I am pleased to present the Newsletter of Karwan-e-Hayat with great happiness. This year, we are celebrating Karwan’s 35 years of excellence in mental health care. Karwan-e-Hayat has been at the forefront in redefining and introducing innovative practices through which mental healthcare is provided to the people of Pakistan. Our successful model of being a network of paperless hospitals, providing indiscriminate quality mental healthcare and above all providing 90% free of cost treatment, has set an example for many to follow.

The last six months have been very busy, crowded as they were with a number of events, workshops, fundraisers, awareness sessions, zakat campaign and most of all the 1st International Conference on Psychosocial & Psychiatric Rehabilitation, which was a huge success. I am thankful to all the supporters, employees and friends of Karwan without whom this success would not have been possible. I wish you all happy reading and a prosperous year ahead and hope for your continued support. Thank you

Zaheeruddin Babar

Yadain
Karwan’s Annual Fundraising Event

This year Karwan’s annual Fundraiser was on 17th & 18th February 2018, at The Indus Valley School of Art and Architecture, where renowned artist, Humaira Channa, performed on two magical musical evenings of songs and ghazal. She sang ghazals of legends like Madam Noor Jehan, Mehdi Hasan, Farida Khanum, Ahmed Rushdi and many more. The show was hosted by well-known music composer, artist and friend of Karwan, Mr. Arshad Mehmood. A welcome speech was delivered by Mrs. Qaisra Ahmed, Director KeH, which included a slide show presentation about Karwan.

The program was highly entertaining and was preceded by a delicious dinner. The event was attended by a large number of people made up of friends, supporters and well-wishers of Karwan whose presence made the event truly successful.

Members of the corporate sector such as McDonald’s, Bank Al Falah, Hascol Petroleum and Qatar Airways, who have always championed our cause also attended the event. Yaadein was covered by major newspapers and acclaimed as a notable cultural event. The proceeds from the event were utilized to treat mental illnesses in poor patients at Karwan-e-Hayat.

Pakistan Day & Spring Festival Celebrations

Karwan-e-Hayat celebrated Pakistan Day with a colorful Spring Festival with its patients and well-wishers on 23rd March 2018. Renowned actor, Mr. Kunwar Nafees and Consultant Psychiatrist, Dr. Faisal Mamisa were chief guests at the occasion. They endorsed and appreciated Karwan’s efforts in the field of mental health. Speeches were also delivered by Dr. Uroosa Talib (Head of Medical Services) and Mr. Shahzad Zaki (GM Communications & RMD) at the occasion. Patients and staff of Karwan had decorated the premises with kites and buntings and cooked food items. They had setup food stalls and handicrafts stalls on the premises where a variety of edible delicacies and other items were available for sale. After lunch, the patients and staff organized a musical program.
**Success Stories**

**Hira and Asif were extremely talented artists. Due to difficult home environment and socio-economic pressure they were unable to turn their dreams into reality.**

Hira, the youngest in her family, was diagnosed with severe anxiety disorder. After the death of her father and the marriage of her siblings she felt she was alone and became extremely fearful. Asif being the elder son of the household was under a lot of pressure too. He was sent to Karachi from interior Sindh in search of a job. He could not cope up with the pressure and was diagnosed with schizophrenia.

Both Hira and Asif were brought to Karwan-e-Hayat where they were given psychiatric treatment and rehabilitation services absolutely free of cost. Alhamdulillah, they have stabilized and found work in a textile mill. They are also pursuing their painting skills and recently participated in an art exhibition in Karachi, with the help of Karwan-e-Hayat.

**Nazia was admitted to Karwan-e-Hayat for extreme depression, which had been a life-long disease and had ruined her life. She told her story in her own words.**

“I am 45 years old and have a Bachelor’s degree. I was a victim of child abuse but I never told anyone of that unspeakable episode. Instead, I went on living with suppressed terror and went about completing my studies with the feeling of depression gnawing at me. My parents got me married after my graduation but the terrifying feeling of oppression debilitated my life, and I was unable to accept my husband or look after my child.

My husband soon divorced me. Back at my mother’s place I would remain in a state of depression with anxiety, my constant follower. Soon my parents found another man for me and got me re-married. I remained wretched even with my second husband, unable to give or receive love. He too divorced me, leaving me even more depressed and with the added stigma of mental illness and two divorces.

I was eventually admitted to Karwan-e-Hayat where my treatment started immediately and I began going to their rehabilitation program regularly. Just knowing that my feeling of depression was treatable was like a blessing from heaven. I eventually understood my sickness and became equipped through therapy and medication to deal with it. I even attended vocational training at Karwan-e-Hayat and am now working as a beautician.

