



Chairman's Message



It is with optimism and a sense of humility that I take up my position as the Chairman of the Board of Karwan-e-Hayat (KeH). The new Board of Directors, for the period 2020 – 2023, has been inducted after being confirmed during the Annual General Meeting held on November 27, 2020. The Board includes four new directors who bring with them a wealth of knowledge and experience across related professional fields.

I take this opportunity to welcome the new Board as well as thank the outgoing Chairman and Board for their dedication and contribution resulting in the strengthening of the Institute's culture, set of values and beliefs.

I would like to acknowledge and express gratitude to all the front-line healthcare staff and support teams, at Karwan-e-Hayat, for their steadfast support in keeping the facility functional during the lockdown days – coverage was provided not only for inpatients but also for treatment of needy outpatients via tele-psychiatry.

Finally, I would like to thank all our gracious donors and partners, without whose contribution KeH would not be able to function and provide the best psychiatric care to the needy across the country.

I am sure our Institute will attain new heights and work as a team to achieve the desired purpose, goals and objectives – InshaAllah. Despite a difficult year, let's look to the future with confidence and hope.

I wish you all a healthy, peaceful and prosperous 2021.


Mr. Mohammed Salim

Election of the Board 2020-2023

On November 27, 2020, Karwan-e-Hayat held its Annual General Meeting followed by the election of the new Board of Directors. Ten directors were confirmed during the meeting and took-up their roles:

• Mr. Muhammad Salim, Chairman of the Board	• Mr. Ali Ahmed Khan, Vice Chairman of the Board
• Dr. Ayesha Irshad Mian	• Ms. Qaisra Ahmed
• Mr. Imran Khalid Zafar	• Ms. Shameem Zuberi
• Mr. Khalid Bilal Osmany	• Ms. Talaat Naeem Tyabji
• Ms. Mehar Bano Qureshi	• Mr. Yacoob Suttar

Karwan-e-Hayat welcomes the four new Directors and feels confident that their presence on the Board will make KeH a stronger and better service provider.

The new Directors are:

Dr. Ayesha Irshad Mian: an Aga Khan University graduate, she is Diplomate, American Board of Child and Adolescent Psychiatry. Dr. Mian is currently the Chair of the Department of Psychiatry, Agha Khan University.

Mr. Yacoob Suttar: is a Fellow Member of the Institute of Chartered Accountant of Pakistan and the Institute of Cost and Management Accountant of Pakistan. After a long and distinguished career, he retired as the CFO, PSO.

Mr. Khalid Bilal Osmany: has more than 45 years' experience with large multinational and local organizations based in Pakistan, UK, ASEAN and the UAE.

Ms. Mehar Bano Qureshi: is an active social worker and philanthropist. She has rich experience in the field of marketing and advertisement.

Our sincere gratitude goes to the Directors who stepped down from the Board this year. Their diligent efforts on behalf of KeH will not be forgotten.

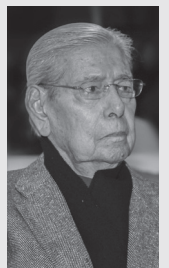
Mr. Kamran Y. Mirza, Chairman of the Board
Mr. Saeed Akther
Mr. Shahid Farooqi

Remembering Mr. Masrur Ahmed

It is with a heavy heart that we bid farewell to Mr Masrur Ahmed, who passed away peacefully on October 15, 2020 in Karachi. He was at the helm of Karwan-e-Hayat as the President for 16 years and steered the organization with confidence, acuity and farsightedness. Earlier, Mr. Masrur Ahmed had been associated with Pakistan Petroleum Limited (PPL) for nearly 40 years. He concluded his service at PPL as the longest serving head of the organization to date.

After his retirement from PPL, Mr. Masrur Ahmed gave his time and expertise to Karwan-e-Hayat. He wanted to serve the underprivileged and found the field of mental health to be in crying need of his attention. His hard work, vision and unremitting stress on quality care laid the path for Karwan's development and brought the organization where it stands today. It was because of his commitment and forward-thinking that today Karwan-e-Hayat has become one of the leading organizations in providing mental health care and rehabilitation services to people who cannot afford treatment.

Karwan-e-Hayat acknowledges an unredeemable debt to Mr. Masrur Ahmed. We salute his leadership and consider it our responsibility to not only sustain but also build upon his legacy.



WORLD MENTAL HEALTH DAY 2020



Karwan-e-Hayat hosted a virtual event on World Mental Health Day, October 10, 2020. This year the global topic was Mental Health for All – Greater Investment, Greater Access.

