



كاروان حيات
Karwan-e-Hayat
Institute for Mental Health Care

NEWSLETTER

JAN-JUNE 2025 | ISSUE 39 | HALF YEARLY

CEO's Message



At Karwan-e-Hayat, our mission remains unwavering to support mental health recovery with care and compassion. Over the past six months, we've made strong progress by implementing Sindh Health Care Commission standards, enhancing patient-centered treatment, and advancing quality management systems.

Our team continues to meet every challenge with dedication and professionalism. We've deepened our focus on evidence-based research, strengthened our processes, and invested in digital tools to improve long-term patient care.

Despite growing needs and limited resources, we remain committed to accessible treatment, thanks to our donors, partners, and the friends of Karwan. We look forward to expanding our outreach and building more partnerships to widen our impact.

Your continued support helps us transform lives and foster a more compassionate society.

Faisal Zahid, CEO (Acting), Karwan-e-Hayat

Healing Minds, Changing Lives, Breaking Barriers to Mental Healthcare



PATIENT CARE AT A GLANCE



**Patient visits
Facilitated**

137,989



**New Patients
Registered**

4,500



Follow-ups

42,129



**Rehabilitation
Services Offered**

24,667



**Pharmacy
Services Availed**

20,459



IMPACT OF COMMUNITY OUTREACH CAMPS

54

**Mental Health Camps
conducted in urban &
peri-urban Karachi**

23

**Locations across Karachi
and its outskirts**

55%

**of new patients from
community camps**

43%

**of follow-up from
community camps**

Happenings & Highlights



Building Bridges in Mental Health Research - PILL Delegation Visit

Karwan-e-Hayat welcomed a delegation from PILL and the University of York, UK, for a facility tour and discussions on mental health research, focusing on the SCIMITAR-SA program for tobacco addiction in severe mental illness.



Honored for Impact: Karwan Wins KHI Award 2025

Karwan-e-Hayat received the KHI Awards 2025 for its impactful work in community mental health. CEO Mr. Faisal Zahid and Manager Grants Mr. Jawaid Shah accepted the award on behalf of the team.



World Health Day 2025

Karwan-e-Hayat's Ms. Yasirah Gohar, Incharge Rehabilitation, represented us as a panelist at World Health Day 2025 by SINA Health Trust. She shared valuable insights on mental health and community well-being, emphasizing the need for compassionate care.



Sham-e-Khusro: Where Music Meets Mental Health

Karwan-e-Hayat's annual fundraiser, Sham-e-Khusro, was featured in Dawn. Held on Feb 2025, 2-1, at Indus Valley, the event honored Amir Khusro and Pakistan's cultural legacy. Sham-e-Khusro was more than just a concert, it stood as a testament to the generosity of supporters, with every note and every contribution helping to provide essential mental health treatment to those who need it most.



A Landmark Visit: Dr. Azra Fazal Pechuho at KEH PCRC Campus

Karwan-e-Hayat welcomed Dr. Azra Fazal Pechuho, Sindh's Health Minister, for the launch of the SCIMITAR-SA Programme and a World Immunization Week session. She toured the facility, met staff, and planted a tree, reaffirming her support for integrated mental and physical healthcare.



Donation from National Foods Limited

National Foods Limited extended its support through an in-kind donation of healthy spices for our patients, recognizing that good nutrition is vital for mental well-being. Karwan-e-Hayat is deeply grateful for these thoughtful contributions, which help us continue to deliver compassionate, dignified care.



CSR Contributions: Herbion Naturals supports Wellness at Karwan

As part of their CSR efforts, Herbion Naturals donated herbal wellness products for patients and staff at our Keamari facility. The donation, delivered by Mr. Nasir Javed, reflects their commitment to holistic health and community care.



Donation of Ration Packs by tomatoes.pk

Mr. Usman Ahmed, Managing Partner of tomatoes.pk, generously donated ration packs to Karwan-e-Hayat and personally visited the facility to deliver them. These essential

Ramzan Campaign Round-Up



Karwan-e-Hayat successfully concluded its Ramzan Zakat Campaign with generous public support and wide-reaching media coverage. Through appearances on leading TV channels including **ARY Digital, Aaj News, SAMAA, Dawn News, Metro One, and more**, our team shared powerful stories of healing and impact. These broadcasts amplified our message of compassion and encouraged viewers to support mental health care for those in need.



