



HELPING HAND
FOR RELIEF AND DEVELOPMENT

HHRD PAKISTAN
BI-ANNUAL REPORT
JAN-JUN | 2023



2023

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GLOBAL ZABIHA
Udhiya/Qurbani Program-2023

PAKISTAN



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FOR RELIEF AND DEVELOPMENT

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Moving forward with a purpose...

This report highlights the impactful interventions and progress made by Helping Hand for Relief and Development (HHRD) in Pakistan from January to June 2023. HHRD engaged in continuous efforts lead to poverty alleviation and social development worldwide, particularly in Pakistan. This is due to the unwavering support of individuals, organizations, and foundations.

During the first six months of 2023, we have achieved significant milestones, benefiting around **0.81 million beneficiaries through 1,205 relief and development projects across 107 districts** in Pakistan, Gilgit Baltistan (GB), and Azad Jammu & Kashmir (AJ&K). HHRD played a crucial role in aiding the flood victims of 2022 through its Emergency Relief and Disaster Management Program. Additionally, our teams were proactively prepared to face the potential threat of floods in 2023 during the monsoon season. As part of HHRD efforts toward sustainable rehabilitation, a program has been launched to provide permanent shelter to deserving flood victims in 27 districts.

Empowering vulnerable communities remained a core focus for HHRD during this period. It extended rehabilitation services to individuals with disabilities and offered comprehensive support to orphaned children. HHRD ensured access to clean drinking water for vulnerable communities. Education received a significant boost as underserved scholars witnessed an enhancement in their learning experiences. Furthermore, HHRD made strides in empowering people, especially women, through various skills training and livelihood support initiatives.

HHRD demonstrated its commitment to addressing the needs of deprived segments of society. It generously donated in-kind gifts to medical and educational institutes and distributed clothes to those in need throughout Pakistan, GB, and AJ&K. Access to better healthcare services was made possible in targeted districts, significantly improving the wellbeing of local communities.

Youth empowerment and community development are integral components of HHRD's initiatives. It provides opportunities for hands-on experience through social engagements and internships, fostering a sense of purpose and growth among the younger generation. An ambitious endeavor, the Model Village project in District Rajanpur, Punjab, brought together HHRD's core programs to create a sustainable and transformative impact on the lives of the underprivileged in the area. HHRD's primary goals include supporting schools, mosques, and communities to enhance access to quality education, recognizing its pivotal role in shaping individuals' long-term success. The accomplishments detailed in this report were made possible by the blessings of Allah (SWT), the prayers of beneficiaries, and the collective efforts of donors, volunteers, and the dedicated HHRD team.

To foster cohesion and ensure effective project execution, our senior management from the USA paid annual visits to the field. During these visits, they inspected projects in various districts. They engaged with beneficiaries to assess the project's impact and held meetings with staff to address challenges and seek solutions.

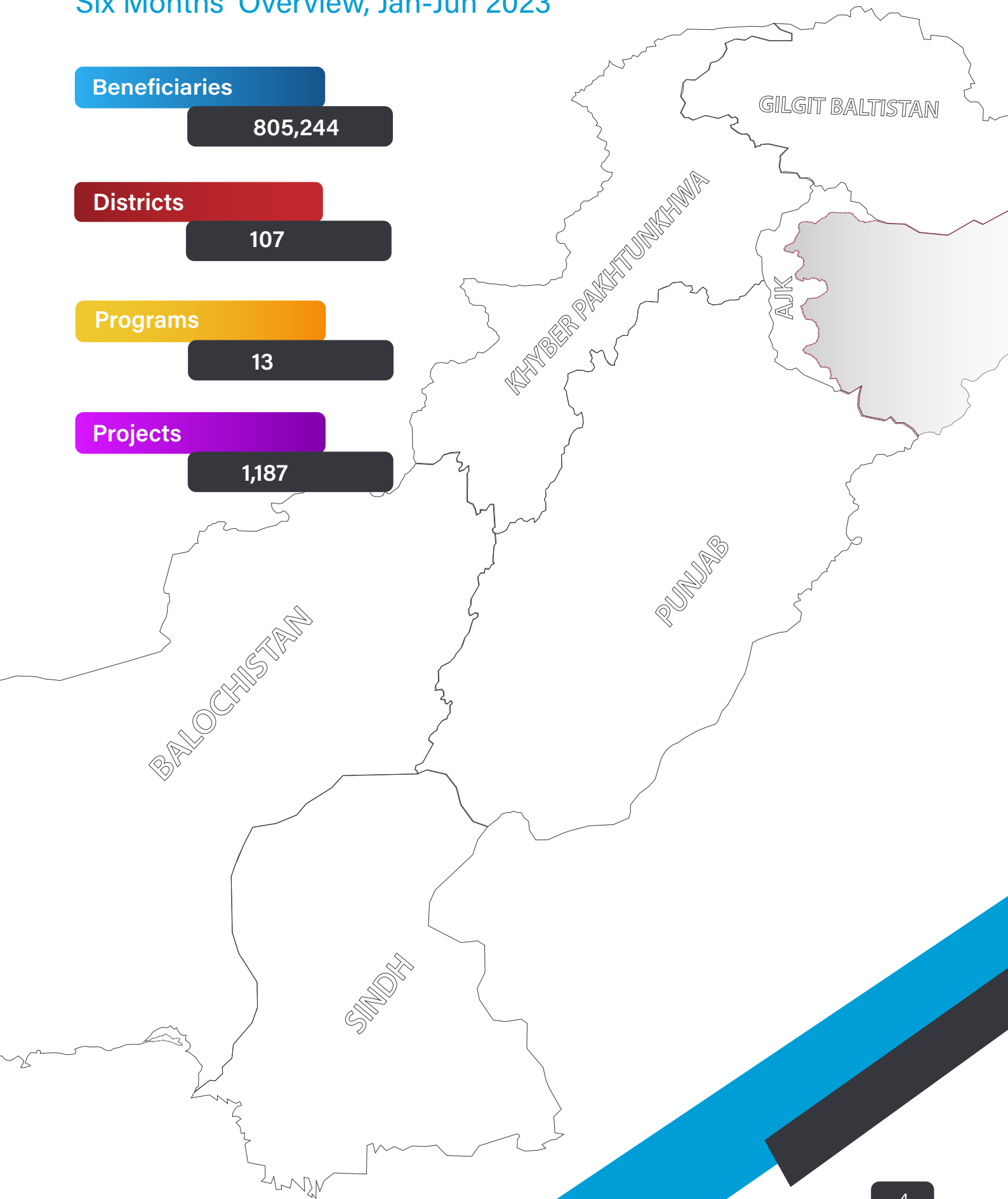
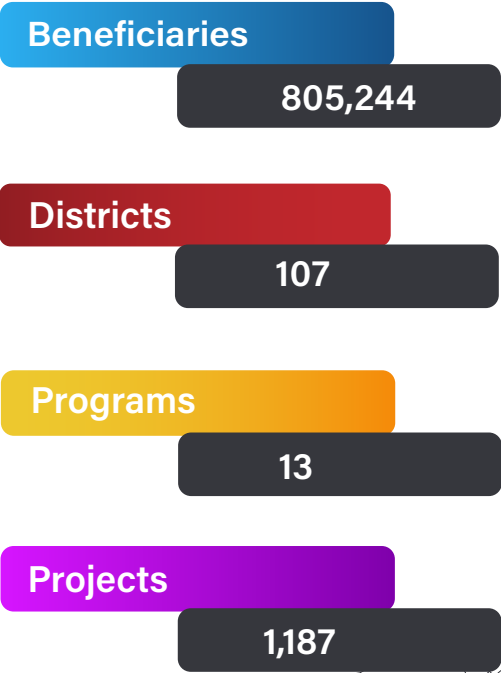
In conclusion, Helping Hand for Relief and Development's efforts during the first half of 2023 have left a lasting positive impact on vulnerable communities in Pakistan, GB, and AJ&K. With the unwavering support from our stakeholders and the dedicated team's commitment, HHRD continues its mission to uplift and empower those in need. This is guided by the values of compassion, dedication, and hope.

