

During the past six months that I have been with Karwan-e-Hayat, we have observed tremendous improvement and expansion, especially with our zakat campaign which has raised above 50 million in donation. This is the first success story under our leadership, setting the course for the journey that KeH has embarked upon and that we plan to follow in the future. Over the past six months, our staff, irrespective of their position in the organizational hierarchy, have changed 100% compared to prior years. I believe that our 40th year should be termed as the 'Year of Quality,' focusing on quality management and quality through people. By the end of the 40th year, I trust that we will be a quality industry. There are challenges on the way, but I will devote all my efforts toward the future growth of this organization and the inculcation of quality, kindness and empathy.

MR. ZAHEER UDDIN AHMAD

CHIEF EXECUTIVE OFFICER
CEO'S MESSAGE:

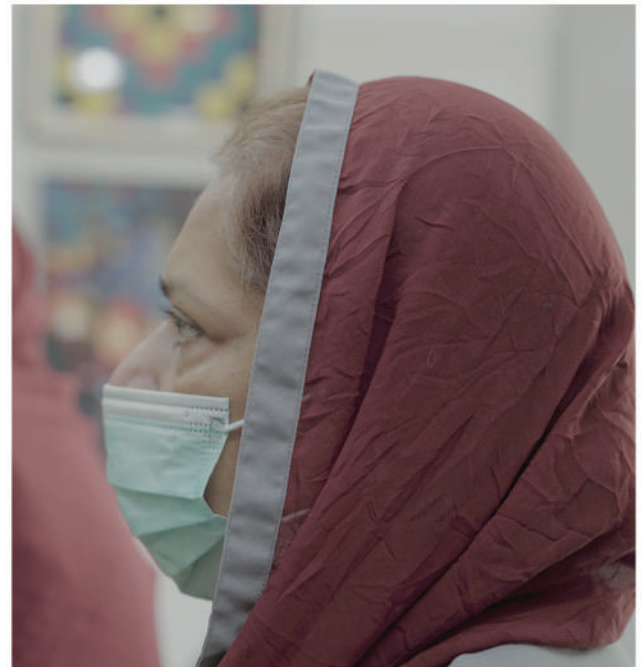


SUCCESS STORY

Sara, an architect by profession, was brought to Karwan-e-Hayat for treatment about six years ago. She was given full pharmacological treatment and was enrolled in the rehabilitation program. An individualized plan keeping her needs in mind was devised by the doctors and they also helped her understand her own illness. She made a swift recovery but continued to visit Karwan-e-Hayat for her therapy needs.

Sara returned to her profession and became a faculty member at PAF KIET. With the help of an international grant, Sara led a team of volunteers to restore a historic mosque in Swat and wrote a book called "Cherishing Poetry in Wood and Stone" based on her work.

There are many Saras in our surroundings. With early diagnosis & correct treatment, they too can contribute significantly to society. Sara's success provides a ray of hope to all the patients at Karwan-e-Hayat.



MASS PCR TESTING DRIVE



On 18th January, amid the current fifth wave of the Covid-19, Omicron variant, a mass PCR testing drive was organized in Karwan-e-Hayat for its patients and staff. Early detection can prevent the variant from spreading.

AMBULANCE DONATION



On February 3rd, the President of Rotary Club of Karachi, Mr. Pervez Haroon Madraswala, and Vice President, Mr. M. Ajaz Saya, handed over an ambulance to KeH, 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.

KHI AWARDS 2022

On February 19th, Karwan-e-Hayat experienced a proud moment as it was awarded the prestigious KHI AWARDS 2022 for Karwan's work in local communities. KeH Chief Executive Officer, Mr. Zaheer uddin Ahmad, and Chief Medical Officer, Dr. Uroosa Talib, accepted this award with pride.



WORK-LIFE STRESS SESSION

On the 16th & 17th of February, 2022, Karwan-e-Hayat & KPT jointly organized a "Work-Life Stress" session for their staff & employees. It focused on identifying workplace stressors and on how to manage them better. Day one of the session was graced by the presence of Mr. Mumtaz Waraich (Chairman KPT), Mr. Zaheer Uddin Ahmad (CEO-KeH), Brig. Tariq Bashir (GM Administration), & the senior management of KeH.



PAKISTAN PIECES TEAM FROM I.R.D AT KARWAN-E-HAYAT

On January 4th, the Pakistan PIECES team from I.R.D. (Interactive Research & Development) met with Karwan-e-Hayat to discuss findings from their pilot project. PIECES research program is testing out and adapting a low-cost, generic approach called DIALOG+. This is an app mediated intervention that has been shown to improve mental health outcomes. In the coming months, the PIECES team will be conducting a 6-month randomized control trial with over 105 patients and 7 clinicians from Karwan-e-Hayat.



