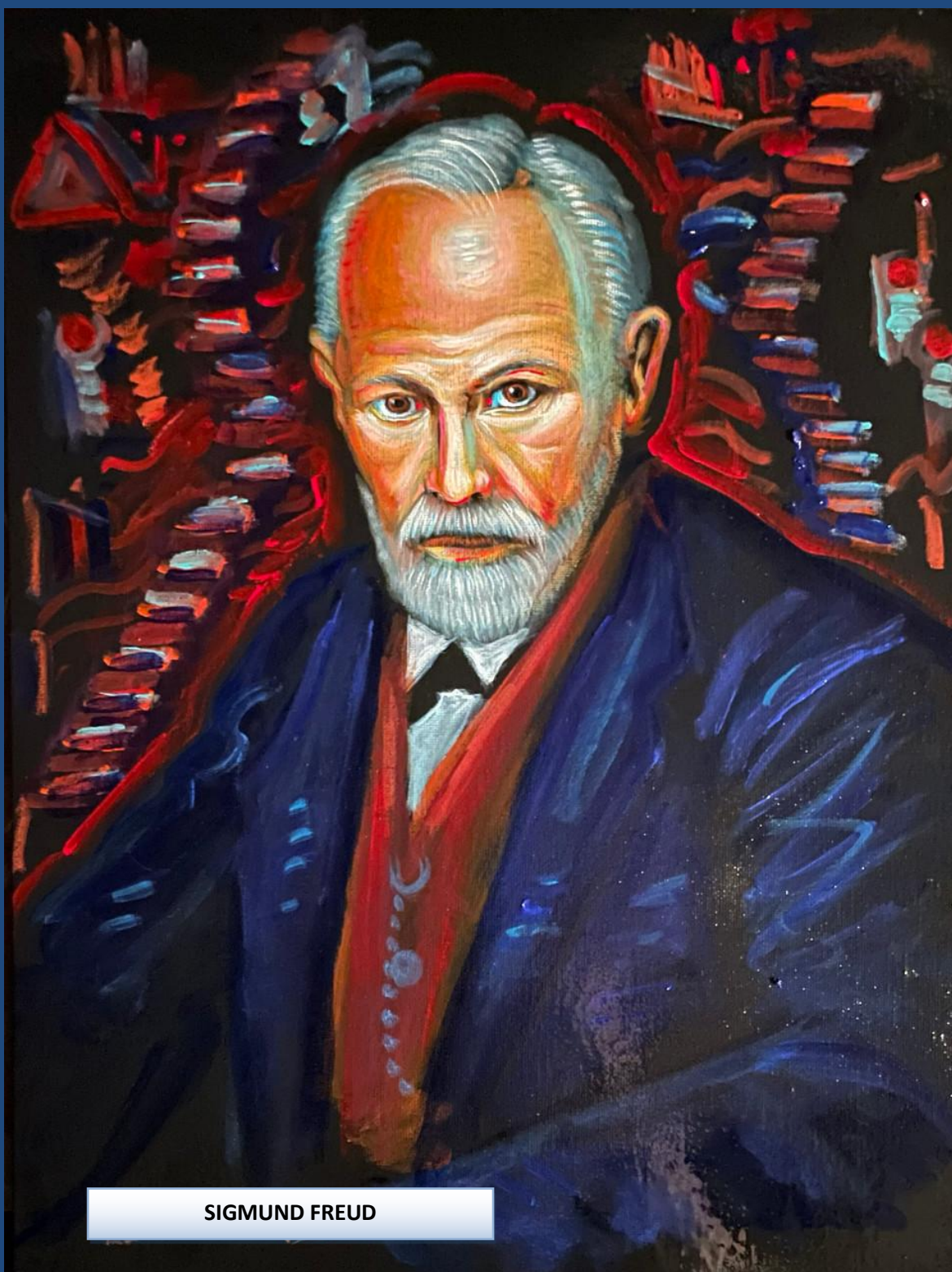




SIGMUND FREUD



Sindh Desert

Deserts of Pakistan – Province-wise

Sindh

Thar Desert: Covers Tharparkar, Umerkot, Mirpurkhas, Sanghar, Khairpur, Sukkur, and Ghotki → 50,000 km² (35.49% of Sindh).
Rann of Kutch (Pakistani part): Covers Nagarparkar, Badin, and Sujawal → 8,000 km² (5.68% of Sindh).
Total desert area in Sindh = 58,000 km² (41.17% of Sindh's land).

Punjab

Cholisthan (Rohi): Covers Bahawalpur, Bahawalnagar, Rahim Yar Khan → 26,300 km² (12.80% of Punjab).
Thal Desert: Covers Bhakkar, Khushab, Mianwali, Layyah, Muzaffargarh, and Jhang → 20,000 km² (9.74% of Punjab).
Total desert area in Punjab = 46,300 km² (22.54% of Punjab's land).

Balochistan

Kharan Desert: Covers Kharan, parts of Chagai and Washuk → 20,000 km² (5.76% of Balochistan).
Total desert area in Balochistan = 20,000 km².

Gilgit-Baltistan (GB)

Katpana Cold Desert (Skardu Desert): Covers Skardu and Shigar → ~1,000 km² (1.37% of GB).
Total desert area in Gilgit-Baltistan = ~1,000 km².

Pakistan-Wide Desert Coverage

Sindh: 58,000 km² → 7.24% of Pakistan's total land area
Punjab: 46,300 km² → 5.81% of Pakistan's total land area
Balochistan: 20,000 km² → 2.53% of Pakistan's total land area
Gilgit-Baltistan: 1,000 km² → 0.12% of Pakistan's total land area

Total Desert Area in Pakistan = 125,300 km²
This equals 15.7% of Pakistan's total land area.

Simple Understanding:

Sindh has the largest share of deserts (over 41% of its land, contributing 7.24% to the country's total).
Punjab is second, with around 22% of its land desert (5.81% of Pakistan's total).
Balochistan has a smaller portion of its land desert (5.76% of province, 2.53% of national share).
Gilgit-Baltistan has the smallest desert, the high-altitude Katpana (~1.37% of province, 0.12% of Pakistan).

Note: Sindh Mental Health Authority conducted mental health camps 35% of Desert area of Province Sindh and 7% of Pakistan.



Sindh Mental Health Authority

Mental Health: From Sigmund Freud till Era of Artificial Intelligence



Issue No. 12

June – Aug 2025

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M e n t a l H e a l t h : F r o m S i g m u n d F r e u d t i l l E r a o f A r t i f i c i a l I n t e l l i g e n c e

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



Dear Readers,

It is with great pleasure that I present this edition of the Sindh Mental Health Authority magazine. When Sigmund Freud first introduced his theories of the unconscious mind, repression, and psychoanalysis in the late 19th and early 20th centuries, he ignited a revolution in how humanity understood itself. Though many of his ideas have been debated, adapted, or even discarded over time, Freud opened a door to exploring the mind that has never closed.

This issue of our magazine, *Mental Health: From Sigmund Freud up until Today*, is both a journey and a reflection. We trace the evolution of mental health through its fascinating chapters—from the early days of

psychoanalysis and asylums, to the rise of cognitive-behavioral therapy, community psychiatry, Neurology Study of Brain through MRI, CT Scan and other modern tools and now, the cutting-edge integration of neuroscience, digital tools, Artificial Intelligence (A.I) and holistic well-being.

As editor, I believe it is important not just to celebrate the progress we've made, but also to acknowledge the struggles, stigmas, and gaps that remain. Mental health has moved from being whispered about in shadows to becoming part of everyday conversation, and yet, for many, access to care and acceptance are still battles to be fought. In this regard, SMHA keeps trying to make efforts.

The Sindh Mental Health Authority (SMHA) has trained doctors from the Health Department, People's Primary Healthcare Initiative (PPHI), and Lady Health Workers across all 30 districts of Sindh Province on how to identify, treat, and refer patients with mental illness to tertiary hospitals. **Sindh is the only province in Pakistan that has undertaken this initiative.**

The SMHA has conducted numerous camps in the **desert belt districts of Sindh**, including Tharparkar, Umerkot, Sanghar, and Khairpur, which constitute 35% of the province's area. The SMHA has also held mental health camps in the **coastal belt of Sindh** at Ketibandar (District Thatta) and Rehri Goth (District Malir), as well as in the **mountain belt** at the Kheerthar area in Sehwan Sharif.

This initiative aims to provide essential psychiatric services and raise awareness within these communities and their surroundings—regions in dire need of specialized mental health care. The SMHA has organized many awareness seminars and programs in various divisions of Sindh Province for all segments of society. These awareness sessions were also conducted through print, digital, and electronic media. The SMHA has also conducted extensive research, which is available on our website.

The SMHA organized a program where the Honorable Chief Minister of Sindh, Syed Murad Ali Shah, inaugurated the new OPD

building and a new female ward at the Sir Cowasji Jahangir Institute of Psychiatry and Behavioral Sciences (SCJIP&BS) in Hyderabad on Saturday, December 17, 2022. During the program, the CM announced plans for a **Mental Health University** and a new 100-bed ward at SCJIP&BS Hyderabad. This new 100-bed ward is now ready for inauguration, and work on the Mental Health University is in progress and will be completed in the future.

The SMHA has signed several Memoranda of Understanding (MoUs) with universities, institutions, and NGOs. It has also launched three online helplines for patient treatment, which are installed at Jinnah Postgraduate Medical Centre (JPMC), Civil Hospital Karachi, and SCJIP&BS Hyderabad. The SMHA has recommended that psychologists and psychiatrists be appointed at district-level hospitals throughout Sindh province, with appointments made through the Sindh Public Service Commission.

In these pages, you will find stories of theory and practice, science and lived experience, history and innovation. From Freud's couch to teletherapy apps, from stigma to advocacy, this issue is a reminder that mental health is not a static field but an ever-evolving journey—one that belongs to us all. We hope this collection of information informs, inspires, and perhaps even challenges you to think differently about our past achievements and our future direction.

F r e u d T h r o u g h t h e A g e s

When Sigmund Freud first published *The Interpretation of Dreams* in 1899, the world of psychology—and culture at large—was never the same. Dubbed the “Father of Psychoanalysis,” Freud cracked open the door to the unconscious mind, insisting that hidden desires, repressed memories, and unspoken conflicts shaped more of our lives than we dared admit. Over a century later, his ideas still ripple through therapy sessions, art, literature, and even the slang we use.

The Birth of Psychoanalysis

Freud’s radical notion was that talking could heal. Instead of shackling people in asylums or dismissing mental illness as weakness, he listened. Through methods like free association and dream interpretation, Freud helped patients make sense of their own minds. The infamous couch became a symbol of self-discovery—and, for the first time, mental health was something people could explore instead of fear.

From Id to Ego to Superego

If you’ve ever joked about your “id taking over” or blamed a “Freudian slip” on your

unconscious, you’re quoting Freud without even knowing it. He gave us a whole new vocabulary: the id (our primal instincts), the superego (our moral compass), and the ego (the negotiator in between). His theories weren’t just medical—they bled into art, literature, and cinema, inspiring modernist movements that wanted to capture the messy depths of human desire.

The Backlash

Of course, not everyone was sold. By the mid-20th century, Freud’s obsession with sex, childhood, and hidden drives came under fire. Behaviorists like B.F. Skinner argued that psychology should stick to what you can see and measure—observable behavior. Humanists like Carl Rogers and Abraham Maslow wanted to focus on growth and potential, not neuroses. Critics called Freud unscientific, patriarchal, even outdated.

But here’s the twist: even his fiercest critics couldn’t quite shake him. To challenge Freud was still to engage with him—and that kept his name alive.

Freud Reinvented

Later thinkers retooled his ideas. Erik Erikson expanded Freud's theories to cover our whole lifespan, not just childhood. Feminists like Simone de Beauvoir and Juliet Mitchell picked apart his views on women, reinterpreting them through their own lenses. Meanwhile, psychoanalysis itself shifted, blending Freud's foundation with new methods that kept patients at the center.

Freud Today

So where does Freud stand now? Few therapists follow his theories word-for-word, but his fingerprints are everywhere. The very act of lying on a couch and talking it out—therapy as we know it—exists because of him. Defense mechanisms like denial and

projection? Straight out of Freud. Even neuroscience, with its talk of unconscious processing, finds itself echoing some of his hunches.

And let's not forget pop culture. Movies, novels, even TikTok debates about "daddy issues" owe a quiet debt to Freud. The man may be long gone, but his ghost lingers in our language, our art, and the way we think about ourselves.

The Takeaway

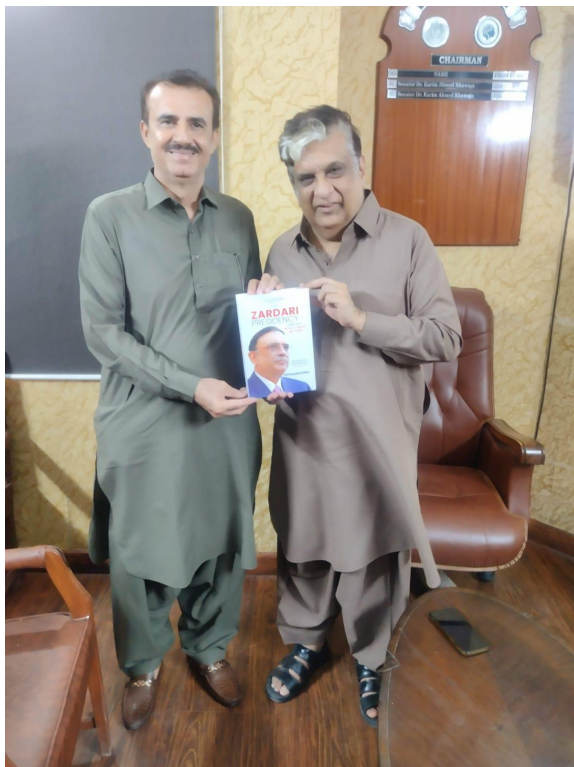
Freud wasn't always right, but he was always bold. He made the invisible visible, turning the mind into a landscape worth exploring. From Vienna's consulting rooms to today's mental health apps, Freud's story reminds us that the journey to understand ourselves is never really over.

Meeting of Dr. Ali Arslan, Psychiatrist, with Chairman SMHA (2 June 2025)

Dr. Ali Arsalan Memon, a psychiatrist, visited the Sindh Mental Health Authority and met with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA, to discuss mental health issues in Sindh. Other participants included Dr. Syed Zafar Mehdi, Secretary SMHA, and Mr. Shahid Jatoi.



Visit of People's Engineers Forum Delegation to SMHA (3 June 2025)



Authority and met with Senator Dr. Karim Ahmed Khawaja, Chairman of the SMHA. On this occasion, Senator Dr. Karim presented the book *The Zardari Presidency (2008–2013)* by Senator Farhatullah Babar



to both of them.

Eng. Zahid Hussain Lashari and Mr. Faisal Aziz Memon from the People's Engineers Forum visited the Sindh Mental Health

**Chairman SMHA Convenes meeting on
Upcoming Awareness Seminar with IPP,
Bahria University
(16 June 2025)**

The Chairman of the Sindh Mental Health Authority, Senator Dr. Karim Ahmed Khawaja, called a meeting regarding an upcoming awareness seminar in collaboration with the Institute of Professional Psychology (IPP), Bahria University, scheduled for June 25, 2025, at Bahria University. Dr. Syed Zafar Mehdi, Secretary SMHA, and Dr. Kiran Bashir, Principal of IPP, Bahria University, participated in the meeting.



**People's Doctors & Engineers Forums
Celebrate Shaheed Mohtarma Benazir
Bhutto's 72nd Birthday (21 June 2025)**



Lashari, President of the People's Engineers Forum Sindh; Advocate Riaz Hussain Baloch, former member of the Sindh Council PPP and Principal of Shaheed Zulfiqar Ali Bhutto Law College Malir; Dr. Suresh Kumar; Dr. Ayoub Baloch; Dr. Sohail Sahto; Mr. Babar Jamali; Mr. Jannat Hussain; and others participated in the

On June 21st, the People's Doctors Forum Pakistan and the People's Engineers Forum Sindh celebrated Shaheed Mohtarma Benazir Bhutto's 72nd birthday with a cake-cutting ceremony held in Karachi. Senator Dr. Karim Ahmed Khawaja, President of the People's Doctors Forum; Dr. Abdul Razzaq Shaikh, President of the People's Doctors Forum Sindh; Engineer Zahid Hussain



celebration.

Chairman SMHA Inaugurates 11th Quarterly Magazine of the Authority (23 June 2025)

Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, inaugurated the 11th Quarterly Magazine of SMHA in his office. Participants included Secretary SMHA Dr. Syed Zafar Mehdi; Dr. Abdul Hameed Jumani, former Director of Health Services Karachi; Ms. Mahnoor Shah, Researcher/Psychologist, Community Health Department, Aga Khan University; Dr. Tooba Farooqi, Senior Assistant Professor, IPP (Bahria University); and Dr.



Muhammad Ilyas Jat, Assistant Professor, DUHS/IBS.

People's Doctors Forum JPMC Commemorates Birth Anniversary of Shaheed Mohtarma Benazir Bhutto (24 June 2025)



The People's Doctors Forum (PDF) at Jinnah Postgraduate Medical Centre (JPMC) held a cake-cutting ceremony to celebrate the birth anniversary of Former Prime Minister Shaheed Mohtarma Benazir Bhutto — the first Muslim woman to serve as Prime Minister.

The event was graced by distinguished guests including Senator Dr. Karim Khawaja, Mr. Fida Hussain Dhakan (Coordinator Bilawal House), Dr. Abdul

Razzaq Shaikh (President PDF Sindh), and Dr. Syed Ashiq Hussain Shah (President PDF Karachi).



The ceremony was honored by the presence of JPMC Executive Director Professor Shahid Rasul, Joint Executive Director Dr. Suleman, Deputy Executive Director Dr. Yahya Khan, Deputy Director Dr. Nosheen Razi, Assistant Professor Dr. Mohammad Masood Khoso, Dr. Adeel (President),



Deputy Director Security Dr. Sarwan Khan (General Secretary PDF JPMC), along with

Dr. Mahenoor, Dr. Jawed, Dr. Imran, and others.

A commemorative cake was cut, and participants paid rich tribute to the legacy and services of Shaheed Benazir Bhutto for the people of Pakistan and the restoration of democracy.

**S M H A & I P P - B U O r g a n i z e S e m i n a r o n
“ P a t h w a y s t o w a r d E m p o w e r m e n t –
O v e r c o m i n g A d d i c t i o n T o g e t h e r ”
(W o r l d D r u g D a y 2 0 2 5) (2 5 J u n e 2 0 2 5)**



The Sindh Mental Health Authority (SMHA), in collaboration with the Institute

alignment with World Drug Day 2025) on June 25, 2025, at Al-Beruni Auditorium, Bahria University Karachi Campus.

The Master of Ceremony was Dr. Fareeha Kanwal, Head of the Department, Institute of Professional Psychology, Bahria University, and the Seminar Coordinator was Dr. Tooba Farooqui, Postgraduate Programme Coordinator, Institute of Professional Psychology, Bahria University.



of Professional Psychology, Bahria University (IPP-BU), conducted a seminar titled “Pathways toward Empowerment – Overcoming Addiction Together” with the theme “Breaking the Chains: Prevention, Treatment & Recovery for All!” (in



The opening address was delivered by Senator Dr. Karim Ahmed Khawaja, Chairman SMHA, on *Addiction Management and Recovery*. The closing remarks were given by Rear Admiral (R) Muhammad Zubair Shafique, Hilal-e-Imtiaz (Military), Director General, Bahria University Karachi Campus.



The speakers of the seminar included:

- Dr. Kiran Bashir Ahmad, Director/Principal, IPP
- Dr. Fareeha Kanwal, Head of Department, IPP, Bahria University
- Prof. Dr. Raza ur Rehman, Dean, Faculty of Health and Medical Sciences, Hamdard University
- Prof. Dr. Farah Iqbal, Department of Psychology, University of Karachi
- Dr. Kheempal Das, Assistant Professor, Dow University of Health Sciences
- Dr. Zaib-un-Nisa, Assistant Professor, JPMC / International Addiction Professional
- Dr. Tariq Arain, Assistant Professor, Dow University of Health Sciences
- Dr. Muhammad Ilyas Jat, Assistant Professor, Dow University of Health Sciences / IBS
- Dr. Nooreen Begum, Senior Clinical Psychologist, MATRC, Anti-Narcotics Force Hospital, Sindh
- Dr. Barerah Siddiqui, Assistant Professor
- Hafsa Riaz, Alumna, Institute of Professional Psychology, Bahria University
- Prof. Dr. Tahira Yousuf
- Ms. Shabnam Arshi, Assistant Professor, IPP, Bahria University

Other participants included Dr. Syed Zafar Mehdi, Secretary SMHA; Advocate Riaz Hussain Baloch, Principal, SZAB Law

College Malir; Dr. Suresh Kumar; Dr. Jaipal Chhapria; Dr. Ayoub Baloch; Dr. Samina Vertejee, Aga Khan Hospital; Dr. Khalida Tanveer, SZABIST; Mr. Jannat Hussain; along with faculty members and students from the Institute of Professional Psychology and other departments of Bahria University Karachi Campus.