Profound Regards,
HHRD Team

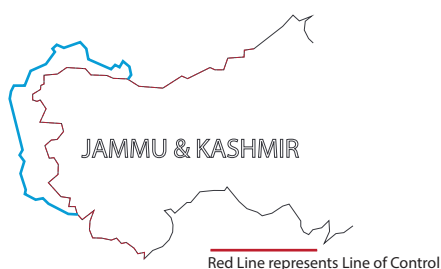
Highlights from the first half of the year

- 1> In 2023, Helping Hand for Relief and Development (HHRD) excelled in the humanitarian and development sectors, particularly in flood response. Besides providing essential aid to flood victims of 2022, it proactively prepared its teams to confront potential flood threats during the monsoon season of 2023. Additionally, HHRD launched a commendable program aimed at granting permanent shelter to deserving flood victims across 27 districts. This program emphasizes HHRD's commitment to sustainable rehabilitation.
- 2> Helping Hand's senior management from the USA visited the field in Pakistan to foster cohesion and ensure effective project execution. During these visits, they inspected various district projects, engaged with beneficiaries to assess impact, and held meetings with staff to address challenges and find solutions. The visits included key figures like Dr. Muhammad Yunus, Chairman of the Board of Trustees, Dr. Mohsin Ansari, President of ICNA, Mr. Adnan Tafseer, Secretary ICNA, Mr. Hafiz Amjad Saeed, Senior Programs Manager of HHRD's Shelter Relief Program and Education Support Program, and Ms. Nadia Zeeshan, Global Director of the In-Kind Gifts Program. A delegation from the Public Affairs Department of the United States visited Pakistan to assess the impact of HHRD's interventions. The purpose was to ensure donor satisfaction through advocacy.
- 3> HHRD is expanding its geographical and beneficiary outreach under its Orphan Support and Children with Disabilities Programs. It is a significant step in improving orphan care by initiating five new projects in five districts. The targeted districts include Noshki, Mansehra, Layyah, Karachi West, and Sukkur. These projects are geared towards providing comprehensive support and care for orphans in these regions. On the other hand, HHRD has extended its support by sponsoring 50 additional children with disabilities (CWDs) as part of its Children with Disabilities Program in District Muzaffarabad, AJ&K. This program seeks to empower and improve the lives of children with disabilities, fostering a more inclusive society.
- 4> HHRD (Helping Hand for Relief and Development) has established robust and effective coordination with key stakeholders, including the Ministry of Interior (MOI), as well as provincial and district government authorities. This collaborative approach has allowed HHRD to cultivate strong working relationships, gain valuable insights into government policies, and receive timely approvals for necessary permits and No Objection Certificates (NOCs), especially in emergency response. Additionally, the organization ensures the smooth submission of required reports, enabling efficient and transparent humanitarian operations.

