



HELPING HAND
FOR RELIEF AND DEVELOPMENT

Healthcare and Nutrition Program

ANNUAL REPORT - 2025



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



Table of Contents

Executive Summary	3
Primary Goals	4
Care Across the World	6
Emergency Relief in Gaza	7
Prevention of Blindness.....	8
Integrated Healthcare and Nutrition Clinics	9
Mobile Medical Units.....	10
Mother/Child Healthcare	11
Pakistan	12
Bangladesh.....	13
Afghanistan	16
India	17
Sri Lanka	18
Nepal.....	19
Association of South East Asian Nations (ASEAN).....	20
Middle East and North Africa	21
Africa.....	22

Executive Summary

In 2025, the Healthcare and Nutrition Program (HANP) delivered life-changing health interventions to 648,505 individuals across 23 countries, bringing hope and healing to some of the world's most vulnerable communities.

From the refugee camps of Cox's Bazar, Bangladesh, where Rohingya refugees received critical medical care, to remote villages in Afghanistan, Pakistan, and across Africa, HANP's comprehensive approach addressed both immediate health emergencies and long-term wellness needs. Our flagship Prevention of Blindness program alone performed 15,728 cataract surgeries, restoring sight—and dignity—to individuals in need.

The year was marked by several significant achievements. In emergency response, HANP delivered vital medical supplies to Gaza despite unprecedented challenges, while also providing immediate care to conflict-affected individuals in Pakistan's Azad Jammu and Kashmir region. Our mobile medical units brought primary healthcare to 139,138 people in remote areas where traditional medical infrastructure remains scarce or non-existent.

These achievements reflect more than numbers—they represent restored vision allowing farmers to return to their fields, mothers safely delivering healthy babies, children receiving life-saving immunizations, and communities gaining access to healthcare that was previously beyond reach. As HANP continues to expand into new regions and strengthen existing programs, our commitment remains unwavering: to deliver compassionate, quality healthcare to those who need it most.

HHRD CEO Javaid Siddiqi visiting the Basic Health Unit in Kenya





Primary Goals

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.

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 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

Care Across the World

Region	Country	Multiple Interventions	Prevention of Blindness Only
Asian	Pakistan	264,601	7,269
	Bangladesh	288,091	2,086
	Afghanistan	35,310	332
	Nepal	3,220	309
	India	6,257	204
	Sri Lanka	-	402
	Indonesia	-	75
	Cambodia	-	100
Middle East and North Africa	Jordan	225	164
	Lebanon	305	-
	Northern Syria	2,558	-
	Morocco	5,179	-
	Gaza	20,542	-
Africa	Kenya	14,846	600
	Refugees in Kenya	-	900
	Tanzania	-	600
	Somalia	-	500
	Uganda	-	400
	South Africa	-	500
	Mali	-	200
	DRC	-	300
	Gambia	-	300
	Ethiopia	-	260
	Togo	-	200
Total Beneficiaries		641,134	15,728

Emergency Relief in Gaza



Healthcare and Nutrition have been part of HHRD's comprehensive emergency response process for decades. In 2025, we provided medical supplies and emergency medical camps to survivors of the genocide.

Implementation was carried out in two phases:

Phase 1:

- 12/25/25 – Dier Al-Balah
- Al Aqsa Martyrs Hospital – 5,341 beneficiaries
- Yaffa Hospital – 3,204 beneficiaries
- IDP Camps – 2,138 beneficiaries

Phase 2:

- 1/21/26 – Dier Al-Balah
- Al Aqsa Martyrs Hospital – 5,000 beneficiaries
- Yaffa Hospital – 3,150 beneficiaries
- Displacement Camps – 1,709 beneficiaries

