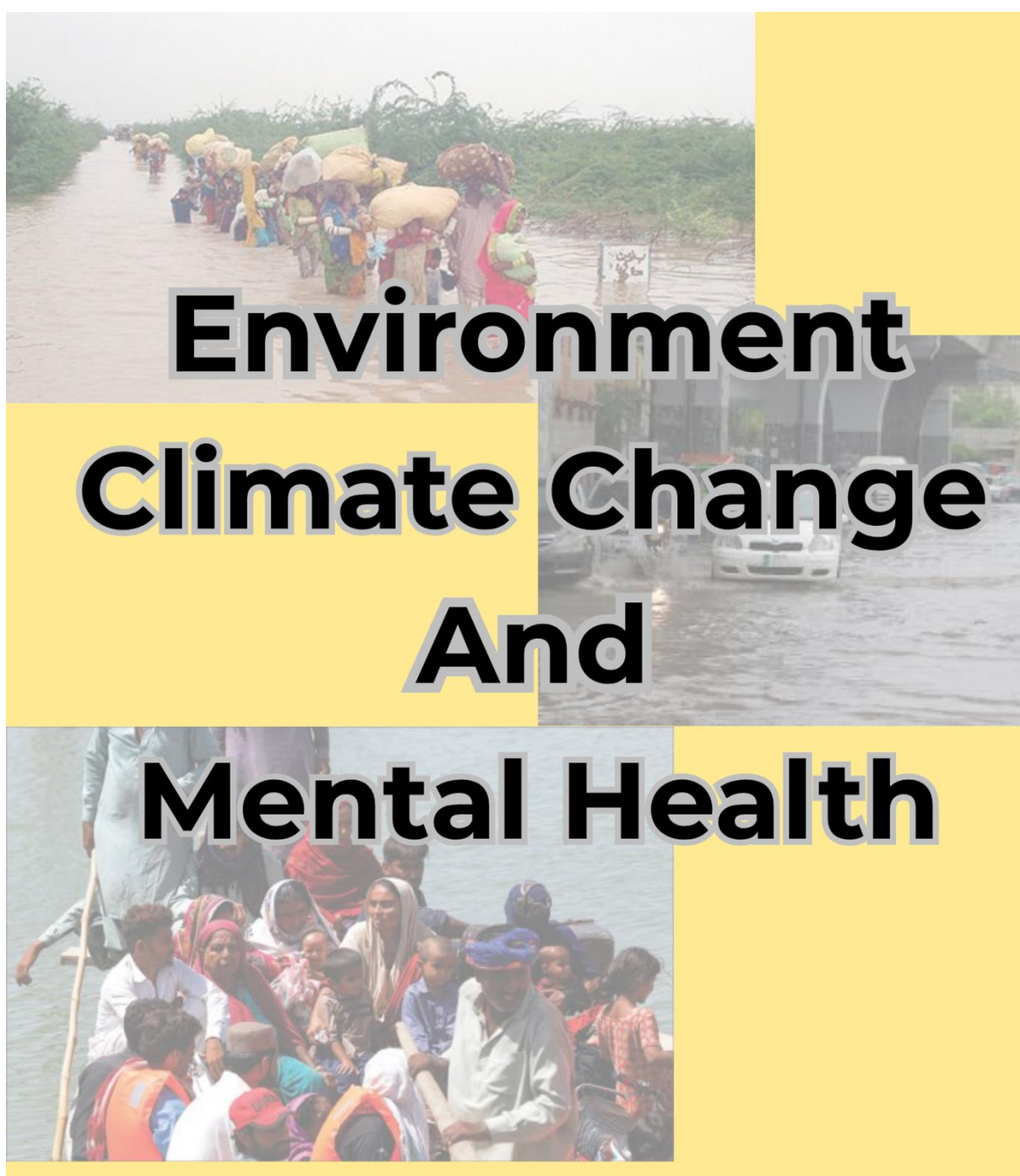




Environment Climate Change And Mental Health



Late Professor Emeritus Dr. Syed Haroon Ahmed

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CONTENTS

English

Editorial	Dr. Karim Ahmed Khawaja	04
Obituary	Prof. Syed Haroon Ahmed	06
Historical Spotlight	Climate Change and Mental Health	08
News & Views		10
Pieces:		
1. Climate Change and Its Impact on Marginalized Communities		37
2. The Pseudo-Doctor Syndrome: The Risk of Psychologists and Other Allied Health Professionals Acting as Doctors in Pakistan		40
3. Eco-Anxiety and Climate Grief: Rising Mental Health Challenges in Sindh		43
4. When the Heat Becomes Too Much to Bear: Climate Change and Mental Health in Pakistan		46
5. A Natural talk on Urban Green Spaces: The Best Remedy for Mental Stress		49
6. Breaking Through the Fog: How Tele-Counseling Helped a Young Woman Reclaim Her Emotional Balance		51
7. Margalla Hills National Park: A Sanctuary Under Threat		53
8. Grief, Healing, and Hope: A Tele-Counseling Success Story		55
9. The Quiet Crisis: The Importance of Psychological First Aid during Natural Disasters – A Spotlight on Noor's Workshop in Karachi		57
Press Clipping		60

اردو

73	ڈاکٹر کریم خواجہ	موسمیاتی تبدیلی اور دماغی صحت (ایڈیٹوریل)
72	ڈاکٹر کنول ناز آریسر	ذہنی صحت اور معاشرتی بہتری
71		عوامی آگاہی کا پیغام

سنڌي

70	ڊاڪٽر ڪريم احمد خواجہ	موسمیاتی تبدیلی ۽ ذہنی صحت (ایڈیٹوریل)
68	مسعود احمد نوهڙي	موسمی تبدیلیون ۽ ٻارن جو حوصلو
67	مسعود احمد نوهڙي	خاندانی سہائتا جو نظام ، معذور ٻارن جي ذہنی صحت
66	ڊاڪٽر عبدالرزاق نوهڙي	گرمي جا طوفان ۽ ذہنی بیمارین ؛ لکيل لاڳاپو

Editing by
Majid Khan Solangi

Address: Plot-C 51/II, Block-2, Clifton, Karachi Sindh.
Phone: 021-35308771-2
E-mails: info@smha@sindh.gov.pk / smha.gov.org@gmail.com
Website: www.smha.sindh.gov.pk

Environment, Climate Change, and Mental Health

Senator Dr. Karim Ahmed Khawaja
Chairman, Sindh Mental Health Authority



Dear Readers,

It is my privilege to welcome you to this edition of the Sindh Mental Health Authority magazine, centered on the timely and deeply interconnected theme of *Environment, Climate Change, and Mental Health*. As climate-related disasters grow in frequency and intensity—from devastating floods to prolonged heatwaves—Sindh continues to face the brunt of environmental shifts.

These events are not only damaging to our infrastructure and livelihoods but are also leaving lasting emotional and psychological impacts on communities. Climate anxiety, displacement trauma, and eco-grief are no longer distant concerns—they are urgent

realities that demand integrated mental health responses. This issue explores these intersections, recognizing that the path to climate resilience must include care for the human mind and spirit.

One of the most distressing environmental concerns for the people of Sindh has been the disruption of the Indus River system. The ongoing construction of canals and water diversion upstream has significantly altered the natural flow of the river, severely impacting agriculture, fishing, and local ecosystems in lower Sindh.

It creates uncertainty about the future, fuels intergenerational trauma, and disconnects people from the natural rhythms that once anchored their identity and livelihood. The drying up of the Indus delta, saltwater intrusion, and the loss of arable land have led to increased migration and social distress, further exacerbating mental health challenges.

Additionally, the recent escalation of tensions between Pakistan and India, particularly over cross-border military and diplomatic confrontations, has added another layer of stress for many communities. The fear of conflict, coupled with economic instability and media-driven panic, has led to a heightened state of anxiety, especially among vulnerable populations. In Sindh's border regions and urban centers alike, the constant threat of war leaves little room for emotional safety or peace of mind. During such times, mental health support is not a luxury—it is a necessity. This edition highlights how such geopolitical stressors intertwine with environmental trauma,

creating a complex emotional landscape that demands compassionate and sustained attention.

We also pause to honor the profound loss of one of Pakistan's most respected psychiatrists, Professor Dr. Syed Haroon Ahmed, whose recent passing has left a void in the mental health community. Dr. Haroon was a pioneer in the field of psychiatry and a tireless advocate for humane, accessible mental health care. His vision helped shape mental health discourse in Pakistan, and his legacy lives on through the thousands of lives he touched. On behalf of the Sindh Mental Health Authority and the broader mental health fraternity, we extend our deepest condolences to his family, students, and colleagues.

This issue brings together insightful research, reflective essays, and ground-level perspectives from professionals across Sindh. It is our hope that these contributions inspire continued dialogue, compassion, and action toward a more climate-resilient and mentally healthy Sindh and Pakistan.



Obituary: Dr. Syed Haroon Ahmed

With profound sorrow, we announce the passing of Professor Dr. Syed Haroon Ahmed, a pioneer in psychiatry, a dedicated mentor, and a tireless advocate for mental health. Born in 1931 in the historic city of Jaunpur, Uttar Pradesh, he embarked on his eternal journey on April 3rd, 2025, after a prolonged illness. following a post-COVID stroke. He leaves behind his beloved family, dear friends, countless well-wishers, and an enduring legacy that transformed psychiatric care in Pakistan.

From an early age, Professor Haroon was committed to progressive thought and social change. In 1950, he founded the Democratic

Students Federation, marking the beginning of a lifelong dedication to advocacy. After earning his MBBS in 1953, he pursued advanced psychiatric training at Maudsley Hospital, UK.

Upon returning to Pakistan, he played a pivotal role in shaping modern psychiatry. As a senior psychiatrist at Jinnah Hospital's Ward 20, he contributed significantly to the development of psychiatric care. He co-founded the Pakistan Psychiatric Society in 1972 and, earlier in 1965, established the Pakistan Association for Mental Health (PAMH) milestone that enabled him to extend care to those most in need.

In 1995, PAMH launched the Institute of Behavioural Sciences (IBS) in Karachi, a premier psychiatric facility offering state-of-the-art treatment and academic training. Professor Haroon was also a pioneer of community psychiatry, championing the concept with the slogan:

“Mental Health at the Doorstep of the Community.”



Beyond his contributions to mental health, he was a fervent advocate for peace and human rights. As President of the International Physicians for the Prevention of Nuclear War, he was one of the few courageous voices to campaign against Pakistan’s nuclear armament in 1998. His dedication to human rights was further reflected in his long-standing association with the Human Rights Commission of Pakistan (HRCP).

One of his most significant contributions was in mental health law reform. Recognizing the outdated nature of Pakistan’s psychiatric legislation, he spearheaded efforts to replace the archaic Lunacy Act 1912. His

perseverance led to the passage of the Sindh Mental Health Act of 2013, the first law in Pakistan to provide safeguards for individuals with psychiatric illnesses, including those accused under blasphemy laws. His relentless advocacy ensured its enactment, leaving an indelible mark on the country’s legal framework.

Professor Haroon is survived by his devoted wife, Mrs. Anis Haroon, his children, Nadia, Adnan, and Irfan, and a vast network of friends, disciples, mentees, and psychiatrists who continue his mission in Pakistan and across the world.

His life was a testament to service, compassion, and justice. While his absence leaves an irreplaceable void, his legacy will continue to illuminate the path for generations to come.



May his soul rest in eternal peace.

Dr. Syed Ali Wasif
President
Pakistan Association for Mental Health

Climate Change and Its Impact on Sindh, Pakistan: A Growing Threat to Environment and Mental Health

Climate change is not only an environmental crisis but also a growing public health emergency—particularly in vulnerable regions like Sindh, Pakistan. Although Pakistan contributes minimally to global greenhouse gas emissions, it is among the countries most at risk from climate-related disasters. Sindh, with its arid climate, coastal exposure, and high poverty rates, is experiencing significant environmental and psychological consequences as a result of climate change.

From extreme heat and water shortages to floods and displacement, the environmental effects are well documented. However, less visible—but equally serious—are the mental health impacts that climate change is leaving in its wake.

Rising Temperatures, Rising Stress

Cities such as Jacobabad and Larkana are regularly experiencing temperatures above 50°C. These intense heatwaves do more than threaten physical health—they also contribute to mental fatigue, irritability, anxiety, and in some cases, increased aggression or suicide risk. Chronic exposure to extreme heat has been linked to reduced cognitive performance and mood disorders. For daily wage laborers, farmers, and others

whose livelihoods depend on outdoor work, the stress of working in such conditions can lead to burnout, depression, and a persistent sense of helplessness.

Water Insecurity and Psychological Pressure

Sindh's agricultural system is heavily dependent on the Indus River, which is increasingly threatened by irregular glacial melt and changing rainfall patterns. The resulting water scarcity doesn't only reduce crop yields—it creates psychological strain among farming communities. The uncertainty about water availability, fear of crop failure, and rising debt burdens contribute to anxiety, depression, and even suicidal ideation among rural populations.

For women and children—often responsible for collecting water—the added burden of walking longer distances in search of clean water also increases physical exhaustion and emotional distress.

Floods, Displacement, and Trauma

The 2010 and 2022 floods were not just environmental catastrophes—they were psychological disasters. Families lost homes, land, and livelihoods overnight, leading to mass displacement

and long-term instability. Living in temporary shelters, often with limited resources, many displaced individuals suffer from post-traumatic stress disorder (PTSD), anxiety, and depression. Children, in particular, are highly vulnerable to trauma following such events, which can disrupt their education, social development, and emotional well-being.

Urban Chaos and Mental Health in Karachi

Karachi, the capital of Sindh, faces compounded risks due to rapid urbanization, poor infrastructure, and climate stressors. Frequent urban flooding, power outages, and water shortages create an environment of chronic stress for residents. The unpredictability of services, coupled with high unemployment and poor healthcare access, exacerbates anxiety, especially among low-income populations. Women in informal settlements often bear the brunt of managing household crises, further impacting their mental health.

Coastal Erosion and Existential Anxiety

In coastal areas like Badin and Thatta, sea level rise and saltwater intrusion are displacing communities and threatening centuries-old ways of life. As people witness their land, traditions, and resources vanish, many experience "eco-anxiety"—a growing psychological condition

characterized by grief, helplessness, and fear about the future. The loss of identity, culture, and homeland contributes to emotional distress that is often overlooked in policy responses.

Moving Toward Climate and Mental Health Resilience

Addressing the climate crisis in Sindh requires more than just environmental or economic solutions—it demands integration of mental health support into climate adaptation plans. Mental health services should be expanded, particularly in disaster-prone and rural areas. Community-based mental health programs, trauma counseling after floods, and awareness campaigns can help build psychological resilience. Schools, clinics, and NGOs must be equipped to recognize and respond to climate-related psychological stress.

Conclusion

The impact of climate change in Sindh is multifaceted—affecting land, water, and livelihoods, but also hearts and minds. As temperatures rise and weather patterns grow more unpredictable, so does the psychological toll on communities. Any effective climate response must recognize mental health as a critical component of resilience. By addressing both the environmental and emotional dimensions of climate change, Sindh can begin to build a safer, healthier future for all its people.

University of Karachi hosts a seminar to celebrate the successful completion of the SRSP project titled "Psychosocial Intervention to Reduce Suicide Rates in Remote Areas of Pakistan, Tharparkar Desert,"

The Department of Research, Innovation, and Commercialization (ORIC) at the University of Karachi recently hosted a seminar to celebrate the successful completion of the SRSP project titled "Psychosocial Intervention to Reduce Suicide Rates in Remote Areas of Pakistan, Tharparkar Desert," led by Dr. Saima Masoom Ali from the Department of Psychology.



This project has made significant strides in addressing the critical mental health challenges faced by communities in underprivileged regions of Pakistan,



showcasing the impactful research being conducted at the University of Karachi.

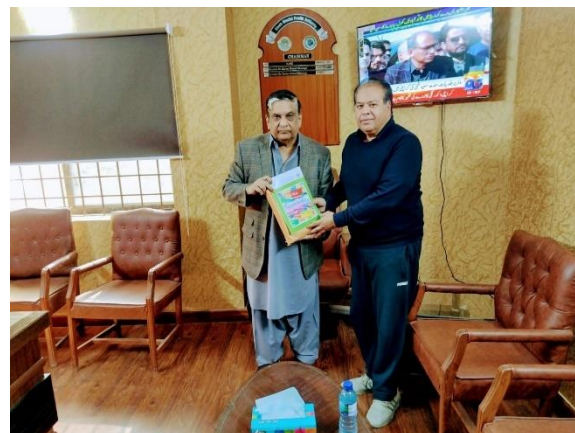
The seminar was presided over by Prof. Dr. Khalid M. Iraqi, Vice Chancellor of UoK, with Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, as the Chief Guest. Dr. Syeda Hoor ul Ain, Director of ORIC, served as the moderator. The event was well-attended



by faculty members, including Prof. Farah Iqbal, Prof. Qudsia Tariq, and Prof. Dr. Shaista Tabassum, Dean of the Faculty of Arts and Social Sciences, as well as students, media personnel, and other esteemed guests.

**Dr. Zahid Hasan Ansari, Convener of the
FPCCI National Standing Committee for
Health and Medical Sciences, visited the
SMHA office**

Dr. Zahid Hasan Ansari, Convener of the FPCCI National Standing Committee for Health and Medical Sciences, visited the Sindh Mental Health Authority office and met with its Chairman Senator Dr. Karim Ahmed Khawaja. In the meeting, they discussed mental health and other issues.



**Senator Dr Karim Ahmed Khawaja
participated in marriage ceremony of
Chief Minister Sindh's Daughter**



participants included Senator Sassui Palijo, Senator Ajiz Dhamrah, and other dignitaries.



Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority attended the wedding ceremony of Chief Minister Sindh Syed Murad Ali Shah's daughter on Friday, January 9th, 2024. Other

The Grand ALUMNI GALA " organized by Liaquat University of Medical and Health Sciences, was successfully held at LUMHS University Jamshoro



The Grand ALUMNI GALA" organized by Liaquat University of Medical and Health Sciences (LUMHS), was successfully held at LUMHS University Jamshoro on Saturday, 11th January, 2025.

Vice Chancellor LUMHS, Prof. Dr. Ikram Din Ujjan, welcomed all participants. Other participants included Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority and Member, Board of Governors of LUMHS, Prof. Agha Taj, Prof.

Noor Muhammad Soomro, Prof. Akbar Hyder Soomro, Dr. Barkat Laghari, Dr. Prem



Malhi, Doctors, and others. More than 1500 ALUMNI were participated from all over the world.

Engr. Syed Hilal Hassan met with Chairman of Sindh Mental Health Authority

Engr. Syed Hilal Hassan, a Volunteer Member of UNSDG Pakistan and Industrial Psychologist, met with the Chairman of the Sindh Mental Health Authority Senator Dr. Karim Ahmed Khawaja to discuss mental health and other relevant issues.



