

# ANNUAL REPORT 2022



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





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Institute for Mental Health Care

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





# Chairman's Message

I am pleased to report that despite multiple challenges during the last two years, particularly the COVID19- pandemic, Karwan-e-Hayat has resolutely continued to deliver its psychiatric services to people suffering from mental illness. I commend the tireless efforts of our caregivers and staff who have worked against all odds, to make this possible.

The past year also witnessed management change at the leadership level, which was seamlessly transitioned in December 2021.

Throughout the year the Board and Management of Karwan-e-Hayat have jointly furthered the mandate of the cross functional sub committees by not only pursuing the goals of our Strategic Plan, but also by ensuring adherence to the systems, policies and procedures set down by the organisation. As Covid 19 was prevalent for a long time, in person meetings were not possible and interaction has been online, via meetings on Zoom.

It is with some pride that we record our progress and achievements in this Annual Report. I want to profusely thank our generous donors for sponsoring the renovation of the three wards for our charity patients, the toilets in the main building, for the installation of a solar power system, for providing a Reverse Osmosis Water Treatment Unit, for gifting ambulatory vehicles for Karwan's Community Outreach Program, for large scale COVID testing and vaccination coverage etc.

Repairs and waterproofing of the entire roof of the main building has been carried out, the canteen has been upgraded and several face lifting and housekeeping initiatives have been executed. Regretfully, our plan for expansion of the female wing by adding another floor has not materialised due to protracted delays in obtaining approval of the building plan.

I am delighted to report that work is ongoing on a donor funded project for the expansion and up gradation of our OPD Block. We expect it to be complete by October 2022.

In conclusion I would like to extend my appreciation and thanks to the Staff, Management and all members of Karwan-e-Hayat. We are indebted to the corporates, organisations, individuals, friends and well wishers who have sustained us in good times and bad through their support, guidance and generosity. We aspire to be the Best in our Class and the Provider of Choice in the field of mental health care in Pakistan.

We are working hard to get there!

Mohammad Salim

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



## CEO's Message

I would like to draw your attention to the havoc that the COVID 19 pandemic has wreaked on the mental health of the masses. As a consequence, the number of people suffering from mental illness has grown exponentially.

To cope with the rapidly increasing influx of patients, Karwan-e-Hayat has had to considerably and urgently expand its services. Now, in the aftermath of the devastation caused by the recent floods, we expect another wave of new patients. We are making necessary arrangements to accommodate and care for them, assessing

logistical requirements and building new OPD's within the existing premises. We invite our supporters to collaborate with us in this effort and to generously help us with their donations.

In 2022 we begin the 40th year of Karwan's existence. To celebrate this anniversary I deemed it expedient to declare 2022 the 'Year of Quality'. Every month of this year will be dedicated to delivering better quality services to those we serve. To achieve this we have launched a new program called 'Yes we Care'. We have identified and given additional assignments to forty members of our staff who are equipped to handle this situation well. Their hard work should translate into improved service delivery to all end users.

In order to increase the professional efficiency of our staff and to improve their expertise and skills, regular training sessions are being held in Karwan-e-Hayat. These are conducted by people who are experts in their field and this training should bring about significant qualitative improvement in the work performance of our staff.

Our innovative Community Outreach Program takes psychiatric care to people living in remote areas of Karachi. This is now beginning to pay dividends to Karwan-e-Hayat. People have become acutely aware of the functions of our institution and K-e-H has become a household name in these areas. For us this is a dream come true!

We welcome collaborations with local and overseas welfare organisations to provide better quality mental health care to our underprivileged patients.

I take this opportunity to warmly thank all our supporters and friends. We would have achieved little without your help. Thanks are also due to our care givers and staff whose effort and hard work has made Karwan-e-Hayat a premier institution in the field of mental health care.

Zaheer Uddin Ahmad

# 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.





# OUR VALUES

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

## Compassion

We shall treat our patients with compassion, understanding and respect.

## Integrity

We shall always provide quality patient care.

## Hope

We shall spread the message of positivity that mental illness is treatable and manageable with professional help.

## Commitment

We shall direct all our efforts towards the alleviation of suffering caused by mental illness.

## 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

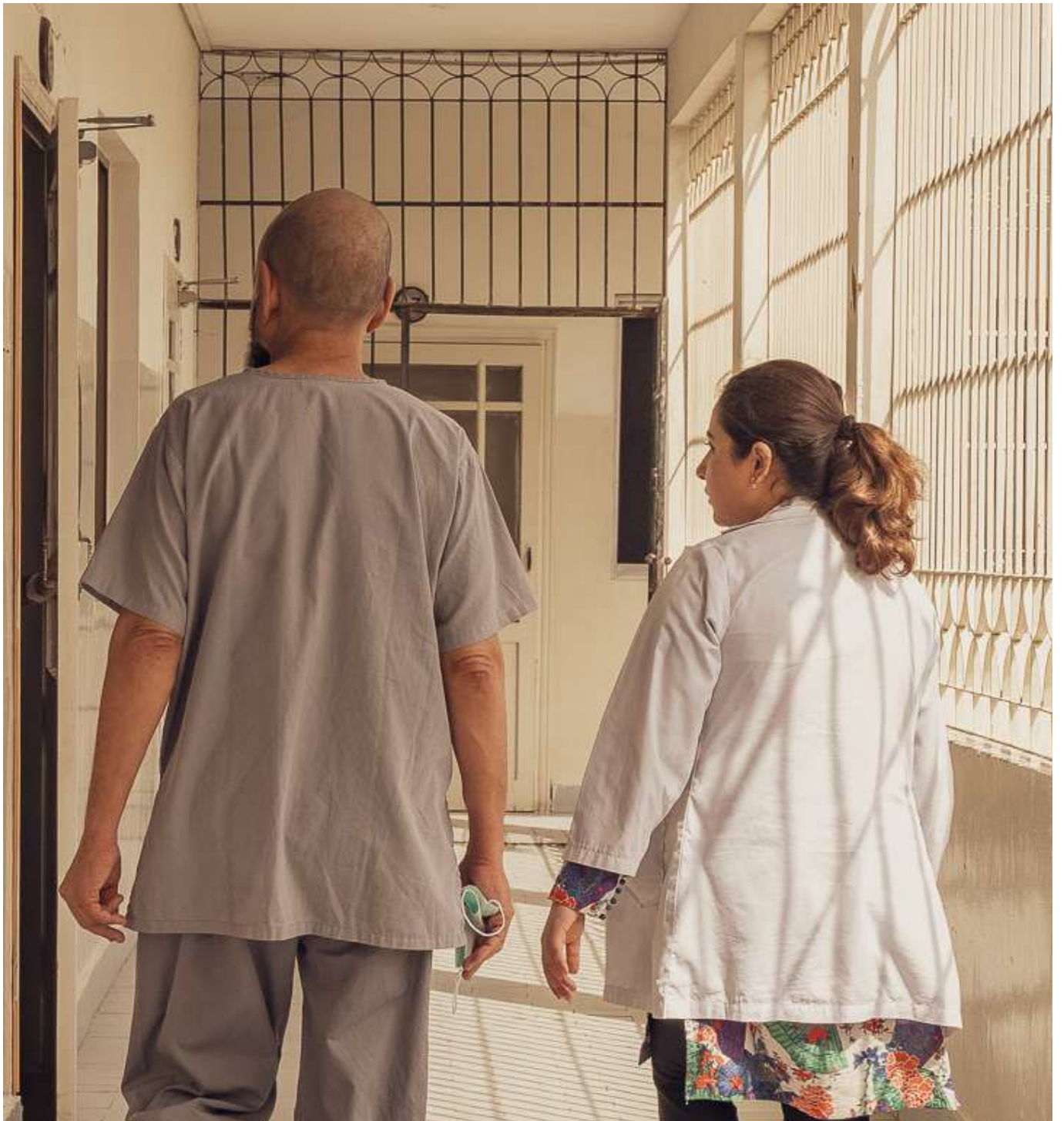
We shall develop strategic partnerships within our community as well as with national and international organizations in the field of psychiatry.

## Excellence

We shall apply the best clinical and rehabilitative practices to treat our patients.



The Team of Karwan-e-Hayat



Mental health is not a destination, but a process  
It's about how you drive, not where you're going.

# THE SIGNIFICANCE AND SCALE OF MENTAL ILLNESS



**It is crucial for us to understand that there is no health without mental health. Unfortunately in a country like Pakistan where the nation is besieged with a plethora of socio-economic and political problems, mental health is ignored at the cost of very real consequences to not just the individual but to society as a whole.**

In Pakistan, the most neglected field of health is mental illness. Only 0.4% of the national health budget is allocated to mental health. Studies show that 10-16% of the Pakistani population suffers from some form of mental illness. In a nation of over 230 million individuals, this amounts to a staggering and alarming number of individuals suffering silently for lack of available mental health care.

Research conducted by the World Health Organization Special Initiative for Mental Health 2019-2023 found that mental health conditions account for 10% of all global health conditions and yet this aspect of health is gravely under-addressed. The same research also found that more than 80% of individuals with mental health conditions do not receive affordable and quality treatment.

An alarming statistic that evidences the urgent need for mental health resources in Pakistan is the suicide rate of 8.9 deaths per 100,000 and this continues to rise. At present, 1 in 4 people (50 million people) in Pakistan are affected by mental health issues such as depression and anxiety. Furthermore, almost 90% of people in need of treatment in Pakistan have no access to any kind of support. There are fewer than 500 psychologists and 400 psychiatrists for a population of 230 million people.

# FACILITATING THE SOLUTION

While mental health awareness is increasing in the developed world, Pakistan is lagging far behind. The vehement social stigma around mental health challenges in Pakistani society means that few people acknowledge their mental illness and fewer still reach out for support. An additional deterrent to timely and necessary treatment is the exorbitant cost of mental health services for lower income groups. All these factors result in mental illness being grossly underreported and undertreated in Pakistan.

Mental illness, when left untreated, can have tragic consequences. Unlike other non-communicable diseases like diabetes or arthritis which affect individuals in the autumn years of their lives, mental illnesses arise and are often most prevalent during youth and middle age which are the years which shape the trajectory of one's entire life. Untreated mental illness completely debilitates the individual, robbing him of the chance of a productive, stable, fruitful and happy life so that he can enjoy and maintain relationships with family and friends.

