

#BreakTheStigma

20  
ANNUAL REPORT  
18



**Pioneer in Psychiatric Healthcare  
and Rehabilitation**

**35  
years**





# 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



## **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.



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



### **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.



## CHAIRMAN'S MESSAGE

The world is changing, our needs are evolving and so are our challenges. We should now accept that the health of our minds is as essential as the fitness of our bodies. The times demand that as individuals and communities we talk about mental illness more openly and urgently. We also need to be more upfront and honest about the short comings in our attitude towards the mentally ill.

For communities in which the topic remains taboo, or is poorly understood, discussing it can mean examining deep and enduring social norms and misconceptions. In Karachi alone, 33 percent of the population suffer from mental, emotional, intellectual or social adjustment disorders.

We have been one of the pioneers in recognizing, advocating and bringing to the surface the need and importance of mental well-being for living a healthy life. I am also excited about our broadening scope in the field of education and research as we move towards setting up opportunities for a Post-Graduate specialization in Psychiatry. This year, Karwan-e-Hayat celebrates its 35th anniversary in the domain of mental health. In 2017-18, the patients' visits turnover increased from 63,000 to 70,350.

Karwan-e-Hayat is blessed to have patrons like you, who enable us to treat helpless sufferers of mental illness, many of whom would otherwise have been abandoned on the streets. Thank you for your continued support and may Allah bless you for your kindness.

**Kamran Y Mirza**  
Chairman



# CHIEF EXECUTIVE'S MESSAGE

Like any physical illness, mental illness is a treatable and manageable disease, but the stigma associated with it has always been our biggest challenge. As we celebrate 35 years of Karwan-e-Hayat's services in the field of mental health, we continue to advocate this important cause: 'Break the Stigma'.

Unless the taboo and misconceptions surrounding mental illness are challenged and destroyed, mentally ill people will continue to face discrimination, marginalization and fear, which stops many of them from seeking help.

I applaud and appreciate Karwan's dedicated and committed team who have been at the forefront of our effort in caring for the mentally ill. All our psychiatric interventions are in line with innovative and modern techniques. We do not believe in treating with medicine alone, but in a holistic manner. A multidisciplinary team of psychiatrists, psychologists, occupational therapists, psychiatric nurses and social workers treat patients according to their individual needs. With a strong focus on rehabilitation, we bring utmost effort into normalizing their lives so that they can be productive and useful people. In daycare a host of activities which can become career options are available. We also offer sheltered employment.

Our collaboration, strong emphasis on training and development; with staff trainees from other institutions coming to us to learn, and our regular seminars and workshops being held for professionals give us a unique standing in the field of mental health.

I sincerely thank our donors and request them to please continue their support of Karwan-e-Hayat. Our charitable services would not be possible without their help.



**Zaheeruddin M Babar**  
CEO

# BOARD OF DIRECTORS



## **Chairman of the Board**

- Mr Kamran Y Mirza

## **Vice Chairperson of the Board**

- Ms Talaat Naeem Tyabji



## **Directors**

- Mrs Qaisra Ahmed
- Mrs Rehana Alam
- Mr Saeed Akhtar
- Mr Muhammad Salim
- Mr M Shahid Farooqi
- Mrs Shameem Zuberi
- Mr Imran Khalid Zafar

# ADVISORY

## Advisory Board

- Prof Dr Murad Moosa Khan  
Department of Psychiatry  
Aga Khan University Hospital (AKUH)
- Mr Justice (Retd) M Shaiq Usmani  
Retired Judge, Sindh High Court
- Mr Jamshed Qureshi  
Chairman, Bond Advertising (Pvt) Ltd
- Mr Saleemuddin Ahmed  
Former President, Karwan-e-Hayat

## Shariah Advisory Board

- 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 Russel C Smith  
Rutgers University
- Dr Carlos W Pratt  
Rutgers University
- Prof Dr Raza-ur-Rehman  
Dow University of Health Sciences

## Institutional Review Board\*

- Dr Naim Siddiqui, Chairman  
Assistant Professor & Consultant Psychiatrist,  
SIUT, AKUH, Royal College of Psychiatrists  
(Member)
- Prof Dr Zafar Haider, Co-Chairman  
Consultant Psychiatrist, Karwan-e-Hayat,  
Former Professor of Psychiatry JPMC/JSMU,  
In charge post graduate studies.
- Ms Salma Atique, Member  
Clinical Psychologist, Karwan-e-Hayat
- Ms Muniba Naz, Member  
Social Worker, Karwan-e-Hayat
- Mr Umerdad, Member  
Patient's Care Coordinator, Karwan-e-Hayat

\*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 Rehana Alam
- Mrs Shameem Zuberi
- Mr Shahid Farooqi
- Mr Muhammad Salim
- Mr Ali Asghar, Secretary

### Human Resource Committee

- Mr M Shahid Farooqi, (Convenor)
- Mrs Rehana Alam
- Mr Saeed Akhtar
- Mr Zaheeruddin Babar
- Ms Zafreen Saqib, 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
- Mrs Rehana Alam
- Ms Talaat Naeem Tyabji
- Mr M Shahid Farooqi
- Mrs Shameem Zuberi
- Mr Muhammad Salim
- Mr Zaheeruddin Babar
- Mr Shahzad Zaki, Secretary

# TEAM KARWAN

- Chief Executive Officer  
**Mr Zaheeruddin M Babar**

## ADMINISTRATION

- Chief Financial Officer & Company Secretary  
**Mr Muhammad Ali Asghar**
- Head of Human Resources & Organisation Development  
**Ms Zafreen Saqib**
- Head of Monitoring, Evaluation, Accountability & Learning (MEAL)  
**Ms Tamkeen Kashif Abbasi**
- GM Communications & Resource Mobilization  
**Mr Shahzad Zaki**
- Manager Marketing Communications (MARCOM)  
**Ms Henna Arshad**
- Assistant Manager Resource Mobilization  
**Mr Haris Khan**
- Assistant Manager Administration  
**Mr Daniyal Abbas**
- Research Associate  
**Mr Nasir Mehmood**

## MEDICAL

- Dean, Karwan-e-Hayat - Post Graduate Institute, Consultant Psychiatrist  
**Prof Dr Zafar Haider, MBBS, MCPS, FCPS (Psych)**
- Head of Medical Services & Consultant Psychiatrist  
**Dr Uroosa Talib, MBBS (Dow), MCPS, Psychiatry (Pak)**
- Assistant Professor  
**Dr Rahat Zahid (MBBS, FCPS)**

- Advisor to CEO & Visiting Consultant  
**Dr Syed Ajmal Kazmi, MBBS, DTS, (RCPS) Tropical Medicine, DPM (RCPS) Psychiatry, MRCP Part 1**
- Visiting Faculty
  - **Dr Nusrat Baloch, MBBS, FCPS (Psych)**
  - **Dr Shifa Naeem, MBBS, FCPS (Psych)**
- In charge Psychiatric Rehabilitation  
**Ms Yasirah Gohar, MSc, PMDCP, M.Phil, Clinical Psychology**
- In charge KCPC  
**Dr Ghulam Rasool, MBBS, MCPS (Psychiatry)**
- In charge Jami Clinic  
**Dr Sindhiya Abbasi, MBBS**
- Junior Consultant, PCRC  
**Dr Saba Ismail, MBBS, MCPS**
- In charge Outpatient, PCRC  
**Dr Saleem Ahmed, MBBS**
- In charge Female ward, PCRC  
**Dr Nida Latif, MBBS**
- In charge Male ward, PCRC  
**Dr Vikash Talib, MBBS**
- In charge Community Outreach  
**Dr SM Ashfaque Ahmad, MBBS, RMP**
- OPD Coordinator & Incharge Social Work  
**Ms Shabana A. Shakoor**
- In Patient Coordination & AM Nursing  
**Mr Shawkat Hussain, BScN**
- Patient Care Coordinator  
**Mr Umerdad Haideri, BScN**

# PARTNERSHIPS

Students of following organizations conduct their Internship and Clinical Rotation Programs with Karwan-e-Hayat.

■ Aga Khan University	■ Bahria University
■ Dr. Ziauddin University	■ Karachi University
■ Life Saving Institute of Nursing	■ Federal Urdu University
■ Kharadar Nursing School	■ Jinnah Institute of Nursing
■ ILMIA Nursing Institute	■ Murhsid Hospital
■ Karachi Adventist School of Nursing	■ Unique Institute of Nursing
■ Angel Nursing Institute	

# COLLABORATIONS

■ Karachi Port Trust	■ Kharadar General Hospital
■ SINA Welfare Trust	■ Lyari Development Organization
■ Saylani Welfare Trust	■ Sahara Village
■ Interactive Research & Development - IRD	■ Karachi Dock Labour Board (KDLB)
■ Pakistan Institute of Living & Learning - PILL	■ State Bank of Pakistan
■ Dr. Ziauddin Hospital	

# INTERNATIONAL AFFILIATIONS





# ACHIEVEMENTS

**1983**

Karwan-e-Hayat established to provide mental health treatment services for the underserved.

**1992**

Kh-e-Jami Clinic extended OPD services to patients from three days initially, to five days a week.

**2004**

- Karwan's Psychiatric Care and Rehabilitation Centre (PCRC) 100 bed facility operational, largest psychiatric care hospital in Pakistan.
- Rehabilitation services started functioning.

**2009**

Affiliation with Rutgers University, USA begins. KeH Rehabilitation practitioners begin guidance and training from faculty of Rutgers University.

**2011**

Korangi Community Psychiatric Centre (KCPC) was formed to initiate Community Outreach services.





Our landmark accomplishments through the years, moving towards excellence.

**2013**

Certified by the Pakistan Centre for Philanthropy.

**2015**

ISO 9001 : 2015 Certification acquired.

