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HDF Received Appreciation Shield for its Valuable Contribution to Education from Government of Sindh



In recognition of its valuable contribution to the promotion of non-formal education in Sindh, Human Development Foundation - HDF has received the appreciation shield from Mr. Syed Sardar Ali Shah, Minister of Education and Literacy, Govt. of Sindh. HDF serves with compassion and is striving to make a positive change in society through different formal & non-formal education programs.

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HDF BREAKS GROUND ON AFAF DAMS' CONSTRUCTION

Soon Valley Faces Severe Water Crises as Water Table Reduces to 300 Ft.

Due to global warming and rapid climate change, beautiful valleys like Soon valley are facing severe water crisis. Depleting fresh water resources are limiting access to safe drinking water and adequate sanitation, while precipitating water-borne diseases among the residents of the communities. Around 400 tube wells have been installed in the village in the last 20 years which has reduced the water table to 300 feet.

With the passion to pay back to the community that they belong, a group of Pakistani doctors belonging to Soon Valley teamed up to contribute to improve the water conservation and agriculture livelihood of the area, in the loving memory of Afaf Qayyum (late) – an environmentalist and social welfare worker. Friday, 20th May 2022 marked the ground-breaking ceremony of Afaf Dam at Soon Valley in Village Siddiqueabad (Kufri), in the presence of chief guest Mr. Muhammad Yousaf Cheena, Assistant Commissioner, Naushera, other distinguished guests and community members.

The village is home to a population of 12,000 people who will directly benefit from the construction of this delay-action storage dam. Afaf Dam is expected to secure and recharge underground water table considerably reducing input cost of farmers. The dam will positively impact agricultural production and increase in crop yield. It will also contribute favorably to the flora and fauna of the area. Moreover, it will revive the natural habitat and wild life. Located at a distance of 1.5km beyond the village hills, the dam site is a communal land used for animal grazing. It has a natural spring which flows year-round and used for drinking water purposes.

The estimated completion date of this project is March 2023, followed by olive plantation and the development of Communal Visitor Information Center in the next phases of this project.



Groundbreaking of HDF Healthcare Center to Achieve SDG 3: Good Health & Wellbeing

Improving Access to Healthcare Among the Underserved Communities of Soon Valley

It is completely unacceptable that half the world still lacks coverage for the most essential health services. HDF has proudly designed a healthcare program providing necessary healthcare facilities and a workforce including doctors in the most far-flung and off-grid program areas. At its core is maximizing value for patients: that is, achieving the best outcomes at the lowest cost, which protects the vulnerable communities from financial hardships. We firmly believe that HDF's longstanding efforts are critically important to achieve 'Healthcare for all'.

Owing to inadequate health and welfare services in Soon Valley, hundreds of people are exposed to life insecurity with insufficient medical care adversely affecting communities across the valley. With a passion to payback to the community, HDF has set ground for a healthcare center to improve access to healthcare among communities of the valley and help achieve SDG 3: Good Health & Well-Being for All. On Monday June 13th, Chairman Dr. Mohammad Khalid Riaz inaugurated the ground breaking ceremony of HDF Healthcare Center in Village Kufri – now known as Saaqeqabad - Soon Valley. Located at the Revenue Village and the Town Committee Area, this healthcare center will cover an area of 60 kanals to provide necessary healthcare services to its nearby residents.



HDF DISTRIBUTED 16 TRI-WHEELERS UNDER AN INNOVATIVE SOCIAL ENTREPRENEURSHIP MODEL

Enabling Safe Access to School for Girls Through Empowering Unemployed Deserving Individuals with Self-Employment



In rural areas of district Rahim Yar Khan and Lahore, schools are far away and transport links are unavailable. Access to schools has been a major challenge for girls in rural areas of the district where there are no transportation facilities or very limited other options available. On account of poverty and unemployment, parents are unable to afford transportation facilities for girls, which results in a high drop-out rate and increases the number of out-of-school girls in rural areas.

So, to address SDG: 4 and 8 of Quality Education and Decent Work & Economic Growth respectively, and the problems listed i.e. enabling access to school for girls and graduating families out of poverty, HDF introduced

an innovative social entrepreneurship model which will ensure alleviating both problems and sustain an action beyond the project lifecycle. Through this model, HDF has distributed 16 Tri-Wheelers in the month of April and May among middle-aged deserving individuals which will provide safe and supportive learning access to school-going girls through empowering unemployed individuals with self-employment, as well as meeting the sustainable development goals of quality education and decent work & economic growth.

The distribution ceremony in Rahim Yar Khan was chaired by Mr. Rana Naveed Ahmad, Chief Executive Officer of District Education, Ms. Rehana Irum, Focal Person of UNICEF & Principal of Govt. Girls High School RYK, Mr. Khalid Mughal, President of Private Schools Management Association (PSMA) RYK, Mr. Waheed Iqbal, District Population Officer, Mr. Zia-Uul-Qadir, Deputy Director Operations of National Commission for Human Development (NCHD), Ms. Samina Sarwat and Ms. Robina Mansoor, Representatives of REEDS Pakistan, Mr. Sajid Gill, District Manager, Bunyad Foundation, and Mr. Muhammad Usman Azhar, Secretary General, Chamber of Commerce & Industry RYK. Among other attendees were community members.

