



باوقار زندگی
روشن ذہن، روشن مستقبل

Bawaqar Zindagi

Semi-Annual Report
January–June 2026



COLPT

Caravan of Life Pakistan Trust was founded by Shaheen S. Ahmed and Khusro Karamat Elley as the realization of a deeply personal journey and a shared vision for mental health recovery, dignity, and hope. Through transformative initiatives including The Recovery House, and Bawaqar Zindagi, we are creating pathways toward healing, independence, inclusion, and flourishing. From psychiatric rehabilitation and life-skills development to family support and community outreach, our mission is to empower individuals to rediscover purpose, confidence, and connection — building healthier lives and stronger communities.

Our Mission

The mission of CoLPT is to provide people suffering from serious mental illness with a secure and serene environment in which they learn to live with and manage their illness, as independently as possible, to work productively, to help others, and to maintain these accomplishments throughout their lives as integrated, functional human beings.



Our Vision

Our vision is to set the standard of excellence in Pakistan for providing rehabilitation, therapy, and a continuum of care to person with serious mental illness by addressing the entire spectrum of their human needs, thereby enabling the mentally ill to attain and maintain their highest potential for satisfying and productive lives.

BAWAQAR ZINDAGI

Through the Bawaqar Zindagi (BWZ) Project, Caravan of Life Pakistan Trust delivers comprehensive mental health services to underserved and marginalized communities. Our Psychiatric Rehabilitation Programs are designed to support recovery and social reintegration through structured interventions, including group therapy, individual psychotherapy, case management, and vocational training, enabling individuals to regain independence and become productive members of society.



BWZ SERVICES

- Free Psychiatric Consultations
- Free Psychiatric Medication
- Free Group Therapy Sessions
- Free Individual Psychotherapy
- Free Tele-Mental Health Services
- Free Home Visitation Program
- Free Vocational Training Programs
- Anti-Stigma Campaign