The event provided a valuable platform for exchanging knowledge, enhancing awareness, and encouraging responsible behaviors regarding addiction and mental health.

Bahria University and the Sindh Mental Health Authority remained committed to promoting mental health education, community well-being, and initiatives that contribute to a drug-free, healthier society.

**I n t e r n a t i o n a l H u m a n R i g h t s S i n d h F o r u m
T h a t t a H o s t s P r o g r a m o n S e n a t o r D r . K a r i m
A h m e d K h a w a j a ' s B o o k *A L e g i s l a t i v e O d y s s e y*
2 0 1 2 – 2 0 1 8 (2 8 J u n e 2 0 2 5)**

The International Human Rights Sindh Forum Thatta conducted a program in honor of Senator Dr. Karim Ahmed Khawaja's recently published book, "*A Legislative Odyssey 2012–2018*." The program also featured discussions on mental health and human rights issues.



Attendees included Dr. Wahid Soomro (former MNA and former Minister of Health Sindh), Dr. Muhammad Bux Dahani,

Mr. Altaf Hussain Tunio, Mr. Sabgatullah Mahar (former Secretary, Human Rights Commission), the President and Secretary of



the Thatta Bar, Mr. Abdullah Rajper (General Manager Programs, Indus Earth Trust), Mr. Ghulam Hussain Khawaja (Chief Reporter, Thatta Dawn News), along with various doctors, civil society members, human rights activists, media persons, and other.

**C h a i r m a n S M H A C h a i r s M e e t i n g o n M e n t a l
H e a l t h I s s u e s i n D e s e r t R e g i o n s o f S i n d h
(0 1 J u l y 2 0 2 5)**

Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, called a meeting to discuss mental health issues in the desert areas of Sindh, including the Thar Desert, Nara Desert, and Achhro Thar. Mr. Ali Talpur, a researcher, and Dr. Abdul Qadir, a psychiatrist from JPMC, participated in the meeting.



M o h a m m a d A l i J i n n a h U n i v e r s i t y (M A J U)
H o l d s F i n a l - Y e a r N E X U S E x h i b i t i o n
(0 2 J u l y 2 0 2 5)



Mohammad Ali Jinnah University (MAJU) held its final-year NEXUS exhibition, a multidisciplinary event where all faculties set up their own stalls. Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh



Mental Health Authority, attended the exhibition and received a shield from Ms. Maryam Hanif Ghazi, Head of the Department of Psychology at MAJU.

V i s i t o f L t . C o l (R e t d) P a r v e z H u s s a i n ,
P . D , B e n a z i r S h a h e e d A N F M o d e l
A d d i c t i o n C e n t r e s , t o S M H A (9 J u l y 2 0 2 5)

Lt. Col. (Retd.) Parvez Hussain, Project Director of the Benazir Shaheed Anti-Narcotics Force Model Addiction Treatment



and Rehabilitation Centres Sindh, visited the Sindh Mental Health Authority office and met with Senator Dr. Karim Ahmed



Khawaja, Chairman of SMHA, to discuss mental health and issues related to Model Addiction Treatment and Rehabilitation. Dr. Karim Ahmed Khawaja presented him with the recently published 11th Quarterly Magazine of SMHA.

S M H A C o n d u c t s M e n t a l H e a l t h T r a i n i n g f o r 2 0 0 + H e a l t h c a r e P r o f e s s i o n a l s & S t u d e n t s a t G I M S H o s p i t a l , G a m b a t (1 9 J u l y 2 0 2 5)



The Sindh Mental Health Authority (SMHA) conducted a one-day mental health training program for over 200 healthcare professionals and students at the Gambat Institute of Medical Sciences (GIMS) Hospital in Gambat. Held on Saturday, July 19, 2025, from 10:30 a.m. to 2:00 p.m. in the GIMS Auditorium, this was the second time SMHA organized such training in the Khairpur district, following the request of Dr. Rahim Bux Bhatti, Director of GIMS.

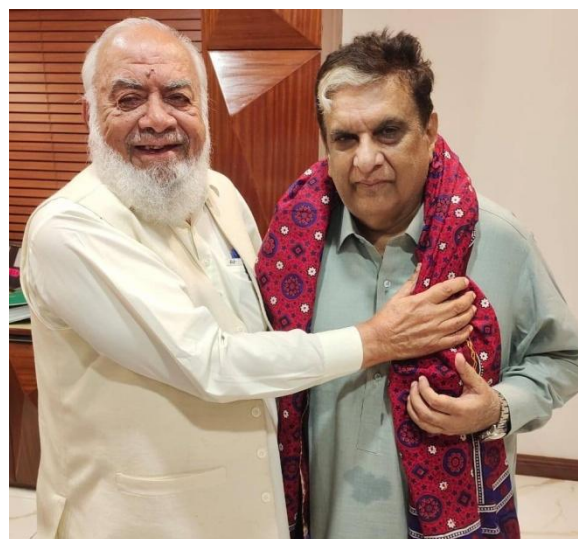


The primary objective of the program was to raise mental health awareness among healthcare providers and equip them with essential skills to identify, manage, and appropriately refer psychiatric patients to



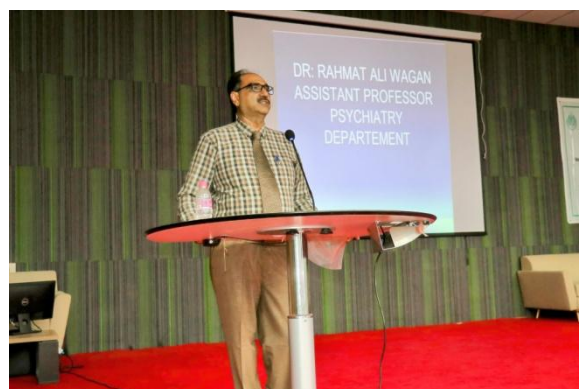
specialists. This initiative was part of SMHA's broader efforts, which had already included training general practitioners across 30 districts of Sindh.

The comprehensive session featured lectures



and presentations from prominent psychiatrists, including Prof. Dr. Washdev Kumar (Head of Psychiatry, DUHS), Prof. Dr. Rahmat Ali Wagan, Associate Prof. Anoop Kumar, Dr. Aatir Rajput, Dr. Ghulam Rasool, Dr. Ali Arslan Memon, Dr. Bakhtawar Shaikh, and Dr. Abdul Qadir.

Senator Dr. Karim Ahmed Khawaja, Chairman of SMHA, addressed the attendees, reaffirming the authority's commitment to advancing mental health support across the province. He emphasized that such training and a structured referral system would significantly improve healthcare services, meet critical medical needs, and enhance community well-being. Dr. Khawaja also commended Dr. Rahim Bux Bhatti for his exceptional contributions at GIMS. Other notable attendees included Dr. Syed Zafar Mehdi, Secretary SMHA, Dr.



Saeed Memon, Dr. Wazir Phul, and Mr. Majid Khan Solangi.

SMHA Organizes Free Psychiatric Medical Camp at Basic Health Unit, Sikandarabad, Khairpur (20 July 2025)



The Sindh Mental Health Authority (SMHA) successfully conducted a free psychiatric medical camp at the Basic Health Unit, Sikandarabad, Taluka Nara, District Khairpur, on Sunday, July 20, 2025, with the support of the District Health Office Khairpur, Health Department. Local coordination and medical supervision were led by Dr. Parsram, Taluka Health Officer Nara and Focal Person of the Psychiatric Camp for Sikandarabad; Dr. Syed Naqi Shah, Medical Officer Headquarter PPHI District Khairpur-A; and Dr. Wazir Phul, former DHO Khairpur, who played a vital role in making this initiative possible.

This initiative aimed to address the pressing mental health challenges faced by the desert community. For the first time ever, a free medical camp was organized for individuals suffering from mental health issues in the remote desert area of Sikandarabad, located in the Nara Desert region.



Renowned psychiatrists from Karachi, Sukkur, Khairpur, Sehwan, and Hyderabad participated in the camp, providing consultations and treatment to patients. The participating specialists included:

- Dr. Ghulam Rasool Rind, Assistant Professor of Psychiatry, Ghulam Muhammad Mahar Hospital, Sukkur
- Dr. Aatir Hanif, Assistant Professor of Psychiatry, LUMHS Hyderabad
- Dr. Arslan Memon, Syed Abdullah Shah Institute of Medical Sciences, Sehwan
- Dr. Abdul Qadir, Psychiatrist, JPMC Karachi

Together, they attended to more than 510



patients, including men, women, elderly individuals, and children. These dedicated professionals carried out comprehensive mental health assessments and treatment plans, ensuring each patient received personalized care. Essential medicines



covering approximately two weeks of treatment were also distributed free of cost, based on individual prescriptions, helping to

alleviate symptoms and improve overall well-being.

The camp was warmly welcomed by the local community, who expressed a strong desire for such initiatives to continue in the future so that mental health services could reach underserved populations more effectively.

The event was inaugurated by Senator Dr.



Karim Ahmed Khawaja, Chairman SMHA; Dr. Syed Zafar Mehdi, Secretary SMHA; Dr. Naqi Shah, MOHQ PPHI; Mr. Zaheer Ahmed Soomro, M&E PPHI; and Dr. Gada Hussain, M.O PPHI Sikandarabad. Other notable participants included Mr. Haji Nawaz Banbhro, Mr. Muhammad Umar (SO PPHI), Mr. Ali Khan (HT PPHI), Mr. Majid Khan Solangi, Mr. Shakeel Ahmed Phul, and the PPHI team. **The local public of the Nara desert has demanded that the Chief Minister of Sindh urgently open the 50-bed hospital in Choondko, Taluka Nara. The hospital, which was constructed, furnished, and equipped with all major healthcare units with the support of the Labour Department, will be a big relief for thousands of patients in the area.**

This camp not only marked a significant medical milestone but also served as a crucial step toward raising awareness and reducing stigma surrounding mental health in remote regions of Sindh.

People's Doctors Forum Celebrates 70th Birthday of President Asif Ali Zardari in Karachi (26 July 2025)

On July 26th, the People's Doctors Forum Pakistan celebrated the 70th birthday of the



Honorable President of Pakistan, Mr. Asif Ali Zardari, with a cake-cutting ceremony held in Karachi. Senator Dr. Karim Ahmed Khawaja, President of the People's Doctors Forum; Engineer Zahid Hussain Lashari, President of the People's Engineers Forum Sindh; Dr. Sabir Memon; Dr. Abdul Hameed Jumani; Mr. Shahid Jatui; Dr. Niel Kanth; Dr. Muhammad Bux Dahani; Dr.



Maqbool Memon; Dr. Ayoub Baloch; Mr. Qazi Shuhaab, Vice President, National Bank and notable from Hala; Advocate Riaz Hussain Baloch, former member of the Sindh Council PPP and Principal of Shaheed Zulfiqar Ali Bhutto Law College Malir; Dr. Sohail Sahto; Raees Nabi Bux Lakho, Leader of PPP Nausharo Feroze; Engr. Hamad Shaikh; Engr. Faisal Memon; and others participated in the celebration.

Chairman SMHA Convenes Meeting on Upcoming Seminar to Launch Desert Mental Health Camp Report (6 August 2025)

Senator Dr. Karim Khawaja, Chairman of the SMHA, called a meeting to discuss an upcoming seminar that will launch a detailed report on mental health camps in desert areas of Sindh. Other participants in the meeting included Dr. Syed Zafar Mehdi, Secretary SMHA; Dr. Suresh Kumar; Prof. Dr. Neel Kanth, Child Specialist; Mr. Ali Talpur, Researcher; Dr. Abdul Qadir, Psychiatrist from JPMC; and Mr. Suhail Rana, Producer and Media Professional.



S M H A L a u n c h e s B r e a k u p R e p o r t o f D e s e r t M e n t a l H e a l t h C a m p s a t P M A H o u s e K a r a c h i (1 2 A u g u s t 2 0 2 5)



On August 12, 2025, the Sindh Mental Health Authority (SMHA) conducted a seminar on the *“Launching of the Breakup Report of the Mental Health Camps in the Desert Areas of Sindh Province”* at the Pakistan Medical Association (PMA House), Karachi.

The SMHA, led by Chairman Senator Dr. Karim Ahmed Khawaja, successfully organized mental health camps across the



remote desert districts of Tharparkar, Umerkot, Sanghar, and Khairpur between 2022 and 2025. This initiative brought essential mental healthcare directly to the people of the Thar Desert, Pakistan’s largest desert, covering an estimated 45,000–50,000 square kilometers within Sindh Province. In Sindh, the Thar Desert spans

Tharparkar, Umerkot, Mirpurkhas, Sanghar, Khairpur, and parts of Sukkur and Ghotki. These camps primarily targeted the general population, with a particular focus on



women and adolescent girls, who often face significant barriers to accessing mental healthcare due to poverty, cultural restrictions, and limited services. Over the course of the initiative, more than 4,570 individuals received free psychiatric consultations, diagnoses, treatment,



psychosocial support, and essential medications.

Clinical data from the camps revealed the most common conditions:

- Depression: 34.7%
- Anxiety disorders: 11.3%
- Intellectual disability: 11.9%
- Epilepsy: 9.02%
- Somatoform/conversion disorders: 8.61%
- Substance use: 4.0%

Senator Dr. Karim Ahmed Khawaja commended the collaborative efforts behind the initiative, stating:

“This model proves that with dedication, strategic partnerships, and data-driven planning, mental health services can reach even the most remote and neglected communities in Sindh. It is a testament to what can be achieved when government, academia, and civil society work together.”



The SMHA expressed its gratitude for the continuous and unconditional support of the Chief Minister of Sindh, Syed Murad Ali Shah, the Health Department, Government of Sindh, and acknowledged the unwavering contributions of all other partners.

Seminar Participants

The seminar was attended by several notable individuals, including:

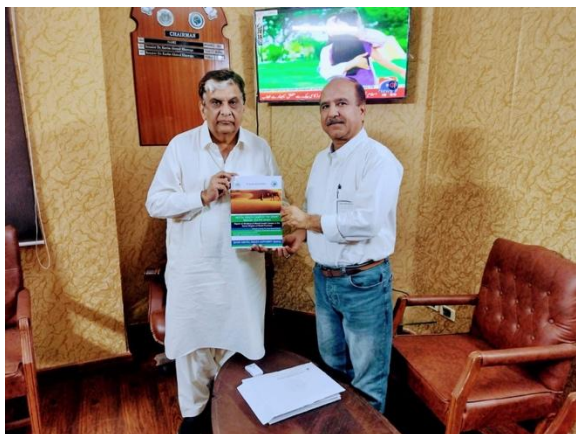
- Dr. Parvez Shaikh (Deputy Director General, Health Services Sindh Hyderabad)
- Dr. Aijaz Abbasi (DDG Health Services Sindh Hyderabad)
- Dr. Syed Zafar Mehdi (Secretary, SMHA)

- Meritorious Prof. Dr. Iqbal Afridi (HEC Distinguished National Professor, JSMU)
- Prof. Dr. Chooni Lal (Head of Psychiatry, JPMC)
- Prof. Dr. Washdev Amar (Head of Psychiatry, DUHS)
- Prof. Uzma Ali (Director, ICP, University of Karachi)
- Prof. Sobia Aftab (ICP, University of Karachi)
- Dr. Manisha Kumari
- Dr. Abdul Qadir
- Dr. Tooba Farooqi (IPP, Bahria University)
- Dr. Beenish Nawaz (IOM)
- Mr. Jannat Hussain
- Mr. Naval Wasvani
- Mr. Ali Murad Talpur
- Dr. Muhammad Bux Dahani
- Advocate Riaz Ahmed Baloch
- Dr. Mushtaq Ali (SCJP&BS)
- Dr. Riaz Ahmed
- Mr. Muhammad Irshad (Director, SMHA)
- Mr. Aftab Memon (Director, SMHA)
- Dr. Khalida Tanweer (SZABIST)



The seminar highlighted the success of the desert mental health camps and reinforced SMHA's commitment to extending psychiatric care and awareness to the most underserved populations of Sindh.

Visit of Mr. Farhan Ansari, GM Thar Foundation, to SMHA (13 August 2025)



Mr. Farhan Ansari, General Manager of the Thar Foundation, visited the Sindh Mental Health Authority (SMHA) office to meet with Chairman Senator Dr. Karim Ahmed Khawaja. They discussed mental health issues, with Qazi Shuhab, Vice President of

the National Bank of Pakistan, also in attendance. During the meeting, Dr. Karim



Khawaja presented both of them with SMHA's recently published *"Breakup Report of the Mental Health Camps in the Desert Areas of Sindh Province."*

A event "Azaadi Kay Rang Dar ul Sukun Kay Sang" Organized by Sohail Rana Art Production & Reaching Hands at Dar ul Sukun (13 August 2025)

A heartwarming event, "Azaadi kay Rang Dar Ul Sukun Kay Sang," was organized by Sohail Rana Art Production & Reaching



Hands at Dar ul Sukun to celebrate with special children. The evening was dedicated to marking the 78th Independence Day of Pakistan in a spirit of joy and inclusivity. Distinguished guests in attendance included Senator Dr. Karim Ahmed Khawaja,



Chairman of the Sindh Mental Health Authority; DIG East Dr. Farukh Ali; Dr. Syed Zafar Mehdi, Secretary SMHA; Ms. Cookie; Mr. Asif (Pakistani Bean); Sister Fazeelat; and Boni Sahb from Dar ul Sukun. They joined the children in cutting a cake and offering prayers for a prosperous Pakistan.

The celebration was further brightened with lively performances by celebrities, who presented patriotic tableaux and sang



national songs, making the evening truly memorable for the children and all those present.

Dr. Pars Ram, THO for Nara Desert, District Khairpur, along with his son, visited the SMHA office (22nd August 2025)



Dr. Pars Ram, the Taluka Health Officer for Nara Desert, District Khairpur, along with his son, Mr. Manish Kumar, a businessman, visited the Sindh Mental Health Authority (SMHA) office. There, they met with the Chairman of SMHA, Senator Dr. Karim Ahmed Khawaja, to discuss mental health issues. Dr. Syed Zafar Mehdi, the Secretary

of SMHA and Dr. Suresh Kumar, Ex-Secretary Health were also present on this occasion. Dr. Karim Khawaja presented Dr.



Ram and Dr. Suresh with SMHA's recently published "Breakup Report of the Mental Health Camps in the desert areas of the Sindh Province."

Sindh Mental Health Authority Successfully Conducts Free Mental Health Camp in coastal area of District Malir



The Sindh Mental Health Authority (SMHA) successfully conducted a free mental health camp today at the Rural Health Center in Rehri Goth, District Malir. This landmark initiative, the first of its kind for the coastal community, was organized to address the significant mental health challenges faced by residents in the area.



The camp was made possible with crucial support from the District Health Officer Malir, the Health Department, and the Medical Officers Headquarter PPHI District Malir. Key individuals who played a vital role in the event's success include Dr. Maqbool Memon, Deputy Director, Health

Services Karachi; Dr. Muhammad Bux Dahani; Dr. Ayoub Baloch; and Dr. Muhammad Din Abro, MOHQ, PPHI.

Renowned psychiatrists and psychologists from leading institutions, including Jinnah Postgraduate Medical Centre (JPMC), the Institute of Behavioral Sciences (IBS) Dow University of Health Sciences (DUHS), and the Institute of Clinical Psychology (ICP),



University of Karachi, volunteered their expertise. The specialists provided free consultations and treatment to more than 200 patients, including men, women, the elderly, and children.

The participating mental health professionals were:

1. Dr. Abdul Qadir, Psychiatrist, JPMC Karachi
2. Prof. Dr. Uzma Ali, Director, ICP
3. Prof. Dr. Sobia Aftab, ICP
4. Dr. Ayesha Nadeem, Psychiatrist IBS, DUHS
5. Dr. Irtiza ur Rehman, Psychiatrist IBS, DUHS

These experts conducted comprehensive



mental health assessments and provided personalized care and treatment recommendations. Additionally, essential medicines for approximately a two-week



period were distributed free of charge based on individual prescriptions to help alleviate symptoms and improve well-being. This is second time mental health camp at coastal area of Sindh, previously SMHA conducted camp at Keti Bandar.

