



helping people help themselves

| Transforming Lives Since 1997

ANNUAL REPORT 2021

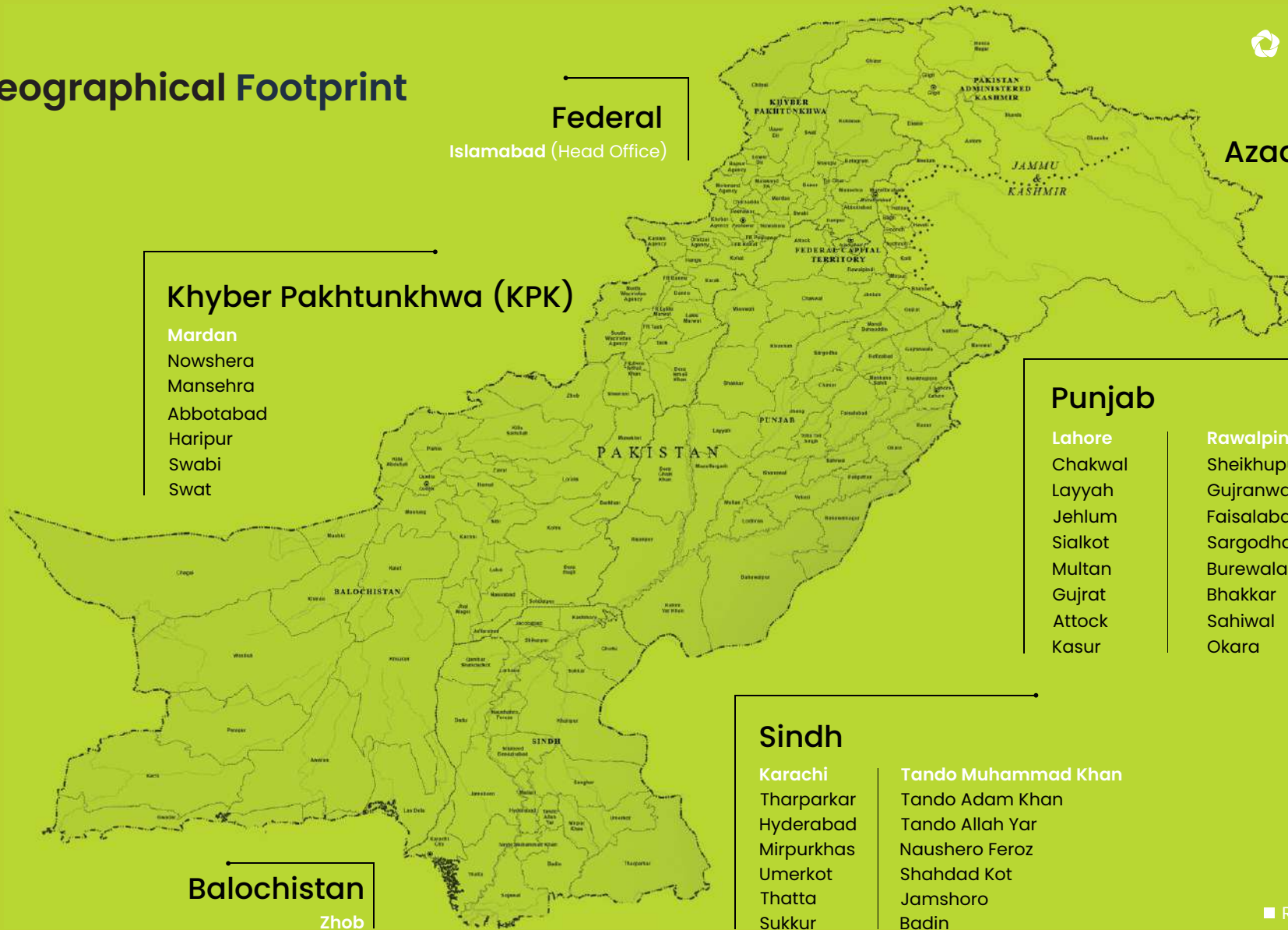
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Geographical Footprint



Federal
Islamabad (Head Office)

Khyber Pakhtunkhwa (KPK)

Mardan
Nowshera
Mansehra
Abbottabad
Haripur
Swabi
Swat

Azaad Jammu Kashmir (AJK)

Muzaffarabad

Punjab

Lahore

Chakwal
Layyah
Jehlum
Sialkot
Multan
Gujrat
Attock
Kasur

Rawalpindi

Sheikhupura
Gujranwala
Faisalabad
Sargodha
Burewala
Bhakkar
Sahiwal
Okara

Rahim Yar Khan

Mandi Bahauddin
Dera Ghazi Khan
Nankana Sahib
Bahawalnagar
Muzaffargarh
Bahawalpur
Lodhran
Vihari

Sindh

Karachi

Tharparkar
Hyderabad
Mirpurkhas
Umerkot
Thatta
Sukkur

Tando Muhammad Khan

Tando Adam Khan
Tando Allah Yar
Naushero Feroz
Shahdad Kot
Jamshoro
Badin

Balochistan

Zhob

3,472,898 Beneficiaries

7,337 Villages

07 Regional Offices

53 Districts

91 Tehsils

■ Regional Offices ■ District Offices

Ishfaq Ahmed's Story: Building Communities through Participatory Approach



Ishfaq, an incharge of Baloch Development Organization recalls how HDF brought about a change in his village.



Key
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SDGs

“While the private schools had gradually filled the gaps, yet many children from disadvantaged backgrounds were still deprived of their right to education”, says Ishfaq Ahmed Baloch, a resident of Tando Muhammad Khan, Sindh.

“HDF helped us in the formation of Baloch Development Organization, through which we were able to address the educational, economic, and health needs of our village. I am pleased to report that from SEF’s scholarships for 100 students, our VDO has been able to get 8 fully-funded scholarships, where sixth-grade students will complete their education till intermediate level.”

Under Ishfaq Baloch’s lead, the VDO is now projecting to enroll 1200 children in the school this year and provide them with their most fundamental right to free and quality education. This project, like all of HDF’s VDO efforts, rests on the belief that vibrant and competent communities/individuals are consolidated within nurturing societies. With 1600 VDOs registered across Pakistan already, HDF continues to further this sentiment and work to empower vulnerable segments of society through volunteerism and leadership.



Social Capital Development



236,181

Beneficiaries of Holistic Social Capital Development Model and Partnerships



292

Village Development Organizations (VDOs) Working on Ground



1,622

Community Development Organizations (CDOs) Formed



21,100

Individuals Trained in Community Management Skills

Shamma Nazir's Story: A Transformational Journey



Shamma, a graduate of HDF Karol War School, while performing patient examination.