The Sindh Mental Health Authority successfully concluded a significant seminar titled “Mental Health Awareness for a Sound Functioning Business and Corporate Sector Entity”

The Sindh Mental Health Authority (SMHA) successfully concluded a significant seminar titled “Mental Health Awareness for a Sound Functioning Business and Corporate Sector Entity” on January 13, 2025, at Federation House in Karachi. The event brought together leading experts in mental health,



academia, and the corporate sector to discuss the critical importance of mental well-being in fostering a productive and thriving workforce.

Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA, provided valuable insights and highlighted the importance of crucial discussions on mental health within the workplace. He expressed gratitude to all the esteemed speakers and participants for their valuable contributions.

Dr. Khalid Hussain Shaikh, Chairman, Sindh Healthcare Commission (SHCC), discussed the need for better collaboration between healthcare providers and the corporate sector to address mental health challenges. He also emphasized the importance of integrating mental health education into academic curricula. how important it is to have affordable mental healthcare services in the workplace as it is integral in improving employee well-being. Prof. Dr. Ahmed Ali Khan, Vice Chancellor, Tony Buzan

Academy London, UK who was the Chief Guest of the Seminar was unable to participate due to medical issues, so he sent a video message about the Seminar.

Meritorious Prof. Dr. Muhammad Iqbal Afridi, Dean of Tony Buzan Academy London UK, presented research findings on the psychological factors impacting employee engagement and productivity.



Prof. Dr. Chooni Lal, Head of the Psychiatry Department at JPMC discussed the process of identification and management of common mental health conditions prevalent in the workplace.

Prof. Dr. Uzma Ali, Director of the Institute of Clinical Psychology at the University of Karachi, shed light on the psychological impact of workplace stress and burnout on employee well-being.





Dr. Kiran Bashir, Principal and HoD, Institute of Professional Psychology (IPP), Bahria University, outlined the availability and accessibility of mental health services in Pakistan, emphasizing the need for increased awareness and reduced stigma.

Dr. Zahid Hasan Ansari, Convener of the FPCCI National Standing Committee for Health and Medical Sciences, Karachi, discussed the business case for investing in employee mental health, highlighting the positive impact on productivity, innovation, and employee retention. Brig (r) Dr. Shoaib Ahmed, Executive Director, A.Q Khan Centre IBS, Dow University, shared best practices in creating a mentally supportive and inclusive work environment, emphasizing the importance of leadership commitment and employee empowerment. The Seminar moderator by Dr. Tooba Farooqi, Assistant Professor at Bahria University and Ms. Mahnoor Shah, Researcher / Psychologist.

The seminar covered a wide range of topics, including the impact of mental health on employee productivity, engagement, and innovation; strategies for creating a mentally supportive and inclusive work environment, such as flexible work arrangements, employee assistance programs, and mental health awareness campaigns; the role of

leadership in promoting mental health awareness and reducing stigma; the importance of mental health literacy and training programs for employees and managers; and the business case for prioritizing employee mental health and its return on investment.



One participant, a corporate leader or HR professional, stated, “This seminar has been an eye-opener. The insights shared by the experts have provided us with valuable tools and strategies to improve the mental well-being of our employees.”



In Seminar other participants including Dr. Suresh Kumar, Dr. Syed Zafar Mehdi, Secretary SMHA, Dr. Ajmal Mughal, Prof. Qudsia Tariq, UoK, Prof. Sobia Aftab, ICP UoK, Prof. Akbar Soomro, Dr. Ismail Memon, Mr. Aftab Memon, Mr. Muhammad Irshad, Mr. Majid Solangi, and others.

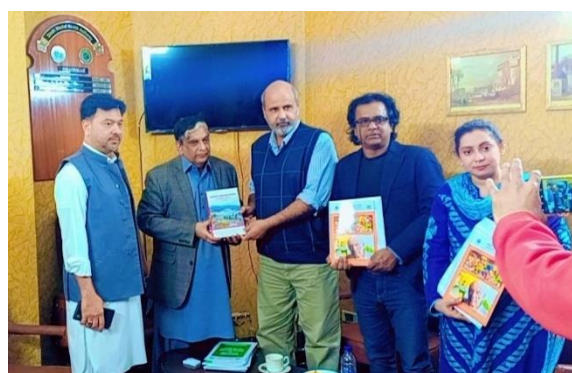
**Senator Dr. Karim Khawaja, Chairman,
SMHA met with Prof. Dr. Akram Shaikh,
Chairman of the Pakistan Science
Foundation (PSF), Ministry of Science and
Technology, Govt of Pakistan, Islamabad**

Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority met with Prof. Dr. Akram Shaikh, Chairman of the Pakistan Science Foundation (PSF), Ministry of Science and Technology, Government of Pakistan, Islamabad and submitted the documents related upcoming Genetic Research. This project will involve DNA analysis and genetic studies of the families of individuals who have either committed or attempted suicide. On this occasion Syed Waqar Abbas Shah, Director (Administration), Pakistan Institute for Parliamentary Services (PIPS) Islamabad were also participated in the meeting.



**H R C P Sindh team visited SMHA office and
met with Chairman SMHA**

Mr. Qazi Khizar Habib, Vice Chairman Sindh, Human Rights Commission of Pakistan visited Sindh Mental Health Authority office and met with Senator Dr. Karim Ahmed Khawaja, Chairman SMHA. In the meeting discussed on the mental health issues. Others participants included Dr. Syed Zafar Mehdi, Secretary SMHA, Ms. Nida Tanweer, Regional



Coordinator HRCP and Program Associate HRCP Karachi were also presented there.

Pakistan Institute for Parliamentary Services, Islamabad conducted a book launch event "Senator Dr. Karim Khwaja - A Legislative Odyssey" at PIPS, Islamabad

A book launch event "Senator Dr. Karim Ahmed Khuwaja - A Legislative Odyssey" was held on 22nd January, 2025 from 3:00 p.m to 4:30 p.m at the Pakistan Institute for Parliamentary Services, Islamabad. The event celebrated a groundbreaking publication that chronicles the legislative journey and contributions of Senator Dr. Karim Ahmed Khuwaja, a prominent parliamentarian.



This book is the first of its kind in Pakistan, offering a comprehensive legislative biography of a parliamentarian. It highlights Senator Dr. Khuwaja's extensive contributions to policymaking, his commitment to public service, and his enduring efforts to strengthen democratic institutions in Pakistan.



The event was graced by a distinguished audience, including Parliamentarians, Vice Chancellors, Professors, researchers, media representatives, and students from Parliamentary Studies Programs. The launch ceremony was chaired by:

- Syed Nayyar Hussain Bukhari, Secretary General, Pakistan People's Party Parliamentarians (PPPP)
- Senator Farhatullah Babar, Pakistan People's Party Parliamentarians (PPPP)
- Senator Karim Ahmed Khwaja, Chairman, Sindh Mental Health Authority
- Mr. Zafar Ullah Khan, Former Executive Director, PIPS
- Ahmed Bilal Sufi, Lawyer and Former caretaker minister,
- Dr. Muhammad Qasim Bhugio, Former Chairperson, Pakistan Academy of Letters
- Mr. Muhammad Anwar, Former Executive Director, PIPS

In their remarks, the speakers highlighted the book's significance as a valuable resource for understanding legislative processes, addressing policymaking challenges, and examining the role of effective leadership in Parliament. They emphasized that this initiative is the first of its kind, encapsulating extensive work on parliamentary business. The book is expected to play a pivotal role in educating the people of Pakistan about parliamentary proceedings and their impact on the nation's progress and development.

Senator Dr. Karim Ahmed Khawaja expressed his gratitude for the acknowledgment of his work and emphasized the importance of documenting



parliamentary contributions to inspire future leaders and promote research in this vital area.



The book is expected to benefit a wide audience, including parliamentarians seeking insights into legislative practices, researchers aiming to understand the dynamics of policymaking, and students pursuing Parliamentary Studies.

Ms. Mubashra Tayyaba, a young psychologist, Association Clinical Psychologist, and CBT Therapist, visited the Sindh Mental Health Authority office and met with the Chairman SMHA



Ms. Mubashra Tayyaba, a young psychologist, Association Clinical Psychologist, and CBT Therapist, visited the Sindh Mental Health Authority office and

met with the Senator Dr. Karim Ahmed Khawaja, Chairman SMHA to discuss mental health issues and other related matters.



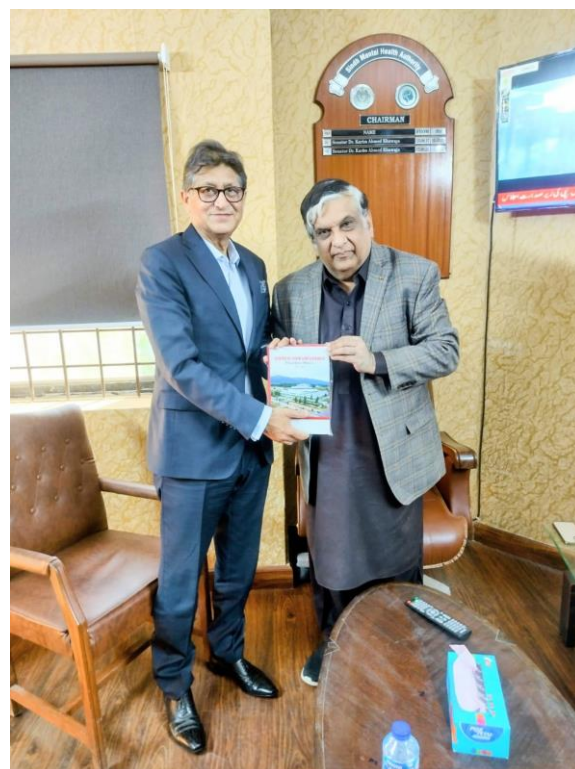
The Sindh Mental Health Authority and Children of Adam met under the chairmanship of the Senator Dr. Karim Ahmed Khawaja



The Sindh Mental Health Authority and Children of Adam met today under the chairmanship of the Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA.

The meeting discussed mental health issues, as well as other matters. Among those present were Mr. Shahzad Sadan (Chief Executive Officer, Children of Adam, Pakistan), Dr. Syed Zafar Mehdi (Secretary, SMHA), Dr. Muhammad Tofique (CEO,

Sindh Govt. Children Hospital), Dr. Ayoub Baloch, and Ms. Zareen Qureshi (CoA).



The Department of Social Sciences at SZABIST University held a book launch ceremony "A Legislative Odyssey (2012-2018)"

The Department of Social Sciences at SZABIST University held a book launch ceremony "A Legislative Odyssey (2012-2018)" by Senator Dr. Karim Ahmed Khawaja, on February 11, 2025, at their Clifton campus in Karachi.

Speakers included Senator Dr. Karim Ahmed Khawaja (the author), Mr. Asad Butt (Chairperson, Human Rights Commission of Pakistan), Mr. Ahmed Bilal Mahboob (Head of PILDAT), Mr. Naseer Memon (Writer and Ex-General Manager, Thar Foundation),





Prof. Dr. Riaz Ahmed Shaikh (Dean, Department of Social Sciences, SZABIST University), Advocate Riaz Baloch (Principal, Shaheed Zulfiqar Ali Bhutto Law College Malir), and Mr. Ishaq Soomro (Researcher and Writer).

Attendees also included Dr. Razzak Shaikh, Dr. Suresh Kumar, Dr. Hameed Bandani, Dr. Suhail Sehto, Dr. Ayoub Baloch, Prof. Dr. Niel Kanth, Mr. Imtiaz Meer (Anchor Person), Mr. Aijaz Khuwaja, Mr. Abdullah

Solangi, Mr. Shujra (Board of Trustee, SZABIST), Dr. Khalida Tanweer (SZABIST), Dr. Mahnoor Channa, Mr. Dahar, Mr. Bashir Sarki, Mr. Naval Aswani, Qazi Khizar Habib, Comrade Jannat (PILER), Dr. Hira Lal, Mr. Majid Solangi, media personnel, students, researchers, and others.



Chairman of the Sindh Mental Health Authority visited Awaz TV news channel and met with anchor Mr. Imtiaz Mir



Senator Dr. Karim Ahmed Khawaja, the Chairman of the Sindh Mental Health Authority visited Awaz TV news channel and met with anchor Mr. Imtiaz Mir. He presented him with his recently published book, "A Legislative Odyssey 2012-2018," and a quarterly magazine published by the SMHA. On this occasion, Ms. Laila, an anchor at the channel, also received a copy of the magazine from the Chairman.

Senator Dr. Karim Ahmed Khawaja met with Madam Faryal Talpur, President, Pakistan People's Party Women Wing

Senator Dr. Karim Ahmed Khawaja met with Madam Faryal Talpur, President, Pakistan Peoples Party Women Wing and presented her



with a bouquet and his book, A Legislative Odyssey. They discussed organizational and other issues.

HANDS, Pakistan Excellency Club and EMA Enterprises conducted Fundraising Dinner for HANDS Pakistan, dedicated to uplifting Lives through care and support held at DHA Marina Club, Phase-8, Karachi

HANDS, Pakistan Excellency Club and EMA Enterprises conducted Fundraising Dinner for HANDS Pakistan, dedicated to uplifting Lives through care and support held on 19th February, 2025 at DHA Marina Club, Phase-8, Karachi.

In the fundraising Pakistan's top business leaders, bureaucrats, politicians, government officials, consulate generals, and dignitaries participated in support of a remarkable cause, included Guest of Honours i.e. Mr. Syed Nasir Hussain Shah – Minister for P&D and Energy, Mr. Cemal Sangu – Consul General of Türkiye in Karachi, Senator Dr. Karim Ahmed Khawaja, Mr. Farooq Sattar – MNA,

Mr. Aftab Jahangir, Ex-MNA PTI, Mr. Tanveer Shaikh, CEO HANDS Pakistan, Mr. Hameed Bhutto, Chairman, Pakistan Excellence Club, Ms. Kishwar Zehra, Ex-MNA MQM, Advocate Riaz Hussain Baloch, Principal, Shaheed Zulfiqar Ali Bhutto Law College Malir, Mr. Qazi Adnan





Fareed – Former MPA, Mr. Mirza Ikhtiar Baig – MNA, Ms. Rahila Tiwana, Ex-Deputy Speaker, Sindh Assembly, Mr. Mumtaz Ali Khan Chang (PPP) MPA Punjab Assembly, Mr. Khadim Hussain Rind – Additional Inspector General of Police, Mr. Abdul Ahad Shaikh, Dr. Sonu Khakwani, Micro Finance Bank Tharparkar and others.

SZABIST University conducted 3rd Global Conference on Research in Education and Social Sciences 2025

SZABIST University conducted 3rd Global Conference on Research in Education and Social Sciences 2025 on 21st February, 2025, in the Conference Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority participated in the panel discussion



titled "Parenting Teens in the Digital Era: Current Challenges".

This panel discussion aims to bring together leading experts in psychology to explore the various psychological impacts of digital



technology on adolescents, and the challenges that parents face in supporting their teens through these changes. Other panelists included Prof. Dr. Washdev Amar, Head of Psychiatry Deptt. Dow University, Dr. Uroosa Talib, Dr. Nargis Asad, Dr. Iffat Sultana and Dr. Nausheen Shahzad. in the discussion Dr. Khalida Tanweer, Cluster Head of Psychology at SZABIST University, moderated the panel. A large number of media personnel, members of civil society, students, researchers, and others participated.

Sindh Mental Health Authority second time conducted mental health training to Tando Muhammad Khan's Doctors

Sindh Mental Health Authority conducted a one-day mental health training program to the health professionals of Tando Muhammad Khan District. So far, SMHA has already conducted mental health training for general practitioners across 30 districts in whole Sindh. On the request of Medical Superintendent, DHQ Hospital Tando Muhammad Khan, SMHA conducted second



time mental health training to the TMK district. Today health professionals including members from the Health Department, PPHI and Lady Health Supervisors, round about 50 plus were participated. The training is being held at District Headquarter Hospital, Tando Muhammad Khan from 10:30 a.m to 02:00 p.m (3 and half hours).

The main objective of the SMHA is to increase mental health awareness among healthcare providers and equip them with essential training to improve their capacity to identify, manage, and refer psychiatric patients to specialists.

Prominent Psychiatrists, including DNP & Meritorious Prof. M. Iqbal Afridi TI. JSMU, Prof. Dr. Moin Ahmed Ansari LUMHS and



Dr. Parveen Channar, SCJIP&BS Hyderabad, delivered lectures and presentations to the attendees.

Speaking at the session, Senator Dr. Karim Khawaja, Chairman, SMHA emphasized the authority's efforts to advance mental health support in whole Province. He said that the purpose of the training workshop is to train health professionals and lady health workers, so that they can also educate the community about mental illnesses. This comprehensive training program and referral system will help improve healthcare, meet medical needs, and overall enhance community health in the area. In the session Dr. Parvez Ahmed Shaikh, Deputy DG Health were participated as Chief Guest.





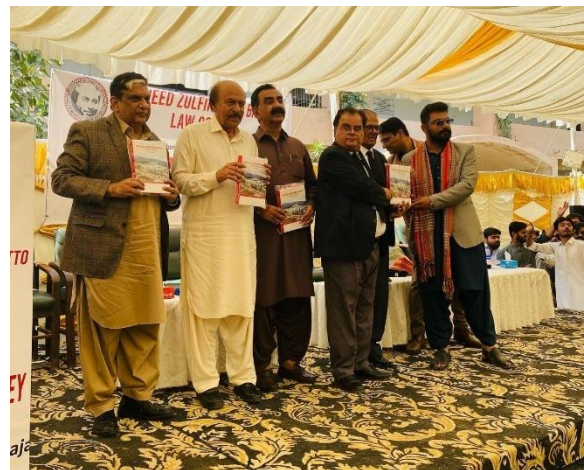
The training was attended by Dr. Iqbal Memon, Chancellor and Chief Executive, the University of Modern Sciences, Indus Medical College Hospital, TMK, Dr. Saadiq Khawaja, DHO TMK, Dr. Liaqat Qambrani, Ex- DHO Badin, Dr. Syed Zafar Mehdi,

Secretary SMHA, Dr. Syeda Shahla Gul, Medical Superintendent DHQ Hospital, Dr. Ameer Ali Channa, Dr. Shabir Memon, Mr. Abdul Karim Shaikh, Vice Chairman, Municipal Committee (TMK), Mr. Majid Khan Solangi, media persons and others.



Shaheed Zulfiqar Ali Bhutto Law College Malir conducted Book opening ceremony of "A Legislative Odyssey"

Shaheed Zulfiqar Ali Bhutto Law College Malir conducted Book opening ceremony of "A Legislative Odyssey" on 24th February 2025, at Memon goth malir Karachi, book was written by Senator Dr Karim Ahmed Khawaja. President PPP Sindh Mr Nisar khoro was chief guest of the ceremony. Other participants including Raja Abdul Razak Baloch MPA, President PPP Distt Malir Karachi, Senator Masroor Ahsan, PSF Karachi division Mr Madani Raza, Urdu University Prof Dr Asghar Dashti, Principal SZAB Law College memon goth Malir Karachi Mr Riaz Hussain Baloch, SZABLC Students council Hammad participated as



guest of honor, Valuable contribution were presented by the Speakers and shared their political academic and parliamentary experiences.

