

MESSAGE FROM THE CEO:

Welcome to another edition of Karwan-e-Hayat's biannual Newsletter!

As we continue to navigate through the post-Covid aftershocks, the Karwan team charges forward on a daily basis to ensure that our patients receive the best treatment and rehabilitation possible.

Flipping through the pages of this newsletter, you will get a clear glimpse of the efforts made by the team to enhance Karwan's brand awareness and the message that we stand for. The motivation and commitment that the team displays regularly must be commended. Heaps of praise must go to our employees, whose dedication and hard work have elevated Karwan-e-Hayat to the status of a major center for mental health treatment.

Our 65 KVA hybrid solar power donor-funded project, which was in the final commissioning stage in the last quarter of 2022, has now been completed. This solar system is fully operational and is giving us electricity production up to 40 KVA. This has reduced our electricity bills and generator usage. Two other donor-funded projects, focused on improving the façade of the Karwan-e-Hayat hospital and the roof of the ladies wing, have also progressed well since April and are in the final stages of completion.

Our successes, such as the ones mentioned above, would not have been possible without the help and support of Karwan's friends. I would like to take this opportunity to sincerely thank all our well-wishers and supporters. Karwan-e-Hayat cannot perform as well as it does without your help!



Zaheer Uddin Ahmad

CAREER FAIRS:

Karwan-e-Hayat participated in Career Fairs at **DHA SUFFA University**, **IBA - Institute of Business Administration** and **Iqra University**. While these job fairs provided an ideal platform to talk about job vacancies and institutional achievements, the team used this opportunity to offer career counselling and talk to the students about keeping their minds healthy. The Karwan HR team, ably assisted by CEO, Mr. Zaheer Uddin Ahmad, interacted with students at the various institutions and imparted valuable information about Karwan to the students.



STUDENT VISITS:

Karwan-e-Hayat is not just a leader in the treatment and rehabilitation of psychiatric illnesses, it is now moving towards becoming a center of excellence in education as well. Karwan's flourishing student program allows students from across the academic spectrum to gain knowledge and experience in dealing with the treatment, challenges and rehabilitation of those affected by psychiatric ailments. Final year students can come as volunteers, do their internships or complete their clinical rotation responsibilities here.

The student internship program adds another dimension to Karwan's involvement with the community. Through this endeavor, budding psychiatrists and healthcare workers get much-needed experience, which aids in their professional development.

This year, Karwan-e-Hayat facilitated students from:

- Bahria College
- Nixor College
- Ziauddin College of Rehabilitation Services
- Hamdard University
- Commeccs College
- CAS School



NETWORKING AND SUPPORT

BRITISH DEPUTY HIGH COMMISSION:

A team from the office of the British Deputy High Commission visited Karwan-e-Hayat Head Office. The esteemed guests included Mr. Shehryar Aziz (Economic Advisor) and Ms. Sarah Peng (Trade Manager). The purpose of the visit was to engage with KeH, understand its scope of work and to explore avenues of collaboration in enhancing the psychiatric care services offered to the underprivileged. The guests were appreciative of the work done to date and were interested in extending support to KeH for its existing community projects as well as other upcoming projects.



MONDELEZ PAKISTAN:

Spreading Smiles just before Eid! Karwan-e-Hayat was extremely pleased and thrilled to receive very generous in-kind donations from Mondelēz International just before Eid. The donated items were distributed among the patients. The Eid goodies made the occasion even more festive for them.



TOMATOES.PK:

Karwan-e-Hayat was the happy recipient of a thoughtful and generous in-kind donation from Mr. Usman Ahmed, Managing Partner, of tomatoes.pk. Mr. Ahmed visited Karwan-e-Hayat personally to ensure that the donation of ration packs was handed over to the management.



ROTARY CLUB OF KARACHI CONTINENTAL:

Rotary Club of Karachi, Continental has generously adopted one community outreach camp for the duration of one year. Earlier, President of Rotary Club of Karachi, Continental, Mr. Mansoor Ali Khan, and the in-coming President, Mr. Iftikhar Azam, had visited Karwan-e-Hayat and met with Mr. Zaheer Uddin Ahmad, CEO Karwan-e-Hayat, and other senior members. In May 2023, Mr. Mansoor Ali Khan paid a visit to the adopted camp, Sindh Employees Social Security Institute (SESSI) outreach community camp at Korangi, to personally observe how the Karwan-e-Hayat team was performing at the camp.



UNHCR:

50 Dignity Kits were donated by UNHCR Pakistan to Karwan-e-Hayat for the benefit of female patients at the hospital. Health and hygiene are a big component of the overall goal set by UNHCR and their partners. UNCHR officials and members of Inspire Pakistan visited in June to meet with the team at Karwan-e-Hayat and discuss future collaborations as well as to hand over the kits to the management.



Continue on next page →

Karwan-e-Hayat hosted a team from UNHCR at the KeH Head Office. The esteemed UNHCR guests included Mr. Peter Ventevogel (Senior Mental Health & Psychosocial Support Officer), Dr. Pervez Shawkat (Associate Public Health Officer at UNHCR) and Ms. Sadia Zahir (Senior Protection Assistant). The purpose of the visit was to engage with KeH, understand the scope of its work and discuss ways to help in the delivery of psychiatric care services to the underserved population. UNHCR showed interest and extended support to KeH for its existing community projects as well as upcoming projects.