Inside Karwan: Healing, Learning & Celebrating Together

Karwan-e-Hayat hosted a range of impactful internal activities focused on care, awareness, and professional development. **Eid-ul-Fitr** was celebrated with joy and inclusion, while awareness sessions on menstrual hygiene and ADHD empowered patients and caregivers. Key trainings on anti-money laundering, fire safety, emergency drills, and waste management reinforced our commitment to safety and sustainability. Observances like **International Nurses Day, Labour Day, and Father's Day** brought warmth and connection to our recovery journey. The Psychiatric Rehabilitation Training of Trainers continues to strengthen our mental health workforce, ensuring better care for the future.



Collaborations & Strategic Visits

Karwan-e-Hayat recently welcomed several key visitors to explore collaborative opportunities in mental health care and rehabilitation:



SZABIST Zabtech
Productive discussions were held to integrate vocational training into patient recovery programs.



Dr. Aqeel Ahmed – Fauji Fertilizer Company Ltd.
Visited to explore potential support opportunities at our Port Qasim facility.



Sohail Trust Hospital
Meetings focused on promoting joint healthcare initiatives.



Karwan-e-Hayat welcomed the CSR team from Indus Motors, including Azam Khan, Tehreem Majid, and Tariq Javed, for a visit to its Keamari facility. The team appreciated the impact of Indus-sponsored camps and Karwan's ongoing mental health services.



Mr. Khalid Rana – President, Gift USA
Reviewed the outcomes of Gift USA's support, including the installation of a new elevator and solar panels.

These engagements represent key steps toward building inclusive and sustainable mental health solutions.

Blue Paint and a Second Chance

Farhan* was only 17 when schizophrenia took hold of his mind. Once full of laughter, he became a shadow hearing voices, fearing people, and losing touch with reality. His mother would sit outside his locked room, crying softly, unsure how to reach the son she once knew. For two years, he lived in silence, slipping away from school, friends, and family.

When Farhan was brought to Karwan-e-Hayat, he didn't speak for days. Our psychiatrists began gentle medication; our psychologists worked slowly to earn his trust. In rehab, he painted his first picture just a splash of blue but it was a start. Through months of therapy, group support, structured routines, and patient care, Farhan* found himself again.

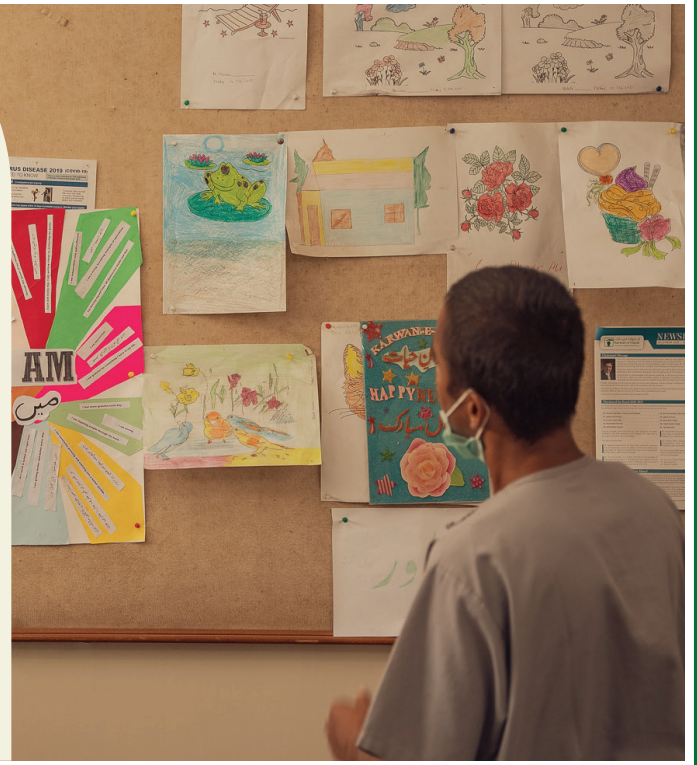
Today, he talks. He smiles. He plays cricket with his brother. He has returned to school.

"I found peace after years of noise in my head."

Psychologist shares:

"Farhan taught us that healing isn't loud; it's quiet moments like when he asked for a second paintbrush."*

Name altered for confidentiality



Help to Heal Minds

Donate Today to Support Mental Healthcare
for those in Greatest Need

ذہنی امراض میں مبتلا ضرورت مند لوگوں کی
ذہنی صحت کے لیے آج ہی عطیہ کریں

For Bank Transfer

Donation Accounts

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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 DUIB 0000000288385001
Branch code: 009

Reach out to us

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and Rehabilitation Center (PCRC)
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KPT Hospital, Keamari - Karachi.

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

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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/>
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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.



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