Key
Related
SDGs

Shamma Nazir, a 26-year-old girl from the village of Karol War, once toiling to reach school, now saves countless lives every day, working as a nurse in a hospital. *"Many children in Karol War have little to no access to education. Most of them never reach their full potential; dropping out of school at early ages; girls getting married off or staying home to assist in household chores, and men resuming work with their kin on the fields,"* says Shamma's mother.

In between these precedented archetypes, is Shamma Nazir's story. She is the first girl from her village to graduate from nursing school, choosing to save lives by serving in a local hospital, where she once was just another girl from a poor household. Shamma credits her triumph to HDF and its programs, without which she would have never surpassed a secondary education and transcended her potential.

"I feel much more satisfied in hindsight as now I can assist so many underprivileged children of my community to find opportunities and reach their maximum potential."

There are countless places like Karol War where the inadequate housing, squalid living conditions, and limited income prospects only paint one picture – but the children, with their beady eyes and hopeful imaginations, teem with boundless untapped potential. HDF, meanwhile, continues to work arduously every day to ensure that Shamma isn't the last bona fide anecdote of educational success.



21

Formal Schools

26

Non-Formal Schools



71%

Girl's Enrollment.



4,329

Beneficiaries of Adult Literacy Centers



2,102

Teachers Received Trainings on Modern Teaching Strategies.



106

Orphans and their Mothers Supported Under Orphan Support Program



1,114

Disadvantaged Students Enabled to Get Access to Higher Studies through THANKS Scholarships

Hamna Altaf's Story: Stepping Into Motherhood



Hamna while enjoying moments of motherhood with her daughter.

3 GOOD HEALTH
AND WELL-BEING



Key
Related
SDGs

“Being unable to conceive was a nightmare in itself. Having a baby had taken over our life. I was afraid to hope and I spent many sleepless nights feeling depressed,” says Hamna, a 29-year-old woman from village Saagiyan, Lahore. Infertility is often a taboo subject, where upon discovery of a women’s infertile status, a marriage can sink into harsh conflict or even polygamy.

Hamna, after an agonizing three-year struggle with conceiving, gave birth to a beautiful baby girl with the support of HDF’s Community Health Center (CHC) in her village. Both Hamna and her husband were counseled about the treatment’s course and its implications, as they consulted with our specialist doctor in HDF’s CHC Karol War. Within just 3 months of the treatment, Hamna had conceived. Both mother and child remained healthy throughout her pregnancy. She carried the child to term and delivered a healthy baby girl. Reminiscing, she expressed the impact that moment had on her and her family’s life: *“It was a remarkably cherishable moment for my family. All the waiting, effort, and worry was worth it to have our daughter.”*

Hamna is now breaking her silence – voicing the complex realities of dealing with infertility in a conventional society. She, among many others like her, are compelled to live their life subjugated by a patriarchal society in which a woman’s worth and productivity is measured by her ability to bear children. HDF’s Mother and Child Healthcare model has shown tremendous



Primary Healthcare



211,238

People Receiving Preventive Healthcare



97%

Fully Immunized Children Under two years



29,144

Children Under 5 Years of Age
were Monitored for Growth



97.2%

Women of Reproductive Age Immunized Against Tetanus



96.7%

Antenatal Care Consultation



60,000

Patients Treated through Telehealth Services During COVID-19



0.2 MILLION

Students Screened for Health & Nutrition Indicators

Reduced Child Mortality Rates

Improving child health remains one of the most significant health challenges in the rural and underprivileged areas of the country. Our mother and child healthcare model has shown tremendous achievements in reducing the child mortality rates in HDF program areas.

Infant Mortality Rate (IMR) in 2005

70/1000

Live Births



Infant Mortality Rate (IMR) in 2021

22/1000

Live Births

Under 5 Mortality Rate in 2005

80/1000

Live Births



Under 5 Mortality Rate in 2021

27/1000

Live Births



Aasia's Story: A Key to Transform Lives



Aasia, a 13-year old girl from Tharparkar, riding a tri-wheeler provided by HDF

"This is not just another key but a key that has transformed my life," says Aasia, a 13-year old girl from Tharparkar, who facilitates 12–16 fellow girls of Mansingh Bheel with access to education on a tri-wheeler provided by HDF.

HDF has rolled out 26 purpose-built tri-wheelers to the extremely poor, to provide pick and drop to school-going girls, and earn livelihood for themselves after school hours.

Belonging to the heart of a calamity-stricken Tharparkar desert, riddled with famine and a dearth of water, Aasia and girls in her community are met with inaccessibility to education and uncondusive learning environments. She is the only girl in her village to reach the eighth grade, as other girls had been unable to go beyond a primary level of education.

"Access to schools is a major challenge as the social norms of my village posits girls' education as 'inappropriate or 'irrelevant'. While many girls are denied the support to achieve their dreams, I was lucky enough to get it from HDF and my parents."

Aasia now confidently maneuvers the asphalt paved roads, as she drives the tri-wheeler, spreading her wings, and freeing herself (and others) from the ideological bounds of an orthodox society.

This is not just Aasia's dream – but that of thousands of Aasia's out there, struggling to acquire higher education, aspiring to change the course of their lives and go beyond what may be expected of them. It leaves us to wonder whether we are doing enough as a society and pushes us to remain persistent in working towards a world where this fundamental right is not a privilege, but a priority.

1 NO POVERTY



4 QUALITY EDUCATION



5 GENDER EQUALITY



Key
Related
SDGs



Livelihood & Food Security



OVER 3 BILLION

Rupees Disbursed to Members of Partner Communities Under Microfinance Program



385,718

Beneficiaries Under Microfinance Program



11,968

Under the Technical and Vocational Training Program



4,256

Vulnerable Families Supported to Grow their Food through Kitchen Gardening



65

Farmers were Supported in Crop Diversifications, Seed Preparation and Storage Practices



2,356

Community Members were Provided Fruit Trees to Address Malnutrition and Ensure Household Food Security

Basti Rahim De Wahi's Story: Driving Force of Nature



Residents of Basti Rahim De Wahi enjoying clean water from a water filtration plant installed by HDF.



Key
Related
SDGs

Basti Rahim De-wahi is a small village, 7-8km away from Rahim Yar Khan city (South of Punjab province), with the population of approximately 2,751. This Basti started facing the challenge of clean drinking water after establishment of a sewage treatment plant for Rahim Yar Khan city in the periphery of Basti Rahim De Wahi. People started feeling bad odor and change of color in ground water. When problem escalated and it became unbearable, Village Development Organization – Kehkashan – approached HDF team for water interventions.