MORE THAN 6 LACS DISBURSED AMONG FIFTY-EIGHT DESERVING HIGH-ACHIEVERS UNDER VARIOUS SCHOLARSHIPS

Ensuring Inclusive & Equitable Access to Quality Education and Allowing Greater Educational Mobility Among Low-Income Families

For so many bright students across Pakistan, the availability of funds to continue their education has always been a major challenge. HDF, since its inception, has considered education as one of its primary goals, and in that regard, several scholarships have been offered to deserving students with outstanding academic performance across program areas under HDF's Education & Literacy program. These scholarships have proved to be accelerating the number of students finishing their primary and secondary education and consequently reducing out-of-school students and drop-outs, while helping us meet the Sustainable Development Goal #4 of Quality Education.



Three scholarship distribution ceremonies were held in the months of April and May whereby an amount of PKR 606,048 was disbursed among fifty-eight deserving high-achievers of HDF Primary and Secondary Schools, with special emphasis on girls and orphans. These social scholarships are available for industrious students from disadvantaged families, with low income or with medical and social problems, in order to secure a minimum standard of living. The geographical spread of these scholarships covered three regions of HDF including Muzaffarabad, Rahim Yar Khan & Mardan. These scholarships served as an incentive for students to become more productive, informed and contributing citizens, resulting in improved health, increased civic participation, reduced crime, and incarceration levels.



Inefficient transmission and distribution networks in some rural areas of Pakistan lead to power outages of up to 10 hours a day, with summer temperatures exceeding 40 degrees in southern Punjab. HDF supported the installation of solar panels, with 3-5 KW of capacity, in six schools of Rahim Yar Khan, including four primary schools, and one each secondary and girls' high school in far-flung and off-grid program areas of the region.



6 HDF Schools of RYK Converted to Solar Energy

Providing Access to Quality Education
to
More Than 1000 Students

All HDF Schools in Rahim Yar Khan are now saving thousands in utility bills while enjoying uninterrupted electricity through solar power, dramatically improving the learning environment for over 1000 students. The installation of solar facilities will subsequently have a positive impact on enrolment and attendance in HDF Schools, as parents who didn't send their children to school due to inadequate environment and blaring temperatures in summers will now have a strong positive perception of the school environment.

One Person One Book: Organized Multiple Donation Drives of New or Pre-Loved Books to Equip Libraries Across HDF Schools

Books are works of mind which, through a variety of their content and different forms of expression, feed our shared intellectual heritage in all its diversity. In the current economics of learning, books constitute indispensable tools for building knowledge-based communities. While these are only accessible to a limited section of the population, books can penetrate all social strata. They remain the most flexible and far-reaching medium for sharing of knowledge.

In this regard, HDF organized multiple book donation drives across its school in different regions. Students and Teachers of HDF Schools were encouraged to donate new or pre-loved books to equip its libraries with more than 2500 books that cover a wide range of subjects for age groups Elementary to High School. Donating these books was a great way to directly empower HDF students through education. This easy and rewarding task is bound to have a profound and lasting impact on the economic, social and cultural development of the underserved communities in the area. This will not only help these children develop critical approaches to reading, but also encourage them to communicate their ideas, ask questions, and actively listen to peers in a free and honest exchange of multiple viewpoints.



WELCOMING FIRST BATCH GRADUATES OF HDF'S ADOLESCENT & ADULT LEARNING & TRAINING PROGRAMME (AALTP) IN SINDH

BIGGEST COHORTS OF OUT-OF-SCHOOL CHILDREN BROUGHT INTO FORMAL EDUCATION SYSTEM



HDF's Adolescent and Adult Learning & Training Programme (AALTP) is an education and skill development project that is implemented in villages Adam Hingoro and Haji Jangi Phatak in Karachi, Sindh, since July 2017, in collaboration with Sindh Education Foundation (SEF). The main objective of AALTP is to bring out-of-school children into formal education system through mainstreaming initiative using Japan International Cooperation Agency's (JICA) material developed under Sindh's non-formal basic education curriculum.

HDF is proud to announce that the first batch of AALTP learners have successfully completed its primary equivalence studies covering all three packages from Nursery up to grade 5. All 64 graduates of the first batch of AALTP were awarded with certificates in a graduation ceremony held on 26th May 2022. The certificates were duly accredited by Mr. Mushtaq Soomro, District Education Officer and Mr. Manzoor Ahmed Uqaili, Deputy Director, Directorate of Literacy and Non-Formal Education Sindh. Mr. Suleman Abdullah Baloch, President Pakistan Peoples Party Malir graced the event with his presence along with some other respective dignitaries including Mr. Abbas Talpur, Information Secretary Pakistan Peoples Party, Mr. Abdul Sattar Jokhyo, Chairman Union Council Chand Paro, Mr. Abdul Wahid Baloch, District Councilor, Ms. Zeenat Raza, Program Coordinator SEF, PTA members, teaching staff, students and HDF regional team. Parents and AALTP learners were happy to receive their Primary Equivalence Certificates, as it will help them for further studies and succeed in their career.

During another 'Primary Equivalency Certificate Distribution Ceremony' held by SEF in Karachi's Marriott Hotel, Honorable Chief Guest Mr. Syed Sardar Ali Shah, Minister of Education and Literacy awarded a shield to HDF for being a successful implementing partner of SEF's AALTP project in Sindh. Abid Ali, a high-achiever from HDF-SEF AALTP Center was also awarded with a certificate and trophy for securing 3rd position from his region. Among other notable attendees were SEF's AALTP implementing partners, journalists, educationalists, civil society and government officials, and heads of organizations working for the promotion of non-formal education.