Mental illness takes multiple forms, from anxiety disorders and personality disorders to different types of psychoses like Schizophrenia and Bipolar Affective Disorder.

The suffering individual requires not just timely and quality professional care but also social and community support.

Karwan-e-Hayat tries to fill this gap in our social fabric by providing underserved communities with access to timely, affordable and quality mental health care that will treat, rehabilitate and fructify their lives and give them an opportunity to lead a better and happier life.

**We can expand care by making every healthcare worker a mental-health worker. This means training all healthcare professionals in the essentials of brain health so they can diagnose & treat mental-health issues, at least to some degree.**

# ABOUT KARWAN-E-HAYAT



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

Karwan-e-Hayat has been working for 40 years in treating mentally ill patients, especially the needy and underserved. It provides medical treatment including OPD, hospitalization, medication, rehabilitation and community services mainly to underprivileged people suffering from mental illness. Consultation and treatment are entirely free of cost and medicines are provided at highly subsidized rates.

It functions at three locations in Karachi:

## **Karwan-e-Hayat, Psychiatric Care & Rehabilitation Centre (PCRC), Keamari**

This is our flagship facility—a modern, purpose-built 100-bed psychiatric hospital established in 2004. It caters to all the needs of mentally ill patients under one roof, providing services through Outpatient Clinics, an Inpatient Facility, a Daycare Unit and a Rehabilitation Centre.

PCRC is the largest psychiatric care facility in Pakistan.

## **Korangi Community Psychiatric Centre (KCPC)**

This began operating in November 2011 in order 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 cost of treatment.

## **North Karachi Center (NKC)**

In 2022 Karwan-e-Hayat expanded its services and facilities by opening the North Karachi Center. This provides outpatient medical services five days a week, in order to facilitate a growing number of daily, walk-in patients suffering from mental illnesses.

# ADVISORY BOARD



## **Prof. Dr. Murad Moosa Khan**

Professor & Head of Depart. of Psychiatry (Rtd.), The Aga Khan University Hospital (AKUH)

## **Justice (Rtd.) Mr. M. Shaiq Usmani**

Retired Judge, Sindh High Court

## **Kamran Y. Mirza**

Former Chairman, KeH

## **Saleemuddin Ahmed**

Former Chairman, KeH

## **Rehana Alam**

Former Director, KeH

## **Akbar Usmani**

Senior Advisor, UNDP (Rtd.)

## **SHARIAH ADVISOR**

Al-Hamd Shariyah Advisory Services  
Mufti Ebrahim Essa  
Mufti Haris Hanif

## **TAX ADVISOR**

Munif Ziauddin and Co  
Chartered Accountants

## **LEGAL ADVISOR**

Usmani and Iqbal  
Advocates & Solicitors

## **EXTERNAL AUDITORS**

BDO Ebrahim and Co  
Chartered Accountants

## **INTERNAL AUDITORS**

Grant Thornton Anjum Rahman  
Chartered Accountants

# BOARD OF DIRECTORS



<b>Chairman</b>	Mohammad Salim
<b>Vice Chairman</b>	Ali Ahmed Khan
<b>Directors</b>	Qaisra Ahmed
	Khalid Bilal Osmany
	Talaat Naeem Tyabji
	Yacoob Suttar
	Shameem Zuberi
	Imran Khalid Zafar
	Meher Bano Qureshi
	Dr. Ayesha Irshad Miyan

# CORPORATE GOVERNANCE



## BOARD AUDIT COMMITTEE

Yacoob Suttar (Chairman)  
Talaat Naeem Tyabji (Member)  
Shameem Zuberi (Member)  
Zaheer Uddin Ahmad (Member)  
Ali M. Asghar (Secretary)

## FUND RAISING AND AWARNESS COMMITTEE

Ali Ahmed Khan (Convenor)  
Qaisra Ahmed (Member)  
Talaat Naeem Tyabji (Member)  
Shameem Zuberi (Member)  
Yacoob Suttar (Member)  
Meher Bano Qureshi (Member)  
Zaheer Uddin Ahmad (Member)  
Peter Joaquim Lobo

## MEDICAL SERVICES AND ETHICS COMMITTEE

Dr. Ayesha Irshad Miyan (Convenor)  
Imran Khalid Zafar (Member)  
Talaat Naeem Tyabji (Member)  
Shameem Zuberi (Member)  
Qaisra Ahmed (Member)  
Zaheer Uddin Ahmad (Member)  
Dr. Uroosa Talib (Secretary)

## HUMAN RESOURCE COMMITTEE

Khalid Bilal Osmany (Convenor)  
Yacoob Suttar (Member)  
Ali Ahmed Khan (Member)  
Zaheer Uddin Ahmad (Member)  
Misbha Bashir (Secretary)



# CORPORATE TEAM

- **Zaheer Uddin Ahmad** Chief Executive Officer
- **M. Ali Asghar** Chief Financial Officer
- **Peter Joaquim Lobo** GM Resource Development & Communication
- **Capt. Syed Vaqar Hasan** GM Administration & Public Relations
- **Saba Naz** Manager Administration
- **Misbha Fahad** Manager Human Resource
- **Jawaid Shah** Manager Grants
- **Shahzaib Khan** Assistant Manager Finance
- **Asad Ali Laghari** Assistant Manager Resource Development
- **Salman Khan** Assistant Manager Supply Chain
- **Nasir Mehmood** Research Associate
- **Liza Dean Munawar** Executive Assistant to CEO
- **Rizwan Jamaluddin** Marketing Coordinator & Graphic Designer
- **Azmat Ali** Health Safety Environment Consultant



Being able to be your true self is  
one of the strongest components of  
good mental health.

# MEDICAL TEAM

- **Dr. Uroosa Talib** Chief Medical Officer
- **Dr. Farah Minhas** Consultant Neurologist
- **Dr. Syed Saad Masood** Junior Consultant
- **Dr. Ashfaque Ahmad** Incharge Community Team
- **Dr. Ahmer Mairaj Maraj uddin** Sr. RMO
- **Dr. Tooba Anum** Sr. RMO
- **Dr. Muhammad Bilal** Sr. RMO
- **Dr. Uroosa Salim** RMO
- **Dr. Aftab Ali Ghulam Sabir** RMO
- **Dr. Tabassum Waris** RMO
- **Dr. Mahnoor Sohail** RMO
- **Dr. Manesh Kumar** RMO
- **Dr. Muhammad Karam Khan** RMO (Evening)
- **Dr. Anum Junaid** RMO (NKC)
- **Mr. Aurangzaib** RMO (Community)
- **Dr. Waqash Talib** RMO (KCPC)
- **Dr. Sumeet Kumar** RMO - Reliever

# REHABILITATION TEAM

- **Yasirah Gohar** Incharge Rehabilitation
- **Shabbir Ali Rashid** Senior Clinical Psychologist
- **Iqra Mehmood Ghaznavi** Clinical Psychologist
- **Irfan Ahmed** Clinical Psychologist
- **Wagma Wahid** Clinical Psychologist
- **Waqas Ali Akbar** Clinical Psychologist
- **Hafsa Sakhi** Occupational Therapist

# NURSING DEPARTMENT

- **Shawkat Hussain** A/N Nursing
- **Hira Shah** Nursing Supervisor
- **Nida Shah** Shift Incharge
- **Babar Awan** Shift Incharge

# SOCIAL WORK TEAM

- **Shabana Irfan** Incharge Social Welfare
- **Mohammad Afzal** Social Worker
- **Marzia Mehdavi** Social Worker



With a vision to provide the highest standards of psychiatric care and rehabilitation services to the mentally disturbed members of society, specially for the marginalized and underserved, Karwan-e-Hayat works for the prevention, relief, and treatment of mental illness.

# PARTNERSHIPS & COLLABORATIONS 2021-22

- |  |   |
|--|---|
| • The Aga Khan University Hospital             | • Aahung                                |
| • SINA Health, Education & Welfare Trust       | • Community Innovation Hub              |
| • AzCorp Entertainment Pvt Limited             | • Sahara Public Rights Organization     |
| • Dr. Ziauddin University                      | • Sehat Kahani                          |
| • Interactive Research & Development (IRD)     | • Robinhood Army                        |
| • Benazir Shaheed Anti-Narcotics Force         | • War Against Rape (WAR)                |
| • NED University                               | • Al-Jannat Welfare International Trust |
| • Health Education & Literacy Programme (HELP) | • ZMT Clinics (Zubaida Machyara Trust)  |
| • Sind Govt. Qatar Hospital                    | • Taskeen                               |
| • Children Hospital, North Karachi             | • Community Health Solutions            |
| • Karachi University                           | • SAHARA Foundation                     |
| • Muhammad Ali Jinnah University               | • Karachi Electric                      |
| • Saylani Welfare Trust                        | • We Care Foundation                    |

## INTERNATIONAL ASSOCIATIONS



# 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 was initially introduced, taught and monitored by faculty members of Rutgers University, USA.

