- Twelve mentoring sessions and meetings were conducted by the National youth Alumni Club on regular bases.
- The YEP team organized Green Pakistan Tree Plantation Campaign activities in different public and private universities. They have planted 485 saplings with the involvement of 320 volunteers.
- Six Malls of Humanity were organized with the collaboration of IKGP and 140 volunteers from different universities benefitted 1,200 deserving families.



- Two-Volunteers' Appreciation Ceremonies were organized for 140 interns served under Winter and summer Internship Projects.
- The inauguration ceremony of the Riphah Green Club with the Collaboration of YEP HHRD was held in Islamabad. The objective of the club is to educate the community about clean and green initiatives and further caretaking of planted trees during the year.
- Inter-University Thematic Competition was organized on Independence Day at Iqra University. In the competition, 300 students participated from different universities in Islamabad.



- Two Seminars were organized on "Climate Change and volunteerism" at Peoples University of Medical and Health Sciences, Sindh.
- A virtual session on "The Real Target of Ramadan" was arranged for volunteers and HHRD staff by Dr. Firyal Ambreen.
- One-day psychological assessment camp was arranged for ESP out-of-school children.
- One-day psychological assessment camp for Baithak school children
- An exposure visit was arranged for IQRA university students to HHRD Rehab Center, Chakwal.
- 03-Day of training on Personal Safety was arranged for girls' students from different universities with the collaboration of the Pakistan Girls Guide Association. Further, those students conducted awareness sessions in schools with 900 children.
- Teacher tribute ceremonies were organized with the support of 62 volunteers and recognized 300 teachers at the university level.
- Hygiene awareness sessions conducted in schools with the support of 180 volunteers benefitted 390 students.
- Special Hygiene Session for women and girls in the collaboration with IKGP.
- Organized National Youth Alumni Reunion 2022 in Islamabad. Interactive sessions were conducted with Mr. Abdul Samad Khan, CEO of Youth Impact, and Mr. Jamal Anees, Director of HHRD.



Around 200 volunteers participated in the event.



2nd Global Emergency Response Summit

October 17 – 19, 2022
Highland Country Club & Resort, District Haripur, KP.

HHRD runs various programs in different parts of the globe. With the changing environment and the increase in natural disasters, all countries, continents, governments, and communities must build a robust and resilient response mechanism. This is to ensure that their investments and developments are sustainable and enduring.

The HHRD envisions a system that would help make its efforts and investments more resilient and sustainable by considering global trends in disasters. All the efforts and investments of HHRD will contribute to the global framework targets and priorities.

Brief:

The objective of the summit was to establish a mechanism for effective response and resilience through the development and capacity building of the Emergency Relief & Disaster Management (ERDM) Teams. The target participants were HHRD's senior-level management from the United States, ASEAN, South Asia, Middle East, and North Africa (MENA), African countries, and the Pakistan office team. Twenty-three participants attended this summit of which ten were HHRD's international staff. The ERDM Program of HHRD Pakistan was the organizer of this event with the consultation of HHUSA management.



Communique:

To establish a mechanism of effective response and resilience through the development and capacity building of ERDM Teams around the globe. Below actions were announced:

- Agreement on HHRD's global guidelines and policies on Emergency Response Management.
- Agreement on the SOPs for ERDM.
- Assign roles and responsibilities to participants for the development of different guidelines
- Action Plan.





Tree Plantation Drive, 2022

Helping Hand for Relief and Development (HHRD) initiated “The Green Planet” tree plantation campaign under Orphan Support Program in 2011. HHRD aims to continue this campaign every year and will plant as many saplings as possible by involving our sponsored children to build a sense of social responsibility in them.

In 2022, HHRD launched a plantation drive in Karachi at the US Consulate in Karachi. Honorary Consul General Mark Stroh, Honorary Karachi Administrator Barrister Murtaza Wahab, Honorary Special Assistant to Chief Minister of Sindh Arooba Rashid Rabbani, the President of Houston-Karachi Sister City Association (HKSCA) Muhammad Saeed Sheikh, the Director of Programs of HHRD Ilyas Hasan Choudry, and respected staff of the Consulate were present in the event.

