

# BAWAQAR ZINDAGI



ANNUAL REPORT 2021





# CONTENTS

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Manager's Statement .....	1
About Bawaqar Zindagi .....	2
Meet our Team .....	4
Impact .....	6
Why Psychiatric Rehabilitation? .....	7
Counselling .....	9
On the Pathway to Recovery .....	11
Family Psychoeducation .....	13
Awareness .....	15
The year at Bawaqar Zindagi .....	19
Work with us! .....	21
Partner with us! .....	22
Financial Statement .....	23

# MANAGER'S NOTE

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It is a common misconception that mental health is only about the brain and that medications alone are enough for recovery. Our mental health is a combination of several aspects of wellness, including social, occupational, etc. And, recovery can only emerge when all these dimensions, not just one, are addressed. With this in mind, we developed our psychiatric rehabilitation (PsyR) program at Bawaqar Zindagi this year, aimed towards recovery, community integration, and improved quality of life for people with serious mental illness (SMI). Two PsyR groups were introduced following evidence-based practices, so both individuals and families could benefit from the psychoeducation and social interactions. Individual counselling, too, was combined with our existing services. With this combination of services, clients reported increased improvements in their overall wellbeing and we ensured that these messages were passed on to other individuals to encourage seeking help. Hence, this year we also started recording Stories of Resiliency and shared them on different platforms to help address stigma surrounding mental health.

We still have a long way to go in terms of raising awareness and service provision. Bawaqar Zindagi is grateful to all those who supported its cause and hopes that this support continues as it works towards empowering individuals in becoming functioning members of the community they live in.

*Talheem A. Naqvi*

**TALHEEM ALI NAQVI**

Program Manager





# ABOUT BAWAQAR ZINDAGI

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Bawaqar Zindagi is a community outreach program operating under the umbrella of Caravan of Life Pakistan Trust, aimed to increase access to free mental health services in the community. This is the first community-based psych-rehabilitation program adapted from the evidence-based approach of Psychiatric Rehabilitation Association (PRA).

Housed at the Ra'ana Liaquat Craftsmen Colony, Bawaqar Zindagi has an exclusive focus towards the underprivileged communities of Shah Faisal colony, and neighbouring areas.

We envision the community to become aware about mental health, recognise and respond to, and encourage seeking help for mental health problems.

Our mission is empower individuals with mental illness to become functioning members of the community through interventions in the domains of living, learning, working and socialisation.

Bawaqar Zindagi **empowers** and **enables** individuals with mental illness to reintegrate into the society and play a functional role through access to free mental health services and psychiatric rehabilitation, as well as **educate** the community about mental health, and **engage** them to play an active role in raising awareness and breaking the stigma around mental illness



# 1 IN 4

**INDIVIDUALS  
STRUGGLE WITH SOME  
MENTAL HEALTH PROBLEM**  
WORLD HEALTH ORGANIZATION



INDIVIDUALS IN LOWER AND  
MIDDLE INCOME COUNTRIES  
**DO NOT HAVE ACCESS**  
TO MENTAL HEALTH SERVICES  
WORLD HEALTH ORGANIZATION

THAT MEANS

**AN ESTIMATED  
4 MILLION  
IN KARACHI  
ARE LIVING WITH  
A MENTAL ILLNESS**  
BASED ON A 2017 POPULATION CENSUS

SHAH FAISAL COLONY IS HOME TO ABOUT

# 1 MILLION

WITH AN APPROXIMATE



**MEMBERS PER HOUSEHOLD**

WITH ONLY **5** **PSYCHIATRIC**  
HOSPITALS IN KARACHI

# IMPACT OVERVIEW



**31 CLIENTS ON THE PATHWAY TO RECOVERY**



**37.7% INCREASE IN TOTAL CLIENTS**

**9% INCREASE IN NEW CLIENTS**

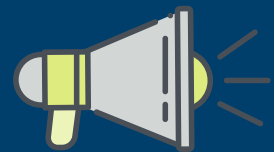
**44.9% INCREASE IN FOLLOWUP CLIENTS**



**MEDICINES WORTH  
PKR 1,363,851  
DISPENSED**



**170 CLIENTS REFERRED  
PATIENT TO PATIENT**



**139 CLIENTS REFERRED  
THROUGH MARKETING**

# MEET OUR TEAM

The Bawaqar Zindagi team is a group of talented professionals with the joint aim of increasing access to mental health in the community.

The program is headed by Talheen A. Naqvi, who is a Fulbright Scholar and has recently completed her Masters in Rehabilitation and Mental Health Counseling from Illinois Institute of Technology, USA. She aims to raise awareness about mental health in the community and promotes help-seeking behavior.