HDF team along with VDO and community decided to install water filtration plant for clean drinking water. A water filtration plant of 5000 gallon capacity was installed, relieving the sufferings of residents. The day of plant installation proved a day to celebrate when people of community gathered around filtration plant, kids danced jubilantly.

To encourage women participation, Farzana Shabbir – member of VDO and resident of village – was trained for operating filtration plant on voluntarily basis. She further stated that, *“Our children were exposed to harmful environment but now we are happy that not only our kids but kids from neighbor village are getting benefit from filtration plant.”*

Today, community is managing the filtration plant and enjoying clean drinking water.



Sustainable Environment & WASH



04 DAMS

Constructed (Delay Action/ Check Dams)



72

Water Filtration and Reverse Osmosis (RO) Plants installed



373.37 KWS

Clean Energy Produced by HDF



97%

Population (229,096 families) has Access to Improved Water Sources



832,785

Trees Planted Across HDF Program Areas in Pakistan



1,608

Water Projects Completed to Ensure Provision of Clean and Safe Water



2,236

Community Physical Infrastructure (CPI) Projects Completed



40%

Conserved Water Wasted through Seepage by Lining of **51 Water Courses**



08

Tube Wells Installed for Irrigation Purposes



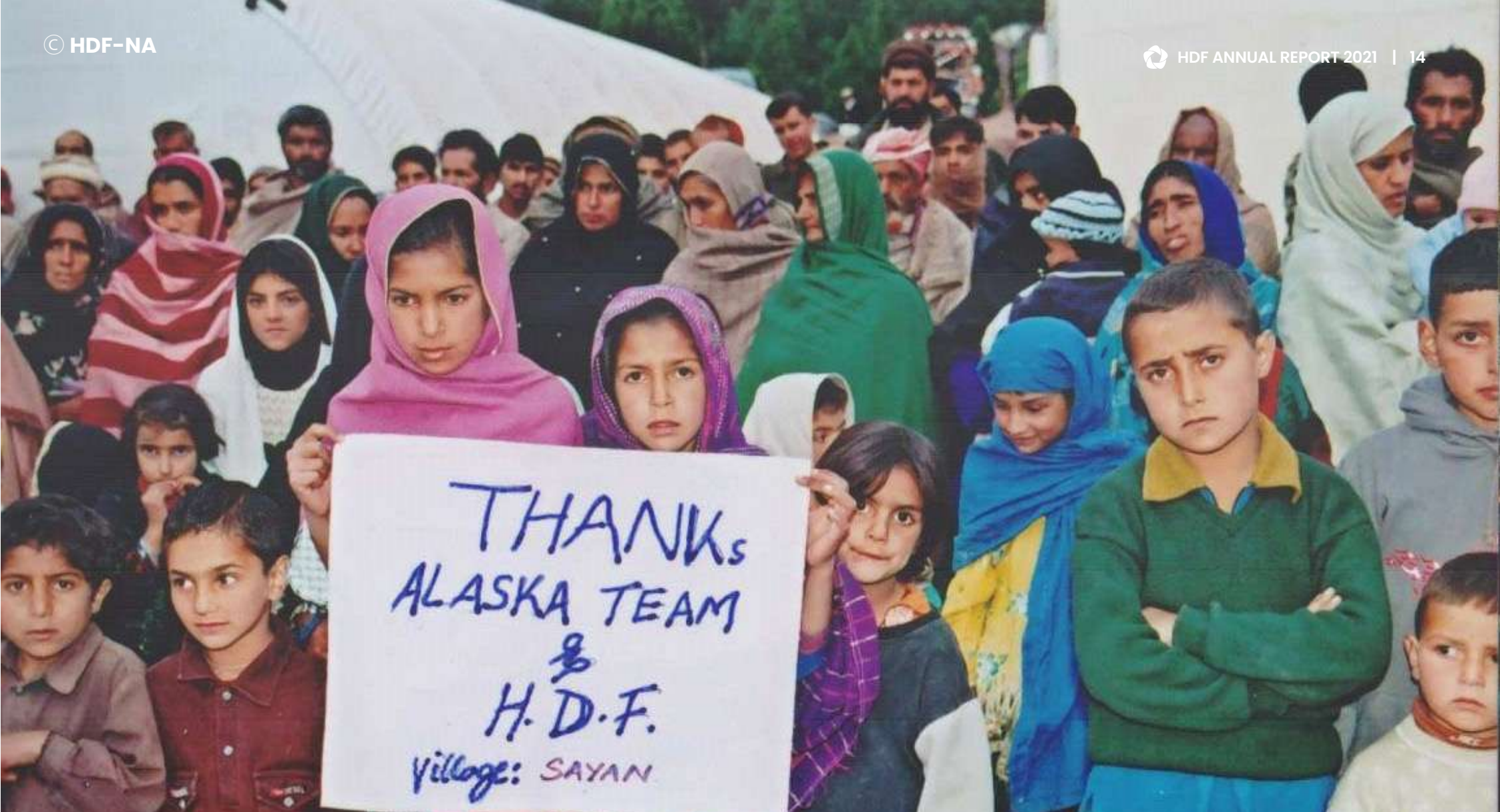
91%

Population has Access to Basic Sanitation



04

Model Villages



Survivors of AJK Earthquake in 2005 express gratitude for HDF and Alaska Team for their relief efforts.

HUMANITARIAN RELIEF EFFORTS

IN DROUGHT 2000



Badanzai

Delay-Action Dam (DAD)



Shahabzai

Delay-Action Dam (DAD)



Other Infrastructure Projects

School, Community Health Center, Roads, Street Pavements & Culverts



Mina Bazaar

Check Dam



Wala Akram

Check Dam



Drinking Water

Supplied in Mastung



10,000

Olive Trees Planted



Medicines

Supplied in Noshki & Zhob, Balochistan



Food & Seeds

Supplied in Tharparkar, Sindh

HUMANITARIAN RELIEF EFFORTS IN EARTHQUAKE 2005



4,000
Blankets



550
Tents



1,000
Alaska Structures



101
Sanitation Units



101
Kitchen Units



2,000 People
Provided Healthcare Facilities



High School
Established For Girls

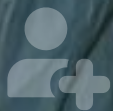


73
Girls Enrolled



Community Health Center
Established & Equipped with
X-Ray, Microlab & Ambulance

HUMANITARIAN RELIEF EFFORTS IN IDP CRISES 2009



Curative Health Services

Provided through Mobile Health Units for IDPs



PKR 1 Million Worth

Medicine Provided to Hizbullah Hospital, Swat



Vocational Center

Established for Women



02 Relief & Rehabilitation Centers
Established for IDPs in Mardan



PKR 1.2 Million Worth

Milk Provided to Internally Displaced Children of Waziristan



Non-Formal Schools

Set Up

HUMANITARIAN RELIEF EFFORTS IN FLOODS 2010–2011



250

Free Medical Camps



2.5

Million

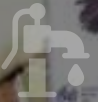
Meals Provided



500

Houses Constructed

(Following ERRA Construction Model)