HEALTH SCREENING FOR INFANTS, CHILDREN, & ADOLESCENTS TO ACHIEVE

SDG 3: ENSURING GOOD HEALTH & WELL-BEING FOR ALL AT ALL AGES

Health Screening for Acute Malnourishment, Immunization Status and Deworming of More than 6500 Children Under HDF School Health Programme



Focus on child health is a very important component of HDF Education & Literacy and Primary Healthcare program. We ensure annual-checkups of the children and treat or refer children requiring medical care and hospital visits. With support of its health staff, Human Development Foundation (HDF) conducted nine free health screening camps — in the month of April and May, in the vicinity of its program areas in Rahim Yar Khan and Lahore. More than 6000 children, under five years of age, were screened for acute childhood malnourishment in a screening camp conducted in Village 116-1L, Rahim Yar Khan. 218 of these children were pronounced malnourished and prescribed with treatment.

Apart from screening for acute childhood malnourishment, hearing and vision tests were also conducted as these senses are subtle, and neither parents, teachers nor children may even recognize that a problem exists. The rest of the eight medical camps were conducted across HDF schools and other program areas in Rahim Yar Khan, Lahore and Karachi under HDF's School Health Program. More than 650 students between ages five to fifteen years old were screened for general physical examination, nutritional and immunization status. Our lady doctor and other health professionals also administered deworming of students and personal hygiene sessions to improve their immunity and protect them from chronic illnesses ensuring good health of every child. The purpose of these screenings was to improve children's health and their educational outcome. Most of the students were fully-immunized, hygienic and well-nourished, however, some cases of scabies, anaemia, abdominal pain, vision and hearing impairment were diagnosed, which were then referred to community health center and tertiary care hospital accordingly.

During these medical camps, our health professionals counseled parents, teachers and other community members to sensitize and aware them about precautionary measures and early intervention by medical professionals. They also spread awareness about the importance of hygiene, sanitation and deworming, as worm infestation is a major cause of anemia in children. The community was grateful and lauded the move.

More than 160 Community Members Screened During Free Medical Camps Conducted at Household Level in Several Health Covered Villages of Rahim Yar Khan

HDF provided free healthcare services to the marginalized communities at household level by conducting multiple screening camps in several health covered villages of Rahim Yar Khan. More than 160 patients, 85% of which were female, were tested for HBs-Ag and Anti-HCV for early detection of HIV infection, especially hepatitis B and C, to prevent complications and associated morbidity and mortality. The tests indicated that 38 patients had contracted Hepatitis C, while Hepatitis B was found relatively low and was diagnosed in only two patients. These patients were further referred for treatment to a nearby community health center (CHC) and tertiary care hospital.



These camps were organized in villages 116-1L, Tibba Gareeb Shah, and Chah Mullan in Rahim Yar Khan in the presence of Lady Doctor, Lady Health Visitor (LHV), Community Health Worker (CHW) and Dispenser.

Deployed Five Mobile Health Units (MHUs) to Mobilize Healthcare and Help Achieve SDG 3: Good Health & Well-Being



An Innovative Model of Healthcare Delivery that Could Help Alleviate Health Disparities in Vulnerable

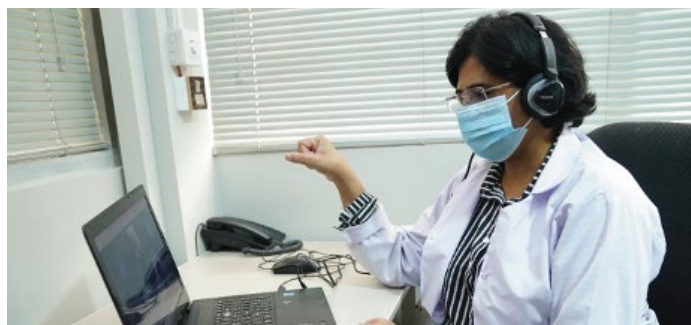
Traditional models of primary health care that rely on physician-centered approaches are often inadequate for addressing the complex health needs and mitigating the access barriers that marginally housed individuals often encounter. HDF addresses this issue by regularly deploying mobile health units in program areas to deliver cost-free and comprehensive health care to the vulnerable communities.

Although access to healthcare has increased in recent years, barriers continue to persist, particularly among populations living in resource-limited areas. In the months of April, May and June, HDF deployed three MHUs in Rahim Yar Khan in villages 110-1L, Basti Rasheed, and Tibbi Maharan respectively, and two MHUs in villages Arazi Janhua and Sagiyar, Lahore. A diverse healthcare team including a Doctor, Community Health Worker (CHW), Lady Health Visitor (LHV), and Dispenser staffed the units. The units conducted screenings of more than 500 patients between age group of 3 months to 65 years, where more than 65% were women. Most cases observed at the unit were treated for chest congestion, fever, generalized body weakness, hypertension, GERD, UTI, dysmenorrhea, gastritis & scabies etc. Patients were provided free-of-cost medicine and referred to tertiary care hospitals for further treatment.

Closing the Gaps of Healthcare in Zhob During the Pandemic through Telemedicine

Effectively Limiting Transmission of Infection & Reducing Maternal and Child Mortality & Morbidity

In today's healthcare world, convenience is key and adding virtual care to your practice offers patients simple, on-demand care. Telemedicine enables video or phone appointments between a patient and their healthcare practitioner. It lowers healthcare costs, drive up efficiency, provide patients better access to healthcare services, and ultimately get happier, healthier patients. In light of the COVID-19 pandemic, HDF incorporated telemedicine



across its community health centers (CHCs) in Lahore and Islamabad to provide timely and continues support and facilitate the outdoor patients especially far-flung areas in Zhob.