**Chairman of Sindh Mental Health Authority,
met with Prof. Dr. Muhammad Iqbal
Chaudhary, Coordinator General of the OIC
Ministerial Standing Committee on
Scientific and Technological Cooperation
(COMSTECH), Islamabad**

Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, met with Prof. Dr. Muhammad Iqbal Chaudhary, Coordinator General of the OIC Ministerial Standing Committee on Scientific and Technological Cooperation (COMSTECH), Islamabad, to discuss a research project and mental health issues. Dr.



Hamid Jumani, former Director Health Karachi, also participated in the meeting.

**Dr. Shaista Siddiqui, Technical Advisor,
Charter for Compassion (CFC), visited the
SMHA office**



Dr. Shaista Siddiqui, Technical Advisor, Charter for Compassion (CFC), visited the Sindh Mental Health Authority office today, where she met with Senator Dr. Karim Ahmed Khawaja, the Chairman SMHA to

discuss about the progressive report of Helpline of SMHA and mental health issues. Secretary of SMHA Dr. Syed Zafar Mehdi and Ms. Tooba Nisar, Project Coordinator, Ruhabaru CFC, were also present.



The 14th Board of Governors' meeting of the Sindh Mental Health Authority was held under the chairmanship of Senator Dr. Karim Ahmed Khawaja at Sir C J Hospital, Hyderabad



The 14th Board of Governors' meeting of the Sindh Mental Health Authority (SMHA) was held under the chairmanship of Senator Dr. Karim Ahmed Khawaja at Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Science Hyderabad. At the last Board meeting, Dr. Nisar Ahmed Soho, Medical Superintendent of SCJIP&BS, Hyderabad, requested that the Board Members visit the hospital.



Therefore, it was decided that the next meeting would be held at SCJIP hospital, so that this conducted at SCJIP Hospital Hydrated. During the meeting, agenda items were discussed one by one. Dr. Syed Zafar Mehdi, Secretary SMHA, briefed the members.

Attendees included Dr. Zahida (Additional Director General health, representing the DG



Health), Dr. Nisar Ahmed Soho (Medical Superintendent, Sir Cowasji Jahangir Institute of Psychiatry and Behavioral Sciences, Hyderabad), Dr. Yar Jamali (Medical Superintendent, People Medical College Hospital Nawabshah/SBA) and Meritorious Prof. Dr. M. Iqbal Afridi, Prof. Raza ur Rehman, Prof. Moin Ahmed, Dr. Rubeena Kidwai, Mr. Irfan Ali Arain (Section Officer, representing the Additional Secretary (Tech) of the Health Department), Madam Mussarat Jabeen and Mr. Shafquat Ali Larik, Section Officer, Law Department participated in the meeting via Zoom link.





After the Board meeting Board members and delegation of Charter for Compassion Pakistan visited the SCJIP Hospital and met with Psychiatric patients and it's facilities by administration. Other participants including Dr. Shaista Siddique and Ms. Beenish Zia from

Charter for Compassion, Dr. Parveen Channar, AMS SCJIP Hospital, Dr. Qalb e Hyder, SCJIP Hospital, Dr. Mushtaq, Dr. Prem Malhi, Dr. Ghansham, on Doctors, Para Medical Officials, Members of Pakistan Youth Parliament, Media persons and others



**A delegation from the Sindh Cabinet,
Pakistan Youth Parliament visited the Sindh
Mental Health Authority and met with
Senator Dr. Karim Ahmed Khawaja,
Chairman SMHA**



A delegation from the Sindh Cabinet, Pakistan Youth Parliament visited the Sindh Mental Health Authority and met with Senator Dr. Karim Ahmed Khawaja, Chairman SMHA. They discussed mental health issues and other health related matters of Province. Dr. Syed Zafar Mehdi, Secretary

SMHA, was also present. The delegation consisted of Ms. Mahnoor Ayaz, President of the Sindh Cabinet (Pakistan Youth Parliament), and members Mr. Qadeer Ahmed, Shujaat Ali, Murad Ali, M. Salman Ayaz, Junaid Ibrahim, Syed Saqib Ali, Fatima Qazi, and M. Hanzila.



Senator Dr Karim Khawaja condolence to Mr. Taimoor Talpur on the demise of his father, the late Veterinary Nawab Yousif Talpur

Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, along with Engr. Zahid Hussain Lashari and Qazi Shouab Din offered their condolences to Mr. Taimoor Talpur on the demise of his father, the late Veterinary Nawab Yousif Talpur, at his Karachi residence



Chairman of the Sindh Mental Health Authority, convened a meeting to discuss issues of the Sir CJ Hospital in Hyderabad, along with broader mental health matters



Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority (SMHA), convened a meeting to discuss issues of the Sir Cowasjee Jahangir Institute of Psychiatry and Behavioural Sciences (SCJIP) in Hyderabad, along with broader mental health matters. The meeting was attended by Dr. Syed Zafar Mehdi,

Secretary SMHA, Dr. Nisar Ahmed Soho, Medical Superintendent of SCJIP Hospital, and a delegation from Charter for Compassion, including Dr. Shaista Siddiqui, Technical Advisor, and Ms. Beenish Zia. This meeting followed up on the decisions of the last Board of Governors meeting of SMHA dated 28th Feb 2025.



A seminar commemorating International Women's Day and World Sleep Day was conducted by JSMU



A seminar commemorating International Women's Day (IWD) and World Sleep Day was conducted by Meritorious Professor M. Iqbal Afridi TI of Jinnah Sindh Medical



University (JSMU) on March 10, 2025, at the

Engr. Naimatullah Sohoo, National Institute of Oceanography met with Chairman SMHA

Engr. Naimatullah Sohoo, Chief Scientific Officer, National Institute of Oceanography (NIO), visited Sindh Mental Health Authority office and met with Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority. Dr. Karim presented him with his recently published book, "A Legislative Odyssey 2012-2018," and a quarterly magazine published by the SMHA. On this occasion, Dr. Suhail Sehto, was also present there.

Khawaja Moin-ud-Din Lecture Hall, Ground Floor, SMC/JSMU. Guests of honor included Professor Amjad Siraj Memon, Vice Chancellor of JSMU, Senator Dr. Karim Ahmed Khawaja, Chairman of SMHA, and Professor Tipu Sultan. Other participants included Professor Dr. Chooni Lal, Head of



the Psychiatry Department at JPMC, Professor Dr. Jawed Akbar Dars, Head of the Psychiatry Department at NICH, Professor Dr. Washdev, Head of the Psychiatry Department at DUHS, Dr. Suhail Sahto, Dr. Waseem Alvi, faculty members, students, and members of the media.



Mr. Aftab Memon, Ex-Secretary, Government of Sindh, visited the Sindh Mental Health Authority office & met with Chairman SMHA

Mr. Aftab Memon, Ex-Secretary, Government of Sindh, visited the Sindh Mental Health Authority office and met with Chairman of SMHA, Senator Dr. Karim Ahmed Khawaja. Mr. Aftab Memon presented his recently published book to Senator Dr. Karim. During his career, Mr. Aftab Memon was posted as Secretary Information, Member Board of Revenue, Secretary Excise, Secretary Agriculture, Secretary Women Department, Secretary Local Government, and in other Departments. On this occasion, Advocate



Riaz Hussain Baloch, Principal of Shaheed Zulfiqar Ali Bhutto Law College, Malir, Dr. Suhail Sahato, and Syed Ghulam Rasool Shah, an Officer of BS-19, were present.

Peoples Bhutto Forum conducted a Seminar on the 46th Death anniversary of Shaheed Zulfiqar Ali Bhutto at Arts Council Karachi

Peoples Bhutto Forum conducted a Seminar on the 46th Death anniversary of Shaheed



Zulfiqar Ali Bhutto on April 6, 2025, at Arts Council Karachi, which was attended by Syed Mehdi Shah, Governor Gilgit Baltistan, Syed Najmi Alam, Minister Katchi Abadi

Sindh, Senator Dr. Karim Ahmed Khawaja, Ghazi Salahudin, renowned Actor Mustafa Qureshi, Suhail Abdi, and others.



Dr. Muhammad Imran Yousuf, Consul General a.h, Consulate of the Republic of the Philippines Karachi Pakistan visited the Sindh Mental Health Authority office



Dr. Muhammad Imran Yousuf, Consul General a.h, Consulate of the Republic of the Philippines Karachi Pakistan visited the Sindh Mental Health Authority office and met with Chairman of SMHA, Senator Dr. Karim Ahmed Khawaja. Dr. Karim presented him with his recently published

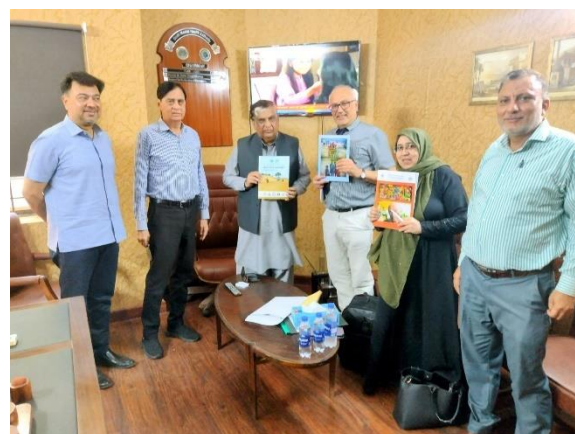
book, "A Legislative Odyssey 2012-2018," and a bunch of researches and quarterly magazine published by the SMHA. Dr. Imran also presented books to Chairman SMHA.



On this occasion, Dr. Ayoub Baloch, was also present there.

Prof. Panos Vostanis, Child Psychiatry, University of Leicester UK, Founder & Director of World Awareness for Children in Trauma met with the Chairman of SMHA

Prof. Panos Vostanis, Child Psychiatry, University of Leicester UK and Founder and Director of the World Awareness for Children in Trauma (WACIT) visited the Sindh Mental Health Authority office today and met with the Chairman of SMHA, Senator Dr. Karim Ahmed Khawaja regarding discussion on mental health issues and other matters. Dr. Karim presented him a bunch of researches and quarterly magazine published by the SMHA. In the meeting Dr. Syed Zafar Mehdi, Secretary SMHA, Dr. Suresh Kumar, Ex-Secretary Health, Ms.



Sajjida Hassan, Director and Founder ICAN, Dr. Maqbool Memon and Syed Mir Syed were also present there.

Fatimah Higher Education System University (FHES) and other stakeholders conducted a Roundtable Meeting for Child Mental Health Policy discussion in Karachi

Fatimah Higher Education System University (FHES), Icon for Children and Adult Nurturing (ICAN), Lead Pakistan, World Awareness for Children in Trauma (WACIT), and other stakeholders conducted a Roundtable Meeting for Child Mental Health Policy discussion in Karachi on Friday, April 11, 2025. Senator Dr. Karim



Awareness for Children in Trauma (WACIT), Dr. Syed Zafar Mehdi, Dr. Suresh Kumar, Ex-Secretary Health, Ms. Sajjida Hassan, Director and Founder ICAN, Syed Mir Syed, Dr. Uroosa Talib, media persons, and others.



Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, participated as Chief Guest. Other participants included Prof. Panos Vostanis, a Child Psychiatrist from the University of Leicester, UK, and Founder and Director of the World

Senator Dr. Karim Ahmed Khawaja participated in the Jalsa of Pakistan People's Party against Canals on the Sindhu River at Hyderabad

Senator Dr. Karim Ahmed Khawaja participated in the Jalsa of Pakistan People's Party against Canals on the Sindhu River at Hyderabad on 18th April 2025. In the Jalsa other participants including Dr. Muhammad Bux Dahani, Dr. Prem Malhi and others.



Autism Spectrum Disorder Welfare Trust in collaboration with Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences Hyderabad conducted World Autism Awareness month 2025 at Sir CJ hospital



Autism Spectrum Disorder Welfare Trust in collaboration with Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences Hyderabad conducted World Autism Awareness month 2025 at Sir CJ hospital on 19th April 2025.



In the Conference Senator Dr Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority was Guest of Honor. Other participants including Dr. Nisar Ahmed Sohoo, Medical Superintendent of Sir CJ

hospital, Dr. Salma Khalil, COO, ASDWT Karachi, Mr. Jhaman Das Rathi, Regional Director DEPD Hyderabad, Dr. Muhammad Bux Dahani, Dr. Qalb-e-Hyder, Dr. Irfana Shah, Dr. Mohan Lal, Dr. Hameed Memon, Dr. Parveen Channar, Dr. Hanif Kashtiwala, Dr. Fozia Baloch, Mr. Manzoor Chandio, Regional Director STEVTA Hyderabad, Dr. Mushtaq, Dr. Prem Malhi, Faculty members, Doctors, Para Medical Staff, media persons and others.



Chairman of the Sindh Mental Health Authority, convened a meeting about mental health issues in his office

Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, convened a meeting about mental health issues in his office. Participants included Mr. Aga Abdul Raheem, Ex-Secretary, Govt. of Sindh; Dr. Syed Zafar Mehdi, Secretary SMHA; Dr. Suresh Kumar, Ex-Secretary Health, Ms. Zareen Qureshi, Children of Adam; and Ms. Syed Mahnoor



Shah, Researcher. After the meeting, Dr. Karim presented Mr. Aga A. Raheem with a



compilation of research findings and the quarterly magazine published by the SMHA.

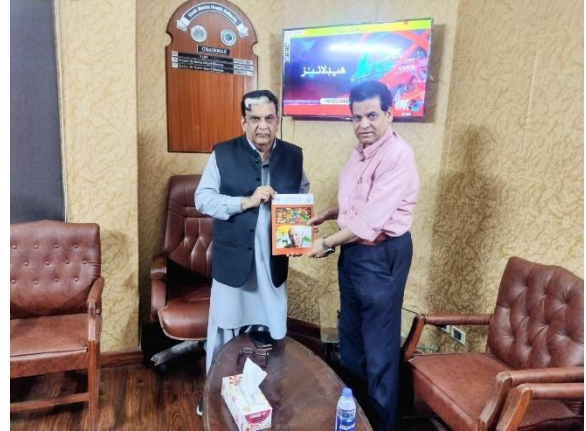
Sardar Muhammad Iqbal Nohrio visited Sindh Mental Health Authority office and met with Senator Dr. Karim Ahmed Khawaja

Sardar Muhammad Iqbal Nohrio visited Sindh Mental Health Authority office and met with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA. He came from Muscat and discussed mental health issues of Muscat and Pakistan. In the meeting other participants including Dr. Babar Jamali and Dr. Ayoub Baloch were also present.



Dr. Almas Qazi, General Surgeon from UK met with Senator Dr. Karim Ahmed Khawaja, Chairman SMHA

Today, Dr. Almas Qazi, General Surgeon from UK met with Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, in his Karachi office to discuss mental health issues and other matters.



Meeting regarding mental health issue under Chairman SMHA

Meeting conveyed by Sindh Mental Health Authority regarding mental health issues under



the the Chairmanship of Senator Dr Karim Ahmed Khawaja, in which Mr. Shahzad Saden, CEO Children of Adam. Dr. Suresh Kumar, Ex-Secretary Health, Iftikhar Shah, Dr. Syed Zafar



Mehdi, Secretary SMHA, Mr. Muhammad Taufeeq and Mr. Rehmatullah Buriro were participated.

First Free Mental Health Camp organized by Sindh Mental Health Authority held in Achhro Thar, District Sanghar



Sindh Mental Health Authority successfully conducted free Psychiatric Medical Camp at Basic Health Unit, Hathungo, District Sanghar on Sunday, 25th May, 2025 with the support of Children of Adam, District Health



Officer Sanghar Dr. Doulat Jamali, Health Department, Local coordination and medical supervision were led by Dr. Bhagwan Das, In-charge Medical Officer, PPHI and Dr. Mahesh Kumar, Deputy M.S, Taluka Hospital Khipro, who played a vital role in making this initiative possible. This initiative aimed to address the pressing mental health challenges faced by the community. For the first time ever, a free medical camp was organized for individuals suffering from mental health issues in the remote desert



village of Hatungo, located in the Achhro Thar region.



Renowned psychiatrists from Karachi, Hyderabad, Mirpurkhas, and Sanghar participated in the camp and provided consultations and treatment to the patients. The



participating mental health specialists included:

- Dr. Parveen Channar — AMS / Psychiatrist, SCJIP Hyderabad
- Dr. Summaira Channa — Senior Registrar, SCJIP Hyderabad
- Dr. Aatir Hanif— Associate Professor Psychiatrist, SCJIP Hyderabad
- Dr. Lakesh Kumar Khatri— Psychiatrist, Civil Hospital Mirpurkhas
- Dr. Abdul Qadir— Psychiatrist, JPMC Karachi
- Dr. Muhammad Moazam — Psychiatrist, Civil Hospital Sanghar



They attended / checkup to more than 400 patients, including men, women, old peoples



and children. These compassionate experts provided comprehensive mental health

assessments and treatment recommendations, ensuring that each individual received the personalized care



they required and distribute essential free medicines (approximately 2 weeks). These



medications were distributed to the camp attendees based on individual prescriptions, helping to alleviate their symptoms and improve their overall well-being. The local community warmly welcomed the initiative and expressed a strong desire for such camps to continue in the future, so that mental health services can reach underserved populations more effectively.



This camp marked not only a medical milestone but also a crucial step toward raising awareness and reducing stigma around mental health in remote regions. Senator Dr. Karim Ahmed



Khawaja, Chairman Sindh Mental Health Authority, Dr. Zafar Mehdi, Secretary SMHA,



Dr. Humayun Qazi, notable of the area, and PPHI team inaugurate the Psychiatric Camp.

CLIMATE CHANGE AND ITS PSYCHOLOGICAL IMPACT ON MARGINALIZED COMMUNITIES

Dr Hina Qasim Memon Gynaecologist and Public Health Specialist Health Department,
Government of Sindh

Climate change is often viewed as a physical or environmental challenge, but its psychological impact on marginalized communities is equally profound. For populations already facing systemic inequalities, the threat of a changing climate magnifies existing vulnerabilities, exacerbating mental health issues and causing new forms of emotional distress. Marginalized communities, including low-income groups, people of color, Indigenous populations, and rural inhabitants, are disproportionately affected by climate-related events, leading to a cascade of psychological consequences that are deeply interwoven with socio-economic, cultural, and historical factors.

Climate Change and Social Vulnerability

The intersection between climate change and social vulnerability is stark. Marginalized groups are frequently the first to face the brunt of climate-related disasters—whether through more frequent and intense natural disasters, such as floods, hurricanes, or droughts, or through long-term environmental degradation, such as the loss of fertile land or access to clean water. These communities often have limited resources to

prepare for or recover from these disasters, and their exposure to environmental risks is exacerbated by poverty, inadequate housing, lack of access to healthcare, and limited political power.