35

Water Pumps Installed
For Irrigation Water Supply



40

Hand Pumps Installed
For Domestic Use



15,000

Water Purification Tablets
Dispersed



8

Filtration Plants Installed



18

(500 Gallon)

Safe Drinking Water
Tanks Installed



22

Tertiary Water Courses Desilted
(With Financial Support of FAO)



600

Buffalos Provided to
Women



1000

Farmers

Provided Agriculture
Inputs



NFIs Distributed

(Stitched Clothes, School Bags, Torches, Stoves,
Bed Throws, Pillows & Mosquito Repellents)

HUMANITARIAN RELIEF EFFORTS IN COVID-19



5.5 Million

Meals Provided to 69,629
Community Members



26,000 Patients

Treated through HDF Community
Health Center & Telemedicine



3,160

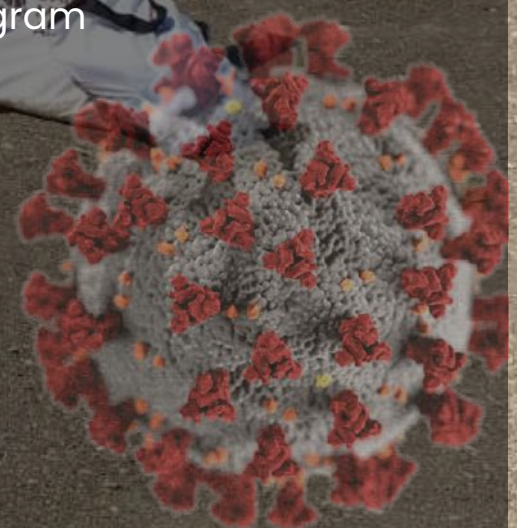
Kitchen Gardens Established
To Improve Food Insecurity

11,932 Families

Registered with Federal Ehsaas
Emergency Cash Program

3,690 Families

Registered with Provincial
Insaaf Imdad Program





Social Capital Development

Promote inclusive societies for sustainable development and build effective, accountable, and inclusive institutions at all levels.

Social Capital Development (SCD) is the backbone of the people-centric community development process and plays a proactive and engaging role in mobilizing communities to identify their needs and find solutions to their problems. The process of social mobilization seeks to develop communities through building and strengthening local institutions as well as alliances formed based on shared values, norms, vision, and cooperation.

Over the years, HDF has established over 3,500 Community Organizations (COs) and 292 Village Development Organizations (VDOs) to empower communities and ensure their participation in all services provided by HDF. By 2021, over 29,000 community members received trainings, 18% of whom were women – an extraordinary achievement in a nation where millions of women in rural areas are illiterate.

HDF facilitates institution building from the grassroots level by forming community organizations, providing training in community management & skills development, as well as developing forums for children.



Trainings & Workshops

- 2,988 community members, leaders, and social organizers trained under Community Management Skills Training (CMSTs)
- 77 community leaders received capacity-strengthening training in management skills
- 227 community members trained in Community-Based Disaster Risk Management
- 225 Village Development Organizations (VDOs) trained on project cycle management, participatory planning, budgeting, monitoring & evaluation.



Community members of VDO being trained in participatory planning.

Community Engagement Activities

- 530 awareness-raising sessions were conducted on gender mainstreaming and empowerment of women
- 426 sessions were conducted for the capacity building of health committees of VDOs
- 276 community awareness sessions conducted on Health, Hygiene, and WASH education
- 804 safe drinking water and sanitation awareness sessions to address associated health risks
- 53 human rights awareness sessions conducted to encourage individuals to uphold their rights
- 39 situational analysis conducted in various locations to identify new areas for expansion of HDF program services
- 19 sports tournaments conducted for the youth of RYK, ZHB, KHI, and LHE regions to engage the youth in extracurricular activities.

TAKE A STEP TOWARDS ACHIEVING **IMPROVED NUTRITION**

Sponsor A Kitchen Garden
& feed the vulnerable family on a sustainable basis for

\$10
PER FULL GARDEN
Only





Students of HDF Secondary School, Gurdas Campas, Mardan.

Education & Literacy

Promoting equitable quality education for all, ensuring all children, especially girls, realize their full potential

Pakistan is facing various challenges to ensure that all children, particularly the most disadvantaged attend, stay and learn in schools. With approximately 22.8 million out of school children (OOSC) in the age bracket of 5-16, Pakistan has the world's second highest number of OOSC. HDF is providing quality education to children in marginalized communities under its Education & Literacy Program.

HDF has built 250 formal and non-formal schools with modern facilities, and some level of remote learning capabilities over the years. We run regular student enrollment campaigns in rural areas to ensure enrolment and retention of OOSC in schools. HDF works hard to make sure learning is always an enjoyable experience for children. We focus to develop life skills including thinking and analytical skills among children. Teaching civic sense to the children is also an integral part of our program to help them become productive members of society. We lay special emphasis on gender equality and community participation while taking local norms and culture into account.

Through our various Scholarships Programs, we are catering to the financial needs of bright and needy students to fulfill their dreams.

At present, HDF has 49 functioning schools (21 formal and 28 non-formal) with a total population of 6094 students of which 71% are girls. In year 2021, 1276 new students were enrolled out of which 1058 were placed in primary, 153 in middle and 65 in secondary schools. This year 853 students successfully graduated out of which 424 were from primary, 249 from middle and 180 from secondary schools. The number of dropouts for year 2020-2021 were 78 of which 42, 24, and 12 were for primary, middle and secondary schools respectively. Over the years, HDF has trained 2,102 teachers out of which, 195 teachers were trained in Pedagogical Skills for Effective Teaching Practices in year 2021. 77 participants completed Adolescence and Adult Learning and Training Program (AALTP).

School Health Program

Improving Health and Process of Learning

HDF has institutionalized School Health Program as an integral part of its education system with a goal to 'Improve the health conditions and process of learning among school children through annual health screening, health education, and girl's friendly WASH interventions. We are efficiently running school health programs in all HDF schools, and to date, we have screened over 0.2 million students of vulnerable families. During the year 2021, annual health screening of 2,888 students and teachers were conducted in selected regions to ensure the well-being of our staff and students. While some students were referred to hospitals and specialists for further treatment. Regular de-worming campaigns and eyesight screenings were conducted in all HDF schools. 53 Awareness sessions were conducted on personal hygiene and menstrual hygiene management (MHM), WASH, balanced diet, healthy lifestyle, dietary diversity, and prevention of foodborne and other diseases. HDF Regional Offices in coordination with Health Department's Rapid Response Team organized Covid-19 vaccination camps in all HDF schools.