Following the event, the next day, the plantation ceremony was held at the Karachi Institute of Neurological Diseases and Rehabilitation (KINDR) building of HHRD. Around 50 CWDs and Shining Stars Orphans participated in the tree plantation. The Honorary Special Assistant to the Chief Minister of Sindh Arooba Rashid Rabbani, famous Entrepreneur & Former President of Karachi Chamber of Commerce & Industry (KCCI) Majid Aziz Balagamwala, the President of HKSCA Muhammad Saeed Sheikh, Deputy Country Director of HHRD Pakistan Rizwan Baig, Director of Programs of HHRD Ilyas Hasan Choudry, and respectable parents of children & staff of HHRD were present in the event.



Later, for the next 30 days, tree plantation continued in Pakistan.

Trees' Plantation Campaigns by Orphan Support Program Since 2010

Helping Hand for Relief and Development initiated “The Green Planet” tree plantation campaign under Orphan Support Program in the year 2011. HHRD aimed to continue this campaign every year and will plant as many saplings as possible by involving our sponsored children to build a sense of social responsibility. It teaches them that every small action can make a difference and that trees are vital for life. Also, they realize that helping the environment is their obligation. Since then, OSP made this activity a regular component of the program and conduct tree plantation campaigns with different themes each year by involving all sponsored children, their teachers, community notables, and volunteers in all clusters of OSP. Some of the themes are highlighted here:



- The Green Planet – One Week Tree Plantation Campaign.
- Planting Love for Mother.
- Plant a Tree in Memory of Father.
- Plant a Tree for the Teacher.
- One Child, One Tree
- Green Pakistan, Clean Pakistan
- Plant a Tree, Plant a Hope

Since the year 2011, the OSP team along with sponsored children planted more than 60,000 trees.

Tree Plantation Drive by Youth Empowerment Program

The plantation is one of the most important constituents of soft landscaping. Trees and shrubs have been used to enhance the soft natural ambiance against harsh elements in most of the enhancement schemes. The planting species are decided based on the physical growth characteristics of the tree. HHRD YEP has been launching Green Pakistan Campaign since 2018, this campaign focused on two major themes, **Saving The Environment And The Spirit Of Humanitarianism**. Under the theme of environment, young students at universities are encouraged to take the lead in planting more trees while under the theme of humanitarianism, the youth, took steps for the welfare of humanity. Under the umbrella of this campaign, the YEP team initiated a unique project of Fruit Gardens at various locations with the support of students and volunteers.



Since the year 2018, the YEP team along with university students, HHRD interns and volunteers, and sponsored children from OSP, being able to plant more than 2,000 fruits and other saplings including, Moringa, Pines, Araucaria, Lemon, Yucca, Orange, Loquat, under tree plantation drive.

Olive Project by SDLP

Olive trees benefit the environment in many ways. They contribute to the preservation of natural resources and biodiversity. The trees act as agents in combating global warming and desertification. Evidence shows that olive growing increases atmospheric carbon dioxide fixation in the soil. Growing olive trees in the country will not just improve the economy but will mitigate change significantly and help adapt to water crises.

HHRD through its Skills Development and Livelihood Program (SDLP) initiated the project of Olive farming in Jhelum Valley in AJ&K, Lower Dir in KP, and Chakri in Punjab. The project was started in 2021, then 49 farmers were identified, trained, and given 4,000 olive plants along with equipment and tools so that they can manage olive farming on their land and eventually could earn a great benefit after some years. A team of experts frequently met with farmers and guided them about grafting, plantation season, pesticides, and safeguarding of plants after plantation.

In 2022, the SDLP team planted 11,073 saplings of olives in Chakri & Chakwal, Rawalpindi, Jhelum Valley, and Lower Dir. Moreover, grafting was done with around 8,300 plants in both districts, and training was provided to 146 farmers.

Since 2021, SDLP has planted around 15,073 Olive plants.



#DidYouKnow

- An acre of trees produces enough oxygen for 18 people to breathe for a year.
- In one year, a mature tree absorbs more than 48 pounds of carbon dioxide from the atmosphere and releases oxygen in exchange.
- Planting new trees is one of the most effective ways to reduce atmospheric carbon dioxide (CO2) and limit global warming. The HHRD team is dedicated to planting trees to increase tree coverage and mitigate the impacts of climate change.
- The trees cool the environment through their leaves by absorbing the sun's heat. Thus, there occurs cooling in the atmosphere.
- Trees clean the air by absorbing harmful chemicals such as nitrogen oxide and removing dust particles from the air by absorbing them in their leaves.
- Another importance of planting trees is that they save the water from impurity. Trees stop water pollution by breaking the direct fall of rainfall to the ground.