For many marginalized individuals, the anxiety around climate change is not just about the fear of future environmental changes but also about the immediate consequences of these events. In low-income neighborhoods, where environmental justice issues intersect with poverty, residents face the compounded stress of having to rebuild lives after climate-induced displacement, a process that becomes even more daunting when access to resources is minimal. For these communities, climate change is not just a distant or abstract phenomenon—it is a present, tangible threat that has already altered their lives.

Emotional Impact: Grief and Helplessness

For marginalized communities, climate change often brings a sense of helplessness. This feeling arises when individuals witness the destruction of their homes, livelihoods, and communities, yet they lack the resources and support to prevent or reverse the damage.

Whether it's the destruction of agricultural land in rural areas, where families depend on farming for survival, or the loss of coastal communities due to rising sea levels, the psychological impact can be overwhelming. Helplessness can manifest as feelings of despair, anger, and frustration, which may lead to disengagement from efforts to address climate change or, conversely, drive individuals to engage in harmful coping mechanisms such as substance abuse or violence.

Moreover, climate grief takes on a particular form in marginalized groups. When entire ways of life, livelihoods, and cultures are threatened by environmental collapse, the emotional toll goes far beyond personal loss. For Indigenous communities, in particular, the loss of land or biodiversity feels like the loss of a cultural identity and spiritual connection to the environment. The emotional distress associated with this kind of loss is not only linked to the physical environment but also to the intergenerational trauma that has already been inflicted on these groups by colonization and displacement. The grief felt is thus compounded by a history of violence and dispossession, making recovery even more challenging.

Trauma: A Cycle of Displacement and Loss

The psychological impact of climate change in marginalized communities also includes trauma, particularly for those who have been repeatedly exposed to climate-related disasters. Whether it's the aftermath of a hurricane, wildfires, or floods, the trauma faced by these communities often persists long after the event itself. The ongoing uncertainty about when the next disaster will strike can cause a form of chronic stress, which erodes resilience and fosters a sense of instability. People may begin to experience heightened anxiety, difficulty concentrating, and difficulties in daily functioning, as their mental energy is consumed by the fear of the next disaster.

For communities facing recurrent displacement—such as those in flood-prone or coastal regions—the trauma can become compounded with each subsequent disaster. When people are forced to leave their homes over and over again, it undermines their sense of security, stability, and belonging. Psychological healing becomes a continual struggle, as individuals are never allowed the time to recover before the next trauma strikes. This creates a cycle of trauma that has lasting impacts on both individuals and families, often leading to mental health disorders like PTSD and depression.

Cultural Isolation and Stigma

A significant but often overlooked aspect of the psychological impact of climate change on marginalized communities is the cultural isolation and stigma that can accompany environmental displacement and adaptation. When communities are forced to move due to climate-related events, they may not only lose their homes but also their cultural landmarks and social networks. This sense of cultural dislocation can lead to a profound sense of alienation, especially if displaced individuals are forced into unfamiliar urban environments where their traditional lifestyles and practices are not recognized or respected.

Moreover, the mental health consequences of climate change in marginalized communities are often exacerbated by the stigma surrounding mental health. In many communities, particularly in rural and Indigenous populations, discussing mental health issues is seen as taboo, and seeking help for emotional distress is often avoided. As a result, the psychological toll of climate change is often internalized, and individuals may suffer in silence. This lack of social support and understanding can hinder recovery and prevent people from accessing the mental health services they need.

Building Resilience Through Collective Action

While the psychological impact of climate change on marginalized communities is undeniable, there are also examples of resilience and adaptation that can offer hope. Many marginalized groups have a long history of surviving adversity, and this resilience can be channeled into collective action. For example, community-based organizations that provide support in the aftermath of climate disasters can offer not only physical aid but also emotional support. By creating spaces for mutual support and solidarity, these organizations help individuals process their grief and trauma and foster a sense of agency.

In addition, traditional knowledge and practices are playing a critical role in helping marginalized communities adapt to changing environmental conditions. Indigenous communities, in particular, have centuries of experience in working with the land and adapting to environmental changes. By incorporating these practices into modern climate adaptation strategies, communities can build resilience not only against environmental stressors but also against the psychological impacts of these changes.

The Pseudo-Doctor Syndrome: The Risk of Psychologists and Other Allied Health Professionals Acting as Doctors in Pakistan

Dr. Palwasha Kakkar, Balochistan Institute of Psychiatry and Behavioral Sciences Quetta

She was the kind of friend who lit up every room curious, confident, always laughing with her whole heart. We had grown up together, shared our dreams, and promised to stay close no matter where life took us. But over the years, I began to notice a change in her. Her vibrant spirit dimmed. Her words became few, her smile hesitant. As a doctor, I couldn't ignore the quiet signs of a deeper struggle one I feared was rooted in mental illness.

When I gently urged her to see a psychiatrist, she hesitated. "There's no one here," she said, referring to our small town. "And going to Quetta would raise too many questions. What will people think?" The stigma was real, and access to care was nearly impossible.

Still, she allowed me to speak with a senior psychiatrist I trusted. After a thorough history, he provided a treatment plan, and I personally involved her mother to ensure support. We were hopeful. But within days, everything unraveled. A relative someone with a degree in psychology dismissed the diagnosis and warned her against taking medication. "It's not that serious," he told her. Then came a visit to a faith healer who declared she was under the spell of kala jadu (black magic).

She stopped the medication. I tried everything logic, compassion, fear but she

had already placed her trust elsewhere. And then, one morning, I woke up to a phone call that shattered my world: she had taken her own life.

I still remember the silence that followed. The weight in her mother's eyes. The disbelief. The guilt. That loss burned something into me a sense of duty that led me to choose psychiatry as my life's path.

But what haunts me most is this: her story is not rare. I was astonished to learn that such cases were far more common than I had realized mental health issues mismanaged by so-called experts leading to devastating outcomes. I've always wanted to raise awareness about this but, like many doctors, found myself overwhelmed by responsibilities.

In today's multidisciplinary healthcare system, collaboration is key to delivering quality care. However, a silent yet serious threat is eroding this balance: a phenomenon increasingly referred to as the "Pseudo-Doctor Syndrome." This term describes the growing trend of non-medical professionals particularly psychologists, pharmacists, physiotherapists, nutritionists, and other allied health workers who begin to act, either deliberately or inadvertently, as medical doctors, overstepping their ethical and legal boundaries.

The most dangerous and striking example in Pakistan is that of psychologists acting as psychiatrists. While clinical psychologists are trained in behavioral therapy and psychological assessments, they are neither licensed nor qualified to prescribe medication or manage medical conditions. Yet, in clinics, on social media, and even in academic settings, some psychologists including individuals with only basic graduate degrees subtly or overtly adopt the role and authority of psychiatrists.

Psychiatrists, on the other hand, are medical doctors (MBBS or MD) with years of specialized training in diagnosing and treating psychiatric conditions using both therapeutic and medical tools, including psychotropic medications. While both psychologists and psychiatrists play essential roles in mental healthcare, their qualifications, responsibilities, and legal scopes are distinctly different. Unfortunately, many continue to blur these boundaries advising medications, labeling diagnoses, and misleading the public with pseudo-medical authority.

This phenomenon extends beyond psychology. Pharmacists, in some cases, are seen playing the role of physicians; nutritionists acting as endocrinologists; physiotherapists mimicking orthopedists; optometrists assuming the role of ophthalmologists; and Lady Health Visitors stepping in as gynecologists. This misuse of professional boundaries is not only unethical but dangerous.

The growing number of graduate and postgraduate programs in fields such as optometry, anesthesia, medical lab sciences, biochemistry, radiology, and cardiac perfusion has unintentionally led to the rise of professionals who overstep their roles. Often, they begin to act like doctors in clinical settings, further expanding what is now known as the Pseudo-Doctor Syndrome.

This is an increasingly alarming trend in Balochistan specifically and in Pakistan generally. Pakistan urgently needs strong regulation of allied health professionals. Laws must be enacted to restrict the use of the title “Dr” to individuals who hold MBBS, MD, BDS, or PhD degrees, with legal penalties for impersonation.

Furthermore, role-based uniforms and clearly marked badges should be mandatory across healthcare settings to prevent visual deception. Many allied health professionals wear white coats and prefix “Dr” to their names, misleading patients and even educated members of the public. The misuse of social media where visibility often trumps credibility worsens this problem. Repeated incidents involving unqualified practitioners not only harm patients but also foster mistrust toward genuine doctors and hospitals.

Meanwhile, overworked doctors already bearing grueling hours and immense responsibility seldom have the time or resources to defend themselves or speak against such impersonation.

Raising these issues can also invite political and legal backlash, especially when impersonators are backed by private companies or educational institutions.

Public awareness is critical. Educating people to ask about healthcare providers' credentials and to understand the roles of various professionals can help reduce misplaced trust in pseudo-doctors. Pharm D and DPT degree holders must clearly identify themselves as pharmacists and physical therapists. In countries where they are allowed to use the “Dr” prefix, it must be explicitly stated that they are not medical doctors. Likewise, PhD holders should always clarify their academic specialty.

Allied health professionals play vital roles in the healthcare system. There is no need for them to overstep their defined scope or present themselves as doctors. Collaboration not impersonation is the key to effective healthcare.

Ultimately, pseudo-professionals pose risks comparable to unqualified quacks whether

through unauthorized prescriptions, the misuse of religious and cultural beliefs, or unregulated aesthetic procedures by non-medical personnel. These practices compromise public safety and warrant strict regulatory oversight.

One of my respected teachers and mentors, a senior psychiatrist currently serving as Senior Registrar at the Balochistan Institute of Psychiatry and Behavioral Sciences (BIPBS) Dr Shah Nawaz Zehri, has also endorsed these concerns. With years of firsthand experience dealing with the consequences of mismanaged mental health cases, he emphasized the urgent need for regulatory action. He joins me in urging the Islamabad Healthcare Regulatory Authority (IHRA), the Balochistan Healthcare Commission (BHC), and the Allied Health Professionals Council to take immediate and decisive steps to address the growing threat posed by pseudo-doctors. Their inaction risks not just professional ethics but innocent lives.

E c o - A n x i e t y a n d C l i m a t e G r i e f : R i s i n g M e n t a l H e a l t h C h a l l e n g e s i n S i n d h

Dr Abdul Razzaque Nohri, Public Health Specialist and Senior Pharmacist (B-18)
Health Department, Government of Sindh

The climate crisis is not a distant threat—it is already upon us, with tangible consequences reshaping the lives of people in Sindh. As extreme weather events become more frequent and severe, and as our landscapes change dramatically, a growing mental health crisis is emerging, fueled by eco-anxiety and climate grief. These feelings, although experienced globally, have unique implications in Sindh, where people are directly confronted with the physical and emotional toll of climate change. Sindh's vulnerability to the impacts of climate change—whether in the form of devastating floods, prolonged droughts, or rising temperatures—has created a psychological burden that is as heavy as the environmental one.

Eco-anxiety, a chronic fear and distress related to environmental collapse, is becoming a significant mental health issue in Sindh. The province's rural and urban populations alike are grappling with the fear that their way of life is being threatened. For farmers in rural Sindh, agricultural loss due to unpredictable weather patterns and water scarcity creates a sense of powerlessness. In urban areas like Karachi, residents face heatwaves, water shortages, and air pollution, all of which contribute to mounting anxiety about the future. People

are not just worried about what could happen; they are witnessing environmental changes in real time. These changes—such as the shrinking of water resources or the encroachment of rising sea levels—intensify feelings of helplessness and fear, leading to a growing mental health crisis.

Climate grief, which involves mourning the loss of ecosystems, species, and familiar landscapes, is another deeply felt emotional response in Sindh. As the region experiences more severe droughts and floods, communities are witnessing the destruction of their natural environments and the displacement of their livelihoods. Areas like Tharparkar, once known for their vibrant ecosystems, now struggle with recurring droughts that affect both people and wildlife. The loss of these landscapes is not just an economic hardship but an emotional blow, especially for those whose identities are closely tied to the land and the natural world. Many Sindhis, particularly in rural areas, are grieving not only the immediate loss of crops and livestock but the broader destruction of ecosystems that have sustained their families for generations. The grief is often compounded by the knowledge that these losses are irreversible, further deepening the sense of loss.

The mental health impact of these climate-related stressors is widespread in Sindh. Rural populations dependent on agriculture are particularly vulnerable to eco-anxiety and climate grief. In places like Thar and Jacobabad, prolonged droughts have led to the loss of crops and livestock, triggering profound feelings of despair. Urban dwellers in Karachi, too, face a growing sense of insecurity as the city becomes increasingly plagued by heatwaves and flooding. Women and children in particular are disproportionately affected by climate change. Women, who traditionally manage household resources like water and food, are often the first to feel the strain of environmental degradation. They are tasked with finding water when supplies run low or securing food when crops fail, increasing their vulnerability to stress, anxiety, and grief. Children, too, are impacted, not only by the direct effects of climate change but by the emotional toll it takes on their families.

In Sindh, the role of media in shaping perceptions of climate change is significant. While media coverage is crucial for raising awareness, it can sometimes exacerbate feelings of anxiety, especially when it focuses on sensationalized, doom-laden reports. For people in Sindh, constant exposure to such news can amplify a sense of helplessness, leaving them feeling overwhelmed and powerless. The media often emphasizes the scale of the climate crisis without offering solutions, which can lead to a sense of despair rather than empowerment. Social media, while providing a platform for community support, can also become a source of anxiety when it perpetuates negative narratives or spreads misinformation. In this context, it's essential

to find a balance between raising awareness and fostering a sense of agency, ensuring that the media empowers people rather than paralyzing them with fear.

To address the mental health challenges posed by eco-anxiety and climate grief, several coping mechanisms can be implemented in Sindh. One of the most effective ways to mitigate these emotions is through community-based support. Sindh's tight-knit communities are a source of resilience. By creating spaces for people to share their concerns, express their grief, and support one another, individuals can feel less isolated in their struggles. Community-driven initiatives, such as climate cafés or local support groups, can offer a sense of solidarity and help individuals process their emotions in a healthy way. These gatherings provide an outlet for people to talk openly about their anxieties and grief, which is essential in reducing the emotional toll of climate change.

Another way to cope with eco-anxiety is through taking action. In Sindh, this could mean engaging in environmental initiatives such as tree planting, advocating for water conservation, or promoting sustainable agricultural practices. By actively participating in efforts to mitigate climate change, individuals can transform their anxiety into empowerment. While the climate crisis may seem insurmountable, collective action can help communities feel a sense of agency. Taking steps toward resilience, such as building flood-resistant infrastructure or improving water management systems, also helps people regain a sense of control over their environment and their future.

In addition, traditional healing practices and mindfulness can play a crucial role in alleviating the psychological impacts of climate change. Sindh has a rich cultural heritage of spiritual practices that emphasize connection to the land and the importance of mental well-being. Incorporating these practices with modern mental health strategies can provide a holistic approach to climate-related distress. Local spiritual leaders, healers, and counselors can help individuals connect with their emotional resilience, offering tools to manage stress and grief in the face of environmental challenges. Mindfulness practices, such as meditation and breathing exercises, can also help individuals cope with the overwhelming feelings that arise from eco-anxiety and climate grief.

Mental health professionals in Sindh can contribute significantly by providing specialized care for those struggling with eco-anxiety and climate grief. As part of this, eco-psychology, a growing field that combines environmental awareness with psychological support, can help individuals understand and manage their emotional responses to climate change. Therapy focused on processing grief, anxiety, and trauma related to the environment can provide individuals with coping strategies tailored to their unique emotional and cultural needs. Additionally, mental health professionals can work with communities to help them build resilience and create mental

health resources that are culturally relevant and easily accessible.

Finally, policy changes at the provincial and national levels are necessary to address the mental health impacts of climate change in Sindh. The Sindh Mental Health Authority and other health organizations must recognize eco-anxiety and climate grief as serious mental health challenges. Public awareness campaigns that promote emotional resilience and provide information about coping mechanisms can help reduce the stigma surrounding climate-related mental health issues. Additionally, investing in community-based mental health services and training healthcare professionals to address the psychological effects of climate change will be essential in providing support to affected individuals.

As Sindh faces the increasing realities of climate change, the emotional toll of this crisis is undeniable. The rising mental health challenges of eco-anxiety and climate grief must be addressed alongside efforts to combat environmental degradation. By fostering community support, promoting mental health resources, and taking collective action, Sindh can build resilience—not only to the physical impacts of climate change but to the emotional burdens it brings. In doing so, the people of Sindh can find a path forward that honors their connection to the land, acknowledges their grief, and empowers them to face the future with hope and strength.

When the Heat Becomes Too Much to Bear: Climate Change and Mental Health in Pakistan

Mohammad Shehroz Ghauri, Clinical Psychologist
Sindh Integrated Emergency Health Services

As the temperature soars across Pakistan, particularly in Sindh, many citizens experience more than just physical discomfort. From fatigue and sleeplessness to feelings of hopelessness and anxiety, the intense heat is increasingly recognized as a trigger for deteriorating mental health. The links between climate change and psychological well-being are no longer distant theories—they are a present and urgent reality.

Heat and the Mind: A Direct Connection

Heatwaves in Pakistan are not only increasing in frequency and intensity but are also pushing the population toward psychological extremes. Scientific findings, including recent studies published by the

American Psychological Association (APA), indicate that excessive heat can impair emotional regulation, trigger irritability, and even heighten the risk of aggression and suicide.

In cities like Karachi and Jacobabad, where temperatures have repeatedly crossed 50°C, emergency rooms are seeing a spike not only in heatstroke cases but also in psychiatric emergencies. Sleep disturbances, which are exacerbated by extreme heat, are one of the primary links between high temperatures and mental health decline. Lack of rest disrupts mood regulation and increases vulnerability to anxiety and depression, particularly in already marginalized communities.

Beyond Heat: The Psychological Toll of a Changing Climate

Heat is just one of many climate-related stressors. Floods, droughts, and erratic weather patterns are altering the fabric of life in rural and urban Pakistan. These environmental changes, often termed "slow-onset disasters," cause loss of livelihood, displacement, food insecurity, and community breakdown—factors that significantly heighten psychological distress.



A striking example is found in the Malakand Division of Khyber Pakhtunkhwa, where women in agricultural communities experience disproportionate mental health burdens due to their roles as caretakers and providers. A comprehensive study (Daraz et al., 2024) found alarmingly high levels of anxiety (68%), depression (56%), and stress (72%) among rural women exposed to climate stressors like water scarcity, environmental degradation, and flash floods. The lack of access to mental health care, combined with entrenched gender norms, leaves these women vulnerable and unheard.

Eco-Anxiety: An Emerging Mental Health Crisis Among Youth

Pakistan's children and youth are not immune. A 2024 study published in *Cambridge Prisms: Global Mental Health* focused on climate change anxiety (CCA) among children in flood-affected regions of Sindh such as Dadu, Jacobabad, and Khairpur. It found that children are



experiencing cognitive and emotional impairments—including stress, generalized anxiety disorder (GAD), and major depression disorder (MDD)—directly tied to environmental disruption.

Younger populations are particularly susceptible due to their ongoing neurological and emotional development. Feelings of fear, helplessness, and uncertainty about the future are manifesting in clinical symptoms. Moreover, the collapse of educational routines due to floods and heat-induced school closures has only worsened their mental health outcomes.

