

**ANNUAL
REPORT
2019**

**Working
Towards
Better
Mental
Health**



كاروان حيات
Karwan-e-Hayat
Institute for Mental Health Care

Let's recognize, support and care for those who are suffering from mental illness, and create a positive mental health environment for everyone.



كاروان حيات
Karwan-e-Hayat
Institute for Mental Health Care

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

Chairman's Message



Kamran Y. Mirza
Chairman

It gives me great pleasure to present our Annual Report for the financial year 2018-19.

Last year was special for us as we celebrated our 35th anniversary in the domain of mental health. In 2018-19, more than 77,000 patient visits were made to Karwan-e-Hayat. It gives me great pride to say that for over 35 years, Karwan-e-Hayat has remained faithful to its principles and objectives of treating mental illness in Pakistan, especially for those who are underserved and underprivileged.

Karwan-e-Hayat has had a profound impact and has fundamentally reshaped public awareness and attitudes towards mental health in Pakistan. As mental illness is growing at an alarming rate, 34% of Pakistan's population suffers from some form of mental disorder. With the growing rate of mental illnesses in our society, our dedicated team is working round the clock and ensures the highest standard of quality services, psychiatric treatment and rehabilitation to patients suffering from mental health issues. I commend their unflagging effort and dedication.

I am glad that Karwan-e-Hayat has the support of its donors and would like to express my gratitude for their support. As we are entering a time of great change, there will be new challenges. I am confident about the year ahead and look forward to it with great optimism and hope for the future.

We will continue to improve our services and processes and will ensure the best treatment practices for mental illness in Pakistan.

Thank you

Chief Executive's Message



Zaheeruddin M. Babar
Chief Executive Officer

Over the past few years, there has been an extraordinary shift in public perception, understanding and attitudes towards mental health in Pakistan. Karwan-e-Hayat has played a pivotal role in bringing about these changes and we will continue to drive toward our goal of positive mental health. Over the last decade, 500,000 lives have been impacted positively and there have been, more than 77,000 patient visits to Karwan-e-Hayat in 2018-19.

Our team of psychiatrists, psychologists, occupational therapists, psychiatric nurses and social workers strive hard to make a real and sustainable difference in order to treat patients with mental illness. While remaining true to our objectives towards mental health, we are in the process of implementing new projects and initiatives. This is not always easy, but necessary to grow and survive.

We will continue to improve public awareness and understanding of mental health issues in order to treat them, promote positive mental health and wellbeing, and be an advocate for people, especially the underprivileged, who experience mental health issues in their lives.

I would like to thank all our donors and supporters who have helped and contributed towards our cause of treating mental illness and providing rehabilitation services. Our charitable services would not be possible without their help.

Thank you

Our 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.



Our 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.



Our 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.



Mental Health: An Outlook



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.

About Karwan-e-Hayat



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 36 years in treating mentally ill patients, especially the underprivileged.

Begum Rana Liaquat Ali Khan, wife of the first prime minister of Pakistan, was amongst the founding members of Karwan-e-Hayat. Other eminent personalities included Cardinal Joseph Cordeiro, Ms. Anita Ghulam Ali, Begum Abdul Kadir, Prof. Zaki Hasan, Dr. Abdullah Hussaini, Dr. M. Zafar Quraishi and Mr. Ismail Bawany.

Karwan has been working diligently to provide medical treatment including OPD, hospitalization, medication, rehabilitation and community services to poor and underprivileged people suffering from mental illness at free or highly subsidized rates. Karwan has three centres: Psychiatric Care and Rehabilitation Centre (PCRC), which is a 100-bed inpatient hospital in Keamari, Khayaban-e-Jami OPD Clinic and the Korangi Community Psychiatric Centre (KCPC).

We, at Karwan-e-Hayat are constantly moving ahead with our Mission and Vision to provide quality treatment and rehabilitation services to mentally ill patients. Our methods are holistic and our aim is to help the patients achieve functionality on a daily basis and return to normal and healthy lives.

Board of Directors

Chairman of the Board

- Mr. Kamran Y. Mirza

Vice Chairperson of the Board

- 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**
Professor & Chairman Department of Psychiatry, The Aga Khan University Hospital (AKUH)
- **Justice (Rtd.) Mr. M. Shaiq Usmani**
Retired Judge, Singh High Court
- **Mr. Jamshed Qureshi**
Chairman, Bond Advertising (Pvt) Ltd
- **Mr. Saleemuddin Ahmed**
Former President, KeH
- **Mrs. Rehana Alam**
Former Director, KeH
- **Mr. Akbar Usmani**
Senior Advisor, UNDP (Rtd.)

Shariah Advisory Board

Alhamd Shariah Advisory Services

- **Mufti Ibrahim Essa**
- **Mufti Haris Hanif**

Tax Advisor

- **Munif Ziauddin & Co**
Chartered Accountants

Auditors

- **Deloitte Yousuf Adil**
Chartered Accountants

Legal Advisor

- **Usmani & Iqbal**

Internal Auditor

- **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, Chairman**
Assistant Professor & Consultant Psychiatrist, SIUT, AKUH, Royal College of Psychiatrists (Member)
- **Prof. Dr. Syed Zafar Haider, Co-Chairman**
Dean – Post Graduate Training Program & Consultant Psychiatrist, Karwan-e-Hayat, Former Professor of Psychiatry, JPMC/JSMU
- **Prof. Dr. Raza-ur-Rahman**
Meritorious Professor & Chair, Academics and Research – Karwan-e-Hayat
Former Chairman Psychiatry at The Dow University of Health Sciences (DUHS)
- **Ms. Muniba Naz, Member**
Social Worker, KeH

**Formed to streamline the ethical aspects of research activities*

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)

Human Resource Committee

- Mr. M. Shahid Farooqi (Convenor)
- Mr. Saeed Akhtar
- Mr. Ali Ahmed Khan
- Mr. Zaheeruddin Babar
- Head of HR (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
- Mr. Shahzad Zaki (Secretary)

Corporate Team

Chief Executive Officer | **Zaheeruddin M. Babar**

Chief Financial Officer &
Company Secretary
• **Muhammad Ali Asghar**

Head of Monitoring, Evaluation,
Accountability & Learning (MEAL)
& Chief of Staff
• **Tamkeen Kashif Abbasi**

Manager Grants
• **Jawaid Shah**

Manager IT
• **Saeed Nagaria**

Manager (MEAL)
• **Asif Khaskheli**

Assistant Manager (MEAL)
• **Sadaf Fatima**

Assistant Manager Administration
• **Daniyal Abbas**

Assistant Manager Finance
• **Shahzaib Khan**

HSE Consultant
Azmat Ali

General Manager Communications
& Resource Mobilization
• **Shahzad Zaki**

Assistant Manager Resource
Mobilization
• **Haris Khan**

Assistant Manager Communications
• **Shahbaz Ahmed Awan**

Assistant Managers Supply Chain
• **Syed Muhammad Hasnain**
• **Salman Khan**

Senior HR Executive
• **Sameer Yousuf**

HR Executive
• **Saima Basheer**

Graphic Designer and Marketing
Coordinator
• **Rizwan Jamaluddin**

Medical & Rehabilitation Team

Meritorious Professor & Chair,
Academics and Research – KeH
• **Prof. Dr. Raza-ur-Rahman**
MBBS, MD, FCPS (Psych), DCPS-HPE, MHPE