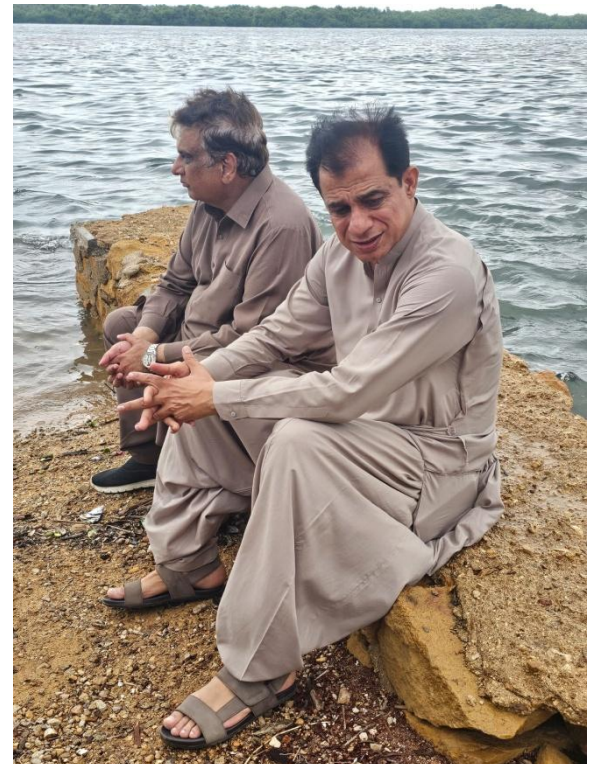


The local community warmly welcomed the initiative and expressed a strong desire for such camps to continue, emphasizing the need to make mental health services more accessible to underserved populations.



This camp not only provided essential medical care but also served as a crucial step toward raising awareness and reducing the stigma surrounding mental health in the coastal region.

Notable participants in the event included



Senator Dr. Karim Ahmed Khawaja, Chairman of SMHA; Dr. Zafar Mehdi, Secretary of SMHA; Younis Khaskheli, a social activist; Mr. Majid Khan Solangi; and the PPHI team. After the camp, team were visit to coastal area of Malir, where discussed with local community about marine life, including fishes lobsters, crabs and other species.

**S M H A & I P P , B U J o i n F o r c e s t o L a u n c h
L a n d m a r k B o o k o n A d d i c t i o n
(2 5 A u g u s t 2 0 2 5)**



In a significant step towards combating addiction, the Sindh Mental Health Authority (SMHA) and the Institute of Professional Psychology, Bahria University (IPP-BU) successfully launched the book

recommendations of a recent seminar held on June 25, 2025, at the Al-Beruni Auditorium of the Bahria University Karachi Campus, was a highlight of the World Drug Day 2025 observance and



"Pathways Towards Empowerment - Overcoming Addiction Together." The book contains the proceedings and



theme was "Breaking the Chains: Prevention, Treatment & Recovery for All!"

The event brought together prominent figures from the fields of health and



academia, including: Senator Dr. Karim Ahmed Khawaja, Chairman of the Sindh Mental Health Authority, Dr. Kiran Bashir Ahmed, Director and Principal of the Institute of Professional Psychology, Prof. Dr. Farah Iqbal, Chairperson, Department of Psychology, University of Karachi, Dr. Suresh Kumar, former Secretary of the Health Department, Prof. Dr. Zainab Bhutto, Dr. Fareeha Kanwal, Head of Department, Institute of Professional Psychology, Bahria



University, Dr. Barerah Siddiqui, Assistant Professor, Hafsa Riaz, Alumna, Institute of Professional Psychology, Prof. Dr. Tahira Yousuf, Ms. Shabanm Arshi, Assistant Professor, Institute of Professional Psychology, Dr. Tooba Farooqi, Post



Graduate Programme Coordinator, Institute of Professional Psychology, Bahria University and Mr. Majid Solangi, SMHA.



The book is expected to serve as a vital

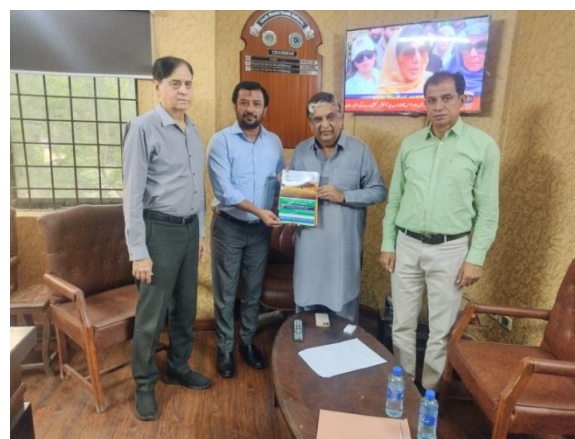


resource for policymakers, mental health professionals, and the public, providing a roadmap for addressing the challenges of addiction and promoting recovery.

C E O and Founder of Muhammadi Hematology, Oncology Services & Welfare Foundation, visited the SMHA office (26 August, 2025)

Syed Mehdi Rizvi, the Chief Executive Officer and Founder of Muhammadi Hematology, Oncology Services & Welfare Foundation, visited the Sindh Mental Health Authority (SMHA) office. He met with Senator Dr. Karim Ahmed Khawaja, the Chairman of SMHA, to discuss issues related to blood banks. Also present at the meeting were Dr. Syed Zafar Mehdi, Secretary of SMHA, Dr. Suresh Kumar, former Secretary of Health, and Dr. Ayoub Baloch.

During the visit, Dr. Karim Khawaja presented Syed Mehdi Rizvi with several of SMHA's recent publications. These included



the "Breakup Report of the Mental Health Camps," the "Proceedings of the Seminar regarding 'Pathways Towards Empowerment - Overcoming Addiction Together' and their recommendations," and the 11th Quarterly Magazine of SMHA.

Mr. Tuaha Faruqui, Secretary, Department of Empowered Persons with Disabilities, along with his team, visited Sir CJ Hospital (28 August, 2025)

Mr. Tauha Ahmed Farooqui, Secretary,



Department of Empowered Persons with Disabilities (DEPD), along with his team, visited Sir Cowasjee Jahangir Institute of

Psychiatry & Behavioural Sciences (SCJIPBS), Hyderabad. During the visit discussed on different aspects of mental health and disability care issues. A general discussion followed, focusing on the burden of mental health disorders, quality of life of persons with disabilities, and the need for their integration into mainstream society. The session was moderated by Dr. Mushtaque Aziz Sargani. In the visit other notable participants included Chairman Sindh Mental Health Authority (SMHA) Senator Dr. Karim Ahmed Khawaja, Dr. Suresh Kumar (former Secretary Health),



Secretary SMHA, Dr. Syed Zafar Mehdi and Medical Superintendent Sir CJ Hospital Dr. Nisar Ahmed Sohoo. Other participants Dr. Hina Aziz, Dr. Sumaira Awan, Ms. Tooba Khan Syed, Dr. Qalib-e-Hyder.

The worthy Secretary DEPD highlighted the challenges of Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), Down Syndrome, and other neurodevelopmental disorders. He emphasized assessment, counselling, and rehabilitation as priority areas.



Dr. Karim Khawaja, Chairman SMHA, supported closer collaboration between DEPD and SCJIPBS and SMHA to strengthen child psychiatry and initiate services for neurological disorders in children. Dr. Suresh Kumar also supported the views of chair.

The delegation visited various clinical and rehabilitation units, including:
Prenatal Mental Health Services
Depression and Epilepsy Clinics
Female OPD, Psychometric Assessment Lab & CBT Section
Computer Rehabilitation Section
Sindh TEVTA Training for Addiction Victims
Psychiatric Emergency Unit (PEU) – Art and Design Studio, Music Therapy Studio, Sports Section, Clay/Mud Studio.

The delegation also visited the Women's Ward, where an inauguration ceremony was held, and later inspected the Women's Rehabilitation & Recreation Center.



Delegation also visited A newly constructed Ward-05 100 bedded ward which will be handover by the Chief Engineer Mr. Susheel to the Institute. This 100 bedded ward will be inaugurated by Honorable Bilawal Bhutto Zardari. PEADS Psychiatric, Geriatric Psychiatric wards will start in future at Sir CJ Hospital.

On this occasion, the Secretary DEPD presented/gifted - 100 sewing machines-Equipment for physical therapy - Resources for upgradation and strengthening of the Women's Rehabilitation Unit.

The visit marked an important step towards strengthening mental health and disability services in Sindh. The collaboration between DEPD, SMHA, and SCJIPBS is expected to enhance child psychiatry, rehabilitation, and community reintegration on mental health issues and persons with disabilities.

M e n t a l H e a l t h T h r o u g h t h e a g e s : F r o m F r e u d ' s P s y c h o a n a l y s i s t o t h e r i s e o f N e u r o p s y c h o l o g y

Dr Abdul Razzaque Nohri

Senior Pharmacist, Researcher and Public Health Specialist
Health Department, Government of Sindh

Mental health has always been a significant part of human existence, though how it's understood and treated has evolved dramatically through the ages. From the ancient belief that mental illness was the result of demonic possession to the scientific theories of today, the understanding of the human mind has shifted and expanded. In this journey, no figure has been more influential in shaping modern psychological thought than Sigmund Freud. His theories, while controversial, laid the groundwork for psychoanalysis and shaped the way we approach mental health. As time progressed, however, the field saw a shift toward more scientific, empirical approaches, culminating in the rise of neuropsychology, a field that focuses on understanding how the brain influences behaviour and mental health.

Freud and the Birth of Psychoanalysis

In the late 19th and early 20th centuries, mental health treatment was limited and often ineffective. While physical ailments were often treated with surgical precision, mental illnesses were still shrouded in mystery. People suffering from conditions such as depression, anxiety, or schizophrenia were often institutionalized and subjected to cruel treatments. It wasn't

until Sigmund Freud, an Austrian neurologist, developed his theory of psychoanalysis that the understanding of mental health took a significant leap forward.

Freud believed that mental illnesses were the result of unresolved unconscious conflicts, often stemming from early childhood experiences. He proposed that the mind was divided into three parts: the conscious mind, the preconscious, and the unconscious. Freud's revolutionary idea was that much of human behavior was driven by unconscious desires, fears, and memories, many of which individuals were unaware of. His methods of free association, dream analysis, and the examination of transference in therapy allowed patients to explore these unconscious conflicts, aiming to bring them into the conscious mind and resolve them.

Psychoanalysis, while groundbreaking, was not without its criticisms. Freud's emphasis on sexuality and the Oedipus complex, as well as his often limited and culturally biased interpretations, led many to question the validity of his theories. However, his work sparked an explosion of interest in the field of psychology, leading to the development of various schools of thought and treatment approaches that would follow.

The Evolution of Psychological Theories

While Freud's influence on mental health was undeniable, other theorists came to challenge or expand upon his ideas. Carl Jung, for instance, developed his own theory of analytical psychology, which diverged from Freud's in its emphasis on collective unconscious and archetypes. Meanwhile, behaviorists like John B. Watson and B.F. Skinner shifted the focus of psychology from the unconscious mind to observable behavior. They argued that human behavior was shaped primarily by environmental stimuli and reinforcement rather than internal, unconscious processes.

In the mid-20th century, the humanistic movement, led by figures like Carl Rogers and Abraham Maslow, emerged as a reaction to both psychoanalysis and behaviorism. Humanistic psychology emphasized self-actualization, personal growth, and the inherent goodness of individuals. Humanistic therapists sought to create a supportive, non-judgmental environment where clients could explore their feelings and achieve personal growth, thus offering a more optimistic and empowering view of mental health.

By the 1970s and 1980s, the field of psychology was growing more diverse, incorporating various approaches. Cognitive psychology emerged, focusing on how mental processes such as perception, memory, and problem-solving influenced behavior. The treatment of mental health problems became more structured with the development of cognitive-behavioral

therapy (CBT), which combined elements of cognitive psychology and behavioral therapy. CBT proved to be an effective treatment for many mental health disorders, such as anxiety and depression, and its success led to its widespread adoption.

The Rise of Neuropsychology

In the latter half of the 20th century, psychology began to shift from philosophical and theoretical speculation to a more scientific, biological understanding of the mind. Neuropsychology, the study of how the brain and nervous system impact behavior, became an increasingly important field. Advances in brain imaging technologies, such as MRI and PET scans, allowed scientists to observe the brain in action, leading to groundbreaking discoveries about how different areas of the brain contribute to various mental health conditions.

One of the most significant revelations in neuropsychology has been the role of neurotransmitters in mental health. Chemicals like serotonin, dopamine, and norepinephrine play a crucial role in regulating mood, cognition, and behavior. Research into these chemicals has led to the development of antidepressant medications, which are widely prescribed for mood disorders such as depression and anxiety. The rise of neuropsychology also brought an increased focus on the role of genetics in mental health, leading to studies exploring how inherited factors may contribute to conditions like schizophrenia, bipolar disorder, and autism.

The development of neuroimaging techniques has further revolutionized the field. Brain scans have provided insight into how conditions like depression, post-traumatic stress disorder (PTSD), and schizophrenia manifest in the brain. Studies show that depression, for instance, is linked to reduced activity in the prefrontal cortex, while PTSD can cause structural changes in the hippocampus. This biological perspective has significantly influenced both diagnosis and treatment, providing more precise, evidence-based approaches to mental health care.

The Integration of Mind and Brain

Today, mental health care is increasingly informed by a blend of psychological theory and neuropsychological research. While therapies like psychoanalysis, cognitive-behavioral therapy, and humanistic therapy continue to play an important role in treatment, mental health professionals now have a greater understanding of the biological underpinnings of mental health conditions. For instance, conditions such as

depression and anxiety are understood not only as psychological struggles but as diseases that involve both the mind and the brain.

Furthermore, the field of psychiatry has embraced a more integrative approach, combining medication, psychotherapy, and lifestyle changes to treat mental health conditions holistically. Medications that target brain chemistry, such as antidepressants, antipsychotics, and mood stabilizers, are often prescribed in conjunction with therapies that address thought patterns, behaviors, and emotional regulation.

Neuropsychology has also paved the way for new, non-invasive treatments such as transcranial magnetic stimulation (TMS) and deep brain stimulation (DBS), which aim to modulate brain activity to alleviate symptoms of mental illness. These treatments represent the cutting edge of mental health care, offering hope to patients who may not respond to traditional therapies.

M e n t a l H e a l t h i n O l d e r A d u l t s : A d d r e s s i n g t h e n e e d s o f a n a g i n g P o p u l a t i o n

Dr Hina Qasim Memon

Gynaecologist and Public Health Specialist
Health Department, Government of Sindh

As the global population ages, there's an increasing need to focus on the mental health of older adults. In many societies, older adults are often overlooked when it comes to mental health discussions, despite facing a unique set of challenges that can deeply affect their quality of life. Aging is accompanied by a range of physical, emotional, and social changes, which can significantly impact mental well-being. It's essential to address the needs of this growing demographic and ensure that mental health care is accessible and tailored to the challenges they face, such as dementia, loneliness, and depression.

The number of older adults worldwide is increasing, with the UN projecting that by 2050, one in six people will be over the age of 65. This shift places a spotlight on the mental health concerns associated with aging. Despite the natural aging process, mental health is often overlooked in older adults, sometimes being dismissed as a normal part of aging. However, the reality is that mental health issues are more common among the elderly than many realize, with depression and anxiety disorders affecting a significant portion of this population.

One of the most prevalent mental health issues among older adults is dementia, a broad term that encompasses conditions such as Alzheimer's disease, which affects millions of individuals globally. Dementia leads to a decline in memory, thinking, and

social abilities, severely impairing day-to-day functioning. The impact of dementia on both the individual and their family members can be profound, as it often leads to significant changes in lifestyle, behavior, and relationships.

People with dementia may experience feelings of frustration, confusion, and a loss of autonomy, which can lead to depression and anxiety. In fact, individuals with dementia are at a higher risk of developing mood disorders due to the cognitive challenges they face. Addressing dementia requires a multi-faceted approach, including proper medical care, cognitive therapies, and a supportive environment that promotes engagement and mental stimulation. While no cure exists for most forms of dementia, early diagnosis and effective management can help slow progression and improve the quality of life.

Another significant challenge faced by older adults is loneliness and social isolation. As people age, they often lose close friends, family members, or spouses, and their social networks can shrink. Mobility issues or chronic health conditions can further limit their ability to engage in social activities, exacerbating feelings of isolation. The COVID-19 pandemic has made this issue even more pronounced, as social distancing measures have left many older adults confined to their homes, with minimal social contact.

Loneliness is more than just a feeling; it has been linked to several mental health issues, including depression, anxiety, and cognitive decline. The lack of social engagement can lead to a sense of purposelessness and low self-esteem. It's vital that older adults have access to programs and resources that encourage social interaction, such as community centers, senior clubs, and volunteer opportunities. Additionally, regular visits from family members, neighbors, or caregivers can help mitigate the emotional toll of isolation.

Depression is another critical concern in older adults, though it's often underdiagnosed and undertreated. Many older individuals may struggle with feelings of sadness, hopelessness, or worthlessness, which can be exacerbated by aging-related factors such as chronic illness, financial stress, or loss of loved ones. Unfortunately, depression is often mistakenly attributed to "just getting old," which can prevent individuals from seeking help. Moreover, older adults may not always recognize their symptoms or feel uncomfortable discussing their emotional health. The symptoms of depression in older adults can also manifest differently than in younger populations. Older individuals might experience physical symptoms, such as fatigue, aches, and pains, which are often mistaken for signs of physical illness. This can lead to delays in diagnosis and treatment. Treatment options for depression in older adults typically include a combination of therapy, medication, and lifestyle changes. Psychotherapy approaches, such as cognitive-behavioral therapy (CBT), have been found to be particularly effective, and antidepressant medications can also play a role in managing symptoms.

Despite growing need for mental health support, older adults often face barriers to accessing care. These barriers can be physical, financial, or emotional. Many elderly individuals live in rural areas where mental health professionals are scarce, making it difficult for them to access care. Financial constraints can also prevent older adults from seeking therapy or medication, particularly those who rely on fixed incomes like Social Security or pensions.

Moreover, there's still a significant stigma around mental health in older populations. Many older adults may be reluctant to seek help due to generational beliefs that mental health problems should be kept private or that seeking help is a sign of weakness. Additionally, some older adults may not be familiar with or comfortable with modern therapy options, such as online therapy or telehealth, further limiting their options.

To address mental health needs of older adults, a holistic, integrated approach is necessary. First and foremost, there needs to be greater awareness and education about the mental health challenges that come with aging. Healthcare professionals, caregivers, and families should be trained to recognize the signs of mental health issues in older adults and to provide the support they need.

Community-based programs that encourage social engagement, physical activity, and mental stimulation can play a critical role in preventing and managing mental health issues. Elderly-friendly therapy services, such as in-home visits or telehealth options, should be made more widely available. Financial assistance programs that help cover the costs of mental health services and medications would also help ensure that all older adults have access to the care they need.

P o s t - T r a u m a t i c S t r e s s D i s o r d e r (P T S D) : A S i l e n t K i l l e r

Farheen Alaas

Millions across the globe endure severe emotional or physical trauma at various points in life, yet some never emerge from its shadows. Known as Post-Traumatic Stress Disorder (PTSD), mental health experts describe it as a dangerous yet silent affliction that can deeply affect a person's personality, emotions, and physical state over time.

Believe it or not, heart break even when someone we love betrays us can lead to PTSD. It's not uncommon for someone to propose marriage, form an emotional bond, and then back out with excuses like "my family doesn't approve." These words can destroy lives not physically, but mentally sending victims into a trauma they scarcely recognize themselves experiencing.

What is PTSD?

According to experts, PTSD is a psychological condition triggered by experiencing an event that severely impacts one's life or emotions like the sudden death of a loved one, sexual harassment, physical assault, natural catastrophe, accident, or war.

Madiha Sattar, Director and Clinical Psychologist at a private psychiatric facility, explains that PTSD can result from a trauma

that destabilizes one's life. She notes that this includes scenarios such as the sudden loss of a loved one, harassment, betrayal by a trusted person, or unexpected accidents.

She adds: "Individuals with PTSD may appear normal outwardly, but internally, they remain trapped in trauma. If unaddressed, this condition can lead to depression, isolation, and, in some cases, suicidal tendencies."

Madiha emphasizes that timely awareness and intervention can save lives. Additionally, she underscores that besides professional mental health treatment, the love, attention, and support of close ones are vital for recovery: "It's not just treatment but emotional and familial support that helps restore normalcy."