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

## Daycare Activities:

- |                             |                     |
|-----------------------------|---------------------|
| • Arts & Craft Classes      | • Beautician Course |
| • Yoga & Physical exercises | • Library Sessions  |
| • Music Training            | • Cooking Classes   |
| • Computer Training         | • Gardening         |
| • Stitching Classes         | • Movie Sessions    |

## Evidence-Based Practices

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

## Illness Management and Recovery (IMR)

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

## Case Management (CM)

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

## Family Psychoeducation

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

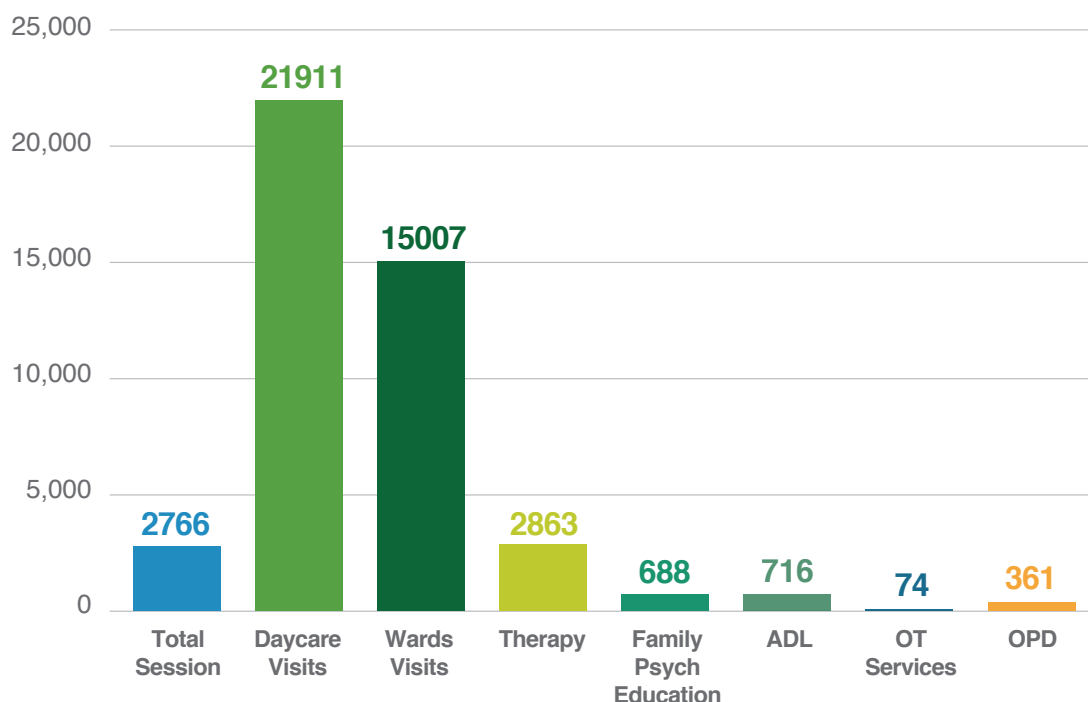
## Wellness Recovery Action Plan (WRAP)

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.

# PSYCHIATRIC REHABILITATION ANNUAL STATISTICS 2021-22



## Day care and ward Activities Report 22

GROUP NAME	NUMBER OF SESSIONS	NUMBER OF PATIENTS ATTENDED	PATIENTS VISITS
<b>CLINICAL GROUPS</b>			
IMR	282	624	2784
Anger Management	102	209	917
Family Psych Education	219	179	137
Pathways to Recovery	64	136	455
WRAP	86	189	609
Mind Over Mood	84	181	549
<b>LEISURE &amp; LIFESTY GROUPS</b>			
Art & Craft	97		534
Yoga	179	281	1053
Sports	102	144	680
Library	173	408	1211
<b>SKILL BUILDING GROUPS</b>			
Social Skill Training	180	300	1077
Self-grooming/Hygiene	195	246	986



Mental health is an integral part of overall health.  
There is no health without mental health.



# CARING FOR OUR MENTAL HEALTH

**We are living in a post-pandemic world. The pandemic has reshaped our lives in myriad ways. The World Health Organization found that COVID19- triggered a %25 global increase in the rise of anxiety and depression worldwide. With the rise in uncertainty around COVID19-, many individuals within Pakistan find themselves struggling to find their balance with the “new normal”. COVID19- has posed a fresh threat to our collective mental health. Psychologists studying the impact of the pandemic on mental health have asserted that we have undergone nothing less than a collective trauma.**



In such circumstances, it is more important than ever before to pay careful attention to the state of our mental health. Some best practices we need to integrate into our lives include checking in with ourselves to see how we are faring mentally, reaching out to professionals for help in dealing with our anxieties and other mental health challenges, and creating a routine of mindful living that eases our stresses and lends itself to overall wellness. Karwan-e-Hayat, being a staunch advocate of the wellness of patients and families affected by the pandemic and society at large encourages the following practices:

- Maintaining a reliable daily routine
- Incorporating mindfulness practices into the daily routine
- Physical exercise
- Eating healthy meals
- Getting enough sleep
- Limiting exposure to stressful and triggering news
- Investing in social relationships that are nurturing and comforting
- Checking in with oneself regularly to gauge how you are faring mentally
- Asking for support from family/friends or professionals if one is struggling

# Road to recovery

## Rashida's Story



Rashida has faced rejection and hostility from the day she was born in a low socio economic household in Karachi. She was told that her mother had either died or run away and being her daughter, she was filth like her. In her tender years she only heard loud voices blaming and cursing her.

There was a woman whom she called Amma, but she could not understand why the lady hated her. She was her step mother. The years passed and eight step siblings were born. They were not allowed to play with her. As they grew older they would pull her hair and torture her. Not a kind word was ever spoken to her, except by a woman whom she called Baji in a Madrasah. Baji welcomed her and introduced her to other children.

Everyone used to go home on weekends and other holidays, but her father never took her. When she cried she was comforted by Baji, her only support. Psychiatric problems now began to surface. She was taken to a local hospital where a mental health doctor prescribed medication. This was the beginning of another long journey!

After numerous visits to many mental health care facilities she was brought to Karwan-e-Hayat where she was admitted in the Women's Wing. Here Rashida's treatment began and she gradually began recovering her mental balance.

After a year, Baji at the Madrasah found a boy to marry her and Rashida moved to another city to live with her husband and in laws. Initially she was happy. After a year she gave birth to a healthy, baby boy.

However, living away from Karachi, her medicine compliance began to slip and as her mental state deteriorated so did her relationship with her in laws and her husband who now became angry and aggressive. He divorced her and sent her back to Baji. To her great distress he kept their son. Baji arranged another marriage for her which lasted only three months.

About six months ago Rashida suddenly appeared at PCRC and told us she had remarried her first husband. She was pregnant again. Through Baji we involved her husband, who was in Lahore, in her treatment. He went through many psych education sessions and seeing her deteriorating mental condition, he agreed to send her back to Karachi for treatment. She was now in the second trimester of her pregnancy and in this situation her treatment plan had to be carefully reviewed.

Rashida stayed for a month in the Women's wing in PCRC and her mental state improved dramatically. During this time her son was allowed to visit her. When she was stable, she returned home and delivered another healthy baby boy. She now lives happily with her family. Although her journey is still ongoing and will have ups and downs, she is managing well.

*Name changed for privacy.*

# Road to recovery

## Shahzad's Story



Shahzad had begun to experience feelings of restlessness, insecurity, and isolation a couple of years ago. An overwhelming sense of inadequacy and failure caused him to live in perpetual fear of what the future would bring. Constant negative thoughts and feelings led him, a capable, unmarried 29 year old, with a bright and successful future ahead of him to give up on his life, to abandon his studies and withdraw into a shell of misery and isolation.

Coming from a large, lower middle class family, Shahzad has five siblings. He had done his Matriculation from a Madrasah, but he wanted to break away from the Madrasah culture. He pursued a secular education and completed his B Tech in software engineering. After this he started working towards a Master's degree in Computer Science from Virtual University.

Shahzad had always prided himself for being independent and capable of dealing with his own problems and issues, but he was now constantly besieged by negative thoughts, feelings of insecurity and a total lack of confidence in himself. The fear of failure stopped him from sitting for his exams. His illness also had a severe impact on his relationship with his parents and siblings.

After having been treated by many psychiatrists without much success, a family member brought him to the OPD in Karwan-e-Hayat. In the OPD, the doctor diagnosed his depression and anxiety. He referred Shahzad to a

clinical psychologist for therapy and counselling and after a thorough evaluation it was determined that Cognitive Behaviour Therapy was the best way forward for Shahzad. Individual therapy sessions began and gradually Shahzad started feeling more confident and comfortable with himself. There was a positive and noticeable improvement in his attitude and behaviour. After a while he went back to work.

He is currently working as a software developer in a private company and he has also resumed studying for his Masters degree in Computer Science. He has done many short online courses to enhance his computer skills. His final exams will be held in the near future and this time he has resolved to sit for them.

Shahzad's therapy sessions continue with regularity, but they have become less frequent than before because he is making good progress. His own effort to get better, his good medicine compliance combined with the hard work of his therapist has shown amazing results. Socially, he is making a concerted effort to repair the relationships he thought he had lost forever.

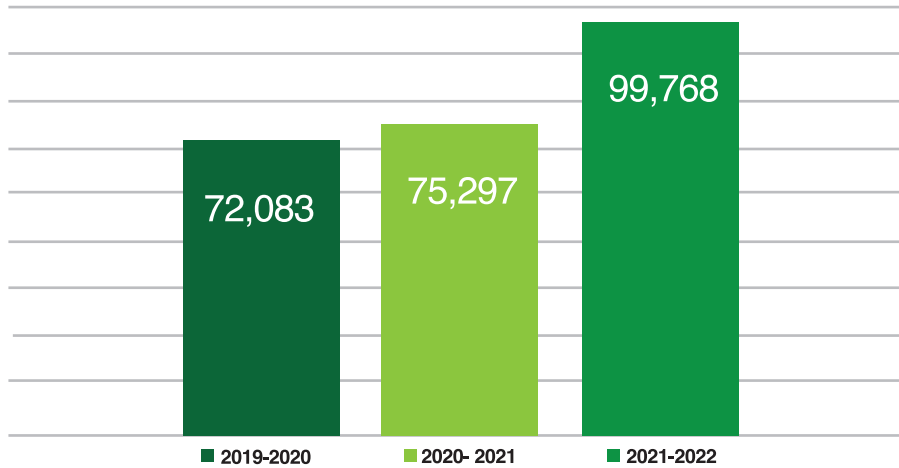
Shahzad now leads a happy and productive life, something he had never thought he would be able to do again.