Students happily return to school post-Covid-19

Digitally Connected Schools

Empowering Learners through Technology

HDF is continuously working to improve and adapt the modern teaching methods to provide quality education. To improve participation and attainment of girls in technological/digital education and careers, HDF established 13 virtual setups for secondary classes in all HDF secondary schools with the technical support of Knowledge Platform (KP). With these virtual set-ups, our classrooms have become digital, students learn by watching videos, animations and simulations. Teachers from all relevant HDF schools received refresher training on the virtual campus facility and its utilization.

Upholding Our Promise of Quality Education

Empowering Learners through Technology

To ensure uniformity of curriculum in all HDF schools across Pakistan, HDF has signed a partnership with National Book Foundation (NBF). Under this partnership HDF has purchased 1,549 sets of books at discounted prices, and has freely distributed the same for all students of HDF schools. This central procurement and distribution has reduced the cost of books by 63% for HDF.

HDF initiated the process of affiliation of all its secondary schools with Federal Board of Intermediate and Secondary Education (FBISE). This affiliation when realized will help HDF align its syllabi and examination system across all provinces and retrieve centralized support from FBISE for learning activities.

Scholarship Program

To make sure every child has access to quality education, multiple scholarship programs of HDF are benefitting students, particularly girls from primary to higher education. This year, 262 deserving and bright students were awarded with Qadir-un-Fatima, Abdul-Salam, and THANKS Scholarship.

Qadir-un-Fatima Scholarship is a need/merit-based scholarship. A scholarship of PKR 460,000 was disbursed among five (05) students from Mardan, Rahim Yar Khan and AJK.

Dr. Abdus Salam Scholarship is a merit-based science scholarship, funded by HDF Canada for two years to support science students of grade 9th. Under this scholarship, a total of 24,000 PKR will be distributed to each student quarterly for the duration of two years. HDF has disbursed the 1st installment of this scholarship among five (05) deserving female students from HDF schools in Mardan, Rahim Yar Khan, Tando Muhammad Khan and Islamabad.

THANKS Scholarship are performance-based scholarships initiated by the Alumni of Pakistani educational institutes residing in the US who wanted to pay back to the country by helping students. In 2021 HDF has disbursed 32 scholarships among 242 deserving and promising students to support them in their pursuit of educational

Orphan Support Program HDF has distributed stipends among 106 orphans of HDF schools @ DKK: 3,000/orphan with generous support from DM-AID in Islamabad, Tando Muhammad Khan, Mardan & Muzaffarabad.



THANKS Scholarship Distribution Ceremony held in Gordon College, Rawalpindi.



Awardees of Qadir-un-Fatima Scholarship

Employing Pedagogies

Promoting Activity Based Learning

HDF under its Teachers Capacity Development Program conducted a 3-days intensive training workshop with the aim to train teachers on modern pedagogical skills and updating teaching methods as per the latest and innovative teaching trends. The training was conducted for all teaching staff of HDF schools across all the regions and in total 211 teachers participated in this training and received teachers training certificates.

Parents Participation

Community Engagement in Education

HDF under its Community Engagement and Parents participation for Education component conducted 53 seminars with parents and communities. The purpose of these seminars were to emphasize on the importance of community engagement in education as well as to inform parents about the school activities and the progress of their children. These seminars also explored parents and communities perspectives about education as well as about the HDF schools.

Co-Curricular Activities

For Curricular Enrichment

In consideration with HDF's focus on holistic development of their students, several co-curricular activities were held throughout the year. In this regard roughly about 131 events were held to mark international days such as literacy day, children day, doctors' day, teachers' day, and environmental day and so on and so forth. The purpose of celebrating or making their days were not only to educate children about these important events, their causes and impacts but also to give the children the opportunity to relate to these events and see their roles in contributing towards their causes and resolutions.

Apart from celebrating international days, HDF schools also organized 60 different competitions throughout the year across the program regions. These competitions included sports competition, quiz, debates and sciences competitions with the aim for catering as well as nurturing the different potentials of our students and to showcase their talents.



Student of HDF Secondary School, Kaliyah Campus

In Pakistan
12 MILLION
GIRLS

do not have the
financial means
to get education

DONATE TO EDUCATE
An Out-of-School Girl For



\$132
PER ANNUM
Only



HDF Doctor while consulting patients in OPD of HDF Community Health Center during Covid-19.

Primary Healthcare

To Ensure Healthy Lives & Promote Well-Being for All at All Ages

HDF has made huge strides in continuously reducing infant and child mortality, improving maternal health, decreasing a substantial number of mother death, and fighting a number of preventable diseases under our primary health care program in over 292 villages across Pakistan.

HDF has successfully reduced the IMR, CMR & MMR to less than 50% of the countrywide rates in its program areas

Our community health centers not only provide primary, preventive, curative, and primitive health care services rather serve as a hub of community engagement & outreach. During the year 2021, despite the challenges of a pandemic, HDF's health team performed exceptionally well and provided healthcare services to over 29,347 households in HDF's program areas. The antenatal/postnatal care services were provided to 100% of the eligible ladies during pregnancy and post-delivery. The Health outreach team has managed to track the growth of 100% children of under five years of age in the Program areas.

- 9 Community Health Centers
- 211,238 Beneficiaries of Preventive and Curative Healthcare Services
- Infant Mortality Rate Recorded at 22 per 1000 Live Births
- Under 5 Mortality Rate was Recorded at 27 per 1000 Live Births

Mother and Child Wellness Model

To nurture a healthy community where everyone is optimally nourished and where no mother or child dies due to any preventable cause especially malnutrition

Maternal and child health is one of the essential and strongly integrated components of HDF's holistic model of participatory community development. The overall well-being of the children and women of reproductive ages (15-49) is at the center stage backed by social capital development at all levels.

- Antenatal/postnatal care was provided to 2,832 women (96.7%) out of 2,930 pregnant women.
- 18,314 children (96.6%) were fully immunized out of 18,965 children under 2 years in program areas.
- 42,040 women (97.2%) of reproductive age (WRAs) were provided with TT vaccination out of 43,251 women.
- The contraceptive prevalence rate (CPR) remained at 71% in program areas.