**2016**

Modernized private rooms operational for patients able to pay for their treatment & hospitalization. Revenue generated, utilized for the treatment of impoverished patients.

**2017**

Annual patients' visits reaches 70,378. 93% of these patients were treated free of cost.

**2018**

Started Community Outreach services at five more remote and underserved locations in Karachi.



# **OUR CHALLENGE: #BreakTheStigma**

The taboo associated with mental illness has been Karwan-e-Hayat's greatest challenge. Starting with modest steps and armed with a determination to provide healing options to individuals suffering from mental disease, Karwan has given hope for a promising future to thousands of impoverished patients. Around 450 million people around the world currently suffer from mental illnesses, thus placing mental disorders among the leading causes of ill health and disability worldwide.



# OUR PLEDGE

With well-maintained facilities offering a wide range of mental health services, Karwan-e-Hayat is acknowledged as the leading provider of psychiatric care in Karachi, especially for the poor and underprivileged who cannot afford specialized treatment. To many from the impoverished segments in Karachi – a city with a population of over 20 million – access to basic health facilities is difficult. In the case of mental disorders, from which countless individuals suffer, we offer them hope of a new beginning leading to recovery. This has been Karwan-e-Hayat's greatest achievement.



# OUR JOURNEY

Established in 1983, registered as a non-profit welfare organization, Karwan-e-Hayat was an initiative conceptualized by a handful of notable, conscientious citizens of Karachi. Dr Zafar Qureshi, Begum Rana Liaquat Ali Khan, Begum Tazeen Faridi, Professor Zaki Hassan, Ms Anita Ghulam Ali, Dr Abdul Husaini, Begum Shaista Ikramullah, Begum Abdul Kader and Cardinal Joseph Cordeiro, the Archbishop of Karachi, were the earliest patrons and visionaries of Karwan-e-Hayat. It was their foresight which now enables Karwan-e-Hayat to provide quality psychiatric treatment and rehabilitation services to the most neglected, mentally ill patients in Pakistan.

*This painting is made by a patient of Karwan-e-Hayat.*



# OUR SERVICES

## Comprehensive Treatment Plan

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

## Day Care Services & Rehabilitation

Treatment strategies for living well with mental illness must always include daily activity routines. Occupational therapists make use of these activity routines as one of the primary mediums of treatment considered vital for recovering mental health. At Karwan, all patients are automatically enrolled in our Day Care Program which offers them a host of recreational and skill development activities as well as physical training.

## Community Outreach

Karwan-e-Hayat is continuously striving to spread awareness within communities in a way that everyone understands and adopts practices to protect and treat people suffering from mental disorders with dignity and fairness. Our community team conducts free Psychiatric Medical Camps in remote areas where access to any kind of medical help is restricted.

# OUR PRESENCE

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 project. 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 hospital 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 the resultant recurring 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.

At all three centres, treatment and care is provided by proficient, interdisciplinary teams of Psychiatrists, Clinical Psychologists, Occupational Therapists, Social Workers, Psychiatric Nurses and Community Workers.

# COMMUNITY OUTREACH

Karwan-e-Hayat's community psychiatric services extend to several remote communities, to treat people with mental disorders. Such free mental health camps offer community based psychiatric care through OPD and Rehabilitation services. We work in the following locations:

Korangi	Safoorah Goth	Chakra Goth
Sikandarabad	Pehalwan Goth	Bhitaibad
Shireen Jinnah Colony	Sachal Goth	

Our new project, Free Psychiatric Clinics with collaboration of 'Sehatmand Zindagi' and sponsoship of **Rotary Club Karachi Metropolitan**, is running successfully. We have conducted our free clinics in the under-mentioned static centers of Sehatmand Zindagi. Through this initiative, more than 4,000 OPD patients received free consultation and medication from July 2016 to June 2018. **Out of these 1,000 patients were sponsored by Rotary Club Karachi Metropolitan.** The Static Centers are located at:

Bahadurabad	North Karachi	Nazimabad
Gulshan 13-D	Korangi 3-5	

In addition, Karwan conducts individual OPD sessions at the following locations.

Dr. Ziauddin Hospital, Sikanderabad

SINA Clinic, Shireen Jinnah Colony

Saylani International Trust Centres



# SOCIAL WELFARE

We are a Shariah Compliant welfare organization. Zakat is spent in accordance with the principles of shariah. Our Social Welfare Department follows the guidelines provided by our shariah advisory board. They assess the financial condition of patients and their family members in respect of Zakat eligibility.





*This painting is made by a patient of Karwan-e-Hayat.*

# TOWARDS



## Abdullah\*

Abdullah is a 44 years old single male who used to work in a bank. He developed psychiatric problems while he was still employed. He was diagnosed with Schizophrenia. Due to his illness he was unable to continue working and he sought treatment in different hospitals in Karachi. But, his condition worsened over a period of time.

Three years ago, his family brought him to Karwan-e-Hayat for treatment where he he was hospitalized. Initially he was stabilized with medication. He then began the process of rehabilitation in Day Care where psychotherapy and other interventions such as Cognitive Behavior Therapy (CBT), Illness Management and Recovery (IMR) were initiated by his therapist. His family members were then involved in his treatment through family psycho-education, which taught them how to help him towards normalization.

After completing the two-steps recovery program he was enrolled in a skill building program which is the third step of the recovery phase. Computer skill was identified as his major strength and he was motivated to take computer courses. With continuous effort and his willingness, he was able to complete basic computer courses successfully. He also did advanced courses in Information Technology.

At the same time, he was again encouraged to apply for a job so he could start earning to support his family. Abdullah is registered in Karwan's Rehabilitation Program and receives regular psychotherapy and counselling along with periodic psychiatric check-ups which helps in the smooth functioning of his life.

# RECOVERY



## Abida\*

For some years Abida successfully fought Borderline Disorder that had engulfed her life since adulthood. Due to family issues, she had been suffering from depression since the age of 20. She used to have severe migraine headaches along with episodes of depression, fear, panic and obsessive behaviour which she vented out in destructive ways. It was in her 20's that her burnout occurred. At the same time, her family was stuck in financial crisis which made her even more depressed. Her panic attacks increased and depression was pushed into every corner of her existence and her life became hell.

She became violent at times and started breaking things in the house. She had conflicts with her siblings who often used to criticize her. In response to her condition, she was encouraged by her family to consult a psychiatrist. She was brought by her family to Karwan-e-Hayat and was admitted for treatment. With the help of medications and psychotherapy she began feeling better. In Psychiatric rehabilitation she was able to significantly improve the quality of her life.

While in rehabilitation, she learned about her illness and what triggers an attack. Identifying triggers can prevent relapse. With time, her symptoms started to come under control. Abida has developed insight and motivation to fight against her illness and she has now become quite skilled in managing her symptoms through cognitive therapy which gave her the coping skills to prevent a major outbreak of her illness.

She is leading a happy life with her family now with regular follow ups and treatment.

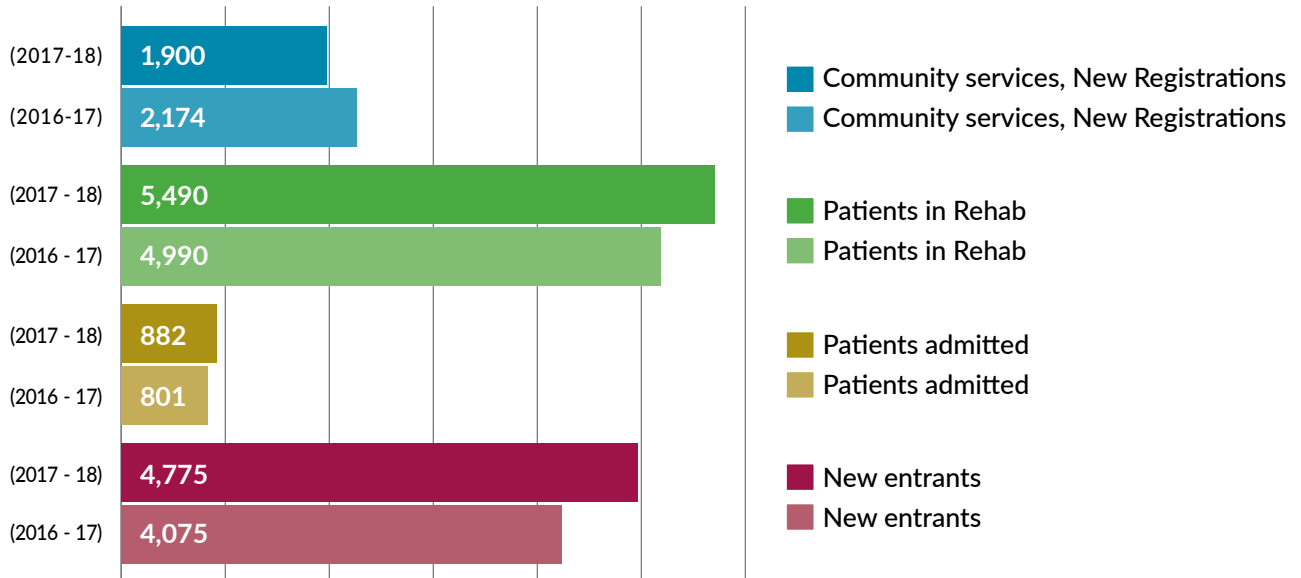
*\*Names have been changed for privacy.*