Dean, KeH – Post Graduate Institute,
Consultant Psychiatrist
• **Prof. Dr. Syed Zafar Haider**
MBBS, MCPS, FCPS (Psych)

Head of Medical Services & Consultant
Psychiatrist
• **Dr. Uroosa Talib**
MBBS (Dow), MCPS, Psychiatry (Pak)

Assistant Professor & In-Charge (KCPC)
• **Dr. Rahat Usman**
MBBS, FCPS

Research Associate
• **Mr. Nasir Mehmood**
M.Phil (Psych)

Manager Psychiatric Rehabilitation
• **Maj. (R) Dr. Shahida Mirza**
MBBS, MBA (Health & Hospital
Management)

In charge – Psychiatric Rehabilitation
• **Ms. Yasirah Gohar**
MSc, PMDCP, M.Phil, Clinical Psychology

Visiting Faculty

• **Dr. Nusrat Baloch**
MBBS, MRC (Psych)
• **Dr. Shifa Naeem**
MBBS, FCPS (Psych)
• **Dr. Shabana Naqvi**
MBBS, FCPS, MRC (Psych)

Junior Consultant, PCRC
• **Dr. Saba Ismail**
MBBS, MCPS

In charge – Jami Clinic
• **Dr. Sindhiya Abbasi**
MBBS

In charge Community Outreach
• **Dr. SM. Ashfaq Ahmad**
MBBS, RMP

OPD Coordinator & Incharge Social Work
• **Ms. Shabana A. Shakoor**
(MA Social Work)

Assistant Manager Nursing and IPD
Coordinator
• **Mr. Shawkat Hussain**
BSc (Nursing)

In charge Female Ward, PCRC
• **Dr. Tabassum Waris**
MBBS, RMO

In charge Male Ward, PCRC
• **Dr. Ahmer Mairaj**
MBBS, MCPS, RMO

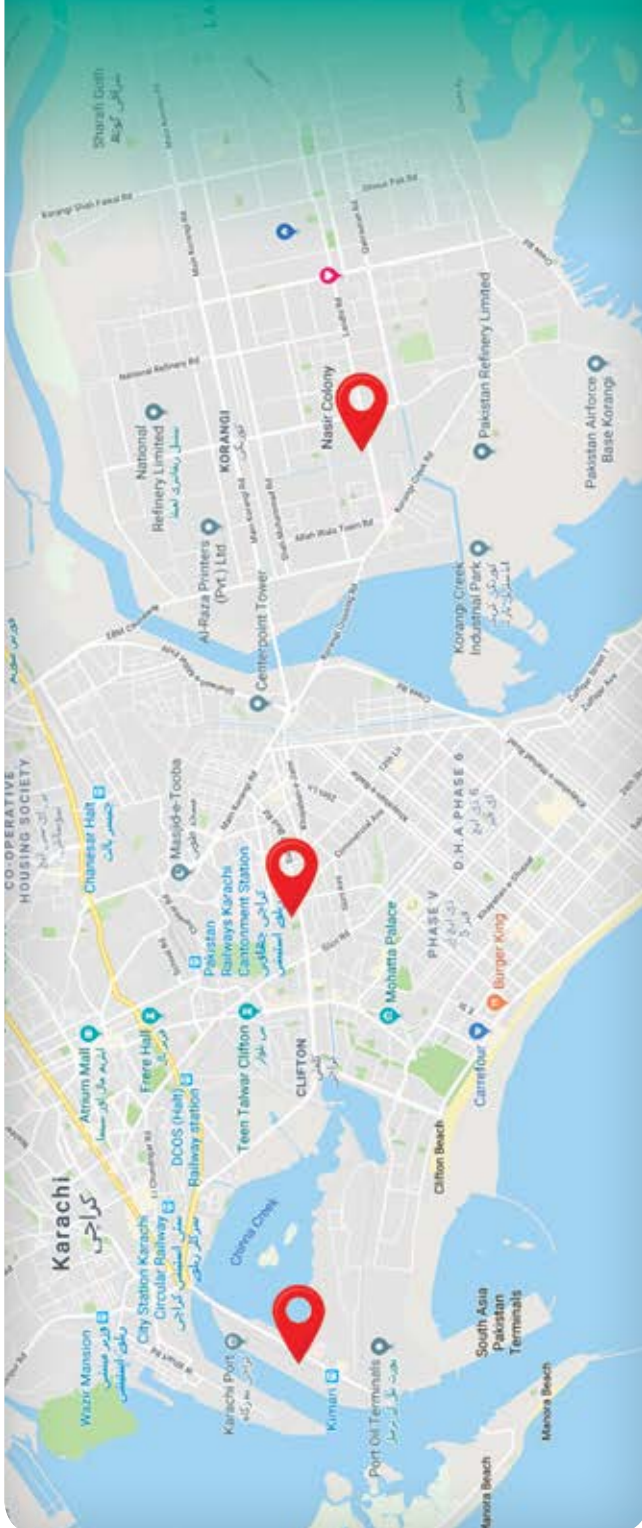
Partnerships & Collaborations

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

International Associations



Our Presence



Karwan-e-Hayat is registered as a non-profit welfare organization under Section 42 of the Companies' Act 2017.

Karwan-e-Hayat operates from three locations 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.

Our Services

Karwan's Services:

Inpatient

Outpatient

Rehabilitation

Daycare

Community Outreach

Comprehensive Treatment Plan

When a patient walks in Karwan-e-Hayat, he/she is ensured prompt response and sensitive support. After the initial registration process, for outpatients as well as inpatients, a comprehensive treatment plan is made and customized according to the assessment and diagnosis by the consulting psychiatrist.

Daycare Services and Rehabilitation

Our psychologists and psychiatrist incorporate different treatment strategies and therapy sessions for our patients to help them to cope with mental illness and to rehabilitate them. Our occupational therapists make use of different daily activity routines as a part of their primary medium of treatment. This is considered essential for regaining mental health. At Karwan, all patients are automatically enrolled in our Daycare Program which offers them a host of recreational and skill development activities as well as physical fitness training.

Community Outreach

Karwan-e-Hayat is continuously striving to spread mental health awareness within different communities so that everyone understands and adopts practices to protect and treat people who are suffering from mental disorders, with dignity and fairness. Our Community Outreach Program team conducts free Psychiatric Medical Camps in remote areas where access to any kind of medical help is restricted.

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

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.

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.

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.

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.