Closing the Gaps of Healthcare through Tele-Health

To provide preventive and therapeutic support to our communities, HDF incorporated telemedicine through community health centers (CHCs) in Lahore and Islamabad. The inclusion of Tele-Health services in our CHCs is providing timely and continuous support to facilitate outdoor patients, especially in far-flung rural areas of Zhob. Telemedicine enables video-call consultations between a patient and their healthcare practitioner. It lowers healthcare costs, drives up efficiency, and provides patients with better access to healthcare services.

Nazar 2005 Program

Eyesight Screening for School-Going Children

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People-Centric & Participatory Approach

- Our trained professional team of Lady Health Visitors (LHVs) and Community Health Workers (CHWs) provide door-to-door preventive services and reach the community with consistent engagement to end infant and mother mortality in their villages.
- 46,599 members of the partner communities were provided OPD in CHC.
- 52 medical camps were organized in remote areas and facilitated patients including women and children.
- 50 health seminars were conducted on Birth Preparedness and Complication Readiness (BPCR), Postnatal care (PNC), Early Initiation of Breast Feeding (EIBF), Immunization, WASH, Birth spacing, etc.
- In wake of COVID-19, facilitated and rehabilitated communities as well as frontline healthcare workers and provided PPE to 300 frontline health workers.

HDF received a high-performance award from the Government of Baluchistan and the World Health Organization (WHO) for its effective role in the Polio Eradication Campaign.

- 41 capacity building sessions of regional Health staff were conducted on the topics related to MNCH, Immunization, Growth monitoring, Malnutrition, waste management, data collection, Infection Prevention and Control (IPC), and related fields.
- 47 schools of HDF participated in the Measles-Rubella Vaccination Campaign of the Government from 15-27th November and ensured the vaccinated all the eligible children with parents' consent.

- An interactive webinar "Nurture the Bond" was conducted in collaboration with the International Federation of Medical Students Associations (IFMSA) and Combined Military Hospital Lahore (CMH-LC). Dr. Humaira Irfan, a gynecologist, UNICEF projects coordinator on mother-child care, and Dr. Fatima Khan, a registered clinical dietician and public health nutritionist from HDF well-versed the attendees about maternal medical complications and social barriers associated with breastfeeding and how to tackle these issues.
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- 47 schools of HDF participated in the Measles-Rubella Vaccination Campaign of the Government from 15-27th November and ensured the vaccinated all the eligible children with parents' consent.
- On account of World Breastfeeding Week 2021, a series of awareness sessions were arranged in all program areas on Breastfeeding. The Health Coordinators educated the communities about the concept of exclusive breastfeeding.

The Government of Sindh and Baluchistan has awarded the certificate of appreciation to HDF schools for Active Cooperation in Measles and Rubella Vaccination Campaigns.

- An annual Health Checkup was conducted at the head office to ensure employee health and wellness.
- All staff members of the Head office received influenza vaccination/flu shots in the wake of the winter season and COVID-19 prevalence.

Food Safety & Quality Awareness

For High-Risk Communities During/Post Covid-19 in Pakistan

The COVID-19 pandemic has led to a dramatic loss of human life worldwide and presents an unprecedented challenge to public health, food systems, and the world of work. The availability of food mostly in the underprivileged areas of the country is not enough to prevent malnutrition along with reduced purchasing power. To address this challenge HDF conducted various awareness sessions to educate students, their families, and teachers on optimum health to reduce malnutrition and the burden of disease.

In this regard, HDF with the support of Global Alliance for Improved Nutrition (GAIN) conducted 30 awareness sessions in Rawalpindi and Peshawar and reached out to 14,052 people out of which more than 50% of participants were either female or from marginalized communities (refugees, street children, abandon citizenships, transgender, minorities, etc.). The Project has successfully engaged 5,516 students and teachers of Government and private schools intending to build self-efficacy in formulating and sustaining a balanced diet, enabling them to recognize those harmful practices which are compromising food safety, quality, and unhealthy trends.

Emergency Response During Pandemic

HDF has responded to the emergency to prevent, facilitate and rehabilitate communities as well as frontline healthcare workers. Primary Healthcare Services not only continued but rather expanded its services during the pandemic in HDF Villages. IEC material on COVID-19 was developed and widely disseminated across all regions. Various awareness-raising activities were also performed throughout the year to keep the communities safe and healthy.

- HDF has provided PPE to 300 frontline Health workers
- Over 26,000 patients treated through HDF Community Health Centers and telemedicine
- 30 days ration packs provided to 9,947 families (6,266,610 meals provide to 69,629 individuals)
- 21,000 free soaps and 4000 Hand sanitizers have been provided to vulnerable community members.

CLOSE THE GAPS OF HEALTHCARE
IN UNDERSERVED COMMUNITIES

Sponsor Free Healthcare
for a family who cannot afford

\$18
FOR 1 YEAR
Only





HDF has rolled out 26 purpose-built tri-wheelers to the extremely poor, to provide pick and drop to school-going girls, and earn livelihood for themselves after school

Livelihood & Food Security

End Hunger, Achieve Food Security and Improved Nutrition, and Promote Sustainable Agriculture

The economic development component was renamed livelihood and food security to better reflect HDF's programmatic interventions in the areas of economic development, youth workforce development training, agriculture livelihood, and food security.

HDF pays special importance to women's empowerment so that they can play a greater role in their households and communities by taking up economic activities.

Our program enables individuals to develop their technical skills through vocational training arranged locally or by public and private sector institutions. HDF enhances community capacity by offering interest-free microcredit services to start small businesses. Furthermore, farmers are provided with training to increase their productivity with the use of technology and the best methods in agriculture and livestock. HDF interventions include tunnel farming, integrated pest management, and kitchen gardening.



Expanding Microfinance Outreach

For livelihood enhancement, HDF has entered into a new partnership with Pak-Oman Microfinance Bank. The aim is to reach and support the poor and vulnerable farmers and to extend agriculture loans to the members of partner communities in 53 Tehsils of Punjab, Sindh, and KP. Under this program, 6,911 male and female members of partner communities were organized into 1,339 credit groups and an amount of Rs. 245.12 million was disbursed through Khushhali Bank and PAK-OMAN Microfinance Bank during the year 2021.

Food & Nutrition Security Initiative

As per the Global Hunger Index 2021, Pakistan is ranked 92nd out of 116 countries and with a score of 24.7, the country's level of hunger is categorized as 'serious'. To eradicate hunger and food insecurity, HDF is implementing holistic solutions. During the year 2021, 1,972 vulnerable families were supported to grow their food through kitchen gardening. In addition, 790 households received fruit trees and 25 community gardens were established to meet the nutrient needs of the most vulnerable women, and children. HDF also distributed 0.8 million meals in the year 2021 to cover the immediate basic food needs in poverty-stricken areas.