I feel so blessed that not only am I living a happy life, but I have become productive and earning my living as well. I am immensely thankful for the treatment given to me at Karwan-e-Hayat, especially their rehabilitation program, which turned my life around.”

**Karwan’s Achievements in 2017-2018**

- **90%** Patients treated at Karwan-e-Hayat who did not reflect relapses.
- **80%** Reduction of symptoms in patients treated for various mental disorders at Karwan-e-Hayat.
- **52,139** Number of patient visits to Karwan-e-Hayat for treatment.
- **63,120** Number of patient visits to Karwan-e-Hayat for treatment.
- **70,378** Number of patient visits to Karwan-e-Hayat for treatment.

**Karwan-e-Hayat’s Zakat Campaign & Media Appearances**

This year the theme of Karwan-e-Hayat’s Zakat Campaign was “Don’t lose your loved ones…. In the silence of mental illness” featuring renowned actor Khalid Anum. The campaign was run aggressively on Electronic Media, Print Media, Social Media, Radio, Digital Media & Outdoor Advertising.

Dr. Uroosa Talib (Head of Medical Services) and Mr. Shahzad Zaki (GM Communications & RMD) were invited as guests on various TV and Radio Channels during Ramadan to promote the Zakat Campaign at mass level. Their first appearance was on HUM TV’s morning show Jago Pakistan Jago with Sanam Jung and featured phobias in patients – highlighting how Karwan has been treating such mental illnesses at their 3 centres in Karachi.

Karwan’s team also had the opportunity to be a part of the electronic media’s Ramadan Iftar transmission shows. They were interviewed on TV One and News One hosted by Saher Lodhi and Maya Khan respectively.

Similar appearances were made on AAJ News and PTV Home Ramadan Transmissions as well, hosted by Dr. Zubair, Amna, Ahsan Khan and Juggun Kazim respectively. This was followed by live radio programs on Apna Karachi FM 107 and Samaa FM 107.4 which highlighted mental illness, its stigma in the society and how Karwan has been instrumental in treating mentally ill patients for the last 35 years through its services. All the shows ended with appeals for zakat and donations and requests to generously support Karwan-e-Hayat in cash and kind.
Karwan at PSO and EFU
On 19th April 2018, Team Karwan conducted an awareness session on “The Impact of Work Life Balance on an Employee” at the head office of Pakistan State Oil Company Limited. The session began with an introduction of Karwan-e-Hayat by Mr. Shahzad Zaki (GM Communications & RMD) and was followed by an interactive presentation by Ms. Yasirah Gohar (Clinical Psychologist & Rehab Incharge). The session highlighted the causes and the impact of work-life balance on an employee and focused on how it should be managed.

On 5th June 2018, Team Karwan conducted an awareness session on “Stress Management” at the head office of EFU Life Assurance Limited. The session began with an introduction of Karwan-e-Hayat by Mr. Shahzad Zaki (GM Communications & RMD) and was followed by an interactive presentation by Ms. Yasirah Gohar (Clinical Psychologist & Rehab Incharge). This time the causes and the impact of stress were highlighted and the focus was on how it should be managed.

Team Karwan is grateful to PSO and EFU for their hospitality, and their commitment to conduct similar awareness sessions in the future.

The City School PAF Chapter students visit Karwan-e-Hayat
The City School (PAF Chapter) students visited Karwan-e-Hayat’s 100-bed Psychiatric Hospital and Rehabilitation Center at Keamari. We thank them for their generous donation and sincerely appreciate their commitment to helping mentally ill patients and their families. Karwan supports initiatives by our youth to fight the stigma attached to mental illness.

Mini-International Neuropsychiatric Interview (M.I.N.I.)
A workshop was conducted on Friday, 26th January 2018, by Prof. Dr. Raza-ur-Rehman, Professor and Chair, Psychiatry Department, DUHS. The workshop was attended by Psychiatrists, Clinical Psychologists, postgraduate students, doctors and medical students.

The Mini-International Neuropsychiatric Interview (M.I.N.I.) is a short structured diagnostic interview to accurately and precisely diagnose the patients based on DSM IV and ICD 10. These are well known tools used internationally and recommended by WHO. They enable clinicians to make correct diagnoses and devise appropriate treatments for various mental disorders.

The objective of the workshop was to enhance diagnostic skills in psychiatric practice. The workshop was co-facilitated by Dr. Anum Haider, Dr. Zeenatullah Jamali, Dr. Ehsanullah Soomro, Dr. Haala Ahmed and Dr. Dost Muhammad.

Impact of Cardiovascular Disease on Mental Health
A workshop was conducted on Tuesday, 20th March 2018, by Dr. Shahzad Shahmalak (MD) Staff Psychiatrist, Department of Psychiatry, Cambridge Memorial Hospital. Associate Professor, Department of Psychiatry, McMaster University, Hamilton, Ontario, Canada.

