



HELPING HAND
FOR RELIEF AND DEVELOPMENT

KIND-R Hospital

Karachi Institute of Neurological Diseases & Rehabilitation

ANNUAL REPORT - 2024



Together | **SERVING.
HEALING.
WE ARE EMPOWERING.**



Table of Contents

Acknowledgement.....	3
Executive Summary.....	4
Project Key Components.....	5
KINDR Project Implementation Methodology	6
Project Timelines	7
Overall Project Construction Progress	8
Key Deliverable and Milestones Achived in 2024	9
Key Highlights.....	10
Key Achievements	10



Acknowledgement

We would like to express our heartfelt gratitude to the dedicated individuals and teams who have been instrumental in helping us achieve this year's milestones. The accomplishments highlighted in this annual report reflect the unwavering commitment, perseverance, and exceptional teamwork of our staff. We extend our sincere thanks to the HHRD management team and Advisory Committee members for their exemplary leadership, strategic vision, and sound decision-making, which have elevated the KIND-R project to remarkable new heights.

Every department, from finance to administration, has played a crucial role in meeting our objectives and achieving significant progress. We also deeply appreciate the contributions of our external stakeholders, whose coordination and outreach efforts have amplified our impact beyond our immediate team. As we move forward, we do so with confidence, knowing that our collective efforts will drive us to surpass expectations and achieve even greater success.

Executive Summary



The Karachi Institute of Neurological Diseases and Rehabilitation (KIND-R) is an ambitious project by Helping Hand for Relief and Development (HHRD). In 2024, significant strides were made towards its successful realization. The construction is progressing on schedule, with major milestones reached, including the completion of structural framework of the new back building and foundational structures such as the underground water tank and warehouse. Key areas like the emergency staircase, generator pad, and laundry are also advancing as planned. Additionally, a solar energy system has been incorporated into the design, ensuring sustainability and reducing the facility's carbon footprint as of the end of 2024. Procurement of medical equipment is well underway, and the staffing process is on schedule, with full operational readiness expected by April 2025.

Looking ahead to 2025, KIND-R is poised to make a lasting impact on the healthcare sector in Pakistan with the inauguration of the first phase, which will include nine fully functional outpatient clinics with comprehensive rehabilitation services and allied services.

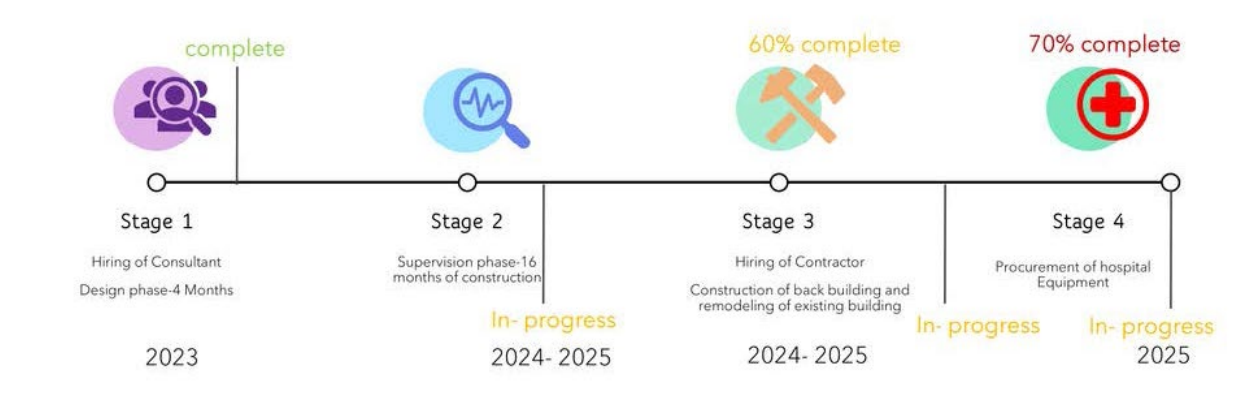
Project Key Components

Project Components	Details
Infrastructure Development	<p>Total area of plot: 2,741 square yards</p> <p>Front building</p> <ul style="list-style-type: none"> ▪ Total covered area of front building: 27,770 square feet <p>Back building</p> <ul style="list-style-type: none"> ▪ Back building 350 square yards ▪ Total proposed covered area of back building: 14,519 square feet ▪ Total constructed area of front & back: 42,289 square feet
Rehabilitation Services	<ul style="list-style-type: none"> ▪ Physiotherapy ▪ Psychotherapy ▪ Speech Therapy ▪ Occupational Therapy ▪ Cardio Therapy with Gymnasium - Audiology ▪ Prosthetic & Orthotics
Clinical Services	<p>9 OPD clinics for pediatrics and adults specialized care for paraplegia, stroke, and traumatic brain injuries (TBI) with daily capacity: 600–1,000 outpatients</p> <ul style="list-style-type: none"> ▪ Neurophysician ▪ Neurosurgeon ▪ ENT ▪ Orthopedic ▪ Pediatrician ▪ Cardiologist ▪ Endocrinologist ▪ Psychiatrist ▪ General physician
Allied Services	<ul style="list-style-type: none"> ▪ Ultrasound ▪ X-Ray lab ▪ Pharmacy ▪ Neurophysiology lab
Target Community	Disabled and physically challenged individuals
Project Management	<ul style="list-style-type: none"> ▪ Implemented By: HHRD Pakistan ▪ Focal Person: Dr. Amir Hussain (Project Director)

