HUMAN DEVELOPMENT FOUNDATION

helping people help themselves

ANNUAL REPORT 2025

Transforming Lives, Strengthening Communities




helping
people help
themselves

TABLE OF CONTENTS

CHAIRPERSON'S MESSAGE 05

ABOUT HDF 07

A LEGACY OF CHANGE 09

OUR CORE TENETS 11

WHERE WE DRIVE IMPACT 13

EDUCATION & LITERACY 15

PRIMARY HEALTHCARE 23

LIVELIHOOD & FOOD SECURITY 29

SUSTAINABLE ENVIRONMENT & WASH 35

SPECIAL SPONSORED PROJECTS 41

HUMANITARIAN RELIEF EFFORTS 47

OUR LEADERSHIP 51


Textbook
2
English
Based on Curriculum 2020



CHAIRPERSON'S Message

As we reflect on the past year, I am deeply moved by the compassion and commitment that continue to define the Human Development Foundation's work across communities in Pakistan. In times when uncertainty and hardship persist for so many, HDF's mission remains a beacon of hope, bringing education, health, and opportunity to those who need it most.

At HDF, we are guided by the belief that sustainable change begins with human connection and collective effort. Each contribution, whether through time, expertise, or resources, becomes part of a larger story of empowerment and resilience. Together with our partners, donors, and volunteers, we continue to transform lives by ensuring access to quality education, healthcare, clean water, and livelihoods that uphold dignity and self-reliance.

This year's achievements are a testament to the extraordinary dedication of our teams on the ground and the generosity of our global community. Through every program supported, every family reached, and every child given the chance to dream, we reaffirm our shared commitment to creating lasting impact.

As we move forward, let us carry this spirit of compassion and purpose. Our journey is far from over, but with unity and steadfast resolve, we can continue to build stronger, healthier, and more equitable communities for generations to come.

Dr. Samina Hijab, MD
Chairperson HDFNA

About HDF

For over **29 years,** HDF has served as a symbol of progress and community development throughout Pakistan. Established in **1997** as a commemorative initiative for Pakistan's **50th Anniversary** of Independence, HDF was conceived by the Pakistani-American diaspora and is influenced by the principles of Dr. Mahbub Ul Haq. Our mission is founded on the conviction that every individual deserves the opportunity to thrive, regardless of their geographical location.

Employing a comprehensive model of development, we have impacted communities in more than **54** districts, equipping them with essential tools and resources to create sustainable futures. Our approach is anchored in the principle of **"helping people help themselves,"** ensuring each initiative promotes independence and resilience.

HDF's integrated programs focus on five core areas:

- **Education & Literacy**
- **Primary Healthcare**
- **Livelihood & Food Security**
- **Sustainable Environment & WASH**
- **Social Captial Development**

From building schools and community health centers to providing clean water and economic opportunities, we are committed to addressing the needs of the most vulnerable. In times of crisis, we also step forward with emergency response efforts, ensuring no one is left behind.

In partnership with **HDF North America**, **HDF Canada** and all our trusted partners, we continue to uplift marginalized communities across all four provinces of Pakistan and Azad Jammu & Kashmir. Together, we are empowering communities where hope, opportunity and dignity is for all.

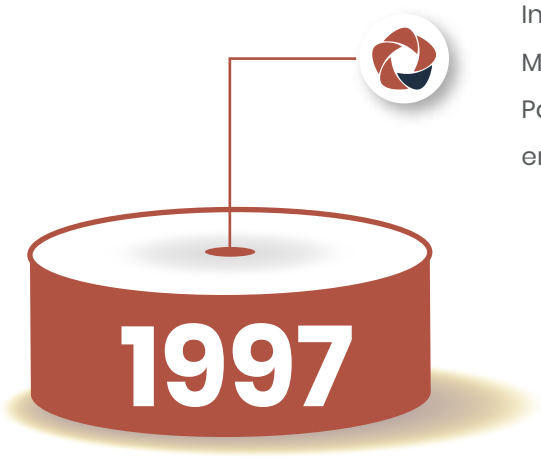


HDF Power of 5 Model

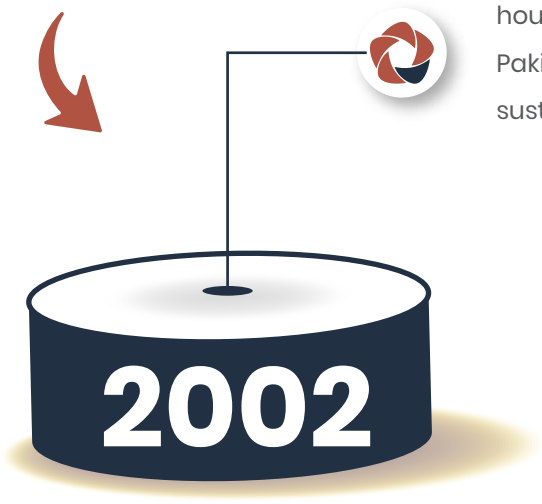
SCAN TO WATCH


HDF

A LEGACY OF CHANGE: HDF'S IMPACT THROUGH THE YEARS



HDF was founded as a gift to Pakistan on its **50th** Independence Day, inspired by the visionary work of Dr. Mahbub Ul Haq. Born from the passion of the Pakistani-American diaspora, HDF began its mission to empower communities and transform lives.



In just five years, HDF's efforts reached **577** households and **4328** individuals across Pakistan, laying the foundation for sustainable change in underserved regions.



With unwavering dedication, HDF expanded its impact to **40,228** households, touching the lives of **300,925** individuals through its integrated programs in education, healthcare, and livelihoods.



Today, HDF takes pride in having supported over **3.7 million** Pakistanis, extending its reach to all four provinces and Azad Jammu & Kashmir. Every milestone reflects our commitment to building a brighter, more equitable future for all.



Celebrating **20 years** of service, HDF's holistic approach had benefited over **2.3 million** people, transforming communities and fostering self-reliance across Pakistan.



A decade of relentless work saw HDF reach **91,196** households, positively impacting **585,471** people and bringing hope to countless families.

