

Chairman's Message



As we cross the midpoint of fiscal year 2025-26, the Board would like to express its satisfaction that the Institute has remained centred on uncompromising safety, streamlining service delivery and providing professional patient care.

Several critical projects aimed at elevating patient wellbeing have been well executed. Significantly, (i) induction of new vehicles to expand the community-based outreach program; (ii) installation of a state-of-the-art IT System (hardware and software) for a Hospital Management System; and (iii) expansion and renovation of the Female Patients' Ward, increasing capacity and providing privacy, dignity and a specialized environment for care and rehabilitation. I would like to extend my deep appreciation to Mr. and Mrs. Mohsin Nathani for generous support toward this initiative.

As we scale our services, we need to ensure every upgrade is grounded in strict regulatory compliance and robust clinical protocols. Excellence in service delivery is not just about the quality of care, but the integrity and reliability of the environments we create. Together, we are building a safer, more compassionate future for mental healthcare.

Mohammad Salim | Chairman Board of Directors

A Voice of Support



It is with a deep sense of purpose that our family supports Karwan-e-Hayat in strengthening mental healthcare services. The recently expanded and renovated female patients' wing honors the legacy of our late father Mr. Nasim Aon Jafarey, a man whose kindness, generosity and exemplary professionalism touched everyone he met. This expansion, specifically for the women in our community, provides them with space where every patient feels seen, safe and respected in comfortable surroundings, whilst receiving the necessary treatment and care.

To the team at Karwan e Hayat, thank you for your tireless devotion in the life-changing work you do every day. We are especially grateful to Mr. Mohammad Salim chairman KeH for his dedication towards completion of this project.

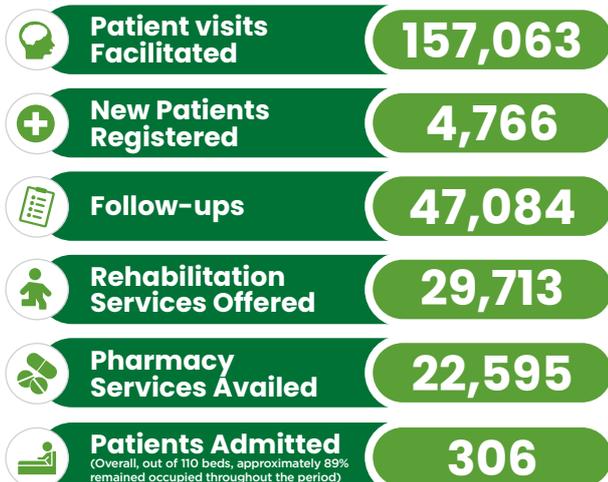
May this ward be a place where many find the strength and solace to be treated and cared for in a professional manner.

Mohsin & Zoya Nathani

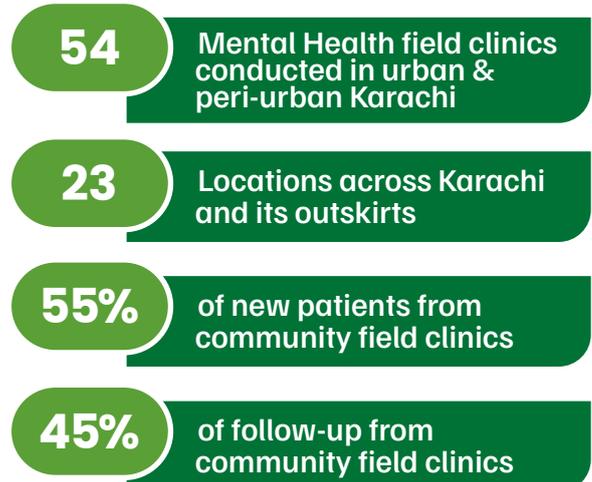
Patient Stats July 2025 to December 2025



PATIENT CARE AT A GLANCE



IMPACT OF COMMUNITY FIELD CLINICS





Expansion and Renovation of Female Patient Wing

The expanded and renovated Female Patient Wing at Karwan-e-Hayat was inaugurated on December 27, 2025 by Mrs. Atiya Nasim Jafarey and generously funded by Mrs. Zoya Nathani and Mr. Mohsin Nathani, in loving memory of the Late Mr. Nasim Aon Jafarey.

The expansion has resulted in improved wards and the creation of rehabilitation rooms and other spaces for patient activities and relaxation.



