



Director's Message



COVID-19 has affected all our lives dramatically in one way or another, including isolation, financial concerns, fear and illness, and a loss

of control. The impact this has on our feeling of well-being depends to a large extent on our ability to accept uncertainty and change, and trust that things will work out - staying positive. Some quick tips that you may want to consider, or may already be doing:

a) Schedule: it is important to have an anchor or two to give structure to our day and ensure that we retain a sense of purpose. With work and socialising severely curtailed, this is the opportunity to make sure that you register for something online, or keep the discipline to practice an interest

with fixed timings. This can be pretty much anything - meditation, art, reading, a course, cooking, games, Netflix, etc. The key is to have fixed timings and days for these activities.

b) Relationships: this is an opportunity to call and/or write to friends and family whom you may not have been in touch with for a while, or who are regularly in your lives but with whom you can now speak more often. Also, important to take special care of our relationships at home during this time of being thrown together more than usual. This can deepen bonds, and can also lead to frustration or irritation since they are the ones closest and most likely to be the target of our general fear and frustration. It's important to keep the context and our moods in mind, and recognise the emotions that we are all facing so that we can

accept any issues in the broader context. Also, there's a risk of expecting more from our household members since we need to fill more time, and making sure that you have activities and interests that you can pursue independently in your own "me" time, also helps our other relationships.

Most important is to stay positive. There will be bad news and concerns, they are real, and we need to grieve or worry to help us process and take appropriate action. At the same time, generally having a sense of well-being, the ability to appreciate the small wonders of each day - the small things that lift our heart or make us smile - and trust in the future is key to surviving, and even thriving, in this time.

Imran K. Zafar

Faiz Ki Mohabbat Mein Karwan's Annual Fundraising Event

To raise money for the free treatment of needy psychiatric patients and also to honour its supporters and well-wishers, every year Karwan-e-Hayat presents a musical celebration of Pakistan's rich cultural heritage.

Karwan's annual fundraiser was held this year for two evenings on March 8th and 9th at the Indus Valley School of Art and Architecture before a packed and appreciative audience. Based on the powerful and uplifting poetry of Pakistan's most beloved poet Faiz Ahmed Faiz, this program was conceptualised and

presented by Mr. Arshad Mahmud, well-known music composer and the students and faculty of NAPA, The National Academy of Performing Arts.

In her welcome address, Mrs. Qaisra Ahmed, Director, Karwan-e-Hayat, said that Faiz Sahib's poetry and Karwan-e-Hayat have something in common. They both espouse the cause of the common man, specially the very poor and downtrodden. In bleak times of despair Faiz Sahib's poetry is a beacon of light as it is full of hope and optimism. His poetry bears witness to the ups and downs of

Pakistan's chequered history, so we can readily identify with it.

We thank our corporate guests, Habib Metropolitan Bank, Khaadi, National Bank of Pakistan and McDonald's for always championing our cause, and we also thank our faithful friends and supporters for gracing this occasion with their presence and making these two evenings truly memorable.



Stigmathon - Run for a Noble Cause



More than 100 runners sprinted on a Sunday morning to spread awareness for mental health. Karwan-e-Hayat, Institute for Mental Health Care kicked off its second marathon 'Stigmathon' in collaboration with Born2Run Pakistan, at Ramada Creek Hotel DHA, Phase 8, on February 23rd, 2020. The marathon included men, women and children who arrived armed with their running kits, wearing t-shirts with the slogan 'Mental Illness is Treatable'.

On the occasion Ms. Tamkeen K. Abbasi, from KeH said "Mental illness affects people in the prime years of their lives, and it is important that our young generation adopts healthy lifestyles to ensure a healthy mind". One of the participants said "We are extremely pleased with the turnout for Stigmathon and we hope that it will bring awareness about mental illness in society". Mr. Sohail Sardar, founder of Born2Run said "We hope that this event will help us support Karwan-e-Hayat in

their work of treating mental illness".