OUR CORE TENETS



VISION

To become a centre of excellence known for progressive and transformational human development programs



MISSION

To facilitate a non-political movement for positive social change and community empowerment through mass literacy, enhanced quality of education, universal primary healthcare, and grassroots economic development



CORE VALUES

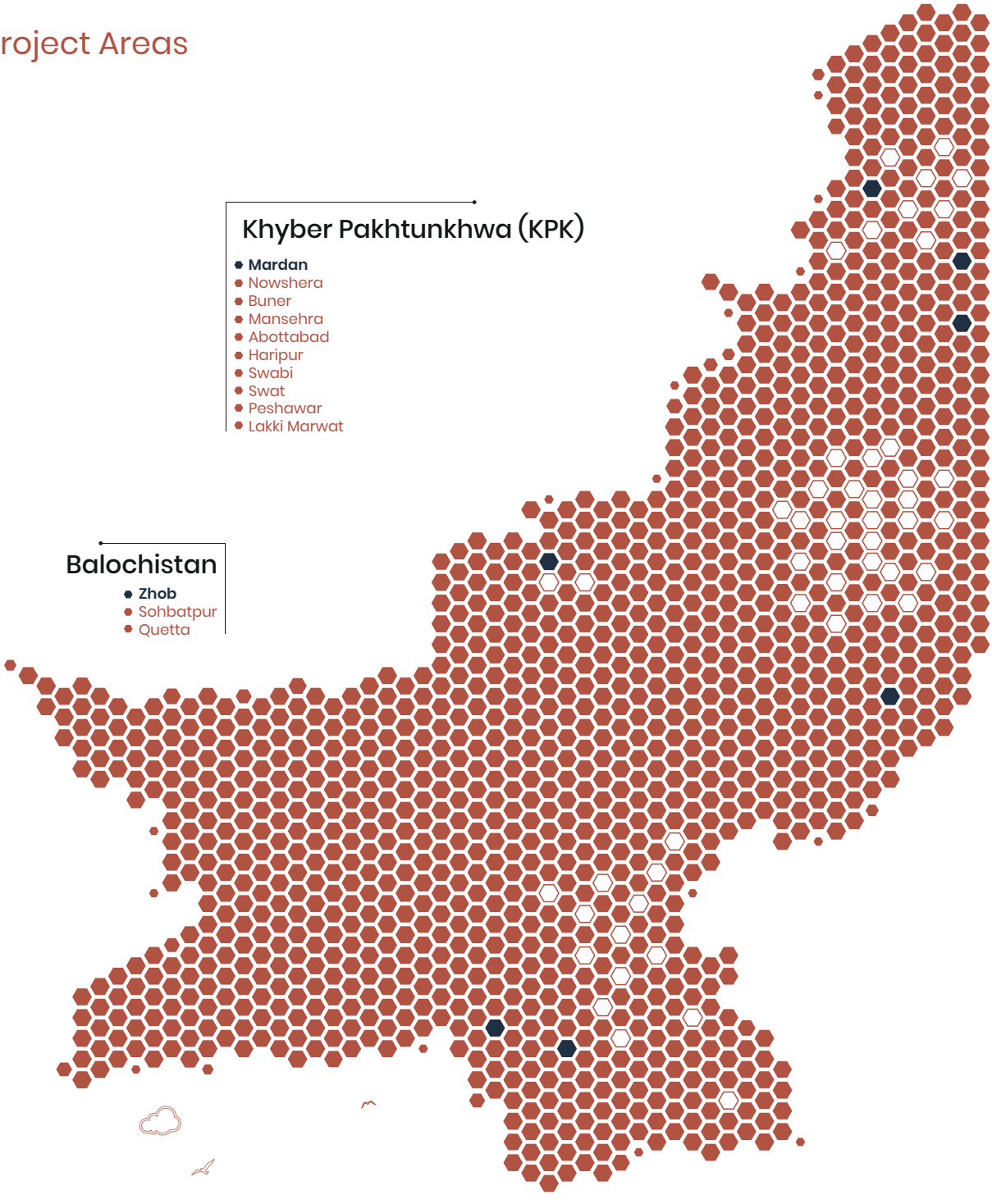
- Honesty
- Integrity
- Accountability
- Transparency
- Efficiency
- Fiscal responsibility


CLASS
3rd
CLASS
ONE

WHERE WE DRIVE IMPACT:

Regional Offices

Project Areas



3,733,683* Beneficiaries

534,907* Households

7,738* Villages

08* Regional Offices

54* Districts

90* Tehsils

941* Union Councils

Gilgit Baltistan
- Ghizer

Azaad Jammu Kashmir (AJK)
- Muzaffarabad
- Kotli



Federal
- **Islamabad** (Head Office)
- ICT

Punjab
- **Rawalpindi**
- **Lahore**
- **Rahim Yar Khan**
- Rajanpur
- Sheikhupura
- Khushab
- Gujranwala
- Faisalabad
- Sargodha
- Bhakkar
- Sahiwal
- Okara
- Chakwal
- Layyah
- Jhelum
- Sialkot
- Multan
- Gujrat
- Attock
- Kasur
- Mandi Bahauddin
- Dera Ghazi Khan
- Nankana Sahib
- Bahawalpur
- Muzaffargarh
- Lodhran
- Vihari
- Alipur
- Jalalpur Pirwala

Sindh
- **Karachi**
- **Tando Muhammad Khan**
- Tharparkar
- Ghotki
- Jacobabad
- Hyderabad
- Mirpurkhas
- Umerkot
- Thatta
- Sukkur
- Tando Adam Khan
- Naushero Feroz
- Shahdad Kot
- Jamshoro
- Badin
- Khairpur



EDUCATION & LITERACY



OUR COMMITMENT TO ACCESSIBLE & QUALITY EDUCATION

With a strong focus on equity and access, HDF's Education and Literacy Program continued to serve as a central pillar of its development efforts in 2025. Acknowledging the ongoing challenges to education especially for girls and children in marginalized communities, HDF expanded its efforts to improve access to quality learning opportunities in underserved areas across Pakistan. The program places particular emphasis on community schools for out-of-school children, the provision of education scholarships across various grade levels, and dedicated support through its Orphan Support Program.

By establishing and supporting community-based schools, strengthening teacher capacity, and actively engaging parents and local stakeholders, the program fosters safe, inclusive, and learner-centered environments. It further integrates teacher training with modern digital learning tools, including smart boards and fully equipped science and computer labs, alongside a comprehensive life skills curriculum. Through these focused interventions, HDF remains committed to closing the education gap by equipping children with the knowledge, skills, and confidence needed to succeed and contribute meaningfully to their communities.