High Achievers' Awards



In 2022, HHRD organized a mega High Achievers Awards Ceremony in Islamabad. This event was led by the integration of the Children with Disabilities Program, Education Support Program, Orphan Support Program, and Skills Development Program. A ceremony was held to honor the outstanding beneficiaries of the programs. High achievers received high grades in exams, demonstrated excellent performance during training, won competitions, and achieved distinction in their field. The event was attended by senior Government officials, media journalists, senior management, and program managers of the HHRD.

The programs organized these ceremonies at regional levels after the event to recognize their high achievers.



Financial summary 2022

Helping Hand for Relief & Development - PAK

Income received & Expenses incurred during the year 2022

Discription	Amount 2022 (PKR)	Amount 2022 (Million)
Revenue received in Cash	1,410,129,105	1,410.13
Revenue received in In-Kind	1,992,753,561	1,992.75
Total - Income	3,402,882,666	3,402.88

Project Development Expenses

Children With Disabilities Support Program	163,990,485	163.99
Education Support Program	63,829,467	63.83
Emergency Response & Disaster Management Program	259,547,657	259.55
Interest Free Loan Scheme	11,402,246	11.40
Healthcare & Nutrition Program	77,305,761	77.31
In-Kind Gifts Program	1,718,705,474	1,718.71
Orphan Support Program	516,505,113	516.51
Physical Rehabilitation Program	77,750,898	77.75
Skills Development & Livelihood Program	86,483,803	86.48
Karachi Institute of Neurological Diseases & Rehabilitation	12,577,725	12.58
Youth Empowerment Program	9,523,929	9.52
Seasonal Projects	161,735,876	161.74
Water For Life / WASH	388,971,663	388.97
Sub Total	3,548,330,097	3,548.33

Project Support Cost

Administrative Expenses	100,646,588	100.65
Sub Total	100,646,588	100.65
G. Total	3,648,976,685	3,648.98



HHRD in Media



Pictures Gallery



Dr. Mohsin Ansari a practicing pediatrician and President of ICNA visited Pakistan during the flood relief response of HHRD. He visited Nowshera and contributed to Free Health Camp.



Mr. Javid Siddiqi, CEO of HHRD USA visited Pakistan. He contributed to various flood relief activities, attended the Global Summit of ERDM, visited other projects of HHRD, and met with the beneficiaries.



Mr. Irfan Khursheed, Global Director of Programs HHUSA, visited Pakistan. He visited various projects of HHRD and met with beneficiaries.



Dr. Abdul Khaliq Ghauri, Global Manager HANP and CPRP, USA visited Pakistan. He visited HANP and CPRP projects and met with beneficiaries.



Mr. Ilyas Hassan Choudry, Director of Development, HHUSA, visited Pakistan to contribute to HHRD flood relief activities along with Emergency Response Team.



Ms. Ramika Shuttari, Program Manager of Global OSP-CWDP, HHUSA, visited Pakistan. She visited various projects in Pakistan and met with beneficiaries.

Pictures Gallery



Dr. Shariq Siddiqi, Director, the Muslim Philanthropy Initiative and Assistant Professor of Philanthropic Studies, Indiana University, USA, visited Pakistan. He visited our rehab centers and met with beneficiaries and delivered a session in Global Summit of Emergency Response.



A delegation from Pakistani American Law Enforcement Society (PALS) participating in the House Construction Project in Mirpurkhas, Sindh for flood victims, A Joint Venture of HHRD with PALS.



Mr. Muhammad Iqbal Memon, Commissioner of Karachi Division, received a souvenir from the CEO of HHRD USA.



Mr. Fazal Akbar, Deputy Commissioner of Lakki Marwat, visited the HHRD country office in Islamabad. He received a souvenir from the CEO of HHRD USA.



Prof. Dr. Anis Ahmed, VC-Riphah International University, Islamabad, graced the High Achievers Awards Ceremony in Islamabad. He visited the stalls set-up by the Skills Development Team.



