



MESSAGE FROM THE CHAIRMAN:

Dear Friends of Karwan,

As we stand at the threshold of a new year, it is my privilege to extend warm Season's Greetings to each of you.

Reflecting on the past six months, I am immensely proud of the milestones achieved by the Karwan-e-Hayat family, especially in the crucial domain of mental health. Our success in executing projects and driving transformative clinical initiatives is a testament to the dedication and commitment of our outstanding team.

With this newsletter, I invite you to embark on a journey to understand the collaborative spirit that defines Karwan-e-Hayat. Our teamwork and dedication have not only fostered a positive workplace but have also made a significant impact on the lives of those we serve. Our collective achievements in creating awareness and reducing the stigma surrounding mental health are immense and we will continue to build on this momentum and be advocates for positive change in our community.

My sincere gratitude to our partner organizations (corporate and academia), individual donors and each member of the Karwan Board and the Management Team. The accomplishments in this newsletter stand as a testament to the impact we have had since July 2023.

Season's Greetings and Best Wishes for a prosperous 2024!

Mohammad Salim

FACEBOOK LIVE SESSIONS:

The Facebook Live Sessions, spearheaded by the Resource Development and Communications team, represent a pioneering initiative aimed at fostering greater awareness and engagement on mental health topics. These monthly sessions, conducted on the popular social media platform, provide a setting for the dedicated staff of Karwan-e-Hayat to share insights on crucial subjects such as Health and Well-Being, Bridging the Mental Health Gap, Challenges of Youth, and Psychiatric Rehabilitation. The interactive nature of these sessions enable direct communication with stakeholders and create a dynamic and accessible forum for discussions surrounding mental health and wellness.



STUDENT VISITS AND INTERNSHIPS:

Karwan-e-Hayat's commitment to education supports a thriving student program. Senior students from diverse academic backgrounds are offered a unique opportunity to engage as volunteers, interns, or participants in clinical rotations within the organization. This hands-on experience not only contributes to the professional development of these students but also underscores Karwan-e-Hayat's dedication to nurturing the next generation of mental health professionals.

Since July, Karwan-e-Hayat has extended its support to students from:

- ▶ Institute of Professional Psychology, Bahria University
- ▶ Saifee Burhani School of Nursing
- ▶ The C.A.S. School



MEMORANDUM OF UNDERSTANDING:



Saylani Welfare International Trust: The signing of the Memorandum of Understanding (MoU) with Saylani Welfare International Trust signified a collaborative effort to facilitate and support deserving patients in need of psychiatric health care. Under this agreement, Karwan-e-Hayat committed to conducting weekly medical camps at Saylani Centers, providing free consultations and counseling to patients referred by Saylani. The partnership aimed to extend mental health services to a broader demographic in furtherance of Karwan's mission of making quality psychiatric care accessible to those in need.



Getz Pharma:

The MoU with Getz Pharma called for a multifaceted collaboration. It involved quarterly training sessions for General Practitioners (GPs) practicing in specific geographical areas. Additionally, Karwan-e-Hayat would conduct awareness sessions for Getz Pharma's employees, emphasizing a holistic approach to mental health. The partnership aimed not only to enhance the skills of healthcare practitioners but also to promote mental health awareness within the corporate sector.



Sahara Public Rights Welfare Organization:

The MoU with Sahara Public Rights Welfare Organization underscored Karwan-e-Hayat's commitment to collaboration and community support. This agreement was designed to facilitate and support deserving patients referred by Sahara, offering free-of-charge consultations and highly subsidized purchase of medicines. Through this collaboration, Karwan-e-Hayat extended its reach to individuals who did not have easy access to psychiatric health care.



Institute of Professional Psychology (IPP), Bahria University:

The collaboration between IPP and Karwan-e-Hayat was a step in the right direction with regards to promoting mutual interests of both institutions in research and development, education, training and exchange of knowledge. In a major development, Karwan was invited to participate in a Corporate Advisory Committee meeting at IPP to strengthen the bond between both organizations, exchange ideas and share pivotal insights that were crucial in improving and refining the degree programs in professional psychology.

