

CEO's Message



As demand for mental health care continues to grow, Karwan-e-Hayat remains committed to supporting individuals in need of mental health services while upholding strict regulatory, safety, and clinical standards to ensure excellence in service delivery.

Our Ramzan campaign was very successful, and we are excited that renowned media personality Bushra Ansari was our Ramzan 2026 spokesperson. We are also deeply grateful to our donors and well-wishers, whose generosity during Ramzan and beyond enables us to continue providing quality mental health care to those who need it. We extend our appreciation to Hilton Pharma for sponsoring our thought-provoking seminar on women's mental health in recognition of International Women's Day. And finally, I would like to recognize and appreciate the hard work of our dedicated medical and nursing teams, psychologists, psychotherapists, and all our other staff, who provide uninterrupted services and compassionate care to our patients at our flagship facility in Keamari, out-patient facility in Korangi, and more than 20 community-based clinics in underserved areas in Karachi.

We look forward to fostering our valuable partnerships and building new ones that will strengthen mental health service delivery while enhancing academic and practical expertise, to contribute to a much-needed larger pool of mental health professionals.

Rahal Saeed, Chief Executive Officer

A Voice of Support



At Siemens Energy and Rotary Club of Karachi Continental, we greatly admire and support Karwan-e-Hayat in the vital work they are performing for treatment and care of people suffering from mental illnesses. Indeed, such selfless impact on mental healthcare and community-based services is rarely seen.

To increase accessibility of services, we are pleased to have funded the purchase of three vans for enhancing field clinic services across the city for those facing challenges and social exclusion.

We will continue to support Karwan-e-Hayat in advancing mental health services and in responding to the growing needs amid ongoing challenges and crises.

With sincere wishes

Mr. Nadeem Ali Kazmi

MD, Siemens Energy & President, Rotary Club of Karachi Continental, Pakistan

Patient Stats: January 2026 to June 2026



PATIENT CARE AT A GLANCE

	Total KeH Services	128,370
	Total Patient Visits Facilitated	112,891
	New Patient Registrations	3,576
	Follow-Up Consultations	40,822
	Rehabilitation Services Delivered	24,771
	Pharmacy Services Provided	42,926
	Tele Call Services Provided	15,479
	Patients Admitted for Treatment and Rehabilitation	306
	Average Bed Occupancy Across 112 Beds	80%



IMPACT OF COMMUNITY FIELD CLINICS

54

Mental Health field clinics conducted in urban & peri-urban Karachi

23

Locations across Karachi and its outskirts

44%

of new patients from community field clinics



AI-generated image

THE SILENCE BEHIND THE SMILE



After Nadia returned home from the hospital with her third child, she slowly disappeared behind a smile no one questioned. She stopped eating, couldn't sleep, and felt painfully disconnected from her baby. Everyone had an explanation, stress, the evil eye, weak faith, but no one recognized postpartum depression. No one asked the question that mattered: "How are you?"

Some months later, a psychosocial worker from Karwan-e-Hayat's community-based clinic knocked on her door and gently asked, "Aur aap kaisi hain? Sach mein?" (How are you? Truthfully?) Nadia broke down. For the first time, someone listened without judgment, explained that her condition was treatable, and connected her to the free psychiatric care and counselling provided at the community-based clinic.

Six months later, Nadia's circumstances had not changed, but she had. With treatment, therapy, and family support, she rediscovered hope, and the bond with her daughter she once struggled to hold. Behind countless smiles across Pakistan are stories like Nadia's. Postpartum depression is not weakness, a lack of faith, or fate. It is a real, treatable, mental health condition. Sometimes, recovery begins with a single question, and someone willing to listen.

HAPPENINGS & HIGHLIGHTS

Podcast with Hustle Stories



In a Hustle Stories Podcast episode, Dr. Asma Zarin, Senior Consultant Psychiatrist, and Faisal Zahid, GM Resource Development, Communication and Grants, joined host Maham Khalid to discuss one of Pakistan's most pressing yet often overlooked challenges: mental health. The conversation highlighted the importance of early intervention, mental health awareness, and accessible care. It reached a wide digital audience, connecting individuals in need of support with Karwan-e-Hayat's services and encouraging others to strengthen its mission through their generous donations.

Leading the National Conversation on Mental Health



Karwan-e-Hayat continued to advance the national conversation on mental health through features on leading media platforms, including ARY Digital, PTV Home, Samaa TV, Dawn News, and FM 105. These appearances helped educate the public, challenge misconceptions, reduce stigma, and encourage open conversation about mental wellbeing. By sharing expert, evidence-based insights on prevalent mental health issues, our specialists empowered audiences to recognize early warning signs, seek timely support, and understand that recovery is possible. These engagements also connected people with Karwan-e-Hayat's services and inspired greater support for expanding access to quality mental healthcare.