**TALHEEN A. NAQVI**  
PROGRAM MANAGER



**UNZILA AFTAB**  
COMMUNITY ENGAGEMENT AND  
REHAB COUNSELLOR

The counselling role is fulfilled by Unzila Aftab, who has completed her Masters in Clinical Psychology.

With her experience as a trainer in community based projects with donor bodies, like UKAID, DAI, CITI Foundation, and The Embassy of The Netherlands, Unzila works towards engaging the community to raise awareness about mental health. She believes therapy is a collaborative process and guides clients to increase self-awareness, gain new perspective, decrease symptoms and increase personal strength to have more meaningful life experiences.

Sana Faheem works as a Rehab Practitioner at Bawaqar Zindagi, and is also responsible for outreach in the larger community. She is pursuing her MPhil in Psychology from University of Karachi. She has the experience of working with vulnerable groups in the areas of mental health and wellbeing, education and employment. She believes in encouraging positive self-expression, reducing stigma around mental health, improving access to mental health services, and promoting positive mental health for all.



**SANA FAHEEM**  
COMMUNITY OUTREACH AND  
REHAB PRACTITIONER



## MEET OUR TEAM



**DR RIDA HANIF**  
CONSULTANT PSYCHIATRIST

Dr. Rida Hanif is one of the consultant psychiatrists at Bawaqar Zindagi. She has been working in the field since 5 years. She has the experience of working at Jinnah Post-Graduate Medical Centre. She has worked towards raising awareness about mental health. She has a particular interest in mood and anxiety disorders, and has many researches to her name. She is a fellow of the College for Physicians and Surgeons (FCPS).

Dr. Hafsa Tayyeb is also the consultant psychiatrist at Bawaqar Zindagi. She has completed her MBBS from Liaquat National Hospital and Medical College, and is a member of the College for Physicians and Surgeons (MCPS).



**DR HAFSA TAYYEB**  
CONSULTANT PSYCHIATRIST



**SUMAIRA BASHIR**  
COMMUNITY MENTAL HEALTH WORKER

Sumaira Bashir joins Bawaqar Zindagi as a community health worker with her Masters in Clinical Psychology, and a vast experience in counselling. She has also worked with USAID, and European Unions project. As a counsellor, she has worked as a supervisor in Aga Khan Community Centre.

Fayyaz Hussain started his journey at Caravan of Life Pakistan Trust as a client attendant at The Recovery House, with an experience of 15 years in the field. He has received training to enhance his skills, like conversation skills relevant to clients, de-escalation training, and crisis management. Since 2015, Fayyaz has been part of Bawaqar Zindagi as a community health worker.



**FAYYAZ HUSSAIN**  
COMMUNITY MENTAL HEALTH WORKER



# WHY PSYCH-REHABILITATION

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Chronic and severe mental health problems impact emotions, behaviour and cognition of individuals, interfering with their goals in their daily life. Oftentimes individuals with mental illness are entrapped by their symptoms to the extent that they are unable to focus on anything otherwise. Psychiatric rehabilitation aims to shift the focus of individuals with mental illness and caregivers from illness to recovery.

Bawaqar Zindagi offers Pakistan's first recovery focused solution towards mental health problems, in association with Psychiatric Rehabilitation Association, adapted to the needs of the community. The program promotes recovery and motivates individuals to reclaim their lives by learning skills for mental health and well-being, social interaction and work. At the same time, individuals are encouraged to develop and work towards achieving their personal goals.



Recovery is not a destination but a journey, with its own set of highs and lows. An individual recovered from a severe or chronic mental illness is equipped with the skills to manage their symptoms, and play an active part in their lives. Bawaqar Zindagi offers a rehabilitation program which helps the client work on four domains of living, learning, working and socialisation. The program provides individual and group sessions according to the needs of the individuals.

Individuals with severe or chronic mental illness enrolled rehabilitation program at Bawaqar Zindagi are equipped to achieve their goals like M. Ali, who wanted to find a job enabling him to support his family.

### 4 clients receiving psychiatric rehabilitation

**"I am doing much better now, I have a stable job now at a nearby pizza shop. I am earning better than before and my family members are also happy with me."**

M.Ali sharing about his progress in the rehab program.





# COUNSELLING

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Individual's self and daily life may not be seriously affected in mild and moderate mental illness, however there are certain aspects of the self which can be improved upon for better emotional, social, and daily functioning. These aspects can be tackled through counselling sessions.