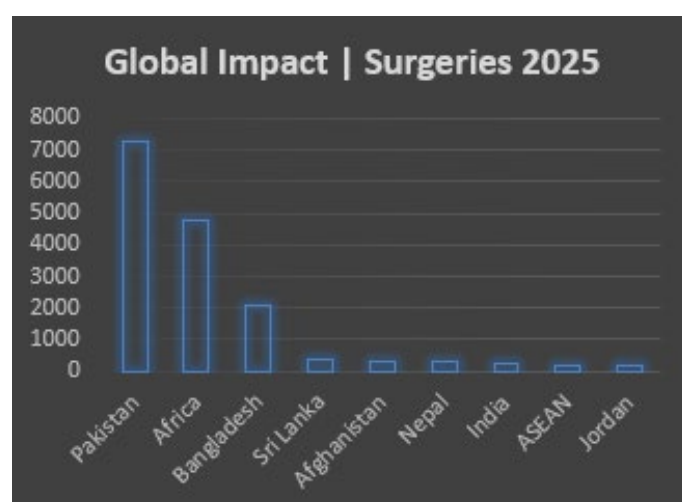
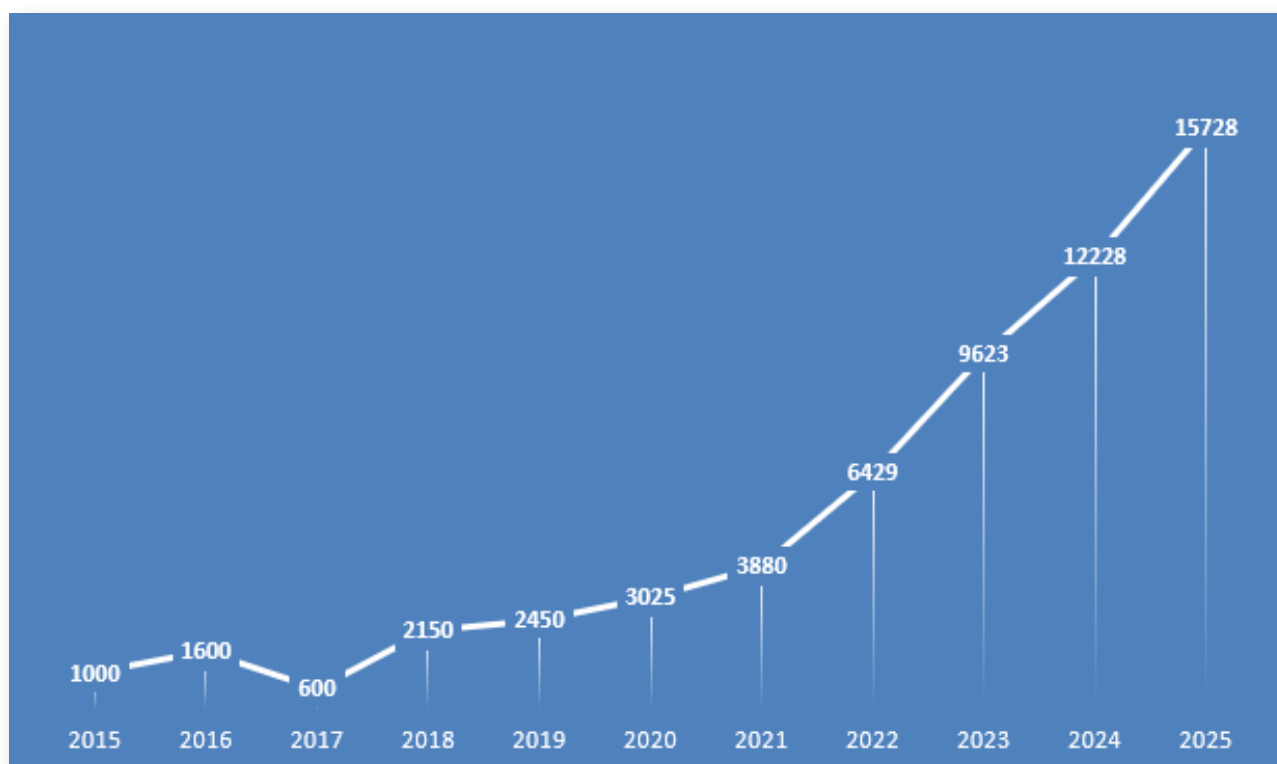


Implementing this activity presented significant challenges including frequent airstrikes, military incursions, and sudden evacuations. The ongoing atrocities have caused significant damage to Gaza's infrastructure, including roads, hospitals, and communication networks. Chronic electricity shortages disrupted the storage of temperature-sensitive medicines, requiring additional efforts such as generators, to ensure the integrity of medical supplies.