SUPPORT AND NETWORKING:

Dr. Saad Niaz: The visit of Dr. Saad Niaz, Sindh Caretaker Minister Health, to the Keamari hospital signified official recognition and appreciation of the dedicated work being done by the Karwan team. The visit allowed Dr. Niaz to witness the operations firsthand, gaining insights into the scope of operations within the mental health space. The exploration of avenues for further support to Karwan-e-Hayat reflected a commitment to making mental health treatment accessible to the masses. Dr. Niaz's engagement with the organization provided an opportunity for collaboration at governmental level in the fight against mental illness.



Inspire Pakistan: The collaboration between Karwan-e-Hayat and Inspire Pakistan for a Mental Health and Psychosocial Support (MHPSS) training for Male Outreach volunteers was a targeted initiative. The purpose of this training was to equip volunteers with MHPSS skills, enhancing their effectiveness in providing support to those in need within the communities they served. This collaboration reflected a commitment to community outreach and capacity building.



Medical Camps: The organization of mental health camps in collaboration with the District Health Officer at Sindh Government Hospital Korangi Number 1.5 was a tangible demonstration of Karwan-e-Hayat's commitment to reaching underserved populations. The camps treated almost 60 patients, both new and follow-up cases. The success of these camps was attributed to the dedicated efforts of the community team at Karwan-e-Hayat, and its ability to extend medical services beyond the hospital walls to address the mental health needs of the broader community.



Dr. Rafat Jan: By virtue of a meeting with Dr. Rafat Jan and the fruitful discussions that took place with her, Karwan-e-Hayat looks forward to empowering future medical professionals through enriched clinical rotations with School of Nursing and Midwifery, Aga Khan University and fostering collaborative opportunities in grant funding and research.



Consulate-General of Japan, Karachi: As past donors of Karwan-e-Hayat, members of the Japanese Consulate visited the facility to evaluate the impact of their contribution in the recent past. The representatives spoke with Karwan management to understand how their support has helped the Community Outreach Program and explored avenues for collaboration in future.



MEMBERSHIPS:

DR. AAMIR JAFAREY: Dr. Aamir Jafarey, Professor at the Centre of Biomedical Ethics and Culture, SIUT (CBEC) has graciously accepted membership of Karwan-e-Hayat. He brings a wealth of expertise and experience and his involvement is anticipated to contribute significantly to the enhancement of the internal operational mechanisms of the institution.

MR. NAVEED HASHMI: The addition of Mr. Naveed Hashmi as a valued member of the Karwan-e-Hayat family is very welcome. With an extensive network in logistics and marketing, Mr. Hashmi can provide much needed help in creating awareness and fundraising opportunities, furthering Karwan-e-Hayat's mission.

MENTAL WELLNESS SESSIONS:

The collaboration with various entities for Mental Wellness Sessions demonstrated Karwan-e-Hayat's commitment to promoting mental health in diverse settings.

Pakistan Petroleum Limited: A hybrid session, conducted physically at the PPL Head Office, and attended by over 250 participants, focused on mental health in the workplace and effective stress management. The theme emphasized the importance of mental health for overall well-being.



Getz Pharma: Collaborative efforts with Getz Pharma extended to hosting a mental health awareness session titled "Hope Through Care" at the Getz Pharma Head Office. The engaging session covered a range of topics, including health and wellness, public health issues, wellness benefits, and strategies for overall well-being. This collaboration aimed to foster a supportive and informed environment within the corporate sector.



A specific mental health session conducted for General Practitioners (GPs) across Karachi underscored the organization's commitment to bridging the mental health gap. The session focused on identifying and treating mental illness among patients, providing valuable insights to GPs on minimizing the negative effects of stress and depression. This initiative empowered healthcare practitioners with the tools and knowledge needed to address mental health concerns in their practice.



The C.A.S. School: Karwan-e-Hayat's engagement with The C.A.S. School involved conducting a session on cyberbullying. This informative session addressed various facets of online safety, cautioning students about social media activity, and highlighting the importance of responsible engagement over the internet. With the active participation of over 200 students, the session aimed to raise awareness about the potential effects of cyberbullying.



