

ANNUAL REPORT 2020





کاروان حیات
Karwan-e-Hayat
Institute for Mental Health Care

A Company set up under Section 42 of Companies Act, 2017

An aerial view of KPT & Karwan-e-Hayat,
Psychiatric Care & Rehabilitation Centre (PCRC), in Keamari

CHAIRMAN'S MESSAGE



I am pleased to present Karwan-e-Hayat's Annual Report for the fiscal year 2019-2020.

The events of this year have been unprecedented and extraordinary. The first half saw significant growth in Karwan's services and in its efforts to inspire change in negative and damaging attitudes towards mental illness. The second half, in the wake of the COVID-19 pandemic, was a difficult and trying time for Karwan-e-Hayat. We extend our sincerest gratitude to our individual and institutional donors for their generous and unconditional support which kept us going in these difficult times. We were able to ensure that people suffering from mental disorders kept receiving timely and professional psychiatric treatment.

A huge and alarming number of people, according to some conservative estimates, 73.6 million people in Pakistan (34% of our population) experience some form of mental illness in their life times. This can range from mild depression, anxiety and panic attacks to more severe and psychotic mental disorders like schizophrenia, bipolar affective disorder and post traumatic stress disorder which mostly impact lower socio-economic sections of society due to the neglect, prevailing inequality and indifference which they face daily.

Now in existence for more than 37 years, Karwan-e-Hayat remains one of the largest providers of mental health care in Pakistan. We focus on poor and underserved sections of our society, providing them free but quality care. 94% of our needy patients receive treatment and rehabilitation services free of cost or at highly subsidized rates. It is with some pride that I report that 85% of the patients being treated at Karwan-e-Hayat show a significant reduction in symptoms, better levels of productivity and fewer incidents of relapse after being discharged.

To help people cope with the psychological panic and stress created by the COVID-19 pandemic our doctors and caregivers have worked hard giving advice and information on the telephone to people in distress. As in the aftermath of the earthquake of 2005, when Karwan-e-Hayat was at the forefront of trauma management, we have done our best to help people in times of crisis.

A strong financial foundation is necessary for us to continue doing our work. We look forward to your ongoing support so that together we can have a positive impact on the mental health of our people not only today, but for generations to come.

Kamran Y. Mirza

CHIEF EXECUTIVE'S MESSAGE



As we are all aware, the world is currently facing the unprecedented challenge of a COVID-19 outbreak. The economic disruption and damage created by this pandemic is devastating for everyone, but more so for struggling countries like Pakistan where the existing healthcare infrastructure is weak and woefully inadequate.

The trauma of constantly changing medical alerts and alarming media coverage has led to increased anxiety and panic attacks among the masses forced to live in isolation due to this deadly virus. Never has the need for mental health care been greater or more urgent.

Being torch bearers in the field of mental health, Karwan-e-Hayat quickly rose to the occasion and is doing its best to address this need. Through comprehensive tele-clinics our dedicated team of doctors and caregivers have provided timely advice and practical guidance to those in distress. Additionally keeping our inpatients, our caregivers and those coming to our OPD's safe has been a challenge. With stringent protocols in place and strict vigilance we have done well by the grace of Allah.

This year our dedicated and committed team celebrated a new milestone when Karwan-e-Hayat became the recipient of two prestigious awards. Karwan received the Engro "I am the Change-2019" Award, and the Health Care Pride of Pakistan Award at the 15th Corporate Ambassador Awards-2019. These awards recognise the unflagging effort and contribution that Karwan has made in the field of mental health in Pakistan.

While Karwan-e-Hayat's doors are open to rich and poor alike, we work to champion the cause of the common man, the needy and underserved who have been ignored by the system for far too long. By providing them free or highly subsidized mental health care and rehabilitation services we offer them life altering opportunities and the chance of a better life.

We request you to become someone's lifeline by contributing generously to Karwan-e-Hayat.

Zaheeruddin M. Babar

MENTAL HEALTH & KARWAN-E-HAYAT

An Overview

Mental illness is the most neglected and underserved area of public health. Most people suffer in silence because of the huge stigma attached to this illness. Additionally, the cost of mental health treatment is unaffordable for poor patients.

Worldwide, the economic burden of the illness is around \$2.5 trillion. By 2030, it will increase to \$6 trillion. This includes spending on psychiatric care which is a direct cost and lost productivity which is an indirect effect.

In Pakistan, it is estimated that 15 million people suffer from mental illness. Unlike other non-communicable diseases such as heart or diabetes which afflict humans at a later age in life, mental illness often affects people in the prime of their lives.

Mental illness robs the patient of a normal life. Entire families are adversely affected when one member is mentally ill.

It is important to remember that mental illness is treatable. Modern pharmacology and new community approaches today have made treatment more holistic and effective, and paved the way for the patient to return to a functional life.

Key Facts

There are many different mental disorders, with different presentations. They include: depression, bipolar affective disorder, schizophrenia and many other psychoses. Access to healthcare and social services capable of providing treatment and social support is vital.

What Needs to Be Done?

The community at large has a role to play in respecting the rights and needs of people with mental illnesses. In low and middle-income countries, between 76% and 85% of people with mental disorders receive no treatment for their illness. In addition to support from health-care services, people with mental illness require social support and care. This is the service gap that Karwan-e-Hayat seeks to fill

with timely, professional and caring treatment of mental illnesses and the rehabilitation of patients so that they can live and be active in their own communities.

Karwan-e-Hayat, Institute for Mental Health Care, (KeH) is a non-profit welfare organization established in 1983, registered under Section 42 of the Companies Act 2017 and has tax-exempted status under section 153(2) of the Income Tax Act. It is an ISO 9001:2015 certified, Sharia-compliant organization which is also certified by the Pakistan Centre for Philanthropy.

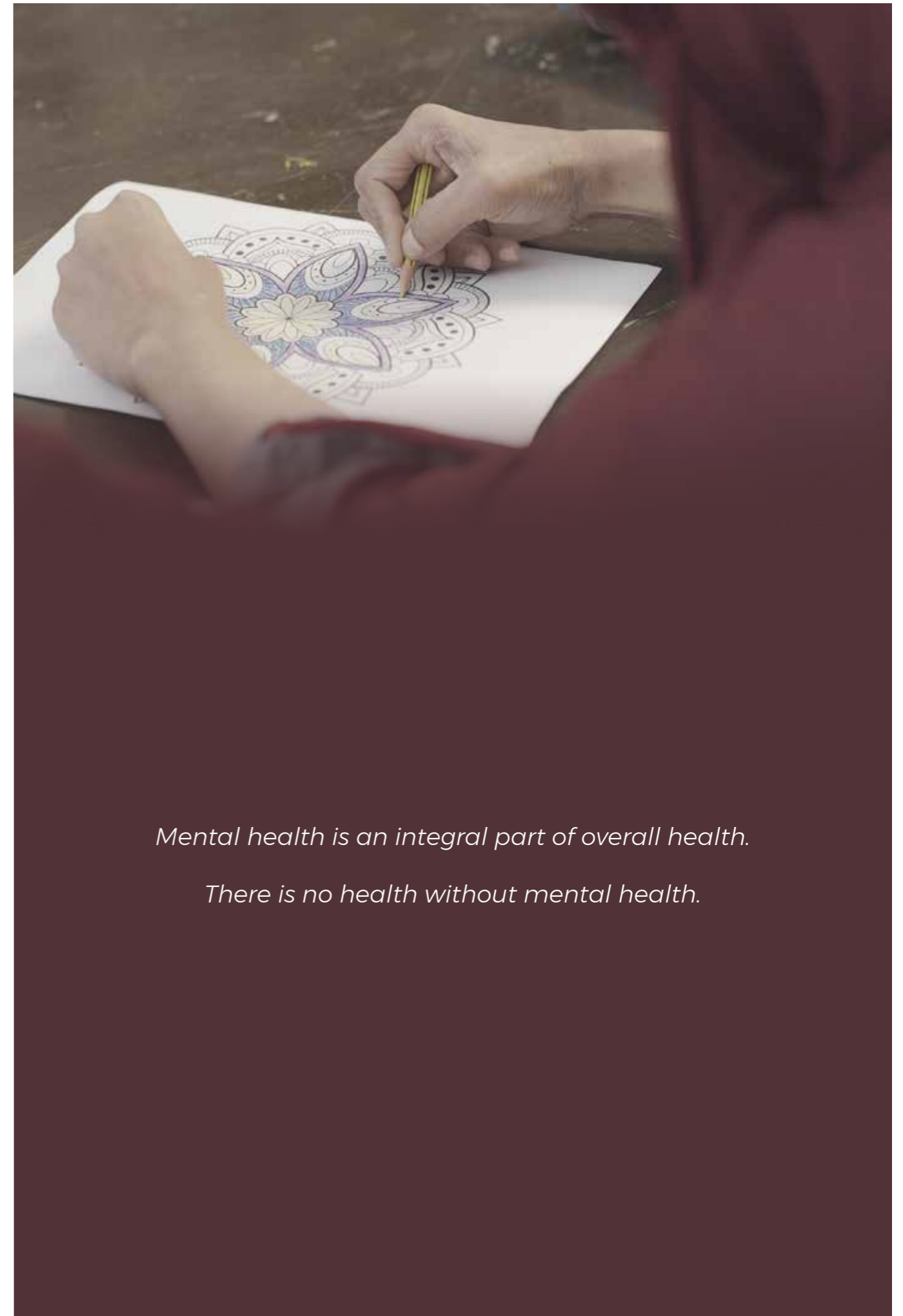
Karwan-e-Hayat has been working for 37 years in treating mentally ill patients, especially the needy and underserved. It provides medical treatment including OPD, hospitalization, medication, rehabilitation and community services to needy and underserved people suffering from mental illness entirely free of cost or at highly subsidized rates.

It functions at three centres in Karachi.

Psychiatric Care & Rehabilitation Centre (PCRC), Keamari is our flagship facility. This modern, purpose-built 100-bed psychiatric care facility, established in 2004, caters to all the needs of mentally ill patients under one roof. Providing services through Outpatient Clinics, an Inpatient Facility, a Daycare Unit and a Rehabilitation Centre. PCRC is the largest psychiatric care facility in Pakistan.

Korangi Community Psychiatric Centre (KCPC) began operations in November 2011 to provide community based psychiatric care through OPD, Daycare and Rehabilitation facilities. Community mobilizers and case workers also conduct follow up home visits regularly to ensure quality care and support to home based patients, thus reducing chances of relapse and cost of treatment.

Khayaban-e-Jami OPD Clinic, the first of our three facilities established in 1983, provides outpatient medical services five days a week, to facilitate a growing number of daily, walk-in patients suffering from mental illnesses.



Mental health is an integral part of overall health.

There is no health without mental health.

OUR JOURNEY



- 1983** • Karwan-e-Hayat established its first clinic at Khayaban-e-Jami to provide mental health treatment for the needy and underserved.
- 1992** • OPD services at Khayaban-e-Jami Clinic extended from three days to five days a week.
- 2004** • Karwan's Psychiatric Care and Rehabilitation Centre (PCRC) - 100 bed in-patient facility becomes operational.
- 2009** • Affiliation with Rutgers University, USA begins. KeH Rehabilitation practioners begin to receive online training from the faculty of Rutgers.
- 2011** • Korangi Community Psychiatric Centre (KCPC) initiated to provide Community Outreach Services.
- 2013** • Karwan-e-Hayat attains certification by Pakistan Centre for Philanthropy.
- 2015** • ISO 9001 : 2015 Certification acquired.
- 2016** • Modernized private rooms operational for paying patients. The revenue generated is utilized for the treatment of poor patients.
- 2018** • Community Outreach Services initiated at five remote and underserved locations in Karachi.

VISION

Our vision is to achieve the highest standards in providing psychiatric and rehabilitation services to the mentally disturbed members of society, especially the poor and marginalized and to offer them opportunities to improve their quality of life. We aim to train and develop mental health professionals and to participate in research that will contribute to greater knowledge and understanding of mental health issues. We are committed to mainstream the guiding principles of mental health into health policies at different levels. We envision a society that understands and values good mental health practices, protects and treats people suffering from mental disorders with dignity, fairness and respect.

MISSION

- To work for the prevention, relief and treatment of mental illness.
- To work towards the rehabilitation of mentally distressed people, especially the under privileged and deprived.
- To raise public awareness about mental illness and to foster behavioural change in society.
- To organize, train and maintain a team of dedicated Psychiatrists, Psychologists, Occupational Therapists and Social Workers to ensure a competent and ongoing mental health service.