Under various training programs, 54 farmers were trained in seed preparation and storage practices, 65 farmers in crop diversification, and mushroom cultivation training was imparted to 22 community members.



Transforming Access to Schools

Access to schools has been a major challenge for girls in rural areas of the country where schools are miles away and transportation facilities are very limited and unsafe. Subsequently, in these areas, girls are particularly at risk of dropping out early because of the physical accessibility of schools. On account of poverty and unemployment, parents are unable to afford transportation facilities for girls, which ultimately results in an increased number of out-of-school girls in rural areas.

To address the problems i.e. enabling access to school for girls and empowering them to earn a decent livelihood, HDF innovated for transforming access to schools and meet the challenge of out-of-school children and poverty alleviation by rolling 26 purpose-built tri-wheeler school vans. These tri-wheelers are provided to the extremely poor with valid driving licenses and skills, to provide pick-and-drop to 12-16 girls and



Recipient of Tri-Wheeler promoting girls education and livelihood.

livelihood for themselves after school hours. These school vans have been purpose-built and fitted with special equipment, to ensure the safety of the female students. This pick-and-drop is not only serving the objective of providing safe and secure traveling for students, especially for girls but will empower the women of far-flung rural areas.

In continuation of our efforts to promote women empowerment and inclusion, HDF has distributed two (02) tri-wheelers to two young girls: Lakshmi and Asia, residents of Abanjo Tarr and Mansingh Bheel in Tharparkar. Our partners Thar Foundation-SECMC trained these girls and helped them in acquiring a proper driving licenses. These two girls will take local girl students to school and earn a livelihood by using these rikshaws after school hours. This will also enable one family to graduate out of poverty, while 16 or more girls will get sustainable access to school.



A young boy receives his tri-wheeler to improve his financial conditions.



Classes Underway for Batch -1 of Amazon Virtual Assistant Training at Human Development Institute of Future

Human Development Institute of Future Skills – HDIFS

HDF launched the Human Development Institute of Future Skills (HDIFS) in Mardan with the generous support of HDF Canada. The vision behind the establishment of HDIFS is to impart employable future skills to prepare the youth for a better tomorrow. The focus on exportable skills will not only help the youth workforce to earn a decent livelihood for their families but will also positively impact the country's foreign remittance. Empowered youth equipped with marketable skills can not only uplift themselves and their family's well-being but can also positively impact society and the economy at large.

The Centers under HDI of Future Skills will be state-of-the-art training facilities, which will offer multiple streams of skills training as well as co-working space to the graduates of these training. In its initial phase, it will provide training in Amazon Virtual Assistant and connect graduates with the industry for internships and employment. While in the future, the institute will offer multiple pieces of training courses including Amazon Legal Dropshipping, Amazon Private Label, Graphics Designing, SEO Professional, Social Media Marketing, and Word Press Web development

The Institute aims to support Pakistan's quest to achieve the national development goals and SDGs target of providing skills training to the youth so that

HDI of future skills has also initiated a program of scholarships and financial assistance for deserving and needy students. Scholarships for the first batch were secured from the Mardan chamber of commerce and the training partner to support the fees and financial costs of the students.



The program's envisioned outcome is delivering quality skills training to the digital and ever-growing market need. The HDI of Future Skills program ensures equal access to affordable and quality skills for all genders.

HDI of Future Skills Mardan shall welcome its first batch in January 2022 and in the first phase the institute is offering "Amazon Business and Virtual Assistant Training" with the technical expertise of POA solutions. A Memorandum of Understanding (MoU) was signed between Human Development Foundation (HDF), and POA solutions in this regard. Together HDF and POA solution will provide Amazon skills training to the youth of Mardan.

HDIFS will train our youth in exportable market-driven technical and developmental skills in accordance with the standards of national and international markets.



Launching Ceremony of Human Development Institute of Future Skills



Owais Ali Shah - Student of HDIFS (Batch-1) During Amazon VA Class



Aqsa (Graduate) Receiving Certificate of Completion of Amazon VA Course

A group of approximately ten children of various ages are smiling and posing for a photo in a rural, outdoor setting. They are dressed in casual clothing, and the background shows simple buildings and trees.

Together, We Can Eliminate **Hunger!**

Sponsor A Months Ration
& Help a Family Fight Hunger For

\$40
PER MONTH
Only





A young girl from Tharparkar drinks clean water from a nearby water filtration plant installed by HDF.

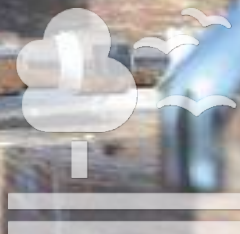
Sustainable Environment & WASH

Ensuring Availability and Sustainable Management of Water and Sanitation for All

HDF through its development programs is working to preserve the ecosystem and create a healthy environment by providing clean drinking water, better sanitation facilities, waste disposal, suitable adaptation to climate change, and an increase in forest cover. Our purpose is to raise the quality of life by providing communities with a clean environment and making them vibrant and self-sustaining.

The Community Physical Infrastructure (CPI) projects are completed through partnerships with donors, and include, the installation of hand pumps, tube wells, safe drinking water plants, water schemes, construction of link roads, water channels lining, street pavements, latrines, sewerage system, flood bunds, reservoirs and construction of delay action/ check dams. HDF constructed these infrastructures in Mardan, Tando Muhammad Khan, Rahim Yar Khan, Zhob, Muzaffarabad, Lahore, Karachi and Islamabad.

- Membership of the International Union for Conservation of Nature (IUCN)
- Membership of WASH cluster of UNICEF
- 229,096 people have now access to clean water for drinking and domestic use
- 97% Population has Access to Improved Water Sources
- 91% Population has Access to Basic Sanitation
- 804 awareness sessions conducted on the use of safe drinking water
- 276 community awareness sessions on health & hygiene and safely managed sanitation
- HDF Planted 21,990 trees in various plantation campaigns.



Clean Water For All

Pakistan is among the most water-stressed countries in the world, with 21.7 million people in the country lacking basic access to clean and safe drinking water. Only 36% of the population has access to safely managed water, a problem that is going to get worse in the upcoming years due to global warming, rapid population, and urbanization. In most rural areas the women and girls often have to travel more than 3–5 kilometers every day to collect clean water. HDF through its “clean water for all” has reached thousands of people in some of the toughest and marginalized areas of the country to alleviate the sufferings of the communities by installing hand pumps (Simple & Afridev), Water Filtration Plants, Electric & Solar Submersible Pumps, Tube Wells and Reverse-Osmosis (RO) Filtration Plants.