Six Months' Overview, Jan-Jun 2023



AZAD JAMMU & KASHMIR



- Beneficiaries**
27,980
- Districts**
6
- Programs**
CWDP|ESP|ERDM|HANP|IKGP|
OSP|Seasonal|SDLP|WFL|YEP

GILGIT BALTISTAN



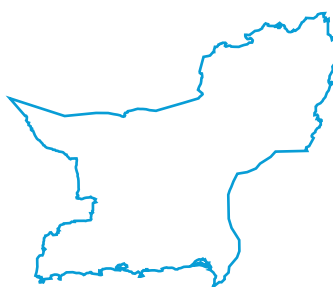
- Beneficiaries**
7,682
- Districts**
5
- Programs**
ESP|ERDM|OSP|Seasonal|
SDLP|WFL

PUNJAB



- Beneficiaries**
234,106
- Districts**
26
- Programs**
CWDP|CPRP|ESP|ERDM|HANP|IKGP|Model Village|
OSP|Seasonal|SRP|SDLP|WFL|YEP

BALUCHISTAN



- Beneficiaries**
61,730
- Districts**
20
- Programs**
CWDP|ESP|ERDM|HANP|IKGP|OSP|
Seasonal|SRP|SDLP|WFL|YEP

KHYBER PAKHTUNKHWA



- Beneficiaries**
145,497
- Districts**
22
- Programs**
CWDP|CPRP|ESP|ERDM|HANP|IKGP|
OSP|Seasonal|SRP|SDLP|WFL|YEP

SINDH



- Beneficiaries**
328,249
- Districts**
28
- Programs**
CWDP|ESP|ERDM|HANP|IKGP|KINDR|
OSP|Seasonal|SRP|SDLP|WFL|YEP

CWDP: Children with Disabilities | CPRP: Comprehensive Physical Rehabilitation | ESP: Education Support Program | ERDM: Emergency Relief & Disaster Management | HANP: Healthcare & Nutrition Program | IKGP: In-Kind Gifts Program | KINDR: Karachi Institute of Neurological Diseases & Rehabilitation | OSP: Orphan Support Program | SRP: Shelter Relief Program | SDLP: Skills Development & Livelihood Program | WFL: Water for Life | YEP: Youth Empowerment Program

Core Areas of Action



Emergency Relief



Humanitarian Intervention



Development Intervention



Emergency Relief

The Emergency Relief and Disaster Management (ERDM) Program has provided rapid support to communities affected by disasters in Pakistan since 2005. It integrates Healthcare & Nutrition, In-Kind Gifts, and Water for Life Programs to offer essential health services, clean water, Non-Food Items (NFIs), shelters, and settlements, alleviating suffering and offering vital assistance to those impacted by various calamities.





Emergency Relief and Disaster Management Program (ERDM)

Flood Relief Continued in 2023

In response to the devastating floods that hit Pakistan in 2022, a significant relief effort was launched to support affected communities. One of the most crucial aspects of this effort was the distribution of family packages to families. The distribution was done in two phases. The 1st phase included the distribution of winter kits and family packages comprised of essential items such as NFIs, rations, hygiene kits, and kitchen sets. And the second phase was executed in the second quarter with the distribution of food packs, hygiene kits, and NFIs. Meanwhile, 12 medical camps were held in Sindh.



The flood relief intervention at Kotri Kabir, in District Naushahro Feroze, Sindh successfully dewatered 3000 acres of land, saving 450 households from stagnant water and waterborne diseases. Timely action and collective efforts made a significant impact, providing hope and stability to the affected community.

Number of items distributed:



Food packs
7,893



Hygiene kits
5,575



Non-food items
(Kitchen sets, mosquito nets, buckets, water gallons, bedding)
33,161



Winter kits
3,100



Medical camps
12 camps, 8 Districts



Tents
76

In-kind Donation for Children's Park in AJ&K

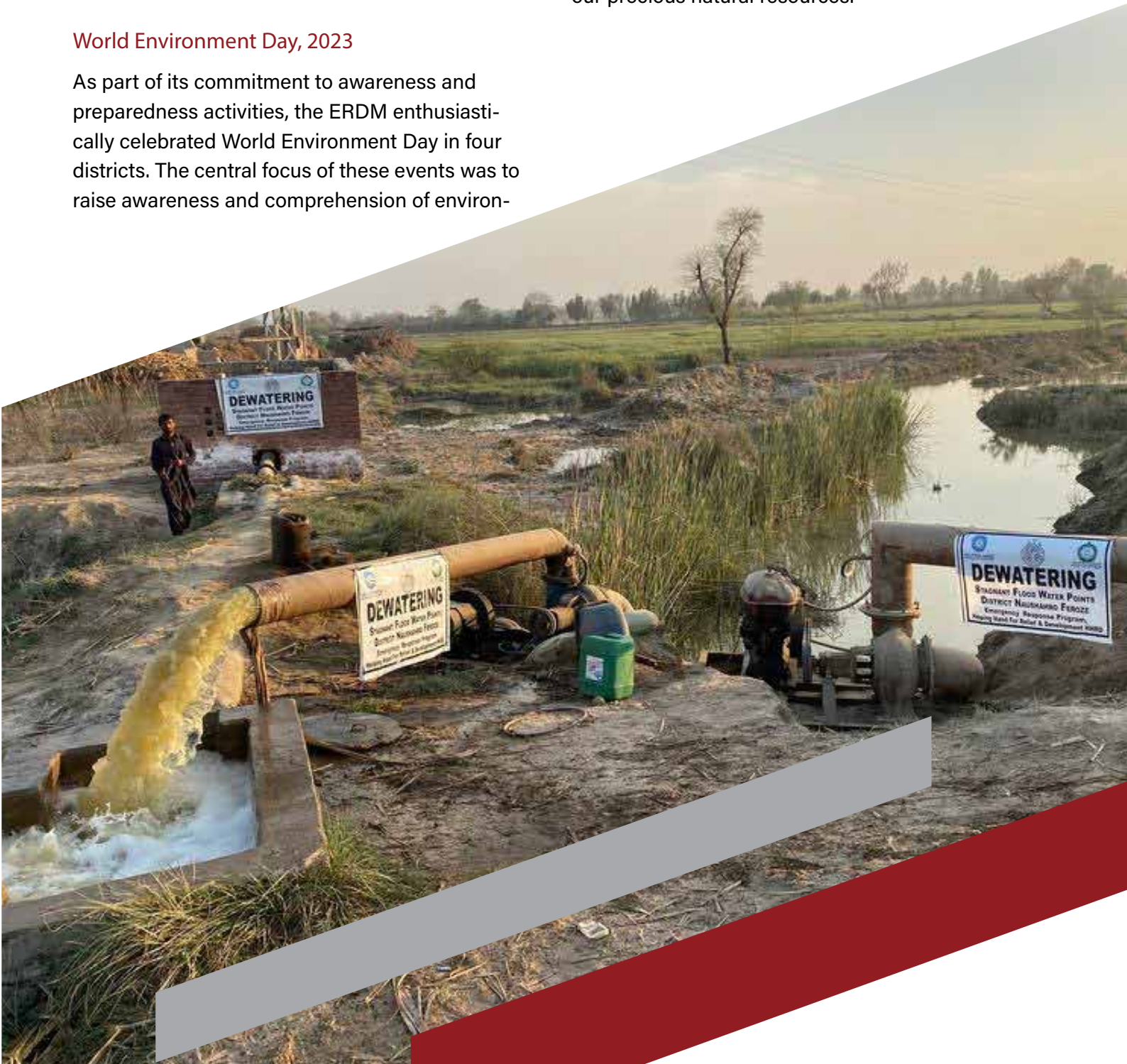
In Chakothi, a charming town in Jhelum Valley, Azad Jammu & Kashmir (AJ&K), a heartwarming initiative has taken root to bring joy and happiness to the local community. A generous donation of various play equipment, including see-saws, slides, and other recreational facilities, has paved the way for a vibrant children's park. This thoughtful contribution has been a source of delight for more than 30 families in the vicinity, positively impacting the lives of over 100 children.

