



# Healthcare and Nutrition Program

## ANNUAL REPORT - 2024



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# Introduction

Primary healthcare services are a basic right of every human being. Although government health facilities are available, the lack of proper human resources and the remoteness of certain areas discourage communities from accessing these facilities. This results in an increased risk of mortality and morbidity, blindness, malnutrition among women, children and the elderly among other vulnerable populations. Ultimately, these families face health issues that are difficult to manage in low-income communities.

In light of these barriers and challenges, Helping Hand for Relief and Development (HHRD) launched the Healthcare and Nutrition Program to support communities facing disaster-related health issues, post-disaster recovery, and limited access to advanced treatments in remote areas, as well as beneficiaries of HHRD programs in its adopted regions.

HANP's interventions provide comprehensive services with an integrated approach. The areas served by HHRD benefit from specific initiatives, including free medical camps, eye patient screenings, identification of malnourished mothers and newborns, mobile dental services and diagnostics. With four primary goals, HHRD employs a number of strategies to address each issue with compassion.

**HANP's mission is to provide affordable, accessible and efficient health services to the poor, vulnerable and excluded communities.**





## Goal 1: Physical and Mental Health Services to Underserved and Disaster-Hit Communities

Across the world, HHRD responds to evolving situations with emergency provisions, basic nutrition services and deployment of mobile health clinics. Strategies include:

- Clinics, health posts & diagnostic centers
- Mobile dental services
- Mental health services and psycho-social support
- Strengthening health facilities (equipment, supplies, etc.)



## Goal 2: Comprehensive Maternal and Child Healthcare

Healthcare is a lifelong consideration that begins with maternal care. HHRD prioritizes this critical life stage by providing dedicated facilities and interventions for mother/child healthcare. Strategies include:

- Quality ante-natal and post-natal care
- Safe delivery services
- Neonatal care and immunization
- Nutritional supplements to malnourished women and children.



## Goal 3: Prevention of Blindness

HANP's flagship program, the Prevention of Blindness, is available in 20 countries and 6 different refugee populations. Cataracts are the primary reason people suffer from lack of vision. Many communities are unable to afford surgery, and in response, HHRD established eye care clinics and treatment opportunities for screenings, eyeglasses and cataract surgeries.

Restoring sight to vulnerable populations enables people to return to work and to participate more fully in daily activities. Surgery is successfully completed within an hour and the patients regain sight that same day. Strategies include:

- Identification and contracting quality Eye Care facilities in selected areas
- Organizing Eye Camps
- Ensuring treatment for the common eye problems
- Conduct cataract eye surgeries



## Goal 4: Emergency Medical Response and Safe Transportation Services

HANP's fleet of ambulances assist both adults and children with disabilities in getting to regularly scheduled doctor appointments as well as emergency care. These ambulances have been deployed in Pakistan, Bangladesh and Palestine. Strategies include:

- Rapid response units equipped with portable ventilators
- Affordable and safe transportation through a fleet of ambulances
- Accessible transportation services to children registered with Children With Disabilities Program