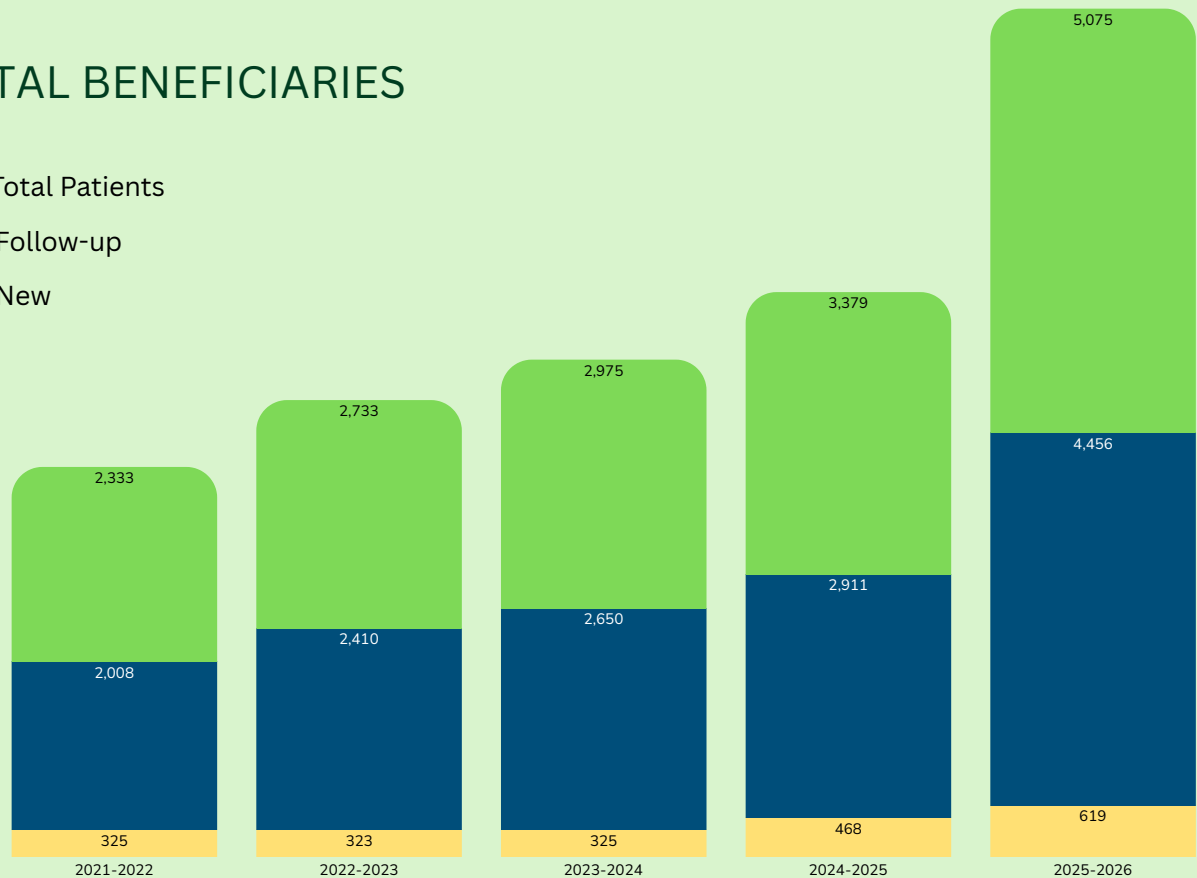
COP SERVICES

- Free Psychiatric Consultation & screening Camps
- Free Psychiatric Medication
- Free Counseling Services
- Free Community-Based Mental Health Awareness Programs

BWZ JOURNEY AT A GLANCE: 2021 – 2026

TOTAL BENEFICIARIES

- Total Patients
- Follow-up
- New



A steady year-on-year increase, with the largest growth occurring in Jul 2021 – Jun 2026.

Service Highlights

July 2021 – June 2026.

