



Chairman's Message



I would like to Congratulate and Welcome Mr. Zaheer Uddin Ahmad on being appointed as the Chief Executive Officer of Karwan-e-Hayat (KeH), Institute for Mental Health Care. It is a position that I am sure he will ably fulfil. I and the Board Members look forward to the growth of our professional relationship as he navigates Karwan towards further success. Welcome aboard!

As we continue to struggle with COVID-19 pandemic, we are getting closer to more facts and research work acknowledging that the pandemic has had a major impact on people's mental health. Frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been

particularly affected. During the World Health Assembly in May 2021, governments from around the world recognized the need to scale up quality mental health services at all levels. With this in view, KeH has been able to expand its community outreach services and to also inaugurate an OPD in North Karachi. KeH is working to its utmost to manage the psychiatric health needs at the community level.

Karwan, being the torch bearer in psychiatric health care at the community level, has been instrumental in paving the way to provide holistic and continuous treatment to patients during these difficult and testing times. We will forge ahead with our mission in the coming year as well.

Wishing you all a healthy and prosperous 2022!

Mohammad Salim

CEO's Message



I am honored to be appointed as the Chief Executive Officer at Karwan-e-Hayat, Institute for Mental Health Care. It has always been my innermost desire to devote my life to such noble causes which give me great satisfaction and strength. Earlier these same feelings and sentiments had steered me to dedicate my services for a similar cause and I am thankful to Allah (s.w.t)

that my indefatigable efforts did bring some betterment in the lives of underprivileged children of our society. That said, I have been really impressed by the commitment, steadfastness and creativity displayed by the KeH staff. This has provided me with great impetus to become a part of this inspiring team and now we intend to move forward together to accomplish the desired objectives of this great institution.

I would like to salute the efforts of KeH Medical Team for what they have done already in dealing with the current crisis in the aftermath of the COVID-19 pandemic. I am highly impressed with KeH's resilience as they continue to provide services to vulnerable communities amid the many stresses of this pandemic. With the increasing number of COVID-19 variants, we are dealing with a significant global challenge.

The world has become digital and so have KeH's health setups. With the advent of telepsychiatry, our doctors have mastered

the art of reaching patients beyond specified borders and have become more accessible to the population in need. Mental health professionals are now just a click away. Our teams are dedicated to providing psychiatric treatment in these difficult times.

Our community outreach teams have been in the forefront of offering services in far flung locations in Karachi and serving the most vulnerable people with psychiatric care. We will be further expanding our community outreach services and providing free psychiatric services to people who cannot afford quality treatment or reach one of our centers. Our medical team is also involved in training medical staff, from a number of institutions in Karachi, in the field of psychiatric care, and will continue to do so in the future. KeH's mental health professionals not only provide solutions to mental health emergencies but also ensure treatment and support for long-term recovery. Our rehabilitation program has been steadfast in reintegrating recovered patients back into society, thus displaying a true holistic approach.

It is with pride that KeH has inaugurated its fourth OPD, this time in North Karachi, a location which is densely populated and has limited access to free psychiatric care. We hope that this initiative will ease the burden of mental illness in the surrounding communities.

Finally, to our valued partners, referring doctors and donors, I thank you for your continued support to KeH and look forward to meeting you all in person.

Zaheer Uddin Ahmad

Expanding our Services

Karwan-e-Hayat inaugurates its fourth OPD center in North Karachi



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 Government Qatar Hospital



Dr. Naushad Ghulam Rasool, M.S. of Sindh Govt. Qatar Hospital and Mr. Zaheeruddin Babar inaugurated a Community Outreach Camp in Orangi Town on September 27, 2021. This would help mentally ill patients who found it difficult to reach 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.

Patient Statistics Of KeH Services July to December 2021



49,951

Total patient visits at KeH



2,503

New patients registered



18,422

Follow-up patients in OPD



14,737

Patients availed rehabilitation services



9,157

Follow up calls/Projects



4,812

Pharmacy services

World Mental Health Week

Karwan-e-Hayat organized a week long awareness raising campaign to promote the importance of mental health care and remove the barriers associated with mental illness.



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.

Mr. Zaheeruddin M. Babar, CEO of KeH, stated that mental illness affected people in the prime of their lives, so it was important that the young generation adopted healthy lifestyles. He hoped that the marathon would increase awareness about mental health in the community. Mr. Sohail Sardar, founder of Born2Run, said that he and his organization worked with KeH because they desired to support Karwan-e-Hayat in its work.

World Mental Health Day - 'Mental Health in an Unequal World'

Each year Karwan-e-Hayat, Institute for Mental Health Care hosts an event on World Mental Health Day. The occasion represents a global commitment to raise awareness of mental health issues and to mobilize efforts in support of mental health. This year the event was held on October 14, 2021 at The Regent Plaza Hotel. The speakers reiterated that mental health was as important as physical health and comprised of emotional, psychological, and social well-being. It affected daily activities and interpersonal relationships. Because of the uncertainty caused by the pandemic COVID-19, there was tremendous fear and anxiety

among the people leading to increased mental health issues. 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 KeH in the field of mental health. Mr. Aaly Khan said that it was essential to raise awareness of mental health which was a highly stigmatized and neglected branch of medicine.

Other speakers included, Prof. Dr. Unaiza Niaz, Prof. Dr. Faisal Mamsa, Ms. Mahnaz Rahman and Prof. Maryam Hanif Ghazi.



Independence Day

Team Karwan-e-Hayat and its patients celebrated Pakistan's Independence Day on August 14, 2021 with great patriotism and enthusiasm. 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.



12th Rabi-ul-Awal

On this auspicious occasion, a naat khawani event was held among the female patients and sweets were distributed.



Eid Celebrations

The rehabilitation department and nurses arranged a mehndi night for the female patients ahead of Eid. It was a colorful evening and bangles and mithai were distributed among the patients.



Fun Day

A fun day was organized for the patients on November 2, 2021. The rehabilitation department arranged various game stalls for patients. Prizes were awarded to the winners and snacks were provided for all.



SUCCESS STORY

Naveed* is a 27 year old male and an engineer by profession.

His family brought him to Karwan-e-Hayat with complaints of aggression, hallucinations and delusions. He was diagnosed with schizophrenia and has been getting treatment for the last 3 months.

Naveed used to hear voices and see things which he could not understand. He was unable to work, study or even have a normal relationship with his family due to hallucinations. He was initially hospitalized at Keh's PCRC facility where his journey toward recovery began. He was assessed psychologically, given psychotherapy and medications and then enrolled in rehabilitation activities in day care. After his symptoms were managed successfully, he began to work independently again.

Naveed is well and stable. With regular therapy and counselling he will be able to regain his job and improve his relations with his family members.

**Name has been changed for privacy.*



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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 DHA 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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