According to DSM-5

Symptoms of PTSD

As outlined in the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th edition) by the American Psychological Association, PTSD symptoms fall into four key categories affecting mental, emotional, and physical well-being:

1. **Intrusion Symptoms**
 - Recurring and distressing memories of the trauma
 - Nightmares
 - Flashbacks, feeling as if reliving the event
 - Intense distress or physiological reactions when encountering reminders
2. **Avoidance**
 - Evading places, people, or situations associated with the trauma
 - Avoiding thoughts or conversations about the event
3. **Negative Cognitions and Mood**
 - Negative beliefs about oneself, others, or the world
 - Persistent feelings of guilt, shame, or fear
 - Loss of positive emotions like joy or affection
 - Memory gaps related to the traumatic event
 - Social detachment or isolation
4. **Arousal & Reactivity**
 - Irritability or anger with minimal provocation
 - Sleep disturbances
 - Hypervigilance
 - Self-destructive behavior
 - Difficulty concentrating

A Personal Account: three Year Later and Still Stuck

A woman (“anonymous”) shares: “A year has passed, yet my mind is stuck on that moment. I work and smile, but inside I’m shattered. People think I’m fine, but my life revolves around just that one moment.”

Nimrah recounts that she was in a sincere, devoted relationship when one day, without warning, the person ended it via text, blaming her for everything. “It felt like being thrown from a high cliff into a deep sea. I’m still drowning in it.”

While she goes about her daily life and job, she avoids talking much or smiling. She prefers solitude. At weddings or celebrations, memories overwhelm her and she starts crying. “Often at night, tears come; I sit in silence, trying to find an answer to ‘What was my fault?’”

Her tearful, desolate eyes convey her suffering. She also said, “I keep believing I was punished for something I did wrong this guilt is unbearable.”

A psychologist comments that such individuals often blame themselves even when they’re innocent. Healing involves helping them realize that situations can’t always be controlled. Therapy must help them accept reality.

Treatment and Social Context

Experts affirm that PTSD is treatable but the first step is recognizing it. Therapy, counseling, medication, and other therapeutic methods may be employed.

In societies like Pakistan where mental health is still stigmatized, PTSD often intensifies. Many avoid seeking help due to shame, ignorance, or societal pressure.

We must openly discuss mental health, listen to silent sufferers, and if someone exhibits PTSD signs, we should reach out or guide them to a professional. Sometimes, a single caring step can save a life.

Research Insights:

According to recent researches:

- A meta-analysis of earthquake survivors in Iran and Pakistan (up to March 2019) found overall PTSD prevalence at 55.6%, with 49.2% among Pakistani survivors.
- A cross-sectional study of university students in Karachi revealed that over 25% screened positive for probable PTSD, with 93% reporting at least one traumatic event.
- A broader review pooling 57 studies (64,596 participants) reported a global PTSD prevalence of 23.7%.
- A WHO fact sheet (May 2024) states that up to 40% of individuals recover from PTSD within a year, but only 1 in 4 people in low- and middle-income countries seek treatment hindered by stigma, lack of services, and awareness.
- A 2024 study in Pakistan observed that adolescents exposed to trauma

were more likely to exhibit PTSD and anxiety, along with behavioral changes like increased aggression and reduced prosocial behavior.

Referenes:

- *Hosseinnejad et al. (2022)*: Meta-analysis found PTSD prevalence at 49.2% among Pakistani earthquake survivors ([PubMed](#))
- *WHO Fact Sheet (2024)*: Global PTSD prevalence at 3.9%, with up to 40% recovering within a year, though only 1 in 4 seek treatment in LMICs ([WHO](#))
- *Kessler et al. (WHO WMH Surveys)*: PTSD symptoms persist longer than previously thought; treatment access is far lower in low-income nations ([PMC](#))
- *Kip et al. (2024)*: PTSD prevalence around 26% in the general global population ([PMC](#))
- *Ng et al. (2020)*: PTSD prevalence of 25% in conflict zones in sub-Saharan Africa ([PLOS Medicine](#))
- *Woolgar et al. (2022)*: 21.5% PTSD rate among trauma survivors ([ScienceDirect](#))

Psychodynamic Therapy Through Teletherapy: Adapting Freud's Principles for Modern Practice

Ifray Naveed, Counseling Officer,
Sindh Integrated Emergency and Health Services

When Mariam first called for therapy, her voice carried the steady, composed tone of someone used to keeping emotions contained. At 32, she appeared outwardly successful, an accomplished professional with a busy social circle, yet beneath that calm surface she felt persistently anxious, disconnected, and caught in a repeating cycle in her relationships. She often went out of her way to please others, only to withdraw suddenly when she sensed the slightest rejection.

Her dreams were vivid and recurring. She often found herself standing alone in crowded stations or marketplaces, watching others leave without her. The feelings these dreams evoked, abandonment, exclusion, and quiet panic, were familiar companions.

Early Emotional Roots

In exploring her history, Mariam revealed a defining early loss. Her father had died suddenly when she was nine. Her mother, consumed by her own grief, became emotionally unavailable and discouraged emotional expression. Mariam learned quickly to hide her feelings, convinced that seeking comfort would only end in disappointment.

Although years had passed, the emotional imprint of this loss lingered in her adult life.

Her fear of abandonment and difficulty trusting others traced back to these formative experiences.

A Psychodynamic Understanding

From a psychodynamic perspective, Mariam's present difficulties were shaped by unconscious patterns rooted in early attachment disruptions and unresolved grief. Her defense mechanisms, intellectualizing her feelings, withdrawing emotionally, and projecting her fears onto others, served to protect her from anticipated rejection.

Transference emerged subtly during conversations. At times she experienced the therapist as distant or preoccupied, mirroring her childhood perception of her mother. The therapist's countertransference, the pull to reassure and maintain constant availability, illuminated just how deeply Mariam longed for steady emotional presence.

Working Through the Unconscious

Free association allowed Mariam to speak without self-censorship, uncovering connections between current frustrations and childhood experiences. Small, present-day events, such as a friend taking hours to reply to a message, stirred powerful feelings of being unimportant or forgotten.

Her recurring dream imagery became a vital doorway into the unconscious. In the train station scenes, the act of being left behind symbolized not only the sudden loss of her father but also the gradual emotional absence of her mother. Bringing these meanings to light transformed the dream from a source of quiet dread into a message that could be acknowledged and worked through.

By recognizing and naming these unconscious links, Mariam began to tolerate vulnerability in relationships, express her needs more openly, and resist the urge to withdraw at the first sign of uncertainty.

Why Teletherapy Worked

Initially skeptical about doing such emotionally deep work over the phone, Mariam found unexpected benefits in the teletherapy setting. Speaking from her own home created a sense of safety that encouraged honesty. The absence of face-to-face contact heightened her focus on tone, pacing, and pauses, often revealing subtle shifts in emotion that might have gone unnoticed in person.

The phone medium also reduced the pressure of direct eye contact, making it easier for her to share difficult or shame-laden memories. In this quieter space, she

could sit with her feelings without the urge to mask them with polite expressions or physical composure. Over time, the consistent voice on the other end of the line became a stable, reliable presence, a corrective emotional experience in itself.

Outcome

As therapy progressed, Mariam developed greater awareness of her patterns and the roots of her fears. She became less reactive to perceived rejection, able to remain emotionally present during moments of conflict, and capable of holding both sadness and warmth when thinking about her father. Her relationships began to feel less like unpredictable tests of loyalty and more like spaces where mutual trust could grow.

Conclusion

This case shows that Freud's foundational tools, exploring unconscious material through free association, interpreting dreams, and working with transference, remain highly relevant today. When thoughtfully adapted, these methods can be just as effective over the phone as in person.

For Mariam, the teletherapy connection was more than a technological convenience. It was a bridge to self-understanding, emotional resilience, and a renewed capacity for connection.

B o o k R e v i e w
“ A L e g i s l a t i v e O d y s s e y ”

Mr. Danish Ali, Research Assistant
Pakistan Institute for Parliamentary Services (PIPS)

Book Details: Senator Dr. Karim Ahmed Khawaja, A Legislative Odyssey, Publisher: Syed Munam Hussain, 2024. pp.1-481.

About the Author:

Senator Dr. Karim Ahmed Khawaja is a distinguished politician, psychiatrist, and legislator known for his untiring dedication to democratic principles and public service. He remained member of the Senate of Pakistan from 2012 to 2018. He also has the distinction to remain on a number key positions, which include Honorary Chairman of Sindh Mental Health Authority, Ex-advisor in the Department of Health, Government of Sindh, Ex-member of the Pakistan Medical and Dental Council (PMDC) and ex-Member, Human Rights Commission of Pakistan, to name a few. Throughout his political career, he has played a pivotal role in shaping legislative policies in Pakistan. Senator Karim Ahmed Khawaja has contributed in various domains including but not limited to human rights, health reforms, and governance, thereby making him a credible figure in parliamentary affairs.

Introduction:

A Legislative Odyssey is a captivating and insightful account of Senator Dr. Karim Ahmed Khawaja's legislative contributions to Pakistan's legislative framework. First of its kind in the political legislative history of Pakistan, the book summarizes the essential

features of his political journey, highlighting the challenges and triumphs of democratic policy-making in the country. This book fundamentally seeks to unearth how efforts made in the Senate of Pakistan having equal representation from all federating units can practically impact the lives of individuals across the country. It highlights the significance of diverse political attachments that may either tend to facilitate progress or obstruct it in every way; which clearly depends on the reciprocity between personal and political interests.

This book serves as both; a personal memoir and a detailed study of the legislative process in the Majlis e Shoora (Parliament of Pakistan), offering readers an in-depth perspective on the complex nature of governance. Syed Nayyar Hussain Bokhari, former Chairman Senate of Pakistan has written the foreword of the Book followed by remarks of fellow colleague Senator Farhatullah Babar.

The significance of "A Legislative Odyssey" lies in its ability to provide firsthand insights into the legislative mechanisms of Pakistan. The book is carefully composed, covering historical contexts, policy debates, and the real-life challenges faced by lawmakers. By knitting together personal experiences with broader legislative themes, Senator Dr. Khawaja crafts a narrative that is both informative and engaging.

Explanation of the Book:

The book is structured thematically, exploring various aspects of legislation. The book comprises a total of nine chapters; a brief over of each is given as follows:

1. First Chapter (Passed Bills): The first chapter encompasses a detailed overview of the bills introduced by Senator Dr. Karim Ahmed Khuwaja which were subsequently passed by the Senate of Pakistan after fulfilling all codal formalities. A total of five bills were passed which are outlined hereunder:

- i. The Un-attended Orphans (Rehabilitation and Welfare) Bill, 2013.
- ii. The Criminal Law (Amendment) Bill, 2017 (Omission of Section 325 of PPC).
- iii. The Transgender Persons (Protection of Rights) Bill, 2017.
- iv. Pakistan Bait-ul-Mal (Amendment) Bill, 2017 (Rehabilitation Centres for Disable Children).
- v. Prevention of Cruelty to Animals (Amendment) Bill, 2018.

2. Second Chapter (Introduced Bills):

The second chapter of this book includes bills introduced by the Senator Dr. Karim Ahmed Khuwaja in the Senate. The book particularly mentions the challenges faced by the Senator while introducing the bills as there was rigorous opposition from the treasury benches. The bills introduced have been enlisted below:

- i. The Protection of Cyber Crimes Bill, 2014. **(A comparative analysis between Prevention of**

Electronic Crimes Bill, 2015 by Government and Protection of Cyber Crimes Bill, 2014 by Senator Karim Ahmed Khuwaja is also given for better understanding of what makes it unique from the latter one).

- ii. The Constitution (Amendment) Bill, 2014 (Substitution of Article 28).
- iii. Introduction of the National Commission for International Law and Commitments Bill, 2016.
- iv. The Constitution (Amendment) Bill, 2016 **(amend the article 251 to make provisions for recognizing all languages mentioned in the constitution as 'official languages' of Pakistan).**
- v. The Constitution (Amendment) Bill, 2017 (Inserting New Article 25B titled right to basic necessities of life which includes food, shelter, water and health).
- vi. The Pakistan Council of Research in Water Resources (PCRWR) (Amendment) Bill, 2017.

3. Third Chapter (Resolutions): The third chapter of the book includes text of resolutions moved by Senator Dr. Karim Ahmed Khawaja throughout his tenure as a Senator from the Pakistan People's Party (PPP). A total of 19 resolutions were moved by the author as per the book. These resolutions pertain to a range of imperative themes including but not limited to interfaith harmony and Minority rights, Social welfare, Environment, Law a Order, and Sustainable Development. One of the resolutions passed unanimously by the Senate on 21st January, 2013 pertained to setting up of an orphanage for children of

unknow parentage and orphans in ICT. These resolutions are a clear testament of Senator Karim Ahmed Khawaja's keen commitment to the fact that elected Parliament is a citadel of human rights.

4. Fourth Chapter (Motions): The fourth chapter relates to motions moved by Senator Dr. Karim Ahmed Khuwaja on varying matters of public importance. A total of 13 motions were moved by the author.

5. Fifth Chapter (Point of Orders): The fifth chapter concerns point of orders raised by Senator Dr. Karim Ahmed Khuwaja. A total of fifteen (15) point of orders were raised by the author.

6. Sixth Chapter (Calling Attention Notices): This chapter contains calling attention notices moved by the Senator Dr. Karim Ahmed Khuwaja. A total of five (5) calling attention notices were moved by the author.

7. Seventh Chapter (Discussions on the Floor of the House): This chapter encapsulates discussions on bills, motions, resolutions, and public petitions on the floor of the house. This indicates active engagement and interest of the author in matters that affected public life. Overall, he participated in forty-four (44) debates throughout his tenure as Senator. Senator Khawaja contributed on diversified topics. Amongst the highlights, he expressed Pakistan's complete support to the cause of freedom of Palestine; he endorsed appropriate management of Pakistan's rivers in addition to calling upon for all measures regarding combating

corruption through across the board accountability with focus on off-shore companies. He also played a consistent role in critically analyzing in debate for formulating Senate recommendations to the National Assembly on the Finance Bill.

8. Eighth Chapter (Questions): This chapter includes questions asked by Senator Dr. Karim Ahmed Khuwaja. A total of 168 questions were asked by the author.

9. Ninth Chapter (Auxiliary Contributions): This chapter denotes additional contributions made by Senator Dr. Karim Ahmed Khuwaja apart from routine legislative activities. These include visits to different countries, speeches on the sidelines of various international fora, and participation in roundtable discussions etc.

Picture Gallery:

In the end, there is a picture gallery which provides invaluable capture of many momentous Occasions in black and white old pictures as well as colored photographs. It includes a precious Photo where former Prime Minister Mohtarma Benazir Bhutto is conferring MBBS degree to Dr. Karim Ahmed Khawaja at Liaquat Medical College in 1988. There are pictures of meetings dignitaries including the Hon. President Asif Ali Zardari and Chairman PPP Bilawal Bhutto and group photo clicks with senior Parliamentarians at the Joint Sitting of the Participation in well as capturing moments of committee meetings at the Senate and his participation in thematic roundtables with fellow legislators and experts held at the Pakistan Institute for Parliamentary Services (PIPS).

Conclusion:

The book *A Legislative Odyssey* is a meticulously crafted first-hand experience of Senator Dr. Karim Ahmed Khuwaja as a Member of the Senate of Pakistan. The book offers a captivating overview of his committed journey as a law maker; describing various personal anecdotes and legislative tools a law maker essentially utilizes while also revealing daunting challenges that arise in the way. Senator Dr. Karim Ahmed Khuwaja, through this book, has sought to illustrate that *a bill is not merely an ink on the paper, rather, it is a beacon of hope for those who are determined to serve.*

As for the readership of the book is concerned, this book is a must read for students of political science and law. The book can be of great utility for academicians and researchers who take keen interest in parliamentary and legislative matters as nothing can be more elaborate and relevant in this line than a personal memoir of a senator. Moreover, the book is no less a treasure for young Members of Parliament who can seek inspiration from the tireless struggle by a lawmaker aimed at establishing democratic principles and attaining parliamentary supremacy. The book provides insightful contribution of the author as well as guidelines and templates of various parliamentary tools that he utilized to highlight the matters of public importance so that the government moves for their redressal in the shape of implementational steps, introducing legislative initiatives or a policy intervention.

Many seasoned politicians and Member colleagues of Senator Dr. Karim Ahmed Khuwaja have rightly acknowledged the parliamentary services rendered by him and paid him a due tribute for writing a book which is by far unique. No matter the book has a natural flow and it is a good compilation of parliamentary contributions of the author yet few enhancements may further improve the overall ambiance and impact on readers. It would be better if a glossary defining the technical terms and jargons is added to facilitate the readers. Similarly, the quality of paper used and photograph printing as well as editing and proof reading needs to be enhanced in the second edition. Over all the author needs to be complimented for providing a bird's eye view of how a vibrant and dedicated Member of the Parliament highlight the matters pertaining to rights of the citizens. Senator Farhat Ullah Babar sums up the gist of the book and the author's efforts as he records that:

"During his stint in the Senate Dr Karim Khawaja vigorously pursued causes of marginalized sections of society, agitated cases of human rights violations, raised voice against armed militant groups & advocated normalization of relations with India for peace in the region."

We can conclude in the words of Senator Babar: "Karim Khuwaja wears several hats. He is a professional psychiatrist, a Parliamentarian, a writer and above all a humanist. One hopes that there are more like Karim Khawajas in the Parliament."

From Freud's Couch to Community Spaces: Rethinking Mental Health Through a Compassionate Lens

Dr. Shaista Ali Siddiqui: Technical Advisor Health,
Program Lead Ruhbaru, Charter for Compassion, Pakistan

Sigmund Freud's psychoanalytic tradition marked a turning point in understanding the human psyche. His theories about the unconscious, defense mechanisms, and the centrality of childhood experiences transformed the way mental illness was conceptualized. Yet, over a century later, how do these ideas resonate in the context of Pakistan—especially in rural Sindh, where mental health remains stigmatized, under-resourced, and often misunderstood?

In many communities, particularly among underserved populations, emotional distress rarely enters the conversation in clinical language. People come forward with fatigue, headaches, or chronic pain—symptoms that mask deeper suffering. Much like Freud's early observations of "hysteria," these physical complaints often carry a psychological root, buried under layers of social expectation, silence, and shame.

Working through the **Charter for Compassion's** mental health program *Ruhbaru*, I've witnessed firsthand how Freud's foundational concepts continue to echo—albeit in very different forms—across the villages, towns, and underserved communities of Pakistan. From crowded homes in urban informal settlements to isolated mountain villages, emotional distress often wears the mask of physical illness. What emerges through culturally adapted, community-centered approaches is

a reaffirmation of Freud's most enduring insight: **the mind speaks, even when we don't have the words.**

Listening Behind the Symptoms

One of the most revealing aspects of field-based mental health work is how psychological distress often appears in disguise. Children complain of stomachaches, adolescent boys speak of unexplained body pain, and women of chronic fatigue. At first glance, these may seem purely medical—but with time, space, and active listening, it becomes clear that school-related anxiety, caregiver burnout, and emotional neglect are silently at play. The culturally adapted "talking spaces" created within these interventions—whether in schoolyards, vocational centers, or informal settlements—mirror Freud's original premise: healing begins with expression. The difference lies in accessibility. These aren't clinics lined with bookshelves and couches, but tents and community rooms where empathy, language, and local norms guide the therapeutic process.

The Compassionate Lens

While Freud introduced the notion of defense mechanisms like denial, repression, and projection, their modern-day

manifestations are often shaped by culture. In Sindh, for instance, families may interpret a young person's withdrawal as laziness, or believe behavioral changes are the result of spiritual disturbance. In such settings, compassionate mental health practice means gently challenging these narratives—not through confrontation, but through education, trust-building, and deep cultural respect.

This approach doesn't rush to label or diagnose. It offers a mirror to communities so they can see their struggles in a new light—without fear, blame, or stigma. In one case, a teenager burdened by exam stress was thought to be “possessed.” Through careful dialogue, the family came to understand his distress as real and valid. This shift—from fear to understanding—is the essence of mental health work in culturally complex environments.

Making Mental Health Tangible

Freud's therapy was designed for individuals who could afford time, privacy, and introspection. In contrast, mental health in Pakistan today must contend with crowded homes, economic instability, intergenerational trauma, and limited literacy around psychological well-being.

In this landscape, the concept of a “talking cure” evolves. Sometimes healing comes through a brief conversation that affirms someone's pain. Sometimes it begins with a gesture—offering a chair, a glass of water, a listening ear. Sometimes it is about connecting the dots between physical symptoms and emotional realities.