BWZ
Total Visits

COP
Total Services

Rehab Group
Total Clients

Pharmacotherapy

16,495

2,477

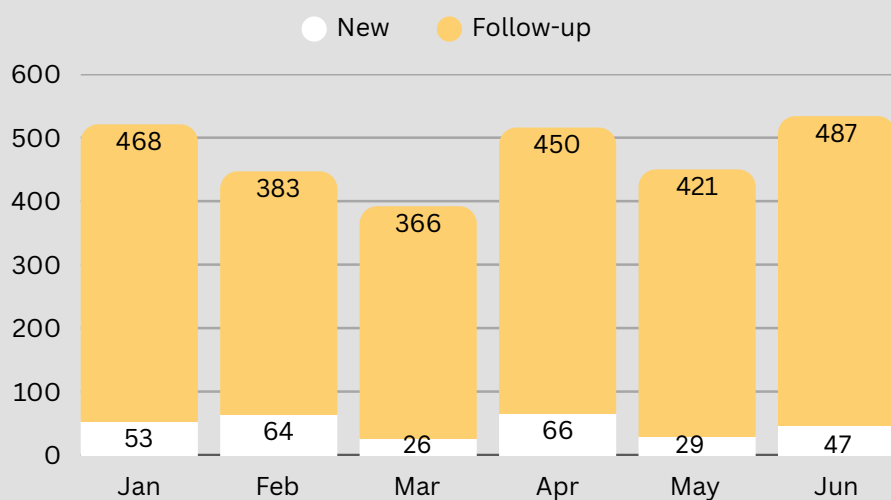
1,886

16,487

BWZ Performance Snapshot 2026

January-June · Milestones

PATIENT STATISTICS: NEW & FOLLOW-UP



Total Consultation

2,860

Follow-up → 2575

New → 285



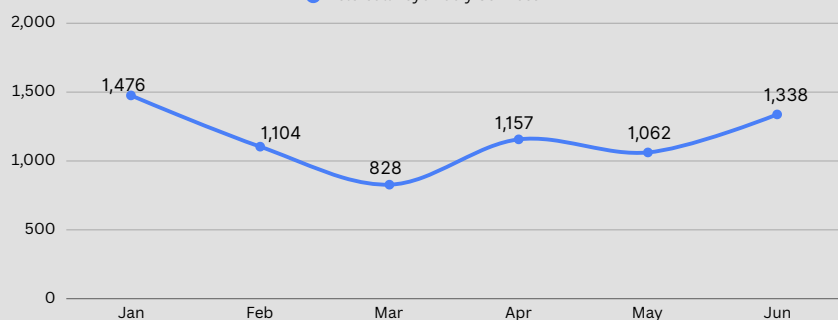
Pharmacotherapy

2700

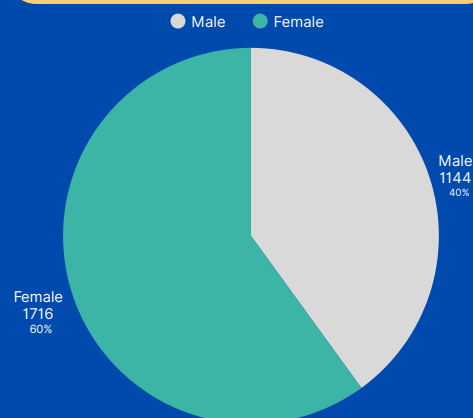
Tele Call
Psychiatry
Services

6,965

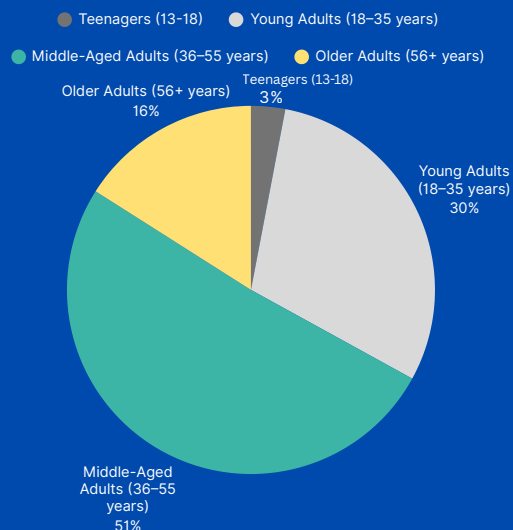
● Tele Call Psychiatry Services



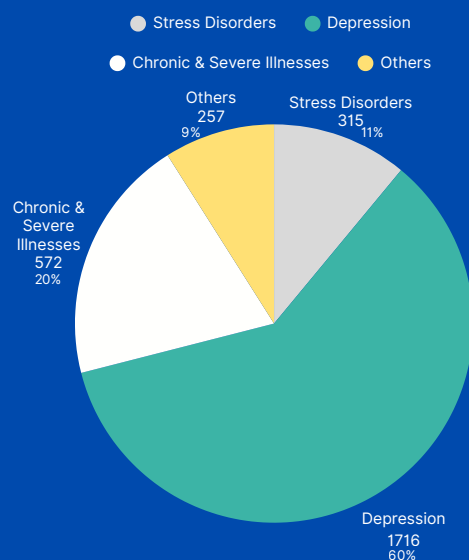
GENDER DISTRIBUTION



AGE DEMOGRAPHICS



DIAGNOSIS CLASSIFICATION



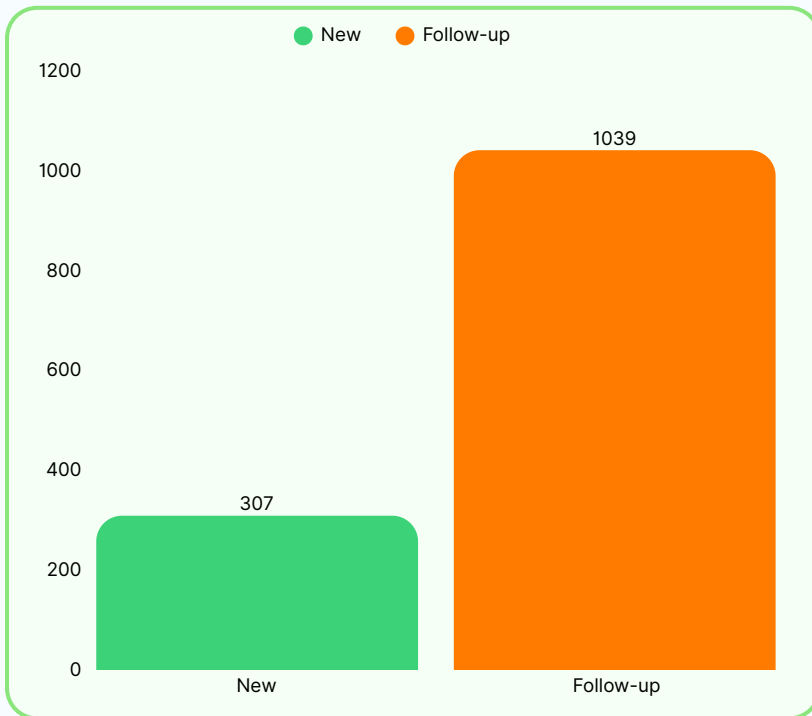
Psychiatric Rehab Group Milestones 2026

Total Rehab Group