Ms. Nusrat Hadiyatullah, fitness trainer and 42 Day Challenge Co-owner graced the event and said "Such events should be regularly hosted. We encourage people to stay fit and would like to highlight the fact that a healthy mind is essential for a healthy body". KeH relies on the altruistic and benevolent support of all its philanthropic donors and well-wishers who believe in helping neglected and marginalized communities.

Collaborations

"I am and I will"

"I am and I will" is the empowering theme of this year's World Cancer Day, a global event held every year on February 4th. It unites the world for a common cause - the fight against cancer, both on a personal and on a collective level.

The diagnosis of cancer, its treatment and remission, all have repercussions which go beyond the physical both for the patient and his caregivers. Feelings of depression, anxiety and post-traumatic stress are common after the cancer diagnosis. These feelings significantly affect the patient's mental health and well-being which in turn impacts the quality of his life and his chances of recovery.

It is important to deal with such feelings as they arise which is only possible with a proper mental health system in place under the care of experienced therapists and psychiatrists.

Karwan-e-Hayat has pledged to bring relief from suffering to cancer patients by offering to strengthen their mental health. This will help them to better fight the disease and improve the quality of their lives.

Mera Shehr Meri Kahaani

This year Karwan ventured to collaborate in a completely different walk of life by partnering with AzCorp Entertainment to bring Karachi's biggest short film competition to the people with the purpose of promoting 'Interface Harmony and Tolerance'. This event was held at Cinipax, in the Ocean Mall on February 20th, this year. Budding directors and producers participated in this competition. Karwan-e-Hayat recognises the need to encourage creative talent in people of the younger generation by providing them a platform to showcase their skills and talents and then perhaps launch into a career of their choice. The panel of judges included prominent showbiz personalities like Ms. Zeeba Bakhtiyar, Ms. Angelina Malik and Mr. Khalid Anem.



International Women's Day

For some years women's rights and gender equality have taken centre stage in Pakistan. Many women in Pakistan face enormous challenges and horrific abuse by men like domestic violence, lack of proper healthcare, extreme economic hardship, sexual abuse, lack of control on decisions about reproductive issues and in extreme cases, honour killings.

To support the empowerment of women and to help them in their struggle for gender equality, this International Women's Day held on March 8th, 2020 Karwan-e-Hayat pledged to support and safeguard women's mental health by removing the barriers which stop them from attaining mental and emotional well-being.



Notable Visits



Ms. Ruven Menikdiwela, Country Head Pakistan, UNHCR, and the UNHCR team visited Karwan-e-Hayat on January 8th, 2020. The delegation was briefed on the impact of KeH's work over the past 37 years. A visit of the hospital was conducted so they could witness the services which are provided to patients and their families. The UNHCR delegation and the KeH team discussed possibilities of collaboration for extending mental health support to Afghan refugees in Karachi.



Prof. Dr. Ahmed Ali Khan, President - Brain Trust, Pakistan, India and Bangladesh Chapters; President - World Congress of Muslim Psychiatrists & Psychologists; Chairman - Policy Research Institute on Mental Health for Minorities, Emeritus Meritorious N.H.S. Consultant Psychiatrist, United Kingdom, visited KeH on January 24th, 2020. Mr. Zaheeruddin Babar and the medical team of KeH discussed the current mental health situation in Pakistan and UK and how collaborative efforts and resources could be mobilized for the benefit of both countries. An MoU was signed between the two organizations.



Dr. Afzal Jawed, President World Psychiatric Association along with President of Pakistan Psychiatric Society, Dr. M. Iqbal Afridi visited Karwan-e-Hayat on February 29th, 2020. Dr. Afzal Jawed took a keen interest in visiting different facilities of KeH. He offered his full support to KeH for the enhancement of its services to global standards.

Karwan-e-Hayat's Mental Health Response to The Covid-19 Pandemic



While the COVID-19 pandemic has wreaked havoc on the physical health of countless people and claimed the lives of hundreds and thousands, it has also had a tremendous impact on the mental health of the masses. The sharp rise in mental health issues is clearly visible as individuals struggle to deal with this deadly disease.