274
SCHOOLS OPENED SO FAR

192,000+
CHILDREN ENROLLED

4,000+
PARTICIPANTS COMPLETED ADULT LITERACY COURSE

2,700+
TEACHERS TRAINED

28
SCHOOLS ARE CURRENTLY RUNNING ACROSS PAKISTAN

6,747
STUDENTS ENROLLED

67%
GIRLS' ENROLMENT ENSURED

100%
DIGITALLY CONNECTED SCHOOLS



HDF SCHOLARSHIPS | INVESTING IN THE FUTURE OF EDUCATION

Human Development Foundation is committed to advancing inclusive, quality education with a focus on reaching disadvantaged and underserved populations. As part of this commitment, the HDF Scholarship Programs are designed to reduce financial barriers that prevent promising students from accessing and continuing their education.

These scholarships provide critical support to academically capable but economically marginalized individuals, enabling them to pursue their educational goals without financial constraint. By facilitating access to learning opportunities, HDF empowers students to realize their full potential and make meaningful contributions to personal and societal development.





681
STUDENTS RECEIVED SCHOLARSHIP SUPPORT IN 2025

487
STUDENTS - SCHOLARSHIPS SPONSORED BY HDFNA

44
STUDENTS - SCHOLARSHIPS SPONSORED BY HDF CANADA

150
STUDENTS - ORPHAN SCHOLARSHIPS SPONSORED BY DMAID

ACADEMIC EXCELLENCE OF STUDENTS

MATRIC BOARD EXAMINATION RESULTS 2025 | DEMONSTRATING ACADEMIC EXCELLENCE

The 2025 Matriculation Board Examinations reflected strong academic performance by students across HDF schools in AJK and Islamabad, Mardan, Lahore, Rahim Yar Khan, Tando Muhammad Khan, and Karachi.

In the academic session **2024–2025,** the overall pass percentage of students was **85.5%.** Among them, **74.5%** secured First Division. Of these, **41 students** achieved an **A+ grade, 80** secured an **A,** and **55** obtained a **B grade.** These results stand as a strong testament to the impact of HDF's education program one that prioritizes **quality, equity, and measurable outcomes** to ensure every student can succeed and thrive.

INTERNATIONAL KANGAROO MATHEMATICS CONTEST 2025 | SHOWCASING ACADEMIC EXCELLENCE

This year HDF schools prepared their students for this contest. The competition was held in March 2025. A total of 245 students appeared in the contest across all regions.

CIVIC SENSE SESSIONS PROMOTING RESPONSIBLE CITIZENSHIP IN HDF SCHOOLS

As part of its holistic approach to education, HDF organized Civic Sense Sessions across its schools in Karachi, Rahim Yar Khan, Mardan, Lahore, Islamabad, Tando Muhammad Khan, and Zhob. These sessions were designed to foster responsible citizenship, environmental awareness, and a strong sense of community among students.

Through interactive and engaging activities, students were motivated to take ownership of their surroundings, practice civic responsibility, and appreciate the importance of sustainability. This initiative aligns with HDF's broader mission of developing socially responsible individuals who make positive contributions to their communities.

TRAINING OF TEACHERS

TOT OF MASTER TRAINERS

13 Master Trainers were chosen from all regions and trained through the Aga Khan University-Institute of Education and Development. These trainers then provided training to teachers across regions to enhance their pedagogical skills.