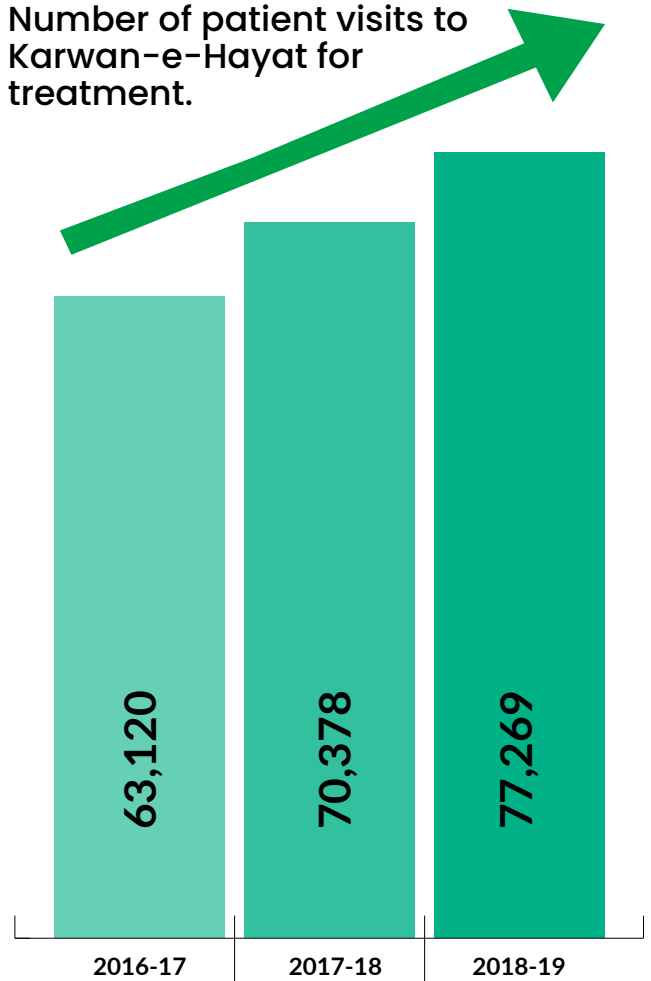


Impact of Our Services

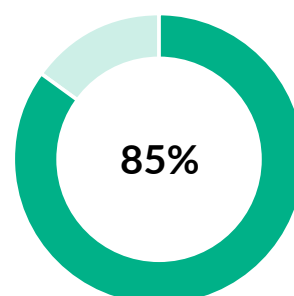
Karwan-e-Hayat has been at the forefront of psychiatric care in Pakistan for the last 36 years. We have opened avenues, which have given the public a wide access to the treatment of mental disorders. We strictly follow a policy of No-Discrimination and our doors are open for all. We never turn away anyone in need. We have been successful in significant reduction of symptoms of patients. After treatment, 85% of our patients are able to work productively.

94% patients received free-of-cost treatment and medicines.

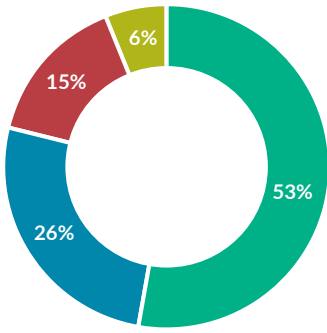
Number of patient visits to Karwan-e-Hayat for treatment.



Patients' Satisfaction Survey

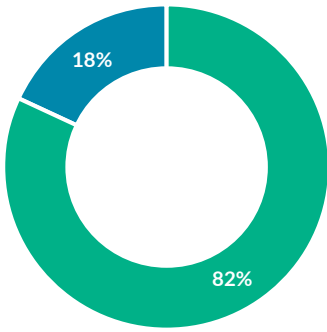


Percentage of patients satisfied with treatment and services of Karwan.



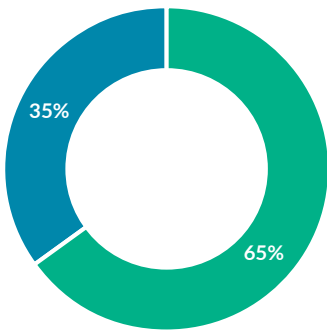
Break up of Patients by Disorders (2018-19)

- Schizophrenia
- Bipolar affective disorder
- Depression and anxiety disorders
- Others



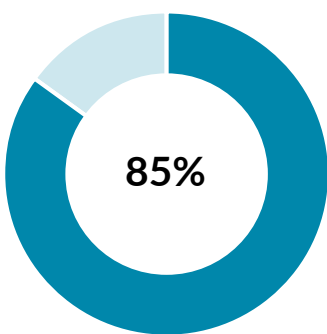
Break up of Patients by Age Group (2018-19)

- Patients in the age bracket of 15 to 45 years
- Other age group

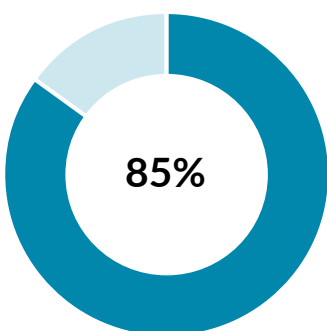


Break up of Patients by Gender (2018-19)