EVENTS AND CELEBRATIONS:

Independence Day: Independence Day celebrations at the Keamari hospital were marked by a festive atmosphere, including singing national songs, playing games, and dancing. The celebration served not only as entertainment but also as an occasion to convey a message of hope. Karwan-e-Hayat CEO, Mr. Zaheer Uddin Ahmad, emphasized the significance of faith, unity, and discipline in the journey to make Pakistan great again.

Walk for Karwan-e-Hayat: A friend of Karwan-e-Hayat, Syed Qaiser Naqvi, organized a walk for senior citizens in Toronto. This pilot event aimed to create awareness about Karwan-e-Hayat and its activities among the Canadian diaspora. The event included a presentation by Mr. Naqvi to foster interest in Karwan-e-Hayat's mission.

World Suicide Prevention Day: To observe World Suicide Prevention Day, a seminar was held at a leading hotel. The event served to raise awareness about suicide prevention, providing valuable insights and encouraging collective action to combat this national crisis. The seminar featured a distinguished panel of experts, mental health advocates, and individuals sharing their insights and practical strategies. The Guest of Honour, Sindh Caretaker Minister Health, Dr. Saad Niaz, pledged intensified efforts to raise awareness and promote mental wellness.



World Mental Health Day: On World Mental Health Day, Karwan-e-Hayat hosted an event at its Keamari facility. The event aimed to raise awareness about mental health and wellness, urging collective action from government, policy-makers, and other stakeholders. The theme, "Mental health is a universal human right," as announced by WHO, guided the discussions. The event featured a panel of experts, mental health advocates, and a meaningful play on mental illness by the team from IRD Global. The presence of the Guest of Honour, Sindh Health Minister Dr. Saad Khalid Niaz, underscored the importance of the event in promoting mental well-being.



Oath-Taking Ceremony for Mental Health Professionals: In an inspiring endeavor at Karwan-e-Hayat, the dedicated medical staff participated in an oath-taking ceremony for mental health promotion. Karwan-e-Hayat leadership, Mr. Zaheer Uddin Ahmad (CEO), Dr. Uroosa Talib (Chief Medical Officer), and Mr. Faisal Zahid (General Manager, Resource Development & Communications), shared their thoughts, reinforcing the unwavering commitment of our medical staff to the cause of mental health. All medical health professionals renewed their vows and embraced their responsibilities as health workers, united in the mission to make a positive impact on the mental well-being of those in need.



PATIENT STATISTICS (July 2023 – December 2023)



Contact Details

Karwan-e-Hayat, Psychiatric Care and Rehabilitation Center (PCRC)
Building No. KV27 & 28, Adjacent to KPT Hospital, Keamari - Karachi.
Tel: (+92) 21 32856774/5, (+92) 21 32856879.

Korangi Community Psychiatric Center (KCPC)
Sector 35-C, Near PSO Pump & Aga Khan Lab, Korangi 3/5 Karachi.
Cell: 03000722534 - 03000721534



Karwan-e-Hayat is a non-profit organization, registered under section 42 of the Companies Act 2017 and has a tax-deductible status under section 236 of the Income Tax Ordinance 2001.

Donation Accounts

United Bank Ltd. (Account Title: Karwan-e-Hayat)
Account no: 162001016135 - Branch code: 1620
IBAN: PK98 UNIL 0112162001016135
Swift code no: UNIL PKKA
Sunset Boulevard DHA Branch, Karachi

Allied Bank Ltd. (Account Title: Karwan-e-Hayat)
Account no: 0010010804500014 - Branch code: 0414
IBAN: PK44 ABPA 0010010804500014
Swift code: ABPA PKKA
Sunset Boulevard Branch, Phase II, DHA, Karachi

Zakat Accounts

Meezan Bank Ltd.
Account no: 010224427 - Branch code: 0105
IBAN: PK44 MEZN 000105010224427
Swift code: MEZN PKKA, Marriott Hotel Branch

Dubai Islamic Bank
Account no: 0288385001 - Branch code: 009
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Swift code: DUIB PKKA, Clifton Branch, Karachi.

For USA Donors

Tax Exemption donations can be made to Karwan-e-Hayat via i-Care Fund America Inc. by visiting <https://i-care.foundation.org/> and by clicking donate.

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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# 4036612240) or send to i-Care Fund America Inc. 359 Charles Street, Suite #346, Boston, MA 02114, USA.



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