Zhob was hardly hit by Covid-19 due to its remote location and unavailability of well-equipped hospital and trained staff. The nearest hospital designated for Covid-19 treatment is nearly 5 hours away and frequent public transport is not available. Like everywhere, doctors and paramedics were greatly impacted by Covid-19, as 8 tested positive and one died in Zhob. This created a huge gap in access to healthcare, as medical practitioners refused to provide further services, citing covid restrictions. Pregnant women, children and elderly had been among the most neglected, which lead to 2 maternal deaths. Through HDF's cost-effective and high-quality telemedicine services, lifesaving interventions were provided to the most vulnerable and underprivileged population in HDF's program areas in Zhob reducing the burden of disease as well as morbidity and mortality. Doctors were able to screen more than 1600 patients (esp. women & children) with possible risk of COVID-19 and as well as detect early signs and identify high risk patients and treat/refer them accordingly, without the risk of getting infected themselves.

Fighting Against Communicable Diseases with Door-to-Door Campaign Targeting Unimmunized Children from Impoverished Neighbourhoods

Unless Every Child is Immunized, the Threat for Polio Remains

Poor water and sanitation, inadequate nutrition, and a lack of access to basic healthcare services can combine to create the perfect conditions for communicable diseases like polio to spread. Reaching the children who would otherwise miss out on the vaccine is a formidable task undertaken by HDF Lahore Region.



In the last week of May 2022, HDF's Social Mobilisers, Community Health Workers and Lady Health Visitors worked tirelessly to inform and convince caregivers in the socio-economically impoverished neighbourhoods to vaccinate their children against preventable diseases such as polio. They successfully went door-to-door with a 100% coverage of more than 2000 children under 5 years of age in the identified neighbourhoods.

Awareness, Treatment & Control of Hypertension Among Adult Population in the Rural Community of Karol War, Lahore

Reducing the Burden of Cardiac Diseases on Health System, Patients & the Society Itself

Hypertension (High Blood Pressure) is a cardiovascular public health condition globally with an increasing prevalence significantly in both urban and rural population. It is one of the leading causes of adult mortality and morbidity, but poorly controlled hypertension remains a major health problem.

On 17th May 2022, HDF held an awareness session at, and in collaboration with, Basic Health Unit (BHU), Karol War, Lahore on treatment and control of hypertension. The purpose of the session was to sensitize the community on the predisposing factor that is little or no knowledge of hypertension, its diagnoses or its treatment.



A medical camp was also conducted in Sagiyar, Lahore on 20th June 2022. During the camp, 100+ patients were screened for hypertension, where more than 60% were females. The purpose of this screening was to encourage people with high blood pressure to seek care and adopt blood pressure-lowering behavior changes that could have an important long-lasting impact on systolic blood pressure at community level. This approach will address the high burden of cardiovascular diseases in Pakistan with a large unmet need for hypertension diagnosis and care.



Family Planning Workshops Held Under Mother-Child Healthcare Programme

Aimed to Prevent Unintended Pregnancy & Improve Pregnancy Planning and Spacing

The availability of family planning services allows individuals to achieve desired birth spacing and family size, and contributes to improved health outcomes for infants, children, women, and families. Closely spaced and ill-timed pregnancies and births contribute to high maternal and infant mortality rates.

On 2nd April 2022, HDF health team - comprising of 13 Community Health Workers (CHWs) and 2 Lady Health Visitors (LHVs) – participated in a day-long family planning workshop organized by District Population Department at Town Hall, Rahim Yar Khan. Lahore followed suit and two more family planning workshops were conducted in the month of April and May in Village Arazi Janjua and Village Ainu Bhatti respectively, where more than 65 beneficiaries participated. The purpose of this workshop was to facilitate women's access to information, means, and methods of family planning, and referring them to family planning centers.

Awareness Raising Session on the Importance of Nutrition for Development in Early Childhood

Reinforcing the Importance of Good Nutritional Choices

Young children, whose brains are rapidly developing, need a nutrient-dense diet to help them as they process the world around them. Without the right nutrients, toddlers and preschoolers might struggle to develop adequate cognitive skills, which becomes a major reason for increased absenteeism and poor health. As schools are a proven platform for the delivery of nutrition interventions, an awareness session was conducted on the 'importance of nutrition on child

growth' in HDF Primary School Basti Rais Ramzan, Rahim Yar Khan on 16th May. Educating parents and teachers regarding the topic was a focus of this awareness session as active parent involvement and teacher participation is vital to instill healthy eating habits in children at an early age, for them to internalize this



HDF's Ramadan Food Packs Provided a Month of Relief to Around 470 Deserving Families in Azaad Jammu Kashmir & Rahim Yar Khan



A Step Towards Ending Hunger, Achieving Food Security and Improved Nutrition

The increase in food and fuel prices in recent times is a crucial issue for developing countries such as Pakistan and the most vulnerable to these price shocks are the poorest segments of society. Vulnerable families have been deprived of their livelihood opportunities and are badly in need of food items. During the month of Ramadan, HDF with support of DM-Aid, distributed Ramadan Food Packs to 470 deserving families in

remote locations of Azaad Jammu Kashmir and Rahim Yar Khan. The food pack included adequate nutritional requirements of an average family comprising of 7 members for a month as recommended by our Nutritionist.