The workshop was attended by Psychiatrists, Clinical Psychologists, postgraduate students, doctors and medical students.

The workshop focused on cardiovascular diseases and its impact on mental health. Various mental illnesses, like depression, lead to heart diseases and, simultaneously, cardiovascular diseases can cause serious mental illnesses in individuals.

It was highlighted that according to the American Heart Association, the prevalence of depression was three times higher in patients with cardiovascular disorders.

Saving the Environment on Earth Day
Karwan-e-Hayat celebrated Earth Day on 22nd April 2018, with its patients and staff by planting trees and creating a greener environment. Patients of Karwan-e-Hayat planted trees inside the hospital with a promise to work toward a clean environment by saving water, conserving electricity and making a pollution free Pakistan. This message was conveyed to the staff of Karwan as well. All department heads, staff and CEO were present at the occasion.

The City School (PAF Chapter) students visited Karwan-e-Hayat’s 100-bed Psychiatric Hospital and Rehabilitation Center at Keamari. We thank them for their generous donation and sincerely appreciate their commitment to helping mentally ill patients and their families. Karwan supports initiatives by our youth to fight the stigma attached to mental illness.
Cultural Perspectives & Innovation in Psychiatric Rehabilitation

Karwan-e-Hayat hosted Pakistan’s 1st International Psychosocial and Psychiatric Rehabilitation Conference (PPRC’18) on 29th and 30th June 2018, to commemorate 35 years of providing the highest standard of psychiatric care and rehabilitation services to people with mental illnesses. Addressing a wide and diverse range of mental disorders, the conference provided forums for discussions, workshops and interactive sessions involving various fields of study related to psychiatry, psychology and rehabilitation.

The 2-day conference was attended by several notable specialists from the field of psychiatry, including private doctors, teaching faculty members and other academic professionals and professors. PPRC’18 became a platform not only for professionals and experts in the field of mental health, but also for nursing experts and policymakers. They exchanged ideas, shared best practices, and set new standards of providing quality services, state-of-the-art technology and innovative mental health care practices.

PPRC’18 has set a new trend in providing a wider platform of opportunities for mental health professionals. Speaking at the inaugural session, Prof. Unaiza Niaz, Director of Psychiatric Clinic and Stress Research Centre in Karachi and visiting professor at Dow University of Health Sciences, appreciated Karwan’s efforts in the field of mental health. Focusing on women’s mental health in Pakistan, she said that it was a neglected subject and that there was a dire need for such awareness so that women could get the best psychiatric care.

Prof. Iqbal Afridi, Head of Psychiatry Department at Jinnah Postgraduate Medical Centre, Karachi, talked about innovation in psychiatry and the advent of modern techniques which, he pointed out, would give the required holistic treatment to mentally ill patients. These strategies, he said, would also help reduce treatment costs.

Giving a presentation on Phubbing and its effects on wellbeing and relationships, Dr. Ayesha Sarwat defined nomophobia, a combination of the words no, mobile and phobia, as a fear of being without your mobile phone. Mobile phone addiction, she pointed out, could cause neck and shoulder pain, tendinitis, insomnia and depression and phantom vibration syndrome.

Depression was two times higher in women, Prof. Nasim Chaudhry, Chief Executive Officer of Pakistan Institute of Living and Learning, stated; and spoke about how depression was affecting maternal health. Depression is two times higher in women than men. In Pakistan, the rate of depression in women was amongst the highest in the world, according to him. He added that depression in mothers was associated with factors including pre-mature births and low birth weight, malnutrition and stunting, behavioural problems in children and childhood depression.

Speaking about self-harm and suicide prevention, Prof. Imran B. Chaudhry, Chairman of the Department of Psychiatry at Ziauddin University, said that though Pakistan had high suicide rates, suicidal behaviour was an understudied and under-researched subject in Pakistan. He said, Pakistan was one of the few countries in which attempted suicide was still a punishable offence. Problem solving therapy, according to him, had been identified as a promising intervention to prevent repeated self-harm in a recent England and Wales guideline of the National Institute for Health and Care.

In his presentation on Media and Mental Health, Dr. Sohail Ahmed of Karachi Medical & Dental College, highlighted both positive and negative effects of the media, including selfie addiction and internet gaming disorders.

Vice Chairperson of Karwan-e-Hayat, Ms. Talaat Tyabji and CEO, Mr. Zaheeruddin Babar expressed their views on the conference and thanked the delegates and participants for making the conference a success. Dr. Ajmal Kazmi and Dr. Uroosa Talib, representing Karwan-e-Hayat, briefed the audience on Karwan’s services.