



HELPING HAND
FOR RELIEF AND DEVELOPMENT

Comprehensive Physical Rehabilitation Program

ANNUAL REPORT - 2025



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**SERVING.
HEALING.
EMPOWERING.**



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Executive Summary

The **Comprehensive Physical Rehabilitation Program (CPRP)** was established in response to the urgent needs following the 2005 Pakistan earthquake and has since evolved into a sustainable, multi country system delivering long term rehabilitation services to people with disabilities.

During 2025, **CPRP served over 148,000 beneficiaries** through an integrated model of physical rehabilitation, mental health care, assistive devices, and community outreach across **South Asia, the Middle East, Africa, and Southeast Asia**. Services included physical therapy, occupational therapy, speech and language pathology, psychotherapy, prosthetics and orthotics, hearing aids, and wheelchair distribution—each designed to restore mobility, independence, and quality of life.

In Pakistan alone, more than 114,000 individuals received services through both fixed centers and outreach camps, with a strong emphasis on serving women, children, and underserved rural communities. Outreach camps extended care to remote areas, while CPRP's professional training initiatives strengthened national capacity by training hundreds of future rehabilitation specialists.

In Afghanistan, despite ongoing instability, CPRP provided critical rehabilitation and mobility support to over 22,000 beneficiaries, operating centers in Kabul and Nangarhar and conducting wheelchair distributions in additional provinces. Targeted interventions supported stroke survivors, children with cerebral palsy, and individuals seeking reintegration into education and daily life.

Notable achievements included the provision of hearing aids to refugee children in Jordan, emergency wheelchair support for earthquake survivors in Morocco, and large scale wheelchair distributions benefiting elderly individuals, refugees, and people with disabilities throughout Southeast Asia and Africa.

CPRP continued to invest in sustainability through the **Helping Hand Institute for Rehabilitative Services (HHIRS)**, offering accredited diploma and degree programs that build long term clinical expertise and ensure the future of quality disability care.

As CPRP marks two decades of service, the program stands as a testament to HHRD's enduring commitment to restoring mobility, rebuilding lives, and renewing hope for some of the world's most vulnerable populations. Continued support will enable CPRP to expand its reach, deepen its impact, and ensure that people with disabilities are not left behind in humanitarian response and recovery efforts.

2025 Beneficiaries

| Project | Intervention | Achievement |
|---|---|-------------------------------------|
| Comprehensive Physical Rehabilitation Centers | Physical Therapy + Pediatric physical therapy | 85,060 |
| | Occupational therapy | 11,559 |
| | Speech Therapy | 22,632 |
| | Audiology | 147 |
| | Psychotherapy | 17,603 |
| | Prosthetics | 305 |
| | Orthotics | 1,379 |
| Hearing Aids for Children | | 155 hearing aids (81 beneficiaries) |
| Wheelchairs | | 3,253 |
| | Total | 148,381 |



Comprehensive Physical Rehabilitation Centers

| Country | City | Date Established | 2025 Beneficiaries |
|---|-----------------|------------------|--------------------|
| Pakistan: Comprehensive Physical Rehabilitation Centers | Mansehra | March 2006 | 37,209 |
| | Chakwal | January 2013 | 31,905 |
| | Lower Dir | January 2023 | 10,585 |
| | Shaheed Benazir | January 2023 | 6,833 |
| | Bahawalpur | January 2025 | 8,472 |
| | Quetta | January 2025 | 4,106 |
| | Lakki Marwat | January 2025 | 2,385 |
| | Muzaffarabad | January 2025 | 6,952 |
| Pakistan: Satellite Centers | Talagang | October 2025 | 14,185 |
| | Islamabad | October 2025 | 217 |
| | Lahore | October 2025 | 34 |
| | Peshawar | October 2025 | 173 |
| | Rawalakot | October 2025 | 180 |
| Afghanistan | Nangarhar | 2024 | 16,513 |
| | | 2023 | 5,298 |
| Total | | | 145,047 |

Services at CPRCs include:



Physical Therapy for children and adults- services including musculoskeletal, neurological, sports injury rehab, pain management, and women's health using exercises, manual therapy, and other treatments.

Occupational Therapy - helps people engage in daily tasks like self-care, work, and leisure by improving abilities or adjusting environments.

Speech and Language Pathology - the prevention, assessment, diagnosis, and treatment of communication and swallowing disorders.

