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# Executive Summary

The Comprehensive Physical Rehabilitation Program (CPRP) was initiated in 2006 following the 2005 Pakistan earthquake. It has evolved into a long-term initiative addressing rehabilitation needs beyond disaster recovery.

In the first half of 2025, CPRP made significant strides in providing physiotherapy, psychotherapy, speech therapy, occupational therapy, and audiology services across Pakistan, Afghanistan, and Jordan. Despite challenges in meeting some targets, the program achieved notable successes, including surpassing physiotherapy goals in Afghanistan and delivering prosthetics and assistive devices to vulnerable populations.

The Wheelchair Distribution Program expanded into DRC, Mali and Togo, with plans to begin supplying wheelchairs in Gambia, Morocco and Turkiye. HHRD opened 4 new Comprehensive Physical Rehabilitation Centers in Pakistan, enabling us to serve thousands more individuals.

Thank you for your interest in changing the lives of people with disabilities across the world. May Allah SWT guide you as you seek to learn more about our programs and how we can partner to achieve meaningful outcomes.

## 2025 Half Year Beneficiaries

Country	Department	Intervention	Beneficiaries
Pakistan	Comprehensive Physical Rehabilitation Centers	Physical Therapy	24,196
		Pediatric Therapy	7,715
		Occupational therapy	4,116
		Psychotherapy	7,125
		Speech Therapy	7,349
		Audiology	80
	Artificial Limbs	Orthotics	681
		Prosthetics	100
		Appliances	382
Afghanistan	Comprehensive Physical Rehabilitation Centers	Physical Therapy	5,744
		Speech Therapy	2,279
		Psychotherapy	513
		Orthotics, Prosthetics	45
Jordan	Assistive Devices	Hearing Aids for Children (153 units)	75 children
<b>Total</b>			<b>60,400</b>

# Comprehensive Physical Rehabilitation Centers

HHRD operates nine (9) CPRCs in Pakistan and two (2) in Afghanistan. Each complex serves as a comprehensive healthcare and rehabilitation facility with the capacity to support many different HHRD programs including CPRP, Children With Disabilities (CWDP), Healthcare And Nutrition (HANP), Orphan Support (OSP) and Higher Education Support (ESP) Programs.

## Pakistan

### Mansehra - Est. January 2009

9 Departments  
 3,409 New patients  
 13,914 Follow up patients

### Chakwal - Est. January 2013

7 Departments  
 1,307 New patients  
 14,557 Follow up patients

### Lower Dir - Est. January 2023

4 Departments  
 925 New patients  
 3,760 Follow up patients

### Shahid Benazir - Est. January 2023

4 Departments  
 265 New patients  
 1,728 Follow up patients

### Bahawalpur - Est. January 2024

4 Departments  
 370 New patients  
 1,605 Follow up patients

### Muzaffarabad - Est. 2025

4 Departments  
 381 New patients  
 1,711 Follow up patients

### Talagang - Est. 2025

5 Departments  
 314 New patients  
 4,944 Follow up patients

### Quetta - Est. 2025

4 Departments  
 214 New patients  
 996 Follow up patients

### Lakki Marwat - Est. 2025

4 Departments  
 308 New patients  
 654 Follow up patients

## Afghanistan

### Kabul - Est. 2020

5 Departments  
 2,445 Total patients

### Nangarhar - Est. 2024

4 Departments  
 6,136 Total patients

## Scope of Work

At each CPRC, HHRD provides interventions, devices and strategies to help people reclaim independence and overcome significant obstacles in their lives.

### Physical Therapy



The team addresses musculoskeletal conditions, neurological impairments, sports-related injuries, chronic pain, and women's health concerns.

Treatment approaches integrate targeted exercise programs with manual therapy techniques and therapeutic modalities to restore muscle strength and joint flexibility.

### Speech and Language Pathology



Encompasses the full spectrum of communication and swallowing care, from assessment through diagnosis and treatment. Our speech-language pathologists develop individualized therapeutic programs targeting speech production, language comprehension and expression, voice quality, and swallowing function.

### Psychotherapy



Comprehensive mental health services through a multidisciplinary team of qualified professionals. Clinical offerings include treatment for a range of mental health conditions including anxiety disorders, depression, and psychotic disorders. Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), and motivational interviewing.

## Scope of Work

Health goes hand in hand with community involvement. HHRD serves the most vulnerable people, using local partnerships to bring solutions to the places where they are needed most.

### Occupational Therapy



Services focus on enabling meaningful participation in essential daily activities including self-care routines, vocational tasks, and recreational pursuits.

Occupational therapists assess each patient's needs and work to improve their skills or modify their environment, helping them successfully participate in the activities that matter most to them.

### Awareness, Advocacy & Professional Development



Celebration of National and International disability related days. Internships for young professionals. Opportunities for universities, students and medical professionals to observe treatment.

### Outreach Camps



Outreach camps for each type of intervention were conducted, serving a total of 1,195 people. These camps provided free resources at community-based locations to assist individuals in need of rehabilitation.

# Artificial Limbs and Assistive Devices (Prosthesis and Orthosis)



CPRP delivers prosthetic and orthotic services that are both accessible and cost-effective. Through advanced technology, we supply mobility equipment and assistive devices that empower people to engage fully in their communities and pursue meaningful opportunities.

## Prosthetics

A prosthetic device replaces a missing limb. HHRD's facilities in Mansehra, Chakwal, and Kabul, we manufacture artificial limbs for both pediatric and adult patients.