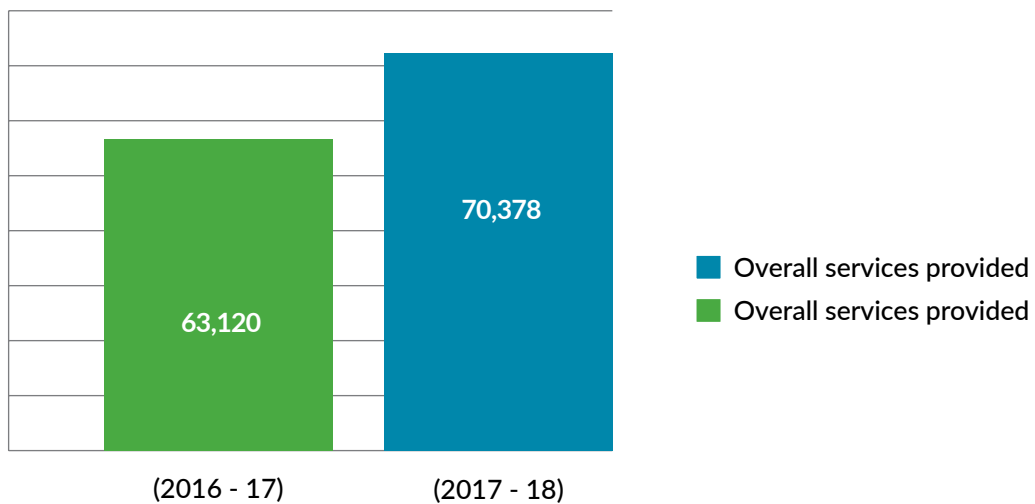
# IMPACT OF OUR SERVICES

Karwan-e-Hayat has been at the forefront of psychiatric care in Pakistan for 35 years. We opened avenues which have given the public a wide access to treatment. 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 our patients. 80% of our patients after being treated were able to work productively.

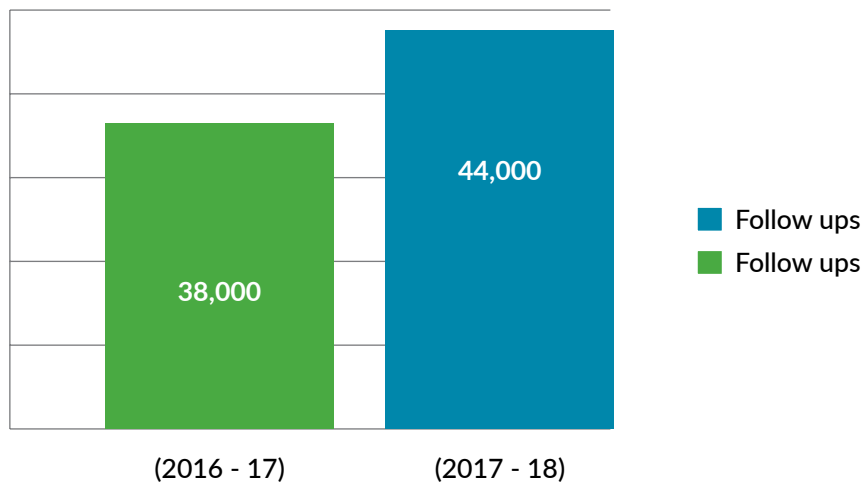
## Year at a glance



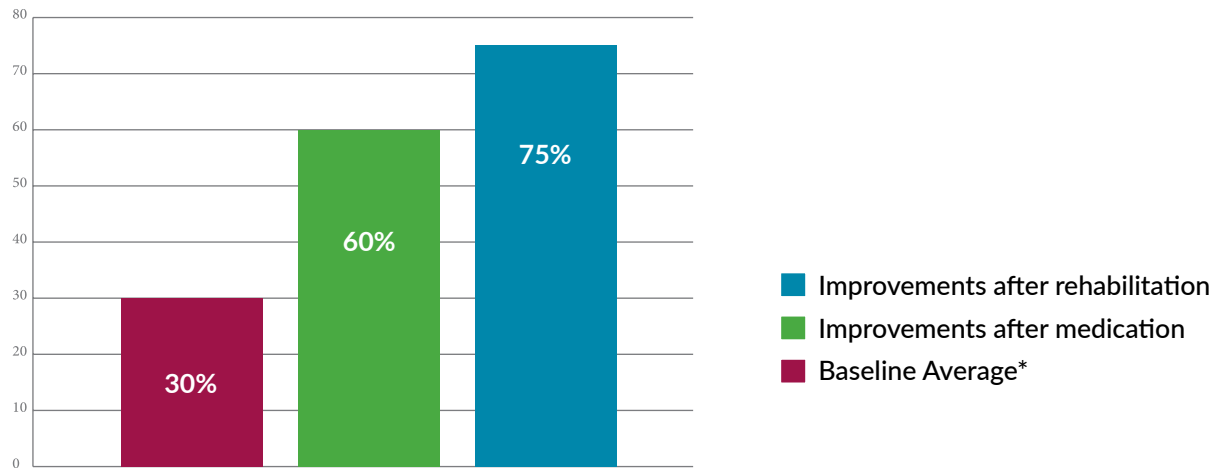
## Overall services (Total No. of Patient Visits)



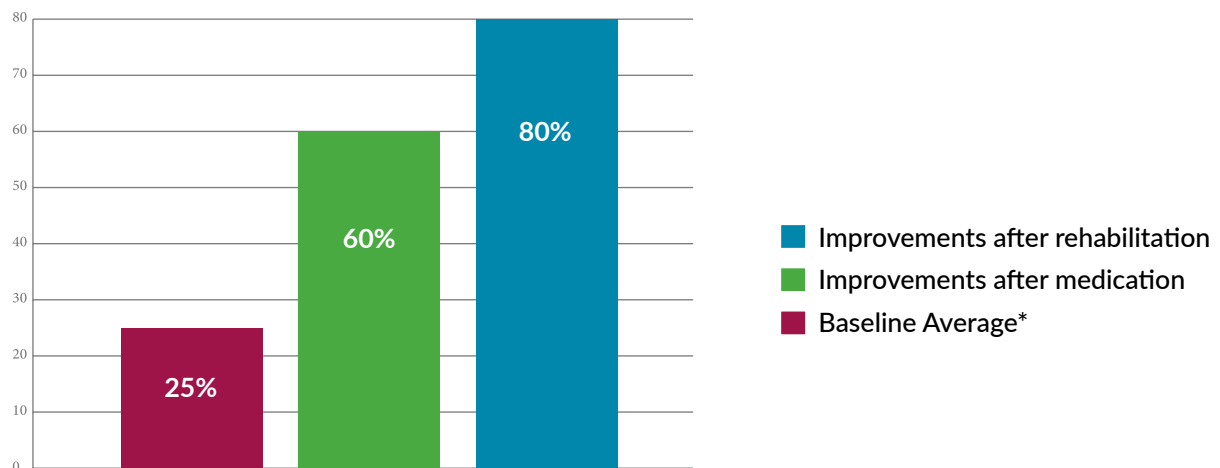
## Follow up Visits



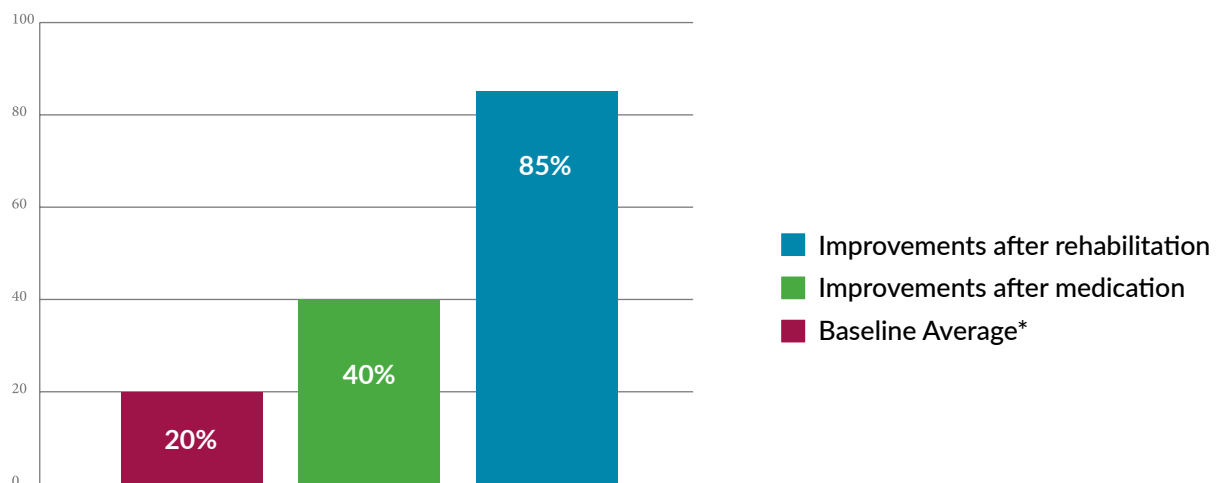
## GAF REPORT (Global Assessment of Functionality Scale)



