



CEO's Message



The first half of this year has been both distressing and humbling for Karwan-e-Hayat in many ways. People close to KeH, including our colleagues and partners have experienced loss and tragedy. We have been deeply touched by the outpouring of support that has been shown by so many of our partners and donors. It has been our priority to do as much as we can for the people affected by, or already suffering from, mental health issues amid the pandemic.

Our dedicated staff has been working tirelessly to ensure that the people in our society, especially the underprivileged, who are struggling with mental illness, addiction and other mental disorders get proper medical treatment and are reintegrated into society as contributing citizens. Our constant focus is on improvement, innovation and quality of services.

Our Community Outreach Program has been at the forefront of increasing awareness and treatment of mental health by providing the masses with a holistic mental care package at their door step. It is only with your help that we have been able to serve so many vulnerable communities during this difficult time. Thank you.

Zaheeruddin M. Babar

Japanese Government Pledges 7 vehicles to KeH for Psychiatric Treatment in Karachi



The Government of Japan has generously extended a grant to KeH for providing quality treatment and rehabilitation to poor and underprivileged mentally ill patients in Karachi. The Project has been approved under the scheme of Grant Assistance for Grassroots Human Security Projects (GGP).

the growing needs of psychiatric patients in Karachi. KeH has been at the forefront of psychiatric care in Pakistan for more than 38 years and remains one of the largest providers of mental health care in Pakistan, especially for the underserved sections of society.

The grant contract was signed on March 15, 2021 at the Residency of the Japanese Consul-General between the Consul-General of Japan, Mr. Isomura Toshikazu and the CEO of KeH, Mr. Zaheeruddin Babar.

Speaking on the occasion, Consul-General Mr. Isomura Toshikazu appreciated the work being undertaken by organizations such as KeH for the fulfillment of the rights of neglected and vulnerable social groups. Mr. Babar echoed the Consul-General's sentiments and extended gratitude to the people of Japan for their continued support and friendship.

The grant has been provided by the government and people of Japan for the procurement of seven vehicles to facilitate

The Covid-19 Pandemic & KeH's Measures

Amid the Covid-19 pandemic KeH has been ensuring that cleaning and disinfecting measures are carefully monitored so that the premises are clean and germ free. Proper usage of appropriate protective gear like masks, gloves and hand sanitizers are enforced and these items are in ample supply for the use of both patients and caregivers.



Patients and staff members are routinely screened for infection. No one can enter the hospital without a mask. Patients coming to the OPDs can have only one family member accompanying them. To observe strict social distancing, not more than five patients are allowed in the waiting room at the same time.

Coca-Cola's CSR Initiative



Karwan-e-Hayat is thankful to Coca Cola Pakistan for their generous donation of the RO plant as a part of their CSR initiative of clean water provision to communities. This will enable us to meet clean water requirements at PCRC, Keamari, and help us to continue in our mission of serving underprivileged communities.

Mr. Shahnawaz Jadoon, Member Provincial Assembly Sindh, inaugurated the RO plant at Karwan-e-Hayat, Institute for Mental Healthcare on March 17, 2021. Dr. Faisal Hashmi, Head of External Affairs / Director Human Resources, Mr. Mohammad Salim, Chairman KeH, Mr. Ali Ahmed Khan, Managing Director FrieslandCampina Engro & Vice Chair KeH and Mr. Zaheeruddin Babar, CEO KeH, spoke on the occasion.

Family Psychoeducation Sessions

Family Psychoeducation sessions are an important aspect of psychiatric treatment at KeH. People suffering from mental illness have special needs and it is important for their families to know how to cater to these needs. The rehabilitation department at KeH takes special interest in educating family members of their patients. This helps in the recovery of the patients and is equally important for the mental well-being of the family members. Such workshops and sessions are conducted on a regular basis at KeH on various mental illnesses like schizophrenia, bipolar affective disorder, depression, post trauma stress disorder and suicide. A workshop was held on April 9, 2021 at KeH by Senior Clinical Psychologists, Ms. Uneza Qureshi and Ms. Abeer Jaweed on Lived Experience Advisory Panel (LEAP). Families of 9 patients attended these sessions.



Workshops, Lectures, and Trainings

In-house training sessions have remained important even during the pandemic as we believe in the continuous education and training of our staff. A total of 11 training sessions were organized for 150 staff members on the following topics:

HMS Assessment Scales	Conflict Resolution among the Patients	Anger Management
Management of people with Exceptional Needs	Management of dissociative disorder	Train your mind for happiness & Success
Lived Experience Advisory Panel (LEAP)	Stress Management	Treatment of Bipolar Affective Disorder
Gender Dysphoria	Depression	

Through Karwan-e-Hayat's well-established Health, Safety and Environment unit, 4 different trainings were provided to 22 staff members dealing with the wellbeing and safety of the patients. The trainings focused on Housekeeping Improvements in the Wards, Housekeeping Improvements in the Canteen, Housekeeping Improvements in the Hospital (in general) and Precautionary Measures at the RO Plant.