- Males
- Females

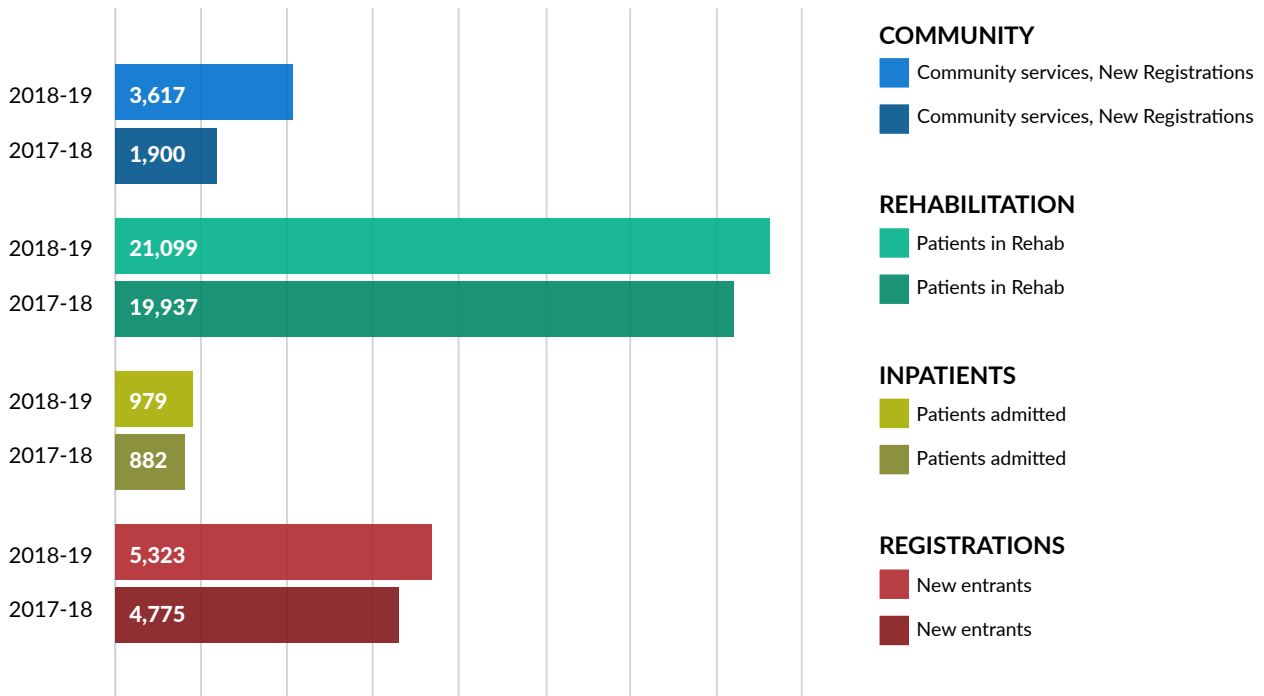


Reduction of symptoms in patients treated for various mental disorders at Karwan-e-Hayat. (2018-19)

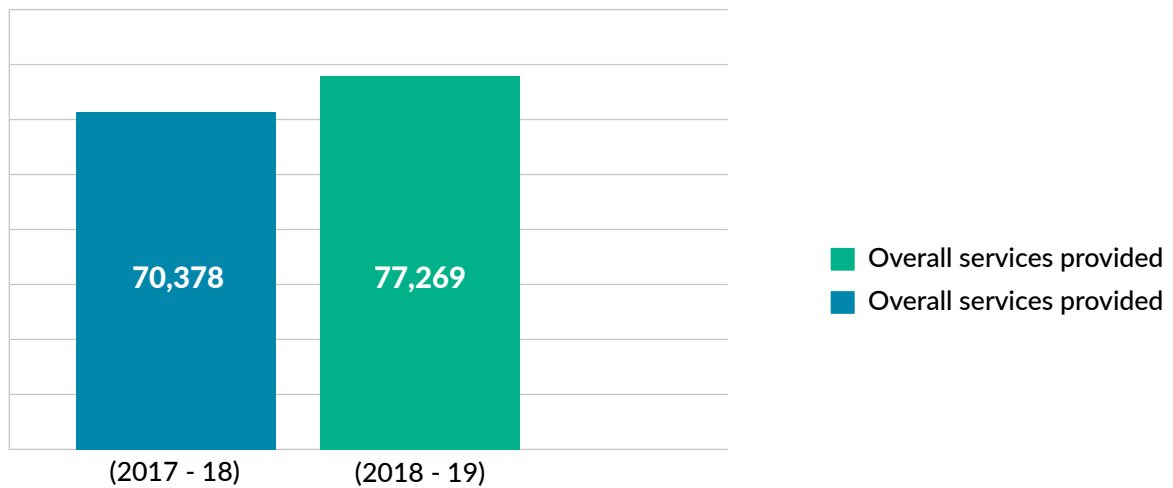


Patients treated at Karwan-e-Hayat who did not reflect relapses. (2018-19)

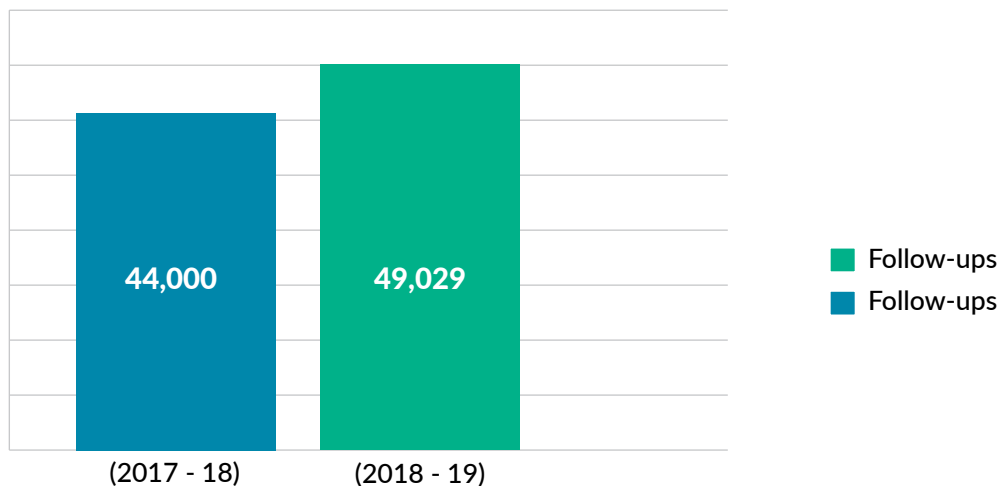
Year(s) at a glance



Overall services (Total No. of Patient Visits)



Follow-up visits



Good mental health is related to mental and psychological well-being. Karwan's work to improve the mental health of individuals and society at large includes the promotion of mental well-being, the prevention of mental disorders and the care of people affected by mental disorders.



Community Outreach Program



Karwan-e-Hayat's community outreach program extends to several remote communities in Karachi, to treat people with mental disorders.

Free mental health camps offer community based psychiatric care through OPD and rehabilitation services. We work in the following locations in Karachi:

- Korangi
- Safoorah Goth
- Chakra Goth
- Sikandarabad
- Pehalwan Goth
- Bhitaiabad
- Shireen Jinnah Colony
- Sachal Goth

Our project of free psychiatric clinics in collaboration with 'Sehatmand Zindagi' is running successfully. We have conducted our free clinics in the under-mentioned static centres of Sehatmand Zindagi in Karachi. Through this initiative, more than 14,000 patients have received free consultation and medication from July 2016 to June 2019.

The Static Centres are located at:

- Bahadurabad
- North Karachi
- Nazimabad
- Gulshan 13-D
- Korangi 3.5

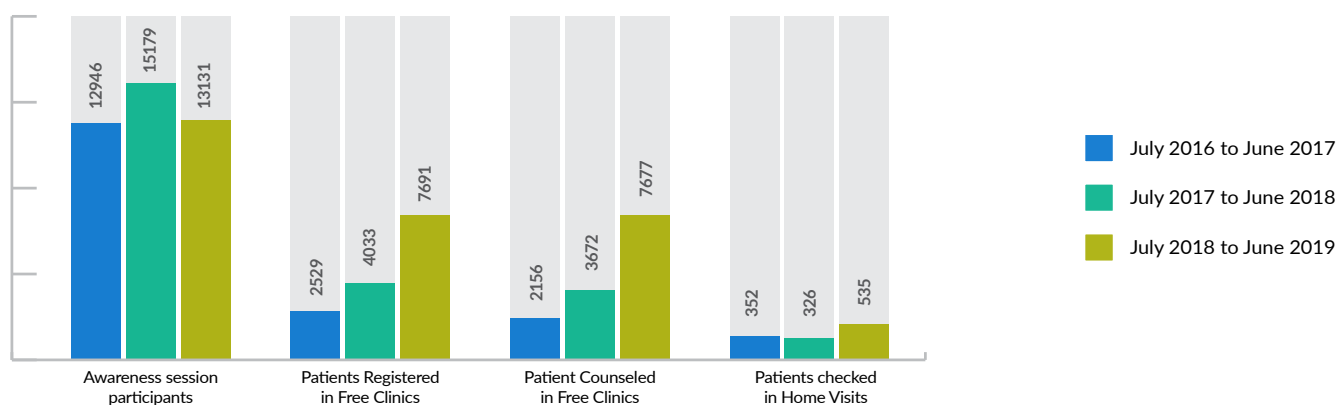
Karwan also conducts individual OPD sessions at the following locations.