IN-HOUSE TRAINING SESSION ON COMMUNICATION SKILLS



On February 22nd, Brig. Rashid Siddiqui, Ex-Chairman of Pakistan National Shipping Corporation (PNSC), conducted a training session on Communication Skills for Karwan-e-Hayat staff. It highlighted the essentials of communication skills in a healthcare facility. The sessions also identified workplace stressors and the need to minimize negative stressors to lead a healthy mental life.

TRAINING SESSION ON PERSONAL DEVELOPMENT

Karwan-e-Hayat welcomed renowned trainers Mr. Haseeb T. Hasan & Mrs. Zaufyshan Hasan to our Training Center for a meaningful session on Personal Development.



INAUGURATION CEREMONY OF THE KEH TRAINING & DEVELOPMENT HALL

The inauguration ceremony of the Training and Development Hall was held at Karwan's Psychiatric Care and Rehabilitation Center, Keamari. The event was followed by tree plantation within the premises.



This occasion was graced with the presence of the guest of honor, Mrs. Qaisra Ahmed, and other board member as well as many esteemed guests, including Mr. Kamran Mirza, KEH executive advisor and a well-known figure in the corporate world.

TRAININGS BY KARWAN-E-HAYAT



On April 8th, World Health Day, Karwan-e-Hayat conducted a webinar session on Stress Management for the employees of ICI Pakistan Ltd. Mrs Yasira Gohar, in charge of the Rehabilitation Department, led the session.

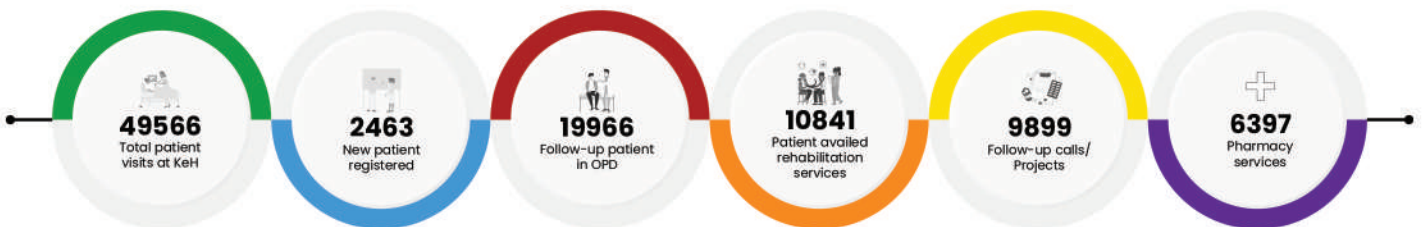
On May 17th, a session on mental health awareness and wellbeing was conducted for the employees and staff of Bayutdubizle.

EASTER CELEBRATION

April 18th was marked as Easter & was celebrated with a spirit of mutual respect & cultural diversity. A small gathering was hosted for the staff to celebrate the festival. Easter-themed delicacies were served.



PATIENT STATISTICS OF KEH SERVICES JAN TO JULY 2022



TREE PLANTATION AND EARTH DAY 2022

On April 22nd the management of I.C.I. Pakistan Ltd, Dr. Aslam, GM Supply Chain, Ops and Manufacturing for the Pharmaceuticals Business & Ms. Sabahat v Saqib, Corporate Communications & Public Affairs Manager and Ms. Aymen, joined us for tree plantation and Earth Day 2022 celebrations.



QUARTERLY REVIEW OF THE TELEPHONIC CONSULTATIONS OF PATIENTS

Karwan-e-Hayat was visited by Dr. Taha Sabri, Chief Operating Officer of Taskeen Health Initiative, and Ms. Maheen, Manager of the Mental Health Project, to conduct a quarterly review of the telephonic consultations of patients. Karwan-e-Hayat will act as a tertiary care unit for patients needing mental healthcare in collaboration with Taskeen Health Initiative.



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.



MOU WITH SINA HEALTH, EDUCATION AND 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. June 24 marked another achievement for Karwan-e-Hayat as it collaborated with SINA Health, Education & Welfare Trust to set up a highly standardized clinic.



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 especial occasion. Karwan-e-Hayat has completed four decades of supporting and rehabilitating mentally ill individuals of society. Much progress has been made already yet we continue to strive for more improvement. To mark this as the 'Year of Quality', we aim to provide higher standards of care and accommodation to our patients.



Contact Details

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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 44 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 <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.

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