



MESSAGE FROM THE CEO

It gives me great pleasure to communicate my first message as the newly-appointed CEO of Karwan-e-Hayat for this newsletter. This edition highlights the progress we have made over the last six months and provides a glimpse of where we are headed in the foreseeable future.

Mental health is a serious issue worldwide and even more so in Pakistan. At Karwan-e-Hayat, we strive every day not only to improve the lives of our inpatients and outpatients but also to spread awareness about this ailment so that people can seek early help. For those who get treated by our dedicated staff are then provided rehabilitation, helping integrate them back into their families and society.

In this regard, we are also reaching out to organizations that share our vision and values to further expand and enrich our services to patients. One such example is our collaboration with Behbud Association, through which we have taken a significant step forward in mental healthcare accessibility by adding another outreach camp. This expansion demonstrates our commitment to making mental health services more accessible to those in need.

Over the past six months, alongside numerous achievements detailed within the newsletter, we have also taken a major step by relocating our Korangi facility to Creek General Hospital. This move represents a significant upgrade from our existing site in Korangi. It aligns with our ambition to not only increase our reach to more patients but also to provide a purpose-built facility for better service delivery.

Arshad Rahim Khan
CEO, Karwan-e-Hayat

MENTAL HEALTH SESSIONS

Karwan-e-Hayat had the opportunity to conduct sessions externally and within the Keamari facility. Incredibly informative, these sessions included QPR for suicide prevention with AKUSONAM, general mental health sessions with the in-house medical team, and a focused mental health awareness session at PARCO for employees!



OUTREACH CAMP

Karwan-e-Hayat and Behbud Association have officially joined forces to break down barriers to mental health support and add an additional outreach camp to the Community Outreach program. An MoU was signed between Behbud Association and Karwan-e-Hayat to provide free treatment and awareness sessions to adolescents, adults, and the elderly in underprivileged communities.

MEDIA APPEARANCES

A historic year for Karwan-e-Hayat in terms of media appearances – 22 media appearances were successfully executed since July 2023. From February onwards, KEH management was featured 11 times on TV and radio, with 6 appearances made during Ramazan alone. KEH was featured on notable channels such as Dawn News, TV One and ARY Digital and our leadership was able to shed light on mental health and the crucial role that Karwan-e-Hayat plays in the mental health space.



CITY 21



PTV NEWS



EXPRESS NEWS



ARY NEWS



AAJ NEWS



DAWN NEWS

PODCAST AND CSR DOCUMENTARY

Karwan-e-Hayat was featured on the Adnan Faisal Podcast (FHM Pakistan) and engaged in a deep-dive discussion on mental health advocacy. Additionally, we were also featured in a CSR documentary produced by Engro Polymer & Chemicals, where our work was recognized and highlighted in the Ghaggar Phattak region.



RELOCATION ANNOUNCEMENT

We have some exciting news to share! Karwan-e-Hayat's Korangi Centre will be relocating to a new site at **Creek General Hospital** in **Korangi** from **August 1, 2024**. This move is directly linked with our ambition to not just increase our reach to more patients but to provide a purpose-built facility for better facilitation.

Address: Korangi Community Psychiatric Center - Sector 48-H, Qabrastan Road, Creek General Hospital Korangi, Karachi

ANNUAL FUNDRAISER - A TRIBUTE TO NAYYARA NOOR

Over two unforgettable days in February, the Karwan-e-Hayat family came together to honour the timeless melodies of Nayyara Noor and celebrate the richness of Pakistani culture. But beyond the music and festivities, this annual fund-raiser held a deeper significance. It was a platform to raise vital funds for the treatment and rehabilitation of those battling mental illness. In a world where mental health is more important than ever, coming together to support this cause was truly heartwarming. To our incredible sponsors (Chevron Pakistan, NBP, Habib Metropolitan Bank, McDonalds Pakistan, OGDCL and Bank Alfalah) and our supporters, THANK YOU for standing with us in our mission to support mental health initiatives.