## Medicine Compliance

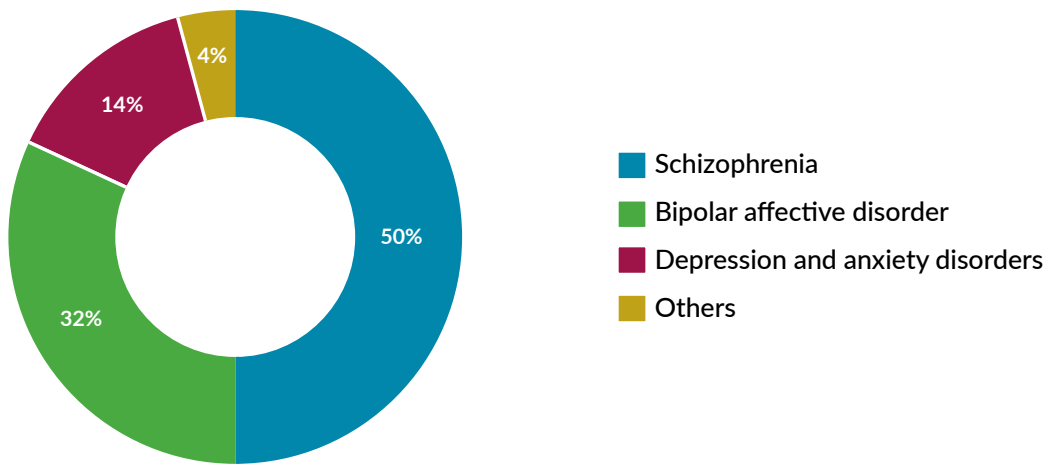


## Work Compliance

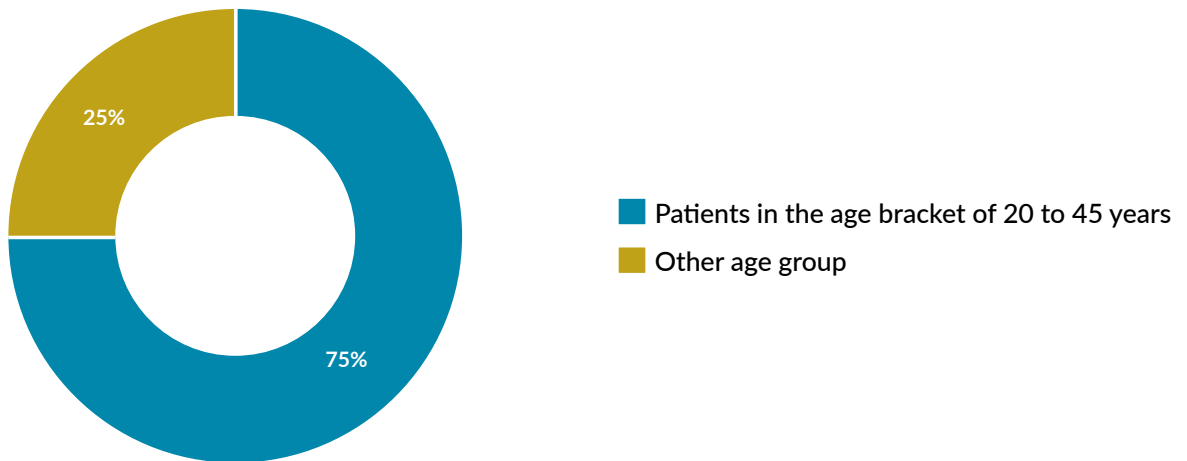


\* Standard of functionality of a patient recorded in OPD or at the time of admission before treatment at Karwan-e-Hayat is initiated.

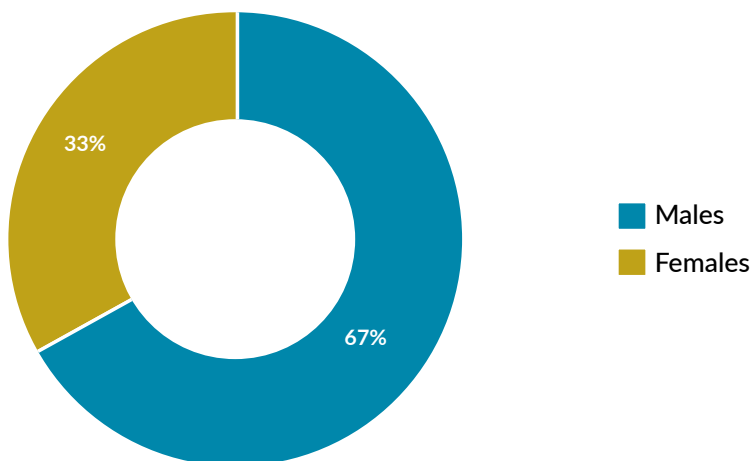
## Break up of Patients by Disorders (2017-18)



## Break up of Patients by Age Group (2017-18)



## Break up of Patients by Gender (2017-18)

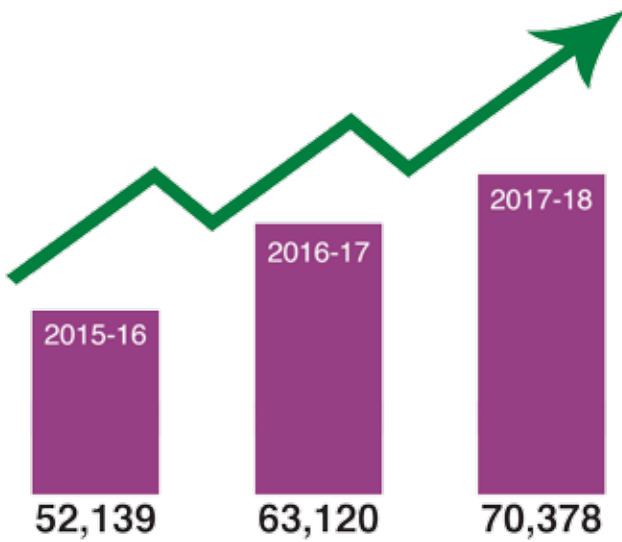




**Patients treated at Karwan-e-Hayat who did not reflect relapses. (2017-18)**



**Reduction of symptoms in patients treated for various mental disorders at Karwan-e-Hayat. (2017-18)**



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

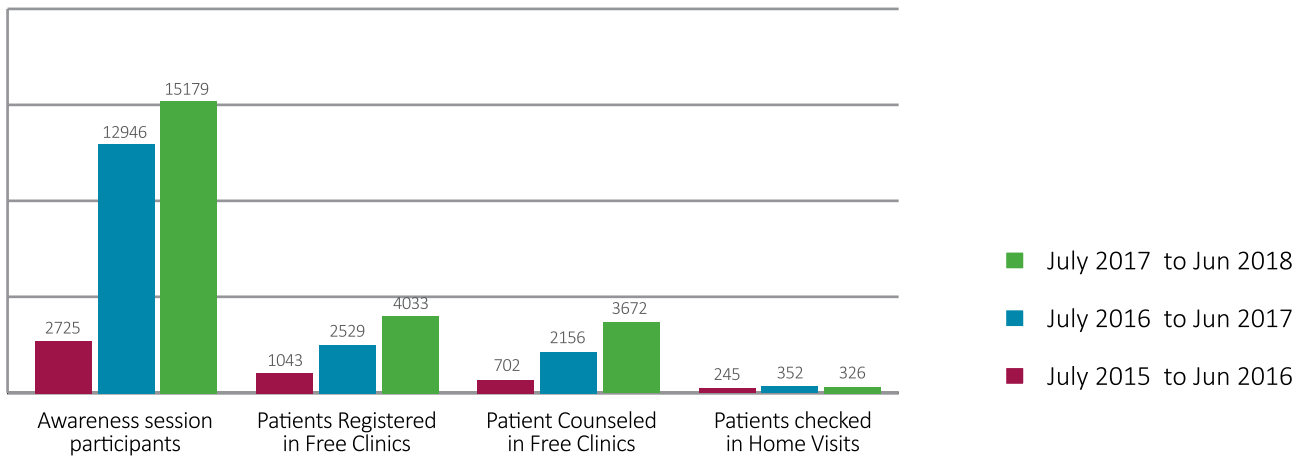
**93% patients received free-of-cost treatment and medicines.**





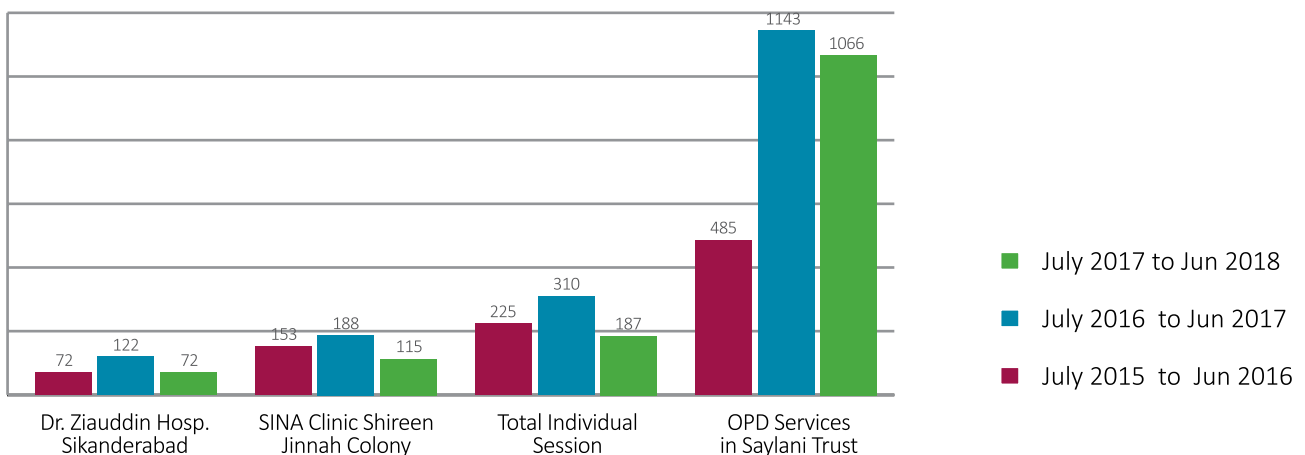
## Total outreach in communities

	July 2015 to Jun 2016	July 2016 to Jun 2017	July 2017 to Jun 2018
Awareness sessions, total participants	2725	12946	15179
Total Patients Registered in Free Clinics	1043	2529	4033
Patients Counseled in Free Clinics	702	2156	3672
Patients checked in Home Visits	245	352	326



## Total outreach in communities

Individual Sessions Conducted	July 2015 to Jun 2016	July 2016 to Jun 2017	July 2017 to Jun 2018	Grand Total
Dr. Ziauddin Hospital, Sikanderabad	72	122	72	266
SINA Clinic Shireen Jinnah Colony	153	188	115	456
Total Individual Session	225	310	187	722
OPD Services in Saylani Trust	485	1143	1066	2694





# 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.

The day care program runs five days a week, 9:30 am -3:30 pm, for both inpatients and outpatients. On Saturdays only inpatients are treated. Patients not only recover from symptoms of their illness but also learn life skills, vocational skills and, in some cases, become eligible for sheltered employment within Karwan-e-Hayat.