Covid-19 is a dangerous, unpredictable and unscripted virus. Fear of the unknown has released many stressors which are playing havoc with the mental and emotional well-being of people. Fear of contracting the disease, fear of dying, concern for loved ones and fear of losing them, financial distress caused by loss of livelihood and exposure to alarming news and misinformation make people feel vulnerable and unprotected. Public health measures like social distancing and isolation have adversely affected those with pre-existing mental health conditions because they have lost access to their support systems. With increased pressure of work, our caregivers are also in danger of suffering burnout.

As a leading provider of psychiatric health care services, Karwan-e-Hayat is working in the forefront to safeguard the mental health of the community, specially of those people already suffering from mental disorders. In keeping with the protocols and guidelines of the World Health Organisation, it has implemented strict precautionary measures both for the safety of its patients and of the dedicated staff who care for them.

Cleaning and disinfecting measures are being carefully monitored to ensure good hygiene for keeping the premises clean and germ free. Proper usage of appropriate protective gear like masks, gloves and hand sanitisers is enforced and these items are in ample supply for the use of both patients and caregivers. Patients and members of staff are routinely screened for infection and no one can enter the hospital without a mask. In order to reduce the number of people on the premises, admitted patients are not allowed visitors. Patients coming to the OPD's can have only one family member to accompany them. No more than five patients at a time are allowed in

the waiting room together and strict social distancing is observed.

In order to fulfil its social responsibility to the community, Karwan-e-Hayat has set up Tele-psychiatry services. Without leaving the safety of their homes, people under stress can call our doctors for consultation and advice and learn about coping strategies which will help them to stay calm and regain their emotional and mental balance.

Karwan-e-Hayat also launched a COVID-19 awareness campaign on social media called 'Prepare Prudently and Don't Panic' for people who feel worried, anxious and isolated in these unprecedented times. It offers evidence-based and practical tips on how to stay calm by adopting measures like keeping a good routine, mindful breathing exercises, receiving positive facts and information about Covid-19 as well as necessary myth busters which dispel anxiety and panic.

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ISO 9001:2015
Quality Management System

The management system of
Karwan-e-Hayat – Institute for Mental Health Care
Building No. KV. 27&28, Adjacent to KPT Hospital, Keamari, Karachi,
Pakistan.

has been assessed and certified as meeting with the requirements of
ISO 9001:2015

Under the Scope:
"Mental Health Care and Rehabilitation Services."

Certificate Number : PK200022
Issue date : 25th May 2020.
Valid till : 24th May 2021.

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9th International CSR Awards 2020

This is the most prestigious Recognition Awards Programme for Corporate Social Responsibility registered with IPO (Intellectual Property Rights Organisation). The award honours organisations/companies for their interventions which demonstrate the companies leadership, sincerity and ongoing commitment to ethical values, compliance with legal requirements and respect for individuals, communities and the environment in the way they operate.

This event was held on January 30th, 2020 in Karachi. Karwan-e-Hayat was honoured to receive an award in the category of Cause Advocacy/Awareness Campaign. Mr. Zaheeruddin Babar was asked to be a panelist in the 'Cafe CSR' event - a panel discussion on the 'Prevention, Cure and Awareness of Rabies'. Mr. Babar shed light on the psychological and mental distress that victims suffer when they are infected by Rabies and his insights were well received and appreciated.

The 'New Normal' after Covid-19

By Prof. Dr. Raza ur Rahman

Prof. Dr. Raza ur Rahman is a Meritorious Professor & Former Chairman Psychiatry at The Dow University of Health Sciences. He is currently a Consultant Psychiatrist & Chair, Academics & Research at Karwan-e-Hayat.



The Corona pandemic is the biggest crisis we have faced since World War II. People keep wishing for an early normalisation of their lives, but experts say that COVID-19 will continue for a long time. It will be stopped either with the development of herd immunity at the cost of 2% of the population dying or with a vaccination that will take 18 to 24 months to develop.