TEACHER TRAINING SESSIONS

280 Teachers participated in sessions focusing on teaching methodologies, classroom management, and lesson planning.



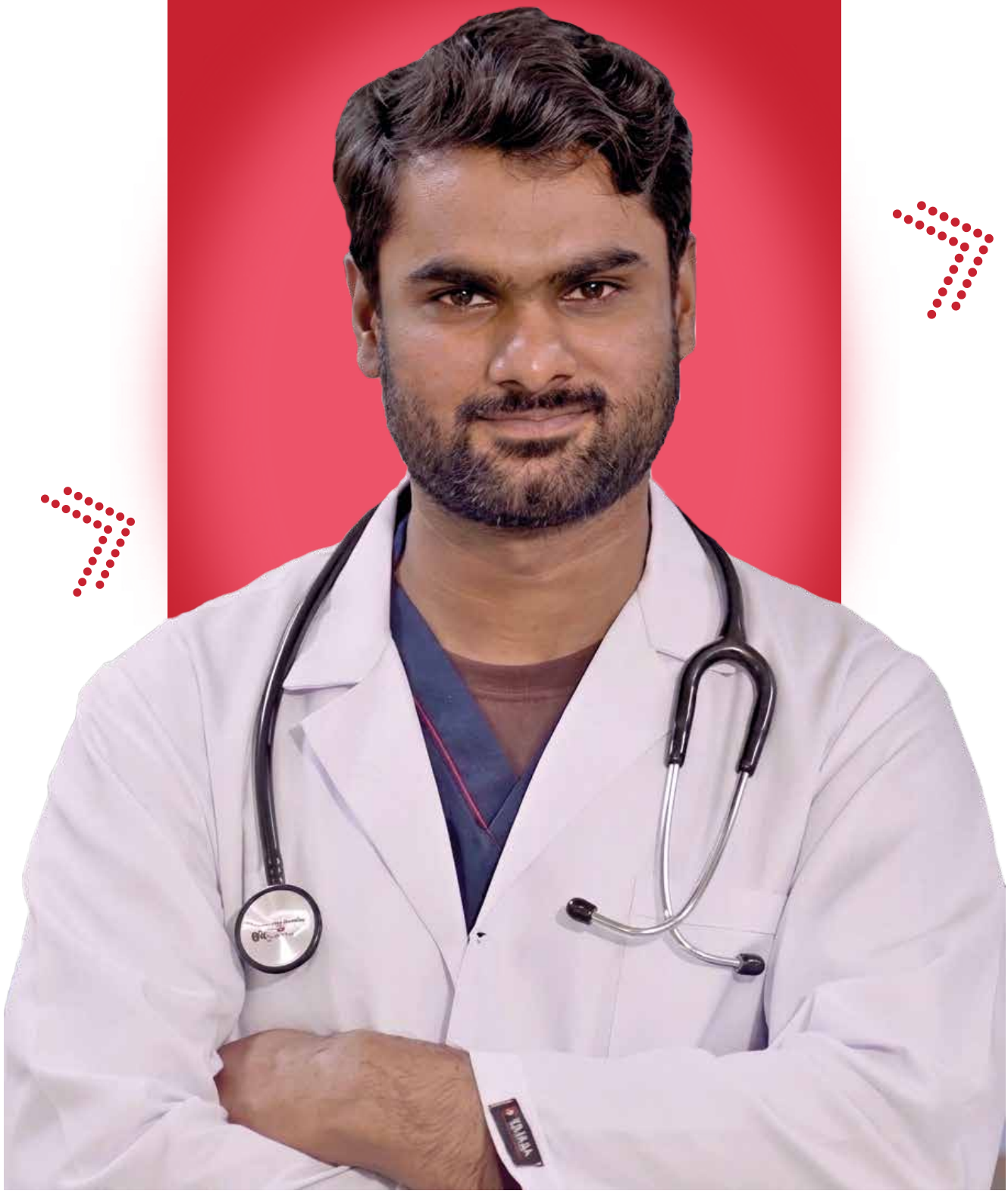


DR. ASHFAQ ALI

DR. ASHFAQ ALI

Nishtar Hospital, Multan

From Perseverance to Purpose: A Journey of Impact



TURNING DREAMS INTO SERVICE

From a young age, Ashfaq dreamed of becoming a doctor, driven by a deep desire to serve humanity. However, this aspiration was met with doubt by those around him. Given his family's financial limitations, pursuing medical education seemed out of reach, and the dream appeared impossible to many.

Despite these challenges, Ashfaq remained determined. He applied for admission to Nishtar Medical College, Multan hoping for an opportunity that could change his future. That opportunity came in the form of the HDF Scholarship, for which he was successfully nominated. This support became the turning point in his journey, enabling him to pursue his medical education without the burden of financial constraints.

Today, Ashfaq proudly serves as a doctor at Nishtar Hospital, fulfilling the dream he once feared might never come true. His work reflects not only professional achievement but also a deep commitment to giving back to society. With unwavering dedication, he continues to serve those in need and remains committed to this mission for years to come.

Ashfaq's journey is a powerful testament to the transformative impact of quality education and timely support. It demonstrates how investing in education can unlock potential, change life trajectories, and create a ripple effect of positive impact within communities.







PRIMARY HEALTHCARE


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ADVANCING COMMUNITY HEALTH EQUITY

HDF's Primary Healthcare Program addresses the root causes of preventable illness and mortality in underserved regions through a comprehensive, community-based approach. Leveraging an established network of Community Health Centers (CHCs) and Mobile Medical Units (MMUs), we deliver essential health services such as routine medical check-ups, immunizations, maternal care, and nutritional support. The program places particular emphasis on maternal, neonatal, and child health services, alongside vaccination drives and medical camps to expand outreach and accessibility.

A key focus of the program is improving the health and well-being of mothers and children, where targeted interventions are helping to significantly reduce maternal and child mortality. Through nutrition screening and counselling, as well as the promotion of preventive healthcare practices, HDF is not only addressing immediate medical needs but also strengthening long-term community resilience. By improving access to quality healthcare, the program continues to invest in healthier, more sustainable futures for the communities we serve.

26 / 1,000 Under-5 mortality rate reduced	**23 / 1,000** Infant mortality rate (IMR) reduced	**0** Maternal Deaths
98% of Children (under 2) are fully immunized	**231,243** Individuals impacted by healthcare services	**552** Medical Camps Organized
36,922 households provided Primary Healthcare Services	**100%** Antenatal care provided to the expecting mother	**98%** of births conducted by skilled birth attendants
93% of Children (under 5) monitored for growth	**92%** of Women of reproductive age are immunized against TT	**94,136** Patients treated



COMMUNITY-BASED HEALTH EDUCATION

In alignment with its preventive healthcare strategy, HDF organized 635 community-based awareness sessions on lifestyle changes and non-communicable disease prevention. These sessions empowered community members to adopt healthier habits and better manage common illnesses.

SCHOOL HEALTH AND WELLNESS PROGRAM

Recognizing the importance of early screening and health promotion in schools, the School Health and Wellness Program delivered significant results:

- **6,239** students were screened in HDF schools under School health program for better health of students.
- **6,700** adolescent girls attended session on menstrual hygiene management.

This holistic approach ensured not only the treatment of health issues but also long-term improvements in school attendance, academic performance, and general well-being

EMPLOYEE HEALTH AND WELLNESS

HDF remains committed to fostering a healthy, supportive, and productive work environment by prioritizing the well-being of its employees. Through a series of health and wellness initiatives, HDF conducted preventive health screenings and facilitated awareness sessions focused on common medical conditions, weight management, and stress reduction. As part of these efforts, comprehensive Health and Wellness Screening was carried out across all regions, assessing a total of 227 employees.

These initiatives were designed not only to promote early detection and health education but also to cultivate a culture of care and well-being within the organization. All participating employees received medical consultations and personalized diet plans, while 40 individuals were referred to as specialized care where needed. By encouraging proactive health management and providing access to essential medical support, HDF continues to invest in the long-term vitality, morale, and performance of its workforce.







ABEEHA

ABEEHA

Her first Step: A Life Changing Journey



ABEEHA'S FIRST STEP: FROM DELAY TO DEVELOPMENT

Abeeha, a two-year-old from a low-resource community near Lahore, was unable to walk due to underlying undernutrition that had affected her growth and strength. While her family cared deeply for her, they were unaware of the seriousness of her condition. When her parents brought her to HDF's Mobile Medical Unit, a clinical assessment revealed significant growth delays. Abeeha weighed only 10 kilograms and measured 77 centimeters, with clear signs of nutritional deficiency.

Recognizing the urgency, the HDF health team initiated timely intervention. Abeeha was dewormed, provided with essential nutritional supplements, and her parents were counseled on appropriate feeding practices. She was also placed under regular monitoring to track her progress. Over the following months, Abeeha showed steady improvement. Her weight increased to 13.5 kilograms and her height to 81.3 centimeters. As her nutritional status improved, she gained strength and energy. Soon after, Abeeha achieved a major developmental milestone, she was able to stand and walk independently. This progress marked a significant turning point for both Abeeha and her family, bringing relief and renewed hope.

Abeeha's case highlights the importance of early identification, timely intervention, and continuous follow-up in preventing long-term developmental delays.

It demonstrates how access to basic healthcare and nutrition can significantly improve a child's growth and overall well-being. Her story is proof that timely intervention can change the course of a child's life. Yet, many children are still waiting for that chance held back not by ability, but by lack of access to essential nutrition and care. Because every child deserves not just to survive but to take their first step toward a brighter future.