*Name changed for privacy.*

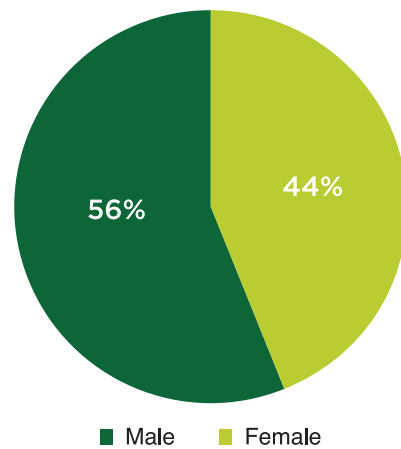
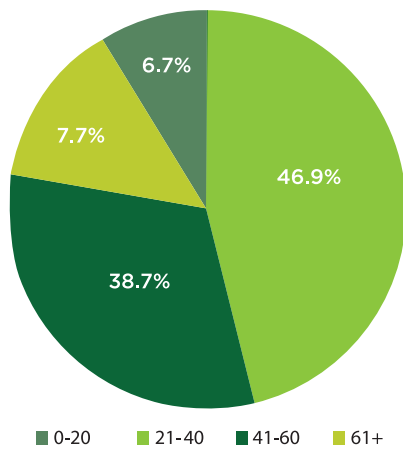
# PATIENTS STATISTICS AT A GLANCE 2021-22

## Patient Data

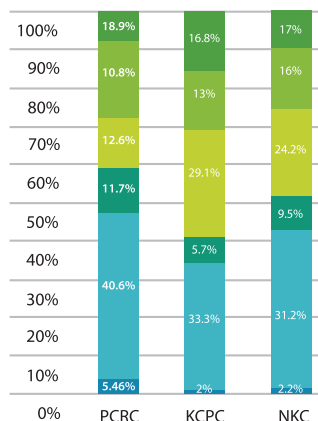
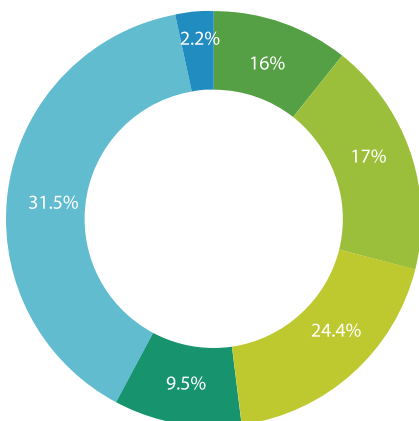
### Total Number of Patient Visits



## AGE GROUP OF PATIENT VISITS 2021-22

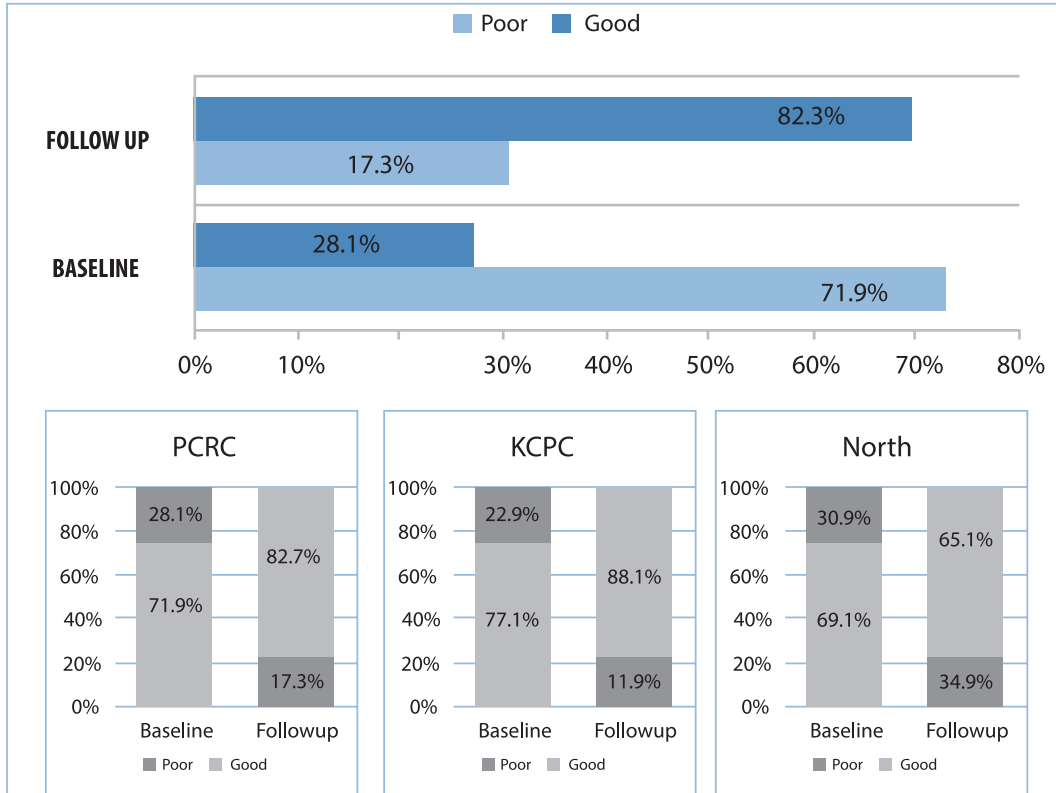


## PATIENT VISIT'S DIAGNOSIS 2021-22



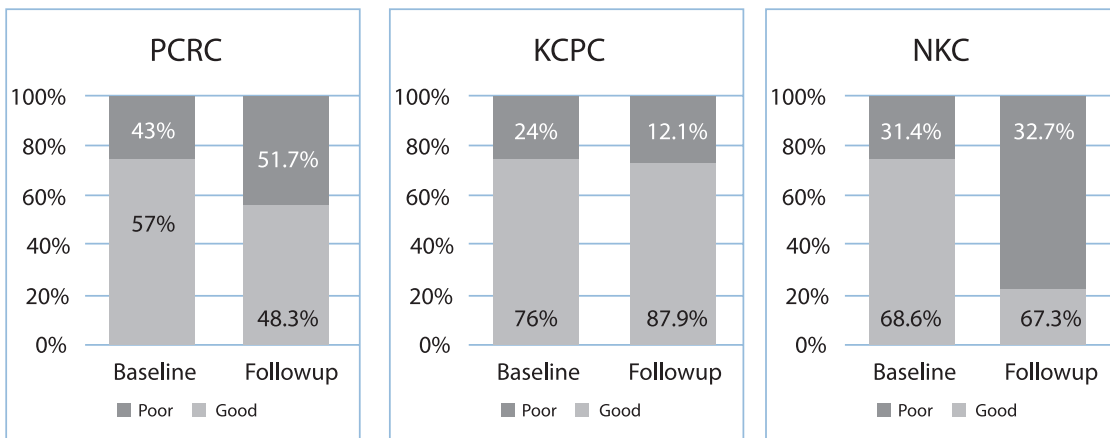
- Anxiety
- Bipolar Affective Disorder
- Depression
- Neurological Disorder
- Schizophrenia
- Substance Related Disorder

## GLOBAL ASSESSMENT OF FUNCTIONING (GAF) OF PATIENTS



## WORK PERFORMANCE OF PATIENTS

Center	Baseline			Follow Up		
	Poor (0-50)	Good (51-100)	Total	Poor (0-50)	Good (51-100)	Total
PCRC	852(28.1%)	2180(71.9%)	3032(100%)	524(17.3%)	2508(82.7%)	3032(100%)
KCPC	385(22.9%)	1295(77.1%)	1680(100%)	200(11.9%)	1480(88.1%)	1680(100%)
NKC	124(30.9%)	277(69.1%)	401(100%)	140(34.9%)	261(65.1%)	401(100%)





## Working Towards Better Mental Health

# COMMUNITY OUTREACH PROGRAM



## FROM JULY 2021 TO JUN 2022

	ZMT CLINIC	MOBILE CLINIC	NEW MOBILE CLINIC (SINA CLINIC)	INDUS MOTORS	SAYLANI TRUST	GRAND TOTAL
CAMP ORGANIZED THIS MONTH	107	144	134	34	52	471
TOTAL PATIENT VISITED	2139	5402	3567	1021	780	12909
MALE	0	3334	1293	485	719	5831
FEMALE	2139	2068	2274	536	61	7078
NEW PATIENT REGISTERED	569	393	1111	280	283	2636
FOLLOW UP PATIENT	1570	5009	2456	741	497	10273
MEDICATION	1818	5062	3299	930	0	11109
PATIENT COUNSELED IN CAMP	235	338	219	48	648	1488
NEW PATIENT 1ST TIME COUNSEL	99	125	118	34	290	666
FOLLOW UP PATIENT COUNSEL	136	213	101	14	386	850
HOME VISIT	121	712	432	101	0	1366
DEPRESSION	719	1183	914	316	140	3272
ANXIETY	945	1916	1591	278	267	4997
OCD	32	44	20	0	39	135
BAD	146	584	204	182	47	1163
SCHIZO AFFECTIVE DISORDER	75	1335	564	160	102	2236
OTHER PSYCHIATRIC	222	340	274	85	185	1106
REFER PATIENT PCRC FOR ADMISSION	0	7	3	0	0	10

# LOCATIONS OF COMMUNITY OUTREACH CAMPS 2020-2021

CLINIC	Location	Day
Ainak Corner	Naziabad #. 3, Near Abbasi Hospital	Every alternate Monday
Dawwam consultant	Block -13D, Gushan e Iqbal	Every alternate Tuesday
SESSI Dispensary	Sindh Employee Social Security Ins. Government Dispensary, Korangi # 3.5	Every alternate Wednesday
Cantonment Dispensary	Korangi Crossing, Korangi,	Alternate Thursdays
VServe clinic	V Serve U Welfare Society, Marton Quarters, Marston Road	Alternate Fridays
ZMT clinic	Near Maskan Chowrangi, Gulshan Iqbal Karachi	Alternate Tuesdays
ZMT Clinic	Sachal Goth, Gulshan Town	Alternate Wednesdays
North Karachi Center	Karwan e Hayat, North Karachi	Alternate Thursdays
ZMT Clinic	Shanti Nagar, Gulshan Town,	Alternate Fridays
Sindh Govt. Qatar Hospital	Orangi Town, Karachi	Every Monday
SEHA Medical	Mehmoodabad, Karachi	Alternate Saturdays
UHCF. B Area	Urban Health Center, District Health Office, F. B Area	Alternate Wednesdays
Al-Mustafa Medical Center	Al Mustufa Trust Medical Center, Korangi 2.5#	Alternate Thursdays
Hussain Lakhani Hospital	Opposite Ziauddin Hospital, North Nazimabad Karachi	Alternate Fridays
Community Center	Saleh Mohd Goth, Bin Qasim Town, Malir	Alternate Wednesdays
Community Center	Kohi Goth, Bin Qasim Town , Malir	Alternate Tuesdays
Community Center	Razzaqabad Sindhi Library, Bin Qasim Town, Malir	Alternate Tuesdays
ZMT Clinic	Shah Faisal Town,	Alternate Fridays
SINA Clinic	Ghagar Phattak	Alternate Thursdays







## HSE: HEALTH, SAFETY AND ENVIRONMENT

Health, Safety and Environment (HSE) are a priority at Karwan-e-Hayat. As such, Karwan-e-Hayat has a well-structured HSE unit overseeing the well-being and safety of not just our patients but also their caregivers and visitors. As an environmentally-conscious and forward-looking organization, Karwan-e-Hayat also ensures our practices are environmentally friendly and cause no damage to the environment.

