



Chairman's Message



2022 was an amazing year for Karwan-e-Hayat.

We faced immense challenges in the Post-Covid era, ranging from increased patient visits to record inflation, higher electricity, fuel and medicine costs and escalating expenses associated with patients care (bed occupancy, meals, utilities, etc.).

The situation was further compounded by lower inflow of donor funds which had been largely diverted to flood relief efforts. I am pleased to report, that despite the headwinds, the Team responded well and remained focused on providing quality patient care.

During the second half of 2022, the OPD Block was expanded through a donor funded project which was executed and commissioned in a safe, timely and professional manner. Another donor funded venture, the Solar Power Project, is in the final commissioning stage. It will assist in lowering our electricity bills in 2023 and beyond.

Looking ahead, the Team aspires to handle even more patients and provide care and rehabilitation to the mentally ill among the underserved segment of our society.

I would like to thank all our donors, advisors, well-wishers, management and the Board for their commitment and participation in supporting Karwan-e-Hayat in the vital role it is playing.

Mr. Mohammed Salim

NAUSHEEN FAISAL GHANI OPD BLOCK



With tremendous effort and dedication, Karwan-e-Hayat launched its new OPD Block for patients on Oct 22, 2022. The new OPD Block will enable trouble-free operation and accommodate more patients.

It is a one-window operation for the ease of patients and their families.





Karwan-e-Hayat celebrates Independence Day with enthusiasm and zeal.



Workshop: Theater of the Oppressed

A two-day Theater of the Oppressed workshop was organized at Karwan-e-Hayat on 6th and 7th October, 2022. The workshop was facilitated by Mr. Mehmood and Ms. Kainat from the Interactive Research and Development (IRD) team. Psychologists, nurses and community teams participated in this workshop. All the sessions were interactive and the attendees found the sessions to be productive since innovations were introduced that could be helpful to the patients. At the end of the workshop, Karwan-e-Hayat CEO Mr. Zaheer Uddin Ahmad and CMO Dr. Uroosa Talib thanked everyone and awarded souvenirs to the facilitators.



Karwan-e-Hayat & Crescent Steel Collaboration

On October 17, Karwan-e-Hayat & Crescent Steel joined hands to promote mental well-being and to spread awareness among their employees about the significance of mental health. Yasirah Gohar, Head of Rehabilitation at KeH, conducted a session on Work Place Stress Management with an interactive Q&A session. The session took place at Crescent Steel's head office and was available online for their remote workers



Stress Management Session at Engro Friesland Campina, Oct. 24

Karwan-e-Hayat conducted a session on mental well-being and stress management for Engro Friesland Campina at their head office. The objective was to spread mental health awareness among the employees. Employees also joined online to participate and benefit from the discussion. Among the attendees were Managing Director, Ali Ahmed Khan, and HR Director, Muhammad Shoab.

Suicide Prevention & Awareness Seminar

Karwan-e-Hayat organized a Suicide Prevention & Awareness seminar at Marriott Hotel, Karachi. The seminar was attended by renowned doctors and experts. There were insightful discussions about mental health awareness, ways to check and prevent suicide and treatment possibilities. Professionals from Karwan-e-Hayat also put forward their opinion and experiences about treating patients who suffered from suicidal thoughts.

The speakers included Prof. Dr. Haider Naqvi, Prof. Dr. Qudsia Tarique, Prof. Dr. Raza Ur Rehman, Prof. Dr. Imran B Chaudhry, Prof. Dr. Zafar Haider, Prof. Dr. Iqbal Afridi, Senator Dr. Kareem Ahmed Khawaja, CMO of Karwan-e-Hayat, Dr. Uroosa Talib.



Patient Statistics Of KeH Services July to December 2022



90,277
Total patient visits at KeH



3,355
New patients registered



25,231
Follow-up patients in OPD



18,942
Patients availed rehabilitation services



18,063
Follow up calls



24,686
Pharmacy services

World Mental Health Day

Members of the psychiatric fraternity joined Karwan to celebrate World Mental Health Day and took active part in discussing issues regarding the stigma surrounding mental health, ending in a lively Q&A session. Students from Karachi University, Bahria University, Mohammad Ali Jinnah University, Ziauddin University and Federal Urdu University participated and set up various stalls to support the cause of mental health.

