

## Chairman's Message



As we step into 2025, I wish to express my deep gratitude to all members, staff, donors, and friends of Karwan-e-Hayat for their generosity and enduring support which has enabled us to sustain our mission of providing free healthcare services to impoverished people suffering from mental illness.

August 2024 marked 20 years of the existence of our flagship facility, the 'Psychiatric Care and Rehabilitation Centre' (PCRC) which is our 100-bed hospital in Keamari.

Some particularly eventful and rewarding achievements over the last six months marked this milestone. We became the first mental healthcare rehabilitation facility in Sindh to be licensed by the Sindh Healthcare Commission, which is a testament to the quality and standard of our services.

Karwan-e-Hayat held its 2nd International Psychosocial and Psychiatric Rehabilitation Conference in December 2024. This successful conference underscored our desire to highlight and address the evolving mental healthcare needs of our communities. As we look to the future, we renew our pledge to continue expanding and delivering high-quality care by providing holistic programs for the treatment and rehabilitation for our psychiatric patients. We also plan to increase support to community-based outreach clinics and camps. We are committed to reducing stigma associated with mental illness by creating awareness across communities. We pledge to push the boundaries of mental health research and advocate effective policies for mental health legislation. Let the year 2025 bring brighter days, inspiring hope with our unwavering commitment to the cause of mental healthcare.

**Mohammad Salim**  
Chairman, Karwan-e-Hayat

## License Presentation by Sindh Healthcare Commission (SHCC)

Karwan-e-Hayat has achieved a significant milestone by becoming the only mental health rehabilitation facility in the country to be awarded the prestigious Regular License by the Sindh Health Care Commission (SHCC). The license, which certifies compliance with stringent medical, operational, and regulatory standards, was formally presented at a ceremony at Karwan-e-Hayat's head office in Keamari. Karwan-e-Hayat's journey to achieving this distinction began with a provisional license granted before the COVID-19 pandemic.

Over the past few years, the organization worked tirelessly to address operational gaps, enhance frameworks, and align with SHCC's rigorous standards. As the only mental health facility with this recognition, Karwan-e-Hayat continues to lead the way in addressing Pakistan's mental health challenges, ensuring compassionate care for all.



## International Psychosocial & Psychiatric Rehabilitation Conference (PPRC) 2024

Karwan-e-Hayat hosted the 2nd International Psychosocial and Psychiatric Rehabilitation Conference (PPRC'24) in Karachi on December 20-21, 2024. Centered on the theme 'Mental Health in the New Millennium' the conference brought together global experts, policymakers, and practitioners. The Chief Guest for the inaugural session was Dr. Azra Fazal Pechuho, Provincial Minister for Health and Population Welfare. Many esteemed speakers and psychiatrists including

Prof. Khalid A. Mufti and Prof. Dr. Iqbal Afridi attended. Discussions spanned critical topics such as digital addiction, affordable mental health care, and youth substance use prevention. Under the leadership of Chairman, Mohammad Salim, and Dr. Minhaj Qidwai, Head of Quality, the conference underscored holistic mental healthcare approaches, evidence-based strategies, and innovative solutions for challenges like ADHD, Alzheimer's, and caregiver support.





## Expansion of Female Wing

Karwan-e-Hayat is deeply grateful to Mr. and Mrs. Mohsin Nathani for their generosity in pledging to fund the much needed expansion and renovation of the female wing of Karwan's Psychiatric Care and Rehabilitation Centre (PCRC) in Keamari. To mark the groundbreaking ceremony, Mr. and Mrs. Nathani, along with their children were invited to Karwan-e-Hayat in December. Mrs. Zoya Nathani unveiled a plaque honoring the memory of her late father, Mr. Nasim Aon Jafarey, to whom this project is dedicated. They also reviewed expansion plans with the architect and participated in a symbolic tree plantation ceremony reflecting growth and renewal.



## Partnership with Gift USA

Karwan-e-Hayat welcomed Mr. Khalid Rana, President of Gift USA, to the Keamari facility to recognize their contributions. Gift USA funded two critical projects: installing an elevator in the male wing to enhance mobility for elderly and critically ill psychiatric patients. To reduce electricity costs and promote sustainability, Gift USA donated solar panels which were installed on the roof of the male wing. Mr. Rana toured the facility, observed Karwan's work, and engaged with senior leadership, including Chairman Mr. Mohammad Salim, and he spoke about future collaborations to enhance patient care and sustainability. Karwan-e-Hayat deeply appreciates Gift USA's support for mental health care.