NETWORKING OPPORTUNITIES

Networking visits at Karwan-e-Hayat provided an invaluable opportunity to connect with professionals and stakeholders in the field of mental health. These visits were designed to foster collaboration, share best practices, and enhance understanding of the innovative approaches Karwan-e-Hayat employs in providing comprehensive mental healthcare.



Exploring mental health initiatives with Asad Ali Shah



Community service initiative for Hamdard University's Faculty of Eastern Medicine students



Health advocacy with Zafar Mirza



Collaboration with PARCO



Strengthening bonds with tomatoes.pk



Future Plans and Infrastructure Development with APPNA and AKUH



Ground-breaking partnership with United Medical and Dental College

INTERNATIONAL WOMEN'S DAY

On International Women's Day, Karwan-e-Hayat, Institute for Mental Health Care, hosted a seminar titled "Women's Mental Health" at a local hotel. The seminar, themed "Inspire Inclusion," discussed why women are more prone to mental health disorders, experiencing higher levels of depression and anxiety, exacerbated by domestic violence and the Covid-19 pandemic. Esteemed speakers, including Prof. Dr. Unaiza Niaz, Prof. Dr. Iqbal Afridi, Prof. Dr. Qudsia Tarique, Prof. Dr. Nasim Chaudhry and others, highlighted the challenges women face from an early age and their resilience in overcoming obstacles and societal pressures, particularly in health-related matters.



MEMORANDUM OF UNDERSTANDING (MOU'S) SIGNED

Since the start of the year 2024, Karwan-e-Hayat has collaborated with multiple organizations, fostering growth and development. Catering to thousands, these MoU's outlined collaborative efforts that Karwan-e-Hayat and its partners would engage in, including mental health camps, workshops, knowledge sharing, and other impactful projects.



Inspire Pakistan



Hamdard University



United Medical and Dental College



AKU School of Nursing and Midwifery

NEW MILESTONES ACHIEVED

Karwan-e-Hayat is making inroads to pave the way for a future where mental healthcare is accessible to all. As always, we invite you to become a part of this impactful legacy and support us in our efforts to make mental health care accessible for all.

7,126
New Patient
Registrations



70,319
Follow-ups



780
Patients
Admitted



56,491
Rehabilitation



33,845
Tele Follow-ups



74,447
Pharmacy
Services



For Bank Transfer:

Donation Accounts

United Bank Ltd. (Title: KARWAN-E-HAYAT)
Account no: 162001016135
IBAN: PK98 UNIL 0112162001016135
Branch code: 1620
Sunset Boulevard DHA Branch, Karachi

Allied Bank Ltd. (Title: KARWAN-E-HAYAT)
Account no: 0010010804500014
IBAN: PK 64 ABPA 0010010804500014
Branch code: 0414
Sunset Boulevard Branch, Phase II, DHA, Karachi

Zakat Accounts

Meezan Bank Ltd. (Title: KARWAN-E-HAYAT)
Account no: 0102224427
IBAN: PK44 MEZN 0001050102224427
Branch code: 0105
Marriott Hotel Branch

Dubai Islamic Bank (Title: KARWAN-E-HAYAT
INSTITUTE FOR MENTAL HEALTH CARE)
Account no: 0288385001
IBAN: PK57 DUIB 0000000288385001
Branch code: 009
Clifton Branch, Karachi.

Reach out to us:

Head Office

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Korangi Community Psychiatric Center (KCPC)

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Stay Connected:

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For International Donors:

Tax Exemption donations can be made to Karwan-e-Hayat via i-Care Fund America Inc. by visiting:

<https://i-care-foundation.org/charity/karwan-e-hayat/>
and Click Donate.

Donations through cheque:

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

For Online Donations



Karwan-e-Hayat is a non-profit organization, registered under section 42 of the Companies Act 2017 and has a tax-deductible status under section 2(36) of the Income Tax Ordinance 2001, read with Rules 212 and 220 of the Income Tax Rules 2002.