World Environment Day, 2023

As part of its commitment to awareness and preparedness activities, the ERDM enthusiastically celebrated World Environment Day in four districts. The central focus of these events was to raise awareness and comprehension of environ-

mental issues, particularly those that could lead to climate change and subsequent disasters. Distinguished participants included government officials, eminent figures from various academic institutions, and representatives from esteemed organizations.

Through this proactive engagement, ERDM aimed to encourage a collective commitment to safeguarding the environment for present and future generations. The events underscored the vital role that each individual, organization, and community can play in preserving and protecting our precious natural resources.





Humanitarian Intervention



4
Programs

Following emergency relief, the focus shifts to humanitarian aid programs aiming to alleviate suffering and improve living conditions for vulnerable populations. This includes the In-Kind Gifts Program for medical equipment, clothing, bedding, furniture, and other necessary goods, Seasonal Projects for food and sustenance, the Shelter Relief Program provides permanent shelters to communities in need, particularly disaster-affected areas, and the Water for Life Program for permanent solution to clean drinking water.



1,054
Projects



605,709
Beneficiaries



92
Distinct Districts



In-Kind Gifts Program (IKGP)

- Beneficiaries
255,517
- Projects
37
- Districts
51

The In-Kind Gifts Program (IKGP) is a charitable initiative that donates materials and supplies from donors to individuals, charities, academic institutes, and government hospitals to improve the lives of those affected by poverty or disasters.

In-Kind Interventions



Containers distribution

37 | bedding, clothing, food, medical



Medical equipment

03 containers



Bedding, clothing, food

34 containers



Malls of Humanity

107



Wine to Water domestic filters

2,000 W/W Sawyer



Wedding packages

19

Wine to Water

This year, the IKGP team received a donation of wine to water domestic filtration plants, which were distributed among 2,000 families in Badin, Mirpukhas, Rajanpur, and Sukkur. These efforts are making a significant impact on improving the lives of underserved communities.



Illuminating lives; Empowering Communities via Solar Lights Gift

Judeno Goth is a small village located in the desert about 60 kilometers from Karachi. There are 50-60 families living in houses made of bamboo sticks and straw. It was also badly affected by floods in 2022. With no access to electricity, the villagers relied on kerosene lamps and candles, their flickering flames providing only a dim and unreliable source of light.

During the clothes distribution activity, the In-Kind Gifts Program (IKGP) team witnessed the hardships of the villagers due to the absence of electricity. Afterwards, the IKGP team visited the village and engaged with the community to understand their challenges and aspirations. As a result, the IKGP provided solar-powered lighting devices to the families, allowing them to access brighter, more reliable, and sustainable lighting. The solar lamps also helped the villagers save money on kerosene, which they would have needed to purchase otherwise. The solar lamps have improved the lives of the villagers in Judeno Goth. The team also gave them an orientation session and they attended it carefully.

The impact of solar lights distribution was transformative. The villagers experienced a newfound sense of hope and empowerment as darkness was replaced by the warm glow of solar-powered lights. Students could study after sunset and families could engage in productive activities during the evening. The clean and sustainable energy provided by solar lights eliminates health risks, leading to a healthier and more productive community.

With this success story, IKGP-HHRD demonstrates how it fosters education, safety, and sustainable development in Judeno Goth. We are very grateful for the generosity of the donors who support the In-Kind Gifts program; we are able to spread smiles across miles and light up lives with their gifts.





Seasonal Projects

- Beneficiaries
202,874
- Projects
2
- Districts
77

Seasonal projects are among the most inspiring programs of HHRD which promoted Islamic values to a larger extent. This enables the vulnerable communities to cherish the festivities of life.





Shelter Relief Program (SRP)

- Beneficiaries
4,347
- Projects
621
- Districts
27

The Shelter Relief Program (SRP) for the flood victims of Pakistan is an initiative aimed at providing permanent housing solutions to those who have lost their homes in the devastating floods that hit the country in 2022. As part of our relief efforts, HHRD has initiated the construction of over 621 homes. These homes are equipped with one bedroom, one bathroom, one kitchen, and one veranda to ensure that families have access to basic amenities and a safe living environment.