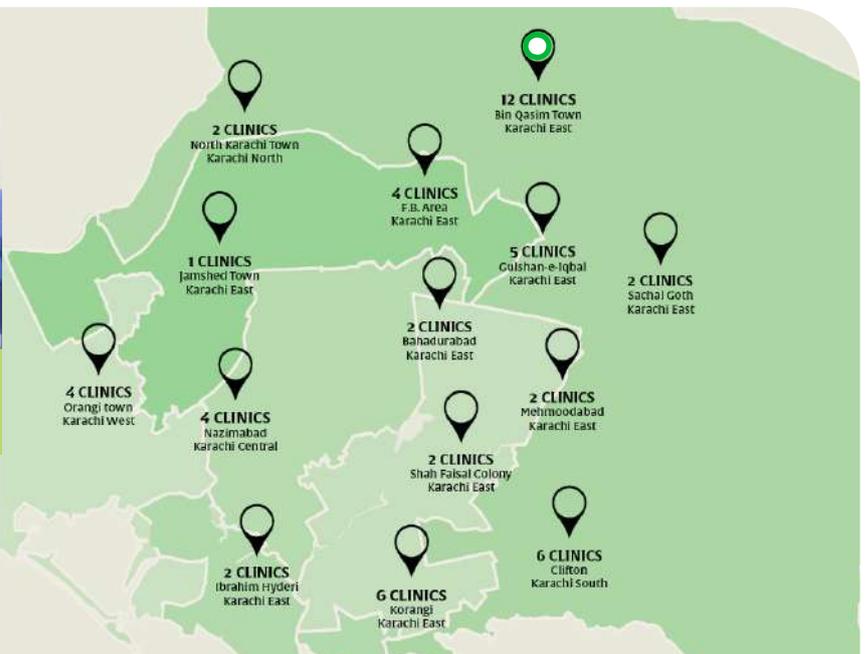
Empowering Mental Health Through Innovation

Siemens Energy, in collaboration with the Rotary Club of Karachi Continental, donated three Changan vehicles to enhance our mental healthcare outreach. This support allows us to reach more field clinics across the city efficiently. We thank Mr. Syed Nadeem Kazmi and Rotarian Shakeel Kaim khani for their support and shared vision of lasting impact.



Inauguration of the SONA Field Clinic

In collaboration with Fauji Fertilizer Company Limited (FFC), we inaugurated the SONA Field Clinic at Gagar Phatak where Karwan-e-Hayat will provide free psychiatric services and medication.





Empowering Minds, Building Futures

Karwan-e-Hayat signed a memorandum of understanding (MoU) with SZABIST ZABTech to provide vocational training and skill development opportunities for patients recovering from psychosocial trauma. This collaboration will help individuals rebuild confidence, reintegrate into society and pursue dignified livelihoods.



Hosting teams from University of York and Pakistan Institute of Living and Learning

Teams from the University of York, UK and PILL visited Karwan-e-Hayat to discuss joint research on bipolar depression and the use of oral ketamine for the SCIMITAR-SA project. The conversations focused on strengthening mental healthcare and community impact, reinforcing our shared commitment to research-driven, compassionate mental health support.



Championing Women's Health & Inclusive Workspaces

Karwan-e-Hayat partnered with Santex Pakistan to support female patients and promote workplace well-being. Santex generously donated female sanitary products for our female patients and offered discounts for our female staff, reflecting their commitment to both mental and physical health.



Visit by Team UBL Funds

The UBL Funds team visited Karwan-e-Hayat to learn about our mental health services, engage with our medical staff, observe ongoing therapy and rehabilitation sessions and explore potential CSR collaboration opportunities.



Partnership with Sohail Hospital Trust and JMDC

Karwan-e-Hayat joined hands with Sohail Trust Hospital and Jinnah Medical And Dental College (JMDC) to elevate mental health care, education and research for a healthier Pakistan.



Summer Psychology Interns

KeH celebrated our summer psychology interns from Ziauddin University, Bahria University, University of Karachi and Khwaja Fareed University of Engineering and Information Technology (KFUEIT). Through hands-on clinical experience, they have learned empathy, care and professional skills which will contribute to the future of mental health care.

“Investment in mental health is not only a moral imperative, but a sound economic decision.”

World Bank

World Suicide Prevention Day

Karwan-e-Hayat observed World Suicide Prevention Day on September 10, 2025 in collaboration with the Pakistan Institute of Living and Learning, under the global theme, “Changing the Narrative on Suicide.” The event brought together leading mental health professionals, innovators and corporate representatives to raise awareness, challenge stigma and emphasize the need for timely support and intervention.





World Occupational Therapy Day

We celebrated the vital role of occupational therapy on October 27, 2025 with our patients and staff, emphasizing its significance in patient recovery. The day encouraged creativity and connection.

World Quality Day

Karwan-e-Hayat marked World Quality Day on November 20, 2025 by building a "Quality Chain," organizing a poster competition and sharing staff reflections, reinforcing our commitment to quality across all areas of work.



Gardening for Growth

Students from the Aga Khan University School of Nursing and Midwifery joined Karwan-e-Hayat's Rehabilitation Centre for a hands-on gardening activity with our patients. They nurtured mindfulness, encouraged creativity and fostered positive interaction, creating a therapeutic and engaging environment that supported patients' emotional well-being.