# Beneficiaries by Project Intervention

Projects	Total #	535,176
Prevention of Blindness (18 Countries, 6 Refugee Populations)	# Cataract Surgeries	12,228
	# beneficiaries	30,410
	# Camps	88
Integrated Healthcare & Nutrition Clinics (17 Clinics in 5 Countries)	# Clinics	17
	# Camps	124
	# beneficiaries	234,946
Diagnostic Services (Lab, Ultrasound)	# of facilities	4
	# Tests	103,334
Mobile Medical Units (8 Units in 4 Countries)	# MMUs	7
	# Camps	305
	# Beneficiaries	86,396
Mobile Dental Clinic (In Cox's Bazar Refugee Camp, Bangladesh)	# Beneficiaries	20,322
Ambulances (5 Ambulances in 3 Countries)	# Vehicles	4
	# Beneficiaries	3,251
Pick & Drop CWDP Children (11 CWDP Clusters in Pakistan)	# Vehicles	11
	# Services	36,379
MCH Center (Uttar Kalan Village, Mianwali)	# Camps	60
	# Beneficiaries	11,309
MCH Outreach (Urban Slums in Karachi)	# Camps	60
	# Beneficiaries	3,656
UV Prolapse (4 Districts in Nepal)	# Beneficiaries	196
	# Surgeries	30
Support to NICU (District Hospital in Mithi, Pakistan)	# Beneficiaries	2,584
Hi-Tech Ultrasound for Interventional Sonography	# Beneficiaries	10,646
Dialysis Unit	# Beneficiaries	1,063
	# Sessions	417
Minor & Elective Surgeries for Orphans and Their Families	# Beneficiaries	25
Circumcision & Minor Surgeries for Rohingya Refugees	# Circumcision	1,492
	# Minor Surgeries	1,168
Mental Health and Psycho-Social Support for Rohingya Refugees	# Beneficiaries	7,488
Prevention and Control of Skin Diseases for Rohingya Refugees	# Beneficiaries	8,570
Hospital Support (3 Hospitals in Telangana State of India)	# Beneficiaries	32,955