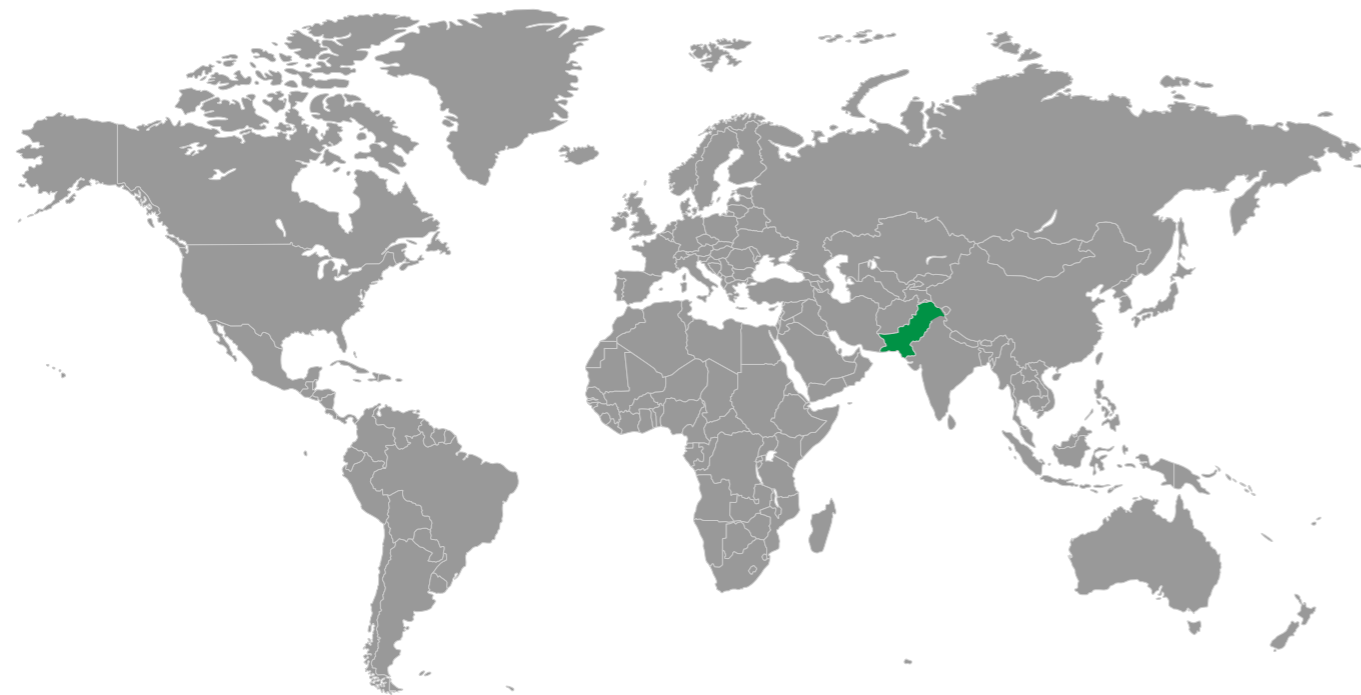
VALUES At Karwan-e-Hayat the values that we subscribe to and strive to inculcate in our medical staff and all caregivers are:

- Compassion** We shall treat our patients with compassion, understanding and respect.
- Integrity** We shall always provide quality patient care.
- Hope** We shall spread the message of positivity that mental illness is treatable & manageable with professional help.
- Commitment** We shall direct all our efforts towards the alleviation of suffering caused by mental illness.
- Excellence** We shall apply the best clinical and rehabilitative practices to treat our patients.
- Education** We shall become a learning organization growing through knowledge exchange, research and continuing education.
- Determination** We shall always challenge discrimination and stigma against the mentally ill.
- Collaboration** We shall develop strategic partnerships within our community as well as with national and international organizations in the field of psychiatry.

WHAT IS MENTAL HEALTH?

According to the World Health Organization, "Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." Mental health is an integral part of overall well-being, not merely the absence of disease. There can be no health without mental health.

WORLD WIDE Mental, neurological, and substance use disorders are common, but they are far more prevalent in developing countries. In low income countries the burden is as high as **75%** and these people do not have access to the treatment they need, whereas globally the burden of mental illness stands at **14%**. 1 in 4 people are affected by some form of mental or neurological disorder at some point of their life worldwide.



IN PAKISTAN approximately **40%** of Pakistan's population suffers from common mental disorders.



Only **5 Specialized Psychiatric Hospitals** for nearly **220** million people



In Pakistan there is only **1** psychiatrist for **500,000** people



People with severe mental disorders are especially vulnerable during emergencies and need urgent access to mental health care.



More women are affected by depression than men.

CHALLENGE AND CHANGE

The stigma associated with mental illness has been Karwan-e-Hayat's greatest challenge and it has constantly tried to counter this negativity. With the determination to provide healing options to people facing mental health challenges, Karwan has given hope to thousands of people.

37 YEARS

PIONEER IN PSYCHIATRIC HEALTHCARE AND REHABILITATION IN PAKISTAN



More than **80,000** patient visits were made last year



210,800 patient visits were made to Karwan-e-Hayat in the last 3 years



96% patients were treated free-of-cost or at highly subsidized rates

BOARD OF DIRECTORS

Chairman

- Mr. Kamran Y. Mirza

Vice Chairperson

- Ms. Talaat Naeem Tyabji

Directors

- Mrs. Qaisra Ahmed
- Mr. Saeed Akhtar
- Mr. Muhammad Salim
- Mr. M. Shahid Farooqi
- Mrs. Shameem Zuberi
- Mr. Imran Khalid Zafar
- Mr. Ali Ahmed Khan

ADVISORY BOARD

Advisory Board

Prof. Dr. Murad Moosa Khan

The Aga Khan University Hospital (AKUH)

Justice (Rtd.) Mr. M. Shaiq Usmani

Retired Judge, Sindh High Court

Mr. Jamshed Qureshi

Chairman, Bond Advertising (Pvt) Ltd

Mr. Saleemuddin Ahmed

Mrs. Rehana Alam

Mr. Akbar Usmani

Mr. Yacoob Suttar

Ms. Mehar Bano Qureshi

Shariyah Advisor

Al-Hamd Shariyah Advisory Services

Mufti Ibrahim Essa

Mufti Haris Hanif

Tax Advisor

Munif Ziauddin & Co
Chartered Accountants

External Auditors

BDO Ebrahim & Co
Chartered Accountants

Legal Advisor

Usmani & Iqbal
Advocates and Solicitors

Internal Auditors

Grant Thornton Anjum Rahman
Chartered Accountants

Technical Advisory Board & Research Committee

Prof. Russell C. Smith

Rutgers University, New Jersey, USA

Prof. Dr. Carlos W. Pratt

Rutgers University, New Jersey, USA

Institutional Review Board

Dr. Naim Siddiqui

Assistant Professor & Consultant Psychiatrist, SIUT, AKUH, Royal College of Psychiatrists (Member)

Prof. Dr. Raza-ur-Rahman

Meritorious Professor & Chair, Former Chairman Psychiatry at The Dow University of Health Sciences (DUHS)

Ms. Muniba Naz

Member Social Worker, KeH

CORPORATE GOVERNANCE

Board Committees

Four committees ensure smooth functioning of Karwan-e-Hayat. These include:

Audit Committee

Mr. Saeed Akhtar (Chairman)
Mrs. Shameem Zuberi
Mr. M. Shahid Farooqi
Mr. Muhammad Salim
Mr. Zaheeruddin Babar
Mr. Ali Asghar (Secretary)

Medical Services & Ethics Committee

Mr. Imran Khalid Zafar (Convenor)
Mrs. Shameem Zuberi
Ms. Talaat Naeem Tyabji
Prof. Dr. Zafar Haider
Prof. Dr. Murad Moosa Khan
Mr. Zaheeruddin Babar
Dr. Uroosa Talib (Secretary)

Fundraising & Awareness Committee

Mrs. Qaisra Ahmed (Convenor)
Mr. Saeed Akhtar
Ms. Talaat Naeem Tyabji
Mr. M. Shahid Farooqi
Mrs. Shameem Zuberi
Mr. Muhammad Salim
Mr. Ali Ahmed Khan
Mr. Zaheeruddin Babar
Ms. Tamkeen K. Abbasi
Mr. Kamran Hasan (Secretary)

Human Resource Committee

Mr. M. Shahid Farooqi (Convenor)
Mr. Saeed Akhtar
Mr. Ali Ahmed Khan
Mr. Zaheeruddin Babar
Ms. Misbha Bashir (Secretary)

CORPORATE TEAM

Mr. Zaheeruddin M. Babar

Chief Executive Officer

Mr. Muhammad Ali Asghar

Chief Financial Officer

Ms. Tamkeen Kashif Abbasi

Chief Communication Officer / COS
Head of Monitoring, Evaluation, Accountability & Learning (MEAL) and Supply Chain

Mr. Kamran Hassan

General Manager Resource Mobilization

Ms. Saba Naz

Manager Operations

Ms. Misbha Bashir

Manager Human Resource

Mr. Jawaid Shah

Manager Grants

Mr. Saeed Nagaria

Manager Information Technology

Mr. Asif Khaskheli

Manager Quality Assurance & Supply Chain

Mr. Shahzaib Khan

Assistant Manager Finance

Mr. Salman Khan

Assistant Manager Supply Chain

Mr. Rizwan Jamaluddin

Marketing Coordinator & Graphic Designer

Azmat Ali

Health, Safety & Environment (HSE) Consultant

MEDICAL & REHABILITATION TEAM

Dr. Uroosa Talib	Chief Medical Officer
Dr. Natasha Billia	Assistant Professor & OPD In-charge
Dr. Syed Saad Masood	Senior RMO & In-charge Male Ward
Dr. Ahmer Mairaj	Senior RMO (OPD)
Dr. Saba Ismail	Junior Consultant & In-charge KCPC
Dr. Tabassum Waris	RMO & In-charge Female Ward
Dr. Abdul Rahim Magsi	RMO & In-charge JAMI
Dr. Tooba Anum Noumani	RMO (OPD)
Ms. Yasirah Gohar	In-charge - Psychiatric Rehabilitation
Mr. Shabbir Ali	Senior Clinical Psychologist
Ms. Hafsa Muheet	Occupational Therapist
Dr. S.M Ashfaque Ahmed	In-charge Community Services
Ms. Shabana A. Shakoor	In-charge Social Work & OPD Coordinator
Mr. Shawkat Hussain	Assistant Manager Nursing & IPD Coordinator
Ms. Nida Shah	Nursing Supervisor
Dr. Nusrat Baloch	Visiting Faculty
Dr. Shifa Naeem	Visiting Faculty
Dr. Shabana Naqvi	Visiting Faculty
Mr. Nasir Mehmood	Research Associate

PARTNERSHIPS & COLLABORATIONS

DAI Global
 Direct Relief USA
 AzCorp Entertainment Pvt Limited
 Ziauddin University
 Interactive Research & Development (IRD)
 Benazir Anti-Narcotics Force Model Addiction Treatment Centre (MATREC)
 NED University
 Health Education & Literacy Programme (HELP)
 Robinhood Army
 Aahung
 Community Innovation Hub
 Sahara Public Rights Organization
 Sehat Kahani
 SINA Health, Education & Welfare Trust
 War Against Rape (WAR)
 Al-Jannat Welfare International Trust
 ZMT Clinics (Zubaida Machyara Trust)

INTERNATIONAL ASSOCIATIONS



KARWAN-E-HAYAT'S RESPONSE TO COVID-19

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, as often as used to be the practice. 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.

Karwan-e-Hayat has also launched a series of COVID-19 awareness campaigns on social media 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.



TELE-PSYCHIATRY SERVICES

After World War II, the Corona Pandemic is the worst to hit humanity, and that too at a time when the world was not prepared for it. People around the globe are praying for an early normalisation of their lives, but experts say that COVID-19 will continue for a long time. The spread will only be halted with the development of herd immunity at the cost of 2% of the population dying or with a vaccination that will take a long time 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 medical help is required.

Foreseeing the need to address this gap amidst the pandemic, Karwan-e-Hayat leaped in making quality mental health care available at any place with an internet access and a computer/mobile/tablet. Rural areas are typically the most underserved for health care facilities and psychiatry is no exception. By eliminating the additional time and expense associated with travel, Tele-psychiatry makes it easier to intervene faster in crisis situations and to streamline intake into inpatient facilities.

In order to fulfil its social responsibility towards the community, Karwan-e-Hayat initiated its Tele-Psychiatry services.

Without leaving the safety of their homes, people under stress can call our expert medical teams and seek advice and guidance. Our psychologists also educate on coping strategies which help people to stay calm and regain their emotional and mental balance.

WORKSHOPS, LECTURES AND TRAININGS

Through workshops, lectures and training programs, Karwan-e-Hayat aims to promote broader and deeper awareness in society regarding mental illness.

SUICIDE PREVENTION

An interactive session on 'Suicide Prevention' was conducted by Prof. Dr. Zafar Haider, Dean of Karwan-e-Hayat at Patel Hospital on October 25, 2019. The session highlighted the facts that suicide has become a leading cause of death among young people, timely intervention must be taken for its prevention. Suicide should be highlighted as a global public health emergency which needs to be urgently addressed and prioritized.

MENTAL HEALTH AWARENESS SESSION AT BEACONHOUSE SCHOOL

Ms. Yasirah Gohar of our Rehabilitation Department and Mr. Shaukat Hussain of, Nursing Department, conducted a 'Mental Health Awareness Session' at Beaconhouse School System on November 6, 2019 with the aim to increase the student's knowledge on mental health issues. The session highlighted the warning symptoms which indicate the presence of mental illness in a person. These include long-lasting sadness, high or low mood swings, excessive fear, worry or anxiety and social withdrawal which we need to lookout for in mental illness. The session was much appreciated by the students, teachers and management of Beaconhouse.

SCIENCE OF LIFESTYLE

Meritorious Professor and Chairman, Academics and Research, Prof. Dr. Raza-Ur-Rahman conducted an interactive lecture on the 'Science of Lifestyle' at Karwan-e-Hayat on August 30, 2019. The lecture highlighted the importance of a healthy lifestyle which incorporates ways of living which ultimately lowers the risk of dying early or being seriously ill.

PSYCHIATRIC ISSUES IN MEDICAL PRACTICE

An interactive training session on 'Psychiatric Issues in Medical Practice' was conducted by Dr. Nabila Abidi, Medical Director Global Psychotherapy in KeH on November 11, 2019.

The objective of the session was to highlight the fact that a number of medical professionals develop serious mental illnesses during their careers and may either leave their practice entirely, or are compelled to limit their professional activities.

The realization of the issue and the required mitigation is essential in a professional's life.

MENTAL HEALTH AND REHABILITATION

Ms. Yasirah Gohar of our Rehabilitation Department, facilitated a session on Mental Health and Rehabilitation in Federal Urdu University on November 20, 2019.

The aim of the session was to raise awareness regarding mental illness and to emphasize the importance of rehabilitation and well-being in the treatment plan of a mentally ill individual.

PSYCHIATRIC REHABILITATION

The Psychiatric Rehabilitation program runs as a day treatment program and includes psychotherapy, family psycho education and case management. Its goal is to enable the patient to return to the mainstream of life. It is an evidence-based program which has been introduced, taught and monitored by faculty members of Rutgers University, USA for more than a decade. This collaboration with professors of Rutgers University is a point of pride and distinction for Karwan.