Rebuild Pakistan: One community at a time

Amidst the devastation of floods in Jhuddo village, Sindh, Hurmat Bibi, a widowed mother of four, faced homelessness and despair. Her family had been left in dire straits after the floods destroyed her home. The floods didn't just destroy her home; they also took away the safety and stability she had worked hard to give her family. However, a ray of hope emerged as Helping Hand for Relief and Development (HHRD) stepped in.

With the support of HHRD and its donors, Hurmat Bibi's dream of a secure home was realized. A sturdy brick house replaced the tent she was living in, offering safety and privacy to her daughters. The shelter not only shielded them from external hardships but also paved the way for a future where her daughters could receive the upbringing they deserved.

She expressed her gratitude first to Allah (SWT) and then to HHRD and its donors for their generous donations.





Water for Life Program (WFL) / WASH

- Beneficiaries
142,971
- Projects
394 completed
- Districts
31

The Water for Life Program provides sustainable drinking water solutions to underprivileged communities in Pakistan, aligning with the United Nations' Sustainable Development Goal (SDG) #6 that is "clean water and sanitation for all". It includes various drinking water initiatives. Under WASH component the program also renovates schools, provides toilets, hygiene kits, and promotes hygiene practices for children's benefit.



Afrediv / local handpumps

196



Gravity flow schemes (GFS)

14



Reverse osmosis (RO) plants

7



Solar based drinking water solutions

103



Water supply through water tanker
Tharparkar

1



Ultra filtration treatment (UFT) plant

12



Submersible pumps

24



Dug wells: 29

Tube wells: 3

Water wells: 5



Transforming Lives: From Water Scarcity to Success in Bindra

Bindra is a deprived and neglected area located on the outskirts of Bahawalpur city. With a population of over 30 thousand, struggling working class residents face a dire shortage of drinking water. The shallow water sources couldn't meet their needs, and the community's economic constraints prevented them from digging deeper boreholes. The situation was particularly dire for the local school, where water woes were hindering education and health.

Before the intervention by Helping Hand for Relief and Development (HHRD), the school had a single motor pump. This pump was insufficient to cater for the sanitary and drinking water requirements of the school. The added challenge of electricity load shedding exacerbated the problem, leaving the school without water and sanitation facilities at times.

After HHRD's intervention, the school underwent a remarkable transformation. Clean, drinkable water was accessible at a depth of 120 feet, a resource that the community lacked the means to tap into. HHRD installed a solar-powered water pump that revolutionized the school's water situation.

With this innovative solution in place, the school not only had a consistent supply of clean drinking water but also extended its use to various sections of the campus, enhancing sanitation and maintaining the school's greenery.

The positive changes didn't stop there. The solar-powered water pump resolved electricity load shedding issues and reduced operational costs, enabling the school to allocate resources more efficiently.

Grateful beneficiaries extend their heartfelt thanks to Helping Hand and the generous donors who made this change possible.





Development Intervention



8

Programs

Development Projects prioritize sustainable improvements after addressing crises and humanitarian needs. They enhance education, healthcare, livelihoods, and infrastructure. Comprehensive Physical Rehabilitation and Healthcare and Nutrition ensure essential medical services. The Orphan Support and Children with Disabilities Programs ensure comprehensive care for vulnerable children and empower them through skills training. Education Support upgrades institutes and aids underserved schools while offering scholarships to deserving students and teachers. Skills Development and Livelihood uplifts deserving communities and empowering women. The Youth Empowerment Program provides young people with hands-on experience through social projects and internships.



129

Projects



52,357

Beneficiaries



71

Distinct Districts



Karachi Institute of Neurological Diseases and Rehabilitation (KINDR)

NEW

HHRD is planning to establish a neurological diseases and rehabilitation hospital in Karachi with 130 satellite clinics across Pakistan, called the Karachi Institute of Neurological Diseases and Rehabilitation (KINDR). The project aims to address the requirements of World Health Organization (WHO) guidelines for disabled persons and reduce the burden on existing rehabilitation centers in the region. Its first phase was initiated in 2022, and the project is expected to be completed within 20 months.

In the first six months of 2023, work has been done during first six months including plot mutation, regulatory bodies approval, KWSB water line restoration, RO plant restoration, and 40 KVA generator installation.





Comprehensive Physical Rehabilitation Program (CPRP)

- Beneficiaries
4,175 (new 2023)
- Projects
2
- Districts
2

Since the 2005 earthquake in Pakistan, HHRD has been providing comprehensive rehabilitation services to those in need. Our centers in Chakwal and Mansehra provide low-cost and affordable physical rehabilitation services and have achieved remarkable results in terms of rehabilitation.

Services



Free rehab camps

Chakwal: 1,280 | 3 camps
Mansehra: 180 | 2 camps



Occupational therapy (new & followup)

Chakwal: 1,077
Mansehra: 2,041



Physical therapy (new & followup)

Chakwal: 8,766
Mansehra: 11,100



Psychotherapy (new & followup)

Chakwal: 2,484
Mansehra: 1,762



Prosthetic & Orthotic (new & followup)

Chakwal: 3,289
Mansehra: 922



Speech therapy (new & followup)

Chakwal: 2,063
Mansehra: 3,519



From Struggles to Strength: Sudais Ali's Inspiring Path to Progress and Possibilities



Sudais Ali's journey began with his mother's concern about his non-compliant behavior. Struggling with poor eye contact, restless sitting, and a short attention span, Sudais also exhibited irritability, hyperactivity, and difficulty interacting socially. His adaptive skills and communication were below average, coupled with delayed developmental milestones.

Through consistent psychotherapy sessions, Sudais's story took a positive turn. Gradually, his eye contact improved remarkably, and his ability to sit and focus grew stronger. His hyperactivity lessened, replaced by a newfound willingness to engage with others. The once-distant prospect of socializing with peers transformed into a reality as he began interacting with children his age.