# 535,176 Beneficiaries in 22 Countries



## Multiple Interventions



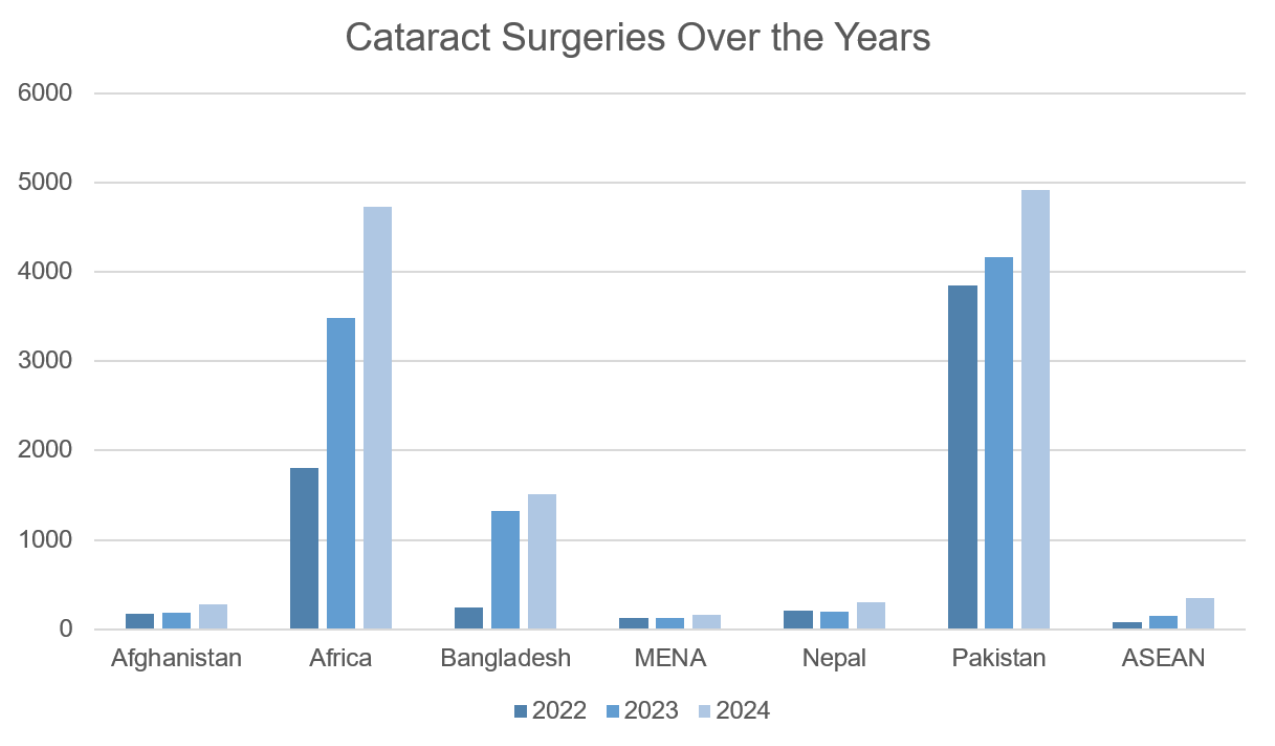
## Prevention of Blindness Only

Pakistan <b>209,358</b>	Tanzania <b>1,392</b>
Afghanistan <b>35,284</b>	Indonesia <b>75</b>
Nepal <b>3,910</b>	Sri Lanka <b>350</b>
Morocco <b>12,281</b>	Somalia <b>510</b>
Lebanon <b>215</b>	Somaliland <b>516</b>
Jordan <b>465</b>	Uganda <b>1,055</b>
India <b>33,930</b>	South Africa <b>1,239</b>
Bangladesh <b>7,820</b>	Mali <b>767</b>
Bangladesh (Rohingya Refugees) <b>205,396</b>	DRC <b>760</b>
Northern Syria <b>7,263</b>	Gambia <b>612</b>
Kenya <b>10,577</b>	Ethiopia <b>467</b>
	Congolese Refugees in Kenya <b>296</b>
	Ethiopian Refugees in Kenya <b>312</b>
	Sudanese Refugees in Kenya <b>326</b>



# Prevention of Blindness

HANP’s flagship program, the Prevention of Blindness is in operation in X countries. Cataracts are the leading cause of blindness, and surgery is often too expensive. HANP supports vulnerable communities by partnering with local medical providers and organizing eye care camps across the globe. Each beneficiary receives a free eye screening to determine their need. Those selected for surgery receive additional supports including recovery, transportation and lodging in some cases.