Mind the Screen: Symposium on Youth, Media & Mental Health



Salim Habib University invited our CEO, Rahal Saeed, to participate in a panel in their symposium, "Mind the Screen: Youth, Media & Mental Health." Students and mental health experts explored the impact of digital media on mental wellbeing, and students shared emotional and psychological challenges they face in this digital era. Ms. Rahal Saeed addressed their concerns and encouraged healthy, balanced digital habits, emphasizing that they should seek support if they feel the need.



A Successful Pre-Ramzan Campaign

Ahead of Ramzan, Karwan-e-Hayat successfully engaged supporters, donors and well-wishers through awareness raising and fundraising campaigns, creating momentum for greater community participation in mental healthcare.

Ramzan Campaign with Bushra Ansari

The Ramzan campaign featured renowned media personality Bushra Ansari and was executed as a digital awareness campaign across multiple online platforms. The initiative highlighted Karwan-e-Hayat's work in providing mental health services to the deserving, while raising awareness about mental health and encouraging support for accessible psychiatric and psychological treatment and psychosocial rehabilitation services.



*Image featuring an actor portraying a patient.

KPT Leadership Giving Hope to Mental Healthcare

Karwan-e-Hayat's Psychiatric Care and Rehabilitation (PCRC) facility in Keamari was honored to receive the Karachi Port Trust's (KPT) leadership's continued support throughout the year. The 19th Board of Governors Meeting in March 2026, chaired by KPT Chairman Rear Admiral Shahid Ahmed, SI (M), SBT (Retd.), reviewed the organization's progress and set strategic priorities for advancing mental healthcare.

KPT leadership also visited PCRC on Eid Day to celebrate with patients, staff, and management, reaffirming their commitment to our mission.



Give To Gain: Seminar on Women's Mental Health

Karwan-e-Hayat hosted a seminar on Women's Mental Health in April 2026 to commemorate International Women's Day. The theme, "Give to Gain," reflected the belief that meaningful change begins when knowledge, empathy, and lived experience are shared for collective uplift. The event aimed to strengthen awareness about women's mental well-being, encourage open dialogue and reinforce the importance of accessible, stigma-free mental health support. Discussions with experts emphasized that empowering women emotionally and psychologically is a societal priority for healthier families and stronger communities. Karwan-e-Hayat greatly appreciates Hilton Pharma's support for the event.



Heat & Mental Health Policy Dialogue

Consultant Dr. Sadia Hassan represented Karwan-e-Hayat at a policy dialogue hosted by United for Global Mental Health on heat and mental health. She emphasized the need to integrate mental health into heat response strategies and presented Karwan-e-Hayat's case study, "Cooling Care in a Warming City," highlighting climate-responsive approaches to protecting mental wellbeing during extreme heat.



KeH at IBA's First Psychology Conference



Karwan-e-Hayat's Rehabilitation Manager, Ms. Yasirah Gohar and her team of psychologists and occupational therapists facilitated a workshop on "Strategies and Interventions for Supporting Families of Individuals with Mental Illness" at IBA Karachi's First Psychology Conference 2026. The session focused on practical strategies for empowering families, strengthening support systems, and enhancing recovery outcomes through collaborative, family-centered mental healthcare.

Contributing to National Mental Health Discourse



Karwan-e-Hayat participated in the Pakistan National Psychiatric Society's sixth National Social Psychiatry Conference 2026 in Rawalpindi. Head of Rehabilitation, Dr. Ajmal Kazmi, delivered a talk on "Empowering Recovery, Enriching Lives," and Mr. Nasir Mehmood, Manager Research and Development, presented research on the effectiveness of the Illness Management and Recovery (IMR) Programme for individuals with severe mental illness.

Celebrating our Nursing Heroes



Karwan-e-Hayat celebrated International Nurses Day, recognizing the dedication, compassion, and resilience of our nursing professionals who play a vital role in every patient's journey toward recovery.

Lady Dufferin Hospital also invited Karwan-e-Hayat to participate in their International Nurses and Midwives Day Celebrations. Psychologist Areeba Khalil and Nursing Assistant Manager Zahra Karim conducted a session, "Mental Wellness for Nurses in Healthcare Systems" with nursing staff, students, and management, emphasizing the importance of emotional wellbeing, resilience, and self-care among health professionals.

Where Healing Meets Harmony



The Aga Khan University School of Nursing students brought joy and comfort to our patients through singing and musical performances. They used a variety of instruments to provide music therapy and sang songs with our patients to encourage emotional expression, relaxation, and social interaction.

Addressing Digital Violence and Mental Health

Senior Psychologist Shabir Ali Rashid spoke on the impact of digital violence on mental health at a one-day workshop hosted by International Medical Corps. The workshop focused on awareness, prevention and response strategies related to digital violence. It brought together experts, stakeholders and partners to examine the psychological consequences of online abuse and to identify practical measures for promoting a safer digital environment.