The Daycare program runs five days a week, 9:30 am to 3:30 pm, for both inpatients and outpatients, and on Saturdays only for inpatients. Patients learn life skills, vocational skills and, in some cases, become eligible for sheltered employment within Karwan-e-Hayat.

Daycare Activities:

Arts & Craft Classes

Yoga & Physical exercises

Music Training

Computer Training

Stitching Classes

Beautician Course

Library Sessions

Cooking Classes

Gardening

Movie Sessions

Sheltered Employment

Karwan gives recovering patients the chance to get paid work for 3-6 months in the IT or maintenance department. It is done under the supervision of the patient's Case Manager and Clinic Incharge. It is the first step towards reintegration into society.

Illness Management and Recovery (IMR)

Research shows that patients who learn more about their illness can take important steps towards recovery. In IMR sessions, patients are acquainted with their illnesses and helped to develop strategies to deal with their symptoms and achieve personal goals.

Family Psychoeducation

Families and other care givers are furnished with correct information of the illnesses of their patients, and guided to reduce family stress and to develop coping skills.

Evidence-Based Practices

Karwan-e-Hayat is the first mental health organization in Pakistan which has adopted evidence-based practices from Rutgers University, USA, under the long term supervision of their faculty members. These include: Illness Management and Recovery Program (IMR), Family Psycho Education and Case Management. Karwan-e-Hayat also provides Wellness Recovery Action Plan (WRAP) and sheltered employment to the patients. A multi-disciplinary team of qualified psychologists, occupational therapists and social workers work with psychiatrists to guide patients towards the recovery of mental balance and healthy lives.

Case Management (CM)

This provides the bond that binds together the coordinated plan of treatment, rehabilitation and support services for the patient. CM plays a big part in preventing relapses and hospital stays and in improving the quality of life of the patients.

Wellness Recovery Action Plan (WRAP)

This was developed in 1997 by a group of people suffering from mental illnesses. It is now used by a variety of people to address mental health and life issues. WRAP helps the practitioners to formulate their own wellness tools, recognize early warning signs and create crisis plans.

KEH'S KITCHEN GARDEN



Gardening is a popular activity of Karwan-e-Hayat's Rehabilitation Program.

The month of September 2019 was an exciting time for patients and their caregivers in the Rehabilitation Program. After weeks of spending time and caring for seedlings, the first vegetables from the kitchen garden were collected. Patients celebrated to see that their hard work had paid off.

Studies have found that horticultural therapy can reduce symptoms of anxiety and depression, resulting in improved attention spans, reduction of harmful ruminations and symptoms of nervousness.

Gardening reminds us of our connection with nature, and helps us focus on the bigger picture, which can alleviate symptoms of depression. Also, the physical aspect of gardening releases feel-good hormones in the brain such as serotonin and dopamine, which help a person to feel happier.

Through gardening people engage in practical activities that produce positive results. Kitchen gardening, in particular, is a great way to provide

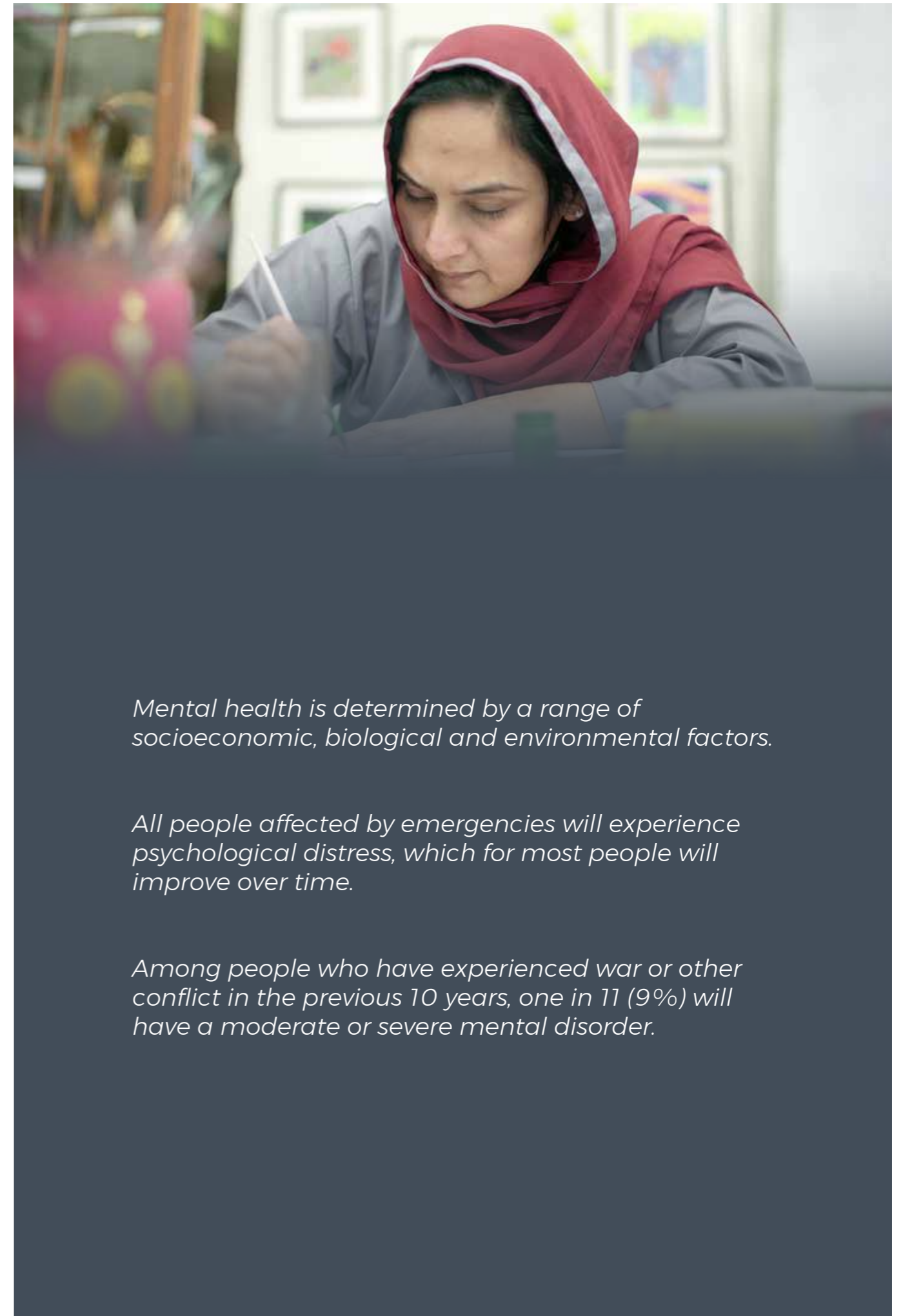
a sense of belonging, shared responsibility and social fulfilment.

We all know how beneficial exercise is to our health, but it may surprise you to know just how good a workout gardening is.

Considering its benefits, last year Karwan-e-Hayat specially focused on the Kitchen Gardening initiative for patients,

This has considerably helped our patients in;

- **Gaining acceptance**
- **Moving beyond perfectionism**
- **Developing a positive mindset**
- **Connecting with others**
- **Connecting with the world**
- **Being alert**
- **Getting physical exercise**
- **Reducing stress**
- **Eating healthy**



Mental health is determined by a range of socioeconomic, biological and environmental factors.

All people affected by emergencies will experience psychological distress, which for most people will improve over time.

Among people who have experienced war or other conflict in the previous 10 years, one in 11 (9%) will have a moderate or severe mental disorder.



FARRUKH'S JOURNEY

Farrukh*, a 36-year-old bachelor admitted in Karwan-e-Hayat has been facing bipolar disorder since 2006. In conversation he appears confident, logical and systematic, so much so that his stammer is not an impediment in openly sharing his life events.

His professional life has been varied and inconsistent because of his illness. His problems began when he was unable to clear his part 2 B.Com examination. In search of an alternative career path, he did a Hotel Management course from Pakistan Institute of Hotel Management. He then enrolled in the Sindh Youth Development Program in 2012 and learned Microsoft Office, worked for 3 years in Sindh High Court as a clerk. He then served for a private enterprise during 2013-2015 as an outdoor marketing person. Recently he was working with a mobile company as a market surveyor.

Farrukh's father was in the merchant navy. He was raised in a very strict environment which has made him rigid and inflexible. His family could not tolerate his aggressive behavior. Although he lives with them, he resides in a separate and isolated part of the house where interaction with the family is minimal. His aggressive behavior led his family members to bring him to Karwan-e-Hayat.

In Karwan-e-Hayat Farrukh has done well and is now calm and composed. He acknowledges that the rehabilitation sessions have reduced his delusions and negativity and he now feels better able to cope with life.

** Name has been changed for privacy.*



AYESHA'S JOURNEY

Ayesha*, is a graduate of Dow University of Health Sciences (DUHS), Unfortunately she lost her parents very early in life and as her brothers and sisters now have their own respective families, they are unable to provide her the support she requires. She has been divorced twice and in her first marriage she braved abortion after six months of pregnancy.

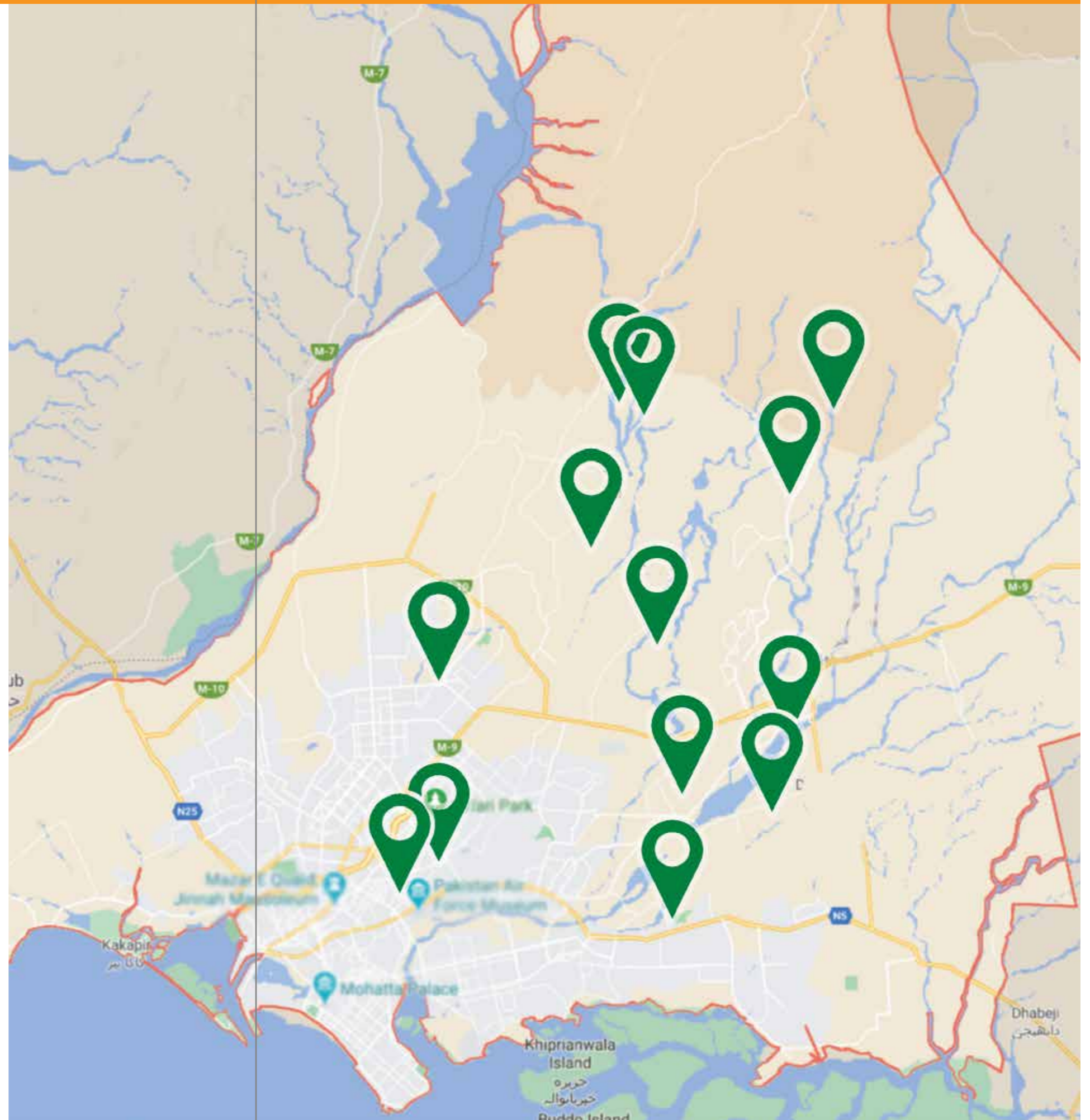
As she has been suffering from Schizophrenia for a long time, she has remained at other mental health institutions for quite a long time but suffered from incorrect diagnosis of her condition for 25 years of her life.

Ayesha is doing well with her treatment at Karwan-e-Hayat. Her faith in Allah is a great support. She enjoys the yoga and stitching sessions in the rehabilitation program and feels they are the best part of her treatment. She likes the attitude of nurses and in the evenings they are her best companions. What she does not like is her restricted mobility. She hopes that one day she will be fully functional and able to resume a healthy life, however she does not know where she will go when she leaves Karwan-e-Hayat.