The power of this approach lies in its humility. It does not impose, but invites. It does not pathologize, but validates. Above all, it centers the individual within their community, recognizing that well-being is not only personal, but relational and systemic.

Toward an Inclusive Mental Health Framework

Freud gave us a language for the psyche. But that language must now speak across cultures, languages, and lived experiences. In Sindh, this means working through Sindhi, Urdu, and regional dialects; it means involving elders, teachers, spiritual leaders, and caregivers; and it means recognizing that healing is not just a private journey, but a communal one.

As Sindh expands its efforts through initiatives under the **Sindh Mental Health Authority (SMHA)** and collaborations with non-government partners, the emphasis must remain on equity, empathy, and access. Whether through mobile health camps, helplines, or school-based programs, the goal is to build mental health systems that meet people where they are—physically, emotionally, and culturally.

The future of mental health care in Pakistan is not about abandoning Freud, but about evolving his vision. It is about placing the couch in the courtyard, the clinic in the village, and the conversation in the language of those who need it most. In doing so, we honor both the science of psychology and the spirit of compassion.

3 Things Freud Would Tell You in 2025

M. Shahroz Ghauri, Senior Counseling Officer,
Sindh Integrated Emergency and Health Services

If Sigmund Freud strolled into 2025, he'd likely be intrigued and a little alarmed. The therapist's couch has been traded for smartphones, handwritten notes for mood-tracking apps, and the mysterious unconscious has migrated into the circuitry of our algorithms. Yet despite all the technological glitter, Freud's core ideas still feel uncannily relevant, perhaps more than ever.

1. "Your unconscious mind still runs the show, but now it has Wi-Fi."

Freud's big idea was that much of what we think, feel, and do is driven by unconscious motives. Today, social media algorithms have become our new unconscious puppeteers.

We believe we're freely choosing to watch a video or scroll through a feed, but these algorithms, much like repressed desires, quietly pull us toward what we crave, fear, or secretly want to see.

Freud might urge you to notice what "accidentally" catches your attention online. That click on your ex's Instagram story, the endless stream of conspiracy videos, they're not random. They're digital breadcrumbs, possibly leading back to something unresolved within you.

2. "Technology can't replace the human connection you crave."

Freud valued the therapeutic relationship, the "talking cure," as a space where honesty could grow. In 2025, AI therapists and

mental health apps platforms are everywhere. He'd acknowledge their convenience but warn against losing the relational depth that makes therapy truly healing.

An app can track your mood or suggest coping strategies, but the kind of healing Freud envisioned comes from the human encounter, the sensation of being heard, challenged, and understood in real time. As he might put it: "Algorithms can process your words. They can't feel your silences."

3. "Your self-image is a performance and that's okay."

Freud explored how we present different "selves" depending on who's watching. In the age of social media, this has gone high-definition. The point isn't to stop performing, we all do it, but to be mindful when the performance overtakes the person.

He'd encourage you to check in with the self who exists offstage: the one without likes, filters, or follower counts. Spend time there. That's where your unedited identity lives, beyond the algorithms and applause.

In short, Freud's insights remain strikingly relevant. Our unconscious still guides us, our hunger for connection endures, and our identity continues to shift between who we are and how we're seen. The difference is that in 2025, these forces are wired into our devices, and Freud would want you to notice, reflect, and maybe even log off once in a while.

The National Medical Newspaper

**Medical
News**
Pakistan's First
Independent
Medical Periodical from
Karachi

Bahria University marks international drug awareness day with powerful seminar on recovery

Bahria University and Sindh Mental Health Authority bring experts together to raise awareness on addiction, prevention, and recovery strategies.

Staff Reporter 02:59 PM, 26 Jun, 2025



Experts and students engage in drug awareness and recovery seminar at Bahria University Karachi on International Day Against Drug Abuse 2025. (Photo: Medical News)

KARACHI: Observed each year on June 26, the International Day Against Drug Abuse and Illicit Trafficking is a global initiative led by the United Nations Office on Drugs and Crime (UNODC) to raise awareness about the severe impact of drug abuse and illegal trafficking. The 2025 theme, *"The evidence is clear: invest in prevention,"* highlights the urgency of promoting education, early intervention, and treatment strategies. In observance of this global day, the Institute of Professional Psychology at Bahria University Karachi, in collaboration with the Sindh Mental Health Authority, organized a seminar titled *"Breaking the Chains: Paths to Prevention and Recovery."*

The event aimed to educate students, faculty, and professionals about the growing challenges of substance use, behavioral addictions, and holistic paths to recovery. It created a platform for meaningful dialogue among mental health experts, clinicians, educators, and the wider student community.

Keynote remarks, expert presentations

The seminar began with a recitation from the Holy Quran, followed by an opening address from Senator Karim Khawaja, Chairman of the Sindh Mental Health Authority. He emphasized the importance of institutional partnerships in preventing drug use among youth.....

INTERNATIONAL
THE NEWS

BACK



Digital addiction, opiate abuse and vaping ruining Pakistani youth: experts

M. Waqar Bhatti Thursday, Jun 26, 2025

Addiction is no longer limited to narcotics but now includes increasingly prevalent behavioural dependencies such as compulsive smartphone use, social media obsession, and gaming addiction, experts warned on Tuesday during a seminar marking World Drug Day 2025.

MEMBER

Every 'destined' matter has a 'set' time to transpire. And you will soon come to know. (Al-Quran)

Chief Editor
Shah Muhammad Awan

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People's Doctors Forum JPMC commemorates birth anniversary of Shaheed Mohtarma Benazir Bhutto

Soon Times Correspondent
Karachi

The People's Doctors Forum (PDF) at Jinnah Postgraduate Medical Centre (JPMC) held a cake-cutting ceremony to celebrate the birth anniversary of Former Prime Minister Shaheed Mohtarma Benazir Bhutto — the first Muslim woman to serve as Prime Minister. The event was graced by distinguished guests including Senator Dr. Karim Khawaja, Mr. Fida Hussain Dhakan (Coordinator Bilawal House), Dr. Abdul Razaq Shaikh (President PDF Sindh), and Dr. Syed Ashiq Hussain Shah



(President PDF Karachi). The ceremony was honored by the presence of JPMC Executive Director Professor Shahid

Rasul, Joint Executive Director Dr. Suleman, Deputy Executive Director Dr. Yahya Khan, Deputy Director Dr. Nosheen Razi, Assistant Professor Dr. Mohammad Masood Khoso, Dr. Adeel (President), Deputy Director Security Dr. Sarwan Khan (General Secretary PDF JPMC), along with Dr. Mahenoor, Dr. Jawed, Dr. Imran, and others. A commemorative cake was cut, and participants paid rich tribute to the legacy and services of Shaheed Benazir Bhutto for the people of Pakistan and the restoration of democracy.



جمعرات/ 26 جون 2025ء
روزنامہ (صحت کراچی)

ملک میں تیسری عالمی افراد کی تعداد 67 لاکھ پہنچ گئی

78 فیصد مرد۔ 22 فیصد خواتین شامل ہیں۔ سالانہ 50 ہزار افراد اس بات میں مبتلا ہونے لگے۔ قلبی اداروں میں آگاہی پروگرام کیے جائیں۔ ماہرین

کراچی (رپورٹ: محمد اطہر فاروقی / اسٹاف رپورٹر) پاکستان میں منشیات کی لٹ میں 67 لاکھ سے زائد افراد ملوث ہیں۔ جس میں 20 لاکھ افراد یومیہ بنیادوں پر مستقل نشوں کے عادی ہیں۔ نشوں کی لٹ میں 78 فیصد مرد جبکہ 22 فیصد خواتین شامل ہیں۔ پاکستان سمیت دنیا بھر میں ہر سال 26 جون کو انسداد منشیات کا عالمی دن منایا جاتا ہے۔ سندھ میٹل ہیلتھ اتھارٹی کے اشتراک سے منعقد سیمینار میں ماہرین نے منشیات کے بڑھتے ہوئے رجحان کو ایک سنگین سماجی اور صحت عامہ کا بحران قرار دیا۔ ماہرین کے مطابق تعلیمی اداروں میں ذہنی صحت اور نشے سے بچاؤ کے موضوع پر باقاعدہ تربیتی نشستوں کا انعقاد کیا جائے کیونکہ بچاؤ ہی بہترین علاج ہے۔ تصدیقات کے مطابق پاکستان سمیت دنیا بھر میں ہر سال 26 جون کو انسداد منشیات کا عالمی دن منایا جاتا ہے۔ اس عالمی دن کے موقع پر یونیورسٹی کالج اور اسپتالوں کی کیمپس پر آگاہی پروگرام اور نشہ کی لٹ سے بچنے کے لئے مختلف سیمینار اور پروگرام کیے جاتے ہیں۔ اس حوالے سے اعداد و شمار حاصل کرنا چاہئے تو معلوم ہوا کہ سال 2013 کے بعد اس پر باقاعدہ کوئی قومی سروے نہیں کیا گیا ہے البتہ یو این او کی 2024 کی رپورٹ کے مطابق پاکستان میں تقریباً 67 لاکھ افراد منشیات کی لٹ میں مبتلا ہیں، جن میں عمریں 15 سے 64 سال کے درمیان ہے۔ ان میں سے 20 لاکھ افراد ایسے ہیں جو روزانہ نشہ کرتے ہیں اور مستقل نشے کے عادی ہیں۔ ان افراد میں 78 فیصد مرد جبکہ 22 فیصد خواتین شامل ہیں۔ مختلف رپورٹس کے مطابق پاکستان میں چرس، افیون، ہیروئن، اور انس کی بڑھتی ہوئی رجحانات دیکھنے میں آ رہے ہیں، جبکہ چند نشہ آور افراد میں انسج آئی وی کے پھیلاؤ اور صحت کے بڑھتے مسائل کی بھی نشاندہی کی گئی ہے۔ یہ واضح طور پر مشاہدہ کیا جاسکتا ہے کہ پاکستان میں منشیات کا استعمال ایک سنگین سماجی مسئلہ ہے۔ نشے سے بچاؤ اور جامع پالیسیاں تشکیل دینے کے لیے نئے قومی سروے کی اشد ضرورت ہے۔ اسی دن کے مناسبت سے بدھ کے روز بحیرہ یونیورسٹی میں سندھ میٹل ہیلتھ اتھارٹی کے اشتراک سے ایک سیمینار بعنوان زنجیروں کو توڑنا بچاؤ اور بحالی کی راہیں کا انعقاد کیا گیا۔ اس تقریب کا مقصد نوجوانوں اور پیشہ ورانہ افراد میں نشہ اور اشیاء کے استعمال، روہ جاتی لٹ اور بحالی کے طریقہ کار سے متعلق آگاہی پیدا کرنا تھا۔ سندھ میٹل ہیلتھ اتھارٹی کے چیئرمین، سینیٹر کریم خواجہ نے افتتاحی خطاب کیا۔ اس پروگرام میں ممتاز ماہرین نفسیات، ماہرین نفسی، اور نشے کے علاج سے وابستہ ماہرین نے شرکت کی، جس نے مختلف شعبہ جات کے ماہرین کو ایک پلیٹ فارم پر جمع کیا۔ مقررین میں ڈاکٹر یونیورسٹی ہیلتھ سائنسز، جامعہ کراچی، انسداد منشیات فورس، اور انسٹی ٹیوٹ پروفیشنل سائیکالوجی سے تعلق رکھنے والے ماہرین شامل تھے جنہوں نے افیون کی لٹ، مصنوعی محرکات کے استعمال، ڈیجیٹل نشہ، شہابی نشہ آور رویوں، اور نوجوانوں میں وینیک کے بڑھتے ہوئے رجحان پر جامع روشنی ڈالی۔ پروگرام کے اختتام پر انسٹی ٹیوٹ آف پروفیشنل سائیکالوجی کے ماہرین نفسیات کی جانب سے لٹ کے علاج میں کونسلنگ اور سائیکو تھراپی پر ایک مشیونرٹ ہوئی۔ سیمینار کی ایک نمایاں خصوصیت یہ تھی کہ ماہرین نفسیات اور ماہرین ذہنی امراض نے ایک ہی پلیٹ فارم پر شریک ہو کر لٹ سے بچاؤ، علاج، اور بحالی کے لیے ایک مربوط حکمت عملی کی اہمیت کو اجاگر کیا۔ سیمینار میں ماہرین نے منشیات کے بڑھتے ہوئے رجحان کو ایک سنگین سماجی اور صحت عامہ کا بحران قرار دیا۔ انہوں نے کہا کہ نوجوانوں کی رہنمائی ضروری ہے، خاص طور پر کالج اور یونیورسٹی سطح پر مشاورت مراکز قائم کیے جائیں۔



37 pc of women, girls in Thar Desert Region Battling Depression, Mental Health Camps Find

August 13, 2025

A mental health initiative of the Sindh Mental Health Authority (SMHA), covering over four and a half thousand subjects, has revealed that over 37 percent of the people—predominantly women and adolescent girls—suffer from depression in the desert belt of Sindh, which stretches over 50 thousand square kilometers.

Led by Senator Dr. Karim Ahmed Khawaja, the authority delivered landmark mental health camps across the desert belt districts of Tharparkar, Umerkot, Sanghar, and Khairpur between 2022 and 2025, the authority's communication and team members said.



The Thar Desert—the largest desert in Pakistan—covers an estimated area of 45,000 to 50,000 square kilometers within Sindh Province. In Sindh, the Thar Desert stretches across Tharparkar, Umerkot, Mirpurkhas, Sanghar, Khairpur, and parts of Sukkur and Ghotki.

These camps were designed for the general population, with a strong emphasis on women and adolescent girls, who face disproportionate barriers to mental healthcare due to poverty, cultural restrictions, and service inaccessibility. Over 4,570 individuals received free psychiatric consultations, diagnosis, treatment, psychosocial support, and medications during the initiative. Clinical data revealed that depression (34.7%) was the most common condition, followed by anxiety disorders (11.3%), intellectual disability (11.9%), epilepsy (9.02%), somatoform/conversion disorders (8.61%), and substance use disorders (4.0%).

The initiative was guided by a Council of Advisors comprising senior mental health experts, public health professionals, development specialists, and community leaders who ensured strategic direction, technical oversight, and cultural sensitivity in service delivery. Mental health experts from leading institutions, including Jinnah Postgraduate Medical Centre (JPMC), Dow University of Health Sciences (DUHS), Liaquat University of Medical and Health Sciences (LUMHS), University of Karachi (UoK), Thar Foundation, Ghulam Muhammad Mahar Medical College Sukkur (GMMMC), International Organization for Migration (IOM) UN, Jinnah Sindh Medical University Karachi (JSMU), Peoples Primary Healthcare Initiative (PPHI), Syed Abdullah Shah Institute of Medical Sciences, Sehwan (SASIMS), Institute of Clinical Psychology Karachi (ICP), Department of Psychology, University of Sindh, and Sir Cowasjee Institute of Psychiatry & Behavioural Sciences, volunteered their time and expertise to provide high-quality consultations and counselling.



METROPOLITAN

DAWN THURSDAY AUGUST 14, 2025

Need stressed for telepsychiatry service at rural health centres

Experts call for integration of mental health into primary care

By Our Staff Reporter

KARACHI: Sharing their clinical observations and data gathered during medical camps organised in four desert-belt districts over the past four years, speakers at a seminar held on Wednesday underscored the need to integrate mental health into primary care services and initiate telepsychiatry services at rural health centres.

Organised by the Sindh Mental Health Authority (SMHA) at the PMA House, the event also marked the launch of a report highlighting the authority's efforts in setting up the camps and providing much-

needed treatment to a large population residing in Tharparkar, Umerkot, Sanghar and Khairpur between 2022 and 2025.

Speaking at the event, experts said the camps were designed for the general population, with a strong emphasis on women and adolescent girls, who face disproportionate barriers to mental healthcare due to poverty, cultural restrictions and inaccessibility of services.

The audience was informed that more than 4,570 individuals had received free psychiatric consultations, diagnoses, treatment, psychosocial support and medication during the initiative, which was guided by a council of advisers comprising senior mental health experts, public health professionals, development specialists and community leaders, who ensured strategic direction, technical oversight and cultural sensitivity in

service delivery.

The clinical data collected during the camps showed that depression (34.7 per cent) was the most common disorder, followed by intellectual disability (11.9pc), anxiety disorders (11.3pc), epilepsy (9.02pc), somatoform/conversion disorders (4.61pc) and substance use disorders (4.0pc).

"This model proves that with dedication, strategic partnerships and data-driven planning, mental health services can reach even the most remote and neglected communities. The data collected in the camps will help guide future policies and improve mental health programmes," said SMHA Chairman Senator Dr Karim Ahmed Khawaja.

He appreciated all those involved in the collaborative effort, stating that field staff and district-level focal persons had coordinated on-ground logistics, identified camp locations,

mobilised communities and ensured smooth operations before and during the clinics.

The report recommends training lady health visitors and teachers in basic mental health screening and referral, expanding awareness campaigns to reduce stigma and promote early help-seeking, collecting district-wise mental health data for planning and resource allocation, and ensuring cross-sector collaboration.

It also calls for strengthening referral pathways to secondary and tertiary psychiatric care, developing gender-sensitive programmes targeting women and adolescent girls, and enforcing the Child Marriage Restraint Act through community-level advocacy.

Furthermore, it urges official recognition of historically marginalised communities, particularly Scheduled Castes/Dalits, to strengthen their pro-

tection against discrimination and ensure equal access to education, employment and political participation.

According to SMHA officials, mental health experts from leading institutions — including Jinnah Postgraduate Medical Centre, Dow University of Health Sciences, Liaquat University of Medical and Health Sciences, University of Karachi, Thar Foundation, Ghulam Muhammad Mahar Medical College, Sukkur, Jinnah Sindh Medical University, Peoples' Primary Healthcare Initiative (PPHI), Syed Abdullah Shah Institute of Medical Sciences, Sehwan, Institute of Clinical Psychology Karachi, Psychology Department of the University of Sindh and Sir Cawasjee Institute of Psychiatry & Behavioural Sciences — volunteered for the camps.

mbaz speed' turns slow for Karachi

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Over 30,000 students pass matric science exams with A-1 grade



پاکستان کے صوبہ سندھ کے چار صحرائی علاقوں میں 34 فیصد سے زائد آبادی ذہنی امراض کا شکار ہے۔ جس میں ڈپریشن سب سے زیادہ غالب مرض ہے جبکہ دوسرے نمبر پر بے چینی ایک بڑا مسئلہ ہے۔

حکومت سندھ کی جانب سے سندھ مینٹل ہیلتھ اتھارٹی نے تھرپارکر، عمرکوٹ، سانگھڑ اور خیرپور کے صحرائی علاقوں میں لگائے گئے مینٹل ہیلتھ کیمپس کے بعد یہ رپورٹ تیار کی ہے۔ ان اضلاع کی مجموعی آبادی ایک کروڑ ہے۔

مینٹل ہیلتھ اتھارٹی کے چیئرمین ڈاکٹر کریم خواجہ کے مطابق ان اضلاع میں خودکشیوں کی شرح میں اضافے کے بعد یہ کیمپ لگائے گئے تھے۔

ان کے مطابق 2016 سے لے کر 2020 تک تھرپارکر میں 79، عمرکوٹ میں 64، سانگھڑ میں 66 خودکشی کے واقعات رپورٹ کیے گئے ہیں۔

اس رپورٹ کے مطابق عمرکوٹ میں ڈپریشن کی شرح 48.5 فیصد ہے۔

سانگھڑ میں بے چینی کے شکار مریض سب سے زیادہ تھے، جن کی شرح 32.81 فیصد تھی، اس کے بعد ڈپریشن 29.4 فیصد تھا۔

خیرپور میں بے چینی کا مرض سب سے زیادہ تھا۔ جس کی شرح 31.22 فیصد تھی، اس کے بعد ڈپریشن کا مرض 25.95 فیصد تھا۔

2022 اور 2025 کے درمیان دور دراز صحرائی علاقوں میں کیے گئے حالیہ فیلڈ انٹرویوز، کمیونٹی ہیلتھ سکریننگ، اور مشاورت اس بات پر روشنی ڈالتی ہے کہ عام ذہنی امراض میں ڈپریشن اور بے چینی کی شرح زیادہ ہے۔

یہ مسئلہ خواتین اور نوجوان لڑکیوں میں جو غربت، صنفی بنیادوں پر امتیازی سلوک اور جلد یا جبری شادیوں جیسے کثیر جہتی دباؤ کا سامنا کرتی ہیں سامنے آیا جبکہ نوجوان مردوں میں معاشی مشکلات اور بے روزگاری کی وجہ سے منشیات کے استعمال کا رجحان بڑھ رہا ہے۔ رپورٹ کے مطابق صحرائی پٹی کو شدید معاشی چیلنجز کا سامنا ہے جن میں فی کس آمدنی میں کمی، ناقص انفراسٹرکچر، محدود صنعتی ترقی اور موسمیاتی تبدیلی شامل ہے۔ مسلسل قحط سالی، پانی کی کمی اور منڈیوں تک محدود رسائی کی وجہ سے تھرپارکر، عمرکوٹ اور مشرقی سانگھڑ میں ذریعہ معاش انتہائی غیر محفوظ ہے۔

S o c i a l M e s s a g e

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. MPfau, 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-

111117642) 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 (022-111117642) 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 TelePsychiatry 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

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انساني سرپرستي ۽ مشيني اوزارن جي گڏيل استعمال سان ئي بهتر نتيجا حاصل ٿي سگهن ٿا. جيڪڏهن صحيح حڪمت عملي سان AI کي ذهني صحت جي شعبي ۾ لاڳو ڪيو وڃي، ته سنڌ ۾ ماهرن جي ڪوت سبب پيش ايندڙ مسئلن کي صرف ٻن سالن اندر گهڻو گهٽائي يا بالڪل ختم ڪري سگهجي ٿو.