While we understand that longer-term projects are needed to help the people who struggle to cope with inflation, it was a small effort by HDF, which was really appreciated by the community. Millions of individuals are still in dire need of your generous support, so donate now to contribute in ending world hunger.

<https://www.hdfpk.com/campaign/sponsor-a-months-ration/>

Distributed Vegetable Seed Bags Among 130 Families in Rahim Yar Khan to Upscale and Promote Kitchen Gardening

Aimed at Nurturing a Culture of Home-Grown Vegetables Across the Region

The importance of a kitchen garden is great and manifold. A kitchen garden ensures an inexpensive, regular and handy supply of fresh vegetables and fruits which are basic to nutrition. Over the years, kitchen gardening has become a crucial agenda of HDF in its goals for sustainable growth with the purpose to increase vegetable and fruit consumption among the marginalized communities.



On 20th April 2022, HDF distributed vegetable seed bags among 130 families in Basti Khadali, Union Council Amin Garh, District Rahim Yar Khan. Some seasonal vegetable seeds that were distributed were Okra, Sponge Gourd, Round Gourd, Pumpkin, Bitter Gourd, and Cucumber. These vegetables are a rich source of vitamins and minerals in addition to other dietary components like protein, carbohydrates and fiber.

Furthermore, an awareness and training session was also organized to help communities cope with nutritional requirements of the rural areas and reduce the burden on kitchen expenditure.

Women of Village 104-IL Upskilled in Food Preservation & Value Addition Techniques

A Small Step in Achieving Food Security through Reduced Food Losses on Perishable Nutritious Food



Food Preservation implies to prevention or spoilage of perishable food items from the pathogens, microbes or any nutritional loss so it can be processed and stored for future consumption. The value addition of fruits and vegetables helps in improving the diet quality by supplying essential nutrients needed for healthy lifestyle.

On 26th April 2022, HDF imparted vocational training for a self-help group of about 25 rural women belonging to Village 104-IL, Rahim Yar Khan, through lectures, demonstration and hands on training. The training was aimed at building capacity on food preservation techniques, while addressing the issue of food security and food safety.

CAPACITY BUILDING OF SMALL-SCALE FOOD PRODUCERS THROUGH FARMER FIELD SCHOOL (FFS)

To Maximize Agriculture Yield through Sustainable Farming & Promote Social Capital Development at Community Level

Farmer Field School (FFS) is a participatory education approach that brings together a group of small-scale food producers to solve production problems through sustainable agriculture. The FFS approach offers space for hands-on group learning, enhancing skills for observation and critical analysis and improved decision making by local communities. This training was planned in consultation and technical support from United Nation's Food & Agriculture Organization (FAO) to further add value in HDFs Livelihood & Food Security and Social Capital Development programme and to position ourselves to build a long-term partnership with FAO. The objective of FFS approach was to empower farmers and help them achieve maximum productivity and support agriculture livelihood through modern agriculture practices. FFS helped develop skills and knowledge of member-farmers on its objectives and purpose, land preparation, seed varieties and selection, sowing techniques, sugarcane crop diseases and its prevention, and pre-emergence weedicide.



In regards to FFS in Mardan, an agreement was made with the Department of Agriculture Extension, Govt. of Khyber Pakhtunkhwa to jointly execute this training in program areas of the region for precision farming of sugarcane crop. Under this agreement, 30 groups comprising of 240 small-scale farmers belonging to different villages of the program areas will be provided monthly sessions for an year. During these session, Mr. Mir Hassan, District Director and Mr. Jan Muhaamad, Agriculture Officer from Department of Agriculture Extension, Govt. of Khyber Pakhtunkhwa will be the resource persons. A similar agreement was also made with Directorate General Agriculture, Extension and Adaptive Research, Govt. of Punjab to roll out FFS in program areas of Lahore. Mr. Iftikhar Bhatti, Deputy Director of the wing will be leading the sessions of a group of 25 registered FFS members. Six FFS were also established in Rahim Yar Khan within groups comprising of 105 farmers. At the heart of FFS is the promotion of sustainable food production systems and resilient agriculture to help achieve an amalgamation of Sustainable Development Goals, including SDG 12: Responsible Production, SDG 2: Zero Hunger, and SDG 1: No Poverty.

Improving the Livelihood of Small-Scale Farmers by Providing Financial Assistance Under Vulnerable Family Support Programme

Helping Farmers Thrive through Financing for Improved Socio-Economic Conditions of the Community



Pakistan's agriculture sector plays a central role in the economy as it contributes 18.9% to GDP and absorbs 42.3% of labour force. It is also an important source of foreign exchange earnings and stimulates growth in other sectors. HDF is focusing on supporting small and marginalized farmers through social assistance funds granted under its Vulnerable Family Support programme, and simultaneously promoting modern agriculture practices within the community to help achieve a sustainable agriculture ecosystem. In an effort to support the farmer community of remote areas of Rahim Yar Khan, HDF will be providing financial assistance of PKR 5000 per month to four vulnerable farmer families with 6-7 members each, for a period of one year.

The general objective of the Vulnerable Family Support programme is to empower marginalized and food insecure people, helping them to become self-reliant. The expected outcomes are an increase in income, higher purchasing power among the people to provide for basic life necessities (food, utilities, rent, clothes, medicine and others), children's education expenses, and better access to food, all of which would contribute towards improving food security and the socio-economic conditions of the farmer community.