** Name has been changed for privacy.*

LOCATIONS OF COMMUNITY OUTREACH CAMPS

Ainak Corner	Near Sehat Mand Zindagi Center, Abbasi Shaheed Hospital, Nazimabad,
M. K. Estate Agency	Near Sehatmand Zindagi Center, Madina Masjid, 13-D, Gulshan e Iqbal
ZMT Clinic Gulshan	Near Maskan Chowrangi, Disco Bakery,
SESSI Govt. Dispensary	Near Sehatmand Zindagi Center, Agha Khan Laboratory, Korangi # 3.5,
ZMT Clinic Sachal Goth	H. No. 150, Block: F, Gali no 204, Sachal Goth
Life Care Clinic	Near Sehatmand Zindagi Center, Power House Chowrangi, North Karachi
ZMT Clinic Siddique Goth	Menghal Bazar, Near Allah Wala Chowrangi, Siddique Goth , North Karachi
Dr. Fahad Clinic	Islamic Apartment, Gulshan Block :2, Near Nasir Hussain Park
ZMT Clinic Pahlwan Goth	H. No C-859, Block :9, Old Area, Pahlwan Goth, Gulistan e Jauhar, Gushan e Iqbal
HELP MCH Center Khuda ki Basti	Phase II, Khuda ki Basti
HELP MCH Center Neelum Colony	Neelum Colony, Near Zamzama Park



COMMUNITY OUTREACH PROGRAM

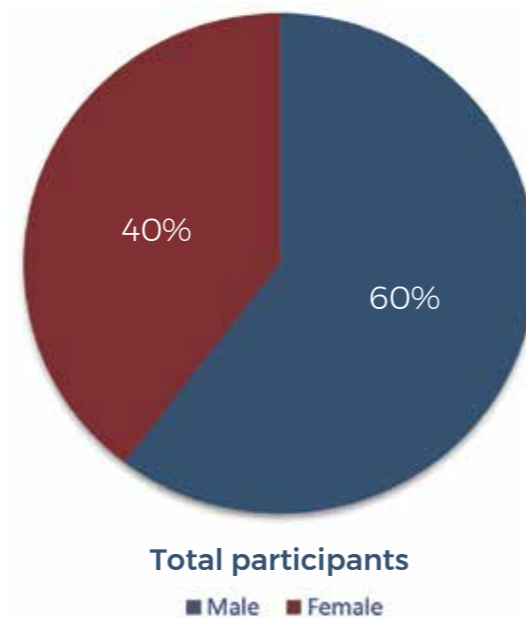
In 2011, Karwan-e-Hayat's Community Outreach Program was launched and it began its mobile health services to remote communities in underdeveloped areas of Karachi.

Our outreach team provides assistance to individuals suffering from mental disorders who are unable to reach our three centres, right at their doorstep. We listen to them in a culturally sensitive way thereby helping them to gradually regain their mental balance through counselling and medication. Additionally, our awareness sessions sensitize the whole community about mental illness, its prevalence and treatment.

It is worthwhile to mention here that due to COVID-19 and the country wide lockdown, our community outreach program was adversely affected.

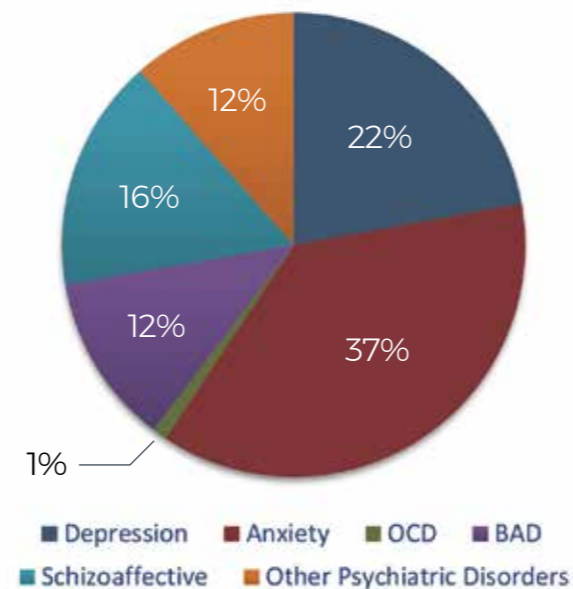
AWARENESS SESSIONS IN COMMUNITIES

Awareness Session Conducted	72
Male	2514
Female	1649
Total Participant	4163

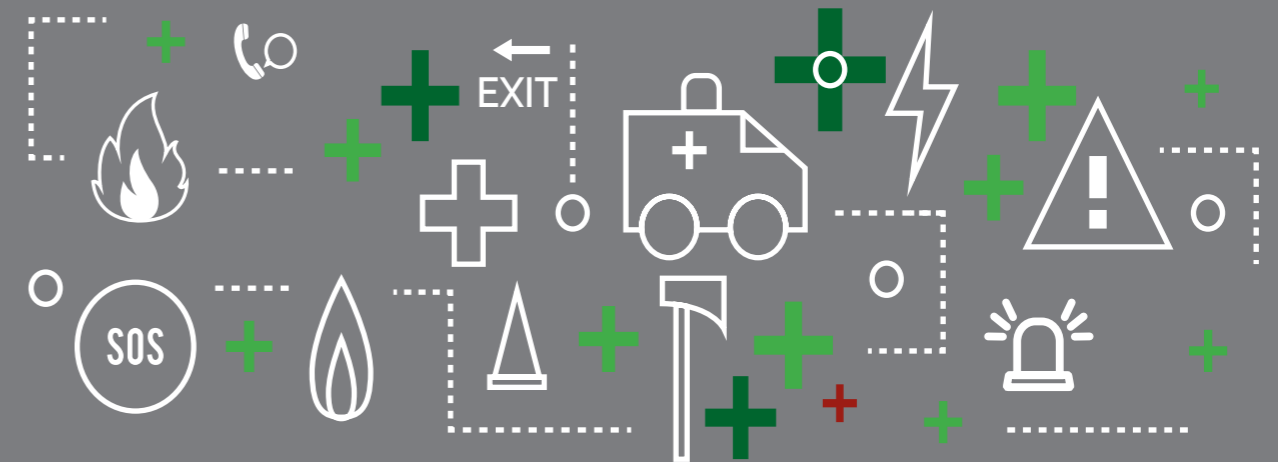


ANALYSIS ACCORDING TO DIAGNOSIS

Depression	1117
Anxiety	1817
Obsessive Compulsive Disorder	50
Bipolar Affective Disorder	600
Schizophrenia	817
Other Psychiatric Disorders	581



HEALTH, SAFETY & ENVIRONMENT - HSE



Karwan-e-Hayat has a well-established Health, Safety and Environment unit which oversees the wellbeing and safety of its patients, their care givers as well as visitors. Additionally, it ensures that no damage is caused to the environment. First Aid, Fire Fighting and Emergency Response Committees are the backbone of the HSE unit.

This year, in the aftermath of the COVID-19 pandemic, the role and function of the HSE unit was enhanced to deal with the fallout of this devastating disease. The theme for this year is "Safety First".

The HSE unit rolled out responsibilities from top to bottom enabling each staff member to be fully aware and involved in playing his/her part. Staff members from various departments were given responsibilities to minimize risks and ensure a safe environment for all.

The following initiatives were taken to achieve the objectives of the year "Safety First".

Personal Protection Standard

Guidelines for working at heights, in the rain and on construction sites were developed, implemented and displayed around the premises. KeH also provided quality safety kits to operational and maintenance staff.

Safe use of Chemicals for Fumigation

For effective fumigation and pest control, KeH defined a process using globally approved chemicals.

Staff was equipped with PPE's for their safety and given special training to make them aware of Material Safety Data Sheet (MSDS).

Training and Awareness Sessions:

Keeping in mind this year's theme of Safety First, KeH organised regular in-house and external training for staff members. It also conducted refresher courses throughout the year.

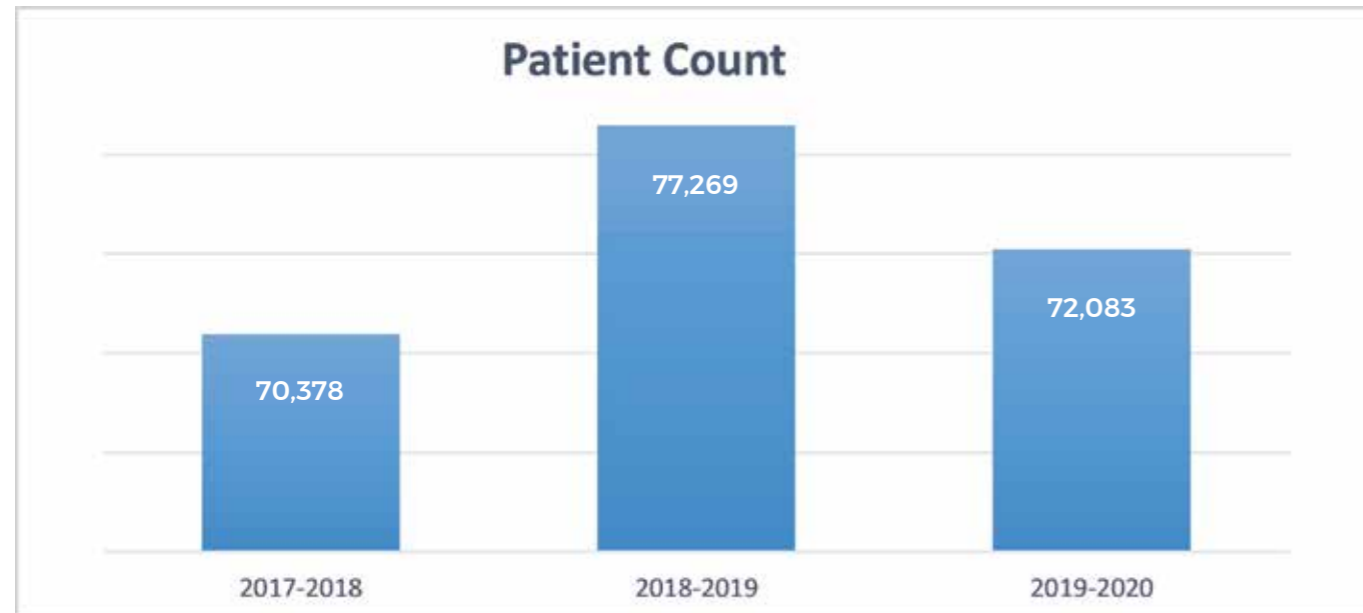
Canteen and Food Safety:

To ensure that the food provided to the patients is safe and healthy and to minimize the risk of food borne diseases, the HSE unit regularly conducts food, health and hygiene inspections. A food committee was formulated to oversee food quality and safety.

Additionally, capacity building sessions for concerned staff were held to ensure compliance and recognition of food safety standards for preparing, handling and serving food. The food committee formulated rules to ensure the quality and safety of the food provided to Karwan's patients.

IMPACT OF KEH'S INTERVENTIONS

This year's Annual Report highlights our progress in patient care and outreach services and gives our supporters insight into how their donations have impacted the lives of thousands of people.

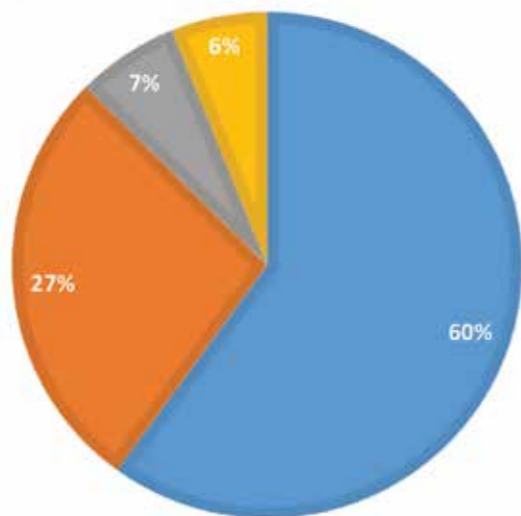


At A Glance



BREAK-UP OF PATIENTS BY AGE GROUP

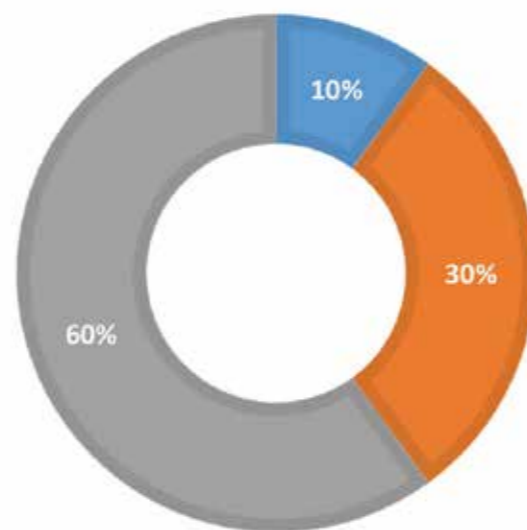
- Child Adolescents
- Above 60 years of age
- Below 40 years of age
- Between 40-50 years of age



- 60% of patients were under 40 years of age.
- 27% were above between 40-50 years of age.
- 7% were child adolescents.
- 6% were above the age of 60.

PATIENT REGISTRATION

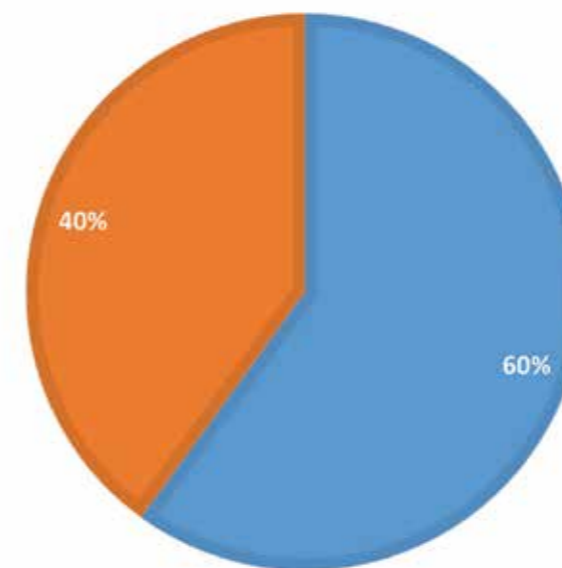
- Referral out of Khi
- Patient Pool
- Second Opinion



- 60% patients were from the patient pool developed over the years.
- 30% patients were referred from out of Karachi.
- 10% patients had come for their second opinion.