Bawaqar Zindagi offers individual, one-on-one counselling sessions to help individuals navigate through different factors affecting mental health, such as learning to manage emotions, grooming one's self, improving communication skills, building positive relationships, managing time, working through crises and enhance problem-solving and decision making skills. Sessions are also offered in group settings to allow clients to engage with one another and build a sense of trust and companionship in their journey to recovery.



The Emotion Regulation counselling program is offered as a group-based manualized treatment that incorporates components of cognitive-behavioral, acceptance, dialectical, mindfulness-based, experiential, and emotion-focused treatments. The goal of the program is to enable individuals to better identify, differentiate, describe and manage their emotions, and increase acceptance of emotional experience when necessary. It also involves enabling the client to utilize emotional information to identify needs, guiding thinking, making effective decisions, motivating behaviour and managing interpersonal relationships.

**42 INDIVIDUALS**  
RECEIVING INDIVIDUAL OR GROUP  
**COUNSELLING SESSIONS**

**1 INDIVIDUAL**  
**IN RECOVERY**

**"MY RELATIONSHIP WITH BAWAQAR ZINDAGI HAS BEEN VERY GOOD. I AM REGULAR WITH MY MEDICATIONS AND COUNSELLING SESSIONS, AND THEY HAVE MADE A GREAT DIFFERENCE FOR ME. I WAS NOT CONFIDENT BEFORE BUT NOW I FEEL MORE CONFIDENT OF MYSELF. I STILL HAVE FEARS AND ANXIETIES BUT I BELIEVE THEY TOO WILL REDUCE SOON."**

Naila, on her journey towards recovery

# ON THE PATH TO RECOVERY

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**"I BELONG TO A BACKGROUND WHERE ANGER WAS CONSIDERED NORMAL..."**

NISAR KHAN HIGHLIGHTING THE FACTORS BEHIND HIS ACTIONS

Abdul Nisar Khan came to Bawaqar Zindagi with hopes to better himself for his young son. He was struggling with his anger and suicidal and homicidal urges.

Nisar Khan has a history of aggression, and has struggled with drinking and drugs since a young age. He separated with his wife after numerous domestic disagreements, and has also experienced the loss of two children. He felt his anger returned strong after his daughter's death. He blamed his wife's oversight for the death of his daughter, and thus was bent on taking revenge.

**"I WAS AT A POINT WHERE FIGHTING AND KILLING SOMEONE WERE NOT A BIG DEAL FOR ME"**

Struggling with homicidal and suicidal thoughts, Nisar decided to seek help for the sake of his son, so he could leave a better impression on him, and be a better father. After coming across an ad on the local cable channel, Nisar came to Bawaqar Zindagi. He felt that his aggression is much controlled and he is able to sleep better. He also turned towards religion as a way to keep himself calm and peaceful. Over time he has felt that one must be mindful of their underlying issues, and communicate to their family members so that mental health concerns can be addressed by a professional.

# ON THE PATH TO RECOVERY

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**"I WAS STUCK IN A STATE WHERE I COULDN'T LIVE NOR DIE, I WAS STUCK IN A WHIRLWIND..."**

SAIMA DESCRIBES HOW SHE FELT AT THE PEAK OF HER ILLNESS

Saima\* was working as a branch manager at a school when she first felt her symptoms. She quit her job, and her life took 360 degree turn. She describes feeling intense fear and experiences of seeing things. Her family members took her to various spiritual healers but to no avail. Her condition stayed like this for years until finally they brought her to a psychiatrist. There was some improvement after her treatment, however she had multiple relapses after stopping her medications.

**"I WOULD LOSE MY SENSES, WOULD NOT EAT OR DRINK ANYTHING..."**

The financial burdens also increased as her medicines were expensive. She came to Bawaqar Zindagi upon the suggestion of some relatives. Coming to Bawaqar ZIndagi was an improvement in her life. She has been under treatment since 2 years and feels reinvigorated. Gradually, her psychiatric treatment and counselling has improved her mental health, and gave he the confidence to start working again. She feels that learning skills to work through her problems have helped her a lot.

**"GETTING TREATMENT FROM BAWAQAR ZINDAGI HAS HELP ME GET SETTLED... NOW I AM PART OF THE LIFE THAT I HAD LEFT FAR BEHIND."**

# FAMILY PSYCHO-EDUCATION

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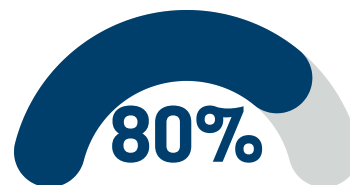


Sessions to educate the community of mental health and different mental illness were introduced, particularly for the caregivers of individuals with mental illness registered at the Bawaqar Zindagi clinic. These sessions are aimed to enhance the capacity of family members to provide the best care possible by equipping them with knowledge about symptoms of mental illness, importance of adherence to medications and other positive interventions for recovery, crisis management, and recognizing early signs of relapse.

