

Summary

2025



PROJECT GODA

Extending Healing Beyond
Borders



Karachi, Lahore,
and Muzaffargarh

Compassion in Every Treatment



About GODA (Gift of Disability Alleviation)

Project GODA (Gift of Disability Alleviation) serves as a pillar of hope and change for countless individuals in Pakistan. With its unwavering commitment to providing free, life-changing surgeries, GODA has become a lifeline for those facing physical challenges. Through joint replacements, spinal surgeries, and ACL reconstructions, GODA not only restores mobility but also restores dignity and hope to its recipients.

This year, project GODA celebrated its **8th year** of bringing essential orthopedic and spinal surgeries to Pakistan. In February 2025, a dedicated team of **26** medical professionals from the USA joined forces to perform life-changing surgeries across Karachi, Lahore, and Muzaffargarh—all free of cost.

Procedures conducted every year



ACL
Reconstructions



Spine
Surgeries



Hip
Replacements



Knee
Replacements

THE HEALTH SCENARIO IN PAKISTAN

Pakistan faces an urgent need for accessible and high-quality rehabilitation services.



With over twenty-seven million people living with disabilities, a significant portion of the population struggles with mobility issues, chronic illnesses, and conditions that limit their independence.

Despite this, only a small percentage of individuals requiring rehabilitation have access to appropriate care due to financial constraints and a lack of facilities.

Rural areas, in particular, are underserved, leaving many to suffer without intervention. IHHN has stepped in to fill this gap, offering state-of-the-art, free rehabilitation services that cater to the physical, emotional, and psychological needs of patients.



Around **27 Million** People in Pakistan are living with disabilities



Around **71%** of disabled people in Pakistan are unemployed



UNDP has estimated that **6.2%** of Pakistan's population has some sort of disability

Touchdown in **PAKISTAN**

LAHORE



MUZAFFARGARH



KARACHI



Surgeries

The GODA team kicked off their surgeries soon after they landed, and continued non-stop for a week.

The team was incredibly diverse, including physical therapists, surgeons, surgical assistants, ENT specialists, anesthesiologists, and medical equipment representatives.



Highlights



Zimmer Biomet donated record-breaking implants for Pakistani patients



The Hana table was used for the first time, showcasing the hospital's technological advancement



Lauren Podina conducted a workshop for Physical Therapy students

Overview: In Numbers

299

surgeries completed
overall (procedures)



31

Sports
Surgeries



46

Hip
Surgeries



25

Spine
Surgeries



197

Knee
Surgeries

PATIENT TESTIMONIALS



Ajmal

Ajmal, a 17-year-old boy from Shikarpur, works in agriculture to support his family. Two years ago, his life took a difficult turn when he slipped and injured his knee in an accident.

The injury left him unable to work on the farm or attend school, forcing him to put his education and livelihood on hold. After seeking help at IHHN, Ajmal was scheduled for knee surgery through Project GODA. The surgery, followed by physiotherapy, has given him a new lease on life.

Ajmal is now hopeful and determined to return to school and continue his studies, a dream he had to pause for two years. He looks forward to running again and sitting comfortably—simple joys he had missed for so long.



Mahmood Nasir

For six years, Mahmood Nasir had been living with debilitating knee pain. Despite visiting multiple hospitals, the diagnosis was always the same: he needed an operation. But the cost was prohibitively expensive – a staggering PKR 2 million. Mahmood had almost lost hope before discovering IHHN. He underwent surgery with Team GODA and essentially received brand new knees. Soon after the operation, he was able to walk, use the washroom, and even do minor exercises.

Mahmood is overjoyed with his new lease on life. "I'm so happy with the treatment I received," he says. "Everything was free of cost, and the staff cared for me like family. The hospital is spotless, and I've never seen better care anywhere."

DOCTOR'S TESTIMONIAL

“ The increased services that we're providing for these patients is a moment of pride for those of us that came here with the hope and goal to serve humanity. Every year has been a tremendous success. We've been able to bring very highly skilled individual surgeons who've done amazing work. Keep us in your prayers, keep supporting us, we're going to keep doing as best as we can.

”



DR. UMAR BURNEY

Dual Board-Certified in General Orthopedics & Sports Medicine, Trained at LSU Shreveport.

THANK YOU TO TEAM GODA



The Project GODA team comprised incredible and dedicated doctors and professionals from the medical community. It included Dr. Mohammad Umar Burney, Lauren Podina, Dr. Ali Ashraf, Dr. Khalid Yousuf, Joel Thompson, Dr. Ahmed Siddiqi, Dr. Bilal Mahmood, Dr. Haariss Ilyas, Atif Ahmed, Dr. Mohammed Mohsin Yawar Ahmed, Dr. Wajeeh Bakhsh, Andrew Pritchett, Jordan Whitman, Dr. Saad Ali Khan, Dr. Junaid Makda, Dr. Hasham Mohammed Alvi, Dr. Abdul Ahad, Drew Peterson, Dr. Swar Vimawala, Dr. Brian Swendseid, Dr. Nadir Ahmad, Dr. Munawar Ali, Dr. Mohamed Mahomed, Dr. Syed Irfan Qasim Ali, Richard Francis, and Dr. Ahmad Nassr.

The team grows every year, and we look forward to welcoming a diverse group of medical professionals every visit.

We look forward to Next Year!



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