LIVELIHOOD AND FOOD SECURITY



EMPOWERING COMMUNITIES THROUGH SUSTAINABLE DEVELOPMENT

HDF's Livelihood and Food Security Program remained a key strategic priority in 2025, focusing on poverty reduction and sustainable economic empowerment in vulnerable communities. Recognizing the complex challenges of food insecurity and unemployment, the program adopted a holistic, community-driven approach. Core interventions included vocational training for youth and women, entrepreneurship and micro-enterprise support, as well as Climate Smart Agriculture and Financial Literacy trainings to strengthen both income generation and resilience.

HDF closely engaged with vulnerable populations particularly women, youth, and marginalized groups equipping them with market-relevant skills, productive assets, and capacity-building opportunities. Through vocational training, enterprise development, and support for household-level food production, the program addressed immediate economic needs while fostering long-term self-reliance.

By linking livelihood opportunities with food security initiatives, HDF is enabling families to build sustainable incomes, enhance their nutritional well-being, and better withstand future shocks. This integrated approach remains central to HDF's mission of creating empowered, resilient, and self-sufficient communities across Pakistan.

64
Participants trained in technical/ vocational skills training

130
Families Supported through cash assistance

40
Goats/ Sheep Assets transfer for Entrepreneurs livestock (Goat/Sheep Sets)

91
Micro Enterprises Established

26
Youth trained in diploma courses

3,232
Farmers trained in Climate Smart Agriculture

325
Families provided with meat through the Qurbani Project

1,965
Families provided with ration food packs for flood relief

773
Families provided with Ramadan food packages





WAHEED

WAHEED

Stitching Dreams into Dignity



Empowered with Opportunity, Abdul Waheed Now Creates Livelihood for Others

Abdul Waheed's journey is a powerful example of how the right support at the right time can transform potential into progress. Living with a physical disability affecting one leg, Abdul Waheed faced many challenges in pursuing a stable livelihood. However, his determination to become financially independent never faded.

Before receiving support from HDF, Abdul Waheed was working as an apprentice under a master tailor, learning the skills of stitching and garment making. He had the talent, commitment, and willingness to work hard, but lacked the financial resources needed to start his own business.

Recognizing his potential, HDF provided Abdul Waheed with financial support to establish his own tailoring setup. This support became a turning point in his life. With dedication and perseverance, he started his tailoring business and gradually built a source of income for himself.

Today, Abdul Waheed is not only running his own business with dignity, but has also become a mentor for another young man who is learning tailoring from him and working under his guidance. His journey has moved beyond personal success; it is now creating opportunity for others as well.

Abdul Waheed's story reflects the impact of empowering individuals with the tools they need to stand on their own feet. With timely support, he turned his skill into a livelihood, his determination into independence, and his small business into a source of hope for another person.

His journey reminds us that disability does not define ability. With opportunity, encouragement, and access to resources, individuals like Abdul Waheed can build dignified lives and inspire change within their communities.





SUSTAINABLE ENVIRONMENT AND WASH



PROMOTING ENVIRONMENTAL STEWARDSHIP AND ACCESS TO SAFE WATER AND SANITATION

In 2025, HDF continued to strengthen its commitment to climate resilience and public health through its **Sustainable Environment and WASH Program.** Recognizing the growing threats posed by environmental degradation, water scarcity, and inadequate sanitation, we implemented targeted interventions to improve access to safe drinking water, sanitation facilities, and hygiene awareness in vulnerable communities.

Through a combination of infrastructure development, behavioral change communication, and community engagement, the program focused on enhancing environmental stewardship while addressing the root causes of waterborne illnesses and poor hygiene practices. HDF also integrated climate-sensitive approaches to ensure that communities are better prepared to manage environmental risks and safeguard their health and livelihoods.

Through these concerted efforts, HDF remains committed to fostering a sustainable environment and promoting health equity, ensuring that communities are better equipped to navigate the challenges of a changing climate.





6
Solar-Powered Water Filtration Plants installed in Rahimyar Khan & Khushab

94
Hand Pumps installed in Tando Muhammad Khan & Mardan

98%
of people in HDF areas now have access to clean water

10
water filtration plants installed in government schools of Mardan

1,120
school latrines rehabilitated in government schools of Mardan

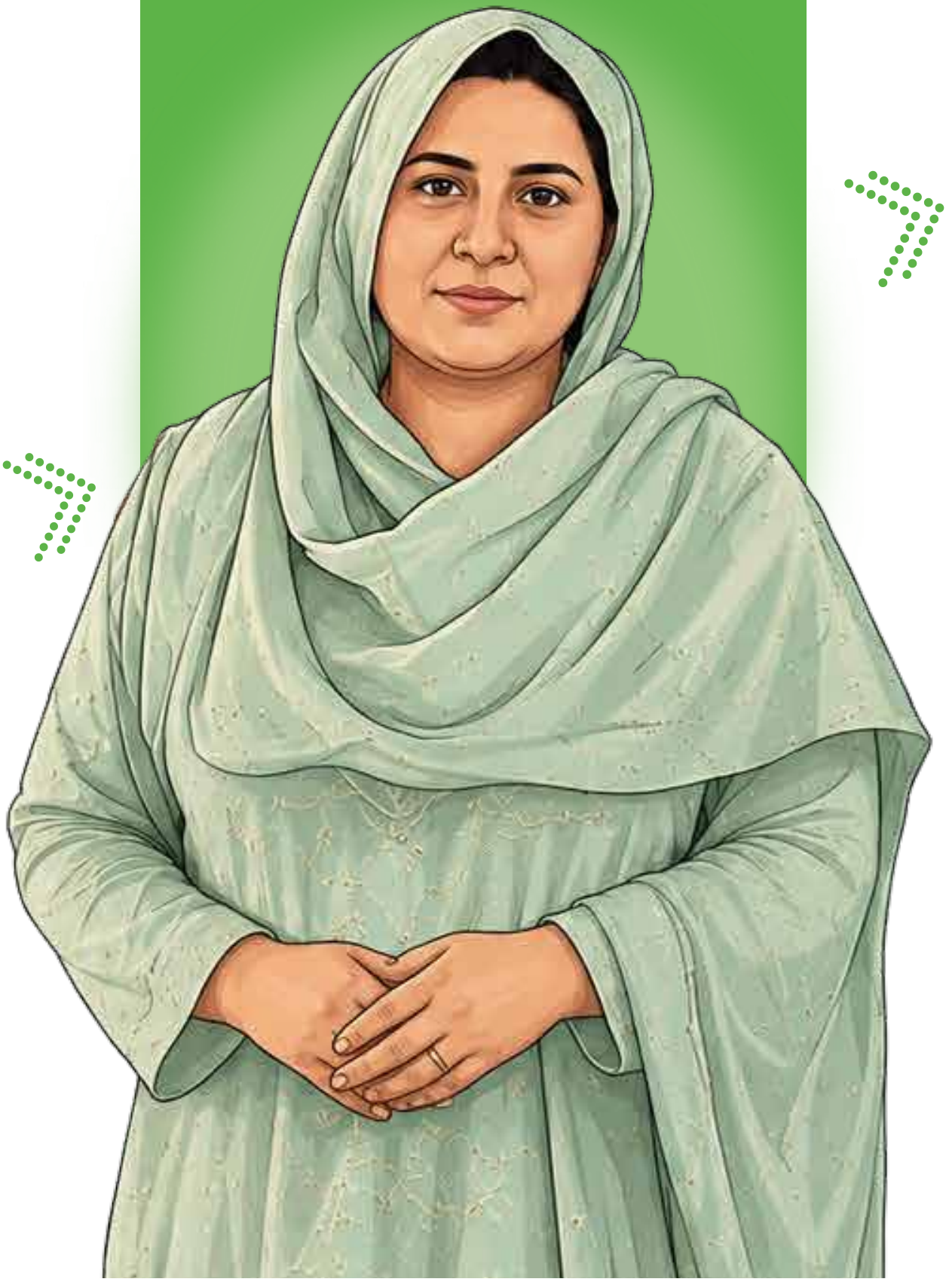
249
water chillers and handwashing stations set up in government schools of Mardan