GENDER BREAKUP OF PATIENTS

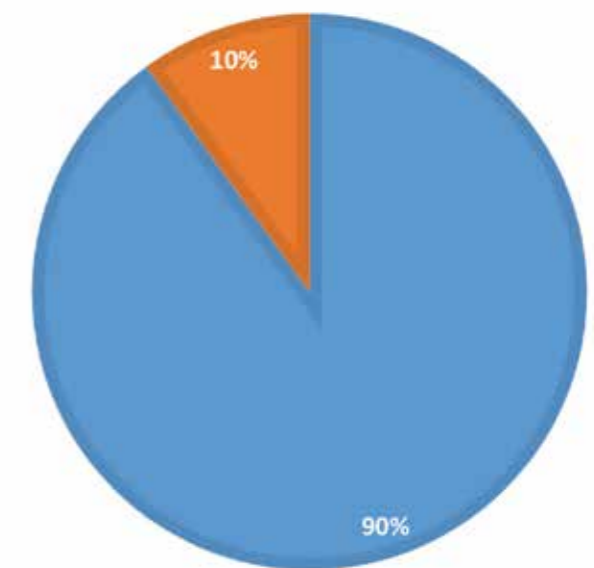
- Male
- Female



- 60% patients were male.
- 40% patients were female.

SEVERITY OF ADMISSION CASES

- Chronic illness
- Others



- 90% admitted patients had severe & chronic mental illness.

AWARDS & APPRECIATIONS



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.

Karwan-e-Hayat was honoured to receive an award in the category of Cause Advocacy / Awareness Campaign.



'I AM THE CHANGE' IMPACT AWARD 2019

A flagship initiative of the Engro Foundation, IATC aims to celebrate and support organizations who are making a sustainable impact in Pakistan by relentlessly pursuing a better tomorrow. The IATC Impact Award 2019 in the Social Development Category was presented to Karwan-e-Hayat for working to address the rising problem of mental illness in Pakistan and for combating the stigma associated with it. The recipients in each category were awarded PKR 2 million after a rigorous selection by an independent jury.

Ghias Khan, President & CEO Engro Corporation presented the Award to Mr. Zaheeruddin Babar, CEO Karwan-e-Hayat.

HUMANITARIAN SERVICES AWARD 2019

Karwan-e-Hayat received the 'Humanitarian Services Award' in three different categories which included Women Empowerment, Best Organizational Practices, and Services for Special Persons. The award was presented by the Network for Human and Social Development (NHSD) along with the Social Welfare Department of Government of Punjab.

The award was presented to Karwan-e-Hayat in recognition of their services in the humanitarian sector by implementing the best organizational practices.



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.





KARWAN-E-HAYAT CELEBRATES 10 OCTOBER World Mental Health Day

Karwan-e-Hayat celebrated 'World Mental Health Day' on 10th October, 2019. The theme for World Mental Health Day was 'Suicide Prevention and Focusing on Mental Health'. Lectures, speeches, and panel discussions were held on various aspects of suicide prevention.

The event was hosted by Ms. Yasirah Gohar of the Rehab Department, Karwan-e-Hayat and was attended by renowned psychiatrists including Prof. Dr. Syed Haroon Ahmed, President, Mental Health Association of Pakistan, Dr. Shifa Naeem, Honorary Consultant and Psychiatrist at AKU, Prof. Dr. Iqbal Afridi, Head of Psychiatry & Behavioral Sciences, JPMC, Prof. Dr. Zafar Haider, Dean, Karwan-e-Hayat, Prof. Dr. Raza Ur Rahman, Meritorious Professor & Chair Academics and Research, Karwan-e-Hayat, Prof. Dr. Imran B. Chaudhary, Department of Psychiatry, Chairman Dr. Ziauddin Hospital, Prof. Dr. Farrukh Z. Ahmed, Founder of Clinical Psychology in Pakistan and many others. Dr. Shabnam Kareem from the Health Secretariat was the Chief Guest. Students from various schools, colleges and universities attended.

Mr. Kamran Y. Mirza, Chairman, Karwan-e-Hayat welcomed the guests and highlighted the role of Karwan in the treatment of mental illness in Pakistan. Prof. Dr. Syed Haroon Ahmed talked about suicide prevention and the importance of mental health for people in our changing world..

Dr. Shifa Naeem spoke on building resilience against suicide in our society. She mentioned the presence of excessive anxiety and stress among people, which drives them to commit suicide.

Dr. Iqbal Afridi stressed on the importance of mental health promotion and suicide prevention in Pakistan. Prof. Dr. Zafar Haider talked about the contributing factors which lead to suicide and on how to counter suicidal thoughts. Prof. Dr. Raza Ur Rahman told us that every 40 seconds, someone, somewhere, loses their life to suicide. He said that suicidal deaths have increased at an alarming rate in Pakistan.

The event was followed by a panel discussion in which the psychiatrists who were present fielded questions from the audience. Dr. Shabnam Kareem applauded the efforts of Karwan-e-Hayat in addressing the urgent need for suicide prevention as well as for finding ways to cope with stress, anxiety, and trauma.

The event included a role-play activity; performed by the rehab department. Senior consultants of Karwan-e-Hayat made presentations on mental health and suicide prevention.

The event concluded with a closing address by Mr. Zaheeruddin Babar, Chief Executive Officer, Karwan-e-Hayat.



PATIENT ACTIVITIES

AKU NURSING STUDENTS ACTIVITY

The nursing students from The Aga Khan University Hospital (AKUH) organized an event with the patients of Karwan- e-Hayat on August 8, 2019 to encouraging them to lead a healthy life. Patients who are suffering from mental illness need encouragement and motivation from time to time. The aim of this exercise was to find out the reasons for lack of physical activity among the patients and to assess their state of physical fitness. The nursing students were thankful for this opportunity to interact with the patients as it gave them insight into their daily activities.

For many students, this was their first encounter with mentally ill patients. With this interaction they learnt more about Karwan-e-Hayat and what rehabilitation services are offered to the patients including many daycare activities. The nursing students felt that such activities would help patients to develop their analytic skills.



NIXOR COLLEGE COMMOTION

Students from Nixor College visited Karwan-e-Hayat's 100 Bed Psychiatric Care and Rehabilitation Centre (PCRC) Keamari, on December 12, 2019 where they met with the staff and patients within the centre. The aim of their visit was to learn about the services KeH provides to people suffering from mental illness and the challenges being faced by them. Students applauded the ways in which mentally ill patients at Karwan- e-Hayat are treated with dignity and respect, specially the underprivileged and underserved.



'FUN GALA' ORGANIZED BY C.A.S SCHOOL

On December 19, 2019, A Fun Gala was held which was filled with entertaining activities for the patients. These included face painting, musical chairs, throw the dart and many more. CAS and Karwan-e-Hayat are united in their belief that a well-rounded education goes well beyond academics, and social service is an important aspect of this.

The CAS school strongly supports mental health awareness, and the students were very encouraging and involved in helping the patients fully enjoy this event. Karwan welcomes their support and help in breaking the stigma against mental illness across Pakistan.



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 23, 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.

SEMINAR ON SUICIDE PREVENTION

A seminar on 'Suicide Prevention' was organized at Regent Plaza on September 12, 2019 to highlight the fact that suicide can be prevented. Senator Karim Ahmed Khawaja, was the chief guest at the seminar. Renowned psychiatrists and psychologists also attended the seminar.



Senator Karim Khawaja said that access to mental health services and timely identification of suicidal tendencies can help prevent the growing incidence of suicide in our society.

Speaking at the seminar, Prof. Dr. Raza Ur Rahman, Meritorious Professor & Chair Academics and Research, Karwan-e-Hayat, said that suicide deaths are increasing rapidly in Pakistan and the issue must be prioritized in the public health domain.

The seminar was also attended by nurses, doctors, students, and other healthcare professionals.



**FINANCIAL
STATEMENTS
FOR THE YEAR ENDED
JUNE 30, 2020**



DIRECTORS' REPORT



The Directors of Karwan-e-Hayat take pleasure in presenting this report, together with the Accounts of the organization for the year ended June 30, 2019. The Board members are pleased to state that the management of the organization is committed to good corporate governance and complying with the best practices as applicable to Section 42 company. In compliance with the Code of Corporate Governance, the Directors are pleased to state as follows:

- The financial statements prepared by the management of the Company present fairly its state of affairs, the result of its operations, cash flows and changes in equity.
- Proper books of accounts of the Company have been maintained.
- Appropriate accounting policies have been consistently applied in preparation of the financial statements and accounting estimates are based on reasonable and prudent judgement.

- International Financial Reporting Standards, as applicable in Pakistan, have been followed in preparation of the financial statements.
 - The system of internal control is sound in design and has been effectively implemented and monitored.
 - There are no significant doubts upon the Organization's ability to continue as a going concern.
 - There has been no material departure from the best practices of corporate governance as detailed in the regulations.
 - The financial statements of the institute have been approved and duly audited without qualification by the auditors of the institute; their report is attached with the financial statements.
- Financial statements for the year 2018-2019 are presented in this report.



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Pakistan

AUDITOR'S REPORT TO THE MEMBERS ON THE FINANCIAL STATEMENTS

Opinion

We have audited the annexed financial statements of Karwan-e-Hayat (Institute for Mental Health Care) (the Institute), which comprise the statement of financial position as at June 30, 2020, and the statement of income and expenditure, the statement of changes in fund balance and the statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies and other explanatory information, and we state that we have obtained all the information and explanations which, to the best of our knowledge and belief, were necessary for the purposes of the audit.

In our opinion and to the best of our information and according to the explanations given to us, the statement of financial position and the statement of income and expenditure, the statement of changes in fund balance and the statement of cash flows together with the notes forming part thereof conform with the accounting and reporting standards as applicable in Pakistan and give the information required by the Companies Act, 2017 (XIX of 2017), in the manner so required and respectively give a true and fair view of the state of the Institute's affairs as at June 30, 2020 and of the surplus, the changes in fund balance and its cash flows for the year then ended.

Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (ISAs) as applicable in Pakistan. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Institute in accordance with the International Ethics Standards Board for Accountants' Code of Ethics for Professional Accountants as adopted by the Institute of Chartered Accountants of Pakistan (the Code) and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Other matter

The financial statements of the Company for the year ended June 30, 2019 were audited by another firm of chartered accountants who had expressed an unqualified opinion thereon vide their report dated November 6, 2019.

Information Other than the Financial Statements and the Auditor's Report Thereon

Management is responsible for the other information. The other information comprises the information included in the annual report of the Institute for the year ended June 30, 2019, but does not include the financial statements and our auditor's report thereon.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Page - 1

BDO Ebrahim & Co. Chartered Accountants

BDO Ebrahim & Co., a Pakistan registered partnership firm, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms.

Responsibilities of Management and the Board of Directors for the Financial Statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with the accounting and reporting standards as applicable in Pakistan and the requirements of the Companies Act, 2017 (XIX of 2017) and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Institute's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Institute or to cease operations, or has no realistic alternative but to do so.

The Board of Directors (the Board) are responsible for overseeing the Institute's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs as applicable in Pakistan will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs as applicable in Pakistan, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Institute's internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Institute's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Institute to cease to continue as a going concern.

Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with the Board regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Report on Other Legal and Regulatory Requirements Based on our audit, we further report that in our opinion:

- a) proper books of account have been kept by the Institute as required by the Companies Act, 2017(XIX of 2017);
- b) the statement of financial position, the statement of income and expenditure, the statement of changes in fund balance and the statement of cash flows together with the notes thereon have been drawn up in conformity with the Companies Act, 2017 (XIX of 2017) and are in agreement with the books of account and returns;
- c) investments made, expenditure incurred and guarantees extended during the year were for the purpose of the Institute's business; and
- d) no zakat was deductible at source under the Zakat and Ushr Ordinance, 1980 (XVIII of 1980).

The engagement partner on the audit resulting in this independent auditor's report is Zulfikar Ali Causer.

KARACHI

DATED: 14 OCT 2020



BDO EBRAHIM & CO.
CHARTERED ACCOUNTANTS

KARWAN-E-HAYAT (INSTITUTE FOR MENTAL HEALTH CARE)
STATEMENT OF FINANCIAL POSITION
AS AT JUNE 30, 2020

	Note	2020 ------(Rupees)-----	2019
ASSETS			
NON-CURRENT ASSETS			
Property and equipment	4	10,533,742	11,374,752
Long-term deposits		110,049	110,049
Long-term investments	5	52,310,000	17,310,000
		62,953,791	28,794,801
CURRENT ASSETS			
Inventory	6	6,551,532	3,396,504
Advances and prepayments	7	1,410,041	1,609,290
Short-term investments	8	31,500,000	78,000,000
Contribution receivable		15,615,065	12,391,956
Interest accrued on investments		2,064,228	1,464,550
Cash and bank balances	9	24,138,911	10,759,129
		81,279,777	107,621,429
TOTAL ASSETS		<u>144,233,568</u>	<u>136,416,230</u>
LIABILITIES			
NON-CURRENT LIABILITY			
Liabilities against assets subject to finance lease	10	783,629	1,154,994
CURRENT LIABILITIES			
Accrued and other liabilities	11	22,708,345	16,193,839
Current portion of finance lease		371,365	393,770
Deferred grant	12	14,306,171	13,225,000
		37,385,881	29,812,609
TOTAL LIABILITIES		<u>38,169,510</u>	<u>30,967,603</u>
NET ASSETS		<u>106,064,058</u>	<u>105,448,627</u>
CONTINGENCIES AND COMMITMENTS			
	13		
REPRESENTED BY:			
FUNDS			
General fund		51,064,058	50,448,627
Endowment fund		55,000,000	55,000,000
		<u>106,064,058</u>	<u>105,448,627</u>

The annexed notes 1 to 27 form an integral part of these financial statements.