Organized Livestock Vaccination Camp to Contain & Prevent the Spread of Lumpy Skin Disease (LSD) in Cattles

Five Million Dairy Farmers & Meat Sellers are Being Hit Hard by LSD Outbreak Affecting their



Livestock plays an important role in the uplift of rural economy. It's share in the National GDP is 14.04% and it contributes 61.89% to Agricultural GDP. Lumpy skin disease is a viral disease that affects cattle and is transmitted by blood-feeding insects, such as certain species of flies and mosquitoes, or ticks. It causes fever, nodules on the skin and can occasionally be fatal, especially in animals that have not previously been exposed to the virus. According to the Sindh Livestock Department, as of the end of April 2022, approximately 36,000 cattle have been infected with LSD. The one positive is a low mortality rate: only 300 cows have died. LSD leads to significant economic losses due to loss of condition, decreased milk production, abortions, infertility, and damaged hides. Measures to contain and

prevent its spread include vaccinations and culling of infected animals.

On 30th May 2022, HDF organized a livestock vaccination camp in village Basti Amin Garh, Rahim Yar Khan in collaboration with Livestock & Dairy Development Department, Govt. of Punjab. More than 25 small-scale cattle farmers, who were most affected by the economic fallout of this outbreak, received CapriVac vaccine for their cattle, mainly cows, against LSD. After rolling the vaccines, the farmers were educated on containing and preventing the spread of animal disease in cattle. This helped to ensure that food producing animals remain healthy, as part of HDF's mandate to improve food safety and boost livelihood of these

Around 100 Poultry Units Distributed Among the Deserving Households in Remote Areas of Mardan

To Bridge the Gap Between Demand & Supply of Protein & Improve Livelihood

In Pakistan, poultry production is one of the most dynamic and well-organized sectors contributing 26.8%, 5.76% and 1.26% respectively to total meat production, agricultural sector and overall GDP, with a growth rate of 10-12% per annum. Regardless of this, Pakistan's per capita consumption of meat is only 7 kilo grams and 65-70 eggs annually, which is more than 23% and 17% less consumption than the developed countries. And as one would expect, the population is not meeting the daily requirement of animal protein for an individual with only 7 grams daily consumption, which is 27 grams as per the standard of World Health Organization (WHO).



In an effort to bridge the gap between demand and supply of protein in the impoverished program areas of Mardan, HDF distributed around 100 poultry units, where each unit comprised of four hens and one cockerel among 100 deserving families (on cost sharing basis). In an effective check on the spiraling animal protein prices, poultry remains the cheapest available animal protein source for the masses. Around 800 undernourished community members of village Jalal Killi, Sargand, Samar Bagh, and Qudrat Kill will now have access to farm fresh eggs and nutritious meat protein without unhealthy additives, and improved livelihood based on their flock of hens.

HDF PLANTED MORE THAN 900 TREES

During Multiple Plantation Drives in Rahim Yar Khan

Offsetting the Impact of Climate Change to Achieve SDG 13 & 15: Climate Action & Life on Land

In Pakistan, the rapidly emerging climate change is expected to have wide-ranging impacts, disrupting its economy and derailing lives. These effects, which cost our people and our communities dearly, will continue to multiply if left unchecked. According to German Watch, Pakistan has been ranked globally in the top ten countries most affected by climate change in the past 20 years owing to its geographical location.

In an attempt to improve the landscape and living environment of our country, HDF honours its 25th Anniversary pledge to plant 2.5 lacs trees in the year 2022 under our Sustainable Environment Program by organizing multiple tree plantation drives in the second quarter of the year 2022. To achieve SDG 15: Life on Land, HDF planted 575 trees including 200 Kikar Trees, 150 Eucalyptus Trees, 140 Neem Trees, 50 Jujube Trees, 15 Lemon Trees, and 10 each of Sukh Chain and Fig Trees, in various locations of Tehsil Khan Pur, Rahim Yar Khan. The skilful choice of trees leads to a stimulus environment, these trees are not only fast-growing but also adapt well to adverse climatic and soil conditions. Many HDF School students and teachers participated in the drive that garnered the acknowledgment of the local community and school staff alike.



Aiming to Recreate Self-Sustaining Multilayered Indigenous Forests on Degraded Land

In parallel, HDF identified a 4 kanal land in Village 119-1L, Rahim Yar Khan to be transformed in a Miyawaki Forest. The Miyawaki Forest is an ultra dense, biodiverse pocket forest that recreates the complexity of natural forests, by giving home to a vast array of native species, which boost the biodiversity of the area and nurture pollinators, supporting and restoring ecosystems. These sequester carbon in the soil, reduce air pollution and soil contamination, improve water absorption to buffer against flooding and erosion, and cool the surrounding area to mitigate the urban heat island effect. So far, HDF in collaboration with Unilever Pakistan, has planted 370 fruit and shade trees including but not limited to pomegranate, orange, java plum, mulberry, bottle bush, and white fig trees following the Miyawaki afforestation technique.

Restoring Biodiversity Through Urban Forestry Tree Plantation, in Partnership with Sindh Forest Department

A Memorandum of Understanding (MOU) was signed between HDF and Sindh Forest Department (SFD) on 16th June 2022 at Karachi Regional Office. Under this agreement, the Sindh Forest Department will provide about 11,000 environment-friendly trees with approximately 2 Ft. height, covering about 10 acres of land. In an effort to restore biodiversity through urban forestry tree plantation, these plants will include Neem, Sukh Chain, Paras Pipal, Moringa, Imlee, Jungle Jalabee, Amaltas, Gul Mohar, Parkinsonia, and Siris.