In light of the COVID-19 pandemic, our motto at Karwan-e-Hayat is “Safety First”. Our HSE unit rolled out responsibilities from top to bottom enabling each staff member to be fully aware and involved in playing his/her part in facilitating our HSE goals. Staff members from various departments were given responsibilities to minimize risks and ensure a safe environment for all.

### OUR “SAFETY FIRST” STANCE INCLUDES THE FOLLOWING MEASURES:

#### PERSONAL PROTECTION STANDARD

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

#### SAFE USE OF CHEMICALS FOR FUMIGATION

For effective fumigation and pest control, Karwan-e-Hayat defined a process using globally approved chemicals. Staff was equipped with PPE for their safety and given special training to make them aware of Material Safety Data Sheet (MSDS).

#### TRAINING AND AWARENESS SESSIONS

In keeping with our Safety First ethos, Karwan-e-Hayat organises regular in-house and external training for staff members. We also conduct refresher courses throughout the year.

#### CANTEEN AND FOOD SAFETY

To ensure that the food provided to the patients is safe and healthy and to minimize the risk of food-borne diseases, the HSE unit regularly conducts food, health and hygiene inspections. A Food Committee oversees food quality and safety at Karwan-e-Hayat.

# World Mental Health Day 2021

## Mental Health in an Unequal World



World Mental Health Day is an important day which doesn't receive the attention it deserves. It highlights a world-wide commitment to raise awareness about mental health issues and mobilize efforts to support, bolster, and facilitate mental health globally. Being custodians of mental health awareness and facilitation, Karwan-e-Hayat commemorates World Mental Health day annually with great fervor and enthusiasm by hosting a celebratory event to mark the day.

This year the event was held on October 14, 2021 at The Regent Plaza Hotel. The theme for this year was "Mental Health in an Unequal World" There are perhaps few places that better embody the theme than Pakistan, where the wealth divide between rich and poor means access to mental health services for the vast majority of the population are very limited or entirely absent.

A number of speakers who carry a passion for mental health awareness spoke at the event. They highlighted the fact that there is no health without mental health and that the importance of mental health is at par with physical health. The speakers emphasized that mental health comprises emotional, psychological and social well-being. It is crucial for the healthy and functional life of an individual in his daily life, in his inter-personal relationship, and his interaction with society as a whole. A healthy society necessitates individuals who enjoy stable mental health. They also highlighted that the COVID-19 pandemic had brought with it tremendous uncertainty which has resulted in fear and anxiety which has caused an alarming increase in mental health issues in the population at large.

Prof. Dr. Iqbal Afridi emphasized that mental health care facilities should be accessible to all and there should be no discrimination in services. He applauded the efforts of Karwan-e-Hayat in the field of mental health treatment for the poor and marginalized. Mr. Aaly Khan stated that it was essential to raise awareness about mental illness which is at present a highly stigmatized and neglected branch of medicine.

The event organized by Karwan-e-Hayat renewed the commitment of all present to work for the destigmatization of mental illness and the formation of a healthy society where individuals enjoy mental stability and well-being.



## Independence Day

Team Karwan-e-Hayat and its patients celebrated Pakistan's Independence Day on August 14, 2021 with great patriotism and fervour. After the flag hoisting ceremony, patients sang national songs. This was followed with a cake cutting ceremony. Staff members and patients planted trees and vowed to contribute in making Pakistan green.



## World Suicide Prevention Day 'Creating Hope through Action'



A seminar was organized on World Suicide Prevention Day (WSPD) at Regent Plaza on September 10, 2021. The theme of WSPD 2021, was "Creating hope through action". This reflected the need for collective action to address this urgent mental health issue. The event stressed that all members of society had to bear the responsibility of helping to prevent suicides. Globally, it is estimated that there is a suicide every 40 seconds.

The panel of speakers included Prof. Dr. M. Iqbal Afridi, Dean, Faculty of Psychiatry, College of Physicians and Surgeons; Prof. Dr. Haider Naqvi, Head of Psychiatry, Dow University of Health Sciences; Prof. Dr. Ejaz Ahmed Vohra, Director Post Graduate (Clinical), Dr. Ziauddin University and Prof. Dr. Qudsia Tariq, Chairperson Department of Psychology, University of Karachi.

All the speakers emphasized that suicides and suicide attempts had ripple effects that impacted not only the individuals, but the entire society. The associated risk factors for suicide, such as job or financial loss, trauma or abuse, mental illness and substance abuse and barriers to accessing health care, have been further amplified by COVID-19.

## Collaborations – Sindh Govt. Qatar Hospital



Dr. Naushad Ghulam Rasool, M.S. of Sindh Govt. Qatar Hospital and Mr. Zaheeruddin Babar former CEO Karwan-e-Hayat, inaugurated a Community Outreach Camp in Orangi Town on September 27, 2021 to help mentally ill patients who found it difficult to reach any of our three centers. KeH teams were always culturally sensitive and helped them to gradually regain their mental health through counselling and medication. Awareness sessions were also held to enlighten community members about mental illness, its prevalence and treatment. Counseling and medication are also provided.

## Run for a Cause 'Mental Illness is Treatable'



KeH hosted its third marathon 'Run For A Cause' in collaboration with Born2Run Pakistan, at Ramada Creek Hotel DHA, Phase 8, on October 10, 2021. The marathon included men and women from all walks of life. Mr. Aaly Khan, well-known actor and TV host, inaugurated the 5-kilometer run as the chief guest. Speaking on the occasion he said that such events should be regularly organized as they encouraged people to stay fit and highlighted the fact that a healthy mind was essential for a healthy body.

## Ambulance Donation



On February 3rd 2022, the President of Rotary Club of Karachi, Mr. Pervez Haroon Madraswala, and Vice President, Mr. M. Ajaz Saya, handed over an ambulance to Karwan-e-Hayat, at Beach Luxury Hotel. The Chairman of KeH, Mr. M. Salim, C.E.O. Mr. Zaheer Uddin Ahmad, and the senior management team of Karwan-e-Hayat were present at the event.

## 11th International CSR Awards 2022



Karwan-e-Hayat was honoured to receive awards in two categories of the 10th International CSR Awards held on February 4th, 2022 in Karachi. KeH was presented awards in the categories of Cause Advocacy/ Awareness Campaign and Responsible Supply Chain. This is the most prestigious Recognition Awards Programme for Corporate Social Responsibility registered with IPO (Intellectual Property Rights Organisation). The award honours organisations/companies for their leadership, sincerity and ongoing commitment to ethical values, compliance with legal requirements and respect for individuals, communities and the environment.

## KHI Awards 2022



A proud moment for Karwan - our CEO Mr Zaheeruddin Ahmad and our Chief Medical Officer, Dr Uroosa Talib accepting this award for recognition of the impact made on local communities by K-e-H's quality mental health care.

## Inauguration Ceremony of the KeH Training and Development Room

The inauguration ceremony of the Training and Development Room was held at Karwan's Psychiatric Care and Rehabilitation Center (PCRC), Keamari on March 30th 2022. To inaugurate the room Mrs. Qaisra Ahmed, a director of Karwan-e-Hayat performed the ribbon cutting ceremony. Present on the occasion were other board members and many esteemed guests, including Mr. Kamran Mirza and Mr. Saleemuddin Ahmed who were both former chairman of Karwan-e-Hayat. The event was followed by tree plantation within the premises.



## MoU with SINA Health, Education & Welfare Trust



On June 21st, Karwan-e-Hayat, Institute for Mental Health Care, signed a MoU with SINA Health, Education & Welfare Trust. Through this MoU, Karwan-e-Hayat will provide free-of-cost mental health care to patients in the vicinity of Engro Polymer & Chemicals (Pvt.) Ltd at the SINA clinic situated at Gaghar Phattak. This clinic began functioning on June 24, 2022.

## Pre-conference Seminar on “Mental Health Challenges”



On June 18th, Karwan-e-Hayat Institute for Mental Health Care, in collaboration with Al-Sayed Psychiatric Institute, organized a pre-conference seminar on «Mental Health Challenges and Solutions», at the Movenpick Hotel, Karachi. This event was conducted in preparation for the Second Psychiatric and Psychosocial Rehabilitation Conference to be held at the end of the year.

## 40th Year Celebration



The beginning of Karwan-e-Hayat's 40th year was celebrated through a memorable event on June 30, 2022. The entire Karwan-e-Hayat family came together for this special occasion. Karwan-e-Hayat has completed four decades of supporting and rehabilitating the mentally ill peoples in our society. Much progress has been made already, yet we continue to strive for further improvement. To mark this as the 'Year of Quality', we aim to provide higher standards of psychiatric care to our patients.

## Youth Mental Health Awareness



On 2nd July 2022, Karwan-e-Hayat hosted an event for the awareness of mental health among youth. Various influencers, doctors and personalities from social media highlighted the importance of taking care of our mental health. They appreciated the work Karwan-e-Hayat does to help those who suffer from mental illnesses specially the pors and underserved sections of our society.

# OUR SUPPORTERS & SPONSOR ORGANIZATIONS



# Financial Statements

For the year ended  
June 30, 2022



# Director's Report



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

- The financial statements prepared by the management of the Company present its state of affairs, the result of its operations, cash flows and changes in equity.
- Proper books of accounts of the Company have been maintained.
- Appropriate accounting policies have been consistently applied in preparation of the financial statements and accounting estimates are based on reasonable and prudent judgement.
- International Financial Reporting Standards, as applicable in Pakistan, have been followed in preparation of the financial statements.
- The system of internal control is sound in design and has been effectively implemented and monitored.
- There are no significant doubts upon the Organization's ability to continue as a going concern.
- There has been no material departure from the best practices of corporate governance as detailed in the regulations.