## World Mental Health Day 2024

Karwan-e-Hayat celebrated World Mental Health Day 2024 with the official launch of the International Psychosocial & Psychiatric Rehabilitation Conference (PPRC) 2024 at a local hotel. The event focused on the theme "It is Time to Prioritize Mental Health in the Workplace," emphasizing the importance of addressing workplace mental health challenges for improved employee well-being and productivity. Renowned experts, including Prof. Dr. Moin Ansari, Prof. Dr. Iqbal Afridi, Ms. Sana Peerzada Advocate, Prof. Dr. Qudsia Tariq, and Prof. Dr. Uzma Ali, delivered insightful talks on issues such as workplace bullying, discrimination, stress, and burnout. Dr. Ajmal Kazmi provided an overview of PPRC 2024, which aimed to unite global mental health experts to discuss innovative strategies and research in psychiatric care and rehabilitation.



## World Quality Day

Karwan-e-Hayat celebrated World Quality Day in November, reflecting the need to excellence in healthcare. The event began with a Town Hall meeting, featuring a keynote address by the CEO, who emphasized the need of embedding quality in organizational culture. Dr. Minhaj Qidwai's session on "Zero Error" launched the Clinical Quality Circle (CQC), a multidisciplinary initiative promoting process improvements. The event honored staff achievements with Zero Error and Champions of Care badges, celebrating precision, accountability, and empathy in healthcare delivery. A poster competition on 'Quality and Wellness Management' showcased innovative ideas, judged by Karwan-e-Hayat's leadership team. There was a lively outdoor gathering and celebrations included face painting, live music, and food stalls, fostering camaraderie among employees and guests. The day concluded with a closing ceremony, recognizing contributions and inspiring attendees to uphold the highest standards of care and teamwork, making it a memorable celebration of quality.





## Networking and Collaboration Opportunities



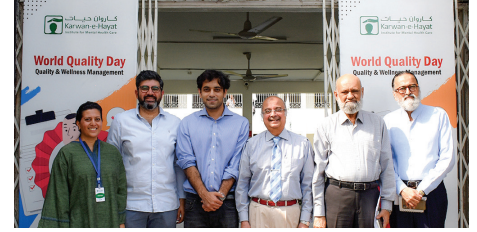
### Visit by Samina Alvi:

Mrs. Samina Alvi, former first lady of Pakistan, toured Karwan-e-Hayat's Keamari facility, lauding the team's efforts in mental health care and exploring ways to improve accessibility for underprivileged communities, reaffirming her commitment to mental health advocacy.



### Participation in Behbud Fiesta:

Karwan-e-Hayat partnered with Behbud Association, and participated in a community event to offer free health services and raise awareness about mental and physical well-being, promoting a shared mission of mental wellness.



### Collaboration with Zayn Capital and BusCaro:

Zayn Capital structured Pakistan's first private credit deal incorporating a charitable contribution to support Karwan-e-Hayat's mental health care initiatives, blending innovation with social impact.



### MoU with EZShifa:

This partnership integrates KeH's mental health expertise with EZShifa's telehealth network, enabling nationwide mental health screenings, therapy sessions, awareness campaigns, and data-driven research to improve treatment outcomes and inform health policies.



### Gender-Based Violence Training:

Karwan-e-Hayat participated in a training by Pathfinders International on GBV in Pakistan, with focus on Afghan refugees. It collaborated with UNHCR, SHARP, and The Sindh Women Development Department to advance survivor protection and empower women through mental health integration.

## Mental Health Sessions



### Gerry's Dnata Session:

Educated employees on breaking mental health myths, resilience, wellness, work-life balance, and stress management strategies.



### Merit Packaging Session:

Addressed work-related stress at Merit Packaging's Korangi facility, covering mental health impacts, workplace stressors, mental breakdown prevention, and organizational strategies.



### State Bank of Pakistan Session:

Conducted an interactive session on "Mental Wellness and Work-Life Balance" for 30+ participants, featuring coping strategies and an engaging Q&A segment.