نتيجو (Conclusion)

ذهني صحت انساني زندگيءَ جو بنيادي حصو آهي. جي صحيح ۽ ذميواري استعمال سان ذهني تڪليفن کي گهٽائڻ، مهلائي تشخيص ڪرڻ ۽ علاج کي بهتر بنائڻ ممڪن آهي. پر ان جو استعمال هميشه اخلاقيات، رازداري ۽ انساني مهارت واري نظرداري سان ڳنڍيل هجڻ گهرجي. اهڙي متوازن روئي سان مستقبل ۾ ذهني صحت جو بحران گهٽائي سگهجي ٿو، خاص طور تي سنڌ جهڙن علائقن ۾ جتي ماهرن ۽ تربيت ورتل مددي اداري قوت جي ڪوت سنگين مسئلو بڻيل آهي.

مصنوعي ذهانت ۽ ذهني صحت (AI and Mental Health) ڇا آهي؟

1. جلدي سڃاڻپ : ڳالهائڻ، چهرې جا تاثر ۽ آن لائين سرگرمين مان ذهني بيمارين جي ابتدائي سڃاڻپ.
2. انفراديت : فرد جي عادت ۽ ماضي جي بنياد تي ذاتي نوعيت جا علاج ۽ مشورا.
3. ڊجيٽل ٿراپي ۽ چيٽ بوٽس : 24 ڪلاڪ جذباتي سهڪار ۽ ابتدائي مشاورت.
4. ٿراپسٽن لاءِ سهولت : ڪيسن جي رپورٽنگ ۽ تجزيي ۾ مدد، جنهن سان وقت بچي ٿو.
5. اڳواٽ خبرداري : خطري وارن ماڻهن جي سڃاڻپ ۽ ممڪن خودڪشي روڪڻ لاءِ اڳواٽ اطلاع.

ممڪن خدشا

- رازداري ۽ ڊيٽا سيڪيورٽي: مريضن جي ذاتي ڊيٽا جي حفاظت.
- اخلاقي مسئلا: مشينون انساني جذبات کي مڪمل سمجهي نٿيون سگهن.
- غلط تشخيص: محدود ڊيٽا يا اڳواٽ ٺهيل راءِ سبب غلطي جو خطن.
- انساني رابطي ۾ گهٽتائي: مشيني اوزارن تي ضرورت کان وڌيڪ ڀروسو.
- معاشي تفاوت: ديهي ۽ غريب علائقن ۾ ٽيڪنالاجي تائين محدود رسائي.

بحث (Discussion)

مصنوعي ذهانت جي تيز ترقي سان ذهني صحت جي سهولتن کي وڌيڪ موثر، سستو ۽ پهچ وارو بڻائڻ ممڪن ٿي چڪو آهي. ساڳي وقت ان ۾ تيزي سان واڌارا ب اچي رهيا آهن. موجوده صورتحال ۾، سنڌي ٻولي ۾ ڊجيٽل اوزار ۽ آن لائين سهولتون موجوده هيلٿ ڪئير سسٽم کان گهڻو بهتر ثابت ٿي سگهن ٿيون. پر، هن لاءِ ضروري آهي ته حڪومت، صحت جا ادارا ۽ ٽيڪنالاجي ڪمپنيون گڏجي اخلاقي ۽ قانوني ضابطن کي يقيني بڻائن.

مصنوعي ذهانت (AI) هڪ ٽيڪنالاجي آهي جتي مشينن کان سکڻ (Machine Learning)، ڊيٽا جو تجزيو (Data Analytics) ۽ قدرتي ٻولي جي پروسيسنگ (Natural Language Processing – NLP) وسيلي انساني ذهانت جي پوئواري ڪئي وڃي ٿي. هن وقت مصنوعي ذهانت ايترو ت اڳتي وڌي چڪي آهي جو ان جي استعمال سان سموري موجود علمن جي ڊاٽا کي پروسيس ڪري، سيڪنڊن ۾ بهترين نتيجا مرتب ڪري سگهجن ٿا. جيڪو عام طور تي ان تيزي سان ڪنهن ب ماهر انسان لاءِ ممڪن ناهي رهيو. ساڳي وقت اهو ب چيو وڃي ٿو ت مصنوعي ذهانت جي ڪري ايندڙ ڪجهه سالن ۾ جيڪي ڪم پنج ماڻهو هاڻي ڪن ٿا، پوءِ ساڳيو ڪم رڳو هڪ ماڻهو مصنوعي ذهانت جي استعمال سان بهتر نموني ڪري سگهندو. دنيا پوري ۾ ذهني صحت جي ماهرن جي وڏي ڪوت آهي. سنڌ ۾ ت تجربڪار ۽ تربيت ورتل ذهني صحت جي شعبي جا ماهر آبادي جي ڀيٽ ۾ اتي ۾ لوڻ برابر آهن. مصنوعي ذهانت ان ماهر ۽ تجربڪار افرادي قوت جي ڪوت کي جديد ٽيڪنالاجي پاران پيش ڪيل طريقن وسيلي اهڙا حل پيش ڪري رهي آهي جو ان جي استعمال سان ماهر افرادي قوت جي ڪوت ماضي جو قصو بڻجي ويندي. مصنوعي ذهانت جا مشيني وسيل هڪ ئي وقت هزارين ماهرن کان ب وڌيڪ ۽ بهتر خدمتون سرانجام ڏيندا، جنهن جي شروعات ڪجهه سالن کان ٿي چڪي آهي ۽ ان ۾ هر وقت وڏا واڌارا ب خودڪار طريقن سان ٿيندا رهن ٿا. هاڻي مصنوعي ذهانت جا مختلف وسيل مريضن سان سندن ئي ٻولين ۾ له وچڙ ڪندي، حل ۽ وڏا فائدا ڏين ٿا. خوش قسمتي سان مصنوعي ذهانت جي ڪجهه بندوبستن ۾ سنڌي ٻولي جي استعمال سهولت هن وقت ب موجود آهي..

ممڪن فائدا

ذهني صحت ۽ مصنوعي ذهانت: امڪان، چئلينج ۽ مستقبل

ڊاڪٽر علي گل ميتلو

اختصار (Abstract)

پيچيده بڻجن ٿيون.

ماهرن جي ڪوٽ

عالمي صحت جي اداري WHO جي معيارن موجب، هر لک آبادي تي گهٽ ۾ گهٽ هڪ نفسياتي ماهر هجڻ لازمي آهي. پر سنڌ ۾ اڌ کان وڌيڪ ضلعن ۾ ڪا به ذهني صحت جي سهولت موجود ناهي. پاڪستان جي ڪل 25 ڪروڙ آبادي لاءِ صرف 1200-1500 ڪواليفائيڊ سائيڪيٽرسٽ موجود آهن. سنڌ جي 7 ڪروڙ آبادي لاءِ تقريباً 400-450 سائيڪيٽرسٽ آهن، جيڪي گهڻو ڪري وڏن شهرن تائين محدود آهن. ساڳي صورتحال سائيڪولاجسٽن، ذهني صحت جي نرسن، ڪائونسلرن ۽ سماجي ورڪرن جي آهي. نتيجي ۾ ننڍن شهرن ۽ ڳوٺن ۾ مريض بغير علاج جي زندگيون گذارڻ تي مجبور آهن. بنا ڪنهن مناسب ۽ مهلائي علاج جي مريضن جا مرض وڌيڪ وڌندا ۽ پيچيدا ٿيندا رهن ٿا. سنڌ ۾ خودڪشين جا وڌندڙ واقعا به ان ئي بحران جي نشانهي ڪن ٿا. ذهني مريضن کي وقتائتي مدد ملي ت خودڪشين جي واقعن کي گهڻو گهٽائي سگهجي ٿو.

وڌندڙ بار

عالمي صحت جي اداري WHO موجب، دنيا ۾ هر ڇهون ماڻهو پنهنجي زندگيءَ ۾ ڪنهن نه ڪنهن ذهني بيماري جو شڪار ٿئي ٿو. جڏهن ته مقامي سطح تي رپورٽون ظاهر ڪن ٿيون ته سنڌ ۾ هر ٽيون ماڻهو ذهني دٻاءُ يا ڪنهن ٻئي نفسياتي يا ذهني عارضي ۾ مبتلا آهي. ساڳي وقت ٻيون جسماني بيماريون ۽ سماجي مسئلا وڌيڪ ذهني مريض پيدا ڪندا رهن ٿا. جن جي مناسب ۽ وقتائتي تشخيص ۽ علاج، سهولتن، وسيلن ۽ تربيت ورتل افراڊي قوت جي ڪوٽ سبب نٿو ڪري سگهجي.

عالمي صحت جي اداري (WHO) جي وصف موجب "صحت جسماني، ذهني ۽ سماجي چڱيلائيءَ جي مڪمل حالت جو نالو آهي، نه ڪي رڳو ڪنهن بيماري يا ڪمزوريءَ جي غير موجودگي". ان موجب انساني صحت جسماني، ذهني ۽ سماجي چڱيلائي جي ٽن مک بنيادن تي ٻڌل آهي.

پاڪستان، خاص طور تي سنڌ ۾، ذهني صحت، ٻين ٻن پاسن جي ڀيٽ ۾ گهڻو نظرانداز ٿيل آهي. ماهرن جي ڪوٽ، سماجي بدنامي ۽ علاج جي محدود سهولتن سبب ذهني بيمارين جو بار وقت گذرڻ سان وڌندو رهي ٿو. اهڙي صورتحال ۾ مصنوعي ذهانت (Artificial Intelligence – AI) جي تيز ترقي ذهني صحت جي شعبي ۾ نون موقعن ۽ حلن کي جنم ڏئي رهي آهي. هي مقالو ذهني صحت ۽ AI جي لاڳاپي، ان جا امڪاني فائدا، خدشا ۽ مستقبل جا امڪان مختصر طور تي بيان ڪري ٿو.

مک لفظ (Keywords): ذهني صحت، مصنوعي ذهانت، ڊپريشن، تشخيص، رازداري، اخلاقيات

مهاڳ (Introduction)

صحت جي مڪمل حالت موجب، جسماني، ذهني ۽ سماجي چڱيلائي هڪٻئي سان ڳنڍيل آهن. پر پاڪستان ۾ ذهني صحت کي هميشه گهٽ اهميت ڏني وئي آهي. سنڌ ۾ ب وڏي پيماني تي ذهني بيمارين جا ڪيس موجود آهن، جڏهن ته ماهرن ۽ علاج جون سهولتون گهٽتي جوڳي حد تائين محدود آهن. ذهني صحت جي ماهرن ۽ تربيت ورتل افراڊي قوت جلدي تيار ڪرڻ ب ڏنل صورتحال ۽ زميني حقيقتن جي پيشنظر سڌرندڙ نظر نٿي اچي. اهڙي صورتحال ۾ ٽيڪنالاجي، خاص طور تي مصنوعي ذهانت، هڪ نئين اميد ۽ اتساه طور سامهون اچي رهي آهي.

موجوده صورتحال (Current Situation)

سماجي بدنامي ۽ اڻڄاڻائي

ذهني صحت بابت سماجي بدنامي ۽ غلط خيالن سبب ماڻهو مدد وٺڻ کان ڪيائين ٿا. نتيجي ۾ بيماريون گهڻيون رهندي، وڌيڪ

7. ستون باب (ايون ۾ بحث) — ڊاڪٽر خواجه گل

44 بحثن ۾ حصو ورتو. فلسطين جي حمايت ،
درياهن جي انتظام ۽ بدعنواني خلاف قدم هن جي
اهم خطابن ۾ شامل آهن.

8. اٺون باب (سوال جواب ۽) — 168 سوال ڪيا
ويا.

9. نائون باب (اضافي خدمتون) — پرڏيهي دورا ، بين
الاقوامي فورمن ۾ تقريرون ، ۽ رٿونڊ ٽيبل بحثن ۾
شرڪت جو احوال.

آخر ۾ ، هو چون ٿا:

”ڪريم خواجه ڪيترن ئي روپن ۾ موجود آهي — نفسيات
دان ، پارلياماني ، ليکڪ ۽ سڀ کان اهم هڪ انسان
دوست. اميد آهي ته اسان جي پارليامان ۾ وڌيڪ اهڙا
شخصيتون پيدا ٿين.“

تصويري گيلري

آخر ۾ هڪ تصويري گيلري شامل آهي ، جنهن ۾ اهم سياسي
لمحن جون تصويرون آهن ، جيئن محترمه بينظير ڀٽو پاران
1988 ۾ ڊاڪٽر خواجه کي ايم پي ايڊس ڊگري ڏيڻ ، ۽
سينيٽ ۾ گڏجاڻيون ۽ رٿونڊ ٽيبل بحثن ۾ شرڪت.

نتيجو

“A Legislative Odyssey” هڪ اهم دستاويز آهي جيڪو
هڪ سينيٽر جي تجربي مان قانونسازي جي عمل کي
سمجهڻ ۾ مدد ڪري ٿو. هي ڪتاب سياست ۽ قانون جا
شاگرد ، استاد ۽ محقق لاءِ قيمتي آهي. نون پارلياماني ميمبرن
لاءِ به اهو الهام جو ذريعو آهي ته ڪيئن محنتي قانون ساز
عوامي مسئلا اجاگر ڪري حڪومت کي قدم کڻڻ تي
مجبور ڪن ٿا.

سينيٽر فرحت الله بابر جو چوڻ آهي:

”ڊاڪٽر ڪريم خواجه سينيٽ ۾ پنهنجي عرصي دوران
نظرانداز ٿيندڙ طبقن لاءِ آواز اٿاريو ، انساني حقن جي
ڀڃڪڙين خلاف وڙهيو ، انتهاپسند گروهن کي للڪاريو ۽
ڀارت سان امن قائم ڪرڻ لاءِ جدوجهد ڪئي.“

ڪتاب جو جائزو

“A Legislative Odyssey”

ليکڪ: مسٽر دانش علي ، ريسرچ اسسٽنٽ

پاڪستان انسٽيٽيوٽ فار پارلياماني سروسز

ڪتاب جي تفصيل

اهو ڪتاب هڪ ذاتي يادگيرين جو مجموعو به آهي ۽ ساڳئي وقت پاڪستان جي پارلياماني عمل جو تفصيلي جائزو به ، جيڪو پڙهندڙن کي حڪومت جي پيچيده نوعيت کي ويجهو کان سمجهڻ جو موقعو ڏئي ٿو.

سينيٽر ڊاڪٽر ڪريم احمد خواجه ، A Legislative Odyssey، پبلشر: سيد منعم حسين ، 2024. صفحا: 481.

ڪتاب جي وضاحت

ڪتاب کي موضوعاتي انداز ۾ ٽو ٻاڻن ۾ ورهايو ويو آهي:

ليکڪ بابت

سينيٽر ڊاڪٽر ڪريم احمد خواجه هڪ نامور سياستدان ، نفسيات دان ۽ قانون ساز آهن ، جيڪي جمهوريت جي اصولن ۽ عوامي خدمتن لاءِ پنهنجي بي پناهه محنت جي ڪري سڃاتا وڃن ٿا. هو 2012 کان 2018 تائين پاڪستان جي سينيٽ جو ميمبر رهيو. هن ڪيترن ئي اهم عهدن تي پڻ خدمتون انجام ڏنيون ، جن ۾ سنڌ مينٽل هيلٿ اٿارٽي جو اعزازي چيئرمين ، صحت کاتي ۾ مشير ، پاڪستان ميڊيڪل ۽ ڊينٽل ڪائونسل جو ميمبر ۽ انساني حقن جي ڪميشن جو ميمبر شامل آهن. پنهنجي سياسي سفر دوران ، هن قانونسازي پاليسين کي شڪل ڏيڻ ۾ اهم ڪردار ادا ڪيو.

تعارف

“A Legislative Odyssey” هڪ دلڪش ۽ بصيرت ڀريو احوال آهي جيڪو ڊاڪٽر ڪريم احمد خواجه جي قانونسازي خدمتن تي ٻڌل آهي. هي ڪتاب پاڪستان جي سياسي ۽ قانوني تاريخ ۾ پنهنجي نوعيت جو پهريون ڪم آهي ، جنهن ۾ هوءَ پنهنجي سياسي جدوجهد ، جمهوريت جي چيلينجز ۽ ڪاميابين کي اجاگر ڪري ٿو. ڪتاب ۾ خاص طور تي اهو ڏيکاريو ويو آهي ته سينيٽ ، جتي سڀني صوبن کي برابر نمائندگي حاصل آهي ، ڪيئن عام ماڻهن جي زندگي تي عملي اثر وجهي سگهي ٿي.

1. پهرين باب (پاس ٿيل بل) — هن ۾ پنج اهم قانونن جو ذڪر آهي ، جن ۾ ڀتيم ٻارن جي پلائي بل 2013 ، ٽرانس جينڊر ماڻهن جا حق بل 2017 ، ۽ جانورن سان ظلم روڪڻ وارو بل 2018 شامل آهن.
2. ٻيو باب (پيش ڪيل بل) — هن ۾ اهڙا بل شامل آهن جيڪي ڊاڪٽر خواجه پيش ڪيا پر سخت مخالفت کي منهن ڏنو. مثال طور سائبر ڪرائم پروٽيڪشن بل 2014 ، آئيني ترميم بل 2016 جنهن ۾ سڀ قومي ٻولين کي سرڪاري ٻولين جو درجو ڏيڻ جي تجويز هئي.
3. ٽيون باب (قراردادن) — ڪل 19 قراردادن پيش ڪيون ويون جن ۾ بين المذهبي هم آهنگي ، اقليتن جا حق ، سماجي پلائي ۽ ماحولياتي مسئلا شامل هئا.
4. چوٿون باب (محرڪ تحريڪون) — 13 عوامي اهميت جي معاملن تي تحريڪون شامل آهن.
5. پنجون باب (نڪاتي اعتراض) — 15 نڪاتي اعتراض جو احوال.
6. ڇهون باب (توجه ڇڪائڻ واريون نوٽيسون) — ڪل 5 نوٽيسون پيش ڪيون ويون.

ذهني صحت ۽ ڊجيٽل دور: ٽيڪنالاجي جا فائدا ۽ خطرات جو توازن

غلام مصطفيٰ، سماجي ڪارڪن، مانيٽرنگ اسپيشلسٽ ۽ تعليمي ماهر

اضافي نفسياتي دٻاءَ ۾ مبتلا ڪري سگهي ٿو. انهن پليٽ فارمن تي ٻين جي زندگي جا مشغول ۽ خوشگوار لمحات ڏسي، ماڻهو پنهنجي زندگي ۾ گهٽتائي محسوس ڪري سگهن ٿا، جيڪو ڊپرشن ۽ پريشاني جا سبب بڻجي سگهي ٿو.

ان کان علاوه، ڊجيٽل اسڪرين تي گهڻو وقت گذارڻ سان ذهني ۽ جسماني صحت تي اثر پئجي سگهي ٿو. اسمارٽ فونز ۽ ڪمپيوٽرز تي گهڻا ڪلاڪ گذارڻ سان، اينزائٽي ۽ تناو ۾ اضافو ٿي سگهي ٿو. اسڪرين تي گهڻو وقت گذارڻ سان، سمهن ۾ مشڪلاتن، ۽ جسماني سرگرمين ۾ گهٽتائي سبب صحت جي ٻين مسئلن جو سامهون ٿي سگهي ٿو. ان کان علاوه، نوجوانن ۾ انٽرنيٽ ۽ سوشل ميڊيا جو وڌيڪ استعمال انهن ۾ نفسياتي بحران جهڙوڪ خودڪشي جا خيال، ايس ڊي ايس (سوشل ڊس ڪانيڪشن) ۽ ايسٽيم ۾ گهٽتائي کي وڌائي سگهي ٿو.