Prevention of Blindness

HANP's flagship program, Prevention of Blindness, offers free eye screenings, cataract surgeries and follow-up care in 19 countries and 6 refugee populations. The individuals we serve return to their families and communities with renewed sight, multiplying donors' impact.

A Decade of Cataract Surgeries



The cost per surgery is only \$125

...making Prevention of Blindness one of the most cost effective, transformational interventions available.

15,728 surgeries were performed in 2025. More than 60,500 since the program's beginning in 2011.

"HHRD has given me renewed hope, dignity, and optimism for the future," Ilah, Indonesia

Integrated Healthcare and Nutrition Clinics

HANP's integrated healthcare and nutrition clinics welcome orphans and their families, children with disabilities and the community in Pakistan, Nepal, Morocco, Northern Syria, Bangladesh, and Kenya. With basic services such as annual checkups, routine lab work, and primary healthcare, these clinics impact thousands of lives annually.

Country	# Clinics	Beneficiaries
Pakistan	14	108,898
Bangladesh (Sherpur Community Clinic)	1	13,678
Bangladesh (Rohingya Refugees & host community)	2	183,470
Morocco (Helping Hand Village Clinic)	1	2,995
N. Syria (Helping Hand Village Clinic)	1	2,558
Kenya	1	6,104
Total	21	317,703



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	Bangladesh (Rohingya Refugees)	Total
# MMUs	4	2	1	1	1	9
Beneficiaries	62,970	35,310	2,184	8,649	30,025	139,138



Kenya

In 2024, HHRD Kenya launched a new Mobile Medical Unit to expand services, providing a wide range of health services to vulnerable populations in Kilifi and Tana River Counties.



Afghanistan

Kunar, Laghman, Parwan, Kabul and Nangarhar



Pakistan

HHRD's Mobile Medical Units operate across four regions — Rajanpur, Mirpur Khas, Jaffarabad, and Gwadar.



Bangladesh, Cox's Bazar

Through a fully equipped mobile unit, HHRD delivers primary healthcare, maternal & child health, mental health, dermatological care, and basic eye care.

Mother/Child Healthcare

HANP assists mothers from pregnancy through childbirth and beyond through a number of innovative projects including staffing a neo-natal intensive care unit, providing maternal healthcare outreach and specialized clinics for women and children.

Mother and Child Healthcare Center, Miawali

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. In 2025, 10,980 women and children were served.

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. During the reporting period, the project successfully registered 585 mothers for regular antenatal care, out of which 283 reported back for postnatal service after safe deliveries. The project organized 105 specialized antenatal camps, and 98 awareness sessions.

Neonatal Intensive Care Unit Staffing

Since 2015, HHRD has fully funded five medical technicians to ensure 24/7 emergency care is available at the Neonatal Intensive Care Unit. In 2025, 3,151 patients were offered services as a result.

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. 134 women were screened and provided treatment and 30 surgeries were performed free of cost in 2025.