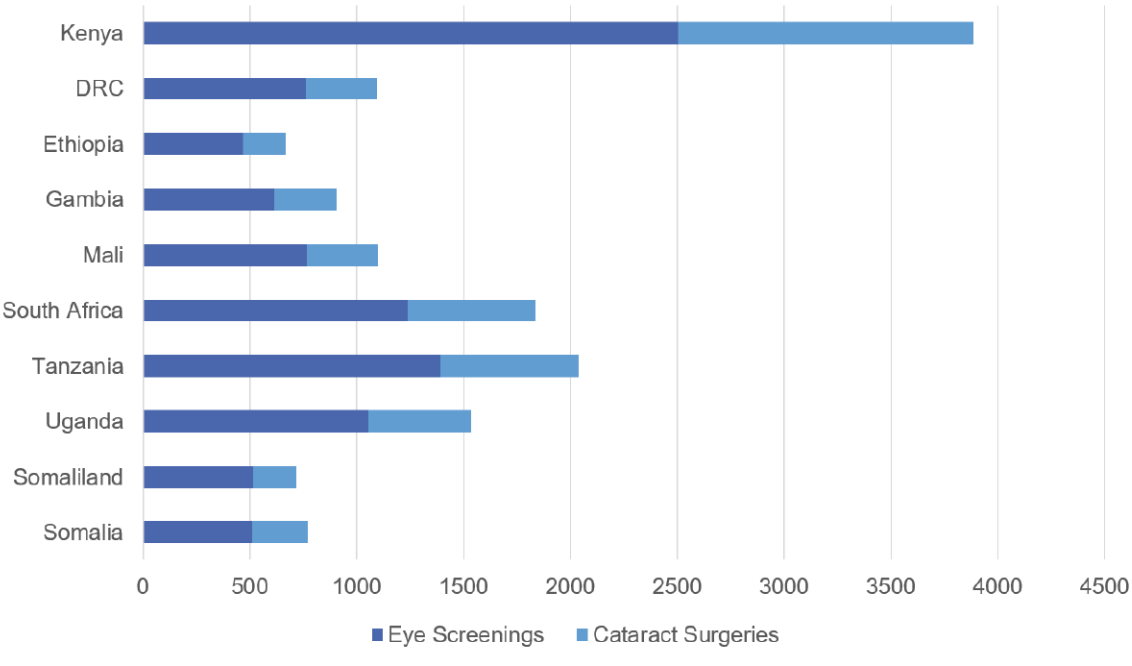


# Africa



Prevention of Blindness Program is offered in more countries than nearly any other HHRD endeavor (besides Qurbani and Winter Relief). We provide free cataract surgeries for many different refugee populations including Sudanese, Yemeni and Ethiopian. Our operations are widespread throughout Africa, including countries such as Mali, Gambia, and Democratic Republic of the Congo in addition to our local offices in Kenya. This program was launched in 2016. A comprehensive endeavor, it addresses the needs of thousands of individuals every year.

## Eye Screening and Cataract Surgery Beneficiaries in 2024



## Pakistan



The Prevention of Blindness Program is a core project in Pakistan and operates throughout the country including Gilgit Baltistan and Azad Jammu & Kashmir. In 2024, 18,886 beneficiaries were screened and there were 4,920 surgeries performed. 73 camps throughout the nation facilitated this live changing intervention.

## Bangladesh



Prevention of Blindness serves Rohingya Refugees in Cox’s Bazar and local Bangladeshi outside the camps. In Cox’s Bazar, we work in three different locations with targeted interventions to address a wide variety of vision needs. In Camp 7, there is a full fledged eye care center where surgeries are carried out. Eyecare is also available in the Camp 16 Healthcare Center. The third project is for local Bangladeshi population which carries out surgeries in different districts in Bangladesh.

Intervention	Local Bangladeshi	Cox’s Bazar	Total
Cataract Surgeries	600	909	1,509
Total Beneficiaries	1,344	5,851	7,195

## Other regions

Cataract surgeries and eye camps are also performed in Afghanistan, Jordan, Lebanon, Nepal and Sri Lanka. In each of these places, individuals once unable to afford surgery can resume important parts of their lives like work or household chores. Some beneficiaries report finally being able to read the Quran after years of ocular degeneration.

# Integrated Healthcare and Nutrition Clinics

HHRD leverages as many supports as possible for the people that we serve. Children with disabilities, orphans and their families and the wider community are welcome in HANP's integrated healthcare and nutrition clinics. Located in Pakistan, Nepal, Morocco, Northern Syria, Bangladesh and Kenya, these vital community resources touch thousands of lives each year.

Country	# Clinics	# Camps	Beneficiaries
Pakistan	11	119	101,165
Nepal		5	2,860
Bangladesh	1		6,476
Bangladesh (Rohingya Refugees)	2		112,404
Morocco	1		2,100
N. Syria	1		7,263
Kenya	1		2,678
<b>Total</b>	<b>17</b>	<b>124</b>	<b>234,946</b>





## Nutrition for Malnourished Children

A key initiative within the Healthcare and Nutrition Program addresses malnutrition among CWD (Children With Disabilities) and OSP (Orphan Sponsorship Program) children. In the beginning of the year, all children under HHRD care received a physical with nutrition recommendations. HHRD also distributed nutritional kits for malnourished expectant women.



Before Treatment



After Treatment

**Misbah Ali, a 16-year-old girl from CWDP, had a BMI of 11.4, indicating severe malnutrition. She received nutritional guidance and supplements from the Health Clinic. Her dietary history was assessed and through follow-up visits and parental guidance, her health improved significantly. By the end of the period, her BMI increased to 15.2 with a weight gain of 20kg. Her parents thanked the Health Clinic for their support in adopting better nutritional habits.**

# Mobile Medical Units

HHRD focuses on remote and underserved areas, delivering healthcare solutions through mobile medical units. Equipped with all the basic necessities for primary healthcare, this initiative brings hope to people in rural areas who might not otherwise be able to access medicine.

Country	Pakistan	Afghanistan	Morocco	Kenya	Total
# MMUs	4	2	1	1	8
# Beneficiaries	35,767	34,119	10,181	6,329	86,396



### Kenya

This community-based intervention was re-launched in Kenya after nearly ten years. Focusing on remote and underserved areas, the MMU offers services including disease screening, health education, and preventive care.