People from all walks of life took part in the event and emphasized the need for investing more time and money into mental health programs so as to provide services to people who could not afford expensive treatments or were unaware of mental health interventions.



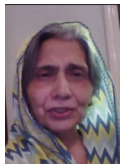
The event started with a welcome speech by the chairman of KeH, Mr. Kamran Y. Mirza who shared the alarming statistics of mental health sectors. He stated that developing countries allocate approximately 1% of their health budget on mental health, while developed countries set aside up to 5%, which was still a very meager amount in view of the fact that mental issues cause major disabilities worldwide.



Prof. Dr. Murad Moosa Khan, emphasized that just celebrating mental health day was not enough. We had to do our duty collectively and try to decrease the number of mentally ill patients. He advocated a move forward in a concerted and organized way to stem the tide of the rising numbers.



Prof. Dr. Raza Ur Rehman, explained the stigmas and discriminations associated with mental health. He pointed out that mentally ill patients were often mistreated and shamed which not only gave pain to the family but often caused deterioration in the condition of the patient.



Dr. Shifa Naeem, highlighted the need of monetary investments in the area of mental health and deemed it essential to also spotlight and prioritize the issue. She suggested that mental health be made a part of primary health care systems as everyday injustices and inequalities affected mental health greatly.



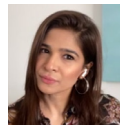
Mr. Faisal Shahzad Abbasi, the CEO of TPL Insurance, informed us that being associated with an insurance company, he realized that mental health was one of the leading causes of death, yet it was rarely discussed. One of the biggest issues that he came across during this pandemic was the mental disturbance among his subordinates who suffered because of limited face to face interaction with friends and the unavailability of psychological counselling.



Well-known philanthropist Ms. Shaniera Akram expressed delight to be a part of this event. She praised the efforts of KeH for providing quality mental health services to the underprivileged.



Mr. Nadeem Baig, representing the media, addressed the issue of mental health problems prevailing in the entertainment industry. According to him this issue was under-addressed and neglected. He showed interest in focusing on mental health in films and serials to increase awareness.



Ms. Ayesha Omar, a leading actress, also spoke on mental-wellbeing. She spoke of the pressures of the entertainment industry and the need for accessible psychological counselling.



The event concluded with closing remarks from Mr. Zaheeruddin Babar, Karwan's CEO, who reiterated the need for increased investment in mental health, especially during the pandemic when COVID-19 was spreading uncertainty and hopelessness among the public.

A Healthy Mind Builds A Healthy Nation



Karwan-e-Hayat celebrated Pakistan's Independence Day on August 14, 2020 with great zeal and enthusiasm with its patients and staff. After the flag hoisting ceremony, there was a march pass by scouts and a cake was cut. A tree-plantation drive followed, after which patients sang patriotic songs.

A successful campaign of Independence Day Fundraising was run for the whole month of August. People donated Rs.1,400 each toward OPD consultation and medications. The campaign was able to gather funds for more than 50 deserving OPD patients.

Mental Health Awareness Ride



Mental Health Awareness Ride was initially planned in coordination with The Distinguished Gentlemen's Ride but due to COVID-19 and the sudden cancellation of the event, the Ride was modified.

The Distinguished Gentlemen's Ride is a global motorcycle event for raising funds and awareness about prostate cancer research and men's mental health. This year Karwan-e-Hayat joined hands with them to raise mental health awareness in men. Due to COVID-19 the global event was postponed. However, on September 27, 2020, 15 to 20 heavy bikers took to the streets of Karachi with KeH's flag, and promoted mental health for men. For two hours the bikers were spotted in Nazimabad, New Karachi and Gulshan-e-Iqbal.

Working Together to Prevent Suicide

Karwan-e-Hayat organized a webinar on World Suicide Prevention Day on September 10, 2020. Prof. Dr. Murad Moosa Khan, Professor of Psychiatry, Agha Khan University, Karachi, and President of the International Association for Suicide Prevention and Dr. Shifa Naeem, Consultant Psychiatrist and Senior Advisor, KeH, were speakers at the event. Over 60 registrations were received for the event from Pakistan, USA, UK and Kenya. Prof. Dr. Murad emphasized the fact that the rise in overall suicide rate was a global public health problem which needed to be prioritized in the health sector. Dr. Shifa stressed that timely identification of potential suicide cases could prevent tragic outcomes.

Webinar on Stigma and Fear

COVID-19 pandemic brought along with it isolation and fear of the unknown which triggered mental health conditions or exacerbated existing ones.

Many people started to experience increased levels of insomnia and anxiety. Realizing the need of the hour, on July 23, 2020, KeH organized a webinar on COVID-19's Impact on Mental Health titled Stigma and Fear.