- Dr. Ziauddin Hospital, Sikanderabad
- SINA Clinic, Shireen Jinnah Colony
- Saylani International Trust Centres



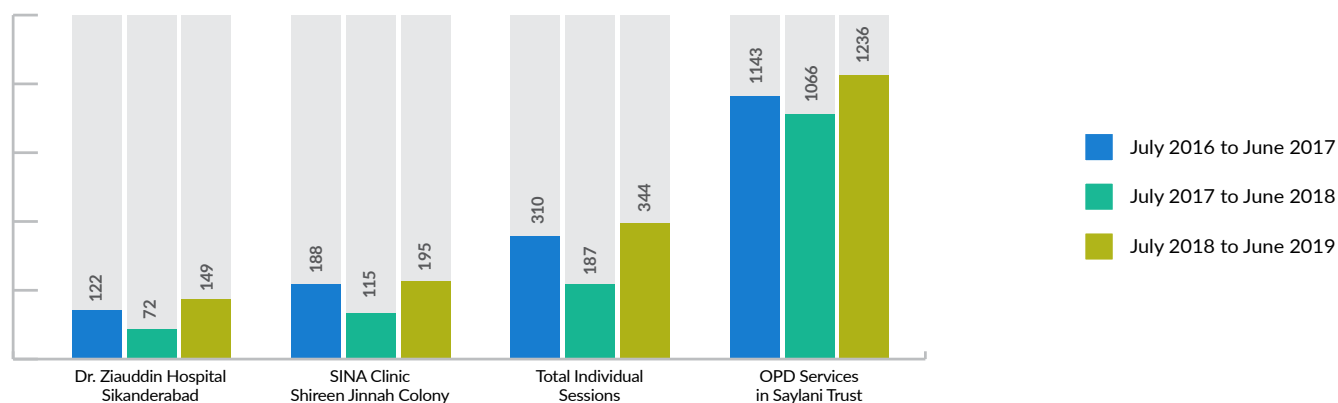
Total outreach in communities

	July 2016 to Jun 2017	July 2017 to Jun 2018	July 2018 to Jun 2019
Awareness sessions, total participants	12,946	15,179	13,131
Total Patients Registered in Free Clinics	2,529	4,033	7,691
Patients Counseled in Free Clinics	2,156	3,672	7,677
Patients checked in Home Visits	352	326	535



Total outreach in communities

Individual Sessions Conducted	July 2016 - Jun 2017	July 2017 - Jun 2018	July 2018 - Jun 2019	Grand Total
Dr. Ziauddin Hospital, Sikanderabad	122	72	149	343
SINA Clinic Shireen Jinnah Colony	188	115	195	498
Total Individual Session	310	187	344	841
OPD Services in Saylani Trust	1,143	1,066	1,236	3,445



Road to Recovery

Sadia*

Sadia was an accomplished student in college. During her college days, she started taking recreational drugs with her friends to stay awake and study. Soon she realized that she needed drugs to cope with the pressure of exams. She could not live without taking drugs. She dropped out of college due to her addiction and as a result was forced by her parents to get married at the age of 17.

Because of her drug addiction problems she got divorced after a year of marriage. Her condition became worse. She went to several faith healers and even sought medical help, but things did not improve for her. She was admitted in several hospitals where she stayed for a year, but still she was not functional.

As a last resort, her family brought her to Karwan-e-Hayat where she was diagnosed with schizophrenia. After detoxification, medication and therapy for over a year, she started showing signs of improvement and understanding of her condition. She learned more about schizophrenia and her triggers, because identifying triggers can prevent relapse.

With different cognitive therapy sessions such as counseling and other coping techniques at Karwan-e-Hayat, Sadia managed her symptoms. She participated in Daycare activities such as cooking classes, stitching, painting and library sessions. With the help of therapy and Daycare support activities, Sadia has learned to manage her schizophrenia positively and is getting better at living a normal life. With psychotherapy and psychiatric treatment at Karwan-e-Hayat, Sadia is on the road to recovery.

**Names have been changed for privacy*

Road to Recovery



Amjad*

Amjad is 25 years old and single. His problems started when his father passed away in an accident, leaving behind three daughters and a son. Being the eldest son, Amjad was forced to take the responsibility of the family on his shoulders. As he was traumatized by his father's death, he felt helpless, hopeless, agitated and had mood swings throughout the day.

Due to his condition, he was unable to sustain a good relationship with his colleagues and family members. He used to get frustrated at petty issues in his personal and professional life and stayed depressed most of the time. He started having suicidal thoughts as he saw no hope in life.

He was unable to control his suicidal thoughts due to which his family brought him to Karwan-e-Hayat where he was diagnosed with major depressive disorder. He was treated with Cognitive Behavioral Therapy (CBT) and medication at Karwan. With a combination of medication and therapy, he was able to deal with his negative thoughts. Amjad described his depression as a 'lifetime psychological prison sentence' and did not know what to do until he was treated at Karwan-e-Hayat. After treatment, therapy and constant counselling, Amjad started working again. He became productive at work, cheerful and satisfied with his life. Amjad is now on the road to recovery.

**Names have been changed for privacy*

Health, Safety & Environment Initiatives

Karwan-e-Hayat is a socially responsible organization and plays a vital role in providing communities with the essential medical treatment and care for mentally ill patients, especially the underserved and underprivileged. Depending on their scope, disasters, unforeseen events and circumstances, or any kind of emergency can lead to a rapid increase in service demand which can overwhelm the functional capacity and safety of Karwan's patients, workers and systems as a whole.

Karwan-e-Hayat has taken a **'GO-GREEN'** initiative and developed its HSE Department (Health, Safety and Environment) to assist administrators and the emergency team to respond effectively to the most likely disaster scenarios and health, safety and environmental issues. Our emergency management principles and HSE practices integrate priority action for a rapid and effective response in all adverse situations.