## **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 the psychiatrists to guide patients towards the recovery of mental balance and a healthy life.

## **Illness Management and Recovery (IMR)**

Research shows that patients who learn more about their illness can take important steps towards recovery. Three weekly sessions are conducted to acquaint patients with their illnesses, help them develop strategies to deal with their symptoms and achieve personal goals. IMR is found to be invaluable in dealing with Schizophrenia, Bipolar Disorder, etc.

## **Family Psycho Education**

This is a method to work with families and other care givers to impart correct information of the illnesses of their patients, reduce family stress and develop coping skills. Both single family members and group family Psycho Education sessions are conducted.

## **Case Management (CM)**

This provides the glue 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 improves 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.



# NURSING SERVICES TRAININGS

Nurses play a pivotal role in patient care. To ensure that the quality of inpatient care improves continuously, intensive on the floor training of nurses is indispensable. At Karwan-e-Hayat, not only our own staff nurses but also nursing trainees from other institutions learn about specialized psychiatric care. This training is conducted by senior management of medical services and sometimes through collaboration with nursing faculty of other institutions. Recently experts from Pakistan Red Crescent conducted Basic Life Support (BLS) training for our nurses.

Continuous learning, case discussions and on the floor teaching ensures that a proper code of conduct is maintained at Karwan-e-Hayat and that our psychiatric nurses are fully equipped with a set of competencies and skills needed for their work, such as the ability to conduct a person's Medical Status Examination (MSE), effective time management, understanding the importance of therapeutic communication and rehabilitative nursing.

Nurses are also the voice of patients' concerns, frustrations and challenges and the onus is on them to develop processes and strategies to address any situations arising from their concerns.



# PROFESSIONAL EDGE- MONITORING, EVALUATION, ACCOUNTABILITY & LEARNING

At Karwan-e-Hayat, our aim is to foster a learning environment and ingrain systems and policies which ensures accountability and better work practices. In this regard a number of tracking tools and SOPs were enriched and developed, a summary of which is below.

- **Monitoring, Evaluation, Accountability & Learning (MEAL) Manual**
- **Complain Response Mechanism Manual**
- **Information Technology Manual**
- **Patients' Rights Policy**

The Monitoring, Evaluation, Accountability and Learning (MEAL) department played an active role in facilitating Karwan in re-certification of ISO 9001:2015, to ensure that the system is embedded within the organization. MEAL not only develops procedures and functions but it also trains employees towards efficient implementation.



# ENVIRONMENT FRIENDLY

At Karwan-e-Hayat, we strongly believe in work practices that contribute towards a clean and pollution free environment. We are committed to Going Green and frequently conduct plantation activities. We have planted 100 trees in March 2018 at our premises, PCRC. We dispose our waste responsibly and in an organised manner. Our Health, Safety and Environment (HSE) department is very active and organised on modern lines. We recently conducted fire safety trainings with Fire Protection Association of Pakistan (FPAP).

# Assembly Area

Reach here incase of Emergency

# اسمبلی ایریا

(ہنگامی صورت حال میں یہاں جمع ہوں)



# TRAININGS

## A stress-free workplace

To commemorate World Mental Health Day 2017, Karwan-e-Hayat also organized a seminar, on October 06, 2017; 'What does a stress free workplace look like?' Seminar provided an insight and understanding of mental health problems related to the workplace. To keep the participants actively involved in the discussions, a Perceived Stress Scale was given to the audience before the seminar. The proceedings included an introduction by Professor Zafar Haider, followed by a global view explained by Dr Uroosa Talib and strategies and implications of workplace stress and its management by KeH Clinical Psychologist, Yasirah Gohar and Research Associate, Nasir Mehmood.

Several doctors, psychologists, social workers and other mental health related professionals participated in the seminar including representative from, the Hands Foundation; the Sapphire Group; the Department of Criminology, University of Karachi; the Life Saving Institute of Nursing and the Almia Institute of Nursing.



## KeH collaborative project with DoctHERs

DoctHERs is a novel, digital health care platform that connects female doctors to health consumers in real-time through online facilities. Karwan-e-Hayat joined hands with DoctHERs and trained their general medical practitioners on the modules of MHGAP (Mental Health Gap Action Programme). The idea of this collaborative venture is to bridge the gap between demand and supply of trained mental health professionals and the burden of the disease.

Once trained, these doctors will not only be able to screen patients with mental disorders, but they would also be equipped to treat minor and common mental illnesses with the option of referring severe cases to psychiatric facilities. KeH medical specialists follow WHO's modules of Mental Health Gap Action Programme (MHGAP) for the screening of mental illnesses in lower and middle income countries. Karwan successfully conducted two sessions.



## Impact of Cardiovascular Disease on Mental Health

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

The workshop focused on cardiovascular diseases and its impact on mental health. Various mental illnesses, like depression, lead to heart diseases and, simultaneously, cardiovascular diseases can cause serious mental illnesses in individuals. It was highlighted by American Heart Association, the prevalence of depression was three times higher in patients with cardiovascular disorders. The workshop was attended by Psychiatrists, Clinical Psychologists, postgraduate students, doctors and medical students.





# WORKHOPS

## Mini-International Neuropsychiatric Interview (M.I.N.I.)

The Mini-International Neuropsychiatric Interview (M.I.N.I.) is a short structured diagnostic interview to accurately and precisely diagnose the patients based on DSM IV and ICD 10. These are well known tools used internationally and recommended by WHO. They enable clinicians to make correct diagnoses and devise appropriate treatments for various mental disorders. A workshop was conducted on 26th January 2018, by Prof. Dr. Raza-ur-Rehman, Professor and Chair, Psychiatry Department, DUHS.

The objective of the workshop was to enhance diagnostic skills in psychiatric practice. The workshop was co-facilitated by Dr. Anum Haider, Dr. Zeenatullah Jamali, Dr. Ehsanullah Soomro, Dr. Hala Ahmed and Dr. Dost Muhammad. The workshop was attended by Psychiatrists, Clinical Psychologists, postgraduate students, doctors and medical students.



## Karwan presentation at the 22nd National Psychiatric Conference

The 22nd National Psychiatric Conference of the Pakistan Psychiatric Society was held in the historic city of Hyderabad from the 17th to 19th of November 2017. The theme for the conference was, 'Advancement of Mental Health - Building Partnerships'. Karwan-e-Hayat received the distinction of having two abstracts selected by the Scientific Committee of the conference, to be read at the Free Paper session.

The topics included; Impact of Cellular Reminder on Follow up Patients Suffering from Psychosis: Randomized Controlled Trial which was presented by Mr. Nasir Mehmood, Clinical Psychologist & Research Associate, Karwan-e-Hayat and Ms. Yasirah Gohar, presented Factors Effecting the Treatment Compliance in Psychiatric Setting: Retrospective Study which by Clinical Psychologist & In Charge of PCRC Rehabilitation. The key goal of the conference was to gather psychological wellness experts on one platform and explore new ways of overcoming psychiatric challenges in patients and draw advancements and create new partnerships with mental health organizations. Prof. Michael Crawford, visiting professor from the Imperial College London, Faculty of Medicine, Department of Surgery & Cancer, gave a lecture on the global crisis of mental health, emphasizing the importance of monitoring progress. He said that reforming policies with first-hand data would allow the development of information-based mental health plans in Pakistan with clear, baseline information and targets.



## Karwan at PSO and EFU

Team Karwan conducted an awareness session on "The Impact of Work Life Balance on an Employee" at the head office of Pakistan State Oil Company Limited in April 19, 2018. The session hold an interactive presentation by Ms. Yasirah Gohar, Clinical Psychologist & In Charge of PCRC Rehabilitation. Workshop highlighted the causes and the impact of work life balance on an employee and focused on how it should be managed.

On 5th June 2018, Team Karwan conducted an awareness session on "Stress Management" at the head office of EFU Life Assurance Limited. The session holds an interactive presentation by Ms. Yasirah Gohar (Clinical Psychologist & Rehab Incharge). This time the causes and the impact of stress were highlighted and the focus was on how it should be managed. Team Karwan is grateful to PSO and EFU for their hospitality, and their commitment to conduct similar awareness sessions in the future.



# KARWAN'S ANNUAL FUNDRAISING EVENT - YADAIN



This year Karwan's annual Fundraiser was held on February 17 – 18, 2018, at The Indus Valley School of Arts and Architecture, where renowned artist, Humera Channa, performed on two magical musical evenings. She sang ghazals of legends like Madam Noor Jehan, Mehdi Hasan, Farida Khanum, Ahmed Rushdi and many more. The show was hosted by well-known music composer, artist and friend of Karwan, Mr. Arshad Mehmood. A welcome speech was delivered by Mrs. Qaisra Ahmed, Director Karwan-e-Hayat, which included a slide show presentation overviewing Karwan. The event was attended by a large number of people; the friends, supporters and well-wishers of Karwan whose presence made the event truly successful.