CHIEF EXECUTIVE OFFICER


DIRECTOR

KARWAN-E-HAYAT (INSTITUTE FOR MENTAL HEALTH CARE)
STATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDED JUNE 30, 2020

	Note	2020 ------(Rupees)-----	2019
INCOME			
Donations	14	40,166,511	39,795,986
Zakat	15	30,117,087	30,858,719
Income from fund raising event	16.1	12,605,925	12,190,531
Receipts from patients	17	46,198,285	52,966,383
Investment income		6,375,921	5,154,515
Other income	18	1,196,606	1,451,409
		136,660,335	142,417,543
EXPENDITURE			
Operating expenses	19	117,736,821	120,111,718
Administrative and general expenses	20	18,308,083	17,792,230
		136,044,904	137,903,948
Excess of income over expenditure for the year		<u>615,431</u>	<u>4,513,595</u>

The annexed notes 1 to 27 form an integral part of these financial statements.


CHIEF EXECUTIVE OFFICER


DIRECTOR

KARWAN-E-HAYAT (INSTITUTE FOR MENTAL HEALTH CARE)
STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED JUNE 30, 2020

Note	2020 ------(Rupees)-----	2019
CASH FLOWS FROM OPERATING ACTIVITIES		
	615,431	4,513,595
	Excess of income over expenditure for the year	
	Adjustments for non cash and other items:	
4.3	3,636,323	3,493,200
	(6,375,921)	(5,154,515)
	186,694	152,542
	(1,937,473)	3,004,822
Increase in current assets		
	(3,155,028)	(455,260)
	199,249	414,034
	(3,223,109)	(6,741,421)
	(6,178,888)	(6,782,647)
Increase in current liabilities		
	6,514,506	7,535,699
	1,081,171	12,175,000
	7,595,677	19,710,699
	(520,684)	15,932,874
Net cash (used in) / generated from operating activities		
CASH FLOWS FROM INVESTING ACTIVITIES		
	(2,795,313)	(4,740,562)
	-	15,395
	46,500,000	(60,500,000)
	(35,000,000)	12,300,000
	5,776,243	4,879,049
	-	5,000,000
	14,480,930	(43,046,118)
Net cash generated from / (used in) investing activities		
CASH FLOWS FROM FINANCING ACTIVITIES		
	419,536	1,396,222
	419,536	1,396,222
	14,379,782	(25,717,022)
	15,759,129	41,476,151
21	30,138,911	15,759,129

The annexed notes 1 to 27 form an integral part of these financial statements.

CHIEF EXECUTIVE OFFICER

DIRECTOR

KARWAN-E-HAYAT (INSTITUTE FOR MENTAL HEALTH CARE)
STATEMENT OF CHANGES IN FUND BALANCE
FOR THE YEAR ENDED JUNE 30, 2020

	General fund	Endowment fund	Total
	------(Rupees)-----		
Balance as at July 01, 2018	45,935,032	50,000,000	95,935,032
Surplus for the year	4,513,595	5,000,000	9,513,595
Balance as at June 30, 2019	50,448,627	55,000,000	105,448,627
Surplus for the year	615,431	-	615,431
Balance as at June 30, 2020	51,064,058	55,000,000	106,064,058

The annexed notes 1 to 27 form an integral part of these financial statements.

CHIEF EXECUTIVE OFFICER

DIRECTOR

**KARWAN-E-HAYAT (INSTITUTE FOR MENTAL HEALTH CARE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED JUNE 30, 2020**

1. STATUS AND NATURE OF ACTIVITIES

Karwan-e-Hayat (Institute for Mental Health Care) (the Institute) is a not for profit organization incorporated in Pakistan in 1983 as a company limited by guarantee under the provisions of the repealed Companies Act 1913, (thereafter repealed Companies Ordinance, 1984 and now Companies Act, 2017). The purpose of the Institute is to establish and run institutions in Pakistan for treatment and rehabilitation of psychologically distressed persons on a non-profit basis. Its founding members included Begum Rana Liaquat Ali Khan, Begum Abdul Kadir, Prof. Anita Ghulam Ali, Dr. Zaki Hasan, Dr. Abdullah Hussaini and Dr. M. Zafar Quraishi. Its registered office is situated at Room No.101, First Floor, Al-Noor Arcade, C-5/6, Khayaban-e-Jami Karachi.

The institute has a multi-disciplinary approach involving psychiatrists, psychologists, neurologists, sociologists and social workers who help, not only with free treatment and rehabilitation, but also organize day camps in low income areas to spread public awareness about curability of mental illnesses and availability of free treatment and health care services provided by the Institute.

1.1 Particulars of the operational units in the name of Institute are as follows:

Location	Owned/Rented	Usage
KPT & Karwan-e-Hayat Psychiatric Care and Rehabilitation Centre, Plot #SC-54, Darusalam Housing Society	Rented	Psychiatric and Rehabilitation Center
The Jami Clinic at Punjab Colony	Owned	Community Psychiatric Outpatient Clinic

1.2 Significant transactions and events affecting the company's financial position and performance

- 1.2.1 There were no significant transactions which occurred during the year.
- 1.2.2 In March 2020, the World Health Organization ("WHO") declared the outbreak of the novel coronavirus (known as COVID-19) as a global pandemic. The rapid spread of the virus has caused governments around the world to implement stringent measures to help control its spread, including, without limitation, quarantines, "stay-at-home" or "shelter-in-place" orders, social distancing mandates, travel restrictions, and closures or reduced operations for businesses, governmental agencies, schools and other institutions. The industry, along with global economic conditions generally, has been significantly disrupted by the pandemic.

The management of the Institute is closely monitoring the situation, and in response to the developments, taking all possible precaution and measures to safeguard health and safety of employees and other stakeholders. The operations of Institute remained suspended as per notification of Sindh Health Care Commission (SHCC) during lockdown period due to which Revenues from Donations and In-Patients were affected for the short period of time. However, the management has evaluated and concluded that there is no long term implication of COVID-19 on assets, liabilities, income and expenditures of the Institute.

2. BASIS OF PREPARATION

2.1 Statement of compliance

These financial statements have been prepared in accordance with approved accounting and reporting standards, as applicable in Pakistan. The approved accounting and reporting standards comprise of:

- International Financial Reporting Standard for Small and Medium-sized Entities (IFRS for SMEs) issued by the International Accounting Standards Board (IASB) as notified under the Companies Act, 2017;
- Accounting Standard for Not for Profit Organizations (Accounting Standard for NPOs) issued by the Institute of Chartered Accountants of Pakistan as notified under the Companies Act, 2017; and
- Provisions of and directives issued under the Companies Act, 2017.

Where provisions of and directives issued under the Companies Act, 2017 differ from the IFRS for SMEs or the Accounting Standard for NPOs, the provisions of and directives issued under the Companies Act, 2017 have been followed.

2.2 Basis of measurement

These financial statements have been prepared under the historical cost convention except as stated otherwise in financial statements.

2.3 Functional and presentation currency

These financial statements are presented in Pakistani Rupees which is the Institute's functional and presentation currency.

2.4 Significant accounting estimates and judgments

The preparation of financial statements is in conformity with the approved accounting and reporting standards requires the use of certain critical accounting estimates, judgments and assumptions that affect the reported amounts of assets, liabilities, income and expenses. It also requires management to exercise its judgment in the process of applying the Institutes's accounting policies. Estimates and judgments are continually evaluated and are based on historic experience and other factors including expectations of future events that are believed to be reasonable under the circumstances. Revision to accounting estimates are recognized in the period in which the estimate is revised and in any future periods affected.

In the process of applying the Institute's accounting policies, management has made estimates and judgments in the following areas which are significant to the financial statements:

- (i) Useful life of property and equipment (note 3.1)
- (ii) Impairment of non-financial assets (note 3.2.1.2)
- (iii) Inventory (note 3.3)
- (iv) Revenue recognition (note 3.6)
- (v) Provisions (note 3.7)

3. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The significant accounting policies adopted in the preparation of the financial statements are set out below. These policies have been consistently applied to all years presented, unless otherwise stated.

3.1 Property and equipment

Owned

Property and equipment, except for freehold land, are stated at cost less accumulated depreciation and accumulated impairment losses, if any.

Depreciation on property and equipment is charged to statement of income and expenditure applying the straight line balance method whereby the cost of an asset is reduced over its estimated useful life at rates specified in note 4 to the financial statements. Depreciation on additions is charged from the month in which an asset is acquired or capitalised while no depreciation is charged for the month in which the asset is derecognized / disposed off.

The assets' residual values, useful lives and depreciation methods are reviewed and adjusted if appropriate, at each reporting date.

Subsequent costs are included in the asset's carrying amount only when it is probable that future economic benefits associated with the item will flow to the entity and its cost can be reliably measured. Cost incurred to replace an item of equipment is capitalized and the asset so replaced is retired from use and its carrying amount is derecognized. Normal repairs and maintenance are charged to the statement of income and expenditure as and when incurred.

Gain or loss on disposal or retirement of operating fixed assets is taken to statement of income and expenditure.

Leased

Leases that transfer substantially all the rewards and risks of ownership of assets to the Institute are accounted for as finance lease. At the inception of a finance lease, the cost of the leased assets is capitalized at the fair value of the leased assets or, if lower, at the present value of minimum lease payments. Lease payments are apportioned between the finance charges and reduction of the lease liability so as to achieve a constant rate of interest on the remaining balance of the liability. Finance charges are charged to the statement of income and expenditure. The lessor gives an option to purchase assets at the end of lease term.

3.1.1 Contributed property and equipment

Contributed property and equipment received as donation in kind are recognised at fair value and subsequently stated after deducting accumulated depreciation and impairment losses, if any.

3.2 Financial instruments

All financial assets and financial liabilities are recognized at the time when the Institute becomes a party to the contractual provisions of the instrument. At the time of initial recognition, all the financial assets and financial liabilities are measured at cost, which is the fair value of the consideration given or received for it. Subsequently, these are stated at their nominal values as reduced by appropriate allowances for estimated irrecoverable amounts, if any. All the financial assets are derecognized at the time when the Institute loses control of the contractual rights that comprise the financial assets. All financial liabilities are derecognized at the time when they are extinguished i.e. when the obligation specified in the contract is discharged, cancelled, or expired. Any gain or loss on derecognition of financial assets and financial liabilities is taken to the statement of income and expenditure.

3.2.1 Impairment

3.2.1.1 Financial assets

A financial asset is assessed at each reporting date to determine whether there is any objective evidence that it is impaired. A financial asset is considered to be impaired, if objective evidence indicates that one or more events have had negative effect on the estimated future cash flows of that asset.

3.2.1.2 Non - financial assets

The carrying amounts of non-financial assets are assessed at each reporting date to ascertain whether there is any indication of impairment. If any such indication exists then the assets' recoverable amount is estimated. An impairment loss is recognized, as an expense in the statement of income and expenditure, for the amount by which the asset's carrying amount exceeds its recoverable amount. The recoverable amount is higher of an asset's fair value less cost to sell and value in use. Value in use is ascertained through discounting of the estimated future cash flows using a discount rate that reflects current market assessments of the time value of money and the risk specific to the assets. For the purpose of assessing impairment, assets are grouped at the lowest levels for which there are separately identifiable cash flows (cash generating units).

An impairment loss reversed if there has been a change in the estimates used to determine the recoverable amount. An impairment loss is reversed only to the extent that the asset's carrying amount does not exceed the carrying amount that would have been determined, net of depreciation or amortization, if no impairment loss had been recognized.

3.3 Inventory

Inventories comprise of medicines, consumables and general supplies such as surgical supplies, stationary and grocery items. These are valued at lower of cost and current replacement cost. Cost is determined on first in first out (FIFO) basis. Cost comprises of the purchase cost and other related costs incurred in bringing the inventory to their present location and condition. Donated inventory are carried at a valuation equivalent to the cost, which would have been incurred in bringing such inventories to their present location and condition had these inventories being purchased.

3.4 Accrued and other liabilities

These are stated at cost which is the fair value of the consideration to be paid in the future for goods and services received, whether or not billed to the Institute.

3.5 Deferred grant

Grant received for the purchase of property and equipment and intangible assets is recognized as "deferred grant for property and equipment and intangible assets" and is amortized over the useful life of the asset. Whereas other grant received from the donor are recognized as "deferred operational grant" and is transferred to the income and expenditure account to the extent of the expenses incurred by the Institute, in accordance with the terms of the grant.

3.6 Revenue recognition

Income from Donation, Zakat, and Inpatients (other than restricted donation) are recognised as income as and when received or when the amount to be received can be reasonably estimated and ultimate collection is reasonably assured. Amount received from Inpatients for the next financial period is treated as advance income and recognized as income in the year it pertains to.

Donations in kind are recognized at fair value determined at the time when the donations are received. Donations restricted in its use by the donors are utilized for the purpose specified.

Income on bank deposits and term deposits are recognised at effective yield on time proportion basis.

Gains / losses arising on sale of investments are included in the statement of income and expenditure in the period in which they arise.

3.7 Provisions

Provisions are recognized in the statement of financial position when the Institute has legal or constructive obligation as a result of past events and it is probable that out flow of economic benefits will be required to settle the obligation and a reliable estimate of the amount can be made. However, provisions are reviewed at each date of financial position and adjusted to reflect current best estimate.

3.8 Cash and cash equivalents

Cash and cash equivalents comprise cash in hand and balances in bank and short-term liquid investments with original maturities of three months or less.

3.9 General fund

General fund is the accumulated fund earned from surplus of income over expenditure. This fund is retained for use in the Institute's operational activities.

3.10 Endowment fund

Endowment fund represents surplus set aside by the Institute for meeting unforeseen expenses. The interest earned on this fund is transferred to the General fund through statement of income and expenditure.