ڊجيٽل ٽيڪنالاجي ۽ خودڪشي: هڪ نئون خطرو

ٽيڪنالاجي جي وڌندڙ اثر سان گڏ، انٽرنيٽ تي ماڻهن کي منفي مواد، جهڙوڪ خودڪشي ۽ انڊن پيغامن جو سامهون پڻ ٿي رهيو آهي. آن لائن فورمز، سوشل ميڊيا، ۽ ويب سائيٽس تي خودڪشي جي حوصلا افزائي ڪندڙ مواد جي موجودگي، نوجوانن ۽ ٻيا حساس افراد لاءِ هڪ سنگين خطرو بڻجي سگهي ٿي. ڊجيٽل دنيا ۾ اها اضافي معلومات ڪيترن ئي ماڻهن جي نفسياتي صحت تي اثرانداز ٿي رهي آهي، ۽ اهو اهم آهي ته ان خطري کي سمجهڻ ۽ ان بابت احتياط ڪرڻ جي ضرورت آهي.

صحت جي وچ ۾ توازن: ٽيڪنالاجي جو صحيح استعمال

اڄو ته اهو واضح ڪريون ته ڊجيٽل ٽيڪنالاجي خود ۾ نقصانڪار ناهي، پر ان جو استعمال هڪ مخصوص توازن ۾ هجڻ گهرجي. اهو ضروري آهي ته ماڻهو انٽرنيٽ ۽ سوشل ميڊيا جو استعمال اعتدال سان ڪن. جڏهن ته سوشل ميڊيا ۽ ڊجيٽل اوزار ذهني صحت ۾ مدد فراهم ڪري سگهن ٿا، ان جو وڌ ۾ وڌ استعمال معلومات جي اوورلوڊ، پريشاني ۽ ذهني دٻاءَ جو سبب بڻجي سگهي ٿو.

ان سان گڏ، والدين، اساتذہ، ۽ ڪميونٽي کي اهم ڪردار ادا ڪرڻ گهرجي، جيئن نوجوانن کي ڊجيٽل مواد جو صحيح استعمال سکيا وڃي. نفسياتي ماهرن کي انٽرنيٽ ۽ آن لائن وسائل کي پنهنجي علاج ۾ استعمال ڪرڻ کان پوءِ ان جا منفي اثرات به سڃاڻڻ گهرجن، ۽ ان کي متوازن طريقي سان علاج ۾ شامل ڪرڻ گهرجي.

ڊجيٽل ٽيڪنالاجي جو دور اسان جي زندگي جو اهم حصو بڻجي چڪو آهي، ۽ ان جو اثر هر شعبي تي صاف طور تي نظر اچي ٿو. جڏهن ته ان ٽيڪنالاجيءَ سان گڏ وڏا فائدا حاصل ٿيا آهن، خاص طور تي ذهني صحت جي حوالي سان، ان جي استعمال سان گڏ ڪيترائي چيلنجز ۽ خطرا پڻ موجود آهن. ڊجيٽل ٽيڪنالاجي هڪ طرف مدد فراهم ڪندي آهي، جيئن نفسياتي علاج ۾ انٽرنيٽ ذريعي رسائي، آن لائن تهرابي، ۽ موبائل ايس، جڏهن ته ٻئي طرف ان جو غلط استعمال اضافي تناو، پريشاني، ۽ معلومات جي اوورلوڊ جهڙن مسئلن کي جنم ڏئي رهيو آهي.

ذهني صحت ۾ ڊجيٽل ٽيڪنالاجي جي مدد

ڊجيٽل ٽيڪنالاجي ذهني صحت جي علاج ۽ سپورٽ ۾ اهم ڪردار ادا ڪري رهي آهي. آن لائن نفسياتي مشاورت ۽ ٽيلپراي انهن ماڻهن لاءِ هڪ نئين اميد آهي جيڪي جسماني طور تي نفسياتي ڪلينيڪس تائين رسائي حاصل نٿا ڪري سگهن. انٽرنيٽ ۽ موبائل ايس جهڙوڪ مائينڊ فلنس، اسٽريس ريليف، ۽ خود مدد ايس ماڻهن کي پنهنجي ذهني صحت کي بهتر بڻائڻ ۽ پنهنجي جذباتي مسئلن تي قابو پائڻ ۾ مدد فراهم ڪن ٿيون.

اهي ڊجيٽل اوزار ماڻهن کي ذهني صحت جي بيمارين، جهڙوڪ ڊپرشن، اينزائٽي، ۽ اسٽريس جي علاج بابت وڌيڪ ڄاڻ حاصل ڪرڻ جو موقعو ڏين ٿا. ماڻهن کي پنهنجي حالت بابت ڄاڻڻ ۽ خود مدد حاصل ڪرڻ ۾ مدد ملي ٿي، ۽ اهي پنهنجي زندگي کي بهتر بڻائڻ لاءِ قدم کڻڻ لاءِ وڌيڪ متحرڪ ٿي سگهن ٿا. ان کان علاوه، ڊجيٽل سپورٽ گروپس ۽ آن لائن فورمز ماڻهن کي هڪ سپورٽ سسٽم مهيا ڪن ٿا، جتي ماڻهو پنهنجي تجربن ۽ مسئلن کي ٻين سان شيئر ڪري سگهن ٿا ۽ مدد حاصل ڪري سگهن ٿا.

معلومات جي اوورلوڊ ۽ ڊجيٽل انحصار

جڏهن ته ڊجيٽل ٽيڪنالاجي ۾ بے شمار فائدا آهن، ان جو غلط استعمال ڪيترن ئي منفي اثرات جو سبب بڻجي سگهي ٿو. هڪ اهم مسئلو "معلومات اوورلوڊ" آهي. هر وقت نئون مواد، نيوز، ۽ سوشل ميڊيا اپڊيٽس کان وصول ٿيندڙ ڄاڻ ماڻهن کي ذهني طور تي ٽڪاوٽ ۽ پريشاني ۾ مبتلا ڪري سگهي ٿي. سوشل ميڊيا، جهڙوڪ انسٽاگرام، فيسبوڪ، ۽ ٽوئٽر تي مسلسل اپڊيٽس ۽ نوٽيفڪيشن جو سلسلو ماڻهن کي اضافي نفسياتي دٻاءَ ۾ مبتلا ڪري سگهي ٿي. سوشل ميڊيا، جهڙوڪ انسٽاگرام، فيسبوڪ، ۽ ٽوئٽر تي مسلسل اپڊيٽس ۽ نوٽيفڪيشن جو سلسلو ماڻهن کي

ٽئين 100 بسترن واري وارڊ جي منصوبن جو اعلان ڪيو. هي نئون 100 بسترن وارو وارڊ هاڻي افتتاح لاءِ تيار آهي، ۽ ذهني صحت يونيورسٽي تي ڪم جاري آهي ۽ مستقبل ۾ مڪمل ڪيو ويندو.

ايس ايم ايڇ اي يونيورسٽين، ادارن ۽ اين جي اوز سان ڪيترن ئي مفاهمت جي ياداشت (ايم او يوز) تي صحيحون ڪيون آهن. ان مريضن جي علاج لاءِ ٽي آن لائن هيلپ لائون پڻ شروع ڪيون آهن، جيڪي جناح پوسٽ گريجوئيٽ ميڊيڪل سينٽر (جي پي ايم سي)، سول اسپتال ڪراچي، ۽ ايس سي جي آءِ پي اينڊ بي ايس حيدرآباد ۾ نصب ٿيل آهن. ايس ايم ايڇ اي سفارش ڪئي آهي ته سنڌ صوبي جي ضلعي سطح جي اسپتالن ۾ نفسيات ۽ نفسيات جا ماهر مقرر ڪيا وڃن، جن ۾ مقرريون سنڌ پبلڪ سروس ڪميشن ذريعي ڪيون وڃن.

انهن صفحن ۾، توهان کي نظريي ۽ عمل، سائنس ۽ زندگي جي تجربي، تاريخ ۽ جدت جون ڪهاڻيون ملنديون. فرائيد جي صوفي کان ٽيليوٿراپي ايس تائين، اسٽگما کان وٺي وڪالت تائين، هي مسئلو هڪ ياد ڏياريندڙ آهي ته ذهني صحت هڪ جامد ميدان نه آهي پر هڪ هميشه ترقي ڪندڙ سفر آهي — هڪ جيڪو اسان سڀني جو آهي. اسان کي اميد آهي ته معلومات جو هي مجموعو توهان کي اسان جي ماضي جي ڪاميابين ۽ اسان جي مستقبل جي هدايت بابت مختلف سوچڻ لاءِ آگاهي، متاثر، ۽ شايد چئلينج به ڪندو.

سينيٽر ڊاڪٽر ڪريم احمد خواجه

سنڌ مينٽل هيلٿ اٿارٽي (ايس ايم ايڇ اي) سنڌ صوبي جي سڀني 30 ضلعن ۾ صحت کاتي، پيپلز پرائمري هيلٿ ڪيئر انيشيئيٽو (پي پي ايڇ آءِ) جي ڊاڪٽرن ۽ ليڊي هيلٿ ورڪرز کي تربيت ڏئي آهي ته ذهني بيماري جي مريضن کي ڪيئن سڃاڻجي، علاج ڪجي ۽ انهن کي ٽئين درجي جي اسپتالن ڏانهن ڪيئن ريفر ڪجي. سنڌ پاڪستان جو واحد صوبو آهي جنهن هي قدم کنيو آهي.

ايس ايم ايڇ اي سنڌ جي ريگستاني پٽي وارن ضلعن ۾ ڪيترائي ڪئمپ منعقد ڪيا آهن، جن ۾ ٿرپارڪر، عمرڪوٽ، سانگهڙ ۽ خيرپور شامل آهن، جيڪي صوبي جي علائقي جو 35 سيڪڙو حصو آهن. ايس ايم ايڇ اي سنڌ جي ساحلي پٽي ۾ ڪيئي بندر (ضلعو ٺٽو) ۽ ريڙهي ڳوٺ (ضلعو ملير)، ۽ گڏوگڏ سيوهڻ شريف ۾ ڪيرٿر علائقي ۾ جبل واري پٽي ۾ ذهني صحت ڪئمپ پڻ منعقد ڪيا آهن.

هن شروعات جو مقصد ضروري نفسياتي خدمتون فراهم ڪرڻ ۽ انهن برادرين ۽ انهن جي آس پاس وارن علائقن ۾ شعور اجاگر ڪرڻ آهي — خاص ذهني صحت جي سار سنڀال جي سخت ضرورت آهي. ايس ايم ايڇ اي سنڌ صوبي جي مختلف ڊويزنن ۾ سماج جي سڀني طبقن لاءِ ڪيترائي آگاهي سيمينار ۽ پروگرام منعقد ڪيا آهن. اهي آگاهي سيشن پرنٽ، ڊجيٽل ۽ اليڪٽرانڪ ميڊيا ذريعي پڻ منعقد ڪيا ويا. ايس ايم ايڇ اي وسيع تحقيق پڻ ڪئي آهي، جيڪا اسان جي ويب سائيٽ تي موجود آهي.

ايس ايم ايڇ اي هڪ پروگرام منعقد ڪيو جتي سنڌ جي عزت مآب وڏي وزير سيد مراد علي شاهه، چنڇر، ڊسمبر 17، 2022 تي حيدرآباد ۾ سر ڪاواسجي جهانگير انسٽيٽيوٽ آف سائيڪيٽري اينڊ بيوپورل سائنسز (ايس سي جي آءِ پي اينڊ بي ايس) ۾ ٽين او پي ڊي عمارت ۽ هڪ ٽين عورتن جي وارڊ جو افتتاح ڪيو. پروگرام دوران، سي ايم هڪ ذهني صحت يونيورسٽي ۽ ايس سي جي آءِ پي اينڊ بي ايس حيدرآباد ۾ هڪ

سگمند فرائيڊ کان وٺي اڄ تائين ذهني صحت چيئر مين سنڌ دماغي صحت اٿارٽي پاران ايڊيٽوريل



پيارا پڙهندڙ،

گوليون ٿا — نفسياتي تجزيي ۽ پناهگيرن جي شروعاتي ڏينهن کان وٺي، سنجيدگي واري رويي جي علاج، ڪميونٽي نفسيات، ايم آر آئي، سي ٽي اسڪين ۽ ٻين جديد اوزارن ذريعي دماغ جي نيورولوجي مطالعي تائين ۽ هاڻي، نيورو سائنس، ڊجيٽل اوزار، مصنوعي ذهانت (A.I) مجموعي پلائي جو جديد انضمام.

ايڊيٽر جي حيثيت سان، منهنجو خيال آهي ته اهو ضروري آهي ته صرف اسان جي ڪيل ترقي جو جشن ملهايو وڃي، پر انهن جدوجهدن، بدنامي ۽ خلا کي به تسليم ڪيو وڃي جيڪي باقي آهن. ذهني صحت پاڇي ۾ وسوسن کان روزمره جي گفتگو جو حصو بڻجي وئي آهي، ۽ اڃا تائين، ڪيترن ئي لاءِ، سنڀال تائين رسائي ۽ قبوليت اڃا تائين وڙهڻ لاءِ جنگيون آهن. ان سلسلي ۾، SMHA ڪوششون ڪرڻ جي ڪوشش ڪندو رهي ٿو.

مون کي سنڌ مينٽل هيلٿ اٿارٽي ميگزين جو هي ايڊيشن پيش ڪندي تمام گهڻي خوشي ٿي رهي آهي، جڏهن سگمند فرائيڊ پهريون ڀيرو 19 صدي جي آخر ۽ 20 صدي جي شروعات ۾ لاشعوري ذهن، جبر ۽ نفسياتي تجزيي جا پنهنجا نظريا متعارف ڪرايا، تڏهن هن انسانيت کي پاڻ کي سمجهڻ ۾ هڪ انقلاب آندو. جيتوڻيڪ سندس ڪيترن ئي خيالن تي وقت سان بحث ڪيو ويو آهي، موافقت ڪئي وئي آهي، يا رد به ڪئي وئي آهي، فرائيڊ ذهن کي ڳولڻ جو هڪ دروازو کوليو آهي جيڪو ڪڏهن به بند نه ٿيو آهي.

اسان جي رسالي، ذهني صحت: سگمند فرائيڊ کان اڄ تائين، جو هي شمارو هڪ سفر ۽ هڪ عڪاسي آهي. اسان ذهني صحت جي ارتقا کي ان جي دلچسپ بابت ذريعي

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سینیٹر فرحت اللہ بابر نے کتاب اور مصنف کی کوششوں کا خلاصہ بیان کرتے ہوئے کہا ہے کہ:

"سینیٹ میں اپنے دور کے دوران ڈاکٹر کریم خواجہ نے معاشرے کے پسماندہ طبقوں کے مقاصد کو بھرپور طریقے سے آگے بڑھایا، انسانی حقوق کی خلاف ورزیوں کے معاملات کو اٹھایا، مسلح عسکریت پسند گروہوں کے خلاف آواز بلند کی اور خطے میں امن کے لیے بھارت کے ساتھ تعلقات کو معمول پر لانے کی وکالت کی۔"

ہم سینیٹر بابر کے الفاظ میں یہ نتیجہ اخذ کر سکتے ہیں: "کریم خواجہ کئی حیثیتوں کے مالک ہیں۔ وہ ایک پیشہ ور ماہر نفسیات، ایک پارلیمنٹریں، ایک مصنف اور سب سے بڑھ کر ایک انسان دوست ہیں۔ امید ہے کہ پارلیمنٹ میں کریم خواجہ جیسے مزید لوگ ہوں گے۔"

معاملات میں گہری دلچسپی رکھتے ہیں کیونکہ ایک سینیٹر کی ذاتی یادداشت سے بڑھ کر اس سلسلے میں کچھ بھی زیادہ مفصل اور متعلقہ نہیں ہو سکتا۔ مزید یہ کہ یہ کتاب نوجوان اراکین پارلیمنٹ کے لیے بھی کسی خزانے سے کم نہیں ہے جو جمہوری اصولوں کو قائم کرنے اور پارلیمانی بالادستی حاصل کرنے کے لیے ایک قانون ساز کی انتہک جدوجہد سے ترغیب حاصل کر سکتے ہیں۔ یہ کتاب مصنف کے بصیرت انگیز خدمات کے ساتھ ساتھ مختلف پارلیمانی آلات کے رہنما خطوط اور نمونے بھی فراہم کرتی ہے جنہیں انہوں نے عوامی اہمیت کے معاملات کو اجاگر کرنے کے لیے استعمال کیا تاکہ حکومت ان کے تدارک کے لیے عمل درآمدی اقدامات، قانون سازی کے اقدامات یا پالیسی مداخلت کی شکل میں آگے بڑھ سکے۔

سینیٹر ڈاکٹر کریم احمد خواجہ کے کئی تجربہ کار سیاست دانوں اور رکن ساتھیوں نے ان کی طرف سے پیش کی گئی پارلیمانی خدمات کو درست طور پر تسلیم کیا ہے اور ایک ایسی کتاب لکھنے پر انہیں خراج تحسین پیش کیا ہے جو اب تک منفرد ہے۔ اگرچہ کتاب میں ایک فطری بہاؤ ہے اور یہ مصنف کی پارلیمانی خدمات کی ایک اچھی تالیف ہے، پھر بھی کچھ بہتری قارئین پر مجموعی ماحول اور اثر کو مزید بہتر بنا سکتی ہے۔ قارئین کی سہولت کے لیے تکنیکی اصطلاحات اور اصطلاحات کی وضاحت کرنے والی ایک لغت شامل کی جائے تو بہتر ہوگا۔ اسی طرح، کاغذ کا معیار اور تصویر کی چھپائی کے ساتھ ساتھ اس کے دوسرے ایڈیشن میں ترمیم اور پروف ریڈنگ کو بہتر بنانے کی ضرورت ہے۔ مجموعی طور پر، مصنف کی تعریف کی جانی چاہیے کہ انہوں نے کس طرح ایک متحرک اور سرشار رکن پارلیمنٹ شہریوں کے حقوق سے متعلق معاملات کو اجاگر کرتے ہیں۔

6 (چھٹا باب) کالنگ ائینشن نوٹسز:

تصویری گیلری:

آخر میں ، ایک تصویری گیلری ہے جو سیاہ اور سفید پرانی تصاویر کے ساتھ رنگین تصاویر میں بھی کئی اہم مواقع کی قیمتی تصاویر فراہم کرتی ہے۔ اس میں ایک قیمتی تصویر بھی شامل ہے جہاں سابق وزیر اعظم محترمہ بینظیر بھٹو 1988 میں لیاقت میڈیکل کالج میں ڈاکٹر کریم احمد خواجہ کو ایم بی بی ایس کی ڈگری دے رہی ہیں۔ معزز شخصیات بشمول صدر آصف علی زرداری اور چیئرمین پی پی پی بلاول بھٹو کے ساتھ ملاقاتوں کی تصاویر اور مشترکہ اجلاس میں سینئر پارلیمنٹیرینز کے ساتھ گروپ فوٹو کلکس کے ساتھ سینٹ میں کمیٹی کے اجلاسوں اور پاکستان انسٹیٹیوٹ فار پارلیمانی سروسز (PIPS) میں ساتھی قانون سازوں اور ماہرین کے ساتھ موضوعاتی گول میز مباحثوں میں ان کی شرکت کے لمحات بھی شامل ہیں۔

نتیجہ:

"A Legislative Odyssey" نامی کتاب سینئر ڈاکٹر کریم احمد خواجہ کے سینٹ آف پاکستان کے رکن کی حیثیت سے ایک احتیاط سے تیار کردہ ذاتی تجربے کا احاطہ کرتی ہے۔ یہ کتاب ایک قانون ساز کے طور پر ان کے پرعزم سفر کا ایک دلکش جائزہ پیش کرتی ہے ؛ جس میں ایک قانون ساز کے بنیادی طور پر استعمال ہونے والے مختلف ذاتی واقعات اور قانون سازی کے آلات کو بیان کیا گیا ہے اور ساتھ ہی راستے میں پیش آنے والے ہولناک چیلنجز کو بھی ظاہر کیا گیا ہے۔ اس کتاب کے ذریعے ، سینئر ڈاکٹر کریم احمد خواجہ نے یہ واضح کرنے کی کوشش کی ہے کہ کوئی بل محض کاغذ پر ایک سیاہی نہیں ہے ، بلکہ ، یہ ان لوگوں کے لیے امید کی کرن ہے جو خدمت کرنے کے لیے پرعزم ہیں۔ کتاب کی قاریت کے حوالے سے ، یہ کتاب سیاسیات اور قانون کے طلباء کے لیے لازمی طور پر پڑھنے کے قابل ہے۔ یہ کتاب ماہرین تعلیم اور محققین کے لیے بہت افادیت کی حامل ہو سکتی ہے جو پارلیمانی اور قانون سازی کے