Psychotherapy - Services cover therapy for anxiety, depression, psychosis, and include CBT, REBT, and motivational interviewing.



Artificial Limbs and Assistive Devices (Prosthesis and Orthosis)

CPRP provides accessible and affordable prosthetics and orthotics services, ensuring mobility, independence and equal rights. HHRD's centers in Mansehra, Chakwal and Kabul produce artificial limbs for children and adults who have either suffered an injury or have a congenital condition. A prosthetic is an artificial appliance which substitutes for a missing limb, while an orthotic is an appliance that supports part of the body like a brace.

Hearing Aids for the Children in Jordan



Syrian and Palestinian refugee children in Jordan suffer from hearing loss because of proximity to explosives. Children who cannot hear can suffer lifelong impairment in language development, speech, and social interactions. With personalized hearing devices and training, these children have an opportunity to flourish—bridging educational gaps and engaging with the world around them.

81 beneficiaries received hearing aids in 2025. Most beneficiaries received two devices (one for each ear), but 7 children only needed one. Hearing aids were distributed in Jerash, Gaza Camp, Irbid, Mafraq, Baqaa & Amman.

Wheelchair Distribution

Success Story

Siti Robi'ah

Country: Indonesia

Age : 42



"I would like to express my deepest gratitude for the wheelchair that has been provided. This assistance is truly valuable in supporting my daily activities. I also extend my sincere thanks to all donors, from Helping Hand. May you be blessed."

Wheelchairs are a simple solution that drastically improves mobility and eases the burden on people with disabilities in most situations. For \$250, donors in the United States can fund a wheelchair for an adult or a child who has been living an isolated and difficult life. HHRD provides manual, electric and three wheeled chairs depending on the needs of the beneficiaries and the resources of the local communities.

| Region | Country | Wheelchairs Distributed |
|--------------|-------------|-------------------------|
| Asia | Pakistan | 465 |
| | Afghanistan | 295 |
| | Nepal | 70 |
| | Bangladesh | 698 |
| MENA | Jordan | 117 |
| | Lebanon | 90 |
| | Morocco | 96 |
| ASEAN | Cambodia | 100 |
| | Indonesia | 50 |
| | Laos | 51 |
| | Malaysia | 32 |
| | Philippines | 25 |
| | Sri Lanka | 300 |
| | Vietnam | 30 |
| | Thailand | 50 |
| Africa | Kenya | 161 |
| | Somalia | 133 |
| | Uganda | 130 |
| | Tanzania | 145 |
| | Gambia | 45 |
| | Mali | 44 |
| | Togo | 53 |
| | DRC | 73 |
| Total | | 3,253 |

Pakistan



Beneficiaries: 114,170
Male: 59%
Female: 41%
Adult: 47%
Children: 53%



In 2025, HHRD's CPRP delivered life-changing services to 114,170 individuals. Operating 8 state-of-the-art rehabilitation centers and 5 satellite centers, our integrated model provided physiotherapy, occupational therapy, speech therapy, psychotherapy, and prosthetics & orthotics services. As we mark 20 years since our founding, we remain committed to restoring mobility, rebuilding lives, and renewing hope.

- 1700+ assistive devices,
- 14,789 individuals served in satellite locations in 2025.

Outreach Camps

A pro-active intervention in Pakistan, outreach camps bring resources to the community rather than demanding that beneficiaries travel. Outreach Camps are organized in partnership with local medical centers, community facilities and village governments to serve remote locations and people who lack transportation. In 2025, HHRD held 18 outreach camps serving 2,139 patients who would not have been able to access medical services another way.

Training Future Experts

Recognizing the critical role of skill development, CPRP initiated a unique training program for interns, observers and house officers. This program bridges theoretical learning with real world application, building Pakistan's capacity for quality disability care.