### Afghanistan

Two mobile units serve orphans, widows, disabled individuals, and impoverished families across five provinces. Each unit is staffed with male and female doctors, a lab technician, a pharmacist, and support staff. Services include regular medical checkups, laboratory testing, free medication, and health and hygiene awareness education.



### Pakistan

Four mobile medical units have been established in Pakistan. These units serve vastly different areas including Fazilpur Rajanpur, KGM Mirpur Khass Sindh, Jaffarabad Baluchistan and Gawader Baluchistan. Each MMU provides multiple interventions including primary healthcare services, health awareness sessions and free clinics.



### Morocco

After the devastating earthquake of 2023, HANP established a mobile medical unit to serve the survivors. Equipped with an examination room, and all the necessary technology, this caravan-sized medical center on wheels served thousands during the immediate aftermath of the crisis.

# Mother/Child Healthcare

Women and children are among the most vulnerable sections of the population, with unique needs. HANP assists mothers from pregnancy through childbirth and beyond. Integrated health centers provide pre-natal and anti-natal healthcare, while the staff members in Tharparkar's NICU ensure that the smallest infants thrive. Nutrition for malnourished children is provided in partnership with the Children with Disabilities and Orphan Support Programs. We provide free screenings and follow-up assistance for any child with a dangerously low BMI. And long after childbirth, HANP assists women in Nepal with UV Prolapse, a painful condition that can result from manual labor during pregnancy.

## Mother and Child Healthcare Centers



Initiated after the 2010 floods, HHRD's Mother and Child Healthcare centers persevere despite severe weather that damaged health infrastructure. The MCHC in the region now serves as the primary facility for antenatal, natal, and post-natal care, chosen by locals due to its proximity and services. It continues to serve thousands from the village and surrounding areas.

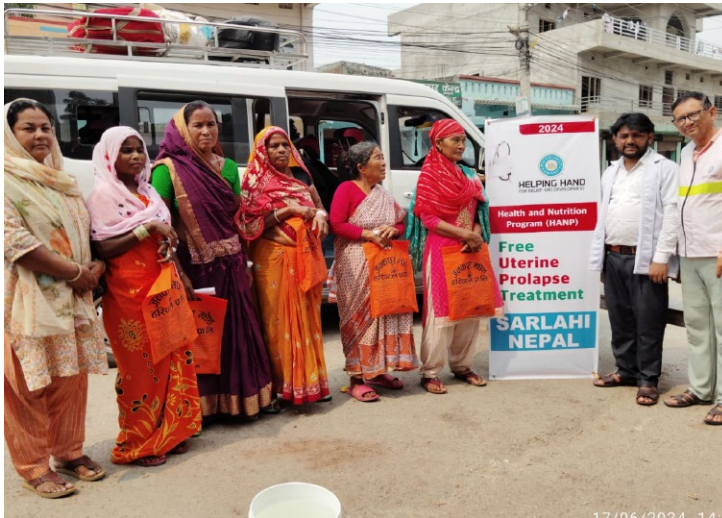
## Maternal Health Care Outreach Project



The Maternal Health Care Project, started in 2022, aims to improve outreach and provide primary healthcare in the urban slum communities of Karachi, focusing on Burmese immigrants. Beneficiaries receive nutritional and medical services, and community health facilitators ensure follow-up.



## UV Prolapse Treatment



Uterine prolapse, a serious but often overlooked condition affecting 10-37% of women in Nepal, stems from insufficient maternal care, repeated childbirth without recovery time, poor nutrition, and heavy physical labor post-birth. Treatment was provided free of cost to women who couldn't afford care in 3 districts including: Siraha, Mahottari and Sarlahi.

## Neonatal Intensive Care Unit Staffing



The Government District Headquarter Hospital in Mithi, Tharparkar needed renovation after a 2013 drought. HHRD not only renovated the facility, but since 2015, we have fully funded five medical technicians to ensure 24/7 emergency care is available.