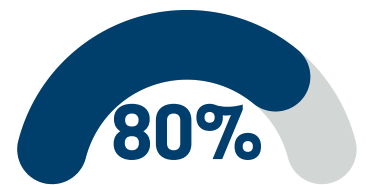
Self care is another important aspect encouraged in psycho-education, since caring for individuals with mental illness can be stressful for caregivers. This also promotes healthy familial relationships and the development of a positive and supportive environment at home. Thus far 22 families have been made aware about different mental illness including depression, schizophrenia and anxiety, as well as on self care for the caregiver.



## 22 FAMILIES ENGAGED IN PSYCHO-EDUCATION



**80%**  
**PARTICIPANTS**  
FOUND THAT THE  
CONTENT WAS  
**USEFUL**  
IN THEIR LIVES



**80%**  
**PARTICIPANTS**  
FELT THAT THE  
CONTENT WAS  
**RELATABLE**  
FOR THEM

**ALL PARTICIPANTS**  
FELT ENCOURAGED TO  
**PARTICIPATE**  
IN THE SESSION

# AWARENESS

Different mental health camps and sessions were organised to raise awareness about mental health and illness with different groups in the community. These sessions aimed to break the stigma around mental illness by promoting healthy and positive conversation and encouraging knowledge and insight, as well as increase accessibility to avail free mental health services in the community.

## MENTAL HEALTH CAMPS

Bawaqar Zindagi participated in a mental health camps arranged by RLCC in the vicinity of Shah Faisal No. 5 and Natha Khan Goth. Residents from the neighbourhood visited the camp and were made aware about mental health and mental illness. Mental health screening was also provided to individuals as required.



**TALK ON SUICIDE PREVENTION AND AWARENESS**

Awareness was raised about suicide through a session on account of the Suicide Prevention Month in September, highlighting the warning signs and ways to support someone having suicidal thoughts. In the wake of recent increase in suicide rates, clients and their families were educated about the risks, and engaged in the discussion by sharing their experiences.



**CELEBRATING WORLD MENTAL HEALTH DAY**

World Mental Health Day was commemorated through the week through different sessions with community members and online awareness.



A session was held with 60 staff members at Ra'ana Liaquat Craftsman Colony on general wellbeing. The session introduced the theme "Mental Health in an Unequal World" and also provided information on stress, warning signs of negative stress, its effect on life, and stress management.



A movie day was organized for Bawaqar Zindagi clients to celebrate mental health, take charge of their mental wellbeing through different mediums, and be able to relax and unwind. Clients thoroughly enjoyed the day and also noted the importance of taking time out for themselves in an effort to preserve their mental wellbeing.

### ZAVIYA SERIES

Bawaqar Zindagi also launched the Zaviya series to raise awareness about different topics in the field of mental health, broadcasted live on our social media platforms to attract audiences from different walks of life. The medium is primarily Urdu to improve outreach. The Zaviya Series provides a platform for experts to share their knowledge and expertise and people with lived experience to share their experiences and be a source of encouragement for others struggling with mental health challenges to seek professional help.

Sessions have been held on father's mental health, depression and factors, inter-generational trauma and effects of adverse childhood experiences on personality.

**RLCC EMPLOYEE MENTAL WELLNESS INITIATIVE**

RLCC took the initiative to provide mental wellness support to their employees. The program aims to provide knowledge and awareness about mental health amongst staff members, encourage staff members to seek professional help with regards to their mental health and well-being, address stigma surrounding mental health amongst staff members, work towards improving the overall mental health and well-being of the organisation, and providing appropriate accommodations to staff members that foster a healthy and productive work environment. The introduction and initial assessments were completed in December, to provide a baseline for individual and group sessions in the new year.