3.11 Foreign currency transactions and translation

Transactions in foreign currencies are translated in Pakistani Rupees at the exchange rates prevailing on the date of transaction. Monetary assets and liabilities in foreign currencies are translated into Pakistani Rupees at the rates of exchange prevailing at the reporting date. Exchange gains and losses from the settlement of foreign currency transactions and translations of monetary assets and liabilities at the reporting date rates are included in statement of income and expenditure.

3.12 Taxation

The Institute's income is taxable under the provisions of the Income Tax Ordinance, 2001 (the Ordinance), however, the Institute, being a charitable organisation, is also entitled to a tax credit equal to one hundred percent of the tax payable under the Ordinance, in view of provisions contained in section 100C of the Ordinance.

3.13 Contingent Liability

A contingent liability is disclosed when the Institute has a possible obligation as a result of past events, whose existence will be confirmed only by occurrence or non-occurrence, of one or more uncertain future events not wholly within the control of the Institute; or the Institute has a present legal or constructive obligation that arises from past events, but it is not probable that an outflow of resources embodying economic benefits will be required to settle the obligation, or the amount of the obligation cannot be measured with sufficient reliability.

3.14 Allocation of Expenses

Expenses are allocated between operating and administrative expenses based on the percentages according to the respective nature of expenses as duly approved by the Board of Directors.

4. PROPERTY AND EQUIPMENT

Particulars	Note	Cost as at July 01, 2019	Additions/ (deletions) during the year	Cost as at June 30, 2020	Accumulated depreciation as at July 01, 2019	Depreciation for the year	Transfer / Disposal	Accumulated depreciation as at June 30, 2020	Written down value as at June 30, 2020	Rate
Owned										
Building on leasehold land	4.1	10,356,005	-	10,356,005	6,678,159	954,343	-	7,632,502	2,723,503	10
Electrical fittings and equipments		7,157,946	2,016,414	9,174,360	5,854,377	536,582	-	6,390,959	2,783,401	15
Reverse Osmosis plant		1,246,170	-	1,246,170	955,458	249,234	-	1,204,692	41,478	20
Furniture and fixtures		5,924,831	287,075	6,211,906	4,245,680	430,430	-	4,676,110	1,535,796	10
General equipments		2,785,434	136,974	2,922,408	1,383,251	333,385	-	1,716,636	1,205,772	15
IT equipments		5,138,586	354,850	5,493,436	4,145,533	664,294	-	4,809,827	683,609	33
Leased										
Vehicle		2,340,275	-	2,340,275	312,037	468,055	-	780,092	1,560,183	20
Total Rupees - 2020		34,949,247	2,795,313	37,744,560	23,574,495	3,636,323	-	27,210,818	10,533,742	

Particulars	Note	Cost as at July 01, 2018	Additions/ (deletions) during the year	Cost as at June 30, 2019	Accumulated depreciation as at July 01, 2018	Depreciation for the year	Transfer / Disposal	Accumulated depreciation as at June 30, 2019	Written down value as at June 30, 2019	Rate
Owned										
Building on leasehold land	4.1	9,377,945	978,060	10,356,005	5,737,193	940,966	-	6,678,159	3,677,846	10
Electrical fittings and equipments		6,980,746	177,200	7,157,946	5,402,483	451,894	-	5,854,377	1,303,569	15
Reverse Osmosis Plant		1,246,170	-	1,246,170	706,224	249,234	-	955,458	290,712	20
Furniture and fixtures		5,605,199	319,632	5,924,831	3,669,568	576,112	-	4,245,680	1,679,151	10
General equipments		2,033,559	751,875	2,785,434	1,050,529	332,722	-	1,383,251	1,402,183	15
IT equipments		5,024,852	173,520	5,198,372	3,559,689	630,235	(44,391)	4,145,533	993,053	33
Leased										
Vehicle		-	2,340,275	2,340,275	-	312,037	-	312,037	2,028,238	20
Total Rupees - 2019		30,268,471	4,740,562	34,949,247	20,125,686	3,493,200	(44,391)	23,574,495	11,374,752	

4.1 This represents cost incurred by the Institute on building situated at Plot No.14 - A Keamari, Karachi, leased by Karachi Port Trust (KPT) to the Institute for a period of 25 Years. The lease is renewable after expiry of that period as per Joint Venture Agreement between the two parties. In case of any deviation of any conditions mentioned in Joint Venture Agreement, KPT shall reserve the right to cancel the Joint Venture Agreement and take possession of land and building without any compensation to the Institute.

4.2 The additions during the year include additions amounting to Rs. 1.76 million (2019: Rs. Nil) attributed to the contributed fixed assets donated to the Institute.

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4.3 Allocation Of Depreciation

Operating expenses	19	3,418,144	3,213,744
Administrative and general expenses	20	218,179	279,456
		<u>3,636,323</u>	<u>3,493,200</u>

5. LONG TERM INVESTMENTS

Special saving certificates	5.1	52,310,000	13,010,000
Regular income certificates		-	4,300,000
		<u>52,310,000</u>	<u>17,310,000</u>

5.1 Rate of return on these certificates ranges from 9.75% to 12% (2019: 6.80% to 11.40%) whereas month of maturity is January, 2022 to January 2023 (2019: January, 2022 to January, 2023).

6. INVENTORY

Balance as at July 01	3,396,504	2,941,244
Purchased	9,068,910	9,770,313
Received in kind	4,441,313	5,522,866
Consumed	(10,355,195)	(14,837,919)
	(10,355,195)	(14,837,919)
Balance as at June 30	<u>6,551,532</u>	<u>3,396,504</u>

7. ADVANCES AND PREPAYMENTS

Advance to staff	13,882	50,231
Prepaid insurance	295,874	9,286
Advance to supplier	429,070	429,070
Prepaid Fee & Subscription	348,000	-
Prepaid rent	-	397,059
Other advances	323,215	723,644
	<u>1,410,041</u>	<u>1,609,290</u>

8. SHORT-TERM INVESTMENTS

Term Deposit Receipts		
Less than 3 months maturity	8.1	6,000,000
More than 3 months maturity	8.1	25,500,000
		<u>31,500,000</u>
		<u>78,000,000</u>

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8.1 These represents term deposits carrying mark-up rates ranging from 6.31% to 7.61% (2019: 0.76% to 10.33%).

	Note	2020 ------(Rupees)-----	2019
9. CASH AND BANK BALANCES			
Cash in hand		256,017	171,641
Cash at bank			
current account		10,413,622	8,661,755
savings account	9.1	13,469,272	1,925,733
		<u>24,138,911</u>	<u>10,759,129</u>

9.1 These savings accounts carry profit rates ranging from 6.75% to 12.60% (2019: 4.9% to 6.3%) per annum.

10. LIABILITIES AGAINST ASSETS SUBJECT TO FINANCE LEASE

The liabilities against assets subject to finance lease represent the leases entered into with financial institution for vehicle. The periodic lease payments include rate of markup ranging from 13.6% to 15.25% per annum. In case of termination of lease, the Institute has to pay the entire outstanding liability for unexpired period. The Institute's obligation under the arrangement is secured by the lessors' title to the leased assets.

	2020		2019	
	Minimum Lease Payment	Present Value	Minimum Lease Payment	Present Value
Not later than one year	483,720	371,365	580,464	393,770
Later than one year and not later than five years	870,695	783,629	1,354,416	1,154,994
	-	-	-	-
	<u>1,354,415</u>	<u>1,154,994</u>	<u>1,934,880</u>	<u>1,548,764</u>
Less: Future finance charges	(199,421)		(386,116)	-
Present value of minimum lease payments	<u>1,154,994</u>	<u>1,154,994</u>	<u>1,548,764</u>	<u>1,548,764</u>
Less: Current portion of finance lease	(371,365)	(371,365)	(393,770)	(393,770)
	<u>783,629</u>	<u>783,629</u>	<u>1,154,994</u>	<u>1,154,994</u>

2020
------(Rupees)-----

2019

11. ACCRUED AND OTHER LIABILITIES

Provident Fund	9,500,829	5,171,098
Accrued expenses	7,058,627	1,363,781
Withholding tax payable	446,601	410,461
Payable for medicines purchased	186,853	3,122,738
Contribution payable to Employees' Old-Age Benefits Institution (EOBI)	633,415	257,830
Miscellaneous	4,882,020	1,906,289
Advertisement and marketing charges	-	3,961,642
	<u>22,708,345</u>	<u>16,193,839</u>

12. DEFERRED GRANT

Deferred grant for property and equipment and intangible assets	14,256,171	13,175,000
Receipt from donor - restricted	50,000	50,000
	<u>14,306,171</u>	<u>13,225,000</u>

13. CONTINGENCIES AND COMMITMENTS

There are no contingency and commitments of the Institute as at June 30, 2020 and June 30, 2019.

14. DONATIONS

From domestic sources		
Donations from corporates	15,320,052	18,431,922
Donations from other NGO's	300,000	1,725,000
Donations from individuals	9,608,840	6,378,063
Donations in kind	13,264,723	7,703,503
	<u>38,493,615</u>	<u>34,238,488</u>
From foreign sources		
Donations from individuals	-	270,838
Donations in kind	1,672,896	5,286,660
	<u>1,672,896</u>	<u>5,557,498</u>
	<u>40,166,511</u>	<u>39,795,986</u>

15. ZAKAT

Zakat from domestic resources	30,117,087	30,858,719
	<u>30,117,087</u>	<u>30,858,719</u>

	Note	2020 ------(Rupees)-----	2019 ------(Rupees)-----
16 INCOME FROM FUND RAISING			
Fund Raising Event Income	16.1	12,605,925	12,190,531
Less: Fund Raising Activity	16.2	(2,214,973)	(1,648,082)
Net Income		<u>10,390,952</u>	<u>10,542,449</u>
17 RECEIPTS FROM PATIENTS			
Consultation fee		2,733,815	3,267,819
Day care unit		613,340	455,540
Medicine recovery		5,117,306	5,559,382
Workshop Income		3,860	-
Receipt from in patient		37,683,214	43,624,892
Registration fee		46,750	58,750
		<u>46,198,285</u>	<u>52,966,383</u>
18. OTHER INCOME			
Members fee		33,000	47,500
Tender / registration fee / renewal registration fee		50,500	69,000
Income from World mental health day conference - net		-	105,140
Miscellaneous income		1,113,106	1,229,769
		<u>1,196,606</u>	<u>1,451,409</u>
19. OPERATING EXPENSE			
Salaries, wages and other benefits		67,098,960	61,009,615
Medicines consumed		10,355,195	14,837,919
Fees and subscription		1,626,726	2,124,375
Patient food		5,757,519	10,412,574
News papers, advertisement, marketing		7,085,308	7,271,331
Utilities		7,248,460	7,799,254
Fund Raising Activity	16.2	2,214,973	1,648,082
Printing, stationery and postage		754,894	913,522
Repairs and maintenance		1,349,269	2,078,794
Consumable items - general		2,861,995	3,180,145
Uniform		873,000	828,509
Day care expenses and day care unit items		60,185	180,609
Library		60,721	-
Education and training		2,440	150,750
Depreciation	4.3	3,418,144	3,269,635
Travelling and conveyance		1,965,957	1,192,658
Laundry		862,905	134,180

	Note	2020 ------(Rupees)-----	2019 ------(Rupees)-----
Insurance expenses		1,579,640	240,842
Rent, rates and taxes		1,228,885	1,555,128
Clearing and forwarding expenses		20,586	187,397
Other expenses		1,311,059	1,096,399
		<u>117,736,821</u>	<u>120,111,718</u>
20. ADMINISTRATIVE AND GENERAL EXPENSES			
Salaries, wages and other benefits		15,688,773	14,644,815
Fee and subscription		221,826	277,280
Utilities		398,570	533,282
Printing, stationery and postage		188,723	228,380
Repairs and maintenance		86,124	142,140
Depreciation	4.3	218,179	223,565
Travelling and conveyance		491,489	298,165
Auditor remuneration	20.1	355,800	350,000
Insurance	20.2	100,828	16,468
Rent, rates and taxes		12,413	9,600
Internet charges		85,250	45,000
Members meeting expenses		16,240	50,000
Bank charges		130,346	438,280
Other expenses		313,522	535,255
		<u>18,308,083</u>	<u>17,792,230</u>
20.1 Auditor Remuneration			
Audit fee		290,000	300,000
Out of pocket		40,000	50,000
Sindh sales tax		25,800	-
		<u>355,800</u>	<u>350,000</u>
20.2 Insurance			
Life insurance		1,633,567	53,515
Other insurance		46,901	203,795
		<u>1,680,468</u>	<u>257,310</u>
21. CASH AND CASH EQUIVALENTS			
Short-term investments	8	6,000,000	5,000,000
Cash and bank balances	9	24,138,911	10,759,129
		<u>30,138,911</u>	<u>15,759,129</u>

22. REMUNERATION OF CHIEF EXECUTIVE AND OTHER EXECUTIVES

The aggregate amounts charged in the financial statements for remuneration, including all benefits to the Chief Executive Officer and other Executives of the Institute are as follows:

	2020			2019		
	Chief Executive Officer	Executives	Total	Chief Executive Officer	Executives	Total
Salary and other allowances	6,648,087	8,661,015	15,309,102	6,016,368	5,907,528	11,923,896
Number of persons	1	4		1	2	

22.1 Directors of the institute have not charged salary / meeting fee during the year ended June 30, 2020 and June 30, 2019.