The HSE initiatives helps in supporting managers and emergency planners in achieving the following objectives:

- **Continuity of essential services according to the HSE principles**
- **Coordinated implementation of operations at every level**
- **Swift adaptation of increased demand**
- **Clear health, safety and environment initiatives**
- **Safe environment for all our patients and workers**



Karwan-e-Hayat promotes a holistic and proactive approach to manage health, safety and environmental issues. Karwan's HSE initiatives aims to encourage and protect the health and safety of all those who are working in Karwan-e-Hayat and to minimize adverse impacts on the environment. For this purpose, following procedures have been implemented at Karwan:



Portable fire extinguishers, fire alarms & detection and other fixed fire protection systems.



Fire hose reel box, fire extinguishers box and fire buckets stand.



Waste management system for recycle – reuse and reduce.



Assembly and counselling area for any dangerous unforeseen circumstances.



Fire Escape and evacuation procedures.



Emergency, first aid equipment and shifting to the nearest hospital procedure.



Saving energy and water motivational messages.



Plantation of different plants and trees to promote green environment



Tree plantation



Kitchen garden & tree plantation



Waste Management, Recycle – Reuse – Reduce



Emergency, First Aid Equipments and shifting to the nearest hospital



Fire Extinguishers Box

Fire Hose Reel Box

Workshops, Lectures and Trainings

The Art of Research Writing

A one-day workshop on The Art of Research Writing was conducted at Karwan on Thursday, 16th August 2018 by Prof. Dr. Muhammad Wasay, Professor of Neurology at The Aga Khan University and Editor – Pakistan Journal of Neurological Sciences.



Team Building

An interactive session on Team Building was conducted at Karwan on 5th July, 2019 by Major General Shehla Baqai, Consultant Gynecologist and Medical Educationist & Counselor, CPSP. Discussions centered upon how to provide the necessary skills, training and resources to people so that they can work in harmony.



Psychopharmacology

An interactive lecture on Psychopharmacology was given at Karwan on Thursday, 15th November 2018 by Prof. Dr. Mujeeb U Shad, M.D., M.S.C.S. Oregon Health & Science University, Portland Oregon. He is also Supervising Psychiatrist & Chair GME Committee, Oregon State Hospital, Salem Oregon and Supervising Psychiatrist, Resident Outpatient Clinic at Samaritan Mental Health, Corvallis Oregon.



Stress Management

A workshop on Stress Management was conducted at Karwan on Thursday, 20th December 2018 by Prof. Dr. Zafar Haider, Consultant Psychiatrist & Dean of Post Graduate Training Program at Karwan-e-Hayat. The workshop was co-facilitated by Clinical Psychologists Ms. Yasirah Gohar and Mr. Nasir Mehmood. The aim of the workshop was to create awareness about stress and how to cope with it in different circumstances.



Mini International Neuropsychiatric Interview

A one-day workshop was conducted at Karwan on 25th April 2019 on the topic 'Mini International Neuropsychiatric Interview', to improve diagnostic skills in clinical psychiatric practice. It was facilitated by Prof. Dr. Raza-ur-Rahman (Chair, Academics & Research, KeH). The importance of accurate diagnoses and the crafting of appropriate treatment plans were highlighted.



Functional Outcomes in Major Depression

An interactive lecture was given at Karwan on 25th January 2019, on the topic 'Functional Outcomes in Major Depression', which focused on Cognitive Symptoms. The lecture was given by Prof. Dr. Imran B Chaudhry, Honorary Professor of Adult Psychiatry, Professor & Chairman of Department of Psychiatry, Ziauddin Hospital and Visiting Professor at The Dow University of Health Sciences.



Positive and Negative Syndrome Scale

A workshop on Positive and Negative Syndrome Scale (PANSS) was conducted at Karwan on Thursday, 27th September 2018 by Prof. Dr. Zafar Haider, Consultant Psychiatrist & Dean of Post Graduate Training Program at Karwan-e-Hayat. The aim of the workshop was to build the skill of therapeutic evaluation in the treatment of schizophrenia.



Psychopharmacology

An informative lecture was given on 'Psychopharmacology' on 31st January 2019 by Dr Hannah Pasha, Clinical Fellow Liaison Psychiatry, Maudsley & King College Hospital. The lecture discussed the basic principles of psychopharmacology and was attended by psychiatrists, psychologists, postgraduate students, doctors and medical students from different hospitals and medical universities.



Mental State Examination

A workshop was conducted at Karwan on 26th June, 2019 on the topic 'Mental State Examination' and was facilitated by Dr. M. Naim Siddiqi, Professor & Consultant Psychiatrist (DUHS). The objective of the workshop was to enhance the diagnostic skills in psychiatric practice.



Motivation

A brief discussion on the topic 'Motivation' took place at Karwan on 8th February 2019 and was conducted by Dr Uroosa Talib, Head of Medical Services at Karwan-e-Hayat. The objective of the discussion was to investigate how medical and corporate staff is affected by specific motivational factors and what is the association between job satisfaction and motivation.



Medical Ethics

An engaging discussion was conducted on the topic 'Medical Ethics' on 13th February 2019 and was facilitated by Dr. Shifa Naeem, Consultant Psychiatrist. The staff participated actively and provided solutions to various ethical and medico-legal issues.



Epigenetics

A training session was conducted at Karwan on 29th April 2019 by Ms. Parveen A. Ghafoor, Genetics Department, University of Karachi. The objective of the training was to learn about the environmental factors that affect epigenetics and the advances being made in this field.



Events & Activities

'Aaj Rung Hai'

This year, Karwan's annual fundraiser "Aaj Rung Hai" was held on March 2nd and 3rd 2019, at The Indus Valley School of Art and Architecture, where celebrated maestros Fariduddin Ayaz and Abu Muhammed performed their magic. The evening's entertainment featured some of the most memorable Sufi qawwalis by the renowned and legendary duo, which uplifted the mood of a highly appreciative audience.

A welcome speech was delivered by Mrs. Qaisra Ahmed, Director KeH, highlighting Karwan-e-Hayat's services in providing treatment and rehabilitation services to underprivileged patients who suffer from mental illness.

The program was preceded by a delicious dinner. Both evenings were attended by a large number of people made up of friends, supporters and well-wishers of



Karwan's Annual Fundraising Event

Karwan, whose presence made the event truly successful. Well-known celebrities and media personalities like Shameem Hilaly, Sarwat Gilani and Fahad Mirza also praised Karwan-e-Hayat for its services and efforts to treat mental illnesses.

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



Comedy Night 2 Fundraising Event

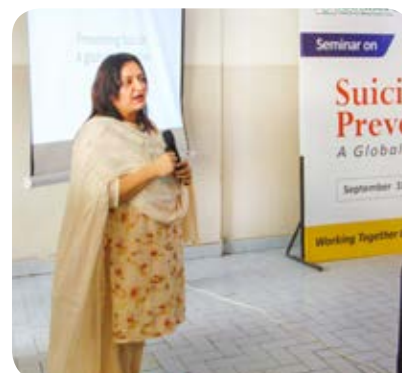


Karwan organized a second fundraising event, Comedy Night 2, with LoL Waalay, an improvisational comedy troupe on December 2nd, 2019. The purpose as always, was to raise funds for the underprivileged mentally ill patients of Karwan.