KINDR Project Implementation Methodology

Methodology	Activity	Responsibility	Timeline
Planning	Site analysis, feasibility studies, design approval	ACM, Project team, Architect & Site Engineer	2023
Design	Finalizing architectural design, engineering drawings	ACM Engineers, HHRD Site Engineer	2023
Construction	Site preparation, civil work, foundations, structural work	Construction team, Consultant Supervision team & Contractors	2024
Infrastructure	Electrical, HVAC, plumbing installation, solar system setup & generator	Electrical & Mechanical Engineers	2025
Interior Work	Interior theme, flooring, painting, fixtures installation, furniture placement	Interior team, Suppliers	2025
Equipment Procurement	Procurement of medical and office equipment	Procurement team, Vendors	2024-2025
Testing & Commissioning	Equipment and systems testing, commissioning	Engineers, Vendors	2025
Launch & Operations	Final inspection, operational readiness, inauguration	Project team, HHRD Management	May, 2025

Project Timelines



Overall Project Construction Progress

Activity Detail	Start Date	Completion Date	Revised Proposed Completion Date	Progress	Remarks
Existing Main Building (Ground + 02-Floor Remodeling Work)					
Removal of existing floor, Walls, Plaster, Paint, Heating Ventilation and Air Conditioning work, Elevators, Electrical, Firefighting, Plumbing work, Firefighting work, and Cladding work	01-Jan-24	30-Sep-24	30-Mar-25	60%	
Back Building New Construction (Basement + Ground + 02 Stories)					
Excavation, RCC Footings & Columns, Roof Beams & Slabs, Plaster, Paint, Electrical & Plumbing work, Firefighting work, Heating Ventilation and Air Conditioning work	13-Dec-23	20-Mar-25	30-Apr-25	50%	
Allied Works (Connected Bridges, Emergency Staircase, Laundry, Warehouse, Dump Waste and External Development)					
Structure work, Finishing work, Earth work, and Flooring	01-Jul-24	15-Mar-25	30-Apr-25	45%	

Overall Project Construction Progress: 60%



Key Deliverable and Milestones

Archived in 2024

Key Deliverable	Description	Actual Start	Deadline	% Comp.	Responsible Team/ Person
Back & Front Building Civil Work	Completion of the basement and G+2 back & front building grey structure completed	Dec, 2023	Oct, 2024	100%	Contractor , Consultant & Site Engineer
Back Building Finishing Work	Back building basement and G+2 finishing work in progress	Dec, 2023	Apr, 2025	50%	Consultant, Contractor AC & Site Engineer
Front Building Right & Left Wing Renovation	Renovation of the front building, including MEP work, finishing, and installation of equipment	Jan, 2024	Mar, 2025	60%	Consultant, Contractor, AC & Site Engineer
Equipment Planning, Hospital Interior Planning and Execution	Hospital equipment procurement, interior work planning/finalization of theme and furniture placement	Sep, 2024	Dec, 2024	90%	PD, PC & Consultant
Approval For KE PMT Installation	Securing NOCs and approvals for power infrastructure updates and new PMT installation.	Oct, 2024	Dec, 2024	100%	Liaison Manager, PC & Finance
Departmental Manual and Policies	Development and approval of manuals, KPIs, and hospital policies for smooth operations	Mar, 2024	Aug, 2024	100%	HR, PD R&D Department
Committees Formation & HIMS Software Implementation	Formation of hospital committees and implementation of management information systems	Feb, 2024	Sep, 2024	80%	AC, IT, Project Director
KIND-R Logo Registration	Budget approval outsourcing services for copyrights documentation	Jul, 2023	Dec, 2024	100%	PD, PO & Consultant lawyer
Marketing & Fundraising Campaign Launch	Development of promotional materials, KIND-R website, and fundraising campaign rollout	Nov, 2024	Dec, 2024	5%	Media Team, HHRD-US Media Team

Key Highlights

Construction progress breakdown



Back Building Construction:

The structure is nearing completion, with 50% of the work finalized. All major frameworks have been completed, and remaining tasks are on schedule for delivery within the next few months.

Existing Building Remodeling

Renovation of the main wings is 60% complete. Upgrades focus on creating modernized, patient- centric spaces equipped for advanced rehabilitation services.

This year, we completed critical structural work on the back building and finalized plans for finishing items like flooring, fixtures, and equipment installation.

Key Achievements

1. Completion of structural frameworks for the new buildings
2. Finalization of designs and materials for finishing works.
3. KIND-R logo registration



Thank you



HELPING HAND
FOR RELIEF AND DEVELOPMENT

hhrd.org