# CULTURAL PERSPECTIVES & INNOVATION IN PSYCHIATRIC REHABILITATION

**PPRC'18**  
Psychosocial & Psychiatric  
Rehabilitation Conference



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

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

PPRC'18 has set a new trend in providing a wider platform of opportunities for mental health professionals. Prof. Unaiza Niaz, Director of Psychiatric Clinic and Stress Research Centre in Karachi and visiting professor at Dow University of Health Sciences, Prof. Iqbal Afridi, Head of Psychiatry Department at Jinnah Postgraduate Medical Centre, Karachi, Dr. Ayesha Sarwat, Prof. Nasim Chaudhry, CEO Pakistan Institute of Living and Learning, Prof. Imran B. Chaudhry, Chairman, Department of Psychiatry, Ziauddin University, Dr. Sohail Ahmed of Karachi Medical & Dental College addressed various issues and challenges in the field of Psychiatry, innovation and the advent of modern techniques, Women and Mental Health, Phubbing, Depression, Self-harm and Suicide prevention. Vice Chairperson of Karwan-e-Hayat, Ms. Talaat Tyabji and CEO, Mr. Zaheeruddin Babar thanked the delegates and participants for making the conference a success. Dr. Ajmal Kazmi and Dr. Uroosa Talib, representing Karwan-e-Hayat, briefed the audience on the institute's contribution and services.

# EVENTS

## Pakistan Day & Spring Festival Celebrations

Karwan-e-Hayat celebrated Pakistan Day with a colorful Spring Festival with its patients and well-wishers on March 23, 2018. Renowned actor, Kunwar Nafees and Consultant Psychiatrist, Dr. Faisal Mamsa were chief guests at the occasion. They endorsed and appreciated Karwan's efforts in the field of mental health. Patients and staff of Karwan decorated the premises with kites and bunting. KeH setup food and handicrafts stalls on the premises where a variety of edible delicacies and other items were available for sale. After lunch, the patients and staff organized a musical program.



## The City School PAF Chapter students visit Karwan-e-Hayat

The City School (PAF Chapter) students visited Karwan-e-Hayat's 100 bed Psychiatric Hospital and Rehabilitation Center, Keamari. We thank them for their generous support and appreciate their commitment towards the cause of mental health care. Karwan support initiatives by youth to fight the stigma attached with mental illness.



## Saving the Environment on Earth Day

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



## World Mental Health Day 2017

### Taking action for mental wellness

Karwan-e-Hayat (KeH) joined the global community of mental health supporters in observing the World Mental Health Day (WMHD) 2017 on October 10. To encourage Karwan's efforts, several celebrities joined in the festivities where Mrs Shaneira Akram was the chief guest. In keeping with the year's theme of 'Mental Health in the Workplace', leading psychiatrists, Prof. Dr Zafar Haider, Dr Ajmal Kazmi and Dr Uroosa Talib spoke on the crucial aspect of mental wellness at work and how it is essential for the general good health of individuals. The activities included a lively participation by the patients and a Q and A session with a panel of medical experts on mental health. Mrs Akram was most gracious in her praise of the work done by Karwan and toured the facility to meet with patients and the medical staff. The President of Karwan-e-Hayat, Saleemuddin Ahmed and the Chief Executive Officer, Zaheeruddin Babar thanked the chief guest and the many supporters and well-wishers who had come for the event. They also extended their deepest thanks to one of Karwan's foremost supporters and advocate – Zubaida Tariq (Apa) – who was also present at the occasion. Karwan-e-Hayat is deeply saddened at Zubaida Apa's passing away and will miss her dearly.



## A step forward in social responsibility

In December, Karwan-e-Hayat and Pakistan State Oil's Corporate Social Responsibility Trust signed off a partnership through which PSO will be extending support for mental illness in Pakistan. Catering to the in-patients at Karwan-e-Hayat's 100-bed hospital in Keamari, the PSO CSR Trust will provide treatment and hospitalization facilities to over a 100 patients.

The PSO CSR Trust's alliance with KeH strengthens the message that needs to be spread for the advocacy of mental illnesses and that mental health is treatable. It is a giant leap in awareness for mental health that such a prominent organization has taken a step towards serving a highly sensitive and underserved medical disease – an action that will hopefully change society's negative view of this widespread sickness.



# ACTIVITIES

## 'Comedy Night' Fundraising Event

Karwan-e-Hayat recently organized a fundraiser with comedic performances by Saad Haroon and Danish Ali at the FTC Auditorium, Karachi. It was a successful, sell out event and the revenue generated will be utilized to treat the underprivileged, mentally ill patients. Fundraisers are an essential part of the funding as well as awareness of non-profits and Karwan has been following the tradition by regularly organizing annual events.



## Students meet KeH patients

Students from Nixor College visited the Karwan-e-Hayat Psychiatric Care Center where they met the patients and learnt about some of the challenges regarding mental health. We welcome initiatives by our youth which will ultimately help us break the stigma of mental health across Pakistan.



## Marathon at Seaview

On a Sunday morning, enthusiasts joined in the KeH marathon organized in collaboration with sports groups, Born 2 Run Karachi & Speed Stars Track and Field Club. Fitness and Lifestyle coach, Mantahaa Masqood and actor, Syed Shahroz Sabzwari were chief guests at the event. Karwan works with several organizations to raise awareness that mental illness is treatable.



## Karwan-e-Hayat's Zakat Campaign & Media Appearances

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

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

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

Similar appearances were made on AAJ News and PTV Home Ramadan Transmissions as well, hosted by Dr. Zubair, Amna, Ahsan Khan and Juggun Kazim respectively. This was followed by live radio programs on Apna Karachi FM 107 and Samaa FM 107.4 which highlighted mental illness, its stigma in the society and how Karwan has been instrumental in treating mentally ill patients for the last 35 years through its services. All the shows ended with appeals for zakat and donations and requests to generously support Karwan-e-Hayat in cash and kind.



## Sponsorship of a 10 bed ward at Psychiatric Care and Rehabilitation Center

A 10 bed ward was sponsored by Gul Ahmed Textile Mills Ltd. at Karwan's Psychiatric Care and Rehabilitation Center in Keamari. The sponsorship was finalized in July 2017. Karwan-e-Hayat considers this an integral step in providing assistance to the desperately poor patients occupying these beds. The financial assistance provided will ensure that these charity patients get the much needed services required to help them regain their mental health. Karwan-e-Hayat takes this opportunity to thank Gul Ahmed Textile Mills Ltd. for their generous support.



# OUR SUPPORTERS AND SPONSORS

## Organizations

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- HBL Foundation
- Gul Ahmed Textile Mills Limited
- Pakistan State Oil Company Limited
- Direct Relief USA
- K-Electric Limited
- Imdad Foundation
- Rotary Club of Karachi Metropolitan
- Hope Trust
- International Steels Limited
- Bank Alfalah Limited
- Cowasjee Foundation
- Hascol Petroleum Limited
- The Rahat and Rehana Charitable Fund
- Saylani Welfare Trust

## Individuals

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- Mr Rehan A Jaffer
- Mr Aamer Naseer
- Ms Nigar Alam
- Mrs Durrain Cassim
- Mr Munib Z. Islam
- Dr Murad Alam
- Mr Sajjad Ahmed

# **FINANCIAL STATEMENTS**

## **FOR THE YEAR ENDED JUNE 30, 2018**

# 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, 2018. 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 judgment
- 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 highlights for the year 2017-2018 are presented in this report.





# AUDITOR'S REPORT

## **INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF KARWAN-E-HAYAT**

### **Report on the Audit of the Financial Statements**

#### **Opinion**

We have audited the annexed financial statements of Karwan-e-Hayat (the Institute), which comprise the statement of financial position as at June 30, 2018, 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, 2018 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.

#### **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, 2018, 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.

## 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 Nadeem Yousuf Adil.

  
Chartered Accountants

**Date:** November 9, 2018

**Place:** Karachi

KARWA N-E-HAYAT  
STATEMENT OF FINANCIAL POSITION  
AS AT JUNE 30, 2018

	Note	2018 ------(Rupees)-----	2017
<b>ASSETS</b>			
<b>Non-current assets</b>			
Property and equipment	4	10,142,785	10,730,098
Long-term deposits		110,049	110,049
Long-term investments	5	4,300,000	17,310,000
		<b>14,552,834</b>	<b>28,150,147</b>
<b>Current assets</b>			
Inventory	6	2,941,244	3,060,280
Advances and prepayments	7	2,023,324	1,303,039
Short-term investments	8	47,650,000	28,100,000
Current maturity of long-term investments	5	25,310,000	12,300,000
Contribution receivable		5,650,535	9,052,259
Interest accrued on investments		1,189,084	881,904
Cash and bank balances	9	6,326,151	8,984,261
		<b>91,090,338</b>	<b>63,681,743</b>
		<b>105,643,172</b>	<b>91,831,890</b>
<b>FUNDS AND LIABILITIES</b>			
<b>Funds</b>			
General fund		45,935,032	39,218,357
Endowment fund		50,000,000	50,000,000
		<b>95,935,032</b>	<b>89,218,357</b>
<b>Current liabilities</b>			
Accrued and other liabilities	10	8,658,140	2,563,533
Deferred grant	11	1,050,000	50,000
		<b>9,708,140</b>	<b>2,613,533</b>
		<b>105,643,172</b>	<b>91,831,890</b>
Contingencies and commitments	12		

The annexed notes 1 to 25 form an integral part of these financial statements.

RA

CHIEF EXECUTIVE OFFICER

DIRECTOR

**KARWAN-E-HAYAT**  
**STATEMENT OF INCOME AND EXPENDITURE**  
**FOR THE YEAR ENDED JUNE 30, 2018**

	Note	2018 ------(Rupees)-----	2017
<b>INCOME</b>			
Donations	13	36,519,337	32,264,492
Zakat	14	20,036,967	19,505,475
Income from fund raising events		9,365,414	9,852,956
Receipts from patients	15	51,044,504	39,671,737
Interest income on investments		3,338,818	3,816,029
Other income	16	7,810,883	383,860
		<b>128,115,923</b>	<b>105,494,549</b>
<b>EXPENDITURE</b>			
Operating expenses	17	105,021,399	92,936,537
Administrative and general expenses	18	16,377,849	14,741,574
		<b>121,399,248</b>	<b>107,678,111</b>
Surplus / (deficit) for the year		<b>6,716,675</b>	<b>(2,183,562)</b>

The annexed notes 1 to 25 form an integral part of these financial statements.