Pakistan

HANP has a history of fifteen years in Pakistan. Starting in 2006, 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	
Prevention of Blindness	# Cataract Surgeries	7,269
	# Screenings	34,610
Integrated Healthcare & Nutrition Clinics	# Beneficiaries	108,898
	# MMUs	4
Mobile Medical Units	# Camps	578
	# Beneficiaries	62,970
Ambulances	# Referrals	622
	# Vehicles	11
Pick & Drop CWDP Children	# Services	38,452
	# Beneficiaries	10,980
Mother-Child Healthcare Center	# Camps	105
	# Patients	585
Emergency Medical Camps	# Camps	93
	# Services	19,110
Support to Neo Natal Intensive Care Unit	# Beneficiaries	3,151
Hi-Tech Ultrasound machine donated to a hospital in Karachi	# tests performed	7,251
Dialysis Machines donated to hospital in Lakki Marwat	# dialysis sessions	736
	# Patients	78
Total Beneficiaries		271,870

Bangladesh

Healthcare and Nutrition interventions in Bangladesh focus in two primary areas: helping Rohingya refugees in Cox's Bazar refugee camp and helping local Bangladeshi people from the surrounding communities.

Cox's Bazar

The displacement of Rohingya refugees has been a longstanding source of pain within the region. Since 2017, they have faced numerous health challenges, including chronic conditions, trauma-based psychological disorders, and limited access to healthcare. HHRD provides the following interventions inside Cox's Bazar refugee camp.



Mobile Dental Clinic

Approximately 65% of refugees experience oral health issues. HHRD has a mobile dental clinic that provides free oral hygiene aids, examinations, treatment and medicine. 23,333 individuals helped in 2025.

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.

Diagnostic Center

Located in Camps 14 & 16, these diagnostic facilities offer essential testing services such as blood typing, hemoglobin, malaria, glucose, and dengue testing. The presence of such facilities enables faster healthcare for camp residents. 98,324 tests performed in 2025.



Circumcision and minor surgeries

Circumcision is an important religious concern, and families in the camps were unable to honor this tradition. Minor surgeries, including circumcisions, are conducted in the existing Minor Operation Theaters (OT) within the Health and Diagnostic Centers in Camps 14 & 16. There were 3,212 surgeries performed in 2025.



Mental Health and Psychosocial Support (MHPSS) program

HHRD provides counselling services, psychological first aid, and targeted referrals for members of the Rohingya community. These psycho-social support activities are carried out in two medical centers in Camps 14 & 16. 8,942 refugees sought help in 2025.

Prevention and Control of Skin Diseases

Skin disease has become an unfortunate problem in the refugee camps. HHRD established a specialized dermatology facility within the existing Health Post Center at Camp 16, using trained dermatology professionals to diagnose, treat, and manage skin conditions. 10,793 beneficiaries were treated in 2025.

Prevention of Blindness

Rohingya patients ages 18-39 suffer blindness at a rate more than three times that of communities outside the camps –highlighting the economic stress and heavy burden of eye disease among the Rohingya population. HHRD has been providing cataract eye surgery since October 2022. 2,113 Rohingya refugees received surgery in 2025.



Mobile Medical Clinic

HANP operates a Mobile Clinic initiative targeting hard-to-reach and underserved populations within the camps. These outreach services are complemented by community engagement and health education activities that promote preventive practices and early care-seeking behavior. 30,025 people were served in 2025.

Ambulance Services

In 2019, HHRD began providing ambulance service inside the camp area to address a critical transportation issue. Our ambulance provides patient assessment and emergency care, ambulance teams can stabilize acutely ill and injured patients thus minimizing disability, ill-health, and even death. 11,698 patients were transported in 2025.

Interventions in Rural Bangladesh

Community clinics serve as vital healthcare centers for rural residents in the Gonopoddy union, Nakla Upazila of Sherpur district. HHRD offers Prevention of Blindness, preventative healthcare, blood typing, circumcision, mother and child healthcare and more.

Success Stories

Inside Cox's Bazar



Mostafijur Rahman was a farmer and a fisherman in Myanmar. Life has been difficult since he was forced to relocate to Cox's Bazar camp in Bangladesh and Mostafijur was rendered nearly disabled by a swelling condition in one leg. Accessing medical care was particularly difficult, until Mostafijur discovered the Helping Hand clinic in Camp 16. The doctor at the clinic examined him thoroughly, conducted tests, and provided necessary medication. Mostafijur conveyed his sincere thanks to the doctor and expressed profound gratitude to HHRD for delivering such excellent medical support.