The Social Dimension: Inequity and Inaccessibility

The mental health toll of climate change in Pakistan is compounded by social determinants such as poverty, illiteracy, gender inequality, and lack of access to services. Rural and marginalized populations bear the brunt, often without the infrastructure or support networks to cope.



In Pakistan, climate-related psychological distress is largely an invisible crisis—under-reported, under-funded, and often misunderstood. Mental health remains a stigmatized topic, and climate change is still seen as a peripheral concern. The intersection of the two therefore creates a silent but deadly burden.



What Needs to Be Done: Urgent Policy and Community Interventions

1. **Heatwave Preparedness and Psychological First Aid:** Mental health support must be integrated into climate disaster response plans. Community cooling centers should offer both physical relief and basic counseling.
2. **Youth-Focused Eco-Anxiety Programs:** Schools and community centers should introduce climate education that emphasizes emotional resilience, emotional regulation, and hope-driven action.
3. **Personal Strategies to Reduce Eco-Anxiety:**

While large-scale solutions are vital, individuals can take small yet powerful steps to protect their mental health:

- a. **Limit yourself** in what you consume and take on—nobody can do it all.
- b. **Educate yourself** to understand how you can help effectively.
- c. **Take action**, big or small—every step counts.
- d. **Acknowledge your emotions**—your feelings are real and valid.
- e. **Share the burden**—the climate crisis is a collective responsibility, not yours alone.

Conclusion

Pakistan stands at the crossroads of two crises—climate change and mental health—that are deeply interconnected. As rising temperatures strain not only the body but also the mind, urgent action is needed. Addressing climate-linked mental health challenges in Pakistan is not just about mitigating disaster but about restoring dignity, building resilience, and securing a future where mental well-being is as central to survival as clean water or shelter.

Let us no longer ignore what the heat is silently burning away: our collective mental health. *For those seeking support, confidential mental health counseling is available around the clock through platforms like Tele-Tabeeb 1123—because timely help should never be out of reach.*

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A Natural Talk on Urban Green Spaces: The Best Remedy for Mental Stress

Dr Abdul Razzaque Nohri, Public Health Specialist and Senior Pharmacist (B-18)
Health Department, Government of Sindh

Let's face it—life in the city can sometimes feel like a never-ending hustle. The noise, the crowds, the endless rush hour traffic, and the digital screens that seem to be constantly in our faces. It's no wonder that more and more people are experiencing mental stress and burnout. But here's a thought: what if the solution to all that chaos was not a fancy gadget or a new productivity app, but something as simple as nature? More specifically, urban green spaces.

You might be thinking, "Wait, nature in the city? How does that work?" Well, believe it or not, green spaces like parks, gardens, and tree-lined streets are more than just pretty places to take a selfie—they're a real, scientifically-backed remedy for stress. So, let's dive into why urban green spaces might be exactly what our stressed-out minds need.

A Breath of Fresh Air

First things first—let's talk about air quality. Cities are notorious for their pollution, but did you know that green spaces play a huge role in improving air quality? Plants and trees act like nature's air purifiers, absorbing carbon dioxide and releasing oxygen. A stroll through a park can literally give your lungs a break from the smoggy, polluted city air. But the benefits go beyond just cleaner air.

Studies have shown that spending time in green spaces can lower stress hormone levels and reduce feelings of anxiety. The reason? Nature has a calming effect on the brain. When you walk into a park or find a quiet

spot under a tree, your brain gets a chance to reset. It's almost like nature's own meditation retreat—without the expensive fees or the need to leave the city.

Mental Clarity and Focus

Have you ever noticed how hard it is to focus on anything after a long day at the office? We've all been there—our brains are buzzing with tasks, emails, and to-do lists. But here's where urban green spaces come in to save the day. Studies have found that just a 15-minute walk in nature can improve concentration and focus. That's right—just 15 minutes.

Why? Nature has a way of helping your brain get out of that "fight or flight" mode, where it's constantly reacting to external stress. Instead of focusing on the noise, deadlines, or the next big meeting, being in a park helps you refocus on the present moment. It's like hitting the mental reset button. For people who live in fast-paced urban environments, this can be the perfect mental break to recharge before diving back into the chaos of daily life.

Stress-Relief Without the Price Tag

If you've ever tried a costly mindfulness app or a gym membership to combat stress, you're not alone. Many of us turn to expensive services to unwind, but the truth is, urban green spaces offer a free alternative with benefits just as good, if not better. Think about it: you don't need to pay to go for a walk in a park, lay on a grassy hill, or breathe in the fresh air of a local garden.

There's something inherently therapeutic about simply being outside. Whether you're sitting by a pond watching ducks float by, or walking along a tree-lined path, nature has a way of putting your mind at ease. And the best part? It doesn't require any special training or equipment—just a willingness to step outside and soak in your surroundings. Plus, the act of being in nature encourages physical movement, which in itself is another stress-busting bonus.

Social Connection and Community

Now, let's not forget about the social aspect of green spaces. Urban parks often serve as community hubs, where people come together to exercise, chat, play sports, or simply relax. In today's world, where digital connections often replace face-to-face interactions, these green spaces offer a rare opportunity to connect with others. And guess what? Socializing in a natural environment can boost your mood and reduce stress.

Whether you're meeting a friend for a coffee in a park, taking part in a group yoga session on the grass, or even just sharing a smile with a fellow park-goer, these small moments of connection can do wonders for your mental health. Green spaces give people a chance to build relationships, strengthen their sense of community, and feel like they belong to something larger than themselves.

Children and Green Spaces: Growing Minds, Growing Bodies

If you're a parent, you'll definitely want to hear this. Research has shown that children who have access to green spaces not only

have better physical health but also experience fewer mental health issues like anxiety and depression. Green spaces provide a safe, open environment where children can run around, play, and engage in imaginative activities. These activities help them develop social skills, emotional intelligence, and stress resilience from a young age.

But it's not just the kids who benefit. Studies suggest that children growing up in cities with abundant green spaces tend to have lower levels of aggression and hyperactivity, and they experience better cognitive development overall. So, it's clear: green spaces are essential not just for adults, but for the mental well-being of the next generation as well.

Nature's Role in Reducing Urban Health Disparities

Here's an interesting point: urban green spaces also help reduce health disparities. In many cities, low-income communities have less access to green areas, which means they miss out on the mental health benefits that parks and gardens offer. Addressing this imbalance by creating more accessible green spaces in underserved neighborhoods can be a game-changer in promoting mental health and well-being across all socio-economic groups.

It's not just about adding more parks—it's about making sure that these spaces are accessible to everyone, regardless of their background or income level. When everyone has access to the mental health benefits of nature, we can create a more equitable and healthier urban environment for all.

Breaking Through the Fog: How Tele-Counseling Helped a Young Woman Reclaim Her Emotional Balance

Ifrah Naveed, Clinical Psychologist

A Journey from Crisis to Clarity

At just 24, a young woman reached out to *Tele-Tabeeb 1123*, our nationwide mental health helpline, in a state of deep emotional turmoil. Overwhelmed by waves of hopelessness, a loss of motivation, and persistent thoughts of ending her life, she was struggling to find solid ground. Her story is a powerful reminder of how early family dynamics can cast long shadows into adulthood—and how timely, compassionate intervention can offer a lifeline.

An Inner World in Chaos

She came to us emotionally drained, disconnected from her studies and work, and retreating from daily responsibilities. While outwardly functioning in social circles, she shared feelings of emptiness and a desperate emotional dependency on a few close individuals. Criticism, whether real or perceived, sparked intense distress. Anger simmered beneath the surface—especially when her personal boundaries were tested.

Peeling Back the Layers

Through a series of psychological interviews and screening sessions, it became clear that her emotional struggles were tied to a deeper sense of identity confusion and impulsive behavior. Without assigning a formal diagnosis, her emotional patterns bore resemblance to traits often seen in individuals navigating borderline personality challenges.

Therapy unveiled a painful backstory: a childhood spent navigating the emotional storm between an authoritarian father and a submissive, emotionally needy mother. From a young age, she had stepped into the role of caregiver for her mother, carrying emotional burdens far beyond her years. While her father's occasional affection seemed sincere on the surface, she described it as manipulative—more about control than care. These early experiences set the stage for a lifelong battle with trust, authority, and emotional regulation.

Building Bridges to Healing

The first step in therapy was creating a safe, nonjudgmental space. With trust as the foundation, sessions introduced tools from cognitive-behavioral approaches to challenge her inner critic and reframe the stories she told herself. Elements of dialectical strategies were brought in to help



her manage intense emotions and reduce self-harming thoughts.

Psychoeducation played a central role, helping her connect the dots between her upbringing and current struggles. As she came to understand the weight of parental enmeshment and unresolved anger, she began to feel empowered to take charge of her emotional world.

Over time, the focus shifted toward building practical skills: setting boundaries, communicating assertively, and observing relationship patterns without immediately reacting. Journaling became a tool for reflection; behavioral activation helped her re-engage with life's routines; mood tracking offered insight into her emotional rhythms.

A Brighter Horizon

In just 12 sessions, her transformation was striking. Suicidal thoughts, once constant companions, became fleeting visitors. Her emotional reactions softened, giving way to thoughtful responses. Relationships with her family—though still complex—became more manageable.

Importantly, she showed significant improvement in major areas of her life. She resumed her job, began preparing for her

exams, and returned to her academic pursuits with renewed focus. Socially, she started reconnecting with old friends and building new bonds with colleagues. What stood out most was her growing ability to form relationships on healthier terms—marked by less emotional dependency and improved boundary-setting.

What This Teaches Us

This case is a testament to the power of early psychological support and trauma-informed care. It also underscores the potential of virtual mental health services in reaching those who might otherwise suffer in silence. Through tele-counseling, she found not only a voice—but a path forward.

At *Tele-Tabeeb 1123*, her journey reflects our larger mission: to ensure that emotional support is never out of reach, no matter where you are or what you're facing.

Disclaimer:

All identifying information has been intentionally omitted from this piece to protect the privacy of individuals involved. Any relevant details not included are withheld to maintain strict confidentiality.

Margalla Hills National Park: A Sanctuary Under Threat

Farheen, Environmental Journalist – Farozan

What happens when a human is displaced from their home, or when wildlife is forced out of its natural habitat? You don't have to think too hard—just look at what recently happened in DHA Rawalpindi. When animals or humans are removed from their natural surroundings, they react. The same was true for the leopard that made headlines.



Just as climate change is creating challenges for wildlife, human behavior is making survival even more difficult. Wildlife is an irreplaceable part of our ecosystem, but sadly, many species are on the brink of extinction. The reasons? Rapid urbanization, deforestation, pollution, shrinking green belts replaced by towering buildings, and human settlements encroaching on wildlife territories. The delicate balance of nature is being disrupted at an alarming rate, pushing our planet toward environmental catastrophe. This destruction isn't just impacting humans—it's also threatening the very existence of countless animal species.

Islamabad: A Changing Landscape

Islamabad was once known for its fresh air and scenic beauty, with Margalla Hills National Park serving as a natural retreat.

However, things have changed. Climate shifts and human interference have placed both the park and its wildlife in grave danger.

Margalla Hills National Park is Pakistan's third-largest national park, but it faces mounting threats. Environmental experts warn that unchecked urban expansion, mining, deforestation for fuel, livestock grazing, and the spread of invasive plant species are eroding its ecosystem.

Dr. Naeem Parvaiz, an international environmental expert, told ***Hum News*** that climate change is affecting animals just as it impacts humans. Rising temperatures and erratic weather patterns are disrupting food chains, plant growth, and breeding cycles. Speaking to ***Hum News***, he highlighted how extreme weather events—floods, heatwaves, and droughts—pose a growing threat to both humans and wildlife. Additionally, haphazard urban expansion, deforestation, and infrastructure development are restricting animal movement, making it difficult to maintain ecological balance.

A Safe Haven for Leopards?

Wildlife authorities claim they have worked to create a more hospitable environment in Margalla Hills National Park since 2016. As a result, leopard sightings have increased—a promising sign for conservation efforts. According to officials, there are currently 12 to 13 leopards residing in the park. Some have long been native to the area, while others previously migrated from Murree and other colder regions during the winter. However, due to the park's now stable climate, many have made it their permanent home.

Officials also report an increase in forest cover and wildlife in the park over the past decade. “The presence of leopards and other wildlife in the national park is an encouraging sign for the ecosystem,” an official stated. However, they emphasized that public awareness about coexisting with wildlife remains lacking.

Referring to the recent leopard sighting in Saidpur Village, officials stressed that such incidents occur because humans continue to encroach on animal habitats. “A leopard will not attack unless it feels threatened,” they added.

A recent survey by the Islamabad Wildlife Management Board found that the park is home to various species, including deer, Himalayan red foxes, hedgehogs, yellow bats, pangolins, jackals, wild cats, boars, desert hares, goral goats, and numerous rare birds. Estimates suggest the park supports around 650 plant species, 350 migratory birds, 38 mammal species, and 32 types of reptiles.

Rising Temperatures, Shrinking Habitats

Experts warn that climate change is taking a toll on wildlife. The increase in greenhouse gas emissions is now a global crisis, with rising temperatures melting glaciers and threatening species like the snow leopard. With their natural food sources dwindling, these elusive predators are being forced into human settlements, putting both animals and people at risk.

Human expansion is also directly impacting wildlife. Islamabad has transformed into a concrete jungle, squeezing out native

species. Wild boars, once abundant and a primary food source for leopards, have drastically declined in number, forcing leopards to hunt livestock and even humans. According to a **2020 Voice of America report**, the global snow leopard population is estimated at around 8,000, but their numbers continue to decline due to habitat destruction and poaching.

Pakistan’s Fragile Conservation Efforts

Pakistan has designated **428 protected areas** for wildlife conservation, covering 18% of the country’s land. Key reserves include **Hingol, Kirthar, Galiyat, Ayubia, and Margalla Hills National Park**—all crucial sanctuaries for rare species.

However, WWF Senior Director Rab Nawaz warns that the loss of “**green corridors**” is one of the biggest threats to wildlife. “Unfortunately, Margalla Hills National Park is also suffering due to expanding rural populations,” he told **Hum News**. He pointed out that public awareness about wildlife conservation remains minimal.

Unchecked encroachments and poor urban planning in protected areas are worsening the situation. “The beauty of Margalla Hills lies in its forests and wildlife,” he said. “But human interference, illegal construction, and climate change are taking a direct toll. If immediate measures aren’t taken, this sanctuary could lose its charm forever.”

To protect **Margalla Hills National Park**, experts stress the need for a **coordinated, long-term conservation strategy** involving all relevant authorities. The time to act is now—before it’s too late.

Grief, Healing, and Hope: A Tele-Counseling Success Story

Kiran Nisa, Clinical Psychologist – Sindh Integrated Health Services

When 26-year-old Mr. Y lost his fiancée just two days before their wedding, his entire world collapsed. She wasn't just the woman he loved—she was his cousin, childhood companion, and his closest confidante. The grief that followed was not only deep but devastating, pulling him into a place of darkness many wouldn't know how to navigate.

But through the power of tele-counseling, Mr. Y found his way back to the light—proving that with the right help, healing is possible even from the deepest emotional wounds.

The Breaking Point

After the tragic loss, Mr. Y isolated himself in a dark room, avoiding family, friends, and life itself. Overwhelmed by guilt, he believed he had failed his partner. He expressed thoughts of wanting to die, not out of impulse but from a profound yearning to be reunited with her. He stopped working, distanced himself from others, and reported feeling like “a part of himself had died” too.

Seeking Help from 1123 TeleTabeeb

Mr. Y reached out to **1123 TeleTabeeb**, a 24/7 free mental health and medical helpline offering confidential support across Pakistan. When he began therapy, he showed signs of severe grief, depression, and suicidal ideation.

“Our first goal was to help him feel safe and heard,” says the Counseling Officer from Tele Tabeeb. “He had internalized immense guilt, felt detached from life, and couldn't imagine a future without her. We worked slowly, one session at a time.”

The Therapy Approach

Therapists used a combination of **grief counseling**, **cognitive-behavioral therapy (CBT)**, and **supportive psychotherapy** to guide him through his loss.

- **Grief Counseling** helped him accept the reality of death, express his emotions safely, and redefine his future without forgetting his loved one.
- **CBT** techniques were used to challenge irrational guilt and rebuild healthier thought patterns.
- **Supportive therapy** provided a safe emotional space where Mr. Y could speak openly, reconnect with family, and slowly begin to re-engage with life.

Milestones on the Road to Recovery

Therapy wasn't a magic switch—but over the course of several weeks, small victories began to emerge.

- He resumed his business activities.
- He returned to the gym, reclaiming physical strength and emotional resilience.
- He rebuilt relationships with his family, especially his parents.
- Eventually, he opened himself to the possibility of love and remarriage.

His transformation was so profound that he invited his therapist to his wedding—a new beginning he once thought impossible.

A Message of Hope

Mr. Y's journey is a powerful reminder that grief does not have to be endured in silence or solitude. With professional support, emotional pain can be processed, and life can once again hold meaning.

“Grief is not something we ‘get over’—it’s something we learn to live with,” says his therapist. “But no one has to do it alone. Help is just a call away.”

About 1123 TeleTabeeb

1123 TeleTabeeb is Pakistan's first free, 24/7 telehealth service offering medical and mental health consultations via phone. It ensures timely, confidential, and accessible support—particularly crucial in times of emotional crisis.

If you or someone you know is struggling with grief, depression, or emotional distress, dial **1123** for immediate help. Healing starts with reaching out.

Disclaimer:

All identifying information has been intentionally omitted from this piece to protect the privacy of individuals involved. Any relevant details not included are withheld to maintain strict confidentiality.

The Quiet Crisis: The Importance of Psychological First Aid During Natural Disasters – A Spotlight on Noor's Workshop in Karachi

Syed Mahnoor Shah

Natural disasters do not just shatter homes and infrastructure—they shake the very core of human well-being. In the aftermath of earthquakes, floods, heatwaves, and storms, we often focus on physical recovery: clearing debris, restoring electricity, rebuilding homes. But what about the invisible wounds—the anxiety, grief, trauma, and despair that linger long after the water recedes or the tremors stop?

This is where **Psychological First Aid (PFA)** becomes essential. PFA is a compassionate, evidence-informed approach designed to reduce distress and promote recovery during and after emergencies. It's not therapy, and it doesn't require a professional mental health background. Instead, it teaches anyone—health workers, volunteers, teachers, or neighbors—how to recognize signs of emotional distress, listen with empathy, and connect people to further support.

In a country like Pakistan, where climate-related disasters are becoming more frequent, PFA is no longer optional—it's urgent. Karachi, a city of over 20 million people, regularly faces urban flooding, extreme heat, and unpredictable weather. These events disproportionately affect vulnerable populations, especially in low-income and high-density areas. In such contexts, psychological support often falls through the cracks.