Wellness Session at EFU Life and DHA Suffa University

KeH conducted Mental Wellness Sessions at EFU Life and DHA Suffa University On World Mental Health Day, focusing on emotional health, stress management and resilience for employees and students. We continue to partner with organizations and educational institutions to promote mentally healthy workplaces and learning environments through our Corporate Wellness Program.

Mental Wellness Session at Education Trust Nasra School

Karwan-e-Hayat's psychologists conducted a wellness session at Nasra School during the yearly Learning Festival of the school, focusing on emotional resilience and mental well-being for the teachers.



Honored at 1st Psychiatry Awards

Karwan-e-Hayat participated in the 1st Psychiatry Awards organized by Genetics Pharmaceuticals, celebrating excellence in mental healthcare. Our psychiatrists were recognized for their dedication and outstanding contributions to advancing mental health services.

Healthcare Expo 2025

Karwan-e-Hayat brought mental healthcare to the spotlight at one of the country's top healthcare platforms through representation at Healthcare Expo 2025. The organization engaged with pharmaceutical leaders, NGOs, corporates and government bodies, opening doors for future collaboration in mental health care and advocacy.

Participation at Aga Khan University Conference

Karwan-e-Hayat participated in the 13th International Conference at Aga Khan University – Institute for Educational Development (AKU-IED), themed "Raising Children in Our Times." Our team promoted mental health awareness through displays, patient-created art, screenings and interactive activities.

Mental Health Week at NUML

We supported Mental Health Week at the National University of Modern Languages (NUML), Karachi, through screenings, personality assessments and one-on-one guidance.





World Mental Health Day

Karwan-e-Hayat highlighted the importance of accessible mental healthcare, stigma reduction and support during emergencies on World Mental Health Day, October 10, 2025 in keeping with this year's theme, "Access to Services: Mental Health in Catastrophes and Emergencies." The Chief Guest, was Mr. Ismail Soomro, General Manager (Civil Works) KPT. Renowned psychiatrists, academics, donors and partners contributed valuable insights at the event.



Karwan-e-Hayat: Expanding Access to Mental Health Care in Times of Crisis

The World Mental Health Day theme, "Access to Services – Mental Health in Catastrophes and Emergencies," highlights the urgent need to prioritize mental health during crises, when individuals and communities are most vulnerable.

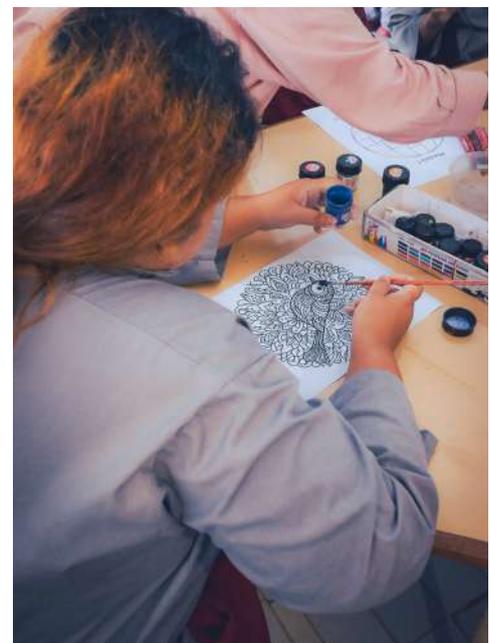
While physical survival dominates disaster response, the psychological impact of trauma, fear and loss often persists long after. The World Health Organization estimates that one in five people in crisis-affected settings develops a mental health condition, with existing conditions worsening due to disrupted care. Globally, less than two percent of health budgets are allocated to mental health, leaving low- and middle-income countries particularly underserved.

In Pakistan, the cost of mental illness treatment is an estimated Rs. 250 billion in 2005–06, rising to nearly Rs. 617 billion by 2020 (<https://www.dawn.com/news/1945807/the-philanthropy-gap>). Nearly one in four people experience mental health conditions, yet the issue remains largely invisible. Disasters further strain fragile systems, affecting families, caregivers and children's wellbeing.

Karwan-e-Hayat (KeH) works to ensure mental health care remains accessible and affordable by subsidizing or fully funding treatment for those unable to pay. By integrating mental health into crisis response, KeH supports individuals, families and communities to recover both emotionally and physically.

On World Mental Health Day, KeH reaffirmed its call to integrate mental health into disaster response, expand community outreach, allocate adequate resources, train first responders and continue combating stigma.

Complete article
Published in Dawn, October 10, 2025:
https://epaper.dawn.com/?page=10_10_2025_702



ذہنی امراض کے اندھیروں میں...
بس اک اُمید

آپ کی زکوٰۃ سے کاروان حیات بنے اُمید کا چراغ

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Branch code: 1620

Zakat Accounts

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Branch code: 0105

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Account no: 0288385001
IBAN: PK57 DUIB 0000000288385001
Branch code: 009



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Reach out to us

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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.