Local Bangladeshi Community



Karim is a 42-year-old man who had been living with scalp psoriasis for nearly three years. Persistent itching, discomfort, and embarrassment in social settings severely affected his confidence and daily activities. After numerous unsuccessful attempts with home remedies, he sought care at Abdul Karim Sarkar Community Clinic. A tailored treatment plan was introduced, along with guidance on lifestyle adjustments to support long-term improvement. Within two weeks, he noticed a marked reduction in itching

and scaling. By six weeks, the thick plaques had softened and cleared, revealing significantly healthier skin. During his follow-up visit, Karim expressed deep satisfaction and gratitude, noting a substantial improvement in both comfort and self-confidence.

Afghanistan

HANP was established in 2022 in Afghanistan, using innovative service delivery to bring healthcare to remote and underserved areas.

Mobile Family Medical Clinic



HHRD launched two mobile family clinics for orphan children, widows and families of sponsored children. This mobile family clinic provides free medical services at the beneficiary's door step in five provinces of Kunar, Laghman, Kabul, Parwan and Nangarhar. Each mobile medical unit has a weekly plan for visiting each district so that all sponsored families receive the care they need.

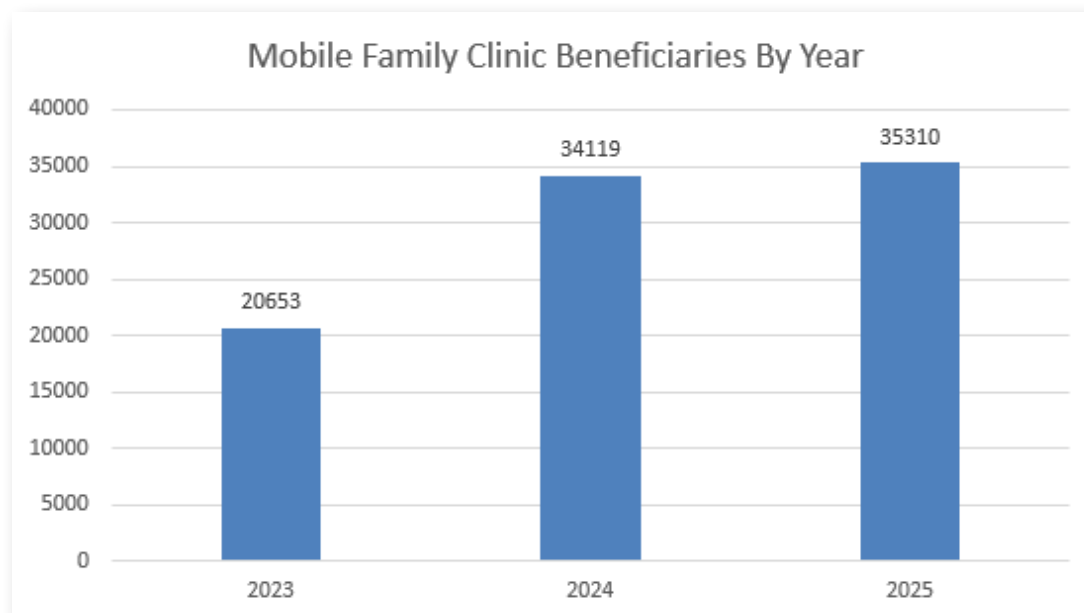
- Total Served 2025: 35,310
- Men: 12,910
- Women: 22,400

Diagnostic Services

Routine tests including blood, urine and stool are performed. Ultrasound examinations are available to diagnose internal abdominal problems. 7,772 tests were performed in 2025.