Comedy Night 2 was successful and highly entertaining and was well received by the audience. It was a great way to bring people of all ages together to laugh and relax.



Seminar on Suicide Prevention: A Global Imperative



A seminar was held on World Suicide Prevention Day on 10th September, 2018 in the premises of Karwan-e Hayat, PCRC.

Over 800,000 people die by suicide worldwide annually, which comes to one person every 40 seconds. However, diagnosing and covering suicide cases has generally been difficult in the local culture due to a number of social stigmas and legal issues.

"In Pakistan, we are still dwelling in that era where people hide the cause of death in case of suicide and say that it was caused by an accident, honor killing or violence", said Dr. Raza-ur-Rahman, Meritorious Professor, Chair - Academics & Research (KEH) and Former Chairman, Department of Psychiatry, Dow University of Health Sciences.

Speaking at the occasion, Prof. Dr. Zafar Haider, Dean Post Graduate Training Program and Consultant Psychiatrist, Karwan-e-Hayat, termed depression as the most common psychiatric disorder in people who die by suicide.

Dr. Uroosa Talib, Consultant Psychiatrist, Karwan-e-Hayat, added that suicide is the leading cause of death in people aged 15-29.

Suicide prevention strategies aim to target high-risk groups. An effective suicide prevention strategy needs to be included in public health and other healthcare policies, incorporating measures with the strongest evidence of efficacy.

However, suicide prevention programs face ongoing challenges including insufficient resources, ineffective coordination, limited access to surveillance data on suicide and self-harm and lack of enforced guidelines.



10th OCTOBER WORLD MENTAL HEALTH DAY

YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD

A seminar was held to commemorate World Mental Health Day on 10th October, 2018 at Karwan. The theme of this year's World Mental Health Day was "Young People and Mental Health in a Changing World". The purpose of the seminar was to provide an insight and understanding of mental health issues in youth and how to address their problems.

Prof. Dr. Valiuddin, Registrar and Dean, Faculty of Engineering Sciences and Technology, Hamdard University, gave his views on the role of academia in character building of the young and spreading awareness of mental health. Mr. Khurram Shahzad, Senior Vice President, Karachi Chamber of Commerce and Industry, emphasized the role of the business community in breaking the stigma against mental illness and building a strong support for the cause.

Mr. Naveed Ahmed Shaikh, Project Manager UNDP – SDGs Support Unit,

Planning & Development Board, Government of Sindh, highlighted the goals of health and psychiatric discipline & the importance of removing the stigma of mental illness.

The Chief Guest on the occasion, Dr. Muhammad Usman Chachar, Additional Chief Secretary, Health Department, Government of Sindh, lauded Karwan's efforts in addressing the cause of mental health. He spoke about the vision, mission and policy perspective for mental health care and awareness undertaken by the Sindh Government and pledged his commitment and support to Karwan's cause.

The event also included presentations on youth and mental health by senior consultants of Karwan. Students of the Aga Khan School of Nursing performed a short play on suicide prevention and a live musical performance was done by leading artist Fahad Ahmed.



Independence Day Celebration on 14th August

Karwan celebrated Pakistan's Independence Day on 14th August, 2018 with great zeal and fervor with its patients and staff. After the flag hoisting ceremony, a cake was cut and a variety program was held in the auditorium where staff and patients performed skits and sang patriotic songs. A successful campaign was run for the whole month where many people donated Rs.1,400 each and sponsored 3 mentally ill patients for OPD consultation and medicines. More than 100 deserving OPD patients benefited through this campaign.



Research Seminar on the Topic 'Psychiatry made Easy for General Practitioners'



Karwan-e-Hayat organized a one-day seminar on the topic 'Psychiatry Made Easy for General Practitioners' at Hotel Mehran on 28th March 2019. The seminar included senior psychiatrists and psychologists as guest speakers, and expert panelists from the field of psychiatry. The seminar was attended by general practitioners, postgraduate students, psychiatrists, psychologists and medical students from renowned hospitals, universities and colleges.

MOU with Sehat Kahani



Sehat Kahani signed an MOU with Karwan-e-Hayat on 10th February 2019 to improve patient access to mental health services in the marginalized communities of Pakistan. Through this collaboration, Sehat Kahani and Karwan-e-Hayat will help to destigmatize mental health issues nationwide.

Students from Nixor College and Habib Girls School Visit Karwan-e-Hayat



Students from Nixor College and Habib Girls School visited Karwan-e-Hayat's 100 bed Psychiatric Hospital and Rehabilitation Centre at Keamari where they met with the staff and patients. They learned about mental health issues and some of the challenges which were being faced by the patients in terms of mental health and its treatment.

Karwan welcomes their support and initiative to spread awareness about mental health and to help break the stigma of mental illness across Pakistan. We also appreciate their commitment to support the medical treatment of poor patients.



Mental Health Awareness Sessions at Bahria University, Institute of Business Management (IoBM) and The City School – PAF Chapter



Mental Health Awareness Sessions were organized by Karwan-e-Hayat at Bahria University, Institute of Business Management (IoBM) and The City School – PAF Chapter in April 2019. These awareness sessions were aimed at promoting positive mental health and challenging the social stigma which prevents people, students and teachers to seek appropriate help for mental health related issues.

A large number of students, teachers and staff attended the sessions with great enthusiasm and interest. A discussion on the social stigma against mental illness was conducted and different questions relating to mental health issues, including anxiety, depression, bullying, drugs abuse and peer pressure, were answered.

These awareness sessions were highly appreciated by the management and it was further acknowledged that such awareness sessions should be organized and arranged in every university to provide mental health counselling to students and faculty members.

Raising Awareness: Sessions on Mental Health & Mental Illness and its Causes at Cantonment Board Clifton



Cantonment Board Clifton (CBC) in collaboration with Karwan-e-Hayat organized 'Mental Health Awareness Week' from March 5th, 2019 at three key CBC Centres across Clifton and DHA.

The awareness sessions were conducted by senior consultants, psychiatrists and psychologists of Karwan-e-Hayat to increase awareness about mental health and the best practices to cope up with stress, anxiety and depression, both at home and at the workplace.

The sessions were facilitated through interactive participation, discussions, perspectives and feedback on the topic of mental health. The sessions included presentations by Prof. Dr. Syed Zafar Haider (Consultant Psychiatrist and Dean, KeH), Dr. Uroosa Talib (Head of Medical Services) and Yasirah Gohar (Clinical Psychologist & Rehab Incharge). More than 500 participants attended these sessions.

Corporate Social Responsibility Summit & Awards 2019



Karwan-e-Hayat received a CSR Award at the 8th Annual Corporate Social Responsibility Summit & Awards 2019 on 31st January 2019, in the category Corporate-Nonprofit Partnership. The ceremony was hosted by The Professional Network and the Ethical Business Update, at Karachi Marriott Hotel.