Mr. Yasar Bashir, a Pakistani American, the first Muslim Assistant Chief, and Head of the family violence department in Houston, visited Pakistan and contributed to flood relief activities.



Syed Ashfaq Gilani, Ex. Deputy Commissioner of Haveli-Kahuta, visited Mall of Humanity organized by IKGP in AJ&K.



Mr. Nisar Ahmed Langau, Assistant Commissioner of Quetta, participated in a Shelter Kits distribution ceremony in Quetta Balochistan.



First Lady Begum Samina Arif Alvi graced the Independence Day event at Iqra University, organized by the HHRD youth club at the university in collaboration with HHRD.



Mr. Muhammad Irfan, fast bowler in National cricket team, graced the High Achiever's Ceremony organized by HHRD in Bahawalpur.



Syed Saleem Gardezi, Director Ehtesab Bureau, AJ&K, graced the event of International Day of Persons with Disabilities organized by CWDP.



Mr. Amjad Lashari, Director of Charity Regulatory Authority, Balochistan, graced the event organized by HHRD.

Pictures Gallery



Mr. Asghar Jamali, Deputy Director of Planning, Quetta, participated in the Independence Day celebrations event at Quetta Balochistan.



A delegation from the HHRD and PALS met with the Ex-Governor Punjab Ch. Muhammad Sarwar in Lahore. He was presented with a souvenir from HHRD.



Syed Sammar Abbass, an anchor person from Hum TV, addressed the participants at the event organized by HHRD at Islamabad.



Mr. Javed Chaudhry, Renowned columnist, and anchor-person spent a day with OSP Shining Stars on the Lahore trip.



Mr. Farooq Kakar, Secretary Industries, Balochistan, graced the Annual Award Show of HHRD Balochistan Region.



Mr. Sohail Warraich, a famous and experienced journalist in Pakistani Media Industry, was presented with a souvenir at the event organized by HHRD.



Mr. Ilyas Hasan Choudry, Director of Development HHRD USA with a delegation of PALS met with Dr. Maqsood Ahmed, Deputy Inspector General of Police, Security & Emergency Services Division, at Karachi.



Group photo of HHRD Pakistan office team with management, during HHRD Annual Review and Planning Meeting 2022-23 at Islamabad.



Mr. Salman Ghani, Head of Political Affairs Dunya News, was presented with souvenir at the event organized by HHRD.



Mr. Asad Ullah Khan, an anchor person from 92 News, addressed the participants at the event organized by HHRD.



Senior journalist delegation from different media organization from Lahore and Karachi visited deferent projects of HHRD at Sindh. Delegation also visited CWDP's center at district Shaeed Banizerabad Sindh.



A delegation from Lahore and Islamabad based journalist visited HHRD Pakistan office and briefed about programs and ongoing activities of HHRD. Director HHRD Pakistan Mr. Amjad Mehmood Amjad addressed the participants.

Acronyms

AJ&K	Azad Jammu and Kashmir
CPRP	Comprehensive Physical Rehabilitation Program
CP	Cerebral Palsy
CRC	Comprehensive Rehabilitation Center
CWDP	Children with Disabilities Program
CWDs	Children with Disabilities
DPT	Doctor of Physical Therapy
EPI	Expanded Programme on Immunisation
GB	Gilgit Baltistan
GOs	Government Organizations
HHRD	Helping Hand for Relief and Development
IEC	Information, Education, and Communication
IH	Industrial Homes
IKGP	In-Kind Gifts Program
KP	Khyber Pakhtunkhwa
MCHC	Mother and Child Healthcare Center
MMU	Mobile Medical Unit
MOU	Memorandum of Understanding
NIC	Neonatal Intensive Care
NICU	Neonatal Intensive Care Unit
NOCs	Non-Objection Certificates
OPD	Outpatient Department
OSP	Orphan Support Program
PALS	Pakistani American Law Enforcement Society
P&O	Prosthetic and Orthotic
PWDs	Persons with Disabilities
SBA	Shaheed Benazir Abad
SDCs	Skills Development Centers
SDGs	Sustainable Development Goals
UCs	Union Councils
WASH	Water, Sanitation, and Hygiene
WFL	Water for Life
YEP	Youth Empowerment Program