The speakers included Karwan-e-Hayat Chairman Mohammad Saleem, CEO, Zaheer Uddin Ahmad, CMO Uroosa Talib, Dr. Ajmal Kazmi, Prof. Dr. Qudsia Tarique, Dr. Raza Ur Rehman and Prof. Dr. Khalida Rauf.

A special play called 'Mental Health Problems in Society' was presented by IRD.



Media Coverage on World Mental Health Day

CMO Karwan-e-Hayat, Dr. Uroosa Talib represented KeH on the occasion of World Mental Health Day at PTV National morning show.

She emphasized the importance of a healthy and balanced life style as the key to good mental health and explained how people in need can benefit from Karwan-e-Hayat, which is a ray of hope for those affected by mental illness.



October 6, 2022 - Karwan-e-Hayat signed an MoU with Ziauddin Hospital

This venture will provide immense training and internship opportunities for students of ZUH. This will open avenues to mental health research, training, and development opportunities.



November 18, 2022 - Karwan-e-Hayat signed an MoU with the House of Pebbles

This collaboration will promote patient referral and the mutual interests of both the institutions in facilitating their services. The House of Pebbles was represented by their CEO, Ms. Nayab Zafar and Aisha Jawed Motiwala, Program Manager.



November 7, 2022 - Karwan-e-Hayat signed an MoU with Federal Urdu University

This will promote mutual interests of both institutions in research and development, education, training and exchange of knowledge on a long-term non-commercial basis. FUU was represented by Dr. Khalida Tanveer and Dr. Shahid Iqbal.



Karwan-e-Hayat signed a Memorandum of Understanding with Karachi University for joint ventures in the area of mutual interests in research, development, education and training.

The MoU encompasses all faculties and department of KU and KeH and promises to be of benefit to both institutions.



YesWeCare

Total Quality Management (TQM) can be summarized as a management system for a customer-focused organization that involves all employees in improving constantly. It utilizes strategy, data, and effective communications to integrate quality into the culture and activities of the organization. Mr Zaheer Uddin Ahmad has set up a committee to bring TQM to Karwan-e-Hayat. Now renamed YesWeCare, this initiative will be an ongoing effort to upgrade the current premises and introduce quality refinements in every department. The committee is comprised of 45 members and sub-committees are also in place for better implementation.

Contact Details

Karwan-e-Hayat, Psychiatric Care and Rehabilitation Center (PCRC)
Building No. KV-27 & 28, Adjacent to KPT Hospital, Keamari - Karachi.
Tel: (+92) 21 32856774/5, (+92) 21 32856879

Korangi Community Psychiatric Center (KCPC)
Sector 35-C, Near PSO Pump & Aga Khan Lab., Korangi 3.5 Karachi.
Cell: 03000722534 - 03000721534

North Karachi Center (NKC)
House No. G-38, Sector 11-K, Mohalla Sanobar Cottage, North Karachi.
Tel: (+92) 21 36960866, Cell: (+92) 300 072 2534



Donation Accounts

United Bank Ltd. (Account Title: Karwan-e-Hayat)
Account no: 162001016135 - Branch code: 1620
IBAN: PK98 UNIL 0112162001016135
Swift code no: UNIL PKKA
Sunset Boulevard DHA Branch, Karachi

Allied Bank Ltd. (Account Title: Karwan-e-Hayat)
Account no: 0010010804500014 - Branch code: 0141
IBAN: PK 64 ABPA 0010010804500014
Swift code: ABPA PKKA
Sunset Boulevard Branch, Phase II, DHA, Karachi

Zakat Accounts

Meezan Bank Ltd.
Account no: 0102224427 - Branch code: 0105
IBAN: PK44 MEZN 0001050102224427
Swift code: MEZN PKKA, Marriott Hotel Branch

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

For USA Donors

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



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