Humanitarian Service Awards 2018



Karwan-e-Hayat received two awards at the Humanitarian Service Awards 2018 on 3rd and 4th September, 2018 in the categories of Community Services and Rehabilitation Services at the Pak-China Friendship Centre in Islamabad, hosted by the Network for Human and Social Development. The awards were presented by Pakistan National Disaster Management Authority and National Institute of Disaster Management.



Health Care Pride for Pakistan Award, 15th Corporate Ambassador Awards 2019



Karwan-e-Hayat received the Health Care Pride for Pakistan Award at the 15th Corporate Ambassador Awards on 16th March, 2019. The award was presented by Mr. Muhammad Yasin Malik, Chairman Hilton Pharma. The award ceremony was hosted at Hotel Beach Luxury, Karachi.



A New CSR Frontier: PSO and Karwan-e-Hayat



Pakistan State Oil supports the cause of mental illness in Pakistan by granting a generous donation to Karwan-e-Hayat for providing medical treatment and hospitalization facilities to poor patients.

PSO's Corporate Social Responsibility Trust will finance Karwan-e-Hayat's expansion project which is building a Halfway Home and psychiatric wards for underprivileged female patients.

The Halfway Home at Karwan-e-Hayat will allow recovering patients to learn or

relearn the necessary skills for integration into society and for taking care of themselves without becoming a burden on their families.

PSO has been consistent in its commitment to raise awareness and support the cause of mental health in Pakistan. Together with PSO, Karwan-e-Hayat is striving to eliminate the stigma attached to mental illness and so save the future of all the families who are suffering from this affliction.

Supporting Our Cause: UBL Ameen Islamic Banking



Management of United Bank Limited – Ameen Islamic Banking visited Karwan-e-Hayat to appreciate their efforts in providing medical treatment to the underprivileged patients who are suffering from mental illness. The team of UBL Ameen Islamic Banking praised Karwan-e-Hayat's work and extended its cooperation by giving a generous donation for the treatment of these patients. Karwan-e-Hayat thanks UBL Ameen Islamic Banking.

Financial Statements

**For the year ended,
June 30, 2019**

Director's 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.

Financial statements for the year 2018-2019 are presented in this report.

Auditors Report

Financial Statements



Pakistan Centre for Philanthropy

(The first NPO Certification Agency, authorised by The Government of Pakistan vide notification No.1116(1)/2003)

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

Karwan-e-Hayat

has complied with the desired applicable requirements and meets certification standards
in the areas of Internal Governance, Financial Management and Programme Delivery and
has been awarded PCP Certification.


Executive Director



PCP-R2/2016/163

Certification No.

12-08-2016

Issued on

12-08-2019

Valid up to

Islamabad

Place of issue



CERTIFICATE

This is to certify that the quality management system of

Karwan-E-Hayat

(Institute for Mental Health Care)


Address: Building # KV 27, Adjacent To KPT & Ziauddin Hospital,
Keamari, Karachi-Pakistan

Has been assessed and registered by Q-Cert International
Limited as conforming to the requirements of

ISO 9001:2015

The quality management system is applicable to

"Mental Health Care Services"

Signature by: 
Scheme Manager

Certificate No. PK-1101452
Certificate Issue Date: 04-12-2018
Initial Registration Date: 19-08-2016
Date of Re-Issued: N/A
Date of Expiry: 03-12-2019



In the issuance of this certificate, Q-CERT assumes no liability to any party other than the client, and then only in accordance with the agreed upon Certification Agreement. This Certificate's validity is subject to the organization maintaining their system in accordance with system requirement; validity may be confirmed via email at info@qcertinternational.com or online verification at www.qcertinternational.com
The certificate remains the property of Q-CERT INTERNATIONAL, to whom it must be returned upon request.



ALHAMD SHARIAH ADVISORY SERVICES

(PVT) LIMITED

Dated: August 10, 2019

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 Zakat deserving then he/she, through an Agency Agreement, gives permission to 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. Thus, the management of KEH receives Zakat/Donations on the patients' behalf and utilize it in treatment of Zakat deserving patients, as per the terms of the Agency Agreement. 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](tel:+923222671867)

Our Supporters and Sponsors

Organizations

- Al-Naseer Charitable Trust
- Bank AlFalah Limited
- Cherat Cement Company Ltd.
- Cowasjee Foundation
- Direct Relief USA
- Fidelity Charitable Gift Fund
- Getz Pharma (Pvt.) Ltd.
- Gul Ahmed Textile Mills (Pvt.) Ltd.
- Habib Metro Bank
- Hascol Petroleum Limited
- HBL Asset Management Ltd.
- HBL Foundation
- Hilton Pharma (Pvt.) Ltd.
- Hope Trust
- Imdad Foundation
- International Industries Limited
- International Steels Limited
- Jubilee General Insurance
- K-Electric Limited
- McDonalds Pakistan (SIZA Foods)
- Mega Conglomerate
- Pak Arab Refinery Company Ltd. (PARCO)
- PSO CSR Trust (Pakistan State Oil Company Ltd.)
- Rotary Club of Karachi Metropolitan
- Saylani Welfare Trust
- The i-Care Foundation
- The Rahat and Rehana Charitable Fund
- UBL Ameen Islamic Banking

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

Sponsorship and Donation Packages

OPD Support	OPD consultation and medication	Per Patient Cost Rs. 500
		Monthly Cost for 2,000 Patients Rs. 1,000,000
Sponsor Inpatients	Treatment of 1 inpatient with Hospitalization, Consultation, Medication, Daycare, Rehabilitation & Meals	Monthly Rs. 45,000
		Annually Rs. 540,000
Inpatient Beds	100 beds required for inpatients	Cost of 1 bed Rs. 25,000
		Total cost of 100 beds Rs. 2,500,000
Bed Sheets	100 bed sheets required every month	Cost of 1 bed sheet Rs. 500
		Total cost of 100 bed sheets Rs. 50,000
Mattresses	100 Mattresses required every year	Cost of 1 mattress Rs. 10,000
		Total cost of 100 mattresses Rs. 1,000,000
Patients Admission Pack	100 packs per month which Includes consumable items like toothbrush, toothpaste, soap, towel, tissue, comb etc.	Cost of 1 pack Rs. 500
		Cost of 100 pack Rs. 50,000
Medicine for Patients	Psychiatric Medicines for OPD and Inpatients	Monthly Cost of 1 Patient Rs. 2,000
		Monthly Cost of 100 Rs. 200,000
Food for Patients (Meals)	75 Patients per day x 3 meals	Cost of food per day Rs. 15,000
		Cost of food per month Rs. 450,000
Patient Uniforms	100 Uniforms per month	Cost of 1 uniform Rs. 1,500
		Total cost of 100 uniforms Rs. 150,000

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.

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



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




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

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