In addition to the above mentioned in-house trainings, the Human Resource Department of KeH organized 5 trainings through external trainers. 70 staff members attended these session on the following topics:

- Conflict Resolution Skills at Workplace
- Building a Strong Organizational Culture
- Skills in Goals Setting & Work Planning
- Advance Excel
- COVID-19 Situation; Challenges & Solution

Mental Health Awareness Week in L'ecole High School



opportunity to students to reflect on their own mental health, reach out to others to give and receive help, and explore different ways of improving their wellbeing.

In collaboration with L'ecole High School a Mental Health Awareness Week was celebrated at their campus for awareness and raising funds from March 1 – 6, 2021. A number of lectures were organized on topics such as reducing stigma, societal pressures, mental health in the workplace and academia, mental health in uncertain times, and intergenerational trauma.

Different stalls were set up in the courtyard of the school to represent different aspects of mental health like bullying, anxiety, depression, body dysmorphia, self-acceptance and personal growth. Students visited these stalls to gain knowledge throughout the week.

The Mental Health Awareness Week provided an



10th International CSR Awards 2021

Karwan-e-Hayat was honoured to receive awards in two categories of the 10th International CSR Awards held on February 4th, 2021 in Karachi. KeH was presented awards in the categories of Cause Advocacy/ Awareness Campaign and Responsible Supply Chain.

This is the most prestigious Recognition Awards Programme for Corporate Social Responsibility registered with IPO (Intellectual Property Rights Organisation). The award honours organisations/companies for their leadership, sincerity and ongoing commitment to ethical values, compliance with legal requirements and respect for individuals, communities and the environment.

Community Outreach



Karwan-e-Hayat's Community Psychiatric Services extend to several remote communities, to treat people with mental disorders. Such free mental health camps offer community based psychiatric care through OPD and rehabilitation services. Through this initiative, more than 4,000 OPD patients received free consultation and medication from January to June 2021.



Patient Statistics Of KeH Services January to July 2021



49,635

Total patient visits at KeH



2,200

New patients registered



1,7122

Follow-up patients in OPD



21,534

Patients availed rehabilitation services



8,560

Follow up calls/ Projects

Living through Depression

A Success Story

Hina*, a youthful lady in her 30s, started to suffer from depression at an early age. She faced frequent migraine episodes and later these were accompanied with intense anxiety attacks.

She and her family did not initially take her symptoms seriously and resorted to home remedies. It was at the age of 25 that her condition peaked and led to streams of depression, fear, panic, obsessions and anger that came out in destructive ways.

In response to a panic attack that lasted a week, she and her family finally sought help from a psychiatrist. The prescribed medicines made her feel better instantly and Hina decided to discontinue both the medication and the follow-up visits since she seemed to be cured. She was not aware of the consequences.

It was a family financial crisis a few months later which led Hina back to a psychiatrist. She still had no idea what her health problem was. She just took the prescribed medicines at night to fall asleep and so managed to get through the crisis. But from that point her life started revolving around constant consultations with different psychiatrists.

Depression took over every corner of her existence, and both her work and family life suffered immensely. The medications made her numb and she felt detached from everyone. She felt "fine" but her relationships and work life continued to deteriorate. The strangest aspect of her condition was that through all these years of suffering she had no understanding of her illness. Eventually Hina became increasingly aggressive and her marriage was in danger of falling apart.

At this time one of her friends referred her to Karwan-e-Hayat. Hina took the advice, mustered up her courage, and visited Keh. Initially Hina was hospitalized. When she improved with the help of medications she was introduced to the Keh Rehabilitation Department. She was told about the various therapy sessions available. She eagerly joined the sessions and felt better day by day.

For the first time Hina was not only given a diagnosis but was also made to understand her illness. Regular medication, empathetic care and the rehabilitation program brought positive changes in Hina and her personality.

Her quality of life improved. She was helped to gain new skills and learned coping mechanisms to live a successful and contented life. Moreover, she made new friends and gained insight about her illness.

Now her symptoms are under control, the medication and therapy have given her the tools and the motivation to deal with her illness successfully and to live a full life.

**Name has been changed for privacy.*



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 Darus 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: 0288385001 - Branch code: 009
IBAN: PK57 DUIB 0000000288385001
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

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