1,400
Trees planted

FATIMA

FATIMA

A Teacher's Care, A Girl's Confidence



CREATING A SAFE SPACE FOR MENSTRUAL HEALTH AT BUGHDADA HIGH SCHOOL, MARDAN

Miss Fatima, a devoted teacher at Bughdada High School, has become a quiet yet powerful source of support for her students. Before HDF's intervention, menstruation was a taboo girls felt embarrassed and afraid to speak about it, even with trusted teachers.

After participating in HDF's Menstrual Hygiene Management (MHM) training, Miss Fatima gained the knowledge, confidence, and sensitivity to address menstrual health openly. She began conducting awareness sessions and, understanding students' real challenges, set up a small cupboard stocked with sanitary pads, clean clothes, and undergarment ensuring girls could manage menstruation at school with dignity.

Today, students approach her confidently, knowing they will be met with empathy and support. As they proudly say, "Miss Fatima is the solution to our problems." With HDF's support and educators like her, Bughdada High School is now a safer, more inclusive space where menstruation is no longer a barrier to learning.



SPECIAL SPONSORED PROJECTS

In 2025, the Human Development Foundation continued to implement a diverse portfolio of special sponsored projects aimed at enhancing service delivery and addressing context-specific community needs. These initiatives reflect HDF's commitment to innovation, strategic partnerships, and responsive programming.


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AUDIO AND VISION SCREENING

The vision & hearing initiative is a collaborative effort between the Human Development Foundation (HDF) and the Pakistan Institute of Rehabilitation Sciences (PIRS), an HEC-recognized degree-awarding institution. A Memorandum of Understanding (MoU) was signed on 30th November 2021 to jointly implement a school-based vision and hearing screening program. In 2025, support from Ms. Lateifa Gani and Dr. Rashida Loya enabled the project to expand to government and private schools in Rahim Yar Khan's program villages, reaching rural underserved students.

In 2025, HDF, with the financial support of Ms. Latiefa Gani and Dr. Rashida Loya, screened 13,533 school children & staff across 88 schools in Rahim Yar Khan.

Spectacles provided:	Eye referrals:	Hearing referrals:
> 3,596	> 374	> 2109

The initiative received widespread appreciation from school principals and teachers, who acknowledged HDF's efforts in enhancing students' access to quality education through better health.



NAZAR 20/20

The Nazar 20/20 initiative, launched in collaboration with philanthropist Mr. Saqlain Khan (Late) and the Pakistan Institute of Rehabilitation Sciences (PIRS), aims to enhance the learning experience of school-going children by addressing vision impairments. Since its inception, this project has facilitated access to vision screening and eyeglasses for thousands of students in underserved communities.

In **2025,** HDF, with the generous financial support of Ms. Alia Khan, conducted vision screening initiatives across Lahore and Quetta, reaching a total of **5,209** students and school staff.

In Lahore, **4,163** students and staff were screened across 15 schools, while in Quetta, screenings were conducted for **1,046** individuals, including **930** students, **70** teachers, and **46** non-teaching staff at Al Mustafa Public High School.

A total of 1,533 spectacles were provided (1,153 in Lahore and 380 in Quetta).
111 cases were referred for further medical evaluation (35 in Lahore and 76 in Quetta).

- The referred cases included individuals identified with serious or complex ocular conditions such as high refractive errors, severe allergic conjunctivitis, suspected cataract, and other ocular pathologies requiring specialist care.



WASH4GIRLS – MENSTRUAL HYGIENE AND SANITATION IN MARDAN

The DM-Aid–sponsored WASH4Girls project was successfully completed in **2025**, improving WASH facilities in **249** schools through the installation of water coolers with three-stage filters and handwashing stations, and rehabilitating toilets in **1,120** schools. MHM awareness sessions in **52** schools trained 134 teachers and 2,900 mothers as champions and engaged **6,700** girls, supported by IEC materials. Additionally, water filtration plants were installed in 10 Government schools in Mardan.

CAMPAIGN FOR TOBACCO-FREE KIDS (CTFK)

Youth Engagement

- **25+** educational institutes and **1000+** students engaged for anti-tobacco awareness sessions.
- A speech competition on tobacco's harmful effects was held with **16** participants and **107** attendees.
- HDF assisted the PFFB during hike on Trail 6, Islamabad, with nearly 1,000 participants.

Engagement with Federal Ministries and Parliamentarians:

- 32 high-level meetings conducted with members of parliament, federal ministers, and key national institutions
- Key collaborations established with MoE, PIERA, FDE, HEC, MONHSR&C, Tobacco Control Cell, FBR, MoIPC, PBSA, Radio Pakistan, Private Schools Assoc., PEMRA, and NPC.