The delay in normalisation of life after COVID-19 has led to the emergence of the new normal which is unprecedented and needs constant adjustment. The new norms seem to be the beginning of de-globalisation, with restricted travelling along with distant communication through adopting tele health, online shopping, use of robots and drones for service delivery, the use of email and video con in place of face-to-face communication, replacement of touch identity with face recognition and working from home (WFH).

Furthermore, to deal with new challenges and the stress related to uncertainties of the corona virus, many coping strategies have become the new normal.

Studies have shown that stress causes cognitive biases that viciously increase the stress leading to anxiety and other psychiatric morbidity which jeopardise the immunity and increase susceptibility to Corona infection. During the lockdown excessive use of gadgets and reading about conspiracies have further exacerbated stress and psychiatric morbidity. Feeling stressed is normal in a state of uncertainty, but if this worsens, then the different coping strategies listed below can be adopted to manage it.

Taking due precautions of physical distancing, masking and hand washing, as this increases the feeling of control through the realisation that the ability to change is in our hands.

Avoiding denial, or the feeling of invincibility which is the opposite of the state of panic, paranoia and fear of the disease.

Thinking positively and focusing on things that are within your control as this also decreases stress through giving the feeling that the ability to change the future is in your hands.

Staying well-informed as this will help in decreasing stress, but gadgets should be avoided as information overload increases stress.

Writing down your feelings or communicating with trustworthy relatives, friends or colleagues to ventilate your fears and concerns.

Being productive, as an idle mind leads to stress. We should try to maintain a good work/life balance and try to become adjusted through patience and flexibility.

Also, reflecting on who we truly want to be is worthwhile during this time of isolation.

Understanding the wants and needs of others and communicating with them benefits others as well as ourselves.

Organising your life and sticking to a normal routine as much as possible is calming and beneficial. Be close to nature. At night, sleep soundly for at least eight hours.

Ensuring that you have a healthy and balanced diet which includes more fruits and vegetables and less animal fat to give a boost to your immunity.

Exercising regularly as it facilitates the release of endorphins in the human brain which are directly linked to increasing a person's sense of well-being, boosting mood and neutralising stress hormones.

If we follow these coping strategies with mindfulness and conviction we will surely be able to successfully manage both our mental and physical health in these worrying and uncertain times.

Food for Thought



"Each golden sunrise ushers in new opportunities for those who retain faith in themselves and keep their chins up. Meet the sunrise with confidence. Fill every golden minute with right thinking and worthwhile endeavor. Do this and there will be joy for you in each golden sunset. In these challenging times, let's adopt a little positivity, and much gratitude." I received this message from an old friend who is a renowned Trainer and a motivational speaker, Ms. Arshi A. Aziz. I found it very encouraging and motivating in the present situation and thought I should share it with our readers.

M. Shabid Farooqi
Director, KeH

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Donation & Zakat Accounts

United Bank Limited (Account Title: Karwan-e-Hayat)
Account No. 01016135 - Branch Code: 1620
IBAN: PK98 UNIL 0112162001016135
Swift Code: UNIL PKKA
Sunset Boulevard DHA Branch, Karachi

Dubai Islamic Bank (Account Title: Karwan-e-Hayat)
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IBAN: PK57 DUIB 0000000288385001
Clifton Branch, Karachi.

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Swift code: MEZN PKKA - Marriott Hotel Branch

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Tax Exemption donations can be made to Karwan-e-Hayat via i-Care Fund America Inc. and write Karwan-e-Hayat on the memo line & your email at the bottom of the check. Deposit in nearest branch of Bank of America (account# 4636612240) or send to i-Care Fund America Inc. 139 Charles Street, Suite #348, Boston, MA 02114, USA.

Donations through check:
Write a check in favor of i-Care Fund America Inc. and write Karwan-e-Hayat on the memo line & your email at the bottom of the check. Deposit in nearest branch of Bank of America (account# 4636612240) or send to i-Care Fund America Inc. 139 Charles Street, Suite #348, Boston, MA 02114, USA.

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