SFD will also provide training and technical assistance for spring/monsoon tree plantation campaigns through awareness sessions held at Community/Village Development Organization (CDO/VDO) level. Both parties will jointly meet in the identified areas for plantation in respect of the health of plants, maintenance, and their sustainability.

Twenty Village Development Organizations (VDOs) & Six Community Organizations (Cos) Formed/Re-Activated for the Empowerment of the Neglected Community

Promoting Social-Economic Opportunities through Participatory, Community-Driven Development under SDG 11: Sustainable Communities



The formation/re-activation of VDOs/CDOs aims to positively impact the process of rural change. They will contribute for socio-economic condition of the socially excluded community through initiation of various participatory interventions. It will not only help expand HDF's reach but also facilitate the growth of social infrastructure of the area with provision of micro-finance, better basic health facilities, availability and access to WASH services, and quality education through community mobilization.

A detailed socio-economic assessment of villages comprising Tor Dher, Shpano Kali, Fazal Killi, Mulyano and Janbaz Narai in Mardan, Mounasi, Makhra, Kehoriyan, Deroni, Hill Gali and Upper Nambrowal in Murree, Basti Khambra and Basti

Langar Khan in Rahim Yar Khan, Babrario Babhan Muslim, Dedhar, Kirshan Ji Very, Chapar Khosa 2, Dagario Bajeer, Sakri, Khutkari, Makori Ji Dhani and Baprario Babahn Hindu in Tharparkar, Noor Pura in Lahore, and Pano Aqil in Sukkur was conducted. These villages are home to 8000+ households and a population of more than 195,000 residents with lack of access to proper education, healthcare services and livelihood opportunities.

These VDOs/CDOs will facilitate community efforts for community development, working through people-centered modes of development. The purpose of these VDOs/CDOs is to plan, implement, and monitor social and economic development programs and provide technical and financial help to the disadvantaged communities.



Seven Community Management Skills Trainings (CMSTs) Held Across HDF Regions under Rural Development and Community Empowerment Initiative

Community management skills are crucial for any community to thrive, especially when they have to work in a union, and have to come to a mutual decision. In this aspect, HDF keeps organizing trainings, and the second quarter of the year 2022 was particularly busy in terms of these Community Management Skills Trainings (CMSTs).

More than 100 Members of VDOs in Rahim Yar Khan, Mardan and Murree participated in multiple two-days trainings that took place between April to June. These CMS trainings are designed for the purpose of mobilizing and strengthening their capacities to break the vicious cycle of poverty by undertaking the poverty reduction and income generating activities. The trainings aim to enhance the knowledge, skill and capabilities of the participants in planning and managing their developmental activities, utilizing available resources and establishing productive linkages with government and other organizations.



Sessions on Civic Sense for the Citizens of Tomorrow

Empowering Children to be Well-Informed, Active Citizens Who Contribute to Change the World



HDF Secondary Schools Lahore conducted sessions, in the month of April and May, on civic sense and responsible citizenship to teach children life skills, promote civic awareness and encourage volunteer work. These sessions helped around 130 students of Grade 5 to 10, accompanied by their parents, to become more socially conscious and responsible about their duties towards the community.

Awareness Session on Gender Mainstreaming, Women Empowerment & Sustainable Socio-Economic Development

Creating an Environment that is Conducive to Gender Mainstreaming: The Most Powerful Instrument for Poverty

HDF's commitment to gender mainstreaming is visible in its operations with over 60% female employees and 65% girls enrollment in its schools. Not only this, HDF has been actively involved in sustainable socio-economic development through enhancing women's access to productive resources and strengthening their participation in uplifting the rural economy. In a recent development, HDF distributed purpose built tri-wheeler school vans among 10 teachers from HDF School, Ainu Bhatti and 2 young girls from Tharparker to facilitate access to school for nearly 200 girls, while providing them with an opportunity to earn for the rest of the day. This new chapter in women empowerment will help graduate these women out of poverty through asset transfer.



On 21st April 2022, HDFs' Lahore Regional Office invited Ms. Sadia Zain Iftikhar, Associate High Court, to conduct a one-day interactive workshop to spread awareness among 60 women of Village Ainu Bhatti on why the role of women should be at the heart of economic development.

Earth Day

Investing in Our Planet for Ecosystem Regeneration in an Effort to Achieve Sustainable Development Goals by 2030



Every year, Earth Day is celebrated across the world on April 22nd to raise awareness about the global commitment to make the planet better. Understanding how this day was established and how it helps connect people across the globe in a shared mission is key to celebrating this day. After all, this home belongs to all of us, and we should strive to take care of it to create a healthy and sustainable future.

HDF, as always, has been mindful of its social and other responsibilities, and hence observed this day across its schools in multiple regions. This day encouraged all students and teachers to undertake activities such as seed plantation, drawing competition, creative writing, and quizzes, in line with Sustainable Development Goals – SDG's. Students were able to; relate human behavior to environmental impact, summarize the negative environmental effects of human consumption, analyze personal consumption in terms of environmental impact, and create a plan to reduce personal environmental impact.

World Malaria Day

A Sustained Commitment for Malaria Prevention & Control to Help Reduce Malaria Disease Burden & Save Lives

Pakistan is considered a moderate malaria-endemic country but still, 177 million individuals are at risk of malaria. Roughly 60% of Pakistan's population, live in malaria-endemic regions with 3.5 million presumed and confirmed malaria cases annually. On account of World Malaria Day commemorated every year on 25th April, HDF Lahore empowered communities of Karol War, Sheikhpura by raising awareness on malaria prevention and control through community-based activities in its program areas to encourage action against malaria. The community was sensitized to timely consult with doctor for screening and treatment to help reduce malaria disease burden and save lives.