- 558 professionals trained in 2025
- 94 interns,
- 54 house officers,
- 410 observers,
- 20+ educational institutions

Afghanistan



Beneficiaries:22,176
Male:54%
Female:.....46%
Adult (over 7):.....83%
Children (under 6):.....17%

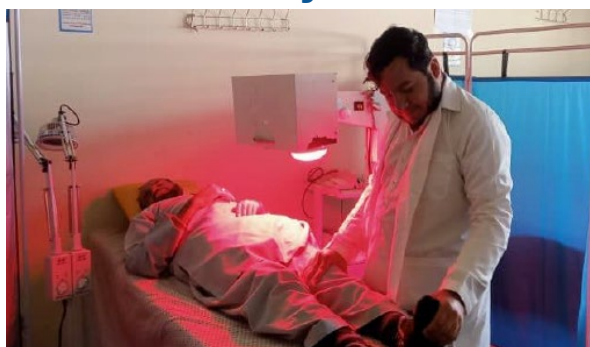
With two rehabilitation centers and a robust wheelchair distribution effort, HHRD Afghanistan provided relief in four locations.

| Location | Intervention |
|-----------|---|
| Kabul | Comprehensive Physical Rehabilitation Center including Physical therapy, prosthetics/orthotics, internal medicine, ENT, psychiatry, psychotherapy |
| Nangarhar | Comprehensive Physical Rehabilitation Center including Physical therapy, speech therapy, psychotherapy |
| Takhar | Wheelchair Distribution |
| Ghooor | Wheelchair Distribution |

2025 Achievements

- Facilitated the reintegration of 50 individuals with disabilities into the education system, fostering their personal and academic development.
- Enhanced the daily living activities of 50 individuals with cerebral palsy through targeted physiotherapy interventions.
- Conducted disability prevention awareness sessions for 200 families, promoting community education and proactive health measures.
- Commemorated the International Day of Persons with Disabilities, actively advocating for their rights and raising awareness about their contributions to society.

Success Story



Mirwais, from District 6 of Kabul Province, suffered a stroke, resulting in paralysis in one arm and one leg. The CPRP physical therapy team assessed him and created a targeted treatment plan including range of motion, strengthening, balance, gait, and functional exercises. They also advised his family for home care. Initially unable to sit, stand, or walk, Mirwais gradually regained movement and independence through consistent therapy and support.

Africa



Beneficiaries: 784
Standard wheelchairs:..... 91%
3 wheel hand cycles: 7%
Children with Cerebral Palsy:..... 2%

HHRD's CPRP in Africa is a comprehensive, multi-year wheelchair distribution project.

Empowering a Family Through Mobility Support

Hawa Aden Omar, living in the Dadaab refugee camp, encountered substantial difficulties as she cared for her two children with disabilities. Each day, she faced the exhausting task of carrying her children on her back to school and for other essential errands. The turning point for Hawa and her family came when Helping Hand for Relief and Development (HHRD) provided two wheelchairs. With these mobility aids, the physical strain of transportation was lifted, enabling the children to attend school and participate in activities with much greater ease. The wheelchairs not only alleviated Hawa's daily hardships but also empowered her children by granting them increased independence and opening doors to opportunities that had previously been out of reach.

2.5 CPRP BENEFICIARIES 2022 - 2025:

| # | Country | 2022 | 2023 | 2024 | 2025 | Total |
|--------------|----------|-----------|------------|------------|------------|--------------|
| 1 | Kenya | 40 | 100 | 162 | 161 | 463 |
| 2 | Somalia | 40 | 103 | 135 | 133 | 411 |
| 3 | Uganda | 0 | 107 | 128 | 130 | 365 |
| 4 | Tanzania | 0 | 103 | 172 | 145 | 420 |
| 5 | DRC | - | - | - | 73 | 73 |
| 6 | Togo | - | - | - | 53 | 53 |
| 7 | Mali | - | - | - | 44 | 44 |
| 8 | Gambia | - | - | - | 45 | 45 |
| Total | | 80 | 413 | 597 | 784 | 1,874 |

Middle East and North Africa

Jordan, Lebanon & Morocco



| | |
|-----------------------------|------------|
| Beneficiaries: | 384 |
| Male: | 52% |
| Female: | 48% |
| Adult: | 66% |
| Children: | 34% |



The MENA region continues to face compounding humanitarian challenges driven by decades of conflict, displacement, and economic hardship. Jordan, Lebanon, and Morocco host millions of refugees — Syrian, Palestinian, Iraqi, and others — alongside struggling local populations. High poverty rates, strained infrastructure, and limited access to healthcare leave people with disabilities particularly vulnerable, creating urgent and growing demand for physical rehabilitation services and assistive technology.