The lead facilitator, Dr. Uroosa Talib, Chief Medical Officer, KeH, spoke about the effects of COVID-19 on mental health and explained how to deal with them. Ms. Yasira Gohar and Mr. Nasir Mehmood of KeH's Rehabilitation Unit reviewed stress coping techniques.

MOU with Hussain Lakhani Hospital



A ceremony was held on November 4, 2020 where Mr. Zaheeruddin Babar, KeH's CEO, and Mr. Naveed Lakhani, Chairman Lakhani Hospital, signed a MOU to improve patient access to mental health services. According to the MOU, KeH would run free OPD clinics at Lakhani Hospital. The two organizations would also collaborate to reduce the stigma attached to mental illness.

Patient Statistics Of KeH Services July to December 2020



25,622
Total patient visits at KeH



1,956
New patients registered



12,075
Follow-up patients in OPD



14,126
Patients admitted in IPD



6,542
Patients availed rehabilitation services

Note: Patient numbers are lower than last year because Karwan's facilities were under lock down till September, 2020, by order of Sindh Government.

Health, Safety & Environment (HSE) Trainings

Through Karwan-e-Hayat's well-established Health, Safety and Environment unit, 7 different trainings were provided to 66 staff members dealing with the wellbeing and safety of the patients.

• Emergency Rescue	• COVID -19 SOP's
• Fumigation Technicalities amid COVID-19	• Sindh Food Authority Requirements
• Fire HSE Drill	• Motivation and Employee Awareness
• General Health & Safety while doing fumigation	



Loneliness a Curse, Amna's Story

Amna*, 75, is a courageous lady who had to learn to live by herself. A mother of 4 daughters and one son, she was tragically left on her own in Pakistan and had to contend with acute loneliness.

After an accident, she was diagnosed with schizophrenia. She also started to suffer from auditory hallucinations. As she was living alone, she started to reply to every voice she heard and sometimes she shrieked, screamed and yelled. Sleep deprivation was a result of the continuous depression she was combatting. From abroad, her children tried to find medical help for their mother. Amna was initially admitted to Karachi Nafsiyati Hospital, however her family was quick to realize that their mother was not receiving correct care there and started looking for another facility.

They were told about Karwan-e-Hayat and its unique blend of treatment and rehabilitation. Amna was brought to KeH and here correct diagnosis, regular medication, empathetic care and the rehabilitation program has brought changes in Amna and her personality.

Amna is on the road to recovery, but the voices she used to hear return at times. With regular therapy and counselling, doctors are hopeful that Amna will be able to lead her old age in peace.

* Name has been changed for privacy.



Female patients during a session in the Rehabilitation Department

Contact Details

Karwan-e-Hayat Psychiatric Care and Rehabilitation Center
Building No. KV.27 & 28, Adjacent to KPT Hospital,
Keamari - Karachi. - Telephone: (+92) 21 32856774/5
(+92) 21 32856879 - Fax: (+92) 21 32858004

Korangi Community Psychiatric Center
Plot No. SC-54 Darius Salam Housing Society, Sector
31-F Korangi - Telephone: (+92) 21 35120204,
Fax: (+92) 21 35052994

Kh-e-Jami OPD Clinic
Karwan-e-Hayat, OPD Dispensary & Office, 101,
Alnoor Arcade, Plot No. C-5/6, Near Qamrul Islam
Mousque, Khayaban-e-Jami - Karachi.
Telephone & Fax No. (+92) 21 35863060

Donation & Zakat Accounts

United Bank Limited (Account Title: Karwan-e-Hayat)
Account No. 01016135 - Branch Code: 1620
IBAN: PK98 UNIL 0112162001016135
Swift Code: UNIL PKKA
Sunset Boulevard DHA Branch, Karachi

Dubai Islamic Bank (Account Title: Karwan-e-Hayat)
Account no: 0102224427 - Branch code: 009
IBAN: PK57 DUIB 000000288385001
Clifton Branch, Karachi.

Meezan Bank Limited (Account Title: Karwan-e-Hayat)
Account no: 0102224427 - Branch code: 0105
IBAN: PK44 MEZN 0001050102224427
Swift code: MEZN PKKA - Marriott Hotel Branch

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.

UAN: (021) 111 534 111

- ✉ info@keh.org.pk
- ✉ donate@keh.org.pk
- 🌐 www.keh.org.pk
- 📘 fb.com/keh.org.pk
- 🐦 [@kehayat](https://twitter.com/kehayat)
- 📺 [karwan-e-hayat](https://www.youtube.com/channel/UC...)