World Day for Safety & Health at Work

Building a Positive, Safe, & Healthy Culture

As we continue to live through the global health crises, HDF is strongly determined to create a safe working environment that protects employees at all levels in the Post-Covid world. Ensuring health and safety of our employees is of utmost importance to us, as we plan for Annual Health Check-Up of all our staff while celebrating World Day for Safety & Health at Work on 28th April.



World No Tobacco Day

Aimed to Provide People With One More Reason to Quit & Save Our Planet

Every year, tobacco releases 84 million tons of CO₂ emissions into the air raising global temperatures, further harming human and environmental health. It cost us over 8 million lives, 600 million trees, 200 thousand hectares of land and 22 billion tons of water annually, destroying our planet to a greater extent. On account of World No Tobacco Day that is observed every year on May 31st, HDF conducted multiple awareness sessions in remote areas of Rahim Yar Khan to expose tobacco as a threat to our environment. The harmful impact of the tobacco industry on the environment is vast and growing, adding unnecessary pressure to our

planet's already scarce resources and fragile ecosystems. The purpose of these sessions was to inform the communities on the harmful and deadly affects of cultivating, producing, distributing and consuming tobacco on our health and the environment. Upon hearing the shocking consequences, majority participants were motivated to quit smoking.

World Environment Day

March for the Environment: A Call for Collective & Transformative Efforts to Protect & Restore Our Environment

World Environment Day is celebrated annually on 5th June for encouraging worldwide awareness and action to protect our environment. Under this year's theme 'Only One Earth', HDF organized a sensitization walk from City Pull to Dua Chowk, Rahim Yar Khan. The community eagerly participated with placards and banners with environmental messages. While addressing the participants, Chief Guest Mr. Aamir Arshad Rahmani, Assistant Director Environment, said that although individual efforts may seem small in the face of global threats, when communities join forces in a common purpose, a tremendous difference can be seen. He further urged the participants to mobilize and aware the masses on the social and economic factors responsible for environmental degradation and ways to mitigate them. Among other participants were Mr. Muhammad Ashraf, State Officer Unilever Pakistan, Mr. Shifakat Maseeh, Project Coordinator Reeds Pakistan, Mr. Sajid Sarwar, Representative Fatima Fertilizer Company and other community members. The participants expressed gratitude and greatly appreciated HDF's efforts to mitigate the effects of climate change.



International Day of Action for Women's Health



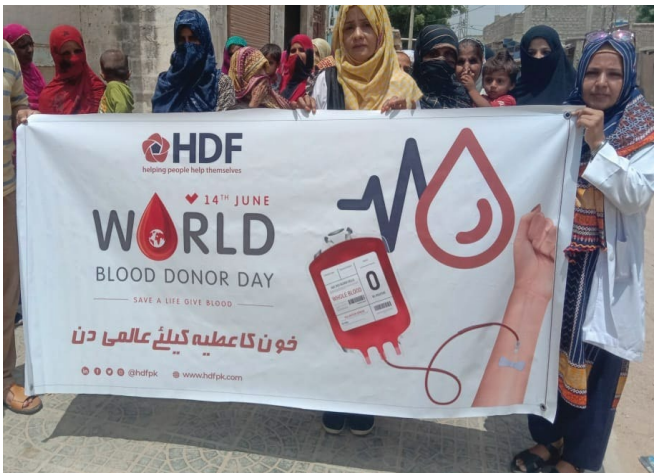
Drawing Attention to Health-Related Stigmas Faced by Women in Our Society

Stigma is a well-documented barrier to health seeking behavior, engagement in care and adherence to treatment across a range of health conditions globally. In order to halt the stigmatization and mitigate the harmful consequences of health-related stigma, it is critical to have an explicit framework to spread awareness and normalize health conditions that are often looked down upon in our society. In this regard, HDF observed the International Day of Action for Women's Health on 28th May, in collaboration with students of Shalimar Nursing College at Basic Healthcare Unit (BHU), Karol War, Lahore.

World Food Safety Day

Mobilizing Action to Prevent, Detect, & Manage Food-Borne Risks & improve Human Health

Celebrated annually on the 7th June, this year's theme, "Safer Food, Better Health" of World Food Safety Day called everyone to join the campaign to ensure safe food for all. HDF conducted multiple activities, including an awareness session and a sensitization walk in Village 104-1L, Rahim Yar Khan to draw attention and mobilise action to prevent, detect, and manage food borne risks and improve human health. The community was informed about the five principles of food safety by WHO to prevent food contamination with pathogens resulting from obtaining food from unsafe sources; inadequate cooking; improper holding temperatures; contaminated equipment and poor personal hygiene.



World Blood Donor Day

Highlighting the Need for Committed, Year-Round Blood Donation, to Maintain Adequate Supplies & Achieve Timely Access to Safe Blood Transfusion

Every year, World Blood Donor Day is celebrated on 14th June. This year, HDF recognized and promoted the values of voluntary unpaid blood donation in enhancing community solidarity and social cohesion. HDF health staff joined the effort to save lives by continuing to create wider public awareness on the importance of safe blood and to inspire people to regularly donate voluntarily by conducting multiple sessions in Rahim Yar Khan and Lahore. In this regards, HDF Karachi along with community members also organized a transit walk in villages Haji Jangi Khan and Bin Qasim Town.

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