PIECES DIALOG + INTERVENTION:

On a visit to Karwan-e-Hayat, a team from PIECES mental health initiative, led by IRD Global and Principal Investigator, Ms. Victoria Bird, from Queen Mary University of London, met with KeH management. The purpose of this visit was to get an update on the ongoing Randomized Control Trial, and discuss strategies to scale up the DIALOG+ intervention and to collaborate further with the KeH clinicians.



AWARDS:

Karwan-e-Hayat received two awards - "Community Impact Award" and "Cause Advocacy Awareness Campaign Award" at the 12th Annual Corporate Social Responsibility Summit & Awards 2023 as a recognition of the services and overall performance of the organization over the past year.



EVENTS, CELEBRATIONS AND MEDIA APPEARANCES:

WORLD WOMEN'S DAY:

Karwan-e-Hayat held a seminar on World Women's Day, titled, "Women's Mental Health" which took place at the KPT Staff College on March 8, 2023. The aim of this seminar was to highlight the challenges women face daily, especially women affected by the pandemic, recent floods, and societal discrimination, and the toll these circumstances take on their mental health. The seminar also highlighted and celebrated the resilience and strength of these women as they overcame such mental health challenges today and every day. The guest speakers for the event were Prof. Dr. Naeem Siddiqui, Prof. Dr. Iqbal Afridi, Prof. Dr. Unaiza Niaz, Prof. Dr. Haider Naqvi and Senator Dr. Karim Khawaja. The event also included a theatre play presented by IRD.





PAKISTAN DAY:

On March 21, 2023, Karwan celebrated Pakistan Day with zeal and patriotism. The medical staff and patients arranged an event at the hospital in Keamari. Speeches, song competitions, and a tree plantation drive were held to mark the occasion.



EID UL FITR:

The medical and rehab staff organized Eid celebrations at Karwan-e-Hayat. Gifts and sweets were distributed among all the patients, and mehndi was applied to female patients. Prayers were held in the morning on the first day of Eid, after which the patients were treated to delicious Eid treats and gifts.

ELECTRONIC MEDIA:

During the month of Ramazan, Karwan-e-Hayat had **television appearances** on the following channels:

- **ARY Digital** • **Aaj TV** • **Dawn News**

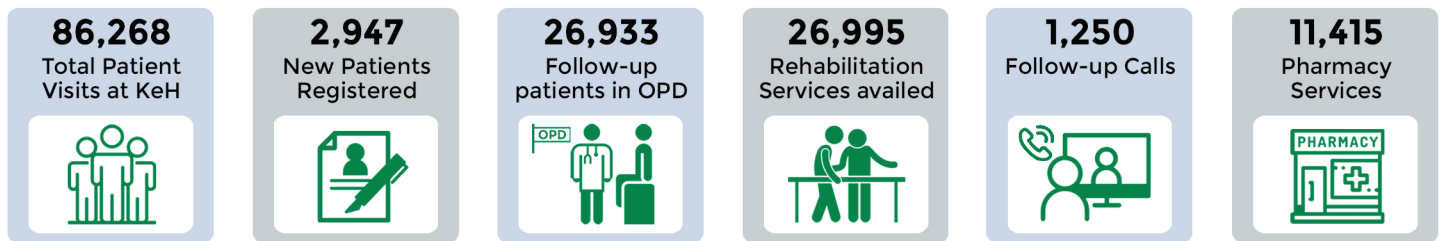
As part of our fundraising campaign, Karwan-e-Hayat benefitted from the use of electronic media to further the cause of mental health and to showcase the role of Karwan in the treatment and rehabilitation of those suffering from psychiatric ailments.

HEALTH, SAFETY & ENVIRONMENT:

Karwan-e-Hayat is pleased to announce that it has received the following:

- Certified "Basic Life Support 2023" team recognition, awarded by Aga Khan University Hospital
- Recognition for fire safety implementation according to "Building Code of Pakistan", awarded by Fire Protection Association of Pakistan
- Recognition for "Fire Safety & EHS Arrangements", awarded by Karachi Port Trust
- License renewed by "Sindh Food Authority" to operate kitchen at Karwan-e-Hayat based on successful inspection

PATIENT STATISTICS (January 2023 – June 2023)



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

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: 0414
 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 000105010224427
 Swift code: MEZN PKKA, Marriott Hotel Branch

Dubai Islamic Bank
 Account no: 0288385001 - Branch code: 009
 IBAN: PK57 DUIB 0000000288385001
 Swift code: DUIB PKKA, 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-fund-organization.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 Donation

UAN: (021) 111 534 111

- www.keh.org.pk
- [keh.org.pk](https://www.facebook.com/keh.org.pk)
- [@KarwanHayat](https://twitter.com/KarwanHayat)
- [karwanehayat](https://www.instagram.com/karwanehayat)
- [karwan-e-hayat](https://www.linkedin.com/company/karwan-e-hayat)