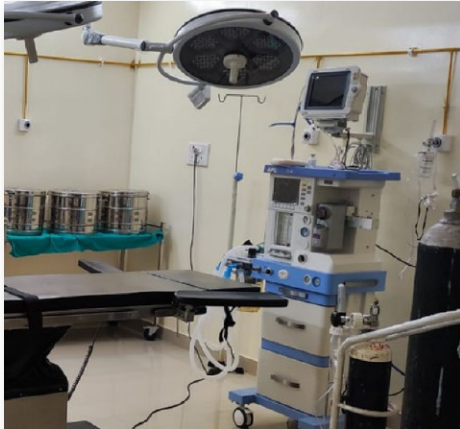
Prevention of Blindness

962 people have been given the gift of sight since the program began; 332 in 2025 alone.



India

HHRD's charitable activities in India increased in 2025. Previously supporting Muslim hospitals in Tarnaka, Tolichowki and Wadi e-Huda, we now offer Prevention of Blindness and comprehensive eye exams in addition to free medical camps at each of the partner hospitals.



Muslim General Hospital & Dialysis Center Tarnaka

Outpatient facility launched on April 11, 2022; Inpatient facility followed on May 1, 2022. HHRD sponsored an Operation Theatre and 5 dialysis machines. The hospital has achieved a significant milestone, treating over 3500+ patients since its inception.

Muslim General Hospital Tolichowki

The construction of the facility began in 2015, funded by HHRD. The facility became operational in February 2024, offering both outpatient and inpatient services.

Free Medical Camps 2025

In India, 33 medical camps have been successfully conducted across 3 hospitals, with a total of 6079 patients benefitting. Consultations were available from specialist doctors in various fields, including Orthopedic, Pulmonology, General Physician, Neurology, Dental, ENT, Urology, General Surgeon, Pediatrics, and Ophthalmology. Medicine was also provided to patients according to their needs.

Prevention of Blindness 2025



HHRD established an Ophthalmology Unit at a sponsored hospital. The unit was started on May 6, 2025, with primary eye care services. Free cataract surgeries commenced on August 2, 2025, with 204 cataract surgeries successfully performed.

Circumcision Project 2025

Circumcision is an important religious and cultural practice. In 2025, 68 circumcisions were performed free of charge for community members.

Sri Lanka

In the rural parts of Sri Lanka lack of access to proper medical facilities can cause cataract patients to remain untreated for decades. HHRD provides outreach through mobile eye screening camps that travel to remote villages to provide primary eye care and determine the need for cataract surgery. Those determined to be in need were scheduled for surgery at Kuwait Hospital. Beneficiaries Total: 402

- Male: 239
- Female: 263
- Adult (18-60 y/o): 156
- Adults over 60: 246

Success Story!



Mrs. Sabrina, a 43-year-old widow from a small village near Puttalam, Sri Lanka, had been slowly losing her vision for two years due to cataracts in both eyes. Unable to continue her traditional coir mat weaving — a vital source of income for her family — she had become dependent on her daughters for daily tasks and feared becoming a permanent burden. Private surgery was financially out of reach, and public waiting lists felt endless.

Through HHRD's intervention, she received cataract surgery. When the patch was removed the following day, she was overwhelmed with emotion — describing it as seeing the world in color again after years of living in a fog.

Within weeks, she had regained her independence. By June 2025, she was weaving at nearly her pre-cataract pace, contributing to household income, and helping her children with schoolwork.

Her daughter said simply: "HHRD and its generous donors gave us our mother back."

Nepal

People living in Nepal, whether rural or urban, face numerous health issues due to limited access to healthcare. Many are unable to reach government health facilities or afford expensive medications, resulting in untreated illnesses and deteriorating health conditions. Recognizing this urgent need, HHRD has taken proactive steps by organizing free medical camps in remote and underserved areas of Jhapa, Siraha, Mahottari, Sarlahi, and Chitwan districts. Five successful static medical camps have been conducted in these districts, where specialist doctors provided comprehensive medical consultations, prescribed medications, screened eye cataract and uterine prolapse cases and offered health education to the local communities.