- 13 RO Water Filtration Plants installed
- 8 water filtration plants were converted to solar
- 102 simple hand pumps and 20 Afridev hand pumps were installed
- 9 Electric submersible pumps were installed
- 10 Gravity flow and simple water supply schemes were completed
- 17 Solar Submersible Water Pumps were installed
- 20 water coolers installed in KMBL Branches



A 10-year old boy of Thar drinking clean water from a filtration plant near his home.



Women of Village Muhammad Shiekh, TMK collecting water.

JOIN OUR MISSION TO **RESTORE NATURE!**

Sponsor to Plant Trees
& Help Fight Climate Crises For

\$40
PER 1000 TREES
Only





Afaf Dam in Soon Valley under Construction, estimated to be completed in March

Soon Valley Project

With the passion to pay back to the communities, a group of Pakistani doctors belonging to Soon Valley teamed up to improve the healthcare, water conservation, and livelihood of the valley. The project plan includes building a Mother and Child Healthcare Centre in UC Naushera and Affaf dam.

Afaf Dam

To Secure & Recharge Underground Water Table

Due to climate change and excessive drilling of groundwater by mechanized pumping system, the underground water table in Soon Valley has rapidly depleted from 150 ft. to around 300 ft. and still depleting at an alarming scale. With the generous support of the Qayyum family, the construction of Afaf mini dam was thus proposed to address the issue. AFAF dam is dedicated to Ms. Afaf Qayyum for her dedication to Humanity & Environment. The project of the dam shall be completed in two phases, location of Village Kufri (Siddiqabad) was finalized for the construction of dam in 2021 and the construction work shall start after the ground breaking ceremony planned to be held next year.

Mother & Child Healthcare Center

Good Health & Well-Being For All

Another component of the soon valley project is the construction of a Mother and Child Healthcare Center, as the area, which is home to 12,000 people does not have a single health facility and people, especially pregnant women, have to travel long distances for medical checkups and delivery. HDF with the support of Dr. Muhamamd Ghaus Malik and Dr. Muhammad Khalid Riaz shall establish a Mother and Child Health Care Center in order to provide quality medical facilities at the doorstep to residents of soon valley and its surrounding area.



Groundbreaking of HDF Healthcare Center in Soon Valley.

Digital Transformation: Implementation of SAP Business One

To conduct our business transactions with minimum/zero errors, become more efficient and productive, and further reduce our administrative costs from the existing 10%, we are moving to the top-of-the line ERP (Enterprise Resource Planning) solution.

With a futuristic vision of the foundation, there is a continuous effort to transform the system by incorporating digital technologies to enhance efficiency. Our primary focus is to implement enterprise technologies by focusing on three pillars of digital transformation: people, processes, and technology.

In 2021, tremendous efforts were made to develop systems that lay a solid foundation and support in making the right business decisions at the right time, with real-time access to information. As a result of all these efforts, we are currently live with SAP Business One, making the Human Development Foundation the first Non-Profit in Pakistan to achieve this milestone successfully. SAP Business One is an integrated business management application. It offers a complete set of core functions, including financials, donor relationship management, inventory management, purchasing, operations, logistics and project management, hospital management, and school management. This will address our organization's business management needs.

This will position us to produce the best value for money for our donors and supporters. The components to our growth are many, including the ability to add new brands and channels like e-commerce to our portfolio, but none of that growth would've been possible without SAP Business One.

The team has put remarkable efforts into migrating the legacy data and carrying out all the required tests for data accuracy and reporting. Right now, we are developing the dashboards and customizing reporting for the primary modules. We have integrated the management strategy within the project implementation plan to ensure a swift transition of the organisation by the end of the Year 2022.



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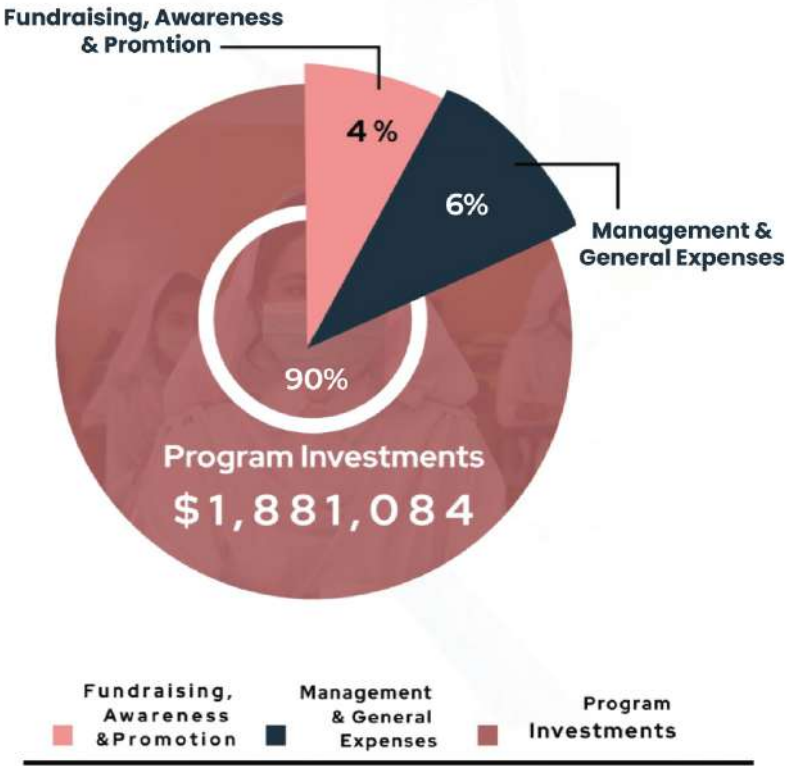
APPNA
Association of Physicians of
Pakistani Descent of North America



Khaki Foundation

Revenue	
Corporations	\$50,516
Foundations	\$319,854
Individuals	\$2,308,799
Investment income	\$577,053
Total Revenue	\$3,256,222

Expenses	
Program services	\$2,116,672
Foundations	\$140,896
Individuals	\$92,609
Fund Balances at Year End	\$4,582,459



Ways to Give



Planned Giving

You may enjoy financial and tax benefits while also helping ensure that the work of HDF will endure for generations to come.



Endowment

Donate to fund our good work forever.



Donor Advised Fund

A donor advised fund is a charitable giving program that allows you to combine the most favorable tax benefits with the flexibility to support your favorite causes.



Adopt a Project

Ask us how.



Stock Transfer

Contact the HDF office.



Host a Virtual Fundraiser

Ask us how.



Donate \$1 a day (\$30/month)



Ask your employer to match your donation.



Honor a loved one

Donate in someone's memory or honor.



To A New Beginning!



Fatima, an out-of-school girl waves her parents off on her first day at HDF School.

We are grateful to all our HDF staff members for making valuable contributions to this Annual Report.

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