Public Engagement and education:

- Launched assessment report on the impact of Graphic Health Warnings (GHWs) on tobacco-consumption & survey report on the popularity of Electronic Nicotine Delivery Systems (ENDS)
- **2** Rallies held on No-tobacco Day
- Launched reference notes on graphic health warning (GHWS) & Tabacco advertisement & promotions

Media and Communication

- **136** media publications
- **45** journalists trained in responsible anti-tobacco messaging in media and reporting
- **368** Social media posts on Facebook





TRAINING ON CLIMATE-SMART AGRICULTURE & FINANCIAL LITERACY FOR WOMEN FARMERS

Training Approach

- A two-day online session to review the training manual and key concepts
- A two-day in-person ToT workshop to address practical implementation challenges
- **54** field-level trainings were conducted by Master Trainers

Locations:

- Rahim Yar Khan
- Liaqat Pur
- Khanpur

Achievement:

- **2022 Women** farmers trained on Climate Smart Agriculture & Financial Literacy



VILLAGE SHAKAL KHAN KHOSO JACOBABAD TRANSFORMED:

ACHIEVING OPEN DEFECATION FREE STATUS THROUGH WASH AND HEALTHCARE INITIATIVES

In early 2025, with the support of donor Mr. Muhammad Aliuddin Ansari, HDF launched a Health and WASH intervention in Village Shakal Khan Khoso, Union Council Alan Pur, Tehsil Garhi Khaio, District Jacobabad. The village comprises **294** residents across **42** households. Based on a situation analysis conducted by HDF's MEAL team, the project was designed to address urgent needs in sanitation, healthcare, hygiene awareness, and community ownership. A formal MoU was signed on February 6, 2025, to support WASH and health service delivery.

During **2025**, HDF constructed **40** sustainable household latrines, organized 10 medical camps treating 1,101 patients, reached **516** beneficiaries through health awareness sessions, conducted **08** cleanliness drives, and carried out **08** fogging rounds. The intervention has improved sanitation practices, strengthened preventive health behavior, reduced open defecation, and encouraged local ownership through community engagement for long term sustainability.





HUMANITARIAN RELIEF EFFORTS


HDF
Human Development Foundation

BUILDING RESILIENCE IN TIMES OF CRISIS

Throughout its history, the Human Development Foundation has been at the forefront of responding to crises across Pakistan—delivering impactful, sustainable, and compassionate humanitarian support. From the drought of 2000 to the devastating earthquake of 2005, the IDP crisis of 2009, the floods of 2010 and 2022, and the COVID-19 pandemic, HDF has consistently provided not only emergency relief but long-term rehabilitation and development.

HUMANITARIAN RESPONSE OVER THE YEARS:

Drought Relief (2000):

- Constructed multiple check and delay-action dams in Balochistan (Badanzai, Shahabzai, Mina Bazaar, Wala Akram).
- Infrastructure development including schools, health centers, roads, pavements.
- Supplied drinking water in Mastung, planted 10,000 olive trees.
- Provided food, seeds, and medicines in Balochistan and Tharparkar.

Earthquake Response (2005):

- Distributed 4,000 blankets, 550 tents, and 1,000 Alaska structures.
- Built 101 sanitation and 101 kitchen units.
- Healthcare offered to 2,000 people, established a girls' high school with 73 enrolled students.
- Established and equipped a community health center with lab and ambulance.

IDP Crisis Response (2009):

- Deployed Mobile Health Units and supplied PKR 1 million in medicines to Hizbullah Hospital.
- Established vocational training centers for women and two relief & rehabilitation centers in Mardan.
- Provided PKR 1.2 million worth of milk to displaced children and set up non-formal schools.

Flood Response (2010–2011):

- Organized 250 medical camps and provided 2.5 million meals.
- Constructed 500 houses and installed 35 irrigation water pumps and 40 hand pumps.
- Installed 8 filtration plants and 18 drinking water tanks.
- Distributed 15,000 water purification tablets.
- Rehabilitated 22 water courses and supported 1,600 farmers with livestock and agriculture inputs.
- Distributed non-food items (clothing, school supplies, household essentials).
- Provided agriculture inputs to 1000 farmers.
- Provided 600buffaloes to women.

COVID-19 Response (2020):

- Delivered 5.5 million meals to nearly 70,000 individuals.
- Treated 26,000 patients through CHCs and telemedicine.
- Registered 3,690 families with the Insaf Imdad Program.
- Registered 11,932 families with the Federal Ehsas
- Emergency Cash Program.
- Established 3,160 kitchen gardens to support household food security.

Flood Response (2022):

- Responded to the national emergency impacting 33 million people and causing 1,731 deaths.
- Delivered emergency aid and initiated long-term rehabilitation programs in Balochistan, Sindh, and South Punjab.

Key Rehabilitation Projects (2023):

APPNA Basti – Rojhan Mazari, Rajanpur:

- 21 solar-powered houses reconstructed for flood-affected families.

Meer Deenar Khan Brohi, Jacobabad:

- ALL 35 HOUSES RECONSTRUCTED - Rehabilitated 245 individuals.
- Distributed 7 goat sets to 7 families for sustainable income.

Noor Muhammad Pathan Village, Jacobabad:

- Solar RO water filtration plant – 1,500-gallon daily capacity - 1,100 beneficiaries provided with clean drinking water.

REHABILITATION OF FLOOD-AFFECTED VILLAGE

REBUILDING RESILIENCE: POST-FLOOD HOUSING REHABILITATION IN JACOBABAD (2024)

In collaboration with **Humanity First USA**, the Human Development Foundation successfully completed the rehabilitation of **40 flood-affected households** in the villages of **Mola Bux Brohi** and **Dur Muhammad,** Jacobabad, Sindh. This initiative is part of HDF's continued response to Pakistan's 2022 national climate emergency.

Each newly constructed **360 sq. ft. one-bedroom home** is powered by a **1,000-watt solar energy system,** providing safe and sustainable shelter to **40 families** including **28 male-headed and 12 female-headed households**. The project is built on a prior phase under which 20 homes were previously completed in Mola Bux Brohi.

Beyond housing, the initiative also encompassed the **rehabilitation of the Government Boys Primary School** in Mola Bux Brohi and the **formation of a community-based organization** to promote local ownership and long-term sustainability.

This effort has significantly improved living conditions, strengthened climate resilience, and fostered community cohesion among vulnerable populations in Jacobabad.