## Orthosis

An orthotic device provides support, stabilization, or assisted movement to a body part while helping prevent deformity.

# Hearing Aids for the Children in Jordan



Conflict in Syria and Palestine has forced many families to seek refuge in Jordan. Children who had been within close proximity of explosives face significant hearing challenges. Without the ability to hear properly, these young refugees encounter obstacles in developing language skills, learning to communicate effectively, and forming meaningful connections with peers and family members.

HHRD supplies hearing aids to children in Jordan, providing them with a set, if necessary, all the instructions and training needed to care for the devices and follow up appointments to ensure their proper use.

## Razia's Triumph



Born with Cerebral Palsy, Razia's early childhood was marked by constant struggle. She couldn't walk, sit, or stand independently. Even speaking was a challenge she faced every day. Razia depended entirely on her family for every simple task — from moving to feeding to basic hygiene.

Through HHRD's CPRP, Razia was given a chance. She began receiving regular physiotherapy, individualized

care plans, and holistic support from a team of professional doctors, therapists, and staff who believed in her potential.

But that wasn't all. Razia also struggled with speech difficulties. Her words were unclear, and her ability to communicate needs and emotions was extremely limited. Thanks to targeted interventions and speech therapy support, her communication skills improved remarkably. Today, she speaks with nearly 50% improvement, forming clearer sentences and expressing herself with growing confidence.

Now, Razia is able to perform 99% of her daily activities independently. She can sit, stand, walk, and interact with her environment in ways her family once thought impossible. The sparkle in her eyes and her eager smile tell a story of transformation — not just of her body, but of her spirit.

## When Hope Makes a Difference



In Baqa'a Camp, a Palestinian refugee family with three children lives. Linda (15 years old), Sidra (17 years old), and Zaid (8 years old) each suffering from hearing loss. When their condition was diagnosed, the family was in shock. Their financial situation didn't allow them to afford hearing aids, nor did they have access to specialized services.

HHRD contacted the family, and the three cases were thoroughly assessed. Six appropriate hearing aids were provided—two each for Linda, Sidra, and Zaid—along with guidance and training for parents.

The moment Zaid heard his mother say "mama" clearly for the first time was a turning point for the entire family. Sidra's eyes began to tear up, while Linda smiled quietly. Their mother hugged them and said, "I never imagined a day would come when I would see my children hearing... This is a day I will never forget."

# Wheelchair Distribution

The distribution of wheelchairs in impoverished communities is a cornerstone of HHRD's comprehensive strategy.

Country	Notes	Wheelchairs
Bangladesh	Rohingya Refugees	65
	Local Bangladeshi	80
Jordan	3 electric wheelchairs	53
Lebanon	Syrian & Palestinian refugees	90
Cambodia		25
Nepal		70
Sri Lanka		200
Kenya	5 wheelchairs for children with Cerebral Palsy	105
Somalia		70
Uganda		70
Tanzania		80
DRC		53
Mali	44 hand cycle wheelchairs	44
Togo		53
<b>Total</b>		<b>1,058</b>



Brother Javid Siddiqi, HHRD CEO, on a visit to Uganda



Malaysia



Beanibazar, Bangladesh

## Give the Gift of Change



For a nominal investment, donors can radically change someone's life. It costs only \$250 for a manual wheelchair, and slightly more for an electric one. These simple solutions not only allow beneficiaries to get around on their own, but they support families and communities by enabling people with valuable skills to contribute more fully. Please consider donating.

## Success Stories



**Mgunya Bruno**, faced significant mobility challenges before receiving a wheelchair from Helping Hand. His life was severely restricted, making even essential activities like visiting the hospital incredibly difficult. The lack of mobility created a barrier to accessing healthcare and participating in community life. The provision of a wheelchair by HHRD dramatically improved Bruno's quality of life, enabling him to move freely and access essential services. Bruno expressed immense happiness and gratitude for the wheelchair.



**Kulsuma**, a 17-year-old girl living in Camp-15, presented with right-sided muscle weakness and mild limb atrophy, along with complications of poliomyelitis contracted during early childhood. Her condition severely impacted her mobility and made daily tasks difficult. Kulsuma was enrolled in regular physical therapy sessions to strengthen her muscles and enhance functional mobility. She received a wheelchair, which drastically improved her independence. She is now able to carry out many of her daily activities with greater comfort and reduced dependency. Her confidence and quality of life have significantly improved.

# Helping Hand Institute of Rehabilitative Sciences

Empowering communities for sustainable growth through collaboration and innovation.

Helping Hand Institute of Rehabilitation Sciences (HHIRS) is a Pakistani educational institution offering degree and diploma programs in allied health sciences. Founded in 2009, it provides Doctor of Physiotherapy (DPT), Speech and Language Pathology, Prosthetics and Orthotics, and other healthcare technology diplomas. HHIRS emphasizes research, community service, quality education, and student support through scholarships. The institute maintains affiliations with Khyber Medical University and Riphah International University.

There is also a complete rehabilitative medical facility that serves community members utilizing the latest scientific advancements.

## Total Cumulative Graduates

Degree/Diploma	Graduates
Doctor of Physical Therapy	205
Bachelors Speech Language Pathology	36
Bachelors Prosthetics & Orthotics	31
Diploma	155
<b>Total</b>	<b>427</b>



*Mr. Shahid Farooqi visits HHIRS in Mansehra to test some of the latest equipment.*

*Thank you*



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FOR RELIEF AND DEVELOPMENT

[hhrd.org](http://hhrd.org)