# Pakistan

HANP has a history of fifteen years in Pakistan. Starting in 2010, HANP has grown to include both urban and rural communities and services mother and child healthcare centers, cataract surgeries, mobile medical units and integrated healthcare facilities.

Project	Indicator	209,358
Prevention of Blindness	# Cataract Surgeries	4,920
	# beneficiaries	18,886
	# Camps	73
Integrated Healthcare & Nutrition Clinics	# Clinics	11
	# Camps	119
	# beneficiaries	101,165
Mobile Medical Units	# MMUs	4
	# Camps	284
	# Beneficiaries	35,767
Ambulances	# Vehicles	3
	# Beneficiaries	659
Pick & Drop CWDP Children	# Vehicles	11
	# Services	36,379
MCH Center	# Camps	60
	# Beneficiaries	11,309
MCH Outreach Khi	# Camps	60
	# Beneficiaries	3,656
Support to NICU	# Beneficiaries	2,584
Hi-Tech Ultrasound	# Beneficiaries	10,446
Dialysis Unit	# Beneficiaries	88
	# Sessions	417

## Ambulance Service



The Ambulance Fleet is a regular project of HHRD. Implemented in 2013 through a sustainable model, the project continued vehicle operations by equipping 8 ambulances to transport children with disabilities (CWDs).

## Provision of Medical Equipment

A dialysis machine donated to a hospital in Lakki Marwat served 88 patients with 417 dialysis sessions. An ultrasound machine at the Sindh Government Hospital in North Karachi performed 10,446 ultrasound tests, more than double its target.

# Bangladesh

In 2024, healthcare interventions in Bangladesh focused on two primary areas: providing comprehensive medical services to Rohingya refugees in Cox's Bazar and delivering community-based healthcare to local Bangladeshi populations in rural areas, particularly in the Gonopoddy union of Nakla Upazila, Sherpur district.

## Interventions in Cox's Bazar

Since 2017, Rohingya refugees have faced numerous health challenges, including chronic conditions, trauma-based psychological disorders, and limited access to healthcare. Their situation has been complicated by prolonged camp confinement and movement restrictions.

### Free Medical Clinic



Clinics in Camp 14 & Camp 16 are staffed by experienced physicians and nurses. They offer free medical treatment for various conditions, including musculoskeletal disorders, skin diseases, gastritis, hypertension, diabetes, and respiratory conditions. These clinics provide a valuable resource for refugees, and are among the most well established medical centers in the region.

### Diagnostic Center



Located in Camps 14 & 16, these diagnostic facilities feature advanced technology. They offer essential testing services such as blood typing, hemoglobin, malaria, glucose, and dengue testing. Additionally, they accept referrals from both local and international medical institutions.

## Mobile Dental Clinic

The operation has been in effect since January 2018, serving multiple camps including camps 7, 8/E, 9, 14, 15, and 16. Comprehensive oral healthcare and education are provided, addressing a significant need as approximately 65% of refugees experience oral health issues. Oral hygiene aids and medicines are also distributed.

### Beneficiaries By Year

	2020	2021	2022	2023	2024
Total Refugees Assisted	16,061	20,516	20,068	18,845	20,322

## Circumcision and minor surgeries



Due to the ongoing nature of the Rohingya refugee crisis, many babies are being born in the refugee camp who require circumcision. HHRD added this intervention in 2022 to address this ongoing need. Minor surgeries, including circumcisions, are conducted in the existing Minor Operation Theaters (OT) within the Health and Diagnostic Centers in Camps 14 & 16.

## Emergency ambulance services



HHRD's Ambulance Service initiative was started to assist patients in emergencies and address the mobility crisis in the camp. It also supported referrals, allowing critical patients to access better treatment outside the camp hospital.

## Mental Health and Psychosocial Support (MHPSS) program



Acknowledging the profound psychological impact of displacement and Gender Based Violence, HHRD provides counselling services, psychological first aid, targeted identification and referral systems, to contribute to the mental well-being of the Rohingya community. These psycho-social support activities are carried out in two medical centers in Camps 14 & 16.