These improvements paved the way for an exciting chapter: Sudais successfully secured admission to a school. His progress not only marks his personal triumph but also a testament to the power of dedication and therapeutic support. Sudais's success story reminds us that with determination and the right interventions, even the most challenging circumstances can lead to promising outcomes.










Healthcare and Nutrition Program (HANP)

- Beneficiaries
26,672
- Projects
7
- Districts
17

HHRD's Healthcare and Nutrition program provides high-quality healthcare services to vulnerable communities in several key areas, including Mother and Child Healthcare, Neonatal Care, Primary Healthcare Clinics, nutritional assessment and provision of necessary supplements, and eye disease prevention.

Services

- 
Ambulance service
 Referral and pick & drop for CWDs
1,277
- 
Burmese maternal healthcare center
 Free health services for Burmese community in Korangi
185
- 
Health clinics
 8 clinics providing free health services in 8 districts
16,221
- 
Mother & child healthcare center (MCHC), Mianwali
 Maternal health and General OPD/Free Camps and Hygiene Session
6,028
- 
Mobile medical camps (MMC)
 Providing free medical consultancies to flood affected communities in Ranjanpur
133
- 
Neonatal intensive care (NICU)
 District Tharparkar
1,102
- 
Prevention of blindness (POB)
 District Tharparkar
510

Ultrasound Sonography (USG) services are being provided to 1,216 in District Karachi Central





Orphan Support Program (OSP)

Beneficiaries	10,400
Projects	61
Districts	54

The Orphan Support Program (OSP) is a comprehensive child-centered approach to the rehabilitation of deprived orphans. OSP sponsors orphaned children, providing them with the necessary support to improve their lives and focus on their necessities and social well-being.

Regular activities:

1. Processed health coverage cases of 10 mothers and 14 sponsored children
2. Qur'an classes are regularly conducted for children
3. National Qur'an Teachers' Training organized for 42 teachers at the regional level
4. Re-election of the Shining Star Society (SSS).
5. One-day leadership camps were conducted for 2,336 shining stars
6. Orientation sessions were arranged for mothers and children
7. Celebration of 23rd March 'Pakistan Day' and World Orphan Day
8. Provision of school supplies and uniforms
9. Tree planting campaign
10. On World Orphan Day, 56 clusters hosted Iftar dinners for community notables and shining stars
11. Shining stars gathered in 60 clusters for Eid Fun Galas
12. Support for education through financial assistance





The program introduced a special Eid shopping experience for its beneficiaries, arranging a visit to the market where they could personally select their Eid clothes and accessories. This thoughtful gesture empowered them to make their choices and ensured they could celebrate the occasion with pride and joy, dressed in attire and accessories of their own liking.

In response to the recent recession's impact on underserved members of our society, HHRD's OSP team initiated a program to offer additional rations three times in the first six months, easing

the burden during these challenging times. The program distributed food packs to beneficiaries' families to provide crucial support to those affected by the economic downturn.

In Karachi, a Model Street was established as part of a Tree Plantation Campaign, where 27 saplings were thoughtfully planted. This initiative aimed to showcase the integration of nature into urban spaces, promoting sustainability and a greener environment. The success of this Model Street encouraged the community to participate actively in similar tree plantation efforts, fostering a sense of pride and ownership while making Karachi a greener and more eco-friendly city for generations to come.



Overcoming Adversity: Sadia Sadar's Journey from Hardship to Success



Sadia Sadar, a young girl hailing from the impoverished village of Dirgi, faced significant challenges early in her life. Born into a financially struggling family, Sadia's life took a drastic turn for the

worse when her father, the family's sole breadwinner, passed away. Left in a dire financial situation, Sadia's family sought assistance from the Helping Hand for Relief and Development (HHRD).

HHRD's response to Sadia's family's plea was a turning point in their lives. Despite the tender age of Sadia and her siblings, HHRD recognized the urgency of their situation and extended their unwavering support. The transition into HHRD's program marked a transformative period for Sadia and her siblings, altering their life trajectory significantly.

Education, a distant dream for Sadia's family due to financial constraints, became a reality. HHRD's assistance not only lifted the burden of economic struggles but also empowered Sadia to focus on her studies. With newfound stability, regular school attendance and the pursuit of education became feasible for Sadia, enhancing her chances of building a successful future.

The challenges persisted for Sadia's family when their house succumbed to the devastating floods of 2022. However, HHRD's commitment shone through even in the face of this calamity. The approval and construction of a new house provided a ray of hope and relief to Sadia, her siblings, and their mother. In a time of despair, HHRD's support stood as a testament to their dedication to the well-being of those they served.

In her own words, Sadia expresses her gratitude, "I am incredibly grateful to my generous donors and the dedicated team at HHRD-OSP for providing me with the invaluable support that has allowed me to pursue my education. I am also profoundly thankful for the precious gift of the house that HHRD has provided my family and me. It is more than just a shelter."



Children with Disability Program (CWDP)

Beneficiaries

1,650

Projects

9

Districts

9

The Children with Disabilities Program is a comprehensive initiative that provides inclusive treatment and rehabilitation to approximately 1,650 special children in Pakistan and AJ&K, operating under a community-based rehabilitation model. The program's concept is "ability, not disability," with the purpose of training and developing disabled children to play an active role in society and contribute to the country's economic growth.

Regular activities:

1. Provision of therapy services
2. Provision of hearing aids to 19 CWDs and provision of mobility aid to 155 CWDs
3. Provision of Prosthetics & Orthotics (P&Os) to 157 CWDs
4. Health awareness sessions and provision of hygiene kits.
5. Free pick up & drop off services with integration of Healthcare & Nutrition Program (HANP)
6. Gifts of new clothes on the auspicious occasion of Eid
7. Financial support in favor of education and food
8. Tree planting campaign
9. Celebrations included World Wheel Chair Day, World Down Syndrome Day, Mother's Day, Father's Day, & World Autism Day
10. Mango parties on the arrival of summer season.
11. Nutritional assessments for children
12. Regular home and schools visits
13. Provision of new school bags for 548 school children
14. Provision of Ramadan food packs and Zabiha meat with integration of Seasonal Projects.