### Getz Pharma Session:

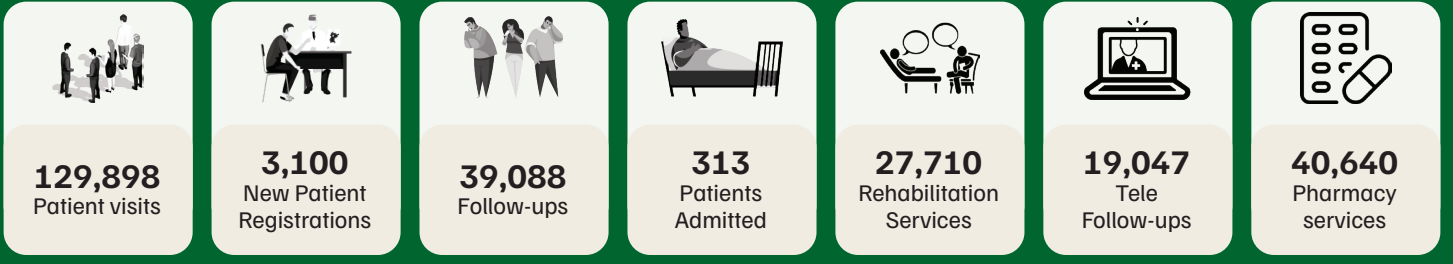
Trained 150+ healthcare professionals under the 'Mind Matters' initiative, focusing on mental health prioritization, early detection, and management for diverse patient groups.



### Yunus Textile Mills Panel Discussion:

Participated in a World Mental Health Day panel, discussing workplace stress and strategies for nurturing supportive, resilient environments.

# New Milestones Achieved



ادارہ برائے ذہنی صحت

## اچھی صحت کی شروعات ذہنی صحت سے..

ساتھ دیں کاروان حیات کا اور مدد کریں ان لوگوں کی جو ذہنی امراض سے جنگ لڑ رہے ہیں

## آپ کی زکوٰۃ بنا سکتی ہے ان کی زندگی کو بہتر



مزید معلومات کے لیے وزٹ کریں  
For more information please visit  
[www.keh.org.pk](http://www.keh.org.pk)

گھر سے کلیکشن کے لئے رابطہ کریں  
For Doorstep Collection  
**0311 665 4534**

زکوٰۃ اور عطیات کے لئے رابطہ کریں  
For Zakat & Donations  
**UAN: (021) 111-534-111**

### For Bank Transfer

#### Donation Accounts

**United Bank Ltd.** (Title: KARWAN-E-HAYAT)  
Account no: 162001016135  
IBAN: PK98 UNIL 0112162001016135  
Branch code: 1620

**Allied Bank Ltd.** (Title: KARWAN-E-HAYAT)  
Account no: 0010010804500014  
IBAN: PK 64 ABPA 0010010804500014  
Branch code: 0414

#### Zakat Accounts

**Meezan Bank Ltd.** (Title: KARWAN-E-HAYAT)  
Account no: 0102224427  
IBAN: PK44 MEZN 0001050102224427  
Branch code: 0105

**Dubai Islamic Bank** (Title: KARWAN-E-HAYAT INSTITUTE FOR MENTAL HEALTH CARE)  
Account no: 0288385001  
IBAN: PK57 DUBI 0000000288385001  
Branch code: 009

### Reach out to us

**Head Office**  
Karwan-e-Hayat, Psychiatric Care and Rehabilitation Center (PCRC)  
Building No. KV.27 & 28, Adjacent to KPT Hospital, Keamari - Karachi.

**Korangi Community Psychiatric Center (KCPC)**  
Sector 48-H, Qabrastan Road, Creek General Hospital, Korangi, Karachi  
Contact: 021-35120204/5

### For International Donors

Tax Exemption donations can be made to Karwan-e-Hayat via i-Care Fund America Inc. by visiting:  
<https://i-care-foundation.org/charity/karwan-e-hayat/>  
and Click Donate.

### Donations through cheque:

Write a cheque 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.

### Stay Connected

UAN: (021) 111 534 111

[www.keh.org.pk](http://www.keh.org.pk)

[keh.org.pk](https://www.facebook.com/keh.org.pk)

[karwanehayat](https://www.instagram.com/karwanehayat)

[@KarwanHayat](https://twitter.com/KarwanHayat)

[karwan-e-hayat](https://www.linkedin.com/company/karwan-e-hayat)



SCAN ME

For Online Donations