## Prevention and Control of Skin Diseases

Due to the climate and the population density, skin disease has become a problem in the refugee camps. HANP developed a comprehensive intervention to address this need. The implementation methodology involves establishing a specialized dermatology facility within the existing Health Post Center at Camp 16, and deploying trained dermatology professionals to diagnose, treat, and manage skin conditions.

## Success Story

A 27-year-old male patient named Hossain Johar, presented to HHRD health facility of Rohingya camp 14 with the complaints of swelling in his right foot for one and half year. For last one month he was having difficulty in walking because of pain when he walks, and it was hampering his daily life activity.

On clinical examination, all the features were indicating it as a lipoma which was needed a minor surgery. The doctor of HHRD medical clinic performed surgical excision and removed the lump and gave all medications need for his quick recovery.

Lipoma on right foot.

The patient came back later for follow up with a broad smile as he can walk without any pain and interreference. He was very grateful to the medical staffs treated him and was praying for the wellbeing of the donors of HHRD for whom he received free surgical treatment as well got expensive medications that helped him cure within a short period of time.



Before



Surgery



After

## Interventions in Rural Bangladesh

Community clinics serve as vital healthcare centers for rural residents in the Gonopoddy union, Nakla Upazila of Sherpur district. This intervention is for local Bangladeshi residents, unlike the specific services for refugees in Cox's Bazar. These clinics have demonstrated positive impacts on:

- Public health accessibility
- Economic conditions
- Overall quality of life for local populations

# Afghanistan



Afghanistan is affected by four decades of conflict, natural disasters, poverty and drought. HHRD established a presence in the region in 2014, but the recent transition of leadership forced the restructuring of many activities. According to UNOCHA Humanitarian Office, 18.5 million people were already in need of humanitarian assistance before the date of transition, and the situation has only gotten worse.

In Afghanistan, HANP provides a variety of services, including eye care surgery, mobile medical units, and diagnostic services. These interventions have benefited thousands of individuals. The eye care surgery has restored vision to many, significantly improving their quality of life. Mobile medical units bring healthcare to remote areas, ensuring that even those in distant regions receive essential

medical attention. Diagnostic services help in early detection and treatment of various health conditions, contributing to better health outcomes for the population.

Projects	Indicator	Total
Prevention of Blindness	# Cataract Surgeries	275
	# beneficiaries	1,165
Diagnostic Services	# of facilities	2
	# Tests	6,042
Mobile Medical Units	# MMUs	2
	# Beneficiaries	34,119

## Middle East and North Africa

HANP has a long history of work in Jordan and Lebanon with displaced Syrian and Palestinian refugees. In 2023, the program included clinics in Morocco and Northern Syria. HHRD continues to monitor the needs of the local populations in disaster hit countries to determine which services are necessary.

Country	Beneficiaries	Surgeries
Jordan	300	140
Lebanon	15	15

### Prevention of Blindness

HANP offers free screenings and diagnostic services. We treat common problems and offer education and counseling on the subject of eye health. For those selected, surgery is provided free of cost through partnership with local facilities.



## Minor and Elective Surgeries



This project aims to assist those in need, particularly orphan families who have a sickness that requires surgery but cannot be treated because of their financial situation. Left untreated, minor diseases or injuries can get worse, causing pain and situations that are more dangerous than the original infection.

## Ultrasound Machine Donated in Lebanon

HHRD donated an ultrasound machine to a healthcare center in Lebanon near the Syrian border. This strategic location allows it to serve more Syrian refugees with essential technology. People are no longer forced to travel long distances for necessary diagnostic appointments. It enables people to access ultrasound technology without paying any additional costs. In 2024, 200 people benefited from this technology.

## Clinic in HHRD Village in Northern Syria



Afrin, an HHRD residential village, was opened in December, 2023. Designed for survivors of the Turkiye/ Syria earthquake, the village consists of 250 fully serviced residential houses, a school, a mosque, a health center, a playground, and shops. The clinic helps patients in need through examinations, diagnoses as well as treatment and free medication. In 2024, 7,263 patients were seen in the HHRD Village clinic in Northern Syria.