اس باب میں سینئر ڈاکٹر کریم احمد خواجہ کی طرف سے پیش کیے گئے کالنگ ائینشن نوٹسز شامل ہیں۔ مصنف کی طرف سے کل 5 کالنگ ائینشن نوٹسز پیش کیے گئے۔

7. (ساتواں باب) ایوان میں ہونے والے مباحثے:

اس باب میں ایوان میں بلوں ، تحریک ، قراردادوں اور عوامی درخواستوں پر ہونے والے مباحثے شامل ہیں۔ یہ عوامی زندگی کو متاثر کرنے والے معاملات میں مصنف کی فعال مشغولیت اور دلچسپی کی نشاندہی کرتا ہے۔ مجموعی طور پر ، انہوں نے سینئر کی حیثیت سے اپنی مدت کے دوران 44 مباحثوں میں حصہ لیا۔ سینئر خواجہ نے متنوع موضوعات پر اپنا حصہ ڈالا۔ اہم نکات میں ، انہوں نے فلسطین کی آزادی کے لیے پاکستان کی مکمل حمایت کا اظہار کیا ؛ انہوں نے پاکستان کے دریاؤں کے مناسب انتظام کی توثیق کی ، اور بیرون ملک کی کمپنیوں پر توجہ کے ساتھ بڑے پیمانے پر احتساب کے ذریعے بدعنوانی کا مقابلہ کرنے کے لیے تمام اقدامات پر زور دیا۔ انہوں نے فنانس بل پر قومی اسمبلی کو سینٹ کی سفارشات مرتب کرنے کے لیے بحث میں تنقیدی تجزیہ کرنے میں بھی مسلسل کردار ادا کیا۔

8. (آٹھواں باب) سوالات:

اس باب میں سینئر ڈاکٹر کریم احمد خواجہ کی طرف سے پوچھے گئے سوالات شامل ہیں۔ مصنف کی طرف سے کل 168 سوالات پوچھے گئے۔

9. (نواں باب) معاون خدمات:

یہ باب معمول کی قانون سازی کی سرگرمیوں کے علاوہ سینئر ڈاکٹر کریم احمد خواجہ کی طرف سے کی گئی اضافی خدمات کو ظاہر کرتا ہے۔ ان میں مختلف ممالک کے دورے ، مختلف بین الاقوامی فورمز کے ضمنی تقاریر ، اور گول میز مباحثوں میں شرکت وغیرہ شامل ہیں۔

1 (پہلا باب) منظور شدہ بل:

(دی کانسٹی ٹیوشن) امینڈمنٹ بل، 2016) آرٹیکل 251 میں ترمیم کر کے آئین میں مذکور تمام زبانوں کو پاکستان کی 'سرکاری زبانیں' تسلیم کرنے کے لیے دفعات بنانا۔
(دی کانسٹی ٹیوشن) امینڈمنٹ بل، 2017) نئے آرٹیکل 25 بی کو شامل کرنا جس کا عنوان 'بنیادی ضروریات زندگی کا حق' ہے اور جس میں خوراک، رہائش، پانی اور صحت شامل ہیں۔
(دی پاکستان کونسل آف ریسرچ اینڈ واٹر ریسورسز) پی سی آر ڈبلیو آر) امینڈمنٹ بل، 2017)۔

3 (تیسرا باب) قراردادیں:

کتاب کے تیسرے باب میں سینیٹر ڈاکٹر کریم احمد خواجہ کی طرف سے پاکستان پیپلز پارٹی (PPP) کے سینیٹر کی حیثیت سے اپنی مدت کے دوران پیش کی گئی قراردادوں کا متن شامل ہے۔ کتاب کے مطابق، مصنف کی طرف سے کل 19 قراردادیں پیش کی گئیں۔ یہ قراردادیں بین المذاہب ہم آہنگی اور اقلیتوں کے حقوق، سماجی بہبود، ماحولیات، قانون و نظم و نسق، اور پائیدار ترقی سمیت کئی اہم موضوعات سے متعلق تھیں۔ 21 جنوری 2013 کو سینیٹ سے متفقہ طور پر منظور ہونے والی ایک قرارداد میں ICT میں نامعلوم والدین کے بچوں اور یتیموں کے لیے ایک یتیم خانہ قائم کرنے کا ذکر کیا گیا تھا۔ یہ قراردادیں اس حقیقت پر سینیٹر کریم احمد خواجہ کے پختہ عزم کا واضح ثبوت ہیں کہ منتخب پارلیمنٹ انسانی حقوق کا قلعہ ہے۔

4 (چوتھا باب) تحریک:

چوتھا باب عوامی اہمیت کے مختلف معاملات پر سینیٹر ڈاکٹر کریم احمد خواجہ کی طرف سے پیش کی گئی تحریک سے متعلق ہے۔ مصنف کی طرف سے کل 13 تحریک پیش کی گئیں۔

5 (پانچواں باب) ہوائنٹ آف آرڈرز:

پانچواں باب سینیٹر ڈاکٹر کریم احمد خواجہ کی طرف سے اٹھائے گئے ہوائنٹ آف آرڈرز سے متعلق ہے۔ مصنف کی طرف سے کل 15 ہوائنٹ آف آرڈرز اٹھائے گئے۔

پہلے باب میں سینیٹر ڈاکٹر کریم احمد خواجہ کی طرف سے پیش کیے گئے بلوں کا تفصیلی جائزہ شامل ہے جو تمام رسمی کارروائیوں کو پورا کرنے کے بعد سینیٹ آف پاکستان سے منظور ہوئے۔ کل پانچ بل منظور کیے گئے جن کی تفصیل درج ذیل ہے:

(دی آن اٹینڈڈ آر فز ری ہیبیلیٹیشن اینڈ ویلفیئر بل، 2013)۔

(دی کرمیل لاء امینڈمنٹ بل 2017) (پی پی سی کی دفعہ 325 کا اخراج۔

(دی ٹرانس جینڈر پرسنز پروٹیکشن آف رائٹس بل، 2017)۔
(پاکستان بیت الہال امینڈمنٹ بل، 2017) معذور بچوں کے لیے بحالی کے مراکز۔
(پریوینشن آف کرولٹی ٹو اینیملز امینڈمنٹ بل، 2018)۔

2 (دوسرا باب) پیش کردہ بل:

اس کتاب کے دوسرے باب میں وہ بل شامل ہیں جو سینیٹر ڈاکٹر کریم احمد خواجہ نے سینیٹ میں پیش کیے۔ کتاب میں خاص طور پر ان چیلنجز کا ذکر کیا گیا ہے جن کا سینیٹر کو بل پیش کرتے وقت سامنا کرنا پڑا کیونکہ حکومت کی طرف سے سخت مخالفت تھی۔ جو بل پیش کیے گئے ان کی فہرست درج ذیل ہے:

(دی پروٹیکشن آف سائبر کرائمز بل، 2014)۔ بہتر تفہیم کے لیے حکومت کے پریوینشن آف الیکٹرانک کرائمز بل، 2015 اور سینیٹر کریم احمد خواجہ کے پروٹیکشن آف سائبر کرائمز بل، 2014 کے درمیان ایک تقابلی تجزیہ بھی دیا گیا ہے۔

(دی کانسٹی ٹیوشن) امینڈمنٹ بل، 2014) آرٹیکل 28 کا متبادل۔

(نیشنل کمیشن فار انٹرنیشنل لاء اینڈ کمٹ منٹس بل، 2016) کا تعارف۔

"A Legislative Odyssey" کتاب کا جائزہ

دانش علی

پاکستان انسٹیٹیوٹ فار پارلیمانی سروسز (PIPS)

کتاب کی تفصیلات: (سینیٹر ڈاکٹر کریم احمد خواجہ ، "A Legislative Odyssey" ایک قانون سازانہ داستان) پبلشر: سید منعم حسین ، 2024 - صفحات 1-481)۔

مصنف کے بارے میں:

سینیٹر ڈاکٹر کریم احمد خواجہ ایک ممتاز سیاست دان ، ماہر نفسیات اور قانون ساز ہیں جو جمہوری اصولوں اور عوامی خدمت کے لیے اپنی انتہک لگن کے لیے جانے جاتے ہیں۔ وہ 2012 سے 2018 تک سینیٹ آف پاکستان کے رکن رہے۔ انہیں کئی اہم عہدوں پر فائز رہنے کا اعزاز بھی حاصل ہے ، جن میں سندھ مینٹل ہیلتھ اتھارٹی کے اعزازی چیئرمین ، حکومت سندھ کے محکمہ صحت کے سابق مشیر ، پاکستان میڈیکل اینڈ ڈینٹل کونسل (PMDC) کے سابق رکن ، اور ہیومن رائٹس کمیشن آف پاکستان کے سابق رکن شامل ہیں۔ اپنی پوری سیاسی زندگی میں ، انہوں نے پاکستان میں قانون سازی کی پالیسیوں کو تشکیل دینے میں اہم کردار ادا کیا ہے۔ سینیٹر کریم احمد خواجہ نے انسانی حقوق ، صحت کی اصلاحات اور حکمرانی سمیت کئی شعبوں میں اپنا حصہ ڈالا ہے ، جس کی وجہ سے وہ پارلیمانی امور میں ایک قابل اعتبار شخصیت ہیں۔

تعارف:

"A Legislative Odyssey" سینیٹر ڈاکٹر کریم احمد خواجہ کی پاکستان کے قانون ساز فریم ورک میں قانون سازی کی خدمات کا ایک دلچسپ اور بصیرت انگیز احوال ہے۔ پاکستان کی سیاسی قانون سازی کی تاریخ میں اپنی نوعیت کی یہ پہلی کتاب ہے ، جو ان کے سیاسی سفر کی ضروری خصوصیات کا خلاصہ کرتی ہے ، جس میں ملک میں جمہوری پالیسی سازی کے چیلنجز اور کامیابیوں کو اجاگر کیا گیا ہے۔ یہ کتاب بنیادی طور پر اس بات کو منظر

عام پر لانے کی کوشش کرتی ہے کہ کس طرح سینیٹ آف پاکستان میں ، جہاں تمام وفاقی اکائیوں کی مساوی نمائندگی ہوتی ہے ، کی گئی کوششیں ملک بھر میں افراد کی زندگیوں کو عملی طور پر متاثر کر سکتی ہیں۔ یہ مختلف سیاسی وابستگیوں کی اہمیت کو اجاگر کرتی ہے جو یا تو ترقی میں سہولت فراہم کرتی ہیں یا ہر طرح سے اس میں رکاوٹ ڈالتی ہیں۔ یہ اس بات پر منحصر ہے کہ ذاتی اور سیاسی مفادات کے درمیان کتنا باہمی تعلق ہے۔

یہ کتاب ایک ذاتی یادداشت اور مجلس شوریٰ (پارلیمنٹ آف پاکستان) میں قانون سازی کے عمل کا ایک تفصیلی مطالعہ ، دونوں کی حیثیت سے کام کرتی ہے ، جو قارئین کو حکمرانی کی پیچیدہ نوعیت پر ایک گہرا نقطہ نظر پیش کرتی ہے۔ پاکستان کے سابق چیئرمین سینیٹ سید نیر حسین بخاری نے اس کتاب کا پیش لفظ لکھا ہے ، جس کے بعد ان کے ساتھی سینیٹر فرحت اللہ بابر کے تاثرات بھی شامل ہیں۔

"A Legislative Odyssey" کی اہمیت پاکستان کے قانون سازی کے طریقہ کار میں ذاتی بصیرت فراہم کرنے کی صلاحیت میں پنہاں ہے۔ یہ کتاب تاریخی سیاق و سباق ، پالیسی مباحثوں اور قانون سازوں کو درپیش حقیقی زندگی کے چیلنجز کا احاطہ کرتے ہوئے احتیاط سے تیار کی گئی ہے۔ ذاتی تجربات کو وسیع تر قانون سازی کے موضوعات کے ساتھ جوڑ کر ، سینیٹر ڈاکٹر خواجہ نے ایک ایسا بیان تیار کیا ہے جو معلوماتی بھی ہے اور دل چسپ بھی۔

کتاب کی وضاحت:

کتاب کو موضوعاتی طور پر ترتیب دیا گیا ہے ، جس میں قانون سازی کے مختلف پہلوؤں کو دریافت کیا گیا ہے۔ کتاب نو ابواب پر مشتمل ہے ؛ جن میں سے ہر ایک کا مختصر جائزہ ذیل میں دیا گیا ہے:

عزیز قارئین،

اس اقدام کا مقصد ان کمیونٹیز اور ان کے گردونواح میں ضروری نفسیاتی خدمات فراہم کرنا اور آگاہی پیدا کرنا ہے — یہ وہ علاقے ہیں جہاں خصوصی ذہنی صحت کی دیکھ بھال کی شدید ضرورت ہے۔ سندھ مینٹل ہیلتھ اتھارٹی نے سندھ کے مختلف ڈویژنز میں معاشرے کے تمام طبقات کے لیے آگاہی کے بہت سے سیمینار اور پروگرام منعقد کیے ہیں۔ یہ آگاہی مہم پرنٹ، ڈیجیٹل اور الیکٹرانک میڈیا کے ذریعے بھی چلائی گئی۔ سندھ مینٹل ہیلتھ اتھارٹی نے وسیع پیمانے پر تحقیق بھی کی ہے، جو ہماری ویب سائٹ پر دستیاب ہے۔

سندھ مینٹل ہیلتھ اتھارٹی نے ایک پروگرام منعقد کیا جس میں سندھ کے معزز وزیر اعلیٰ سید مراد علی شاہ نے ہفتہ، 17 دسمبر 2022 کو حیدرآباد میں سر کاوس جی جہانگیر انسٹی ٹیوٹ آف سائیکاٹری اینڈ بیہیویورل سائنسز SCJIP&BS میں نئی OPD بلڈنگ اور نئے فی میل وارڈ کا افتتاح کیا۔ اس پروگرام کے دوران، وزیر اعلیٰ نے ایک مینٹل ہیلتھ یونیورسٹی اور SCJIP&BS حیدرآباد میں ایک نئے 100 بستروں والے وارڈ کے منصوبوں کا اعلان کیا۔ یہ نیا 100 بستروں والا وارڈ اب افتتاح کے لیے تیار ہے، اور مینٹل ہیلتھ یونیورسٹی پر کام جاری ہے جو مستقبل میں مکمل ہو جائے گا۔

سندھ مینٹل ہیلتھ اتھارٹی نے یونیورسٹیوں، اداروں اور NGOs کے ساتھ کئی مفاہمتی یادداشتوں (MoUs) پر دستخط کیے ہیں۔ اس نے مریضوں کے علاج کے لیے تین آن لائن ہیلپ لائنز بھی شروع کی ہیں، جو جناح ہوسٹ گریجویٹ میڈیکل سینٹر (JPMC)، سول ہسپتال کراچی اور SCJIP&BS حیدرآباد میں نصب ہیں۔ سندھ مینٹل ہیلتھ اتھارٹی نے سندھ پبلک سروس کمیشن کے ذریعے صوبہ بھر کے ضلعی سطح کے ہسپتالوں میں ماہرین نفسیات (Psychologists) اور دماغی امراض کے ماہرین (Psychiatrists) کی تعیناتی کی سفارش بھی کی ہے۔

اس میگزین کے صفحات میں، آپ کو نظریہ اور عملی اطلاق، سائنس اور حقیقی تجربات، تاریخ اور اختراع کی کہانیاں ملیں گی۔ فرائیڈ کے صوفے سے لے کر ٹیلی تھراپی ایپس تک، بدنامی سے وکالت تک، یہ شمارہ اس بات کی یاد دہانی ہے کہ ذہنی صحت کوئی جامد میدان نہیں بلکہ ایک مسلسل ارتقائی سفر ہے — ایک ایسا سفر جس کا تعلق ہم سب سے ہے۔ ہمیں امید ہے کہ معلومات کا یہ مجموعہ آپ کو باخبر کرے گا، حوصلہ دے گا، اور شاید ہمارے ماضی کی کامیابیوں اور مستقبل کی سمت کے بارے میں مختلف انداز میں سوچنے پر بھی مجبور کرے۔

سندھ مینٹل ہیلتھ اتھارٹی میگزین کے اس شمارے میں آپ کو خوش آمدید کہتے ہوئے مجھے بے حد خوشی محسوس ہو رہی ہے۔ جب سگمنڈ فرائیڈ نے انیسویں صدی کے آخر اور بیسویں صدی کے اوائل میں لاشعوری ذہن، جبری دباؤ اور تحلیل نفسی کے نظریات پیش کیے تو انہوں نے انسانی خودشناسی میں ایک انقلاب برپا کر دیا۔ اگرچہ ان کے کئی نظریات پر وقت کے ساتھ بحثیں ہوئیں، انہیں اپنایا گیا یا ترک کر دیا گیا، لیکن فرائیڈ نے ذہن کو جانچنے کا ایک ایسا دروازہ کھولا جو کبھی بند نہیں ہوا۔

ہمارے اس میگزین کا یہ شمارہ "ذہنی صحت: سگمنڈ فرائیڈ سے آج تک"، ایک سفر بھی ہے اور ایک جائزہ بھی۔ ہم نے ذہنی صحت کی ارتقائی تاریخ کو اس کے دلچسپ ابواب کے ذریعے بیان کیا ہے — تحلیل نفسی اور ذہنی پناہ گاہوں (اسائلمز) کے ابتدائی دنوں سے لے کر، Cognitive-Behavioral Therapy، کمیونٹی سائیکاٹری، MRI، CT سکین اور دیگر جدید آلات کے ذریعے دماغ کی عصبیات کے مطالعے، اور اب نیورو سائنس، ڈیجیٹل ٹولز، مصنوعی ذہانت A.I اور holistic well-being کے جدید امتزاج تک۔

بطور ایڈیٹر، میں سمجھتا ہوں کہ ہم نے جو ترقی کی ہے اس کی تعریف کرنا ہی کافی نہیں، بلکہ ان مشکلات، بدنامیوں اور خامیوں کو بھی تسلیم کرنا ضروری ہے جو اب بھی موجود ہیں۔ ذہنی صحت کی گفتگو اب چھپ کر نہیں ہوتی بلکہ یہ روزمرہ کی بات بن چکی ہے، پھر بھی بہت سے لوگوں کے لیے علاج تک رسائی اور قبولیت اب بھی ایک جنگ ہے۔

سندھ مینٹل ہیلتھ اتھارٹی اس سلسلے میں اپنی کوششیں ہمیشہ جاری رکھتا ہے۔ (SMHA نے سندھ کے تمام 30 اضلاع میں ہیلتھ ڈپارٹمنٹ، پیپلز پرائمری ہیلتھ کیئر انیشی ایٹو PPHI اور لیڈی ہیلتھ ورکرز کے ڈاکٹروں کو تربیت دی ہے کہ ذہنی بیماریوں کے مریضوں کی شناخت، علاج اور انہیں tertiary ہسپتالوں میں کیسے بھیجنا ہے۔ سندھ پاکستان کا واحد صوبہ ہے جس نے یہ اقدام اٹھایا ہے۔

سندھ مینٹل ہیلتھ اتھارٹی نے سندھ کے صحرائی علاقوں، بشمول تھریارکر، عمرکوٹ، سانگھڑ اور خیرپور، جو کہ صوبے کے 35% علاقے پر مشتمل ہیں، میں متعدد کیمپس کا انعقاد کیا ہے۔ SMHA نے سندھ کے ساحلی علاقوں میں کیٹی بندر (ضلع ٹھٹھہ) اور ریہری گوٹھ (ضلع ملیر) کے ساتھ ساتھ پہاڑی علاقے خیرتھر، سیہون شریف میں بھی ذہنی صحت کے کیمپس لگائے ہیں۔



Run of Katch: 15% at Nangarparkar, Diplo, Badin, Sujawal and Thatta -Sindh, Pakistan and remaing at Gujrat- Katch, India



Nara Desert Sindh

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