2025 Achievements

- 155 hearing aids distributed to 81 beneficiaries in Jordan
- 117 wheelchairs provided across Jordan (111 manual, 6 electric)
- 90 wheelchairs distributed in Lebanon
- 96 beneficiaries served through the Morocco wheelchair project

Wheelchairs for Earthquake Survivors in Morocco

People with disabilities are among the most vulnerable in the wake of natural disasters. HHRD directed emergency funds to be used to help communities impacted by the 2023 earthquake outside Marrakech, including 96 free wheelchairs.

Association of South East Asian Nations

Cambodia, Indonesia, Laos, Malaysia, Philippines, Sri Lanka, Thailand, Vietnam



Beneficiaries: 638
Elderly:..... <60%
Adult: ~30%
Children:..... >10%

Collectively, the region conducted well over 20 distribution events, in multiple districts or provinces per country.

Across the ASEAN region, HHRD’s Comprehensive Physical Rehabilitation Program expanded access to mobility aids for vulnerable populations, including elderly individuals, low income families, refugees, and persons with disabilities. Strong partnerships with government bodies, community based beneficiary screening, and tailored distribution strategies assisted with getting much needed wheelchairs to remote and underserved areas. The program improved mobility, dignity, and daily functioning for thousands across Southeast Asia.

Success Story

Malaysia

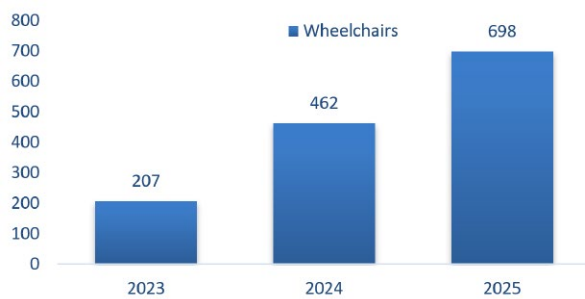


A young married woman, hospitalized after a leg amputation due to cancer, worried deeply about how she would manage life after leaving the hospital. The arrival of a wheelchair changed everything. Even during her recovery, she could move freely around the hospital, use the bathroom independently, attend medical consultations and regain a sense of autonomy. For her, the wheelchair was more than a mobility aid, it became a symbol of dignity, hope and the courage to face the challenges ahead.

Bangladesh



| | |
|----------------------------|------------|
| Beneficiaries | 698 |
| Male..... | 46% |
| Female | 54% |
| Adult..... | 90% |
| Children..... | 10% |



In Bangladesh, HHRD works with both Rohingya Refugees inside Cox’s Bazar refugee camp, and local Bangladeshis outside the camps. In all locations, wheelchairs are distributed among the most deserving individuals who face multiple challenges and are unable to afford a solution.



Helping Hand Institute for Rehabilitative Services

HHIRS: EDUCATING TOMORROW'S HEALERS

Helping Hand Institute of Rehabilitation Sciences

Institutional Overview

Established in 2014, HHIRS represents one of HHRD's most successful projects and a source of Sadaqah Jariyah for donors. The academic side is managed through its own Board of Trustees, while clinical training is supported through CPRP and related programs.

Programs Offered

Graduation Programs:

- Five-Year Doctor of Physical Therapy (DPT) — affiliated with Khyber Medical University
- BS in Prosthetics and Orthotics (BS-P&O)
- BS in Speech and Language Pathology (BS-SLP)

Diploma Programs (2 Years):

- Health Technology
- Pathology Technology
- Dental Technology
- Radiology Technology
- Anaesthesia Technology (New)
- Pharmacy Technology (New)
- Surgical Technology

Student Enrollment Impact

| Degree Programs (KMU) | | | | | | Diploma Programs Enrolment | | | |
|-------------------------------------|---------|---------|---------|---------|-------|---|------------|------------|-------|
| | Batch-1 | Batch-2 | Batch-3 | Batch-4 | Total | Semester 1 | Semester 2 | Semester 3 | Total |
| DPT | 19 | 33 | 51 | 30 | 190 | 40 | 18 | 32 | 124 |
| BS SLP | 7 | 0 | 20 | 10 | 152 | | | | |
| BS P&O | 4 | 6 | 13 | 10 | 52 | | | | |
| Total Current Enrolment: 280 | | | | | | Total No. of Enrolment in HHIRS: 404 | | | |

Graduates to Date
(Riphah):
390

Diploma Holders
to Date:
742

Total:
1,132

Thank you



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