*R/A*

CHIEF EXECUTIVE OFFICER

DIRECTOR

KARWAN-E-HAYAT  
STATEMENT OF CASH FLOWS  
FOR THE YEAR ENDED JUNE 30, 2018

Note	2018 ------(Rupees)-----	2017
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		
Surplus / (deficit) for the year	6,716,675	(2,183,562)
Adjustments for:		
Depreciation	4.3 3,403,749	3,815,986
Contributed property and equipment	4.2 (1,559,719)	(1,137,406)
Interest income on investments	(3,338,818)	(3,816,029)
Inventory written-off	6.1 -	508,974
Other receivables written-off	-	646,909
	<u>5,221,887</u>	<u>(2,165,128)</u>
<b>Decrease / (Increase) in current assets</b>		
Inventory	119,036	673,969
Advance and prepayments	(720,285)	(7,474,920)
Contribution receivable	3,401,724	(730,640)
	<u>2,800,475</u>	<u>(7,531,591)</u>
<b>Increase / (decrease) in current liabilities</b>		
Accrued and other liabilities	6,094,607	656,370
Unearned income	1,000,000	(3,142,234)
	<u>7,094,607</u>	<u>(2,485,864)</u>
<b>Net cash generated from / (used in) operating activities</b>	<u>15,116,969</u>	<u>(12,182,583)</u>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>		
Additions to property and equipment	(1,265,539)	(1,306,557)
Proceeds from disposal of property and equipment	8,822	-
Purchase of short-term investments (more than 3 months maturity)	(5,000,000)	(600,000)
Proceeds from investments	-	8,800,000
Interest received on investments	3,031,638	3,484,377
<b>Net cash (used in) / generated from investing activities</b>	<u>(3,225,079)</u>	<u>10,377,820</u>
<b>Net increase / (decrease) in cash and cash equivalents</b>	<u>11,891,890</u>	<u>(1,804,763)</u>
<b>Cash and cash equivalents at the beginning of the year</b>	<u>29,584,261</u>	<u>31,389,024</u>
<b>Cash and cash equivalents at the end of the year</b>	19 <u>41,476,151</u>	<u>29,584,261</u>

The annexed notes 1 to 25 form an integral part of these financial statements.

R/A

CHIEF EXECUTIVE OFFICER

DIRECTOR

**KARWAN-E-HAYAT  
STATEMENT OF CHANGES IN FUND BALANCE  
FOR THE YEAR ENDED JUNE 30, 2018**

	General fund	Endowment fund	Total
	------(Rupees)-----		
Balance as at June 30, 2016	41,401,919	50,000,000	91,401,919
Deficit for the year	(2,183,562)	-	(2,183,562)
Balance as at June 30, 2017	39,218,357	50,000,000	89,218,357
Surplus for the year	6,716,675	-	6,716,675
<b>Balance as at June 30, 2018</b>	<b>45,935,032</b>	<b>50,000,000</b>	<b>95,935,032</b>

The annexed notes 1 to 25 form an integral part of these financial statements.

*R/A*



**CHIEF EXECUTIVE OFFICER**



**DIRECTOR**



**KARWAN-E-HAYAT  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED JUNE 30, 2018**

**1. STATUS AND NATURE OF ACTIVITIES**

Karwan-e-Hayat (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	Rented Owned	Community Psychiatric Center Outpatient Clinic

**2. SIGNIFICANT ACCOUNTING POLICIES**

**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.

**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**

The preparation of financial statements 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 Institute'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

*RJA*

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) Revenue recognition (note 3.6)
- (iii) Provisions (note 3.7)

### **3. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

#### **3.1 Property and equipment**

Property and equipment 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 capitalized 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 sale of operating fixed assets is taken to statement of income and expenditure.

##### **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 Inventories

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 inventories to their present location and condition. Donated inventories 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

### 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.

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### **3.8 Cash and cash equivalents**

Cash and cash equivalents comprise cash in hand and balances in bank and short-term liquid investments that are readily convertible to known amounts of cash.

### **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 income.

### **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.

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#### 4. PROPERTY AND EQUIPMENT

Particulars	Note	Cost as at July 01, 2017	Additions/ (deletions) during the year	Cost as at June 30, 2018	Accumulated depreciation as at July 01, 2017	Depreciation for the year	Transfer/ Disposal	Accumulated depreciation as at June 30, 2018	Written down value as at June 30, 2018	Rate
(Rupees)										
Building	4.1	9,377,945	-	9,377,945	4,799,398	937,795	-	5,737,193	3,640,752	10
Electrical fittings and equipment		6,223,346	757,400	6,980,746	4,568,684	833,799	-	5,402,483	1,578,263	15
Reverse Osmosis Plant		1,246,170	-	1,246,170	456,990	249,234	-	706,224	539,946	20
Furniture and fixture		5,250,599	389,619 (35,019)	5,605,199	3,160,986	536,949	(28,367)	3,689,568	1,935,631	10
General equipment		1,662,942	382,739 (12,122)	2,033,559	776,411	284,070	(9,952)	1,050,529	983,030	15
IT equipment		3,729,352	1,295,500	5,024,852	2,997,787	561,902	-	3,559,689	1,465,163	33
		<b>27,490,354</b>	<b>2,825,258 (47,141)</b>	<b>30,268,471</b>	<b>16,760,256</b>	<b>3,403,749</b>	<b>(38,319)</b>	<b>20,125,686</b>	<b>10,142,785</b>	

Particulars	Note	Cost as at July 01, 2016	Additions/ (deletions) during the year	Cost as at June 30, 2017	Accumulated depreciation as at July 01, 2016	Depreciation for the year	Transfer / Disposal	Accumulated depreciation as at June 30, 2017	Written down value as at June 30, 2017	Rate
(Rupees)										
Building	4.1	8,573,034	804,911	9,377,945	3,871,185	928,213	-	4,799,398	4,578,547	10
Electrical fittings and equipment		6,158,448	64,900	6,223,346	3,640,671	928,013	-	4,568,684	1,654,662	15
Reverse Osmosis Plant		1,246,170	-	1,246,170	207,756	249,234	-	456,990	789,180	20
Furniture and fixture		4,502,604	747,995	5,250,599	2,648,080	512,906	-	3,160,986	2,089,613	10
General equipment		1,349,902	313,040	1,662,942	534,778	241,633	-	776,411	886,531	15
IT equipment		3,216,235	513,117	3,729,352	2,041,800	955,987	-	2,997,787	731,565	33
		<b>25,046,391</b>	<b>2,443,963</b>	<b>27,490,354</b>	<b>12,944,270</b>	<b>3,815,986</b>		<b>16,760,256</b>	<b>10,730,098</b>	

- 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. 1,559,719 (2017: Rs. 1,137,406) attributed to the contributed fixed assets donated to the Institute.

#### 4.3 ALLOCATION OF DEPRECIATION

	Note	2018	2017
(Rupees)			
Operating	17	3,131,449	3,510,707
Administrative and general	18	272,300	305,279
		<b>3,403,749</b>	<b>3,815,986</b>

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	Note	2018 ------(Rupees)-----	2017 ------(Rupees)-----
<b>5. LONG TERM INVESTMENTS - held to maturity</b>			
Special saving certificates	5.1	25,310,000	25,310,000
Regular income certificates	5.2	4,300,000	4,300,000
		29,610,000	29,610,000
Less: current maturity	5.3	(25,310,000)	(12,300,000)
		<u>4,300,000</u>	<u>17,310,000</u>

5.1 Rate of return on these certificates ranges from 6.31% to 7.61% (2017: 6.80% to 11.40%) whereas months of maturities range from July, 2018 to October, 2018 (2017: June, 2018 to October, 2018).

5.2 Rate of return on these certificates is 7.85% (2017: 7.85%) whereas months of maturities range from October, 2020 to November, 2020 (2017: October, 2020 to November, 2020).

5.3 This includes two special saving certificates having original maturity of June 15, 2018 and June 17, 2018 amounting to Rs. 7.3 million and Rs. 5 million respectively. These special saving certificates were subsequently matured by the Institute on July 23, 2018.

	Note	2018 ------(Rupees)-----	2017 ------(Rupees)-----
<b>6. INVENTORY</b>			
Balance as at July 01		3,060,280	4,243,223
Purchased during the year		8,164,592	6,108,918
Received in kind during the year		3,929,548	6,842,458
		15,154,420	17,194,599
Consumed during the year		(12,213,176)	(13,625,345)
Less: written off during the year	6.1	-	(508,974)
		(12,213,176)	(14,134,319)
Balance as at June 30		<u>2,941,244</u>	<u>3,060,280</u>

6.1 This amount pertained to medicines approaching expiry dates that have been written off by the management during the year ended June 30, 2017.