Financial statements for the year 2021-2022 are presented in this report.



**FINANCIAL STATEMENTS  
OF  
KARWAN-E-HAYAT (INSTITUTE FOR MENTAL  
HEALTH CARE)  
FOR THE YEAR ENDED  
JUNE 30, 2022**

**BDO Ebrahim & Co. Chartered Accountants**

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

## AUDITOR'S REPORT TO THE MEMBERS ON THE FINANCIAL STATEMENTS

### Opinion

We have audited the annexed financial statements of Karwan-e-Hayat (Institute for Mental Health Care) (the Institute), which comprise the statement of financial position as at June 30, 2022, 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, 2022 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, 2022, 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 are responsible for overseeing the Institute's financial reporting process.

### **Auditor's Responsibilities for the Audit of the Financial Statements**

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

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

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Institute's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Institute's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Institute to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

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



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

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

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

KARACHI

DATED: 01 OCT 2022

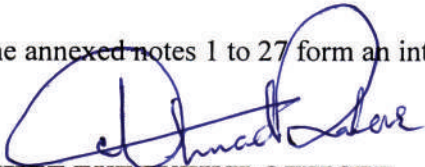
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**BDO EBRAHIM & CO.  
CHARTERED ACCOUNTANTS**

**KARWAN-E-HAYAT (INSTITUTE FOR MENTAL HEALTH CARE)**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT JUNE 30, 2022**

<b>ASSETS</b>	<b>Note</b>	<b>2022</b>	<b>2021</b>
		----- <b>(Rupees)</b> -----	
<b>NON-CURRENT ASSETS</b>			
Property and equipment	4	46,366,856	11,516,019
Long-term deposits and advances		660,049	8,002,225
Long-term investments	5	39,300,000	52,310,000
		<u>86,326,905</u>	<u>71,828,244</u>
<b>CURRENT ASSETS</b>			
Inventory	6	4,887,512	6,837,450
Advances and prepayments	7	2,888,258	1,950,684
Short-term investments	8	57,000,000	60,000,000
Contribution receivable		11,707,293	15,404,756
Interest accrued on investments		2,650,515	1,951,568
Cash and bank balances	9	41,606,890	3,347,218
		<u>120,740,468</u>	<u>89,491,676</u>
<b>TOTAL ASSETS</b>		<u><u>207,067,373</u></u>	<u><u>161,319,920</u></u>
<b>FUNDS AND LIABILITIES</b>			
<b>RESERVES</b>			
General fund		74,353,531	59,241,132
Endowment fund		55,000,000	55,000,000
		<u>129,353,531</u>	<u>114,241,132</u>
<b>NON-CURRENT LIABILITY</b>			
Liabilities against assets subject to finance lease	10	-	516,073
<b>CURRENT LIABILITIES</b>			
Accrued and other liabilities	11	12,960,226	24,034,282
Current portion of finance lease		-	188,128
Deferred grant	12	64,753,616	22,340,305
		<u>77,713,842</u>	<u>46,562,715</u>
<b>TOTAL FUNDS AND LIABILITIES</b>		<u><u>207,067,373</u></u>	<u><u>161,319,920</u></u>
<b>CONTINGENCIES AND COMMITMENTS</b>	13		

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

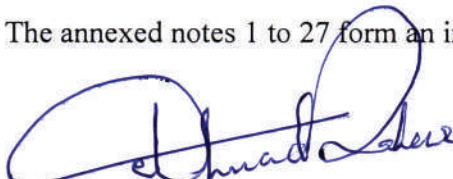
  
**CHIEF EXECUTIVE OFFICER**

  
**DIRECTOR**

**KARWAN-E-HAYAT (INSTITUTE FOR MENTAL HEALTH CARE)  
STATEMENT OF INCOME AND EXPENDITURE  
FOR THE YEAR ENDED JUNE 30, 2022**

	Note	2022 ------(Rupees)-----	2021
<b>INCOME</b>			
Donations	14	44,989,823	43,693,034
Zakat	15	52,592,231	34,099,951
Receipts from patients	16	81,075,580	57,660,857
Grant income	17	11,319,678	13,568,408
Investment income		7,858,776	7,121,432
Other income	18	4,050,551	921,550
		<u>201,886,639</u>	<u>157,065,232</u>
<b>EXPENDITURE</b>			
Operating expenses	19	<u>166,060,133</u>	<u>130,921,150</u>
Administrative and general expenses	20	<u>20,714,107</u>	<u>17,967,008</u>
		<u>186,774,240</u>	<u>148,888,158</u>
Excess of income over expenditure for the year		<u>15,112,399</u>	<u>8,177,074</u>

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

  
**CHIEF EXECUTIVE OFFICER**

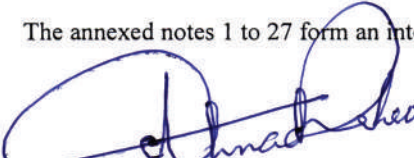
  
**DIRECTOR**



**KARWAN-E-HAYAT (INSTITUTE FOR MENTAL HEALTH CARE)**  
**STATEMENT OF CASH FLOWS**  
**FOR THE YEAR ENDED JUNE 30, 2022**

	2022	2021
Note	------(Rupees)-----	
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		
Excess of income over expenditure for the year	15,112,399	8,177,074
Adjustments for non cash and other items:		
Depreciation	4,320,492	3,490,334
Interest income on investments	(7,858,776)	(7,121,432)
Finance cost	155,387	129,671
	<u>11,729,502</u>	<u>4,675,647</u>
<b>Increase / (Decrease) in current assets</b>		
Inventory	1,949,938	(285,918)
Advance and prepayments	(937,574)	(540,643)
Contribution receivable	3,697,463	210,309
	<u>4,709,827</u>	<u>(616,252)</u>
<b>Increase in current liabilities</b>		
Accrued and other liabilities	(11,074,056)	1,325,937
Finance cost paid	(155,387)	(129,671)
Deferred grant	42,413,311	8,034,134
	<u>31,183,868</u>	<u>9,230,400</u>
Net cash generated from operating activities	<u>47,623,197</u>	<u>13,289,795</u>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>		
Additions to property and equipment	(29,509,817)	(4,253,164)
Additions to CWIP	(10,562,067)	(285,000)
Proceeds from disposal of property and equipment	900,555	65,553
Short term investments	3,000,000	(28,500,000)
Long-term deposits and advances	7,342,176	(7,892,176)
Long term investments	13,010,000	-
Interest received on investments	7,159,829	7,234,092
Net cash used in investing activities	<u>(8,659,324)</u>	<u>(33,630,695)</u>
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>		
Liabilities against assets subject to finance lease	(704,201)	(450,793)
Net cash used in financing activities	<u>(704,201)</u>	<u>(450,793)</u>
Net increase / (decrease) in cash and cash equivalents	38,259,672	(20,791,693)
Cash and cash equivalents at the beginning of the year	3,347,218	24,138,911
Cash and cash equivalents at the end of the year	<u>41,606,890</u>	<u>3,347,218</u>

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

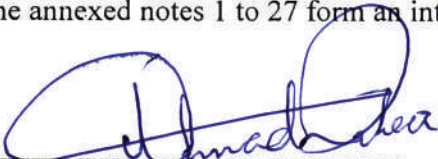
  
**CHIEF EXECUTIVE OFFICER**

  
**DIRECTOR**

**KARWAN-E-HAYAT (INSTITUTE FOR MENTAL HEALTH CARE)  
STATEMENT OF CHANGES IN FUND BALANCE  
FOR THE YEAR ENDED JUNE 30, 2022**

	General fund	Endowment fund	Total
	------(Rupees)-----		
Balance as at July 01, 2020	51,064,058	55,000,000	106,064,058
Surplus for the year	8,177,074	-	8,177,074
Balance as at June 30, 2021	<u>59,241,132</u>	<u>55,000,000</u>	<u>114,241,132</u>
Balance as at July 01, 2021	59,241,132	55,000,000	114,241,132
Surplus for the year	15,112,399	-	15,112,399
Balance as at June 30, 2022	<u>74,353,531</u>	<u>55,000,000</u>	<u>129,353,531</u>

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

  
**CHIEF EXECUTIVE OFFICER**

  
**DIRECTOR**

**KARWAN-E-HAYAT (INSTITUTE FOR MENTAL HEALTH CARE)  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED JUNE 30, 2022**

**1. STATUS AND NATURE OF ACTIVITIES**

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

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

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

<b>Location</b>	<b>Owned/Rented</b>	<b>Usage</b>
KPT & Karwan-e-Hayat Psychiatric Care and Rehabilitation Centre, Plot #SC-54, Darussalam Housing Society	Rented	Psychiatric and Rehabilitation Centre
The Jami Clinic at Punjab Colony	Rented	Community Psychiatric
G-38 Sector 11-k North Karachi	Owned	Outpatient Clinic
	Rented	Outpatient Clinic

**2. BASIS OF PREPARATION**

**2.1 Statement of compliance**

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

- International Financial Reporting Standard for Small and Medium-sized Entities (IFRS for SMEs) issued by the International Accounting Standards Board (IASB) as notified under the Companies Act, 2017;

- Accounting Standard for Not for Profit Organizations (Accounting Standard for NPOs) issued by the Institute of Chartered Accountants of Pakistan as notified under the Companies Act, 2017; and
- Provisions of and directives issued under the Companies Act, 2017.

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

## **2.2 Basis of measurement**

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

## **2.3 Functional and presentation currency**

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

## **2.4 Significant accounting estimates and judgments**

The preparation of financial statements is in conformity with the approved accounting and reporting standards. These 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 affected.

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

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

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

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

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

##### **Owned**

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

Depreciation on property and equipment is charged to statement of income and expenditure applying the straight line balance method whereby the cost of an asset is reduced over its estimated useful life at rates specified in note 4 to the financial statements. Depreciation on additions is charged from the month in which an asset is acquired or 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 disposal or retirement of operating fixed assets is taken to statement of income and expenditure.