Education Support Program (ESP)

●	Beneficiaries
	2,612
●	Projects
	20
●	Districts
	55

HHRD's Education Support Program (ESP) was initiated to promote access to quality education and contribute to Pakistan's transition towards a knowledge-based economy, aligned with SDG:4 that is "Quality Education". ESP provides financial aid, scholarships, and resources to improve learning environments and support teachers with training.

Regular activities:

1. Scholarships for 1,083 OSP graduates for intermediate and professional degrees
2. General higher education scholarships for 96 deserving students
3. Scholarships for 27 OSP graduates for Bachelor of Science and Doctor of Physical Therapy degrees in Mansehra
4. Higher Education Scholarship for 33 Teachers
5. Scholarships for 10 sponsored OSP graduates from Balochistan to study in Mandi Bahauddin
6. Winter Study Camp for 85 students from Gilgit Baltistan (GB)
7. Leadership Camp 100 students from Jamia Tul Mohsanat Lahore
8. Career Counselling of Girls through WWWT, in Karachi
9. Teachers Convention held at Jamia Tul Mohsanat for teachers in Karachi
10. Three schools in Karachi and Sanghar being sponsored by ESP
11. Provision of Ceiling Fans in GGHSS Intelligence School, Sultanabad, Karachi
12. Teachers Training for 65 Madaris Teachers in Islamabad.

3 new community centers for the education of out-of-school children were opened in Bahawalpur and Islamabad. Last year, HHRD initiated a pilot project in Rawalpindi. Currently 115 students are enrolled at these 4 centers.



Defying Odds, Achieving Excellence

Majeed-ur-Rehman resides in a village in the Badin district of Sindh, along with his siblings. In 2008, an unfortunate turn of events unfolded as his father, Muhammad Mahmood Sumro, passed away unexpectedly due to a heart attack.

In the aftermath of this tragic loss, Majeed-ur-Rehman's mother exhibited remarkable strength and patience. She took charge, managing chores, farming, and livestock to sustain the family. Through her tireless efforts and perseverance, the challenges of their existence gradually eased, and their quality of life improved.

The year 2011 marked a turning point as Majeed-ur-Rehman became a beneficiary of the Orphan Support Program facilitated by Helping Hand for Relief and Development. At that juncture, he was a fifth-grade student. The invaluable financial and moral support extended by Helping Hand played a pivotal role in Majeed's academic journey. This support propelled him to excel in both his 10th and 12th-grade board examinations, resulting in an impressive A+ grade.

With his academic achievements as a foundation, Majeed-ur-Rehman secured admission to the Bachelor of Dental Surgery (BDS) program at Liaquat University of Medical and Health Sciences with the financial support of the Education Support Program of HHRD. In 2022, he achieved the significant milestone of completing his BDS degree and is presently engrossed in a house job at the same institution.

Majeed's story showcases perseverance, inspiring those facing similar challenges.





Skills Development and Livelihood Program (SDLP)

- Beneficiaries
2,513
- Projects
23
- Districts
23

HHRD's Skills Development & Livelihood Program (SDLP) aims to eradicate extreme poverty and empowering youth (particularly women) by offering vocational training, income-generating opportunities, and life skills to disaster-affected and vulnerable communities.

The SDLP team is making significant strides in empowering communities by conducting training sessions for 55 OSP graduates across 9 districts. Additionally, they are extending their support to CWDP children, mothers, and siblings of OSP beneficiaries. These comprehensive trainings cover a wide array of skills including enterprise development, personal grooming, computer proficiency, kitchen gardening, graphic design, dressmaking, as well as school uniform and bag making.



Training courses at 20 SDCs
Passed: 2,028
Artisans: 228



Olive project
05 Districts
191



Outsource trainings for youth
College of Tourism and Hotel
Management (COTHM) Karachi,
& Hunnar
33



Enterprise development
New projects initiated in 7 districts
Ongoing in 3 districts: 33 beneficiaries

Push Yourself Further: Embracing the Challenges of Success

Jamila Bibi, a resilient woman from a remote village in Chakwal, Punjab, faced immense challenges after her husband's death. Despite the hardships, Jamila harnessed her basic tailoring and dress-making skills, determined to secure a future for her family. Through her association with HHRD's OSP program, her children's enrollment proved to be a stepping stone.

With the introduction of SDLP's Enterprise Development project under HHRD's initiative, Jamila's life took a transformative turn. After a meticulous selection process involving screening, assessment, and shortlisting, she was chosen as a beneficiary. Armed with new skills from a 3-day training, Jamila created a strategic business plan, identifying key needs and equipment. Empowered by SDLP's support, she acquired a new Joki sewing machine, a Peeko machine, and essential materials.

Jamila's expertise and community connections propelled her new venture, attracting a growing clientele. Beyond simple stitching, she infuses her designs into dresses, expanding her income. Today, Jamila not only sustains her household but also funds her children's education. Grateful for the support received from compassionate donors, she looks ahead with hope and gratitude, wishing for continued strength to serve others in need.

Jamila shares, "In these trying times, I extend heartfelt gratitude to the generous donors who have lightened our burdens. Their support enables me to provide my children with education and better living conditions. May Allah bless them abundantly as we strive to make a difference."





Model Village: An Integrated Project of HHRD's Programs

● Beneficiaries
104 (Households)

● Project
1

● District
1

NEW

HHRD has decided to develop a model village in the flood-affected area of **Chak Patyat, District Rajanpur, in Punjab** with a primary focus on food security-related interventions to improve the food resilience of the local community. Through its comprehensive program, HHRD aims to bring visible and tangible changes in the lives of the underprivileged population in the target area.