To address this gap, Noor, a youth-led mental health initiative, recently organized a powerful 7-day workshop on Psychological

First Aid at the National Incubation Center (NIC) in Karachi consisting of an online module. The goal was clear: empower participants with practical tools to offer emotional support during crises.



The workshop supported by Community Engagement Exchange Program brought together 30 participants, including medical students, mental health advocates, and first responders. It began by unpacking the psychological effects of natural disasters: acute stress, trauma, shock, anxiety, and helplessness and emphasized that these reactions are normal. Often, just being heard and validated can help a person move toward recovery.

Participants were introduced to the core principles of PFA:

1. **Look** for people in distress and assess their needs
2. **Listen** with empathy and without judgment
3. **Link** them to services, information, and support networks

What made the workshop truly impactful was its focus on **practical skills**. Participants learned and practiced grounding techniques, like deep breathing and the 5-4-3-2-1 sensory method, that can be used immediately to calm someone experiencing panic or distress. These techniques were simple, effective, and most importantly, adaptable to a range of cultural and social contexts in Pakistan.

The workshop also emphasized community-based healing. In Pakistani culture, support from family, neighbors, and religious leaders plays a critical role. Noor's sessions encouraged integrating these local strengths with psychological tools, ensuring that mental health support is culturally relevant and sustainable.



Feedback from attendees was overwhelmingly positive. Many said they



had never received mental health training in a disaster context before. Several frontline participants felt they now had the confidence to respond more compassionately and effectively in real-life emergencies.

In a world increasingly threatened by climate change and natural hazards, PFA is an essential life skill. Noor's workshop in Karachi is a timely reminder that healing after disasters must include both the visible and the invisible wounds. Supporting mental health in emergencies isn't just good practice—it's lifesaving.

By training ordinary people to offer extraordinary care, Noor is helping build a more resilient and emotionally prepared Karachi—one listener, one deep breath, and one moment of empathy at a time.

DAWN

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Book highlights ex-senator contributions to policy making

ISLAMABAD: Speakers at a book launch on Senator Dr Karim Ahmed Khuwaja titled ‘A Legislative Odyssey’ on Wednesday lauded the contributions of the senator towards strengthening the parliamentary proceedings.

The event celebrated a ground breaking publication that chronicles the legislative journey and contributions of Senator Dr Karim Ahmed Khuwaja, was held at the Pakistan Institute for Parliamentary Services.

This book is the first of its kind in Pakistan, offering a comprehensive legislative biography of a parliamentarian.

It highlights Senator Dr Khuwaja’s extensive contributions to policymaking, his commitment to public service, and his enduring efforts to strengthen democratic institutions in Pakistan.

The event was graced by a distinguished audience, including parliamentarians, vice chancellors, professors, researchers, media representatives, and students from Parliamentary Studies Programmes.

The book launch ceremony was chaired by Pakistan People’s Party Parliamentarians (PPPP) Secretary General Syed Nayyar Hussain Bukhari and was attended among others by former Senator Farhatullah Babar and Senator Karim Ahmed Khwaja.

While Senator Dr. Karim Ahmed Khuwaja expressed his gratitude for the acknowledgment of his work and emphasised the importance of documenting parliamentary contributions to inspire future leaders and promote research in this vital area.

The book is expected to benefit a wide audience, including parliamentarians seeking insights into legislative practices, researchers aiming to understand the dynamics of policymaking, and students pursuing Parliamentary Studies.

The event marked a significant milestone in promoting a culture of documentation and recognition of legislative achievements in Pakistan, paving the way for a deeper understanding of democratic governance

In their remarks, the speakers highlighted the book’s significance as a valuable resource for understanding legislative processes, addressing policymaking challenges, and examining the role of effective leadership in Parliament.

They emphasised that this initiative is the first of its kind, encapsulating extensive work on parliamentary business.

The book is expected to play a pivotal role in educating the people of Pakistan about parliamentary proceedings and their impact on the nation’s progress and development.

Published in Dawn, January 23rd, 2025



Islamabad: Senator Farhatullah Bahar is addressing to "Senator Dr. Karim Ahmed Khuwaja - A Legislative Odyssey" book launch event.

Book Launch Event: Senator Dr. Karim Ahmed Khuwaja - A Legislative Odyssey

Special Report, Islamabad: A book launch event "Senator Dr. Karim Ahmed Khuwaja - A Legislative Odyssey" was held on 22nd January, 2025 from 3:00 p.m. to 4:30 p.m. at the Pakistan Institute for Parliamentary Studies, Islamabad. The event celebrated a groundbreaking publication that chronicles the legislative journey and contributions of Senator Dr. Karim Ahmed Khuwaja, a prominent parliamentarian.

This book is the first of its kind in Pakistan, offering a comprehensive legislative biography of a parliamentarian. It highlights Senator Dr. Khuwaja's extensive contributions to policymaking, his commitment to public service, and his enduring efforts to strengthen democratic institutions in Pakistan.

The event was graced by a distinguished audience, including Parliamentarians, Vice-Chancellors, Professors, researchers, media representatives, and students from Parliamentary Studies Programs. The launch ceremony was chaired by:

Syed Nayyar Hussain Bhakshi, Secretary General, Pakistan People's Party Parliamentarians (PPPP), Senator Farhatullah Bahar, Pakistan People's Party Parliamentarians (PPPP), Senator Karim Ahmed Khuwaja, Chairman, Sindh Mental Health Authority, Mr. Zafar Ullah Khan, Former Executive Director, PIPS, Ahmed Bilal Sufi, Lawyer and Former caretaker minister, Dr. Muhammad Qasim Bhugio, Former Chairperson, Pakistan Academy of Letters, Mr. Muhammad Anwar, Former Executive Director, PIPS. In their remarks, the speakers highlighted the book's significance as a valuable resource for understanding legislative processes, addressing policymaking challenges, and examining the role of effective leadership in Parliament. They emphasized that this initiative is the first of its kind, encapsulating extensive work on parliamentary business. The book is expected to play a pivotal role in educating the people of Pakistan about parliamentary proceedings and their impact on the nation's progress and development.

Senator Dr. Karim Ahmed Khuwaja expressed his gratitude for the acknowledgment of his work and emphasized the importance of documenting parliamentary contributions to inspire future leaders and promote research in this vital area.

A Legislative Odyssey (2012-2018) Senator Dr. Karim Ahmed Khuwaja Farid Publishers

The book by a former senator aims to unveil how efforts made in the upper house can practically impact the lives of individuals. It underscores how diverse affiliations can either facilitate or impede progress, depending on the interplay between personal and political interests. Through measurable formats, backed by bills, resolutions, motions and more, it provides a comprehensive view of the proceedings and outcomes of each initiative from Pakistan's Senate during the author's time there.

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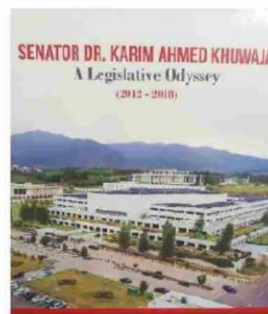
آغاز سفر ملتان

چیف ایڈیٹر: محمد ذوالفقار ایڈیٹر: امتیاز ذوالفقار

جلد نمبر 11 | جمعرات 22/ربیع الثانی 1446ھ | 23 جنوری 2025ء | گھنٹات 6 بجت 30ء | شمارہ نمبر 144

سینیٹر ڈاکٹر کریم احمد خواجہ - اے کی کتاب کی رونمائی کی تقریب:

اسلام آباد (فرح ناز) پاکستان انسٹیٹیوٹ فار پارلیمنٹری سٹڈیز (PIPS) اسلام آباد میں 22 جنوری 2025 کو سہ پہر 3:00 بجے سے 4:30 بجے تک سینیٹر ڈاکٹر کریم احمد خواجہ - اے کی کتاب کی رونمائی کی تقریب منعقد ہوئی۔ یہ تقریب ایک منظر و کتاب کی رونمائی کے لیے وقف تھی، جو سینیٹر ڈاکٹر کریم احمد خواجہ کے قانون سازی کے سفر اور ان کی پارلیمانی خدمات کو بیان کرتی ہے۔ یہ کتاب پاکستان میں اپنی نوعیت کی پہلی تصنیف ہے، جو ایک پارلیمنٹیرین کی جامع قانون سازی کی سوانح عمری پیش کرتی ہے۔ اس میں سینیٹر ڈاکٹر خواجہ کی پارلیمانی سازی میں خدمات، عوامی خدمت کے عزم، اور پاکستان میں جمہوری اداروں کو مضبوط کرنے کی انتھک کوششوں کو اجاگر کیا گیا ہے۔



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BOOKS & LITERATURE

BEYOND BILLS AND DEBATES

In A Legislative Odyssey, ex-senator Dr Karim Ahmed Khuwaja offers an insider's view of lawmaking in Pakistan, blending compassion with constitutional clarity

By KAMRAN KHAMISO KHOWAJA

Perhaps for the first time in history, an elected parliamentarian has compiled his journey at the parliament of Pakistan in a book titled "A Legislative Odyssey." The book elucidates the true power of parliament and the fundamental purpose of its establishment within the constitutional framework.

The author of this book, former senator of the Pakistan People's Party, Dr Karim Ahmed Khuwaja, who served as senator in the upper house of the parliament during a six-year tenure from 2012 to 2018, describes his book as a documented journey at the parliament house and the initiatives proposed by him for the sake of public good.

The book offers a vast discussion on the importance of public interest and the vision of a parliamentarian to keep public interest,

Ahmed Khuwaja who hails from Tando Muhammad Khan was born to Professor Madad Ali Khuwaja an eminent academia and writer. Before venturing into mainstream politics of the country, he remained associated with student politics and other platforms of grass-root level politics to burnish his abilities. In his book, Dr Khuwaja has made a slight revelation regarding his days of struggle and route to the upper house of the parliament.

Dr Khuwaja has had a distinguished career, serving as President of the Sindh People's Student Federation, heading the Sindh People's Doctors Forum of Pakistan, and holding key roles in various organisations, including the Sindh Human Rights Commission and the Pakistan Psychiatrist Society.

He was also a dynamic participant

in the need of effective and productive legislation in an underdeveloped country like Pakistan and setting up subsequent mechanisms for its implementation. It comprises bills passed, bills introduced, resolutions moved, discussions held and motions brought during the term of Dr Khuwaja as Senator. The author recalls his meeting with Benazir Bhutto pertaining to the issue of orphans and begging children. He reminisced his days as a practicing psychiatrist in Thatta when he was called upon by Benazir Bhutto to discuss the core issue of beggar children. She expressed her grave concerns, and decided to take measures for its prevention, but predicted that the issue would escalate in the coming years.

As a senator, Bhutto's vision encouraged him him to get the law

compelling orphan children to beg. The law made it mandatory for NADRA to trace and register unattended and orphaned children along their place of residence and their workplace.

It took Dr Khuwaja around five years to compile data and substantiate a book featuring key legislations and resolution on core issues related to general public. He has also discussed the dire need of enacting law to prevent cyber crime.

While sharing his thoughts on PSRA-Prevention of Cyber Crime, the author has mentioned in the book that during the past few years with the growing influence of social media and internet, a large number of youth were found mentally disturbed after being harassed on social media, besides being stalked and blackmailed. In order to protect the privacy of the common man on social media accounts and safeguard his dignity, regulations and laws were crucial.

The move for abolition of section 325 from Pakistan Penal Code through Criminal Law Amendment Bill 2017 was introduced by the Dr Khuwaja in the Senate, in view of the rising suicide cases across the country. He has argued that section 325 provides punishment for a person who attempts to commit suicide, which is an attempt made in a state of frustration and desperation. But if the person survives, state punishment works to further disrupt the person's mental status. Dr Khu-

waja believes, that it is important to provide rehabilitation of such victims.

It is interesting to note that the law protecting animals from human cruelty, "The Prevention of Cruelty to Animals Act 1890," has undergone only three amendments since its enactment, all of which occurred during the British era. It was for the first time after independence that a bill for amending this particular law was introduced by Dr Khuwaja with the aim that progressive societies also take steps for the protection of creatures in urban or rural areas. Using his vast knowledge and being a keen observer of society, he urged the upper house of the parliament to revisit the Indus Water Treaty and the Water Accords of 1960 and 1991. On March 9, 2015, on his recommendation, the Senate of Pakistan urged the Federal government to evaluate the situation of sea intrusion and water scarcity in the coastal areas of Sindh and Balochistan.

Dr Khuwaja has also proposed in his book that the process of legislation and the methods applied in Pakistan should be updated through cogent working and microscopic evaluation. He has mentioned contributions of his parents, colleagues and party leadership in shaping his skills as a worker as well as a politician. During the launching ceremony of this book in Islamabad earlier this year, speakers at the event termed the book as a milestone in

the history of Pakistan's politics and a guide book for Pakistan's legislators.

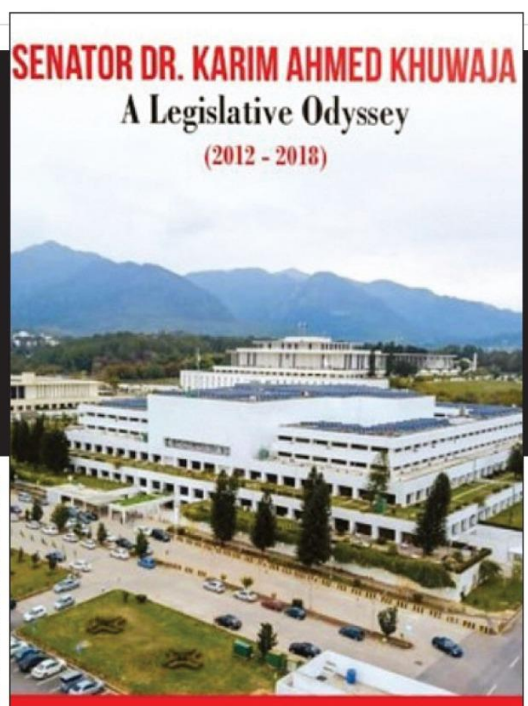
As senator, Dr Khuwaja visited various countries to represent Pakistan in different conventions and conferences shedding light on core humanitarian issues where he shared his ideas.

Acknowledging the efforts of Dr Khuwaja, Nayar Bukhari, former chairman of the Senate described the book as a ready reference for future parliamentarians regarding the history and contribution of country's upper house. The book also contains a detailed discussion initiated by the members of the senate on the matters of public importance and fundamental rights.

A Legislative Odyssey will benefit a broad range of readers, including parliamentarians, researchers, and students of parliamentary studies, by providing valuable insights into legislative practices and policymaking dynamics. Besides this one, the author also has four more books to his credit, along with a book titled Arzoo-e-Mohib, where Dr Khuwaja has lovingly compiled poetry by his grandfather Mohaib Ali Khuwaja.

Kamran Khamiso Khawaja is a practicing lawyer and freelance journalist. His areas of interest are cultural diversity and socio-political issues of Sindh. He holds a Master's Degree in Law and tweets as @Zalishan

All facts and information are the sole responsibility of the writer



welfare and benefit on top of his priority list. The book opens up with a note from the author, dedicating his book to the first woman Prime Minister of the country Benazir Bhutto, the political workers committed to prevalence of democracy, and fellow Pakistani citizens thriving tirelessly for the bright future of Pakistan.

The author of the book Dr Karim

part in the MRD movement, consistently dedicating himself to serving the poor masses of Pakistan. As one of the leading psychiatrists of the country, he was able to observe the society minutely and that experience proved beneficial in making him an upright parliamentarian and an innovative legislator.

The book thoroughly lays bare

passed from the upper house of the parliament for the welfare of orphans and neglected children in 2015, while the bill was actually moved back in 2013.

The act titled 'Orphan Rehabilitation and Welfare Act, 2016, provided legal protection to the rights of orphaned children and ordained punishment for offenders involved in

Social Message

After Covid, patients are not properly recovering from Covid symptoms, so with the consultation of the Doctors, visit this Government Institute for Physiotherapy and Rehabilitation.

POST COVID REHABILITATION- A ROAD TO RECOVERY

Covid 19 virus affect the lungs

→

Lasting Symptoms of Covid 19



Healthy Lungs



Covid 19 affected Lungs



Breathlessness



Cough



Tiredness

Physiotherapy is the key to recovery from Covid 19. Exercise plays an important role during recovery and your Physiotherapists can guide you.

You are Eligible for Post Covid Rehabilitation

If you have tested positive for Covid 19
If you have been Hospitalized
Discharged from hospital
If you have been isolated at Home/Institution

We Physiotherapists can help you at our Rehabilitation OPD to:

- * Reduce Breathlessness
- * Reduce Stress
- * Reduce Cough
- * Improve Fitness
- * Improve Muscle Strength
- * Improve Activities of Daily Living

Post Covid Rehabilitation Includes

1. Breathing Re- Training
2. Lung Expansion Exercises
3. Fitness Training



Address: Sindh Institute of Physical Medicine and Rehabilitation, Chand Bibi Road, near Dr. Ruth K.M Pfau, Civil Hospital, Karachi.

SUICIDE PREVENTION HELPLINE SETUP BY SINDH MENTAL HEALTH AUTHORITY

Sindh Mental Health Authority created three Mental Health Helplines (021-111 117 642/ 022-111 117 642) at main cities of province of Sindh. The public of Sindh can call from morning 9:00 am to 5:00 p.m. SMHA to run these helpline with the following stakeholders/ partners.

- Helpline Number (022-111 117 642) installed at Sir Cowasji Jehangir Institute of Psychiatry & Behavioral Sciences, Hyderabad with the partners', i.e Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro, Sindh University (Department of Psychology) & Charter for Compassion, Pakistan to run the helpline.
- Helpline Number (021 111 117 642) installed at Psychiatry Ward, Jinnah Postgraduate Medical Center (JPMC), Karachi with the partners,'i.e. Department of Psychology, Karachi University, Institute of Clinical Psychology, Karachi University, & Charter for Compassion, Pakistan.
- Helpline Number (021-9921 5720) installed at Psychiatry Ward, Dow Medical College, Dow University of Health Sciences, Karachi with the partners,'i.e. Department of Psychology, Karachi University, Institute of Clinical Psychology, Karachi University, & Charter for Compassion, Pakistan to run the helpline.

Sindh Mental Health Authority also created Tele Psychiatry Helpline at District Tharparkar along with Mithi Civil Hospital & Thar Foundation.

	https://smha.sindh.gov.pk/		https://www.facebook.com/smha.gov.9/
	info.smha@sindh.gov.pk		https://twitter.com/SindhMental
	smha.gov.org@gmail.com		Contact No: 021-35308771-2

HIGHLIGHTS



گرمي جا طوفان ۽ ذهني بيماريون: لکيل لاڳاپو

ڊاڪٽر عبدالرزاق نوهڙي

سيني فارماسسٽ ۽ پبلڪ هيلٿ اسپيشلسٽ

گرمي ۽ ڪاوڙ: نفسياتي اثر

تيز گرمي ڪاوڙ ۽ بي چينيءَ کي وڌائي ٿي. دماغ گرميءَ جي شدت کي برداشت ڪرڻ کان قاصر هوندو آهي، جنهن سان ماڻهو تڪڙو ڪاوڙيل، چڙچڙو ۽ سخت ردعمل ڏيڻ وارا ٿي وڃن ٿا. رت جي دٻاءُ ۾ اضافو ۽ دٻاءُ واري هارمون جي واڌ، ماڻهن کي وڌيڪ بي صبر بنائين ٿا.