##### **Leased**

At the inception of a lease, the right of use of the leased assets is capitalized at the fair value of the leased assets or, if lower, at the present value of minimum lease payments. Lease payments are apportioned between the finance charges and reduction of the lease liability so as to achieve a constant rate of interest on the remaining balance of the liability. Finance charges are charged to the statement of income and expenditure.

#### **3.1.1 Contributed property and equipment**

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

## **3.2 Financial instruments**

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

### **3.2.1 Impairment**

#### **3.2.1.1 Financial assets**

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

#### **3.2.1.2 Non - financial assets**

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

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

### **3.3 Inventory**

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

### **3.4 Accrued and other liabilities**

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

### **3.5 Deferred grant**

Grant received for the specific purpose 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 recognized 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 recognized at effective yield on time proportion basis.

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

### **3.7 Provisions**

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

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

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

### **3.9 General fund**

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

### **3.10 Restricted funds**

Funds received for specific purposes are classified as restricted funds with separate accounting records being maintained for each fund.

Restricted funds representing donations and other related income and cost recoveries are classified as restricted funds. Expenses incurred out of restricted funds are reflected in the income and expenditure account. Funds utilized for capital expenditure are transferred to deferred capital grant account, with an amount of equal charge for depreciation on assets so purchased being transferred to deferred capital grants.

### **3.11 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.

### **3.12 Foreign currency transactions and translation**

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



### **3.13 Taxation**

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

### **3.14 Contingent liability**

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

### **3.15 Allocation of expenses**

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

4. PROPERTY AND EQUIPMENT

	2022	2021
Operating assets	35,519,789	11,231,019
Work in progress	10,847,067	285,000
	46,366,856	11,516,019

4.1 Operating assets

Particulars	Note	(Rupees)						Rate -%			
		Cost as at July 01, 2021	Additions during the year	Disposal during the year	Cost as at June 30, 2022	Accumulated depreciation as at July 01, 2021	Depreciation for the year		Disposal	Accumulated depreciation as at June 30, 2022	Written down value as at June 30, 2022
<b>Owned</b>											
Building on leasehold land	4.1	10,356,005	5,843,243	-	16,199,248	8,582,555	516,680	-	9,099,235	7,100,013	10
Electrical fittings and equipments		5,230,913	3,807,473	-	9,038,386	2,873,423	846,751	-	3,720,174	5,318,212	15
Reverse Osmosis plant		4,146,170	-	(1,200,000)	2,946,170	1,439,501	580,000	(1,199,999)	819,502	2,126,668	20
Furniture and fixtures		5,831,228	5,163,362	-	10,994,590	4,529,295	481,949	-	5,011,244	5,983,346	10
General equipments		2,735,389	301,260	(6,061)	3,030,588	1,473,262	381,276	(6,060)	1,848,478	1,182,110	15
IT equipments		6,152,310	4,418,038	-	10,570,348	5,415,088	939,792	-	6,354,880	4,215,468	33
Vehicles		-	9,892,175	-	9,892,175	-	298,203	-	298,203	9,593,972	20
<b>Leased</b>											
Vehicle		2,340,275	84,266	(2,424,541)	-	1,248,147	275,841	(1,523,988)	-	-	20
<b>Total Rupees - 2022</b>		<b>36,792,290</b>	<b>29,509,817</b>	<b>(3,630,602)</b>	<b>62,671,505</b>	<b>25,561,271</b>	<b>4,320,492</b>	<b>(2,730,047)</b>	<b>27,151,716</b>	<b>35,519,789</b>	

Particulars	Note	(Rupees)						Rate -%			
		Cost as at July 01, 2020	Additions during the year	Disposal during the year	Cost as at June 30, 2021	Accumulated depreciation as at July 01, 2020	Depreciation for the year		Disposal	Accumulated depreciation as at June 30, 2021	Written down value as at June 30, 2021
<b>Owned</b>											
Building on leasehold land	4.1	10,356,005	243,835	(4,187,282)	10,356,005	7,632,502	950,053	-	8,582,555	1,773,450	10
Electrical fittings and equipments		9,174,360	2,900,000	-	5,230,913	6,390,959	605,896	(4,123,432)	2,873,423	2,357,490	15
Reverse Osmosis plant		1,246,170	42,500	(423,178)	4,146,170	1,204,692	234,809	-	1,439,501	2,706,669	20
Furniture and fixtures		6,211,906	380,284	(567,303)	5,831,228	4,676,110	274,743	(421,558)	4,529,295	1,301,933	10
General equipments		2,922,408	686,545	(27,671)	2,735,389	1,716,636	323,849	(567,223)	1,473,262	1,262,127	15
IT equipments		5,493,436	-	-	6,152,310	4,809,827	632,929	(27,668)	5,415,088	737,222	33
<b>Leased</b>											
Vehicle		2,340,275	-	-	2,340,275	780,092	468,055	-	1,248,147	1,092,128	20
<b>Total Rupees - 2021</b>		<b>37,744,560</b>	<b>4,253,164</b>	<b>(5,205,434)</b>	<b>36,792,290</b>	<b>27,210,818</b>	<b>3,490,334</b>	<b>(5,139,881)</b>	<b>25,561,271</b>	<b>11,231,019</b>	

4.1.1 This represents cost incurred by the Institute on building situated at Plot No 14 - A, Kemari, 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.

4.1.2 The additions during the year include additions amounting to Rs. 11.3 million (2021: Rs. 3 million) attributed to the contributed fixed assets donated to the Institute.

	Note	2022 ------(Rupees)-----	2021
<b>4.1.3 Allocation of Depreciation</b>			
Operating expenses	19	4,061,262	3,280,914
Administrative and general expenses	20	259,230	209,420
		<u>4,320,492</u>	<u>3,490,334</u>
<b>4.2 Capital work in progress</b>			
Balance at July 01, 2021		285,000	-
Additions	4.2.1	10,562,067	285,000
Balance at June 30, 2022		<u>10,847,067</u>	<u>285,000</u>
4.2.1 The capital work in progress pertain to renovation in OPD block at KPT location.			
<b>5. LONG TERM INVESTMENTS</b>			
Special saving certificates	5.1	<u>39,300,000</u>	<u>52,310,000</u>
5.1 Rate of return on these certificates ranges from 11% to 11.8% (2021: 11% to 11.4%) whereas month of maturity is January, 2022 to January, 2023 (2021: January, 2022 to January, 2023).			
<b>6. INVENTORY</b>			
Balance as at July 01		6,837,450	6,551,532
Purchased		14,175,850	9,079,704
Received in kind		749,640	4,519,547
		<u>21,762,940</u>	<u>20,150,783</u>
Consumed		(16,875,428)	(13,313,333)
Balance as at June 30		<u>4,887,512</u>	<u>6,837,450</u>
<b>7. ADVANCES AND PREPAYMENTS</b>			
Advance to staff		81,387	53,882
Prepaid insurance		1,133,222	930,960
Advance rent		50,000	-
Prepaid fee & subscription		248,600	174,000
Advance from patient		-	92,674
Shelter service payable		-	1,000
Other advances		1,375,049	698,168
		<u>2,888,258</u>	<u>1,950,684</u>

	Note	2022 ------(Rupees)-----	2021
<b>8. SHORT-TERM INVESTMENTS</b>			
Term deposit receipts			
More than 3 months maturity	8.1	<u>57,000,000</u>	<u>6,000,000</u>
		<u>57,000,000</u>	<u>6,000,000</u>

8.1 These represents term deposits carrying mark-up rates ranging from 4.25% to 11% (2021: 4.67% to 6%).

## 9. CASH AND BANK BALANCES

Cash in hand		282,142	166,558
Cash at bank			
current account		9,923,516	2,087,156
savings account	9.1	<u>31,401,232</u>	<u>1,093,504</u>
		<u>41,606,890</u>	<u>3,347,218</u>

9.1 These savings accounts carry profit rates ranging from 6.5% to 9.5% (2021: 5.5% to 8.5%) per annum.

## 10. LIABILITIES AGAINST ASSETS SUBJECT TO FINANCE LEASE

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

	2022		2021	
	Minimum Lease Payment	Present Value	Minimum Lease Payment	Present Value
Not later than one year	-	-	580,464	188,128
Later than one year and not later than five years	-	-	870,695	516,073
	-	-	<u>1,451,159</u>	<u>704,201</u>
Less: Future finance charges	-	-	(746,958)	-
Present value of minimum lease payments	-	-	<u>704,201</u>	<u>704,201</u>
Less: Current portion of finance lease	-	-	(188,128)	(188,128)
	-	-	<u>516,073</u>	<u>516,073</u>

10.1 The Institute and Sindh Leasing Company agreed on early settlement of remaining lease liability amounting to Rs. 704,201 during the year as a result vehicle's ownership was transferred to the Institute.