**195 INDIVIDUALS**  
MADE AWARE THROUGH  
SESSIONS ABOUT  
MENTAL HEALTH AND WELLBEING

**4 IN-PERSON**  
**AWARENESS SESSIONS**  
ORGANIZED FOR CLIENTS

**6 ONLINE**  
**AWARENESS SESSIONS**  
PUBLISHED ON SOCIAL MEDIA

# THE YEAR AT BAWAQAR ZINDAGI

2021

## JAN - FEB

- Engaging individuals with severe and chronic mental illness
- Provided consultations at mental health camp in Shah Faisal No. 5, in partnership with RLCC

## MAR - APR

- Provided consultations and awareness at mental health camp in Natha Khan Goth, in partnership with RLCC
- Organised an awareness session for 46 women on women's mental health, and factors affecting it
- BWZ participated as guest speaker in an online session with RLCC on "Women and Leadership: Achieving an equal future in a COVID-19 world"
- A video was prepared for stress and mental health in partnership with Aga Khan's Child and Adolescent Mental Health program

## MAY - JUN

- Live online awareness session with RLCC for "Impact on Mental Health During COVID-19 Third Wave"
- Rolled out individual and group counselling programs
- Initiated psych-rehabilitation modules with selected clients
- Enrolled 5 interns for Bawaqar Zindagi Internship Program

2021

## JUL - AUG

- Introduction to psycho-education to encourage clients and their families to be part of it
- Online awareness session on Father's mental health and the role it plays in family well-being
- Online awareness session on Depression with Catharsis through Islam
- Online awareness session on inter-generational trauma
- Inauguration of clinic on Monday

## SEP - OCT

- Session on suicide prevention arranged for clients and their family members
- Awareness session on stress, mental health and employee wellbeing arranged by RLCC for its staff members
- Online awareness on what is stress, signs of stress, and avoiding stress

## NOV - DEC

- Online awareness session on the consequences of adverse childhood experiences in adulthood
- Motivating session with clients will be arranged, encouraging realistic goals and resolutions for the new year
- Employee Mental Wellness program initiated with RLCC



# WORK WITH US...

Bawaqar Zindagi offers year round internships with on-field experience of community psychiatric rehabilitation and mental health services, through a span of three months.

"My internship at Bawaqar Zindagi, provided me with valuable hands on experience and better ideas. Each day at the clinic, I had different and new cases and I had the opportunity to cater and deal with those clients and learn from them. It was a great platform for me to gain some counseling and rapport building skills. The internship was worthwhile experience and I feel that it has prepared me for my professional career."

**SYED ZEESHAN RAZA ZAIDI - UNIVERSITY OF KARACHI**

"Working at Bawaqar Zindagi, along with well- skilled and professional trainers, has been a wholesome experience for me. This organization did not only help me with professional growth but with personal growth too. It inculcated great professional values in me and taught me how to deal with clients empathetically and knowing my professional boundaries at the same time."

**ANEEQA AZIZ - SZABIST UNIVERSITY**

"Internship at Bawaqar Zindagi allowed me to get hands on experience of psychiatric illnesses and clients. Reading about disorders in a book and seeing them in reality offers a completely different perspective on things. Bawaqar Zindagi allowed me to grow in my communication skills especially in Urdu, and recognized and appreciated my efforts. Work at Bawaqar Zindagi is truly fulfilling."

**GHAZAL RIAZ - SZABIST UNIVERSITY**

Email your resume at [bwzindagi@caravanoflifetrust.org](mailto:bwzindagi@caravanoflifetrust.org) and become part of our all year internship progr



# PARTNER WITH US...

Bawaqar Zindagi partners with different stakeholders in the community to raise awareness about mental health and increase outreach to a larger population with the help of community actors and influencers.

Become an Ambassador for mental health and contribute towards breaking the stigma around mental health, encouraging community members to seek professional help as needed, and inculcate an environment preserving mental health.

You can contribute towards mental health by

## **UPGRADING FACILITY**

Contribute towards mental health by helping us create a motivating environment for our clients through comfortable seating

## **RAISING AWARENESS**

Help us raise awareness about mental health and Bawaqar Zindagi services in different locations across the community

## **EMPOWERING TEAM**

Equip the team with tools and equipment necessary for delivering the best services

Some of our ambassadors this year were



# FINANCIAL STATEMENT

## Income Jan 1st to Dec 31st, 2021

Donations	4,744,671
Other Income	8,758
<b>Total Income</b>	<b>4,753,429</b>

## Operating Expenses

Salaries and Benefits	4,037,344
Cleaning	5,560
Communication Expenses	16,400
Entertainment	7,040
Marketing Expenses	0
Rent	60,000
Electricity	9,539
Repair and Maintenance	17,590
Printing and Stationary Expenses	11,910
Conveyance	5,065
WH Tax on Profit Account	650
Imprest Fund	30,000
Renovation Expenses	500,000

<b>Total Expenses</b>	<b>4,701,098</b>
<b>Surplus/Deficit for the Period</b>	<b>52,331</b>





## **BAWAQAR ZINDAGI**

Ra'ana Liaquat Craftsman Colony  
Main Bazar, Shah Faisal Colony Block 1

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bwzindagi@caravanoflifetrust.org