تحقيقن مطابق، گرميءَ جي شدت سان چوري، ڏوهن ۽ جهيڙن جا واقعا به وڌن ٿا. ماڻهن جو دماغ بي چين ٿي وڃي ٿو ۽ ننڍڙي ڳالهه به وڏو تڪرار بڻجي سگهي ٿي.

ڪهڙا ماڻهو وڌيڪ متاثر ٿين ٿا؟

گرميءَ جو اثر هر ماڻهوءَ تي هڪجهڙو ناهي. عمر رسيد ماڻهون، جيڪي اڳ ۾ ئي ڪنهن ذهني بيماريءَ ۾ ورتل آهن، انهن لاءِ گرمي وڌيڪ خطرناڪ ٿي سگهي ٿي. ڪيترائي پوڙها ماڻهو گرميءَ جي علامتن کي صحيح طرح سمجهي نٿا سگهن ۽ ان ڪري ذهني حالتن ۾ بگاڙ اچي ٿو.

ساڳيءَ طرح، گهٽ آمدني وارن علائقن ۾ رهندڙ ماڻهو، جتي ٿڌا رڪن جا وسيلو جهڙوڪ پنڪا يا ايئر ڪنڊيشن وغيره دستياب ناهن، اهي به ذهني دٻاءُ جو وڌيڪ شڪار ٿين ٿا. سندن لاءِ گرميءَ کان بچڻ مشڪل ٿي پوي ٿو، جنهن ڪري مايوسي، ڏک ۽ بيچيني وڌي ٿي.

احتياط جا طريقا

گرميءَ جي طوفانن کان ذهني تڪليفن کي بچائڻ لاءِ چند سادي پر اثرائتا طريقا اختيار ڪري سگهجن ٿا:

1. ٿڌو رهڻ - ممڪن حد تائين پاڻ کي ٿڌي جاءِ تي رکڻ،

پاڻي پيئڻ، ۽ چانوَ ۾ رهڻ.

2. ذهني سکون - مراقبو، ساهه کڻڻ جون مشقون، ۽ قدرت سان جڙيل سرگرميون اختيار ڪرڻ.

3. سماجي تعلق - دوستن ۽ پاڙيسرين سان رابطو رکڻ، مدد وٺڻ ۽ مدد ڪرڻ، جيئن ذهني دٻاءُ ۾ گهٽتائي اچي.

اڄڪلهه جڏهن ڌرتي تي گرمي وڌي رهي آهي، تڏهن اسان مان گهڻا ماڻهو گرميءَ جي لهرن کي اهڙو موسم سمجهن ٿا، جيڪو تمام تيز گرمي سان گڏ ڪجهه ڏينهن، هفتن يا مهينن تائين جاري رهي ٿو. اسان ڄاڻون ٿا ته اها جسماني صحت لاءِ نقصانڪار آهي، جيئن پاڻي جي کوٽ، گرمي لڳڻ (هٿ اسٽروڪ) ۽ ڪجهه حالتن ۾ موت جو خطرو به وڌي وڃي ٿو. پر ڇا اسان ڪڏهن سوچي ڏٺو آهي ته گرميءَ جي انهن طوفانن جو اسان جي ذهني صحت تي ڪيترو اثر پوي ٿو؟ گرميءَ ۽ ذهني تڪليفن جي وچ ۾ لاڳاپو هاڻ وڌيڪ اهم بڻجي ويو آهي، خاص ڪري جڏهن ماحول تيزي سان بدلجي رهيو آهي. تحقيقن مان ثابت ٿيو آهي ته انتهائي گرمي صرف جسم لاءِ نه پر دماغ لاءِ به ڏکونيندڙ آهي.

ذهني بيماريون: وڌندڙ گرمي ۽ جو اثر

گرميءَ جا طوفان ذهني مسئلن کي وڌائي سگهن ٿا يا نوان مسئلا پيدا ڪري سگهن ٿا. تيز گرمي پريشاني، اداسي، ۽ ٻين نفسياتي تڪليفن کي وڌائي سگهي ٿي. گرميءَ جي ڪري ڏينهن جي معمولات متاثر ٿين ٿيون، رات جو نند خراب ٿئي ٿي، ۽ عام زندگيءَ ۾ بي چيني پيدا ٿئي ٿي، جيڪا نفسياتي دٻاءُ وڌائي ٿي.

اهي ماڻهو جيڪي اڳ ئي پريشانيءَ جا شڪار آهن، گرميءَ جي طوفانن دوران وڌيڪ ڏکيو محسوس ڪن ٿا. تيز ڌڙڪ، گهڻو پستو، ۽ ساهه کڻڻ ۾ تڪليف، اهي سڀ علامتون گرميءَ سان گڏوگڏ نفسياتي تڪليفن سان به لاڳاپيل ٿين ٿيون. جسم جي ٽڪاوت ۽ گرميءَ جو احساس، ذهن تي دٻاءُ وڌائين ٿا.

ساڳيءَ ريت، اداسي (ڊپريشن) به گرميءَ سان وڌي سگهي ٿي. جيتوڻيڪ اداسي عام طور ٿڌن ۽ اونڌاهن ڏينهن سان جڙيل هوندي آهي، پر تحقيقن مان ظاهر ٿيو آهي ته تيز گرمي اداسيءَ جي علامتن کي به تيز ڪري سگهي ٿي. ماڻهو ٽڪل، بيزار ۽ ڪم توانائيءَ وارا محسوس ڪن ٿا، جنهن سان مايوسي وڌي ٿي.

خانداني سهائتا جو نظام: معذور ٻارن جي ذهني صحت جي سار سنڀال

نالو: مسعود احمد نوهري

پيشو: سنڌ يونيورسٽي ۾ سوفٽ ويئر انجنيئرنگ جو شاگرد

ذهني سکون، خانداني سهارو ۽ محبت — معذور ٻارن لاءِ زندگي جي اصل طاقت

معذور ٻار، اسان جي سماج جو هڪ اهم ۽ حساس حصو آهن، جيڪي جسماني يا ذهني چئلينجن سان گڏ هڪ الڳ قسم جي زندگي گذارين ٿا. پر انهن جي حقيقي ضرورت، صرف طبي سهولتون يا خاص تعليم ناهي، پر هڪ اهڙو خانداني سهارو آهي، جيڪو انهن جي ذهن، دل ۽ احساسن کي سمجهي سگهي. معذوري صرف جسماني مسئلو نه آهي، بلڪه ان جا جذباتي، نفسياتي ۽ سماجي پهلو به آهن، جيڪي گهڻو ڪري نظرانداز ٿين ٿا.

هن دور ۾، جتي جان جو سمنڊ موجود آهي، اتي به معذور ٻارن جي ذهني صحت تي ڳالهائڻ جي جرئت اڃا به گهٽ آهي. ان ڪري، ان موضوع تي ڳالهائڻ ضروري آهي ته جيئن والدين، ڀائر، ڀينرن ۽ سڄو خاندان ڄاڻي سگهي ته انهن جو ڪردار ٻار جي ذهني سکون لاءِ ڪيترو اهم آهي.

ذهني صحت ڇا آهي، ۽ معذور ٻارن لاءِ اها ڇا اهم آهي؟

ذهني صحت جو مطلب آهي — خوشي، اعتماد، جذباتي توازن ۽ زندگي جي تڪليفن کي سمجهڻ ۽ سنڀالڻ جي صلاحيت. جڏهن هڪ ٻار معذور هجي، ته هو نه رڳو پنهنجي جسم سان، پر سماج جي روين، طنزن، بيبرواهيءَ، ۽ ڪڏهن ڪڏهن پنهنجي خاندان جي نا سمجهي سان به وڙهي رهيو هوندو آهي.

اهڙي حالتن ۾، جيڪڏهن خانداني سهارو موجود نه هجي، ته ٻار خود اعتماد وڃائي ويهي ٿو، مايوس ٿي وڃي ٿو، ۽ هڪ خاموش اذيت سان جڙيندو آهي. ان لاءِ ذهني صحت صرف اهم نه، بلڪه ضروري آهي، جيئن هو پنهنجي زندگيءَ ۾ خوشي، حوصلي، ۽ اميد سان اڳتي وڌي سگهي.

خاندان جو ڪردار: محبت، صبر ۽ سمجهڻي

خاندان ئي ٻار جو پهريون اسڪول، پهريون اسپتال ۽ پهريون حفاظتي قلعو هوندو آهي. معذور ٻار لاءِ ته اهو خاندان ئي دنيا آهي. جيڪڏهن والدين ٻار جي حالتن کي سمجهن، سندس جذبات کي اهميت ڏين، سندس طاقت تي ڌيان ڏين، ته پوءِ ٻار ۾ هڪ عجيب حوصلو پيدا ٿئي ٿو.

والدين لاءِ سمجهڻي: والدين کي گهرجي ته هو ٻار کي عام ٻارن جي مقابلي ۾ نه پر پنهنجي معيار تي مائين. کيس ٻار نه سمجهڻ گهرجي، بلڪه هڪ خاص نعمت، جنهن لاءِ صبر، سڀا ۽ محبت ضروري آهي.

ڀائر ڀينرن جو ساٿ: ڀائر ۽ ڀينر جيڪڏهن معذور ٻار سان محبت سان پيش اچن، کيس راند ۾، ڳالهه بولڻ ۾ شامل رکن، ته اها ٻار لاءِ جذباتي مرهم بڻجي ٿي.

ڏاڏا ڏاڏيون، نانا نانيون: توڏا ماڻهو پنهنجن تجربن ۽ دعائن سان ٻار لاءِ سکون جو ذريعو ٿي سگهن ٿا. انهن جي موجودگي ٻار لاءِ هڪ الڳ سنڀال آهي.

ذهني سکون لاءِ عملي قدم

- مثبت ماحول ٺاهڻ: گهر ۾ مثبت ڳالهه بولڻ، حمايت ۽ سيکارڻ جو انداز ٻار لاءِ بهتر نفسياتي فضا پيدا ڪري ٿو.
- روتين ۽ شيڊيول: باقاعده ڏينهن جي منصوبابندي، جيئن وقت تي جاڳڻ، کاڌو، راند، پڙهائڻ — ٻار کي ذهني استحڪام ڏي ٿو.
- ذهني صحت بابت آگاهي: خاندان کي گهرجي ته هو نفسياتي صلاح مشورا وٺن، يا گهٽ ۾ گهٽ ذهني صحت جي بنيادي اصولن بابت ڄاڻ حاصل ڪن.
- سماجي شموليت: معذور ٻارن کي ٻين ٻارن سان راندڻ، اسڪول، يا ٻين سرگرمين ۾ شامل ڪرڻ سندن اعتماد وڌائي ٿو.
- ڪڏهن به نه رد ڪريو: ٻار جي ڪنهن به ڳالهه، احساس يا خوف کي "فضول" نه چئو. کيس ٻڌو، سمجهو، ۽ محبت سان جواب ڏيو.

نتيجو: معذوري رڪاوٽ ناهي، جيڪڏهن ساٿ آهي

جڏهن خاندان ٻار سان ساٿ ڏئي، سندس احساسن کي اهميت ڏئي، ته پوءِ معذوري طاقت بڻجي ٿي. معذور ٻار اڪثر اندروني طور تي تمام باصلاحيت هوندا آهن، بس انهن کي سمجهڻ، مڃڻ ۽ هٿي ڏيڻ جي ضرورت آهي.

خانداني سهائتا نظام — محبت، قرباني، صبر، ۽ سمجهڻيءَ جو نالو آهي. اهڙو نظام جيڪو نه صرف ٻار جي ذهني صحت جي حفاظت ڪري ٿو، پر کيس هڪ باوقار، خوشحال ۽ پرپور زندگي طرف وٺي وڃي ٿو.

موسمي تبديليون ۽ ٻارن جو حوصلو: غير يقيني دور ۾ جذباتي سگهه سڪارڻ ڪيئن ٻارن کي غير يقيني وقتن ۾ جذباتي طور مضبوط بڻايون؟

نالو: مسعود احمد نوهري، سنڌ يونيورسٽي ۾ سوفٽ ويئر انجنيئرنگ جو شاگر

ڪري ٿو ته "ڇا ڌرتي تباهه ٿي رهي آهي؟"، ته ان وقت والدين کي لازمي آهي ته ان سوال کي نظرانداز ڪرڻ بجاءِ، انهيءَ بابت تفصيل سان ٻڌائين ۽ ان سان گڏ ٻار کي ٻڌائين ته انساني ڪوششون موسمي تبديليون روڪڻ ۾ مدد ڪري رهيون آهن.

استادن لاءِ به اهو ضروري آهي ته اهي پنهنجي درسي مواد ۾ ماحولياتي آگاهي ۽ جذباتي سگهه جي تربيت شامل ڪن. جتي ماحولياتي خطرن بابت سڃاڻي ٻڌائڻ ضروري آهي، اتي ٻارن کي ٻڌائڻ ضروري آهي ته انهن جا قدم ۽ فيصلو ڪيئن ماحول جي بچاءَ لاءِ مددگار ٿي سگهن ٿا.

ٻارن کي همٿائڻ ۽ انهن جي جذباتي رد عملن کي سمجهڻ انهن لاءِ هڪ محفوظ ۽ حمايت جو ماحول پيدا ڪري ٿو. جڏهن ٻار محسوس ڪندا آهن ته ڪنهن وٽ انهن جي جذبن کي سمجهڻ ۽ انهن کي حل ڪرڻ لاءِ مدد موجود آهي، ته انهن جو نفسياتي سکون وڌي ويندو آهي.

جذباتي تربيت ۾ اهميت رکڻ وارا ڪجهه طريقا

ٻارن سان کليل ۽ شفاف گفتگو ڪرڻ اهم آهي. جڏهن ٻار ماحولياتي بحرانن، قدرتي آفتن يا نواضح گفتگو 1. موسمي تبديليون بابت سوال ڪن، انهن کي ايمانداري سان جواب ڏيو ۽ انهن کي سمجهايو ته ڇا ٿي رهيو آهي. ساڳئي وقت، انهي بابت اميد ۽ حل تي به ڳالهه ٻوله ڪريو.

ٻارن ۾ مثبت سوچ پيدا ڪرڻ سان گڏوگڏ انهن کي سکڻ جو موقعو ڏيو. "ڇا مان ڪجهه مثبت سوچ کي اپنانا 2. ڪري سگهان ٿو؟" سوال جو جواب ڏيندي، ٻارن کي پنهنجي ڪاررواين ۾ تبديليون آڻڻ، ماحول دوست عادتون اپنائڻ ۽ ٻين کي به ان ۾ شامل ڪرڻ سکاريو.

ٻارن کي ماحولياتي بحرانن بابت عملي سرگرميون ڪرڻ جي ترغيب ڏيو، جيئن وڻ پوکڻ، مددگار سرگرميون 3. پاڻي بچائڻ، ري سائيڪلنگ، ۽ ٻين سرگرمين ۾ حصو وٺڻ. اهي سرگرميون صرف جذباتي سکون لاءِ مددگار ثابت ٿينديون آهن، پر انهن کي عملي طور تي آگاهي پڻ ڏينديون آهن.

نتيجو: اميد ۽ حوصلو ٻارن جي هٿ ۾ آهي

موسمي تبديليون ۽ قدرتي آفتون هڪ عالمي مسئلو بڻجي چڪيون آهن، ۽ انهن جا اثر صرف ماڻهن ۽ ماحول تي ناهن، بلڪه انهن جو اثر ٻارن جي ذهني حالت ۽ جذباتي سکون تي پڻ پوي ٿو. ان لاءِ ضروري آهي ته اسان ٻارن کي جذباتي طور مضبوط بڻايون ۽ انهن کي اها صلاحيت ڏيون ته اهي ڪنهن به مشڪل صورتحال ۾ پنهنجي جذبات کي سنڀالي سگهن.

جيئن ته دنيا ۾ ماحولياتي بحرانن ۾ واڌ ٿي رهي آهي، ان ڪري اسان جي نسل کي ڄاڻ ۽ جذباتي تربيت جي ضرورت آهي ته جيئن اهي نه صرف ماحول جي بچاءَ ۾ حصو وٺن، پر ان سان گڏ پنهنجن اندر جي حوصلن، اميدن ۽ جذباتي سکون کي به مضبوط ڪن.

موسمي تبديليون ۽ قدرتي آفتون صرف هڪ فني يا سائنسي مسئلو ناهن، پر اهي هڪ جذباتي، نفسياتي ۽ سماجي چيلنج بڻجي چڪيون آهن. اڄ جو ٻار صرف اسڪول ۾ پڙهائي ۾ مشغول ناهي، بلڪه اهي عالمي ماحولياتي تبديليون، موسمياتي بحران ۽ قدرتي آفتن جي ڳڻتي ۾ پڻ مبتلا آهن. اهي تمام گهڻي معلومات حاصل ڪن ٿا ۽ ان معلومات سان جڙيل خوف، ڊپ ۽ فڪر به پيدا ٿين ٿا. جڏهن ته اهڙن بحرانن جي اثرات سان منهن ڏيڻ ۾ وڌڻ جو اهم ڪردار آهي، پر سڀ کان اهم ڪردار ٻارن کي جذباتي سگهه سڪارڻ آهي.

موسمي تبديليون: ٻارن لاءِ هڪ نئين نوعيت جو بحران

اڄ کان چند ڏهاڪن اڳ، ٻارن لاءِ موسمي تبديليون ۽ قدرتي آفتون صرف خبرن ۾ ٻڌڻ واريون شيون هونديون هيون، پر هاڻي اهي پنهنجي زندگي ۾ سڌو سنئون انهن اثرات جو سامهو ڪري رهيا آهن. ڌرتيءَ جي گرمي وڌڻ، ٻوڏون، خشڪ ساليون، سائيڪلونگ ۽ ٻين قدرتي آفتن جو سامهو، انهن جي ذهني حالت تي اثرانداز ٿي رهيو آهي. جڏهن ٻار ڪنهن ٻوڏ، طوفان، يا قدرتي آفتن جا منظر ڏسندا آهن، تڏهن انهن جي ذهن ۾ سوالن جي پٿڪ وڌي ٿي: "ڇا اسان محفوظ آهيون؟"، "ڇا ان تبديلي جي ڪري اسان جو مستقبل خطرو ۾ آهي؟"، "مون کي ڇا ڪرڻ گهرجي؟"

جڏهن ٻارن ۾ اهڙن سوالن ۽ خوفن جا اثر وڌن ٿا، ته اهو والدين، استادن ۽ سماج تي وڌيڪ ذميواري وڌائي ٿو. اسان کي انهن جي جذباتي ضرورتن کي سمجهڻ، انهن جي خوفن ۽ فڪرن کي سمجهڻ، ۽ انهن کي جذباتي طور تي مضبوط بڻائڻ ضروري آهي.