23. RELATED PARTY TRANSACTIONS

Related parties of the Institute comprise key management personnel. The transactions with related parties are in the normal course of business at agreed terms. Detail of transactions with related parties, other than those disclosed elsewhere in the financial statements, during the year are as follows:

	2020	2019
	------(Rupees)-----	
Membership fee received from directors during the year	13,500	17,000

24. FINANCIAL INSTRUMENTS BY CATEGORY

Assets

Financial assets measured at amortised cost

Long-term investments	52,310,000	17,310,000
Contribution receivable	15,615,065	12,391,956
Short-term investment	31,500,000	78,000,000
Interest accrued on investments	2,064,228	1,464,550
Cash and bank balances	24,138,911	10,759,129
Total Assets	125,628,204	119,925,635

Liabilities

Financial liabilities measured at amortised cost

Accrued and other liabilities	22,261,744	15,723,378
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25. NUMBER OF EMPLOYEES	2020	2019
Operational	107	137
Head office	33	32
Total number of employees of the institute as at year end	140	169
Average number of employees as at year end	155	164

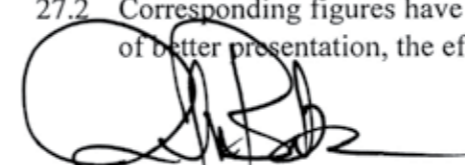
26. DATE OF AUTHORIZATION OF FINANCIAL STATEMENTS

These financial statements were authorized for issue by the board of directors on 14 OCT 2020.

27. GENERAL

27.1 The figures have been rounded off to the nearest rupee.

27.2 Corresponding figures have been rearranged and reclassified, wherever necessary, for the purpose of better presentation, the effect of which is not material.


CHIEF EXECUTIVE OFFICER


DIRECTOR



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.

Authorized Signature

Resource Inspections Canada Incorporated Co.
www.ricionline.com

*This certificate remains valid subject to successful surveillance audits and maintenance of management system as per certification rules and procedures of Resource Inspections Canada Incorporated Co.

*Further clarification regarding scope of this certificate and applicability of ISO 9001:2015 requirements may be obtained from the organization.

*This certificate remains property of Resource Inspections Canada Incorporated Co., to whom it must be returned upon request.

Page 1 of 1

Office 44, Building 2126, Road 1529, Block 115, Hidd, Kingdom of Bahrain
Email: scheme@ricionline.com



Scan to Verify



Pakistan Centre for Philanthropy

(The first NPO Certification Agency, authorized by The Government of Pakistan vide notification No.1116 (I)/2003)

Pakistan Centre for Philanthropy hereby certifies that according to the records of the organization

Karwan-e-Hayat

is certified as per NPO evaluation standards notified by FBR.

Executive Director



PCP-R3/2020/163

Certification No.

21-07-2020

Issued on

21-07-2023

Valid up to

Islamabad

Place of issue



ALHAMD SHARIAH ADVISORY SERVICES

(PVT) LIMITED

Dated: August 10, 2020

نحمده و نصلی علی رسولہ الکریم

SHARI'AH PRONOUNCEMENT FOR PAYING ZAKAT/DONATIONS TO KARWAN-E-HAYAT (KEH)

Introduction of KEH:

KEH is a not for profit, philanthropic and welfare organization, established in 1983. It is certified by Pakistan Centre for Philanthropy, Islamabad. KEH provides treatment and rehabilitation services to poor and underprivileged mentally ill patients. It is the NGO which provides free or significantly subsidized OPD and inpatient facilities.

Framework for utilization of Zakat/Donations at KEH:

At KEH, each patient is assessed as to whether he/she is Zakat deserving or not, as per the Shari'ah principles. If the patient is confirmed to be Zakat deserving then he/she, through an Agency Agreement, appoints the management of KEH to receive Zakat/Donations on the patient's behalf and utilize it in treatment of Zakat deserving patients, as per the terms of the Agency Agreement. The management of KEH receives Zakat/Donations on the patients' behalf and utilize the same. The tasks involved in the framework are performed by the staff of Medical Social Work Department and Finance Department. An arrangement has been made to separate the Zakat fund from the Donations. Alhamd Shariah Advisory Services Private Limited (ASAS) has been appointed to supervise the whole framework.

Opinion of Shari'ah Advisor (ASAS):

ASAS is of the opinion that the funds that are received under Zakat/Donations are utilized in conformity with the principles of Shari'ah. Therefore, it is permissible to pay Zakat using the channel of KEH.

MUFTI MUHAMMAD IBRAHIM ESSA

For and on behalf of
Alhamd Shariah Advisory Services Private Limited



Email: info@alhamdshariahadvisory.com
Website: www.alhamdshariahadvisory.com
Phone: +92 322 2671867

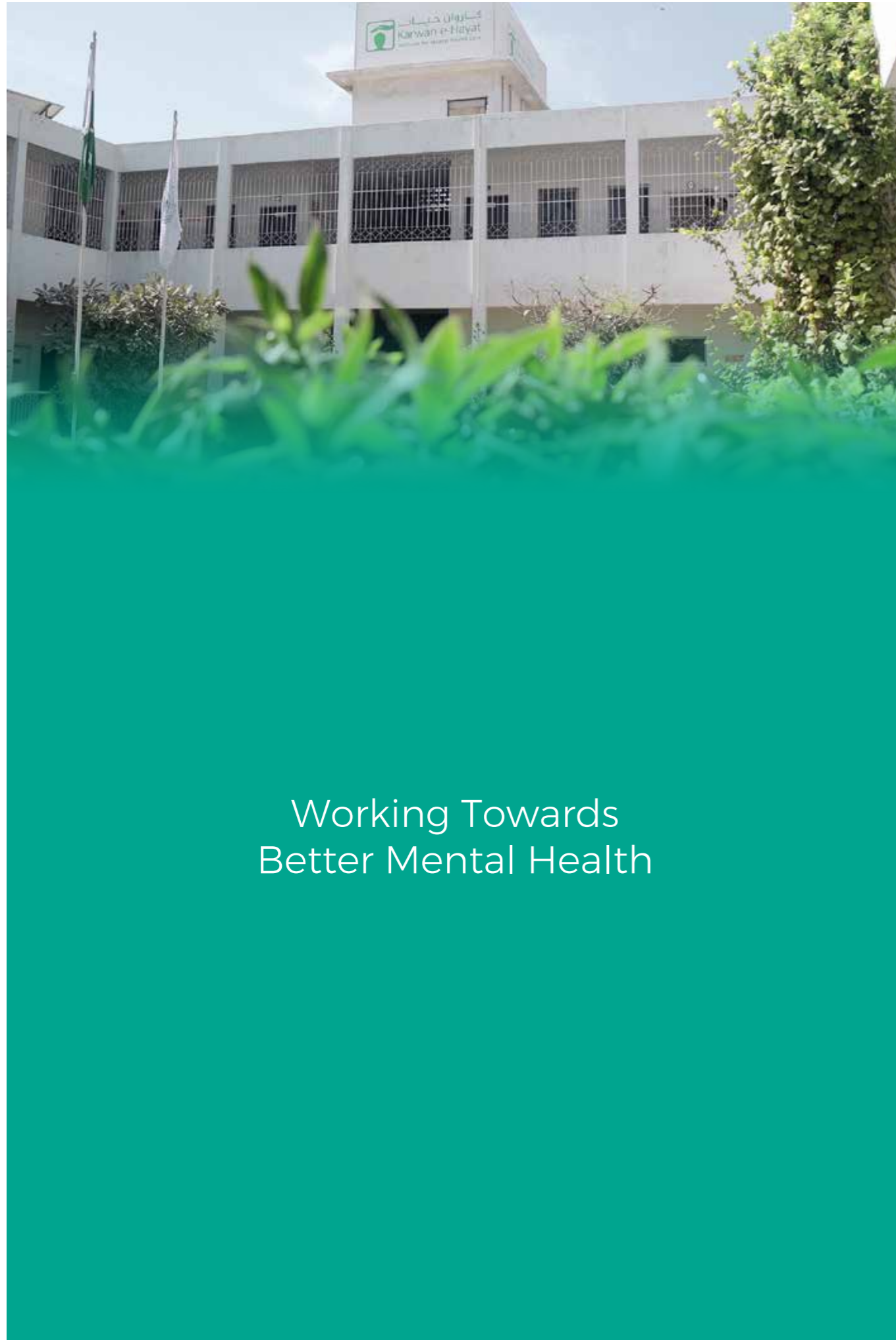
OUR SUPPORTERS AND SPONSORS

Organizations

	<ul style="list-style-type: none"> • Al-Naseer Charitable Trust • Bank Alfalah Limited • Cherat Cement Company Ltd. • Cowasjee Foundation • Direct Relief USA • Fidelity Charitable Gift Fund • Getz Pharma (Pvt.) Ltd.
• K-Electric Limited	• Gul Ahmed Textile Mills (Pvt.) Ltd.
• McDonalds Pakistan (SIZA Foods)	• Habib Metro Bank
• Mega Conglomerate	• Hascol Petroleum Limited
• Pak Arab Refinery Company Ltd. (PARCO)	• PSO CSR Trust (Pakistan State Oil Company Ltd.)
• International Steels Limited	• HBL Asset Management Ltd.
• Rotary Club of Karachi Metropolitan	• HBL Foundation
• Saylani Welfare Trust	• Hilton Pharma (Pvt.) Ltd.
• The i-Care Foundation	• Hope Trust
• The Rahat and Rehana Charitable Fund	• Imdad Foundation
• UBL Ameen Islamic Banking	• International Industries Limited
• Jubilee General Insurance	

Individuals

• Mr. Aamer Naseer
• Mr. Abdul Razak Dawood
• Ms. Durrain Cassim
• Dr. Iftikhar Ahmed Khwaja
• Mr. Liaquat Ali Baig
• Ms. Maliha Bhimjee
• Mr. Mian Imran Ahmed
• Mr. Mohsin Ali Nathani
• Mr. Muhammad Aliuddin Ansari
• Mr. Munib Z. Islam
• Mr. Munir Bhimjee
• Dr. Murad Alam
• Ms. Nigar Alam
• Mr. Rehan A. Jaffer
• Mr. Sajjad Ahmed



Working Towards
Better Mental Health



DONATION / ZAKAT PLEDGE FORM

CONTACT INFORMATION:

Name:

Address:

City: Province: Postal Code:

Phone #: Cell #: E-Mail Address:

DONATION / ZAKAT PLEDGE INFORMATION:

Amount: Rs. Donation Zakat

I would like to make a One-time Donation Recurring Donation Pledge

Frequency: (For Recurring Donations and Pledges) Monthly Quarterly Annually

Start Date: End Date:

I would like to donate towards (Please select your option)

HOW YOU CAN DONATE (PAYMENT OPTIONS):

Cheque Enclosed (Payable to Karwan-E-Hayat)

Cheque #: Date: Bank:

Amount Rs. (Amount in words:))

Donation Accounts

United Bank Ltd

Account No. 010-1935-1 - Branch Code: 0462
IBAN: PK54 UNIL 0112 0462 0101 9351
Swift Code: UNIL PKKA
Jackson Bazar, Keamari Branch, Karachi

Dubai Islamic Bank

Account no: 0288385001 - Branch code: 009
IBAN: PK57 DUIB 0000000288385001
Clifton Branch, Karachi.

For USA Donors

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

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.

Zakat Accounts

United Bank Ltd

Account no: 162001016135 - Branch code: 1620
IBAN: PK98 UNIL 0112162001016135
Swift code no: UNIL PKKA
Sunset Boulevard DHA Branch, Karachi

Allied Bank Ltd

Account no: 0010010804500014 - Branch code: 0141
IBAN: PK 64 ABPA 0010010804500014
Swift code: ABPA PKKA
Sunset Boulevard Branch, Phase II, DHA, Karachi

Meezan Bank Ltd

Account no: 0102224427 - Branch code: 0105
IBAN: PK44 MEZN 0001050102224427
Swift code: MEZN PKKA
Marriott Hotel Branch, Karachi



Shariah
Compliant
Organization

Contact Details

Karwan-e-Hayat (Institute for Mental Health Care) Psychiatric Care and Rehabilitation Centre, Building No. KV.27 & 28, Adjacent to KPT Hospital, Keamari - Karachi. UAN: 111 534 111 - Telephone: (+92) 21 32856774/5 - (+92) 21 32856879 - E-mail: donate@keh.org.pk

Sponsorship and Donation Packages

Sponsor Inpatients	Treatment of 1 inpatient with Hospitalization, Consultation, Medication, Daycare, Rehabilitation & Meals	Monthly Rs. 120,000
		Annually Rs. 1,440,000
Inpatient Beds	100 beds required for inpatients	Cost of 1 bed Rs. 30,000
		Total cost of 100 beds Rs. 3,000,000
Bed Sheets	100 bed sheets required every month	Cost of 1 bed sheet Rs. 600
		Total cost of 100 bed sheets Rs. 60,000
Mattresses	100 Mattresses required every year	Cost of 1 mattress Rs. 15,000
		Total cost of 100 mattresses Rs. 15,00,000
Patients Admission Pack	100 packs per month which Includes consumable items like toothbrush, toothpaste, soap, towel, tissue, comb etc.	Cost of 1 pack Rs. 600
		Cost of 100 pack Rs. 60,000
Medicine for Patients	Psychiatric Medicines for OPD and Inpatients	Monthly Cost of 1 Patient Rs. 2,300
		Monthly Cost of 100 Rs. 230,000
Food for Patients (Meals)	75 Patients per day x 3 meals	Cost of food per month Rs. 16,000
		Cost of food per month Rs. 480,000
Patient Uniforms	100 Uniforms per month	Cost of 3 uniforms per patient Rs. 2,500
		Total cost of 100 uniforms Rs. 250,000

Note:

Karwan-e-Hayat is approved for donations u/s 2(36) (c) of I.T. Ordinance 2001. We are an ISO 9001-2015 Certified Company and PCP Certified (Pakistan Centre for Philanthropy). We are a Shariah-Compliant Organization. All Zakat collected is approved by our Shariah Advisory Board.



Karwan-e-Hayat, Institute for Mental Health Care

Psychiatric Care & Rehabilitation Centre (PCRC)

Building # KV 27 & 28, Adjacent to KPT Hospital, Keamari, Karachi.

 UAN: (021) 111 534 111

 www.keh.org.pk

 info@keh.org.pk

 facebook.com/keh.org.pk

 [@kehayat](https://twitter.com/kehayat)