PARTNERSHIPS AND MOUs

Karwan-e-Hayat formed strategic partnerships with Sindh Integrated Emergency & Health Services (SIEHS), SZABIST University, and Kharadar General Hospital. These will help strengthen emergency referral pathways for patients; enhance education, research, and clinical training on mental health; and expand and strengthen community-based services, thereby improving access to quality mental healthcare, and developing Pakistan's future mental health workforce.



The Grind That No One Names

How daily hassles quietly fuel anxiety and depression, and why you don't need a crisis to deserve support.

- Nobody notices the weight of small things
- The generator that never starts on time,
- The unanswered message, the unpaid bill,
- The dinner that must be made
- When your hands are already empty.
- We survive earthquakes.
- It is the daily drizzle
- That rots the wood.

Dr. Asma Zarin

Consultant Psychiatrist,
MCPS, FCPS (Psychiatry),
Diploma in CBT, KeH



My patients rarely arrive in crisis. They come tired. They come with the words, "I don't know what's wrong with me," already formed in their mouths before they sit down. There is no single catastrophe to point to, no death, no divorce, no disaster. Just the accumulated weight of ordinary days.

Psychologists have a name for this: daily hassles. Research has shown that these small, everyday irritants, traffic, household chores, financial worries, and interpersonal friction can predict anxiety and depression more reliably than major life events. The slow drip, it turns out, can be more corrosive than a flood.

The numbers from our own city make this impossible to ignore. A community-based study in Karachi found that 27.4% of adults screened positive for anxiety and depressive symptoms (Farooq et al., 2019). Broader national estimates place the prevalence of depression and anxiety between 30% and 50% among Pakistani adults (Raza S, et al. (2020). A 2020 study of Karachi's high school students found that 53.2% reported anxiety and depression; female students were disproportionately represented (Ibbad S, 2022). These are not abstractions. These are the people sharing your commute, your school gate, your dining table.

1 in 4 adults in Karachi screen positive for anxiety or depression.

Among the city's high school students, that figure rises to more than 1 in 2. Women's rates are consistently higher across every study.

In Karachi, the inventory of daily hassles writes itself: load-shedding that interrupts sleep and work, the mental mathematics of school fees against rising grocery and utility bills, endless traffic, the casual comment from a relative that lingers for days, and the working mother balancing her office, her home, and everyone else's emotions.

None of these individually would constitute a mental health crisis. Together, sustained over months and years, they keep the body's stress system in a state of chronic low-grade activation. The result is what I call survival mode, a state where a person is functional but not truly living. Joy becomes effortful, sleep is light, patience is thin, and the future feels like more of the same.

The difficulty is that this presentation does not announce itself as depression or anxiety. There is no dramatic breakdown, so it often goes unnamed and unaddressed. People dismiss their own distress with thoughts like, "Others have it worse," or, "I have no reason to complain." These are the sentences that keep people from the support they deserve.

Here is what I want readers to understand: you do not need a catastrophe to qualify for compassion, including your own. Naming your stress, identifying which hassles can be solved versus accepted, prioritizing human connection, and seeking professional support when you need it are not signs of weakness. They are acts of wisdom.

We are a society that admires endurance. We should learn, instead, to admire discernment, the wisdom to know when endurance has become damage, and to reach for something better.

Restoring Hope. Transforming Lives.

Over the first six months of 2026, Karwan-e-Hayat continued to expand access to quality mental healthcare, rehabilitation, awareness, training and community outreach services. Through dedicated clinical care, strategic partnerships and advocacy efforts, we remained steadfast in our mission to support recovery, dignity and inclusion for individuals living with mental illness.

Champions of Change

Karwan-e-Hayat proudly acknowledges the unwavering support of our valued partners whose commitment continues to strengthen mental healthcare services and transform lives. We also remain grateful to the countless individuals who provide Zakat and donations. These partnerships help create pathways to hope, recovery, and quality mental healthcare.

“Every investment in mental health is an investment in stronger societies.”

Anonymous

Bank Transfer

Donation Accounts

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

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 DUB 0000000288385001
Branch code: 009



For Online
Donations

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: +92 (21) 35120204/5

For International Donors

Online | Tax exempt donations can be made to Karwan-e-Hayat via i-Care Fund America Inc <https://i-care-america.org/charity/karwan-e-hayat-institute-for-mental-health-care/>

By check | Address checks to i-Care Fund America Inc. Write Karwan-e-Hayat on the memo line and mail it to:
i-Care Fund America Inc.
139 Charles Street, Suite #348, Boston, MA 02114

Please add the following information to process your donation receipt if donating by check:
Full Name
Email Address
Phone Number
Complete mailing address including city, state, and zip code

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