Static Medical Camps

Multiple specialist doctors (gynecologists, pediatricians, orthopedists, ophthalmologists, dentists) are provided along with consultations and free medication. Camps are operated in partnership with local hospitals and health posts.

Prevention of Blindness

770 individuals were screened for possible cataracts, and 309 patients were identified for surgery.

UV Prolapse Treatment

It is estimated according to the Nepal Demographic and Health Survey that approximately 600,000 women across the country are affected by uterine prolapse, with nearly one-third of these women requiring urgent surgical intervention to prevent severe complications such as infections, urinary problems, and disability. HHRD screened 134 women for this condition and identified 30 in need of surgery.

Association of South East Asian Nations (ASEAN)

HHRD's Prevention of Blindness program provides lifechanging assistance throughout Southeast Asia.

Cambodia



100 patients at the Children's Surgical Center (the patients are adults).

Indonesia



80 beneficiaries at Klinik Ainun Cahaya Medika.

Middle East and North Africa

HANP has a long history of work in Jordan and Lebanon with displaced Syrian and Palestinian refugees. Other countries throughout the region have been the focus of cooperative efforts on behalf of earthquake survivors in Morocco, Turkiye and Northern Syria. In 2025, HHRD in MENA offered Prevention of Blindness in Jordan, medical camps and provision of emergency medical supplies in Gaza. Other interventions include:



Minor and Elective Surgeries

This project supports orphans and their families facing illnesses requiring surgery, but unable to afford treatment. Untreated conditions can lead to worsening health and increased risk. HANP performed 61 minor surgeries in 2025.

Ultrasound Machine Donated in Lebanon

HHRD donated an ultrasound machine to a healthcare center near the Syrian border in Lebanon, providing Syrian refugees with accessible, no-cost diagnostic services. In 2025, 305 people benefited from this technology, eliminating the need for long-distance travel.

Clinic in HHRD Village in Northern Syria

In 2023, HHRD undertook an ambitious construction project, building two entire villages for survivors of the Turkiye/Syria earthquake. One clinic serves two closely knit villages, providing free services for residents in need.

2025 Service Type	Number of Cases
Community Health Services	832
Psychosocial Support Services	202 individual sessions & recreational activities
Dressing, Reproductive Health, & Nursing Services	1,063
Nursing & emergency care outside the clinic	461
Total	2,558



Clinic and Health Camps in Morocco

In response to the devastating earthquake of 2023, HHRD galvanized to supply a community of caravan houses for the survivors, along with a mobile health facility and a permanent clinic. The mobile health unit has transitioned into a static health care camp, while the permanent clinic is still receiving patients for complaints such as upper respiratory tract infection and skin disease.

Africa

HHRD’s regional office is in Kenya. In most African countries of implementation, we offer Prevention of Blindness to refugees and impoverished communities. In Kenya, however, the program has expanded to include a Mobile Health Unit and a Basic Health Unit.

Kenya Basic Health Unit

HHRD initiated BHU in the last Quarter of 2023 to provide quality primary healthcare services that is easy, reliable, and affordable for the community. It includes a pharmacy/ medical store and a small lab to carry out routine tests. This is also a location where HHRD sponsored orphans can come for their annual checkup.

BHU Beneficiaries/ Year

Year	Male	Female	Total
2023	20	32	52
2024	1,601	1,077	2,678
2025	2,402	3,702	6,104

Kenya Mobile Health Unit



Mobile medical vans bridge the gap in healthcare accessibility, reaching underserved areas and vulnerable populations. This ensures that more people receive timely care. We offer preventive services like vaccinations, health education, and regular check-ups. 8,649 patients were served in 2025.

Prevention of Blindness

Cataract surgeries in 2025			
Kenya	600	DRC	300
Refugees in Kenya	900	Gambia	300
Tanzania	600	Ethiopia	260
Somalia	500	Togo	200
Uganda	400	Mali	200
South Africa	500	Total	4,760

Thank you



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