	Note	2022	2021
		------(Rupees)-----	
<b>11. ACCRUED AND OTHER LIABILITIES</b>			
Provident fund		-	14,026,542
Accrued expenses		2,418,221	1,350,480
Withholding tax payable		500,826	322,627
Payable for medicines purchased		-	559,862
Contribution payable to Employees' Old-Age Benefits Institution (EOBI)		1,321,495	881,275
Advance from patient		602,215	-
Miscellaneous		8,117,469	6,893,496
		<u>12,960,226</u>	<u>24,034,282</u>
<b>12. DEFERRED GRANT</b>			
Deferred grant for property, equipment and intangible assets		22,595,713	21,858,607
Receipt from donor - restricted	12.1	42,157,903	481,698
		<u>64,753,616</u>	<u>22,340,305</u>
12.1	This includes grant amounting to Rs. 18.868 million received from Faisal Mehmood Ghani for renovation of OPD at the KPT location.		
<b>13. CONTINGENCIES AND COMMITMENTS</b>			
There are no contingency and commitments of the Institute as at June 30, 2022 (2021: Nil).			
<b>14. DONATIONS</b>			
From domestic sources			
Donations from corporates		21,920,000	14,371,071
Donations from other NGO's		229,040	-
Donations from individuals		14,852,178	14,683,906
Donations in kind		7,988,605	14,638,057
		<u>44,989,823</u>	<u>43,693,034</u>
<b>15. ZAKAT</b>			
Zakat from domestic resources		<u>52,592,231</u>	<u>34,099,951</u>

	2022	2021
	------(Rupees)-----	
<b>16. RECEIPTS FROM PATIENTS</b>		
Consultation fee	2,540,518	3,329,556
Day care unit	1,199,866	383,751
Medicine recovery	8,814,616	6,301,572
Receipt from in patient	68,489,955	47,583,248
Registration fee	30,625	62,730
	<u>81,075,580</u>	<u>57,660,857</u>
<b>17 GRANT INCOME</b>		
<p>This represents the grant received for the two projects with DAI Global, LLC (the Donor). The grant had been provided by virtue of the contract of 'Fixed Amount Award' under which the amount of grant is fixed in local currency.</p> <p>Following are the details of projects:</p> <ul style="list-style-type: none"> <li>- Psychosocial Support for Victims of Violence.</li> <li>- Provision of medical services to victim of violence through providing basic hospital equipment to major Public services Hospitals in Karachi, as well as provide training to the paramedic staff of emergency department.</li> </ul>		
<b>18 OTHER INCOME</b>		
Profit on sale of fixed asset	2,023,945	-
Canteen Income	929,548	741,295
Miscellaneous income	887,591	-
Tender / registration fee / renewal registration fee	120,000	116,000
Members fee	34,500	47,500
Income from World Mental Health Day conference - net	-	16,755
Workshop Income	54,967	-
	<u>4,050,551</u>	<u>921,550</u>
<b>19 OPERATING EXPENSE</b>		
Salaries, wages and other benefits	74,366,494	66,847,573
Medicine consumed	16,875,428	13,313,333
Fee and subscription	3,882,294	2,153,567
Patient food	13,157,866	7,986,490
Marketing and advertisement	6,340,226	7,088,827
Travelling and conveyance	2,926,782	3,273,584
Utilities	8,485,472	6,141,490
IT services	474,229	-
Security services	3,010,430	-

	2022	2021
Note	------(Rupees)-----	
Printing and stationery	1,112,391	969,292
Repair and maintenance	2,883,867	4,398,837
Consumables	12,265,114	5,181,012
Internet charges	723,947	877,126
Laundry	1,595,031	946,649
Uniform	889,700	-
Day care and rehabilitation	114,644	182,733
Education and training	11,491	218,181
Depreciation	4,061,262	3,280,914
Bank charges	70,105	70,105
Insurance	2,106,522	1,169,883
Rent, rates and taxes	2,566,393	1,634,487
General provision	-	3,167,604
Other expenses	2,758,586	2,019,462
Doctor's Incentive	5,381,859	-
	<u>166,060,133</u>	<u>130,921,150</u>
<b>20. ADMINISTRATIVE AND GENERAL EXPENSES</b>		
Salaries , wages and other benefits	17,229,501	14,618,999
Fee and subscription	118,245	293,668
Utilities	541,626	392,010
Printing, stationery and postage	278,098	242,323
Repairs and maintenance	184,077	280,777
Depreciation	259,230	209,420
Travelling and conveyance	731,695	553,146
Auditor's remuneration	410,000	378,000
Insurance	134,459	74,673
Rent, rates and taxes	25,923	16,510
IT services	14,227	-
Security services	90,313	-
Internet charges	180,986	219,281
Members meeting expenses	-	44,442
Bank charges	245,991	313,804
Other expenses	114,349	200,284
Finance cost	155,387	129,671
	<u>20,714,107</u>	<u>17,967,008</u>
<b>20.1 Auditor's Remuneration</b>		
Audit fee	345,118	310,000
Out of pocket	34,512	40,000
Sindh sales tax	30,370	28,000
	<u>410,000</u>	<u>378,000</u>

	Note	2022 ------(Rupees)-----	2021
<b>20.2 Insurance</b>			
Life insurance		1,973,182	1,079,450
Other insurance		267,799	165,106
		<u>2,240,981</u>	<u>1,244,556</u>

## 21. CASH AND CASH EQUIVALENTS

Cash and bank balances	9	41,606,890	3,347,218
		<u>41,606,890</u>	<u>3,347,218</u>

## 22. REMUNERATION OF CHIEF EXECUTIVE AND OTHER EXECUTIVES

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

	2022			2021		
	Chief Executive Officer	Executives	Total	Chief Executive Officer	Executives	Total
Salary and other allowances	7,492,865	5,217,232	12,710,097	7,658,840	7,092,172	14,751,012
Number of persons	1	2		1	3	

22.1 Directors of the Institute have not charged salary / meeting fee during the year ended June 30, 2022

## 23. RELATED PARTY TRANSACTIONS

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

Membership fee received from directors during the year	<u>34,500</u>	<u>47,500</u>
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	2022	2021
	------(Rupees)-----	
<b>24. FINANCIAL INSTRUMENTS BY CATEGORY</b>		
<b>Assets</b>		
Financial assets measured at amortised cost		
Long-term investments	39,300,000	52,310,000
Contribution receivable	11,707,293	15,404,756
Short-term investment	57,000,000	60,000,000
Interest accrued on investments	2,650,515	1,951,568
Cash and bank balances	41,606,890	3,347,218
<b>Total Assets</b>	<u>152,264,698</u>	<u>133,013,542</u>
<b>Liabilities</b>		
Financial liabilities measured at amortised cost		
Accrued and other liabilities	<u>12,459,400</u>	<u>23,711,655</u>

**25. NUMBER OF EMPLOYEES**

	2022	2021
Operational	107	133
Head office	22	27
Total number of employees of the Institute as at year end	<u>129</u>	<u>160</u>
Average number of employees as at year end	<u>145</u>	<u>150</u>

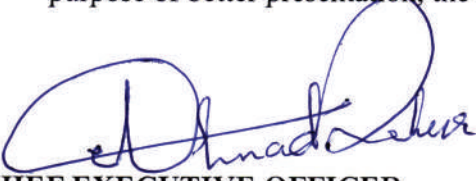
**26. DATE OF AUTHORIZATION OF FINANCIAL STATEMENTS**

These financial statements were authorized for issue by the Board of Directors on 01 OCT 2022.

**27 GENERAL**

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

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

  
**CHIEF EXECUTIVE OFFICER**

  
**DIRECTOR**



# Pakistan Centre *for* Philanthropy

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

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

*Karwan-e-Hayat*

is certified as per NPO evaluation standards notified by FBR.

  
Executive Director



**PCP-R3/2020/163**

Certification No.

**21-07-2020**

Issued on

**21-07-2023**

Valid up to

**Islamabad**

Place of issue



**ALHAMD SHARIAH ADVISORY SERVICES**

**(PVT) LIMITED**

Date: 10<sup>th</sup> August, 2022

**SHARI'AH PRONOUNCEMENT FOR PAYING ZAKAT 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 AT KEH:**

At KEH, each patient is assessed as to whether he/she is Zakat deserving or not, according to the Shari'ah principles. If the patient is confirmed to be Zakat deserving then he/she, through an Agency Agreement, appoints the management of KEH to receive Zakat on the patient's behalf and utilize the same in treatment of the Zakat deserving patients. The management of KEH receives Zakat on the patients' behalf and utilize the same. The tasks involved in the framework are performed by the Front Desk Officers 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 THE SHARI'AH ADVISOR (ASAS):**

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

This pronouncement is valid till 30<sup>th</sup> June, 2023.

**MUFTI MUHAMMAD IBRAHIM ESSA**

For and on behalf of  
Alhamd Shariah Advisory Services Private Limited



**‘When it comes to mental health,  
all countries are developing countries’**

**CONTACT INFORMATION:**

Name: .....

Address: .....

City: ..... Province: ..... Postal Code: .....

Phone #: ..... Cell #: ..... E-Mail: .....

**DONATION / ZAKAT PLEDGE INFORMATION:**

Amount: Rs. ....  Donation  Zakat

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

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

Start Date: ..... End Date: .....

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

**HOW YOU CAN DONATE (PAYMENT OPTIONS):**

Cheque Enclosed (Payable to Karwan-E-Hayat)

Cheque #: ..... Date: ..... Bank: .....

Amount Rs. .... (Amount in words: .....) )

**Donation Accounts**

**United Bank Ltd**

Account no: 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

**Zakat Accounts**

**Dubai Islamic Bank**

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

**Meezan Bank Ltd**

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

**For USA Donors**

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

Donations through check:

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

**For Online Donations**



**SCAN ME**



# Sponsorship and Donation Packages

Sponsor Inpatients	Treatment of 1 inpatient with Hospitalization, Consultation, Medication, Daycare, Rehabilitation & Meals	Monthly Rs. 85,000
		Annually Rs. 1,000,000
Inpatient Beds	100 beds required for inpatients	Cost of 1 bed Rs. 24,000
		Total cost of 100 beds Rs. 2,400,000
Bed Sheets	100 bed sheets required every month	Cost of 1 bed sheet Rs. 850
		Total cost of 400 bed sheets Rs. 340,000
Mattresses	100 Mattresses required every year	Cost of 1 mattress Rs. 10,000
		Total cost of 100 mattresses Rs. 1,000,000
Patients Admission Pack	100 packs per month which Includes consumable items like toothbrush, toothpaste, soap, towel, tissue, comb etc.	Cost of 1 pack Rs. 800
		Annual Cost Rs. 960,000
Medicine for Patients	Psychiatric Medicines for OPD and Inpatients	Monthly Cost of 1 Patient Rs. 2,000
		Monthly Cost of 100 Rs. 200,000
Food for Patients (Meals)	1 Patient per day x 3 meals	Cost of food per month Rs. 100,000
		Cost of food per month Rs. 3,000,000
Patient Clothing	Monthly patient clothing for 100 patients	Cost of 3 uniforms per patient Rs. 6,000
		Total cost of 300 uniforms Rs. 600,000

## Note:

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





**Karwan-e-Hayat, Institute for Mental Health Care**  
Psychiatric Care & Rehabilitation Centre (PCRC)  
Building No. KV 27 & 28, Adjacent to KPT Hospital  
Keamari, Karachi.


 UAN: (021) 111 534 111

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 [karwan-e-hayat](https://www.linkedin.com/company/karwan-e-hayat)