ٻارن لاءِ ضروري هڪ صلاحيت: (Emotional Resilience) جذباتي سگهه

جذباتي سگهه ڪنهن به شخص جي زندگي ۾ مشڪلاتن، ڏڪڻ ۽ چئلينجن سان نمٽڻ جي صلاحيت آهي. جڏهن ٻار ڪنهن تڪليف، آفت، يا مايوسي سان منهن ڏين ٿا، ته جذباتي سگهه انهن کي انهيءَ وقت ۾ پاڻ کي مضبوط رکڻ، ڪنهن حل تي سوچڻ، ۽ پنهنجي زندگي ۾ مثبت روين کي اپنانه ۾ مدد ڏيندي آهي.

ٻار جڏهن ڪنهن ماحولياتي بحران، قدرتي آفت يا سماجي بدحالي جو سامهو ڪري رهيا هوندا آهن، ته انهن لاءِ جذباتي سگهه انهن کي تڪڙي ۽ ڊگهي مدت ۾ مڪمل طور پر اثرائو بڻائي ٿي. جذباتي سگهه ٻار کي صرف اندروني طور مضبوط نٿو ڪري، پر انهن ۾ سماجي هم آهنگي، ٻين جي مدد ڪرڻ، ۽ نئين اميد ۽ حوصلو پيدا ڪرڻ جي صلاحيت پڻ پيدا ڪري ٿو.

والدين ۽ استادن جو اهم ڪردار

ٻارن کي جذباتي سگهه سڪارڻ ۾ والدين ۽ استادن جو ڪردار اهم آهي. والدين ۽ استاد ٻارن کي ائين تربيت ڏئي سگهن ٿا ته جيئن اهي ڪنهن موسمي تبديلي يا قدرتي آفت کي هڪ فطري حصو سمجهي سگهن. جيڪڏهن هڪ ٻار سوال

اهو مستقبل بابت غير يقيني صورتحال پيدا ڪري ٿو ، نسلن جي وچ ۾ صدمو پيدا ڪري ٿو ، ۽ ماڻهن کي قدرتي تال کان الڳ ڪري ٿو جيڪي ڪڏهن انهن جي سڃاڻپ ۽ روزي روٽي کي لنگر انداز ڪندا هئا. سنڌو ڊيلٽا جو سڪي وڃڻ ، لوٽائيل پاڻي جي مداخلت ، ۽ زراعت جي قابل زمين جي نقصان لڏپلاڻ ۽ سماجي پریشاني ۾ اضافو ڪيو آهي ، ذهني صحت جي چئلينجن کي وڌيڪ وڌائي ڇڏيو آهي.

ان کان علاوه ، پاڪستان ۽ هندستان جي وچ ۾ تازي چڪتاڻ ، خاص طور تي سرحد پار فوجي ۽ سفارتي ٽڪراءَ تي ، ڪيترن ئي برادرين لاءِ دٻاءُ جي هڪ بي پرت کي شامل ڪيو آهي. تڪرار جو خوف ، معاشي عدم استحڪام ۽ ميڊيا جي ڪري پيدا ٿيندڙ خوف سان گڏ ، خاص طور تي ڪمزور آبادي ۾ پریشاني جي حالت کي وڌائي ڇڏيو آهي. سنڌ جي سرحدي علائقن ۽ شهري مرڪزن ۾ ، جنگ جو مسلسل خطرو جذباتي حفاظت يا ذهني سکون لاءِ گهٽ گنجائش ڇڏي ٿو. اهڙي وقت دوران ، ذهني صحت جي مدد ڪا عيش عشرت ناهي - اها هڪ ضرورت آهي. هي ايڊيشن نمايان ڪري ٿو ته ڪيئن اهڙا جيو پوليٽيڪل دٻاءُ ماحولياتي صدمي سان گڏجي

وڃن ٿا ، هڪ پيچيده جذباتي منظرنامو پيدا ڪري ٿو جيڪو رحمدل ۽ مسلسل ڌيان جي ضرورت آهي.

اسان پاڪستان جي سڀ کان وڌيڪ معزز نفسيات جي ماهرن مان هڪ ، پروفيسر ڊاڪٽر سيد هارون احمد جي وفات جي گهري نقصان تي پڻ خراج تحسین پیش ڪريون ٿا ، جن جي تازي وفات ذهني صحت جي برادري ۾ هڪ خال پيدا ڪيو آهي. ڊاڪٽر هارون نفسيات جي شعبي ۾ هڪ علمبردار ۽ انساني ، رسائي لائق ذهني صحت جي سار سنڀال لاءِ هڪ بيحد عظيم وڪيل هو. سندس نظر پاڪستان ۾ ذهني صحت جي بحث کي شڪل ڏيڻ ۾ مدد ڪئي ، ۽ سندس ورثو هزارين زندگين ذريعي زندهه آهي جن کي هن چيهيو. سنڌ ذهني صحت اٿارٽي ۽ وسيع ذهني صحت برادري جي طرفان ، اسان سندس خاندان ، شاگردن ۽ ساٿين سان پنهنجي گهري تعزيت جو اظهار ڪريون ٿا.

هي شمارو سنڌ جي ماهرن جي بصيرت واري تحقيق ، غور طلب مضمونن ، ۽ زميني سطح جي نقطه نظر کي گڏ ڪري ٿو. اسان کي اميد آهي ته اهي تعاون وڌيڪ موسمياتي لڇڪدار ۽ ذهني طور تي صحتمند سنڌ ۽ پاڪستان جي طرف مسلسل ڳالهه بوليه ، رحم ۽ عمل کي متاثر ڪندا.

سينيٽر ڊاڪٽر ڪريم احمد خواجه

چيئرمين سنڌ دماغي صحت اٿارٽي پاران ايڊيٽوريل



پيارا پڙهندڙ ،

ذهني صحت جي جوابن جي ضرورت آهن. هي شمارو انهن چوراھن کي ڳولي ٿو ، اهو تسليم ڪندي ته موسمياتي لچڪ جي رستي ۾ انساني ذهن ۽ روح جي سنڀال شامل هجڻ گهرجي. سنڌ جي ماڻهن لاءِ سڀ کان وڌيڪ پریشان ڪندڙ ماحولياتي خدشن مان هڪ سنڌو درياءَ جي نظام ۾ خلل آهي. واهن جي جاري تعمير ۽ پاڻي جي موڙ مٿانهين وهڪري درياهه جي قدرتي وهڪري کي خاص طور تي تبديل ڪري ڇڏيو آهي ، جنهن سان هيٺين سنڌ ۾ زراعت ، مڇي مارڻ ۽ مقامي ماحولياتي نظام تي سخت اثر پيو آهي. انهن برادرين لاءِ جيڪي نسلن کان درياءَ جي ڪناري تي رهن ٿيون ، وهندڙ پاڻي جو نقصان صرف هڪ ماحولياتي مسئلو کان وڌيڪ آهي - اهو هڪ ڳرو نفسياتي زخم آهي.

منهنجو اعزاز آهي ته مان توهان کي سنڌ مينٽل هيلٿ اٿارٽي ميگزين جي هن ايڊيشن ۾ پليڪار ڪريان ٿو ، جيڪو ماحول ، موسمياتي تبديلي ۽ ذهني صحت جي بروت ۽ گهري طور تي ڳنڍيل موضوع تي مرڪوز آهي. جيئن ته موسمياتي آفتون تعدد ۽ شدت ۾ وڌنديون آهن - تباهي ڪندڙ ٻوڏن کان وٺي ڊگهي گرمي جي لهرن تائين - سنڌ ماحولياتي تبديلين جي اثر کي منهن ڏئي رهي آهي.

اهي واقعا نه رڳو اسان جي بنيادي ڍانچي ۽ معيشت کي نقصان پهچائي رهيا آهن پر برادرين تي دائمي جذباتي ۽ نفسياتي اثر پڻ ڇڏي رهيا آهن. موسمياتي پریشاني ، بي گهر ٿيڻ جو صدمو ، ۽ ماحولياتي غم هاڻي پري جي پریشاني نه آهن - اهي فوري حقيقتون آهن جيڪي مربوط

ذہنی صحت اور معاشرتی بہتری

کر سکتے ، دوسروں کو عزت نہیں دے سکتے ، تو یہ اس بات کی علامت ہے کہ ہماری ذہنی صحت درست نہیں۔ ایک صحت مند انسان وہی ہوتا ہے جس کی ذہنی حالت متوازن ہو ، جو خوش رہے اور دوسروں کو بھی خوش رکھے ، اپنے مزاج ، عادات اور الفاظ میں شائستگی اختیار کرے۔

ہم اس حد تک ذہنی زوال کا شکار ہو چکے ہیں کہ راہ چلتے کسی کی مدد کرنے سے بھی کتراتے ہیں۔ ہم غلط کو صحیح اور جھوٹ کو سچ میں بدلنے کی کوشش کرتے ہیں۔ اگر ہم اپنے رویوں ، لہجے اور عادات کا جائزہ لیں تو ہمیں اندازہ ہوگا کہ ہم کتنی زیادہ ذہنی پسماندگی کا شکار ہو چکے ہیں ، جو ہماری مجموعی ذہنی صحت کی عکاسی کرتی ہے۔

اگر ہماری ذہنی صحت اسی طرح زوال پذیر رہی تو کیا ہم ایک بہتر اور مفید معاشرہ تشکیل دے سکیں گے؟ اس کا جواب واضح ہے: نہیں۔ ہمیں اپنی ذہنی صحت پر توجہ دینے کی ضرورت ہے ، اپنے رویے درست کرنے کی ضرورت ہے ، تاکہ ہم ایک صحت مند ، مہذب اور ترقی یافتہ معاشرے کی بنیاد رکھ سکیں۔

اگر ہماری ذہنی صحت اسی طرح زوال پذیر رہی تو کیا ہم ایک بہتر اور مفید معاشرہ تشکیل دے سکیں گے؟ اس کا جواب واضح ہے: نہیں۔ ہمیں اپنی ذہنی صحت پر توجہ دینے کی ضرورت ہے ، اپنے رویے درست کرنے کی ضرورت ہے ، تاکہ ہم ایک صحت مند ، مہذب اور ترقی یافتہ معاشرے کی بنیاد رکھ سکیں۔

ڈاکٹر کنول ناز آریسر

لیکچرار- ڈپارٹمنٹ آف کمیونٹی میڈیسن ،
لیاقت یونیورسٹی آف میڈیکل اینڈ ہیلتھ سائنسز
جامشورو

ایک صحت مند معاشرے کی تشکیل کے لیے ضروری ہے کہ اس کے افراد ذہنی طور پر بھی صحت مند ہوں۔ اگر ہماری ذہنی صحت بہتر ہوگی ، تو ہمارا معاشرہ بھی بہتری کی طرف گامزن ہوگا۔ لیکن کیا ہم نے کبھی غور کیا ہے کہ ہم سب لوگ واقعی ذہنی طور پر اپنے لیے اور اپنے معاشرے کے لیے مفید ہیں؟ حقیقت یہ ہے کہ ہم میں سے بیشتر کی ذہنی حالت شدید انحطاط کا شکار ہو چکی ہے۔

ذہنی صحت صرف پاگل پن یا کسی دماغی بیماری سے محفوظ رہنے کا نام نہیں ، بلکہ یہ ہمارے روزمرہ کے معاملات میں بھی جھلکتی ہے۔ ہم کیسے چلتے ہیں ، کیسے اٹھتے بیٹھتے ہیں ، دوسروں کے ساتھ ہمارا برتاؤ کیسا ہے ، یہ سب ہماری ذہنی صحت کی عکاسی کرتے ہیں۔

ہم نے دیکھا ہے کہ سڑکوں پر چلتے ہوئے ہر شخص کو جلدی ہوتی ہے ، کوئی بھی صبر کا دامن تھامنے کو تیار نہیں۔ بینک کی قطار میں کھڑے ہوں ، ٹریفک میں پھنسے ہوں یا عام گفتگو کر رہے ہوں ، ہم اکثر گالم گلوچ ، بدتمیزی اور مار پیٹ پر اتر آتے ہیں۔ سوال یہ ہے کہ کیا یہ رویہ ایک ذہنی طور پر صحت مند قوم کی نشاندہی کرتا ہے؟ ہم یہ کیوں سمجھتے ہیں کہ کسی کو گالی دینے یا لڑنے جھگڑنے سے ہمارا فائدہ ہوگا؟ جبکہ حقیقت اس کے برعکس ہے ، اس سے صرف نقصان ہوتا ہے اور ہماری ذہنی پسماندگی کی نشاندہی ہوتی ہے۔

لوگوں کے ساتھ نرمی سے پیش آنا ، انہیں اپنے سے کم تر یا حقیر نہ سمجھنا ، ہماری ذہنی بالیدگی کو ظاہر کرتا ہے۔ اگر ہم اخلاقیات کے دائرے میں رہ کر بات نہیں

چیئرمین ایس ایم ایچ ای ڈاکٹر کریم احمد خواجہ کا ادارہ

عزیز قارئین ،

مزید برآں ، پاکستان اور بھارت کے درمیان حالیہ کشیدگی خاص طور پر سرحد پار فوجی اور سفارتی محاذ آرائیوں نے کئی کمیونٹیز کے لیے تناؤ کی ایک اور تہ کا اضافہ کر دیا ہے۔ تنازع کا خوف ، معاشی عدم استحکام اور میڈیا سے چلنے والی گھبراہٹ کے ساتھ ، اضطراب کی ایک بڑھی ہوئی کیفیت کا باعث بنا ہے ، خاص طور پر کمزور آبادیوں میں۔ سندھ کے سرحدی علاقوں اور شہری مراکز میں یکساں طور پر جنگ کا مستقل خطرہ جذباتی تحفظ یا ذہنی سکون کے لیے بہت کم گنجائش چھوڑتا ہے۔ ایسے اوقات میں ، ذہنی صحت کی مدد کوئی عیش نہیں — یہ ایک ضرورت ہے۔ یہ شماره اس بات پر روشنی ڈالتا ہے کہ کس طرح ایسے جغرافیائی سیاسی تناؤ ماحولیاتی صدمے کے ساتھ گھل مل جاتے ہیں ، جس سے ایک پیچیدہ جذباتی منظرنامہ بنتا ہے جو ہمدردانہ اور مسلسل توجہ کا تقاضا کرتا ہے۔

ہم پاکستان کے ایک انتہائی معزز ماہر نفسیات ، پروفیسر ڈاکٹر سید ہارون احمد کے انتقال پر گہرے دکھ کا اظہار بھی کرتے ہیں ، جن کے حالیہ انتقال نے ذہنی صحت کی کمیونٹی میں ایک خلا پیدا کر دیا ہے۔ ڈاکٹر ہارون نفسیات کے شعبے میں ایک سرخیل اور انسانی ، قابل رسائی ذہنی صحت کی دیکھ بھال کے لیے ایک انتہک وکیل تھے۔ ان کے وژن نے پاکستان میں ذہنی صحت کی گفتگو کو تشکیل دینے میں مدد کی ، اور ان کی وراثت ان ہزاروں زندگیوں کے ذریعے زندہ ہے جنہیں انہوں نے چھوا۔ سندھ مینٹل ہیلتھ اتھارٹی اور وسیع تر ذہنی صحت برادری کی جانب سے ، ہم ان کے خاندان ، طلباء اور ساتھیوں سے دلی تعزیت کا اظہار کرتے ہیں۔

یہ شماره سندھ بھر کے پیشہ ور افراد کے بصیرت انگیز تحقیق ، عکاس مضامین ، اور زمینی سطح کے نقطہ نظر کو اکٹھا کرتا ہے۔ یہ ہماری امید ہے کہ یہ شراکتیں مزید آب و ہوا سے بچنے والے اور ذہنی طور پر صحت مند سندھ اور پاکستان کے لیے مسلسل مکالمے ، ہمدردی اور عمل کی حوصلہ افزائی کریں گی۔

ڈاکٹر کریم احمد خواجہ

سینیئر اور چیئرمین ،

سندھ مینٹل ہیلتھ اتھارٹی

سندھ مینٹل ہیلتھ اتھارٹی میگزین کے اس شمارے میں آپ کو خوش آمدید کہتے ہوئے مجھے بے حد خوشی محسوس ہو رہی ہے ، جس کا محور ماحول ، موسمیاتی تبدیلی اور ذہنی صحت کا بروقت اور گہرا باہمی ربط ہے۔ جیسے جیسے موسمیاتی آفات — تباہ کن سیلاب سے لے کر طویل گرمی کی لہروں تک — تعدد اور شدت میں بڑھ رہی ہیں ، سندھ ماحولیاتی تبدیلیوں کا خمیازہ بھگت رہا ہے۔

یہ واقعات نہ صرف ہمارے بنیادی ڈھانچے اور ذریعہ معاش کے لیے نقصان دہ ہیں بلکہ کمیونٹیز پر دیرپا جذباتی اور نفسیاتی اثرات بھی مرتب کر رہے ہیں۔ موسمیاتی اضطراب بے گہری کا صدمہ ، اور ماحولیاتی غم اب دور کے خدشات نہیں رہے — یہ ایسی حقیقتیں ہیں جو مربوط ذہنی صحت کے ردعمل کا تقاضا کرتی ہیں۔ یہ شماره ان باہمی ربط کو تلاش کرتا ہے ، یہ تسلیم کرتے ہوئے کہ موسمیاتی لچک کا راستہ انسانی ذہن اور روح کی دیکھ بھال کو شامل کرنا چاہیے۔

سندھ کے لوگوں کے لیے سب سے زیادہ پریشان کن ماحولیاتی خدشات میں سے ایک دریائے سندھ کے نظام میں خلل ہے۔ نہروں کی جاری تعمیر اور بالائی علاقوں میں پانی کا رخ موڑنے سے دریا کا قدرتی بہاؤ نمایاں طور پر تبدیل ہو گیا ہے ، جس سے زیریں سندھ میں زراعت ، ماہی گیری اور مقامی ماحولیاتی نظام بری طرح متاثر ہوئے ہیں۔ ان کمیونٹیز کے لیے جو نسلوں سے دریا کے کنارے آباد ہیں — بہتے پانی کا نقصان محض ایک ماحولیاتی مسئلہ نہیں ہے ایک گہرا نفسیاتی زخم ہے۔ یہ مستقبل کے بارے میں غیر یقینی پیدا کرتا ہے ، بین النسل صدمے کو ہوا دیتا ہے ، اور لوگوں کو ان قدرتی تال سے منقطع کرتا ہے جو کبھی ان کی شناخت اور ذریعہ معاش کا حصہ تھے۔ دریائے سندھ کے ڈیلٹا کا خشک ہونا ، کھارے پانی کی آمیزش ، اور قابل کاشت زمین کا نقصان ہجرت اور سماجی پریشانی میں اضافے کا باعث بنا ہے ، جس سے ذہنی صحت کے چیلنجز مزید بڑھ گئے ہیں۔



Beauty of Achhro Thar (White Thar)



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