Progress

1. Conducted a household survey for beneficiaries. A total of 104 households have been adopted for projects following the survey
2. 12 female and 22 male members have joined village development committee
3. Nine 'mohallah' committees have been formed
4. Conducted a topography survey of the village
5. Mall of Humanity conducted for clothes provision
6. Arranged on-the-job training for social mobilizers
7. Construction of 104 model houses with the integration of the Shelter Relief Program (SRP).
8. Land leveling, provision of seed and fertilizer to farmers for agricultural
9. Extension and renovation work on the Mosque is in progress
10. Starting of Nazra Quran class for boys and girls
11. Distribution of water filters
12. Training of the Village Development Committee for preparation of a village development plan





Youth Empowerment Program (YEP)

Beneficiaries

3,607

Projects

5

Districts

23

HHRD's Youth Empowerment Program (YEP) educates, empowers, and engages Pakistan's youth to lead in humanitarian services. YEP offers youth camps, exposure visits, and internships, fostering leadership and career growth.

Activities:

1. Green Campus Plantation Drive, 2023 conducted to promote eco-friendly practices and a greener campus environment.
2. Youth empowerment clubs being formed at universities
3. The Capital University of Science & Technology (CUST) and AJK University organized events on World Water Day and "Empathy in Action" to emphasize water conservation, sustainability, empathy, and emotional intelligence.
4. Paid internships being offered to ESP Scholars
5. Mentoring sessions conducted each month for the core team of youth empowerment clubs
6. Digital media training workshop conducted in Islamabad and Lower Dir.
7. Science Exhibition organized in Islamabad for School children by youth showcased innovative science projects.
8. Iftar drives during Ramadan served underprivileged communities
9. Youth Empowerment Summit held to brought young leaders together to plan future initiatives, foster collaboration, and inspire positive impact on society.
10. Job Fairs and Internships: NUML, CUST, & RIU organized job fairs connecting students with employers, while youth participated in volunteer and paid internships for practical training and social causes.



On Labor Day, the members of the Youth Empowerment Club organized a truly remarkable initiative to support daily wage workers. They went beyond the usual celebrations and instead decided to make a significant impact on the lives of workers. Their innovative concept involved paying a day's wage to around the 100 laborers and providing them with a nourishing meal. Spearheaded by the youth team, this heartfelt endeavor aimed to uplift and empower the working class on this meaningful occasion.

Other activities by Youth Executive Clubs (YEC) at universities

Organized an awareness walk in F-6 sector of Islamabad Capital Territory (ICT) to raise awareness about Thalassemia and its impact on society, encouraging people to support affected individuals.

Conducted a workshop focusing on fostering critical thinking and communication skills through debates and discussions in National Defence University (NDU), Islamabad

Arranged a focus group discussion in Fatima Jinnah Women University, Islamabad, to gather valuable

insights on specific topics and facilitate meaningful dialogues.

Conducted blood donation camps in University of Peshawar and University of Chitral to contribute to the noble cause of saving lives through blood donations.

Organized a workshop focusing on empowering women with self-defense skills to enhance their safety and confidence.

Conducted a workshop for youth, aiming to bring positive social change in regions affected by floods.

Collaborated with HHRD to organize a certificate distribution ceremony, acknowledging the efforts of house officers and interns Nawabshah, District Shaheed Benazirabad.

YEC at Federal Urdu University of Arts, Sciences & Technology, Karachi celebrated Social Work Day and hosted the Eid picnic for orphaned children, spreading joy and happiness.



Azad Jammu & Kashmir

1. Bagh
2. Jhelum Valley
3. Haveli
4. Kotli
5. Muzaffarabad
6. Poonch

Balochistan

1. Barkhan
2. Duki
3. Gwadar
4. Hub
5. Jafarabad
6. Karezat
7. Kech
8. Kharan
9. Kohlu
10. Lasbela
11. Loralai
12. Nushki
13. Panjgur
14. Pishin
15. Qilla Saifullah
16. Quetta
17. Sibi
18. Sohbatpur
19. Zhob
20. Ziarat

Gilgit Baltistan

1. Astore
2. Diamer
3. Gilgit
4. Nagar
5. Tangir

Islamabad Capital Territory

1. Islamabad

Khyber Pakhtunkhwa

1. Abbottabad
2. Bajaur
3. Bannu
4. Battagram
5. Buner
6. Charsadda
7. Chitral
8. D.I.Khan
9. Haripur
10. Karak
11. Khyber
12. Lakki Marwat
13. Lower Dir
14. Malakand
15. Mansehra
16. Mardan
17. Nowshera
18. Peshawar
19. Shangla
20. Swat
21. Upper Dir
22. Upper Kohistan

Punjab

1. Attock
2. Bahawalnagar
3. Bahawalpur
4. Chakwal
5. Chiniot
6. Gujranwala
7. Jhang
8. Jhelum
9. Kasur
10. Khushab
11. Lahore
12. Layyah
13. Lodhran
14. Mandi Bahauddin
15. Mianwali
16. Multan
17. Muzaffargarh

18. Rahimyar Khan
19. Rajanpur
20. Rawalpindi
21. Sargodha
22. Sialkot
23. Taunsa Sharif (D.G.Khan)
24. Toba Tek Singh
25. Wazirabad

Sindh

1. Badin
2. Dadu
3. Hyderabad
4. Jacobabad
5. Jamshoro
6. Karachi East
7. Karachi South
8. Karachi West
9. Karachi Central
10. Kashmore
11. Keamari
12. Korangi
13. Khairpur
14. Larkana
15. Malir
16. Matari
17. Mirpurkhas
18. Naushahro Feroze
19. Qambar Shahdadkot
20. Sanghar
21. Shaheed Benazirabad
22. Shikarpur
23. Sukkur
24. Tando Allah Yar
25. Tando Muh. Khan
26. Tharparkar
27. Thatta
28. Umarkot



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