FLOOD RESPONSE (2025):

- Responded to the 2025 floods affecting communities in Khyber Pakhtunkhwa, Punjab and Gilgit Baltistan.
- Conducted relief activities in **72** villages across **Punjab, Khyber Pakhtunkhwa, and Gilgit Baltistan.**
- Organized **15** medical camps, providing essential healthcare services to **3,478** flood-affected individuals.
- Distributed **1,965** food/ration packs, **1,215** hygiene kits, and **815** winterization kits to affected families.
- Provided Zakat cash assistance to **130** families in Buner.





OUR LEADERSHIP



Samina Hijab
MD, Chairperson

Born and raised in Lahore, Pakistan, Samina completed her medical studies at Fatima Jinnah Medical University in Lahore and worked for several years in Saudi Arabia at King Faisal's Military Hospital. She finished her second residency training at Advocate Lutheran General Hospital in Niles, Illinois, and is currently a practicing pediatric critical care attending at St. Alexius Medical Center as well as the medical director of the Pediatric Intensive Care Unit at the Women and Children's Hospital at St. Alexius. She is a lifetime member of the Association of Physicians of Pakistani Descent of North America (APPNA) and served as the president of the Fatima Jinnah Medical University Chapter for two years and of the Illinois Chapter of the Pakistani-descent Physicians Society for one year.

"This year, I am honored to begin a new chapter with HDF! I have always tried to give back to my roots as a Pakistani Muslim and to causes close to my heart," says Dr. Samina.



Nina Rehman Khan,
MD (MI), Member (Board Secretary)

Dr. Khan completed her residency in internal medicine at Henry Ford Hospital in Detroit. She is a fellow of the American Collage of Internists and trained in anti-aging, regenerative, and functional medicine. She currently serves as the medical director at BodyLogicMD of Detroit.



Dr. Tabassum Saeed,
BOD Treasurer

Dr. Tabassum Saeed, WA
Dr. Tabassum Saeed is a retired medical doctor based in Seattle, where she has lived since 1975. A graduate of Fatima Jinnah Medical University in Lahore, she began her career at the University of Washington in Physical Medicine and Rehabilitation before moving into private practice for four decades. Deeply engaged in community service, she has been active in both religious and social initiatives and formerly served as Chairperson of HDF's Seattle Chapter. She currently serves as a Treasurer on the HDFNA Board.



Fatima Hussain

As an IT professional with over 15 years of experience with HDF, Hussain represents the institutional knowledge and operational continuity essential for long-term organizational success. Her dual role as Managing Director and leader of the Chicago network illustrates how HDF's leadership structure leverages both centralized coordination and local community engagement.



Kamran Khan

Kamran Khan resides in California, USA, and brings an extensive professional and technical background to the HDF community. With over 25 years of experience in technology leadership, he leads Business Development teams and offers expertise in AI/ML, product strategy, and business development. He has served in various local and national nonprofits supporting the Muslim community, including WVMA, CAIR, ACC, and others. His professionalism, expertise, and commitment make him a valuable contributor to HDF's mission and ongoing initiatives



Dr. Israr Abbasi

Dr. Israr Abbasi is a U.S.-licensed psychiatrist and the founder of Jamestown Psychiatry PC in New York, with over 15 years of experience in clinical mental health care. He earned his medical degree from Rawalpindi Medical College, followed by postgraduate training in psychiatry in the United States. Dr. Abbasi has a strong commitment to community health and currently leads initiatives focused on expanding rural access to behavioral health services in underserved areas. He is privileged to serve as a member of the HDFNA Board of Directors, where he brings his medical and public service background to support the organization's mission of sustainable development.



Shahzad Syed

Shahzad Syed started as a volunteer at HDF, Michigan Network for 11 years ago. Born and raised in Lahore, Pakistan, Shahzad graduated from Hailey College of Commerce, University of Punjab. Continuing his professional education, he became a Chartered Accountant from Pakistan and later joined Ernst & Young in their Middle East Practice. He is also a Certified Public Accountant (CPA) from USA and holds a CPA license in Michigan. Throughout his career, he had the opportunity to work in a global environment, such as Ernst & Young, KPMG and automotive related companies.

Being associated with HDF as a donor for many years, what inspired him the most was HDF's mission providing tools to underprivileged community helping themselves to come out of poverty through its Holistic Program. This Program benefitted millions across Pakistan to become self-sufficient. Using his skills and experience, Shahzad plans to enhance the pace and usefulness of financial reporting process that would ultimately benefit HDF, its Networks and donors.

WITH HDF,
YOUR ZAKAT IS IN TRUSTED HANDS



الجواب بعون الوهاب واليه المرجع والمآب

The Human Development Foundation (HDF) is a non-profit organization founded in 1997 by visionary members of the Pakistani diaspora, driven by concerns about the inadequate state of human development within the country. Working across all four provinces of Pakistan and AJK, HDF is dedicated to alleviating the plight of individuals facing multidimensional poverty by focusing on areas encompassing education, health, livelihood, food security, and sustainable environment, which includes initiatives related to water, sanitation, and hygiene. Additionally, HDF extends support to those affected by natural calamities like floods and earthquakes. It's important to note that Zakat funds can be collected and utilized for these noble purposes.

As Allah states in the Holy Qur'an when delineating the principles of Zakat:

إِنَّمَا الصَّدَقَاتُ لِلْفُقَرَاءِ وَالْمَسَاكِينِ وَالْعَامِلِينَ عَلَيْهَا وَالْمُؤَلَّفَةِ قُلُوبُهُمْ وَفِي الرِّقَابِ
وَالْغَارِمِينَ وَفِي سَبِيلِ اللَّهِ وَابْنِ السَّبِيلِ فَرِيضَةً مِّنَ اللَّهِ وَاللَّهُ عَلِيمٌ حَكِيمٌ

Translation:

"Zakat is for the poor, and the destitute, and those who administer them, and for reconciling hearts, and for freeing slaves, and for those in debt, and for spending in the path of Allah, and for the traveler in need—an obligation from Allah. Allah is All-Knowing, Most Wise." (At-Tawbah: 60)

In accordance with this verse, it is evident that Zakat funds can indeed be utilized in the aforementioned endeavors.

هذا ما عندي والله اعلم بالصواب

دارالافتاء

Written By: Fatwa Committee, Al-Madina Islamic Research Center, Karachi

PCP-RS/2024/130

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.....

Executive Director
Shazia Maqsood Amjad



HUMAN DEVELOPMENT FOUNDATION

helping people help themselves

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