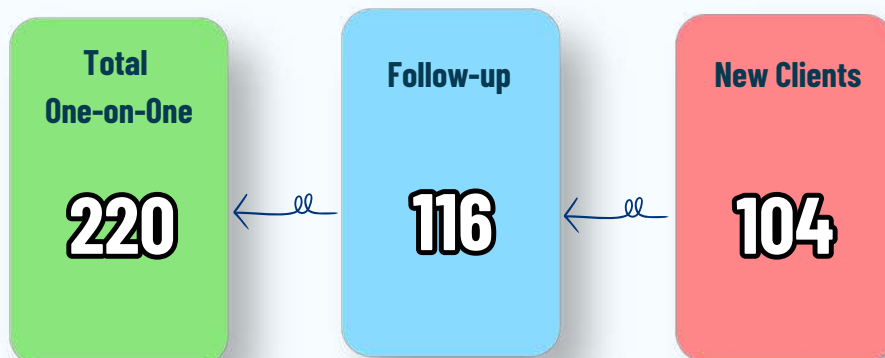
200

Total Clients

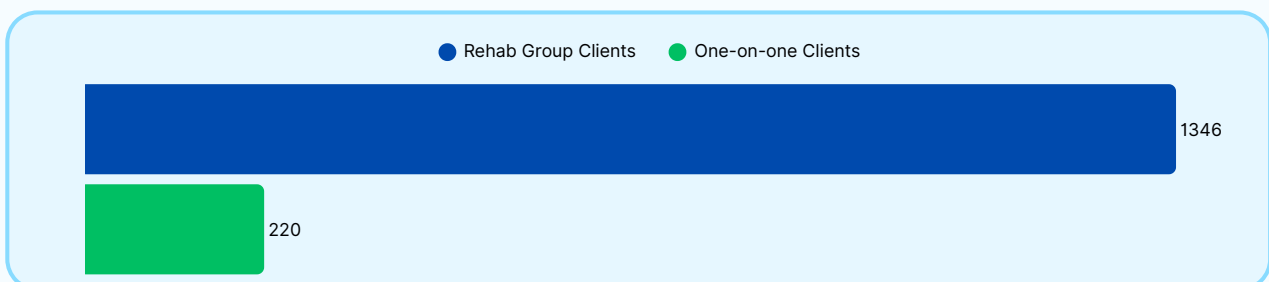
1,346



Individual Psychotherapy



Therapeutic Program Overview



COP HIGHLIGHTS JANUARY-JUNE 2026

Key services delivered during the reporting period.



Client Feedback Dashboard

96.4%

Satisfied or Very Satisfied with Staff

98.2%

Satisfied or Very Satisfied with Services

97.3%

Would Recommend to Others

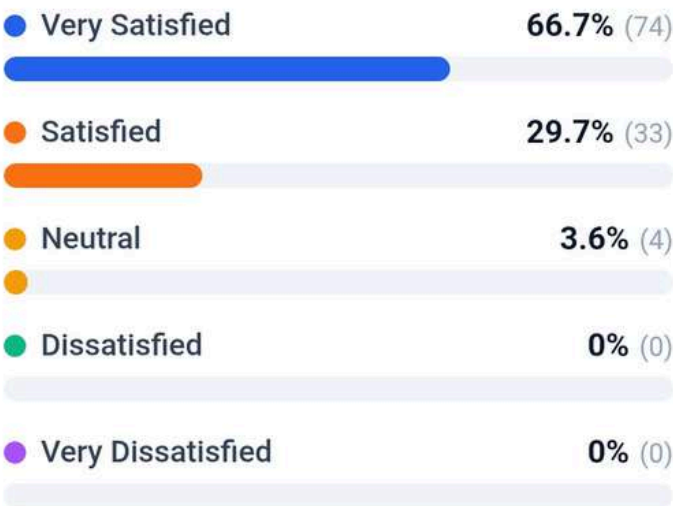
98.2%

Would Visit Again

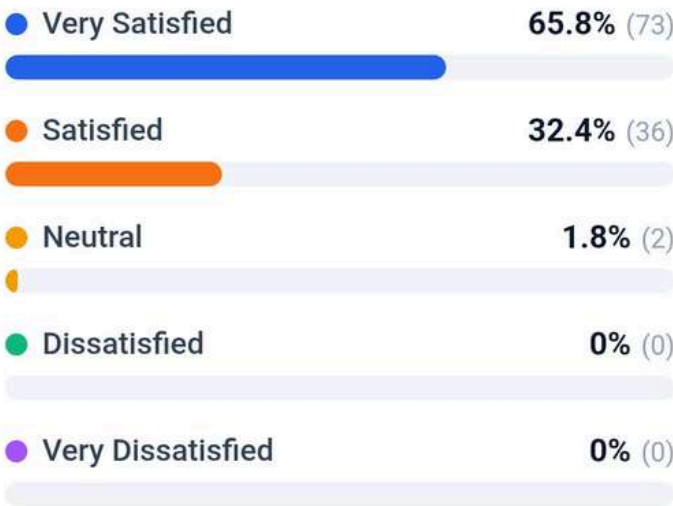


OVERALL POSITIVE RESPONSE
Over 96% of clients rated staff & services as Satisfied or Very Satisfied across all questions.

1. Staff Behaviour and Cooperation



2. Service Satisfaction



3. Would Recommend



4. Would Visit Again