## Clinic and Medical Camps for Earthquake Victims in Morocco



The 2023 earthquake left more than 2,900 people dead and 5,500 injured, most of them in the provinces of Al Haouz, Taroudant, and Chichaoua. HHRD responded by providing field public health and mental health services in earthquake-stricken areas through a mobile unit and later, in partnership with the Shelter Relief Program, a permanent clinic was established at HHRD village in Aghbar.

Intervention	Beneficiaries
Medical Camps	10,181
HHRD Village Clinic	2,100



# Nepal

Nepal is one of the least developed countries in the SAARC region, with an inconsistent health system, inadequate resources, and poor sanitation. Ranked 111th out of 195 countries by the Global Health Security Index, Nepal faces obstacles like unequal health service distribution, medication shortages, lack of regulation, insufficient infrastructure, widespread poverty, and limited geographical access. Public health facilities are divided into primary (preventive and basic care), secondary (referral and emergency services), and tertiary (advanced support and training), but many remote areas only have primary facilities or none at all, requiring long travel to access secondary services. To address these challenges, HHRD USA/Nepal has organized free medical camps in underserved areas of Jhapa, Siraha, Mahottari, Sarlahi, and Chitwan, providing consultations, medications, cataract surgeries, and treatment for uterine prolapse to those in need.

## Static Medical Camps



Organized camps in remote villages with limited healthcare access. Multiple specialist doctors (gynecologists, pediatricians, orthopedists, ophthalmologists, dentists) provided consultations and free medications. Camps operated in partnership with local hospitals and health posts.

## Farmer Discovers Free Healthcare through HANP



My name is Kurshid Ali. I am a 61-year-old resident of Ishwarpur Municipality Ward 6. As a poor farmer, my family and I work on the fields owned by a landlord. With 10 members in my family, I have to support us by working as a laborer and selling livestock.

Over the years, a significant portion of my earnings has gone towards medical expenses for my family. Previously, we attended public health camps in the local community, but we were required to pay a fee for check-ups and purchase medicine. Therefore, I was grateful for the free health camp organized by HHRD Nepal/USA.

The free registration, check-up, and medicine provided at the camp surprised me. The treatment received was compassionate, and the medication helped alleviate my physical pain. I extend my heartfelt thanks to the organizer HHRD, the entire team of healthcare professionals, social volunteers, and community representatives who assisted me during my time of need. I am now able to recognize the humanitarian aid extended by the community, and I offer my prayers of gratitude to the donors for their generous support.

# Kenya

In 2023/2024, HANP expanded services in Kenya to include more than just Prevention of Blindness. We now operate a mobile health unit and basic health unit, both of which are designed to address the healthcare needs of the local population. Mobile health units are deployed in multiple countries including Afghanistan, Morocco and Kenya. The Basic Health Unit is a new intervention that is local to Kilifi County in Kenya.

## Basic Health Unit (BHU)



This intervention was established in 2023 in Kilifi County, Kenya. The BHU provides primary healthcare, pharmacy services, and basic laboratory testing. It is well integrated with other HHRD programs supporting orphans and children with disabilities.

## Prevention of Blindness



## Mobile Health Unit



# India



India has a large Muslim population, making up 14% of its 1.4 billion people. HHRD has limited activities in India including assistance in three Muslim operated hospitals. A total of 33,930 patients were served at MG Hospital in Wadi e Huda, MG Hospital in Tarnaka and MG Hospital in Tolichowki in the year 2024. Inshallah, in 2025, we look forward to beginning an ophthalmology unit and free medical camps.

Hospital Project	2022	2023	2024
Dialysis Center	279	624	975
MG Tarnaka	621	4692	6082
MG Tolichowki			3500
MG Wadi e Huda	1278	7529	13773
Lab & X-Ray Unit			9600

*Thank you*



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