	2018 ------(Rupees)-----	2017 ------(Rupees)-----
<b>7. ADVANCES, PREPAYMENTS AND OTHER RECEIVABLES</b>		
Advance income tax	-	29,311
Advance to staff	68,957	5,633
Prepaid insurance	-	258,842
Advance to suppliers	1,044,070	-
Prepaid rent	253,551	230,556
Other advances	656,746	778,697
	<u>2,023,324</u>	<u>1,303,039</u>

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	Note	2018 ------(Rupees)-----	2017 -----
<b>8. SHORT-TERM INVESTMENTS</b>			
Less than 3 months maturity	8.1	35,150,000	20,600,000
More than 3 months maturity	8.1	12,500,000	7,500,000
		<u>47,650,000</u>	<u>28,100,000</u>

8.1 These represents term deposits carrying mark-up rates ranging from 4.15% to 5.85% (2017: 3.80% to 6.10%).

	Note	2018 ------(Rupees)-----	2017 -----
<b>9. CASH AND BANK BALANCES</b>			
Cash in hand		132,688	206,365
Cash at bank			
- current account		1,725,120	2,711,127
- saving account	9.1	4,468,343	6,066,769
		<u>6,326,151</u>	<u>8,984,261</u>

9.1 These saving accounts carry profit rates ranging from 3.7% to 5.8% (2017: 3.7% to 5.8%) per annum.

	2018 ------(Rupees)-----	2017 -----
<b>10. ACCRUED AND OTHER LIABILITIES</b>		
Accrued expenses	578,706	557,033
Withholding tax payable	349,770	108,947
Payable for medicines purchased	230,021	1,109,087
Patient food	439,099	-
Contribution payable to Employees' Old-Age Benefits Institution	73,870	7,570
Miscellaneous	2,054,747	760,211
Advertisement and marketing charges	3,492,953	-
Conference charges payable	1,438,974	20,685
	<u>8,658,140</u>	<u>2,563,533</u>

<b>11. DEFERRED GRANT</b>		
Deferred grant for property and equipment and intangible assets	1,000,000	-
Receipt from donor - restricted	50,000	50,000
	<u>1,050,000</u>	<u>50,000</u>

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12. CONTINGENCIES AND COMMITMENTS

There are no contingencies and commitments of the Institute as at June 30, 2018 and June 30, 2017.

	Note	2018 ------(Rupees)-----	2017 -----
<b>13. DONATIONS</b>			
<b>From domestic sources</b>			
- Donations from corporates		11,335,420	1,982,000
- Donations from other NGO's		3,634,400	4,015,556
- Donations from individuals		4,571,772	10,703,846
- Donations in kind		8,300,959	9,498,907
		<u>27,842,551</u>	<u>26,200,309</u>
<b>From foreign sources</b>			
- Donations from individuals		5,351,812	2,092,063
- Donations in kind		3,324,974	3,972,120
		<u>8,676,786</u>	<u>6,064,183</u>
		<u>36,519,337</u>	<u>32,264,492</u>
<b>14. ZAKAT</b>			
Zakat from domestic resources		16,565,238	15,467,290
Zakat from foreign resources		3,471,729	4,038,185
		<u>20,036,967</u>	<u>19,505,475</u>
<b>15. RECEIPTS FROM PATIENTS</b>			
Consultation fee		2,950,907	2,354,290
Day care unit		516,442	779,530
Medicine recovery		4,888,179	3,584,594
Receipt from in patient		42,594,843	32,872,487
Registration fee		94,133	62,696
Others		-	18,140
		<u>51,044,504</u>	<u>39,671,737</u>
<b>16. OTHER INCOME</b>			
Members fee		32,200	30,000
Tender / registration fee / renewal registration fee		67,000	74,500
Income from World mental health day conference - net		-	8,000
Other Income		709,497	271,360
Surplus on project	16.1	7,002,186	-
		<u>7,810,883</u>	<u>383,860</u>

16.1 During the year, DAI Global, LLC provided grant amounting to Rs. 20.851 million for multilevel psycho-social support for victims of terrorism. The overall expenditure incurred in completing the project amounted to Rs. 13.849 million which resulted in a net surplus of Rs. 7 million.

*DAI*



	Note	2018 ------(Rupees)-----	2017
<b>17. OPERATING EXPENSE</b>			
Salaries, wages and other benefits		52,980,832	48,023,676
Medicines consumed		12,213,176	13,625,345
Fees and subscription		1,290,336	1,240,780
Patient food		10,755,657	6,968,412
News papers, advertisement, marketing and fund raising		8,187,838	4,164,550
Utilities		7,722,333	6,949,680
Printing, stationery and postage		919,501	663,721
Repairs and maintenance		1,616,278	902,931
Consumable items - general		2,486,637	2,271,666
Uniform		643,154	334,840
Bad debts		-	646,909
Other expenses		1,312,469	848,627
Day care expenses and day care unit items		287,999	233,707
Fund raising activity		-	1,124,494
Education and training		201,541	140,940
Depreciation	4.3	3,131,449	3,510,707
Travelling and conveyance		1,137,334	1,201,237
Bed sheet and pillow		134,865	39,950
Exchange loss		-	44,365
		<b>105,021,399</b>	<b>92,936,537</b>
<b>18. ADMINISTRATIVE AND GENERAL EXPENSES</b>			
Salaries, wages and other benefits		13,039,806	11,827,818
Auditor remuneration		270,000	270,000
Depreciation	4.3	272,300	305,279
Repairs and maintenance		81,589	78,516
Fee and subscription		500,000	-
Insurance	18.1	388,175	560,952
Rent, rates and taxes		848,505	957,528
Internet charges		162,401	43,496
Members meeting expenses		79,166	13,310
Bank charges		271,595	429,335
Clearing and forwarding expenses		150,039	175,575
Other expenses		314,273	79,765
		<b>16,377,849</b>	<b>14,741,574</b>
<b>18.1 Insurance</b>			
Life insurance		273,175	470,952
Other insurance		115,000	90,000
		<b>388,175</b>	<b>560,952</b>
<b>19. CASH AND CASH EQUIVALENTS</b>			
Cash and bank balances	9	6,326,151	8,984,261
Short-term investments	8	35,150,000	20,600,000
		<b>41,476,151</b>	<b>29,584,261</b>

R/A

## 20. REMUNERATION OF CHIEF EXECUTIVE AND DIRECTORS

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

	2018			2017		
	Chief Executive Officer	Executives	Total	Chief Executive Officer	Executives	Total
Salary and other allowances	<u>5,041,453</u>	<u>5,379,504</u>	<u>10,420,957</u>	<u>4,485,984</u>	<u>-</u>	<u>4,485,984</u>
Number of persons	<u>1</u>	<u>2</u>		<u>1</u>	<u>-</u>	

20.1 Directors of the institute have not charged salary / meeting fee during the year ended June 30, 2018 and June 30, 2017.

## 21. 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:

	2018 ------(Rupees)-----	2017 ------(Rupees)-----
Membership fee received from directors during the year	<u>10,800</u>	<u>10,800</u>

## 22. FINANCIAL INSTRUMENTS BY CATEGORY

### ASSETS

#### Financial assets measured at amortised cost

Long-term investments	<u>29,610,000</u>	29,610,000
Contribution receivable	<u>5,650,535</u>	9,052,259
Short-term investment	<u>47,650,000</u>	28,100,000
Interest accrued on investments	<u>1,189,084</u>	881,904
Cash and bank balances	<u>6,326,151</u>	8,984,261
<b>Total assets</b>	<u><b>90,425,770</b></u>	<u><b>76,628,424</b></u>

### LIABILITIES

#### Financial liabilities measured at amortised cost

Accrued and other liabilities	<u>9,933,250</u>	<u>2,447,016</u>
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23. NUMBER OF EMPLOYEES

	2018	2017
Operational	127	134
Head office	32	30
Total number of employees of the institute as at year end	<u>159</u>	<u>164</u>
Average number of employees as at year end	<u>162</u>	<u>154</u>

24. DATE OF AUTHORIZATION OF FINANCIAL STATEMENTS

These financial statements were authorized for issue by the board of directors on 09 NOV 2018.

25. GENERAL

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

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

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CHIEF EXECUTIVE OFFICER

DIRECTOR



# C E R T I F I C A T E

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 AND ZIAUDDIN HOSPITAL,  
KEAMARI, KARACHI-PAKISTAN**

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

## **ISO 9001:2015**

The quality management system is applicable to

*“Mental Health Care Services”*

Signed by:

Certificate No. PK-1101452

Certificate Issue Date: 06-10-2017

Initial Registration Date: 19-08-2016

Date of Re-Issued: N/A

Date of Expiry: 05-10-2018



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](mailto:info@qcertinternational.com) or online verification at [www.qcertinternational.com](http://www.qcertinternational.com). The certificate remains the property of Q-CERT, to whom it must be returned upon request.



## 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



**ALHAMD SHARIAH ADVISORY SERVICES**

**(PVT) LIMITED**

Dated: August 29<sup>th</sup>, 2018

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](mailto:info@alhamdshariahadvisory.com)

Website: [www.alhamdshariahadvisory.com](http://www.alhamdshariahadvisory.com)

Phone: [+92 322 2671867](tel:+923222671867)

# SPONSORSHIP AND DONATION PACKAGES



## Sponsor a Bed\*

**Rs. 1,500/  
Day**

**Rs. 45,000/  
Month**

**Rs. 540,000/  
Year**

\*1 bed treats at least 15 patients annually



## Sponsor a Ward of 10 Beds\*\*

**Rs. 15,000/  
Day**

**Rs. 450,000/  
Month**

**Rs. 5,400,000/  
Year**

\*\*1 ward treats at least 150 patients annually



## Per Patient Cost in OPD

**Rs. 500/  
Per Patient**

**Rs. 50,000  
For 100 Patients/ Day**

**Rs. 1,000,000  
For 2,000 Patients/  
Month**

### 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 Donations and Zakat are 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: .....) )

### 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

### 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.

### Contact Details

Karwan-e-Hayat (Institute for Mental Health Care) Psychiatric Care and Rehabilitation Center,  
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 Center,  
Building # KV 27 & 28, Adjacent to KPT Hospital,  
Keamari, Karachi - E-mail: [info@keh.org.pk](mailto:info@keh.org.pk)



UAN: 111 534 111



[www.keh.org.pk](http://www.keh.org.pk)



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